

HEALTHY LIVING HEALTHY PLANET

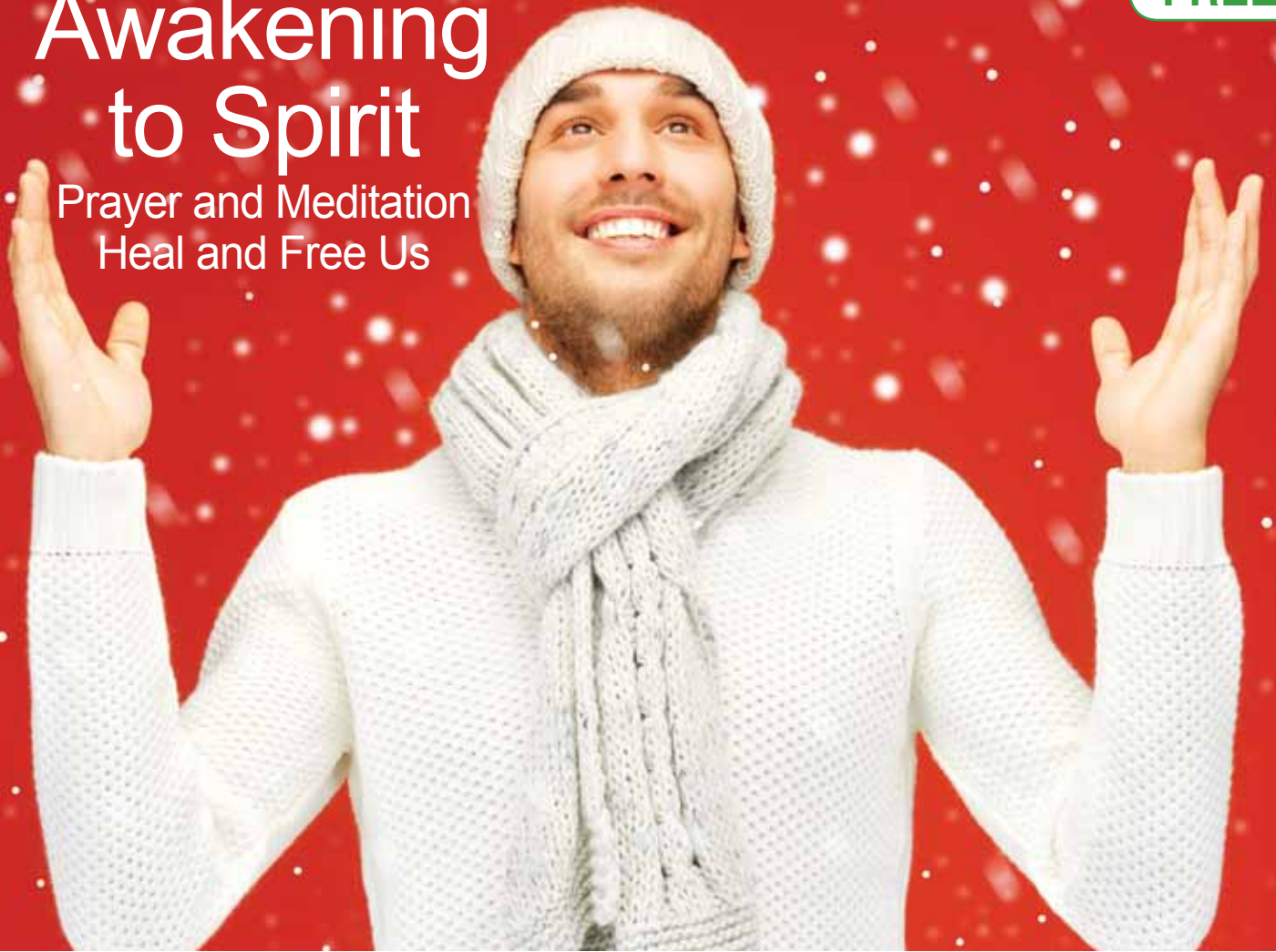
natural awakenings

feel good • live simply • laugh more

FREE

Awakening to Spirit

Prayer and Meditation
Heal and Free Us



Sky-High YOGA

Six Stretches for
Your Next Plane Trip

CHEMISTRY

The Foundation for all
Medicine and Nutrition

SWEETLY VEGAN

No-Bake Holiday Treats
Worth Celebrating



EVERY ISSUE IS
A GREEN ISSUE

December 2015 | Acadiana-Edition | www.NAcadiana.com



liteon

Natural Health Center

Powerful, Positive Healing for Life

BACK to BASICS Health Program \$164

One month supply of GENESIS Wheatgrass
Vitamin Test
Breast Cancer Thermography Screening
Review of Thermography and Vitamin Test Results

* Mr. Ted Giorgio, CNHC, Certified Natural Health Consultant and Nutritional Health Practitioner

SAUNA & Whole Body Vibration

4 Sessions Sauna & Whole Body Vibration: \$75
8 Sessions Sauna & Whole Body Vibration: \$140
12 Sessions Sauna & Whole Body Vibration: \$190

Water Massage Therapy

2 Sessions Water Massage Therapy: \$70
4 Sessions Water Massage Therapy: \$120
8 Sessions Water Massage Therapy: \$190

CANCER Wellness Program \$440

The CURE TO CANCER is prevention. The BEST OPTION if diagnosed with cancer is restoring normal circulation, inflammation, nutrition, elimination, and pH. Balance nutrition, reduce acid, detox, open lymphatic pathways, reduce stress and anxiety, restore body chemistry, increase oxygen levels, reduce inflammation.

\$440 6-Week Program

18 Infrared Sauna*
18 Whole Body Vibration*
3 Red Light Therapy with Zerona*
12 Foot Detox*
12 Antioxidant Treatments*
15 Water/Lymphatic Massage*
2 Thermograms & 1 Vitamin Test*
9 pH Acid Testing & Body Comp*

INDIVIDUAL FULL PRICE: \$5,410

\$612 10-Week Program

27 Infrared Sauna*
24 Whole Body Vibration*
9 Red Light Therapy with Zerona*
21 Foot Detox*
20 Antioxidant Therapy*
20 Water/Lymphatic Massage*
2 Thermograms & 1 Vitamin Test*
12 pH Acid Testing & Body Comp*

INDIVIDUAL FULL PRICE: \$6,850

DERMOSONIC Cellulite Reduction

4 Sessions DERMOSONIC Cellulite Reduction: \$120
8 Sessions DERMOSONIC Cellulite Reduction: \$220
12 Sessions DERMOSONIC Cellulite Reduction: \$320

Doctor Visit and Office Consultation

General Question and Office Consultation: \$120
General Question, Labwork, and Imaging: \$260

* Dr. Steven T. Castille, BS, MS, DNM, Doctorate in Natural Medicine and Integrative Medicine Practitioner

RESTORE Health Program \$340

\$340 6-Week Program

14 Infrared Sauna*
18 Whole Body Vibration*
12 Foot Detox & 2 Inversion Therapy*
12 Hydration Therapy*
9 Water/Lymphatic Massage*
2 Thermograms and a Health Coach*
6 pH Acid Testing & 1 Vitamin Test*

INDIVIDUAL FULL PRICE: \$2,410

\$493 10-Week Program

20 Infrared Sauna*
24 Whole Body Vibration*
18 Foot Detox & 4 Inversion Therapy*
17 Hydration Therapy*
12 Water/Lymphatic Massage*
2 Thermograms and a Health Coach*
9 pH Acid Testing & 1 Vitamin Test*

INDIVIDUAL FULL PRICE: \$4,190

Thermography Medical Imaging

Breast Cancer Screening: \$60
Full Body Thermography Exam: \$94
Full Body Exam with Full Labs: \$325

Zerona Laser Lipo Treatment

6 Zerona Treatments: \$675
12 Zerona Treatments: \$850
18 Zerona Treatments: \$1100

Infrared Body Wrap

1 Session Infrared Body Wrap: \$90
2 Sessions Infrared Body Wrap: \$170
4 Sessions Infrared Body Wrap: \$280

Ionic Foot Detox

1 Session Ionic Foot Detox: \$45
2 Sessions Ionic Foot Detox: \$80
4 Sessions Ionic Foot Detox: \$150

Massage Therapy

1 Massage Therapy Session: \$69
2 Massage Therapy Sessions: \$125

BODY REBOUND Weight Loss Program

\$340 6-Week Program

14 Infrared Sauna*
18 Whole Body Vibration*
6 Foot Detox*
9 Body Wraps*
9 SlimPOD Slimming*
1 Vitamin Test & 1 Thermogram
4 Sessions with Personal Trainer*
2 Inversion Therapy*
9 pH Acid Testing & Body Comp*
Nutrition Program & Nutritional Supplements*

INDIVIDUAL FULL PRICE: \$3,634

\$580 12-Week Program

24 Infrared Sauna*
25 Whole Body Vibration*
12 Foot Detox*
20 Body Wraps*
18 SlimPOD Slimming*
1 Vitamin Test & 1 Thermogram*
4 Sessions with Personal Trainer*
2 Inversion Therapy*
12 pH Acid Testing & Body Comp*
14 DERMOSONIC Cellulite Treatments*
3 ZERONA Cold Laser Lipo*
Nutrition Program & Nutritional Supplements*

INDIVIDUAL FULL PRICE: \$6,945

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.

Natural Health Center
Carencro

896-4141
or dial 347-4141

DHARMA Wellness Center
Sunset

662-3120
or dial 534-1110

Caribbean Wellness Center
Opelousas

678-1844
or dial 678-1500

Wellness Center Membership

This plan is designed for individuals whose lifestyles center around good health and disease/pain prevention. This membership program offers access to all three of our wellness centers year-round. It includes massage therapy, gym membership, medical spa services, salt water pool and campground access, annual bloodwork, complimentary guest passes for friends or family. *12-Month Enrollment Required*

\$69/mo BASIC Membership

- 2 Weeks Per Month*
- 2 Infrared Sauna*
 - 2 Whole Body Vibration*
 - 2 Foot Detox*
 - 1 Hydration Therapy*
 - 1 Water/Lymphatic Massage*
 - 2 pH Acid Testing & Body Comp*

INDIVIDUAL FULL PRICE: \$310

*** Become a member today. You pay only \$69. Registration + \$69 for the first month membership plus tax.

\$89/mo VIP Membership

- 4 Weeks Per Month*
- 4 Infrared Sauna*
 - 4 Whole Body Vibration*
 - 4 Foot Detox & 2 Inversion Therapy*
 - 2 Hydration Therapy*
 - 2 Water/Lymphatic Massage*
 - 1 Thermography Exam Annually
 - 1 Vitamin Test every six months

INDIVIDUAL FULL PRICE: \$814

the
BEST
2015
BEST VALUE

What is a RESTORE Health Program?

The RESTORE Health Program uses holistic therapy, bodywork, vitamin therapy, and integrative medicine to help restore your body's health. Inflammation, poor diet and nutrition, poor circulation, and inadequate detoxification all work to create cancer, heart disease, immune disorders, and many of the other health conditions we face today.

What is Integrative Medicine?

Integrative medicine means taking a holistic approach when seeking treatment for imbalances and choosing to live a more balanced lifestyle. What primarily distinguishes integrative medicine apart from alternative medicine, complementary medicine, and traditional medicine is that physical health is not necessarily the main focus. Instead we seek balance of mind, body, and spirit as a whole.

All of our programs are based on published peer-reviewed research in complementary and natural medicine. We only use evidence-based instruction.

Nutrition

Nutrition is the primary focus of our business. Whether it's eating a proper diet specific to your disease, using nutritional supplements, or a combination of both. Nutrition is the only way to properly heal the body.

Vitamins and minerals are used in every biological and chemical process in your body. Vitamins and minerals build cells, cells build tissue, tissue form organs, organs for organ systems, and organ systems form the human body.

The body is self-healing and self-regulating.

Inflammation is the root cause for almost every major disease we know today (cancer, diabetes, heart attack and stroke, etc.). Our programs and services focus primarily on restoring normal acid/alkaline balance, minimizing inflammation, proper diet-nutrition-hydration-elimination.

We have a clinically licensed laboratory for urine, blood, and fluid sampling and testing. We have a medical thermography imaging lab.

a wellness center with a medical spa

FRIENDS and FAMILY Wellness Program

\$340 4-Week Program

- 12 Infrared Sauna*
- 12 Whole Body Vibration*
- 8 Foot Detox*
- 6 Hydration Therapy*
- 6 Water/Lymphatic Massage*
- 1 Vitamin Test
- 4 Sessions with Personal Trainer*
- 2 Thermograms*
- 6 pH Acid Testing & Body Comp*

INDIVIDUAL FULL PRICE: \$2,184

EACH ADDITIONAL PERSON \$205 4-Week Program

- 12 Infrared Sauna*
- 12 Whole Body Vibration*
- 8 Foot Detox*
- 6 Hydration Therapy*
- 6 Water/Lymphatic Massage*
- 1 Vitamin Test
- 4 Sessions with Personal Trainer*
- 2 Thermograms*
- 6 pH Acid Testing & Body Comp*

INDIVIDUAL FULL PRICE: \$2,184

TWO - PEOPLE Wellness Program

\$580 6-Week Program

- 28 Infrared Sauna*
- 36 Whole Body Vibration*
- 24 Foot Detox*
- 24 Hydration Therapy*
- 18 Water/Lymphatic Massage*
- 1 Vitamin Test
- 4 Sessions with Personal Trainer
- 4 Thermograms*
- 12 pH Acid Testing & Body Comp*

INDIVIDUAL FULL PRICE: \$5,630

\$1100 10-Week Program

- 40 Infrared Sauna*
- 48 Whole Body Vibration*
- 36 Foot Detox*
- 34 Hydration Therapy*
- 24 Water/Lymphatic Massage*
- 1 Vitamin Test
- 4 Sessions with Personal Trainer
- 4 Thermograms*
- 18 pH Acid Testing & Body Comp*

INDIVIDUAL FULL PRICE: \$9,002

Caribbean RETREAT and Wellness Center

\$365 6-Day Program

1 Person / 6 Days with Complite Included

- 6 Infrared Sauna*
- 6 Whole Body Vibration*
- 6 Foot Detox*
- 4 Hydration Therapy*
- 2 Water/Lymphatic Massage*
- 2 Thermograms*
- 6 pH Acid Testing & Body Comp*

INDIVIDUAL FULL PRICE: \$2,410

\$510 6-Day Program

2 People / 6 Days with Complite Included

- 12 Infrared Sauna*
- 12 Whole Body Vibration*
- 12 Foot Detox*
- 8 Hydration Therapy*
- 4 Water/Lymphatic Massage*
- 4 Thermograms*
- 12 pH Acid Testing & Body Comp*

INDIVIDUAL FULL PRICE: \$4,820

\$260 2-Day Program

2 People / 2 Days with Complite Included

- 4 Infrared Sauna*
- 4 Whole Body Vibration*
- 4 Foot Detox*
- 4 Hydration Therapy*
- 4 Water/Lymphatic Massage*
- 2 Thermograms*
- 4 pH Acid Testing & Body Comp*

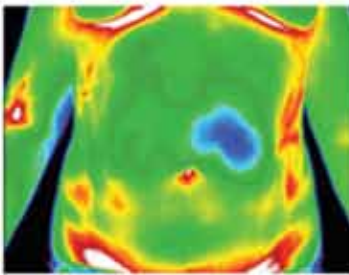
INDIVIDUAL FULL PRICE: \$1,600



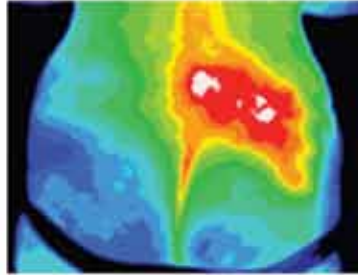
If you think a
Wellness Program is expensive
Try **Cancer, Depression, Stroke, Diabetes, or Congestive Heart Failure**

YOUR BODY - YOUR CHOICE

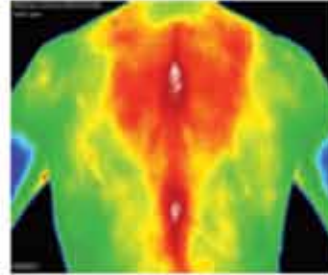
The BEST way to prevent disease is to maintain your health with a wellness program.



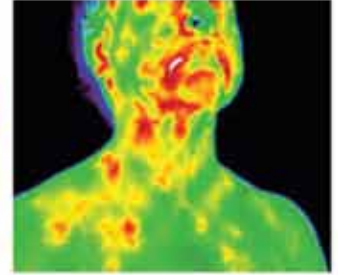
Hypothermia in the Stomach



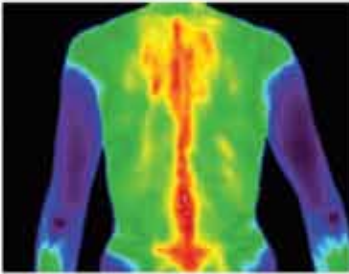
Shingles



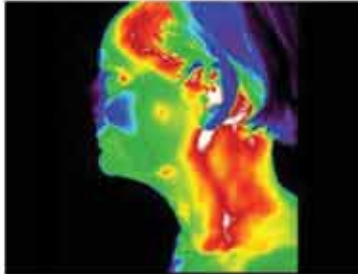
Lung Cancer



Periodontal Disease



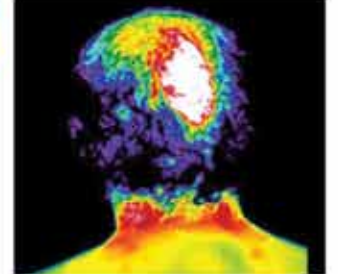
Spinal Inflammation



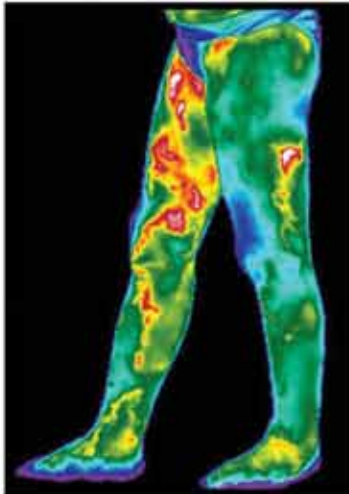
Carotid Artery Inflammation



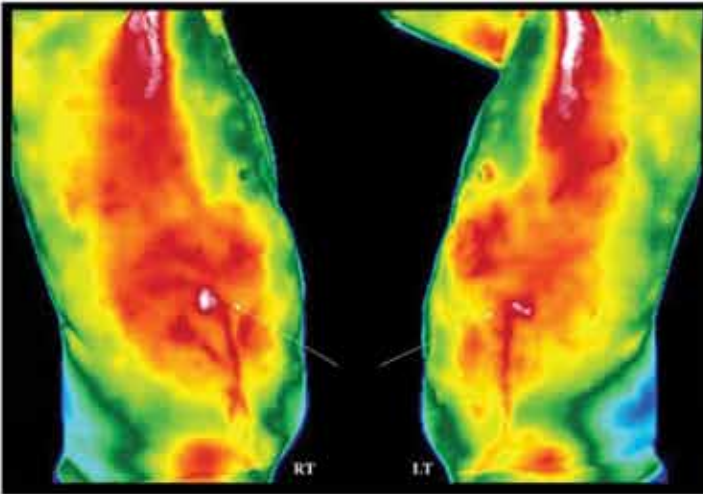
Poor Circulation Left 4th & 5th Finger



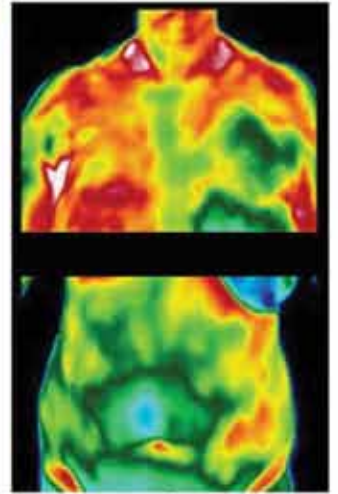
Melanoma-Scolp Cancer



Varicose Veins



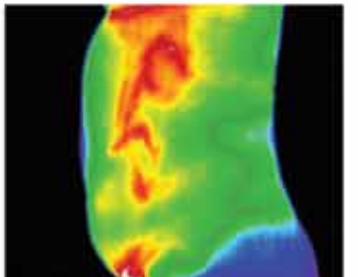
Bilateral Kidney Stones



Breast Cancer



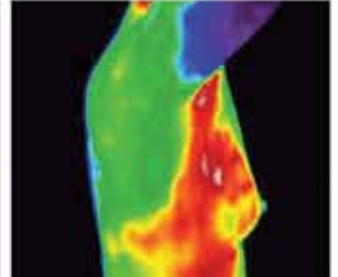
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



Lymphatic Congestion

\$94 Full-Body Thermography Screening

Text **EXAM** and your name to

(337) **424-5066**

for more information

Call **896-4141** to schedule

Thermography is used to:

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

Vitamin Testing \$39



(Takes only 15 minutes for a full screening)

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

Thiamin
Vitamin B6
Vitamin B12
Vitamin C
Calcium
Fluoride
Iodine
Iron

Riboflavin
Magnesium
Phosphorus
Potassium
Selenium
Sodium
Zinc

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

GIFT CARDS AVAILABLE

Did you know A vitamin deficiency can cause



ENLARGED THYROID
Iodine deficiency



JOINT PAIN
Vitamin C deficiency



WEIGHT GAIN
Vitamin D, magnesium, or iron deficiency

cancer

hypertension

inflammation

diabetes

depression

GET TESTED

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



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



publisher's letter



"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

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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.

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www.NAacadiana.com

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

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Organic Frozen Wheatgrass Juice

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



Wheatgrass is harvested for juicing when the grass reaches its nutritional peak. This is just before the jointing stage, when the plant is between 7 and 11 inches tall. At this point, it has accumulated energy which will

soon power a massive growth spurt. It is this energy that is captured in the juice.

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

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

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

Green Waters Alkaline Water



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

Suggested Use: Drink 64 oz per day for 14 days.

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

pH 9.5 Drops



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

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

WheTea

BURNS STOMACH FAT



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

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





BF-4 Weight Loss



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

.....\$45.00

Pain & Inflammation Enzyme



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

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

Digestive Enzyme Complex



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

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

Raspberry Ketone Drops



Research indicates that raspberry ketones appear to support weight management in two ways: first, by decreasing the absorption of dietary fat; and second, by supporting epinephrine-induced lipolysis (the breakdown of fat). Appetite Control and Fat Loss Formula.\$30.00

Manglier Tea

mong-lee-AY

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



Wheatgrass Capsules



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

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

Hearts of Hope Presents The Festival of Trees



Hearts of Hope, a local non-profit agency, presents The Festival of Trees, a fun-filled, two-night Christmas cheer experience for the entire family. On December 2, The Acadiana Center for the Arts theatre will be transformed into an exquisite, spectacular winter wonderland serving as the perfect backdrop for this unique event. The festival features tree

displays, which have been designed by local professional and amateur designers, as well as groups and organizations. Proceeds from the event benefit Hearts of Hope, as its mission is to reduce the risk of sexual trauma to both children and adults through counseling, education and a host of mental health resources.

The event kicks off with Family Night, which features numerous activities for both children and adults to enjoy. Some of the activities include photos and a meet-and-greet with Santa; cookie decorating with Mrs. Claus; face painting; ornament decorating; and a sweet shop full of Christmas goodies.

The festival then transforms into a Christmas paradise for The Gala, held on December 3. Attendees will socialize and mingle amongst the breathtaking display of trees, while enjoying some of Acadiana's most succulent food choices. There will also be an opportunity to bid on items, dream getaways and timeless art in the silent and live auctions. In addition, each tree can be bid on and winners will have it delivered to their home in time for the holidays.

Contact Information: Hearts of Hope, P.O. Box 53967. Phone: 337-269-1557.

Endorphine Active Wear Now Open on Lafayette



Endorphine Active Wear is now open in Lafayette, at 300 Setters Trace. Nestled in a cozy boutique-style storefront, Endorphine Active Wear focuses on providing gear that is specially designed to adhere to stringent performance goals and high velocity lifestyles. They combine style with energy, featuring multi-brand lines of active wear gear for both men and women.

For more information, call 337-534-8883 or visit ShopEndorphine.com.

Dharma Wellness Center Offers Expanded Fit Club Membership



Dharma Wellness Center and Fit Club is now offering an extended Fit Club Membership starting in January. In an effort to address the growing demand from the local area for effective weight loss management programs and services, Dharma aims to provide more complete options to its members. Through the extended membership program, Dharma aims to educate and challenge each member to make nutritionally sound choices in diet, as well as practicing overall lifestyle changes through creating healthier habits. The Extended Fit Club membership includes 24-hour access to its fully equipped, full-service gym and access to its complete wellness center. In addition, the membership includes limited sessions of therapeutic spa services including infrared sauna, whole body vibration, slim pod and foot detox services. Group classes such as Zumba, aerobics, meditative stretching and boot camp, will also be available. Other options available at discounted rates for members are Zerona cold laser treatments and DermoSonic cellulite reduction sessions.



Dharma Wellness Center is kicking off the new membership options with a membership drive beginning December 1.

Location: 166 Oak Tree Park Dr., Sunset. For more information, call 337-662-3120 or visit DharmaWellnessCenter

Acadiana Environmental Solutions - A safer Way To Clean

Acadiana Environmental Solutions is a distribution company that is passionate and committed to protecting the people and environment of the local community and the world abroad. Acadiana Environmental presents SNIPER, a cutting edge cleaning product used in a variety of industries with a wide scope of applications. SNIPER is an EPA-registered, environmentally safe product, used for odor elimination, cleaning, disinfection and so much more. SNIPER is strategically designed to seek out and eliminate odors and bacteria on a molecular level, without harming people or the environment. Primary applications for SNIPER include the elimination of offensive odors, harmful bacteria, viruses, harmful pathogens, and assists in preventing the spread of infectious disease. SNiPER® safely uses the strength, efficacy, and versatility of chlorine dioxide in a completely safe and shelf stable formulation. SNIPER is environmentally safe, as the proprietary function of the SNiPER® technology guarantees that no free chlorine dioxide will be released that could pose a health risk or physical hazard to the user or the environment. For additional information on SNIPER contact Acadiana Environmental Solutions at the contact information listed below.

Contact Information: Acadiana Environmental Solutions, LLC, P.O.Box 148 Carencro, LA. 70520 Phone: 337-849-8455 www.acadianaenvironmental.com



New Health Coaches Pictured (L to R): Victoria Vallier Scholz, Vanessa Robertson, Candice Hill, Julie Bernard, Bonita Brown

Health Coaches

10 Reasons You Need One

The health of Americans is steadily declining despite the amount of money spent on health care, high-technology medicine, and educational efforts. Diabetes and obesity rates continue to sky-rocket among adults and children.

Unless we wake up and take responsibility for our own health and nutrition, the pattern will continue. A health coach will listen to you and guide you in making choices in food, nutritional supplements, and lifestyle that will improve your health once and for all. Here are the top 10 reasons you need a health coach now:

1. Chances are you won't follow through with your New Year's Resolution to lose weight or get healthy.

80% of people who make New Year's resolutions break them. When you break your 2016 resolution, don't wait for January 1, 2017 to follow through on what you need to do for your health. Make a resolution every day when you wake up to improve your health. A health coach will show you how to make small changes that will build up to a lifetime of good health.

2. You don't understand why you have gained the weight.

Over the years the extra few pounds have stayed on you, but you are not eating any differently. There are many dietary changes that you need, but you don't know where to start. A health coach will help you identify the easiest changes to make today that will make the biggest impact on your health.

3. You have cravings that you don't know how to handle so you end up eating.

You figure that you don't have any control over the cravings

so you just give in, every time, year after year. A health coach will help you identify the cause of the cravings and enable you to beat your cravings or binge eating.

4. The people around you are overweight or unhealthy.

If your family and friends look like they are at an unhealthy weight or don't feel healthy, you might be hanging around people who aren't aware of what good nutrition changes are needed. You might be one of those folks. A health coach can help you decipher the truth about what is healthy and what is not.

5. You want to lose weight fast, so you are considering which diet to try.

Strict diets usually don't work. First you severely restrict yourself, and when you lose the weight, the diet ends and you don't know how to eat on a normal, daily basis. A health coach will teach you how to make healthy decisions one meal at a time.

6. You don't have enough time for yourself.

There are only so many hours in a day and you simply don't have any time to devote to yourself for pampering, exercise, or to cook. A health coach will help empower you to finally take care of yourself.

7. You are stressed out with family and work responsibilities.

If you suffer from stress or anxiety, a health coach will teach you about the relationship between stress and chronic disease, how to reset your priorities, and how to get your stress under control.

8. Your family needs to eat better but you aren't sure how to accomplish that with what you know or the time you have.

There are cookbooks, diet books, commercials, restaurants, and products labeled "healthy" on the market, and you need to improve your and your family's diet. That's what a health coach is there for.

9. You are confused about whether meat, protein, carbs, dairy, produce, or GMO foods are healthy.

Every existing diet conflicts with every other diet. How can you tell what is healthy for you? A health coach will help you determine what foods are healthy for you and what will work for you.

10. Nothing has worked before so you continue to gain weight or have chronic health issues.

If you suffer from black and white thinking, chances are you have given up because nothing you have tried before worked. If you have gained weight, or if you are suffering from chronic health issues that are blood sugar-related, high cholesterol, blood pressure, inflammation or arthritis, or other health issues, you may be able to improve your health quickly through food and nutrition. A health coach can help you wade through the mountains of nutrition research to figure out what works for you and your health.

Do something healthy for yourself today and talk to a health coach. Your life and health will improve, and you will feel better.

Schedule a ONE DAY FREE PASS at one of our three wellness centers and one of our Health Coaches will give you a tour. Call (337) 896-4141 to schedule today.

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- Infrared Body Wrap (60 minutes) = 900 calories burned
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- 2 Foot Detox Treatments

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per month

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- 2 Infrared Sauna Treatments
- 2 Whole Body Vibration Treatments
- 2 Foot Detox Treatments
- 1 Month Supply of BF-4

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healthbriefs

People Double Up on Calories After the Holidays

Despite the popularity of New Year's resolutions, scientists have found that post-holiday food shopping decisions don't necessarily reflect intentions to eat healthier or lose weight.

Scientists from Cornell University tracked resolutions and after-holiday food shopping habits of 207 families. They classified about 20,000 food products as either "healthy" or "less-healthy". Calories and dollars spent were also tracked.

Analysis of 37 weeks of activity that included the extended winter holiday period and into the new year found that additional food expenditures and calories began about a week prior to Thanksgiving and peaked during Christmas celebrations. Compared to the rest of the year, this increased shopping averaged just over \$16 more a week, about \$4 of which was spent on healthy foods.

Food expenditures then continued to increase after the holidays to about \$25 more a week compared to the average—showing a 24 percent increase. However, \$13 of this was spent on healthier foods.

Calorie levels also increased. "Total weekly per-serving calories increased by 440 during the holiday period relative to the baseline period, and nearly 91 percent of this increase was due to additional purchases of the more calorie-dense foods," the researchers reported.

"Even more intriguing is that contrary to well-intentioned New Year's resolutions, additional weekly per-serving calories purchased increased to 890 in the post-holiday period relative to the baseline, more than doubling the 440 calorie increase evident in the holiday season," the researchers observed. Of this, 63 percent of the additional calories were from high-calorie foods.



Asbestos Found in Crayons and Children's Toys

Research from the Environmental Working Group's Action Fund has determined that some popular children's toys contain a chemical that previous research has linked to lung disease and lung cancers. The researchers tested 28 boxes of crayons and 21 crime-themed toys at the Scientific Analytical Institute in Greensboro, North Carolina. They found that four of the crayon brands and two of the crime-scene toys contained asbestos.

All of the asbestos-containing toys were manufactured in China. The products included the Disney Mickey Mouse Clubhouse and Nickelodeon Teenage Mutant Ninja Turtle brands of crayons, the EduScience Deluxe Forensics Lab Kit and the Inside Intelligence Secret Spy Kit. The latter two brands contained asbestos within the fingerprint powders.

According to the U.S. Centers for Disease Control and Prevention, asbestos from all sources is responsible for up to 15,000 U.S. deaths each year.



Digital 'Blue Light' Reading Disrupts Sleep Rhythms

Recent findings from Brigham and Women's Hospital, in Boston, has determined that reading from a light-emitting tablet or computer before bedtime will disturb sleep and may change the circadian rhythms that govern the body's clock.

The research, published in the *Proceedings of the National Academy of Sciences*, tested 12 people for two weeks. On five nights during one week, the subjects read ebooks on an iPad for four hours before bedtime. Another week, they read from printed books for the same duration.

During the five days of iPad reading, the participants fell asleep later and spent less time in rapid eye movement (REM)-stage sleep. The light-emitting tablet altered the circadian rhythm, changing the body's natural sleeping pattern. The researchers also tested other blue-light emitting devices, including laptops, tablets, other eReaders, cell phones and LED monitors.

"We found the body's natural circadian rhythms were interrupted by the short-wavelength enriched light, otherwise known as blue light, from these electronic devices," says neuroscientist Anne-Marie Chang, Ph.D., one of the study authors.

Dr. Charles Czeisler, Ph.D., a leading sleep researcher, remarks, "In the past 50 years, there has been a decline in average sleep duration and quality. Since more people are choosing electronic devices for reading, communication and entertainment, particularly children and adolescents who already experience significant sleep loss, epidemiological research evaluating the long-term consequences of these devices on health and safety is urgently needed."



Potatoes Don't Pack on Pounds

Research from scientists at the University of California, Davis has mashed the notion that potatoes cause weight gain. The researchers tested 90 overweight people divided into three groups, with all of them eating five to seven servings of potatoes each week over a three-month period.

Two groups reduced their calorie intake by 500 calories per day, with one group eating low-glycemic index (GI) foods and the other group eating high-GI foods. The third group had no calorie restrictions. Despite the increased potato consumption during the study period, all three groups showed slight weight loss and reduced body mass index.

The researchers concluded, "Potato intake did not cause weight gain."



Spirituality is Beneficial for Cancer Patients



According to a new review of research published in the *Journal Cancer*, a strong religious or spiritual belief system may improve a cancer patient's prognosis physically, emotionally and mentally.

Researchers from Florida's H. Lee Moffitt Cancer Center & Research Institute and North Carolina's Wake Forest School of Medicine reviewed clinical studies that included more than 44,000 cancer patients. The first review focused on physical symptoms and found that patients with stronger religious and spiritual beliefs reported fewer cancer symptoms and better physical health. They also showed

enhanced capabilities in managing their daily lives.

"These relationships were particularly strong in patients that experienced greater emotional aspects of religion and spirituality, including a sense of meaning and purpose in life, as well as a connection to a source larger than oneself," states Heather Jim, lead author of the first review.

The second review focused on mental health and found reductions in anxiety, depression and distress among those with greater spirituality. Lead author Dr. John Salsman comments, "Also, greater levels of spiritual distress and a sense of disconnectedness from God or a religious community were associated with greater psychological distress or poorer emotional well-being."

In the third review, the researchers found that patients with a stronger spiritual well-being reported better social health, as well.

Naturopathic Medicine

Long before modern pharmaceutical drug therapies, high-tech hospitals, and x-rays, natural medicine was used to cure and treat disease. Home remedies from herbs, spices, plants, and animals were formulated by our grandparents and their grandparents.



"This is a photograph of the old ways." ~ Dr. Steve

Naturopathic medicines (natural medicines) were and still are medicines that originate from the earth and work at a cellular level to rebuild human cells, tissue, and rid the body of disease.

Superfruit Antioxidants Found in Chilean Maqui Berry

Research from the University of Arizona's Health Sciences Center has confirmed that the South American superfruit maqui berry (*Aristotelia chilensis*) can aid the cardiovascular system and reduce blood sugar. Clinical trials found a group of antioxidants, called delphinidins, significantly reduced levels of oxidized low-density lipoprotein (LDL), "bad" cholesterol, which is linked to atherosclerosis and other heart diseases.

The clinical research found that the delphinidins contained in the maqui berry, known as the richest natural source of the antioxidant, aid the health of blood vessels by increasing nitric oxide and decreasing platelets linked with thrombosis, the clogging of arteries that can cause strokes. The researchers also found that the superfruit may help counteract skin aging from ultraviolet radiation-B (UVB) exposure.



Meditation Linked to Telomere Integrity in Cancer Patients



Maintaining telomere length has been directly linked to longer lifespan in a number of studies. A telomere is the structure at the end of a chromosome that protects it from deteriorating or fusing with other chromosomes. Its length is being used to measure the potential success of integrative therapy for recovering cancer patients; now University of Calgary research has found that mindfulness meditation helps.

The researchers tested 88 breast cancer survivors with a previous diagnosis of stage-one to stage-three breast cancer. The patients' telomere lengths were tested after either group-support therapy or mindfulness meditation training that included gentle hatha yoga exercises. Results showed that while the control group's telomere lengths decreased over time, both the mindfulness group and the support therapy group were on average able to maintain their telomere length throughout the testing period.

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12 Foot Detox
10 Body Wraps
18 SlimPOD Slimming
3 Zerona Treatments



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BENEFITS OF GREEN WATERS

Lose Weight:

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

Anti Aging:

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

Reduce the Chances of Osteoporosis:

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

Build Cardiovascular Health:

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

Reduce Joint Pain and Arthritis:

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

Reduce Infections, Flu and Colds:

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

Detoxify:

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

Decrease Risk of Cancer:

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

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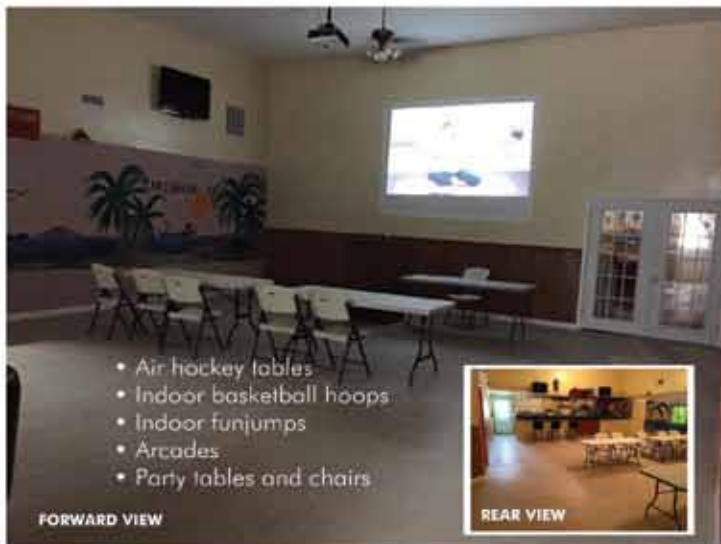
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- Party tables and chairs

FORWARD VIEW



REAR VIEW



BASIC CLUBHOUSE RENTAL

- Caribbean Clubhouse Rental
- Includes indoor jumps and arcades
- Bring any outdoor food or drinks
- Max 50 guests

\$250
2 hr rental

POOL PARTY

- Caribbean Clubhouse Rental
- Includes indoor jumps and arcades
- Bring any outdoor food or drinks
- Max 50 guests
- Inground swimming pool rental

Evening pool event with or without swimming. Sit around the pool for night time fun.

\$400
3 hr rental

SLEEPOVER BIRTHDAY PARTY

- Caribbean Clubhouse Rental
- Includes indoor jumps and arcades
- Bring any outdoor food or drinks
- Max 50 guests (clubhouse)
- Inground swimming pool rental (4hr 2hr)

Evening pool event with or without swimming. Sit around the pool for night time fun.

- Guest cabin rentals 2 CABINS: One for boys and one for girls (After 6:00pm)
- Movie room setup: **\$625**
17 hr rental (6PM - 11AM)

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



Fungus Among Us

Mushrooms Offer Pesticide-Free Insect Control

Paul Stamets, one of the world's leading mycologists, invented a fungus (mushroom)-based pesticide in 2006. An industry executive states, "This patent represents the most disruptive technology we have ever witnessed." This "smart" pesticide provides a safe and nearly permanent solution for controlling more than 200,000 species of insects. Entomopathogenic (insect-destroying) fungi are altered so they don't produce spores. This actually attracts the insects, which then eat them and turn into fungi from the inside-out. The invention has the potential to revolutionize the way humans grow crops.

Source: *Earth. We Are One.* View the patent at Tinyurl.com/FungusPesticidePatent.

Sentient Beings

New Zealand Enacts Bill Recognizing Animal Intelligence

The New Zealand Animal Welfare Amendment Bill that passed into law this year states that animals, like humans, are sentient beings. Dr. Virginia Williams, chair of the National Animal Ethics Advisory Committee, says this acknowledges, "Animals can experience both positive and negative emotions, including pain and distress." The bill thus bans the use of animals for testing cosmetics.

Williams says the legal recognition of animal sentience provides a stronger underpinning of the requirements of the existing Animal Welfare Act. The bill also provides for penalties to enable low-to-medium-level offenders to be punished more effectively and gives animal welfare inspectors the power to issue compliance notices, among other measures.

Find a link to the legislation at Tinyurl.com/NewZealandSentienceBill.



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natural
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Uncommon Devotion Religion in America Shows Resilience

On any given Sabbath, four of 10 Americans travel to a place of worship, a number that hasn't fluctuated dramatically in the past half-century. Gallup polls report that more than 81 percent say they identify with a specific religion or denomination; 78 percent say it's an important part of their lives; and 57 percent believe that religion is able to solve today's problems.

While recent attendance may be off, Americans are no less likely to attend services today than they were in the 1940s and early '50s, just prior to the ultra-religious following decade. The reason, says Gallup's Frank Newport, is that U.S. religious worship is cyclical.

Today's practicing religious communities "tend to consist of the seriously committed, not just those swept along by obligation," reports Christian Smith, director of the Center for the Study of Religion and Society at the University of Notre Dame and co-principal investigator of the National Study of Youth and Religion.

Those that worship regularly are more likely to be older, female and Southern; they also are better educated and stronger financially than those that don't, according to Newport. At the same time, Mitchell Marcus, a University of Pennsylvania professor, characterizes his Ph.D. students as religiously curious, often devout and eager to talk about their beliefs.

Source: *The Christian Science Monitor*

Greener Globe

World Powers Vow Cuts in Emissions



This year's G7 Summit of the U.S., UK, Canada, France, Germany, Italy and Japan, plus the European Union, has agreed in principle that the global economy must be completely fossil fuel-free by the end of this century to curb destructive climate change. To that end, the nations agreed to work toward cutting emissions between 40 and 70 percent by 2050.

German Chancellor Angela Merkel also announced that the G7 countries would raise \$100 billion from public and private sources by 2020 to help poorer nations adapt. Environmental groups such as Greenpeace praised the action. In a statement, the Sierra Club called it "the first time that the leaders of the world have made clear with one voice that we must get off fossil fuels completely."

Two hundred countries are expected to commit in writing to specific plans for greening their economies at the United Nations Climate Change Conference this month in Paris.

Source: *TheHill.com*

Good Tithings

Lend a Hand to Causes While You Shop

This holiday season, every gift purchased through *GoodSearch.com* can earn a donation of up to 30 percent of its value for a favorite charity, along with money-saving coupons for the customer. More than 2,500 national retailers are participating in the program, including Apple, Target, Toys "R" Us, Ralph Lauren, Macy's, 1-800-Flowers, PetSmart and Expedia.

Instead of limiting qualifying purchases to a particular product and charity, the campaign includes nearly every product in the store. The donation goes to the charity or school of the shopper's choice with the cooperation of the organization's GoodShop, which has raised more than \$9 million for charities ranging from The American Red Cross and ASPCA to local homeless shelters and schools.

Each Internet search through the website also earns the charity about a penny. With GoodDining, meals at more than 10,000 restaurants earn donations, with more than 100,000 charities and schools benefitting. UNICEF has used money from GoodSearch and GoodShop to provide clean drinking water to more than 200,000 children.



Post-It Progress

3M Requires Paper Sources to Meet Sustainable Standards

A new sustainability policy by the 3M Corporation, maker of Post-it notes, has drawn support for its goal of making a minimal impact on forests, wildlife and human rights. 3M paper-based products and packaging require pulp and paper from sources around the world. Working in collaboration with ForestEthics and Greenpeace, the company launched a comprehensive review of all of its pulp and paper procurement expectations to ensure the materials are produced from sustainably logged timber.

3M will now hold paper and pulp suppliers accountable to one of the highest standards in the industry for environmental protection and respect of human rights, including tracing origins and obtaining consent of indigenous peoples and local communities before logging operations occur. The company intends to publish semiannual updates of its progress online.

Source: *ForestEthics.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



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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



Hear Ye! Dutch Court Upholds Climate Action as a Human Right

Perhaps establishing a new global precedent for a state's obligation to its citizens in the face of a growing climate crisis, a Dutch court has ruled that the government has a legal duty to reduce carbon emissions by 25 percent by 2020. The decision came in response to a 2013 lawsuit launched by the Amsterdam-based environmental nonprofit Urgenda Foundation and 600 Dutch citizens that argued the government was violating international human rights law by failing to take sufficient measures to combat rising greenhouse gas emissions.

A statement from the court reads, "The state must do more to avert the imminent danger caused by climate change, also in view of its duty to provide care to protect and improve the living environment."

In the United States, the youth-led movement Our Children's Trust (*OurChildrensTrust.org*) is suing state governments and what they dub "the ruling generation" as accountable for climate inaction. As *350.org* co-founder and Communications Director Jamie Henn noted after the ruling, "If the Netherlands sets a precedent, it's a whole new ball game." Other countries are weighing the situation, as well.

Source: BBC

Interactive Government White House Responds to Online Petitions

President Obama has made it a priority to open a direct channel for people to be heard via online petitions. Jason Goldman, chief digital officer at the White House, says that his staff has responded to dozens of requests to take action on a variety of issues in recent months. "We want to make sure those responses aren't the final page, but rather the start of an ongoing conversation," he says.



Change.org has chosen to integrate with the We the People platform, meaning the future signatures of its 100 million users will count toward the threshold of 100,000 for getting an official response from the administration.

"The process of hearing from us about your petition is going to look a little different," says Goldman. "We've assembled a team of people responsible for taking your questions and requests and bringing them to the right people, whether within the White House or in an agency within the administration that may be in a position to say something about your request."

Visit Petitions.WhiteHouse.gov.

When someone shows you who they are,
believe them the first time.

~Maya Angelou

Shipping News Early Bird Gift Shipping Saves Stress, Money and Resources

Last-minute online shopping can be costly in both dollars and pollution. Choosing next-day delivery puts purchased products on a plane that burns far more carbon-producing fossil fuel than ground transportation. But there's a better way, and how we package gifts for shipping counts.



Order and ship early. Building in more lead time affords less costly shipping options. Eco-wise, if the shipper has some freedom in scheduling deliveries, it can choose to hold up a delivery truck until it's full, rather than sending one out half-empty. Also, if a package doesn't have to reach its destination by a particular day or time, the company can choose the most efficient local delivery routing.

A recent University of Washington study found that a community using grocery delivery services slashed carbon emissions when compared to individuals driving to the supermarket. Plus, they achieved their biggest gains—80 to 90 percent lower emissions—when they could plan deliveries around customer locations, rather than precise delivery windows, thus minimizing driving distance and time on the road.

Seek out available boxes. Many grocery and beverage stores don't immediately break down incoming cardboard shipping boxes. Ask a store attendant if they have any available. Reusing saved paper bags from checkout (for those that don't bring reusable bags) can serve to cushion gift-wrapped boxes. *GreenAmerica.org* suggests repurposing gently-used wrapping paper or old fabrics, newspapers, magazines or calendars for a creative look. Return any foam peanuts in received packages to a pack-n-ship shop for reuse.

Know the options. While U.S. Postal Service (*usps.com*) Priority Mail offers flat rates to any state regardless of weight (up to 70 pounds), package tracking and other year-round features, the cost of using other carriers varies by destination zip code, package size and weight. Verify price and timing options, making sure packages arrive in good time to be under the Christmas tree before December 25.



More than just a fad at your local juice bar, wheatgrass juice is a centuries-old remedy to a variety of ailments. Credited as one of nature's best medicines. Try chasing your wheatgrass with an orange wedge and you're good to go! Or, simply add wheatgrass to your typical green juice recipe for an extra kick.

If you don't own a juicer, you can purchase a wheatgrass shot at the Natural Health Center in Carencro, DHARMA Wellness Center in Sunset, or Caribbean Wellness Center in Opelousas. Consumed as a liquid, just 2 oz. of wheatgrass juice boasts the nutritional equivalent of five pounds of raw organic vegetables.

Not only is it jam-packed with nutrients, 20% of its total calories stems from pure protein. Not like your typical protein, this kind is in the form of polypeptides, a simpler, shorter chain of amino acids the body more efficiently uses in the blood stream and tissues.

The benefits don't stop there. Read on for the top 10 benefits of wheatgrass juice...

1. Healing: Wheatgrass contains over 90 minerals, as well as vitamins A, B-complex, C, E, I, and K. It's also rich in protein and contains 17 amino acids.

2. Digestion: Wheatgrass contains 30 digestive enzymes, and thereby aids in the body's digestive process.

3. Obesity: Wheatgrass stimulates the thyroid gland, which is essential to regulate metabolism and calcium levels.

4. Blood: Wheatgrass contains up to 70% chlorophyll, an important blood builder. Chlorophyll molecules closely resemble the molecules that form hemoglobin, the respiratory protein responsible for transporting oxygen from the lungs to the rest of the body.

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

6. Tissues: Liquid chlorophyll is able to refine and renew cell tissues.

7. Anti-Cancer: As mentioned, the anti-bacterial properties in wheatgrass detoxifies the blood and lymph cells, as well as efficiently eliminates poisons from the body. In congruence, chlorophyll protects against carcinogens better than any other food. Studies show wheatgrass reduces carcinogen absorption as it strengthens cells, neutralizes toxins, and detoxifies major organs like the liver. It brings your body to a more alkalized state – an essential part of combatting disease and illness.

8. Skin: The properties in wheatgrass are proven miracles to the skin.

Internal Effects: Since wheatgrass allows the body to detoxify, the skin is less prone to breakouts. Wheatgrass is packed with antioxidants, which neutralizes free radicals – a major preventative step toward premature aging of the skin and skin cells. And, since wheatgrass promotes a balanced alkaline state, skin becomes clear and bright. Some studies even show that drinking wheatgrass for prolonged periods of time helps fade scars and stretch marks.

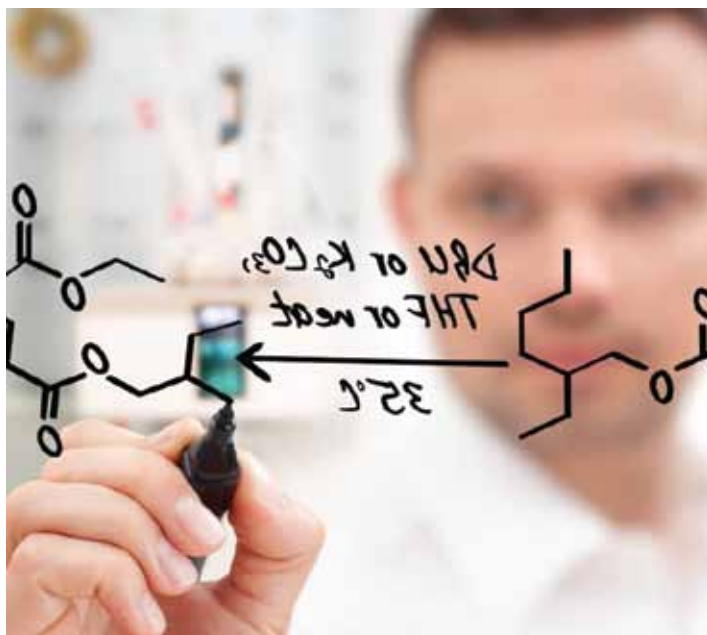
External Effects: When wheatgrass is applied directly to the skin's surface, it can fight harmful bacteria for a thorough cleanse. It also soothes itchiness, skin inflammation due to sunburns and rashes, as well as creates the foundation for a great facial mask or scalp treatment.

9. Hair: Due to the antibacterial properties in wheatgrass juice, it makes the perfect ingredient to a DIY shampoo or conditioner. Massage 6 ounces into your scalp and allow it to sit for 15 minutes. This strategy is proven to eliminate dandruff and other issues that take place at the follicle.

10. Magnesium: The high levels of magnesium found in wheatgrass assists a variety of biological functions, such as muscle and nerve activity, energy expenditure, protein and fat digestion, and more.

Brave a shot of wheatgrass. Your body will thank you.

Drug Emporium Vitamin's Plus Lafayette 261-0051	Caribbean Retreat Wellness Center and Campground Opelousas 678-1844	DHARMA Wellness Center Sunset 662-3120	Natural Health Center Carencro 896-4141
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Let's be very clear about something – food is “medicine” for the body. It provides the vital chemicals needed to sustain all life at all levels of development, repair, and growth.

Chemistry is medicine — chemistry is nutrition and food. Chemistry is the fundamental building blocks in which food, medicine, and the human body is built. Atoms create molecules, molecules create cells, cells create tissue, tissue create organs, and organs create organ systems (the human body).

What is clinical chemistry?

Clinical Chemistry is the chemistry of human health and disease. It is also known as clinical biochemistry or chemical pathology, which is the study of chemical and biochemical mechanisms of the body in relation to disease, mostly through the analysis of body fluids such as blood or urine.

Clinical chemists use a wide range of analytical techniques for example, molecular diagnostics, measurement of enzyme

activities, spectrophotometry, electrophoresis, the separation of molecules based on physical characteristics and immunoassays. The work involves manual techniques for which the biomedical scientist develops complex

practical and interpretive skills, through the operation and management of highly automated testing systems capable of producing thousands of results an hour. All assays are closely monitored and quality controlled.

Tests that require examination and measurement of the cells of blood, as well as blood clotting studies, are not included as these are usually grouped under hematology.

Modern Medicine

Medicine is a chemical compound or chemical preparation used for the treatment or prevention of disease, especially a drug or drugs taken by mouth. Most medicines today are made in laboratories and many are based on substances found in nature.

Sometimes a part of the body can't make enough of a certain substance, and this can make a person sick. When someone has type 1 diabetes, the pancreas (a body organ that is part of the digestive system) can't make enough of an important chemical called insulin, which the body needs to stay healthy.

If your body makes too much of a certain chemical, that can make you sick, too. Medicines can replace what's missing (like insulin) or they can block production of a chemical when the body is making too much of it.

Approximately 300,000 Americans die each year from the proper use of over-the-counter and prescriptions drugs. This exceeds deaths due to crack, handguns, and traffic accidents combined. Add to that figure the number of adult and child deaths attributable to over the counter and prescription drugs given outside of hospitals, and the figures are even worse. By contrast, most years nobody dies from the use of herbs, vitamins, natural medicines, or food.

CHEMISTRY

The Foundation for all Medicine and Nutrition

by Dr. Steven T. Castille

Chemical reactions guide almost all biological processes and dysfunctions in the human body. Enzymes and other catalysts trigger the body's essential processes and ions govern communication between cells. Organic molecules can cause many medical disorders, such as hemophilia, which stems from the lack of a specific organic compound in the blood. In many diseases there are significant changes in the chemical composition of body fluids such as the raised blood enzymes due to their release from heart muscles after a heart attack; or a raised blood sugar in diabetes mellitus due to lack of insulin. Tests are designed to detect these changes qualitatively or quantitatively compared to results from healthy people.

“Let food be thy medicine and medicine be thy food.”



~ Hippocrates. Hippocrates of Kos was a Greek physician of the Age of Pericles, and is considered one of the most outstanding figures in the history of medicine.

“The doctor of the future will give no medicine, but will interest her or his patients in the care of the human frame, in a proper diet, and in the cause and prevention of disease.”



~Thomas Edison. Thomas Alva Edison was an American inventor and businessman. He developed many devices that greatly influenced life around the world.

The Economic Benefit of Drug Therapy

Patent laws drive medicinal development. The replacement of herbs with synthetic drugs is a relatively new phenomenon, less than a century old, born largely out of economic opportunities afforded by patent laws. Drug companies can't typically patent commonly used plants, but they can develop patented, proprietary synthetic drugs, often reaping billions in sales. Since the 1940's, chemists employed by pharmaceutical companies have developed novel synthetic molecules which have replaced plant medicines, and are sold both over the counter and by prescription



Popular Drugs that Steal Nutrients

Depletion of nutrients is among the most common -- and overlooked -- side effects of both over-the-counter (OTC) and prescription drugs. Here's what happens: Medications can cause improper absorption of vitamins and minerals -- or they can accelerate the elimination of nutrients from the body. The consequences may range from bothersome symptoms, such as fatigue or stomach upset, to serious heart, muscle or nerve damage.

Most doctors are aware of some minerals that are depleted through the use of diuretics (water-excreting drugs). However, few doctors are aware of the dangers of nutrient depletion caused by many other types of medication, because the problem is not widely reported. Here are some popular drugs that deplete the body of nutrients.

ANTIBIOTICS

The most commonly prescribed antibiotics include azithromycin (Zithromax), amoxicillin (Amoxil), ampicillin (Omnipen), ciprofloxacin (Cipro), ofloxacin (Floxin) and erythromycin (Eryc).

Nutrients depleted:

- B vitamins. The B vitamins are essential for normal metabolism as well as immune and nervous system functioning.
- Vitamin K. This vitamin is critical for blood clotting and bone strength.
- "Friendly" intestinal bacteria known as *Bifidobacterium bifidum* and *Lactobacillus acidophilus*. Antibiotics kill not only harmful bacteria but also "good" bacteria that promote gastrointestinal health and help balance immune response.

If you are prescribed an antibiotic: Ask your doctor about

also taking a B-complex vitamin -- 50 mg, A vitamin K supplement - 60 micrograms (mcg) to 80 mcg, and probiotic supplements providing 15 billion live *B. bifidum* and 15 billion live *L. acidophilus* organisms daily. Special Note: If you're taking any medications, consult your doctor before changing your diet or beginning a supplement. In rare cases, increasing a nutrient may interfere with a drug's potency or worsen your condition.

In addition, eat more vitamin B-rich foods, such as beef liver, chicken, pork, fortified breads and cereals, whole-grain pastas, legumes, nuts, and dark leafy greens. To increase your intake of vitamin K, eat kale, collard, turnip, mustard greens, spinach, and broccoli.

Caution: Do not take vitamin K supplements or eat excessive amounts of vitamin K-rich foods if you take warfarin (Coumadin) or another blood-thinning drug.

For additional *B. bifidum*, eat more asparagus, garlic and/or onions, which stimulate growth of this friendly bacteria. *L. acidophilus*, yogurt containing live cultures is your best food source.

HIGH-CHOLESTEROL DRUGS

The most widely prescribed cholesterol-lowering "statins" include atorvastatin (Lipitor), simvastatin (Zocor), fluvastatin (Lescol), lovastatin (Mevacor) and pravastatin (Pravachol).

Nutrient depleted:

- Coenzyme Q10 (CoQ10). All cells require CoQ10 for the proper function of mitochondria (tiny energy-producing structures within the cells). The more energy a cell must produce, the more it depends on CoQ10. That's why cells of the heart, in particular -- because it is constantly beating -- require an abundance of CoQ10. Unfortunately, statin drugs, which effectively block the production of harmful cholesterol, also prevent CoQ10 production.

Some doctors worry that long-term use of statins may worsen heart failure. Studies have found that patients with chronic heart failure have lower CoQ10 levels, and that CoQ10 supplements may improve their heart condition. Signs of CoQ10 deficiency include fatigue and muscle weakness.

If you are prescribed a statin: Ask your doctor about taking 30 mg to 100 mg of a CoQ10 supplement daily. This nutrient also is available in some foods, including beef, chicken, salmon, oranges and broccoli.

PAINKILLERS

Millions of Americans take a nonsteroidal anti-inflammatory drug (NSAID), such as ibuprofen (Motrin, Advil), naproxen (Aleve), celecoxib (Celebrex) and nabumetone (Relafen), to help relieve arthritis and other inflammatory pain.

Nutrient depleted:

- Folic acid. Your body needs this water-soluble B vitamin to produce new cells and DNA and to synthesize and utilize proteins. Several large epidemiological studies have linked low folic acid levels to increased risk for colon, breast and pancreatic cancers.

Heart health is also affected by folic acid. As folic acid levels decline, levels of the amino acid homocysteine rise.

Studies suggest that elevated homocysteine can raise the risks for blood clots, heart attack and stroke. Low folic acid

levels may cause loss of appetite, irritability, weakness, shortness of breath, diarrhea, anemia, headaches, heart palpitations and a sore tongue. If you take an NSAID regularly (daily for at least one to two weeks): Talk to your physician about also taking 400 mcg to 800 mcg of folic acid daily. You also can get more folic acid by consuming fortified breakfast cereals, orange juice, spinach and other leafy greens, peas and beans.

BETA-BLOCKERS

Beta-blockers, such as propranolol (Inderal), atenolol (Tenormin), betaxolol (Betoptic S), carteolol (Cartrol) and labetalol (Normodyne), are commonly prescribed for high blood pressure or glaucoma.

Nutrients depleted:

- CoQ10. Not only does CoQ10 appear to improve cardiac function in patients with chronic heart failure, studies suggest that it also may prevent second heart attacks and possibly protect against Parkinson's disease.
- Melatonin. The hormone melatonin is essential for healthy sleep-wake cycles, and there's some early evidence that it may slow aging.

If you take a beta-blocker: Ask your physician about taking 30 mg to 100 mg of CoQ10 daily, and 1 mg to 3 mg of melatonin nightly, just before bed, if you have trouble sleeping.

ACE INHIBITORS

Angiotensin-converting enzyme (ACE) inhibitors, such as enalapril (Vasotec), benazepril (Lotensin) and ramipril (Altace), as well as angiotensin II receptor blockers (ARBs), including candesartan (Atacand) and irbesartan (Avapro), are prescribed for high blood pressure and heart failure, and to help prevent heart attacks in high-risk patients.

Nutrient depleted:

- Zinc. Zinc boosts immunity, and some studies have shown that it reduces the duration of cold symptoms. Zinc also is necessary for wound healing, strong bones and male potency, and it may help slow

the progression of age-related macular degeneration (AMD).

In a recent six-year National Eye Institute study involving 3,600 people with AMD, zinc and antioxidant supplements reduced the risk of developing advanced AMD by 25%.

If you take an ACE inhibitor or ARB: Ask your doctor about taking 50 mg to 100 mg of zinc daily and eating more zinc-rich foods, such as oysters, beef, dark-meat chicken, pork tenderloin, yogurt, milk, peas, beans and nuts. If you continue to take zinc indefinitely, do not exceed 50 mg daily.

Important: Many medications combine an ACE inhibitor or ARB with a diuretic -- for example, enalapril and hydrochlorothiazide (Vaseretic) is an ACE inhibitor plus a diuretic, candesartan and hydrochlorothiazide (Atacand HCT) is an ARB plus a diuretic.

If you're taking a combination drug, you'll need to compensate not only for zinc, but also for the electrolytes and nutrients excreted by the diuretic, including potassium, magnesium, thiamine (B-1) and calcium. Ask your doctor for advice.

DIABETES DRUGS

People with type 2 diabetes are often prescribed tolazamide (Tolinase), acetohexamide (Dymelor), glimepiride (Amaryl) or glipizide (Glucotrol) -- all sulfonylurea drugs. These medications stimulate the pancreas to produce more insulin, which lowers blood sugar.

Nutrient depleted:

- CoQ10. Diabetes more than doubles your chances of dying from heart disease or stroke -- and low CoQ10 levels exacerbate those risks.

If you're taking a sulfonylurea drug: Ask your doctor about supplementing with 30 mg to 100 mg of CoQ10 daily.

REFLUX DRUGS

Proton pump inhibitors, such as esomeprazole (Nexium), lansoprazole (Prevacid), omeprazole (Prilosec) and rabeprazole (AcipHex), are prescribed for chronic heartburn -- also known as gastroesophageal reflux disease (GERD) -- and ulcers.

Nutrient depleted:

- Vitamin B-12. Vitamin B-12 is essential for producing red blood cells and maintaining a healthy nervous system. Deficits may cause fatigue, dizziness, shortness of breath, diarrhea, tingling in the hands or feet, unsteady gait, nervousness, cognitive changes and even dementia. Vitamin B-12 is found in red meat, fish, eggs and dairy foods, but our bodies require stomach acid to release the vitamin from these foods. Proton pump inhibitors reduce the production of stomach acid, inhibiting the release and absorption of vitamin B-12.
- Iron. Low iron reduces the amount of oxygen your red blood cells can transport to body tissues, leaving you feeling weak and fatigued. A serious iron deficiency results in anemia. If you take a proton pump inhibitor: Ask your doctor about taking 500 mcg to 1,000 mcg of vitamin B-12 daily and for advice on the best way to increase your iron intake. Caution: Never take an iron supplement without consulting your physician -- excess iron can accumulate in your major organs and cause severe damage. Most people, however, can safely eat more iron-rich foods, including liver, beef, dark-meat chicken or turkey, legumes and fortified cereals.

The Most Prescribed Medications

Chemistry is the foundation for all drug medications (chemical compounds that create a chemical reaction in the body to facilitate a desired reaction). These are the best-selling prescription drugs in America, according to the research firm, IMS Health. They form the shadow of our nation's ailments. Among pharmaceutical industry watchers, the big news is that the top 10 drugs are generics, i.e. the ones Big Pharma makes little money on. For the casual observer, what stands out is that five drugs treat high blood pressure and by far the best-selling drug in this country is Vicodin. People are stressed out and hurting, apparently.



Drug	Prescriptions (millions)	Condition
Vicodin	131.2	Pain
Zocor	94.1	High cholesterol
Lisinopril	87.4	High blood pressure
Synthroid	70.5	Hypothyroid
Norvasc	57.2	High blood pressure
Prilosec	53.4	Acid reflux
Zithromax	52.6	Bacterial infection
Amoxicillin	52.3	Bacterial infection
Metformin	48.3	Diabetes
Hydrochlorothiazide	47.8	High blood pressure
Xanax	46.3	Anxiety
Lipitor	45.3	High cholesterol
Furosemide	43.4	High blood pressure
Metoprolol tartrate	38.9	High blood pressure
Ambien	38.0	Insomnia

The top 15 highest-grossing drugs treat a similar but not identical set of conditions, according to IMS. Three drugs treat heart disease and cholesterol. Three more treat depression and bipolar disorder. Arthritis and asthma each have two drugs in the top 15. Acid reflux, diabetes, anemia, cancer and pain round out the list. All of the medicines with the exception of Oxycontin are for chronic conditions.

Comparing the two lists, the most striking contrast is the revenue potential of mental health drugs, which don't get prescribed that often, but rank way up on the sales list. Lipitor is the only medication that makes both lists.

Drug	Sales (billions)	Condition	Scientific name
Lipitor	\$7.2	Heart disease/cholesterol	Atorvastatin
Nexium	\$6.3	Acid reflux	Esomeprazole
Plavix	\$6.1	Heart disease/cholesterol	Clopidogrel
Advair Diskus	\$4.7	Asthma	Fluticasone and salmeterol
Abilify	\$4.6	Mental health	Aripiprazole
Seroquel	\$4.4	Mental health	Quetiapine
Singular	\$4.1	Asthma	Montelukast
Crestor	\$3.8	Heart disease/cholesterol	Rosuvastatin
Actos	\$3.5	Type 2 Diabetes	Pioglitazone
Epogen	\$3.3	Anemia	Epoetin Alfa
Remicade	\$3.3	Arthritis	Infliximab
Enbrel	\$3.3	Arthritis	Etanercept
Cymbalta	\$3.2	Mental health	Duloxetine
Avastin	\$3.1	Cancer	Bevacizumab
Oxycontin	\$3.1	Pain	Oxycodone

Source: theatlantic.com

Naturopathy (natural medicine)



Naturopathic Medicine is a distinct health care system that combines modern scientific knowledge and traditional more natural forms of medicine that encourage an individuals' inherent self-healing process.

The fundamental goal of natural medicine is to bring the body back into balance using a whole body concept of mind, body, and spirit. The balance that we ultimately are describing is a balance of the body's chemistry where the body is free of disease, pain, or discomfort.

Nutrition

Nutrition is the most fundamental form of natural medicine and it is the study of how macronutrients and micronutrients (chemistry) affect the chemical processes of an individual and how attention to cellular nutrition can benefit overall health. A nutritionist pinpoints areas of nutritional deficiency and recommends a course of action to restore balance.

Both Naturopathy and Nutritional Medicine focus on ensuring the health of clients by focussing on the root cause of illness and building the health and well-being of a client rather than treating ailments. This is specifically done by identifying the chemical — nutrient deficiencies that cause the disease or imbalance. Here is a list of vitamins and minerals required to maintain good health.

VITAMINS

Vitamin A 900 micograms (RDA)

Food Sources: Sweet potato, carrots, cantaloupe, spinach

Vitamin D 5 micrograms (AI)

Food Sources: Sunlight, fortified milk, eggs

Vitamin E 25 milligrams (RDA)

Food Sources: Plant oils, seeds, nuts, wheat germ

Vitamin K 120 micograms (AI)

Food Sources: Leafy green vegetables, cabbage, vegetable oil

Thiamin (B1) 1.2 milligrams (RDI)

Food Sources: Whole and enriched grains, legumes, nuts

Riboflavin (B2) 1.3 milligrams (RDI)

Food Sources: Dairy, green leafy vegetables, cereals

Niacin (B3) 16 milligrams (RDI)

Food Sources: Milk, eggs, fish, cereals, nuts, enriched cereal

Vitamin B6 1.3 milligrams (RDI)

Food Sources: Fish, poultry, fruit, potato, whole grains, soy, fruit

Vitamin B12 2.4 micrograms (RDI)

Food Sources: All animal products

Folate 400 micrograms (RDA)

Food Sources: Green leafy vegetables, legumes, seeds, and grain

Pantothenic acid 5 milligrams (AI)

Food Sources: Found in most food

Biotin 30 micrograms (RDA)

Food Sources: Found in most food

Vitamin C 90 milligrams (RDA)

Food Sources: Citrus, cabbage, green vegetables, cantaloupe

MINERALS

Calcium 100 milligrams (RDA)

Food Sources: Milk, tofu, greens, legumes

Phosphorus 700 milligrams (RDA)

Food Sources: All animal tissue

Magnesium 420 milligrams (RDA)

Food Sources: Nuts, legumes, grains, leafy green vegetables

Iron 8 milligrams (RDA)

Food Sources: Poultry, shellfish, eggs, legumes, dried fruits

Zinc 11 milligrams (RDA)

Food Sources: Protein containing foods

Iodine 150 micrograms (RDA)

Food Sources: Iodized salt, seafood, bread

Selenium	55 micrograms (RDA)
<i>Food Sources: Seafood, whole grains, and vegetables</i>	
Fluoride	4 milligrams (AI)
<i>Food Sources: Fluorinated water</i>	
Sodium	500 mg – 2400 mg (RDA)
<i>Food Sources: Salt</i>	
Copper	900 micrograms (RDA)
<i>Food Sources: Seafood, nuts, seeds, whole grains</i>	
Chromium	35 micrograms (AI)
<i>Food Sources: Meat, unrefined grains, vegetable oil</i>	
Molybdenum	45 micrograms (RDI)
<i>Food Sources: Legumes, cereals, organ meats</i>	
Manganese	2.3 milligrams (RDA)
<i>Food Sources: Nuts, whole grains, leafy green vegetables</i>	
Potassium	2000 milligrams
<i>Food Sources: All whole foods: milk, fruits, vegetables, grains</i>	

Dietary Reference Intakes: Recommended Dietary Allowance (RDA), Recommended Daily Intake (RDI), and Adequate Intake (AI).

To maintain normal body chemistry your body requires that you get the following vitamins and minerals “consistently” every day.

“One day it will be possible that all disease can be prevented or reversed at the molecular level.”

~ Dr. Steven T. Castille

Pharmaceutical Drugs from Plants

How often have you heard a medical professional say “I don’t believe in natural medicine.”? This demonstrates a basic lack of understanding of chemistry and traditional and natural medicine. Approximately 30 - 40% of the prescription drugs in use today are derived from naturally occurring plants (natural medicine). The active ingredients are what is used to formulate the pharmaceutical drug that can be patented for economic benefit by large pharmaceutical companies.



Around 70 percent of all new drugs introduced in the United States in the past 25 years have been derived from natural products, reports a study published in the March 23 issue of the *Journal of Natural Products*. The findings show that despite increasingly sophisticated techniques to design medications in the lab, Mother Nature is still the best drug designer.

Here is just a brief list of the more popular pharmaceutical drugs derived from plants (i.e. natural medicine):

Cortisons	Use: reducing inflammation and birth control <i>Plant Source: Mexican Yams</i>
Salicylic Acid	Use: fever reducing and pain <i>Plant Source: Queen of prairie</i>
Morphine	Use: potent pain killer <i>Plant Source: Opium poppy</i>
Senna	Use: laxative and a cathartic <i>Plant Source: Indian senna plant</i>
Penicillin	Use: antibiotic and antibacterial <i>Plant Source: Penicillium (fungus)</i>
Tetracycline	Use: antibiotic <i>Plant Source: Bacterium</i>
Quinine	Use: Anti-malarial <i>Plant Source: Cinchona</i>
Acetyldigoxin	Use: cardiotoxic <i>Plant Source: Digitalis lanta (foxglove)</i>
L-Dopa	Use: anti-parkinson <i>Plant Source: Mucuna pruriens (velvet bean)</i>
Ephedrine	Use: antihistamine <i>Plant Source: Ephedra sinica (mormon tea)</i>
Kawain	Use: tranquilizer <i>Plant Source: Piper methysticum (kava)</i>
Lapachol	Use: anticancer, antitumor <i>Plant Source: Tabebuia avellanedae (lapacho tree)</i>
Vasicine	Use: cerebral stimulant <i>Plant Source: Vinca minor (periwinkle)</i>

“Taxol came from the bark of the Pacific Yew tree. The USDA in a random collection in 1962 did the first collections in Washington State,” In 2004 researchers at the USDA released the statement. “After decades, this produced one of the best anticancer drugs available.”

Rosy periwinkle in Madagascar. Two drugs derived from rosy periwinkle are used for treating Hodgkin’s lymphoma and childhood leukemia Photo by Julie Larsen Maher.



Chemistry Provides the Link for Patient Care

Typical role of clinical chemist — a clinical chemistry department within a hospital provides the vital link between front line clinical staff and the basic sciences employing analytical and interpretative skills to aid the clinician in the prevention, diagnosis and treatment of disease.

Diseases such as heart attacks, kidney failure, viral and bacterial infection, infertility, diabetics, high cholesterol, thyroid problems or measuring drug levels to make sure people are on the best dose are some of the many areas where the Clinical Chemist and the Clinical Chemistry Laboratory become involved in a patient’s therapeutic care. Some regional laboratories are involved in screening services such as phenylketonuria and cystic fibrosis in newborn babies, genetic screening and screening for illegal drug use.

CANCER

Many people think the amount of cancer we are experiencing is normal. It is not normal. Although cancer has been around as long as we have, it was once a rare disease. Today it is an epidemic.

- 1801-1899:** Cancer affected 1 out of 1,000 people.
Early 1900s: Cancer affected 30 out of 1,000 people.
2015 (present): Cancer affects 1 out of 2 people in their lifetime.

Since 1940, cancer has increased rapidly in all the industrialized nations, and the trend has accelerated even more since 1975. From 1950 to 2001, national cancer statistics show that the incidence for all types of cancer increased by 85 percent in the United States. Cancer has been rising so dramatically that right now more Americans die of cancer each year than all the servicemen and women who lost their lives in World War II, Korea, and Vietnam put together. Cancer is America's most expensive disease, and the treatments are worse than the disease. Close to half of all Americans will develop diagnosable cancer in their lifetime, and conventional medicine has been unable to stem this epidemic.

The cure to cancer is Chemistry. Maintaining normal body/cell chemistry will prevent cancer and will cure cancer. The goal of cancer drugs, radiation treatments, and chemotherapy is to restore the body to normal chemistry.

According to George C. Pack, M.D., a cancer specialist at Cornell Medical School, "The only real defense against cancer is the immune system. Everyone produces cancer every day, but if the immune system is where it should be, cancer cells are eliminated and we never know it." Furthermore, "Once a person has developed cancer, even though treatments get it into remission, it will recur again unless the body conditions that allowed it to develop in the first place are corrected."



Surgery, chemotherapy and radiation will all reduce your tumor burden, but they will not change the underlying conditions that allowed the cancer to happen. The tumor may disappear, but the cancer won't. Cancer is not the tumor, it is the process, and while the process is still operating – you still have cancer. To get cancer, you must change your internal environment (cell chemistry) to one that supports the cancer process.

To cure cancer you must restore normal body and cell chemistry. When you do so, the cancer process shuts down and tumors simply disappear. Since there are only two primary causes of disease – deficiency and toxicity – getting well is about eliminating deficiency and toxicity through nutrition and detoxification. The best strategy of all is to prevent cancer. Normal body chemistry will not support the cancer process; cancer cannot happen in a healthy body. To prevent cancer and make yourself cancer proof, keep your body chemistry normal.

In 1998 Dr. Harold Foster published in the International Journal of Biosocial Research a study of 200 cases of

spontaneous remission cancer patients. What he found was that every one of these "mysterious" remissions had a good explanation. Almost 90% of these people had made major changes in diet. The remainder had undergone detoxification programs or went on supplement programs. The fact is all 200 had done something substantial to alter their cell chemistry, turning off the switches and shutting down the drivers that were promoting their cancer.

70% of All Americans do not consume the recommended daily allowance.

Source: USDA 1996 Continuing Survey of Food Intakes for Individuals

Changes in cell chemistry due to a lack of micro and macro nutrients will weaken the cells that provide the immune response and cause cell damage in others that will turn into cancer cells.

German chemist Otto Warburg first published in 1910 the process of cancer and he won his first Nobel Prize in Physiology/Medicine in 1931 for proving that oxygen deficiency will cause cancer. Warburg determined that cancer cells were fundamentally different from normal cells. Normal cells combine fuel with oxygen to produce energy. Cancer cells produce energy by fermenting sugar in the absence of oxygen, and a 35 percent reduction in cellular oxygen levels is sufficient to trigger the shift toward fermentation. The less oxygen we have, the more energy is produced by fermentation until the cell finally becomes a cancer cell. An acidic pH also deprives cells of oxygen and disables respiratory enzymes that are responsible for utilizing oxygen – a bad combination. Cancer thrives in an acidic, low oxygen, inflamed environment.

Inflammation is not only an on switch for cancer, it is also a driver of the cancer process. Chronic inflammation is a foundation stone of every chronic disease. The continuous production of inflammatory chemicals blocks the natural process of apoptosis. Apoptosis is a process of cell death that is genetically programmed into every cell, preventing uncontrolled growth of tumors. By blocking apoptosis, inflammation protects cancer cells from natural cell death.

To prevent and control inflammation, take high-quality anti-inflammatory supplements, such as vitamins A,C, D, E and carotenes, along with minerals like zinc, selenium, and magnesium, plus other forms of antioxidants like CoQ10, epigallocatechin gallate (EGCG), and curcumin. A diet high in fresh fruit and vegetables and free of animal protein can dramatically reduce inflammation. Toxins should be avoided and stress reduced. Excess weight must be brought under control.

Chemistry is the foundation of medicine and nutrition. Chemistry is the key to curing and preventing cancer.



Dr. Steven T. Castille is a biochemist and his current research is in clinical chemistry. He is a Cum Laude graduate in chemistry from Grambling State University in 1991. He has graduate degrees in Engineering and Natural Medicine. You can connect with Dr. Steve at www.DrSteveCastille.com.

RECIPE FOR A HAPPY NEW YEAR

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~ Author Unknown

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- Mrs. Clara B., Mallet, LA

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AWAKENING TO SPIRIT

Prayer and Meditation Heal and Free Us

by Richard Davenport



By its intimate connection with divine love, Spirit infuses human experience with qualities of amazing grace—unexpected clarity, vision, wisdom, peace, compassion, emotional release, inspirational epiphanies, deep understanding and comprehensive healing of mind, body and soul.

While society abounds with scientific research, products and practices that promise to enhance our mind or body and the mind-body connection, without Spirit in the mix, neither rises to its full potential. A heart open to a higher power exponentially multiplies the effects of this crucial connection.

“Just as a candle spreads light in a darkened room, people who are living in-Spirit give off a higher energy that can bring light to our hearts and minds. In other words, we can be inspired just by being in their presence,” according to renowned bestselling author Wayne Dyer, Ph.D.

Experiential, non-verbal and life-changing encounters with the unbounded power and presence of Spirit in prayer and meditation are difficult to analyze in the same way as mind-body

science. However, Dyer points to the works and outcomes of Spirit as visible evidence of how it lifts us up.

We see individuals with rapturous hearts sending out signals that they love the world and everyone in it. Those that live in Spirit tend to see the world as a friendly place, are at peace with themselves, appear to be open and accepting rather than judgmental and harsh, and often report being healed of all sorts of diseases, relationship challenges, career fluctuations and questions of purpose and direction. They attest to how Spirit shines a triumphant light in the midst of dark nights of the soul, redefining the essence of life itself and declaring us worthy in our innermost reaches.

Personal Healing

When a 19-year-old woman entered basic military training at Lackland Air

Force Base, in San Antonio, Texas, and was undergoing initial medical and psychological screening, she was identified as having body and mind issues that would require her to be separated from the service. These problems included organ failures and spinal misalignment, as well as severe consequences of an emotionally abusive upbringing. It was determined that she could not handle the physical and mental demands of military life. Because the policy was to not treat such problems if identified upon entering the service, authorities allowed her to remain in training until her separation from the Air Force could be processed.

The woman was impressed and also distressed by the finality of the verdict and assessment tools used by mind and body experts among the medical staff. In talking with a chaplain on the base, she came to understand that she could choose to appeal her case to another jurisdiction, a “higher” court of Spirit. Focusing on the voice of divine love, she grew to see Spirit as more than a higher power. She saw Spirit as a higher authority. She surrendered to divine love’s authority as ultimate law, supremely qualified to reorder her whole being. She trusted that aligning with spiritual power could change her view of her identity and the seemingly inescapable consequences of genetics, environment and human history denying her desire to serve her country in this way.

Listening to a higher witness testifying on her behalf and identifying her authentic being as the magnificent expression of the magnificent Creator, she felt encouraged to the point that her mind and body stopped arresting her progress and became more effective servants, responding with greater freedom and joy. One limitation after another fell away, and the military and medical authorities seemed pleased with her progress as she neared completion of training. Finally, performing a mile-and-a-half run within a required time remained the only obstacle to graduation, and she was still 45 seconds too slow.

This helpful passage from the Hebrew prophet Isaiah became central to her prayer and meditation as she approached her last running attempt:

Young people will get tired;
strapping young men will stumble
and fall.

But those who trust in the Eternal One
will regain their strength.

They will soar on wings as eagles.
They will run—never winded,
never weary.

They will walk—never tired,
never faint.

~Isaiah 40: 30-31 (*The Voice*)

She passed her final attempt
with 18 seconds to spare, running on
eagles' wings.

So, how can we all discern such
a divine witness to our original au-
thentic being amidst loud testimony
of all the voices and labels shouting
in our head and body, including those
imposed by others?

Prayer and Meditation

There are two approaches to listening
to the voice within, whether we name
it God, higher power, Spirit, grace,
Eternal One, or divine love or Love.
Complementary, rather than mutually
exclusive, both approaches require
a capacity, gained through patient
practice, of quieting the inner and outer
chatter and learning to hear that which
calls us to be more than what human
experience suggests is possible. It's who
we are in the eyes of grace.

Sanford C. Wilder, of Grafton, Illi-
nois, author of *Listening to Grace*, offers
personal growth and development pro-
grams through *EducareUnlearning.com*
that encourage prayer and meditation
that emphasize listening. He practices
both approaches and makes distinctions
between them.

"When I pray, I am directing my
thoughts toward God, listening and of-
ten affirming what I know to be divinely
true. I am yearning to surrender my will
and affections in conscious connection
with the divine such that I or another
receives a blessing," shares Wilder. In
such prayerful listening, he hopes to
gain something, often a new insight and
corresponding manifestation.

"When I meditate, my intention
is to sacrifice every thought, concept,
image and feeling to God, the only
consciousness. I trust that listening and
observing with nonattachment helps
me release conscious and unconscious



To feel Spirit's presence,
we must surrender
our own sense of how
it will work, its timeline
and the impact on
our ego or status quo.
As with anything
worthwhile, conscientious
practice is essential.

conditioned thought patterns permeated
by a human sense of self." Through
meditative listening, he hopes to release
everything rather than receive anything,
accepting that everyone is equipped
and able to be open to, witness and
experience nonstop blessings.

Helen Mathis has been an educa-
tor in the Philippines and Swaziland as
well as the U.S., including an instructor
of religion at Principia College, near
St. Louis; she is now part of a Center-
ing Prayer Circle in Stockton, Califor-
nia. She explains that centering prayer
may be seen as a hybrid that embraces
both prayer and meditation, nourishing
what's beneath the preoccupied self
to awaken a deeper and vastly more
authentic self.

Mathis appreciates what Cyn-
thia Bourgeault explores in her book
Centering Prayer and Inner Awakening,
that, "This confusion between small
self and the larger Self... [the] 'True
Self,' 'Essential Self' or 'Real I'—is the
core illusion of the human condition,
and penetrating this illusion is what
awakening is all about."

Like Bourgeault, Mathis believes
that it's not about the absence of

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Through conscious listening we discover that our true nature—as witnessed by Spirit—though sometimes obscured from view, is never altered from its original beauty and wholeness.

~Helen Mathis

thoughts so much as detaching from our thoughts, trusting that we can let go and be safe, consent to surrender human will and forgo personal agendas. Only then can spiritual sense come into play.

“The goal is to awaken to, open to and get in touch with our innermost being and Spirit,” Mathis affirms. “Clearly, centering prayer assumes we each have a spiritual awareness of the divine within us that acts, as Bourgeault puts it, as ‘a kind of interior compass whose magnetic north is always fixed on God.’”

Core Shift

We often approach a Spirit dimension with the attitude of “what it can do for me.” The higher practice that mystics and other deep thinkers of various faith traditions ultimately arrive at instead centers on transforming our whole self to align with Spirit’s purpose for us, which changes everything.

Reverend Dr. Michael Beckwith, founder of the New Thought Agape Spiritual Center, in Los Angeles, and a spiritual mentor to Oprah Winfrey, believes, “The relationship we have with the infinite is more about how we are to serve it than it is to serve us.”

Beckwith describes three primary stages of realizing the power and purpose of divine Spirit expressed as our spirit. The first is that of a victim (feeling powerless, unable to effect change). The second is when an individual learns the existence of universal law that responds to our thinking, emotions and attitude; we learn how to use it to stabilize life structures and demonstrate health and well-being.

“Ultimately, in stage three, we become a vehicle of life in service to life. Instead of using the law, the law uses us. Life fulfills its own nature through us,” he says. “All of life is conspiring for our freedom, liberation, wholeness and health.”

He urges us not to stop and stagnate at stage two, using divine laws only to manifest personal conveniences, stuff and even people for our use; this can hijack views of abundance into materialism and consumerism. He quips, “We are not here to go shopping.”

Dwelling in Spirit

Grace and Spirit work in us, through us and between us, yet we can’t simply summon them up or outline their outcomes.

To feel Spirit’s presence, we must surrender our own sense of how it will work, its timeline and the impact on our ego or status quo. As with anything worthwhile, conscientious practice is essential.

Life, defined by Spirit, gives fresh strength and impetus to mind and body. All three are vital elements of the dance of life.

Richard Davenport is a spiritual life educator (HigherGroundForLife.com) and the founding executive director of an inclusive nationwide Bible and spiritual life community (BibleAndSpiritualLife.org). Now based in St. Louis, MO, he is a retired Air Force chaplain, having served at Lackland and other U.S. Air Force bases on three continents.

FIVE WAYS TO PRAY FROM THE HEART

by Richard Davenport

Prayer from a heart willing to surrender, change, learn, grow and bless others works to keep us centered on pure motives like wellness, wholeheartedness and compassion. Such prayer can help us progress spiritually.

These five forms of prayer, found in the Bible, have a universal application to any spiritual practice. Although differing in their approach, all share the purpose of creating a fuller mindfulness of our true identity and relationship to the divine, while enhancing our capacity to bless all creation. If we are not feeling the desired breakthroughs using one form, perhaps the one most familiar or comfortable to us, we might do well to explore others.

Praise – a posture of adoration, honoring and surrender to a power, vision, and authority greater than our own.

Thanksgiving – or better yet, for its consistency and permeating of our whole self, thanks-living. The garden of our spirit is enriched by embracing a gratitude attitude in all we do.

Petition – a relational posture that opens our heart as we learn to ask for help, to seek perspective beyond a limited self, beyond a smaller, ego-driven orientation.



Intercession – praying for others; blessing, honoring and cherishing them as God sees them. When we feel burdened and blocked by our own trials, expressing empathy and compassion for others can unlock our heart and mind. We can lovingly witness the true nature of those that are seemingly tangled in forces blocking or opposing their higher good.

Affirmation – release and rest in divine authority, acknowledging the uni-verse as literally one song reflecting the singular harmony that Spirit knows and is unfolding in every moment to meet our need in forms we can see and feel right now.

Sharon Salzberg on Mindfulness

Simple Ways to Be in the Present Moment

by April Thompson

New York City-born Sharon Salzberg experienced a childhood full of loss and upheaval, losing her parents and living in five different household configurations. In college, she discovered the power of meditation to transform suffering and cope with life's never-ending changes.



photo by Fabio Filippi

reality and pushing away what's happening.

Is it possible to be mindful without having an established meditation practice?

Yes, theoretically, but I suspect it's hard. I honor my own meditation practice for making

mindfulness highly accessible for me. It doesn't take many hours of prep work and is open to everyone. It's really a practice, like strength training—you have to exercise the mindfulness muscle to reap the benefits.

What's the best way to arrange time for meditation, and what can motivate us to practice regularly?

Having a sense of structure has helped me the most. I believe strongly in the value of a daily practice, however simple or short. We can ritualize certain practices to help remember to pause and be mindful. For example, every time the phone rings, let it ring three times and use that as a trigger to breathe. When you've finished writing an email, take a few conscious moments before sending it. There are lots of ways to cut through the momentum of the busyness and craziness of our lives to return to mindfulness.

Make a commitment to practice for a certain period of daily time for a month or two, and then reassess. Look

for changes during the active course of daily life and query: How am I speaking to myself or to others? Am I more present? Am I more at ease in letting go? It's important to look for these subtle changes rather than to set unrealistic expectations for ourselves such as being mindful all day.

Do you have other enabling practices for people new to the state of living mindfully?

Movement meditation is a good place to start; if you're walking somewhere, try to be more present and feel your feet against the ground. Also, just focus on one thing at a time; instead of multitasking, just drink the cup of tea.

We can also use breath to focus concentration. The breath is a tremendous tool, it's always with us. If you're in a contentious meeting and tempers flare, you don't have to pull out a meditation cushion and sit in a funny position; you can work with your breath right where you are.

How can meditation help to ease suffering?

Sometimes, we think we can ease suffering by only having pleasant feelings and beautiful thoughts. Rather, we can ease suffering by changing the way we relate to our thoughts and feelings. If something unpleasant is happening, most of us flip into an internal monologue about how, "Bad things always happen to me," or "This is my fault," or "I shouldn't feel this." We compound our suffering by adding judgment and by pushing away discomfort. Instead, we can learn to observe our reactions and release them.

We also tend not to feel pleasure fully or think that something else or more should be happening instead of simply enjoying the moment. We wait for some sense of intensity in order to feel alive, rather than experiencing the ordinary to the utmost. Meditation trains us to be present with pleasant, unpleasant and neutral experiences and stay connected, no matter what's going on.

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

How do you define mindfulness?

Mindfulness is the quality of awareness. When we are mindful, our perception of the present moment isn't so distorted by bias, adding our own storyline to

20 Best Foods for FIBER



Corn White Beans Black Beans



Kidney Beans Garbanzo Beans Avocado



Whole-wheat pasta Brown Rice Edamame



Whole-wheat bread Lentils Pear



Artichoke Oatmeal Raspberries



Peas Broccoli Apples



Almonds Barley

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

But few people are getting enough.

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

- Dr. Steven T. Castille

healingways



HEAVENLY SCENTS

How to Make Your Own Natural Oil Fragrances

by Kathleen Barnes

A whiff of sweetness can communicate a personal signature of tranquility, alertness or romance, or it can cause a bout of miserable sneezing, wheezing or nausea for those in the vicinity and even the unwitting wearer.

Commercial Chemicals

"When you see 'fragrance' on a personal care product label, read it as 'hidden chemicals,'" warns the Washington, D.C.-based nonprofit watchdog Environmental Working Group (EWG). "A major loophole in the [U.S.] Food and Drug Administration's federal law lets manufacturers of products like shampoo, lotion and body wash include nearly any ingredient under the term fragrance without actually listing the chemical." Companies that manufacture personal care products are required by law to list the ingredients they use, but fragrances and trade-secret formulas are exempt.

What's known as a dirty little secret in the fragrance industry is the unlabeled presence of toxic chemicals not only in perfumes, but in any personal care product that includes a scent. Lab tests commissioned by the Campaign for Safe Cosmetics and analyzed by the EWG confirm the presence of parabens

that interfere with hormone production, cancer-causing phthalates, and synthetic musks that have been linked to hormone disruption, among many other ills.

Naturally Safe Scents

"Opting for natural scents from organic essential oils not only offers a toxin-free alternative, the oils' aromatherapy benefits have time-proven therapeutic value," suggests Dorene Petersen, president and founder of the American College of Healthcare Sciences, in Portland, Oregon.

Recent research from the Pontificia Universidade Catolica, in Brazil, confirms that lavender oil has anti-inflammatory, antioxidant and pain-relieving properties similar to those of a mild-dose narcotic. Plus, it smells heavenly, says botanical perfumer Roxana Villa, of Woodland Hills, a California-based spokesperson for the National Association for Holistic Aromatherapy.

"Considering the part of the plant used will give you an idea of its therapeutic value," says Villa. "A root base will be good for grounding. Since bark is like skin, oils such as birch will benefit skin and muscles. Oils from flowers are excellent for anything related to the head and mind."

Oregano and cinnamon oils have powerful antifungal properties, even against *Candida*-type fungi resistant to prescription drugs, according to Brazilian research from Universidade Federal. A groundbreaking study from the Slovak University of Technology, in Slovakia, even suggests that rosemary oil can kill cancer cells.

These are all scents that can be the foundations of do-it-yourself perfumes.

Customized Blends

"It's fun to experiment with organic essential oils and create that unique blend that becomes a personal signature," says Charlynn Avery, an aromatherapist with Aura Cacia, in Norway, Iowa. She explains that essential oils have three basic "notes" and blending them correctly will result in a fragrance suited to last throughout the day.

"The base note is heavier and lasts the longest. Patchouli, vetiver, sandalwood, cedarwood and jasmine hang around longer in the atmosphere and on the wearer," she explains. Blending the base with a slightly lighter middle note like lavender, rosemary or clary sage and a light and short-lasting top note like orange, lime or peppermint will create a complex and pleasing blend.

"That's the beauty of the art of it," says Avery. "You can create synergistic blends that harmonize and complement the attributes of each to such an extent that you may not be able to detect the scents of the individual oils."

There are no hard and fast rules, but our experts offer a few guidelines

for creating our own unique blends that will be well-received as holiday gifts.

Use a base of oil like jojoba or sweet almond to create a perfumed oil. Note that oils undiluted by a carrier can burn the skin.

For oil-based blends, use a ratio of 50 drops of bottom note oil, 30 drops of a middle note and 20 drops of a top note in two ounces of carrier oil.

Another option is to use an alcohol base of either isopropyl rubbing alcohol or 85-proof vodka to make a spray perfume; the alcohol will evaporate quickly. Alcohol-based blends generally last longer, especially with fragile citrus oils.

A usual ratio is 10 to 20 drops of essential oil per ounce of alcohol-based carrier.

Oil-based blends are ready to use almost immediately. Alcohol-based blends should age a week or two at least and will become more strongly scented in time.

Store fragrances in bottles in a dark, cool place. Bottles with tiny roll-on caps are commercially available.

"It's very much trial and error to arrive at a preferred scent, so be creative and keep careful notes of experiments and improve on them as you gain experience," counsels Avery. "If you crinkle your nose at patchouli, you probably won't like an oil blend with it, either. Choose scents you like."

Kathleen Barnes is author of numerous natural health books including Food Is Medicine. Connect at Kathleen Barnes.com.



GIFT BLEND FOR MEN

Western cultures value "manly" Earth scents like sandalwood and cedarwood, while in other cultures, flowery scents are acceptable for men. An appealing woody blend for an American male blends cedarwood, clary sage and lime.

HOME REMEDY

COUGHING: Coughing, a familiar but complicated reflex, is one way in which the lungs and airways are protected. Along with other mechanisms, coughing helps to protect the lungs from particles that have been inhaled. Coughing sometimes brings up sputum (also called phlegm)—a mixture of mucus, debris, and cells expelled by the lungs. Coughing occurs when the airways are irritated. Respiratory infections— usually bacterial or viral—irritate the airways and are a common cause of coughing. Most over the counter cough medicines attempt to soothe the irritation and dampen the area in the brain, which activates the cough reflex. Easy home remedies include warm tea combinations such as a mixture of sage and thyme -- it's not only tasty, but also clears out mucus in the throat. Lemon, honey and hot water—tried and true for centuries. Honey is both an anti-inflammatory and an expectorant. Lemon is rich in vitamin C, and hot water soothes and makes it difficult for germs to thrive.

The 1-2-3s of Blending Oils

Base Notes

sandalwood
jasmine
myrrh
vetiver
patchouli
cedarwood

Middle Notes

lavender
bergamot
geranium
rosemary
tea tree
clary sage

Top Notes

orange
lemon
grapefruit
eucalyptus
lime
peppermint



A general ratio of 50 percent base note oils to 30 percent middle notes and 20 percent top notes is recommended.

Source: courtesy of AuraCacia.com

I did this.
in one word



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6 Treatments

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12 Treatments

Zerona

3 inches in 2 weeks

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consciousEATING



Photo by Stephen Blancett

SWEETLY VEGAN

No-Bake Holiday Treats Worth Celebrating

by Judith Fertig

“Visions of sugar plums” have been part of holiday mindsets since the advent of Clement Moore’s classic 19th-century poem commonly known as *’Twas the Night Before Christmas*.

We love to give and receive special treats and our tastes are evolving. Instead of yesteryear’s sugary bonbons loaded with calories that we’ve come to regret, today’s preferred confections focus more on naturally sweet dried fruits, best-quality chocolate, healthful coconut and crunchy nuts. Vegan, gluten-free delicacies from chefs and culinary experts the world over help us celebrate the season in a deliciously healthy way, including those we highlight this month.

“Christmas isn’t Christmas without a traditional pudding,” says Chef Teresa Cutter, author of *Purely Delicious*. Cutter is founder and director of The Healthy Chef company, in Sydney, Australia, which creates functional foods for taste and optimal health. Her no-bake desserts such as miniature Christmas puddings and carrot cake take only minutes to make.

Emily Holmes, a Queensland, Australia, wellness coach who blogs at *Conscious-Foodie.com*, says her favorite is Holmes’ Chocolate Cherry Mini-Cupcakes. She serves them with a pot of peppermint tea.

Houston-based Joshua Weissman is the author of *The Slim Palate Paleo Cookbook* and blogs at *SlimPalate.com*. He shares his philosophy on holiday treats: “My first thought is that I don’t want to feel guilty after eating it. My second is that I still want it to taste and look good.” His Almond Butter Pumpkin Pie Truffles fit the festive bill.

In New York City, noted vegan cookbook author and Pastry Chef Fran Costigan is an expert in all things chocolate, including her Chocolate Orange Sesame Truffles. “When you make something really delicious with real ingredients, your mouth knows it, your brain knows it, your body knows it. You feel satisfied,” she says.

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

Natural Awakenings recommends using organic and non-GMO (genetically modified) ingredients whenever possible.

Colon Problems

Crohn's Disease, Irritable Bowel, Colitis, Diverticulitis, Constipation, Colic, Indigestion, Diarrhea, Parasites & Candida, Ulcers, Stress



As you might recall from high school biology, the colon, also known as the large intestine, is the final section of the digestive tract. The colon's job is to facilitate the absorption of water into the bloodstream and eliminate undigested food—a seemingly simple job description. Several conditions, however, can interfere with the smooth delivery of the stool from the small intestine to the rectum. Three such conditions are colitis (including Crohn's disease), irritable bowel syndrome, and diverticulitis.

Colitis refers to a group of conditions that involve inflammation of the small and/or large intestine. Ulcerative colitis is an inflammatory disease of the inner lining of the colon and rectum. Ulcerative colitis and Crohn's disease are similar in that both are forms of colitis and distinguished by an inflamed intestine. Crohn's disease, however, causes an inflammation that extends into the deeper layers of the small or large intestinal wall where it can cause more severe consequences.

Because inflammation causes the colon to empty more frequently, the most common symptom of both ulcerative colitis and Crohn's disease is diarrhea, sometimes severe and accompanied by abdominal cramps. Blood may also appear in the stools, especially with ulcerative colitis. Fever, fatigue, loss of appetite, and weight loss may accompany these symptoms. Sometimes, both ulcerative colitis and Crohn's disease patients experience constipation. Diverticulitis is another colon condition that involves inflammation.

Diverticula are small pocket-like outgrowths in the weaker portions of the colon walls. Initially harmless, the pockets become receptacles of undigested food and other irritants and can become infected. Constipation and diarrhea are symptoms of diverticulitis.

Unlike other colon problems, there is no intestinal inflammation associated with irritable bowel syndrome. Abnormal muscular contractions in the colon give irritable bowel syndrome its more common name, spastic colon. Spastic colon is characterized by bloating, gas, abdominal pain, and alternating diarrhea and constipation. Fever or bleeding are normally not characteristic of irritable bowel syndrome, but backaches and fatigue are common symptoms.

Causes

Food allergies and sensitivities and poor diets are highly suspicious causes of colon problems. Stress is likely to initiate or aggravate colon problems, and an immune system disorder may be responsible for Crohn's disease. Infected debris caught in the pockets in the intestinal wall is the cause of diverticulitis.

Bacteria and parasites are also common causes of colon problems. Because the colon is filled with bacteria—both good and not so good—many colon problems are directly or indirectly caused by bacteria. Ironically, colitis can be caused by a cure for bacterial infection. Antibiotics taken to fight intestinal infections often kill the good bacteria while allowing the growth of more harmful bacteria.

Diet Suggestions

Increased fiber and lots of water are our passports to better colon health. To restore health and energy, eat a low-sugar, low-fat, vegetarian diet, rich in high-fiber grains, fruits, and vegetables. And to avoid aggravating the colon, eliminate most dairy products, sugar, caffeine, alcohol and baker's yeast.

Drinking lots of water is important, especially if you are increasing your fiber intake. But drink your water between meals. Liquids dilute digestive juices, which are responsible for transforming the food we eat into usable energy. Food that is not completely digested robs us of nutrients and can further annoy an irritated colon. *Of special note: Sufferers of diverticulitis should avoid eating nuts, seeds, and seedy fruits or vegetables, parts of which could get trapped and increase discomfort.*

Foods That Help

Colon problems can make you

feel bloated, uneasy, and fatigued. Eat comfort foods to nourish the body as well as calm the mind. Simply prepared vegetables, brown rice, oatmeal, and barley provide nutrients and fiber while working gently to treat either diarrhea or constipation, the two common symptoms of colon disorders.

Yogurt with acidophilus is another good choice for calming and healing the colon. Yogurt is especially helpful for treating problems caused by bacteria and parasites, and it can be blended with drinks for a satisfying tonic. Those on a dairyless diet can take rejuvelac, or other acidophilus-rich dairy alternatives. Fennel is a nice addition for two reasons: it has a light anise flavor and fights detrimental bacteria.

Choose foods that replenish the nutrients lost through diarrhea yet are also gentle on the digestive tract. Algae, bananas, sweet potato, pumpkin, carrot, watercress, parsley, and spinach are soothing as well as high in iron, folic acid, and vitamins A and B12. Salmon and fish oils are good sources of vitamin D. If you suffer from colitis, try eating or juicing with papaya. Because papaya improves the digestion of dietary proteins, it is helpful for Crohn's disease patients.

Nutrients and Herbs That Help

If you have a problem with alternating diarrhea and constipation, try adding psyllium or flaxseeds to your diet to regulate bowel activity. This additional fiber with bulk-forming properties can move waste through the intestines to relieve constipation or, conversely, to absorb excess fluids and carry away the toxins that cause diarrhea.

Nutritional deficiency is common in Crohn's disease patients, because the body loses some of its ability to absorb nutrients from food. In particular, add supplements of vitamin D, zinc, folic acid, vitamin B12, and iron. Vitamin A is also needed for the growth and repair of the cells that line both the small and large intestines. Fish oils provide nutrients and encourage anti-inflammatory activity.

Chamomile tea is the herb of choice because of its many beneficial properties; it alleviates colitis, relieves gas and cramping, and cleanses the colon. Ginger and licorice root are also good colon cleaners. Other herbs with calming characteristics include dandelion, feverfew, red clover, yarrow, fennel, and cat's claw. Peppermint oil is especially helpful for calming colon spasms.

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Generous Pint-Sized Givers

Teaching Kids How to Care and Share

by Jennifer Jacobson

Among a parent's greatest rewards is seeing their children grow up to be productive, contributing members of society, including knowing how to give back and enrich the communities in which they live. Children can start participating in the giving process as toddlers. Having them observe regular charitable acts can make a strong impression and catalyze later independent initiatives.

Learning how to give and developing the associated skill set is a lifelong journey. Giving becomes a way of life—of looking at the world and determining how to help the causes they feel passionate about. Here's how to take those crucial first steps.

Ask kids how they'd like to help. If giving to a cause is new to the household, explain that the family has many opportunities. Then engage children in a conversation about the general areas they may feel strongly about supporting—perhaps individuals or families in need, animals or wildlife habitat—and start a list of those that the family is interested in.

Next, start researching related local organizations, facilities and institutions, and matching them to the topics on the list. Ideas may include food kitchens, pet shelters and animal

rescues, nature parks, senior citizens' residences, camps for low-income or physically or mentally challenged children, zoos, museums, aquariums and local libraries.

Make a game plan. Get creative about how to actually help the selected causes. Talk it through together, map out activities—like visiting, donating funds or materials or participating in fundraising efforts—and post the results somewhere at home that is highly visible. "Gamify" it to some degree with tasks that turn into goals that turn into accomplishments that result in chits.

Quick tasks can make a big difference. Clear the clutter. Every six to 12 months, launch an all-family household closet cleaning day that includes the toy chest and maybe the garage. Add non-perishable healthy food items they've picked out while grocery shopping.

Make a "donate box" positioned where kids can add to it and deliver the donations often, even if it's small.

Find ways to raise money for donations. Organize a family or neighborhood yard sale or organic bake sale that involves kids at all stages of the project, and give all or a portion of the proceeds to a selected charity.

Associate getting with giving. For birthdays and holidays, include a

handwritten "certificate of giving" that specifies the amount of money available for them to gift to their favorite charity. Take the child to the charity site to make the monetary donation in person, if possible. For non-local organizations, write a check and have the child include a letter with their thoughts and mail it.

Volunteer to do community service. Public gardens need weeding, historic buildings need painting and food banks need hands. Find goodwill tasks that are age-appropriate and engaging.

Grow the mindset. Tell real-life stories about kids or groups of kids that have found creative ways to give back. Encourage empathy by sharing appropriate stories of struggle. Ask kids, "How would you want people to help you in this situation?" Explain the action the family is taking and the resulting benefit to the recipient.

The conversation might be, "We don't need to store all this stuff when someone else could really use it." Or, "I bet there is a kid out there who would really like playing with this toy. I know you used to love it, but how about if you pass it along to someone else so they can enjoy it as much as you have?" Keep the focus on the people in need and your child's ability to share an experience through an item. Establishing an impermanent connection to material things can help kids understand the importance of nurturing relationships over acquiring goods.

Develop a language of giving in the household by creating opportunities to incorporate it into regular conversation. Appropriate comments could share concepts such as seeing ourselves as stewards of the planet and the things we think we own; it's our duty to help those in need when we have abundance; and if there is ever a time when we are without, we hope that others will think of us and help us.

Teaching children how their thoughts, words and actions impact those around them is a lesson that bears repeating.

Jennifer Jacobson lives in Seattle and has served on the boards of several influential nonprofits and other organizations focused on conservation, education and community.



HOW GUT BACTERIA AFFECTS THE BRAIN AND BODY

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

DEPRESSION

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

SCHIZOPHRENIA

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

OBESITY & DIABETES

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

COLON CANCER

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

RHEUMATOID ARTHRITIS

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

ANXIETY

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

AUTISM

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

PARKINSON'S DISEASE

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

CROHN'S DISEASE

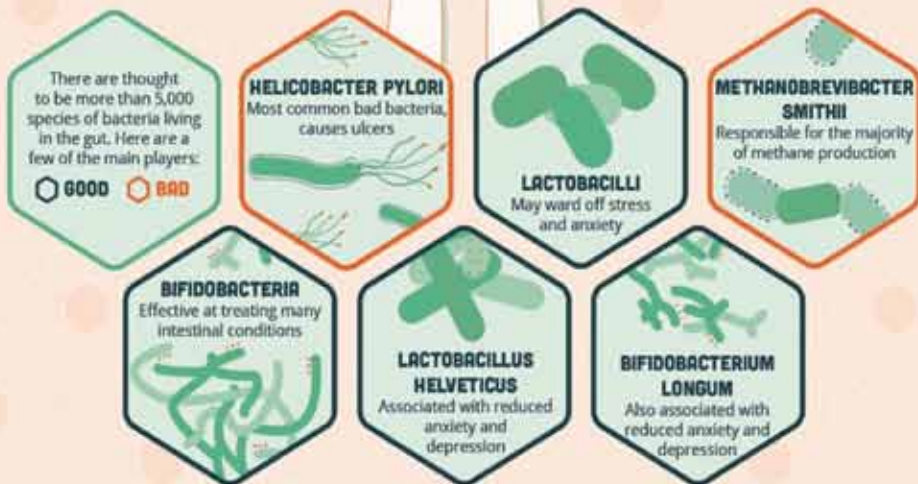
Abnormally high levels of certain bacteria strains may be present when Crohn's Disease develops, possibly triggering an atypical immune response.

ULCERATIVE COLITIS

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

IRRITABLE BOWEL SYNDROME

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



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Green Congregations

Faith Groups Join in Preserving All Creation

by Avery Mack

The simple act of switching on a bulb can light a room; preaching that humans are caretakers of the Earth can enlighten a community. “How are we faithful to God’s creation?” asks Diana Butler Bass, Ph.D., author of *Grounded: Finding God in the World—A Spiritual Revolution*, in Alexandria, Virginia. “The connection between the natural world and the world we live in helps us understand the remarkable responsibility we have to the planet.”

Along with an emotional bottom line, many people pose a greater question: What is the cost to our spiritual life if we act selfishly? “We need to know what is sacred and what matters for generations to come,” says Bass. “This is an exciting time for communities of faith to work together.” Churches, synagogues, mosques and other faith groups are sending a message to their congregations and communities: We need to care for what the Creator has given us.

Showing the Way

“We wanted to reduce reliance on foreign oil, support local businesses, buy American-made and be cost-effective,”

says Rabbi David Freelund, of the Cape Cod Synagogue, in Hyannis, Massachusetts. “Going solar made sense. We leased panels, joined a renewable energy credit program and now generate 90 percent of our energy.”

The synagogue also upgrades equipment to more efficient levels when it’s time for replacement, composts waste, maintains a garden to supply a local food pantry, switched to LED lights, zoned their facility’s heating and cooling and follows a single-stream recycling program. “We seek to lead by example.

Members ask, ‘What else can we do?’ As Jews, our mission is not fulfilled unless we lift up others toward the divine,” says Freelund.

Windows often make up a large portion of a building of worship, but can be the least energy-efficient components. Members of Colorado’s Steamboat Christian Center, in Steamboat Springs, used to wear sunglasses or change seats during services to escape the sun’s glare and heat. After installing smart glass windows, everyone can now fully concentrate on the sermon.

“The glass tints like transition sunglasses, based on available light or

preprogrammed preferences,” explains Brandon Tinianov, a senior director with View Dynamic Glass, the company that supplied the new windows. “It also reduces heating and cooling costs.”

Laying Down Burdens

“Clutter represents postponed decisions,” says Barbara Hemphill, author of *Less Clutter, More Life*, in Raleigh, North Carolina. “Lack of time, interest and energy keep us from passing along what we no longer want or need. For most of us, 80 percent of what we keep, we never use.”

That includes paperwork, another specialty of her Productive Environment Institute. When the United Methodist North Carolina Conference Center’s new building was ready, there was plenty to sort through before moving. “We estimate seven tons of items were recycled. It became an example for individual churches,” says Hemphill.

Her own church, Mount Zion Methodist, in nearby Garner, has cleared out two storage rooms. Items were reclaimed, auctioned or donated to a shelter. “We gained Sunday school rooms in return,” she says.

We need a conversation which includes everyone, since the environmental challenge we are undergoing, and its human roots, concern and affect us all.

~Pope Francis

Practice Makes Perfect

Awareness of the environment and eco-friendly living is a concept religions agree on. At the All Dulles Area Muslim Society, in Sterling, Virginia, an education program encourages community members to recycle, plant trees and lower water and energy usage. Including their Sunday School, they reduced their overall carbon footprint by 13 percent and energy consumption by 21 percent. Interfaith Power & Light is active in most states and can help implement such user- and eco-friendly changes.

Imam Johari Abdul-Malik, the director of outreach for the Dar Al

Hijrah Islamic Center, in Falls Church, Virginia, suggests thinking larger and encourages members to ask for changes in public policies by lobbying their representatives. In 2016, the Council of Islamic Organizations of Greater Chicago will promote a Green Ramadan. During Ramadan, members re-evaluate their lives in light of Islamic guidance.

Greener than most, The Garden Church, in San Pedro, California, has no building. “People tell me, ‘The outdoors is my church;’ I take them at their word,” says founding Pastor Anna Woofenden. “We have a central table surrounded by gardens. About 90 percent of what we grow is vegetables, the rest is flowers. This church is a living sanctuary, a place to belong, a place of community. God’s love is made visible as people are fed in body, mind and spirit.”

“Eco-friendly teaching represents a new spiritual imagination of how to live well in the world,” observes Bass. “Faith makes a difference.”

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

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Airplane Yoga

Six Easy Stretches Ease the Journey

by Cynthia Bowman

The majority of the symptoms we can experience during flying—stiffness, poor circulation and swollen feet—are due to lack of movement rather than the altitude or pressurized cabin air. Knowing this can make healthy flying easier.

Drinking lots of water and moving about and stretching every two to three hours on long flights is key; trips to the bathroom naturally help fulfill this. We also can keep blood from collecting in our lower extremities by finding a way to elevate our legs and feet periodically. Wiggle all 10 toes, shift positions and go for these six discreet airplane yoga stretches.

Etiquette tip: Do the first two stretches at the back of the plane with adequate space and a wall to lean on. Don't do these in the aisle; hanging on to someone's seat back rocks it and can be annoying.

A **quad stretch** involves the shoulders, upper legs, calves and ankles, while elevating each foot and getting the blood moving. Hang on to a wall, grab an ankle and bring the heel as close to the butt as possible. Then rotate the ankle in a circular motion. Do this as long as it feels worth doing, and then switch arms and legs.

A **calf stretch** is a simple way to target calf and hamstring muscles, as well as ankles. Stand facing a wall, placing both hands at shoulder height on the wall for



Quad Stretch

balance, elbows bent. Take one foot forward and rest it on its heel, with toes pointing up and resting on the wall. Lean forward to the point of feeling a good stretch in the calf. Stretch 30 seconds per foot, gradually going deeper into the pose after a few breaths.

Etiquette tip: The next four stretches can be done in an airplane seat or in the back of the plane.

The upper body stretch targets wrists, hands, arms, shoulders, back and the upper body in general. Sit upright with feet firmly planted on the floor. Lift arms up and interlace fingers before turning palms to face the ceiling. Relax the shoulders and neck. The arms shouldn't be covering the ears and can be adjusted by moving them a few inches forward or back. Tall individuals may need to bend their elbows, which still allows for stretching of the upper body.

Neck stretches release tension and stiffness by tilting the head from side-to-side. Don't make circular motions, as they can cause neck and spine compression. If holding the head to assist a deeper stretch, be considerate of neighbors by pointing the raised elbow forward to cradle the neck instead of resting it on a seatmate.

Twisting the torso benefits both the spine and back muscles. Yogis believe that twisting motions also massage internal organs. While twisting, hang on to the armrest with both hands and sit as upright as possible, with legs together and feet firmly planted. Don't bounce into the pose or shift or lift buttocks off the seat, but make slow, fluid movements.

Bending forward while seated gives the back, neck and legs a good, deep stretch.

All of these movements work well while we're in the air and are equally useful on road trips, in the office or whenever we need a break.

Cynthia Bowman is a freelance writer in Los Angeles, CA, who specializes in travel, culture and lifestyle topics. Visit JoyJournist.com.



Calf Stretch



Upper Body Stretch



Neck Stretch



Twisting the Torso



Bending Forward

Detoxifying Foot Bath

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

How does it Work?

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

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



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 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)
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Nutrients and Herbs That Help:

Antioxidants are some of our best cancer fighters. They protect us from the free radical scavengers that turn our cells malignant and age our bodies. Some antioxidants even reduce the toxicity of chemotherapy drugs. Some of our most popular antioxidants include vitamins A, C and E, beta carotene, selenium, coenzyme Q10, bioflavonoids, and grapeseed extract to name a few. Coenzyme Q10 actually increases the life expectancy of patients by five to 15 years for various forms of cancer. Vitamin C also reduces the pain associated with some cancers and can minimize the toxic side-effects of chemotherapy. The fat soluble forms of Vitamin C are much more effective than the water-soluble forms. Shark cartilage, as well as vitamin E, cuts off the blood supply to cancerous cells in some tumors, giving the immune system a better chance to destroy the smaller tumor mass. Many herbs act to prevent and control cancer-cell activity. Essiac tea, a mixture of sheep sorrel and other herbs, is purported to completely eliminate some types of cancer and has gained a devoted following. Wheatgrass juice is used by several cancer clinics for its ability to rejuvenate the liver, detoxify the colon, and cleanse the blood and lymph systems. Garlic and echinacea both fight tumors and enhance immunity. Ginger helps tame the nausea associated with chemotherapy, and green tea shows potential in the treatment of breast and prostate cancers. Some of the other herbs known for their anti-cancer benefits include ginseng, red clover, and rosemary. If you have cancer, don't give up the fight. Over 75 trillion cells change every few months, so we are constantly remaking ourselves. You are not a statistic and cancer is not automatically fatal. When things get tough, you must get tougher. Lance Armstrong, the USA Olympic cycling champion, said it best when he learned he had testicular cancer: "With my fitness level, my drive and desire, I'm not going to lose. I can't lose." He didn't and he went on to win the Olympics.

Eat, Bark and Be Merry

Healthy Holiday Treats for Our Pets

by Sandra Murphy

As with families everywhere, special taste treats are on the menu for many dogs, cats and wild birds during the holiday season. Owners are cautioned not to share rich, unfamiliar foods from the table that can be detrimental to an animal's health. Better fare are homemade treats of organic, safe and tasty ingredients—true gifts from the heart.

Homemade assures the quality of ingredients, avoids unhealthy additives and allows the giver to adjust for individual taste or food sensitivities. Most healthy recipes can be made from readily available ingredients.

Wild Birds

Offer them a variety of seeds and fresh water. Always use unsalted, unseasoned seeds. Mix harder-to-crack striped sunflower seeds with the smaller black oil version to attract the largest number of birds. Organically grown peanuts in the shell, dried fruit, oranges, pomegranates or rehydrated raisins offer a burst of energy. Impale round fruits, halved, on a small dowel rod attached to the feeding table to hold them in place.

Note that oats go to waste, shelled sunflower seeds spoil and cracked corn attracts raccoons. Pass on any kind of popcorn.

DIY Suet

Mix one part organic peanut butter with five parts organic, non-GMO (genetically modified) corn meal. Smear into a pinecone to hang from a branch or directly on tree bark for woodpeckers and wrens to



enjoy. Don't use low-fat peanut butter because birds need to pack in the calories in order to stay warm.

Cats

Organic catnip, fresh or dried and baked into a crunchy treat, will bring kitty running. In recipes, avoid canned tuna because of bisphenol A (BPA) concerns; also minimize the frequency and portion of tuna and salmon treats due to mercury accumulation in the fish. Unseasoned tuna or salmon packed in water in a pouch is a better choice. Many recipes labeled for dogs can be converted for cats by making them into smaller bites.

Dogs

"When possible, I put organic and local foods, non-GMO, hormone-and antibiotic-free, grass-fed and humanely raised properties at the top of my list. A healthier dog means fewer vet visits and more



years together," says Tonya Wilhelm, a dog trainer in Toledo, Ohio. "Buy in bulk from a co-op or farmer and maybe share with friends to get the best price."

Dehydrated Foods

Dehydrating removes moisture from food while retaining nutrients, and comprises a distinct cooking method. Stephanie Raya, resident chef at Excalibur Dehydrator, in Sacramento, California, recommends, "For safe chicken and pork, pre-cook before dehydrating. Beef can be dehydrated from a raw state. My Boston terriers also love dehydrated, sweet potato chips."

A number of commercial dehydrated meat and fish jerkies have been recalled (search *DogFoodAdvisor.com/?s=treats*). Homemade treats offer superior control of ingredients.

"When I make my pets' treats, I know what's in their food, including the herbs used for flavor," says Raya. After she's ensured that the food is thoroughly dried, she packs it in vacuum bags and stores them away from light. She notes that dehydrating takes longer than baking, but is cost-effective at 25 to 50

cents an hour. Veggie options include dehydrated zucchini chips, butternut squash chips, cherry tomato bites, matchstick carrots or peach or other fruit slices.

Make it Festive

A cat's sense of smell is 10 to 15 times better than ours, but is still modest compared to dogs that out-sniff us by a factor of 30 to 60 times; that's why putting wrapped treats under a holiday tree or in a stocking is a bad idea. Store them securely and then bring them out when

it's time to open gifts. Use blue tissue paper for easy-to-open Hanukkah gifts, red or green for Christmas (bows, yes; ribbons, no). For dogs that love puzzles, placing treats inside a wrapped box adds to the fun.

Remember that rich or unfamiliar foods can make pets sick. Instead, gift them with their own healthy, safe treats from known ingredients so that everyone has a happy holiday.

Connect with Sandra Murphy at StLouisFreelanceWriter@mindspring.com.

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DETOXIFICATION

What goes in must come out.

We absorb toxins through our skin, from the air we breathe, the chemicals in our foods, and from the chemicals released in our homes and workplaces. They all add to our body's toxic load. Ideally, on a daily basis, our bodies break down these toxins and clear them away. Detoxification is simply normalizing the body's ability to process and excrete toxins.

Why get a Vitamin Test?

To support the detoxification process, the body requires a variety of nutrients. If these nutrients are in low supply, the toxins re-circulate. These unneutralized, fat-soluble toxins can be stored in body tissues such as fat, brain and nervous system causing systemic symptoms and future disease processes.

DHARMA Wellness 662-3120

POSSIBLE SYMPTOMS

- Digestive problems
- Constipation, Gas and/or Bloating
- Skin Rashes
- Fatigue
- Headaches and/or migraines
- Weight Gain
- Brain Fog or Memory Problems
- Excessive Mucus
- Poor Body Odor or Bad Breath

POSSIBLE HEALTH ISSUES

- Chronic Fatigue
- Allergies and Asthma
- Autoimmune Diseases
- Leaky Gut/Malabsorption
- GI Inflammation
- Obesity or Weight Gain
- Hormone Issues
- Chemical Sensitivities
- Fertility Problems
- Irritable Bowel Syndrome

1. SKIN

The largest elimination organ.

2. LUNGS

Trap toxins in mucous lining, either coughed up or breathed out.

3. LYMPH

Carries nourishment and clears waste. Requires gravity and movement to do its job.

4. COLON

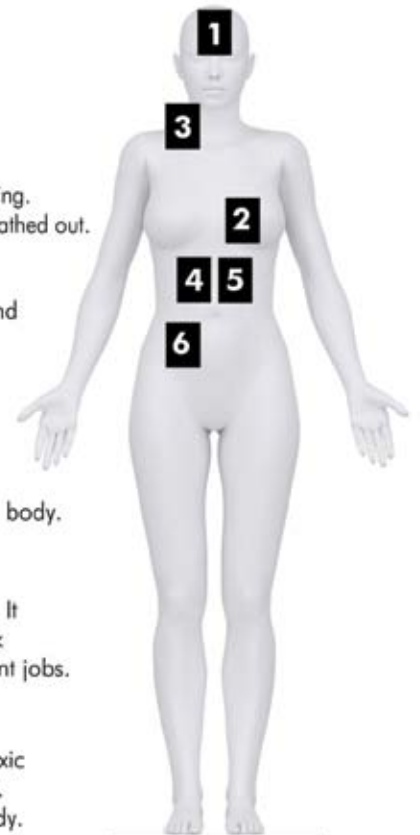
Absorbs nutrients and carries waste out of the body.

5. LIVER

The main detox organ. It works around the clock doing over 500 different jobs.

6. KIDNEYS

Filter metabolic and toxic waste out of the blood. Regulate pH of the body.



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
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Thursday December 3

“A USO Christmas Show” – 7:30-10pm. Thru Sun 3-5:30pm Dec 6. Live theater production with concessions. IPAL Presents Essanee Theater, 126 Iberia St, New Iberia. 337-364-6114. IPALTheater.com.

Friday December 4

Christmas at Coteau – 9am-4pm. Thru Saturday Dec 5. Christmas cheer, holiday shopping and amazing local cuisine. View the sacred grounds, the alley of the oaks, luncheons, fashion show, gala on the grounds and a holiday market with 75 unique vendors. \$8-market entry. Academy of the Sacred Heart, 1821 Academy Rd, Grand Coteau. 337-662-5275.

Lighting of the Village – 5-8pm. Through Friday January 1. Rhythms by members of the Opelousas High School marching band followed by lights and holiday cheer that illuminate lights in the village. Activities for little ones and Santa Clause on-site for holiday photos are planned. Le Vieux Village, 828 E Landry St, Opelousas. 337-948-6263.

2nd Annual 12 Days of Christmas – 6:30-8pm. Thru Sunday Dec 6. Musicians, choirs and worship teams perform Christmas carols surrounding a life sized nativity scene. Enjoy music, cookies and cocoa. Free. Parc Sans Souci, Downtown Lafayette. 337-349-6538. OneMinuteMinistry.net.

Saturday December 5

23rd Christmas Shopping Extravaganza – 9am. Christmas shop and dine with 48 vendors, door prizes to be drawn. Concession with brisket sandwiches, gumbo, jambalaya, boudin balls homemade pies and sweets. \$1 entry. Sacre` Coeur Knights of Columbus Home, 226 W Elm St, Crowley.

Carencro Country Christmas – 9am-4pm. Arts and crafts, food, choirs and entertainment. CHS Bears 5k- \$25 - \$30. Children's Parade 2pm. Free. Parade sponsored by Carencro Lions Club-JoAnn Lee -337-896-4147. Business and House Decorating Contest Dec 19- Iva Clavelle- 337-896-6946 or 337-233-4550. Carencro Community Center, 5115 N University Ave, Carencro.

11th Annual Le Feu et L'Eau (Fire and Water) Rural Art Celebration – 11am-11pm. Local talent of artists, performers and cultural workers in a variety of disciplines and genres. Watch cooking demos, films, hear live music, listen

to poetry and shop local art vendors. A unique French Louisiana celebration. Free. NUNU Arts and Culture Collective, 1510 Bayou Courtableau Hwy, Arnaudville & Downtown Arnaudville. 337-453-3307. NuNuCollective.org.

Christmas Choir Concert – 6pm. A performance by The Baton Rouge Early Vocal Ensemble, an acapella group led by William Plummer, founder and artistic director. Plummer is the Director of Choral Activities at the University of Louisiana at Lafayette. Free. St. John's Episcopal Church, 308 Church St. Washington. 337-826-7337.

Sunday December 6

Annual Irish Stew Lunch – 11am-12pm. Plate lunches served to go. Proceeds go to local charities and fund the “Turn the Bayou Country Green” effort by Fir Mairseail Nua Iberia. Front of 520 E Main St, New Iberia. 337-366-5321. NewIberiaMarchingMen.com.

Sonic Christmas Parade – 1pm. One of the oldest Christmas activities in Acadiana features over 20 floats, high school marching bands and the official arrival of Santa Claus to Lafayette. Free. Downtown to the Oil Center, Lafayette. 337-988-5301 ext. 232

Tuesday December 8

Foodnet Food Drive – 5am-8pm. Acadiana food for families food drive. Non-perishable food and monetary donations accepted. Acadiana area drop-offs and Cajundome, Lafayette. 337-232-3663. FoodnetAcadiana.org.

Thursday December 10

ECCBC Christmas Concert: 25th Anniversary – 7pm. Thru Friday Dec 11. Eunice Community Concert Band & Choir presents the 2015 Christmas concert to get everyone in the holiday mood. Adults \$5, children 12 & under \$2. The Liberty Center for the Performing Arts, 200 Park Ave, Eunice. 337-457-1776.

Friday December 11

Living Bethlehem-Live Nativity Drama – 6:45pm. Thru Sunday Dec 13. An outdoor cast of children, live animals and children's choirs from the Acadiana. Free. Sugar Mill Pond, Youngsville.

The Singing Christmas Tree – 7pm & Monday Dec 14. Matinees 3pm Sat Dec 12 & Sun Dec 13.

Children and adult choirs, and the church's orchestra perform from a nearly 30 foot tree covered with 100,000 lights synchronized to music. Tickets are free. First Baptist Lafayette, 1100 Lee Ave, Lafayette.

Saturday December 12

Come Home for Christmas 5k – 8am. A 5k and 1 mile fun run to support Sts. Peter and Paul's Catholic School. \$20 - \$25. Renee LaCombe or Cody Fontenot. Sts. Peter and Paul Catholic Church, 1110 Old Spanish Trail, Scott. 337-852-5541 or 337-280-1362. RunSignup.com/Race/LA/Scott/ComeHomeForChristmas.

Very Berry Christmas Quest – 9 am-4pm. A family scavenger hunt. Pick up an activity list, holiday hats, discounts and goodies, and then return them to the Landscape Ranch, 1300 E Main St, to be entered in prize drawings. The Iberia Parish Convention/Visitors Bureau offer holiday ornament crafts at the welcome center, 2513 Hwy, 14. Shelley Duran. Greater Iberia Chamber of Commerce Office, 111 W, Main St, New Iberia. 337-364-1836. IberiaChamber.org.

Delcambre Christmas Boat Parade 4-9pm. A Night-time lighted boat parade celebrates Christmas. Free. Delcambre Docks, 411 South Richard St, Delcambre. 337-658-2422. Iberiatravel.com.

Magic on Main Christmas Parade – 6pm-8:30pm. Events throughout the day, Christmas music and performances, crafts vendors, “Frozen” children's costume contest and lighting of the Community Christmas Tree. Parade sponsored by the New Iberia Downtown Business Association. Historic Downtown, Main St, New Iberia. 337-369-2330, CityOfNewIberia.com.

The Nutcracker – 7pm. Thru Sunday 2pm Dec 13. Principal guest artists from Pacific Northwest Ballet and 150 children studying ballet in local academies perform in this full length classical ballet presented by Lafayette Ballet Theatre. Heymann Performing Arts Center, 1373 S College Rd, Lafayette. 337-262-0444. LafayetteBalletTheatre.org.

Sunday December 13

The Bayou Church Christmas Concert – 6:30pm. Celebrate the Christmas season with some favorite songs in a variety of styles and enjoy winter refreshments and snacks. Free. The Bayou Church, 2234 Kaliste Saloom, Lafayette.

Lessons and Carols – 7:30pm. Traditional candlelight service of readings and choral music for the Christmas season in beautiful ambiance. Free. St. John Cathedral, 914 St. John St, Lafayette. 337-232-1322. SaintJohnCathedral.org.

Tuesday December 15

Les Cenelles Gala – 7pm. North Lewis Elementary French immersion students read from Les Cenelles, and their own original poems, accompanied by Zachary Richard, Louisiana's French language Poet Laureate. Free. Haynie Family Historical Foundation, The State Library of Louisiana, Action Cadienne and the Festivals Acadiens et Créoles. Sami Haggood. Iberia Parish Library- Main Branch, 445 E Main St, New Iberia. 337-364-7150. SHaggood@IberiaLibrary.org.

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- Melbourne/Vero, FL
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- Hawaiian Islands
- Chicago, IL
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- Hudson County, NJ
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- North Central NJ
- South NJ
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Natural Awakenings recently won the prestigious FBR50 Franchise Satisfaction Award from Franchise Business Review. To learn more, visit FranchiseBusinessReview.com

ongoing events

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sunday

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

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

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

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

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

monday

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

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

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

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

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

ation Center, 1919 Eraste Landry Rd, Lafayette.

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

tuesday

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

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

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

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

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

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

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

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

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

wednesday

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

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

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

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

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

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

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

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

thursday

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

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

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

friday

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

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

saturday

Opelousas Farmers' Market – 6-9am. See Tues

listing. Farmers' Market Pavilion, 828 E Landry St, Opelousas. 337-543-6626.

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

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

Eunice Farmer's Market – 8am. See Wed listing. Corner of 2nd St & Park St, Eunice. 337-457-6503. EuniceLa@hotmail.com.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

337-369-2330. Facebook.com/TecheFarmersMarket.

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

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

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

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

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

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

Noel Acadien au Village Nightly – 5:30-9pm. Thru Wednesday Dec 23. An Acadiana holiday tradition, with splendor of over half a million lights, entertainment, local cuisine, photos with Santa and carnival rides. \$10. LARC's Acadian Village, 200 Greenleaf Dr, Lafayette. 337-981-2364. AcadianVillage.org.



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Natural Awakenings Advanced Healing Skin Cream

{ Satisfied Customer }

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

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

~ Jim

The holidays are occasions for celebrations and good will toward all. Don't let chapped or dry, flaky skin get in the way of your enjoyment. *Natural Awakenings Advanced Healing Skin Cream*, a soothing therapeutic balm made with exclusive Manuka Honey from New Zealand, makes a great stocking stuffer for a special someone.



Restore Your Skin to Natural Youthful Beauty

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

Discover what our amazing skin cream can do:

- Provides Ultra-Hydration of Skin
- Enhances Anti-Aging and Skin Renewal
- Soothes Dry, Itchy, Cracked Skin
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MANUKA HONEY is produced by bees that pollinate New Zealand's Manuka bush. Advocates tout its antibacterial properties.



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Therapeutic Qualities

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

Our Skin Cream Contains:



Hydration is a Must

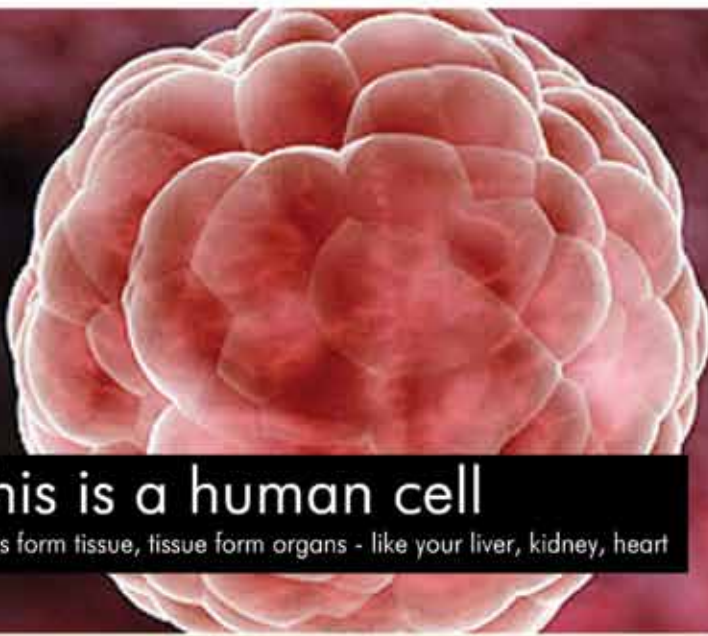
The skin has a water content of 10 percent to 30 percent, which gives it a soft, smooth and flexible texture. The water comes from the atmosphere, the underlying layers of skin and perspiration. Oil produced by skin glands and fatty substances produced by skin cells act as natural moisturizers, allowing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

What Is Manuka Honey?

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

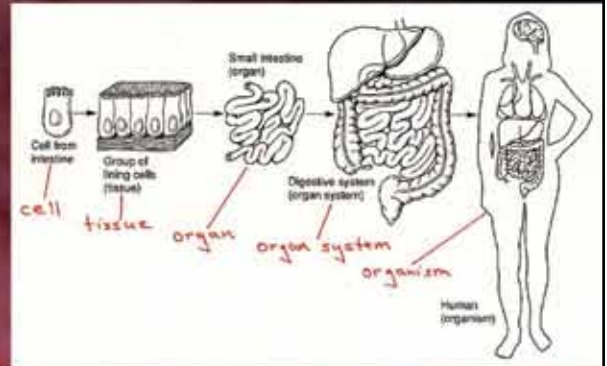
The body can heal if given the proper nutrients, at the proper time, in the proper amount.

living juices - organic juices from raw vegetables and fruit. Living juices feed the cells in the body. They rebuild and repair the body.



This is a human cell

cells form tissue, tissue form organs - like your liver, kidney, heart



living juices
12 oz organic juice
cold press juiced to order

"we juice your order the day you order and pick it up"

\$12 per bottle
minimum order 9 bottles

Call 896-4141 to order.

Specialty Vitamins and Supplements

Whey Protein (Vanilla)

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



.....\$45.00

Organic Fiber

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



.....\$35.00

pH 9.5 Drops

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



.....\$30.00

Women's Libido

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



.....\$35.00

Lecithin



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

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

.....\$30.00

Garcinia Cambogia

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



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

.....\$35.00

WheTea Ab Fat Burner

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



.....\$20.00

Mood Enhancer

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



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

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

Women's Hormone Balance



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

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

.....\$35.00

Phase 2 Starch Complex



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

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

.....\$35.00

Digestive Enzyme Complex



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

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

BF-4 Weight Loss



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

.....\$45.00

Manglier Tea

mong-lee-AY

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



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

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

.....\$24.00

Raspberry Ketone Drops



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

.....\$30.00

Natural Medicine and Nutrition Centers



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

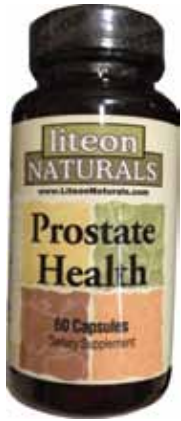


166 Oak Tree Park Dr. #H, Sunset
(337) 662-3120



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

Prostate Health



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

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

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

Melatonin



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

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

Maca



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

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

Rhodiola



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

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

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

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

Pain & Inflammation Enzyme



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

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

Cal-Mag-Zinc with Vitamin D



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

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

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

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

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

Shark Cartilage



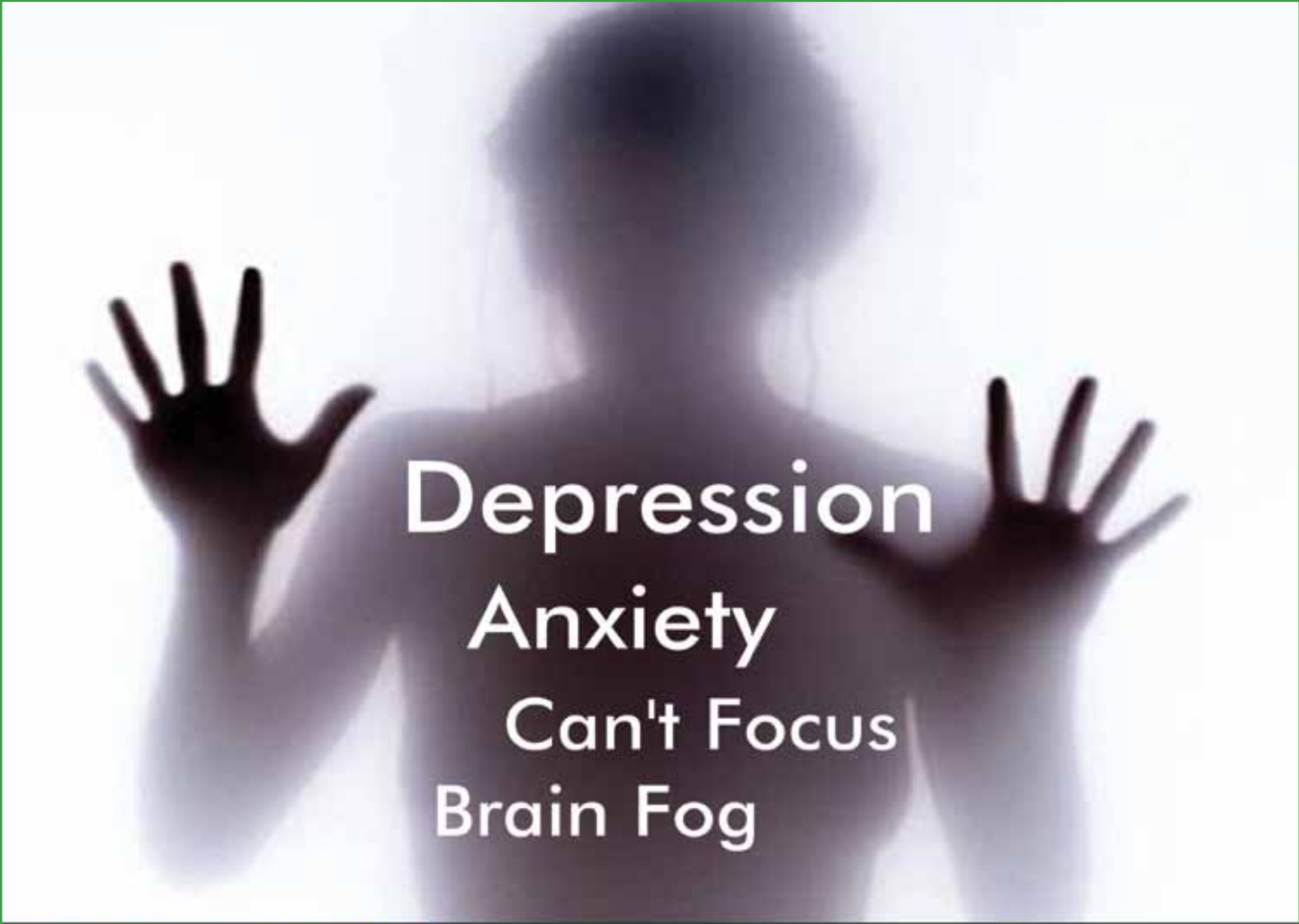
For joint health support, try Liteon Natural's Shark Cartilage! This all-natural formula delivers nourishment for joint care with the help of a biological structure similar to that of the cartilage that cushions joints. Our convenient capsules supply a potent 750 mg of pure shark cartilage for everyday

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

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



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Depression
Anxiety
Can't Focus
Brain Fog



Mood Enhancer can help you.
OUR BEST DEPRESSION SUPPLEMENT FORMULA

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RESTORE

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A Customized Wellness Program to Rebuild Your Health



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RESTORE MY HEALTH

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Do you have

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

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

RESTORE Health Program

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

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

Both women are 60 years old

What is the difference between the two?



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



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

Nutrition, vitamin therapy and holistic therapies are powerful paths to healing and maintaining a strong body.

Visit one of our centers today.

Learn how you can reduce inflammation, reduce your chances of developing cancer or heart disease, control diabetes, reduce your cholesterol, or simply maintain your current good health.

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Vitamin Deficiencies

Can be the reason you are sick

BIOTIN DEFICIENCY

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

CALCIUM DEFICIENCY

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

CHROMIUM DEFICIENCY

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

COENZYME Q DEFICIENCY

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

COPPER DEFICIENCY

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

IODINE/IODIDE DEFICIENCY

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

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

IRON DEFICIENCY

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

MAGNESIUM DEFICIENCY

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

OMEGA 3 (EPA + DHA) DEFICIENCY

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

VITAMIN A DEFICIENCY

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

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

VITAMIN C DEFICIENCY

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

VITAMIN D DEFICIENCY

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

VITAMIN E DEFICIENCY

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

VITAMIN K DEFICIENCY

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

VITAMIN B1 (THIAMIN) DEFICIENCY

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

VITAMIN B6 DEFICIENCY

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

VITAMIN B9 (FOLIC ACID) DEFICIENCY

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

Deficiency During Pregnancy: Neural tube defects including spina bifida.

VITAMIN B12 DEFICIENCY

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

TRYPTOPHAN

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

ZINC DEFICIENCY

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

ORAL CONTRACEPTIVES

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

DHARMA Wellness Center

Vitamin Test Call: 662-3120

3 Days a Week - Up to 9 Treatments each Week

Restore Your Health

RESTORE Health Program

Carencro Office: 896-4141

Sunset Office: 662-3120

Whole Body Vibration Therapy

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

Aqua - Hydro Massage Therapy

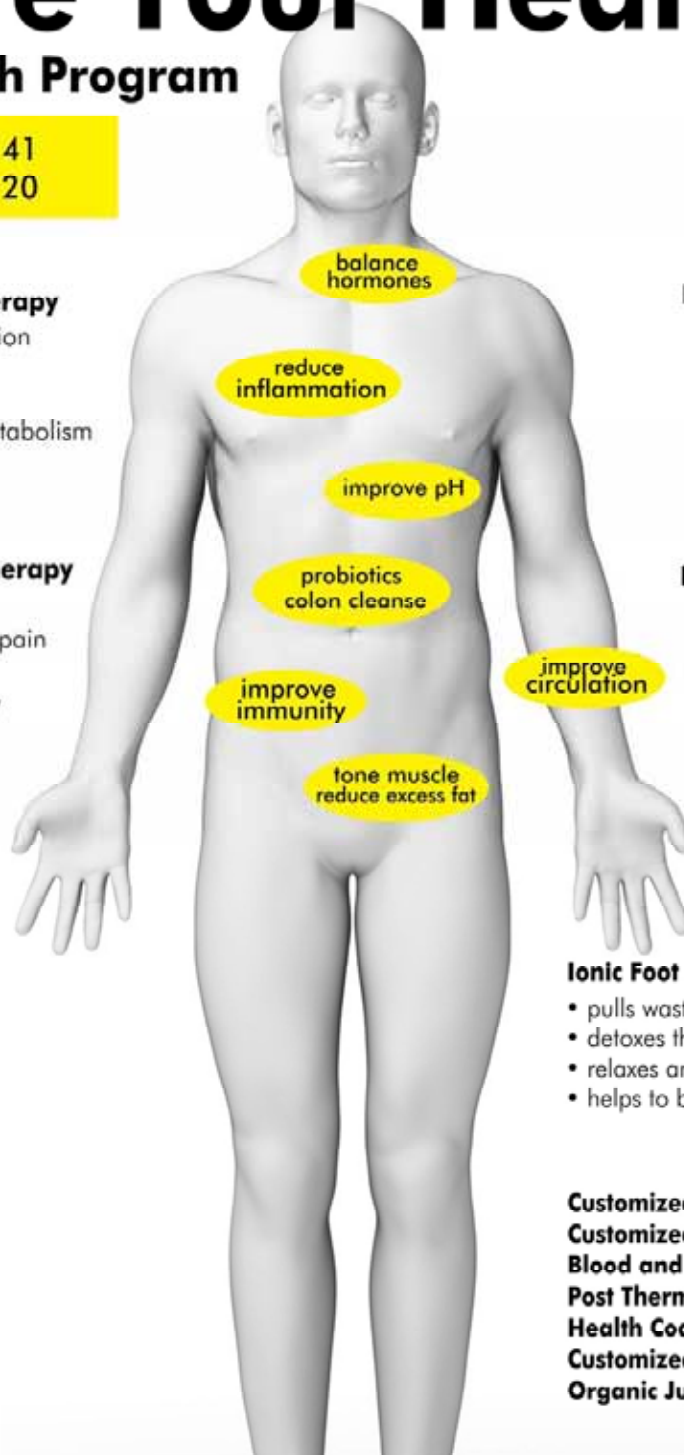
- lymphatic massage
- reduces inflammation and pain
- encourages blood flow
- relaxes and resets the body

Zerona Cold Laser Therapy

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

Biofeedback Therapy

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



Infrared Sauna Therapy

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

Liquid Vitamin Hydro-Therapy

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

Ionic Foot Detox Therapy

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

Customized Vitamin Therapy Program

Customized Diet and Eating Plan

Blood and Labwork

Post Thermography Imaging Exam

Health Coaching

Customized Wellness Plan and Instruction

Organic Juicing

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

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

INFRARED SAUNA THERAPY

INCREASED METABOLISM AND WEIGHT LOSS

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



A BOOSTED IMMUNE SYSTEM

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

DETOXIFICATION OF THE BODY

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

RELIEF FROM PAIN

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

RELIEF FROM STRESS

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



AQUA MASSAGE THERAPY



COMBINATION OF HEAT AND MASSAGE

Another benefit of water massage is the use of heat as a modality of treatment. The water is warmed to a temperature suitable to the patient's sensitivity level. Heat has long been a therapeutic treatment choice of chiropractors and physical therapists in treating soft-tissue injuries and sports-related muscle strains. Heat and massage

together may help reduce muscle tension and pain, increase joint range of motion and encourage blood flow.

MUSCLE BENEFITS

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

HEALTH BENEFITS

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

WHOLE-BODY VIBRATION



LOW IMPACT EXERCISE

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

ION FOOT DETOX THERAPY



Ion Detoxification Therapy

Avoiding disease and maintaining vitality as we age requires the maintenance of an alkaline environment throughout the body – which is virtually impossible to accomplish in our

high-tech, high-stress, toxic society, unless we follow a detoxification program. Ionic Detoxification Therapy is a simple, relaxing treatment.

How will it make you feel?

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

How does it work?

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

LIQUID VITAMIN THERAPY



INFRARED EFFECTS

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

HYDROFUSION™

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

CHROMOTHERAPY

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

VIBRATORY MASSAGE

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

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



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.

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.



\$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)



Cold Laser

FAT
~~Weight~~ Loss Treatment

No Exercise Required

Zerona

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

12 Treatments \$850
9 Treatments \$675

Carencro Office: (337) 896-4141

Protect your health

with a Wellness Center Membership

A healthy body should have adequate circulation. Be free of inflammation. Have adequate oxygen. Eliminate and detox daily and frequently. It should have proper nutrition and adequate supplementation of vitamins and minerals. The body should be properly hydrated and free of stress to be healthy.

When routine imaging, bloodwork, or urine sampling is done, the body should perform within acceptable levels.

Wellness Center Membership

Membership at all three wellness center locations

one visit per month at any location

\$39

per month

plus tax and \$69 registration

**Infrared saunas
Whole body vibration exercise
Massage therapy
Ionic foot bath detox
Hydration therapy
Salt water pool
Walking track
Fitbit aerobics, yoga, meditation
Thermography imaging
Vitamin testing**

**Fitness gym
Personal trainers
Health coaches
Vitamin programs
Organic juicing
Nutrition programs
Inversion therapy
Whey protein smoothies
Weight loss programs
Zerona**

\$39 / month

12 Infrared Sauna*
12 Whole Body Vibration*
12 Foot Detox*
6 Hydration Therapy*
6 Water/Lymphatic Massage*
1 Vitamin Test
12 Month Supply of Wheatgrass
2 Thermograms*
6 pH Acid Testing & Body Comp*

INDIVIDUAL FULL PRICE: \$2,709

Begin your wellness center membership immediately. First thermography exam after third month. Vitamin test in the first month. One visit per month at either of our wellness centers. Get a free one year supply of wheatgrass (one 16-count box per month). Body composition testing six times a year. Overnight stay at our Caribbean Wellness Center campground (cabin rental included - anytime after first six months of membership).