



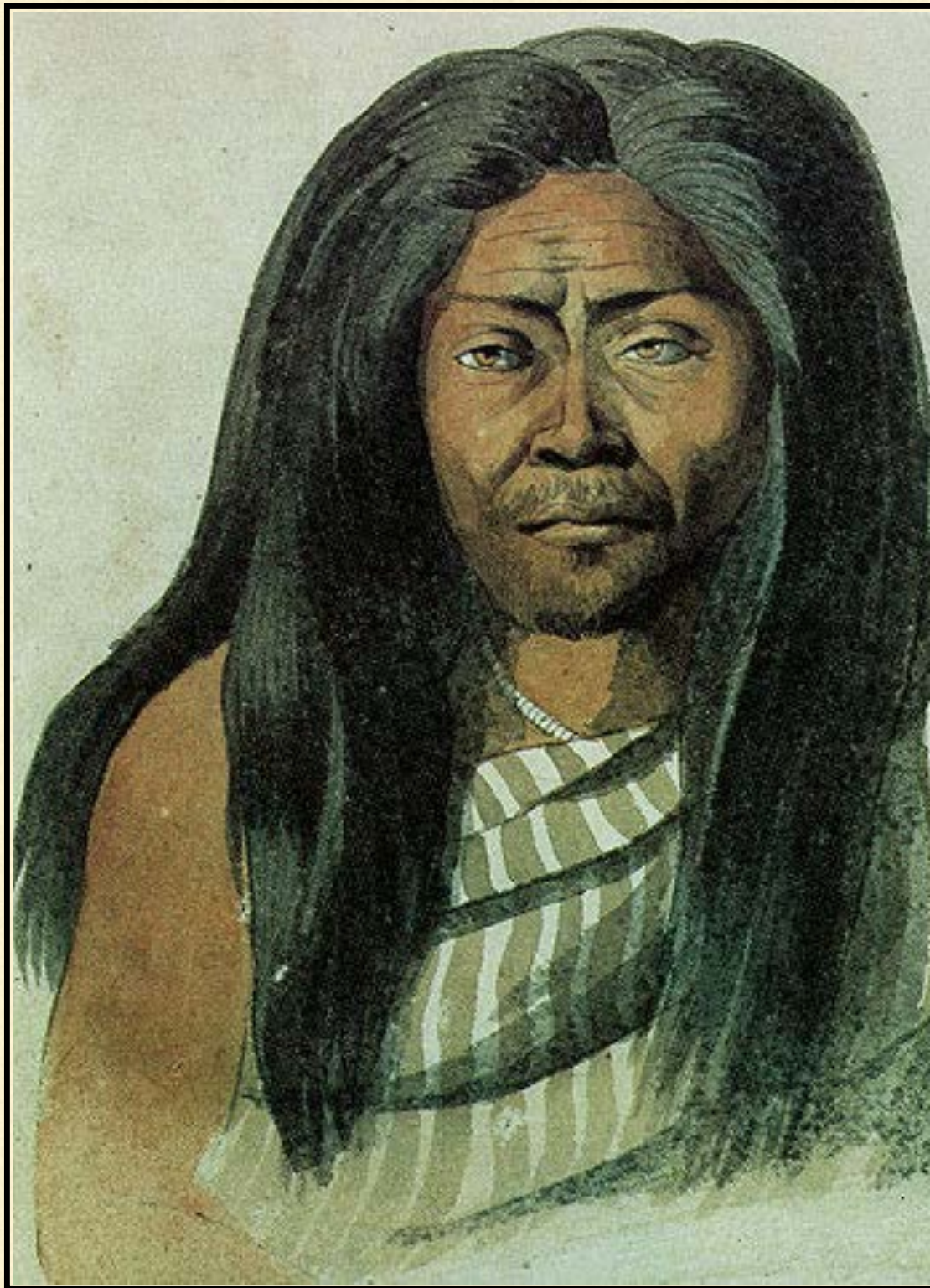
Medicinal Plants of Uvas Creek

plants show us the knowledge and
of women from the Amah Mutsun

Understanding the uses of the plants helps
understand how local people cared for
lives and their environment before
medicine

Amah Mutsun were independent people.
could treat themselves and their families
they stayed healthy.

of the plants used as tea in this era are
ed by people today. This shows us that
ive Americans uncovered many
es that are still helpful to us today.



the difference between
healing and general
medicinal plants

understand how women took
care of themselves during
pregnancy and childbirth

understand how women took
care of their families using
herbal medicine



is society, both men and
en were able to use medicine
emselves and their families

hers used medicine to keep
children healthy.

and women were able to
plants to keep themselves
g enough to survive.



and women relied on plant medicine
much. They knew what plants would
make them feel better.

When they were hurt or sick, they would go
into their environment for the plant
they needed and use it to calm their pain.

Women were especially knowledgeable
because they had to know how to take care
of their children.

It's similar to the way we take care of
ourselves today. When we don't feel good,
we usually tell our parents and they know
what to do to help us feel better.



When a menstrual cycle begins for a woman, there can be a lot of pain in the stomach area. To help women be more comfortable, the Amah Mutsun people make a tea using Sagebrush.

They would cut the leaves and stem from the bush, put them in hot water, and drink the tea.

Shown here is what the tea might have looked like, but instead of having a cup, these women might have used a stone or wood bowl to drink it.



Another option for menstrual pain is California
poppy. The women would use the stem and
leaves in water to make a tea.

Poppy was also used to help ease the effects
of menstrual syndrome, which is the time
when a woman's mood and body start to act
erratically before her actual menstruation.

Issues such as mood swings and drowsiness
sometimes get in the way of everyday life. As
a woman in this time had much work to do, She
drank this tea to help her do all she needed

Poppy was used in many other ways and was



ing a baby is a natural thing,
ometimes a woman can not go
gh childbirth. She may not
to have any more babies, or
ody might not be able to go
gh childbirth again if she had
le with previous birth.

etail was used as a form of
control that helped women not
babies if they didn't want to.

y would use the stem and
s of this plant to drink as a tea.



birth can be a very difficult process. This society was accustomed to natural child birth, which is often. California Mugwort would be used as a tea to soothe some of the pain and discomfort after giving.

California Maidenhair was a plant that could also be used as a tea to help soothe the pain after childbirth. Using the same process we use today to make tea. First they would pick leaves and stems and then soak in warm or cold water. Here is a picture of what it may have looked like back then, but remember they used bowls made of stone or wood.



idenhair



as mothers care for their babies
, Amah Mutsun women cared
the health of their babies as well.

y would put Wild Ginger around
baby as it slept to calm it and get
illnesses.

er was also used to relieve
ion. One way to use this was to
the ginger in water and place it
the baby's navel to try to avoid or
are of infection and bacteria.



Young people, the Ohlone and Amah Mutsun children would get hurt and sick. A helped calm illnesses and pain was Willow tree.

The bark and leaves of this tree was made into a tea and could relieve pain. They took these ingredients in water to get the nutrients out and then drink the water. Here is what this process might have looked like.

The leaves and inner bark could also be mashed up into a paste and put on insect bites, and other skin problems such as poison oak. They could also just soak the leaves in water and place them directly on the wound and this would help heal.

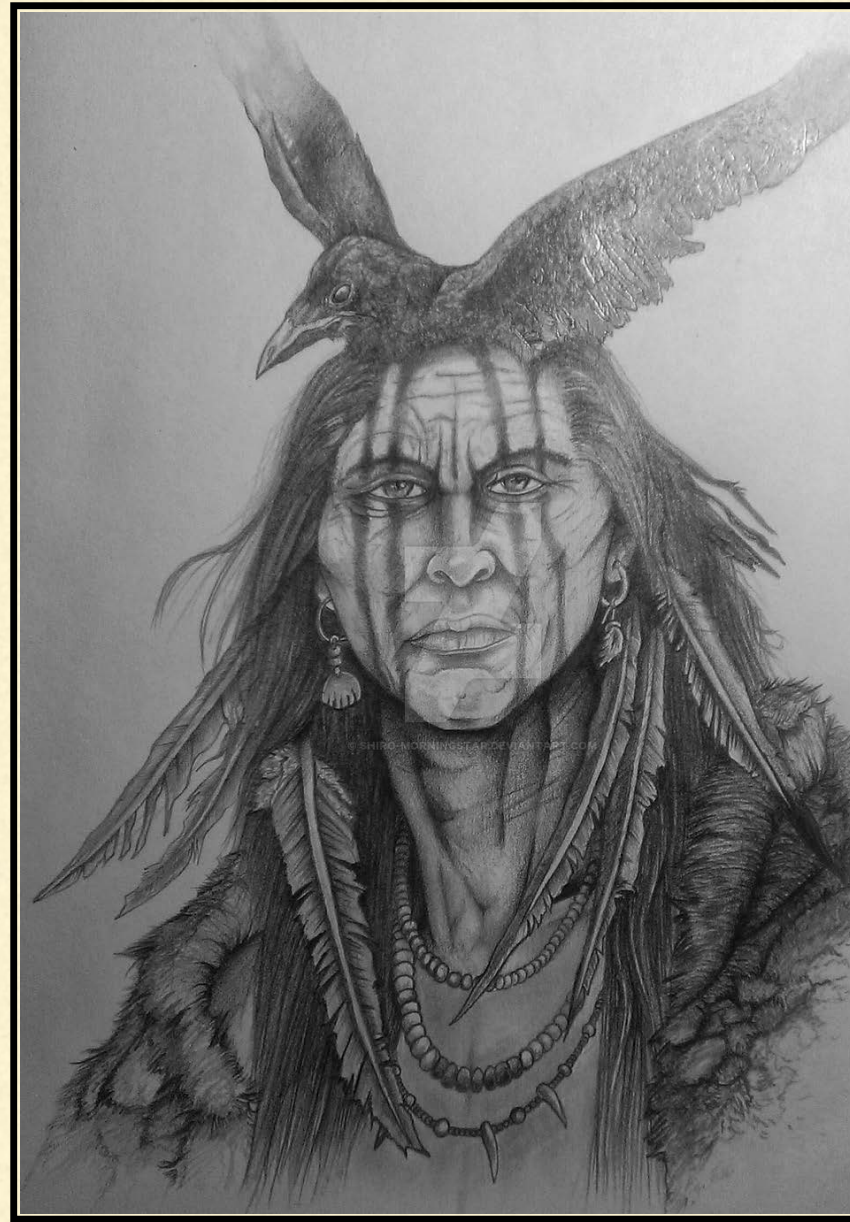
To make the paste, they would put the leaves and bark into either one of these grinding stones and grind everything into a powder. Then they would add some water to make it into a paste. This could then be put on the skin, where it was wrapped with leaves as a bandage to stay all day.



Shamans and Healing Women were very respected people of in the Amahmuck and Ohlone society.

When plant remedies that people were using did not work to heal their sickness or they would go to the Shaman or Healing woman to get more help.

Shamans used methods that were very spiritual because the Shamans and Healing Women are believed to have very strong connections with the Great Spirits and so they could use this power to heal people.



n were different from everyone else
e they were so respected and connected
spirits.

one else in the clan carried out normal
n their everyday life. When they were sick,
ew how to take care of themselves.

we know that if we have a headache we
dicine or if we get a bug bite we put
e on it. But if we can not make ourselves
ter we go to the doctor and she or he can
This is similar to the way people used
s and Healing Women in their society.
ould help if everyday remedies failed.



Thlone and Amah Mutsun people were
int and resourceful about the
ment that surrounded them.

used many plants that helped them
and a lot of these plants are still used

played a huge role in caring for their
. They were very knowledgeable about
e.

ans and Healing Women were very
e and respected in the community and
many people with more series
ns.

