







Plant Medicine Allies for Long Covid, Collective grief and trauma in the times of Global Pandemic





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What are the connections to our
plant medicine allies and our
spiritual, physical, mental,
emotional, ecological journeys of
healing?



Food as Medicine

-Food as medicine calls us to examine our connection to our food, our health, our knowledge as indigenous/autonomous/land connected people and the story of our collective grief as these ways of life are threatened by impacts of Covid-19, ongoing and aggressive capitalism, settler colonialism as seen through the medical-industrial-complex and access to equitable care



Food as Medicine

Three leaf sumac berries tell the story of our ancestral ways of gathering food as our medicine and calling attention to how we studied our land for what was nourishing for our bodies



Snakeweed

Wisdom of our
elders both
plants and
humans



Globemallow

-Tells the story of the resilience of our climate, our people, and the many waves of pandemics/epidemics/crisis that we have endured

-Ancestral Guidance



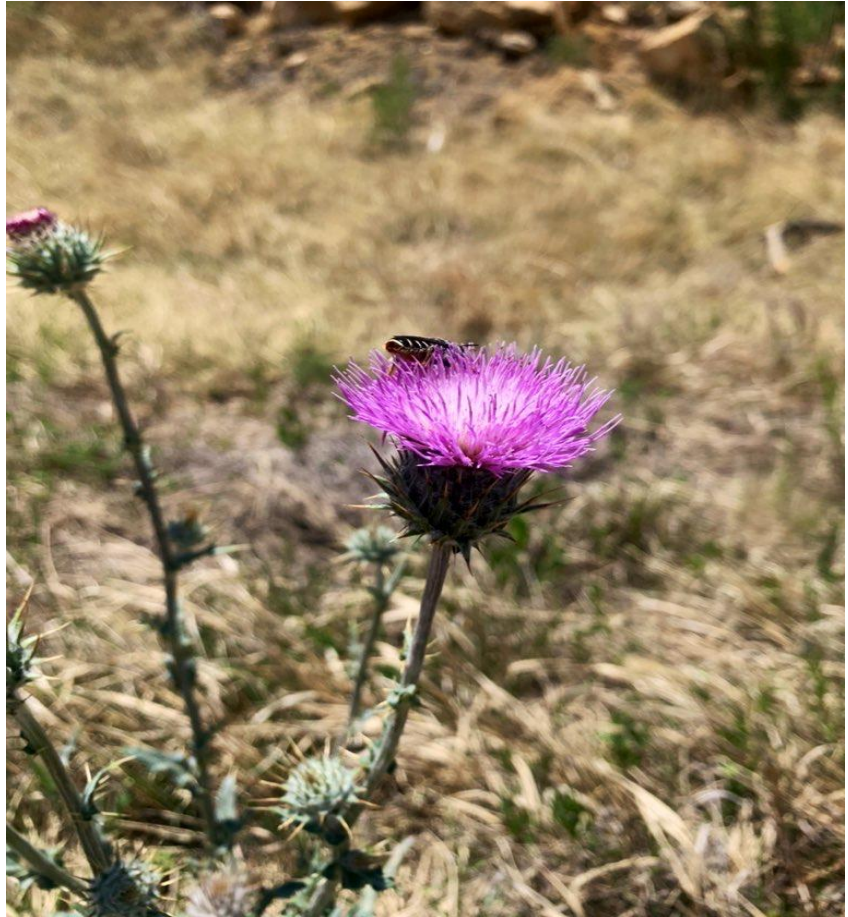
Grindelia



Milk Thistle

Liver Support

Connection to our emotions, our strengths to safely release and creatively understand how held and supported we are by our community, our homes, our homelands, our seeds, our people, our water, our soil, and our climates



Yarrow

- Protection
- Blood builder
- Blood mover
- Blood cleanser



Rose Hips & Nettles



Yerba Mansa



Anti-Microbial

Anti-bacterial

Anti-viral

Yerba mansa and osha teach us to power of roots and their support during acute covid and how to use them to support chronic-illness

Roots teach us how we see ourselves as part of a root system as community; it opens up our thinking to how we move forward and continue to be good relatives in the times of a pandemic, how to incorporate disability justice and consider those most culberabke in all our care work

Woods Rose

- Heart Medicine
- Vit C
- Calls attention to the connection of our cardiovascular system to our respiratory system
- Heart as muscle
- Heart as a communicator and messenger



Grow your own medicinal plants!

Covid, Long Covid, and Plant Allies have opened my heart/mind/body to how we embody the networks, the inner strengths that we have as people, Pueblo people, as Acoma people to our home that our plants have

Our plant medicine allies show us just how in relation we are to the homelands that our ancestors chose to live and steward; growing some of our medicines reminds of how we are not separate to our plants- how they are threatened is how we are threatened, how they thrive, is how we thrive

It teaches us to importance of this knowledge being protected, guided by elders, knowledge keepers, and truly kept in lovingly and with the most respect

Oats, Alfalfa, Holy Basil



Holy Basil



Mullien





Echinacea



Da'waa'ee (Thank you!)

Questions?