

BLACK ROOT USED - DIZZINESS

And then there's that, I've heard of Black Root. There's a weed that they call Black Root. And it looks kind of like a little old fern. It's kind of like a fern, it's got little bitter taste, use the leaves. And that's they use that in different ways. Some drink it and then there's some that wash their faces with things in it. And well, it's used for dizziness. You know, when you have dizzy spells and all that, it's, I guess, the Indians believe in it so much it just naturally seem like it just helps us or something.

(It's called Black Root?)

Uh-huh. Black Root. And it really has a black root.

(Does it grow around here in Oklahoma?)

Uh-huh. Yes. Out in the country, you know, out in the woods. It's common if you just know what you're looking for. But you find it just anywhere.

(Well, now do you all know anything for nerve medicine?)

Well, yes, they know of some but I don't just don't know. I've seen the roots of it. But I don't know what kind of a weed or tree it comes out of.

(Uh-huh.)

Comes from. So I just don't know.

MULBERRY ROOT - SUGAR DIABETES

And then there's a medicine that we use for, this sugar diabetes. The doctors call it sugar diabetes, but the Cherokees have another name for that. In Cherokee. So that's effective, too.

(What the name for it in Cherokee?)

They call it, (speaks Cherokee word for diabetes.)

I don't know how you pronounce it in English. Yeah. And that's what they call sugar diabetes. And it's taken from the root of a mulberry.