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natural awakenings



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Unstructured Fun

THE SUPER POWERS OF VAGUS

The Nerve at the
Center of the
Brain-Gut Axis

Karen ShawBecker on
Beyond
Antibiotics

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Mother Nature's
Rx for Body
and Mind

Health Fair

Health Screenings

Thermography

FULL-Body Head to Toe
Screening

\$94

Labwork

Liver & Kidney
Bloodwork

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Galvanic Skin Response using ZYTO Cradle
Screening

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Vision

Wall Chart Reading
Screening

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Blood Pressure

Screening

\$12

pH Test

Saliva Swab
Screening

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Labwork

Protein, Bilirubin, Leukocytes, Blood, SG
Urine Screening

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% Body Fat, BMI, Muscle, Visceral Fat
Screening

\$22

OFFICE Visit

Educational Purposes Only
Results

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Inflammation

Thermography Image Reading
Screening

\$45

Breast Cancer

Thermography Image Reading
Screening

\$65

Thyroid Function

Thermography Image Reading
Screening

\$35

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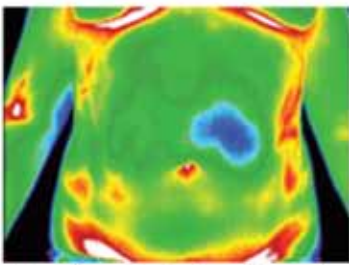
FOR INFORMATION - TEXT
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TO SCHEDULE - CALL
Carencro Office **(337) 896-4141**

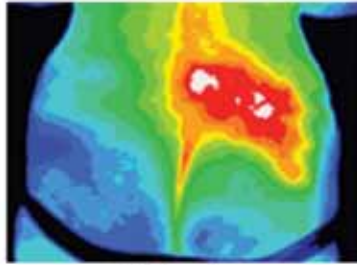
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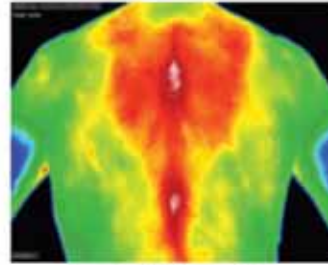
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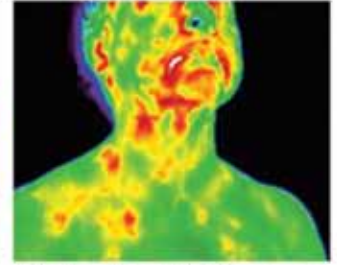
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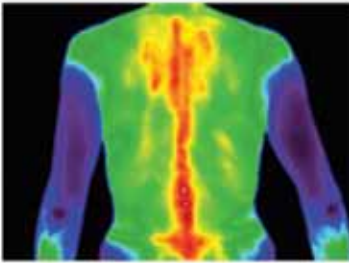
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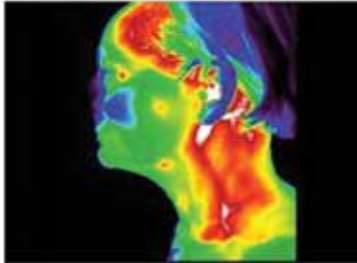
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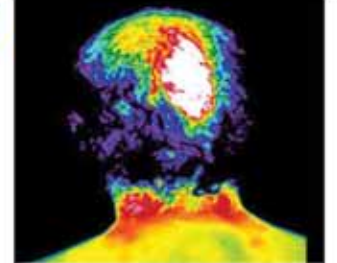
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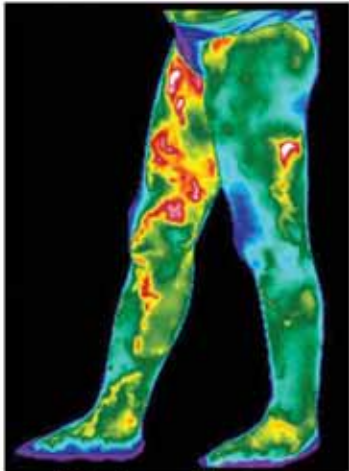
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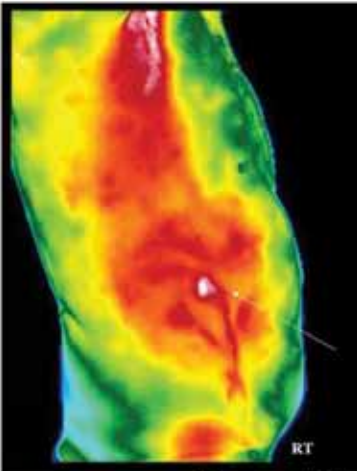
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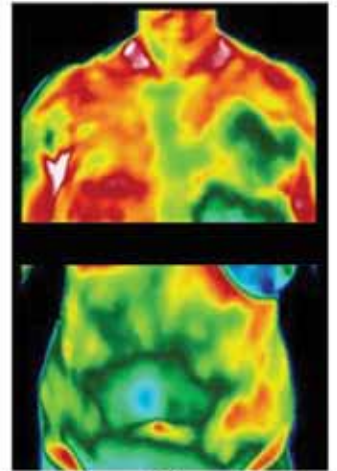
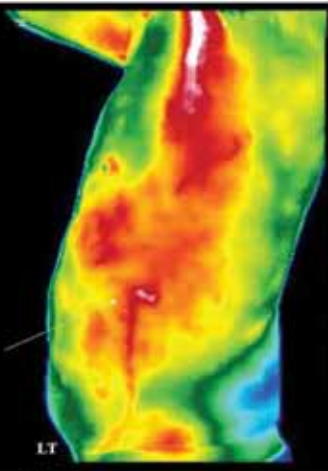
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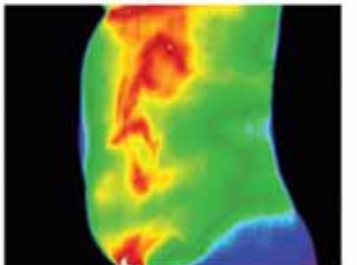
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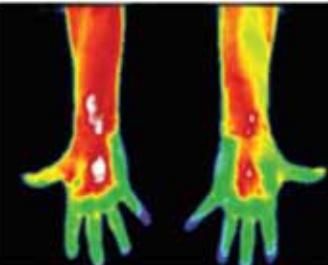
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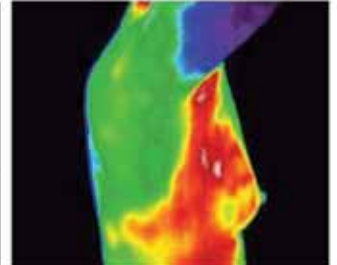
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



Lymphatic Congestion

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- provide early warning of potential health issues
- identify the originating source of neuropathic dysfunction
- support the existence of a suspected condition
- aid in accurate diagnosis and treatment

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publisher's letter



Summer is here, which means it's the peak season for growing fruits and vegetables. Because there are so many options in growing fruits and vegetables, there is no excuse for refusing to grow food that will aid in the development of one's community and family. Different types of plants can be found at local gardening, grocery, or health food stores, whether it be watermelon, spinach, tomatoes, peppers or herbs. By simply grabbing a pot, some soil, and a few seeds a new practice can be introduced into someone's home that will both benefit the health of their household and community. There's no better time than the present to take action when it comes to the health of others and yourself.

Having good tasting food in the kitchen is not the only benefit of gardening. By starting a garden the opportunity to enjoy food that is free of pesticides, preservatives, and harmful additives will be given. Fresh food grown at home goes directly to the kitchen table. Thus skipping the steps that allow fruits and vegetables to become drained of their nutrients. Going through processing plants and traveling long distances doesn't help the nutritional value of our food. In addition, home-grown fruits and vegetables in the kitchen help to cut down on spending at the grocery store. Although having a garden demands time and attention, it also allows for a reason to spend more time outside. While your garden is getting some sun you can do the same!

The benefits of gardening extend past a good tan, it gives a sense of achievement to whoever tended to the garden and also provides for a healthier digestive system. A backyard garden delivers more fruits and vegetables to enjoy at home. Once a producing garden is in place, healthier foods will be able to be introduced into a community's diet. Even growing and eating foods like apples, broccoli, and onions can give your digestive system a boost. A garden also gives a community the opportunity to share produce with family and friends in the area.

Having a garden ensures the teachings of determination, hard work, and patience. These are the things many children in our community need. A garden creates the opportunity to teach others how gardening works and why it's essential to one's community. Imagine the impact one garden could make on families and communities. Everyone could have a healthier more nutritious diet if a garden was created. This not only helps others understand the importance of growing fruits and vegetables themselves, but it also transforms the way a community lives. Remember, it only takes a person and one plant to introduce a new idea that can change the lives of many.

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

Lillyanna & Lydia

Lillyanna and Lydia Castille, Assistant Publishers



Natural Awakenings Acadiana Edition

HEALTHY LIVING HEALTHY PLANET

natural
awakenings

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Natural Awakenings is a family of more than 70 healthy living magazines celebrating 25 years of providing the communities we serve with the tools and resources we all need to lead healthier lives on a healthy planet.

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Munch Nuts for a Healthy Brain

Seniors that ate more than 10 grams—about two teaspoons—of nuts a day were able to ward off normal cognitive decline and even improve their cognitive functions by up to 60 percent, according to University of South Australia researchers. The study was based on 22 years of records of 4,822 Chinese adults ages 55 and older; 17 percent of them ate nuts every day, most often peanuts. These seniors had as much as 60 percent improved cognitive function compared to those that didn't eat nuts, and they showed better thinking, reasoning and memory. "Nuts are known to be high in healthy fats, protein and fiber with nutritional properties that can lower cholesterol and improve cognitive health," says study author Ming Li.

Sleep Better and Feel Happier With Probiotics

In further confirmation of the importance of the gut-brain axis, 18 Italian students at the University of Verona from ages 18 to 33 that took a freeze-dried mixture of four probiotics for six weeks experienced less depression, anger and fatigue compared to a control group of 15 that consumed a placebo. The positive effects continued, as discovered in follow-up testing three weeks later. The probiotics group also slept better. The probiotic bacteria blend of 4 billion colony-forming units included *Lactobacillus fermentum*, *Lactobacillus rhamnosus*, *Lactobacillus plantarum* and *Bifidobacterium longum*.



Get Eyes Checked to Detect Early Alzheimer's

With the aid of a new infrared camera technology called optical coherence tomography angiography (OCTA), early Alzheimer's disease can be detected by checking the back of the eyes for weakened and decreased blood vessels, reports a new study. Northwestern Medicine researchers reached the conclusion by comparing the vessels in the eyes of 32 people that exhibited the forgetfulness typical of early-stage Alzheimer's with those of another 32 people with normal cognitive

abilities. The vascular changes were detected non-invasively, without the need for dyes or expensive MRI (magnetic resonance imaging) scans. The technology quantifies capillary changes in great detail and with unparalleled resolution, making the eye an ideal mirror for what is going on in the brain. Early detection of Alzheimer's is critical because existing therapies are more effective if they are started before extensive brain damage and cognitive decline have occurred.



Eat Mostly Plants to Ease Gum Inflammation

The inflamed gum condition known as gingivitis is fairly common and often mild, but can be a precursor of more serious periodontal disease linked to Alzheimer's and rheumatoid arthritis. German researchers at the University of Freiburg tested 30 people: half in a control group that did not change their diet, and half that switched to a diet low in meat and processed carbohydrates and rich in omega-3 fatty acids, vitamin C, vitamin D, antioxidants, plant nitrates and fiber. After four weeks, those on the plant-based diet had significantly less gum inflammation and bleeding. They also lost weight and had higher vitamin D levels.

Try Cordyceps to Strengthen the Lungs

People suffering from chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis, can breathe easier by taking the Chinese medicinal fungus *Cordyceps sinensis*, a new meta-analysis shows. Researchers at the Guangzhou University of Chinese Medicine conducted a review of 15 high-quality studies that involved 1,238 COPD patients and found that cordyceps significantly improved lung function, exercise endurance and quality of life with no report of any serious adverse effects. Cordyceps, which is said to relax and open the airways, has long been used in Traditional Chinese Medicine as an anti-asthmatic, expectorant and cough suppressant.



Take B₁₂ to Help With Parkinson's

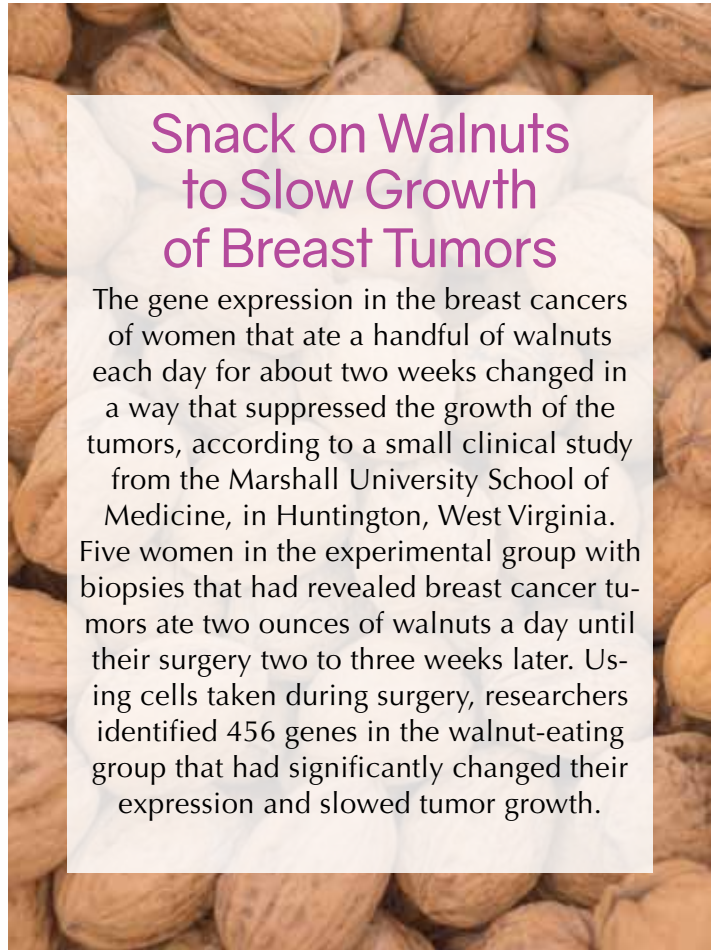
New research has found the basic micronutrient vitamin B₁₂ may be the first good tool for averting the hereditary form of Parkinson's disease, which accounts for about 15 percent of such cases worldwide. In lab tests, an international team of scientists found that AdoCbl, one of the active forms of vitamin B₁₂, inhibits the activity of a mutated enzyme linked to Parkinson's. Inhibiting this enzyme appears to help stabilize dopamine release in the brain.

Dopamine deficiencies manifest in the muscle rigidity and tremors that are hallmark symptoms of Parkinson's. Another recent study from the University of California San Francisco that included non-hereditary Parkinson's patients found that symptoms worsened more quickly in early-stage patients that had low B₁₂ levels than in those with higher levels of the vitamin.



Snack on Walnuts to Slow Growth of Breast Tumors

The gene expression in the breast cancers of women that ate a handful of walnuts each day for about two weeks changed in a way that suppressed the growth of the tumors, according to a small clinical study from the Marshall University School of Medicine, in Huntington, West Virginia. Five women in the experimental group with biopsies that had revealed breast cancer tumors ate two ounces of walnuts a day until their surgery two to three weeks later. Using cells taken during surgery, researchers identified 456 genes in the walnut-eating group that had significantly changed their expression and slowed tumor growth.



Use this to reduce PAIN and INFLAMMATION

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



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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



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.

HEALTH BENEFITS

- Helps reduce infections
- Can help reduce cancer
- Alkalizes the body
- All natural

Suggested Use: Drink 64 oz per day for 14 days.
.....\$36.00 / case of six

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 joint-

ing 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

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HEALTH BENEFITS

- Helps LOSE WEIGHT QUICKLY
- Can help reduce body fat
- May reduce appetite
- All natural

.....\$45.00

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



Mood Enhancer

Mood Enhancer is the perfect supplement to help with anxiety, stress, and depression. It works to maintain a healthy memory and sharp mind. It combines guaranteed-potency “smart herbs”



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

WheTea Ab Fat Burner



WheTea is an organic blend of wheatgrass and green tea. With natural EGCG antioxidants from green and white teas. EGCG has been shown to be 100 times more powerful than vitamin C and 25 times more powerful than vitamin E. WheTea also contains 130 percent of the daily value for vitamin C and a variety of catechin polyphenols and flavonoids. If you are looking for a potent pure tea for weight loss, you'll love WheTea.\$20.00

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



Garcinia Cambogia



Garcinia Cambogia is a natural fat-buster because of the unique properties of a compound known as hydroxycitric acid (HCA) found in the rind of the fruit. HCA blocks the activity of liver enzymes that convert sugar and carbs into fat, making their calories available as glycogen to fuel your muscles when you exercise. Garcinia cambogia also helps address stress-related appetite issues by supporting healthy serotonin and cortisol levels.\$35.00

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Local, Small Business Earns Governor's GOLD Award



Last year, the Louisiana Governor's Office of Disability Affairs awarded The Hand Up Thrift (HUT) of Lafayette with the Governor's Outstanding Leadership in Disabilities (GOLD) award under the category – Employer of the Year. The award celebrates those Louisiana citizens who have inspired positive changes within the disability community.

One of the thoughts behind the creation of the HUT was to allow individuals who are unable to gain employment in just any community setting, job opportunities with a supportive, inclusive work environment. This approach has improved their social skills and confidence. These individuals love earning their own money because working feels good and keeps them hopeful. With that in mind, The HUT employs a diverse group of employees of which 36% have some form of disability. The HUT also keeps money local by partnering with local non-profits and making annual donations to area organizations including Family Promise of Acadiana, Affiliated Blind of Louisiana and Transportation Recreational Alternatives in Louisiana (TRAIL).

HUT is Lafayette's latest development in thrift stores. One of our founders, Jo Lynn Moncrief, noticed a quote on the marquee of a local church and it read, "The only time you look down on someone is when you are giving them a hand up." HUT is an acronym for "Hand Up Thrift." Their vision is derived from Hand Up – which stands for – Help – Achieve – New – Direction – With – Uplifting – Partnerships.

Location: 105 Leonie St., Lafayette. For more information call (337) 704-4444 or visit www.handupthrift.com

NAMI Acadiana and Brain Health



NAMI Acadiana is a 501(c)3 nonprofit organization made up of family members, peers, behavioral health professionals, and friends. The mission and purpose of NAMI Acadiana is to build better lives for individuals and families affected by mental illness. They accomplish this by providing programs and services of education, support, and advocacy. NAMI, founded in 1979, is the nation's voice on mental illness. NAMI Acadiana, founded in 2008, is one of 1,100 affiliates across the Country and one of 8 across Louisiana. NAMI Acadiana services a 7 parish area called Acadiana. NAMI members have the lived experience that can provide help and hope to others.

They are dedicated to eradicating the stigma, myths, and misconceptions of mental illnesses, to improving the quality of life for all who are affected by these illnesses, and to supporting recovery. It is dedicated to serving the community by empowering peers and families and promoting meaningful systems of change. The NAMI Family Support Group is one such program offering support for family members, partners and friends of individuals living with a mental illness. They are held on the 1st and 3rd Sunday of every month from 6:00 – 7:30 pm at First Lutheran Church, 301 W. Farrel Rd. in Lafayette, LA. Contact Karen Dubois at (337) 654-2138 for more information. All support groups are free of charge and no registration is Required.

NAMI general membership is open to anyone who may benefit from the mutual support they offer. A single NAMI membership provides membership at all levels of the organization, NAMI National, NAMI Louisiana, and NAMI Acadiana. As mental illness strikes people regardless of age, race, creed, socioeconomic status, sexual orientation, or many other differences we may have on the surface, we are working to be inclusive of everyone. Financial support for NAMI Acadiana is obtained by donations to the affiliate, NAMI Walks, and annual membership fees.

Location: 1001 W. Pinhook Road, Ste 227, Lafayette. For more information call (337) 504-4752 or visit www.namiacadiana.org

The Weight Loss Store

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PICK 3 for ~~\$90~~ \$60
PICK 4 for ~~\$120~~ \$75

TEXT your NAME and PICK 4 to 424-5066 to buy now

global briefs

Wonder Weed

Hemp to the Rescue at Detox Sites

Cannabis is enjoying a renaissance of sorts, and one new application for hemp, the no-buzz industrial variety used in fabrics, oils and foods, is cleaning nuclear radiation from toxic soil and removing metals like cadmium, lead, mercury and other pollutants via phytoremediation.

Allison Beckett, a cultivation expert at Marijuana.com, says, "Industrial hemp has been used in areas of high radiation, such as Fukushima, [in Japan,] with promising results. Not only does hemp pull toxic, heavy metals from the soil, it actually improves soil structure, making it usable as productive farmland again. Plus, hemp is a vigorous plant that absorbs CO₂ rapidly, making it an encouraging solution to climate change." Hemp phytoremediation has been used in Italy to clean up the small town of Taranto, where a steel plant has been leaking dioxin into the air and soil. The Pennsylvania Industrial Hemp Council and Lehigh University, in Bethlehem, are running a project to test the process in an arsenic-contaminated area in Upper Saucon Township that once harbored a zinc mine.



Alarm Sounded

Ireland Declares Climate Emergency



The Republic of Ireland is the third country worldwide to declare a climate emergency, with both the government and opposition parties agreeing to an amendment to a climate action report. "We're reaching a tipping point in respect of climate deterioration," says Climate Action Minister Richard Bruton. "Things will deteriorate very rapidly

unless we move very swiftly, and the window of opportunity to do that is fast closing." The UK governments of Wales and Scotland have also declared climate emergencies. Suggested responses include limiting oil and gas exploration, and issuing an additional biodiversity emergency measure.

Too Blue

Algae Loss Colors Ocean

The world's oceans may be getting bluer, thanks to climate change. The effect is more likely to be detected by satellites than Earthbound people, and is caused by the depletion of marine phytoplankton as seawater warms. A new study from the Massachusetts Institute of Technology published in the journal *Nature Communications* predicts that more than 50 percent of the oceans' collective 140 million square miles of surface area will likely be affected by 2100.

Marine ecologist and leader of the study Stephanie Dutkiewicz says, "These microscopic organisms live in the water and are the base of the marine food chain. If there are less of them in it, the water will be slightly bluer." Phytoplankton serves as a food source for small sea creatures that are eaten by fish, squid and shellfish. If phytoplankton populations dip too low, vital fisheries in certain areas could be decimated.

Dangerous Dozen

Produce to Avoid

The 2019 Environmental Working Group's (EWG) Shopper's Guide to Pesticides in Produce (Tinyurl.com/DirtyDozen-Clean15List) highlights increased pesticide use on up to 70 percent of conventionally grown U.S. produce. Several different types of pesticide, insecticide and fungicide residues are present on many fruits and vegetables. The Dirty Dozen list includes strawberries, spinach, kale, nectarines, apples, grapes, peaches, cherries, pears, tomatoes, celery and potatoes. The clean 15 list includes avocados, sweet corn, pineapples, frozen sweet peas, onions, papayas, eggplant, asparagus, kiwi, cabbage, cauliflower, cantaloupes, broccoli, mushrooms and honeydew melon. The EWG advises that eating organic produce, especially for pregnant and nursing mothers and young children, should be a national priority.





Wendy Coleman, founder of LA Urban Farms, works with chefs, resorts, hotels, universities and corporate clients to set up aeroponic tower gardens, such as these kale and lettuce crops.

City planners need innovative solutions like vertical farming to feed the growing population. We can grow at scale, with minimum space and environmental impact.

~Wendy Coleman

gardens where kids learn to grow, cook and eat nutritious food to corporate gardens inside a new office building for lender Fannie Mae's employee café. One of its crown jewels is a 6,500-square-foot rooftop garden on the Nationals Park baseball stadium, where edible flowers end up in cocktails and organic produce feeds fine diners and VIP ticket holders.

Ray grew his business organically, fueled by passion and curiosity, rather than any horticultural background. "I grew up in NYC, where I had nothing to grow on. When I moved to Florida for grad school, I had a huge backyard to play around with," says Ray.

Like many other urban farms, Cultivate the City offers a seasonal farm

photo courtesy of LAUrbanFarms.com

CROPS IN THE CITY

Urban Agriculture Breaks New Ground

by April Thompson

The average American meal travels 1,500 miles to reach its plate, according to the nonprofit Center for Urban Education About Sustainable Agriculture. Yet, enterprising green thumbs across the country are bringing the farm back to plate's reach, growing hyperlocal food in backyards, on rooftops, through indoor farms and more. City farming reconnects urbanites to their food sources while bettering the environment, communities, diets and health.

Urban agriculture, harkening back to the Victory Gardens planted to ward off food shortages during World War I and II, is nothing new. While today's home gardeners have staked out balconies, window boxes and vacant lots in this locavore resurgence, noteworthy pioneers are forging a path to organic

urban agriculture on a commercial scale—tapping into new technologies and markets, and turning challenges like dealing with space constraints into fresh opportunities.

A View From the Roofs

Take Niraj Ray, whose company *Cultivate the City* is working to transform urban food deserts in the nation's capital into thriving local food systems. "We want to get more people interested in growing their own food and show them how they can grow more with less square footage through vertical gardens and sustainable techniques like [soil-less] hydroponic systems," says Ray.

Cultivate the City manages numerous gardens for clients around Washington, D.C., from elementary school

subscription known as a community supported agriculture (CSA) program that allows city dwellers to buy directly from local producers. Ray's rooftop greenhouse, located on top of a local hardware store that sells his edible plants at retail, offers all the fixings for a healthy, diverse diet: hydroponic towers of leafy greens, trays of microgreens for corporate clients, specialty varieties of hot peppers for the company's hot sauce and stacking cubes of an albino strawberry variety that Ray crossbred himself. "There are so many ways to contribute to urban farming, from aquaponics to vermicomposting; it's about finding your niche," he says.

Growing Up With Vertical Farming

By 2050, it's estimated that 9 billion people will be living on the planet—7 billion in cities. "City planners need

innovative solutions like vertical farming to feed the growing population. We can grow at scale, with minimum space and environmental impact,” says Wendy

Coleman, who began her California-based business [LA Urban Farms](#) in 2013. Today, Coleman’s team works with chefs, resorts, hotels, universities, greenhouses and corporate clients like Google and Ikea to set up aeroponic tower gardens across the U.S. and Europe.

With aeroponics, nutrient-enriched water is pumped through a garden tower to shower the roots of plants suspended in air. “It actually uses 90 percent less water than conventional growing, which is a huge benefit in a place like California, and avoids any kind of agricultural runoff,” says Coleman. In conjunction with urban farming partners, the business churns out 30,000 seedlings a month using aeroponic technology to grow for their diverse client base and working with chefs to plan seasonal menus around their produce.

Aeroponics and other innovative farm technologies are transforming spaces in cities across the U.S., reclaiming peripheral and idle spaces like alleys and warehouses to grow herbs and vegetables in abundance, using 90 percent less land by growing vertically, notes Coleman. “With our gardens, diners can see their food growing at their table; they get such a personal connection with their food. It’s an interactive way for hotels and restaurants to demonstrate their commitment to local, sustainable food,” she says.

Breaking into Hives: City Beekeepers

“I had a backyard garden that wasn’t doing so well, and I thought it was the lack of pollinators, so I got bees; but then I realized I was just a bad gardener,” quips master beekeeper John Coldwell, of Fort Lauderdale.

Since this humble beginning in 2012 with a few backyard hives, Coldwell and his wife Teresa have been leading a movement to repurpose public land for “microapiaries” and provide apiary education for youth and adults throughout South Florida. Through

There are so many ways to contribute to urban farming, from aquaponics to vermicomposting; it’s about finding your niche.

~Niraj Ray

integrate into managed hives. They’ve worked successfully with parks, airports, golf clubs and country clubs to put honeybee habitats on site.

Urban beekeeping works in synergy with city farms, as honeybees forage up to five miles for food, and in so doing pollinate a lot of crops. Seventy of the top 100 human food crops are pollinated by bees, according to the Food and Agriculture Organization of the United Nations. “We often hear people say their garden is doing better than it has in years, thanks to the apiaries nearby,” says John Coldwell.

The challenges of growing at scale are a recurrent theme among urban farmers. [Ian Marvy](#), the U.S. Department of Agriculture (USDA) outreach specialist for the greater New York City area, ran his own urban farm, grossing six figures for 14 years. However, Marvy says most farmers growing in the city aren’t operating at a profitable scale or producing enough for everyone to eat local.

Even so, locally grown produce is a booming market in New York City. [Greenmarket](#), founded in 1976, operates more than 50 farmers’ markets, limited to vendors that grow within a 200-mile radius, some of whom take home five figures on a good day, says Marvy. Interest in growing at the community level has also mushroomed, adds Marvy, who estimates that 90 percent of the city’s more than 500 school gardens weren’t there 15 years ago when he started this work. “The USDA has a huge opportunity here and nationally to make cities more sustainable and feed more people. I’m really excited and committed to that,” he says.

While urban agriculture efforts are sometimes criticized for catering to upper income residents that can afford to pay top dollar for specialty items like microgreens, many businesses and organizations are

their entity [The Urban Beekeepers](#), the Coldwells offer beekeeping classes, consult with local governments, sell equipment and rescue “feral hives” to



Tips From the Pioneers

Those that have never nurtured more than a houseplant shouldn’t be intimidated, says Wendy Coleman, founder of [LA Urban Farms](#). “Growing food is easy and doesn’t require any special background,” says Coleman, who was green to growing when she started her business six years ago.

When growing commercially, find a niche, says Niraj Ray, of [Cultivate the City](#). The company grows plants of ethnic or cultural significance to appeal to Asian, African and Latino populations, from the nutrition-packed moringa to okra, a staple of both Indian and African cooking, given it is a growing market for immigrant populations not served by most traditional garden centers.

Seek natural allies like sustainability-minded chefs to bolster an urban ag business. The farm-to-fork chef’s movement has been a boon for beekeepers and farmers, with chefs acting as patrons of the farms, according to beekeeping expert Teresa Coldwell. [Sette Bello Ristorante](#), an Italian restaurant in Fort Lauderdale, funds vertical gardens at a community garden where the Coldwells have hives so its chef can have pure organic food like squash blossoms pollinated by local bees.

Urban farming has its pleasures and rewards, but can also bring hardships. Ray struggles with employee turnover when newbie farmers face the realities of working in the heat and rain, even from a sleek, trendy, rooftop garden.

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working on multiple fronts, with lucrative specialty crops helping to subsidize programs serving families lacking access to healthy affordable food.

Grow Ohio Valley

takes an integrated approach to food sovereignty in Wheeling, West Virginia, and the Upper Ohio Valley. "This part of the Appalachian Rustbelt has lost much of its population, jobs and economic base over the last generation. We want to promote health and wellness through fresh food, while helping to transform the urban landscape from falling-down buildings and vacant lots into productive community assets," says founder Danny Swan.

The operation's food hub aggregates produce from small local farmers, providing a guaranteed market for their produce and the opportunity to reach a larger market, usually only served by food grown thousands of miles away. The produce is supplemented by four urban farm sites run by the organization, including an apple orchard on the site of a demolished housing project.

Grow Ohio Valley also works to reach the "last-mile customers" that lack access to high-quality affordable produce via a mobile farmers' market that goes to housing projects, senior commu-

The USDA has a huge opportunity here and nationally to make cities more sustainable and feed more people.

~Ian Marvy

nities and schools six days a week.

Their latest project, the Public Market, is a retail location on Wheeling's Main Street that will serve as a year-round farmers'

market. The organization is also building alliances between local farmers and healthcare providers through a project called The Pharmacy. A partnership with a local free clinic, it targets people suffering from diabetes and other diseases linked to poor diets with a doctor's prescription for organic produce offered free through the organization's CSA.

These urban agriculture pioneers are helping to not only grow food, but community, and are nurturing renewed connections to the Earth. City growing has so many benefits: decreasing packaging, costs and food miles traveled, making it easier to eat organic seasonal food and a more diverse diet. "The connection people feel when they plant seed and get to harvest the mature plant is transformative. Growing food is something we can all do to make a difference, for our health and the environment," says Coleman.

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

LET'S GET GROWING



For those interested in trying home growing or supporting metro area farmers, here are some resources for eating food grown in and around your zip code.

The U.S. Department of Agriculture's Urban Agriculture Toolkit walks prospective city farmers through all of the necessary steps to planning a successful urban agriculture operation, from soil testing to accessing financing. Tinyurl.com/UrbanAgriculturalToolkit.

UrbanFarming.org features a clickable map of community gardens in the U.S. and beyond where neighbors can connect and grow together.

The FairShare CSA Coalition's site (CSACoalition.org) offers an interactive Farm Search tool to find community supported agriculture (CSA) programs where city dwellers can subscribe to local farms and receive a share of the seasonal bounty.

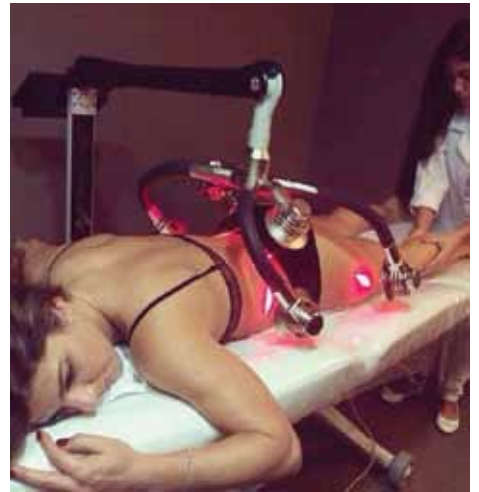
The American Community Garden Association (CommunityGarden.org) provides resources for finding, starting and managing community gardens.

Local Harvest (LocalHarvest.org) has a searchable national directory of farmers' markets, farms, CSAs and more.

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conscious eating



SUMMER EATING The Herbal Connection

by Kajsa Nickels

Summer is an ideal time to add a healthy dose of fresh, organic herbs to make cool salads, luscious smoothies and other hot-weather eats and treats. Herbs are not only a flavorful addition to any meal, they are also chock-full of health benefits, from lowering blood pressure and improving mineral balance to increasing immune support, hydration, energy and healthy skin.

Most people consider using herbs in small amounts as seasonings for recipes such as spaghetti sauce, soups or desserts. However, they are edible plants, just like kale and spinach. Although they tend to have strong flavors when dried, fresh herbs are usually quite mild and can be eaten in large amounts like any other vegetable.

Cool Benefits

"Summertime herbs are important for dealing with the heat and humidity that the season brings," says Nathaniel Whitmore, a Chinese medicine herbalist and shiatsu massage practitioner in Milford, Pennsylvania. An herb that he recommends for this time of year is American ginseng, which, unlike its Chinese namesake, is considered a "cooling" herb and helps keep the body moist.

When combined with fresh chrysanthemum flowers, the result is a powerful elixir that both hydrates and energizes. "A piece of American ginseng root and a few chrysanthemums placed in a jar of water and set on a windowsill for a few days makes a great cold infusion," says Whitmore. "You can store it in the fridge for a few days and drink it in small amounts at a time to benefit from its energizing and hydrating properties."

Summertime herbs are important for dealing with the heat and humidity that the season brings.

~Nathaniel Whitmore

Soft-stemmed herbs such as parsley and dill can be used in large amounts in salads and summer sandwiches. Other heat-tolerant herbs that are easy to grow include lemon balm, rosemary, lavender, mint and basil.

“Lemon balm is great for headaches and insomnia that are common during summer heat waves,” says Michelle Schoffro Cook, Ph.D., an herbalist and doctor of natural medicine, in Ontario, Canada. “Basil can help reduce summer achiness, while lavender serves as a relaxant and an excellent bug repellent.”

In addition to relieving headaches and restlessness, lemon balm is also beneficial for those that suffer from high blood pressure. A study in the *Journal of Herbal Medicine* reports that it is helpful in reducing blood pressure in patients with chronic stable angina. Rosemary, another herb used for sleep disorders, was found to also help improve memory and decrease anxiety in a study conducted in Iran at the Kerman University of Medical Sciences.

One study in 2009 by researchers in the Department of Biochemistry at the University of Allahbad, in India, revealed that polyphenols found in herbs and plants harbor antioxidant properties that can help reduce the risk of developing cancer, cardiovascular disease, diabetes, osteoporosis and neurodegenerative disorders.

Fresh Is Best

While herbs can be used in their extracted and dried forms, the most significant health benefits are often found in the raw, organic plant. “Fresh is better,” says Whitmore. “This is especially true when it comes to the more aromatic plants such as basil and lavender. A lot of the more volatile constituents are lost during the drying process.”

Most herbs grow best in dry garden areas that receive at least eight hours of sun each day. Although some herbs can grow in partially shaded locations, they won't be as flavorful. Many herbs can also be grown in containers or pots.

Maria Noël Groves, a clinical herbalist in Allentown, New Hampshire, and author of *Grow Your Own Herbal Remedies: How to Create a Customized Herb Garden to Support Your Health & Well-Being*, lists lemon balm, Korean mint, anise hyssop and purple basil as among her favorite summer culinary and beverage herbs that are easy to grow in pots. These make easy pickings for wraps, salads, sandwiches and more. “Lemon balm can also be used to make infused water,” says Groves. “With lemon verbena, lemon grass or holy basil, the result is refreshing and calming.” Just take a few sprigs and place them in either plain or seltzer water. The result is a delicately flavored beverage that's also healthy and hydrating.

Kajsa Nickels is a freelance writer and a music composer. She resides in northeastern Pennsylvania. Contact her at fideleterna45@gmail.com.

Herbal Chill-Outs

Lemon Balm Vinegar

This infusion can be used in place of plain vinegar in summer salad dressings. According to the *Journal of Medicine*, lemon balm is helpful in lowering blood pressure and cholesterol. Combining it with apple cider vinegar adds extra health benefits to the mix, including digestion enhancement, detoxing and inflammation reduction.



2-3 cups fresh lemon balm, washed
1 qt apple cider vinegar

Add coarsely chopped lemon balm leaves and stems to a 32-ounce mason jar. Add vinegar until lemon balm is completely covered.

Allow to sit in a cool, dark place for two to four weeks before straining.

From the book Be Your Own Herbalist by Michelle Schoffro Cook. Used with permission from New World Library.

Dandelion and Violet Greens Pesto

1 bunch dandelion leaves
1-2 handfuls violet leaves
1-3 garlic cloves
1-3 oz Parmesan cheese
1 cup toasted, salted/tamari pepitas (pumpkin seeds)
Juice of ½ lemon
¼ cup olive oil



Coarsely chop the herbs and the garlic. Combine with a mortar and pestle, food processor or blender and blend until minced.

Add the liquids and blend to a puree. Serve with organic tortilla chips, crackers or veggie sticks.

Will keep for a few days in a tightly sealed container or frozen.



From the book Grow Your Own Herbal Remedies by Maria Noël Groves. Used with permission from Storey Publishing.

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5. Good digestion
6. Less arthritis
7. Reduction of candida (yeast) overgrowth
8. Won't support osteoporosis
9. Increased mental acuity, mental alertness
10. Legal natural high

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healing ways

Toning the Vagus Nerve

Relief for Pain, Anxiety and Inflammation

by Marlaina Donato

Research is helping doctors connect the dots between seemingly unrelated conditions like irritable bowel syndrome, rheumatoid arthritis, post-traumatic stress disorder (PTSD), chronic fatigue syndrome and fibromyalgia, revealing a common denominator: the multitasking vagus nerve, the longest in the autonomic nervous system.

The superpower of this double-branched cranial nerve lies in transporting major neurotransmitters along what is known as the brain-gut axis. "The vagus nerve stems from the brain to the abdomen like a communication superhighway between your gut and brain," says Hannah Aylward, an Orlando-based certified holistic health coach and gut health expert. "Studies show that the vagus nerve regulates inflammation throughout the body."

Promising Research

Recent studies have shown that vagus nerve stimulation (VNS) can improve

The vagus nerve stems from the brain to the abdomen like a communication superhighway between your gut and brain.

~Hannah Aylward

quality of life for individuals suffering from numerous conditions. One type is a device that can be implanted by a neurosurgeon, which sends electrical impulses to the vagus nerve in children that suffer from seizures

and adults with depression as a supplemental treatment when surgery or medications are not possible or effective.

There is also a handheld, non-invasive VNS option called gammaCore, a U.S. Food and Drug Administration-approved device that offers hope for sufferers of cluster and migraine headaches. Its effectiveness for chronic pain management, as well as in cases of epilepsy and depression, was published in the *Neuro-modulation Journal* in 2015.

PTSD researcher Imanuel Lerman, M.D., and his colleagues with the Veterans Affairs San Diego Healthcare System, found that VNS affects areas of the brain responsible for processing emotional pain. The findings, published in the journal *PLOS ONE* earlier this year, also show that VNS delays the

brain's response to pain signals in individuals with PTSD.

Mental Health, Trauma and the Gut

When it comes to the vagus nerve, anxiety is physical. Post-traumatic stress is rooted in neurobiology and experienced in the body, not just the mind, says Arielle Schwartz, Ph.D., a Boulder, Colorado-based clinical psychologist and author of *The Complex PTSD Workbook: A Mind-Body Approach to Regaining Emotional Control and Becoming Whole*. "This is why you can't simply think or talk your way out of your trauma reactions."

According to Schwartz, "Disruptions in the gut flora, which often occur with overuse of antibiotics, can have a significant impact on mental health. An imbalance in the gut can lead to an inflammatory response in the immune system and a wide range of disruptive symptoms."

Aylward notes that 95 percent of the body's mood-boosting chemical serotonin resides in the enteric nervous system, which governs the function of the gastrointestinal tract. "The brain-gut axis is becoming increasingly important as a therapeutic target for psychiatric and GI disorders," she says.

Daniel J. Siegel, M.D., clinical professor of psychiatry at the UCLA School of Medicine and founding co-director of UCLA's [Mindful Awareness Research Center](#), explains the trauma loop. "Developmental trauma impairs the integrative circuits of the brain and nervous system—the prefrontal cortex. When this happens, the brain will be hyperalert, interpreting some non-threat-

ening situations as threatening.

"Learning to be aware of our internal state and learning calming techniques helps to regulate the autonomic nervous system and can go a long way," says Siegel. "High ventral vagal tone means having a state of calm."

Vagus Power

Everyone can benefit from increased vagal tone, which goes hand-in-hand with engaging the parasympathetic nervous system for optimum equilibrium at the cellular level. Acupuncture, chiropractic—with a focus on the cranial nerves—massage, meditation, singing, laughing loudly, chanting mantras, gentle yoga and exercise, positive social interactions, belly breathing and chanting all make the vagus nerve a happy camper.

These activities promote relaxation and help to decrease inflammation. "As a certified yoga instructor, I can attest to a wide range of natural vagus nerve stimulation techniques, especially using the breath," says Schwartz. "Diaphragmatic breathing creates a gentle massage across your digestive organs, releases the diaphragm and stimulates nerve fibers within the lungs. Heart rate is reduced."

Brief exposure to cold water or cold air improves vagal tone and is a good option when anxiety is high. Eating cold-water fish like wild salmon or other foods high in omega-3 fatty acids such as walnuts, seaweed, hemp, flax or chia seeds provides vagal nourishment.

Marlaina Donato is the author of several books, including Multidimensional Aromatherapy. Connect at [AutumnEmbersMusic.com](#).

Vagus-Nourishing Diet Tips

Advice from gut health expert Hannah Aylward:

- ✓ Eat plenty of vegetables, high-quality proteins, fiber and healthy fats.
- ✓ A diet low in sugar and processed carbohydrates supports healthy vagus nerve function by maintaining a healthy gut microbiome.
- ✓ Practice intermittent fasting, which stimulates the parasympathetic nervous system (not recommended for people suffering from adrenal fatigue or high stress).
- ✓ Take probiotics. *Lactobacillus* has been shown to increase GABA via stimulation of the vagus nerve. *Bifidobacterium longum* has demonstrated it can normalize anxiety-like behavior in mice by acting through the vagus nerve.

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green living



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HELP FOR HOME GARDENERS

Extension Agents at Your Service

by Yvette C. Hammett

Many home gardeners readily list flies, wasps and beetles among the “pests” in their gardens. However, many of these are actually pollinators that help boost production of fruits and vegetables; others are beneficial insects that keep the real plant-killers at bay. A quick call to the local cooperative extension service can help sort out friend from foe—and that’s just the beginning of what this valuable, underutilized resource can offer.

Each year, millions in federal taxpayer dollars help fund county agricultural extension programs administered through the 108 colleges and universities that comprise the nation’s land grant university system. The U.S. Department of Agriculture (USDA), which supplies the money, also helps fund science-based research meant to reach not only farmers, but home gardeners seeking advice on best practices.

The USDA is trying to do a better job of raising public awareness of assistance that’s readily available, free of charge, especially now that it’s getting more funding.

Organic on the Rise

“The good news is that the 2018 Farm Bill provided increases for many of

our programs, including the organic agriculture research and extension initiative program for which we received significant funding,” says Mathieu Nguouajio, program leader for the USDA National Institute of Food and Agriculture.

The USDA is eager to see the connections their constituents are making with the research. “We want to identify the needs of organic gardeners, and the best way to meet those needs to get our research into their hands,” Nguouajio says.

County extension agents are on the front lines of this effort, offering low- or no-cost soil testing, handbooks on a variety of local gardening topics and workshops on everything from making rain barrels and creating rain gardens to implementing eco-friendly pest control, cultivating native plants and employing best practices for organic gardening. Master gardeners that volunteer their expertise are central to supporting extension outreach activities.

“We would love more business from the public,” says Weston Miller, an associate professor with Oregon State University’s extension service. “The public service of the master gar-

dener program is to answer questions," including what and when to plant and how much irrigation is required.

In Oregon, there are 3,500 master gardeners, with 650 volunteers in Portland alone. "We train master gardeners in how to use our resources and interpret the research to the public," Miller says.

"There are trained volunteers in pretty much every county in the country ready and willing to answer any gardening question," Miller says. For example, a new organic gardener might not know the correct soil amendments to use or how to start a composting pile to supplement the soil in an organic garden.

There is also a nationwide network called Ask the Expert (USDA.gov/ask-expert) and questions will automatically go to an extension staff person or master gardener in the area where the inquiring gardener lives.

Reducing Confusion

Many of those getting into organic gardening might feel confused as to what connotes organic, Miller says. "Organic gardening is using a naturally formed material for fertilizer and pesticide, from plant, animal or mineral sources."

The biggest area of confusion is that many people think organic means pesticide-free. But that is not always true. There is organic pest control, Miller says. "In terms of garden-

The good news is that the 2018 Farm Bill provided increases for many of our programs, including an organic program for which we received significant funding.

~Mathieu Ngouajio

ing, there are certified organic products you can use and still be organic." One thing to look for on a label is the seal of the Organic Materials Review Institute, which indicates the product is suitable for organic gardening.

However, there aren't many good options for weed management, he adds. "You have to do weeding by

hand or use an herbicide that isn't organic."

Another issue that extension programs can help with is making sure organic gardeners receive only scientifically researched information, says Nicole Pinson, an urban horticulture agent with the Hillsborough County Extension Service, in Tampa, Florida.

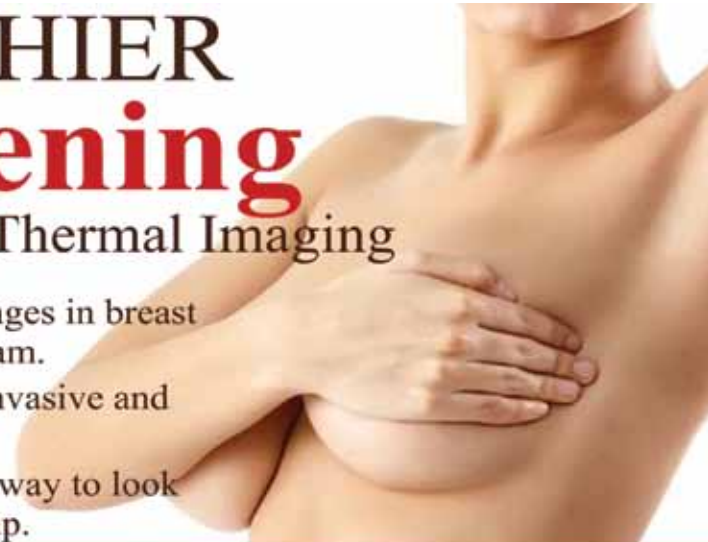
"Gardening information is available on websites and on social media. Some information that pops up is not research-based, or they are selling a product and are not unbiased," Pinson says. "We generally stick to recommendations we have been able to vet through research. When we make a recommendation, we give folks all of the options of what they can do."

To find a nearby extension office, visit Tinyurl.com/ExtensionFinder.

Yvette C. Hammett is an environmental writer based in Valrico, Florida. She can be contacted at YvetteHammett28@hotmail.com.

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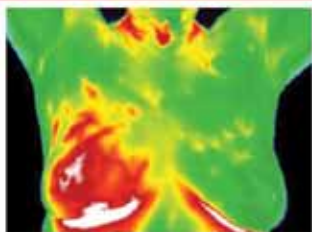
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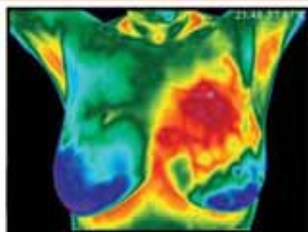
- Breast Thermography can detect early changes in breast tissue up to eight years before a mammogram.
- FDA registered and is safe, painless, non-invasive and absolutely no painful compression.
- Digital Infrared Thermal Imaging - a great way to look for activity and for prevention before a lump.

BREAST THERMOGRAPHY

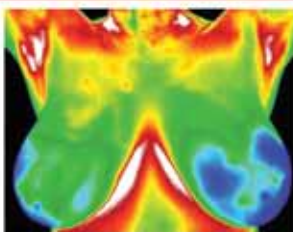
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Above: Breast Cancer Image



Above: Breast Cancer Image



Above: Normal Breast Image

With digital technology and highly-trained staff we are able to detect breast changes usually before mammography. We detect the inflammation.

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Beyond Antibiotics

Pets Can Heal With Natural Approaches

by Karen Shaw Becker

Like people, pets can develop allergies to medications that are overprescribed, including antibiotics, which also have a long list of side effects—many of which are long-term. There is also the escalating problem of resistance, which is the result of too-frequent and unnecessary use of these drugs.

One of the most important things to know is that dogs and cats are exposed to antibiotics when they eat food containing the meat of factory-farmed animals, which includes about 99 percent of pet foods on the market today. The exception is a very small number that contain free-range, organic ingredients.

Antibiotic Resistance

In many cases, even when bacteria are exposed for the first time to a particular antibiotic, the majority will die, but some will survive and pass on that resistance to other bacteria. The problem is not that certain disease-causing bacteria are antibiotic resistant, but that the resistance genes in any type of bacteria can transfer their ability to survive to billions of other bacteria.

This is how superbugs are born. These are a strain of bacteria able to withstand assault by multiple types of antibiotics. When a veterinarian can no longer eliminate bacterial infections with antibiotics, the life of the animal is threatened, and that's the biggest concern.

If a veterinarian makes a diagnosis of infection, ask for a culture and sensitivity test. Otherwise, he or she is making a guess at what type of organism is present and the best antibiotic to treat it. Each time an unnecessary or inappropriate antibiotic is prescribed, the potential for resistance increases. Only in an emergency situation should a veterinarian prescribe an antibiotic before the culture and sensitivity test can be performed. The vet can then switch medications if necessary when the results arrive.

Giving the proper dose of the antibiotic at the proper intervals and using up the entire prescription is important, even if the pet seems to be fully recovered before the medication has run out. This will ensure the infection is totally resolved and prevent the pet from having to take another full course of antibiotics because the first one wasn't fully

administered and the infection wasn't effectively cleared.

It's important to reseed the pet's gastrointestinal (GI) system with friendly microorganisms—probiotics—during and after antibiotic therapy to reestablish a healthy balance of gut bacteria. This will also help keep a dog or cat's digestive system working optimally and the immune system strong.

Alternatives to Antibiotics

Many conditions for which antibiotics are often indiscriminately prescribed respond very well to a combination of natural therapies, including herbs, homeopathic remedies, nutraceuticals, immune system stimulants and specific nutritional interventions. Functional medicine veterinarians, a group that is thankfully growing in number, realize this and are able to partner with pet parents to offer alternatives to antibiotics.

A 2016 study showed cranberry extract to be as or more effective in preventing *E. coli*-related urinary tract infections (UTIs) in dogs as short-term antibiotic treatment. In addition, cranberry extract can help fight multidrug-resistant bacteria in dogs with recurrent *E. coli* UTIs.

In a study of shelter dogs, researchers compared the use of probiotics to antibiotics to treat acute diarrhea caused by stress. They concluded probiotic therapy was as effective as antibiotic therapy. In addition, dogs that were unresponsive to antibiotics appeared to benefit significantly from subsequent probiotic treatment.

Oregano oil, propolis, olive leaf, essential oils, colloidal silver and Manuka honey help reduce bacterial skin infections caused by methicillin-resistant staphylococcus aureus (MRSA) with good success.

If a dog or cat isn't facing a life-threatening health situation, talk with the veterinarian about alternatives to antibiotics. In these situations, pet parents often find it beneficial to consult a functional medicine or integrative veterinarian whose goal is to treat these problems by starting with the least toxic options first.

Karen Shaw Becker is a proactive, integrative doctor of veterinary medicine who consults internationally and writes for Mercola Healthy Pets (HealthyPets.Mercola.com).

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ZERONA: ZAP FAT WITH LASER LIGHT



Lasers are typically thought of as hot, but “cold” lasers that emit variable-frequency pulsed waves are used in surgery for pain relief and now to get rid of fat.

“It does seem too good to be true, but there’s a lot of science behind this,” says Steven Hopping, a cosmetic surgeon and otolaryngologist in DC. A former president of the American Academy of Cosmetic Surgery and a professor of surgery at George Washington University, Hopping has had a Zerona machine for about a year and a half.

With Zerona, a patient lies down and a four-armed device is positioned over the body. To treat the tummy and thighs, the laser eye in the middle of the contraption is positioned over the abdomen, while the four arms are over the thighs.

The laser is on for 40 minutes a session. Often, six sessions are spaced over a two-week period. Patients typically feel nothing, though some experience a tingle.

Fats cells are emulsified, causing them to collapse and be emptied via the body’s lymphatic system. The shrunken fat cells remain but are smaller.

In the study that prompted FDA approval, more than 80 percent of those in a Zerona trial lost an average of 3.64 inches combined over their waist, hip, and thigh areas. A control group that didn’t get Zerona averaged half an inch. The fat loss was evident in photos of participants.

Although it wasn’t required in the trial, patients getting Zerona now are asked during treatment to avoid caffeine and alcohol, and drink lots of water.

Zerona seems to have no adverse side effects. The laser operates at too low a level to affect deeper body tissues or skin. Blood studies conducted on those undergoing treatment were normal, and some people who had high or borderline-high cholesterol saw improvement.

In studies, more than 80 percent of patients responded to treatment. Hopping says that perhaps 75 percent of those he treats are pleased; the rest experi-

Zerona

Melt Belly Fat Using Zerona Cold Laser Treatments

Zerona employs a laser to shrink fat cells, and costs about \$1,500 to \$1,700 for a package of six purportedly painless treatments performed over two weeks in a doctor’s office. A package of six treatments at the LITEON Natural Health Center is under \$600. Each treatment takes roughly 40 minutes. Liposuction costs \$4,000 on average, and a tummy tuck costs \$5,000 to \$9,000. Unlike many laser sculpting procedures, Zerona has “absolutely no side effects, no allergic reactions, bruising, anything,” says Steve Shanks, president of Erchonia, Zerona’s manufacturer. The company’s clinical trial for FDA approval found that the procedure removed about 1 to 1.5 inches from each area treated including waist, hips, and thighs. *Source: Health.usnews.com*



ence little to no effect. Wanda Dyson, a DC internist who has a Zerona, reports about the same numbers, adding that with more sessions the likelihood of a response appears to increase. Both doctors say they've had a few patients lose as much as 12 inches.

"Men are especially good candidates because they tend to carry fat around the waist," says Hopping. "That fat often responds well."



Deborah Johnson of Arlington, a patient of Dyson's, initially signed up for six Zerona treatments on her abdomen, thighs, and back. They worked so well that she got three more.

"I started on a Monday, and by that weekend I was in my closet trying on clothes I hadn't been able to wear in a long time," Johnson says. She did Zerona last February and, when interviewed in December, said she had not only maintained the lost inches but lost more: "It inspired me to keep exercising and eating well."

"I love Zerona as a way to jump-start a healthy lifestyle change," says Dyson. "People come in on a diet plateau, start seeing inches go away, then stick with their diet and exercise program."

Zerona can't be used to remove firm fat, only marshmallow flab. It should be avoided if you're pregnant or have a pacemaker. Some evidence suggests that Zerona may not work as well on people with diabetes or thyroid impairment, because their lymphatic systems may be slow to get rid of material in collapsed fat cells. Finally, no studies have shown how long the effects last



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	Before	After
Right Arm	15 1/2"	11"
Left Arm	17 1/2"	12"
Right Thigh	22 1/2"	18"
Left Thigh	22 1/2"	18 1/2"
Waist	38 1/2"	31"
Hips	36 1/2"	33 1/2"
Total	142.5"	122"

Total Inches Lost 20.5
 15 sessions



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The Pure Joy of Play

Why Kids Need Unstructured Fun

by Ronica O'Hara

Not so long ago, kids would be shooed out the door to play and told to return home at meal time. But the rising use of digital devices and kids' highly scheduled sports and school activities, as well as parental fears about safety, has made that kind of unstructured play rare—with resulting drops in children's independence, resilience and creativity, experts say. In fact, play has been shown to be so critical to children's development that an American Academy of Pediatrics 2018 clinical report, "The Power of Play," recommends that doctors write prescriptions for it.

"Play is not frivolous; it is brain building," concludes the report. It defines play as voluntary, fun and spontaneous activities that engross a child, often resulting in joyous discovery, and includes imaginative make-believe, experimenting and risk-taking. It cites 147 studies showing that play builds skills critical for adult success such as problem solving, collaboration and creativity; decreases stress, fatigue, injury and depression; and

increases range of motion, agility, coordination, balance and flexibility.

Here are some ways to up the play in children's lives:

1 Give them lots of free time away from devices.

Yes, they might be bored at first—but boredom enhances creativity, partly by allowing for daydreaming, concludes a study from the UK's University of Central Lancashire.

2 Encourage fun, rather than competition.

By age 6, 60 percent of American boys and 47 percent of girls are participating on organized sport teams, but three out of four kids quit sports by age 13—one major reason being, "I was not having fun." Play, on the other hand, is based on pure enjoyment and spontaneous collaboration among kids, minus overanxious adult "sidelining". "When children play in their own ways, they generally play cooperatively. We adults impose competition, unfortunately. Yet even in

our competitive society, the really successful and happy people are the ones who are oriented toward cooperation,” says Peter Gray, Ph.D., a Boston College psychology professor and author of *Free to Learn: Why Unleashing the Instinct to Play Will Make Our Children Happier, More Self-Reliant, and Better Students for Life*.

Play is how children learn to create and govern their own activities and solve their own problem independently of adults.
~Peter Gray

climbed so high that my stomach flip-flopped to see him so far from me. But I knew there was no better way for him to learn the limits of his own body than to test them,” she says.

Mariana Brussoni, Ph.D., an associate professor in the department of pediatrics and the School of Population and Public Health at the University of British Columbia, Canada, concurs: “When they’re given the chance, even very young children show clear abilities to manage risks and figure out their own limits. The potential for learning is enormous.”

3 Encourage them to take the lead. Let kids decide whether they want to play with friends, siblings or alone. They will happily make up their own games with lots of raw materials that are on hand—blocks, balls, puzzles, crayons, boxes, wooden spoons, old costumes and hats, sand, water, tarps and shovels. “Play is how children learn to create and govern their own activities and solve their own problems independently of adults,” says Gray. “Stated differently, it is how children learn to become adults. This value is destroyed when adults take charge of children’s activities.”

4 Back off from hovering supervision. It can rob them of a sense of ownership and accomplishment. Leigh Ellen Magness, a clinical social worker and registered play therapist in Athens, Georgia, grappled with anxiety as she watched her 5-year-old son clamber up a roadside sculpture designed for climbing. “He

climbed so high that my stomach flip-flopped to see him so far from me. But I knew there was no better way for him to learn the limits of his own body than to test them,” she says.

5 Don’t worry. “The data show that children are far more likely to get injured in adult-directed sports, where they are pushed to compete, than in free play,” says Gray. “Moreover, the kinds of injuries that occur in free play are relatively easy to recover from.” As for the fear of kidnapping by strangers, the odds are very small—one in a million, according to the latest U.S. Department of Justice data. “Weigh the effect of the limits you place on your kids to prevent that very, very, very unlikely possibility versus the fundamental importance for their own health and development of exploring freedom,” advises Brussoni.

Ronica A. O’Hara is a Denver-based freelance health writer. Connect at OHaraRonica@gmail.com.

PRAYER TO MEND WHAT IS BROKEN

Heavenly Father,
I call on you right now
in a special way.
It is through your power
that I was created.
Every breath I take,
every morning I wake,
and every moment of every hour,
I live under your power.

Father,
I ask you now to touch me
with that same power.
For if you created me from nothing,
you can certainly recreate me.
Fill me with the healing
power of your spirit.
Cast out anything that
should not be in me.

Mend what is broken.
Root out any unproductive cells.
Open any blocked arteries or veins
and rebuild any damaged areas.
Remove all inflammation and
cleanse any infection.
Let the warmth of your healing
love pass through my body
to make new any unhealthy areas
so that my body will function
the way you created it to function.

And Father,
restore me to full health
in mind and body so that I may
serve you the rest of my life.
I ask this through Christ our Lord.
Amen.

Explore Free Play

OutsidePlay.ca: This online, 20-minute, self-quiz helps parents reflect upon their own childhood adventures and figure out a plan they feel comfortable with for their children’s unstructured “risky play”. Preliminary study data show that by three months, 93 percent of parents using the quiz had accomplished their goals.

“The Power of Play”: Tinyurl.com/ThePowerOfPlay-AAP This study by the American Academy of Pediatrics lays out the body of research on the benefits of unstructured play for children.

“Say Yes to Play”: A *Psychology Today* online article offers 12 strategies to encourage play, as well as additional references. Tinyurl.com/SayYesToPlay-PT.



inspiration



The Grace of Abundance

Five Practices to Create a More Abundant Life

by Meriflor Toneatto

A bundance means plenty—a flowing of love, vitality, wealth, joy, prosperity, success and more. GRACE is an acronym representing five practices that can magnify abundance in all areas of life, including finances.

G = Gratitude

There is tremendous power in being grateful, because what we focus on expands. Gratitude opens our heart to receive and give blessings. This puts us in a space to have more things to be grateful for.

Practicing gratitude can be as simple as saying, “I am grateful for...” or “I am thankful for...” If we find ourselves in a negative state, practice gratitude even for as brief a period as 60 seconds. It will positively shift our emotion, thereby allowing us to be open to abundance.

R = Receiving

To graciously receive can be as simple as accepting a compliment. Another way to receive is by requesting our heart’s desire.

There is nothing wrong with wanting more. The truth is that we can have more—as much as we are willing to receive.

A = Alignment

The key way to get into alignment for more abundance is to know our purpose, follow our passion and work on releasing internal fears and doubts.

When we are in alignment, everything flows. There is ease and doors open for us. People, money and resources

will show up on our path to help us achieve our goals. Therefore, we must always be awake to our goodness and take inspired actions to manifest our desires into reality.

C = Commitment

Commit to gifting ourselves with an abundant mindset because our mindset is critical to our success. One way to quickly shift our mindset to the positive is to concentrate on our desire and ask ourselves, “What do I have to believe for this to be true?”

Our mind will creatively generate many possibilities that can get us excited, which then shifts how we think and feel to what is positive. As we do this, we will also create greater confidence in the knowledge that the universe is always working in our favor.

E = Expression

Express our passion by first doing what we love. Then find a way to use our passion, purpose and life to serve others. When we do this, our world, our financial abundance and our joy will expand exponentially.

Meriflor Toneatto is the author of Money, Manifestation & Miracles: A Guide to Transforming Women’s Relationships with Money. Connect at Meriflor.co.

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In a clinical study published in the Journal of Cancer Science and Therapy, scientists studied far infrared's effects on human cancer cells in vitro and on cancer cells in mice. Far infrared therapy reduced tumor volumes 86% in 30 days. The tumor-suppressing effects were even seen without high temperatures, even as low as 77 degrees Fahrenheit.

In another study, researchers in Japan discovered that whole-body hyperthermia with far infrared strongly inhibited the growth of breast cancer tumors in mice without deleterious side effects. Researchers believe this therapy is promising for long-term studies of a noninvasive treatment of breast cancer.

(1) Tatsuo I, Ishibashi, J. et al Non-Thermal Effects of Far-Infrared Ray (FIR) on Human Hepatocellular Carcinoma Cells HepG2 and their Tumors, J Cancer Sci Ther Volume 1(2) : 078-082 (2009) - 078 <http://www.omicsonline.org/Archive/JCST/2009/December/01/JCST1.78.pdf>

(2) Udagawa Y, Nagasawa H, Kiyokawa S, Inhibition by Whole-Body Hyperthermia (WBH) with Far-infrared rays of the Growth of Spontaneous Mammary Tumours in mice. Anticancer Res. 1999 Sep-Oct;19(5B):4125-30

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The main purpose is not exercise or getting from point A to point B, but rather having a mindful, sensory experience in nature.

~Hannah Fries



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FOREST BATHING
Mother Nature's Rx
for Body and Mind

by Marlaina Donato

In 1982, the Japanese government coined the term *Shinrin-yoku* (“taking in the forest atmosphere” or “forest bathing”) to inspire people to visit and appreciate national parks. Today, that walk in the woods has become a medically recommended activity worldwide for improving immunity, reducing symptoms of anxiety and depression, managing chronic pain and promoting better sleep. The research supporting the physical and mental benefits of forest bathing is so compelling that it’s advocated by the National Institute of Public Health of Japan and prescribed to patients there.

Researchers from the University of East Anglia, in England, examined years of studies and found significant evidence that experiencing nature has a positive impact on health. Published in the journal *Environmental Research* in 2018, the meta-analysis involving 290 million participants from 20 countries concluded that spending time in green spaces lowers blood pressure and cholesterol, and reduces the stress hormone cortisol. The study also noted a lower risk of Type 2 diabetes and death from heart disease.

Terpenes and Tree Therapy

Another recent review of studies, published in the *International Journal of Environmental Research and Public Health*, concluded that *Shinrin-yoku* can ease the symptoms of adult depression. “Forest bathing plugs us into something we all seek—a source of peace and well-being. The thing that first hooked me into being a forest bathing guide was reading the robust body of research that proves the benefits of forest bathing,” says Judy Beaudette, board secretary of Friends of North Creek Forest, in Bothell, Washington.

Melanie Choukas-Bradley, a certified forest therapy guide and author of *The Joy of Forest Bathing: Reconnect With Wild Places & Rejuvenate Your Life*, in Chevy Chase, Maryland, attests to the therapeutic value of forest bathing. “Even occasional nature immersion can have beneficial health effects that can last for days. Many doctors are now prescribing nature to patients. There’s an organization devoted to this called Park Rx America.” She recommends just 20 minutes during a lunch

break to sit on a bench or on the ground beneath trees.

There are many theories of why spending time in the woods or any other natural place makes us feel good; for example, findings published in the journal *Toxicological Research* in 2017 attribute the immune-boosting, mood-lifting benefits of forest bathing to natural terpenes released into the air by trees, especially conifers. Terpenes contain anti-inflammatory properties that strengthen the body's natural defenses.

Sensory Immersion, Not Exercise

Shinrin-yoku is intended to engage the trinity of body-mind-spirit. "The main purpose is not exercise or getting from point A to point B, but rather having a mindful, sensory experience in nature. It isn't some prescribed task you need to do, like pushups," explains Hannah Fries, a poet and author of *Forest Bathing Retreat: Find Wholeness in the Company of Trees*. She communes with the wild for both health and inspiration. "Even if it's only 20 minutes a week, go outside without a phone or other electronic device. Walk slowly. Look more closely. Listen. Smell. Touch. Interact with the living, breathing world around you. It's that simple."

Choukas-Bradley says that observance is key. Recalling her first forest bathing experience, she says, "We paid attention to our breath and tuned in to the sights, sounds and sensations all around us. I noticed a perfect spider's web, just barely trembling in the slightest breeze, its creator clinging to the center."

She recommends finding a "wild home"—a neighborhood park, garden or backyard tree. "Make it a practice to find a 'sit spot' where you can quietly observe beauty and are apt to feel a sense of awe. Psychology researchers have shown that experiencing awe has many positive effects on emotional health."

It doesn't matter if we commune with nature in a rural or urban setting, only that we remain dialed in to our surroundings. "Forest bathing is a tool for slowing down our buzzing minds and practicing a secret superpower—the skill of consciously choosing what we put our attention on," says Beaudette.

Marlaina Donato is the author of several books, including Multidimensional Aromatherapy. She is also a composer. Connect at AutumnEmbersMusic.com.

A Simple Meditation

Forest bathing guide Judy Beaudette suggests:

- Find something you can put your attention on that is natural—a plant, a stone, a bird's song, a stream or a forest, the sky, even a tuft of grass or weeds growing out of a crack in the sidewalk.
- Practice noticing something small in nature, like an acorn, a leaf or a grain of sand. Put it in the palm of your hand and for five minutes, notice the details. Keep noticing. See what thoughts come to mind and keep returning your attention to this small thing. After the five minutes have elapsed, write down your observations.

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calendar of events

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Friday July 12

Blue Star Museum Program – 10am-4pm. A signup opportunity for free admission of active duty military and their families to over 2,000 museums, zoos, and nature centers around the country, from Armed Forces Day to Labor Day (May 18 to September 2). Show a Geneva Convention common access card (CAC), DD Form 1173 ID card (dependent ID), or a DD Form 1173-1 ID card for entrance. Shadows on the Teche, 317 E Main St, New Iberia.

The Fantasticks – 7:30-9:30pm. Thru Saturday July 13, 19 and 20; and 2:00pm Sunday July 14 and 21. Tom Jones and Harvey Schmidt tell the modest tale through a symphony of the human experience for a few grains of truth. \$15. Cité des Arts, 109 Vine St, Lafayette. 337-291-1122. CitedesArts.org/tickets.

Saturday July 13

2019 Southern Tea Awards – 4-10pm. A show to award photographers, videographers, business owners, music artists. Enjoy live performances from various genres of artists. \$25. Wyndham Garden Hotel, 1801 West Pinhook Rd, Lafayette.

Tuesday July 16

Buchanan Heights Post Groundbreaking Celebration – 3-4pm. Help strengthen the community, be a part of sharing details about the project and a look at the pending technology on the job site. Drinks and snacks will be provided. Free. 300 S Buchanan, W 2nd St, and W 3rd St, Lafayette.

Wednesday July 17

Crowley Grief Support Group – 5:30-7:00pm. Monthly meetings for the loss of loved ones. St Michael Church and Geesey Ferguson Funeral Home. 301 N Ave F, Crowley. 337-783-3313. Geesey-Ferguson.com.

Thursday July 18

Willy Wonka – 7:30-10pm. Thru Sat July 20, 21, 25, 26, 27 and 2pm Sunday July 21 & 28. A summer youth musical. \$17. Iberia Performing Arts League. Iberia Performing Arts League/Essanee Theatre (IPAL), 126 Iberia St, New Iberia. 337-364-6114 or 888-942-3742.

Sunday July 21

Jeremy “JB SAAX” Benoit & The Band – 7-10pm. Enjoy a smooth mix of contemporary and standard Jazz mixed with R&B, Latin, and Blues. Purchase tickets at Arpeggios. Arpeggios Lounge & Event Center, 204 N Main St, Opelousas.

Monday July 22

Drums Across Cajun Field – 6-10pm. A field stage for participating organizations to engage in education, competition and entertainment. \$20.75. Drum Corps International. Cajun Field, 2351 W Congress St, Lafayette.

Wednesday July 24

AFW & Kids Runway Show – 5:30-8:30pm. Acadiana Fashion Week beginning July 22-27 consists of fashion shows, business seminars and art exhibits. \$20. Downtown Lafayette. The Omni Center, 227 Jefferson St, Lafayette. Tickets at EventBrite.com.

Saturday July 27

Kaplan’s Arts/Crafts Farmers Market – 9am-2pm. Local vendors and farmers have something for everyone. Free. Karen Trahan. Turnley Park, 113 N Irving St, Kaplan. 270-996-6196. karentrahan42@gmail.com.

Summer Fix It Café – 10am-1pm. Fixers will be available to assess and repair bikes, household goods, electronics, clothing, jewelry and furniture. Lafayette Public Library, Main Branch, 301 W Congress St, Lafayette.

Monday July 29

La Table Francaise – 7-8am. Every Monday celebrate Cajun/Creole culture and improve your French speaking skills. Enjoy conversations with French speakers visiting New Iberia, as well as students in French Immersion at North Lewis Elementary. Free. 337-380-7420. Victor’s Café, 109 W Main St, New Iberia. 337-380-7420.

Wednesday July 31

Nominations for Women of Excellence – 5pm. Deadline for nomination submissions for ceremony on Friday Oct 4. For forms see website. Lafayettela.gov/lcnw.asp.

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Office Space For Rent

PRIVATE OFFICE SPACE SHARED SPACE

www.EBC70520.com

Enterprise Business Center

3419 NW Evangeline Thruway, Carencro, LA 70520

(337) 565-9105 FRONT DESK (337) 896-0085 Business Office

The Enterprise Business Center is a business incubator that's been in operation for 25 years, helping the Acadiana business community to grow. Previously named the Enterprise Center of Louisiana and operated by the University of Louisiana Lafayette, it has graduated many businesses that have gone on to prosper throughout Acadiana and Louisiana and got its start as a partnership between UL Lafayette, SLEMCO and the City of Carencro.

Entrepreneurs and individuals looking to start or grow a business have a friend at the Enterprise Business Center. The Enterprise Business Center is a mixed-use business community and leases offices and suites to high-tech, service, retail, and product development companies. The Center is located in Carencro on I-49 near I-10.

"Many of our tenants are individuals who've been working a business part-time from their homes and are looking for an affordable and professional business space to grow their business."

PRIVATE EXECUTIVE OFFICE SPACE

The Enterprise Business Center offers a variety of office spaces for rent. Lease agreements are a minimum of 12 months and can also be month-to-month thereafter. Private offices include:

- **Your own private office**
- use of conference room facilities
- use of event room facilities
- use of business meeting rooms
- use of executive fitness center
- client/customer break room
- MAIL MANAGEMENT (we can

- receive packages from USPS, FEDEX, UPS, freight deliveries, etc. when you are not in your office and after-hours
- your own business mailing address



Office Space for LEASE

The Enterprise Business Center leases office space ranging from 200 sq ft - 360 sq ft. Leases can be month-to-month or long-term. Monthly rates range from \$250, \$350, and \$450/month. Electricity, water, sewage, garbage, and internet/WiFi is included. All businesses have access to customer/client waiting rooms, mail management, and administrative support from the Enterprise Business Center's administrative office. The Enterprise Business Center has standard building access hours of 8AM to 9PM and special access hours can be arranged if needed.

CONFERENCE ROOMS

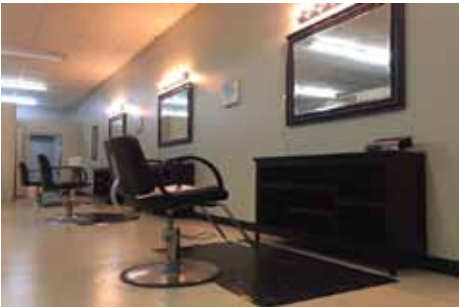
The Enterprise Business Center has two conference rooms for events, group meetings, workshops, trainings, etc. Business tenants have access to conference rooms during business hours and after business hours at discounted rates. The public can rent conference and event rooms for small events up to 65 guests. Ideas for conference room rentals are:

- **BABY SHOWERS**
- small events and celebrations
- business workshops and trainings
- corporate health fairs
- company staff meetings
- group/organizational meeting
- expos and conference meetings
- group fitness classes



SALON STUDIO SPACE

The Enterprise Business Center leases private salon studios and salon booth spaces. Booth spaces range from \$250 - \$350/month.



FITNESS CENTER

The fitness center is available to all business tenants and members.



BOXED BUSINESS MEMBERSHIP

BOXED BUSINESS MEMBERSHIP is office space or conference room space when you need it. You reserve an office space only when you need it. **BOXED BUSINESS Membership** is \$85/month (includes 24 hours of office space use time). Here are a few examples of **BOXED BUSINESS** memberships:

COUNSELOR

Bill Myers is a licensed counselor. Bill only needs an office one time each week to counsel clients.

- Bill has a standing office reservation every Thursday from 1 - 5PM.
- Bill schedules all clients for office consultations Thursdays 1-5PM.

16 hours of office space used for the month

TAX PREP AGENT

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

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

9 hours per week of office space used for the month

PHOTOGRAPHER

Jane Smith owns a photography business. Jane needs an office only when booking new photo shoots and events.

- Jane reserved an office on Monday morning from 9-11AM and Wednesday afternoon at 3-6PM to meet with two new potential customers.

5 hours of office space used for the month

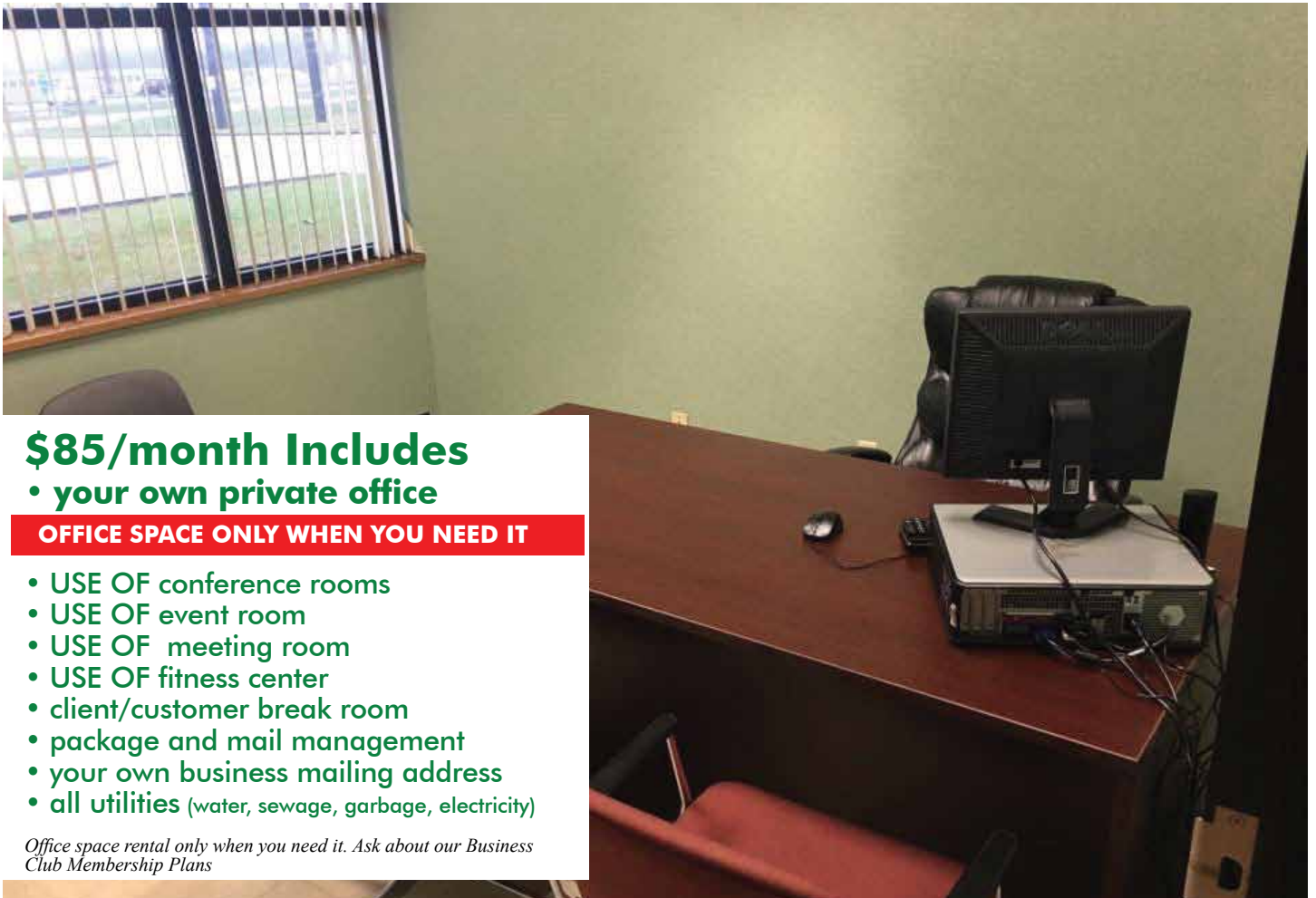
OFFICE SPACE FOR RENT

Enterprise Business Center
BOXED BUSINESS MEMBERSHIPS

3419 NW Evangeline Thwy, Carencro

\$85/Month

OFFICE SPACE ONLY WHEN YOU NEED IT



\$85/month Includes

- **your own private office**

OFFICE SPACE ONLY WHEN YOU NEED IT

- USE OF conference rooms
- USE OF event room
- USE OF meeting room
- USE OF fitness center
- client/customer break room
- package and mail management
- your own business mailing address
- all utilities (water, sewage, garbage, electricity)

Office space rental only when you need it. Ask about our Business Club Membership Plans



BABY SHOWERS & SMALL EVENTS

Enterprise Business Center

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