

# Keep It Traditional, Reclaiming Indigenous Health Through

Fill in your Tribe's word for strawberry.



For many Tribes, the strawberry symbolizes the heart and carries good medicine and teachings. Recall the wisdom of your ancestors, and choose real strawberries over chemically created flavored vapes! Strawberries are sacred but not in vapes. Protect your lungs, honor your health, and keep it traditional.



## Healthy lungs are happy lungs

### 1 Cup of Strawberries

- ★ Fiber – helps you live longer!
- ★ Vitamin C – fights diseases!

### Impact on Health

- ★ Strengthens your heart
- ★ Lowers risk of cancers, heart disease and diabetes
- ★ Strengthens brain health

## It's never too late to escape the vape



### Strawberry Flavored Tobacco Vape

- ★ 40 mg Nicotine - equivalent to two packs of cigarettes
- ★ Chemically created e-liquid

### Impact on Health

- ★ Harms brain development
- ★ Birth defects for pregnant individuals
- ★ Harms lung health

**Flavored tobacco impacts Native youth.  
Protect our future.**

Get support from coaches

**1-877-YES QUIT-Texas Quitline**



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