

HEALTHY LIVING HEALTHY PLANET

# natural awakenings

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*Special Edition*

## GREEN LIVING



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A Paradigm of  
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April 2013 | S.W. Louisiana-Acadiana Edition | [www.NAcadiana.com](http://www.NAcadiana.com)

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**Maila Nelson ,BSc, NHC**

Natural Health Consultant

**DHARMA Wellness Center, Sunset, LA**

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# in·flam·ma·tion

/ˌɪnfləˈmāʃən/ 

## Noun

A localized physical condition in which part of the body becomes red, hot, and often painful, esp. as a reaction to injury...

**Inflammation is the body's attempt at self-protection; the aim being to remove harmful stimuli, including damaged cells, irritants, or pathogens - and begin the healing process.**

When something harmful or irritating affects a part of our body, there is a biological response to try to remove it, the signs and symptoms of inflammation, specifically acute inflammation, show that the body is trying to heal itself. Inflammation does not mean infection, even when an infection causes inflammation. Infection is caused by a bacterium, virus or fungus, while inflammation is the body's response to it.

The word **inflammation** comes from the Latin "*inflammo*", meaning "*I set alight, I ignite*".



## Thermography Medical Imaging

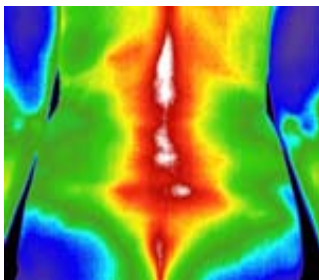
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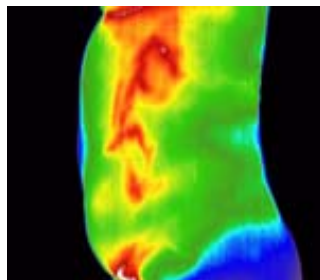
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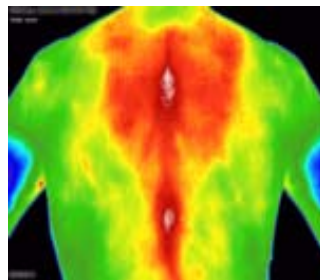
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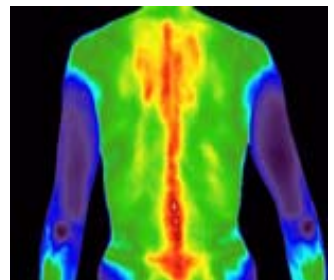
Lower back pain



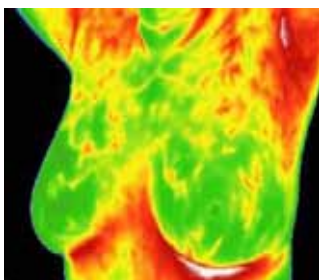
Digestive problems



Lung cancer



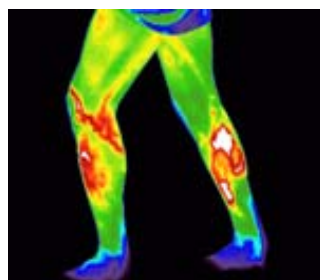
Spinal inflammation



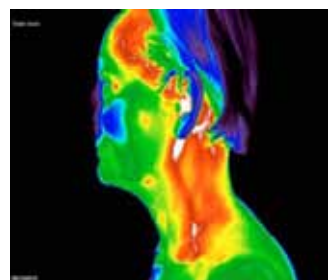
Breast cancer



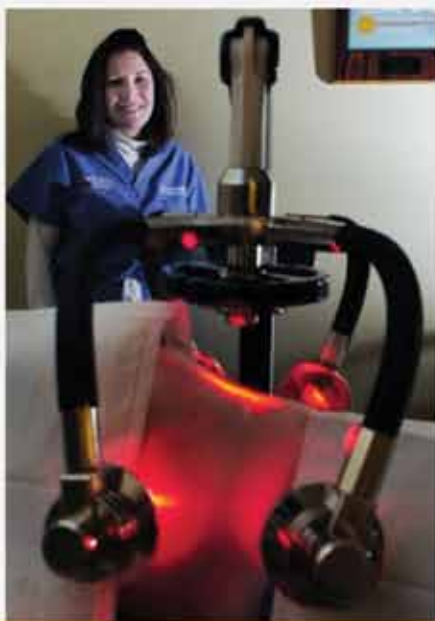
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# Shrink Your Belly

## ZERONA Cold Laser Fat Reduction

### Fat Melting Laser

**THIS JUST IN  
Laser Away Fat**

The FDA recently approved ZERONA, a machine that uses low-level laser beams to puncture tiny holes in fat cells. "Fluid drains out and gets swept away by your lymphatic system," says Jeffrey Kenkel, M.D., president-elect of the American Society of Aesthetic Plastic Surgery. It won't give you Brooklyn Decker's body, but it may help trim trouble spots - and the fat cells will stay smaller as long as you don't gain weight. The process takes two to four weeks (six to 12 40-minute sessions, every other day) and costs about \$1,100 to \$1,800.



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## Organic Frozen Wheatgrass Juice WheTea



Wheatgrass juice is potent raw, living food. The grass itself comes from the common wheat plant (species *triticum aestivum*) when it is young, vibrant and full of rich green chlorophyll. When the grass is squeezed, a dark green liquid is expressed and this is called wheatgrass juice.

Wheatgrass is harvested for juicing when the grass reaches its nutritional peak. This is just before the jointing stage, when the plant is between 7 and 11 inches tall. At this point, it has accumulated energy which will soon power a massive growth spurt. It is this energy that is captured in the juice.



- 1 fl. oz. of wheatgrass juice is equivalent to 2½ pounds of the choicest vegetables
- wheatgrass is mineral rich and contains 92 minerals needed by the body
- it is a complete protein containing 20+ amino acids and has higher protein densities than any other food source
- the magic is in the enzymes with more than 30 found in the juice
- the juice is 70% chlorophyll and since the chlorophyll molecule is virtually identical to hemoglobin (red blood cells that carry oxygen), wheatgrass juice will oxygenate your body

*Suggested Use: Drink one 1.5oz frozen cup every other day.*

**Price: \$30.00**

## Green Waters Alkaline Water

Green Waters alkaline water reduces infections, flu and colds. Immunity weakens with more and more acidity in our body and thus we fall sick more frequently. Alkaline water can help build up alkaline reserves and neutralize acids helping our body to recuperate and grow strong.



*Suggested Use: Drink 64 oz per day* **Price: \$36.00 / case**



One of the primary components of WheTea is EGCG. EGCG stands for epigallocatechin-3-gallate. It is the main antioxidant in tea, said to be more than 100 times more powerful than vitamin C. There is more of it in white and green tea than in black tea. This antioxidant has been shown to help increase your metabolic rate (metabolism) to burn more calories. By raising your resting metabolic rate, your body starts using the fat you've stored throughout your body as a source of fuel to help shed those pounds hanging around.



*Suggested Use: 2 droppers per 8 ounces of water. Drink a minimum of 64 oz of water per day.* **Price: \$20.00**

## Mood Enhancer

**Best Depression Formula**



Our Mood Enhancer is specifically designed to incorporate herbs and vitamins that provide nutrients to the brain, help fight depression, stress and anxiety and prevent age-related mental decline. Sometimes vision or hearing problems, depression, anxiety or other stress-related mental disorders

may also cause neurological dysfunction. Mood Enhancer contains herbs that are notorious for their ability to stimulate brain function, improve memory, promote alertness and productivity. The main advantage of Mood Enhancer is its ability to improve mental focus and memory without inducing agitation and anxiety.

Supplement Facts	
Serving Size: 1 Vegetarian Capsule	
Amount Per Serving	%Daily Value
Pantothenic Acid (as d-calcium pantothenate)	10 mg 50%
Chromium Picolinate	500 mcg
Vitamin B6 (as pyridoxine hydrochloride)	10 mg 200%
Vitamin B12 (as cyanocobalamin)	1000 mcg 2000%
Vitamin C (as ascorbic acid)	1000 mg 2000%
Vitamin E (as d-alpha-tocopherol)	1000 IU 2000%
Vitamin K (as menaquinone-7)	100 mcg 200%
Vitamin D (as cholecalciferol)	1000 IU 200%
Vitamin A (as retinyl palmitate)	10000 IU 200%
Vitamin B3 (as niacinamide)	1000 mg 2000%
Vitamin B5 (as calcium pantothenate)	10 mg 200%
Vitamin B7 (as biotin)	10000 mcg 2000%
Vitamin B9 (as folic acid)	1000 mcg 200%
Vitamin D3 (as cholecalciferol)	1000 IU 200%
Vitamin K2 (as menaquinone-7)	100 mcg 200%
Vitamin E (as d-alpha-tocopherol)	1000 IU 200%
Vitamin A (as retinyl palmitate)	10000 IU 200%
Vitamin B3 (as niacinamide)	1000 mg 2000%
Vitamin B5 (as calcium pantothenate)	10 mg 200%
Vitamin B7 (as biotin)	10000 mcg 2000%
Vitamin B9 (as folic acid)	1000 mcg 200%
Vitamin D (as cholecalciferol)	1000 IU 200%
Vitamin K (as menaquinone-7)	100 mcg 200%
Vitamin E (as d-alpha-tocopherol)	1000 IU 200%
Vitamin A (as retinyl palmitate)	10000 IU 200%
Vitamin B3 (as niacinamide)	1000 mg 2000%
Vitamin B5 (as calcium pantothenate)	10 mg 200%
Vitamin B7 (as biotin)	10000 mcg 2000%
Vitamin B9 (as folic acid)	1000 mcg 200%
Vitamin D (as cholecalciferol)	1000 IU 200%
Vitamin K (as menaquinone-7)	100 mcg 200%
Vitamin E (as d-alpha-tocopherol)	1000 IU 200%
Vitamin A (as retinyl palmitate)	10000 IU 200%

*Suggested Use: 1-2 capsules/day* **Price: \$35.00**

# publisher's letter



May marks our third anniversary of *Natural Awakenings* acadiana edition. It has been three years since we first decided to publish this community magazine, which we knew would inspire many to live healthier and better lives. Today we give thanks to the many friends, family, and neighbors who sup-

ported our vision to embark on this adventure that would change our lives, as well as the lives of our readers. We realize that our stories of inspiration, fitness, healing ways, and conscious eating have begun to be an instrument of change in our community.

We thank all who have helped make *Natural Awakenings* a success from the start. Big thanks go to our advertisers, writers and distribution locations for your enthusiastic participation. We couldn't reach our phenomenal audience without you. Our advertisers are the reason we can bring this free publication to our community. Please remember them when you shop for products and services, and give them your thanks for their support.

We believe that every day creates our history and that people deserve a chance to change – to be better than the world has made them. It is through our own individualism that we creatively express our thoughts and love and share them to make our world better. So the next time you're looking for answers, remember: "In order to see that which is not there sometimes we must gaze upon what is." Look for the good in people. It's there. Look for the creative ways they choose to express who they are and what's important in their lives.

As we all adjust how we live in small daily ways, millions of shifts can add up to an irresistible force. The movers and shakers on our planet aren't the billionaires, politicians and generals—they are the incredible numbers of thinkers around the world filled with love for their neighbors and the Earth who are resisting convention to remake, restore, renew and revitalize everything they touch. There is inherent goodness at the heart of our humanity that has proven able to change the world in times of need. Let's put it to work.

This magazine is our creative expression. We invite you to make yourself comfortable, read on, recycle these pages when you're finished, and look for us again next month. We will be here, gratefully counting our blessings.

We wish you a month of enrichment for the mind, body and soul.



*Steve & Michelle*

Steve and Michelle Castille, Publishers



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# contents



- 10 **newsbriefs**
- 14 **healthbriefs**
- 16 **globalbriefs**
- 21 **ecotip**
- 28 **healingways**



- 30 **healthykids**
- 36 **greenliving**
- 40 **conscious eating**



- 44 **wisewords**
- 46 **fitbody**
- 48 **inspiration**
- 52 **naturalpet**
- 54 **calendar**

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To advertise with *Natural Awakenings* or request a media kit, please contact us at 337-896-4141 or email [publisher@NAacadiana.com](mailto:publisher@NAacadiana.com). Deadline for ads: the 10th of the month.

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Email articles, news items and ideas to: [publisher@NAacadiana.com](mailto:publisher@NAacadiana.com) Deadline for editorial: the 5th of the month.

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*Natural Awakenings is your guide to a healthier, more balanced life. In each issue readers find cutting-edge information on natural health, nutrition, fitness, personal growth, green living, creative expression and the products and services that support a healthy lifestyle.*

### 22 THE NEXT LEVEL

Education for a More Sustainable World  
by Linda Sechrist

### 28 HOUSEHOLD CLEANSE

Banish these Five Chemicals for a Domestic Detox  
by Gail Griswold-Elwyn

### 30 PARK IT HERE

Exploring America's National Treasures  
by S. Alison Chabonais

### 36 GOING ELECTRIC

Tech Advances May Drive Eco-Transportation Mainstream  
by Brita Belli

### 40 EATING ECOLOGY

Daily Decisions Make a Difference  
by Judith Fertig

### 42 NATURAL DEFENSE

Top 10 Whole Foods to Counter Aging  
by Gary Null

### 44 HEALING THE ECOSYSTEM WITHIN

A Conversation with Bioneers Co-Founder Nina Simons  
by Brita Belli

### 48 EARTH MUSIC

Saving Nature's Wild Symphony  
by Bernie Krause

### 52 DETECTING DISEASE

Liver and Adrenal Issues Share Symptoms  
by Dr. Shawn Messonnier



# Belly Fat:

## What It Is and How to Get Rid of It

by Dr. Steven Castille

Clinical studies have shown that exercising in intense bursts for short periods of time can reduce dangerous visceral fat. To understand how this is possible, first we must understand more about the body.

There are two kinds of fat in the stomach area. There is subcutaneous fat, which is below the skin, and there is visceral fat, which is inside the abdominal cavity. Visceral fat is the most dangerous fat. It grows around and inside the liver and other organs in the abdominal cavity, including the heart. The more fat that is created in this area, the more health issues a person will have.

The actual, physical fat will push the lungs up and reduce the amount of oxygen they can take in. This often is diagnosed by doctors as asthma. The fat also will put pressure on the stomach and push the food back up the esophagus. This often is diagnosed as acid reflux. The fat also will put pressure on the kidneys, thus giving them incorrect signals, and cause high blood pressure and hypertension.

Visceral fat also is a cause of insulin resistance, which leads to diabetes. It also is what causes cardiovascular disease, which leads to heart attacks. Needless to say, belly fat is no joke.



### Receptor sites

What causes belly fat as opposed to other kinds of fat? All fat is deposited based on fat-receptor sites. There are receptors in different parts of the body, and when they receive the signal, the body will deposit fat in that area.

In the abdominal cavity there are high concentrations of receptors that receive cortisol (a stress hormone). When cortisol is present in the blood, especially in excess, the concentration of fat deposits will be in the abdominal cavity and midsection. Hormones determine where fat is deposited. Some hormones cause fat to be stored in the hips and thighs, but it is the stress hormones that are responsible for fat being stored in the abdominal area.

### How to lose belly fat

#### Rule 1: Eliminate sugar

The belly-fat diet must be free of sugar,

especially all sugar substitutes. Excess sugar causes stress on the nervous system. It causes insulin levels to spike. When they spike, they also plunge. When they plunge, they take all nutrients away from the cells and the cells actually starve.

Get more sleep and get a deeper sleep. Most of the body's fat burning happens while we sleep.

#### Rule 2: Avoid stimulants, such as caffeinated drinks

Anything that causes stress to the nervous system, such as caffeine, should be avoided or eliminated completely.

#### Rule 3: Get more sleep

Sleep early (go to bed no later than 10:30 p.m. every night) and get as much deep sleep as possible. Most of the body's fat burning happens while we sleep. Following a "sleep diet" can help with rapid fat loss.

#### Rule 4: Eliminate chemicals in the environment and in food

Remove all monosodium glutamate (MSG) from the diet. MSG is labeled in different forms, so it pays to learn which names actually mean MSG. Remove all high-fructose corn syrup. This causes many problems, one of which is interfering with true "fullness" signal when we eat and drinks. Remove the use of plastics. Studies have shown that chemicals in many commonly used plastics, such as baby bottles and food containers, release Bisphenol-A (BPA). BPA has been shown to cause obesity, diabetes and breast cancer. Eat organic foods. Anyone who simply focuses on eating organic foods alone will avoid all the chemicals,



such as pesticides and herbicides, that cause obesity, insulin resistance and diabetes. Herbicides and pesticides, such as DDT, have been proven to cause obesity, diabetes and cancer.

### Rule 5: Drink lots of water

Super-hydrate the body. Set a goal of drinking at least a gallon of filtered water or herbal tea a day.

### Rule 6: Include more fiber

Eat a high-fiber diet that is raw and especially high in moisture. Raw food that is very dry is not sufficient. A raw almond is fine, but it is low in moisture and fiber. Foods such as romaine lettuce, cucumber, and celery, however are high in moisture and fiber.



### Rule 7: Exercise properly

Exercising to lose belly fat is dependent on a body's adrenal health. If the adrenals are weak, or if there is excess cortisol in the blood, that should be resolved first. If adrenal tests indicate adrenal weakness (there are simple tests that can be done at home), then aerobic exercise alone is needed.

Many people, however, perform aerobic exercise incorrectly. They exercise too intensely and raise their heart rate too high. If the heart rate goes too high, the body will not be doing aerobic exercise. Each person needs to determine the ideal aerobic threshold and exercise below that heart rate.

Intense resistance exercise in short intense bursts and for short periods of time have been shown in clinical studies to reduce visceral fat. The problem for some is their fitness level and their ability to concentrate intense exercise or calorie burning. This will cause them to gain more fat.

Whole-body vibration (WBV) exercise is helpful for intense resistance, when performed in short bursts for short periods of time and not more than four times a week. This requires proper training, but many people find that WBV greatly enhances their weight-loss programs.

### Rule 8: Increase metabolism

Thermogenic supplements and foods can boost the body's metabolism so that it will burn more calories, both at rest and during exercise.

*Steven Castille is a biochemist, doctor of natural medicine, publisher of Natural Awakenings and developer of WheTea Weight-Loss Formula. Both WheTea and Whole-Body Vibration programs are available at the Liteon Natural Health Center, 100 E. Angelle St., Carencro. For more information, call 337-896-4141 or 337-347-4141.*



## Health Effects of Being Overweight

It's an undeniable fact that Americans are overweight. In fact, 65 percent of American adults are fat; that's more than 127 million people. Not only that, but obesity counts for about 300,000 deaths and about \$300 billion each year.

Quite simply, obesity is an excess of body fat. Normally, anyone who is 20 percent over the normal weight for his or her age, sex, height and build is considered obese.

Recent studies have revealed that obesity is linked to very high rates of chronic diseases. As fat accumulates in the body, it crowds the space for our organs. This extra fat can result in putting undue stress on the body, including the back, legs and the internal organs, such as the heart, liver and kidneys.

This can eventually lead to more serious health conditions, including:

Diabetes	Coronary artery disease
Stroke	High blood pressure
Kidney disease	Colon cancer
Breast cancer	Liver disease
Complications during pregnancy	

One of the primary reasons for obesity is a lack of exercise. Including some form of exercise in our routine every day can help us to lose weight and improve our overall health.

Some of the benefits of exercise include:

Protection from osteoporosis	Stronger bones
Reduced risk of heart disease	Lower blood pressure
Protection from cancer	Lower cholesterol

While exercise is only one factor in the equation for losing extra body fat, eating healthful, well-balanced meals is the other half of the equation for losing weight.

When planning meals, keep the following guidelines in mind:

1. Drink more than the recommended eight glasses of water per day. Water helps to flush toxins and fat out of the body and, although it can cause a temporary bloated feeling, water does not make us overweight.
2. Eat a diet abundant in vegetables, especially dark green vegetables. Be sure to include salads and such vegetables as kale, broccoli and cabbage. Other vegetables, such as sweet potatoes, carrots, pumpkin and winter squash should be included as well.
3. Eat lean proteins, such as chicken breast and turkey. Lean red meats should be eaten sparingly. Other protein-rich foods, such as fish, beans, peas, lentils, seeds and nuts, should be included as well.
4. Pay attention to fats in the diet. Include "good fats," such as olive oil and canola oil, but avoid fats from butter, margarine, ice cream, mayonnaise and heavy salad dressings.
5. Eat calcium-rich foods, such as green, leafy vegetables, and low-fat dairy, such as yogurt and low-fat cheese.

## Breads, Bagels and Cupcakes in Lafayette



Thibodough's Breads and Bagels, of Lafayette, offers fresh-baked, New York-style bagels and breads in a variety of flavors, with unique spreads as well. For

lunch, Thibodough's menu includes deli sandwiches, cheeseburgers and crab burgers served on freshly baked buns or bagels. A selection of tea is available to complement any item. Thibodough's bagels are also available at the Oil Center Farmers' Market on Saturdays.

In addition, patrons can try original-recipe cupcakes from Lil Bite O Heaven in the same location. Different cupcake varieties are offered each day, such as strawberries and cream, birthday cake, chocolate blueberry, red velvet, Almond Joy, strawberry margarita and maple French toast and bacon. One-of-a-kind desserts, such as almond-chocolate-cream-cheese icebox cupcakes, are also available.

*Thibodough's Breads and Bagels and Lil Bite O Heaven are located at 1519 Ambassador Caffery Pkwy., Lafayette. For more information, call Thibodoughs at 337-534-0054 or visit Thibodoughs.com, or call Lil Bite O Heaven at 337-534-6928.*

## The Art of Dance

At the Dance Factory, in Lafayette and Erath, the instructors' goal is to give each student an educated mind through the art of dance. A variety of affordable classes are offered for ages 3 and up, including Itty Bitty Hip Hop, hip hop, tumbling and pointe.



The Dance Factory is the home of Steps Dance Company, a children's performance group. The dancers perform in and around Acadiana and even attend regional and national competitions throughout the United States.

The studio strives to ensure each child reach his or her full potential. Class sizes are limited to enable teachers to give each dancer personalized attention. Instructors are chosen both for their qualifications and their ability to relate to students—from beginning to advanced levels.

Staff members regularly attend workshops and seminars, enabling them to provide dancers with the latest styles. All workshops are available to students.

*Locations: The Dance Factory, 4810 W. Congress St., Lafayette, and 108 Rue Bernard St., Erath. For more information, call 337-989-8790 (Lafayette) or 337-937-4455 (Erath) or visit LASOD.com.*

## Lasting Impressions by Josette for Family Photography



Josette Savoie, owner of Lasting Impressions photography, offers photography for any occasion, including family portraits for the holidays. Lasting Impressions is located in Church Point.

Savoie offers "photography that leaves a lasting impression" for weddings, engagements, reunions, birthday parties, school and other special events, sports events, day care centers, senior portraits and children's portraits, as well as family portraits. "I strive to capture the 'natural you' in a fun environment," she says. "You name it and I will most likely be more than happy to do it."

*Location: Lasting Impressions, 3228 W. Gloria Switch, Church Point. For more information, call 337-344-1562 or visit LastingImpressionsByJosette.com or Lasting Impressions on Facebook.*

## Lymphatic Drainage with John Rhinehart



The Natural Health Center of Carencro and Dharma Wellness Center of Sunset announce the addition of lymphatic drainage technician and massage therapist John Rhinehart.

Rhinehart is a graduate of the massage therapy program at North Texas School of Massage. He has two years of experience as a Licensed Massage Therapist in manual lymphatic drainage which gently stimulates the body's lymphatic system. Rhinehart also performs swedish, deep tissue, trigger point, prenatal, and integrated massages.

"The list of conditions that lymphatic drainage can help is extensive" according to Rhinehart. The procedure can enhance the quality of the skin such as for puffiness, bags under the eyes, scars, stretch marks, wrinkles, and eczema by bathing the cells in fresh fluid to look bright and alive. For those who have sustained a sports injury, lymph drainage can clear the tissue of debris, reduce minor edema, and promote regeneration. For women who have had breast cancer and had axillary lymph nodes removed, minor swelling may be remedied.

*Dharma Wellness Center is located at 166-H Oak Tree Park Dr., Sunset. For more information or to make an appointment, call 337-662-3120.*

## Foods that Cut Belly Fat

**Garlic:** Garlic is an efficient fat reducing food. Garlic acts as anti-oxidant as well as anti-bacterial agent against diseases. The main usage of garlic is to reduce the unhealthy fats and low cholesterol (LDL-Bad Cholesterol).

**Coconut and Mustard Oil:** Coconut and mustard oil plays a vital role in foods that cut belly fat. Coconut oil increases the HDL (good) cholesterol. It reduces the body weight and bad fat as well. It effectively decreases belly fat. Mustard oil is also good in reducing belly fat. It contains the necessary vitamins, nutrients and also reduces the bad cholesterol, which is good for heart and health.

**Cabbage:** Raw cabbage slows down belly fat production. It helps in healthy weight reduction while removing bad fat in our body. Raw, as well as, cooked cabbage is equally good for health and belly fat reduction.

**Avacados:** Avacados contain monounsaturated fats that help to prevent the deposition of fats in the body. Avacados can give an instant solution for belly fat.

**Egg white:** Egg whites are rich in protein with no fat. It helps the digestive system to work properly. Fish, nuts, and soy are also high in protein with little fat.

**Cardamom:** Cardamon improves the body metabolism and supports the burning of body fat. It assists the digestive process.

**Whole Grains:** Grains maintain the insulin levels which can helps to burn belly fat. They also support healthy weight loss and reduce bad fat.

**Black Beans:** Black beans are high in protein, fiber, and contain flavonoids. They improve the digestive system and may offer an instant solution to losing belly fat.

**Honey:** Honey is an efficient home remedy for various problems especially obesity and digestive problems. Honey's main role is to activate extra fat which may deposit in the body and convert them into energy.

**Pears:** Pears are low in fat and calories and are rich in fiber. They are strong antioxidants and should be eaten regularly before a meal to maximize belly fat burning potential.

These are some of the best foods that cut belly fat. Other foods that can work to reduce belly fat are: mushrooms, apple cider vinegar, sour cherries, hot tomatoes, raspberries, moong dal, turmeric, and curry leaves. Eating a balanced diet is critical to reducing belly fat.

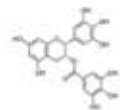
[www.WheTea.com](http://www.WheTea.com)

### Obesity is A Major Medical Crisis

Obesity is now a major medical crisis of the twenty first century. We're getting fatter all the time, despite our knowledge of the consequences. There is overwhelming evidence that obesity - and, to a lesser extent, merely being overweight (BMI - 25-29) is directly or indirectly responsible for our susceptibility to many serious diseases that degrade or limit our lives while we are alive, and kill us before our time. These diseases include cancer, cardiovascular disease, diabetes, degenerative joint diseases, psychological disorders such as depression, anxiety, and more. Understanding the chemistry of weight loss can not only save lives, but improve our health and overall well-being.

### WheTea Weight Loss Formula

"I lost 10 lbs in my first 6 days."



Epigallocatechin gallate  
EGCG

Wheatgrass is low in calories and has no fat, sugar or cholesterol. Wheatgrass is a nutritionally powerful food that meets all of your body's nutritional requirements. This will help to reduce cravings, because your body has all of the nutrients it needs, resulting in lower caloric intake. One ounce of wheatgrass juice is equal to 2 lbs. of fresh vegetables nutritionally.

Wheatgrass is a rich source of beta carotene, vitamins B1, 2, 3, 5, 8 and 12, vitamins C and E, alkaline, calcium, folic acid, copper, cobalt, magnesium, phosphorus, potassium, zinc and amino acids. Wheatgrass is also one of the richest sources of chlorophyll found in nature.

Formed by with epigallocatechin gallate (EGCG)

Wheatgrass is an increased level of liquid in the body, or excessive water intake, is maintained for 6 days. This increases the fat burning and decreases the storage of fat in the body, resulting in obesity. The excess of fat burning will decrease the storage of fat in the body, resulting in obesity. The excess of fat burning will decrease the storage of fat in the body, resulting in obesity. The excess of fat burning will decrease the storage of fat in the body, resulting in obesity.



**WheTea**  
**THERMOGENIC FAT BURNER**  
Wheatgrass - Green Tea Concentrated Extract

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- Boosts metabolism
- Increases the body's alkalinity
- Contains over 92 elements

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DHARMA Wellness Center, Sunset

Address: 166 H Oak Tree Park Drive Telephone: 662-3120

Benny's Sport Shack, Opelousas

Address: 806 S. Union St. Telephone: 948-6533

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**WheTea**  
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2 - 7 inch abdominal fat loss in sixty days

**12 - 35 pounds in eight weeks**

## A Bus Pass to Green Well-Being



There's a way to simultaneously help both Planet Earth and one's own health, report scientists from Imperial College London, in England. The researchers examined four years of data from the country's Department for Transport National Travel Survey beginning in 2005, the year before free bus passes were available for people ages 60 and older. The study team found that those with a pass were more likely to walk frequently and take more journeys by "active travel"—defined as walking, cycling or using public transport.

Staying physically active helps maintain mental well-being, mobility and muscle strength in older people and reduces their risk of cardiovascular disease, falls and fractures. Previous research by Taiwan's National Health Research Institutes published in *The Lancet* has shown that just 15 minutes of moderate daily exercise lowers the risk of death in people over

60 by 12 percent, and another study at Newcastle University found that 19 percent of Britain's adults achieve their recommended amount of physical activity through active travel alone.

Public health organizations in the UK believe that "incidental" exercise, such as walking to and from bus stops, may play a key role in helping seniors keep fit and reduce social exclusion.

## Getting the Lead Out

The U.S. Centers for Disease Control and Prevention (CDC) recently redefined the "action level" for lead exposure in children. Youngsters are now considered at risk and qualify for careful medical monitoring if they have more than five micrograms per deciliter of lead in their blood—half the previous threshold. Lead poisoning can cause cognitive and behavioral problems, and the American Academy of Pediatrics recommends testing blood lead concentration levels at age 1 and again at 2, when concentrations peak.

Most lead poisoning cases occur in substandard housing units, especially those with window frames still coated with lead-based paint banned since 1978. Families in dwellings built before 1950 should also be vigilant about lead. The Consumer Products Safety Commission cautions that home lead test kits sold online and at hardware stores may not be reliable enough to identify and remove sources of exposure. Professional contractors offer more accurate results.

Children exhibiting blood lead levels above the new threshold are usually monitored, rather than treated with medications that carry serious risks. Once lead sources are removed, children's blood lead levels typically return to a more normal range within weeks.

The CDC confirms that rather than remedial treatment, the primary goal should be making sure children aren't exposed to lead in the first place. Fortunately, the levels of most of America's youngest children today are well below the revised action point, with average blood lead content of 1.8 micrograms, while school-age children, teenagers and adults face little risk.



## COFFEE AND VISION LOSS LINKED

Easing up on java consumption or switching to decaf may be a wise move for coffee lovers, according to a scientific paper published in *Investigative Ophthalmology & Visual Science*. The study links heavy consumption of the caffeinated beverage to an increased risk of developing exfoliation glaucoma, a condition in which fluid builds up inside the eye and puts pressure on the optic nerve. This leads to some vision loss and in serious cases, total blindness.

Researchers obtained data from 78,977 women from the Nurses' Health Study and 41,202 men from the Health Professionals Follow-Up Study that focused on caffeinated coffee, tea and cola servings. They found that drinking three or more cups of caffeinated coffee daily was linked with an increased risk of developing the eye condition, especially for women with a family history of glaucoma. However, the researchers did not find associations with consumption of decaffeinated tea, chocolate or coffee.

"Because this is the first [such] study, confirmation of the U.S. results in other populations would be needed to lend more credence to the possibility that caffeinated coffee might be a modifiable risk factor for glaucoma," says Doctor of Science Jae Hee Kang, of the Channing Division of Network Medicine at Brigham and Women's Hospital, in Boston, Massachusetts. "It may also lead to research into other dietary or lifestyle risk factors."

# Turmeric Acts Against Cancer



Throughout history, the spice turmeric has been a favored seasoning for curries and other Indian dishes. Its pungent flavor is also known to offer medicinal qualities—turmeric has been used for centuries to treat osteoarthritis and other illnesses because its active ingredient, curcumin, can inhibit inflammation.

A new study led by a research team at Ludwig-Maximilians-Universität, in Munich, Germany, has shown that turmeric can also restrict the formation of metastases and help keep prostate cancer in check. The researchers discovered that curcumin decreases the expression of two pro-inflammatory proteins associated with tumor cells and noted that both

prostate and breast cancer are linked to inflammation. The study further noted that curcumin is, in principle, suitable for both prophylactic use (primary prevention) and for the suppression of metastases in cases where an established tumor is already present (secondary prevention).

# How Does Your Garden Glow?

Gardening can be a healthy pastime... as long as toxic tools aren't involved. Researchers at the Ann Arbor, Michigan-based Ecology Center recently tested nearly 200 garden essentials—especially hoses, hand tools, gloves and knee pads—for chemicals and heavy metals such as lead, cadmium, phthalates and Bisphenol A (BPA), which are linked to birth defects, hormone imbalances, learning delays and other serious health problems. The researchers found that nearly two-thirds of the tested products contained levels of chemicals that concerned them greatly.

Cautious gardeners should seek products that are free of polyvinyl chloride (PVC) and lead-free, and follow good garden hose hygiene: Avoid drinking out of the hose, don't leave it exposed to the sun (where water within the hose can absorb chemicals) and always flush it out before watering edible plants.



Source: EcologyCenter.org



## A DIET FOR HEALTHY BONES

Age-related bone mass loss and decreased bone strength affect both genders. Now, the first randomized study, published in the *Endocrine Society's Journal of Clinical Endocrinology and Metabolism*, indicates that consuming a Mediterranean diet enriched with olive oil may be associated with increased serum levels of osteocalcin, a protein that plays a vital role in bone formation. Earlier studies have shown that the incidence of osteoporosis in Europe is lower in the Mediterranean basin, possibly due to the traditional Mediterranean diet, which is rich in fruits, vegetables, olives and olive oil.

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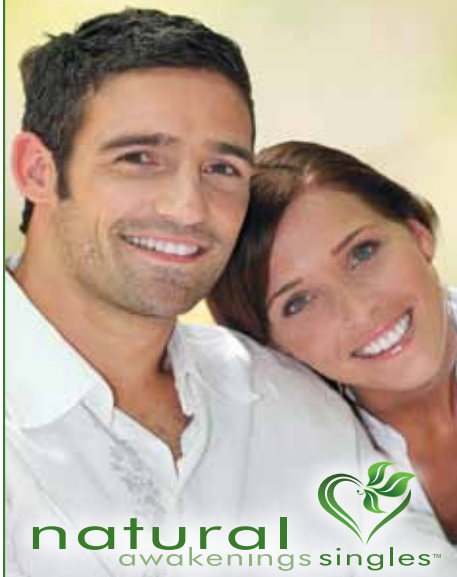
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The Earth is what we all have in common.

~Wendell Berry

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News and resources to inspire concerned citizens to work together in building a healthier, stronger society that benefits all.

### Cool Tool

#### New Calculations for Polar Ice

A new report from the University of Washington, in Seattle, published in the journal *Science* on polar ice sheets in Greenland and Antarctica, works to reconcile differences between sometimes-conflicting research studies. Scientists compiled 20 years of data to determine how much ice is being lost and sea levels have increased as the global climate warms.

Past studies have shown a range of ice losses, from zero to catastrophic. When the data was synthesized and analyzed holistically, it became clear that the ice sheets are losing three times as much ice each year as they did in the 1990s—in the middle of previous estimates.

Ice sheets are one of several main drivers of rising sea levels. Other factors, which account for 80 percent of the increase, include the melting of glaciers on land and the expansion of the sea itself as the atmosphere heats up. The melting of polar sea ice has no direct effect on sea levels because the ice is already in the water.

Glaciologist and co-author Ian Joughin told *The Christian Science Monitor*, “The melting needs monitoring to further understand the ice sheet processes leading to the change.”



### Thrifty Threads

#### Levi's Latest Sustainable Moves

World record holder and Olympic champion sprinter Usain Bolt will soon model Puma boots that are “made for rotting,” and when the next Levi Strauss collection arrives, their new jingle will be, “These jeans are made of garbage.” Crushed brown and green half-liter plastic bottles will be on display at retail store displays, of which the equivalent of eight, or 20 percent, are blended into each pair of Waste<Less jeans.

Nike and Gap have their own sustainability programs, and Patagonia has long supported a small ecosystem of Earth-friendly suppliers. But as the biggest maker of jeans in the world, with sales of \$4.8 billion in 2011, Levi's efforts command the most attention.

Levi joined the Better Cotton Initiative, a group of companies that work with local nongovernmental organizations in Pakistan, India, Brazil and Mali to teach farmers how to grow cotton with less water. Last year marked the first cotton harvest given this effort and Levi has blended its share into more than 5 million pairs of jeans.

With cotton prices on the rise and pressure from activist groups such as BSR, an environmental organization that works with businesses, large clothing manufacturers are starting to adopt more sustainable practices.



Source: Business Week



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## Online Literacy Students Learning to Adopt Internet Academics

The findings of a survey of teachers conducted by the Pew Research Center's Internet & American Life Project, in collaboration with the College Board and the National Writing Project, show that the Internet has opened up a vast world of information for today's students, but digital literacy skills need improvement.

Three-quarters of Advanced Placement and National Writing Project teachers say that the Internet and digital search tools have had a "mostly positive" impact on their students' research habits, but 87 percent say these technologies are creating an easily distracted generation with short attention spans, and 64 percent say they do more to divert students' attention than to help them academically.

The good news is that 99 percent of teachers in the study agree with the notion that, "The Internet enables students to access a wider range of resources than would otherwise be available," and 65 percent agree that, "It makes today's students more self-sufficient researchers."

Read the full report at [Tinyurl.com/TeenResearch](http://Tinyurl.com/TeenResearch).

Suburbia is where the developer bulldozes out the trees, then names the streets after them.

~Bill Vaughan

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## Nordic Order

### Sweden Running Out of Garbage



Sweden's successful recycling program ensures that only 4 percent of the country's waste ends up in landfills, while the other 96 percent is reused. But this means incinerators that burn waste to create heat and electricity are running short on fuel. As a solution, Sweden has recently begun to import about 800,000 tons of trash every year from other

European countries, most of it from neighboring Norway, which finds it a cost-effective option.

# 53 Wheatgrass Health Benefits

Why Drink Wheatgrass? Well, Here Are 53 Reasons Why!



## MAJOR HEALTH BENEFITS

- Lowers Blood Pressure
- Detoxifies and Cleanses the Body
- Suppresses Appetite
- Boosts Red Blood Cells
- Is an Antioxidant
- Protects Against Cancer

1. Wheatgrass is the ultimate energizer for body and mind.
2. Toz of wheatgrass juice contains the nutrients of 2.5lbs of green vegetables!
3. Wheatgrass is superior to other vegetables because it has been found to have over 100 elements needed by man. If grown in organic soil, wheatgrass absorbs 92 of the known 102 minerals from the soil. (including calcium, magnesium, iron, zinc, potassium, phosphorus and cobalt).
4. Juice wheatgrass to fight and protect against illness.
5. Wheatgrass is a vitamin-rich superfood. Many amino acids, vitamins, and minerals.
6. Wheatgrass juice builds red blood cells: stimulates healing.
7. By drinking wheatgrass it improves digestion.
8. Drinking wheatgrass juice can slow the graying of hair.
9. Wheatgrass reduces high blood pressure as it enhances the capillaries.
10. Wheatgrass juice flushes the body of toxins.
11. Wheatgrass juice benefits the skin as it acts as a cleanser and astringent.
12. Science has proven that chlorophyll arrests growth and development of harmful bacteria.
13. Chlorophyll in wheatgrass also helps to purify the liver.
14. Drinking wheatgrass juice is useful in treating constipation and keeping the bowels open. It is high in magnesium.
15. Wheatgrass juice benefits and boosts sexual stamina. Farmers in the American midwest who have sterile cows and bulls put them on wheatgrass to restore fertility. (The high magnesium content in chlorophyll builds enzymes that restore the sex hormones).
16. A small amount of wheatgrass juice in the human diet prevents tooth decay.
17. Drinking wheatgrass juice helps in eliminating body odors.
18. Wheatgrass has a high amino acid content: promotes cell regeneration.
19. Wheatgrass is a potent source of enzymes: Maintains Youthfulness.
20. Liquid chlorophyll washes drug deposits from the body.
21. Chlorophyll in wheatgrass improves blood sugar

problems.

22. Wheatgrass juice cures acne and even removes scars after it has been ingested for seven to eight months. The diet must be improved at the same time.
23. Wheatgrass Juice benefits skin problems such as eczema or psoriasis.
24. Wheatgrass is great for blood disorders of all kinds.
25. Wheatgrass can dissolve the scars that are formed in the lungs from breathing acid gasses. The effect of carbon monoxide is minimized since chlorophyll increases hemoglobines production.
26. Wheatgrass juice benefits getting over sickness. Gargle wheatgrass juice to help get rid of a sore throat.
27. For pyorrhea of the mouth, lay pulp of wheatgrass soaked in juice on diseased area in mouth or chew wheatgrass. Spit out the pulp.
28. Wheatgrass juice can remove heavy metals from the body.
29. Wheatgrass juice is an excellent skin cleanser and can be absorbed through the skin for nutrition. Pour green juice over your body in a tub of warm water and soak for 15 to 20 minutes. Rinse off with cool water.
30. One may feel a difference in strength, endurance, health, and spirituality and experience a sense of well-being by drinking wheatgrass juice.
31. Wheatgrass benefits the body as a whole. It is a body cleanser, rebuilder, and neutralizer of toxins.
32. Wheatgrass implants (enemas) are great for healing and detoxifying the colon walls. The implants also heal and cleanse the internal organs. After an enema, wait 20 minutes, then implant 4-ounces of wheatgrass juice. Retain for 20 minutes.
33. Wheatgrass fights tumors.
34. Wheatgrass works as a sleep aide. Merely place a tray of living wheatgrass near the head of your bed.
35. Sweetens the breath and firms up and tightens gums. Just gargle with the juice.
36. Wheatgrass enhances a bath. Add some to your bath water and settle in for a nice, long soak to cleanse your skin.
37. Externally applied to the skin wheatgrass juice can help eliminate itching.
38. Wheatgrass is a beauty treatment that slows down the aging process when the juice is consumed almost immediately.
39. Wheatgrass juice restores fertility and promotes youthfulness.
40. Wheatgrass lessens the effects of radiation. One enzyme found in wheatgrass, SOD, lessens the effects of radiation and acts as an anti-inflammatory compound that may prevent cellular damage following heart attacks or exposure to irritants.
41. Wheatgrass juice held in the mouth for 5 minutes will eliminate toothaches and poisons from gums.

42. Wheatgrass benefits the bloodstream. Chlorophyll (found in wheatgrass) rebuilds the bloodstream. Studies of various animals have shown chlorophyll to be free of any toxic reaction. The red cell count was returned to normal with four to five days of the administration of chlorophyll, even in those animals that were known to be extremely anemic or low in red cell count.
43. Renowned nutritionist, Dr. Bernard Jensen says that it only takes minutes to digest wheatgrass juice and it uses up very little body energy.
44. Wheatgrass benefits the brain. It is high in oxygen like all green plants that contain chlorophyll. The brain and all body tissues function at an optimal level in a highly oxygenated environment.
45. Wheatgrass is 70% chlorophyll! Chlorophyll is the first product of light and contains more light energy than any other element.
46. Wheatgrass benefits the colon because it is a crude chlorophyll and can be taken orally and as a colon implant without toxic side effects.
47. Chlorophyll is the basis of all plant life and a very powerful energy booster .
48. Dr. Ann Wigmore helped people get well from chronic disorders for 30 years using wheatgrass.
49. Wheatgrass juice benefits a detox. It is a superior detoxification agent compared to carrot juice and other fruits and vegetables. Dr. Earp Thomas, an associate of the late Ann Wigmore, says that 15 pounds of wheatgrass is the equivalent of 350 pounds of carrots, lettuce, celery, and so on.
50. In the 1940 American Journal of Surgery, Benjamin Cruskin, MD recommended chlorophyll to: clear up foul-smelling odors, neutralize strep infections, heal wounds, hasten skin grafting, cure chronic sinusitis, overcome chronic inner-ear inflammation and infections, reduce varicose veins and heal leg ulcers, eliminate impetigo and other scabby eruptions, heal rectal sores, successfully treat inflammation of the uterine cervix, get rid of parasitic vaginal infections, reduce typhoid fever, and cure advanced pyorrhea in many cases.
51. Drinking wheatgrass juice benefits human tissue. Liquid chlorophyll gets into the tissues, refines them, and rebuilds and rejuvenates them.
52. Wheatgrass is a natural healer. Chlorophyll is anti-bacterial and can be used inside and outside the body as a healer.
53. Wheatgrass contains the P4D1 Enzyme that has been found to do two things in the human body. It is the first known substance to actually stimulate repair of DNA molecules. It is possible that disease cells can be repaired with P4D1 so that when they reproduce they will actually produce good cells. P4D1 has also been shown in laboratory tests to eat the protein sheath off a cancer cell so that the white blood cells can attack and destroy them.

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# GREEN WATERS

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## ALKALINE WATER MAJOR BENEFITS

### LOSE WEIGHT:

Alkaline water can help lose weight by cutting in on our fat reserves. Acidity is the main culprit because we tend to store more fat than we require. Our dietary patterns not only include more fat but also more acidic foods that further aggravate the problem of a decreased pH level. We should aim to maintain a pH balance of 7.40 which is slightly alkaline. Drinking alkaline water helps in two ways. One that we hydrate our body as our body is 70% water, and second it helps in cutting down on acidity and then on fat.

### ANTI AGING:

Water is a good anti aging method and drinking ionized water is even better as it helps reduce acne and eczema apart from other skin problems. Alkaline water forms small clusters that are easy to absorb and they hydrate our body more effectively causing our skin to plump up and age more slowly.

### REDUCE THE CHANCES OF OSTEOPOROSIS:

Acidity leaches out calcium and magnesium from our body leading to osteoporosis. To combat this problem, alkaline water can help get rid of acidity by neutralizing it and bringing our body in pH balance. The more we lose important minerals from our body the more our bones and body becomes weak, and we become more prone to osteoporosis. The

easiest step to avoid such a problem is to drink alkaline water.

### BUILD CARDIOVASCULAR HEALTH:

Acidic reserves in our body create several health problems like diabetes, kidney stones etc. Poor digestion led by stress and poor dietary habits add to decreased cardiovascular health. Acidic waste builds up and can aggravate this condition. To get rid of this waste, alkaline water can help neutralize the acidity in our body.

### REDUCE JOINT PAIN AND ARTHRITIS:

Joint pain develops only when our body is acidic. Alkaline water can combat that by regulating our pH balance and thus eliminating free radicals in our body that target joint causing pain and aggravating arthritic pain. Alkaline water has antioxidants that help reduce free radicals in our body.

### REDUCE CANDIDA:

Along with other healthy bacteria, candida ferments sugar in our body and is present in our bodies for normal health reasons. When yeast proliferation occurs, candida is more in comparison to friendly bacteria in our body leading to a weakened immune system. Alkalinity can help neutralize this condition.

### REDUCE INFECTIONS, FLU AND COLDS:

Immunity weakens with more and more acidity in our body and thus we fall sick

more frequently. Alkaline water can help build up alkaline reserves and neutralize acids helping our body to recuperate and grow strong.

### DETOXIFY:

Alkaline water has detoxification properties and it helps to get rid of free radicals. It is also easily absorbed as it is less clustered. Detoxification occurs as alkaline water has antioxidants that act on free radicals in our body, built up because of acidity.

### DECREASE RISK OF CANCER:

We have a higher risk of cancer when our bodies are acidic in nature. Doctors promote alkaline water and alkaline dietary habits only to combat these health risks that are associated with acidity. Alkaline water is a good way to combat cancer risk and get rid of acidity reserves in our body. Cancer develops when our body cells become unhealthy and adapt to our body's unhealthy environment when our body is acidic. Alkaline water can help reduce the risk of unhealthy cell growth.

### INCREASE ENERGY RESERVES:

Alkaline water is a reservoir of hydroxyl or OH- molecules that is free oxygen for our body. Our blood stream requires oxygen to provide energy to our body and alkaline water can help provide this much needed oxygen in our system. This means an instant boost in our energy levels.



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## Survival Alert

Join America's Start Saving Water Now Challenge



America, like most of the rest of the world, is running short of fresh water. Our welfare depends on having annual access to 150 trillion gallons of fresh water for drinking, cleaning, growing food, making products and generating electricity. In every region of the country, the conservation and recycling of this vital resource is a key solution to achieving a sustainable future.

"We can do better" is the urgent message of the 2013 National Mayor's Challenge for Water Conservation. Last year, people in more than 1,000 cities took simple actions to save water and related energy expenditures, pledging to collectively reduce their water use by 4.7 billion gallons over one year.

The Wyland Foundation, supported by the National League of Cities and the Environmental Protection Agency, are again sponsoring prizes for residents in the most "water-wise" cities, based on pledges to be made in April. Last year, \$50,000 in awarded prizes included a Toyota Prius, Lowe's gift cards and 1,200 water-saving fixtures.

Sign on at [WylandFoundation.org/mywaterpledge](http://WylandFoundation.org/mywaterpledge).



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## Keystone XL Fight Protesters Rally Again Against Tar Sands Pipeline

In February more than 10,000 citizens rallied at the White House, calling on President Obama to honor his clean energy campaign promises and reject the proposed Keystone XL Pipeline, resulting in multiple arrests of protest leaders. The 1,700-mile pipeline, a project of TransCanada Corporation, would carry tar sands crude oil south from Alberta, Canada, through multiple heartland states to refineries on the Gulf Coast.

"As our nation's worst-ever economic recession drags on, creating jobs in the clean energy sector should be priority number one," states a Sierra Club Beyond Oil campaign spokesperson. "Building the poisonous Keystone XL pipeline would put the brakes on clean energy and exacerbate the pollution and public health problems that come with America's dependence on dirty, dangerous oil."

The Sierra Club reports that pipeline plans require clear-cutting boreal forests and consuming huge amounts of energy and water, leaving behind toxic lakes. An associated oil spill could devastate aquifers that supply water to 30 percent of America's irrigated farmland (2,554 U.S. oil pipeline spills occurred from 2000 to 2009). Opponents are also concerned the pipeline would exacerbate air pollution and cancer, respiratory illnesses and other health problems in communities surrounding oil refineries in Chicago, Detroit and Houston.

For states directly impacted, visit [Tinyurl.com/KeystoneXLMap](http://Tinyurl.com/KeystoneXLMap). Learn more and take action at [SierraClub.org/dirtyfuels/tar-sands](http://SierraClub.org/dirtyfuels/tar-sands).



## Gas Saver

Keep Bucks in Your Pocket at the Pump



When mass transit isn't an option, drivers have many ways to save money by coaxing more miles per gallon (mpg) from their vehicle. It's easy to adopt some simple driving and maintenance habits.

**Slow down.** According to the U.S. Environmental Protection Agency (EPA), driving at 55 mph instead of 65 mph can improve gas mileage by as much as 15 percent.

**Reduce excess weight.** An extra 100 pounds of nonessential cargo in a vehicle could reduce mpg by up to 2 percent, according to the U.S. Department of Energy.

**Properly inflate tires.** The increased surface area of the rubber in soft tires

meeting the road creates ongoing drag and a greater demand on the engine.

**Keep the engine tuned.** Regularly check and refresh fluid levels, especially in colder regions where winter places additional stress on engine parts. While high-quality synthetic motor oil blends may protect the engine better than conventional oil, they don't eliminate the need for regular oil changes, according to *JiffyLube.com*. The National Institute for Automotive Service Excellence notes that one misfiring spark plug can reduce fuel efficiency by up to 30 percent.

**Avoid rapid accelerations and braking.** The EPA estimates that about half of the energy needed to power a car is consumed during acceleration, and fuel economy can be improved by as much as 10 percent by avoiding unnecessary braking.

**Keep the engine air filter clean.** According to *AAA.com*, a clogged filter strains performance. In some cars, the filter can be easily checked by the owner; or drivers may ask a technician to do so during regular tune-ups.

## Moonstruck:

Those stories about a full moon and how it affects us? - all true... so it seems.

With relation to health, if you have any existing condition, take extra good care of yourself just before and during a full moon phase. Come to think of it, you should always take extra good care of yourself, no matter what phase you're gooding through!

## QUICK HEALTH TIP:

### Getteing Rid of Drepression:

Close your eyes and see dark clouds above you. As you stand under these clouds, see yourself blowing them away to the left by blowing out three breaths (in imagery, not physically). Then look up in the sky to the upper right and watch the sun enter the sky above you. When finished, know that the blues have gone.

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## Both women are 60 years old

**What is the difference between the two?**



Betty lives in a nursing home, is confined to a wheelchair, has heart failure and diabetes, and requires assistance eating her meals and going to the restroom.



Vivian travels four times a year, enjoys her weekends with grandkids, plays tennis, drives to and from Dallas to Louisiana twice a month to visit family, and is enjoying retirement.

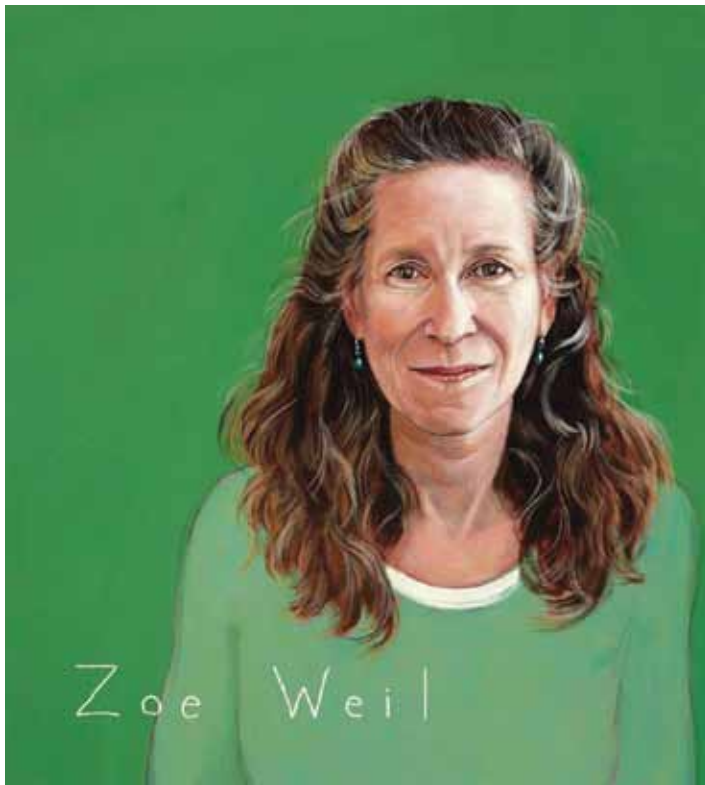
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Zoe Weil portrait by Robert Shetterly

positive choices and the necessary tools for problem solving. “These elements enable students to take all that they learn and use it with reverence and a sense of responsibility,” says Weil.

Her institute offers the only master’s degrees in humane education that this approach requires, with complementary in-class and online programs for young people and adults. Her determined vision is slowly becoming a reality as teachers become familiar with these concepts and integrate them into hands-on, project-based learning that crosses disciplines and better marries school experiences with real-life lessons.

### Make the Extraordinary Ordinary

Massachusetts Institute of Technology’s Seymour Papert, a renowned educator and computer scientist, has conducted in-depth research in how worthy real-world topics get students excited about what they learn. They increase their tendency to dig more deeply and expand their interest in a wide array of subjects as they better retain what they learn, become more confident in trusting their own judgment and make the connections needed to broadly apply their knowledge. Young people learn how to collaborate and improve their social and group speaking skills, including with adults.

# THE NEXT LEVEL

## Education for a More Sustainable World

by Linda Sechrist

“What is the purpose of education?” That’s a question Zoe Weil frequently revisits with her workshop audiences. As co-founder and President of the Institute for Humane Education (IHE), Weil has spent most of her adult life researching the answer. Her conclusion is that the U.S. Department of Education’s present goal of preparing graduates to “compete in the global economy” is far too myopic for our times.

Weil’s firsthand research, which grounds her book, *The Power and Promise of Humane Education*, has led her to forward the idea that the goal should be inspiring generations of “solutionaries” prepared to joyfully and enthusiastically meet the challenges of world problems.

“I believe that it is incredibly irresponsible for America’s educators and policymakers not to provide people with the knowledge of interconnected global issues, plus the skills and tools to become creative problem solvers and motivated change makers in whatever fields they pursue,” says Weil.

Weil points to four primary elements that comprise a humane education: providing information about current issues in age-appropriate ways; fostering the Three C’s of curiosity, creativity and critical thinking; instilling the Three R’s of reverence, respect and responsibility; and ensuring access to both

We need to build cases for environmental protection around broad-based community concerns like health, quality of life, the protection of watersheds and wildlife and the education of our children. Environmental issues are also social, economic and quality of life issues. Our challenge is to bring life-sustaining principles into creative thinking for the long view, rather than the short term.

~ Terry Tempest Williams

According to Papert, project-based learning improves test scores and reduces absenteeism and disciplinary problems. “If schoolchildren are given the gift of exploration, society will benefit, both in practical and theoretical ways,” notes Papert.

## Telling Transformation

Papert's observations were affirmed by middle school students at Voyagers' Community School, in Farmingdale, New Jersey, in one of the IHE 10-week online classes—Most Good, Least Harm—in April 2012. "Initially, students were intimidated and underestimated their ability to express their thoughts and concerns or debate issues with the adult participants. That challenge faded quickly," remarks Karen Giuffre, founder and director of the progressive day school.

Posing provocative questions like, "What brings you joy?" and engaging in conversations in subjects like climate change, racism, recycling, green energy, genocide and war challenged the students to step up to become respected equals. "This demanded a lot from these young people, because the experience wasn't only about absorbing complex issues and developing an awareness of the material, political, economic and cultural world around them. It was also about how they probed their minds and emotions to determine where they stood on issues and what they could do to change their lifestyle, or that of their family and community, to make it more sustainable," says Giuffre.

The students went on to help organize a peace conference that entailed 20-plus workshops to inspire an individual mindful awareness of peace that motivates and empowers the peacemaker within. It was intended to incite collective action across generations, explains Giuffre, and was followed by community service to people impacted by Hurricane Sandy.

## Answering the Call

Children or adults that participate in activities such as those created by IHE or the National Association of Independent Schools (NAIS) Challenge 20/20 are developing what Peggy Holman describes as "change literacy", the capacity to be effectively present amid a changing set of circumstances. Holman, an adjunct professional lecturer at American University's School of Public Affairs, in Washington, D.C., is co-founder of the Open Space Institute-US, which fosters whole-system engagement, and author of *Engaging Emergence*.

"Conversational literacy—the capacity to talk and interact in creative ways with others that are very different from us—is our birthright. However, change literacy, a necessary skill for future leaders, is learned via curiosity," advises Holman. "In my experience, children grasp it more quickly than adults, because authentic expression and curiosity come naturally to them. Children don't have a long history, and so are naturally more present when engaged in exploring things that matter."

Global problems of deforestation, peacekeeping, conflict prevention, terrorism, water pollution and shortages, natural disasters and mitigation, global warming, education for all, biodiversity, ecosystem losses and global infectious diseases aren't yet subjects found in a normal curriculum for grades five through nine. However, the Internet-based Challenge 20/20 program now has youth in nearly 120 independent and traditional schools throughout the United States working on solutions that can be implemented both locally and globally.

"Challenge 20/20 partners American schools at any grade level [K-12] with counterpart schools in other countries, free

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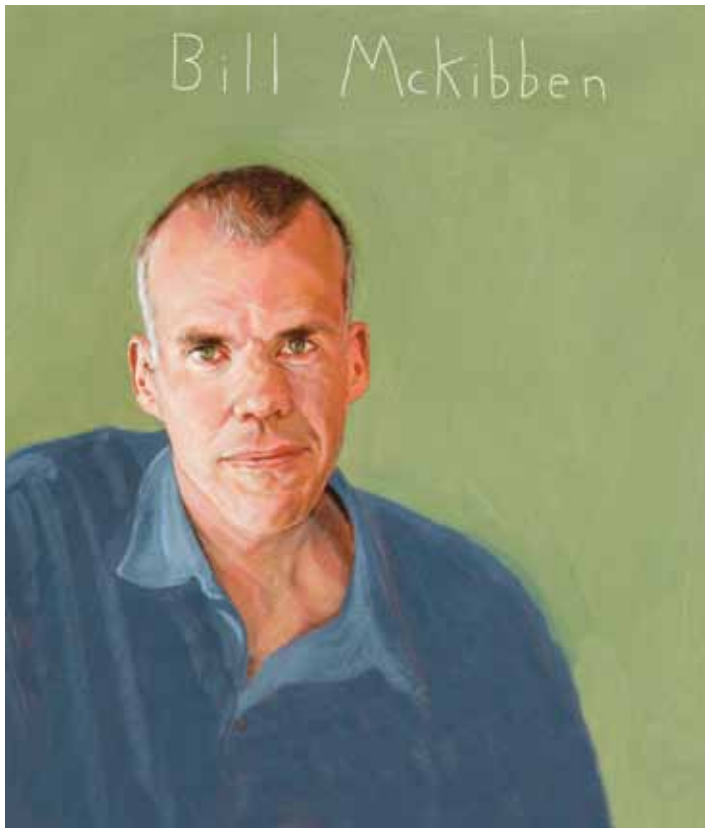
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Bill McKibben portrait by Robert Shetterly

deficit, Fay students focused on the challenges families in underdeveloped countries face that must walk miles to find clean, safe, water sources.

A taxing water-carrying experiment brought immediate appreciation for the difficulty of transporting water, prompting them to invent the Water Walker. The modified rolling cooler with heavy-duty straps attached can carry up to 40 quarts of water on large, durable wheels and axles designed to navigate rocky terrain.

### Re-Imagining Education

“Transformative learning, which is vital to the learning journey, goes beyond the acquisition of information,” says Aftab Omer, Ph.D., president of Meridian University, in Petaluma, California, and founder of its formative Institute of Imagination Studies. “In informational learning, we acquire facts, concepts, principles and even skills, but in transformative learning, we are cultivating capacities. This is how certain capabilities become embodied in us, either as individuals or as human systems,” he advises.

Portrait artist Robert Shetterly tours with his series of more than 100 portrait paintings in traveling exhibits titled Americans Who Tell the Truth. They are helping individuals learn to embody patience, perseverance and compassion, while enhancing their understanding of sustainability, social justice, civic activism, democracy and civil rights, via both historical role models and contemporary mentors such as environmental activist Bill McKibben, conservationist Terry Tempest Williams and renowned climate scientist James Hansen.

“We don’t need to invent the wheel, because we have role models that have confronted these issues and left us a valuable legacy,” remarks Shetterly.

In 2004, he collaborated to produce a companion curriculum with Michele Hemenway, who continues to offer it in Louisville, Kentucky, elementary, middle and high schools. Hemenway also teaches Art in Education at Jefferson Community & Technical College and 21st-Century

of cost,” explains NAIS Director Patrick Bassett. “Together, teams tackle real global problems while forming authentic bonds and learning firsthand about cross-cultural communication.” Qualifying students may have an opportunity to share their experiences at the association’s annual Student Diversity Leadership Conference.

In 2010, 11 students at the Fay School, in Southborough, Massachusetts, partnered with Saigon South International School (SSIS), in Vietnam. After a year of studying, raising awareness and brainstorming solutions for the global water

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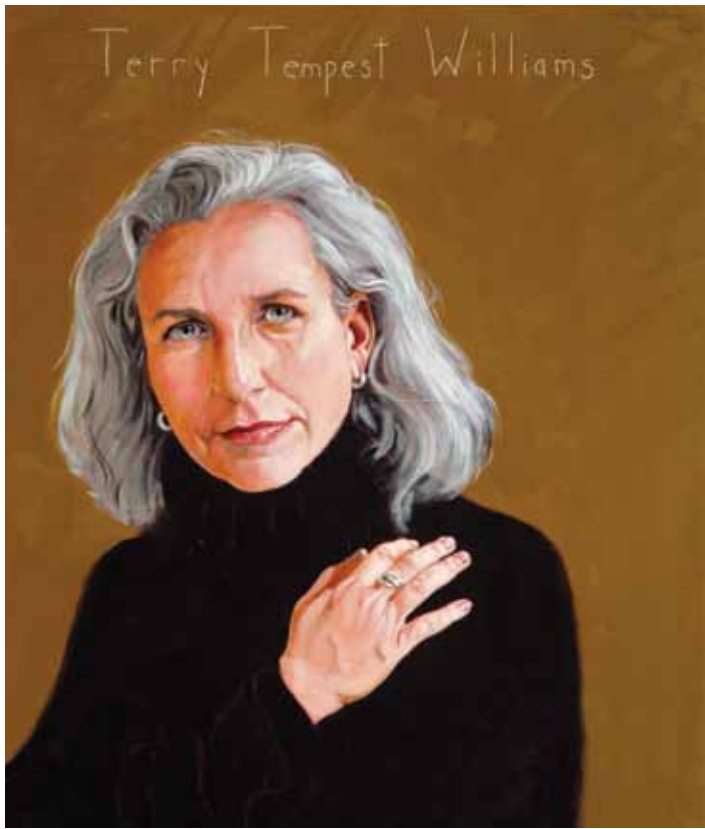
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Terry Tempest Williams portrait by Robert Shetterly

Terry Tempest Williams

own strengths, helped the student get a blighted building torn down, document and photograph neighborhood chemical dumping and have it stopped and succeed in establishing a community garden, a factor known to help reduce crime.

Among Shetterly's collection is the portrait of John Hunter, a teacher in Charlottesville, Virginia, who devised the World Peace Game for his fourth grade students. Children learn to communicate, collaborate and take care of each other as they work to resolve the game's conflicts. The game triggers an eight-week transformation of the children from students of a neighborhood public school to citizens of the world.

Demonstrating transformational learning at its best, they experience the connectedness of the global community through the lens of economic, social and environmental crises, as well as the imminent threat of war. Hunter and his students are now part of a new film, *World Peace and Other 4th-Grade Achievements*, which reveals how effective teaching can help unleash students' full potential.

Professor Emeritus Peter Gray, of Boston College, who researches comparative, evolutionary, developmental and educational psychology, believes the transformational method will be accepted as part of the increased demand to integrate enlightened educational approaches in public schools. The author of *Free to Learn* notes, "A tipping point can occur. It's happened before, when women won the right to vote, slavery was abolished and recently when gays were openly accepted in the military."

Weil agrees that when more individuals commit to working toward a sustainable and just world, it will happen. "What's more worthy of our lives than doing this work for our children and coming generations?" she queries. "How can we not do this for them if we love them?"

*Linda Sechrist is a Natural Awakenings senior staff writer. For recorded source interviews and additional perspective, visit her website, [ItsAllAboutWe.com](http://ItsAllAboutWe.com).*

Civics at Bellarmine University, both in Louisville.

Out of many, she shares a particularly compelling example of a student transformed due to this learning method: "I taught a young girl studying these true stories and portraits from the third through fifth grades when she took her place in a leadership group outside the classroom. Now in middle school, she is doing amazing things to make a difference in her community," says Hemenway.

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## Household CLEANSE

### Banish these Five Chemicals for a Domestic Detox

by Gail Griswold-Elwyn



“Americans are collectively more aware and educated than just a few years ago about the range of environmental chemicals we inhale and ingest, yet most still live with dangerous substances in their homes,” according to Jen Loui. She is a Leadership in Energy & Environmental Design-accredited professional in St. Louis and an industry expert who writes green curricula for high schools across the country.

Guarding against pollution of indoor air is a good place to start; the U.S. Environmental Protection Agency (EPA) has ranked poor air quality among the leading environmental dangers, reporting links to many common health problems. Here’s how to rid the family home of the top five common household toxins.

**Formaldehyde.** Traces of this toxin, the same chemical used to embalm the deceased, pervade almost every room. “My clients are often shocked to learn that they likely ingest this toxic, cancer-causing chemical every day of their lives,” says P. Richelle White, a sustainable lifestyle coach and co-owner of Herb’n Maid, a green cleaning and concierge service in St. Louis. “Because formaldehyde is often an ingredient in everyday things like cosmetics, faux wood furniture and conventional cleaning products, they get a daily dose of it.”

Even at low levels, formaldehyde can cause eye, nose, throat and skin irritation; at its most malignant levels, it can cause severe allergic asthma, infertility and lymphoma, according to the Illinois Department of Public Health.

**Healthier choices:** Switch to all-natural beauty products and cosmetics. At minimum, check that compressed wood fibers don’t use a formaldehyde-based chemical as a binding agent; better yet, choose natural, reclaimed wood for interior surfaces and furnishings.

**Polyvinyl chloride.** PVC is omnipresent and dangerous. Water bottles, nylon backpacks, pipes, insulation and vinyl tiles generally contain PVC, as well as almost anything waterproofed, such as baby changing mats and mattress covers. PVC usually contains plasticizers called phthalates, which are released over time; it also can chemically combine with other organic materials to produce toxic dioxin byproducts. According to Greenpeace and the Natural Resources Defense Council (NRDC), PVC byproducts and vapors are endocrine disruptors that can mimic or block hormones in the body. In addition, the EPA has linked PVC to serious respiratory problems, immune suppression and cancer.

**Healthier choices:** Look for PVC-free plastics. When shopping for waterproofed

items, choose those with coatings made from polyurethane or polyester.

**Phthalates.** A 2007 report by the NRDC notes that 12 out of 14 common brands of household air fresheners and room sprays contain phthalates, which people regularly inhale primarily because these chemicals prolong the time that products maintain their fragrance. In studies conducted by the World Health Organization, researchers concluded that consistent exposure to phthalates could increase the risks for endocrine, reproductive and developmental problems. The majority of synthetic air fresheners were found to also emit significant amounts of terpene, a volatile organic compound (VOC) that can react with naturally occurring ozone to create formaldehyde.

**Healthier choices:** Put boxes of baking soda in cabinets to absorb odors and scent interiors with all-natural oils and potpourri.

**Chlorine.** According to the American Lung Association, most conventional cleaning products include some chlorine, with large concentrations in bleach.

“Allergies, asthma,  
lung cancer and heart problems  
have all been linked to poor  
indoor air quality.”

~ U.S. EPA

Inhalation of chlorine can irritate the respiratory system; prolonged exposure can lead to lung disease and asthma.

**Healthier choices:** Purchase chlorine-free cleaning products, especially chlorine-free bleach. Or make inexpensive solutions of white, distilled vinegar mixed with a little lemon for scent for a multipurpose, multi-surface cleaner; try baking soda as a scrubbing powder.

**Volatile organic compounds.** VOCs are emitted as harmful gases by a wide array of products including paints, lacquers and paint strippers; cleaning supplies; pesticides; carpets and furnishings; office copiers and printers, correction

fluids and carbonless copy paper; plus graphics and craft materials that include glues and adhesives, permanent markers and photographic solutions. The EPA calculates that, "Concentrations of many VOCs are consistently higher [up to 10 times] indoors than outdoors."

**Healthier choices:** Look for VOC-free products and consider using organic clay paint, which has the added benefit of acting as an absorbent of toxic gases.

Most people spend up to 90 percent of their time indoors, where the air quality can be two to five times (and even up to 100 times) more polluted than the air we breathe outside, according to the EPA. "A simple solution is to open windows for a portion of each day or night to let in fresh air," advises Loui. Making these choices enables us to protect ourselves better at home.

*Gail Griswold-Elwyn is founding president of Rethink Renovations, of St. Louis, MO, which offers green design/build and construction services, including cabinetry and furniture that minimize environmental impact. Connect at 314-323-8845 or RethinkRenovations.com.*

### Something to think about...

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~William Blake

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~Alphonse Karr

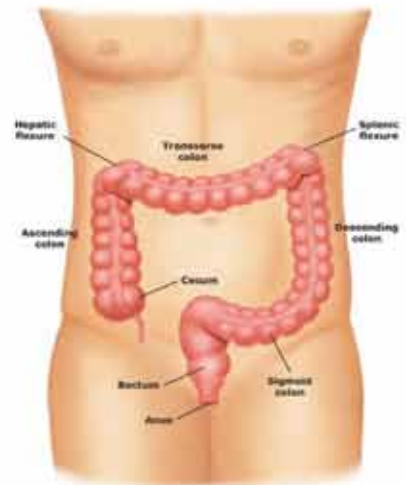
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# PARK IT HERE

## Exploring America's National Treasures

by S. Alison Chabonais

The Kent family, of Amherst, New Hampshire, has faced many “Can I really do this?” moments while adventuring in America’s national parks. So far they’ve visited 57, and with Pinnacles just named a full park in January, they’ll likely be headed for California again. American Samoa, in the South Pacific, potentially the last and most remote destination of their 11-year odyssey, is under serious consideration.

Along the way, father Scott, mother Lisa and (now) 18-year-old Tanner and 16-year-old Peyton each grew increasingly self-confident in testing their skills at everything from spelunking, subtropical snorkeling and paragliding to ice trekking and kayaking subarctic waters. “If they offered it, we tried it,” says Lisa. “Our family regularly debates our favorite memories.”

While they hiked and explored natural rock formations at every opportunity—including New Mexico’s Carlsbad Caverns, Kentucky’s Mammoth Cave, South Dakota’s Wind Cave and California’s Yosemite—the gals also liked to ride horses while the guys fly fished. “One of my favorite moments

was when Tanner and I hiked a Colorado trail to a pristine lake in Rocky Mountain National Park, where he caught his first trout,” recalls Scott.

“I never give the same answer as to the best experience or best park,” adds Tanner, citing Yellowstone, in Wyoming, and Wrangell-St. Elias, in Alaska, as particularly spectacular, partly for their distinctive wildlife. His favorite anecdote? “When I was little, I stared down a barracuda in the Dry Tortugas, off the coast of South Florida, wildly pointing it out to Dad, who was calmly photographing itty-bitty fish and never saw it.”

“It’s so cool to get close to a big animal,” says Peyton, recalling when she and Mom were sea kayaking Alaska’s Glacier Bay near a humpback whale. “I thought we were going to end up in the whale’s mouth,” she laughs.

The family agrees that their longest expedition—eight Alaskan parks in three weeks—was extraordinary. “We had to fly into the Arctic Circle on a float plane and walk the ice using crampons,” Peyton notes about their visit to the remote Gates of the Arctic and Kobuk Valley, among America’s least-visited parks, in



contrast to the most-visited Great Smoky Mountains National Park, straddling Tennessee and North Carolina.

Whether witnessing Kodiak Island bears, Hawaiian volcanoes or Everglades’ alligators, their overarching mission was to visit every major park before Tanner embarked for college. The family’s National Park Service Passport already has 57 stamps secured during school holidays and summer vacations, timed to prime park seasons and complemented by destination photos.

“It’s easy to talk about the big moments, but you can have a memorable time in any park,” says Lisa, from appreciating the beauty of a boardwalk to boarding a ferry for an island picnic. “Getting back to basics has been really good for our family, part of the glue that binds us together.”

She says her growing children learned to be brave and patient, help fellow travelers and be happy without cell phones. “We moved away from immediate gratification to focusing on a greater good,” remarks Lisa. “We enjoy interacting and doing simple things together.”

The family assesses its national parks tour as affordable, accessible and affecting how they experience life as a software engineer (Scott), physical education teacher (Lisa) and student athletes (Tanner and Peyton). They are pleased to be counted among the innumerable national park visitors that have benefited since the inception of what Ken Burns’ video series characterizes as *America’s Best Idea*. Lisa sums it up: “You don’t have to do it as big as we did to get big out of it.”

*S. Alison Chabonais is the national editor of Natural Awakenings.*

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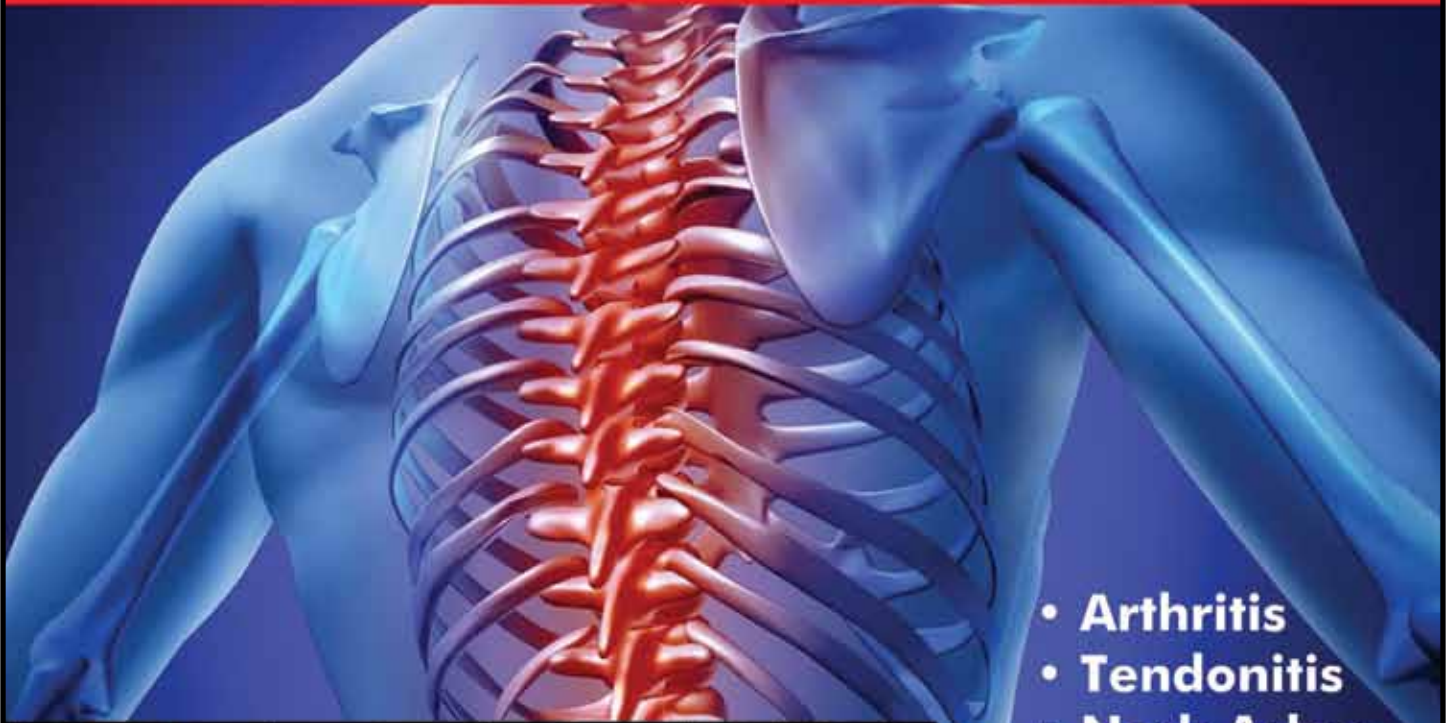
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- Arthritis
- Tendonitis
- Neck Aches
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- Muscle Pain
- Stiff Joints
- Cramps
- Back Pain



### Supplement Facts

Serving Size: 4 Tablets  
Servings Per Container: 62.5

Amount Per Serving	% Daily Value
Contains:	
Pancreatin 4x USP	750mg
Papain	600,000 USP
Bromelain	720 GDU
Trypsin	9,000 USP
Chymotrypsin	250 USP
Rutin	400mg
White Willow Bark (15% salicin)	100mg
Turmeric root	100mg

\* Daily Value not established

Other ingredients: Dicalcium phosphate, microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, enteric coating.

Pain & Inflammation Enzyme Blend is a comprehensive formula consisting of enzymes, herbs and bioflavonoids designed to naturally support your body's inflammatory response. Whether suffering from chronic pain or just overworking one's body on the weekend, Pain & Inflammation Enzyme Blend will help the body respond to pain and swelling safely and effectively.

Our formula uses plant-based enzymes, including papain and bromelain, as well as natural pancreatic enzymes, trypsin and chymotrypsin, in combination with white willow bark, the original source of salicylic acid - the precursor to aspirin, and antioxidants such as rutin and turmeric to support the body's natural response to inflammation. When taken on an empty stomach it is believed that enzymes will help manage inflammation by supporting healthy blood flow to irritated areas.

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**Pain & Inflammation**  
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# MAYBE IT'S YOUR THYROID!

**Your Thyroid gland's impaired function is one of the main causes of low metabolic energy in the body.**

If you're having trouble losing weight, feeling low on energy and stamina, have aches and pains (especially in the hands and shoulders and neck areas), vacillating between hot and cold all day, having night sweats or hot flashes... have fat deposits on your body (upper arms or neck area or high back), then your thyroid and adrenal glands are simply not functioning like they should at optimal levels.... Despite what any "normal" or "standard" blood testing is showing when you go to your regular medical doctor.

Every process that goes on inside your body requires ENERGY. When the body doesn't have enough energy to function properly, each component of the body will malfunction in its own unique way. For example, if the brain has too little energy, though processes such as memory and focus become impaired. Another example is... Your body operates at an optimum temperature of 98.6 - if your temp goes lower than that, energy is impaired throughout your entire body even by a few degrees. The easiest test for low functioning thyroid is to take your temp first thing in the morning before you get out of bed. If it's below 98.0 they you have a low functioning thyroid gland and most probably low functioning adrenals as well.

Symptoms of low metabolic energy: low body temp, low energy or fatigue, weight problems, slow wound healing, depression, anxiety, poor memory - focus - concentration, sleep disorders, frequent infections (skin, sinus, bladder, yeast, etc), allergies, autoimmune diseases, fibromyalgia, generalized aches and pains, headaches, low libido, infertility, low or high blood pressure, constipation, digestive disorders, numbness in hands or feet, vision disturbances, dry skin, acne, hair loss, brittle or coarse hair.... EVEN high cholesterol!

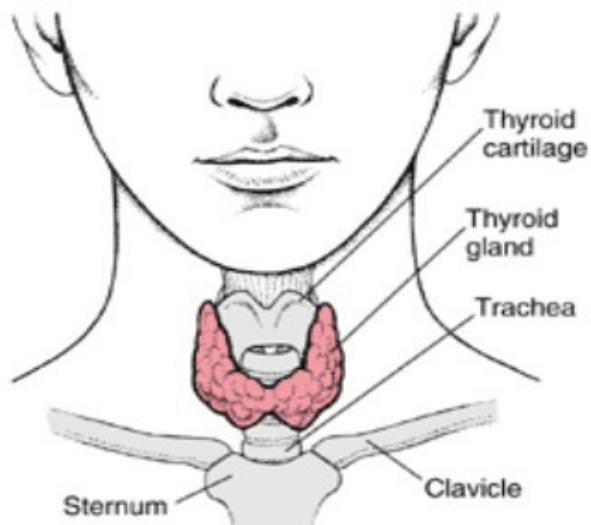
If you've been taking Levothyroxine or Synthroid... you're taking T4 only. Your doctor is most probably monitoring your TSH only (in some cases they might monitor T4 along with the TSH). No one is bothering to look at the real true FUNCTION of your thyroid system. Your doctor is ASSUMING that your body is converting T4 into enough FREE T3 to do the job. (We all know how much trouble we get into when we "ASSUME" anything!!!!) The ONLY way to determine the FUNCTION of your thyroid system is to look at and monitor the following levels:

**TSH, Free T4, Free T3, Reverse T3, ratio of Free T3/RT3, TPO (thyroid peroxidase antibodies), Thyroglobulin, Thyroglobulin antibodies, Ferritin**

Probably 75% of my clients that are on Synthroid or Levothyroxine have either Thyroid Resistance or Hashimoto's autoimmune thyroiditis and have never been diagnosed by their regular medical doctor properly... and therefore are NOT getting "treated" correctly! Most medical professionals don't bother to test for autoimmune diseases involving the thyroid because there is no drug protocol to "cure" it nor do they know what causes it. If you're on thyroid meds and still having issues or if you have any of the symptoms noted above....

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# Why Dr. Steve Believes in Juicing

## The Healthful Benefits of Juicing

Juicing is a great way to help improve the health and well-being of the body and mind. Today, more and more people are turning to this simple but healthful habit to help boost their overall health and longevity. So why is juicing so good for us?

Juicing delivers nutrients to the body in large amounts and in a way that is easy to digest and absorb. Although eating fruits and vegetables in their natural state is important, they cannot deliver nutrients in the same concentration and in such an easily digested form. Juices are free of the hard-to-digest fibers of the original whole fruits and vegetables. In addition, when we eat whole fruits and vegetables, more nutrients are lost due to the heat in the digestive process than when we consume the juices alone.

Also, most of the antioxidants found in fruits and vegetables are locked into the fibers, which a juicing machine breaks down. Breaking down the fibers releases more antioxidants than through chewing. One ounce of juice contains at least two portions of that fruit or vegetable, and often as much as eight to ten.

This intense concentration of nutrients is why many people choose to juice their fruits and vegetables. We now understand that juices can help with a variety of ailments and health conditions. For example, fruit and vegetable juicing recipes that are the highest in specific antioxidants have been shown to help fight cancer and are used for cancer prevention, treatment and recovery. Vegetables juices that are the most alkaline are suggested for helping with acidic conditions such as gout, acid reflux and joint pain. Juice recipes high in vitamin C help to boost the immune system and protect the body from heart disease, as vitamin C acts as an antioxidant that protects the arteries from damage that can lead to atherosclerosis.

Here are just a few benefits of juicing:

**Digests quickly and easily.** For anyone struggling with heartburn and acid-reflux issues, juicing provides almost

instantaneous digestion. Whole foods can take two to three hours to complete the digestive process, but juicing combinations take less than 30 minutes. Juicing retains the digestive enzymes in raw foods, which work to break down food debris in the digestive tract. The nutrients contained in the juice combinations help to regenerate glands and organs associated with digestion, thus increasing the body's ability to absorb nutrients more efficiently.

**Contains mega-doses of powerful nutrients.** Raw vegetable and fruit juicing offers the body a myriad of essential vitamins and minerals in their most natural and potent state.

**Helps with consumption of more fruits and vegetables.** Most of us fall short of the number of fruits and vegetables we should eat each day. Juicing enables us to consume large quantities of health-giving fruits and vegetables in a short time.

**Provides powerful antioxidants.** Antioxidants are vital for reversing free radicals, impure oxygen compounds that are produced by the body's metabolism, tampering with DNA, challenging the immune system and accelerating the visible signs of aging. With juicing, we can access powerful antioxidants in their purest form.

**Improves cardiovascular health.** Juicing the right combinations can help to target specific health concerns. Juicing improves the quality and flow of the blood, regulates blood pressure and keep the arteries clean.

**Detoxes the liver.** Juicing helps people with liver health. Among other things, the liver functions to produce bile for the breakdown of fats, convert sugars (glucose) to stored sugar (glycogen), filter harmful substances from the blood and store precious vitamins and minerals. Detoxification of the liver is like getting rid of a clogged air filter in a car and replacing it with a

new one. Toxins poison the system and contribute to disease and overall poor health.

**Alkalizes the system.** Daily stress, aging, obesity and the typical modern diet cause our bodies to have a high acidic pH. Too much acid is destructive to the body in numerous ways. Juicing (especially vegetable juicing) brings the body into a proper alkaline/acid balance, which also contributes to improved health.

**Nurtures eyes, hair, skin and nails.** Vitamins A, C and E and zinc can help provide healthy-looking hair and skin. Vitamin A, in particular, is known for its role in the health of the teeth, soft tissue, mucous membranes, vision and skin. It is found in carrots, pumpkin, spinach, grapefruit, apricots and broccoli.

**Boosts energy.** Juicing specific fruits, such as bananas, can boost the energy level quickly. Bananas contain vitamins B1, B2 and B6, which are directly related to the body's energy intake. Vitamin B1 assists in burning carbohydrates for energy, while vitamin B2 helps the muscle cells to produce energy.

**Targets specific health concerns.** Likely the most important reason for juicing is that we can combine herbs, spices, fruits and vegetables to effectively slow down, control and even correct specific health problems. This could potentially mean that we could prevent or heal life-threatening health conditions, simply by adding healthful juices to our diets.

*Dr. Steven Castille is a biochemist, doctor of natural medicine and publisher of Natural Awakenings. For more information, call the Natural Health Center at 337-896-4141 or 337-347-4141.*



EVEN THE MOST DISCIPLINED PERSON CAN FIND IT DIFFICULT TO EAT ALL THE CORRECT AMOUNTS OF VEGETABLES AND FRUITS...  
**So why not drink them?**



Research consistently shows that people who eat the greatest quantity of fruits and vegetables are about half as likely to develop cancer as those who eat little or no fresh fruits and vegetables. So it's not surprising that the United States Cancer Institute recommends eating 5 servings of fresh vegetables and 3 servings of fresh fruit each day. In fact, the phytochemicals in fruit and vegetables hold the keys to preventing many other modern diseases, such as heart disease, as well as debilitating conditions such as asthma, arthritis and allergies.

- Pat Crocker, Arthur *The Juicing Bible*

### 7-Day Body Detox

Beet, carrot, spinach, parsley, cucumber  
**(7) Box of six: \$210**

### Weekend Liver Cleanse

Carrot, cantaloupe, apricot  
**(3) Box of six: \$90**

### 21 Day Weight Loss

Lose 15 pounds in 21 days.  
 Blueberries, raspberries, spears pineapple, apples  
**(21) Box of six: \$450**

### Colon Cleanse

Cabbage, basil, carrot, apple, dill seed  
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### Custom Blend

(Check up to four vegetable or fruit below)

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## Spark of Life **WheJuice**

Vegetables and fruits naturally juiced and frozen to preserve vital nutrients.

This box contains a blend of frozen:

- |  |                                       |
|--|---------------------------------------|
| <input type="checkbox"/> Wheatgrass      | <input type="checkbox"/> Apples       |
| <input type="checkbox"/> Carrots         | <input type="checkbox"/> Oranges      |
| <input type="checkbox"/> Broccoli        | <input type="checkbox"/> Cherries     |
| <input type="checkbox"/> Kale            | <input type="checkbox"/> Cranberries  |
| <input type="checkbox"/> Spinach         | <input type="checkbox"/> Grapes       |
| <input type="checkbox"/> Cabbage         | <input type="checkbox"/> Grapefruit   |
| <input type="checkbox"/> Cucumbers       | <input type="checkbox"/> Lemons       |
| <input type="checkbox"/> Romaine Lettuce | <input type="checkbox"/> Limes        |
| <input type="checkbox"/> Beets           | <input type="checkbox"/> Melons       |
| <input type="checkbox"/> Celery          | <input type="checkbox"/> Papayas      |
| <input type="checkbox"/> Radishes        | <input type="checkbox"/> Peaches      |
| <input type="checkbox"/> Peppers         | <input type="checkbox"/> Pears        |
| <input type="checkbox"/> Tomatoes        | <input type="checkbox"/> Pineapples   |
| <input type="checkbox"/> Parsley         | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Blueberries     | <input type="checkbox"/> Watermelons  |
| <input type="checkbox"/> _____           | <input type="checkbox"/> _____        |
| <input type="checkbox"/> _____           | <input type="checkbox"/> _____        |

Directions: Defrost and drink

- 1 Cup  2Cups  3Cups  4Cups  5Cups  6Cups  
 Daily  Every Hour  \_\_\_\_\_

Restore Health  Veggie Detox  Super Green

The spark of life •

The living "green power" that is present in all living plants is available to the body when raw fresh juices are consumed. This "life force" is a natural, vital quality that has the potential to heal the body and restore health.



In whole fruits and vegetables, some enzymes, phytochemicals, vitamins like A, C and E - along with minerals like iron, copper, potassium, sodium, iodine and magnesium - are trapped in the indigestible fiber and cannot be assimilated by the body. But once "liberated" from the cellulose in the pulp, these nutrients can be taken into the cells of the body within 15 minutes (as compared to the hour or more it takes for nutrients to be assimilated from food or drinks with the pulp intact). This saves the energy required for digestion and allows the body to rest while detoxifying or cleansing, before or after physical activity, or while recovering from an illness.



To Order: (Some orders may require 3-5 days for juicing before pickup.)

NAME \_\_\_\_\_ ITEM \_\_\_\_\_ AMT \_\_\_\_\_ TEL \_\_\_\_\_ DATE \_\_\_\_\_

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 Tel: 896-4141

DHARMA Wellness Center, Sunset  
 Tel: 662-3120

# Louisiana Traiteurs

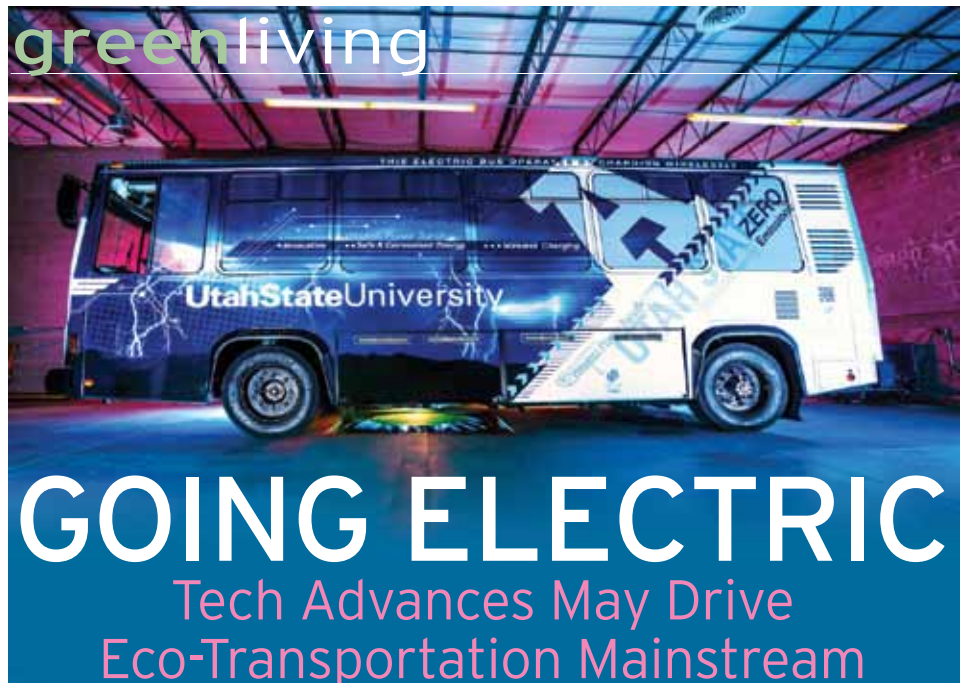
Traiteurs, or “treaters” in English, are the traditional folk medicine healers of south Louisiana. Cajuns, Creoles, and Native Americans all participate in this Catholic healing ritual, and there are many types of traiteurs; some use herbal remedies (remèdes), gestures such as the sign of the Cross or the laying on of hands, or material objects such as a cordon – a knotted string which is tied around the affected area – in their treatments, but all of them use prayer. Faith in God’s power to heal is the heart of this practice.

Traiteurs can treat a wide variety of ailments, including but by no means limited to warts, sunstroke, bleeding, arthritis, and asthma, but their services are not for sale. It is usual for patients to reciprocate by offering a gift of appreciation, but not even the empty-handed will ever be refused treatment. The gift of treating is usually passed from an older traiteur to a younger person, often in the same family. Sometimes this gift can be shared with another, but sometimes passing involves the transference of the gift; slight variations in belief are common among both treaters and patients.

While the beliefs of individual treaters may differ somewhat in detail, their treatments follow a distinct pattern. Treatment always begins with a request for help. The healer must know for whom he is praying; he will always make sure that he knows the patient’s full name. The patient explains his subjective experience of suffering to the treator, who may ask for clarifications, such as the exact location of a pain. Again, the traiteur is interested in the nature of the suffering, not the nature of the disease.

Some traiteurs must stop treating treating because every time they prayed on someone, they take the sickness onto themselves and fall ill. It is called transference, it is a common technique in other folk medical systems, as well (Yoder 1972). When a traiteur is too weak they cannot “absorb” the sickness and they catch whatever they treat, unless the patient is a child or a weak person.

**For more information or for help visit the Natural Health Center, Carencro or DHARAM Wellness Center, Sunset**



## GOING ELECTRIC Tech Advances May Drive Eco-Transportation Mainstream

by Brita Belli

With the opening of three new Supercharger stations for its luxury Model S on the East Coast last January, electric carmaker Tesla now operates a total of nine stations serving its electric sedan owners between San Francisco and Los Angeles and between Boston and Washington, D.C.

That same month, Nissan announced plans to add 500 public stations for electric vehicle (EV) fast-charging, which provide 80 percent of a charge in less than 30 minutes, tripling the number of such stations by mid-2014, including the first ones in our nation’s capital. It also aims to increase the presence of charging stations at workplaces.

These steps in the growth in infrastructure are easing Americans’ transition from gas-powered to electric and hybrid cars. Already, more than 7,000 public charging stations dot the country, from Custer, Washington, to Key West, Florida (plan a route at [Tinyurl.com/MobileChargingStations](http://Tinyurl.com/MobileChargingStations)). Meanwhile, most EV owners simply charge up at home.

### Driving Excitement

Excitement has risen in recent years as electric car manufacturers have rolled out more affordable, family-friendly

versions like the Nissan Leaf and Mitsubishi i-MiEV. Honda is testing its Fit EV in 2013; with only 1,100 available to lease, opportunities to try out the fun, sporty car are at a premium. These models offer considerable fuel efficiency, easy charging and even apps to check their charge, yet eco-vehicles continue to represent a fraction of overall car sales.

In a 2012 report, the U.S. Energy Information Administration noted that fewer than 10,000 EVs were sold in 2011. While sales of all-electric vehicles improved slightly in the first half of 2012, dealers saw nowhere near the major jump produced by plug-in hybrids like the Chevrolet Volt and Toyota Prius.

Obstacles to a stronger EV sales upswing include purchase price, charging time and driver anxiety about range. “The battery is a big reason the cars are expensive,” says Jim Motavalli, author of *High Voltage: The Fast Track to Plug in the Auto Industry*. “More public charging is coming,” he adds, “but it doesn’t matter as much as a cheaper upfront cost and longer range—200 miles plus—instead of the standard 100 now.”

### Mass Transit

Almost any form of public transportation can run on alternative power—

electricity or natural gas, propane, biodiesel or hydrogen. "The big hurdle," says Motavalli, "is having enough stations to rival the 160,000 conveniently located gas stations we already have."

Biodiesel buses have been in use for several years at locations like Colorado's Aspen resorts and Harvard University. Musicians Willie Nelson and Jack Johnson each rely on a biodiesel tour bus. Many school buses—including those in Charleston, West Virginia; Medford, New Jersey; and San Diego, California—have been converted to biodiesel, significantly reducing the toxic emissions and particulate matter children breathe in at bus stops. Some school systems in Michigan and New York use hybrid-electric buses.

Vehicle fleets are also joining the greening trend. Kansas City, Missouri-based Smith Electric Vehicles already produces all-electric, zero-emission trucks for Coca-Cola, Frito-Lay, Staples and the U.S. Marines.

The need for regular recharging, a former obstacle for deploying electric buses for public transportation, has been cleared by Utah State University's (USU) Aggie Bus. The groundbreaking,



all-electric bus has a plate that draws off electricity across an air gap when it pauses over another plate installed at a bus stop. In mid-2013, WAVE, Inc., the university's offshoot company behind the project, will launch a commercial on-campus demonstration in partnership with the Utah Transit Authority, via a 40-foot-long transit bus and 50 kilowatts of wireless power transfer.

Such wireless technology could also revolutionize electric-car recharging. "EV owners and operators will now be able to simply drive over a pad in the ground to recharge their batteries, the benefits of which reach far beyond convenience," says Robert T. Behunin,

Ph.D., USU vice president of commercialization and regional development.

Regarding greening travel by train, Europe is leagues ahead of America; half its trains are now electric. A new regenerative braking system being developed by Deutsche Bahn and Tognum could turn all trains into hybrids. Its innovative drive system converts the kinetic energy produced during braking into usable electrical energy, reducing emissions and saving up to 25 percent in fuel consumption. The first such converted hybrid train testing the technology began carrying passengers in Germany in January 2013.

The International Energy Agency's 2012 *EV City Casebook* reports that, "Electric vehicles represent one of the most promising technology pathways for cutting oil use and CO<sub>2</sub> on a per-kilometer basis. The experiences of urban drivers and the pioneering policies of local governments can help accelerate the transition to clean and sustainable mobility."

*Freelance writer Brita Belli is the editor of E-The Environmental Magazine. Connect at BritaBelli.com.*

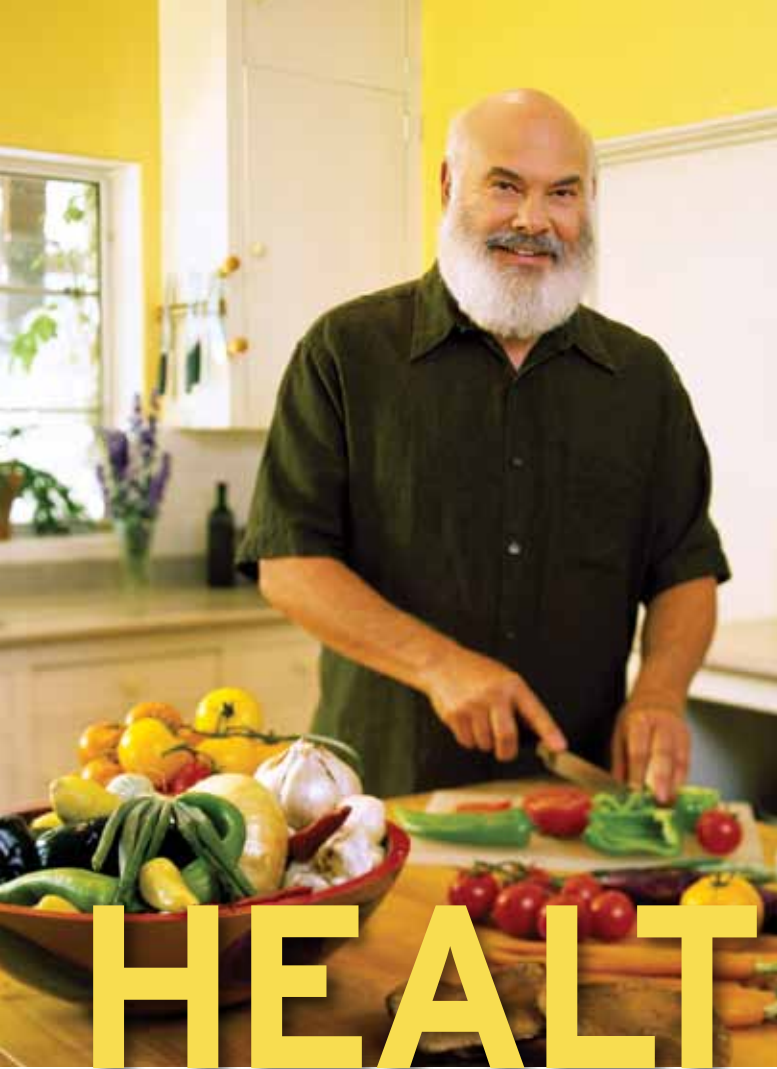


Symptoms of hormonal imbalance may include PMS, osteoporosis, weight gain, altered sex drive, allergies, uterine fibroids, urinary tract infections, changes in the skin, fatigue, anxiety, water retention, hair loss, facial hair growth and even depression. By keeping hormones in balance, women can find it easier to maintain a healthy weight, keep a regular menstrual cycle, as well as exude optimal energy levels.

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Hormone Balance, the natural hormonal imbalance treatment supplement, is a safe and natural blend of the nutrients that your body needs to produce the hormones that are necessary for a healthy and balanced life. This supplement can treat hormonal imbalances in women of all ages in order to help regulate the body and restore natural hormone balance.

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envisioning  
the future of

# HEALTHCARE

As a tie-dye-clad, free-spirited medical student of the '60s with a fascination for botanical remedies, Chinese medicine and mind-body healing, young Andrew Weil quickly developed a distaste for traditional medicine as practiced in the West. "I was dismayed at the lack of connection with the natural world, the complete ignorance about botanicals and the utter absence of interest in any mind-body connection," recalls Dr. Weil, who graduated from Harvard Medical School in 1968 as a medical doctor, with no intention to ever practice medicine. "I left there completely unprepared to help people stay well. I got very discouraged."

Now, 40 years later, this bestselling author, internationally renowned physician and founder of the Arizona Center for Integrative Medicine has channeled his discontent into action. Weil is among those pioneering a burgeoning new kind of medicine that many insist holds the answer to our nation's healthcare woes.

Integrative medicine, a thoughtful blend of conventional medicine, common sense prevention and modalities once dubbed alternative, such as acupuncture, meditation, breath work and dietary supplements, has caught on widely from coast to coast in the past decade, both among consumers and once-skeptical healthcare practitioners. The Association of American Medical Colleges reports that 113 of the nation's 126 medical schools now include discussion of complementary and alternative therapies in conventional

medical courses. Seventy-seven offer standalone electives in such approaches as traditional Chinese medicine and mindfulness-based stress reduction. As of this year, eight major medical schools require that students take part in a 250-hour integrative medicine curriculum as part of their residency. According to the American Hospital Association, 16 percent of hospitals, including medical facilities at Harvard and Duke universities, now feature integrative medicine centers. Of those that don't, 24 percent plan to offer them in the future.

In February 2009, the Institute of Medicine, once leery of all things alternative, held a momentous two-day summit, Integrative Medicine and the Health of the Public, inviting 600 policymakers and practitioners to explore where this new form of medicine is taking us. Days later, a congressional health committee was calling on Weil—once a dark horse among his medical colleagues—for testimony about how to fix the nation’s crumbling healthcare system.

His answer: Stop focusing so much on making our current system more accessible via insurance reform, and instead, create a new system.

“What we have is not a healthcare system at all; it is a disease management system,” advises Weil. “Making the current system cheaper and more accessible will just spread the dysfunction more widely. What we need is a new kind of medicine.”

## Integrative, Not Alternative

Mary Guerrero, a medical doctor and director of integrative medicine at the University of Connecticut School of Medicine, stresses that integrative is not just another word for alternative.

“Alternative medicine indicates something to be used in place of.

Integrative is a term that has emerged in the past decade to reflect a bringing together of the best that conventional and alternative medicine have to offer,” says Guerrero, who went on to study acupuncture and holistic medicine after completing her conventional medical training in the ‘80s.

She explains that because one person can’t be an expert in everything, integrative medicine hinges on the idea of team care. For instance, a cancer patient might see her specialists for chemotherapy and surgery, and then be referred to an acupuncturist for treatments to help with nausea or pain management, as well as a nutritionist to help her restore lost weight. A patient going into surgery might practice mindfulness-based meditation beforehand, which has been shown to hasten healing times, decrease hospital stays and thus, save money.

“Integrative medicine is team-based, collaborative care,” Guerrero explains.

Cardiologist Mimi Guarneri is medical director and founder of the Scripps Center for Integrative Medicine, a multi-disciplinary center that offers care for people with heart disease, pain, weight management needs, cancer, diabetes, stress and women’s health issues. She notes that the center receives 3,500 patients a month, many of whom arrive seeking relief from costly drugs or surgeries.

“One patient came to me who had just had a bypass. He was 330 pounds, suffered from sleep apnea and was

diabetic. He had all the risk factors for heart disease,” says Guarneri. She enrolled him in a \$2,800, three-month weight loss and exercise program (covered only in part by insurance). “He lost 168 pounds and he went from taking 16 drugs to three. Just with that single individual, the system saved enormous amounts of money.”

“No amount of ideological argument ever changed anything. It was when pocketbooks started getting squeezed that people started paying attention. Things are going to get a lot worse, and when they do, the wisdom of what we are doing will become even more apparent.”

~ Dr. Andrew Weil

## Money Talks

In 1997, after years of quietly teaching and practicing integrative medicine in Arizona, Weil was propelled from relative obscurity to the cover of *Time* magazine. He has since become a go-to resource for both lawmakers and other doctors seeking healthcare advice.

Weil believes that money, or lack thereof, made it happen.

“No amount of ideological argument ever changed anything,” he reflects. In this case, “It was when pocketbooks started getting squeezed that people started paying attention. Things are going to get a lot worse, and when they do, the wisdom of what we are doing will become even more apparent.”

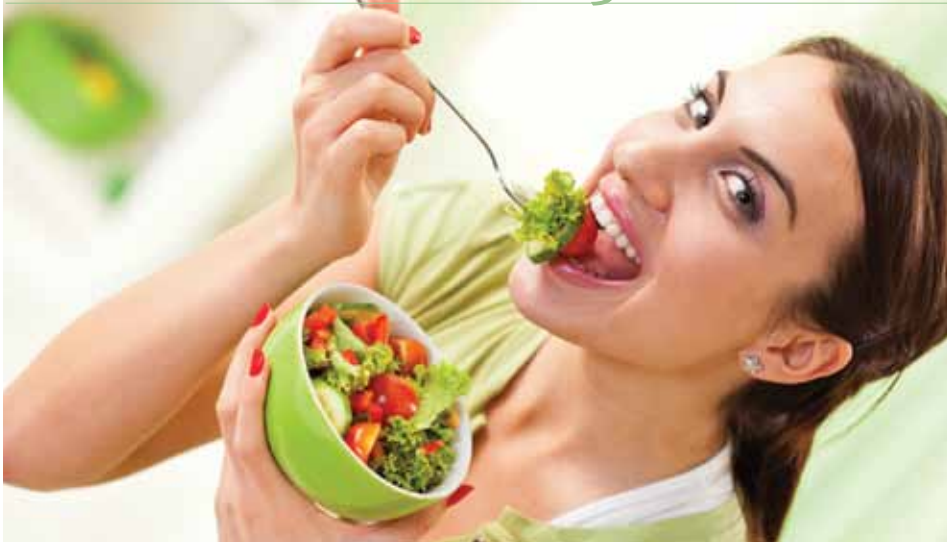
During congressional testimony before the Senate committee on health, education, labor and pensions last February, Weil joined heart physician and health guru Dr. Dean Ornish and others in rattling off a stunning list of statistics:

The United States currently spends 16 percent of its gross domestic product on health care, more than any other country in the world, yet its health outcomes are ranked 37th in the world by the World Health Organization. In 2006, insurance companies covered 1.3 million coronary angioplasty procedures, at roughly \$48,000 each, and 448,000 coronary bypass operations at a cost of \$99,000. Yet, things like nutrition counseling, exercise programs and stress-reduction classes, which studies show could prevent as much as 90 percent of all heart disease, are typically not covered by insurance.

That, remarks Weil, needs to change, and he’s optimistic that it will.

“We need to transform medicine so we are not so dependent on these high-tech expensive solutions for everything,” concludes Weil, who outlines his plan in his new book, *Why our Health Matters: A Vision of Medicine That Can Transform the Future*. “We need doctors who know when and when not to use them and who are trained to use other kinds of interventions. That’s the great promise of integrative medicine: It can bring effective, lower-cost treatments into the mainstream.”

*Lisa Marshall is a freelance writer in Colorado; connect at LisaAnnMarshall.com.*



## Eating Ecology

### Daily Decisions Make a Difference

by Judith Fertig

Consuming food has such an enormous ripple effect that making small changes, one meal at a time, can reap big benefits. How we choose, prepare, cook, serve and preserve our food can improve nutrition, weight loss, cost savings and the environment.

#### Decide What to Eat

Choosing what we eat is critical. *New York Times* food columnist Mark Bittman believes that no food is absolutely off limits because, "It's all in the way we use these things." Yet, he adds, "The evidence is clear. Plants promote health."

For the past few years, Bittman has experimented with eating vegan for breakfast and lunch, and then indulging at dinner. "It's just one model of a new way of eating," he says, "but it makes sense on many levels. By eating more plants, fewer animals and less processed food, I've lost 30 pounds and my cholesterol and blood sugar levels are normal again."

When a friend sent him a 21st-century United Nations study on how intensive livestock production causes more greenhouse gas emissions than driving a car, Bittman realized how a

change of diet is a win-win for him and the environment.

For a wake-up call on how our food choices affect the planet, the Center for Science in the Public Interest offers a short quiz at [Tinyurl.com/EatingGreenCalculator](http://Tinyurl.com/EatingGreenCalculator).

#### Identify Good Sources

"One of the most ecologically conscious things you can do to make a great meal is prepare it with food that you grew yourself," says New York-based lifestyle writer Jen Laskey, who blogs at [Frugaltopia.com](http://Frugaltopia.com). "Plant a small vegetable garden and a few fruit trees in your yard or join a local community garden. Even sprouting an herb garden on a windowsill will make a difference; plus, everyone in your household will appreciate the choice in fresh seasonings."

*Kansas City Star* journalist Cindy Hoedel suggests planting parsley, basil, dill and other herbs every three to six weeks in eggshells in a sunny window after the outdoor growing season for a year-round tasty harvest.

When shopping, renowned activist, author and eco-stylist Danny Seo, of Bucks County, Pennsylvania, suggests

bringing along reusable shopping bags and choosing local foods when possible, plus sustainable seafood and free trade, organic and hormone-free foods. The Socially Responsible Agricultural Project offers more eco-shopping tips, such as carpooling grocery trips and avoiding products with more than five ingredients, at [Tinyurl.com/ShopHealthier](http://Tinyurl.com/ShopHealthier).

#### Prepare and Serve Righteously

"On average, each person throws about \$600 worth of food into the trash every year because of spoilage," says Seo. Instead of rinsing food before storing, which causes more spoilage, he recommends cleaning it right before meal preparation.

Buying what's in season (and thus less expensive) makes sense, advises Hoedel. "When you find fresh produce on sale, buy it in large quantities and boil it (one to five minutes, depending on how long the regular cooking time is), and then freeze it in glass containers. This saves money and plastic packaging waste." Hoedel also likes to store lemon wedges, chopped onions and other leftovers in small glass jars instead of plastic bags.

Seo suggests using real dinnerware, glasses and utensils instead of disposable products. For a touch of elegance, take the advice of travel expert Kathy Denis, of Leawood, Kansas. "Adopt the traditional French practice of using—and reusing—a cloth napkin all week, or until it is too soiled to use," she recommends. "Family members like to have a personal napkin ring. Each napkin gets shaken out and then rolled up in the ring for use at another meal."

"Saving leftovers in the freezer helps keep it full (which helps it run more efficiently) and ensures future meals that require minimal energy to prepare," advises Seo.

Hoedel's zero-waste tips, shared via Twitter, include making and freezing lots of end-of-season pasta sauce with tomatoes, peppers and basil.

Food can also be canned or pickled. Seattle cookbook author Kim O'Donnel, who founded Canning Across America and is known for her meatless recipes, says, "My only regret about canning is that I waited so long.



Learning how to extend the season of my favorite fruits and vegetables in a jar is one of the most gratifying and useful skills I've acquired as an adult."

"Double recipes to maximize your time and the fuel used to cook, bake or grill.

Then, think like a restaurant chef and use what you have in creative ways."

~ Kim O'Donnell, author, *The Meat Lover's Meatless Celebrations: Year-Round Vegetarian Feasts*

As green eating habits add up, Bittman says he enjoys... "a bit of self-satisfaction knowing that, by an infinitesimal amount, I'm reducing the pace of global warming. And I'm saving money by buying more 'real' food and less meat and packaged junk."

Award-winning cookbook author Judith Fertig blogs at [AlfrescoFoodAndLifestyle.blogspot.com](http://AlfrescoFoodAndLifestyle.blogspot.com).



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# NATURAL DEFENSE

## Top 10 Whole Foods to Counter Aging

by Gary Null

**T**oday's battle against the effects of aging buzzes with hype about acai, goji, noni and mangosteen. But what about the foods most people typically eat?

It turns out that many anti-aging foods can be found in everyday kitchens, and unlike some other solutions, they can keep us looking and feeling younger and improve our all-around health without breaking the budget.

**1. Oranges** Loaded with antioxidants, oranges are also packed with vitamin C, fiber and folate and significant amounts of vitamins A and B<sub>1</sub>, potassium and calcium. According to studies by the Australian research group CSIRO and others, oranges help boost immunity, lower cholesterol and reduce free radical damage and oxidative stress.



**2. Blueberries** One of the most exciting nutritional properties of blueberries is their abundance of antioxidants called anthocyanins. Studies published in the *Journal of Neuroscience* suggest that these powerful phytonutrients neutralize free radical damage, enhance the health of all body tissues, protect the cardiovascular system, guard the brain against oxidative stress, and improve brain function, including memory.

**3. Onions** The more pungent the onion, the greater the health benefits. Studies like those from Cornell University have found that high onion consumption lowers blood sugar levels and decreases total cholesterol, while increasing levels of HDL



(good cholesterol). Consequently, onions are beneficial in preventing heart disease and stroke.

**4. Garlic** Known health benefits of garlic are extensive. *The Journal of Nutritional Biochemistry* reports that garlic inhibits cardiac artery calcification and reduces the amounts of free radicals in the bloodstream, helping to reduce plaque deposits in the arteries. Research by the University of Maryland Medical Center also attests that garlic contains anti-inflammatory compounds that help protect against conditions often associated with aging, like asthma and arthritis.



**5. Legumes** All types of everyday legumes are an excellent source of cholesterol-lowering fiber and energy-boosting protein and iron. No one bean

has an advantage over the others in providing vital nutrients. Lentils are high in fiber and, according to a study published in *Nutrition Reviews*, help to manage blood sugar. Black beans are rich in anthocyanidins. Kidney beans, filled with thiamin, work to improve functioning of neurotransmitters essential for memory, notes the National Institutes on Aging. Green beans are rich in vitamin K, essential to bone support. Garbanzo beans provide high amounts of minerals that aid in metabolizing carbohydrates, fats and proteins and strengthening tooth enamel, as studied by Dr. Lydia Bazzano, a professor at Tulane University School of Public Health and Tropical Medicine. According to research by the National Institutes of Health and others, fiber-rich legumes play an important role in the prevention of gallstones, increased cardiac health, regulation of blood sugar, lowered total cholesterol levels (as well as increasing beneficial HDL cholesterol) and protection from cancers, especially colorectal cancer.

## 6. Shiitake Mushrooms

These fungi are a good source of iron and lentinan, a polysaccharide that studies at the Iizuka Institute, in Japan, suggest activates our immune system's tumor-fighting T cells.



## 7. Tomatoes

Tomatoes are loaded with healthy vitamins and trace minerals. They are also a good source of lycopene, which studies from the American Association for Cancer Research have linked to the protection of DNA from damage, prevention of heart disease and protection against cancers, including colorectal, breast, endometrial, lung and pancreatic types. Tomatoes are also rich with carotenoids, which research by the Cochrane Hepato-Biliary Group has associated with protection from heart disease and cancer, improved night vision and regulation of blood sugar.



## 8. Leafy Greens

Calorie-for-calorie, greens are among the most nutrient-packed foods we can eat. Spinach, kale, arugula, Swiss chard, cabbage, collard greens and watercress are all solid sources of powerful nutrients. Eating a variety of leafy greens has been shown by Katherine Tucker, Ph.D., with the Jean Mayer U.S. Department of Agriculture Human Nutrition Research Center on Aging at Tufts University, to help improve bone density (a problem area when aging), increase night vision, lower blood pressure, boost energy, increase circulatory health, protect against macular degeneration, and work to prevent a variety of cancers.



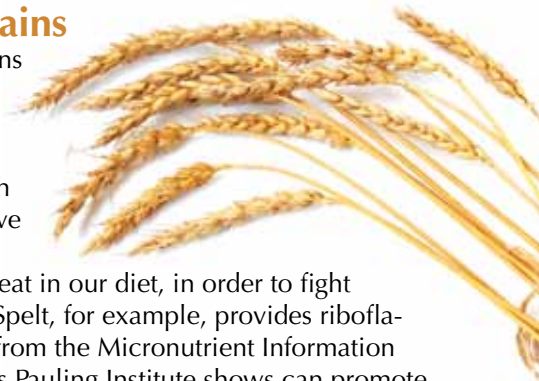
## 9. Soy

Although soy is a legume, it deserves separate mention, because of its extensive and well-researched health benefits and use in a wide range of forms. Soy offers a high concentration of molybdenum, a trace mineral that plays a role in three enzyme systems involved in metabolizing carbs, fats and proteins and tryptophan, an amino acid essential for growth and normal metabolism, as well as iron, fiber, phosphorus, omega-3 fatty acids, magnesium, copper, vitamin B<sub>2</sub> and potassium.



## 10. Whole Grains

While most Americans know that whole-grain breads and pastas are healthier than those made with refined white flour, we might include many grains other than wheat in our diet, in order to fight the effects of aging. Spelt, for example, provides riboflavin, which research from the Micronutrient Information Center with the Linus Pauling Institute shows can promote healthy skin and good vision. Barley can help with sleep regulation. Millet can help reduce the risk of a heart attack and lower blood pressure.



With all these examples of truly good eating right in our own kitchen, there is no reason not to start improving our diet right now to pave the way for a longer, healthier life.

*Gary Null has written 70 books, booklets and audio CDs on health and wellness, nutrition and alternative medicine. His syndicated radio talk show, Natural Living with Gary Null, is the longest-running continuously airing health program in America, and now also airs on the Internet. Null owns a dietary supplement company and a health foods store in New York City. For more information visit: GaryNull.com*

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# Healing the Ecosystem Within

## A Conversation with Bioneers Co-Founder Nina Simons

by Brita Belli

**B**ioneers are innovators from all walks of life, seeking to make the world a better place in ways that respect the Earth and all of its inhabitants. Their organization, considered a “network of networks,” connects people and ideas through their annual National Bioneers Conference, local community action groups and original multimedia productions, including the award-winning “Revolution from the Heart of Nature” radio series.

Bioneers co-founder Nina Simons, co-editor of *Moonrise: The Power of Women Leading from the Heart*, talked with *Natural Awakenings* about the role each of us plays today in creating a more sustainable tomorrow.

### **How can we be hopeful about the state of the Earth?**

I feel that we each need to cultivate a balanced view. It's important to hold what I call a “both/and” awareness, which recognizes how seriously our planet's life support systems are compromised and how intensive the demand is for us to engage in reversing their deterioration. At the same time, I remain deeply hopeful, because so many people are awakening to the urgency of the issues we face and many more are now mobilizing to act in positive ways.

### **Does this mean that you see a societal shift toward a better way of thinking?**

Our state of mind is directly affected by



where we place our attention. If our primary source of information is mainstream media, then it's easy to feel depressed and hopeless. Each of us would benefit from limiting our daily media intake, because it influences our inner story and impacts how we nourish our psyches, stories and visions.

One of the greatest medicines for despair is action. When we act on behalf of what

we love and those in need, it can help restore gratitude, a sense of faith and a more balanced view. That's why natural disasters often elicit the best kinds of responses human beings can offer: compassion, empathy and a desire to generously contribute to solutions.

### **To what extent does healing the Earth depend on healing ourselves?**

We co-created the current political, economic, energy, industrial and food production systems based on competition and hierarchies that are wreaking havoc on Planet Earth and on our collective quality of life and future survival. As long as we participate in them, we perpetuate them. We have an immense opportunity to reinvent ourselves and society's systems right now.

Our culture conditions us to be hard on ourselves, judging and comparing our talents and actions while often valuing ourselves primarily based on our work or relationships. To be the most effective change agents we can be, I believe we need to reverse these

patterns and learn to consider ourselves and all of life as sacred and inherently worthy of love.

One of the most powerful things each of us can do at this pivotal point is to claim full responsibility for our inner “story-scape”—to shift our personal story about the impacts we're capable of having, what our capacity for action really is and how bringing ourselves in service to life at this moment can be meaningful, joyful and effective.

### **Isn't there often a conflict between what people believe and what they do?**

We each contain a complex ecosystem within us. The more we can become conscious of cultivating ourselves to be authentically and fully in heartfelt service to what we love, the better we can show up on behalf of the Earth and the people and creatures with whom we share it as home.

### **Do you see women playing a particular role in this transformation?**

While every person is a unique mix of both masculine and feminine qualities, I think that women as a whole have a deeply embedded coding that inclines us to be especially strong in caring, compassion and collaboration. As leadership capacities, I believe these three—and connecting across differences—may be among the most essential to resilience. Our future as a species will clearly benefit from more women finding their voice, truth and connections to power.

The more women that can articulate their individual experiences in support of an inclusive collective vision, the more we can begin to tip our institutions, culture and the men we love to increasingly value these “feminine traits,” which I refer to as relational intelligence. For a long time, we have perpetuated a fatally flawed culture that has put intellect first. It's past time that we all put the wisdom of our hearts, bodies and intuition first, with intellect in a supporting role.

*Freelance writer Brita Belli is the editor of E-The Environmental Magazine. Connect at [BritaBelli.com](http://BritaBelli.com).*

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## From athletes to astronauts, mental imagery boosts performance.

by Debra Melani

Last winter, Terry Chiplin went for an early morning run near his Colorado home. Snow crunched as his sneakered feet hit the front porch of his mountain lodge, tucked into a secluded forest. Evergreen boughs glistened in the sun, drooping slightly from the weight of the sparkling white powder. The running coach smiled as he lifted his face to the sky, welcoming the large, wet flakes that kissed his face.

“Can you picture it?” asks the bubbly British native and owner of Active at Altitude, in Estes Park. That is visualiza-

tion, he explains, a concept he uses regularly at retreats he conducts for runners from beginner to elite as a holistic means of boosting performance. “It’s simply a succession of mental images; we use visualization all the time.”

Whether it’s Tiger Woods envisioning a perfect golf swing minutes before taking a shot or Michael Phelps replaying a mental video of an ideal swim the night before an Olympic event, many athletes have long worked with trainers such as Chiplin to move beyond strictly physical preparation and consciously enlist cre-

ative mental capacities to enhance their performance. Using imagery and positive self-talk can improve the efforts of any type of athlete and, as Chiplin’s clients have found, improve their lives.

“The notion that we are just a physical body, so we just need to train physically, is old-fashioned,” Chiplin maintains. Shortly after launching his program six years ago, he learned first-hand how powerful the mind could be in boosting (or sabotaging) performance.

He remarks, “It quickly became apparent that the main issues people face are the mental things, what is happening in their heads.” Chiplin recalls watching runners fall from the peak capabilities they had reached after training hard for endurance events as their mileage tapered off in the final days before the race. Similarly, he thinks the sort of “negative visualization” he witnessed can have a similar impact on everyday life events, such as exams, interviews and job achievement.

Although unclear about its exact mechanism, sports psychologists have long recognized the value of positive mental imagery, especially in building skills and reducing anxiety. In working with athletes, they apply shared models such as those reported in *The Sport Psychologist*.



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The blood samples were taken during research into grounding by Dr Stephen Sinatra MD.

**BEFORE EARTHING**



**AFTER EARTHING**



Both professional and amateur runners have benefited from Chiplin's camps, including graduate Ginny Landes, 62, who says visualization techniques have changed her running outlook and her life.

"My goal is not high achievement or personal records; it's to always finish my run feeling good," says Landes, of Lafayette, Colorado. As part of the visualizing process, she says she also clears her mind of negative thoughts, stops comparing her performance to others and accepts factors that are out of her control, whether it's bad race weather or competitive colleagues.

Practicing helpful visualization techniques consistently in daily life can lead to better returns across the board, not just in athletics, according to Terry Orlick, a performance consultant from Ottawa, Ontario, and author of many self-improvement books, including *Embracing Your Potential* and *In Pursuit of Excellence*.

Orlick has worked with people from many walks of life that use imagery in their quest for improvement, including surgeons, musicians, pilots, dancers, astronauts and CEOs. When working with Canadian Olympic

teams, Orlick found that 99 percent of the athletes practiced visualization an average of 12 minutes per day, four times a week.

Studies have linked imagery and improved performance in a variety of sports. For instance, researchers found that golfers that used visualization and positive self-talk improved their putting performance (*Journal of Sports Science & Medicine*). Another study showed an increase in confidence among novice female rock climbers, leading to better performance (*Journal of Sport Behavior*).

For Landes, her personal experience is all the proof she needs. After years of rarely being able to run the entire course of a major annual race in Aspen—generally walking the last stretch—Landes tried visualizing herself having a strong finish as she trained and prepared for the event. For weeks, she replayed the last three miles many times in her mind. Then she ran the race, paring 12 minutes off her previous year's time. "It felt great," Landes says, "and it worked."

*Freelance journalist Debra Melani writes about health care and fitness from Lyons, CO. Connect at Debra Melani.com or DMelani@msn.com.*



## Visualization Tips

As with any skill, practice often, gradually increasing the number of sessions.

- For maximum effect, incorporate sounds, smells, colors and feelings to create vivid images.
- Plan imagery to meet current needs. If struggling with a skill, imagine performing it perfectly and confidently many times. If distractions are an issue, imagine remaining calm and focused while dealing with whatever occurs during an event.

*Source: Adapted from Association for Applied Sport Psychology*



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# Earth Music

## Saving Nature's Wild Symphony

by Bernie Krause



We may be drawn to the sounds of waves or woodland streams or beguiled by the subtle winds and creature voices of the desert or mountains. Whatever captures our imagination, as we actively listen, something in a wild animal's repertoire will cause us to catch our breath.

Nature teems with a vigorous resonance that is as complete and expansive as it is delicately balanced. Every place on the planet populated by plants and wild animals is a concert hall, with a unique orchestra performing an unmatched symphony. Each resident species possesses its own preferred sonic bandwidth—to blend or contrast—akin to how stringed, woodwind, brass and percussion instruments stake out acoustic territory in an orchestral masterpiece.

Into Earth's daily round are embedded the dawn and daytime, evening and nighttime choruses. Whatever the purpose of a creature's aural signal—

mating, protecting territory, capturing food, group defense, play or social contact—it must be audible and free from human acoustical interference if the species is to successfully function.

During the last half of the 20th century, I recorded the wild sounds of more than 15,000 species and 4,500 hours of natural ambience. Nearly 50 percent of these land, sea and sky habitats have since then become seriously compromised, if not biophonically silent. The loss of representative habitats due to human presence and noise has resulted in declines in the density and diversity of creatures large and small that contribute to healthy natural soundscapes.

Fortunately, in the absence of human habitation, these places can become lively again. Fellow British soundscape ecologist Peter Cusack wrote of the restoration of wildlife 20 years after the 1986 Chernobyl nuclear catastrophe in the Ukraine: "Animals

and birds absent for many decades—wolves, moose, white-tailed eagles, black storks—have moved back, and the Chernobyl [human] exclusion zone is now one of Europe's prime wildlife sites. The species-rich dawn chorus is one of Chernobyl's definitive sounds... its nighttime concerts equally spectacular."

In 1968, 45 percent of the old-growth forests in the contiguous United States were still standing; by 2011 it was less than 2 percent. Before the forest echoes die, we may want to step back for a moment and listen carefully to the chorus of the natural world where rivers of sound flow, ranging from crickets, frogs and insects to wrens, condors, cheetahs, wolves—and us. Otherwise we are denying ourselves the fullest experience of that which is essential to our spiritual and psychological health.

The whisper of every leaf and creature's song implores us to love and care for the delicate tapestry of the biophony that was the first music our species ever heard. It told us that we are part of a single, fragile biological system; voices in an orchestra of many, with no more important cause than the celebration of life itself.

*Adapted excerpt from The Great Animal Orchestra, by Bernie Krause, used with permission of Little, Brown and Company. Listen in at WildSanctuary.com and learn more at NatureSounds.org and WorldListeningProject.org.*

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**Other ingredients:** Dicalcium phosphate, microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, enteric coating.

Pain & Inflammation Enzyme Blend is a comprehensive formula consisting of enzymes, herbs and bioflavonoids designed to naturally support your body's inflammatory response. Whether suffering from chronic pain or just overworking one's body on the weekend, Pain & Inflammation Enzyme Blend will help the body respond to pain and swelling safely and effectively.

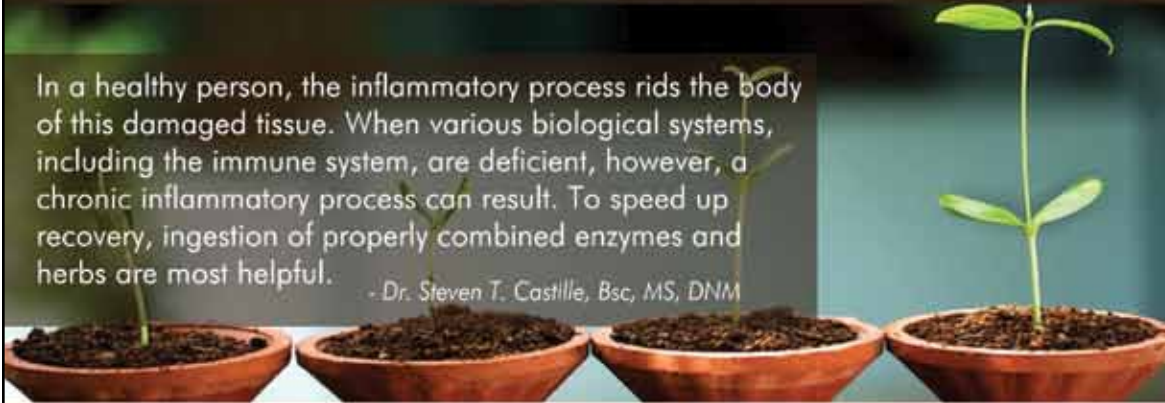

Our formula uses plant-based enzymes, including papain and bromelain, as well as natural pancreatic enzymes, trypsin and chymotrypsin, in combination with white willow bark, the original source of salicylic acid - the precursor to aspirin, and antioxidants such as rutin and turmeric to support the body's natural response to inflammation. When taken on an empty stomach it is believed that enzymes will help manage inflammation by supporting healthy blood flow to irritated areas.

**Available at: Natural Health Center, Carencro: 896-4141      Benny's Sportshack, Opelousas: 948-6533**  
**DHARMA Wellness Center, Sunset: 662-3120      Drug Emporium, Lafayette: 261-0051**

**At LITEON Nutraceuticals we develop plant-based enzymes to fight inflammation.**

In a healthy person, the inflammatory process rids the body of this damaged tissue. When various biological systems, including the immune system, are deficient, however, a chronic inflammatory process can result. To speed up recovery, ingestion of properly combined enzymes and herbs are most helpful.

- Dr. Steven T. Castille, Bsc, MS, DNM

**The fastest way to get rid of pain... without drugs.**

# WEIGHT-LOSS SUPPORT

Ultimate Raspberry Ketone Formula  
A Weight-Loss Cornerstone

AS SEEN ON  
**TV**



Raspberry ketone, a natural compound found in red raspberries, helps your body to burn fat by breaking up fats within our cells. It contains the hormone adiponectin that boosts metabolism. Dr. Oz recommends raspberry ketone because we'd have to eat 90 pounds of raspberries to get the same effect.



Doctors on national talk shows are buzzing about raspberry ketones. Why? Because scientists are studying the possibility that a special keton found in raspberries may support health weight loss. Research indicates that raspberry ketones appear to support weight management in two ways: first, by decreasing the absorption of dietary fat; and second, by supporting epinephrine-induced lipolysis (the breakdown of fat).

## AVAILABLE AT



**Natural Health Center**  
I-49, Exit 4, Carencro  
Across from the New Super 1 Foods  
Telephone: 896-4141



# PUT AN END TO YOUR PAIN



## Dr. Emu's Rx for Pain delivers safe and effective relief from:

- Arthritis Pain
- Stiff Joints
- Cramps
- Knee, Neck & Back Pain
- Inflammation & Swelling
- Tired, Sore Muscles
- Headaches
- Strains & Sprains
- General Aches & Pains

## GET YOUR LIFE BACK, IT'S TIME TO START LIVING AGAIN!

### Experience All-Natural Pain Relief Like I Did

*"Through the years, accidents had left me with a crushed heel, seven herniated discs and a torn rotator cuff. I was spending \$4,500 a month on medication prescriptions including for pain and became addicted to oxycontin. Finally, I decided not to allow drugs to control my life anymore.*



*I became intrigued by an up-and-coming natural aid: Emu Oil. Out of personal necessity to get off drugs, aided by pain management doctors, other medical personnel, herbalists and lengthy research and development, I created the natural topical pain relief product, Dr. Emu's Rx for Pain.*

*It not only eased my pain within minutes, it also made my life more livable again. Since then, many physical therapists, chiropractors and pain management doctors have testified to its apparent effectiveness with their patients."*

**Darrell Hart,**  
founder and CEO of Everlasting Health

### Here's What Some of Our Customers Have to Say About Dr. Emu's Rx for Pain:

*"I have been using this for 3 months to relieve my arthritis pain and it has been a lifesaver on my bad days! LOVE it!"*

Angie at ForLivingStrong.com

*"I had a knee injury for 15 years. After using this three times over three months my knee was better."*

Jeffrey Mark Bablitz

*"I... was amazed at how good this is. It has taken away the pain from my hip/leg/ankle and reduced the swelling in my ankles I get every summer. Thank you!"*

Patty Mullins

*"I was told about this by my doctor's office. It truly helped my back and knee pain. It is a little costly but well worth the extra cost over others in discount stores. It works so well, I don't even need to use it as much now. Thank you for bringing it to us."*

Tony, Naples, FL

#### All-Natural Ingredients Include: Emu Oil:

- Certified Emu Oil
- Aloe Vera
- MSM
- Glucosamine
- Chondroitin
- Essential Oils
- Oriental Herbs
- Botanical Extracts
- Complex Vitamins
- Antioxidants

- Penetrates Quickly
- Reduces Swelling
- Reduces Scarring
- Decreases Wrinkles
- Promotes Healthy Skin
- Increases Skin Thickness
- Promotes Healing
- Provides Essential Fatty Acids



4-oz Spray Bottle

**\$19.95**

plus \$5 shipping for up to 4 bottles

**Guaranteed to end or at least reduce severe pain by 50% or your money back!**

To place your order visit  
**NAWebstore.com** or call **888-822-0246**

# DETECTING DISEASE

## Liver and Adrenal Issues Share Symptoms

by Dr. Shawn Messonnier

**A**drenal and liver diseases can commonly plague pets, with adrenal problems occurring more often in dogs but routinely misdiagnosed, and liver disease more frequently present in cats.

### Liver Disease

This inclusive term is used to describe any disorder of the liver. In both dogs and cats, common causes include toxins, infections, metabolic problems and tumors. In cats, infections and fatty liver disease are more likely, while dogs more often experience infections and tumors. Clinically affected pets are usually anorectic (not eating) and lethargic; in severe cases, jaundice may occur.

Conventional therapies depend to some extent on the cause, but in general, antibiotics and hospitalization for fluid therapy and forced feeding, often through a stomach tube, are necessary to give the pet the best chances of recovering. Pets with liver cancer are usually diagnosed too late to be a candidate for surgery, unless only one liver lobe is involved, or chemotherapy.

More gentle natural therapy often results in curing the condition, even in later stages, depending upon the root cause. The herb milk thistle is well known for its ability to heal liver damage. B vitamins, as well as the nutritional supplements comprising S-adenosylmethionine (SAMe) and phosphatidylcholine, may also be effective treatments.

### Adrenal Disease

Adrenal issues, especially common in middle-aged and older canines, can refer to Addison's disease or Cushing's disease—signifying decreased or increased adrenal function, respectively—and are commonly misdiagnosed as liver disease.

Addison's disease, although not prevalent, is often incorrectly diagnosed because its symptoms of reduced appetite, vomiting, diarrhea and weakness are shared with most other diseases. Blood testing can

be helpful, but is not always definitive.

Cushing's disease is a more common problem. Signs mimic diabetes and kidney disease, including increases in appetite, thirst and urination. Accurate diagnosis requires specialized blood tests and abdominal sonograms.

Conventional treatment for either disease involves lifelong medication. Natural therapies that work to prevent and alleviate such ailments may involve adrenal glandular supplements, milk thistle and herbs such as licorice (for Addison's disease) or ginseng and magnolia bark (for Cushing's disease).

Regular laboratory testing is important for a pet to allow for early diagnosis and treatment of potentially life-threatening diseases. If a pet develops liver or adrenal disease, combining conventional therapies with natural remedies usually results in successful treatment of the condition.

*Shawn Messonnier, a doctor of veterinary medicine practicing in Plano, TX, is the award-winning author of The Natural Health Bible for Dogs & Cats and Unexpected Miracles: Hope and Holistic Healing for Pets. Visit [PetCare.Naturally.com](http://PetCare.Naturally.com).*

"In my veterinary practice, pets with elevated levels of enzymes indicating liver or adrenal disease are always treated with natural remedies first. In most cases, this treatment is effective and conventional medication is not needed."



"An All Natural Product Line For Your Every Need"

- Weight Loss
- Joint Pain
- E.D./Low Testosterone
- Hot Flashes
- Attention Deficit Disorder
- Fatigue
- Psoriasis/Skin Care
- Fitness and Muscle Building

500 N. Lewis Ave., Suite 110

New Iberia, LA 70563

(337) **367.8220**  
[www.DauteriveWellness.com](http://www.DauteriveWellness.com)



Dr. Kimberly Smith

# DAUTERIVE WELLNESS

## Dr. Kimberly Smith Dauterive

TOTAL HEALTH AND WELLNESS-Naturally Meeting Your Every Need

*Total Health and Wellness*

**We offer the only 100% Natural Weight Loss Products**  
**All products are 100% Natural and are FDA registered**



Weight Management



Energy



Sports & Fitness



**No Appointment Needed**

# calendarofevents

All Calendar events must be received by the 10th of the month prior to publication and adhere to our guidelines. Advertisers are entitled to up to five event listings, all others are \$10 each and must be prepaid, unless the event is free. Email [publisher@naacadiana.com](mailto:publisher@naacadiana.com) for guidelines and to submit entries.

**GET YOUR CALENDAR ITEMS PUBLISHED**  
**SUBMIT CALENDAR ITEMS TO: [publisher@NAacadiana.com](mailto:publisher@NAacadiana.com)**

## FRIDAY APRIL 5

**Scott Boudin Festival** – thru April 7. 6:45pm. Taste boudin and enjoy great entertainment. Ride exciting carnival rides and enjoy all that Scott has to offer in a wonderful family-oriented atmosphere. City Hall, 125 Lions Club St, Scott. 337-233-1130.

## SATURDAY APRIL 6

**2nd Annual 5k Journey to Wellness** – 7am-12pm. Support Volunteers of America Acadiana Programs at the 5k run/walk. \$25 online early registration and \$35 event day. River Ranch Town Square, 1100 Camellia Blvd, Lafayette. 337-234-5715. [VOAagbr.org/5k](http://VOAagbr.org/5k).

**Acadiana Barrel Racing Association** – 8am. View the competition and indulge in the concessions. SugArena at the Fairgrounds, 713 NW Bypass (Hwy 3212), New Iberia. 337-365-7539.

**Charity Softball Tournament** – 8am. Helps send School Safety Officers to the most current training in protecting our schools and children. Activities include fun jumps and face painting. Louisiana Fraternal Order of Police Foundation. Moore Park, 250 Couret Dr, Lafayette. 337-501-7183 or 337-849-9890.

**Bird Chat** – 9am. Join this informative session that brings people and nature together with advice on backyard bird feeding and nature appreciation. Free. Wild Birds Unlimited, 137 Arnould Blvd, Lafayette. 337-993-2473.

**2013 Miss and Junior Miss St Martin Pageant** – 9am-3pm. Custom crowns, monogrammed banners, engraved silver trays and custom medallions awarded. Registration deadline for early entry fee is April 4. Girls age 0-22 years old. St Martin Juvenile Center, 1185-A Terrace Hwy, St Martinville. 337-322-9789 or 337-247-4392.

**Acrylic Painting Workshop** – 10am-12pm. Become an artist in just a brush stroke. Art teacher, Pat Rogers introduces adults to acrylics in this imaginative workshop. Create a fleur de lis masterpiece. North Regional Library, 5101 N University, Carencro. 337-896-6323.

**PoBoy Sale** – 10am-2pm. Meal includes barbeque sausage po-boy, chips and soda. \$6/ticket. St Theresa Catholic Church, 417 W Third St, Crowley. 337-783-1880.

**New Iberia Downtown Art Walk** – 4-7pm. Local artists gather downtown to showcase their work. Music provided. Boulligny Plaza, Main St, New Iberia. 337-369-2330.

## SUNDAY APRIL 7

**Symphony in the Park** – 3-4:30pm. Relax in the park while Acadiana Symphony Orchestra and New Iberia's Youth Choir perform. Iberia Cultural Resources Association. Free. Rain schedule Louisiana Sugar Cane Festival Building, 300 Parkview Dr, New Iberia. 337-364-1603.

## THURSDAY APRIL 11

**Flower Seed Pockets** – 4pm. Kids make seed pockets from burlap, soil and seed packets to plant at home. This craft provides children with an outside activity that keeps giving through spring with a burst of color. Age 5-12 years. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

**Shorebird Identification with Clint Jeske** – 5:30pm. Join this information session that brings people and nature together with advice on backyard bird feeding and nature appreciation. Free. Wild Birds Unlimited, 137 Arnould Blvd, Lafayette. 337-993-2473.

**Introduction to Aromatherapy** – 6:30-8:30pm. Aromatherapy is a way of treating mental, emotional and physical problems. Learn the essential oils and carrier oils. Understand how the oils work and take home a blend. \$20 Registration required. Earth-N-Herbs, 284 E Martin Luther King Jr Dr, Grand Coteau. 337-662-4022. [Earth-N-Herbs.com](http://Earth-N-Herbs.com).

## FRIDAY APRIL 12

**Cajun Hot Sauce Festival** – thru April 14. All day. Festival features hot sauce competition, Jambalaya cook-off, live entertainment, food court, crafts and much more. SugArena at the Fairgrounds, 713 NW Bypass (Hwy 3212), New Iberia. 337-365-7539.

**Relay for Life** – 6pm-6am. Join the fight against cancer and the movement to create a world with more birthdays by participating in the American Cancer Society Relay for Life. University of Louisiana Quad, 202 Hebrard Blvd, Lafayette. 337-237-3753.

## SATURDAY APRIL 13

**1st Annual Tek-A-Walk** – 8am-12pm. Heymann Park, 1500 N Orange St, Lafayette. 337-247-7252.

**Vegetable Gardening** – 10:30am. Speaker, Mary Ann Armbruster, discusses easy maintenance and practical options for home gardens. North Regional Library, 5101 N University, Carencro. 337-896-6323.

**Webelos Artist Badge** – 10:30am-12:30pm. Paint,

draw and create a Webelos artist badge. Explore the basics of art and design while using different media to create works of art. \$12/Scouts, \$3/chaperones, \$5/siblings and parents. Call to schedule your den or scout. Children's Museum, 201 E Congress St. 337-232-8500.

**I Am For the Child: Celebrating Hope** – 1-4pm. A community awareness event during Child Abuse Prevention month. This program hopes to bring families together to celebrate healthy family living while educating about child abuse and neglect. Learn ways to give back to the less fortunate victims of abuse. Free. Parc San Souci, 201 E Vermillion St, Lafayette. 337-268-5111.

**Lego Club** – 2-3pm. Children build theme projects. The program begins with sample Lego models and books based on the theme. Free. Children 7 years and up, accompanied by an adult. North Regional Library, 5101 N University, Carencro. 337-896-6323.

**Fundraiser for Festival of the Words** – 7pm. Jand a silent auction to raise funds. Cite Des Arts, 109 Vine St, Lafayette. 337-291-1122.

## SUNDAY APRIL 14

**Emotional Freedom Techniques** – 1-3pm. Learn to tap with your fingertips on specific Meridian points on the surface of your skin. Verbally identify emotions that have become stuck in the energy pathways of the Meridians. Long standing ailments, fears and phobias can be released. \$20 registration required. Earth-N-Herbs, 284 E Martin Luther King Jr Dr, Grand Coteau. 337-662-4022. [Earth-N-Herbs.com](http://Earth-N-Herbs.com).

## MONDAY APRIL 15

**Chess Club for Tweens** – 6-8pm. Basic instruction to children about playing chess and provides an environment to play with others who know how to play. Ages 8-12 years. Preregistration required. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

## WEDNESDAY APRIL 17

**Community Legal Education Series: Consumer Law** – 6:30-7:30pm. Attorney Greg Landry with Acadiana Legal Service Corporation presents a broad overview of laws about consumer loans, bankruptcy, debt collection and defective merchandise. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

## SATURDAY APRIL 20

**SugaSheaux** – 8am. Check out riders from around the region at this rodeo event. Concessions available. SugArena at the Fairgrounds, 713 NW Bypass (Hwy 3212), New Iberia. 337-365-7539.

**Acadiana Sports League Dodge Ball Tournament** – 9am-3pm. Up to twenty-four teams will compete. A portion of the proceeds go to help Big Brothers Big Sisters of Acadiana. Top Shelf, 1616 Louisiana 89, Youngsville. 337-205-3008.

**Girl Scouts Daisy Day** – 10:30am-12:30pm. Daisies learn about money and identify the difference between coins and currency. Learn the importance of money and the difference between needs and wants. Daisies work together to set goals to save for what they want and learn how to help others by donating non-perishable food items to

the poor. Children's Museum, 201 E Congress St. 337-232-8500.

**Relay for Life**—6pm-6am. Join the fight against cancer and the movement to create a world with more birthdays by participating in the American Cancer Society Relay for Life. Broussard Middle School, 1325 S Morgan Ave, Broussard. 337-237-3753.

**Acadiana Symphony: Opera's Great Moments** — 7:30pm. Visit the world of opera and experience its most memorable overtures, arias, duets and choruses. The Acadiana Symphony, along with the Aso Chorus and soloists, perform the works of Mozart, Rossini, Verdi, Puccini, and others. The operatic characters and majestic sound of 150 performers take you on a magical musical journey. Heymann Center, 1373 S College Rd, Lafayette. 337-291-5555.

## SUNDAY APRIL 21

**Pasa Presents Boz Scaggs** — 7:30pm. Remember Scaggs's 1976 album Silk Degrees which spawned two huge hits, Lowdown and Lido Shuffle. Boz Scaggs is renowned among his fans and fellow musicians as one of America's preeminent R&B artists. Heymann Performing Arts Center, 1373 S College Rd, Lafayette. 337-237-2787.

## WEDNESDAY APRIL 24

**27th Annual Festival International De Louisiane** — thru April 28. Historic downtown is transformed into an entertainment complex featuring six music stages, food court areas, street musicians and more. Downtown Lafayette, 337-232-8086. FestivalInternational.com.

## THURSDAY APRIL 25

**Herbs in the Kitchen** — 6:30-8:30pm. Learn how to use herbs in cooking and a variety of ways for culinary delights. Take home an herb-seasoning blend. \$20 registration. Earth-N-Herbs, 284 E Martin Luther King Jr Dr, Grand Coteau. 337-662-4022. Earth-N-Herbs.com.

**Partners by Nature** — 7-8pm. These lectures focus on ways to conserve natural resources through cultural and economic enhancement. Acadiana Resource Conservation and Development Council and Lafayette Public Library System. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

## FRIDAY APRIL 26

**28th Annual Etouffee Festival** — 5pm-12am. This festival features award winning bands Chubby Carrier, Wayne Toups, Geno Delafosse and more along with carnival rides. Etouffee includes seafood, meats, vegetables and wild game featured in Mayor's cook-off. St John Francis Church, 370 Main St, Arnaudville. 337-754-5912.

**Alice in Wonderland A Contemporary Ballet** — 7:30pm. The funky, gritty music accompanies the strange, though beautiful movement to capture Lewis Carroll's classic story in a truly unique and captivating performance. The whole family will enjoy this exceptional dance performance. \$10. Cite' de Arts, 109 Vine St, Lafayette. 337-298-7514.

## SATURDAY APRIL 27

**10th Annual St Jude Trail Ride** — 8:30am. Come out and enjoy this trail ride. Evangeline Parish Sheriff's Posse. Lunch included and a St Jude auction will be held at lunchtime. Food and refreshments available. No ice chests. All proceeds go to St Jude Children's Hospital. Evangeline Parish Sheriff's Posse, 3375 Faubourg Rd, Washington. 337-336-2156.

**Grillin in the Park** — 9am-5pm. Barbeque cook-off, refreshments, arts and crafts, space walk, mountain climbing and pony rides. Concessions available. City Park, 300 Parkview Dr, New Iberia. 337-367-8464.

**28th Annual Etouffee Festival** — 11am-12am. See April 26 listing. St John Francis Church, 370 Main St, Arnaudville. 337-754-5912.

**Alice in Wonderland A Contemporary Ballet** — 7:30pm. See April 26 listing. Cite' de Arts, 109 Vine St, Lafayette. 337-298-7514.

## SUNDAY APRIL 28

**28th Annual Etouffee Festival** — 11am-5pm. See April 26 listing. St John Francis Church, 370 Main St, Arnaudville. 337-754-5912.

**Working with Nature** — 1-3pm. Learn how to incorporate Perlandra's principles in your health, work, home and environment. Use flower essences and work with nature to improve health. Pre- registration \$20. Earth-N-Herbs, 284 E Martin Luther King Jr Dr, Grand Coteau. 337-662-4022. Earth-N-Herbs.com.

**Alice in Wonderland A Contemporary Ballet** — 2pm. See April 26 listing. Cite' de Arts, 109 Vine St, Lafayette. 337-298-7514.



The power of love to change bodies is legendary,  
built into folklore, common sense, and everyday experience.  
Love moves the flesh, it pushes matter around....  
Throughout history, "tender loving care" has uniformly  
been recognized as a valuable element in healing.

-Larry Dossey



## Digestive Enzyme Complex

Digestive Enzyme Complex is a vegetarian encapsulated and vegetarian sourced digestive enzyme complex. Nine active enzymes provide digestion help, absorption of nutrients, maintain the proper pH in the gastrointestinal tract, and act as a barrier against invasion of viruses and bacteria. Studies indicate a significant reduction of gas and bloating associated with the ingestion of high calorie, high fat meals when taking certain of these digestive enzymes. Digestive Enzyme Complex may also help reduce symptoms associated with lactose intolerance.

Digestive Enzyme Complex includes six of the seven basic types of digestive enzymes, each with differing functions. The basic enzymes and their specific functions are as follows: amylase digests starches; cellulase digests fibers; lactase digests dairy products; lipases for fats digestion, oils and triglycerides; maltase for starch and grains digestion; protease digests proteins; and sucrase digests sugars.

Price: \$35

[www.NaturalHealthCentersOnline.com](http://www.NaturalHealthCentersOnline.com)

### Available At:

Natural Health Center  
Carencro

896-4141

DHARMA Wellness Center  
Sunset

662-3120

Benny's Sport Shack  
Opelousas

948-6533

# ongoing events

All Calendar events must be received by the 10th of the month prior to publication and adhere to our guidelines. Advertisers are entitled to up to five event listings, all others are \$10 each and must be prepaid, unless the event is free. Email [publisher@naacadiana.com](mailto:publisher@naacadiana.com) for guidelines and to submit entries.

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## sunday

**God's Grace Boutique** – 8am-5pm. Specializing in Plus Size school uniforms for men and boys. Avon on sale, special orders over \$50. Ladies rings sizes 6-12, men's 12-14. Dianne Robert. Hwy 190 Flea Market, Booth 11, 11946 W Hwy 190, Opelousas.

**Dine Around** – 11am. 3rd Sun each month. Social outing with others who have lost loved ones to meet at various restaurants around Acadiana. Registration required. Molly Vincent Charpentier. Hospice of Acadiana. 337-251-1614.

**Antiques Market** – 12-5pm. Shop over 9000 square feet for antiques, art, collectibles and more. Market and Auction House, 151 B Leo Richard Rd, Sunset. 337-212-2091.

**Lafayette Petanque Games** – 2-4pm. 4th Sun each month. Bowling game traditionally played in town parks and squares in France on hard packed surfaces. La Boule Cadienne de Lafayette sponsors regularly scheduled games on the north end of Girard Park. Free. Mike LeBlanc. Girard Park. 337-654-9467.

**The Vertical Barre Meditation Group** – 2-3pm. Free group meditation with Laci Lopez. The Vertical Barre, 233 Doucet Rd B-4, Lafayette. 877-575-1121. [TheVerticalBarre.com](http://TheVerticalBarre.com) or [ARealPerson@TheVerticalBarre.com](mailto:ARealPerson@TheVerticalBarre.com).

**Celebrate Recovery** – 4:45pm. Celebrate Recovery in a Christ centered 12 step program. Join weekly sessions at First Baptist Church, 1100 Lee Ave, Lafayette. 337-233-1412.

## monday

**Water Aerobics Class** – 6:30-7:30pm. Removes pressure from joints and makes moving easier. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8362.

**Yes, I Remember It Well** – 10am-12pm. 2nd Mon each month thru 2013. Join LC Melchior for a morning of sharing stories of Acadiana and reminiscing those good old days. Hospice of Acadiana, Inc, Conference Center, 2600 Johnston St, Lafayette. 337-234-1234.

**Tap and Jazz Dance Class** – 5:30-6:30pm. Adult class for beginners-advanced students. \$35 per month. Debbie Roat Moore. Cite des Arts, 109 Vine St, Lafayette. 337-291-1122. [CiteDesArts.org](http://CiteDesArts.org).

**PEPP for Parkinson's Positive Experience** – 6-7:30pm. 3rd Mon each month. Parkinson's Patients Support Group meeting. Our Lady of Lourdes

Medical Center, 4801 Ambassador Caffery Pkwy, Lafayette. 337-281-7659.

**Photography for Kids** – 6-7pm. Learn technique, composition and presentation while creating fun, hands on projects. No experience necessary. The Front Room, 1301 Ave A, Scott. 337-258-2333. [MusicReed@yahoo.com](mailto:MusicReed@yahoo.com).

**Lafayette Photographic Society** – 6:45pm. 2nd and 4th Mondays each month. Educational programs and guest speakers at 2nd Monday's meeting. Interclub projected image and print competitions at 4th Monday's meeting. 1101 Bertrand Dr, Room 411, Lafayette, LA. [Blemaire56@yahoo.com](mailto:Blemaire56@yahoo.com).

## tuesday

**Opelousas Farmers' Market** – 6-10am. Fresh homegrown and homemade products produced in rural St Landry Parish. Farmers' Market Pavilion, Hwy 190, Opelousas. 337-948-5227 or 337-948-6263. [CityOfOpelousas.com](http://CityOfOpelousas.com).

**Baby Time** – 9:30-9:45am. Class designed to introduce mothers, fathers, caregivers and babies to nursery rhymes, songs, finger plays and early literacy information. Ages 9-18 months. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

**Toddler Tuesdays** – 10-11am. Parents bring toddlers to the University Museum for interaction with other toddlers in a special play area and stick around for story time. Free. UL Lafayette Hilliard University Art Museum, 710 East St Mary Blvd, Lafayette. 337-482-2278.

**Toddler Time** – 10:30-10:45am. Fifteen-minute story sessions geared to children 18-35 months. Adults must accompany toddlers. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

**Ongoing Grief Support Group** – 12-1:30pm. For those who have suffered the loss of a loved one and wish to share and learn from others who also grieve. 2600 Johnston St, Suite 200, Lafayette. 337-232-1234.

**Water Aerobics Class** – 2:30-3:30. Removes pressure from joints and makes moving easier. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8362.

**Teche Area Farmers' Market** – 2:30-6pm. Fresh and frozen produce from local farmers, handmade crafts, jams, jellies, preserves, baked goods, live animals, farm fresh eggs, frozen seafood, something for everyone of all ages. Main St, New Iberia.

**Cranky Kids Acting Workshop** – 4-5pm. Acting group for kids ages 6 and up to master improvisation,

storytelling and other forms of the art of acting. \$16. Jim Phillips. Cite des Arts, 109 Vine St, Lafayette. 337-291-1122. [CiteDesArts.org](http://CiteDesArts.org).

**Cash & Carry Farmers' Market** – 4-6 p.m. Fresh produce, delicious homemade goods and the area's best local musicians. From country eggs and homemade fig cakes to squash and grass-fed beef, something for everyone. Brett Marino. Historic Cash & Carry Building, 801 Enterprise Blvd, Lake Charles. 337-764-9432.

**Cash & Carry Farmers' Market** – 4-6 p.m. Fresh produce, delicious homemade goods and the area's best local musicians. From country eggs and homemade fig cakes to squash and grass-fed beef, something for everyone. Brett Marino. Historic Cash & Carry Building, 801 Enterprise Blvd, Lake Charles. 337-764-9432.

**Guitar for Kids** – 5-5:45pm. From chord structure and progression to rhythm and strumming, this is a great class for building a solid musical foundation. The Front Room, 1301 Ave A, Scott. 337-258-2333. [MusicReed@yahoo.com](mailto:MusicReed@yahoo.com).

**Acquired and Traumatic Brain Injury Support Group Meeting** – 6pm. 3rd Tues each month. Help to build you and your family a network of support to set out in a new, rewarding direction. Free. Our Lady of Lourdes Facility, Ambassador Caffery, Section One, Conference Room A. 337-856-1964 or 877-852-1964.

**Jam Band Lab** – 6-7:30pm. Kids with a range of musical backgrounds learn about being in a band through workshops and instruction on vocals, percussion, bass, electric and acoustic guitars. The Front Room, 1301 Avenue A, Scott. 337-258-2333. [MusicReed@yahoo.com](mailto:MusicReed@yahoo.com).

**The Budget Queen Coupon Swap** – 6-7pm. 1st Tues each month. Swap coupons and get money saving advice and tips. Beginners welcome. The Conference Room, South Regional Library, 6101 Johnston St, Lafayette. 337-371-7884.

**CCET's Backyard Series** – 6:30-8:30pm. 2nd Tues each month. A wide range of topics for the general public: informal workshops, question-and-answer forums, interactive presentations led by qualified facilitators. Sponsored by Decentralized Arts Funding distributed by the Acadiana Center for the Arts and the Louisiana Division of the Arts in partnership with the Vermilionville Foundation. Free. 300 Fisher Rd, Lafayette. 337-233-4077 Ext 211.

**Mystery Book Club** – 6:30-7:30pm. 3rd Tues each month. The South Regional Library hosts a mystery book club. The South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

## wednesday

**Regional Bedtime Stories** – 6-6:30pm. A nighttime version of Family Story Time. No preregistration required. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

**Water Aerobics Class** – 6:30-7:30pm. See Tues listing. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8362.

**La Table Francaise** – 8:30-9:30am. Last Wed each month. Grab a cup of coffee and share conversation and fun with other French speakers. Whiteville School House, Le Vieux Village, 828 East Landry, Opelousas. 337-948-6263.

**Baby Time** – 9:30-9:45am. See Tues listing. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.



**Toddler Time** – 10:30-10:45am. See Tues listing. South Regional Library, 6101 Johnston St, Lafayette. 337- 981-1028.

**LEDA Networking Luncheon** – 11:30am. 1st Wed each month. Meet over a hundred people for buffet lunch with guest speakers from local businesses. The “roaming mic,” is passed to everyone in the audience for the opportunity to stand up and tell their name and the name of their business. Door prizes, time for mingling. \$17.50. RSVP by 5pm the Tues before. River Oaks, Lafayette. 337-593-1400.

**Adult Art** – 1-3pm. Art lessons in any medium with instructor Robert Baxter. \$20/class. The Gallery, 222 N Parkerson Ave, Crowley, 337-783-3747. CrowleyArtGallery.com.

**Freetown Farmer's Market** – 2pm-dark. Local produce, homemade breads, jellies, soaps, pottery, fresh chicken, eggs and more. 421 E Convent St, Freetown Studios, Lafayette.

**Eunice Farmer's Market** – 3pm. Garden veggies, fruits, jellies and more. Corner of 2nd St & Park St, Eunice. 337- 457-7389.

**Regional Bedtime Stories** – A nighttime version of Family Story Time. No preregistration required. South Regional Library, 6101 Johnston St, Lafayette. 337- 981-1028.

## thursday

**Opelousas Farmers' Market** – 6-10am. See Tues listing. Farmers' Market Pavilion, Hwy 190, Opelousas. 337-948-5227 or 337-948-6263. CityOfOpelousas.com.

**Adult Art Lessons** – 9am-12 noon. See Wed listing. The Gallery, 222 N Parkerson Ave, Crowley. 337-783-3747. CrowleyArtGallery.com.

**Water Aerobics Class** – 2:30-3:30. See Tues listing. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8362.

**Opelousas Farmers' Market** – 6-10am. See Tues listing. Farmers' Market Pavilion, Hwy 190, Opelousas. 337-948-5227 or 337-948-6263. CityOfOpelousas.com.

**Children's Fiddle** – 5-5:45pm. Kids of all abilities learn tunes from around the world while discovering a variety of musical genres. The Front Room, 1301 Ave A, Scott. 337-258-2333. MusicReed@yahoo.com.

**Water Aerobics Class** – 6:30-7:30pm. Removes pressure from joints and makes moving easier. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8362.

**Open Mic** – 8pm. Open microphone performances. The Porch Coffee House, 4710 Common St, Lake Charles.

## friday

**Adult Art Lessons** – 9am-12pm. See Wed listing. The Gallery, 222 N Parkerson Ave, Crowley. 337-783-3747. CrowleyArtGallery.com.

**Antiques Market** – 10am-5pm. See Sun listing. Market and Auction House. 151 B Leo Richard Rd, Sunset. 337-212-2091.

**Coping Creatively Through Grief Support Group** – 10am-12pm. 1st and 3rd Fri each month thru May 3. Catherine Wallace, LCSW, and Jessica

Johnson, LPC of the Center for Loss and Transition, offer seven sessions on creativity and sharing to help grievers heal. Pre-registration required, space limited. Hospice of Acadiana, 2600 Johnston St, Lafayette. 337-232-1234.

**Feline Fridays** – 1-4pm. Enjoy a discount rate of \$60 on all cat adoptions. Lafayette Animal Control Center, Lafayette. 613 W Pont Des Mouton Rd, Lafayette. 337-291-5644 or 337-291-5645.

**Begnaud House Cajun Accoustic Jam Session** – 6pm. Plenty of music and great fun with locals speaking Cajun French. Fresh coffee, cool drinks, plenty of chairs, friends to share music, stories, jokes and Joi de Vivre. Come with or without instruments and jam with us. Free. 110 Benoit Patin Rd, Scott, Scott I-10 Exit #97, Southside. 337-269-5155.

**Water Aerobics Class** – 8-9am. Removes pressure from joints and makes moving easier. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8362.

**LA Ice** – 7-10:50pm. Public ice-skating at night. \$10/admission & rental, \$8/admission. 3607 NW Evangeline Thruway, Carencro. 337-896-2040. LAIceArena.com.

## saturday

**Bullying Stops With Me!** – For children and parents dealing with the issue of bullying. Anyone is welcome to call 24 hours a day, 7 days a week and the caller may remain anonymous. Free. 337-322-4525. BullyingStopsWithMe.com.

**Opelousas Farmers' Market** – 6-10am. See Tues listing. Farmers' Market Pavilion, Hwy 190, Opelousas. 337-948-5227 or 337-948-6263. CityOfOpelousas.com.

**Teche Area Farmers' Market** – 7-11am. See Tues listing. Main St, New Iberia.

**Acadiana Walking Club** – 8am. Meet at various walking trails. Call for the meeting place in advance. If you would like to join the mailing list for the walking club or have any questions, call 337-261-9188 or email Admin@HealTheHabitsForLiving.com.

**Hwy 190 Flea Market – 8-5pm. Sat and Sun. Flea market vendors from around Acadiana come to sell clothes, antiques, houseware, tools, furniture, jewelry, food and more. Come and join the fun and buy at flea market prices. VENDOR BOOTHS AVAILABLE. 11946 West Hwy 190, Opelousas (between Opelousas and Lawtell - on the left). 337-678-1500.**

**Antiques and Farmers Market** – 8am-4pm. See Sun listing. Market and Auction House. 151 B Leo Richard Rd, Sunset. 337-212-2091.

**City Garden Market** – 8am-12pm. Organically grown vegetables, fruit, canned sauces, salsas, jams, jellies, small sweet dough, large pies, honey, eggs, fish, bread and dog biscuits. Oil Center across from Champagne's Market, Lafayette.

**Delcambre Seafood and Farmers Market** – 8am-1pm. Featuring wild-caught Delcambre Direct Seafood and farm-fresh, locally grown produce. With music, food and special events, visitors enjoy a fun and healthy shopping experience. Shrimp Festival

Grounds, corner of North Richard and East Church Streets, Delcambre. 1-800-884-6120.

**God's Grace Boutique** – 8am-5pm. See Sun listing. Hwy 190 Flea Market Booth 11, 11946 W Hwy 190, Opelousas.

**Hub City Farmer's Market** – 8am-12pm. Join us for local foods and crafts. Brian Gotreaux, The Oil Center, 427 Heyman St across from Champagne's. HubCityFM@afo.net.

**Jeanerette Farmer's Market** – 8am-12pm. 2nd Sat each month. Features farm produce and hand-made items from the Jeanerette area. City Park .

**Kaplan's Farmer's Market** – 8am-12pm. 2nd Sat each month. Local foods and crafts. Turnley Park, downtown Kaplan, 701 N Cushing Ave, Kaplan. 337-643-2400.

**Bayou Vermilion Canoe Paddle** – 8:30-11:30am. 2nd and last Sat each month. Canoe trips on the Bayou Vermilion, weather and river conditions permitting. RSVP. \$5 insurance fee to American Canoe Association for a canoe or bring your own canoe or kayak and paddle for free. Margo Addison. Vermilionville, 300 Fisher Rd, Lafayette. 337-233-4077 ext 205. Margot@BayouVermilion.org.

**Washington Community Farmer's Market** – 8:30-11am. Town Pavilion across from Town Hall. Linda Taylor. MauiFlyer@hotmail.com. 337-826-6518.

**Savoy Music Jam Session** – 9am-12pm. Bring an instrument or just yourself to enjoy a live traditional Cajun music jam session. Savoy's Music Centre, 4413 Hwy190 E, Eunice. 337-457-9563.

**Antiques Market** – 10am-5pm. See Sun listing. Market and Auction House. 151 B Leo Richard Rd, Sunset. 337-212-2091.

**Eunice Farmer's Market** – 10am. See Wed listing. Corner of 2nd St & Park St, Eunice. 337- 457-7389.

**Freetown Farmer's Market** – 10am-2pm. See Wed listing. 421 E Convent St, Freetown Studios, Lafayette.

**Cajun Jam** – 1-3:30pm. Join Vermilionville for a weekly Cajun Jam led by the area's finest musicians. Open to all skill levels, beginner to professional. Free admission for jam only, does not include entry to the park. Performance Center of Vermilionville, 300 Fisher Rd, Lafayette. 337-233-4077.

**Cajun Jam Sessions** – 2-6pm. Come out and enjoy local music. Bring an instrument for a chance to participate. Museum Café, Erath. 337-937-0012.

**2nd Saturday Art walk** – 6-8pm. 2nd Sat each month. Family-friendly event. Art galleries, restaurants, specialty shops and other downtown businesses present art, live music, food and drink. Free. Downtown Lafayette. 337-291-5566. DowntownLafayette.com.

**“Rendez-Vous des Cajuns” Live Radio and TV Show** – 6-7:30pm. Cajun and Zydeco bands perform live in Cajun-style “Grand Ole Opry” Liberty Theater. \$5/Adults, \$3/children under 12. 200 W Park Ave, Eunice. 337-457-7389. EuniceLA.com.

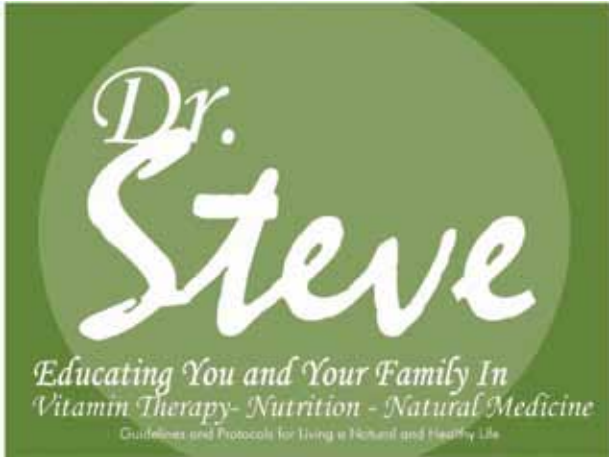
**LA Ice** – 7-10:50pm. Public ice-skating at night. \$8/admission, \$10/admission & rental. 3607 NW Evangeline Thruway, Carencro. 337-896-2040. LAIceArena.com.

**Monthly Night Hike** – 7-9pm. Last Sat each month. Take hikes through the Acadiana Park Nature Trail. \$3. Acadiana Park Nature Station, 1205 E Alexander St, Lafayette. 337-291-8448.

# Naturopathic Doctors

## Natural Medicine

“finding the root cause”



**DR. STEVEN T. CASTILLE, BSc, Ms, DNM**  
natural medicine

Biochemist, Clinical Herbalist and Doctor of Natural Medicine

Bachelor of Science in Biochemistry, Master of Science in Engineering and Technology Management, Doctorate in Natural Medicine



natural medicine. Traditional naturopaths complete continuing education requirements to stay current with the most current natural medicine practices.

Other medical providers such as chiropractors, osteopaths, dentists and nurses may undergo some naturopathic training in various holistic therapies, but these programs are generally limited and not subject to accreditation or licensing.

### **Naturopathy is a form of alternative or complementary medicine.**

This practice is based on the notion that the body has the intrinsic ability to heal itself with the proper support and guidance, and naturopaths utilize modern and traditional medical practices to achieve this goal. It is practiced in the United States, Great Britain, New Zealand, Australia and Germany. Naturopaths can be found working in hospitals, medical offices, holistic health centers, and many other settings.

### **The Basics of Naturopathy**

In naturopathy, allowing nature to heal the body is a primary basis of this form of alternative medicine. Naturopathic doctors pledge first to “do no harm,” and seek to find the root cause of illness rather than to simply treat symptoms.

**Naturopaths see themselves as teachers, and work with patients on lifestyle changes that promote healing and optimal health.** Taking many aspects of a patient’s life and history into consideration, naturopaths may address diet and nutrition, chronic health conditions, exercise, emotional health, spirituality, family history, and many other factors during the course of treatment.

The prevention of disease and illness is one of the most important aspects of naturopathic medicine. Whereas mainstream medicine may concentrate

on curing illness, naturopathy relies on treatment and lifestyle changes that may prevent the occurrence of disease in the first place. Naturopaths evaluate genetic predisposition to disease, family history and other risk factors that may make a patient more vulnerable to illness. Specific lifestyle changes to support optimal health and the prevention of disease are then prescribed.

### **Traditional Naturopaths**

In the United States, there are three categories of practitioners of naturopathy: naturopathic physicians, traditional naturopaths, and various providers who utilize aspects of naturopathic medical practice. In terms of education, traditional naturopaths complete a bachelor’s degree and pre-medical education in one of the three major areas of science (chemistry, biology, or physics) and graduate-level training in science and

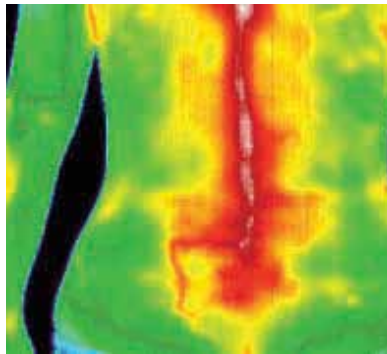
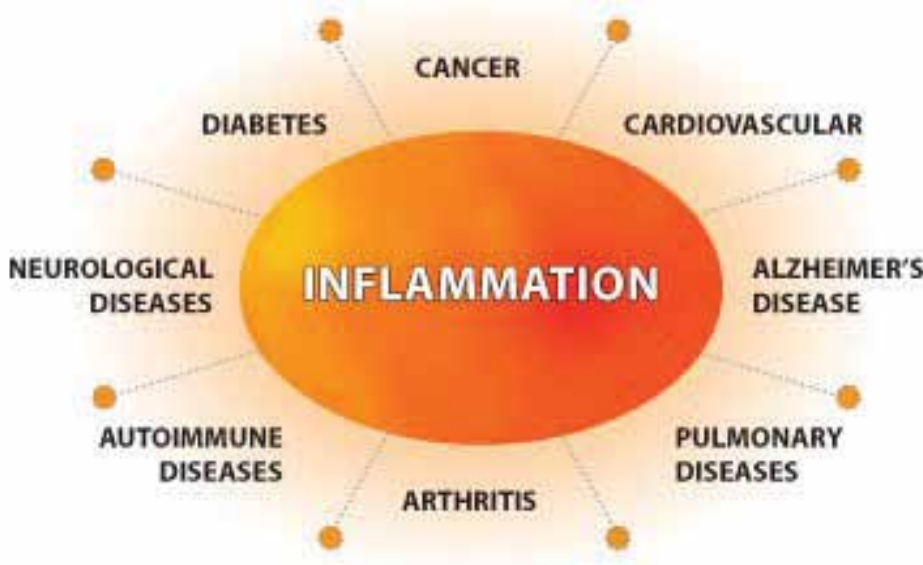
### **Is Naturopathy for Me?**

Naturopathy is an important and useful form of alternative medicine that many Americans choose to utilize for treatment of both chronic and acute health conditions. Treatment by a naturopathic doctor can be an excellent complement to mainstream medical care, providing the best of preventive medicine for consumers seeking comprehensive holistic treatment.

### **What Can I Expect?**

When seeing a naturopath, patients can expect to undergo an extensive medical interview and perhaps some basic examination. A naturopathic doctor may prescribe homeopathic remedies, vitamin therapies, holistic therapies, herbal remedies, dietary and lifestyle changes, and a variety of laboratory tests. During the course of treatment, naturopathic doctors may utilize acupuncture, infrared heat therapy, whole body vibration, pH saliva and urine testing, chelation therapy, blood and hair analysis, hydrotherapy, massage or joint manipulation, colonic irrigation, as well as other forms of natural medicine and healing. While some naturopathic doctors may serve as the primary medical provider for a minority of patients, most consumers will maintain their relationship with their medical doctor and simply see a naturopathic doctor as a complement to their mainstream medical treatment.

# the natural path



- Natural Medicine
- Naturopathic Health Care
- Zerona Fat Reduction
- Whole Foods Nutrition
- Hydro Massage Therapy
- Infrared Sauna Therapy
- Whole Body Vibration Therapy
- Nutrient Hydration Therapy
- Thermography Medical Imaging
- Micro-nutrient Testing
- Vitamin Therapy
- Bioidentical Hormone Therapy
- Menopause/Women's Health
- Cancer Prevention
- Detoxification
- Demosonic Cellulite Reduction
- Vibrational Healing

**Call to schedule your office visit:**  
**337-896-4141**  
**337-347-4141**



Maila Nelson  
Natural Health Consultant



Laurel Thibeau  
Office Manager



Brooke Thevis  
Health Consultant



China Ledet  
Health Consultant



Megan Reed  
Thermography Tech



Martha Francis  
Office Assistant



John Rhinehart  
Licensed Massage Therapist

# FAR INFRARED SAUNA THERAPY

## INCREASED METABOLISM AND WEIGHT LOSS

Infrared Sauna Therapy can burn hundreds of calories by increasing your metabolism and core temperature. Far infrared heat also breaks down cellulite, trapped water, fat and wastes as part of the detoxification process.



## A BOOSTED IMMUNE SYSTEM

During a session, the infrared sauna will raise your body temperature, inducing an artificial fever. Fever is the body's natural mechanism to strengthen and accelerate the immune response. The intense sweating during Infrared Sauna Therapy will enhance your immune system and increase your overall health and resistance to disease.

## DETOXIFICATION OF THE BODY

Infrared Sauna Therapy is excellent for detoxifying the body. The infrared heat stimulates sweating, while penetrating deeply and releasing toxins that can then be eliminated by the body through the sweat.

## INCREASED BLOOD FLOW

Using an infrared sauna can expand capillaries in the body, which stimulates increased blood flow, regeneration, circulation, and oxygenation.

## INCREASED CARDIOVASCULAR AND HEART RATES

As your body increases sweat production to cool itself, your heart works harder, pumping blood at a greater rate to boost circulation, providing the conditioning benefits of continuous exercise. Heart rate, cardiac output and metabolic rate increase during Infrared Sauna Therapy, while diastolic blood pressure drops, thus boosting overall cardiovascular fitness.

## HEALTHY ARTERIES

Deposits of fat, calcium, fibrin, and cellular debris can clog arteries and lessen the ability to expand and contract, while slowing blood circulation. Infrared Sauna Therapy can potentially help to clean arteries by loosening these toxins and increasing blood flow throughout the body.

## IMPROVED SKIN CONDITIONS

Infrared Sauna Therapy has been shown to relieve acne, psoriasis, burns, eczema, and also removes roughness and decreases scarring. Excessive sweating is beneficial to the skin, and helps improve the clarity, balance and structure of the skin tissues.

## RELIEF FROM PAIN

Infrared Sauna Therapy has been effective in providing pain relief to those suffering from back pain, sprains, strains, bursitis, fibromyalgia, rheumatoid arthritis, headaches and many other muscular-skeletal ailments.

## RELIEF FROM STRESS

Infrared Sauna Therapy has been



# ION FOOT DETOX THERAPY HEALTH BENEFITS



## Ion Detoxification Therapy

Avoiding disease and maintaining vitality as we age requires the maintenance of an alkaline environment throughout the body – which is virtually impossible to accomplish in our high-tech, high-stress, toxic society, unless we follow a detoxification program. Ionic Detoxification Therapy is a simple, relaxing treatment.

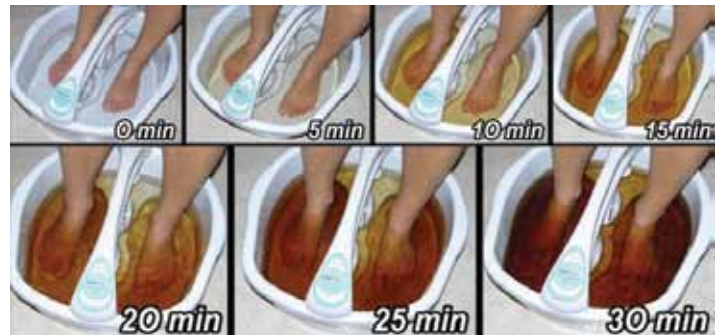
## How will it make you feel?

Healthy individuals can expect to feel lighter and experience a greater sense of well being from each detoxification treatment. You will be able to think more clearly and have more energy. This treatment is especially beneficial to those who suffer from edema, inflammation, gout, osteoarthritis and pain.

## How does it work?

Your feet are placed in a bucket of clean, warm, ankle-deep water. A small amount of sea salt is added to the water, in order to increase the conductivity. Then, an ionator is placed in the bucket of water along with your feet. This ionator creates a low-voltage, direct current to separate the water molecules into positive and negative ions by separating oxygen and hydrogen in the water. The ions travel through your body, attaching to and neutralizing oppositely charged particles, and osmosis pulls the neutralized particles out through the surface of your feet. Osmosis is a scientific term that is used to describe the movement of particles through a membrane from an area of lower concentration to an area of higher concentration. In this case, the higher concentration refers to the ion field that is set up by placing the ionator into the water while running the unit. Once the unit is turned on, the water will begin turning color. By the end of the treatment, the water will be discolored and contain floating or sinking particles. This is a result of the toxins being pulled out of your body and into the water.

Yellow-Green		Detox from kidney, bladder
Orange		Detox from the joints
Brown		Detox from the liver, cell debris
Black		Detox from the liver
Dark Green		Detox from the gallbladder
White Foam		Lymphatic system
Black Flecks		Blood clot materials
Red Flecks		Heavy metals
White Cheese like particles		Yeast



## holistic health and fitness guide

for more information visit the natural health center in carencro (347-4141) or the dharma wellness center in sunset (662-3120)

## LIQUID VITAMIN HYDRO-THERAPY HEALTH BENEFITS



### LIQUID VITAMINS FOR THE SKIN

Every Hydration Station™ session provides ultimate liquid vitamin infusion. Three (3) unique liquid vitamin blends drench your body in a delightful Oxyhydrating™ moisturization bath. Each Hydration Station experience includes the infusion of a specific blend of liquid CoQ10, hyaluronic acid, aloe vera, vitamins A, E and C, plant collagen and elastin, green tea extract and other skin nourishing ingredients.

Mineral Melanin Concentrate is a tropical boost of coconut and tangerine. Ingredients include: malachite (copper) extract, green tea extract, Dead Sea mineral salts and a blend of aromatic essential oils. Specifically formulated for the Prepare Program.

### INFRARED GENERAL EFFECTS

- Reduces and balances the acidic level in the body
- Improves the nervous system
- Prevention of bacteria growth
- Normalization of blood cholesterol
- Speeds up repair of body cells
- Maintains warmth and promotes better sleep
- Promotes elimination of waste and harmful heavy metals out of human body

### HYDROFUSION™

Hydrofusion™ is an exceptional technological breakthrough that creates a single blended energy from infrared heat and steam. Hydrofusion™ optimizes skin cleansing and detoxification, resulting in more balanced, hydrated skin and increased nutrient absorption from skin care products. The secret behind Hydrofusion™: infrared heats the body causing the skin to perspire. The moisture cannot vaporize in the moist steam environment, thus forming a protective layer on the body surface. This condensation layer is absorbed back into the skin, increasing oxygen supply to the blood stream and tissues leaving skin soft, supple and rejuvenated.

### AROMATHERAPY

The Hydration Station™ features a unique reservoir that vaporizes liquid vitamins, aromatic extracts and herbal extracts to awaken olfactory senses and enhance Hydration Station results. Pure essential oils and herbal extracts stimulate the senses. Powerful liquid vitamin concentrates and essential nutrients moisturize the skin when blended with steam.

### CHROMOTHERAPY

Hydration station™ uses Colorbath™ digital lighting technology (LEDs). These strategically placed chromotherapy LEDs blanket the whole body in atmospheric colored light. The chromotherapy generates a rich variety of mood enhancing programs, leaving clients in a state of harmony and balance.

### VIBRATORY MASSAGE

The ergonomically designed bed features a patented vibratory system with adjustable rhythms. Vibration can be delicate or intense for relaxing or stimulating programs. Vibratory massage provides muscle relaxation, relief of minor aches and pains, and improves local blood circulation.

## AQUA MASSAGE THERAPY HEALTH BENEFITS

### COMBINATION OF HEAT AND MASSAGE

Another benefit of water massage is the use of heat as a modality of treatment. The water is warmed to a temperature suitable to the patient's sensitivity level. Heat has long been a therapeutic treatment choice of chiropractors and physical therapists in treating soft-tissue injuries and sports-related muscle strains. Heat and massage together may help reduce muscle tension and pain, increase joint range of motion and encourage blood flow.

### MUSCLE BENEFITS

Just like using a traditional massage, an aqua massage can assist in relieving muscle pain, including pain that is caused by fibromyalgia. The massage will also improve circulation and relax muscles.

### HEALTH BENEFITS

Like other forms of massage, aqua massage is used to reduce pain and inflammation in sore, tense muscles and to encourage a state of overall relaxation. Other benefits of regular treatments may be improved sleep patterns, decreased muscle spasms, improved circulation and better body awareness, as in improved posture and alignment.

### TIME

Aqua massage is often a preferred choice for busy people who simply do not



have much time for a massage. Since an average aqua massage is only 15 to 20 minutes, it is much easier to fit into a busy schedule. Even with the shorter time frame, the health benefits remain the same. According to Yogawiz.com, an aqua massage that lasts for 15 minutes is the equivalent of a 30-minute session with a massage therapist.

### PERSONAL CONTROL

Water massage therapy takes place in a self-contained unit that resembles a tanning bed, and just like a tanning session, you set the controls to meet your particular needs. The session time is pre-set before you enter the unit, but the water pressure and pulse frequency are adjustable via a hand-held control unit, allowing you to direct your experience. If your lower back muscles are aching, you can pause the jets and remain on that area for a longer period of time, giving you the ultimate control over your own healing process.

### PRIVACY

Many people choose not to receive traditional hands-on massage therapy because they feel that it invades their personal space. Aqua massage uses private settings and allows the patient to remain fully clothed, increasing comfort and privacy.

### CONVENIENCE

One of the more attractive benefits of aqua massage is the convenience and accessibility versus other massage treatments that require you to disrobe. There are no oils or lotions used in conjunction with water massage, so you can have

## holistic health and fitness guide

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## pH ION Saliva Test



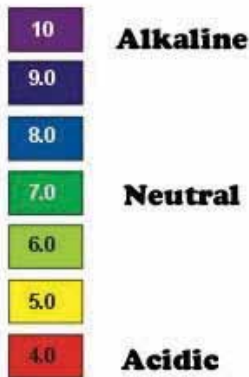
### The Importance of Acid and Alkaline Balance for Health

Virtually all degenerative diseases including cancer, heart disease, arthritis, osteoporosis, kidney and gall stones, and tooth decay are associated with excess acidity in the body. While the body has a homeostatic mechanism that maintains a constant pH 7.4 in the blood, this mechanism works by depositing and withdrawing acid and alkaline minerals from other locations including the bones, soft tissues, body fluids and saliva. Therefore, the pH of these other tissues can fluctuate greatly. The pH of saliva offers a window through which you can see the overall pH balance in your body.

Cancer cannot exist in an alkaline environment. All forms of arthritis are associated with excess acidity. Acid in the body dissolves both teeth and bones. Whatever health situation you are faced with, you can monitor your progress toward a proper acid/alkaline balance by testing your saliva pH.

### What are Acid and Alkaline?

Water (H<sub>2</sub>O) ionizes into hydrogen (H<sup>+</sup>) and hydroxyl (OH<sup>-</sup>) ions. When these ions are in equal proportions, the pH is a neutral 7. When there are more H<sup>+</sup> ions than OH<sup>-</sup> ions then the water is said to be acid. If OH<sup>-</sup> ions outnumber the H<sup>+</sup> ions then the water is alkaline. The pH scale goes from 0 to 14 and is logarithmic, which means that each step is ten times the previous. In other words, a pH of 4.5 is 10 times more acid than 5.5, 100 times more acid than 6.5 and 1,000 times more



## WHOLE-BODY VIBRATION EXERCISE HEALTH BENEFITS



### LOW IMPACT EXERCISE

Whole-body vibration is a great alternative to strenuous exercise. Fatigue and lack of mobility are easily overcome, ensuring a higher quality of life for everyone. Whole-body vibration is great for athletes, individuals wanting to maintain health, or even the elderly, disabled, or individuals with limited mobility.

Many people report an improved mood and energy level when using whole-body vibration therapy. Whole-body vibration research has shown an increase in serotonin levels after vibration. Serotonin, which is almost a household term these days due to the prevalence of depression and antidepressant drugs, is the neurotransmitter that makes you calm and happy.

- Accelerates weight loss and reduced appearance of cellulite
- Decreases cortisol levels and increases levels of the "happiness hormones" serotonin and neurotrophine
- Increases hormones involved in strength, repair and regeneration; testosterone, Human Growth Hormone (HGH), and Intrinsic Growth Factor 1 (IGF1)
- Increases serotonin and norepinephrine-neurotransmitters that makes you calm and happy
- Decreases cortisol, the major stress hormone
- Significantly increase in blood flow throughout the body
- Strengthens and increases bone tissue
- Increases number of T-cells, an important part of your immune system
- Improves blood and lymphatic circulation
- Speeds recovery from surgery and trauma
- Stimulates neurological system
- Increases physical strength, dexterity and endurance
- Reduces joint and ligament stress
- Helps to improve and prevent many joint conditions
- Relieves tension and chronic pain in ankles, knees, lower back, and neck
- Assists in preventing osteoporosis
- Stimulates fast-twitch muscles
- Improves body balance
- Benefits both anaerobic and aerobic exercise
- Tightens facial muscles
- Reduces cellulite
- Increase testosterone by 7%, maintains muscle mass, bone density and red blood cell levels
- Improves digestion and gastric motility-eliminating heartburn
- Reduces constipation, providing a more comfortable lifestyle
- Strengthens pelvic muscles, reducing embarrassing stress incontinence

## holistic health and fitness guide

for more information visit the natural health center in carencro (347-4141) or the dharma wellness center in sunset (662-3120)

# THERMOGRAPHY

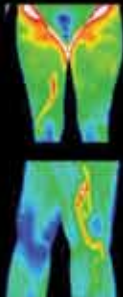
Medical Imaging of Acadiana

Advanced Diagnostic and Screening Technology

**\$94**

**FULL BODY HEALTH CHECK  
(337) 347-4141**

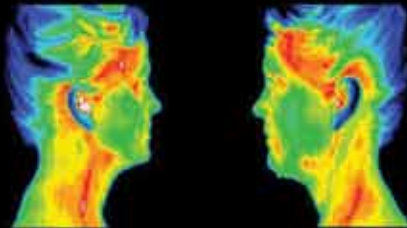
## Thermography Imaging Can Detect Many Diseases and Disorders in Their Early Stages



The anterior view of the upper legs shows a patient who had unresolved pain in the right leg for over a year. The thermogram shows a vasculopathy with a perforator that a vascular surgeon was able to treat with minimal intervention due to the accuracy of the localization.

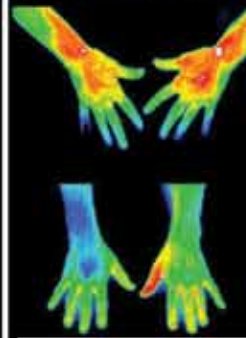
The image showing the vascular pattern in the right lateral leg was of a patient who had a 3 year history of pain in the mid-lateral thigh and knee. Heine conduction tests and a full range of anatomical imaging tests failed to find any cause for the pain. This thermographic study led to a confirmed diagnosis of phlebitis.

**Vascular Conditions**



Carotid Artery occlusion (Right side)

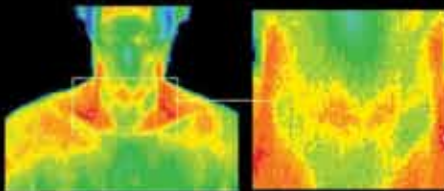
**Carotid Artery Occlusion**



Early stage bilateral carpal tunnel syndrome

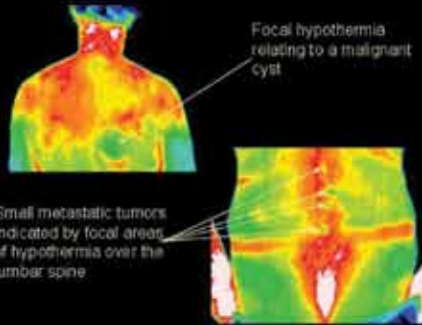
Chronic right carpal tunnel syndrome

**Carpal Tunnel**



Hyperthermia over both lobes of the thyroid indicating thyroid dysfunction

**Thyroid Dysfunction**



Focal hypothermia relating to a malignant cyst

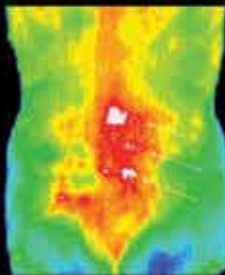
Small metastatic tumors indicated by focal areas of hypothermia over the lumbar spine

**Cyst and Tumors**



Myofascial Trigger Point - in semispinalis cervicis

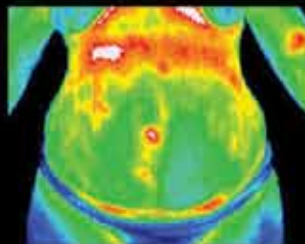
**Myofascial Trigger Point**



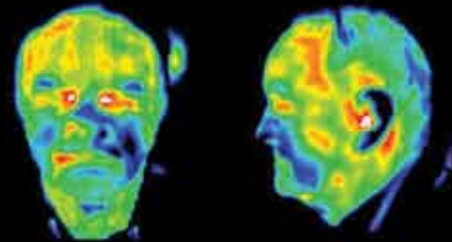
Three stress fractures of the transverse processes of the lumbar spine.

**Stress Fractures**

**Inflammation Over Right Kidney**



**Inflammation**

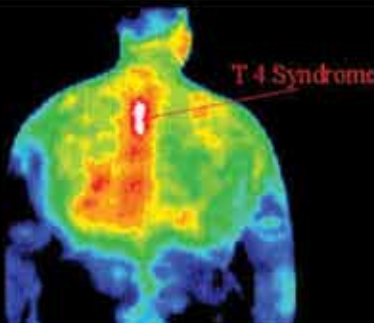


**Bells Palsy**



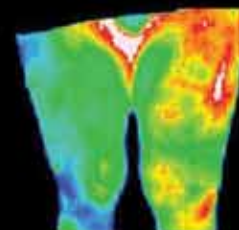
CAD

**Coronary Artery Disease**



T4 Syndrome

**T4 Syndrome**



This elderly lady had undergone a left hip replacement surgery 3 months previously. Her continued leg pain raised a suspicion for DVT.

The thermographic findings were not consistent with DVT, but showed a focal area of inflammation that guided a sonographer to a deep abscess near the bone.

This was lanced and successfully treated with antibiotics.

**Infection**

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