Visit the Indigenous Health section of our website for more resources. Contact Janice Linton, Indigenous Health Librarian, if you would like to suggest new books and DVDs or if you would like assistance finding more information. All of the books and DVDs listed in this quick reference guide are available at the Neil John Maclean Health Sciences Library. Please call, email, or visit the NJMHS Library reference desk to apply for a free Consumer Health Library Card.

“Sharing knowledge is a form of medicine”


Books & DVDs featuring the wisdom of Elders


Consumer Health Collection Call No. WB 880 K84r 2007


Consumer Health Collection Call No. WB 50 DC2 S123s 1985

Native spirit: The sun dance way. (2007) Book & DVD. Several Elders, including Gordon Tootoosis (Cree) and Arvol Looking Horse (Lakota), share knowledge about the Sun Dance ceremony. History and teachings of the Crow-Shoshone Sun Dance are provided through the experience and words of Thomas Yellowtail and Dr. Joe Medicine Crow.

Sweatlodge. (1999). DVD.
Healer and respected spiritual teacher Frank Settee (Manitou Mahkwa) shows the sweatlodge as a doorway to physical and spiritual renewal and cleansing.

Consumer Health Collection Call No. WB 50 DC2 S974s 1999 AV

Wahohtowin means “everything is related”. It is one of the basic principles of Cree Natural Law. Traditionally, laws are passed through the Cree language in song, prayer and storytelling. Cree Elders explain that by following the teachings of Wahohtowin individuals, communities and societies will be healthier.

Consumer Health Collection Call No> K 460 W136w 2009 AV

Kitchi Meegwetch

Ekoski

Websites to find information for Healthy Living

MEDLINEplus https://medlineplus.gov/
This is a great website to locate information for patients as well as background information on many diseases and hot topics in medicine. Under Health Topics you can locate resources on over 900 topics – everything from Asthma to Zits!

The NCCAH provides information for researchers, parents, instructors, and students. Includes videos, fact sheets, resource booklets, reports, and literature reviews. A great place to start healthy living, healthy parenting, healthy children and understanding how social determinants impact on health.

This website has everything from policy documents to an online journal focusing on best practices in child welfare. It is a great site to explore because there is something for everyone.

Oral Health and the Aboriginal Child http://oralhealth.circumpolarhealth.org/
This website fills a unique need for research & patient education materials for good dental hygiene and oral health.

Aboriginal Healing Foundation http://www.ahf.ca/
The Foundation has excellent research reports that cover mental health topics for healing.

For the first time, a national food guide has been created which reflects the values, traditions and food choices of First Nations, Inuit and Métis. This new tailored food guide includes both traditional foods and store-bought foods that are generally available, affordable and accessible across Canada and provides unique images and content.
Aboriginal Sexual Health [http://aboriginalsexualhealth.ca/](http://aboriginalsexualhealth.ca/)
Created by The Society of Obstetricians and Gynecologists of Canada (SOGC), this is a great resource for everyone – friends, family, patients, YOU!

For healthy living in Winnipeg, don’t forget to check out the WRHA’s health and wellness publication, Wave!

For information on WRHA Indigenous Health Programs & Services, check out the website!

**Journals – free on the web and focused on First Nations, Inuit & Métis health**

Continues the work of the Journal of Aboriginal Health which was published by the National Aboriginal Health Organization (NAHO).

[**Pimatisiwin**](http://www.pimatisiwin.com/online/)
Last publication 2013. Provides excellent research articles of interest to community-based and academic readers.

Published by the First Nations Child & Family Caring Society of Canada, This is an interdisciplinary journal that honours the voices, perspectives and knowledges of First Peoples through research, critical analyses, community stories and artistic expression.

International Journal of Circumpolar Health [http://www.tandfonline.com/toc/zich20/current](http://www.tandfonline.com/toc/zich20/current)
This journal has published hundreds of articles and conference papers on the health and well-being of First Nations, Métis, and Inuit people in Canada and around the world.

American Indian and Alaska Native Mental Health Research [http://www.ucdenver.edu/academics/colleges/PublicHealth/research/centers/CAIANH/journal/Pages/journal.aspx](http://www.ucdenver.edu/academics/colleges/PublicHealth/research/centers/CAIANH/journal/Pages/journal.aspx)
This is a professionally refereed scientific journal. It contains empirical research, program evaluations, case studies, unpublished dissertations, and other articles in the behavioural, social, and health sciences which clearly relate to the mental health status of American Indians and Alaska Natives.

**The Canadian Medical Association Journal (CMAJ)** [http://www.cma.ca/cgi/collection/aboriginal_health](http://www.cma.ca/cgi/collection/aboriginal_health)
The CMAJ has compiled an up-to-date list of all the articles on Indigenous Health published in the journal. You can also sign up for “Collection Alerts” which will notify you when new content is added to the collection.
Men’s Healing & Well-being
These books and DVDs are good for men, and good for women and good for us to learn together


Herb Nabigon's healing journey is a completed circle. He spent much of his life with self-destructive impulses, feelings of inferiority and resentment and alcohol abuse. Then Elder Eddy Bellerose introduced him to ancient Cree teachings. With the help of healing methods drawn from the Four Sacred Directions, the refuge and revitalization offered by the Sweatlodge, and Native cultural practices such as the use of the pipe, Nabigon was able to find sobriety.

Consumer Health Collection Call No. WM 274 N116h 2006


This book is an account of the personal and collective struggles of First Nations people and how the principles which held traditional societies together can be used to promote harmonious and cooperative relationships by both Aboriginal and non-Aboriginal people. The healing model can be used by an individual seeking to heal himself, by a professional as a tool for assessment and treatment, and by a community in crisis. Born in Fort Frances, Ontario and raised on the Couchiching First Nation reserve, the author combines his personal journey, professional experiences as a counsellor and traditional teachings from Anishinabe elders into a program for healing.

Consumer Health Collection Call No. WM 270 M877i 1998


Theodore Fontaine is a member of the Sagkeeng First Nation in Manitoba. He attended the Fort Alexander Indian Residential School from 1948 until 1958, and the Assiniboia Indian Residential School from 1958 to 1960. In this memoir, the author shares his experiences, challenges and healing journey, providing encouragement for residential school survivors and insight into the effects of colonization for Aboriginal and non-Aboriginal people.

Consumer Health Collection Call No. WS 105.5 C3 F681b 2010

The gift of diabetes (2005) DVD.

Brion Whitford, a First Nations man suffering from diabetes, discusses his attempts to control the disease and come to terms with his past and heritage and their effects on his life.

Consumer Health Collection Call No. WK 810 G458g 2005 AV


Drawing on several years of experience working with Aboriginal peoples in Canada and Australia, the author provides practical information for communities, groups, and individuals to develop realistic healing and wellness programs to address the problems of substance use and alcohol abuse.

At the age of 24, Noel Starblanket was one of the youngest First Nations chiefs in North America. Outspoken and rebellious, he was the subject of the 1973 NFB production titled simply, Starblanket. Now three and a half decades later, he shares with humour, honesty and emotion, his own healing journey and search for peace, which becomes our journey as well.

Women’s Health & Well-being

These books and DVDs are good for women, and good for men and good for us to learn together


A young couple want to have a baby. They know that preparing for a healthy pregnancy is the first step. Jenny learns to stay healthy in all areas of the Medicine Wheel in order to give their baby the best start in life.


Told from a contemporary First Nation perspective, this book tells a story about a women named Mary, who started to recognize the signs of stress creeping into her life once more. She knew it was time to do something about it before it lead to depression.

Healthy beginnings, supportive communities: A strong future (2010) DVD

Produced by the Métis Centre, National Aboriginal Health Organization, this DVD provides supportive encouragement and information to help you take care of yourself and give your new baby the best possible start in life.


Type II diabetes is an alarming phenomenon among First Nations and is beginning to reach epidemic proportions, particularly among middle-aged women. It is also a relatively new disease to First Nations people. This manual was developed to prevent diabetes among First Nations women.


Powerful story of one woman’s victory over poverty and discrimination and how she recovers her self-esteem and the love of her son.

This DVD looks at firsthand experiences of breast cancer survivors in the First Nations community. Topics include diagnosis, therapies, prevention, and life after breast cancer. Consumer Health Collection


Sylvia Olsen began a community study with aboriginal teen parents, believing that the best way to shed light on the issue is to listen first to the parents themselves. Just Ask Us is a result of this project, in which thirteen Tsartlip teen moms participated. Just Ask Us takes a comprehensive, first-hand look at First Nations teen mothers, offering ways to counteract the intractable cycle of poverty and turn reserve communities into places of hope for the next generation.

**Our spirits are very strong (2001) DVD.**

The ripple effects of mission school recovery. Mission schools and residential schools had a profound impact on generations of First Nation people. Their ripple effects continue today. This program documents and celebrates the healing journeys of three women who are working in their communities to promote wellness. While the experience of trauma began their lifelong healing journeys, they not only survived, they became stronger. Their contributions today flow from the heart of their healing.

**The bang you feel (2009) DVD.**

This documentary follows the stories of three Aboriginal women attempting to rebuild their lives after leaving prison. Set in Edmonton, Alberta, the film is a compelling look at addiction, support and hope.


Drawing on several years of experience working with Aboriginal peoples in Canada and Australia, the author provides practical information for communities, groups, and individuals to develop realistic healing and wellness programs to address the problems of substance use and alcohol abuse.


This is a practical guide providing great tips and encouragement for successfully feeding your baby.
Focus on Children & Youth
They are our future

Let's be healthy together! Toolkit
Includes 3 booklets to provide practical tips for families for personal well-being and community development. These can be used with the guide and DVD for service providers on preventing childhood obesity. The best part is that you will feel inspired to get out and have fun for everyone.

Consumer Health Collection Call No. WA 108 F394L 2010 AV

Come play with me (2007) DVD.
Shows kids and adults how active living and dietary choices can help to prevent diabetes. Includes a DVD, parent’s guide and children’s activity booklet.

Consumer Health Collection Call No. WA 108 F394L 2010 AV

A booklet in the Cree language that describes healthy mouth and teeth care for children.

Consumer Health Collection Call No. WU 480 K15k 2006

This emotional story is about an Aboriginal youth struggling with his friend’s suicide. It includes warning signs and information on what to do if you know someone who might be suicidal.

Consumer Health Collection Call No. WM 165 P652c 2002

These booklets are about teenage sexuality, contraception, body image, being transgendered, sexually transmitted infections, and body changes through puberty.

Consumer Health Collection Call No. WS 450 B793g 2007

Take the red road (2000) DVD.
This DVD, presented by the File Hills Qu’Appelle Tribal Council, addresses Aboriginal youth who are at risk of becoming gang members. It discusses the choices that can be made, helps resist wrong paths and reinforces strength with the values and guidance that traditional Aboriginal culture can bring. Includes strategies for positive life paths.

Consumer Health Collection Call No. HV 6439 DC2 T136t 2000 AV

Stand true (2007) DVD.
Created by a group of Haisla Nation youth from Kitamaat Village, BC, this production focuses on providing the facts on STDs, healthy sexuality, and condom use. These youth chose to address the role of rumors in a small community and how each person can “Stand True” in their sexual health decisions.

**Consumer Health Collection Call No. WC 140 S785s 2007 AV**

**Step up (2008) DVD.**

This is a good, short production to show along with Stand True. Created by a group of First Nations youth in BC, you will discover answers to many questions — everything you ever wanted to know — or not know — about STD testing. It’s not as scary as you think!

**Consumer Health Collection Call No. WC 140 S827s 2008 AV**


Find out what stories these youth decided to tell. Are they the same stories you would tell? Consumer Health Collection Call No. WS 463 S783s 2006 Native Young!: The Legacy of residential schools (2012) DVD Told through the eyes of a Native punk rock band, it challenges and provokes and grabs your attention with the music, words and reality of life for some First Nations youth in Canada today.

**Consumer Health Collection Call No. E 96.5 N38n 2012**

**Mohawk girls (2006) DVD.**

With insight, humour and compassion, Kahmawake filmmaker Tracey Deer takes us inside the lives of these three teens as they tackle the same issues of identity, culture and family she faced a decade earlier.

**Consumer Health Collection Call No. E 99 M8 M697m 2006**


This children’s book presents the story of a young Cree boy who is learning the traditional lifestyle of his people when he is abruptly taken away to residential school.

**Consumer Health Collection Call No. E 98 S7 L923a 2002**

**Healthy Living for Everyone**

There are lots of books and DVDs on many health topics

Contact the Indigenous Health Librarian for more suggestions to meet your individual needs


**Consumer Health Collection Call No. WB 400 P578p 2005**

This cookbook is full of many more modern recipes than those of olden times, but some of them still have the essence of the old. They are also a testament to the Métis mothers of the past who always found a way to throw together a great meal.


The final report is divided into four parts. Part one is a review of the literature on housing, resident demographics, and community services in the inner city, with an emphasis on the North End neighborhoods served by our partner agency. Part two is a description of the participatory method used in this study. Part three is made up of three sections including results of our interviews with young Aboriginal men, women who had been involved in the sex trade and agency staff who provide services in North End neighborhoods. Part four of the report includes a conclusion as well as a series of recommendations for involving residents in community building.

Consumer Health Collection Call No. WA 380 S531s 2004


Consumer Health Collection Call No. WC 536 H529h 2007 Also online at http://pubs.cpha.ca/PDF/P28/21289.pdf


Using the medicine wheel and traditional medicine concepts for wellness, this guide provides practical tips for mental healing and psychological well-being for people living with HIV or other chronic conditions.

Consumer Health Collection Call No. WC 503.7 L712c 2003

Unbroken circle (2003) DVD.

This episode of The Sharing Circle looks at the role of traditional ceremonies in First Nations culture. European customs and beliefs have had a devastating effect on the traditional spiritual practices of Aboriginal peoples. Now many of these ceremonies are being rediscovered, celebrated and shared once again.

Consumer Health Collection Call No. E 98 R53 U53u 2003


“Explores the human experience of racism and discrimination -- and, more importantly, our experience as Aboriginal people when confronted with discrimination. Unfortunately, discrimination has become an all too pervasive fact of life for Aboriginal people -- born of a long history and a legacy that we still have to cope with today. Directed by nationally acclaimed Mètis filmmaker Gil Cardinal, the DVD examines the dangers of internalizing the negative messages we get, incident by incident, and explores how those small things can build up over time and threaten our own sense of self.”

Consumer Health Collection Call No. BF 575 P9 V889v 2012 AV
We were children (2012) DVD.
Recounts the experiences of two residential school survivors, Lyna Hart and Glen Anaquod, underscoring the tragic reality of this part of Canadian history and also demonstrating the resilience of the human spirit.

Consumer Health Collection Call No. E 96.5 W361w 2012

Step up with footcare (2007) DVD.
Discusses the care of feet in Aboriginal communities, particularly for those with diabetes.

Consumer Health Collection Call No. WK 810 S827s 2007

Sweetgrass fitness: A diabetes prevention and awareness beginner’s workout (2003) DVD.
Awesome DVD that provides information and encouragement for all of us to learn how to feel healthier with a few steps to increase physical fitness.

Consumer Health Collection Call No. WK 810 S974sb 2003

Forty-year-old Ivan has been diagnosed with diabetes like so many other Aboriginal people. Ivan’s success story is about him taking control of diabetes rather than letting the disease rule his life. Dr. Pinette blends evidence-based Western medicine with traditional Aboriginal teachings on health into an enjoyable and educational story.

Consumer Health Collection Call No. WK 810 P652d 2002

The DVD includes discussion on ways to improve lifestyle to help prevent or manage diabetes, It includes segments designed for those who would normally never watch an exercise program. The plan is to empower the more health conscious person to use the video to encourage their couch-potato relatives, hopefully convincing them to get up and move their bodies and eat healthier. This one is a favourite with a lot of people in Winnipeg.

Consumer Health Collection Call No. QT 255 R467rb 2002

Sweetness in Life is a 13-episode video series featuring knowledgeable and enthusiastic hosts, healthy eating, physical activities, community profiles, interviews with elders, role models, health practitioners and other fascinating people from across Canada. Subjects addressed include: exercise - to underscore the need for ongoing simple exercise to improve circulation and prevent diabetes and other diseases; diet and recipes — from traditional foods to simple tips for reducing sugar, fats, and starches. At the end of each program is a one minute segment in an Aboriginal language with translation to English.

Consumer Health Collection Call No. WK 810 S974s 2002 (4 DVDs)
Heartbeat of the Anishnawbe nation (2006) DVD.
This DVD teaches about stroke and blood pressure management by means of both medical and Aboriginal traditions. A patient’s journey through the clinic allows us to understand how stroke and blood pressure is affected by smoking, In Ojibwe, Oji-Cree, and English Also available on the internet

Consumer Health Collection Call No. WG 340 H436h 2006 AV

Inipi: The breath of life : The Native American sweatlodge ceremony (2001) DVD.
Tells how the Lakota sweatlodge is constructed and why. Explains its role as a great teacher of life and the significance of the elements of earth, water, fire and air in the lodge ceremony. Commentary by ceremonial leaders from the Chickasaw, Dineh (Navajo), Lakota Sioux and Yaqui-Isleta tribes.

Consumer Health Collection Call No. WB 50 I55i 2001 AV


Consumer Health Collection Call No. WB 50 DC2 M592p 2005 Also available online at http://www.naho.ca/documents/metiscentre/english/ProfilesofMetisElders_000.pdf

Canada’s longest running Aboriginal documentary television series. This unique program presents thirteen-half hour documentaries focused on current, relevant issues that are explored in traditional, spiritual ways. These fascinating and poignant stories offer an insightful and meaningful look at Aboriginal People, Indigenous Knowledge and Spiritual Practice.

Episodes available through the Consumer Health Collection

To borrow DVDs or books from the Neil John Maclean Library Consumer Health Collection, you need a special library card which is available for free! Please bring photo ID to the NJM Library to apply for your library card or call 204-789-3342 or email healthlibraries@umanitoba.ca for more information.

Note: We also have hundreds of DVDs available on First Nations, Metis and Inuit health available for students, instructors and WRHA staff available in our comprehensive Indigenous Health Collection. This collection of DVDs, books and reports is located upstairs in the NJM Library in Kanee Ga Ni-What Kee-Kandamowin Anishinabeck (First Nations Place of Learning) Contact janice_linton@umanitoba.ca for more information.