



Bridging Science and Mātauranga: Reframing how we understand human health

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He aha te mea nui o te Ao
He tangata, he tangata, he
tangata



THE CENTRE FOR
HEALTH



Ka ora te whenua, ka ora te tangata.

When the land is well, the people are well.



THE CENTRE FOR
HEALTH



“From a healing perspective, Rongoa Māori practices are never about a diagnosis. They are never about a disease”

“Restoring the life energy. We call it mauri. Restoring the life energy of people and of place”

“We can't fix what's inside if we are not paying attention to what is outside”

- Whaea Donna Kerridge



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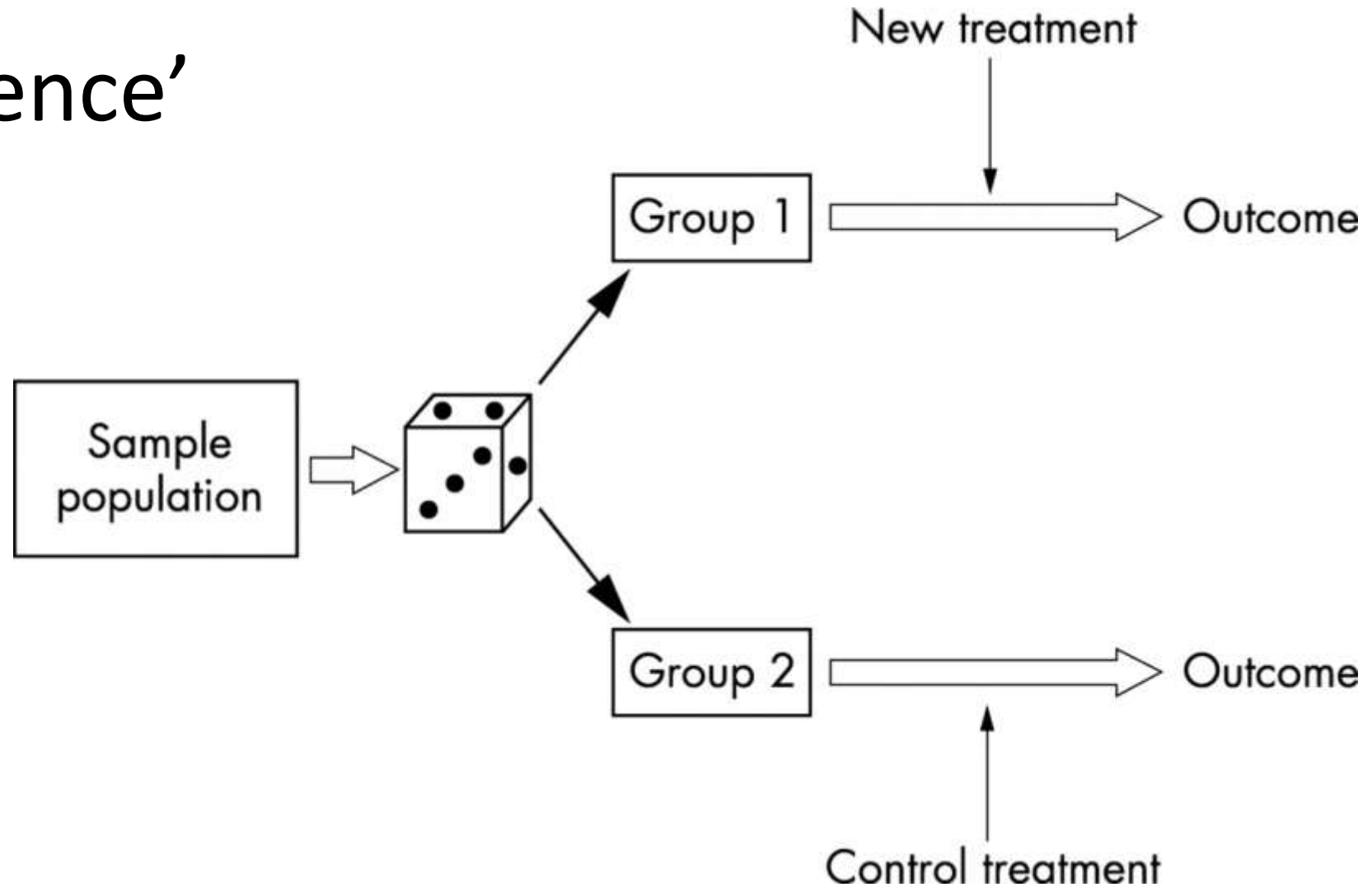


**We are not going
to find the
solution
to our current
issues
out of the thinking
that created them.**



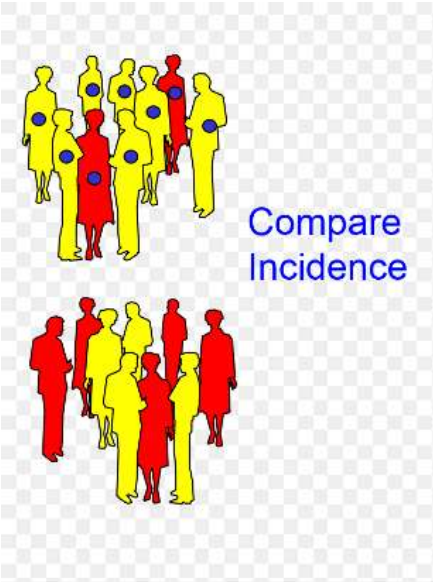
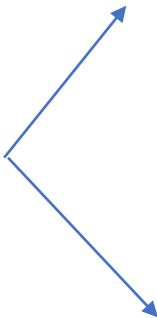
Reframing 'Evidence'

- The available body of facts or information indicating whether a belief or proposition is **TRUE** or **VALID**
- Quality of Evidence
 - GRADE system
 - **Randomised Control Trials** (RCT) are the gold standard for research evidence



Health Evidence

Much of the evidence we use in health assumes you (and me!) are European men



Normal Average
Clopidogrel
"Four to five times less effective in Polynesian and Māori than Europeans"



Science and Medicine

- There are rules and processes to follow
 - Analytical
 - Skeptical
 - Measurement and Replication
 - Highlights differences
 - Knowledge is constantly changing
 - Centripetal thinking



...any form of knowledge makes sense only within its own cultural context

Mātauranga Māori inside Health

- <https://youtu.be/ypKwMUWSUt4?t=189>
- Five lessons from Koro
 - The inseparability of mental and physical health
 - The environment as a determinant of health
 - The importance of whanau and intergenerational concepts in health
 - Spirituality as a part of wellness
 - Different bodies of knowledge



Science and Mātauranga Māori

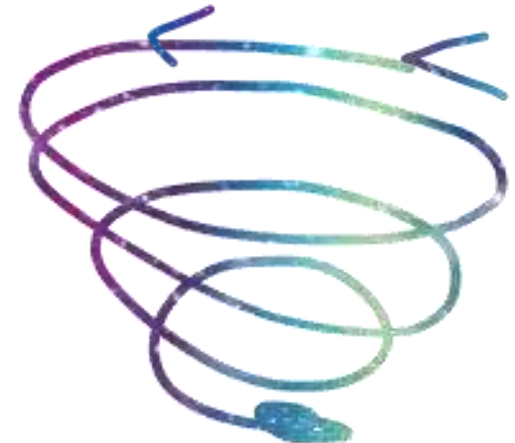
- Mātauranga Māori

- Holistic
- Accepted Truths
- Based on environmental encounters
- Highlights similarities
- Evolving knowledge
- Centrifugal thinking

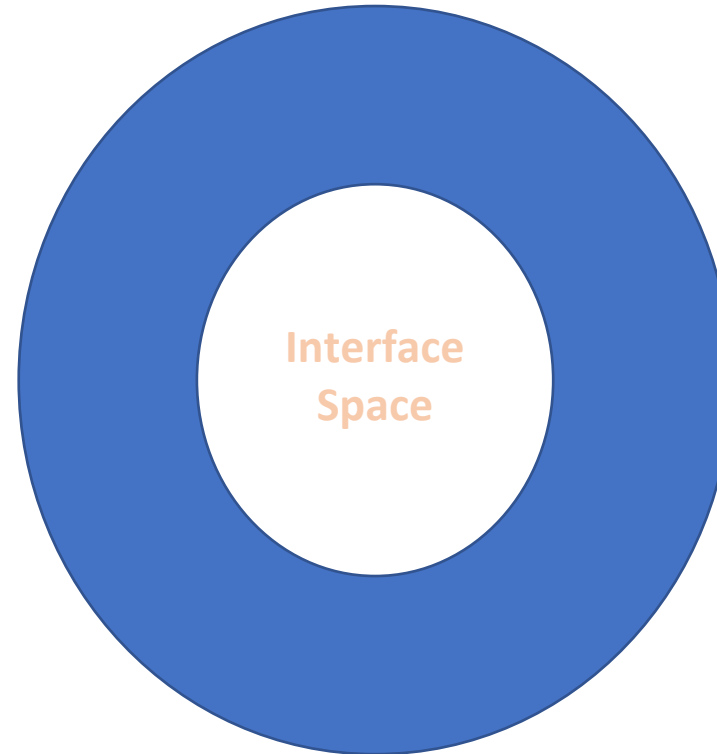
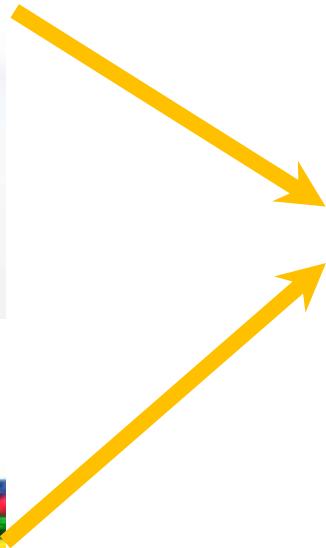


- Science

- Analytical
- Skeptical
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Science and Mātauranga Māori



“it is possible for western science and indigenous paradigms to find some common ground without compromising the foundations upon which either is situated” (Durie, 2004)



INSPIRED | Providing knowledge, tools and support, to inspire and empower all people on their pathway to total health and wellbeing.



THE CENTRE FOR
HEALTH

Tīwaiwaka

A collective of people committed to healing the mauri of the whenua

“Care for the earth so that she can care for us”

“What you do [at The Centre for Health] for people, is great, but if you don’t care for the whenua, how can people be well?”

Pā Rōpata McGowan

<https://www.tiwaiwaka.nz>



Tīwaiwaka Principles

Principle 1:

Caring for the whenua is the first priority. Everything else must be measured against this.



Tīwaiwaka Principles

Principle 2:

We are not the centre of the universe, but we are part of it.

All living creatures are our brothers and sisters, and we are the potiki, the last born. We must care for them



Tīwaiwaka Principles

Principle 3:

Mauri is the web of connections that sustains life.

If any of those connections is weakened or broken, the mauri is less able to sustain life. The integrity of mauri and its web of connections has greater priority than the rights and needs of any individual or species



Tīwaiwaka Principles

Principle 4:

Te tangata, people, are not the masters of mauri; we are part of the mauri and embraced by it.

Our role is to care for mauri. In doing so we are cared for by it. We find peace. We are at home.



Tīwaiwaka Principles

Principle 5:

No individual person is more important than any other. Each must contribute what they have to offer, and receive what they need, to be well

We are most well when we are sustained by the mauri, the web of connection that makes us who we are



Tīwaiwaka Principles

Principle 6:

We give special care to the tiniest living creatures

Even though they may be too small to be seen, they are the foundation that keeps and sustains all life



Tiwaiwaka

Healing the mauri of the whenua

www.tiwaiwaka.nz

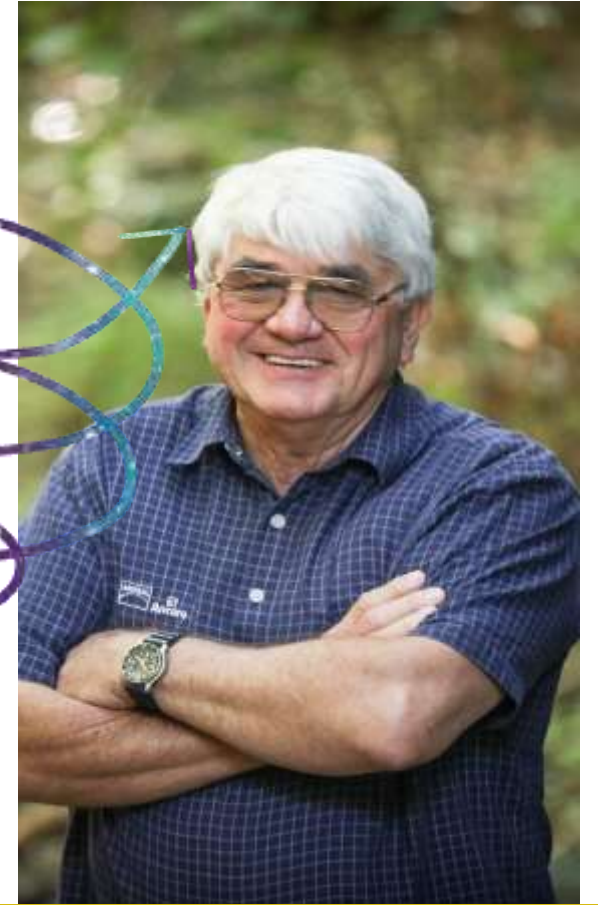
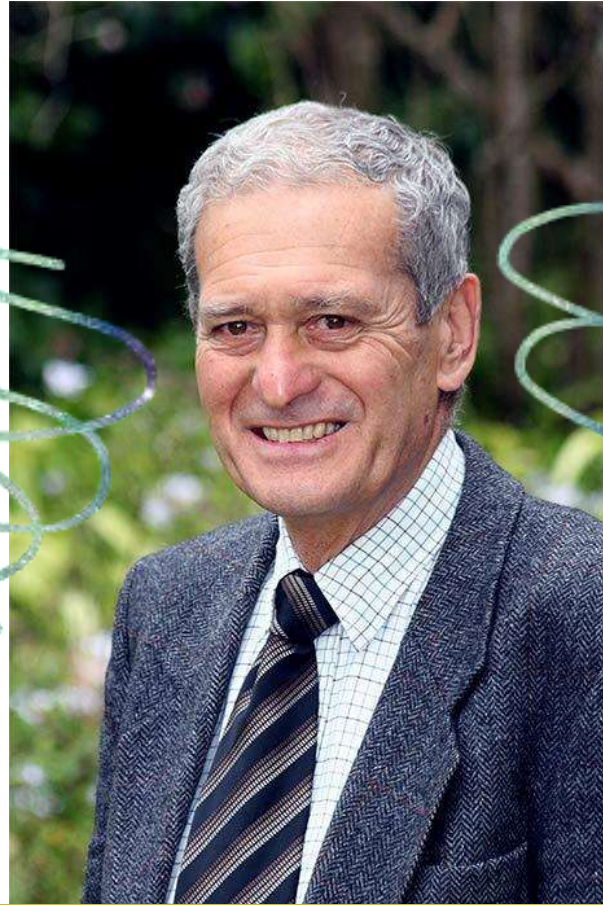
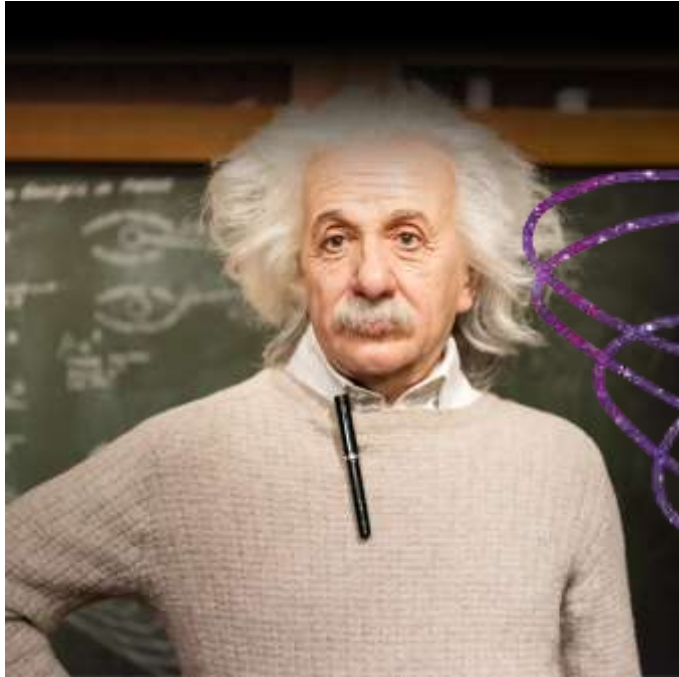


The Stakes ... are high

- What are the realms to consider
 - You, as an individual
 - Thinking / being / doing different
 - Your whānau
 - Collective thinking / collective actions
 - Your entity
 - Culture / actions / BAU
 - Your Society
 - Your vote / Your community / relish differences



Science and Mātauranga can work together





**We need a
global shift in
our
understanding
of where we fit
in the order of
things.**