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SECRETS
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HIGH**

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Invokes the Infinite



EVERY ISSUE IS
A GREEN ISSUE

January 2017 | Acadiana-Edition | www.NAcadiana.com

BF-4 Weight Loss



BF-4 (Body Fat Trim) is a special blend of all of the major fat burners. Because it contains all the four major fat burners it can help you lose weight quickly and naturally. You have no choice but to lose the weight.

Garcinia Cambogia to prevent fat cell formation.

Raspberry Ketone to help fat cells shrink.

Green Coffee Bean to signal the body to burn stored fat.

Chromium to build muscle and burn fat.



We See It First!

8-10 Years Before A Mammogram

Breast Cancer can be prevented with early detection and lowering your risks.

"We Can See It BEFORE the Mass Develops"



2.5 cm

Mammogram - detects AFTER lump

.25 cm

Thermography - detects BEFORE lump

Cancer Cells Double Every 90 Days!

90 days	2 cells
1 year	16 cells
2 years	256 cells
3 years	4,896 cells
4 years	65,536 cells
5 years	1,048,576 cells
6 years	16,777,216 cells
7 years	268,435,456 cells

Tumor size when detected by Thermography.
Thermal imaging can see a tumor the size of a grain of rice. You'd have a 99% survival rate. 80% of lumps found are benign.

8 years	4,294,967,296 cells
9 years	68,719,476,736 cells
10 years	1,099,511,627,776 cells
11 years	281,474,976,710,656 cells
12 years	4,503,599,627,370,496 cells

2.5 cm About the size of a dime
Generally the first detection of tumor by mammogram

\$67
Breast Cancer SCREENING with this Ad Only

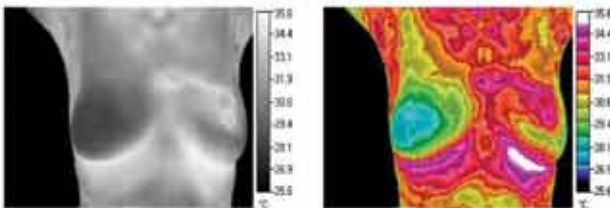
\$94
Full Body SCREENING with this Ad Only

Painless • No Radiation • No Contact • FDA Approved

Breast Cancer can be prevented with early detection and lowering your risks.

Thermography Can Detect Tumors 8 - 10 Years Before a Mammogram

Note: LOUISIANA is in the top 3 states with the highest rates of breast cancer mortality in the U.S. 1 in 8 Women will develop breast cancer this year.



Left Breast Cancer Grey Scale and Color Breast Temperature

Left image identifies the warm (white) vascular markings in the left breast. These markings are not only warm but appear chaotic in their distribution. They are actually circling a tumor and are angiogenic. The color image demonstrates the degree of warming that has occurred in the left breast. The heat is a function of increased tumor metabolism in combination with cancer induced blood vessel dilation, inflammation and neoangiogenesis.

Mammography cannot detect a tumor until after it has been growing for years and reaches a certain size. Thermography can detect the possibility of breast cancer much earlier, because it can image the early stages of increased blood supply to cancer cells (angiogenesis), which is a necessary step before they can grow into a detectable mass.

THERMOGRAPHY

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Organic Frozen Wheatgrass Juice

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



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

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

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

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

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

Green Waters Alkaline Water



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

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

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

pH 9.5 Drops



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

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

WheTea

BURNS STOMACH FAT



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

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



BF-4 Weight Loss



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

.....\$45.00

Pain & Inflammation Enzyme



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

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

Digestive Enzyme Complex



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

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

Raspberry Ketone Drops



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

Manglier Tea

mong-lee-AY

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



Wheatgrass Capsules



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

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

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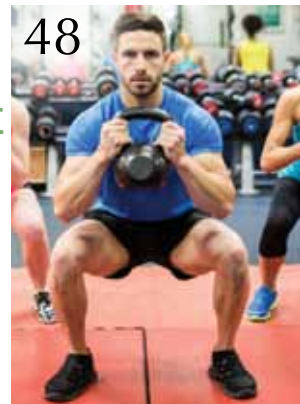
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advertising & submissions

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

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Junior Auxiliary of Abbeville Aims to Improve Lives of Local Youth



The Junior Auxiliary of Abbeville is committed to improving the lives of children by developing and implementing programs to meet emotional, physical, financial and educational needs. The non-profit service organization encourages members to participate in charitable services designed to benefit

the general public, with special emphasis on children and youth, and is proud to serve children and their families in Delcambre, Erath, Abbeville, Maurice, Kaplan and Gueydan.

Programs are aimed at meeting emotional, physical, financial and educational needs of participants. Additionally, the Junior Auxiliary organizes and hosts several community service projects focused on the health, welfare, civic and educational fields. In consistent efforts to meet the needs of the community the Auxiliary also partners with schools and other organizations throughout the community to help identify and meet specific crisis areas of local youth. Chapter meetings are held the first Tuesday of each month at 6 p.m.

For information, visit JaofAbbeville.org.

Rogers & Hammerstein's Cinderella Coming to Lafayette



Rogers & Hammerstein's Cinderella, the Tony Award®-winning Broadway musical from the creators of The Sound of Music and South Pacific, is coming to Heyman Center at 7:30 p.m. on January 10.

Fun for the entire family, this contemporary take on a classic tale has been delighting audiences across the country. The production combines all of the memorable moments with an incredible orchestra, highlighted with fascinating transformations of all the renowned classic scenes such as the pumpkin, the glass slipper, the masked ball and more. The show hallmarks some of Rodgers & Hammerstein's most beloved songs, including In My Own Little Corner, Impossible/It's Possible and Ten Minutes Ago.

Location: 1373 S. College Rd., Lafayette. Tickets can be purchased at Ticketmaster or the Heymann box office. For additional information, call 337-856-5770 or visit HeymannCenter.com.

7 Common Signs of Nutrient Deficiency

- Poor Night Vision**
Vitamin A, known as retinol, is essential for promoting good vision and overall eye health. It also helps to maintain healthy skin and soft tissues throughout the body.
- Cracks at the Corners of the Mouth**
More likely to occur for those following vegan and vegetarian diets because it's harder to get sufficient zinc, iron and B12.
- Sores or Discoloration of the Mouth and Tongue**
Water-soluble B-vitamins are essential for the health of the mouth and tongue. Unfortunately, the body doesn't store them, so we have to constantly replenish them to maintain health.
- Weak, Spotted or Ridged Nails**
These are common signs of a deficiency in zinc, an important trace mineral needed for the proper function of the immune system. Zinc also serves an important role in cell division and growth.
- Poor Blood Clotting**
Essential for normal blood clotting, vitamin K also plays a vital role in bone mineralization and cell growth. Lack of vitamin K can result in bruising, frequent nosebleeds, and brittle bones.
- Weak Muscles and Bones**
In advanced cases it's called rickets (for children) or osteomalacia (for adults), but it boils down to a deficiency in vitamin D, an essential nutrient for the growth, health and maintenance of the structural system.
- Frequent Cramps in the Lower Legs**
Magnesium, Calcium and Potassium support proper muscle development and growth. Lack of these important nutrients can cause persistent discomfort in the feet, calves and back of the leg.

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A Vitamin Test can help

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A Cut Above Transportation is now providing service to Lafayette and all Acadiana. A Cut Above is a luxury limousine shuttle service offering premiere luxury transportation in south Louisiana. Services provided by A Cut Above include all business class, leisure and airport ground transportation. The limousine is a 14-passenger, fully customized shuttle equipped with luxurious seating, a fireplace, specialty lighting and a theatre-style sound system.

A Cut Above is available for birthday parties, bachelorette parties, Valentine's Day, corporate functions and other special events. As an added feature A Cut Above Transportation offers specialty trip planning for those that want to spend a day touring historical sites in a particular city or area or just want a experience a unique adventure. Each planned trip comes with a complete itinerary, a hostess, beverages and hors d'oeuvres for snacking on the go.



For reservations and information, call 225-788-2809 or visit ACutAboveTransportation.com.

New BF-4 PLUS Weight Loss

Liteon Naturals has just released it's newest Body Fat Trim Plus (BF-4 Plus) weight loss product. The new BF-4 Plus is designed to work with the original BF-4 weight loss nutritional supplement and provides an even stronger formula for burning fat and losing weight.

Supplement Facts	
Serving Size: 2 Capsules	
Servings Per Container: 30	
Amount Per Serving	%DV
Proprietary Formula	1008 mg †
Caralluma Fimbriata Extract, White Kidney Bean Extract, Forskolin (Coleus Forskohlii Root Extract), African Mango Extract, Garcinia Cambogia Extract, Green Coffee Bean Extract, Green Tea Extract, Moringa Extract, Raspberry Ketone	
† % Daily Value (DV) not established	



BF-4 Plus contains 5 new essential ingredients for weight loss: Caralluma Fimbriata Extract, Forskolin (Coleus Forskohlii Root Extract), African Mango Extract, Garcinia Cambogia Extract, Green Coffee Bean Extract, Green Tea Extract, Moringa Extract, and Raspberry Ketone.

For more information, call 337-896-414 (Carencro Office), 337-356-1251 (Lafayette Office), 337-662-3120 (Sunset Office), 337-678-1844 (Opelousas Office) or visit www.BF4OnlineStore.com.

What Your Fingernails Say About Your Health

Many people are curious about their fingernails, especially when they find irregularities. Fitting, ridges, spots, and other marks are common on nails and usually just a cosmetic issue. But there are some nail irregularities that are associated with serious medical conditions. Below, we explain what your nails may be telling you about your health.

White Bands (Muehrcke's Nails)
This condition is characterized by a pair of horizontal white lines running parallel to the nail base. It may occur because of chemotherapy, but also may be associated with:

- Liver disease
- Kidney disease

Nail Clubbing
Nails normally curve at a slight upward angle from in the nail bed. Nails that curve downward may indicate:

- Lung disease
- Cardiovascular disease
- Liver disease
- Inflammatory bowel disease
- HIV infection

Horizontal indentations (Beau's lines)
These lines may be a sign of injury to the nail and can occur as a result of a high fever and in people being treated with chemotherapy. Beau's lines may also be associated with:

- Peripheral vascular disease
- Diabetes
- Zinc deficiency

Spoon Nails (koilonychia)
Spoon nails may be abnormally thin and flat, or even concave enough to hold a drop of water. This condition is associated with:

- Severe iron-deficiency anemia
- Repeated exposure to chemicals or trauma

White nail plates (Terry's nails)
Terry's nails are characterized by white nails with a dark band at the tip, seen on all fingers and are common in people with liver disease. Though they may also occur as part of normal aging, they are also associated with:

- Congestive heart failure
- Diabetes
- HIV infection

Call (337) 896-4141 to schedule

**Get Checked
A Thermography Exam can help**

Urinalysis (UA)

means analysis of urine

Urinalysis is a test that evaluates a sample of your urine. Urinalysis is used to detect and assess a wide range of disorders, such as:

- urinary tract infection
- kidney disease
- diabetes
- gout
- pregnancy
- a bladder infection
- infection of the kidneys
- infection of the urethra
- Hematuria (blood in urine)
- liver infection and function
- dehydration

This is a very cost effective, and simple test that can provide important clinical information.



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healthbriefs

Autism Risk Linked to Banned Chemicals

A study from Drexel University, in Philadelphia, has linked autism spectrum disorder with prenatal exposure to organochlorine chemicals. The researchers examined 1,144 children born in southern California between 2000 and 2003 with mothers that had enrolled in a state-sponsored prenatal screening program. Blood tests were taken during their second trimester of pregnancy, a critical time for neurodevelopment, to measure exposure to organochlorine chemicals, including polychlorinated biphenyls (PCB) and pesticides such as DDT. These compounds were banned from production in the U.S. in 1977, but remain in the environment. It's well known that they can cross the placental barrier, impacting neurodevelopment in fetuses.

The researchers selected participants based on previous health diagnoses: 545 children with autism spectrum disorder and 181 with intellectual disabilities, plus 418 free of both issues as a control group. They found a 50 to 82 percent increased autism risk in children with the highest levels of four identified PCB compounds in utero, based on which ones were present.

"The results suggest that prenatal exposure to these chemicals above a certain level may influence neurodevelopment in adverse ways," says Kristen Lyall, Sc.D., assistant professor in the university's A.J. Drexel Autism Institute, promising further related studies.



Billion Photos/Shutterstock.com

Ayurvedic Program Improves Blood Chemistry

A clinical trial from the University of California-San Diego School of Medicine found that participants in a six-day, ayurvedic-based, well-being program showed metabolic improvements in blood tests for inflammation, cardiovascular disease risk (CDR) and cholesterol levels.

Study participants consisted of 119 healthy men and women between the ages of 30 and 80. Sixty-five experienced a *panchakarma* program, a detox and rejuvenation protocol involving a vegetarian diet, meditation, yoga, massage, herbal therapy and other healing therapies. The other 54 served as a control group. Blood was analyzed before and after the test period.

The researchers, led by Dr. Deepak Chopra, found measurable decreases in 12 phosphatidcholines (cell-membrane chemicals) associated with cholesterol, inflammation, CDR and Type 2 diabetes risk. They acknowledge that due to the short duration of the trial, the immediate changes were likely attributable to the vegetarian diet; more research is needed to determine the complementary role of the other therapies.

"It appears that a one-week panchakarma program can significantly alter the metabolic profile of the person undergoing it," remarks Chopra.



pittawut/Shutterstock.com

Exercise in Midlife Helps Preserve Mental Sharpness



A study published in the *Journal of Alzheimer's Disease* in July confirms that physical activity in midlife can help reduce the chances of developing cognitive impairment in old age. Scientists studied data on the physical activity levels from 3,050 twins in Finland given questionnaires in 1975 and 1981.

A phone interview more than 25 years later served as a follow-up cognitive evaluation, and the subjects were divided into three categories: cognitively impaired, suffering mild cognitive impairment or cognitively healthy. Individuals that participated in vigorous physical activity when they were middle-aged displayed lower levels of cognitive impairment compared to those that did less vigorous exercise.

Early-to-Bed Kids at Less Risk of Obesity

Research from the Ohio State University College of Public Health, in Columbus, suggests that the risk of childhood obesity, a growing concern in the U.S., can be reduced by putting children to bed before 8 p.m.

The researchers examined reports from mothers of 977 4-and-a-half-year-old children born in 1991 regarding their typical weekday bedtimes. The answers were divided into three categories: 8 p.m. or earlier, between 8 and 9 p.m. and later. Responses were compared to the obesity levels of the same children at an average age of 15. Of the group with the earliest bedtime, comprising about 25 percent of the subjects, only one in 10 were obese, compared to 16 percent of those with childhood bedtimes between 8 and 9 p.m., representing 50 percent of the subjects. The youngsters that went to bed the latest reported a 23 percent obesity rate, the highest overall.

Dr. Meena Khan, a sleep medicine specialist at the university's Wexner Medical Study Center, comments about the challenge of maintaining proper bedtimes: "Kids do well with a schedule and a routine."



Parents Use Complementary Health Care for Kids



The 2012 National Health Interview Survey, published in 2015, included a survey on the use of complementary medicine practices. Nearly 45,000 Americans were questioned, including more than 10,000 children between the ages of 4 and 17.

The survey found that nearly 12 percent of children had used complementary medicine, either in a practice or product, during the year studied. The most common form of alternative medicine among children was natural supplements, such as fish oil, probiotics and melatonin. Chiropractic care and yoga were also popular choices.

Researchers found that parents sought complementary approaches most often for children due to back or neck pain, musculoskeletal conditions, colds, anxiety, attention-deficit hyperactivity disorder or insomnia.



Early Job Satisfaction Supports Long-Term Health

Researchers from Ohio State University, in Columbus, started with data from 6,432 participants in the National Longitudinal Survey of Youth, conducted in 1979, to study the impact that early job satisfaction has upon health as we age. The new study examined reports of job satisfaction on a scale of one (dislike very much) to four (like very much) for participants between the ages of 25 and 39. Then they compared the responses to mental and physical health reports measured after the participants turned 40.

Those that reported low job satisfaction throughout their 20s and 30s exhibited higher levels of emotional problems, depression, sleep problems and excessive worry. Individuals that started out satisfied with their jobs but became less satisfied over time also faced sleep and anxiety difficulties, but exhibited less depression. The participants that reported increasing job satisfaction in their 20s and 30s reported fewer mental health problems.

The correlation between physical health after 40 and early job satisfaction was not as strong, but university associate professor of sociology Hui Zheng notes, "Increased anxiety and depression could lead to cardiovascular or other health problems that won't show up until they are older."

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DR OZ Show



* Results may vary depending on patient. Age, diet, exercise, and the patient following all procedure recommendations influence results.

6 Reasons to put Infrared Sauna

on your TO DO list

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



WEIGHT LOSS

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globalbriefs

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

Reforestation India

Massive Tree-Planting Against Climate Change



Indian officials report that volunteers planted more than 49 million trees on a single day in 2016, surpassing the 2013 world record of 850,000 in Pakistan. An estimated 800,000 volunteers worked for 24 hours planting 80 species of saplings raised in local nurseries along roads, railways and other public land.

The effort is part of the commitment India made at the Paris Climate Conference in December 2015. The country agreed to spend \$6 billion to reforest 12 percent of its land and bring the total forest cover to 235 million

acres by 2030, or about 29 percent of its territory.

Trees sequester carbon dioxide from the air and reduce greenhouse gases in the atmosphere. India has experienced substantial loss of its forest cover in recent centuries as people cut down trees for firewood, pasture and development. Still, saplings need water and care and are susceptible to disease. Mortality rates can reach 40 percent after such massive tree plantings.

Other countries are also replanting trees. Last December, African nations pledged to reforest 100 million hectares (386 square miles). A wide range of stakeholders from countries to companies also signed on to the non-binding New York Declaration of Forests that month, with the goal of halving deforestation by 2020 and ending it by 2030.

Source: National Geographic

Protecting Pollinators

Maryland Bans Bee-Killing Pesticides

Maryland is the first state in the nation to pass strict restrictions on pesticides thought to be responsible for significant reductions in bee populations with enactment of its Pollinator Protection Act. Maryland lost more than 60 percent of its hives in 2015, each containing up to 20,000 honeybees, making it one of the states with the highest recorded declines. The national average is about 42 percent, yet across the country, farmers and gardeners are still using pesticides linked to colony collapse disorder. Globally, more than one-third of the world's food supply could be a risk if these and other pollinators are lost.

Neonicotinoids are one potent class of systemic pesticides introduced to agriculture in the 1990s that have been linked to bees' demise. In recent years, pesticides such as Knockout Ready-to-Use Grub Killer, Ortho Bug B Gon, and All-In-One Rose & Flower Care have been made available to consumers and beekeepers have noticed a corresponding increase in bee deaths.

The Maryland law bans the use of neonicotinoids by everyday consumers that have been spraying home gardens and trees with these deadly pesticides. Farmers and professional gardeners are exempt from the law. A similar law is awaiting the governor's signature in Connecticut. Although the U.S. Department of Agriculture has not officially recognized the well-researched link, the U.S. Environmental Protection Agency is reviewing it.

Source: BeyondPesticides.org





Allen.C/Shutterstock.com

Smog Begone

California Aims Even Higher on Emission Controls

California lawmakers have enacted a bill that aims to reduce the state's greenhouse gas emissions to 40 percent below 1990 levels by 2030. It extends previous efforts such as the California Global Warming Solutions Act of 2006 instituted to reduce emissions by 2020, along with another piece of legislation that vows to boost legislative oversight of climate change programs organized by the

California Air Resources Board.

Supporters say that emissions rules have created new jobs and led to billions of dollars of investment in California's clean energy sector. Opponents argue that the strict targets have caused some job losses, particularly in oil manufacturing.

The state, having the world's eighth-largest economy, has further announced a goal of fighting climate change and improving air quality by putting 1.5 million zero-emission state cars on the road by 2025.

Source: MSN.com

Eat Safer

Website Screens Packaging for Toxin

Although food manufacturers have pledged to voluntarily eliminate bisphenol A (BPA)—an endocrine disruptor linked to developmental problems in fetuses, infants and children—in their packaging materials, it's still found in the lining of many canned goods. Recent testing by an advocacy group found BPA in 70 percent of nearly 200 samples, including products from Campbell and Kroger, which have joined the pledge.

"It's in beer, coffee, tea, energy drinks and aerosol cans for whipped cream... it's everywhere," says Samara Geller, a database and research analyst with the Environmental Working Group (EWG). According to the U.S. Food and Drug Administration, BPA is safe at the levels people are exposed to via canned foods, but many consumers would rather not take the risk.

Consequently, EWG created a new tool to help consumers avoid the 16,000 products that may have BPA in their packaging. The numbers listed on package UPC codes can be compared against the database at Tinyurl.com/EWG-BPA-Lookup. "Our main goal was to get this out quickly to as many people as possible," says Geller. "The UPC code is really your best defense to finding out what they're talking about," because product names can change.



JONGSUK/Shutterstock.com

Lobster Liberation

Monks Free Creatures from Certain Doom

A handful of monks from the Great Enlightenment Buddhist Institute Society living on Canada's Prince Edward Island spent a day buying up all the live lobsters they could find at the local fish market, and then chartered a boat. Once out to sea, they recited a brief prayer over their writhing cargo and set them loose in the Atlantic.

"The whole purpose for us is to cultivate this compassion toward others," says one of the monks. "It doesn't have to be lobsters, it can be worms, flies, any animals; it can also be driving slower, so we don't run over little critters on the street."

One participant, Victoria Fan, says, "It's rethinking the way you normally see these creatures. Their happiness is as important as your happiness, their suffering is as important as your suffering."

Source: TheDodo.com



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Airline Air

Recirculating Jet Air Linked to Illness

Aerotoxic syndrome is the medical term for the illness caused by exposure to contaminated air in jet aircraft, and it's causing that ailment, plus the permanent disability and even death of airline employees and passengers. Whistleblowers have been met with ridicule and termination. The problem has been called the "asbestos of the airline industry" by critics. French scientist Jean-Cristophe Balouet, Ph.D., who discovered the syndrome in 1999, thinks it may have already affected 250,000 pilots, cabin crew and passengers worldwide.

In 1963, aircraft moved from drawing fresh air into the cabin to "bleeding" part of it from the engines. The synthetic oil used by jets contains organophosphates used in pesticides and nerve gas, and was banned by the U.S. Environmental Protection Agency for residential use in 2001 because of known toxicity. The byproducts of these carcinogenic organophosphates can also include aldehydes and carbon monoxide.

Airplane seals wear out and there are no chemical sensors onboard aircraft to detect fumes—only noses to detect the "dirty sock" odor. The Aerotoxic Association continues to push for air quality detectors on all planes and the Cabin Air Quality Act sponsored by California Senator Dianne Feinstein.

For more information, visit Aerotoxic.org.

ANXIETY

Ativan - Xanax - Valium



Read this article carefully and understand that conventional drugs prescribed for anxiety have longterm side effects and can become addictive.

Longterm use of certain anxiety drugs such as ativan, xanax, and valium can cause lift-threatening seizures, memory loss, insomnia, loss of muscle coordination, etc.

Look for holistic and natural options for treating anxiety.

Dr. Steven T. Castille
CEO
Community Wellness Centers

Anxiety starts in the limbic system, your brain's emotional alarm center, which sends out chemical signals to prepare your body for potential-danger. Normally, when the perceived threat has passed, the limbic system calms down. Anxiety results when the limbic system overreacts, sending out warning signals far in excess of any immediate danger and resulting in a state of constant stimulation. The conventional solution is a drug such as a benzodiazepine. These drugs appear to counteract this hypersensitivity, but in reality they simply mask the symptoms of anxiety-and they have many unpleasant side effects. **A natural, therapeutic approach is more likely to provide long-term relief for anxiety.**

Conventional Drugs Prescribed for Anxiety

Ativan (lorazepam)

Lorazepam is used for short-term relief of anxiety and depression symptoms. This drug, in the benzodiazepine family, is addictive with withdrawal symptoms similar to barbiturates and alcohol (convulsions, tremor, abdominal and muscle cramps, vomiting, and sweating).

Side Effects: Sedation, dizziness, weakness, unsteadiness, disorientation, depression, nausea, change in appetite,

headache, sleep disturbance, agitation, skin problems, disturbances in vision, and gastrointestinal problems. Incidence of sedation, unsteadiness, and memory impairment increases with age.

Warnings/Precautions: Curiously, patients report feeling anxious and unable to sleep after taking this drug for only a short time. Don't take lorazepam if you have narrow-angle glaucoma. Elderly and debilitated persons should receive an initial daily dose of no more than 2 mg, according to the Physician's Desk Reference.

Valium (diazepam)

Diazepam is in the benzodiazepine class of drugs. It's prescribed for short-term relief of anxiety. Diazepam is addictive and causes withdrawal symptoms similar to those of barbiturates and alcohol (convulsions, tremor, abdominal and muscle cramps, vomiting, and sweating).

Side Effects: Drowsiness, fatigue, loss of muscle coordination.

Warnings/Precautions: People can become physically and psychologically addicted to this drug. Even if taken for a short time, patients report feeling anxious and unable to sleep. Don't take diazepam if you have narrow-angle glaucoma.

Xanax (alprazolam)

Xanax is an exceptionally powerful benzodiazepine drug used for short-term symptomatic relief of anxiety and depression.

Side Effects: Like all benzodiazepines, Xanax has a plethora of side effects and is habitforming. Withdrawal symptoms are similar to barbiturate and alcohol withdrawal (convulsions, tremor, abdominal and muscle cramps, vomiting, and sweating). Other side effects are drowsiness, fatigue, impaired coordination, dry mouth, weakness, constipation, nausea/vomiting, diarrhea, blurred vision, abdominal pain, irritability, memory impairment, appetite and weight changes, dizziness, insomnia, headache, cognitive problems, speech difficulties, anxiety, abnormal involuntary movement, decreased or increased libido, depression, stuffy nose, chest pain, hyperventilation, confusion, twitching, muscle disorders, fainting, agitation, tinnitus, difficulty urinating, and sexual dysfunction.

Warnings/Precautions: Even if taken for a short time, patients report feeling anxious and unable to sleep. Dependence and withdrawal reactions include life-threatening seizures. Risk of dependency worsens with higher doses (above 4 mg per day), which are often given to treat panic attacks.

BENZODIAZEPINE DRUGS

Approximately 17 percent of people over age 65-almost one in five-take benzodiazepines, many for periods of a year or longer, despite the fact that studies show them to be effective for only four months. In older people, they often cause forgetfulness and other be-

havior attributed to “old age.” Almost 14 percent of all hip fractures and 16,000 automobile accidents per year are linked to benzodiazepine drugs. These drugs are also extremely addictive, causing withdrawal symptoms ranging from nervousness, headaches, and insomnia to seizures and delirium. There are natural alternatives to these anti-anxiety medications which, in my opinion, are more effective. I strongly recommend you work with your doctor and gradually wean yourself off these drugs by using the natural alternatives in this report.

Recommendations for Easing Anxiety Naturally

1. Exercise will benefit any type of anxiety, phobia, or emotional problem. Do aerobic exercise such as brisk walking three to six times a week for 30 to 60 minutes each time to get your heart rate up. Also do some type of strengthening exercise such as weightlifting two to three times a week.

2. Gamma amino butyric acid (GABA) naturally stimulates the same receptor sites as dangerous benzodiazepine drugs. For generalized anxiety, I recommend GABA by itself; 750 mg taken as needed up to three times a day for acute anxiety.

3. Kava is a natural anti-anxiety agent that comes from the root of a South Pacific pepper plant, *Piper methysticum*. Unlike benzodiazepines, which impair memory, kava seems to enhance memory, is not habit forming, and does not lose effectiveness over time. Kava should be taken for a maximum of three months, followed by a rest of two to four weeks. This cycle may be repeated as needed. Kava should not be taken in combination with alcohol, tranquilizers, or other drugs that act on the central nervous system, or by people with Parkinson’s disease. The dose for kava is one

150-mg capsule three times a day with meals or two to four capsules at the end of the day for relaxation. Look for a product that contains at least 30 percent kavalactones.

4. If the recommendations above don’t give you relief, ask your doctor about Dilantin (phenytoin). This prescription drug has been available for 60 years for seizure control. It quiets the nervous system and provides effective, safe relief from anxiety, self-defeating behavior, anger, and phobias. The usual dose is 100 mg twice a day. Some patients report drowsiness. If this occurs, take Dilantin only at bedtime.

5. If anxiety keeps you awake at night, try valerian, melatonin, L-theanine, or chamomile, separately or in a combination product. They are all available in health food stores.

- Valerian is the most widely used sleep aid in Europe. The recommended dose is 150- 300 mg of an extract standardized to contain 0.8 percent valeric acid, taken 30 to 45 minutes before going to bed. Valerian is safe and has no known side effects.
- Melatonin regulates your internal clock. Melatonin levels in your body naturally increase as night falls, cueing your body to sleep. It’s also a potent antioxidant, and it orchestrates the release of other hormones that influence body temperature, hunger, energy, and mood. Take 1 to 3 mg 30 minutes before bedtime.
- L-theanine is an amino acid derived from green tea. Renowned for its calming effects, L-theanine works by enhancing alpha-wave activity in the brain, which results in relaxation, and by increasing levels of GABA, a neurotransmitter that calms the brain. Take 200 mg 30- 60 minutes before bed.
- A cup of chamomile tea before retiring is a centuries-old sleep tonic that really works. This soothing herb will aid digestion, too.

6. Get stress relief with massage, chiropractic, and other bodywork techniques. Bodywork encompasses various techniques including massage, chiropractic spinal adjustment, acupressure, shiatsu, reflexology, and Rolfing. The touching, rubbing, stroking, and pressing motions of various bodywork techniques elicit a relaxation response in the body. They can actually reduce the circulating levels of cortisol and other stress hormones and increase levels of serotonin, a brain chemical that is a natural relaxant.

7. Reduce anxiety through relaxation. In addition to taking nutritional supplements and herbal remedies to counteract stress, you can help yourself relax by performing a simple exercise. For 5 to 10 minutes each morning and 5 to 10 minutes each afternoon (or whenever you feel the need to de-stress), try this:

- Sit or lie in a comfortable position.
- Close your eyes.
- Relax the muscular tension in your body, starting with your face and working down to your feet by imagining your muscles as warm, heavy, and comfortable.
- Inhale through your nose and exhale through your mouth. Try inhaling to the count of four to keep your breathing slow, deep, and regular. When you exhale, repeat a comfortable word, phrase or sound, such as “one” or “love.”
- As you inhale, imagine warm, soothing air flowing into your body and all of your body parts. As you exhale, imagine stress and tension leaving your body.

The simple act of deep breathing will immediately release tension and, as you continue with this exercise, deepen your state of relaxation. Deep relaxation causes oxygen consumption to drop by about 12 percent almost immediately. Additionally, blood lactate levels, which are intimately associated with anxiety, decrease by up to 20 percent with the onset of relaxation.

Depression
Anxiety
Can't Focus
Brain Fog

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Mood Enhancer
can help you

20 minutes = 1 hour of Aerobic Exercise

Whole Body Vibration Weightloss

How to Burn Fat Cells and Tone Muscle in Six Weeks



Whole Body Vibration for 10 minutes is the equivalent of 30-60 minutes of conventional weight lifting. This includes increasing your metabolism leading to burning more calories and losing pounds, inches, fat, and cellulite.

The women did not do anything different in their lifestyle such as exercise or diet. The researchers report that it appears that whole body vibration helped the obese women burn more fat tissue, which helped them lose weight and inches.

Body Composition Changes Occur

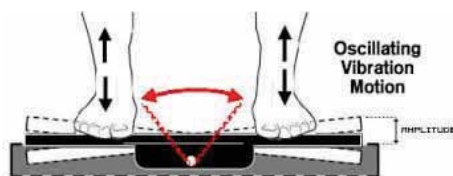
The authors note that “these preliminary results suggest that whole body vibration training may improve body composition and muscular strength in obese women,” and that it may be a “useful” way to do so along with lifestyle changes, such as diet and exercise.

Whole body vibration may have benefits for the elderly as well. A Spanish study of 49 elderly people found that whole body vibration helped improve their physical fitness, balance, lower- and upper-body strength and flexibility, agility, walking speed and endurance. The participants were in their 70s. Twenty-four used a whole body vibration platform device for 11 weeks, and were evaluated for physical fitness weekly. The researchers report that most of the physical tests

Are you interested in weight loss but you simply don't have the time? Is an hour a day too much to spend in the gym? As busy as Americans tend to be today, it's very difficult to find time for the gym when balancing work/home/study and life in general. But we have to keep fit, right? After all, exercise keeps our bodies more physically fit and keeps out minds sharper. So how can we find the time to work out?

What if we told you that 10 minutes on a whole body vibration machine can benefit your body as much as a one hour workout in a gym? Whole body vibration has been around in various forms for a long time, but it is only now that studies are concluding that this easy workout program can truly benefit your body and your weight loss goals.

A newly published 10-week study of whole body vibration in 50 obese women who underwent 14 minutes of whole body vibration twice weekly shows that the women did drop weight and inches compared to a group that did not do whole body vibration. The women who did whole body vibration also had increased lower limb strength.



improved in participants using whole body vibration compared to a similar group of people who did not use it.

With whole body vibration training, people do squats, lunges, calf raises, push-ups and sit-ups on a platform that sends mild vibratory impulses through the feet and into the rest of the body. These vibrations make muscles rapidly contract, which builds lean muscle mass. Whole body vibration training is touted as a more effective method of resistance training.

New whole body vibration units designed for weight loss allow you to change the vibration and speed of the unit while giving you a large enough plate to stand on that will allow you to perform various work outs and poses while standing on the unit, performing push ups on the unit or combining your exercise with bands and strength training balls with the whole body vibration machine.

The whole body vibration machine's vibration causes muscles to involuntarily contract 30 to 40 times per second. This vibration stimulates circulation, stretches tendons strengthens bones, resulting in faster recovery after workouts.

A 2009 study has concluded that a combination of whole body vibration training and resistance training is very effective for decreasing the percentage of body fat in post menopausal women. Data also shows that whole body vibration training may have the potential to reduce visceral adipose tissue (the fat around the organs) more than aerobic exercise in obese adults, possibly making it a meaningful addition to future weight loss programs that reduce stomach fat.

The beauty of whole body vibration is that you can burn the same calories and work the same muscles in a 10 minute period of time as you normally would in the one hour gym workout. Plus you receive the benefits of increased bone density along with a decrease in body fat.

Recent Research Results

- Research conducted at Sanaderm health clinic in Germany on the effects of vibration enhanced exercise training for cellulite reduction and fat loss demonstrated that six months of training a maximum of 11 minutes on the

vibration platform reduced cellulite by 25.68 %. In addition when Vibration was combine with aerobic activity for 40 minutes they experienced a 32 % reduction cellulite. (Sanaderm Health Clinic Germany)

- Another study evaluated the effect of vibration training in comparison to traditional training methods over a period

Four, Six, or Eight Abdominal Heat Treatments with Full-Body Vibration may burn up to 3,600 calories a week.



of 6 weeks. Body fat % was reduced by 11.2 % compared to 10.6% in the traditional training group. Body fat reduction was greater in the vibration group and the total exercise time considerably less. (Pneumex and S.Sordorff.PT, Sandpoint Idaho)

- A study evaluating the effects of vibration training on weight loss: In this study the vibration training group had a net increase of 12 % in their resting metabolic rate after 3 months. Consequently, WBV can allow one to burn more calories compared to non-active individuals. (Slim & Shape Centers Inc., Windsor Canada)

- A 2003 study in Medicine & Science in Sports & Exercise showed significantly increased strength of knee-extensors in 67 untrained female volunteers.

- The Journal of Sports Science and Medicine published a study in 2007 from the Department of Sport and Exercise Science at the University of Athens showing significant improvements in sprint speed and strength in only six weeks of training.

Similar studies have shown increased bone density, postural control, and improved mobility and balance in older users.

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4 Weeks (3xWeekly) = \$149
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Three Month Program = \$340



Build Your Own Wellness Dream Team

Take Your Health to the Next Level

by Kathleen Barnes

Conventional doctors too often dispense vague, boilerplate health advice, urging their patients to eat a healthy diet, exercise and take helpful supplements. Some are lucky enough to also be directed to detoxify their body and manage stress. That's typically the best most people can expect in terms of practical advice. It is rare to receive specific, individualized answers to such burning questions as:

What is the best diet for this specific problem or my body type?

Which exercise will work best for me—yoga, running, tennis or something else?

Why do I feel stressed so much of the time, and what can I do about it?

What supplements are best for me, and which high-quality products can I trust?

Complementary natural healing modalities can address all of these

queries and more. Finding the right mix of treatment and preventive measures requires some creativity and self-knowledge. The experts *Natural Awakenings* consulted maintain that it is both desirable and possible to assemble an affordable and effective personal health care team that focuses on optimum wellness.

Integrative Approach

"We need to understand the value of an integrative approach because no single modality treats everything," says Dr. Michael Jingduan Yang, the Philadelphia-based founder and medical director of the Tao Institute of Mind & Body Medicine. By way of example, he maintains credentials as a physician, a board-certified psychiatrist and an internationally recognized expert on classic forms of Chinese herbal medicine and acupuncture.

Integrative practitioners see the human body on three levels, Yang explains: structural; biochemical; and bioenergetic,

a form of psychotherapy. Ideally, he says, conventional and integrative medicine, plus complementary practitioners, work together to provide the total care an individual patient needs. "Any problem on one level affects all levels, so we assess patients on all three with whatever tools we have," he says.

While conventional medicine may be able to treat structural problems well and biochemical problems to a certain extent, it falls short on the energetic level. That's when it's time to expand the team, counsels Yang. "Know yourself" is the watchword. Get to know what to use and when to use it. It's the practitioner's job to educate patients in this way."

Dr. Andrew Weil, renowned as the father of the integrative medicine movement in the U.S., has remarked, "If I'm in a car accident, don't take me to an herbalist. If I have bacterial pneumonia, give me antibiotics. But when it comes to maximizing the body's natural healing potential, a mix of conventional and alternative procedures seems like the only answer."

Dr. Shekhar Annambhotla, founding director and president of the Association of Ayurvedic Professionals of North America, turns to the integrative realm of ayurvedic medicine for healing and wellness. The 5,000-year-old Indian healing tradition incorporates lifestyle changes, yoga and meditation, detoxification, herbs, massage and various other individually targeted healing modalities, depending on the patient's diagnosis and recommended treatment plan.

Customized Team

"Wellness is a team effort," advises integrative medicine specialist Dr. Vijay Jain, medical director at Amrit Ayurveda for Total Wellbeing, in Salt Springs, Florida. It's not only a matter of knowing what needs the practitioners will address at specific times, it's also knowing who can help when the going gets tough. "Modern medicine has the edge for early detection of disease," Jain notes. "However, Ayurveda is excellent in determining the earliest imbalances in the mind and body that eventually lead to disease."

Most experts consulted agree that a personal wellness program should include a practitioner that acts as a gatekeeper and coordinates a care plan to meet individual needs. Jain recommends that the foundation of the team be a

Health insurance may not cover the services we want, and high deductibles may pose a financial challenge in maintaining comprehensive health care, so we need a personal wellness plan.

licensed medical professional such as an integrative physician (MD), osteopathic doctor (DO) or chiropractor (DC). In most states, any of these professionals can function as a primary care doctor, authorized to order and read laboratory tests, prescribe drugs and access hospital services. In some states, a naturopathic physician (ND) can perform the functions of a primary care doctor in ordering and reading laboratory tests.

As part of a personal wellness team, consider a functional medicine or integrative physician, chiropractor, osteopath, doctor of naturopathy, ayurvedic practitioner, nutritionist, Traditional Chinese Medicine doctor/acupuncturist, herbalist, craniosacral therapist, massage therapist and energy practitioner (such as in Reiki, medical qigong or polarity therapy).

It's not necessary to see all of them, sources say. Sometimes, one practitioner will be skilled in practicing several modalities, a bonus for patients. Other complementary practitioners may form a supporting team that works with the primary care team, depending on the challenges a patient faces. They will be identified as treatment unfolds and the team evolves over time.

Contributing Specialists

An ayurvedic practitioner likely will begin by helping to define healthful lifestyle changes, depending on one's *dosha*, or energetic temperament. Yoga and meditation would be a likely recommendation, plus specific herbs and perhaps detoxification, says Annambhotla.

Traditional Chinese Medicine (TCM) and acupuncture often go hand-in-hand with Ayurveda in accordance with the view that illness and disease are caused by imbalances in the body's energetic flow. Diagnostic techniques employ intuition and pulses to assess and smooth blocks in energy circulation.

Craniosacral therapy is another way to unlock energetic blockages caused by lifestyle stress and other factors that restrict and congest the body's innate ability to self-correct and remain healthy, says Joyce Harader, a registered craniosacral therapist in Cave Creek, Arizona, and secretary of the board of the Biodynamic Cranial Sacral Therapy Association of North America.

She relied on a whole team to realize a natural way back to health after being diagnosed with lupus in 1992. "Members of my health team fluctuate, depending on what is going on in my life and where I am focusing," comments Harader. She points out, for example, that nutrition education and general deep-tissue massage can both be helpful as part of a foundational plan toward obtaining and maintaining optimal health.

In fact, many of our experts recommend both a monthly chiropractic adjustment and/or massage, as well as daily yoga and an ongoing meditation practice for wellness and total well-being.

Naturopathic practitioners such as Dr. Steven T. Castille at the Natural Health Center in Carencro can be a good source of nutrition counsel and often recommend herbal remedies for relief. "For chronic illness, you need a chiropractor or drug-free physician like a naturopath on your team. Conventional medicine is generally poor at dealing with chronic illness," observes Naturopath and Chiropractor Michael Loquasto, Ph.D., who practices in Bethlehem, Pennsylvania.

Loquasto should know. He has practiced integrated modalities for 50 years, employing the knowledge gained through his practice and triple doctorates, which include one in nutrition. Also a master herbalist, he strongly advocates that people start by working with a good integrative or functional medicine medical doctor.

"In some states, like Pennsylvania, chiropractors and osteopaths can perform routine diagnostic work, but in many states they cannot," he notes. "I recommend undergoing a physical every six months and regular bone density tests, plus colonoscopies." Loquasto is not in favor of mammograms because of the radiation exposure associated with them, but supports routine breast screening using ultrasound or thermography.

Self-Diagnosis

Intuitive listening and observant self-knowledge are crucial parts of any wellness plan. Most people are aware when something doesn't feel right in their body.

"Libido is a great barometer of health," suggests Dr. Diana Hoppe, an obstetrician, gynecologist and hormone specialist in San Diego, California. "If you're not interested in sex, it's probably a sign that you need to do some investigating." Reasons for such a decline of interest are wide-ranging says Hoppe. "For men and women, it might be due to hormonal changes, lack of self-esteem, medications, stress, relationship issues, job, family life or lack of sleep. It means that somewhere, things are out of balance," she says.

Funding a Plan

A personal multifaceted wellness program can be expensive, but there are ways to minimize the cost. "In the new world of high insurance deductibles, people get more for their money from an alternative doctor, especially one knowledgeable in a variety of healing therapies, than a conventional one," Loquasto advises. Costs for tests may also be lower; plus patients are not expected to pay \$150 or more just to walk in the door.

A current trend has medical doctors and chiropractors participating in "umbrella" practices and wellness centers, where several types of practitioners collaborate in one facility. They find that sometimes insurance will pay for certain complementary services, including massage and nutrition education, when doctors or chiropractors prescribe them.

Maintaining wellness in an environment filled with chemical, biological and mental toxins is a substantial, yet worthy, investment. It's far better than the costly alternative of dealing with regular bouts of sickness or escalating disease. In that light, maintenance looks affordable: an ayurvedic diagnostic session starts at around \$100, a consultation with a licensed naturopath at \$75 and acupuncture at \$100; a massage typically costs about \$80 an hour.

While insurance is unlikely to pay for treatments outside the realm of conventional medicine and sometimes, chiropractic, "The cost of these preventive therapies will be much less than the cost of treatment for a serious disease," advises Loquasto. "You're worth it."

Kathleen Barnes is author of more than a dozen natural health books. Her latest is The Calcium Lie II: What Your Doctor Still Doesn't Know with Dr. Robert Thompson. Connect at KathleenBarnes.com.

Bird Buffet

Making Feeders Safe for Wild Birds

Feeding wild birds helps fuel them and provides viewing pleasure, yet a communal feeder may hold hidden risks, reports a recent study in *Ecology Letters*.

In reviewing 20 published research papers on host/pathogen interactions in human-fed wild populations, researchers at the University of Georgia's Odum School of Ecology, in Athens, found that intentional feeding changed their behavior and diet enough to foster potentially harmful growth of parasites and viruses.

"Feeders can bring unexpected species and more birds together more frequently than normal, facilitating conditions for parasites and other contaminants," says lead researcher Daniel Becker. Birds crowding into tight spaces to reach tasty morsels also makes it easier for pathogens like house finch eye disease and respiratory ailments to be passed among them.

Maintain cleanliness. Stephen Kress, director of the National Audubon Society's Project Puffin, advises that safe bird feeding includes completely scrubbing out feeders with a 10 percent non-chlorinated bleach solution at least a few times

a year, and certainly between seasons.

Be food-specific. While using bird seed mixtures to attract a wide range of species is cheaper, such food usually includes fillers like milo that most birds quickly pass through, making a mess under the feeder that can make birds sick. Kress suggests, "Buy specific seeds for specific feeders—like cracked corn and millet in one and only sunflowers in another. This decreases interactions between species that eat the different seeds and dramatically cuts waste."

Creative option. Try some peanut butter and other healthful ingredients, suggests Julie Craves, supervisor of avian research at the Rogue River Bird Observatory at the University of Michigan-Dearborn, in a recent edition of *BirdWatching* magazine. "It's high in fat, protein and calories." Avoid nut butter made with the artificial sweetener xylitol, as it can kill birds.

She recommends mixing one part organic peanut butter with four or five parts plain, non-GMO (genetically modified) cornmeal and add oats and raisins. Plain or chunky works. "The dough can then be shaped into portions that will fit in suet feeders or logs, or just placed in feeding trays."

The Knot Prayer

Dear God,

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

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

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

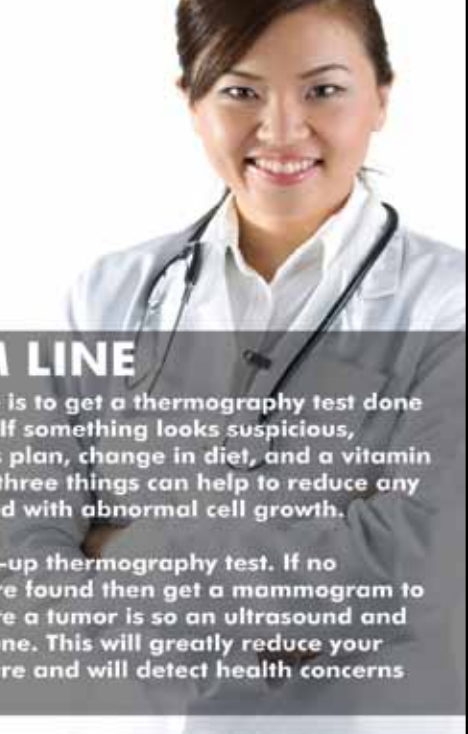
Release me from the could nots, would nots, and should nots that obstruct my life.

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

Amen

Mammogram Thermography

Uses x-rays. Radiation is Used.	Uses infrared sensors. No radiation is involved
X-Rays (radiation) is used to detect tumors in the breast	The infrared sensors detect heat and increased blood vessel formation (angiogenesis) which is necessary to sustain tumor growth.
Can locate the location of suspicious tissue	Does not locate the exact location of suspicious tissue.
Can NOT DIAGNOSE Cancer <small>Only a biopsy is able to diagnose cancer</small>	Can NOT DIAGNOSE Cancer <small>Only a biopsy is able to diagnose cancer</small>
A tumor must be large in size to be detected with a mammogram.	Detects tumors sooner than mammograms.
Large, dense, or fibrocystic breasts can cause reading difficulties.	Large, dense, or fibrocystic breasts DO NOT cause reading difficulties.



BOTTOM LINE
The best practice is to get a thermography test done every 1-2 years. If something looks suspicious, follow a wellness plan, change in diet, and a vitamin program. These three things can help to reduce any activity associated with abnormal cell growth.

Then do a follow-up thermography test. If no improvements are found then get a mammogram to find exactly where a tumor is so an ultrasound and biopsy can be done. This will greatly reduce your radiation exposure and will detect health concerns sooner.

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Vitamin B12
Vitamin C
Calcium
Fluoride
Iodine
Iron

Riboflavin
Magnesium
Phosphorus
Potassium
Selenium
Sodium
Zinc

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

- Andrew Weil, M.D.

Did you know A vitamin deficiency can cause



ENLARGED THYROID
Iodine deficiency



JOINT PAIN
Vitamin C deficiency



WEIGHT GAIN
Vitamin D, magnesium, or iron deficiency

cancer

hypertension

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WEIGHT-LOSS SABOTEURS

Tackling Obesity's Hidden Causes

by Lisa Marshall

At least, move more. These words have been the cornerstone of diet advice for decades, leading millions of Americans to greet the new year with vows to cut calories and hit the gym. In all, one in five U.S. adults are dieting at any given time, according to the international market research firm The NPD Group, and 57 percent would like to lose 20 pounds or more. Yet few will reach that goal.

One survey of 14,000 dieters published in the *International Journal of Obesity* found that only one in six had ever been able to lose 10 percent of their body weight and keep it off for a year. Another study, published in the last year in *Obesity*, followed up with 14 contestants from the 2009 TV reality show *The Biggest Loser* and found that despite efforts to keep their eating and exercise habits on track, 13 had regained significant weight since the competition. Four are heavier now than before participating on the show.

Diet experts say the battle of the bulge has been exceedingly hard to win for one clear reason: We're oversimplifying the solution and underestimating the saboteurs. "We're learning that it's not as simple as calories-in and calories-out," says Dr. Pamela Wartian Smith, an Ann Arbor, Michigan, physician specializing in functional and nutritional medicine and author of *Why You Can't Lose Weight*.

Research reveals that everything from food allergies to hormone imbalances and disruptions in gut bacteria can subtly undermine the best-laid weight management plans. Working out too much or eating too little can also backfire. Even a mean boss or a cold workplace cubicle can factor in.

Certainly, diet and exercise are key, experts emphasize. Yet, if we're doing all the right things and still seeing disappointing numbers on the scale, there's still more we can do. Here are some common weight-loss saboteurs and what to do about them.

Food Sensitivity/Allergy

Bite into a food we're sensitive to and our body switches into "fight-or-flight" mode. It stores fat and water, releases histamines that widen blood vessels and inflame tissue, and cranks out stress hormones like epinephrine and norepinephrine that make us want to eat more of that food.

"You literally get a high so that you crave more," says Smith. She notes that unlike true allergies, which can prompt an immediate reaction, food intolerances often manifest subtly over several days. When we are repeatedly exposed to a food we're sensitive to, we feel bloated and sluggish, regardless of the calorie count.

Allergy medications can also prompt weight gain, in part by boosting appetite. One study by Yale researchers found people that regularly ingested antihistamines like Zyrtec and Allegra were far more likely to be overweight than those not using them.

What to do: First, cut out the most-craved foods. "If someone tells me they just cannot live without cheese, I assume they are allergic to it," says Smith. Or, try an elimination diet. Ban common allergens like milk, eggs, peanuts, tree nuts and gluten (if possible, try sticking to only rice and lamb—two hypoallergenic foods—for four days).

Then reintroduce other foods slowly and monitor the results. To combat seasonal allergies naturally, try vitamin C, quercetin and butterbur supplements.



Underperforming Thyroid

The thyroid serves as a key metabolism regulator, dictating how efficiently the heart beats and muscles contract, how quickly the body turns nutrients into energy, and how well we burn off stored fat. When thyroid hormone production falls, metabolism can also decrease by as much as 40 percent.

Yet as many as four in 13 women suffer from a thyroid hormone deficiency, says Toronto naturopathic doctor Natasha Turner, author of the new book *The Hormone Boost*. "You can diet and exercise until you are blue in the face, but if your thyroid is out of balance, you won't achieve the body you're looking for," she says. "It's a common cause of weight gain."

What to do: Get tested for levels of thyroid stimulating hormone (TSH) and, if possible, T4 (thyroxine) and T3 (triiodothyronine) also. TSH signals the thyroid to make more T4, the inactive form of thyroid hormone that is converted into T3, the form the body is able to use. Abnormal blood levels of any of these can impact metabolism adversely, and a TSH test alone may be unable to identify a problem, caution Smith and Turner.

In some cases, medication may be required. Otherwise, move to embrace lifestyle habits that reduce stress levels, because the stress hormone cortisol can inhibit thyroid function. Get eight hours of sleep; sleep deprivation also impairs thyroid function. Eat lots of fiber, which helps the body eliminate excess estrogen and other thyroid-damaging metabolic byproducts. Also, stock up on foods containing tyrosine (almonds and avocados), and selenium (Brazil nuts). In some cases, if an iodine deficiency is at play, a doctor may suggest iodine supplements or iodine-rich foods like kelp and sea bass.

Imbalanced Gut

The trillions of microorganisms in our gut have a profound impact on our ability to maintain a healthy weight, says Dr. Raphael Kellman, a New York City physician

practicing functional medicine and author of *The Microbiome Diet*. "The gut bacteria are the gatekeepers of the calories that enter our body," he explains.

Research shows that certain species of bacteria aid in the metabolizing of carbohydrates, while others help break down fats and protein. Some turn on genes that fight inflammation; others influence how well the body responds to insulin. Diversity and balance of helpful bacteria species are keys to health.

"If changes in the percentages of certain bacteria occur, the microbiome loses its ability to help us maintain a healthy weight," says Kellman. In one landmark 21st-century study by University of Colorado researchers, swapping the gut bacteria of a skinny mouse with that of an obese one made the skinny mouse gain weight.

What to do: Go easy on antibiotics, which can wipe out gut bacteria diversity. Load up on fermented foods like kim chi, sauerkraut, kefir and yogurt. Eat lots of inulin-containing plant fiber to give desirable bacteria something to chew on, and consider taking a probiotic supplement until weight loss and health goals are achieved.

Overdoing Diets

As *The Biggest Loser* contestants learned, losing too much weight too fast can bring metabolism to a screeching halt; the body, coaxed into starvation mode, moves to conserve fuel and store fat.

"If you try to lose weight by drastically slashing calorie intake and going crazy on the cardio machines, you'll do more harm than good," says Turner. Performing intense cardiovascular exercise such as running, cycling or swimming for more than 45 minutes can make cortisol levels surge, accelerating muscle loss and impairing the

immune system. That's counterproductive because muscles burn calories at rest, too. Consistent over-exercise can also prompt the stressed body to respond in a fight-or-flight fashion, storing more belly fat and leading to the "skinny but fat" body composition common among models and marathon runners, she says.

Skipping meals can prompt the key thyroid hormone T3 to fall off too, further slowing metabolism. Plus, six weeks into a restrictive weight-loss program, levels of the feel-good hormones dopamine and serotonin also start to decline, killing motivation and fueling cravings. The result is a weight plateau or even weight gain.

What to do: Unless walking, limit workouts to 40 minutes, advises Turner. Instead of slogging away at a steady pace on the treadmill, try intervals (short, high-intensity efforts separated by brief rest periods), which have been shown to boost both fat burning and cardiovascular fitness. For example: five-minute warm-up, one-minute run at fast pace, one-minute run at moderate pace, repeat 10 times, five-minute cool-down. Also, incorporate strength training into three workouts each week.

Include some fat, protein and carbohydrates with every meal. If insisting on counting calories, shoot for 450 to 500 per meal and 150 per snack for women; 500 to 600 per meal and 200 to 300 per snack for men. Every week to 10 days, enjoy a carb-loaded "cheat meal" such as pancakes or pasta; it supports any languishing thyroid and feel-good hormones, gives associated neurotransmitters a jump-start and keeps us from feeling deprived.

Dark, Cold, Stressful Workplaces

Alan Hedge, Ph.D., a workplace design researcher with Cornell University, in New York, says women, who tend to have less muscle and body hair to provide natural warmth, are at particular risk of packing on pounds due to an overly cold environment. "When the body is cold, it adapts by laying down insulation, which is fat," he says. Even without eating extra calories, if we're constantly cold at work, as 31 percent of

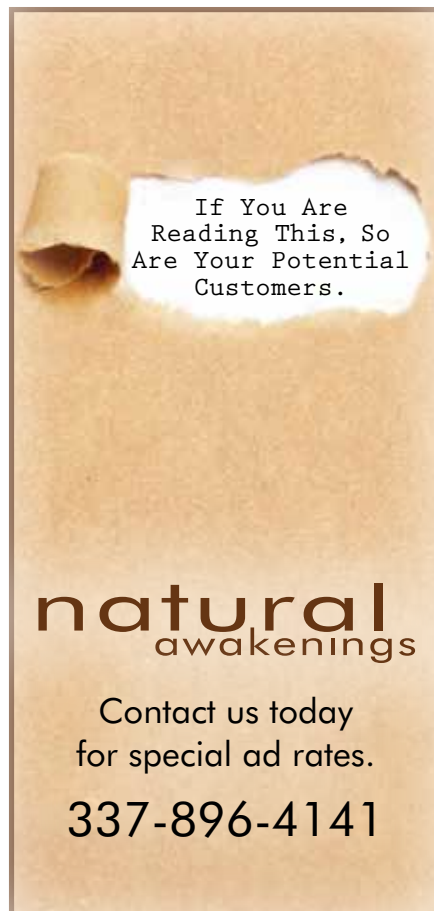


women are according to a recent Career-Builder survey, we tend to gain about a pound or two per year, says Hedge.

Other research, conducted at Northwestern University, in Illinois, shows that workers exposed to more light in the morning weigh about 1.4 pounds less on average than those toiling in windowless cubicles. The suspected reason is that morning light triggers a cascade of hormones that positively impact appetite and metabolism. Another study, by Ohio State University researchers, found women that experienced a stressful event at work or elsewhere and then ate a fat- and calorie-laden meal the next day burned 100 fewer calories from that meal than non-stressed workers.

What to do: At work, move the desk toward a window or at least take a walk every morning. Bring a space heater, extra sweater or hot tea fixings. After an ultra-stressful workday, eat especially healthfully that night.

Lisa Marshall is a freelance health writer in Boulder, CO. Connect at LisaAnnMarshall.com.



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Natural Slimming Supplements

Ashwaghandha root: While research is scarce, this Indian herb is traditionally believed to reduce levels of the stress hormone cortisol (which can boost belly fat storage). It's also believed to boost conversion of the thyroid hormone T4 to the more metabolically active thyroid hormone T3. Doctor of Naturopathy Natasha Turner recommends 500 to 1,000 milligrams (mg) twice daily.

Chromium: This mineral plays a key role in enhancing insulin's action in the body. Numerous studies by U.S. Department of Agriculture researchers and others suggest that taking chromium supplements can stabilize blood sugar, potentially reducing the cravings and energy slumps that come with glucose spikes and dips. Research on chromium's impact on body composition and weight has been mixed. Turner recommends 200 to 400 micrograms (mcg) daily.

Curcumin: This golden spice, found in turmeric, curbs painful joint inflammation from over-exercising, and has been shown by Tufts University and Columbia University researchers to improve fat metabolism in mice.

L-carnitine: Helps the body use fat for fuel more efficiently and also can be used as an energy booster before cardio or strength training. Dr. Pamela Wartian Smith recommends 500 to 1,000 mg daily.

Omega-3 fatty acids: In addition to being potent anti-inflammatory agents, the omega-3 fatty acids EPA and DHA have been associated with greater weight and fat loss when added to a diet and exercise program, according to studies in the *American Journal of Clinical Nutrition* and the *International Journal of Obesity*.

Prebiotics: These undigested fibers provide food for good gut bacteria to keep the digestive system and metabolism on track.

Probiotics: These are generally believed to promote healthy gut bacteria so that the body metabolizes food more efficiently. One recent study in the *British Journal of Nutrition* followed 125 obese men and women throughout a 12-week diet, followed by a 12-week maintenance period, and found that the women taking probiotics containing the bacterial strain *Lactobacillus rhamnosis* lost significantly more weight during the diet than women that didn't; plus, they continued to lose weight during the maintenance period. The men studied did not show similar results.

Selenium: Selenium is critical for the conversion of inactive T4 to active T3 that the body can make use of. Smith recommends 100 to 200 mcg daily.

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AFFORDABLE Complementary Care Alternatives to Insurance Cost Less

by Meredith Montgomery

The latest National Health Interview Survey available, from 2012, shows an annual expenditure of \$30.2 billion in out-of-pocket costs for complementary health approaches, benefiting 33 percent of adults and 12 percent of children, and representing about 10 percent of out-of-pocket U.S. healthcare costs. Insurance rarely covers complementary and alternative medicine (CAM) in full. As provider networks shrink, premiums rise and the future of healthcare reform remains uncertain, health-conscious consumers yearn for innovative ways to afford this kind of care.

Membership-Based Care

When Dr. Chad Krisel worked at an urgent care center, he saw up to 55 patients a day. Since opening Integrative Family Medicine of Asheville (*IntegrativeAsheville.org*), in North Carolina, with Dr. Brian Lewis, he averages 12 patients a day. His team provides a membership-based practice in a payment model known as direct primary care (DPC).

Endorsed by the American Academy of Family Physicians, DPC is broadly accessible. By applying simplicity, sustainability, quality and collaboration, their integrative practice provides comprehensive care for less than what many pay for phone service. “DPC removes traditional financial incentives and conflicts of interest because membership fees fund us. Our only incentive is to help and heal patients,” Krisel explains.

Paying for memberships out-of-pocket (often electing high-deductible plans) or via a health-sharing plan, clients

value coverage that includes annual wellness exams, phone or virtual appointments and educational classes, plus follow-ups and urgent care at minimal costs.

The U.S. mainstream fee-for-service approach, whether paid by insurance or cash, has been criticized for encouraging unnecessary tests and procedures because doctors are paid for services performed. To maintain income, they typically shorten appointments to increase the number of patients they see.

Lewis emphasizes, “Time is the valuable factor in DPC—healthy lifestyle changes, which can prevent or reverse 70 percent of health concerns, cannot be communicated in 10 minutes.”

Medical Cost-Sharing

For generations, Christian communities have operated health care sharing ministries (HCSM) to collectively share the cost of each other’s medical bills as an alternative to outside insurance. Members are exempt from current Affordable Healthcare Act (ACA) mandates.

Liberty HealthShare, a nonprofit HCSM chartered by the Mennonite church, believes that everyone has the right to practice religion as they see fit. Their members share a commitment to personal health and sharing in the burden of health expenses with others that have these values.

“Many in the functional and integrative medical arenas also believe in these principles,” says Tom Blue, of Richmond, Virginia, a director with The Institute for Functional Medicine. “Cost sharing feels very familiar; you present your card to your provider, but there’s no set network of providers, which is favorable for those seeking more progressive forms of care.”

Expanding upon this model, Blue worked with the company to create its Liberty Direct program (*LibertyDirect.org*). Individuals pay an annual membership fee plus a monthly share amount. After fulfilling their annual unshared amount of out-of-pocket expenses (similar to a deductible), participants’ healthcare costs—including approved naturopathic and alternative treatments—can be submitted as expenses to be shared by the group.

Liberty Direct provides financial advantages to DPC practitioners and patients by subsidizing membership fees; it favors nutrition over chronic prescription dependence by reimbursing physician-prescribed nutritional supplement and pharmaceutical expenses under the same terms.

Members must be in good health with a lifestyle that helps sustain wellness, including good nutrition, exercise and abstinence from tobacco use and drug and alcohol abuse. The program also accepts approximately 7 percent of applicants on provisional terms when pre-existing conditions such as hypertension, obesity and diabetes can be improved through lifestyle changes. They pay an extra fee per month to cover the cost of a health coach; when they achieve their

goals, they become full members paying regular rates.

"The economics are staggering," says Blue, who used to pay \$760 a month for insurance with a \$12,400 deductible and now pays a monthly share of \$449 with a family unshared amount of \$1,500. HCSMs are affordable because of restricted overhead budgets. Plus, they appeal to natural-health conscious clients and can decline unsuitable applicants. "This concept of communal cost sharing works—Liberty's share amounts decreased in 2013 and have not changed since," comments Blue.

GreenSurance

Told she was past medical hope, Kari Gray, of Kahului, Hawaii, sought to heal from cancer using natural medicine. "When thousands of dollars spent for natural protocols were denied reimbursement by my insurance company, I saw that the system needs to change," Gray recalls.

CAM therapies still deemed "unproven" by traditional insurance companies gave Gray a second chance at life. Following remission, she began a 20-year search for alternative medicine insurance. Finding none, in 2014, she created GreenSurance (*MyGreenSurance.com*).

Serving people that proactively care for their health and prefer natural medicine as primary care, GreenSurance devel-

oped an evidence-based and science-backed list of 40-plus covered CAM modalities, including thermography, energy therapy, biofeedback, essential oils and homeopathy. It also covers conventional medical and emergency care.

Enrollees of the member-owned organization are supplied third-party payer information for provider direct billing once the member's out-of-pocket amount is met. They use any state-licensed provider and the program is often more affordable than traditional insurance.

GreenSurance is currently investing resources to broaden consumer access to the tax advantages of a health spending account (HSA). H.R. 1752 would allow enrollees in any healthcare-sharing program to open an HSA. "Simply, we're a co-op whose members empower us to create an exempt program that protects members from ACA penalties and traditional health insurance," says Gray. "More, we're a grassroots movement for change."

Krisel notes, "Doctors too, are livid about the current status of America's healthcare system. Be vocal about what's important to you. The more voices heard in Washington, the more change we'll see."

Meredith Montgomery publishes Natural Awakenings of Gulf Coast Alabama/Mississippi (HealthyLivingHealthyPlanet.com).

Getting to 'Yes' with an Insurer

Conventional insurance rules adversely affect Americans' consideration of complementary and alternative medicine (CAM). According to the 2012 National Health Interview Survey, acupuncture, chiropractic and massage therapy use increased over the prior decade, but only among those without insurance. For those with progressive policies, coverage for CAM approaches is usually only partial.

Know What a Policy Covers

Before using a complementary or integrative service, inquire about specifics: Sometimes preapproval or a referral is required to qualify; coverage may be limited to a certain network of practitioners; verify visit limits or the number required; and get details of out-of-pocket costs. Keep insurance-related communications records, including notes on calls and copies of bills, claims and letters, to help with any claim disputes.

Explore Available Options

Ask the insurance provider about coverage of CAM approaches, including whether a rider or supplement to the standard plan is required to cover them. Inquire about discount programs, such as when members pay for fees and out-of-pocket costs, but at a lower rate. State insurance departments and professional associations for



complementary health specialties may know which insurance companies cover specific CAM approaches.

Ask Practitioners About Payments

When seeing a complementary or integrative practitioner, clarify payment and insurance details before the first visit. Learn the cost of initial and follow-up appointments; how many appointments are needed; additional costs such as for tests, supplements or equipment; and if they offer an income-based sliding scale. Also confirm which insurance plans are accepted and if the patient or provider files claims. When

insurance doesn't cover a service, inquire about installment plans and discounts for cash payments.

Save with Tax-Exempt Accounts

Flexible spending accounts offered by some employers allow participants to set aside pretax dollars for health-related expenses. Health savings accounts can be established by individuals with high-deductible health plans to save for medical expenses. Contributions are tax-deductible and interest is tax-free.

Source: National Center for Complementary and Integrative Health



BENEFITS OF GREEN WATERS

Lose Weight:

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

Anti Aging:

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

Reduce the Chances of Osteoporosis:

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

Build Cardiovascular Health:

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

Reduce Joint Pain and Arthritis:

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

Reduce Infections, Flu and Colds:

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

Detoxify:

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

Decrease Risk of Cancer:

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



BENEFITS OF WHEATGRASS

Lose Weight:

Wheatgrass is a superfood and provides the essential nutrients needed to build healthy cells in the body. Wheatgrass increases the metabolism and your ability to burn calories.

Fights Depression:

Wheatgrass helps to keep your iron levels stable, which is particularly important for women. Iron deficiency is linked to apathy and depression.

Decrease the Risk of Cancer:

Wheatgrass detoxifies the blood and lymph cells, as well as efficiently eliminates poisons from the body. Wheatgrass is 80% chlorophyll and protects against carcinogens better than any other food.

Improve Healing of the Body:

Wheatgrass juice is an effective healer because it contains all minerals known to man, and vitamins A, B-complex, C, E, I and K. It is extremely rich in protein, and contains 17 amino acids, the building blocks of protein.

Oxygenates the Cells of the Body:

Wheatgrass contains up to 80% chlorophyll, an important blood builder. Chlorophyll molecules closely resemble the molecules that form hemoglobin, the respiratory protein responsible for transporting oxygen from the lungs to the rest of the body.

Detox the Body:

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

Slows Down the Aging Process:

Chlorophyll contains enzymes and superoxide dismutase, a copper-containing protein found in mature red blood cells. This enzyme decomposes superoxide radicals in the body into a more manageable form, thereby helping to slow down the aging process.

Heals the Body:

According to the American Journal of Surgery (1940), Benjamin Gruskin, M.D. recommends wheatgrass - chlorophyll for its antiseptic benefits. This includes clearing up foul smelling odors, neutralize strep infections, healing wounds, curing chronic sinusitis, healing chronic inner ear inflammation and infection, reducing varicose veins and healing leg ulcers, healing rectal sores, successfully treating inflammation of the uterine cervix, getting rid of parasitic vaginal infections, and reducing fever.





THE DARK SIDE OF GLUTEN-FREE LIVING

Most People Benefit from Gluten

by Judith Fertig

Sales of gluten-free products reached \$973 million in 2014 and are projected to grow to \$2.34 billion in 2019, according to Packaged Facts, a market research publisher. Many such products cost more than their gluten-based counterparts.

Gluten Sufferers

The latest study, published in the American Medical Association publication *JAMA Internal Medicine*, found that the number of Americans with celiac disease remained relatively stable from 2009 through 2014 at about 2.7 million. Meanwhile, marketers for gluten-free products report

about 40 million consumers.

Celiac disease is a serious autoimmune disorder in which ingesting gluten causes issues such as intestinal damage, anemia and fatigue. Those afflicted improve when gluten is removed from their diets and their intestinal tracts heal, according to the Center for Celiac Research and Treatment at Massachusetts General Hospital, in Boston.

Those with a non-celiac gluten sensitivity or wheat allergy also experience a range of symptoms, including bloating, brain fog and joint pain, when they ingest gluten. According to the Center, as many as 7 percent of Americans, or 18 million people, fall into

this vague category, due to a far less understood immune response distinct from what's linked to celiac disease.

Gluten Beneficiaries

The many Americans unaffected by gluten may want to avoid gluten-free products, says Dr. Michael Greger, a Washington, D.C., physician specializing in clinical nutrition. The bestselling author of *How Not to Die*, Greger founded the educational nonprofit *NutritionFacts.org* and is a founding fellow of the American College of Lifestyle Medicine.

"Just because some people have a peanut allergy doesn't mean everyone should avoid peanuts," says Greger. "Some evidence suggests that a gluten-free diet may adversely affect gut health in people without celiac disease, gluten sensitivity or wheat allergy." He cites a small study published in *Gut Microbes* which found that a one-month, gluten-free diet may hurt gut flora and immune function, potentially precipitating an overgrowth of harmful intestinal bacteria for those on gluten-free diets.

The gluten components that cause problems for the wheat-sensitive may act as prebiotics and feed good bacteria for the rest of us, says Greger.

"Wheat bran contains the important wheat-based prebiotic arabinoxylan-oligosaccharide," explains Case Adams, a Morro Bay, California, naturopath and author of *The Gluten Cure: Scientifically Proven Natural Solutions to Celiac Disease and Gluten Sensitivities*. "It feeds the probiotics that produce enzymes which help break down gluten and gliadin proteins."

Researchers from Pennsylvania's University of Reading conducted multiple studies showing that arabino-xy-

Depression

Anxiety

Can't Focus

Brain Fog





Mood Enhancer
can help you

lan-oligosaccharide derived from wheat bran increases beneficial bifidobacteria populations in the guts of humans.

It is disappointing that a number of highly publicized studies done on celiac patients have been inappropriately applied to the general population, notes Adams.

Gluten may also boost immune function. In a study published in the journal *Bioscience, Biotechnology, and Biochemistry*, researchers found that after less than a week on a diet with added gluten protein, subjects experienced significantly increased natural killer cell activity, which could improve their ability to fight cancer and viral infections. An earlier study in the *Journal of the American College of Nutrition* found that high-gluten bread improved triglyceride levels better than regular gluten bread.

Plus, Greger says, avoiding gluten means missing out on all the fiber, B vitamins, trace minerals and other nutrients from whole grains like wheat, barley and rye. A whole-grain-rich diet has been repeatedly shown to reduce the risk of heart disease, Type 2 diabetes, obesity and some forms of cancer in studies from such institutions as the University of Minnesota and Lund University, in Sweden.

"Most gluten-free processed foods are not made with nutrient-rich, health-

protecting whole grains," adds Katherine Tallmadge, a Washington, D.C., registered dietitian, nutrition coach and author of *Diet Simple*. Ingredients such as potato starch and cornstarch with little nutritional value typically help take the place of wheat flour. "The gluten-free label has little to do with nutritional value." French fries and many candies, for example, are naturally gluten-free.

Impact of Self-Diagnosis

Self-diagnosing a gluten issue can delay a doctor's accurate assessment, cautions Greger. "We diagnose celiac by looking for the inflammation caused by gluten in celiac sufferers. If they haven't been eating a lot of gluten, we might miss diagnosing the disease. Thus, instead of being on a gluten-free diet, we want celiac suspects to be on a gluten-loaded diet, such as four to six slices of gluten-packed bread daily for at least a month before they come in for a diagnostic exam."

Studies are ongoing and information continues to evolve regarding the pluses and minuses of a gluten-free diet.

Judith Fertig writes food health articles and cookbooks from Overland Park, KS (JudithFertig.com).

Read Your Bible

"Seek ye out the Book of the Lord, and read." Isaiah 34:16

The Bible is our daily guide for life. To follow God's will, we must read it! Here are some suggestions to help you as you feed on God's Word.

READ REGULARLY

It is important to read the Bible on a daily basis. Let God, through His Word, guide you through every day.

"They received the Word with all readiness of mind, and searched the Scriptures daily." Acts 17:11

READ WITH PRAYER

As you read, pray that the Lord will give you understanding of His Word.

"Teach me Thy way, O Lord." Psalm 27:11

READ WITH MEDITATION

Ponder over what you read in God's Word and He will reveal His truths to you.

"But his delight is in the law of the Lord; and in His law doth he meditate day and night." Psalm 1:2



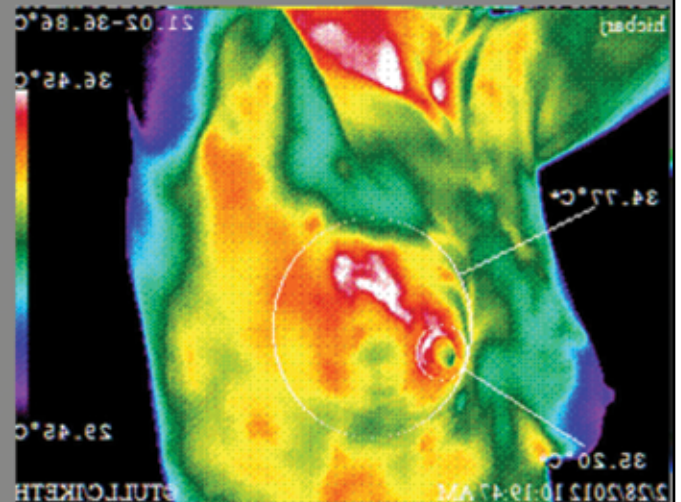
Connie's Story

"In 2007 my thermogram indicated a possible pathology in the right breast between 9 and 12 o'clock. I was diagnosed in February of 2012 with cancer exactly where the thermogram revealed it to be all those years ago.

I had a mammogram in 2009 with negative results. In 2011 my general practitioner performed an exam, felt nothing and gave me a clean bill of health. One year later the GP felt a mass and strongly urged a mammogram. It revealed a large mass between 9 and 12 o'clock. My concurrent thermogram showed not only the mass, but possible involvement of the lymph nodes as well.

Due to my doctor's dismissive attitude towards thermography, I did not take the 2007 report seriously. I allowed three years to pass before my next mammogram. Now I have been diagnosed with invasive breast cancer (5.4 cm mass), 31 lymph nodes removed in which 16 are involved (stage 3 or 4 cancer).

This was truly a learning experience for me - thermograms do count! I could have prevented this! Now I am engaged in a battle with cancer; including chemotherapy and possibly radiation."



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Julia Schopick on Effective, Affordable Medicine

by Randy Kambic

Following up on the success of her best-selling book *Honest Medicine: Effective, Time-Tested, Inexpensive Treatments for Life-Threatening Diseases*, Julia Schopick plans to spread awareness of the efficacy of low-dose naltrexone (LDN) in treating autoimmune and other ailments later this year with a new book co-authored with professional writer Don Schwartz.



photo by Keith Peterson

diminished through a lack of proponents in the medical field. Its use was revived in the 1990s due to the efforts of Jim Abrahams, a Hollywood writer/director, father of a child with epilepsy and one of my heroes.

I found small studies that proved that the ketogenic diet successfully stops children's

seizures nearly 70 percent of the time. This highly effective alternative has none of the negative side effects of anti-seizure drugs. Most doctors aren't in favor of the diet approach and instead often prescribe affected children up to three or four meds as an easier option. The diet follows Hippocrates' dictum, "Let food be thy medicine."

Another standout is intravenous alpha lipoic acid, pioneered since the 1970s by Dr. Burt Berkson, who used it mainly for end-stage liver disease and diabetic neuropathy. He saved many people from needing liver transplants with infusions of this powerful, versatile antioxidant.

Did anything surprise you?

I chose to include effective treatments that are non-toxic and inexpensive. I didn't realize that several of them were effective for many different conditions.

For example, LDN has been used since the mid-1980s to treat autoimmune diseases, of which there are more than 100; it also treats some cancers and AIDS. Research shows good results for conditions as varied as multiple

sclerosis, lupus, Crohn's disease, rheumatoid arthritis, fibromyalgia and Parkinson's, because all of them have an autoimmune component if they are not directly autoimmune diseases.

Similarly, the ketogenic diet is now being studied as a treatment for cancers, especially brain tumors, brain injuries, autism, Alzheimer's, Parkinson's and amyotrophic lateral sclerosis (ALS). Intravenous alpha lipoic acid is also used to address autoimmune diseases, some cancers and other conditions.

Are you finding that people are increasingly moving away from drugs and, if so, why?

Yes. The norm used to be that patients followed their doctors' orders without question, which routinely entailed prescription drugs. Today, people are realizing that drugs often come with horrendous side effects. Consider, for instance, that ads for some injectible treatments for autoimmune diseases caution against side effects of cancers, including lymphomas. A side effect of some multiple sclerosis drugs is a serious brain infection called progressive multifocal leukoencephalopathy, or PML. People are listening closely, reading and researching their health issues, and don't want risky side effects, especially when safer options are available.

In dealing with chronic illnesses, how crucial is it for caregiver and patient to maintain a positive, optimistic attitude?

Multiple studies, like those referenced in *Mind Over Medicine*, by Dr. Lissa Rankin, and *Radical Remission*, by Kelly Turner, Ph.D., show that a positive state of mind is crucial to healing. One of the benefits I report in my book is that patients and caregivers will do even more research looking for alternatives when doctors tell them nothing else can be done. And many find healing treatments; there are many such cases reported in my book. I like the African proverb, "When you pray, move your feet."

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

What are some of the most significant natural alternatives you report on in *Honest Medicine*?

The ketogenic diet is one standout because it was the standard of care for children with epilepsy in the 1920s—until pharmaceutical companies began to produce lucrative anti-seizure medications; then its use

inspiration

SKY HIGH

A Simple Gaze Invokes the Infinite

by Sandy C. Newbigging

Imagine being outside on a sunny day, looking at a clear, blue sky. It's natural to feel calm and wonderful while contemplating this expansive view.

Then a solitary bird flies across our field of vision. Noticing it takes our attention away from the stillness of the sky to instead track its movement as it flies by. Then we start thinking about the bird: "I wonder where it's coming from and going? Why is it alone? Has it lost its mate?" At that point, we are no longer feeling calm, but concerned.

Inside of each of us, right now, there is a "big blue sky" of awareness with all kinds of "birds" flying around, including thoughts, emotions, physical sensations and anything in the external world that catches our attention.

Attaining a consistent inner calm is possible by learning to be more interested in and attentive to the conscious awareness that is calmly observing what's going on in our thinking,

emotions, bodily sensations and life. We can live permanently engaged with this awareness and the inner dominion it contains instead of being helplessly caught up in the content of our own or others' thinking or emotion, which are often conditioned by the world to be more negative than positive.

As we mature in this skill, we discover that such awareness is always still, silent, peaceful, powerful, unlimited and infinite. It reflects who we really are as opposed to who we think we are. Through practice, it becomes our natural way of being and we awake to an excellent way of living

To experience this, try the Gently Alert Attention Wide Open (GAAWO) technique. Look at something that's straight ahead while simultaneously letting the gaze gently open up wider, looking neither left nor right, using passive peripheral vision. Now do the same with up and down, so gentle alertness encompasses an even greater scope. As we do this, we will likely notice that our thoughts are stilled and we feel more present, calm and quiet than a moment earlier.

This simple technique works for everyone. By playing with it regularly, we can discover that a sense of peace never leaves us; rather, we leave our innate, peaceful center when we focus on and feel the to and fro movements of our mind. Exchanging typical thinking for staying in a conscious state of awareness helps us to unchain our being from limiting views and perspectives, so that we live more freely.

Sandy C. Newbigging is the creator of Calmology principles and techniques, including the transformative GAAWO. He offers a 12-week Calmology foundation course at CalmClan.com. Connect at SandyNewbigging.com.

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Suppressing a Cold Drives Disease Deeper

by Dr. Steven T. Castille

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 dis-ease 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.



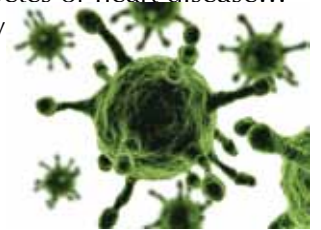
Disease does not attack a healthy body because the body has very effective resistance mechanisms which handle many of the above situations. The body's natural state is health. When the body is exposed or overloaded with stressors, the immune system loses its resistance and becomes "toxic". Toxic cells 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



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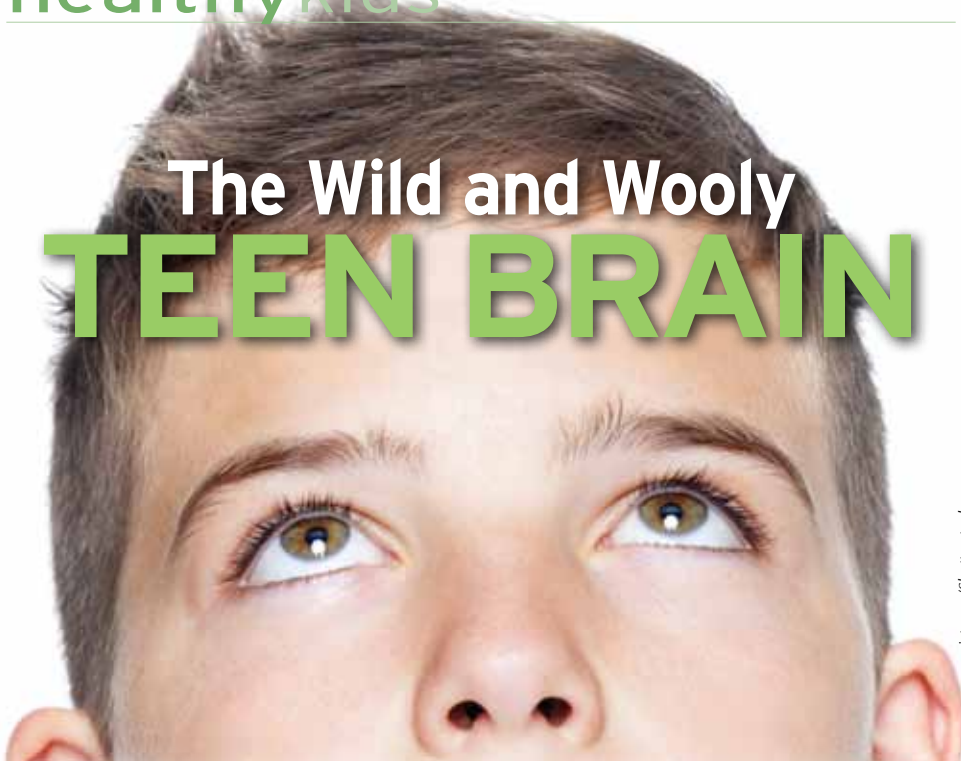
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What Kids Need from Us to Grow Wise

by April Thompson

Peer pressure and body consciousness are universal challenges facing teens and their parents. Experts find that by modeling healthy habits and maintaining open lines of communication, adults can help foster healthy independent thinking and responses to inevitable situations.

Respect Developing Capacities

Some teen struggles are literally all in their heads, according to Dr. Frances Jensen, a professor at the University of Pennsylvania's Perelman School of Medicine, in Philadelphia. "The brain is the last organ to mature, and isn't fully complete until young people reach their late 20s. This allows the brain to adapt to its environment, which can be both good and bad," says Jensen, author of *The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults*.

Compounding the challenge, the frontal lobes, responsible for higher func-

tions like insight, judgment, impulse control and empathy, fully mature last; it's no coincidence that teens struggle in these areas, according to Jensen. The plasticity of the teenage brain is optimal for learning and adaption, but without the frontal lobe feedback, it's a challenge for them to moderate the heightened emotions, novelty seeking and sexual impulses adolescents are also experiencing.

"We expect teenagers to act rationally, but there are many reasons why their brains aren't taking them there," says Jensen. "Acknowledging this can lower frustration levels for everyone."

Create a Safe Haven

Teens learn more from experience than lectures, so parents should facilitate positive experiences and influences at home, advises Carla Atherton, director of The Healthy Family Formula, in Saskatoon, Saskatchewan, Canada, which fosters family well-being by holistically addressing root causes of poor health. Such activities can

include regularly preparing meals together and going for family walks, rather than eating dinner in front of the TV.

“Doing everything you can to connect with kids while they are in an environment you can control gives them a good foundation they can take into the world,” says Atherton, the mother of three teens.

Parents have to give trust to gain kids’ trust stresses educator Naomi Katz, of Galilee, Israel, author of *Beautiful: Being an Empowered Young Woman*. “Create an environment where kids feel like they don’t have to hide or lie about anything,” Katz says. She also encourages parents to empower adolescents in decision making: Rather than telling them not to try drugs or alcohol “because I said so,” provide them real facts to help them draw their own conclusions.

Support Quiet Respite

In today’s hyper-connected world, Katz observes, “Social dynamics can get really confusing and painful and impact kids in far-reaching ways. We used to come home from school and be away from those issues until the next day;

now that break doesn’t come because of social media and smartphones.”

Katz recommends encouraging journaling or other forms of self-expression to help teens unplug and reflect. Breathing exercises can help calm nerves and allow them to think more clearly in tough social situations before they react. Katz also suggests teens set aside time each week for a feel-good activity like playing sports or music, to give them a reliable source of pleasure and accomplishment, no matter what else is going on in their lives.

Stay Alert to Signs

Despite a parent’s best efforts, kids can and will make unhealthy choices, and parents need to be prepared to manage the consequences. If a child is suspected or found to be engaging in dangerous or addictive behaviors like self-harming or an eating disorder, it’s important to address these immediately, seeking professional help if needed, counsels Katz.

Jensen remarks that it’s easier to learn unhealthy patterns when the brain is malleable, and addictive behaviors are harder to eliminate than if they are acquired as an adult.

The signs of unhealthy behaviors can be subtle, so it’s important to recognize cues without making flash judgments or placing blame, says Atherton. For example, a parent that notices her teen eating differently or obsessed with working out should consider initiating a conversation with him or her about body image.

Talking to teens about images in the media can help them gain a more balanced and positive self-perspective. “You can tell your kids, ‘These advertising images are trying to sell you someone’s idea of a perfect look, but it’s not reality,’” says Atherton.

For whatever issues teens are trying to cope with, parents need to cultivate their own sense of inner calm; to be the rock that they can cling to. “Caring adults need to give teens a periodic frontal lobe assist,” says Jensen. “It helps when we share more details and insights about how we organize our lives and make decisions. Modeling the rationality and empathy that teenagers may lack can be an effective counterbalance.”

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

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Holistic Dermatology

Inner Health, Radiant Skin

by Linda Sechrist

Holistic skin care practices are simple, healthy and sustainably good for people and the planet because they follow nature's example.

Medical Doctor Alan M. Dattner, a 35-year pioneer in the field of holistic dermatology, faithfully follows nature's principles in supporting skin health. His book *Radiant Skin from the Inside Out: The Holistic Dermatologist's Guide to Healing Your Skin Naturally* maps out how skin reflects the body's healthy or unhealthy organs and systems.

Finding the internal root cause of problems on the skin, the body's largest organ, takes time to investigate. Dattner, who practices in New York City and New Rochelle, New York, and considers himself a "skin detective", says that although his forensic work continues to expand, he still begins his sleuthing by compiling a detailed and comprehensive history that yields clues for solving health puzzles and points him in the direction of what's causing problems.

Some patients with acne also have symptoms of bloating, gastrointestinal issues or chronic bowel disease. Others may have traveled to another country where they contracted diarrhea from a parasite or foreign bacteria that upset their intestinal microbiome.

Skin outbreaks can also be the result of food sensitivities or food allergies. "I make patients aware of the issues underlying their skin problems so that they understand the connection between internal health and skin. Then they can make conscious food choices," says Dattner.

Diet is a critical aspect of healthy skin. Food sensitivities can cause inflammation that can show up on the skin, he explains.

Dattner incorporates several diagnostic techniques and remedies from other medical traditions, including herbal, homeopathic and ayurvedic. A tongue diagnosis he uses is taken from Traditional Chinese Medicine (TCM). He uses Applied Kinesiology to refine his therapeutic choices as the results align with his knowledge of dermatology, immunology and integrative medicine.

Janice MacKenzie, acupuncture practitioner, teacher and author of *Discovering the Five Elements: One Day at a Time*, views the skin as a third lung, because it breathes. "If the organs of elimination aren't working well—large intestine, liver and kidney—then toxins leave through the

skin, another organ of elimination," says MacKenzie, who practices in Perkasio, Pennsylvania.

"When constipation leaves toxins to be reabsorbed into the blood and recirculated through the liver, the body, out of desperation, seeks ways to get rid of toxins through the skin. This can result in eczema, psoriasis, rashes, boils and acne," notes MacKenzie.

In TCM, the facial redness of rosacea originates in a heating of the blood caused by toxicity. An inflammatory condition of excess energy and toxicity in the stomach travels upward through the stomach energy meridian that runs from the eye to the second toe. It's supposed to flow downward through the mouth, throat and intestines and out.

Elina Fedatova, cosmetic chemist, aesthetician, owner of spas in Chicago and Kalamazoo, Michigan, and formulator of Elina Organics, addresses skin as an aspect of a whole healthy body. Her product line is created wholly from organic plant extracts and essential oils, made in batches every two weeks. These purely natural products can be ingested without harmful effects. "Formulas are made using holistic principles and adjusted for each season," says Fedatova.

She agrees with Dattner, "Protecting skin from the inside with a nutritious diet that benefits the entire body is vital, as important as keeping the skin's surface clean." In caring for skin from the outside, a gentle exfoliation that can be done at home three times a week using a honey mask is the first step. Skin cells produced in the deepest layer gradually push their way to the epidermis every 30 days and die. Dead cells pile up unevenly and give the skin's surface a dry, dull appearance. Treatment serums, moisturizing lotions and eye and neck creams are necessary elements of a complete facial skin care regimen, as is a natural sunscreen with zinc oxide or titanium dioxide.

"Using skincare practices and products that follow nature's example are the perfect external complement to good internal health," says Fedatova.

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

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Scalp

Dandruff, flakes all over. The person is eating too much refined sugar; eliminating it would improve the dandruff a lot. Probably has insufficient essential fatty acids, too. Keep in mind B complex with emphasis on B6 and selenium.

Thinning Hair

Hair is thinning too much. It could be the estrogen she's taking. B complex, especially B6 and folate may help, but she may need to stop the hormones she is taking. Not taking hormones? She may have hypochlorhydria (low stomach acidity). If so her protein won't digest well, and many minerals won't be absorbed efficiently, so her hair falls.

Redness in the Forehead

Skin looks shiny and scaly, with a slightly yellowish, greasy appearance. Especially bad in the eyebrows, and extends down the nose. It's on her cheeks and even her chest. Think of B vitamins, especially para-aminobenzoic acid, B6, and essential fatty acids.

Inside the Ears

Excess earwax. Not enough essential fatty acids.

Behind the Ears

Skin is cracked. Usually a zinc problem.

Earlobe

See the diagonal crease across the earlobe? Usually a sign of increased susceptibility to cardiovascular disease.

Eyes

Cloudy appearance to the lens of the eye. Cataract. Fortunately, not far gone. Check for glucose-insulin tolerance, blood sugar or insulin abnormalities. Eliminate any refined sugar. Probably doesn't metabolize lactose (milk sugar) well. Consider eliminating all sources of it. Bioflavonoids inhibit an enzyme, aldose reductase, that's reported overactive in the lens of diabetics, leading to cataracts. Think of riboflavin (vitamin B2),

vitamin A, and vitamin C also. Bioflavonoids work to slow down leaking of the retinal vessels. Magnesium is important.

Eyes (nondiabetic)

“Floaters” or blood spots. Think of bioflavonoids, choline, inositol, and vitamin K. The white of one eye has turned all red suddenly on one side. Check blood pressure... it's usually normal, but it's best to be sure. This scleral hemorrhage isn't dangerous, just the result of a broken blood vessel. If it wasn't trauma, consider bioflavonoids and vitamin K.

Eyes-child (dark circles)

This child has had enough sleep, hasn't been crying lately, and still has dark circles beneath the eyes. He has horizontal creases in the lower lids. Sometimes those dark circles are called “allergic shiners”; the lines are called Dennie's lines. Along with puffiness in the lower eyelids, these signs usually mean allergy.

You do not catch cancer, heart disease or a cold.

You create these ailments with deficiencies based on what you eat or don't eat.

Eyes-adult (dark circles)

Adults may have dark circles beneath the eyes during pregnancy, hormone treatment, and when fatigued, such circles frequently indicate allergy.

Nose

Polyps inside? Allergy is probable but may also indicate salicylate sensitivity. Stay away from aspirin as well as artificial food additives, many of which are salicylate based and foods containing naturally occurring salicylate.

Cheeks and Nose

Dilated capillaries in the cheeks and perhaps on the nose. Could be overcoming alcohol. But if not, correlation is even stronger when the dilated capillaries are accompanied by general reddening of the facial skin, most pronounced in the cheeks and forehead, and scattered medium to large acnelike pimples, a condition called rosacea.

Acne

From mild case to scattered pimples to deep cysts, all over the face and back. Very likely eating and sensitive to sugar and other refined, processed food, and not getting enough zinc or the right types of essen-



tial fatty acids. In a bad case, there's usually allergic involvement. An adult past 25 with acne almost always has food allergy.

Facial skin

Slightly yellow cast to facial skin, no red tones at all. Certainly could be jaundice, on a rare occasion, but that's usually a deeper orange-yellow. More often it's a deficiency of vitamin B12, usually due to a degree of low stomach acidity and vitamin B12 malabsorption.

Tongue

A persistent crack at either corner of the mouth, termed angular cheilosis, signifies B vitamin deficiency with emphasis on riboflavin. When there's a very pale tongue, accompanied by paleness of the inner surface of the lower eyelids (easily seen when pulled down), check for anemia. If anemia is present, it's most often iron deficiency, but could be a lack of other nutrients, too, as well as nonnutritional causes like internal bleeding.

Canker Sores

They keep coming back inside the mouth... Most often, allergies to foods.

Swollen Lymph Glands

Most often a food allergy, but check for serious disease.

Skin Tags

Scattered on the neck? They often appear under the arms, or elsewhere. All location indicate the same thing. Test for blood sugar abnormality.

Sore Shoulder

Tender-to-pressure spot right at the side, where it slopes into the arm. Bursitis, B12 is the related nutrient deficiency.

Numerous Small Bumps in the Skin

On the side and back of the upper arm there are numerous small bumps in the skin. These usually go away with vitamin A; at times, however, B complex and essential fatty acids are needed as well.

Hands

The nails are breaking, chipping, splitting, won't grow. Look for hypochlorhydria (low stomach acidity). Keep calcium, zinc, essential fatty acids, and thyroid in mind, but always look for low stomach acid first.

Source: *Guide to Healing with Nutrition*

Nutrition deficiencies

Vitamins and minerals are "used" by the body. As they perform their function, they often use themselves up in the process, which is the case with most of the critical disease fighting antioxidants.

Even thinking uses vitamins and minerals. Exercise and stress use a lot of vitamins and minerals; the use of diuretics (substances that increase the discharge of urine) such as drugs, alcohol, coffee, tea and sodas --- washes vitamins and minerals out of the body creating deficiencies --- that can create a major health problem!

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- American Medical Association

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- James F. Balch, M.D.

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Body Sculpt with Kettlebells

Workouts Burn Fat and Tone Muscle

by Taylor Geiger

Kettlebell training promotes fat loss, toning of major muscle groups and greater functional strength, while requiring less time than its dumbbell counterpart.

“Kettlebells can replace almost all other exercise equipment in providing an all-in-one workout, combining strength and cardio benefits,” explains Shelly Bumpus, an Athletics and Fitness Association of America-certified personal trainer and owner of the Studio Women’s Fitness Center, in Scott, Louisiana. Bumpus often uses kettlebells in strength and conditioning exercise classes to afford a balanced full-body workout that’s fun and engaging.

“Consistent kettlebell training imitates and strengthens movements we use to function in daily life,” explains Athena Concannon, an American College of Sports Medicine-certified personal trainer and healthy lifestyle blogger at *AchieveWithAthena.com*, in Boston. For example, actions like lifting grocery bags and standing up from a sitting position become easier.

She notes that the growing popularity of different kinds of functional training in the past decade has bolstered recognition of kettlebell benefits as people seek ways to move away from assisted weight machines toward natural body movements.

Kettlebells now show up in circuit training, CrossFit and both functional fitness and step classes. People see results because, “It takes multiple small and large muscle groups to redirect movement while maintaining control with a kettlebell, requiring more muscle recruitment than with a traditional dumbbell; it’s because its shape provides unbalanced weight resistance that strengthens a multitude of different muscles,” explains Julie Joffrion, owner of All-Inclusive Health, in New Orleans.

A kettlebell’s configuration requires exercisers to pay close attention to

maintaining a neutral spinal posture and avoid locking knees and wrists to avoid pain or injury. By starting with a smaller weight and focusing on form first, exercisers build a foundation that allows them to more fully enjoy the benefits.

Momentum training with kettlebells also compares favorably to traditional dumbbells or weighted bars. "The distinctive shape and weight distribution allows for a variety of exercises and grip positions that are not as comfortable and effective or even possible with a dumbbell," says Joffrion.

Although kettlebells have been popular with Russian athletes since the 1700s, they are a relatively new addition to U.S. fitness clubs. "I first learned about kettlebell fitness in 2005 when some gyms were purchasing them. However, because trainers didn't yet know how to use or instruct on proper movement of the bells, they sat dormant for awhile. I started using them and fell in love. After a few months, I knew this would be something I'd stick with for a long time," recalls Lorna Kleidman, an accomplished

Learn more at Tinyurl.com/KettlebellsFitnessStudy.

kettlebell champion who has earned gold awards in 17 national and international competitions.

Now the founder of KettleX, a business focused on making kettlebell fitness available to everyone through DVDs, private sessions, online coaching and seminars, Kleidman says, "The beauty is that the bells keep you strong and looking great, no matter what your age or fitness experience. I've rarely met a person that didn't get hooked after working out with the appropriate bells, be it a child or an 80-year-old client.

"They are excellent for power, cardiovascular enhancement, endurance and physical symmetry, which is important for the health of the tissues and joints. At the same time, they create a healthful-looking physique, including toned arms, flat abs and a round, lifted butt," she adds.

Participants completing 20 minutes of a high-intensity kettlebell workout

burned an average of 20 calories per minute in a study sponsored by the American Council of Exercise. The researchers compared this level to running a six-minute mile and credited the more intensive calorie burn as a result of challenging the total body, which quickly raises the heart rate when performed with speed. The study concluded that kettlebell training is especially beneficial for those that want to fit in a time-efficient, total body workout.

Proponents go a step further, claiming that kettlebells can deliver increased benefits in half the time of traditional workouts. Bumpus advises, "If you're solely interested in building strength and muscle power, stick with free weights, but if you're looking for a way to burn fat while increasing muscular and cardiovascular endurance, kettlebells are a valuable option to incorporate into your training."

Taylor Geiger is a freelance writer in Phoenix, Arizona. Connect at TaylorGeiger.wordpress.com.

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Functional Medicine for Pets

Why the Best Vets Use It

by Shawn Messonnier

Many pet owners have chosen functional medicine for their own care, so they logically turn to it for their four-legged family members, as well. Most veterinarians are still unfamiliar with this approach to pet health care and may even discourage its use because they see it as being out of synch with conventional ideology.

Functional medicine addresses the underlying causes of disease, using a systems-oriented approach and engaging patients and doctors in a partnership designed to improve health. This evolved practice better addresses individual needs than a traditional approach that focuses on illness and treating disease rather than restoring overall health. By shifting from an allopathic platform to a more holistic, patient-centered one, functional medicine addresses the whole pet, not just a set of symptoms.

Why Functional Medicine

The system of medicine practiced by most vets is geared toward acute care of a severe trauma or a climax in illness that necessitates urgent diagnosis and treatment. They typically apply specific, prescribed treatments such as drugs or perform surgery to treat the immediate problem or symptom. This approach works well for pets experiencing a crisis, but isn't appropriate for restoring health when animals have chronic

disorders. It also doesn't help them to at least live comfortably with incurable problems without the side effects often caused by extensive administration of medications.

Conventional veterinary science lacks the proper tools for preventing and treating complex, chronic disease. In most cases, it doesn't take into account an individual's unique genetic makeup or exposure to toxins such as too many vaccines, drugs or environmental chemicals.

Functional medicine always focuses on the unique nature of the patient; there is no "one treatment fits all" mentality. Functional medicine vets are specifically trained to assess the underlying causes of complex, chronic disease and to apply strategies such as nutrition, diet and naturopathic remedies to both treat and prevent these illnesses. They can ably help the increasing number of pets suffering from complex, chronic health issues such as diabetes, heart disease, cancer, allergies, arthritis, seizures, bowel and bladder problems and immune system disorders.

Functional medicine best addresses these concerns because it involves understanding the origins, prevention and treatment of ailments and emphasizes customized care. The goal is to

promote health as a positive force well beyond the absence of disease.

It's possible for many pets to appear to be healthy while specialized, noninvasive testing shows underlying issues that must be addressed if illness is to be prevented. Conventional medicine either doesn't offer such testing or ignores minor abnormalities, placing the pet at risk for developing serious and potentially irreversible problems.

Integrative Approach

An integrative, science-based health-care approach considers interactions in the pet's history, physiology and lifestyle that might lead to problems. All of the diagnostic and treatment modalities are based upon proven scientific principles and follow evidence-based medicine to yield the best results in terms of total function.

Functional medicine integrates traditional Western medical practices with what are sometimes considered "holistic" or "complementary" healing methods. The focus is on prevention through nutrition, diet and exercise; use of the latest laboratory testing and other diagnostic techniques; and prescribed combinations of botanical medicines, supplements, therapeutic diets and detoxification programs, using drugs only when necessary as a last, rather than a first, resort. This whole-pet approach allows doctors to choose whichever therapies are best for each patient.

Holistic vets see many patients for which conventional medicine has proven ineffective. Sometimes conventional doctors back away from offering treatment, either because the pet is "too old," the treatment is "too expensive" or the results are unlikely to be "satisfactory." Functional medicine can help many of these so-called hopeless cases, return pets to health and often heal disease after principles of functional medicine have been consistently applied to the pet's everyday lifestyle.

Finding a functional medicine vet is challenging, but worth the effort. Focusing on the individual needs of a pet ensures the optimum chance for achieving and sustaining proper health.

Shawn Messonnier, a doctor of veterinary medicine practicing in Plano, TX, is the author of The Natural Health Bible for Dogs & Cats and Unexpected Miracles: Hope and Holistic Healing for Pets. For more information, visit PetCareNaturally.com.



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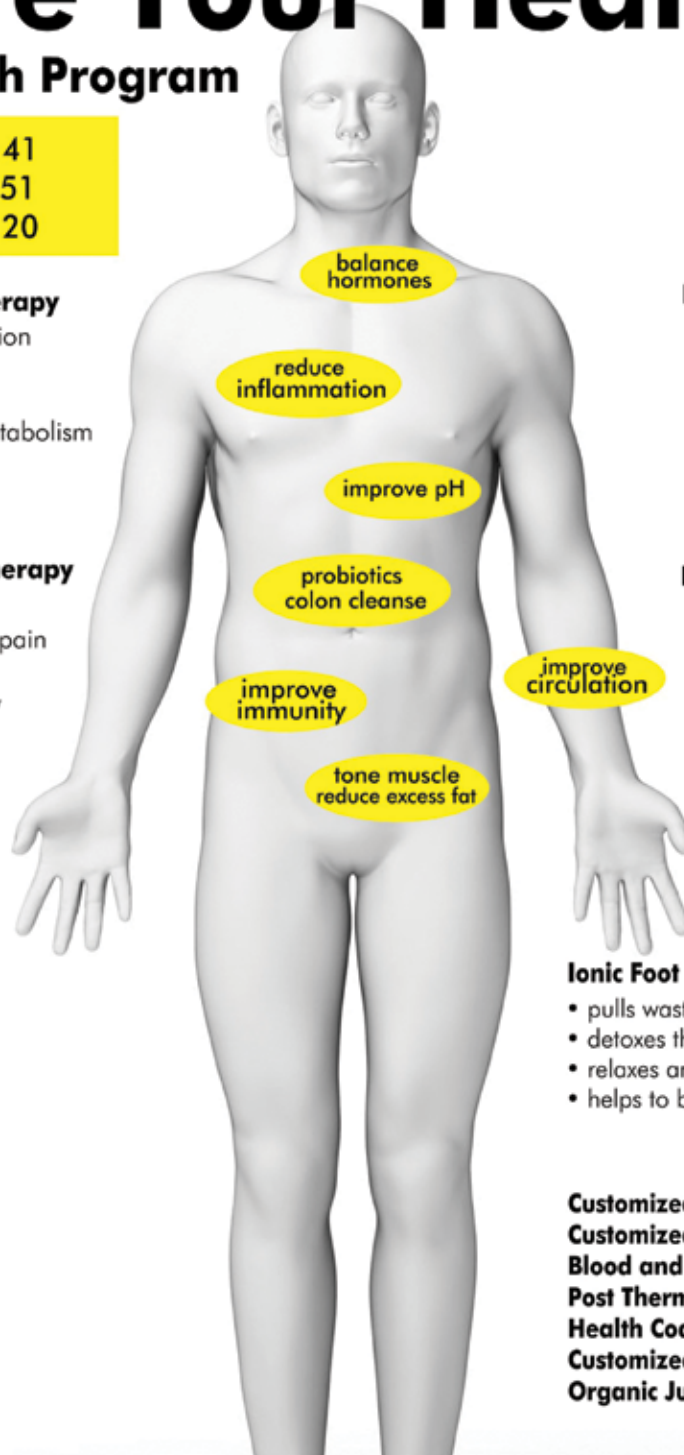
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AQUA MASSAGE THERAPY



COMBINATION OF HEAT AND MASSAGE

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

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

MUSCLE BENEFITS

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

HEALTH BENEFITS

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

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

How does it work?

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

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VITAMIN DEFICIENCY

BIOTIN DEFICIENCY

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

CALCIUM DEFICIENCY

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

CHROMIUM DEFICIENCY

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

COENZYME Q DEFICIENCY

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

COPPER DEFICIENCY

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

IODINE/IODIDE DEFICIENCY

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

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

IRON DEFICIENCY

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

MAGNESIUM DEFICIENCY

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

OMEGA 3 (EPA + DHA) DEFICIENCY

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

VITAMIN A DEFICIENCY

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

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5 Common signs of nutrient deficiency

Poor night vision

Vitamin A, known as retinol, is essential for promoting good vision and overall eye health. Too little vitamin A can cause night vision problems, crusty eyelids in the morning, recurrent infections and photophobia (eye discomfort in the sun.)

Sores or discoloration of your tongue

The tongue is an essential organ that shows us many signs of the state of our health. Water-soluble B-vitamins are essential for the health of the mouth and tongue. Unfortunately, the body doesn't store them, so we have to constantly replenish them.

Weak, spotted or ridged nails

These are common signs of a deficiency in zinc, an important trace mineral needed for the proper function of the immune system. Zinc also serves an important role in cell division and growth.

Muscle fatigue and bone pain

Vitamin D is not only a vitamin but a hormone that tells your bones how much calcium to store and release. Not enough vitamin D and your bones become weak, but also, you can have muscle pain and fatigue as well.

Frequent cramps in your lower legs or 'Restless Leg'

Vitamin D is not only a vitamin but a hormone that tells your bones how much calcium to store and release. Not enough vitamin D and your bones become weak, but also, too much calcium can reside in your bloodstream.

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Tuesday January 10

Rodgers & Hammerstein's Cinderella – 7:30pm. A Broadway musical of a classic tale features an incredible orchestra. \$60-70. Heymann Performing Arts Center, 1373 S College Rd, Lafayette.

Thursday January 12

Mid Winter Fair Rodeo – 7:30pm. Thru Sat Jan 14 & 2:30pm Sun Jan 15. Professional rodeo performances. \$11-\$100. Blackham Coliseum, 2330 Johnston St, Lafayette. 337-400-7964.

Friday January 13

Mystery Book Sale – 10am. Thru Sat Jan 14. Purchase gently used mystery books and DVDs. Low prices. Free entrance. Friends of the Library. Lafayette Public Library, 301 W Congress St, Lafayette. 337-501-9209.

Saturday January 14

Annual African American Heritage Exhibit – 11:30am. The exhibit guides through history acknowledging accomplishments, and struggles with racism, segregation, and prejudice. Free. Abbeville Cultural & Historical Alliance Center, 200 N Magdalen Square Abbeville. 337-893-3456.

Sunday January 15

The Original Harlem Globetrotters – 3pm. Electrifying athletes bring a spectacular show to family entertainment with ball handling wizardry, rim-rattling dunks, trick shots, hilarious comedy and fan interaction. \$20-\$90. Cajundome, 444 Cajundome Blvd, Lafayette.

Jazz Night Opelousas – 6-9pm. And Sun Jan 29. Louisiana-style jazz with popular jazz musicians from around the state including

saxophonists, brass bands and violinists. Enjoy hors-d'oeuvres and specialty drinks. \$20. Arpeggios, 204 N Main St, Opelousas. 337-407-5188.

Monday January 16

Martin Luther King Jr. Celebration – All day. Honor an African/American pioneer. West End Park, 201 Gilbert St, New Iberia. 337-369-2337.

Wednesday January 18

Mapping the Spirit of Place – 6-8pm. Artists show places through their responses to the world around them. This interactive presentation includes a sneak peek at the artwork featured in the spring 2017 exhibitions. Paul and Lulu Hilliard University Art Museum, 710 E St Mary Blvd, Lafayette.

Thursday January 19

Teurlings Catholic Walk for Life – 12pm. A walk from Teurlings Catholic High School to the grounds of the Immaculata Center on Carmel drive to a support rally with music and guest speakers. Free. Teurlings Catholic High School, 139 Teurlings Dr, Lafayette.

Saturday January 21

4th Annual St. Jude Chili Cook-Off – 12pm. All you can eat chili. Entertainment by Todd's DJ. \$5. St. Jude Children's Research Hospital. Elle Hopper Clements. Cajun Harley Davidson, 724 I10 S Frontage Rd, Scott. 337-278-0240.

Sunset Mardi Gras Dance – 8pm-1am. A dance featuring live Zydeco music by Leroy Thomas & The Zydeco Roadrunners. A cash bar and food will be available for purchase. \$10. Xclusive Banquet & Event Center, 805

Napoleon Ave, Sunset. 337-322-5374 or 337-654-6228.

Sunday January 22

Romeo et Juliette – 2pm. Diana Damrau and Vittorio Grigolo star as opera's classic lovers, in Gounod's lush Shakespeare adaptation. \$20. Acadiana Center for the Arts 101 W Vermilion St, Lafayette.

Wednesday January 25

Bayou Teche History and Heritage – 6pm. Historian Shane Bernard gives insight into events that took place along the banks of Bayou Teche. A book signing follows. Free. Jeanerette Museum, 500 E Main St, Jeanerette. JeaneretteMuseum.com.

LSUE Performing Arts Series – 6:30pm. Rondi Charleston Jazz band performs. \$2 student or \$4 general. The Liberty Center for the Performing Arts, 200 Park Ave, Eunice.

Thursday January 26

Bayou Teche Museum Gala – 6:30-9:30pm. "Party Like its 1954" and celebrate the unveiling of a mixed media Shiny Happy Blue Dog collection. Bayou Teche Museum, 131 E Main St, New Iberia. 337-606-5977. BayouTecheMuseum.org.

The Wizard of Oz – 6:30pm. And Friday 6:30pm Jan 27. The Lafayette Parish Performing Arts Academy presents the classic tale of a Kansas farm girl who travels over the rainbow to discover the magical power of home. Acadiana Center for the Arts, 101 W Vermilion St, Lafayette.

Saturday January 28

5k Run St. Martinville Bicentennial Renaissance – 8am. Begin this historic town bicentennial celebration with a 5K run. \$20 - \$25. Longfellow Evangeline State Park, 1200 N Main St, St. Martinville. 337-315-2084.

11th Annual Gumbo Cook Off – 10am. First place champion, second, and third place awards to the best gumbo cooks. Enjoy live music, a kids' activity area, food, drinks, dancing and lots of gumbo. Free event. Participant entry fee \$50. Proceeds benefit a local child and family who are burdened with medical expenses. Frank's Downtown and Pride Doran Law Firm, 603 E Landry St, Opelousas. 337-331-2837.

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cure the inflammation - cure the disease

BRAIN

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

SKIN

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

CARDIOVASCULAR

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

KIDNEYS

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

BONES

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

MUSCLE

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

BREAST

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

Source: Journal of Clinical Oncology

LIVER

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

THYROID

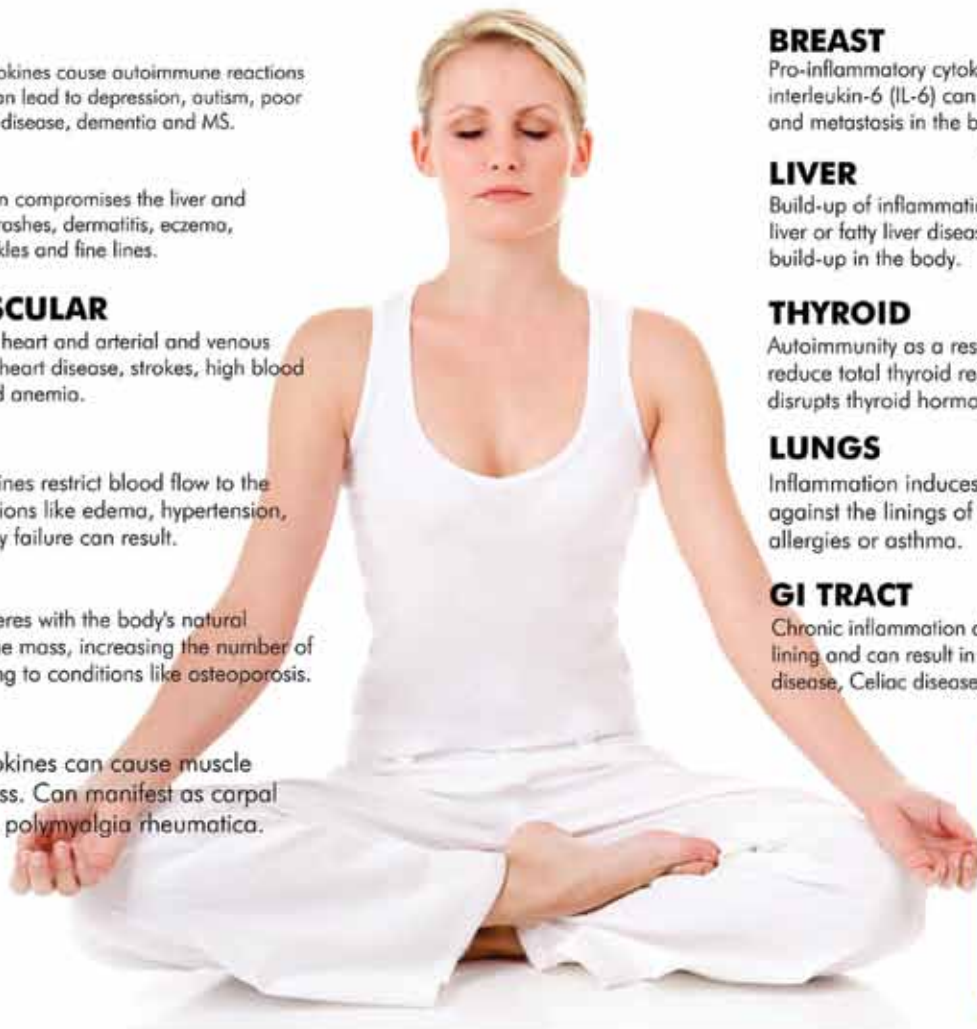
Autoimmunity as a result of inflammation can reduce total thyroid receptor count and disrupts thyroid hormone function.

LUNGS

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

GI TRACT

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



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ongoing events

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

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

sunday

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

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

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

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

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

monday

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

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

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

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

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

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

tuesday

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

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

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

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

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

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

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

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

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

wednesday

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

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

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

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

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

thursday

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

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

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

friday

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

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

saturday

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

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

Delcambre Seafood and Farmers Market – 8am-

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

"Once a man was asked, 'what did you gain by regularly praying to God?"

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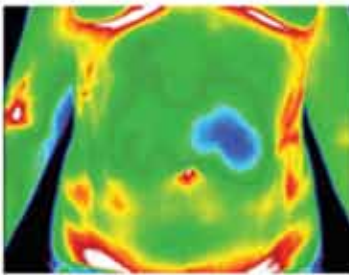
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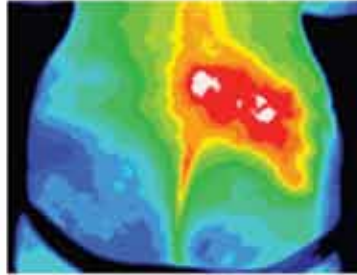
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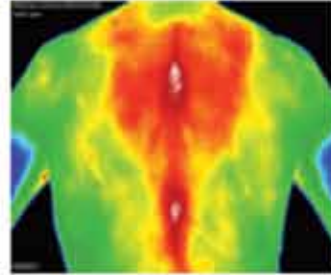
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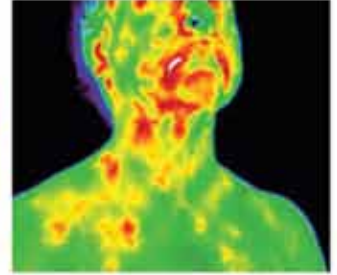
Hypothermia in the Stomach



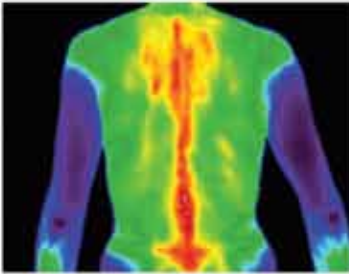
Shingles



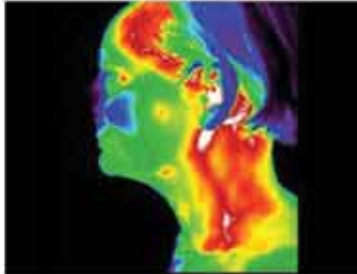
Lung Cancer



Periodontal Disease



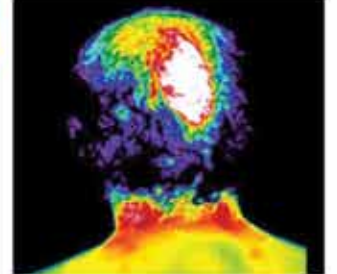
Spinal Inflammation



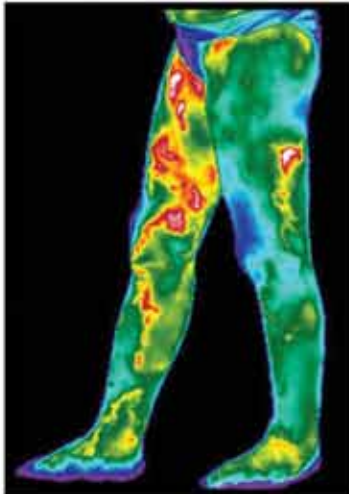
Carotid Artery Inflammation



Poor Circulation Left 4th & 5th Finger



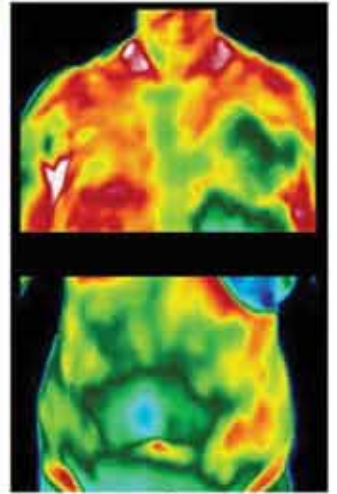
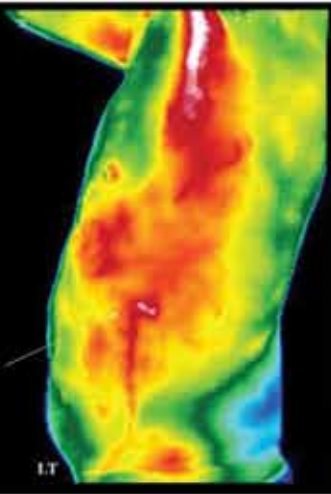
Melanoma-Scolp Cancer



Varicose Veins



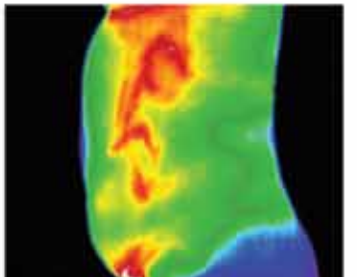
Bilateral Kidney Stones



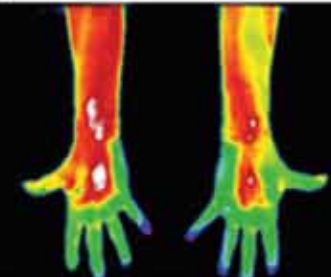
Breast Cancer



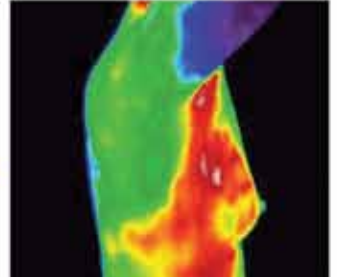
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- support the existence of a suspected condition
- aid in accurate diagnosis and treatment



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



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