

Traditional Healing

Strengthening the Immune System

- ① What foods or supplements are useful to help curb risk of infection and boost immune system function?
- ② Which herbs are useful in fighting allergies that result in sinusitis?

By Dr. Marie Miczak
News from Indian Country

The need for a bridge between natural and allopathic medicine and the cultures whom they represent is very great.

Fighting off infections is a challenge for any little one and especially so when the immune function is compromised. Did you know that children living in the United States today get an average of 6-10 colds per year? In contrast, adults only get about 4. One of the reasons for this difference is the fact that colds are caused by micro-organisms called viruses. A younger child's body hasn't been exposed to as many types of cold viruses as an adult or even an older child. The more mature we are, the more "experienced" our immune system becomes at dealing with old enemy viruses. The drop off in the amount of colds we get each year is directly proportional to the antibodies developed to the most commonly encountered cold germs.

Since most cold viruses are contracted by touching objects that other infected individuals have also come in contact with, it would make sense to wash your hands with an antibacterial soap as frequently as possible. You can even make your own natural antibacterial soap which would be far superior in pu-

Herbs and oils provide a natural alternative to pharmaceuticals.

riety than anything sold in the store.

Start with an unscented liquid soap such as Neutrogena and add a few drops of essential oil of Lavender and Tea Tree oil. Some health food stores and pharmacies even sell liquid or bar Tea Tree oil soap, which is unique because it not only has antibacterial and antifungal properties, but has also been seen to exhibit antiviral activities as well.

Lavender oil on the other hand has been seen to have the same germ fighting qualities as the Tea Tree oil but with the added bonus of strengthening the immune system's response.

You could diffuse a little Lavender into the air in the room in which you sleep. It will help to control airborne germs and help you rest and relax all at the same time. If you are unable to find these essential oils and/or a diffuser, you can call Aromaland of New Mexico at 1-800-933-5367 or obtain a Aromatherapy catalog online at www.aromaland.com.

There are also many herbs which

assist proper immune function such as Echinacea and Goldenseal, but they are not recommended for use in children under 2 years of age. If you are breast feeding, you can take these herbs and a small amount will be present in your milk. This combined with the natural immunoglobins inherent to human breast milk will offer optimal resistance to infection.

An allergy is actually hypersensitive reaction to a normally harmless substance. About one in six children in the United States is allergic to one or more products. When a baby encounters pollen, animal dander, house dust, feathers, dust mites, etc., which are all common allergens, his system overreacts.

An allergic child's body therefore treats the substance as if it were a disease causing substance. Histamine, a normal substance present in our cells is released in large amounts and is what causes the sudden onset of allergic symptoms such as swelling of the mucus membranes of

the nose causing nasal congestion and often sinusitis.

These blocked sinuses actually do not drain properly and bacteria laden fluid accumulates to cause inflammation of the sinuses. Once again the same essential oils mentioned previously can be used in "sweat lodge" fashion only now by adding a few drops of Eucalyptus and Lavender oil to the baby's warm bath. When the oils come in contact with the water, they will vaporize in to the areas of need, including the nasal passages and lungs. You should notice a decrease of symptoms in very short order.

Looking at the diet, cow's milk is often a major offender in causing the body to produce large amounts of mucus. No wonder it is often on the hit list of high allergy producing foods! Replacing cow milk with a dairy free substitute just might do the trick. Also, get enough beta carotene, vitamin C and zinc by eating plenty of fruits and vegetables affording the most variety.

Reprinted in part from News from Indian Country, Dec. 1998. Dr. Miczak grew up with herbal remedies learned from her Mohawk and Eastern Cherokee families. She is an alumni of Rutgers University College of Pharmacy and the Clayton College of Natural Health. You may visit her website at www.naginc.com/theopharm/

Congratulations to
ANTHONY HENRY and
BOBBY MERCIER
on earning their GED in
November and December.
Good job guys!



Anthony
Henry



Bobby
Mercier

Tribal business directory

Small Business Development would like to print a Tribal Business Directory. If you are a Grand Ronde tribal member who owns a small business and would like to have your business advertised in this directory, please submit the following:

- ◆ Business card with business name, address and phone number.
- ◆ Photo of Grand Ronde tribal member owners (please include the names of business owners).
- ◆ Any promotions or general discounts you would like to offer.

Please send this information as soon as possible to Sheila Herber, Small Business Development, CTGR, 9615 Grand Ronde Road, Grand Ronde, OR 97347.

For more information on starting your own business — from business plans to business cards — contact Sheila, Perri, or Barbara at 879-2476 or 1-800-422-0232.

Small Business Development and ONABEN presents:

You and Your Business Idea

WHAT: This is a class designed to "DISCOVER" tribal and local entrepreneurs and encourage the development of your business idea BEYOND "JUST AN IDEA." These classes are presented by the Confederated Tribes of Grand Ronde Small Business Development Center and OBABEN.

WHERE: Classes will be held at the Tribe's Small Business Development Center located at 28840 Salmon River Highway in Grand Ronde.

WHEN: Interested persons should plan on attending ONLY ONE of the two Discovery classes:

JANUARY 18 or 25
from 5:30 to 8:30 P.M.

Starting a Successful Business

WHAT: A ten week series of classes designed to guide participants through the BUSINESS PLAN WRITING PROCESS. The course materials and individual counseling sessions allow participants to work through the BUSINESS PLANNING PROCESS. The end result is a comprehensive business plan that can be taken to financial institutions for loan consideration! This is an accredited class.

WHERE: Classes will be held at the Tribe's Small Business Development Center located at 28840 Salmon River Highway in Grand Ronde.

WHEN: Held on Mondays from 5:30 to 8:30 P.M.

FEBRUARY 1 through APRIL 12
(No class on February 15)

FOR MORE INFORMATION OR TO SIGN-UP:
call 879-2476 or 1-800-422-0232 ext. 2476.