



Suggested resources to accompany the reading from
SIHA TOOSKIN KNOWS THE BEST MEDICINE

After listening to the reading of *Siha Tooskin Knows The Best Medicine* ([available here](#)), continue your learning journey by exploring some of the following suggested resources:

1. The *Indigenous Peoples Atlas of Canada* volume on the Inuit has a chapter on [health](#) which includes a section on the health gap between Inuit and non-Inuit Canadians.
2. Native Voices has a resource called [Medicine Ways: Traditional Healers and Healing](#) which describes the significance of the Medicine Wheel and the Four Directions.
3. [Spirit Doctors](#) is a short documentary sponsored by the National Film Board highlighting a journey into the spiritual world of traditional Indigenous medicine.
4. CBC's [Medicine in your Backyard](#) outlines some of the ways that medicinal plants have been used in Indigenous cultures.
5. [Indigenous Peoples' Medicine in Canada](#) published by The Canadian Encyclopedia covers medicinal history, usage and common plants found in Canada.

