

HEALTHY LIVING HEALTHY PLANET

# natural awakenings

feel good • live simply • laugh more

FREE

## HEALTHY LIFESTYLE TWEAKS

Simple Changes  
for Feeling Good



### Way to Go, Snow

Best Green  
Removal Tips

### Prayer Workouts

A Platform for  
Spiritual Growth

### GMO Fact Check

Health and  
Safety Update



EVERY ISSUE IS  
A GREEN ISSUE

January 2013 | S.W. Louisiana-Acadiana Edition | [www.NAcadiana.com](http://www.NAcadiana.com)

# Zerona Laser Body Sculpting

[www.ZeronaLaserSculpt.com](http://www.ZeronaLaserSculpt.com)

Lose 2 - 9 inches of FAT, in as little as 4 weeks!  
No Surgery, No Downtime, & No Pain!

**Lose FAT from your:**

- Arms
- Buttocks
- Chin
- Tummy
- Love Handles
- Thighs



Weeks 2 & 3

- 2 Liters of water per day
- Niacin supplement
- 40 minutes of walking
- Three 40 minute ZERONA treatments per week



## Zerona Cuts the Body Fat

We are proud to be one of the first weight loss medical spas to carry the new Zerona LaserLIPO treatment! Zerona is a revolutionary non-surgical, non-invasive body sculpting laser treatment that combines the use of the latest Zerona LipoLASER Body Sculpting treatment with proven adjunct treatments and supplements to maximize the results.

**BENEFITS:** On average there is a 80%–90% success rate for patients that are able to stay on the program for at least 1 month. Most patients can expect to lose between 1–2 inches per week, or 1-3 % BODY FAT per month when combined with proper exercise and nutrition. Results will vary.

## Zerona Laser Body Sculpting

Zerona is the newest LipoLaser technology to help you melt inches of fat! It has been featured recently on The Rachael Ray Show, Dateline NBC, The Early Show, Allure Magazine, Extra TV, KTLA, and many more media outlets. People are losing inches of fat across the USA.

\* Results will vary. % BODY FAT LOSS is measured weekly.

## Zerona Laser Body Sculpting as SEEN ON DR OZ



**Call 347-4141**

To Schedule Free  
Weight Loss Consultation

BUY 2 WEEKS,  
GET 2 MORE WEEKS FREE!

**\$649**  
JANUARY SPECIAL !

# THERMOGRAPHY

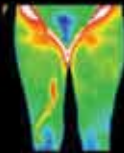
Medical Imaging of Acadiana

Advanced Diagnostic and Screening Technology

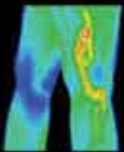
**\$94**

**FULL BODY HEALTH CHECK  
(337) 347-4141**

## Thermography Imaging Can Detect Many Diseases and Disorders in Their Early Stages

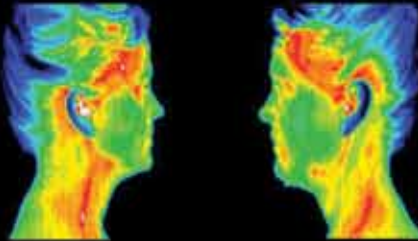


The anterior view of the upper legs shows a patient who had unexplained pain in the right leg for over a year. The thermogram shows a varicosity with a perforator that a vascular surgeon was able to treat with minimal intervention due to the accuracy of the localization.



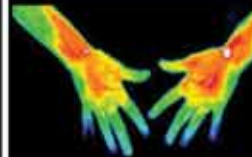
The image showing the vascular problem in the right lateral leg was of a patient who had a 3-year history of pain in the mid-lateral thigh and knee. Heine conductance tests and a full range of anatomical imaging tests failed to find any cause for the pain. This thermographic study led to a confirmed diagnosis of phlebitis.

**Vascular Conditions**

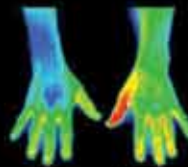


Carotid Artery occlusion (Right side)

**Carotid Artery Occlusion**

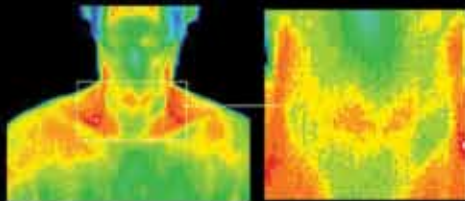


Early stage bilateral carpal tunnel syndrome



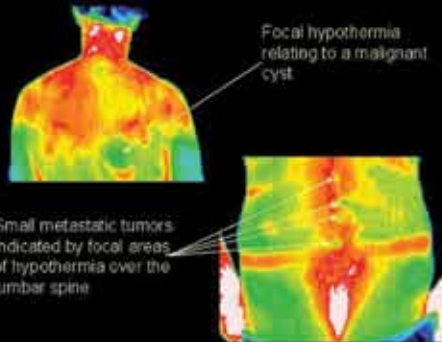
Chronic right carpal tunnel syndrome

**Carpal Tunnel**



Hyperthermia over both lobes of the thyroid indicating thyroid dysfunction

**Thyroid Dysfunction**



Focal hypothermia relating to a malignant cyst

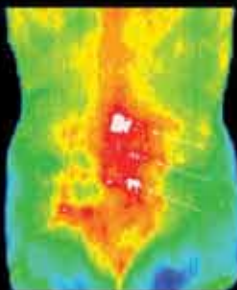
Small metastatic tumors indicated by focal areas of hypothermia over the lumbar spine

**Cyst and Tumors**



Myofascial Trigger Point - in semispinalis cervicis

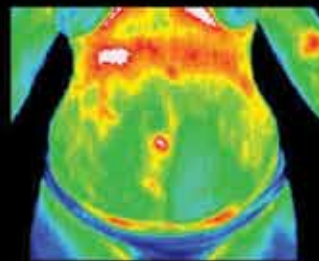
**Myofascial Trigger Point**



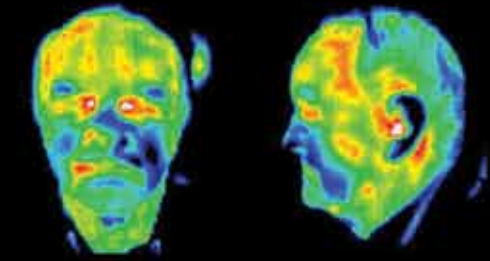
Three stress fractures of the transverse processes of the lumbar spine.

**Stress Fractures**

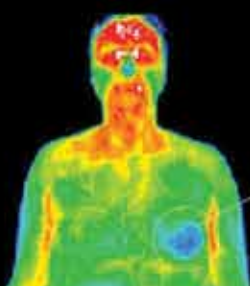
**Inflammation Over Right Kidney**



**Inflammation**



**Bells Palsy**

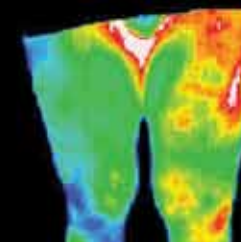


**Coronary Artery Disease**



T4 Syndrome

**T4 Syndrome**



This elderly lady had undergone a left hip replacement surgery 3 months previously. Her continued leg pain raised a suspicion for DVT.

The thermographic findings were not consistent with DVT, but showed a focal area of inflammation that guided a sonographer to a deep abscess near the bone.

This was lanced and successfully treated with antibiotics.

**Infection**

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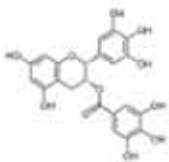
**Opelousas, LA**

## Obesity is A Major Medical Crisis

Obesity is now a major medical crisis of the twenty-first century. We're getting fatter all the time, despite our knowledge of the consequences. There is overwhelming evidence that obesity - and, to a lesser extent, merely being overweight (BMI = 25-29) - is directly or indirectly responsible for our susceptibility to many serious diseases that degrade or ruin our lives while we are alive, and kill us before our time. These diseases include cancer, cardiovascular disease, diabetes, degenerative joint diseases, psychological disorders such as depression, anxiety, and more. Understanding the chemistry of weight loss can not only save lives, but improve our health and overall well-being.

## WheTea Weight Loss Formula

"I lost 10 lbs in my first 6 days."



Epigallocatechin gallate  
EGCG

Wheatgrass is low in calories and has no fat, sugar or cholesterol. Wheatgrass is a nutritionally powerful food that meets all of your body's nutritional requirements. This will help to reduce cravings, because your body has all of the nutrients it needs, resulting in lower caloric intake. One ounce of wheatgrass juice is equal to 2 lbs. of fresh vegetables nutritionally.

Wheatgrass is a rich source of beta carotene, vitamins B1, 2, 3, 5, 6 and 12, vitamins C and K, choline, calcium, folic acid, copper, iodine, magnesium, phosphorus, potassium, zinc and amino acids. Wheatgrass is also one of the richest sources of chlorophyll found in nature.

### Burns fat with enzymes and epigallocatechin gallate (EGCG)

When there is an increased level of lipids in the body, a hormone is activated to metabolize the lipids. A low secretion of this hormone will encourage the storage of fat in the body, resulting in obesity. The enzymes in wheatgrass have the ability to increase the hormone production to actively metabolize lipids and break down the structure of fat within the body and reduce body fat. WheTea contains EGCG - the most powerful component of green tea that burns fat and reduces weight.



*WheTea*

**THERMOGENIC FAT BURNER**  
Wheatgrass - Green Tea Concentrated Extract

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**100% Organic Wheatgrass**

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- Contains EGCG for fat oxidation
- Boosts metabolism
- Increases the body's alkalinity
- Contains over 92 elements

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# WheTea

**THERMOGENIC FAT BURNER**



# publisher's letter



We wish for you and your family a healthy, happy and abundant New Year. We wish abundance for you in all aspects of your lives: emotions, relationships, career, finances, gratitude, forgiveness, fun, growth, development, fulfillment, contribution and spirituality.

In the new year of 2013 we hope mostly that you find spiritual abundance. Recently, an elder in our neighborhood said that it is through passion that we will find what delights the soul. Upon exploring this idea a bit more, we've come to recognize that the universe moves in our direction when we live life with passion and express everything we do in our lives with the same energy. Therefore, abundance is something that we all have the power to create.

When we're doing something that we love to do, the energy we create automatically begins to create abundance in our lives and the laws of reciprocity begin to kick in. Suddenly, and sometimes without even knowing it, we outwardly radiate delight and joy in what we're doing and the universe radiates that delight and joy, and abundance, back to us.

We've all heard of the Golden Rule: Do unto others as you would have them do unto you. This is the essence of life. It is a fundamental principle by which we should live, raise our families and teach in our communities. Whatever we give out to the world, we will receive back. Try this for yourself. The next time you're out shopping and running errands, smile at someone and say "Thank you." Most likely, nearly every time, you will receive a smile in return as well as a heartfelt "You're welcome." That's a very simple example of the law of reciprocity.

Our Creator gave each of us the pure gift of love. Wow! What a simple word, yet it has so much power that it can create life, heal broken hearts and even end wars. We should never give up on love, for it also is the foundation on which we should live, raise our families and teach in our communities. But first, we must love ourselves.

Often we invest more time and money in our cars, homes, clothing and other material things of this world that we forget to invest in ourselves. Each of us is given only one body and soul, yet many of us abuse both. Poor diets lacking in nutrition, excessive alcohol drinking, drug and substance abuse, inadequate rest and neglecting to use prayer to guide our lives are just a few ways we neglect our most precious commodity, the "self."

Let the new year of 2013 be one of self-healing. We can begin with spiritual prayer, look for abundance to follow and then radiate love—and expect the universe to reciprocate it back many times more.

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



*Steve & Michelle*

Steve and Michelle Castille, Publishers



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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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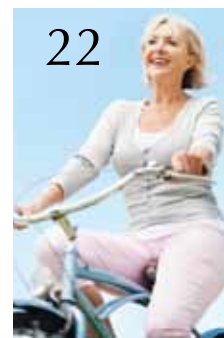
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# DETOX THE BODY

## Ionic Detox Foot Bath

COLORS AND OBJECTS IN THE WATER	
Color or Particle	Material or Area of the Body
Yellow-Green	Purifying the kidney, bladder, urinary tract, female/prostate area
Orange	Purifying the joints
Brown	Purifying the liver; tobacco, cellular debris
Black	Purifying the liver
Dark Green	Purifying the gallbladder
White Foam	Purifying from the lymphatic system
Black Flecks	Heavy metals
Red Flecks	Blood clot material

### Top Reasons to Ion Detox

- Rid your body of unwanted toxins.
- Reduce acidic pH in the body.
- Boost your immune system.
- Enhance nutrient absorption.
- Increase oxygen absorption.
- Help relieve pain and tension.
- Help relieve chronic fatigue.
- Increase your energy.
- Improve sleep.
- Remove heavy metals and chemicals from you body.
- Recover quicker from illness or injury.
- Slow down aging and improve flexibility.

### Why You Should Ion Detox

Throughout the course of the day, the average person will encounter a variety of environmental factors which affect their well being. This includes food additives, tobacco smoke, alcohol, artificial sweeteners, stress, lack of exercise, or even air pollution. These factors cause toxins to build up in your body throughout the

day. This buildup prevents your body from functioning at its optimal level. Your body detoxifies as much as it can, but never can eliminate all toxins. That's often why you may feel tired, have headaches, catch colds frequently, have sinus problems, dry skin, or bad breath. Additionally, prescription drugs, topical medication and environmental toxins seep into our organs and blood and can cause further imbalances. Ion Detox helps release chemicals that are clogging your organs like the liver and release chemicals no longer needed.

Eliminating toxins is the first step in giving the body a chance to heal itself. Detoxification is fundamental to any health building program and detoxifying through the feet is ideal. There are over 360 acupuncture points on the body with more than 60 on the soles of the feet. Acupuncture points and reflexology points reflect the organs and other areas of the body which make the feet ideal for detoxification.

Beginning symptoms of acidosis include: fatigue, headaches, bloating, acne, constipation, food allergies, panic attacks, slow circulation and joint pain. Intermediate symptoms of acidosis include: asthma, bronchitis, insomnia, psoriasis, fungus, depression, cold sores. Advanced symptoms of acidosis include: cancer, fibromyalgia, weight gain, multiple sclerosis, arthritis, diabetes, lupus, leukemia, heart disease and migraines.

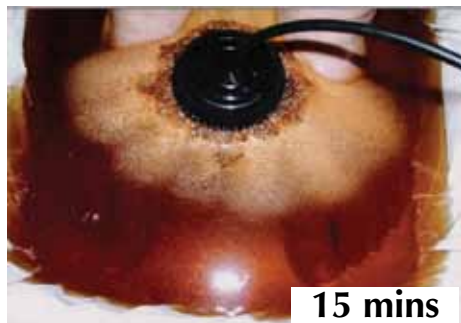
A study by the British Medical Journal said that 75% of cancers are caused by environmental and lifestyle factors. The Columbia University School of Public Health estimates that 95% of cancers are caused by diet and environmental toxicity. Heavy Metals and chemical toxins weaken the immune system and cause increased vulnerability to virus, bacterial fungal and parasitic infections. In an attempt to detoxify these substances, our bowels, kidneys and liver are being overloaded. With proper and frequent use, Ionic Detox Treatments can significantly aid the body in removal of harmful toxins. Used in combination with a healthy, low-stress lifestyle, Ion Detox Foot Bath Treatments can improve your chances for long term wellness.

### Why Ion Detox Works

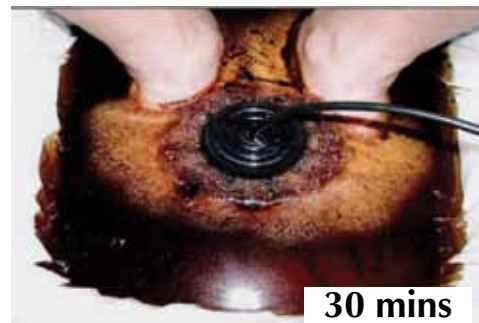
Ion Detox Treatments work to raise the body pH to a more alkaline state. This is important because the vast majority of people live in an acidic state which accelerates the aging process and is a more hospitable environment for disease to flourish.

### A Higher Acidic pH Can Cause Such Problems As

1. Weight gain, obesity and diabetes.
2. Cardiovascular damage.
3. Bladder and kidney conditions, including kidney stones.
4. Immune deficiency.
5. Acceleration of free radical damage.
6. Hormone concerns.
7. Premature aging.
8. Osteoporosis; weak, brittle bones, hip



15 mins



30 mins



- fractures and bone spurs.
- 9. Joint pain, aching muscles and lactic acid build up.
- 10. Low energy and chronic fatigue.
- 11. Slow digestion and elimination.
- 12. Yeast/fungal overgrowth.

Ionic Detox Foot treatments assists the body's ability to heal itself by removing toxins that may be interfering with your own natural defenses. The best advice is to be proactive with your health. It's easier to avoid disease and illness by taking the steps discussed here, than it is to change things once disease has set in. Ion Detox Foot Baths are a valuable tool in supporting your body's natural defenses. This detoxification process is a safe and effective way to aid the healing process carried out by your Immune System.

### What happens when I place my feet or some other part of my body in the Ion Foot Cleanse?

The appearance of colors, bubbles and the changes in the tension of the waters surface, as well as the change in pH, indicates that the unit is functioning correctly, producing an electrical current in the water and that polarity is being generated by the electrodes in the "array".

The result is electrolysis and the generation of an electromagnetic field. Electrolysis creates the removal of those substances with ionic capacity that is in the water, on the skin or in the pores of the person who has their feet submerged in the foot bath.

The water, due to its content of ionic salts, remains magnetized and being in close contact with the corporal liquids facilitates the extension of this field towards the interior of the body. As it is the feet that are being treated, which have many reflex zones, these experience stimulation by the electromagnetic energy that is being generated resulting in the stimuli being propagated to the different organs and systems.

### Who should use the Ion Foot Cleanse?

Nearly everybody can benefit from following an ion Foot Detox program. Even those of you that think you are "healthy" and follow a balanced nutritious diet. The ionic spa compliments other therapies wonderfully. If in pain, tired or feeling run down start now.

### Who should NOT use Ion Foot Cleanse?

- Anyone with a surgical implant that operates with batteries like a pace-maker.
- Anyone who thinks they are or could be pregnant.
- Anyone who has received a transplant.
- Epileptics.
- Hemophiliacs.
- Transplant patients.
- Pregnancy – Ion Foot Cleanse is designed to work with one bio-electrical system at a time, as each system has its own properties. In the case of pregnancy, there are two bio-energetic fields present which could possibly interfere with each other.

### How frequently can the Foot Detox be used?

The Ion Foot Detox can be used for 30 minutes every other day. This allows time for the integration of the bio-energetic field and will avoid over-stimulation. It is NOT recommended on a daily basis, due to the fact that the body needs time to assimilate the increase in the bio-energetic level.

### How are toxins eliminated?

By means of electrolysis, the Foot Detox treatment plan intends to promote corporal detoxification which will allow the body to achieve a healthier condition. This detoxification is based on the bio-energetic stimulation of the different tissues, organs and systems so that they can carry out their natural detoxifying process better. The final result is a stimulation that allows us to attain balance which in turn brings us closer to achieving better health.

On the other hand, the electrolysis phenomena in the foot bath generates a release of substances that migrate towards the electrodes, going through a transformation which is manifested in the precipitation of products in the water, color change and release of gases, and this too has a relation to our organism. Within our interior a bio-energetic flow is produced, this unblocks and stimulates, creating better tissue, organ and system functions, facilitating better circulation.

### Why does the water change color?

There are many factors that come into play when the unit is turned on which contributes to the color and property changes in the water. Basically, the Detox is based on electrolysis. If we

analyze the system we find the following elements: water classification and types of salt which are used to achieve optimum conductivity.

The water that is used has its own impurities which due to the electrolysis are drawn towards or separated from other components. Remember, the water that normally reaches our homes can contain variable quantities of suspended solids such as sodium, calcium, magnesium, manganese, chlorine antimony, arsenic, asbestos, barium, boron, cadmium, chromium, copper, cyanide, fluorine, iron, lead, mercury, nickel, sulphate's, thallium, nitrates, pesticides, herbicides, detergents and organic material, amongst many others.

When the Foot Detox "array" starts to work in the water, apart from the changes in the pHs, some of these substances can come to light as being present in the water. This is one of the reasons for the color changes and the release of small quantities of different gases like oxygen, hydrogen, chlorine and some sulphur's. The "arrays" are metallic and will release waste and will result in an electrolytic reaction which will in turn cause it to corrode.

Another influencing matter is what we introduce into the water, let's say our feet. These have their own properties such as acidity or alkalinity. One can also find germ, bacteria, yeast infections and parasites. The skin can also contain remnants of soap, creams, dyes and fibers. There will also be a release of substances from the sebaceous glands and dead cells. All these factors combined will influence the color change. Last of all we have the internal condition of the body which will influence and manifest themselves in the water.

#### References:

1. [healthylivingtoday.wordpress.com](http://healthylivingtoday.wordpress.com)
2. [wikipedia.com](http://wikipedia.com)
3. American Academy of Dermatology: AcneNet
4. Vaughan Integrative Medicine: Ion Foot Detoxification Program: Dr. Elizabeth Vaughan

Ion Foot Detox (single session) \$45  
 Ion Foot Detox (two sessions) \$80  
 Ion Foot Detox (four sessions) \$145

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## I dreamed I had an interview with God.

"So you would like to interview me?" God asked.

"If you have the time" I said.

God smiled. "My time is eternity."

"What questions do you have in mind for me?"

"What surprises you most about humankind?"

God answered...

"That they get bored with childhood, they rush to grow up, and then long to be children again."

"That they lose their health to make money... and then lose their money to restore their health."

"That by thinking anxiously about the future, they forget the present, such that they live in neither the present nor the future."

"That they live as if they will never die, and die as though they had never lived."

God's hand took mine  
and we were silent for a while.

And then I asked... "As a parent, what are some of life's lessons you want your children to learn?"

"To learn they cannot make anyone love them. All they can do is let themselves be loved."

"To learn that it is not good to compare themselves to others."

"To learn to forgive by practicing forgiveness."

"To learn that it only takes a few seconds to open profound wounds in those they love, and it can take many years to heal them."

"To learn that a rich person is not one who has the most, but is one who needs the least."

"To learn that there are people who love them dearly, but simply have not yet learned how to express or show their feelings."

"To learn that two people can look at the same thing and see it differently."

"To learn that it is not enough that they forgive one another, but they must also forgive themselves."

"Thank you for your time," I said humbly.

"Is there anything else you would like your children to know?"

God smiled and said,  
"Just know that I am here... always."

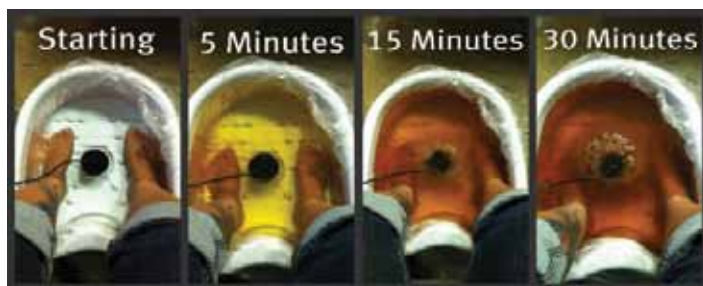
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## newsbriefs

### Ionic Foot Detox Therapy

The Natural Health Center, in Carencro, now offers ionic foot detoxification therapy to help rid the body of toxins, maintain health and avoid disease.

The process starts with a nutrient assessment of all the major organs and systems of the body to determine each person's state of health. The staff member then continues to monitor the



client's progress as the detoxification treatment is administered. To conduct the treatment, the client's feet are placed in a bucket of clean, warm, ankle-deep water. A small amount of sea salt is added to the water to increase conductivity. The ionator is then placed in the bucket, where it creates a low-voltage, direct current. Once the unit is turned on, the water begins to change color. By the end of the treatment, the water is discolored and contains floating or sinking particles. This is a result of the toxins being pulled out of the body and into the water.

*Location: 100 E. Angelle St., Carencro. For more information, call 337-347-4141. See ad on back cover.*

### Flea Market in Opelousas and Lawtell

A new flea market for bargain-hunters is now open weekends between Opelousas and Lawtell on Highway 190.



Hwy. 190 Flea Market has transformed the old garage-style market to a modern mini-mall for saving money on new products and services, and a mobile food court is coming soon. New vendors can reserve booths and tables for \$35 a weekend.

Travelers from as far away as Houston are stopping in for a convenient place to shop for bargains. Vendors say the atmosphere is clean and the traffic is steady—a good sign for success.

*Location: 11946 Hwy. 190. For more information, call 337-678-1500. Look for vendor coupons in this issue of Natural Awakenings.*

## Inspirational Stained Glass Offers Open Studio and Classes



Since 1994 stained glass designer and artist David Wayne Jamieson, Sr., has produced glass art pieces at his Inspirational Stained Glass studio, in Youngsville. Customers can visit the studio in person, or browse the online catalog to purchase smaller stained and painted glass items.

Inspirational Stained Glass offers a complete line of stained glass, etched glass, beveled glass and carved glass in copper foil, lead, brass and zinc, as well as numerous stained glass supplies.

The studio is the leading manufacturer of hundreds of types of stained glass, architectural glass, tools, supplies, doors, windows and entryways. Jamieson is dedicated to providing friendly customer service, superior products and attention to detail. For those interested in learning more about the art of stained glass, Jamieson offers classes at his studio. Class size is limited and reservations are required.

*Location: 122 Roxanne Dr., Youngsville. For more information, call 337-856-9740 or visit [InspirationalGlass.com](http://InspirationalGlass.com).*

### SAVE THE DATE

**PUBLIC INVITED TO ATTEND  
January 9th from 6-8PM**

**River Ranch City Club, Audubon Room**

Hosted by Dr. Kimberly Smith Dauterive

Help your family and your community become healthier.

**[www.WinLTD.com](http://www.WinLTD.com)** Please RSVP @ (337) 367-8220



## Buy Two, Get One Free at The Little Gym

The Little Gym, in Lafayette is great for children ages 3 to 12.

An experiential learning and physical development center for kids (from four months through 12 years old), The Little Gym has classes designed so that children will build self-confidence in a positive learning environment each week. It offers a wide range of programs, including parent and child classes, gymnastics,



karate, dance and sports skills development, plus special extras such as camps, Parents' Survival Nights and birthday bashes. The Little Gym is a place to learn, make friends and have fun.

*Location: 4422 Ambassador Caffery Pkwy., Lafayette. For more information, including*

*camp details, call 337-504-2623 or visit [TheLittleGym.com/LafayetteLA](http://TheLittleGym.com/LafayetteLA).*

## Monogrammed Gifts for Any Time of the Year

Jenz Trenz, a monogramming shop located in New Iberia, can make gifts "pop" with personality. On blankets, book sacks, uniforms and more, monogramming makes any time of year special and memorable with a gift created just for that special someone.



Using the best products, Jenz Trenz is committed to providing world-class service to ensure every customer is completely satisfied.

*Location: 519 S. Lewis St., New Iberia. For more information, call 337-367-7427.*

## Birthday Parties Are Easy at Caribbean Club House

It's a new year, which means a new year of birthday planning. For anyone who wants an amazing party without the hassle of organizing or cleanup, Caribbean Club House has all the fun in one place.



The rental of the building includes everything in it: a 30-foot dry slide, a 14-foot fun jump, a 12-foot junior obstacle course, eight arcade games, riding cars and motorcycles, air hockey and indoor basketball. All arcade games are free and require no tokens. All drinks, ice and cups also are free, with unlimited refills. Parents just bring the food or visit the concession stand. For entertainment, music videos play on flat-screen televisions and music plays throughout the building. The best part is that parents can sit in the party room while the kids run wild. Just show up, have fun and go home without having to clean up anything.

*Caribbean Club House is located at 12178 Hwy. 190, in Opelousas. For more information, call 337-678-1500 or visit [MyKidPartyZone.com](http://MyKidPartyZone.com).*

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CASH**



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Be entry #200 in the month of January 2013 and win \$1,000 cash.

**You have to enter to win!**

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## Organic Frozen Wheatgrass Juice



Wheatgrass juice is potent raw, living food.

- 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 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

Wheatgrass helps the body heal from inflammation and pain and is said to help prevent cancer.

## 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.



## WheTea Weight loss drops



- Contain 100% organic wheatgrass
- Burns fat
- Contains EGCG for fat oxidation
- Boosts metabolism
- Increases the body's alkalinity
- Contains over 92 elements

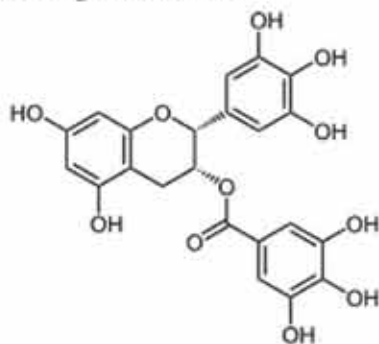


# MORE THAN JUST WheTea

Natural Awakenings introduced WheTea in 2012 to favorably alter fat cells that respond to EGCG. Since then, additional compounds and fat burning properties have been discovered that enable cellular detoxification and % body fat loss.

Just two droppers in every 8 ounces of water daily can reduce body fat by 4% in six weeks.

*"EGCG is a safer and more effective way of actually decreasing body fat potential for the future, as well as present time."*



Epigallocatechin Gallate (EGCG) Compound found in WheTea

WheTea is rich in a class of polyphenols known as catechins which gives green tea its color. The strongest catechin is epigallocatechin gallate (EGCG). Experts agree that EGCG increases the rate at which fat is burned, and reduces the absorption of calories from the diet.

EGCG is also a powerful anti-oxidant which means that it inhibits the growth of cancer cells. It is proven that it is at least 100 more times more effective than vitamin C and 25 times more effective than vitamin E at protecting cells and DNA from damage believed to be linked to cancer, heart disease and other serious illnesses.

Studies Claim Green Tea found in WheTea is Very Effective in Preventing Cancer and Dementia

Wheatgrass found in WheTea has high amounts of chlorophyll which has been found to decrease the growth and development of harmful bacteria in the body. This allows the immune system to grow stronger and to protect the body even better.



## AVAILABLE AT:

Drug Emporium, Lafayette

Address: 505 Bertrand Dr. Telephone: 261-0051

Natural Health Center, Carencro

Address: 100 E. Angelle St. Telephone: 896-4141

DHARMA Wellness Center, Sunset

Address: 166 H Oak Tree Park Drive Telephone: 662-3120

Benny's Sport Shack, Opelousas

Address: 806 S. Union St. Telephone: 948-6533

Road Less Traveled, Lafayette

Address: 312 Guilbeau Rd. Telephone: 988-9889

## WheTea

**THERMOGENIC FAT BURNER**  
Wheatgrass - Green Tea Concentrated Extract

contains  
**100% Organic Wheatgrass**

- Burns fat
- Contains EGCG for fat oxidation
- Boosts metabolism
- Increases the body's alkalinity
- Contains over 92 elements



## Red Meat Raises a Red Flag

Steak is still one of America's favorite meals, but regular consumption of red meat products comes at a high cost for health. In a recent large study, Harvard School of Public Health (HSPH) researchers found red meat to be causally associated with mortality, including from cardiovascular disease and cancer.

Senior author Frank Hu, professor of nutrition and epidemiology at HSPH, and his team observed 37,698 men from the HSPH Health Professionals Follow-Up Study for up to 22 years and 83,644 women from the National Institutes of Health Nurses' Health Study for up to 28 years, all of whom were free of cardiovascular disease (CVD) and cancer at the beginning of the study.

The researchers assessed diets via questionnaires every four years and documented a combined 23,926 deaths in the two studies, of which 5,910 were from CVD and 9,464 from cancer. Their evaluation revealed that one daily serving of unprocessed red meat (about the size of a deck of cards) was associated with a 13 percent increased risk of earlier mortality, and one daily serving of processed red meat (one hot dog or two slices of bacon) with a 20 percent increased risk.

Red meat and related products contain heme (meat-based) iron, saturated fat, sodium and nitrites, as well as carcinogens formed during cooking. The researchers recommend turning to healthier protein sources instead, like fish, poultry, nuts, legumes and whole grains.



## A GMO-FREE GROCERY LIST

According to a recent article published in *Green American* magazine, 93 percent of Americans believe that genetically modified foods should be labeled. However, only USDA-certified organic products cannot intentionally contain genetically modified organisms (GMO), so identifying GMO foods and products in a typical U.S. grocery store is difficult. The following information can help.

The U.S. Department of Agriculture (USDA) confirms that large percentages of the nation's crops were genetically modified in 2011: 94 percent of conventional soy and soy products; 90 percent of cottonseed, a common ingredient in margarine, salad dressings and oils; and 88 percent of corn, contained in breakfast cereals, corn flour products such as chips and tortillas, high-fructose corn syrup, soups and condiments. More than 90 percent of the U.S. canola crop also is now genetically modified.

*The Independent*, one of England's leading newspapers, reported in 1999 that the artificial sweetener aspartame has been made with genetically modified bacteria since 1965. Aspartame, inconclusively linked with numerous health risks, is present in more than 6,000 products, including diet sodas. Two other ubiquitous artificial sweeteners, Nutrasweet and Equal, also contain aspartame.

The USDA further lists 95 percent of the 2009 U.S. sugar beet crop, used to produce conventional sugar, as genetically modified. Non-GMO alternative sweeteners include pure cane sugar and honey from organic farms.

Source: [GreenAmerica.org](http://GreenAmerica.org)

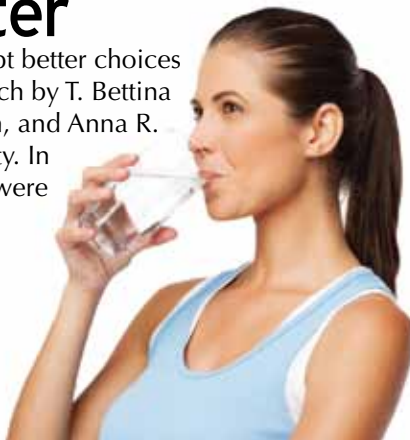


## Black Pepper Fights Fat

A simple, widely available spice and kitchen staple may help us trim our waistlines. New research published in the *American Chemical Society's Journal of Agricultural and Food Chemistry* gives the nod to black pepper. The study provides evidence of a long-sought explanation for the beneficial, fat-fighting effects of the common seasoning. Piperine, the pungent-tasting substance that gives black pepper its characteristic taste, helps block the formation of new fat cells.

## Wisdom from Water

Simply drinking a glass of water can prompt better choices at the dinner table, concludes new research by T. Bettina Cornwell, Ph.D., of the University of Oregon, and Anna R. McAlister, Ph.D., of Michigan State University. In separate studies, young adults and children were tested according to their food and beverage choices. When the participants were served a soda, they selected foods that tended to be more salty and calorie-dense. However, when the provided beverage was water, participants ate more raw vegetables.



# Supplementation Cuts Colon Cancer Risk

A diet enhanced with multivitamin and mineral supplements may dramatically lower the risk of developing precancerous colon cancer lesions, according to research published in the *Canadian Journal of Physiology and Pharmacology*. Nearly 150,000 men and women in the United States are diagnosed with this second-most common form of cancer each year.

In the study, rats were fed a high-fat (20 percent) diet for 32 weeks. Those fed a high-fat, low-fiber diet and also exposed to a carcinogen, developed precancerous lesions of the colon. The animals that underwent a similar diet and treatment, but also received daily vitamin and mineral supplements, showed an 84 percent reduction in the formation of precancerous lesions and did not develop tumors.



## FRYING PAN FAUX PAS

Fried foods may please the palate, but cooking them in the wrong medium, such as sunflower oil, can present a health risk. Researchers from the University of the Basque Country, in North Spain, have discovered that organic aldehyde compounds become toxic when heated. These chemicals, previously linked with some types of cancer and neurodegenerative diseases such as Alzheimer's and Parkinson's, are generated by the degradation of fatty acids in sunflower and other oils high in polyunsaturated fats, and some remain in food after frying. Oils with higher concentrations of monounsaturated fats, such as olive, peanut or coconut, are less worrisome if frying is the only cooking option.

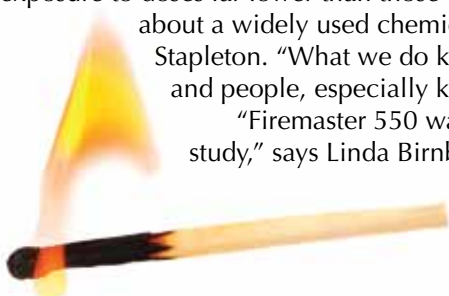


## Flame Retardant May Pose Health Risks

Obesity, anxiety and developmental and reproductive problems have all been linked to small quantities of a flame retardant frequently used in furniture and baby products, according to a recent, limited study on rats by researchers at Duke University. Baby rats with mothers that ingested small amounts of the chemical Firemaster 550 gained more weight than those that weren't exposed, and exposed female offspring displayed more anxiety, reached puberty earlier and exhibited abnormal reproductive cycles.

Study co-author Heather Stapleton, Ph.D., associate professor of environmental chemistry at Duke's Nicholas School of the Environment, is a leading expert on flame retardants, particularly children's exposure to the toxic chemicals they can release. She specifically notes that the new research assessed exposure to doses far lower than those of earlier studies. "This raises red flags about a widely used chemical that we know little about," advises Stapleton. "What we do know is that it's common in house dust, and people, especially kids, are being exposed to it."

"Firemaster 550 was put on the market with almost no study," says Linda Birnbaum, director of the National Institute of Environmental Health Sciences, which funded the new research. She says the preliminary findings strongly suggest the need for more studies.



**AVAILABLE NOW**

Drug Emporium - Vitamin's Plus, Lafayette 261-0051

Natural Health Center, Carencro 896-4141

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

Road Less Traveled, Lafayette Tel: 988-9889

# BODY REBOUND Weight Loss Program

[www.NaturalHealthCentersOnline.com](http://www.NaturalHealthCentersOnline.com)



## Includes:

- 60 Day supply of WheTea weightloss drops (fat burner)
- 60 Day supply of Raspberry Ketone (fat burner)
- 60 Day supply of Fat Complex (prevents fat absorption)
- 60 Day supply of B-12 liquid drops (increases energy and metabolism)
- 60 Day Infrared SAUNATOX (makes you sweat out fat, calories, and toxins)
- 60 Day Dermalsonic Cellulite Treatment Plan (\*\*reduces cellulite)
- 60 Day Whole Body Vibration Weight loss Exercise (calorie burner)
- 8 Body Wrap Treatments (drops the water weight and burns calories)
- 8 SLIMPOD Weight Loss Treatments (a high-powered fat burner)
- 8 Ionic Foot Detox Treatments (\*\*pulls the fat and waste out of the body)
- 8 Fatloss HydroTherapy Treatments (destress the body - burn more fat)
- 8 Infrared Abdominal Fat Loss Treatments (burns stomach fat)
- 3 ZERONA Cold Laser Lipo Treatments (\*\*cuts through tough fat cells)

60 Day Weight Loss Program \$340

90 Day Weight Loss Program \$420

4 Month Weight Loss Program \$580

Carencro & Sunset Offices

CALL **347-4141**

\*\* Included in 4 Month Weight Loss Program Only

## AVERAGE WEIGHT LOSS

2 - 4% Body Fat Loss in two weeks

2 - 7 inch abdominal fat loss in sixty days

**12 - 35 pounds in eight weeks**



## Cut Abuse

### Government Steps In to Curb Greenwashing



The U.S. Federal Trade Commission (FTC) has issued updated green marketing guidelines intended to stop advertisers from making deceptive or unqualified claims about products being environmentally beneficial or eco-friendly, called “greenwashing”. The FTC said that few products deliver the far-reaching environmental benefits that consumers associate with such claims, and they are nearly impossible to substantiate.

The revision is the first since 1998, when phrases like “carbon footprint” and “renewable energy” were relatively new. Using input from consumers and industry groups, new sections address the use of carbon offsets, “green” certifications and seals, and renewable energy and renewable materials claims. Marketers are warned not to make broad, unqualified assertions that their products are environmentally benign or eco-friendly.

Arthur Weissman, president and CEO of Green Seal Inc., a nonprofit environmental certification organization based in Washington, D.C., says, “We hope that there will be enforcement to help rid the marketplace of the many less-than-credible seals and greenwashing that exist.”

The new guidelines are not rules or regulations, but general principles that describe the types of environmental claims the FTC may find deceptive. They do not address use of the terms “sustainable”, “natural” and “organic”.

Source: The Christian Science Monitor

## Shell Game

### Turtles Facing Extinction Get Help

The Turtle Survival Alliance Foundation (TSA) is opening a facility to house some of the world’s most endangered freshwater turtles and tortoises near Charleston, South Carolina. The 50-acre Turtle Survival Center will maintain living groups, or assurance colonies, of many species facing an uncertain future in the wild.

The center will house 20 species of freshwater turtles and tortoises ranked “critically endangered” by the International Union for the Conservation of Nature. Nine are also on the Turtle Conservation Coalition list of the world’s most endangered tortoises and freshwater turtles.

According to TSA President Rick Hudson, “No group of animals is under greater threat or faces a higher risk of extinction than freshwater turtles and tortoises.” The center will focus on species that have little chance of being recovered in nature because of habitat loss and intensive hunting pressures.

Some species have undergone such dramatic declines that without intervention, their extinction is imminent. It’s hoped that offspring born at the center will eventually repopulate their ancestral habitats.

Contribute to the TSA Turtle Survival Center capital campaign to help at [TurtleSurvival.org](http://TurtleSurvival.org).



## Dirty Pool

### Great Lakes Under Siege by Global Warming

Don Scavia, director of the University of Michigan Graham Sustainability Institute, stated in a regional leaders’ conference that climate change is aggravating the effects of devastating algae blooms in the Great Lakes by increasing the intensity of spring rains that wash phosphorus into the water.

Rampant algae levels degrade water quality because as algae decompose, oxygen levels can drop low enough to kill fish. After the United States and Canada signed the initial Great Lakes Water Quality Agreement in 1972, many local governments banned detergents containing phosphorus and the algae problem faded, but it has returned in the past decade.

Analysts note that while the practice of planting crops without plowing the ground may help prevent erosion, it leaves high concentrations of fertilizer phosphorus in the upper layers of soil, where it easily runs off into waterways. A task force of academic and government experts has recommended more than 50 helpful practices, including providing funding and technical assistance for phosphorus reduction projects; authorizing state regulators to require pollution reduction measures in stressed watersheds; and working with farmers and equipment manufacturers to develop fertilizer application methods that avoid runoff.

Source: [EarthKnowledge.net](http://EarthKnowledge.net)

# 53 Wheatgrass Health Benefits

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



## MAJOR HEALTH BENEFITS

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

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

## ADVERTISEMENT

## Where can I buy wheatgrass?

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

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

# GREEN WATERS

## Pure Alkaline Water

NOW AVAILABLE AT  
**Drug Emporium**  
Lafayette



## ALKALINE WATER MAJOR BENEFITS

### Lose Weight:

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

### Anti Aging:

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

### Reduce the Chances of Osteoporosis:

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

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

### Build Cardiovascular Health:

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

### Reduce Joint Pain and Arthritis:

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

### Reduce Candida:

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

### Reduce Infections, Flu and Colds:

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

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

### Detoxify:

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

### Decrease Risk of Cancer:

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

### Increase Energy Reserves:

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



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

**WE DELIVER**  
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100 E. Angelle St. Carencro  
I-49, Exit 4, Just across the street from the new Super 1 Foods store  
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## Easy Does It

### Best Snow Removal Tips

For homeowners in colder regions, winter calls for snow removal. Driveways and walks need to be cleaned off for function and safety with as much ease as possible. Here are some tips from OldHouseWeb.com that can help.



Clear the snow early in the day and then let the sun's radiant heat warm the surface to keep it safe and dry. Be kind to yourself—shovel before the snow reaches more than a few inches high. Removing relatively low layers several times is less taxing on the body than waiting and trying to deal later with a higher pile from a major storm. Make sure to bend at the knees and keep the back as vertically straight as possible when shoveling, to avoid back strain.

Putting down some sand or black wood ash on dry surfaces will effect more traction during snow removal, plus help melt and evaporate some snowflakes when they land. A green option is EcoTraction, made by Earth Innovations from hydrothermal volcanic materials that absorb water. Sand should be used sparingly because it can clog local storm drains and create excess silt in waterways.

When considering ice-melting agents, be careful and wise. Many products claim to be green or eco-friendly, but contain harmful chlorides or acetates. Salt is bad for pets, grass, plants and vehicles, and will pollute local waterways. Products containing acetates are generally less corrosive than salts, but recent research has shown that potassium acetate, often used at airports, is toxic to marine life.

## Repair and Reuse

### Mending a Throwaway Culture

Countries can learn much from each other, and people that know how to fix things now have another model for benefiting their community by reducing the burden on landfills. Conceived three years ago in Amsterdam

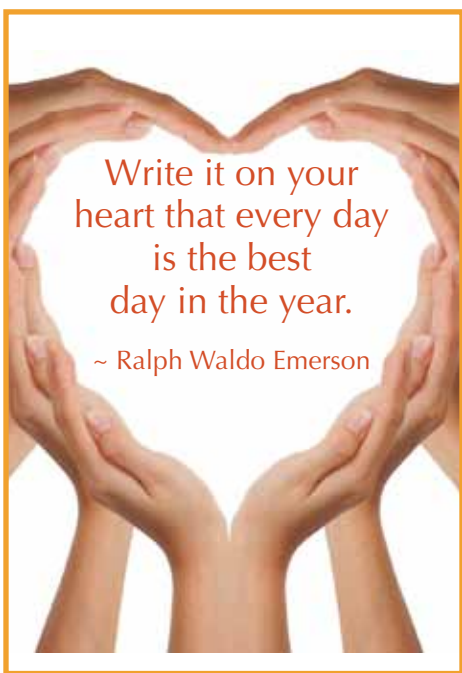


as a way to help reduce waste, the Repair Café concept—in which citizens gather one or more days a month to socialize while mending clothes and broken household items like coffee makers and vacuum cleaners—currently operates in more than 30 locations throughout The Netherlands. The effort in sustainability has been bolstered by a government grant, support from foundations and small donations that pay for staffing, marketing and even a Repair Café bus.

“I think it’s a great idea,” says Han van Kasteren, a professor at the Eindhoven University of Technology, who works on waste issues. “The social effect alone is important. When you get people together to do something for the environment, you raise consciousness, and repairing [something] gives a good feeling.”

The forum harbors two other positive aspects: It’s a way for handy retirees and others to ply and mentor skills that may have been dormant and also saves families the cost of buying a new product, a common occurrence as repair shops vanish along with handymen that make house calls.

The Repair Café Foundation provides lists of tools, tips for raising money, marketing materials and helpful insights for interested groups. To date, Postma has received inquiries from Australia, Belgium, France, Germany, Poland, South Africa and Ukraine.



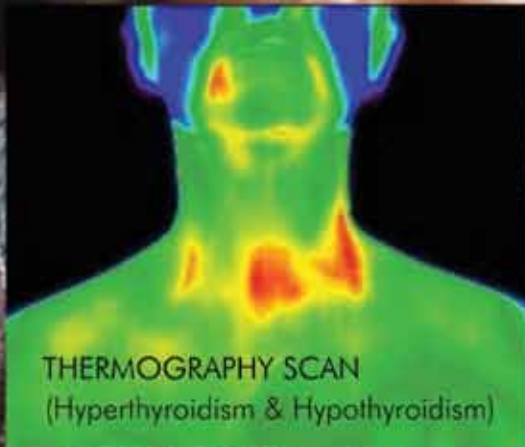
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**Hyperthyroidism** - increased thyroid activity.  
**Hypothyroidism** - decreased thyroid activity.



## The TOP 10 Symptoms of a Thyroid Problem

Millions of People Have Undiagnosed Thyroid Conditions

10. Muscle and Joint Pains, Carpal Tunnel/Tendonitis Problems.
9. Neck Discomfort/Enlargement.
8. Hair/Skin Changes.
7. Bowel Problems.
6. Menstrual Irregularities and Fertility Problems.
5. Family History.
4. Cholesterol Issues
3. Depression and Anxiety.
2. Weight Changes.
1. Fatigue.

The thyroid is a small gland located below the skin and muscles at the front of the neck, just at the spot where a bow tie would rest. It's brownish red, with left and right halves (called lobes) that look like a butterfly's wings. It's light like a butterfly, too, and usually weighs less than an ounce.

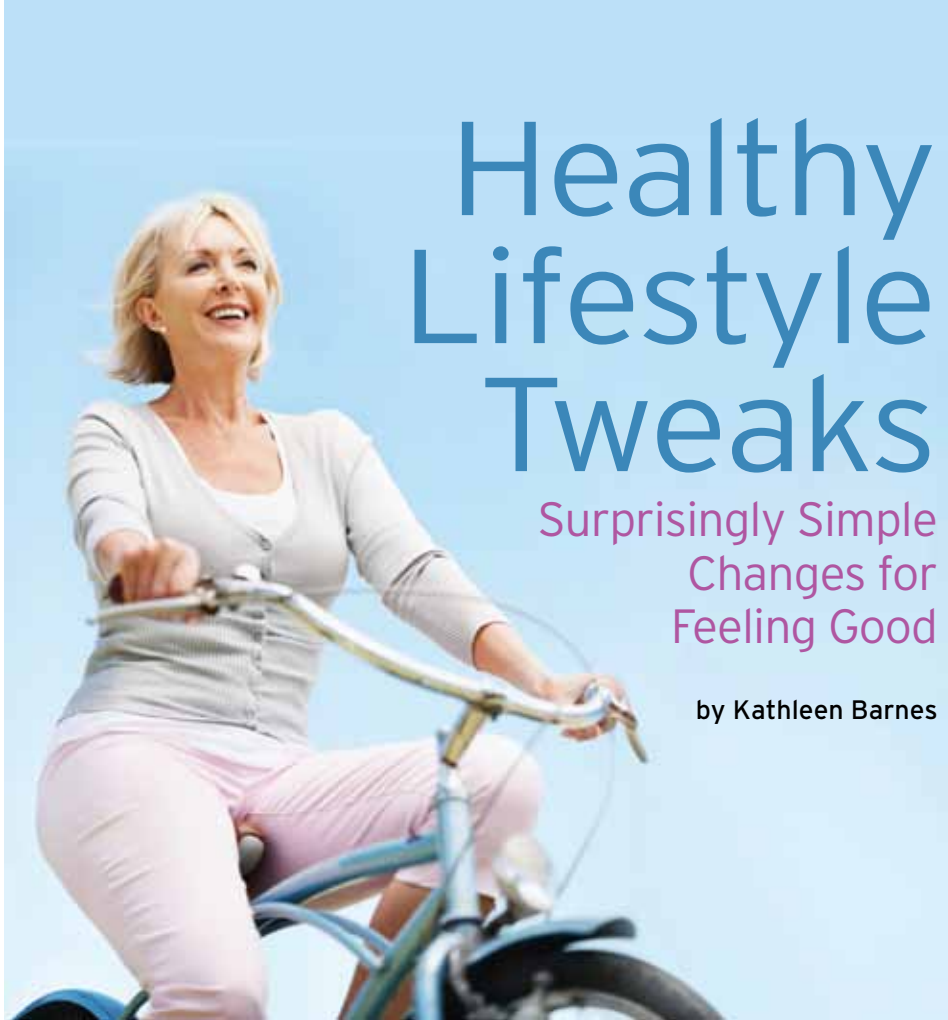
As small as it is, though, the thyroid has an enormously important job to do, especially for teens. It manufactures the hormones that help control metabolism and growth. To do its job, the thyroid needs a chemical element called iodine that the body absorbs from the foods you eat and the water you drink. The entire body contains about 50 milligrams of iodine. About 1/5 to 1/3 of that supply (10 to 15 milligrams) is stored in your thyroid. The thyroid combines the iodine with tyrosine (an essential amino acid) to make important hormones.



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# Healthy Lifestyle Tweaks

Surprisingly Simple Changes for Feeling Good

by Kathleen Barnes

All of us have heard the admonition: “Eat lots of veggies and exercise daily and you’ll live a long, healthy life.”

There’s no question this advice is sound, but what about other helpfully healthy lifestyle adjustments we can make? Experts attest that doing easy things, such as going braless, walking barefoot or using a plug-in model instead of a cordless phone can all support wellness. Results range from stress relief to prevention of cancer, heart disease and other ailments often associated with aging.

“Making some of the simplest changes can have far-reaching positive effects on your health,” contends Frank King, a doctor of chiropractic and naturopathic medicine, president of King Bio Natural Medicine, in Asheville, North Carolina, and author of *The Healing Revolution*. “When we consider the huge negative effects shadowing the field of prescription drugs, it is just good sense to try things foundational to our health that are

natural, inexpensive, effective and free of problematic side effects.”

## Muscle Testing

“The human body is an excellent lie detector. It is the world’s most sophisticated laboratory, with more wisdom than all medical professionals put together,” says King. His favorite technique is to tap into the body’s vast wisdom using applied kinesiology, or muscle testing. “The principal is simple. When you are telling a truth or when something is good for the body, whether you are conscious of it or not, your body loosens up. When you are telling a lie or the body is rejecting something, your body tightens.”

Many holistic practitioners use applied kinesiology as a diagnostic tool. An easy way to use muscle testing at home is to bend forward, fingers stretching toward the toes. Set a baseline truth by saying out loud, “My name is \_\_\_\_\_,” and notice the

length of the stretch.

Then utter an untruth, like calling yourself by a different name. Most people will find their range of motion is noticeably limited in the event of an untruth or something else that is not helpful.

A practical solution: Apply this technique in making any choice related to personal health.

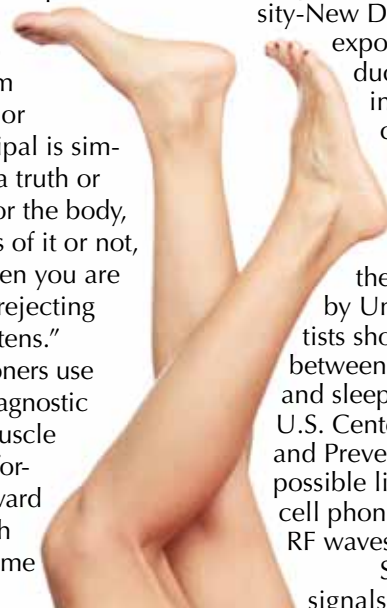
## Control Electronic Pollution

Turn away from using cordless phones and turn off the Wi-Fi. Keep cell phones out of pockets and purses. Move the TV out of the bedroom. These devices emit enormous amounts of radiation, disturbing our sleep patterns, thickening our blood and causing inflammation and a number of associated diseases, according to Dr. Stephen Sinatra, an integrative cardiologist and co-author of *The Great Cholesterol Myth*.

Recent findings of Sinatra’s research team at the University of California-Irvine, published in the *Journal of Alternative and Complementary Medicine*, confirm that physical contact with the Earth naturally thins blood. “Grounding appears to be one of the simplest and yet most profound interventions for helping reduce cardiovascular risk and cardiovascular events,” the researchers concluded.

A recent study of animals by the Bioelectromagnetics Laboratory at Zhejiang University School of Medicine-Hangzhou, in China, shows that exposure to radio and electromagnetic frequencies (EMF) like those found in cell phones can alter some genes. An Indian study by the Bioelectromagnetic Laboratory at Jawaharlal Nehru University-New Delhi suggests that EMF exposure increases the production of free radicals in animal brains, which can lead to inflammation, cancer, heart disease and other serious diseases. Swiss research published in the journal *Somnologie* by University of Bern scientists shows a clear connection between radio frequencies (RF) and sleep disturbances. The U.S. Centers for Disease Control and Prevention (CDC) admits a possible link between extensive cell phone use and exposure to RF waves and brain cancer.

Sinatra calls Wi-Fi signals “the new coronary



risk factor” and warns, “Be aware that if you are on a computer at home on Wi-Fi, that is toxic to your body.”

A practical solution: Use an ethernet cable to connect computers rather than wireless; switch to an old-fashioned plug-in phone with a handset attached; and stay three feet away from cell phones—never wear them. Sinatra says his research shows that men that put a cell phone in a pocket experience a reduction in testosterone within four hours.

## Change Footwear

In addition to unplugging from potentially harmful devices, Sinatra recommends plugging into Earth’s healing energies. “Our ancestors walked barefoot and slept on the ground. They were connected to Earth’s electrical energies that kept them balanced and healthy,” explains the co-author of *Earthing*.

New research from the University of California-Irvine published in the *Journal of Environment and Public Health* explains how modern lifestyles tend to separate us from the healing electrical energies of the Earth. Because we rarely walk barefoot or sleep on the ground and most people wear rubber-

## Ditch Antiperspirant Along with the Bra

Most commercial antiperspirant deodorants contain aluminum compounds, which have estrogen-like properties. Because estrogen imbalances can promote the growth of breast cancer tissue, aluminum may have the same effect when absorbed through the skin.

*Source: National Cancer Institute, National Institutes of Health*

soled shoes that break the currents, few are benefitting from this wealth of easily accessed healing energies that benefit the heart, brain, muscles and nervous and immune systems.

“Practically no one has the slightest notion of an electrical or energetic connection between his or her body and the Earth,” explains Sinatra. “The ground provides a subtle electric signal that governs the intricate mechanisms that help maintain health and make our bodies work, just like plugging a light

into a power socket.”

Taken together, the research points to many health benefits gained by staying connected with our home planet, which Sinatra reports in *Earthing*, including reduced inflammation, relief from chronic pain muscle tension and headaches, lower blood pressure and tempered hormonal swings.

As a practical solution, Sinatra prescribes taking a little “vitamin G” (for grounding) every day: Walk barefoot as much as possible. Sit or lie on the ground with as much skin as possible in contact with living things such as grass, trees, pine needles or earth. During the winter, touch grounded electrical outlets or metal plumbing pipes. Also, wear comfortable, leather-soled shoes without socks indoors and out, because leather is an excellent conductor of Earth’s energies.

## Ditch the Bra

“Breast cancer is caused by bras,” medical anthropologist Sydney Ross Singer states unequivocally. He is co-author of *Dressed to Kill*, with Soma Grismaijer, and director of the Institute for the Study of Culturogenic Disease,

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## Who Reads Natural Awakenings? Horace Trahan Does!



**Job:** Musician / Lafayette Public Schools Maintenance Worker / Co-Owner of Redemptive Records

**Hobbies:** Composing music, playing the accordion, writing poetry, reading

**How long have you been a Natural Awakenings reader?** I was introduced to Natural Awakenings six months ago.

**What do you like about Natural Awakenings?** I like that *Natural Awakenings* shows people a healthy lifestyle, with alternatives to such things as medication. I also like the fact that there is an Acadiana edition with local information.

**What is healthy about your lifestyle?** I try to have a healthy sense of humor. I draw health from family life: the joy and inspiration I get from my wife, kids and family. I also find health in sharing my musical creations with the community and from the feedback I receive from individuals worldwide.

**If you could have one wish for the planet, what would it be?** One word: peace.

**From what do you draw inspiration?** Life, family, God, personal challenges, criticism and seeing a crowd of people from all backgrounds and walks of life who come together to share in the universal language of music. I'm inspired by watching people let their spirits free on the dance floor, and I've been moved to impromptu songs led by the beat of two-stepping feet.

**What are you doing to be the change you want to see in the world?** Seeking more understanding, trying to stay humble and playing the best music I can at every venue! I hope that I am the change that I want to see when I play "Lean on Me" from the heart to a singing crowd of people embracing and holding hands.

## Simple Stress Relief Resets Brain Function

Using the index fingers, find two small knobs, usually about an inch above the midpoint of the eyebrows, known as the neurovascular reflex points.

Rest fingers very lightly on these points until a pulse is felt. It may take several minutes. Be patient.

Mentally review a current stressor using all the senses; see, feel, smell, hear and taste it.

*Source: Dr. Frank King, president, King Bio Natural Medicine, Asheville, NC*

in Pahoehoe, Hawaii.

"Bras are designed to change the shape of a woman's breasts to a culturally approved image," remarks Singer. "But bras also create a pressure band between the breast and the lymph nodes, causing inflammation and swelling, and causing lymph to back up, restricting the body's natural detoxification system."

"Cancer-causing toxins are delivered to the breast tissue by the bloodstream and are kept there by the bra," he explains, likening the toxins to bullets. "The bra holds them in place, pointed directly at the breasts."

Singer's research, conducted in the early 1990s, showed that women that wore bras 24/7 had a breast cancer risk 125 times that of women that never wore bras. Yet Singer's findings have been largely dismissed by the medical community, and bra manufacturers still offer few wire-free styles.



Harvard School of Public Health study, published in the *European Journal of Cancer Care* in 1991, also discovered that bra-free women had a lower rate of breast cancer. Because the results were not central to the focus of the university's research at the time, there's been no follow-up.

A practical solution: Wear a bra as little as possible. If it is sometimes necessary, wear one without wires, and engage in regular breast massage. This can be enjoyable and is an ideal partner activity.

## Hum Often

Another Singer assertion is that simply humming "mmmmmmmm" a couple of minutes a day can stimulate the thyroid and increase the production of thyroid hormones of those with an underactive thyroid. The butterfly-shaped gland wraps around the larynx, or voice box, which Singer contends is part of nature's elegant design, meant to be stimulated by sound.

The Cleveland Clinic reports that 10 percent of the U.S. population age 65 and over suffers from hypothyroidism, with the rate in the general population between 1 and 2 percent. The condition is a special problem for women encountering perimenopause or menopause, when hormone levels can fluctuate wildly.

"The medical community has considered the effect of the thyroid on the voice but not the vibratory effect of vocalization on thyroid function," says Singer. "It stands to reason that humming, singing or quietly talking is preferred to the overstimulation of shouting or yelling."

## Adopt a Pet

"Animals are among our best teachers," says Dr. Carol Roberts, the author of *Good Medicine: A Return to Common Sense*, who teaches holistic care at the University of South Florida's Morsani College of Medicine. "Animal companions give us so much more than they ask for and live in a state of unconditional, open-hearted love."

Roberts notes numerous studies that show the simple presence of a loving animal can lower our blood pressure and slow the heart rate. A CDC heart study, for example, showed



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subjects that had owned a cat at any time were 40 percent less likely to die of a heart attack. Japanese researchers from Azabu University, in Kanagawa-ken, found that dog owners experienced a spike in oxytocin—a neurotransmitter that helps us cope with stress—by

simply meeting their pet's gaze. While people widely recognize that walking the dog is great exercise, other loving interactions with our pets support happiness and health, as well.

### Exercise Artistic Skills

Giving oneself artistic license is also healthy, advises Roberts. "Just bring a little beauty into your life, whether it's choosing which clothing and accessories to wear, arranging a vase of table flowers or dancing to favorite music. Just do something creative every day."

Energy therapists maintain that exposure to creative activities improves circulation to the brain and thyroid; on a psychological level, it also works to improve self-confidence and self-expression.

A recent study at the University of Colorado published in the journal *Palliative & Supportive Care* confirmed that individual art therapy is useful in supporting cancer patients during chemotherapy. Fifty-one of the 54 participants said it helped them to relax, talk about their situation or explore and express emotions to their benefit.

Roberts adds, "It's even better if

you join a group engaged in a creative activity. I think people in general do better when we come together to create something beautiful."

These experts' prescriptions for such simple lifestyle changes have shown how commonsense adjustments in everyday living can have profound, health-altering results, with only good after effects.

*Kathleen Barnes is a natural health advocate, author and publisher. Among her many books is The Super Simple HCG Diet (Square One). Connect at KathleenBarnes.com.*



Symptoms of hormonal imbalance may include PMS, osteoporosis, weight gain, altered sex drive, allergies, uterine fibroids, urinary tract infections, changes in the skin, fatigue, anxiety, water retention, hair loss, facial hair growth and even depression. By keeping hormones in balance, women can find it easier to maintain a healthy weight, keep a regular menstrual cycle, as well as exude optimal energy levels.

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## Addressing Autism Families Have Reasons for Hope

by Brita Belli

Parents of autistic children are encouraged when they witness improvements after eliminating gluten (wheat) and casein (dairy) from their kids' diets. Now a parental study supports the correlation—for some kids on the autism spectrum, the gluten- and casein-free (GFCF) diet appears to be connected with remarkable changes.

Laura Cousino Klein, associate professor of biobehavioral health and human development at the Penn State College of Medicine, helped lead research that surveyed 387 parents or caregivers with affected children. For those diagnosed with combinations of autism and gastrointestinal issues or food sensitivities, the GFCF diet brought marked improvements in their autism spectrum disorder (ASD) behaviors—reducing hyperactivity and tantrums; minimizing constipation and seizures; and improving social behaviors.

Klein says scientists are still working to understand the interaction between the brain, gut and behaviors, but recent findings suggest that significant links exist. "One hypothesis is that by eliminating dietary triggers in the presence of food allergies or gastrointestinal distress, you're reducing inflammation or irritability of the immune system, and that's affecting the way the brain is functioning," she says.

### Dietary Turnaround

One Racine, Wisconsin, mom, Cindy Schultz, a tireless advocate for her autistic son, says, "As an infant, he either had constipation or diarrhea. There was never a happy medium." The GFCF diet has improved his health and his ability to communicate.

Shauna Layton, in Clinton, Indiana, says her son experienced similar bowel problems and she also saw a remarkable turnaround in his language abilities and social interactions as they adhered to a GFCF diet and eliminated sugar and yeast. Other parents from her online support group, Together in Autism, report similar success. "Some children have never talked, and now they are saying 'Mom,' 'Dad,' or 'I love you,' for the first time," Layton says.

A definitive gut-brain link with autism has yet to be identified. Some scientists suggest that kids with autism are more likely to have leaky gut syndrome (intestinal permeability), which allows peptides from gluten and casein to escape from the digestive tract, cross the intestinal membranes, enter the bloodstream and go to the brain, causing the neurobehavioral symptoms known as ASDs, according to the American Academy of Pediatrics. While the AAP knows of

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no scientific proof that a GFCF diet will bring benefits, they note that it's possible, especially in people suffering from celiac disease.

Parents have also observed that food dyes can exacerbate hyperactivity in children, a connection unconfirmed by the federal government. In 2011, the U.S. Food and Drug Administration Food Advisory Committee suggested further testing, while voting against additional food labeling requirements for potentially problematic dyes.

Meanwhile, some parents affirm that eliminating such dyes has helped them better manage their children's attention deficit hyperactivity disorder (ADHD). A 2011 study taking into account 35 years of research found that many ADHD children showed significant improvement after eliminating dyes from their diets; it also registered that greater than 70 percent were positively influenced by various dietary changes. The results were promising enough for researchers to conclude, "A trial elimination diet is appropriate for children that

have not responded satisfactorily to conventional treatment."

### The Role of Vitamin D

A 2012 study in the *Journal of Neuroinflammation* found that autistic children had significantly lower levels of vitamin D than control subjects. Vitamin D, the study notes, regulates immune function and thus autoimmunity; when the immune system is disrupted and the body attacks itself, it may play a role in the development of autism.

Dr. John Cannell, founder of the nonprofit Vitamin D Council, remarks that fear of sun overexposure has led to the deficiencies. "Vitamin D is not a vitamin," Cannell clarifies. "It's a steroid hormone system that begins in the skin. If children aren't getting any photons of UVB light, they're not making any vitamin D."

He notes that the rise in autism rates during the last 25 years tracks with increases in 50-plus SPF sunscreen use, more time spent indoors and a rise in breastfeeding. Because breast milk contains low

amounts of vitamin D, since 2003 the AAP has emphasized the importance of parents giving vitamin D supplement drops to breastfed infants.

The same vitamin D study showed that the severity of autism correlated strongly with deficiencies of this vitamin and that the higher the level, the less severe the symptoms. Cannell has witnessed this phenomenon via a clinic hosted by the Vitamin D Council, recommending increases in vitamin D levels for autistic children to "high normal levels" and reducing vitamin A, which blocks the action of vitamin D.

"We have children on 5,000 to 10,000 units of vitamin D a day," Cannell reports. "We see improvements in terms of sleep, meltdowns, eye contact, cognitive capacity, fine motor skills, language and reading—across the spectrum."

*Brita Belli is the author of The Autism Puzzle: Connecting the Dots Between Environmental Toxins and Rising Autism Rates.*

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## Be Supplement SAVVY

How to Choose Wisely  
for Optimal Health

by James Occhiogrosso



According to the U.S. Office of Dietary Supplements, nearly half of us regularly use some kind of dietary supplement, including vitamins, minerals and botanical herbs.

While mainstream media have recently targeted supplements with alarming coverage about their value and safety, James J. Gormley, former editor of *Better Nutrition* and author of *User's Guide to Brain-Boosting Supplements*, helps set the record straight. In an open letter on the Citizens for Health website, at [Tinyurl.com/LetterRebuttal](http://Tinyurl.com/LetterRebuttal), he contends the worst part about misleading articles is that they can scare readers away from benefits that safe supplements might offer. He notes that although nothing in life is 100 percent risk-free, supplements are inherently benign, while pharmaceutical drugs frequently have unhealthy side effects.

Controversy over supplements seems to arise primarily from misinformation. Following are some guidelines and resources to help ensure their wise use and maximum benefit.

### Supplements Versus Pharmaceutical Drugs

Natural health practitioners report that their clients tend to mentally group pharmaceuticals and supplements together. However, pharmaceutical drugs are typically synthetic, single-action

chemicals that target one body system or organ, causing it to alter its function; they mask symptoms, but do not cure disease. On the other hand, the goal of vitamins, minerals and plant-derived supplements is to provide nutrients to help a troubled body system by supporting health and healing.

Some confusion occurs because many pharmaceutical and supplement manufacturers take advantage of people's desire for a one-bullet solution, which rarely exists in either source. Stephen Lawson, administrative officer of the Linus Pauling Institute, at Oregon State University, maintains that, "Lumping together items like vitamins, minerals and botanicals, each of which can have profoundly different physical profiles and effects on the body, is dangerous and misleading."

### Who Needs Supplements?

Everyone can benefit from taking the right supplements to address specific health needs. Numerous studies attest that many diseases, especially in older adults, are caused by a deficiency of certain vitamins or minerals. For example, pernicious anemia, common in adults over the age of 60, is due to

a long-term deficiency of vitamin B<sub>12</sub>. The condition often proved fatal until researchers discovered that taking such supplements could effectively treat it.

Another common nutritional deficiency disease among aging adults is osteoporosis, a loss of bone minerals that often leads to fractures. Its primary cause is chronic deficiencies in calcium and vitamin D levels. The latter is crucial for absorbing calcium—a primary mineral for building bone. According to the National Institutes of Health, older adults are likely to spend more time indoors, plus, even when they are exposed to the sun, their skin does not synthesize vitamin D as efficiently as when they were younger.

Serious nutrient deficiencies rarely cause fatal outcomes, but deficiencies of certain vitamins and minerals can deter organs from optimal functioning. General medical tests do not always show minor shortfalls, and practice shows that supplementing with the appropriate vitamin or mineral can often both eliminate symptoms and resolve an underlying problem.

## Choosing Helpful Supplements

Determining which supplements can best meet individual needs requires sound information. First, determine if a perceived condition could be caused

## Helpful Resources

Alliance for Natural Health  
[Tinyurl.com/HelpfulReading](http://Tinyurl.com/HelpfulReading)

Dr. Andrew Weil  
[DrWeil.com](http://DrWeil.com)

[HerbReference.com](http://HerbReference.com)

Linus Pauling Institute  
Micronutrient Information Center  
[Ipi.OregonState.edu/infocenter](http://Ipi.OregonState.edu/infocenter)

National Institutes of Health  
[Tinyurl.com/NIH-Supplements](http://Tinyurl.com/NIH-Supplements)

[NutrientReference.com](http://NutrientReference.com)

[SupplementReference.com](http://SupplementReference.com)

by a vitamin or mineral deficiency, and then identify the best dosage. It is also vital to know how a supplement might interact with any current medications.

Most vitamin and mineral supplements are safe when used properly, but always consider asking an experienced professional for guidance; this is especially true for botanicals, because some manufacturers make unsupported claims based only on their own research. Generally, nonprofit organizations such as the Linus Pauling Institute ([Ipi.OregonState.edu](http://Ipi.OregonState.edu)) that do not sell supplement products, present unbiased information.

## Final Word

Although conflicting information continues to circulate, abundant scientific evidence verifies that commonsense use of vitamin and mineral supplements is safe and usually helpful. The recommendation is to take enough, but not too much, of a deficiency-specific supplement, along with nutritious foods, in order to achieve a normal balance.

A 2009 report by the U.S. National Poison Data System indicated that the number of serious adverse events that year from the use of vitamins, minerals, amino acids or herbal supplements was extremely low, with no related U.S. deaths.

Many natural healthcare experts, including naturopaths, nutritionists and dieticians, conclude that supplements are useful and in some cases, necessary, especially when treating a significant nutrient or hormonal deficiency. It's wise to consult a knowledgeable professional before buying the antioxidant *du jour* mentioned by a friend from the gym.

*James Occhiogrosso, a natural health practitioner and master herbalist, specializes in salivary hormone testing and natural hormone balancing for men and women. Find helpful articles at [HealthNaturallyToday.com](http://HealthNaturallyToday.com). Connect at 239-498-1547 or [DrJim@HealthNaturallyToday.com](mailto:DrJim@HealthNaturallyToday.com).*



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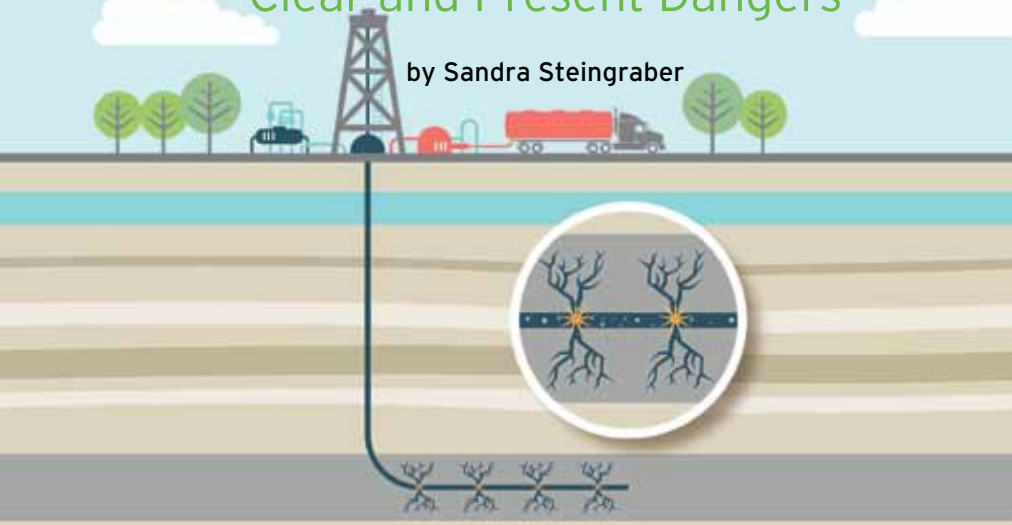
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# FRACKING WRECKS AMERICA'S BEDROCK

Clear and Present Dangers

by Sandra Steingraber



Current environmental policies must be realigned to safeguard our health, sustain planetary life-support systems and free us from dependence upon fossil fuels.

Under the misleading banner of clean and green, the global natural gas rush is on, and nowhere more so than in the United States. We are literally shattering America's bedrock to bring methane out of the Earth and consuming enormous quantities of precious fresh water to do so, without any clear knowledge of the health or environmental consequences. Due to economies of scale and required infrastructure, fracking is an all-or-nothing proposition, and each state decides its own fate.

The Marcellus Shale forms a 600-mile-long basement foundation for communities spanning New York, West Virginia, Pennsylvania and Ohio. As the largest natural gas deposit in the country, it has become ground-zero for high-volume, slickwater hydraulic fracturing, or fracking. Many more states are equally vulnerable (see *GaslandTheMovie.com/map*).

In a two-to-200-foot-thick bedrock layer up to a mile below Earth's surface, the shale and its captured meth-

ane, uranium, mercury, arsenic and lead have remained locked in place for millions of years. Above it lie drinking water aquifers.

Prior to the 21st century, capturing methane gas bubbles dispersed within such a horizontal formation, instead of a vertical well, was deemed uneconomical and labeled unrecoverable. Now, modern drills can bore down steel piping, some portions encased in cement, and direct pressure-packed explosions of up to 10,000 pounds per square inch of water, sand and chemicals into the rock, fracturing it. Next, hundreds of chemicals are injected to reduce friction (thus the term slickwater) so that the fracking fluid can flow easily. The mixture includes acids, rust and scale inhibitors and pesticides to kill microbes, plus sometimes gelling agents, petroleum distillates, glycol ethers, formaldehyde and toluene.

The result is that gas flows back up the borehole along with 30 to 60 percent of the injected cocktail of water

and chemicals. The rest is left behind. Fracking a gas well once requires 2 to 8 million gallons of fresh water, 10,000 to 40,000 gallons of chemicals and at least 1,000 diesel truck trips. Wells can be fracked multiple times before they run dry.

Between 34,000 and 95,000 wells are envisioned for New York State alone, according to Cornell University Engineering Professor, Anthony Ingraffea, with 77,000 likely over the next 50 years. While New York residents are watching the result of fracking in other states and have elected a temporary moratorium on fracking, Pennsylvania has issued thousands of permits since 2004.

Continued unknowns stir debate. Meanwhile, scientists across leading institutions are certain of five universal impacts. First, fracking industrializes rural landscapes, clearing and fragmenting vital woodlands and wetlands. Second, fracking brings urban-style air pollution to the rural countryside. Third, accidents happen, necessitating the evacuation of surrounding communities. Fourth, fracking makes huge volumes of Earth's limited fresh water disappear forever. Fifth, sooner or later, the gas will run out, while the environmental damage remains.

## Known and Unknown Dangers

Beyond these certainties lie questions. Drilling proponents may claim that there have been no confirmed cases of drinking water contaminated by fracking. Yet in Pavillion, Wyoming, residents noticed a few years ago that their water was yellow, cloudy and oily, bubbled and smelled like chemicals. Some people felt sick.

A joint investigation by the U.S. Environmental Protection Agency (EPA) and the Agency for Toxic Substances and Disease Registry found petrochemicals—including diesel fuel, benzene, cyclohexane, methane, propane and ethane, plus traces of arsenic and a microbe-inhibiting pesticide—in 20 water wells. The EPA recommended that residents not drink their water. Turning on a fan while showering to avoid possible methane explosions was also suggested.

Fracking enjoys special exemptions from many regulations—the

“Wherever Marcellus  
Shale natural gas  
development has occurred in  
Pennsylvania, reports  
of poisoned water, sick  
kids and dead animals  
have followed.”

~ Marcellus Protest, a Pennsylvania  
alliance to halt fracking operations

Clean Water Act, Clean Air Act, Superfund Act and National Environmental Policy Act—that govern other types of industrial activities. Fracking also gets a pass on federal right-to-know laws, because natural gas operations do not report their air and water emissions under the EPA Toxics Release Inventory. A special amendment to the 2005 Energy Policy Act grants fracking exclusion from the Safe Drinking Water Act, which authorizes the EPA to regulate all injection of toxic chemicals into the ground. Thus, a drilling company doesn't have to disclose the formulation of its fracking fluids.

### Eco-Horrors and Economics

Biologist Theo Colborn and her research team at The Endocrine Disruptor Exchange report that of the 353 chemicals tested as presumed ingredients of fracking fluid, 60 percent can harm the brain and nervous system, 40 percent are endocrine disruptors and one-third are both suspected carcinogens and

developmental toxicants.

What should we do with this lethal fluid—a million or more gallons with every wellhead? The trend, say gas industry service providers like Halliburton, is to recycle it, but flowback water gets more poisonous with every reuse. At some point, this highly concentrated toxic liquid still has to be disposed of via designated underground wells or municipal sewage-treatment plants or else it's clandestinely dumped.

Then there's the lure of fracking's economics. In many cases, a homeowner can receive \$5,000 per acre, plus 12 to 20 percent royalties, from leasing land to a gas company. The Marcellus Shale may be worth a trillion dollars and possibly provide enough natural gas to supply the nation's consumption for six years, according to the U.S. Energy Information Administration's most recent estimates. (It's unknown how much gas is recoverable or how often wells may need to be refracked to stimulate production.)

No study of the cumulative impact of fracking on public health or agriculture, including its full lifecycle greenhouse gas emissions, has been conducted; it's an economic gamble and a bona fide environmental crime.

### A Community Speaks Out

In New York's Tompkins County, 40 percent of the land acreage covering the Marcellus Shale is leased to gas drillers. Local feelings are mixed. Some people just wish the whole practice would go away. Some find fracking such a vile and preposterous idea that they don't believe it will really happen. Others, seeking personal gain or believing that it's inevitable, plan to “ride the tiger,”

hoping for greater future oversight.

At a recent community meeting, candidates for mayor and the village board declared their unified opposition to fracking. Soon afterward, at a packed town meeting on fracking at the village library, someone noted that a nearby community had successfully turned away frack waste trucked in from Pennsylvania that was headed to an old well for disposal. An elderly man declared passionately, “We have to be ready to lie down in front of the trucks.”

Take a stand at [Tinyurl.com/FrackMedia](http://Tinyurl.com/FrackMedia), [Tinyurl.com/FrackingMap](http://Tinyurl.com/FrackingMap) and [Tinyurl.com/FrackAction](http://Tinyurl.com/FrackAction) (scroll to petitions).

Note: Find films at [GaslandTheMovie.com](http://GaslandTheMovie.com); and [Tinyurl.com/FilmPromisedLand](http://Tinyurl.com/FilmPromisedLand).

Biologist Sandra Steingraber, Ph.D., is the acclaimed author of *Living Downstream*, now also a documentary film, and *Having Faith*, on the threat of environmental toxins to infant development. A visiting scholar at New York's Ithaca College, she often testifies at hearings. She adapted this article from *Raising Elijah: Protecting Our Children in an Age of Environmental Crisis*, reprinted courtesy of Da Capo Press.

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No matter what illness you have... hormones play a part. If your digestive system is a mess... allergies are worse or you are full of aches and pains... or not sleeping well... or have acid reflux and ulcers... are diabetic or hypothyroid... are constipated or filled with anxiety... no matter what ... your hormones are involved. Maybe you've been struggling with a thyroid issue or are on thyroid medications yet still have all the hypothyroid symptoms... or maybe your having trouble getting pregnant. All stemming from imbalanced hormones being produced incorrectly from one or more of your glands (ovaries, adrenal, thyroid, pancreas, pituitary). If any of the above is happening to you... then I know that you've had some fairly heavy stress in your life.

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# SUSTAINABLE WEIGHT LOSS

## Five Secrets for Feeling Like Yourself Again

by Judith Fertig

Health experts agree that many foods can play multiple roles in weight loss.

Starting in the 1970s, natural foods advocate and journalist Kathleen Barnes, of Brevard, North Carolina, avidly practiced vegetarianism, yet through the years she still gained weight. Searching for answers, she shared her findings in an array of books that include *8 Weeks to Vibrant Health: A Take Charge Plan for Women* (co-authored with Dr. Hyla Cass) and *Rx from the Garden: 101 Food Cures You Can Easily Grow*.

“When I at last learned which key foods to add to my diet, I lost 100 pounds—and kept them off,” says Barnes.

**Burn fat.** Foods with thermogenic properties help heat up the body and may help burn fat. “You feel a flush when you eat or drink them,” Barnes notes. Chili peppers, curry powder, horseradish, mustard, garlic, onion, wasabi, ginger, black pepper and radishes are especially good choices in cold weather, when we want to feel warm anyway.

The intense flavors delivered by such foods help us to practice the principle of portion control, Chester Kulea, a health and nutrition consultant in Vancouver, British Columbia, says, “Adding these foods to dishes generates a higher rate of caloric burn, and their powerful flavors prompt people to eat far less than they normally would. Plus, red, cayenne and jalapeño peppers, hot

sauces and any other spicy foods are all very low in calories.”

**Enhance mood.** We don’t want to feel hungry or deprived when trying to lose weight. The protein in turkey, chicken and cold-water fish like salmon and mackerel helps us feel more satisfied and on top of things. Barnes also suggests eating low-fat cottage cheese, avocado, wheat germ, whole-grain crackers and bananas to help increase serotonin levels and feelings of well-being. “When you crave something sweet or feel like you’re crashing mid-afternoon, that’s the time to eat a small amount of these foods to get you back on track,” she advises.

Julia Ross, author of *The Mood Cure* and *The Diet Cure*, agrees. This Mill Valley, California, nutritional psychotherapist recommends complex carbohydrates such as whole grains to keep us on an even keel during weight loss. “This means pushing away the leftover cake and eating sensible carbs to stimulate serotonin,” she says.

**Promote digestion.** The fiber in fresh fruits and vegetables and whole grains helps move things along in the digestive system, making our bodies work more efficiently. Barnes favors drinking peppermint and other herbal teas and incorporating sage, dill, oregano and other herbs in savory dishes to aid digestion.

According to a recent University of Illinois study, soluble fiber found in oat bran, fruits, vegetables and nuts not only facilitates digestion, but also supports the immune system. Professor Gregory Freund, who teaches at the university’s medical school in Champaign, explains, “Soluble fiber changes the personality of immune cells—they go from being pro-inflammatory, angry cells to anti-inflammatory, healing cells that help us recover faster from infection.”

**Feel full.** Hunger pangs can derail anyone’s best efforts to eat better. Barnes learned that liquids, including up to two quarts of water a day, help retain a satisfied feeling. In cooler months, she makes soups that incorporate leafy green vegetables, onion, garlic, chili peppers and herbs.

An apple a day might keep the doctor away—and help in other ways, as well. “Apples have a high water content and are packed with fiber, two factors that leave you satiated,” says Keren Gilbert, a registered dietitian and founder of Decision Nutrition, in Great Neck, New York. “For a tasty



protein-packed snack, top apple slices with natural almond butter."

**Accept treats.** Leaving room for a treat, like a piece of fine chocolate, can leave us feeling satisfied rather than stuffed, says Katherine Harvey, a registered dietitian in Kansas City, Missouri.

Indulging in a little sweet treat from time to time reinforces the perception that eating right can be simple and pleasurable, says Barnes. In cold months, she likes to bake apples sweetened with Stevia and cinnamon, or poach pears in fruit juice and spices. She might break open a pomegranate and slowly munch each ruby-colored seed, or stop at a coffee shop to sip a latte made with low-fat milk.

Barnes' evolved natural foods strategy has helped her maintain a desirable weight for many years now. "Sustainable weight loss involves sustainable eating," she says, "finding healthy foods that we can enjoy for the rest of our lives."

*Award-winning cookbook author Judith Fertig blogs at [AlfrescoFoodAndLifestyle.blogspot.com](http://AlfrescoFoodAndLifestyle.blogspot.com).*

## Bonus Diet Tips

**Be mindful.** Hunger may be more mental or emotional, rather than physical, says nutritionist Katherine Harvey. "Becoming more aware of where in our bodies we're feeling hungry—our heads, chests or stomachs—can help us discern if we're eating out of boredom, emotional distress or true physical need."

**Celebrate each meal.** If we can focus on each bite and do nothing else—no reading, watching TV or working at our desk—we'll eat less, says health writer Kathleen Barnes. "It helps our focus to bless our food, the people who grew it, where it came from and the good work it is doing in our bodies."

**Drink lots of water.** Staying hydrated is important. To keep track of her allotted two quarts of water a day, Barnes drinks it from a two-quart canning jar.

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# GMO Truths and Consequences

## Health and Safety are Question Marks

by Melinda Hemmelgarn

The food industry tells consumers that genetically engineered foods are safe. On university campuses, agriculture students learn that such genetically modified organisms (GMO) are both safe and necessary to feed the world. The Council for Biotechnology Information, a biotech industry-supported nonprofit, even created a coloring book to teach children about the many benefits of GMO crops, including improved nutrition.

Most GMO crops have been genetically engineered to withstand spraying with herbicides, such as Monsanto's Roundup-Ready soybeans, or to produce their own pesticides, such as "Bt" corn and cotton. Bill Freese, a science policy analyst at the nonprofit Center for Food Safety, warns us to be leery of simplistic claims that don't take into account unintended consequences. For example, he points out that, "GMO crops have nothing to do with feeding the world, because almost all genetically engineered crops are corn and soybeans... used to feed livestock in rich countries, or to feed automobiles." Approximately 40 percent of corn currently is used to make ethanol.

Freese adds, "They don't increase yields and they don't increase nutrition." But GMO crops have led to a staggering increase in herbicide use, putting both farmers and consumers at greater risk for exposure to these toxins and related diseases, according to the Center for Food Safety.

So the question is: Are GMOs



the panacea industry wants us to believe, or are they contributing to chronic disease? Here are three claims commonly heard about GMOs, generally made by the biotechnology industry and their funded researchers.

**Claim:** GMOs are safe.

**Fact Check:** Little research exists on the long-term effects of consuming GMO foods. According to Douglas Gurian-Sherman, a senior scientist with the Union of Concerned Scientists, safety assessments have left us with significant uncertainties about whether GMO food is safe or not. However, concerns voiced by the Center for Food Safety revolve around potential allergens and toxins from both herbicide and pesticide residues and new genetic material.

New research from the European Union published in *Food and Chemical Toxicology* adds to growing concerns about the risks. Researchers discovered that rats fed GMO corn and drinking water containing Roundup herbicide experienced negative health effects during their two-year lifespan, including mammary tumors and disabled pituitary function in females, and liver and kidney damage in males. These outcomes were attributed to the endocrine-disrupting effects of Roundup, as well as the genetic makeup of the engineered corn.

What makes this study unique and troubling is that it's the longest such study period to date. Most studies funded and conducted by industry last just 90 days—not long enough to fully

document potential harm.

Michael Hansen, Ph.D., a senior scientist at *Consumer Reports*, states in a memo to the American Medical Association's (AMA) Council on Science and Public Health, "Unlike all other developed countries, the U.S. Food and Drug Administration does not require safety testing for GE [genetically engineered] plants."

Hansen explains, "In addition to the FDA not requiring any pre-market safety testing, there is virtually no independent safety testing of these crops in the United States, due to intellectual property rights. When farmers buy GE seed in the U.S., they invariably must sign a product stewardship agreement that forbids them from giving such seeds to researchers." Plus, "Researchers must get permission from the biotech companies before they can do research, which means there is a paucity of independent research."

The good news is that last June, the AMA recommended mandatory pre-market safety testing to better characterize the potential harms of bioengineered foods.

**Claim:** GMO crops use fewer pesticides, and those used are safer than most others and break down quickly.

**Fact Check:** Roundup herbicide is increasingly sprayed on a growing number of herbicide-resistant GMO crops, including corn, soy, canola, sugar beets and most recently, alfalfa. By tracking the U.S. Department of Agriculture's pesticide use data, Charles Benbrook, research professor at the Center for Sustaining Agriculture and Natural Resources, at Washington State University, discovered that herbicide-resistant crop technology led to a 527-million-pound increase in herbicide use in the United States between 1996 and 2011.

With the growing presence of herbicide-resistant weeds, new GE forms of corn and soybeans have been developed to resist stronger and more dangerous herbicides, such as 2,4-D, one of the two ingredients in Agent Orange, a defoliant used in the Vietnam War. Benbrook projects that these new GMO crops could drive herbicide usage up by about another 50 percent.

According to Warren Porter, Ph.D., a biologist and environmental toxicology professor at the University of Wisconsin-Madison, and Theo Colborn, Ph.D., president of The Endocrine Disruption Exchange, glyphosate, the

active chemical ingredient in Roundup, is an endocrine disruptor, meaning it interferes with hormone systems.

Porter says we can expect higher levels of herbicide residues in GMO food crops. A report from the U.S. Geological Survey (USGS) found that glyphosate is now commonly found in rain, streams and air during the growing season. "Though glyphosate is the most widely used herbicide in the world, we know very little about its long-term effects to the environment," cautions Paul Capel, a USGS chemist.

A Canadian study showing that the Bt toxins from GMO corn are

showing up in umbilical cord blood and the blood of pregnant women is another concern. Monsanto claims Bt is harmless and will break down in our digestive tracts. But we have no way of knowing the effect of these toxins on developing fetuses, says Marcia Ishii-Eiteman, Ph.D., a senior scientist with the Pesticide Action Network.

**Claim:** GMO labeling isn't necessary.

**Fact Check:** Hansen believes that if there are unexpected adverse health effects resulting from consuming GMO foods, a product label would allow

people to begin connecting symptoms with foods consumed. Until there is consistent, national GMO food labeling, everyone is just dining in the dark.

Learn more and take action at [JustLabelIt.org](http://JustLabelIt.org).

Melinda Hemmelgarn, aka the "Food Sleuth," is a registered dietitian and award-winning writer and radio host at [kopn.org](http://kopn.org), in Columbia, MO (Food Sleuth@gmail.com). She advocates for organic farmers at [Enduring-Image.blogspot.com](http://Enduring-Image.blogspot.com).

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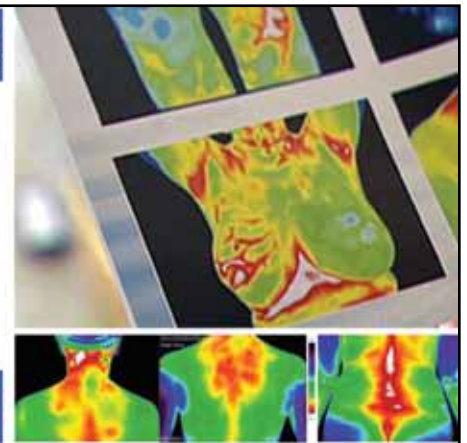
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Your service begins with a vigorous dry brushing and application of our concentrated body wrap gel, followed by a Contour Wrap focusing on target areas for inch loss. You are then cocooned in our Infrared Heat Blanket for 50 minutes. The result—reduced toxin levels, decreased body fat, smooth hydrated skin, weight loss and inch loss.

Sudatonic Infrared Slimming Body Wrap:

- BURNS fat
- Speeds up your metabolism
- Helps you lose weight (not just water) and inches
- Reduces cellulite and stretch marks
- Detoxify your body and get more energy
- Improve your skin texture
- Relaxes, relieves stress
- Reduce aches and pains

In one session, you can:

- Lose up to 5 pounds
- Dramatically reduce cellulite
- Eliminate up to 20% of body fat
- Burn up to 4,000 calories
- Lose inches off waistline, hips and thighs
- Completely invigorate your body!



# WEIGHT LOSS AND CELLULITE REDUCTION



## SlimLine Weight Loss Capsule up to 600 calories in 30 minutes

The SlimLine weight loss capsule is the newest, most technologically advanced spa medical capsule on the market today. The SlimLine has multiple weight loss technologies that have been integrated inside the new comprehensive weight loss device for increased metabolic stimulation, weight loss and related physiological benefits. SlimLine delivers a totally all-new weight loss experience by incorporating state-of-the-art and proprietary features in an "all at once" treatment system to:

- Stimulate and increase the basal metabolic rate
- Help lower weight and body mass index
- Decrease weight "set point"
- Detoxify the body
- Lower cholesterol levels
- Slow the aging process



## FAR Infrared Sauna up to 600 calories in 30 minutes

Far Infrared Saunas are a healthy weight loss solution without exercising. Infrared saunas can burn 400-600 calories in just one 30 minute session. In the chart below is a summary of how many calories a 150 pound person normally burns in 30 minutes of exercise:

### SportCalories

Jogging 300	Marathon Running 590
Bowling 120	Vigorous Racquet Ball 510
Rowing 600	Chopping Wood 265
Swimming 300	Cycling (10 mph) 225
Tennis 265	Walking (3.5mph) 150

In a far infrared sauna, a moderately fit person can sweat one pound of sweat in 30 minute session, which is the equivalent of running 2-3 miles. While it is true that the weight of the water expelled in the sauna may be regained by re-hydrating with water the calories lost will not, resulting in weight loss.



## Whole Body Vibration Therapy 20 minutes equal to 1 hour of Aerobic Exercise

Whole body vibration (WBV) is defining a new revolution in weight loss, fat burning, and core energy restoration by mechanically stimulating your muscles at a specific frequency. Targeted muscles are given 25-27 impulses per second, causing them to contract and relax by the natural, involuntary, muscle stretch reflex, 25-27 times per second. At this optimal range, a one minute therapy session will produce 1,500 contract/relax cycles. Vibration therapy allows you the benefit of exercise without the constraints of conventional exercise. Therapy sessions of only 10-20 minutes twice a week produce measurable results.

**Decreases Body Fat** – The WBV works several ways to dissolve excess body fat; it increases metabolism which burns calories more rapidly; increases blood circulation and lymphatic drainage thereby removing toxins faster. Human Growth Hormone secretion increases dramatically (460%). Excess body fat melts away effortlessly. People who use the WBV for 10 minutes, three times a week, lose significantly more fat than those who engage in aerobic activity for one hour three times a week! Without sweating, bad body odor or even make-up smudging, the WBV 10 minute session is the equivalent of a 40-60 minute workout. The old fat deposits that have been stagnantly sitting in areas are stimulated for use by the body again, thereby promoting fat metabolism and decreased body fat.



- Binds to fats in the stomach.
- Prevents fat from being absorbed in the body.
- Supports healthy circulation.
- Acts as a sponge in the intestinal tract.
- Moves through the colon quickly and removes waste supporting colon health.

# ALL NATURAL WEIGHT LOSS

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### AEROBICS SCHEDULE

## JANUARY 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31. NO CLASS NEW YEARS EVE	1. NO CLASS NEW YEARS DAY	2. 5:00pm Anything Goes (A) 5:30pm Body Blitz (30min) 6:00pm Pilates/Core Fusion (Annetto)	3. 4:30pm 20/20/20 (Lisa) 5:30pm Power Circuit (Dione) 6:30 Zumba/Cardio hip hop (Tara)	4.	5. 9:00am Anything Goes (Dione)
8. 4:30pm Body Blitz (A) 5:30pm Circuit (L) 6:30 Kickboxing (T)	9. 4:30 Butts/Gutts/Cardio (Angie) 5:30pm Body Blitz (Dione) 6:30pm Zumba (Victoria)	10. 5pm Anything Goes (A) 5:30 Toning w/ Ball (A) 6:00pm Pilates/Core Fusion (Annetto)	11. 4:30 Butts/Gutts/Cardio (Lisa) 5:30pm 20/20/20 (Dione) 6:30 Zumba/Cardio hip hop (Tara)	12.	13. 9:00am Anything Goes (Francine)
15. 4:30pm Body Blitz (A) 5:30pm 20/20/20 (L) 6:30 Kickboxing (T)	16. 4:30pm 20/20/20 (Angie) 5:30pm Body Blitz (Dione) 6:30pm Zumba (Victoria)	17. 5:00pm Anything Goes (A) 5:30pm Crunch Time (A) 6:00pm Pilates/Core Fusion (Annetto)	18. 4:30pm 20/20/20 (Lisa) 5:30pm Power Circuit (Dione) 6:30 Zumba/Cardio hip hop (Tara)	19.	20. 9:00am Anything Goes (Francine)
22. 4:30pm Body Blitz (A) 5:30pm Circuit (L) 6:30 Kickboxing (T)	23. 4:30Butts/Gutts/Cardio (Angie) 5:30pm Body Blitz (Dione) 6:30pm Zumba (Victoria)	24. 5pm Anything Goes (A) 5:30 Resistance Toning (A) 6:00pm Pilates/Core Fusion (Annetto)	25. 4:30 Butts/Gutts/Cardio (Lisa) 5:30pm 20/20/20 (Dione) 6:30 Zumba/Cardio hip hop (Tara)	26.	27. 9:00am Anything Goes (Francine)
29. 4:30pm Body Blitz (A) 5:30pm 20/20/20 (L) 6:30 Kickboxing (T)	30. 4:30pm 20/20/20 (Angie) 5:30pm Body Blitz (Dione) 6:30pm Zumba (Victoria)	31. 5pm Anything Goes (A) 5:30 Crunch Time (A) 6:00pm Pilates/Core Fusion (Annetto)			

**Training starting at \$15!**

# PRAYER WORKOUTS

## A PROGRAM THAT TRANSFORMS EXERCISE INTO A PLATFORM FOR SPIRITUAL GROWTH

by April Thompson

It's a butt-kicking boot camp. It's a doorway to God. It's a community. It's *caritas*, the Christian virtue of charity. It's ActivPrayer, a fitness program integrating mind, body and soul, pioneered by a fitness-loving believer in Las Vegas, Nevada.

"People have different ways to go about it, but people all over the world are looking for ways to have a more living faith, to integrate spirituality in their daily lives," says Luke Burgis, founder of ActivPrayer and a member of the Catholic Church. "I was also looking to get more out of fitness, so I experimented with different ways to infuse my workouts with a spiritual element."

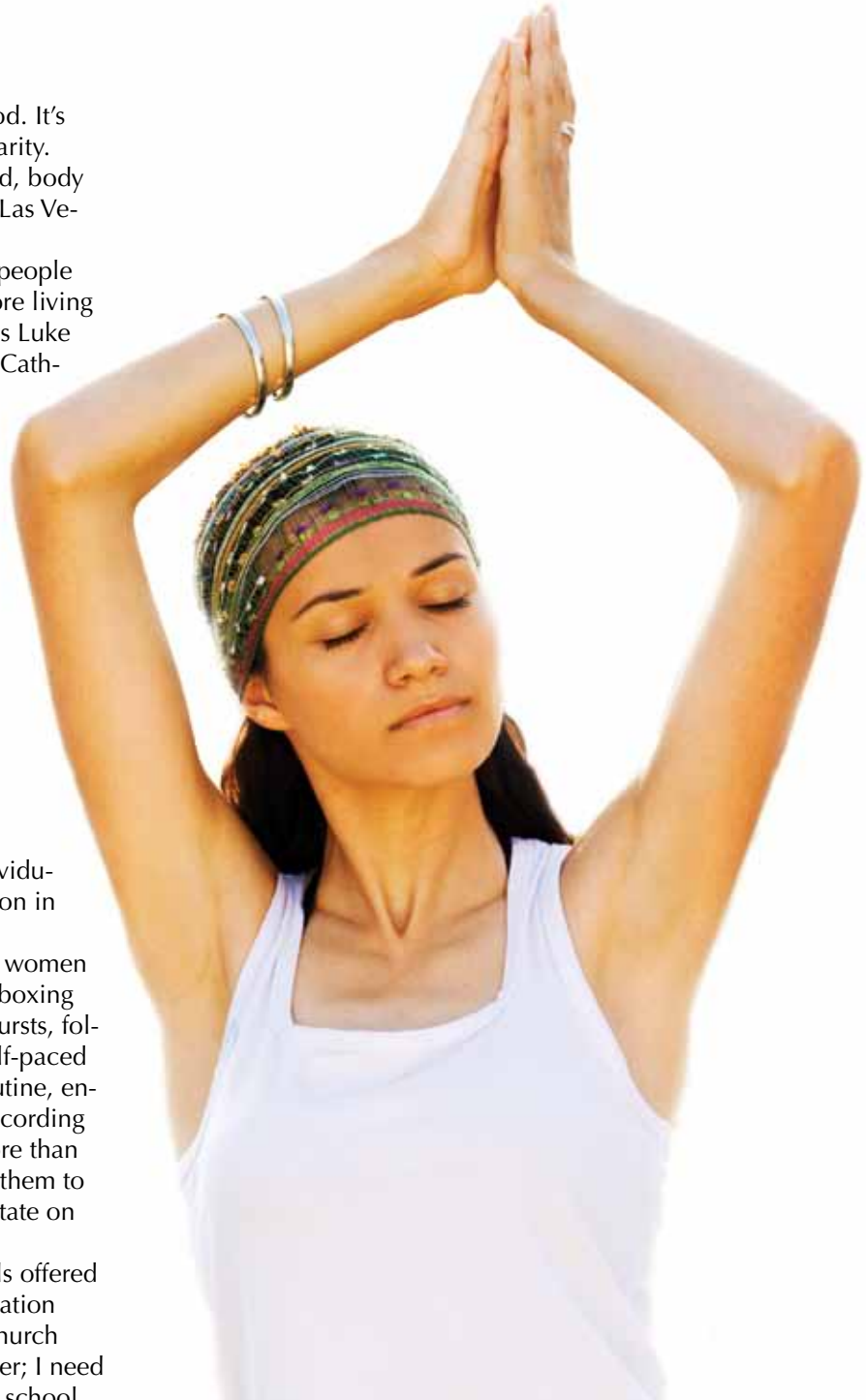
After successfully training an entertainment executive turned priest, using his "soul fitness" concept, Burgis recruited participants from various area churches to try out his spiritual boot camps in parks and open gyms. They drew significant interest and in January 2010, ActivPrayer was officially launched.

### Off and Running

ActivPrayer's group exercise classes begin with a guided prayer that varies based on the belief system that orients a particular class. The opening prayer is followed by declaring intentions—a chance for individuals to dedicate their workouts to a loved one, a person in need or a spiritual goal.

Then, the class is literally off and running, with women and men of all ages doing pushups, sprints, shadowboxing or other high-intensity movements in minute-long bursts, followed by extended rests, for up to 18 cycles. The self-paced intervals, as opposed to a strictly choreographed routine, enable ActivPrayer's diverse members to participate according to their own workout levels. The rest periods are more than a time for bodily recovery, however; instructors use them to refocus participants on the day's intention and meditate on the topic of the day.

Every class concludes in prayer, with individuals offered as much time as they want to rest in prayer or meditation before returning to the hustle of daily life. "I go to church every week, but I have a hard time focusing on prayer; I need structure," explains Jenn DiNenna, a Las Vegas high school



“We’ve been getting an amazing response and results with ActivPrayer. What I say to everyone regarding prayer is, ‘It’s like breathing. We all do it, somehow.’ We help guide students with a construct and purpose to give a greater result.”

*Nick Morris, owner, Pineapple Fitness, Los Angeles*

teacher. “I know if I go to this class, I will do my prayer and think about the things that matter.”

### Enlarged Perspectives

While everyone is encouraged to set specific physical fitness goals, the greater results are often intangible: people changing attitudes, taking up a prayer life or, in some cases, contributing to community services for the first time. Community service is a key component of ActivPrayer, as participants collaborate on organized projects with local nonprofits at least once a week. Members earn one free workout for every five hours of service; in one recent month, 80 percent of ActivPrayer’s members participated in its service programs.

“Before coming to ActivPrayer, I wouldn’t have thought to volunteer, and some of the places we’ve gone I would have been scared to go on my own,” says DiNenna. She now regularly volunteers with the Special Olympics and says, “It’s

all opened my eyes and helped me to grow as a person.”

Because charity begins at home, Burgis is putting the principles he preaches into practice in his own business. ActivPrayer is helping to create free wellness programs for churches, initially working with interested faith communities to pull together a local team of nurses, doctors, nutritionists and fitness instructors to run a wellness ministry for their congregations.

With backing from an angel investor, ActivPrayer is on its way to establishing its own flagship club in Las Vegas, and hopes to have clubs in a few other major cities by the end of 2011. While Burgis eventually seeks to establish a class for every major religion, make ActivPrayer as ubiquitous as yoga and get its classes on the schedule at major fitness chains, he approaches the project with humility, anticipating that its development will evolve organically.

Much like his fitness goals, Burgis’ goals for ActivPrayer are not growth for growth’s sake—he promises investors he’ll never draw more than a modest salary—but to spread the good word about what adding soul to fitness can do for people.

“When you learn to see fitness not as a means to an end, but as a way to grow spiritually, you are adding a dimension to your life that can never be taken away, no matter what your physical condition,” he concludes.

*For more information, call 888-594-5382, visit [ActivPrayer.org](http://ActivPrayer.org) or email [info@ActivPrayer.org](mailto:info@ActivPrayer.org).*

*April Thompson is a freelance writer based in Washington, D.C. Connect at [AprilWrites.com](http://AprilWrites.com).*



# SEASONS

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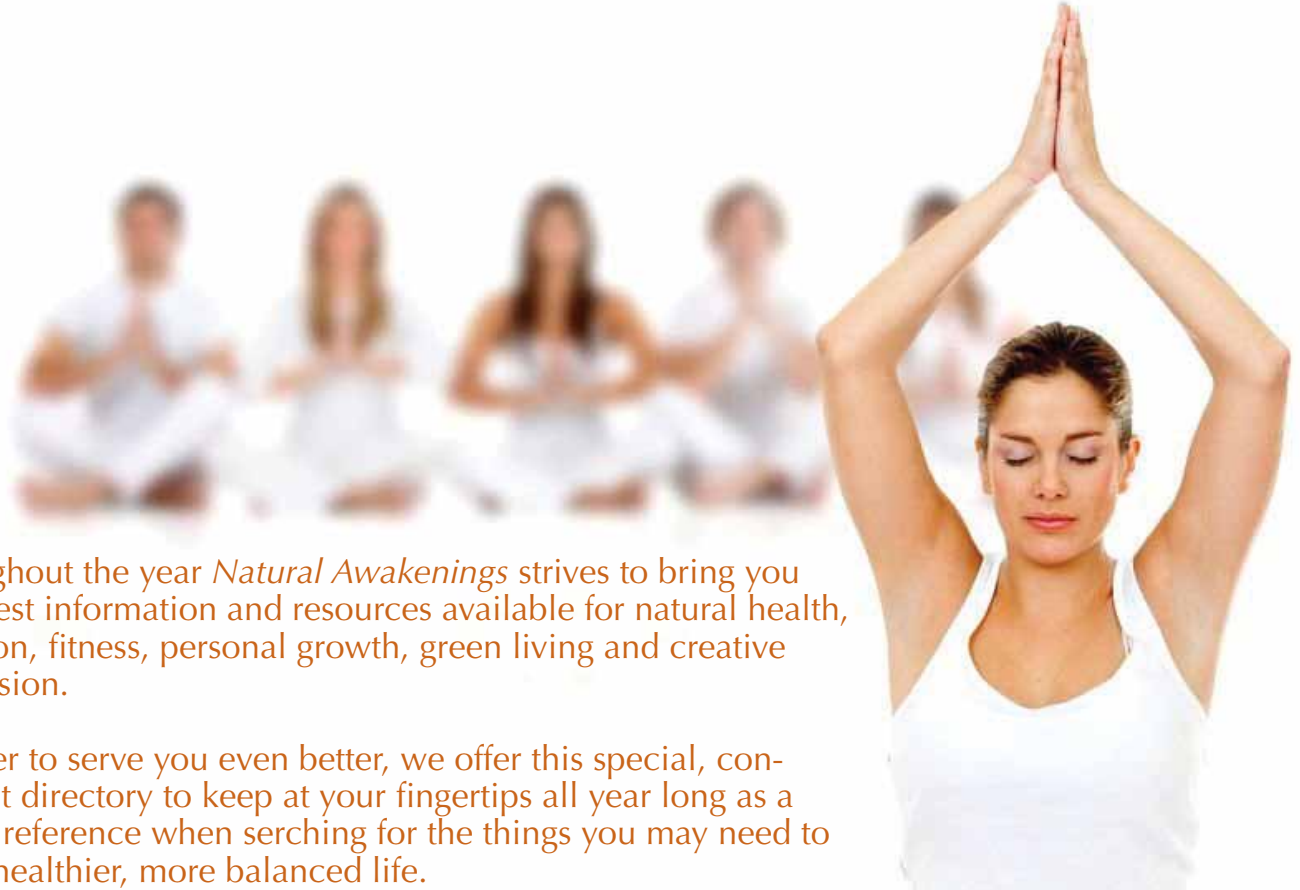
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Welcome to this special edition of the...

# 2013 Natural Health & Wellness Guide



Throughout the year *Natural Awakenings* strives to bring you the latest information and resources available for natural health, nutrition, fitness, personal growth, green living and creative expression.

In order to serve you even better, we offer this special, convenient directory to keep at your fingertips all year long as a handy reference when searching for the things you may need to live a healthier, more balanced life.

**Acupressure:** Based on the same system as acupuncture, but fingers and hands are used, instead of stimulation with needles, in order to restore the balanced flow of the body's life energy (qi or chi, pronounced "chee"). This force moves through the body along 12 energy pathways, or meridians, which practitioners unblock and strengthen. Common styles of acupressure include Jin Shin, which gently holds at least two points at once for a minute or more, and Shiatsu, which applies firm pressure to each point for three to five seconds.

**Acupuncture:** An ancient Oriental technique that stimulates the body's ability to sustain and balance itself, based on the theory that an electromagnetic life-force (qi or chi, pronounced "chee") is channeled in a continuous flow throughout the body via a network of 'meridians.' Disease is understood as an imbalance in the meridian system. Diagnosis of an imbalance is made by "reading" the pulse, face, tongue

and body energy. To correct it, a practitioner inserts acupuncture needles at specific points along the meridians to stimulate or disperse the flow of life-force. Acupuncture principles include the yin and yang polarities and the associations of the five elements of fire, earth, metal, water and wood with bodily organs.

**Alexander Technique:** A system of reeducating the body and mind to support and facilitate proper posture and ease of movement. Through gentle manual guidance, accompanied by verbal directions, the Alexander teacher coaches the student to become aware of unnecessary tension and to unlearn longstanding patterns of movement. The Alexander Technique is an established method for helping to improve chronic conditions such as back, shoulder or neck pain, nervous tension, poor coordination, breathing problems and vocal strain. It is frequently used by athletes and performing artists to improve performance level.

**Aromatherapy:** An ancient healing art that uses the essential oils of herbs and flowers to treat emotional disorders such as stress and anxiety and a wide range of other ailments. Oils are massaged into the skin, inhaled or added to a water bath. Often used in conjunction with massage therapy, acupuncture, reflexology, herbology and chiropractic or other holistic treatments.

**Art Therapy:** Uses the creative process of making art to improve and enhance physical, mental and emotional well-being and to deepen self-awareness. The therapist makes a diagnosis and determines treatment plans by encouraging a client to express his or her feelings and unconscious thoughts through the nonverbal creative process and by observing the forms and content created.

**Astrology:** A system of traditions and beliefs that holds that the relative positions of celestial

bodies either directly influence life on Earth or correspond to events experienced on a human scale. Modern astrologers define astrology as a symbolic language, art form and type of divination that can provide information about personality and human affairs, aid in the interpretation of past and present events, and predict the future.

**Ayurveda:** The oldest medical system known to man and a comprehensive spiritual teaching practiced in India for 4,000 years. It focuses on achieving and maintaining perfect health via the balance of the elements air, fire and water (illness is considered an excess of any element). A patient's body type, determined according to ayurvedic principles, is the basis for individualized dietary regimens and other preventive therapeutic interventions. Ayurvedic prescriptions might include purification procedures for the restoration of biological rhythms; experience of expanded consciousness through meditation; nutritional counseling; stress reduction; enhancing neuromuscular conditions; and behavioral modification.

**Bee venom therapy (BVT):** The therapeutic application of honeybee venom, through live bee stings, to bring relief and healing for various spinal, neural, joint or musculoskeletal ailments.

**Bioenergetics:** A psychotherapy that works through the body to engage the emotions. Performing specified postures and exercises causes the release of layers of chronic muscular tension and defensiveness, termed "body armor." The unlocking of feelings creates the opportunity for understanding and integrating them.

**Biofeedback:** A relaxation technique that monitors internal body states and is used especially for stress-related conditions such as asthma, migraines, insomnia and high blood pressure. During biofeedback, patients monitor minute metabolic changes (e.g., temperature, heart rate and muscle tension), with the aid of sensitive machines. By consciously thinking, visualizing, moving, relaxing, etc., they learn which activities produce desirable changes in the internal processes being monitored.

**BodyTalk:** Developed by chiropractor/acupuncturist Dr. John Veltheim, BodyTalk is based upon bioenergetic psychology, dynamic systems theory, Chinese medicine and applied kinesiology. By integrating a series of tapping, breathing and focusing techniques, BodyTalk helps the body synchronize and balance its systems and strengthens the body's innate knowledge of self-repair. BodyTalk is used to address a range of health challenges, including fibromyalgia, infections, parasites, chronic fatigue, allergies, addictions and cellular damage. Practitioners are usually licensed massage therapists (LMT) or bodyworkers.

**Bodywork:** Massage and the physical practices of yoga are perhaps the best-known types of body-work; both have proven successful in relieving tension and stress, promoting blood flow, loosening stiff muscles and stimulating the organs. Massage therapies encompass countless techniques, including Swedish massage, shiatsu and Roling. The same is true for yoga. Other types of bodywork include

martial arts practices like aikido, ki aikido and Tai chi chuan. Some others are the Alexander technique, Aston patterning, Bowen, Breema bodywork, Feldenkrais method, Hellerwork, polarity therapy, Rosen method, Rubenfeld synergy and Trager. Finding bodywork that improves mental and physical health is a highly individual process. Several types may be combined for the greatest benefit.

**Chelation therapy:** A safe, painless, nonsurgical medical procedure that improves metabolic and circulatory function by removing undesirable heavy metals such as lead, mercury, cadmium and copper from the body. A series of intravenous injections of the synthetic amino acid EDTA are administered, usually in an osteopathic or medical doctor's office. The EDTA blocks excess free radical production, protecting tissues and organs from further damage. Over time, injections may halt the progress of the underlying condition that triggers the development of various degenerative conditions such as diabetes, arthritis, Parkinson's and Alzheimer's diseases, and cancer. More recently, chelation therapy also has been used to reverse symptoms of atherosclerosis or arteriosclerosis (hardening of the arteries) by removing obstructive plaque built up in the circulatory system.

**Chinese Medicine:** Traditional Chinese Medicine (TCM) is one of the world's oldest and most complete systems of holistic health care. It combines the use of medicinal herbs, acupuncture, food therapy, massage and therapeutic exercise, along with the recognition that wellness in mind, body and emotions depends on the harmonious flow of life-force energy (qi or chi, pronounced "chee").

**Chiropractic:** Based on the premise that proper structural alignment permits free flow of nerve activity in the body. When spinal vertebrae are out of alignment, they put pressure on the spinal cord and the nerves radiating from it, potentially leading to diminished function and illness. Misalignment can be caused by physical trauma, poor posture and stress. The chiropractor seeks to analyze and correct these misalignments through spinal manipulation or adjustment. (Also see Network Chiropractic.)

**Colon therapy:** An internal bath that washes away old toxic waste accumulated along the walls of the colon. It is administered with pressurized water by a professional using special equipment. One colonic irrigation is the equivalent of approximately four to six enemas and cleans out matter that collects in the pockets and kinks of the colon. The treatment is used as both a corrective process and for prevention of disease. Colonics are used for ailments such as constipation, psoriasis, acne, allergies, headaches and the common cold.

**Color therapy and colorpuncture:** Color therapists believe that the vibrations of color waves can directly affect body cells and organs. Thus, different hues can treat illnesses and improve physical, emotional and spiritual health. Many practitioners also claim that the body emits an "aura," or energy field, with colors reflecting a person's state of health. Color therapists apply colored lights or ap-ply color mentally, through

## Who Reads *Natural Awakenings*? Chantelle Trahan Does!



**Job:** Manager and Public Relations for Horace Trahan / Co-Owner of Redemptive Records

**Hobbies:** Giving, reading, writing, teaching, dancing, shopping

**How long have you been a *Natural Awakenings* reader?**

A friend introduced me to *Natural Awakenings* one year ago.

**What do you like about *Natural Awakenings*?**

I appreciate the medical enlightenment that *Natural Awakenings* offers, the locally relevant information and news, the entertainment value and the positive living tips.

**What is healthy about your lifestyle?** My open-mindedness to new ideas and new opportunities, my eager desire to share my love with my family and my prayer to stay humble.

**If you could have one wish for the planet, what would it be?** That everyone would do unto others as they would want done unto themselves

**From what do you draw inspiration?** I draw inspiration from God, my husband, my kids, my family, music and the lessons of self-challenges. I am inspired by others who are deemed less fortunate or who have special needs, but who have broken the "limits" and proven the limitlessness of the human spirit.

**What are you doing to be the change you want to see in the world?** I reflect on the successes of those who have worked hard and paved the way for us, consider it wisdom, incorporate into my daily life and share these generational tokens of insight with those around me.

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## 2013 Natural Health & Wellness Guide (cont)

suggestion, to restore the body's physical and psychic health. Colorpuncture combines the insights of light physics with the knowledge of the meridian points emphasized in Chinese acupuncture. The noninvasive technique is used to clear blockages in the meridians and restore healthy energy flow. Kirlian photographs track improvements. Another related sensory healing technique is light therapy, which attempts to restore well-being and can be successful in treating the depression known as Seasonal Affective Disorder (SAD).

**Counseling/Psychotherapy:** These terms encompass a broad range of practitioners, from career counselors, who offer advice and information, to psychotherapists, who treat depression, stress, addiction and emotional issues. Formats can vary from individual counseling to group therapy. In addition to verbal counseling techniques, some holistic therapists may use bodywork, ritual, energy healing and other alternative modalities as part of their practice.

**Craniosacral therapy (CST):** A manual therapeutic procedure to remedy distortions in the structure and function of the craniosacral mechanism—the brain and spinal cord, the bones of the skull, the sacrum and interconnected membranes. Craniosacral work is based upon two major premises: that the bones of the skull can be manipulated, because they never completely fuse; and that the pulse of the cerebrospinal fluid can be balanced by a practitioner trained to detect variations in that pulse. CST is used to treat chronic pain, migraine headaches, temporomandibular joint disorder (TMJ), ear and eye problems, balance problems, learning difficulties, dyslexia and hyperactivity.

**Crystal and gem therapy:** Practitioners use quartz crystals and gemstones for therapeutic and healing purposes, asserting that the substances have recognizable energy frequencies and the capacity to amplify other frequencies in the body. They also absorb and store frequencies and can essentially be programmed to help effect healing. In the ancient art of 'laying-on of stones,' practitioners place crystals and gemstones on various parts of the body, corresponding to its chakra points (energy centers), in order to balance energy flow.

**Dance/movement therapy:** A method of expressing thoughts and feelings through movement, developed during the 1940s. Participants, guided by trained therapists, are encouraged to move freely, sometimes to music. Dance/movement therapy can be practiced by people of all ages to promote self-esteem and gain insight into their own emotional problems, but is also used to help those with serious mental and physical disabilities. In wide use in the United States, this modality is becoming established around the world.

**Decluttering:** Based on the theory that clutter drains both physical and mental energy. Decluttering involves two components. The first focuses on releasing things (clothing, papers, furniture, objects and ideas) that no longer serve a good purpose in one's life. The second focuses on creating a simple system of personal organization that is easy to maintain and guards against accumulating things that

are neither necessary or nourishing.

**Dentistry (Holistic):** Regards the mouth as a microcosm of the entire body. The oral structures and the whole body are seen as a unit. Holistic dentistry often incorporates such methods as homeopathy, biocompatibility testing and nutritional counseling. Most holistic dentists emphasize wellness and preventive care, while avoiding (and often recommending the removal of) silver-mercury fillings.

**Detoxification:** The practice of resting, cleansing and nourishing the body from the inside out. According to some holistic practitioners, accumulated toxins can drain the body of energy and make it more susceptible to disease. Detoxification techniques may include fasts, special diets, sauna sweats and colon cleansing.

**Doula:** A woman who supports an expectant mother through pregnancy, labor, birth and the postpartum period. Studies indicate that support in labor has profound benefits, including shorter labor, less desire for pain medication, lower rate of Caesarian delivery and more ease in initiation of breast feeding. Fathers have reported that they were more relaxed with a doula present because they felt reassured, and therefore freer to support their mates.

**Emotional Freedom Technique (EFT):** A self-help procedure founded by Gary Craig that combines fingertip tapping of key acupuncture meridian points while focusing on an emotional issue or health challenge. Unresolved, or 'stuck,' negative emotions, caused by a disruption in the body's energy system, are seen as major contributors to most physical pains and diseases. These can remain stagnant and trapped until released by the tapping. EFT is easy to memorize and portable, so it can be done anywhere.

**Energy field work:** The art and practice of realigning and reattuning the body between the physical and the etheric and auric fields to assist in natural healing processes. Working directly with the energy field in and around the body, the practitioner channels and directs energy into the cells, tissues and organs of the patient's body to effect healing on physical and nonphysical levels simultaneously. Sessions may or may not involve the physical laying on of hands.

**Environmental medicine:** Explores the role of dietary and environmental allergens in health and illness. Factors such as dust, mold, chemicals and certain foods may cause allergic reactions that can dramatically influence diseases, ranging from asthma and hay fever to headaches and depression.

**Enzyme therapy:** Can be an important first step in restoring health and well-being by helping to remedy digestive problems. Plant and pancreatic enzymes are used in complementary ways to improve digestion and absorption of essential nutrients. Treatment includes enzyme supplements, coupled with a healthy diet that features whole foods.

**Feldenkrais® method:** Helps students straighten out what founder Moshe Feldenkrais calls, "kinks in the brain." Kinks are learned movement pat

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PETS AND FAMILY STORE SECTION

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# YOUR BODY Checkup

## What Causes Disease?

Disease happens on a cellular level. All disease is ultimately a breakdown in function of the body's cells. When this happens, it creates "fertile soil" for the disease process. This breakdown is accomplished by less than perfect eating habits, stress, stuffing emotions, eating too many cooked foods and too much sugar, salt, caffeine, drugs, vaccines, tension, depression, lack of proper sleep, lack of exercise, environmental contamination of the air/water/food and the retention of metabolic wastes (constipation, lack of sweating, blocked lymphatic channels). The only effective way to "cure" disease is to eliminate the causes.

Disease does not attack a healthy body because the body has very effective resistance mechanisms which handle many of the above situations. The body's natural state is health. When the body is exposed or overloaded with stressors, the immune system loses its resistance and becomes "toxic". Toxic cells do not function properly so the body's metabolism gets sluggish and overworked. This leads to an overall decrease in resistance allowing disease to take hold.

Disease can be expressed in terms of signs or symptoms. When we express how we feel and what we feel, we are describing a symptom. When we look at the patient for abnormalities (like in the veterinary profession) and determine subjectively what we think to be "not right or abnormal" that is labeled a "sign".

*Let's take the simple cold as an example. The symptoms of a cold are merely an expression of the body's effort to "clean house". By producing fevers, coughing, sneezing, and runny noses, the body is cleansing the excess toxins produced from sick cells. Each time we suppress these symptoms with over-the-counter treatments and other drugs, we are driving the toxins back into the body. These toxins will travel through the bloodstream and lie quietly in an organ until the system becomes more toxic. So down the line instead of colds, flu develops which brings vomiting and diarrhea. This is uncomfortable, so we take something to stop the vomiting and diarrhea. This, in turn, drives the toxins even deeper into the system. Over a period of time you may notice you don't get colds or flu anymore. Instead, bronchial infections develop which we again treat which drives the disease deeper still. Things may be fine for a few years then one day you feel terrible and don't know why. You go to the doctor and they diagnose a chronic degenerative disease such as cancer, fibromyalgia, chronic fatigue, lupus, diabetes or heart disease...true signs that your body is now entirely toxic. When does it end? When you stop the cycle and repair the damage or when you die an uncomfortable disease ridden, agonizing death?*

Can we stop disease or reverse symptoms? Yes. How?

We have to clean up our lives. Some chose the fast track on this and others take years to shift their thinking and patterns to better healthier habits. We can heal the body with optimal nutrition, special diets, cleansing programs, specific vitamins and supplements to correct deficiencies, by drinking fresh extracted juices and taking herbs and other natural therapies, which do not harm the body over time. We learn to change our living habits and the way we think. We find a balance between the physical, emotional, mental and spiritual aspects of our lives.

Nutrition is one of the most important factors in fighting disease. Nutrients are what the body has to work with in building and maintaining healthy cells, tissues, glands and organs. Nutrients are used in the operation of all bodily functions. The challenge is that most of the nutrients in our foods today have either been taken out or destroyed by processing. Cooked food is dead food. Only living foods can build healthy bodies. That is what most of our diet should consist of.

Please don't misunderstand; drugs, surgery, chiropractic manipulations, acupuncture, etc. are all useful in the treatment of disease. Sometimes we do need to intervene with treatments to suppress a symptom or sign when our body is in jeopardy, but unless the corrective and supportive nutritional therapy is given priority, these attempts to correct illness will fail. I highly recommend vitamin therapies customized to meet your health condition and nutrient dense FOOD-BASED supplement products.

**Accidents kill 4% of us.  
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# 2013 Natural Health & Wellness Guide (cont)

terns that no longer serve a constructive purpose. They may have been adopted to compensate for a physical injury or to accommodate individuality in the social world. Students unlearn unworkable movements and discover better, personalized ways to move, using mind-body principles of slowed action, breathing, awareness and thinking about their feelings.

**Feng shui:** The ancient Chinese system of arranging manmade spaces and elements to create or facilitate harmonious qi or chi (pronounced "chee"), or energy flow, by tempering or enhancing the energy where necessary. Feng shui consultants can be an asset to both personal and business spaces, either before or after the spaces are created.

**Flower remedies:** Flower essences are recognized for their ability to improve well-being by eliminating negative emotions. In the 1930s, English physician Edward Bach concluded that negative emotions could lead to physical illness. His research also convinced him that flowers possessed healing properties that could be used to treat emotional problems. In the 1970s, Richard Katz completed Bach's work and established the Flower Essence Society, which has registered some 100 essences from flowers in more than 50 countries.

**Functional medicine:** A personalized medicine that focuses on primary prevention and deals with underlying causes, instead of symptoms, for serious chronic diseases. Treatments are grounded in nutrition and improved lifestyle habits and may make use of medications. The discipline uses a holistic approach to analyze and treat interdependent systems of the body and to create the dynamic balance integral to good health.

**Guided imagery and creative visualization:** Uses positive thoughts, images and symbols to focus the mind on the workings of the body to accomplish a particular goal, desired outcome or physiological change, such as pain relief or healing of disease. This flow of thought can take many forms and involve, through the imagination, all the physical senses. Imagination is an

important element of the visualization process; it helps create a mental picture of what is desired in order to transform life circumstances.

**Healing touch:** A non-invasive, relaxing and nurturing energy therapy that helps to restore physical, emotional, mental and spiritual balance and support self-healing. A gentle touch is used on or near the fully-clothed client to influence the body's inner energy centers and exterior energy fields. Healing touch is used to ease acute and chronic conditions, assist with pain management, encourage deep relaxation and accelerate wound healing.

**Herbal medicine:** This oldest form of medicine uses natural plants in a wide variety of forms for their therapeutic value. Herbs produce and contain various chemical substances that act upon the body to strengthen its natural functions without the negative side effects of synthetic drugs. They may be taken internally or applied externally via teas, tinctures, extracts, oils, ointments, compresses and poultices.

**Holotropic breathwork:** A self-exploration technique that combines breathing, evocative music and a specific form of bodywork to integrate one's physical, psychological and spiritual dimensions. At workshops run by facilitators, participants try to access the four "levels" of experience that are available during breathing: sensory, biographical, perinatal and transpersonal. By accessing buried memories, individuals can relive their birth experience or traumatic life events, free up "stuck" emotional viewpoints or experience a mystical state of awareness, such as connecting with the Universe.

**Homeopathy:** A therapy that uses small doses of specially prepared plants and minerals to stimulate the body's defense mechanisms and healing processes in order to cure illness. Homeopathy, taken from the Greek words *homeo*, meaning "similar," and *pathos*, meaning "suffering," employs the concept that "like cures like." A remedy is individually chosen for a person based on its capacity to cause, if given in an

overdose, physical and psychological symptoms similar to those the patient is experiencing.

**Hydrotherapy:** The use of water, ice, steam and hot and cold temperatures to maintain and restore health. Treatments include full-body immersion, steam baths, saunas, sitz baths, colonic irrigation and the application of hot and/or cold compresses. Hydrotherapy is effective for treating a wide range of conditions and can easily be used at home as part of a self-care program.

**Hypnotherapy:** A range of hypnosis techniques that allow practitioners to bypass the conscious mind and access the subconscious. The altered state that occurs under hypnosis has been compared to a state of deep meditation or transcendence, in which the innate recuperative abilities of the psyche are allowed to flow more freely. The subject can achieve greater clarity regarding his or her own wants and needs, explore other events or periods of life that require resolution, or generally develop a more positive attitude. Often used to help people lose weight or stop smoking, it is also used in the treatment of phobias, stress and as an adjunct to the treatment of illnesses.

**Integrative medicine:** This holistic approach combines conventional Western medicine with complementary alternative treatments, in order to simultaneously treat mind, body and spirit. Geared to the promotion of health and the prevention of illness, it neither rejects conventional medicine nor accepts alternative therapies, without serious evaluation.

**Intuitive arts:** A general term for various methods of divination, such as numerology, psychic reading, and tarot reading. Individuals may consult practitioners to seek information about the future or insights into personal concerns or their personality. Numerology emphasizes the significance of numbers derived from the spelling of names, birth dates and other significant references; psychics may claim various abilities, from finding lost objects and persons to communicating with the spirits of the dead; tarot readers interpret a deck of cards containing archetypal symbols.

**Iridology:** Analysis of the delicate structure of


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4 years	65,536 cells
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6 years	16,777,216 cells
7 years	268,435,456 cells
<b>8 years</b>	<b>4,294,967,296 cells</b>
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<b>10 years</b>	<b>1,099,511,627,776 cells</b>

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# Raw Food Diets for Pets

## Weighing the Pros and Cons

by Sandra Murphy

As with their own food, dog and cat owners are reading pet food labels more closely these days to evaluate ingredients and their sources. American pet food companies may outsource to foreign manufacturers, sometimes with disastrous results. Various brands of dry dog food (kibble) and treats have been recalled for melamine contamination or other problems—even brands manufactured here have been recalled for salmonella contamination.

To ensure that what we're serving our dogs contains a proper balance of protein, vitamins and minerals for overall health, the Dog Food Advisor rates dog foods and treats by brand name, explains the ingredients, including byproducts not fit for human consumption, and recommends the best options. Owners can sign up for emails about recalls and other alerts at [DogFoodAdvisor.com](http://DogFoodAdvisor.com).

Other reasons to read labels include potential allergic reactions to foods, especially chicken and corn, common ingredients in kibble. The educational website notes, "Corn is an inexpensive and controversial cereal grain of only modest nutritional value to a dog."

### Homemade Meals

To have more control over what the family dog or cat eats, many owners turn to home-cooked

meals, but know-how is key. "A big risk with home-prepared diets is that they are almost always nutritionally inadequate for long-term feeding, even when using published recipes," advises Dr. Brennen

**"You can spend money on vet visits or on better food."**  
~ Veterinarian Laurie Coger

McKenzie, president of the Evidence-Based Veterinary Medicine Association. "Consult a board-certified nutritionist for the unique nutritional needs of the pet, based on age, breed, health condition and other factors. Don't substitute ingredients."

Cooking for pets can be time-consuming. Some owners have found dehydrated foods like those from The Honest Kitchen, made in the United States using human food-grade ingredients, both cost-effective and easy to prepare. While the purchase price can be higher than other options, the food rapidly rehydrates to four times its

original weight by adding warm water. A meatless variety allows owners to add their choice of raw meat, meaty bones or cooked meat and can be suitable for sensitive dogs, raw feeders and dogs that need a unique protein source.

"Dehydrated foods are also a good way for a squeamish owner to start a raw diet for their dog," remarks Dr. Laurie Coger, an associate veterinarian at the Bloomingrove Veterinary Hospital, in Rensselaer, New York, who also offers consultations through [TheHonestKitchen.com](http://TheHonestKitchen.com). Coger suggests, "First, determine what a dog or cat needs in his diet, then transition gradually from kibble to a cooked or raw diet. Cats may resist change, while dogs can be more flexible."

Pet food maker Steve's Real Food is another option as it does not use lamb, pork or venison. Each poses a greater risk of carrying toxoplasmosis, a parasitic disease that can be passed on to pets, especially cats.

"If you decide to incorporate raw foods, find a wholesale meat supplier so you can buy in bulk. You'll need a freezer to take full advantage," suggests Coger. "Feeding raw is not an all-or-nothing proposition, so mix and match. Cook when you have time, feed raw several days a week and use high-quality dehydrated or dry food when traveling."

Dr. Cathy Alinovi, owner of Hoof Stock Veterinary Service, in Pine Village, Indiana, found that switching to a raw diet solved an itching problem with her mixed-breed dog. She reports that, "Eighty percent of the reasons my clients bring their pets to me are cured by changing to better food."

Alinovi points out two drawbacks of serving raw food: "You can't leave it out all day and it can be a challenge to transport home on a hot day." But she's found that the benefits are many, "Dog and cat furs shine and shed less; even their behavior improves." Dog owners also note cleaner teeth, with no tartar buildup, cutting down on trips to the vet.



## Not Everyone Agrees

Feeding a raw food diet is not without controversy. The American Veterinary Medical Association voted last summer to advise veterinarians to recommend clients against feeding raw meats and bones to pets. Pet Partners, formerly known as the Delta Society, which registers pets as therapy animals, has instituted a policy that states, "Animals may not be fed a raw protein diet. Animals previously fed [such] a diet must be off it for at least four weeks before registering them." (See [PetPartners.org/rawdiet](http://PetPartners.org/rawdiet).)

Deciding which foods to feed our pets requires extra research and meal preparation time, as well as money, but motivated owners like the results they see in their pet's health.

Missourian Sandra Murphy may be reached at [StLouisFreelanceWriter@mindspring.com](mailto:StLouisFreelanceWriter@mindspring.com).

Happiness is the feeling you're feeling when you want to keep feeling it.

~ author unknown



## 2013 Natural Health & Wellness Guide (cont)

the iris, the colored portion of the eye, to reveal information about conditions within the body. More than 90 specific zones on each iris, for a combined total of 180-plus zones, correspond to specific areas of the body. Because body weaknesses are often noticeable in the iris long before they are discernible through blood work or other laboratory analysis, iridology can be a useful tool for preventive self-care.

**Jin Shin (or Jin Shin Jyutsu):** A gentle, non-invasive energy-balancing art and philosophy that embodies a life of simplicity, calmness, patience and self-containment. Practitioners employ simple acupressure techniques, using their fingers and hands on a fully-clothed client to help eliminate stress, create emotional equilibrium, relieve pain and alleviate acute or chronic conditions.

**Kinesiology/applied kinesiology:** The study of muscles and their movement. Applied kinesiology tests the relative strength and weakness of selected muscles to identify decreased function in body organs and systems, as well as imbalances and restrictions in the body's energy flow. Some tests use acupuncture meridians and others analyze interrelationships among muscles, organs, the brain and the body's energy field. Applied kinesiology is also used to check the body's response to treatments that are being considered.

**Macrobiotics:** An Eastern philosophy best known in the West for its dietary principles. Macrobiotic theory posits that there is a natural order to all things. By synchronizing our eating habits with the cycles of nature, we can achieve a fuller sense of balance within ourselves and with the world around us. Although not a specific diet, it emphasizes low-fat and high-fiber foods, whole grains, vegetables, sea vegetables and seeds, all cooked in accordance with macrobiotic principles.

**Magnetic field therapy:** Electromagnetic energy and the human body have a vital and valid inter-relationship, making it possible to use magnetic field therapy as an aid in diagnosing and treating physical and emotional disorders. This process is reported to relieve symptoms and may, in some cases, retard the cycle of new diseases. Magnets and electromagnetic therapy devices are now being used to eliminate pain, facilitate the healing of broken bones and counter the effects of stress.

**Massage therapy:** A general term for the manipulation of soft tissue for therapeutic purposes. Massage therapy incorporates various disciplines and involves kneading, rubbing, brushing and tapping the muscles and connective tissues by hand or using mechanical devices. Its goal is to increase circulation and detoxification, in order to reduce physical and emotional stress and increase overall wellness.

**Meditation:** The intentional directing of attention to one's inner self. Methods and practices to achieve a meditative state are based upon various principles using the body or mind and may employ control or letting go mechanisms. Techniques include the use of imagery, mantras and observation, and the control of breathing. Research has shown that regular meditation can contribute to psychological

and physiological well-being. As a spiritual practice, meditation is used to facilitate a mystical sense of oneness with a higher power or the Universe. It can also help reduce stress and alleviate stress-related ailments, such as anxiety and high blood pressure.

**Mediumship:** A medium professes to mentally see, hear and/or sense persons or entities in a spiritual dimension, and convey messages from them to people in the physical world. Readings focus on evidential messages from recognizable personalities in the spirit world. The messages are delivered as guidance for one's "highest good."

**Midwife:** A birth attendant who assists a woman through the prenatal, labor, birth and postpartum stages of pregnancy. The mother is encouraged to be involved and to feel in control of her birthing experience. Midwives are knowledgeable about normal pregnancy, labor, birth and pain relief options. They respect the process of birth as an innate and familiar process. Certified nurse-midwives are registered nurses who have received advanced training and passed a national certification exam. Nurse-midwives collaborate with physicians as needed, especially when problems arise during pregnancy. (Also see Doula.)

**Nambudripad's Allergy Elimination Techniques (NAET):** A non-invasive, drug free, natural modality that tests for and eliminates allergies. NAET uses a blend of selective energy balancing, testing and treatment procedures from acupuncture, acupressure, allopathy, chiropractic, kinesiology and nutritional medicine. One allergen is treated at a time.

**Naturopathy:** A comprehensive and eclectic system whose philosophy is based upon working in harmony with the body's natural healing abilities. Naturopathy incorporates a broad range of natural methods and substances aimed to promote health. Training may include the study of specific approaches, including massage, manipulation, acupuncture, acupressure, counseling, applied nutrition, herbal medicine, homeopathy and minor surgery plus basic obstetrics for assistance with natural childbirth.

**Network chiropractic:** Uses Network Spinal Analysis (NSA), a system of assessing and contributing to spinal and neural integrity, as well as health and wellness. Founded and developed by Donald Epstein. Practitioners employ gentle force to the spine to help the body eliminate mechanical tension in the neurological system. The body naturally develops strategies to dissipate stored tension/energy, thus enhancing self-regulation of tension and spinal interference. (Also see Chiropractic.)

**Neuro-linguistic programming (NLP):** A systematic approach to changing the limiting patterns of thought, behavior and language. Through conversation, practitioners observe the client's language, eye movements, posture, breathing and gestures, in order to detect and help change unconscious patterns linked to the client's emotional state.

**Nutritional counseling:** Embracing a wide range of approaches, nutrition-based, complementary therapies and counseling seek to

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<b>Dyslipidemia Hypercholesterolemia</b> 63% resolved	<b>Asthma</b> 82% improved or resolved
<b>Non-Alcoholic Fatty Liver Disease</b> 90% improved steatosis 37% resolution of inflammation 20% resolution of fibrosis	<b>Cardiovascular Disease</b> 82% risk reduction
<b>Metabolic Syndrome</b> 80% resolved	<b>Hypertension</b> 53-92% resolved
<b>Type II Diabetes Mellitus</b> 83% resolved	<b>GERD</b> 72-98% resolved
<b>Polycystic Ovarian Syndrome</b> 70% resolution of hirsutism 100% resolution of menstrual dysfunction	<b>Stress Urinary Incontinence</b> 44-88% resolved
<b>Venous Stasis Disease</b> 95% resolved	<b>Degenerative Joint Disease</b> 41-70% resolved
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## 2013 Natural Health & Wellness Guide (cont)

alleviate physical and psychological disorders through special diets and food supplements. These will be either macro-nutrients (carbohydrates, fats, proteins and fiber) or micronutrients (vitamins, minerals and trace elements that cannot be manufactured in the body). Nutritional therapy/counseling often uses dietary or food supplements, which can include tablets, capsules, powders or liquids.

**Orthomolecular medicine:** Employs vitamins, minerals and amino acids to create nutritional content and balance in the body. Orthomolecular medicine targets a wide range of conditions, including depression, hypertension, cancer, schizophrenia and other mental and physiological disorders.

**Osteopathy/osteopathic physicians:** Osteopathy uses generally accepted physical, pharmacological and surgical methods of diagnosis and therapy, with a strong emphasis on body mechanics and manipulative methods to detect and correct faulty structure and function, in order to restore the body's natural healing capacities. Doctors of osteopathy are fully trained and licensed according to the same standards as medical doctors and receive additional extensive training in the body's structure and functions.

**Oxygen therapies:** Alters the body's chemistry to help overcome disease, promote repair and improve overall function. Properly applied, oxygen may be used to treat a wide variety of conditions, including infections, circulatory problems, chronic fatigue syndrome, arthritis, allergies, cancer and multiple sclerosis. The major types of oxygen therapy used to treat illness are hyperbaric oxygen and ozone. Hydrogen peroxide therapy (oral or intravenous) can be dangerous and should be avoided.

**Past Life Regression:** Past life and regression therapies operate on the assumption that many physical, mental and emotional challenges are extensions of unresolved problems from the past, either childhood traumas or experiences in previous lifetimes. The practitioner uses hypnosis or other altered states of consciousness and relaxation techniques to access the source of this "unfinished business," and helps clients to analyze, integrate and release past traumas that are interfering with their current lives.

**Personal fitness trainer:** A certified fitness professional who designs fitness programs for individuals desiring one-on-one training. The goal is to provide optimal fitness results in the privacy of one's home or at another location, such as a club or office.

**Pilates:** A structured system of small isolated movements that demands powerful focus on feeling every nuance of muscle action while working out on floor mats or machines. Emphasizes development of the torso's abdominal power center, or core. More gentle than conventional exercises, Pilates, like yoga, yields long, lean, flexible muscles whose gracefully balanced movements readily translate into everyday activities like walking, sitting and bending. Can help in overcoming injuries.

**Prolotherapy:** A rejuvenating therapy that uses

injections of natural substances to stimulate collagen growth, in order to strengthen weak or damaged joints, tendons, ligaments or muscles. Often used as a natural alternative to drugs and/or surgery to treat pain syndromes, including degenerative arthritis, lower back, neck and joint pain, carpal tunnel syndrome, migraine headaches, and torn ligaments and cartilage.

**Qigong and Tai chi:** Qigong and Tai chi combine movement, meditation and breath regulation to enhance the flow of vital energy (qi or chi, pronounced "chee") in the body, improve circulation and enhance immune function. Qigong traces its roots to traditional Chinese medicine. Tai chi was originally a self-defense martial art descended from qigong and employed to promote inner peace and calm.

**Real Time EEG Neurofeedback:** Involves direct training of brain function. Using computer processing to capture electrical activity in the brain, an individual can reward the brain with positive feedback, changing its activity to desired, more appropriate patterns. Gradually, the brain learns and remembers how to exhibit only the good patterns.

**Regression therapies:** Operate on the assumption that many physical, mental and emotional problems are extensions of unresolved problems from the past, such as childhood traumas. The practitioner uses hypnosis, or other altered states of consciousness, and relaxation techniques to access the source of "unfinished business," and helps clients to analyze, integrate and release past traumas that are interfering with their current lives.

**Reflexology:** A natural healing art based upon the principle that there are reflexes in the feet and hands that correspond to every part of the body. Correctly stimulating and applying pressure to the feet or hands increases circulation and promotes specifically designated bodily and muscular functions.

**Reiki:** Means "universal life-force energy." A method of activating and balancing the life-force (qi or chi, pronounced "chee"). Practitioners use light hand placements to channel healing energies to organs and glands or to align the body's chakras (energy centers). Various techniques can ease emotional and mental distress, heal chronic and acute physical problems and achieve spiritual focus and clarity. Reiki can be a valuable addition to the work of chiropractors, massage therapists, nurses and others for whom the use of touch is essential and appropriate.

**Rolfing structural integration (Rolfing):** A hands-on technique for deep tissue manipulation of the myofascial system, which is composed of the muscles and the connective tissue, or fascia, in order to restore the body's natural alignment and sense of integration. As the body is released from old patterns and postures, the range and freedom of physical and emotional expression increases. Rolfing can help ease pain and chronic stress, enhance neurological functioning, improve posture and restore flexibility.

**Shamanism:** An ancient healing tradition which believes that loss of power is the real source of

illness and that all healing includes the spiritual dimension. Shamanic healing usually involves induction into an altered state of consciousness and journeying into the spirit world to regain personal power and to access the powers of nature and of teachers. Shamanic healing may be taken literally or employed symbolically, but in or out of its cultural context, the tradition can be both self-empowering and self-healing.

**Shiatsu:** The most widely known form of acupuncture, Shiatsu is a Japanese word meaning finger pressure. The technique applies varying degrees of pressure to balance the life energy that flows through specific pathways, or meridians, in the body. Used to release tension and strengthen weak areas in order to facilitate even circulation, cleanse cells and improve the function of vital organs.

**Sound healing:** Employs vocal and instrumental tones, generated internally or externally. When sounds are produced with healing intent, they can create sympathetic resonance in the physical and energy bodies. Sound healing also is used to bring discordant energy into balance and harmony.

**Tantra:** Has emerged as a modern spiritual path of embodied consciousness, with roots in ancient Hindu and Buddhist traditions. Tantra views the "spiritual" as being directly present within the "physical" and respects sensory experience as a vehicle for accessing higher states of awareness. Tantric practices balance the chakras (energy centers) and can contribute to a sense of presence, intimacy and fulfillment in all aspects of living.

**Thermography (thermal imaging):** A diagnostic technique that uses an infrared camera to measure temperature variations on the surface of the body, producing images that reveal sites of inflammation and abnormal tissue growth. Inflammation is recognized as the earliest stage of nearly all major health challenges.

**Vegetarianism:** The voluntary abstinence from eating meat and/or other animal products for religious, health and/or ethical reasons. Lacto-ovo vegetarians supplement their plant-based diet with dairy (lactose) products and eggs (ovo). Lacto vegetarians eat dairy products, but not eggs; ovo vegetarians include eggs, but no dairy; and vegans do not eat any animal-derived products.

**Yoga:** Practical application of the ancient Indian Vedic teachings. The word yoga is derived from the Sanskrit root yuj which means "union" or "to join," and refers to the joining of man's physical, mental and spiritual elements. The goal of good techniques, including physical exercises called asanas (or postures), controlled breathing, relaxation, meditation and diet and nutrition.

**Yoga therapy:** The application of yoga principles, methods and techniques to empower individuals to progress towards greater health and freedom from disease. Yoga therapy aims at the holistic treatment of various kinds of psychological or somatic dysfunctions, ranging from emotional distress to back problems.

Please note: The contents of this Health & Wellness Glossary are for informational purposes only. The information is not intended to be used in place of a visit or consultation with a healthcare professional. Always seek out a practitioner who is licensed, certified or otherwise professionally qualified to conduct a selected treatment, as appropriate.

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### WEDNESDAY JANUARY 2

**Teen Poetry Night** – 6-7pm. For young poets who would like to speak their minds. Join the spoken word group project for a night filled with reading, writing and expressing through poetry. Ages 13-18. North Regional Library, 5101 N University, Carencro. 337-896-6323.

**Meet the Doulas** – 6:30-8:30pm. Tour the birth center, learn more about what a doula is and how doula support can help you in your upcoming birth. Meet doulas serving the Acadiana area, and chose the one that is right for you. Free to the public and open to women planning home, hospital or birth center births. 1424 St John St, Lafayette. 337-366-0303.

### THURSDAY JANUARY 3

**Teens Create Video Lab** – 12-3pm. Get started creating a contest-winning video. Learn the shooting process with video equipment on hand. The creators of the best video in Louisiana on the theme “Beneath the Surface” win \$275. Contest deadline is early 2013. Lab sessions are 3 hours. 5101 N University, Carencro. 337-896-6323.

**Voices and Poetry** – 7-9pm. Casa Azul Gifts in Grand Coteau hosts an evening of oral history about Church Fairs in Grand Coteau. From the 1940s into the 1970s, parishioners of Christ the King Church in Grand Coteau held church fairs to help support the church. The presentation will be followed by a poetry reading by Clare L. Martin, a graduate of the University of Louisiana at Lafayette and lifelong resident of Louisiana. An open mic concludes the evening. The Festival of Words Cultural Arts Collective in partnership with the UL Center for Louisiana Studies and the Imperial St. Landry Genealogical & Historical Society. Patrice Melnick. Casa Azul Gifts, 232 ML King Dr, Grand Coteau. 337- 662-1032. [FestivalWords@gmail.com](mailto:FestivalWords@gmail.com).

### FRIDAY JANUARY 4

**Get Your Game On @ Your Library** – 12-1:30pm. Brawl with the best of them in a Super Smash Bros Brawl tournament. Get the chance to play against teens from another library branch. Preregister online at [LPLTeen.net](http://LPLTeen.net) beginning Dec 14 for the early Jan Brawl and beginning Jan 10 for the late Jan Brawl. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

### SATURDAY JANUARY 5

**How to Download eBooks** – 1:30-2:30pm. Lafayette

Public Library helps with learning what to do with a new Nook, Kindle or iPad. Bring your device to easily download FREE eBooks from the library. Preregister online. Jefferson St Library, 538 Jefferson St, Lafayette. 337-261-5787. [LafayettePublicLibrary.org](http://LafayettePublicLibrary.org).

### SUNDAY JANUARY 6

**Leroy Thomas & Zydeco Road Runners** – 1-4pm. Dance the afternoon away at Vermillionville’s Performance Center. \$5. Refreshments available. 300 Fisher Rd, Lafayette. 337-233-4077.

### MONDAY JANUARY 7

**Basic Computing Class** – 9:30-11:30am and 1-3pm. Learn basic computer components and architecture, use of the mouse and keyboard, instruction on working with windows, toolbar and command menus, and running multiple Windows applications. Free. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

**Chenier Story Times** – 10-10:30am. Story times are offered at several Lafayette branches. No preregistration is required but groups need to call to insure available space. Ages 3-6. Chenier Branch, 220 W Willow St, Bldg C, Lafayette. 337-291-2941.

### TUESDAY JANUARY 8

**Basic Computing Class** – 9:30-11:30am. See Jan 7 listing. North Regional Library, 5101 N University, Carencro. 337-896-6323.

**Sci-Fi/Fantasy Book Club** – 6:30-7:45pm. The book discussed is *Ship Breaker* by Paolo Bacigalupi. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

### WEDNESDAY JANUARY 9

**Basic Computing - Free Computer Class** – 9:30-11:30am & 1-3pm. See Jan 7 listing. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

**North Regional Story Time** – 10:30-11am. See Jan 7 listing. North Regional Library, 5101 N University, Carencro. 337-896-6323.

**Story Castle** – 10:30-11:15am. Begin your child’s literacy education early with a star-studded lineup of storytelling, music, finger plays and other educational activities. Day care centers must call in advance. Jefferson St Library, 538 Jefferson St, Lafayette. 337-261-5779.

### THURSDAY JANUARY 10

**Movie Night for Adults: Alice Doesn’t Live Here Anymore** – 6-7:45pm. Watch some great classic and contemporary films about people who changed their lives for the better and get inspired to make some positive changes yourself. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

**Backpack Safety** – 6:30-7:30pm. Children may be at risk of serious injury from lugging their backpacks to and from school. Lafayette Chiropractor Dr Scott Fournier presents safety tips for parents to help their children avoid injury. North Regional Library, 5101 N University, Carencro. 337-896-6323.

### FRIDAY JANUARY 11

**Movie: Brave** – 4-5:30pm. Determined to make her own path in life, Princess Merida defies a custom that brings chaos to her kingdom. Granted one wish, Merida must rely on her bravery and her archery skills to undo a beastly curse. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

### SATURDAY JANUARY 12

**Greenroom Art walk Extravaganza** – 4-6pm. Paint Starry Tree with a twist. Visit the website to view the whimsical painting. Step by step instructions and all supplies provided. Register, seating is limited. The Greenroom, 229 Jefferson St, Lafayette. 337-234-9783. [PaintingWithATwist.com/Lafayette](http://PaintingWithATwist.com/Lafayette).

**Art Walk: Exhibit by Bob Adams, Jo Ann Gary, and Karen Louviere-Hoyt** – 6-8pm. The “Different Approaches” art exhibit. 538 Jefferson St, Lafayette. 337-261-5787.

### SUNDAY JANUARY 13

**Jimmy Breaux & Friends** – 1-4pm. Dance the afternoon away at Vermillionville’s Performance Center with Jimmy Breaux & Friends. \$5. Refreshments available. 300 Fisher Rd, Lafayette. 337-233-4077.

**Painting with a Purpose** – 1-4pm. In the spirit of celebrating Mardi Gras, the featured painting is the “Black and Silver Mask.” Painting with a Twist and will donate 50% of the proceeds to benefit the Down Syndrome Association of Acadiana. 337-234-9783. [DSAA.info](http://DSAA.info) or [PaintingWithATwist.com/Lafayette](http://PaintingWithATwist.com/Lafayette).

### MONDAY JANUARY 14

**Basic Internet Class** – 9:30-11:30am & 1-3pm. Focuses on a conceptual understanding of the Internet and those components necessary to acquire connectivity. Learn browser functions and various techniques for finding information on the World Wide Web. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

**Chenier Story Times** – 10-10:30am. See Jan 7 listing. Chenier Branch Library, 220 W Willow St, Building C, Lafayette. 337-291-2941.

### TUESDAY JANUARY 15

**FUN-tastic Art Craft** – 4-5pm. Budding artists create fun-tastic art projects using discovery, exploration and individual creativity. Ages 7-12. 5101 N University, Carencro. 337-896-6323.

**Sleuths Mystery Book Club** – 6:30-7:45pm. Discuss *Skull Mantra* by Eliot Pattison. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.



## WEDNESDAY JANUARY 16

**Teen Movie Night: Pitch Perfect** – 5:30-7pm. Becca is arriving at her new college, finding out new things and meeting new groups of people. This is a fun movie filled with colorful characters and great music. North Regional Library, 5101 N University, Carencro. 337-896-6323.

**Romance Book Club** – 6:30-7:30pm. You are invited to an organizational meeting for Lafayette Public Library's newest book club. All who are interested in reading and sharing thoughts about romance novels are encouraged to attend. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

## THURSDAY JANUARY 17

**Design Your Own Piggy Bank** – 4-4:30pm. Kids paint and decorate their very own ceramic piggy bank to begin the new year with a sound financial start. Preregistration required. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

**Backpack Safety** – 6:30-7:30pm. See Jan 10 listing. South Regional Library. 6101 Johnston St, Lafayette. 337-981-1028.

## SATURDAY JANUARY 19

**Living Right Health Expo 2013** – 9am-1pm. A new year, new you! Join this event that promises to provide health tips and vast array of information, interactive demonstrations, screenings and exciting speakers to motivate participants to keep their New Year's Resolutions. Free. Sponsored by Our Lady of Lourdes and KATC-TV3. Cajundome Convention Center, 444 Cajundome Blvd, Lafayette.

**Teen Performance Troupe Rehearsal** – 10-11:30am. Teen volunteers needed for voice actors, puppeteers and behind-the-scenes help for puppet shows to be performed for families and children. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

## SUNDAY JANUARY 20

**Dine Around** – 11am. A monthly social outing with others who lost loved ones. Preregistration required. Molly Vincent Charpentier. 235 Doucet Rd, Lafayette. 337-251-1614.

**Goldman Thibodeaux & the Lawtell Playboys** – 1-4pm. Dance the afternoon away at Vermilionville's Performance Center with Goldman Thibodeaux & the Lawtell Playboys. \$5. Refreshments available. 300 Fisher Rd, Lafayette. 337-233-4077.

**Bridal Show** – 5:30pm-8:pm. Exclusive bridal show featuring Acadiana's premier vendors. \$10/bride. Register to win prizes. 1100 Camellia Blvd, Lafayette. 337-216-6521. CityAtRiverRanch.com.

## TUESDAY JANUARY 22

**PowerPoint** – 9:30-10:30am & 1-2pm. Prerequisite: Introduction to Computing Using Windows classes. Learn to develop PowerPoint slide presentations using various backgrounds, charts and text animations. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

**Happy Mardi Gras Poster Craft** – 3:30-4pm. Students create a sparkly poster to use at Mardi Gras or to decorate their home. Ages 5-12. Milton Branch Library, 108 W Milton Ave, Milton. 337-856-5261.

**Moving Tales: Presentation of The Talkative Turtle** – 4-5pm. Children 5-11 years express themselves through stories and yoga movements in this interactive storytelling adventure "The Talkative Turtle." Hear the tale of why turtles have cracked shells and awoken to the possibility of being a storyteller too. Participants complete an art project as part of the fun. 5101 N University, Carencro. 337-896-6323.

## WEDNESDAY JANUARY 23

**Facebook Basics** – 9:30-10:30am & 1-2pm. Call to register. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

**Moulin Rouge - The Ballet** – 7pm. Along with a rousing French soundtrack, this event features high-kicking choreography and a passionate story of love, ambition and heartbreak. Heymann Performing Arts Center, 1373 S College Rd, Lafayette. 337-237-2787.

## THURSDAY JANUARY 24

**Movie Night for Adults: The Razor's Edge** – 6-8pm. Watch great classic and contemporary films about

people who changed their lives for the better and get inspired to make positive changes. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

## SATURDAY JANUARY 26

**Story Time En Francais** – 11-11:30am. Sat story time told in French. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

## SUNDAY JANUARY 27

**Lafayette Rhythm Devils** – 1-4pm. Dance the afternoon away at Vermilionville's Performance Center with Lafayette Rhythm Devils. \$5. Refreshments available. 300 Fisher Rd, Lafayette. 337-233-4077.

## MONDAY JANUARY 28

**Basic Email** – 9:30-11:30am & 1-3pm. Meet once for a two-hour session. Prerequisite: Basic Internet class. Learn to send, receive and delete emails as well as how to send and receive attachments. Participants are given the opportunity to create a free email account. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

## TUESDAY JANUARY 29

**Moving Tales: Presentation of The Talkative Turtle** – 4-5pm. See Jan 22 listing. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

## WEDNESDAY JANUARY 30

**Teen Animanga Club** – 6-7:30pm. Teens watch clips from new anime and discuss manga favorites in this teen gathering. Refreshments provided. 5101 N University, Carencro. 337-896-6323.

## THURSDAY JANUARY 31

**Love Stories from Thin Space by Kathryn Elliott** – 10am. For encouragement that death has not severed the ties with your loved one, Elliot shares dramatic, heart-touching stories that encourage you to discover your own Thin Space moments. Pre-registration required. 2600 Johnston St, Lafayette. 337-232-1234.



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# ongoing events

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## sunday

**God's Grace Boutique** – 8am-5pm. Specializing in Plus Size school uniforms for men and boys. Avon on sale and special orders over \$50. Ladies rings sizes 6-12, men's 12-14. Dianne Robert. Hwy 190 Flea Market, Booth 11, 11946 W Hwy 190, Opelousas.

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

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

**The Vertical Barre Meditation Group** – 2-3pm. Free group meditation with Laci Lopez. The Vertical Barre, 233 Doucet Rd B-4, Lafayette. 877-575-1121. [TheVerticalBarre.com](http://TheVerticalBarre.com) or [ARealPerson@TheVerticalBarre.com](mailto:ARealPerson@TheVerticalBarre.com).

**Celebrate Recovery** – 4:45pm. Celebrate Recovery in a Christ centered 12 step program. Join weekly sessions at First Baptist Church, 1100 Lee Ave, Lafayette. 337-233-1412.

## monday

**Water Aerobics Class** – 8-9am & 6:30-7:30pm. Removes pressure from joints and makes moving easier. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8362.

**Yes, I Remember It Well** – 10am-12pm. Join LC Melchior for a morning of sharing stories of Acadiana and reminiscing those good old days every 2nd Mon of the month until the end of 2013. Hospice of Acadiana, Inc, Conference Center, 2600 Johnston St, Lafayette. 337-234-1234.

**Tap and Jazz Dance Class** – 5:30-6:30pm. Adult class for beginners-advanced students. \$35 per month. Debbie Roat Moore. Cite des Arts, 109 Vine St, Lafayette. 337-291-1122. [CiteDesArts.org](http://CiteDesArts.org).

**PEPP for Parkinson's Positive Experience** – 6-7:30pm. 3rd Mon each month. Parkinson's Patients Support Group meeting. Our Lady of Lourdes Medical Center, 4801 Ambassador Caffery Pkwy, Lafayette. 337-281-7659.

**Lafayette Photographic Society** – 6:45pm. Bi-monthly meetings on 2nd and 4th Mondays of the month to foster artistic craft. Educational programs and guest speakers at 2nd Monday's meeting. Inter-club projected image and print competitions at 4th Monday's meeting. 1101 Bertrand Dr, Room 411, Lafayette, LA. [Blemaire56@yahoo.com](mailto:Blemaire56@yahoo.com).

## tuesday

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

**Baby Time** – 9:30-9:45am. Class designed to introduce mothers, fathers, caregivers and babies to nursery rhymes, songs, finger plays and early literacy information. Ages 9-18 months. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

**Toddler Tuesdays** – 10-11am. Parents bring toddlers to the University Museum for interaction with other toddlers in a special play area and stick around for story time. Free. UL Lafayette Hilliard University Art Museum, 710 East St Mary Blvd, Lafayette. 337-482-2278.

**Toddler Time** – 10:30-10:45am. Fifteen-minute story sessions geared to children 18-35 months. Adults must accompany toddlers. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

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

**Teche Area Farmers' Market** – 3-6pm. Fresh and frozen produce from local farmers, handmade crafts, jams, jellies, preserves, baked goods, live animals, farm fresh eggs, frozen seafood, something for everyone of all ages. Main St, New Iberia.

**Cranky Kids Acting Workshop** – 4-5pm. Acting group for kids ages 6 and up to master improvisation, storytelling and other forms of the art of acting. \$16. Jim Phillips. Cite des Arts, 109 Vine St, Lafayette. 337-291-1122. [CiteDesArts.org](http://CiteDesArts.org).

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

Cash & Carry Building, 801 Enterprise Blvd, Lake Charles. 337-764-9432.

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

**Guitar for Kids** – 5-5:45pm. From chord structure and progression to rhythm and strumming, this is a great class for building a solid musical foundation. The Front Room, 1301 Ave A, Scott. 337-258-2333. [MusicReed@yahoo.com](mailto:MusicReed@yahoo.com).

**Acquired and Traumatic Brain Injury Support Group Meeting** – 6pm. 3rd Tues each month. Help to build you and your family a network of support to set out in a new, rewarding direction. Free. Our Lady of Lourdes Facility, Ambassador Caffery, Section One, Conference Room A. 337-856-1964 or 877-852-1964.

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

**The Budget Queen Coupon Swap** – 6-7pm. The Budget Queen hosts a coupon swap on the 2nd Tues of the month in the conference room at the South Regional Library. Join us to swap coupons, and get money saving advice and tips. Beginners are welcome. The South Regional Library, 6101 Johnston St, Lafayette. 337-371-7884.

**Acquired and Traumatic Brain Injury Support Group Meeting** – 6pm. 3rd Tuesday each Month. Help to build you and your family a network of support to set out in a new, rewarding direction. Free. Our Lady of Lourdes Facility, Ambassador Caffery, Section One, Conference Room A. 337-856-1964 or 877-852-1964.

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

**Mystery Book Club** – 6:30-7:30pm. The South Regional Library hosts a mystery book club on the 3rd Tues of each month. The South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

## wednesday

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

**Water Aerobics Class** – 8-9am & 6:30-7:30pm. Removes pressure from joints and makes moving easier. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8362.

**La Table Francaise** – 8:30-9:30am. Last Wed of month. Grab a cup of coffee and share conversa-

tion and fun with other French speakers. Whiteville School House, Le Vieux Village, 828 East Landry, Opelousas. 337-948-6263.

**Baby Time** – 9:30-9:45am. See Tues listing. South Regional Library, 6101 Johnston St, Lafayette. 337- 981-1028.

**Toddler Time** – 10:30-10:45am. See Tues listing. South Regional Library, 6101 Johnston St, Lafayette. 337- 981-1028.

**LEDA Networking Luncheon** – 11:30am. Meet over a hundred people at a buffet lunch the first Wed of each month. Guest speakers from local businesses give three-minute presentations to promote their products or services. The “roaming mic,” is passed to everyone in the audience for the opportunity to stand up and tell their name and the name of their business. Door prizes, plenty of time for mingling. \$17.50. RSVP by 5pm the Tues before. River Oaks, Lafayette. 337-593-1400.

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

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

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

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

## thursday

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

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

**Water Aerobics Class** – 2:30-3pm. Removes pressure from joints and makes moving easier; reduces the fear of injuries from falling. Adults 50 yrs & older or with special needs or disabilities who can participate independently. Free. Denise Ferguson. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8127.

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

**Children’s Fiddle** – 5-5:45pm. Kids of all abilities learn tunes from around the world while discovering a variety of musical genres. The Front Room, 1301 Ave A, Scott. 337-258-2333. MusicReed@yahoo.com.

**Water Aerobics Class** – 6:30-7:30pm. Removes pressure from joints and makes moving easier. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8362.

**Open Mic** – 8pm. Open microphone performances. The Porch Coffee House, 4710 Common St, Lake Charles.

## friday

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

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

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

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

**Water Aerobics Class** – 8-9am. Removes pressure from joints and makes moving easier. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8362.

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

## saturday

**Bullying Stops With Me!** – For children and parents dealing with the issue of bullying. Anyone is welcome to call 24 hours a day, 7 days a week and the caller may remain anonymous. Free. 337-322-4525. BullyingStopsWithMe.com.

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

**Teche Area Farmers’ Market** – 6-10am. See Tues listing. Main St, New Iberia. 337-256-4971.

**Acadiana Walking Club** – 8am. Meet at various walking trails. Call for the meeting place in advance. If you would like to join the mailing list for the walking club or have any questions, call 337-261-9188 or email Admin@HealTheHabitsForLiving.com.

**Hwy 190 Flea Market – 8-5pm. Sat and Sun. Flea market vendors from around Acadiana come to sell clothes, antiques, houseware, tools, furniture, jewelry, food and more. Come and join the fun and buy at flea market prices. VENDOR BOOTHS AVAILABLE. 11946 West Hwy 190, Opelousas (between Opelousas and Lawtell - on the left). 337-678-1500.**

**Antiques and Farmers Market** – 8am-4pm. See Sun listing. Market and Auction House. 151 B Leo Richard Rd, Sunset. 337-212-2091.

**City Garden Market** – 8am-12pm. Organically grown vegetables, fruit, canned sauces, salsas, jams, jellies, small sweet dough, large pies, honey, eggs, fish, bread and dog biscuits. Oil Center across from Champagne’s Market, Lafayette.

**God’s Grace Boutique** – 8am-5pm. See Sun listing. Hwy 190 Flea Market Booth 11, 11946 W Hwy 190, Opelousas.

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

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

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

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

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

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

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

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

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

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

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

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

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

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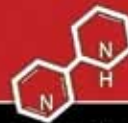
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Natural Awakenings Acadiana Edition



## liteon Natural Health Center

*Powerful, Positive Healing for Life*



Vitamin Shop • Contempo Spa • Natural Medicine • Weight Management  
Detox • Inflammation & Pain Management • Cancer Wellness & Prevention  
Hormone Balancing



### What we do:

The Natural Health Center is a holistic health practice, offering state-of-the-art technology combined with individualized service. We believe that each person should be approached as a whole, integrated being and not just a collection of symptoms. Each person is biochemically different from one another.

Therefore, no two people who come to us will receive the same recommendations and plan of action. We customize the way we help people based upon their individualized needs. Our goal is to get your body to a healthy, balanced state where it can begin to heal itself the way God created it to do.

**Accidents kill 4% of us.  
Diseases kill 96%.  
"We Are Not Getting Proper Nutrition"**





# liteon Natural Health Center

*Powerful, Positive Healing for Life*

Tel: 347.4141 or 896.4141  
[WWW.NATURALHEALTHCENTERSONLINE.COM](http://WWW.NATURALHEALTHCENTERSONLINE.COM)

## BACK to BASICS Health Program \$160

One month supply of GENESIS Wheatgrass  
 Vitamin Therapy: Food-Based Multivitamin & Food-Based Multimineral  
 Healthscope Health Assessment  
 Thermography Women's Health Screening  
 Naturopathic Doctor Visit

## UNLIMITED Spa Services \$280

\* includes 30 day unlimited spa services - up to 3 days a week, 1 hour sessions  
 SAUNA & Whole Body Vibration  
 Water Massage Therapy  
 DERMOSONIC Cellulite Reduction (max 4 sessions)  
 Naturopathic Doctor Visit (max 2 sessions)  
 Thermography Screening (max 2 sessions health screening only)  
 Hydro-Dermo Hydration Spa Treatments  
 Infrared Body Wrap  
 Ion Foot Detox

## RESTORE Health Program \$340

\* includes 30 day unlimited spa services - up to 3 days a week, 1 hour sessions  
 Vitamin Therapy: Co-Q10, Antioxidant Complex, Food-Based Multi  
 Healthscope Health Assessment  
 SAUNA & Whole Body Vibration  
 Water Massage Therapy  
 DERMOSONIC Cellulite Reduction (max 4 sessions)  
 Naturopathic Doctor Visit (max 2 sessions)  
 Thermography Screening (max 2 sessions health screening only)  
 Hydro-Dermo Hydration Spa Treatments  
 Infrared Body Wrap  
 Ion Foot Detox

## SAUNA & Whole Body Vibration

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

\* includes four strawberry & wheatgrass smoothie mix for at home detoxification

## Water Massage Therapy

4 Sessions Water Massage Therapy: \$80  
 8 Sessions Water Massage Therapy: \$120  
 12 Sessions Water Massage Therapy: \$160

## DERMOSONIC Cellulite Reduction

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

## Natuopathic Doctor Visit

2 Sessions Naturopathic Doctor Visit: \$145  
 4 Sessions Naturopathic Doctor Visit: \$260

\* includes vitamin & mineral therapy, health assessment, thermography screening

## Thermography Medical Imaging

1 Session Complimentary Breast Screening: Free  
 2 Sessions Breast Thermography Screening: \$78  
 2 Sessions Full Body Thermography Screening: \$188

## Hydro-Dermo Hydration Spa Treatment

4 Sessions Hydration Spa Treatment: \$120  
 8 Sessions Hydration Spa Treatment: \$210  
 12 Sessions Hydration Spa Treatment: \$300

## Infrared Body Wrap

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



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

To schedule your  
first appointment

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**662-3120**  
SUNSET OFFICE

