

# Sacred Medicines

**Call for Justice 2.1:** We call upon all governments to acknowledge, recognize, and protect the rights of Indigenous Peoples to their cultures and languages as inherent rights, and constitutionally protected as such under section 35 of the Constitution.

*- Calls for Justice From the Final Report of the National Inquiry into Missing and Murdered Indigenous Women and Girls*



## tobacco

Tobacco is a sacred medicine and is shared as a gift of offering, honouring, and respect.

It has many uses. It can be used in ceremony for prayers, to request guidance, teachings, or sharing of knowledge.



## sweetgrass

Sweetgrass is a sacred medicine. It symbolizes healing and peace. The three strands of the braid represent the connection of the body, mind, and spirit.

To smudge with sweetgrass, light the end of the braid and carefully wave it to release the smoke into the air.

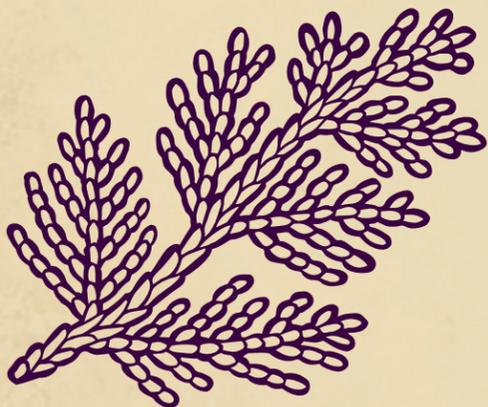


## wild mint tea

Wild mint tea is a sacred medicine. It has a strong minty flavour with earthy tones.

To make wild mint tea, add one teaspoon to 4 cups of boiling water and wait 7 minutes.

Pour into a cup with a teaspoon of honey, and enjoy.



## cedar

Cedar is a sacred medicine used for protection, purification, and bringing balance into yourself.

It can be burned during prayer or used in a cedar bath.  
Boil 7 minutes for tea.

*Caution: Do not consume more than one cup per day, or if pregnant.*



## sage

Sage is a sacred medicine and is used for smudging in our homes, at work and in our ceremonies.

Combined with prayers, smudging brings us closer to the Creator. The smoke helps purify and protect our bodies, spirits and living spaces.



## rat root

Rat root is a sacred medicine that is used for its healing properties.

To consume, boil for 15 minutes and drink as tea, soak in cold water, or chew the root dry. Remnants should be buried in the ground.

*Caution: Do not consume more than one cup per day, or if pregnant.*

**#MMIWG2S+**



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