

just the facts

Wisawtaqji'j

Goldthread *Coptis trifolia*



Ekinu'tmasimk

- Wisawtaqji'jkl nikutikl kisoqe'k, tqo'qtuk, kikjuk wowjl aqq ktuatqituk ta'n pukuspek maqamikew.
- Wel-wisikl Wisawtaqji'jkl. Ula apje'jk saqliaqewey, ala'toql wataptelk jipiskl. Kesasijik nipi'jk weskitpjjik maqamikew-iktuk aqq te's poqamaknusk nikwejik ne'sijik nipi'jk.
- Te's nipi'j 4 cm teliske'k aqq mese'k saqliaqewey 8-13 cm telki'k.
- Siwkw apje'jkl wape'kl wasuekl ne'ikwekl mikawe'k te's poqamaknusk. Te's wasuek nastek apsitqik poqamaknusk ke'kwe'k nipi'jk.
- Pikwelkl me' Wisawtaqji'jkl Unama'kik na'sik se'k wsitqamu'k pem-ketmaqsenekl.
- Telui'tmumkl Wisawtaqji'jkl mita wataptamu'kl jipiskl ta'n weja'tumk npisun.
- Wisqikl wisawtaqji'jke'l jipiskl aqq kepmitet'asikl wjit L'nui-npisun.
- Ula npisun soqte'mumk kiswa kwejaqma'tumk aqq wejikmiaq essamqwan. Ewe'mumkip wjit waqama'tumk kmal'tem, ktalsuikn kesnukwaq, saputa'mk, no'qmn, kesnukwan kiswa sismoqniaq kmal'tem.
- Kelu'lk elt wjit wen tewiska'sik wtun. Aklasie'wiktuk Wisawtaqji'jkl telui'tasikl "Canker Root".



Kikmanaq telua'tijik

"Kisi-ktantutesk ta'n te'sikl Wisawtaqji'jkl nuta'nl. Katu mukk wanta'siw alasutman aqq muiwatmn ta'n wejiaql.

Ne'wt etli-ktantuekl Wisawtaqji'jkl, l'pa mu kaqianukl, mu kejitu ta'n wejiaql, tetuji pikwelte'mek jel klapis kisi-mawpilmekl tu'aqn kisi'kit."
-Susie Marshall

Etek na ta'n Wisawtaqji'jkl tel-we'wmumkl; wjit alasutmamk aqq nepilsimk. Kitk keknu'e'kl aqq kepme'kl.

"Wenik mittukwaultit'ij togo na'tuen ewi'tik ketupet, Wisawtaqji'jkl kwejaqma'tumkl aqq essam'qo'tutl wen kulaman puni-ktupettew. Aqq elt kelu'kl wjit wen no'qik aqq kesnukwat."
-Tuma Young

"Ki's sa'q aqq me' kiskuk Wisawtaqji'jkl ewe'wasikl nepitumuk wen no'qik, kesnukwat kiswa sewiska'sik wa'qi."
-Flo Young



Koqoey wjit weji-ksalu'kik

Ki's sa'q Wisawtaqji'jkl keknu'e'kl wjit l'nui npisun.

Me' pikwelkl Wisawtaqji'jkl Unama'kik aqq ne'kaw wela'lukwi'titl Mi'kmaq.

Wisawtaqji'jkl ewe'mumkl wjit wen kesnukwaq wpukikl, sismoqniaq wmal'tem, tewiska'sik wen wtun aqq wen wtalsuikn kesnukwaj. Ketantumkl pem-kaqiaq Kisikwekewiku's. Waqama'tumkl tujiw jipiskl kwejaqma'tumkl aqq wejikmiaq essam'qwan. Wjit wen kesnukwaq wpukikl kisupa'q ewe'wmn kesispa'tu'nl kpukikl.

Wisawtaqji'jkl elt kis-we'wasikl wjit tami tewiska'sik wa'qi, nkutey nike' tewiskna'tik wsi'l, pessusit kiswa pelkoqto'kek tami. Kalolin Goulido'q, We'koqma'q i'we'wkpinuk ula npisunek wjit tami wen metu'nijik wa'qi. Wiaqa'toqip jiklu'e'juo'mi, kwejaqama'toql jipiskl misoqo tupkwanapua'q mimey. Ne'wt tekiaq na kisi'sik a'maqsuti. Teluep amjaqmn a'maqsuti ta'n jileyin melkiknaq nepilsuti wejiaq.

Mukk skimtuk we'wmu Wisawtaqji'jkl, na'tuen ta'n nenk tel-npilawemk maliamulnij. Pipanim na'tuen ta'n kejitoq ta'n tel-lukwek ula saqliaqewey ke'sk mna'q ewe'wmu'n.

Ktu' kinu'tmasin me' lie:

just the facts

Wisawtaqji'j

Goldthread *Coptis trifolia*



ALL The Facts

- Wisawtaqji'j are commonly found in cool forests, mountain bogs, swampy areas, and moist thickets.
- Goldthread are well-named. This tiny, evergreen plant of the buttercup family has bright gold, threadlike roots. Their shiny leaves rise from the ground and each stem is divided into three leaflets with scalloped, toothed edges.
- Each small leaflet is usually less than 4 cm wide and the the plant is between 8–13 cm tall.
- In early spring small, delicate, white flowers appear from the center of each cluster of root-leaves. Each single flower sits on on a thin, straight flower-stalk above the leaves.
- While they are abundant here in Unama'ki, Goldthread are threatened or endangered in parts of North America.
- This little plant was given the common name of Goldthread because of their thin, yellow roots which are used as medicine.
- The bitter roots of Wisawtaqji'j are commonly used as sacred Mi'kmaq herbal medicine.
- This medicine was either steeped or chewed. It was used for blood purification, stomach ulcers, diarrhea, colds, influenza, and diabetes.
- Commonly used to treat sore mouths, Wisawtaqji'j often has the common name "Canker-root."



What Our People SAY

"You can take as much Wisawtaqji'j as you need. But always remember to pray and give thanks for this healing source."

One time we were picking Goldthread and it was never-ending, I didn't know where it was coming from, it just kept going and going and finally we were able to roll it into a ball!" – **Susie Marshall**

"There are ways Wisawtaqji'j is used; spiritual ceremonies and practical. Both are very valuable and important."

When people would go visiting and mention that they had the 'urge' to drink, Goldthread root tea was brewed and offered to the person to stop the urge. Also, it was used for people who had a cold or flu." – **Tuma Young**

"Wisawtaqji'j was used years and years ago and is still used today to help heal a cold, flu, and sores." – **Flo Young**



WHY We Love Them

Wisawtaqji'j have been an important traditional medicine for many years. Goldthread are abundant in Unama'ki and have always helped the Mi'kmaq.

Goldthread are used to treat sore eyes, diabetes, sore mouths, and ulcers. They are most often picked around the month of August. They are cleaned and the roots are steeped and drunk as tea. Sore eyes are bathed in lukewarm tea.

Wisawtaqji'j can also be used to treat external sores, such as chapped lips, and minor cuts and scrapes. Caroline Gould of Waycobah uses the medicine to treat external wounds that have a hard time healing. She uses the plants in combination with sheep fat, boiling the roots with the fat until the fat turns a brownish colour. Once this cools it produces a salve. She says that rubbing the salve on the wound has very strong medicinal properties.

Wisawtaqji'j should be taken only under proper supervision. Always consult a person who knows about the plant before using.

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UNAMA'KIA

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