

Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

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Herbal Medicine and Super Foods

How to get the most out of nature's pharmacy

The Mashantucket Pequot Tribal Nation has a long tradition of using natural medicines, from sumac for sore throats to cherries for the common cold. Today, you can choose from thousands of different dietary supplements to enrich your health.



The purple cone flower, *Echinacea purpurea*, used to support the immune system health and prevent colds

Heart Health

Fish oil & Omega-3 –

The fatty acids found in fish like salmon, herring, and tuna have been found to reduce the risk of heart attack and stroke.

Hawthorn – A daily supplement which may help lower blood pressure and improve circulation (pictured left)



Immune Health

Echinacea – Take daily as a tea or tincture to support your immune system. Studies show that echinacea may strengthen your body against the common cold and the flu.

Cranberry – Drinking cranberry juice or cranberry capsules may protect against urinary tract infections (UTIs).

Elderberry – Eaten as a jam, tincture, or syrup, elderberries may help shorten the length of colds.

Sleep & Relaxation

Chamomile – Drink as a tea before bedtime to promote relaxation and sound sleep.

Valerian Root – Taken nightly, an anti-anxiety natural medicine which can also act as a sleep aid



Women's Health

Black Cohosh – Taken daily as a capsule, this plant may reduce the severity of menopausal symptoms like hot flashes, mood swings, and sweating.

Men's Health

Saw Palmetto – a natural supplement available as a daily capsule which may help reduce frequent urination due to enlarged prostate.

Natural medicines can interact with your medications, so always ask your doctor or healthcare provider if a natural product is right for you before starting a new supplement.

Pain & Inflammation

Turmeric – Available as a lotion or salve, turmeric can reduce inflammation and joint pain.

Aloe vera – An effective, natural way to cool and heal sunburns (pictured above)

Natural product structure-function claim references compiled from *Natural Medicines Comprehensive Database and Natural Standard Monographs*, accessed May 23, 2019

Kasper, Kimberly Carol, "Continuity in the Face of Change: Mashantucket Pequot Plant Use From 1675-1800 A.D." (2013). *Open Access Dissertations*. 691.

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