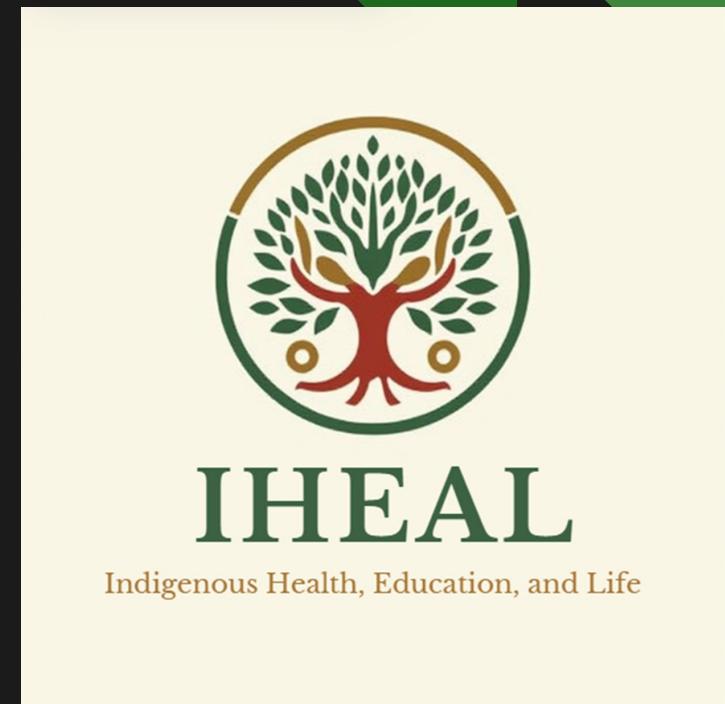


Welcome to



Thank you for coming

IHEAL 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



Arctic Indigenous Reindeer-Herding Peoples

Sámi — Northern Scandinavia & Russia

Nenets — Russian Arctic tundra

Evenki — Siberian Arctic/Subarctic

Chukchi — Northeastern Siberia

Inupiat — Arctic Alaska

Inuit — Canada & Greenland

Traditional Gakti outfit



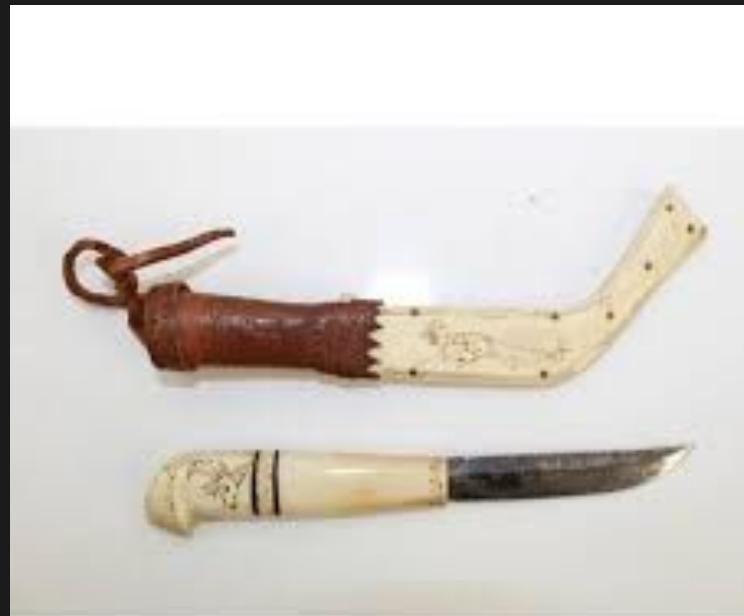
How is a reindeer used?

Meat - Main food source



How is a reindeer used?

Bones & antlers - Tools & ritual objects



How is a reindeer used?

A 3x8 grid of green dots on a black background. The dots are arranged in three rows and eight columns. The first dot in each row is positioned to the left of the first column of dots.

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



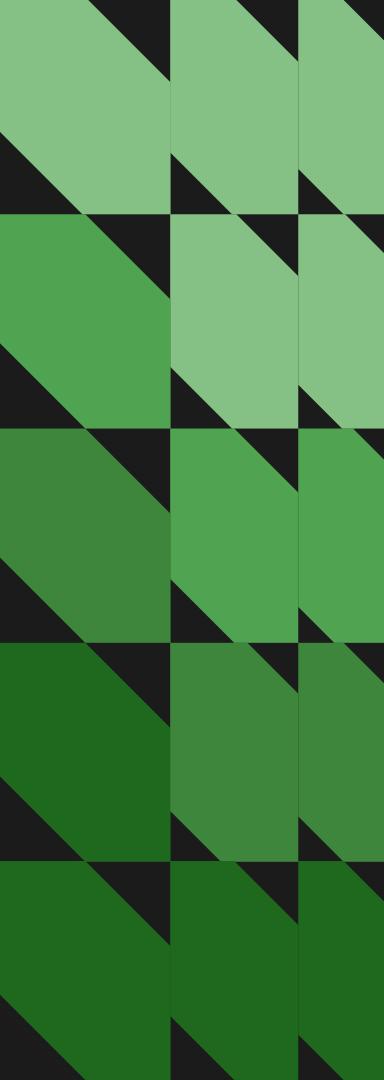
Reindeer herders



Video

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





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See you next time!

