



# Returning to our Medicinal Roots, Part 3

**Cheryl L. Morales**  
**WhiteClay/Nakoda/Blackfeet**

**IEPD**

**Project Director**

**Adjunct Instructor**

**Aaniih Nakoda College**

**28 October 2020**

# What do we call herbal medicine?

>Herbal medicine, or botanical medicine or phytomedicine.

~when we use any plant's seeds, berries, roots, leaves, bark, or flowers for medicinal purposes~

# Protocol for harvesting plants

## Offering/Gift:

- ~ tobacco – carry with you
- ~ prayer – good harvest
- ~ song – helps the plant grow, health
- ~ cloth – thankful for the bountiful gifts

## Respect:

- ~ plant
- ~ land
- ~ knowledge



# Processing of Native Plants

## Infusion:

~a tea in which softer plants are steeped in hot water, i.e petals, leaves, soft stems.

## Decoction:

~a tea in which tougher plant parts are boiled in hot water, i.e. bark, twigs, roots.

## Poultice:

~fresh or dried herbs or a decoction that is applied externally to a wound or ailment.



# Processing of Native Plants, cont.

## Salve:

~a herbal preparation in which medicinal compounds are extracted from plants using some type of fat. Or thickening agent: bees wax, pine sap (this is anti-bacterial, pine pitch.)

## Tincture:

~this requires alcohol (brandy or vodka). The ratio for dried herbs is one part herb to five parts alcohol mixture, for fresh herbs use one part herb to two parts alcohol mixture. Seal in airtight jar and leave the herbs to macerate in liquid for 14 days. No direct sunlight and shake once a day. Shelf life is 2 – 3 years.





# Processed plants

Fresh Herbs  
Cold Remedy Tea

Mixture of harvested:

- Peppermint
- Hyssop
- Plantain
- Yarrow
- Marshmallow





# Processed plants, cont.

## Fresh Herbs

## Freshly harvested:

### Known as:

- Horsemint
- Wild bergamot
- Bee balm
- Lemon mint





# Processed plants, cont.

## Fresh Herbs

Freshly harvested:

Calendula

Yarrow

Echinacea



Calendula  
Infused oil

Echinacea & Yarrow  
Infused oil



# Let's make some Knitbone cream!



Comfrey Infused oil



Straining the pulp from  
infused oil



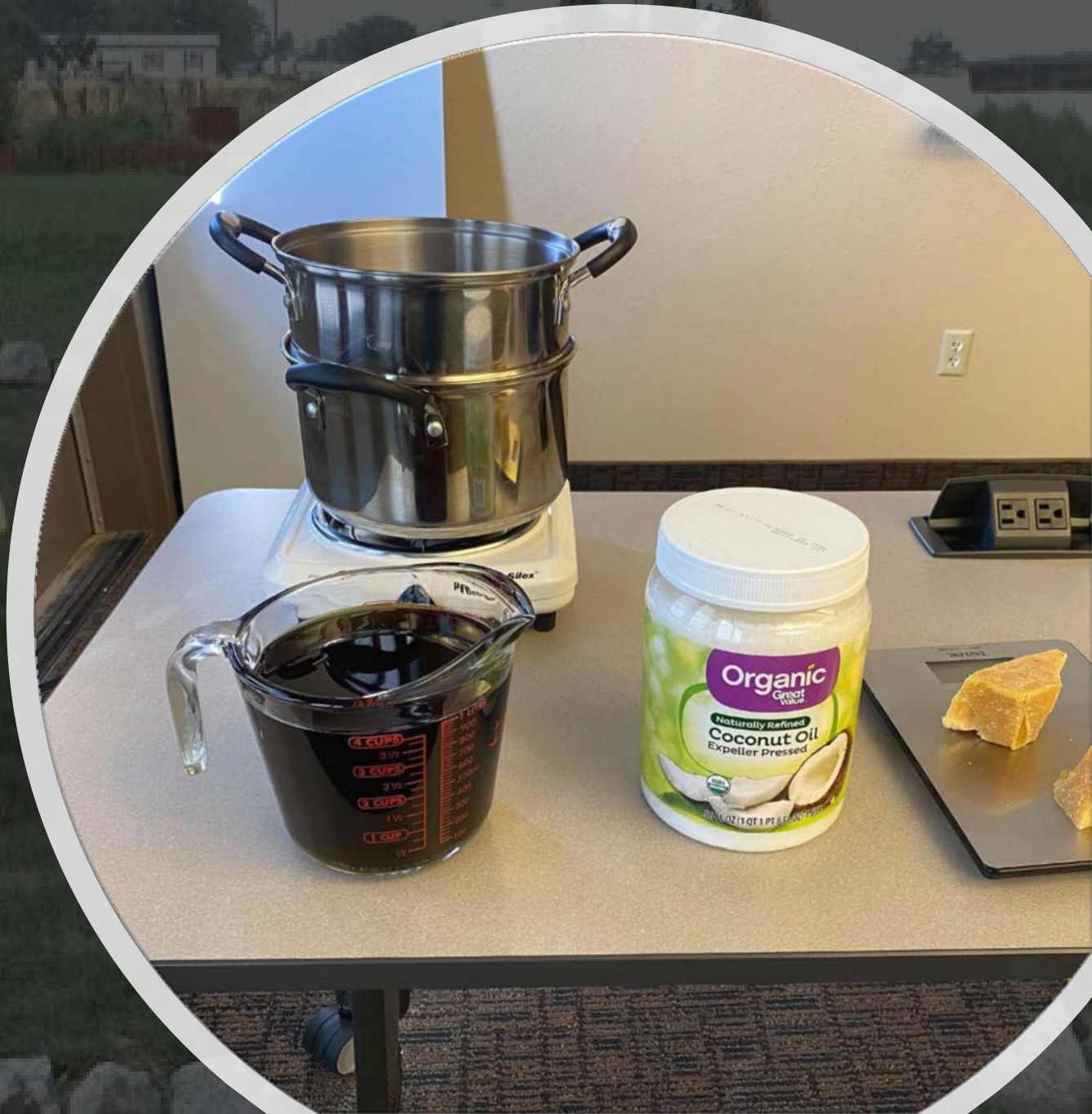
Second sifting of processed  
infused oil





Be sure to strain the  
oil..1...2..3 times!

# Gathering Our Ingredients





# Gathering Our Essentials



# Containers for Knitbone Cream







Beeswax added to the Comfrey infused oil with coconut oil



Comfrey infused oil with coconut oil



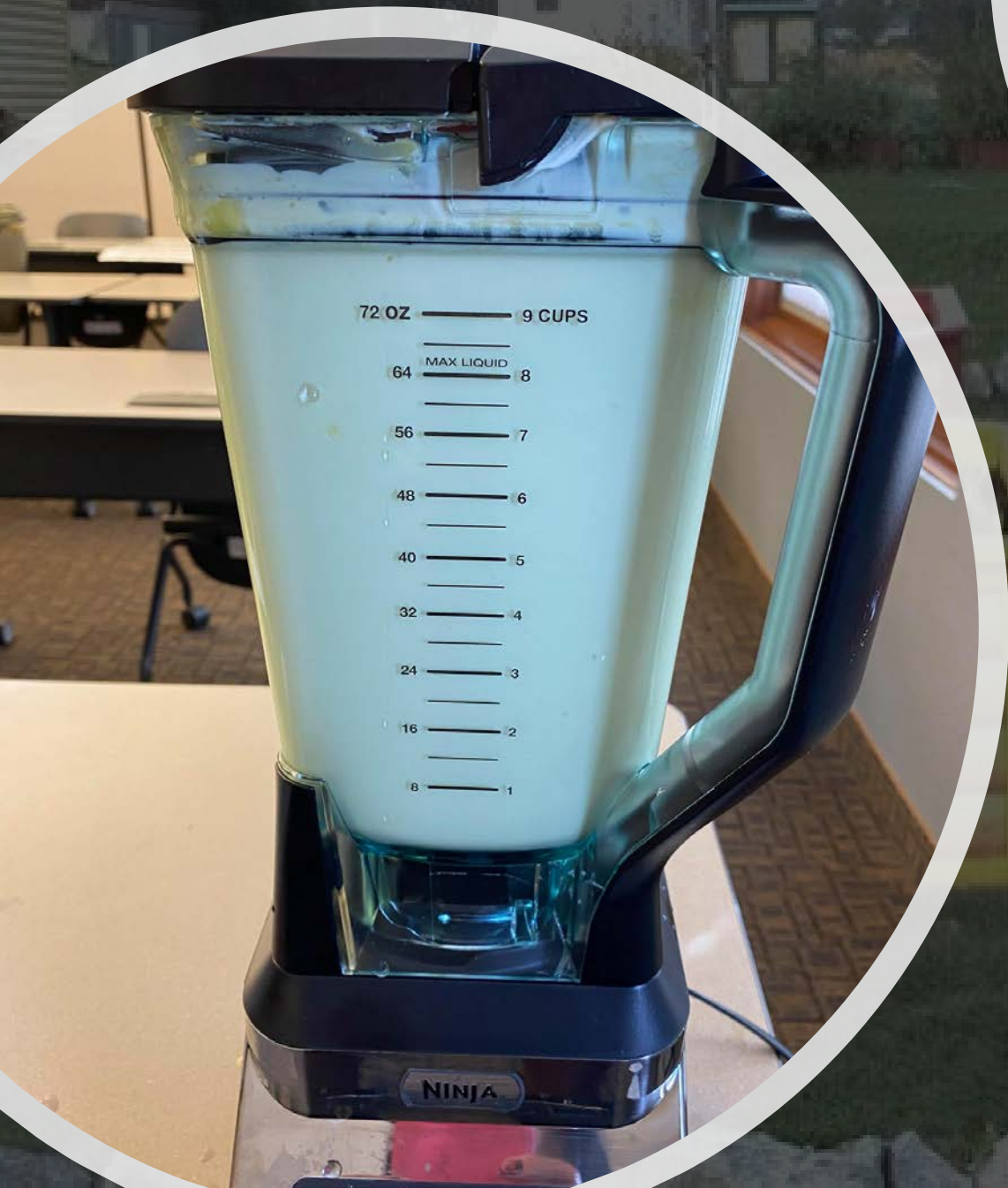


# Let's get blended!

Distilled water, aloe vera,  
essential oils and vitamin E



Comfrey infused oil with  
added distilled water mixture



Ladies and Gentlemen,  
We have made some  
Knitbone Cream!



Bottled and ready  
to go!

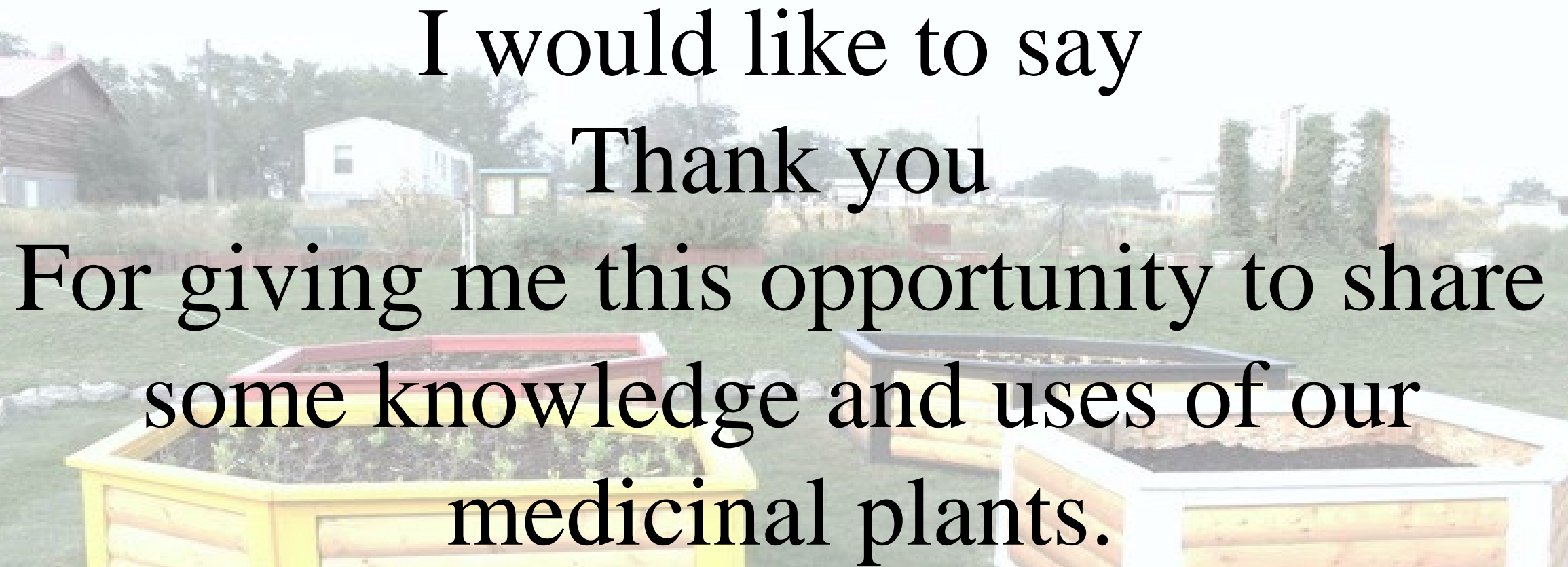
---





# Medicinal Creams and Lip Balm





I would like to say  
Thank you  
For giving me this opportunity to share  
some knowledge and uses of our  
medicinal plants.

Questions????





# Pinamiya Gineeheyang Adios

