



Queensland Healing Strategy

What does healing look like for you?



Bumble fruit



Healing brew being boiled



Bush lime fruit

“This is the healing brew that I use to connect people to country. I did this with an Aboriginal Physio, who works at Logan Hospital. She also runs her own Physio Business.

I used the Bumble Fruit and the Bush Lime Fruit, with Gumby Gumby leaves. I boil all the ingredients which smells amazing. People wash themselves down with it, releasing all tensions, connecting to the land and helping them find a place of peace.

I show them how to find and look for the fruit and healing plants first, then the ceremony, then finish off with a lot of discussion and talk and where to now about future pathways.”

Warren (Charlie) Waters

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