

FIRST KNOWLEDGES HEALTH

Spirit, Country and Culture

By Shawana Andrews, Sandra Eades
& Fiona Stanley

What do you need to know to prosper as a people for 65,000 years or more? The First Knowledges series provides a deep understanding of the expertise, wisdom and ingenuity of Indigenous Australians.

For thousands of generations the wellbeing of Australia's First Peoples was grounded in the sacred lands of Mother Earth. Good health occurred naturally because lifestyle and diet were connected to Country and culture. Colonisation damaged this connection, but much is being done to rebuild it.

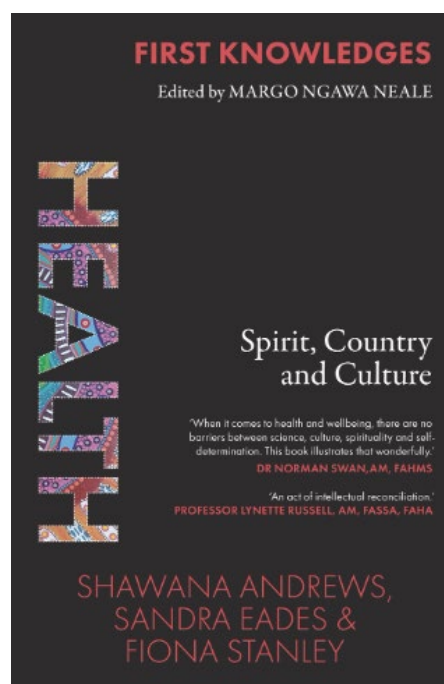
Health explores concepts that are not tied to Western practices, as it delves into birthing, end-of-life care and other Indigenous cultural rituals. The authors highlight the role of Aboriginal leadership and Eldership in decision making about health care and explore the strength of Aboriginal and Torres Strait Islander resistance and resilience.

Through their storytelling and their decades of research and health practice, Shawana Andrews, Sandra Eades and Fiona Stanley show how Aboriginal knowledges foster a path for self-determined healthy futures.

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