

HEALTHY LIVING HEALTHY PLANET

natural awakenings

feel good • live simply • laugh more

FREE



Kids in the Kitchen

Healthy Foods They
Make Themselves

Vying Views on Vaccines

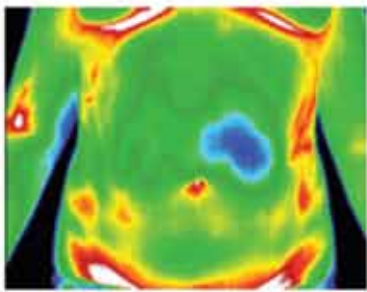
Knowledge Empowers
Personal Decisions

Swimming in Nature

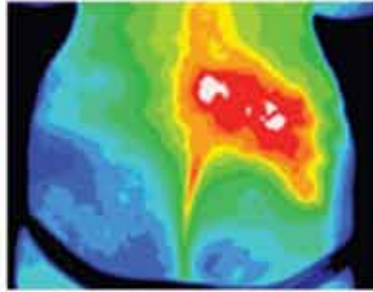
Splashing Safely in
Lakes and Oceans



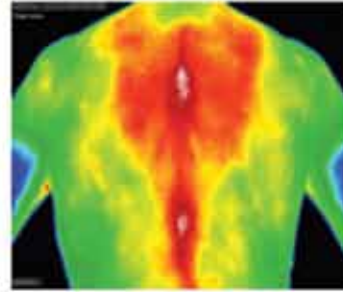
August 2015 | Acadiana-Edition | www.NAacadiana.com



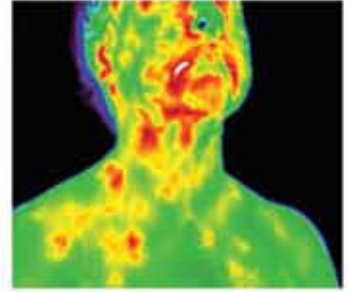
Hypothermia in the Stomach



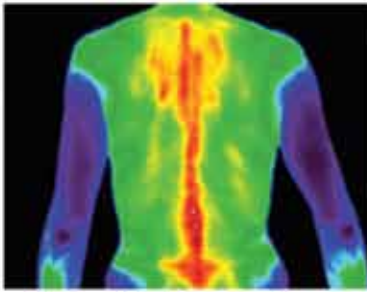
Shingles



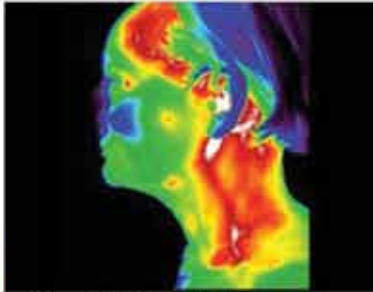
Lung Cancer



Periodontal Disease



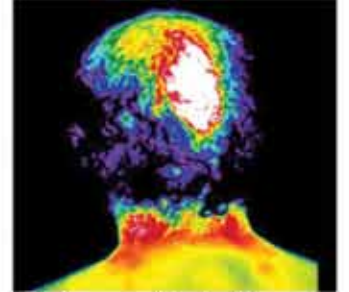
Spinal Inflammation



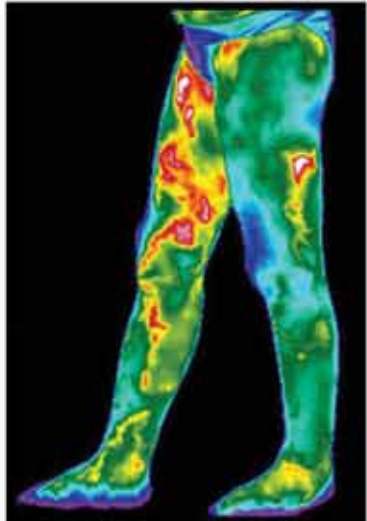
Carotid Artery Inflammation



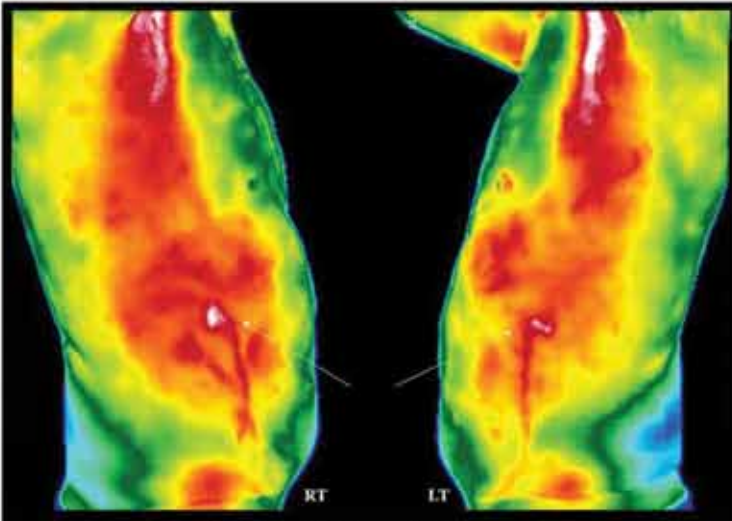
Poor Circulation Left 4th & 5th Finger



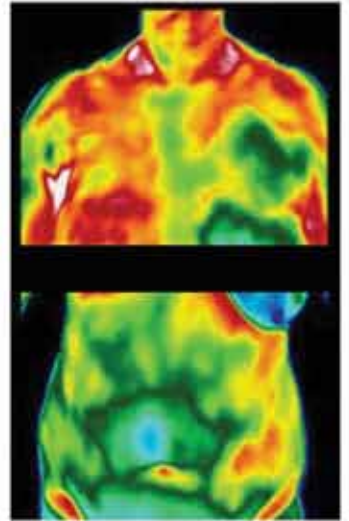
Melanoma-Scalp Cancer



Varicose Veins



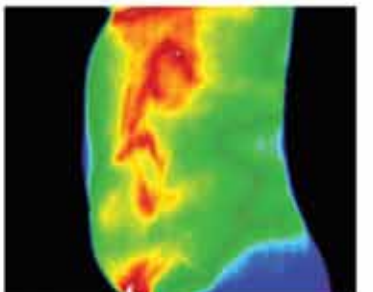
Bilateral Kidney Stones



Breast Cancer



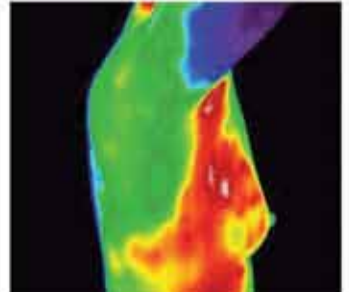
Thyroid Cancer



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

Vitamin Testing ^{\$39}

(Takes only 15 minutes for a full screening)

Vitamin E
Vitamin A
Vitamin K
Vitamin D
Biotin
Folate
Niacin
Panthothenic Acid

Thiamin
Vitamin B6
Vitamin B12
Vitamin C
Calcium
Fluoride
Iodine
Iron

Riboflavin
Magnesium
Phosphorus
Potassium
Selenium
Sodium
Zinc

Micronutrient deficiencies are common in our population. I am on record as saying that dietary supplements are not substitutes for good diets, but they are good insurance against gaps in the diet.

- Andrew Weil, M.D.

Did you know A vitamin deficiency can cause



ENLARGED THYROID
Iodine deficiency



JOINT PAIN
Vitamin C deficiency



WEIGHT GAIN
Vitamin D, magnesium, or iron deficiency

cancer

hypertension

inflammation

diabetes

depression

GET TESTED

**96% of the American Population Die from Disease 4% will die in an accident.
Vitamin Deficiencies and Poor Nutrition are the Leading Cause for Disease**

DHARMA Wellness Center

(337) 662-3120

CALL to schedule your 15 minute vitamin testing

publisher's letter



If we want to act wisely in the world, the first step is to learn to quiet the mind. If our actions are born from anger, grasping, fear, and aggression, they will perpetuate the problems. How many revolutions have overthrown oppressive regimes, to then turn around and become the oppressors? Only when our own minds and hearts are peaceful can we expect peace to come through the actions we take.

To understand this integration of inner and outer, we can again look at the life of Gandhi. Even during the most turbulent years, when he was dismantling the British Empire's control of India, Gandhi spent one day a week in silence. He meditated so that he could act from the principles of interdependence, not bringing harm to himself or another. No matter how pressing and urgent the political situation, the day he spent in silence allowed him to quiet his mind and listen to the purest intentions of his heart.

If you want to live a life of balance, start now. Turn off the news, meditate, turn on Mozart, walk through the forest or down a country road and begin to make yourself a zone of peace. When we have returned from a long retreat or from traveling for a week or so, we're amazed that the news is pretty much the same as when we left. We already know the plot, we know the problems. Let go of the latest story. Listen more deeply.

Meditation and silence are an essential part of any sound healing session. The sound created by the sound healer guides the person into the silence where healing takes place. When the person goes into the silence their mind becomes quiet and the body's natural healing mechanism is activated.

When the mind is busy all the time the body can't get enough energy to heal itself. Even when a person is asleep they have busy dreams and may wake feeling exhausted. Silence helps the person to go within and hear their inner voice. Most of the time our inner wisdom is drowned out by the chattering mind. Most people project all of their energy out of their body into the world so much so that they lose touch with the body's inner wisdom. Symptoms like tiredness and pain can often be the body's way of trying to get our attention. The body is saying, "listen to me. I have something to tell you". Every symptom that we have is part of a bigger picture. In the silence it is possible for the person to see how they can heal themselves, since all healing comes from within.

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

Steve & Michelle

Steve and Michelle Castille, Publishers

God, this world's problems are so complicated that I cannot make my way without your guidance. Quicken my mind and deepen my understanding. Help me hear your voice and heed your advice. Keep me walking along the path behind you. - Amen



contact us

Publishers

Steve & Michelle Castille

Editor

Beth Davis

Writers

Tre' Gradnigo & Beth Davis

Outreach

Megan Reed, Simone Hebert,
& Tre' Gradnigo

Design & Production

Gail Babineaux & Steve Castille

Calendar

Michelle Castille, Lydia Castille,
& Lillyanna Castille

Distribution

Kelly Arnaud & Maranda 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

© 2014 by *Natural Awakenings*. All rights reserved. Although some parts of this publication may be reproduced and reprinted, we require that prior permission be obtained in writing.

Natural Awakenings is a free publication distributed locally and is supported by our advertisers. It is available in selected stores, health and education centers, healing centers, public libraries and wherever free publications are generally seen. Please call for a location near you or if you would like copies placed at your business.

DISCLAIMER: We do not necessarily endorse the views expressed in the articles and advertisements, nor are we responsible for the products and services advertised. We welcome your ideas, articles and feedback.

SUBSCRIPTIONS

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

Natural Awakenings
is printed on recycled
newsprint with soy-
based ink.



contents



16

8 **newsbriefs**

16 **healthbriefs**

20 **globalbriefs**

24 **ecotip**

31 **inspiration**

32 **healingways**

38 **conscious eating**

42 **wisewords**

44 **healthykids**

46 **greenliving**

48 **fitbody**

50 **naturalpet**



20



24

advertising & submissions

HOW TO ADVERTISE

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

EDITORIAL SUBMISSIONS

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

CALENDAR SUBMISSIONS

Email Calendar Events to: publisher@NAacadiana.com or fax to 337-896-4141. Deadline for calendar: the 10th of the month.

REGIONAL MARKETS

Advertise your products or services in multiple markets! Natural Awakenings Publishing Corp. is a growing franchised family of locally owned magazines serving communities since 1994. To place your ad in other markets call 239-449-8309. For franchising opportunities call 239-530-1377 or visit NaturalAwakeningsMag.com.

www.NAacadiana.com

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

24 **GREEN ARTS**

Tips for Finding Safe Eco-Supplies

by Avery Mack

28 **ENLIGHTENED PARENTING**

Tips for Raising Confident and Loving Kids

by Meredith Montgomery

31 **SPEAKING WITH STRANGERS**

The Simple Pleasures of Connecting

by Violet Decker

32 **THE VACCINE PUSH**

Mandatory Laws vs. Personal Choice

by Linda Sechrist

38 **KID COOKERY**

They Love Healthy Food They Make Themselves

by Judith Fertig

42 **JOE DISPENZA ON THE POWER OF THOUGHT ALONE TO HEAL**

by Kathleen Barnes

44 **THINK BEFORE YOU INK**

How to Make Body Art Safe and Reversible

by April Thompson

48 **SWIMMING IN NATURE**

Splashing Safely in Lakes and Oceans

by Lane Vail

50 **ANIMAL TALK**

They Have Lots to Say If We'd Only Listen

by Sandra Murphy

28



38



46



50



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

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

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



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

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

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

Camelot Wilderness Ranch offers Equine Meditation



Camelot Wilderness Ranch is offering a new, yet trending, therapy for horses called equine meditation. Equine meditation involves bringing horses to a relaxation point, then internalizing their true quiet nature, as the animals are particularly in tune to

strong emotions. The meditation helps to stabilize their naturally quiet inner space, thus expanding this peacefulness outward to their surroundings. Horse meditation has been said to assist in pain relief, decrease effects of arthritis and improve overall performance in champion breeds and competitive horses.

Established in 2002, Camelot Wilderness Ranch has become a peaceful haven for all. It is located in Leonville, right in the heart of Cajun Country. The ranch is comprised of approximately 60 acres of pasture land, a 10-acre crawfish pond, a one acre brim pond and 40 acres of pristine, Louisiana style woodlands. In addition to equine meditation, Camelot Wilderness Ranch also offers a host of other services such as pony parties and equine boarding.

Location: 4457 Hwy 51, Leonville. For more information, call 337-507-7267.

The Fit Kitchen Offers Healthy Meals On-The-Go



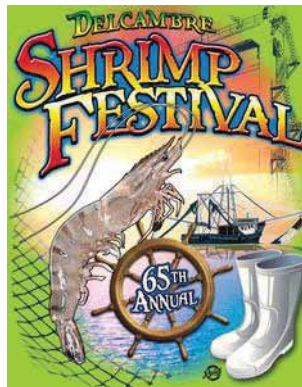
The Fit Kitchen is a source for healthy nutritious on the go meals in Acadiana. Operated out of Rachael's Café, in Lafayette, the Fit Kitchen offers a variety of pre-cooked meals that are designed to meet general to specific nutritional goals. A professional chef, ensuring outstanding food quality and full flavor, freshly prepares each meal. Some of the

menu items include roasted chicken breast, cauliflower rice, coconut sweet potatoes, oven roasted beets and a host of baked and grilled proteins like tuna and red snapper.

Meals come a la carte or bundled in combo selections. For added value, people can order three-day packages in which six combo meals are pre-selected and prepared. Orders are placed 48 hours prior to pick up date and may take up to 72 hours for preparation. Orders can be picked up during café hours or delivery is available for orders located within 10 miles of The Fit Kitchen.

Location: 104 Republic Avenue, Lafayette. For information or to place orders, call 337-504-4625 or call FitKitchenMeals.com.

Delcambre Shrimp Festival Fun For All



The Town of Delcambre, Louisiana, will come alive August 12 through August 16 for its annual shrimp festival. Located about 20 miles southwest of Lafayette, Delcambre has become home to one of the area's most productive shrimp fleets. During this fun-filled weekend, the entire town is devoted to honor and celebrate its economic lifeblood of shrimping.

The festival is a five-day event, which includes a shrimp cook-off,

queen's pageants, fais do-dos, food booths, carnival rides and the blessing of the shrimp boat fleet. The festival is fun for the whole family as it incorporates numerous activities for children of all ages. With lots to see, hear and eat, the festival has gained much of its popularity by providing a variety of delicious shrimp dishes and professional entertainment, which includes national recording artists. Some of the signature shrimp dishes featured at the festival include boiled shrimp, fried shrimp, shrimp sauce piquante and shrimp salad, to name a few. In addition to the various shrimp dishes, the festival also offers a variety of other festival foods, as well as souvenirs, t-shirts, hats, posters and all sorts of memorabilia.

For more information, visit ShrimpFestival.net.

Vermilionville Living History Presents Acadian Culture Day



Vermilionville is a living history museum and folk-life park that promotes and propagates the cultural resources of the Acadian, Native American and Creole people. On Sunday, August 9, Bayou Vermilion District's Vernilionville presents its annual Acadian Culture Day. The entire community

is invited to be a part of this celebration of exploration into the lives of the Acadian people and have a firsthand view of how they maintain their way of life.

This free event is fun for the entire family, with activities that can be enjoyed by all. Some of the featured attractions include a Tintamarre parade, a Cajun Jam, boat tours and canoeing, a sharing circle on the birth of Cajun culture, film showings with Drew Landry, visual art by Robert Dafford, a performance of Warren Perrin's Acadie à la Louisiane, cooking demos with Poupert's Kyle Robinson and crafts and games for children. The event also features special demonstrations, such as trapping and fiddle making. Each year the event is focused on a specific theme and this years is fraternal folklore.

Location: 300 Fisher Road, Lafayette. For more information, call 337-233-4077.

- Gentle yoga classes
- Pilates fitness classes
- Evening and morning walks
- Family movie nights
- Volleyball
- Air Hockey
- Indoor funjumps and arcades
- Swimming and relaxing at the pool
- Massage therapy
- FAR infrared sauna
- Whole body vibration
- Ion foot detox
- Vitamin shop
- Organic juicing
- Wheatgrass
- Green Waters

Caribbean Retreat

Wellness Center and Campground

Opelousas
(337) 678-1500

What is there to do?
"absolutely nothing"



We are a small retreat, wellness center, and campground.

Spend your days doing absolutely nothing. It's the perfect way to get away from everything.
The perfect place to rest and reset. Enjoy the peaceful and quiet outdoors, pool, spa, and evening camping.

Silence the mind and heal the body.





Zerona

Cold Laser Treatments

FAT Loss Treatment

The FDA recently approved Zerona, a machine that uses low-level laser beams to puncture tiny holes in fat cells. "Fluid drains out and gets swept away by your lymphatic system," says Jeffrey Kenkel, M.D., president-elect of the American Society of Aesthetic Plastic Surgery. The process takes two to four weeks (six to twelve 40-minute sessions, every other day).

Text ZERONA and your name to (337) 424-5066 to get more information on Zerona Cold Laser Treatments. Get a flat belly now.

Carencro Office Tel: (337) 896-4141

BODY REBOUND

weightloss program

you can lose up to 6 lbs in a week



Protein drinks daily
 FAR infrared sauna
 Whole body vibration
 Ion foot detox
 Hydration treatments
 Water massage therapy
 Vitamin and fat burners
 Organic juicing
 Wheatgrass
 Green Waters

Lose up to 6 lbs in 7 days with the body rebound program. Only 3 days a week medical-spa workout, protein drinks twice a day, fat burner supplements, and a health coach.

Weight Loss Program
\$340 \$600 \$850
 4 Week 8 Week 12 Week
* services only no supps included

The BODY REBOUND PROGRAM works to help you lose unwanted pounds using fat burners, changing your eating habits, and using medical spa treatments to burn calories to burn off the fat. Lose the weight and look good - feel great!

- Infrared Sauna (30 minutes) = 600 calories burned
- Whole Body Vibration (20 minutes) = 400 calories burned
- Slimpod (45 minutes) = 900 calories burned
- Hydro-Dermo Hydration (30 minutes) = 600 calories burned
- Infrared Body Wrap (60 minutes) = 900 calories burned
- KINETICS personal training (60 minutes) = 700 calories burned
- Dermosonic Treatments (reduce cellulite)
- Zerona Treatments (reduce abdominal belly fat)

896-4141
 Carencro Office

662-3120
 Sunset Office

(337) 424-5066
 Text **BODY REBOUND** for more information.

Silence

Silence the mind and heal the body.

60 days with
vitamins, minerals, water
proper sunlight, air, and circulation

Silence for 60 days

60 days with
vitamins, minerals,
and water

**Silence
for 60 days**

60 days with
water only 2 x daily

**Loud noises and bells
every other day**

60 days with
water every other
day

**Loud noises and bells
everyday**

The Chemistry: with our ever-stressed, fast-paced lifestyle, our bodies are pumping out cortisol almost constantly. Noise & stress - the hypothalamus at the base of your brain sets off an alarm in the body. The adrenal glands located atop your kidneys increase adrenaline and cortisol to respond to the stress and noise. Adrenaline increases heart rate and blood pressure. Cortisol increases the release of glucose into the blood stream and reduces nonessential systems such as the immune, digestive, reproductive, and growth systems. Longterm stress & noise will cause inflammation, anxiety, depression, weight gain, digestive problems, heart problems, sleep problems, memory and concentration, and cancer.

The Plant Cell and the Animal Cell are Very Similar

Your body reacts the same way to stress, noise, proper diet and nutrition (vitamins and minerals), water, sunlight, and oxygen.

Join our Restore Health Program

and we will first do labwork and imaging to determine where your inflammation and stress lies. Our doctors, staff, and health coaches will design a wellness program to restore your health, balance your diet, detox, and rebuild your digestive health and elimination. This will balance your body's normal digestion, elimination, detoxing, and circulation functions.

The RESTORE HEALTH PROGRAM was developed by Dr. Steven T. Castille

896-4141

Carencro Office

662-3120

Sunset Office

(337) 424-5066

Text **SILENCE** for more information

RESTORE

Restore Your Health

A Customized Wellness Program to Rebuild Your Health



Get A ONE DAY GUEST PASS

Text **RESTORE MY HEALTH**, your name, address, and email to (337) 424-5066.

Find out if a RESTORE Health Program is for you.

RESTORE MY HEALTH

Call 896-4141 Carencro office or 662-3120 Sunset office.

Do you have

anxiety
stress
heart disease
depression
cancer
high blood pressure
irritable bowel syndrome
chron's
acid reflux
diabetes
arthritis
inflammation
risk for stroke
risk for heart attack
constipation

These are the most common, costly, and preventable health problems.

RESTORE Health Program

6 Weeks **\$340** 10 Weeks **\$493** 12 Weeks **\$562**

improves circulation, reduces inflammation, balances your nutrition, reduces pain, opens blood vessels and arteries, reduces acid, improves focus and mental health, balances digestion and bowel movements

Inflammation is the Spark that ignites most disease

Pain and 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

A \$250 value

ONE DAY GUEST PASS

A \$250 value

Text **ONE DAY PASS** your name, address, and email to **(337) 424-5066**



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

A \$250 value

ONE DAY GUEST PASS

Guest Pass participants must make at least a \$35 purchase.

A \$250 value

One day guest passes include a vitamin test and/or body composition and pH test. You will meet with a health coach to first determine what your guest pass should include based on your wellness needs. One day guest pass may include sauna, foot detox, whole body vibration, massage, etc. A minimum \$35 purchase is required. We do not serve customers who are rude, disrespectful, or unkind. Guest Pass Visits will only be honored with a SCHEDULED APPOINTMENT (NO WALKINS). Our free one day guest passes end when our schedule no longer permits. This IS A NEW CUSTOMER PROMOTION and is not available to existing or guest within the last 10 months.



COUPON VALID AT NATURAL HEALTH CENTER & DHARMA WELLNESS CENTER

**BUY 1
GET 1
1/2 PRICE**
ANY SINGLE OR PACKAGE PRICE



IONIC FOOT DETOX
30 minute sessions

One coupon per guest. Coupon discount does not apply to previous transactions previously initiated. Coupon cannot be used with any other promotions, associate discount, or other discount. Coupon must be surrendered at time of purchase. Value is forfeited if item is returned. Only original coupons are accepted. By using coupon, purchaser unconditionally agrees that decisions of the vendor are final in all matters of interpretation, fact and procedure in respect to coupon. Void where prohibited. Valid only on in-stock goods.

Expires 10/15/15

**Depression
Anxiety
Can't Focus
Brain Fog**



Mood Enhancer
can help you

SUNSET

Louisiana
Phone: (337) 662-3120

**ARE YOU
VITAMIN DEFICIENT ?**

DHARMA
wellness center and fit club

"Healing is a very gradual process and it takes time for you to condition your body into a state where the healing process can begin. But it must begin with nutrition."



Tre' Gradnigo, CNHC
Certified Natural Health Consultant

A Vitamin Test means you don't have to be sick anymore.

Call for Worldwide Protection from Wi-Fi Radiation



In May, 190 scientists from 39 nations appealed to the World Health Organization (WHO) to “exert strong leadership in fostering the development of more protective EMF guidelines...” The letter was developed by a committee that included professors from Columbia University, Trent University, the University of Washington and the University of California, Berkeley. It was then signed by a host of university professors and researchers from around the world.

The directive cited several key studies that have shown that radiation from electromagnetic fields—even low-frequency radiation—is a possible cause of cancer. The WHO adopted a classification for extremely low-frequency electromagnetic radiation in 2002 and in 2011 classified radiofrequency (RF) radiation within its Group 2B—a “possible human carcinogen.”

The letter points out that while WHO has accepted these classifications, there have been no guidelines or standards created by the agency or in conjunction with other agencies. It recommends a convening of the United Nations Environmental Programme and the funding of an independent committee to explore practical means of regulating the widespread and uncontrolled expansion of wireless technologies throughout our environment. The appeal also calls for the protection specifically of children and pregnant women and a strengthening of regulations placed on technology manufacturers.

Berkeley, California, set a precedent on May 12 by acknowledging the health risk posed by RF radiation and adopting the Right to Know Ordinance, requiring electronics retailers to warn customers about the potential health risks associated with it. It reads, “If you carry or use your phone in a pants or shirt pocket or tucked into a bra when the phone is on and connected to a wireless network, you may exceed the federal guidelines for exposure to RF radiation.” The ordinance requires that the notice be displayed in stores that sell mobile phones.

CONSTIPATED KIDS HELPED BY TUMMY MASSAGE

Research from the University of Washington has determined that chronic constipation in children may be relieved with abdominal massage. The research involved 25 parents and their children with learning needs and physical disabilities. The parents were trained by specialists in abdominal massage. Following the training, the parents massaged the abdomens of their children for 20 minutes per day.

The study found that abdominal massage relieved constipation in 87.5 percent of the children and reduced laxative use. In addition, the therapy resulted in better diets for 41 percent of the children and improved the parent-child relationship in many cases.



Glyphosate Self-Testing Now Available

The Feed the World Project has partnered with the Organic Consumers Association (OCA) to offer public testing for a chemical that is now ubiquitous in conventional food production: glyphosate. At \$119, the test can check levels of this chemical in tap water, urine and soon, breast milk.

“For decades now, the public has been exposed, unknowingly and against their will, to glyphosate, despite mounting evidence that this key active ingredient in Monsanto’s Roundup herbicide is harmful to human health and the environment,” says OCA International Director Ronnie Cummins. “Monsanto has been given a free pass to expose the public to this dangerous chemical because individuals, until now, have been unable to go to their doctor’s office or local water-testing company to find out if the chemical has accumulated in their bodies or is present in their drinking water.”

The testing comes on the heels of the World Health Organization’s (WHO) announcement in March that glyphosate is a possible carcinogen and questions the validity of the industry claims from laboratory animal testing that the acceptable daily intake of glyphosate is .3 milligrams per kilogram of body weight per day. The WHO report notes, “The so-called safe levels of glyphosate exposure have never been tested directly to determine if indeed they are really safe to consume over the long term. Instead, the ‘safe’ levels are extrapolated from higher doses tested in industry studies.”

The test is available at FeedTheWorld.info/glyphosate-testing-test-yourself.

Pistachio Nuts Help Cholesterol, Blood Sugar and Artery Health



A new study published in the journal *Nutrition* found that eating pistachio nuts may improve cholesterol parameters, increase glycemic (blood sugar) control, decrease artery stiffness and improve overall blood vessel health.

The study tested 60 adults with poor cholesterol lipid levels. They were randomly split into two groups—one (control) was given lifestyle modifications (LSM) while the other was given LSM and consumed 40 grams (about 1.5 ounces) of shelled pistachios per day for three months.

Compared to the control group, the pistachio group's levels of high-density lipoprotein (good cholesterol) increased significantly, while their low-density lipoprotein (bad cholesterol) levels went down significantly. Along with lower fasting blood sugar, the pistachio group showed better artery health, established by measuring vasodilation (the flexibility of the arteries to expand and contract).

This, together with pulse-wave velocity testing, can indicate artery stiffness, which has been linked to hypertension and an increased risk of heart disease in general.

Produce Produces Heftier Newborns

A review of research from the Center for Chemical Regulation and Food Safety finds that the quantity of food consumed by pregnant women for increasing a baby's birth weight is less important than what types of foods she eats.



After systematically analyzing 11 relevant studies, the researchers found that higher birth weights—associated with better brain development during later years—are linked with the amount of fruits and vegetables a mother eats during pregnancy.

Using seven studies, researchers found that low vegetable consumption during pregnancy resulted in more than three times the risk of giving birth to a child with low gestational weight. Other studies found a correlation between higher fruit consumption by expectant mothers and a higher birth weight of babies. Much of the research showing these relationships occurred in developed countries where a conventional Western diet is prevalent.

Sad Music Can Lift Our Mood

A study from Free University, in Berlin, has determined that listening to sad music may actually lift our mood. The researchers conducted a survey of 772 people, 44 percent of which were musicians, asking each subject about their emotional responses after listening to sad music. While 76 percent felt nostalgic, more than 57 percent of the respondents indicated peacefulness, more than 51 percent felt tenderness, almost 39 percent had feelings of wonder and 37 percent experienced a sense of transcendence.



Fewer than half—45 percent—said they experienced sadness when listening to the morose melodies. The researchers pointed out that people often tend to listen to sad music as a source of consolation, and the music often provides a means for improving moods and emotions.

I did this.
in one word



\$675
6 Treatments
\$850
12 Treatments

Zerona

3 inches in 2 weeks

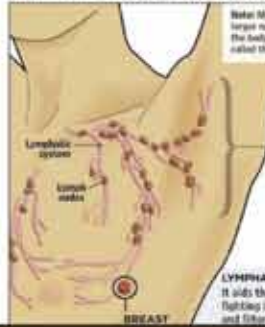
896-4141

Carencro Office



BREAST HEALTH

Lymph nodes, part of the lymphatic system, are found throughout the body. When breast cancer spreads outside the breast, one of the first places it will likely go is the lymph nodes under the arms.



Notes: Most lymph nodes are small, but larger nodes are grouped throughout the body. The area under the arm is called the Axillary Lymph Nodes.

AXILLARY LYMPH NODES

The standard for years has been to remove all of these nodes when cancer was detected. Removal can lead to side effects such as pain, swelling and restricted motion.

LYMPHATIC SYSTEM

It aids the circulatory system in fighting infection, delivering nutrients, and filtering waste between the blood.

detoxification · antioxidant infusion · increase nutrition



Diagnosed with cancer
What are my options for "wellness"

Infrared treatment shrinks tumor volumes 86% in 30 days

In a clinical study published in the Journal of Cancer Science and Therapy, scientists studied far infrared's effects on human cancer cells in vitro and on cancer cells in mice. Far infrared therapy reduced tumor volumes 86% in 30 days. The tumor-suppressing effects were even seen without high temperatures, even as low as 77 degrees Fahrenheit.

In another study, researchers in Japan discovered that whole-body hyperthermia with far infrared strongly inhibited the growth of breast cancer tumors in mice without deleterious side effects. Researchers believe this therapy is promising for long-term studies of a noninvasive treatment of breast cancer.

(1) Tatsuo I, Ishibashi, J. et al Non-Thermal Effects of Far-Infrared Ray (FIR) on Human Hepatocellular Carcinoma Cells HepG2 and their Tumors, J Cancer Sci Ther Volume 1(2) : 078-082 (2009) - 078 <http://www.omicsonline.org/Archive/JCST/2009/December/01/JCST1.78.pdf>

(2) Udagawa Y, Nagasawa H, Kiyokawa S, Inhibition by Whole-Body Hyperthermia (WBH) with Far-infrared rays of the Growth of Spontaneous Mammary Tumours in mice. Anticancer Res. 1999 Sep-Oct;19(5B):4125-30

** Not intended to treat or diagnose. Educational purposes only. Always consult your doctor for medical treatment.

Enroll Today **RESTORE HEALTH PROGRAM** 896-4141

RIB Research Information Bulletin
natural health and wellness

Liquid Raspberry Ketone Extract

Razberi-K
Raspberry Ketones

"Increases the breakdown and release of stored fat."

- Dr. Oz Show



Lose Weight FAST



"Lose six pounds in six days."

It works!!

... and it keeps on working the longer you use it.

LIQUID HERBAL SUPPLEMENT

natural program

Razberi-K
Raspberry Ketones



- Breaks down fat
- Prevents the absorption of fat
- Suppress appetite
- Supports weight loss

2 OZ. (59.14 ml)

001

ONLY AVAILABLE AT

DHARMA Wellness Center, Sunset LA
(337) 662-3120

Natural Health Center, Carencro
(337) 347-4141

BENNY'S Sport Shack, Opelousas
(337) 948-6533

If you think a Wellness Program is expensive



Try

**Cancer
Depression
Stroke
Diabetes or
Congestive Heart Failure**

 **liteon**
Natural Health Center

Powerful, Positive Healing for Life

Carencro Office
896-44141

Sunset Office
662-3120

1 Day Detox Program with Organic Juices

includes whole body vibration, infrared sauna, foot detox and we provide three 12 oz organic juices for fasting

only
\$170

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



Air Raid

Carbon Dioxide Levels Go Through the Roof

The National Oceanic and Atmospheric Administration (NOAA) notes that as of March, the global monthly average for carbon dioxide, the most prevalent heat-trapping gas, crossed a threshold of more than 400 parts per million (ppm), the highest in about 2 million years. "It's both disturbing and daunting from the standpoint of how hard it is to slow this down," says NOAA chief greenhouse gas scientist Pieter Tans. "Carbon dioxide isn't just higher, it's increasing at a record pace, 100 times faster than natural rises in the past."

In pre-human times, it took about 6,000 years for carbon dioxide to rise 80 ppm, versus 61 ppm in the last 35 years, Tans says. Global carbon dioxide is now 18 percent higher

than it was in 1980, when NOAA first calculated a worldwide average.

Crayon Kicks

Not Just for Kids Any More

Secret Garden and *Enchanted Forest*, by Johanna Basford, are two of the most popular titles on sale at *Amazon.com*—and both are coloring books for adults. Featuring detailed black-and-white drawings of the flora and fauna that surround illustrator Basford's Scottish home, *Secret Garden* has sold nearly 1.5 million copies.

Fans include Hollywood celebrities such as Zoëy Deschanel, and when National Public Radio asked listeners for feedback, many indicated, "I thought

I was alone." The consensus is that adults are seeking to get in touch with their inner child. Beyond the nostalgic charm of coloring books, it's also a good way for grownups to unwind and reflect.

"So many people have told me that they used to do secret coloring when their kids were in bed," says Basford. "Now it is socially acceptable, it's a category of its own."

For a sample coloring gallery, visit JohannaBasford.com.



Pistachio Power

The Nuttiest Biogas Around

Turkey, one of the world's largest producers of pistachios, has begun using tons of the shells to produce biogas (methane) as an alternative energy source instead of dumping them in landfills. The country even plans to power its first eco-city using this unconventional fuel.

The planned 7,900-acre metropolis is expected to house 200,000 people in Gaziantep Province. This southern region near the Syrian border is the heart of Turkey's pistachio production, yielding more than 50 percent of the country's nuts. "When you plan such environmentally friendly systems, you take a look at the natural resources you have," explains Seda Muftuoglu Gulec, a Turkish green building expert. "If the region was abundant in wind power, we would use wind energy."

If the project goes forward, construction will start within two years and be completed within two decades. A pilot phase will focus on a 135-acre piece of land and, if successful, expand into the entire city. It may inspire other agricultural regions to look at what they typically consider waste as an energy source.

For more information, visit Tinyurl.com/PistachioPoweredCity.



Diaper Discovery

Mushrooms Grow on Disposables

Disposable diapers are mostly indestructible, but a group of researchers led by Rosa María Espinosa Valdemar, at Mexico's Autonomous Metropolitan University, Azcapotzalco, has found a way to degrade the soiled garments by growing mushrooms on them.

Disposable diapers can last for hundreds of years in landfills because they contain not only the plant-based material cellulose that mushrooms consume, but also non-biodegradable materials such as polyethylene, polypropylene and the superabsorbent gel sodium polyacrylate.

The scientists grew the oyster mushroom, *Pleurotus ostreatus*, on a substance made from used diapers and were able to reduce the diaper's weight and volume by up to 80 percent. For the experiment, the researchers only used diapers containing liquid waste. They sterilized and ground up the garments; mixed them with lignin from the remains of pressed grapes, coffee or pineapple tops; covered the mixture with commercially available fungus spores; and kept it in a plastic bag for three weeks.

The resulting mushrooms had similar amounts of protein, fat, vitamins and minerals as in commercial yeast. They're not intended for human consumption, but could be used as a supplement in cattle feed.

Source: ScienceDaily.com



Solar Timeshare

Buying Kilowatts from Each Other

Yeloha, a new, Boston-based, peer-to-peer solar startup, allows anyone to go solar, even if they live in a rented apartment, have a roof blocked by a shady tree or don't have the funds to buy panels. Customers can sign up for the service either as a "sun host" or "sun partner".

Potential sun host homeowners have a roof suitable for solar, but can't afford panels. Yeloha will install the panels

for free in exchange for access to the solar power the panels create. Sun hosts also get about a third of the electricity created by the panels for free, translating to lower monthly power bills.

The remaining power is distributed to the sun partners—customers that want to go solar, but don't have a proper roof or own their home. Sun partners can buy as many solar credits as they'd like from Yeloha at a price that's less than what they'd normally pay to their utility. The service is currently operating in Massachusetts only, but has plans for expansion across the country.

Crab Crisis

Valuable Horseshoe Species Going Extinct

The horseshoe crab, which is not really a crab, but belongs to the taxonomical class *Merostomata* among arthropods, is about to join the long list of endangered species. Their potential extinction poses a major threat to pharmaceutical, clinical and food industries seeking the secrets to the species' survival over more than 250 million years with minimal evolution, enduring extreme temperature conditions and salinity. Individuals are able to go without eating for a year.



Commonly found living in warm, shallow coastal waters on the sea floor, horseshoe crabs play an important ecological role. A continuing decrease in their population will affect other species, especially shorebirds that feed on the eggs, destabilizing the food chain. Sea turtles also feed on adult horseshoe crabs.

Scientists worldwide want to include the invertebrate in schedule IV of the Wildlife Protection Act of 1974, labeling them as an endangered species. Enforcement will include monitoring for improper uses of horseshoe crabs.

Source: EndangeredSpeciesInternational.org



Fracking Halt

Earthquakes Derail Dutch Gas Production

Gas production by fracking in the Loppersum, Netherlands, area of the Groningen natural gas field, Europe's largest, was suspended by a Dutch court after a home was damaged by earthquakes linked to the operation. Nette Kruzenga, co-founder of Groningen Centraal, one of two groups seeking an immediate halt in Groningen gas production, says, "It is clear the judge said that the situation around Loppersum is dangerous."

The actions of Dutch officials are different than in the U.S., where many people acknowledge the same problem while others deny its existence. States that tend to cite the danger are those that have experienced damaging earthquakes, including Arkansas, Oklahoma, Ohio and Virginia. Deniers include big-fracking states such as California, Colorado and Texas.

In states that have reduced new injections and scaled back current operations, earthquakes have abated.

Massage
therapy
HEALS



**BUY 1
GET 1 FREE**

* Purchase a 1 hr massage and get a second free. Offer ends 8/15/15.

DHARMA
wellness center and fit club

Telephone

662-3120

WheTea

Concentrated Wheatgrass and Green Tea Drops

WEIGHT LOSS Formula



Get Rid of the Belly Fat

Drinking a minimum of 64 ozs of water with WheTea on a daily basis curbs your appetite by metabolizing sugars and fats in your body.

AVAILABLE NOW



Drug Emporium - Vitamin's Plus, Lafayette 261-0051

Natural Health Center, Carencro 896-4141

BENNY'S Sport Shack, Opelousas Tel: 948-6533

DHARMA Wellness, Sunset
662-3120

WHAT IS

Vibration Training

How Can It Be Used for Weight Loss



10 mins = 1 hour GYM WORKOUT

What is Whole Body Vibration (WBV), how can we define it?

WBV is a mechanical stimulus characterized by oscillatory motion delivered to the entire body from a platform. The devices currently available use two different systems: (a) a vertical vibration, meaning the whole plate oscillates uniformly up and down with only a vertical translation; and (b) reciprocating vertical displacements on the left and right side of a fulcrum, increasing the lateral accelerations. Biomechanical parameters, included in WBV training, are body position, amplitude, frequency, magnitude and duration.

The effects on WBV depend on the training parameters being used:

- amplitude-the extent of the oscillatory motion, peak-to-peak vertical displacement in millimetres;
- frequency-the number of impulses delivered per second (repetition rate of the cycles of oscillation), in hertz (Hz);
- magnitude-the acceleration of the movement, in g's (where 1 g is the acceleration due the earth's gravitational field or 9.81 m/s²); and
- duration-the total amount of time that a person spends on the platform, in seconds or minutes.

Considering the numerous combinations of variables possible with the ability to differently position the body as well as using some external loads, such as rubber bands or weight, there are a lot of training possibilities.



Dr. Steven T. Castille

www.DrSteveCastille.com

DIAGNOSED WITH CANCER

THE CANCER THERAPY PLAN

You have three options.



CHEMOTHERAPY



RADIATION



SURGERY



"If you have a CANCER THERAPY plan you should also have a CANCER WELLNESS plan. Balance your nutrition. Balance your nutritional supplements. Consume a nutrient dense diet with adequate antioxidants and anti-inflammatory foods. Detox and remove stress. Balance your pH (acid) level."

~ Dr. Steven T. Castille

WELLNESS PLANS:
\$440 6-Week
\$612 10-Week
\$740 12-Week

A cancer **WELLNESS** plan:

Explore the MANY options of a cancer **WELLNESS** plan.

A cancer wellness plan can balance your body's nutrition, pH, and oxygen levels.



Organic Juicing



Meditation



Detoxification



Infrared Heat



Phytonutrients



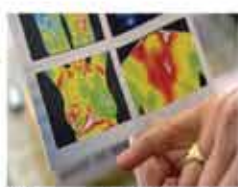
Anti-Inflammatory Foods



"Balanced" Nutrition



Antioxidants



Advanced IR Imaging



pH Balance (acid)



Hydration Treatments



Herbals & Green Teas

Natural Health Center Call for an initial office visit: **896-4141**

Rethink your drink

GREEN WATERS
pH 9.5 alkaline water



An alkaline body is healthier:

- Increased Energy
- Anti-Aging
- Positive Mood
- Stabilized Blood Sugars
- Sound, Restful Sleep
- Weight Loss
- Better Digestion
- Lower Cholesterol
- Clear Skin
- Disease Reversal
(Cancer, Hepatitis C, etc.)

Trendy Transit

More Americans Hop on Buses and Trains

More people today are embracing the many benefits of commuting by public transit. Beyond the good feelings of reducing their carbon footprint and avoiding the stress of traffic, they are meeting and conversing with fellow passengers, reading, working via mobile devices or simply relaxing.

Total U.S. mass transit trips topped 2.7 billion in the third quarter of 2014, a 1.8 percent rise from the same period in 2013, according to the American Public Transportation Association. This represents “a dramatic change in public opinion as more people are demanding public transportation services,” according to President and CEO Michael Melaniphy.

Many communities are responding by improving the operations and scope of their mass transit systems. Oklahoma City’s bus and metro system was acquired by Embark (*EmbarkOK.com*) in 2013. In April 2014, it launched the first phase of changes, including increased frequency of bus routes to reduce both passenger waiting and travel times. Since then, ridership has increased 8 percent. Beginning last January, two crosstown bus routes began operating until midnight.

For Andre Small, late-night service means he can ride to and from his home and the restaurant where he works. “I would take the afternoon bus to work, but then have to walk four miles home when my shift ended at 11 p.m.,” says Small. “Carrying my tips in cash late at night didn’t feel safe. Bus service until midnight is a lifesaver.”

Bus ridership in Indianapolis reached a 23-year peak last year, totaling nearly 10.3 million passenger trips, and a new downtown transportation center is expected to open this year. IndyGo, the Indianapolis Public Transportation Corporation (*IndyGo.net*), plans to offer the nation’s largest electric bus fleet, rolling out the first vehicles by fall, with a fleet of 21 by year’s end.

Capitol Metro launched two special MetroRapid bus routes in Austin, Texas, in 2014, and new bus and rail transportation centers opened last year in Denver and Anaheim, California. New streetcar projects are underway in Atlanta, Charlotte, Cincinnati, Dallas, Detroit, Kansas City, Oklahoma City, Salt Lake City, Tucson and Washington, D.C.



\$340

6-Week Program

Natural medicine
Vitamin therapy
Holistic therapies
Massage
BODY DETOX

Sign Up
Today

NaturalHealthCentersOnline.com

896-4141

Find Your Balance
Discover the Benefits of Holistic Therapy



See
Page 64

Enroll in a 6-Week RESTORE HEALTH PROGRAM.

Week 1

Day 1: Infrared Heat Therapy (45 mins), Whole Body Vibration (10 mins), Ionic Foot Detox (30 mins)

Day 2: Deep Tissue Manual Massage (60 mins), Infrared Heat Therapy (45 mins), Whole Body Vibration (10 mins)

Day 3: Ionic Foot Detox (30 mins), Hydration Therapy (30 mins), Lymphatic Massage (30 mins)

Week 2

Day 1: Organic Juice Detox (3 days), Vitamin Therapy, Infrared Heat Therapy (45 mins), Whole Body Vibration



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:

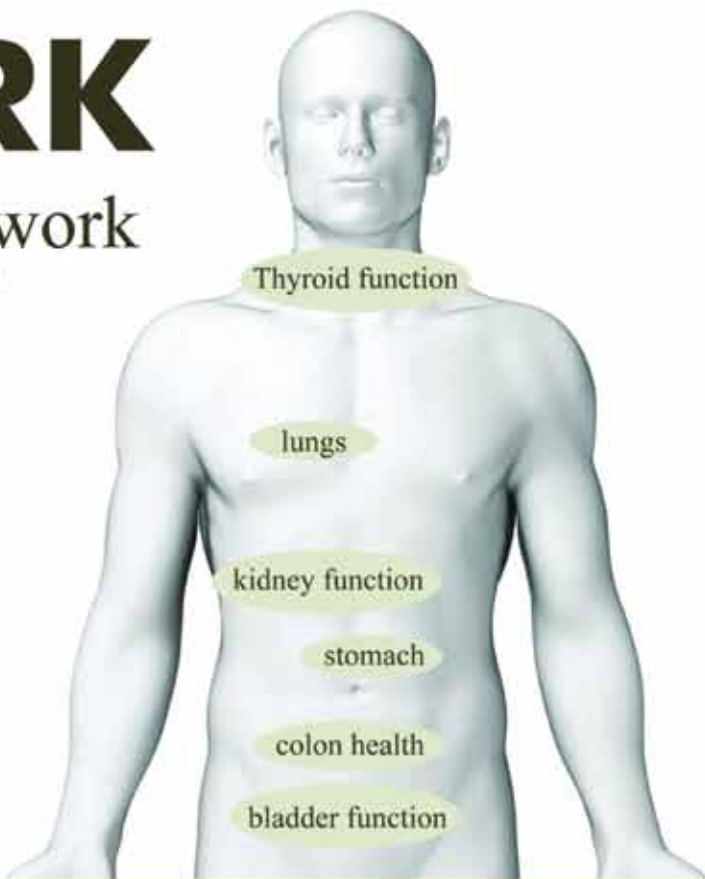
Alkaline water has detoxification properties and it helps to get rid of free radicals. It is also easily absorbed as it is less clustered. Detoxification occurs as alkaline water has antioxidants that act on free radicals in our body, built up because of acidity.

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.

LABWORK

\$94 for complete labwork
(comprehensive metabolic panel)



Why do doctors have lab work done on a patient?

This will check for things like low iron (anemia), infections, some cancers, arthritis and inflammations, and immune system functionality.

Now you can get labwork without having doctor's orders.

The Natural Health Center receives calls every week from people who ask, "What can I do to improve my health and longevity?" Our response is "get a blood test."

Unless we know what your blood looks like under a microscope, there is no way to identify what steps you should take to protect your health and enhance your well-being. Annual blood testing is the most important step aging adults can take to prevent life-threatening disease. With blood test results in hand, you can catch critical changes in your body before they manifest as heart disease, cancer, diabetes, or worse. Having the proper blood tests can empower you to enact a science-based disease-prevention program that could add decades of healthy life.

Sadly, most annual medical check-ups involve the physician ordering only routine blood tests, if blood tests are ordered at all. Far too often, this blood work does not even test for important markers of disease risk. The consequences of failing to analyze blood for proven markers of disease risk are needless disability and death. Blood tests have benefits that go far beyond disease prevention. For example, by monitoring levels of sex hormones, you can take decisive steps to enhance your quality of life, perhaps by correcting a depressive mental state, erectile dysfunction, abdominal obesity, or by improving your memory and energy levels.

cancer
diabetes
heart disease
alzheimers
dementia
inflammation

Call our lab and schedule your labwork
(337) **896-4141**

"An All Natural Product Line For Your Every Need"

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

500 N. Lewis Ave., Suite 110

New Iberia, LA 70563

(337) **367.8220**

www.DauteriveWellness.com



Dr. Kimberly Smith

DAUTERIVE WELLNESS

Dr. Kimberly Smith Dauterive

TOTAL HEALTH AND WELLNESS-Naturally Meeting Your Every Need

Total Health and Wellness

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



Weight Management



Energy



Sports & Fitness



No Appointment Needed

ENLIGHTENED PARENTING

Tips for Raising Confident and Loving Kids

by Meredith Montgomery



Fueled by unconditional love, parenting with presence embraces all potential connections between parents and their children.

Establishing Values

Shelly Lefkoe, co-author of *Chicken Soup for the Soul: Guide to Effective Parenting*, believes that children learn what we model as important values. She tells her daughters they should treat her with dignity and respect both because she's their mother and, "That's how you treat people and that's how I treat them." Honesty is also a high priority in their household.

Minneapolis college student Casey Martin often joins his father, Kirk, in presenting Calm Parenting workshops for parents, teachers and students around the country. In growing up, he's

seen firsthand, "If you have a connection with your kids, you can have a lot more influence on them."

Noting that sometimes children feel like their parents love them, but don't necessarily like them, Martin

My dad always told me it was my school, my choice, my grades, my life. It made me want to take responsibility.

~Casey Martin

emphasizes finding ways to identify with their interests. "I love cars, and my dad used to invite me on test drives when I was a kid. Both of my parents took time to connect with me, which had a huge impact on our relationship."

Christine Carter, Ph.D., a sociologist with the University of California Greater Good Science Center, recognizes the importance of talking explicitly about values. When we see kids doing something we value, ask them how it made them feel, she advises. "Teens don't necessarily know that their parents value character over

grades," Carter says, "particularly if parents tend to monitor grades more than aspects of a child's character. What do you talk about more—their achievements or their character? If it's the former, consider that you unintentionally might be sending the wrong message."

Hummingbird Parenting

Overprotection of children by what's termed helicopter parenting, can cause a disabling sense of entitlement where kids begin to believe, possibly unconsciously, that they are entitled to a difficulty-free life, Carter observes. "There's an epidemic of cheating because students don't want to try hard, and they expect to be rescued," she says.

"Although it's terrifying to let our kids fail, when we don't let them experience difficulty, they see mistakes as being so awful they must be avoided at any cost. To gain mastery in any arena, we must challenge ourselves, even if that means making mistakes."

"We lose sight that we're not raising children, we're raising adults," says Malibu, California, marriage, family and child therapist Susan Stiffelman, author of *Parenting with Presence: Practices for Raising Conscious, Confident, Caring Kids*. "Empower them to cope with ups and downs. Help them know and trust themselves by not legislating their opinions and by allowing them to experiment."

Children often struggle with transitions, especially when things don't go as planned. Martin recommends, "When kids throw tantrums or argue to get out of a challenging situation that's causing them anxiety, help them work through it. Tell them that you know they're feeling anxious, that you've felt that way before, too, and then help by giving them something specific to do or focus on."

Independent outdoor play has been proven to help kids learn to exert self-control. America's children aren't allowed to roam freely outside to experience nature as previous generations did. In *Last Child in the Woods*, author Richard Louv cautions against being limited by modern factors such as restrictive subdivision covenants and media-induced fear. "There are risks outdoors, but there are huge psychological, physical and spiritual risks in

raising future generations under protective house arrest," he says.

Louv prefers what's called a hummingbird approach: "Hummingbird parents don't hover over their kids with nature flash cards; they stand back and make space for exploration and problem solving through independent play, while remaining nearby, ready to zoom in at a moment's notice if safety becomes an issue."

Armin Brott, host of San Francisco's *Positive Parenting* radio program, reminds parents to increase opportunities for independence as youngsters grow. "Test a child's ability to handle more freedom by providing the opportunity to prove that they can. If they succeed, it's a confidence builder. If not, it allows them to see for themselves that they're not ready yet."

Disciplined Communication

The first eight years of a child's life are the most formative, effecting personal beliefs that will shape the adult that they'll become, including impediments to fruitful self-expression. A healthy conversational relationship can foster connection and security while respectfully teaching children right from wrong.

Lefkoe suggests managing parental expectations while considering what serves the child best in the moment. When a child tries to tell Mom something when she's distracted, the child may conclude that what they say is unimportant. Instead, the mother can acknowledge the importance of what the child has to say and how she looks forward to listening once she's freed up before eventually giving the child her full attention.

Parents can serve as a safe haven for kids. Stiffelman says, "Allow them to speak the truth without being corrected or shamed. If they tell you they'd like to do something you don't approve of, resist the urge to react with immediate advice and talk to them about their decision-making process. Be present enough for them to let them hear themselves think out loud."

"Children need affection, atten-

If you can't explain something to a 5-year-old, you don't really understand it; they make you think about what you know.

~Armin Brott

tion, acknowledgment and unconditional love, not discipline. When you punish kids, they feel absolved: 'I did something bad, I got punished, now we're even,'" says Lefkoe. When they get caught doing something they shouldn't be doing, she recommends (with children as young as 5) asking them, "What are the consequences of your actions? Do you want to live with them? Your goal with this conversation should be that your child walks away feeling like they made a mistake, but it was a great learning opportunity."

As kids mature and are faced with potentially dangerous scenarios, "You don't want them worrying about what their friends will think; you want them thinking about the consequences," says Lefkoe.

Navigating the Teen Years

The intense journey of adolescence is about discovering oneself and how to reach full potential. Carter says, "I had to constantly remind myself that this is their journey, not mine, and that it's going to sometimes be dark and difficult."

"The more power you give kids, the less they feel the need to test the universe," says Lefkoe, who reminds parents that while it's relatively easy to control young children, rebellious teenagers are harder to handle when they feel they have something to prove to an overbearing parent. Offering calculated risk-taking opportunities that don't involve drugs and alcohol is beneficial in the teen years. "You want them to know how to handle freedom and be responsible once they are on their own," she says.

"When I got my driver's license, I always came home before curfew," says Martin. "I learned that if I could control myself, my parents didn't feel the need to control me, which gave me a ton of power in my life."

Brott observes that as the parenting role changes, "We can offer to help, but it's equally important to learn to let go and admire the young adults they're becoming."

I drink wheatgrass.

Wheatgrass is a natural source of vitamins and minerals. In 2002 a small study found that wheatgrass juice, when used along with standard medical care, seemed to help control symptoms of chronic inflammation of the large intestine, a condition called ulcerative colitis. All of the patients received regular medical care, including their usual diet. Those who drank about 3 ounces of the juice every day for a month had less pain, diarrhea, and rectal bleeding than those in the group drinking the placebo.

Source: www.cancer.org



Opelousas

BENNY'S Sport Shack, Tel: 948-6533

Sunset

DHARMA Center, Tel: 662-3120

Carencro

Natural Health Center, Tel: 896-4141

Lafayette

Drug Emporium, Tel: 261-0051

Road Less Traveled, Tel: 988-9889

Naturopathic Medicine Goes Mainstream

Naturopathic medicine going from margins to mainstream - "Since the beginning of my career to now, I've met hard-nosed doctors from respected U.S. hospitals who take seriously the effects of alternative medicine. For example, world-renowned cancer centre Memorial Sloan Kettering has Dr. Barrie Cassileth running its integrative medical department, and Johns Hopkins has Dr. Linda Lee."
- Dr. James Aw

Where can I find naturopathic medicine doctors?

THE UNIVERSITY OF TEXAS
MD Anderson
Cancer Center

Making Cancer History®

 **JOHNS HOPKINS**
MEDICINE

 **Cancer Treatment Centers of America**

Winning the fight against cancer, every day.®

We offer cancer wellness programs based on the latest research in nutrition and orthomolecular medicine.

 **liteon**
Natural Health Center
Powerful, Positive Healing for Life
(337) 896-4141

Teens desperately want to not feel like a kid, adds Stiffelman. "They may tell you to back off, but stay present and engaged—like wallpaper. The more you ask their opinion or invite them to teach you something, the more they'll feel your support."

With sex education, the authors of *The New Puberty*, Pediatric Endocrinologist Dr. Louise Greenspan and Adolescent Psychologist Julianna Deardorff, Ph.D., emphasize the importance of being approachable from a young age, so kids naturally turn to their parents when sensitive questions arise.

"It shouldn't be about having 'the talk'; it's about maintaining an ongoing conversation," says Greenspan. "Body odor is a good starting point in talking about body issues because it's not intimidating and can be comfortably addressed by either parent." Avoid rushing into subjects they're not ready for by focusing on answering the questions that are posed, while offering a glimpse into the near future.

Deardorff says, "Pubertal changes happen over time, so be patient. Parents have a lot of anxiety and anticipation about puberty. When you start to see the first signs, you don't have to communicate everything all at once."

Consider throwing a puberty party or a health workshop for a son or daughter and their friends. Invite a parent that is comfortable with the subject matter—a nurse, physician or teacher—to get the conversation started. "Fight the urge to emotionally or physically

withdraw," counsels Deardorff. "Sharing activities is a form of communication, too."

Kids as Teachers

"By paying attention, we can learn a lot of skills from our kids," says Brott. Generally, youngsters have a greater tolerance for other people's mistakes and opinions than adults, and tend to be more laid back. They regularly teach spiritual lessons about giving and receiving love and happiness in ways we never imagined.

Through all the inevitable challenges, Stiffelman notes, "When parenting with presence, we orient ourselves with whatever good, bad or difficult moment is unfolding and bring more of our self—our heart, consciousness, understanding and compassion—to hold steady as the seas get rocky. Children offer us opportunities to confront the dark and dusty corners of our minds and hearts, creating conditions to call forth the kind of learning that can liberate us from old paradigms."

It all allows us to lead more expansive and fulfilling lives as we open ourselves to more of the love, learning and joy that the adventure of parenting can bring. When we embrace the healing and transformation that is being offered through parenting with presence, the rewards can be limitless.

Meredith Montgomery publishes *Natural Awakenings of Mobile/Baldwin, AL* (HealthyLivingHealthyPlanet.com).

Conscious Parenting Resources

The Body Book for Boys
by Rebecca Paley, Grace Norwich and Jonathan Mar

The Care and Keeping of You: the Body Book for Younger Girls
by Valorie Schaefer

The Care and Keeping of You 2: The Body Book for Older Girls
by Cara Natterson

Father for Life: A Journey of Joy, Challenge and Change
by Armin Brott

Holistic Mom's Network
HolisticMoms.org

Last Child in the Woods
by Richard Louv

The New Puberty
by Louise Greenspan, M.D., and Julianna Deardorff, Ph.D.

Parenting the Lefkoe Way
TheLefkoeWay.com

Parenting with Presence
by Susan Stiffelman

Raising Happiness: 10 Simple Steps for More Joyful Kids and Happier Parents
by Christine Carter

Speaking with Strangers

The Simple Pleasures of Connecting

by Violet Decker



Technology tends to isolate us from others, but science points to the real value in reaching out. On average, we come into contact with more than 100 people a day, but often may not make any real connection with them.

On a typical college campus, it's rare to see a student not plugged in while walking from class to class. Saying "Hi" to an acquaintance or complimenting someone in passing is nearly impossible. These little day-to-day interactions could provide a steady source of simple pleasures for all if we regularly made the most of such opportunities.

Part of the reason we intentionally isolate ourselves might be the false belief that we'll be happier by doing so, according to a recent University of Chicago study published in the *Journal of Experimental Psychology*. When subway riders were asked how they thought they would feel if they spoke to a stranger, nearly all of them predicted that the ride would be "less pleasant" than if they kept to themselves. After the ride, however, the results were unanimous: Those that spoke to another person reported having a more positive experience than those that sat in silence.

Parents teach children not to talk to strangers, but as adults, we miss a lot if we don't. Even small talk can make a big difference in the quality of our day. It's easy to try it to see if we don't end up with a smile on our face.

It's ironic that young people spend hours each day on social networking sites, texting others and making plans with friends so they won't sit alone at night, yet are getting worse at making such connections face-to-face. Even seated at the same table, conversational eye contact is becoming a lost art, another casualty of technology.

Talking with others correlates with better communication skills, too. A 20-year study from Stanford University concluded that its most successful MBA graduates were those that showed the highest interests and skills in talking with others.

So, instead of shying away from chatting with a fellow commuter or asking a cashier how her day is going, say "Hello." It's bound to make everyone's day better.

Violet Decker is a freelance writer in New York City. Connect at VDecker95@gmail.com.

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



Wellness Center WEIGHT LOSS



\$69 Weight Loss
Program for Six Months

Telephone **896-4141**
662-3120

healingways

The Vaccine Push

Mandatory Laws vs. Personal Choice

by Linda Sechrist



Front-page headlines about questionable research, corporate manipulations, purchased politicians, medical cover-ups and whistleblower reports have left Americans feeling hoodwinked and skeptical. According to a new Pew Research Center study, the public doesn't trust the information they're fed on issues such as genetically engineered crops and now, mandatory vaccines.

The current state of distrust of scientific statistics and their impact on our lives doesn't bode well for lawmakers attempting to build consensus for uniform mandatory vaccination intervention. The current rush to pass such legislation is largely due to 169 cases of measles reported between January 4 and April 17, encompassing 20 states and the District of Columbia, all traced to a traveler infected overseas that then visited a California amusement park.

Common sense and independent research counters the stance that would rob individuals of their moral right to conscientious, philosophical and personal-belief exemption from being subjected to vaccines. Hard evidence in a plethora of published studies further identifies genetic factors that could cause the development of adverse effects to vaccines.

Mandatory vaccines pose the latest affront to citizens' right to informed self-government.

Yet, "There is no available evidence on vaccines' effectiveness that is placebo-controlled, plus the health effects of vaccines in combination have never been studied, certainly not the 69 total doses of 16 types of vaccines given to children starting 12 hours after birth through age 18," says Sayer Ji, a member of the National Health Federation board of governors and founder of *GreenMed-Info.com*.

"Vaccine risks for anyone can range from zero to 100 percent, depending upon one's genes, microbiome DNA, environment, age and health at the time of vaccination and the type and number of vaccines given," advises Barbara Loe Fisher, president and co-founder of the nonprofit National Vaccine Information Center, headquartered in Vienna, Virginia.

"Vaccines are not safe or effective for everyone because we're not all the same and we don't all respond the same way to pharmaceutical products," says Fisher. She notes that responses to infectious diseases and the risk for complications can also vary, depending upon similar factors.

Among the most prominent warnings on vaccine ingredients, concerned doctors, researchers and medical whistleblowers cite dangers of the

toxin thimerosal, a mercury-containing preservative used in some vaccines and vaccine adjuvants such as aluminum gels or aluminum salts added to elicit a stronger immune response against the germ the vaccine introduces into our body.

Leading books citing telling research include *Thimerosal: Let the Science Speak*, by Robert F. Kennedy Jr. and Dr. Mark Hyman; *Vaccines: What CDC Documents and Science Reveal*, by Dr. Sherri Tenpenny; *Vaccine Epidemic*, by Louise Kuo Habakus; and *Science for Sale*, by David L. Lewis, Ph.D. Top film documentaries include *Shots in the Dark*; *Vaccination: The Hidden Truth*; *Trace Amounts*; *The Greater Good*; and *Vaccine Nation*.

Bought: The Hidden Story Behind Vaccines, Big Pharma and Your Food resulted from two years of investigative research in disaster medical management by Toni Bark, now an integrative physician. In interviews with practicing doctors, research scientists, former

Vaccines are not responsible for the eradication of diseases such as polio and smallpox.

~U.S. Centers for Disease Control database

pharmaceutical sales representatives, attorneys and others, Bark exposes serious conflicts of interest. These include vaccine research funding, hiring between pharmaceutical and chemical industries and their government regulating agencies, sponsored scientific propaganda used

to silence critics, and large-scale corruption within the billion-dollar vaccine industry. Plus, it points out problems with the National Childhood Vaccine Injury Act of 1986 that Congress passed to give drug manufacturers, the government and physicians protection from lawsuits arising from injuries caused by childhood vaccines.

"Since 1988, thousands of children and adults in America that have suffered brain inflammation and other long-recognized vaccine reactions have been collectively awarded \$3 billion in vaccine injury compensation. There are thousands more that have been unable to secure federal compensation for their vaccine injuries," reports Fisher.

"At least 25,000 to 30,000 reports of vaccine reactions are filed annually with the Vaccine Adverse Events Reporting System, operated by the U.S. Centers for Disease Control," says Tenpenny. "Underreporting is a substantial problem. It's estimated that less than 1 percent of all adverse events from drugs and vaccines are reported." *Vaccine ResearchLibrary.com* cites 7,200 journal articles and studies that expose the harm caused by vaccines.

"Knowledge is empowering and personal discernment is priceless. The facts challenge the health claims by government health agencies and pharmaceutical firms that vaccines are perfectly safe," says Ji. "Public doubt, distrust and skepticism are rational and natural consequences."

For more information, visit the National Vaccine Information Center at nvic.org and the coalition of citizen advocates at NationalHealthFreedom.org.

Connect with writer Linda Sechrist at ItsAllAboutWe.com.



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

Wellness Center

CARENCRO SUNSET LAWTELL/OPELOUSE



A healthy body is a guest-chamber for the soul; a sick body is a prison.

The way you think, the way you feel, the way you eat, can influence your life by 20 to 30 years.

From Our Family To Yours

**Get A
ONE DAY GUEST PASS**

Text ONE DAY PASS, your name, address and email to (337) 424-5066.

Feel better, have more energy.
Spend more time doing what you love.
one of our wellness centers:
Massage Therapy, Hydrotherapy, Campground, Swimming Pool



rs
USAS

member
prison.
behave,
your life

Yours

ASS
ess,



re energy & find out what's going on inside your body - quickly and conveniently.
ng what you love, less time at the doctor. Get a ONE DAY GUEST PASS at any
enters. Infrared Sauna, Whole Body Vibration, Yoga, Meditation, Ion Foot Detox,
ydration Treatments, Zeronia, Dermosonic, Body Wraps, Group Fitness,
ning Pool, Camping Cabins, and more.



Wheatgrass

healing for a sick body

1 oz of wheatgrass = 2.5 lbs of green vegetables



Wheatgrass, hailed as "King of Alkaline Foods", neutralizes the acids in our body caused by acid forming foods, negative emotions, stress and pollution. Dr. Linus Pauling stated that virtually all degenerative diseases are associated with excess acidity in the body.



Text **WHEATGRASS**, your name, address, and email to **(337) 424-5066** for a free box of wheatgrass.

You will receive a text message with an e-coupon for a **FREE** box of wheatgrass. Pickup at one of our locations.

NEW CUSTOMER PROMOTIONS: Sorry this offer is only available for new customers. Limit one box per new customer per offer. Until promotion supplies last.



Carencro Office
(337) 896-4141

Sunset Office
(337) 662-3120

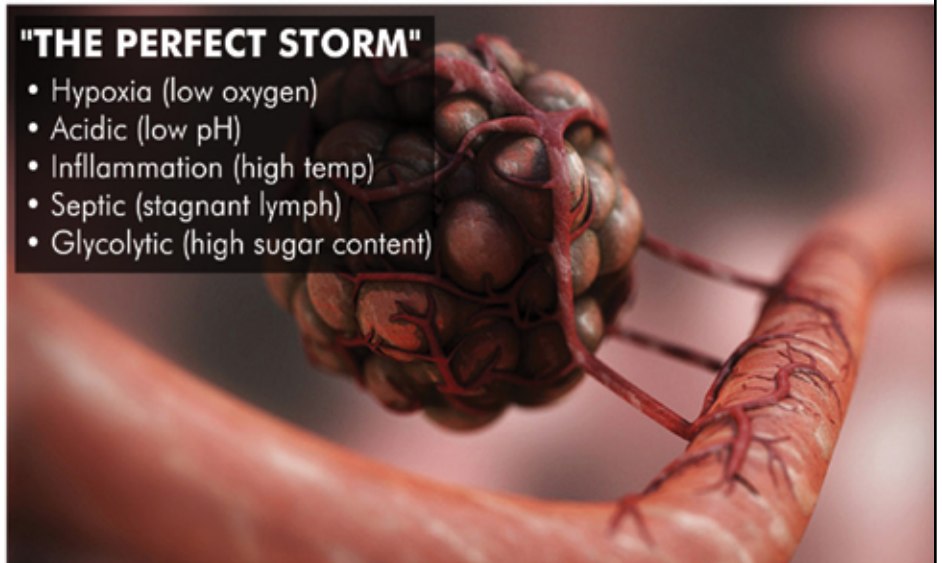
Frozen Wheatgrass Box

"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



KID COOKERY

They Love Healthy Food They Make Themselves

by Judith Fertig

In less than a generation, childhood obesity has risen substantially, most notably in the United States, according to the article “Child and Adolescent Obesity: Part of a Bigger Picture,” in a recent issue of *The Lancet*. The authors attest that modern culture’s promotion of junk food encourages weight gain and can exacerbate risk factors for chronic disease in our kids.

When concerned parents have a picky child bent on eating only French fries, they could enroll them in healthy cooking classes that offer tastings and related hands-on experiences for youths from preschoolers through teens. Here, children are encouraged to try more foods, eat healthier and learn about meal preparation, plus sharpen some math, geography and social skills.

Registered Dietitian Nutritionist Leah Smith, the mother of two elementary school children, founded Kids Kitchen and Chefs Club, in Austin, Texas, in 2011. She offers classes for chefs (ages 3 to 6), junior chefs (5 to 11) and senior chefs (11 to 14). Kids learn how to make dishes such as yogurt parfait popsicles with healthy grains clusters or roasted

tomato soup with homemade croutons. “I’m a firm believer that teaching kids about which foods are good for us, and why, will positively influence their lifelong eating habits,” says Smith. “Start right, stay right.”

Elena Marre, also the mother of two elementary school children, faced the challenge of a picky eater in her family. In 2007, she started The Kids’ Table, in Chicago, and solved her own problem along the way. Says Marre, “It’s amazing how often I hear a child complain about not liking red peppers, dark leafy greens or onions at the beginning of a class. It’s so rewarding when that same child is devouring a dish made with those three ingredients at the end.”

Healthy kids cooking classes provide a fresh way to combat poverty, according to the Children’s Aid Society, in New York City. The group started Go!Chefs in 2006 at community schools and centers throughout the city and knows how to make it fun with Iron Chef-style competitions.

“When offered a choice between an apple and a candy on two consecutive occasions and with most having chosen

Kids like simple,
elemental tastes and
embrace the magic of
the three-ingredient
approach to cooking.
~Rozanne Gold, *Eat Fresh*

the candy the first time, 57 percent of students in the Go!Kids health and fitness program chose the apple the second time, compared to 33 percent in the control group,” says Stefania Patinella, director of the society’s food and nutrition programs.

In Minnesota’s Twin Cities region, “We do a lot of outreach with Head Start, community schools and organizations like scout troops,” says Chef Ani Loizzo, Whole Foods Market’s culinary instructor at the Whole Kids Club Kitchen Camp, in Lake Calhoun. “We have many kids that know about organic and biodynamic farming and we talk about that in class. We might focus on a healthy ingredient like tomatoes in a one-hour class or explore the culture of Greece or Mexico through food in a longer session.”

Loizzo loves the natural curiosity that kids bring to cooking classes. “Sparking an interest in exploring ingredients and flavors can also lead to learning how to grow a garden and interest in the environment,” she says.

For children in areas where such cooking classes aren’t yet offered, there are still fun ways to involve them in healthy meal preparation. Maggie LaBarbera of San Mateo, California, started her Web-based company *NourishInteractive.com* in 2005 after witnessing the harmful effects of teenage obesity when she was an intensive care nurse. It offers educational articles for parents and free downloadable activities that engage children with healthy foods.

“Every positive change, no matter how small, is a step to creating a healthier child,” says LaBarbera. “Together, we can give children the knowledge, facts and skills to develop healthy habits for a lifetime.”

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

Starter Recipes for Kids

Here's a sampling of healthy snack food recipes that kids love to make—and eat—in class and at home.



Courtesy of TxKidsKitchen.com

Yogurt Parfait Ice Pops with Healthy Grains Clusters

Yields: 4 servings

- 4 ice pop molds
- 1 cup granola (use non-GMO, gluten-free Kind bars) in small pieces
- 1 cup organic fresh fruit such as raspberries, kiwi, mango and strawberries cut into small pieces
- 2 (6-oz) cartons organic dairy or non-dairy yogurt

Layer ingredients in each ice pop mold like a parfait. Put a sprinkle of granola in first, and then layer yogurt and fresh cut fruit. Add another spoonful of granola to top it all off and freeze the pops for at least 4 to 6 hours.

Adapted from a recipe by Leah Smith for Kids Kitchen and Chefs Club, in Austin, Texas

Raw Banana Ice Cream

Yields: about 1 quart

- 20 pitted dates, roughly chopped
- 2 Tbsp raw honey
- 2 Tbsp extra-virgin coconut oil
- 1 tsp vanilla extract
- 1/8 tsp ground cinnamon
- 4 cups sliced very ripe organic bananas
- 1/2 cup raw peanuts, coarsely chopped, optional
- 2 Tbsp cacao nibs

Put dates into a medium bowl, cover with lukewarm purified water and set aside to soak for 10 minutes. Drain dates and reserve soaking liquid. In a food processor, purée dates with 3 to 4 tablespoons of the soaking liquid, honey, oil, vanilla and cinnamon until smooth. (Discard the remaining liquid.) Add bananas and purée again until almost smooth.

Transfer to a stainless steel bowl and stir in peanuts and cacao nibs. Cover and freeze, stirring occasionally, until almost solid—4 to 6 hours. Let ice cream soften a bit at room temperature before serving.

Adapted from a recipe from Whole Foods Market, Lake Calhoun, Minnesota



photo by Stephen Blancett

Line a 9-by-13-inch pan with parchment paper. Bake for about 25 minutes. Let them cool completely before cutting. Store in a plastic container separated by parchment paper. They should keep for about two weeks and may be refrigerated.

Adapted from a recipe by Kensey Goebel for Kids Kitchen and Chefs Club, in Austin, Texas



photo by Stephen Blancett

Cheesy Lasagna Rolls

Yields: 4 to 6 servings

- Sea salt
- 1/2 lb (8 to 10) uncooked lasagna noodles
- Organic olive or coconut oil
- 1 cup ricotta cheese
- 1 1/2 cups prepared marinara sauce
- 1 1/2 cups packed baby spinach
- 1/2 cup shredded mozzarella

Preheat oven to 400° F. Bring a large pot of salted water to a boil, add noodles and cook until *al dente*, 8 to 10 minutes. Drain well and gently transfer to a clean surface.

Oil the inside of a small roasting pan or casserole dish and set it aside. Working with one noodle at a time, spread with about 2 tablespoons each of the ricotta and marinara, then top with spinach. Starting at one end, roll up the noodle snugly, and then arrange it in the pan either seam-side down or with the rolls close enough to hold each other closed. Pour the remaining marinara over assembled rolls, sprinkle with mozzarella and bake until golden and bubbly, 20 to 25 minutes.

Adapted from a recipe from Whole Foods Market



photo by Stephen Blancett

Nut Butter Granola Bars

Yields: 8 bars

- 2 1/4 cups rolled oats
- 1/4 cup shredded coconut (without added sugar)
- 1/2 cup applesauce
- 1/3 cup nut butter (almond or peanut)
- 1/4 tsp baking soda
- 1/2 cup raw honey or maple syrup
- 1 Tbsp milk or almond milk
- 3 Tbsp chocolate chips

Preheat the oven to 350° F. Mix all dry ingredients in one bowl. Mix wet ingredients into a separate bowl; it may help to heat the nut butter a little first. Combine the wet and dry contents.



Get a VITAMIN TEST every 2-3 months and correct nutritional deficiencies.

Heal your body

96% of the American Population Die from Disease
4% will die in an accident.

Vitamin Deficiencies and Poor Nutrition
are the Leading Cause for Disease

See
Page 3

Vitamin Testing Means I May Not Have To Be Sick Anymore

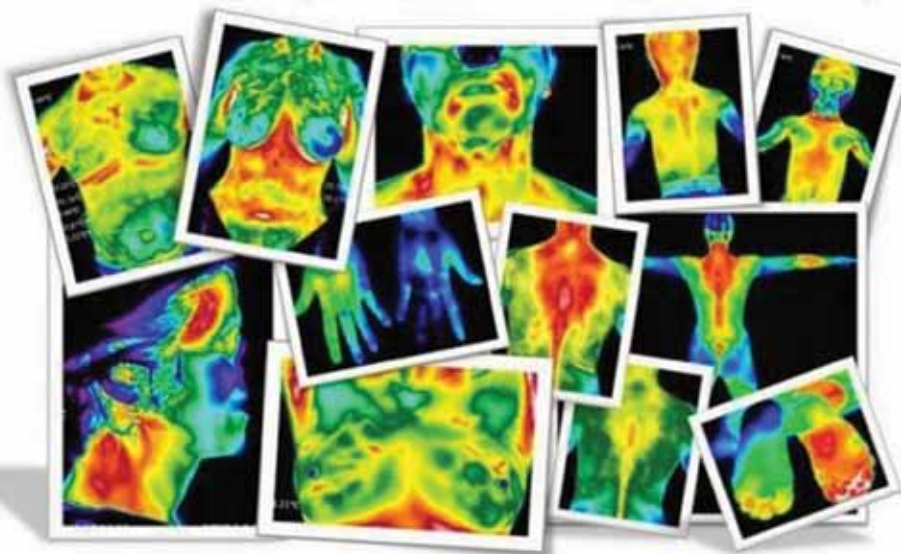
DHARMA Wellness Center

(337) 662-3120

CALL to schedule your 15 minute vitamin testing

\$39

A Thermography Exam Means

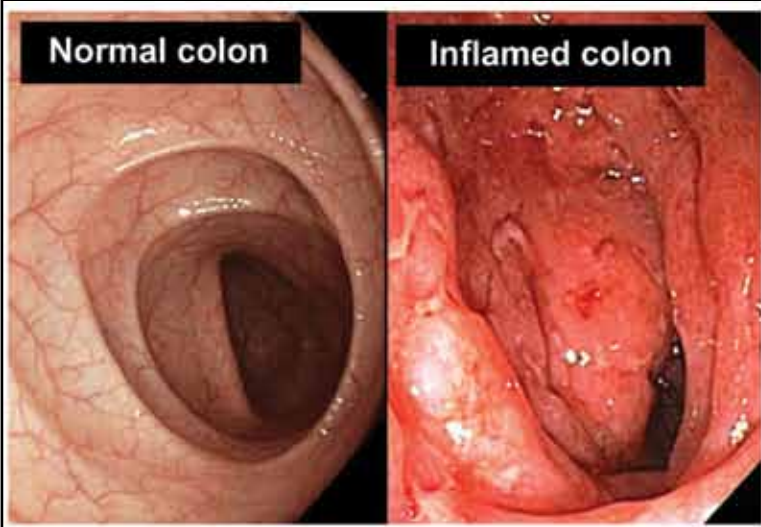


Call for a FREE consultation

896-4141

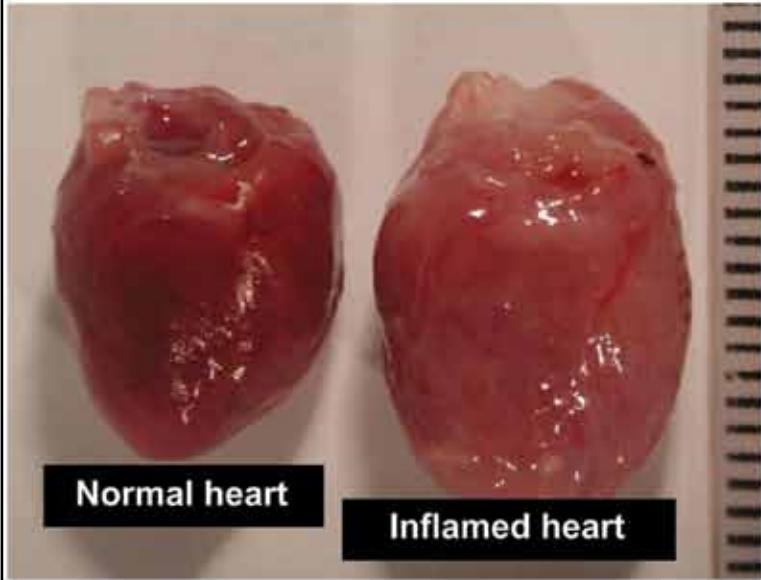
I Can Get ANSWERS Now !

Inflammation is the Fuse that Ignites Disease



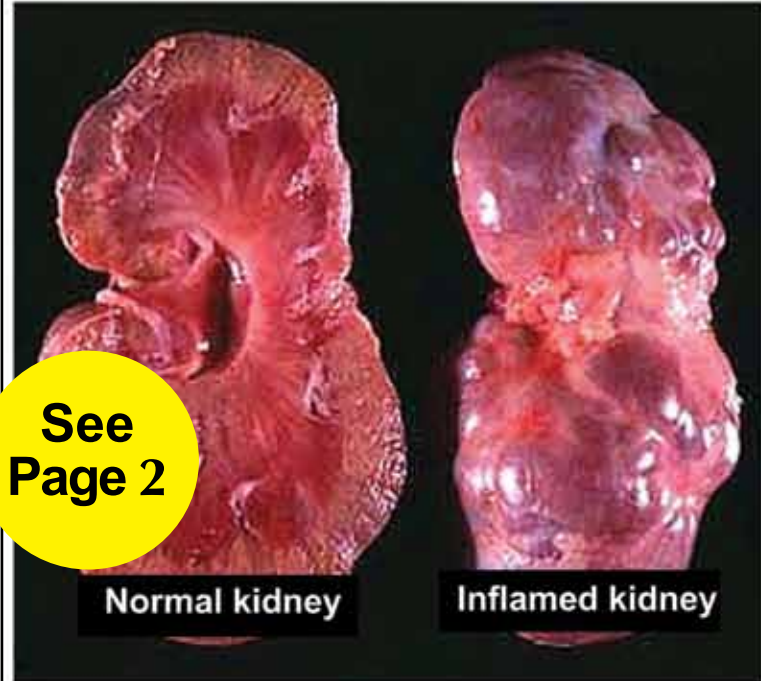
Normal colon

Inflamed colon



Normal heart

Inflamed heart



Normal kidney

Inflamed kidney

See Page 2

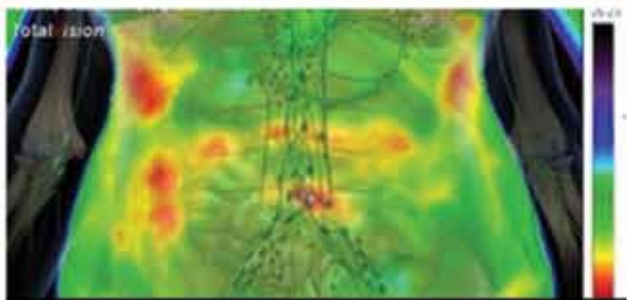
Thermography

detects inflammation

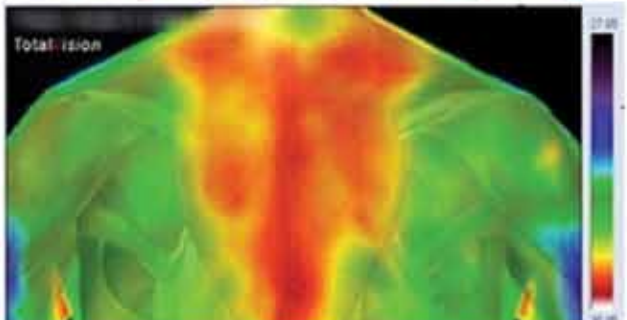
INFLAMMATION

The Silent Killer

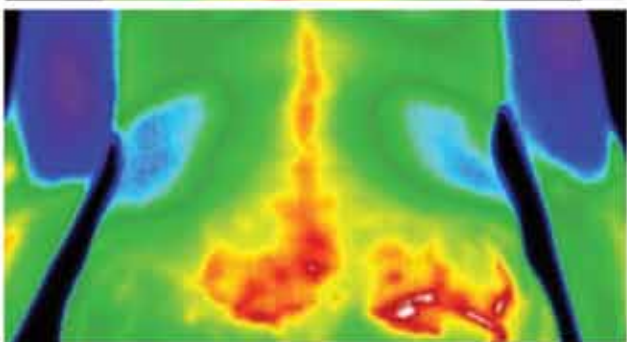
Heart Disease, Stroke, Peripheral Arterial Disease
 Atherosclerosis, AIDS, Erectile Dysfunction, Chronic
 Obstructive Pulmonary, Disease, Asthma,
 Alzheimer's, Cancer, Obesity, Type 2 Diabetes



Abdominal Scan
 (Digestive Disturbances, Gastrointestinal Problems, Inflamed colon and stomach)



Upper back inflammation and pain, Lung Disease, Heart Disease



Lower Back Pain
 (Sciatica Nerve Pain, Arthritis, Osteoporosis, Degenerative Disc Disease, Injuries)

Joe Dispenza on The Power of Thought Alone to Heal

by Kathleen Barnes

Most of us are familiar with the placebo effect, when actual healing occurs after the only prescription a patient ingests is a sugar pill that the individual believes is medicine.

Researcher and Chiropractor Joe Dispenza, of Olympia, Washington, knows the value of the placebo effect from personal experience. When his spine shattered during a 1986 triathlon race as his bicycle was hit by an SUV, he had a good mental picture of what had happened. Consulting doctors proclaimed a bleak prognosis and offered a risky surgical procedure as his only chance of walking again.

He left the hospital against the advice of his physicians and spent the next three months mentally—and physically—reconstructing his spine. His story is one of hope for healing for others, detailed in his latest book, *You Are the Placebo: Making Your Mind Matter*.

How did your pivotal healing take place?

For two hours twice a day, I went within and began creating a picture of my intended result: a totally healed spine. Nine-and-a-half weeks after the accident, I got up and walked back into my life fully recovered—without having had a body cast or surgeries. I resumed my chiropractic practice 10 weeks out and was training and lifting weights again while continuing my rehabilitation regimen at 12 weeks. Now, in the nearly 30 years since the accident, I can honestly say that



I rarely experience any back pain.

How does your approach differ from mind over matter?

It's the same. So many people have been conditioned into believing that mind and body are separate things. There is never a time when the mind isn't influencing

the body and vice versa. The combination is what I call a state of being.

How does the placebo effect work?

Think about the idea of giving somebody a sugar pill, saline solution or a false surgery. A certain percentage of those people will accept, believe and surrender—without analysis—to the “thought” that they are receiving the real substance or treatment. As a result, they'll program their autonomic nervous systems to manufacture the exact same pharmacy of drugs to match the real substance or treatment. They can make their own antidepressants and painkilling medicines. Healing is not something that takes place outside of you.

Can you cite examples of disease in which self-healing has been scientifically validated?

There is amazing power in the human mind. Some people's thoughts heal them; some have made them sick and sometimes even hastened their death.

In the first chapter of *You Are the Placebo*, I tell a story about one man who died after being told he had cancer, even though an autopsy revealed

he'd been misdiagnosed. A woman plagued by depression for decades improved dramatically and permanently during an antidepressant drug trial, despite the fact that she was in the placebo group. A handful of veterans that participated in a Baylor University study, formerly hobbled by osteoarthritis, were miraculously cured by fake knee surgeries. Plus, scientists have seen sham coronary bypass surgeries that resulted in healing for 83 percent of participants (*New England Journal of Medicine*). A study of Parkinson's disease from the University of British Columbia measured better motor coordination for half of the patients after a placebo injection. They were all healed by thought alone. The list goes on.

I've personally witnessed many people heal themselves using the same principles of the placebo response, once they understood how, from cancers, multiple sclerosis, lupus, thyroid conditions and irritable bowel syndrome.

How can an ordinary person make that quantum leap and find healing?

Many of us are now recognizing that rather than live in the past, we can create our own future. It requires changing some longstanding conditioned beliefs and the willingness to step into an unfamiliar, uncomfortable, unpredictable state that is consistent with living in the unknown. This happens to be the perfect place from which to create change.

I recommend a meditation that creates physiological changes in the brain and at the cellular level, from 45 to 60 minutes a day. Changing Beliefs and Perceptions meditations are available on my website or individuals can record themselves reading the texts printed in the back of my book.

As we exchange self-limiting beliefs we begin to embody new possibilities.

Joe Dispenza is chairman of Life University Research Council and a faculty member for the International Quantum University for Integrative Medicine, Omega Institute for Holistic Studies and Kripalu Center for Yoga and Health. Visit DrJoeDispenza.com.

Connect with natural health books author Kathleen Barnes at KathleenBarnes.com.



FitBits

FITNESS On Demand Video Classes

**Yoga Pilates Aerobics Cycling Core Training
Weight Loss and Fat Burning Classes**

Opelousas, LA

Sunset, LA



DHARMA Wellness Center and the Caribbean Retreat and Wellness Center are now offering free group fitness classes the months of August and September. On Demand fitness and wellness classes are one of the newest ways we are meeting the needs of our clients and patients. Over 50 Group Exercise classes to meet different fitness levels and different interests. If you enjoy the group atmosphere or prefer more one-on-one sessions, one of our 40+ classes per week is waiting.

896-4141

Carencro Office

662-3120

Sunset Office

(337) 424-5066

Text **FITBITS** for more information

Text **SUBSCRIBE** and your name and address to (337) 424-5066 to Get your **FREE** copy of *Natural Awakenings Magazine* mailed to your home or office each month.

ION FOOT DETOX

BUY 1 GET 1 1/2 OFF

Purchase one ion foot detox session at regular price and get a second 1/2 OFF.

Offer Ends 9/15/15

FROZEN WHEATGRASS

BUY 1 GET 1 1/2 OFF

Purchase one box of frozen wheatgrass at regular price and get a second half OFF.

Offer Ends 9/15/15

WEIGHT LOSS PROGRAM

BODY REBOUND

6 Week Medi-Spa weight loss program. You sit in the sauna and burn calories, let the laser burn the fat away, and vibrate to tone. Great way to lose weight.

MOOD ENHANCER

BUY 1 GET 1 1/2 OFF

Purchase one Mood Enhancer supplement and get a second for 1/2 off the regular price.

Offer Ends 9/15/15

1 FREE BOX OF WHEATGRASS

Text **NATURALHEALTH** and your name to (337) 424-5066 and we will text you a coupon for 1 FREE BOX of wheatgrass.

ONE DAY GUEST PASS

Text **ONE DAY PASS** and your name, address, and email to (337) 424-5066 to get a one day guest pass at one of our wellness centers.

Offer Ends 9/15/15

BF-4

BUY 1 GET 1 1/2 OFF

Purchase one BF-4 and get a second for 1/2 off the regular price.

Offer Ends 9/15/15

WHE TEA

BUY 1 GET 1 1/2 OFF

Purchase one bottle of Whe Tea and get a second for 1/2 off the regular price

Offer Ends 9/15/15

healthykids

Think Before You Ink



How to Make Body Art Safe and Reversible

by April Thompson

Few things in life are more permanent than a tattoo. Yet those most likely to change their life course—in careers, relationships or fashion styles—are also most inclined to get inked. Nearly 40 percent of Americans between the ages of 18 and 25 have at least one tattoo, according to a Pew Research Center poll.

"If you change your hairstyle or look often, you probably aren't a good candidate for a tattoo, because of the limited flexibility to change that decision," says Dr. Gregory Hall, a primary care physician in Cleveland, Ohio. Hall created the website *ShouldITattoo.com* to help inform others after seeing so many patients that regretted the tattoos of their youth. Hall has also authored *Teens, Tattoos, & Piercings* to try to reach school-aged kids before they even consider body art.

Career Concerns

The Millennial generation, which is getting inked in record numbers, is also the leading demographic for ink removal. More than half the tattoos removed by medical professionals in 2013 were for people between 19 and 34 years old. Removal often costs many times more than being tattooed, sometimes requiring a dozen or more sessions over several months.

Beyond the likelihood of changing one's mind about a tattoo, Hall cites

employment, discrimination and health concerns in urging teens to decline getting inked or pierced. Employers have the legal right to reject a job candidate because of a tattoo—a challenging fact of life for young people to reconcile when they're still undecided on a career path. Different branches of the military have their own restrictions on body art, which can include the tattoo's size, placement and subject, while some companies ban tattoos and piercings altogether.

The commitment of a tattoo never interested Lauren Waaland-Kreutzer, 25, of Richmond, Virginia. "I don't know how I'm going to age and who I'll be in five years," she says. Two days after turning 18, however, she got her nose pierced, a decision she hasn't regretted, even though it's affected her employment. "While I was working my way through college, I gave up slightly better paying jobs in order to keep my piercing," she says.

Her current employer, a local nonprofit in Fredericksburg, Virginia, is piercing-friendly, but she has friends that have to cover their tattoos and piercings at work; a former classmate-turned-lawyer even had to remove a small star tattoo from her wrist.

While piercings are more reversible than tattoos, they are also more prone to certain health risks. Tongue and cheek piercings can accelerate tooth decay, according to Hall, and the risk of infection can be high, especially if it impacts cartilage. "Some skin

rejects piercings, and you can end up with permanent scars," he adds.

Healthier Alternatives

The good news is there are more natural, less permanent alternatives for young adults to adorn and express themselves, including custom-made temporary tattoos, plus magnetic and clip-on jewelry that are indistinguishable from a permanent piercing. Temporary tattoos work to try out the look before possibly committing.

Henna tattoos, an import from India, are another popular alternative, although Hall has seen many patients develop allergic reactions to this plant-based ink, so it's always best to test on a small spot first.

Permanent organic inks fade more over time, a downside for someone that keeps a tattoo for life, but "come off beautifully" in a removal process compared to the standard heavy metal inks, reports Hall. Also, "We just don't know yet what impact the heavy metals may have on people's immune systems down the road," he says. "Organic inks are much safer."

Helpful Facts

State laws vary regarding age criteria, some allowing tattoos at any age with parental consent. Hall's tattoo website has a downloadable contract to encourage kids to talk with their parents before making a decision, regardless of the need for consent.

Name tattoos, even those of loved ones, are among the tattoos most likely to be removed later in life. Hall saw this with a young man that had the names of the grandparents that raised him tattooed on his hands. He said, "I still love them, but I'm tired of looking at them and I have got to get them off me."

A Harris Interactive poll revealed that a third of company managers would think twice about promoting someone with tattoos or piercings—a more critical factor than how tidy their workspace is kept or the appropriateness of their attire.

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

The Toxic Truth About Tattoos

by Anya Vien

The spike in popularity of tattooing that began a couple of decades ago in America and Europe continues to spread worldwide. Those considering getting one will do well to carefully review the options and the health dangers related to traditional tattoos.

Tattoo inks contain heavy metals, and red inks often contain mercury. The U.S. Food and Drug Administration (FDA) has not approved any tattoo pigments for injection into the skin. Tattoo parlors are regulated by states and municipalities, but the FDA doesn't require manufacturers to release ink ingredients. The lack of regulation is unsettling, as some 45 million Americans have been inked.

Many tattoo ink pigments are industrial-grade colors suitable for printer ink or automobile paint, and the FDA warns that it may possibly cause infections, allergic reactions, keloids (fibrous scar tissue), granulomas (response to inflammation, infection or a foreign substance) and potential

complications connected with magnetic resonance imaging (MRI). The carrier solution used in tattoo inks also contains harmful substances such as denatured alcohol, methanol, anti-freeze, detergents, formaldehyde and other toxic aldehydes.

A study in the journal *Medicine* by the University of Texas Southwestern Medical School, in Dallas, links commercial tattoos to the spread of hepatitis C. Dr. Robert Haley, a preventative medicine specialist and former U.S. Centers for Disease Control infection control official, comments, "We found that commercially acquired tattoos accounted for more than twice as many hepatitis C infections as injection-drug use. This means it may have been the largest single contributor to the nationwide epidemic of this form of hepatitis."

Anya Vien is the owner of *Living Traditionally.com*, focusing on naturally healthy and sustainable living.

RELAX: 2-Day Tune-up Weekend Retreat

"When you get overwhelmed, stop. Walk; sit on the side of the road. If you do, you'll get insights on how to work more effectively not to get overwhelmed..."

When you have your desk piled up, take a day off...
The world won't stop...
Nobody will give you an hour off, a day off, a week off. You have to take it..."



Includes:

- three day organic juice fast
- mini retreat cabin rental
- private pool access
- private spa access
- infrared sauna
- foot detox
- liquid hydration treatments
- water massages

\$214 Weekend Getaway
for two

Telephone **896-4141**
662-3120

Chlorophyllin Influences Death of Colon Cancer Cells

Caspase-8 and Apoptosis-inducing Factor Mediate a Cytochrome c- independent Pathway of Apoptosis in Human Colon Cancer Cells Induced by the Dietary Phytochemical Chlorophyllin.

Dians, GD., Li, Q., Dashwood, RJ. Cancer Research 63, pp.1254-1261, 2003.

Background: Chlorophyllin is a substance similar to chlorophyll. It was studied because it has anti-cancer properties. Chlorophyllin is especially interesting because it also has been used to protect at-risk individuals from chemically-induced cancer.

Laboratory/Animal Study: Human colon cancer cells were treated with a number of different doses of chlorophyllin and the cancer cells were studied before and after the treatment. The researchers looked at markers for a type of pre-destined or programmed cell death called apoptosis.

Conclusions: The study found that chlorophyllin was able to induce cell death—apoptosis. They discussed the possibility that chlorophyllin might be interacting with “death receptors” that eventually cause the death of the cancer cell. There were other markers detected for a tumor suppressor gene, which leads to the possibility that chlorophyllin can cause the death of colon cancer cells by a number of different methods and may be useful in preventing colon cancer as well.

1. Egner, PA., Muñoz, A., Kensler, TW. Chemoprevention with chlorophyllin in individuals exposed to dietary aflatoxin. Mutat Res. 2003 Feb-Mar;523-524:209-16.

Call the Natural Health Center in CarenCro for more information 896-4141.

natural awakenings **Wheatgrass**



GREEN ARTS

Tips for Finding Safe Eco-Supplies

by Avery Mack

“Creative energy is contagious,” says Kim Harris, co-owner of Yucandu, a hands-on craft studio in Webster Groves, Missouri. As one client crafter commented, “Art is cheaper than therapy and a lot more fun.” It doubles the pleasure when we trust the nature of our supplies.

Arts and crafts stir the imagination, spur creativity and are relaxing. Yet, for some, allergies, chemical sensitivities and eco-consciousness can make choosing materials a challenge. Manufacturers are not required to list heavy metals, toxic preservatives or petroleum-based ingredients, even when they’re labeled “non-toxic”.

User- and environment-friendly alternatives may be difficult to locate, but are worth the effort. After working with paint, glue, chalk and modeling dough, children may lick their fingers and be reluctant to wash hands thoroughly. Retirees with newfound time for hobbies may also have weakened immune systems at risk to chemical exposure. Everyone benefits from minimizing exposure to toxins.

Papers

For greeting cards, scrapbooking or mixed media, paper provides background, texture, pattern and color.

Tree-free paper uses agricultural residue or fibers from bananas, coffee and tobacco, and *EcoPaper.com* researchers anticipate similar future use of pineapples, oranges and palm hearts.

Labels can be misleading. White paper has been bleached. Processed chlorine-free (PCF) means no bleaching occurred during this incarnation of the paper. Totally chlorine-free (TCF) papers are as advertised. Paper is called recycled if it’s 100 percent postconsumer-recovered fiber—anything less is recycled content.

Glues

For most projects, purchased glues are more convenient, longer lasting and easier to use than homemade. White glue and white paste, called “library paste”, are best with porous items like wood, paper, plastic and cloth. It takes longer to dry and needs to be held in place, but there are no fumes.

“Jewelry is wearable art, so for mine, I primarily use water-based, non-toxic glues and sealers that simply wash off my hands,” advises Nancy Kanter, owner and designer of Sparkling Vine Design, in Thousand Oaks, California. Examples include Elmer’s Washable and Mod Podge.

Airplane glue, rubber cement, spray adhesive and epoxy all emit toxic fumes. Instant glue (cyanoacrylate) likewise bonds fast to fingers; toxic, foul-smelling acetate (used in nail polish remover) is needed to remedy the situation.

Paints

Water-based tempera paint is easy to use; Chroma brand tempera removes some of the hazardous ingredients. "I use water-based, non-toxic acrylic paints and wine to paint recycled wine corks for my designs," says Kanter. "This avoids harsh fumes and chemicals."

Note that acrylic paint can contain ammonia or formaldehyde. Oil paint produces fumes and requires turpentine, a petroleum-based product, to clean brushes. Aerosol spray paint is easily inhaled unless protective equipment is used.

Markers and Crayons

"Give kids great supplies and they'll make great art," maintains Harris. "They'll also be respectful of how much they use."

Go for unscented, water-based markers, especially for younger chil-

If paint, glue, chalk or markers have a strong odor or the label says,

"Use in a well-ventilated area," it's toxic.

dren that are as apt to draw on themselves as on paper. Soy crayons are made from sustainable soybean oil, while retaining bright colors. Dustless chalk is preferred by some. Colored eco-pencils are another option.

Beware of conventional dry erase markers, which contain the neurotoxin xylene; permanent markers emit fumes. Wax crayons are made with paraffin, a petroleum-based product.

Yarn and Other Fibers

For knit or crochet projects, choose recycled silk and cotton or bamboo, soy silk from tofu byproducts, or natural, sustainable corn silk. Sheep's wool, organic cotton or alpaca fibers, raw or hand-dyed with natural colors, are environmentally friendly.

Rayon is recycled wood pulp treated with caustic soda, ammonia,

acetone and sulfuric acid. Nylon, made from petroleum products, may have a harmful finish.

More Materials

Canvas is typically stretched on birch framing, a sustainable wood. Look for unbleached, organic cotton canvas without primer. Runoff from an organic cotton field doesn't pollute waterways.

Experiment with homemade modeling clay. Many tutorials and photos are available online. Commercial modeling clay contains wheat flour, which can cause a reaction for the gluten-sensitive.

For papier-mâché projects, recycle newsprint and use white glue, thinned with water. Premade, packaged versions may contain asbestos fibers. Eco-beads with safe finishes vary from nuts and seeds to glass and stone. For grownups that like to create their own beads, realize that polymer clays contain vinyl/PVC.

In making artistic expression safe, being conscious of the materials used is paramount.

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



\$55 one liter bottle



Tahitian Noni Juice is packed full of iridoids that will make you healthier, give you more energy, and help strengthen and balance the whole body. Building on hundreds of independent studies on the noni fruit, Tahitian Noni Juice is validated by more than a dozen human clinical studies. It's the perfect antidote to today's stressful life. It supports your immune system, delivers superior antioxidants, increases energy and allows greater physical performance.

Provides 30 mg of iridoids per 60 mL serving as well as more than 150 nutrients - including various vitamins, minerals, and antioxidants - that all help to contribute to a healthier body.

"The fork is your most powerful tool to change your health and the planet; food is the most powerful medicine to heal chronic illness."

- Dr. Mark Hyman MD



fitbody



Swimming in Nature

Splashing Safely in Lakes and Oceans

Bostonian avid open-water swimmer Kate Radville is delighted that water constitutes 70 percent of the Earth's surface. "The controlled environment of a swimming pool is convenient," she says, "but splashing around outside in the beautiful summer sunshine is undeniably liberating."

Enthusiasts are both attracted by the rugged beauty of wild water and humbled by its power, but without proper skill or knowledge, swimming in natural settings can be risky. "Millions of dollars are annually spent on advertising, tourism and beach restoration projects to bring people to water," says Dave Benjamin, executive director of the Great Lakes Surf Rescue Project, "yet, the American Red Cross finds that 54 percent of Americans lack basic water emergency lifesaving skills." Maximize enjoyment and safety in the open water by heeding basic guidelines.

Be Weather Wise. Check the forecast before heading out and be conscious of any sudden climate changes. Leave the water or the area in the event of thunder or lightning. Tall buildings or mountains may block the view of the sky, and storms can pop up quickly, so

Benjamin recommends using a battery-powered portable radio or smartphone app for weather updates. Wind and atmospheric pressure shifts can stir up waves for hours, so hesitate before returning to the water after a storm.

Clean Information. "I can't think of a time I've jumped into water I knew nothing about," says Radville. "Some research prior to swimming is definitely advisable."

Renowned coach Steven Munatones, founder of the World Open Water Swimming Association, suggests walking along the beach to look for caution signs, surf conditions boards, flags, buoys, rope lines and available rescue equipment, plus emergency callboxes that pinpoint one's location if cell phone service is weak. Even seemingly pristine waters can be contaminated by harmful bacteria, algal blooms or runoff pollutants after rain. "Chat with local beachgoers, swimmers, boaters or fishermen about current swimming conditions in designated areas," counsels Munatones, and check social media sites like Facebook and area online swimming forums.

Steer Clear. Be mindful of hidden underwater hazards, ranging from sharp

Nature is unpredictable, and there are inherent risks associated with swimming in open water, so I always swim with a buddy for companionship and basic safeguarding.

~Kate Radville

objects to submerged construction, which can create turbulent water and strong undercurrents. Swim in lifeguard-protected areas away from windsurfers, jet skiers and boaters that may not hear or see swimmers, adds Munatones.

Respect Marine Life. Munatones advises giving marine life, however beautiful, a wide berth. "I've swum around the world with all sorts of intriguing sea life," he says, "and these are wild animals, not the friendly ones you see in marine parks." Stop swimming and watch the animal until it's moved on.

Be Water Wise. Water temperature, depth and movement, which fluctuate with rain, tides and wind, can also make conditions unpredictable, so research a destination beforehand. Pockets of cold water within an otherwise tepid mountain lake could induce a gasp response or hyperventilation, says Munatones, and prolonged immersion increases risk of muscle impairment and hypothermia.

Likewise, an unexpected drop in the water floor may provoke panic. "Physically, someone capable of swimming in three feet of water can also

swim in 300 feet," says Munatones. "But mentally, deep water can feel spooky."

Rip currents are powerful streams that flow along the surface away from the shoreline. They may be easily spotted from the beach, but often go unnoticed by swimmers. "A potentially fatal mistake is allowing a 'fight-or-flight' response to kick in and trying to swim against the current, because rips are treadmills that will exhaust your energy," cautions Benjamin. Instead, flip, float and follow the safest path out of the water, a technique that conserves energy and alleviates stress and panic, he says.

Watch for Waves. Swim facing oncoming waves and dive under the powerful white foam, coaches Munatones. "Feel the swell wash over you before coming up to the surface." If knocked off balance by a wave, relax, hold your breath and wait for the tumbling to cease. Swim toward the light if disoriented under the water, and make sure your head is above any froth before inhaling.

"Your lungs are your personal flotation device that keep the body buoyant," says Benjamin. "Lay back and focus on your breathing."

While Coast Guard-approved flotation devices should be worn by children at all times, they are not substitutes for supervision, says Rob Rogerson, a lifeguard and ocean rescue training officer in Palm Beach County, Florida. "Parents must watch swimming and non-swimming children vigilantly."

"The power of the open water is immense," says Munatones. "Be respectful, always."

Lane Vail is a freelance writer and blogger at DiscoveringHomemaking.com.

Iodine natural Liquid Drops

- Helps regulate basic metabolic rate
- Benefits hormone levels
- Promotes weight loss
- Improves depression and anxiety
- Iodine fights pain and disease



Iodine's primary role is to keep the thyroid gland healthy and manufacturing sufficient thyroxine, a hormone that is needed throughout the body. About 50 to 60 percent of the body's iodine is stored in the thyroid gland, the rest is distributed throughout the body, especially in ovaries, breast and prostate tissue, muscles, and blood. Iodine plays an important role in many of the body's functions.

Insufficient iodine can lead to symptoms such as fatigue, dry skin, increased blood fats, brain fog, bowel irregularity, hoarseness, and delayed reflexes. Iodine is a very effective heavy metal detoxifier of mercury, lead, cadmium, aluminum and bromide.

Available at:
Natural Health Center, Carencro
DHARMA Wellness Center, Sunset

Reach Your Target Market

Secure this ad spot!

Contact us for special one-time ad rates.

natural
awakenings





Animal Talk

They Have Lots to Say If We'd Only Listen

by Sandra Murphy

Some people talk to animals. Not many listen, though.

That's the problem.

~A. A. Milne, *Winnie the Pooh*

Brave New World

In less than 10 years, we'll see a universal translator for communicating with dogs and cats, predicts Con Slobodchikoff, Ph.D., professor emeritus of biological sciences at Northern Arizona University, in Flagstaff. Just like language apps change, for example, a French phrase into English, the device would translate barks into "Put on *Animal Planet*," or meows to "Feed me tuna." Computers will foster better understanding between humans and animals.

David Roberts, a computer science assistant professor, and his team at North Carolina State University, in Raleigh, have received a grant from the National Science Foundation to develop a collar to send wireless instructions to dogs via vibrations. Multiple sensors return information about the dog's heart rate and more, which is especially helpful for service dogs taught not to show stress or distress.

Even without such technology, we can all enjoy improved relationships with animals, domestic and wild, by learning to listen. Veterinarian Linda Bender, an animal advocate in Charleston, South Carolina, and author of *Animal Wisdom*, says, "We all have the ability to understand animals. It gets trained out of us around age 7. It's not about doing, it's about being, a connection through the heart." Meditation quiets the mind from daily concerns, allowing us to stay open, listen and be aware.

Everyday Examples

Author Frances Hodgson Burnett captures the essence of this childlike sensibility in *A Little Princess*: "How it is that animals understand things I do not know, but it is certain that they do understand. Perhaps there is a language which is not made of words and everything understands it. Perhaps there is a soul hidden in everything and it can always speak, without even making a sound, to another soul."

In Portland, Oregon, intuitive Melissa Mattern relates examples supporting Burnett's premise from her own experiences. "My newest cat, Rocket, beat up my other cats and ran amok. Nothing helped until I took a class in animal communication." She asked her other cats what to do.

"They were clear that I should have consulted them before bringing Rocket into the house," she says. "I asked Rocket if he would like another home and the picture of a chef's hat popped into my mind. When we found the perfect home for Rocket, the man was a chef whose only other pet is a turtle that lets Rocket sleep with him. Everyone is happy with the results."

Charli, a 14-year-old pointer, travels the world with her family. Her owner, Cynthia Bowman, shares one of her favorite stories: "As we planned our move to Spain, Charli got ill. I explained, 'We want you to go too, but if you can't, tell me.' A picture of a smoked ham popped into my head. I didn't understand, but Charli got well and went along," she says. "In our new Gipuzkoa neighborhood, a deli sells hams, just like I pictured. I can't explain how Charli knew." It becomes a matter of trust. "Thoughts or mind pictures can be easy to dismiss or mistrust as imagination," she comments.

"Every species has something they do best. With humans, it's problem solving and advanced thinking. We've separated ourselves from nature. We need to remember we're all interconnected," Bender says. "When we learn to tune into ourselves, be heart-centric and radiate compassionate energy, it makes us irresistible to other creatures."

Exotic Tales

Wild animals communicate with David Llewellyn. As a writer of outdoor/nature blogs, he's traveled full time in a 30-foot RV since 2002. "They don't understand words, but go by what's in your soul. I've picked berries with black bears and met a mountain lion and her two cubs along a trail without



Nobody experiences
magic unless they
believe in it.

~Linda Bender

ever being harmed," he says. "Often, hikers are told, 'Make yourself look big and scream.' I say 'Hello,' comment on the day and thank them for letting me share their space." Staying calm is vital.

Bender agrees. Grabbed by an orangutan at a wild animal trafficking rescue project, "She twisted my arm and could have easily broken it," Bender recalls. "Fear is picked up as a threat so I tried to radiate calm. It was intense, but she gradually let go. With animals, you attract what you give. Better communication means better understanding leading to improved behavior on everyone's part."

Communication and understanding among human, domestic and wild animals not only makes life more interesting, it can save lives.

Connect with Sandra Murphy at StLouisFreelanceWriter@mindspring.com.

Animal Linguists

"Everyone is born with the power to communicate with other species, and although it is long lost for many people, it can be regained for the benefit of all beings on Earth," says Penelope Smith, author of the *Animal Talk* and *When Animals Speak* book series. Meet colleagues of this "Grandmother of Interspecies Communication" via Tinyurl.com/AnimalCommunicatorsDirectory.

St. Ignatius School

Rising to the Challenge
Faith ~ Service ~ Knowledge



Pride in Excellence: Learning Today, Leading Tomorrow
337-662-3325 / www.stignatiuschool.us

St. Ignatius School does not discriminate on the basis of race, color, national or ethnic origin in accepting applications for students, admissions, as well as in the administration of educational policies, of scholarship, and of athletic and extracurricular programs.

ORGANIC FRUITS & GREENS BLEND

All cells need a supply of oxygen and nutrients, and cancer cells are no exception. Without their own blood supply to nourish them, tumours cannot grow larger than the size of a grain of sugar.

As a tumour grows, it sends out signals to nearby blood vessels. These cause new blood vessels to sprout towards the tumour, effectively hijacking the blood supply. Scientists call this process angiogenesis.

Source: Cancer Research UK

A cancer cell needs:

- acidic tissue and fluids to survive in
- a low oxygen environment
- stagnant lymph can feed cancer cells

Antiangiogenic Foods:

Green tea Strawberries Blackberries Raspberries
Blueberries Oranges Grapefruit Lemons Apples
Pineapple Cherries Red wine Wheatgrass



Supplement Facts		
Serving Size: 1 Heaped Scoop (12g)		
Servings Per Container: 30		
Amount Per Serving		% Daily Value
Calories	40	
Total Carbohydrates	10g	2%*
Dietary Fiber	2g	4%*
Sugars	6g	12%*
Organic Phytonutrient Fruit & Vegetable Blend	440mg	**
Organic Apple Powder		
Organic Strawberry Powder		
Organic Cherry Powder		
Organic Blueberry Powder		
Organic Raspberry Powder		
Organic Lemon Powder		
Organic Kale Powder		
Organic Carrot Powder		
Organic Spinach Powder		
Organic Tomato Powder		
Organic Greens Blend	220mg	**
Organic Spirulina		
Organic Wheatgrass Powder		
Organic Barley Grass Powder		
Organic Dandelion Powder		
Organic Flax Seed Powder	170mg	**

* Percent Daily Value based on a 2,000 calorie diet.
** Daily Value not established.
Other Ingredients: Organic evaporated cane juice.

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

Friday August 7

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

The Addams Family – 7:30pm. Thru 3pm Sunday August 9 & 7:30pm August 14, 15 & 3pm Sunday August 16. A musical comedy with music and lyrics by Andrew Lipa and a book by Marshall Brickman and Rick Elice tells the story about this kooky, mysterious and spooky family. \$15. Burke Theatre in Burke-Hawthorne Hall, University of Louisiana, Hebrard Ave, Lafayette. ActingUnlimitedInc@gmail.com.

Saturday August 8

Woodstork & Wading Bird Feeding – 7am-12pm. An opportunity for bird watchers, photographers and wildlife enthusiast to see this largest concentration of birds. Alligators, whitetail deer and other species are observed. Individuals and professionals on hand to discuss the birds, the area and identification of animals. Free (Must have Wild LA Stamp) obtained at a point of sale retailer, over the internet at Wf.La.Gov or at 1-888-765- 2602. Sherburne Wildlife Management Area - South Farm. 337-948-0255.

We Are One: Family Fun Day – 8am. A day of food, fellowship, and fun. Softball games with the old school vs. new school, live musical performances by Kenne Wayne and Ves. Bring tents, pits, blankets, dominoes, cards, horseshoes, and family. Free. MLK Center, 1725 W Hutchinson Ave, Crowley.

ArtWalk at Chase Tower – 6pm. Original artwork by Patsy Padilla, handmade knives by Scotty Quebedeaux. Live music by Joshua Kendrick. Free. Chase Tower, 600 Jefferson St, Lafayette.

Sunday August 9

Bowling For Animal Rescue – 5:30pm. A family fun night to raise money for dogs that are rescued by Animal Rescue Foundation. \$10. Acadiana Lanes, 3227 Ambassador Caffery Rd, Lafayette.

Wednesday August 12

Delcambre Shrimp Festival - 6 -11:30pm. Thru Friday August 14, 7am-11:30pm Saturday August 15 & Sunday 10am-4pm August 16. Honor the

shrimp industry with a shrimp cook-off, queens 'pageants, fais-do-do's, carnival rides, boat parade and food court. Admission -Fri, \$5; Sat, \$10; Wed, Thurs & Sun, free. Delcambre Shrimp Festival Grounds, 411 S Richard St, Delcambre. 337-685-2653. ShrimpFestival.net.

Friday August 14

Miracle Revival – 7pm. Thru 6pm Saturday Aug 15 & 10am Sunday Aug 16. Experience healings and miracles during prayer services with Milton Martin. (337) 367-7223. Free. Faith Cathedral, 4416 Hwy 14, New Iberia. 337-367-7223.

Saturday August 15

ReptiDay - Reptile & Exotic Animal Expo – 10am-5pm. Vendors offer live animal seminars, sale of reptile pets, supplies, feeders, cages, and merchandise. Adults \$10, children 5-12yrs \$5 & under 5 yrs free. Ramada Conference Center, 2032 NE Evangeline Thrwy, Lafayette.

Saturday August 15

Adoration on the Teche – 8am. A Eucharistic procession along Bayou Teche, commemorates the arrival of the Acadians and honor the 250th Anniversary of St. Martin de Tours from Leonville to St. Martinville. Holy mass by Bishop Glen John Provost, D.D., procession to follow. A stop at each church on the bayou for rosary and benediction. St. Leo Church, 126 Church Rd, Leonville. 337-394-6550.

Saturday August 22

MPCS Triathlon – 7-10am. All fitness levels compete in a 200-yard swim, 8-mile bike & a 2-mile run. \$55/person, \$110/2-person relay & \$165/3-person relay. Miles Perret Cancer Services. Bourgeois Hall, Student Aquatic Center, 225 Cajundome Blvd, Lafayette. Milesperret.org/mpcstriathlon/2015.

Games of Acadiana – 10am-4pm. Play with a purpose in over 60 games and activities at this family fun day. Miles Perret Cancer Services supports local families fighting, surviving, and living with cancer. Cajundome, 444 Cajundome Blvd, Lafayette.

Lafayette Animal Aid Fundraiser – 7pm. An elegant and enchanting delicious 5 course dinner prepared by local chefs with delightful cocktails, music, and auction items. \$150 - \$2,500. Lafayette Animal Aid. L'Eglise Reception Hall, 3203 J. Alcee Rd, Abbeville. 337-500-2495.

Wednesday August 26

Out of the Shadows of Leprosy – 6-8pm. A talk on leprosy in Louisiana and one family's history by author, Claire Manes. Jeanerette Museum, 500 E Main St, Jeanerette. 337-276-4408. JeaneretteMuseum.com.

Thursday August 27

Gueydan Duck Festival – Thru Sunday August 30. Duck calling contest, skeet shooting competition, beauty pageant, cooking contests, music, food, parade, and a carnival. \$5 Fri.-Sat. Duck Festival Park, 404 Dallas Guidry Rd, Gueydan. 337-536-6456. DuckFestival.org.

Saturday August 29

Tarts & Arts: Battle of the Notebook – 10am-12pm. Open to all ages. Competing artists and writers have their sketchbooks on display while guests enjoy complimentary refreshments. NILA Gallery, 301 W St. Peter St, New Iberia. 337-378-9469. Daberry.org.

Rethink your drink

GREEN WATERS
pH 9.5 alkaline water

An alkaline body is healthier:

- Increased Energy
- Anti-Aging
- Positive Mood
- Stabilized Blood Sugars
- Sound, Restful Sleep
- Weight Loss
- Better Digestion
- Lower Cholesterol
- Clear Skin
- Disease Reversal (Cancer, Hepatitis C, etc.)



Have a Stubborn Skin Disorder and Tried Everything Else?

Finally, there's a solution: try Natural Awakenings' DermaClear, a natural, affordable, skin repair salve.

DermaClear brings comforting relief to sufferers of many skin irritations and has been proven to be effective against:

- SHINGLES
- PSORIASIS
- ECZEMA
- JOCK ITCH
- STINGS
- BURNS
- ALLERGIC RASHES & MORE

4-oz jar **\$29.99**
plus ONLY \$5 for shipping

Order online today at ShopNaturalAwakenings.com

or call: 888-822-0246



Like us on Facebook at Natural Awakenings Webstore



Boost Your Mood and Energy Levels!

One Serving Has the Equivalent Antioxidants of Four Servings of Fruits and Vegetables.

Made with certified-organic, non-GMO, Paleo profile ingredients, *Natural Awakenings Green Powder* supplement nourishes and strengthens every system in your body, providing support for:

- DIGESTION & GASTROINTESTINAL FUNCTION
- CIRCULATION & CARDIOVASCULAR FUNCTION
- REGULATING BLOOD SUGAR & CHOLESTEROL
- STRONGER IMMUNE SYSTEM
- BALANCED, HEALTHY NUTRITION



Order online today at ShopNaturalAwakenings.com

or call: 888-822-0246



Like us on Facebook at Natural Awakenings Webstore

9.5-oz jar **\$54.99** (30-day supply)
plus \$5 for shipping



A Few Drops Can Change Your Life!

You could **feel better**, **lose weight** or **increase energy** and **mental clarity** with a few drops of *Natural Awakenings DETOXIFIED IODINE* daily when used as directed.

The supplementation of iodine, an essential component of the thyroid, has been reported to give relief from **depression**, **hyperthyroidism**, **hypothyroidism**, **radiation**, **viruses** and more.

just \$19.99 plus \$5 shipping
1 bottle = 6-8 week supply
Volume pricing available

Order online today at ShopNaturalAwakenings.com
or call: 888-822-0246



Like us on Facebook at Natural Awakenings Webstore



Powerful, Natural Pain Relief!

with Natural Awakenings' Topical Pain Relief

Enjoy safe and effective relief from:

- Arthritis Pain • Stiff Joints • Cramps
- Knee, Neck & Back Pain • Headaches
- Inflammation & Swelling • Tired Sore Muscles

Its natural ingredients include:

- Certified Emu Oil • Aloe Vera • Herbs
- Vitamins/Antioxidants • Botanical Extracts
- Glucosamine & Chondroitin • MSM

Topical Pain Relief also helps to stimulate energy, detoxify and promote a healthier quality of life.

4-oz spray **\$19.99** — 8-oz spray **\$34.99**
plus \$5 shipping

Order online today at ShopNaturalAwakenings.com

or call: 888-822-0246



Like us on Facebook at Natural Awakenings Webstore

ongoing events

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

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

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 – 2-4pm. 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.

Adult Water Aerobics Class – 6:30-7:30pm. Removes pressure from joints and makes moving easier. In heated indoor pool. Robicheaux Recre-

ation Center, 1919 Eraste Landry Rd, Lafayette.

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. Writers-GuideOfAcadiana.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.

LEDA Networking Luncheon – 11:30am. 1st Wed each month. Meet individuals for a buffet lunch with guest speakers from local businesses. The "roaming mic," is passed to everyone for introduction of their business. \$17.50. RSVP by 5pm the Tues before. River Oaks, Lafayette. 337-593-1400.

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.

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

Lafayette Farmers and Artisans Market – 4-7pm. 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.

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

Adult Water Aerobics Class – 6:30-7:30pm. See Mon listing. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette.

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.

Senior Water Aerobics Class – 3-3:30pm. See Tues listing. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8127.

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. See Wednesday listing. 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.

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.

Bird Chat – 8:30am. 1st Sat each month. Wild Birds Unlimited, 137 Arnould Blvd, Lafayette, LA. 337-993-2473.

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 Hwy 190 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.

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.

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

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.

Tarts and Arts – 10am-12pm. 1st Saturday of the month. Enjoy gourmet coffee and finger foods while viewing local art and a rummage sale with cute accessories and clothing. EnvisiondaBerry. Free. NILA Gallery LLC, 301 W St. Peter St, New Iberia.

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.

Group Music Class – 5-8pm. Cajun fiddle, slow jam, band lab and Cajun band lab classes are Monday thru Thursday respectively starting in June. All ages and abilities. \$20/wk -\$60-\$80/mo. Mitch Reed. The Front Room, 1301 Avenue A, Scott. 337-258-2333.

WHEATGRASS Capsules



Call:
662-3120

Available in Sunset, LA

DHARMA
wellness center and fit club



BENEFITS

- tastes better than frozen cups
- improves metabolism
- aids the body in healing
- improves the immune system
- helps clean the blood and lymph
- helps to increase oxygen levels
- increases alkaline body levels

\$340

6-Week Program

Natural medicine
Vitamin therapy
Holistic therapies
Massage
BODY DETOX

Sign Up Today
896-4141

Find Your Balance

Discover the Benefits of Holistic Therapy



See
Page 64

Enroll in a 6-Week RESTORE HEALTH PROGRAM.



Fall Asleep Safely, Quickly and Naturally!

Pleasant Dreams™ contains a blend of safe, natural, sleep-inducing ingredients including chamomile, valerian root and melatonin which may help to:

- Facilitate relaxation without morning drowsiness
- Maintain sleep all night
- Reduce anxiety symptoms
- Improve pain tolerance



60 capsules: **\$34.99** plus \$5 shipping

Consult a healthcare professional before taking this product. Pleasant Dreams is not intended to cure, treat, diagnose or mitigate any disease or other medical conditions. These statements have not been evaluated by the U.S. Food and Drug Administration

Order online today at
ShopNaturalAwakenings.com
or call: 888-822-0246



Like us on Facebook at Natural Awakenings Webstore

Restore Your Skin to its Natural, Youthful Beauty with our new Advanced Healing Skin Cream

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



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

4-oz jar **\$21.99** + ONLY \$5 for shipping

Order online today
ShopNaturalAwakenings.com
or call: 888-822-0246



Like us on Facebook at Natural Awakenings Webstore

inflammation

sparks almost every major disease in the body

cure the inflammation - cure the disease

BRAIN

Pro-inflammatory cytokines cause autoimmune reactions in the brain, which can lead to depression, autism, poor memory, Alzheimer's disease, dementia and MS.

SKIN

Chronic inflammation compromises the liver and kidneys, resulting in rashes, dermatitis, eczema, acne, psoriasis, wrinkles and fine lines.

CARDIOVASCULAR

Inflammation in the heart and arterial and venous walls contributes to heart disease, strokes, high blood sugar (diabetes) and anemia.

KIDNEYS

Inflammatory cytokines restrict blood flow to the kidneys. Complications like edema, hypertension, nephritis and kidney failure can result.

BONES

Inflammation interferes with the body's natural ability to repair bone mass, increasing the number of fractures and leading to conditions like osteoporosis.

MUSCLE

Inflammatory cytokines can cause muscle pain and weakness. Can manifest as carpal tunnel syndrome, polymyalgia rheumatica.

BREAST

Pro-inflammatory cytokines, principally interleukin-6 (IL-6) can facilitate tumor growth and metastasis in the breast tissue.

Source: Journal of Clinical Oncology

LIVER

Build-up of inflammation leads to an enlarged liver or fatty liver disease. Increased toxic load build-up in the body.

THYROID

Autoimmunity as a result of inflammation can reduce total thyroid receptor count and disrupts thyroid hormone function.

LUNGS

Inflammation induces autoimmune reactions against the linings of airways. Can result in allergies or asthma.

GI TRACT

Chronic inflammation damages our intestinal lining and can result in issues like GERD, Chron's disease, Celiac disease, AND cancer.



\$94	Thermography Exam Only
\$124	Thermography and a copy of images
\$154	Thermography, images, and basic labwork
\$274	Thermography, images, full labs, and doctor visit

**Thermography detects inflammation
we see it first
(337) 896-4141**

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 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

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

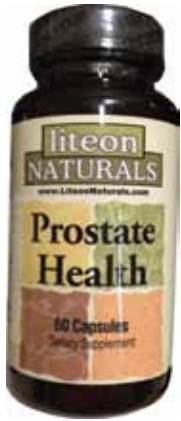


166 Oak Tree Park Dr. #H, Sunset
(337) 662-3120



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

Prostate Health



Prostate enlargement is the most common prostate problem and a serious medical condition that primarily affects men 50 years of age and older. As a man ages, chances of prostate problems will increase to nearly 80%. While some symptoms may go unnoticed, others can disrupt your daily activities. A swelling prostate causes symptoms such as frequency and urgency to urinate, interrupted urine flow, and lower back pain. EnergyFirst's Prostate

Health supplement relieves symptoms with a healthy blend of herbs, vitamins, and minerals to support prostate health.**\$35.00**

Numerous studies show more than half of all men over 50 years of age suffer from an enlarged prostate and its symptoms. As men continue to age, up to 80% will suffer from uncomfortable symptoms that may include difficulty urinating, increased frequency and urgency of urination, sleep-disturbing nighttime urination, and lower back pain.

Melatonin



Control your sleep/wake cycle naturally with the help of Melatonin! This useful hormone works to restore normal sleep patterns while delivering excellent antioxidant support to the body. Each capsule supplies 1 mg of melatonin..

.....**\$30.00**

Maca



Since the dawn of time, man has searched for substances to help enliven the libido, promote sexual prowess, and stimulate the intimate experience. Long ago, in the jungles of Peru, he found it. Maca, an ancient herb used by Peruvian natives for sexual support, is now available worldwide. Men and women across

the globe are discovering its invigorating potential to enhance intimacy. Our maca is concentrated for guaranteed levels of active herbal components. Each capsule contains 500 mg of maca root in a potent 4:1 extract.**\$30.00**

Rhodiola



Rhodiola Root is the premium choice to counteract the mental and physical effects of stress. This potent herb from Liteon Naturals helps reduce levels of stress hormones while supporting levels of key brain chemicals involved in regulating mood. Our powerful capsules contain 300

mg of rhodiola root powder and provide a great way to conquer the mental and physical challenges of stressful times.

Rhodiola increases the oxygen-carrying capacity of our red blood cells, making it particularly effective at increasing energy, vitality and stamina during times of stress. Rhodiola has a calming effect on our body and mental state because of an ability to reduce cortisol, one of our major stress hormones. From the mental side of things, Rhodiola also increases the sensitivity of your neurons to the presence of dopamine and serotonin, two neurotransmitters involved in focus, memory, pleasure and mood. This plant has been used as an extremely effective alternative to antidepressants. Not only does Rhodiola reduce the cortisol and blood sugar aspect of the belly fat equation, but it also turns on an enzyme called 'hormone-sensitive lipase', a substance which allows your body to access and utilize the fat stored in abdominal cells.

.....**\$30.00**

Pain & Inflammation Enzyme



Chronic pain and inflammation can make even the simplest everyday tasks a challenge. If you suffer chron-

ic 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**

Cal-Mag-Zinc with Vitamin D



Calcium is vital for building strong bones and teeth, muscle function, release of hormones and enzymes, and assists nerves in transmitting impulses.

Magnesium is needed for making new cells, activating B vitamins, relaxing muscles, clotting blood, energy metabolism, and is concentrated in the bones and teeth. It helps keep cells electrically stable, maintains proper blood pressure, and, with calcium, regulates energy levels and maintains normal heart function and nerve transmission.

Vitamin D regulates calcium metabolism, which is important for the formation of bones and teeth.

Zinc is an essential trace mineral that is necessary for the activity of 300 or more different enzymes. Special chelates ("claws" that hold the nutrient and allow for better bioavailability) enhance the delivery and utilization of the minerals.

.....**\$40.00**

Shark Cartilage



For joint health support, try Liteon Natural's Shark Cartilage! This all-natural formula delivers nourishment for joint care with the help of a biological structure similar to that of the cartilage that cushions joints. Our convenient capsules supply a potent 750 mg of pure shark cartilage for everyday

joint maintenance. Supporters believe that supplements made from shark cartilage can slow or stop the growth of cancer. According to its supporters, shark cartilage contains proteins that stop angiogenesis, the process of blood vessel development. Tumors need a network of blood vessels to survive and grow, so cutting off a tumor's blood supply starves it of nutrients, causing it to shrink or disappear. Some supporters also claim that shark cartilage can help against other diseases such as osteoporosis, arthritis, psoriasis, macular degeneration, and inflammation of the intestinal tract.

.....**\$35.00**

Alternative • Complementary • Holistic Services

www.DrSteveCastille.com

www.NaturalHealthCentersOnline.com

www.CaribbeanCampground.com

Liteon Natural Health Center, Carencro, LA
(337) 896-4141

DHARMA Wellness Center, Sunset, LA
(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

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

NATURAL HEALTH PRODUCTS

Acai: is a purple berry which is only found in the Amazon rainforest; has high level of antioxidants. Historically used to combat fatigue, illness, and disease, including heart ailments, cancer, and other degenerative health issues; also known to benefit an individual's desire in becoming healthier, stronger, and motivated during physical activity; desirable health benefits, including boosting heart health and maintaining important organs, muscles, and tissues.

Aloe Vera: is a species of succulent plant, also known as "lily of the desert", the "plant of immortality", and the "medicine plant"; contains three anti-inflammatory fatty acids that are helpful for the stomach, small intestine and colon; naturally alkalizes digestive juices to prevent over acidity - a common cause of indigestion; helps clean the digestive tract by exerting a soothing, balancing effect. Historically used to soothe and heal; anti-inflammatory, sunburns, arthritis, radiation poisoning, intestinal inflammation and ulcers.

High Blood Pressure

CoEnzyme Q-10 \$30

Helps strengthen and oxygenate the heart muscle

Selenium \$35

Selenium has been linked to blood pressure levels

Flaxseed Oil \$35

Contributes to lower blood pressure levels

Apple Cider Vinegar: Historically used as a natural cure for a number of ailments which usually require antibiotics and other medications; known to reduce sinus infections and sore throats; balance high cholesterol; skin conditions such as acne; protect against food poisoning; fight allergies in both humans and animals; prevent muscle fatigue after exercise; strengthen the immune system; increase stamina; increase metabolism which promotes weight loss; improve digestion and cure constipation; alleviate

symptoms of arthritis and gout; prevents bladder stones and urinary tract infections.

Bee Pollen: Known as a super food - contains all known vitamins and all known (22) essential amino acids, several minerals, enzymes coenzymes. Historically used to increase energy, improve athletic performance and reduce allergic response in hay fever, adrenal exhaustion and burnout. Known to stabilize blood sugar, aid for the pituitary and balance the reversed polarity.

Beta Carotene: Found in organic carrot juice. Historically used to protect your cells from the damaging effects of free radicals; provide a source of vitamin A; enhance the functioning of your immune system; help your reproductive system function properly; known for its benefit to eye health and immune support with out build up in the body.

Betaine HCl: The stomach manufactures hydrochloric acid (a natural protein-digesting enzyme), to break down proteins; as people age, they usually produce less HCl, which affects the amount of protein they can absorb. Incomplete protein digestion can lead to subsequent imbalances in the flora that feast on these compounds causing health concerns.

Black Cohosh: is a single herb that contains phytoestrogens; historically used to relieve menopause symptoms; regulate female cycles; relax muscle cramps and spasms and bronchial in asthma; reduces blood pressure. Also is known for bites and stings, menstrual cramps, depression, low estrogen, tension headache, menopause, post partum depression snake bite and tinnitus.

Bromelain: is a food enzyme that helps break down mucus; historically used to assist in snoring issues, (too much mucus in the pharyngeal/nasal area can promote snoring). Small amounts are found in pineapples. Also known to be used for urinary tract infections, strains, muscle injuries and sport injuries

Chlorophyll: is the green juice of plants. His-

torically used to build blood; improve general health; enhance oxygenation of tissues; reduces body odor, natural deodorizer. It has also known to enhance energy and stamina.

DHA: (docosahexaenoic acid) is a fatty acid that is absorbed into the fatty perimeter of cells. 30% of gray matter in the brain is composed of DHA; highly concentrated in the retinal neural tissues; required for brain development and important in maintaining and protecting the neural tissues. Research has shown that daily dietary DHA intake is lowest among women in the United States compared to women in Europe or Japan.

DHEA: A naturally occurring hormone and is the most abundant of all hormones in the body; it is produced by the adrenals. DHEA levels usually decrease about 80% between 20 and 65 years of age. Historically used to increase metabolism and promote weight loss; could reduce fat stores in the body; increases insulin sensitivity. Some research has found the level of DHEA in the bloodstream has proven to be a good barometer of cancer risk.

Digestion and Constipation

Digestive Enzyme \$35

Reduces the inflammation in the stomach

Probiotic Complex \$35

Puts the good bacteria back in the stomach

Organic Fiber \$35

Creates an elimination and clears the colon

Echinacea: is a single herb historically used as an immune stimulant, increases white blood cell count. Has been used for bacterial and viral infections, colds and lowered resistance; to strengthen and clear lymph nodes. Do not use with autoimmune conditions as it stimulates the immune system.

Flax Seed: an essential fatty acid; historically

used to reduce inflammation; heart health; cardiovascular health. Ground seeds are excellent nutritional fiber adding bulk to the intestinal system has been helpful with constipation.

Garcinia: is a single herb. Known to have antioxidant and anti-inflammatory properties; inflammation plays a significant role in the development of chronic and degenerative disease in general; also added in weight loss formulas. Known uses include astringent, rheumatism, bowel complaints, piles, bilious affections, anti-Cancer, edema, Intestinal parasites, constipation and delayed menstruation.

Garlic: is a single herb. Historically used as a natural antibiotic that kills fungus, viruses, bacteria and parasites; specifically helpful for lung infections including pneumonia. Lower high blood pressure and prevent hardening of the arteries.

Ginkgo Biloba: is a single herb. Historically used to enhance circulation to the brain; helps with memory loss in elderly by improving peripheral blood flow; counteracts some effects of aging making it an excellent preventive remedy for the elderly. Also known to be anti-aging, blood thinner and affects the brain, nerves and serotonin.

L-Carnitine: is an amino acid and is synthesized in the liver and kidneys. The body requires L-carnitine for the transport of long-chain fatty acids into the cells; symptoms of deficiency include progressive muscle weakness and severe hypoglycemia; is not found in vegetable foods but is mostly found in animal muscle tissue.

Inflammation and Pain

Pain and Inflammation Enzyme \$30

Bromelain and papain enzymes that stop inflammation

Turmeric Capsules \$35

Fights inflammation, some cancers, and infection

Resveratrol \$35

Calms inflammation and stabilizes histamine release

Lecithin: Known to emulsify fats in the body; lower cholesterol, promote heart health, aids in weight loss, promote liver health, improve brain function, reproductive health and decrease the risk of cell membranes hardening; reduce arthritis pain; promote gall bladder health and prevent gallstones.

L-Glutamine: is one of 20 amino acids in the body, is the most abundant in the body and commonly found in muscles. Common food sources are high proteins like red meats, fish, beans and dairy products. Effects the brain and nerves; has been known to help with addictions to drugs, alcohol and sugar or food; prevention to aging, anemia, heal bruises, colitis, depression, vertigo, ear infection or earache, poor fat metabolism, fatigue, gout, hypoglycemia, leaky gut syndrome, motion sickness, schizophrenia and senility.

L-Glutathione: is an antioxidant that occurs naturally in the body; has been known to help the liver detoxify the body and prevent cell disintegration; help prevent diseases like cancer, heart disease and dementia. It may also help treat autism and Alzheimer's.

Lutein: known as an antioxidant affecting the eyes and breasts; has been used as a natural therapy for cancer, macular degeneration. Historically used to support vision; help protect against UV damage to the eyes and skin;

support breast health; provide powerful anti-oxidant properties. Natural sources are kale, spinach, turnip greens, collard greens, romaine lettuce, broccoli, zucchini, corn, garden peas and Brussels sprouts.

Lycopene: Has been known to help prevent cardiovascular disease, diabetes, cancer and osteoporosis; to have an inhibitory effect on cataract development and some rare cancer cells; some claim anti-ageing effects. Foods highest in lycopene include tomatoes, pink grapefruit, watermelon, and guava; small amounts in persimmon and apricots.

Maca: is a root plant. Historically used as a tonic and adaptogen; reduces stress, improves mental concentration, enhances energy, improves general health and well-being; increase sexual desire and stamina in men and women. Body systems affected by adrenal cortex, glandular and reproductive glands and testes.

Melatonin: is a hormone produced by the pineal gland in the brain that helps regulate sleep and is made from an amino acid called tryptophan. Generally used as a sleep aid or to help overcome jet lag more quickly. The building blocks for natural melatonin production in the body include sufficient amounts of vitamin B6, vitamin B3, and most important, the amino acid tryptophan, which is found in high quantities in foods such as black cherries excellent source, red meat, dairy products, nuts - especially walnuts, seeds, bananas, soybeans and soy products, tuna, shellfish, and turkey.

Milk Thistle: is a single herb. Historically has been used to protect the liver from poisons and toxins; increase and enriches breast milk; stimulates production of bile; used with hepatitis and other liver disorders. Body systems affected include gall bladder, liver and spleen.

Psyllium: Mucilaginous herb that absorbs water adding bulk and lubrication to the stool. Historically used for constipation and diarrhea; help balance blood-sugar levels, help reduce cholesterol.

Raspberry: is a single herb. Historically used by Native Americans throughout pregnancy to tone and strengthen the uterus in preparation of delivery; tone and strengthen uterus during all stages of a woman's life, regulate female organs; relieve morning sickness and enhance lactation; helpful for teenage boys and girls to balance hormones when moodiness is a symptom!

Red Yeast Rice: is produced by a yeast that grows on rice and contains several compounds called monacolins which inhibit the synthesis of cholesterol. Used during the Ming dynasty for circulation, improved spleen and stomach health, and relief from mild gastric issues such as diarrhea and indigestion. Has been used to lower cholesterol production in liver; lower blood cholesterol levels.

Resveratrol: a powerful antioxidant found in red skin grapes; known as an anti-aging supplement; known to help reduce the growth of cancer cells in the body; also plays a role in helping reduce coronary heart disease risk; to lower blood sugar and cholesterol levels.

Royal Jelly: is a honey bee secretion that is used in the nutrition of larvae, as well as adult queens; secreted from the glands in the hypopharynx of worker bees, and fed to all larvae in the colony. Historically used as a supplement for treating arthritis, asthma, liver problems, insomnia, ulcers, kidney conditions, bone fractures, high cholesterol, male baldness, as well as a sexual performance enhancer, and an immunity booster.

Saw Palmetto: is a single herb. Historically

used to tone the male reproductive system; enhance male sex hormones; relieve symptom of benign prostatic hypertrophy (BPH); helps with respiratory weakness; digestive weakness and weight loss; has been used for prostate enlargement and urinary problems in men.

Shark Cartilage: is a popular alternative medicine for those with cancer or those at risk due to the notion that sharks cannot get cancer; therefore, ingesting their cartilage will give humans greater immunity to it. Other reported benefits are arthritis relief, digestive health, immune health, skin health, anti-inflammatory and eye health.

Spirulina: is known as a super food loaded with easily digested proteins, vitamins and minerals; helpful to those trying to lose weight by providing a full feeling and all the essential amino acids; has helped clear toxicity; easy to digest and assimilate especially for vegetarians and people who have a hard time digesting animal proteins. Has helped to reduce food cravings and fatigue; appetite suppressant.

Stress and Anxiety

Valerian Root \$35

Natural support for healthy sleep and relaxation

St. John's Wort \$35

Mild antidepressant. Provides emotional well-being.

Mood Enhancer \$35

Fights depression and helps to focus

St. John's Wort: is a single herb. Historically used as a mild antidepressant; antibacterial, antiseptic, antiviral; helps repair nerve damage; typically used for minor cuts and injuries and anti-smoking.

Valerian Root: is a single herb. Historically used as a nerve tonic and sedative; helpful in nervous tension, anxiety, insomnia and regulates the heartbeat; helps in minor pain. Not recommended with people that are high strung, nervous, excitable or with "hot" disorders. Passion flower could be a better choice for those individuals.

5-HTP: (5-hydroxytryptophan) is a chemical that is produced in the body, from the amino acid tryptophan, which is obtained through food; after the body converts tryptophan into 5-HTP, it then converts 5-HTP into another chemical called serotonin. Serotonin is a neurotransmitter often called the "happy neurotransmitter" making it useful in helping with depression. Historically used as a mood elevator, helps promote sleep, reduces carbohydrate cravings; converts to serotonin in the brain.

Weight Loss

BF-4 \$45

Helps fat cells shrink and prevents fat cell formation

WheTea \$35

Targets abdominal fat and helps to shrink fat cells

Thermo X \$35

Increases your body's ability to burn fat

DHEA \$35

Boosts the body's metabolism and helps you burn fat

Lecithin \$35

Will emulsify fat and allow the body to eliminate it

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

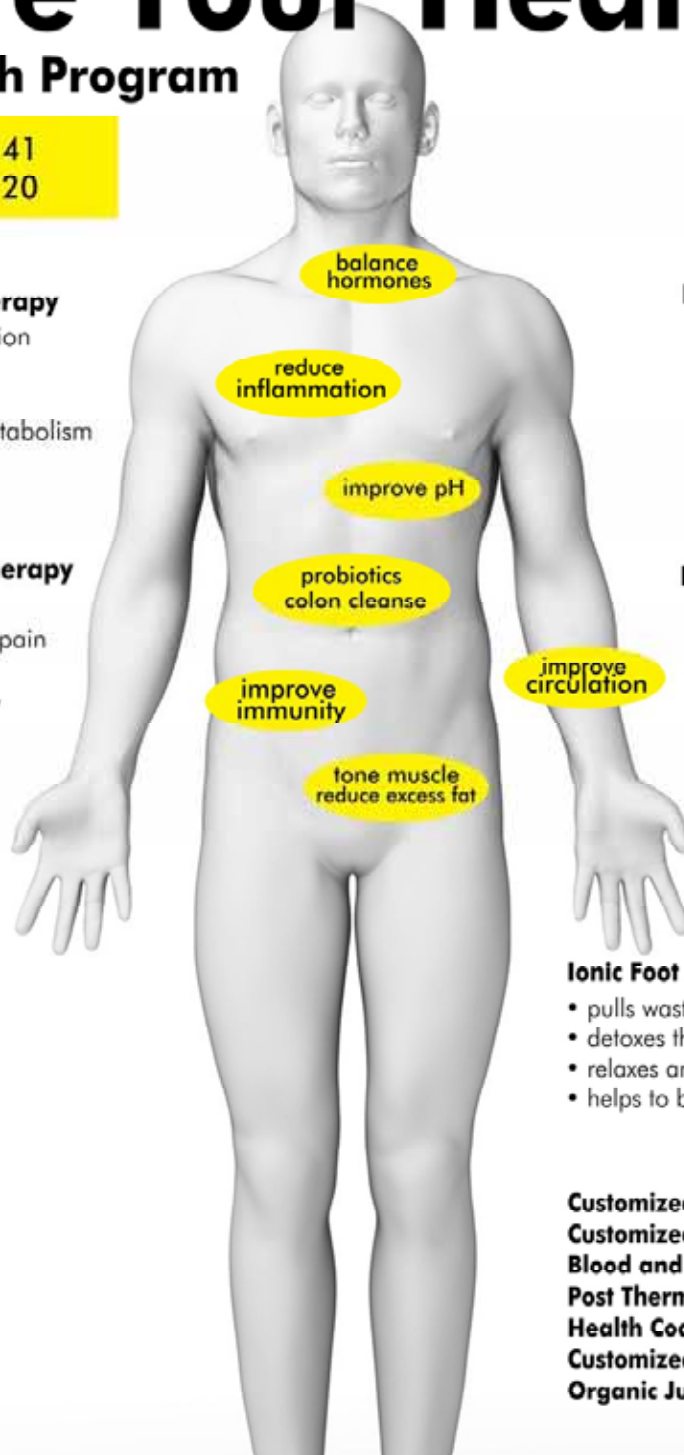
- lymphatic massage
- reduces inflammation and pain
- encourages blood flow
- relaxes and resets the body

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.

integrative oncology research

What is Integrative Oncology?

Integrative Oncology care is defined as comprehensive support for each stage of a cancer patient's experience (from diagnosis to treatment decisions and restoration of immune function and health after completion of standard treatments). Patients can receive care from traditionally trained and educated doctors of naturopathy, nutritionists and acupuncturists, all of whom may obtain advanced oncology training.

Treatment options include mind/body medicine, acupuncture, botanical medicine and nutritional support. In Integrative Oncology care doctors communicate with each participant's medical and radiation oncologists to ensure truly integrated care. The goal is to improve not just the quality of life of people living with cancer, but also to reduce the risk of cancer recurrence.

Your body's ability to heal is greater than anyone has permitted you to believe. Eat less processed foods, more whole foods, consume at least 16 oz of organic juices daily, and always have fiber in your meal. And remember - cancer is not a disease. It is a condition we create in the body.

The human body is a complex and responsive chemical factory. Muscles shiver to warm the body when the temperature falls. The pancreas produces insulin to control blood sugar levels. The kidneys remove urea, minerals, and water from the blood. White blood cells organize themselves to defend the body against infection.
The human body can heal itself.



liteon

is on the frontlines of integrative, alternative, natural and complementary medicine research.

We publish health briefs, new research, and editorials monthly and we are always exploring new complementary medicine in our wellness centers.

Dr. Steven T. Castille

integrative medicine
liteon Natural Health Foundation



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

Carencro Office: (337) 896-4141



namasté

(nah-mas-tay)

"I honor the place in you where Spirit lives.
I honor the place in you which is
of Love, of Truth, of Light, of Peace.
When you are in that place in you,
and I am in that place in me,
then we are One."

 **liteon**
Natural Health Center
Powerful, Positive Healing for Life
www.DrSteveCastille.com