

## Juawana Montgomery of Ancestral Healing Arts

Alternative Medicine is the use of Herbs, Natural Foods and Lifestyle for healing and maintaining health. It can be used in combination with Western Medicine. Chinese Medicine, Macrobiotic and Ayurveda are all traditional medical systems from China, Japan and India, but here in the west are now considered alternative. Western Medicine is a very new science which is now called traditional. So, I believe the label alternative is also meant to trivialize the awesome healing powers found in nature.



**KUOM: What does traditional medicine mean to you, personally?** To me, traditional medicine is how the family used to go about healing themselves in a time of need, including herbs and food. Foods such as bone broth to help build the strength within themselves. Bone broth contains minerals, collagen, and protein, the building blocks of the cells.

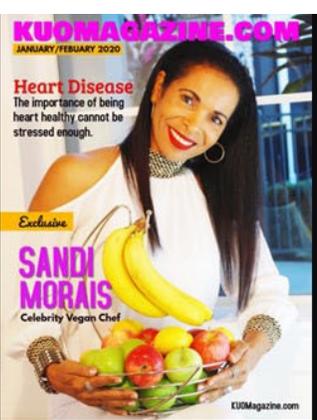
**KUOM: Was there anything in your childhood that influenced you to get into this field?** Nothing from the way I was brought up got me into this field. I saw the need within the community, for healing. I read a book that explained how to heal yourself. I was adopted, so when I got a chance to meet my biological grandmother, she said that's what my great grandmother was also into in New York, as well as being a midwife. Back then there were not a lot of hospitals for blacks, so they had to depend on family medicine. Just knowing that

information about my lineage really opened my mind. To not really know where you come from, yet it's still embedded within yourself, still in your DNA.. Eventually, I trained with Dr. Llaila Afrika in Indianapolis and became a certified Nutritional Health Counselor.

**KUOM: What inspired you to start your holistic health business?** The need to help and educate, this information was not really passed around in my family and the community. I felt a need to actually share and educate, and to let people know that health doesn't have to be so complicated.

**KUOM: In addition to nutritional counseling, what services do you offer to your clients?** What I'm realizing now is, you can't just treat the illness or people will fall back into the same pattern of behavior. A lot of health issues also have to do with traumas. You have to treat the mind, body, and soul, they have to all be in alignment. Our behaviors and what we choose to eat can be based on an emotional experience or traumas that are embedded within our bodies. This method, "mindfulness", is a journey into self. Your actions will then be connected to self-love and you will make better choices, what you eat, when you eat. It's really situational, some people eat as a learned behavior. When you bring self-love and awareness to your eating it's a form of self-love and treating your body as a temple.

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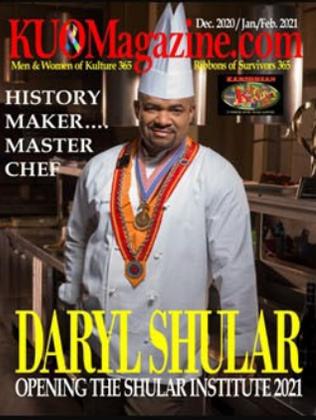
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**KUOM: What role do you believe traditional medicine can play in people’s daily lives?** The role of traditional medicine is the maintenance of good health. For instance, there are lots of free radicals in the air we breathe and just drinking a tea every day will help to strengthen your liver and kidneys, and everything is filtered through them anyway, so it’s best to nourish them. I take a cup of tea before bed myself.

**KUOM: Do you have any closing thoughts?** Yes, I’ll close with a quote from neuroscientist and educator Joe Dispenza, who healed himself after a terrible motorcycle accident: “If you desire true change, you have to break the habit of being who you are.” Stay connected with me

On behalf of KUOMagazine.com and myself, I would like to thank Juawana Montgomery for sharing her inspirational Traditional Medicine story with us. We encourage our readers to reach out to her through the following link on Facebook at <https://www.facebook.com/juawanda>

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