

# Olakino

Magazine | A HMONO  
(Hui Mālama Ola Nā 'Ōiwi)  
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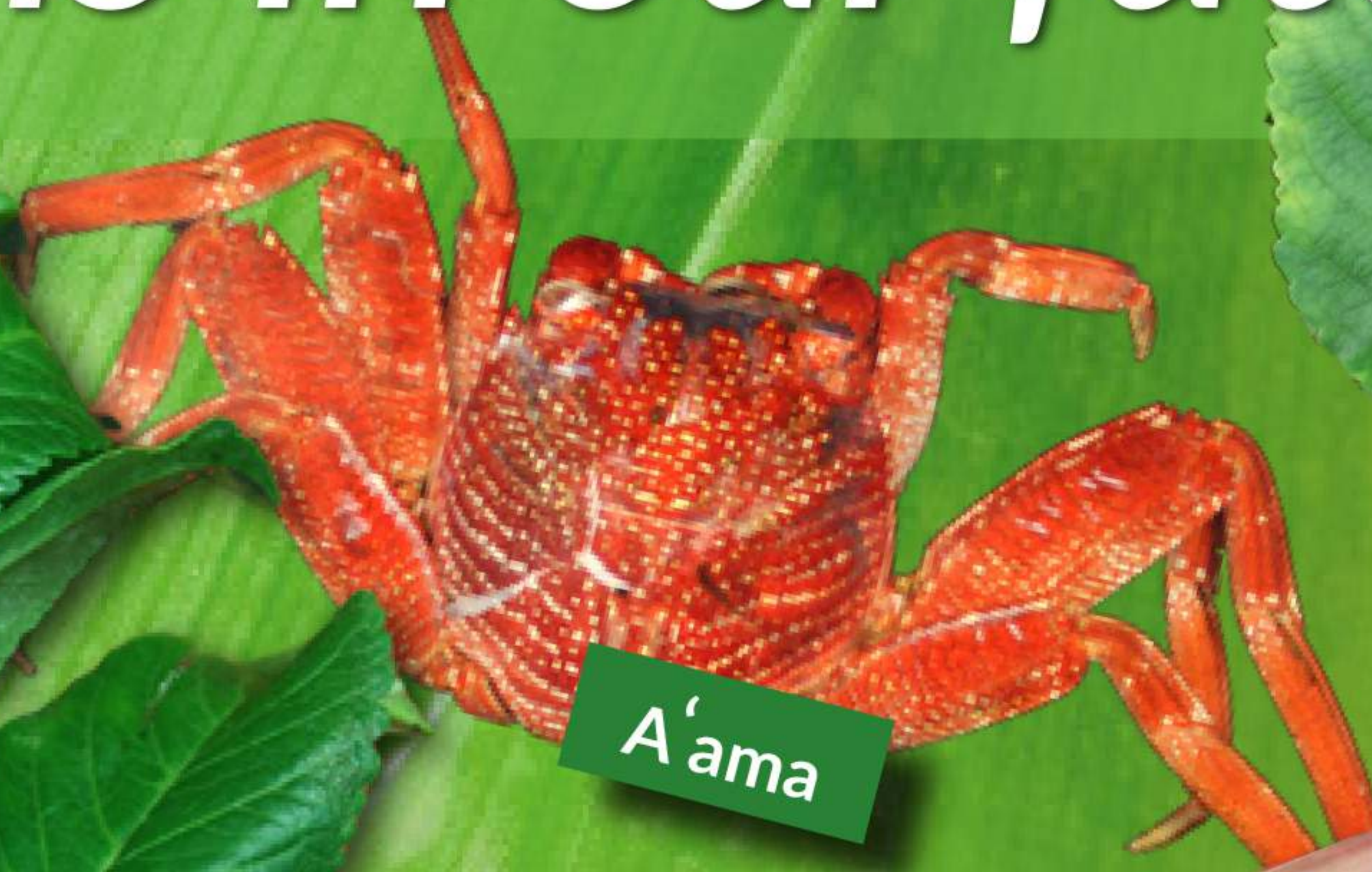
## La'au Lapa'au

the Curing Medicine

*The past is in our future*



Ko'ko'olau



A'ama



Mamaki



Ko



Lau Kahi

The Hawaiian  
Value is our  
Tradition

with Po'okela  
Ikaika Dombrigues



# Since 1991

HMONO (Hui Mālama Ola Nā 'Ōiwi) has been dedicated to improving the wellness & well-being of Hawai'i Island, so that all residents can Live Longer & Feel Better, Together.



***A Healthy Hawai'i  
Island starts with a  
Healthy You!***

HMONO is a 501(c)(3) nonprofit organization. Originally established in 1985 as the Puna Community Caring Health System in collaboration with Alu Like Inc., HMONO has been a champion of community health education services, with the sole objective of improving access to quality healthcare, education, and services for the people of Hawai'i County.

## READY? SET. GO!

# Make time for Physical Fitness this Month

HMONO is proud to offer FREE exercise classes for registered clients.

From Zumba to Stretching, check out the calendar on the back for a full list of exercise classes.

Just 30 minutes of physical activity every day can dramatically lower the risk of chronic illness & disease.



# HMONO

Community Health Education Services  
Live Longer & Feel Better, Together.

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Photography courtesy of  
Ikaika Dombrigues

Interested in learning more?

Website: [HMONO.org](http://HMONO.org)  
Phone: (808) 969-9220  
Address: 1438 Kilauea Ave  
Hilo, HI 96720  
Facebook: [/HMONO.org](https://www.facebook.com/HMONO.org)

Become a member **TODAY** and take advantage of HMONO's FREE health services. Just visit: [HMONO.org/Connect](http://HMONO.org/Connect)



# Talk Story with Po'okela Ikaika Dombrigues



## Q. What is La'au Lapa'au?

A. La'au Lapa'au is a practice that's been in the Hawaiian islands for thousands of years. It has to do with natural herbs from the land; plants, animals, minerals from the ocean. Through the power of pule (prayer), we apply it to our bodies. It's a very spiritual connection that falls upon the person who needs help.

## Q. What can La'au be used to treat?

A. There are over 3500 different type of La'au. Historically, they were used to treat hypertension, diabetes, cancer, arthritis, stress, strengthening immune system, purifying blood.

## Q. How do you find the La'au?

A. It's getting scarce, hard to find nowadays. We ask permission to enter the forest and there's protocol we follow. Through pule you are asking to take life from a plant to give life to someone who is sick. It's part of understanding the oneness of all elements and life.

## Q. What is a Kahuna, and how do you become one?

A. It's placed upon ke akua (God) and the ancestors of Hawai'i that you are chosen to practice this. A Kahuna is a master, a priest, an expert. There are 14 different types of Kahuna of the healing arts, and there are 9 levels of knowledge and practice from kako'o (assistant) to Kahuna Nui (high priest). It takes over 40 years to become a master. This is not an overnight thing or a 3 year scholarship - no it don't work that way.

## Q. What is the future of La'au Lapa'au

A. Our Kupuna knew what was coming. What they have taught us - all the protocols, all the la'au, all the spiritual connection - will save our future. We just have to continue on. Our island here is an island separated from the world - we just need to know how to live off the land to provide us with food, la'au, water. We will continue this practice and perpetuate, preserve, and protect it, so to ensure that it remains pono (righteous). *It is our Kuleana (responsibility).*

JOIN US TODAY!

(808) 969-9220 ✉ jasmine@HMONO.org

# CANCER SUPPORT GROUP

Free and open to the public

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**Date:** 2nd and 4th Tuesday  
of each month

**Time:** 6:30 - 8:00 p.m.

**Place:** Hilo office,  
1438 Kilauea Ave, Hilo



**HMONO** (Hui Mālama Ola Nā 'Ōiwi) offers support groups as a space for 'ohana, education, and ongoing support of our Hawai'i Island community. Support groups provide a place for participants to share about their journey, build 'ohana, receive educational information presented by healthcare professionals, and get answers to their health questions.



**HMONO**  
Community Health Education Services

# The Value of Eating Together

Our busy lifestyle causes us to miss out on quality time with loved ones; a simple way to stay connected is by eating together.

Eating together helps the 'ohana stay strong and healthy by providing time for talking story, laughing, and telling each other about their day.

Start by having dinner together; make sure everybody is there ... no excuses! Tell them "time for dinner" ... "make sure you wash your hands" ... "and turn off those cell phones."



When families eat together, they stay together, they learn together, and they share together.

*Make it a rule.*

## SHARING HOPE AND ALOHA

HMONO was blessed with a **generous** donation from Derek Park, founder of Paddling For Hope, a non-profit 501 (c)(3) organization focused on helping women dealing with breast cancer. Park supports different parts associated with cancer; he believes strongly in prevention, and he is dedicated to giving hope to those who are diagnosed.

Park's goal is to purchase a six man canoe to provide paddling opportunities for women experiencing the cancer journey. Survivors paddling out on the water give hope to other women battling this disease. Park's mother, a 29 year breast cancer survivor is the inspiration behind his movement. HMONO is grateful for the donation and support received from Park and the opportunity to further extend care to clients enrolled in its services.

For more information about Paddling For Hope, contact Derek Park at [paddlingforhope@gmail.com](mailto:paddlingforhope@gmail.com)



Mahalo nui loa to Derek Park for his generous donation!

Don't face cancer alone. HMONO offers Free cancer support groups in a safe environment. Talk to healthcare professionals, build 'ohana, and share your journey. Contact [jasmine@HMONO.org](mailto:jasmine@HMONO.org) for more info.

# The Hawaiian Value is our Tradition

Some of our most important, cherished possessions are the lessons handed down to us by our ancestors in the form of tradition. Without tradition, we as a people and as individuals would feel lost. This is why HMONO pays special reverence in restoring, perpetuating, and preserving the traditions that have managed to survive to today. We are ever grateful for both those who have carried on our heritages, and for the opportunity to promote, spread, and educate others about this legacy.



Hui Mālama Ola Nā 'Ōiwi's Traditional Health workshops are making headway throughout Hawai'i Island. Po'okela Ikaika Dombrignes and the Traditional Health Team will present the next Traditional Healing Presentation on June 24, 2017 at Kohala Village Hub.

The workshop will feature Po'okela Ikaika Dombrignes and his insight into the healing wisdom of Ho'oponopono, La'au Lapa'au, and Lomilomi Ha Ha.

Po'okela understands how today's current demands can affect the health of our island's people. His workshop will provide rich cultural knowledge and a way to help

others care for themselves and their ohana. Dombrignes promotes health by sharing the healing wisdom of his Kupuna and his ancestors in their use of La'au Lapa'au, Hawaiian values, and Hawaiian spiritual beliefs.



Po'okela Ikaika Dombrignes

Workshops will follow in Na'alehu on June 3rd and in Kea'au on June 17th. For more information, contact Sweetie at 969-9220.



## Lau Kaka

Common name:

Family: Plantagin

Uses: Treatment  
or used as a laxa  
cholesterol.



## 'A'ama

Common name: A'ama Cra

Family: Grapsidae

Uses: For cuts.

These are just

pro



## Ko'oko'olau

Common name: Beggarticks, Bidens

Family: Asteraceae

Uses: Cleansing, purification, appetite restoration, stomach trouble, blood disorders.

hi

Plaintain

naceae

t for boils or sores

ative or to lower



## Mamaki

Family: Urticaceae

Uses: Diabetes, blood disorders.



ab

## Ko

Common name: Sugarcane

Family: Poaceae

Uses: Treatment of cuts, wounds, fractures.

Mixed with other La'au as a sweetener.



some of the **3,500 La'au** used in *La'au Lapa'au*. & The only way to learn how to properly use them is to go to class!

# Ika wa ma mua, ka wa ma hope The past is in our future.

## On La'au Lapa'au, the Curing Medicine, & the future

The traditional Hawaiian phrase ('Olelo No'eau) explaining that the past is in our future paradoxical. But it makes an awful lot of sense when we realize that things have come full circle. We hear about the weakening of antibiotics, overreliance on pharmaceuticals, and the unsure fate of modern medicine. The science that we hoped would advance us seems to have stalled for a bit. There is still no cure for cancer. Death from preventable disease abounds. So, perhaps, the future does lie in what worked before - that which was dismissed as an unscientific artifact of the past.

Mary Kawena Pukui translated *La'au* to mean several things. For example, *La'au* means tree, plant, wood, or forest. Its second definition is "medicine". *Lapa'au*, on the other hand, means "medical practice" or to heal or treat with medicine. Combined, *La'au Lapa'au* translated from Hawaiian means the "Curing Medicine".

But to immediately envision *La'au Lapa'au* as some cureall practice of gathering plants and applying them to the body would be folly. Much worse, it would be a misrepresentation. Of course on the label, *La'au Lapa'au* being the "*Curing Medicine*" evokes the idea that the cure for anything is as simple as grinding up some herbs - but that is only because we juxtapose *La'au Lapa'au* with western medicine, and in doing so, are only imagining one facet of the practice.

Sure, we can still think in terms of binary: *La'au Lapa'au* is medicine. In fact, it has biomedical merit which has been widely studied. Applying X leaf will help Y ailment. However in this equation, we lose context that is already difficult to comprehend from an non-traditional vantagepoint. It being that *La'au Lapa'au* is steeped in a relationship with nature and oneness that does not typically thrive in western cultures. While the plants, herbs, and minerals are critical to the practice, it is the spiritual connection that ties everything together.

At this point, it is very easy to become dismissive of what appears to be a primitive religious holdover - but is it really that uncanny? Are we to believe that things deemed unquantifiable like faith or the human spirit or luck are not real things? Or is life only worth living when boiled down to hard, observable science. Don't get me wrong, science and medicine are modern marvels, but they do not yet hold every answer.

What if the key to your future did in fact lie dormant somewhere in time gone by. Camouflaged by disuse or damaged by misappropriation or simply lost in translation. Would you know what to look for?

# Tips for Eating Healthy With Diabetes



## Eat Less Saturated Fat

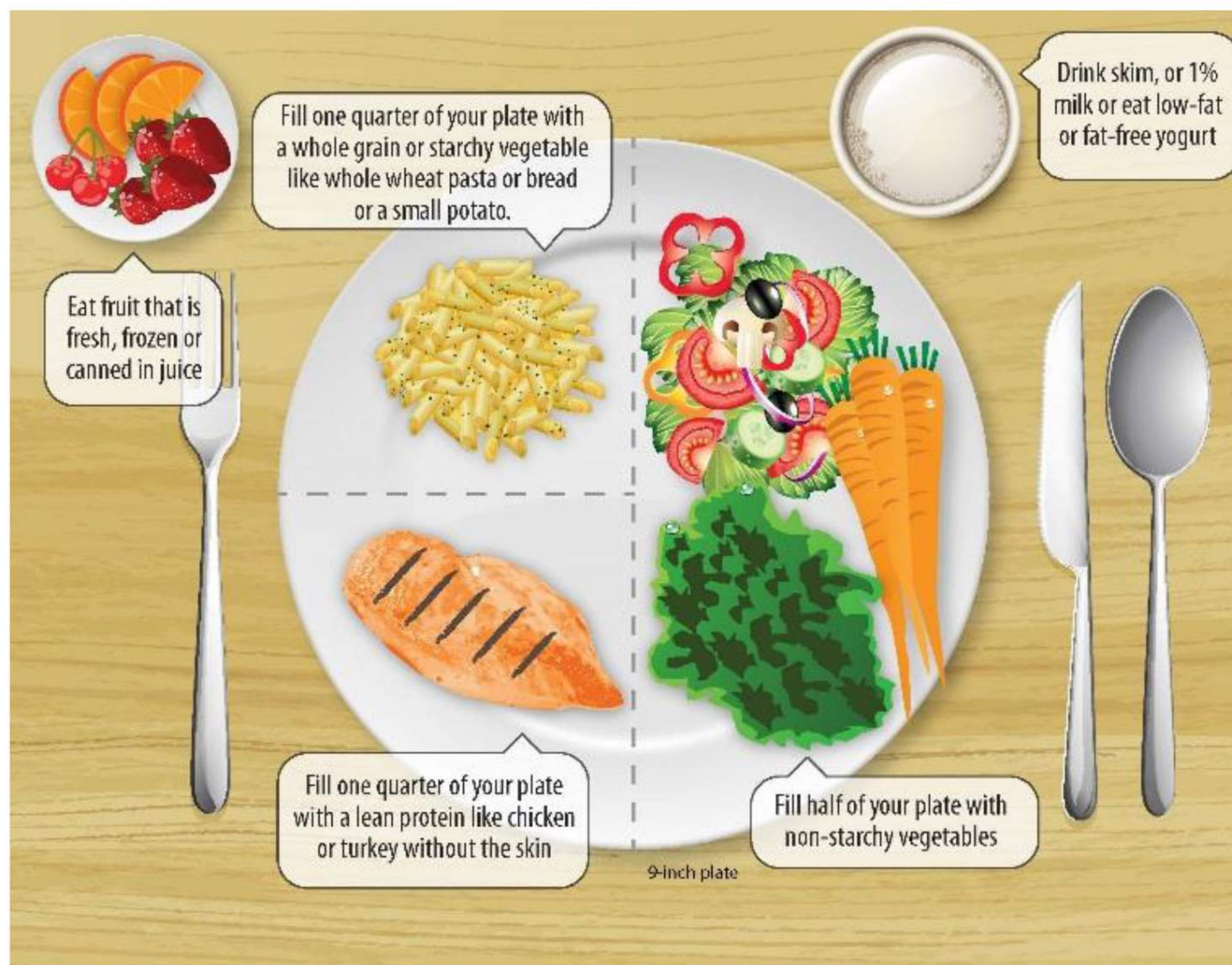
- Eat baked, broiled, or stewed fish and meats instead of fried.
- Use nonfat or low-fat salad dressing, mayo, and margarine.
- Try a food lower in fat in a favorite dish—for example, make mac and cheese with fat-free or low-fat cheese and milk.

## Eat Less Sugar

- Drink water, sugar-free soda, or unsweetened iced tea instead of fruit drinks, regular soda, or sweet tea.
- Keep cold water in the fridge.
- Share dessert with someone else when you're eating out, instead of having a whole dessert.

## Eat Healthy Portions

- When eating out, share a meal with someone else or put half in a box to take home.
- Eat slowly and take a break between bites.
- Do not skip meals—when you skip a meal, it's easy to overeat at the next meal.



National Center for Chronic Disease Prevention and Health Promotion

Division of Diabetes Translation



Want to learn more?  
All are welcome to join  
HMONO's Diabetes  
Support Group

Diabetes Support Group  
When: 2nd Thursday meets 1:00-2:30 pm  
4th Thursday meets 6:30-8:00 pm  
Where: Hilo office, 1438 Kilauea Ave  
Hilo, HI 96720



# JOIN OUR RELAY FOR LIFE TEAM!

HMONO (Hui Mālama Ola Nā 'Ōiwi) is participating in this year's Relay for Life event!

Relay for Life is an American Cancer Society community event that raises money for patient support and cancer research, along with celebrating survivors and increasing awareness of the disease.

## Joining Our Team:

Team Name: Hui Malama Ola Na Oivi

You can join the team by visiting our site, <http://main.acsevents.org/goto/hmono> and clicking Join Our Team.

If you need assistance with online registration, please ask HMONO staff.

You can also join by completing a hard-copy registration form. Please ask Receptionist for a form.



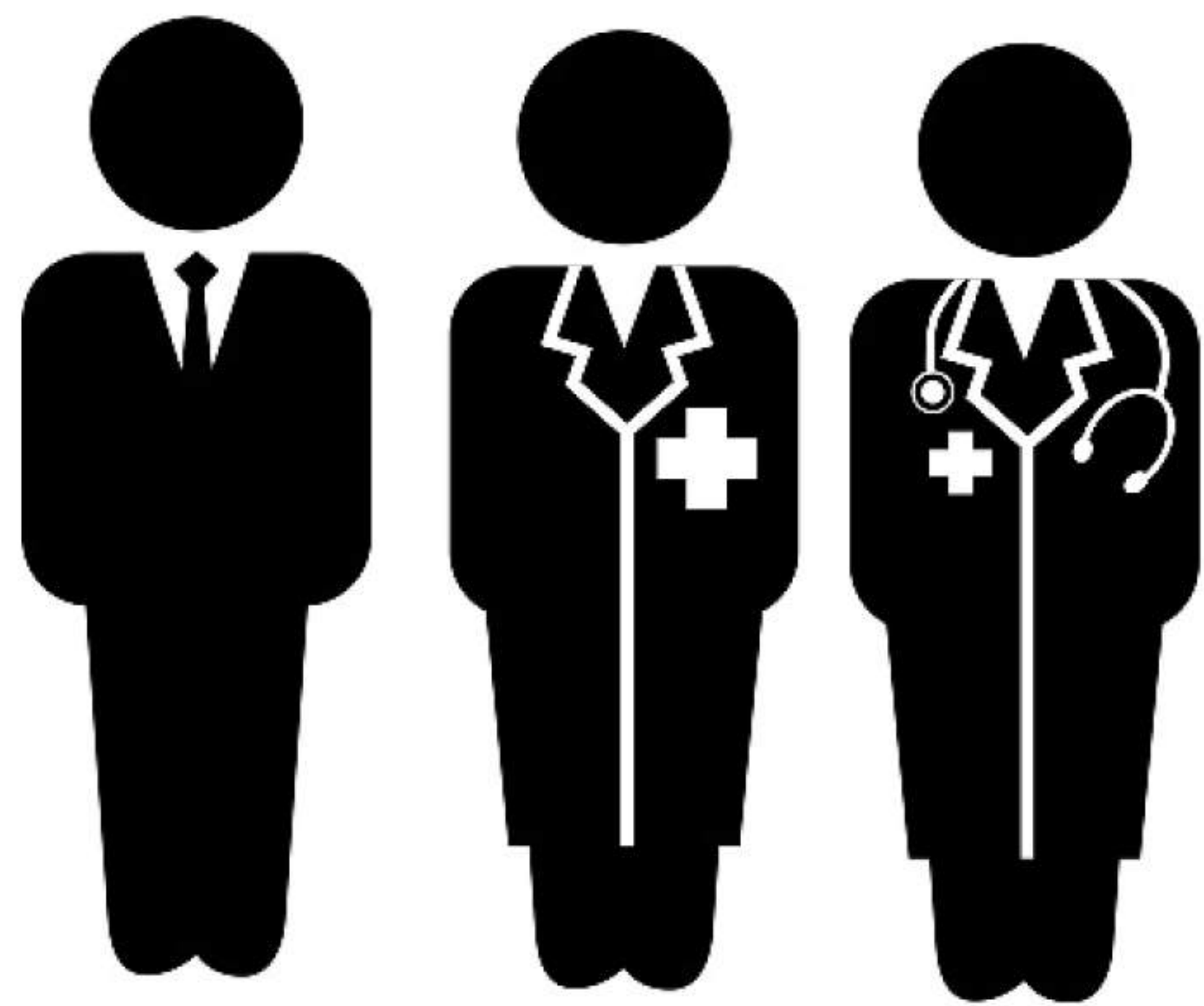
## Event Details

Relay for Life - Hilo  
Date: Saturday,  
July 15, 2017

Time: 4:00pm -  
12:00am midnight  
Feel free to join us  
when you can!

Where: Francis  
Wong Stadium

# ▶▶▶ AUNTY ON THE ▶▶▶ GO



Regular visits with the doctor are important for maintaining good health. We get our blood pressure checked, we learn about our numbers which tell us how well our bodies are functioning, and we blush while standing on the scale.

But staying healthy requires much more.

Making healthy lifestyle choices in the long run will make a huge difference in our overall health!

All are welcome to join Aunty Edna Baldado, RN in her next "Let's Talk Story" session where it's easy to ask questions about health.



Aunty Edna Baldado, RN  
The friendly face of good health

For more information, contact Keamalu at 929-9700 or Pua at 969-9220.

*Angiostrongylus cantonensis*  
better known as

## RAT LUNGWORM



**WARNING!** This parasite is spread through snails or slugs infected by larvae in rodent feces. Humans may become infected by eating snails, slugs, or slime-trails that contain rat lungworm larvae.

**Know the signs of infection:** Headache, Stiff Neck, Tingling / Painful Skin, Fever, Nausea, Vomiting, usually within 1-3 weeks of ingestion.

**Stay safe:**

- Supervise children in areas with snails or slugs
- Thoroughly wash each vegetable to remove slugs or slime trails - **DON'T JUST SOAK THEM IN WATER**
- Always wash hands after gardening or yard work
- Be cautious, stay informed

# FOR THE LOVE OF OUR KEIKI

Your keiki is a precious gift. Caring for your keiki requires careful decision making.

One way to help your keiki maintain good health is through regular immunizations (vaccines). They are administered during early infancy and throughout adulthood, and can protect them from harmful diseases. It is always wise to talk to your pediatrician about potential risks. Reading up on the facts about immunizations (vaccines) and other health actions will help you make the best choices for your keiki.



Vaccinations start at birth and continue through age 18.

Here are some helpful excerpts from the National Public Health Information Coalition:

- Vaccines give parents the safe, proven power to protect their children from serious diseases. Parents can provide the best protection by following the recommended immunization schedule – giving their child the vaccines they need, when they need them.

- Child care facilities, preschool programs, and schools are prone to outbreaks of infectious diseases. Children in these settings can easily spread illnesses to one another due to poor hand washing, not covering their coughs, and other factors such as interacting in crowded environments.



Vaccinations protect your keiki from 16 serious diseases.

- When children are not vaccinated, they are at increased risk for disease and can spread disease to others in their play groups, child care centers, classrooms and communities, including babies who are too young to be fully vaccinated and people with weakened immune systems due to cancer and other health conditions.

Protect your keiki and help prepare them for a bright and healthy future! HMONO is here to offer assistance with childhood vaccination. Let us help to protect your most precious gift.

For more information, contact our Health Education Team today at: [Wanda@HMONO.org](mailto:Wanda@HMONO.org)

June  
2017



**HMONO**  
Community Health Education Services

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="center"><b>Live Longer &amp; Feel Better, Together</b></p> <p align="center"><b>JOIN US TODAY!</b></p> <p align="center">Visit our office or call to learn more.</p> <p align="center"><b>1438 Kilauea Ave, Hilo   969-9220</b></p>			<p align="center">1</p> <p>10 AM BS&amp;SEC -Hilo</p> <p>5:00 PM Therapeutic Basic Flow (Yoga) -Hilo</p>	<p align="center">2</p> <p>10:00 AM ZUMBA w/ Rhonda -Hilo</p>	<p align="center">3</p> <p>10:00 AM Hawaiian Traditional Healing La'au Lapa'au Workshop -Ka'u</p>
<p align="center">5</p> <p>5:30 PM ZUMBA W/ JoYi -Hilo</p>	<p align="center">6</p> <p>10 AM BS&amp;SEC Hilo</p> <p>4:30 PM EFNEP -Kona</p> <p>5:00 PM Therapeutic Basic Flow (Yoga) -Hilo</p>	<p align="center">7</p> <p>5:30 PM ZUMBA W/ JoYi -Hilo</p>	<p align="center">8</p> <p>10 AM BS&amp;SEC -Hilo</p> <p>1 PM Diabetes Support Group -Hilo</p> <p>5:00 PM Therapeutic Basic Flow (Yoga) -Hilo</p>	9	10
<p align="center">12</p> <p>5:30 PM ZUMBA W/ JoYi <u>Haili Gym, Hilo</u></p>	<p align="center">13</p> <p>10 AM BS&amp;SEC Hilo</p> <p>4:30 PM EFNEP -Kona</p> <p>5:00 PM Therapeutic Basic Flow (Yoga) -Hilo</p> <p>6:30 PM Cancer Support Group -Hilo</p>	<p align="center">14</p> <p>5:30 PM ZUMBA W/ JoYi -Hilo</p>	<p align="center">15</p> <p>10 AM BS&amp;SEC -Hilo</p> <p>5:00 PM Therapeutic Basic Flow (Yoga) -Hilo</p>	<p align="center">16</p> <p>10:00 AM ZUMBA w/ Rhonda -Hilo</p>	<p align="center">17</p> <p>9:00 AM Hawaiian Traditional Healing La'au Lapa'au Workshop -Puna</p>
<p align="center">19</p> <p>5:30 PM ZUMBA W/ JoYi <u>Haili Gym, Hilo</u></p>	<p align="center">20</p> <p>10 AM BS&amp;SEC Hilo</p> <p>4:30 PM EFNEP -Kona</p> <p>5:00 PM Therapeutic Basic Flow (Yoga) -Hilo</p>	<p align="center">21</p> <p>5:30 PM ZUMBA W/ JoYi -Hilo</p>	<p align="center">22</p> <p>10 AM BS&amp;SEC -Hilo</p> <p>5:00 PM Therapeutic Basic Flow (Yoga) -Hilo</p> <p>6:30 PM Diabetes Support Group -Hilo</p>	23	<p align="center">24</p> <p>10:00 AM Hawaiian Traditional Healing Presentation -Kohala Village Hub</p>
<p align="center">26</p> <p>5:30 PM ZUMBA W/ JoYi <u>Haili Gym, Hilo</u></p>	<p align="center">27</p> <p>10 AM BS&amp;SEC Hilo</p> <p>4:30 PM EFNEP -Kona</p> <p>5:00 PM Therapeutic Basic Flow (Yoga) -Hilo</p> <p>6:30 PM Cancer Support Group -Hilo</p>	<p align="center">28</p> <p>5:30 PM ZUMBA W/ JoYi -Hilo</p>	<p align="center">29</p> <p>5:00 PM Therapeutic Basic Flow (Yoga) Hilo</p>	30	31
<p align="center"><b>BS&amp;SEC - Basic Stretch &amp; Strengthening Exercise Class</b></p> <p align="center"><b>EFNEP - Expanded Food and Nutrition Education Program</b></p>					