

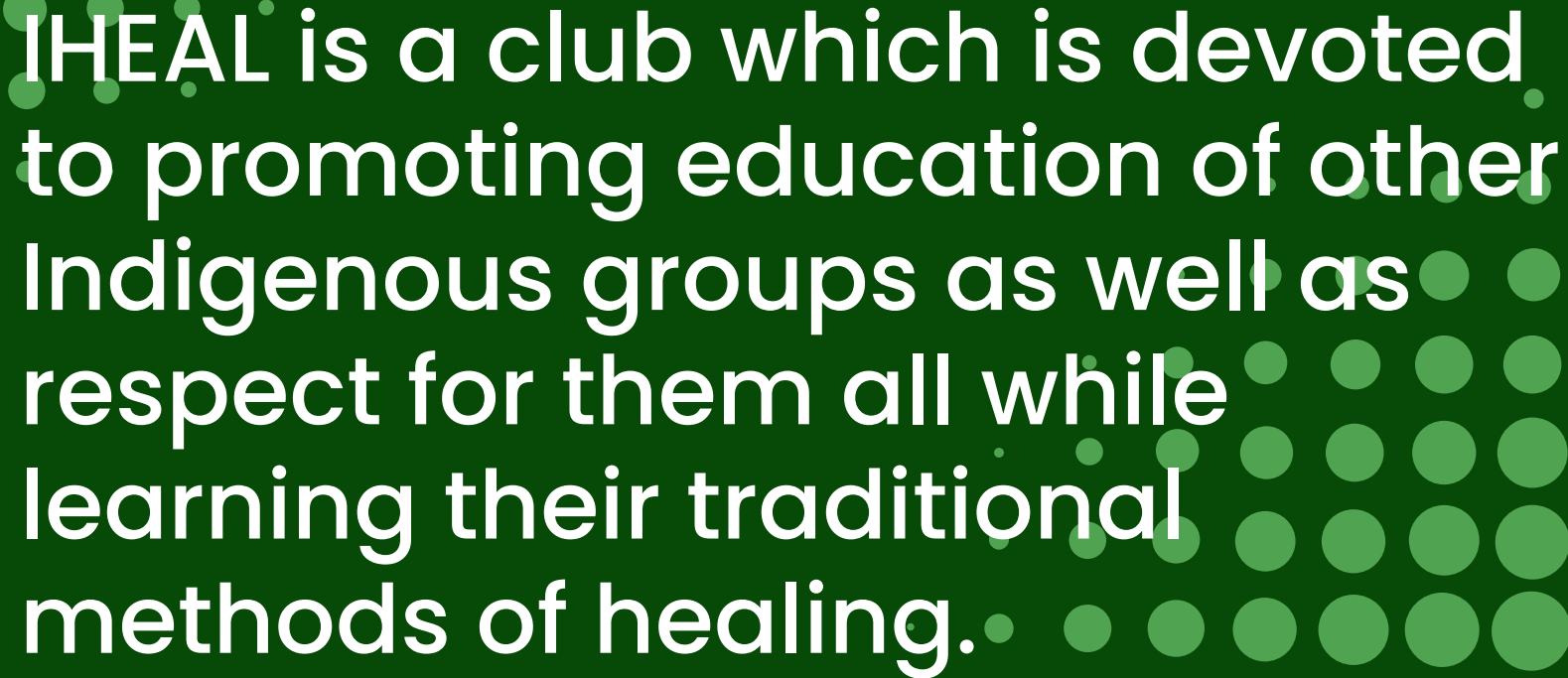
Welcome to



IHEAL

Indigenous Health, Education, and Life

Thank you for coming



HEAL is a club which is devoted to promoting education of other Indigenous groups as well as respect for them all while learning their traditional methods of healing.

The Role of Reindeer in Indigenous Medicine and Healing Ceremonies





Why do reindeer matter in the North?

Arctic and Subarctic regions have:

Extreme Cold



Long winters



Limited plant life



Where Reindeer naturally live and Herding Happens



Northern Canada & Alaska

Scandinavia

Russia and Siberia

Arctic Indigenous Reindeer-Herding Peoples

Traditional Gakti outfit

Sámi — Northern Scandinavia & Russia

Nenets — Russian Arctic tundra

Evenki — Siberian Arctic/Subarctic

Chukchi — Northeastern Siberia

Inupiat — Arctic Alaska

Inuit — Canada & Greenland



How is a reindeer used?

Meat – Main food source



How is a reindeer used?

Bones & antlers – Tools & ritual objects



How is a reindeer used?

Sinew - Thread



How is a reindeer used?

Hide & fur – Clothing; to keep warmth



How is a reindeer used?

Fat – Fuel (lamps,
cooking) & medicine



How is a reindeer used?

Blood – Nutrient-rich food



Reindeer require an active lifestyle

Reindeer are migrating animals



Reindeer herders



Video

<https://www.youtube.com/watch?v=05UQt16WBYU>



Join our Remind:



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See you next time!

