



Mshkiigabag (Labrador Tea) is a medicine that is simply amazing!

As Indigenous Peoples, we view all of Creation as our relatives. The foundation of this relationship is built on respect and held together with responsibility. We have all heard of the food chain, well... add a few more links and take time to sit with the land to truly understand how all of creation is interconnected.

On his blog, Joseph Pitawanakwat, from Creators Garden shares how the rusty fuzz that can be found on the bottom of Labrador Tea leaves, contributes to the survival of Naanokshkaahns (Hummingbirds), as it helps to keep their predator away, mites –

who knew!

The Indigenous Diabetes Health Circle (IDHC), was honoured to have Joseph share his knowledge with the team, while we all connected, listened and learned from the land.

Below are a few links, that speak to the health benefits of Mshkiigabag.

Introduction to Labrador Tea by Joseph Pitawanakwat  
<https://www.facebook.com/watch/?v=534032940499954>

Plant Educator Joseph Pitawanakwat on Labrador Tea and Diabetes  
<https://www.facebook.com/watch/?v=652399851834255>

Labrador Tea Healing Wounds  
<https://www.facebook.com/watch/?v=964553923908330>



Mshkiigabag, as a tea is known to reduce blood sugar levels one of the main culprits that contribute to diabetes. It can also improve renal function, and heal foot care wounds as shared above by IDHC's Foot Care Coordinator Lindsay Cosh. Ontario

Ontario Native Women's Association (ONWA), highlights that Labrador Tea is used to balance pH levels and treat colds, in OTI ANIIBIISH (Tea recipes): Harvesting our Strengths Sowing our Successes.

To learn how to prepare Mshkiigabag and other medicinal teas please visit:

[https://www.onwa.ca/files/ugd/4eaa9c\\_64bfe07c38964c549a0e78acadbfbc31.pdf](https://www.onwa.ca/files/ugd/4eaa9c_64bfe07c38964c549a0e78acadbfbc31.pdf)