

HEALTHY LIVING HEALTHY PLANET

natural awakenings

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Wise Rescues

How to Safely Help
Injured Animals

Growing Up Empowered

Helping Kids Step
into Their Best Selves

Earth Guardians

Kids Say No to
Global Warming



EVERY ISSUE IS
A GREEN ISSUE

August 2016 | Acadiana-Edition | www.NAcadiana.com



ADDRESS: 505 BERTRAND DRIVE, LAFAYETTE, LA 70506

Phone:(337) 261-0051

Organic Frozen Wheatgrass Juice

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.

.....\$30.00 (box of 16 count 1.5 oz frozen wheatgrass cups)

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 for 14 days.

.....\$36.00 / case of six

pH 9.5 Drops



“Cancer can not grow in an alkaline body.”
- Dr. Otto Warburg, **Nobel Peace Prize Winner** for cancer and alkalinity.

Keep your pH levels under control with pH 9.5 Drops. The typical American diet is loaded with acid-forming foods that can take a toll on your overall health and vitality. We all know that drinking 8 glasses of water a day is a healthy habit, but with a pH rating of 9.5, these drops turn ordinary distilled water into a genuine health elixir. Simply fill your water bottle with one drop per ounce of water and sip throughout the day. It's an excellent and easy choice for anyone concerned about his or her body's acid/alkaline balance.\$30.00

WheTea

BURNS STOMACH FAT



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.\$20.00



BF-4 Weight Loss



BF-4 contains all the four major fat burners. You have no choice but to lose the weight. Garcinia Cambogia to prevent fat cell formation. Raspberry Ketone to help fat cells shrink. Green Coffee Bean to signal the body to burn stored fat. Chromium to build muscle and burn fat.

.....\$45.00

Pain & Inflammation Enzyme



Chronic pain and inflammation can make even the simplest everyday tasks a challenge. If you suffer chronic pain from a serious health condition or inflammation from over-exertion and physical exhaustion, Liteon Natural's Pain and Inflammation Enzyme Blend

can help. This unique anti-inflammatory and pain relief formula will strengthen your body's natural response to pain and inflammation. This supplement packs the power of natural bioflavonoids, herbs, and enzymes.....\$30.00

Digestive Enzyme Complex



A healthy digestive system does an incredible job of breaking down the food we eat. However, without the help of digestive enzymes, we cannot metabolize food effectively no matter how healthy the food may be. There are roughly 22 main digestive enzymes involved in breaking down the food we eat into nutrients. After all, it's not "food" that our body absorbs for energy and health—it's the nutrients inside the food. Digestive Enzyme Complex is a natural digestive enzyme supplement. This vegetarian supplement can enhance the chemical reactions involved in digestion, promote an

acid and alkali balance in the body, and help you fight off or prevent infections.\$35.00

Raspberry Ketone Drops



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). Appetite Control and Fat Loss Formula.\$30.00

Manglier Tea

mong-lee-AY

The tea is used to treat diabetes and has the ability to build the body's immune system quickly to fight cold, flu, and other infections. It clears viral and bacterial infections. Native Americans first discovered the medicinal properties of this plant in the 1800s. Creole and cajun communities used it before the onset of drug prescriptions and antibiotics. It is natural medicine that can be readily found in south Louisiana.....\$24.00



Wheatgrass Capsules



Alkalize, energize and detox your body with wheatgrass capsules. Wheatgrass is an effective healer because it is nutrient dense and contains major minerals and vitamins A, B-complex, C, E, I and K. It is extremely rich in protein, and contains 17 amino acids, the

building blocks of protein. Wheatgrass contains up to 70% chlorophyll, which is an important blood builder. Wheatgrass is a strong antioxidant and helps to cleanse the blood and lymph.....\$30.00

YOUR BODY Checkup

“Today, more than 95% of all chronic disease is caused by food choice, toxic food ingredients, nutritional deficiencies and lack of physical exercise.”

- Dr. Steven T. Castille

Scalp

Dandruff, flakes all over. The person is eating too much refined sugar; eliminating it would improve the dandruff a lot. Probably has insufficient essential fatty acids, too. Keep in mind B complex with emphasis on B6 and selenium.

Thinning Hair

Hair is thinning too much. It could be the estrogen she's taking. B complex, especially B6 and folate may help, but she may need to stop the hormones she is taking. Not taking hormones? She may have hypochlorhydria (low stomach acidity). If so her protein won't digest well, and many minerals won't be absorbed efficiently, so her hair falls.

Redness in the Forehead

Skin looks shiny and scaly, with a slightly yellowish, greasy appearance. Especially bad in the eyebrows, and extends down the nose. It's on her cheeks and even her chest. Think of B vitamins, especially para-aminobenzoic acid, B6, and essential fatty acids.



Inside the Ears

Excess earwax. Not enough essential fatty acids.

Behind the Ears

Skin is cracked. Usually a zinc problem.

Earlobe

See the diagonal crease across the earlobe? Usually a sign of increased susceptibility to cardiovascular disease.

Eyes

Cloudy appearance to the lens of the eye. Cataract. Fortunately, not far gone. Check for glucose-insulin tolerance, blood sugar or insulin abnormalities. Eliminate any refined sugar. Probably doesn't metabolize lactose (milk sugar) well. Consider eliminating all sources of it. Bioflavonoids inhibit an enzyme, aldose reductase, that's reported overactive in the lens of diabetics, leading to cataracts. Think of riboflavin (vitamin B2), vitamin A, and vitamin C also. Bioflavonoids work to slow down leaking of the retinal vessels. Magnesium is important.

You do not catch cancer, heart disease or a cold.

You create these ailments with deficiencies based on what you eat or don't eat.

Eyes (nondiabetic)

"Floaters" or blood spots. Think of bioflavonoids, choline, inositol, and vitamin K. The white of one eye has turned all red suddenly on one side. Check blood pressure... it's usually normal, but it's best to be sure. This scleral hemorrhage isn't dangerous, just the result of a broken blood vessel. If it wasn't trauma, consider bioflavonoids and vitamin K.

Eyes-child (dark circles)

This child has had enough sleep, hasn't been crying lately, and still has dark circles beneath the eyes. He has horizontal creases in the lower lids. Sometimes those dark circles are called "allergic shiners"; the lines are called Dennie's lines. Along with puffiness in the lower eyelids, these signs usually mean allergy.

Eyes-adult (dark circles)

Adults may have dark circles beneath the eyes during pregnancy, hormone treatment, and when fatigued, such circles frequently indicate allergy.

Call (337) 896-4141
to get a
Thermography Exam

Call (337) 662-3120
to get a **Vitamin Test**

Call (337) 356-1251
to get a **Hair Analysis**

Nose

Polyps inside? Allergy is probable but may also indicate salicylate sensitivity. Stay away from aspirin as well as artificial food additives, many of which are salicylate based and foods containing naturally occurring salicylate.

Cheeks and Nose

Dilated capillaries in the cheeks and perhaps on the nose. Could be overcoming alcohol. But if not, correlation is even stronger when the dilated capillaries are accompanied by general reddening of the facial skin, most pronounced in the cheeks and forehead, and scattered medium to large acnelike pimples, a condition called rosacea.

Acne

From mild case to scattered pimples to deep cysts, all over the face and back. Very likely eating and sensitive to sugar and other refined, processed food, and not getting enough zinc or the right types of essential fatty acids. In a bad case, there's usually allergic involvement. An adult past 25 with acne almost always has food allergy.

Facial skin

Slightly yellow cast to facial skin, no red tones at all. Certainly could be jaundice, on a rare occasion, but that's usually a deeper orange-yellow. More often it's a deficiency of vitamin B12, usually due to a degree of low stomach acidity and vitamin B12 malabsorption.

Tongue

A persistent crack at either corner of the mouth, termed angular cheilosis, signifies B vitamin deficiency with emphasis on riboflavin. When there's a very pale tongue, accompanied by paleness of the inner surface of the lower eyelids (easily seen when pulled down), check for anemia. If anemia is present, it's most often iron deficiency, but could be a lack of other nutrients, too, as well as nonnutritional causes like internal bleeding.

Source: Guide to Healing with Nutrition

**Accidents kill 4% of us.
Diseases kill 96%.**

"We Are Not Getting Proper Nutrition"

NEW PATIENT PROFILE AVAILABLE

For more information or to
schedule an office visit call
896-4141 or 347-4141.

Nutritional-biochemistry deficiencies

Vitamins and minerals are "used" by the body. As they perform their function, they often use themselves up in the process, which is the case with most of the critical disease fighting antioxidants.

Even thinking uses vitamins and minerals. Exercise and stress use a lot of vitamins and minerals; the use of diuretics (substances that increase the discharge of urine) such as drugs, alcohol, coffee, tea and sodas --- washes vitamins and minerals out of the body creating deficiencies --- that can create a major health problem!

Tobacco and alcohol can also inhibit the absorption of vitamins and minerals, or accelerate the loss of them.

"I can get everything I need from food." Do YOU?

The USDA surveyed 26,000 Americans and found that **not one person** received the nutritional requirements set forth by the RDA (Recommended Daily Allowance). 96% of the US population dies of a disease - we are NOT getting proper nutrition.

Source: U.S. Department of Agriculture

"Insufficient vitamin intake is apparently a cause of chronic diseases... Most people do not consume an optimal amount of all vitamins by diet alone. Pending strong evidence of effectiveness from randomized trials, it appears prudent for all adults to take vitamin supplements."

- American Medical Association

"A deficiency of a vitamin or mineral will cause a body part to malfunction and eventually break down --- and, like dominos, other body parts will follow."

- James F. Balch, M.D.

"Initiation of a cancer cell can occur in various ways. However, I believe that one of the most definite ways to initiate the cancer process is through a low-fiber diet. Low-fiber diets may prolong the residence time of body wastes in the gut and the colon, leading to greater exposure of the intestinal lining to cancer-causing agents. Chemistry and biological processes prove this."

- Dr. Steven T. Castille

publisher's letter



You have soul power! Have you ever wanted to just stop time and go back for a moment? Change "what is" to "what it should have been"? At some time we all have probably fantasized about doing such things. But considering we all co-create our realities, we have a chance to do just that. We can shape the future we want with our thoughts, our actions and our intent.

We are currently living during a paradigm shift in human history. Twenty years ago, most families did not own a mobile phone, microwave oven or DVD player. Today modern medicine gives us hope for new life, with organ transplants and stem cell research that promises to offer the cure for most major health conditions. We have learned that the planet is a living organism. And we now understand the value of the mind-body connection with regard to healing.

We now know that everything on the planet has rhythm and vibration, the essence of the universe, the fluid that connects all beings. Our creator has gifted us with soul power, described by writer and minister A.J. McKnight as "that soul force which transforms sorrow into joy, crying into laughter, and defeat into victory. It is patience while suffering, determination while frustrated and hope while in despair. Soul force is that which enables us to fight for freedom in the face of all obstacles."

Few people think of or even remember the sin of omission. The sin of omission is a failure to do something one can and ought to do. If this happens advertently and freely, it is considered a sin. Why is this? We believe it is a sin because our creator has gifted us with so many talents and resources and it is our duty as human beings to protect each other and our planet, and to love.

From a holistic and biblical perspective, our souls give us strength and power. With it we can shape our futures, protect our vital natural resources and Mother Earth and even create more life. It is up to us to use this innate soul power given to us since birth.

Love one another, ask for forgiveness, smile, look for the best in others, follow your heart and, most importantly, be happy. These are the things we wish for you and we ask that you spread joy wherever you go.

This month we celebrate our commitment to empowering our youth and creativity. Join us on a journey of possibilities.

Namaste: we honor the spirit in you, which is also in us.



Steve and Michelle Castille, Publishers



contact us

Publishers

Steve & Michelle Castille

Editor

Beth Davis

Writers

Tre' Gradnigo & Beth Davis

Outreach

Megan Reed, Marquia Castille-Grant,
& Tre' Gradnigo

Design & Production

Gail Babineaux & Steve Castille

Calendar

Michelle Castille, Lydia Castille,
& Lillyanna Castille

Distribution

Marquia Castille-Grant & Kelly Arnaud

To contact Natural Awakenings Acadiana Edition:

100 E. Angelle Street, Carencro, LA 70520
Phone: 337-896-4141, Fax: 337-205-6191
publisher@NAacadiana.com
www.NAacadiana.com

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Subscriptions are available by sending \$96 (for 12 issues) to the above address.

Natural Awakenings
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newsprint with soy-
based ink.



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www.NAacadiana.com

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Thermography Exam

Text **EXAM** and your name to
(337) 424-5066 for more information

what's going on in your body

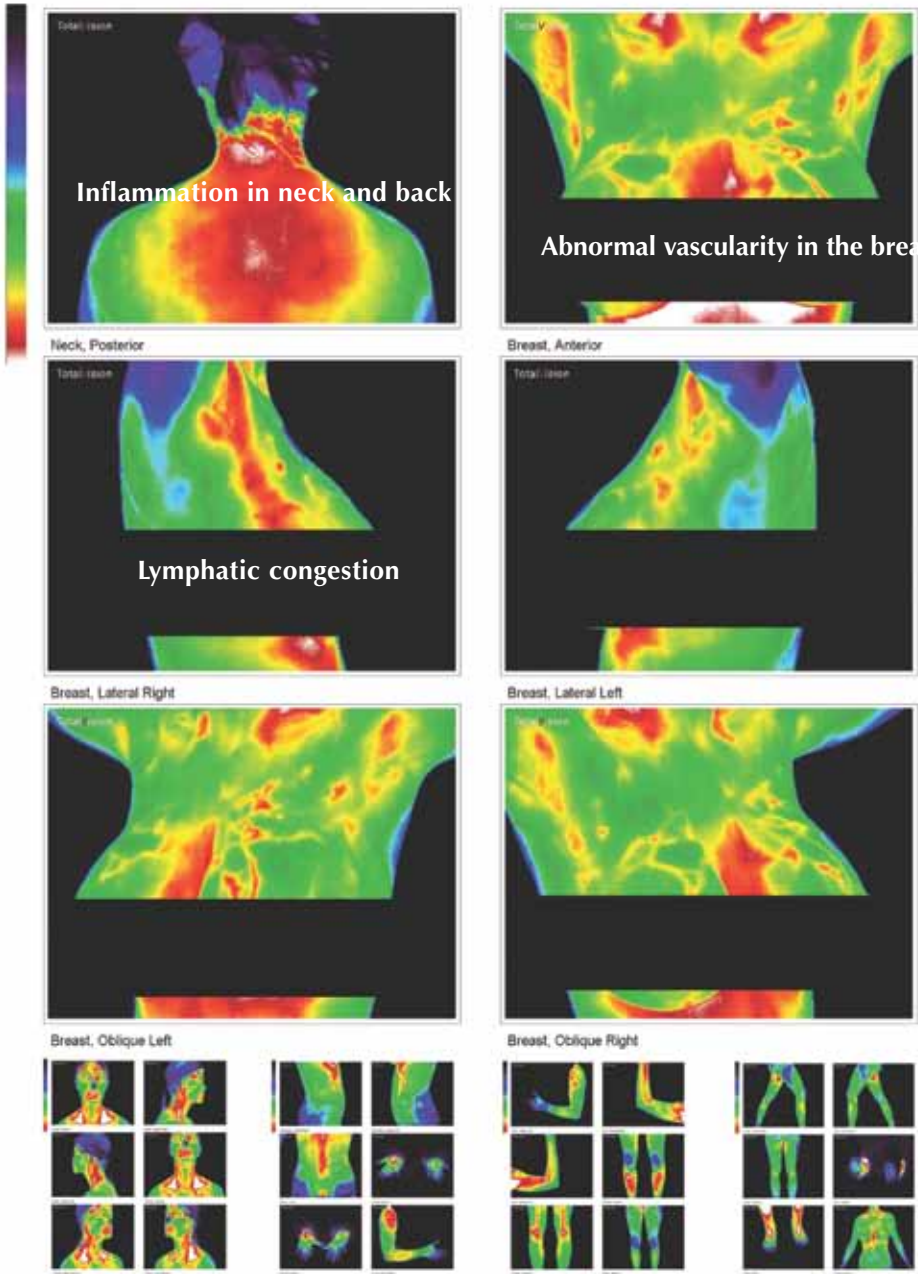
Do you have inflammation?

Do you have poor circulation?

Do you have fibroids?

Find out what's going on in your body.

Call (337) 896-4141 to schedule an appointment.



COOK UP COUGH SYRUP
 Fennel cough syrup is a natural cough-relief aid that's free of the side effects that sometimes come with many over-the-counter cough medicines. In a saucepan, combine 2 teaspoons fennel seed, 3 tablespoons organic honey, and 1 cup of water. Bring the ingredients to a boil. Reduce the heat and let the mixture simmer on low, stirring occasionally, for about 20 minutes; it will thicken slightly. Cool and strain. Take a tablespoon of syrup every three to four hours as needed. Store in the refrigerator for up to a week.

QUICK FACT:
 The American Cancer Society published a report in 2010 called *Mammograms and Other Breast Imaging Procedures*. The report stated that **thermography** is a way to measure and map the heat on the surface of the breast using a special heat-sensing camera. It is based on the idea that the temperature rises in areas with increased blood flow and metabolism, which could be a sign of a tumor.

The sign of a good doctor should be how many patients he can get OFF medications, not how many people he puts ON medications.



New BF-4 PLUS Weight Loss

Liteon Naturals has just released its newest Body Fat Trim Plus (BF-4 Plus) weight loss product. The new BF-4 Plus is designed to work with the original BF-4 weight loss nutritional supplement and provides an even stronger formula for burning fat and losing weight.

Supplement Facts		
Serving Size: 2 Capsules		
Servings Per Container: 30		
	Amount Per Serving	%DV
Proprietary Formula	1008 mg	†
Caralluma Fimbriata Extract, White Kidney Bean Extract, Forskolol (Coleus Forskohlii Root Extract), African Mango Extract, Garcinia Cambogia Extract, Green Coffee Bean Extract, Green Tea Extract, Moringa Extract, Raspberry Ketone		
† % Daily Value (DV) not established		



BF-4 Plus contains 5 new essential ingredients for weight loss: Caralluma Fimbriata Extract, Forskolol (Coleus Forskohlii Root Extract), African Mango Extract, Garcinia Cambogia Extract, Green Coffee Bean Extract, Green Tea Extract, Moringa Extract, and Raspberry Ketone.

For more information, call 337-896-414 (Carencro Office), 337-356-1251 (Lafayette Office), 337-662-3120 (Sunset Office), 337-678-1844 (Opelousas Office) or visit www.BF4OnlineStore.com.

Romacelli Italian Bistro Now Open in Lafayette



Romacelli Italian Bistro is now open in Lafayette, at 505 West Pont Des Mouton, in Couret Farms. A locally owned and operated bis-

tro, Romacelli specializes in authentic Italian cuisine. They use fresh ingredients to prepare tasty, affordable dishes such as gourmet pizzas, Tuscan seared tuna, spaghetti and meatballs with homemade marinara and chicken dishes prepared with an Italian flare. The menu also boasts several sandwiches including their popular avocado sandwich. The restaurant also offers a large selection of light to bold wines matched perfectly to complement the menu.

Romacelli has three locations. The newest location, in Couret Farms, is open Sunday through Thursday 11 a.m. to 9 p.m. and 11 a.m. to 10 p.m. Friday and Saturday. Reservations are accepted and full catering menu is also available.

For information, call 337-706-7574 or visit Romacelli.com.

Simon Citrus Farm Offers Satsuma Mandarin Oranges

Simon Citrus Farm, located in Kaplan, offers Louisiana satsuma oranges from a proven tree stock to assure quality. The satsuma mandarin originated in China, but was first reported in Japan more than 700 years ago. Today, it is growing fast into one of the nation's favorite oranges. For those not familiar with the Louisiana satsuma orange, it is about the size of a tangerine and is very sweet. The orange is easy to peel, is considered seedless and separates easily into segments. Satsumas are naturally high in antioxidants and are a major source of vitamin C.



Simon Citrus Farm, a locally owned farm, was planted in 1996 as a trial test and a hobby; however, it quickly grew into a thousand-tree orchard with the help and guidance of the LSU Agriculture Center. In addition to satsuma oranges, the farm features a few navel oranges, as well. It also offers a "you-pick" option for those who want to select their own fruit straight off the tree. The farms harvest for retail, wholesale and can ship directly to customers.

Location: 14405 Gladu Rd., Kaplan. For more information, call 337-288-7374 or visit SasumaFarm.com.

Delcambre Shrimp Festival is Heading to New Iberia



The Delcambre Shrimp Festival is headed to New Iberia. Held on the third weekend of August, this five-day festival honors the widely celebrated shrimping industry in Acadiana. The festival begins August 16 at 6:30 p.m. with Family Night and runs through Sunday, August 21.

It features events such as a shrimp cook-off, queens' pageants, fais-do-do's, carnival rides, a boat parade, a food court and much more.

The Town of Delcambre is located 20 miles southwest of Lafayette and houses one of the area's most productive shrimp fleets, thus devoting an entire weekend to honor what has become the economic lifeblood of the community. The festival boasts a variety of delicious signature shrimp dishes, including boiled shrimp, fried shrimp, shrimp sauce piquant, shrimp salad and others. The festival also offers a variety of other "festival" foods, cold beer, cold drinks and water. Entertainment includes national recording artists Mark Chestnut, Charley Rivers and Doug Stone & The Stone Age Band, as well as a host of local and regional musical talents.

Location: 411 S. Richard St. For more information, call 337-685-2653 or visit ShrimpFestival.net.



Your body can heal from most disease if given the correct nutrients at the right time in the correct amount. Healing must begin at a cellular level in the body. It requires proper circulation, consistent detoxification, inflammation cured, strong metabolism of nutrients, rest and reset, a balanced pH, a balance of probiotic digestion of foods and daily elimination in the colon (bowel movements),

RESTORE Health Program

\$340 (with program)

- 14 Infrared Sauna*
- 18 Whole Body Vibration*
- 12 Foot Detox*
- 9 Hydration Therapy*
- 4 Water/Lymphatic Massage*
- 1 Thermography Exam*
- 6 pH Acid Testing & Body Comp*
- 6 Health Coaching Sessions*
- 3 Sessions with YOUR Personal Trainer*

INDIVIDUAL FULL PRICE: \$3,112

**Your health always
seems much more
valuable after you
lose it.**

Items with a "*" denote approximate number of sessions. Each wellness program is customized to the patient/client needs. We do not guarantee that you will receive the exact number of sessions listed - this is for advertising and educational illustration only. Most programs are at least, sometimes more, and/or close to the number of sessions stated. All programs are based on calendar days and end once 6, 10, or 12 weeks has passed from the beginning date of the wellness program enrolled.



BENEFITS OF GREEN WATERS

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 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.



BENEFITS OF WHEATGRASS

Lose Weight:

Wheatgrass is a superfood and provides the essential nutrients needed to build healthy cells in the body. Wheatgrass increases the metabolism and your ability to burn calories.

Fights Depression:

Wheatgrass helps to keep your iron levels stable, which is particularly important for women. Iron deficiency is linked to apathy and depression.

Decrease the Risk of Cancer:

Wheatgrass detoxifies the blood and lymph cells, as well as efficiently eliminates poisons from the body. Wheatgrass is 80% chlorophyll and protects against carcinogens better than any other food.

Improve Healing of the Body:

Wheatgrass juice is an effective healer because it contains all minerals known to man, and vitamins A, B-complex, C, E, I and K. It is extremely rich in protein, and contains 17 amino acids, the building blocks of protein.

Oxygenates the Cells of the Body:

Wheatgrass contains up to 80% chlorophyll, an important blood builder. Chlorophyll molecules closely resemble the molecules that form hemoglobin, the respiratory protein responsible for transporting oxygen from the lungs to the rest of the body.

Detox the Body:

The high amount of chlorophyll found in wheatgrass increases oxygen levels in the blood, an important part of detox and cleansing. It allows toxins to exit the body and its high phenolic content promotes the binding of chelated metal ions in the colon and liver. And, glutathione activates wheatgrass enzymes, catalyzing the breakdown of harmful bodily waste.

Slows Down the Aging Process:

Chlorophyll contains enzymes and superoxide dismutase, a copper-containing protein found in mature red blood cells. This enzyme decomposes superoxide radicals in the body into a more manageable form, thereby helping to slow down the aging process.

Heals the Body:

According to the American Journal of Surgery (1940), Benjamin Gruskin, M.D. recommends wheatgrass - chlorophyll for its antiseptic benefits. This includes clearing up foul smelling odors, neutralize strep infections, healing wounds, curing chronic sinusitis, healing chronic inner ear inflammation and infection, reducing varicose veins and healing leg ulcers, healing rectal sores, successfully treating inflammation of the uterine cervix, getting rid of parasitic vaginal infections, and reducing fever.



Delayed Kindergarten Reduces Attention Deficit



Delaying kindergarten enrollment for one year shows significant mental health benefits for children, according to a Stanford University study published by the National Bureau of Economic Research. Reviewing results from a mental health survey completed by more than 35,000 Danish parents, the researchers saw that youngsters held back from kindergarten for as little as one year showed a 73 percent reduction

in inattentiveness and hyperactivity for an average child at age 11, compared to children enrolled the year earlier.

Measuring inattentiveness and hyperactivity reflect a child's ability to self-regulate. The generally accepted theory is that young people that are able to stay focused, sit still and pay attention longer tend to do much better in school.

"This is some of the most convincing evidence we've seen to support what U.S. parents and policymakers have already been doing—choosing to delay entry into kindergarten," says Stanford Graduate School of Education Professor Thomas S. Dee. In addition to improved mental health, children with later kindergarten enrollment dates also exhibited superior emotional and social skills.

The number of U.S. children entering kindergarten at age 6 instead of 5 has progressively increased to about 20 percent, according to the study. Many parents are opting to delay kindergarten enrollment for a year to give their children a leg up in physical and emotional maturity and social skills.



Breastfed Babies Have Fewer Colds and Ear Infections

A study from the University of Texas has found that increased breastfeeding decreases ear infections among nursing children. The researchers followed 367 babies between 1 and 12 months old from 2008 through 2014.

The scientists analyzed family history traits of smoking, ear infections, breastfeeding and formula feeding. Nose and throat mucosal samples were taken throughout the study period to identify infections, and parents informed the researchers whenever the baby experienced an infection.

The study was led by Dr. Tasnee Chonmaitree, a pediatrics professor from the University of Texas Medical Branch at Galveston. "We clearly showed that frequent upper respiratory infections, carriage of bacteria in the nose and lack of breastfeeding are major risk factors for ear infections," he states. "Prolonged breastfeeding was associated with significant reductions in both colds and ear infections, a common complication of colds."

Grape Juice Boosts Memory and Driving Skills



Research from the UK University of Leeds has confirmed that drinking just one glass of grape juice a day increases spatial memory and driving abilities. The researchers attribute the brain boosting benefits to the polyphenols in the grapes,

The study followed 25 healthy mothers between the ages of 40 and 50. Each had young children and worked more than 30 hours a week. The mothers drank 12 ounces of Concord grape juice every day for 12 weeks and had their driving skills tested before and after the study period using a computer simulator.

Louise Dye, Ph.D., a professor at the University of Leeds and senior author of the study, notes, "This research is very promising, as it suggests that the cognitive benefits associated with Concord grape juice are not exclusive to adults with early memory decline. We saw these benefits even after the grape juice was no longer being consumed, suggesting a long-term effect of dietary flavonoids."

Aromatherapy Soothes Allergies

Research from Korea's Chung-Ang University has found that inhaling aromatherapy infusions comprising a combination of sandalwood, frankincense and ravensara for five minutes twice daily significantly reduces symptoms of allergies after seven days. The researchers tested 54 men and women, half of which were tested using a placebo of almond oil.

Total nasal symptom score (TNSS) and rhinoconjunctivitis quality of life questionnaire (RQLQ) results were both significantly lower in the aromatherapy group. TNSS scores decreased by more than half and RQLQ scores decreased by more than 60 percent. Scores for fatigue and sleep quality also improved in the aromatherapy group.

"These findings indicate that inhalation of certain aromatherapy oils help relieve perennial allergic rhinitis symptoms, improve rhinitis-specific quality of life and reduce fatigue in patients with perennial allergic rhinitis," Chung-Ang University's Seo Yeon Choi and Kyungsook Park explain in their paper.



Legumes Facilitate Weight Loss



A review of 21 clinical trials has found that just one daily serving of legumes can facilitate an average drop of three-quarters of a pound over a six-week period. Published in the journal *Obesity*, the research analyzed results from studies that tested a total of 940 men and women eating about three-quarters of a cup of beans, lentils, chickpeas and other legumes each day. The subjects reported feeling nearly one-third fuller on average after eating about 5.6 ounces of these foods with their meals, compared with a control group's diet. These beneficial legumes may also reduce body fat percentages.

According to senior study author and physician John Sievenpiper, Ph.D., of St. Michael's Hospital's Clinical Nutrition and Risk Factor Modification Center and the University of Toronto, "Ninety percent of weight-loss diets fail, resulting in weight regain, which may be due in part to hunger and food cravings. Knowing which foods make people feel fuller longer may help them lose weight and keep it off."

Prenatal Sun Exposure Lowers Asthma Risk



Research has shown that children with mothers that live in sunnier locations during their second trimester are significantly less likely to have asthma than other children.

A consortium of researchers from the University of Kansas, Harvard University and the Massachusetts Institute of Technology analyzed data from both hospitals and national surveys to determine sunlight exposure for the mothers. Increased exposure to sunlight increases levels of natural vitamin D.

"We're not looking at sunny places versus non-sunny places," clarifies David Slusky, a University of Kansas assistant professor of economics. "We

looked at the relative differences of the level of sunlight at a particular place at a particular time of year."

Young Adult Insomnia Linked to Chronic Pain

Research from the University of Groningen, in The Netherlands, has found that young adults between 19 and 22 years old that don't sleep well may have more chronic pain later in life. The researchers followed 1,750 people for three years.

About 50 percent of the participants that had sleep problems at the beginning of the study still had them at the end of the study. Roughly 38 percent of those reported chronic pain after three years. This compares to 14 percent of those that didn't have sleep problems at the start of the research, but reported chronic pain at its conclusion.

Overall, the study found that sleep problems were associated with more musculoskeletal pains, headaches and abdominal pain. The relationship occurred in both men and women, but was stronger among women.



Lower Breast Cancer Risk by Eating Colorful Veggies



Research published in the *British Journal of Nutrition* discovered that the risk of breast cancer decreases with increased consumption of specific dietary carotenoids, the pigments in some vegetables and fruits.

The research was based on five years of tracking 1,122 women in Guangdong, China; half of them had been diagnosed with breast cancer and the other half were healthy. Dietary intake information was collected through face-to-face interviews. The women that consumed more beta-carotene in their diet showed a 46 percent lower risk of breast cancer, while those that consumed more alpha-carotene had a 39 percent reduced incidence. The individuals that consumed more foods containing beta-cryptoxanthin had a 62 percent reduced risk; those with diets higher in luteins and zeaxanthins had a 51 percent reduction in breast cancer risk.

The scientists found the protective element of increased carotenoid consumption more evident among pre-menopausal women and those exposed to second-hand smoke.

Dark green leafy vegetables such as kale, spinach and dandelion greens top the list of sources rich in luteins and zeaxanthins, which also includes watercress, basil, parsley, arugula and peas. The highest levels of beta-carotene are found in sweet potatoes, grape leaves, carrots, kale, spinach, collard and other leafy greens. Carrots, red peppers, pumpkin, winter squash, green beans and leafy greens contain alpha-carotene. Red peppers, butternut squash, pumpkin persimmons and tangerines are high in beta-cryptoxanthin.

Energy Efficiency Improves Family Health



Research from Columbia, Maryland's National Center for Healthy Housing suggests that adding insulation and more efficient heating systems can significantly increase the health of household residents. The researchers studied 248 households in New York City, Boston and Chicago that underwent energy

conservation improvements by trained energy efficiency professionals, including installing insulation and heating equipment and improving ventilation. After the improvements, subjects reported reductions in sinusitis (5 percent), hypertension (14 percent) and obesity (11 percent).

Although a 20 percent reduction in asthma medication use was reported, two measures of asthma severity worsened; the scientists called for further study of the asthma-related outcomes.

A similar study from New Zealand's University of Otago examined 409 households that installed energy-efficient heating systems. Children in these homes experienced fewer illnesses, better sleep, better allergy and wheezing symptoms and fewer overall sick days. In examining 1,350 older homes where insulation was installed, the research also found improvements in health among family residents.

YOGA PRACTICE PUMPS UP DETOXIFYING ANTIOXIDANTS

Indian researchers recruited 64 physically fit males from the Indian Air Force Academy for a three-month study of yoga's effect on detoxification. For three months, 34 of the volunteers practiced hatha yoga with *pranayama* (breathing exercises) and meditation. The other 30 volunteers underwent physical training exercises.

At the end of the study, blood tests found significantly higher levels of antioxidants, including vitamin C and vitamin E, among subjects in the yoga group. These participants also showed lower levels of oxidized glutathione and increased levels of two important antioxidant enzymes, superoxide dismutase and glutathione reductase, all indicating better detoxification. Meanwhile, the exercise-only group showed no changes in these parameters.



Most over-the-counter and almost all prescribed drug treatments merely mask symptoms or control health problems, or in some way alter the way organs or systems work.

Drugs almost never deal with the reasons why these problems exist, while they frequently create new health problems as side effects of their activities.

- John R. Lee, M.D.

Breast Health Screening Questioned

October is Breast Cancer Awareness Month, and thousands of well-meaning healthcare providers will continue to recommend mammograms. However, a growing body of research suggests that X-ray mammography may not be the



best screening approach, at least on an annual basis, and even the National Cancer Institute notes potential harms ranging from false results to overtreatment and radiation exposure.

A 2006 study published in the *British Journal of Radiobiology* revealed that the type of radiation used in X-ray-based screenings is more carcinogenic than previously believed. The researchers wrote, "Recent radiobiological studies have provided compelling evidence that the low-energy X-rays used in mammography are approximately four times—but possibly as much as six times—more likely to cause mutational damage than higher energy X-rays."

Peter Gøtzsche is director of the Nordic Cochrane Centre and an author of the landmark 2001 Cochrane systematic review, *Screening for Breast Cancer with Mammography*, which concludes, "Currently available reliable evidence has not shown a survival benefit of mass screening for breast cancer." In 2011, Gøtzsche stated, "It is getting more and more difficult to argue that mammography is reasonable to [use] for breast screening."

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Breast Cancer Links to Environmental Toxins



New evidence that chemical pollution may be linked to breast cancer comes from a surprising source: a group of male breast cancer patients at Camp Lejeune, a Marine Corps base in North Carolina. Poisons in the camp's drinking water, including benzene, a carcinogenic gasoline additive, perchloroethylene (PCE) and trichloroethylene (TCE), are regarded as a cause; conditions at the base are also blamed for unusual rates of leukemia and birth defects. The worst period of contamination of the base's water supply began in the late 1950s and continued for more than 30 more years.

Because men are simpler to study than women—their risk of developing breast cancer is not complicated by factors such as menstruation, reproduction, breastfeeding and hormone replacement therapy—the epidemiologists may be able to conclusively link industrial chemicals with an increased risk of the disease for both genders.

Source: *National Disease Clusters Alliance*

Busty Justice

October is Bra Recycling Month



The Bra Recyclers, a Gilbert, Arizona-based textile recycling company, is celebrating the third annual Bra Recycling Month during October. The intent is to collect new and gently used and cleaned bras for interested women nationwide. Healthiest options are non-underwire garments—Dr. John McDougall, in his book, *The McDougall Program for a Healthy Heart*, notes that constricting bras have been implicated in the rise of benign, non-cancerous but often painful breast cysts and lumps.

Bra Recyclers CEO Elaine Birks-Mitchell states, "The month-long campaign ties directly into breast cancer and domestic violence awareness. The Bra Recyclers believe every woman and girl should not have to worry about something as simple as a bra as they transition back to self-sufficiency or being cancer-free. The results are enhanced self-esteem and encouragement and strength to carry on."

To participate, visit BraRecycling.com.

Inflammation The Silent Killer

What is INFLAMMATION?

Inflammation in the body is a normal and healthy response to injury or attack by germs. We can see it, feel it and measure it as local heat, redness, swelling, and pain. This is the body's way of getting more nourishment and more immune activity into an area that needs to fend off infection or heal. But inflammation isn't always helpful. It also has great destructive potential, which we see when the immune system mistakenly targets the body's own tissues in (autoimmune) diseases like type 1 diabetes, rheumatoid arthritis and lupus.

Chronic inflammation is now being billed as the cause of Alzheimer's disease, heart attacks, arthritis, diabetes, and cancer.



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

Scrambling Species

Climate Change Favors Some Birds over Others



Decades of data show that climate change is manipulating the way avian species move across continents. For instance, the orchard oriole is losing prime habitat in the South, but gaining more up north. Thousands of species worldwide face the same dilemma. Specific birds need a particular habitat, such as open spaces or groves of trees, and some of their traditionally preferred spots are becoming unlivable.

England's Durham University ecologist Phillip Stephens, along with researchers from the Royal Society for the Protection of Birds and the U.S. Geological Survey, have compiled nearly half a century's worth of occurrence data from thousands of citizen scientists. Birders submitted their observations to the Pan-European Common Birds Monitoring Scheme and the North American Breeding Bird Survey for 145 terrestrial bird species native to Europe and 380 species native to the United States.

"We used that information to generate a prior expectation for whether the species would've been advantaged or disadvantaged by climate change," says Stephens. The predictions were compared with actual bird abundance data from 1980 through 2010, and the populations that were expected to lose suitable habitat declined, while those expected to find their habitats improve increased. He states, "Recent climate change has already favored one set of species over another."

Read the report at ClimateChange.Birdlife.org.

LOL TX

Hope for a New Generation

Despite being less confident than their elders, a new study by *PsychTests.com*, in Montreal, reveals that Millennials (those born between 1980 and 2000) are an ambitious and tenacious generation that continues to prove potential critics wrong. Labeled by some as self-entitled, arrogant and immature from being coddled by hovering parents, the company's research says that Millennials are not afraid to push themselves to achieve lofty goals, work hard or take on difficult challenges.

Collecting data from 1,035 people that took their Ambition Test, the researchers looked at the differences between Millennials, Generation X (born between 1960 and 1980) and Baby Boomers (born between 1946 and 1960) in terms of their levels of aspiration, persistence and sense of self-efficacy. The study reveals that while Millennials lagged a little behind the other two generations on some factors related to ambition, the potential of these young adults should not be underestimated.

"One can argue that Millennials' hopeful and determined nature is a case of idealism," explains Ilona Jerabek, Ph.D., president of PsychTests. "Some have just started out in the workforce, so they're eager to prove themselves, which could also mean that at some point they'll be blindsided by the reality of what it's like to be out there in the real world."



Toxic Trinkets

Low-Cost Jewelry May Harbor Cadmium

In recent years, the European Commission has banned cadmium in all jewelry sold in Europe, but those shopping for low-cost jewelry in North America from popular fashion chains may be wearing products made with cadmium, a heavy metal that can be particularly toxic for kids. There are no known risks for people that wear contaminated jewelry, but swallowing or chewing on a piece containing high concentrations of the toxic metal could allow it to seep into the body.

James Van Loon, director of risk management at Health Canada's consumer product safety branch, says that children's bodies more readily absorb the toxic metal, and because they are more likely to put things in their mouths, jewelry that is marketed to those under 15 should contain virtually no cadmium.

Dr. Gérald Zagury, who performed tests and has published several studies on heavy metals in jewelry, says one sample contained the highest amount of cadmium ever reported in Canada for such a product. "It's pretty close to pure cadmium," he says. According to Health Canada, cadmium is cheap and melts at a lower point than more commonly used zinc, lowering energy costs for product makers.

According to the Agency for Toxic Substances and Disease Registry, cadmium is a known carcinogen that can also lead to kidney failure, bone loss and other complications in those that are chronically exposed over time.

Source: EWG.org

Good Reads

Fiction Readers Have More Empathy

The love of books may begin at any age, but for most, it starts in childhood. Now, scientists are studying the effects of reading on the brain with MRIs, polls, surveys and experiments. The results indicate that readers of fiction are more empathetic toward others. By engaging with a story, they are temporarily placing themselves in a character's shoes, thus fostering empathy in real life, and literary reading amplifies this effect.

According to a Stanford University study, reading a challenging book also helps us become smarter, as well as more empathetic. By attempting to tackle harder books, we create new connections in our minds that we might not have done otherwise. Neuroscientist Bob Dougherty remarks, "The right patterns of ink on a page can create vivid mental imagery and instill powerful emotions."

David Comer Kidd, author of another related study, observes, "Like opening a window to let fresh air into our home, literature opens up our minds to the myriad ideas that we wouldn't be able to experience on our own. We can pause to analyze the experiences depicted as if they were our own, expanding our experience of the world."



Show Stopper

Circuses Cease Exotic Animal Acts



The Ringling Brothers Circus made good on a promise to retire their last contingent of performing elephants to the Center for Elephant Conservation, in Polk City, Florida, with the last such show streamed worldwide in May.

While Ringling will retain the services of tigers, lions, leopards, horses, camels, dogs and kangaroos, the Mexican Congress has voted to prohibit exotic animals under big tops across their country. That means no more tigers jumping through

hoops, elephants used as props or monkeys dressed in tiny outfits. The bill requires circuses to report the wildlife they own, which would then be made available to interested zoos.

Source: The New York Times

Green Serenity

Sikkim Now a Wholly Organic State

Sikkim, the northeastern Indian state located between Bhutan and Nepal, has rid its agricultural land of pesticides, fertilizers, genetically modified crops and other artificial inputs on around 75,000 hectares, or about 300 square miles, of agricultural land, making it its country's first organic state. Instead, farmers use natural alternatives such as green manure and compost.

Twelve years ago, the Pawan Chamling-led government decided to make Sikkim an organic farming state through a declaration in the legislative assembly. After the entry of chemical inputs for farmland was restricted and their sale banned, farmers had no option but to go organic.

Source: TheHindu.com



ecotip

Vegan Leather

Walk the Talk with Cruelty-Free Shoes

With a wealth of luxury faux alternatives available in today's market, shoe lovers can obtain the quality footwear they desire without incurring the usual environmental and human health costs.



Vegan leather is an animal-friendly alternative to real leather, derived from synthetic materials. No cow, sheep, goat or any other animal is killed in order to make vegan leather shoes, and for most people, that's a good enough reason to choose it over the "real" thing. Provided that we pick the right maker, it also boasts the added advantage of being far more eco-friendly and sustainable than conventional leather.

Elizabeth Olsen, founder of the luxury vegan shoe brand Olsenhaus, says, "The only difference is the materials—one uses a dead animal's skin preserved in toxic chemicals; the other is made from a mixture of natural and manmade materials that are better for animals and the environment."

Twenty times more energy is used to create a leather hide than what is required for synthesized material. Conventional leather tanning involves treating animal skins with large quantities of toxic chemicals, including mineral salts, lead, cyanide and formaldehyde. This process wreaks havoc on our environment and the people that work in or live near tanneries, where chemical exposure can cause sickness or even be lethal.

Olsen cautions that just because a shoe is vegan doesn't mean it's been made in an eco-friendly way. She uses natural and manmade materials such as linen, cotton, cork, wood, imitation leathers and recycled faux suede in her vegan shoe line. To assess the quality of vegan leather shoes, she advises, "Shoppers can feel the material and look at the grain to see if it's faux; with faux, the grain will show a repeating pattern. Also, look for labels noting materials either inside or on the bottom of shoes."

Olsen notes that an online search for vegan fashion will yield everything from adult couture to baby clothes. Several websites and blogs report on the latest vegan products. She especially likes *GirlieGirlArmy.com* for vegan lifestyle and fashion.



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The Detoxification System – to prevent cancer you should detox and prevent stagnant lymph

In healthy individuals, the body's detoxification system is able to neutralize and eliminate toxins, thereby minimizing tissue damage and preventing illness. But the detoxification system, including the liver, the intestines, and the lymphatic system, can become overwhelmed by toxins. Toxic overload causes congestion in the lymphatic system, in which thickened lymph accumulates in the nodes without being emptied into the blood for removal from the body, and may also involve chronic intestinal constipation and liver dysfunction.

The body's inability to remove toxins is a major cause of accelerated aging and a primary contributor to chronic, degenerative disease processes. The detoxification system has two lines of defense. Specific organs prevent toxins from entering the body, while others neutralize and excrete the poisonous compounds that get through this initial line of defense. Key components of the detoxification system include the gastrointestinal barrier, including the small and large intestines; the lymphatic system; kidneys, bladder, and other components of the urinary system; skin, including sweat and sebaceous glands; and the lungs.

The gastrointestinal tract usually serves as the first line of defense against toxins entering the body. When it becomes compromised, it also affords disease-causing agents a place to fester, sometimes to the point where they eventually break through the intestinal

membrane and enter the bloodstream. Once the bowel is toxic, the entire body soon follows. **When undigested food particles, bacteria, and other substances normally confined to the intestines escape into the bloodstream, they trigger the immune system and inflammation ensues. If the intestines continue letting toxins through, then the liver, lymph, kidneys, skin, and other organs involved in detoxification become overwhelmed.**

The liver bears most of the burden for eliminating toxins once they have entered the bloodstream. All foreign substances are carried to the liver to be filtered and expelled from the body. Using enzymes and antioxidants, the liver chemically transforms toxins into harmless substances that can be excreted via the urine or stool. Other toxins are eliminated through the lymphatic system, the kidneys, the skin (through perspiration), and the respiratory system.

When imbalances occur in the detoxification system, the result can be poor digestion, poor assimilation of nutrients, constipation, bloating and gas, immune dysfunction, reduced liver function, and a host of degenerative diseases. For this reason, alternative physicians often employ detoxification therapies to reduce or eliminate the body's "toxic load," restore the proper function of the immune and other body systems, and help alleviate age-related illnesses.

HOW GUT BACTERIA AFFECTS THE BRAIN AND BODY

We are more bacteria than we are human. Mounting research has suggested that the bacteria living in our digestive tract play a significant role in our overall health. Here are some of the physical and mental health conditions that have been linked to imbalances in gut flora.

DEPRESSION

More than a third of depression sufferers have "leaky gut," or permeability of the gut lining that allows bacterium to seep out into the bloodstream.

ANXIETY

Probiotics can have anti-anxiety and antidepressant effects. Consuming beneficial bacteria can also positively change the way the brain responds to the environment.

AUTISM

Autism often co-occurs with gastrointestinal issues like leaky gut or irritable bowel syndrome.

SCHIZOPHRENIA

Studies in mice have linked a lack of normal gut bacteria with changes in brain development, but the genetics of the disorder are complex and not fully understood.

PARKINSON'S DISEASE

People suffering from this disease have different gut bacteria than healthy people.

OBESITY & DIABETES

A number of studies have linked instability in the gut microbiome to obesity and obesity-related health problems.

CROHN'S DISEASE

Abnormally high levels of certain bacteria strains may be present when Crohn's Disease develops, possibly triggering an atypical immune response.

COLON CANCER

Sugar-loving microbes in the gut — along with the carbs that feed them — can fuel colon cancer. High carb-diets may even be contributing to the rise of colon cancer.

ULCERATIVE COLITIS

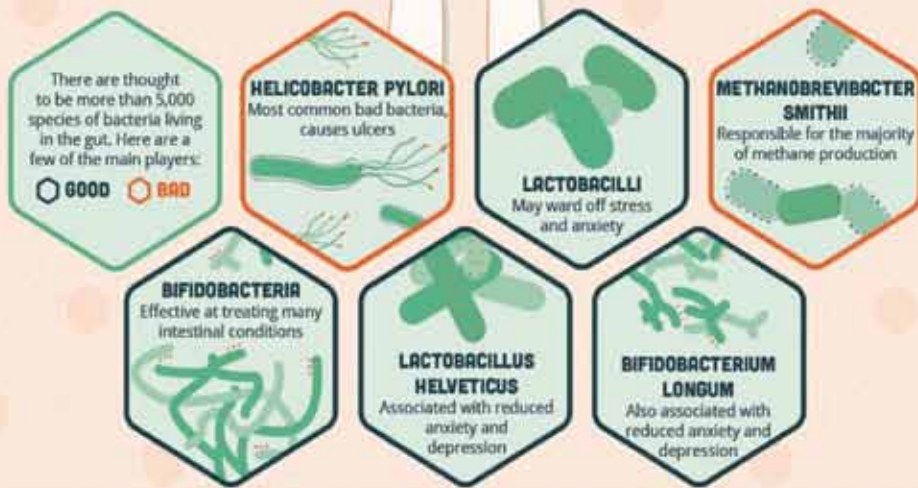
Imbalances in gut flora may be a main factor in both the onset and continuing symptoms of ulcerative colitis.

RHEUMATOID ARTHRITIS

Studies have found a link between low levels of certain good gut bacteria, high levels of unhealthy *Prevotella copri* bacteria, and autoimmune joint disease.

IRRITABLE BOWEL SYNDROME

There is a definitive link between IBS and an overgrowth of bacteria in the small intestines.



PROBIOTICS- to prevent cancer you should maintain healthy probiotics to absorb nutrients and to keep a healthy immune system to fight cancer cells

Inside each of us live vast numbers of bacteria without which we could not remain in good health. There are several thousand billion in each person (more than all the cells in the body) divided into over 400 species, most of them living in the digestive tract. Certain of these bacteria help to maintain good health, while others have a definite value in helping us regain health once it has been upset. The use of friendly bacteria supplements is known as probiotics, meaning "for life."

Lactobacillus acidophilus is the predominant friendly bacteria in the upper intestinal tract. It helps reduce the levels of harmful bacteria and yeasts in the small intestine and also produces lactase, an enzyme important in the digestion of milk. *Acidophilus* is also involved in the production of B vitamins niacin, folic acid, pyridoxine) during the digestive process.

Bifidobacterium bifidum and *B. longum* are the primary friendly bacteria in the large intestine. *Bifidobacteria* protect the large intestine from invading bacteria and yeasts, and also manufacture B vitamins and help the body detoxify bile. *B. infantis* is the prevalent friendly bacteria in the intestines of infants.

Streptococcus thermophilus and *L. bulgaricus* are most commonly found in yogurt and exist only transiently in the digestive tract. They produce lactic acid, which encourages the growth of other friendly bacteria, and they also synthesize bacteriocins (natural antibiotic-like substances) that kill harmful bacteria.

Lactobacilli, *Bifidobacteria*, and *Streptococci* are the bacteria most commonly found in probiotic supplements. Other beneficial species that may be included are *L. casei*, *L. plantarum*, *L. sporogenes*, *L. brevis*, and *Saccharomyces boulardii*. Without bacteria like *acidophilus*, you would be unable to properly digest your food and absorb vitamins and other nutrients. But digestion is only the beginning of the health benefits probiotics can provide.

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Causes of Cancer

As much as science strives to identify single precipitating factors, such as genes or infectious organisms, practitioners of alternative medicine know there is no single cause for cancer, just as there is no single “magic bullet” therapy or substance to end it. Many interdependent factors contribute to the development of cancer. Each type of cancer can be caused by a variety of factors, ranging from air pollution and tobacco smoke, to environmental radiation and industrial chemicals such as asbestos, benzene, and vinyl chloride, to naturally occurring substances such as aflatoxins (toxins produced by fungus commonly found in peanuts, corn, milk, and other foods), as well as the body’s own production of free radicals.



Though the causes of cancer are still being debated, science is much closer today to understanding the fundamental factors involved in the process. For some time it has been clear that

tumors arise as a result of a series of changes or rearrangements of information coded in the DNA within single cells. Scientists also believe that cancers are generated in two steps, initiation and promotion.

Factors that start the initiation process are called initiators, or triggers. They interact directly with the cellular DNA to start the cell damage process. Initiators can take the form of carcinogens (cancer-causing substances), such as tobacco smoke, environmental pollution, pesticides, heavy metals, and industrial chemicals, as well as specific viruses, radiation, free radicals, and hormones, particularly estrogens.

Initiation of a cancer cell can occur in various ways. However, I believe that one of the most definite ways to initiate the cancer process is through a low-fiber diet. Low-fiber diets may prolong the residence time of body wastes in the gut and the colon, leading to greater exposure of the intestinal lining to cancer-causing agents.



A breakdown of metabolic function can also lead to initiation when enzymes, which normally deactivate cancer causing substances, start to function improperly. This causes them to activate the carcinogens instead, allowing the carcinogens to react directly with cellular DNA. In other cases, cellular replication may be so accelerated that cells reproduce too quickly, leaving little or no time for repair. This allows defects in the DNA to become imbedded into the genetic materials passed from one cellular generation to the next as a permanent mutation. DNA repair may also be interrupted by initiators. For example, toxic metals such as lead, mercury, and cadmium can prevent DNA from being repaired.

After the initiation of the cancer process, the disease will often lie undetected for many years, according to the American Institute for Cancer Research. Factors that facilitate the disease process during this latent period are called promoters. While promoters do not directly interact with the cellular DNA, they can further the cellular damage, allowing cancer cells to continue spreading abnormally. Promoters may also hamper the removal of initiated cells by damaging the body’s defense systems, particularly the immune system. Lastly, promoters can alter certain tissues of the body in order to make them more favorable for tumor growth. This is usually accomplished by enhancing the conditions for establishing the blood supply necessary for the tumor cells.

The probability is that if a person gets enough exposure to carcinogens, tumors can and will develop even if the immune system is fairly healthy. This is due to the concept of the total body burden—that is, the sum of all factors taxing the immune system including the cancer cells themselves. A tumor or leukemia develops when there is either an increased production of cancer cells because of excess initiators or facilitators (causes) or a decreased removal of cancer cells from the body because of clogged lymphatic drainage or weakened immunity.

Intestinal Toxicity and Digestive Impairment

When the intestines become clogged, toxic, and diseased by what and how we eat and by how poorly we eliminate waste material, the bowel becomes toxic. This creates toxicity for the entire body and results in an inability to absorb the nutrients necessary for health.

Around 1900, most people in the U.S. had a brief intestinal transit time, meaning it took only about 15-20 hours from the time food entered the mouth until it was excreted as feces.

Today, many people have a seriously delayed transit time of 50-70 hours—more time for the stool to putrefy, for harmful microorganisms to flourish, and for toxins to develop and poison the tissues.

Urinary Tract Infections



More than 20 percent of women experience the discomfort of cystitis at least once a year. Cystitis is a urinary tract infection caused by a migration of bacteria into the bladder. E. coli and other bacteria almost routinely migrate into the bladder, but most bacteria are flushed out with urination. For cystitis to occur, bacteria must stay in the bladder by anchoring themselves to the bladder's walls. If not treated early, the infection may become chronic and spread to the kidneys.

The urinary system helps to eliminate waste products and maintain

proper water and salt balance in the body. The waste products are filtered from circulating blood by the kidneys, which are attached to the bladder by thin tubes called the ureters. The bladder is responsible for storing urine, which then flows out of the body through another tube called the urethra.

Normally, the bladder is sterile - completely free of bacteria and other infectious organisms. When an infection occurs, it is typically found in either the lower urinary tract - affecting the bladder and urethra - or the upper urinary tract, which affects the kidneys and ureters. When an organism invades the urinary tract, it enters by one of two routes: the lower end of the urinary tract or through the bloodstream.

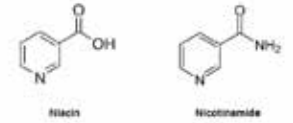
Recommendations for Treating Urinary Tract Infections Naturally

1. Drink plenty of water, 10 to 12 glasses per day, to flush out bacteria.
2. Drink unsweetened cranberry juice or take a cranberry extract. Drinking eight ounces of cranberry juice a few hours before and after sex or any other activity that manipulates or puts pressure in the pelvic area, such as riding a bicycle, will help prevent infection. The surfaces of fecal bacteria are dotted with substances called lectins, which form strong bonds with sugar residues on the surfaces of cells lining the bladder. Cranberry juice contains substantial quantities of alpha D mannopyranoside, a derivative of the sugar D-mannose that binds to the lectins of bacteria and prevents their attachment to the bladder wall. Look for pure cranberry juice, with as little added sugar as possible. At the first hint of burning while urinating, drink eight ounces of juice. Repeat every three to four hours. An even more convenient way to get the protective benefits of cranberry is to take a cranberry extract. Regular use of an extract will help keep your bladder in good health. Cranberry juice extracts are available in health food stores.



Vitamin B3 (Niacin)

The Body uses vitamin B3 in the process of releasing energy from carbohydrates. It is needed to form fat from carbohydrates and to process alcohol. The niacin form of vitamin B3 also regulate cholesterol.



Vitamin B3 come in two basic forms - niacin (also called nicotinic acid) and niacinamide (also called nicotinamide). A variation on niacin, called inositol hexaniacinate, is also available in supplements.

Pellagra, the disease caused by a vitamin B3 deficiency, is rare in Western societies. Symptoms include loss of appetite, skin rash, diarrhea, mental changes, beefy tongue, and digestive and emotional disturbance.

Niacinamide is almost always safe to take, although rare liver problems have occurred at doses in excess of 1,000 mg per day. Niacin, at amounts as low as 50-100 mg, may cause flushing, headache, and stomachache in some people. Cardiologists, in treating specific health problems, sometimes prescribe very high amounts of niacin-often several 1,000 mg per day.

Vitamin B3 works with vitamin B1 and vitamin B2 to release energy from carbohydrates. Therefore, these vitamins are often taken together in a B-complex or multiple vitamin supplement (although most B3 research uses niacin or niacinamide by itself).

Dr. Steven Castille is a clinical chemist, CEO of the Community Wellness Centers, and publisher of Natural Awakenings magazine. Connect at Liteon Natural Health Center, 100 E. Angelle St., Carencro. For more information, call 337-896-4141.





GROWING UP EMPOWERED

Helping Kids Step into Their Best Selves

by Judith Fertig

The plugged-in, stressed-out world that challenges adults can be even more difficult for teens in the throes of hormones, peer pressure and a selfie culture. Parents can help their children thrive and become empowered individuals by nurturing desirable character traits such as resourcefulness, resilience, perseverance, self-reliance, independence, empathy and social competence.

Child psychologist Michele Borba, Ed.D., of Palm Springs, California, is a former classroom teacher and the mother of three grown children who dispenses advice at MicheleBorba.com/blog.

Her main parenting focus is character education, as reflected in her latest book, *Unselfie: Why Empathetic Kids Succeed in Our All-About-Me World*. "Tune in to what your kids love," advises Borba. "Then find learning experiences that help them develop traits they need to be happy, productive adults."

This positive parenting approach—accentuating youthful desires and strengths, instead of deficiencies and weaknesses—helps young people develop a secure footing in life. "Kids are driven by their hearts," observes Borba. "A positive parent doesn't do the cookie-cutter approach, as in, 'That's what worked for other kids in the neighborhood,' nor even reference what the parent did as a teen." Teens also impose upon themselves, thinking that being trendy, beautiful, rich and famous are valuable life goals. "The positive parent looks at each child as an individual, listens to what really makes them light up, and then supports that."

Dreaming Big

Landmark Worldwide, active in 125 cities globally, is committed to the idea that people everywhere have the possibility of achieving success, fulfillment

and greatness. Corporate leaders praise its programs for helping participants relate, communicate and perform well. Josselyne Herman-Saccio, a Landmark program leader in New York City, remarks, "Every one of us has a dream, yet too many of us choose our path with fear, disguised as practicality. Our kids might get the message that, 'You don't do your dream as your career.'" That thought can leave anyone feeling like something is missing.

After putting off her own career as a singer and ultimately deciding to go for it, Herman-Saccio recorded *That's What Love Can Do* with her group Boy Krazy. The song rose to the top of the pop charts in 1993.

That empowering experience helped her decide to help others—including her own three children—fulfill their dreams. Today, Herman-Saccio leads the Landmark Forum for adults, and the company also offers a version of the course for 13-to-17-year-olds, an interactive, three-day program in cities across the U.S. It helps teens first understand their existing patterns of thoughts and behaviors and then move forward to create new possibilities and face new challenges and discover a new level of power, freedom, self-expression and peace of mind. For a teen to register, a parent or legal guardian must register for or have completed the organization's adult forum and provide permission.

Teens planning for life after high school get help identifying their career passion at schools such as Upland Hills School, in Oxford, Michigan. Its emphasis on experiential learning culminates in a senior project the teen produces, whether it's writing a novel, building a storage shed or volunteering at the local senior citizen center. Each must somehow contribute to the community. Beginning with the student's dream, they must work their way through obstacles, setbacks and all the steps required to bring a dream to reality.

Emotional Literacy/Healthy Risk-Taking

Sometimes parents need to address a teen's longing for friends and social connections. For youths that especially need to nurture their social skills, such

as high-functioning kids with autism or Asperger's syndrome, film school might be an answer. At the Joey Travolta Film School and summer camp, in Lafayette, California, kids work together to make a movie; they start with a script, create sets, operate the camera, act and direct.

At the Hunter School, in Romney, New Hampshire, kids dealing with attention challenges can nurture mind-body awareness, energetic mindfulness and sensory integration. It all helps them get to know themselves and relate better to others.

Outdoor skills can help teens develop healthy risk-taking behaviors, as well as teach resilience, perseverance and self-reliance. SheJumps (*SheJumps.org*), in Salt Lake City, offers young women 6 to 18 years old an opportunity to master outdoor living skills, boost confidence and encourage leadership via collaborating with strong female role models. Fun activities include mountain biking, skiing and trailblazing.

Leadership

Over time, experiential learning can help youths develop leadership skills. Lander, Wyoming's National Outdoor Leadership School, a gap-year program for high school graduates taking a year off before college, offers courses lasting two weeks, several months or even a full year. Activities include sea kayaking, Alaskan mountain and glacier climbing and wilderness medicine.

Teens already on track and wanting to develop additional leadership skills can tap into motivational speaker and self-help author Tony Robbins' annual Unleash the Power Within youth leadership program event. Groups of youths

14 to 17 years old collectively participate to create individual breakthroughs, move beyond fears and limiting beliefs, accomplish goals and realize true desires. Application requirements include a good academic record, at least 20 hours of community service and a guidance counselor's recommendation. Robbins maintains, "Grow and give is what life is all about."

Service to Others

A way for youngsters 5 to 19 years old to become empowered is by joining a 4-H group in urban, suburban or rural areas. If we envision a farm kid raising a calf to show at the state fair, that's still one facet of today's 4-H, but far from the entire scope. Founded in 1902, 4-H is a global nonprofit dedicated to learning by doing; specialties now range from computer science and graphic design to leadership, healthy living and the performing arts.

Positive mentoring by adults and developing community spirit ground 4-H clubs, camps and programs. Research by Tufts University's Institute for Applied Research in Youth Development and America's land-grant colleges and universities shows that people with a 4-H background are more likely to give back to their communities than others (see *Tinyurl.com/YouthDevelopmentStudy*).

For Grammy-winner Jennifer Nettles, of Nashville, 4-H meant learning to perform at an early age, even flying to Chicago to do it. "I don't know that I would be where I am today without 4-H," she says. "Mentors there help you. They helped me with the skills of performing and learning about being on stage; they also taught me the importance of giving back."

Sustainable Sustenance

Growing food for themselves and others can be a great adventure for teens, while fostering resourcefulness, perseverance and ecological awareness. Seventeen-year-old Katie Stagliano launched Katie's Crops, in Summerville, South Carolina, several years ago based on her desire to fight hunger by growing food for people that need it. Today, the enterprise offers grants for youth in any area to start and maintain a local garden, provided they give away the produce to the hungry.



The initiative has grown to more than 50 gardens around the U.S.

Both Mobile Urban Growers, in Mobile, Alabama, and Closer to Earth, in Oklahoma City, empower youth through exercising organic gardening skills, environmental and food justice advocacy and personal mentorship.

Empowering experiences for teens don't have to cost a lot or involve travel. "Dream big, but start small. Look around your own backyard, in your community," says Borba. "Teens can learn to pay it forward in all kinds of ways. They can get together with their peers and take on a doable project to help others. They may even need to start by learning to self-regulate and manage stress by getting away from their phones and instead being outside getting exercise."

Casual family activities can provide opportunities for conversations about what teens want in life or what they're worried about, and that opens the door for adults to step up to help mentor and empower their children. "Boys are more likely to talk while they're doing something, like shooting baskets with you in the driveway," observes Borba. "Girls are more likely to talk if it's one-on-one."

Positive parents actively listen and then clarify what they heard from their teens, says Herman-Saccio. This information helps point the way forward, to more interactive dialogue, brainstorming, problem-solving, helpful experiences and eventually, youth empowerment.

Judith Fertig blogs at AlfrescoFoodAndLifestyle.blogspot.com from Overland Park, KS.



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- Andrew Weil, M.D.

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Nobel prize winner and microbiologist Elie Metchnikoff once said, “Death begins in the colon.”

Based on his years of research in the early 1900s he concluded that disease and aging are mostly due to toxic bacteria in the gut.

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wisewords

Barnet Bain on How Creativity Can Save the World

Fresh Thinking Challenges Rigid Mindsets

by Linda Sechrist

Filmmaker Barnet Bain's credits include writer/director of *Milton's Secret*, due out this fall, starring Donald Sutherland and Michelle Rodriguez and based on Eckhart Tolle's book, producer of the Oscar-winning *What Dreams May Come*, executive producer of the Emmy-award nominee *Homeless to Harvard* and writer/producer of *The Celestine Prophecy* movie. Now, as author of *The Book of Doing and Being: Rediscovering Creativity in Life, Love, and Work*, he offers tools that everyone can use to develop a creativity practice designed to move us beyond our unconscious hand-me-down worldview, escape mental and emotional straight-jackets and unlock great reservoirs of imagination. In so doing, we discover we can create anything we like; from a work of art to a fulfilling relationship.

Why is creativity so vital now?

More than ever before, the nature of human consciousness today is making it apparent that we live inside stories and are pushing up against their edges. Strategies we've used to try to attain control, success or empowerment—structured ideas about how the world works, false assurances and guarantees about life—may not be working. As a result, we are mired in anxiety, stress and crises. It all offers us the opportunity to wake up to a larger truth that supersedes everything else: We must discover where our true safety resides, in building newly intelligent relationships within, as well as with



others, using capacities beyond logic and reason.

Why do we need an internal sense of safety?

Safety found within shows up in our experiences of the world. As we become increasingly

reliant on and confident in our creative skills to survive and thrive, we give ourselves the gift of resilience in chaos.

Humanity's creativity must be awakened in order to meet the challenges of a changing world and effectively address problems that appear to have too few solutions. The same inner awareness and skill set that give birth to the creative process can be applied to all aspects of life. Only through creative acts can we rise above unworkable paradigms, group thinking and earlier conditioning to create new and more fluid stories that grow from revised thoughts, beliefs, choices and attitudes that mature from the inside out.

Deep, compassionate understanding of how we arrived at this point allows us to shed restrictions. It begins with facing the whys and wherefores of our most intimate consciousness.

How do male and female energies play into this?

Everyone possesses both masculine and feminine energies; neither is better or less valuable than the other. Doing and acting characterize masculine energy, which makes things. It builds, structures, orders and files. Being

EARTH GUARDIANS Kids Say No to Global Warming

by April Thompson

characterizes the feminine, womb-like energy, pregnant with possibilities and subsequent manifested outcomes. The capacities to imagine, feel and receive also are feminine. In the dance with the masculine, the harmony of these feminine qualities is the primal desire for and the impulse of creativity itself.

When the masculine and feminine energies are balanced and intimately joined, they express the ability to act, create, manifest, build and bring order. When we learn how to balance them, we become more creative and effective, individually and collectively. We are better at meeting challenges and responding to opportunities.

How does chauvinism block creativity?

Chauvinism, an elevation of masculine over feminine energy, would separate us from our feelings. It does violence to femininity and castrates legitimate masculinity. The mildest trace of such subordination diminishes and reduces primal creative energies to second place, so that nothing new can arrive. Civilization suffers from this systemic disorder to the degree that we believe our needs won't be met unless we are controlling or relying disproportionately on action principles. A culture that elevates doing over being is ignorant of how to pop the clutch and shift into neutral, and so keeps driving down the same road without hope of changing direction.

When spirituality was more alive inside religious traditions, we honored the sanctity of the Sabbath and the importance of putting aside doing in order to be intimate with the mystery of life. It's what breathes new life into our thoughts and feelings, arousing body, mind and spirit to new heights.

Every creator understands that all creativity is a gift of the feminine energy and a gift of the gods. Integrative masculine energies are always constellated around such a gift. Allowing ourselves to become intimate with a greater state of being rather than doing, we open ourselves to receiving a new relationship with life.

Linda Sechrist is a senior staff writer for Natural Awakenings. Connect at ItsAllAboutWe.com.

At age 6, climate change activist Xiuhtezcatl Martinez gave his first speech to a packed crowd in his hometown of Boulder, Colorado. Raised in the Aztec tradition, he was taught that as indigenous people, they are descendants of the land and inherit a duty to protect it.

"I felt such sadness that my generation inherited this crisis to clean up. That night, I saw that those emotions could be channeled into action and my voice could make a difference," says Martinez, founder and youth director of the nonprofit Earth Guardians.

Ten years later, his impassioned message has sparked a global movement. More than 2,000 "youth crews" from Bhutan to Brazil are fighting climate change and improving their communities in other ways.

These activists aren't yet old enough to vote, but are still making their voices heard by global policy-makers. On their behalf, Martinez delivered a plea to representatives from 192 countries at the United Nations General Assembly meeting on climate change last year, asking for stronger measures to protect both the planet and its people. He particularly pointed to the ever-increasing "climate refugees" that have lost their homes to rising oceans and other havoc caused by Earth's warming trend.

Although Martinez serves on President Obama's youth council, he



and 20 other young plaintiffs filed a landmark lawsuit earlier this year against the federal government for failing to protect its citizens from climate change. The plaintiffs are seeking a court order requiring America's president to establish a national plan to decrease atmospheric concentrations of carbon dioxide to "safe" levels by 2100.

At home, Martinez is working with Boulder County community and environmental organizations to locally eliminate pesticides from parks, charge for plastic bags at retail, regulate coal ash emissions and ban fracking.

EarthGuardians.org offers many ways anyone can plug into the movement, whether taking individual actions to lighten our carbon footprint, creating school gardens or signing its Silence into Action pledge, inspired by Martinez's younger brother Itzcuahtli's 45-day silence strike for climate action.

"The most important thing you can do is educate yourself. Whatever makes you come alive, use that passion to make a difference," says Martinez, whose performances as a pianist and hip-hop artist inform and enliven music festivals worldwide. "Together, we can create a legacy we can be proud to pass on to the next generation."

Connect with freelance writer April Thompson, of Washington, D.C., at AprilWrites.com.

Vitamin Deficiencies

Can be the reason you are sick

BIOTIN DEFICIENCY

Signs and symptoms of deficiency include anxiety; depression; memory problems; tingling or numbness in the feet; hair loss; irregular heartbeat; seizures; impaired sugar and fat metabolism; thin and/or weak nails; skin disorders including rash and/or infant cradle cap.

CALCIUM DEFICIENCY

Signs and symptoms of deficiency include premenstrual syndrome (PMS); premenstrual dysphoric disorder (PMDD); osteoporosis; leg cramps; and white streaks or bands across multiple fingernails.

CHROMIUM DEFICIENCY

Signs and symptoms of deficiency include muscle weakness; fatigue; impaired glucose tolerance; type 2 diabetes; heart disease including high blood pressure, high cholesterol and triglyceride levels, irregular heartbeat, chest pain, and with severe deficiency, heart failure.

COENZYME Q DEFICIENCY

Signs and symptoms of deficiency include impaired glucose tolerance (or impaired carbohydrate metabolism); muscle weakness; fatigue; high blood pressure; chest pain; irregular heartbeat, and with severe deficiency, heart failure.

COPPER DEFICIENCY

Signs and symptoms of deficiency include anemia; numbness or tingling of the hands and/or feet; osteoporosis; joint problems; hypothyroidism; loss of pigment (color) in the hair and skin; irregular heartbeat; and high cholesterol levels.

IODINE/IODIDE DEFICIENCY

Signs and symptoms of deficiency include depression; fatigue; disorders of carbohydrate metabolism; goiter and hypothyroidism (fatigue, weakness, weight gain) and even hyperthyroidism (weight loss, irregular heartbeat, appetite changes); thin nails; thinning and/or loss of outer third of eyebrow; and hair loss.

Deficiency During Pregnancy: Fetal development can be affected with consequent irreversible brain damage and mental retardation.

IRON DEFICIENCY

Signs and symptoms of deficiency include anemia; rapid heart rate; restless legs syndrome; fatigue; headaches; dizziness; cold intolerance; depression; hair loss; red, dry, and cracked lips; difficulty concentrating; learning difficulties and lower IQ in children; Attention Deficit Hyperactivity Disorder (ADHD); multiple nail disorders including abnormally shaped nails, ridged or spoon-shaped nails, brittle nails, soft nails, pale fingernail beds, and thin/weak nails. **Excessive intake of iron can be toxic.**

MAGNESIUM DEFICIENCY

Signs and symptoms of deficiency include migraine headaches; restless legs syndrome; brittle nails; chronic fatigue; anxiety; depression; preeclampsia; premenstrual syndrome (PMS); premenstrual dysphoric disorder (PMDD); osteoporosis; muscle cramps; refractory hypokalemia; insomnia; irregular heartbeat; high blood pressure; fibromyalgia; seizures; asthma; carbohydrate cravings (e.g. sugar and chocolate); and type 2 diabetes.

OMEGA 3 (EPA + DHA) DEFICIENCY

Signs and symptoms of deficiency include hyperkeratosis or a goosebump-like appearance of the skin; psoriasis; dry scaly or itchy skin; brittle hair and nails; poor concentration; depression; anxiety; attention deficit hyperactivity disorder (ADHD); bipolar disorder; schizophrenia; joint pain; and lack of physical endurance.

VITAMIN A DEFICIENCY

Signs and symptoms of deficiency include dry eyes; night blindness (or difficulty seeing at night); Bitot's spots; dry, scaly, and rough skin; hyperkeratosis or a goosebump-like appearance of the skin; decreased immunity; and frequent viral infections.

Excessive intake of vitamin A from animal sources can be toxic.

VITAMIN C DEFICIENCY

Signs and symptoms of deficiency include anemia; easy bruising and bleeding (e.g. bleeding gums); scurvy; chronic fatigue; poor wound healing; increased susceptibility to stress and/or infections; and anxiety and/or depression.

VITAMIN D DEFICIENCY

Signs and symptoms of deficiency include osteoporosis; hyperparathyroidism; depression and/or anxiety; seasonal affective disorder; bipolar disorder; premenstrual syndrome (PMS) and premenstrual dysphoric disorder (PMDD); insomnia; autoimmune disease; and and inflammatory disease.

VITAMIN E DEFICIENCY

Signs and symptoms of deficiency include anemia; numbness or tingling of the hands and/or feet; lack of muscle coordination (may affect speech, eye movements, ability to swallow, walking, picking up objects, and other voluntary movements); muscle weakness; and weakened immune function.

VITAMIN K DEFICIENCY

Signs and symptoms of deficiency include osteoporosis; blood clotting disorders including excessive bruising and bleeding (e.g. bleeding gums, heavy menstrual bleeding, and frequent nose bleeds). **Individuals who take blood thinning medications should not take vitamin K.**

VITAMIN B1 (THIAMIN) DEFICIENCY

Signs and symptoms of deficiency include fatigue; irritability and depression; neurological disorders including loss of muscle coordination, numbness and/or tingling of the hands and/or feet; dementia; and with advanced deficiency, congestive heart failure, Beriberi, and Wernicke-Korsakoff syndrome.

VITAMIN B6 DEFICIENCY

Signs and symptoms of deficiency include anemia; fatigue; insomnia; eczema; premenstrual syndrome (PMS) or premenstrual dysphoric disorder (PMDD); irritability, and depression; confusion; morning sickness during pregnancy; carpal tunnel syndrome; dry, cracked, red lips; inflammation of the tongue; ulcers at the corners of the mouth; numbness or tingling of the hands and/or feet; weakened immune function; disorders of carbohydrate metabolism; and even seizures.

VITAMIN B9 (FOLIC ACID) DEFICIENCY

Signs and symptoms of deficiency include red, dry, cracked lips; anemia; inflammatory disease; and cardiovascular disease.

Deficiency During Pregnancy: Neural tube defects including spina bifida.

VITAMIN B12 DEFICIENCY

Signs and symptoms of deficiency include anemia; insomnia; fatigue; neurological disorders including loss of muscle coordination, numbness or tingling of the hands and/or feet, and difficulty walking; memory loss or dementia; ringing in the ears; psychosis, anxiety; depression; irritability; cardiovascular disease; and elevated blood concentrations of homocysteine.

TRYPTOPHAN

Signs and symptoms of inadequate tryptophan intake may include psychiatric disorders including depression, anxiety, irritability, impatience, impulsiveness, and/or bipolar disorder; insomnia; inability to concentrate; weight gain; overeating; carbohydrate cravings; and slow growth in infants and children.

ZINC DEFICIENCY

Signs and symptoms of deficiency include weak nails; white streaks or spots on the nails; skin lesions that resemble acne; rashes; hair loss; poor wound healing; diarrhea; irritability; anxiety; depression; loss of taste and appetite; impaired immune function; osteoporosis; growth failure in children; hypothyroidism; chronic fatigue; and night blindness.

ORAL CONTRACEPTIVES

Oral contraceptives (i.e., birth control) may increase the risk of multiple deficiencies including vitamins B2, B6, B9, B12, vitamin C and E and the minerals magnesium, selenium, and zinc.

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Salt Rooms Soothe Allergies and Skin Conditions

by Avery Mack

According to the Asthma and Allergy Foundation of America, as many as 50 million Americans are affected by seasonal or year-round nasal allergies. Additionally, 56 million suffer from eczema, psoriasis or rosacea. Prescriptions and over-the-counter drugs may help, but aren't a cure. Salt therapy can be a gentler, all-natural solution for easing associated symptoms.

While eating too much salt is bad for the body, breathing it is a healthy activity. The Greek word for salt is *halos*, and halotherapy provides a welcome alternative to conventional pills, sprays and injections.

In the mid-1800s, after salt mine workers in Poland were found to have a low rate of respiratory illness, the Wieliczka Salt Mine Health Spa was established on the site of a mine to treat clinic patients for asthma and allergies. That pioneering facility is still in operation.

"In the beginning, I think salt therapy was seen as a time-consuming novelty. Now, holistically minded people are more supportive," says Clay Juracsik, owner of the St. Louis Salt Room, in Maplewood, Missouri. The room's walls are covered in salt, with blocks of backlit Himalayan

pink salt at floor level. Clients wear disposable booties to walk through inches-deep, loose, mineral-rich Dead Sea salt to reclining chairs. The lights dim, soft music plays and salt, rich in negative ions, infuses the air for a 45-minute session.

"We have a second, smaller room where the walls and floor are not salted, so a child and parent can move around or play without disturbing others. Our youngest client was 2 weeks old," says Juracsik.

With the help of specially designed machines and software, microscopic salt particles one to five microns in size are circulated through the air to be deeply inhaled. As a natural anti-inflammatory agent, salt helps reduce swelling of throat tissues and nasal passages, making breathing easier for individuals suffering from such respiratory ailments as allergies, asthma, bronchitis and sinusitis.

"True halotherapy is based on using 99 percent pure sodium chloride in the halogenerator," says Leo Tonkin, co-founder of the Salt Therapy Association, in Boca Raton, Florida. "Dead Sea, Himalayan or other salts can be used as décor."

"My husband, Gary, had three sinus surgeries before he discovered a salt room during a trip to London and

had a eureka moment," relates Ellen Patrick, owner of four Breathe Easy salt rooms in New York City and nearby Westchester County.

"A client's 4-year-old son tells Mom when he needs a treatment to 'make his nose work better,'" reports Lisa Cobb, owner of Luxury on Lovers, in Dallas, Texas. "He uses a salt bed similar in style to a tanning bed and large enough for his mother to be with him for a 20-minute treatment. Pilots and flight attendants like salt rooms to counteract the recirculated air on planes. Athletes use them to increase lung capacity. A treatment works like a visit to the ocean."

A recent pilot study conducted at The Salt Room, in Orlando, Florida, and published in the *International Journal of Respiratory and Pulmonary Medicine*, concluded, "Halotherapy is associated with improvement in symptoms of sinus disease in cystic fibrosis and should be explored as an adjunct treatment."

Salt's anti-inflammatory, antifungal and antibacterial properties may also reduce skin swelling and itchiness, and even acne, without drying the skin. Increased lung capacity aids blood circulation, which also helps improve skin health. Salt room operators note that

frequent treatments are needed during early stages of therapy or during acute outbreaks of conditions, but can be reduced to a maintenance level over time.

Juracsik remarks, "The best success I've seen is with respiratory ailments like bronchitis and pneumonia. We don't need a new, fancy pill for every illness. Salt is historically proven to be a natural and effective way to improve respiratory health."

Options go beyond basic treatments. "Meditating in the salt room allows double relaxation," comments Patrick. "Salty yoga is one of my favorite therapies because clients can exercise and breathe easier at the same time. Another option comprises a sound bath, during which crystal bowl music creates a vibration similar to piano notes to quiet and focus the mind during a salt session."

Salt treatments can be experienced regularly, seasonally or as needed. For those free of respiratory issues, a salt room visit provides a refreshing way to relax, sit, chill and breathe. Patrick views it as a form of stress management to increase well-being.

Connect with the freelance writer via AveryMack@mindspring.com.

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A GOOD FOOD FIGHT

Keeping Food Out of the Trash Bin

by April Thompson



As much as 40 percent of food produced in the U.S. is wasted, even as one in six Americans goes hungry. Instead of feeding people better, we are feeding the city dump. Of all types of trash, food consumes the most space in our municipal landfills, followed by plastic and paper. Rotting food then releases harmful methane, a green-

house gas 20 times more potent than carbon dioxide.

While food waste is a big problem, social entrepreneurs see a big opportunity. Around the country, they are working to reduce, recover and rethink discarded food valued at more than \$160 billion a year. In the process, they are not only cutting food costs, but also creating jobs and fighting climate change.

University of Maryland College Park alumna Cam Pascual co-founded the nonprofit Food Recovery Network (FRN) after watching hundreds of pounds of food hit the trash in her campus dining hall every night. Pascual and her colleagues mobilized a volunteer network to shuttle leftovers from the university to soup kitchens, donating 200 meals a night to feed the hungry.

In the last five years, FRN has recovered more than 1 million pounds of food from 184 campuses in 42 states, proving that ingenuity and philanthropy can together fight the food waste travesty. "There are two major barriers to recovering leftover food; one is awareness, like helping businesses to understand the laws that protect them from liability," says Pascual, the organization's current director of innovation and operations. "The other is the labor involved. Universities are the perfect ecosystem for food recovery because college students have flexible schedules and are community service-minded, offering a ready supply of volunteers."

The latest FRN initiative is a certification program to verify that farms and restaurants are engaging in food recovery that includes creating a toolkit to help restaurants safely recover leftover meals.

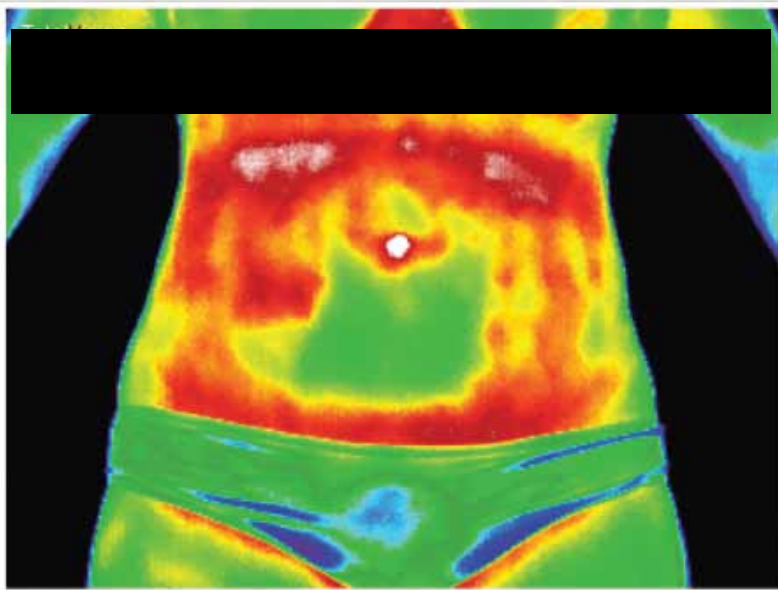
The U.S. Environmental Protection Agency (EPA) and U.S. Department of Agriculture recently set a goal of slashing food waste in half by 2030, with several supporting bills approaching the floor in Congress. The EPA food recovery hierarchy calls for reducing food waste first and foremost, with recovering food to feed people or animals as a fallback and utilizing landfills only as a last resort.

Thermography Exam Reveals Inflammation in the colon, liver, and kidneys.

"For the past two years I've always dealt with constipation, urinary tract infections, and chronic pains in my stomach. After test after test after test, my primary physician would continue to tell me that nothing was found. MRIs and ultrasounds could never find anything physically wrong.

I did my first thermography exam and it detected severe inflammation, and I began a wellness program that consisted of a new diet, a vitamin program, and three weeks of alternative and complementary treatments for circulation and pain management.

Today my thermogram is clear and I feel 100% better." Jacqueline Crutcher, Lafayette.



Abdomen, Anterior

Food waste reduction can be engineered in ways less noticeable to consumers, such as doing away with dining hall trays or using smaller plates.

~Cam Pascual

“It’s one thing to set goals, but to realize those reductions in food waste, we have to change our behavior,” says Jonathan Bloom, author of *American Wasteland: How America Throws Away Nearly Half of Its Food (and What We Can Do About It)*. Farms and households are the two largest generators of food waste, according to Bloom, whose blog at *WastedFood.com* offers dozens of beneficial tips for keeping food out of the trash bin.

Fighting food waste starts before we go to the grocery. Bloom recommends consumers organize cupboards to know what’s already in stock, plan meals and stick to the shopping list. Post-purchase, easy tips include serving smaller portions, freezing leftovers and sharing surplus with friends and neighbors.

Bloom’s website fans contribute more ideas like mixing veggie scraps into pet food or making them into soup stock. Using a smaller refrigerator keeps shoppers from bulking up while saving energy costs. The battle against wasted food needs to start at home, where small steps add up to big change.

Connect with freelance writer April Thompson, of Washington, D.C., at *AprilWrites.com*.

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- Dr. Steven T. Castille

healthykids



YAY FOR PLAY

Ways to Spark a Child's Creativity

by April Thompson

Whether it's playing dress-up, making forts from sofa cushions or drawing pictures, creative moments can define and distinguish a happy childhood. Yet it's not all just fun and games, according to experts. Childhood creativity, nurtured both in the classroom and at home, is crucial for developing qualities such as sound decision-making, flexible thinking and mental resiliency.

Analyzing more than 150 studies across the fields of psychology, neuroscience, education and business management, the Center for Childhood Creativity, in Sausalito, California, found many important life skills are affiliated with a creative upbringing. The resulting white paper, *Inspiring a Generation to Create*, underscores that rather than simply being an innate trait, creativity can be taught.

"Creativity should be an integral part of every child's education. The research shows that we can avoid the

drop in original thinking that happens as students move into early adolescence," reports Daniel Pink, author of *A Whole New Mind*.

Creativity isn't only child's play; parents also could do well to infuse their own lives with its discoveries and delights. "Through creativity, parents can reawaken a sense of wonder and joy, and nurture characteristics like patience," says Julia Cameron, author of *The Artist's Way for Parents: Raising Creative Children*.

Engaging Parents

Cameron wrote the book in part to guide her own daughter, actress and film director Doménica Cameron-Scorsese, in her creative journey through motherhood. While many such works focus on art projects for kids, Cameron's book emphasizes activities that put creative fuel in the parental tank. For example, she recommends parents take up the ritual of "morning pages"; writing three pages of stream-of-consciousness thoughts the first thing each morning.

Jean Van't Hul, author of *The Artful Parent*, started a daily sketchbook practice for herself and to set an example for her kids. "I like that the kids see me creating regularly and they've joined in a couple times. I also want to get over my self-limited belief that I'm not a good artist," remarks Van't Hul, who blogs at *ArtfulParent.com*.

Engaging Kids

A family ritual, like a bedtime story or relationship with a pet, can be re-imagined to inspire household members to co-create together. "Instead of always reading to my kids, we take turns making up stories by 'giving' each other three things, like an airplane, a shovel and a pair of pants, which we have to use in a story," says Nicole Corey Rada, a working mother of two in Richmond, Virginia. "Sometimes, we pretend our pets are having conversations, and use different voices and accents to express what they might be saying, given their



Every child and parent is creative.

Exercising our creativity
is an act of faith.

~ Julia Cameron

circumstance at the time. This is a family favorite; we laugh constantly."

Mark Runco, Ph.D., a University of Georgia professor of gifted and creative education, founder of the *Creativity Research Journal* and advisor to the Center for Childhood Creativity, notes the importance of balancing unstructured and structured activities, creating space for both individual expression and creative collaboration.

To foster the former, Van't Hul encourages "strewing", which she refers to as "the art of casually yet strategically leaving invitations for learning and creativity out for kids to discover on their own." Invitations to play could be a basket of non-toxic blocks, a recycled-paper sketchpad opened to a blank page or some nature finds from a walk in the woods.

As an example of the latter, Cameron suggests that parents lead kids on a weekly creative expedition, allowing the kids to choose a new place to aimlessly explore such as a park, bookstore, pet shop or museum. According to the author, that sense of shared adventure, fostered in a safe space, naturally nurtures the creative process, both for now and the future.

"If you make art the center, insisting that kids be creative, they may feel a sense of pressure," advises Cameron. "If you make inspiration the center, it spills over into art."

Connect with freelance writer April Thompson, of Washington, D.C., at AprilWrites.com.

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Source: www.cancer.org



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The Garden Cure

Natural Sanctuaries Heal Body and Spirit

by Sandra Murphy

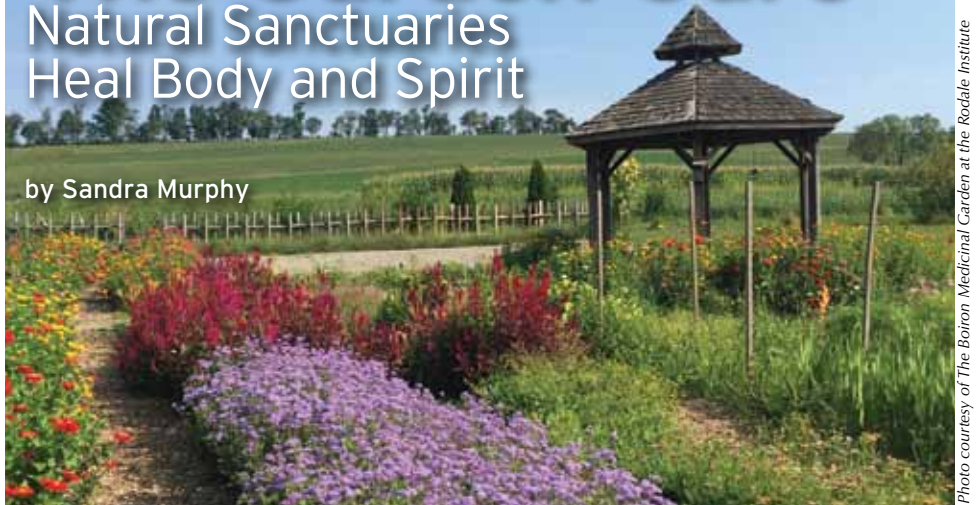


Photo courtesy of The Barron Medicinal Garden at the Rodale Institute

I only went out for a walk and finally concluded to stay out till sundown, for going out, I found, was really going in.

~John Muir

Renew

Since ancient times, gardens have been employed as a place of healing for body and spirit. Japanese healthcare providers prescribe *shinrin-yoku*, meaning, "walking in forests to promote health" or "forest bathing". Its intent is to use sight, sound and smell to connect with nature through stress-reducing, meditative walks.

Based on a program created by the Morikami Japanese Gardens, in Delray Beach, Florida, Washington state's Bloedel Reserve, on Bainbridge Island, conducts Strolls for Well-Being. Participants sign up for a free, 10-week session of 12 self-guided walks and three group meetings. A companion workbook is provided to encourage journaling on themes such as forgiveness, gratitude and joy.

"Public gardens are a safe place where people can focus and do the work," says Erin Jennings, with Bloedel. "We see people that wish to reflect and refuel or simply be more aware and intentional in life." With 150 acres of natural woodlands and landscaped areas, ranging from a moss garden to a bird marsh, participants can take as much time as they need.

Refresh

Bees are an integral part of any flowering garden, and Spikenard Farm Honeybee Sanctuary, in Floyd, Virginia, sustainably hosts 30 hives on six acres adjacent to a field planted with buckwheat, mustard, sunflowers and clover for its biodynamic beekeeping. An orchard on the property dovetails with an organic farm next door. Tours, talks, plant sales, food and music enhance the hospitality.

Hope Hill Lavender Farm, in Pottsville, Pennsylvania, adds lavender to soap, sugar scrubs, lotion and essential oil. "It takes 11 pounds of hand-picked fresh blossoms to make one ounce of essential oil," says Troy Jochems, co-owner with his wife, Wendy. A member of the mint family, lavender adds distinctive flavor and fragrance to both sweet and savory dishes (find recipes at HopeHillLavenderFarm.com). Visit the farm on summer weekends through mid-August and plan to partake of the annual lavender festival next June.

In Glen Allen, Virginia, visitors enjoy a cool serving of lavender lemonade or honey ice cream at Lavender Fields Herb Farm after a stroll through

Nature is my medicine.

~Sara Moss-Wolfe

the garden. Greenhouse tours and fall classes on growing herbs, vegetables and lavender include how to make an herbal wreath.

Restore

Tea Wellness classes and tastings of fair trade heirloom varieties are a big draw at Light of Day Organics, in Traverse City, Michigan. They're taught by founder and horticulturist Angela Macke, a registered nurse. It's the only dual-certified organic and Demeter Biodynamic commercial grower of tea plants in North America.

The Boiron Medicinal Garden at the Rodale Institute, in Kutztown, Pennsylvania, emphasizes the importance of plants in homeopathy. Maggie Saska, plant production specialist with the research farm, explains, "Walking tours with educational signage in the garden let visitors know which species to look for when planting their own organic healing garden. Plants from a store may not be organically grown or of the correct species," although a nursery may afford more options.

Christophe Merville, D.Pharm., Boiron USA director of education and pharmacy development, attests that many familiar plants can offer benefits beyond beauty, such as reducing stress, promoting healing or easing congestion. He cautions, "People think plants are naturally safe, but they can be dangerous. St. John's wort extract, for example, can relieve mild depression, but interacts with prescription medicines. It also reacts to light, so users may experience rashes from sun exposure.

"Lemon balm can be made into an antioxidant tea. It can be grown in a garden, on a balcony or indoors, and combines well with chamomile or lavender. We like it for helping to relieve anxiety or to improve mental performance."

Merville suggests steeping German chamomile tea for relaxing sleep. He says breathing in the steam helps a stuffy nose. When used as a compress, it can relieve pain and itch from rashes. "Don't drink too much or make it too concentrated," he warns,



Americans' Inside Story

■ Only 12 percent of U.S. adults go outside nearly every day, 8 percent several times a week and 6 percent only once or twice a week. Two percent never venture outside.

■ When U.S. adults take time out of doors, just under a third spend more than an hour there and almost a quarter spend at least 30 minutes while the rest average five to 10 minutes or less.

■ Thirty-eight percent of Americans 55 years and over invest at least an hour outside each day, compared to 25 percent of those under 35.

Source: National Recreation and Park Association

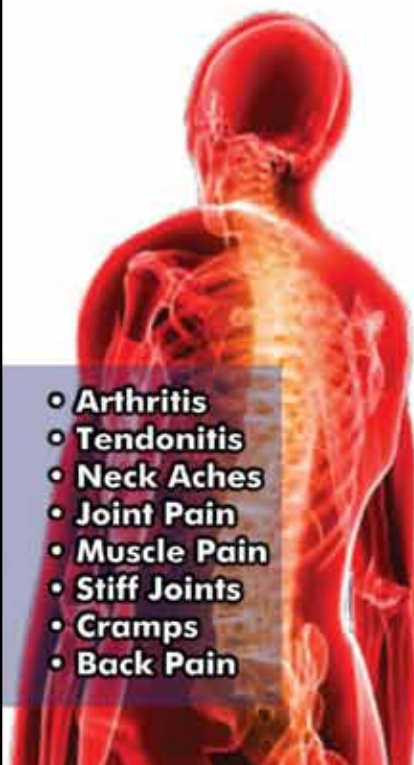
because of its blood-thinning properties. Saska and Merville recommend that enthusiasts take classes, work with an herbalist and find a good reference book. Merville prefers *Rodale's 21st Century Herbal* for beginners.

Vicki Nowicki, founder of Liberty Gardens, in Downers Grove, Illinois, observes, "The world is seeing the first generations that don't have a relationship with the land or know how to grow their own food." Its seed-lending library, classes and tours, along with other healing gardens throughout the country, aim to get everyone back to basics including going outside.

Connect with freelance writer Sandra Murphy at StLouisFreelanceWriter@mindspring.com.

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Anticancer and Antioxidant Effects of Wheatgrass on CML cells

Wheatgrass reduced cancer cell strength by 39%

Antiproliferative, apoptotic and antioxidant activities of wheatgrass (*Triticum aestivum* L.) extract on CML (K562) cell line

Background: Wheatgrass extracts are known to contain anti-cancer factors as well as antioxidant factors. This was a study that sought to examine these activities in a human chronic myeloid leukemia cell line, K562.

Laboratory Studies: The researchers treated the cell line, K562, with both water and alcohol extracts of wheatgrass. They used a number of different approaches to see the effects that the wheatgrass extract had on this type of leukemia—they looked at the cells under a microscope to see if the extract could kill the cells; they assessed the cell line to see if the cells could still reproduce; they tested to see if the DNA of the cells was fragmented—an indication that the cells were dying.

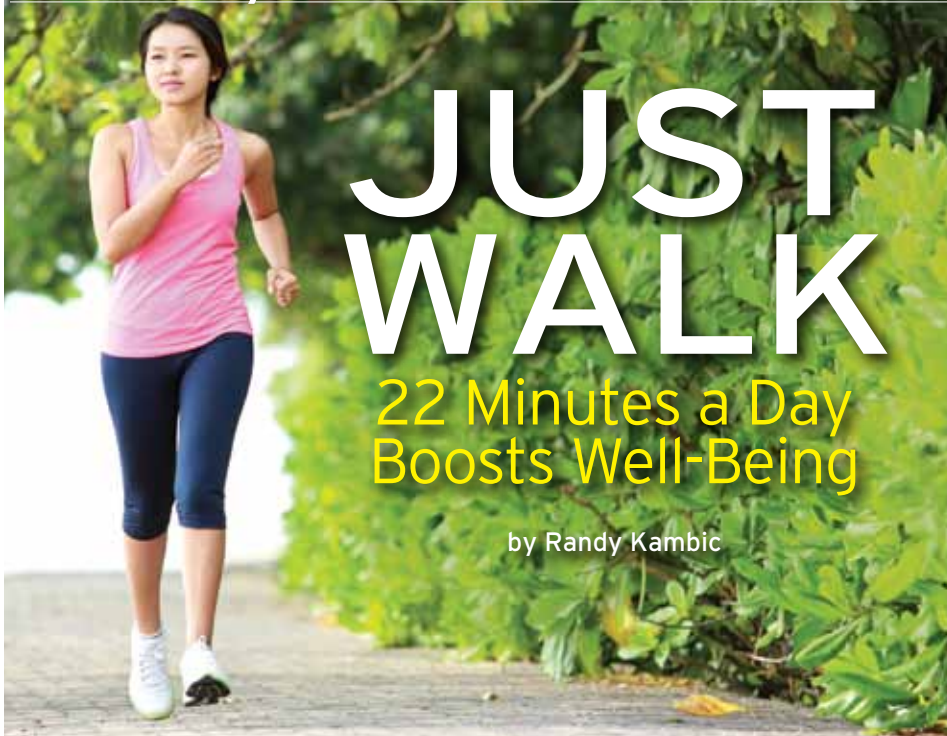
Conclusions: The wheatgrass extract (both the water and the alcohol preparations) were able to decrease the vitality of the cells by 14% (water-extract) and by 39% (alcohol-extract). The researchers also found a significantly increased anti-oxidant activity in both the water and alcohol preparations. They also concluded that both water and alcohol extracts of wheatgrass were able to increase the rate of cell death in this human leukemia cell line, and that wheatgrass extracts showed promise as an anti-cancer agent.

Source: Aydos, OS., Avcı, A., Özkan, T. KARADA, A., Gürleyik, E., Altınok, B., Sunguro lu, A., *Turk J Med Sci*, 41(4): 657-663, 2011.

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JUST WALK

22 Minutes a Day Boosts Well-Being

by Randy Kambic

Even mainstream media have picked up on the many physical and mental benefits of walking, including weight loss, reduced stress, increased energy and better sleep, and that's only the beginning. These additional compelling effects may well catalyze us to consistently step out for a daily walk, understanding that cumulative steps count, too. For more inspiration, check out this month's race walking at the Summer Olympics.

Walking helps heart health and diabetes. According to the U.S. Surgeon General's Call to Action on Walking program launched last fall, the risk of heart disease and diabetes can be significantly reduced via an average of 22 minutes a day of brisk walking. "Physical activity has been shown to reduce the risk of heart disease, stroke, diabetes, certain cancers, osteoporosis, cognitive decline and even depression," says Dr. JoAnn Manson, chief of the division of preventive medicine at Boston's Brigham and Women's Hospital. "Can you imagine if there was a pill that could simultaneously have all those benefits? Everyone would be clamoring for it."

Walking reduces anxiety and clears thinking. The results of a national survey of nearly 3,000 women between

the ages of 42 and 52 published in the journal *Medicine & Science in Sports & Exercise* found that those that walked as part of a regular physical activity showed fewer signs of depression compared with inactive women. The more physical activity a woman logged, the less likely she was to exhibit such symptoms, suggesting that moderate-to-intense levels of exercise may help protect against mental illness. The survey further revealed that 85 percent believe walking helps reduce any present anxiety and feelings of depression, while two-thirds reported that walking stimulates their thinking.

Walking facilitates doctor-patient communication. Columbus, Ohio-based Walk with a Doc (WalkWithADoc.org) helps organize free walking events each month via 230 chapters nationwide. They're led by physicians and other healthcare authorities. "It's a casual forum in which to communicate and also learn about the health benefits of walking," says Executive Director Rachael Habash, who's aiming for 350 chapters by year's end. When doctors emphasize the benefits of exercise, patients tend to listen.

Walking boosts life performance. "Until the late 1960s, 90 percent of America's children that lived up to a

mile away walked to school. Today, that figure is 30 percent,” says Sheila Franklin, of the National Coalition for Promoting Physical Activity, in *The Walking Revolution* documentary (scroll to the video at EverybodyWalk.org). Experts warn that less walking by youngsters can create sedentary habits and lead to shortened life spans.

Daily walks to school boost cognitive performance in students, according to Mary Pat King, the National Parent Teacher Association director of programs and projects. Dr. Richard Jackson, a pediatrician, professor and chair of Environmental Health Sciences at the School of Public Health at University of California, Los Angeles, and former environmental health director at the U.S. Centers for Disease Control, reports that walking improves children’s learning ability, concentration, moods and creativity.

Even lifelong walkers are moved to

walk more by using a pedometer to track their steps and distance traveled, says Dr. Lauren Elson, a physical medicine and rehabilitation instructor at Harvard Medical School, who is also the medical editor of the recent Harvard Special Health Report *Walking for Health* (Health.Harvard.edu/walk). A meta-review of 26 studies found that using the device raised physical activity levels by nearly 27 percent, adding about 2,500 steps per day. Most stores that sell exercise equipment offer inexpensive pedometers, while smartphone users can download an app such as Moves, Breeze or Pedometer++. Apple’s iOS includes the free app Health.

Walking leads to meaningful exchanges. Social connections and honest conversations between two people can be aided by walking outside instead of sitting inside. Clay Cockrell, a licensed clinical social worker in New York City,

began walking with clients 12 years ago. He notes that casual venues like parks have been especially helpful for men. “They sometimes have a more difficult time making eye contact in sessions. Outside, they are looking where they are going, looking at nature, other people—the pressure is less. My own health has improved, as well,” he says. He shares ideas with the public and other therapists at WalkAndTalk.com to maximize the benefits. He sees moving the body forward along a path as a metaphor for moving forward in life.

Adds Habash, “We believe that engaging in health should be simple and fun, like putting one foot in front of the other at every opportunity.”

Randy Kambic is an Estero, FL, freelance writer and editor who regularly contributes to Natural Awakenings.

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SEPT

GREEN WATERS

pH 5.5

Acidic Body and OBESITY



If your body is acidic, you cannot lose weight. The body's main way of flushing out toxins is through your colon, kidneys, skin and lymph system. However, the more bombarded these organs become with toxins, the less effective they become at flushing. The result is that excess acidic wastes get stored in fat cells where they cause less harm to the body. Despite your best efforts, you are unable to lose weight because your body is holding on to these excess fat cells; after all, it needs them for storing acidic wastes. Alkalize your body to lose weight.

Alkalize your body with GREEN WATERS



naturalpet

HANDLE WILD THINGS WITH CARE

How to Safely Help Hurt Animals

by Sandra Murphy

When encountering a bird or animal that appears to be abandoned, take only minimal steps to help. "People mean well but a lot of rescues we see, didn't need help," says Lacy Campbell, wildlife care center operations manager for the Audubon Society of Portland, Oregon. Make sure the animal is away from traffic or predators, and then call a local wildlife rehabilitator before taking further action, especially if the animal is injured.

Vulnerable Little Ones

Baby squirrels can fall out of the nest. "Leave him at the base of the tree," says Jennifer Keats Curtis, author of the children's book *Squirrel Rescue*. "Mom will rebuild the nest before coming to get her baby. If it's cold, put it in a box with a towel. Once squirrels have been treated as a pet, they can't be released."

Tiny, not-yet-feathered nestlings should be returned home; it's a myth that human scent poses a problem. If the nest is out of reach or can't be located, make one with a box and soft cloth. Put it in the tree, so the parents can resume feeding. Leave the area so as not to frighten them.

"After young robins, scrub jays, crows and owls leave the nest, they

typically spend up to a week on the ground before they can fly," says Campbell. "At night, the parents will escort the fully feathered fledglings to safety beneath a bush."

In parks, ducks and geese may nest away from the water. Mama will lead her babies to the pond, even across busy streets. If it's safe, stop the car to halt traffic, act as their crossing guard, and then resume driving.

A box turtle operates on innate GPS. "It lives in an area the size of a football field," explains Curtis. "It will go onward, no matter how many times people try to redirect it. If injured by a car or lawn mower, the shell can be mended by a rehab center."

Bunnies eat at dusk and dawn. In-between, the nest may look abandoned. "Wild baby rabbits are difficult to keep alive if injured," says Curtis. "At sundown, see if mom returns; if not, they need a wildlife rehab expert."

A lone, young raccoon is either old enough to climb a tree by itself or the mother will carry it. If we feed a raccoon, it will become a beggar. Opossums are dramatic actors. When cornered, they hiss and fall over and play dead in a coma-like state for up to four hours. Check back later. If a mother possum has been killed by a

The best outcome for injured animals is rescue, rehabilitation and return to the wild.

car, call a rehab official to check her pouch for potential babies.

"If you find a young deer fawn or moose calf, leave it. The mother comes back several times each day to nurse," advises Amanda Nicholson, director of outreach for the Wildlife Center of Virginia, in Waynesboro. "Its coloring helps it remain undetected by predators."

Other Unexpected Encounters

"Don't feed wild animals or leave out food or accessible comestible trash. Bobcats, wolves, bears and coyotes will avoid people unless food is involved," cautions Jennifer Place, program associate for Born Free USA, a nonprofit in Washington, D.C. "Wild animals protect their space, food and young, so stay on marked trails when hiking and never turn your back on them."

For unexpected meetings, stay calm. "Make sure there's an escape route for the animal," says Place. "With foxes or coyotes, throw sticks or small rocks, but don't hit the animal. Make yourself look large and yell." With snakes, sidestep away slowly for more than six feet before walking in the other direction. Bears require a different response. "Speak in a low voice so the bear realizes you are not prey. Never climb a tree," says Place. "Bears know the terrain, can run faster than a horse and can climb trees, too. Sidestep away, remaining carefully upright, calm and unthreatening. If the bear moves toward you, keep talking until he moves away. Running kicks in its prey drive."

Yellowstone Park regulations require visitors to stay 25 yards away from most wildlife and 100 yards away from bears and wolves. Selfie photos with animals can result in injury or death for humans and animals through carelessness; safety depends on good judgement, respect and common sense.

Friends of wildlife know beforehand how to contact local rehabilitators if there's an emergency, observe before taking action, and protect pets. "Always

Wildlife Transport Tips

If a wild animal is injured, wear heavy gloves in its vicinity to avoid being bitten or scratched. Completely cover the animal with a blanket so it stays relatively calm, and place it in a carrier for transport to a rehabilitation facility. A warm hot water bottle can help ward off shock.

Do not give the animal water, milk or food. Time is of the essence to ward off dangers of stress. Wild animals can carry disease without appearing to be ill. Fleas, ticks and mites are likely, so keep injured wildlife away from pets and children.

leash dogs when going into the yard at night and keep cats indoors," says Place. "Peaceful co-existence allows for the safety of both people and animals, domestic and wild."

Connect with freelance writer Sandra Murphy at StLouisFreelanceWriter@mindspring.com.

Wheatgrass is a Superfood



1.5 oz FROZEN WHEATGRASS CUP

1oz of wheatgrass is equivalent to 2.5 lbs of green vegetables

WheTea

**Weight Loss Formula
BURNS STOMACH FAT**

WheTea burns stomach fat and boosts your metabolism. Use two droppers with every 8oz of water and drink at least 64oz of water daily and watch the stomach fat fall off.



Pamper Your Skin With The Best Nature Has To Offer

Natural Awakenings Advanced Healing Skin Cream

Therapeutic Qualities

Natural Awakenings Advanced Healing Skin Cream combines botanicals and a unique blend of essential oils for a deep moisturizing therapy. It soothes and relieves dry, itchy or cracked skin quickly while restoring moisture and provides ultra-hydration protection and soothing comfort to wounds, sores, cuts and burns. Manuka Honey also relieves the pain and itch of psoriasis and other skin conditions. Besides its potent antibacterial properties, honey is also naturally extremely acidic, and that will eliminate organisms that decides to grow there.

Our Skin Cream Contains:



Hydration is a Must

The skin has a water content of 10 percent to 30 percent, which gives it a soft, smooth and flexible texture. The water comes from the atmosphere, the underlying layers of skin and perspiration. Oil produced by skin glands and fatty substances produced by skin cells act as natural moisturizers, allowing the surface to seal in water. *Natural Awakenings* Advanced Healing Skin Cream, applied after a shower or bath as daily maintenance, will improve the appearance of skin and heal unwanted conditions. *Natural Awakenings* Advanced Healing Skin Cream also combines pure botanicals and a unique blend of essential oils for a deep moisturizing therapy.

What Is Manuka Honey?

Manuka Honey is gathered in the wild back country of New Zealand from the native Manuka tree (*Leptospermum scoparium*). The bees don't use the pollen from a variety of other flowers or plants, so the content of the honey is very consistent. A 2013 study in the *European Journal of Medical Research* used active Manuka Honey under dressings on post-operative wounds for an 85 percent success rate in clearing up infections, compared with 50 percent for normal antibiotic creams.

{ Satisfied Customer }

Natural Awakenings Advanced Healing Skin Cream is a wonderful product. The skin cream goes on smooth and absorbs into the skin quickly - it is not "greasy". I have been plagued with dry skin around my ears, belly button and scalp for over 20 years and this product

has healed those areas in just 3 days of use. The Manuka Honey that is in this product, I was told repairs damaged skin - now I am a believer!!! I continue to use this skin cream to keep my skin soft. I have to mention the product has a wonderful aroma, like peppermint, and when applying the cream one can feel a slight warming sensation and I know it is working into the pores to do it's work! Glad I tried this product!

~ Jim

The cold, damp winter days are upon us. Don't let chapped or dry, flaky skin get in the way of your daily life. *Natural Awakenings* Advanced Healing Skin Cream, a soothing therapeutic balm made with exclusive Manuka Honey from New Zealand, is the ultimate skin moisturizer for everyone in your family. Order one for the office, too!

Restore Your Skin to Natural Youthful Beauty

You'll love *Natural Awakenings'* therapeutic cream's clean, fresh botanical fragrance.

Discover what our amazing skin cream can do:

- Provides Ultra-Hydration of Skin
- Enhances Anti-Aging and Skin Renewal
- Soothes Dry, Itchy, Cracked Skin
- Relieves Most Burns, Including Sunburn
- Comforts Wounds and Sores

MANUKA HONEY is produced by bees that pollinate New Zealand's Manuka bush. Advocates cite its antibacterial properties.



4-oz jar \$21.99 · 8-oz jar \$39.99 + ONLY \$5 for shipping

Order today, available only at
ShopNaturalAwakenings.com
or call: 888-822-0246



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(337) 662-3120

Caribbean Health and Wellness Center, Opelousas, LA
(337) 678-1500

Pricing and Rate Sheet

Infrared Sauna	30 mins: \$45	1 hour: \$70
Whole Body Vibration	10 mins: \$35	20 mins: \$65
Lymphatic / Water Massage	30 mins: \$45	1 hour: \$70
Body Wrap	30 mins: \$45	1 hour: \$90
Ion Foot Detox	30 mins: \$45	(2) 30 min sessions: \$80
Hydration Therapy	30 mins: \$45	1 hour: \$90
Massage Therapy	60 mins: \$69	90 mins: \$89
Slimpod Slimming/Detox	30 mins: \$45	1 hour: \$70
Dermosonic Cellulite	1 treatment: \$45	6 treatments: \$180
Zerona Fat Laser Treatment	6 treatments: \$675	12 treatments: \$850
Dr's Office Visit (consultation)	30 mins: \$60	1 hour: \$120
Blood work (lab services)	1 test: \$94	2 tests: \$150
Vitamin Test	1 test: \$39	2 tests: \$65
Biofeedback	1 session: \$65	4 sessions: \$210
Air Cupping	30 mins: \$45	1 hour: \$70
Personal Trainer (DHARMA Gym)	30 mins: \$35	1 hour: \$65
Thermography Imaging	Full Body: \$145	Breast Only: \$95
pH Acid Testing & Body Comp	1 test: \$5	4 tests: \$15

Wellness Programs	6-Week Program	10-Week Program	12-Week Program
RESTORE Health Program Detox, colon cleanse, increase circulation, reduce inflammation, clear lymphatic pathways, reduce stress – anxiety – depression, lower blood pressure, restore nutrition	\$340 (with program) 14 Infrared Sauna* 18 Whole Body Vibration* 12 Foot Detox* 12 Hydration Therapy* 9 Water/Lymphatic Massage* 2 Thermograms* 6 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$2,410	\$493 (with program) 20 Infrared Sauna* 24 Whole Body Vibration* 18 Foot Detox* 17 Hydration Therapy* 12 Water/Lymphatic Massage* 2 Thermograms* 9 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$4,190	\$562 (with program) 28 Infrared Sauna* 30 Whole Body Vibration* 21 Foot Detox* 19 Hydration Therapy* 15 Water/Lymphatic Massage* 2 Thermograms* 12 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$5,135
BODY REBOUND Weight Loss Program Lose weight, detox, build circulation, eat healthier	\$340 (with program) 14 Infrared Sauna* 18 Whole Body Vibration* 6 Foot Detox* 9 Body Wraps* 9 SlimPOD Slimming* 1 Thermogram* 9 pH Acid Testing & Body Comp* Nutritional Supplements* ----- INDIVIDUAL FULL PRICE: \$3,185	\$420 (with program) 20 Infrared Sauna* 22 Whole Body Vibration* 9 Foot Detox* 14 Body Wraps* 12 SlimPOD Slimming* 1 Thermogram* 10 pH Acid Testing & Body Comp* Nutritional Supplements* ----- INDIVIDUAL FULL PRICE: \$4,615	\$580 (with program) 24 Infrared Sauna* 25 Whole Body Vibration* 12 Foot Detox* 20 Body Wraps* 18 SlimPOD Slimming* 1 Thermogram* 12 pH Acid Testing & Body Comp* 14 Dermosonic Cellulite Treatments* 3 ZERONA Cold Laser Lipo* Nutritional Supplements* ----- INDIVIDUAL FULL PRICE: \$6,445
CANCER WELLNESS Program Balance nutrition, reduce acid, detox, open lymphatic pathways, reduce stress and anxiety, restore body chemistry, increase oxygen levels, reduce inflammation	\$440 (with program) 18 Infrared Sauna* 18 Whole Body Vibration* 9 Zerona* 12 Foot Detox* 12 Hydration Therapy* 15 Water/Lymphatic Massage* 2 Thermograms* 9 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$5,410	\$612 (with program) 27 Infrared Sauna* 24 Whole Body Vibration* 9 Zerona* 21 Foot Detox* 20 Hydration Therapy* 20 Water/Lymphatic Massage* 2 Thermograms* 12 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$6,850	\$740 (with program) 34 Infrared Sauna* 32 Whole Body Vibration* 9 Zerona* 32 Foot Detox* 24 Hydration Therapy* 31 Water/Lymphatic Massage* 2 Thermograms* 16 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$7,221

SPECIAL NOTE: Items with a "*" denote approximate number of sessions. Each wellness program is customized to the patient/client needs. We do not guarantee that you will receive the exact number of sessions listed - most programs are at least, sometimes more, and/or close to the number of sessions stated. All programs are based on calendar days and end once 6, 10, or 12 calendar weeks has passed from the beginning date of the wellness program.

Last Updated: 11/30/14

3 Days a Week - Up to 9 Treatments each Week

Restore Your Health

RESTORE Health Program

Carencro Office: 896-4141

Sunset Office: 662-3120

Whole Body Vibration Therapy

- improves lymphatic circulation
- improves blood circulation
- tones muscles
- burns fat with increased metabolism

Aqua - Hydro Massage Therapy

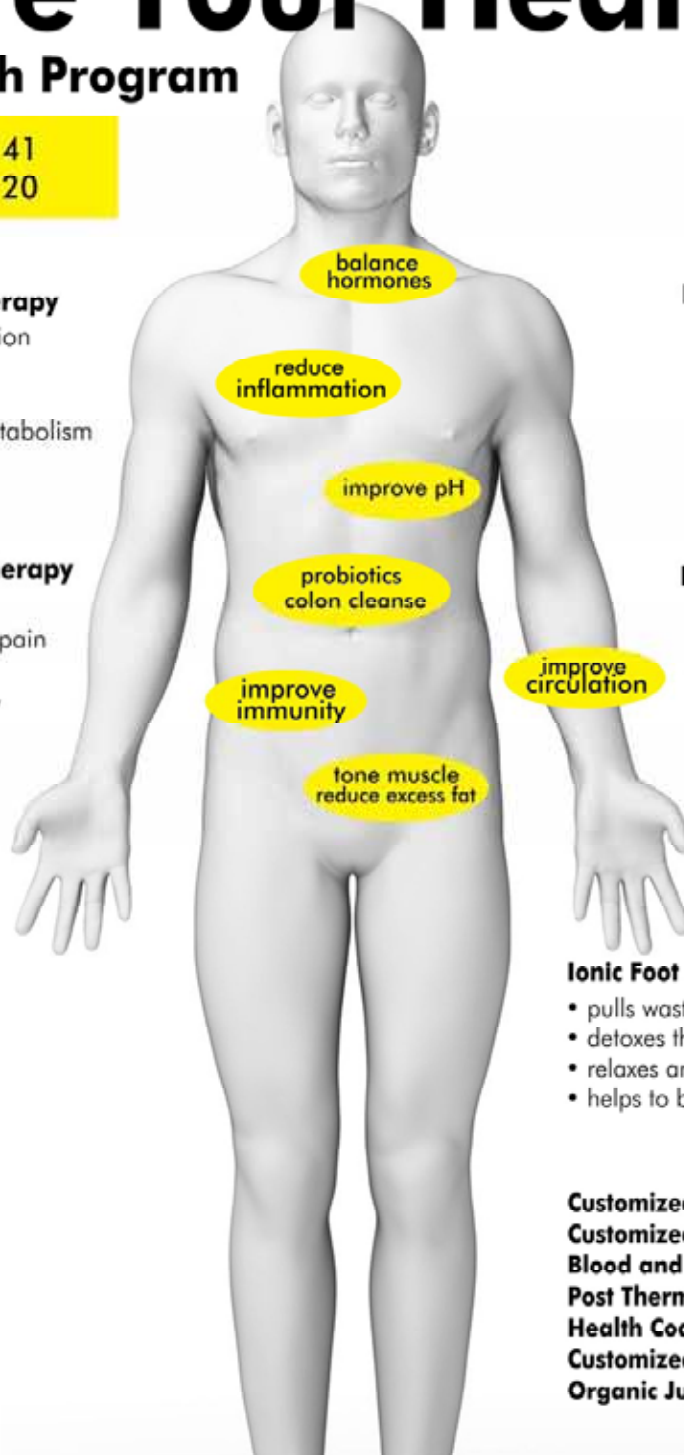
- lymphatic massage
- reduces inflammation and pain
- encourages blood flow
- relaxes and resets the body

Zerona Cold Laser Therapy

- reduces the size of fat cells
- destroys fat cell deposits
- improves metabolism

Biofeedback Therapy

- improves oxygen levels
- resets and relaxes the body
- improves self-awareness
- reduces stress and anxiety



Infrared Sauna Therapy

- open blood vessels
- destroys pathogens
- detoxes the whole body

Liquid Vitamin Hydro-Therapy

- speeds up repair of body cells
- reduces and balances pH
- destroys pathogens

Ionic Foot Detox Therapy

- pulls waste from kidneys, lungs, colon
- detoxes the lymphatic system
- relaxes and resets the body
- helps to balance acids in the body

Customized Vitamin Therapy Program

Customized Diet and Eating Plan

Blood and Labwork

Post Thermography Imaging Exam

Health Coaching

Customized Wellness Plan and Instruction

Organic Juicing

Your body can heal from most disease if given the correct nutrients at the right time in the correct amount. Healing must begin at a cellular level in the body. It requires proper circulation, consistent detoxification, inflammation cured, strong metabolism of nutrients, rest and reset, a balanced pH, a balance of probiotic digestion of foods and daily elimination in the colon (bowel movements),

6-Week RESTORE Health Program \$340 10-Week Program: \$493 12-Week Program: \$562

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.

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 shown to promote a rebalancing of the body's hormones through its effect on the autonomic nervous system, thereby reducing the negative physical impact of stress on the body.



AQUA MASSAGE THERAPY



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.

WHOLE-BODY VIBRATION



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. Whole-body vibration research has shown an increase in serotonin levels after vibration.

ION FOOT DETOX THERAPY



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.

LIQUID VITAMIN THERAPY



INFRARED EFFECTS

- Reduces and balances the acid level
- 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.

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.

RESTORE Your Health

Natural Awakenings Wellness Memberships

PICK 12 **Weightloss** MEMBERSHIP for \$450

- ___ Zerona Laser Treatment...counts for 2 (Retail \$94)
- ___ Infrared Sauna (Retail \$45)
- ___ Whole Body Vibration (Retail \$35)
- ___ Personal Trainer... counts for 6 DHARMA Gym (Retail \$65)
- ___ pH Acid Testing & Body Comp (Retail \$10)
- ___ Dr's Office Visit & Consultation...counts for 2 (Retail \$75)

Retail Value: \$940 - \$1,400

PICK 18 **Weightloss** MEMBERSHIP for \$675

- ___ Zerona Laser Treatment...counts for 2 (Retail \$94)
- ___ Infrared Sauna (Retail \$45)
- ___ Whole Body Vibration (Retail \$35)
- ___ Ionic Foot Detox (Retail \$45)
- ___ Dermosonic Cellulite...counts for 2 (Retail \$45)
- ___ Personal Trainer... counts for 6 DHARMA Gym (Retail \$65)
- ___ pH Acid Testing & Body Comp (Retail \$10)
- ___ Dr's Office Visit & Consultation...counts for 2 (Retail \$75)

Retail Value: \$1,400 - \$2,800

PICK 24 **Weightloss** MEMBERSHIP for \$850

- ___ Zerona Laser Treatment...counts for 2 (Retail \$94)
- ___ Infrared Sauna (Retail \$45)
- ___ Whole Body Vibration (Retail \$35)
- ___ Ionic Foot Detox (Retail \$45)
- ___ Slimpod Slimming/Detox (Retail \$45)
- ___ Dermosonic Cellulite...counts for 2 (Retail \$45)
- ___ Personal Trainer... counts for 6 DHARMA Gym (Retail \$65)
- ___ pH Acid Testing & Body Comp (Retail \$10)
- ___ Dr's Office Visit & Consultation...counts for 2 (Retail \$75)

Retail Value: \$2,800- \$4,050

PICK 24 MEMBERSHIP for \$240

- ___ Ionic Foot Detox (Retail \$45)
- ___ Whole Body Vibration (Retail \$35)
- ___ Lymphatic/Water Massage (Retail \$45)
- ___ Infrared Sauna (Retail \$45)
- ___ Hydration Therapy (Retail \$45)
- ___ Hair Analysis...max 2 (Retail \$45)
- ___ Vitamin Test...max 2 (Retail \$39)
- ___ Massage Therapy at DHARMA...counts for 10((Retail \$69)
- ___ pH Acid Testing & Body Comp (Retail \$10)
- ___ Zerona Laser Treatment...counts for 8 (Retail \$94)
- ___ Slimpod Slimming/Detox (Retail \$45)
- ___ Dermosonic Cellulite...counts for 4 (Retail \$45)
- ___ Personal Trainer... counts for 6 DHARMA Gym (Retail \$65)
- ___ Thermography Imaging Exam...counts for 10(Retail \$94)
- ___ Zerona Laser Treatment...counts for 8 (Retail \$94)

Retail Value: \$2,410 - \$3,300

PICK 36 MEMBERSHIP for \$360

- ___ Ionic Foot Detox (Retail \$45)
- ___ Whole Body Vibration (Retail \$35)
- ___ Lymphatic/Water Massage (Retail \$45)
- ___ Infrared Sauna (Retail \$45)
- ___ Hydration Therapy (Retail \$45)
- ___ Hair Analysis...max 2(Retail \$45)
- ___ Vitamin Test...max 2 (Retail \$39)
- ___ Massage Therapy at DHARMA...counts for 10((Retail \$69)
- ___ pH Acid Testing & Body Comp (Retail \$10)
- ___ Zerona Laser Treatment...counts for 8 (Retail \$94)
- ___ Slimpod Slimming/Detox (Retail \$45)
- ___ Dermosonic Cellulite...counts for 4 (Retail \$45)
- ___ Personal Trainer... counts for 6 DHARMA Gym (Retail \$65)
- ___ Thermography Imaging Exam...counts for 10(Retail \$94)
- ___ Zerona Laser Treatment...counts for 8 (Retail \$94)

Retail Value: \$3,450 - \$5,100





Become a Member

Natural Awakenings Vitamin Club

BASIC MEMBERSHIP \$30/month

- Box of Frozen Wheatgrass (16 – count)
- 3 Bottles of Greenwater
- pH 9.5 Drops

Retail Value: \$78

PLUS MEMBERSHIP \$45/month

- Box of Frozen Wheatgrass (16– count)
- Case of Greenwater
- pH 9.5 Drops
- BF-4 Weight loss (1 bottle)

Retail Value: \$141

GOLD MEMBERSHIP \$59/month

- Box of Frozen Wheatgrass (16 – count)
- Case of Greenwater
- pH 9.5 Drops
- BF-4 Weight loss (1 bottle)
- Pain and Inflammation Enzyme (1 box)

Retail Value: \$171

PICK 3 MEMBERSHIP \$40/month

- ___ Box of Frozen Wheatgrass (16 – count) (Retail \$30)
- ___ 3 Bottles of Greenwater (Retail \$18)
- ___ pH 9.5 Drops (Retail \$30)
- ___ Whetea Drops for a flat stomach (Retail \$20)
- ___ BF-4 Weight loss (Retail \$45)
- ___ Pain and Inflammation Enzyme (Retail \$30)

Retail Value: \$95 - \$105

PICK 4 MEMBERSHIP \$60/month

- ___ Box of Frozen Wheatgrass (16 – count) (Retail \$30)
- ___ 3 Bottles of Greenwater (Retail \$18)
- ___ pH 9.5 Drops (Retail \$30)
- ___ BF-4 Weight loss (Retail \$45)
- ___ Pain and Inflammation Enzyme (Retail \$30)

Retail Value: \$115 - \$135

PICK 6 MEMBERSHIP \$79/month

- ___ Box of Frozen Wheatgrass (16 – count) (Retail \$30)
- ___ Case of Greenwater (Retail \$36)
- ___ pH 9.5 Drops (Retail \$30)
- ___ Whetea Drops for a flat stomach (Retail \$20)
- ___ BF-4 Weight loss (Retail \$45)
- ___ Pain and Inflammation Enzyme (Retail \$30)
- ___ Mood Enhancer for Depression and Anxiety (Retail \$30)
- ___ Pain and Inflammation Enzyme (Retail \$30)

Retail Value: \$140 - \$215

Natural Health Center, Carencro 896-4141
DHARMA Wellness Center, Sunset 662-3120
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Text **VITAMIN CLUB** and your name to **424-5066** to join.

Specialty Vitamins and Supplements

Whey Protein (Vanilla)

Liteon Natural's Whey Protein is made with only whey isolate from grass fed cows not treated with rBGH, the highest quality natural protein powder with the highest biological value of any protein in existence today. Sweetened naturally with stevia leaf extract, this product is low glycemic, perfect for fat loss, promotes stable blood sugar, and is ideal for diabetics or bariatric patients.



.....\$45.00

Organic Fiber

As your digestive system battles to process everything you consume on a daily basis, it encounters toxins and fibers that are hard to digest. Thanks to Organic Fiber, you can make the process of digestion smoother and kinder to your body. Organic Fiber is made from Blonde Psyllium, a natural extract taken from the Psyllium plant that is free from gluten. As this product is produced in an environment that is free of pesticides, it is completely safe to ingest.



.....\$35.00

pH 9.5 Drops

Keep your pH levels under control with pH 9.5 Drops. The typical American diet is loaded with acid-forming foods that can take a toll on your overall health and vitality. We all know that drinking 8 glasses of water a day is a healthy habit, but with a pH rating of 9.5, these drops turn ordinary distilled water into a genuine health elixir. Simply fill your water bottle with one drop per ounce of water and sip throughout the day. It's an excellent and easy choice for anyone concerned about his or her body's acid/alkaline balance.



.....\$30.00

Women's Libido

A healthy Libido is vital to an optimal quality of life and is an important part of a healthy relationship. Women's Libido helps restore desire in women, whether it has become temporarily lessened or altogether lost.



.....\$35.00

Lecithin



Liteon Natural's high-absorption softgels are a convenient way to incorporate the valuable nutrient lecithin into your daily diet routine. This unique formula delivers all-natural support for your heart, brain and liver. An outstanding fat emulsifier for healthy cholesterol and cardiovascular maintenance, lecithin

is also a source of phosphatidylcholine, which is a vital nutrient for brain and liver function. Each softgel delivers 1,200 mg of soy lecithin.

.....\$30.00

Garcinia Cambogia

Jump start your metabolism to put you on the path to fitness with the dual-action dietary support of Liteon Natural's Garcinia Cambogia. Native to Indonesia and grown throughout India and Southeast Asia, Garcinia cambogia (also known as tamarind) is a pumpkin-shaped fruit that has long been used in curries and other traditional Asian foods to make them more filling. Now it's gaining worldwide acclaim as a natural fat-buster because of the unique properties of



a compound known as hydroxycitric acid (HCA) found in the rind of the fruit. What makes HCA so helpful for weight management is that it blocks the activity of liver enzymes that convert sugar and carbs into fat, making their calories available as glycogen to fuel your muscles when you exercise. The net effect is to promote a healthy change in body composition by encouraging lean muscle development over fat storage—but that's not all. Garcinia cambogia also helps address stress-related appetite issues by supporting healthy serotonin and cortisol levels. Our veggie caps deliver 500 mg of guaranteed-potency Garcinia cambogia extract, standardized to 60% hydroxycitric acid content.

.....\$35.00

WheTea Ab Fat Burner

WheTea is an organic blend of wheatgrass and green tea. With natural EGCG antioxidants from green and white teas. EGCG has been shown to be 100 times more powerful than vitamin C and 25 times more powerful than vitamin E. WheTea also contains 130 percent of the daily value for vitamin C and a variety of catechin polyphenols and flavonoids. If you are looking for a potent pure tea for weight loss, you'll love WheTea.



.....\$20.00

Mood Enhancer

Mood Enhancer is the perfect supplement to help with anxiety, stress, and depression. It works to maintain a healthy



memory and sharp mind. It combines guaranteed-potency "smart herbs" ginkgo biloba and gotu kola,

along with the brain-boosting omega-3 nutrition of DHA, the phospholipid nourishment of phosphatidylserine and phosphatidylcholine, the antioxidant protection of alpha lipoic acid and natural vitamin E, and more.....\$30.00

Women's Hormone Balance



Women's 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.

.....\$35.00

Phase 2 Starch Complex



Promote natural weight loss without giving up your favorite foods with Phase 2 Starch Complex. This revolutionary weight loss supplement neutralizes dietary starch and carbohydrates before your body converts them into unwanted calories. Phase 2 Starch Complex features white kidney bean extract and has been shown in multiple studies to delay the digestion and absorption of carbohydrates. When this happens, it reduces the caloric impact of starchy

foods and lowers the glycemic index. Along with a healthy diet and exercise, taking Phase 2 Starch Complex may assist in weight control. Phase 2 Starch Copmplex is an all-natural, stimulant-free weight loss supplement.

.....\$35.00

Digestive Enzyme Complex



A healthy digestive system does an incredible job of breaking down the food we eat. However, without the help of digestive enzymes, we cannot metabolize food effectively no matter how healthy the food may be. There are roughly 22 main digestive enzymes involved in breaking down the food we eat into nutrients. After all, it's not "food" that our

body absorbs for energy and health—it's the nutrients inside the food. Digestive Enzyme Complex is a natural digestive enzyme supplement. This vegetarian supplement can enhance the chemical reactions involved in digestion, promote an acid and alkali balance in the body, and help you fight off or prevent infections.\$35.00

BF-4 Weight Loss



BF-4 contains all the four major fat burners. You have no choice but to loe the weight. Garcinia Cambogia to prevent fat cell formation. Raspberry Ketone to help fat cells shrink. Green Coffee Bean to signal the body to burn stored fat. Chromium to build muscle and burn fat.

.....\$45.00

Manglier Tea

mong-lee-AY

The tea is used to treat diabetes and has the ability to build the body's immune system quickly to fight cold, flu, and other infections.



It clears viral and bacterial infections. Native Americans first discovered the medicinal properties of this plant in the 1800s. Creole and cajun communities used it before the onset of drug prescrip-

tions and antibiotics. It is natural medicine that can be readily found in south Louisiana.

.....\$24.00

Raspberry Ketone Drops



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). Appetite Control and Fat Loss Formula.

.....\$30.00

Natural Medicine and Nutrition Centers



100 E. Angelle St., Carencro
(337) 896-4141



166 Oak Tree Park Dr. #H, Sunset
(337) 662-3120



1077 Wisdom Rd., Opelousas
(337) 678-1500



858-B Kaliste Saloom, Lafayette
(337) 356-1251

Wheatgrass

The Natural Superfood



Eyes

The antioxidants lutein and zeaxanthin are found in high concentration in the lens and retina. Vitamin A* and zinc are needed for night vision.

Hair and nails

Iron, zinc and vitamin A* are important for strong well-shaped nails and healthy hair.

Energy levels/Metabolism

Iodine is needed to make thyroid hormones that regulate the body's metabolic rate. Vitamin B1 and magnesium help the body release the energy in food. Iron helps too.

Immune System

Vitamin B6 is needed to make defensive antibodies and vitamins C and E help look after the specialist cells of the immune system. Glucosinolate type compounds switch on cell defences against carcinogens (cancer causing agents).

Liver

Glucosinolates are phytochemicals that may boost and regulate the activity of the liver's in-built detoxification (detox) enzymes.

Skin

Vitamins A* and C help to keep skin supple and smooth.

Blood

Iron, folic acid and vitamin B6 are needed to make healthy red blood cells. Vitamin C also helps the body absorb more iron from non-meat foods.

Bones

Calcium, magnesium, manganese and vitamins A*, C and K all help to build and maintain healthy bones.

Enjoying a wide variety of foods in a balanced diet is the key to good nutritional health. Some foods pack more of a nutritional punch than others, and wheatgrass is literally brimming with a range of essential vitamins and minerals, and beneficial phytochemicals (naturally found in plants). Nutrients found in wheatgrass, which are highlighted in this chart, play important roles in maintaining our body's all over health.

* from conversion of beta carotene

Now Available At

Natural Health Center, Carencro
Tel: 337.347.4141

Drug Emporium, Lafayette
Tel: 337.261.0051

The Road Less Traveled, Lafayette
Tel: 337.988.9889

Benny's Sport Shack, Opelousas
Tel: 337.948.6533

DHARMA Wellness Center, Sunset
Tel: 337.534.1110

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. 1oz 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.

ADVERTISEMENT

Where can I buy wheatgrass?

Drug Emporium/Vitamins Plus, 505 Bertrand Dr., Lafayette 337-261-0051.
NAMASTE Wellness Center, 858-B Kaliste Saloom Rd., Lafayette 337-356-1251.
DHARMA Wellness, 166 H Oak Tree Park Dr., Sunset 337-662-3120.

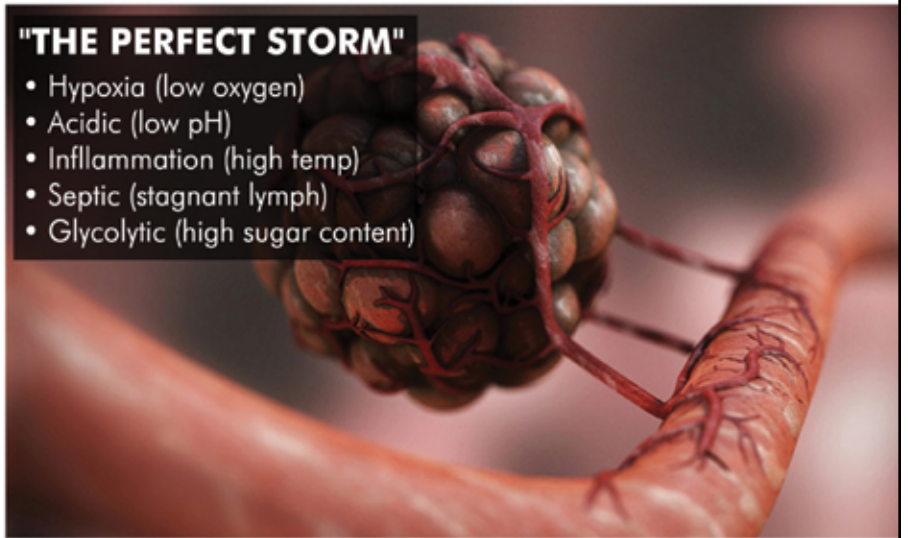
Natural Health Center, 100 E. Angelle St., Carencro 337-347-4141.
Caribbean Wellness 1077 Wisdom Road, Opelousas 337-678-1844.

"Every single person who has cancer has a pH that is too acidic"



"THE PERFECT STORM"

- Hypoxia (low oxygen)
- Acidic (low pH)
- Inflammation (high temp)
- Septic (stagnant lymph)
- Glycolytic (high sugar content)



This cancer cell was once dormant for 12 years. Inflammation ignited its fuse and woke it up. It created new blood vessels (this process of new blood vessel growth is called angiogenesis) to feed from the body's stagnant waste being held in the lymph nodes. Angiogenic blood vessels have latched on to lymphatic vessels to feed the cancer. The body's pH is highly acidic, oxygen is low (hypoxia) due to the inflammation. This cancer cell ferments for energy using sugar, acid, low oxygen, stagnant waste, and inflammation to set it all off.

Dr. Otto Warburg won the Nobel Prize in 1951 for proving that cancer can not survive in an alkaline, oxygen rich environment but thrives in an acidic low oxygen environment.

Use pH 9.5 Alkaline Water Drops to "alkalize" your body. GET RID OF THE ACID

Garcinia Cambogia Prevents Fat Cell Formation

What is Garcinia Cambogia?



Garcinia Cambogia is a safe and effective supplement extracted from the Garcinia Cambogia fruit — a small pumpkin shaped fruit from South Asia. The Garcinia Cambogia extract contains hydroxytric acid (HCA) which clinical studies show helps to control appetite and can prevent fat production.

HCA satisfies the body's need for energy and improves the signaling system that the body uses to tell the brain when it has eaten enough. With proper weight-loss efforts (dieting and exercising), the average person taking Garcinia Cambogia can lose an average of four pounds a month.

How Does Garcinia Cambogia Work?

The HCA extract from garcinia cambogia in weight loss by doing two things: It helps to block fat, and it suppresses your appetite.

HCA blocks fat by inhibiting a key enzyme that your body needs to make fat from carbohydrates: Citrate lyase. Usually carbohydrates or sugars that are not used immediately or stored in other forms are converted into fats. When HCA inhibits citrate lyase, the fat-making process is halted and the production of LDL (bad cholesterol) and triglycerides decrease.

HCA also suppresses appetite by increasing serotonin levels. Serotonin is a neurotransmitter in your brain that makes you feel good. It's a target of many antidepressant medications. Having low levels of serotonin may make you feel depressed or anxious; it drives many people into emotional or reactive eating. By increasing serotonin levels, HCA improves mood and suppresses the drive to react to stressful situations with food. As you eat less, your body senses this and it releases stored fat in your fat cells.

Benefits of Garcinia Cambogia:

- Helps in reducing weight by preventing the formation of fat.
- Prevents the liver from converting sugars and carbohydrates into fat for storage.
- Aids the body in reducing the the manufacturing of its own fat deposits.
- Performs like a fat blocker and reduces the formation of fat cells in the body.
- Manages food cravings and serves as an anti-depressant.
- Helps to reduce belly fat.
- Increases serotonin levels which balances mood and helps emotional eaters eat less.

Available at: LITEON Natural Health Center (Carencro) Tel: 896-4141 and DHARMA Wellness Center (Sunset) Tel: 662-3120

Source: *Inspired by Doctoroz.com*

ADVERTORIAL

Raspberry Ketones Help Fat Cells Shrink



In the last couple of months, 'raspberry ketones' has been a popular buzz phrase on television and the internet as a substance that can, reportedly, actually force your fat cells to shrink and help you lose weight. Raspberries have always been considered a good addition to any weight loss program, as they are high in antioxidants, and low in calories and sugar. However, you'd have to eat about 90 lbs of them to get the concentration of raspberry ketones these foods offer. Here is why raspberry ketones may work so well on helping to reduce fat cells.

Fat Burning Hormones and Raspberry Ketones

We all have a fat-burning hormone in our body called adiponectin. When this hormone is working correctly, and we're eating a healthy diet, we metabolize calories properly and don't store them as fat reserves around our stomachs, hips and thighs. Adiponectin also enhances insulin sensitivity so we decrease blood sugar levels and use calories more completely. Adiponectin also helps to lower blood pressure, and prevent atherosclerosis – hardening of arteries.

When we start overeating and not exercising enough, our adiponectin hormones become overwhelmed with the amount of calories to metabolize and become sluggish at burning them. That's when the love handles and the belly fat and the cellulite start showing up.

Raspberry ketones are the primary "aroma" compound of raspberries – it's what gives raspberries their distinctive smell. Research has shown that high doses of these ketones in mice on high fat diets have resulted in preventing weight gain, both subcutaneously – beneath the skin, and viscerally – around organs. It also helped prevent fatty liver from developing. The ketones apparently stimulate adiponectin release, thereby increasing insulin release, decreasing blood sugar, boosting metabolism, increasing good, brown adipose tissue that turns metabolism heat up and burns the bad, stored white fat cells.

Stories of people losing significant amounts of weight, some up to 5 lbs a week, while using daily raspberry ketones, has been noted, and endorsed, on popular television shows as well as the internet. Raspberry ketones have been featured on the Dr. OZ show many times. There are no reported side effects with raspberry ketones and they may help you get back on track with your weight loss efforts, or help you get off a weight loss plateau.

Available at: LITEON Natural Health Center (Carencro) Tel: 896-4141, DHARMA Wellness Center (Sunset) Tel: 662-3120, and Benny's Sportshack (Opelousas)

Source: *Foodtrients.com*

ADVERTORIAL

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 for guidelines and to submit entries.

GET YOUR CALENDAR ITEMS PUBLISHED
SUBMIT CALENDAR ITEMS TO: publisher@NAacadiana.com

Saturday August 6

Petite Tour du Teche V – 7am. A paddling event of kayaking and canoeing races for young paddlers. Distances from 250 yards to 1 mile. 5-17 year olds. Ribbons and certificates given. \$20 per paddler. Sanctioned by the United States Canoe Association. Parc des Ponts de Pont Breaux, 251 E Bridge St, Breaux Bridge. 337-789-0319.

SWLA Health Walk & Fair – 9am-2pm. A celebration of National Health Centers Week. SWLA Crowley Clinic, 613 John F. Kennedy St, Crowley & SWLA Lafayette Clinic, 500 Patterson St, Lafayette. 337-783-5519 – Crowley. 337-769-6535 or 337-769-6540.

2016 Murder Mystery Dinner Theatre – 6:30pm. A night of suspense, a 3-course dinner, comedy, mystery and prizes with community members in a cast of colorful characters. \$100 individual ticket or \$800 table of 8. Big Brothers Big Sisters of Acadiana. Kim Neustrom. Acadiana Center for the Arts, 101 W Vermilion St, Lafayette. 337-269-0454. NKeustrom@AcadianaBigs.com.

4th Annual International Blues Music Day Celebration – 7pm. Enjoy food, door prizes, a raffle and live music. \$15 admission. Acadiana Blues Society and Route 92. Proceeds go to the Blues Foundation's Generation Blues Camp Scholarship Fund. Route 92, 2600 East Milton Ave, Youngsville. AcadianaBlues@Bellsouth.net. Scholarship information: Blues.org Route 92.

Zydeco Caribbean Cruise Dance – 9pm. A Caribbean vacation in Grand Coteau with Zydeco music by Wayne and the Same Old 2 Step. Food and drinks for sale. \$10 in advance & \$12 at the door. Proceeds renovate the St. Peter Claver Hall. Renella Henry. Knights of Peter Claver Hall, 252 Church St, Grand Coteau. 337-349-5814.

Sunday August 7

Family Fun Day – 1-6 pm. The A&O 21st Century Club, Inc. provides the tools to students and families in need with contributions from volunteers. At Rayne Civic Center, 210 Frog Festival Dr, Rayne.

Purple Heart Day & POW-MIA Ceremony – 6-8pm. A flag ceremony and patriotic music celebrates soldiers who made the ultimate sacrifice for our freedom. Bouligny Plaza, 102 W Main St, New Iberia. 337-344-9397.

Tuesday August 9

Ham Radio Classes – 6:30pm. An 8 week ham radio course that prepares students to test for an FCC technical class license for ham radio operation. Kids and adults, 10 years and older. \$20 and a FCC \$15 testing fee. Lafayette Science Museum and Acadiana Amateur Radio Association (AARA). Lafayette Science Museum, 433 Jefferson St, Lafayette. 337-291-5544. LafayetteScienceMuseum.org.

Friday August 12

Crowley Summer Youth Fest – 7-10:30 pm. Enjoy free food, dancing, talent shows, games, and door prizes. 10-15 year olds. \$5. City of Crowley and the National Association of University Women. Dr. Markel Domino or Dr. Ezora Proctor. Martin Luther King Center, 1725 W Hutchinson Ave, Crowley. 409-543-4479 or 337-783-8094.

Monday August 15

Eucharistic Procession along Bayou Teche – 8am-6pm. In honor of the 251st Anniversary of St. Martin de Tours and the arrival of the Acadians celebrants join the Holy

Mass by Bishop John Douglas Deshotel, at St. Leo Catholic Church in Leonville. Further stops in Arnaudville, Cecilia, Breaux Bridge, Parks and St. Martinville. Father Champagne. 337-394-6550. [Facebook.com/pages/Fete-Dieu-du-Teche](https://www.facebook.com/pages/Fete-Dieu-du-Teche).

National Day of the Acadians – 10am-6pm. A celebration of the Acadians with a full day of museum activities, including a family banner procession and refreshments. Free. Acadian Memorial Museum, 121 South New Market St, St Martinville. 337-394-2258.

Wednesday August 17

The True Story of Marie Magdalena Lemelle (Esprit) Simien (deSimiane) – 5:30-7:00pm. Etha Simien Amling will portray her ancestor listed in Carl Brasseaux's book, Creoles of Color in the Bayou Country. Opelousas Museum & Interpretive Center, 315 N Main St, Opelousas. 337-948-2589.

Delcambre Shrimp Festival – 6-11:30pm. Thru Saturday 7am-11:30pm Aug 20 & Sunday 10am-4pm Aug 21. Celebrate the shrimp industry with events including a shrimp cook-off, queens' pageants, fais-do-do's, carnival rides, boat parade and the blessing of the shrimp boat fleet. Delcambre Shrimp Festival Grounds, 411 S Richard St, Delcambre. 337-685-2653. ShrimpFestival.net.

Saturday August 20

MPCS Triathlon – 7 am. Three hundred fifty spots available for all fitness levels. Sign up as an individual or as a relay team. \$45. ULL Bourgeois Hall, 225 Cajundome Blvd, Lafayette.

Games of Acadiana – 9am-4pm. Play with a purpose in sixty games and activities. This family fun day supports local families fighting and living with cancer. Miles Perret Cancer Services. Cajundome & Convention Center, 444 Cajundome Blvd, Lafayette.

Wednesday August 24

Atchafalaya Living – 6 pm. A history talk by A. James Delahoussaye about the houseboat communities in the Atchafalaya Basin, commercial fishermen and the life stories of people who lived there. Free. Jeanerette Museum, 500 E Main St, Jeanerette. JeaneretteMuseum.com.

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ongoing events

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sunday

Sunday Nature Program – 11am. Activities chosen feature a particular season or event. Louisiana State Arboretum, 4213 Chicot Park Rd, Ville Platte. 888-677-6100.

Lafayette Petanque Games – 4-6pm. 4th Sun each month. Bowling game traditionally played in town parks in France on hard packed surfaces. La Boule Cadienne de Lafayette sponsors regularly scheduled game. Free. Mike LeBlanc. North end Girard Park. 337-654-9467.

The Vertical Barre Meditation Group – 2-3pm. Free group meditation with Laci Lopez. The Vertical Barre, 215 Garfield St, Lafayette. 318-447-5224. TheVerticalBarre.com or ARealPerson@TheVerticalBarre.com.

Whiskey River Landing – 4-8pm. Live Cajun or Zydeco music. Dance on a plywood dance floor and enjoy the Atchafalaya Basin. 1365 Henderson Levee Rd, Breaux Bridge. 337-228-2277.

Meditation – 6-7:30pm. Sitting and walking meditation; reading; discussion; chanting; loving kindness and compassion practice. Spirit Path, 714 E Kaliste Saloom Rd, Suite C-3, Lafayette. 337-233-5127. SpiritPath@cox.net.

monday

Meditation – 12pm. Twenty-five minute sitting meditation. Spirit Path, 714 E Kaliste Saloom Rd, Suite C-3, Lafayette. 337-233-5127. SpiritPath@cox.net.

Celebrate Recovery – 6:00-8:00pm. A chance to discover and heal from the hurts, habits and hang-ups that prevent experiencing God and living well. This Biblical program is based on the words of Jesus and ministers to the whole person. Also available for children in Kindergarten-12th grade. Free. The Bayou Church, 2234 Kaliste Saloom Rd, Lafayette. 337-984-8291. Recovery@TheBayouChurch.org.

Yoga Class – 6-pm. Join Sarah Trahan for yoga classes with stretching, strength building and meditation suitable from beginners to the experienced. \$10. The Thensted Center, 268 Church St, Grand Coteau.

Les Vues Film Series – 6:30-8:30pm. A monthly film series held the last Mon each month. Refreshments available. Free, \$5 suggested donation for curating costs. Vermilionville Performance Center, 300 Fisher Rd, Lafayette. 337-233-4077.

Blue Grass Jam – 7pm. Bring an instrument to join the Jam or just lay back and listen to Bluegrass and

Folk music. Cité des Arts, 109 Vine St, Lafayette. 337-291-1122.

tuesday

Opelousas Farmers' Market – 6:30-9am. Fresh homegrown and homemade products produced in rural St Landry Parish. Farmers' Market Pavilion, 828 E Landry St, Opelousas. 337-543-6626.

Jefferson Street Story Times – 10:30am. Story times for ages 3-6. Jefferson Street Library, 538 Jefferson St, Lafayette, 337-261-5787.

Meditation – 12pm. See Mon listing. Spirit Path, 714 E Kaliste Saloom Rd, Suite C-3, Lafayette. 337-233-5127. SpiritPath@cox.net.

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.

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 and seafood. Main St, New Iberia.

Type 1 Diabetes Support Group – 5:45pm. Dr. Janna Flint and Leslie Fontenot, Diabetes Educator, host a monthly diabetes support group on the last Tues of the month. Free. Women's & Children's, Kids Specialty Center, 4704 Ambassador Caffery Pkwy, Lafayette. 1-877-302-2731.

Acquired and Traumatic Brain Injury Support Group Meeting – 6pm. 3rd Tues each month. Build a network of support. Free. Our Lady of Lourdes Facility, Ambassador Caffery, Section One, Conference Room A. 337-856-1964 or 877-852-1964.

CCET's Backyard Series – 6:30-8:30pm. 2nd Tues each month. A wide range of topics of 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. Free. Vermilionville, 300 Fisher Rd, Lafayette. 337-233-4077 Ext 211.

Writer's Guild of Acadiana Meeting – 7-8:30pm. Last Tue each month. Local writers meet to share information in the craft of writing. \$30/annual membership. Barnes & Noble Booksellers, 5705 Johnston St, Lafayette. 337- 989-4142. WritersGuildAcadiana.com.

wednesday

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

Meditation in the Park – 9:15am. Relax with Iberia Parish Wellness Program. Free. Curtis Landry Park, 2016 Jane St, New Iberia. 337-519-2864

Meditation – 12pm. See Mon listing. Spirit Path, 714 E Kaliste Saloom Rd, Suite C-3, Lafayette. 337-233-5127. SpiritPath@cox.net.

Eunice Farmer's Market – 1pm. Garden veggies, fruits, jellies and more. Corner of 2nd St & Park St, Eunice. 337-457-6503. EuniceLa@hotmail.com.

Writer's Guild of Acadiana Meeting – 7-8:30pm. Last Tue each month. Local writers meet to share information in the craft of writing. \$30/annual membership. Barnes & Noble Booksellers, 5705 Johnston St, Lafayette. 337- 989-4142. WritersGuildAcadiana.com.

thursday

Opelousas Farmers' Market – 6:30-9am. See Tues listing. Farmers' Market Pavilion, 828 E Landry St, Opelousas. 337-543-6626.

Meditation – 12pm. See Mon listing. Spirit Path, 714 E Kaliste Saloom Rd, Suite C-3, Lafayette. 337-233-5127. SpiritPath@cox.net.

friday

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 Acoustic Jam Session – 6pm. Music with locals speaking Cajun French. Fresh coffee, cool drinks, friends to share music, stories, jokes and *Joi de Vivre* with or without instrument. Free. 110 Benoit Patin Rd, Scott, Scott I-10 Exit #97, Southside. 337-269-5155.

saturday

Opelousas Farmers' Market – 6-9am. See Tues listing. Farmers' Market Pavilion, 828 E Landry St, Opelousas. 337-543-6626.

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

Delcambre Seafood and Farmers Market – 8am-1pm. Featuring wild-caught Delcambre Direct Seafood and farm-fresh local produce. Visitors enjoy music, special events and a healthy shopping experience. Shrimp Festival Grounds, corner of North Richard and East Church Streets, Delcambre. 1-800-884-6120.

Eunice Farmer's Market – 8am. See Wed listing.

Corner of 2nd St & Park St, Eunice. 337-457-6503. EuniceLa@hotmail.com.

Hub City Farmer's Market – 8am-12pm. Join us for local foods and crafts. Brian Gotreaux, The Oil Center, 427 Heymann 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.

Lafayette Farmers and Artisans Market – 8am-12pm. Local farmers and artisans sell products. Food vendors offer specialty foods and drinks. Purchase fresh healthy local products.. The Horse Farm, 2913 Johnston St, Lafayette. MarketattheHorseFarm.com.

New Iberia Creole Market – 8am-1pm. 4th Sat each month. Shop for seasonal local produce, seafood, homemade jams, jellies and preserves. Enjoy activities that promote healthier eating and lifestyle choices. West End Park, 1200 Field St, New Iberia. 337-367-0834. Facebook.com/CreoleMarket.

Rayne Farmers Market – 8am-2pm. Every second Saturday thru December. Purchase handmade or homegrown seasonal vegetables and produce, crafts, jellies and sweets, and bakery items. Rayne Chamber of Commerce & Agriculture office. Rayne Frog Festival Pavilion, 206 Frog Festival Dr, Rayne. 337-334-2332. RayneChamber.com.

Bayou Vermilion Canoe Paddle – 8:30-11:30am. 2nd and last Sat each month. Canoe trips on the Bayou Vermilion, conditions permitting. RSVP. \$5 insurance fee to American Canoe Association for a canoe or bring your own canoe or kayak. 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 enjoy a live traditional Cajun music jam session. Savoy's Music Centre, 4413 Hwy190 E, Eunice. 337-457-9563.

La Table Francaise d'Arnaudville – 9am. Last Saturday of the month. Venez partager l'heritage. Coffee and pastries provided. Free. NuNu's Arts and Culture Collective, Hwy 93E, Arnaudville. 337-754-7724.

Meditation in the Park – 9:15am. Relax with the Iberia Parish Wellness Program. Free. Jeanerette City Park, Tarleton St, Jeanerette. 337-519-2864.

Acadiana Lupus Support Group Meeting – 10am-Noon. 2nd Sat each month. Goodwill Corporate Office, 2435 W Congress St, Lafayette, LA. 337 261-5811.

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

Food Truck Festival – 10am-2pm. Food trucks at the Teche Area Farmers' Market on the second Saturday of the month. Popular vendors line up for the event. Fulton St, between Fisher St, and Iberia St, New Iberia. 337-369-2330. Facebook.com/TecheFarmersMarket.

Cajun Jam – 1-3:30pm. A weekly Cajun Jam led by area musicians. Open to all skill levels. 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.

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

Monthly Night Hike – 8-10pm. Last Sat each month. Hike through the Acadiana Park Nature Trail. \$3. Acadiana Park Nature Station, 1205 E Alexander St, Lafayette. 337-291-8448.

PRAYER OF PEACE

God, my Father,
May I love You in all things
and above all things.
May I reach the joy which You have
prepared for me in Heaven.
Nothing is good that is against Your
Will,
and all that is good comes
from Your Hand.
Place in my heart a desire to please
You and fill my mind with thoughts
of Your Love, so that I may grow in
Your
Wisdom and enjoy Your Peace.

The Benefits of an Alkaline Body

Fewer Colds

An acidic environment promotes the growth of bad bacteria, yeast and fungi. The imbalance of your body's good bacteria makes you more prone to getting infections. You will be less likely to suffer from the common cold when your body is alkaline.

Cancer Prevention

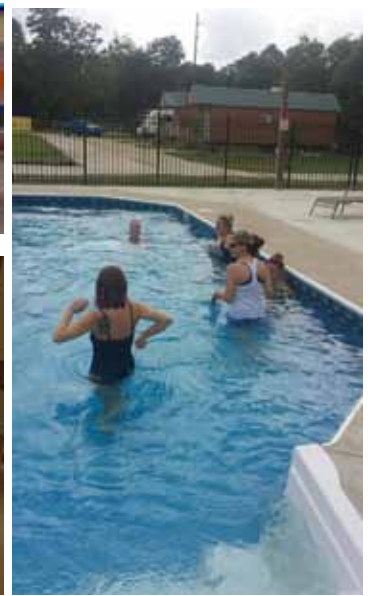
A major benefit of having an alkaline body state is that you might reduce your risk for developing cancer. When your body is too acidic, oxygen levels are lowered and cellular metabolism stops. This can lead to the growth of cancer cells. Maintaining an alkaline state helps encourage healthy cell turnover, which is key in the prevention of cancer.

- Skin more elastic, youthful
- Deeper more restful sleep
- Abundant physical energy
- Suffer from fewer headaches and viruses
- Good digestion
- Less arthritis
- Reduction of candida (yeast) overgrowth
- Helps the body detox
- Assists with proper absorption of food
- Helps prevent acid reflux
- Prevents irritable bowel syndrome
- Will not support osteoporosis
- Increased mental acuity, mental alertness

Tel: (337) 896-4141

Purchase at DHARMA Center in Sunset or Natural Health Center in Carencro





	Monday	Tuesday	Wednesday	Thursday	Saturday
DHARMA Wellness Center 166 Oak Tree Park Drive Sunset, LA (337) 662-3120	6PM – 8PM <ul style="list-style-type: none"> • BF4 Extreme aerobics • Cardio Circuit • Toning Circuit 	6PM – 8PM <ul style="list-style-type: none"> • Step - N – Go • Cardio Circuit • Ab Cruncher 	4:30PM – 6:30PM <ul style="list-style-type: none"> • YOGA • BF4 Extreme Aerobics • Toning Circuit 	9AM -11AM <ul style="list-style-type: none"> • Step - N – Go • Cardio Circuit • Ab Cruncher 	9AM -11AM <ul style="list-style-type: none"> • BF4 Extreme Aerobics • Toning Circuit • Cardio Circuit
Caribbean Wellness Center 1077 Wisdom Rd./ 12178 W. Hwy 190 Opelousas, LA (337) 896-4141	9AM – 11AM <ul style="list-style-type: none"> • Water aerobics • Power walking • Yoga 5:30PM – 7PM <ul style="list-style-type: none"> • BODY BLITZ conditioning (beginners) 	3:30PM - 6:30PM <ul style="list-style-type: none"> • YOGA • Water aerobics and exercise • Power walking 	3:30PM - 6:30PM <ul style="list-style-type: none"> • YOGA • Water aerobics and exercise • Power walking 	3:30PM - 6:30PM <ul style="list-style-type: none"> • YOGA • Water aerobics and exercise • Power walking 	9AM - 12PM <ul style="list-style-type: none"> • BODY BLITZ conditioning (beginners) • Yoga • Water Aerobics • Power walking
LITEON Natural Health Center 100 E. Angelle St. Carencro, LA (337) 896-4141				9AM -11AM <ul style="list-style-type: none"> • BODY BLITZ • Power walking • YOGA 	
NAMASTE Wellness Center 858-B Kaliste Saloom Rd. Lafayette, LA (337) 356-1251			5PM - 7PM <ul style="list-style-type: none"> • Body Sculpt • Power walking 		9AM – 11AM <ul style="list-style-type: none"> • Body Sculpt • Power walking

* Schedule subject to change without notice. Call to enroll and get updated class schedule.

HealthFIT Class Schedule. FREE enrollment for first 30.



Cold Laser

FAT
~~Weight~~ Loss Treatment

No Exercise Required

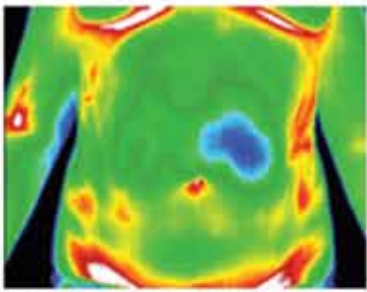
Zerona

1. Stand 10 minutes
2. Lay down 40 minutes
3. Sit 30 mins

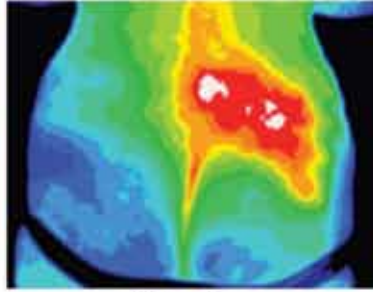
12 Treatments \$850
9 Treatments \$675

Lafayette Office: (337) 356-1251

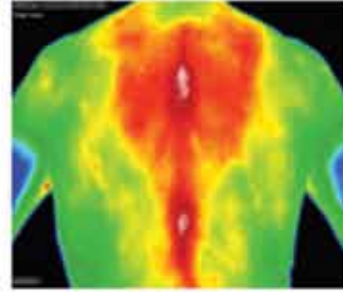
Carencro Office: (337) 896-4141



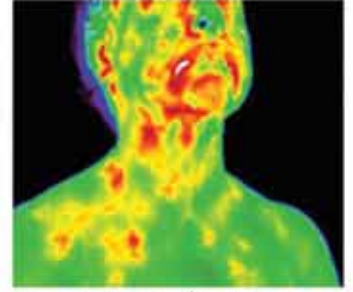
Hypothermia in the Stomach



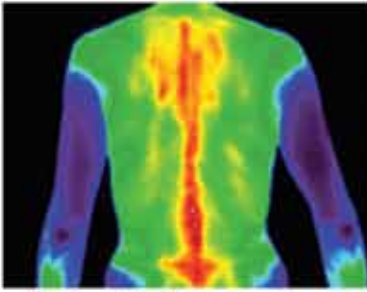
Shingles



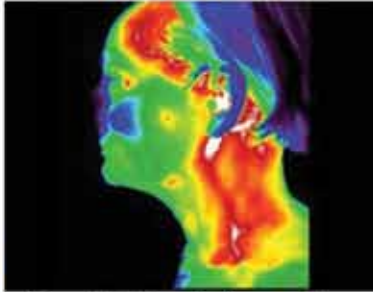
Lung Cancer



Periodontal Disease



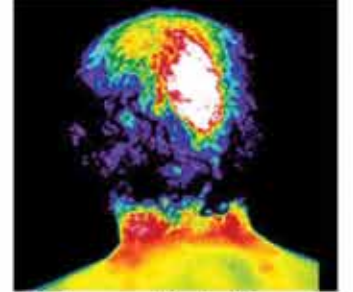
Spinal Inflammation



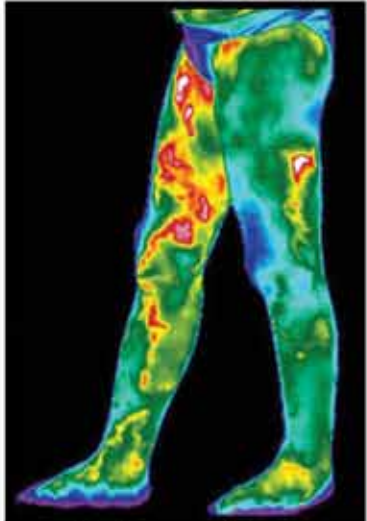
Carotid Artery Inflammation



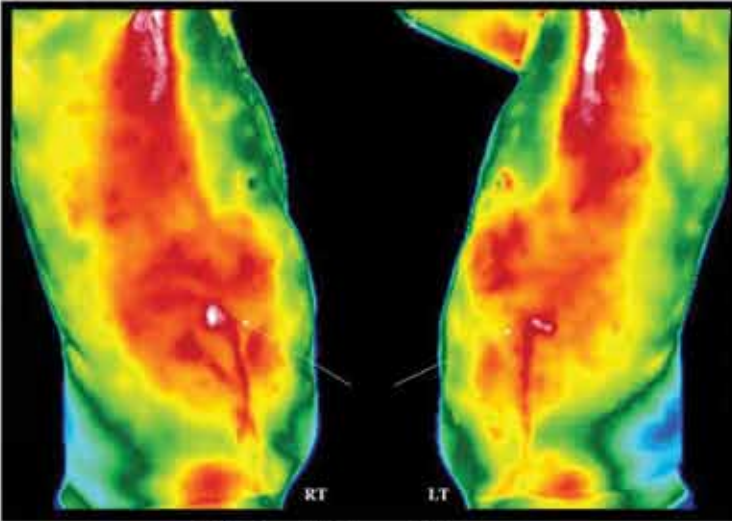
Poor Circulation Left 4th & 5th Finger



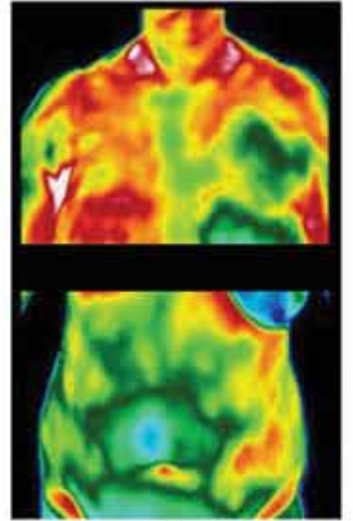
Melanoma-Scalp Cancer



Varicose Veins



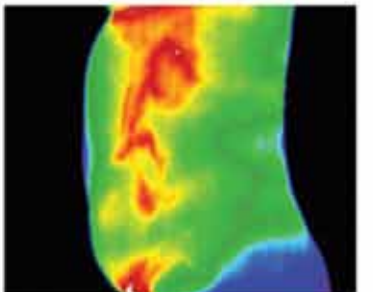
Bilateral Kidney Stones



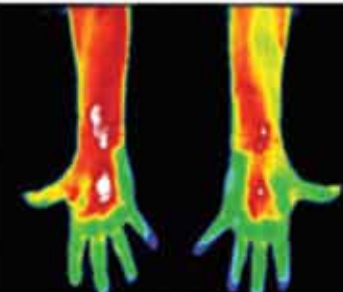
Breast Cancer



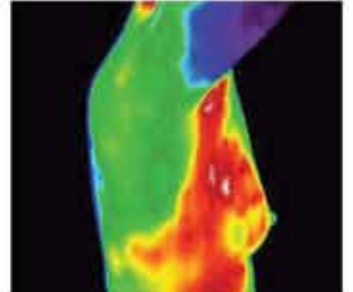
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



Lymphatic Congestion

\$94 Full-Body Thermography Screening

Text **EXAM** and your name to

(337) **424-5066**

for more information

Call **896-4141** to schedule

Thermography is used to:

- help make informed decisions regarding the need for further treatment
- visualize the physiological component of pain, injury or illness/disease
- provide early warning of potential health issues
- identify the originating source of neuropathic dysfunction
- support the existence of a suspected condition
- aid in accurate diagnosis and treatment