

INTRODUCING

# INDIGENOUS HOPE RADIO.COM

## FEATURING

DYNAMIC TESTIMONIES

LIVE MUSIC

INDIGENOUS CULTURE



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# MAKE A HEALTHY NEW START!

Liz Obomsawin is an Oneida-Haudenosaunee and a member of the Abenaki First Nation. Hear her shows daily on Indigenous Hope Radio.

**1.** The First Peoples of North America were once amazingly strong and healthy. We were part of nature, spending our time harvesting food in the fresh air and sunlight, and getting plenty of exercise. Our people today can become healthier if we return to the original plan that our Creator gave us. The best foods are straight from the land. Switch pork for venison, moose and fish.

**2.** Walk twenty minutes a day without stopping to send more oxygen into our body. This will help us to stay healthy. Walking keeps our muscles strong, firm and creates a feeling of well-being.

**3.** Our ancestors knew that without water we just couldn't live. The rain cleanses Mother Earth but we need water to clean the inside of our bodies, too. Every time we drink a glass of water, we are washing away poisons that are trying to make us sick.

**4.** Sunshine is good for First Peoples because we tend to be deficient in Vitamin D. It lowers our blood pressure, kills

viruses and keeps our brains working. Look at our animal brothers as they lie in the sun.

**5.** Temperance means self-control, a balance in our lives. Live free from substance abuse, gluttony and overwork.

**6.** Our wise Creator designed plants, especially the trees, to inhale carbon dioxide and breathe out oxygen that we need to live. Open your windows and allow fresh oxygen into your home.

**7.** Our Creator designed us to heal during rest. Our bodies heal best if we fall asleep before 10 pm and sleep at least 7 hours a night. We will sleep better, have better dreams, and be stronger if we do.

**8.** Life is not easy and we are bombarded with many challenges in our communities that create a great deal of stress for us. Trust in our Creator God and we can face any problem with courage and have victory. Worry and stress can literally kill us so hand over our problems to the One who created us!



## INDIGENOUS *NEW* HEALTH

Upon request we will email you FREE info on:

- CANCER  DEPRESSION  DIABETES  GAMBLING  HIGH BLOOD PRESSURE  
 SEXUAL RESPONSIBILITY  SUBSTANCE ABUSE  SUICIDE PREVENTION

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# THOUGHTS FROM R. CARLOS NAKAI

NAVAJO/UTE CONTEMPORARY MUSICIAN

Indigenous Hope Radio features First Peoples of many walks of life. Carlos Nakai is considered the premiere indigenous flute player in the world, with his music described as medicine, a divine flow.

*“When I started in 1976, there were very few people who knew anything about what the flute was, how it was used, what its origins were - how would you make one? So I began researching many different things about the instrument and trying to link spirituality on a level to make it a part of my own.”*

As a young man, he attended Arizona State University where he played the trumpet. But while in the military, Carlos *“had a car accident that led him on a very different path – the one no doubt that our Creator planned.”* He turned to the cedar flute. With no flute training, he developed techniques of his own. *“I’ve built this kind of music expression that I call ‘let me see what else this flute can do.’”*

While Carlos loves the old traditional songs of our ancestors, he believes that Indigenous people should continue to develop new songs. *“I say let’s do something different. So many Indigenous people in North America spend their time looking back doing ceremonies that were before the 1890s, and I’ve always wondered, where are the new songs for living in the 21st century?”*

Although Carlos is proud of his heritage, he wants all people everywhere to relate to his music, because, *“The human experience is very similar all over this planet.”* Diverse

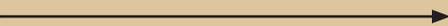


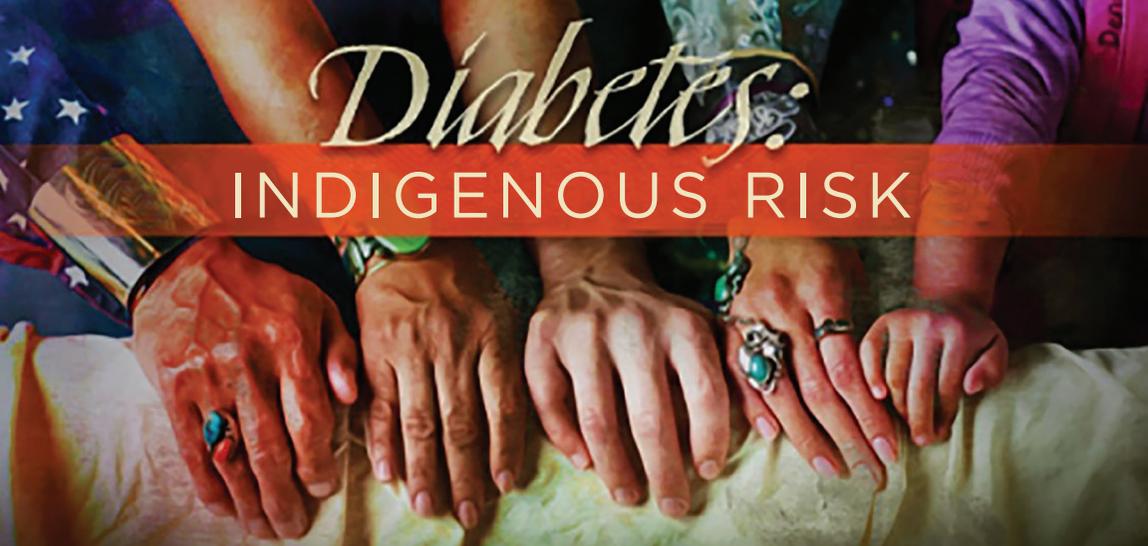
*peoples of multicultural experiences also have histories and stories to share that we can learn from. Indigenous people set up boundaries around our own cultures that prevent us from being tolerant among ourselves. We should instead be open, not judge each other, and instead learn from each other. The influences of what you’re telling me about your culture are going to rub off on me and it will more than likely end up in one music production or another.”*

Nakai’s philosophy on Indigenous history is progressive and hopeful. *“You can never be what you were before; you can never change what occurred. But you sure can change how you will be tomorrow.”*

**Although awards mean little to Carlos, he has had 6 Grammy nominations and has sold over 5 million recordings of his songs. His beautiful melodies can be heard on Indigenous Hope Radio and continue to bring peace and healing to First Peoples and to the world.**

LISTEN TO DYNAMIC TESTIMONIES





# Diabetes:

## INDIGENOUS RISK

Below is an excerpt from one of the programs **Indigenous Hope Radio** airs from our **New Health Series**. Contributors are **Ed Dunn, Ojibwa heritage from Northern Ontario** and **Gina Guiboche, Vuntut Gwich'in from Old Crow, Yukon Territory** and **Muskego Ininiwak -Swampy Cree people - from Opaskwayak in northern Manitoba**.

**W**hy have our people been hit so hard by diabetes? Really, the answer is simple. Our ancestors had to work hard just to supply their basic needs in life. We walked to get where we were going, we chopped wood to keep warm, and hunted, and fished for food to eat. We had not been assimilated into the European lifestyle, so our people were in good physical shape. But over time things changed. The vast hunting and fishing lands became regulated or taken away from us. Almost all the jobs we need to make a living are found in the cities. The government introduced welfare programs to our people who became dependent on this subsidy just to survive. We have now become a sedentary, overweight, stressed-out culture. The natural healthy lifestyle that we knew so well has been left behind.

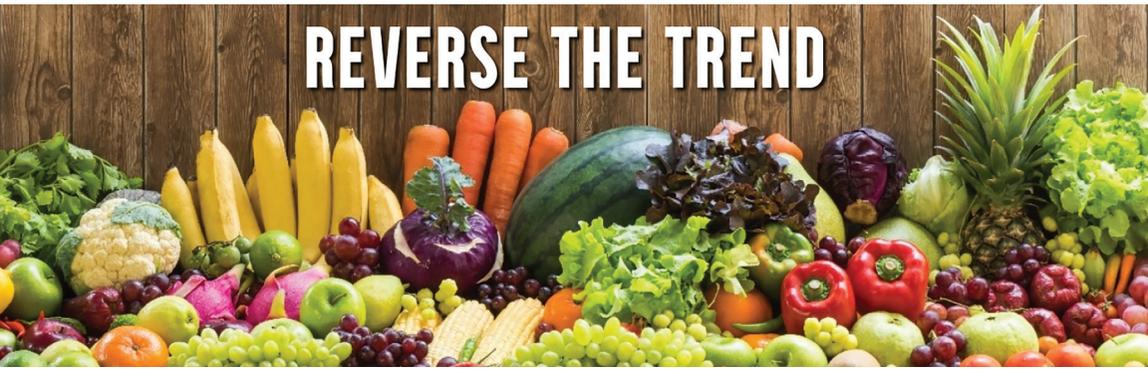
Our eating habits have changed drastically. Many now eat refined foods loaded with fat, sugar, salt, and empty calories. This diet needs to be replaced with vegetables, fruits, nuts, whole grains

and clean meats. The health of our present generation is dramatically different than the generation before us. We have three to six times the problem with diabetes because of our lifestyle, and we are dying 20+ years earlier in general than people of other North American cultures.

This disease can cause nerve destruction, blindness, strokes, infections and amputations. Diabetes is the number one disease among North American Indigenous peoples. But we are here to tell every brother and sister it doesn't have to be this way. There is a way out. And we want to show you how.

Diabetes is a disease where our bodies degenerate due to years of eating a wrong diet and a lack of physical exercise. It is caused by the inability of our body to process sugar, fat, and protein. Your pancreas produces insulin, which grabs the sugars in the bloodstream, opens the cell doors, and then injects the sugar fuels into the cells. If the pancreas isn't working properly, it can produce diabetes. The cells can run out of fuel because the body is not producing the necessary insulin to

# REVERSE THE TREND



process and carry the sugars that feed them. Have you ever seen a person go into what's called insulin shock? That person often will faint and slip into a coma. Others who see this happening to a diabetic often think maybe this person is drunk or having a heart attack.

What can be done about it? One great and simple remedy is exercise. Exercise burns up stored fats and sugars so the insulin in our bloodstream can deliver a fresh supply to the cells to continue generating energy. This is why doctors prescribe diabetics the medicine of walking, walking, and more walking. So the first step in reversing diabetes is regular exercise.

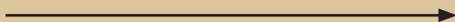
The next big step in managing diabetes is a proper diet. Watching what you eat can prevent this disease from affecting you. It's not just cutting down on the amount of food you eat, but being more careful with what kinds of food you are eating. When food is processed by modern-day technology, the essential vitamins, fibre and minerals we need to maintain good health are destroyed. We call these *processed foods*. Foods that are loaded with refined sugar, flour, and harmful fats and oils are not good for us. One of the

biggest culprits in food is trans fats, or solid fats and hydrogenated oils. Take a potato: Baked and eaten, I will take 120 calories into my body. If I eat french fries made from this potato, I will take in 460 calories. If I eat the same amount of potato made into potato chips, I will take in 1,000 calories. This is all because of the oil that's added in processing.

Bad fats and processed food overload our system with calories that have no nutritional value. They are converted into excess sugar, fuel our bodies can't handle. The cells shut their doors, so the sugars float around in the bloodstream. This causes many problems such as sluggishness and high cholesterol and results in the body's veins and arteries constricting and plugging up. The blood flow slows down and does not deliver enough nutrition and oxygen to the body, including the legs and feet.

Here is a good principle to remember. Beware of most foods that come in a crinkly bag or a wrapper. Junk foods such as candy bars, chips, and high sugar content soda drinks will overload and clog your system. Exercise regularly and don't eat junk food. Your health is in your own hands.

LISTEN TO A WIDE VARIETY  
OF HEALTH TALKS FROM AN  
INDIGENOUS PERSPECTIVE





# CHILD OF WOE

**MAURY BLAIR ...**

**visits those incarcerated who were once victims of child abuse.**



## AS A CHILD I DIDN'T REALLY KNOW I WAS BEING ABUSED...

No one talked about it and as a child all I knew was I was in a home where I wasn't wanted; my stepfather hated me, and while my mother loved me she couldn't show any kind of love toward me. So, I was in a situation where I couldn't understand what was really going on. I remember asking myself "Why does everyone hate me?" I couldn't fathom what was happening. My father would curse, beat, and mistreat me. What I didn't understand was that I was a victim of child abuse. I thought I was just unwanted.

Abuse can take on many forms: physical, mental, emotional, sexual, or

some combination of two or more. You could ask which is the most damaging, but I think the abuser has a lot to do with it.

Being sexually abused by someone you love and trust is very, very damaging. Cases of abuse which are physical, verbal, psychological – again by someone who is expected to love you – can be equally devastating in that you can't understand why they're hurting you. If a child is violated by an adult they don't know, while still terrifying and devastating, it's not quite the same as if it's done by someone they trust and love.

But not all abuse starts in childhood. I run into people all the time, particularly

women, who were not abused until after they got married. They weren't aware of their partner's background and married in good faith. It seems that all of a sudden, he changes. He mistreats her, perhaps he's a control freak.

I urge them to find someone to talk to like a trusted friend or a professional who can help them handle this. The longer they stay in those circumstances the worse its going to get.

I find that most abusers are themselves victims of child abuse. If they re-enact what was learned as a child, there will likely be a lifelong problem. A person can't function like this. And it will also have a negative impact on any children in a relationship. These situations cannot be ignored! Masks need to come off and

who wants to be a wholesome parent must learn to deal with their own issues.

I have known many teens who were raised in a hopeless environment. They turned to drugs and alcohol as a means of escape. As I started sharing my experience they would often realize "*There is hope for me but I have to start dealing with the issues in my own life.*"

To the abuser I would say to quit blaming everyone and take responsibility for your problems. I had to do it myself and learn to say, "*Maury Blair you are not a piece of garbage, you were raised like it but there is no excuse for you being like that to your children or your wife.*"

God really helped me and my life was changed for the better. My new motto became, "*Forgetting those things which*

Have you suffered abuse? There is



visit: [overcomingabuse.org](http://overcomingabuse.org)



all involved need to come to grips with this behavior and find someone who can help them deal with these issues. Research indicates that about 86% of those who were abused as children become abusers. My stepfather, who was my abuser, was raised in an alcoholic home where he was beaten mercilessly. He was proof that dysfunctional homes produce dysfunctional children. Anyone

lie behind and pressing forward to what lies ahead." How grateful I am today that my past did not determine my future. I was changed from a hopeless victim of child abuse to a child of the Creator with a whole new outlook on life, someone eager for brand new, exciting adventure.

I am more than a child abuse survivor. I am a child abuse overcomer. And you can be too!

MAURY BLAIR'S  
RADIO SHOW AIRS DAILY  
→



# Indigenous Hope Radio Spotlight

FEATURES INDIGENOUS ARTISTS



## 1. **BUFFY SAINTE-MARIE**

Born in the Cree nation of Saskatchewan, Buffy has won Junos, a Governor General Award, and is in Canada's Walk of Fame.

## 2. **CHIEF JOHNNY P. CURTIS**

A member of the San Carlos Apache Tribe in Arizona who recently received a Lifetime Achievement Award from the Native Music Association.



## 3. **JOANNE SHENANDOAH**

From the Iroquois Nation of Upper New York, Joanne has won a Grammy, 13 Native music awards and has captured the hearts of audiences all over the world

## 4. **SUSAN AGLUKARK**

An Inuk, Susan is a multi-Juno Award winner and a distinguished recipient of the Order of Canada



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