

HEALTHY LIVING HEALTHY PLANET

natural awakenings

feel good • live simply • laugh more

FREE



Going for the Green

Go Eco, Spend
Less and Live Better

Doggie Etiquette

Society Manners
Earn a Welcome

The Magic of Mushrooms

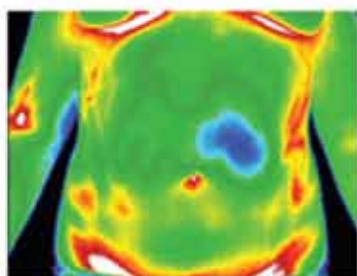
Culinary Powerhouses of
Nutrition and Medicine

Vanishing Icepacks

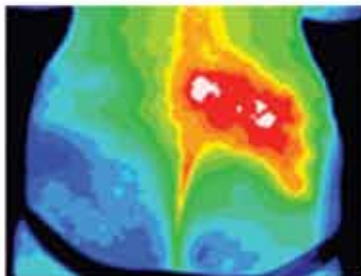
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Disappearing Glaciers

20 YEARS OF
PUBLISHING

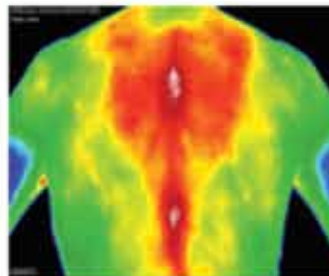
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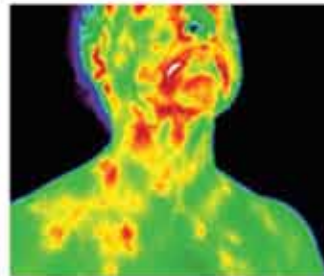
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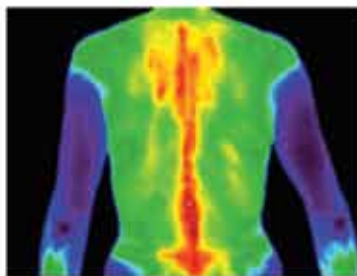
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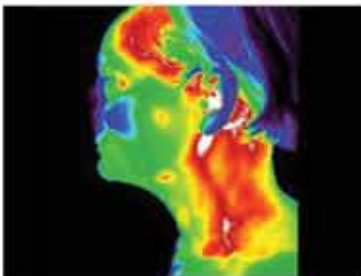
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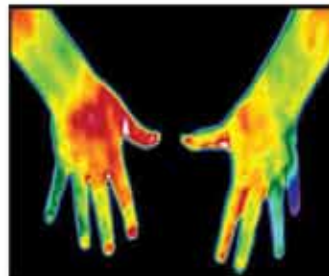
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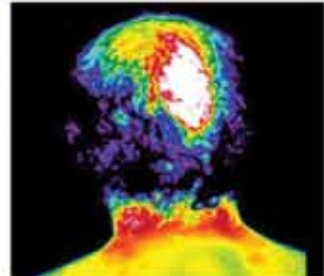
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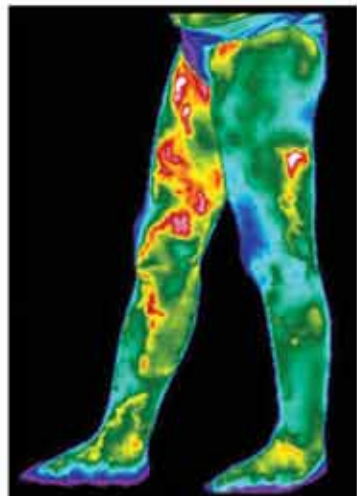
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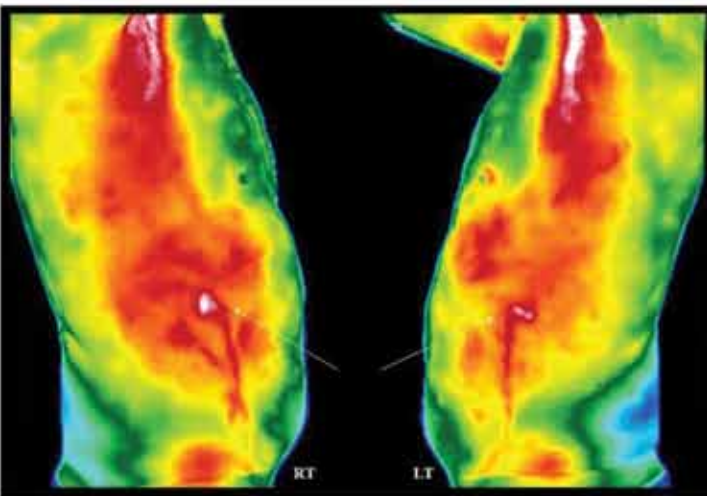
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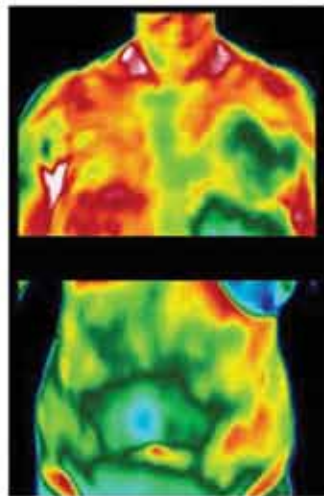
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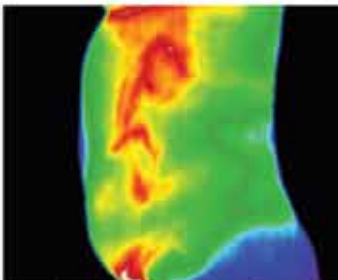
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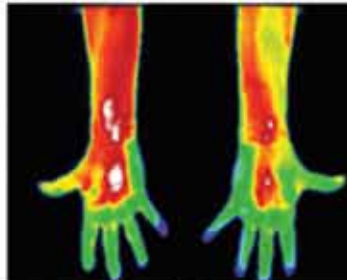
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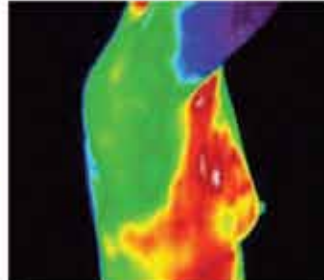
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



Lymphatic Congestion

\$94 Full-Body Thermography Screening



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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

GREEN WATERS

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ALKALINE WATER MAJOR BENEFITS

Lose Weight:

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

Anti Aging:

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

Reduce the Chances of Osteoporosis:

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

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

Build Cardiovascular Health:

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

Reduce Joint Pain and Arthritis:

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

Reduce Candida:

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

Reduce Infections, Flu and Colds:

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

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

Detoxify:

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

Decrease Risk of Cancer:

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

Increase Energy Reserves:

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



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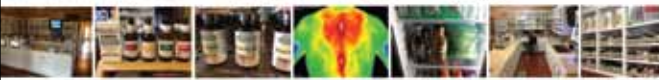
Natural Medicine

The Old Way - Before Drug Therapy

Nutrition • Diet & Food • Home Remedies • Naturopathy • Vitamin Therapy • Wellness

See our Natural Remedies Guide for:

• Addictions	• Bladder Infection	• Constipation	• Food Poisoning	• Infertility	• Prostate Problems
• ADD/ADHD	• Blood Clots	• Dermatitis	• Female Problems	• Irradiation	• Psoriasis
• Ane	• Blood Count	• Depression	• Gall Bladder	• Irritable Bowel Syndrome	• Rheumatism
• Age Spots	• High/Low Blood Pressure	• Diabetes	• Gingivitis	• Kidney Stones	• Rosacea
• Allergies	• Bursitis	• Dizziness	• Glaucoma	• Leg Cramps	• Scleritis
• Asherman's	• Breast Cysts	• Dyslexia	• Gout	• Legit	• Sinusitis
• Asthma	• Bronchitis	• Dysentery	• Hay Fever	• Lyme Disease	• Skin Tumor - Skin
• Anxiety/Panic Attacks	• Burns	• Diarrhea (Watery)	• Headaches/Migraine	• Memory	• Stress
• Aqueous Tears	• Carpal Tunnel	• Dry Skin	• Heartburn	• Menopause	• Swelling
• Appetite Suppression	• Cholesterol	• Ear Infection	• Hemorrhoids	• Menstrual Problems	• Tendinitis
• Atherosclerosis	• Cholecystitis	• Eczema	• Hepatitis	• Muscle Cramps	• Ulcers
• Autism	• Cholecystitis	• Encephalitis	• Herpes	• Nausea/Vomiting	• Varicose/Zoster Nerve
• Asthma	• Chronic Fatigue Syndrome	• Endometriosis	• HIV/AIDS	• Osteoarthritis	• Viral Infection
• Backache	• Coccyx	• Estrogen Dominance	• HIV/AIDS	• Osteoporosis	• Warts
• Bad Breath/Halitosis	• Cold Sores	• Fever	• Hot Flashes	• Parasites	• Water Retention
• Baldness	• Calcification	• Fibromyalgia	• Hypertension	• Parkinson's Disease	• Weight Loss
• Bladder Incontinence	• Canker Sores	• Flu (Influenza)	• Irritable Bowel Syndrome	• Psoriasis	• Yeast Infections
	• Common Cold		• Indigestion	• Poliovirus/Oral	



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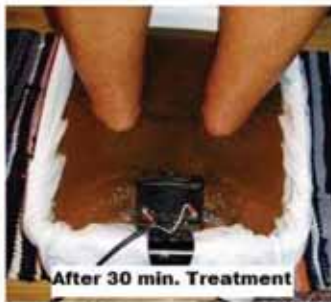
- Reduces pain
- Enhances body detoxification
- Deactivates yeast, fungus and viruses
- Stimulates the immune system
- Promotes weight loss
- Helps improve circulation
- Relieves tension
- Reduces inflammation
- Improves the body's oxygen levels
- Helps reduce acne and wrinkles

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To schedule your
first appointment

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helps fat cells shrink

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signals the body to
burn stored fat

Chromium

builds muscle and
burns fat

BF-4 contains all the four major fat
burners. You have no choice but to
lose the weight. *Call 896-4141 for more information on where to buy.*

publisher's letter



Spring is finally here and we are so excited about the freshness that comes with crocus, new buds and the greening grass. We love winter, but there is something about spring that lifts our hearts and fills us with optimism for the future. To celebrate the renewed hope of spring and Earth Day (April 22 marks the 44th anniversary), *Natural Awakenings* magazines all across the country will share their Green Living issue with over 3 million readers!

We've designed the issue to inspire you to repair your homes instead of buying new, to rethink using toxic lawn care chemicals, eating processed foods and being wasteful, and to celebrate the Earth as though there is no place else for us to live. We are thrilled that our readers are conscious consumers who are concerned about what they feed their families and what they feed their lawns and water tables. But what about the people we know who may not share our sentiments? We would like to request that you extend an olive branch (and a copy of the magazine) to your neighbors and friends who may still believe that artificially green lawns are in vogue and sugar-filled beverages are a healthy source of carbs. The best way to reach out is to be a role model. As Mohandas Gandhi said, "You must be the change you wish to see in the world." When everyone creates even a small change in their own circle, huge waves of positive energy of change will radiate outward. Please reduce, reuse, recycle, donate to worthy causes, and ask your friends to do the same.

Around the world, we have recently experienced yet another threat of war. We urge each of you to encourage our country's leadership to continue to work toward peace. If we want to see real peace on our planet, it must start with each of us—not by being angry or righteously indignant—but by being peaceful, loving and non-judgmental. It starts with each of us. Individually, we can make a difference in our own world, which ultimately gets projected to the rest of the world through a ripple effect.

So, read on and be inspired. If we can spur just one reader to take one small step toward living a more empowered and enriched life, then our efforts will have been well rewarded.

Finally, we want to personally thank you, the reader, for supporting the businesses in our magazine that strive everyday to improve our lives. Without them and your continued support, we could not accomplish our goals of bringing positive change to Acadiana each month. Thanks for reading and please share us with your friends!

Dear Lord, we know that the divine rule is to live a life of prayer and obedience before You. We press on to reach the goal for which You have called us. Amen.



Think green, live peacefully, share your love,

Steve and Michelle Castille, Publishers



contact us

Publishers

Steve & Michelle Castille

Editor

Beth Davis

Writers

Beth Davis & Miyoka Broussard

Outreach

Megan Reed

David Gradnigo III & Denise Ray

Design & Production

Gail Babineaux & Steve Castille

Calendar

Miyoka Broussard & Verla Winters

Distribution

Megan Reed and DaRon Ray

To contact Natural Awakenings Acadiana Edition:

100 E. Angelle Street, Carencro, LA 70520

Phone: 337-896-4141, Fax: 337-205-6191

publisher@NAacadiana.com

www.NAacadiana.com

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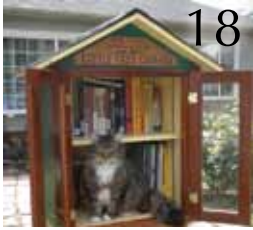
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advertising & submissions

HOW TO ADVERTISE

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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.

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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.

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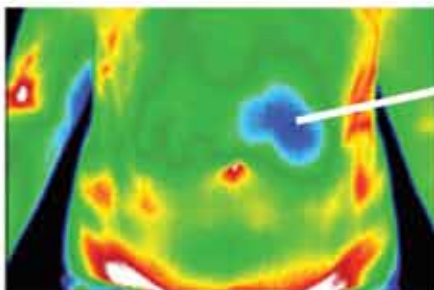


Your **HEALTH** must be the most important thing in the world to you.

Without your health you can not enjoy family or work.

What did I learn from my thermography exam?

- Franklin Carter, Jennings, LA



I have hypothermia in my stomach. The "good" bacteria has been damaged in my stomach and the natural flora of bacteria needs to be reestablished. I have malabsorption of my food and my low energy levels, weight gain, and headaches are because I am not absorbing enough nutrients.

\$94 Full-Body Thermography Screening



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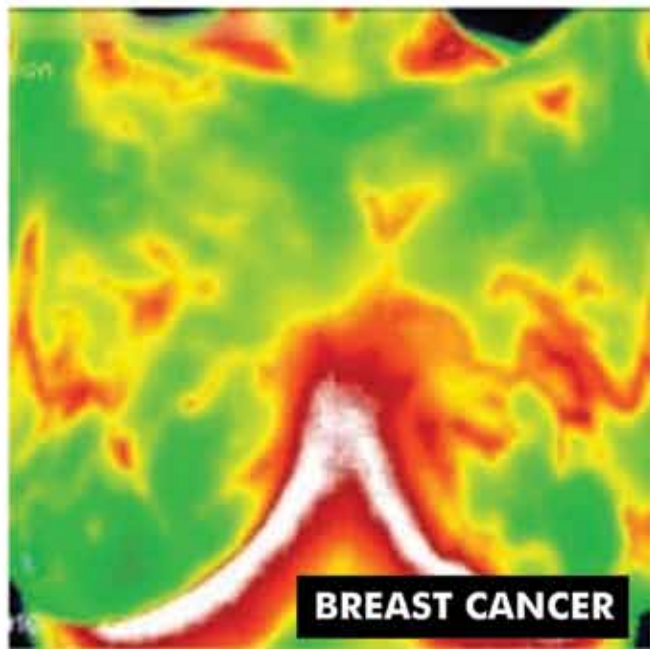
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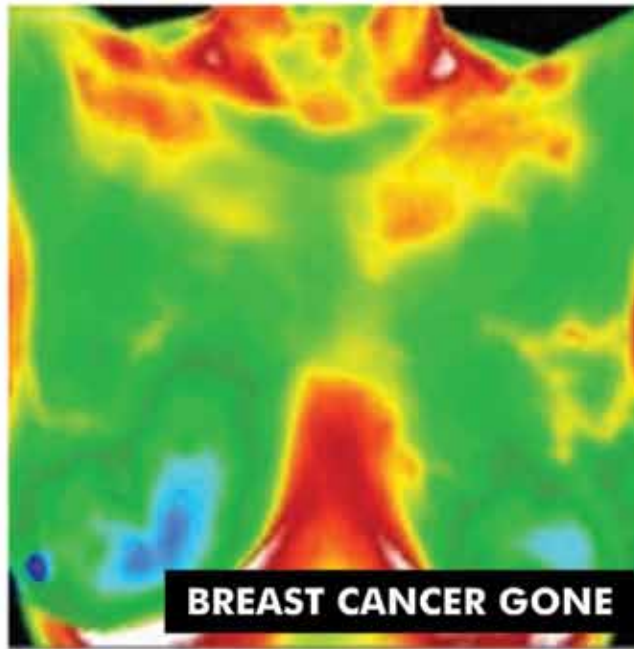
What's Wrong With My Body?

Thermography Imaging of the Breast

Thermography (infrared imaging) screens for early stage angiogenic blood vessel growth. A RESTORE HEALTH PROGRAM can help reverse angiogenic blood vessel growth.



This is an infrared image using thermography of a woman with diagnosed breast cancer in the left breast, with the accompanying network of angiogenesis, which can only be detected using thermography.



This infrared image was taken three months after the tumor was removed. With the tumor absent, the thermography exam confirmed that the angiogenesis has receded.

A 6-Week **RESTORE HEALTH PROGRAM** can significantly help to reduce your chances of developing breast cancer

Increases Circulation • Clears the Lymph Nodes • Helps to Clear the Colon • Helps to Alkalize the Body

1 in 3 Women Develop Breast Cancer in Louisiana

Source: American Cancer Society

Cancer cells feed themselves through angiogenic blood vessels

Humans are born with all their blood vessels; 60,000 miles worth in a typical adult. New, temporary blood vessels called angiogenesis only grow normally to build the lining of the uterus for the menstrual cycle each month, to nourish an embryo or to heal a wound. These blood vessels are kept under control with naturally occurring angiogenic inhibitors. In certain situations angiogenesis can go out of balance, resulting in a myriad of diseases. Angiogenesis is good and it is also bad. It is

a naturally occurring blood supply that we sometimes recognize as inflammation. Muscles need it for healing and cancer needs it to grow. Cancer does not start out with angiogenesis but if something goes wrong, it becomes the tipping point between a harmless growth and a potentially harmful one. Angiogenesis can be completely invisible to the human eye and x-rays. But it can be seen... with infrared eyes using thermography.

**RESTORE
HEALTH PROGRAM**

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Construction Begins on New Charter School

Construction has begun on Lafayette Renaissance Charter Academy (LRCA), a tuition-free public charter school, educating students in grades K-8. The school is scheduled to open this fall in Lafayette. Enrollment ended in March for the 2014-2015 school year (K-6). Subsequent grades will be added each year. LRCA is a member of the Charter Schools USA (CSUSA) family of schools, one of the largest providers of charter school management services in the nation.



The new two-story building will be approximately 57,954 square feet and include a 10,800-square-foot indoor gym. LRCA is open to all school age students who reside in Louisiana.

For more information, call 866-KIDS-USA.

Live Love Learn Tutoring Center Opens in Youngsville

A new tutoring business is helping students with the challenges around the new Common Core curriculum. The tutoring program is designed to aid both students and parents with the difficulties of this new system of learning. Live Love Learn fills the academic needs of the community by offering exceptional learning opportunities with diverse instruction designed to boost self-confidence while having fun learning. Live Love Learn wants children to be successful and make a difference in their learning.



Live Love Learn offers math and reading sessions. The tutoring session's curriculum is based on what students are currently working on in class. All tutoring sessions are 60 minutes long. Each month, the small group sessions focus on a particular skill that students are currently learning. This type of tutoring environment will help students be able to stay on track with their class lessons.

Location: Field Crest Village, 3125 E. Milton Ave., Suite 1, Youngsville. For more information, call 337-451-6277.

Open Air Fitness Training



For those searching for a challenging workout, along with a workout with a great group of people, open air fitness on The Road Less Traveled offers both. Classes, taught

by fitness trainer Debra LeBlanc, are held outside on the deck. Participants may enjoy a fun-filled exercise program to improve muscular and core strength, endurance, coordination, flexibility, speed, balance and weight loss. Every exercise can be adjusted (scaled up or down) to meet individual's needs. Free One-Time Session.

Participants can also learn about proper nutrition, healthy food choices and the importance of antioxidants. The Road Less Traveled offers a weight loss program with the use of the VibaBody vibration machine, compass assessments and a new addition—the Runnersago Pro. People may also take advantage of the new infrared full spectrum sauna and the package special, which includes one sauna session, one bamboo wrap and one compass assessment.

Location: 312 Guilbeau Rd., Lafayette. For more information, call 337-988-9889.

Herb Fest in Sunset

The 18th Annual Herb Festival will take place from 9 a.m. to 4 p.m. May 3, at Marie Street in Sunset. One hundred vendors will be selling yard art, fresh herbs, native plants, herbal products, plants and flowers. Attendees will enjoy food and fun for the whole family, including demonstrations by master gardeners. Food is provided by Food Trucks of Lafayette, Chef Gregory G. Smith and Acadiana Grilled Cheese Co.

The Sunset Garden Club sponsors this event and contributes proceeds to Sunset Sertoma Club, St. Landry Library, St. Jude Children's Hospital, St. Landry Crime Stoppers, and Susan Koman Breast Cancer Foundation.



Cost: \$5. For more information, contact the Sunset Garden Club, Vivian Olivier at 337-662-3542 or 337-371-0090.

53 Wheatgrass Health Benefits

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



MAJOR HEALTH BENEFITS

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

1. Wheatgrass is the ultimate energizer for body and mind.
2. 1oz of wheatgrass juice contains the nutrients of 2.5lbs of green vegetables!
3. Wheatgrass is superior to other vegetables because it has been found to have over 100 elements needed by man. If grown in organic soil, wheatgrass absorbs 92 of the known 102 minerals from the soil. (including calcium, magnesium, iron, zinc, potassium, phosphorus and cobalt).
4. Juice wheatgrass to fight and protect against illness.
5. Wheatgrass is a vitamin-rich superfood. Many amino acids, vitamins, and minerals.
6. Wheatgrass juice builds red blood cells: stimulates healing.
7. By drinking wheatgrass it improves digestion.
8. Drinking wheatgrass juice can slow the graying of hair.
9. Wheatgrass reduces high blood pressure as it enhances the capillaries.
10. Wheatgrass juice flushes the body of toxins.
11. Wheatgrass juice benefits the skin as it acts as a cleanser and astringent.
12. Science has proven that chlorophyll arrests growth and development of harmful bacteria.
13. Chlorophyll in wheatgrass also helps to purify the liver.
14. Drinking wheatgrass juice is useful in treating constipation and keeping the bowels open. It is high in magnesium.
15. Wheatgrass juice benefits and boosts sexual stamina. Farmers in the American midwest who have sterile cows and bulls put them on wheatgrass to restore fertility. (The high magnesium content in chlorophyll builds enzymes that restore the sex hormones).
16. A small amount of wheatgrass juice in the human diet prevents tooth decay.
17. Drinking wheatgrass juice helps in eliminating body odors.
18. Wheatgrass has a high amino acid content: promotes cell regeneration.
19. Wheatgrass is a potent source of enzymes: Maintains Youthfulness.
20. Liquid chlorophyll washes drug deposits from the body.
21. Chlorophyll in wheatgrass improves blood sugar problems.
22. Wheatgrass juice cures acne and even removes scars after it has been ingested for seven to eight months. The diet must be improved at the same time.
23. Wheatgrass juice benefits skin problems such as eczema or psoriasis.
24. Wheatgrass is great for blood disorders of all kinds.
25. Wheatgrass can dissolve the scars that are formed in the lungs from breathing acid gasses. The effect of carbon monoxide is minimized since chlorophyll increases hemoglobines production.
26. Wheatgrass juice benefits getting over sickness. Gargle wheatgrass juice to help get rid of a sore throat.
27. For pyorrhea of the mouth, lay pulp of wheatgrass soaked in juice on diseased area in mouth or chew wheatgrass. Spit out the pulp.
28. Wheatgrass juice can remove heavy metals from the body.
29. Wheatgrass juice is an excellent skin cleanser and can be absorbed through the skin for nutrition. Pour green juice over your body in a tub of warm water and soak for 15 to 20 minutes. Rinse off with cool water.
30. One may feel a difference in strength, endurance, health, and spirituality and experience a sense of well-being by drinking wheatgrass juice.
31. Wheatgrass benefits the body as a whole. It is a body cleanser, rebuilder, and neutralizer of toxins.
32. Wheatgrass implants (enemas) are great for healing and detoxifying the colon walls. The implants also heal and cleanse the internal organs. After an enema, wait 20 minutes, then implant 4-ounces of wheatgrass juice. Retain for 20 minutes.
33. Wheatgrass fights tumors.
34. Wheatgrass works as a sleep aide. Merely place a tray of living wheatgrass near the head of your bed.
35. Sweetens the breath and firms up and tightens gums. Just gargle with the juice.
36. Wheatgrass enhances a bath. Add some to your bath water and settle in for a nice, long soak to cleanse your skin.
37. Externally applied to the skin wheatgrass juice can help eliminate itching.
38. Wheatgrass is a beauty treatment that slows down the aging process when the juice is consumed almost immediately.
39. Wheatgrass juice restores fertility and promotes youthfulness.
40. Wheatgrass lessens the effects of radiation. One enzyme found in wheatgrass, SOD, lessens the effects of radiation and acts as an anti-inflammatory compound that may prevent cellular damage following heart attacks or exposure to irritants.
41. Wheatgrass juice held in the mouth for 5 minutes will eliminate toothaches and poisons from gums.
42. Wheatgrass benefits the bloodstream. Chlorophyll (found in wheatgrass) rebuilds the bloodstream. Studies of various animals have shown chlorophyll to be free of any toxic reaction. The red cell count was returned to normal with four to five days of the administration of chlorophyll, even in those animals that were known to be extremely anemic or low in red cell count.
43. Renowned nutritionist. Dr. Bernard Jensen says that it only takes minutes to digest wheatgrass juice and it uses up very little body energy.
44. Wheatgrass benefits the brain. It is high in oxygen like all green plants that contain chlorophyll. The brain and all body tissues function at an optimal level in a highly oxygenated environment.
45. Wheatgrass is 70% chlorophyll! Chlorophyll is the first product of light and contains more light energy than any other element.
46. Wheatgrass benefits the colon because it is a crude chlorophyll and can be taken orally and as a colon implant without toxic side effects.
47. Chlorophyll is the basis of all plant life and a very powerful energy booster .
48. Dr. Ann Wigmore helped people get well from chronic disorders for 30 years using wheatgrass.
49. Wheatgrass juice benefits a detox. It is a superior detoxification agent compared to carrot juice and other fruits and vegetables. Dr. Earp Thomas, an associate of the late Ann Wigmore, says that 15 pounds of wheatgrass is the equivalent of 350 pounds of carrots, lettuce, celery, and so on.
50. In the 1940 American Journal of Surgery, Benjamin Cruskin, MD recommended chlorophyll to: clear up foul-smelling odors, neutralize strep infections, heal wounds, hasten skin grafting, cure chronic sinusitis, overcome chronic inner-ear inflammation and infections, reduce varicose veins and heal leg ulcers, eliminate impetigo and other scabby eruptions, heal rectal sores, successfully treat inflammation of the uterine cervix, get rid of parasitic vaginal infections, reduce typhoid fever, and cure advanced pyorrhea in many cases.
51. Drinking wheatgrass juice benefits human tissue. Liquid chlorophyll gets into the tissues, refines them, and rebuilds and rejuvenates them.
52. Wheatgrass is a natural healer. Chlorophyll is anti-bacterial and can be used inside and outside the body as a healer.
53. Wheatgrass contains the P4D1 Enzyme that has been found to do two things in the human body. It is the first known substance to actually stimulate repair of DNA molecules. It is possible that disease cells can be repaired with P4D1 so that when they reproduce they will actually produce good cells. P4D1 has also been shown in laboratory tests to eat the protein sheath off a cancer cell so that the white blood cells can attack and destroy them.

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Home Renovations Aggravate Childhood Asthma



New research suggests that renovation planning should involve more than just picking the right colors and styles; doing it right may help prevent childhood respiratory conditions. Researchers from St. Louis University, in Missouri, linked home renovations with increased wheezing, asthma and chronic coughing among children living in the home. The study, published in the *American Journal of Public Health*, followed 31,049 children between the ages of 2 and 14 years old from seven Chinese cities over a two-year period.

Previous research has also reached a similar conclusion, identifying some specific materials responsible for increased childhood respiratory disorders. A Russian study of 5,951 children ages 8 to 12 found that increased asthma and wheezing were related to recently completed painting, as well as the installation of new linoleum flooring, synthetic carpets, particleboard and wall coverings.

That study, published in the same journal states, "Exposure levels are the highest during and shortly after painting, but low levels of exposure may remain for several months. Wooden furniture, as well as painted or varnished and new furniture, is likely to emit chemical substances."

A 2002 study of New York children published in the *Journal of Urban Health* found similar results.

Ventilation and Cleaning Hinder Indoor Pollutants



Properly ventilating and frequently cleaning our homes and offices are both important to our health, concludes a new European study published in the *Journal of Environmental Science and Health*. Researchers analyzed bacterial and fungal counts and suspended particulate matter in indoor air samples of 40 homes and offices. They determined that 45 percent had indoor pollution levels greater than that recommended by the current European Concerted Action Report on air quality standards.

An analysis of a Canadian government Health Measures Survey discovered 47 different indoor volatile organic compounds (VOC) among more than half of the 3,857 households surveyed throughout Canada. Most of the VOCs identified there have also been present in separate European and U.S. studies.

According to the U.S. Environmental Protection Agency (EPA), VOCs are carbon chemical compounds that can evaporate under normal indoor atmospheric conditions. The concern with indoor VOCs is their potential to react with indoor ozone to produce harmful byproducts that may be associated with adverse health effects in sensitive populations.

Benzene, trichloroethylene, tetrachloroethylene and xylene top the list of common VOCs inside U.S. households, according to an EPA report. Typical sources comprise common household chemicals, furnishings and décor, as well as indoor activities such as unventilated cooking, heating and smoking.



Orange Oil Calms Kids in Dental Chairs

For centuries, aromatherapy using orange oil has been heralded in traditional herbalism for its ability to alleviate anxiety. Research published in the journal *Advanced Biomedical Research* now finds that aromatherapy using the same ingredient can significantly reduce a child's anxiety at the dentist's office.

The study, conducted at Iran's Isfahan University of Medical Sciences and published in the peer-reviewed journal *Advanced Biomedical Research*, tested 10 boys and 20 girls between 6 and 9 years old. In this crossover design study, participants were assigned randomly into two groups. Half the children were treated with water instead of any essential oil (control) initially and received orange aroma in the second session (intervention). Another 15 children received treatment under orange aroma in the first encounter (intervention) and were treated without any aroma the second time (control). When the children were given orange oil aromatherapy, they experienced significantly reduced heart rates and lower salivary cortisol levels compared with those not receiving it.

The results corroborate findings from a 2000 study from the University of Vienna, in Austria, published in *Physiology and Behavior*.

Olive Leaf Outperforms Diabetes Drug



Olive leaf may provide nature's answer to diabetes treatment. A recent study from the University of Auckland, in New Zealand, suggests that olive leaf extract can help reduce insulin resistance and increase insulin production by beta cells in the pancreas.

The researchers tested 46 middle-aged, obese adults at risk for developing metabolic syndrome-related Type 2 diabetes. In the double-blind, placebo-controlled study, olive leaf extract outperformed the diabetes drug metformin and "significantly improved insulin sensitivity and pancreatic beta-cell secretory capacity," according to the researchers. Insulin helps escort glucose into the body's cells.

Supplements Could Save \$70 Billion in Medical Costs



In a Frost & Sullivan study report authored by Christopher Shanahan and Robert de Lorimier, Ph.D., the use of dietary supplements, including B vitamins, phytosterols and dietary fiber, could reduce the cost of treating coronary artery disease in the U.S. by nearly \$50 billion over the next seven years. In addition, healthcare costs related to diabetes, vision problems and osteoporosis could be reduced by nearly \$20 billion collectively with the use of certain supplements.

The projections were based on cost-benefit analysis comparing a series of scenarios to assess the effect on overall disease management costs if an identified high-risk population were to avoid costly medical events by increasing their intake of dietary supplements purchased out-of-pocket versus no supplement usage.

"The healthcare system spends a tremendous amount of money treating chronic disease, but has failed to focus on ways to reduce those costs through prevention," says Steve Mister, president of the Council for Responsible Nutrition Foundation. According to the Centers for Disease Control and Prevention, only 3 percent of U.S. healthcare costs are spent on the prevention of chronic diseases.

Air Conditioning Cleans Up Indoor Air

Air conditioning does more than keep us cool. A study of 300 adults and homes concludes that central air conditioning removes significant levels of volatile organic compounds and pollution particulates from indoor air. The research, published in the journal *Science of the Total Environment*, finds that using air conditioning with windows closed reduced indoor air pollution the most. One caveat, however, is that the research was conducted in Taipei, China—notable for its extreme outdoor pollution.

Another recent study published in *Environmental Science* confirms the general premise. A research team in Zhejiang, China, found that air conditioning reduced the presence of potent atmospheric pollutants known as polycyclic aromatic hydrocarbons (PAC) by 23 percent. PACs contain compounds that are carcinogenic, mutagenic and teratogenic (damaging to fetuses).



Tomatoes Prevent and Even Treat Liver Disease

Tomatoes are widely known for their outstanding antioxidant content, anti-inflammatory and cancer-fighting properties, plus benefits to heart health. Now, research from the U.S. Department of Agriculture Human Nutrition Research Center, at Tufts University, in Boston, Massachusetts, has found that consuming tomatoes—particularly their lycopene content—can also help prevent and even treat both liver disease and cancer of the liver.

The researchers combed through 241 studies and scientific papers to connect the dots. They report that lycopene up regulates the sirtuin 1 (SIRT1) protein, meaning it increases the number of receptors on cell surfaces, thereby increasing cellular response to it. SIRT1 activation is recognized to protect against obesity-induced inflammation and degeneration of the liver, explain the study's authors. Lycopene was found to protect against fatty liver disease, liver fibrosis and the formation of cancer in the liver and lungs.

Multiple studies have shown cooked tomatoes and tomato sauce offer increased bioavailability of healthful lycopene.

Dr. Steve's

Recommendations for Eating Healthy

Fats & Oils

6 Servings / day

2 T....Avocado	2 T....Parmesan cheese
1 t....Butter (2 t. whipped)	1 T....Pesto (Olive oil)
1 T....Chocolate, dark (1 oz)	1 t....Mayonnaise
1½ T....Coconut milk (½ c light)	1 T....Salad dressing made with quality oils
2 T....Half and Half	
8.....Olives, black or green	
1 T....Oils, cooking or salad: Almond, Canola, Coconut (virgin), Grapeseed, Flax Seed Oil (cold pressed), Olive (extra virgin) Safflower or Sunflower high oleic oil, Sesame, Walnut	

1 serving = 45 calories, 5 g fat

Nuts & Seeds

4 Servings / day

6.....Almonds	10.....Peanuts
2.....Brazil nuts	4.....Pecan halves
6.....Cashews	1 T....Pine nuts
3 T....Coconut (unsweetened)	16.....Pistachios
2 T....Flax seed, ground	1 T....Pumpkin seeds
5.....Hazelnuts	1 T....Sesame seeds
6.....Mixed nuts (50% peanuts)	1 T....Sunflower seed kernels
½ T....Nut butters (1½ t)	2 t....Tahini (sesame paste)
1 T....Nut oils	4.....Walnut halves

1 serving = 45 calories, 5 g fat

Protein

8 Servings / day

Plant Protein: (organic, non-GMO preferred)	1 oz...Feta cheese, low-fat
1 oz...Burger alternatives: mushroom, soy, veggie	1 oz...Fish/Shellfish (omega-3 rich: halibut, mackerel, salmon, sardines, tuna)
3 T....Miso	1 oz...Meat: beef, buffalo, elk, lamb, pork, veal, venison, wild game
¼ c....Natto	1 oz...Poultry (skinless chicken, turkey, Cornish hen)
1 oz...Soy foods: soy burgers, soy cheeses, soy dogs	¼ c....Ricotta cheese, low-fat
½ c....Tofu, tempeh	
Animal Proteins (very lean cuts or low-fat)	Protein Powder:
½ oz...Beef jerky	Check label for #grams/scoop (1 protein serving = 7 g)
1.....Egg or 2 egg whites	
½ oz...Cheese, hard	
1 oz...Cheese, low-fat	
¼ c....Cottage cheese, low-fat	

1 oz serving = 50-100 calories, 7 g pro

Non-starchy Vegetables

3-4 Servings / day

Artichoke	Chard/Swiss Chard	Onions, leeks, shallots
Asparagus	Cucumbers	Peppers
Bamboo shoots	Eggplant	Radish
Bean sprouts	Greens (beet, collard, dandelion, kale, mustard, turnip)	Spinach
Bell peppers		Squash, summer
Bok choy		Tomato
Broccoli	Green beans	Vegetable juice (¼ c)
Brussels sprouts	Jicama	Fermented vegetables (kimchi, sauerkraut)
Cabbage	Lettuce	
Carrots	Mushrooms (Crimini, Shiitake)	
Cauliflower	Okra	
Celery		

1 serving = ½ c cooked, 1 c raw, 10-25 calories, 5 g carb

Legumes

2 Servings / day

½ c....Cooked dried peas, beans, or lentils
¼ c....Bean soups
½ c....Edamame, steamed (green soybeans)
½ c....Hummus or other bean dips
½ c....Fat-free refried beans

1 serving = 110 calories, 15 g carb, 7 g pro

Low-fat Dairy/ Alternatives

3 Servings / day

8 oz...Buttermilk, nonfat or 1%
8 oz...Kefir, nonfat or 1%
8 oz...Milks: cow, goat, sheep milk, skim or 1%
8 oz...Milk alternates: nut, hemp, rice, soy milks; low-fat
6 oz...Yogurt, cow or soy (plain, nonfat or 1%)
½ c....Yogurt, Greek (plain, nonfat or 1%)

1 serving = 70-100 calories, 12 g carb, 7 g pro

Starchy Vegetables

2 Servings / day

1 c....Acorn squash, cubed	½ md.Potato (sweet, white)
1 c....Beets, cubed	½ c....Potato, mashed (sweet, white)
1 c....Butternut squash, cubed	½ c....Corn
½ c....Corn	½ c....Winter roots or squashes, (acorn, beet, butternut, parsnip, pumpkin, rutabagas, turnip)
½ c....Corn-on-the-cob	
½ c....Green peas	
½ c....Plantain (½ whole)	
1 c....Snow peas	

1 serving = 80 calories, 15 g carb

Fruits (No sugar added)

2 Servings / day

1 sm..Apple	½.....Grapefruit or (¾ c sections)	1 sm..Pear
½ c....Applesauce (unsweetened)	15.....Grape	¾ c....Pineapple
4.....Apricots, fresh	1.....Kiwi	2 sm..Plums
½.....Banana, med	½ sm.Mango	1 sm..Pomegranate
¾ c....Blackberries	1 c....Melon	3 md..Prunes
¾ c....Blueberries	1 sm..Nectarine	2 T....Raisins
12.....Cherries	1 sm..Orange	1 c....Raspberries
3.....Dates or Figs	1 c....Papaya	1¼ c..Strawberries
½ c....Fruit juice	1 sm..Peach	2 sm..Tangerines
		2 T....Dried fruit

1 serving = 60 calories, 15 g carb

Grains

2 Servings / day

Amaranth*	Oats	Spelt
Bulgur (cracked wheat)	Quinoa*	Tapioca*
Buckwheat/kasha*	Rice*	Teff*
Kamut	Semolina	Whole wheat
Millet*	Sorghum*	Serving = ½-1 c
¼.....Bagel, large (whole grain)	¼ c....Muesli	
½ c....Bulgur, cooked	½ c....Pasta, whole grain	
½.....Bun (whole grain)	½.....Pita, whole grain	
1 sl...Breads, whole grains	3 c....Popcorn	
½ c....Cereal, cooked (oatmeal, wheat, grits)	½ c....Quinoa*	
¾ c....Cereal, ready-to-eat (high fiber, whole grain)	½ c....Rice*	
4-7....Crackers, whole grain/rye	1 sl...Rice bread*	
xx....Corn*/Cornmeal*	2.....Rice cakes (brown)*	
½ c....Couscous	3-4....Rice crackers*	
½.....English muffin, whole grain	½ c....Rice noodles or pasta*	
½ c....Kasha, cooked	1.....Tortilla, 6 inch, whole grain or rice	

* = Gluten free
1 serving = 75-110 calories, 15 g carb

20 Best Foods for FIBER



Corn White Beans Black Beans



Kidney Beans Garbanzo Beans Avocado



Whole-wheat pasta Brown Rice Edamame



Whole-wheat bread Lentils Pear



Artichoke Oatmeal Raspberries



Peas Broccoli Apples



Almonds Barley

Fiber can lower blood sugar, cut cholesterol, and may even prevent colon cancer and help you avoid hemorrhoids. If it were a drug, the world would be clamoring for it.

But few people are getting enough.

Women should get about 25 grams a day and men at least 35 to 40, but the average person gets just 15 grams a day. Eating fiber-rich whole foods—not foods that tout "added fiber"—is the best way to increase your fiber intake.

- Dr. Steven T. Castille

Illness and Disease are not "caught".

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

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

Vitamins and minerals are "used" by the body. As they perform their function, they often use themselves up in the process, which is the case with most of the critical disease fighting antioxidants. Even thinking uses vitamins and minerals. Exercise and stress use a lot of vitamins and minerals; the use of diuretics (substances that increase the discharge of urine) such as drugs, alcohol, coffee, tea and sodas --- washes vitamins and minerals out of the body creating deficiencies --- that can create a major health problem! Tobacco and alcohol can also inhibit the absorption of vitamins and minerals, or accelerate the loss of them.

"You can not drug your body back to good health. You can only heal the body by providing it the vital nutrients it needs to restore and rebuild naturally."

- Oliver Frank Matthews, MD



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



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Food Charter

United Nations Blueprints
Sustainability Goals

A new publication, *Trade and Environment Review: Wake Up Before it is Too Late*, from the United Nations Commission on Trade and Development, declares that transformative changes are needed in current food, agriculture and trade systems to increase diversity on farms, reduce use of fertilizer and other inputs, support small-scale farmers and create strong local food systems.

Key indicators of needed transformation in agriculture include increased soil carbon content and better integration between crop and livestock production; more incorporation of agroforestry and wild vegetation; reduction in greenhouse gas (GHG) emissions of livestock production; reduction of GHG through sustainable peatland, forest and grassland management; optimization of organic and inorganic fertilizer use; reduction of waste throughout the food chains; changing dietary patterns toward climate-friendly food consumption; and reform of the international trade regime for food and agriculture.

The report includes contributions from more than 60 international experts, including a commentary from the Institute of Agriculture and Trade Policy.

Source: iatp.org



Pick-Me-Up Books

Mailbox Libraries Gain Worldwide

Alice Mills smiles as she looks at the box that sits on her lawn in Hutchinson, Kansas, an act of kindness for neighbors and the community. Inside the box is a miniature library. Books sit on two shelves; the bottom with short stories for children and the top with novels for adults. After her children grew up and moved away from home, they took the books they wanted with them. The rest sat on a bookshelf collecting dust. "If they're here, they're not being read," Mills says.



The concept for the Little Free Library began in 2009 to promote literacy and the love of reading, as well as to build a sense of community, according to LittleFreeLibrary.org. They are now popping up around the world in the United States, Bulgaria, Germany, Italy, Pakistan, Spain, Turkey and the Congo.

A recent Pew Internet & American Life Project survey shows that Americans strongly value the role of public libraries in their communities, both for providing access to materials and resources and for promoting literacy and improving the overall quality of life. More than half used a public library in a one-year period, and 72 percent say they live in a "library household". Most Americans say they have only had positive experiences at public libraries and value a range of library resources and services. National Library Week begins April 13.

Contributing source: HutchNews.com

CO₂-Correct Food

Menus Minimize Greenhouse Gases

Experts at the Rowett Institute of Nutrition and Health, at Aberdeen University, in Scotland, have created a new menu plan that is healthy and nutritious, as well as good for the environment. The researchers compiled a shopping list of 52 foods arranged in categories according to how much climate-changing greenhouse gases are produced to make and transport them (Tinyurl.com/ScottishDiet).

They then devised a weekly weight allowance for each food, which when followed, would reduce the use of greenhouse gases by about a third. Surprisingly, the list features foods such as chocolate, ice cream and red meat, but anyone wanting to reduce their carbon footprint must only eat them in relatively tiny quantities.

Some food groups, such as dairy products and meat, produce much bigger emissions of greenhouse gases such as carbon dioxide than others because of the way they are manufactured and brought to market. The production of fruit, vegetables and legumes is much less likely to produce such high emissions.

Source: Scotsman.com



Trees are Trying

Forests Have Limited Powers to Save Us

Forests have a finite capacity to soak up atmospheric carbon dioxide, according to a recent study from Northern Arizona University. Results published in the online journal *New Phytologist* illustrate how today's rising atmospheric levels of carbon dioxide (CO₂) might alter the carbon and nitrogen content of ecosystems.

In contrast to expectations, research over an 11-year period showed that ecosystem carbon uptake was not significantly increased by high CO₂. While plants did contain more carbon in the presence of higher CO₂ levels, the soil lost carbon content due to microbial decomposition. These factors essentially canceled each other out, signifying that nature cannot entirely self-correct against climate change.



GMO Go-Ahead

Feds Give Dangerous Green Light

The U.S. Department of Agriculture has issued a draft statement essentially giving the green light to the marketing, sale and planting of Dow Chemical's genetically modified (GM, GMO, GE) corn and soybeans resistant to 2,4-D, which will trigger a huge increase

in the use of the toxic herbicide.

The determination under the Plant Pest Act comes despite intense opposition over the past two years from farmers, more than 400,000 other individuals and some 150 farm, fishery, public health, consumer and environmental groups and private businesses.

Meanwhile, the Grocery Manufacturers Association has issued talking points against GMO labeling laws for food industry lobbyists that claim the laws are unconstitutional, violating the First Amendment, although other legal experts say the assertion is baseless.

Albatross Advance

Other Endangered Animals Continue to Decline

The International Union for Conservation of Nature (IUCN) has updated its "red list" of threatened species, upgrading two kinds of albatross. However, the okapi, or "forest giraffe", has taken a turn for the worse in Africa; the species is now listed as endangered and its numbers are dwindling, say IUCN officials.

Among species that saw an increase in population are the black-browed albatross, which was promoted from endangered to near threatened, and the black-footed albatross, which went from vulnerable to near threatened.

With stripes on its legs similar to those on zebras, the okapi is revered in its native habitat within the Democratic Republic of the Congo and even appears on the country's currency. Protecting the species has been difficult amid political turbulence because armed rebels, elephant poachers and illegal miners encroach on parts of the okapi's range, say conservationists.



Source: Mother Nature Network

Marine Maneuvers

Harnessing the Ocean's Power Potential

The U.S. Department of Energy (DOE) is investing \$16 million on 17 tidal and wave projects to sustainably and efficiently capture energy from waves, tides and currents. The projects will also help gather crucial data on how these devices interact with the surrounding environment.

The DOE will also spend \$13.5 million on eight projects to help U.S. companies build durable, efficient wave and tidal devices that reduce overall costs and maximize the amount of energy captured. Specifically, the projects will focus on developing new components and software that predicts ocean conditions and adjusts device settings accordingly to optimize power production.



Source: Ecoseed.org

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Hot 'n Sunny

Cheaper Solar Panels Spur Job Growth

Solar industry jobs are up nearly 20 percent in the 14 months through November 2013 as cheaper panels and rising electricity rates spurred people to turn to solar, according to a report by the non-profit Solar Foundation research group.

At latest count, solar companies employ nearly 143,000 solar workers, up more than 23,000 from September 2012—a job growth rate that's 10 times faster than the national average and is helping local economies, according to the foundation. The industry is expected to create 22,000 new jobs in 2014, although at a slower pace than 2013. Cuts of 8,500 positions are projected in the sector that generates electricity from fossil fuels.

Solar firms surveyed in the report said that more than 50 percent of their business and homeowner customers turned to solar to save money, while nearly 23 percent said they invested in panels because costs are now comparable with utility rates. The report noted that the cost of solar equipment has fallen about 50 percent since the beginning of 2010, motivating more people to go green.

Porous Pavement

Widespread Use Awaits Cleaning Machines

Rainwater flows through porous pavement, allowing it to quickly reach soil, which helps keep pavement clearer from ice and snow in the winter and reduces the amount of pollutants that rain washes off of streets and into bodies of surface water.



"It works about 50 percent of the time," says David Drullinger, an environmental quality professional with the Michigan Department of Environmental Quality. He explains that dirt, sand and other debris get stuck inside the pavement; for it to be effective again, it must be cleaned. More machines capable of unclogging these road surfaces are needed before widespread installation is viable.

As more contractors gain experience working with the new material, the more effective it may become. Several communities in Michigan already are adopting the use of porous pavement for its benefits.

Source: *GreatLakesEcho.org*

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Heirloom Home

A Fresh Look at Furnishings that Last

Why not expand on the spring tradition of home cleaning by appraising existing home furnishings and décor to see how rearrangements can freshen the whole presentation? Employing a few basic creative strategies will yield long-lasting beauty, cost savings, health benefits and utility, all adding up to enhanced sustainability.

Secondhand items readily spruce up interiors when they are thoughtfully selected. Look for gently used, new-to-you items—ranging from furniture and lamps to accent pieces like pottery and wall art—at antique and thrift shops, yard and estate sales or via online forums such as *Craigslist.com* and *Freecycle.org*. Seeking out fair trade items helps support a fair wage for artisans around the world.

Plants enliven and beautify any space while cleaning indoor air, according to a recent study by the National Aeronautics and Space Administration and Associated Landscape Contractors of America. Plants cited as especially effective in removing formaldehyde, benzene and carbon monoxide from the air include bamboo palm, Chinese evergreen, English ivy, gerbera (African) daisy, chrysanthemum and peace lily. Pot them in used jars or other repurposed containers to conserve materials and add character and more personality to home décor.

Overall balance is key. “An imbalanced room has large furniture grouped together at one end and lightweight furniture and bare walls at the other,” says professional designer Norma Lehmeier Hartie, author of *Harmonious Environment: Beautify, Detoxify & Energize Your Life, Your Home & Your Planet*. “The effect is like being on a tilting boat in a storm.”

Furniture arrangements are best when they allow light to flow through spaces with ample allowance for moving about the room. The ideal setup facilitates workable projects and small-group conversations. Round tables help make everyone feel like they belong, according to green living expert Annie Bond.

Sustainable kitchen wares are often the classiest. Sturdy pots, pans and kettles, like Le Creuset and Picquot Ware, may offer replacement parts and lifetime guarantees; Bialetti and Bodum coffee makers and Littala glassware are durable and long-lasting. While some may cost more upfront, their longevity saves money over time. Then there’s always grandma’s iron skillet.

Additional sources: *GreenPages.org* and *GreenAmerica.org*



Detoxifying Foot Bath

It all starts when you put your feet in the water. But it doesn’t stop when you take your feet out.

The detoxifying foot bath produces a charge which stimulates the cells within the body. The positive and negative charges in the water allow the body to attract and use the negative ions to rebalance and release toxins. This allows for the release of these toxins through the 4,000 pores in the feet. Your body will continue to detoxify for up to 48 hours after treatment.

Water is of particular importance to the functional performance of the body. Water makes up about two thirds of the body’s weight, and it is used as a solvent in which chemical reactions take place— as a solvent for waste matter which passes out of the body in a solution; for transporting substances around the body (water is a major part of blood and lymph); and as a means of keeping cool. In the 1930 s Dr. Royal Rife conducted research which concluded that certain electrical frequencies could prevent the development of disease, while other electrical frequencies can completely destroy certain viruses, bacteria and other pathogens.


How does it Work?

The foot spa contains water, a saline solution and an electro-magnetic device called an “array.” You place your feet in the bath of lukewarm water that has a small amount of salt added, in the form of a solution, which aids the conductivity of the water. When the system is switched on, the array immersed in water creates a series of positive and negative ions – electrons. The body will absorb the electrons and a natural rebalancing of the cells in the body will take place.

While you are relaxing, the water will immediately start to change color as millions of ions enter your body and begin to neutralize tissue acid wastes. The color change and sediment you see in the water is produced by the ionization interaction of the current flow—the metal in the array and the toxins in the water and body. Negative and positive ions attract toxins and are released from the body via osmosis. This has a very effective way of cleansing the body from toxins. The benefits of the detoxifying foot bath are detoxification, stimulation and balancing of the body’s energy meridans, and ATP production. ATP has natural body chemicals that extract energy from your food and makes it available for numerous physiologic functions in the body. You will feel great, sleep better and have more energy. If nothing else works you get a relaxing foot bath.



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- Includes unlimited wellness visits with naturopathic doctor or clinician
- One month supply of recommended nutritional supplement every month
- Nutrition assessment and vitamin test each month
- Thermography exam every six months
- Up to six foot detox sessions per month
- Full Body Composition screening each office visit (pH, BMI, Visceral Fat...)
- Three holistic therapy visits per month (sauna, whole body vibration, foot detox, massage)

* up to two services per 1 1/2 hour visit

Lecithin Deficiency

The signs and symptoms of lecithin deficiency include:

- forgetfulness
- nausea
- fat intolerance
- soreness and cramps
- hypertension



Lecithin Benefits

- keeps the cell walls soft and supple
- prevents oxidation
- helps to prevent cancer
- reduces anxiety & depression

Lecithin plays a crucial role in the health and structure of the nervous system. Approximately 30% of your brain is composed of lecithin, and this vital nutrient comprises about two thirds of the fatty myelin sheath which surrounds the brain, spinal cord and untold miles of nerves.



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Liteon Naturals is a leading provider of quality nutrition supplements and cutting-edge health education. We offer effective solutions for people interested in smart, healthy weight loss and a healthy lifestyle.

Liteon Naturals was founded on a passion for helping others achieve optimal health and energy--not just for 6 weeks or for 6 months, but for life! We empower you to make these positive life changes and provide the world's best products to support those changes.



Folic Acid Deficiency

The signs and symptoms of folic acid deficiency disease include:

- Fatigue, tiredness
- Feeling generally weak
- Forgetfulness
- Being irritable, easy irritated



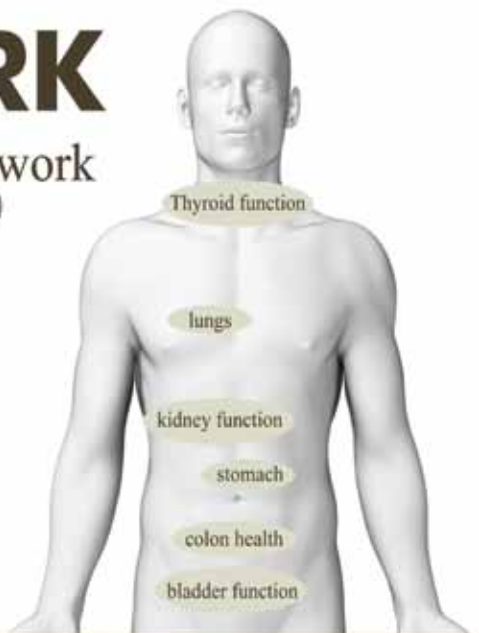
Folic Acid Benefits

- to produce healthy red blood cell
- enhances brain health
- reduces risk of heart disease
- reduces risk of stroke

Folic acid-rich foods include: fortified breakfast cereals; enriched bread, rice, pasta and other grain products; orange juice; green vegetables; and legumes such as navy beans, kidney beans, lentils and garbanzo beans. A large glass of orange juice and a bowl of fortified cereal will provide 50-100% of the recommended daily amount of folic acid.

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

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Price: \$35

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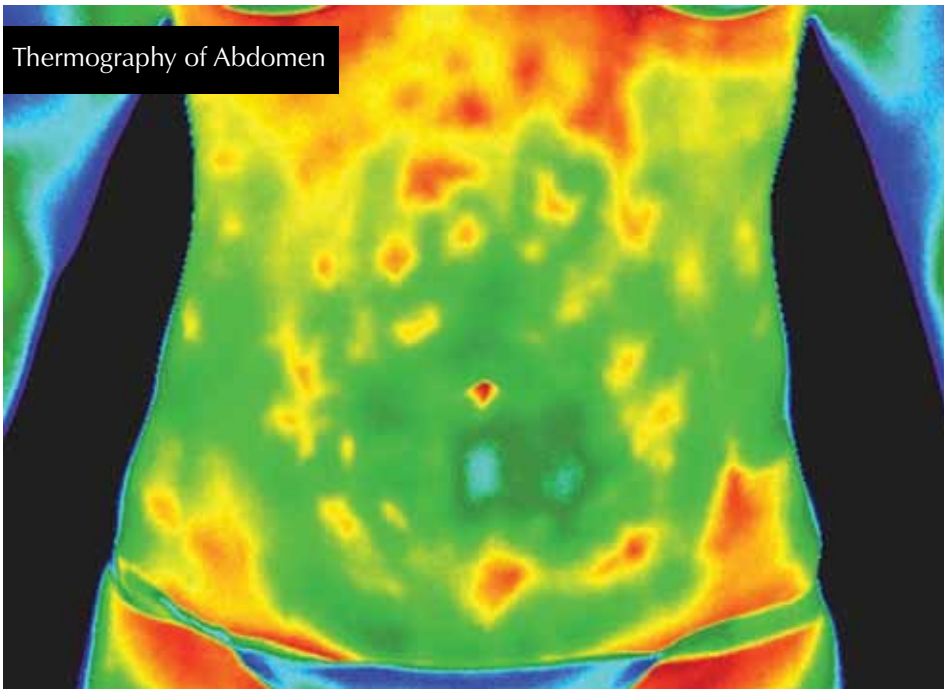
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Thermography of Abdomen



Questions & Answers

Breast & Full Body Thermography

ADVERTORIAL

Q. What is Thermography?

A. Thermography is an imaging technique for measuring and displaying body temperature. It is a key diagnostic tool in the detection of disease, injury and infection. There is a high degree of thermal symmetry in a normal healthy body. Subtle abnormal temperature asymmetries can be easily identified that may be attributed to pathology or dysfunction.

Q. Is thermography new technology?

A. No, thermography has been used globally and extensively in medicine for over 20 years. Thermography has been recognized as a viable diagnostic tool since 1987 by the AMA Council on Scientific Affairs, the ACA Council on Diagnostic Imaging, the Congress of Neurosurgeons in 1988 and in 1990 by the American Academy of Physical Medicine and Rehabilitation.

Q. What role does thermography play in breast health?

A. Thermography's purpose in breast cancer and other breast disorders is to help in early detection and monitoring of abnormal physiology and the establishment of risk factors for the

development or existence of cancer. Thermography has the ability to show the vascular and lymphatic changes within breast tissue associated with developing pathology often before they are detectable with other standard structural testing.

Q. Who should have breast thermography?

A. Thermography is especially appropriate in women ages 30-50 where breast cancers grow significantly faster and denser breast tissue makes it more difficult for mammography to pick up suspicious lesions. This test can provide a clinical marker to the doctor that a specific area of the breast needs particularly close examination. Thermography is designed to improve chances for detecting fast-growing, active tumors in the intervals between mammographic screenings or when mammography is not indicated by screening guidelines for women less than 50 years of age; however women over the age of 50 can certainly benefit from annual thermography screenings as well.

Q. Is a thermal scan different than a mammogram or ultrasound?

A. Yes. Unlike mammography and ultrasound, thermography is a test of physiology and function. Mammography and ultrasound are tests of anatomy and structure. A mammogram, ultrasound, or thermography cannot diagnose cancer.

This is possible only through a biopsy. When thermography, mammograms, ultrasounds, and clinical exams are used together, the best possible evaluation of breast health can be made. The goal of thermography is early detection. The benefits of thermography are that it is non-invasive, radiation free, painless and economical.

Q. Is thermal imaging a replacement for mammography or ultrasound?

A. Thermography should be viewed as a complimentary, not competitive, tool to mammography and ultrasound. Thermography has the ability to identify patients at the highest level of risk and actually increase the effective usage of mammograms and ultrasounds. Research confirms that thermography when used with mammography, can improve the sensitivity of breast cancer detection. The ultimate choice should be made on an individual basis with regard to clinical history, personal circumstances, and medical advice.

Q. How is my breast baseline or "thermal fingerprint" established?

A. In order to establish what is "normal" for you, two breast studies must be done three months apart. If there are no changes in your thermal patterns in comparing the two studies, we can assume we have established your baseline. These baseline images will then be archived for annual comparison. Please note, however, that a baseline cannot be established during pregnancy or lactation due to the various physiologic changes occurring within the breast tissue associated with these conthermographys.

Q. Why do I need to come back in two months for another breast study?

A. The most accurate result we can produce is change over time. Before we can start to evaluate any changes, we need to establish an accurate and stable baseline for you. This baseline represents your unique thermal fingerprint, which will only be altered by developing pathology. A baseline cannot be established with only one study, as we would have no way of knowing if this is your normal pattern or if it is actually changing at the time of the first exam.

By comparing two studies two months apart we are able to judge if your breast physiology is stable and suitable to be used as your normal baseline and safe for continued annual screening. The reason a two-month interval is used relates to the period of time it takes for blood vessels to show change. A period of time less than two months may miss significant change while a period of time much more than three months can miss significant change that may have already taken place. There is NO substitute for establishing an accurate baseline. A single study cannot do this.

Q. If I have a suspicious mammogram or breast lump should I have a thermal scan?

A. Yes. The information provided by a thermography study can contribute useful information which ultimately helps your doctor with case management decisions. It is also instrumental in the progress of any treatment protocol.

Q. What is the benefit of a full body scan?

A. Thermography is totally non-invasive, radiation and pain free. It is useful in locating the source of undiagnosed pain, and a key tool in detecting and monitoring a multitude of diseases and physical injuries. Medical thermography can offer considerable financial savings by avoiding the need for more expensive investigations.

Q. Do I need my doctor's referral?

A. No. The Natural Health Center sees patients who are both self and physician referred.

Q. How do I prepare for my thermographic scan?

A. Preparing for your scan is simple, but crucial to the accuracy of the results. Do not have any physical therapy, electromyography, or chiropractic work the same day as your thermography appointment. Do not smoke or participate in vigorous exercise 2 hours before the test. Do not use any lotions, liniments or creams the day of your scan. Avoid strong sunlight exposure the day of your appointment. No change is required in diet or medication.

Q. How long does the procedure take?

A. A breast imaging and full body scan will take about 45 minutes.

To schedule a full body thermography exam call 896-4141. The cost is only \$94.

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 arm.

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 those nodes when cancer was detected. Removal can lead to side effects such as pain, swelling and restricted motion.

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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.

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RIB Research Information Bulletin
natural health and wellness

Janet M.

New Iberia, LA

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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



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Iodine deficiency



JOINT PAIN
Vitamin C deficiency



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Vitamin D, magnesium, or iron deficiency

cancer

hypertension

inflammation

diabetes

depression

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CANCER

Naturopathy • Mind-Body Medicine • Nutrition

Naturopathic Medicine



Naturopathic oncology providers are specialists who use natural, non-toxic therapies to support the whole person and encourage the self-healing process. Their goal is to minimize the risk of harmful effects from cancer treatments, and apply the gentlest intervention needed to restore your health.

Naturopathic oncology is becoming more mainstream and providers act as a consultant to you and your oncologist to support normal metabolism and diges-

tion during cancer treatment; manage any side effects, such as nausea or fatigue; and boosting immune function.

Naturopathic Therapies

As part of a cancer wellness program, we review your history and make recommendations from a wide variety of natural therapies. In an integrative treatment plan with your traditional oncology and cancer team, your naturopathic doctor will suggest natural therapies to support your immune system and reduce any treatment-related side effects, including:

- **Nutritional supplements and botanical medicines**, including vitamins, minerals, amino acids and herbs.
- **Natural therapies**, such as garlic, antioxidants, ginger, and alkaline and salt water.
- **Homeopathic remedies**, mainly involving plant extracts and minerals that gently strengthen the body's healing and immune response.
- **Physical therapy and exercise therapy**, including massage and other gentle techniques used on deep muscles and joints for therapeutic purposes.
- **Hydrotherapy**, which prescribes water-based approaches like hot and cold wraps, infrared heat and other therapies.
- **Lifestyle counseling**. Many medical conditions can be treated with foods and nutritional supplements, with fewer complications and side effects.

The Naturopathic Medicine Program at the Natural Health Center also provides an educational component as well. Programs include information about vitamin and mineral supplements, natural remedies, nutritional guidance, lifestyle changes, stress management techniques and strategies for long-term prevention of recurrence.

Proper use of supplements

One of the key roles of a naturopathic doctor is to educate you on the facts versus the fiction regarding supplements and other natural therapies, and to help you choose wisely from the myriad of options available. Our naturopathic medicine team have extensive experience with a wide array of natural products and therapies and are continually researching the latest supplements. We will monitor your supplement and vitamin intake to make sure your supplements are appropriate for you, and to ensure safety from potential drug-herb and drug-nutrient interactions.

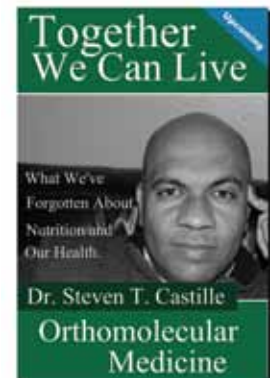
The products available at our on-site Retail *Vitamin Farmacy* have undergone rigorous quality assurance investigation. Many of the supplements we recommend come from our own line of highly pure and potent vitamins, minerals and herbs, provided by LITEON Natural Health Center.

Nutrition

Nutrition is a process in which food is taken in and used by the body for growth, to keep the body healthy, and to replace tissue. Good nutrition is important for good health. Eating the right kinds of foods before, during, and after cancer treatment can help the patient feel better and stay stronger. A healthy diet includes eating and drinking enough of the foods and liquids that have the important nutrients (vitamins, minerals, protein, carbohydrates, fat, and water) the body needs.

Nutrition therapy is used to help cancer patients get the nutrients they need to keep up their body weight and strength, keep body tissue healthy, and fight infection. Eating habits that are good for cancer patients can be very different from the usual healthy eating guidelines.

Healthy eating habits and good nutrition can help patients deal with the effects of cancer and its treatment. Some cancer treatments work better when the patient is well nourished and gets enough calories and protein in the diet. Patients who are well nourished may have a better prognosis (chance of recovery) and quality of life.



To schedule an office visit (337) 896-4141



LIVE GREEN, SAVE BIG

Five Eco-Friendly Life Decisions that Can Actually Save Us Money

by Crissy Trask

Every pivotal life decision, from choosing where we live to eating healthier, can support our best interests environmentally, as well. The good news is that it is possible to afford a sustainable way of life. Eco-friendly choices for housing, vehicles and food—generally perceived as expensive for the average individual or family—often are not only attainable when pursued in a thoughtful way, but can actually save us money compared to maintaining the *status quo*.

1. Buying a Home

When considering a move to a new place, we often find out how much house we can manage and then proceed to invest to the hilt. But if hitting our spending limit will leave a deficit in the amount of green and healthy home features and furnishings we can achieve, we could end up with a residence that makes neither financial nor

ecological sense, and isn't good for our health. A solution is to scale back on costly square footage. Spending 25 to 40 percent less than we think we can on a smaller home provides more possibilities when planning the renovation budget, enabling us to create a home that is more deeply satisfying.

Nicole Alvarez, an architectural designer with Ellen Cassilly Architect, in Durham, North Carolina, who blogs at *IntentionallySmall.com*, says that if we value quality over quantity, place over space and living more intentionally in every aspect of our lives, we are ready for a small home. Occupying less space has profoundly influenced her daily life and happiness.

Alvarez has found, "When space is limited, everything has a function and a purpose. Everything has to be intentional. Over time, as you grow in the home, you make small modifications to personalize it more to adjust to your

routine. You grow a strong bond with your home."

Securing a much smaller dwelling than what we originally had designs on can lead to a lifetime of savings. With less space to furnish, heat, cool, light, clean and maintain, we can enjoy greater financial freedom, less stress and more time for fun.

2. Deciding Where to Live

Urban, suburban or rural, where we live incurs long-term repercussions on the natural environment. Choosing an established community within or close to an urban center tends to be more protective of air, water and land quality than living in a distant, car-dependent suburb, yet many families feel either drawn to or resigned to the suburbs for the lower housing prices.

But as Ilana Preuss, vice president at Washington, D.C.-based Smart Growth America, explains, "There is more to housing affordability than how much rent or mortgage we pay. Transportation costs are the second-biggest budget item for most families. In locations with access to few transportation choices, the combined cost of housing and transportation can be more than 60 percent of the total household budget. For families with access to a range of transportation choices, the combined cost can be less than 40 percent."

In most suburbs, where the only practical transportation choice is a personal vehicle, dependency on a car takes a toll on us financially and physically. Driving a personal vehicle 15,000 miles a year can cost about \$9,122 annually in ownership and operating expenses, according to AAA's 2013 *Your Driving Costs* report, and hours spent daily sitting behind the wheel being sedentary is eroding our health. Lack of transportation options is a leading detriment to the nation's collective wellness, according to the federal agency Healthy People.

Sustainable cities provide many transportation options, including public buses and trains, car-sharing services and all forms of ride sharing; and perhaps most importantly, they are bike- and pedestrian-friendly. Choosing communities that make it possible to reduce driving and even go car-free



Eco-friendly choices for housing, vehicles and food—generally perceived as expensive for the average individual or family—often are not only attainable when pursued in a thoughtful way, but can actually save us money compared to maintaining the status quo.

much of the time can save us money, reduce stress and improve our health.

3. Choosing a Car

We know two primary facts about cars: They are expensive and those with internal combustion engines pollute during operation. Still, many of us need one. Reducing the total impact and burden of owning a car can be as simple as prioritizing fuel efficiency. It helps that fuel-sippers now come in more sizes than just small, yet small subcompacts remain a good place to start our research because of their budget-friendly prices and high fuel economy.

A subcompact that averages 32 miles per gallon (mpg) and has a sticker price below \$15,000 can save us so much money compared with a top-selling compact SUV—upwards of \$16,000 over five years, according to *Edmunds.com*—that if we need a larger vehicle on occasion, we can more easily afford to rent one.

Hybrid electric vehicles (HEV), both small and midsized, can be an even better choice, averaging 41 mpg. Cost comparisons show that an HEV can save a heavily travelling city driver nearly \$1,000 in fuel costs annually versus a comparably sized conventional gasoline-powered car. Although a 2014 midsized HEV has an average suggested retail

price of \$28,431, the category has been around long enough to create a market in previously owned vehicles. A used hybrid that is just two years old can cost up to 25 percent less than a new one.

4. Buying American

According to *Consumer Reports*, many shoppers prefer to buy products made in the USA, but with more than 60 percent of all consumer goods now produced overseas, finding American goods is not always easy.

The good news is that buying American doesn't mean only buying American made. We back the U.S. economy and jobs when we purchase used items that have been renewed or repurposed by enterprising citizens. Creative reuse supports new and existing businesses that collect, clean, sort, recondition, refurbish, remanufacture, update, refinish, reupholster, repair, tailor, distribute and sell used parts, materials and finished goods.

Sarah Baird, director of outreach and communications of the Center for a New American Dream, an organization working to shift consumption away from wasteful trends, loves the history of used items. She says, "An item that has already lived one life has a story to tell, and is infinitely more interesting than anything newly manufactured." Another reward is the big savings afforded by previously owned durable goods; not even America's big-box discount retailers can beat these genuine bargains.

Of course, not everything is available in the used marketplace, but when it makes sense, we can proudly know that our purchases support American ingenuity and workers.

5. Getting Healthy

Going green is healthy in innumerable ways. In addition to driving less, banning toxic products from our household cupboards and dinner plates is another solid place to start on the road to improved well-being for ourselves and the planet.

Toxic consumer products pollute the planet, from manufacture through use and disposal. They aren't doing us any favors. The U.S. Environmental Protection Agency reports that the average human body now contains an estimated 700 industrial compounds, pollutants

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?

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The newest hybrids have been around for more than a decade, and the batteries have held up extremely well, lasting 150,000 to 200,000 miles in some cases.

~ CNN.com

and other chemicals due to exposure to toxic consumer products and industrial chemicals. After researching proper local disposal of such hazards, replace them on future shopping forays with safer choices. It's an investment in our health that can save untold pain and money and pay off big time in avoiding health problems ranging from cancer, asthma and chronic diseases to impaired fertility, birth defects and learning disabilities according to the Safer Chemicals, Healthy Families Coalition.

To reduce exposure to the toxins that are commonly sprayed on conventional crops, select sustainable and organic versions of foods to prepare at home whenever possible. Such choices help keep both our bodies and the environment healthy and can be surprisingly affordable compared with eating out and consuming prepackaged convenience foods.

By substituting whole foods for prepared foods, cooking more meals at home and practicing good eating habits—like eating less meat and downsizing portions—the average person can enjoy high-quality food for \$7 to \$11 per day. This matches or falls below what the average American daily spends on food, according to the U.S. Department of Agriculture. Considering that diet-related diseases can cost afflicted families thousands of dollars a year, better food choices can make us not only healthier, but wealthier, too.

Crissy Trask is the author of *Go Green, Spend Less, Live Better*. Connect at CrissyTrask.com.



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Mammograms Carry Cancer Risk

There is growing evidence that mammograms, which are the primary screening tool for breast cancer,



may cause it. Scientists have long known that radiation causes cancer, and now research published in the *British Journal of Radiobiology* reports that the so-called "low-energy X-rays" used in mammography are four to six times more likely to cause breast cancer than conventional high-energy X-rays because the low-energy variety causes more mutational damage to cells.

Mammograms led to a 30 percent rate of over-diagnosis and overtreatment, according to a study published in the *Cochrane Review*. Researchers wrote in the study, "This means that for every 2,000 women invited for screening throughout 10 years, one will have her life prolonged and 10 healthy women, who would not have been diagnosed if there had not been screening, will be treated unnecessarily. Furthermore, more than 200 women will experience important psychological distress for many months because of false positive findings."

Many women and functional medicine doctors are now choosing non-invasive and radiation-free annual thermograms as a safer alternative. Those at high risk for breast cancer may choose to do periodic MRI screenings, a recommendation supported by research at Britain's University Hospitals Birmingham.

To schedule a full body thermography exam call 896-4141. The cost is only \$94.

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No Appointment Needed

Wheatgrass Your #1 SuperFOOD

Why drink wheatgrass? Wheatgrass has been called rocket fuel for the body and here is why:

1 ounce of WHEATGRASS = 2.5 lbs of green VEGETABLES

Consuming two to three shots of wheatgrass daily, or at least four times a week, has been clinically proven to promote health on several levels. There have been numerous studies that prove that taking two shots of wheatgrass is equivalent to drinking eight glasses of vegetable juice. One ounce of wheatgrass is equal to 2.5 pounds of green vegetables.

Some of the benefits of wheatgrass juice include healthy immune systems, healthy blood flow and healthy skin, and it has been known to shrink or even cure certain types of cancer and tumors. It also has been known to prevent several types of diseases, such as diabetes and heart disease. It also helps women during their menopausal years.

What is Wheatgrass Juice?

Wheatgrass is the shoot of agropyron, which is a relative of the common wheat. (Many people substitute common wheat for growing wheatgrass; both have similar qualities.) New and tender shoots of this plant can be squeezed to make juice or dried to grind into a powder. This plant is a high-alkaline food that helps the body alkalize. This alkalizing ability makes it very popular as a health food.

One of the most important benefits of wheatgrass is that, because regular consumption increases one's alkaline level, it balances out the acidic level of the body. The natural pH of the human body is slightly alkaline, at about 7.4—but this level is affected by the food we eat. Consuming acidic foods likewise causes the pH to become more acidic and thus harmful to the body. On the other hand, consuming alkaline foods naturally makes the body more alkaline and, as a result, can help people live a long, healthy life.

Wheatgrass also helps improve the digestive system. Wheatgrass is very nutritious and provides the body with plenty of resources. If consumed raw and whole, wheatgrass also provides plenty of fiber, which naturally improves the digestive system. If you suffer from constipation often, wheatgrass may provide a cure.

Wheatgrass also helps to detoxify dangerous metals in the bloodstream. All blood cells take in oxygen and nutrients while giving out toxins, or waste. If this process is altered, it can cause healthy and functioning smoothly by removing the toxins it collects. Consuming wheatgrass

will increase the liver's health many times over. By increasing the oxygenation in the body, wheatgrass also can increase performance and endurance in physical exercise and sports.

Wheatgrass has cosmetic effects as well. Consuming wheatgrass regularly makes the hair shine and the skin glow.

Wheatgrass Benefits for Cancer

Wheatgrass consumption also is known as an alternative cancer therapy. A study found that wheatgrass juice duplicates the molecular structure of hemoglobin, a protein in red blood cells that carries oxygen, and because it is so rich in free-radical scavengers such as provitamin A, it may inhibit cancer. Drinking wheatgrass juice helps the body to build red blood cells, which carry oxygen to every cell.

Because cancer thrives in an acidic environment, and because consuming wheatgrass neutralizes acidic levels, consuming wheatgrass may thus reduce the chances of developing cancer, or aid in fighting cancer already present in the body.

Wheatgrass also has been found to dissolve scars in the lungs, help wash out drug deposits and, as mentioned above, purify the blood and organs and counteract toxins in the body—all beneficial to helping the body combat cancer. It helps to increase the

By increasing the oxygenation and alkalinity in the body, you can increase energy levels, reduce risk of cancer, reduce inflammation and prevent disease.

ADVERTISEMENT



enzyme level in cells, aiding in the body's rejuvenation and the metabolism of nutrients. These enzymes assist in dissolving tumors.

Wheatgrass Juice Facts

- One ounce of freshly squeezed wheatgrass juice is equivalent in nutritional value to 2.5 pounds of leafy green vegetables.
- Wheatgrass contains more than 90 minerals, including high concentrations of the most alkaline minerals: potassium, calcium, magnesium and sodium.
- Wheatgrass contains the essential enzymes: protease (assists in protein digestion), cytochrome oxidase (works as a powerful antioxidant), amylase (facilitates digestion), lipase (works to split fat), transhydrogenase (strengthens the heart muscle) and superoxide dismutase or SOD (lessens the effects of radiation and slows cellular aging; it is found in all of the body's cells).
- Wheatgrass juice helps the body build red blood cells, which carry oxygen to every cell. By increasing the oxygenation in the body, it can help offset the effects of breathing smog and carbon monoxide and increase one's endurance during physical exercise.
- Wheatgrass contains 19 amino acids, the building blocks of protein.



Nutritional Value of Wheatgrass Juice

(Per 100 gm)

Nutritionally, wheatgrass is a complete food that contains 98 of the 102 earth elements. Wheatgrass is considered to be a complete food because it contains every amino acid, vitamin and mineral (some in only trace amounts) necessary for human nutrition.

Why Must Wheatgrass Juice Be Drunk Fresh?

The most potent form of wheatgrass is the fresh frozen juice as nutrients are lost in pasteurisation or preserving. Like many raw and highly nutritious foods, fresh wheatgrass juice is highly active chemically and is thus unstable. Fresh is best.

How Much Wheatgrass Do I Need?

If energy is generally good but one is having an off day, then 1 ounce can be enough to get you going again. If energy levels are regularly down then a daily shot over a period of about a week can help improve things. For more long term illness daily amounts exceeding 4 to 6 ounces have been used.

100 grams of wheatgrass contain:

- *Calories:* 21.0
- *Carbohydrates:* 2.0 gm
- *Fat:* 0.06 gm
- *Water:* 95 gm
- *Sodium:* 10.3 mg
- *Iron:* 0.61 mg
- *Folic Acid:* 29 mcg
- *Dietary Fiber:* < 0.1 gm
- *Glucose:* 0.80 gm
- *Calcium:* 24.2 mg
- *Magnesium:* 24 mg
- *Selenium:* < 1 ppm
- *Potassium:* 147 mg
- *Zinc:* 0.33 mg
- *Phosphorus:* 75.2 mg
- *Vitamin A:* 427 IU
- *Vitamin B1: (Thiamine)* 0.08 mg
- *Vitamin B2: (Riboflavin)* 0.13 mg
- *Vitamin B3: (Niacinamide)* 0.11 mg
- *Vitamin B5: (Pantothenic Acid)* 6.0 mg
- *Vitamin B6: (Pyridoxine HCl)* 0.2 mg
- *Vitamin B12: (Cyanocobalamin)* < 1 mg
- *Vitamin C: (Ascorbic Acid)* 3.65 mg
- *Vitamin E:* 15.2 IU
- *Chlorophyll:* 42.2 mg
- *Choline:* 92.4 mg

Is Wheatgrass a Food?

Naturally rich in proteins and sugar wheatgrass is a complete food. One ounce of wheatgrass is like a single complete supplement. It has all the B vitamins; indeed it is a vegetable source of B12, and also vitamins A, D, E, and K. Wheatgrass is rich in minerals, major and minor. It contains calcium, magnesium, manganese, phosphorus, potassium, zinc and selenium. These are minerals important for cardiovascular and immune system function. For healing purposes potassium ions are particularly vital to balance the composition of body fluids, and thus its alkalinity.

Wheatgrass is highly active chemically and contains over 80 enzymes. These are used for digestion but also to detoxify harmful substances. The famous nutritional scientist, Dr E Bircher called chlorophyll "concentrated sun power- it increases the function of the heart, improves the vascular system the intestine the uterus and the lungs".

Chlorophyll has strong antioxidant properties. It can strip out free radicals which are a damaging by-product of metabolism. Free radicals encourage an acidic cell environment, contribute to the ageing process and have been implicated in the development of some cancers. The chlorophyll molecule is structurally very similar to the iron carrying component of hemoglobin.

Where Can I Get Wheatgrass Juice?
Wheatgrass juice is locally farmed, harvested, juiced, and flash frozen in 1.5 ounce frozen juice cups. See list to the right for available locations.

Purchase frozen juiced wheatgrass at the following locations near you:

LAFAYETTE

Drug Emporium

Vitamins Plus
505 Bertrand Dr., Lafayette
337-261-0051

The Road Less Traveled

312 Guilbeau Rd., Lafayette
337-988-9889

Smoothie Factory

125 Arnould Blvd., Lafayette
337-989-7001

CARENCRO

Natural Health Center

100 E. Angelle St., Carencro
337-347-4141 or 337-896-0085

Directions: I-49 into Carencro, Exit 4, Right on Hector Connolly, Left on E. Angelle St. Across from the new Super 1 Food Store, left of the traffic circle.

OPELOUSAS

Benny's Sport Shack

806 S. Union St., Opelousas
337-948-6533

SUNSET

DHARMA Wellness Center

24 Hr Fitness and Workout Room
Across from Janise's Supermarket
166 H Oak Tree Park Drive
337-662-3120





ZERONA: ZAP FAT WITH LASER LIGHT

Lasers are typically thought of as hot, but “cold” lasers that emit variable-frequency pulsed waves are used in surgery for pain relief and now to get rid of fat.

“It does seem too good to be true, but there’s a lot of science behind this,” says Steven Hopping, a cosmetic surgeon and otolaryngologist in DC. A former president of the American Academy of Cosmetic Surgery and a professor of surgery at George Washington University, Hopping has had a Zerona machine for about a year and a half.

With Zerona, a patient lies down and a four-armed device is positioned over the body. To treat the tummy and thighs, the laser eye in the middle of the contraption is positioned over the abdomen, while the four arms are over the thighs.

The laser is on for 40 minutes a session. Often, six sessions are spaced over a two-week period. Patients typically feel nothing, though some experience a tingle.

Fats cells are emulsified, causing them to collapse and be emptied via the body’s lymphatic system. The shrunken fat cells remain but are smaller.

In the study that prompted FDA approval, more than 80 percent of those in a Zerona trial lost an average of 3.64 inches combined over their waist, hip, and thigh areas. A control group that didn’t get Zerona averaged half an inch. The fat loss was evident in photos of participants.

Although it wasn’t required in the trial, patients getting Zerona now are asked during treatment to avoid caffeine and alcohol, and drink lots of water.

Zerona seems to have no adverse side effects. The laser operates at too low a level to affect deeper body tissues or skin. Blood studies conducted on those undergoing treatment were normal, and some people who had high or borderline-high cholesterol saw improvement.

In studies, more than 80 percent of patients responded to treatment. Hopping says that perhaps 75 percent of those he treats are pleased; the rest experi-

Zerona

Melt Belly Fat Using Zerona Cold Laser Treatments

Zerona employs a laser to shrink fat cells, and costs about \$1,500 to \$1,700 for a package of six purportedly painless treatments performed over two weeks in a doctor’s office. A package of six treatments at the LITEON Natural Health Center is under \$800. Each treatment takes roughly 40 minutes. Liposuction costs \$4,000 on average, and a tummy tuck costs \$5,000 to \$9,000. Unlike many laser sculpting procedures, Zerona has “absolutely no side effects, no allergic reactions, bruising, anything,” says Steve Shanks, president of Erchnoia, Zerona’s manufacturer. The company’s clinical trial for FDA approval found that the procedure removed about 1 to 1.5 inches from each area treated including waist, hips, and thighs. *Source: Health.usnews.com*



ence little to no effect. Wanda Dyson, a DC internist who has a Zerona, reports about the same numbers, adding that with more sessions the likelihood of a response appears to increase. Both doctors say they've had a few patients lose as much as 12 inches.

"Men are especially good candidates because they tend to carry fat around the waist," says Hopping. "That fat often responds well."



Deborah Johnson of Arlington, a patient of Dyson's, initially signed up for six Zerona treatments on her abdomen, thighs, and back. They worked so well that she got three more.

"I started on a Monday, and by that weekend I was in my closet trying on clothes I hadn't been able to wear in a long time," Johnson says. She did Zerona last February and, when interviewed in December, said she had not only maintained the lost inches but lost more: "It inspired me to keep exercising and eating well."

"I love Zerona as a way to jump-start a healthy lifestyle change," says Dyson. "People come in on a diet plateau, start seeing inches go away, then stick with their diet and exercise program."

Zerona can't be used to remove firm fat, only marshmallow flab. It should be avoided if you're pregnant or have a pacemaker. Some evidence suggests that Zerona may not work as well on people with diabetes or thyroid impairment, because their lymphatic systems may be slow to get rid of material in collapsed fat cells. Finally, no studies have shown how long the effects last but for now at least we know it works.

REDUCE BELLY FAT Lose 3 to 9 inches in TWO WEEKS.

- ▶ ZERO Pain, ZERO Surgery, ZERO Downtime
- ▶ Reduce stubborn fat from your tummy, back, hips, thighs, buttocks, love handles, arms, chin and neck
- ▶ See a reduction in the appearance of cellulite
- ▶ Drop 2 to 7 pant/dress sizes

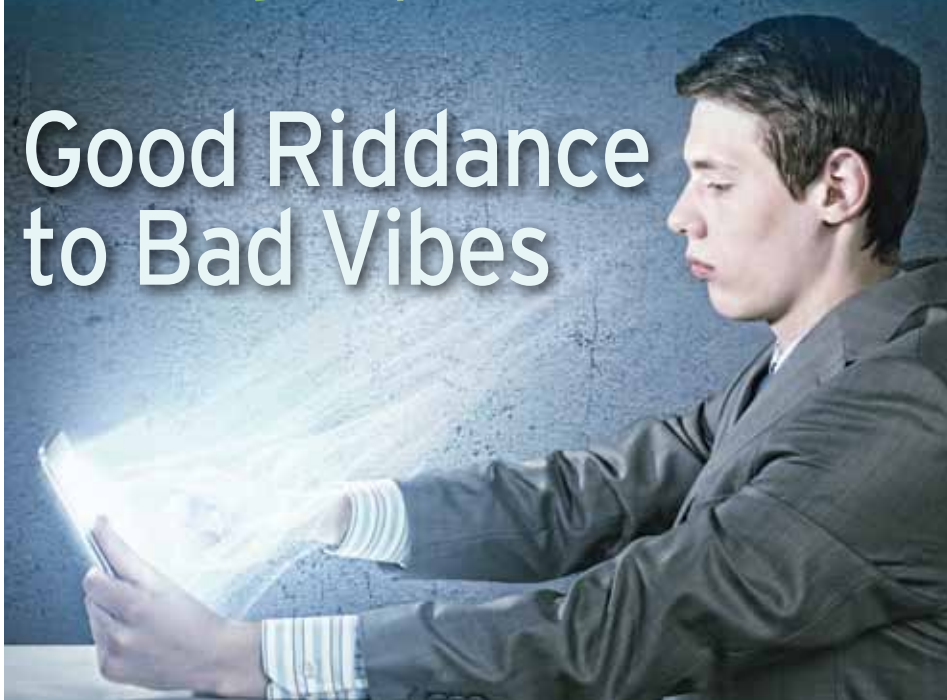
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Call for your **FREE** consultation

Good Riddance to Bad Vibes



Escaping Electromagnetic Exposure

by Priscilla Goudreau-Santos

We crackle with energy. Natural electromagnetic fields within us regulate how our bodies work. Plus, we continually encounter many outside energy fields from Wi-Fi, cell phones and towers, power lines, microwave ovens, computers, TVs, security devices and radar. A growing number of experts see these surrounding frequencies as an increasing danger to our well-being.

Applying modalities like acupuncture, Reiki, Touch for Health and Eden Energy Medicine can help us maintain a healthy energy balance internally. They work to harmonize the body to protect against stress, trauma and associated illness.

Phyllis Traver, owner of Safe & Sound Home, in Boston, is certified by the International Institute of Building-Biology & Ecology to detect, measure and counter in-home electromagnetic

“Just because someone isn’t feeling symptoms from exposure to electronic technology, that doesn’t mean that it’s not having an affect on DNA.”

~ Camilla Rees

activity. “The institute usually finds that when a patient doesn’t respond to treatment by an energy healer, it’s because of the environment. I try to neutralize its effect to help the body regulate properly,” Traver says.

While protection in highly occupied family areas is important, providing protection in bedrooms is especially vital, due to the amount of time we spend there for rest and restoration. Traver’s diagnoses sometimes suggest remediation measures that involve an electrician grounding currents and adding selective shielding materials to block frequencies flowing from electronic devices. “Magnetic fields from outside the house are hard to control, but 98 percent of what I find can be fixed,” she advises.

When Terry Mollner, 69, was having trouble sleeping, he contacted Traver, who receives client referrals from energy healers. “The conclusions were

stunning,” Mollner says. “The detector’s measurements went off the charts in the bedroom. It wasn’t the flat screen TV at the foot of my bed, but how the room’s wiring was done. The electrician installed a relay so I can switch off the power on that side of the house at night. Now, I sleep six or seven hours,” which he characterizes as “a profound change.” He also suggests turning off and moving cell phones away from beds. Mollner then hardwired the computers in his home, eliminated Wi-Fi and rearranged the electronic equipment in his home office.

Kim Cook, an energy practitioner in Mission Viejo, California, specializes in Eden Energy Medicine and Emotional Freedom Techniques (EFT). Cook decided not to buy a house she was initially interested in because it was in a hot spot. When Cook used her meter to chart frequencies at home, it also prompted her to move her bedroom clock radio to a different bureau. “It’s no longer sitting right at our heads,” she notes. Plus, “I don’t put my cell phone on my body and it bothers me that my son puts his in his pocket.”

An overarching observation from Cook’s professional practice is that increasing numbers of people in pain are interested in energy medicine because they’re so frustrated with Western medicine. She observes, “Pain is blocked energy, and people are learning how to unblock it naturally.”

The World Health Organization (WHO) launched the International EMF Project in 1996 because of rising public health concerns due to the surge in EMF sources. After reviewing extensive research and thousands of articles, the organization can’t confirm—or deny—the existence of health consequences from exposure to low-level EMFs.

But in 2011, the WHO International Agency for Research on Cancer classified the electromagnetic radiation from cell phones as possibly carcinogenic to humans, based on increased risk for glioma, a malignant brain cancer. Lloyd Morgan, a senior researcher with the nonprofit Environmental Health Trust and lead author of the internationally endorsed report, *Cellphones and Brain Tumors*, goes

further, unequivocally stating, "Cell phone radiation is a carcinogen."

In our own environment, we can regulate EMF, says Iowan Camilla Rees, founder of the educational petition website *ElectromagneticHealth.org* and Campaign for Radiation Free Schools on Facebook; she is the co-author of *Public Health SOS: The Shadow Side of the Wireless Revolution* and Morgan's cell phone report.

Says Rees, "You can buy a meter,

avoid using cordless phones and baby monitors, and change your cell phone behavior. The harmful effects of cell phones decrease with distance; just by holding the cell phone six inches from your head, there is a 10,000-fold reduction of risk."

Priscilla Goudreau-Santos is a freelance writer and owner of Priscilla Goudreau Public Relations & Marketing, in Charlotte, NC.

Ways to Reduce Risk

Although electromagnetic field (EMF) activity vibrates all around us, there are simple ways to reduce adverse health effects in daily indoor environments.

Computers

- ✓ Hardwire all Internet connections instead of using Wi-Fi.
- ✓ Power a laptop using a three-prong grounded plug and then plug in a separate, hardwired keyboard (this minimizes both the exposure to wireless radiation and the effects from the laptop battery's magnetic field).
- ✓ Use a grounding mouse pad to minimize effects of the electric field from the computer.
- ✓ Don't position any laptop or tablet computer on the lap.

General

- ✓ Don't live within 1,500 feet of a cell tower.
- ✓ Use battery-powered LCD alarm clocks (not LED), keeping them several feet away from the body.
- ✓ Don't use an electric blanket.
- ✓ Turn off all wireless devices before bedtime and generally minimize usage at other times.

Phones

- ✓ Replace cordless phones with corded landlines or use cordless phones only when needed; otherwise, unplug them.
- ✓ Never hold the cell phone directly against the head or body. Use the speakerphone function, other hands-free device or another device that meets the Environmental Health Trust guidelines at Tinyurl.com/CellPhoneUsageTips.
- ✓ Protect children, pregnant women and men that want to become fathers. Sperm are especially vulnerable. Children absorb twice as much radiation as adults.
- ✓ Be wary of a weak signal. Phones work harder and emit more radiation when the signal is weak or blocked.
- ✓ Don't sleep with a cell phone nearby. Place it several feet away from the bed or across the room, turn it off or put it in airplane mode.
- ✓ Find more helpful information at Tinyurl.com/EMF-ProtectionTips and Tinyurl.com/CellPhoneRadiationDanger.

I did this.
in one word



Zerona

3 inches in 2 weeks

896-4141

Carencro Office

HOMEMADE ECO-CLEANERS

DIY Recipes Keep Your Home Naturally Clean

by Lane Vail

Americans use 35 million pounds of toxic household cleaning products annually. According to the Children's Health Environmental Coalition, in Los Angeles, traces of cleaning chemicals can be found throughout the human body within seconds of exposure, posing risks like asthma, allergies, cancer, reproductive toxicity, hormone disruption, neurotoxicity and death.

Equally sobering is the decades of research suggesting a relationship between the overuse of powerful disinfectants and the rise of antibiotic-resistant super bacteria like methicillin-resistant *Staphylococcus aureus* (MRSA), as well as concerns over these toxins entering water supplies and wildlife food chains.

Cleaning product labels lack transparency, says Johanna Congleton, Ph.D., a senior scientist for the Environmental Working Group, because "manufacturers aren't required to specify ingredients."

One approach to assure safe ingredients is do-it-yourself (DIY) products. For Matt and Betsy Jabs, the authors of *DIY Natural Household Cleaners* who blog at *DIYNatural.com*, creating homemade cleaners is a rewarding exercise in sustainability and simplicity. "We're cutting through all the marketing and getting back to basics," says Matt. Affordability is another benefit:

The Jabs' homemade laundry detergent costs five cents per load, compared with 21 cents for a store brand.

Annie B. Bond, a bestselling author and pioneering editor of the award-winning *Green Guide*, dispels a DIY myth: "What's time-consuming isn't making the cleaners; it's making the decision to switch and figuring it all out," she says.

Nine Basics

Find these multitasking ingredients in local groceries and health stores or online.

White vinegar effectively cleans, deodorizes, cuts grease and disinfects against bacteria, viruses and mold.

Castile soap in liquid or bar form serves as a biodegradable, vegetable-based surfactant and all-around cleaner (avoid mixing with vinegar, which neutralizes its cleansing properties).

Baking soda cleans, whitens, neutralizes odors and softens water. It's an excellent scrubbing agent for bathrooms, refrigerators and ovens.

Borax, a natural mineral, improves the effectiveness of laundry soap. Although classified (as is salt) as a low-level health hazard that should be kept away from children and animals, borax is non-carcinogenic and isn't absorbed through skin.

Washing soda, a caustic chemical cousin of baking soda, softens water and removes stains. Bond advises, "It's a heavy duty cleaner as powerful as any toxic solvent," so wear gloves.

Hydrogen peroxide is considered an effective disinfectant and bleach alternative by the Environmental Protection Agency. Use it to whiten grout and remove stains.

Essential oils derived from plants infuse cleaners with fragrance and boost germ-fighting power. Tea tree, eucalyptus and lavender oils all boast antibacterial, antiviral and antifungal properties. The Jabs advise that although they can be pricy, "The investment will pay for itself many times over."

Lemon juice or citric acid cuts through grease, removes mold and bacteria and leaves dishes streak-free.

Coarse kosher salt helps soften dishwasher water and acts as a scouring agent.

Home Formulas

All-purpose cleaner: *Homemade Cleaners: Quick-and-Easy Toxin-Free Recipes*, by Mandy O'Brien and Dionna Ford, suggests combining one cup of vinegar, one cup of water and 15 drops of lemon oil in a spray bottle. Use it anywhere, including glass and mirrors. For serious disinfecting, follow with a hydrogen peroxide spray.

Foaming hand/dish soap: Shake one cup of water, a quarter-cup of castile soap and 15 drops of essential oil in a foaming dispenser. Use in bathrooms and kitchens.

Dishwashing detergent: *DIYNatural* recommends mixing one cup of borax, one cup of washing soda, a half-cup of citric acid and a half-cup of coarse kosher salt. Leave it uncovered for several days, stirring often to prevent clumping. Cover and refrigerate. Use one tablespoon per load with a half-cup of citric acid in the rinse to combat streaks.

Laundry detergent: Combine one cup of borax, one cup of washing soda and one 14-ounce bar of grated castile soap. Use one tablespoon per load, adding a half-cup of lemon juice to the rinse cycle. Prior to washing, use hydrogen peroxide as a stain remover (test first; it may lift color).

More than 95 percent of “green” products manipulate labels by providing irrelevant information (declaring a product is free of an already illegal chemical), being vague (masking poisons as natural ingredients), outright lying (claiming false endorsements) and other maneuvers.

~ TerraChoice Group

Bathroom soft scrub: Bond recommends creating a thick paste with liquid castile soap and a half-cup of baking soda. Scour tubs, showers and stainless steel surfaces with a sponge, and then rinse.

Toilet bowl cleaner: Sprinkle one cup of borax into the toilet at bedtime and then clean the loosened grime with a brush the next morning, advises Bond. Wipe outer surfaces with the all-purpose spray.

Wood polish: Bond recommends mixing a quarter-cup of vinegar or lemon juice with a few drops of olive and lemon oil.

Hard floor cleaner: *Environmental Working Group's DIY Cleaning Guide* suggests combining a half-gallon of hot water with one cup of white vinegar in a bucket to mop.

Carpet cleaner: Freshen rugs by sprinkling baking soda at night and vacuuming in the morning, suggests Bond. For deeper cleaning, combine one cup of vinegar and two-and-a-half gallons of water in a steam cleaner.

Lane Vail is a freelance writer in South Carolina. Connect at WriterLane.com.

Cloth Tools Replace Paper

by Lane Vail

Americans, comprising less than 5 percent of the world's population, use 30 percent of the world's paper, according to the Worldwatch Institute. Some 13 billion pounds of this comes from paper towels, mostly landfilled because grime-soaked paper is non-recyclable.

Ecological and economical alternatives include cloth dishrags, towels, napkins, wipes and handkerchiefs plus washable diapers and menstrual pads. Jean Calleja, co-owner of the Eco Laundry Company, in New York City, suggests customers buy recycled, organic, unbleached cloths and local products when possible.

In the kitchen: Use washcloths or repurpose cotton T-shirts into 10-by-10-inch squares to use regularly with a homemade all-purpose cleaner on surfaces. Replace paper towels with cloth towels for drying hands.

At the table: Cloth napkins enhance mealtime. Buy or make plain napkins (by hemming cotton fabric squares) for everyday use and celebrate holidays with fancy patterned fabric rolled into napkin rings.

In the bathroom: Substitute chlorine-laden disinfecting wipes with homemade reusable ones. *DIYNatural.com* recommends mixing three-quarters of a cup of white vinegar, three-quarters of a cup of water and 25 drops of essential oil in a glass mason jar. Stuff five to seven washcloths into the jar, seal with a lid and shake, so the solution is absorbed into each wipe. Pull out a ready-made disinfecting wipe for a quick clean.

Laundering linens: Change cleaning rags often, hang-drying them thoroughly before adding to the laundry basket. Wash kitchen and bathroom rags (added to the bathroom towel load) separately each week. According to Calleja, “Presoaking rags overnight in a non-toxic, chlorine-free, whitening solution can make a huge difference in getting them clean.” Combine a half-cup of hydrogen peroxide with two to three gallons of water, spot-testing every fabric first for colorfastness. Calleja also likes using a white vinegar and eucalyptus oil rinse aid to dissolve soap residue, soften fabric and leave a fresh scent.

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





Backyard Birds and Butterflies

Native Habitats Draw Critters and Delight Kids

by Avery Mack

Creating a backyard wildlife habitat provides valuable teaching moments. With planning and care, birds, bats, butterflies and bunnies can view yards as safe havens and sources for food, water and shelter, providing endless fascination.

Josh Stasik, a father of three and owner of *SweetSeed.com*, in Syracuse, New York, sees firsthand how feeding winged wonders can be an inexpensive way to start a new family activity. "My mom taught me about flowers and bird feeders. I hope my kids will someday pass the information along to their children," he says.

Habitat plantings and available foods determine what creatures will visit.



Hummingbird Nectar Recipe

Measure one part ordinary white sugar to four parts water (no unhealthy red dye needed). Boil the water first, and then mix the nectar while the water is hot; the sugar will easily dissolve.

Source: TomatoEnvy.com

"Native plants attract native bugs that are eaten by native birds and bats," observes Stasik, noting that staff at extension services and garden centers can provide helpful advice.

Based on his own research, Stasik knows, "Bird species have definite tastes in food. Bluebirds love mealworms. Hummingbirds like floral nectars. Orioles look for citrus fruit. Butterflies are eclectic sippers of both floral and citrus."

Hummingbirds pose particular appeal for kids and adults because they appear always on the move. Hummingbirds.net/map.html follows their migration sites.

Videographer Tom Hoebbel, owner of TH Photography, outside Ithaca,

New York, builds birdhouses and nesting boxes with his kids. They also participate in the annual Christmas bird count for the Audubon Society (Birds.Audubon.org/Christmas-bird-count). The Great Backyard Bird Count, a joint project between non-profits Audubon and the Cornell Lab of Ornithology, follows in February (gbbc.BirdCount.org).



bird photos courtesy of Susan Gottlieb, of Venice, California

"In our yard, we have five nesting boxes made from reused wood. Once or twice a week, we check to see who lives there and how many eggs there are," says Hoebbel. "So far, we've seen bluebirds, chickadees and house wrens."

He laments the rapid decline of bats in the Northeast due to pesticides killing bugs, the main course for birds and bats. "In the winter, bats live in caves, so we put one-by-one-foot boxes in the yard for their summer homes." Warm evenings on the patio are more enjoyable when bats clean up the mosquito population; a single bat can eat as many as 1,000 in an hour.

The monarch butterfly population is another favorite species in decline, with the spectacular annual migration on the verge of disappearing due to illegal deforestation, climate change, expansion of crop acreage and imposition of genetically modified plants that reduce the growth of native species. "You can help them by planting perennial milkweed in your garden," advises Brande Plotnick, founder of Tomato Envy, in Jenkintown, Pennsylvania. Milkweed is the food of choice because it makes the caterpillars and butterflies toxic to birds and other predators. Also consider planting garden phlox, coneflower and lantana. Migrating monarchs



live about nine months and fly up to 30 miles per hour.

Plotnick also suggests planting an herb garden

that includes parsley. "Swallowtail butterflies will lay eggs on parsley, caterpillars hatch and feed on it, and eventually create a chrysalis," she says. "You'll be able to see the entire butterfly life cycle."

Rabbits add another dimension to backyard wildlife. Just as birds and butterflies need trees, bushes and plants to land on and hide in, bunnies need ground cover. The Virginia Department of Game and Fisheries counsels that brush piles should start with a base of large limbs, logs or stones to raise the floor above ground and create tunnels and escape routes, plus a home base. Top with smaller branches and maybe a

recycled Christmas tree or dead plants. Encourage structural density and permanence with live vines. The resulting brush pile should be igloo-shaped and about six to eight feet tall and wide. Visit Tinyurl.com/BunnyShelters.

City ordinances or subdivision regulations might prohibit brush piles in ordinary yards. Find out how to gain certification as a wildlife habitat through the National Wildlife Federation at Tinyurl.com/CertifiedWildlifeHabitat.

Rabbits can have as many as seven babies per litter, depending on the species. Make sure their space is sufficient. Before attracting bunnies to the yard, be aware of local predators—hawks, owls,

coyote, dogs and stray cats. The brush pile may also attract other animals like skunks, raccoons and reptiles.

A wildlife habitat is a fun, ongoing learning experience. It calls on math skills for bird counts, geography to follow migration maps and woodworking to build homesites and feeding spots. It becomes a lesson in local ecology and the roles of native plants and animals. When children comprehend they can help save wildlife, it's also a lesson in hope.

Avery Mack is a freelance writer in St. Louis, MO. Connect via AveryMack@mindspring.com.

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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.

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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.

Culinary Mushroom Magic

by Case Adams

Today, fungi cuisine in the West is typically limited to *Agaricus bisporus*—the relatively mild button mushroom, which matures into the acclaimed portobello. But digging deeper into available options reveals chanterelle (*Cantharellus* sp.), oyster (*Pleurotus ostreatus*), morel (*Morchella* sp.) and shiitake (*Lentinula edodes*) species. These culinary mushrooms, provide a virtuosity of delicate flavors harboring nutritional and medicinal benefits according to those that study them.

University of California-Berkeley research scientist and Mycologist Christopher Hobbs, Ph.D., explains that shiitake and oyster mushrooms follow the button as the most widely cultivated around the world. “They come in many colors, varieties and species and are typically the most easily digested and utilized of all mushrooms,” he notes.

“Mushrooms are an amazing health food,” says Hobbs. “Most edible fungi are high in fiber, good-quality protein, key vitamins, micronutrients, phosphorous and potassium, and low in fat and calories. It’s one of nature’s perfect diet foods.”

My Tacos

by Cate Moss

Makes a healthy filling for tacos and enchiladas, or crumble as a topper on deluxe nachos. They taste as good as they smell, and like chili they taste almost better as leftovers.

Fills 12 large tacos, or more paired with fillings such as chopped leafy lettuce or guacamole.

1-2 cups of chopped stropharia, shiitake or maitake mushrooms
1 cup crumbled tempeh or other healthful protein source
¼ cup chopped onions
½ cup sunflower seeds or chopped almonds
¼ cup sesame seeds



1 cup corn
1 chopped sweet pepper (add hot peppers if desired)
1 small handful of chopped olives
4 shakes of soy sauce
1 Tbsp spiced hot chocolate
2 Tbsp chili powder
1 Tbsp ground cumin
¼ cup nutritional yeast
2 cloves of chopped garlic
1 cup broth or water

Sauté mushrooms, protein and onions until crispy (uncrowded in the pan). Then add remaining ingredients and braise on low heat. Allow mixture to cook down to desired consistency.

Hot & Sour Cauliflower Mushroom Soup

by Loni Jean Ronnebaum

This rare mushroom has a unique firmness reminiscent of noodles and can be soaked and rinsed to clean, and then cut into cauliflower-like chunks. Slow cook overnight for best results.

Yields 8 servings

2-4 lb fresh cauliflower mushrooms
16 oz kimchi
½ cup peas
1 20-oz can crushed pineapple
1 32-oz vegetable broth
1 egg or ¼ cup egg substitute
Chili paste, black pepper, garlic powder, ginger and soy sauce to taste

Combine ingredients (except egg) in a pot and bring to a boil. Add beaten egg to the boiling soup while gently stirring. Reduce heat to low, cover and simmer overnight.

Mushroom Pâté

by Andrew Lenzer

Present a perfect appetizer for dinner with friends. The savory quality of mushrooms—what the Japanese call *umami*—make them a welcome alternative to meat-based pâtés.

Approx 4 cups whole fresh shiitake mushrooms (2 cups after chopping)
Approx 4 cups whole fresh maitake mushrooms (2 cups after chopping)
12 oz cream cheese or rice-based cream cheese substitute
2 cloves garlic
2 cups dry roasted hazelnuts
2 sprigs parsley
Soy sauce
Olive oil
Sesame oil
Salt and pepper to taste

Finely chop the hazelnuts in a food processor and set aside.

Coarsely chop the shiitake (including the stems) and maitake mushrooms in a food processor.

Coat the surface of a wok in olive oil and sauté mushrooms in 1-cup batches over medium-high-to-high heat, adding soy sauce as needed to keep the mixture from burning, for approximately 10 minutes per batch. Add a touch of sesame oil just before removing each batch.

Place hazelnuts, mushrooms, cream cheese, garlic, salt and pepper in the food processor and blend until smooth but still slightly grainy. Add parsley and blend until parsley is finely chopped and evenly distributed throughout the mixture.

Serve with crackers or fresh crusty bread.

Recipes courtesy of employees of Fungi Perfecti, LLC; photos courtesy of Paul Stamets.

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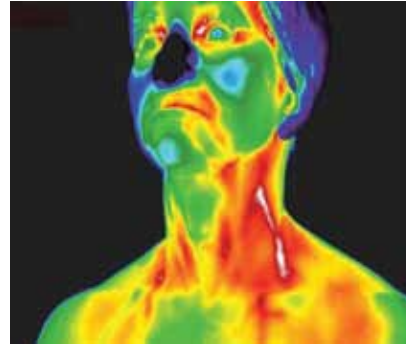


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Fever was the most common condition observed in early medical history. In the early days of Hippocrates, mud was used on the skin to observe fast drying over a tumorous swelling, thereby indicating the rise in temperature.



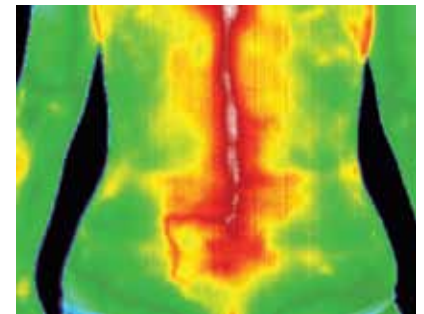
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Jean-Pierre Raufman, MD

Gastroenterologist at University of Maryland School of Medicine

"The digestive tract contains more bacterial cells than there are cells in the entire body."

Dr. Steven T. Castille

Director of the Natural Health Center

Bowel movements more than 16 hours are too long. This indicates wastes are sitting inside your colon too long, and substances that were supposed to be eliminated now are absorbed back into the bloodstream and can interfere with your system.

Your digestive system is remarkably efficient. In the space of a few hours, it extracts nutrients from the foods you eat and drink, processes them into the bloodstream and prepares leftover material for disposal. That material passes through about 20 feet of intestine before being stored temporarily in the colon, where water is removed. The residue is excreted through the bowels, normally within 6 to 12 hours.



Fever Blisters.

Fever blisters, also known as cold sores, are caused by the herpes simplex type 1 virus. An outbreak usually occurs on or around the mouth and typically heals within two to three weeks. Fever blisters can be a lifelong irritant, since the virus remains dormant in the body throughout your life. Outbreaks can be triggered by stress, overexposure to sunlight, hormonal changes, trauma to the skin, or a weakened immune system.

Fever blisters are painful, accompanied by tingling and burning sensations along with swelling and inflammation. They appear as a cluster of small, white blisters and typically manifest on the same spot or area whenever the virus gets activated.

Whole Milk for Fever Blisters

A very simple treatment for fever blisters is whole milk. Whole milk contains immunoglobulins and calcium, which help fight the virus that causes fever blisters. Plus, it has a type of fat known as monocalciferin with antiviral properties. Milk also helps accelerate the healing process. Soak a cotton ball in cold whole milk and apply the milk on the affected area. Leave it on for about 10 minutes. The cold milk will reduce the pain as well as soothe the tingling sensation. Do this several times a day for three to four days. Add turmeric to your milk to help reduce the pain associated with fever blisters.

For more information call the Natural Health Center in Carencro 896-4141.

Ice Chaser

James Balog's Dramatic Images Document Climate Change

by Christine MacDonald

National Geographic photographer James Balog says he was skeptical about climate change until he saw it happening firsthand. Watching once-towering glaciers falling into the sea inspired his most challenging assignment in a storied 30-year career—finding a way to photograph climate change.

In exploring Balog's Extreme Ice Survey, a breathtaking photographic record of vanishing glaciers, and his award-winning documentary, *Chasing Ice*, *Natural Awakenings* asked about the challenges he faced to bring this dramatic evidence of climate change to a world audience.

How did seeing glaciers shrink "before your eyes" move you to endure sometimes life-threatening conditions to get these images on record?

I fell in love with ice decades ago as a young mountaineer and scientist. I loved to get up before dawn and hike out on a glacier in Mount Rainier or one in the Alps, watch the light come up and hear the crunch of the frozen ice underfoot.

On a trip to Iceland early in the project, I was looking at these little diamonds of ice that were left behind on the beach after the glaciers broke up. The surf had polished them into incredible shapes and textures. Walking the beach, you'd realize each one was a unique natural sculpture that



existed only for that moment before the return of high tide stole it away. Nobody would ever see it again. That was an amazing aesthetic and metaphysical experience.

I realized that I wanted people to share this experience, to see the glaciers disappearing. This visual manifestation and evidence of climate change is here, happening right before our eyes. It is undeniable.

Why do these photos and videos help us grasp the scale of Planet Earth's climate changes already underway?

When people encounter Extreme Ice Survey images, their response is typically immediate and dramatic. It is the first step toward caring about a distant landscape most will never experience in person, enabling them to connect the dots between what happens far away and the rising sea levels, extreme weather events and other climate-related issues closer to home.

What can an everyday person do to help underscore the global scientific consensus and urgency of addressing global warming?

Lobbyists and pundits seek confusion and controversy, because ignorance seeks to hide within a noise cloud of false information. As long as the public thinks climate change isn't real or that science is still debating it, fossil fuel industries protect their profits. Without

social clarity, the political leaders financially beholden to fossil fuel industries have no motivation to act. Market signals don't help us make correct decisions when the military, health and environmental costs of fossil fuels that spread throughout the economic system don't show up in today's gasoline prices and electricity bills.

Science and art seek clarity and vision. Clear perception is the key to changing the impact we're having on our home planet. With social clarity, the policy, economic and technological solutions to wise energy use and countering climate change can be widely implemented. The path forward is being traveled by individuals committed to improving their own lives and communities; by school children who can't stand the inaction of their elders; by innovative entrepreneurs and corporations eager to make or save money; by military generals seeking to protect their country and their soldiers; and by political leaders of courage and vision. We are all complicit with action or skeptical inaction; we can all participate in solutions to climate change.

What's next on the horizon for you?

We will continue to keep the Extreme Ice Survey cameras alive. This project doesn't end just because the film came out. We plan to keep observing the world indefinitely. We'll install more cameras in Antarctica; funding permitting, we also hope to expand into South America.

I intend to continue looking at human-caused changes in the natural world, which is what I've been photographing for 30 years. I'm developing a couple of other big ideas for conveying innovative, artistic and compelling interpretations of the world as it's changing around us. I will continue doing self-directed educational projects through our new nonprofit, Earth Vision Trust. Overall, I feel a great obligation to preserve a pictorial memory of vanishing landscapes for the people of the future.

Christine MacDonald is a freelance journalist in Washington, D.C., whose specialties include health and science. Visit ChristineMacDonald.info.

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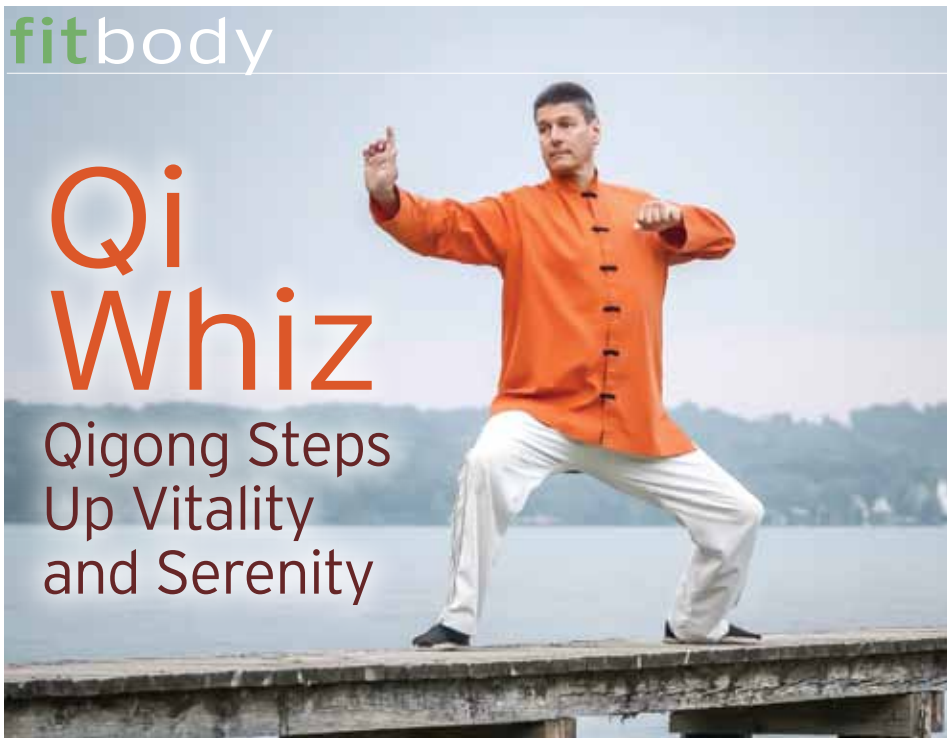
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Qi Whiz

Qigong Steps Up Vitality and Serenity



by Meredith Montgomery

A proven practice for supporting health and self-healing, qigong has been used in China for millennia to maintain and improve physical, mental and emotional well-being.

“Qi” (pronounced chee) refers to the life force or vital energy present in all things throughout the universe while “gong” means dedicated effort or steady practice of a skill. Qigong is the art of working intensely with this energy, cultivating life force.

Acupuncture physician and qigong instructor Walter Hayley, in Bonita Springs, Florida, became passionate about qigong while working as a stockbroker in need of stress relief. He compares qigong's movement of energy in the body to water running through a hose: “Qi is concentrated in channels throughout the body. Think of the qi as water and those channels as a garden hose branching out to every aspect of the individual. Stress, whether physical or emotional, can kink the hose. Qigong helps get the kinks out,” he explains. “It relaxes the body, letting energy flow more efficiently, allowing the body to heal itself.”

Qigong styles vary, but Hayley remarks that most involve slow movement, focused awareness and special breathing techniques. Many describe

the practice as a moving meditation.

Qigong teacher Judith Forsyth, in Mobile, Alabama, says, “It's often described as the mother of tai chi. When the quiet, internal energy art of qigong mixed with the powerful external martial arts, it developed into tai chi.” She emphasizes that the focus of qigong is less on its physical mechanics and more on understanding how the vital force moves through the body and can be used to enhance health and longevity.

Inside the body, there's an integrated network of subtle energy centers that international Qigong Master Robert Peng believes are connected to the capacity for genuine happiness. The goal is to awaken and pack these centers with qi. “By repeating slow, gentle movements over and over, you can develop the body's capacity to draw qi from the universe. It can be stored in these centers and later channeled back through the body to empower your daily activities,” explains Peng, author of *The Master Key: The Qigong Secret for Vitality, Love, and Wisdom*.

He focuses on three of the body's big energy portals: the "third eye", located between the eyebrows; the "heart center", at the center of the chest on the sternum and the "sea of qi", just below the navel. The idea is that when energy is accessed in these three centers, specific spiritual qualities are accessed: wisdom, love and vitality (respectively). Harmonizing all three is ideal.

Peng advises that when these essential elements are woven together in balance, dynamic happiness is possible. "You begin to project more wisdom, love, vitality, inspiration and peacefulness. Conversations flow more smoothly. Your life becomes more productive, meaningful and serene," he says. "Whatever the challenges encountered, you'll be better equipped to deal with them, while remaining inwardly content."

Forsyth was first guided to qigong when the prescribed rest, drugs, exercise and physical therapy following an accident left her with lingering neck and back problems. She recalls, "After eight weeks of practice, I experienced significant physical improvement, not only where I had considerable pain, but in my overall energy level, ability to sleep and the condition of my skin and hair. The peace and harmonizing meditation benefits of qigong were also affecting me positively in other ways. I became less worried, less of a perfectionist, less stressed out and began to experience more joyfulness."

While all styles benefit overall health, specific qigong exercises may be prescribed for specialized needs, from athletic conditioning to management of chronic conditions such as arthritis, hypertension or cancer. The gentle movements can be performed by almost anyone at any age and ability level, even those confined to a chair or bed. "Qigong

By adding qigong to their daily routines, children learn to channel energy and enhance concentration; office workers reduce stress; seniors enhance balance and quality of life; and caregivers and midwives advance abilities to help others.

~ The National Qigong Association

speaks to the body and the body then addresses the condition," Hayley remarks.

The experts advise that qigong is best practiced every day, even if for just five minutes. "A group class offers a synergy that a home practice lacks, but the more important practice is at home," observes Hayley. Some personal instruction is ideal so the practitioner receives feedback, but books and videos make qigong accessible to everyone, everywhere.

Hayley reminds newbies, "Just be patient. If one form doesn't suit you, remember there are thousands of different forms to try."

Peng's advice to beginners is, "Be happy! Think of the exercise as light-hearted play and remember to smile as you move."

Meredith Montgomery is the publisher of Natural Awakenings Mobile/Baldwin, AL (HealthyLivingHealthyPlanet.com).



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Wilderness in Sidewalk Cracks

Small Nature Reaches Out to City Kids

by Greg Hanscom

City kids are often taught that nature is out there beyond the city limits, but one science educator and photographer shows how everyday nature has the power to transform.

You can take Molly Steinwald out of the city, but you'll never get the city out of her. Growing up as a free-school-lunch kid on the outskirts of Manchester, New Hampshire, she notes, "I didn't do the skiing and mountain climbing thing."

Instead, she found solace watching ants parade across the sidewalk or tracing the intricate lines on a leaf. Yet when she graduated from high school, Steinwald traveled as far as she could from those city streets, earning a degree in biology, and then a master's degree in ecology researching kangaroo rats in Arizona's Chiricahua Mountains.

Still, the city always tugged at her. "I was really excited about big nature," Steinwald says. "But I kept coming back

to small-scale, mundane nature that I knew as a kid. I felt I needed to get back to help people who never see this stuff."

Today, Steinwald is doing just that. She is now pursuing a Ph.D. researching human interactions with nature in built environments. As director of science education and research at the Phipps Conservatory, in Pittsburgh, Pennsylvania, she has been charged with reimagining urban environmental education and reaching out to at-risk youth. Her basic assumption is: One doesn't have to go to a national park, or even a city park, to connect with the natural world. It's crawling past us on the sidewalk or drifting through the air right under our nose.

That, she says, is where city kids can forge a lasting connection with nature—if they're paying attention. As one of the many ways to get kids to tune in, Steinwald directs programs that arm them with digital cameras and chal-

lenges them to take pictures of the fragments of nature they find on the streets. The approach is a departure from the belief held by some that "nature" is defined as parks or green spaces—places apart from our everyday lives.

Lisa Graumlich, dean of the University of Washington School of the Environment, in Seattle, Washington, says Steinwald is making waves in environmental education circles: "She was an urban kid. She brings the voice of someone from a different economic class to the table."

Graumlich says it makes intuitive sense that connecting with street-level nature will help build a lasting bond with the natural world. The next challenge is figuring out how to provide kids with more of these experiences: "It may be as simple as a mom walking home from the bus stop with bags of groceries and two children in tow, feeling like she has time to look at a sidewalk crack with them."

"A lot of nature in the city is really small," Steinwald observes. "I want to show these kids that even if their nature is small, it's still darned good nature."

Greg Hanscom is a senior editor for Grist.org, in Seattle, WA.

NATURAL MEDICINE

Infrared saunas promote emotional well-being. In a study of 45 people, mood was measured before and after an infrared sauna. Afterward, the participants had less anxiety, depression, and anger, reported Japanese researchers in the journal *Complementary Therapies in Clinical Practice*.

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Zerona Treatment Overview

Treatment with the Zerona laser is easy, painless, and care-free. Each session takes less than an hour; the low-level laser is used for a total of 40 minutes. The laser is applied to the targeted area, which is generally a combination of the waist, hips, and thighs, for 20 minutes. The patient then turns over and the very same treatment is applied to the opposite side. The minimum suggested treatment period is two weeks, with three full sessions each week. You should consult your practitioner about the maximum results for your body type, weight, and target loss.



Many patients have described the session as relaxing, and even Zen. Some even try to catch up on phone calls with friends and loved ones as they lay down. You simply lay in a comfortable, stationary position for twenty minutes at a time, in a relaxed environment, while the cold laser does all of the work. Since the Zerona uses cold laser technology, you feel nothing during the procedure. You may feel a bit different and lighter as you exit the treatment center due to the bio-stimulation that begins in your body.

You are always welcome to listen to music, or just close your eyes and rest during the procedure. Listening to white noise such as running water or ocean waves is always a relaxing way to spend the forty-minute sessions. Ultimately, the treatment with a Zerona laser is a stark contrast to traditional methods of fat reduction procedures such as liposuction and gastric-bypass surgery. With Zerona, you can simply lie down, relax, and let the laser do all the work.

The Science Behind Zerona

Four separate histological studies were performed to assess the efficacy of laser in the emulsification (liquefaction) of fat. Scanning electron microscopy (SEM) and transmission electron microscopy (TEM) were utilized to analyze adipose tissue. SEM and TEM images revealed the collapse of adipose arrangements subsequent to laser therapy. The voluminous state of an adipocyte cell is reduced due to the emulsification process. The fatty material is evacuated from the cell and moves into extracellular space. The voluminous nature of adipocytes due to the accumulation of fatty material is what gives rise to an enlarged subcutaneous fat region. Zerona induces the formation of a transitory pore in the membrane of the fat cell. The pore enables the fatty material to seep out across the aperture and into extracellular space.



The Science Behind Zerona

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naturalpet



Pooch Protocol

Good Manners Make a Dog Welcome

by Sandra Murphy

It seems dogs travel just about everywhere with their humans these days. They're spotted at home improvement stores, happy hours, drive-through restaurants and workplaces, in addition to their usual hangouts. To get Sparky invited into even more people places, he must have good manners.

"Just like with kids, not every venue is appropriate for dogs," advises Eileen Proctor, a pet lifestyle expert in Denver, Colorado. "Some dogs are more introverted and want a quiet spot to relax. Others love a party. Know your dog and socialize him accordingly; never force him into an uncomfortable situation."

Instead, help him acclimate to new locales gradually, from a distance; stop when he shows signs of stress. A yawn, averted eyes, hiding behind his owner or nervous pacing are clues that a four-legged pal has had enough.

"Good manners at home might not translate to public manners," Proctor notes. "Take practice runs to see how your dog handles distractions." Day care or play dates with other dogs help hone canine social skills, while basic obedience—leave it, sit, stay, down, off, an effective recall and walking nicely on a leash—form the basis for good

manners. Reward good behavior with praise, treats or a favorite activity.

Eating Out

Amy Burkert, the on-the-road owner of *GoPetFriendly.com*, says, "After a long day at the office or a 'ruff' week at work, it's nice to include your dog when eating out. Pet-friendly restaurants with outdoor seating areas where the dog can join you are becoming more common, but always ask first.

"Dogs in dining areas should lie quietly under your table or by your chair," she continues. "This is not the time to socialize. Diners may find it unappealing to be approached by your dog while they're eating. Choose a table where your dog can be out of the way of customers and the wait staff." It will take practice. "If he acts up, apologize, leave and know that you'll do better next time," says Burkert.

A good process for teaching good restaurant manners begins with sitting quietly with the dog when there are few people around, and then moving on. The next time, order an appetizer. Increase the amount of time the pet is expected to wait quietly, as well as the number of distractions.

Traveling Together

Christina Mendel, an international business coach with offices in Germany and Italy, adds that dogs need a safe and secure retreat from excessive activity. Her Chihuahua mix, Balu, is small enough to fit into a carry bag. He can take a nap, people watch or have a snack without fear of human interference. "The carry bag helps when I take clients to dinner, drive or fly to onsite appointments," she says. "Many of my clients are dog owners, so we bond because he's well behaved and knows tricks."

Flying presents its own challenges because airlines limit the number of pets on each flight. Check the company's rules for pet size, weight and type of crate required. Dogs ride as cargo unless they are small enough to fit in a carrier under the seat. Other passengers might be fearful or allergic, so respect their boundaries.

In the car, a dog needs to be calm and wear a special seat belt, be crated or otherwise restrained to keep him safe, not distract the driver and prevent lunging out the window.



Find tips for walking dogs in crowded urban areas at Tinyurl.com/RulesOfTheDoggyRoad.

At Work

Dogs may be welcome in the workplace. Alexandra Blackstone, design director for Killer Infographics, in Seattle, Washington, takes her corgi puppy, Buster, to the office. "He was good when he was the only dog at work,"

explains Blackstone. "When an older dog and another puppy were there, he barked and tried to herd them." He didn't read other dogs well, so to further Buster's dog-to-dog communication skills, Blackstone enrolled him in doggie day care twice a week.

She advises first introducing dogs outside of the office setting. "Communicate with coworkers as to what your dog is working on, so everyone is consistent in their behavior toward him," Blackstone advises. "Be clear how to correct any inappropriate behavior if someone else shares responsibility for walking him." She reports that with positive training techniques, Buster is learning to respond well and now splits his time between day care and the office.

"It's your responsibility to make taking the dog along a good experience for all," counsels Proctor. "That includes using a leash and always picking up after him, every time."

Connect with freelance writer Sandra Murphy of St. Louis, MO, at StLSandy@mindspring.com.

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SATURDAY APRIL 5

2014 Walk for Hope and Family Fun Day – 8am-12pm. Short fun walk and fun family activities including carnival games, balloon artist, rock wall, fun jumps, exhibitors, raffle drawing, food and beverages. \$20/adults, free/5 years and under. Acadiana Autism Society. Blackham Coliseum to Cajundome Blvd, Lafayette. 337-235-4425. AcadianaAutism.org.

Acadiana Dragon Boat Festival – 8am-6pm. Experience authentic dragon boat racing down the Bayou Teche. Twenty paddlers power boats to the finish line while one drummer keeps the beat. Local vendors provide food during the event and Crossfire performs. City Park and community initiatives by On Tap. Bouligny Plaza, 102 W Main St, New Iberia. 337-352-2180.

Income Tax Services at Main Library – 9am-2pm. See April 2 listing. Iberia Parish Main Library, 445 East Main St, New Iberia. 337-364-7024. Iberia.Lib.LA.us.

MDA Muscle Walk – 9am-12pm. Raise funds to foster research and provide services to the more than 1400 families affected by muscle disease in the Acadiana area. Parc Sans Souci, West Vermilion St, Lafayette. 337-234-0088. MuscleWalkMDA.org/lafayette2014.

Scott Boudin Festival – 10am-11:30pm. See April 4 listing. \$5/admission, free/children under 6. 125 Lions Club Rd, Scott. 337-233-1130.

2nd Annual Spring Bridal Expo – 12-5pm. Salons, photographers, travel agents, personal trainers, party vehicles and limos, tuxedos, make-up artist, seamstresses, gift registers, caterers, florist, jewelers, bakers, event rentals, exhibit halls, printers and wedding entertainment showcase services. \$7. The Family Strong Foundation. Opelousas Civic Center, 1638 Creswell Ln, Opelousas. 337-945-6049.

52nd Annual Parade of Homes – 1-6pm. Sat and Sun thru April 13. Subdivisions throughout Lafayette Parish showcase the latest in home building design and products in 34 newly constructed homes built by licensed AHBA builder members. \$7 includes guide map and entrance ticket. 337-981-3053. AHBAOnline.com/parade.

1st Annual Art Appreciation Festival – 7:30pm. See April 4 listing. Teche Theatre for the Performing Arts, 609 Main St, Franklin. 337-578-7114.

SUNDAY APRIL 6

Scott Boudin Festival – 10am-11:30pm. See April 4 listing. \$5/admission, free/children under 6. 125 Lions Club Rd, Scott. 337-233-1130.

1st Annual Art Appreciation Festival – 3pm. See

April 4 listing. Teche Theatre for the Performing Arts, 609 Main St, Franklin. 337-578-7114.

52nd Annual Parade of Homes – 1-6pm. See April 5 listing. \$7 includes guide map and entrance ticket. 337-981-3053. AHBAOnline.com/parade.

MONDAY APRIL 7

Cajun Classique – 7am-9pm. Thru April 13. Leisure wooden boat cruise down Bayou Teche with excursions beginning in Breaux Bridge to St Martinville and New Iberia ending in Franklin. 337-366-0337. CajunClassique.com.

Gentle Yoga for Adults – 6pm. Certified yoga instructors lead a slow flow, yin style of Hatha Yoga. Bring a mat and wear comfortable clothes. Register online. North Regional Library, 5101 N University Ave, Carencro. 337-896-6323. LafayettePublicLibrary.org.

1st Annual Art Appreciation Festival – 7:30pm. See April 4 listing. Teche Theatre for the Performing Arts, 609 Main St, Franklin. 337-578-7114.

TUESDAY APRIL 8

Cajun Classique – 7am-9pm. See April 7 listing. 337-366-0337. CajunClassique.com.

WEDNESDAY APRIL 9

Cajun Classique – 7am-9pm. See April 7 listing. 337-366-0337. CajunClassique.com.

Income Tax Services at Main Library – 9am-2pm. See April 2 listing. Iberia Parish Main Library, 445 East Main St, New Iberia. 337-364-7024. Iberia.Lib.LA.us.

THURSDAY APRIL 10

Cajun Classique – 7am-9pm. See April 7 listing. 337-366-0337. CajunClassique.com.

Lemonade Tasting Contest – 4-5pm. Kids bring their special lemonade recipe to be judged by local celebrities and earn prizes. Free. Lemonade Day Louisiana and Raising Cane's. South Regional Library Café, 6101 Johnston St, Lafayette. 337-981-1028. Louisiana.LemonadeDay.org.

FRIDAY APRIL 11

Cajun Classique – 7am-9pm. See April 7 listing. 337-366-0337. CajunClassique.com.

Sock Bunny Craft – 4-5pm. Craft time for kids. Register online. South Regional Library Storytime

Room, 6101 Johnston St, Lafayette. 337-981-1028. LafayettePublicLibrary.org.

SATURDAY APRIL 12

Cajun Classique – 7am-9pm. See April 7 listing. 337-366-0337. CajunClassique.com.

Festival des Fleurs de Louisiane – 8am-5pm. Acadiana's premier garden show features plant and garden related vendors offering shopping for the horticulture enthusiast. Activities for all ages and door prizes guarantee a fun-filled day. \$5/adults, free/children under 12. Blackham Coliseum, Lafayette. 337-288-0283.

Paws in the Park: An Angel Paws Adoption Center Fundraiser – 8:30am-3:30pm. A 5K fun run followed by a 1-mile kids run and dog walk afterwards. The afternoon brings the Easter egg hunt, dog contests and a weenie dog race. Food and drinks available. Arts and crafts, train rides, pony rides and face painting available for kids. Craft vendors sell pet related and other handmade items. Pre-registration \$10. New Iberia City Park, 300 Parkview Dr, New Iberia. 337-365-1923.

Cajun Hot Sauce Festival – 10am-11:30pm. A hot sauce competition, Jambalaya cook-off, live entertainment, food court and crafts. Iberia Fairgrounds, 713 Northwest Bypass (Highway 3212), New Iberia. 337-365-7539.

Faces in the Sun: Initiating Seed to Blossom – 10am-6pm. Initiate the seeding birthright and attune to the core self. Direct the energy of intent as fuel for this rite of passage. Embrace the gift of struggle and shift limiting beliefs. Trust the body-mind as a measurement of alignment. Seminar led by author and spiritual guide Carla Woody and Peggy Fontenot. \$115. Register online. Tranquility Point Sanctuary, 1221 Gummy Point Rd, Ville Platte. 337-280-6395. Kenosis.net.

Family Fun Awareness Day – 10am-4pm. A family event with delicious food, games for all ages, face painting, balloon artist, magician and fun jumps. Hearts of Hope (Support Services for the Sexually Abused) and CASA (Court Appointed Special Advocates for Children) of South Louisiana and the Louisiana Department of Children and Family Services and Prevent Child Abuse Louisiana. Hearts of Hope 337-269-1557 or CASA of SoLA in Lafayette 337-268-5111. Parc Sans Souci, 201 E Vermilion St, Lafayette.

Tekneeks 2nd Annual Athletic Expo – 10am-3pm. Open to high school students. Seminars on academic and athletic excellence, self-discipline and communication. Register today. Ladavia Savoie. Domingue Center, 901 Mudd Ave, Lafayette. 337-247-7252. TekneeksLife.com.

52nd Annual Parade of Homes – 1-6pm. See April 5 listing. \$7 includes guide map and entrance ticket. 337-981-3053. AHBAOnline.com/parade.

SUNDAY APRIL 13

Cajun Classique – 7am-9pm. See April 7 listing. 337-366-0337. CajunClassique.com.

Cajun Hot Sauce Festival – 10am-5pm. See April 12 listing. Iberia Fairgrounds, 713 Northwest Bypass (Highway 3212), New Iberia. 337-365-7539.

"Picture Perfect" Easter Event – 11am-3pm. Local amateur and professional photographers bring clients to Acadian Village for Easter photo sessions and enter a photo contest. Three winners selected from amateur and professional categories and will be featured in the May edition of The Independent

Monthly. Open to the public. \$25 photography contest entry fee plus \$10/client. Entries: \$10/adults, 5/child (5-17). Free/kids 4 & under. Acadian Village, 200 Greenleaf Dr, Lafayette. 337-981-2364.

52nd Annual Parade of Homes – 1-6pm. See April 5 listing. \$7 includes guide map and entrance ticket. 337-981-3053. AHBAOnline.com/parade.

Symphony Sunday in the Park – 3-4:30pm. Free outdoor concert with the New Iberia Youth choir and the Acadiana Symphony Orchestra. Iberia Cultural Resources Association. New Iberia City Park, 300 Parkview Dr, New Iberia. 337-364-1603. IberiaCultural.com.

MONDAY APRIL 14

Gentle Yoga for Adults – 6pm. See April 7 listing. Register online. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028. LafayettePublicLibrary.org.

FRIDAY APRIL 18

Lao New Year Celebration – 8am-8pm. Lanexang Village celebrates the Lao New Year, Easter weekend with a festival that includes live music, a beauty pageant, parades, sand castle building, kids activities and vendors selling clothes, jewelry, music and food from Southeast Asia. Wat Thammarattanam Temple, 7913 Champa Ave, Broussard. 337-364-3403.

SATURDAY APRIL 19

Lao New Year Celebration – 8am-8pm. See April 18 listing. Wat Thammarattanam Temple, 7913 Champa Ave, Broussard. 337-364-3403.

Easter Egg Hunt – 2pm. A family fun Easter egg hunt. Regular park admission. Chicot State Park, 3469 Chicot Park Rd, Ville Platte. 337-363-2403.

SUNDAY APRIL 20

Lao New Year Celebration – 8am-8pm. See Friday April 18 listing. Wat Thammarattanam Temple, 7913 Champa Ave, Broussard. 337-364-3403.

MONDAY APRIL 21

Frozen (2013) – 2-4pm. Popcorn Theatre. 102 minute PG movie. South Regional Library Meeting Room, 6101 Johnston St, Lafayette. 337-981-1028.

Gentle Yoga for Adults – 6pm. See April 7 listing. Register online. North Regional Library, 5101 University Ave, Carencro. 337-896-6323. LafayettePublicLibrary.org.

WEDNESDAY APRIL 23

Festival International de Louisiane – 6:30-9:30pm. Thru April 27. Celebrate 28 years of music, art and cuisine. Performances by The Funky Meters, Tinariwin, Radio Radio, Bombino, Sierra Leone's Refugee All Stars, Zachary Richard and many other artists. More than 100 performances. Free. Downtown, Lafayette. 337-232-8086. FestivalInterNational.com.

THURSDAY APRIL 24

Festival International de Louisiane – 6-11pm. See April 24 listing. Free. Downtown, Lafayette. 337-232-8086. FestivalInterNational.com.

FRIDAY APRIL 25

Festival International de Louisiane – 1-11pm. Free. Downtown, Lafayette. 337-232-8086. FestivalInterNational.com.

Parc de Lafayette Jam – 5-11pm. All ages, free community event featuring funk and jazz bands, DJ's playing funk, disco, house and classic hip hop music with dancers doing a variety of different dance styles. Parc de Lafayette for Festival International. 337-232-8086. FestivalInterNational.com.

SATURDAY APRIL 26

Stir the Pot Seafood & Wild Game Cook-off – 7am-5pm. Live music by Chubby Carriere and Beau Young. Nature talks and hikes. Enjoy great food, music, live auction, native arts and crafts and family fun in the park. \$5/adults, free/children under 3. Palmetto Island State Park, 19501 Pleasant Rd, Abbeville. 337-652-2484.

Festival International de Louisiane – 8am-11:30pm. Free. Downtown, Lafayette. 337-232-8086. FestivalInterNational.com.

Live4Life Community Health Fair – 8-10am. Free health screenings and door prizes. Opelousas General Health System South Campus, 3983 I-49 South Service Rd, Opelousas. 337-948-5157.

Grillin' In the Park – 10am-3pm. Barbecue cook-off for kids and adults. Kids 7-11 and 11-16 participate in 'Chicken Little Cook-off.' 1st, 2nd, 3rd place trophies awarded in each category. Fun jumps, games and prizes, petting zoo and pony rides. New Iberia City Park, 300 Parkview Dr, New Iberia. 337-367-8464.

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~ Lucille

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~ John

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~ Kathleen



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ongoing events

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sunday

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

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

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

The Vertical Barre Meditation Group – 2-3pm. Free group meditation with Laci Lopez. The Vertical Barre, 233 Doucet Rd B-4, Lafayette. 877-575-1121. TheVerticalBarre.com or ARealPerson@TheVerticalBarre.com.

Whiskey River Landing – 4-8pm. Live Cajun or Zydeco music. Dance to the music on a plywood dance floor each weekend and enjoy the view of 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.

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

Flowers for Fun – 6:30-8:30pm. Research shows that being with nature nourishes the soul and brings joy into your life. Be creative in a fun and relaxed atmosphere. Play with flowers and learn to design a piece of art. \$250/6 2hr classes; once a week 6 consecutive weeks. 209 Brockton Dr, Carencro. 337-278-7673.

Les Vues Film Series – 6:30-8:30pm. A monthly

film series held the last Mon each month. Refreshments available. Free, \$5 suggested donation for curating costs. Vermilionville Performance Center, 300 Fisher Rd, Lafayette. 337-233-4077.

Blue Grass Jam – 7pm. Bring an instrument to join the Jam or just lay back and listen to some of the best Bluegrass and Folk music Lafayette has to offer. Cité des Arts, 109 Vine St, Lafayette. 337-291-1122.

Cajun Band Les Freres Michot – 7-9pm. Michot performs every Monday night at Prejean's Restaurant, 3480 NE Evangeline Thruway, Lafayette. 337-896-3247.

tuesday

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

Baby Time – 9:30-10am. Class designed to introduce mothers, fathers, caregivers and babies to nursery rhymes, songs, finger plays and early literacy information. Ages 9-18 months. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

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, frozen seafood, something for everyone of all ages. Main St, New Iberia.

Senior Water Aerobics Class – 3-3:30. Removes pressure from joints and makes moving easier. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8127.

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

Acquired and Traumatic Brain Injury Support Group Meeting – 6pm. 3rd Tues each month. Help to build you and your family a network of support

to set out in a new, rewarding direction. Free. Our Lady of Lourdes Facility, Ambassador Caffery, Section One, Conference Room A. 337-856-1964 or 877-852-1964.

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

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

Mystery Book Club – 6:30-7:30pm. 3rd Tues each month. Hosted by the South Regional Library. The South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

wednesday

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

Toddler Time – 10:30-11am. See Tues listing. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

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

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

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

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

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

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

thursday

Opelousas Farmers' Market – 6-10am. See Tues listing. Farmers' Market Pavilion, Hwy 190,

Opelousas. 337-948-5227 or 337-948-6263. CityOfOpelousas.com.

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

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.

Rhythms on the River – 5:30-8:30pm. Live music, fun and refreshments. Leave ice chests and pets at home. River Ranch Town Square, Lafayette. 337-216-6566, RiverRanchDevelopment.com.

friday

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

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

Coping Creatively Through Grief Support Group – 10am-12pm. 1st and 3rd Fri each month thru May 3. Catherine Wallace, LCSW, and Jessica Johnson, LPC, of the Center for Loss and Transition, offer seven sessions on creativity and sharing to help grievers heal. Pre-registration required, space limited. Hospice of Acadiana, 2600 Johnston St, Lafayette. 337-232-1234.

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

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

LA Ice – 7-11pm. Public ice-skating at night. \$10/admission & rental, \$8/admission. 3607 NW Evangeline Thruway, Carencro. 337-896-2040. LAIceArena.com.

saturday

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

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

New Iberia Creole Market – 8am-12pm. 4th Sat each month. Shop for seasonal local grown produce and fruits, fresh Louisiana seafood, homemade jams, jellies and other preserves. Fresh baked items, home-cooked dishes, hand-made crafts. Enjoy fun and educational activities that promote healthier eating and lifestyle choices. West End Park, 1200 Field St, New Iberia. 337-367-0834. Facebook.com/CreoleMarket.

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

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.

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

Bird Chat – 8:30am. 1st Sat each month. Wild Birds Unlimited, 137 Arrould 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 just yourself to enjoy a live traditional Cajun music jam session. Savoy's Music Centre, 4413 Hwy190 E, Eunice. 337-457-9563.

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.

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

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

Jefferson Street Story Times – 10:30am-11am. Story times for ages 3-6. Jefferson Street Library, 538 Jefferson St Lafayette, 337-261-5787.

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

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

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

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

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

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

Showtunes Sing-Along – 7-9pm. Last Sat each month. Anyone can participate in belting their favorite musical in a piano lounge-style setting. Des Amis Dining and Catering, 225 West Main St, New Iberia. 337-376-6006.

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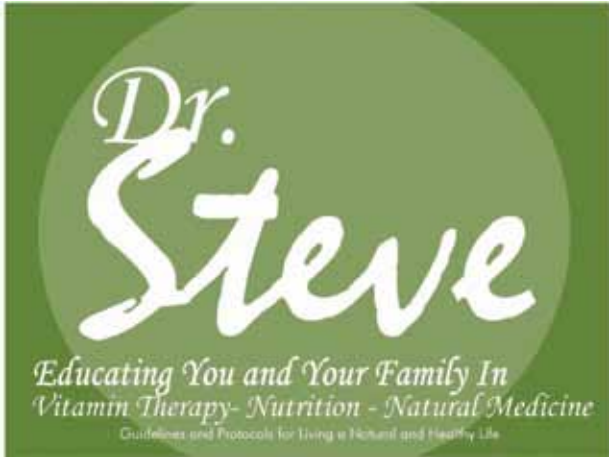
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Naturopathic Doctors

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DR. STEVEN T. CASTILLE, BSc, Ms, DNM
naturopathic medicine

Biochemist, Clinical Herbalist and Doctor of Natural Medicine

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

Naturopathy is a form of alternative or complementary medicine.

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

The Basics of Naturopathy

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

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

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

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

Traditional Naturopaths

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



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

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

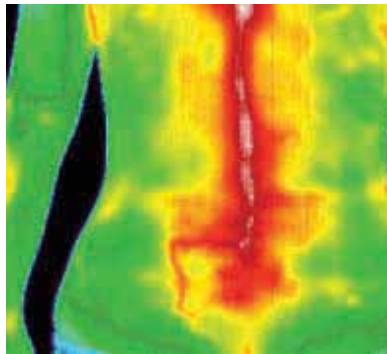
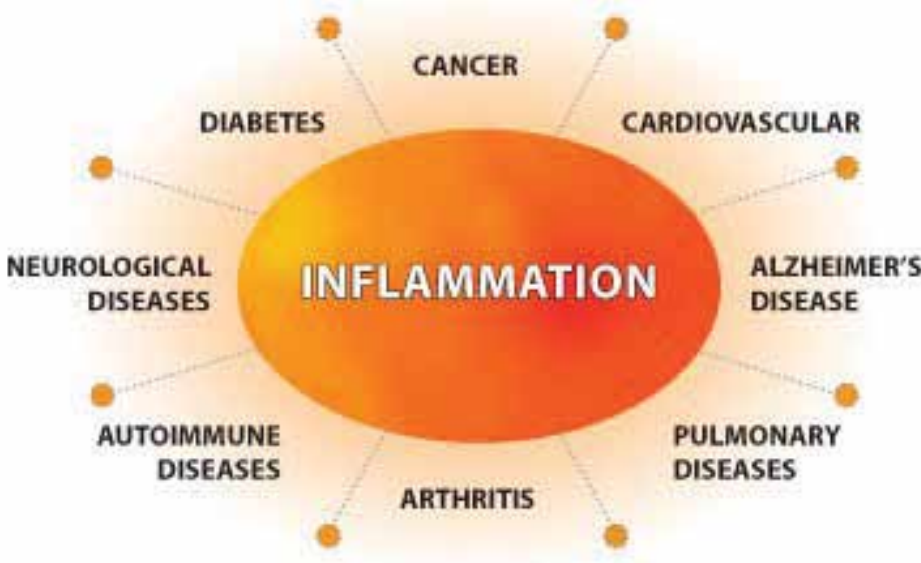
Is Naturopathy for Me?

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

What Can I Expect?

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

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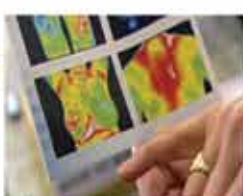
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