

## Holistic Approach to Healthcare

David L. Maack, CEM, CPM  
"Nah Ga Way Innini"

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## Background

- Alderman, City of Racine
- Emergency Management Coordinator, Racine County
- White Earth Ojibwa
- 7<sup>th</sup> Generation prophecy
- Walking on 2 paths
- 2005 Near Fatal Bout of Pancreatitis

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## A Personal Story

- February 8, 2005
- Sudden acute attack pancreatitis
- 28 days-ICU
- 38 day hospital stay
- One year recovery

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### Four Gifts

- Tobacco-prayers and offerings of gifts
- Cedar-nurture and purify the body, cleanses
- Sage-protection from evil
- Sweet Grass-very powerful purifier

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We are not humans  
having a  
spiritual journey, we  
are spirits  
having a human  
journey.

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### Circle

- No beginning or ending
- Interdependencies
- All are equal
- All play a part
- All Respected

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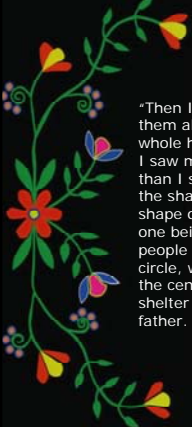
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## Sacred Hoop

"Then I was standing on the highest mountain of them all, and round about beneath me was the whole hoop of the world. And while I stood there I saw more than I can tell and I understood more than I saw; for I was seeing in a sacred manner the shapes of all things in the spirit, and the shape of all shapes as they must live together like one being. And I saw that the sacred hoop of my people was one of many hoops that made one circle, wide as daylight and as starlight, and in the center grew one mighty flowering tree to shelter all the children of one mother and one father. And I saw that it was holy."

-Black Elk

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## Medicine Wheel

- Teaching Tool
- Meant 4 All Races
- Cyclical & Holistic
- Explains Values
- Encompasses the Circle of Life
- Seen/Unseen
- External/Internal




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## Center (Internal)

- Fire burns within
- Internal compass
- Place of knowing (Faith)
- Holistic vision
- Understanding
- Connection
- Balance




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*"If we keep everything in balance, we are in harmony with ourselves and are at peace."*  
-Fools Crow

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**Balance**

- reflection,
- meditation,
- awareness,
- acceptance
- and *surrender*



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**Ferris Wheel**



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## Out of Balance



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## All My Relations

In this universe, all activities, events, and entities are related. Indians believe that everything in the universe has value and instructs us in some aspect of life. Everything is alive and is making choices that determine the future, so the world is constantly creating itself... With the wisdom and time for reflection that old age provides, we may discover unsuspected relationships.

---Vine Deloria, Jr, STANDING ROCK SIOUX

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## Four Races of Man

- Asian
- Annishinabe
- African
- Caucasian



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Grandmother, and great Mother Earth,  
upon You the people will walk; may they  
follow the sacred path with Light, not  
with the darkness of ignorance. May  
they always remember their relatives at  
the four quarters, and may they know  
that they are related to all that moves  
upon the universe...

-Black Elk

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### Medicine Wheel

- Yellow-East
- Red-South
- Black-West
- White-North




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### Yellow

- East
- Morning
- Spring (new beginnings)
- Infancy/Baby
- MIND




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Red

- South
- Day
- Summer
- Adolescence
- BODY



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Black

- West
- Evening
- Autumn
- Adult
- EMOTION



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White

- North
- Night
- Winter (Stuck in Winter)
- Elder
- SPIRIT



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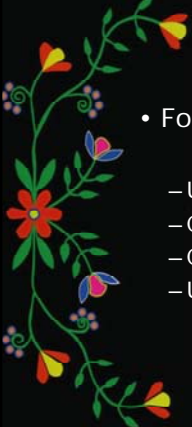
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## Mind/Intellect

- Four Stages of Consciousness
  - Unconsciously incompetent
  - Consciously incompetent
  - Consciously competent
  - Unconsciously competent

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“There are things that you can see that I cannot see and there are things that I can see that you cannot see.”

-Michael Dahl  
Spiritual Healer, White Earth Ojibwa

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## Mind/Intellect

- Healthcare Providers Knowledge
- Whispers in the hallway
- Give the patient credit
  - MRSA
  - Catheter

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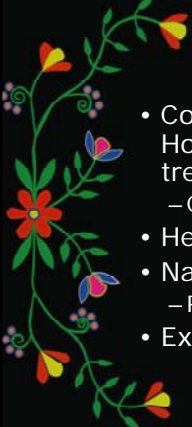
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## Body

- Conventional and Homeopathic approaches to treatment
  - Complimentary or in Conflict?
- Healthy living/eating
- Natural Foods vs Processed
  - Reservation diet-flour, lard
- Exercise

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## Emotion

- Need Balance
- Positive attitude
- Depression
- Anxiety
- Fear
- Survivor Guilt

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## Spirit

- Research shows that religion and spirituality are linked to positive physical and mental health
- My Experience:
  - Pipe Ceremony
  - Sweat Lodge
  - Clergy Community

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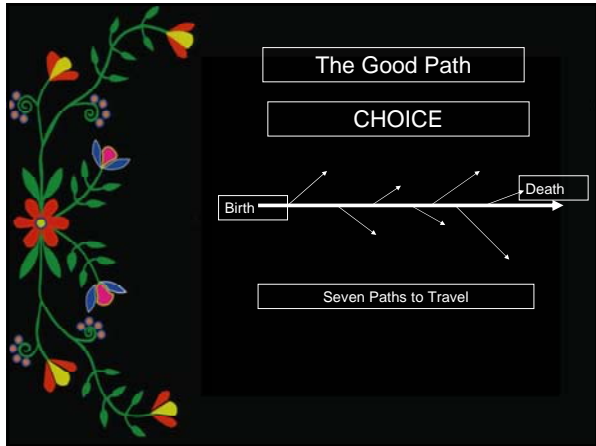
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- ### Seven Stages of Life
- The Good Life
  - The Fast Life
  - The Wandering Life
  - the stages of Truth,
  - Planning,
  - and Doing
  - The Elder Life

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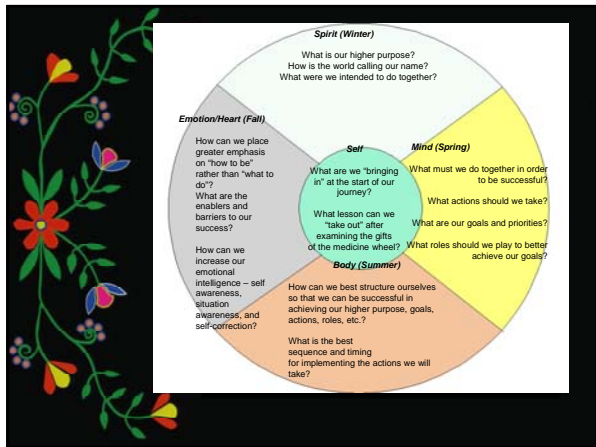
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## Activity

- Use the Medicine Wheel to develop a patient care plan
- Form a Circle
- One Volunteer poses a problem
- Find a solution which fits with your area-mind, body, emotion, spirit

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**Chi Miigwetch!!!**

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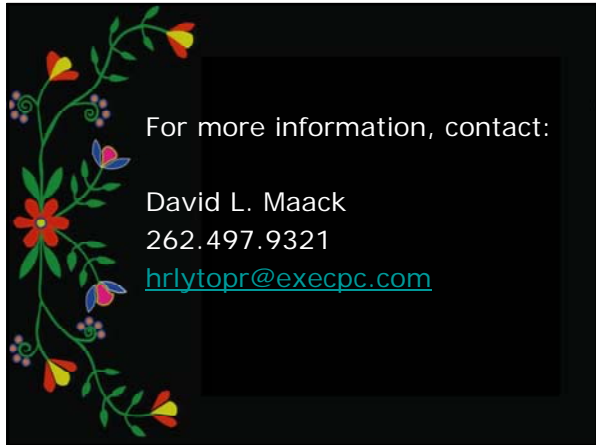
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