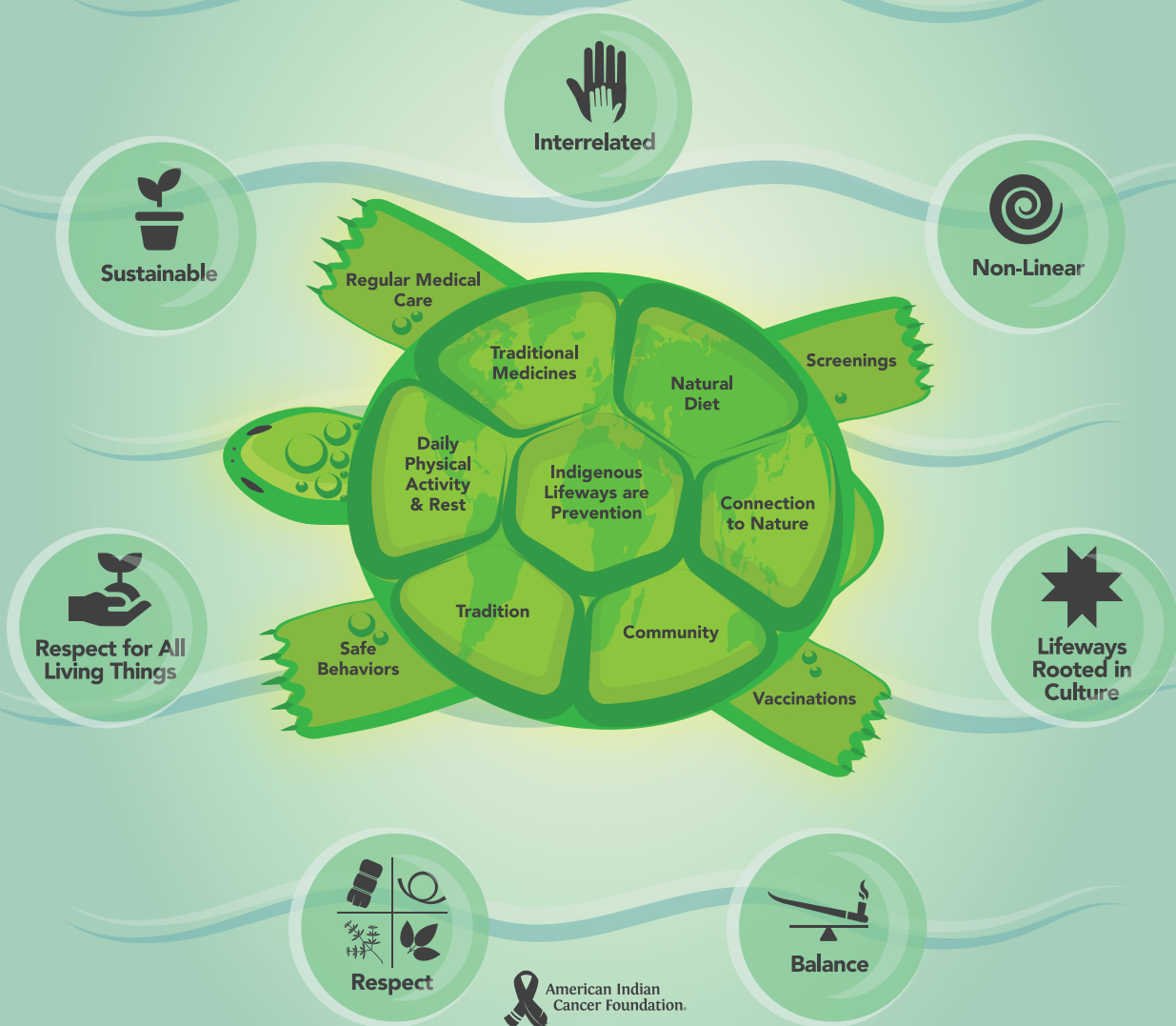


Indigenous Lifeways Are Prevention



Our ancestors recognized that our lives are *wakan** (sacred) and how we take care of *un̄kíthaŋčhaŋpi** (our bodies) is important.

Indigenous lifeways focus on the spirit, mind, body, heart, earth, and community. Each aspect is a thread in a web that is related to our past, living and future ancestors:



Use traditional medicines



Consume a natural diet, free from processed foods



Maintain daily physical activity and rest



Engage with the community in traditional activities

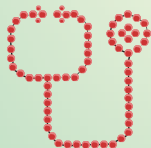


Connect with nature

We can enhance our resilience and protection against chronic illness by embracing contemporary activities to achieve health equity. The combination of our traditional ways and these modern practices is essential to advance the health of our communities:



Stay up to date on vaccinations



Seek regular medical care



Practice safe behaviors (alcohol, drugs, sex, etc.)



Schedule regular preventative screenings



American Indian
Cancer Foundation.

*Translated from Dakota