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Kids Love



December 2016 | Acadiana-Edition | www.NAacadiana.com

Technology and Integrative Medicine



In 1998 Dr. Steven T. Castille designed and developed an integrated computer-aided diagnostic decision support system (CADDSS) in his graduate research study at the University of Southwestern Louisiana.

The CADDSS is a software system that supports the investigation or analysis of the cause or nature of a condition, situation, or problem.

Dr. Castille is continuing his research and the development of CADDSS to build predictive non-pharmacological management for healthcare of high-risk and critical care patients with cancer, diabetes, hypertension, stroke, and heart disease.

Basically, CADDSS can be thought of as a computer-based problem-solving "tool". It helps healthcare professionals make decisions about a specific disease or health problem.

CADDSS is a rule-based expert system that solves problems and makes analytical and clinical predictions based on existing data generated from hundreds of previous cases.

Dr. Castille completed his graduate research and degree in engineering and technology management with an earlier degree in chemistry and later doctorate in natural medicine to become the founder and CEO of a technology company called LITEON Investments.

LITEON Investments is a research and development company in nutritional supplements, health and wellness centers, and non-pharmacological approaches to healthcare.



Dr. Steven T. Castille
Integrative Medicine and Oncology Research

What is a Wellness Center?

We are a hub of innovation and collaboration among researchers, physicians, practitioners, and local healthcare professionals. We are a go to source to transform lives and the way communities think about wellness.

RESEARCH DRIVES OUR ENGINE FOR WELLNESS

Achieve true wellness from the inside out through mind, body and spirit. Our holistic approach addresses sleep, stress, nutrition, metabolism and physical fitness to empower people to live at their full potential. Visit today, to discover how our wellness services can benefit you.

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With an evidence-based approach to weight management, you'll have access to individualized programs designed to help you meet all your weight loss goals and transform your life.

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Open your eyes to our research-based, whole-person approach to wellness. We use the latest technology and give you everything you need under one roof and multiple locations to support your goals.

OUR WAY IS YOUR WAY

We envision a world empowered by wellness. The multi-disciplinary teams at our wellness centers are focused on helping you become and stay well. Our integrated, holistic approach connects you to your purpose, revealing your personal wellness needs, and helps you make the right choices in nutrition, behavior, body and mind. The result is sustainable behavior changes that lead to measurably improved health and well-being and drastically improved quality of life.

TRANSFORMING LIVES

Founded by Dr. Steven T. Castille, the LITEON Natural Health Center grew into three additional branches. Bringing together state-of-the-art facilities with top researchers and scientists, our goal is to create a premier go-to research facility for wellness and integrated programs providing whole-person support. Our scientific, evidence-based wellness strategies extend well beyond the walls of our centers to reach communities, transforming lives every step of the way. When life is transformed, you see how wellness changes everything.



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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 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

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



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

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



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Acadian Juniors Volleyball Club Offers Youth Development Program

The Acadian Juniors Volleyball Club is offering a youth development program designed for both girls and boys, ages 10 to 12 years old. The program caters to individuals who are being introduced to the game of volleyball, and accommodates more experienced players who would like to enhance their skills but are unable to commit to the travel club volleyball programs.



During each practice, participants are taught basic volleyball skills, including complete fundamentals of game situations and rules. As a part of the program, youth take part in competitive tournaments, but in a less stressful environment. The tournaments are designed for students to learn the basics of game situations and allow coaches to step on the court when needed to offer additional one-on-one instruction to players. In addition to teaching volleyball skills, the program focuses on conditioning for each participant.

For more information, call 337-344-4001 or visit AcadianJuniors.com.

First Baptist Lafayette Presents 'I'll Be Home for Christmas'



First Baptist Lafayette will present five live performances of I'll Be Home for Christmas, a spectacular musical and stage presentation featuring traditional Christmas and WWII era music, beginning December 7 through December 11. Performances Wednesday through Friday start at 7 p.m. and begin at 3 p.m. on Saturday and Sunday.

In recognition of the historic 75th anniversary of the attack on Pearl Harbor, the play details a factual account of the true meaning of Christmas and how it was experienced in December 1941. The play is free and open to the public.

Location: 1100 Lee Ave., Lafayette. For tickets and information, visit FBCLaf.org or call 337-593-3757.

Gerald's Tree Farm Offers Cajun Live Oak Trees



Gerald's Tree Farm, located in Youngsville, is offering Cajun live oak trees. The live oak is an extraordinary tree with a wide spreading canopy providing large shady areas and is a magnificent

cornerstone for all types of landscape. The tree can grow up to an average of 50 feet in height and can have trunks ranging from three to six feet in diameter. A live oak can live for hundreds of years if properly maintained and nourished.

Gerald's Tree Farm grows each live oak with their unique container growing system, ensuring that each tree is replanted with its entire root system, allowing for a stronger transplant and foundation to continue growth. Additionally, the Farm provides delivery and installation.

Gerald's Tree Farm is certified by the Louisiana Nursery and Landscape Association and has more than 15 years of experience in tree growing and management.

Location: 707 Chemin Metairie Rd., Youngsville. For more information, call 337-856-5770 or visit GeraldTreeFarm.com.

Chicken Salad Chick Opens New Location in Lafayette



Chicken Salad Chick, a unique restaurant for chicken salad lovers, has a new location at 101 Saloom Farm Road, Suite 101, in Lafayette.

Chicken Salad Chick offers salad flavors that are handmade every day using premium chicken tenderloin as a base for the salad. Each salad recipe is crafted with a special combination of sweet and savory ingredients accompanied by an exclusive blend of spices and seasonings. Specialty salads include flavors such as hickory smoked BBQ; zesty ranch with bacon; buffalo; cranberry and almond; and more.

In addition to chicken salad, the menu also boasts fresh side items, such as grape and broccoli salad, homemade pimento cheese, gourmet soups and seasonal desserts. Chicken Salad Chick is open Monday through Saturday from 10:30 a.m. to 8 p.m. and offers catering for all occasions.

For more information, call 337-983-2350 or visit ChickenSaladChick.com/LafayetteAmbassador.

Are you overweight?

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Naturopathic Medicine Goes Mainstream

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

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healthbriefs

A Cup of Peppermint Tea Boosts Alertness

Researchers from Northumbria University, in England, have discovered that drinking peppermint tea can improve working and long-term memory. After 180 healthy adults filled out questionnaires about their mood, they were selected at random to consume one of three drinks—peppermint tea, chamomile tea or water—and then rested for 20 minutes.

The subjects were then tested for memory and other cognitive factors and given a second mood questionnaire. Those that drank peppermint tea exhibited improvements in both types of memory and were more alert than the other two groups. The participants that drank chamomile tea displayed reductions in both memory and attention functions compared to the others.

Researcher Mark Moss, Ph.D., notes, "The enhancing and arousing effects of peppermint and the calming, sedative effects of chamomile observed in this study are in keeping with the claimed properties of these herbs and suggest beneficial effects can be drawn from their use."



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Fracking Linked to Asthma Attacks

Researchers from the Johns Hopkins School of Public Health have found that individuals living close to a natural gas hydraulic fracking site have a significantly higher occurrence of asthma attacks. The study examined health records from the Geisinger Health System, a healthcare provider in Pennsylvania, where the fracking industry has experienced incredible growth of more than 9,000 natural gas wells in the past decade.

The records of more than 35,000 Geisinger asthma patients between the ages of 5 and 90 were studied between 2005 and 2012. Patients that reported attacks were mapped and studied in relation to the fracking well locations, and the results compared with other patients not reporting attacks in the same year. The researchers discovered that those that lived in close proximity to multiple or larger active natural gas wells were 1.5 to four times more likely to experience asthma attacks.

Brian S. Schwartz, a medical doctor and a professor in the Department of Environmental Health Services at the Bloomberg School, in Baltimore, Maryland, was the senior author of the study. He states, "We are concerned with the growing number of studies that have observed health effects associated with this industry. We believe it's time to take a more cautious approach to [fracking] well development with an eye on environmental and public health impacts."



bubutu/Shutterstock.com

Don't let the past steal your present.
~Taylor Caldwell

Cranberries Reduce Urinary Tract Infections



Cranberries, a staple on most holiday tables, can help women reduce their risk of urinary tract infections (UTI). A recent study published in the journal *Phytotherapy Research* tested the impact of consuming whole-cranberry fruit powder on women that had experienced two or more UTIs in the previous 12 months.

Of the 182 study participants, 89 were given 500 milligrams of the cranberry powder daily for six months. The remaining 93 women ingested a placebo. The cranberry group reported significantly fewer

infections than the placebo group. In addition, it took the women in the cranberry group more time to develop a first UTI than the women in the control group.

matka_Waraiika/Shutterstock.com

Bright Lights Encourage Healthy Eating

Research published in the *Journal of Marketing Research* links bright light to healthier food choices.

The study observed 160 diners at four separate metropolitan locations of a chain dinner restaurant between 6 and 8 p.m. Two of the restaurants used bright lighting (250 lux luminance) and the other two locations had dim lighting (25 lux luminance). The researchers found that diners at the well-lit locations were more likely to choose healthy options such as baked or grilled fish and chicken than the patrons at the dimly lit restaurants.

These results were replicated in a laboratory test of 700 college students where scientists attributed students' healthier choices to the alert feelings that being in a bright room elicits.



Chomes/Shutterstock.com

Teens Hooked on Ear Buds Prone to Tinnitus

Researchers from the University of São Paulo Medical School, in Brazil, have found high levels of tinnitus, a ringing or buzzing in the ear, and hearing loss in adolescents that use ear bud speakers. They examined the hearing of 170 students between the ages of 11 and 17 and asked them about their experiences with tinnitus in the previous year. More than half of the respondents had experienced the condition.

The principal investigator for the study, Tanit Ganz Sanchez, an associate professor of otolaryngology at the medical school, notes that the prevalence of tinnitus among adolescents should be viewed as an early warning of a serious hearing loss risk. She says, "If this teenage generation continues to expose themselves to very high noise levels, they'll probably suffer from hearing loss by the time they're 30 or 40."



Claudia Paulussen/Shutterstock.com

Why Some Kids Grow Up with Fewer Allergies



A study in the journal *Pediatrics*, published by the American Academy of Pediatrics, has found that the common childhood habits of thumb sucking and nail biting can reduce the risk of adolescent and adult allergies.

Researchers followed more than 1,000 individuals from 5 through 32 years old, monitoring these two habits at ages 5, 7, 9 and 11. The subjects were tested for allergies at 13 using a skin-prick test and again at 32. Of all participants, 31 percent were

frequent thumb suckers and nail biters, and those children had a lower incidence of allergic reactions than the others.

These results support a hygiene hypothesis suggesting that early exposure to microbial organisms reduces the risk of developing allergies.

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What is Inflammation

There are actually two phases of inflammation. The first phase is the initiation phase that causes the heat, pain, swelling, and redness associated with inflammation from ancient times. However, there is a second phase called the resolution phase that reverses the initiation phase and allows tissue regeneration. As long as these two phases of inflammation are balanced, this becomes the molecular definition of wellness. If either phase is unbalanced, then we generate a state of low-level chronic inflammation that ultimately leads to loss of function. This inability to manage chronic inflammation can be used as a molecular definition of aging.

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- Flush out toxins
- Lower blood pressure
- Increase immune system
- Can reduce parasitic growth
- Reduce aging



WEIGHT LOSS

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globalbriefs

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

Ocean Watch Sea Mammals Update

2016 was a mixed year for whales and dolphins and by extension, humans. Marine Biologist Sylvia Earle states the importance of ocean health this way: "With every drop of water you drink, every breath you take, you're connected to the sea. The ocean is the blue heart of the planet. There's still time, but not a lot, to turn things around."



Scientists have discovered a new, black-colored species of whale that's one-third the size of a Baird's beaked whale. Yet to be named, it's rarely seen, feeding in deep canyons in the Bering Sea.

The oldest-known orca whale, Granny, at 105, swims Washington's coastline. Wild orcas usually live 60 to 80 years; captives, 40 years at most. Iceberg, the only known adult white orca, age 22, was spotted in Russian coastal waters earlier this year.

In 2013, a Korean marine park retrained five dolphins to feed naturally and released them into the sea, where they rejoined their original pod. Recent sightings found them thriving, affording hope for the 2,900 dolphins in marine parks, aquariums and zoos worldwide.

Pink dolphins in Hong Kong's bustling harbor remain endangered. In 2003, there were 158; by 2014, only 61. The Baiji River dolphin, only found in China, has been declared extinct. Vaquitas, small porpoises in the Gulf of California, declined from 97 in 2014 to 60 this year, most drowned in commercial fishing nets; it may be extinct by 2018.

Bye-Bye Birdies North American Species at High Risk



The 2016 annual Audubon Great Backyard Bird Count in February (Audubon.org/content/2014-great-backyard-bird-count-summary) and a report compiled by the North American Bird Conservation Initiative (StateOfTheBirds.org/2016) show that more than a third of all North American bird species are at risk of becoming extinct unless significant action is

taken, especially ocean and tropical birds. The governments of Canada, the United States and Mexico created the North American Bird Conservation Initiative in 1999.

More than half the species that rely on oceans and tropical forests are on a special watch list because of small and declining populations, limited ranges and severe threats to their habitats. The report pinpoints invasive predators such as rats and cats on nesting islands, as well as overfishing, pollution and climate change. Ways to address the problem include removing predators, expanding protected marine areas and reducing the amount of plastic products that end up in the ocean and can trap or choke birds.

Many species such as long-distance migratory shore birds in coastal, grassland and arid habitats are declining steeply. The main causes are rising sea levels, coastal development, encroaching human activity and oil spills.



Vladimir Zhoga/Shutterstock.com

Good Move

Officials Urge Chinese to Cut Meat Consumption

Chinese officials have announced dietary guidelines designed to reduce the country's meat consumption by 50 percent. The campaign includes a series of billboards and advertisements featuring American celebrities Arnold Schwarzenegger and James Cameron.

"China's move to cut meat consumption in half would not only have a huge impact on public health, it is also a massive leadership step towards drastically reducing carbon emissions and reaching the goals set out in the Paris agreement," says Cameron.

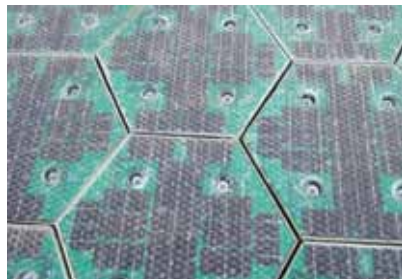
Source: *EcoWatch.com*



lunif/Shutterstock.com

Solar Sidewalk

Missouri Debuts Energy-Generating Pavers



courtesy of Solar Roadways

Missouri is rolling out a set of energy-generating photovoltaic pavers along a section of the iconic Route 66 highway in a sidewalk pilot project—the first on a public right of way—in the U.S. The street pavers were developed by Solar Roadways, a company created by inventors Scott and Julie Brusaw, which raised more than \$2.2 million in crowdfunding in 2014 to bring their technology to market.

The Brusaws claim that replacing all of America's roads and parking lots with their solar pavers would generate more than three times what the country consumed in electricity in 2009.

The Missouri Department of Transportation considered their own crowdfunding campaign to support their energy experiment; plans called for the hexagonal solar panels to be fully installed and operational by the end of this year.

Source: *NBC*

Greening Planet

Satellites Reveal Unexpected Plant Growth

The study *Greening of the Earth and its Drivers*, published by an international team in the journal *Nature Climate Change*, shows significant greening of a quarter to one-half of the Earth's vegetated lands based on satellite data from the past 33 years. This represents an increase in leaves on plants and trees that produce sugars using sunlight energy to mix atmospheric carbon dioxide (CO₂) with water and nutrients from the soil.

These sugars are the source of food, fiber and fuel for life on Earth. More sugars are produced when there is more of this greenhouse gas in the air in a process called CO₂ fertilization.

About 85 percent of the Earth's land is free of ice and covered by vegetation, currently encompassing 32 percent of the planet's total surface area. Lead author Dr. Zaichun Zhu, a researcher from Peking University, in China, states, "The greening over the past 33 years reported in this study is equivalent to adding a green continent about two times the size of mainland USA, and has the ability to fundamentally change the cycling of water and carbon in the climate system." The effect may serve as a carbon sink to help counter climate change.

Source: *Boston University*



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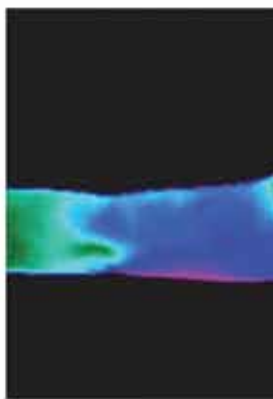
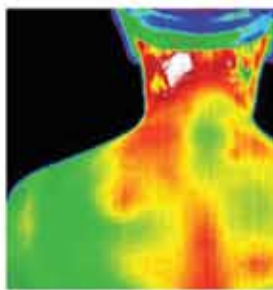
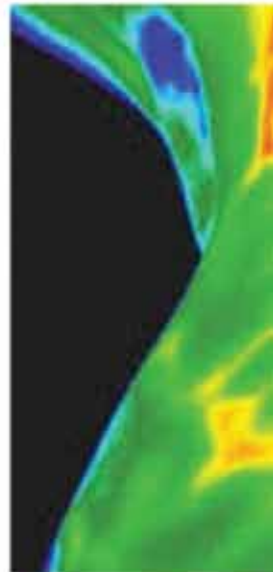
Extinction Scenario

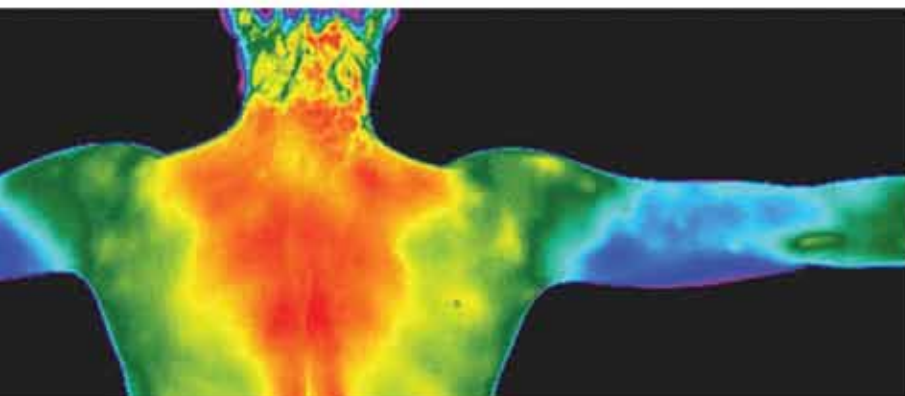
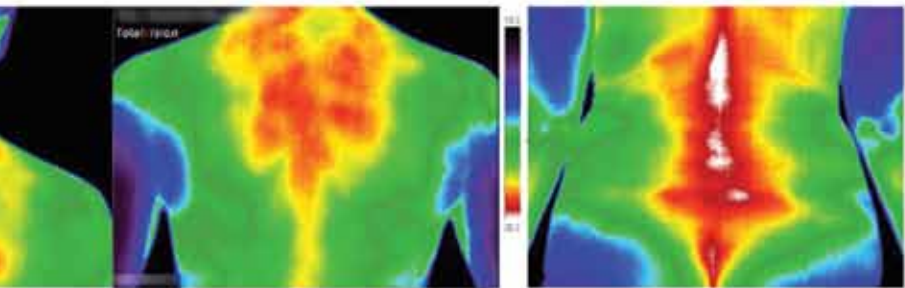
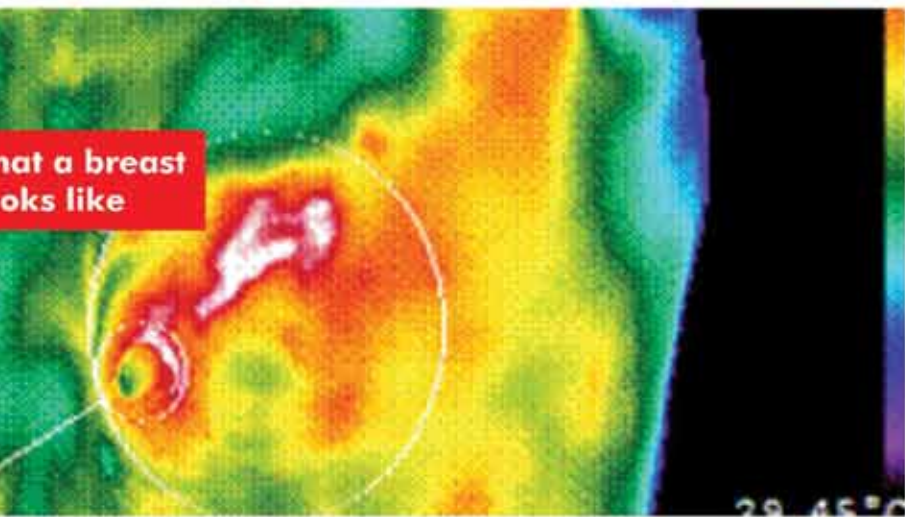
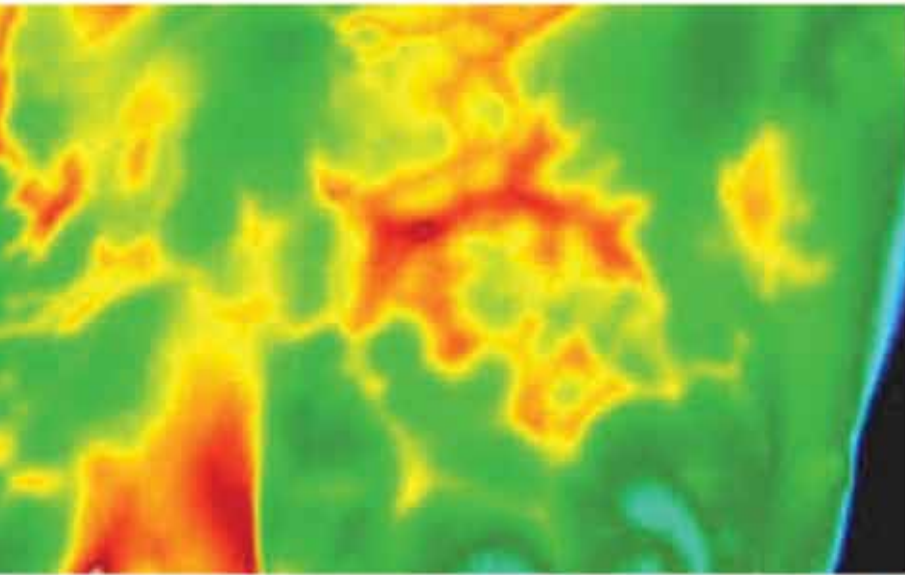
Humans an Endangered Species

The UK-based nonprofit Global Challenges Foundation's annual report on global catastrophic risk (Tinyurl.com/GlobalExtinctionReport) has found that the risk of human extinction is higher than we might expect. *The Stern Review* (Tinyurl.com/The-Stern-Review), the British premier government report on the economics of climate change, estimates a 0.1 percent risk of human extinction every year.

"We don't expect any of the events that we describe to happen in any specific 10-year period. They might—but on balance, they probably won't," says Sebastian Farquhar, director of the Global Priorities Project. United Nations-approved climate models estimate that temperatures might rise six to 10 degrees Celsius, which pushes the probability of extinction beyond 3 percent, even with a considerable decrease in carbon emissions.

Nuclear war, natural disasters such as volcanic eruptions, genetic engineering gone awry and pandemic plagues figure in too, but the biggest threat might be the ever-increasing human population. According to a paper published in the journal *Nature* by Elizabeth Hadly, a professor of environmental biology at Stanford University, such growth has followed the trajectory of a typical invasive species and suggests there may be a looming global population downturn. Still, humans are capable of exponentially growing their population several times over through the invention of new technologies and cultural shifts, regardless of Earth's natural carrying capacity.





Breast Thermography

A mammogram is used to detect breast cancer. It looks for a solid mass (tumor). If none exists, then you are told to come back next year and you will be checked again to see if you have a breast cancer. Mammograms do not predict that you will have breast cancer next year or the following year.

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By detecting minute variations in normal blood vessel activity, a thermogram may find thermal signs suggesting a pre-cancerous state of the breast or the presence an early tumor that is not yet large enough to be detected by physical examination, mammography, or other types of structural imaging.

What happens if you have an abnormal thermography exam?

You are assigned a health coach, enroll in a wellness plan, follow a nutritional supplement plan and diet to prevent further activity that could lead to a breast cancer.

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Schedule a
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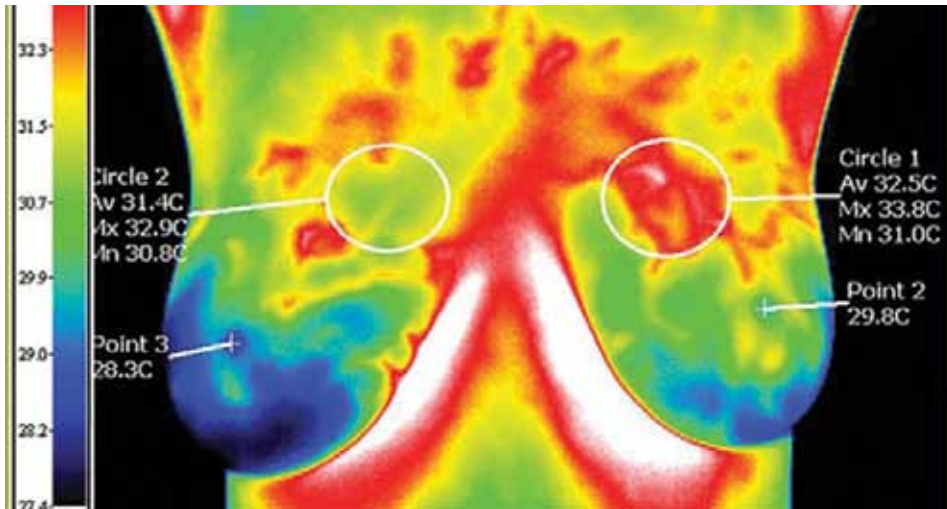
What's going on in my body?

A thermography exam detects inflammation.
Inflammation is a silent killer and is the precursor to
most major health conditions including cancer.

Breast Thermography

1 Mammogram = 1,000 Chest X-Rays

by Marcia Foreman, MD



Mammograms today are considered the standard tool to detect breast cancer. Women are normally encouraged to get mammogram testing every one or two years as they enter later adulthood, as a measure to detect breast cancer as early as possible.

But mammogram testing is not harmless. In fact, mammograms are considered by some in the medical community to be so dangerous as to even promote the development of cancer, due to the heavy amounts of ionizing radiation mammograms use. A single test can expose you to the same amount of radiation as 1,000 chest X-rays—that's nearly the equivalent of three chest X-rays per day for a year, an amount if seen from that perspective certainly gives one pause.

Indeed, according to top cancer expert Dr. Samuel Epstein, "The premenopausal breast is highly sensitive to radiation, each 1 rad exposure increasing breast cancer risk by about 1 percent, with a cumulative 10 percent increased risk for each breast over a decade's screening."

More importantly, mammograms have an almost negligible ability to prevent cancer deaths, according to the *New England Journal of Medicine*. A September 2010 study found that mammograms only reduced cancer death rates by .4 deaths for every 1,000 women who received annual testing for 10 years, which means that only 1 breast cancer death was averted per 2,500 women.

What most doctors won't tell you, however, is there's a safer, far more accurate alternative. The technology, called thermography, does not rely on radiation, but instead scans for heat levels in the body to detect inflammation. It's so safe in fact that it poses no risks even to pregnant and nursing women. Cancerous and pre-cancerous cells are normally characterized with inflammation first before any growth visible on by mammography, and so thermograms are able to detect cancer years earlier than any other method.

A study conducted on women who received regular thermogram screenings over a ten year period found that an abnormal thermogram scan was ten times more reliable as a risk measure for breast cancer than family medical history. In addition, it also found that thermography was the first detector of potential cancer for 60% of the women who developed it.

According to Dr. Philip Getson, who has used medical thermography since 1982, "Since thermal imaging detects changes at the cellular level, studies suggest that this test can detect activity 8 to 10 years before any other test. This makes it unique in that it affords us the opportunity to view changes before the actual formation of the tumor. Studies have shown that by the time a tumor has grown to sufficient size to be detectable by physical examination or mammography, it has in fact been growing for about seven years achieving more than 25 doublings of the malignant cell colony."

At 90 days there are two cells, at one year there are 16 cells, and at five years there are 1,048,576 cells—an amount that is still undetectable by a mammogram."

Not only are thermograms better early predictors, they are far less likely to produce false positives, which mammograms are somewhat known for. The false positive rate for mammograms is 6%, which means it's a fairly regular occurrence, and is probable to occur at least once for the majority of women who undergo annual or biannual screenings. The result can be additional mammograms, meaning even more heavy radiation exposure, and worse, needless operations.

Thermography is safe, accurate, and non-invasive. You can usually find one thermography testing center in most major cities, and while it's not typically covered by insurance, it's relatively inexpensive—the average screening costs only \$250. For any woman, or man, at any age, an annual thermography screening is the ultimate check-up tool.

Sources:

http://www.huffingtonpost.com/christiane-northrup/the-best-breast-test-the_b_752503.html

<http://articles.mercola.com/sites/articles/archive/2012/03/03/experts-say-avoid-mammograms.aspx>

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means analysis of urine

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Wise Woodsmen

Norway Bans Deforestation Products

The Norwegian Parliament Standing Committee on Energy and Environment has pledged that the government will follow a deforestation-free public procurement policy, meaning that any product that contributes to deforestation will not be used by the country as part of an *Action Plan on Nature Diversity*. Rainforest Foundation Norway was the main lobbying influence behind this recommendation and has worked for years to bring the pledge into existence.

"This is an important victory in the fight to protect the rainforest," says Nils Hermann Ranum, head of policy and campaign for the committee. "Over the last few years, a number of companies have committed to cease the procurement of goods that can be linked to destruction of the rainforest. Until now, this has not been matched by similar commitments from governments. The Norwegian state is now following suit and making the same demands when it comes to public procurements."

Deforestation is estimated to comprise about 15 percent of all greenhouse gas emissions, contributing to climate change and disrupting natural cycles and livelihoods, according to the World Wildlife Fund. Removal of trees can disrupt a region's water cycle, resulting in changes in precipitation and river flow that also contribute to erosion.

Source: EcoWatch.com



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America Outdone

Venezuela Bans GMOs

Venezuela has passed a law that imposes some of the world's toughest regulations on genetically modified organisms (GMO) and patenting of seeds in order to consolidate national food sovereignty, regulate the production of hybrid seed, reject the production, distribution and import of GMO seeds and ban transgenic seed research. Canada's Centre for Research on Globalization describes it as one of the most progressive seed laws in the world.

The country intends to establish a national seed system to implement the new law. The group will monitor and sanction any agricultural violations, with a focus on the protection of traditional seeds.

Source: gmwatch.org

Patient Pets

Hospital Allows Cats and Dogs

Pet dogs and cats are visiting with their seriously ill owners, reducing stress and improving morale, at the Juravinski Hospital, in Hamilton, Ontario. The Zachary's Paws for Healing program, the first of its kind in Canada, was founded by Zachary Noble and his aunt, Donna Jenkins.

Before each visit, the animals are thoroughly cleaned so as not to introduce harmful germs, and brought in on covered, wheeled carts away from all other patients during their one-hour weekly visits. The all-volunteer program plans to offer foster care to pet owners that enter the hospital for treatment.

Learn more at ZacharysPawsForHealing.com.



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Eco-Toy Story

Safe, Fun Gifts for Kids

During the holiday gift buying season, it's good to recall the days of old-fashioned toys. Simple, wooden toys made with non-toxic paints are far safer than those sprayed with varnishes and paints containing lead and volatile organic compounds.

Plastics can emit unhealthy chemicals used during manufacturing, which also produces environmental pollution. Pieces can break off, possibly injuring soft skin, or be consumed by toddlers with dangerous results. A recent report by Environment California, a research and policy center, found that products designed for babies and young children, such as soft plastic teethers, bath accessories and others, contain phthalates. Many toys require batteries containing heavy metals like mercury and cadmium.

ChasingGreen.org recommends eco-conscious makers of toys available at *GreatGreenBaby.com*, including organic cotton stuffed animals; *Baby-Bunz.com*, featuring sustainably harvested cherry wood rattles and organic

Egyptian cotton animals; and *Green-Toys.com*, with play meal cookware and serving pieces made from bioplastic, consisting of a corn and starch resin. Here are other factors to consider.

Educational toys can “enhance language, conceptual understanding and numerical and spatial cognition,” according to a study in the journal *Mind, Brain and Education*. Six-to-8-year-olds can gain an appreciation for archaeology playing with Smithsonian toys available at *Barnes & Noble* and *BarnesAndNoble.com*. *PristinePlanet.com* sells wood puzzles, solar-powered robots and board games from the Golden Gate National Park Conservancy. The Discovery Channel Store has safe toys and books for kids.

Follow age guidelines in choosing gifts, advises Steve Pasierb, president and CEO of the Toy Industry Associa-



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tion. “Age-grading has nothing to do with how smart a child is—it’s based on the developmental skills and abilities at a given age and the specific features of a toy.”

Practice conservation while saving money by canvassing thrift and consignment shops for classic card and board games.

Cellular Inflammation

Cellular inflammation is the type of inflammation that is below the perception of pain. What it does is disrupt hormonal signaling at the cellular levels that leads to increased fat accumulation, acceleration of the development of chronic disease, and decreased physical performance.



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Cellular Inflammation

The Secret Killer

by Christine Gorman, Alice Park and Kristina Dell



Read this article carefully and understand that inflammation can cause damage to muscle, tissue, brain cells, nerve endings, cartilage, etc.

Inflammation is the silent killer. Chronic inflammation has been linked to almost every major disease we know and causes Alzheimer's, heart attacks, strokes, lupus, dementia, diabetes, high blood pressure, and even cancer.

Dr. Steven T. Castille
President, Acadiana Inflammation
Research Foundation

What does a stubbed toe or a splinter in a finger have to do with your risk of developing Alzheimer's disease, suffering a heart attack or succumbing to colon cancer? More than you might think.

As scientists delve deeper into the fundamental causes of those and other illnesses, they are starting to see links to an age-old immunological defense mechanism called inflammation — the same biological process that turns the tissue around a splinter red and causes swelling in an injured toe. If they are right — and the evidence is starting to look pretty good — it could radically change doctors' concept of what makes us sick. It could also prove a bonanza to pharmaceutical companies looking for new ways to keep us well.

Most of the time, inflammation is a lifesaver that enables our bodies to fend off various disease-causing bacteria, viruses and parasites. (Yes, even in the industrialized world, we are constantly bombarded by pathogens.) The instant any of these potentially deadly microbes slips into the body, inflammation mar-

shals a defensive attack that lays waste to both invader and any tissue it may have infected. Then just as quickly, the process subsides and healing begins.

Every once in a while, however, the whole feverish production doesn't shut down on cue. Sometimes the problem is a genetic predisposition; other times something like smoking or high blood pressure keeps the process going. In any event, inflammation becomes chronic rather than transitory. When that occurs, the body turns on itself — like an ornery child who can't resist picking a scab — with aftereffects that seem to underlie a wide variety of diseases.

Suddenly, inflammation has become one of the hottest areas of medical research. Hardly a week goes by without the publication of yet another study uncovering a new way that chronic inflammation does harm to the body. It destabilizes cholesterol deposits in the coronary arteries, leading to heart attacks and potentially even strokes. It chews up nerve cells in the brains of Alzheimer's victims. It may even foster the proliferation of abnormal cells and facilitate

their transformation into cancer. In other words, chronic inflammation may be the engine that drives many of the most feared illnesses of middle and old age.

This concept is so intriguing because it suggests a new and possibly much simpler way of warding off disease. Instead of different treatments for, say, heart disease, Alzheimer's and colon cancer, there might be a single, inflammation-reducing remedy that would prevent all three.

Chronic inflammation also fascinates scientists because it indicates that our bodies may have, from an evolutionary perspective, become victims of their own success. "We evolved as a species because of our ability to fight off microbial invaders," says Dr. Peter Libby, chief of cardiovascular medicine at Brigham and Women's Hospital in Boston. "The strategies our bodies used for survival were important in a time when we didn't have processing plants to purify our water, when we didn't have sewers to protect us."

But now that we are living longer, those same inflammatory strategies are more likely to slip beyond our control. Making matters worse, it appears that many of the attributes of a Western lifestyle — such as a diet high in sugars and saturated fats, accompanied by little or no exercise — also make it easier for the body to become inflamed.

At least that's the theory. For now, most of the evidence is circumstantial. (A few researchers think chronic inflammation can in some cases be good for you.) But that hasn't stopped doctors from testing the anti-inflammatory drugs that are already on pharmacy shelves to see if they have any broader benefits. What they've found is encouraging:

— In 2000 researchers concluded that patients who take Celebrex, a prescription drug from Pfizer that was originally designed to treat inflammation in arthritis, are less likely to develop intestinal polyps — abnormal growths that can become cancerous. Now there are dozens of clinical trials of Celebrex, testing, among other things, whether the medication can also prevent breast cancer, delay memory loss or slow the progression of the devastating neurodegenerative disorder known as Lou Gehrig's disease.

— As cardiologists gain more experience prescribing cholesterol-lowering statins, they are discovering that the drugs are more effective at preventing heart at-

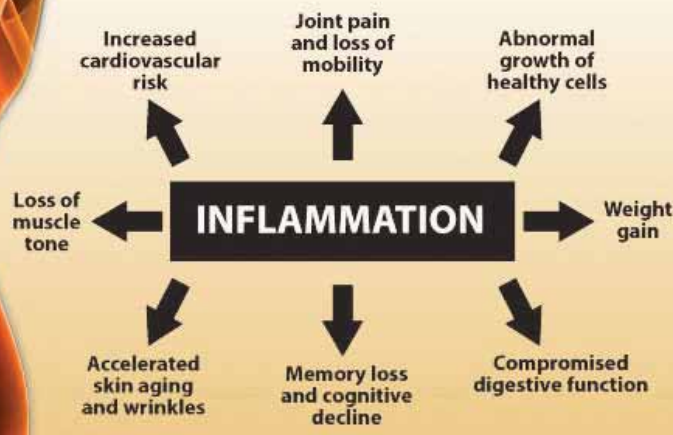
tacks than anyone expected. It turns out that statins don't just lower cholesterol levels; they also reduce inflammation. Now statins are being tested for their anti-inflammatory effects on Alzheimer's disease and sickle-cell anemia.

— DeCode Genetics, an Icelandic biotech firm, announced only a few months ago that it is launching a pilot study to test whether an anti-inflammatory drug that was under development for use in treating asthma might work to prevent heart attacks.

— Of course the granddaddy of all anti-inflammatories is aspirin, and millions of Americans already take it to prevent heart attacks. But evidence is growing that it may also fight colon cancer and even Alzheimer's by reducing inflammation in the digestive tract and the brain.



8 Ways Chronic Inflammation Can Damage Your Body



This new view of inflammation is changing the way some scientists do medical research. "Virtually our entire R and D effort is [now] focused on inflammation and cancer," says Dr. Robert Tepper, president of research and development at Millennium Pharmaceuticals in Cambridge, Mass. In medical schools across the U.S., cardiologists, rheumatologists, oncologists, allergists and neurologists are all suddenly talking to one another — and they're discovering that they're looking at the same thing. The speed with which researchers are jumping on the inflammation bandwagon is breathtaking. Just a few years ago, "nobody was interested in this stuff," says Dr. Paul Ridker, a cardiologist at Brigham and

Women's Hospital who has done some of the groundbreaking work in the area. "Now the whole field of inflammation research is about to explode."

To understand better what all the excitement is about, it helps to know a little about the basic immunological response, a cascade of events triggered whenever the body is subjected to trauma or injury. As soon as that splinter slices into your finger, for example, specialized sentinel cells prepositioned throughout the body alert the immune system to the presence of any bacteria that might have come along for the ride. Some of those cells, called mast cells, release a chemical called histamine that makes nearby capillaries leaky. This allows small amounts of plasma to pour out, slowing down invading bacteria, and prepares the way for other faraway

response and creates specialized antibodies, custom-made to target specific kinds of bacteria or viruses. This so-called learned immunity is what enables drug companies to develop vaccines against diseases like smallpox and the flu. Working in tandem, the innate and learned immunological defenses fight pitched battles until all the invading germs are annihilated. In a final flurry of activity, a last wave of cytokines is released, the inflammatory process recedes, and healing begins.

Problems begin when, for one reason or another, the inflammatory process persists and becomes chronic; the final effects are varied and depend a lot on where in the body the runaway reaction takes hold. Among the first to recognize the broader implications were heart doctors who noticed that inflammation seems to play a key role in cardiovascular disease.

Is Your Heart on Fire?

Not long ago, most doctors thought of heart attacks as primarily a plumbing problem. Over the years, fatty deposits would slowly build up on the insides of major coronary arteries until they grew so big that they cut off the supply of blood to a vital part of the heart. A complex molecule called LDL, the so-called bad cholesterol, provided the raw material for these deposits. Clearly anyone with high LDL levels was at greater risk of developing heart disease.

There's just one problem with that explanation: sometimes it's dead wrong. Indeed, half of all heart attacks occur in people with normal cholesterol levels. Not only that, as imaging techniques improved, doctors found, much to their surprise, that the most dangerous plaques weren't necessarily all that large. Something that hadn't yet been identified was causing those deposits to burst, triggering massive clots that cut off the coronary blood supply. In the 1990s, Ridker became convinced that some sort of inflammatory reaction was responsible for the bursting plaques, and he set about trying to prove it.

To test his hunch, Ridker needed a simple blood test that could serve as a marker for chronic inflammation. He settled on C-reactive protein (CRP), a molecule produced by the liver in response to an inflammatory signal. During an acute illness, like a severe bacterial infection,

immune defenders to easily enter the fray. Meanwhile, another group of sentinels, called macrophages, begin an immediate counterattack and release more chemicals, called cytokines, which signal for reinforcements. Soon, wave after wave of immune cells flood the site, destroying pathogens and damaged tissue alike — there's no carrying the wounded off the battlefield in this war. (No wonder the ancient Romans likened inflammation to being on fire.)

Doctors call this generalized response to practically any kind of attack innate immunity. Even the bodies of animals as primitive as starfish defend themselves this way. But higher organisms have also developed a more precision-guided defense system that helps direct and intensify the innate

levels of CRP quickly shoot from less than 10 mg/L to 1,000 mg/L or more. But Ridker was more interested in the low levels of CRP — less than 10 mg/L — that he found in otherwise healthy people and that indicated only a slightly elevated inflammation level. Indeed, the difference between normal and elevated is so small that it must be measured by a specially designed assay called a high-sensitivity CRP test.

By 1997, Ridker and his colleagues at Brigham and Women's had shown that healthy middle-aged men with the highest CRP levels were three times as likely to suffer a heart attack in the next six years as were those with the lowest CRP levels. Eventually, inflammation experts determined that having a CRP reading of 3.0 mg/L or higher can triple your risk of heart disease. The danger seems even greater in women than in men. By contrast, folks with extremely low levels of CRP, less than 0.5 mg/L, rarely have heart attacks.

Physicians still don't know for sure how inflammation might cause a plaque to burst. But they have a theory. As the level of LDL cholesterol increases in the blood, they speculate, some of it seeps into the lining of the coronary arteries and gets stuck there. Macrophages, alerted to the presence of something that doesn't belong, come in and try to clean out the cholesterol. If, for whatever reason, the cytokine signals begin ramping up the inflammatory process instead of notching it down, the plaque becomes unstable. "This is not about replacing cholesterol as a risk factor," Ridker says. "Cholesterol deposits, high blood pressure, smoking — all contribute to the development of underlying plaques. What inflammation seems to contribute is the propensity of those plaques to rupture and cause a heart attack. If there is only inflammation but no underlying heart disease, then there is no problem."

At this point, cardiologists are still not ready to recommend that the general population be screened for inflammation levels. But there's a growing consensus that CRP should be measured in those with a moderately elevated risk of developing cardiovascular disease. At the very least, a high CRP level might tip the balance in favor of more aggressive therapy with treatments — such as aspirin and statins — that are already known to work.

A New View of Diabetes

Before Dr. Frederick Banting and his colleagues at the University of Toronto isolated insulin in the 1920s, doctors tried to treat diabetes with high doses of salicylates, a group of aspirin-like compounds. (They were desperate and also tried morphine and heroin.) Sure enough, the salicylate approach reduced sugar levels, but at a high price: side effects included a constant ringing in the ears, headaches and dizziness. Today's treatments for diabetes are much safer and generally work by replacing insulin, boosting its production or helping the body make more efficient use of the hormone. But researchers over the past few years have been re-examining the salicylate approach for new clues about how diabetes develops.

What they have discovered is a complex interplay between inflammation, insulin and fat — either in the diet or in large folds under the skin. (Indeed, fat cells behave a lot like immune cells, spewing out inflammatory cytokines,



particularly as you gain weight.) Where inflammation fits into this scenario — as either a cause or an effect — remains unclear. But the case for a central role is getting stronger. Dr. Steve Shoelson, a senior investigator at the Joslin Diabetes Center in Boston, has bred a strain of mice whose fat cells are supercharged inflammation factories. The mice become less efficient at using insulin and go on to develop diabetes. "We can reproduce the whole syndrome just by inciting inflammation," Shoelson says.

That suggests that a well-timed intervention in the inflammatory process might reverse some of the effects of diabetes. Some of the drugs that are already used to treat the disorder, like metformin, may work because they also dampen the inflammation response. In addition, preliminary research suggests that high CRP levels may indicate a greater risk of diabetes. But it's too early to say whether reducing CRP levels will actually keep diabetes at bay.

Cancer:

The Wound That Never Heals

Back in the 1860s, renowned pathologist Rudolf Virchow speculated that cancerous tumors arise at the site of chronic inflammation. A century later, oncologists paid more attention to the role that various genetic mutations play in promoting abnormal growths that eventually become malignant. Now researchers are exploring the possibility that mutation and inflammation are mutually reinforcing processes that, left unchecked, can transform normal cells into potentially deadly tumors.

How might that happen? One of the most potent weapons produced by macrophages and other inflammatory cells are the so-called oxygen free radicals. These highly reactive molecules destroy just about anything that crosses their path — particularly DNA. A glancing blow that damages but doesn't destroy a cell could lead to a genetic mutation that allows it to keep on growing and dividing. The abnormal growth is still not a tumor, says Lisa Coussens, a cancer biologist at the Comprehensive Cancer Center at the University of California, San Francisco. But to the immune system, it looks very much like a wound that needs to be fixed. "When immune cells get called in, they bring growth factors and a whole slew of proteins that call other inflammatory cells," Coussens explains. "Those things come in and go 'heal, heal, heal.' But instead of healing, you're 'feeding, feeding, feeding.'"

Sometimes the reason for the initial inflammatory cycle is obvious — as with chronic heartburn, which continually bathes the lining of the esophagus with stomach acid, predisposing a person to esophageal cancer. Other times, it's less clear. Scientists are exploring the role of an enzyme called cyclo-oxygenase 2 (COX-2) in the development of colon cancer. COX-2 is yet another protein produced by the body during inflammation. Over the past few years, researchers have shown that folks who take daily doses of aspirin — which is known to block COX2 — are less likely to develop precancerous growths called polyps. The problem with aspirin, however, is that it can also cause internal bleeding. Then in 2000, researchers showed that Celebrex, another COX-2 inhibitor that is less likely than aspirin to cause bleeding, also reduces the number of polyps in the large intestine.

So, should you be taking Celebrex

to prevent colon cancer? It's still too early to say. Clearly COX-2 is one of the factors in colon cancer. "But I don't think it's the exclusive answer," says Ray DuBois, director of cancer prevention at the Vanderbilt-Ingram Cancer Center in Nashville, Tenn. "There are a lot of other components that need to be explored."

Aspirin for Alzheimer's Disease?

When doctors treating Alzheimer's patients took a closer look at who seemed to be succumbing to the disease, they uncovered a tantalizing clue: those who were already taking anti-inflammatory drugs for arthritis or heart disease tended to develop the disorder later than those who weren't. Perhaps the immune system mistakenly saw the characteristic plaques and tangles that build up in the brains of Alzheimer's patients as damaged tissue that needed to be cleared out. If so, the ensuing inflammatory reaction was doing more harm than good. Blocking it with anti-inflammatories might limit, or at least delay, any damage to cognitive functions.

The most likely culprits this time around are the glial cells, whose job is to nourish and communicate with the neurons. Researchers have discovered that glial cells can also act a lot like the mast cells of the skin, producing inflammatory cytokines that call additional immune cells into action. "The glial cells are trying to return the brain to a normal state," explains Linda Van Eldik, a neurobiologist at Northwestern University Feinberg School of Medicine in Chicago. "But for some reason, in neurodegenerative diseases like Alzheimer's, the process seems to be out of control. You get chronic glial activation, which results in an inflammatory state."

It appears that some people are more sensitive to plaques and tangles than others. Perhaps they have a genetic predisposition. Or perhaps a long-running bacterial infection, like gum disease, keeps the internal fires burning and tips the balance toward chronic inflammation.

Preliminary research suggests that low-dose aspirin and fish-oil capsules — both of which are known to reduce inflammatory cytokines — seem to reduce a person's risk of Alzheimer's disease. Unfortunately, most of these preventive measures need to be started well before any neurological problems develop. "What we've learned with dementia is that it's very hard to improve people who

already have it," says Dr. Ernst Schaefer, a professor of medicine and nutrition at Tuft's Friedman School of Nutrition in Boston. "But it may be possible to stabilize people and to prevent disease."

When the Body Attacks Itself

No doctors have more experience treating chronic inflammation than the physicians who specialize in rheumatoid arthritis, multiple sclerosis, lupus and other autoimmune disorders. For decades these diseases have provided the clearest example of a body at war with itself. But the spark that fuels their internal destruction doesn't come from excess cholesterol deposits or a stubborn bacterial infection. Instead, in a bizarre twist of fate, the body's super-sophisticated, learned immunological defenses mistakenly direct an inflammatory attack against healthy cells in such places as the joints, nerves and connective tissue.

Over the past few years, powerful drugs like Remicade and Enbrel, which target specific inflammatory cytokines, have worked wonders against rheumatoid arthritis and other autoimmune disorders. But as often happens in medicine, the drugs have also created some problems. Patients who take Remicade, for example, are slightly more likely to develop tuberculosis; the same inflammatory cytokines that attacked their joints, it seems, also protected them against TB. Inflammation may be more of a problem in the earlier stages of autoimmune diseases like multiple sclerosis. So much tissue is eventually destroyed that nerve damage becomes permanent. "Your initial goal is to keep the immune response in check, but then you have to ask how you encourage regrowth of damaged tissue," says Dr. Stephen Reingold, vice president for research programs at the National Multiple Sclerosis Society. It could take decades to figure that one out.

Asthma Without Allergies?

One of the most intriguing questions in immunology today is why everyone doesn't suffer from asthma. After all, the air we breathe is full of germs, viruses and other irritants. Since half of the 17 million Americans with asthma are hypersensitive to common substances like cat dander or pollen, it stands to reason that their allergic reactions trigger the chronic inflammation in their bodies. Yet the people who develop asthma as

adults — one of the most rapidly growing segments of the population — often don't have allergies. Doctors still don't know what's driving their disease, but the signs of inflammation are every bit as present in their lungs.

Many treatments for asthma are designed to control inflammation, although they still don't cure the disease. "It may mean that the inflammatory hypothesis is not entirely correct or the drugs that we use to treat inflammation aren't fully potent," says Dr. Stephen Wasserman, an allergist at the University of California at San Diego. "There are a lot of gaps to fill in."

Everywhere they turn, doctors are finding evidence that inflammation plays a larger role in chronic diseases than they thought. But that doesn't necessarily mean they know what to do about it. "We're in a quandary right now," says Dr. Gailen Marshall, an immunologist at the University of Texas Medical School at Houston. "We're advancing the idea to heighten awareness. But we really can't recommend specific treatments yet."

That may soon change. Researchers are looking beyond aspirin and other multipurpose medications to experimental drugs that block inflammation more precisely. Any day now, Genentech is expecting a decision from the FDA on its colon-cancer drug, Avastin, which targets one of the growth factors released by the body as inflammation gives way to healing. Millennium Pharmaceuticals is testing a different kind of drug, called Velcade, which has already been approved for treating multiple myeloma, against lung cancer and other malignancies. But there is a sense that much more basic research into the nature of inflammation needs to be done before scientists understand how best to limit the damage in chronic diseases.

In the meantime, there are things we all can do to dampen our inflammatory fires. Some of the advice may sound terribly familiar, but we have fresh reasons to follow through. Losing weight induces those fat cells — remember them? — to produce fewer cytokines. So does regular exercise, 30 minutes a day most days of the week. Flossing your teeth combats gum disease, another source of chronic inflammation. Fruits, vegetables and fish are full of substances that disable free radicals.

So if you want to stop inflammation, get off that couch, head to the green market and try not to stub your toe on the way.

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Natural medicine is grounded in the belief that the human body has an innate ability to heal itself and the treatments we employ simply support that process. Therefore, our initial treatments are the most minimally invasive therapies we know to be effective. This usually means starting with lifestyle and diet modifications. If those changes are enough to restore health, great! If not, we move to additional treatments that gradually become more invasive.

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Fredrickson notes is far more ubiquitous than previously thought possible. Her research shows that it requires only connection, not the intimacy or shared history that comes with any special bonds.

Micro-moments of the connected oneness we feel as life-giving reverberations occur via shared smiles or laughter, a common compassion or an engaging story. Humans all hunger for such moments. The prerequisites are perceived safety and authentic sensory connection with another, even if it's fleeting. In Fredrickson's perspective, such neural coupling is a biological manifestation of oneness in which a habitual focus on "me" expands to a life-expanding "we".

LOVING LARGE

Scientists Say We're All Connected

by Linda Sechrist

True love is not something reserved exclusively for soulmates, couples, children, friends or family. Observations by sages for millennia and by enlightened scientists more recently are increasingly aligned with the point of view articulated by renowned meditation teacher Jack Kornfield that true love and awareness—a sense of universal connectivity and the idea that divinity, or the sacred, is found in all things—are indistinguishable.

Scientific View

This state of being, generally denoted by strong feelings of love or acceptance toward others, brings us into contact with universal energy which connects all of humanity with the natural world. Clues to our united commonality are explored in two 21st-century books, *Love 2.0: How Our Supreme Emotion Affects Everything We Feel, Think, Do, and Become*, by Barbara L. Fredrickson, Ph.D., and *A General Theory of Love*, by medical doctors Thomas Lewis, Fari Amini and Richard Lannon. These authors explore the brain science that's related to love and awareness.

Although trying to grasp love intellectually may be like eating soup with a fork, the authors of *A General Theory of Love* cite feelings as a good starting point. Fredrickson describes love as "the momentary upwelling of three tightly interwoven events: a sharing of one or more positive emotions between you and another; a biochemical synchrony between your and the other person's biochemistry and behaviors; and a reflected motive to invest in each other's well-being that brings mutual care."

Fredrickson, director of the Positive Emotions and Psychophysiology Laboratory at the University of North Carolina at Chapel Hill, believes love is a complex physiological response; a "positivity resonance." She describes key factors in love's ability to biologically transform us as oxytocin, a hormone active in social bonding and attachments, and the vagus nerve deep within the brain stem that connects with numerous organs, including the lead "character" in this relationship, the heart.

The neural synchrony of positivity resonance between the brains of two individuals is a connected oneness that

Cosmic View

During their 30-year friendship, Bob Staretz collaborated with astronaut Edgar Mitchell, Sc.D., the lunar module pilot on Apollo 14 and founder of the Institute of Noetic Sciences, to research and write "The Quantum Hologram and the Nature of Consciousness," published in the *Journal of Cosmology*. Their scientific theory explains how all of creation learns, self-corrects and evolves as a self-organizing, interconnected holistic system through love.

"Without exception, everything in nature exists and works together in total balance, resonance and harmony, interacting as one. From this perspective, Edgar and I reached the obvious conclusion—the organizing principle of the cosmos is agape love, an ultimate form of unconditional love that accepts all things existing in nature without regard to conditions, expectations, shortcomings, flaws or faults," explains Staretz.

The former executive director of Eternea, an organization focused on spiritually transformative experiences and the study of consciousness, Staretz says individuals that undergo such an experience attest that loving one another and all

of nature, of which we are a part, is the central reason for our existence.

Anita Moorjani's latest book, *What If This Is Heaven?* reiterates the life lesson she learned from her dramatic near-death experience in which she identified herself as a state of pure consciousness connected with everything in the cosmos. She clearly heard: "Your only work is to love yourself, value yourself and embody this truth of self-worth and self-love so that you can be love in action. That is true service, to yourself and to those who surround you."

This message continues with her, and she explains that by not loving ourselves, we are denying the part of God that expresses itself through us. An overarching insight from her life-changing journey is, "Unconditional love is a state of being, not an emotion. It's not just one side of the coin—it's the whole coin."

How-to Resources

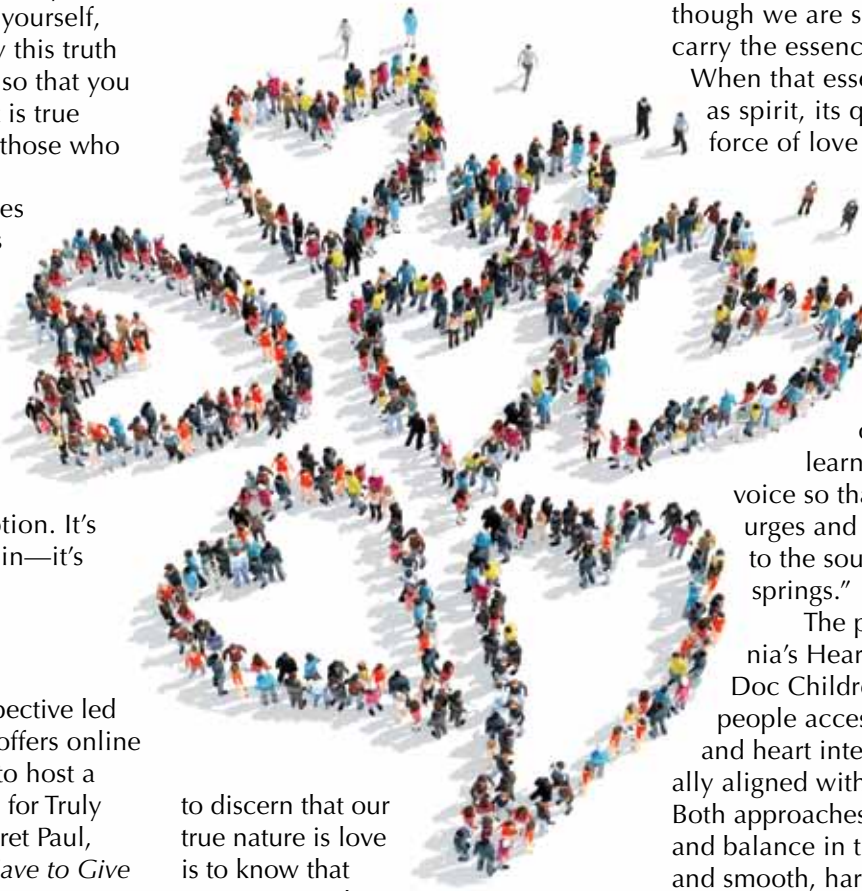
Interest in this deeper perspective led The Shift Network, which offers online transformative education, to host a recent *Advanced Teachings for Truly Loving Yourself* with Margaret Paul, P.h.D., co-author of *Do I Have to Give Up Me to Be Loved By You?*

Many others are working to spread the word about a larger sense of life-giving love, including Cleveland, Ohio, intuitive psychologist Debra L. Reble, Ph.D., author of *Being Love: How Loving Yourself Creates Ripples of Transformation in Your Relationships and the World*. She says, "Our soul's purpose is to be and express love. We dream of love, yearn for love and make love, but rarely do we realize that we are love, a source of divine energy."

Reba Linker, a New York City life coach and author, hosts a *Leaders in Self-Love* Facebook page and the *Paint Yourself into The Picture* online coaching show. Linker's philosophy on love resembles that of New Thought leader Michael Beckwith, minister, author and founder of the Agape International Spiritual Center, in Culver City, California—

If the doors of perception
were cleansed, everything
would appear to man as
it is, infinite.

~William Blake



to discern that our true nature is love is to know that we are created in the very image and likeness of love, the essence of life itself.

Gary Sinclair, author of *Healing Memories in Seconds*, views his life from an altitude of oceanic oneness. His 35 years of study in a field that uses energy to heal spirit, mind and body led him to develop Soul Link, a memory energy therapy. His work is changing the face of therapy for those with post-traumatic stress disorder and led to the revelation, "Love pulls whatever it touches to its highest potential."

Teaching what he knows "beyond a shadow of a doubt" helps to shift his students' worldview. "All of creation is made up of electromagnetic energy vibrating at different frequencies. We are energy beings who can learn to manage our energy to heal ourselves. We are all connected by omnipres-

ence, the energy of love, a heart connection of life. Consciously choosing this awareness allows us to be 'love living life.'"

Kamini Desai, director of education for the Amrit Yoga Institute, in Salt Springs, Florida, lends her yogic perspective to love. "We are each a wave on the ocean of existence. Even though we are separate waves, we carry the essence of the same ocean.

When that essence manifests in us as spirit, its quality is a healing force of love surrounding our cells,

causing our heart to beat and regenerating our organs. This intelligence guides and directs the universe in the same manner that it heals and maintains our body. In yoga, we

learn to listen to its subtle voice so that we can follow its urges and energetic impulses to the source from which it springs."

The perceptions of California's HeartMath Institute founder Doc Childre, dedicated to helping people access their intuitive insight and heart intelligence, are generally aligned with those of Fredrickson. Both approaches recognize how order and balance in the nervous system and smooth, harmonious and coherent heart rhythms enhance our ability to clearly perceive a far larger universe of experience.

The ensuing connections widen the windows of perception to view ourselves as no longer separate, but part of a unified whole. Accumulated micro-moments of love communicated through synchronized gazes, touches and vocalizations forge a shared subjective appreciation of connection and oneness. We feel ourselves embodying positive resonance and experience easier and more immediate rapport in familial, familiar and even new relationships. We discover abundant opportunities to feel love, loved and loving as we make ourselves available to them.

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



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Heal Adrenal Fatigue NATURALLY

Practical Ways to Regain Vitality

by Linda Sechrist

Fatigue due to physical or mental exertion is common in those beleaguered by stress, poor eating habits and insomnia, struggling to balance the needs of family and career and too often using caffeine and other stimulants to artificially rebound energy. James L. Wilson, Ph.D., a doctor of chiropractic and naturopathy, educates medical professionals about an even more serious health issue he identifies as “adrenal fatigue”; it’s characterized by below-optimal adrenal function induced by an overload of such stressors. Our two walnut-sized adrenal glands, one atop each kidney, produce vital hormones that help control heart rate, blood pressure, digestion and many other functions, including how the body deals with stress.

Identifying the Core Issue

In his book, *Adrenal Fatigue: The 21st Century Stress Syndrome*, Wilson sheds light on the scope of the problem. “The fact that adrenal fatigue is unrecognized by conventional medicine has left millions of people suffering from an untreated problem that interferes with their ability to function normally and capacity to enjoy life. For those whose adrenal glands are ‘running on empty’, even something as basic as happiness seems almost out of reach,” comments Wilson, who resides in Tucson, Arizona.

Individuals suffering from adrenal fatigue are most concerned about their low moods, energy, mental acuity and libido, for which conventional medicine typically prescribes antidepressant and anti-anxiety drugs. These medications do nothing to revive adrenal functioning.

This faulty condition also affects weight gain and a propensity toward the development of some diseases, including fibromyalgia. “Your resiliency, energy, endurance and very life

depend on the proper functioning of the adrenals,” Wilson says.

We’ve inherited our sympathetic nervous system and its stress response of fight-or-flight from our prehistoric ancestors. It hasn’t evolved to differentiate between an acute threat to survival and the chronic threats from looming deadlines, financial pressures and other modern-day worries.

“The adrenal stress response to physical danger or any perceived psychological threat is identical—the release of norepinephrine and epinephrine responsible for cascading physiological reactions,” explains Dr. Vijay Jain, who treats fatigue from an integrative perspective at his Mind Body Wellness Center, in Palm Coast, Florida.

Suggested Treatments

Adrenal fatigue is mainly a self-induced health problem that doesn’t just appear. It results from an accumulation of ongoing choices that we can change.

Jain applies ayurvedic principles to reestablish balance in the body’s three prominent mind-body types that influence personal well-being. These are known as vata, pitta and kapha. For people primarily characterized by vata and pitta typology, fatigue is the result of being overactive and burning the candle at both ends. For those with kapha constitutions, fatigue is the outcome of a sedentary lifestyle with insufficient movement and eating the wrong foods for them.

He further recommends getting more sleep with regular bedtimes, practices such as yoga nidra meditation, *pranayama* (yogic breathing) and a slower-paced yoga practice with longer-held meditative poses, as well as massage and a diet designed to restore our biological energies, or *doshas*, to a balanced state. “Depending on a patient’s constitution I advise some to slow down and burn 50 percent less of their candle, while I tell others to increase their physical activity and improve their diet.”

Jain also recommends a type of ayurvedic purification and detoxification treatment that involves a series of five therapies including massage and herbal treatments. Performed in sequence, these allow the body and mind to drop into a state of peacefulness. Acupuncture treatments are also helpful, along with a regimen of adaptogenic herbs such as ginseng, schisandra and ashwagandha, according to Jain.

In *Happy Healthy Thyroid: The Essential Steps to Healing Naturally*, author Andrea Beaman writes about how she recovered naturally from adrenal fatigue. To restore energy and vitality to the body, she further recommends the healing practices of hatha yoga, qigong and tai chi. “These modalities build energy, whereas power yoga, and cardiovascular exercises drain energy in fatigued individuals,” advises Beaman. She notes that it can take six months to two years to restore desired energy levels.

Beaman counsels individuals with behavioral characteristics that make it more challenging to burn less of their candle. She grabs their attention with the critical nature of their situation. “‘You are in and out of life in a blink. If you’re exhausted at age 48, how are you going to live a vibrant, happy and exuberant life right up to the finish line?’ That generally works,” she says.

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

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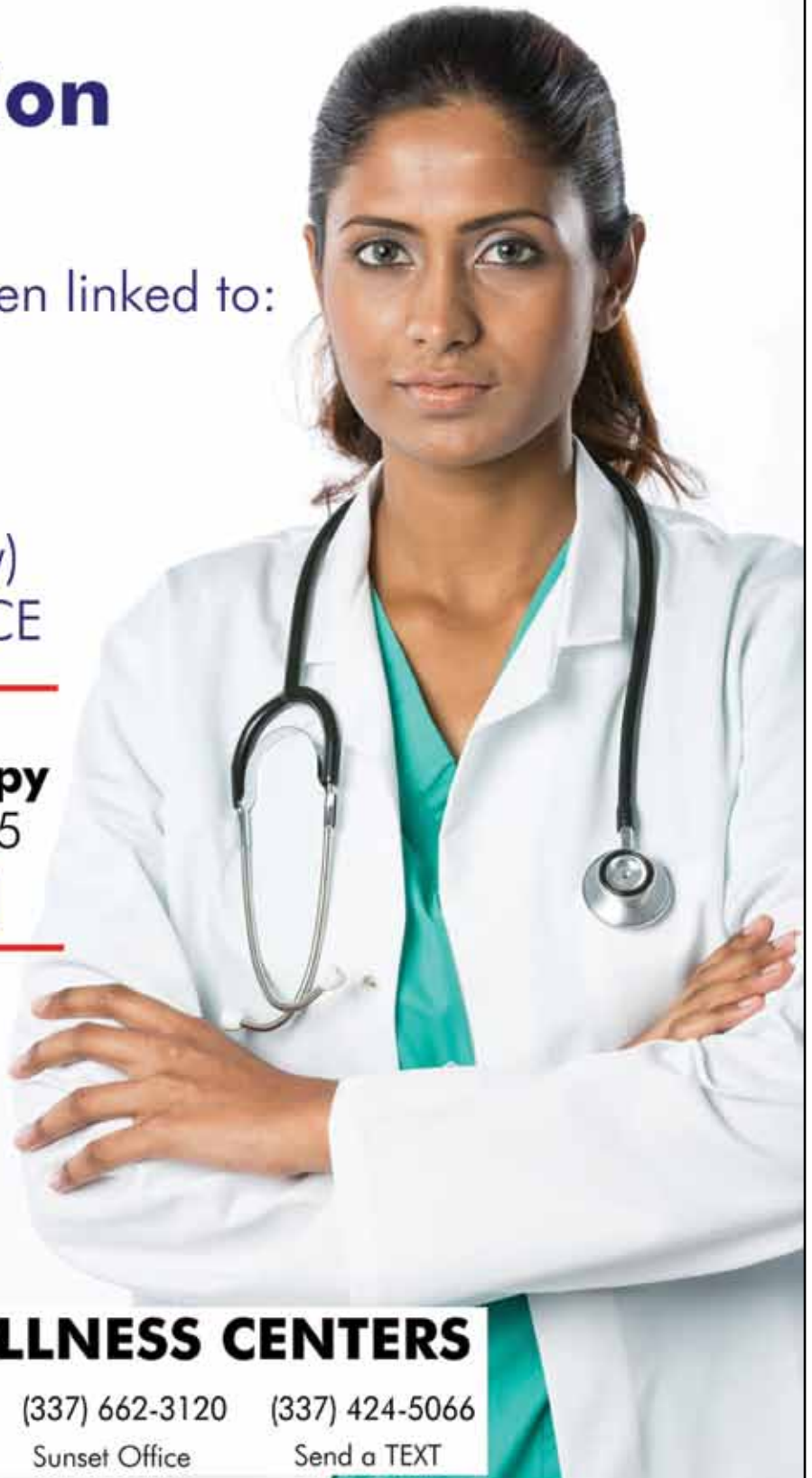
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Healthy Holiday LIBATIONS

Restorative Drinks Revive Good Cheer

by Judith Fertig

During jam-packed special occasions like holidays, our drinks should multitask, too. We need festive tipples to refresh us without overdoing it, restore equilibrium if we overeat or drink or revive us when we're feeling low from a seasonal cold or flu.

In addition to traditional offerings that family and friends might expect, why not add a new and improved signature drink to everyone's repertoire? These feel-good beverages, featuring winter fruits high in vitamin C, anthocyanins, therapeutic herbs and fresh ginger, deliver delicious boosts to help us feel our best.

Refresh

The season of hospitality is happily also the season of pomegranates, blood oranges and Meyer lemons (a sweeter, thin-skinned, aromatic variety). These vibrant fruits give a taste of good cheer to anything we can pour, shake, muddle or simmer.

Whether we offer fresh-squeezed blood orange juice in the morning, a non-alcoholic cocktail of pomegranate juice and sparkling water, or a squeeze of Meyer lemon juice in a hot toddy or tea, the tart flavor is a sure pick-me-up. The red color in antioxidant-rich blood oranges and pomegranates indicates the presence of anthocyanins, compounds that might help prevent cancer and heart disease, as well as treat eye disorders, according to an article published in the *Journal of Biomedicine and Biotechnology*. Meyer lemons are a good source of vitamin C, essential for producing collagen needed to support the formation of new bone, blood vessels, ligaments and tendons, according to the Food and Agriculture Organization of the United Nations.

Restore

After an evening of over-imbibing, our systems need to reboot. The stomach

needs help in processing alcohol, plus we may be dehydrated and feeling a little queasy. Filtered water, coconut water or a sweet, caffeine-free coffee or carbonated beverage of the lemon-lime variety rehydrate, as well as help our digestive system break down and flush out the alcohol.

According to Registered Dietitian Aicacia Young, in Austin, Texas, founder of *ClimbHealthy.com*, the simple act of drinking water before we go to bed can assist in the recovery process.

Research published in the *Food & Function* journal found that lemon-lime soda helps the body metabolize alcohol better by speeding up its ability to process the compound aldehyde dehydrogenase, the main cause of hangover symptoms. For nausea and motion sickness, ginger or peppermint tea can help, according to studies in the *American Journal of Physiology* and the French *Prescrire International*.

Revive

Sometimes the stress of holiday to-dos, often combined with travel, can lower the resilience of our immune system. When we feel symptoms of a cold or flu coming on, the classic hot toddy can help us feel human again. The alcohol in whiskey is a natural decongestant; plus, it helps get us to sleep. Honey soothes and perky lemon juice gives us hope that we'll feel better the next day.

Judith Fertig writes cookbooks and foodie fiction from Overland Park, KS. Connect at JudithFertig.com.



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Krista Tippett on Our Evolving Spirituality

Why it Evokes Hope

by Randy Kambic



Krista Tippett helps us ponder the meaning of life as host and executive producer of *On Being*, the award-winning weekly radio program and podcast produced in Minneapolis for more than 400 public radio stations. The bestselling author of *Einstein's God: Conversations About Science and the Human Spirit* has been acclaimed for thoughtfully delving into the mysteries of human existence. Her latest book, *Becoming Wise: An Inquiry into the Mystery and Art of Living*, reflects upon how spirituality intersects with science, technology, health, art and politics.

This daughter of a Southern Baptist minister first launched her show, originally titled *Speaking of Faith* (also the title of her first book), on Minnesota Public Radio/American Public Media in 2003. Today, Tippett continues to discuss faith, spirit, inner growth and what it is to be human with leading authors, thought leaders and pioneering change makers. She also hosts online classes and a blog.

How has *On Being* evolved to reflect existing dimensions of spirituality that have proven surprising?

I am fascinated with how spiritual life and religious identity have evolved in the last decade. This part of life is more fluid than it's ever been in human history. We are the first generation that didn't inherit religious identity like we

do a hometown. We craft our spiritual lives and choose our faith, even if it's the faith of our families.

In many that don't claim a religious affiliation, especially Millennials, I encounter a spiritual curiosity and ethical passion akin to religion at its best. Because seekers dwell both inside and outside of traditions, my life of conversation

stretches beyond boundaries in ways I did not expect when I began.

I also never imagined that I'd interview physicists, evolutionary biologists and neuroscientists exploring territory previously reserved for theologians and philosophers. Together, they are illuminating the ancient questions related to our place in the cosmos; the nature of human freedom and consciousness; even beauty and the reality of mystery.

Which guests do you feel have resonated the most with listeners and why?

A show that seems to have touched more people most deeply is my interview with the Irish poet, philosopher and author John O'Donohue just before he died in his early 50s. He radiated such an unusual combination of qualities: wisdom, tenderness and playfulness; mysticism, theology and a raw Celtic earthiness. He's someone who could speak of God with great wildness, strangeness—and authority. He inspired with his vision of beauty as a human calling and somehow embodied it for

the listener. I meet all kinds of people that keep that show on their playlist and listen again and again.

In general, my favorite guest is the most recent person interviewed. At the moment, it's Jimmy Wales, the Wikipedia co-founder, who stunned me with his insistence on kindness as the virtue that's made this nonprofit's ethos and accomplishments possible. Another is civil rights veteran Ruby Sales, who wisely works to uplift the human drama of our political/social moment, like the way we must come to be as articulate about what we love as about what outrages us.

How do you see people's awakening sensibilities influencing local and global issues?

I am drawn to the notion that we are in the adolescence of our species. The globe right now is like a map of the teenage brain, prone to recklessness and destruction in places and simultaneously possessing vast potentials for creativity and advances. So many are relentless in telling the story of destruction that it seriously colors how we tell the story of our time. I stand among those shining a light on the abundant beauty, goodness and courage in our world so these become more visible and evident at a global level.

Are you optimistic about the future?

I am hopeful about the future. My life of meaningful conversation has led me to re-imagine the meaning of hope. It has nothing to do with wishful thinking, but rests on the lives of beauty and goodness I see everywhere I turn. It's a choice—a more exacting and courageous choice than cynicism or resignation. The pain and fear alive in the world surface as anger and violence, and some of us are called to be calmers of fear.

We must create the world we want our children to inhabit and do so together. Hope isn't an option on this path; it is one of our primary resources for getting there.

Randy Kambic is a freelance writer and editor in Estero, FL, and regular contributor to Natural Awakenings.

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by Lyric Benson Fergusson

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is a miracle
waiting to happen.

Which lens do you choose to see this world through?

Your heart or your mind?

Baby,
it's all about perspective.

Source: French Kissing God, a collection of poems by
Lyric Benson Fergusson (FrenchKissingGod.com).



Kzenoni/Shutterstock.com

MERRY MUNCHING

Sugar-Free Treats Kids Love

by Judith Fertig

When sugar was a commodity only the wealthy could afford, “visions of sugar-plums” danced in the heads of children ensconced in Clement Moore’s *’Twas the Night Before Christmas*. Now, cheap candy is everywhere and not all that special. What is special is making memories aligned with contemporary traditions while enjoying naturally sweet, healthy treats that kids will remember helping to create.

“It’s important to limit sugary snacks, even during the holidays,” says Claire McCarthy, a Boston Children’s Hospital pediatrician, Harvard Medical School assistant professor of pediatrics and senior editor for Harvard Health Publications. She is also a mother of elementary school kids. “We need to use the opportunity—any opportunity these days—to teach children and families about eating healthy.”

Healthier Holiday Snacks

Mothers Amy Roskelley and Natalie Monson, of Provo, Utah, agree that raising healthy kids is a challenge. Dealing with picky eaters, getting family members to exercise and sourcing organic baby care products are all in a day’s work for them. It’s why they founded *SuperHealthyKids.com*. Subscribers have access to meal plans, recipes and healthy parenting tips. Recent advice includes ditching prepackaged popcorn (listing unpronounceable ingredients) and instead making the treat at home—popping kernels in coconut oil and topping the result with maple snickerdoodle flavorings.

Many moms turn to online boards for party ideas. Fun photos posted there guide kids in creating naturally sweet treats, such as fresh fruit skewers shaped like elves or magic wands inspired by *The Nutcracker’s* Sugar Plum Fairy.

Gingerbread House Update

“Building a gingerbread house is a time-honored tradition for many families,” says Jacquie Fisher, a Kansas City, Missouri, mom who masterminds the educational blog and kid-friendly adventure postings at *KCEdventures.com*. Learning to construct the edible structure is intriguing fun.

“Testing out how to balance the walls, construct a roof and put together a fun little structure is the perfect intro to some basic physics principles,” she notes. Because she’s not a fan of sugar icing and candy add-ons, Fisher’s kids connect over how to make Rudolph the Red-Nosed Reindeer’s stable with whole-wheat graham crackers “glued” together with a homemade maple caramel mixed with coconut milk. They decorate using dried fruit, nuts, dry cereal and flaked coconut.

Christmas Stocking Stuffer and Hanukkah Gelt

For healthy alternatives to sugary candy, savvy parents source sweet treats made with 100 percent fruit juice and fair trade chocolate available at health food stores and markets.

Registered Dietitian Abbie Gellman, in New York City, reinvents the Hanukkah gelt, or foil-wrapped chocolate coins, that Jewish children traditionally receive. She flattens dried apricots with a kitchen mallet, dips them in melted dark chocolate and then sprinkles the treats with sea salt.

We can always make wonderful memories true to the spirit of holiday traditions, and do it today in a healthier way.

Judith Fertig writes cookbooks and foodie fiction from Overland Park, KS (JudithFertig.com).

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GREEN WATERS

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Acidic Body and OBESITY



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

Alkalize your body with GREEN WATERS



greenliving



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A Gorgeously Greener Holiday

Fresh Thinking About Décor

by Avery Mack

Nature's holiday decorations can transcend cliché pine wreaths or farmed trees to make highly personalized indoor décor that supercedes traditional greenery. Yet mistletoe, holly leaves and berries, eucalyptus, poinsettias, tree needles, acorns and a cut tree's water reservoir can be harmful to both pets and children. Here are some better choices.

The Tree

For smaller spaces or to make a statement, try grouping topiary trees of varying heights draped with solar twinkle lights and small ornaments or fresh flowers to create a focal point in a bay window.

"A lemon-lime cypress lends another burst of unexpected color on an entry hall table," says freelance floral designer Janet Corrao, in Nutley, New Jersey. "It smells good, too." Plants six inches tall work well. Corrao suggests setting the pots in colorful, inexpensive metal buckets from craft stores for added glamour.

Unless deemed a hazard to active kids or pets, set up a mid-sized stepstool on a table or open a six-foot ladder in a corner and hang ornaments down the center space; add garlands

and lights and set potted flowers and small gift boxes on the steps. Search "alternative Christmas trees" at [Pinterest.com](https://www.pinterest.com) for more ideas.

Another option uses hedge-like plants in lieu of a tree. Consider an English or Japanese boxwood plant or evergreen lilly pilli, and then trim to the desired size and shape. Plant it outdoors as weather and climate permit.

The Table

"While we were working on a photo shoot, the photographer decided to include a Christmas scene. I was able to add fresh greenery from the property to the red ornaments and white orchids that I'd brought along. It made a striking centerpiece running the entire length of the table," says florist Angie Zimmerman, of Angie Zimmerman Designs, in El Dorado Hills, California. "For the fireplace mantel I used branches with red berries to add height on either side of the central mirror and then duplicated the centerpiece design between them."

A festive table can be dressed with appealing edibles. Use a bread wreath as a base and stud it with skewered basil leaves, cherry tomatoes and small



photo courtesy of Angie Zimmerman Designs

Make living place cards with small pots of herbs. Chalkboard paint identifies the plant and guest seating. Also consider colorful painted pots sporting a small cactus.

Transform oranges into aromatic pomanders by scoring the rinds with a citrus stripper in a spiral, circle or other pattern. Use a small nail to make holes and stud the fruits with whole cloves. Adding seasonal greenery and sterilized pine cones makes a beautiful and fragrant centerpiece.

The Front Door

"I love to use pine cones for centerpieces," Corrao says. "Our weather is cold enough that I don't have to worry about bugs when collecting cones in the neighborhood." For warmer climates, bake the pine cones for 30 minutes in a 200-degree oven to melt excess sap, kill insects and fully open them.

Sold online or in kitchenware stores, a bay leaf wreath offers cheer at the door. After the holidays, hang it in the kitchen for easy access. "Kumquats, lemons, tangerines, small oranges and crabapples add color to green wreaths," notes Corrao.

Garlands

For many, Christmas demands the smell of fresh pine boughs. Spice up the traditional greenery with carnations or other light-hued flowers colored with the juices of fresh, canned or frozen fruits and veggies—red from cranberries, beets and cherries; yellow and orange from yellow onions and carrots; purple from blackberries; green from spinach; pink from strawberries; and blue from red cabbage or blueberries. Freshly cut the flower stems and put them in the liquid from crushed produce or the can to absorb color. Hang garlands out of reach of young children and pets.

Navjot Kaur, of Navjot Designs, in Chicago, says, "We all have greenery in our yard or patio gardens that can be used for the holidays. It's fun to alter the design based upon what is available."

Imagination and inspiration can spark new, greener traditions.

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

balls of fresh mozzarella cheese for an easy, self-serve, Caprese appetizer. A colorful dish of balsamic dressing or another dip in the center, along with small plates and holiday napkins, completes the offering.

For a sit-down dinner variant, place a few Caprese skewers in small, clear, glass vases along the table with individual finger bowls of dip. Flat-leafed green parsley sprigs add another special touch. Zimmerman further suggests using deep-red Roma apples, cored, as candle holders.

Ionic Foot Detoxing

The color of the water changes because of the ionization of minerals in the water. Don't focus on water color changes. Look for floating particulates and foaming. This is the detox waste.

MINDFULNESS: Spend 30 mins focusing on your breathing.

Small electrical currents circulate from the feet, through the body. As the current moves through the body it forces the internal organs to excrete a small amount more of waste than normal. The waste follows the polarity of the electrical current back to ground through the feet.



FITNESS 2017

New Year's Resolutions that Stick

by Aimee Hughes

Every January, we rally our hopes, vowing that this time our New Year's resolutions will finally stick. However, "If you don't have a plan, plan to fail," says Kansas City, Missouri, personal trainer Jake Albracht. We can make our health and fitness goals for 2017 a reality instead of just wishful thinking.

Find a good trainer. "A personal trainer provides a helpful base of knowledge because the hardest part for most people is a lack of planning and diligence in following up. Trainers can step in to help a client achieve their goals," says Albracht.

Jeanne Rankin, assistant strength and conditioning coach at the University of Kentucky, in Lexington, adds, "A personal trainer can also help you set lofty goals that you wouldn't have considered on your own due to fear of failure in achieving them."

Secure personal attention. Individual attention is invaluable. Albracht notes, "There's nothing like the instant feedback with technique, information and support that one-on-one training provides."

Rankin adds, "In ongoing individual evaluation, a personal trainer can see exactly what's going well and what

isn't, providing a better assessment than in a group."

"Group settings can also be positive and mimic a team environment, but a one-on-one relationship allows for a deeper bond of trust. Sometimes that can make all the difference in the world," Albracht explains.

Ask questions. If engaging a personal trainer isn't in our available budget, they are often willing to answer a few burning fitness questions. Most of us have had volunteer teachers at some point in our lives that expected nothing in return because they loved sharing what they know. It's a slower process, but can be a viable option.

Set realistic goals. "I tell clients that structuring a program of specific goals will always trump a non-structured program," says Albracht. "They need to fill out a goals sheet and develop a personal model that is repeatable, sustainable and successful. We use the SMART acronym for specific, measurable, attainable, relevant and timely." Sometimes writing things down is just what's needed to make them actually happen.

"When you look at pictures of famous people in magazines, realize

that the images have been Photo-shopped. They also have access to the best and most expensive resources in the world, and looking good is their job," reminds Rankin. "Set a goal, and then set a bunch of small, achievable, measurable and quantifiable steps along the way that'll push you towards that bigger goal."

For example, If the goal is to lose 50 pounds in a year, then maybe shoot to lose 30 pounds in the first six months and 20 in the second six months. "Breaking it up into what feels doable for you is key," says Rankin.

Establish intentions. Krysten Clark, a Los Angeles personal trainer, yoga teacher and founder of Yogva Nutrition, uses the SMART elements along with establishing an intention for each session. She states, "It's important to recognize what 'being healthy' means to you. I always have my clients set an intention for their workout in the moment, which allows them to be fully present with what they're doing and why they're doing it. Connecting with their 'why' proves powerful in a day-to-day practice."

She also strives to bring mindfulness into any fitness workout that evolves from a mind-body connection. The accompanying sense of self-compassion furthers progress in the never-ending process of personal growth and healthy living.

Acquire a fitness posse. An accountability partner can be a friend or a personal trainer—someone that's only a phone call away. Rankin observes, "If you know that you are letting someone down by not working out, then you are more likely to stick to a plan, especially if you're paying that person."

Hit the reset button if needed. "Set a deadline to attain a goal and work backwards from there to achieve it," advises Albracht. "If the goal is missed, reassess and plan again." Be patient and forgive yourself as often as necessary if slip-ups occur. The ultimate results of feeling good and healthier provide their own payoff.

Aimee Hughes, a freelance writer in Kansas City, MO, is a doctor of naturopathy and consultant for the Yandara Yoga Institute. Connect at ChezAimee@gmail.com.



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.

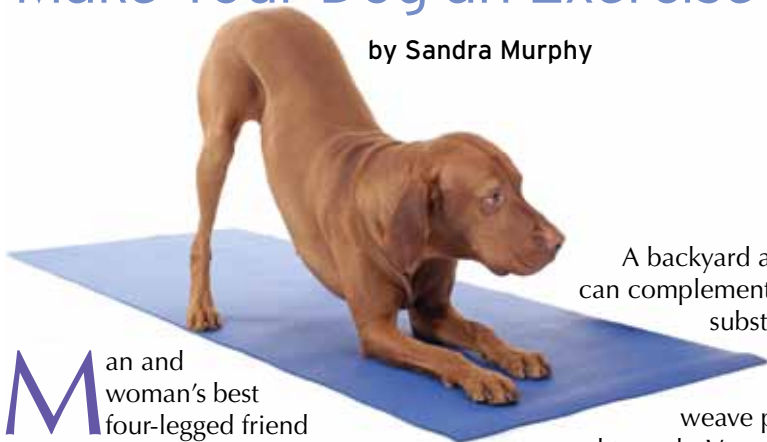
Decrease Risk of Cancer:

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.

Fetch, Stretch, Dance

Make Your Dog an Exercise Buddy

by Sandra Murphy



A backyard agility course can complement or even substitute for walks.

It's easy to make with weave poles, jumps

and tunnels. Vary the order of the obstacles and run alongside the dog to call out each one. When it's excessively wet, cold and icy or hot outside, create an indoor agility course. Use blankets and upturned chairs for tunnels, cardboard boxes to designate a weaving trot and a hula hoop for jumps. Set it up on top of rugs that foster firm footing. Balance can also be improved with exercise balls. While some dogs only see a soccer game, others try to balance on the ball, strengthening core muscles like their humans.

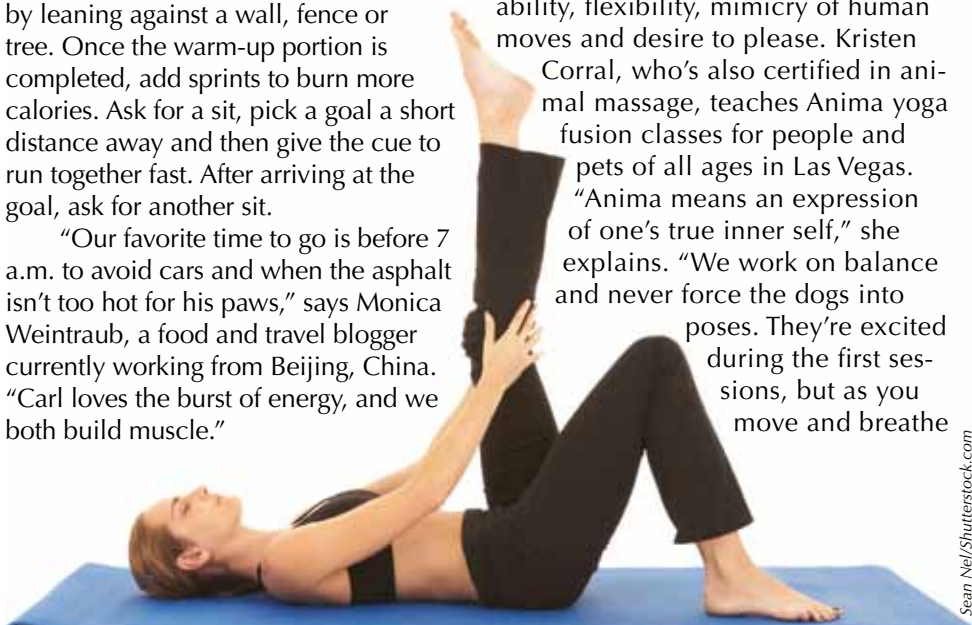
Learning doga, or yoga for dogs, incorporates a canine's natural trainability, flexibility, mimicry of human moves and desire to please. Kristen Corral, who's also certified in animal massage, teaches Anima yoga fusion classes for people and pets of all ages in Las Vegas. "Anima means an expression of one's true inner self," she explains. "We work on balance and never force the dogs into poses. They're excited during the first sessions, but as you move and breathe

Man and woman's best four-legged friend

can activate and energize even the most reluctant couch potato or exhausted owner, making the family dog an excellent exercise buddy. Regardless of how lax we may be, everyone feels better after some kind of workout. A study published in the journal *Environmental Science & Technology* confirms that working up a sweat outdoors affords an appealing boost of energy, enjoyment and improved state of mind.

Dogs love routine, so they'll be waiting by the door for their daily walks. Make each outing mindful by letting the pet choose the route and pace. While they stop to sniff, do hamstring stretches by leaning against a wall, fence or tree. Once the warm-up portion is completed, add sprints to burn more calories. Ask for a sit, pick a goal a short distance away and then give the cue to run together fast. After arriving at the goal, ask for another sit.

"Our favorite time to go is before 7 a.m. to avoid cars and when the asphalt isn't too hot for his paws," says Monica Weintraub, a food and travel blogger currently working from Beijing, China. "Carl loves the burst of energy, and we both build muscle."



together, it becomes a calming and relaxing activity."

Floor exercises with the help of a dog also helps strengthen core muscles. Do leg lifts and teach the pet to walk under a raised leg to ensure it stays raised for the proper amount of time. Incorporate fetch games with sit-ups; throw the toy when sitting up and accept it back while reclining. Alternate arms—the dominant one has better aim, while the other one adds steps for the dog as it runs to fetch an errant toss.

For chair exercises, use a toy to lure the dog under the chair, moving it from side-to-side, simultaneously working the waistline. Fetch lets the dog chase the toy before dropping it in front of the chair, giving the owner's core muscles a workout when bending to pick it up each time.

Dogs love to play hide-and-seek. It's easy with two people; one holds the dog while the other hides. If solo, teach the pet to sit until a timer goes off before starting the hunt.

"I ask Felix, my mixed-breed dog, to hold a sit-stay while I go hide," says Chantelle Wallace, a professional writer who volunteers to exercise animals at Skyline Pet Care and Fitness, in Austin, Texas. "Hide and seek activates both mental focus and physical exercise."

Dancing to favorite tunes expends lots of energy. Dogs may perform obedience moves to the beat or, like humans, dance like nobody's watching. Scientists at the University of Missouri are among those that have found that music improves moods, too.

Teaching a dog to help around the house impresses everybody and takes advantage of bad weather to catch up on chores. They can tour a laundry basket to bedrooms, pick up trash or place items for recycling in a bin. Select individual items to be carried up or down stairs for a muscular workout. Take some tips from Jesse, a most helpful dog, at Tinyurl.com/HouseholdHelpPooch.

When our will to exercise is wavering, an eager dog will help keep an exercise routine interesting and on track. The dog's goal is always to have fun with their favorite person.

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

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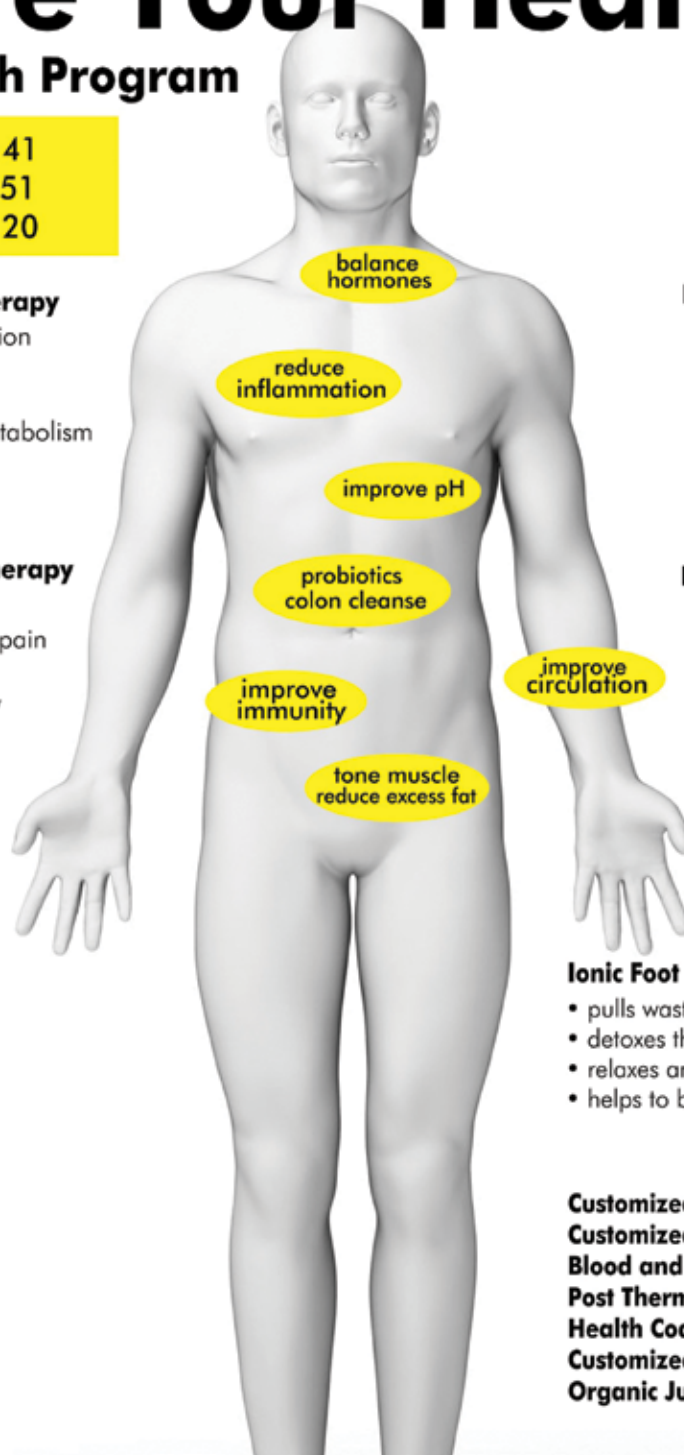
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AQUA MASSAGE THERAPY



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.

BODY REBOUND

The Best Way to Lose Weight
Get Your Body Back in Great Shape

Our Weight Loss Is Guaranteed To Work

- Meal Replacement Shakes
- Burn calories in the sauna
- Tone with whole body vibration
- Use body wraps to lose inches

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

**6-Week Program Only
\$340**



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

** Guarantee will be honored if patient follows documented weight loss program requirements.

896-4141

Carencro Office

356-1251

Lafayette Office

662-3120

Sunset Office

(337) 424-5066

Text **BODY REBOUND** for more information

Remedies

COFFEE BAR

166 Oak Tree Park Dr., Sunset

Phone: (337) 662-3120

858B Kaliste Saloom Rd, Lafayette

(337) 356-1251

Cafe Mocha - \$6

We combine our rich, full-bodied coffee with bittersweet mocha sauce and steamed milk, then top it off with sweetened whipped cream, chocolate syrup, and chocolate sprinkles.



Caramel Macchiato - \$6

An Espresso to make you melt with pleasure, with the milky sweetness of coffee ice cream drizzled with creamy caramel. A sweet gourmet coffee treat!!!



Almond Espresso - \$6

An Espresso to make you melt with pleasure, with the milky sweetness of coffee ice cream drizzled with creamy caramel. A sweet gourmet coffee treat!!!



NEW COFFEE BAR

7:00am - 7:00pm

Call In Orders welcome!

BODY REBOUNDEE

Weight Loss

- lose the weight and feel great
- includes all treatments and wellness center membership
- includes BF-4 weight loss supplements

Lafayette Office: (337) 356-1251

Carencro Office: (337) 896-4141

Sunset Office: (337) 662-3120

Text name and BODY REBOUNDEE
to (337) 424-5066 for more information.



REBOUND Loss Program

6-Week Program Only
\$340

2-People Buddy Program Only
\$69/month



Become a Member Join The Vitamin Club

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

- Dr. Steve



PICK 3 MEMBERSHIP \$65/month

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

Retail Value: \$95 - \$105

Natural Health Center, Carencro 896-4141
DHARMA Wellness Center, Sunset 662-3120
Namaste Wellness Center, Lafayette 356-1251
Text **VITAMIN CLUB** and your name to **424-5066** to join.



Opelousas (French: Les Opelousas) is a small city in and the parish seat of St. Landry Parish, Louisiana. It lies at the junction of Interstate 49 and U.S. Route 190. The population was 22,860 at the 2000 census. Although the 2006 population estimate was 23,222, a 2004 annexation should put the city's population above 25,000. In the 2010 census, the population shrunk to 16,634. Opelousas is the principal city for the Opelousas-Eunice Micropolitan Statistical Area, which had an estimated population of 92,178 in 2008. Opelousas is also the 3rd largest city in the Lafayette-Acadiana Combined Statistical Area, which has a population of 537,947. Source: www.wikipedia.com



VITAMIN SHOP in Opelousas, LA
 Front Desk: (337) 678-1844 Line 2: (337) 678-1500

Hwy 190 Next Door to Lucky's Casino and Truckstop



BF-4 \$45



Frozen Wheatgrass \$30

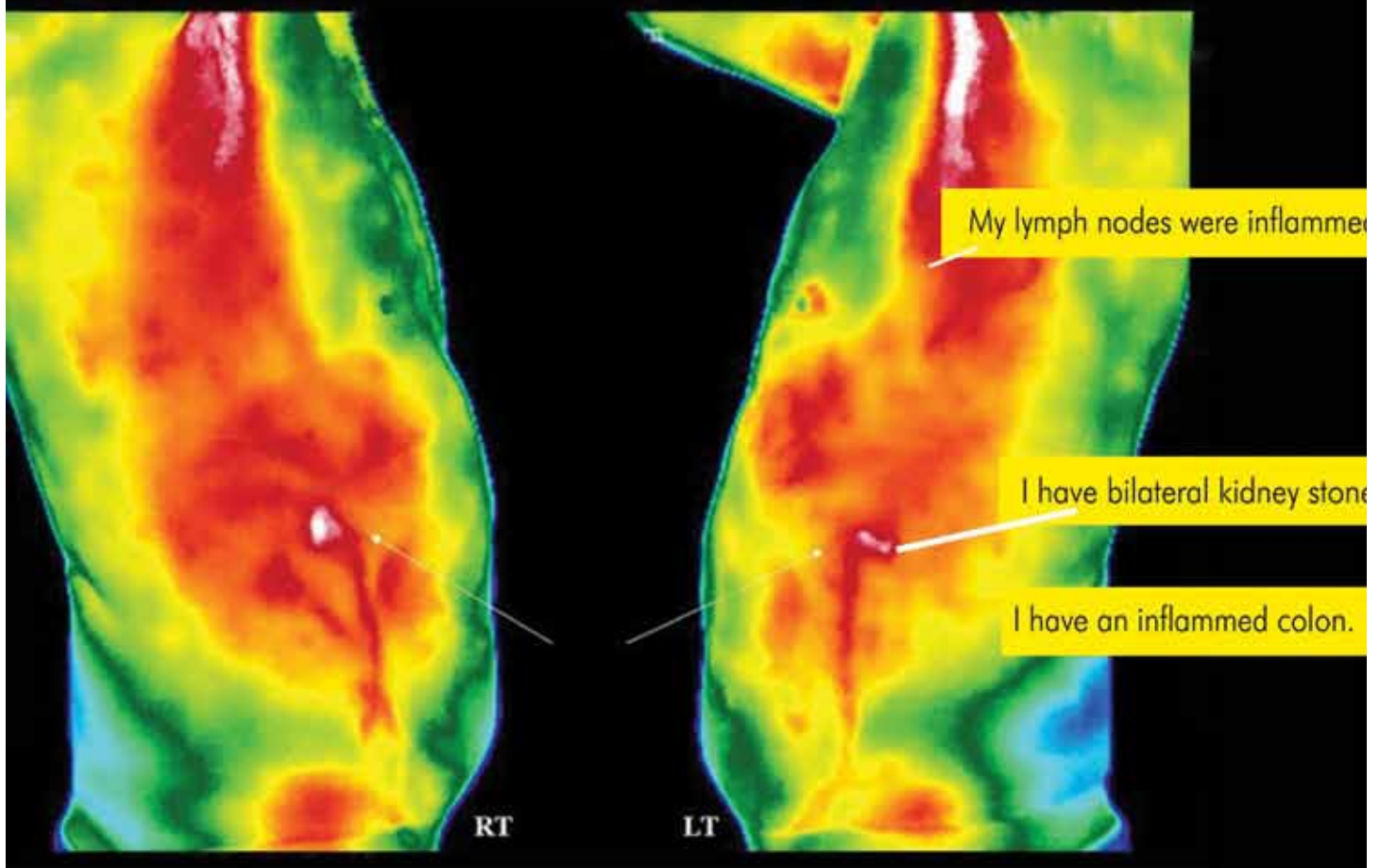


Green Water \$36/case

What's going on in my body?

a thermography exam detects inflammation

inflammation jumpstarts most major diseases like cancer, stroke, heart attack, diabetes.....



My blood work showed I have elevated kidney and liver enzymes. My body composition indicates high pH (acid)
Your HEALTH must be the most important thing in the world to you. Without your health you can not enjoy family or work

Thermography is used to:

- detect inflammation
- 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
- the root cause of most cancer and heart disease is inflammation

Telephone:
896-4141
to schedule

\$94 Full-Body Thermography Screening

Inflammation is the Spark that ignites most disease

Pain and Inflammation Enzyme



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



Antioxidant Formula

Antioxidants work in the body by neutralizing and eliminating free radicals. Free radicals are molecules that come from environmental pollutants, UV rays and even from foods we digest. Free radicals destroy tissue at the cellular level and are also precursors to cancer and coronary artery disease. Antioxidant Formula supplies a Hi-ORAC (Oxygen Radical Absorbance Capacity) synergistic blend of fruits and vegetables that work in the body by neutralizing and eliminating free radicals. Combined with CoQ10, Resveratrol, L-Carnosine, N-Acetylcysteine and other potent antioxidants, Antioxidant Formula is one of the most powerful and comprehensive combinations available.**\$30.00**

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



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



Become a Member

Join The Vitamin Club

BASIC MEMBERSHIP \$60/month

- Box of Frozen Wheatgrass (16-count) (Retail \$30)
- 3 Bottles of Greenwater (Retail \$18)
- pH 9.5 Drops (Retail \$30)

Retail Value: \$78

PICK 3 MEMBERSHIP \$65/month

- Box of Frozen Wheatgrass (16-count) (Retail \$30)
- 3 Bottles of Greenwater (Retail \$18)
- pH 9.5 Drops (Retail \$30)
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 Text **VITAMIN CLUB** and your name to **424-5066** to join.

Raise your body pH (alkaline body products)

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

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)

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

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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December 8

Iberia Performing Arts League Presents “A Christmas Carol” – 7:30-10pm. Thru 3-5pm Sun Dec 11. Live theater production and concessions. Essanee Theater, 126 Iberia St, New Iberia. 337-364-6114. IPALTheater.com.

Friday December 9

A Jingle Jangle Sneauxfest – 7pm. Thru 10am Sat Dec 10. On Friday Krossfyre performs and join a silent/live auction for eligible single bachelors and bachelorettes. \$25. On Saturday adopt pets through ARFLA, take pictures with Santa, have milk & cookies with Mrs. Claus, tea with Alice in Wonderland, real snow, rides, face painting and arts & crafts. \$5. Benefitting Animal Rescue Foundation of Lafayette. Unitech Training Academy, 3253 Ambassador Cafery St, Lafayette.

I’ll Be Home for Christmas – 7pm & Sat Dec 10. Thru 3pm Sun Dec 11-The 75th Anniversary attack on Pearl Harbor recognition presentation will feature Christmas and World War II era music. Free. First Baptist Church Lafayette, 1100 Lee Ave, Lafayette. 337-593-3757. FBCLaf.org.

Living Bethlehem – 7-8pm. Thru Sun Dec 11. A live outdoor nativity drama features a cast of children, live animals and a children’s choir. Free. Sugar Mill Pond Town Center, 120 Waterview Rd, Youngsville. 337-856-2323. SugarMillPond.com.

Saturday December 10

Cajun Country Run – 7am. Acadiana’s oldest half marathon and the premier running event for TRAIL with a pure dirt 10k and 5k in addition to the all road, USATF certified

1/2 marathon course. \$45. Acadiana Park, 1005 E Alexander St, Lafayette.

Courtesy’s Christmas Car Show – 7am. Enter Jeeps, classics, Mustangs, big trucks, and muscle cars. Win prizes, bring the kids for face painting and pictures with Santa. Proceeds benefit Toys For Tots & Susan G. Komen. Bring an unwrapped toy and \$10. Courtesy Chrysler Dodge Jeep Ram, 607 Enterprise Breaux Bridge, PotenzaDevelopment.com/Christmas/.

Magic on Main Christmas Parade – 7am-8pm. Enjoy a Christmas breakfast, crafts vendors, food trucks, musical performances and lighting of the Community Christmas Tree. Winners of the cutest pajama contest will ride in the parade on the Santa float. New Iberia Downtown Business Association and the Main Street Program. Historic Downtown, Main Street, New Iberia. 337-207-5670.

Delcambre Christmas Boat Parade – 4-9pm. Watch lighted boats cruise Bayou Carlin while listening to Christmas music. Delcambre Docks. 411 S. Richard St, Delcambre. 337-658-2422.

The Nutcracker – 7pm & 2pm Sun Dec 11. Lafayette Ballet Theatre with Principal artists from the Pacific Northwest Ballet, and the entire dance community. A full-length classical ballet in two acts, based on the story of E. T. A. Hoffmann’s, Nutcracker and the King of Mice with original music of Peter Tchaikovsky. \$70. Heymann Performing Arts Center, Lafayette. 337-262-0444 or 337-291-5555. LafayetteBalletTheatre.org.

Sunday December 11

Louisiana Female Biker Coalition Christmas Toy Giveaway – 1pm. Children receive a gift bag of toys while they last, along with activi-

ties, snacks and games. Free. City of Opelousas Tourist Center, 828 E Landry St, Opelousas.

Delcambre Main Street Christmas Parade – 2-4pm. Christmas on the Bayou Parade with Santa Claus, marching bands and dance groups. Delcambre Main Street. 337-519-2541.

Lessons & Carols – 3pm. Traditional Christmas candlelight service of readings and choral music. Free. St. John Cathedral, 914 St John St, Lafayette. 337-232-1322. SaintJohnCathedral.org.

Monday December 12

Comeaux High Band Christmas Concert – 7pm. The Comeaux Wind Symphony and Symphonic/Concert band presents Christmas carols and tunes. Free. The Bayou Church, 2234 Kaliste Saloom St, Lafayette.

Thursday December 15

Magic of the Season – 7pm. Acadiana Symphony Orchestra’s annual Christmas concert celebrates the magic of the season with Zachary Richard. Heymann Performing Arts Center, 1373 S College Rd, Lafayette. 337-232-4277. AcadianaSymphony.org.

Friday December 16

Les Cadiens du Teche Christmas Party – 7-11pm. Celebrate the holidays with Wallace Trahan, rice and gravy, and chicken and sausage Gumbo. \$10. La Louisiane Banquet Hall, 5509 Hwy 14, New Iberia. 337-369-7538. CajunFrenchMusic.org/Chapter_NewIberia.

Saturday December 17

2nd Annual Wreaths Across America Ceremony – 9am. Remembrance wreaths will be placed at the headstones of fallen veterans. Acadiana Veterans Honor Guard will be in full regale with the Patriot Guard Riders. Free. Shawn Howren. 337-981-7098 or 337-366-5997. Fountain Memorial Funeral Home & Cemetery, 1010 Pandora St, Lafayette.

Sunday December 18

Jazz Night Opelousas – 6pm-9pm. Louisiana-style jazz by popular jazz musicians from

around the state. Enjoy hors-d'oeuvres and drinks. Jeremy Benoit, J B Saax & the Band. \$20. Arpeggios Lounge & Event Center, 204 N Main St, Opelousas. 337-407-5188.

Wednesday December 21

Silverbacks Improv Theatre Holiday Show –7pm. The Silverbacks create their very own annual celebration of holiday sweaters. The audience is invited to wear their finest Christmas, Easter, Mardi Gras, or even Groundhog Day sweaters. \$10. The Hive Theatre, 810 Jefferson St, Lafayette. 337-484-0172. SilverbacksImprov.com.

Saturday December 31

New Year's Noon Carnival & Countdown – 10am-2pm. Ring in the New Year at the stroke of 12 Noon with fun for the whole family. Children's Museum of Acadiana, Lafayette, LA. 337-232-8500, Childrens-MuseumOfAcadiana.com.

An Acadiana New Year's Eve – 8pm. Celebrate the New Year with local music legend and Grammy Award winner, Wayne Toups. Free. Evangeline Downs Event Center, 2235 Creswell Ln, Opelousas. 337-594-3000.

inflammation

sparks almost every major disease in the body

cure the inflammation - cure the disease

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

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

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

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

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

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



BREAST
Pro-inflammatory cytokines, principally interleukin-6 (IL-6) can facilitate tumor growth and metastasis in the breast tissue.
Source: Journal of Breast Diseases

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

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

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

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

\$94 Thermography Scan Only

\$124 Thermography and a range of images

\$154 Thermography, images, and bone density

\$274 Thermography, images, full body, and dental visit

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

ORGANIC FIBER



WebMD.com

Three bowel movements a day is considered a very healthy body.

Jean-Pierre Raufman, MD

Gastroenterologist at University of Maryland School of Medicine

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

Dr. Steven T. Castille

Director of the Natural Health Center

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

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

ongoing events

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

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sunday

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

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

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

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

Meditation – 9:30-11:00 am. Sitting and walking meditation; reading; discussion; chanting; loving kindness and compassion practice. Spirit Path, 714 E Kaliste Saloom Rd, Suite C-3, Lafayette. 337-233-5127. SpiritPath@cox.net.

monday

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

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

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

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

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

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

tuesday

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

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

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

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

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

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

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

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

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

wednesday

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

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

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

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

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

thursday

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

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

Grief Recovery Support Group – 6-7pm. Third Thursday of the month. Caring people share issues they are facing and get informative information and videos applying biblical principles of healing thru grief. Free. Lisa or Jodie. 337-500-1763. Acadian Hospice and Palliative Care, 458 Heymann Blvd, Bldg A, Lafayette. 337-500-1763.

friday

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

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

saturday

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

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

Delcambre Seafood and Farmers Market – 8am-

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Cajun Jam – 1-3:30pm. A weekly Cajun Jam led

by area musicians. Open to all skill levels. Free admission for jam only, does not include entry to the park. Performance Center of Vermilionville, 300 Fisher Rd, Lafayette. 337-233-4077.

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

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

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

Noel Acadien au Village – 5:30-9:00pm. Starting Saturday Nov 26 thru Dec 23. Half-a-million lights on display in the fully lit chapel, themed Acadian home porches, lighted holiday displays with live entertainment, carnival rides, local cuisine, photos with Santa, holiday shopping in the Christmas Store and The Village Art Gallery. \$10. LARC's Acadian Village, 200 Greenleaf Dr, Lafayette. 337-981-2364. AcadianVillage.org.

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