



How is traditional medicine different from natural remedies?

The difference is that we respect each plant we harvest and prepare every medicine the same. Also, the majority of knowledge about plants has been passed down from each generation.



Who We Are

About Us

Traditional medicine comprises medical aspects of traditional knowledge, skills and practices based on theories, beliefs and experiences that developed over generations before the era of western medicine.

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Traditional Medicine

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***“Working Together
Today to Build a Better
Tomorrow”***



What is the health benefit of traditional medicine?

The benefits of traditional medicine are: mental, physical, and spiritual. Traditional medicine is not just taking herbal remedies. The Rotinonhsón:ni oral history and stories offer a lot of mental health practices from giving gratitude for all of creation, to social dances, and ceremonies. Everything we practice today as traditional people is to benefit our mental health and how we conduct ourselves in our daily lives.



Why do people prefer traditional medicine over western medicine?

Some people will prefer traditional medicines over western medicine. The reason is that when you are taking traditional herbal remedies the plant heals your whole body without the side effects. For example, Mullen is a plant we use to help clean the lungs, but we can also use the flowers to make an oil to help with ear infections. Each plant can be used for multiple ailments.

“Everything on earth has a purpose, every disease an herb to cure it, and every person a mission.”

Is traditional medicine safe?

Yes, traditional medicine is safe. We will not give you anything we haven't tried ourselves.



What are reasons why individuals might seek traditional medicine?

When western medicine fails to find the reason for your symptoms some people resort to traditional medicine for their ailments, others would like a more natural remedy for their ailments. Also, some individuals seek to reconnect to our culture or way of life and we can provide teachings on traditional practices and the cycle of ceremonies.

