

ANCESTRAL SCIENCE PODCAST

SEASON 02: Episode 10 (audio), episode relaunch

With Dr. Nicole REDVERS

“Planetary Health through Berries, Land, and Water”

We were grateful to speak with DR. NICOLE REDVERS (Deninu Kųé First Nation) with defining both "science" and "healing," which lead to a conversation about how "everyday can be a healing experience," berries changing genetics, Indigenous Medicine Science as a reawakening, Land as healing and the effects of amplifying these connections through consciousness, differences between spirit and soul, what is a gut feeling?, and decolonizing and recolonizing our microbiome.

Remember, you can support the pod and rock some unique Indigenous Science merch at www.relationalsciencecircle.com/shop, all proceeds go towards Knowledge Keeper honoraria, following protocols, and keeping the pod going.

Dr. Redvers graciously donated her honoraria to: [Arctic Indigenous Wellness Foundation](#), they are doing amazing work, please check them out.

SHOWNOTES:

-Indigenous Science is contextual, holistic, relational, symbolic, non-linear, not limited by time, uses collective observation of its people to explain natural phenomenon through both real and metaphoric narratives. Nicole Redvers ND, Yuria Celidwen PhD, Clinton Schultz PhD, Ojistoh Horn MD, Cicilia Githaiga MA, Melissa Vera RN, Marlikka Perdrisat BComm, Lynn Mad Plume MPH, Daniel Kobei MBA, Myrna Cunningham Kain MD, Anne Poelina PhD, Juan Nelson Rojas, Be'sha Blondin.

- Healing is not contextual and non-linear

- [https://www.thelancet.com/journals/lanplh/article/PIIS2542-5196\(21\)00354-5/fulltext](https://www.thelancet.com/journals/lanplh/article/PIIS2542-5196(21)00354-5/fulltext)

- University of North Dakota- School of Medicine & Health Sciences: Indigenous Faculty Fridays, with Dr. Nicole Redvers <https://med.und.edu/education-training/indians-into-medicine/newspages/iffnicoleredvers.html>

-Food is Medicine

-Berries are healing, reduce inflammation and so much more...

- "Health Effects of Traditional Indigenous Chokeberry"

<https://classic.clinicaltrials.gov/ct2/show/NCT05410327>

- "Chokeberry Reduces Inflammation in Human Pre-adipocyte Cells" Dale Brunelle, Nicole Redvers, Kate Larson, Amy Bundy, James Roemmich, & Donald Warne.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9193701/>

-Natural Medicine- connection with narratives from home and self

- "A Prescription for Nature, Conversation with Dr. Nicole Redvers"

<https://www.parkprescriptions.ca/blogposts/parx-people-a-conversation-with-dr-nicole-redvers>

-Land as our Guide to Heal

- often, we depend on someone else to heal us (which can be a problem with Western Science), but what happens if we reconnect with Land as Healer, Land as where we Reconnect?

- even we we breathe in forest air, our white blood cells increase and our cortisol (stress) levels decrease.

- you are never alone when you are with the Land and Ancestors

-Brain & Gut connection

-think about following that "gut feeling," and how that can guide us.

-look up the "Grandmother Diet"

-decolonize and Recolonize our Microbiome

-Canada Food guide

-the harm this guide has done to many people, specifically Indigenous communities, since it was created by and for European people, with plants and animals common in those origin areas.

-many communities are not used to digesting wheat (gluten) or dairy, and their bodies have evolved to processes necessary proteins, sugars, calcium from other foods.

-Prophecy from Sahtu Dene Elder Be'sha Blondin

- the ground will melt, which will awaken sicknesses (like anthrax), and the axis of the Earth has shifted (through the extraction of excess freshwater, and ice melt) which has been observed by shifting in star locations.

-this prophecy shows an acute understanding of Natural Law

-Call to Action:

- you can't give up on your mother, pay attention to the Earth, and take action

- Changes are happening, the plants, trees, animals, are no longer signing. We have to pay attention again and reconnect with these Ancestors.

-What Water are you made from?

-humans are 60% water, we need to drink water to survive, therefore we *are* the water we consume.

-we ask you to think about, and do some research on, what water are you made from? What lake, river, groundwater, glacier, leads to your tap or your water bottle? When you travel, you begin to turn into water from another location, and after 3 months of your cells changing, you begin to turn into another water source. How cool is this?!

-think about where the water you are made from originates, and how you can give back to the spirit of the water that keeps you alive.

Links from Dr. Redvers:

"The Science of the Sacred" by Dr. Nicole Redvers (book)

<https://www.penguinrandomhouse.ca/books/599277/the-science-of-the-sacred-by-nicole-redvers/9781623173371>

"The Value of Global Indigenous Knowledge in Planetary Health" by Dr. Nicole Redvers (article) <https://www.mdpi.com/2078-1547/9/2/30>

"Determinants of Planetary Health: An Indigenous Consensus perspective" by Dr Nicole Redvers et al. [https://www.thelancet.com/journals/lanplh/article/PIIS2542-5196\(21\)00354-5/fulltext](https://www.thelancet.com/journals/lanplh/article/PIIS2542-5196(21)00354-5/fulltext)

"Urban Land-Based Healing: A Northern Intervention Strategy" by Nicole Redvers, Melanie Nadeau, Donald Prince. <https://jps.library.utoronto.ca/index.php/ijih/article/view/33177>

"Nicole Redvers on Bridging Indigenous Systems and Modern Science "
<https://www.youtube.com/watch?v=7RD4tDrKgB4&themeRefresh=1>

- Support "The Determinant of Planetary Health Working Group"

- Support the Wildfires <https://nwt.unitedway.ca/2023-emergency-response/>

Remember protocols, and "reference your resources" by connecting the teachings you learn here with the community, Land, and Elder/Knowledge Keeper they were gifted from.

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