

FREE

HEALTHY LIVING HEALTHY PLANET

# natural awakenings



## Holiday Happiness

Simple Ways to  
Maximize Joy

## HUMANITY'S AWAKENING

Spiritual Awareness  
Nears a Global  
Tipping Point

## Pet-Safe Holidays

Tips to Keep  
Them Merry  
and Safe

Use this to reduce **PAIN** and **INFLAMMATION**

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## Wheatgrass Capsules



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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.*

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- 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

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## **publisher's letter**



As the holidays approach, it's easy to get caught up in the material aspect of it all. Looking for the right gift and the perfect dish to complete a family dinner can be quite overwhelming. Even when the holidays are considered "the most wonderful time" of the year we sometimes forget the true meaning of the holidays. We especially forget the precious gift of time.

Nowadays people become easily distracted by the attention-grabbing features of our society. During the holidays these features increase dramatically, so much that we forget the meaning of the holidays. Advertisements

of the best this and the perfect that can captivate us to an extent of withdrawing our attention away from the real reason of the holidays. Instead, our society gives into the commercialized and materialistic aspect of it all. Although getting gifts for people you care for is great, it shouldn't be the center of attention. And yet, we get caught up in the decorations, sales, food, gifts, and theatrics without realizing we already have the gift most people long for.

Ironically, this gift can't be bought in a store or cooked on a stovetop. It can't be redeemed with a coupon, ordered online or wrapped. In fact, it has little to do with any material thing and has everything to do with time. The true gift, no matter what religion you are or what holiday you celebrate, is time. Time is a gift and is the one thing many people take for granted. Through all the hustle and bustle we forget to realize that all we truly want is time. We want time with friends, family, and even ourselves. As people, we want time to love, connect, and laugh with those we care about.

So this holiday season, remember the gift of time is as precious as any material gift. Remember the reason why we celebrate the holidays; not to buy or receive gifts, but to share our time and memories with the people we care for. Be thankful for this time so that when the holiday season ends we won't just remember buying, receiving gifts or nitpicking about things we can't control. We'll remember the time spent and loved shared with the people we care about throughout the year.

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

*Lillyanna & Lydia*

Lillyanna and Lydia Castille, Assistant Publishers



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**natural**  
awakenings

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PUBLISHERS **Steve, Michelle, Lydia**  
and **Lillyanna Castille**

EDITOR **Beth Davis**

DESIGN & PRODUCTION **Gail Babineaux**  
**Steve Castille**

CONTRIBUTING WRITERS **Tre' Gradnigo**  
**Beth Davis**

DISTRIBUTION & MARKETING **Marquia Castille-Grant**  
**Martha Francis**

CALENDAR **Michelle Castille**  
**Lydia Castille**  
**Lillyanna Castille**

WEBSITE **Steve Castille**

### CONTACT US

100 E. Angelle Street  
Carencro, LA 70520

Ph: 337-896-4141 • Fax: 337-205-6191  
[www.NAacadiana.com](http://www.NAacadiana.com)

### SUBSCRIPTIONS

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(for 12 issues) to the above address.

### NATIONAL TEAM

CEO/FOUNDER **Sharon Bruckman**

NATIONAL EDITOR **Alison Chabonais**

MANAGING EDITOR **Linda Sechrist**

NATIONAL ART DIRECTOR **Stephen Blancett**

ART DIRECTOR **Josh Pope**

FINANCIAL MANAGER **Mary Bruhn**

FRANCHISE DIRECTOR **Anna Romano**

FRANCHISE SUPPORT MGR. **Heather Gibbs**

WEBSITE COORDINATOR **Rachael Oppy**

NATIONAL ADVERTISING **Kara Scofield**

Natural Awakenings Publishing Corporation  
4933 Tamiami Trail N., Ste. 203  
Naples, FL 34103

Ph: 239-434-9392 • Fax: 239-434-9513  
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Natural Awakenings is your guide to a healthier, more balanced life. In each issue readers find cutting-edge information on natural health, nutrition, fitness, personal growth, green living, creative expression and the products and services that support a healthy lifestyle.

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## Vermillionville Hosts Old Time Christmas Family Day

Vermillionville is set to host an Old Time Christmas Family Day from 10 a.m. to 4 p.m., December 15. Old Time Christmas Family Day is a day when the village is filled with great learning opportunities, live music, delicious food, Native American storytelling, arts and crafts and self-guided tours. One of the most popular featured attractions is Papa Noël, the French Santa Claus, who takes pictures with the children, who also have a great opportunity to write letters to him, which are then sealed with wax.

Additionally, artisans offer demonstrations from the holiday periods from 1765-1890, including how to make candles, soap, Victorian paper ornaments, citrus pomanders and more. There will also be discussions about traditional decorations, gift giving and the Réveillon.

For more information, email [Vville@BayouVermilionDistrict.org](mailto:Vville@BayouVermilionDistrict.org), call 337.233.4077 x.211 or visit [Vermilionville.org](http://Vermilionville.org).

## Lafayette Art Gallery Association Offers Metal Clay Class

The Lafayette Art Gallery Association is offering metal clay art classes for students of all skill levels, providing a great opportunity for students to work with clay under the guidance of an experienced instructor. Instructors give advice and assistance with generating ideas, as well as technique and general knowledge. Class sizes are limited to four students, which helps provide individual attention and instruction to each student and allows them to work at their own pace and skill level.

In addition, the instructor offers example demonstrations on technique, which are also tailored to participants' interests and needs. These ongoing classes can be purchased individually or in packages of six sessions, and can be scheduled at any time.

For information, call Paula McDowell at 517-285 - 5523 or email [fioredancestudio@bellsouth.net](mailto:fioredancestudio@bellsouth.net)

## The Knot Prayer

Dear God,

Please untie the knots that are in my mind, my heart, and my life.

Remove the have nots, cannots, and the do nots.

Erase the will nots, may nots, might nots that may find a home in my heart.

Release me from the could nots, would nots, and should nots that obstruct my life.

And most of all, dear God, I ask that you remove from my mind, my heart, and my life all of the "am nots" that I have allowed to hold me back. Especially the thought that I am not good enough.

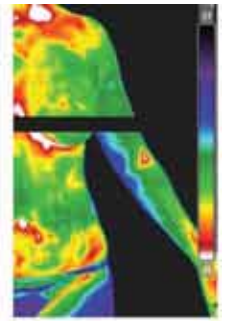
*Amen*



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TEXT your NAME and 5 WEEKS WELLNESS to 424-5066 for more information.

## Expecting Moms Need to Relax at Holidays



South Korean women in their first trimester of pregnancy during the country's stress-producing new year's holiday had babies that were a third of an ounce lighter on average, discovered an Australian study of nearly 8.6 million mothers covering 17 years. The extent of the birth weight reduction was similar to reduced birth weights found among babies from mothers in Columbia, after they had experienced area landmine explosions during their first trimester.

## Blue Light Raises Cancer Risk



Blue light—a range of the visible light spectrum emitted by most white LEDs and most tablet and phone screens—could be hazardous to our health, a new study shows. Researchers from the Barcelona Institute for Global Health analyzed the blue light exposure and medical histories of 4,000 people throughout Spain, also utilizing nighttime images taken by astronauts in the International Space Station

to assess exposure of residents of Barcelona and Madrid.

They found that those exposed to more blue light at night had between 1.5 to two times the risk of prostate and breast cancer. "Given the ubiquity of artificial light at night, determining whether it increases or not the risk of cancer is a public health issue," says lead author Ariadna García.

## Yams Protect Against Liver Damage

Serving yams with a holiday dinner helps protect liver health, new research shows. Scientists from the University of Mississippi and King Saud University, in Saudi Arabia, found that steroidal glycoside compounds in wild yam root known as furostans can help protect liver cells against damage from free radicals.

## Meditation Soothes Anxiety and Improves Focus

Even a single mindfulness meditation session can significantly reduce anxiety and lower heart rates, Michigan Technological University research shows. Fourteen people with mild to moderate anxiety participated in a 20-minute introductory meditation, a 30-minute mindful scan of each body part seeking areas of stress and a 10-minute self-guided meditation. An hour later, the meditators showed both lower resting heart rates and anxiety levels. A week later, they continued to report less anxiety.

Another study at Trinity College Dublin, in Ireland, uncovered an anatomical reason why breath-based meditation practices can enhance mental clarity and focus, as yogis have long claimed.

The research focused on a small area in the brain called the locus coeruleus, which is responsible for producing an action hormone and neurotransmitter called noradrenaline. They found that this part of the brain is affected by our inhaling and exhaling patterns.

"Put simply, this means that our attention is influenced by our breath, and that it rises and falls with the cycle of respiration," says lead author Michael Melnychuk. "It is possible that by focusing on and regulating your breathing, you can optimize your attention level."







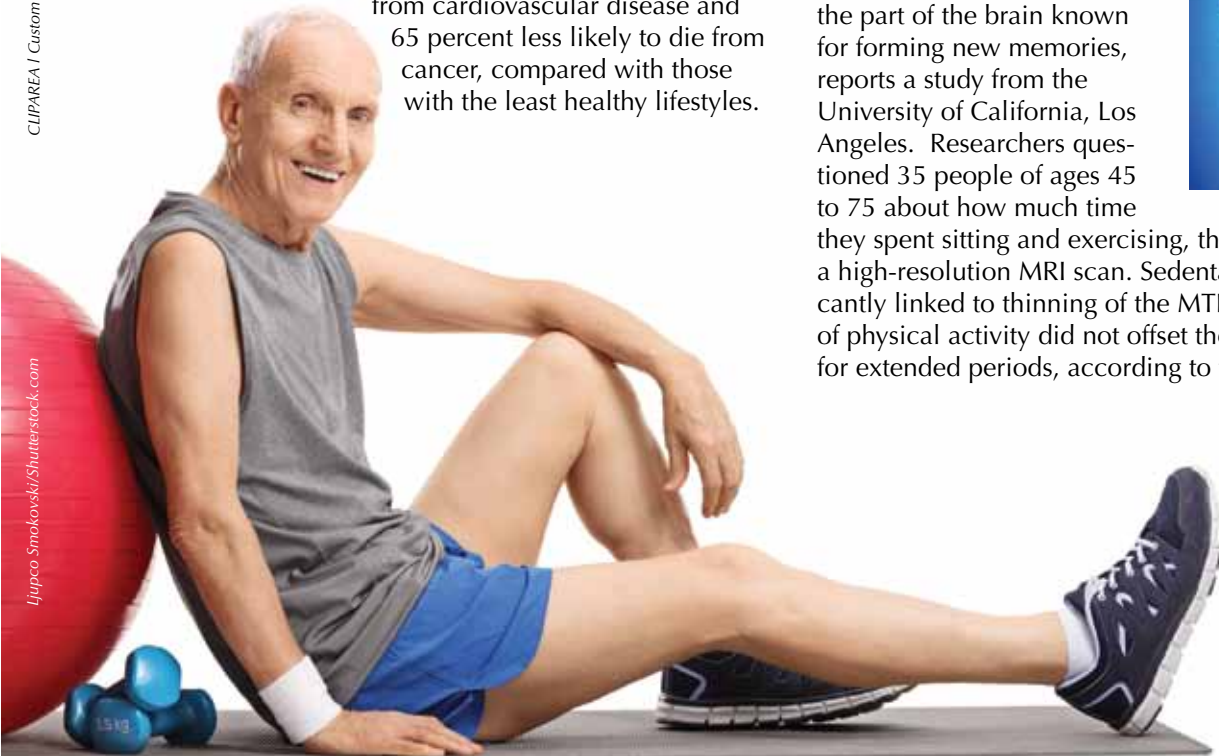
## Rosemary Lowers the Blues, Aids Sleep and Memory

In a double-blind, randomized study at Iran's Kerman University of Medical Sciences, 68 university students took either 500 milligrams of rosemary or a placebo each day for one month. Those taking the rosemary saw their levels of anxiety and depression significantly reduced and their memory scores boosted by 14 percent; students reporting nights of good sleep rose from 47 percent to 62 percent.

## Five Healthy Habits Add Years of Life

Analyzing why Americans have a lower life expectancy when compared to most other developed countries, Harvard researchers used 34 years of data on more than 120,000 health professionals to focus on five lifestyle factors that promote longevity. They found that women and men lived on average 14 years and 12 years longer, respectively, if they had a healthy body weight (between 18.5 and 24.9 BMI), never smoked, exercised at moderate-to-vigorous levels at least 30 minutes a day, ate a healthy diet and drank only moderately (one five-ounce glass of wine for women, two for men).

The effect was cumulative; the combination of all five produced the greatest life extension. Those that maintained the healthiest lifestyles were 82 percent less likely to die from cardiovascular disease and 65 percent less likely to die from cancer, compared with those with the least healthy lifestyles.



## Dark Chocolate Proven Healthier than Ever

Dark chocolate with at least 70 percent cacao can have positive effects on stress levels, inflammation, mood, memory and immunity, according to two new studies from Loma Linda University, in California.

Ten participants ate a 48-gram bar of dark chocolate at the beginning of each study and then ate a piece of dark chocolate every two hours when they were awake for several days. Blood tests revealed the chocolate heightened sense perception and nervous system responsiveness and increased both anti-inflammatory agents and infection-fighting cells. Gamma waves recorded by an electroencephalogram (EEG) suggested the treat could positively impact cognitive function and creativity even two hours after eating it.



## Too Much Sitting Thins the Brain

Sitting too much thins the medial temporal lobe (MTL), the part of the brain known for forming new memories, reports a study from the University of California, Los Angeles. Researchers questioned 35 people of ages 45 to 75 about how much time they spent sitting and exercising, then gave each participant a high-resolution MRI scan. Sedentary behavior was significantly linked to thinning of the MTL. Even increased levels of physical activity did not offset the harmful effects of sitting for extended periods, according to the research.



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# Wheatgrass Your #1 SuperFOOD

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

1 ounce of WHEATGRASS = 2.5 lbs of green VEGETABLES

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

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

## What is Wheatgrass Juice?

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

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

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

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

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

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

## Wheatgrass Benefits for Cancer

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

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

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

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

ADVERTISEMENT



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

## Wheatgrass Juice Facts

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

# Nutritional Value of Wheatgrass Juice

(Per 100 gm)

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

## Why Must Wheatgrass Juice Be Drunk Fresh?

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

## How Much Wheatgrass Do I Need?

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

## 100 grams of wheatgrass contain:

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

## Is Wheatgrass a Food?

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

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

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

## LAFAYETTE

### Drug Emporium

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337-356-1251  
Across from Fresh Pickens

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### Natural Health Center

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

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

## SUNSET

### DHARMA Wellness Center

Across from Janise's Supermarket  
166 H Oak Tree Park Drive  
337-662-3120





## Not Yet Extinct

### New Species Discovered

We know a lot about the Earth and its creatures, but never everything. The State University of New York's College of Environmental Science and Forestry, in Syracuse, has compiled a list of the top 10 new species discovered in 2018, which includes a rare great ape, hitchhiking beetle, omnivorous marsupial lion thought-to-be-extinct and other species that are critically endangered.

Quentin Wheeler, college president and founding director of the International Institute for Species Exploration, says, "As humans alter habitats and contribute to global climate change, species are

going extinct at a faster rate than we can name them. They can teach us so much about the intricacies of ecosystems and the details of evolutionary history."

## Yule Be Sorry

### Live Christmas Tree Shortages

According to the National Christmas Tree Association, more than 27 million holiday trees were purchased in the U.S. last year. But during the Great Recession of 2007 to 2009, growers didn't have the funds to plant adequately, and smaller crops are just starting to hit the market now, creating higher prices. Some varieties take up to 12 years to reach holiday height.

Exports from the Pacific Northwest will be down about 1.5 million trees this year, according to Ken Cook, whose McKenzie Farms has 8 million trees planted across 10,000 acres in Oregon. "There's a huge shortage of Christmas trees, and it'll continue to be that way for at least 10 years," says the 80-year-old farmer.

Supplies are also somewhat diminishing in North Carolina and Michigan, which have the nation's second- and third-largest Christmas tree outputs, respectively.

More households now put up faux trees than real trees. One benefit of real trees stems from their ability to capture carbon dioxide and produce oxygen as they grow. They're also biodegradable and are usually shipped regionally, not from overseas.



## Eco Jets

### Electric Planes on Horizon

European airline EasyJet aims to begin service with electric-powered airplanes within the next decade by collaborating with aviation startup Wright Electric. The company wants to build vehicles with room for 120 and 220 passengers and a range of 335 miles. Not only is battery performance steadily improving, but methods are surfacing to improve the performance of electric motors and squeeze more range out of existing technology.

## Breathing Room

### Growing Cities Must Add Woodlands

The U.S. Forest Service has determined that as the acreage of urban environments more than doubles between 2010 and 2060, green spaces and urban forests need to expand to maintain air quality, moderate climate change and lower energy use. The federal agency, a division of the U.S. Department of Agriculture, favors an increase in the tree canopy that can save cities billions of dollars in pollution removal, energy efficiency and carbon sequestration.

In China, air pollution is such a serious problem that it was responsible for a third of all deaths there in 2016. The government has deployed troops to plant a 32,400-square-mile, pollution-absorbing "sponge" of forested land around Beijing, China's densely populated and highly polluted capital city.

# RESTORE HEALTH PROGRAM

Are you always tired?  
Family history of breast cancer?  
Feeling overweight?  
No energy?  
Can't sleep?

**Reboot and reset your health. This program helps to reduce inflammation, slow down aging, boost your nutrition, and build stronger circulation and includes:**

- 2 Thermography Screenings (before & after)
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# A GLOBAL WAKE-UP CALL

## Collective Consciousness Nears Spiritual Tipping Point

by Linda Sechrist

Call it enlightenment, awakening, transcendence, self-realization or any of the myriad terms used to describe the ultimate higher state of consciousness. People have been seeking it for millennia, but beyond peak experiences of heightened awareness, only a few spiritual figures, Jesus Christ and Gautama Buddha among them, are known to have lived in this exalted state. Yet, an unprecedented awakening has been underway since the 19th century.

### Modern-Day Advances

Humanity's collective consciousness took an unexpected turn in 1968 after The Beatles captured the world stage. The iconic British group became agents of change in more ways than music when their search for answers to life's big

questions led them to Maharishi Mahesh Yogi's spiritual center in Rishikesh, India. Their interest in Transcendental Meditation (TM) sparked a surge of interest in enlightenment and meditation, providing the West with a popular means of cultivating higher states of awareness.

A movement to bring about global awakening has been growing ever since. Fresh impetus, in the form of quantum physics, the science of yoga and spiritual practices rooted in ancient cultures, disseminated by books, teachings by spiritual luminaries and websites such as *Conscious.TV*, has exposed millions to the concept of consciously participating in the evolution of humanity to bring about a world that works for all.

### Attaining Critical Mass

In 2000, Malcolm Gladwell, author of *The Tipping Point: How Little Things Can Make a Big Difference*, provided a ray of hope for the estimated 50 million individuals involved in the world enlightenment movement by introducing the concept of critical mass. This occurs when an unshakable belief is held by 10 percent of the population. Scientists that tested the phenomenon at the Rensselaer Polytechnic Institute, in upstate New York, discovered, "Once that number grows above 10 percent, the idea spreads like flame."

Mahesh predicted that only 1 percent of humanity is needed to create enough good vibrations to usher in world peace. While the figures required to reach this critical mass can be debated, it's certain that the old ways no longer work, and we are quickly running out of time to adopt viable solutions to mounting global crises.

Despite this sense of urgency, we have no clear idea of where we are on the scale of transformation. Yet leading voices point to promising signs of progress in a developing collective awareness that acknowledges life's interconnectedness and embodies life-affirming beliefs and values.

### Global Consciousness Accountants

Deepak Chopra, a physician, pioneering author and co-founder of *Jiyo.com* living in California and New York, believes that we may be in a phase of the necessary transformational shift, experiencing disruption along with the emergence of a new paradigm. "The ultimate goal with our *Jiyo.com* community, a collective well-being project, is to build a critical mass of people that will create a more peaceful, just and harmonious inner and outer world," says Chopra.

It begins with personal transformation through yoga, meditation, pranayama breathing exercises, nutrition, sleep, personal growth and relationships that enhance awareness. "Evolution should be gradual and comfortable," he says.

Rev. Michael Bernard Beckwith, founder of the Agape International Spiritual Center, in Beverly Hills, believes humanity is in the midst of an emerging renaissance of kindness, love and compassion, with millions embrac-

ing the planet as a living being. “This isn’t making news because mainstream journalists are still reporting from an old worldview,” he says.

Beckwith, a renowned minister and teacher for 40 years, leads a 9,000-strong trans-denominational spiritual community. He remarks, “Those of us focused on adding our energy to the global enlightenment movement see aspects of it emerging in changes such as health care rather than sick care, businesses adopting multiple bottom lines of people, planet and purpose—rather than only profit—and the shift from a me to we consciousness.”

Dianne Collins, author of *Do You QuantumThink?: New Thinking that Will Rock Your World*, in Miami, suggests it’s time to wake up to the fact that we are living in a quantum age and still using thought and language shaped by the Industrial Age. She discovered a burgeoning underground culture that she calls the “consciousness crowd” while researching her book tour audience.

“These individuals are using new thinking and recognizing the worldview of interconnectedness based on modern science. The media doesn’t recognize that thinkers such as these represent the new mainstream, and no one realizes the tipping point is already here,” she says.

Cate Montana, author of *The E-Word: Ego, Enlightenment and Other Essentials*, in Hawaii, likewise is convinced the movement has reached critical mass and is hopeful the perceived tipping point is closer than we think. “Every moment we’re awake, we’re being conditioned to believe in our limited physical nature and separation from everyone and everything around us. This is why we must re-educate ourselves regarding our full nature,” she says.

News headlines of global conflicts and ecological decimation make it appear that we are regressing, Montana says, but we are not going backwards. “The nature of life is growth, expansion and evolution. As one example, some among the medical community now accept the validity of energy practices such as acupuncture, tai chi, qigong and reiki. None of these words were even being bandied about in the U.S. 50 years ago.”

## Coming Together

Today, an estimated 5 million people practice TM, which has been incorpo-

rated into some schools, universities, corporations and prison programs in the U.S., Latin America, Europe and India. “Those learning this meditation practice number as many as 30,000 to 40,000 a year, which significantly contributes a positive effect to the collective consciousness,” says John Hagelin, a leader of the TM movement in the U.S.

Hagelin, president and professor of physics at the Maharishi University of Management, in Fairfield, Iowa, has been leading a scientific investigation into the foundations of human consciousness for 25 years. He’s one of the world’s preeminent researchers on the effects of meditation on brain development. “I think that we are much closer to a global spiritual tipping point than ever before,” he says.

Ron Dalrymple, Ph.D., a quantum field psychologist practicing in Fort Myers, Florida, believes the threshold is

Truth is what we are.  
It is our essential nature and Being. It is the pure Self, the limitless One,  
the ultimate reality—it is awareness itself.  
But we have become unaware of the magnificence of our true nature on account of our upbringing, conditioning and education, which paint a very different picture of who we are—and all of which we believe.

~Mooji



close and that his quantum unified field theory explained in his film, *The Endless Question*, can win over skeptics. “I use mathematics, science and storytellers that have studied consciousness to explain in lay language my theory, which proposes that the mind is an energy field that extends beyond the brain, and its nucleus is the superconscious. Viewers are led to the undeniable reality of what we all are and to the need for creating a culture of enlightenment where we encourage and inspire one another to greatness,” says Dalrymple, author of *Quantum Field Psychology: The Thoton Particle Theory*.

Zaya and Maurizio Benazzo, founders of the Science and Nonduality Conference (SAND), agree that individual awakening and the collective movement toward the understanding of our fundamental oneness is crucial to social transformation. Their nonprofit organization is designed to foster a new relationship with spirituality that is both based on timeless wisdom traditions and informed by cutting-edge science.

For 10 years, biannual SAND conferences have energized the global enlightenment movement (*ScienceAndNonduality.com*). Early audiences of 300 individuals now number from 800 to 1,000, and often include business people and trainers developing programs for workplaces.

“Understanding the new science that points to consciousness as all-pervasive and the fundamental building block of reality can change what it means to be human, as well as possibly make violence and economic, social and political crises things of the past,” says Zaya.

Thus, the spread of awareness and the harmonic convergence of science, psychology and spiritual thought seem to be bringing humanity closer to the enlightenment that has been elusive for millennia.

“Tremendous progress is being made, and I am confident that within a year or two, we’ll see a victory for the enlightened evolutionary forces already present on the planet,” says Hagelin.

Linda Sechrist is a senior staff writer for Natural Awakenings. Connect at [LindaSechrist.com](http://LindaSechrist.com).



# PARTY HEALTHY

## Tips from a Rock Star Doctor

by April Thompson

The holidays can emulate a rock star's life: a wearying travel schedule and social calendar, overindulging in rich food and drink, restless nights in unfamiliar beds. Fortunately, celebrity tips and tricks can help us through a hectic season, according to Gabrielle Francis, naturopath and author of *The Rockstar Remedy: A Rock & Roll Doctor's Prescription for Living a Long, Healthy Life*. The New York City doctor has toured with some of the biggest rock acts in the world as their on-call naturopath, chiropractor, acupuncturist and massage therapist.

"Health is the new rock-n-roll," says Francis. "Today's artists are more health and socially conscious. I believe you can 'party' and be healthy, and the stars I work with are proving that." She approaches clients' lifestyles flexibly and openly, understanding where they are, instead of forcing big, sudden changes on them. "Life is a celebration. My philosophy is that what you do for your health must fit into your lifestyle and be enjoyable, rather than isolating or extreme," says Francis.

This can mean mitigating habits, not necessarily dropping them. For example, rather than force clients off

coffee, which is acidic, Francis suggests adding spices like cinnamon, vanilla, cardamom or nutmeg that can help neutralize the acid.

Many stars Francis has worked with maintain a stricter regimen off the road, knowing that touring is more about damage control and doing their utmost to stay healthy under more difficult circumstances. The same holds true for those of us that inevitably encounter disruptions due to work, travel or holidays that can throw off healthy habits.

### The Healthy Traveler

Knowledge is power, and so is planning ahead for travel away from healthy options at home. Francis arms clients with best choices for on-the-go foods and beverages at the airport, gas station or restaurant. Musician and actor Adrian Grenier, quoted in Francis' book, developed a "food tripping" app available at [Tinyurl.com/SHFT-com-app](http://Tinyurl.com/SHFT-com-app) to help travelers find alternatives to fast food on the road.

Most airports are blessed with healthy options, says Francis, who suggests choosing wraps over sandwiches and easy-to-carry energy bars delivering at least 10 grams of protein. She also likes coconut water, seltzer water

and herbal teas.

Spent wisely, time in airports can offer healthful opportunities. "Connecting to other people is one of the most important keys to our emotional well-being. Layovers are a great time to call and catch up with loved ones," says Francis. "You can also get some points on your step tracker by taking the stairs rather than escalator and walking around or stretching rather than sitting in the airport." Meditation is also recommended, whether in the airport or on the plane, she adds.

### Small Adjustments

For rock stars and holiday travelers alike, restful sleep can be one of the hardest habits to maintain. When changing time zones, Francis recommends staying hydrated, avoiding alcohol and taking melatonin before bed for three nights after landing in a new time zone to help reset the body's circadian rhythms.

"I know I'm not likely to get eight hours of sleep at night, so I try to supplement that during the day by taking naps or just shutting down for a couple hours," says Dave Navarro, a guitarist who came of age with the rock band Jane's Addiction.

If imbibing at the bar or a holiday soirée, Francis suggests gluten-free alcohol like tequila, gin, sake or vodka. While wine is blessed with antioxidants, conventionally grown varieties can have a high pesticide content, Francis notes. "Order organic or biodynamic wine when possible, or else go with an Old World wine from France, Italy or Spain, which tend to have fewer pesticides."

Help offset overindulgence the day after by eating eggs or other protein to stabilize blood sugar levels, taking vitamins C and B complex supplements and drinking eight to 10 glasses of water, plus an electrolyte replacement like coconut water.

Anyone looking to make changes in the new year should strive for progress, rather than perfection, advises Francis. "Perfect health is an elusive idea that is impractical and unattainable for most of us, including celebrities. Instead, take the small, but life-changing shifts you can make in how you live in order to move toward greater vitality, happiness and longevity."

Connect with April Thompson, in Washington, D.C., at [AprilWrites.com](http://AprilWrites.com).



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A major benefit of having an alkaline body state is that you might reduce your risk for developing cancer. When your body is too acidic, oxygen levels are lowered and cellular metabolism stops. This can lead to the growth of cancer cells. Maintaining an alkaline state helps encourage healthy cell turnover, which is key in the prevention of cancer.

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2. Rakoff-Nahoum, S. (2006). Why Cancer and Inflammation. YALE Journal of Biology and Medicine 79 (2006), pp.123-130.
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# Beyond TOYS

## Gifts that Evoke Kids' Creativity

by Sandra Murphy



Choosing thoughtful gifts for kids can be a challenge, especially when opting for creativity over this year's hot toy. It's possible to find gifts that appeal to both parent and child, involving the whole family or working as solo projects. Some expand beyond the boundaries of home.

### Go Robo

The Tinkering Kit will have boys and girls, moms and dads all clamoring for their turn to build a robot that does more than merely walk. Challenge cards urge kids to make a machine to scramble an egg or build a robot that moves without wheels. Robotics teaches science, technology, engineering, art and mathematics, also known as STEAM learning. Computer programming is the last step ([TinkeringLabs.com/catalyst](http://TinkeringLabs.com/catalyst)).

### Language for a Lifetime

Benedict Beckeld, Ph.D., of New York City, speaks 11 languages and teaches students via online video chats (Skype) ([BenedictBeckeld.com/contact](http://BenedictBeckeld.com/contact)). Locally, find teachers or grad students to tutor a second or third language at home for the whole family. Search online for interactive, game-like classes that maintain a child's interest. American Sign Language, the fourth-most-used language in the U.S., is fun to learn and helpful to know.

### Budding Foodies

Take a quiz, experiment, learn more and find kid-approved recipes at

[AmericasTestKitchen.com/kids/home](http://AmericasTestKitchen.com/kids/home). Kids learn to make sriracha-lime popcorn, hummus, and chicken and broccoli stir fry. Use organic and non-GMO (not genetically modified) ingredients. Sign up to receive recipes and tips for hands-on activities via email to keep good meals coming. The onsite equipment reviews help with selection of affordable and safe kitchen tools.

### Emerging Artistry

Carolyn Dube, a mixed-media art adventurer in Batesville, Indiana, gives her followers at [AColorfulJourney.com](http://AColorfulJourney.com) permission to play and even make mistakes. "My free online workshop shows ways to use found items like recycled cardboard to make art," she says. For kid-safe paints, look for the Art and Creative Materials Institute, Inc. (ACMI) seal that certifies products are non-toxic and properly labeled. Certified Arteza-brand acrylic premium paints are packaged in less-waste pouches to use as-is or to refill original containers.

The Danish company Sprout Pencils, operating from Boston, engraves quotes on biodegradable Love Pencils, which contain flower or vegetable seeds. When it's too short to write or color with, plant it. In Cleveland, Faber-Castell USA makes their colored pencils from re-forested wood with an ergonomic, triangular shape, perfect for learning the proper grip. The Young Artist Essentials Gift Set contains eco-pencils, non-toxic crayons and oil-pastels.

[DickBlick.com](http://DickBlick.com) offers hundreds of free lesson plans for art lovers of all ages, skill levels and interests, all designed to meet the National Standards for Visual Art Education.

### Memorable Experiences

Erica Hartwig, director of operations at Organic Moments Photography, in Boca Raton, Florida, has five children. "I want to give a memorable experience, rather than a toy that will sit in their rooms," she says. "Football season tickets, dance lessons, an art class or vacations supplement the packages under the tree."

Crystal Bowe, a mom and physician in Belmont, North Carolina, suggests gifting memberships to encourage new activities for kids. "The zoo is fun and allows parents to spend quality time with their children. Tickets to a movie or a play stimulate the imagination." Museums, science centers and area attractions are other inviting options.

### More Ideas

Wonder Crate, in Chapel Hill, North Carolina, offers a monthly subscription service. "We inspire kids to think big and make a difference," says co-founder Corrie Wiedmann. "Each month brings a box that educates, entertains and empowers kids to contribute to the world. Our December crate highlights Leonardo da Vinci and focuses on ways kids can use innovation to help others, spotlighting a kid that created an app to help people with disabilities."

Maple Landmark, in Middlebury, Vermont, a wooden products company, makes puzzles that include an activity clock for toddlers and bookends featuring a fire truck, pirate ship, school bus or train tunnel. Owner Mike Rainville says, "We work hard to ensure that all of our wood is sustainably harvested and finishes are safe and non-toxic."

Gifts that engage the mind, spark imagination and deliver fun yield immediate and long-term benefits, including being fondly remembered.

Connect with Sandra Murphy at [StLouisFreelanceWriter@mindspring.com](mailto:StLouisFreelanceWriter@mindspring.com).



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1. Christine G.; Alice P.; Kristina D. (2004). The Fires Within. TIME Magazine, February 23, 2004 Vol. 163 No. 8.  
2. Rakoff-Nahoum, S. (2006). Why Cancer and Inflammation. YALE Journal of Biology and Medicine 79 (2006), pp.123-130.  
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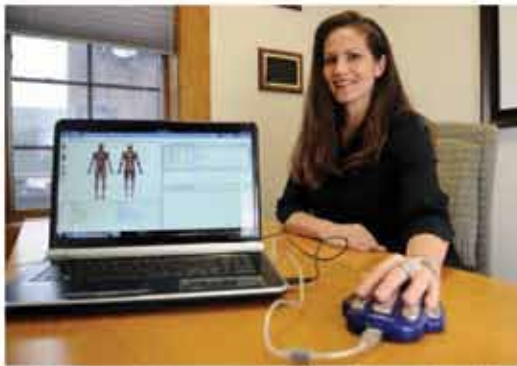
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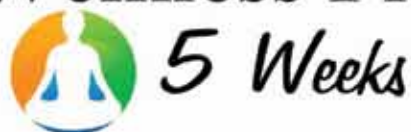
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conscious eating



# SIMPLE SHEET PAN SUPPERS

## Family-Pleasing Holiday Meals

by Judith Fertig

The festive season might signal indulgence, but it also calls for simple, healthy recipes with easy cleanup. We might have friends that drop by, family staying for the weekend or last-minute guests. The simpler we can make meals, the better.

Many chefs and home cooks have found the ideal method: the sheet pan supper. Simply arrange the protein and vegetables on a baking sheet and place it in the oven, where the ingredients burnish to perfection as the flavors concentrate. Experts recommend a heavy duty, 13-by-18-

inch sheet pan, also known as a half sheet or a rimmed baking pan. They're available at local cookware shops and box stores that carry kitchenware.

"Sheet pans combine easy prep, process and cleanup, and deliver interesting, sophisticated flavor," says Molly Gilbert, a Seattle chef and the author of *Sheet Pan Suppers: 120 Recipes for Simple, Surprising, Hands-Off Meals Straight from the Oven*.

Yet, even this streamlined cooking method has a few best practices. Carla Snyder, a cookbook author in Hudson, Ohio, lines her sheet pans with unbleached parchment paper for easy cleanup. The author of *One Pan: Whole Family – More than 70 Complete Weeknight Meals* also sprays the liner with olive oil, so food won't stick.

Naomi Pomeroy, a chef in Portland, Oregon, recommends preheating the pan in the oven, and then carefully adding the food. "If you put a room-temperature tray in the oven with, say, Brussels sprouts, it can get steamy, and then they can get soggy," she says.

Gilbert favors groupings of foods that will cook in about the same time, such as fish fillets and tender vegetables for a shorter time, or bone-in chicken and root vegetables that take longer.

### Dinner and Beyond

Sheet pan entrées can serve up meals beyond just dinner, making them a big help during the holidays. Sarah Britton, the Toronto author of *My New Roots: Inspired Plant-Based Recipes for Every Season*, arranges blocks of feta cheese on a sheet pan, surrounds them with fresh bell pepper slices, quartered cherry tomatoes, black olives and preferred herbs. She drizzles it all with olive oil and then bakes at 400 degrees for 20 minutes, just until the cheese is soft. It can be served as an appetizer with whole grain crackers or as an entrée with crusty bread and a salad. The rest can be used as a sandwich filling the next day.

Sheet pan meals can be a gift that keeps on giving.

*Judith Fertig writes award-winning cookbooks plus foodie fiction from Overland Park, KS (JudithFertig.com).*



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# Green Cars Update

## Plug Into the Latest Trends

by Jim Motavalli

Through August in the U.S., automakers sold 36,380 battery electric and plug-in hybrid cars (PHEV), compared to 16,514 by the same time last year. Sales are booming, although it's not reflected in fairly flat sales of green cars overall. The reason is that hybrid sales are being lost as consumers go fully electric.

Americans are moving up from fuel-efficient gas/electric hybrids as their confidence grows in what batteries can do on their own, but they're not yet making the vital eco-switch of giving up their gas-guzzling SUVs in favor of full electrics. Rather, gas-burning SUV sales keep growing to the point where they dominate the overall auto market.

To get up to speed on the terminology, a hybrid (think Toyota Prius) is powered by a small gas engine and uses an electric motor as a supplement; a PHEV (like the Chevrolet Volt) has an all-electric range of 15 to 50 miles, and then activates its gas engine for an additional 300 miles or more; a battery electric relies exclusively on electric power and runs out of "gas" when the battery power is depleted, but it also recaptures energy during braking to extend its range.

Sam Abuelsamid, a senior analyst at Navigant Research, says, "There is absolutely a shift happening from hybrids to battery electrics and plug-in hybrids. Our forecast is for [sales of] hybrids to be relatively flat over the next decade, with electric growth mainly coming from plug-in hybrids."

With more consumers looking to buy a car with a plug, there are a number of options now available in an increasingly crowded field. Currently, there are 20 PHEV on the market, as well as 17 battery electrics—though not all of the latter models are available in all states.

Meantime, the SUV itself is plugging in. Eric Evarts, editor of *GreenCarReports.com*, says, "Electric cars' market share may look small now, but no fewer than 15 automakers are planning to introduce electric SUVs for 2019. SUVs are really what American car buyers want."

At the same time, regulatory changes mean electric cars will be available in more states, says Evarts. Projections call for rapid expansion of fast-charging networks like Tesla's Superchargers to become more widespread for all kinds of electric cars in the next three to five years.

Battery cars are best suited for people that drive locally and have a place to put a 240-volt charger. For those that make the occasional long trip, a plug-in hybrid is the better choice.

Here are some models worth considering. All of them are eligible for federal tax credits, as well as some state incentives, though they're lower for plug-in hybrids. All prices are 2018 manufacturer's list, before rebates.

### Plug-In Hybrids: Batteries Plus a Backup

**Toyota Prius Prime (\$27,300).** This updated version of the popular Prius offers 25 miles of electric-only range, an Environmental Protection Agency (EPA) combined energy/fuel efficiency rating of 133 miles per gallon equivalent (MPGe), 54 mpg on gas only and 640 miles between either fill-ups or charges.

**Chrysler Pacifica Hybrid (\$39,995).** The only available hybrid minivan, the Pacifica's all-electric range is 33 miles, and the gas-only rating is 32 mpg, an MPGe rating of 84, with a combined range of 570 miles.

**Hyundai Ioniq Plug-In Hybrid (\$24,950).** It offers a battery-power range of 29 miles. On gas only, it delivers 52 mpg, with 119 MPGe.

**Volvo XC90 T8 Plug-In Hybrid (\$64,950).** This luxury model offers an electric range of 18 miles, with a 62 MPGe and 27 mpg on gasoline.

Other models to consider: Honda Clarity, Chevrolet Volt, Cadillac CT6, BMW X5 xDrive40e and Kia Niro.

### Zero-Emission EV Contenders Available in 50 States

Brad Berman, owner of *PlugInCars.com*, says he doesn't even notice that his car is electric anymore. "It really moves and I drive it just like any car, except that I never have to go to the gas station. When I pull into my driveway, it takes about five seconds to plug it in."

**Chevrolet Bolt (\$37,495).** The Bolt beat Tesla to market with an electric car that offered more than 200 miles of range at a price below \$40,000.

**Tesla Model 3 (\$49,000).** The Model 3 is fast, stylish and ultra-modern—with most controls located on the central screen. It delivers a range of 220 miles.

**Jaguar I-Pace (\$69,500).** At a recent media launch event, the I-Pace electric crossover proved highly capable both on and off the road. Its range is 240 miles.

Others to consider include the Hyundai Kona EV, VW e-Golf, Kia Soul EV, Nissan Leaf (especially the Leaf e-Plus) and Tesla Model S.

*Jim Motavalli, of Fairfield, CT, is an author, freelance journalist and speaker specializing in clean automotive and other environmental topics. Connect at [JimMotavalli.com](http://JimMotavalli.com).*



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Did you know that the water fish swim in needs to be the correct pH in to live? Also, plants flourish when the soil is at the right pH level. Life only exists where there's balance, and your body is totally regulated by pH. Are you too acidic?

# Pound-Shedding WORKOUTS

## Best Exercises from Yoga to Cardio

by Marlaina Donato



Exercise daily. Whether it's a light, moderate or heavy workout is not as important. Consistency is the key.

There's no one-size-fits-all approach to weight loss, but most trainers agree that consistent exercise is vital. According to studies by the National Weight Control Registry, 90 percent of individuals that are successful at shedding the pounds and keeping them off are active for at least an hour each day.

### Consider the Cortisol Factor

A study at the University of California, San Francisco, revealed that individuals with high cortisol levels also have a higher body mass index (BMI) and more belly fat than people with lower levels of this stress hormone. Cortisol significantly affects the body's metabolism, and its release depends upon receptors in adipose tissue, especially around abdominal organs.

Aerobic exercise like running, walking or cycling helps to decrease excessive cortisol, which can promote weight loss. "Strength training and aerobic intervals are the best exercises to not only initiate, but maintain weight loss," says Sue Markovitch, fitness trainer and owner of

Clear Rock Fitness, in Westerville, Ohio. "This combination kicks the metabolism switch on, increasing the number of energy-producing mitochondria in our cells, and improves our ability to burn fuel. Intervals—where you push the energy expenditure high, recover and then repeat—catalyze the best results."

A recent study published in the *Journal of Nutrition* concluded that three hours of moderate walking per week catalyzed significant weight loss compared to those that didn't include walking in their exercise routines. Sessions on the yoga mat can also be a great cortisol-reducer through lowering stress levels and promoting equilibrium.

### Hit Optimal Results

Working out in the gym for two hours a day isn't feasible for most people, but all-or-nothing workouts are not required to see results. Most trainers agree that high-density nutrition lays the groundwork. "Exercise works when your diet is on point," says Gregory Boatwright, owner and trainer at Level

Up Personal Training, in Washington, D.C. "Combined with good diet, I find jumping exercises, high-intensity interval training [HIIT] and cardio best for weight loss."

Stephany Acosta, founder and trainer of Elevate Fitness, in Dallas, concurs. "Eating well accounts for 70 percent of weight-loss results. In addition to a good diet, I recommend a combination of weight training and cardio in the form of circuit training or HIIT training, because both maximize your time by working out all your body parts simultaneously while keeping your heart rate going with a little rest time in-between. This approach guarantees to help build muscle and burn fat at the same time."

### Embed Self-Care

A challenging workout is best, but excessive exercise can easily backfire and kick off a stress response in the body, which means higher cortisol levels and increased risk of packing on the pounds. A gentler approach is also safer, especially for beginners.

"Step in gradually. You want the program to be challenging, but doable," counsels Markovitch. "If you work with a trainer, tell them if something hurts or feels too challenging. If they don't listen, you need to find another trainer."

Employ common sense with any kind of workout. "Going from no to much activity can be a complete shock to the body. You will see more success in creating realistic goals and working your way up to liking the benefits that come from exercise if you start out small," says Acosta. "Consistency is key. Even if you don't have 30 minutes to go to the gym, work out for 20 minutes—or even 10."

### Elements of Success

Boatwright underscores the importance of setting short-term goals and having patience. "Gaining weight doesn't happen in one day, so don't expect it to come off in one day. It's a journey, a lifestyle, and not an overnight fix."

While losing weight can be challenging, especially those last 10 stubborn pounds, Markovitch drives home a valuable reminder; "Sometimes we need to change something about our lifestyle, not just add an exercise. First, we need to love ourselves where we are."

*Marlaina Donato is the author of several books on spirituality and alternative health. She is also an artist and composer. Connect at [MarlainaDonato.com](http://MarlainaDonato.com).*

# inflammation

sparks almost every major disease in the body

cure the inflammation - cure the disease

## BRAIN

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

## SKIN

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

## CARDIOVASCULAR

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

## KIDNEYS

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

## BONES

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

## MUSCLE

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

## BREAST

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

Source: Journal of Clinical Oncology

## LIVER

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

## THYROID

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

## LUNGS

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

## GI TRACT

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



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## BENEFITS OF GREEN WATERS

### Lose Weight:

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

### Anti Aging:

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

### Reduce the Chances of Osteoporosis:

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

### Build Cardiovascular Health:

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

### Reduce Joint Pain and Arthritis:

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

### Reduce Infections, Flu and Colds:

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

### Detoxify:

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

### Decrease Risk of Cancer:

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



# PET-SAFE HOLIDAYS

## Tips to Keep Them Merry and Safe

by Sandra Murphy

**H**olidays promise joy and celebration, but the festivities can also lead to stress and anxiety for people and pets. It is important to remember that visiting strangers, a tree, shiny ornaments, gifts to sniff and food to beg for can pose danger for pets.

### Maintain Calm

Christina Chambreau, a homeopathic veterinarian, author and educator in Sparks, Maryland, suggests that petting a dog or cat several times a day can lower stress levels and instill a sense of normalcy. “Flower essences like Bach’s Rescue Remedy help attain calm,” she says. Add it to a pet’s water bowl in the days before a party or drop it directly onto the tongue if unexpected guests arrive. All-natural ingredients make daily use safe for pets and humans.

### Avoid Bad Foods

“Fatty dishes are a problem, from oily potato pancakes to rich gravies for the turkey,” says Ann Hohenhaus, a veterinarian at the Animal Medical Center, in New York City. “Spilled food, unguarded pans and forgotten eggnog or liquor put animals at risk for severe gastrointestinal upset.”

Other common holiday fare can also pose a significant danger for pets:

- Chocolate—especially dark choco-

late and dry cocoa powder—can cause seizures and heart arrhythmia.

- Onions, often used in dressing, can cause anemia in pets.
- Raw, yeasty bread dough expands when ingested, potentially causing bloat, a deadly twisting of the stomach.
- Raisins and grapes in desserts, cookies and fruitcakes can cause kidney failure in dogs.
- Nutmeg is toxic for pets.

The trash can itself contains numerous hazards for furry family members. The string that binds roasted meats is tempting and may require surgery to remove if ingested. Trimmed fat can mean pancreatitis. Swallowed bones pose a dire threat to the entire digestive tract.

### Provide Good Foods

Naked foods are best. Pets don’t need brown sugar, marshmallows, butter, salt or gravy to appreciate a treat.

“Unless there’s a special diet, share skinless turkey breast, sweet potatoes and green beans,” says Dana Humphrey, aka The Pet Lady, in New York City. “There’s always a friend or relative who thinks one taste won’t hurt. Turkey or sweet potato jerky and homemade treats let guests dole out risk-free bites.”

### Pet-Wise Tree and Candles

Preservatives that keep the evergreen

tree fresh can turn tree water into a drinking hazard for pets. Mesh netting or screen wire allows the addition of fresh water, but prevents pets from quenching their thirst.

Tinsel, garland and ribbon bits are easy to swallow, glass ornaments can cut and tree needles aren’t digestible. Small dreidels become choking hazards, so play while the dog sleeps and put toys away when done.

For safety, add edibles to the stockings at the last minute. Keep light cords out of sight and unplug them when not in supervised use to preempt chewing. Carefully monitor lit candles: A wagging tail or leaping cat can knock them over and start a fire. Update holiday candles with rechargeable, battery-operated versions for a pet-safe holiday glow.

Pet parents everywhere employ creative strategies to ensure maximum mirth and safety during the holidays. Mystery writer Livia Washburn Reasoner opted for a tabletop tree in her Azle, Texas, home, “because our rescued Chihuahuas, Nora and Nicki, peed on the tree skirt.”

In Festus, Missouri, retired school bus driver Darlene Drury suggests that a baby’s recycled playpen or a dog’s exercise pen can separate pets from holiday trees.

Patricia Fry, author of the *Klepto Cat* mysteries, in Ojai, California, decorates the lower branches of her tree with unbreakable ornaments and puts more fragile ornaments out of her cats’ reach.

### Other Options

If a large party is planned, a guest is allergic or many children will be present, consider boarding a pet. “Slipping out the door as guests arrive is a hazard,” says Veterinarian Carol Osborne, owner of the Chagrin Falls Pet Clinic, in Ohio. “If your pet is very young, very old, pregnant, aggressive and/or suffers with a chronic disease, consider personal pet sitters, kennels, pet hotels and doggie spas to ensure a joyous holiday.”

Pet-proof the house by getting down to the pet’s level and make a family schedule to take turns keeping track of four-footed friends. Then the whole family, pets included, can enjoy the season worry-free.

Connect with Sandra Murphy at [StLouisFreelanceWriter@mindspring.com](mailto:StLouisFreelanceWriter@mindspring.com).

## calendar of 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](mailto:publisher@naacadiana.com) for guidelines and to submit entries.

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**SUBMIT CALENDAR ITEMS TO: [publisher@NAacadiana.com](mailto:publisher@NAacadiana.com)**

### Friday December 7

**Lighting of the Village** – 5-8:30 pm. Santa Clause and his crew come to historic Opelousas as it comes alive with holiday lights. Le Vieux Village, 828 E Landry St, Opelousas. 337-948-5227. [CityofOpelousas.com](http://CityofOpelousas.com).

### Saturday December 8

**Magic on Main Christmas Parade** – 7am-8pm. Enjoy events throughout the day with a Christmas themed breakfast, cutest PJ contest, craft vendors, food trucks, musical performances and lighting of the Community Christmas Tree. New Iberia Downtown Business Association and the Main Street Program. Historic Downtown, Main St, New Iberia. 337- 207-5670.

**Christmas Boat Parade** – 5-9pm. A lighted boat parade and family fun. Delcambre Docks, 411 S Richard St, Delcambre. 337- 658-2422.

**Body Talk Girls** – 10am-12pm. A class that covers the basics of puberty. Topics include the five stages of development, good hygiene habits, feelings, emotions and an explanation of the menstrual cycle. \$30/parent and child. Woman's Foundation Classroom, 4630 Ambassador Caffery Pkwy, Lafayette.

**Wetlands Walk** – 10am. Explore wild Louisiana on a ranger-guided walk through swamp and marsh. Barataria Preserve, 6588 Barataria Blvd, Marrero. 504-689-3690 ext. 10.

**Christmas Choir Concert** – 6pm. Baton Rouge Early Vocal Ensemble (BREVE) performs Renaissance and Baroque era music in Latin from the 16th and 17th century acapella for this Christmas concert. St. John's Episcopal Church, 308 Church St, Washington.

**Evening of Hope** – 6-10pm. Teams from the community raise funds and awareness of Faith House. Each team performs a lip sync tribute to Madonna. ULL Student Union Ballroom, Lafayette.

**Kaplan Christmas Parade** – 6-7pm. Enjoy marching bands, floats and Santa. Downtown Kaplan, 701 N Cushing Ave, Kaplan.

**"Dorothy in Wonderland"** – 7pm & 2pm Sunday Dec 9. Dorothy and Toto have an adventure when a tornado sweeps them away to Wonderland. Admission \$8 and \$5 for VC students with school IDs. Vermilion Catholic High School Auditorium, 425 Park Ave, Abbeville.

**The Nutcracker** – 7-9pm & 2-4pm Sunday Dec 9. Lafayette Ballet Theatre with principal dancers from the Pacific Northwest Ballet and the entire dance community present a holiday classic. Heymann Performing Arts Center, 1373 S College Rd, Lafayette. [LafayetteBalletTheatre.org](http://LafayetteBalletTheatre.org).

### Sunday December 9

**Delcambre Christmas Parade** – 2-4pm. Enjoy this bayou parade with Santa Claus, marching bands and dance groups. Delcambre Main Street. 337-519-2541

**The Creole Nutcracker** – 6- 8:30 pm. The story follows little Clarice on a journey back home through historical parts of Louisiana with toy soldiers and mice in music and dance. ULL, Angelle Hall, 104 University Circle, Lafayette

### Tuesday December 11

**Body Talk Boys** – 6-8pm. A class that covers the basics of puberty. Topics include the five stages of development, good hygiene habits, feelings and emotions. \$30/parent and child. Woman's Foundation Classroom, 4630 Ambassador Caffery Pkwy, Lafayette.

### Thursday December 13

**Children's Christmas Parade** – 6pm. The annual event features Christmas themed floats, marching bands and Santa Claus. Parade ride fee is \$20 for cars and trucks, \$50 for truck/trailers and \$75 for 18-wheeler vehicles and no charge for groups who wish to walk the parade route. St. Landry Catholic Church, Union & Main St, through Opelousas and ends on Creswell Lane. 337-948-6263.

**Celebrating Christmas** – 7pm. Acadiana Symphony Orchestra presents holiday selections from Tchaikovsky's Nutcracker and Handel's Messiah, Irvin Berlin's White Christmas and Leroy Anderson's Sleigh Ride. Grammy Award winning Lost Bayou Ramblers, ASO Youth Orchestra, and Lafayette High School Chorus perform. Heymann Theatre, 1373 S College Rd, Lafayette.

**Christmas Concert** – 7pm & Friday Dec 14. Eunice Community Concert Band & Choir (ECCBC) presents a concert to get everyone in the holiday mood. Adult admission \$5 and \$2 children 12 & a under. Liberty Theatre, 200 Park Ave, Eunice.

### Friday December 14

**Southern Sleigh Ride** – 5:30-9pm. Thru Sunday Dec 16. Sleigh rides in historic downtown New Iberia with food and drinks available for purchase. \$25 per ticket/ presale only. Sliman Theatre, 129 E Main St, New Iberia. 337-207-5670.

### Saturday December 15

**Kids on the Geaux** – 10am-12pm. A pediatric weight management program with fitness, nutrition, and behavior modification education for children at risk for complications of obesity. One Saturday per month free to adolescents, ages 8-14. Woman's Foundation. Terri Roberts. Women's and Children's Hospital, Building A, 4630 Ambassador Caffery Pkwy, Lafayette. 337-806-9390. [WomansFoundation.com](http://WomansFoundation.com).

**Old Time Christmas Family Day Celebration** – 10am-4pm. Live music, delicious food, Native American storytelling, arts & crafts and self-guided tours with letters to Papa Noël. Admission \$5 for those 4 and older and \$10 per family. Melanie Herrington. Fisher Rd, Lafayette. 337-233-4077 ext. 206. [Vermilionville.org](http://Vermilionville.org).

### Sunday December 16

**Drum Circle at NUNU** – 3-4pm. For a spiritual and social experience, participate in a community drum circle. Ages 10 and up. Clare Hernandez. Third Sunday of each month. NUNU Arts & Culture Collective, 1510 Bayou Courtableau Hwy, Arnaudville. 337-754-5990. [NUNUAC-Collective.HomesteadCloud.com](http://NUNUAC-Collective.HomesteadCloud.com).

**Martin Luther King Jr. Association Gala** – 3-6pm. An afternoon featured guest speaker Miss Louisiana Holli Conway. Tickets \$30. Petroleum Club, 111 Heymann Blvd, Lafayette. 337-237-2324.

### Thursday December 20

**La Recolte** – 7-9:30pm. Les Cadiens du Teche (Cajun French Music Assoc.) presents with a catered meal to honor the harvest. \$10 admission. La Louisiane Banquet Hall, 5509 Hwy 14, New Iberia. 337-258-1876.

### Monday December 31

**New Year's Eve Dance** – 9:30pm-12am. Ring in the New Year with Geno Delafosse & French Rockin' Boogie. Admission \$31.50 to \$35. Vermilionville Living History Museum & Folklife Park, 300 Fisher Rd, Lafayette.

inspiration



# Holiday Happiness Helpers

## Six Ways to Bring On Joy

by James Baraz

**T**o truly enjoy the holidays, try these simple, research-based practices to maintain a healthy state of mind.

**1 Set an intention to enjoy the holidays.** By making the conscious decision to be open to true well-being and happiness, we'll be more likely to have our "antenna" up, so we're alert to uplifting moments.

**2 Savor moments of well-being.** Beyond being grateful for feeling good, savor how the experience registers in body, mind and spirit for a period of 15 or 30 seconds. The longer we hold an emotionally stimulating experience in our awareness, the more neural connections form in our brains to strengthen it in memory.

**3 Take a break to regain focus.** If we are feeling overwhelmed by everything on the to-do list, remember to take a few deep breaths. Then take a break and enjoy a cup of tea or a hot bath. Try some yoga or exercise. Leave the holiday activity mode for a bit and just relax.

**4 Practice gratitude.** Rather than take good fortune for granted, consciously reflect upon all the blessings apparent in each day. When we directly express appreciation to loved ones and friends

while we're with them, everyone feels the joy of the loving connection.

**5 Practice generosity.** Neuroscience research shows that performing an altruistic act lights up the same pleasure centers in the brain as food and sex. When an impulse to be generous arises, act on it and notice the expansive feeling that blesses us when we share.

**6 Play and have fun.** The holidays allow us to let ourselves feel like we did when we were kids. Be around children if possible. Tune into and take delight in their enthusiasm. Singing or dancing is an excellent way to move out of our head and open our heart to the joy within.

Remember that happiness is contagious: If we're happy, we increase the odds that close friends and family will be happy, too.

*James Baraz is a co-founding teacher of the Spirit Rock Meditation Center, in Woodacre, CA, and co-author of Awakening Joy: 10 Steps That Will Put You on the Road to Real Happiness and Awakening Joy for Kids: A Hands-On Guide for Grown-Ups to Nourish Themselves and Raise Mindful, Happy Children. Connect at [AwakeningJoy.info](http://AwakeningJoy.info).*

### I drink wheatgrass.

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

Source: [www.cancer.org](http://www.cancer.org)



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

**Sunset**  
DHARMA Center, Tel: 662-3120

**Carencro**  
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**Lafayette**  
Drug Emporium, Tel: 261-0051  
Road Less Traveled, Tel: 988-9889

# Copper device stops a cold naturally



## New research: Copper stops colds if used early.

**N**ew research shows you can stop a cold in its tracks if you take one simple step with a new device when you first feel a cold coming on.

Colds start when cold viruses get in your nose. Viruses multiply fast. If you don't stop them early, they spread in your airways and cause misery.

But scientists have found a quick way to kill a virus. Touch it with copper. Researchers at labs and universities agree, copper is "antimicrobial." It kills microbes, such as viruses and bacteria, just by touch.

That's why ancient Greeks and Egyptians used copper to purify water and heal wounds. They didn't know about viruses and bacteria, but now we do.

Scientists say the high conductance of copper disrupts the electrical balance in a microbe cell, destroying it in seconds.

Tests by the Environmental Protection Agency (EPA) show germs die fast on copper. Some hospitals tried copper for surfaces like faucets and doorknobs. This cut the spread of MRSA and other illnesses by over half, and saved lives.

The strong scientific evidence gave inventor Doug Cornell an idea. When he felt a cold coming on he fashioned a smooth copper probe and rubbed it gently in his nose for 60 seconds.

"It worked!" he exclaimed. "The cold

went away completely." It worked again every time he felt a cold coming on and he hasn't had a cold since.

He asked relatives and friends to try it. They said it worked for them, too, so he patented CopperZap™ and put it on the market.

Soon hundreds of people had tried it and given feedback. Nearly 100% said the copper stops colds if used within 3 hours after the first sign. Even up to 2 days, if they still get the cold it is milder and they feel better.

Users wrote things like, "It stopped my cold right away," and "Is it supposed to work that fast?"

Pat McAllister, age 70, received one for Christmas and called it "one of the best presents ever. This little jewel really works." Now thousands of users have stopped getting colds.

People often use CopperZap preventively. Frequent flier Karen Gauci used to get colds after crowded flights. Though skeptical, she tried it several times a day on travel days for 2 months. "Sixteen flights and not a sniffle!"

Businesswoman Rosaleen says when people are sick around her she uses CopperZap morning and night. "It saved me

last holidays," she said. "The kids had colds going around, but not me."

Some users say it also helps with sinuses. Attorney Donna Blight had a 2-day sinus headache. When her CopperZap arrived, she tried it. "I am shocked!" she said. "My head cleared, no more headache, no more congestion."

Some say copper stops nighttime stuffiness if used just before bed. One man said, "Best sleep I've had in years."

Copper may even stop flu if used early and for several days. Lab technicians placed 25 million live flu viruses on a CopperZap. No viruses were found alive soon after.

People have used it on cold sores and say it can completely prevent ugly outbreaks. You can also rub it gently on wounds, cuts, or lesions to combat infections.

The handle is curved and finely textured to improve



## Sinus trouble, stuffiness, cold sores.

contact. It kills germs picked up on fingers and hands to protect you and your family.

Copper even kills deadly germs that have become

resistant to antibiotics. If you are near sick people, a moment of handling it may keep serious infection away. It may even save a life.

The EPA says copper still works even when tarnished. It kills hundreds of different disease germs so it can prevent serious or even fatal illness.

CopperZap is made in the U.S. of pure copper. It has a 90-day full money back guarantee when used as directed to stop a cold. It is \$69.95. Get \$10 off each CopperZap with code **NATA6**.

Go to [www.CopperZap.com](http://www.CopperZap.com) or call toll-free 1-888-411-6114.

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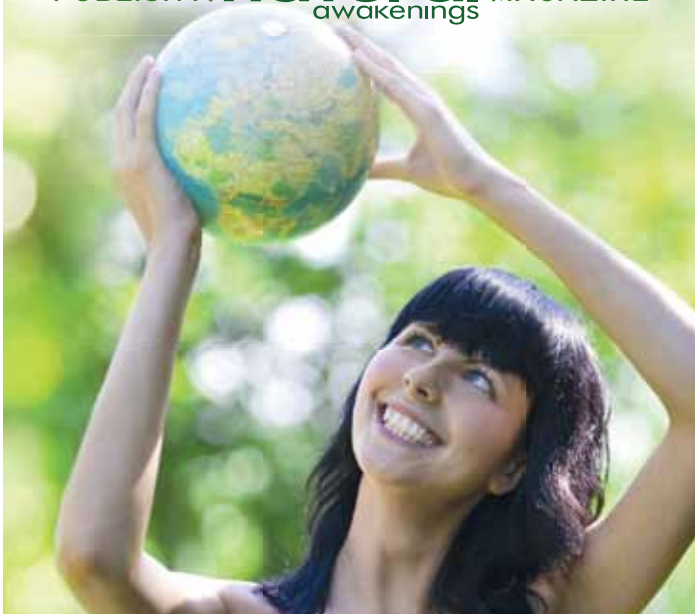
*Don't let the CPAP ruin another night!*



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awakenings



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## PHILIP STEIN THE SLEEP BRACELET

Natural Frequency Technology® Inside

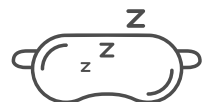
Wearers have experienced:

- Falling asleep faster
- Increased quality sleep
- Waking up more refreshed

Recommended by



Use the promo code: **NATURAL** with the purchase of any Sleep Bracelet and get a free Sleep Mask at [philipstein.com](http://philipstein.com)



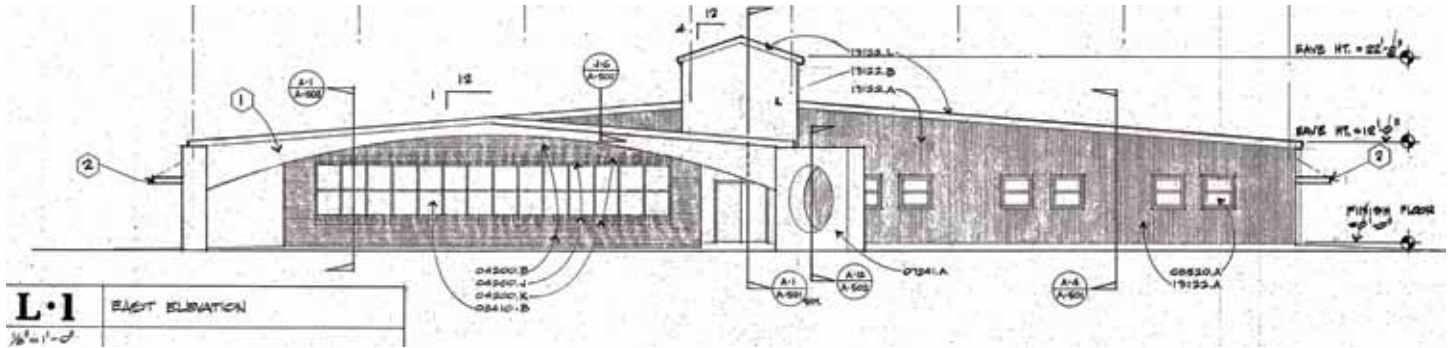
PHILIP STEIN

If you choose to return your Philip Stein goods, please do so within 30 days of receipt in perfect condition and in the original packaging.

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## Bossed Lashes



Bossed Lashes provides services that enhance your natural beauty by applying fine, mink, and hair like extensions to each of your individual eyelashes in a safe and healthy way to achieve your dream lashes.

**Suite (M-6):** Linzie Carmouche is the owner. Connect at (337) 246-9099, [www.gopanache.com/pro/bossedlashes](http://www.gopanache.com/pro/bossedlashes).

## Career Performance Enhancement

Provides auditing of quality management systems, training, consulting.

**Suite (A-6):** Joseph W. Wilts Jr. is the owner. Connect at: (337) 591-5929, Email: [lead-auditor@yahoo.com](mailto:lead-auditor@yahoo.com).

## Dina Broussard LCSW LLC

Provides outpatient psychotherapy to adolescents and adults with depression, bipolar disorder, anxiety, etc. Specializes in resolving issues or trauma from the past. Provides individual, marriage and family therapy. Dina Broussard is a network provider for most insurance.

**Suite (A-2):** Dina Broussard is the owner. Connect at (337) 207-1434, Fax: (337)284-0971, Email: [dinabroussard@gmail.com](mailto:dinabroussard@gmail.com).

## Emmanuel Radio

Emmanuel Radio is a radio station frequency that will be giving the community and opportunity to revive God's word.

**Suite (M-11):** Juan Lares is the owner. Connect at (337) 296-1158, [pastoreslares@yahoo.com](mailto:pastoreslares@yahoo.com)

## EyeCandyNails Lounge



EyeCandy Nails Lounge is a designing nail technician and has been in the industry for 22 years. They specialize in natural nails, acrylic nails, and sculptured nails.

EyeCandy Nails Lounge is known for their nail art, which consists of acrylic paint designs, bling nails, and 3-d art.

**Suite-(A4):** Renata Jackson is the owner. Connect at (337) 207-5103, [natanails106@gmail.com](mailto:natanails106@gmail.com) and INSTAGRAM: [natanails\\_sleevesista](https://www.instagram.com/natanails_sleevesista).

## Feh' De Shoetique

We offer the latest and the trendiest shoes, hand bags, purses, clutches, and accessories. We also



ship worldwide and provide local delivery and pickup services. FehDe in Italian means "faith," so take a walk with FehDe and step correctly.

**Suite (B-2):** Antionette Randall is the owner. Connect at (337) 789-2104, Email: [sales@FehDeshoetique.com](mailto:sales@FehDeshoetique.com), Website: [www.FehDeshoetique.com](http://www.FehDeshoetique.com), FACEBOOK: Feh'De ShoeTique.

## Feisty Fashionista

Offers affordable jewelry and accessories.

**Suite (F-2):** Bianca Smith is the owner. Connect at (337) 224-2126, [PaparazziBianca@gmail.com](mailto:PaparazziBianca@gmail.com), [www.feisty5fix.com](http://www.feisty5fix.com).

## "From the Heart"

### Veterans Benefits Assistance Inc.



From the heart specializes in consulting, educating veterans, surviving spouses and their families about VA

cash benefits that they may be eligible for. I assist with claims that are denied or have been in the system for an extended period of time. I assist with preparing claims, submitting the claims, and monitoring the claims throughout the process.

**Business Membership Member:** Merlinda V. Prejean is the owner. Connect at (337) 278-5845, [mvpjean@fromtheheart-vba.org](mailto:mvpjean@fromtheheart-vba.org), [www.fromtheheart-vba.org](http://www.fromtheheart-vba.org).

### G & T Permanent Makeup & Lash



Specializes in permanent makeup, brows, lips, eyeliner, scar camouflage, breast areola, and cosmetic laser-teeth whitening and lash extensions.

**Suite (A-10):** Gail Kelly is the owner. Connect at (337) 962-8525, [kellygail98@yahoo.com](mailto:kellygail98@yahoo.com), FACEBOOK: G&T Permanent Makeup & Lash Studio.

### J. Elise Boutique/EOTO/EORO



Business consists of an online clothing boutique-J. Elise Boutique. It includes local in person sales/consultations/stylist/wardrobe consultation, and etc. EOTO/EORO is a non-profit organization.

**Suite (A-7):** Terrica Turner and Ebony Wilridge are owners. Connect at (337) 326-0659, [j.elise\\_\\_boutique@yahoo.com](mailto:j.elise__boutique@yahoo.com), [www.jeliseboutiqueofla.com](http://www.jeliseboutiqueofla.com), FACEBOOK: [jeliseboutiqueofla](https://www.facebook.com/jeliseboutiqueofla) (J. Elise Boutique of Louisiana), INSTAGRAM: [shopjeliseboutique](https://www.instagram.com/shopjeliseboutique)

### Khonsu, LLC

Specializes in Behavioral Health Counseling.

**Suite (A-1):** Amanda Holmes and Latrishia Quincy are the owners. Connect at (337) 319-1315, [KhonsuCareLLC@gmail.com](mailto:KhonsuCareLLC@gmail.com).

### Kim Perrot Visions of Life



Kim Perrot Visions of Life is a non-profit organization dedicated to raising awareness of the importance of after-school programs and advocating for quality, affordable (learning) programs for all children.

**Suite (M-7):** Loretta Perrot runs the non-profit. Connect at (832) 461-7787, [lorettaperrot@yahoo.com](mailto:lorettaperrot@yahoo.com), FACEBOOK: Kim Perrot Visions of Life,

### Leger's Little Learners, LLC

Specializes in speech therapy and provides speech and language assessments. Leger's Little Learners provides group and individual tutoring for all ages and all subjects grades K-6.

**Suite (A-5):** Gail Leger is the owner. Connect at (337) 945-1842, [gmarie924@aol.com](mailto:gmarie924@aol.com).

### Muscle & Mascara Boudoir

Bringing out the beauty of the woman from the INSIDE OUT. Offering beauty on the go! Life, Fitness, and Wellness Coaching.

**Suite (B-3):** Murella Green-Francois is the owner with Business Partner Shona Smith. Connect at (337) 849-1834, [muscleanandmascaraboudoir@gmail.com](mailto:muscleanandmascaraboudoir@gmail.com).

### North American Senior Benefits



Headquartered just northeast of Atlanta, GA, North American Senior Benefits (NASB) is an affiliate of one of the oldest and most respected insurance brokerage agencies in the country, The Milner Agency.



While as a whole, NASB offers a wide range of products and services in the financial market, NASB was created to focus strictly on providing senior-based insurance solutions

**Suite (M-10):** Joshua Thomas operates this office of NASB. Connect at: (337) 212-3702, [elevationtime1@gmail.com](mailto:elevationtime1@gmail.com).

### Pamper & Praise Studio

Facials, pamper experience, girl's night out, pamper and praise parties, foundation match, skin care and glamour instructions, also Bridal parties.

**Suite (A-7):** Esther Wiltz is the owner. Connect at (337) 501-8364, [amillionforall@yahoo.com](mailto:amillionforall@yahoo.com), [www.marykay.com/ewiltz1](http://www.marykay.com/ewiltz1)

### Safety Compliance Services, Inc.

3419 NW Evangeline Thruway, Suite (B) Carencro, La 70520



Safety Compliance Services (SCSI) provides safety consulting and training in OSHA related safety topics for general industry and construction trades. SCSI is focused on the oilfield/offshore industry, production of complete policy and procedure (SOP) manuals with ISN compliance included in service.



Richard Guillory is the owner. Connect at (337) 501-0808 or (337) 896-6899, [pmendoza@teamscsi.com](mailto:pmendoza@teamscsi.com).

### Saint Christopher College



Saint Christopher College is a Proprietary School that is open to all students regardless of age, race, etc. Our philosophy is to maintain a professional outlook and consideration to our students with them in mind.

At Saint Christopher College, we not only



want our students trained (Job Ready), but also trained on how to keep a job. At Saint Christopher College, we believe that the training we do directly and appropriately

reflect from our students' performance, attitude and capability of their work. Saint Christopher College also realizes the overwhelming need in the community for professionally trained persons. It is Saint Christopher College's philosophy to provide the community with a choice of desirable, productive, and well-trained individuals.

Suite ADM: *Dr. Steven T. Castille is the owner. Connect at (337) 565-9105, www.saintchristophercollege.com.*

### Sunvestka



Sunvestka is a holding company for various entities engaged in the betterment of self, family, and the community.

Suite (F-3): *Chris Williams PhD is the owner. Connect at (337) 501-7617, cjwilliamsphd@gmail.com*

### Tax Express

#### Munchies Lunchbox Express

Tax Express performs income tax services. Munchies Lunchbox Express is an onsite truck catering business specializing in weddings, company events, parties as well as sweets and fruitables.

Suite-(B4): *Anita Thomas is the owner. Connect at (337) 316-3900, anitaledee@yahoo.com, www.munchieslunchboxexpress.com*

### Taylor Plumbing, LLC

Provides new construction plumbing.



Suite (M-1): *Jared Taylor is the owner. Connect at (337) 371-0473, empire1031@gmail.com.*

### The Throne



Makes custom wigs in a private and professional salon studio environment.

Suite (B-5): *Nycole Walker is the owner. Connect at (337) 353-8011,*

*kingmehairco@gmail.com, INSTAGRAM: kingme\_kingcole*

### 3K Photography



Specializes in wedding photography, modeling photography, maternity, portraits, lifestyle, bridal photography, senior pictures, events, engagement photography, boudoir photography, birthdays, pet photography, and they offer retouch and restore services as well as photo booth services.

Business Membership Member: *Likia Thomas is the owner. Connect at (832) 904-3168, likiathomas@gmail.com, www.3kphotos.com.*

### Victorian Security & Electronics

Installs security camera systems at affordable prices and install Direct TV/AT&T services. We have 10 years experience installing these services.



Suite (M-5): *Daniel Victorian is the owner. Connect at (337)*

*414-4066, rbi83@aol.com, www.victorian-security.com.*

### Victory Home Medical Inc.

Specializes in supplying home medical equipment, power chairs, diabetic shoes, testing supplies, back braces, and knee braces.



Suite (F-4), *Kayla Givs is the owner. Connect at (337) 580-8209, rightbygod@*

*hotmail.com, www.victoryhomemedical.net*

### Virtuous Tax Service



Virtuous Tax Service files income taxes for individuals and small businesses. They also offer audit

protection and amendments from previous tax returns.

Business Membership Member: *Magan Gordon is the owner. Connect at (337) 517-8102, mafan.gordon72@gmail.com.*

### Watson Therapy Regina Watson

Clinical Social Work/Therapist, LCSW

Provides mental health counseling for individuals experiencing depression, anxiety, and various types of trauma. Watson Therapy also provides anger management counseling and performs home studies to determine placements of children.

Watson currently offers counseling for Depression, Grief and loss, Anxiety Disorder and Trauma. Watson has also started seeing couples for couples therapy, but has limited her practice to no more than two couples at a time. Watson is prepared to see ages 10 years of age and older and also completes Home studies for individuals seeking custody etc.

Watson's specialty includes providing cognitive behavioral therapy addressing anxiety and depression. Watson also provide other evidence based interventions to address trauma.

A uniqueness with Watson Therapy practice is that she provides Surrender Counseling through the Department of Children and Families Services. This service is provided to parents who will be giving up their rights as parents. They will receive education as well as therapy addressing feelings etc. surrounding their rights being terminated.

Suite (A-3): *Regina Watson and Terralyn Guilbeaux are the owners. Connect at (337) 242-3078, (337) 565-9483, Fax: (337) 205-4555, watsontherapy588@gmail.com or watsontherapy@yahoo.com.*

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#### **EXAMPLE**

#### **TAX PREP AGENT**

Sandy Kempt owns a tax prep business. Sandy only needs an office during tax season and only mornings 9-12AM.

Sandy has reserved an office and a conference room for Mon, Tues, and Thur to meet with new clients in a business setting rather than at her home.

# GREEN WATERS

## Pure Alkaline Water

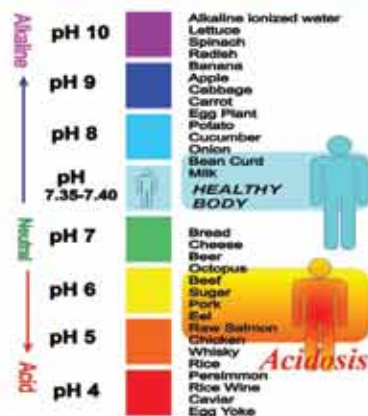
### Why do I have so much abdominal fat?

“In a defensive maneuver, the body creates fat cells to carry acids away from your vital organs to try to protect them. When you eat and drink a more alkaline diet your body will not need to produce more or keep additional fat cells.”

~Dr. Steve

Weight also causes additional strain on the body, strain that can produce more acid. (And then more fat...it goes on and on).

#### Testing pH level by tester pH level of food



### Acid or Alkaline

The more we learn about our bodies, the more we will discover the importance of maintaining pH balance for good health.

pH is a measure of the balance between positively and negatively charged ions in the body fluids, i.e. blood, urine and saliva. The "p" stands for "potenz" (this means potential to be) and the "H" stands for Hydrogen.

A lower pH value (below 7) indicates that body fluid is on the acidic side. A higher pH value (above 7) indicates alkalinity. A pH of 7.0 is considered neutral and is the pH value of distilled water.

If your pH is too acidic, your body borrows minerals such as calcium, magnesium, potassium and sodium from vital organs and bones to neutralize the acid and remove it from the body. Unfortunately a considerable amount of these minerals will simply be lost in the urine, contributing to the development of osteoporosis and other diseases.

When you create a healthy pH, you create a significantly more disease-resistant body. A clinical study at UCLA of more than a thousand people found that those who were healthiest had a pH of approximately 7.46.



### CANCEROUS CELLS

Cancer cells are once-healthy cells that have become cancerous. And they are a symptom of acidity. That is, when healthy cells are corrupted by dietary and metabolic acids, they can become cancerous. The more acid we have in our bodies, the greater the risk of developing cancerous tissue.

Healthy cells in the human body thrive in mild-, moderate- and high-pH fluids (7.3 to 11 pH). They do not tolerate even a mild acid state. Cancerous cells, on the other hand, thrive in an acidic pH of 5.5.

Cancerous cells become dormant at a pH slightly above 7.365, and transform back to the microzyma or die at a pH of 8.5 (while healthy cells live).

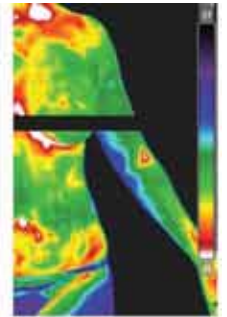
Prevention is the best cure, though the best ways to prevent cancerous conditions will also reverse the symptom if you already have a cancerous condition. Better you should never get that far!

Treatments such as surgery and chemotherapy do nothing to support the immune system or prevent buildup of acids in tissues. That's why cancerous conditions so often come back—nothing has been done to change the conditions that started them—acid!

**“Every single person who has cancer has a pH that is too acidic”**

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



**RESTORE**  
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Wellness Program

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Rebound  
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Wellness Program

**JUICING**  
Detox  
Wellness Program

**CHECKUP**  
12 Health Screenings  
Wellness Program

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TEXT your NAME and 5 WEEKS WELLNESS to 424-5066 for more information.

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