

HEALTHY LIVING HEALTHY PLANET

natural awakenings

feel good • live simply • laugh more

FREE

Special Issue
Awakening
Humanity

SONGS OF CREATION

A Sonic Journey
with Tom Kenyon

LOVE IN ACTION

Brings Peace and
Joy to the World

MAKING MIRACLES

Gabrielle Bernstein
on Creating Happiness

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

20 YEARS OF
PUBLISHING

December 2014 | S.W. Louisiana-Acadiana Edition | www.NAacadiana.com

Happy Holidays

natural med spa treatments

896-4141

Natural Health Center in Carencro

662-3120

DHARMA Wellness in Sunset

GIFT CARDS Available
Take 25% off if purchased for a gift.

Give the gift of health holistic healing and good nutrition this holiday season.



DETOX

Water Massage / Foot Detox Package

Relax and detox your body and lymphatics while your body is transformed under a meditative state of purification.

4 Sessions Only \$149

RESTORE HEALTH

Vitamin Program / Body Treatments

Reduce inflammation, increase circulation, rebuild your immune system, and detox. Includes basic vitamin program.

4 Week Program Only \$199

MEDCHECK

Thermography Exam / Bloodwork

Get a full body medical checkup using thermography imaging to detect inflammation, poor circulation, digestive problems. Labs and bloodwork included.

Thermography and Labs Only \$188

GIFT CARDS Available

Purchase by December 15th and get an additional 10% OFF

WEIGHT LOSS and BODY SCULPTING

Zerona Cold Laser Treatments / Whole Body Vibration / FAR Infrared Sauna / Dermosonic Treatments

Lose weight using whole body vibration exercise for toning and muscle contraction, infrared heat sauna treatments for burning calories and sweating, dermosonic treatments for tightening skin, and our premier Zerona Cold Laser Treatments for breaking down stubborn abdominal-neck-under arm-love handle fat areas.

6 Sessions Only \$400 12 Sessions Only \$700

new year new you WEIGHT LOSS PROGRAM

Zerona - Abdominal Laser Treatments

Get a flat stomach again!



6 treatments only \$400
12 treatments only \$700
15 treatments only \$899

18 zerona treatments
18 whole body vibration treatments
18 sauna treatments
3 infrared body wraps
All for only \$950



GIFT CARDS
Available
Take 25% off if purchased
for a gift.

**Makes a Great
Christmas Gift**



Call for a FREE consultation

896-4141

WEIGHT LOSS

You have tried everything
but you haven't tried BF-4.

Makes a Great
Christmas Gift



\$45

BF-4

NOW AVAILABLE AT
Drug Emporium
Lafayette

Garcinia Cambogia
prevents fat cell
formation

Raspberry Ketone
helps fat cells shrink

Green Coffee Bean
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.*

ORDER ONLINE

www.bf4onlinestore.com

Makes a Great Christmas Gift

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

Heal your body

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

Vitamin Deficiencies and Poor Nutrition are the Leading Cause for Disease

See Page 21

Vitamin Testing Means I Don't Have To Be Sick Anymore

DHARMA Wellness Center (337) 662-3120 \$39
CALL to schedule your 15 minute vitamin testing



Zerona

laser lipo

Makes a Great Christmas Gift

ZAP the fat!

GIFT CARDS Available
Take 25% off if purchased for a gift.

\$340
6-Week Program
Natural medicine
Vitamin therapy
Holistic therapies
Massage
BODY DETOX
Sign Up Today
896-4141

Find Your Balance

Discover the Benefits of Holistic Therapy



Makes a Great Christmas Gift

Enroll in a 6-Week RESTORE HEALTH PROGRAM.

publisher's letter



"Forever" is a bond between us and time and it can only be kept with love. Often, we use the word "forever." But do we truly understand its meaning? Forever means we begin, at this moment, creating new possibilities in our lives. It is a journey of courage and hope. The best part of this journey is that it allows us to take with us our most intimate passions, the people we love and the deepest thoughts we share.

We have learned that forever is a chance for an existence of pure love. It is where a promise is a promise and it is never broken. It is where best friends spend eternity and families find reunion. We must walk by faith and know that our Creator has given each of us the promise of forever. But first we must adopt a spiritual balance in our lives. We must listen to our hearts, watch our thoughts carefully and pray for inner peace and healing.

In December we are reminded of miracles. The most prominent miracle is the birth of Christ. But miracles are performed every day in our lives and we only need to silence the mind to see, feel and hear them. Our very existence is a miracle. The fact that we wake each day is a miracle. Our experience of everyday miracles creates our destiny of forever, and we can create both through prayer.

Sometimes, bad things will happen to us. Our most fundamental prayer says that we are all called to forgive those who trespass against us, just as we would ask for forgiveness from those against whom we trespass. We all have had a moment in our lives when someone we trusted dearly did the unthinkable, something we never thought that person would do. Many times the hurt feels unbearable and we believe we might never heal.

This is where our forever begins. It is yesterday, today and tomorrow. We determine our own healing—how and when we will heal and whether we will allow past pain to influence other relationships and our destiny of forever. We must look beyond those in this world who seem to never quite "get it." Life is not about money, jobs, cars, houses or clothes. Life is about creating a forever based on the experiences we have in this short journey on Earth. We can begin our forever experience now. We can live gently, have faith in our Creator, honor the experience of humanity and be honest with ourselves and others.

This Christmas, let us show pure love to those who truly love us, for they are few in each lifetime. Then we must return that love tenfold, radiating it from our hearts to fill their lives, just as sunlight warms the darkest corners of the Earth. Love is a journey, not a destination. We must travel its path daily and believe that forever begins now.

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



Steve & Michelle

Steve and Michelle Castille, Publishers



contact us

Publishers

Steve & Michelle Castille

Editor

Beth Davis

Writers

Tre' Gradnigo & Beth Davis

Outreach

Megan Reed, Simone Hebert,
& Tre' Gradnigo

Design & Production

Gail Babineaux & Steve Castille

Calendar

Michelle Castille, Lydia Castille,
& Lillyanna Castille

Distribution

Kelly Arnaud & Maranda Arnaud

To contact Natural Awakenings Acadiana Edition:

100 E. Angelle Street, Carencro, LA 70520

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

publisher@NAacadiana.com

www.NAacadiana.com

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

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

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

SUBSCRIPTIONS

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

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



contents



- 10 **news**briefs
- 16 **health**briefs
- 18 **global**briefs
- 20 **ecotip**
- 24 **healing**ways
- 26 **green**living
- 30 **healthy**kids
- 32 **conscious**eating
- 34 **wisewords**
- 36 **fit**body
- 38 **inspiration**
- 40 **natural**pet
- 44 **calendar**



advertising & submissions

HOW TO ADVERTISE

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

EDITORIAL SUBMISSIONS

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

CALENDAR SUBMISSIONS

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

REGIONAL MARKETS

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

www.NAacadiana.com

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

22 SACRED ACTIVISM

Love in Action Can Change the World
by Judith Fertig

24 SINGING THE WORLD AWAKE

by Tom Kenyon

26 TOXIN-FREE BEAUTY SALONS

Pure Pampering Feels Natural and Safe
by Sarah Tarver-Wahlquist

30 CAN-DO KIDS

Changing Our World at Any Age
by Ellen Sabin

32 HAPPY FEASTING TO ALL

Tasty Rituals that Deepen the Holiday Spirit
by Lane Vail

34 OPENING UP TO MIRACLES

Gabrielle Bernstein on Creating More Happiness
by April Thompson

36 FIND YOUR FITNESS STYLE

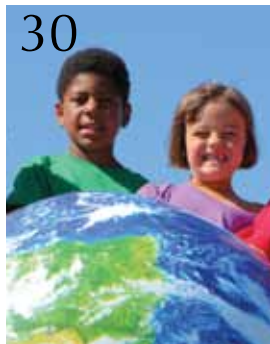
Workouts that Suit Your Personality
by Wendy Worrall Redal

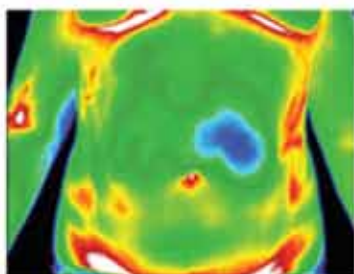
38 HYMN TO LIVING IN SILENCE

by Robert Rabbin

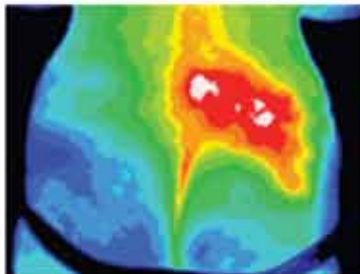
40 PET BED-BUDDIES

Is Sleeping Together Healthy?
by Erik J. Martin

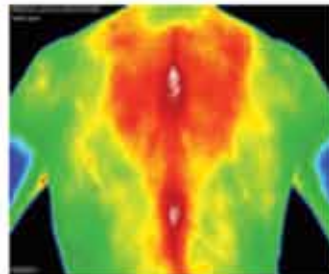




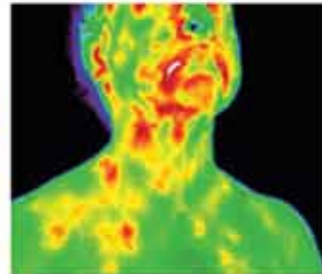
Hypothermia in the Stomach



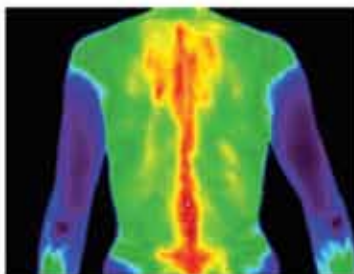
Shingles



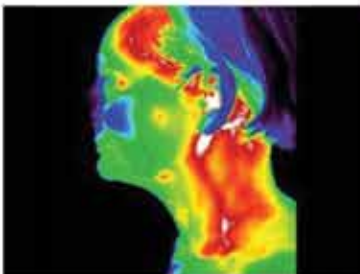
Lung Cancer



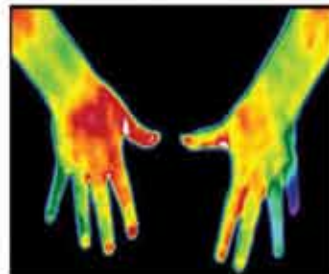
Periodontal Disease



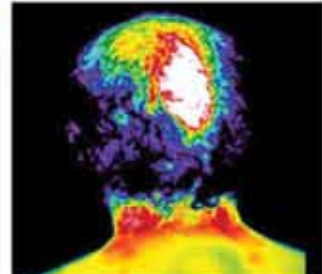
Spinal Inflammation



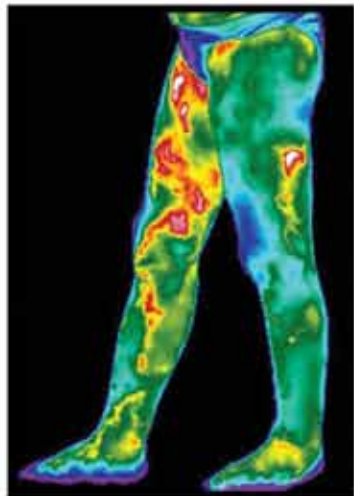
Carotid Artery Inflammation



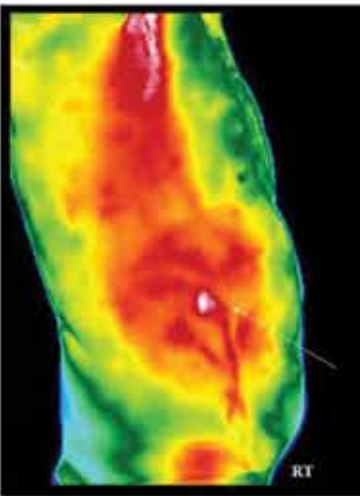
Poor Circulation Left 4th & 5th Finger



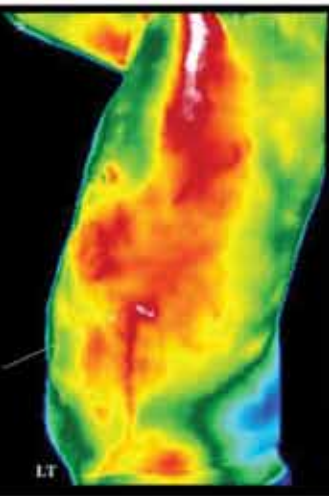
Melanoma-Scalp Cancer



Varicose Veins



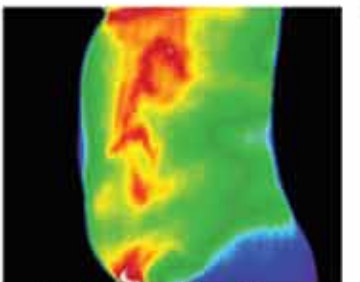
Bilateral Kidney Stones



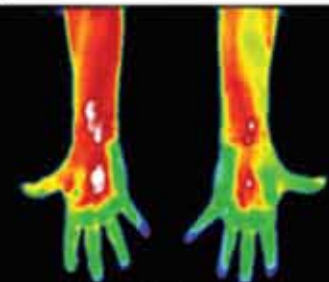
Breast Cancer



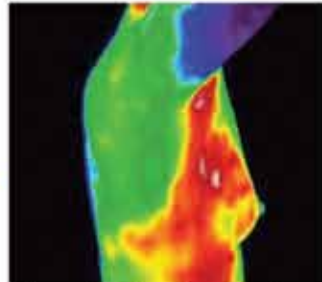
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



Lymphatic Congestion

\$94 Full-Body Thermography Screening



liteon

Natural Health Center

Powerful, Positive Healing for Life

Call **896-4141** to schedule

Thermography is used to:

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

LOOK CLOSELY

"Inflammation is at the root of practically all known chronic health conditions"

 **The RED**
is inflammation

CURE THE INFLAMMATION
CURE THE DISEASE



Pain & Inflammation Enzyme
Helps control inflammation....\$30.00

How Inflammation Affects the Body

BRAIN

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



SKIN

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



CARDIOVASCULAR

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



KIDNEYS

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



BONES

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



LIVER

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



THYROID

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



LUNGS

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



GI TRACT

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



MUSCLE

Inflammatory cytokines can cause muscle pain & weakness. Can manifest as carpal tunnel syndrome, or polymyalgia rheumatica, to name a few.



**Makes a Great
Christmas Gift**



Thermography Medical Imaging

WE WILL FIND THE INFLAMMATION

Full-Body Thermography Exam only \$94. Call **(337) 896-4141**

Bobcat Refuge Offers Safe Haven



The Louisiana Bobcat Refuge is a safe haven, providing rehabilitation and refuge for bobcats and smaller exotic animals. With a vision to educate, rehabilitate and provide sanctuary, the refuge is making enormous strides in the preservation of this unique species. Located in rural Acadiana, the Louisiana Bobcat Refuge's mission is four fold. The first is research and education, the second is pilot studies featuring GPS tracking, the third is rehabilitation for the animal and lastly to serve as a refuge for those animals that cannot be placed back into the wild.

The Louisiana Bobcat Refuge works closely with veterinarians that have 30 years of experience exclusively with bobcats. The focus of rehabilitation is to prepare cats that have been misplaced, retired from zoos or injured for reentry back into their natural habitat. Hunter education is a vital component to the mission of the refuge, therefore, they encourage hunters to change their view of this animal and see it as a glorious part of nature as opposed to hunting for their fur coats. The refuge also takes orphaned kittens and raises and rehabilitates them, preparing them for life in the wild. For those bobcats that are too old to be rehabilitated or have permanent injuries the refuge offers them safe haven to peacefully live out the rest of their lives. The Louisiana Bobcat Refuge also offers statewide emergency transport available at no charge for injured, abandoned or nuisance trapped bobcats in distress.

For more information, call 337-393-0205 or visit LouisianaBobcatRefuge.com.

Christmas at Coteau

Christmas at Coteau, a celebration of life, history and culture of the enchanting setting of historical Grand Coteau, will take place from 9 a.m. to 4 p.m., December 5, and 9 a.m. to 3 p.m., December 6, on the grounds of the Schools of the Sacred Heart at Grand Coteau. Christmas at Coteau offers two spectacular days of shopping, dining and holiday merriment in which participants will be swept off their feet with the hospitable nature and the warming courtesy of the people of Coteau.



The exciting list of events includes the Holiday Market, Cookies at Coteau, Eat, Drink & Be Merry Saturday luncheon, Coteau Café and a Friday gourmet luncheon featuring the cuisine of Ruffino's on the River. For those seeking contemporary afternoon entertainment, the Gala on the Grounds will feature live entertainment with the Andy Smith Band. At the Holiday Market, guests will have first selection from as many as 75 unique vendors offering antiques, estate jewelry, Christmas accessories,

objects d'art, children's apparel and home and garden accessories. Not only is Christmas at Coteau a good time, but it is also a fantastic fundraiser with all proceeds going to benefit Schools of the Sacred Heart at Grand Coteau.

Location: 1821 Academy Rd., Grand Coteau. For more information, call 337-662-5275.

Alexander Art Studio Now Open In Lafayette

Alexander Art Studio has opened a new location in Lafayette. The new studio showcases original fleur de lis designs inspired by Louisiana's rich culture and heritage.



Candice Alexander's attraction to generally overlooked elements of life led to collecting, sculpting and general creating, as design became for her, a synthesis for a passion of combining science, mechanics, light, color and kinetics.

The collections highlight aspects in the lifestyles of the Cajun, the roughneck, the Creole, the hurricane survivor, the swamp rocker, the rice farmer, the Mardi Gras queen and the jazz musician. With over 700 designs, the work speaks to the "Fleur de lis-Worlds Within Series," which captures the essence of the artist's native community. In addition, every piece in the gallery is mastered, signed, numbered and embossed by Alexander.

Alexander Art Studio is located inside the Acadiana Mall at location 212. For more information call 337-849-6736 or visit AlexanderArtStudio.com.

Trees Acadiana

Trees Acadiana is keeping Acadiana beautiful by planting trees and conserving urban and community forests throughout southwest Louisiana. An organization dedicated to maintaining the community's living environment through conservation and education, Trees Acadiana's goal is to plant 2,000 to 3,000 public trees annually.

In addition to sponsoring public tree plantings, the organization also provides education on the importance of planting and conserving trees and urban forests. One of the unique goals of the organization is to support the preservation of historic trees and green spaces that are vital components to a healthy sustainable environment. Through the calculated efforts of initiating a systematic, permanent and year round tree planting program on the public properties, Trees Acadiana aims to reverse the net loss of trees and urban deforestation that has occurred as Lafayette has grown and developed in recent decades.

A tax-exempt, tax-deductible, non-profit corporation, the organization holds monthly planning meetings every fourth Tuesday and heavily participates in the Lafayette Arbor Day, held every January for Lafayette and the surrounding Acadiana area.

For more information, visit TreesAcadiana.org.



**NOW AVAILABLE AT
Drug Emporium
Lafayette**

Organic Frozen Wheatgrass Juice WheTea



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

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

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



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

Price: \$30.00

Green Waters Alkaline Water

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



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



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



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

Mood Enhancer

Best Depression Formula



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

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

Supplement Facts		
Serving Size: 1 Vegetarian Capsule		
Amount Per Serving	%Daily Value	
Pantothemic Acid (as d-calcium pantothenate)	50 mg	100%
Phosphatidylcholine	500 mg	
Other Ingredients: Cellulose, Magnesium Stearate		

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

Specialty Vitamins and Supplements

Whey Protein (Vanilla)

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



.....\$45.00

Organic Fiber

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



.....\$35.00

pH 9.5 Drops

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



.....\$30.00

Women's Libido

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



.....\$35.00

Lecithin



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

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

.....\$30.00

Garcinia Cambogia

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



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

.....\$35.00

WheTea Ab Fat Burner

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



.....\$20.00

Folic Acid

Vital nutrition for heart-health and more! Folic Acid not only delivers valuable protection for the cardiovascular system by helping neutralize homocysteine, it also plays an essential role in prenatal nutrition. According to the U.S. Public Health Service, a healthful diet supplying 400 mcg of folic acid per day may reduce a woman's risk of having a child with birth defects of the brain or spinal cord.



.....\$30.00

Women's Hormone Balance



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

in order to help regulate the body and restore natural hormone balance.

.....\$35.00

Phase 2 Starch Complex



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

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

.....\$35.00

Digestive Enzyme Complex



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

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

BF-4 Weight Loss



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

.....\$45.00

Prostate Health



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

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

.....\$35.00

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

Raspberry Ketone Drops



Research indicates that raspberry ketones appear to support weight management in two ways: first, by decreasing the absorption of dietary fat; and second, by supporting epinephrine-induced lipolysis (the breakdown of fat). Appetite Control and Fat Loss Formula.

.....\$30.00

Natural Medicine and Nutrition Centers



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



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



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

Amino Complex



Amino acids are the individual building blocks of every protein. Our body's structure, tissues, and functions would not be healthy or the same without them. We use the 22 existing amino acids to assemble over 1600 proteins that are involved in numerous bodily functions. Although some amino acids are produced by

our body, we have the responsibility of supplying our body with 9 of the 22 amino acids that are "essential". Essential amino acids need to be supplied by our diet. Liteon Natural created the Amino Acid Complex to make it easier for you to meet your body's needs.

.....\$35.00

Melatonin



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

.....\$30.00

Maca



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

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

Rhodiola



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

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

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

.....\$30.00

Pain & Inflammation Enzyme



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

ic pain from a serious health condition or inflammation from over-exertion and physical exhaustion, Liteon Natural's Pain and Inflammation Enzyme Blend can help. This unique anti-inflammatory and pain relief formula will strengthen your body's natural response to pain and inflammation. This supplement packs the power of natural bioflavonoids, herbs, and enzymes.....\$30.00

Cal-Mag-Zinc with Vitamin D



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

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

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

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

.....\$40.00

Shark Cartilage



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

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

.....\$35.00



THE AMAZING NEW **BREAKTHROUGH** IN
NATURAL WEIGHT LOSS

THE MOST EXTINGUISHING FASTEST FAT BUSTER

- ✓ **BLOCK FAT**
Helps **Prevent** Fat Production
- ✓ **SUPPRESS APPETITE**
Helps **Reduce** Emotional Eating
- ✓ **MANAGE STRESS**
Helps **Decrease** Belly Fat



BF-4 Weightloss Workout Plan

(20 lbs / 4 inches / 5 Weeks)

Week 1

Whole Body Vibration (PROGRAM 1), Infrared Sauna (120F), BF-4 (2 capsules 1x daily)
 Whole Body Vibration (PROGRAM 1), Infrared Sauna (120F), BF-4 (2 capsules 1x daily)
 Whole Body Vibration (PROGRAM 1), Infrared Sauna (120F), BF-4 (2 capsules 1x daily)

Week 2

Whole Body Vibration (PROGRAM 1), Infrared Sauna (140F), BF-4 (2 capsules 2x daily)
 Whey Protein Meal Replacement Drink (granola, pineapple, celery, yogurt, ice/water)
 Whole Body Vibration (PROGRAM 1), Infrared Sauna (140F), BF-4 (2 capsules 2x daily)
 Whey Protein Meal Replacement Drink (granola, pineapple, celery, yogurt, ice/water)
 Whole Body Vibration (PROGRAM 1), Infrared Sauna (140F), BF-4 (2 capsules 2x daily)
 Whey Protein Meal Replacement Drink (granola, pineapple, celery, yogurt, ice/water)

Week 3

Whole Body Vibration (PROGRAM 2), Infrared Sauna (140F), BF-4 (2 capsules 2x daily)
 Whey Protein Meal Replacement Drink (granola, pineapple, celery, yogurt, ice/water)
 Whole Body Vibration (H=24 L=12), Infrared Sauna (140F), BF-4 (2 capsules 2x daily)
 Rhodiola 300 mg (2 capsules 2x daily), Walk 30 mins (morning/evening)
 Whole Body Vibration (PROGRAM 2), Infrared Sauna (140F), BF-4 (2 capsules 2x daily)
 Whey Protein Meal Replacement Drink (granola, pineapple, celery, yogurt, ice/water)

Week 4

Whole Body Vibration (PROGRAM 3), Body Wrap (140F), BF-4 (2 capsules 3x daily)
 Whey Protein Meal Replacement with Rhodiola 300 mg and Folic Acid 800 mcg
 Whole Body Vibration (H=54 L=14), Body Wrap (140F), BF-4 (2 capsules 3x daily)
 Whey Protein Meal Replacement with Rhodiola 300 mg and Folic Acid 800 mcg
 Whole Body Vibration (PROGRAM 3), Body Wrap (140F), BF-4 (2 capsules 3x daily)
 Whey Protein Meal Replacement with Rhodiola 300 mg and Folic Acid 800 mcg

Week 5

Zerona 40 mins, Whole Body Vibration (PROGRAM 3), Body Wrap (150F)
 Whey Protein Meal Replacement with Rhodiola 300 mg and Folic Acid 800 mcg
 Zerona 40 mins, Whole Body Vibration (PROGRAM 3), Body Wrap (150F)
 Whey Protein Meal Replacement with Rhodiola 300 mg and Folic Acid 800 mcg
 Zerona 40 mins, Whole Body Vibration (PROGRAM 3), Body Wrap (150F)
 Whey Protein Meal Replacement with Rhodiola 300 mg and Folic Acid 800 mcg
 Zerona 40 mins, Whole Body Vibration (PROGRAM 3), Body Wrap (150F)
 Whey Protein Meal Replacement with Rhodiola 300 mg and Folic Acid 800 mcg
 Zerona 40 mins, Whole Body Vibration (PROGRAM 3), Body Wrap (150F)
 Whey Protein Meal Replacement with Rhodiola 300 mg and Folic Acid 800 mcg

NOW AVAILABLE
2 Week Program
\$180.00

Includes: 1 BF-4, 1 Rhodiola, 1 Folic Acid Supplement and all Body Wraps, Zerona, and Whole Body Vibration

Price: \$434

REGULAR PRICE: \$1,104. OFFER ENDS 1/15/15

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



Calcium Supplements Raise Risk of Brain Lesions



A Duke University study published in the *British Journal of Nutrition* this summer found that calcium supplements taken by elderly persons may increase the risk of brain lesions that are identified as hyperintensities on magnetic resonance imaging (MRI) brain scans.

The researchers studied 227 adults over the age of 60. The patients were assessed for supplemental calcium intake and received brain scans via MRI. Those taking calcium supplements had more lesions of a volume typically associated with hypertension. They noted no dose-dependent relationship between lesion size and the amount of calcium being supplemented. The scientists commented that other studies have found calcium

supplementation also associated with greater risk of artery disease.

Hyperintensities are observed in normal aging, plus several neurological, psychiatric and autoimmune disorders that affect the brain. They constitute damage to brain tissue caused by restricted blood flow and have been linked to mild cognitive deficits and disturbances.

Knotweed and Hawthorn Outperform Lovastatin in Trial

Chinese researchers recently discovered that two herbal extracts may treat atherosclerosis, the hardening of the arteries, as well as or more effectively than the pharmaceutical drug Lovastatin.

Sixty-four patients with atherosclerosis of the carotid artery were studied. For six months, half the patients received 20 milligrams of Lovastatin per day, while the other half took an herbal extract combination of Japanese knotweed and hawthorn.

After six months, tests showed artery plaque thickness and inflammation were significantly lessened among both groups. However, the herbal extract-treated group showed a greater reduction of high-sensitivity C-reactive protein (hs-CRP) levels, a marker of risk for cardiovascular disease.

Relatively high levels of hs-CRP in otherwise healthy individuals are predictive of heart health crises even when cholesterol levels are within an acceptable range. People with lower values have less of a risk.



CELL PHONES AND ROUTER MICROWAVES STRESS PLANTS

Evidence of the effects of wireless technologies on human health continues to be controversial, with agreement on results remaining elusive. Now a new study published in the *Journal of Plant Physiology* found that human-generated microwave pollution can potentially be stressful to plants.

Researchers from Romania's Estonian University of Life Sciences tested three common garden plants—parsley, celery and dill weed. They exposed each to the types of microwave radiation equivalent to those produced by cell phones and wireless routers. Then these radiation-exposed plants were compared with identical plants not exposed to the radiation.

The scientists noted that the irradiated plants had thinner cell walls; smaller chloroplasts (cellular sites of photosynthesis); smaller cell mitochondria (centers of energy production); and greater emission of volatile compounds, particularly monoterpenes and green leaf volatiles, which are protective, life-promoting components of the plants' essential oils.

The effects were stronger for the type of radiation produced by wireless routers. While essential oil production overall was increased by the frequency of the microwaves produced by cell phones, it was decreased by the frequency emitted by the routers.

Hospice Care Adds Months for Cancer Patients

Researchers from Houston's MD Anderson Cancer Center determined that hospice care significantly increases survival rates among patients with metastatic (stage IV) melanoma, a difficult-to-treat form of cancer that occurs when melanoma cells have spread through the lymph nodes to other parts of the body.

The study's authors followed 862 metastatic melanoma cancer patients. Of these, 523 patients received one to three days of hospice care, 114 patients received four or more days and 225 people received no hospice care through their survival period. Those that received four or more days had an average survival period, which typically dates from the original diagnosis, of 10.2 months, while those that received none averaged 6.1 months. In addition, the end-of-life hospital costs for those receiving the most hospice visits were nearly half of what was incurred by patients not receiving hospice attention.



Mistletoe Extract Benefits Pancreatic Cancer Patients

A study published in the *European Journal of Cancer* revealed that a mistletoe extract may lengthen life for patients with severe pancreatic cancer. German researchers tested 220 patients with advanced stage pancreatic cancer, an aggressive, often fatal disease. The patients were divided into two groups; one was given up to 10 milligrams of *Viscum album* (European mistletoe) three times a week for up to 12 months.



Both groups received supportive care throughout the study period.

The average length of survival for those taking the mistletoe extract, 4.8 months, was nearly twice that of the other group, 2.7 months; a survival period typically dates from the original diagnosis. Within a group considered to have a good prognosis, the survival period for those that consumed the extract, averaging 6.6 months, was more than double that of the no-extract group, which averaged 3.2 months.

Hip Fractures Decrease on Weekends and Holy Days



A new study published in the *Israel Medical Association Journal* found that older adults are more likely to have hip fractures in the wintertime, except during weekends and on religious holidays.

The study's authors checked the records of 2,050 patients that were at least 65 years old and had suffered a hip fracture. Analyzing the dates of each fracture revealed that significantly more of them occurred during the wintertime; the injuries corresponded directly with lower temperatures and greater rainfall.

Fewer fractures took place on the Sabbath and during weekends in general, as well as on Yom Kippur and other holy days, with the exception of Passover.



Text SUBSCRIBE, Your Name, and Address to (337) 424-5066 to get your FREE COPY of Natural Awakenings Magazine mailed to your home or office each month.

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

Bye-Bye Birdie

230 Avian Species on the National Watch List



Scientists from 23 organizations, including the federal government, universities and conservation groups, have spent years on the *State of the Birds Study*, looking at 230 species of birds from different habitats compiling its watch list. Peter Marra, a migratory bird specialist at the Smithsonian Institution's National Zoo, in Washington, D.C., attributes the population drops of the birds in the

most trouble to disappearing habitat or reduced range.

Some coastal birds are doing better, and previously endangered wetland birds are recovering due to laws that are protecting them. Marra says, "These populations come back when we create the habitat. The report emphasizes that it's better to focus on birds that aren't yet in decline and keep them that way."

Ken Rosenberg, a bird biologist at the Cornell Lab of Ornithology, in Ithaca, New York, and an author of the report, says that hunters, as well as conservationists, deserve credit for preserving ducks. He acknowledges, "We've put a tremendous amount of resources and money into wetland and waterfowl conservation because of the hunters that contribute financially."

But lots of songbirds are in trouble, and Florida, where bird habitat is disappearing fast, is a crucial stopover for migrating birds. It's the kind of place that birds both common and endangered urgently need to survive.

Source: *National Public Radio*

Cultural Roots

Status of Religious Diversity in the U.S.



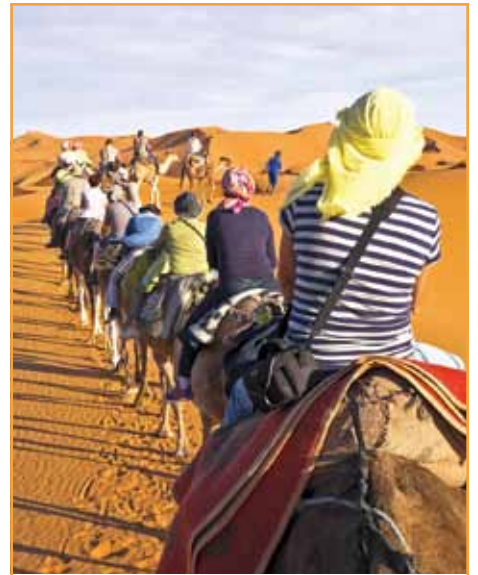
The United States is often described as a religiously free and diverse country, but a new Pew Research Center study reveals that 95 percent of the populace identifies itself as either Christian or unaffiliated (atheist, agnostic or having no particular religion). This ranks the U.S. 68 out of 232 countries and territories in the

Pew Religious Diversity Index. Singapore is the world's most religiously diverse country, followed by Taiwan and Vietnam.

The study treats Christian denominations as members of the same religion, which if counted separately, would increase the ranking. But Islam, Hinduism, Buddhism and Judaism all have internal diversity, as well, and are considered as single religions in the study.

There's an important distinction between religious diversity and religious freedom, which the report does not measure. The First Amendment to the U.S. Constitution guarantees the right to free exercise of religion, which is not always the case in other countries.

Source: *PewResearch.org*



Youth Activists

World Peace Caravan to Travel in the Middle East in 2015

The World Peace Caravan, founded by the nonprofit D. Gary Young Foundation, is a global peace movement scheduled to conduct a 12-day camel caravan from Petra, Jordan, to Jerusalem, Israel, from December 15 to 26, 2015. It will be spearheaded by a delegation of 12 youth ambassadors, ages 16 to 24, selected from a worldwide pool of candidates.

Their goal is to foster an online youth community to provide young people everywhere a platform to share ideas, voice opinions and educate and learn from their peers. The youths intend to collaborate on solutions-centered projects to help eradicate poverty and hunger, ensure environmental sustainability and attain healthy lives for all.

Inspired by a recurring vision, D. Gary Young, CEO of Young Living Essential Oils, chose the ancient Frankincense Trail upon which the Queen of Sheba once journeyed to bring peace offerings to King Solomon. This modern-day journey for peace invites people of all cultures, faiths and backgrounds to retrace the steps of that pioneering peace movement, culminating in a blockbuster World Peace Caravan Concert for Peace in Jerusalem.

For more information, visit WorldPeaceCaravan.org.

Planet Power

Scientists May Harvest Energy from Earth's Infrared Emissions



Physicists at the Harvard School of Engineering and Applied Sciences (SEAS) are developing a device described in *Proceedings of the National Academy of Sciences* that would harvest energy from Earth's infrared emissions into outer space. The power

is modest, but tangible. Steven J. Byrnes, a postdoctoral fellow at SEAS, points out, "The device could be coupled with a solar cell, for example, to obtain extra power at night without extra installation costs."

Heated by the sun, our planet is very warm compared to the frigid depths of space. Thanks to recent technological advances such as plasmonics and nanofabrication, and new materials like graphene, the researchers say this heat imbalance could soon be transformed into direct current (DC) power, taking advantage of an untapped, virtually limitless energy source.

Source: *ScienceDaily.com*

Green Envy

Don't Be So Quick to Bash the Rich

A survey at social research site *Queendom.com* reveals that stereotypes of the richest class of society as being uniformly selfish individuals are not entirely accurate. It seems that having money does not necessarily mean that a person has an overactive ego. Actor Will Smith, with an estimated net worth of \$200 million, observes, "Money and success don't change people; they merely amplify what is already there."

Queendom data shows a difference of only a few percentage points between respondents of varying income levels in matters of altruism such as doing and returning favors, putting themselves in others' shoes, sympathy and empathy. The area where those in a higher socioeconomic status rank at the top is in charitable contributions.

Ilona Jerabek, president of parent company PsychTests AIM, says, "Our personality impacts every aspect of our life—the choices we make, the people we surround ourselves with, the career we pursue, the way we respond to life experiences, the way we manage our finances and whether or not we share our good fortune."

Take the survey at Tinyurl.com/AltruismTest.



Feeding Hope

Recognizing Restaurants that Support the Homeless



Food Recovery Certified is a new program that rewards restaurants that donate their extra food to those in need with a sticker on their front door. It's a project of The Food Recovery Network, a national system of college students that takes cafeteria leftovers to homeless people. Founder Ben Simon started the group in 2011 at the University of Maryland, and the network has saved more than 320,000 pounds of food from the dump in

its first three years.

If a restaurant donates unsold food to the hungry at least once a month, it can apply for the certification. Then Food Recovery Certified verifies with local nonprofits that the donations actually occur before awarding its approval. Simon states, "Every food business should be donating its extra food."

For more information, visit FoodRecoveryCertified.org.



Bamboo Bamboozle

'Green' Clothing Made with Toxic Chemicals

Bamboo is rapidly renewable and requires few pesticides to grow. However, bamboo fabric manufacturing is a chemically intensive process that doesn't provide clear and legitimate product labeling. Misleadingly using the terms eco-friendly and green becomes greenwashing when applied to items such as bamboo clothing.

As the Fair Trade Commission describes the overall process, "Most bamboo textile products, if not all, are actually rayon, which typically is made using environmentally toxic chemicals. While different plants, including bamboo, can be used as a source material to create rayon, there's no trace of the original plant in the finished rayon product."

This example points out the public vigilance required to secure more sustainable, environmentally friendly products. Third-party verification of all claims is recommended. Products made of the bamboo stalk itself, such as poles for furniture or planks for flooring, remain true to their naturally sustainable source.

Source: Tinyurl.com/OrganicBambooFraud

I long to see you so that
I may impart unto
you some spiritual gift.

~St. Paul

Tweet Treats

Trim a Tree, Feed the Birds

From December 14 through January 5, citizen scientists of all ages will participate in the National Audubon Society's Christmas Bird Count (Tinyurl.com/AudubonChristmasCount), the country's longest-running wildlife census.



Audubon and other organizations use the data collected by volunteers to monitor population trends and guide conservation efforts.

Whether or not families plan to help Audubon volunteers keep track of feathered visitors, they might consider providing backyard birds with gifts of food during the winter, when natural food sources can be scarce. Adorning outdoor trees with edible decorations can also help brighten landscapes, reduce kitchen scraps, creatively involve children in nature and make yards more bird-friendly.

Salvage citrus rinds for feeders. Poke holes along the edge of hollowed halves of grapefruit and orange peels

and run twine through them so they can hang from a branch. Fill with bird seed or suet.

Create ornaments from bread heels or stale loaves.

After cutting out shapes with a cookie cutter, spread them with unsalted nut butter and cover with birdseed. Bagels, rice cakes and pinecones can be frosted and sprinkled in the same way. Avoid using anything moldy. For more colorful ornaments, hang orange and apple slices.

Drape edible garland around tree branches. Thread unsalted popcorn (stale popcorn strings more easily), fresh cranberries, citrus slices, unshelled peanuts, dried apples or grapes into a garland.

Use natural string, wool or raffia for hanging decorations. Wild Birds Unlimited suggests selecting these materials so they can be used by birds as nesting materials in the spring.

Collect seed heads and berries to tuck among the branches. According to the National Wildlife Federation, good food sources include seed heads from flowers such as goldenrod, sunflower, coneflower, sumac and mullein; seed heads from grasses such as millet, wheat, foxtail and switchgrass; and berries on sprigs of holly, juniper, cedar, hawthorn and mountain ash. Make sure decorations are hung on a tree or shrub near a window so the whole family can enjoy watching the wildlife they attract.

Contributing source: The Humane Society

COUPON VALID AT NATURAL HEALTH CENTER & DHARMA WELLNESS CENTER

**BUY 1
GET 1**

1/2 PRICE

ANY SINGLE OR PACKAGE PRICE



IONIC FOOT DETOX
30 minute sessions

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

Expires 1/15/15

Depression

Anxiety

Can't Focus

Brain Fog



Mood Enhancer
can help you

Vitamin Testing \$39

(Takes only 15 minutes for a full screening)

Makes a Great Christmas Gift



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

Thiamin
Vitamin B6
Vitamin B12
Vitamin C
Calcium
Fluoride
Iodine
Iron

Riboflavin
Magnesium
Phosphorus
Potassium
Selenium
Sodium
Zinc

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

- Andrew Weil, M.D.

Did you know A vitamin deficiency can cause



ENLARGED THYROID
Iodine deficiency



JOINT PAIN
Vitamin C deficiency



WEIGHT GAIN
Vitamin D, magnesium, or iron deficiency

cancer

hypertension

inflammation

diabetes

depression

GET TESTED

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

Vitamin Deficiencies and Poor Nutrition are the Leading Cause for Disease

DHARMA Wellness Center

(337) 662-3120

CALL to schedule your 15 minute vitamin testing

Sacred Activism

Love in Action Can Change the World

by Judith Fertig



“Sacred activism is the fusion of the mystic’s passion for God with the activist’s passion for justice, creating the burning sacred heart that longs to help, preserve and nurture every living thing.”

~ Andrew Harvey

The butterfly, a universal symbol of transformation, reminds us that becoming our best selves is an ongoing process. Yet these delicate, fluttering creatures are suffering a decline, especially the vivid orange and black monarch butterflies that depend on milkweed flowers for sustenance during their migration to and from Mexico and Canada.

“When I heard about the monarch butterfly crisis, I also noticed that I had milkweed vines all along my back fence,” says Karen Adler, a Kansas City, Missouri, gardener. “In years past, I

would have pulled them out because they can strangle other plants. But I talked it over with my neighbor and we agreed to let them grow. This year, we had more monarchs than ever.”

These two women might not realize it, but they had engaged in spiritual activism. They became aware of a problem, approached it with compassion, learned about the issue, realized life’s interdependence and committed themselves to positive action for a result that is good for all.

It’s a process that Andrew Harvey first described in a 2005 talk he gave at

the Santuario de Guadalupe, in Santa Fe, New Mexico, that’s also reflected in his book, *The Hope: A Guide to Sacred Activism*. Born in India, educated at England’s Oxford University and in the religious traditions of Hinduism, Buddhism and Christianity, he now resides in Melbourne, Arkansas, where he’s founder and director of the Institute for Sacred Activism. The goal of his international travel is to bring concerned people together to proactively face global crises.

Says Harvey, “Sacred activism is a fusion of two of the most powerful fires of the human psyche—the mystic’s passion for God and the activist’s passion for justice.”

Hallmarks of Spiritual Intent

The Awakening – Progressing from concerned citizen to spiritual activist is a gradual process. It may begin with an issue to which one feels called. “Our life in the world is a continual call and response,” observes Kabir Helminski, of Santa Cruz, California. He authors and translates books on the Muslim Sufi tradition, which tends to have an open relationship with other religions, and is a core faculty member of the Spiritual Paths Institute, which encourages seekers to find the sacred traditions that speak to them.

“Sometimes events are a waking dream calling for interpretation, and sometimes the heart is directly addressed from within,” says Helminski.

Compassion – Once an event moves us, prayer can be a pathway that opens our hearts to compassion, according to Jagadish Dass, of Granada Hills, California. The healer and teacher wrote *The Prayer Project: The 3-Minute, 3 Times a Day Solution for World Change*, which encourages involvement with something bigger than ourselves. Dass maintains that praying for three minutes, three times a day, will help us transmute into expressing a quiet power. “As we take responsibility for our lives, a transformation occurs within,” he says. We begin to inspire others to also take up the cause of working for change and bringing more peace, joy and love to the world.

Likewise, Harvey urges each of us to make a real commitment to



“When you put spirit and activism together, you realize that all actions are connected to spirit. It makes you think about your duty in every instance—from how you treat people throughout your day to how you treat the environment. It becomes a satisfying way of living.”

~ *Carla Goldstein*

daily spiritual practice on the road to spiritual activism. He suggests, “Start with a short prayer that aligns you with the pure deep love that is longing to use you as its instrument in the world.” Options include prayers from many of the world’s spiritual traditions shared in Dass’ book; a free download is provided at *StewardshipOfTheSoul.com*.

Interconnectedness – Just as everything in the universe is connected by the simple act of being, like-minded people can connect to do good in the world. Sacred activists pursuing their own spiritual paths need to work with others, according to Harvey. “They form empowering and encouraging networks of grace—beings of like heart, brought together by passion, skill and serendipity to pool energies, triumphs, griefs, hopes and resources of all kinds. When people of like mind and heart gather together, sometimes miraculously powerful synergy can result.”

Harvey has found that groups of six to 12 people become the most efficient and productive, whether joined together through a profession (such as physicians on medical missions), a passion for animal rights or the environment, or a strong sense of social justice.

Knowledge – Knowledge, both inward- and outward-seeking, is another key to doing good for all. Carla Goldstein, JD, chief external affairs officer at the Omega Institute for Holistic Studies, in Rhinebeck, New York, and cofounder of its Women’s Leadership

Center, used her interest in women’s empowerment issues as a springboard to spiritual activism.

“For the first 20 years of my professional life, I focused on public policy and politics,” she says. “But something was missing in the rhetoric of taking care of each other.” Practicing yoga and meditation and receiving support during a personal health crisis prompted what she terms “an awakening understanding of a gap between personal change and systems change.” Goldstein came to question her own “rugged individualism” versus the interconnectedness she felt when people took care of her. “Can we actually move towards integrating these two ideals?” she asked herself. Knowledge about issues is readily available from experts and organizations that experts recommend; she observes, “The big question is: What is needed for us to be of help?”

Sometimes listening and understanding can be powerful. Under the auspices of the Omega Women’s Leadership Center, Goldstein invited women on both sides of the reproductive rights issue to meet in 2005. They had been part of the Public Conversations Project in the Boston suburb of Watertown, Massachusetts, begun after medical staff members were killed and wounded at an area women’s health clinic providing abortions in 1994.

“Women from the divided community initially came together to tell their stories,” Goldstein relates. “Over time,

they developed a deep love for each other. Nobody changed their positions, but they did change how they interacted with one another.” They experienced a shift from emotional and verbal turbulence to, if not agreement, feelings of peace and understanding. Since then, the project has grown to facilitate such conversations in 38 states and 15 countries (*PublicConversations.org*).

Positive Action – While many thorny issues take long-term, dedicated efforts to be resolved, others only need smaller individual or collaborative actions for positive outcomes. For Mark Nepo, a New York City poet, philosopher and author of the *New York Times* bestseller, *The Book of Awakening*, kindness is the force behind positive action, no matter how modest at first.

“Kindness reveals kinship. It gives us connection to everything greater than us and everything else that is kind in the universe,” he says. “I think it’s powerfully effective, yet it’s such a small thing.”

Nepo is active in Bread for the Journey, an international nonprofit that encourages community grassroots philanthropic projects that generate microgrants. One involved a small town in northern New Mexico that sought to improve the lives of local teenagers when the town’s elders wanted to open a youth center as a positive alternative to the drug scene. Just before the center was scheduled to open, the project ran out of money for required floodlights, so Bread for the Journey funded them and the center opened. “Within a few years, the whole culture shifted,” reports Nepo. This small contribution made a big difference to the whole community.

Once awakened and nurtured, spiritual activism can become an omnipresent part of our lives. Says Goldstein, “When you put spirit and activism together, you realize that all actions are connected to spirit. It makes you think about your duty in every instance—from how you treat people throughout your day to how you treat the environment. It becomes a satisfying way of living.”

Judith Fertig is a freelance writer from Overland Park, KS.



Photo by Adrienne Koteen

Singing the World Awake

by Tom Kenyon

Article adapted from the film, *Song of the New Earth*

When I was a youngster, I clearly remember reading a book, *The Boy Who Sang to the World*, although I later learned it doesn't exist. I

Music and sound are the language and architecture of the cosmos.

read it in some other realm of consciousness and that's what I became.

I sang to the world, sun, moon, stars and all life. I sang in church and choirs and later took up guitar and piano. One day, a visitor to our house said, "You're going to heal many people in this world with that voice."

When I attended the University of North Carolina, I discovered that neurophysiology could be used as a language to explain mystical experiences. The whole time I was engaged in scientific training, I was also going deeper into the mysticism of the East, the yoga of India, Taoism of China, Egyptian alchemy and Tibetan Buddhism. I was practicing every meditation from every tradition, sometimes for five hours a day. Without realizing it, I was changing my neurophysiology.

Brain research shows that when we experience pure sound without language, the right side of the brain lights

up like a Christmas tree. I'd worked in brain research for about 13 years when, while meditating, I received new information about brain geometry that I recognized

as the geometry of consciousness in its relationship to sound and emotion.

I understood that if I taught this to others, I would observe rapid change and improvement in brain function and creativity, which took place when I conducted beta testing at three sites. One day, I was in California doing a workshop when these sounds just came through me. That's what spawned my current sound work.

I become like a tuning fork to the information that is coming to me. In shamanism, this is called being the hollow reed. I step out of the way. In terms of brain frequencies, I go into an alpha state, in which I can attend to what I need to do vocally, but for that moment surrender my voice to the energy.

When I work shamanically with drums, animal spirits come through my voice, as do beings from other traditions. I feel like a doorway, or a chauffeur looking in the back seat to see who

I'm driving. I live in two diametrically opposed worlds. I'm logical in how I look at things and am fascinated by brain neurology. Then there's this other side that's off the charts.

I never know when the whales are going to appear. As I operate in an altered state, I can see humpbacks psychically approaching until one of them enters my energy field. Subjectively, I become as large as a whale, at the same time I'm aware of my physical body. I have dual realities, and then the whale sounds emanate through me.

In a visionary experience on my 40th birthday, the question arose, "Will you sing the song of the new Earth?" I believe that we're not going to survive much longer as a species if we don't change how we are living, and that's what my work is about. Many people are having spiritual emergences, yet we don't, as a culture, have a place to harness its potential. What I do with groups is a type of sound healing, working collectively with the energy of a large gathering. Each person responds in ways unique to them, breathing into some inner emotion and making a sound that matches how it feels inside.

Something happens with people that attend these events. It's about the transformation and beauty of being able to step into the unknown to commune with a knowledge and intelligence that'll sing through my voice. Together, we'll see what will come forward.

A major message I've received is that if we are to survive, we must raise the feminine out of the ashes created by millennia of cultural traditions and have the male and female meet together, not one above the other, but in equality, and with that union, create a new world.

The boy who sang to the world has grown up to sing a space that allows people to create their hopes and dreams into existence.

Psychologist and musician Tom Kenyon is trained in Ericksonian medical hypnosis and whole brain learning. His 25 years of practicing psychotherapy led to the formation of Acoustic Brain Research to scientifically study neuropsychology and psychoacoustics. He teaches Tibetan Buddhism, Taoism, Hinduism, Egyptian high alchemy and esoteric Christianity. He has authored Brain States, many CDs and the new documentary about his journey, Song of the New Earth (SongOfTheNewEarth.com).

My grandfather's grandfather used this medicine. He said the old manglier tree would cure the plague and the virus.

- Mrs. Clara B., Mallet, LA

Makes a Great
Christmas Gift



Manglier Tea

mong-lee-AY

natural medicine

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

It clears viral and bacterial infections. Native Americans first discovered the medicinal properties of this plant in the 1800s. Creole and cajun communities used it before the onset of drug prescriptions and antibiotics. It is natural medicine that can be readily found in south Louisiana.

NATURAL MEDICINE WITH NO SIDE EFFECTS

Available in liquid tea drops or dried leaf bags. Call the Natural Health Center or DHARMA Wellness Center.

896-4141

Natural Health Center in Carencro

662-3120

DHARMA Wellness in Sunset

678-1500

Caribbean Wellness and Campground in Opelousas

Disease

Can not live in an alkaline body

Get rid of the acid in your body



Use pH 9.5 Alkaline Drops to reduce acid

greenliving

Toxin-Free BEAUTY SALONS

Pure Pampering Feels Natural and Safe

by Sarah Tarver-Wahlquist



When clients walk into New York City's Swing Salon, they may be surprised by what they don't smell—the range of chemicals usually wafting around hair salons. That's because the owners have decided to use only natural and organic products.

While many people may assume that all salon hair and body treatments are regulated and safe, the U.S. Food and Drug Administration (FDA) has no authority to require companies to test cosmetic products for safety, due to loopholes in the Toxic Substances Control Act. So, people are being exposed to dangerous toxins through salon products like nail polish, hair color processors and hair straighteners.

Be aware that while labels of over-the-counter body care products are required by law to list ingredients, with the exception of the chemical soup often hidden under the term "fragrance", the loophole for salon products is large. Jamie Silberberger, with the Women's Voices for the Earth's National Healthy Nail & Beauty Salon Alliance, reports, "Products sold for professional use in spas and salons are not required to be labeled with ingredients."

Fortunately, healthy alternatives are available, either by patronizing a green salon or using natural beauty treatments at home.

Hair Straighteners

One salon treatment—Brazilian Blowout hair straightening—can continue to expose customers and salon workers to toxic fumes even months after application. It's among the conventional straightening products that contain formaldehyde, a known human carcinogen.

"Exposure to formaldehyde doesn't end with the treatment—the fumes are reactivated every time heat is applied to the hair," says Jennifer Arce, a San Diego, California, salon worker who became sick after applying a single Brazilian Blowout treatment. "So, when a client who's had a Brazilian Blowout done elsewhere comes into the salon to get a haircut or color and has her hair blow-dried, flat-ironed, curled or processed under the hood dryer, the fumes that come out of her hair make me and several of my coworkers sick all over again."

Solution: Avoid chemical hair-straightening treatments. Sign on to the Women's Voice for the Earth letter campaign petitioning the FDA to remove Brazilian Blowout from U.S. shelves by visiting Tinyurl.com/BanBrazilianBlowout.

Hair Dyes and Extensions

About two-thirds of conventional hair dyes in the U.S. contain para-phenylenediamine (PPD), a chemical banned

for use in such products in Germany, France and Sweden. Exposure to PPD can cause allergic reactions ranging from skin irritation to death by anaphylactic shock, which happened to a teenager in 2010.

When Spain's University of Santiago de Compostela researchers conducted a metastudy examining the risk of cancer among hairdressers and related workers, all reported that employees had a higher risk of cancer than the general population.

Hair extensions also warrant attention. Many adhesives used on extensions may contain 1,4 dioxane, listed as a probable carcinogen by the U.S. Environmental Protection Agency, and styrene, a neurotoxin and suspected endocrine disruptor.

Solution: Look for a clean, green salon that uses natural hair color treatments free from synthetic chemicals, ammonia or PPD. Individuals can also order nontoxic organic color kits direct from EcoColors.net.

Nail Polish

When getting a manicure or pedicure, beware of the toxic trio of dibutyl phthalate, formaldehyde and toluene. Used to help nail products hold color, they're linked to reproductive and development problems, plus dizziness and eye and lung irritation, according to the Environmental Working Group.

Facing pressure from consumer groups and salon workers, some polish companies are now producing so-called "nontoxic" nail polish, although their labels aren't verifiable. California's Department of Toxic Substances Control recently tested 25 nail polishes sold to salons, 12 of which



claimed to be toluene-free, including seven said to be free of the toxic trio.

The researchers found toluene in 10 of those, and one or more of the three ingredients in five out of the seven.

Solution: Customers should bring their own safe nail polish and only patronize well-ventilated salons.

Find a Green Salon

Many conventional body products like shampoos and massage oils contain a litany of ingredients that add to our chemical exposure. Ask questions to ensure all of a salon's products are nontoxic or as low in toxicity as possible.

For example, a large network of independently owned "concept salons" across America are connected with the Aveda Corporation (Aveda.com), a national leader in developing hair and body products that are free from the most dangerous ingredients. More than 90 percent of Aveda's essential oils and 89 percent of its raw herbal ingredients are certified organic.

Also look for members of the Green Spa Network, a nationwide coalition of spas that pledge to be energy efficient and sustainable in all of their practices (GreenSpaNetwork.org).

If a green salon hasn't yet arrived locally, bring nontoxic products for appointments and ask the stylist to use them. Visit the Skin Deep Database at ewg.org/skindeep to find the least-toxic products for at-home use.

Sarah Tarver-Wahlquist is a freelance writer in Tucson, Arizona.

More Naturally Safe Sources

Bloom Organics
BloomOrganics.com

Eve's Organics
EveOrganicsBeauty.com

Max Green Alchemy
MaxGreenAlchemy.com

ToeShades
ToeShades.com

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

ION FOOT DETOX

BUY 1 GET 1 1/2 OFF

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

Offer Ends 1/15/15

FROZEN WHEATGRASS

BUY 1 GET 1 1/2 OFF

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

Offer Ends 1/15/15

WEIGHT LOSS PROGRAM

BODY REBOUND

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

MOOD ENHANCER

BUY 1 GET 1 1/2 OFF

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

Offer Ends 1/15/15

1 FREE BOX OF WHEATGRASS

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

RESTORE YOUR HEALTH

\$340 SIX WEEK PROGRAM

Rebalance pH, increase circulation, colon cleanse, rebalance digestive health, and DETOX. Call 896-4141 to schedule free consultation.

BF-4

BUY 1 GET 1 1/2 OFF

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

Offer Ends 1/15/15

WHE TEA

BUY 1 GET 1 1/2 OFF

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

Offer Ends 1/15/15

GREEN WATERS

Pure Alkaline Water

Makes a Great Christmas Gift

ALKALINE WATER MAJOR BENEFITS



\$36/case (six ½ gallon bottles)

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.

DHARMA
wellness center and fit club
Sunset, LA (337) 662-3120

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

Drug Emporium
Vitamin's Plus
Drug Emporium
Lafayette (337) 261-0033

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 Cruskini, MD recommended chlorophyll to: clear up foul-smelling odors, neutralize strep infections, heal wounds, hasten skin grafting, cure chronic sinusitis, overcome chronic inner-ear inflammation and infections, reduce varicose veins and heal leg ulcers, eliminate impetigo and other scabby eruptions, heal rectal sores, successfully treat inflammation of the uterine cervix, get rid of parasitic vaginal infections, reduce typhoid fever, and cure advanced pyorrhea in many cases.
51. Drinking wheatgrass juice benefits human tissue. Liquid chlorophyll gets into the tissues, refines them, and rebuilds and rejuvenates them.
52. Wheatgrass is a natural healer. Chlorophyll is anti-bacterial and can be used inside and outside the body as a healer.
53. Wheatgrass contains the P4D1 Enzyme that has been found to do two things in the human body. It is the first known substance to actually stimulate repair of DNA molecules. It is possible that disease cells can be repaired with P4D1 so that when they reproduce they will actually produce good cells. P4D1 has also been shown in laboratory tests to eat the protein sheath off a cancer cell so that the white blood cells can attack and destroy them.

ADVERTISEMENT

Where can I buy wheatgrass?

Drug Emporium/Vitamins Plus, 505 Bertrand Dr., Lafayette 337-261-0051.
The Road Less Traveled, 312 Guilbeau Rd., Lafayette 337-988-9889.
Smoothie Factory, 125 Arnould Blvd., Lafayette 337-989-7001.

Natural Health Center, 100 E. Angelle St., Carencro 337-347-4141.
Benny's Sport Shack, 806 S. Union St., Opelousas 337-948-6533.
DHARMA Wellness, 166 H Oak Tree Park Dr., Sunset 337-662-3120.

Can-Do Kids

Changing Our World at Any Age

by Ellen Sabin



This article is written especially for young readers eager to embrace the true spirit of the holiday season. Sharing it with them can help cultivate a lifelong practice of giving.

Have you ever seen someone do something that changed a situation from bad to good? Maybe your parents helped someone whose car broke down, or a teacher spent extra time after class helping you with schoolwork.

No matter your age, where you live or what you own, you have the power to do good, too. What you do can make other people happy and make the world a better place. Here are some ideas to help you figure out how.

■ A good place to start is to think about what's important to you. This will help you find a way of giving back that you'll enjoy and want to do again and again. For example, if you love taking care of animals, offer to walk an elderly person's dog for them. If you get sad when you think about someone being lonely, visit a neighbor that lives alone

or send a special card to a relative as a way to show your love.

■ It's nice to help strangers, but you can also do little things close to home that'll make life easier and better for your family. You can call your grandma to say hello, help your mom or dad with the dishes or play a favorite game with your little sister or brother.

■ You can also use your own special talents to help others. If you are a good cook, bake a healthy holiday treat to bring to someone that is feeling sick. You can read out loud a story to a younger child. If you're strong and have lots of energy, you can help your neighbor take out the trash or do other household chores.

■ You can have fun and make an even bigger difference by doing good things with others. One way to get your friends excited about joining you is to plan a "Giving Party". Ask your parents to help you download a free guide (WateringCanPress.com/html/parents.html) that has fun ideas and activities for creating a holiday-time or birthday party or rainy day get-together.

■ Giving to other people is important, but the planet needs us, too. You can practice giving by picking up litter, recycling and even turning off lights when you leave a room. When we pay attention to the environment around us, we can learn how to respond in a giving way.

Ellen Sabin is the founder and president of Watering Can Press (WateringCanPress.com), a publishing company committed to growing kids with character. Her series of award-winning books include The Giving Book: Open the Door to a Lifetime of Giving; The Greening Book: Being a Friend to Planet Earth; and The Healthy Body Book: Caring for the Coolest Machine You'll Ever Own.

Fun Activity

Who's Been Giving to You?

Whether it's time, love or things, the people around us give to us all the time. Sometimes we don't stop to think about what people do for us, so we forget to say, "Thank you." Appreciating what people give us is just as important as giving to others.



Here are some questions to ask yourself. After you have answered each question, think about what you can do to thank people for their kindness.

Who shared with you? What did they share?

Who taught you something? What did they teach you?

Who showed you love? How did they show you love?

Who made you happy? How did they make you happy?

Source: Adapted excerpt from The Giving Book: Open the Door to a Lifetime of Giving by Ellen Sabin.

St. Ignatius School

Rising to the Challenge
Faith ~ Service ~ Knowledge



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

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

Mobile Home Supplies

1605 W. Vine St.
Opelousas, LA 70570



Monday thru Friday
8-12 a.m. • 1-5 p.m.

Ph. 337-948-4246
Fax: 337-948-4036

HEALTH ASSESSMENTS AVAILABLE

Let Your Body
Do the Talking



Personal Bio-Communication with State-of-the-art technology

Find out which natural supplements your body is asking for.

Find out the nutritional deficiencies that might need addressing and more....

Call to set up an appointment for your Remote Feedback Assessment @ The Road Less Traveled

We Sell WHEATGRASS Here!



Largest Inventory of Nature's Sunshine Products in the Area



SILVER SHIELD

Silver Shield can be utilized in a different of ways. It has antibacterial, antifungal, and antiviral properties that are non toxic and can be purchased in liquid or gel form.



Vitamins & Herbs • Chemical Free Soap & Cleaning Products • Gifts and Accessories

337.988.9889



312 Guilbeau Rd., Lafayette www.YourRoadLessTraveled.com

Great Holiday & Birthday gift items: Jewelry, Purses, etc.

Caribbean Campground

Hwy 190 between Opelousas and Eunice



RV PARKING

(337) 678-1500

Naturopathic Medicine Goes Mainstream

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

Where can I find naturopathic medicine doctors?

THE UNIVERSITY OF TEXAS
**MD Anderson
Cancer Center**

Making Cancer History®



Winning the fight against cancer, every day.®

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

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

conscious eating

HAPPY FEASTING TO ALL

Tasty Rituals that Deepen the Holiday Spirit

by Lane Vail

The holiday season is ripe with an array of spiritual, cultural and family rituals. We celebrate, reflect, give gifts and, of course, feast. Fortunately, the media also teems with tips on how to avoid high-calorie holiday goodies, says Dr. Michelle May, author of *Eat What You Love, Love What You Eat*. For our diet-driven culture to resolve its struggle with food, she says we must learn to honor its intrinsic value. Ritualized eating can help; a recent study published in the journal *Psychological Science* found that engaging in food rituals evokes mindfulness that enhances the enjoyment of eating.

Pause

Hunger, the body's fuel gauge, manifests in physical symptoms like a growling stomach or low blood sugar, says May, citing a useful analogy. "You wouldn't drive around and pull into every gas station you see; you'd check your fuel gauge first. Before filling up with food, pause and check your fuel gauge. Am I actually hungry, or is this desire coming from something else?"

May suggests practicing FEAST-ing: First, *focus* on physical sensations, thoughts and emotions; perhaps we're thirsty, rather than hungry, rationalizing that holiday foods are special, or feeling stressed or lonely. Next, *explore* why the feelings or thoughts are present, and

then *accept* them without judgment. *Strategize* ways of satisfying the need and *take* a small step toward change.

Savor

Complex preparations for a major holiday can provoke anxiety and impatience, and likewise, feelings of longing or disappointment when it's over. Sarah Ban Breathnach, bestselling author of *Simple Abundance* and *Peace and Plenty*, recommends allowing Christmastide to unfold at its own pace and celebrating all of December with a homemade Advent calendar.

Craft a tree-shaped tower of tiny boxes or a garland of burlap mini-bags clipped with clothespins. Place an almond covered in organic dark chocolate in each container and use the treat as a daily mini-meditation. "Drop into the present moment, fully savor the luxurious, small bite and experience the pleasure of eating," suggests May. Consider it symbolic of the season's sweetness.



Connect

"Food connects us with one another, our heritage and our culture," says May. Heather Evans, Ph.D., a Queen's University professor and a holiday culinary history expert in Ontario, Canada, suggests creating a food diary of traditions to reinforce a connection with the past and support a holiday food legacy for the future. Ask grandparents about their childhood culinary memories, peruse family recipe books or discover new dishes that honor everyone's ethnic heritage. Then create an heirloom holiday cookbook with handwritten recipes arranged alongside favorite photos and stories.

Sync

According to pagan philosophy, sharing seasonal food with loved ones during the winter solstice on December 21 symbolizes the shared trust that warmth and sunlight will return. Eating warm foods provides physical comfort and eating seasonally and locally connects us to the Earth, observes May.

Sync body and spirit with the season by stewing root vegetables, baking breads, sipping hot cider and tea, and nibbling on nuts and dried fruits. "The repetition of predictable foods is reassuring," remarks Evans, and it celebrates nature's transitions.

Play

Stir-Up Sunday is a Victorian amusement filled with fun, mystery and mindfulness, says Ban Breathnach. Some December Sunday, have each family member help stir the batter of a special Christmas cake while stating a personal new year's intention. Drop a clean coin, bean or trinket into the mix and bake. Serve it with a sprig of holly on Christmas Day, and the person with the piece containing the lucky charm will be rewarded with a prosperous, wholesome and positive new year, according to tradition. Evans remarks, "This is a wonderful ritual for nurturing the health and spirit of the family."

Give

Boxing Day offers something far more meaningful to celebrate than post-holiday sales. Originating as a tradition that thrived during the 19th century,

"December 26 was a chance for landowners and homeowners to give back to household staff and local tradespeople," says Evans. "It's a tradition worth reviving to pause, reflect on our own good fortune and contribute to others' comfort."

Consider serving a meal at a local soup kitchen, collecting items for a food drive or offering a box of healthy culinary treats to community stewards at a fire station, post office or library. On Christmas Day, says Ban Breathnach, "Our kids have the world lying at their feet." Boxing Day, she says, provides a natural transition to reach out in charity.

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



A Revitalizing Ritual for the New Year

Start the new year with a *tabula rasa* (clean slate) by hosting a New Year's Eve Good Riddance Tea Party. Gather family and friends over warm ginger tea, spiced apple cider, hot chocolate and festive finger foods. Guests write down on slips of paper any mistakes, disappointments, regrets, hurts or failings they wish to be forgiven or forgotten. One by one, put them into a crackling fireplace or bonfire to symbolize surrendering of the past. "This ties the heart strings in a comforting bow," comments author Sarah Ban Breathnach.

Then, inscribe fresh intentions for the year to come and tuck them away in a special place. "This is the most mystical part, because so many prayers get answered," Ban Breathnach says. Lastly, toast the new year with optimism and joy.

WHERE TO SHOP
Opelousas, LA

BENNY'S SPORT SHACK

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

GREEN WATERS



Alkaline Water

- Increases alkalinity
- Balances pH
- Better digestion
- Increase energy

WHEATGRASS



FROZEN CAPSULES



WHETEА

- Contains EGCG for fat oxidation
- Boosts metabolism
- Increases the body's alkalinity
- Great for weight loss
- Contains 100% organic wheatgrass

Raspberry Ketones

- Helps prevent fat
- Boosts metabolism
- Burns FAT
- Stimulates fat release



Opening Up to Miracles

Gabrielle Bernstein on Creating More Happiness

by April Thompson



Motivational speaker and bestselling author Gabrielle Bernstein knows the gravitational pull of addiction firsthand. Although introduced to spiritual practices from an early age, she turned away from that upbringing in her 20s, pulled instead into a vortex of drugs, alcohol and unhealthy relationships while running a public relations firm promoting Manhattan nightclubs. After hitting rock bottom at age 25, Bernstein made the unwavering decision to seek spiritual help and change her life.

The entrepreneurial young woman found her groove as a spiritual teacher, introducing millions to new ways of thinking and living through her books, lectures, blogs and videos. Her no-nonsense approach to spirituality and knack for making practices like meditation and prayer accessible to beginners and cynics have attracted a new generation of seekers. Bernstein's latest book, *Miracles Now: 108 Life-Changing Tools for Less Stress, More Flow, and Finding Your True Purpose*, offers simple, yet powerful tips to short-circuit unhealthy thought patterns and take a shortcut to transformational change.

Why do you reframe a miracle as simply a shift in perception?

Shifting your perception and choosing again is a core principle from *A Course in Miracles*, a metaphysical text that I study and teach from. When you choose

to reorganize your belief system and align it with a loving, forgiving perspective, rather than a fear-based reality, that's when miracles can happen.

Some people shift away from a harmful relationship with addictive drugs and alcohol like you did, while others take such unhealthy behaviors to the grave; what makes the difference?

Often when we get caught in unhealthy behavior, we aren't willing to ask for help. I think the reason I was able to leave those behaviors behind and create a new path was my willingness to live a different way. I was able to witness my life and see that it wasn't working. It's an ongoing process; I've been on my current path of turning to spiritual principles for many years, but I'm still constantly working to apply them throughout my moment-to-moment experiences.

How does meditation help create radical change?

I think meditation is a key tool for health, happiness and well-being. It can help reorganize the nervous system, lower stress levels, calm the mind and recalibrate energy. It can help us experience more synchronicity in our lives and a greater sense of interconnectedness, as well.

What do you struggle with the most and what personal miracle are you still trying to realize?

I'm in constant conversation with myself over my thoughts and beliefs about judgment and separation. People are programmed by society to believe we are separate and to judge ourselves and others. My practice suggests a reinterpretation of that general belief system in order to perceive things differently. I also try to forgive limiting thoughts I was holding onto; for example, judging myself for not performing well at a lecture.

Talking too much in conversations is a big challenge for me. A practice in my *Miracles Now* book called WAIT, for "Why am I talking?" reminds me to notice when I'm saying too much, commenting unnecessarily or not supporting the greater good.

How do you think about money, and has that proven helpful in broader terms?

I believe that we have the power to attract healthier relationships in our financial circumstances in the same way that we have the power to attract healthier relationships with people in our lives. Some people think that you can't both be spiritual and secure financial abundance; I think that's nonsense. When you start to reorganize your beliefs around your self-worth and capacity to earn, and open up to your intuitive voice and the creative possibilities for earning, then your financial situation can change dramatically. I have lived that principle fully. I was brought up in a poverty mindset, but with a shift in perception, I was able to release my fears of financial insecurity.

Do you have a go-to practice that you reach for first when faced with a difficult situation?

When I'm faced with a complicated situation or feeling powerless, I say a prayer in stillness. Such a practice asks through prayer and listens through meditation. It's in that stillness that I can hear the voice of intuition and the voice of forgiveness, and love can come forward.

Connect with freelance writer April Thompson at AprilWrites.com.

WheatGrass

Lawn grass and grass used for hay are perennial grasses. They return year after year. This allows them to store reserves of energy in their roots, which they draw on when it is time to produce seed. Cereal grass (which later produce grains such as wheat and barley) are annual grasses. Because they do not come back year after year, they cannot store growth and reproductive nutrients in their roots. Instead, they store them in their leaves. The leaves of wheatgrass build a nutrient-dense reservoir.



www.DrSteveCastille.com

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

Dr. Steven T. Castille
doctor of naturopathy

NaturalHealthCentersOnline.com

Contact

For one reason or another, many of us do not get the level of human contact that we want or need in order to be our optimal selves. Healing Touch is a biofield (magnetic field around the body) therapy that is an energy-based approach to health and healing.

Well-Being

When we experience touch, it gives us physical, mental, and emotional well-being. It lets us know that everything is alright. It is the gift of touch that influences the human energy system and the energy centers that control the flow from the energy field to the physical body.

Touch

Touch therapy has been used clinically in hospitals to:

- Promote relaxation before and after medical procedures (such as surgery, childbirth, and diagnostic procedures) to aid in quicker recovery.
- Reduce pain, promote wound healing, aid cancer patients.

Healing Touch is an energy therapy in which practitioners consciously use their hands in a heart-centered and intentional way to support and facilitate physical, emotional, mental and spiritual health. The goal of Healing Touch is to restore balance and harmonies in the energy system, placing the client in a position to self heal.

Prepare your body for healing, surgery, and recovery.



Healing Touch Therapy

Used clinically in hospitals and studied at universities and research institutions.

MD Anderson
Cancer Center

THE UNIVERSITY OF ARIZONA
CANCER CENTER

American
Cancer
Society®

NATIONAL INSTITUTES
OF HEALTH

Cancer Treatment
Centers of America

NATIONAL
CANCER
INSTITUTE

USA
TODAY

THE HARVARD
MEDICAL SCHOOL

Text **TOUCH** and your name to (337) 424-5066 to have a Health Coach call to schedule a consultation or appointment.

I did this.
in one word



\$675
6 Treatments
\$850
12 Treatments

Zerona

3 inches in 2 weeks

896-4141

Carencro Office

fitbody

Find Your Fitness Style

Workouts that Suit Your Personality

by Wendy Worrall Redal

While some people find repetitious workouts boring, others like doing predictable routines at regular locations. Ensuring that our fitness regimen jives with our “fitness personality” is integral to making exercise a consistent part of our lifestyle, a concept that has traction among exercise experts.

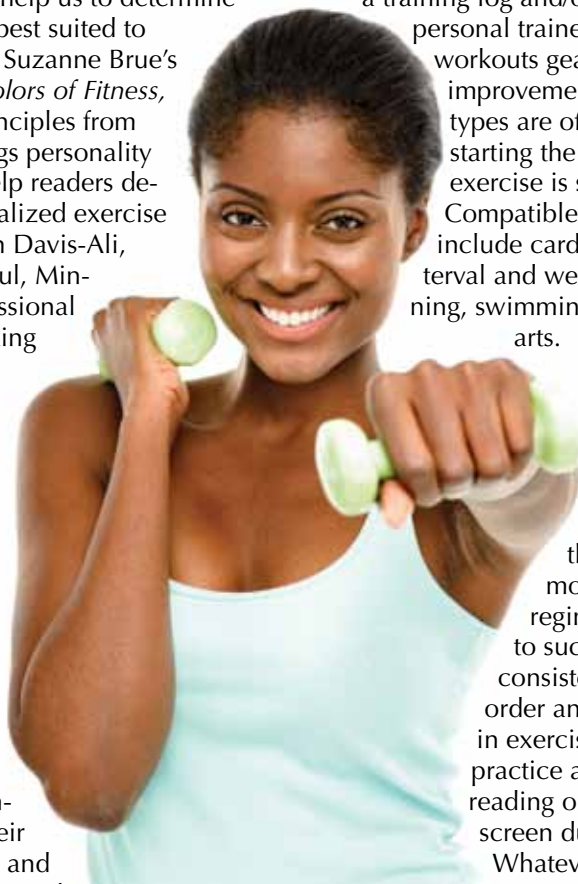
Jonathan Niednagel, founder and director of The Brain Type Institute, in Mountain Home, Arkansas, and an athletic consultant for professional teams, explains in his book, *Your Key to Sports Success*, that understanding our inborn brain type can help us to determine which sport is best suited to motivate us. In Suzanne Brue’s book, *The 8 Colors of Fitness*, she applies principles from the Myers-Briggs personality inventory to help readers develop a personalized exercise program. Susan Davis-Ali, Ph.D., in St. Paul, Minnesota, a professional coach for working women, created a Fitness Interest Profile survey for the Life Time Fitness health club chain. She points to research that suggests people that engage in activities appropriate for their personalities enjoy their workouts more and are likely to stay with

them longer.

Identifying our fitness personality can help us find a program that suits our rhythms and interests. Based on composites from growing research, here are six categories that assess and capture the way we may feel about exercise; more than one can apply to any individual.

Disciplined and driven. This is an image to which many of us may aspire, even though not everyone fits the mold. These exercisers are self-motivated and goal-oriented. Commitment and consistency go hand-in-hand. They like to use devices to track progress, maintain a training log and/or work with a personal trainer in systematic workouts geared to measure improvement. Disciplined types are often early risers; starting the day with regular exercise is second nature. Compatible fitness regimens include cardio workouts, interval and weight training, running, swimming and martial arts.

Relishes routine. While these folks are disciplined and driven in some ways, they tend to be more relaxed about regimens. The key to success here is consistency. They like order and familiarity in exercise settings and practice and may enjoy reading or watching a screen during workouts. Whatever the preferred approach, whether it’s a



favorite training video, Wii Fit video game, favorite teacher or memorized Pilates moves, these exercisers like to stick with it, even working out at the same time every day—often first thing in the morning or after work—finding that regularity can be habit-forming.

Conscious contemplative. Reflective individuals enjoy quiet, solo activities like long-distance running, biking, hiking and swimming, that allow opportunities to look inward, often without thinking too much about the physical details. Exercise offers a chance to clear the mind and renew the spirit while strengthening the body. These types naturally gravitate to outdoor pursuits, but some indoor practices may also suit them, like yoga, Pilates, tai chi or even karate, which incorporate a strong mind-body component. Workouts are often soothing, rather than intense.

Plays well with others. For many people, exercise is best enjoyed with others, combining the social and fitness benefits of both. Connections and camaraderie get them off the couch, revved up and ready to go. Whether it's a committed group of friends chatting during water aerobics or a high-powered cardio class that compares notes, motivation comes primarily from the presence—and accountability factor—of others. A lunch-hour class at a nearby studio or gym may be a fun break in the workday. On weekends, consider golf, tennis, dance or a local recreation team.

Compulsive competitor. While the communal aspect is appealing, the greater gratification for this type comes through the thrill and challenge of competition. Trying to win is the great motivator, unlike driven and disciplined types that are happy to push through to their personal best. Team sports are a natural outlet, including soccer, rugby, lacrosse, basketball or swimming, plus disc golf, tennis or racquetball matches and running events.

Avid for adventure. It's tough for any formal exercise program to keep the attention of adventurers. They crave freshness and spontaneity in fitness venues, activities that engage their interest and animate enthusiasm. It's crucial for adventurous types to mix things up and not rely on any one exercise practice. Outdoor endeavors such as snowshoeing or cross-country skiing, inline skating or mountain biking have appeal. They may gravitate to the variables of Nia, Zumba's high-energy Latin dance groove, kickboxing, exercise balls or hot yoga. A midday exercise escape can break the work routine. Their key to keeping active is to keep things stimulating.

Wendy Worrall Redal blogs at *Gaiam Life* (*Life.Gaiam.com*), from which this was adapted.



**Don't Let Your Clients See
Your Dirty Office!**

**You Need EXPERIENCED
ENTERPRISES Janitorial Service**



Call: Clarence (337) 366-3622
Shirley (337) 780-5595

L.L.D. Public Relations and Marketing
(337)351-6268


Melt fat cells
Reduce stomach fat
Loose inches

Zerona Laser

Cold laser treatments that
reduces stomach size by
melting the stomach fat.

**Makes a Great
Christmas Gift**



\$675
6 Treatments

\$850
12 Treatments

Zerona Laser

\$99 per treatment
(minimum 6 treatments recommended)

896-4141

Janet M.

New Iberia, LA

I drink wheatgrass.

"Both the human immune system and the plant immune system are fundamentally the same. The more nutrients we absorb, the healthier our body's heal and grow."



Opelousas

BENNY'S Sport Shack, Tel: 948-6533

Sunset

DHARMA Center, Tel: 662-3120

Carencro

Natural Health Center, Tel: 896-4141

Lafayette

Drug Emporium, Tel: 261-0051

Road Less Traveled, Tel: 988-9889

inspiration

Hymn to Living in Silence

by Robert Rabbin



There's one truth, and it is silence. All truths come from, exist as and return to silence. Silence is behind every holy thought, word and act. All holiness is silent.

This is what all sages know and say: Enter silence and we leave behind the rubble of self and no-self, time and death. Enter silence and we see the world that God created; that we are the created. God, the world and being are one. Life is suddenly real—beautiful and perfect in each curve and angle.

This awakening into truth happens as we surrender everything to silence. We must give away our inventory of unreleased thoughts and cherished beliefs, undigested experiences and dogma, disappointments, fears, worries, resentments and sorrows; even personal desires and joys.

If it's difficult to do: throw it away, fling it off, kick it out. Just don't let it stay. We must empty our storehouses of past, present and future, and then burn them down so that nothing can ever accumulate again.

Now give more. Let go of ego, will and humility, ignorance and knowledge, the body and its faculties. Surrender what is and is not yourself. Give away meaning, purpose and happiness, even precious life itself. Nothing can remain.

Celebrate the dawn
of the winter solstice
on December 21
in nature and
in silence.

Then, by letting everything go the second it occurs, we return to clarity, freedom and eternal openness. We live in silence. For it is in silence that God is working, playing and loving. In silence, we become perfectly one with that divine working, playing and loving.

When absolutely all has been given up and only emptiness remains, even then, take one more step towards silence. Give away the emptiness. Hold back nothing. Even the giver is given away.

In silence, we transform and are reborn. We become real with more joy, pleasure, peace and contentment than we ever hoped for. Our highest purpose is fulfilled, our greatest longing is realized in ways we know not.

In becoming nothing, we become everything. We need nothing, and thus have everything. With nothing to protect, only peace remains. It cannot be controlled or fathomed, only lived. We love this about the holy ones, the sages. No one knows how it happens, only that it does.

In silence, we are moved by what moves all else without knowing how, why or when. This is freedom, love and truth.

Robert Rabbin is a self-awareness teacher and author. Connect at RobertRabbin.com.

"An All Natural Product Line For Your Every Need"

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

500 N. Lewis Ave., Suite 110

New Iberia, LA 70563

(337) **367.8220**

www.DauteriveWellness.com



Dr. Kimberly Smith

DAUTERIVE WELLNESS

Dr. Kimberly Smith Dauterive

TOTAL HEALTH AND WELLNESS-Naturally Meeting Your Every Need

Total Health and Wellness

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



No Appointment Needed

WheTea

Concentrated Wheatgrass and Green Tea Drops

WEIGHT LOSS Formula



AVAILABLE NOW

Drug Emporium - Vitamin's Plus, Lafayette 261-0051
 Natural Health Center, Carencro 896-4141
 BENNY'S Sport Shack, Opelousas Tel: 948-6533

DHARMA Wellness, Sunset
662-3120



Pet Bed-Buddies

Is Sleeping Together Healthy?

by Erik J. Martin

There was a time when Eliska, a three-pound Prague ratter, would curl up and sleep next to owner Krista DeAngelis, and most of the time, she and the dog enjoyed a peaceful night's slumber.

Then DeAngelis married, and her husband banned the dog from the bed for fear of unintentionally squashing Eliska in his sleep. After enduring a few sleepless nights of canine whining and barking, the Salt Lake City couple successfully curbed their pet's protests by simply spraying Eliska with a misting bottle every time she acted up. After two nights of this routine, the pocket-sized pooch was fully trained to sleep by herself in another room.

"I originally thought letting my dog sleep in my bed was a good idea," says DeAngelis, a communications director at Westminster College. "But I realized that they can keep you up when they rustle around, wake you up if they have to go out and sometimes go to the bath-

room in the bed if you don't wake up."

Staying in close contact makes it easier to pick up fleas, ticks or skin mites a pet may carry, and can worsen allergies.

~ Roger Valentine, holistic veterinarian

Make a Good Choice

"Having your pet sleep in the bed with you is a personal choice," says holistic Veterinarian Patrick Mahaney, of California Pet Acupuncture & Wellness, in West Hollywood. By discouraging this behavior, "Your pet will be less likely to confuse your bed with theirs, and therefore prevent potential territory-related problems."

By failing to discourage it, "You not only face the possibility of behavioral problems, you could also face adverse effects to your own sleep and health," he notes.

According to results published in a survey of 300 sleep disorder patients conducted by Dr. John Shepard, then medical director of the Mayo Clinic Sleep Disorders Center, in Rochester, Minnesota, nearly 60 percent of the pet owners in the study slept with their pets inside the bedroom. Twenty-two percent of the patients were likely to have

pets sleeping on the bed with them. Plus, 53 percent said their sleep was disrupted to some extent every night. Twenty-one percent and 7 percent of their dogs and cats, respectively, snored.

Yet, a British study of 420 UK cat owners conducted by the nonprofit Cats Protection revealed that 44 percent of respondents (including 51 percent of women polled) said they enjoyed a better night's sleep with a cat in bed with them than with a human companion. Benefits listed included an absence of snoring, more space on the bed and soothing purrs.

"The advantages of letting your pet share your bed include companionship, warmth and a sense of security," advises Mahaney. Among the drawbacks, he notes lack of space for people to sleep, interruption of normal sleep patterns and the pet's confusion about its expected place to sleep.

Nip Problems in the Bud

To break a pet of a bed-sleeping habit, Mahaney recommends applying persistence, consistency and the following tips:

A pet's companionship
can reduce levels of
stress hormones while
enabling people to deal with their
emotions and stressful situations.

~ American Heart Association
journal, Hypertension

- Establish a separate area or bed for the pet to sleep. A cat or dog bed can be as simple as a clean, soft blanket placed nearby.
- Use positive reinforcement techniques. Offer a tiny training treat, "good-dog" clicker noise or praise when the animal is comfortably resting in its own bed, to reinforce this desirable behavior.
- Immediately address any territorial aggression when co-sleeping with a pet, such as growling or nipping. First, authoritatively say, "No!" Then put the pet on the floor or into its own bed and give the command to sit and stay.

■ If problematic behavior persists, seek consultation with a veterinary behavior specialist.

Let Sleeping Dogs Lie

If a family member decides to share a bed with a pet, Mahaney offers the following recommendations:

- Let it sleep on top of the covers, instead of under them.
- Be aware of the need to remove environmental debris, including fecal material, on its coat before bedtime.
- Give the dog an opportunity to void itself within a reasonable timeframe before going to sleep. A typical healthy dog should not have to get up in the middle of the night to urinate or defecate.
- Allow a cat the opportunity to exit the bedroom throughout the night to play, eat, drink and use the litter box. Cats are nocturnal animals and are more likely to be active during lights out.


Erik J. Martin regularly contributes to WebVet.com, from which this was adapted.

SUNSET

Louisiana
Phone: (337) 662-3120

DHARMA

wellness center and fit club




Tre' Gradnigo, CNHC
Certified Natural Health Consultant

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

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

**ARE YOU
VITAMIN DEFICIENT ?**



Know Your Body

A body that is too acidic is more likely to develop heart disease, diabetes, and cancer. If you are overweight you will have poor energy, hormone problems, and you shorten your lifespan. If you have depression, want to lose weight, or simply want to get your health back - I can help.

Telephone: **896-4141**

Simone Hebert, Health Coach
Natural Health Center

only from natural awakenings®

Fall Asleep Safely, Quickly and Naturally

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

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

60 capsules: \$34.99
shipping: \$5 (up to 8 bottles)
ORDER TODAY!
NAWebstore.com
or call 1-888-822-0246

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

A Few Drops Can Change Your Life!

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

An essential component of the thyroid, iodine replacement has been reported to give relief from:

- Depression
- Weight Gain
- Low Energy
- Fibromyalgia
- Hypothyroidism
- Hyperthyroidism
- Radiation
- Bacteria & Viruses
- And More!

Order Online Today at NAWebstore.com or call: 888-822-0246

1-11 bottles: \$19.99 ea. • 12-23 bottles: \$14.99 ea. • 24+ bottles: \$9.99 ea.
SHIPPING — \$5 • up to 8 bottles (1 bottle yields a 6-8 week supply)

Have a Stubborn Skin Disorder and Tried Everything Else?

Finally there is a solution, try Natural Awakenings DermaClear, a natural, affordable skin repair salve.

Our all natural personal skin care product brings comforting relief to sufferers of many skin irritations. **DermaClear** will simply feel good putting it on. Cooling and soothing, the Calcium Montmorillonite/ Calcium Bentonite clay penetrates pores and open areas of the skin and pulls out toxins and inflammation. The proprietary blend of homeopathics go even deeper, address the root causes and assist to bring even deeper toxins to the surface.

DermaClear has proven to be effective against:

- Shingles
- Psoriasis
- Eczema
- Burns
- Allergic Rash
- Jock Itch
- Stings
- Insect Bites
- and more

4-oz jar- \$29.99 + \$5 shipping-up to 5 jars
Order Online Today at NAWebstore.com or call 888-822-0246
Wholesale Pricing Available to Stores and Practitioners

A fast, delicious way to get your greens, fruits, and veggies!

55% ORGANIC
GLUTEN FREE
NATURAL PALEO POWDER

Natural Awakenings Green Powder™ Paleo profile dietary supplement, made with certified organic non-GMO ingredients, supplies your body with essential vitamins and minerals you might ordinarily be missing from your regular diet.

9.5 oz jar \$54.99 (30-day supply) plus \$5 shipping (up to 3 jars)
Order Online Today at NAWebstore.com Or Call: 888-822-0246

Turn Your Passion Into a Business

Become a *Natural Awakenings* Publisher!

- Meaningful Career • Comprehensive Training • Ongoing Support
- Marketing Tools • Low Investment • Work from Home

As a *Natural Awakenings* publisher, you'll have the opportunity to inspire and support your community by providing the tools and resources the readers need to live a healthier, more balanced lifestyle.

No publishing experience is necessary. You'll work for yourself but not by yourself. We offer a complete training and support system that allows you to successfully publish your own magazine.

Be part of a dynamic franchised publishing network that is helping to transform the way we live and care for ourselves. Now available in Spanish as well.



For more information, visit our website
NaturalAwakeningsMag.com/mymagazine
 or call **239-530-1377**



Bring a *Natural Awakenings* Magazine to Your Community or Select One of Our Existing Markets!

***Natural Awakenings* publishes in over 95 markets across the U.S. and Puerto Rico**

- Birmingham, AL
- Huntsville, AL
- Mobile/Baldwin, AL*
- Little Rock/Hot Spg., AR*
- Phoenix, AZ
- Tucson, AZ
- East Bay Area, CA
- San Diego, CA
- Denver/Boulder, CO
- Fairfield County, CT
- Hartford, CT
- New Haven/Middlesex, CT
- Washington, D.C.
- Daytona/Volusia/Flagler, FL
- NW FL Emerald Coast
- Ft. Lauderdale, FL
- Jacksonville/St. Aug., FL
- Melbourne/Vero, FL
- Miami & Florida Keys*
- Naples/Fort Myers, FL
- North Central FL*
- Orlando, FL*
- Palm Beach, FL
- Peace River, FL
- Sarasota, FL
- Tampa/St. Pete., FL
- FL's Treasure Coast
- Atlanta, GA
- Hawaiian Islands
- Chicago, IL
- Indianapolis, IN
- Baton Rouge, LA
- Lafayette, LA
- New Orleans, LA*
- Boston, MA
- Portland, ME
- Ann Arbor, MI
- East Michigan
- Wayne County, MI
- Western MI
- Minneapolis/St. Paul, MN
- Asheville, NC*
- Charlotte, NC
- Lake Norman, NC
- Triangle NC
- Central NJ
- Hudson County, NJ*
- Mercer County, NJ
- Monmouth/Ocean, NJ
- North NJ*
- North Central NJ
- South NJ*
- Santa Fe/Abq., NM
- Las Vegas, NV
- Albany, NY
- Central NY
- Long Island, NY
- Manhattan, NY
- Queens, NY
- Rochester, NY
- Rockland/Orange, NY
- Syracuse, NY
- Westchester/Putnam, NY
- Central OH
- Cincinnati, OH
- Toledo, OH
- Oklahoma City, OK
- Portland, OR*
- Bucks/Montgomery Counties, PA
- Harrisburg/York, PA
- Lancaster, PA
- Lehigh Valley, PA
- Pocono, PA/Warren Co., NJ
- Rhode Island
- Charleston, SC
- Columbia, SC
- Grand Strand, SC*
- Greenville, SC
- Chattanooga, TN
- Knoxville, TN*
- Memphis, TN
- Austin, TX
- Dallas Metroplex, TX
- Dallas/FW Metro N
- Galveston, TX
- Houston, TX
- San Antonio, TX
- Richmond, VA
- VA's Blue Ridge
- Seattle, WA
- Madison, WI
- Milwaukee, WI
- Puerto Rico

*Existing magazines for sale

calendarofevents

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

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

Thursday December 4

La Fete du Festival – 6:30- 9:30pm. Celebrate the 29th year of Festival International with live music by New Orleans soul legends, The Jon Cleary Trio, food by Joey's Lafayette, and libations by The Lab Handcrafted Coffee & Comforts. The official 2015 artwork, Radial Forms Four #4 by local artist Troy Dugas, will be on display and auctioned during the evening. \$50 Individual ticket. \$1000 Festival Sponsor VIP package. Helmer Directional Drilling. Acadiana Arts Council, Acadiana Center for the Arts, 101 W Vermilion St, Lafayette.

Lights on the Sky – 2pm. Experience an exhibit of sensory overload of textures and colors that come from the likes of French and Italian textile houses designed by Raoul Blanco. Enjoy champagne and hors d'oeuvres with a chance to bid on a Blanco suit. The evening includes a four-course dinner for six by Italian culinary experts Giorgio Florida and Antonella Minardi. \$100. Benefit Hospice of Acadiana. Rae Gremillion & Martie Beard, Hospice of Acadiana. City Club of Lafayette, 1100 Camelia Blvd, Suite 202, Lafayette. 337-232-1234.

Friday December 5

Lighting of the Village – 5-8:30pm. Highlights include live reindeer, photos with Santa and Minnie and Mickey Mouse, a balloon artist, face painting, traditional choir music, dozens of vendors and the official "pulling of the switch," illuminating thousands of lights in the village. Experience a unique shopping event of arts and craft items. Opelousas Tourism. Le Vieux Village, 828 E Landry St, Opelousas. 337-948-6263.

Saturday December 6

Carencro Country Christmas – 9am-4pm. 17th annual family event with choirs, musicians and singers providing holiday music. Booths with arts & crafts from local artists, and food from the area. Take pictures with Santa at the community center. At 2 pm, enjoy the children's parade sponsored by the Carencro Lion's Club. Free. Carencro Business Association. Business & house decorating contest- Iva Clavelle, 337-896-6946. Children's parade -JoAnn Lee, 337-896-4147. Margaret Rozas, 337-896-6686. Carencro Community Center, 5115 N University Ave, Carencro.

Annual Toys for Tots Drive – 11am - 2pm. Cajun Harley-Davidson host the Acadiana Reguladores LEMC annual toy drive. Drop off a new, unwrapped gift for a child in need and receive a warm bowl of delicious chili. Santa Claus will be onsite for everyone who stops by and take pictures. Cajun Harley-Davidson, 724 Interstate -10 Frontage Rd, Scott.

Battle of the Paddles Gumbo Cookoff – 11am-6pm. Sample gumbo, enjoy live entertainment and fun booths. Delcambre Shrimp Festival Grounds, 409 E Main St, Delcambre. 337-519-4362.

Seed to Skillet: Pruning, Planting & Celebrating the New Year – 11am-2pm. Horticulturalist Margot Adison will teach the art of pruning and training fruit and nut trees. Adison demonstrates how to make lemon squares and lemon syrup. Adult \$15 and children 12 and under free. Call to register. Vermilionville, 300 Fisher Rd, Lafayette. 337- 233-4077. Vermilionville.org.

Bayou Boogie Fest – 6-10pm. A fundraiser festival with featured gumbo and wild game cook-offs, 5K fun run, and a live and silent auction. Listen to live music by Travis Matte & The Kingpins, and Sweet Cecilia. Fundraiser to benefit the construction of a new Adoration Chapel for St. Joseph Church. Free. St. Joseph Church parking lot, 2250 Cecilia Sr High School Hwy, Breaux Bridge (Cecilia). 337-667-6344. StJosephCecilia.com.

Christmas Under the Lampposts – 6pm. Holiday parade begins at the corner of Jackson and Main streets then the lamp-lighting ceremony at the Courthouse Square. Free. Office of Community Development. Downtown Franklin, Main St, Franklin. 337-828-6345. Asielsd@Franklin-La.com.

The Nutcracker – 7-9pm & Sun Dec 7 – 2-4pm. Lafayette Ballet Theatre with guest artists from the Pacific Northwest Ballet, and the entire dance community present this holiday classic. A full-length classical ballet in two acts, based on the story of E.T.A. Hoffmann's Nutcracker and the King of Mice with original music of Peter Tchaikovsky. \$22-\$49. The Heymann Performing Arts and Convention Center, 1373 S College Rd, Lafayette. 337-262-0444. www.LafayetteBalletTheatre.org/Nutcracker.

Sunday December 7

Christmas Festival on the Teche Pageant – 1pm. Queens and kings selected to ride in the Blue Magic on Main Christmas Parade. Sliman Theater, 129 E Main St, New Iberia. 337-367-7211.

Sonic Christmas Parade – 1pm. Santa Claus arrives in Lafayette and everyone honors veterans at this holiday parade. Veterans from all branches of the armed forces, marching bands, dance teams and floats celebrate Christmas. Jefferson St to the Oil Center, Heymann Blvd, Lafayette.

Jeanerette Christmas Parade – 1-3pm. The town welcomes Santa Claus, marching bands and dance groups. Main St, Jeanerette. 337-579-2153.

Land of the Sweets – 4-6pm. Join us for dreamy desserts and hors d'oeuvres from the Nutcracker's Kingdom. Meet favorite characters from Clara's visit to Land of the Sweets. Photographs available with lead performers provided by Allen Breaux Studios. \$22. The Heymann Performing Arts and Convention Center, 1373 S College Rd, Lafayette. 337-262-0444. LafayetteBalletTheatre.org/LandOfTheSweets.

Pearl Harbor Day Memorial Ceremony – 6-8pm. Celebrate the day the USA became involved in World War II with a flag ceremony, 21 gun salute, flag raising and patriotic music. Bouligny Plaza, 102 W Main St, New Iberia. 337-344-9397.

Christmas on the Bayou – 7pm. A night of all things Cajun with a live band, Cajun dancing lessons, Boogie's gumbo, and the best entertainment on the bayou. Hosted by our friends Clotile and T-Beb. TFC Women. The Family Church, 223 Stone Ave, Lafayette.

Monday December 8

Yes I Remember it Well Goes To The Movies – 10am-12pm. In Gold Diggers of 1935, a Warner Brothers musical set in a luxury hotel, director Nicoleff, stages a show to get the money to pay his bills. Mrs. Prentice who is backing the show wants her daughter Anna to marry the millionaire, but Anna falls for someone else. Hospice of Acadiana Conference Center, 2600 Johnston St, Lafayette. 337-232-1234. HospiceAcadiana.com.

Tuesday, December 9, 2014

Old Time Christmas – 10am-4pm. Thru Sun Dec 13 & Tues Dec 16 -19. Experience the warmth and beauty of Christmas past as the historic village brings to life the holiday traditions of yesteryear. Take a self-guided tour to see some of the Christmas and New Years traditions from the 17 and 1800s, like making santons -"little saints", candles, soap, natural decorations, and citrus pomanders. Meet Papa Noël, the French Santa Claus. Learn how the area's cultures once celebrated this holiday season. \$5. Vermilionville, 300 Fisher Rd, Lafayette. 337-233-4077. Vermilionville.org.

Les Mains Guidées: Traditional Candle Making – 6-8pm. Brenda Lalonde teaches how to make candles and how wax berries were used to make a traditionally. Create a candle to take home with a block of wax and some cotton string to continue to practice. A maximum of 10 participants, reserved on a first come, first serve basis. Register \$25/person paid in advance. Participants must be at least 12 yrs old. Children must be accompanied by an adult. Jolie Johnson. Vermilionville, 300 Fisher Rd, Lafayette. 337-233-4077 ext 211. Vermilionville.org.

Thursday December 11

ECCBC Christmas Concert – 7pm. Thru Sat Dec 12. A family friendly event designed to get everyone in the holiday mood. \$5/adult & \$2/ child under 12 yrs old. The Liberty Center for the Performing Arts, 200 Park Ave, Eunice. 337-457-1776. ECCBC.org.

A USO Christmas Show – 7:30-9:30pm. Thru Sun Dec 14- 3-5pm. Live theatre production. Essanee Theatre, 126 Iberia St, New Iberia. 337-364-6114. IPALTheater.com.

Friday December 12

Living Bethlehem – 7-8:30 pm. Thru Sun Dec 14.

A live Nativity presentation with a cast of children, live animals, and a children's choir, under the stars. Free. 337-857-0018. Sugar Mill Pond, 220 Prescott Blvd, Youngsville.

The Mahalia Jackson Story Halie -7pm. Thru Sun Dec 14. A Gospel musical that reveals the untold story of the world's greatest Gospel singer. From her humble beginnings, experience her trials, tribulations, and struggle to honor her God given gift. \$10. Progressive Community Outreach Center, 125 Gallien St, Lafayette.

Saturday December 13

Blue Magic on Main Christmas Parade - 7am-9pm. A holiday parade to honor the late artist, George Rodrigue. Enjoy events throughout the day, including shopping with area merchants, Christmas caroling, church choir Christmas music, festive food truck, food booths and vendors. New Iberia Downtown Business Association. New Iberia Historic Main St, New Iberia. 337-369-2330. CityOfNewIberia.com.

Delcambre Christmas Boat Parade - 4-9pm. A night time, lighted boat parade to celebrate Christmas. Delcambre Docks, E Main St, Delcambre. 337-658-2422. DelcambreBoatParade.com.

1st Annual Turkey Cook-off - All day. Deep-fry, grill, Cajun microwave or trashcan style a turkey. Winners get a trophy, gift card and bragging rights. Gypsy Sticks performs. Kidz Zone has fun jumps, crafts and face painting. Hotdogs and drinks, turkey sampling included. Local vendors present for last minute Christmas gifts. \$5 admission. \$30 pre-registration for teams up to four for competition. Picard Park, 103 Park Ln, Lafayette.

Sunday December 14

Delcambre Main Street Christmas Parade -2-4pm. A festive event with Santa Claus, marching bands and dance groups. Main St, Delcambre. 337-519-2541.

Monday December 15

Saints Game Night at the Shadows - 7:30-10pm. View the New Orleans Saints and Chicago Bears football game on a giant screen at Shadows-on-the-Teche. Food and drink available for purchase. \$15. Shadows on the Teche, 317 E Main St, New Iberia. 337-369-6446. ShadowsOnTheTeche.org.

Thursday December 18

A Fireside Christmas - 7pm. The holiday concert season brings a warm performance with guest artists, baritone Kevin Deas, the ASO Youth Orchestra and local middle and high school choruses. Enjoy selections from Chadwick and Handel, along with traditional holiday favorites. The Heymann Performing Arts and Convention Center, 1373 S College Rd, Lafayette. 337-232-4277. AcadianaSymphony.org/Announcements/2014-2015-Season-Tickets-On-Sale-Now.

Wednesday December 31

Geno Delafosse & French Rockin' Boogie - 9:30pm. Ring in the New Year with nouveau Zydeco deeply rooted in traditional Creole music. \$35. Vermillionville, 300 Fisher Rd, Lafayette. 337-233-4077. Vermillionville.org.

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



Science has discovered one definitive cause AND cure of cancer

Acidic blood is the root of cancer cells survival. The disease literally feeds off of the glucose human bodies are ingesting every single day and thriving in the environment we create for it. If our bodies maintain a slightly alkaline environment the cells will die off and your body will be cured of cancer and other potential diseases. Doctors prescribe chemotherapy, radiation or heavy drugs to treat cancer. This is counter intuitive, as it adds to the acidity of our body. So while cancer cells might die in the process, healthy cells will die as well and the body is even more susceptible. The most effective and healthy method for eliminating cancer, or potential risk, is diet change.

Source: <http://naturalcuresnotmedicine.com/ph-levels-in-the-blood-can-cure-cancer-or-be-the-cause-of-it/>

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

Dr. Otto Warburg won the Nobel Prize in 1931 for proving that cancer can't survive in an alkaline, oxygen rich environment but thrives in an acidic, low oxygen environment.

Caribbean Natural Health Center
and Campground

organic juicing • yoga • meditation • infrared saunas • whole body vibration • hydration treatments • massage therapy • Zen living

www.CaribbeanCampground.com

Internet Work from Home Business Start Your Own Business

Call for a FREE consultation
356-1251



Internet Business for Sale

www.LafayetteJewelryMarket.com

Lafayette Online Jewelry Market

Purchase Online Business for \$749.00

- We provide you a PayPal account
- We train you
- We setup your wholesale vendors
- We provide advertising for 3 months
- We build the website to suite you

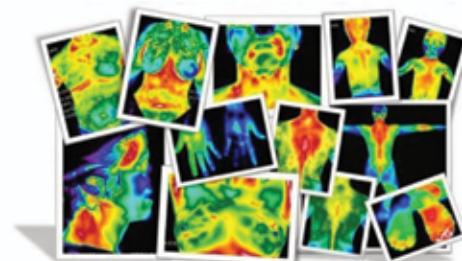
- Be your own boss
- Set your own hours
- Choose who you work with
- Become financially independent
- Escape your dead end job

BUY AN ONLINE BUSINESS

Work Full Time From Home

or Keep Your Existing Job While You Build Your Online Business

A Thermography Exam Means



Call for a FREE consultation

896-4141

I Can Get ANSWERS Now !

Inflammation is the Fuse that Ignites Disease

ongoing events

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

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

sunday

Sunday Nature Program – 11am. Activities chosen feature a particular season, event or day including guided hikes, nature videos, flora and fauna. Louisiana State Arboretum, 4213 Chicot Park Rd, Ville Platte. 888-677-6100.

Lafayette Petanque Games – 2-4pm. 4th Sun each month. Bowling game traditionally played in town parks 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, 215 Garfield St, Lafayette. 318-447-5224. 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 – 6pm. Join Sarah Trahan for yoga classes which integrate stretching, strength building and meditation and is suitable for beginners to the experienced. \$10. The Thensted Center, 268 Church St, Grand Coteau.

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

Blue Grass Jam – 7pm. Bring an instrument to join the Jam or just lay back and listen to 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 – 6-11am. 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.

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

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

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

Teche Area Farmers' Market – 2:30-6pm. Fresh and frozen produce from local farmers, handmade crafts, jams, jellies, preserves, baked goods, live animals, farm fresh eggs, 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.

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

Acquired and Traumatic Brain Injury Support Group Meeting – 6pm. 3rd Tues each month. 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.

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.

Writer's Guild of Acadiana Meeting – 7-8:30pm. Last Tue each month. Local writers, meet to share and gain information in the craft of writing. The goals are to provide a strong support system for our members

that includes networking communities, education and encouragement. \$30/Annual membership. Barnes & Noble Booksellers, 5705 Johnston St, Lafayette. 337-989-4142. WritersGuideOfAcadiana.com.

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.

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.

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 – 6-11am. See Tues listing. Farmers' Market Pavilion, Hwy 190, Opelousas. 337-948-5227 or 337-948-6263. CityOfOpelousas.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.

friday

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

Begnaud House Cajun Acoustic Jam Session – 6pm. 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.

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.

New Iberia Creole Market – 8am-1pm. 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

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 Arnould Blvd, Lafayette, LA. 337-993-2473.

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

Savoy Music Jam Session – 9am-12pm. Bring an instrument or 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.

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

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.

"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.

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.

Monthly Night Hike – 8-10pm. 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.



Natural solutions

FOR ALL YOUR HEALTH NEEDS

- Restless legs and Leg cramps
- Respiratory distress
- Food Poisoning
- Back and Neck pain

Designed for my family, Shared with yours.

Order online at
MyNaturesRite.com
or call
800-991-7088



Leg Relaxer

Relaxes cramped muscles in legs and feet. Calms over-active nerves that cause 'jumpy legs'.

Respiratory Relief

A power antimicrobial that kills bacteria, fungus and virus. Use with a nebulizer to knock-out any respiratory infection and persistent coughs.



Food Poisoning

Food Poisoning Relief (AKA "The Antidote") doesn't mask the symptoms, it kills the bacteria and fungus that cause the problem, **effectively terminating food poisoning**. It can relieve the condition within an hour. Keep it available at all times!



Back & Neck Relief

This power herbal lotion relaxes muscles while it quells the pain. Great for pulled muscles, stiff-necks and aching knees.



Naturopathic Doctors

Natural Medicine

“finding the root cause”



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.

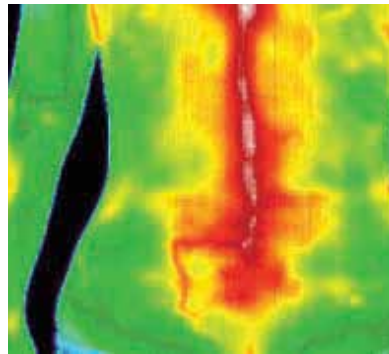
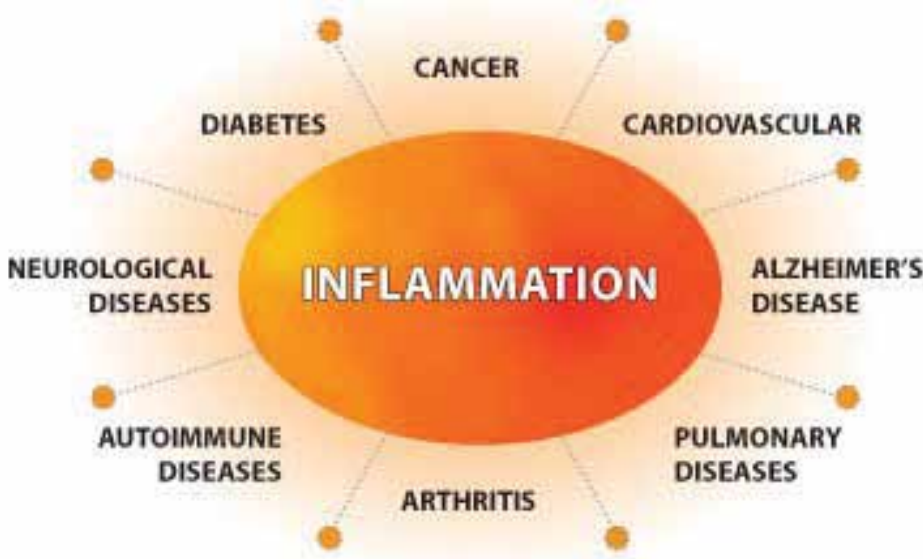
Is Naturopathy for Me?

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.

the natural path



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

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



Tre' Gradnigo
Natural Health Consultant



Kimberly Rasmussen
Licensed Massage Therapist



Brooke Thevis
Health Consultant



Simone Hebert
Health Coach



Megan Reed
Thermography Tech



Martha Francis
Office Assistant



Jennifer Arvie
Registered Nurse



liteon

Natural Health Center

Powerful, Positive Healing for Life

Natural Remedies Guide

896-4141 Carencro Office 662-3120 Sunset Office www.NaturalHealthCentersOnline.com



Acidosis - an acidic pH is often called the "Real Silent Killer". Saliva pH should stay close to 6.5 with a range of 6.4 morning to 6.8 in the evening. Urine pH should fluctuate between 6.0 morning and 7.0 in the evening. [Calcium Complex](#) to buffer acids. Use alkaline minerals like [Adult-Food Based Multimineral](#). [Digestive Enzyme Complex](#) with meals. Cleanse as needed with [Psyllium Husk + Organic Fiber Powder](#). Also, strengthen the lymphatic systems ability to accept acids using [Whole Body Vibration](#).

A.D.D / A.D.H.D. - [Brain Formula](#), [Flax Seed Oil](#), [Multi Minerals Cal-Mg-Zn](#), [Vitamin C](#). Use the "Eat Right for your blood type diet". [Whey Protein](#) and [Children's multi-vitamins](#). Eliminate sweeteners, sugar, sodas, etc. Check for possible food allergies. If ADHD is involved, [Niacin](#) may also be needed.

Acne - [Acidophilus Probiotic](#) and [Digestive Enzyme Complex](#). [Colloidal silver](#), [Zinc](#), and [Tea Tree Oil](#) externally. [Flaxseed Oil](#), [Vitamin B Complex](#), [Vitamin C](#), [Vitamin D3](#), [CoQ10](#). [Garlic](#) as a natural antibiotic and [Wheatgrass](#) for the chlorophyll to cleanse

the blood, lymphatics, and skin. Use an [Infrared Sauna](#) to detox the skin and [Whole Body Vibration](#) to increase blood and lymphatic circulation.

Age Spots - (also called Liver Spots) are results of waste build-up from free radical accumulation. [pH 9.5 drops](#), [Green Waters Alkaline Water](#), [Milk Thistle](#), [Antioxidant Complex](#), [Adult Multi-Mineral + Vitamin E](#). Use [L-Arginine](#) to flush and cleanse the liver. [Lecitin](#) and [Digestive enzymes](#) to emulsify fat and increase digestion to reduce the burden on the liver. [CoQ10](#) promotes tissue oxygenation and [Selenium](#) is a good detoxifier.

Allergies - [Acidophilus Probiotic Complex](#) to improve digestion. [Immune Formula](#) to boost the body's natural virus fighting abilities. [Pain and Inflammation Enzymes](#), [Cal-Mg](#), [Organic Garlic](#), [CoQ10](#), and [Grape Seed](#) to reduce free radical damage. [Vitamin C](#) protects the body from allergens.

Alzheimer's - [Vitamin E](#), [Brain Formula](#), [pH 9.5 drops](#), [Wheatgrass](#), [Zinc](#), [CoQ10](#), and

[Folic Acid](#) to aid in controlling homocysteine levels. Studies have shown high levels of homocysteine in this disorder. Lecitin to improve memory. [Food-Based Multivitamin](#) and [Multimineral. Antioxidant Complex + Selenium](#) as a powerful antioxidant to protect brain cells.

Anemia - [Cheleated Iron](#), [Vitamin B12](#), [Vitamin C](#), [Vitamin E](#), [Zinc](#), and add [Wheatgrass](#) to drinking water. (do not use iron if anemia is thalassemia - a blood disorder).

Anxiety / Panic Attacks - [5-HTP](#), [Brain Formula](#), [Cal-Mg](#), [Food-Based Multivitamin and Multimineral](#), [Vitamin E](#), [Vitamin D3](#), [CoQ10](#), [Ginkgo Biloba](#), [Chromium Piccolinate](#). Use [Melatonin](#), [Valerian](#), and [Sleep Aid](#) to sleep at night.

Appetite Stimulant - [Organic Grass Juice](#), [Saw Palmetto](#), [Wheatgrass](#) and [Food-Based Multivitamin](#) and [Multimineral](#).

Appetite Suppressant - [Glucomanan](#) expands to sixty times it's own weight to curb appetite and promote a sense of fullness.



www.LiteonNaturals.com

- Certified Organic
- Food-Based Products
- USP Verified
- NSF Certified
- Kosher Certified
- Gluten Free

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.



[Food-Based Multivitamin](#) and [Multimineral, Spirulina, Organic Fruits & Greens Powder Blend](#).

Arteriosclerosis - The buildup of deposits inside the artery wall. Use [pH 9.6 Drops](#), [Green Water Alkaline Water](#), [Amino Acid Complex](#), [Omega-3](#), [Food-Based Multimineral](#), [Garlic](#), [Wheatgrass](#), [Vitamin C](#), [Antioxidant Complex](#), and [Selenium](#) a powerful liver detoxifier. A Heavy Metal Detox program may be necessary.

Arrhythmias - electrical disorders that disrupt the natural rhythm of the heart. 100-300mg /day [CoQ10](#) - strengthens the heart without exercise. [Cal-Mg, Vitamin E, Cardiac Support](#), and [Iodine Liquid Drops](#) to activate the thyroid (thyroid helps to regulate heart beat).

Arthritis - The "Eat Right for your blood type diet" usually improves arthritis. Check for food allergies. [Digestive Enzyme Complex](#) + [Probiotic Complex](#) are essential for this condition. [Pain and Inflammation Enzyme, Quercetin with Bromelain, Glucosamine Complex with Chondroitin & MSM, Cal-Mg-Zn with D, Kelp, Food-Based Multimineral and Multivitamin, Flaxseed, Amino Acid Complex, Antioxidant Complex](#) + [Selenium, CoQ10, Vitamin E, Vitamin D3](#) for circulation.

Asthma - medical attention needed until nutrition rebuilds. [Food-Based Multivitamin + Multimineral, CoQ10, Vitamin E, Vitamin D3, Vitamin C with bioflavonoids](#) needed to protect lung tissue and keep infection down. [Vitamin B12](#) and [Kelp](#) for minerals in balanced amounts.

Backache - [Pain and Inflammation Enzyme, Cal-Mg-Zn with D, Food-Based Multivitamin and Multimineral, Glucosamine Complex with Chondroitin & MSM, Green Waters Alkaline Water](#) minimum 64 oz daily. [Vitamin B12](#) aids in calcium absorption. [Shark Cartilage, Flaxseed Oil, Vitamin B Complex, and Vitamin C](#) is essential for the formation of collagen.

Bad Breath /Halitosis - usually caused by poor digestion or poor elimination. [Psyllium Husk, Digestive Enzyme Complex, Probiotic Complex, Wheatgrass](#), and [Garlic](#) as a natural antibiotic. Clean the colon with [Organic Fiber](#).

Baldness - Eat plenty of soy to block negative testosterone. Take [Flaxseed, Hair-Skin-Nail, Biotin, Vitamin C, Vitamin B Complex, Ginkgo Biloba](#) + [CoQ10](#) to increase circulation in scalp.

Bladder Incontinence - check for bladder infection and balance pH. [Probiotic Complex, Amino Acid Complex, Cal-Mg-Zn with D](#).

Bladder Infection (cystitis) - [Cranberry Chewables, Organic Cranberry](#) are the two primary supplements needed. Add [Colloidal Silver](#) and [Organic Garlic](#) as natural antibiotics to soothe the painful urination. Take 4,000 - 5,000 mg [Vitamin C](#) in divided doses of 1,000 mg to produce an antibacterial affect through acidification of the urine. [Probiotic Complex, Cal-Mg-Zn with D, Food-Based Multivitamin and Multimineral](#). If re-occurring bladder infections check for Candida.

Blood Clots (Venous Thrombosis) - a blood clot in a vein and needs medical attention. [Vitamin E, Grape Seed Extract, CoQ10, Wheatgrass](#) (do not take Wheatgrass if taking blood thinning meds). [Flaxseed, Organic Garlic, Lecithin, Cal-Mg, Vitamin C, and Vitamin B Complex](#) to speed up healing time and aid with bodily functions. Fasting decreases blood coagulation and may be beneficial.



Blood Count - to build red blood cells: assist the liver and balance pH. An acidic pH prevents iron from absorbing (*See Acidosis*). [Milk Thistle, Chelated Iron, Wheatgrass, Food-Based Multivitamin and Multimineral](#).

Blood Pressure, High (Hypertension) - 39% of those with high blood pressure have a [CoQ10](#) deficiency and weak kidneys. [Organic Garlic](#) and [Valerian](#) if stressed or nervous. [Niacin](#) and [L-Arginine, Cal-Mg-Zn, Sustained Release Potassium, Flaxseed, Selenium, Vitamin C, Vitamin E, Lecithin, Kelp](#) to balance minerals, and [Antioxidant Complex](#).

Blood Pressure, Low - [Liquid Iodine, Sustained Release Potassium, L-Tyrosine](#).

Boils - referred to as furuncles by medical professionals. Toxic bowel and/or excess junk foods are causes of most boils. [Vitamin E, Chelated Iron, Antioxidant Complex, Organic Garlic, Selenium, Colloidal Silver, Vitamin A, CoQ10, and Vitamin C](#) as a powerful anti-inflammatory and to enhance the immune system.

Breast Cysts - can be caused by negative estrogen not processed by the liver. [CoQ10](#) is a powerful anti-oxidant that helps to remove toxins from the body. [Vitamin E](#) + [Kelp](#) is a rich source of iodine. [Iodine](#) deficiency has been linked to fibrocystic breast.

[Vitamin A, Vitamin B Complex, Vitamin C, Zinc](#), and [Food-Based Multimineral](#) which provides balanced mineral content for the body. Women's Hormone Balance. Estrogen or birth control pills can make symptoms worse - switch to low-dose pill.

Bronchitis - [Immunity Formula, Vitamin C, Cal-Mg-Zn with D, Organic Fiber](#) to detox the colon, [Colloidal Silver, CoQ10](#), and [Pain and Inflammation Enzyme](#) to reduce the inflammation. [Garlic, wheatgrass](#) for chlorophyll to detox the lymphatic system, [Zinc](#), and [Vitamin B Complex](#).

Bursitis - Balance pH levels.- see Acidosis. [Flaxseed, Cal-Mg, Amino Acid Complex, Vitamin C, Vitamin E, CoQ10, Zinc, Glucosamine, Food-Based Multivitamin, Antioxidant Complex](#), and a [Probiotic Complex](#) to aid in digestion. [Manglic Tea](#).

CANDIDA - *Candida Albicans*, a single-celled fungus, is always present in the genital and intestinal tracts. If it is present in disproportionate quantities it can cause infection. [Organic Fiber](#) and [Psyllium Husk](#) for healthy bowel elimination, [Digestive Enzyme Complex](#) and [Probiotic Complex](#) to build good bacteria in the bowel. [Colloidal Silver, Organic Garlic, Cal-Mg-Zn with D](#) is often deficient in people with candida. [Food-Based Multivitamin and Multimineral, Selenium, and Vitamin C with bioflavonoids](#). Eliminate all sugars, wheat, and dairy products for at least 2 weeks.

Carpal Tunnel - [Pain and Inflammation Enzyme, Cal-Mg-Zn with D, Flaxseed Oil, Lecithin, Vitamin B Complex, Grape Seed Extract, Kelp](#), and [Zinc](#) to aid healing.

Cataracts - Balance pH levels.- see Acidosis. [Vitamin E, Lutein Plus for eyes, L-Lysine, Vitamin E, Vitamin C, Zinc](#).

Cholesterol - Over 60% of cholesterol is produced by the body in the liver. Start with [Organic Fiber + Digestive Enzyme](#).



[Complex, Red Yeast Rice, Green Tea, Selenium, L-Carnitine, Lecithin, Vitamin B Complex, Vitamin C, Vitamin E, Flax Seed Oil, and Organic Garlic](#) which lowers cholesterol and blood pressure levels. [Fat Complex](#) to absorb excess fat in the body.

Chronic Fatigue Syndrome - [B-12 + BF-4](#) to boost the body's metabolism. [Probiotic complex, CoQ10, Vitamin E](#), and [Melatonin + Sleep Aid](#) for a restful sleep. [Amino Acid Complex Ginkgo Biloba](#) improves circula-

Take 5 % Off Your Purchase of Any Nutritional Supplements When You Purchase By January 10th 2015. (Must present this page at time of sale.)

tion and brain function. [Milk Thistle](#) protects the liver. [St. John's Wort](#) has antiviral properties and is a good antidepressant. [Brain Formula](#) to improve mood.

Circulation - [Vitamin C](#), [Vitamin D3](#), and [CoQ10](#). [Ginkgo Biloba](#) improves circulation and brain function. [Wheatgrass](#) for chlorophyll which improves oxygen levels in the body. [L-Carnitine](#) helps to strengthen the heart muscle and promote circulation by transporting long fatty acid chains.

Cirrhosis (of the liver) - [Milk Thistle](#) and [Digestive Enzyme Complex](#) are very important. [Probiotic Complex](#), [Garlic](#), [L-Arginine](#), [L-Carnitine](#), [Lecithin](#), [Wheatgrass](#), [Cal-Mg](#), [Amino Acid Complex](#).

Cold Sores (Fever Blisters) - [L-Lysine](#), [Vitamin E](#), and [Brain Formula](#) for stress relief. [Immunity Formula](#), [Antioxidant Complex](#), [Colloidal Silver](#), and [Probiotic Complex](#).

Colic - Add [Organic Fiber](#) to your baby's formula. Some studies have suggested that colic may improve in certain infants when fiber is added to their formula. Organic Fiber, a bulking agent that draws water into the stool, to the babies' formula. Anywhere from one-half teaspoon three times a day to one-half teaspoon six times a day seems to do the trick. Start by adding small amounts of fiber to the formula, and build up to higher doses. Although not the answer for every baby, adding a little fiber is safe and worth a try. Mom should avoid chocolate, garlic, onions, caffeine, cow's milk, cabbage, corn, and eggs.

Common Cold - [Immunity Formula](#), [Antioxidant Complex](#), [Echinacea](#), [Organic Garlic](#), [Vitamin C](#).

Constipation - [Organic Fiber](#), [Psyllium Husks](#), [Probiotic Complex](#), [Digestive Enzyme Complex](#).

Dandruff - [Food-Based Multivitamin](#) and [Multimineral](#), [Essential Fatty Acids](#), [Kelp](#), [Selenium](#), [Vitamin B Complex](#), [Vitamin C with Bioflavonoids](#). May be caused by Candida - See CANDIDA.

Depression - Usually the thyroid is involved, see hypothyroid. [St. John's Wort](#), [5-HTP](#), and [Brain Formula](#) for mood

support. For nutritional support use [Liquid Iodine](#), [Cal-Mg](#), [Vitamin C](#), [L-Tyrosine](#), and [Essential Fatty Acid](#). A liver cleanse may be necessary. For PMS related mood swings use [Women's Hormone Balance](#).

Diabetes - [L-Carnitine](#), [Spirulina](#), [Vitamin B Complex](#), [Vitamin B-12](#) needed to prevent diabetic neuropathy, [CoQ10](#) improves circulation and stabilized blood sugar, [Psyllium Husk](#) is a good fiber source and [fat mobilizer](#), [Probiotic Complex](#), [Digestive Enzyme Complex](#), [Vitamin E](#), [Organic Fiber](#) to detox the colon.

Diarrhea - [Activated Charcoal](#) or [Hydrated Bentonite](#), [Essential Fatty Acid](#), [Acidophilus Probiotic](#), [Kelp](#) to replace minerals lost during diarrhea, [Colloidal Silver](#) acts as a natural alternative to antibiotics, [Organic Garlic](#), and [Immunity Formula](#).

Diuretic - promotes the production of urine. Use parsley with [Vitamin B-6](#). Watermelons and cucumbers are good diuretics. See Lemon Cleanse to reduce excess fluids.

Diverticulitis - [Digestive Food Enzyme](#), [Organic Fiber](#), [Psyllium Husks](#), [Flaxseed](#), [Vitamin B Complex](#) are needed for all enzyme system in the body and for proper digestion.

Dizziness (Vertigo) - [Ginkgo Biloba](#), [Vitamin C](#), and [CoQ10](#) to improve circulation to the brain. [Zinc](#) promotes a healthy immune system. [Immunity Formula](#) and [Antioxidant Complex](#). [Cal-Mg](#) is important in maintaining regular nerve impulses. [Melatonin](#) helps to maintain equilibrium.

Dry Skin - [Flax Seed Oil](#), [Iodine Liquid](#), [Lecithin](#), [Food-Based Multivitamin](#) and [Multimineral](#), [Vitamin E](#) protects against free radicals, and [Zinc](#) is necessary for proper functioning of the oil-producing glands of the skin.

Ear Infection - [Colloidal Silver](#), [Vitamin C with bioflavonoids](#), [Zinc](#) quickens the immune response, [Immunity Formula](#), [Antioxidant Complex](#), [Organic Garlic](#) as a natural antibiotic, and [Vitamin E](#) enhances the immune function.

Eczema - Balance pH - see Acidosis. Clean the bowels with [Organic Fiber](#) and [Psyllium Husk](#), [Wheatgrass](#) is high in chlorophyll

which detoxes the lymphatic systems and benefits eczema.

Emphysema - a degenerative lung disease. Use [Antioxidant Complex](#), [Wheatgrass](#) for chlorophyll, [Essential fatty acids](#), [Zinc](#), [CoQ10](#), [Amino Acid Complex](#), [Organic Garlic](#), [Vitamin C](#), and [Cal-Mg](#) which acts as a nerve tonic to protect nerve endings.

Endometriosis - Inflammation of the uterine lining. [Pain and Inflammation Enzyme](#) consistently for 90 days. [Vitamin E](#), [Iron](#), [Vitamin B Complex](#) promotes blood cell productivity and proper hormone balance. Cleanse the liver. See Lemon Cleanse.

Energy - low energy levels. [Vitamin B-12](#), [BF-4](#), [Food-Based Multivitamin](#) and [Multimineral](#), [Spirulina](#), [Valerian](#) for a restful sleep. Liteon Natural's [Whey Protein](#) is the foundation for great tasting, highest quality, all natural meal replacement protein shakes. Get lean, burn fat, boost immunity, stay focused, and feel energized all day long with Liteon Natural's [Whey Protein](#).

ESTROGEN DOMINANCE - [Milk Thistle](#), [Women's Hormone Balance](#), [Black Cohosh](#).

Fever - [Immunity Formula](#), [Antioxidant Complex](#), [Organic Garlic](#), [Pain and Inflammation Enzyme](#), and [Manglier Tea](#).

Fibromyalgia - Symptoms mimic Chronic Fatigue Syndrome. Research has associated Fibromyalgia with [Magnesium](#), [B-6](#), and Malic acid deficiencies. [Cal-Mg-Zn with D](#), [Pain and Inflammation Enzyme](#), [Vitamin E](#), [Flaxseed](#), and [Organic Fiber](#) to cleanse the bowels. [Sleep Aid](#) and [Melatonin](#) for nervous fatigue and for proper sleep.

Flu (Influenza) - For Children: [Colloidal Silver](#), [Immune Formula](#), [Vitamin C](#). For Adults: [Immune Formula](#), [Vitamin C](#), [Organic Garlic](#), [Colloidal Silver](#), [Food-based Multivitamin](#) because all vitamins are needed for healing. [Vitamin B Complex](#) reduces stress caused by viral infection. [Selenium](#) boosts the immune response, enhancing the body's ability to fight infection.

Food Poisoning - [Activated Charcoal](#) (6 capsules to neutralize poison) and [Probiotic Complex](#).

LITEON Natural Nutritionl Supplements available at

DHARMA
wellness center and fit club

166 H Oak Tree Park Drive, Sunset
(I-49, Exit 11, Turn Left, Across from Janise's Supermarket)

Tel: 662-3120

Nutrition Supplements that Support Your Health



www.NaturalHealthCentersOnline.com

Natural Medicine and Nutrition Centers



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



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



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

Female Problems - Excess estrogen and lack of progesterone can cause heavy bleeding during the menstrual cycle. See **ESTROGEN DOMINANCE**. Each month the ovaries produce 2 negative oil soluble estrogens (Estradiol, Estrone). They must first pass through the liver to be converted to a water soluble estrogen form (Estroil). If the liver can not break down these negative estrogens, they remain in our system. [Flaxseed](#), [Lutein](#), and [Women's Hormone Balance](#).

Gall Bladder - [Green Water](#) and [Wheatgrass](#) to help dissolve stones. If you have an attack, drink 1 tablespoon of apple cider vinegar in a glass of apple juice. This should relieve the pain quickly. If the pain does not subside, go to the emergency room. Gall Bladder mini-cleanse recipe : Drink 1 tbsp olive oil and juice of 1/2 lemon before bedtime. Repeat the drink first thing in the morning with 2oz apple juice. This is a mild cleanse that may take up to 30 days before passing Gall stones(which look similar to green peas) through the bowel. Its important to keep the bowel moving with [Organic Fiber](#) while cleansing the gall bladder.

Gingivitis (Periodontal Disease) - Use [Organic Garlic](#) and [Colloidal Silver](#) to kill off bacteria infection and use [Pain and Inflammation Enzyme](#) to ease discomfort and sooth tissue. [Echinacea](#) helps to keep down inflammation and enhance immune function.

Glaucoma - (see a doctor first) Liver must be cleansed before real advancement is made. See Lemon Cleanse. [Lutein Plus](#) for eyes, [Vitamin E](#), [Vitamin D3](#), and [CoQ10](#). Use [Lecithin](#) for a good source of choline and inositol, [Essential Fatty Acids](#), and [Vitamin B Complex](#). [L-Arginine](#) facilitates natural synthesis of nitric oxide, which promotes healthy blood vessels. Note: Avoid arginine

if you are pregnant or have cataracts, colitis, or a viral infection such as herpes.

Gout - Occurs when there is too much uric acid in the blood, tissue, or urine. Overweight males are the often affected. Usually affects the big toe. Check for digestive system problems. Diet is very important for this ailment - Use the "Eat Right for your blood type diet" and [Balance pH](#). [Essential Fatty Acids](#), [Vitamin B complex](#), [Vitamin C with bioflavonoids](#), and [Vitamin E](#) improves circulation. [Amino Acid Complex](#) because uric acid production increases if essential amino acids are lacking. [Kelp](#) and [Wheatgrass](#) contain complete protein and vital minerals to reduce serum uric acid. [Grape Seed Extract](#) and [Antioxidant Complex](#) are powerful antioxidants.

Hay Fever - allergic response to pollen. [Immunity Formula](#), [Antioxidant Complex](#), [CoQ10](#), [Vitamin C with bioflavonoids](#), [Zinc](#), and [Organic Garlic](#) to help reduce sinus inflammation. [Pain and Inflammation Enzyme](#).

Headache/ Migraine - [5-HTP](#) has been shown in many clinical studies to have excellent results for tension headaches and migraines, [L-Tyrosine](#) for relief of cluster headaches. [Vitamin B3](#) improves circulation and aids in the functioning of the nerves. [Vitamin B Complex](#), [Glucosamine Complex](#), [Ginkgo Biloba](#) improves circulation to the brain and [Valerian](#) is a good sedative to take during a headache.

Heartburn - Insufficient digestive enzymes is most common cause. Use [Digestive Enzyme Complex](#), [Probiotic Complex](#), [Organic Fiber](#), [Papaya Chewable](#), [Cal-Mg-Zn](#), [Pain and Inflammation Enzyme](#), [Green Water Alkaline Water](#), [Wheatgrass](#). Balance pH - see Acidosis.

Hemorrhoids - [Probiotic Complex](#), [Organic Fiber](#), [Ca-Mg](#), [Vitamin C with bioflavonoids](#), [Psyllium Husks](#), to soften stool. [Vitamin E](#), [Shark Cartilage](#) and [Pain and Inflammation Enzyme](#). [Vitamin D3](#) aids in healing of mucous membranes and tissues. Also needed for calcium absorption. [Infrared Sauna Treatments](#).

Hepatitis - [Amino Acid Complex](#), [L-Arginine](#), [Lecithin](#), [CoQ10](#), [Vitamin C](#), [Vitamin E](#), [Antioxidant Complex](#), [Cod Liver Oil](#). Nutrition: [Immunity Formula](#), [Milk Thistle](#), [Food-Based Multivitamin](#).

Herpes - see Cold Sores for type 1. For type 2 herpes virus, also add [L-Lysine](#), [Vitamin B Complex](#), [Vitamin C with bioflavonoids](#), [Zinc](#), [Acidophilus Probiotic Complex](#), [Organic Garlic](#), [Colloidal Silver](#).

Hiatal Hernia - [Pain and Inflammation Enzyme](#), [Vitamin E](#), [Antioxidant Complex](#).

High Blood Pressure (Hypertension) - 39% of those with high blood pressure have a [CoQ10](#) deficiency and weak kidneys. [Organic Garlic](#), [Valerian](#), [Niacin \(Vitamin B3\)](#), [L-Arginine](#), [Flaxseed Oil](#), [Selenium](#) deficiency has been linked to heart disease. [Vitamin E](#) improves heart function. [Vitamin E](#) also acts as a blood thinning agent; use with caution if you taking prescription blood thinners. Vitamin C improves adrenal function and reduces blood-clotting tendencies. [Food-Based Multimineral](#) for good nutrition.

Hives - an reactionary liver overload caused by either environmental exposure to toxins or traumatic / emotional stress. [Valerian](#), [Brain Formula](#), [Pain and Inflammation Enzyme](#), [Acidophilus Probiotic](#) reduces allergic reactions and helps replenish "friendly" bacteria.

The nutrition supplements found in this Natural Remedies Guide are available at:

CARENCRO: LITEON Natural Health Center 896-4141

SUNSET: DHARMA Wellness Center 662-3120

Hot Flashes - Menopause - In the beginning stages the [Women's Hormone Balance](#) is recommended first. The key is finding the right amount of hormone herbs for your body in your current stage of menopause. If the [Women's Hormone Balance](#) is too weak then add [Black Cohosh](#). Also, [Cal-Mg-Zn with D](#) and [Food-Based Multimineral](#) to prevent bone loss is suggested as well as extra Vitamin E. Use [Valerian](#) and [Sleep Aid](#) for a restful sleep.

Hyperglycemia - see Diabetes

Hyperthyroid - Graves' Disease - (overactive thyroid) [Omega 3](#), [Essential Fatty Acids](#), [Lecithin](#), [Vitamin C with bioflavonoids](#), [Vitamin E](#), [Antioxidant Complex](#).

Hypoglycemia - (low blood sugar) - often caused by poor digestion or food allergies. [Digestive Enzyme Complex](#), [Probiotic Complex](#), [Organic Fiber](#), [Amino Acid complex](#), [Thermography](#) to check for hypothyroid.

Hypothyroid - (see thyroid explanation) [Liquid Iodine](#), [Amino Acid Complex](#), [Kelp](#), [L-Tyrosine](#) because low plasma levels have been associated with hypothyroidism. [B-Complex](#) because B vitamins improve cellular oxygenation and energy and are needed for proper digestion, immune function, red blood cell formation, and thyroid function.

Immune System - [Immunity Formula](#), [Antioxidant Complex](#), [Vitamin C](#), [Digesting Enzyme Complex](#), and [Organic Fiber](#).

Incontinence - (Involuntary urination) [Probiotic Complex](#), [Amino Acid Complex](#), [Cal-Mg](#), and [Zinc](#) for improved bladder function.

Indigestion - Any of these products alone will stop indigestion and heartburn. [Glucosmannan](#) and [Organic Fiber](#) to cleanse the colon and to aid in normal stool formation. Insufficient digestive enzymes is most common cause. Use [Digestive Enzyme Complex](#) with each meal. Balance pH - see Acidosis.

Infertility - [Selenium](#) deficiency leads to reduced sperm count and has been linked to sterility in men and infertility in women. [Vitamin E](#) carries oxygen to the sex organs. [Zinc](#) is important for the functioning of reproductive organs. [L-Arginine](#), [L-Tyrosine](#), [Folic Acid](#), [Vitamin B-12](#), [DHEA](#) improves

libido. [Essential Fatty Acids](#) are essential for normal glandular function.

Insomnia - [Calcium/Magnesium](#), [5-HTP](#) plus one of the following: [Brain Formula](#), [Sleep Aid](#), [Melatonin](#) or [Valerian](#).

Irritable Bowel Syndrome - [Flaxseed Oil](#), [Amino Acid Complex](#), [Organic Garlic](#), [Psyllium Husk](#), [Organic Fiber](#) has a [cleansing effect](#), [Vitamin B Complex](#), [Vitamin B12](#), [Probiotic Complex](#).

Kidney Stones - Balance pH, [Green Water Alkaline Water](#), [Wheatgrass](#), [Food-Based Magnesium Complex](#), [L-Arginine](#) aids kidney disorders, [Vitamin E](#), and [Vitamin C](#). [Pain and Inflammation Enzyme](#) for pain, and drink fresh squeezed lemon juice with pure water.

Laryngitis - [Colloidal Silver](#), [Antioxidant Complex](#), and [Organic Garlic](#) as a natural antibiotic.

Leg Cramps - [Cal-Mg](#), [Calcium Complex](#), [Food-Based Multimineral](#), and [Digestive Enzyme Complex](#).



Lemon Cleanse - A no food fast for 3 -10 day that will flush and remove toxins, help high blood pressure, flush kidneys and liver, and help with sinus congestion or allergies. Recipe: 3qts. reverse osmosis purified water, 1 cup fresh squeezed lemon juice, 1 cup pure maple syrup, and 2 capsules Capsicum daily. Drink 8-12 glasses of the lemon mixture daily.

Lupus - Use the "Eat Right for your blood type diet". [Flaxseed Oil](#), [Cal-Mg](#), [L-lysine](#), [Glucosamine Complex](#), [Vitamin C](#), [CoQ10](#), [Kelp](#), [Probiotic Complex](#) protects against intestinal bacterial imbalances. [Wheatgrass](#)

is a good source of minerals for healing and oxygen for cell metabolism. [Antioxidant Complex](#), [Pain and Inflammation Enzyme](#), and [Vitamin E](#). Perform a weekly colon cleanse with [Organic Fiber](#).

Lyme Disease - [Flax Seed Oil](#), [Organic Garlic](#), [Kelp](#) for essential minerals, [Food-Based Multivitamin and Multimineral](#), [Selenium](#) as a free radical scavenger, [Vitamin C](#), [Vitamin E](#).

Memory - [Ginkgo Biloba](#), [Brain Formula](#), [Flax Seed Oil](#), [CoQ10](#) and [DHEA](#).

Menopause - - In the beginning stages the [Women's Hormone Balance](#) is recommended first. The key is finding the right amount of hormone herbs for your body in your current stage of menopause. If the [Women's Hormone Balance](#) is too weak then add [Black Cohosh](#). [Vitamin E](#), [DHEA](#), [Essential Fatty Acid](#), [Zinc](#), [L-Arginine](#), [L-lysine](#), [Cal-Mg](#).

Morning Sickness - [Red Raspberry](#), [Ginger](#), [L-Methionine](#) prevents nausea, and [Vitamin B Complex](#).

Muscle Cramps - usually a deficiency of magnesium or potassium. [Food-Based Multimineral](#), [Cal-Mg](#), [Lecithin](#), [Zinc](#).

Nervousness - can be caused from a weak thyroid and/or mineral deficiency especially magnesium. [Brain Formula](#), [Liquid Iodine](#), [St. John's Wort](#), [Mood Enhancer](#), [Cal-Mg](#), [L-Tyrosine](#), and [Vitamin E](#).

Osteoarthritis - [Cal-Mg](#), [Pain and Inflammation Enzyme](#), [Omega-3](#), [Glucosamine Complex](#), [CoQ10](#), [Vitamin E](#), [Vitamin D3](#).

Osteoporosis - [Vitamin C](#), [Calcium Complex](#), [Food-Based Multivitamin and Multimineral](#).

Parasites (worms) - [Organic Garlic](#), [Colloidal Silver](#), [Selenium](#), [Acidophilus Probiotic](#) to restore a normal intestinal flora, [Essential Fatty Acid](#), [Food-Based Multivitamin and Multimineral](#), [Zinc](#) promotes a healthy immune system.

Parkinson's Disease - [Vitamin B12](#), [Ginkgo Biloba](#), [Digestive Enzyme Complex](#), [Lecithin](#), [Cal-Mg](#) + [Potassium](#), [CoQ10](#) allows

LITEON Natural Nutrition Supplements available at



Natural Health Center
Powerful, Positive Healing for Life
100 E. Angelle St., Carencro
(I-49, Exit 4, Across from the New SUPER 1 Store)
Tel: 896-4141 or 347-4141
Nutrition Supplements that Support Your Health



www.NaturalHealthCentersOnline.com



cells to produce energy and may slow brain cell death.

Pneumonia - a very serious infection of the lungs that may be caused by a number of different infectious agents. [Immune Formula](#), [Antioxidant Complex](#), [Vitamin C](#), [Colloidal Silver](#) reduces inflammation and promotes healing of lesions in lung tissue, [Organic Garlic](#), [Vitamin A](#), [L-Carnatine](#) to protect lungs from free radical damage, and [CoQ10](#).

Poison Ivy / Oak - [Vitamin C](#) to prevent infection and spreading of the rash, [Shark Cartilage](#) to reduce inflammation, [Pain and Inflammation Enzyme](#), [Vitamin A](#), [Zinc](#).

Prostate Problems - [Prostate Health](#), [Saw Palmetto](#), [Organic Fiber](#) and [Psyllium Husks](#) for bowel cleansing and essential for keeping the prostate functioning properly. [CoQ10](#), [Organic Garlic](#) enhances the immune function, [Selenium](#) is needed for proper prostate function, [Shark Cartilage](#) inhibits tumor growth and stimulated the immune system, [Wheatgrass](#) with SOD destroy free radicals, [Vitamin A](#) is a powerful antioxidant that destroys free radicals, [Vitamin E](#), [Vitamin B Complex](#), [Vitamin B12](#), [Vitamin C with bioflavonoids](#) is a powerful anticancer agent, [Vitamin D3](#), [Acidophilus Probiotic](#) has an antibacterial effect on the body. [Zinc](#) plays a role in the prevention of prostate cancer.

Psoriasis - Check for Food Allergies. Balance pH - See Acidosis. Use the "Eat Right for your blood type diet". [Wheatgrass](#), [Hair-Skin-Nails](#), [Spirulina](#), [Flaxseed](#), [Organic Fiber](#) to cleanse the bowel. Use [Vitamin A](#), [Zinc](#), [Selenium](#), [Shark Cartilage](#), [Vitamin B Complex](#), [Vitamin C](#) is important for formation of collagen and skin tissue, [Vitamin E](#) neutralizes free radicals that damage the skin. [Kelp](#) supplies balanced minerals, [Lecithin](#), and a [Food-Based Multivitamin](#).

Rheumatism - [Pain and Inflammation Enzyme](#), [Digestive Enzyme Complex](#), [Glucosamine Complex](#), [CoQ10](#).

Rosacea or Acne Rosacea - [Wheatgrass Liquid](#), [Antioxidant Complex](#), [Immunity Formula](#), [Vitamin E](#), [Acidophilus Probiotic](#), [Digestive Enzyme Complex](#), [Betaine hydrochloride](#) (hydrochloric acid) 45 grains (1/2 tsp) per full meal.

Sex Drive, Low Libido - Women: [Women's Libido](#), [DHEA](#). Men: [L-Tyrosine](#), [DHEA](#), [Maca](#), [L-Arginine](#).

Shingles - [Immunity Formula](#), [Wheatgrass Liquid](#), [Antioxidant Complex](#), [L-Lysine](#), [Colloidal Silver](#), [CoQ10](#), and [Vitamin C](#) to stimulate the immune system.

Sinusitis - [Immunity Formula](#), [Colloidal Silver](#), [Vitamin C](#). Use [Acidophilus Probiotic](#) to replace good bacteria in the colon - important if antibiotics are prescribed [Flaxseed oil](#), [Food-Based Multivitamin](#) and [Multimineral](#). Eliminate wheat, cheese, milk or dairy products. See Lemon cleanse.

Smoking, Stop - [St. John's Wort](#), [CoQ10](#) adds oxygen to the brain and protects heart tissue, [Vitamin B Complex](#), [Vitamin B12](#), [Folic Acid](#), [Vitamin C](#), [Vitamin E](#), and [Vitamin A](#).

Sore Throat - Strep - Gargle with [Colloidal Silver](#), then swallow. [Vitamins A, C](#), and [Zinc](#). [Immunity Formula](#) and [Antioxidant Complex](#). [Organic Garlic](#).

Stress - [5-HTP](#), [Brain Formula](#), [L-Tyrosine](#), [Vitamin C with bioflavonoids](#) is essential to adrenal gland function, [CoQ10](#), [Cal-Mg-Zn](#), [Ginkgo Biloba](#).

Sweating - check thyroid. [Immunity Formula](#) and [Antioxidant Complex](#).

Tendonitis - [Glucosamine Complex](#), [Pain and Inflammation Enzyme](#), [Calcium Complex](#).

Ulcers (canker sores) - [Probiotic Complex](#), [Digestive Enzyme Complex](#), and [Organic Fiber](#) to clear the bowels.

Varicose / Spider Veins - [Vitamin E](#), [Vein Stop](#), and [CoQ10](#). [Increase circulation](#) using [Whole Body Vibration](#) and [Infrared Sauna Treatments](#).

Viral Infection - Rotate anti-virals for more effective results. [Organic Garlic](#), [Colloidal Silver](#), [L-Lisine](#) may be needed to break down the viruses protective coating. [Vitamin A](#), [Vitamin C](#), [Vitamin E](#) and [Zinc](#).

Warts - [Vitamin E](#), apply [Tea Tree Oil](#) to wart 3-4 times/ day, [Immunity Formula](#), [Antioxidant Complex](#), [CoQ10](#), [Selenium](#), and [Probiotic Complex](#).

Water Retention - Support the heart if swelling in legs does not improve within 30 days. See Arteriosclerosis. [CoQ10](#), [Vitamin E](#), [Cardio Support](#), [Potassium](#), [Organic Garlic](#), and [Selenium](#) to activate the Kidney.

Weight Loss - [BF-4](#), [Raspberry Ketones](#), [Green Coffee Bean Extract](#), [WheTea](#) to target abdominal fat, [Green Water pH 9.5](#) [Alkaline Water](#) to raise the body's alkalin-

ity and decrease production of fat cells. [BioLean](#) to raise the body's thermogenic fat burning capability. [BF-4](#) increases the body's metabolism, [Fat Complex](#) binds to fat and reduces fat absorption in the body, and [Glucosannan](#) is an appetite suppressant. Use [Probiotic Complex](#) and [Digestive Enzyme Complex](#) to improve digestion. [Organic Fiber](#) clears the bowel and releases excess waste. [DHEA](#) inhibits enzymes that are involved in fat cell production, [DMAE](#) is an effective fat burner, [Lecithin](#) emulsifies fat so that it can be removed from the body. [L-Arginine](#) and L-Carnitine are amino acids that reduce body fat. [Vitamin B Complex](#) is needed for proper digestion.



Yeast Infections - See CANDIDA. [Organic Garlic](#), [Probiotic Complex](#) and [Digestive Enzyme Complex](#), and [Immunity Formula](#). Eliminate all sugars, breads, and dairy products for 2 weeks.

RECOMMENDED DAILY INTAKE

VITAMINS

Folate (folic acid)	400 - 1,200 mg.
Niacin (vitamin B3)	10-50 mg.
Riboflavin (vitamin B2)	5-25 mg.
Thiamine (vitamin B1)	5-25 mg.
Vitamin A	5,000-25,000 I.U.
Vitamin B6 (pyridoxine)	5-50 mg.
Vitamin B12 (cyanocobalamin)	5-50 mcg.
Vitamin C (ascorbic acid)	250-2,500 mg.
Vitamin D	0-500 I.U.*
Vitamin E (alpha tocopherol)	100-600 I.U.

MINERALS

Calcium	800-1,200 mg.
Chromium	50-250 mcg.
Iron	10-30 mg.
Magnesium	300-400 mg.
Selenium	50-200 mcg.
Zinc	15-30 mg.

Note:

I.U. = international units
mg - milligrams
mcg - micrograms

* If you drink at least a quart of vitamin D-enriched milk a day or you bask in the sun year-round, you may need no D supplementation. Otherwise, some extra D is in order: 200 I.U. per day in most circumstances; 400 I.U. per day for the elderly in winter; 500 I.U. per day for women who are pregnant or nursing.

DISCLAIMER: The information provided here is for informational and educational purposes only. It is not to be construed as medical care or medical advice and is not a replacement for medical care given by physicians or trained medical personnel. The publishers of *Natural Awakenings Magazine* nor the Natural Health Center or DHARMA Wellness Center does not directly or indirectly practice medicine, dispense medical advice, diagnosis, treatment or any other medical service as part of their public services. Always seek the advice of your physician or other qualified health care provider(s) when experiencing symptoms or health problems, or before starting any new treatment.

The nutrition supplements found in this Natural Remedies Guide are available at:

CARENCRO: LITEON Natural Health Center 896-4141

SUNSET: DHARMA Wellness Center 662-3120

LITEON NATURALS™

Wellness & Nutrition



Discover how LITEON NATURALS™ supplements help support a healthy and active lifestyle.

- Supports a healthy immune system
- Helps build strong bones
- Supports neuromuscular health
- Helps to get rid of inflammation
- Balances digestion and elimination
- Balances depression and anxiety
- Increases body pH (gets rid of high acid)



Available in liquid drops, tablets, softgels, and capsules. Call the Natural Health Center or DHARMA Wellness Center.

896-4141

Natural Health Center in Carencro

662-3120

DHARMA Wellness in Sunset

678-1500

Caribbean Wellness and Campground in Opelousas

Zerona Laser FAT lipo (for a flat stomach) HEALTH BENEFITS



What areas of the body can I treat?

Essentially all parts of the body where subcutaneous deposits of fat can be found may be treated with Zerona, especially those resistant to diet and exercise. Most patients start with treating their waist, hips and thighs as these can be treated simultaneously with the 5 lasers of Zerona.

Once liberated, what happens to the fat?

Once liberated, triglycerides are absorbed by the lymphatic system where they are transported to lymph nodes. Macrophages (immune cells) release liposomal acid lipases (LAL) which break down the triglycerides into free fatty acids and glycerol. These are then small enough to enter the blood stream. Once in the blood stream, several things may occur:

- Some of the free fatty acids are readily available to be used as fuel by the body.
- What does not get consumed as energy will get to the liver where it will either be oxidized or re-processed for storage.

How long has Zerona been in use?

The laser tissue interaction behind Zerona was identified prior to 2002. LLLT has been used routinely as an adjunct to liposuction since 2004. Zerona was introduced in the U.S. in 2005 and is being routinely used by over 650 practices in Canada and the U.S.

How long will results last?

Zerona does not destroy fat cells but empties them of their content which means that fat cells are capable of re-storing fat should the patient have a persistent caloric imbalance. A balanced diet is the only way to ensure long-term improvement. Patients who eat more calories than they burn will see their improvement decrease over time.

WHAT IS ZERONA ?





Zerona is a patented low-level laser system specifically designed to contour the body by losing inches in circumference off specific body areas (waist, hips, thighs) without any pain, downtime, needles or surgery.

What is the action mechanism behind Zerona?

The 635 nm wavelength of the Zerona is specifically absorbed by the mitochondria (the cell's energy generator), temporarily weakening the structure of the cell membrane. This creates a temporary opening allowing for the fat contents to seep out from the fat cell into the interstitial space from where it is processed by the lymphatic system.

What results can I expect?

In a double blind, randomized, placebo controlled study, patients were treated 6 times over a 2 week period and lost on average 3.5 inches in combined circumferential measurements of their waist hips and bilateral thighs.

		\$675 6 Treatments
		
		\$850 12 Treatments



holistic health and fitness guide

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

FAR INFRARED SAUNA THERAPY HEALTH BENEFITS

Infrared heat is actually a particular kind of light. It's one of the areas of the electromagnetic spectrum invisible to the naked eye. Completely harmless, it can be felt from sources such as fires, radiators, and the sun (without the harmful ultraviolet waves that cause sunburns).

FAR infrared heat is the most beneficial in an infrared sauna, penetrating deeper into the skin, increasing circulation, and helping to detoxify the body of harmful toxins.

Infrared saunas differ from traditional saunas because they operate at a temperature of 30-60°C, compared to a traditional sauna that operates at 85-110°C. This allows you to be able to breathe comfortably and enjoy the benefits for extended periods of time. Because the infrared rays safely and comfortably penetrate the skin up to 6cm deep, even your organs and deep tissues are stimulated. This induces sweating 2-3 times as much as a conventional sauna. The benefits of Infrared Sauna Therapy include:

INCREASED METABOLISM AND WEIGHT LOSS

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

A BOOSTED IMMUNE SYSTEM

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

DETOXIFICATION OF THE BODY

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

INCREASED BLOOD FLOW

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

ELIMINATION OF BACTERIA AND FUNGI

Infrared Sauna Therapy also promotes the killing and removal of many pathogenic (disease-causing) bacteria, viruses and parasites.

HEALING OF CUTS, BRUISES AND SCARS

Daily Infrared Sauna Therapy can also promote rebuilding of injured tissue by having a positive effect of the fibroblasts (connective tissue cells necessary for the repair of injury). Furthermore, it increases growth of cells, DNA syntheses and protein synthesis all during tissue repair.

RELAXATION OF MUSCLES

Infrared heat relieves muscle tension and helps your body to make the most of its intended healing abilities. Infrared Sauna Therapy also reduces soreness on nerve endings and muscle spasms as muscle joints and fibers are heated in the sauna.

INCREASED CARDIOVASCULAR AND HEART RATES

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

HEALTHY ARTERIES

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

IMPROVED SKIN CONDITIONS

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

RELIEF FROM PAIN

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

RELIEF FROM STRESS

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



GIFT CARDS
AVAILABLE

holistic health and fitness guide

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

ION FOOT DETOX THERAPY HEALTH BENEFITS

Detoxifying and cleansing the body is good.



Ion Detoxification Therapy

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

How will it make you feel?

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

How does it work?

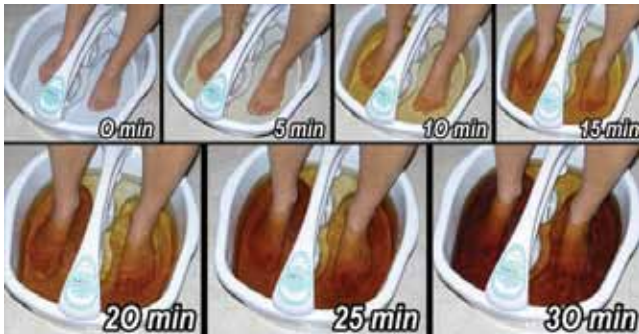
Your feet are placed in a bucket of clean, warm, ankle-deep water. A small amount of sea salt is added to the water, in order to increase the conductivity. Then, an ionator is placed in the bucket of water along with your feet. This ionator creates a low-voltage, direct current to separate the water molecules into positive and negative ions by separating oxygen

and hydrogen in the water. The ions travel through your body, attaching to and neutralizing oppositely charged particles, and osmosis pulls the neutralized particles out through the surface of your feet. Osmosis is a scientific term that is used to describe the movement of particles through a membrane from an area of lower concentration to an area of higher concentration. In this case, the higher concentration refers to the ion field that is set up by placing the ionator into the water while running the unit. Once the unit is turned on, the water will begin turning color. By the end of the treatment, the water will be discolored and contain floating or sinking particles. This is a result of the toxins being pulled out of your body and into the water.

At the Natural Health Center, we start your Ionic Detoxification Therapy with a nutrient assessment of all the major organs and systems of your body. This determines what your state of health is before we start any treatment. We then continue to monitor your progress as your detoxification treatment is administered.

Today, because we are exposed to the greatest toxic load in the history of our planet, ongoing, periodic detoxification is essential to maintain health and avoid disease.

**GIFT CARDS
AVAILABLE**



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

holistic health and fitness guide

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

LIQUID VITAMIN HYDRO-THERAPY HEALTH BENEFITS



INFRARED GENERAL EFFECTS

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

HYDROFUSION™

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

AROMATHERAPY

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

CHROMOTHERAPY

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

VIBRATORY MASSAGE

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

LIQUID VITAMINS FOR THE SKIN

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

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

Aloe Concentrate delivers a soothing blend of cooling aloe, cucumber and melon. Ingredients include: aloe vera, copper, algae extract and a blend of aromatic essential oils. Specifically formulated for the Prolong Program.

E & C Concentrate is an energizing blend of oils derived from vitamin-rich citrus fruit. Ingredients include: Tocopherol (Vitamin E), L-ascorbic acid (Vitamin C) and a blend of aromatic essential oils. Specifically formulated for the Protect Program.

CoQ Contour Concentrate is a refreshing and invigorating blend of pomegranate and white tea extracts. Ingredients include: coffee arabica bean extract, Co Enzyme Q10, Vitamins A & C and green tea extract. Specifically formulated for the "Slim N' Smooth Method" utilizing the Protect Program with red LED lights for full body smoothing and natural body cleansing.



holistic health and fitness guide

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

AQUA MASSAGE THERAPY HEALTH BENEFITS

COMBINATION OF HEAT AND MASSAGE

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

MUSCLE BENEFITS

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

HEALTH BENEFITS

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

TIME

Aqua massage is often a preferred choice for busy people who simply do not have much time for a massage. Since an average aqua massage is only 15 to 20 minutes, it is much easier to fit into a busy schedule. Even with the shorter time frame,

the health benefits remain the same. According to Yogawiz.com, an aqua massage that lasts for 15 minutes is the equivalent of a 30-minute session with a massage therapist.

PERSONAL CONTROL

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

PRIVACY

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

CONVENIENCE

One of the more attractive benefits of aqua massage is the convenience and accessibility versus other massage treatments that require you to disrobe. There are no oils or lotions used in conjunction with water massage, so you can have a quick therapy session during your lunch break and return to work without having to take a shower. The sessions are usually 10 to 20 minutes long

versus 60 to 90 minutes for conventional massage. For people who feel uncomfortable removing their clothes to receive massage therapy, water massage may be the best alternative choice.

RELAXATION

Aqua massage uses 36 different water jets that spray the body from a variety of angles instead of just a few jets that focus on a small area, as you would experience with whirlpool jets or a massaging shower head. These jets travel along the body multiple times over the course of the massage, ensuring full body relaxation. In addition, the motion and sound of the water are very soothing as well. Some people like to use headphones to listen to soothing sounds or classical music to enhance the relaxing experience.

SPOT TREATMENTS

One benefit of aqua massage is that at any time, the machine cycle can be paused, causing the jets to focus on a particular part of the body. This is especially beneficial for those with back problems, frequent knots in the neck or leg pain.

COST

Aqua massage is an extremely affordable massage option. A typical massage will range in price, with the average being between \$20 and \$30, depending on how long the massage lasts. Many providers will give discounts when purchasing.



holistic health and fitness guide

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

WHOLE-BODY VIBRATION EXERCISE HEALTH BENEFITS

20 minutes of whole-body vibration is equal to a 60-minute aerobic workout.

LOW IMPACT EXERCISE



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

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

Benefits:

- Stimulates lymphatic drainage system for toxin removal, builds immune system and fights disease
- Improves muscular strength
- Rapid recovery time from sports injuries: torn muscles, sprains, etc.
- Increases flexibility and range of motion
- Enhances critical blood flow throughout the body
- Increases bone density
- Accelerates weight loss and reduced appearance of cellulite
- Decreases cortisol levels and increases levels of the "happiness hormones" serotonin and neurotrophine
- Improves posture
- Increases hormones involved in strength, repair and regeneration; testosterone, Human Growth Hormone (HGH), and Intrinsic Growth Factor 1 (IGF1)
- Increases serotonin and norepinephrine neurotransmitters that makes you calm and happy
- Decreases cortisol, the major stress hormone
- Significantly increase in blood flow throughout the body
- Strengthens and increases bone tissue
- Increases number of T-cells, an important part of your immune system
- Improves blood and lymphatic circulation
- Speeds recovery from surgery and trauma
- Stimulates neurological system
- Increases physical strength, dexterity and endurance
- Reduces joint and ligament stress
- Helps to improve and prevent many joint conditions
- Relieves tension and chronic pain in ankles, knees, lower back, and neck
- Assists in preventing osteoporosis
- Stimulates fast-twitch muscles

- Improves body balance
- Benefits both anaerobic and aerobic exercise
- Tightens facial muscles
- Reduces cellulite
- Increase testosterone by 7%, maintains muscle mass, bone density and red blood cell levels
- Improves digestion and gastric motility-eliminating heartburn
- Reduces constipation, providing a more comfortable lifestyle
- Strengthens pelvic muscles, reducing embarrassing stress incontinence

Whole-Body Vibration Body Effects

MUSCLES

The effect of vibration results in what scientific literature calls "Tonic Vibration Reflex" or "TVR". That is a repeated myotatic reflex or stretch reflex. This means that the vibrated muscle has to work very hard, while the subject or player using whole-body vibration does nothing other than balance on the platform. The effect per pulsation is like that of the knee-jerk reflex. This muscle activity can be measured by use of electromyography (EMG). For example, in a one-repetition maximum effort, the muscle(s) involved are activated 100% voluntarily. However, with vibration training the muscles work at 200 to 300% of this IRM activation. This is an ideal way to train, especially when the muscle does not function properly: for example, with weakened muscles in the elderly, or after injuries.

HORMONES

Research shows that after just one session of vibration training there is a high excretion of testosterone and growth hormone. There is also a drop in

the stress hormone cortisol. This combination has favorable effects on muscle protein synthesis.

Effect of vibration training on hormones:

- Testosterone: + 7%
- Human Growth Hormone: + 460%
- Cortisol: - 32%

(Source: Bosco et al., 2000)

BONES

Bone decalcification (osteoporosis) is one of the biggest health problems especially in the elderly and female population. Many elderly people break their bones more easily when they fall because of bone decalcification; the hip is the most notorious in this respect. The onset of osteoporosis is partly due to a lack of movement, which causes muscles to gradually weaken, the circulation to diminish and the bones to be inadequately used.

In addition, as a result of the aging process, the body produces fewer hormones such as testosterone, estrogen and growth hormone. Yet it is exactly these hormones which play such an important role in the maintenance of strong bones. The advice usually given to sufferers of this disease is to take more exercise, but that is difficult when muscles are weak, particularly in the legs.

Whole-body vibration offers a good alternative to vigorous impact exercise. Through vibration the muscles automatically become stronger and regain their tone. The circulation improves because the blood vessels in the legs are wide open due to the vibration. At the same time, the pulsation gives a direct stimulus to bone tissue, which in turn stimulates the production of new bone tissue.

Recent findings show that even after only one vibration treatment, there is an increase in the hormone testosterone and growth hormone, which are so essential for strong bones.

BLOOD VESSELS

The effect of vibration training on the blood vessels is clear to see and to feel. After training, one often sees that the skin of the lower leg is colored pink. This is a sign that the blood vessels in that area are wide open. It also explains the feeling which many describe as coming home after a snowball fight with your bare hands, and then putting your hands in a bucket of warm water: a tingling feeling which indicates that your blood vessels are wide open. In Germany, the effect of vibration training is used as therapy for a disturbed peripheral circulation, particularly in the lower legs, such as in chronic venous insufficiency.

NEUROTRANSMITTERS

Parkinson's disease is an example of a deficiency in dopamine, which is the reason that L-Dopa is given as medicine. It is also recognized that serotonin plays a role in our mood, or frame of mind. A shortage of serotonin in the brain can lead to depression, which is the reason that Prozac is given as a medicine in order to increase the serotonin content in the brain. From research, it appears that vibration training also influences the neurotransmitters and the way in which they work. Vibration training increases the serotonin content in the brain, which could possibly explain why one feels so well after vibration training.

Alternative • Complementary • Holistic Services

www.DrSteveCastille.com

www.NaturalHealthCentersOnline.com

www.CaribbeanCampground.com

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

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

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

Pricing and Rate Sheet

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



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

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

Last Updated: 11/30/14

Natural Medicine and Nutrition Centers



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



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



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

NATURAL HEALTH PRODUCTS

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

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

High Blood Pressure

CoEnzyme Q-10 \$30

Helps strengthen and oxygenate the heart muscle

Selenium \$35

Selenium has been linked to blood pressure levels

Flaxseed Oil \$35

Contributes to lower blood pressure levels

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

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

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

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

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

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

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

Chlorophyll: is the green juice of plants. His-

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

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

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

Digestion and Constipation

Digestive Enzyme \$35

Reduces the inflammation in the stomach

Probiotic Complex \$35

Puts the good bacteria back in the stomach

Organic Fiber \$35

Creates an elimination and clears the colon

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

Flax Seed: an essential fatty acid; historically

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

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

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

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

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

Inflammation and Pain

Pain and Inflammation Enzyme \$30

Bromelain and papain enzymes that stop inflammation

Glucosamine Complex \$35

Manages joint pain and cartilage building nutrition

Resveratrol \$35

Calms inflammation and stabilizes histamine release

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Saw Palmetto: is a single herb. Historically

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

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

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

Stress and Anxiety

Valerian Root \$35

Natural support for healthy sleep and relaxation

St. John's Wort \$35

Mild antidepressant. Provides emotional well-being.

Mood Enhancer \$35

Fights depression and helps to focus

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

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

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

Weight Loss

BF-4 \$45

Helps fat cells shrink and prevents fat cell formation

WheTea \$35

Targets abdominal fat and helps to shrink fat cells

Thermo X \$35

Increases your body's ability to burn fat

DHEA \$35

Boosts the body's metabolism and helps you burn fat

Lecithin \$35

Will emulsify fat and allow the body to eliminate it

TOXINS AND WASTE CAUSE THE BODY TO GET SICK



Buy 1 Get 1 1/2 OFF

Single Session \$45

2 Foot Detox Sessions \$80

4 Foot Detox Sessions \$145

Offer Ends 1/15/15

Makes a Great Christmas Gift



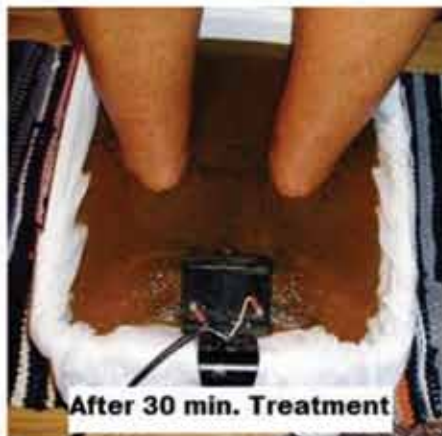
GIFT CARDS Available

Take 25% off if purchased for a gift.

See Page 59



Before Ion Cleanse



After 30 min. Treatment

Ionic Detox Foot Spa

- 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

To schedule your first appointment

896-4141
CARENCRO OFFICE

662-3120
SUNSET OFFICE

Natural Medicine Membership

I Want to Be Healthy Again and Always

Natural Medicine and Nutrition Centers

 **liteon**
Natural Health Center
Powerful, Positive Healing for Life



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

DHARMA
wellness center and fit club



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

Caribbean
Natural Health Center
and Campground



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

Membership Has It's Privileges

Only \$69/month

Natural Medicine
for a Healthier
Way of Life

REQUEST AN APPOINTMENT
Call 896-4141

HEAL Membership Plan

"Health is a journey
and it is our goal to
empower you with
the tools to enjoy it
naturally."

This plan is designed for individuals whose lifestyles center around good health and disease/pain prevention.

Package includes:

- Yearly Wellness Exam - \$284
(includes thermography imaging, comprehensive bloodwork, and doctor visit)
- 6-month Checkup Visit and vitamin deficiency testing- \$154
- 12 x monthly B-12 and Iodine at wellness center or home - \$720
- 12 x monthly Wheatgrass - \$180
- 12 x monthly WB vibration, infrared sauna, foot detox visits during the year - \$1620
- 10% discount on all nutritional supplement purchases

Total: \$2958

You pay \$828

Only \$69/month



namaste'



We are all connected

I honor the place in you where the entire universe resides, I honor the place in you of Love, of Light, of Truth, of Peace. I honor the place within you where if you are in that place in you and I am in that place in me, there is only one of us.

Natural Medicine and Nutrition Centers

 **liteon**
Natural Health Center
Powerful. Positive Healing for Life



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

DHARMA
wellness center and fit club



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

Caribbean
Natural Health Center
and Campground



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

Your best source for vitamins and nutritional supplements