ᐋᔒ·ᐋᑲᒥᐦ·ᑳᓄᐦᒃ ᑮᔅ ·ᐋᔅᑲᒃ ᑳ ᐃᔑ ᓂᑐᑯᐦᐄᓯᑦ ᐃᓯᓯᐤ:
ᓃᔅᑕᒻ ᓅᒻ ᐋ ᑎᐹᒋᒍᓅᓂ·ᐃᒃ

Diabetes and traditional medicine: A preliminary report

Coastal version

Photos: Alain Cuerrier

ᐋᔒᐧᐋᑲᒥᐦᐧᑳᓅᐦᒡ ᑮᔮ ᐧᐋᔅᑲᒡ ᑳ ᐃᔑ ᓂᑐᑯᐦᐄᓱᑦ ᐃᓯᓯᐤ: ᓃᔅᑕᒻ ᓅᒻ ᐋ ᑎᐹᒋᒧᓈᓂᐧᐃᒡ

DIABETES & TRADITIONAL MEDICINE: A preliminary report

ᐧᐄ ᐧᐄᐦᑕᒧᐧᐋᑲᓄᐧᐃᒡ ᐃᓯᓯᐅᒡ ᑳ ᐃᔑ ᒥᔅᑯᐧᐋᑖᑲᓂᐧᐃᒡ ᐊᓐ ᑳ ᐃᔑ ᓂᑐᒋᔅᑳᓯᑖᑲᓂᐧᐃᐦᒡ, ᓃᔓ ᐃᓯᓯᐤ ᐃᐦᑖᐧᐃᓐ ᐋᒌ ᐧᐃᒋᐦᐃᐧᐋᒡ ᐅᔮᔪ ᑳ ᐃᔑ ᓂᑐᒋᔅᑳᓯᑖᑲᓂᐧᐃᓯᒡ.

The aim of this pamphlet is to share with the Cree people, the results of a project that was carried out with the help of two Eeyou communities.

ᓈᓐᑎᒫ ᐱᒻᐱᓯᔫ ᐋ ᓈᓐᑐᒋᔅᑳᓯᑖᑲᓂᐧᐃᒡ ᓂᐦᑖᐅᒥᐦᒋᑲᓐ ᒌ ᒋ ᐋᐱᑎᐦᒡ ᐋᐧᐄ ᓂᑐᐦᑯᑖᑲᓂᐧᐃᒡ ᓃᔓ ᑳ ᐃᑎᓯᓈᑖᒡ ᐊᓐ ᓇᓈᑯ ᐋᐃᑖᓯᑖᑯᐦᒡ ᐋᔒᐧᐋᑲᒥᐦᐧᑳᓅᐦᒡ. ᓂᔭᔦ (5) ᑎᑐ ᐱᐳᓇᐦ ᐃᐢᐱᐢ ᐱᒋᔅᑎᓈᑲᓂᐧᐃᐤ ᔔᔮᓐ ᒌ ᒋ ᐋᐱᑎᓯᔅᑖᑲᓂᐧᐃᒡ ᐆᐤ ᒌᐧᑳᓐ. ᑯᑕᑲᒡ ᑮᔮ ᐃᓯᓯᐤ ᐃᑖᐧᐃᓇᐦ ᒋ ᑳ ᒋ ᐧᐃᒋᐦᐃᐧᐋᐧᐊᒡ ᐧᐃ ᐧᐃᒋᐦᐃᐧᐋᐧᑖᐧᐊ.

ᒥᔦᓈᑯᓐ ᐊᓐ ᐋᔑ ᒪᔅᑳᑲᓂᐧᐃᒡ ᐊᓐ ᑳ ᐃᔑ ᓈᓐᑐᒋᔅᑳᓯᑕᑲᓂᐧᐃᒡ.

ᒋ ᑳ ᒋ ᑯᐧᑳᒋᑳᒧᓈᐧᐋᐤ ᒌᐧᑳᓐ ᐧᐃ ᑯᐧᑳᒋᒌᒧᔮᐧᑳ ᑮᔮ ᒫᑲ ᐋᑎᑯᓂᐧᑳ ᒌᐧᑳᓐ ᐋᐧᐄ ᐃᔮᒄ, ᐋᐅᑯᓐᒡ ᐅᒌ ᐊᐧᐋᓂᒋ ᒌ ᒋ ᐊᔮᒥᐦᐋᑯᒡ:

ᒌᓯᔑᓐ ᑯᓂᔒᔅ
ᒥᔅᑎᓯᓃᒡ ᐋᐱᑎᓯᐤ
(418) **923-2225** ᒪᒃ (418) **923-3461** (262)

ᐊᓚᓯᓐ ᑮᔮᕓᔮᓯ
ᐧᒫᓐᑎᓃᔮᓪ ᐋ ᓂᑐᒋᔅᑳᓯᑖᑲᓂᐧᐃᒡ ᓂᐦᑖᐅᒥᐦᒋᑲᓐᐦ
(514) **872-3182**

ᐱᐋᕐ ᐦᐊᑦᑖᑦ
ᓂᑐᑯᓯᓐ ᐋ ᐅᔑᑖᑲᓂᐧᐃᒡ
ᑳ ᐃᔅᐸᒡ ᒋᔅᑯᑕᒫᑐᑲᒥᒄ ᐊᓐᑖ ᐧᒫᓐᑎᓃᔮᓪᒡ
(514) **343-6590**

(ᑯᐸᒃ)

This on-going project examines the benefits of traditional plant medicines in the treatment of Type II diabetes. It has been awarded funding to cover the next 5 years. Other communities have been invited to participate.

The early results are promising.

We welcome questions or comments; they should be addressed to these individuals:

Jason Coonishish
Liaison officer
Mistissini
(418) **923-2225** or (418) **923-3461** (262)

Alain Cuerrier
Montreal Botanical Garden
(514) **872-3182**

Pierre Haddad
Department of Pharmacology
University of Montreal
(514) **343-6590**

(Quebec)

ᓂᑐᑯᓯᓐ ᑮᔮ ᐧᐃᒋᐦᐃᐧᐋᐧᐃᓐ ᐋ ᓈᓈᑲᒋᐦᑕᑲᓂᐧᐃᒡ ᒋᒥᔅ ᐸᓯ ᐃᑖᒌ
Cree Board of Health and Social Services of James Bay

July 2006

ISBN-13: 978-2-550-47579-8 ISBN-10: 2-550-47579-8
Legal deposit: 3rd trimester 2006
Bibliothèque Nationale du Québec, National Library of Canada
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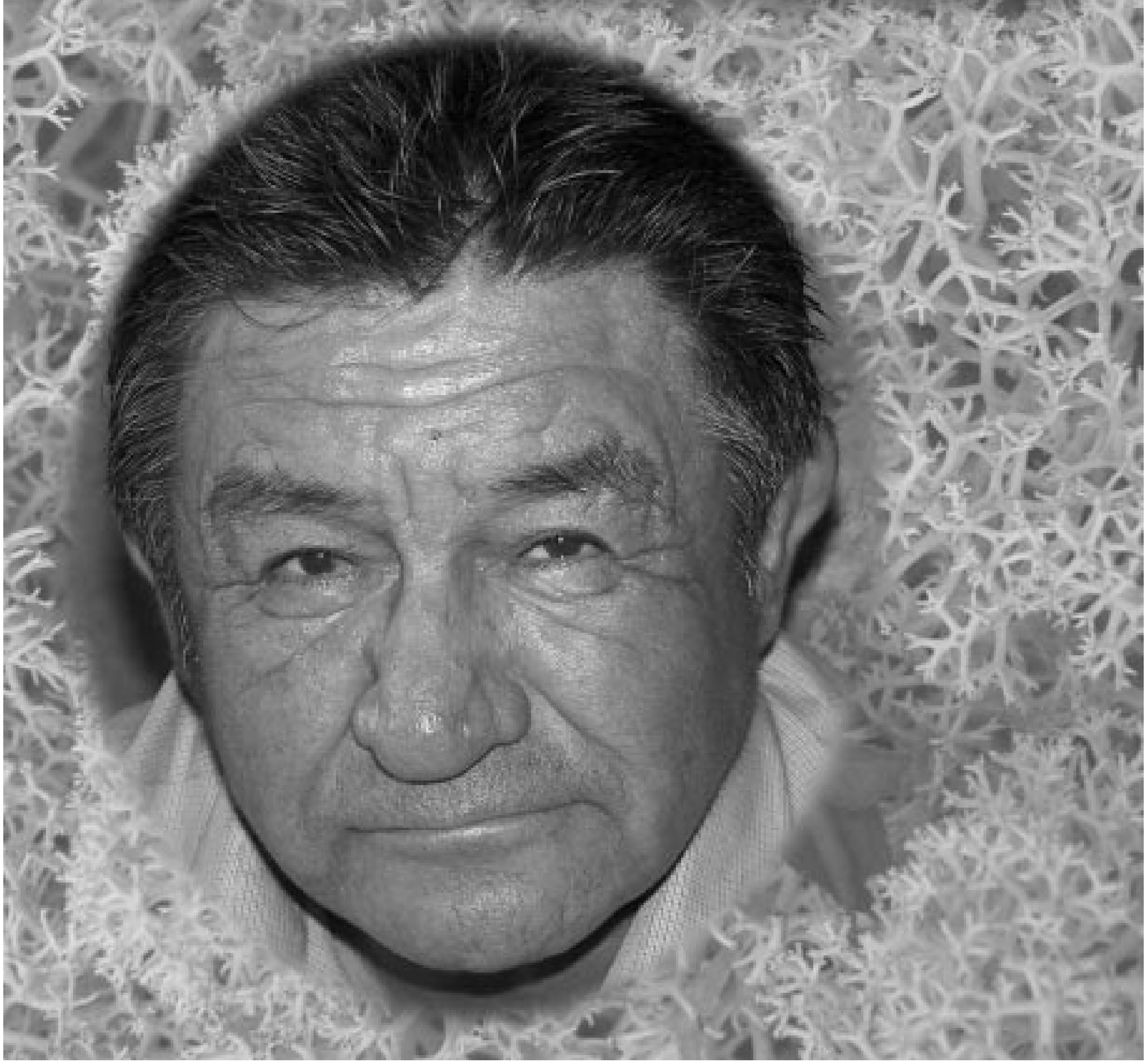
Cover design and page layout: Katya Petrov

ᔖᔥ ᒋ ᒋᔑᑖᐤ ᓵᒻ ᐅᑦᐚᐱᑎᓯᐧᐃᓐ ᐅᑦ ᐊᔅᒋᒡ ᑭᔮ ᔖᔥ ᒋ
ᑖᐧᐹᑎᑯ ᒋᔖᒪᓂᑐᐦ ᒉ̇ ᐹᒡ ᒋᐧᐋᑦ᙮ ᐋᔨᐅᒄ ᓃᓇ ᒉ̇ᐧᑳᔨᐤ ᑳ
ᐃᔑ ᒋᔅᑯᑎᒫᒉ̇ᑦ ᓵᒻ ᐋᑯᔥ ᒥᒄ ᐋᔥᐱᔥ ᑳᔅᒋᑖᑦ ᐊᐧᐋᓐ ᒉ̇ᐧᑳᔨᐤ
ᐋᐧᐄ ᑐᑕᒃ ᑲᑕ ᐧᐃ ᑐᑕᒼ ᑭᔮ ᒫᒃ ᒥᒄ ᐊᓂᔮᔨᐤ ᒉ̇ᐧᑳᔨᐤ
ᐧᐋᑐᑕᒃ ᐊᐧᐋᓐ ᑲᑕ ᒋ ᑐᑕᒼ ᐧᐃ ᑐᑕᑳ᙮ ᒧᔥ ᒋ ᑳ
ᒋᔅᒋᑐᐧᐋᓇᐤ ᓵᒻ ᒋᑖᐦᐃᓈᒡ ᑭᔮ ᒫᒃ ᒋ ᒥᑐᓈᔨᒋᑲᓈᒡ ᑭᔮ
ᒧᔥ ᒋ ᑳ ᑲᓇᐧᐋᔨᑕᐧᒫᓈᓇᐤ ᒋᑖᐦᐃᓈᒡ ᑭᔮ ᒋ ᒥᑐᓈᔨᒋᑲᓈᒡ
ᐊᓂᔮᔨᐤ ᑳ ᐃᔑ ᒋᔅᑯᑎᒫᒉ̇ᑦ᙮

ᐧᓵᓪᒥᓐ ᐊᐧᐋᔑᔥ

Sam's mission on Earth is done and the Creator called him home. Two of Sam's teachings were always do your best and all things are possible. His memory and teachings will always be in our hearts and minds.

Sol Awashish



ᓃᔅᑕᒼ ᐋᔑ ᐐᑖᑲᓂᐧᐃᒡ

ᐋᔑᑯᒼ 100 ᐋᑎᔑᒡ ᐊᐧᐋᓐᒌ ᐆᑦ ᑳᓈᑖ 5 ᐊᐧᐋᓐᒌ ᐋᔮᐅᒡ ᐊᓂᔮᔦ ᐋᔒᐧᐋᑲᒥᐦᐧᑳᓂᐧᐃᔨᒡ᙮

ᐱᔅᒡ ᐊᓂᐦᐃ ᐃᔨᔨᐤ ᐃᑖᐧᐃᓇᐦ ᐋᔑᑯᒼ 100 ᐋᑎᔑᒡ ᐃᔨᔨᐅᒡ ᐆᑦ ᑳᓈᑖ 20 ᐋᔮᐅᒡ ᐊᓂᔮᔦ ᐋᔒᐧᐋᑲᒥᐦᐧᑳᓂᐧᐃᔨᒡ᙮ ᐧᐋᔑ ᐋ ᐦᐋᑳ ᓵᓵᐅᐱᐦᐅᑦ ᐃᔨᔨᐤ ᐋᑰᑦ ᐧᐋᑖᔨᑖᑲᓂᐧᐃᔨᒡ ᒑ ᒋ ᐅᒡ ᐊᔮᑦ ᐋᔒᐧᐋᑲᒥᐦᐧᑳᓂᐧᐃᔨᒡ, ᑭᔮ ᐋ ᐦᐋᑳ ᒦᒋᑦ ᐃᔨᔨᒥᒋᒥᔦ, ᑭᔮ ᒫᑲ ᐅᑐᑖᒼ ᓵᔅ ᐋᒋ ᐃᑖᔅᐱᓈᔨᒡ᙮

ᐆᐤ ᐋᐱᑎᓯᐧᐃᓐ ᑳ ᑐᑖᑲᓂᐧᐃᒡ ᒋ ᓂᑐᒋᔅᒑᔨᑕᑲᓈᐤ ᒑ ᒋ ᐋᐱᑎᐦᒡ ᓂᐦᑖᐅᒋᐦᒋᑲᓐ ᐊᓂᔮᔦ ᐃᔨᔨᐤ ᑳ ᒋ ᐃᔑ ᐋᐱᒋᑖᑦ ᐋ ᓂᑐᑯᐦᐃᓯᑦ ᐊᓐᑖ ᐧᐋᔅᑲᒡ, ᐊᓐ ᒑ ᒋ ᐋᐱᑎᐦᒡ ᐋ ᓂᑐᐦᑯᑖᑲᓂᐧᐃᒡ ᐊᓐ ᓃᓇ ᑳ ᐃᑎᓯᓈᑖᒡ ᐋᔒᐧᐋᑲᒥᐦᐧᑳᓄᐦᒡ᙮ ᐃᔨᔨᐤ ᐃᔑᐧᑖᐧᐃᓐ ᑭᔮ ᐃᔨᔨᐤ ᐊᔨᑎᐧᐃᐤ ᒫᑲ ᒑ ᒋ ᐋᐱᑎᐦᒡ᙮

ᒥᔅᑎᓯᓃ ᑭᔮ ᐧᐋᐱᒫᑯᔅᑐᔨ ᐋᐅᑯᓐ ᐅᐦᐃ ᓃᓇ ᐃᑖᐧᐃᓐᐦ ᐧᐋᒋᐦᐃᐧᐋᒡ ᐅᔮᔦ ᐋ ᐃᔑ ᓈᓐᑐᒋᔅᒑᔨᑕᑲᓂᐧᐃᔨᒡ᙮

ᓃᔅᑕᒼ ᑳ ᑎᓈᓂᐧᐃᒡ: ᒋ ᐊᔨᒥᐦᐋᑲᓄᐧᐊᒡ ᒋᓵᔦᒡ ᑭᔮ ᐊᓐᒌ ᓂᐦᑖᐅᒋᐦᒋᑲᓐ ᑳ ᒋ ᐊᐱᒋᑖᐦᒡ ᓂᑐᑯᔨᓐᐦ ᐋ ᐅᔑᐦᑕᒡ

ᒐᕐᓕᔅ ᓚᑐᒄ ᑭᔮ ᐊᓚᔨᓐ ᑮᔮᕒᔮᔨ ᐋᐅᑯᓐᒡ ᑳ ᐧᐃᑕᒧᐧᐋᒡ ᒋᓵᔦ ᑭᔮ ᐃᔨᔨᐤᐦ ᐊᓐᑖ ᒥᔅᑎᓯᓃᒡ ᐅᔮᔦ ᐋᔑ ᐋᐱᑎᓯᔅᑖᑲᓂᐧᐃᔨᒡ ᒫᐧᑳᒡ ᒍᓐ ᐱᓯᒽ ᑳ ᐊᑯᒋᓂᔨᒡ 2003᙮ ᐋᒄ ᒥᓐ ᑳ ᑯᐧᑳᒋᒫᐦᒡ 34 ᑎᑐ ᒋᓵᔦᐦ ᐊᓂᔮᔦ ᑳ ᐃᔑ ᓂᑐᑯᐦᐃᓯᔨᒡ ᐃᔨᔨᐤᐦ ᐊᓐᑖ ᐧᐋᔅᑲᒡ᙮ 23 ᑎᑐ ᐧᐋᔅᑳᐦᐃᑲᓐ ᒋ ᐲᐦᒑᐅᒡ ᑳ ᓂᑕᐧᐋᐸᒫᒡ ᐊᓂᔮᔦ ᒋᓵᔦᐦ ᒫᐧᑳᒡ ᒍᓚᔨ ᑭᔮ ᒋᒫᓐ (ᐊᑲᔅᑦ) ᐱᓯᐧᒪ ᑳ ᐊᑯᒋᓂᔨᒡ᙮ ᐋᔨᐅᑯᓐ ᐅᐦᐄ 18 ᓂᐦᑖᐅᒋᐦᒋᑲᓐ ᑳ ᐋᔨᐧᒫᐅᐦᐄᐧᐋᒡ ᐋ ᓂᑐᑯᔨᓂᐧᐃᒡ ᐋᒋ ᐋᐱᒋᑖᑦ ᐊᐧᐋᓐ ᐋᑎᒥᒋᐦᐅᒡ ᐊᓂᔮᔦ ᐋᑎᒥᒋᐦᐅᑦ ᐊᐧᐋᓐ ᐋᐧᐄ ᐃᔮᑦ ᐋᔒᐧᐋᑲᐦᒥᐧᑳᓂᐧᐃᔨᒡ᙮

Introduction

In the Canadian population almost 5 people out of 100 have diabetes.

In some Canadian First Nations populations up to 20 people out of 100 have diabetes. The causes are thought to be a sedentary lifestyle, non-traditional diet and genetic predisposition.

This project aims to study the use of Eeyou traditional plant medicines in the treatment of Type II diabetes, an approach that would be more in harmony with the Cree culture and lifestyle.

So far, the communities of Mistissini and Whapmagoostui are participating in the project.

First step: interviews with Elders and Healers

Charles Leduc and Alain Cuerrier presented the project to the Elders and the community of Mistissini in June 2003, and then conducted interviews with 34 Elders from 23 households between July and August. The following 18 plants were mentioned in connection with 15 symptoms linked to diabetes.

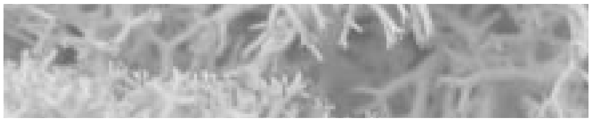
ᑳᒑᐱᑯᐦ*	(Kachichepukw*)	ᐹᔅᑎᓈᐧᑳᑲᓐ*	(Pashtnahoagin)
ᐧᐋᑎᓈᑲᓐ*	(Watnagan*)	ᒦᓐᔓᐦ	(Minshe)
ᐃᔮᔅᑦᐦ*	(Inaasht*)	ᐹᑐᓛᑭᐊᐃ*	(Uskuui)
ᐃᔮᑎᒄ*	(Inaahtikw*)	ᐧᐄᓯᒋᐱᒄᐦ*	(Uishichipukw)
ᒫᔅᑯᒪᓈᑎᒃ*	(Mushkuminanatikw*)	ᐧᐄᔑᒋᒥᓐᐦ	(Wishichimna)
ᐅᑑᔅᐱᐦ*	(Atushpi*)	ᒥᓂᐦᐄᒄ	(Minhikw)
ᐲᔦᐧᐋᑎᒄ	(Pieuatikw)	ᐲᔮᐅᒫᓈᓐ*	(Pieuminaan)
ᐊᔨᒄᐊᑖᔅ*	(Ayigadash*)		(Typhaceae)
ᐅᔅᒋᔅᑲ*	(Ushchishk*)	ᐧᐋᐯᔅᑲᒥᐦᒄ	(Waapskamihkw)

*ᐋᐅᑯᓐ ᐅᐦᐄ ᒫᐅᒡ ᐋᑖᔨᑖᑯᒡ ᒑ ᒋ ᓂᑐᒋᔅᒑᔨᑕᑲᓂᐧᐃᒡ ᒑ ᒋ ᓂᑐᑯᔨᓂᐧᐃᒡ

*the most promising plants selected for laboratory experiments

ᒍᓚᐃ ᐱᓯᒻ 2004 ᐊᓚᔨᓐ ᑮᔮᓅᔮᔨ ᑮᔮ ᒫᓇ ᐦᐃᓓᓐ ᕓᓅᔨᓯᕐ ᐋᐅᑯᓐᒡ ᑳ ᐧᐃᑕᒧᐧᐋᒡ ᒋᓵᔫᐦ ᐊᓐᑖ ᐧᐋᐱᒫᑯᔅᑑᐦᒡ ᐅᔮᔦ ᒉᐧᑳᔦ ᑳ ᐧᐃ ᑑᑳᐧᐃᔨᒡ᙮ ᒍᓚᔨ ᐱᓯᐧᒪ ᐱᐦᔨᒼ ᐅᔅᑲᐦᐅᐱᓯᐧᒪ ᑳ ᐊᑯᒋᓂᔨᒡ 31 ᑎᑐ ᒋ ᐧᐋᐸᒫᐅᒡ ᐊᓂᔮᔦ ᐃᔨᔨᐤ ᓂᑐᑯᔨᓂᔨᐤ ᑳ ᐊᐱᒋᑖᔨᒡ ᐋ ᓂᑐᑯᐦᐃᐧᐋᔨᒡ ᑮᔮ ᒋᓵᔫᐦ᙮ ᒫᒧ 25 ᑎᑐ ᐧᐋᔅᑳᐦᐃᑲᓐᐦ ᒋ ᐱᒉᐅᒡ ᑮᔮ 31 ᑎᑐ ᓂᐦᑖᐅᒋᐦᒋᑲᓐ ᒋ ᒪᔅᑳᐧᐋᑕᐅᒡ ᐋ ᐋᐱᑎᓂᔨᒡ 15 ᓇᓈᑰ ᐋᔨᑎᒥᒋᐦᐅᑦ ᐊᐧᐋᓐ ᐅᔅᑲᒡ ᐋᐧᐃ ᐋᔮᑦ ᐋᔒᐧᐋᑲᒥᐦᐧᑳᓂᐧᐃᔨᒡ᙮ 18 ᑎᑐ ᒫᑲ ᐊᓂᐦᐃ ᓂᐦᑖᐅᒋᐦᒋᑲᓐ ᑮᔮ ᒫᑲ ᐸᐦᔅᒡ ᐊᓐ ᐋᐃᔑᓈᑯᒡ ᓂᐦᑖᐅᒋᐦᒋᑲᓐᐦ ᒨᔥ ᐋᐱᑎᓐ ᐋᐧᐄ ᓂᑐᑯᐦᐃᓱᓈᓂᐧᐃᒡ ᒥᓯᓈᑖᐤ ᐅᑖ ᓃᑖᒡ; ᐊᓂᐦᐃ ᓃᔅᑕᒼ ᒫᓯᓈᑖᒡ ᐋᐅᑯᓐ ᒫᐅᒡ ᒨᔥ ᐃᔮᐸᑎᐦᒡ, ᐋᑯ ᓈᐦᐃ ᓈᑖ ᓃᑖᒡ ᐋᐅᑯᓐ ᓇᒪ ᓈᔅᒡ ᐋᐱᑎᓐ᙮

In July 2004, Alain Cuerrier and Marie-Hélène Fraser presented the project to the Elders of Whapmagoostui. Between July and September, their interviews with 31 Healers and Elders in 25 households showed that 31 plants are used to treat the same 15 symptoms. In decreasing order of use, 18 of the plants or plant parts mentioned most often are as follows:

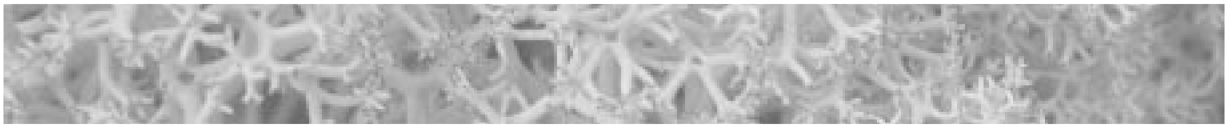


ᐧᐄᓯᒋᐱᐦᒄ 1	(Wiisichipukh)	ᐧᐋᔅᑳᔮᐹᑑᐦᒄ*	(Waaskaayaapaatukh*)
ᐧᐋᒋᓈᑲᓐ	(Waachinaakan)	ᐧᐄᓯᒋᒥᓐᐦ	(Wiisichiminh)
ᐧᐄᓯᒋᐱᐦᒄ 2	(Wiisichipukh)	ᐧᐄᓂᐹᒄ ᒥᔅᑰᓯᐤᐦ	(Wiinpaakw miskuusiuh)
ᒥᓂᐦᐃᒄ	(Minihikw)	ᐧᐊᔅᒋᔅᒃ	(Waschisk)
ᐃᔮᑕᒄ	(Iyaatuk*)	ᐃᔥᒋᒥᓐᐦ	(Ishchiminh)
ᐧᐄᓯᒋᐱᒄᐦ*	(Uishichipukw*)		(Ericaceae)
ᑳᑲᒋᒥᓐᐦ	(Kaakaachiminh*)	ᐃᔮᓯᐦᑦ	(Iyaasiht)
ᒥᔅᑰᒥᔒ	(Miskuumischi)	ᐧᐋᑉᔅᑲᒥᐦᒄ	(Waapskamihkw)
ᐊᐧᐋᔥ ᐊᔅᒋᔥ	(Awaash aschish)	ᐃᔨᔨᒥᓐᐦ	(Iyiyiminh)

*ᐋᐅᑯᓐ ᐅᐦᐄ ᒫᐅᒡ ᐋᑖᔨᑖᑯᒡ ᒉ ᒋ ᓂᑐᒋᔅᒉᔨᑕᑲᓂᐧᐃᒡ ᒉ ᒋ ᓂᑐᑯᔨᓂᐧᐃᒡ
*the most promising plants selected for laboratory experiments

ᑮᔮ ᒫᑲ, ᐋᔨᐅᒃ ᑳ ᐃᔑ ᒪᔅᑲᐧᐋᑖᑦ ᐧᓵᓂᔮ ᑲᕋᓐᑏ ᐊᓐᑖ ᒥᔅᑎᓯᓃᒡ ᐊᓐᒌ ᒋᓵᔫᐦᒡ ᐊᑎᑐ ᐧᐃᔨᐧᐊᐤ ᒥᔅᑎᐦ ᐋ ᐊᐸᒋᑖᐦᒡ ᐊᓂᔮᔦ ᐧᐋᔅᑲᒡ ᑳ ᐃᔑ ᓂᑐᑯᐦᐃᓱᓈᓂᐧᐃᔨᒡ ᐊᓂᔮᔦ ᐋᔨᑎᒥᒋᐦᐅᑦ ᐊᐧᐋᓐ ᐅᔅᑲᒡ ᐋᐧᐄ ᔒᐧᐋᑲᒥᐦᐧᑳᑦ᙮

Also, a study by Sonia Grandi of the general population of Mistissini showed that the use of traditional medicines to treat the symptoms of diabetes almost doubled in older community members.



ᐊᑦ ᒫᐦᒑᔨ ᐧᐋᔮᔨᑖᑲᓂᐧᐃᒡ ᐊᓐ ᓂᐦᑖᐅᒋᐦᒋᑲᓐ ᒑ ᐋᐱᑎᐦᒡ

ᒋ ᑲᓄᐧᐋᐸᑖᑲᓇᐤ ᐊᓐ ᑳ ᐃᔑ ᒪᔅᑲᐧᐋᑖᑲᓂᐧᐃᒡ ᑖᓐ ᐊᓐ ᓵᔅ ᑳ ᐃᔑ ᒪᓯᓇᐦᐃᑲᓄᒡ ᒋᒥᔅ ᐸᔨ ᐃᔨᔨᐤ ᐋ ᑎᐹᒋᒫᑲᓂᐧᐃᑦ ᑳ ᐃᔑ ᓂᑐᑯᐦᐃᓯᑦ ᓂᐦᑖᐅᒋᐦᒋᑲᓐᐦ ᐋ ᐊᐸᒋᑖᑦ, ᒋᐦᒡ ᑭᔮ ᐊᓐᒋ ᐃᔨᔨᐅᒡ ᐊᓐᑖ ᐊᒋᔅᑑ ᑳᓈᑖᒡ ᐋᑖᒡ᙮ ᐋᐅᒃ ᒫᑲ ᑳ ᐃᔑ ᒪᔅᑲᐧᐋᑖᑲᓂᐧᐃᒡ ᐹᔨᑯᓐᒡ ᐋᒋ ᐃᔑ ᐋᐱᒋᑖᒡ ᐃᔨᔨᐅᒡ ᐊᓂᔮᔫ ᓂᐦᑖᐅᒋᐦᒋᑲᓐᐦ ᒥᓯᐧᐋ ᐊᓂᐦᐃ ᐃᔨᔨᐤ ᐃᑖᐧᐃᓐᐦ ᐊᓐᑖ ᐋ ᒥᔅᑎᑯᔅᑳᒡ᙮

ᐋᑯᑖ ᒫᑲ ᐋᔅᐱᔨᒡ, 17 ᑎᑐ ᓂᐦᑖᐅᒋᐦᒋᑲᓐᐦ ᒋ ᐧᐄᑕᒧᒡ ᒋᓵᔫᐦᒡ ᑭᔮ ᐊᓐᒋ ᓂᐦᑖᐅᒋᐦᒋᑲᓐᐦ ᑳ ᐋᐸᒋᑖᐦᒡ ᐋ ᓂᑐᑯᐦᐋᒡ ᐊᐧᐋᔫᐦ (12 ᑎᑐ ᒋ ᐧᐄᑕᒧᒡ ᒥᔅᑎᓯᓃᒡ ᑭᔮ 5 ᐧᐋᐱᒫᑯᔅᑑᒡ) ᐊᑎᑐ ᒑ ᒋ ᓈᓐᑐᒋᔅᒑᔨᑕᑲᓂᐧᐃᔨᒡ ᐋ ᐃᑖᔨᑖᑲᓂᐧᐃᒡ ᒑ ᒋ ᐧᐄᒋᐦᐃᑯᑦ ᐊᐧᐋᓐ ᐊᑳ ᒑ ᒋ ᔒᐧᐋᑲᒥᐦᐧᑳᑦ᙮ ᑲᑕ ᓂᑐᒋᔅᒑᔨᑖᑲᐧᐃᐧᐊ ᐅᐦᐄ ᓂᐦᑖᐅᒋᐦᒋᑲᓐᐦ ᑖᓐ ᒑ ᐃᔑ ᑎᑯᓂᐧᑳ ᐊᓐ ᒑᐧᑳᓐ ᒑ ᒋ ᓂᑐᑯᑖᑲᓂᐧᐃᒡ ᐋᔒᐧᐋᑲᒥᐦᐧᑳᓄᐦᒡ, ᑭᔮ ᑖᓂᐦᐃ ᐊᓂᐦᐃ ᓂᑖᐅᒋᒋᑲᓇᐦ ᒑ ᒋ ᐧᐃᒋᐦᐃᐧᐋᒐᐦ ᐋᐧᐄ ᓂᑐᑯᑖᑲᓂᐧᐃᒡ ᐋᔒᐧᐋᑲᒥᐦᐧᑳᓂᐧᐃᒡ᙮

ᒋᒋᐧᐋ ᐋ ᓂᑐᒋᔅᒑᔨᑖᑲᓂᐧᐃᒡ ᐊᓂᐦᐃ ᓂᐦᑖᐅᒋᐦᒋᑲᓐᐦ ᑳ ᐅᐧᐋᔮᐸᑕᑲᓂᐧᐃᒡ

ᓈᔅᑖᐧᐹ ᓂᑎᐧᐋᔨᑖᑯᓐ ᔮᔨᑖ ᒑ ᒋ ᓂᑐᒋᔅᒑᔨᑖᑲᓂᐧᐃᒡ ᐊᓂᐦᐃ ᓂᐦᑖᐅᒋᐦᒋᑲᓐᐦ ᑳ ᐅᐧᐋᔮᐸᑲᓂᐧᐃᒡ ᐊᑎᑐ ᒑ ᑲᓇᐧᐋᐸᑖᑲᓂᐧᐃᒡ ᐊᑕ ᒑ ᒋ ᐅᒡ ᒋᔅᒑᔨᑖᑲᓂᐧᐃᒡ 1) ᐊᓐ ᐋᔑ ᑎᑯᐦᒡ ᐊᓐᑦ ᓂᐦᑖᐅᒋᐦᒋᑲᓂᒡ ᒑ ᒋ ᐋᐱᑎᐦᒡ ᐋ ᓂᑐᑯᑖᑲᓂᐧᐃᒡ ᐋᔒᐧᐋᑲᒥᐦᐧᑳᓄᐦᒡ, 2) ᒑ ᒋ ᒋᔅᒑᔨᑖᑲᓂᐧᐃᒡ ᑖᓐ ᐃᔅᐱᔅ ᐋᐱᑎᒐ ᒑ ᐦᐊᑳ ᐧᐋᓭᒥᐦᐃᑯᑦ ᐊᐧᐋᓐ ᑭᔮ ᒫᑲ ᒑ ᒋ ᐧᐃᒋᐦᐃᑯᑦ, 3) ᒑ ᒋ ᒋᔅᒑᔨᑖᑲᓂᐧᐃᒡ ᐊᑳ ᒑ ᒥᔫᑐᑖᑯᐧᑲ ᐊᐧᐋᓐ ᐹᑎᒫ ᐊᓐᑖ ᑭᔮ ᒫᑲ ᓈᐅᔅ ᐋᐱᒋᑖᒐ᙮

ᐊᓐᑎᕈ ᐯᕐᑦ ᑭᔮ ᐧᑳᓕ ᐦᐊᓕᔅ ᑭᔮ ᓂᑐᑯᔨᓐ ᐧᒑᓐ ᑎ ᐊᕐᓇᓯᓐ ᐋᐅᑯᓐᒡ ᒑ ᐊᔮᔅᑲᐧᐃᔨᑐᑕᒡ ᐊᓂᔮᔫᐦ ᓂᐦᑖᐅᒋᐦᒋᑲᓐᐦ ᒋᒋᐧᐋ ᒑ ᒋ ᓂᑐᒋᔅᒑᔨᑖᑲᓂᐧᐃᔨᒡ ᑭᔮ ᒑ ᒋ ᓂᑐᒋᔅᒑᔨᑕᑲᓂᐧᐃᔨᒡ ᑖᓐ ᐋᔑ ᑎᑯᓂᔨᒡ ᐊᓐᑦ ᓂᐦᑖᐦᐅᒋᐦᒋᑲᓂᒡ ᐊᓂᔮᔫ ᐧᐋᒋᒡ ᒑ ᒋ ᓂᑐᑯᔨᐧᐋᔨᒡ᙮ ᐋᐅᒃ ᔮᐸᒡ ᐧᒫᒡ ᑳ ᐃᔑ ᐊᔮᔅᑲᐧᐃᔨᑐᑕᑲᓂᐧᐃᒡ ᐊᓂᐦᐃ ᓂᐦᑖᐅᒋᐦᒋᑲᓐᐦ ᐊᓐᑖ ᑎᒼ ᐧᒑᓐ ᐋᐃᑖᑦ ᑳ ᒋ ᓂᑐᒋᔅᒑᔨᑕᑲᓂᐧᐃᒡ ᒑᐧᑳ᙮

Final plant selection process

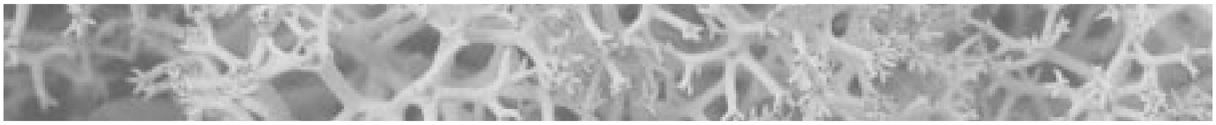
The findings were compared to what had already been written about the Eeyou use of medicinal plants including their use in communities in Western Canada. The research showed that the use of plants is similar throughout the Eeyou communities in the boreal forest.

As a result, 17 plants mentioned by the Elders and Healers (12 from Mistissini and 5 from Whapmagoostui) were identified for their anti-diabetic potential, and selected for further study. Extracts of these plants will be tested to determine what compounds are present and which ones are helpful in treating diabetes.

Scientific analysis of the selected plants

It is important to test the selected plants in order to 1) identify the compounds that might be useful in treating diabetes, 2) determine how much plant material is needed for safe, effective treatment, and 3) evaluate side-effects related to dosage and long-term use.

Through Andrew Burt and Cory Harris, John T. Arnason's lab is responsible for preparing the plants for experimental use and for identifying the compounds. Similar plant material preparations were carried out in Tim John's lab.



ᓇᓈᑯ ᐃᔑ ᑎᑰᓐ ᐋᔑ ᓂᑐᒋᔅᒑᔨᑕᑲᓂᐎᒡ ᒥᓯᐙ ᓇᓈᑰ ᐋᔨᒌᔅᐱᓈᓂᐎᒡ

ᓲᑳᐤ ᐋᑰᑦ ᐙᒡ ᐅᔅᑖᐱᔨᒡ ᒥᓯᐙ ᐋᔨᔑᓈᑯᓯᓯᔨᒄ ᒋᔮᓈᒡ, ᐧᒫᒡ ᒋᔑᑳᓈᒡ, ᒋ ᒥᑯᓈᒡ, ᑭᔮ ᐊᓐᑖ ᐱᒋᐦᔫ᙮ ᐋᑰᑦ ᒫᑲ ᐙᒡ ᒥᒑᑐᔨᒡ ᐃᔑ ᐋᑳ ᒥᔦᐱᒫᑎᓯᔨᒄ᙮ ᐋᐅᒄ ᒫᑲ ᐙᒋ ᐃᑖᔨᑖᑲᓂᐎᒡ ᓇᓈᑰ ᒑ ᒋ ᑲᓇᐙᐸᑖᑲᓂᐎᒡ ᓇᓈᑯ ᐋ ᐃᔑᓈᑯᒡ ᐊᓐ ᓃᓲ ᑳ ᐃᑎᔅᑖᒡ ᐋᔒᐙᑲᒥᐦᒁᓄᐦᒡ᙮

ᐋ ᓂᑳᐦᐃᒑᐱᔨᒡ ᐋᑳ ᒑ ᒋ ᐅᔑᐦᐅᒪᑲᒡ ᒑᒁᓐ ᐋ ᐦᐋᑳ ᒥᔶᓯᒡ

ᓈᓐᑐᒋᔅᒑᔨᑕᑲᓇᐤ ᑖᓐ ᒑ ᐃᔥᐱᔥ ᑎᑯᓂᒂ ᐊᓐ ᒑᒁᓐ ᒑ ᒋ ᓂᑳᐦᐃᒑᐱᔨᒡ ᐊᓐᑦ ᓂᐦᑖᐅᒋᐦᒋᑲᓇᒡ, ᐙᔥ ᒋ ᒪᔅᑳᐙᑖᑲᓇᐤ ᐊᓐ ᒑᒁᓐ ᐋ ᓂᑳᐦᐃᒑᐱᔨᒡ ᐋᒋ ᐎᒋᐦᐃᑰᑦ ᐊᐙᓐ ᓇᓈᑰ ᐋᔨᑎᒥᒋᐦᐅᑦ ᑭᔮ ᒫᑲ ᐋᔨᑐᑖᑰᑦ ᐊᓂᔮᔦ ᓃᓲ ᑳ ᐃᑎᔅᑖᔨᒡ ᐋᔒᐙᑲᒥᐦᒁᓂᐎᔨᒡ᙮ ᐊᓐ ᒫᑲ ᓃᔅᑕᒻ ᑳ ᐃᔑ ᓂᑐᒋᔅᒑᔨᑖᑲᓂᐎᒡ ᒥᒑᑐ ᐊᓂᐦᐃ ᓂᐦᑖᐅᒋᐦᒋᑲᓐᐦ ᑳ ᐃᑖᔨᑖᑲᓂᐎᒡ ᒑ ᒋ ᐎᒋᐦᐃᐙᒡ ᒋ ᓄᑰᓐ ᑣᐘ ᒑ ᒋ ᐎᒋᐦᐃᐙᐙᑯᐸᓇ᙮

ᐋ ᐅᒡ ᓂᔅᑐᒥᒋᐦᐅᑦ ᐊᐙᓐ

ᐋ ᐃᔮᑦ ᐊᐙᓐ ᐋᔒᐙᑲᒥᐦᒁᓂᐎᒡ ᑲᑕ ᒋ ᒎ ᒑ ᐦᐋᑳ ᐎ ᓇᔅᑐᒥᒋᐦᐅᑦ᙮ ᔮᐸᒡ ᑲᑕ ᐃᔑ ᓂᑐᒋᔅᒑᔨᑖᑲᓇᐗᐦ ᐊᓂᐦᐃ ᓂᐦᑖᐅᒋᐦᒋᑲᓐᐦ ᐋᑎᑯᓂᒁ ᐊᓐᑦ ᒑᒁᓐ ᒑ ᐅᒡ ᐋᑳ ᒋ ᐃᔑᓈᐦᐃᑯᑦ ᐊᐙᓐ ᒑ ᐦᐋᑳ ᓇᔅᑐᒥᒋᐦᐅᑦ ᐙᔕ ᒥᔅᑎᐦ ᐋ ᐃᔮᑦ ᓲᑳᔨᐤ᙮

ᒑ ᐃᔑ ᓈᓐᑐᒋᔅᒑᔨᑖᑲᓂᐎᒡ

ᐊᓐ ᒑ ᐃᔑ ᓈᓐᑐᒋᔅᒑᔨᑕᑲᓂᐎᒡ ᐊᓂᐦᐃ ᓂᐦᑖᐅᒋᐦᒋᑲᓐᐦ ᑳ ᐃᑖᔨᑖᑲᓂᐎᒡ ᒑ ᒋ ᒫᓯᑖᒑᒥᑲᐦᒡ ᐋᔒᐙᑲᒥᐦᒁᓄᐦᒡ ᐊᓐ ᒑᒁᓐ ᐋ ᐱᒫᑎᓯᒪᑲᒡ ᐱᑕᑲᒥᐦᒡ ᐋ ᓂᑖᐅᒋᑖᑲᓂᐎᒡ ᐋᐅᒄ ᒑ ᐋᐱᑎᐦᒡ᙮ ᒥᔦᐱᔨᒑ ᒫᑲ, ᐋᑯ ᒦᓐ ᐊᐅᑳᓐ ᒑ ᑯᒋᐦᐋᑲᓂᐎᑦ ᒑ ᐎᒋᐦᐃᑯᒁ ᐊᒸᔮ ᐃᑖᔨᑖᑲᓂᐎᒡ ᒋᒋᐙ ᒑ ᒋ ᐋᐱᑎᐦᒡ᙮

ᐊᓐᑖ ᐊᓂᔮᔦ ᑖᐱᔨᐙᐎᔨᒡ ᓂᑐᑯᔨᓇᑲᒥᑯᔨᐤ ᐋ ᓈᓐᑐᒋᔅᒑᔨᑖᑲᓂᐎᔨᒡ ᒑᒁᔦ ᐊᓐᒌ ᓂᑐᑯᔨᓂᒡ ᐲᐊᕐ ᐦᐋᑦᑖᑦ ᑭᔮ ᒫᕐᒃ ᑉᕆᓐᑕᑭ ᐋᔨᐅᒄ ᑳ ᐋᐱᑎᓂᔨᒡ᙮ ᐊᓐᒌ ᓂᑐᑯᔨᓃᒡ ᓘᐎ ᒫᕐᑎᓄ, ᐃᕐᒃ ᒓᓕ, ᑕᓐᔦᓪ ᔅᐴᕐ, ᒑᕐᓚᔅ ᓚᑑᒄ, ᑭᔮ ᐋᓕ ᐱᓐᐦᐋᑑᐤ ᐋᐅᑯᓐᒡ ᐙᒋᒡ ᑳ ᓂᑐᒋᔅᒑᔨᑕᐦᒡ᙮

Different experiments for different health problems

Glucose (sugar) increases the stress on cells, tissues and organs and causes many health problems. Therefore, it was decided to look at different aspects of Type II diabetes, using different approaches.

Antioxidants

The study examines the antioxidant potential of the plants because antioxidants have been shown to be helpful in treating many disorders connected with Type II diabetes. Preliminary results show that many of the chosen plants have good potential.

Nerve problems

Diabetes can also create nerve problems. Testing will assess the selected plants for their ability to protect nerve cells against the effects of high glucose levels.

Cell studies

Studies to assess the anti-diabetic potential of plants will be done on living cells grown in the laboratory. Positive results will then need to be confirmed in animal studies before a plant can be recommended for use.

The experiments are being conducted in Pierre Haddad's laboratory and in Marc Prentki's laboratory by Louis Martineau, Erik Joly, Danielle Spoor, Charles Leduc and Ali Benhaddou.

ᒥᔫᓈᑯᓐ ᐊᓐ ᐋᔑ ᒪᔅᑲᐙᑖᑲᓂᐎᒡ

ᒥᓯᐙ ᐊᓂᐦᐃ ᓂᐦᑖᐅᒋᐦᒋᑲᓐᐦ ᒎᑰᓐ ᒑ ᒋ ᒫᓯᑖᒑᒥᑲᐦᒡ ᐋᔒᐙᑲᒥᐦᒁᓄᐦᒡ᙮ ᒥᓯᐙ ᑲᑕ ᒋ ᐎᒋᐦᐃᐙᐸᔨᐤ ᒑ ᒋ ᐆᒡ ᐃᔅᐱᔨᔨᒡ ᓅᑳᔪ ᐊᓈᑖ ᐊᐙᓐ ᐅᔅᐱᐎᑖᓇᒡ ᑭᔮ ᒫᑲ ᐊᓐᑦ ᐋ ᐎᔨᔫᑦ ᐊᐙᓐ᙮ ᐋᔨᐅᒄ ᐅᔮᔪ ᒋ ᐸ ᐎᒋᐦᐃᑰ ᒑ ᒋ ᔮᓯᐱᔨᔨᒡ ᐊᓂᔮᔫ ᐋᔥᐱᔥ ᑎᑯᓂᔨᒡ ᓅᑳᔨᐤ ᐊᓈᑖ ᐅᒥᐦᑯᐦᒡ ᐊᐙᓐ᙮ ᒦᓐ ᐊᑎᑐ ᑲᑕ ᓈᓐᑐᒋᔅᒑᔨᑕᑲᓇᐘ ᐊᓂᐦᐃ ᓂᐦᑖᒋᐦᒋᑲᓐᐦ ᒑ ᐎᒋᐦᑯᒁ ᐊᐙᓐ ᐊᓈᑖ ᐅᔅᑯᓂᒡ ᑭᔮ ᒫᑲ ᒑ ᒋ ᓇᑳᐦᐃᒑᐱᔨᒁ ᐊᑳ ᒑ ᒋ ᑖᑲᐦᐃᒑᐱᔨᒡ ᐊᓂᑦ ᐊᐙᓐ ᐋ ᐅᒡ ᓂᔅᑐᓯᑦ ᐙᔓ ᒥᔅᑎᐦ ᐋ ᑎᑯᓂᔨᒡ ᓅᑳᔨᐤ ᐊᓈᑖ ᐅᒥᐦᑯᐦᒡ᙮

ᒸᒡ ᔖᔥ ᑳ ᐃᔑ ᐎᑖᑲᓂᐎᒡ, ᓈᔅᑖᐺ ᒋᔅᑎᒫᐎᓐ ᐊᐅᑳᓐ ᐱᑎᒫ ᒑ ᒋ ᑯᒋᐦᐋᑲᓂᐎᑦ ᐊᓐ ᒑᒁᓐ ᒑ ᐃᔑ ᒪᔅᑲᐙᑖᑲᓂᐎᒡ ᐊᓐᑦ ᓂᐦᑖᐅᒋᐦᒋᑲᓇᒡ᙮ ᔖᔥ ᒋ ᒋᐦᒋᐸᔨᐤ ᐆᐤ ᐋ ᐃᔑ ᓂᑐᒋᔅᒑᔨᑖᑲᓂᐎᒡ, ᐊᓐ ᓃᔅᑕᒻ ᐋᒋ ᑯᒋᑖᑲᓂᐎᒡ ᒪᔅᑯᒪᓈᑎᒄ ᑭᔮ ᐊᔨᒃᐊᑖᔅ᙮

The preliminary results are exciting

All the plants tested show some degree of anti-diabetic potential. They all help glucose to enter muscle or fat cells, and therefore help to lower blood glucose levels. Further experiments will look at whether the plants have a beneficial effect on the liver and whether they can help protect nerve cells against the damages caused by high blood glucose levels.

As mentioned earlier, it is important to carry out further testing of promising plant material on animals; such studies have just begun, starting with Mushkuminanatikw and Ayigadash.

ᒦᓐ ᑎᐙᒡ ᒑᒁᓐ ᒑ ᑐᑖᑲᓂᐎᒡ

ᑳᒋᒑᐦᐱᒄ ᐋᐅᑯᓐ ᒦᓐ ᑎᐙᒡ ᒑ ᓂᑐᒋᔅᒑᔨᑖᑲᓂᐎᒡ᙮ ᒋᔅᒑᔨᑖᑯᒑ ᒫᑲ ᑯᑕᒃ ᐊᓂᐦᐃ ᓂᐦᑖᐅᒋᐦᒋᑲᓐᐦ ᒑ ᒋ ᓂᑳᐦᐃᒑᐱᔨᐚᑯᐸᓇ ᐋᔒᐙᑲᒥᐦᒁᓄᐦᒡ ᐊᐅᑳᓐ ᐋᒋ ᑯᒋᐦᐋᑲᓂᐎᑦ, ᐋᑯ ᒦᓐ ᒑ ᑯᒋᐦᐋᑲᓂᐎᒡ ᐊᓐᒌ ᐃᔨᔨᐅᒡ ᐊᓈᑖ ᒥᔅᑎᓯᓃᒡ ᐎᔨᐙᐤ ᐋᑖᔨᑕᒡ ᒑ ᒋ ᑯᒋᐦᐋᑲᓂᐎᒡ ᐎᐸᒡ ᒥᒄ ᐋᔥᐱᔥ ᓂᐦᐃᐸᔨᔨᒡ᙮

ᒑ ᒋᒋᐱᔨᒡ ᑭᔮ ᐋ ᓈᓐᑐᒋᔅᒑᔨᑕᑲᓂᐎᒡ ᐊᓂᐦᐃ ᑯᑕᒃᐦ 8 ᓂᐦᑖᐅᒋᐦᒋᑲᓐᐦ, 4 ᐎᔨᐙᐤ ᐊᓈᑖ ᐙᐱᒫᔅᑯᔅᑰᒡ ᐋᒋ ᐅᐙᔮᐸᑖᒡ ᒑ ᒋ ᓂᑐᒋᔅᒑᔨᑖᑲᓂᐎᔨᒡ᙮ ᐊᑎᑐ ᑲᑕ ᓈᓐᑐᒋᔅᒑᔨᑕᑲᓄᐘ ᐋᔑ ᒦᒋᒥᐘᒡ ᐊᓂᐦᐃ ᓂᐦᑖᐅᒋᐦᒋᑲᓐᐦ, ᑭᔮ ᐋᔪᐦ ᐊᑎᑐ ᑲᑕ ᐊᔨᒥᐦᐋᑲᓂᐎᐘᒡ ᐊᓐᒌ ᐃᔨᔨᐘᒡ ᐊᓈᑖ ᐊᓂᐦᐃ ᑯᑕᒃ ᐃᔨᔩᐤ ᐃᑖᐎᓐᐦ ᐋᔅᑯ ᐋ ᐦᐋᑳ ᐎᒋᐦᐃᐙᒡ ᒫᒁᒡ ᐋ ᐱᒻᐱᔨᒡ ᐆᐤ ᐋᐱᑎᓯᐎᓐ᙮

The next steps

The next experiment will look at Kachichepukw. If the studies confirm that some plants have anti-diabetic effects in animals, we will then conduct clinical trials with volunteers from Mistissini as soon as possible.

We will also begin a similar analysis of the remaining 8 plants which include the 4 named plants from Whapmagoostui. Nutritional studies need to be assessed in more depth, and more surveys will be done with the new participating Cree communities as the project evolves.

ᑳ ᐃᔅᐹᔨᔨᒡ ᑳ ᓈᓐᑐᒋᔅᒫᔨᑖᑲᓂᐧᐃᒡ ᒫ ᐋᐱᒋᑖᐧᐋᐧᑳ ᐊᐧᐋᓐᒌ ᐃᔨᔨᐤ ᓂᑐᑯᔨᓂᔨᐤ

- 127 ᑎᑐ ᐊᓐᒌ (73.4 ᑎᑐ ᐋᓯᑯᒻ 100) ᑳ ᐧᐃᒋᐦᐃᐧᐋᒡ ᐆᐤ ᑳ ᐃᔅ ᓂᑐᒋᔅᒫᔨᑖᑲᓂᐧᐃᒡ ᒫᐧᑳᓐ ᒋ ᔩᐤᒡ ᐊᑎᑐ ᒥᒫᐧᑖᐤ ᒫ ᐋᐱᒋᑖᐧᐋᑯᐸᓈᓐᒋ ᐊᓂᔮᔫ ᐃᔨᔨᐤ ᑳ ᐃᔑ ᓂᑐᑯᐦᐃᓱᔨᒡ ᐊᑎᑐ ᑎᑯᓂᔨᒡ ᐊᓐᑖ ᐅᑦᐃᑖᐧᐃᓂᐧᐋᒡ
- 106 ᑎᑐ ᐊᓐᒌ ᑳ ᐧᐃᒋᐦᐃᐧᐋᒡ (61.3 ᑎᑐ ᐋᓯᑯᒻ 100) ᐃᑖᔨᑕᒧᒡ ᑖᐱᔅᑰᓐ ᒫ ᒋ ᐋᐱᑎᓂᑯᐸᓇ ᐃᔨᔨᐤ ᓂᑐᑯᔨᐤ ᑭᔮ ᐧᐋᒥᔅᑎᑯᓯᐤ ᓂᑐᑯᔨᐤ ᐊᓐᑖ ᓂᑐᑯᔨᓇᑳᒥᐧᑲ ᐃᔨᔨᐤ ᐃᑖᐧᐃᓐᐦ ᐋᑎᑯᒡ
- 49 ᑎᑐ ᐊᓐᒌ ᑳ ᐧᐃᒋᐦᐃᐧᐋᒡ (28.3 ᑎᑐ ᐋᓯᑯᒻ 100) ᐃᑖᔨᑕᒧᒡ ᐊᓂᔮᔫ ᐃᔨᔨᐤ ᑳ ᐃᔑᓈᑯᑖᑦ ᒫᐧᑳᔨᐤ ᐋᐧᐄ ᓂᑐᑯᐦᐃᓱᑦ ᐃᔮᐸᒡ ᒫ ᐃᔑᓈᑯᑖᑲᓂᐧᐃᔨᑯᐸᓇx 38 ᑎᑐ ᐊᓐᒌ ᑳ ᐧᐃᒋᐦᐃᐧᐋᒡ (22.0 ᑎᑐ ᐋᓯᑯᒻ 100) ᐃᔮᐸᒡ ᐋᔨᐅᒄ ᑳ ᐃᑖᔨᑕᒡ ᑭᔮ ᒋ ᐃᑖᔨᑕᒧᒡ ᐃᔨᔨᐤ ᒋᓵᔩᐦ ᒫ ᒥᔨᐧᐋᔨᑯᐸᓈᓂᐦᐃ ᐊᓂᔮᔫ ᓂᑐᑯᔨᓂᔨᐤx 8 ᑎᑐ ᐊᓐᒌ ᑳ ᐧᐃᒋᐦᐃᐧᐋᒡ (4.6 ᑎᑐ ᐋᓯᑯᒻ 100) ᒋ ᐃᑖᔨᑕᒧᒡ ᐧᒫᒡ ᐊᓐ ᐋᔑᓈᑯᒡ ᐧᐋᒥᔅᑎᑯᓯᐤ ᓂᑐᑯᔨᓐ ᑳ ᒥᒋᓈᓂᐧᐃᒡ ᐃᔮᐸᒡ ᒫ ᒋ ᐃᔑᓈᑯᑕᑲᓂᐧᐃᔨᑯᐸᓇ ᐊᓂᔮᔫ ᐃᔨᔨᐤ ᓂᑐᑯᔨᓂᔨᐤ
- 118 ᑎᑐ ᐊᓐᒌ ᑳ ᐧᐃᒋᐦᐃᐧᐋᒡ (68.2 ᑎᑐ ᐋᓯᑯᒻ 100) ᒋ ᐃᑖᔨᑕᒧᒡ ᒫ ᐧᐃᒋᐦᐃᑯᐧᐋᑯᐸᓈᓐᒋ ᐃᔨᔨᐅᒡ ᐋᐱᑎᐦᒡ ᐊᓐᑖ ᐃᑖᐧᐃᓂᒡ ᐊᓂᔮᔫ ᐃᔨᔨᐤ ᑳ ᐃᔑ ᓂᑐᑯᐦᐃᓱᑦ
- 83 ᑎᑐ ᐊᓐᒌ ᑳ ᐧᐃᒋᐦᐃᐧᐋᒡ (48.0 ᑎᑐ ᐋᓯᑯᒻ 100) ᒋ ᐃᑖᔨᑕᒧᒡ ᐋ ᐦᐋᑳ ᐃᔅᐱᔅ ᒥᔫᐱᒫᑎᓯᑦ ᐃᔨᔨᐤ ᐋᑎᔨᒡ ᑯᑕᒃ ᐊᐧᐋᔨᐧᐊx 33 ᑎᑐ ᐊᐧᐋᓐᒌ (19.1 ᑎᑐ ᐋᓯᑯᒻ 100) ᒋ ᐃᔮᔨᑕᒧᒡ ᐃᔮᐸᒡ ᐋ ᐃᔅᐱᔅ ᒥᔫᐱᒫᑎᓯᒡ ᐃᔨᔨᐧᐊ ᐋᔅᐱᔅ ᒥᔫᐱᒫᑎᓯᔨᒡ ᒥᓯᐧᐋ ᑯᑕᒃᐦ ᐊᐧᐋᔨᐧᐊ
- 109 ᑎᑐ ᐊᓐᒌ ᑳ ᐧᐃᒋᐦᐃᐧᐋᒡ (63.0 ᑎᑐ ᐋᓯᑯᒻ 100) ᐃᑖᔨᑕᒧᒡ ᐋᓯᑯᒻ ᐱᐳᓇ ᐋᔮᔅᒃ ᐋ ᔮᓯᐱᔨᒡ ᐊᓂᔮᔫ ᐋᔅᐱᔅ ᒋᔅᒫᔨᑕᒡ ᐊᐧᐋᓐᒌ ᐃᔨᔨᐤ ᓂᑐᑯᔨᓂᔨᐤ ᐊᓅᒡ ᐊᓐᑖ ᐃᑖᐧᐃᓇᒡ ᑳ ᐃᔅᐱᔅ ᒋᔅᒫᔨᑕᒡ ᐃᔨᔨᐅᒡ ᐊᓐᑖ ᐧᐋᔅᑳᒡ

General highlights of the nutritional survey

- 127 (73.4%) participants would use traditional medicines more often if they were more available in the community
- 106 (61.3%) participants think that the clinic should be providing TMs, as well as modern medicines
- 49 (28.3%) participants think the medicines should be kept in their original form (i.e. original Cree preparation), 38 (22.0%) participants think they should be kept in their original form and be administered by Elders and 8 (4.6%) participants think they would be acceptable in pill format
- 118 (68.2%) participants think a program involving the use of medicinal plants would be helpful for the Cree community
- 83 (48.0%) participants believe the general health of the Cree is below average and 33 (19.1%) believe it is average
- 109 participants (63.0%) think that the transmission of traditional knowledge in the community has decreased over the years