Azee da Nanise’ - Dził Natoh
(Plants as Medicines – Mountain Smoke)

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Native Health Initiative
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Objectives:

- Increase cultural awareness of participants knowledge and belief of “tobacco”
- Provide participants knowledge about Diné perspective
- Provide examples of difference of types of traditional tobaccos
- Provide participants with images and visual display of tobaccos
• What do you know about TOBACCO?
• What have you heard?
• What have you seen?
<table>
<thead>
<tr>
<th>TRADITIONAL</th>
<th>MANUFACTURED</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 elements of LIFE (<em>water, air, heat, earth</em>)</td>
<td>3 top chemical elements (<em>nicotine, tar, carbon monoxide</em>)</td>
</tr>
<tr>
<td>Found in secluded &amp; sacred areas, usually not grown in farm or buildings</td>
<td>Genetically changed; cultivated and/or manufactured</td>
</tr>
<tr>
<td>Burned for spiritual, ceremonial/medicinal use</td>
<td>Burned for recreation &amp; non-traditional use</td>
</tr>
<tr>
<td>No added chemicals; wild with low or no nicotine</td>
<td>4,000+ chemicals added; not natural</td>
</tr>
</tbody>
</table>
• Not all tobaccos are Nicotiana
• They are medicinal and/or ceremonial plants
• They are found growing in the wild
• They are often not smoked, but inhaled. They are hung in a tree, offered for prayer, or gifted.
• Not all of the plant is used for tobacco.
Human Body

• 4 Elements
• Feet to Head
  ▫ Hair - Rain
  ▫ Head – Universe Above
  ▫ Neck – Cloud Forms
  ▫ Shoulder – Tallest Mountain
  ▫ Torso/Hips – Natural world around the human being
  ▫ Knees – Trees; L is Pinon tree and R is Cedar tree
  ▫ Feet - Natural plant growth
## Natural Order

<table>
<thead>
<tr>
<th>Ha'a'aah (East)</th>
<th>Shádi'aah (South)</th>
<th>E'e'aah (West)</th>
<th>Náhookós (North)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sisnaajini - Mt. Blanca</td>
<td>Nahat'a- Planning Blue Tso'Dził - Mt. Taylor Adolescence Mid-Day noon Turquoise Summer Squash</td>
<td>Ina- Life/Action Yellow D'ookooslííd - San Francisco Peak Adulthood Abalone Dusk/Evening Fall Beans</td>
<td>Sihasin- Hope Black Dibe Nitsa - Mt. Hesperu Elder Blackjet Winter Tobacco</td>
</tr>
</tbody>
</table>
• Diné Plant Name
• English Plant Name
• Uses
  ▫ Medicinal
  ▫ Ceremonial
Dził Nat’oh – Mountain Tobacco

- Mountain Tobacco, White-tip Mountain Smoke
- Plant: Nicotiana attenuata or Coyota Tobacco
- Life Medicine – Core of all Tobaccos
- Uses:
  - Purification
  - Protection
  - Blended with other tobacco plants
Tse’tah Ts’ah

- “the sagebrush”
- Plant: Sagebrush
- Uses:
  - Purification in sweatlodge
  - Odor used for headaches
  - Childbirth, indigestion, constipation
  - Colds, fevers
  - Drink – used for long hikes or competition
- Used a lot with Gilia plant and Mountain Smoke
K’ailibáhigii

- “gray willow”
- Plant: Willow
- Uses:
  - For Vomiting and to rid body of toxins
  - To cook foods, ashes retain heat.
Dinatsoh /Deenas

• “big bearberry plant”
• Plant: Manzanita or Kinnickinick
• Uses:
  - General used as an emetic to treat stomach problems
  - Bug/insect bites
  - Ceremonial emetic
Tsédédééh

• “Falling from the rock”
• Colorado Four o’clock
• Uses:
  ▫ Sores in the mouth (canker sores, swollen gums, and tooth aches)
  ▫ Swellings
  ▫ Broken bones
Hozhooji Nát’oh bit’aa łichí”igii

- “red leaf Blessings Way tobacco”
- Plant: Gilia
- Uses:
  - Indigestion
  - Healthy pregnancy and easy delivery
Azee’ntliní

- “gummy medicine”
- Plant: Globemallow or Alkali Pink
- Uses:
  - toothaches
- Flowering buds used as in tobacco blend
Other Non-Nicotiana Species

- Mullein
- Gilia
- Beardtongue
- Purslane
- Catchfly
- Sunflower
- Rabbit brush
- Indian paint brush
- Saltbrush
Other Native plants known as tobaccos...

- Lavender
- Asema (tobacco of the Anishnaabe Indian people)
- White Sage
- Sweet Grass
- Iqmik (Alaska Native tobacco leaves with ash)
- Kinnikinnik (Algonquin word meaning mixture of dried bearberry plant, bark leaves, and tobacco).
- Calendula
Closing Prayer from the Diné Blessing Way Ceremony

Hózhóogo naasháa doo
Shitsijí' hózhóogo naasháa doo
Shikéédéé hózhóogo naasháa doo
Shideigi hózhóogo naasháa doo
Shikeklahdee hozhoogo naashaa doo
T'áá altso shinaagóó hózhóogo naasháa doo
Hózhó náhásdlíí' odóó
Hózhó nahásdlíí' odóó
Hózhó nahásdlíí'
Hózhó nahásdlíí'
Ahe’hee - Thank you!

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Breathe Tradition, Not Addiction
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