



“Viruses have been a problem for a long time. Our bodies have the immunity to deal with them. Chinese medicine, with herbs, has been developing for thousands of years and

can help enhance the body’s immunity to prevent the illnesses caused by viruses and bacteria ... The key is in how strong and balanced the human body is. Some people get H1N1 and other people don’t. That depends on the person’s immune system ... The human body is a whole. We have emotions, we have a physical body and we have a spiritual part. So stress can affect the body – your nervous system, immune system and endocrine system. That will impact your immunity.”

— Dr. Li Lin



Some of the alternative and naturopathic remedies to combat flu viruses at the Natural Wellness Clinic.

(Colin Corneau/Brandon Sun)

(Bruce Bumstead/Brandon Sun)

Girding for H1N1 BY TURNING TO NATURE

BY JOANNE F. VILLENEUVE

Vaccination may be the mainstream option as Canadians brace themselves for another onslaught of the H1N1 flu virus as well as some of the other influenza viruses that will invade the northern hemisphere this winter.

But there are alternatives that can be embraced in its place.

Eons before vaccines, antibiotics and other allopathic answers to pain and illness, peoples around the globe turned to nature to stay healthy and combat disease.

Traditional, thousands-of-years-old remedies and means of fighting the flu — like H1N1 — and other physical ailments have long proven to be effective.

“All the diseases in the world can be cured by plants and using your heart,” said medicine man Frank Tacan Sr., who works out of the Brandon Friendship Centre and whose door is open to everyone. “I serve all people and I’ll do my best to help.”

Because First Nations medicine men and women do not want the plants they utilize to

be abused and used for profit, they do not often divulge their secrets.

However, Tacan admitted that he has been collecting a particular root that is common to this area, stockpiling it and preparing a medicinal tea for influenza season.

“There is a medicine for the flu that’s coming. It’s out there, in the water,” he said. “This is very scary, especially on the reserves because they have no health facility that will accommodate them.”

He finds that his knowledge is not always appreciated because the majority of First Nations people have turned to western ways.

“They don’t believe in it because their minds are corrupted by society and material things,” Tacan said.

As well, he feels that it is equally important to deal with worries and stress in order to be in optimal health and be prepared for the flu.

“The problems that we face every day, if we don’t talk about it, this is when we get sick. Voice your concerns,” he said. “Let it out.”

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