

BENEFITS OF TRADITIONAL HEALING

These five practices are common at
Urban Indian Organizations (UIOs), with noted benefits of ...



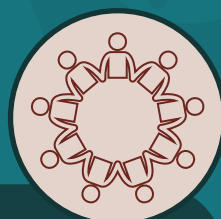
SWEAT LODGES

- Improves mental health
- Strengthens immune function
- Improves spirituality
- Helps to manage stress & chronic pain
- Decreases substance use



TRADITIONAL FOODS

- Improves diet quality & cardiovascular health
- Alleviates nutrition-based diseases like diabetes



TALKING CIRCLES

- Decreases levels of substance use severity
- Increases self-reliance
- Increases quality of life
- Fosters community and combats loneliness



SMUDGING

- Helps manage depression & anxiety
- Stated to be a mindfulness activity for Dialectal Behavioral Therapy (DBT)



INDIGENIZED SUBSTANCE USE RECOVERY PROGRAMS

- Demonstrates better outcomes than patients who attended Western interventions
- Helps maintain balance and sobriety



**While the listed Traditional Healing methods have unique benefits, they all increase cultural connectedness and address historical trauma.*

Reference: Bailowitz, M., Holland, N., O'Rear, I., Payan, A., & Zeymo, A. (2023). Thematic Analysis of Traditional Healing Programs at Urban Indian Organizations and Meta-Analysis of Health Outcomes (Recent Trends in Third-Party Billing at Urban Indian Organizations). National Council of Urban Indian Health. <https://ncuih.org/research/third-party-billing/#tab-id-11>



NATIONAL COUNCIL of
URBAN INDIAN HEALTH