

Traditional Medicine

ᐃᑦᑦᑦᑦ-ᐃᑦ ᓂᑦᑦᑦᑦᑦ

Eeyou-linuu
Nituhkuyin



ᑕᑦᑦᑦᑦᑦᑦ ᐃᑦᑦᑦᑦᑦᑦᑦ
CONSEIL CRÉ DE LA SANTÉ ET DES SERVICES SOCIAUX DE LA BAIE JAMES
CREE BOARD OF HEALTH AND SOCIAL SERVICES OF JAMES BAY



ᐃᑦᑦᑦᑦᑦ

Waachinaakan
TAMARACK

The **Tamarack** has important medicinal uses.

Its boughs, bark (and bare branches in fall and winter) can be used to make tea. The tea can relieve cold symptoms including sore throat and congestion, treat an upset stomach and combat fatigue. A source of vitamin C, tamarack also promotes general good health.

How to prepare tamarack medicine

- 1 Collect tamarack branches and bark following traditional protocols.
- 2 Break branches into smaller pieces and place in a large pot with 17 cups (4 litres) of water.
- 3 Bring the tamarack to a boil, and keep boiling for about 20 minutes or until you smell the aroma throughout your home.
- 4 Once boiled, remove pot from heat and let liquid cool.
- 5 Place entire contents into refrigerator overnight.
- 6 Strain liquid into another clean container. This can be kept in the fridge up to one week.

Once strained, it is ready to be gargled (for a sore throat) or warmed up to drink as tea, adding honey, maple syrup or other sweetener if you like. It is best to drink it warm. You may continue this procedure as long as you wish.

Recommended amount:

Maximum 4 cups/day

Instructional video: www.wwwwwww.www



Precautions when using Traditional Medicine

As with any medicine, exercise caution. Follow instructions for preparation and use, and do not exceed recommended intake.

Pregnant or breastfeeding women should not drink this or any other traditional medicine unless under direct advice and guidance of a traditional healer.



Cree Board of Health and Social Services of James Bay (CBHSSJB)
Box 250 • Chisasibi QC • J0M 1E0 • 819 855-2744 (T) 819 855-2098 (F)

More information — Nishiiyuu Department:

Diane George, COORDINATOR • diane.george@ssss.gouv.qc.ca • 819 929-3447 x21203
Samantha Coonishish, HRO • samantha.coonishish@ssss.gouv.qc.ca • 418 770-4983