



Native Food is Medicine: Providing Emotional/ Resilient Support for AI/AN Youth through the Healing Power of Food Session 5

August 11, 2022

2:00-3:30pm CST

IOWA

SAMHSA
Substance Abuse and Mental Health
Services Administration

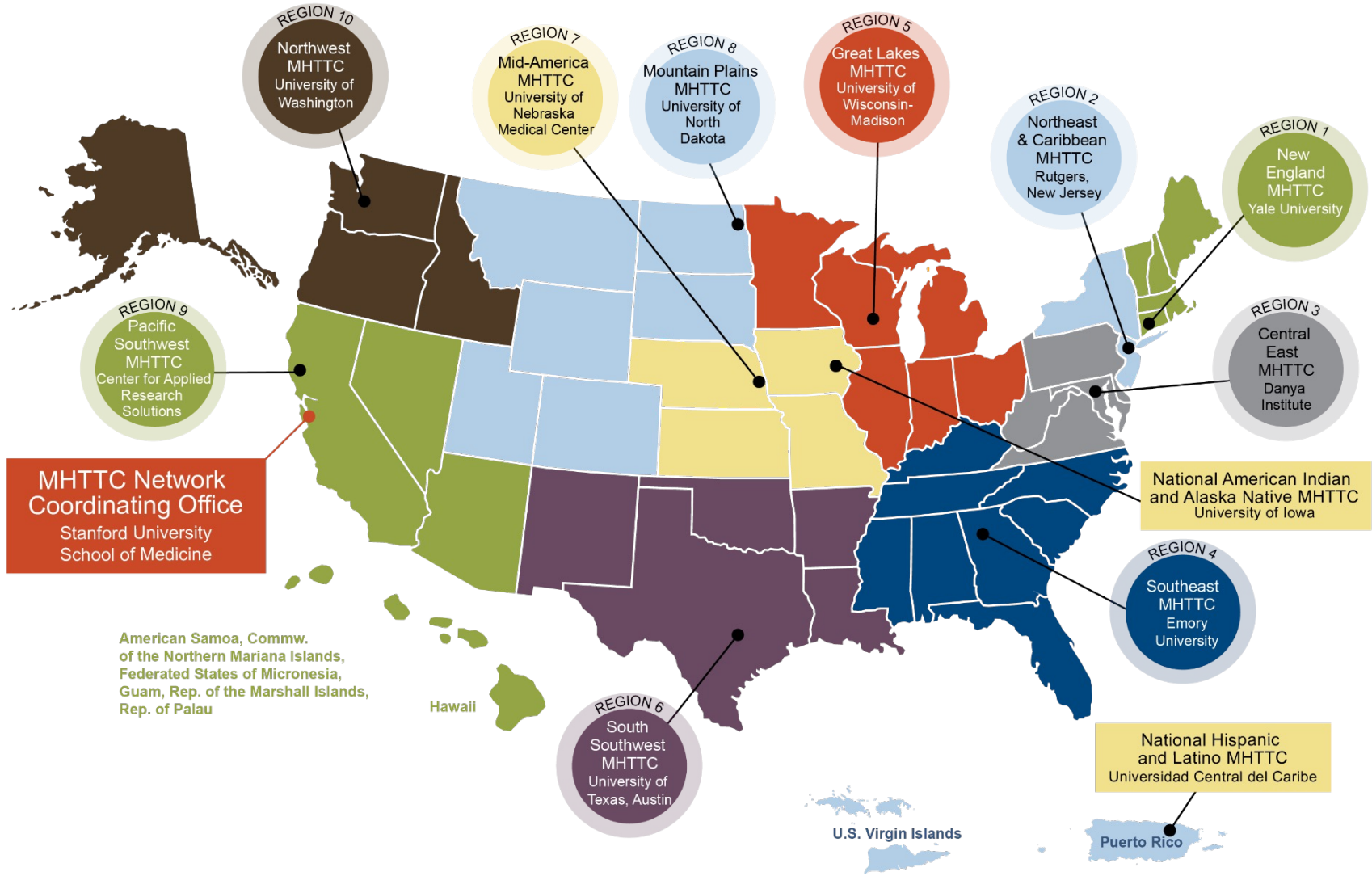


MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

MHTTC Network

American Indian & Alaska Native
Mental Health
Technology
Transfer Center
K-12 School Mental Health
Supplement Project



SAMHSA

Substance Abuse and Mental Health
Services Administration

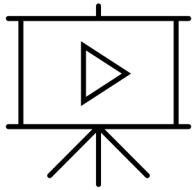
The National American Indian and Alaska Native Mental Health Technology Transfer Center is supported by a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA).

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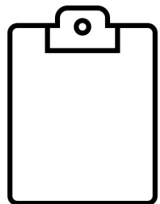


Follow-up

Following today's event, you will receive a follow up email, which will include:



Links to the presentation slides and recording, if applicable



Link to our evaluation survey (GPRA)

Land Acknowledgement

We would like to take this time to acknowledge the land and pay respect to the Indigenous Nations whose homelands were forcibly taken over and inhabited.

Past and present, we want to honor the land itself and the people who have stewarded it throughout the generations.

This calls us to commit to forever learn how to be better stewards of these lands through action, advocacy, support, and education.

We acknowledge the painful history of genocide and forced occupation of Native American territories, and we respect the many diverse indigenous people connected to this land on which we gather from time immemorial.

While injustices are still being committed against Indigenous people on Turtle Island, today we say thank you to those that stand with Indigenous peoples and acknowledge that land reparations must be made to allow healing for our Indigenous peoples and to mother earth, herself.

Dekibaota, Elleh Driscoll, Meskwaki and Winnebago Nations
Ttakimaweakwe, Keely Driscoll, Meskwaki and Winnebago Nations
Keokuk, Sean A. Bear, 1st. Meskwaki Nation



Today's Session

Thank you for joining us as we share our cultural connection to food, apply a balanced way of eating, and incorporate Indigenous traditions into our lives with the healing power of food. We welcome Dr. Vanessa Quezada (Kickapoo/Chichimeca).

As participants you will become knowledgeable in providing emotional/resilient support for AI/AN youth. Our school communities will develop healthier eating habits for successful outcomes in and out of the classroom. Moreover, we will address prevention strategies for healthier living!



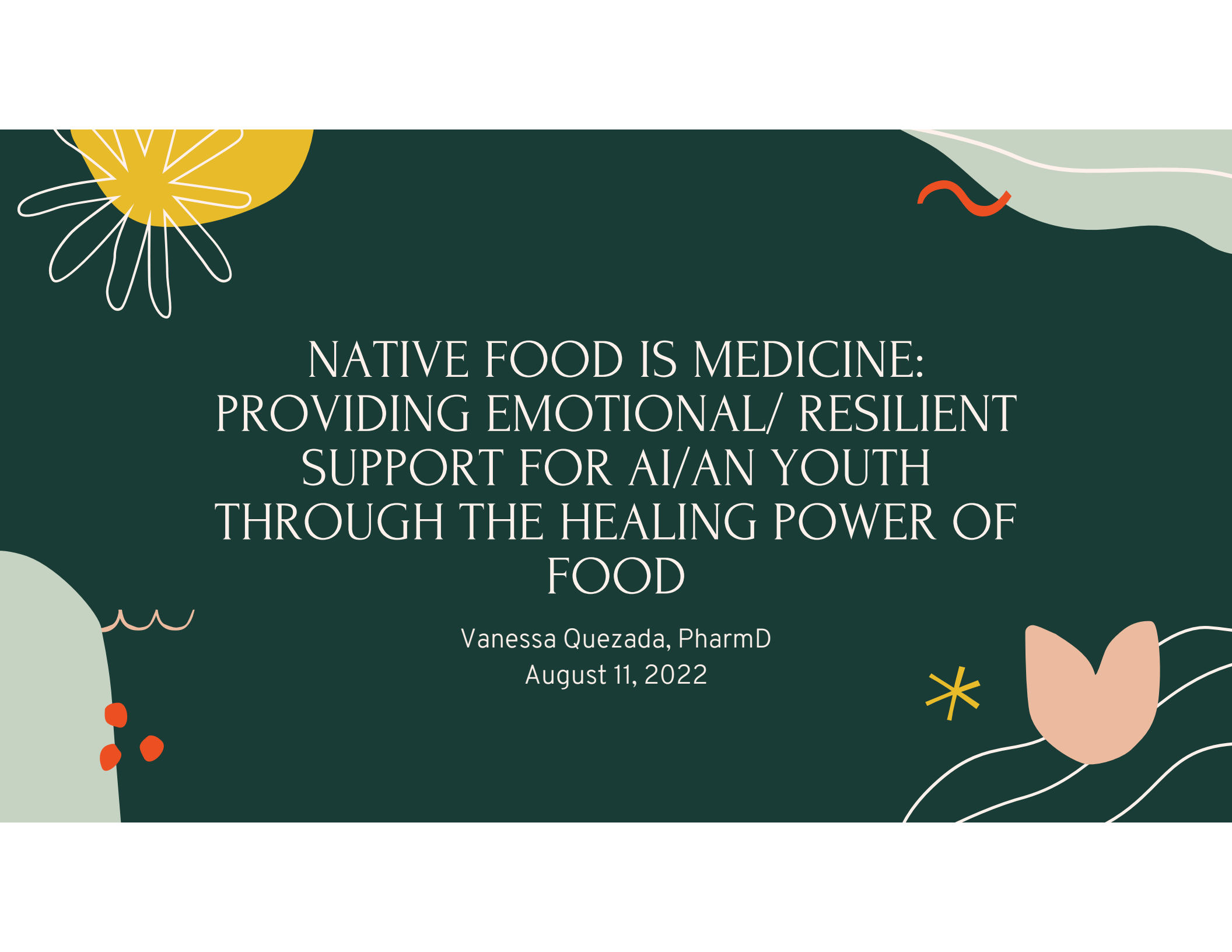
Dr. Vanessa Quezada Kickapoo/ Chichimeca

She was born and raised in Yanaguana, (San Antonio, Texas).

She is a chaski (messenger/runner) who organized the 2016 Peace and Dignity spirit run 8,000 miles from Alaska to Panama connecting tribes of Abya Yala. She is a pharmacist and founding member of SanArte Healing and Cultura clinic (<https://www.sanartecommunity.com>).

Her work is at the intersections of native traditional healing, food sovereignty and renewable energy that build life-giving systems.



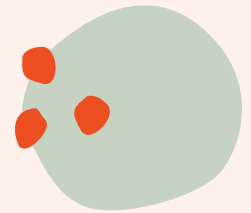
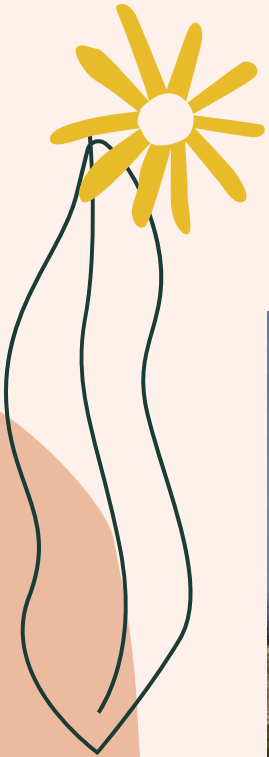


NATIVE FOOD IS MEDICINE: PROVIDING EMOTIONAL/ RESILIENT SUPPORT FOR AI/AN YOUTH THROUGH THE HEALING POWER OF FOOD

Vanessa Quezada, PharmD
August 11, 2022

Land Acknowledgement

Yanaguana: Coahuilteco/Estok G'na





Vanessa Quezada, PharmD Kickapoo, Chichimeca



Overview

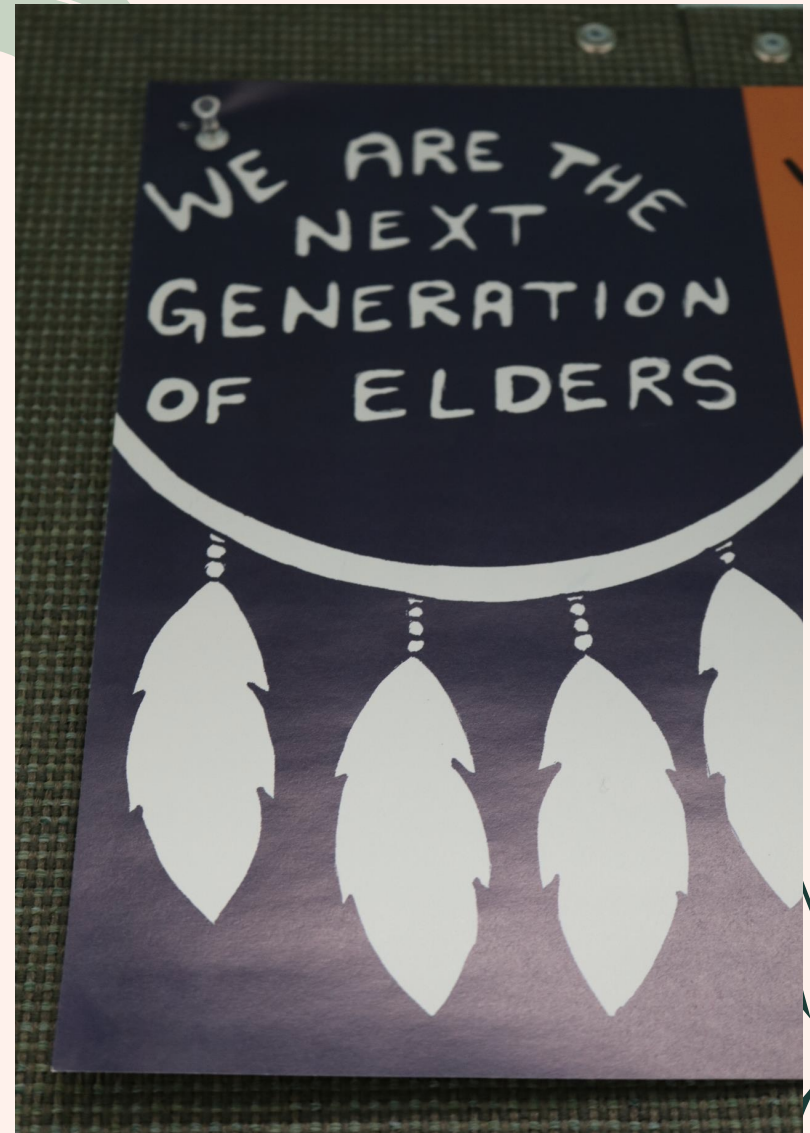
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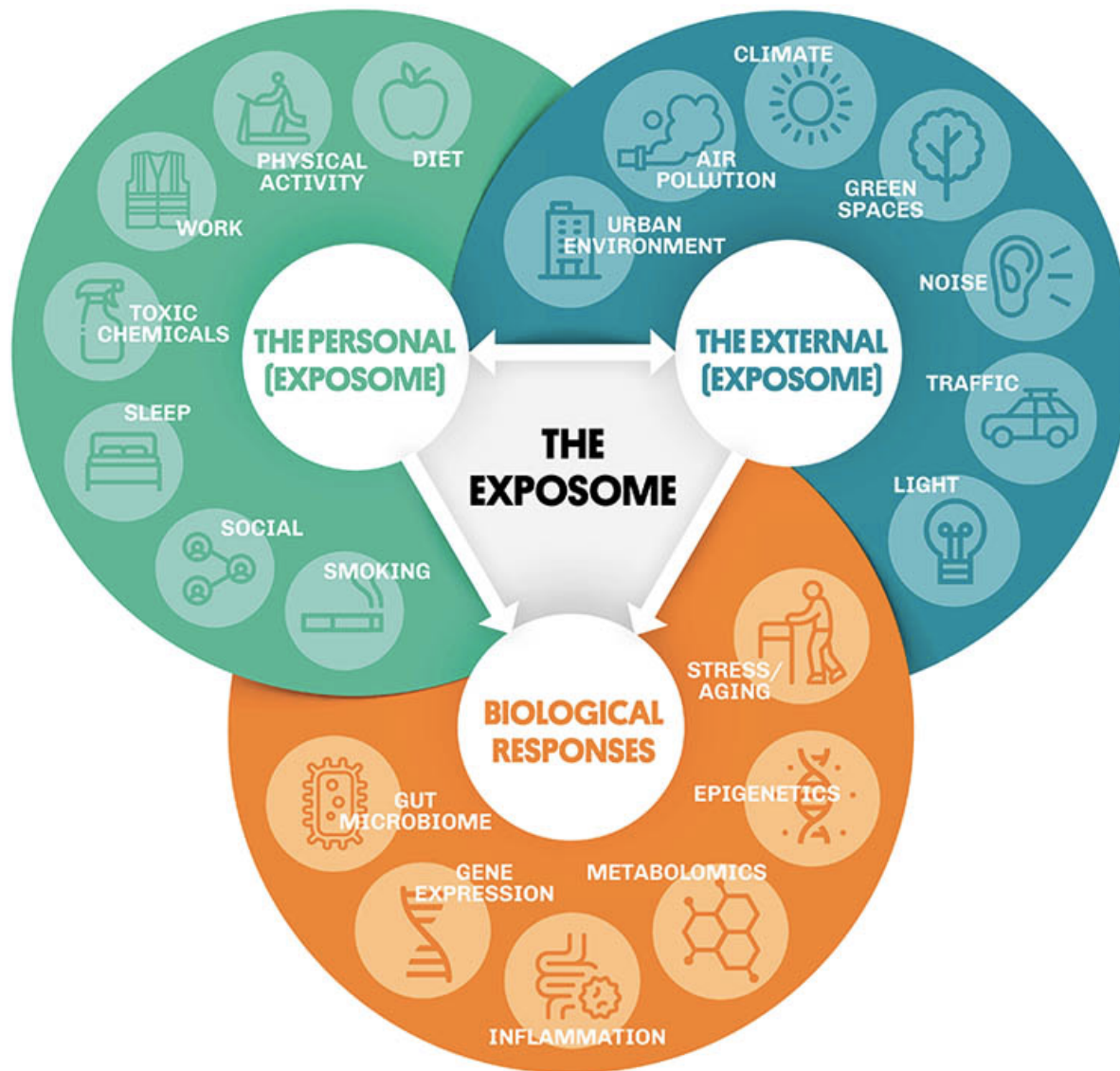
Native foods to save our territories:
Yanaguana wild rice

Food & Supplementation: ADD/ADHD,
Anxiety, Depression

Indigenous Food Pantry

It's up to us!





https://www.isglobal.org/en_GB/-/el-exposoma-comprendiendo-el-efecto-del-entorno-en-nuestra-salu



Native Foods to save our territories

YANAGUANA WILD RICE



Small Groups:

Which native foods are you
working to defend?

"The End of Mental Illness" Daniel Amen, MD

BRIGHT MINDS

Blood Flow

Retirement and Aging

Inflammation

Genetics

Head Trauma

Toxins

Mind Storms

Immunity and Infections

Neurohormone Issues

Diabetes

Sleep

ADD/ADHD reversal & supplementation

Eliminate artificial dyes, preservatives and sweeteners

Minimize/eliminate processed foods

Elimination diet for 3 weeks

Higher-protein, lower carbohydrate diet

Boost exercise 30 min or more 5x/week

Increase sleep. Decrease screen time.

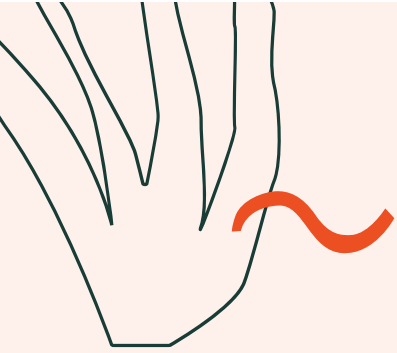
1,000 mg a day of EPA and DHA per 40 pounds of body

Phosphatidylserine 200-300mg/day 4mo age 4-18 (soy & cabbage)

Zinc as citrate or glycinate 30mg/day (adolescents)

Magnesium as flicinate, citrate or malate 100-400mg/day





Elimination Diet

Eliminate sugars, gluten, dairy, corn, soy and other allergy-associated foods

Start to add one at a time (except sugar)

See how your body reacts to each.

Advised to keep sugar at a minimum if at all



Anxiety Supplementation

Check for hypoglycemia, anemia and hyperthyroidism

Eliminate artificial dyes, preservatives and sweeteners.
Try elimination diet for 3 weeks.

Prayer, meditation, etc; Heart rate variability training

Diaphragmatic breathing and hand-warming biofeedback
calming exercise + eliminate Automatic Negative Thoughts

Supplements: L-theanine, GABA, Magnesium, Probiotics,
Omega 3 fish oils



Depression Supplementation

Check for hypothyroidism.

Maximize folate, B12, vitamin D, Homocysteine

Check Omega-3 index (www.omegaquant.com) >8% using 1,400 mg with 60 EPA to 40 DHA ratio

Stop processed foods, artificial dyes, preservatives, sweeteners. Elimination diet for 3 weeks.

Increase protein, lower carbs, add colorful vegetables

Eliminate automatic negative thoughts.

Exercise

Supplements: Curcumin, Magnesium, Zinc and Probiotics



Insomnia Supplementation

Prioritize sleep. Routine.

Avoid: caffeine, blue light, noise, alcohol, eve exercise

Check for restless leg syndrome, sleep apnea, hyperthyroidism, low progesterone, or chronic pain.

Blue light blockers, less electronics, prayer, meditation, soothing music, warm bath, cool room, lavender oil.

Supplements: Melatonin 0.3-1 mg 30 mins before bed
Magnesium, Zinc, 5-HTP (5 hydroxytryptophan), GABA (gaba-aminobutyric acid), Valerian, Probiotics





Indigenous Food Pantry



PROTEIN

Wild game meats: Deer, Buffalo, Bison, Caribou, Elk, etc;
Fish
Bone Broth

FAT

salmon, fish, animal lard, pursulane, sunflower seeds, chia
seeds, avocado, pecans, nuts

CARBOHYDRATE

sweet potatoes, wild rice, quinoa, amaranth, yucca flowers

Protein



Pemmican, Wasna, Jerky

Bone Broth

healthy gut, reduces inflammation, enhances rest...

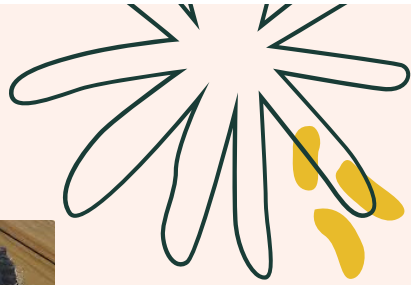
Nettles - antioxidant, antiinflammatory, "could promote learning performance in the brain" (rat studies)

Bone Broth Recipes from Raeanne Madison of Postpartum Healing Lodge

IG @postpartumhealinglodge

"Food as Medicine" Aug 29-Sept 1





Carbohydrates

SWEET POTATO

"May improve brain function"
improved learning and memory in mice
reduce inflammation and prevent free radical damage

WILD RICE/AMARANTH/QUINOA

Nutrient dense foods
contain protein
Amaranth greens contain
B complex, Iron, Folate, Manganese, Mg, Vit A, K, C

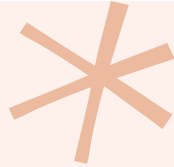
Wild rice pictured. Cook wild rice, steam sweet potatoes, toast pecans mix and add butter, salt

YUCCA FLOWERS

vitamin C, antioxidants, potassium
"improve brain power"



Fats



OMEGA-3

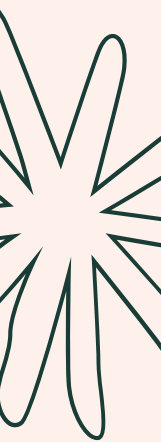
salmon, fish, animal lard, avocado, nuts, seeds (chia)

Sunflower seeds rich in mono & polyunsaturated fatty acids vitamin E, C, B1, B3, B5, B6, calcium, magnesium, potassium, zinc and selenium. tryptophan that produces serotonin

Pumpkin seeds - high fiber and protein. 1 handful = serving of zinc used in the hippocampus to enhance memory

Purslane/portulaca oleraceae/tkapa pejuta Lakota "thick medicine"/verdolagas - easy to grow! good for digestion; can eat raw, sauteed, pesto, pickled

Linda Black Elk Recipe: to a quart jar, add tender purslane stems and leaves on the stove, combine 1C water, 1C Apple Cider Vinegar, 1 TB salt, 2 TB honey, 1 clove garlic, 1/2 TSP mustard seed. Bring to a low boil for 5 mins, then pour over purslane. Let cool for a few hours and enjoy! IG @ linda.black.elk





FOODS TO EAT!

GABA

sweet potatoes,
fermented foods
mushrooms

non-indigenous foods: brown
rice, spinach, broccoli,
cauliflower

MAGNESIUM

prickly pears/tunas (1 cup =30%
Daily Value (DV)), hempseeds,
flaxseeds, almonds, quinoa,
pumpkin seeds, dark chocolate,
avocados (14% DV)

non-indigenous foods: tofu,
soybean, spinach

ZINC

Turkey, eggs, avocado, nuts,
seeds, beans

non-indigenous foods: chicken,
pork, whole grains, lentils,
yogurt, shellfish



Preservation

Drying , Dehydrating , Freezing , Canning
Alaska Native Tribal Health Consortium
"Store Outside Your Door" on YouTube

American Indian Food Producers
<https://www.indianag.org/post/iac-american-indian-food-producer-directory>

Indigenous Environmental Network
<https://www.ienearth.org/>

Grassroots Global Justice
<https://ggjalliance.org/>

Climate Justice Alliance - Just Transition
<https://climatejusticealliance.org/just-transition/>

LET'S EAT MORE of ALASKA'S TRADITIONAL FOODS!

ACCEPTING DONATIONS

- **Meats:** whole, quartered, or roasts
- **Fish:** gutted and gilled, with or without heads
- **Plants:** whole, fresh or frozen

The hunter/producer and food service program must confirm that:

- The animal was not diseased
- The food was butchered, dressed, transported, and stored to prevent contamination, undesirable microbial growth, or deterioration
- The food will not cause a significant health hazard or potential for human illness

When donating game meat, a transfer of possession form is required from the Alaska Department of Fish and Game <http://www.adfg.alaska.gov/static/regulations/wildliferegulations/pdfs/transfer.pdf>. If you have questions about the safety of donated game/fish/seafood, contact Fish and Game or the Department of Environmental Conservation.

FOOD STORAGE

- Label donated seafood, game meat, and wild plants with the name of the food; including the date and provider's name is a recommended best practice
- Vacuum packaging and quickly freezing received donations on site is permitted
- Store donated foods separately from other food using a separate compartment, container, or shelf in the freezer or refrigerator

PROCESSING

- Process donated meats similar to other raw meats or poultry; clean and sanitize food-contact surfaces of equipment and utensils after processing the food
- To prevent cross-contamination cut large portions of raw foods at a different time or in a different space than meal preparation
- If the facility wishes to can foods or process prohibited foods such as seal oil, fill out and submit a variance through the Alaska DEC website: <http://dec.alaska.gov/eh/fss/forms/food/VarianceRequest.pdf>

PREPARATION

- Donated meat, fish, berries, and plants can be further prepared on site to incorporate into existing recipes, such as grinding moose to make spaghetti or cutting caribou into smaller pieces for a stew
- Donated meats can be prepared using the same equipment and area as other raw meats such as beef or poultry
- Wild mushrooms must be identified with the common and usual name of the mushroom and the statement "Wild mushrooms; not an inspected product" when served

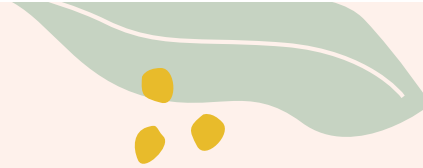
ADDITIONAL INFORMATION CAN BE FOUND AT:
http://dec.alaska.gov/eh/fss/food/traditional_foods.html
<http://www.uas.alaska.edu/elders/traditionalfoods>

SPORK

Logos for: U.S. National Resource Center for Cultural Resource Recovery, U.S. Department of Health & Human Services, U.S. Department of Agriculture, U.S. Department of the Interior, U.S. Department of Education, U.S. Department of Justice, U.S. Department of Labor, U.S. Department of State, U.S. Department of Transportation, U.S. Department of Veterans Affairs, U.S. Environmental Protection Agency, U.S. Fish and Wildlife Service, U.S. Geological Survey, U.S. Health and Human Services, U.S. Indian Health Service, U.S. National Science Foundation, U.S. National Security Council, U.S. Nuclear Regulatory Commission, U.S. Postal Service, U.S. Secretariat of Energy, U.S. Social Security Administration, U.S. Trade Representative, U.S. Treasury Department, U.S. Veterans Affairs, U.S. White House, U.S. World Bank, U.S. World Health Organization, U.S. World Trade Organization, U.S. World Intellectual Property Organization, U.S. World Meteorological Organization, U.S. World Tourism Organization, U.S. World Trade Organization, U.S. World Health Organization, U.S. World Intellectual Property Organization, U.S. World Meteorological Organization, U.S. World Tourism Organization.

This project was supported in part by grant number 9000064616 from the U.S. ACL/Administration on Aging, Department of Health and Human Services, Washington, D.C. 20201.

Plant medicine



Via Linda Black Elk:

Hawthorn flower - anxiety/depression

Linden flower - anxiety/depression

Pineapple weed (wild chamomile) - anxiety, insomnia

Passion flower - addiction, insomnia

Via SanArte Healing & Cultura Collective

Valerian root (non-native)

"Make it Manageable" Tea: chamomile, lemon balm, oat tops

Via Batul True Heart/Estela Roman

Tristeza/Pena (Sadness, Sorrow - lungs, heart)

Rose petals - nervine, mild sedative, antidepressant, anti-inflammatory

Bougainvillea - *bougainvillea glabra* - analgesic, antiseptic, anti-inflammatory, antiviral used in teas, syrup, flower essences, baths

Smudging, baths/banos

Trees

Mushrooms "nerve and brain health, esp. after accidents, with aging" (reishi, shiitake, chaga)



Breakout:

What works well in your community?

What are some amazing things your tribe has achieved lately?





Resources



Daniel Amen. (2020) The End of Mental Illness: How Neuroscience is transforming psychiatry and helping prevent or reverse mood and anxiety disorders, ADHD, addictions, PTSD, psychosis, personality disorders, and more. Word Serve literary group.

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Health Benefits of Yucca Flower. <https://drhealthbenefits.com/herbal/herbal-plant/health-benefits-yucca-flower>

7 nuts and seeds that are healthy brain food. <https://instituteforfunctionalhealth.com/7-nuts-and-seeds-that-are-healthy-brain-fuel/#:~:text=Sunflower%20seeds%20are%20rich%20in,produce%20the%20calming%20neurotransmitter%20serotonin.>

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"We must take responsibility for our health and for the wellbeing of our children. In doing so, we pass on a legacy of self-respect and tribal strength for future generations."

- Devon A Mihesuah (Recovering our Ancestor's Gardens)

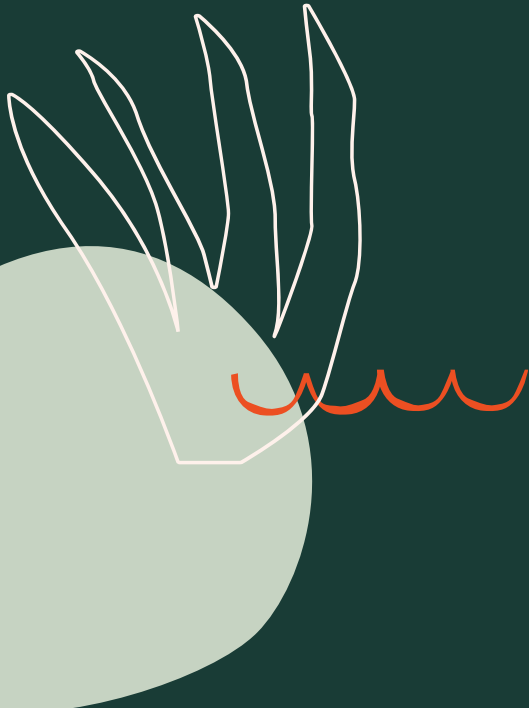
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Questions or
Comments?
Stories?



PTTC Program Coordinator

Dr. Allison Baez, Tap Pilam Coahuiltecan Nation. For over 25 years her focus has been on students' and their families' academic success. Dr. Baez shares her expertise that implements the best practices from a Native cultural lens intended to strengthen and empower individuals, families, and communities. Through collaborative efforts she applies culturally responsive approaches and methodologies to serve Indigenous populations. She received her PhD from the University of the Incarnate Word in San Antonio, TX.



Teresa Brewington
Co-Director



Bethany Walczak
Graduate Research Assistant



Dara Jefferson
Graduate Research Assistant



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