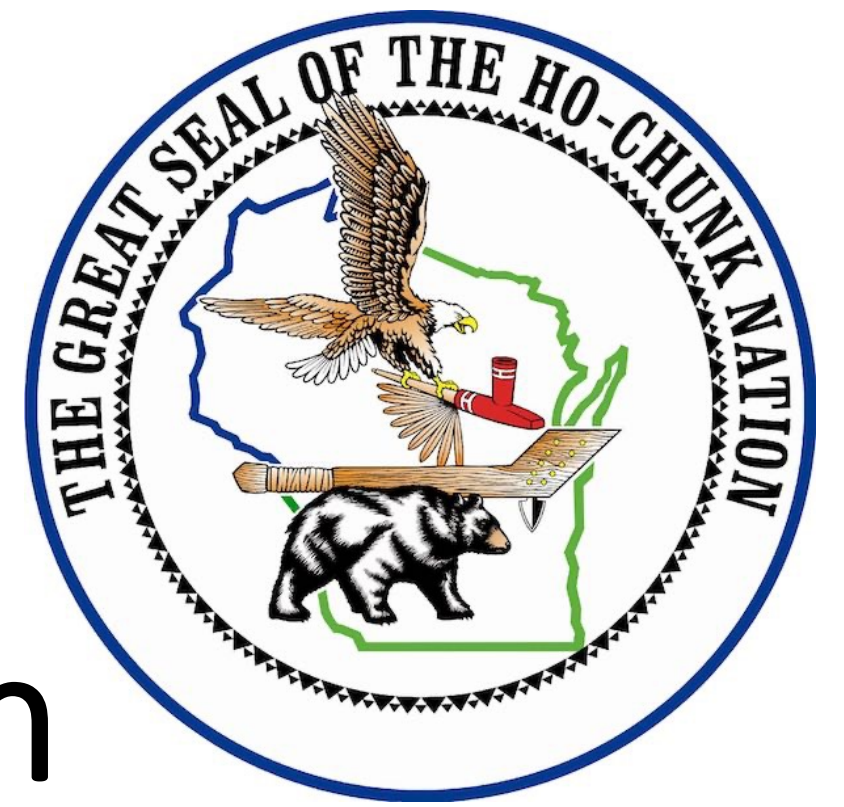


# Traditional Plant Uses

## of the Ho-Chunk Nation of Wisconsin



## Plants Used in a Sweat Bath



### Hiihira Sweat

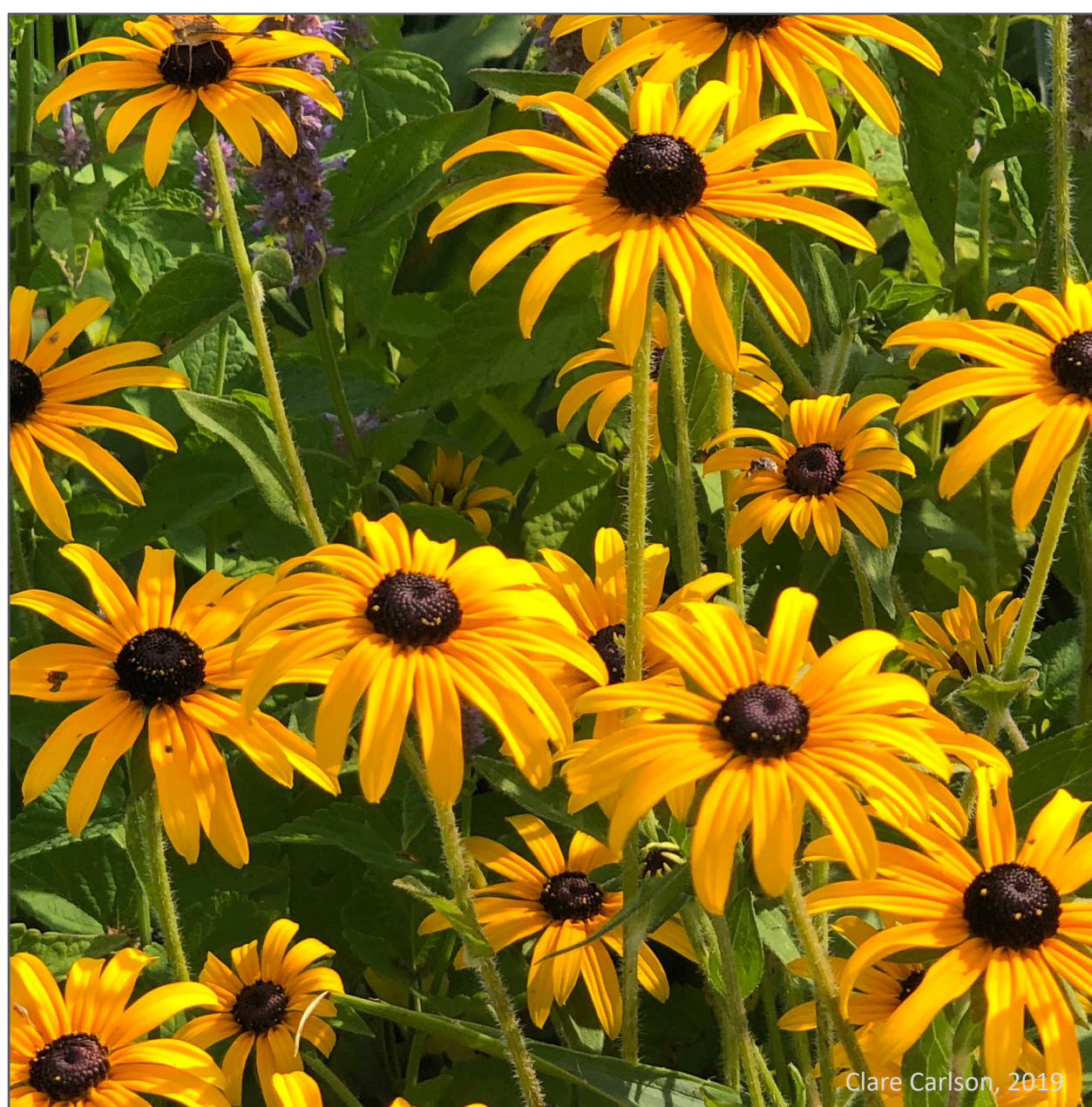
**Wild Bergamot, *Monarda fistulosa***

Hiihira j̄njokeweeja hi'ųire. Hoxiwixiwi anąga heepšiiregi. Horupaṇara n̄haire.

Wild Bergamot is used in a sweat bath. Fumes are inhaled to cure a cold.



Both grow in full to partial sun and dry to wet soil conditions, found in prairie and woodland edges.



### Poaxų Sneeze

**Black-eyed Susan, *Rudbeckia hirta***

Poaxųra j̄njokeweeja hi'ųire.

Black-eyed Susan is used in a sweat bath.



**IMPORTANT DISCLAIMER:** This information is for educational purposes only. Do not consume or otherwise introduce wild plants to the body without an expert's advice. Plant identification can be tricky, and some plants contain chemical compounds we now know to be harmful. If suffering from one of the ailments mentioned here, please see a licensed health care professional.

