

HEALTHY LIVING HEALTHY PLANET

natural awakenings

feel good • live simply • laugh more

FREE

Be Happy

Daily Practices for
a Happier Life



FATHER LOVE

How to be a
Naturally Great Dad

HEALTHY TRESSES

Natural Ways to
Prevent Hair Loss

QUICK SNACKS

Tasty Alternatives
to Junk Food



EVERY ISSUE IS
A GREEN ISSUE

June 2016 | Acadiana-Edition | www.NAcadiana.com

HEALTH BENEFITS

Wheatgrass Juice



Wheatgrass Juice has been highly regarded for its nutritional properties for many years amongst health professionals. It is exceptionally rich in nutrients and chlorophyll, and is particularly rich in Vitamins A, B5, B12 and E.

Our Wheatgrass Juice:

- Nourishes the body
- Supports physical & mental performance
- Encourages a healthy immune system
- Supports healthy skin, hair & nails
- Contributes to red blood cell development
- Increases vitality to healthy levels, providing a tangible energy boost

DID YOU KNOW?

- 1 oz Wheatgrass Juice contains as much Vitamin E as 700 gr of broccoli; that is 12 times more than broccoli!
- 100g wheatgrass contains weight for weight: 270% more Vitamin A compared to broccoli
- 1600% RDA of B12 – that is almost as much as in shellfish!
- 17 times more Vitamin B5 than banana
- 7.5 times the amount of precious green chlorophyll than broccoli
- **THE CHOICE IS YOURS** 1 oz of wheatgrass contains the same amount of Vitamin E as 1.5 lbs of broccoli





Become a Member

Natural Awakenings Vitamin Club

BASIC MEMBERSHIP \$30/month

- Box of Frozen Wheatgrass (16 – count)
- 3 Bottles of Greenwater
- pH 9.5 Drops

Retail Value: \$78

PLUS MEMBERSHIP \$45/month

- Box of Frozen Wheatgrass (16– count)
- Case of Greenwater
- pH 9.5 Drops
- BF-4 Weight loss (1 bottle)

Retail Value: \$141

GOLD MEMBERSHIP \$59/month

- Box of Frozen Wheatgrass (16 – count)
- Case of Greenwater
- pH 9.5 Drops
- BF-4 Weight loss (1 bottle)
- Pain and Inflammation Enzyme (1 box)

Retail Value: \$171

PICK 3 MEMBERSHIP \$40/month

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

Retail Value: \$95 - \$105

PICK 4 MEMBERSHIP \$60/month

- ___ Box of Frozen Wheatgrass (16 – count) (Retail \$30)
- ___ 3 Bottles of Greenwater (Retail \$18)
- ___ pH 9.5 Drops (Retail \$30)
- ___ BF-4 Weight loss (Retail \$45)
- ___ Pain and Inflammation Enzyme (Retail \$30)

Retail Value: \$115 - \$135

PICK 6 MEMBERSHIP \$79/month

- ___ Box of Frozen Wheatgrass (16 – count) (Retail \$30)
- ___ Case of Greenwater (Retail \$36)
- ___ pH 9.5 Drops (Retail \$30)
- ___ Whetea Drops for a flat stomach (Retail \$20)
- ___ BF-4 Weight loss (Retail \$45)
- ___ Pain and Inflammation Enzyme (Retail \$30)
- ___ Mood Enhancer for Depression and Anxiety (Retail \$30)
- ___ Pain and Inflammation Enzyme (Retail \$30)

Retail Value: \$140 - \$215

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Text **VITAMIN CLUB** and your name to **424-5066** to join.



ADDRESS: 505 BERTRAND DRIVE, LAFAYETTE, LA 70506

Phone:(337) 261-0051

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



Wheatgrass Capsules



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

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

publisher's letter



Happiness is a choice. We have to make a choice to worry about nothing and be willing to pray about everything. We should trust in God in advance and know that He is able.

We've heard the story about the father who told his little boy several times to sit down at the table. He finally said to him sit down or I'll spank you. And the boy sat down reluctantly and was silently pouting. And then he finally said to his dad, I may be sitting down on the outside, but I'm standing up on the inside. What that little boy didn't realize was that he was demonstrating a principle that regardless of what's happening on the outside we can choose how to respond on the inside.

What is happiness? How do we define it? Aristotle said, "Happiness is the meaning and purpose of life. The whole aim of human existence." That's a pretty good definition. So to most people happiness is the ultimate goal in life. Numerous studies show that when people are happy then they are better off in every area of life. Their marriages are better, they make more money, and they can perform better on their jobs. When people are happy, they're more religious, they're more prayerful, so that's a reason why everybody wants to be happy. So what is this thing called happiness. Our definition would not be a sentence, but just a group of words. We think happiness means purpose, contentment, inner peace, wellbeing, hope, belonging, family – so happiness covers many things.

Happiness is wonderful and contagious. When we think about the moments in our lives that give us the most purpose and meaning, many of these were certainly filled with great happiness. Remembering the birth of a first child, a first success in a new job, or a thrilling vacation with friends immediately lets us relive the happiness and purpose we felt in those moments. And the same is true for others' happiness. We can all remember wonderful reunions or celebrations, which left us smiling and happy because we were overwhelmed with the happiness of others around us.

Create happiness by being a happy person. We pass through this time and this way only once. Remember that your purpose in life is happiness.

"Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and to him who has no might he increases strength...they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint" Amen.

Think green, live peacefully, share your love,



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Steve and Michelle Castille, Publishers



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

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BODY REBOUND

The Best Way to Lose Weight

Get Your Body Back in Great Shape

Our Weight Loss Is Guaranteed To Work

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

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with the body rebound
program. Only 3 days a
week medical-spa workout,
protein drinks twice a day,
fat burner supplements,
and a health coach.**

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



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

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

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We offer pain management treatments

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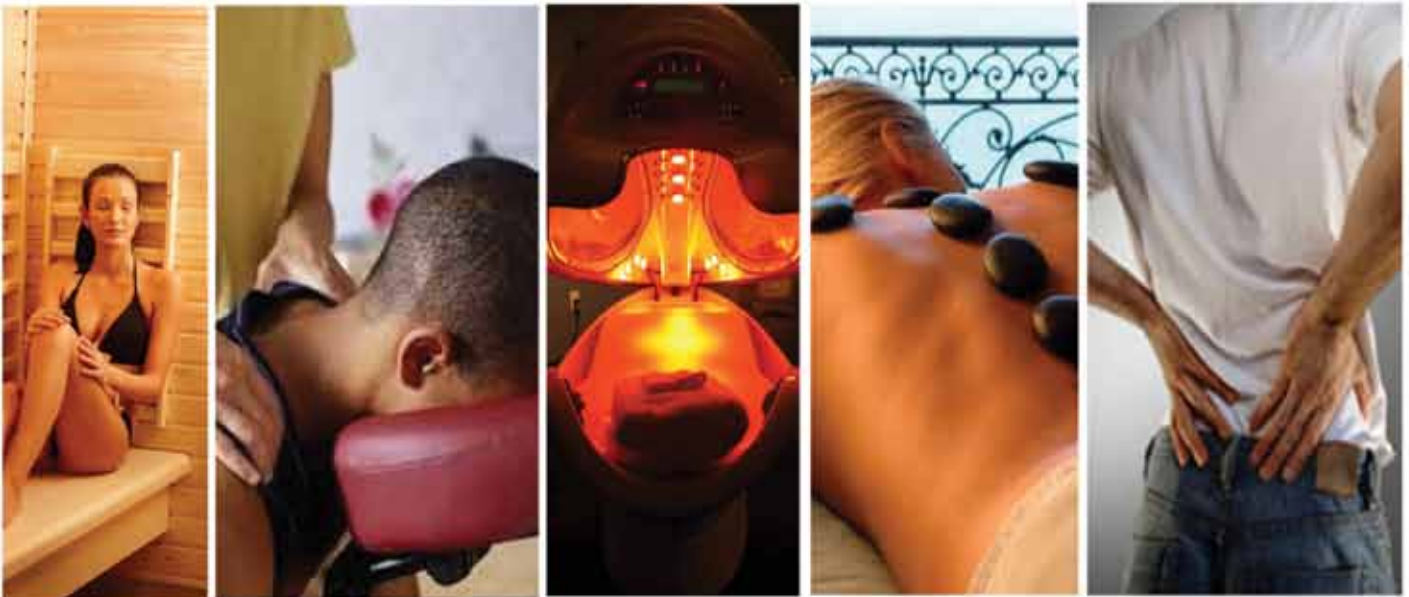
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Send a TEXT



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Incorporates infrared heat therapy, vibration therapy, and vitamin E infusion to reduce inflammation and stress on tissue and muscle. An all-over body infrared heat treatment is used to penetrate inflamed muscles and nerves to allow for quicker healing. Vibration therapy with pulsating gravitational fields are used to circulate blood for better oxygen distribution to pain areas while lymph fluid circulation is forced to remove acid and waste from pain and nerve centers. Release the pain and relax your mind and body with this premier pain management therapy.

Single Sessions: (60 min) \$75 | (90 min) \$115 | (120 min) \$150

3 Week Program \$340

6 Week Program \$420

Natural Medicine and Pain Management

non-prescription drug and non-invasive pain management therapies

Farm-Raised Tilapia at Gotreaux Farms



Gotreaux Farms, a locally owned family farm that specializes in organically raised and grown whole foods and livestock, is now offering farm-raised tilapia.

The tilapia are raised in above ground tanks with filtered, aerated water, which is monitored 24 hours a day to ensure the cleanest environment possible—without the added carbon monoxide, chlorines and chemicals. The water in the tanks is rich in phyto plankton (microplants), which adds chlorophyll, vitamins and minerals to their habitat, in turn supporting a healthier food chain and providing a better diet to the fish. The tilapia is raised organically without antibiotics, added chemicals or growth hormones, which helps to guarantee quality. Gotreaux Farms prepares and fillets the tilapia on the farm in a state-approved processing plant, which helps to ensure overall quality by enabling them to offer customers the cleanest and freshest tilapia available.

Location: 205 Facile Rd., Scott. For information, call 337-873-0383 or visit GoFamilyFarms.com.

Acadiana Karate Offers Summer Ninja Warriors Camp



Acadiana Karate, a Lafayette martial arts school focused on physical fitness,

character development and self-defense, is now taking registrations for Ninja Warriors Camp. The first camp session starts July 11. All camps are held Monday through Friday from 9 a.m. to 3 p.m.

Ninjas Warrior Camp is an all day, action packed martial arts camp for boys and girls ages 5 to 12 years old. The camp features kid-friendly themes, child safety courses, arts and crafts, life skill education and social skills training such as focus, confidence, teamwork, respect, discipline and fitness. The camp also includes specialty life skill and defense training, including bully self-defense, stranger danger; and martial arts training, which improves focus, respect, discipline and coordination. Campers also participate in fun field trips to venues like Acadiana Lanes, Sky Zone and more.

Location: 2464 West Congress St., Lafayette. For information, call 337-233-8838.

Roofing Louisiana Offering Energy Efficient Roofing Systems



Roofing Louisiana is offering Gaco Energy Efficient Roofing Systems for commercial buildings. The

Gaco Roofing Systems offer advanced spray foam and coatings providing seamless insulation and waterproofing for the roof. Gaco coatings provide for energy conservation and efficiency since the coatings are able to stretch as the substrate warms and cools through the day and through the seasons, thus withstanding common expansions and contractions, as well as offering highly reflective coatings specifically designed to lower energy bills. These options allow for better overall temperature control in both warm and cooler seasons.

Gaco coating also eliminates common sources of roof leaks and pooling water beneath roofing material, which can cause significant damage and shorten the life and durability of a roof. Gaco coatings are characterized by high physical properties and are designed to be durable enough to withstand years of abuse by sun and weather. Gaco roofing systems can offer options to meet specific project requirements including quickset spray applications.

Roofing Louisiana serves Lafayette, New Iberia, Crowley and all surrounding areas. Location: 455 Ridge Rd., Lafayette. For information, call 337-235-7663.

Smoked Meat Festival Heads to Ville Platte



The LA Smoked Meat Festival will take place June 24 and 25, at the Ville Platte Northside Civic Center and will include a smoked meat cook off with professional and amateur divisions, Cajun food booths, beauty pageants, a great line up of local bands—including Charley Rivers, Mike Dean and the Lost Bayou Ramblers—and plenty of great food.

The LA Smoked Meat Festival began as a non-profit organization in 1992, dedicated to the local chapter of the Vietnam Veteran Association. Today, the festival is dedicated to veterans of all military branches. The opening ceremony is held on Saturday, June 25 at noon to honor all veterans—those who have served and those who are currently serving. For the complete festival schedule and band line up contact the information listed below.

Location: Northside Civic Center, 704 N Soileau St., Ville Platte. For information, call 337-224-3248 or visit LASmoked-MeatFestival.com.



Your body can heal from most disease if given the correct nutrients at the right time in the correct amount. Healing must begin at a cellular level in the body. It requires proper circulation, consistent detoxification, inflammation cured, strong metabolism of nutrients, rest and reset, a balanced pH, a balance of probiotic digestion of foods and daily elimination in the colon (bowel movements),

RESTORE Health Program

\$340 (with program)

- 14 Infrared Sauna*
- 18 Whole Body Vibration*
- 12 Foot Detox*
- 9 Hydration Therapy*
- 4 Water/Lymphatic Massage*
- 1 Thermography Exam*
- 6 pH Acid Testing & Body Comp*
- 6 Health Coaching Sessions*
- 3 Sessions with YOUR Personal Trainer*

INDIVIDUAL FULL PRICE: \$3,112

**Your health always
seems much more
valuable after you
lose it.**

Items with a "*" denote approximate number of sessions. Each wellness program is customized to the patient/client needs. We do not guarantee that you will receive the exact number of sessions listed - this is for advertising and educational illustration only. Most programs are at least, sometimes more, and/or close to the number of sessions stated. All programs are based on calendar days and end once 6, 10, or 12 weeks has passed from the beginning date of the wellness program enrolled.



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.





Live Comedy Evokes Trust and Empathy

Research from the UK University of Surrey has found that witnessing live comedy increases emotional interaction and bonding between the spectators and performer and enhances a general feeling of trust and intimacy among participants through the shared experience.

Published in the journal *Comedy Studies*, the study was conducted by doctoral candidate Tim Miles, who analyzed surveys and interviews of audience members, as well as comedians, including some well-known performers. Miles found that comics and audiences connected through sharing of admiration and empathy. Bonds also formed as the audience began to identify with the observations and experiences of the comic.

“Comedy has often been seen to be a bit frivolous, but it’s actually something really important. My work looking at comedians and comedy audiences has shown how live, stand-up comedy fulfills a need for feelings of truth, trust, empathy and intimacy between people, which is really important in a society where many people often complain about feeling isolated,” says Miles.

Omega-3s May Increase Risk of Prostate Cancer

Research published in the *Journal of the National Cancer Institute* has confirmed that high blood levels of DHA, EPA and DPA—three omega-3 fatty acids found in fish oil supplements—are linked to prostate cancer.

The study from the Fred Hutchinson Cancer Research Center tested 834 men with prostate cancer and 1,393 healthy men; they found that such high concentrations were associated with a 71 percent increased risk of more serious prostate cancer and a 44 percent increase in the risk of less serious prostate cancer. The overall increased risk in all prostate cancers was 43 percent.

The findings of this study confirm similar research in 2011 and another large European study. “What’s important is that we have been able to replicate our findings from 2011,” says one of the more recent study’s authors, Theodore Brasky, Ph.D.



Ashwagandha Pumps Up Testosterone

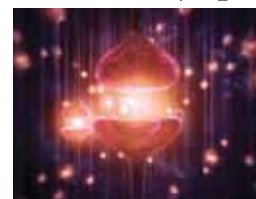
Low testosterone levels can be problematic for men as they age. Fortunately, Mother Nature produces her own form of testosterone booster: the herb ashwagandha. Research published in the *Journal of the International Society of Sports Nutrition* tested 57 men between the ages of 18 and 50. They were divided into two groups—one was given 300 milligrams of the herbal extract twice a day for eight weeks; the other ingested a placebo for the same period. Both groups underwent supervised muscle training programs for the duration of the study.

The men that took the ashwagandha had significantly higher levels of circulating testosterone compared to the placebo group. The ashwagandha group also experienced an increase in muscle mass in the chest and arms, yielding an average arm muscle size of 8.6 centimeters, compared to the placebo group’s 5.3 centimeters.

Those men in the ashwagandha group also exhibited faster reductions of creatine kinase, a marker for the type of muscle fiber injury that occurs during strenuous exercise, following workouts.

Medical Spa Treatments: Pain Management Therapy

According to Dr. Carmen R. Green, a pain medicine physician and professor at the University of Michigan in Ann Arbor, chronic pain inflicts more than 100 million Americans—and disproportionately impacts women and minorities. “Pain is a silent epidemic that affects the entire person, including physical, social and emotional well-being,” Green says, adding that it is medically associated with depression, anxiety and sleep disturbances.



But Green believes that medical day spas are in a prime position to break the cycles of discomfort that pain can initiate, and establish sounder body/mind connections. She notes that, at a basic level, even soothing spa music can distract clients and diminish their pain. “Taking care of the physical and spiritual body is crucial to pain management,” she explains. “Services such as massage are complementary to modern medicine, and patients no longer view them as alternative; they’re now part of the mainstream, so day spas have a great place in this conversation.”

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E-Cigarettes Produce Free Radicals

Electronic cigarette use, or vaping, is on the rise as many consider it a healthier alternative to smoking. However, in a study published in the American Chemical Society journal *Chemical Research in Toxicology*, researchers from the Penn State University College of Medicine report that e-cigarettes produce considerable levels of reactive free radicals created by the high-temperature heating coils that warm up the nicotine solution.

Dr. John Richie, a professor at Penn State and senior author of the research, says, "The identification of these radicals in the aerosols means that we can't just say e-cigarettes are safe because they don't contain tobacco. They are potentially harmful."

The researchers found that levels of free radicals in e-cigarettes are between 100 to 1,000 times less than the levels produced by tobacco cigarettes, still making them a better choice than traditional cigarettes although they still carry risk. Richie explains, "The levels of radicals that we're seeing are more than what you might get from a heavily air-polluted area, but less than what you might find in cigarette smoke." Previous research has found that e-cigarette smoke also contains aldehydes that can potentially cause cellular and tissue damage.

Medicinal Mushroom Heals HPV

Research from the University of Texas Medical School and Health Science Center has found that a medicinal mushroom extract may be able to eradicate human papillomavirus (HPV), a common sexually transmitted disease.

Presented last fall at the 11th International Conference of the Society for Integrative Oncology, in Houston, the clinical study treated 10 women that tested positive for HPV with the mushroom mycelia extract called active hexose correlated compound (AHCC).

The patients were given three grams of the AHCC once a day for six months or longer. Eight of them tested negative for HPV after the period, including three that were confirmed HPV-eradicated after stopping the AHCC treatment. The two other patients continued receiving the extract.

A phase II clinical trial led by Dr. Judith Smith, a professor at the UT Medical School, will be conducted.



Awe and Wonder Prime Physical Health



Two related studies from the University of California, Berkeley, suggest that the act of admiring the beauty of nature with awe and wonder can decrease inflammation in the body.

More than 200 adults reported their experiences of emotions on a particular day, including amusement, awe, compassion, joy, contentment and pride. Samples of the subjects' gum and cheek

tissues were analyzed for cytokines, and the researchers found those that cited emotions of awe, wonder and amazement had the lowest levels of the pro-inflammatory cytokine interleukin-6 (IL-6).

UC Berkeley professor and co-author of the research Dacher Keltner, Ph.D., says, "That awe, wonder and beauty promote healthier levels of cytokines suggests that the things we do to experience these emotions—a walk in nature, losing oneself in music, beholding art—have a direct influence upon health and life expectancy."



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Bacterial Overgrowth of the Small Intestine Breath Test

Small intestinal bacterial overgrowth (SIBO) is an abnormal colonization within the small bowel by bacteria normally found in the colon, mouth, or pharynx. These bacteria interfere with normal intestinal function and causes mucosal inflammation. Also called bacterial overgrowth of the small intestine (BOSI), "blind-loop," or "stagnant loop," SIBO is a potentially serious disorder that leads to problems such as malabsorption, anemia and weight loss, malnutrition, increased intestinal permeability, and bone loss. Breath testing for hydrogen (H₂ and methane (CH₄)) provides a simple noninvasive means of detecting SIBO. Once SIBO has been identified, antimicrobials are typically administered to eradicate the bacteria. Subsequent attention to underlying causes is also essential in preventing recurrence.

- Gas, bloating, or diarrhea, usually after eating
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News and resources to inspire concerned citizens to work together in building a healthier, stronger society that benefits all.



Well Well New Healthy Building Standard

The WELL Building Standard, administered by the International WELL Building Institute, is the world's first development criterion to focus exclusively on human health and wellness. It marries best practices in design and construction with evidence-based medical and scientific research, harnessing the built environment as a vehicle to support human health and well-being.

Pioneered by the Delos company and the culmination of seven years of research in partnership with leading scientists, doctors, architects and wellness thought leaders, WELL is grounded in a body of medical research

that explores the connection between the buildings where people spend more than 90 percent of their time and the health and wellness impacts on occupants. It sets performance requirements in seven categories: air, water, nourishment, light, fitness, comfort and state of mind.

WELL-certified spaces can help foster improvements in the nutrition, fitness, moods, sleep patterns and performance of occupants. WELL is independently certified by Green Business Certification Inc., which administers the Leadership in Energy and Environmental Design (LEED) program and associated professional credentialing program.

Source: *Delos.com*

Municipal Pioneers

More U.S. Cities Leaving the Grid

Nassau, New York, a town of 5,000 outside Albany, plans to ramp up a combination of rooftop- and ground-mounted solar, wind turbine and landfill methane-capture technologies to generate 100 percent of its power from renewable sources by 2020.

"If all goes as planned, within the next four years, all six of the town buildings will be disconnected from the grid," says Nassau Supervisor Dave Fleming.

The New York Department of Public Services wants this trend to grow through its Reforming Energy Vision (REV) initiative. Governor Andrew Cuomo's administration is actively working to help municipalities, especially core towns and schools, move toward getting a significant portion of their power from renewable resources. Smaller, cleaner, power systems are less costly and cleaner alternatives to the traditional larger electrical stations.

San Diego, California, recently committed to securing 100 percent of its energy from renewable sources by 2035. It's the largest American city to do so. Already, at least 13 U.S. cities, including San Francisco; Burlington, Vermont; and Aspen, Colorado, have committed to 100 percent clean energy. Las Vegas is among other major cities aiming to follow suit. Hawaii has pledged the same by 2045, the most ambitious standard set by a U.S. state to date.



Bye-Bye Dye

Mars and Others Abandoning Artificial Colors

Mars Inc., the maker of many candies, chewing gum flavors and other food products, is phasing out artificial food dyes over the next five years. The decision came as a response to growing customer demand, says CEO Grant F. Reid. Nestlé, General Mills, Kraft and Kellogg's have also started eliminating artificial dyes from their products due to calls for more natural ingredients.

Common shades of red 40 and yellow 5 are presently ubiquitous, as per capita production of artificial coloring approved for use in food has increased more than five-fold since the 1950s. According to a study of supermarket labels by the Center for Science in Public Interest, an estimated 90 percent of child-oriented candies, fruit snacks, drink mixes and powders contain artificial colors, and many parents are concerned about their potential impact on developing brains.

Several studies have scrutinized dyes' possible link to attention deficit hyperactivity disorder (ADHD) and other effects on children's behavior. When a study by a group of British scientists suggested a link between the consumption of certain food dyes and hyperactivity in kids, Europe and the UK began requiring food with artificial dyes to carry warning labels. The U.S. Food and Drug Administration continues to maintain that no causal relationship exists between color additives and hyperactivity in children, and doesn't require warning labels.

Buzz Benefactors

More Retailers Ban Bee-Toxic Products



Amidst the growing pollinator crisis and due to public pressure, Aldi Süd, the German supermarket chain with stores in the U.S., has become the first major European retailer to ban pesticides toxic to bees, including the neonicotinoids imidacloprid, clothianidin and thiamethoxam, from fruits and vegetables produced for their stores. Starting in January, Aldi produce suppliers have had to ensure their cultivation practices exclude eight pesticides identified as toxic to bees. Other retailers in the U.S. and Europe are also beginning to shun bee-toxic pesticides.

Home Depot will no longer use the class of pesticides known as neonics on 80 percent of its flowering plants; completing the phase-out in 2018. Lowe's is ending the sale of products containing neonicotinoid pesticides within 48 months. Smaller retailers are also working on removing neonics and other toxic pesticides from their shelves.

The science has become increasingly clear that pesticides, working individually or synergistically, play a critical role in the ongoing decline of honeybees and other pollinators. Bees in the U.S. and Europe have seen unprecedented losses over the last decade, and bee-toxic pesticides like neonicotinoids have consistently been implicated as a major contributing factor.

Source: *BeyondPesticides.org*

Nature's Metric

Rethinking All Aspects of Society

The International Living Future Institute's Living Future Challenge presents a bold new framework for rethinking how systems, products, buildings and communities are designed. Based on the elegant and profound architecture of its recent Living Building Challenge that cites nature as the ultimate metric for success, the Living Future Challenge is now branching out to influence aspects of society.



The Living Community Challenge applies Living Building concepts to entire communities or cities; the Living Product Challenge asks designers and manufacturers to create net positive products; Net Zero Energy Building certification rates successful energy conservation in both new and existing buildings; Just becomes the social justice label for appropriately certified organizations; Declare confirms the merit of nutrition labels; and Reveal affirms a building's energy efficiency status.

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Unsafe Playfields

Artificial Surfaces Pose Risks

As of January, there have been 200 nationwide cases of cancers in young athletes that played on synthetic turf—many of them lymphoma, which is uncommon in the age group. In 2013, the U.S. Environmental Protection Agency withdrew earlier safety assurances and called for new, more comprehensive studies.



A majority of professional and college athletes strongly prefer natural turf because those playing on synthetic turf suffer about 50 percent more knee and ankle injuries.

Other playfields use “crumb rubber” infill made of ground-up used tires formerly considered hazardous waste. Thus, sports players may be exposed to dozens of chemical compounds, most of which have never been tested for health impact; some of those tested are believed to cause cancer, birth defects, developmental and reproductive disorders and infertility.

Primary source: epa.gov



Swedes' Solution

Six-Hour Workday Reaps Benefits

Many Americans work 50 hours a week or more because they think they'll get more done and reap the benefits later. However, according to a metastudy published in *The Lancet*, people that clock a 55-hour week have a 33 percent greater risk of stroke and 13 percent higher risk of developing coronary heart disease than those that maintain a 35- to 40-hour work week. Data from 25 studies that monitored the health of 600,000

people from the U.S., Europe and Australia for up to 8.5 years were analyzed.

Paul Kelley, of Oxford University's Sleep and Circadian Neuroscience Institute, notes that even a traditional nine-to-five workday is at odds with peoples' internal body clocks, contributing to sleep deprivation.

Now Sweden is moving toward a standard six-hour workday, with some businesses having already implemented the change. Linus Feldt, CEO of Stockholm app developer Filimundus, reports that the shift has maintained productivity while decreasing staff conflicts, because people are happier and better rested. Several Toyota service centers in Gothenburg that switched to a six-hour day 13 years ago also report happier staff, a lower turnover rate and increased ease in enticing new hires. A Swedish retirement home has embarked on a yearlong experiment to compare the costs and benefits of a shorter working day.

Source: ScienceAlert.com

Be happy for this moment. This moment is your life.
~Omar Khayyám

Banish Bugs Safely Keep Winged Visitors Away from Outdoor Events

Warding off summertime mosquitoes and flies to maintain outdoor fun is especially important given the new disease potential of the mosquito-borne Zika and West Nile viruses. Here are some naturally protective measures.



Remove stale, standing water outside the home—including swimming pool covers, clogged rain gutters and buckets—and turn over clay pots and plastic containers, as they all can be prime mosquito-breeding spots, suggests the Maryland Department of Agriculture.

Alternatively, a toxin-free backyard pond or water garden can be stocked with mosquito fish like gambusia that feed on and consume large quantities of insect larvae.

Avoid applying potent perfumes, soaps and lotions prior to an outdoor event, because such scents attract insects. It always helps to wear light, long-sleeve shirts and pants to protect more skin.

Grow plants with odors mosquitoes don't like. *EarthEasy.com* suggests citronella, horsemint (aka bee balm), marigolds, ageratum (floss flowers) and catnip. *WellnessMama.com* also likes lavender, thyme, lemongrass, anything in the mint family and even basil; rub fresh or dried leaves on the skin or apply lavender flowers or oil, especially on hot spots (neck, underarms or behind ears).

Use a non-toxic, plastic-free insect-repelling band for kids.

Avoid conventional insect repellents, as many contain diethyltoluamide (DEET), one of the top five contaminants of U.S. waterways. Chemicals rinse off into shower and bath drains during later wash-ups.



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Your body routinely processes and eliminates toxins via urine, feces, perspiration, and breath.

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To lose weight through calorie intake, aim to consume 500 calories fewer than your suggested calorie intake per height and activity level.

Juicing Recipes

1. **Wheatgrass**, green apple, kale, mint, cucumber, and strawberry.
2. **Wheatgrass**, blueberry, cucumber, cabbage, mint, and raspberry.
3. **Wheatgrass**, watermelon, pineapple, mango and orange bell pepper.
4. **Wheatgrass**, pineapple, spinach, watermelon, cayenne, and orange.
5. **Wheatgrass**, orange, ginger, lime, cucumber, and lemon.



See Page 9 to purchase wheatgrass

HAPPY ALL DAY

Simple Daily Practices for a Happier Life

by Judith Fertig



Throughout the past decade, success researchers and positive psychologists have sketched out in broad strokes the big picture of our elemental yearning for happiness. According to Martin Seligman, Ph.D., and his colleagues at the University of Pennsylvania, in Philadelphia, inner happiness derives from four basic elements: positive emotion, relationships, meaning in life and accomplishment. What we want to know now is how to instill happiness into daily practices.

In her latest book, *Better Than Before: Mastering The Habits Of Our Everyday Lives*, happiness expert Gretchen Rubin fleshes out the needed details. She maintains that the shift into a happier way of being can be as simple as changing our habits, which she terms the invisible architecture of daily life. Rubin found, “We repeat about 40 percent of our behavior almost daily, so our habits shape our existence and our future. If we change our habits, we change our lives.”

We can start small in sometimes surprising ways that encourage personal, family, workplace and community well-being.

Simplify—Exercise—Meditate

Israeli-born Tal Ben-Shahar, Ph.D., a former Harvard lecturer and author of the bestselling *Happier: Learn the Secrets to Daily Joy and Lasting Fulfillment*, had

854 students enroll in one of his pioneering classes on happiness in 2006, the highest enrollment for any class at the time. “Students explored ways to apply these ideas to their life experiences and communities,” he says. Today, he lectures and consults worldwide on the science of happiness, or “optimal being and functioning”.

Ben-Shahar suggests we cultivate three personal habits. The first one is to simplify, saying, “We need to turn off our phones, email and other distractions at home, so we can fully be with the people we care about and that care about us. Time affluence—time to enjoy and appreciate—is a predictor of happiness.” The second is to exercise. “We were not meant to be sedentary,” he says. The third is to meditate. “Meditating helps us to develop extreme resilience to negative emotion.”

Ken A. Verni, Psy.D., a clinical psychologist in Highland Park, New Jersey, endorses the importance of a mindfulness habit. In his new book, *Happiness the Mindful Way: A Practical Guide*, Verni outlines easy, step-by-step actions to form a new happiness habit that concurrently reduces stress and increases enlightenment. He starts with what he calls “compassionate attention”; being fully awake or present in our lives without judging what we’re thinking. When we view our thoughts as events

in the mind, he says, conscious self-observation introduces a space between our perceptions and responses, allowing us to view our thoughts as separate from the person we really are.

Complementary methods may include breathing techniques or body awareness that help shift us away from anxious, “What if?” speculations into the ever-present now. With just a few minutes of mindfulness a day—the first thing in the morning or at night before retiring—according to Verni, “We can shift our relationship to ourselves and our life experiences in a way that allows for greater spaciousness, acceptance and compassion, and in doing so, can dramatically improve the quality of our lives.”

Daily Joy at Home

Another way to improve the quality of our life is to reverse one habit. Shonda Rhimes, creator of TV dramas that include *Grey’s Anatomy* and *Scandal*, admits that she’s a driven, Type-A person in her new book, *Year of Yes*. A busy career in Los Angeles, three children and little leisure left her feeling unhappy, so instead of reciting her habitual, “No” to anything extraneous—like parties, eating chocolate chip cookies or spending a lazy afternoon chatting with an old friend—she decided to change that habit to, “Yes.”

One of Rhimes’ most profound revelations occurred after she responded positively when her children asked her to play. She observes that kids don’t want that much from us and playtime rarely involves more than 15 minutes; when we give them access and attention, it makes everyone feel good.

Rubin agrees that it’s the little things that can contribute to family happiness. As a New York City mother of two, she decided that she’d be happier if she knew she was creating family memories. She started regularly preparing “special occasion” family breakfasts, a relatively easy meal to customize. She says, “Studies show that family traditions support children’s social development and strengthen family cohesiveness. They provide the connection and predictability that people crave. I know that I enjoy a holiday more when I know exactly what we’re going to do and when we’re going to do it.”

Take the Secret Society of Happy People's

personal happiness inventory at

Tinyurl.com/HappinessCheck. Tinyurl.com/DefiningOurHappiness

provides an introduction.

Home for Matthieu Ricard, a biochemist turned Buddhist monk, could be a Nepalese monastery or a seat at scientific conferences around the world. As the author of *Happiness: A Guide to Developing Life's Most Important Skill*, he defines happiness as a deep sense of flourishing that arises from an exceptionally healthy mind. "It's not a mere pleasurable feeling, a fleeting emotion or a mood, but an optimal state of being," he says.

In order to nurture it, Ricard recommends taking some time each day for quiet reflection, noting, "The contemplative approach consists of rising above the whirlpool of our thoughts for a moment and looking calmly within, as if at an interior landscape, to find the embodiment of our deepest aspirations." By cultivating attention and mindfulness, the cares of everyday life

become less burdensome. Such a spiritual practice of just sitting quietly for 10 minutes a day, observing the thoughts that randomly cross our minds, and then gently shooing them away, can be enormously beneficial, he says, as it helps us put things in perspective and aim for continuous calm.

Flipping the Switch

Changing thought habits to focus on the good things in life is an approach that works for clients of Mary Lynn Ziemer, a life coach in Estero, Florida. Ziemer suggests we "flip the switch" from negative thinking and make a habit of starting our day being positive and grateful for 10 minutes. She recommends we start by doing deep breathing—four seconds breathing in, hold for seven seconds, eight seconds breathing out—repeated four times. Next, we ask our-

selves how we feel in the moment and identify the emotion, and then ask what thoughts we can think to feel better.

The last step of the exercise is to frame a positive outlook in an affirmation, such as, "I am so grateful that I know I am doing the best I can and everything will work out. Everything is fine." Ziemer adds, "Remember that happiness comes from love and takes you to a place of peace and calm. It is such emotions that beget success in relationships, health, supply, and clear purpose. Plus, it benefits everyone around you."

Happiness Habits at Work

Dallas happiness researcher Shawn Achor, founder of Goodthink, Inc., and author of *The Happiness Advantage*, applies the science of happiness to the workplace. His research echoes the personal positivity of Ziemer, Verni and Ben-Shahar's approaches to nurturing happiness. "Happiness is such an incredible advantage in our lives," says Achor. "When the human brain is positive, our intelligence rises and we stop diverting resources to think about anxiety." The *Harvard Business Review* published his

11 HABITS OF THE HAPPIEST PEOPLE

by Kristi Ling

Happy people don't find happiness like you'd find a penny on the ground; they make it happen, with action. Cultivating happiness habits can make a marked difference in your life.

✓ **Be deliberately optimistic.** Optimism is imperative to emotional wellness.

✓ **Prioritize mindfully.** Consistently align choices, intentions and actions with the top priorities of love, happiness and health.

✓ **Keep uplifting resources on hand.** A few surefire mood-lifters may include a green smoothie, mani-pedi and solo dance party to at least one get-your-feet-moving song by a favorite artist.

✓ **Put yourself first.** It's the best way to bring your A game to everyone else.

✓ **Be a prolific seeker.** Seek beauty, joy, adventure, pleasure, growth and power-

ful meaning in all areas of life. Let life move you to possibility, opportunity and gratitude.

✓ **Don't make things personal.** Absolutely nothing others say or do is about you, ever.

✓ **Examine the worst that can happen.** Many of the limitations you're placing on yourself aren't real—they're illusions.



✓ **Practice loving-kindness.** Making this a habit changes the vibration of your life and the lives of those around you. Plus it feels great.

✓ **Be aware of your energy.** Tune in to surrounding energy, as well as the energy you're emitting and notice what needs to be adjusted or abandoned.

✓ **Be wary of media consumption.** Limit messages in everything from email and news to books and music that take you away from the calm, open space within that revels in joy and wonder. Conversations count, too.

Kristi Ling is the author of *Operation Happiness: The 3-Step Plan to Creating a Life of Lasting Joy, Abundant Energy, and Radical Bliss*. The life and business coach shares more at KristiLing.com/operationhappinessresources.

I have chosen to be happy because it is good for my health.

~Voltaire

research results: "Creativity triples and productive energy rises by 31 percent. Sales rise by 37 percent and the likelihood of promotion rises by 40 percent."

Achor's method is helping people rewrite the way they think by first looking for positives at work. Workers write down three highly specific, positive things about their workday for 21 consecutive days. Rather than just, "I love my job," acknowledge, "I love my job because I get to help people every day." Or, "I love my morning tea because it gets me going." Achor reports that at the end of the period, "Their brain starts to retain a pattern of scanning the world not for the negative, but for the positive first."

Taking a work break for two minutes of mindfulness is also effective. "We did this at Google," he says. "We had employees take their hands off their keyboards for two minutes a

day to go from multitasking to simply focusing on their breathing. This drops their stress levels and raises accuracy rates. It improves levels of happiness and it takes just minutes."

Happiness in the Community

We can foster happiness habits at home, at work and in the community. Rubin suggests starting such a group, akin to a self-help book club or bridge group, but with extra benefits. She even offers a free starter kit for those that want to try it, available via GretchenRubin.com/habits/start-a-habits-group.

In addition to the happy exchange of ideas and success stories, happiness habits group members also have the benefit of being accountable to each other. Others can help us continue to color in the details supporting and forwarding the broad brushstrokes of positive emotions, relationships, meaning in life and accomplishments in a down-to-earth, fun way.

Judith Fertig blogs at AlfrescoFoodAndLifestyle.blogspot.com from Overland Park, KS.

HAPPIER IN JUST MINUTES

- Journaling for two minutes about one positive experience we've had over the past 24 hours allows our brain to relive it.
- Exercising, including 15 minutes of cardiovascular action a day, teaches our brain that our behavior matters and improves our mood.
- Meditating for even a few minutes at a time relieves an overloaded brain and allows it to focus on one thing at a time.
- Writing one quick email in the morning praising or thanking someone we work with or just to make them happy will make us feel a sense of social support, a great predictor of happiness.

Source: The Happiness Advantage, by Shawn Achor

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- Andrew Weil, M.D.

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Gay Hendricks on Nurturing Love in Midlife

Why Growing Up Can Mean Loving Better

by S. Alison Chabonais

Gay Hendricks and his wife, Kathlyn, have discovered through working on their own relationship and counseling hundreds of other couples that the time from midlife onward offers the greatest opportunity of any other period to grow love. At a mutual low point, they made the life-changing decision to rebirth their marriage, tapping into a new source of energy and rejuvenation that's producing extensive and surprising benefits.



Gay Hendricks and his wife, Kathlyn

Probably the biggest factor is that people in the second half of life tend to be open to learning and trying new things, such as adopting our practice of scheduling two, 10-minute conversations a week to take care of relationship business: one covers “stuff talk”, the other is “heart talk”. Often, it only takes a few minutes of trying out a brand-new activity to spark a major rebirth of intimacy.

How pivotal is self-love, a tough concept for many, in securing a healthy relationship?

You can only love another person to the extent that you love yourself. After we take people through a process designed to give them a clear experience of loving themselves unconditionally, they often tell us that the experience changed everything in their relationship. It's powerful because so many of us enter a relationship in an attempt to get the other person to love some part of ourselves that we don't know how to love, which never works. Learning to love ourselves is an inside job.

What would you say is the biggest challenge for midlife couples in a long-term relationship?

It's vital to get out of the rut of recycling conflicts and predictable routines in order to liberate a new creativity. Creativity doesn't have to be complicated or expensive. It might be a matter of giving a

new way to communicate a whirl or taking a walk together instead of watching TV. Ultimately, relationships only thrive when both people make an ongoing commitment to investing time and energy to explore their own creative nature. One may elect to learn to play a musical instrument, while the other might take up gardening. The only requirement is that we take on new activities that have the capacity to surprise us.

What tips do you have for those that are single during the second half of their life?

Enjoy your singularity! Singlehood affords great opportunities. You can choose whether or not you wish to invest time and energy manifesting a mate. No law requires that everyone has to have an intimate relationship, but if you'd like to, go about the process consciously. First, work on learning to love yourself, because it's wise not to depend on anyone else to do it for us. Second, figure out what we call your Three Absolute Yesses and Nos, the three most important qualities you want in a mate, and equally important, the three most important things you don't want in a mate. It's a good way to avoid mistakes.

Why do you call blame “the crack cocaine of relationships”?

When you blame another person for something, you fire up adrenaline both in yourself and the other person. Adrenaline is manufactured by our bodies and is highly addictive. Blame also typically produces a defensive reaction, causing a harmful cycle of two-way criticism and defensiveness that can go on for years. One couple we counseled had been having essentially the same argument since their honeymoon 29 years earlier—so addicted to the adulterated “cocaine” of blame that it had become a permanent feature of their relationship. The answer is for each person to take healthy responsibility for issues in the relationship and together seek ways to both break unhealthy habits and replace them with mutually satisfying ways of relating.

S. Alison Chabonais orchestrates national editorial content for *Natural Awakenings* magazines.

Why do you say the best relationships are possible in the second half of life, including the greatest sex?

Childrearing responsibilities often decrease in our 40s and 50s, affording more time and resources to invest in the quality of the relationship. Psychological and spiritual maturity also comes into play—the more deeply we know ourselves, the more able we are to communicate meaningfully with our partner.



Emotional Smarts How to Raise Your Quotient

by Harvey Deutschendorf

The role of emotional intelligence (EI) in helping to facilitate success and happiness in individual lives has become well accepted. People with high EI tend to share seven habits.

Focus on the positive. While not ignoring bad news, EI people have made a conscious decision to not spend much time and energy focusing on problems. Rather, they look at what's positive in a situation and seek solutions. They focus on what can be done and what's within their control.

Associate only with positive people. High EI people regard complainers and negative people as energy drains. They tend to avoid them to maintain their own vitality. Instead, they spend time with those that look on the bright side of life. They tend to smile and laugh and attract other positive people. Their warmth, openness and caring attitude leads others to regard them as more trustworthy.

Set boundaries and assert a position. Although their friendly, open nature may make them appear as pushovers to some, people with high EI are able to set boundaries and assert themselves when necessary; they demonstrate politeness and consideration, yet stay firm. High EI people guard their time and commitments and know when they need to say no.

They don't make needless enemies. Their response to potentially volatile situations is measured, not inflated, and managed appropriately. They think before speaking, allowing themselves time to calm down if their emotions start to feel overwhelming.

Practice forward thinking and willingness to let go of the past. People with high EI are too busy thinking of future possibilities to dwell upon things that didn't work out in the past. They apply lessons learned from past missteps in taking future actions. They never see failure as permanent or a personal reflection of themselves.

Look for ways to make life more fun, happy and interesting. At work, at home and with friends, high EI people know what makes them happy and look for opportunities to expand the enjoyment. They receive pleasure and satisfaction from seeing others happy and fulfilled, and do whatever they can to brighten someone else's day.

Expend energy wisely. High EI folks don't hold onto anger over how others have treated them, but use the incident to create awareness of how to not let it happen again. While they move on and forgive, they don't forget, and are unlikely to be taken advantage of again in the same set of circumstances.

Always learn and grow. High EI people are lifelong learners, constantly growing and evolving. Being critical thinkers, they are open to changing their minds if someone presents a better idea. They trust themselves and their own judgment to make the best decision for themselves.

Harvey Deutschendorf is an emotional intelligence expert, speaker and author of The Other Kind of Smart. Take the EI Quiz at TheOtherKindOfSmart.com/ei-quiz.

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Natural Ways to Prevent Hair Loss

by Jody McCutcheon

Ancient Egyptians sought to stem hair loss and stimulate hair growth with a cocktail of iron oxide, red lead, onions, alabaster, animal fats and honey. Today, we're still deploying creative approaches. Men's hair loss, specifically, is a billion-dollar industry, touting solutions ranging from chemically laced topical treatments and drugs to transplants and wigs. Yet hair-loss science is imperfect; it's riddled with misinformation that allows companies to sell products of varying efficacy.

The average head holds about 120,000 to 150,000 strands of hair, and it's normal for both men and women to lose 50 to 100 strands daily. We lose hair for several reasons. Chiefly, aging weakens hair and makes it more brittle; it also decreases hormone production, slowing hair growth. According to a study published in the *Cleveland Clinic Journal of Medicine*, anything that interrupts the normal hair cycle can trigger diffuse hair loss. Triggers include physiologic trauma and emotional stresses, nutritional deficiencies, endocrine imbalances and illness, as well as genetics, including pattern baldness. Even air and water pollutants and sunlight's phototoxic aging effects may facilitate alopecia (sudden hair loss).

While it's impossible to completely stop natural hair loss catalyzed by aging and genes, the rate can be controlled and abnormal loss may be reversed while stimulating growth.

Dietary Changes. The typical North American fat-, protein- and salt-rich diet fosters an acidic environment in the body which can lead to premature hair loss. Iron-rich foods like lean red meats and dark green veggies contribute to ferritin levels sufficient to increase the hair's growth cycle. Iron also delivers oxygen to hair follicles, further inciting growth. In a review of related research, the journal *Clinical and Experimental Dermatology* reports that double-blind data confirmed the findings of a study in women with increased hair shedding in which a significant proportion responded to l-lysine and iron therapy.

Because hair is made mostly of protein, and protein deficiency is thought to cause hair loss, it would seem that consuming more protein would stimulate growth, although moderation is the key. Too much protein may result in baldness, according to Dr. Michael Eades, who owns *ProteinPower.com*. The American Heart Association recommends against high-protein diets

because most Americans already eat more protein than they need.

Omega-3 fatty acids found in fish, shellfish, nuts and seeds and their oils can facilitate the production and action of hormones and oily lubricants that effect a healthy scalp and follicles and bouncy, shiny hair.

A-complex and B-complex vitamins also are said to promote vibrant, shiny hair; B₁₂ to neutralize premature hair loss; vitamin C and zinc to help strengthen hair; biotin to avoid hair loss and premature graying; vitamin D to facilitate healthy follicular growth; and vitamin E to maintain a healthy, moisturized scalp.

Eating whole foods like organic eggs, lentils, spinach, red meat, pumpkin seeds and salmon is ideal, including plenty of fruits and vegetables for vitamins and minerals. Most vegetable skins are also rich in silica, which helps strengthen hair.

Drink More Tea. Green tea, saw palmetto (or its extract) and stinging nettle tea contain ingredients that inhibit the conversion of testosterone into di-

hydrotestosterone (DHT), a compound that's been linked to thinning hair and pattern baldness, according to *Medical News Today*. These products are used in battling some forms of alopecia and concentrated ingredients of these teas are available in pill form.

Detox. Eliminating alcohol, tobacco and coffee can help. Excessive booze and caffeine lead to dehydration, which makes hair dry and brittle, and also dramatically depletes the body's iron and zinc levels. Cigarette smoke contains toxins that accelerate hair loss, as well as premature graying.

Chill Out. Stress is a widely known factor in hair loss, specifically of a condition called telogen effluvium (*Principles of Dermatology*, by James Marks and Jeffrey Miller). Meditation and exercise can relieve stress and create a better hormonal balance, thereby helping to prevent alopecia.

Massage of body and scalp also may be beneficial. Adding oils such as almond

or coconut infuses the scalp with essential vitamins and minerals. A study by the *Journal of Dermatology* shows that applying onion juice can lead to hair growth. Treat hair gently, air-drying rather than rubbing it with a towel.

Don't Fake It. Using extensions and weaves or wearing tight wigs or hairpieces daily may damage hair follicles by stressing their anchor to the scalp, accelerating hair loss. Also, hair straighteners, tight pony tails, blow dryers and heated rollers may damage or break off follicles. Consider natural hair dyes.

Eschew Shampoo. Most commercial shampoos contain sodium laurel sulphate (SLS) or sodium laureth sulphate because it's inexpensive, lathers well and typically thickens hair via salt. SLS also corrodes follicles and impairs their ability to grow hair. Consider switching to organic shampoos and conditioners.

Jody McCutcheon is a freelance editor in Toronto, Ontario, Canada.

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Diagnosed with Cancer

What now?

The entire human body is made up of cells, each of which contains its own genetic material, or DNA—a long string of molecules that tells the cell what to do. In a healthy body, cells divide at a controlled rate so as to grow and repair damaged tissues and replace dying cells. This predetermined rate of cell division is what keeps our bodies healthy. If cells keep multiplying when new ones are not necessary, a mass of tissue called a growth, or tumor, is formed. A tumor can be either benign or malignant. Benign tumors are not cancerous. They can occur anywhere in the body and generally do not pose a threat to health, do not metastasize (spread

to other parts of the body), and do not grow back if removed. Malignant tumors are cancerous. They are usually serious and can be life-threatening. Malignant tumors grow uncontrollably, interfere with normal metabolic and organ functioning, and have the ability to metastasize and invade other tissues.

If a portion of a cell's DNA is damaged, the cell can become abnormal. When the abnormal cell divides, it forms new cells that contain a photocopy of the damaged genetic material. This is an ongoing process occurring constantly within our bodies. Most of the time, our bodies have the ability to destroy these abnormal cells and maintain a sort of cellular equilibrium. If a crucial portion of the DNA is destroyed, however, and the abnormal cells cannot be controlled any longer, cancer forms. All cancer cells have two things in common: they grow uncontrollably and they have the ability to metastasize. They can spread through the lymphatic system, the bloodstream, or avenues such as the cerebrospinal fluid (the watery cushion that protects the brain and spinal cord). The immune system generally does not recognize cancer cells as dangerous or foreign.

Vitamin Therapy

Beta Carotene and Carotenoids- The precursor of vitamin A, beta carotene is found in carrots, sweet potatoes, spinach, and most leafy green vegetables. A diet high in beta carotene and other carotenoids is protective against all cancers, but beta carotene is particularly important for women as a deterrent to cervical cancer. High serum beta carotene (and associated dietary carot-

enoids) has also been shown to protect the lungs against tobacco smoke and smog, thus inhibiting the development of lung cancer. Ex-smokers who ate green and yellow vegetables high in beta carotene every day decreased their risk of stomach and lung cancer.

Vitamin B6 - Found in bananas, leafy green vegetables, carrots, apples, organ meats, and sweet potatoes. Vitamin B6 is essential for optimal immune function and helps maintain the health of mucous membranes, which line the respiratory tract and provide a natural barrier to pollution and infection. Vitamin B6 also affords protection against cervical cancer.

Iodine - Available in seafood, sea vegetables such as kelp and dulse, and iodized salt. Iodine protects against breast cancer and is needed for proper energy metabolism as well as the growth and repair of all tissues.

Zinc-This mineral protects against prostate cancer and is necessary for the formation of RNA and DNA and for healthy immune function. It is found in whole grains, most seafood, sunflower seeds, pumpkin seeds, soybeans, and onions. Phytates in grains and beans decrease zinc absorption. If taken as a supplement, zinc oxide and zinc picolinate are the least beneficial forms.

Coenzyme Q10 - CoQ10, also known as ubiquinone, is one of a family of brightly colored substances called quinones, which are widely distributed in nature because they are essential for generating energy in living things that

use oxygen. The body produces its own CoQ10, but usually produces less with aging; therefore dietary sources are important for this coenzyme, especially for older people. It is found in fairly high concentrations in fish (especially sardines), soybean and grapeseed oils, sesame seeds, pistachios, walnuts, and spinach. CoQ10 plays an important part in the body's antioxidant system. When combined with vitamin E, selenium, and beta carotene, CoQ10 can significantly reduce free-radical damage in the liver, kidneys, and heart. Another beneficial effect in cancer patients is to increase macrophage activity.

Garlic - Garlic or its components can help lower the risk of tumors in the stomach, colon, lungs and esophagus. Research from China has reported that those who eat a greater quantity of garlic have much lower rates of stomach cancer.

Broccoli - This vegetable has 4.5 g of fiber per cup. One cup, which contains only 45 calories, supplies more than the recommended daily allowance of the antioxidants vitamin C and beta carotene. Broccoli contains a substance called sulforaphane, which research indicates blocks the growth of tumors in mice.

Fiber - Whole grains, psyllium husks, and other fiber-rich foods are essential to any anticancer diet, as fiber helps facilitate the prompt removal of toxins from the digestive tract. If your metabolic type tolerates grains, it is important to include a variety of whole grains in the diet because the various whole-grain foods contain different kinds of fiber. Consume at least 25-30 g of fiber a day, equivalent to six or more serv-

ings of grains (or nuts or seeds) and five or more servings of vegetables (including legumes) and fruits.

Friendly Bacteria (Probiotics) -

Acidophilus is one of the most common types of Lactobacilli, “friendly bacteria” (probiotics) that naturally inhabit the healthy intestine. Among their many health-promoting functions, they:

1. exert direct activity against tumors;
2. prevent cancer by detoxifying or preventing the formation of carcinogenic chemicals;
3. reduce the level of cholesterol, which indirectly aides in cancer resistance;
4. help produce important B vitamins that assist in immunocompetence; and
5. curb or destroy potentially pathogenic bacteria and yeasts.

A study of 138 patients with bladder cancer found that those given 1 g of L. casei three times a day for 12 months were significantly less likely to develop a recurrence of bladder cancer than those patients receiving a placebo. Other research showed that a derivative of L. bulgaricus improved survival among 100 patients with advanced cancer. Bifidobacteria are also important friendly bacteria in the colon, due to their suppression of disease-causing microbes.

Dietary Guidelines

The National Academy of Sciences has recently validated what several nutritionally oriented practitioners have said for years: there is a link between diet and cancer. A high-fiber, low-fat diet is now accepted as a valid deterrent to some types of cancer. In addition, animal fats and high-sugar diets that include caffeine and alcohol may increase the risk of several forms of cancer. Some studies also suggest that if cells are deprived of oxygen, they may become prone to malignant growth. Consequently, because the blood provides all cells with oxygen, the condition of the bloodstream is important in the treatment and prevention of cancer. Vitamins, minerals and herbs that facilitate circulation and the detoxification of blood are valuable.

- Avoid saturated fats, salt, sugar, alcohols, coffee, caffeine and animal proteins, and restrict dairy foods.
- Eat a diet high in fiber, raw fruits and

vegetables, raw seeds and nuts, and drink plenty of freshly squeezed juices such as carrot, apple, spinach and wheatgrass.

- Keep the bowels active by eating figs, prunes or raisins. A macrobiotic diet is used by some cancer patients who claim good results; this diet includes brown rice and certain vegetables and is worth investigating.
- Cruciferous vegetables containing indoles should be eaten regularly. These include cabbage, broccoli, brussels sprouts, cauliflower, turnips, kale and watercress.
- Soy foods are excellent sources of protein and contain cancer-fighting compounds.
- A “one-size-fits-all” approach to cancer is not necessarily effective. While certain foods, herbs and vitamins are certainly of value to everyone, your metabolic type and the kind of cancer you have must be considered in designing the right nutrition and supplement protocol for you. You should call Dr. Steve at (337) 896-4141.

Home Care Suggestions

- Use relaxation and self-hypnosis techniques to ease tension and enable you to practice visualization therapy.
- Maintain a positive attitude.
- Share your feelings with family, friends and self-help groups.
- Keep yourself occupied with things you love to do.
- Engage in mild exercise such as walking and make it a part of your daily routine.

Spirit/Mind Considerations

There is a great deal of data which show that our mental attitude and the way we respond to stress can greatly increase our risk of developing a disease like cancer. While stress and attitude are not always involved, they may play a much greater role than we previously assumed. Dr. Douglas Brodie, a physician who regularly treats cancer patients, has concluded that “emotional stress, certain personality traits and other psychological factors can deeply influence the origin, development, and outcome of almost every disease including cancer.” In his practice he has found that often an event of profound sorrow precipitates the development of cancer. Many theories exist concerning the whys and wherefores of this link, but it is accepted that unresolved grief or anger is often at the root of physiological changes. Personality types that are prone to perfectionism, have a

great sense of responsibility or exhibit a strong work ethic also seem to be more susceptible to developing cancer. It is the inability of these individuals to “de-stress” that is thought to compromise their immune systems, thereby predisposing them to illnesses like cancer. Clearly, being an optimistic and hopeful person has much more to do with physical health than any of us probably realize. If you ever receive a serious diagnosis of any kind, one of the most important things you can do is to free your mind of daily concerns. Try to resolve anything that is weighing on your mind so you can concentrate on healing. Make amends with friends or family members and avoid negative emotions. Take time each day to meditate, pray and enjoy your surroundings. Keep a positive mental attitude.

Juicing

Many fruits and vegetables have scientifically proven medicinal qualities. Many studies have documented the medicinal effects of fruit and vegetable juices.

Carrot: Carrot juice is an excellent source of beta carotene, potassium, trace minerals, and antioxidants.

Pineapple: Raw pineapple juice contains the enzyme bromelain, which has been shown to have gentle anti-inflammatory properties.

Ginger: The root of the ginger plant has anti-inflammatory properties and will also protect the stomach from irritation caused by nonsteroidal, anti-inflammatory drugs (such as aspirin).

Garlic: This herb is a treasure house of healing compounds. It acts as a natural antibiotic and blood thinner and can reduce cholesterol levels.

Complementary Therapies

In cancer care, integrated medicine usually includes making sure that the patient has access to all of the following: Conventional medical treatments. Different types of complementary therapies such as massage, reflexology, relaxation, herbal medicine, acupuncture/acupressure, meditation, infrared heat, whole body vibration, and hydration.

Dr. Steven T. Castille is the director and owner of the Community Wellness Centers and the publisher of Natural Awakenings. You can connect with Dr. Castille at www.DrSteveCastille.com

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Fast Whole-Food MUNCHIES

Tasty Homemade Alternatives to Junk Food

by Judith Fertig

Planning ahead is an effective key to healthy eating and weight management. Having healthy snacks available, both savory and naturally sweet, helps us to conquer cravings and avoid a sugar rush—or slump.

Between-meal nutritious and delicious snacks can be easy to make. Plus, unlike commercial foods, we know their ingredients. Here, *Natural Awakenings* has tapped two plant-based whole foods experts and cookbook authors for their best snack recipes and tips.

“Healthy happens when we’re prepared,” says Elise Museles, of Washington, D.C., the mother of two sons who writes at KaleAndChocolate.com/blog and recently released *Whole Food Energy: 200 All Natural Recipes to Help You Prepare, Refuel, and Recover*. “Nutritious is delicious; healthy doesn’t have to be bland and boring,” she says. Nor does it take hours to make.

“I pick one day a week to do meal prep,” she explains. “After a visit to our Sunday farmers’ market, I work in the kitchen for a few hours so I’m ready to go on Monday and for the rest of the week.” Whenever hunger threatens to derail her from a whole-foods, nutrient-dense diet, Museles is equipped with options like protein balls and carrot hummus. She’s also learned that having naturally sweet foods at hand helps divert cravings, realizing, “You just want a sweet thing more if you think you can’t have it. Plus, I think better when my blood sugar is stable.”

Museles combines naturally sweet dried fruits such as goji berries and tropical coconut to make a handy snack mix. “Like blending smoothies, this basic trail mix can have many variations,” she says.

She also suggests maintaining a well-stocked freezer. Museles freezes berries in season to pop in the blender

Natural Awakenings recommends using organic and non-GMO (genetically modified) ingredients whenever possible.

for smoothies; pitted and peeled avocados to thaw and mash over gluten-free toast; and frozen banana slices to layer over nut butter.

Canadian Ella Leché, a mother of two daughters best known for her website *PureElla.com/blog*, is the new author of *Cut the Sugar, You're Sweet Enough* cookbook. She came to a plant-based lifestyle in 2008 after a whole foods diet helped her overcome a chronic illness. Her blog documents her journey to wellness—one healthy change at a time.

Leché, a graphic designer and photographer in Mississauga, near Toronto, started an elimination diet four months after the birth of her first child, when she noticed puzzling symptoms. "I started to make small changes and slowly but surely, I began to recover," she says. Today her diet is 90 percent vegan and gluten-free.

"I had a sweet tooth, but I didn't have the balance thing figured out," Leché admits. Foregoing sugar was hard emotionally, even though her body had difficulties with sugar, which seemed correlated to frequent headaches and mood slumps. Slowly, she started emphasizing naturally sweet, pure foods like dates and fruits and found other ways to ease cravings. "Starting the day with a savory, healthy breakfast can cut sugar from your diet because the sweet taste on our tongue essentially sets the brain into craving sugar," she says.

Leché enjoys involving her children in making snacks like healthy turnip or kale chips. When she gets a hankering for something sweet, she chooses her special cranberry and chocolate protein balls, sweetened with dried fruit and bolstered with almonds and walnuts. They take minutes to make and keep in the refrigerator for a week or in the freezer for up to three months.

Having easy-to-prepare, whole food snacks on hand keeps families happily snacking on quick bites and on track with healthy eating. "It's not a diet, it's a lifestyle," says Museles. "If you like recipes that are good for you, it's a sustainable lifestyle."

Judith Fertig is the author of the award-winning Back in the Swing Cookbook and blogs at AlfrescoFoodAndLifestyle.blogspot.com from Overland Park, KS.

Natural Quick Snack Recipes



Turnip and Beet Chips

Yields: Up to 4 servings

*4 turnips, peeled
4 beets, peeled
1/4 cup grapeseed oil or other neutral oil
1 tsp sea salt*

Preheat the oven to 325° F and line a baking sheet with parchment paper.

Slice the turnips and beets using a mandolin and place in a large bowl. Drizzle the oil over the vegetables, sprinkle with the salt and toss to fully coat.

Bake for 15 minutes, turning over chips halfway through the baking time. Then lower the temperature to 200° F and bake for another 5 to 10 minutes, until golden.

Source: Cut the Sugar, You're Sweet Enough, by Ella Leché

Raw Cheesy Kale Chips

Yields: 2 servings

*Bunch of kale, stemmed
1 cup raw cashews, soaked in water for at least 2 hours
1/2 red or orange bell pepper*

*2 cloves garlic, peeled
3/4 cup water
Juice of 1/2 lemon
2 Tbsp nutritional yeast flakes
1/2 tsp sea salt*

Preheat the oven to 300° F and line a baking sheet with parchment paper.

Make sure the kale leaves are thoroughly dry. Tear them into large pieces and place in a large bowl.

Rinse and drain the cashews.

In a food processor, process the cashews, bell pepper, garlic, water, lemon juice, yeast flakes and salt until a smooth paste forms.

Toss the kale leaves in the paste to fully coat, and then place them on the baking sheet in a single layer; don't overlap any.

Bake for 15 minutes, then flip the leaves and bake another 10 minutes. Remove from the oven and cool for 5 minutes before serving.

Note: Alternatively, dehydrate the kale leaves in a food dehydrator for 8 hours on a high setting (no need to turn them over).

Source: Cut the Sugar, You're Sweet Enough, by Ella Leché





Manglier Tea is A Strong Cancer Fighting Agent

Baccharis Oxide is a triterpenoid that blocks the proliferation of cancer cells and prevents angiogenesis (new blood vessel growth for cancer cells to survive)

Manglier Tea (mong-lee-AY) is a tea used to treat cold, flu, diabetes, inflammation, and perhaps cancer. This plant works to increase the body's immune response and fight infections. Manglier (*Baccharis halimifolia*) is a native plant of South Louisiana and has been used by native americans and creoles for hundreds of years as an anti-inflammatory herb.

Baccharis oxide is a very powerful triterpenoid (highly multifunctional compound) and cancer treating agent because of their ability to block the NF- κ B activation, induce apoptosis, and prevent proliferation, invasion, metastasis and angiogenesis.

Antiproliferative activity of rosomultic acid is associated with induction of apoptosis, cell cycle arrest, inhibition of cell migration and caspase activation in human cancer cells.

From *Baccharis halimifolia* L. a triterpenoid oxide has been isolated with a skeleton originating from the same precursor as shionone. This precursor consists of four six-membered rings, but during its rearrangement of the 0-5,C-10 bond is changed to a C-5,0-9 bond and an oxide bridge is formed between C-3 and 0-10.

During a search for acetylenic compounds in *Baccharis halimifolia* L. a colourless, crystalline, optically active substance, m.p. 148-149°, was obtained from the roots. The infrared spectrum contained no bands corresponding to hydroxyl or carbonyl functions. M+ was found as 426.386, corresponding to C₃₀H₅₀O (calc. 426.386). This in conjunction with the NMR spectrum suggested that the substance would be an oxide for which the name baccharis oxide is suggested.

The presence of a double bond was indicated by the NMR absorption (vide infra) and confirmed by catalytic hydrogenation and by treatment with p-nitroperoxybenzoic acid. More specifically the double bond was shown to be contained in the grouping -CH₂ - OH = C(CH₃)₂ by a study of the NMR and mass spectra.

Dr. Steven T. Castille





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DAD MATTERS

How to be the Father Kids Need

by Armin Brott

American fatherhood has evolved considerably in the last 50 years. While dads used to be kept out of the delivery room, today, more than 90 percent of new fathers are present for their children's birth, reflected in MenCare Advocacy's *State of the Worlds' Fathers*. However, being there early on does not necessarily define the scope of future involvement. Overcoming obstacles that might keep men from being the "high-five" dads they and their family need them to be is key.

Involved fathers benefit children.

Most research on child development has focused on how mothers influence their children, but in recent decades, society has "discovered" fathers. In many studies, pioneering Psychologist Ross Parke,

Ph.D., professor emeritus of University of California, Riverside, and others have conclusively shown that children of more-involved dads are better at solving puzzles, score higher on cognitive skills tests, do better in school, are more likely to go to college, are more empathetic, manage their emotions better, have fewer behavior problems, are less likely to suffer from depression or mental illness and are less likely to break laws or become teen parents.

Fathering tip: Never miss an opportunity to change a diaper, play with the kids, read stories together or simply ask them about their day.

Equal workplace policies matter.

The U.S. is the only economically advanced country that has no nationally

mandated paid maternity leave policy and is absent a national paternity leave policy, paid or unpaid. When men don't get time off to learn basic parenting skills, it's harder for them to stay engaged later.

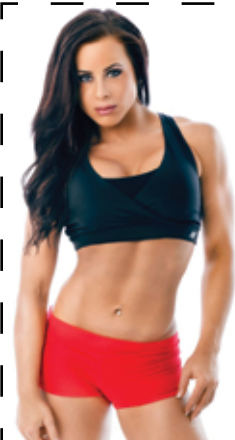
In 1977, 41 percent of women and 35 percent of men in dual-earner couples reported work-family life conflicts. Today, the figures are 47 percent and 60 percent, respectively, according to the Families and Work Institute's ongoing National Study of the Changing Workforce.

Parenting tip: Advocate for national, paid parenting leave policies for men and women starting with local employers. It benefits both families and companies. Studies by Stanford University, the Families and Work Institute, Gallup, Inc. and others have found that companies with family-friendly benefits enjoy more loyal employees, better morale, lower turnover, fewer arbitrary sick days, higher levels of customer service and higher shareholder returns—all of which contribute to their bottom line.

Both genders can be naturally nurturing. Certainly, women are biologically adapted for giving birth and breastfeeding, but Parke found that caring new dads typically cuddle, coo, giggle, rock and feed their babies just as much as new mothers. One hurdle men face is that they usually have to return to work sooner, and their natural nurturing skills can get rusty, while moms' get sharper. Opportunity and practice are the biggest predictors of meaningful connections with children.

Fathering tip: Don't assume that a partner knows more. Whatever a mother knows, she learned by making mistakes, and that's the best way for fathers to learn, too.

Be open to complementary expertise. A dad with a mate that praises and



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supports him will be far more confident and engaged with his child than one with a partner that criticizes him.

Parenting tip: No one likes to feel incompetent, so when offering dad advice, do it in a nonthreatening way that supports and compliments his improving skills over time. It may mean adjusting personal standards a bit. Dad should take pride in practicing his unique rapport with offspring. Instead of letting mom pluck a crying or smelly baby from his arms, he can try, "Honey, I've got this."

End-running the legal system after divorce. For some 30 years, the default decision in divorce cases has been to award the mother primary physical custody, with limited visitation for the father. More states are now moving toward a presumption of 50-50 physical custody, but it's not the norm. Therefore, many divorced dads may feel disconnected from their children and suppressed in their parenting role moving forward.

Fathering tip: Never give up. Children need their dad in their life and vice-versa. It's critical to stay in touch. In person is best; phone, email and Skype are decent fallbacks. Make time together feel meaningful as well as normal, instead of falling into a "Disneyland dad" syndrome of trying to make every moment a party. Practice harmonious communications with the ex. The biggest known predictor of children's future mental and emotional health is how well their parents get along. Separated parents don't have to be friends, but they do need to acknowledge both parents' importance to the children and treat each other respectfully.

Armin Brott is the author of eight best-selling books on fatherhood, including The Expectant Father and The New Father. Learn more at MrDad.com.

DEAR DEPLOYED DAD

by Armin Brott

For parents serving in the military, some of the biggest barriers to involvement are inevitable and often repeated deployments. Dads returning home often struggle to reestablish both their family role—which changed while they were away—and their relationships with children they haven't seen for months and who may not even recognize them. Here are practical tips to counter any estrangement.

Talk to your children before you leave and tell them, in age-appropriate terms, what's happening and why. Record yourself reading a child's favorite book and ask mom to play it every night. Their hearing your voice while you're gone will make it easier for them to get used to having you home again.

During deployment, communicate with home as much as possible by phone, Skype and email, taking into account time zone differences and military security. Don't underestimate the power of snail mail. Little things—a dried leaf from a tree near the barracks, a film canister full of sand—let a child know Dad is thinking of them and provides tangible signs that he's in a real place somewhere.



Upon returning home, take it easy and don't expect to be able to simply pick up where you were when you left. Everyone in the family has changed, and likely become stronger via the experience. Some things may never return to the pre-deployment normal, but the new normal can be just as good—or better.

Source: The Military Father: A Hands-on Guide for Deployed Dads, by Armin Brott

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

Source: www.cancer.org



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DITCH THE HOTEL

Frugal Lodging Options from AirBnB to House Swapping

by Avery Mack

Travel is changing as vacationers increasingly value unique experiences over standard tourist fare. In addition to the option of couch surfing (Tinyurl.com/CouchsurfingAdventure), more people are making the most of house rentals, swapping and sitting, plus various home stays via AirBnB (AirBnB.com). All expand options for affordable journeys tailored to their needs.

AirBnB accommodations range from private studios to family-sized homey spaces, encompassing tiny houses, tree-houses, geodesic domes, yurts, container cars, caves, lighthouses, working ranches, castles and luxury carriage houses. With 2 million listings for 34,000 cities in 190 countries, 600 million people have found their ideal getaway through the San Francisco-based company since it launched in 2008. Published feedback, including comment books at the rental sites, provides assurance for visitors. When hosts aren't on the premises, they are available as needed by guests.

Mary Bartnikowski, publisher and photographer at *Vagabond Travel Photography Magazine* (VagabondTravelMag.com), has visited 32 countries so far, staying in homes, ashrams, temples,

boats and apartments. "My best AirBnB rental was camping for two weeks in a Hawaii home garden next to a big tree; my host forgot to mention the big, friendly dog," she says, recalling an unexpected wake-up greeting.

Hosts find providing rentals a way to monetize unused space, meet new people and showcase their area. Beth Everett, an Oregon author, offers an AirBnB detached backyard studio space. "We moved from New Jersey to Portland two years ago, and the extra income lets me stay home to write," she says.

House swapping is another option for soaking in local color. Preparation is key and includes a notebook's worth of helpful details shared in advance, as well as onsite. Most exchanges involve a series of Skype sessions for questions and answers. Leasa Sanders McIntosh, an executive recruiter, swapped her Denver home for a month in Kona, Hawaii. "We traded cars and joked that we even traded cats. We swapped three times before they moved to the mainland." This summer, she'll swap to be at the Olympic Games in Rio de Janeiro.

Susan May, an established advocate of organ donation from Cartersville,

Georgia, traded homes and cars to take her four teens to Europe. “We visited 13 countries, spending two weeks in Wales and three in Germany. We saw fireworks in Paris on Bastille Day and joined the Highland Games, in Scotland,” she says. “I want our family to be more than just tourists passing through Westernized hotels with no real contact with local folks. Exchanging homes is an ideal way for a family to travel inexpensively.”

Housesitting fan and senior technical recruiter Rachel Burke, of Santa Monica, California, has stayed for free in London, Cape Cod and Palm Springs, California, using *TrustedHouseSitters.com*. “This way, homeowners can travel without leaving pets in a kennel while unpaid housesitters avoid hotel expenses and gain a chance to be a native in a different location,” she says. “Last year, I watched a five-story home in a London suburb while the owners visited Portugal for three weeks.” She shares shots of her favorite spots at *Tinyurl.com/FunLondonPhotos*.

Burke combines housesitting with AirBnB by renting her apartment when she travels. “A couple of years ago, I paid \$1,800 for a two-week trip to Thailand and charged \$125 a night for my apartment, making my trip to Thailand free,” she relates. Burke lives near the Santa Monica Pier, Venice Beach and Hollywood, all prime destinations.

With 50,000 listings in 150 countries, *Homestay.com* tweaks the

AirBnB experience in that hosts are more involved in their guests’ local adventures. Cuba currently tops desired destinations for U.S. travelers, with most rentals in the capital, Havana, the nearby artistic enclave of Trinidad or rural Vinales. Many hosts arrange airport transfers, tours, visits to attractions, bicycle rentals, restaurant reservations and transportation to other Cuban locales. Hosts usually speak several languages, including English, and may even teach guests to play Cuban-style dominoes.

Eco-friendly homestays are available, too, ranging from a private Nicaraguan island independently powered by solar panels and a Spanish farmhouse off the grid to an organic farm in Thailand or eco-lodge in South Africa. An Austin, Texas, listing notes, “Everything is reclaimed, recycled or repurposed. We have an infused honey business. We’re laid-back and practice good karma and a healthy, drama-free lifestyle.”

Homestay’s average nightly rental is \$46. While some guests are students, the majority are 35 and older, vacationing on substantial salaries; they simply prefer the local color.

Vacations needn’t be expensive, but they should be memorable. The biggest challenge may be deciding where to go first.

Connect with freelance writer via AveryMack@mindspring.com.

BUDGET TRAVEL TIPS

by Avery Mack

Rick Steves, host of the long-running Public Television series *Rick Steves’ Europe* and Edmonds, Washington, bestselling author of 40 European travel books, encourages Americans to travel as “temporary locals”. Here’s some of his helpful advice.

- ✓ Start by searching *HomeExchange.com*, *HomeLink.org* and *Intervac-HomeExchange.com* for listings, tips and assistance.
- ✓ Contact the host well before the trip. Be clear about what’s expected and what to do if there’s a hiccup. Triple check the key’s location and how to open the door, including any alarm system. Agree on phone and Internet charges.
- ✓ Share information on where to shop and instructions for appliances and maintenance services. Ask about any quirks a loaned car might have and make sure insurance covers another driver.
- ✓ Information about local sights and good restaurants is appreciated.

Source: Adapted from *RickSteves.com*

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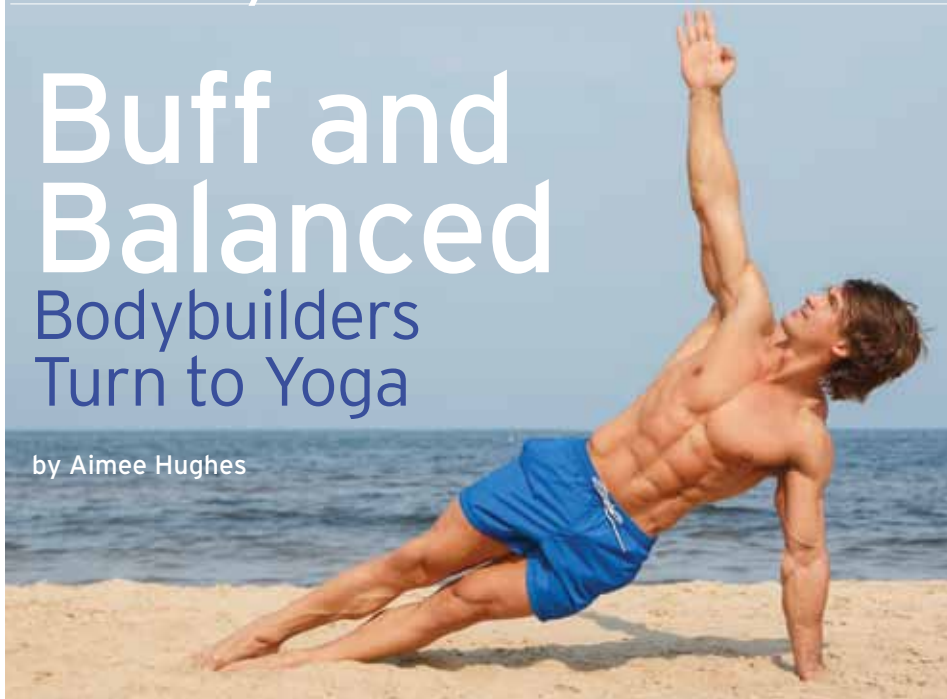


Our health always seems much more valuable after we lose it.

Buff and Balanced

Bodybuilders Turn to Yoga

by Aimee Hughes



We don't typically envision iron-pumping bodybuilders also flowing and breathing through yoga postures, yet many are combining these complementary disciplines to realize huge benefits.

Competitive Edge

Nicolina Sandstedt, a yoga teacher trainer and anatomy expert with the Yandara Yoga Institute, in Baja, Mexico, observes, "The body awareness and alignment focus that the practice of yoga *asanas* [positions] offers helps bodybuilders find correct posture. Yoga also teaches elegance in transitions that improve competitive posing."

Peter Nielsen, a bodybuilder, yoga practitioner and world-class fitness guru in Detroit, observes, "Most bodybuilders haven't fine-tuned their presentation. They often grimace and look uncomfortable, with their veins popping out." He points out, "Yoga helps teach bodybuilders how to slow down, breathe into each posture and ultimately win posing competitions because of the grace, elegance and body awareness that yoga provides."

Injury Prevention

Joseph Grassadonia, bodybuilder, yoga enthusiast and founder of *On Fitness* magazine, in Kahuku, Hawaii, cites

additional benefits: "Incorporating yoga into your workout routine improves your core, giving you overall body strength in specific targeted muscle groups. It also increases flexibility, stability and mobility, allowing greater range of motion. Most importantly, it will keep you from being sidelined with injuries."

"Stretching a muscle can make it more aesthetically pleasing," remarks Sandstedt. "In yoga, we often hold postures for a relatively long period of time, in a more isometric endurance workout, than the short, repetitive movements performed in bodybuilding. Bodybuilding develops fast-twitch muscle fibers for power and speed, while yoga develops slow-twitch muscle fibers for endurance. Both are important for tissues to stay healthy while building muscle mass."

Nielsen notes, "Bodybuilding makes me feel stronger; I look better and have loads of endurance. Yoga makes me feel more centered; it softens me so I can hear and surrender to what my body is telling me rather than me just telling it what to do." Such listening is essential to preventing injuries that periodically plague bodybuilders. Slowing down into yoga's present moment awareness teaches bodybuilders how to perform from a place of presence rather than on autopilot, which is when most injuries occur.

"Yoga works all the muscles, even the smaller, intrinsic muscles often neglected in bodybuilding," Sandstedt says. "In addition to facilitating healthy posture, these small muscles help sup-

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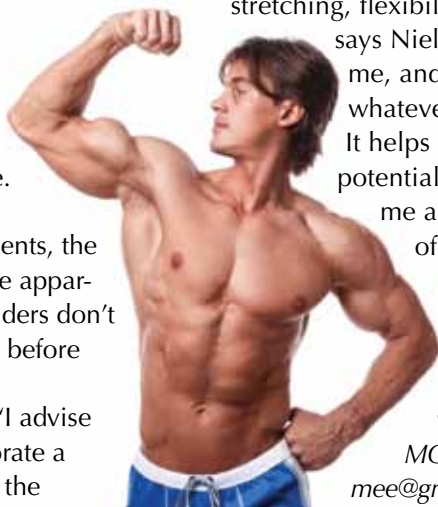
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port balanced joint alignment.” She explains that the explosive, repetitive movements used to build muscle mass in bodybuilding make the muscles less elastic, which also inhibits range of motion. Less elastic muscles may be more prone to injury, as daily activities require both strength and mobility.”

Beginning Yogis

For bodybuilders that want to give yoga a shot, Nielsen advises trying a structured, 30-day yoga challenge. He sees how after the first month with his clients, the positive effects become apparent and most bodybuilders don't want to go back to life before yoga.

Sandstedt offers, “I advise newcomers to incorporate a light yoga routine into the



beginning and end of each bodybuilding training session. Ending training sessions with a few yoga postures will help balance the body, bringing a sense of calm and equanimity to the workout experience.”

“In my fitness career, I've found that yoga perfectly complements any strength training program as a form of stretching, flexibility and de-stressing,” says Nielsen. “Yoga focuses me, and helps me to isolate whatever muscle I choose. It helps me reach my fullest potential and simply makes me a better version of myself.”

Aimee Hughes is a doctor of naturopathy and freelance writer in Kansas City, MO. Connect at ChezAimee@gmail.com.

COMPARING BENEFITS

Yoga

Bodybuilding

Stretches and lengthens muscles while relieving tension

Shortens and builds muscles while building tension

Moves *prana* (life force energy) throughout the body, boosting energy levels and mental sharpness after a session

Expend energy, sometimes ending in muscle fatigue and mental exhaustion

Improves oxygenation of the circulatory system, providing energy and invigoration

Improves muscle oxygenation, which helps growth and repair functions

Tones muscles gradually

Builds muscle strength rapidly and enhances the toning aspect of yoga

Involves the body, mind and spirit

Primarily involves the physical body

Accessible to every age group

Not accessible for the very young and very old

Promotes body confidence through self-acceptance

Promotes body confidence through a fixed physical aesthetic

Prevents injuries through body awareness and helps heal injuries through yoga therapeutics

Can cause injury absent preventive awareness

Sources: Nicolina Sandstedt; Peter Nielsen; Joseph Grassadonia

I drink wheatgrass.

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

Source: www.cancer.org



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Hot Days Are Hard on Pets

How to Prevent, Detect and Treat Heatstroke

by Shawn Messonnier

As outdoor temperatures heat up, pets may suffer from the effects of increased ambient temperatures. While problems such as squamous cell carcinoma and moist dermatitis (skin hot spots) increase along with temperatures and amount of sun exposure, the most serious heat-related health issue is heatstroke. Holistic vets recommend some simple, commonsense steps that will help and also possibly save a pet's life.

Heat stroke in both people and pets develops when core body temperature rises and stays above a certain level. In dogs and cats, the tipping point tends to be a body temperature higher than 106 degrees Fahrenheit. This can happen more quickly in overheated dogs and cats because they don't have the ability to sweat in order to cool off like people do; this is due to a lack of eccrine sweat glands over most of their body surface.

Panting can reduce body temperature, but is inefficient and easily

overwhelmed if their temperature rises quickly and a pet can't remove itself from the surrounding warm environment. Dogs such as pugs and bulldogs that have a short, broad skull are especially at risk due to genetically impaired breathing structures; they can easily overheat even in mildly warm weather.

Ferrets and rabbits are especially prone to heatstroke because they typically dwell in cooler temperatures. As a result, these small mammals do best when housed indoors rather than outside; outdoor time should be limited and supervised.

Heatstroke in pets is usually easy to detect for a pet with a history of being in a hot environment from which it cannot escape to cool itself in shade or water or take a refreshing drink. Excess panting, dark red gums and a "hot feel" to the ears and hairless skin of the abdomen are clues.

First-aid involves quickly cooling the animal and notifying the veterinarian that a pet suffering from heatstroke

is on the way. Wetting it will begin the process. Applying either ice packs or ice cubes in a plastic bag wrapped in a towel to avoid freezing the skin also helps. Recommended spots for the packs are on the back of the neck, armpits and groin, as these areas have large arteries and veins close to the surface. If possible, don't spend much time on these actions, because getting the pet to the doctor quickly is the overriding goal. Administering homeopathic drops of arnica and hypericum via the mouth from a natural home first-aid kit while en route to the vet may assist healing.

Treatment at the veterinary hospital involves continued cooling, including intravenous fluids and cool water enemas. Cooling the pet must be done quickly in order to restore enzyme systems to normal functioning. Hospitalization will likely be required to evaluate the patient for potential serious complications, including cardiac arrest, shock, septicemia, bloody diarrhea, and disseminated intravascular coagulation to ensure against a usually fatal disorder involving the pet's blood-clotting mechanisms. With prompt assistance, most pets with heatstroke will recover, but treatment can be extensive and expensive. The most important aspect is initiating it early to prevent permanent organ and brain damage.

Prevention is ideal and preferred over the need for treatment. Guard against leaving furred pets outdoors for extended periods of time during hot weather. Pets that must be outside need protection from the heat and sun in shaded areas with access to plenty of fresh cool water; provide several water bowls.

Opinion is divided about whether longer-haired pets seem more comfortable and have fewer weather-related problems if their hair is cut short, but don't cut it down to the skin, as that removes their protective coat and predisposes them to sunburn. A good rule of thumb is that if it's too hot for the pet's person, it's too hot for the pet.

Shawn Messonnier, a doctor of veterinary medicine practicing in Plano, TX, is the award-winning 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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Source: US National Library of Medicine National Institutes of Health

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The Hidden Deficiency

Having the proper amount of iodine in our system at all times is critical to overall health, yet the *American Journal of Clinical Nutrition* finds that iodine deficiency is increasing drastically in light of an increasingly anemic national diet of unpronounceable additives and secret, unlabeled ingredients. This deficit now affects nearly three-quarters of the population.

Causes of Iodine Deficiency

	Radiation Almost everyone is routinely exposed to iodine-depleting radiation
	Low-Sodium Diets Overuse of zero-nutrient salt substitutes in foods leads to iodine depletion
	Iodized Table Salt Iodized salt may slowly lose its iodine content by exposure to air
	Bromine A toxic chemical found in baked goods overrides iodine's ability to aid thyroid
	Iodine-Depleted Soil Poor farming techniques have led to declined levels of iodine in soil

A Growing Epidemic

Symptoms range from extreme fatigue and weight gain to depression, carpal tunnel syndrome, high blood pressure, fibrocystic breasts and skin and hair problems. This lack of essential iodine can also cause infertility, joint pain, heart disease and stroke. Low iodine levels also have been associated with breast and thyroid cancers; and in children, intellectual disability, deafness, attention deficient hyperactivity disorder (ADHD) and impaired growth, according to studies by Boston University and the French National Academy of Medicine.

What to Do

The easy solution is taking the right kind of iodine in the right dosage to rebalance thyroid function and restore health to the whole body.

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Body Wrap	30 mins: \$45	1 hour: \$90
Ion Foot Detox	30 mins: \$45	(2) 30 min sessions: \$80
Hydration Therapy	30 mins: \$45	1 hour: \$90
Massage Therapy	60 mins: \$69	90 mins: \$89
Slimpod Slimming/Detox	30 mins: \$45	1 hour: \$70
Dermosonic Cellulite	1 treatment: \$45	6 treatments: \$180
Zerona Fat Laser Treatment	6 treatments: \$675	12 treatments: \$850
Dr's Office Visit (consultation)	30 mins: \$60	1 hour: \$120
Blood work (lab services)	1 test: \$94	2 tests: \$150
Vitamin Test	1 test: \$39	2 tests: \$65
Biofeedback	1 session: \$65	4 sessions: \$210
Air Cupping	30 mins: \$45	1 hour: \$70
Personal Trainer (DHARMA Gym)	30 mins: \$35	1 hour: \$65
Thermography Imaging	Full Body: \$145	Breast Only: \$95
pH Acid Testing & Body Comp	1 test: \$5	4 tests: \$15

Wellness Programs	6-Week Program	10-Week Program	12-Week Program
RESTORE Health Program Detox, colon cleanse, increase circulation, reduce inflammation, clear lymphatic pathways, reduce stress – anxiety – depression, lower blood pressure, restore nutrition	\$340 (with program) 14 Infrared Sauna* 18 Whole Body Vibration* 12 Foot Detox* 12 Hydration Therapy* 9 Water/Lymphatic Massage* 2 Thermograms* 6 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$2,410	\$493 (with program) 20 Infrared Sauna* 24 Whole Body Vibration* 18 Foot Detox* 17 Hydration Therapy* 12 Water/Lymphatic Massage* 2 Thermograms* 9 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$4,190	\$562 (with program) 28 Infrared Sauna* 30 Whole Body Vibration* 21 Foot Detox* 19 Hydration Therapy* 15 Water/Lymphatic Massage* 2 Thermograms* 12 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$5,135
BODY REBOUND Weight Loss Program Lose weight, detox, build circulation, eat healthier	\$340 (with program) 14 Infrared Sauna* 18 Whole Body Vibration* 6 Foot Detox* 9 Body Wraps* 9 SlimPOD Slimming* 1 Thermogram* 9 pH Acid Testing & Body Comp* Nutritional Supplements* ----- INDIVIDUAL FULL PRICE: \$3,185	\$420 (with program) 20 Infrared Sauna* 22 Whole Body Vibration* 9 Foot Detox* 14 Body Wraps* 12 SlimPOD Slimming* 1 Thermogram* 10 pH Acid Testing & Body Comp* Nutritional Supplements* ----- INDIVIDUAL FULL PRICE: \$4,615	\$580 (with program) 24 Infrared Sauna* 25 Whole Body Vibration* 12 Foot Detox* 20 Body Wraps* 18 SlimPOD Slimming* 1 Thermogram* 12 pH Acid Testing & Body Comp* 14 Dermosonic Cellulite Treatments* 3 ZERONA Cold Laser Lipo* Nutritional Supplements* ----- INDIVIDUAL FULL PRICE: \$6,445
CANCER WELLNESS Program Balance nutrition, reduce acid, detox, open lymphatic pathways, reduce stress and anxiety, restore body chemistry, increase oxygen levels, reduce inflammation	\$440 (with program) 18 Infrared Sauna* 18 Whole Body Vibration* 9 Zerona* 12 Foot Detox* 12 Hydration Therapy* 15 Water/Lymphatic Massage* 2 Thermograms* 9 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$5,410	\$612 (with program) 27 Infrared Sauna* 24 Whole Body Vibration* 9 Zerona* 21 Foot Detox* 20 Hydration Therapy* 20 Water/Lymphatic Massage* 2 Thermograms* 12 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$6,850	\$740 (with program) 34 Infrared Sauna* 32 Whole Body Vibration* 9 Zerona* 32 Foot Detox* 24 Hydration Therapy* 31 Water/Lymphatic Massage* 2 Thermograms* 16 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$7,221

SPECIAL NOTE: Items with a "*" denote approximate number of sessions. Each wellness program is customized to the patient/client needs. We do not guarantee that you will receive the exact number of sessions listed - most programs are at least, sometimes more, and/or close to the number of sessions stated. All programs are based on calendar days and end once 6, 10, or 12 calendar weeks has passed from the beginning date of the wellness program.

Last Updated: 11/30/14

3 Days a Week - Up to 9 Treatments each Week

Restore Your Health

RESTORE Health Program

Carencro Office: 896-4141

Sunset Office: 662-3120

Whole Body Vibration Therapy

- improves lymphatic circulation
- improves blood circulation
- tones muscles
- burns fat with increased metabolism

Aqua - Hydro Massage Therapy

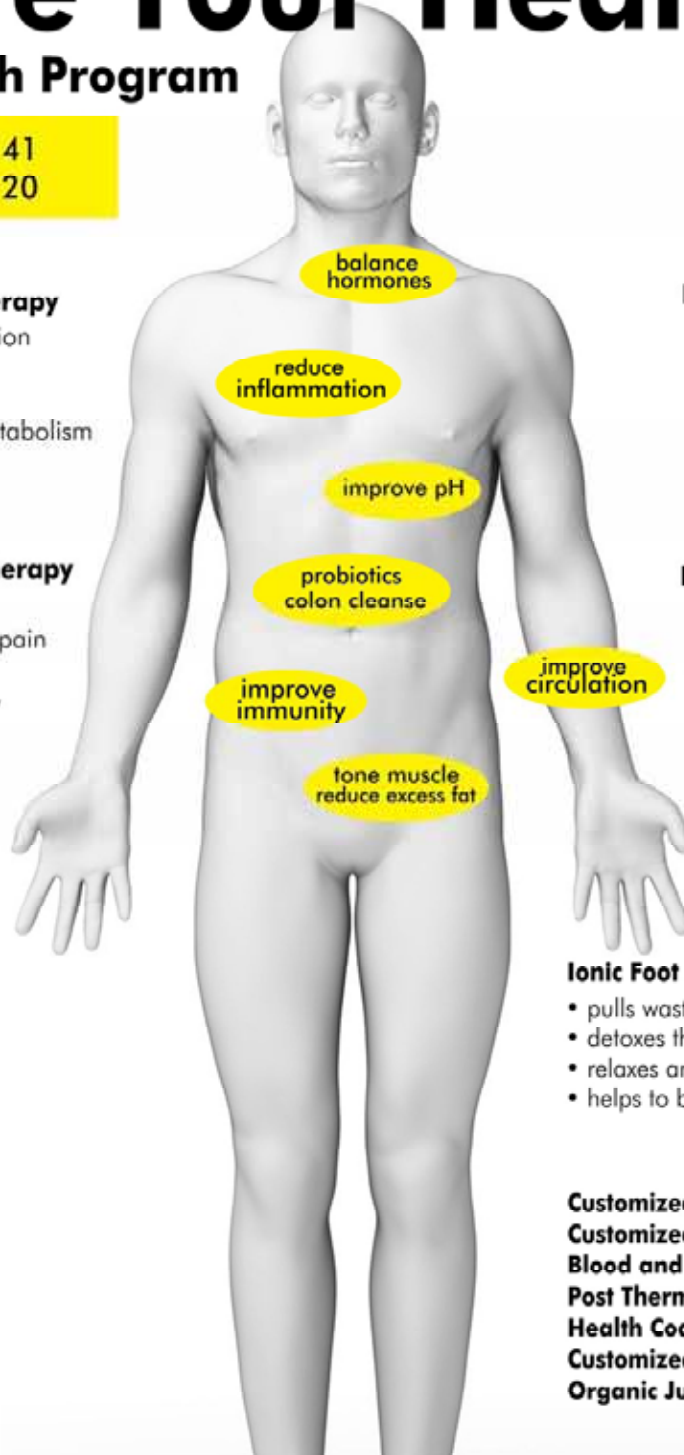
- lymphatic massage
- reduces inflammation and pain
- encourages blood flow
- relaxes and resets the body

Zerona Cold Laser Therapy

- reduces the size of fat cells
- destroys fat cell deposits
- improves metabolism

Biofeedback Therapy

- improves oxygen levels
- resets and relaxes the body
- improves self-awareness
- reduces stress and anxiety



Infrared Sauna Therapy

- open blood vessels
- destroys pathogens
- detoxes the whole body

Liquid Vitamin Hydro-Therapy

- speeds up repair of body cells
- reduces and balances pH
- destroys pathogens

Ionic Foot Detox Therapy

- pulls waste from kidneys, lungs, colon
- detoxes the lymphatic system
- relaxes and resets the body
- helps to balance acids in the body

Customized Vitamin Therapy Program

Customized Diet and Eating Plan

Blood and Labwork

Post Thermography Imaging Exam

Health Coaching

Customized Wellness Plan and Instruction

Organic Juicing

Your body can heal from most disease if given the correct nutrients at the right time in the correct amount. Healing must begin at a cellular level in the body. It requires proper circulation, consistent detoxification, inflammation cured, strong metabolism of nutrients, rest and reset, a balanced pH, a balance of probiotic digestion of foods and daily elimination in the colon (bowel movements),

6-Week RESTORE Health Program \$340 10-Week Program: \$493 12-Week Program: \$562

INFRARED SAUNA THERAPY

INCREASED METABOLISM AND WEIGHT LOSS

Infrared Sauna Therapy can burn hundreds of calories by increasing your metabolism and core temperature. Far infrared heat also breaks down cellulite, trapped water, fat and wastes as part of the detoxification process.



A BOOSTED IMMUNE SYSTEM

During a session, the infrared sauna will raise your body temperature, inducing an artificial fever. Fever is the body's natural mechanism to strengthen and accelerate the immune response. The intense sweating during Infrared Sauna Therapy will enhance your immune system and increase your overall health and resistance to disease.

DETOXIFICATION OF THE BODY

Infrared Sauna Therapy is excellent for detoxifying the body. The infrared heat stimulates sweating, while penetrating deeply and releasing toxins that can then be eliminated by the body through the sweat.

RELIEF FROM PAIN

Infrared Sauna Therapy has been effective in providing pain relief to those suffering from back pain, sprains, strains, bursitis, fibromyalgia, rheumatoid arthritis, headaches and many other muscular-skeletal ailments.

RELIEF FROM STRESS

Infrared Sauna Therapy has been shown to promote a rebalancing of the body's hormones through its effect on the autonomic nervous system, thereby reducing the negative physical impact of stress on the body.



AQUA MASSAGE THERAPY



COMBINATION OF HEAT AND MASSAGE

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

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

MUSCLE BENEFITS

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

HEALTH BENEFITS

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

WHOLE-BODY VIBRATION



LOW IMPACT EXERCISE

Whole-body vibration is a great alternative to strenuous exercise. Fatigue and lack of mobility are easily overcome, ensuring a higher quality of life for everyone. Whole-body vibration is great for athletes, individuals wanting to maintain health, or even the elderly, disabled, or individuals with limited mobility. Whole-body vibration research has shown an increase in serotonin levels after vibration.

ION FOOT DETOX THERAPY



Ion Detoxification Therapy

Avoiding disease and maintaining vitality as we age requires the maintenance of an alkaline environment throughout the body – which is virtually impossible to accomplish in our

high-tech, high-stress, toxic society, unless we follow a detoxification program. Ionic Detoxification Therapy is a simple, relaxing treatment.

How will it make you feel?

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

How does it work?

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

LIQUID VITAMIN THERAPY



INFRARED EFFECTS

- Reduces and balances the acid level
- Improves the nervous system
- Prevention of bacteria growth
- Normalization of blood cholesterol
- Speeds up repair of body cells
- Maintains warmth and promotes better sleep
- Promotes elimination of waste and harmful heavy metals out of human body

HYDROFUSION™

Hydrofusion™ is an exceptional technological breakthrough that creates a single blended energy from infrared heat and steam. Hydrofusion™ optimizes skin cleansing and detoxification, resulting in more balanced, hydrated skin and increased nutrient absorption from skin care products. The secret behind Hydrofusion™: infrared heats the body causing the skin to perspire. The moisture cannot vaporize in the moist steam environment, thus forming a protective layer on the body surface. This condensation layer is absorbed back into the skin, increasing oxygen supply to the blood stream and tissues leaving skin soft, supple and rejuvenated.

CHROMOTHERAPY

Hydration station™ uses Colorbath™ digital lighting technology (LEDs). These strategically placed chromotherapy LEDs blanket the whole body in atmospheric colored light. The chromotherapy generates a rich variety of mood enhancing programs, leaving clients in a state of harmony and balance.

VIBRATORY MASSAGE

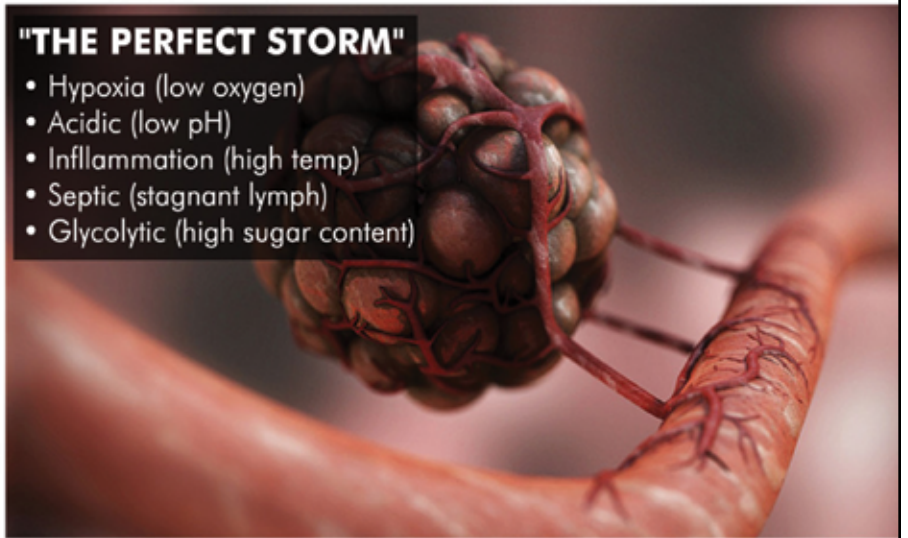
The ergonomically designed bed features a patented vibratory system with adjustable rhythms. Vibration can be delicate or intense for relaxing or stimulating programs. Vibratory massage provides muscle relaxation, relief of minor aches and pains, and improves local blood circulation.

"Every single person who has cancer has a pH that is too acidic"



"THE PERFECT STORM"

- Hypoxia (low oxygen)
- Acidic (low pH)
- Inflammation (high temp)
- Septic (stagnant lymph)
- Glycolytic (high sugar content)

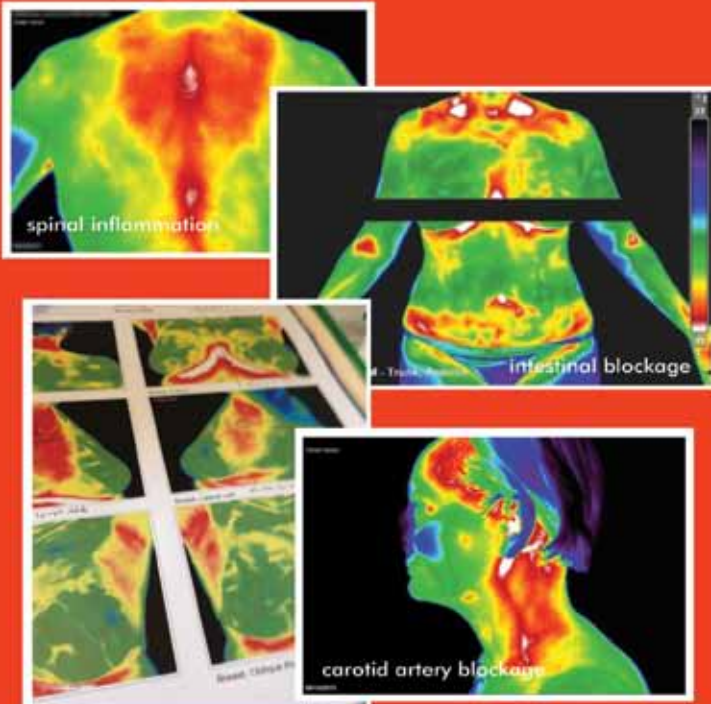


This cancer cell was once dormant for 12 years. Inflammation ignited its fuse and woke it up. It created new blood vessels (this process of new blood vessel growth is called angiogenesis) to feed from the body's stagnant waste being held in the lymph nodes. Angiogenic blood vessels have latched on to lymphatic vessels to feed the cancer. The body's pH is highly acidic, oxygen is low (hypoxia) due to the inflammation. This cancer cell ferments for energy using sugar, acid, low oxygen, stagnant waste, and inflammation to set it all off.

Dr. Otto Warburg won the Nobel Prize in 1951 for proving that cancer can not survive in an alkaline, oxygen rich environment but thrives in an acidic low oxygen environment.

Use pH 9.5 Alkaline Water Drops to "alkalize" your body. GET RID OF THE ACID

Thermography Medical Imaging



Thermography Medical Imaging is a temperature gradient study that measures inflammation and changes in body temperature.

Thermography detects subtle physiologic changes that normally would not be detected using conventional technology such as mammography, MRI, x-ray, and CAT scans.

Thermography imaging can detect inflammation before blockage in blood vessels and arteries. Thermography can detect pre-cancerous cells before they become full cancers.

BODY REBOUND Weight Loss Program

6-Week Program Only
\$340

Lose weight with meal replacement shakes and BF-4 fat burners.
Join today and get a bottle of BF-4 and a box of wheatgrass.
Must present this coupon at the time of joining.



RESTORE HEALTH PROGRAM

Stop Inflammation - Build Better Circulation

- 14 Infrared Sauna Treatments
- 18 Whole Body Vibration Sessions
- 12 Foot Detox Sessions
- 12 Hydration Treatments
- 9 Lymphatic Massages

INDIVIDUAL FULL PRICE: \$2,410

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



Specialty Vitamins and Supplements

Whey Protein (Vanilla)

Liteon Natural's Whey Protein is made with only whey isolate from grass fed cows not treated with rBGH, the highest quality natural protein powder with the highest biological value of any protein in existence today. Sweetened naturally with stevia leaf extract, this product is low glycemic, perfect for fat loss, promotes stable blood sugar, and is ideal for diabetics or bariatric patients.



.....\$45.00

Organic Fiber

As your digestive system battles to process everything you consume on a daily basis, it encounters toxins and fibers that are hard to digest. Thanks to Organic Fiber, you can make the process of digestion smoother and kinder to your body. Organic Fiber is made from Blonde Psyllium, a natural extract taken from the Psyllium plant that is free from gluten. As this product is produced in an environment that is free of pesticides, it is completely safe to ingest.



.....\$35.00

pH 9.5 Drops

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

Women's Libido

A healthy Libido is vital to an optimal quality of life and is an important part of a healthy relationship. Women's Libido helps restore desire in women, whether it has become temporarily lessened or altogether lost.



.....\$35.00

Lecithin



Liteon Natural's high-absorption softgels are a convenient way to incorporate the valuable nutrient lecithin into your daily diet routine. This unique formula delivers all-natural support for your heart, brain and liver. An outstanding fat emulsifier for healthy cholesterol and cardiovascular maintenance, lecithin

is also a source of phosphatidylcholine, which is a vital nutrient for brain and liver function. Each softgel delivers 1,200 mg of soy lecithin.

.....\$30.00

Garcinia Cambogia

Jump start your metabolism to put you on the path to fitness with the dual-action dietary support of Liteon Natural's Garcinia Cambogia. Native to Indonesia and grown throughout India and Southeast Asia, Garcinia cambogia (also known as tamarind) is a pumpkin-shaped fruit that has long been used in curries and other traditional Asian foods to make them more filling. Now it's gaining worldwide acclaim as a natural fat-buster because of the unique properties of



a compound known as hydroxycitric acid (HCA) found in the rind of the fruit. What makes HCA so helpful for weight management is that it 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. The net effect is to promote a healthy change in body composition by encouraging lean muscle development over fat storage—but that's not all. Garcinia cambogia also helps address stress-related appetite issues by supporting healthy serotonin and cortisol levels. Our veggie caps deliver 500 mg of guaranteed-potency Garcinia cambogia extract, standardized to 60% hydroxycitric acid content.

.....\$35.00

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

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

Women's Hormone Balance



Women's Hormone Balance, the natural hormonal imbalance treatment supplement, is a safe and natural blend of the nutrients that your body needs to produce the hormones that are necessary for a healthy and balanced life. This supplement can treat hormonal imbalances in women of all ages

in order to help regulate the body and restore natural hormone balance.

.....\$35.00

Phase 2 Starch Complex



Promote natural weight loss without giving up your favorite foods with Phase 2 Starch Complex. This revolutionary weight loss supplement neutralizes dietary starch and carbohydrates before your body converts them into unwanted calories. Phase 2 Starch Complex features white kidney bean extract and has been shown in multiple studies to delay the digestion and absorption of carbohydrates. When this happens, it reduces the caloric impact of starchy

foods and lowers the glycemic index. Along with a healthy diet and exercise, taking Phase 2 Starch Complex may assist in weight control. Phase 2 Starch Copmplex is an all-natural, stimulant-free weight loss supplement.

.....\$35.00

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

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

Manglier Tea

mong-lee-AY

The tea is used to treat diabetes and has the ability to build the body's immune system quickly to fight cold, flu, and other infections.



It clears viral and bacterial infections. Native Americans first discovered the medicinal properties of this plant in the 1800s. Creole and cajun communities used it before the onset of drug prescrip-

tions and antibiotics. It is natural medicine that can be readily found in south Louisiana.

.....\$24.00

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

Natural Medicine and Nutrition Centers



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



166 Oak Tree Park Dr. #H, Sunset
(337) 662-3120



1077 Wisdom Rd., Opelousas
(337) 678-1500



858-B Kaliste Saloom, Lafayette
(337) 356-1251

Natural Medicine and Nutrition Centers



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(337) 678-1500



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(337) 356-1251

NATURAL HEALTH PRODUCTS

Acai: is a purple berry which is only found in the Amazon rainforest; has high level of antioxidants. Historically used to combat fatigue, illness, and disease, including heart ailments, cancer, and other degenerative health issues; also known to benefit an individual's desire in becoming healthier, stronger, and motivated during physical activity; desirable health benefits, including boosting heart health and maintaining important organs, muscles, and tissues.

Aloe Vera: is a species of succulent plant, also known as "lily of the desert", the "plant of immortality", and the "medicine plant"; contains three anti-inflammatory fatty acids that are helpful for the stomach, small intestine and colon; naturally alkalizes digestive juices to prevent over acidity - a common cause of indigestion; helps clean the digestive tract by exerting a soothing, balancing effect. Historically used to soothe and heal; anti-inflammatory, sunburns, arthritis, radiation poisoning, intestinal inflammation and ulcers.

High Blood Pressure

CoEnzyme Q-10 \$30

Helps strengthen and oxygenate the heart muscle

Selenium \$35

Selenium has been linked to blood pressure levels

Flaxseed Oil \$35

Contributes to lower blood pressure levels

Apple Cider Vinegar: Historically used as a natural cure for a number of ailments which usually require antibiotics and other medications; known to reduce sinus infections and sore throats; balance high cholesterol; skin conditions such as acne; protect against food poisoning; fight allergies in both humans and animals; prevent muscle fatigue after exercise; strengthen the immune system; increase stamina; increase metabolism which promotes weight loss; improve digestion and cure constipation; alleviate

symptoms of arthritis and gout; prevents bladder stones and urinary tract infections.

Bee Pollen: Known as a super food – contains all known vitamins and all known (22) essential amino acids, several minerals, enzymes coenzymes. Historically used to increase energy, improve athletic performance and reduce allergic response in hay fever, adrenal exhaustion and burnout. Known to stabilize blood sugar, aid for the pituitary and balance the reversed polarity.

Beta Carotene: Found in organic carrot juice. Historically used to protect your cells from the damaging effects of free radicals; provide a source of vitamin A; enhance the functioning of your immune system; help your reproductive system function properly; known for its benefit to eye health and immune support with out build up in the body.

Betaine HCl: The stomach manufactures hydrochloric acid (a natural protein-digesting enzyme), to break down proteins; as people age, they usually produce less HCl, which affects the amount of protein they can absorb. Incomplete protein digestion can lead to subsequent imbalances in the flora that feast on these compounds causing health concerns.

Black Cohosh: is a single herb that contains phytoestrogens; historically used to relieve menopause symptoms; regulate female cycles; relax muscle cramps and spasms and bronchial in asthma; reduces blood pressure. Also is known for bites and stings, menstrual cramps, depression, low estrogen, tension headache, menopause, post partum depression snake bite and tinnitus.

Bromelain: is a food enzyme that helps break down mucus; historically used to assist in snoring issues, (too much mucus in the pharyngeal/nasal area can promote snoring). Small amounts are found in pineapples. Also known to be used for urinary tract infections, strains, muscle injuries and sport injuries

Chlorophyll: is the green juice of plants. His-

torically used to build blood; improve general health; enhance oxygenation of tissues; reduces body odor, natural deodorizer. It has also known to enhance energy and stamina.

DHA: (docosahexaenoic acid) is a fatty acid that is absorbed into the fatty perimeter of cells. 30% of gray matter in the brain is composed of DHA; highly concentrated in the retinal neural tissues; required for brain development and important in maintaining and protecting the neural tissues. Research has shown that daily dietary DHA intake is lowest among women in the United States compared to women in Europe or Japan.

DHEA: A naturally occurring hormone and is the most abundant of all hormones in the body; it is produced by the adrenals. DHEA levels usually decrease about 80% between 20 and 65 years of age. Historically used to increase metabolism and promote weight loss; could reduce fat stores in the body; increases insulin sensitivity. Some research has found the level of DHEA in the bloodstream has proven to be a good barometer of cancer risk.

Digestion and Constipation

Digestive Enzyme \$35

Reduces the inflammation in the stomach

Probiotic Complex \$35

Puts the good bacteria back in the stomach

Organic Fiber \$35

Creates an elimination and clears the colon

Echinacea: is a single herb historically used as an immune stimulant, increases white blood cell count. Has been used for bacterial and viral infections, colds and lowered resistance; to strengthen and clear lymph nodes. Do not use with autoimmune conditions as it stimulates the immune system.

Flax Seed: an essential fatty acid; historically

used to reduce inflammation; heart health; cardiovascular health. Ground seeds are excellent nutritional fiber adding bulk to the intestinal system has been helpful with constipation.

Garcinia: is a single herb. Known to have antioxidant and anti-inflammatory properties; inflammation plays a significant role in the development of chronic and degenerative disease in general; also added in weight loss formulas. Known uses include astringent, rheumatism, bowel complaints, piles, bilious affections, anti-Cancer, edema, Intestinal parasites, constipation and delayed menstruation.

Garlic: is a single herb. Historically used as a natural antibiotic that kills fungus, viruses, bacteria and parasites; specifically helpful for lung infections including pneumonia. Lower high blood pressure and prevent hardening of the arteries.

Ginkgo Biloba: is a single herb. Historically used to enhance circulation to the brain; helps with memory loss in elderly by improving peripheral blood flow; counteracts some effects of aging making it an excellent preventive remedy for the elderly. Also known to be anti-aging, blood thinner and affects the brain, nerves and serotonin.

L-Carnitine: is an amino acid and is synthesized in the liver and kidneys. The body requires L-carnitine for the transport of long-chain fatty acids into the cells; symptoms of deficiency include progressive muscle weakness and severe hypoglycemia; is not found in vegetable foods but is mostly found in animal muscle tissue.

Inflammation and Pain

Pain and Inflammation Enzyme \$30

Bromelain and papain enzymes that stop inflammation

Turmeric Capsules \$35

Fights inflammation, some cancers, and infection

Resveratrol \$35

Calms inflammation and stabilizes histamine release

Lecithin: Known to emulsify fats in the body; lower cholesterol, promote heart health, aids in weight loss, promote liver health, improve brain function, reproductive health and decrease the risk of cell membranes hardening; reduce arthritis pain; promote gall bladder health and prevent gallstones.

L-Glutamine: is one of 20 amino acids in the body, is the most abundant in the body and commonly found in muscles. Common food sources are high proteins like red meats, fish, beans and dairy products. Effects the brain and nerves; has been known to help with addictions to drugs, alcohol and sugar or food; prevention to aging, anemia, heal bruises, colitis, depression, vertigo, ear infection or earache, poor fat metabolism, fatigue, gout, hypoglycemia, leaky gut syndrome, motion sickness, schizophrenia and senility.

L-Glutathione: is an antioxidant that occurs naturally in the body; has been known to help the liver detoxify the body and prevent cell disintegration; help prevent diseases like cancer, heart disease and dementia. It may also help treat autism and Alzheimer's.

Lutein: known as an antioxidant affecting the eyes and breasts; has been used as a natural therapy for cancer, macular degeneration. Historically used to support vision; help protect against UV damage to the eyes and skin;

support breast health; provide powerful antioxidant properties. Natural sources are kale, spinach, turnip greens, collard greens, romaine lettuce, broccoli, zucchini, corn, garden peas and Brussels sprouts.

Lycopene: Has been known to help prevent cardiovascular disease, diabetes, cancer and osteoporosis; to have an inhibitory effect on cataract development and some rare cancer cells; some claim anti-ageing effects. Foods highest in lycopene include tomatoes, pink grapefruit, watermelon, and guava; small amounts in persimmon and apricots.

Maca: is a root plant. Historically used as a tonic and adaptogen; reduces stress, improves mental concentration, enhances energy, improves general health and well-being; increase sexual desire and stamina in men and women. Body systems affected by adrenal cortex, glandular and reproductive glands and testes.

Melatonin: is a hormone produced by the pineal gland in the brain that helps regulate sleep and is made from an amino acid called tryptophan. Generally used as a sleep aid or to help overcome jet lag more quickly. The building blocks for natural melatonin production in the body include sufficient amounts of vitamin B6, vitamin B3, and most important, the amino acid tryptophan, which is found in high quantities in foods such as black cherries excellent source, red meat, dairy products, nuts - especially walnuts, seeds, bananas, soybeans and soy products, tuna, shellfish, and turkey.

Milk Thistle: is a single herb. Historically has been used to protect the liver from poisons and toxins; increase and enriches breast milk; stimulates production of bile; used with hepatitis and other liver disorders. Body systems affected include gall bladder, liver and spleen.

Psyllium: Mucilaginous herb that absorbs water adding bulk and lubrication to the stool. Historically used for constipation and diarrhea; help balance blood-sugar levels, help reduce cholesterol.

Raspberry: is a single herb. Historically used by Native Americans throughout pregnancy to tone and strengthen the uterus in preparation of delivery; tone and strengthen uterus during all stages of a woman's life, regulate female organs; relieve morning sickness and enhance lactation; helpful for teenage boys and girls to balance hormones when moodiness is a symptom!

Red Yeast Rice: is produced by a yeast that grows on rice and contains several compounds called monacolins which inhibit the synthesis of cholesterol. Used during the Ming dynasty for circulation, improved spleen and stomach health, and relief from mild gastric issues such as diarrhea and indigestion. Has been used to lower cholesterol production in liver; lower blood cholesterol levels.

Resveratrol: a powerful antioxidant found in red skin grapes; known as an anti-aging supplement; known to help reduce the growth of cancer cells in the body; also plays a role in helping reduce coronary heart disease risk; to lower blood sugar and cholesterol levels.

Royal Jelly: is a honey bee secretion that is used in the nutrition of larvae, as well as adult queens; secreted from the glands in the hypopharynx of worker bees, and fed to all larvae in the colony. Historically used as a supplement for treating arthritis, asthma, liver problems, insomnia, ulcers, kidney conditions, bone fractures, high cholesterol, male baldness, as well as a sexual performance enhancer, and an immunity booster.

Saw Palmetto: is a single herb. Historically

used to tone the male reproductive system; enhance male sex hormones; relieve symptom of benign prostatic hypertrophy (BPH); helps with respiratory weakness; digestive weakness and weight loss; has been used for prostate enlargement and urinary problems in men.

Shark Cartilage: is a popular alternative medicine for those with cancer or those at risk due to the notion that sharks cannot get cancer; therefore, ingesting their cartilage will give humans greater immunity to it. Other reported benefits are arthritis relief, digestive health, immune health, skin health, anti-inflammatory and eye health.

Spirulina: is known as a super food loaded with easily digested proteins, vitamins and minerals; helpful to those trying to lose weight by providing a full feeling and all the essential amino acids; has helped clear toxicity; easy to digest and assimilate especially for vegetarians and people who have a hard time digestion animal proteins. Has helped to reduce food cravings and fatigue; appetite suppressant.

Stress and Anxiety

Valerian Root \$35

Natural support for healthy sleep and relaxation

St. John's Wort \$35

Mild antidepressant. Provides emotional well-being.

Mood Enhancer \$35

Fights depression and helps to focus

St. John's Wort: is a single herb. Historically used as a mild antidepressant; antibacterial, antiseptic, antiviral; helps repair nerve damage; topically used for minor cuts and injuries and anti-smoking.

Valerian Root: is a single herb. Historically used as a nerve tonic and sedative; helpful in nervous tension, anxiety, insomnia and regulates the heartbeat; helps in minor pain. Not recommended with people that are high strung, nervous, excitable or with "hot" disorders. Passion flower could be a better choice for those individuals.

5-HTP: (5-hydroxytryptophan) is a chemical that is produced in the body, from the amino acid tryptophan, which is obtained through food; after the body converts tryptophan into 5-HTP, it then converts 5-HTP into another chemical called serotonin. Serotonin is a neurotransmitter often called the "happy neurotransmitter" making it useful in helping with depression. Historically used as a mood elevator, helps promote sleep, reduces carbohydrate cravings; converts to serotonin in the brain.

Weight Loss

BF-4 \$45

Helps fat cells shrink and prevents fat cell formation

WheTea \$35

Targets abdominal fat and helps to shrink fat cells

Thermo X \$35

Increases your body's ability to burn fat

DHEA \$35

Boosts the body's metabolism and helps you burn fat

Lecithin \$35

Will emulsify fat and allow the body to eliminate it

calendarofevents

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

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

Saturday June 4

The Daylily Festival & Garden Show – 8:30 am-3pm. Master gardeners celebrate all aspects of gardening with sales of daylilies, hibiscus, unusual plants, garden supplies, tools, patio items, birdhouses, food booths. Magdalen Square, Downtown Abbeville. CityofAbbeville.

Bicycle Safety Festival – 9am-12pm. Cyclists and motorists learn about bicycle safety and the rules of the road. Enjoy food, refreshments and musical entertainment. Lafayette Consolidated Government, Bike Lafayette, and Broussard & David, LLC. Parc Sans Souci, Lafayette.

Bunk'n on the Bayou Jazz Festival – 10am-11pm. Celebrate jazz musician Bunk Johnson with live entertainment and delicious food. Steamboat Warehouse Pavilion, 102 W Main St, New Iberia. 337-560-5595. BunkJohnson.com.

The 25th Annual Putnam County Spelling Bee – 2pm & 7:30pm. Thru Sun July 5 A hilarious musical comedy about six quirky, ambitious adolescents competing in their county spelling bee. For mature audiences due to language and content. \$15. Cite des Arts, 109 Vine St, Lafayette. 337-291-1122. CiteDesArts.org.

Out of Sight, Out of Murder – 7:30pm. Thru Sun 3pm June 12. A romantic mystery comedy performance. \$10. Essanee Theater, 126 Iberia St, New Iberia. 337-364-6114.

Saturday June 11

Living Right Health Expo – 8am-12pm. Exhibitors provide health screenings, great raffle prizes, tons of information and products for the entire family related to Health & Wellness including kid-friendly activities. Free. Cajundome Convention Center, 444 Cajundome Blvd, Lafayette.

National Marina Day – 5-8pm. Celebrate on the pier with food and beverages and free music. North Pier Marina at the Port of Delcambre, 307 Isadore St, Delcambre. 800-884-6120. PortOfDelcambre.com.

Monday June 13

Safe Sitter – 9am-3pm & Tuesday June 14. A medically-accurate course about infant and child CPR, injury prevention and management, behavior management, safety for the sitter, and child care essentials. 11 year old and above. \$64.29. Woman's Foundation Classroom, 4630 Ambassador Caffery Pkwy, Lafayette.

Tuesday June 14

Flag Day Ceremony – 6-8pm. Honor veterans and fallen soldiers. Bouligny Plaza 102 W Main St, New Iberia. 337-344-9397.

Wednesday June 15

Teens/Tweens with Life Choices – 9am-3:30pm & Thursday June 16. A two day program that includes informal discussions on life decisions that every young lady may make. Parents join the class on the second day at 3pm. Girls ages 12-14. \$63.99. Woman's Foundation Classroom, 4630 Ambassador Caffery Pkwy, Lafayette.

Saturday June 18

Clifton Chenier Celebration – 12-6pm. Celebrate the life and legacy of the King of Zydeco music as artists pay tribute to Grammy award winning legend Clifton Chenier. Clifton Chenier Club, 2116 Fernand Crochet Rd, New Iberia. 337-339-5903.

Juneteenth Folklife Celebration – 1-6:30pm. A celebration of the folk art, heritage and traditions of the African-American culture. Celebrate the date when Texas

slaves first heard the news of their freedom. Farmers' Market Pavilion, Le Vieux Village, 828 E Landry St, Opelousas. 337-945-5064.

Downtown Country Music Fest – 3-10pm. An outdoor country music event with various artists. \$25. Parc International, Lafayette. SocialEntertainment.net.

Friday June 24

24th Annual La Smoked Meat Festival – 5pm & Saturday 9am-11pm June 25. Enjoy carnival rides, a musical line-up, an opening ceremony to honor all veterans and a world championship smoked meat cook-off. \$10. Renee Brown. Ville Platte Civic Center, 704 N Soileau St, Ville Platte. 337-224-3248. LaSmokedMeatFestival.com.

Saturday June 25

Bar B Q Cook Off – 11am. \$5 tasting/voting fee or \$100 cook-off registration. Proceeds benefit TWA 3rd annual teen talent show; PARENTS school uniform drive, Lighthouse Mission Men's Shelter and TWA scholarship program for St Landry and Evangeline Parishes. South City Park, 524 S Market St, Opelousas.

Sunday June 26

Stars & Stripes – 3-5pm. A patriotic concert with World War II era music to honor our veterans by the Acadiana Symphony Orchestra and the Iberia Community Concert Band. Sugar Cane Festival Building, 601 Parkview Dr, New Iberia. 337-364-1603. IberiaCultural.org



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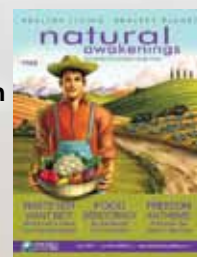
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Natural Awakenings recently won the prestigious FBR50 Franchise Satisfaction Award from Franchise Business Review. To learn more, visit FranchiseBusinessReview.com

ongoing events

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

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sunday

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

Lafayette Petanque Games – 2-4pm. 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 – 6-7:30pm. 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. Writers-GuideOfAcadiana.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.

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

Regional Bedtime Stories – 6-6:30pm. A night time version of Family Story Time. No preregistration required. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

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.

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.

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.

Bird Chat – 8:30am. 1st Sat each month. Wild Birds Unlimited, 137 Arnould Blvd, Lafayette, LA. 337-993-2473.

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.

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

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.

PRAYER OF PEACE

God, my Father,
May I love You in all things
and above all things.
May I reach the joy which You have
prepared for me in Heaven.
Nothing is good that is against Your
Will,
and all that is good comes
from Your Hand.
Place in my heart a desire to please
You and fill my mind with thoughts
of Your Love, so that I may grow in
Your
Wisdom and enjoy Your Peace.



The Benefits of an Alkaline Body

Fewer Colds

An acidic environment promotes the growth of bad bacteria, yeast and fungi. The imbalance of your body's good bacteria makes you more prone to getting infections. You will be less likely to suffer from the common cold when your body is alkaline.

Cancer Prevention

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

- Skin more elastic, youthful
- Deeper more restful sleep
- Abundant physical energy
- Suffer from fewer headaches and viruses
- Good digestion
- Less arthritis
- Reduction of candida (yeast) overgrowth
- Helps the body detox
- Assists with proper absorption of food
- Helps prevent acid reflux
- Prevents irritable bowel syndrome
- Will not support osteoporosis
- Increased mental acuity, mental alertness

Tel: (337) 896-4141

Purchase at DHARMA Center in Sunset or Natural Health Center in Carencro

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Dr. Steven T. Castille, CEO and Center Director

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(just next door to Lucky's Casino and Truckstop)

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- CAMPGROUND
- SALT WATER POOL
- retreat cabins
- yoga video classes
- infrared sauna
- clubhouse and family center
- wheatgrass farm
- ionic foot detox
- naturopathic supplements
- whole body vibration exercise
- infrared body wraps
- organic juicing
- hair analysis
- vitamin programs
- wellness programs
- nutrition programs
- aromatherapy

At the CARIBBEAN Wellness Retreat and Campground we focus on providing the ideal place to get away from it all. Our wellness center and vitamin shop offers the perfect opportunity to balance your body and your nutrition. Our yoga and aerobics studio is housed inside of the caribbean clubhouse and we offer more then 300 different video yoga and aerobic titles. Experience the peace and serenity of night time camping and swimming at our saltwater pool facility. When you enroll in any of our wellness programs ask about a weekend stay at the caribbean wellness retreat center.

COMMUNITY WELLNESS CENTERS



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Powerful, Positive Healing for Life

Dr. Steven T. Castille, CEO and Center Director

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- thermography medical imaging
- clinical chemistry lab
- naturopathic doctor
- Zerona
- infrared sauna
- hydration-vitamin therapy
- lymphatic massage therapy
- ionic foot detox
- naturopathic supplements
- whole body vibration exercise
- infrared body wraps
- vitamin testing
- hair analysis
- vitamin programs
- wellness programs
- nutrition programs

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

COMMUNITY WELLNESS CENTERS



DHARMA

Wellness and Fitness Center

Mr. Tre' Gradnigo, Center Director
Dr. Steven T. Castille, CEO

166 Oak Tree Park Dr. #H, Sunset
(across from Janise's Grocery Store)

(337) 662-3120

- VITAMIN TESTING
- kinetics and fitness training
- personal training
- Zerona
- infrared sauna
- hydration-vitamin therapy
- lymphatic massage therapy
- ionic foot detox
- naturopathic supplements
- whole body vibration exercise
- infrared body wraps
- massage therapy
- hair analysis
- vitamin programs
- wellness programs
- nutrition programs

At DHARAMA Wellness Center, our number one priority is helping you protect your most precious resource, your health. Many health issues can involve numerous components, requiring multiple bodies of knowledge for proper assessment and effective treatment. To achieve optimal health, all aspects of your individuality must be considered – the physical, energetic, emotional, spiritual and genetic components that make you unique. Therefore, the well care services and treatments at DHARMA focus on customizing a comprehensive plan specifically for you, one that may integrate a variety of conventional and alternative approaches, techniques, and treatments. Our primary goal is to identify and eliminate the source of the problem, not just the symptoms, and get you back into a state of wellness and full functionality.

COMMUNITY WELLNESS CENTERS



namasté

Wellness and General Nutrition Center

Mr. Tre' Gradnigo, Center Director
Dr. Steven T. Castille, CEO

858-B Kaliste Saloom Rd. Lafayette, LA
(across from Fresh Pickens)

(337) 356-1251

- naturopathic supplements
- whole body vibration exercise
- cardio and walking exercise
- Zerona
- Infrared Sauna
- hydration-vitamin therapy
- lymphatic massage therapy
- ionic foot detox
- meditation
- organic juices
- health coaching
- vitamin shop
- alkaline waters
- wheatgrass products
- organic tea bar

We offer comprehensive, evidence-based nutrition and natural medicine options in weight loss, cancer wellness, circulation, inflammation, and diet. We are a holistic wellness center and all of our wellness programs, organic juices, and organic teas and nutritional supplements, are designed to work with the body's natural healing pathways.



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Natural Health Center

Powerful, Positive Healing for Life

Alternative Treatments Centers

356-1251 Lafayette Office 896-4141 Carencro Office 662-3120 Sunset Office 678-1844 Opelousas Office

More Americans are looking beyond Western medicine to help relieve their back, neck, and spinal joint pain, including osteoarthritis of the spine. They are seeking fewer traditional ways to ease pain rather than typical nonoperative treatments like medication or physical therapy. Complementary and Alternative Medicine (CAM), which is also called Complementary and Integrative Medicine offer the best options.

Interchangeable Terms

When an alternative (not mainstream) practice is used with conventional (mainstream) medicine, it's called "complementary" or "integrative" health care. When it's used in place of conventional medicine, it's called "alternative." However, these terms are often used interchangeably.

CAM Therapies

There are five general categories of CAM therapies, although therapies may be combined.

1. Alternative Medical Systems

Medical systems include ancient healing practices, which include Ayurveda, a whole-body approach of therapy from India and traditional Chinese medicine (eg, acupuncture, moxibustion). Alternative medical systems also include homeopathic medicine, which involves tiny doses of an appropriate substance to stimulate the body's ability to heal. Naturopathy or naturopathic medical care may include massage, water therapy, and herbal medications.

2. Mind-Body Techniques

Mind-body techniques may help a patient with neck or back pain to use their mind to affect or control their symptoms in a positive way, thereby reducing pain. Common mind-body techniques include: biofeedback, meditation (eg, yoga), prayer, relaxation, and art therapy.

3. Biologically-Based Therapies

Biologically-based therapies incorporate nature-based substances such as botanicals and dietary supplements to ease pain. Natural substances include ginseng, ginkgo, fish oil, or Echinacea and may be available in different forms, such as a tea, aromatherapy oils, syrup, powder, tablet, or capsule.

4. Body-Based Practices

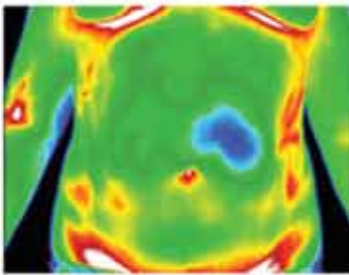
Body-based practices include chiropractic, body alignment techniques, osteopathic manipulation and different types of massage.

5. Energy Therapies

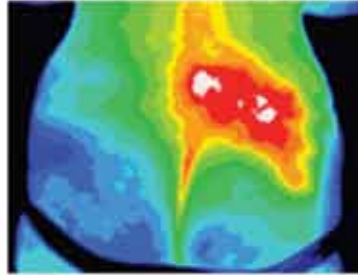
Energy therapies may help shift or unblock energy fields in the body. Qi gong (eg, breathing techniques), Reiki (eg, stress reduction/relaxation), and magnets are therapies based on moving energy.

Call one of our wellness centers to enroll in a pain management program today.

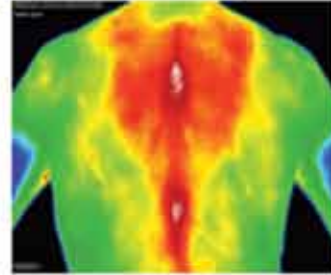




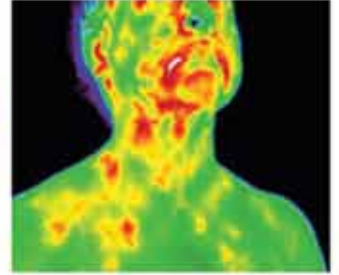
Hypothermia in the Stomach



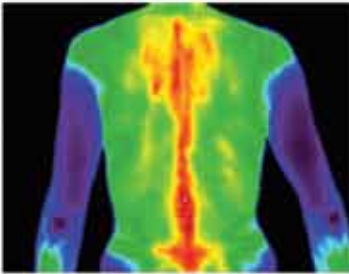
Shingles



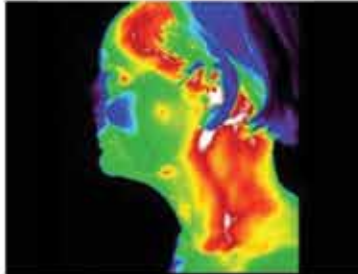
Lung Cancer



Periodontal Disease



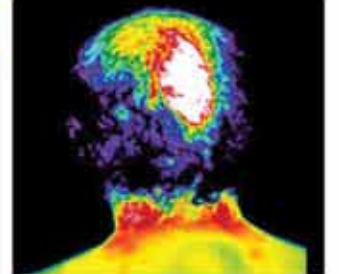
Spinal Inflammation



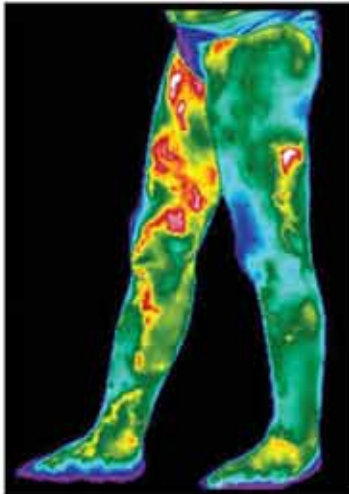
Carotid Artery Inflammation



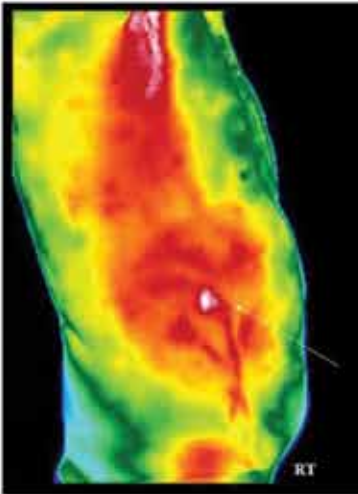
Poor Circulation Left 4th & 5th Finger



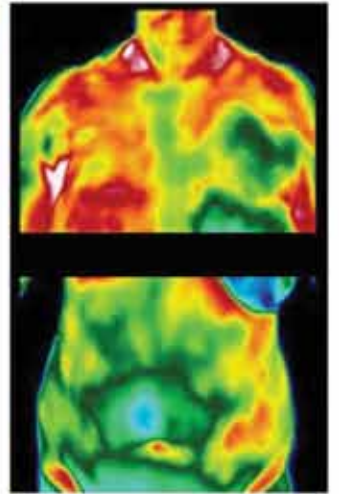
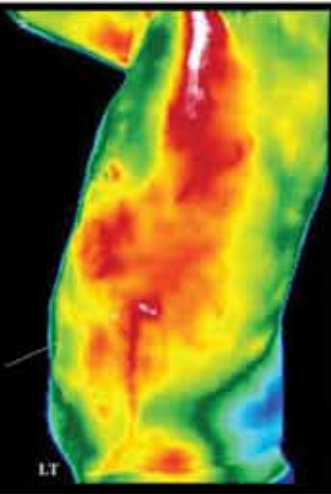
Melanoma-Scolp Cancer



Varicose Veins



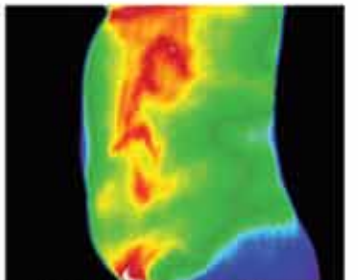
Bilateral Kidney Stones



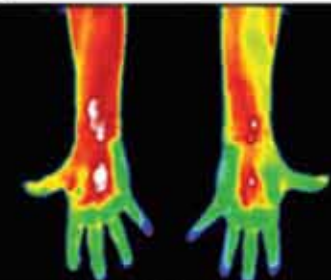
Breast Cancer



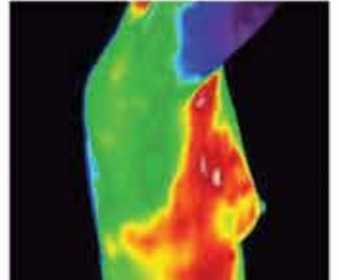
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



Lymphatic Congestion

\$94 Full-Body Thermography Screening

Text **EXAM** and your name to

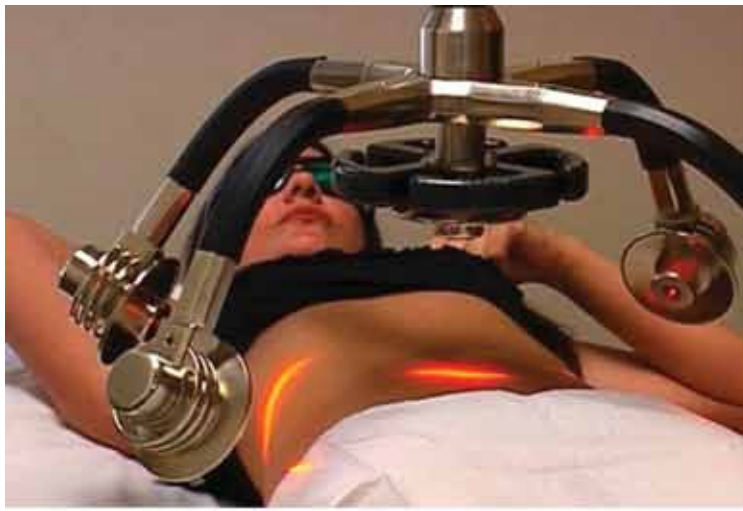
(337) **424-5066**

for more information

Call **896-4141** to schedule

Thermography is used to:

- help make informed decisions regarding the need for further treatment
- visualize the physiological component of pain, injury or illness/disease
- provide early warning of potential health issues
- identify the originating source of neuropathic dysfunction
- support the existence of a suspected condition
- aid in accurate diagnosis and treatment



Cold Laser

FAT
~~Weight~~ Loss Treatment

No Exercise Required

Zerona

1. Stand 10 minutes
2. Lay down 40 minutes
3. Sit 30 mins

12 Treatments \$850
9 Treatments \$675

Lafayette Office: (337) 356-1251

Carencro Office: (337) 896-4141