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Credibility and Validation through Syntheses of Customary and Contemporary Knowledge

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Ngaati Mahuta, Waikato, Tainui.

A Thesis presented for the Degree of Doctor of Philosophy in Māori Studies, Massey University, Wellington, New Zealand.

October 2007

The double vowel has been used for all te reo Māori words in the thesis because that is the kawa or protocol of the Kiingitanga.
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<th>Description</th>
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<tr>
<td>AB</td>
<td>beta amyloid protein</td>
</tr>
<tr>
<td>ALA</td>
<td>lineolenic acid</td>
</tr>
<tr>
<td>ANHMRC</td>
<td>Australian National Health and Medical Research Council</td>
</tr>
<tr>
<td>APEC</td>
<td>Asia Pacific Economic Co-operation Process formed in 1987</td>
</tr>
<tr>
<td>CE</td>
<td>Crown Entities</td>
</tr>
<tr>
<td>CVD</td>
<td>cardiovascular disease</td>
</tr>
<tr>
<td>DHA</td>
<td>docosahexaenoic acid</td>
</tr>
<tr>
<td>EECA</td>
<td>Energy Efficiency and Conservation Authority</td>
</tr>
<tr>
<td>EFA</td>
<td>essential fatty acids</td>
</tr>
<tr>
<td>EPA</td>
<td>eicosapentaenoic acid</td>
</tr>
<tr>
<td>HF</td>
<td>Heart Foundation of New Zealand (National)</td>
</tr>
<tr>
<td>HRCA</td>
<td>Health Research Council of Australia</td>
</tr>
<tr>
<td>HRCNZ</td>
<td>Health Research Council of New Zealand</td>
</tr>
<tr>
<td>IAPP</td>
<td>islet amyloid protein</td>
</tr>
<tr>
<td>MEDC</td>
<td>Maori Economic Development Commission</td>
</tr>
<tr>
<td>MLGS</td>
<td>Maori Land Grievance Settlements by the Waitangi Tribunal</td>
</tr>
<tr>
<td>MOF</td>
<td>Ministry of Fisheries</td>
</tr>
<tr>
<td>MOH</td>
<td>Ministry of Health</td>
</tr>
<tr>
<td>MRP</td>
<td>Mighty River Power</td>
</tr>
<tr>
<td>n-3</td>
<td>omega-3 fatty acid (an essential unsaturated fatty acid)</td>
</tr>
<tr>
<td>n-6</td>
<td>omega-6 fatty acid (an essential unsaturated fatty acid)</td>
</tr>
<tr>
<td>NIWA</td>
<td>National Institute of Weather and Atmosphere (New Zealand)</td>
</tr>
<tr>
<td>NZLC</td>
<td>New Zealand Law Commission</td>
</tr>
<tr>
<td>OECD</td>
<td>Organisation for Economic Co-operation and Development</td>
</tr>
<tr>
<td>PHC</td>
<td>Public Health Commission</td>
</tr>
<tr>
<td>PUFA</td>
<td>polyunsaturated fatty acids</td>
</tr>
<tr>
<td>TKB</td>
<td>Tuupuna Knowledge Base</td>
</tr>
<tr>
<td>TKBHI</td>
<td>Tuupuna Knowledge Base Health Intervention</td>
</tr>
<tr>
<td>TOW</td>
<td>Treaty of Waitangi 1840 (the English version)</td>
</tr>
<tr>
<td>TOW</td>
<td>Tiriti o Waitangi 1840 (the Maori version)</td>
</tr>
<tr>
<td>TVNZ</td>
<td>Television New Zealand</td>
</tr>
<tr>
<td>US/USA</td>
<td>United States of America</td>
</tr>
<tr>
<td>TKB</td>
<td>Tuupuna Knowledge Base</td>
</tr>
<tr>
<td>TMTB</td>
<td>Tainui Maori Trust Board</td>
</tr>
<tr>
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Mihimihi

Teena a koutou
Tuatahi e mihi ki te Atua.
Tuarua e mihi ki Te Kuini Te Atairangikaahu te kaahu Arikinui, raaua ko Te Kiiingi Tuheitia.

Teena a koutou, i o taatou tini mate, teena a koutou, i o taatou tini mate, haere e ngaa mate, haere, haere, haere.
Haere ki te wakina, haere ki te kainga tuuturu o taatou matua.

E hoa maa, ngaa hau e whaa, e te iwi tau nei, teena a koutou, ara taatou.

Te whare e tu nei teena a koe, te paapaa e takoto ki waho, teena a koe.

Te whare e tu nei, te waonui o taane e tu, e tu.
Tonu te paapaa e taka hia ngaa tapuwae, o raatou ma, teena a koe.

ko waka o Tainui tooku waka,
Ko Taupiri tooku maunga,
ko Taupiri tooku urupa,
ko Waikato tooku awa,
ko Marae o Tuurangawaewae tooku Marae,
ko Ngaati Mahuta raaua ko Ngaati Pou tooku Hapuu,
Ko McKay raaua ko Marshall tooku Whaanau,
Ko ahau teetehi a ngaa uri a Pootatau he Kiiingi tuatahi, ko Maarie ahau.

Kua huihui mai i runga i te kaupapa o te raa.
Teena a koutou, teena a koutou, teena a koutou katore.
Abstract

This groundbreaking doctoral thesis brings together science, history and the values derived from lore and tikanga to address a significant health issue for contemporary Maaori. The specific contribution of this research thesis is the combination of knowledge bases from two perspectives. The thesis first presents a scientific view, then a Maaori view, discovered through an interface of customary and contemporary knowledge. The method first examines Western academic theoretical methodologies, then, Kaupapa Maaori methodologies, then introduces and develops the concept of inherited knowledge supported by the mandatory Standards required in an academic context. Therefore the major findings present the syntheses of the two approaches. The framework used is reproducible through an accepted or approved example of something against which others are judged or measured. At this point the thesis explores the theoretical framework for a health intervention by surveying whether it is possible to combine knowledge traditions in a contemporary setting. Thus the accessed inherited traditional and scientific knowledge discovered in this thesis has been adapted for the nine point health intervention designed for Maaori participation. This thesis hypothesises that the staple long finned eel diet contained the essential fatty acid omega-3 and is presented as a metaphor for Hauora, thus being consistent with modern scientific knowledge where the scientific findings presented. The long finned eel was chemically assayed for the presence of the unsaturated essential fatty acid omega-3, and assayed again to assess the stability and quality of fresh and smoked eel. Type II diabetes mellitus is offered as a story and why it has suddenly occurred in Maaori subsequent to urban migration and thereafter. In addition a ten year study of Waikato hapuu supports the research that regular consumption of the long finned eel prevents Type II diabetes. And that prior to urban migration holistic practice, through established lifestyle choices and inherited knowledge, provided nutritional, other physiological benefits and broader wellness outcomes.

The double vowel has been used for all te reo Maaori words in the thesis because that is the kawa or protocol of the Tainui Kiingitanga.