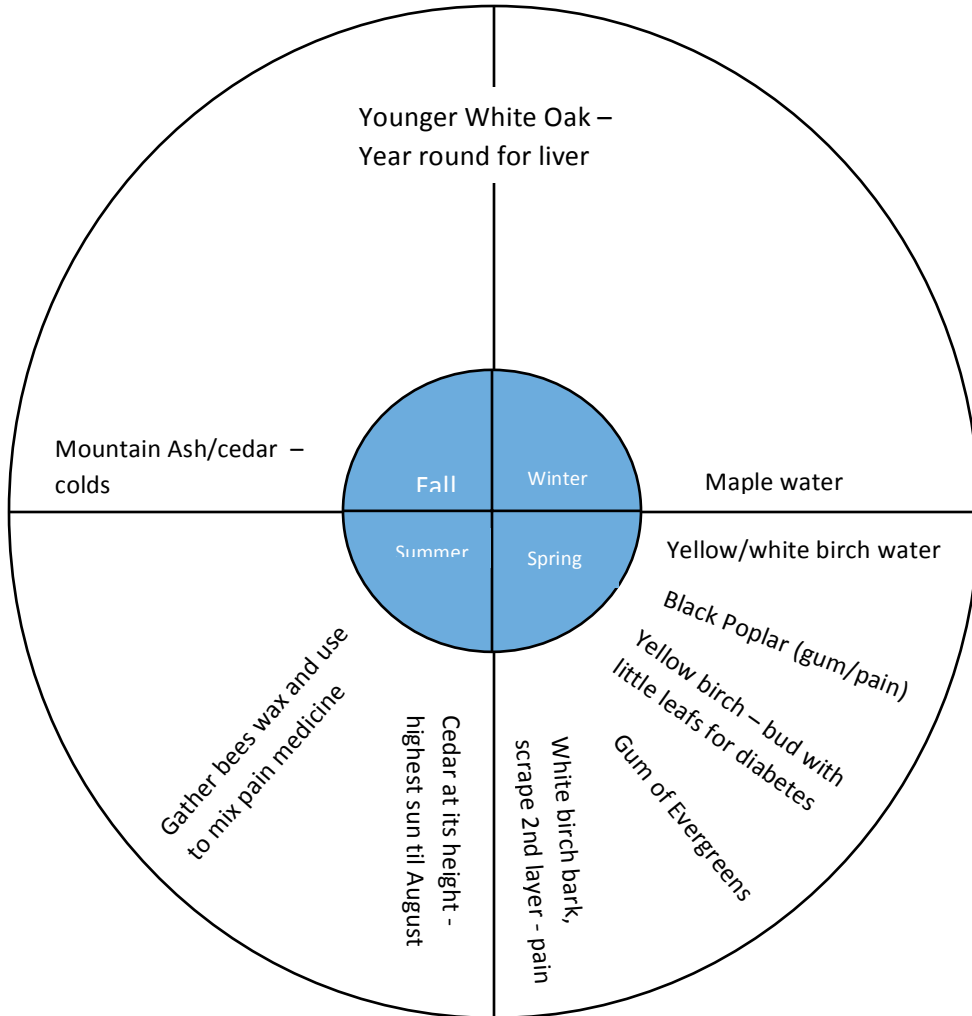


# Tree - Medicines

## Cycle Diagram



## Tree Medicines - Diagram Notes

The bear wakes when the females' waters break and she gives birth. Beginning of new life and new year.

The first pure water is from the Nini Atik - Man in the Wood tree. Man **taps maple tree** and gives this water to women to drink. Women cook with it and also make syrup and sugar.

At end of maple water, tap **yellow and white birch**. Add birch sap to what is left of the maple water and boil down to make a molasses or sugar. Old people used in tea and cooked with it for aches and arthritis.

As soon as snow starts to go down, the buds of the Black poplar are full of gum. Pick enough for the pain medicine mixture you will make this year. **Black poplar (Balm of gilead)** for pain and to take cold away. Gum is also an antiseptic.

**Yellow birch** – in May when buds form with little leaves, pick this new growth for diabetes.

Early June, just before sundance, get **gum of evergreen** trees like spruce, balsam, and tamarac (with exception of pine which dissipates quicker). Collect the gum as it secretes – before the leaves. Mix gum with Black Poplar gum (Balm of gilead)

Also in June when the wild rose blooms and petals ready to fall, the **white birch** will give its bark. Also the **2<sup>nd</sup> skin (orange layer)** can be scraped and made into tea (turns red) and used for strong pain medicine. (Note: Yellow birch can be the same process, but to use to heal a damaged area, the tree must also be damaged).

In August collect **beeswax**. Cook the gum mixture (green trees gums and Balm of gilead) with bear fat, then add the beeswax to tighten mixture into a **salve** that can be used **for pain, disinfecting and healing**.

When the sun is directly above our heads (depends on location /right after sundance), mid June right into August, plants are at the height of their medicinal properties. At the end of this time the medicine in the plants wane, or starts its move toward the ground. The power of the medicine in the plants is then in the roots.

From mid June into August, you can see and feel the **oil in the Cedar** while its at its height. Cedar is high in **vitamin C** and can also be drank as a **tea to lift the spirit**. Cedar (oil) tea can also be used to **wash the body for purification** (at time of death also), and to help with **releasing pain** from the body. While cedar is at its height in summer, it can be used all year round.

For a tea to ward off **colds** in the fall, **cedar** can be mixed with the outer bark of **Mountain Ash**.