

## TRADITIONAL TOBACCO



“Traditional tobacco is a gift from Mother Earth. It should be respected and used properly just like sweetgrass, sage, and cedar. Tobacco is a Medicine used by our people to pray with. It provides us with spiritual strength, guidance, discipline and protection. You should never abuse such a gift.”

[www.KeepItSacred.org/network/](http://www.KeepItSacred.org/network/)

- Not inhaled
- Sacred, Ceremonial
- Scarce, Blessing
- Simple, Humble
- Social, Binding of contracts
- Not addictive
- Natural
- Used in respectful manner
- Deliberate, Thoughtful
- Generosity, Reciprocity, Gift
- Intentional in moderation
- Curative, Medicinal
- Prayerful



## HERBAL BLENDS OF PLAINS INDIANS



The burning of herbs or incense is a Sacred practice held in common by many traditions. In American Indian traditions we call this practice “smudging” or sometimes “smoking”, even though the herbs may not be inhaled. After lighting the smudge, we offer it to the four directions, or hold it near our hearts. We wash or fan the smoke over our bodies by first bringing it towards the heart, the inhaling, pulling it up over the head, washing it down the arms, etc.

- **Blackfoot Nation** Red Willow, Cedar, Sweet Grass, Husk, Kinnikinnick, Spruce, Sage, Juniper, Bear Root, Sweet Pine
- **Chippewa-Cree** Red Willow, Juniper, Spruce, Sweet Pine, Cedar, Sweet Grass
- **Salish and Kootenai** Berry Berry, Husk, Kinnikinnick
- **Crow Nation-Tobacco Society** Nicotiana multivalvis—for holy ceremonies; Nicotiana quadrivalvis—botanically smoked herb for gifts and pipe ceremonies
- **Gros Ventre** Sweet Pine, Cedar, Sweet Grass, Bear Root, Red Willow, Chocke Cherry Willow, Peppermint Leaves, Tobacco
- **Assiniboine and Sioux** Sage, Sweet Grass, Red Willow, Juniper
- **Northern Cheyenne** Red Willow, Juniper, Cedar, Sage, Sweet Grass, Husk, Sweet Pine, Spruce, Kinnikinnick
- **Little Shell Band of Chippewa** Red Willow, Juniper, Cedar, Sage, Sweet Grass, Husk, Sweet Pine, Spruce, Kinnikinnick



## COMMERCIAL TOBACCO



Commercial tobacco, on the other hand, is used recreationally, individually and habitually. Tobacco companies have long used American Indian images and targeted this population group in order to sell their deadly product.

- Inhaled
- Not sacred
- Easy
- Fast, Greedy
- For Profit
- Addictive
- Processed
- Disrespectful to others
- Consumptive
- Disease inducing
- Habitual
- Recreational
- Casual

