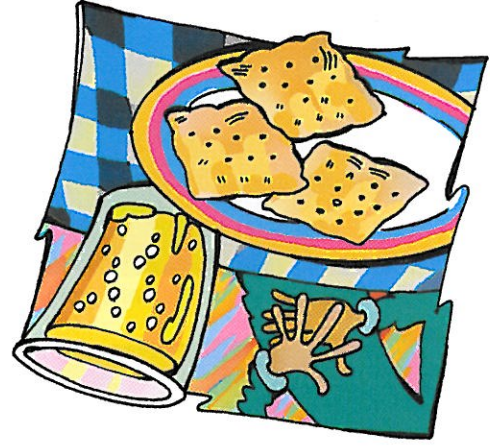


2 How Does Your Body Heal?

GOAL To learn how different cultures keep the body healthy

▶ GET STARTED



Oscar groaned, "My stomach hurts!" "I think we ate too much," Bob said. Cameron and Dylan nodded as they carried the empty extra-large pizza boxes to Dylan's recycling bin. It was time for Dylan's friends to go home. Dylan's mom sent him to lie down. For supper, she served Dylan flat ginger ale and unsalted crackers. "And don't forget to wash your hands!" she reminded Dylan before he sat down.

Cameron's Kokum (grandmother) made him some tea from the leaves of the wild rosemary plant. As Cameron sipped the tea, his Kokum reminded him that overeating can cause an upset stomach.

"Are you sure it is the pizza that is making you sick?" Oscar's dad asked when Oscar got home. Oscar's stomach usually hurts when he is scared or worried. Oscar thought about the speech he had to give at school the next day and realized he was very nervous. Oscar's dad helped him do breathing exercises to calm down.

Bob's stomach ache became worse, so his grandmother took him to the hospital. The doctor took Bob's temperature and asked him many questions, such as "What did you eat today? Do you have diarrhea? Have you vomited?" The doctor told Bob that he probably had heartburn. "Heartburn has nothing to do with your heart, but it does burn. It's what you feel when acids from your stomach move back up your esophagus." The doctor pointed to a picture of the human body on the wall behind him. "The esophagus connects your stomach to your mouth." The doctor prescribed some pills to calm his stomach and told Bob to avoid spicy foods.

At Bob's house the next day, Cameron asked, "Should we order pizza?"

"Only one," Dylan suggested.

"A medium," Oscar said.

"And no spicy sausage!" said Bob.



Work On It

Many individuals and organizations in your community work to help keep you healthy. They include

- Traditional Knowledge Keepers
- naturopaths
- yoga instructors
- school counsellors
- health regions
- youth lodges/centres
- Saskatchewan Ministry of Health
- Canadian Blood Services
- The Lung Association
- Heart & Stroke Foundation
- Kids Help Phone

In this activity, you will research what these individuals and organizations do.



A physiotherapist helps people learn to use their bodies after an injury or illness.

Procedure

- 1 Choose an individual or organization from the list to research, or suggest one to your teacher.
- 2 Your research should answer the following questions:
 - a) How does this individual or organization help to keep people healthy?
 - b) Who would receive help from this individual or organization?
 - c) How could you access help from this individual or organization? If possible, contact the individual or organization and ask questions about how they work to keep the community healthy.
- 3 Present your findings to the class.

Communicate

1. What health services do you and your family members use in your community?
2. What does it mean to be healthy?
3. Can you tell if people are healthy or unhealthy just by looking at them? Explain your answer.
4. What might be some of the reasons people today are unhealthy?

Build On What You Know

Now that you understand that well-being involves taking care of all aspects of your self, you can identify healthy people. In your Medical Journal, describe a person you know whose way of life has helped him or her to be healthy. How does this person look after his or her body, mind, spirit, and emotions? What are some activities you do to balance the four aspects of your self?