



NATURAL HEALING SECRETS

OF NATIVE AMERICANS

Table of Contents

DISCLAIMER.....	3
Healing Arts to Learn from Native Americans.....	4
Herbal Remedies before Medicine	5
Healing without Help from Doctors.....	6
Regular Cardio and Strength Training	7
Mental Health	8
Sweat Lodges.....	8
Cleanliness	8
Stay Natural	9
Nutrition for Healing	10
Food Preservation without Electricity or Refrigeration.....	10
Drying meat and produce.....	10
Smoking	11
Salt Curing	11
Pickling	11
Native American Remedies We Can Benefit From	12
Mullein	13
Mint.....	14
Saloli Gatoga, aka Squirrel Tail or Yarrow	14
Valerian Root	15

Wild Black Cherry	15
Willow Bark.....	16
Witch Hazel.....	16
Geranium	16
Conclusion.....	18

DISCLAIMER

THE INFORMATION CONTAINED IN “**NATURAL HEALING SECRETS OF NATIVE AMERICANS**” IS MEANT TO SERVE AS A COMPREHENSIVE COLLECTION OF STRATEGIES THAT ARE ONLY RECOMMENDATIONS BY THE AUTHORS, AND READING THIS EBOOK DOES NOT GUARANTEE THAT ONE’S RESULTS WILL EXACTLY MIRROR OUR OWN RESULTS.

THE AUTHOR OF “**NATURAL HEALING SECRETS OF NATIVE AMERICANS**” HAS MADE ALL REASONABLE EFFORTS TO PROVIDE CURRENT AND ACCURATE INFORMATION FOR THE READERS OF THIS COURSE. THE AUTHOR WILL NOT BE HELD LIABLE FOR ANY UNINTENTIONAL ERRORS OR OMISSIONS THAT MAY BE FOUND.

THE MATERIAL IN “**NATURAL HEALING SECRETS OF NATIVE AMERICANS**” MAY INCLUDE INFORMATION, PRODUCTS, OR SERVICES BY THIRD PARTIES. THIRD PARTY MATERIALS COMPRISE OF THE PRODUCTS AND OPINIONS EXPRESSED BY THEIR OWNERS. AS SUCH, THE AUTHORS OF THIS GUIDE DO NOT ASSUME RESPONSIBILITY OR LIABILITY FOR ANY THIRD PARTY MATERIAL OR OPINIONS. THE PUBLICATION OF SUCH THIRD PARTY MATERIALS DOES NOT CONSTITUTE THE AUTHORS’ GUARANTEE OF ANY INFORMATION, INSTRUCTION, OPINION, PRODUCTS OR SERVICE CONTAINED WITHIN THE THIRD PARTY MATERIAL.

WHETHER BECAUSE OF THE GENERAL EVOLUTION OF THE INTERNET, OR THE UNFORESEEN CHANGES IN COMPANY POLICY AND EDITORIAL SUBMISSION GUIDELINES, WHAT IS STATED AS FACT AT THE TIME OF THIS WRITING, MAY BECOME OUTDATED OR SIMPLY INAPPLICABLE AT A LATER DATE. THIS MAY APPLY TO THE “**NATURAL HEALING SECRETS OF NATIVE AMERICANS**” AS WELL AS THE VARIOUS SIMILAR COMPANIES THAT WE HAVE REFERENCED IN THIS EBOOK, AND OUR SEVERAL COMPLEMENTARY GUIDES. GREAT EFFORT HAS BEEN EXERTED TO SAFEGUARD THE ACCURACY OF THIS WRITING. OPINIONS REGARDING SIMILAR WEBSITE PLATFORMS HAVE BEEN FORMULATED AS A RESULT OF BOTH PERSONAL EXPERIENCE, AS WELL AS THE WELL DOCUMENTED EXPERIENCES OF OTHERS.

NO PART OF THIS PUBLICATION SHALL BE REPRODUCED OR SOLD BY ANY ELECTRONIC, MECHANICAL OR OTHER MEANS WITHOUT THE WRITTEN PERMISSION OF THE AUTHORS. ANY AND ALL REQUESTS FOR SUCH PERMISSION SHOULD BE SENT BY TO support@survivopedia.com.

COPYRIGHT SURVIVOPEDIA™, “**NATURAL HEALING SECRETS OF NATIVE AMERICANS**”



Healing Arts to Learn from Native Americans

Native Americans are, perhaps, the best example on the planet of a people who lived solely off the land while protecting it for future generations. They held the belief that we don't own the land; we are simply borrowing it from our children.

In other words, they lived sustainably, protected their resources, and survived (and thrived) while doing no harm to the planet. This made them survivors of the highest order.

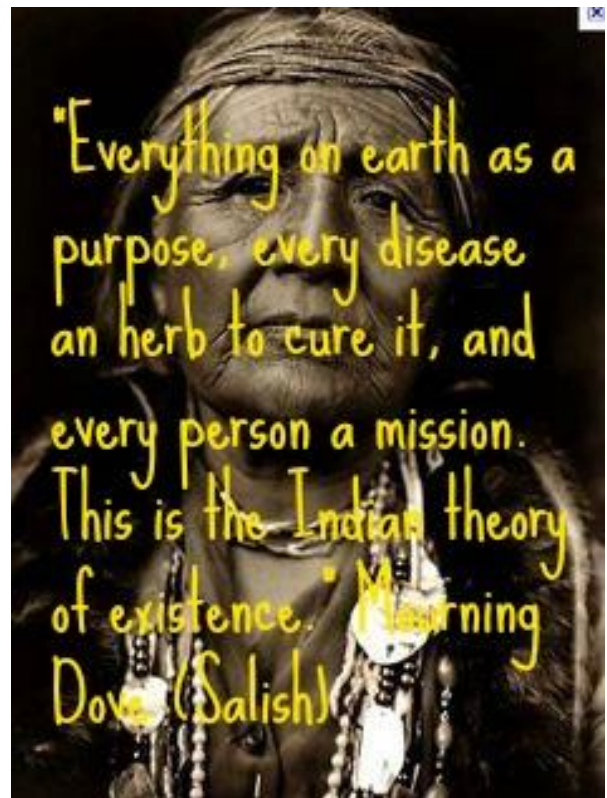
Before you get too involved with learning just the physical aspects of Native American healing, you need to understand that their approach to wellness is holistic.

That is, they believe that your mind and spirit has as much (or more) to do with whether or not you heal as the medicine does.

To oversimplify the concept, you need to approach the entire process with positive energy, whether you're the healer or the patient.

There are, however, some practices that we can learn from Native Americans that are extremely practicable and logical to a person

who is accustomed to Western medicine and that's what we're going to discuss today.



Herbal Remedies before Medicine

Before Europeans discovered the Americas and introduced such diseases as chicken pox, the flu, smallpox, and measles, Native Americans were relatively disease-free and, for the most part, lived long, healthy lives, unless of course famine struck.

Native American remedies for existing illnesses were made of indigenous medicinal plants, many of which were highly effective.

Unlike modern medicine, sick patients weren't just handed medicine until they either got better or died. Instead, Native Americans took care of their health holistically; it was strongly linked to spirituality.

The Native American ideal state of health and well-being was intrinsically linked to a close connection to the Earth and living in harmony with the environment.

In other words, they weren't the "savages" that Europeans assumed that they were; I'm sure that, if they had the European desire for progress and financial gain, the Americas would have been vastly different than they were when Columbus found them. Instead, they believed that natural balance must be maintained. Life was about coexistence, not the almighty dollar.

But, if you take a look at what they actually did to maintain that balance, you may be surprised to find that their methods coincide with what modern medical practitioners preach on a daily basis.

Healing without Help from Doctors

To say that Native Americans didn't have doctors is incorrect, but they didn't have access to "modern" medical practices and medications. They had medicine men and women who made it their craft to know about the medicinal properties of plants.

Much of this was learned by trial and error and passed down orally from one generation to the next through training and practice.

Plants were also used in spiritual ceremonies to invite the spirits or to attain the proper state of mind in which to speak with them.

Today, you can purchase books about Native American healing practices that pertain to plants and we'd recommend purchasing one.

Combine that knowledge with what modern medicine has learned about each plant and you may just have a survival plan that doesn't involve modern pharmaceuticals.

Native Americans knew how to utilize the natural products around them to heal wounds, treat illnesses and remain healthy and it wasn't hocus pocus. As a matter of fact, one Incan practice gave way to modern pharmacology. They standardly used Peruvian Bark, aka quinine, to treat cramps, chills, digestive issues and heart disorders, just to name a few.

It the early 1600's, quinine was used to treat malaria, which was arguably the beginning of modern pharmacology.

Another example of effective herbal treatments is the Amazonian use of ipecac to cure amoebic dysentery, an intestinal infection that's lethal if left untreated.

Ipecac makes you vomit, which expels the toxins that are making you sick. It's still used in cases of poisoning and ingestion of toxic substances today.



Native Americans used herbs for everything from disease and injury treatment to flavoring foods. We recommend picking up a book on herbal remedies because in many cases, they're successful. If you don't have access to medications, herbs are going to be what you need to know about.

Regular Cardio and Strength Training

Many tribes greeted the dawn with an early morning run to celebrate the arrival of a new day. How many people do you know that run in the mornings (or at some point during the day) as part of their exercise routine?

Of course, along with the physical exercise they also benefited from the release of stress-releasing hormones that we now know comes from physical exercise. Since running was, in large part, spiritual, there was also surely the clarity of mind that comes with meditation.

Oh, and we can't forget that regularly carrying animal carcasses, curing hides, carrying water, setting up and tearing down camps, and participating in ceremonies and games that centered on acts of physical strength are all examples of strength training in its purest form.

Mental Health

We now know that mental health is critical to physical health. Native Americans regularly meditated and practiced acts of gratitude for everything that surrounded them.

As some modern philosophies teach, they were present and mindful. They celebrated the seasons and the bounty, and they were grateful and respectful to the animals that they killed to sustain themselves.

In a nutshell, Native Americans had a healthy outlook on life and worked regularly to maintain that. They knew, without an advanced medical degree, what it took to stay healthy.

Sweat Lodges

Also known as medicine lodges, sweat lodges were often used for healing, prayer, introspection, and purification.

Sweat sessions were required to be supervised by trained elders who were experienced with the process and could safely control the situation in case somebody became ill or uncomfortable.

Many holistic healers believe that sweating purifies the body by flushing toxins from the body and may help kill disease by raising the body temperature to a point that bacteria and viruses can't survive. That is, of course, theoretical, but it makes a certain amount of sense.

Cleanliness

We now know that disease thrives in filthy conditions. All of the major plagues, as well as influenza, small pox and all of the other catastrophic communicable diseases did the damage that they did because of poor hygiene.

People were literally killed by their own filth. Native Americans didn't have this problem for a few reasons.

First, they didn't live in a manner that allowed them to become overpopulated. They also didn't throw their own filth and waste right outside the doors of their lodges where it could attract vermin or contaminate the water supply.

They bathed regularly, washed, and didn't expose themselves to outsiders who carried any kind of disease, at least not until they were forced to be exposed to Western diseases. The lesson? Keep your area and your body clean. Don't leave waste or refuse lying around and don't void your bowels or bladder near the water or food supply.

To take it a step further, don't get cozy with strangers. In a post-SHTF situation, you're going to need to be wary of others who may be dragging disease to your door.

Whether you practice total avoidance, diligent hand washing and sanitation or quarantine, you need to have a plan in place to keep your area free of disease.

Stay Natural

Native Americans used only what they had available to them for healing, but that wasn't a bad thing. When the first settlers arrived, they were surprised to see that many illnesses that they considered fatal were being effectively treated with herbal remedies.

Of course, Native Americans weren't immune to Western diseases and a few, such as smallpox, was devastating to their population.

The side effects of modern pharmaceuticals have become a major concern to most tribes and as a result, many Native Americans are now reverting to herbal remedies as the only source of medicinal products.

Don't be fooled by thinking that just because a product is natural, it's safe because that's most certainly not the truth. As a matter of fact, arsenic is a natural metal but it'll kill you in the right dose. That's why we recommend buying a book about herbal remedies; so that you can look up the proper amount to use in your treatment.

Nutrition for Healing



Because the body is sacred, Native Americans were extremely conscious of what they put into it.

Of course, refined sugars and processed foods weren't an option, but there were still dietary issues that could have arisen if they were simply gluttons.

Whole foods, including fruits, vegetables and lean meats, were the total sum of the Native American diet. Of course, that includes roots and herbs, too.

Food Preservation without Electricity or Refrigeration

This was a major skill that would be extremely useful in a survival situation. Nothing was wasted if it could be helped because that animal gave up his life for the meal, and it would be disrespectful to that sacrifice to waste the meat.

Also, winters were tough and letting meat go bad would have been extremely wasteful when the dead of the season arrived and you were out of meat.

To preserve food, several methods were used.

Drying meat and produce

It was probably the biggest method of preserving meats, vegetables and fruits. One huge benefit of drying food is that it's extremely lightweight but still delicious and packed with nutrients.

Smoking

Many foods, including meat and fish are well preserved by smoking, too. This process can take anywhere from a few hours to several days.

Smoking also adds a pleasant taste and is traditionally done in a smokehouse, where the meat is hung and fires are built. The meat is then left in there for the required amount of time.



Salt Curing

This method is exactly what it sounds like – you use salt to draw the moisture out of the meat so that it doesn't spoil.

Pickling

We've all had that deliciously crunchy pickled cucumber that makes any sandwich better. Pickling is done by putting salt and flavoring spices in with water. It kills bacteria and other nasties. Typically, there's heat involved, which is another part of the process that kills viruses and bacteria that could make you sick.

The Native Americans had the whole healing thing down; they knew what herbs, roots or plants to use for whatever ailed you and they knew how to prevent disease.



Native American Remedies We Can Benefit From

The Native Americans were masters of holistic treatments; they knew what was available to them and they knew how to use those resources.

Though we're going to discuss some of the most common treatments (many are Cherokee) for top ailments, be extremely careful. What can cure you in a teaspoon can kill you in a cup. "Natural" does not necessarily equate to "safe".

Aspiring medicine men and women began studying under experienced teachers at a young age and the craft was passed down from one generation to the next. It wasn't something that was learned in a week, and it wasn't written down in a book.

The information that we've gathered is meant to inspire you to learn more about alternative treatments because some day, that may be all that you have!

Mullein



Mullein is a tobacco-like plant that grows straight up and has (usually) yellow flowers.

It was traditionally smoked, used as a tea, made into an oil or tincture, or made into a poultice, depending upon what it was going to be used for.

The leaves, flowers and stems are edible but the seeds contain a natural pesticide and are toxic.

The main traditional use for mullein was for the treatment of breathing issues such as asthma, colds, allergies and bronchitis. This is probably because mullein contains saponins that act as

expectorants. To treat coughing, some tribes would smoke it and others would make a tea from it and drink it with molasses or honey.

Mullein is also an anti-inflammatory and anti-bacterial, at least partially because of the verbascoside in it, which studies have shown to be especially effective against Staph infections.

This makes it useful for many different ailments, including arthritis, stiff joints, sore muscles, burns, rashes, cuts or blisters. To take advantage of these properties, drink it, smoke it or make a topical paste.

Finally, mullein has anti-spasmodic properties that might help with cramps caused by menstruation, gastric distress or muscle spasms. The root is sometimes used to treat bladder issues such as infections.

Mint



This herb is easy to grow and acts almost instantly to relieve upset stomach. It's also good for headache. You can make tea or a poultice from it, chew it raw or add it to food.

Mint oil is great for boosting mood or giving you a burst of energy – some people like to put a drop or two on their pillows at night so that it can act while they're sleeping.

As a skin poultice, mint has anti-inflammatory properties that help soothe irritated skin, bug bites or bee stings. It's often a component of natural bug repellants.

Mint may also help with allergies because it inhibits the release of histamines that trigger the runny nose and other symptoms of hay fever and other allergic reactions.

You're probably most familiar with mint because it's in most toothpastes. That's not just because it makes your breath smell nice. The menthol in mint acts as an anti-microbial to kill the germs that cause bad breath and tooth decay.

Saloli Gatoga, aka Squirrel Tail or Yarrow

The fresh leaves of yarrow can be crushed and applied to an open wound to stop the bleeding.

You can also make a tea from it and drink it to stop or slow internal bleeding.

This tea is also good for stimulating digestive functions and helps keep your kidneys and gallbladder functioning properly.



A decoction was often made with the leaves and stems and used as an astringent to treat acne and other skin issues.

Valerian Root



Valerian is easy to grow and the root has been used for centuries to relieve anxiety and to treat insomnia.

It's also used to treat cramps, muscle spasms, gastrointestinal pain and irritable bowel syndrome.

Typically, it's boiled into a tea though you can buy it over-the-counter in pill form.

Wild Black Cherry

The bark and the fruit of this plant, aka chokecherry or wild cherry, are edible and are used medicinally. The leaves and seeds are poisonous!

The bark is made into tea and used to treat coughs, colds, flu symptoms, bronchitis, sore throat, laryngitis, asthma, high blood pressure, swollen lymph nodes and arthritis, among other ailments.

It's also an appetite stimulant and a mild sedative.



Mohegans allowed the fruit to ferment naturally for a year or so before using it to treat dysentery.

Willow Bark

There are several kinds of willow trees and all of them contain at least trace amounts of salicin, the chemical similar to acetylsalicylic acid, aka aspirin.

It also contains some pretty powerful flavonoids that act as anti-inflammatories.

Salicin, like aspirin, has anti-inflammatory, fever reducing and pain relieving properties. White willow, crack willow and purple willow have the highest concentration of salicin.

To reap the benefits, just make a tea from the inner bark of the tree.



Witch Hazel

This stuff is great. It has anti-inflammatory, astringent properties that are good for a wide variety of ailments.

Witch hazel is a shrub that grows all over the United States and southern Canada and is used to treat muscle aches, bug bites, swelling and bruises.

It's also used to stop bleeding and is great for treating acne, eczema, poison ivy, varicose veins, sunburn and hemorrhoids.

Geranium

This pretty flower is found all over the world. The leaves have historically been used by Native Americans to treat stomach and digestive problems and to stimulate appetite.

It was also used to get rid of worms and treat inflammation and back pain.

Geranium may cause headaches, nausea and vomiting so use it carefully.

There are many different Native American remedies that we can benefit from but we need to be extremely careful.

You need to educate yourself well and know the side effects as well as the uses of any herb that you may choose to use medicinally because many of them are perfectly safe at one level and lethal at another.

Don't ever just throw a pinch into the teapot – know what you're doing before you begin any treatment whatsoever, even if It's only on you.



Conclusion

For every illness, there's a cure. At least in theory. Though Western Medicine hasn't managed to find cures for many diseases, Native Americans had treatments for just about everything, and if you pay attention to early American writers, they often worked.

These treatments were entirely natural – no penicillin or opiates required. That being said, however, there are natural elements that provide the origins of these modern meds, such as soil and plants that contain natural antibiotics and plants such as willow bark that contain natural pain killers. In fact, willow bark was an original ingredient in aspirin.

Just because a cure is natural doesn't mean that it doesn't work as well as modern medications; in fact, the opposite is often true.

As preppers, we realize that we may not always have access to OTC and prescription meds, so, considering that, we've put together a special report on Native American remedies that teaches you how to use the eight super-plants that treat more than thirty diseases.

Learn how to help your body stay healthy and heal itself naturally, and how to preserve your food without refrigeration or electricity.

If it worked for them then it will work for us too!