

HEALTHY LIVING HEALTHY PLANET

# natural awakenings

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## RETHINKING RECOVERY

Holistic Ways to Heal Addictions

## GUTSY US

How Our Stomach Dictates  
Our Mind and Moods

## Hidden Treasures

Neighbors Discover Their  
Wealth of Resources

## Yoga for the Bros

Men Find Yoga  
Builds Fitness

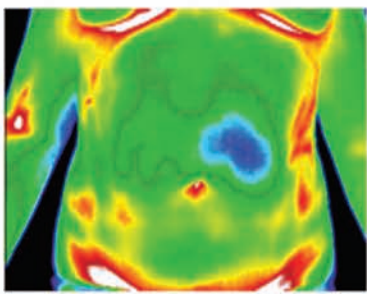


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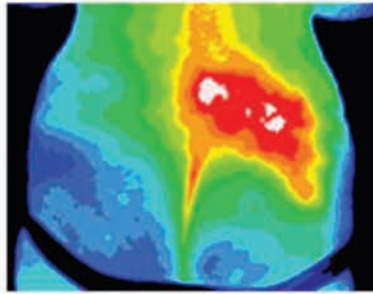


EVERY ISSUE IS  
A GREEN ISSUE

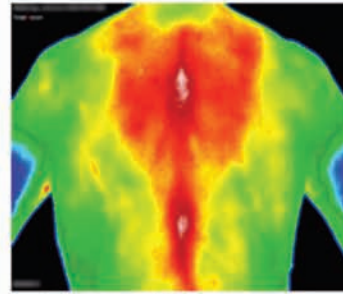
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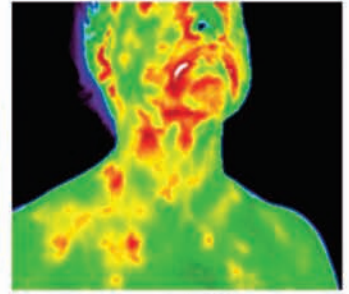
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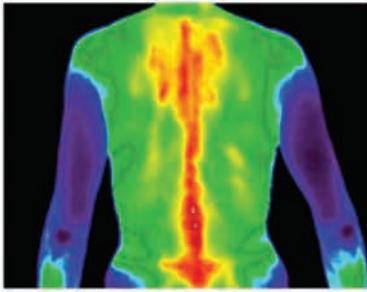
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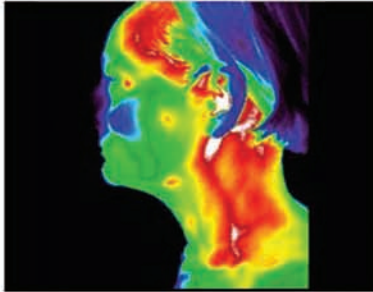
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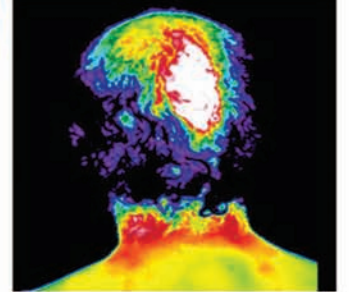
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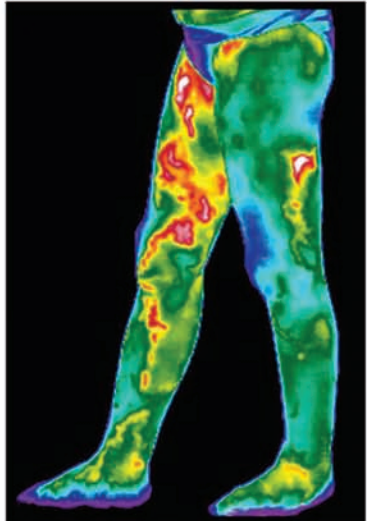
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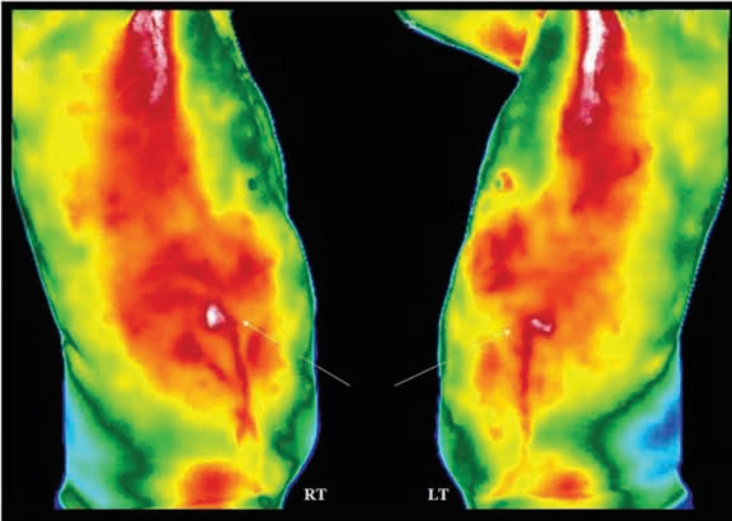
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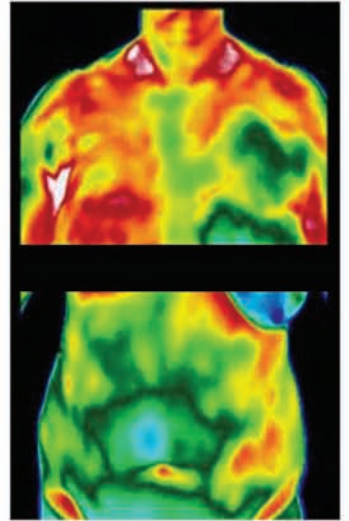
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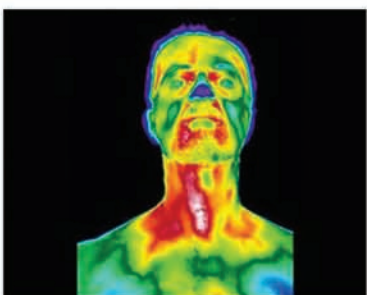
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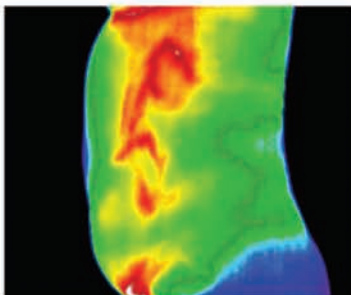
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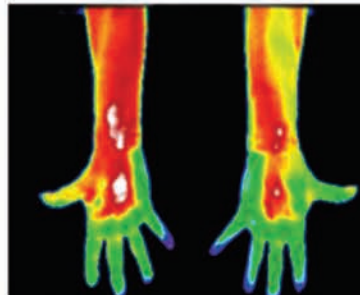
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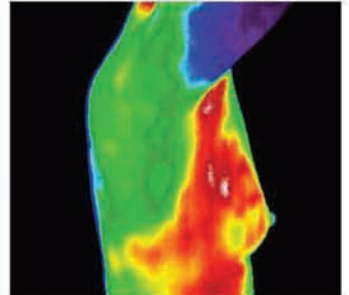
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Lymphatic Congestion

## \$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

# Thermography Exam

Text **EXAM** and your name to  
(337) **424-5066** for more information



See  
Page 14

what's going on in your body

Call (337) 896-4141 to schedule an appointment.

# INFLAMMATION

## The 21st Century's Silent Killer

Thermography Medical Imaging detects inflammation.

You know the basics about inflammation. If you've ever been stung by an insect, fallen off your bike as a kid, broken out in hives, or come down with a nasty cold, then you know what acute inflammation is like. And you know that your body responds to this type of an "assault" in the form of bruising, swelling, itching, aches, and pains.

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In simplest terms, inflammation is the body's immediate first-aid reaction to heal itself from some type of damage caused by a virus, bacteria, fungus, environmental toxin, or an injury.

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Without the crucial process of inflammation, the body cannot restore itself in the face of damage.

Essentially, all inflammation starts in an acute phase. The body becomes damaged in some capacity due to a foreign agent, and it responds immediately to repair the damage. In many cases, this reaction goes undetected, or symptoms are so mild that they are even unnoticeable. Once the threat is gone, the body is able to go back to a non-emergency state—and the inflammation process turns off.

Inflammation becomes chronic when the body has to continuously fight off a repeated offender, such as, for instance, *Candida*, *H. pylori*, or heavy metal toxicity. At this point, the body's inflammation process fails to shut down. When this occurs, the body is weakened over time because it is overstressed.

The inflammation process can be compared to a light bulb. When left on continuously, the light bulb will burn out a lot quicker than if it's turned off during non-use.

When the inflammation process fails to turn off, the immune system becomes compromised because it is simply overworked and overused. Once the immune system is compromised, ALL forms of chronic disease can occur—not just inflammatory diseases. That's why diseases seemingly unrelated to inflammation occur. These include, but are certainly not limited to:

- Type 2 diabetes
- Obesity
- Cancer
- Heart disease
- Stroke
- Alzheimer's disease
- Parkinson's disease
- Fibromyalgia
- Multiple sclerosis
- Rheumatoid arthritis
- Lupus
- And many others

So, while inflammation may not be the visible, obvious cause of these illnesses, it is the catalyst for chronic disease.

That's why chronic inflammation is being labeled the 21st century's silent killer. Unlike its acute form, chronic internal inflammation can occur undetected because it falls just below the radar of pain and visible swelling. You feel nothing, or you may experience vague, unexplained symptoms for which there are no conventional answers. Lab results may continue to come back normal leading you from doctor to doctor in frustration. And while you search for

answers or even ignore your symptoms altogether, your body's inflammation process carries on for weeks, months, or even years—which compromises your immune system.

Wellness is the absence of inflammation, according to Dr. Barry Sears, author of the *The Anti-Inflammation Zone*. Simply put by Dr. Sears, if you have inflammation, you cannot be well. **Chronic inflammation has become an epidemic in America**, and it threatens to overburden the healthcare system and destroy many future lives with the most serious chronic, degenerative diseases.

The key to optimal health and disease prevention is to detect chronic inflammation and treat its root causes promptly and effectively. This may take time, and you and your doctor may have to do a bit of detective work to find out the true culprits of inflammation. You can proactively prolong your health—and your life—by preventing your body from entering into a state of chronic, untreated inflammation.

### What Can You Do to Stop Chronic Inflammation?

Protecting yourself against chronic disease requires changing the way you think about your health. Many people sacrifice their long-term health because they simply want their symptoms to go away, so they self-treat with over-the-counter medications from the local drug store instead of dealing with the underlying causes that assault their bodies on a continual basis.

The truth is there is no "overnight fix" for chronic inflammation. In order to effectively put a stop to chronic inflammation and the potential for future disease,

ADVERTORIAL

you need to find the true, hidden culprits and either control or eradicate them altogether. Some of the culprits of chronic inflammation include:

Fungi such as Candida. Bacteria (including but not limited to) H. Pylori (responsible for peptic ulcers) and Borrelia burgdorferi (responsible for Lyme disease). Viruses such as Hepatitis AE, Herpes, HIV, and Epstein Barr. Heavy Metal Toxicity (like mercury for instance, from "silver" dental fillings or mercury amalgams). Undiagnosed food allergies. Many people unknowingly suffer from lactose intolerance or gluten intolerance, or may be allergic to corn or soy (common ingredients found in many processed foods). Undiagnosed food allergies have the potential to cause severe, chronic inflammation. Environmental molds in the home or workplace. Occult (hidden) mold can trigger the inflammation response in people who are susceptible to the toxins produced by various molds. Effective therapies to treat the underlying causes of chronic inflammation may take several weeks, months, or even years. While this may seem like "forever," it is actually only a short period of time when it comes to increasing the quality of your overall health—and your lifespan.

Adequate treatment involves a multi-faceted approach of:

1. Eradicating foreign agents (viral, bacterial, fungal, and/or environmental). Therapies include the use of: Antifungal prescription medications such as Amphotericin B, Diflucan®, Lamisil®, Nizoral®, Nystatin®, Sporanox®. Broad-spectrum antibiotics. Chelation therapy. Removal of mercury amalgam fillings. Find a mercury-free dentist in your area now.

2. Reducing the body's inflammatory response. Common anti-inflammatory treatments include the use of: Prescription and over-the-counter non-steroidal anti-inflammatory drugs (NSAIDs). Warning: These may increase the risk of heart attack, stroke, and gastrointestinal bleeding, so discuss these risks with your healthcare professional. Systemic enzymes. Read more about systemic enzymes.

3. Resolving nutrient deficiencies caused by chronic inflammation and a compromised immune system. In particular, it is useful to: Restore the balance of intestinal flora with probiotics, especially for those who need to use antibiotics and antifun-

gals to combat bacterial and fungal infections. Replace trace minerals. During chelation therapy, trace minerals should be replenished. Increase omega-3 by supplementing the diet with fish oil, nuts and seeds, and wild fish.

4. Making dietary adjustments. Chronic inflammation is usually seen in people who have diets with an unbalanced ratio of omega-6 and omega-3 essential fatty acids (EFAs). Omega-3 EFAs will actually help to decrease the amount of internal inflammation, thereby helping you to avoid chronic conditions. The Standard American Diet severely lacks omega-3 derived from healthy sources such as fish oil, wild fish, and nuts and seeds. A healthy dietary balance between omega-6 and omega-3 should be 1:1. However, due to our highly processed American diet loaded with bad fats (trans fats), the ratio is 15:1 (and can be as high as 30:1 in some cases).

"Save Yourself from the Hidden Killer, Silent Inflammation," MSNBC - <http://www.msnbc.msn.com/id/6791181> - Accessed Sept. 2005  
 "Inflammation, Heart Disease and Stroke: The Role of C-reactive Protein," American Heart Association - <http://www.americanheart.org/presenter.jhtml?identifier=4648> - Accessed Sept. 2005  
 "C-reactive Protein (CRP)" WedMdHealth - [http://my.webmd.com/hw/health\\_guide\\_atoz/tu6309.asp](http://my.webmd.com/hw/health_guide_atoz/tu6309.asp) - Accessed Sept. 2005


While a thermography exam does not specifically diagnose a particular disease, inflammation found in a thermography test is a general marker of infection and trauma that alerts medical professionals that further testing and treatment may be necessary.

Thermography exams can also tell you if you're getting better, or if medical treatments and therapies are working.

For instance, inflammation levels decrease when aspirin is administered to cardiac patients or when enzymes such as bromelain and papain are taken by a patient for back pain. This can be seen quite easily with followup thermography testing.

## Natural Medicine

**PAIN RELIEF • SWELLING • INFLAMMATION**



- Arthritis
- Tendonitis
- Neck Aches
- Joint Pain
- Muscle Pain
- Stiff Joints
- Cramps
- Back Pain

**liteon**  
NUTRACEUTICALS 100 E. Angelle St.  
Carencro, LA 70520

**Inflammation and Pain**

**Pain & Inflammation**  
ENZYME BLEND

60 Vegetarian Tablets **HIGH POTENCY**  
Food-Based Supplement

For conditions associated with inflammation take 4 tablets daily on an empty stomach with water. Depending on the severity of your condition and the advice of your health care provider, this dosage may be increased to 8 tablets or more daily.

DIETARY SUPPLEMENT

**STORE HOURS**  
Headlines 10:00 am - 8pm  
Weekdays 9:00 am - 1pm  
(337) 896-4141

### Supplement Facts

Serving Size: 4 Tablets  
Servings Per Container: 62.5

Amount Per Serving	% Daily Value
<b>Contains:</b>	
Pancreatin 4x USP	750mg *
Papain	600,000 USP *
Bromelain	720 GDU *
Trypsin	9,000 USP *
Chymotrypsin	250 USP *
Rutin	400mg *
White Willow Bark (15% salicin)	100mg *
Turmeric root	100mg *

\* Daily Value not established

**Other ingredients:** Dicalcium phosphate, microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, enteric coating.

**AVAILABLE AT:**

**Carencro, LA**  
Natural Health Center 896-4141

**Sunset, LA**  
DHARMA WellnessCenter 662-3120

**Opelousas, LA**  
Caribbean Health Center 678-1500

**Lafayette, LA**  
Drug Emporium 261-0051

# publisher's letter



Whether you love your body, hate it or have some emotion in between, it is the only body you have, so taking care of it should be a high priority. Even if we “get it” with our nutrition and fitness routines, there is still another, often neglected, aspect of self-care: stress-relieving, balancing, luxuriating, rejuvenating our bodies, which is one of our themes for June.

Developing this month's issue on Men's Health reminded us again of the power of that naturally healthy experience and the

importance of regularly nurturing our spiritual and emotional health just as we nourish our bodily health with consistent exercise and whole foods. It is in caring for all aspects of ourselves that we prevent disease and position ourselves to live healthy and happy lives. So often we think that “we will be happy *when*,” but there is always a next level, a new challenge, a new dream. Then when we look back at a chapter in our lives, we think that it was a happier, more carefree time. Or we see in retrospect that we should have been happier.

But we all know what it mostly depends upon: health. There are so many health issues that can keep us from living productive and vibrant lives. You know the old saying, “You don't know what you've got till it's gone.” By reading *Natural Awakenings*, you're educating yourself on how to enhance and improve your body and mind, and therefore your life.

Here's a fun exercise. Take 10 minutes (or more) and daydream about your perfect life. You've reached all your goals. You're living a fulfilled and joyous life in however that looks and brings happiness to you: financial independence, travel, philanthropy, entrepreneurship, owning a hobby farm, climbing Mt. Everest. Now, think about what dreams and goals you will embark upon after you've reached all the dreams and goals you have now. That's what we're talking about.

Enjoy your summer. May you spend more time relaxing with family and friends, and may you find the health and happiness that too often have become an afterthought. Because if you have health and happiness, you have everything. Make a decision, in this moment, to embrace them both.

Think green, live peacefully, share your love,



*Steve & Michelle*

Steve and Michelle Castille, Publishers

Dear God, heal me in body and soul. Strengthen my spiritual and physical weaknesses, and help me find inner strength and peace. - Amen



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

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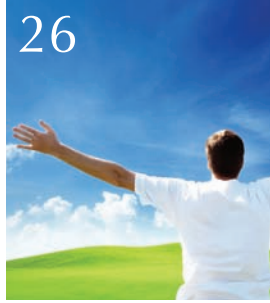
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## Organic Frozen Wheatgrass Juice

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

## Raspberry Ketone Capsules

Raspberry ketone may help in your weight-loss efforts, especially when paired with regular exercise and a well-balanced diet of healthy and whole foods. The many active compounds found is Raspberry work to promote a healthy metabolism and support fat-burning and appetite control.



.....\$30.00

## Wheatgrass Capsules



Mood Enhancer is the perfect supplement to help with anxiety, stress, and depression. It is a collection of tools that work 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

## The Louisiana Smoked Meat Festival Comes To Ville Platte



Ville Platte, the “Smoked Meat Capital of the World”, will come alive for the 2015 Louisiana Smoked Meat Festival, taking place June 26 and 27. This magnificent festival started in 1992 and is dedicated to supporting the local chapter of the Vietnam Veteran Association, as well as veterans of all military branches.

The two-day festival is fun for the entire family, offering attractions and entertainment for all ages. Events at the festival include a smoked meat cook off with both professional and amateur divisions, beauty pageants and a full line up of local bands offering sounds from Cajun country. Additionally, the festival will feature Cajun food booths serving up delectable flavors and savory favorites from all over southwest Louisiana. Saturday will include a petting zoo for the kids, adding to a complete line up of activities for the day.

*Location: 1226 Huckleberry Lane, Ville Platte. For more information, call 337-363-9237.*

## Acadiana Worm Farm Offering Worm Castings



Acadiana Worm Farm is now offering worm castings, which is worm manure, or worm excreta, that is rich in plant nutrients, trace minerals and growth enhancers. This all-natural and environmentally safe practice of fertilization is one of the most nutrient rich

fertilizers on the market, stimulating plant growth more than any other natural product.

Acadiana Worm Farm uses high-grade, farm-raised earthworms to create their castings as they have proven to be non-toxic and can even be applied to phosphate sensitive plants. Worm castings are beneficial in that the castings stimulate plant growth by nourishing the soil and enhancing its ability to retain water and prevent root disease. In addition, worm castings assist in the removal of toxins and harmful fungi and bacteria from the soil, enhancing its ability to fight off plant diseases. Acadiana Worm Farm prides itself on being a local source for providing an environmentally safe alternative to fertilize soil and increase plant productivity.

*Location: 406 Canadian Lane, Church Point. For information, call 337-205-4669.*

## Morgan Street Dance Company Introduces Mommy and Me Dance Classes



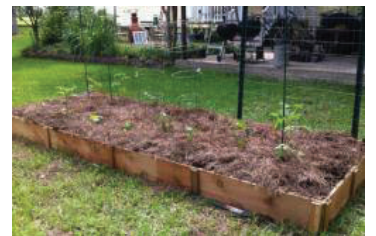
Morgan Street Dance Company, one of the areas most progressive dance schools, is offering “Mommy and Me” dance classes every Tuesday from 9:45 to 10:30 a.m. for moms and their children ages 18 months to two and a half years.

The class allows for the parent and their infant or toddler to take part in a unique class experience while creating lasting memories. Morgan Street Dance Company offers classes in ballet, tap, jazz, pointe, hip-hop and musical theatre. Each class focuses on technique, rhythm, following directions and finesse. A mommy and me class, also referred to as a “parent and child” or “buddy and me” course, offers many benefits to its participants. In addition to providing a great bonding activity for the parent and child, the class can help the child develop cognitive, social and gross motor skills, and it can help prepare children for dance and school by social interaction with other children.

*Location: 123 N Morgan Ave., Broussard. For more information, call 337-837-3504 or visit [MorganStreetDance.com](http://MorganStreetDance.com).*

## Raised Vegetable Bed Installation Now Offered at Back Yard Harvest

Back Yard Harvest is now offering raised bed vegetable garden installation. Raised bed gardening is an outstanding alternative gardening method allowing for better productivity in a smaller space. Back Yard Harvest will not only build and install the bed, but will also maintain it as well. Bed maintenance includes regular visits to the garden, keeping it in optimal condition. Maintenance services include staking/pruning, applying fertilizer, organic pest control as needed and adjusting irrigation according to rain flow.



The beds are constructed using durable cedar planks, then filled with nutrient rich compost, giving the plants a healthy environment in which to grow and produce throughout the season. Once the bed is complete, an automated drip irrigation system is installed making watering simple and easy. Back Yard Harvest can refurbish a current vegetable garden and prepare it for the growing season or can get individuals started from scratch.

*For more information, including an estimate or site visit, call 337-406-1370 or visit [BackYardHarvestAcadiana.com](http://BackYardHarvestAcadiana.com).*

# TOXINS AND WASTE CAUSE THE BODY TO GET SICK

**Buy 1 Get 1 1/2 OFF**

Single Session \$45  
2 Foot Detox Sessions \$80

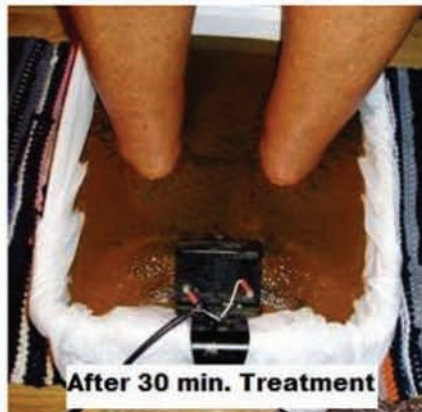
4 Foot Detox Sessions \$145

Offer Ends 7/15/15

**See  
Page 12**



Before Ion Cleanse



After 30 min. Treatment

## **Ionic Detox Foot Spa**

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

To schedule your  
first appointment

**896-4141**  
CARENCRO OFFICE

**662-3120**  
SUNSET OFFICE

# DETOX THE BODY

## Ionic Detox Foot Bath

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

### Top Reasons to Ion Detox

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

### Why You Should Ion Detox

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

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

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

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

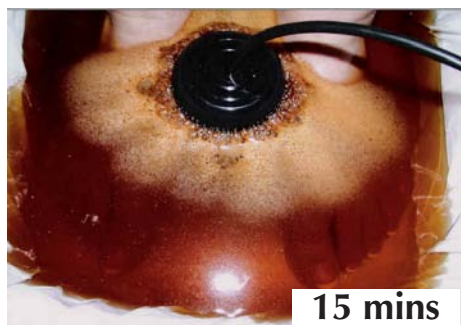
A study by the British Medical Journal said that 75% of cancers are caused by environmental and lifestyle factors. The Columbia University School of Public Health estimates that 95% of cancers are caused by diet and environmental toxicity. Heavy Metals and chemical toxins weaken the immune system and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

### Why Ion Detox Works

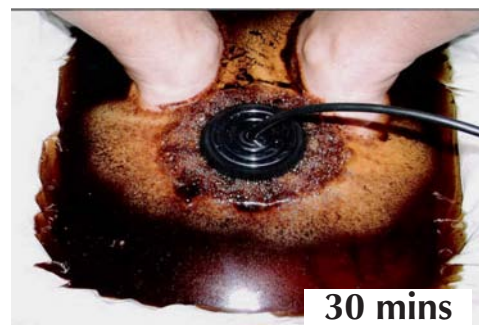
Ion Detox Treatments work to raise the body pH to a more alkaline state. This is important because the vast majority of people live in an acidic state which accelerates the aging process and is a more hospitable environment for disease to flourish.

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

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



15 mins



30 mins

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

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

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

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

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

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

### Who should use the Ion Foot Cleanse?

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

### Who should NOT use Ion Foot Cleanse?

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

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

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

### How are toxins eliminated?

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

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

### Why does the water change color?

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

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

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

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

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

#### References:

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

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

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100 E. Angelle St., Carencro  
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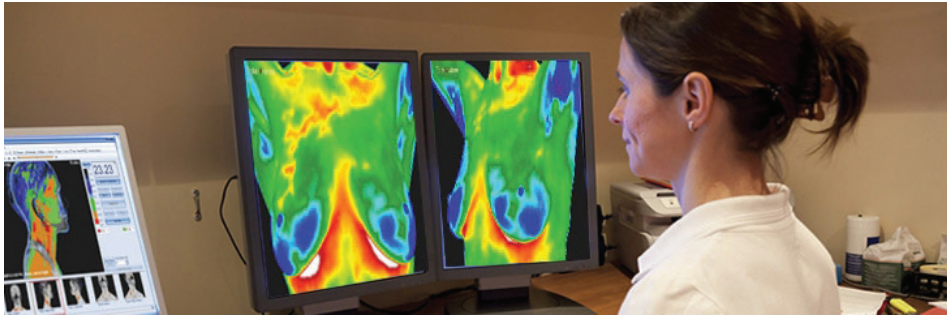
#### DHARMA Wellness Center

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ADVERTISEMENT

# What Does Your Thermography Image Mean?

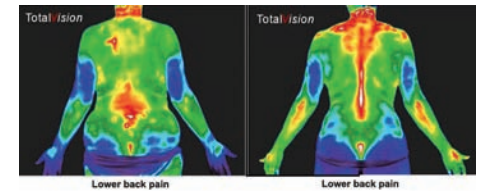
by Dr. Steven T. Castille



cancer gets large enough to be noticed as a lump in a breast exam. It is estimated that thermography can detect cancer formation roughly 10 years before mammography can identify a tumor.

## Lower Back Pain

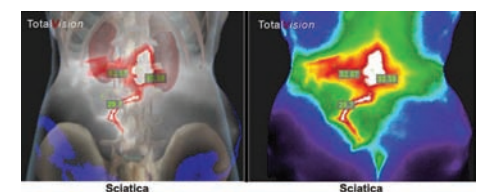
Lower back pain is one of the most troublesome back pain for patients and can often be very difficult to treat. The hottest white areas in these images



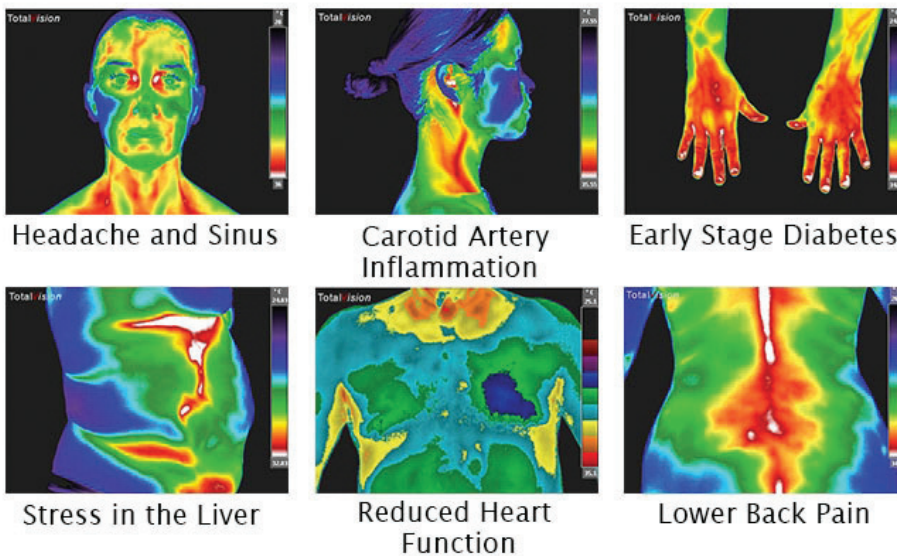
indicate the most intense inflammatory response. Thermography is very useful to help find the source of the pain. The patient above suffers with Sciatica, and the source is clearly in the lumbar area. The image clearly indicates the intense inflammation in the spinous processes of the lumbar spine. These areas are a major source of radicular pain, especially into the hips, thighs and legs. Often the patient will report intense pain in the hip or leg, either bilateral or unilateral, and there will be no thermal indication in the hip or leg images, but the hyperthermia in the lower back will be the source. Many lower back thermograms will reveal significant thermal indications at the L-3 L-4 region, with varying degrees of associated muscular inflammation, as this is typically a very weak spot in the spine.

## Sciatica

Sciatica is a symptom. It consists of leg pain, which might feel like a bad leg cramp, or it can be excruciating, shooting pain that makes standing or sitting nearly impossible. The pain might be



worse when you sit, sneeze, or cough. Sciatica can occur suddenly or it can develop gradually. You might also feel weakness, numbness, or a burning or

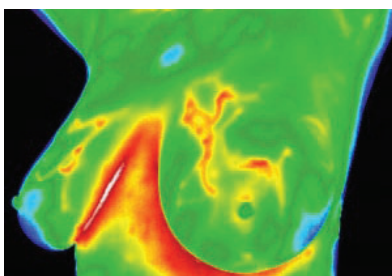


Thermography is a scanning device that measures your body surface temperature and presents the information as a digitized image. This tool makes a digital map of your body and very accurately illustrates heat patterns. These patterns may detect some abnormal conditions such as cancer cell growth or active infection.

Mammograms look for anatomical changes in the breast such as masses or lumps. Thermograms analyze the vascular changes in the breast. Increased blood into certain regions of the body increases the heat of that region. Areas of inflammation, cancer cell formation and active infection have elevated circulation. Thermal imaging has a great ability to detect subtle physiological changes that accompany pathology.

## Thermal Asymmetry Indicates Problems

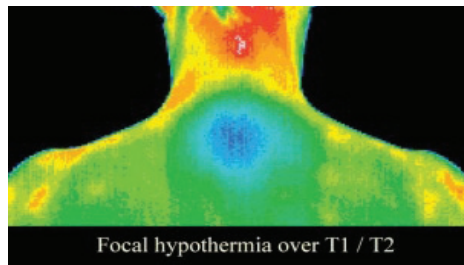
The body should naturally have thermal symmetry. Areas of asymmetry can indicate problems and are analyzed specifically for underlying pathology. Cancer cells divide very rapidly and demand increased blood flow and nutrient delivery. The metabolic processes in the body cannot differentiate between cancer cells and healthy cells. This results in increased formation of blood cells around these active cancer cells. Thermography picks up this abnormal blood supply well before the



tingling (“pins and needles”) sensation down your leg, possibly even in your toes. Less common symptoms might include the inability to bend your knee or move your foot and toes. These scans show sciatic nerve inflammation.

### Autoimmune Dysfunction

Patterns of hypothermia seen over T1/T2 in a thermography scan are always indicative of autoimmune dysfunction. Interestingly enough, the Chinese have used this point in acupuncture for over 4000 years to stimulate immune



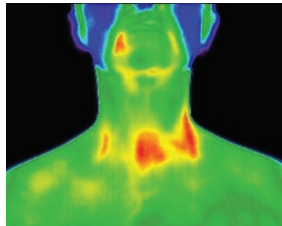
Focal hypothermia over T1 / T2

function. This pattern is often seen in patients diagnosed with fibromyalgia, a disorder that is very difficult to diagnose but is characterized by widespread musculoskeletal pain, accompanied by fatigue, problems sleeping, memory and mood issues; as well as patients diagnosed with Chronic Fatigue Syndrome. Fibromyalgia patients will often have myofascial inflammation accompanying the hypothermic pattern. Thermography is useful in confirming a suspected diagnosis of these syndromes as well as monitoring the patient’s response to treatment. As the patient improves the hypothermic foci will experience a reduction in temperature differentials and will reduce. Con-

versely, if the patient is not responding to treatment or is regressing, this pattern will either maintain or the temperature differentials will increase and the pattern will become more pronounced.

### Thyroid Dysfunction

Thermography can easily detect thyroid dysfunction even when all of the thyroid levels are within normal levels in



the patient’s blood work. Thermography can also validate the appropriate levels of thyroid

supplementation. For example if a patient is on thyroid medication and no patterns appear on the thermogram related to thyroid, it can then be assumed that he or she is receiving the adequate amount of medication or supplementation.

Thermography can assist in the diagnosis, evaluation, monitoring and documentation of a large number of injuries and conditions, including soft tissue injuries and sensory/autonomic nerve fiber dysfunction. Thermography is unique in that it is a test of physiology and function and can offer considerable financial savings by eliminating the need for additional expensive and invasive diagnostic testing.

**Call 896-4141 for more information.**

*Disclaimer: Thermography Medical Imaging of Acadiana is not a treatment or diagnosing center. The reports and imaging provided is for general information and educational purposes only and is not intended in any way to be a substitute for professional medical advice, diagnosis or treatment. Thermography is an adjunctive procedure to Mammography.*

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**natural  
awakenings**



See  
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# Zerona

## Cold Laser Treatments

### FAT Loss Treatment

The FDA recently approved Zerona, a machine that uses low-level laser beams to puncture tiny holes in fat cells. "Fluid drains out and gets swept away by your lymphatic system," says Jeffrey Kenkel, M.D., president-elect of the American Society of Aesthetic Plastic Surgery. The process takes two to four weeks (six to twelve 40-minute sessions, every other day).

Text **ZERONA** and your name to (337) 424-5066 to get more information on Zerona Cold Laser Treatments. Get a flat belly now.

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# Vitamin Testing \$39

(Takes only 15 minutes for a full screening)

Vitamin E  
Vitamin A  
Vitamin K  
Vitamin D  
Biotin  
Folate  
Niacin  
Panthothenic Acid

Thiamin  
Vitamin B6  
Vitamin B12  
Vitamin C  
Calcium  
Fluoride  
Iodine  
Iron

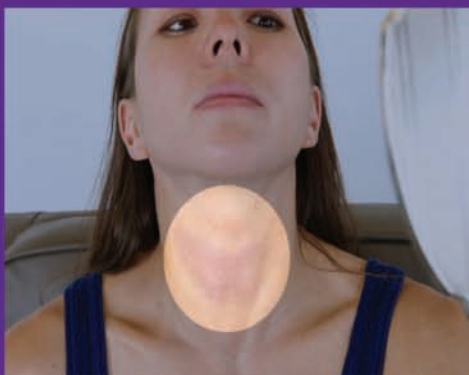
Riboflavin  
Magnesium  
Phosphorus  
Potassium  
Selenium  
Sodium  
Zinc

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

- Andrew Weil, M.D.

## Did you know

A vitamin deficiency can cause



**ENLARGED THYROID**  
Iodine deficiency



**JOINT PAIN**  
Vitamin C deficiency



**WEIGHT GAIN**  
Vitamin D, magnesium, or iron deficiency

**cancer**

hypertension

**inflammation**

**diabetes**

depression

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**Vitamin Deficiencies and Poor Nutrition are the Leading Cause for Disease**

DHARMA Wellness Center

**(337) 662-3120**

CALL to schedule your 15 minute vitamin testing

# Thermography Exam

Text **EXAM** and your name to  
(337) **424-5066** for more information

See  
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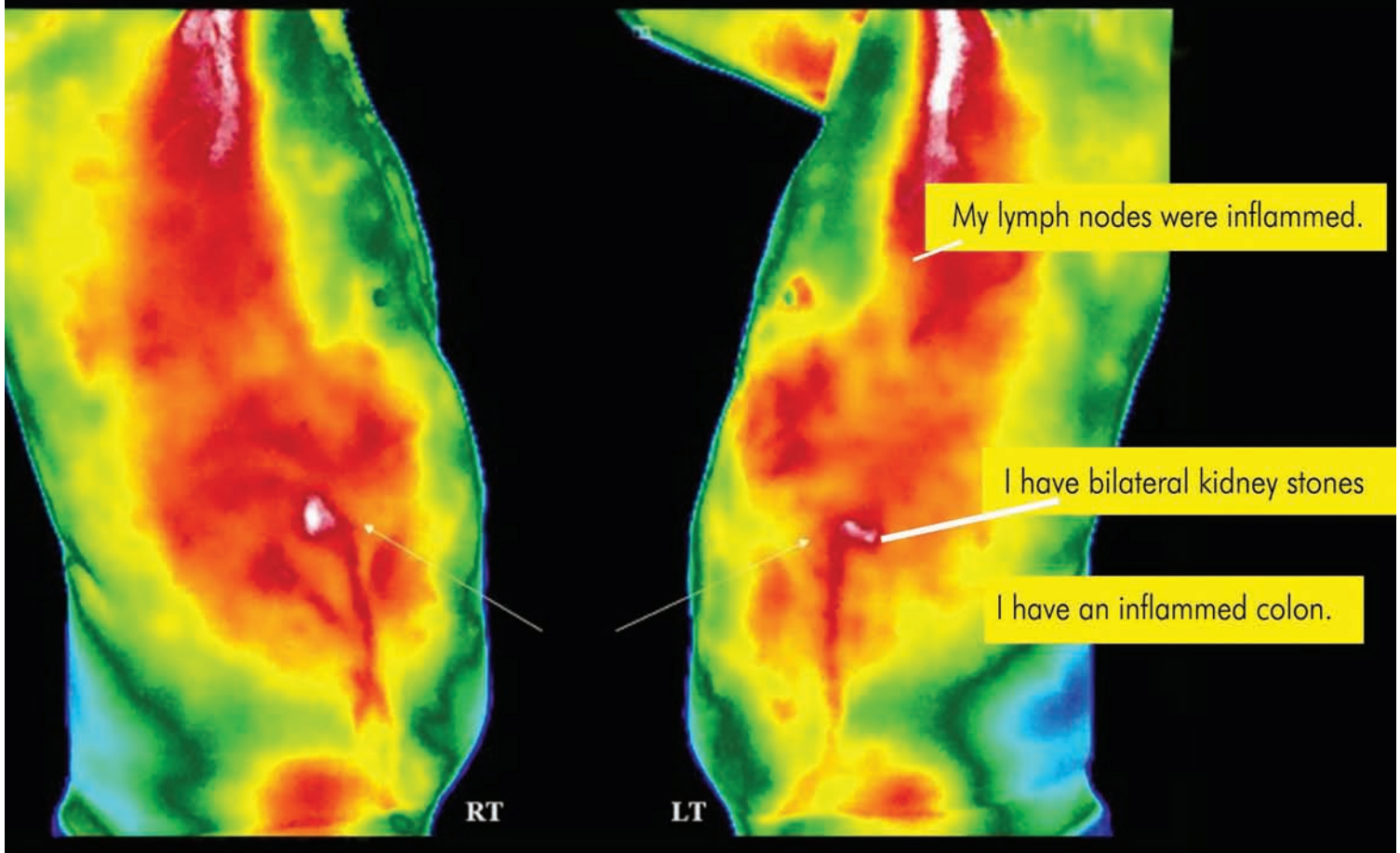
what's going on in your body

Call (337) 896-4141 to schedule an appointment.

# What's going on in my body?

a thermography exam detects inflammation

inflammation jumpstarts most major diseases like cancer, stroke, heart attack, diabetes.....



My blood work showed I have elevated kidney and liver enzymes. My body composition indicates high pH (acid).  
**Your HEALTH must be the most important thing in the world to you.** Without your health you can not enjoy family or work.

## Thermography is used to:

- detect inflammation
- 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
- the root cause of most cancer and heart disease is inflammation

Telephone:  
**896-4141**  
to schedule

See  
Page 14

**\$94 Full-Body Thermography Screening**

Text **EXAM** and your name to (337) **424-5066** for more information

## I drink wheatgrass.

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

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



### Opelousas

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**Natural Health Center, Tel: 896-4141**

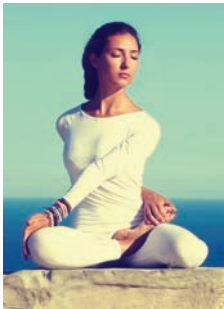
### Lafayette

**Drug Emporium, Tel: 261-0051**

**Road Less Traveled, Tel: 988-9889**

## healthbriefs

### Hatha Yoga Boosts Brainpower



Research from Wayne State University, in Detroit, has found that hatha yoga can significantly improve cognitive health in as little as two months. Researchers tested 118 adults with an average age of 62 years. One group engaged in three, hour-long hatha yoga classes per week for eight weeks, while the other group did stretching and strengthening exercises for the same duration. The participants underwent cognitive testing before and after the eight-week period.

At the end of the trial, the hatha yoga group showed significant improvements in cognition compared to the other group. The yoga group also recorded shorter reaction times, greater accuracy in high-level mental functions and better results in working memory tests.

Source: Journal of Gerontology

### Acupuncture Treats Prostate Enlargement

Research from China has found that a combination of acupuncture and moxibustion, a form of heat therapy in which dried plant materials are burned on or near the surface of the skin to warm and invigorate the inner flow of *qi*, or energy, can effectively reduce the symptoms of benign prostate enlargement.

Researchers tested 128 patients with prostate enlargement for three months, dividing them into two groups. One group was given acupuncture and moxibustion; the other took a traditional Chinese herbal medication for prostate enlargement called *Qianliekang*. The patients' prostate symptoms were tested using the International Prostate Symptom Score, maximum urine flow rate and residual urine tests.

At the study's end, the patients given the acupuncture/moxibustion treatment reported significantly reduced levels in all three tests—calculated at an 89 percent total effective rate—compared to the herbal medication group.



### ANTIOXIDANT-RICH BERRIES THWART ALZHEIMER'S

An international team of scientists has confirmed that consuming berries such as strawberries, blueberries, blackberries, blackcurrants, mulberries and raspberries can significantly reduce the risk of Alzheimer's disease and other forms of dementia. Blueberries, in particular, were found to be associated with increased memory and learning.

Researchers from Washington State University, the U.S. National Institutes of Health, India's Annamalai University and Oman's Sultan Qaboos University's College of Medicine and Health Sciences reviewed two decades worth of research relating to consuming berries and dementia. They found that the many biochemicals contained in berries provide antioxidant protection to neurons and prevent the formation of beta-amyloid fibrils found in the brains of Alzheimer's disease patients.





# Stroke Risk Rises with Two Drinks a Day

New research published in the American Heart Association's journal *Stroke* has determined that drinking two alcoholic beverages per day during middle-age years increases the risk of stroke more

than other known factors, including high blood pressure and diabetes.

The study followed 11,644 twins from Sweden for 43 years, starting between 1967 and 1970. All began the trial when they were under the age of 60. The scientists compared the effects of having less than half a drink—classified as four and two ounces of wine for a man and a woman, respectively—daily to drinking two or more daily.

The study found that consuming two drinks per day increased the risk of stroke by 34 percent compared to drinking less than half a drink per day. Those that downed two or more drinks a day during their 50s and 60s had strokes an average of five years younger than light drinkers. The increase in stroke risk was found to be higher than the danger generally posed by diabetes and hypertension.

# An Avocado a Day Keeps Bad Cholesterol Away

Research published by the *Journal of the American Heart Association* has determined that just one avocado a day can significantly reduce low-density lipoprotein (LDL), a type of cholesterol carrier known to increase the risk of hardening of the arteries.

The researchers tested 45 overweight adults between 21 and 70 years old that followed an average American diet for two weeks before adopting one of three diets: a low-fat diet, a moderate-fat diet that included one Hass avocado per day or a moderate-fat diet without an avocado.

After five weeks, researchers found that the addition of the avocado reduced LDL significantly more than the diets that did not contain the fruit. While both the low-fat and moderate-fat diets reduced LDL levels, the moderate-fat diet with an avocado reduced LDL by better than 60 percent more than the moderate-fat diet alone, and above 80 percent more than the low-fat diet alone.

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## Solar Harvest

New Technology Makes Windows Power Producers



SolarWindow Technologies, Inc.

SolarWindow Technologies' new window coatings are a "first of its kind" technology that could turn the buildings we live and work in into self-sufficient, mini power stations. They can generate electricity on see-through glass and flexible plastics with colored tints popular in skyscraper glass.

The coating can be applied to all four sides of tall buildings, generating electricity using natural and artificial

light conditions and even shaded areas. Its organic materials are so ideal for low-cost, high-output manufacturing that the technology is already part of 42 product patent applications.

When applied to windows on towers, it's expected to generate up to 50 times the power of conventional rooftop solar systems while delivering 15 times the environmental benefits. For example, a single SolarWindow installation can avoid the amount of carbon emissions produced by vehicles driving about 2.75 million miles per year, compared to 180,000 miles for conventional rooftop systems.

## Lost Lands

Salinity is Eating Away Farmland Worldwide

Every day for more than 20 years, an average of almost eight square miles of irrigated land in arid and semi-arid areas across 75 countries have been degraded by salt, according to the study *Economics of Salt-Induced Land Degradation and Restoration*, by United Nations University's Canadian-based Institute for Water, Environment and Health.

Salt degradation occurs in arid and semi-arid regions where rainfall is too low to maintain regular percolation of rainwater through the soil and where irrigation is practiced without a natural or artificial drainage system, which triggers the accumulation of salt in the root zone, affecting soil quality and reducing productivity. In the Colorado River Basin alone, studies peg the annual economic impact of salt-induced land degradation in irrigated areas at \$750 million.

The cost of investing in preventing and reversing land degradation and restoring it to productive land would be far lower than letting degradation continue and intensify. Methods successfully used to facilitate drainage and reverse soil degradation include tree planting, deep plowing, cultivation of salt-tolerant varieties of crops, mixing harvested plant residues into topsoil and digging a drain or deep ditch around salt-affected land.



## Farm Therapy Veterans Heal Through Agriculture

Of the 19.6 million veterans in the United States alone, approximately 3.6 million have a service-related disability, 7.6 percent are unemployed and they collectively make up 13 percent of the adult homeless population, according to the Independent Voter Network.

Organizations worldwide are helping veterans heal their wounds through farming and agriculture. The goal is to create a sustainable food system by educating them to be sustainable vegetable producers, providing training and helping families rebuild war-torn lives.

Eat the Yard, in Dallas, Texas, was founded by Iraq War veterans James Jeffers and Steve Smith to cultivate fresh produce in community gardens. The two began organic farming in their own backyards for both therapeutic and financial reasons, and then slowly began to build more gardens in their community. They now sell their produce to local restaurants and businesses.

The Farmer Veteran Coalition (FVC) is working with veterans across the U.S. to transition them into agriculture. The coalition partners veterans with mentors experienced in farming and business, matches them with agriculture-related job opportunities and organizes equipment donations in Iowa and California. FVC is helping former members of the armed forces in 48 states.

Source: [FoodTank.com/news/2014/11/veterans-day](http://FoodTank.com/news/2014/11/veterans-day)

# Creature Crime

## Feds Make Animal Abuse a Felony



In October, the Federal Bureau of Investigation (FBI) classified animal cruelty as a class A felony and a “crime against society,” on a par with such serious crimes as homicide. The FBI intends to prosecute intentional abuse and torture, gross neglect, sexual abuse and organized abuse, which includes dog fights. Also, the onset of tracking animal abuse cases nationwide will assist local police and counselors in identifying and connecting with minors that show an early tendency to abuse.

FBI studies show an alarming connection between animal abusers and perpetrators of extremely violent crimes against humans. The goal is that early detection and intervention will

help certain children get the counseling and social support they need to live productive lives free of crime and abuse.

“Regardless of whether people care about how animals are treated, people, like legislators and judges, care about humans, and they can’t deny the data,” says Natasha Dolezal, a director for the Center for Animal Law Studies at Lewis & Clark College, in Portland, Oregon.

Source: *EliteDaily.com*

# Plastics Ping-Pong

## China Reverses Its Recycling Policy

Plastic items we carefully separate from the rest of the trash and put in a distinct container may have a dubious fate, according to environmental watchdog Quartz. U.S. recycling companies have largely stayed away from accepting plastic, and most of it has been shipped to China, where it can be processed more cheaply. But China has announced a new Green Fence policy ([Tinyurl.com/ChinaGreenFence](http://Tinyurl.com/ChinaGreenFence)), prohibiting importation of much of the plastic for recycling that it once received.

Plastic categories #3 through #7 (shampoo bottles to butter tubs) may go into domestic landfills again until a solution is found, says David Kaplan, CEO of Maine Plastics, a post-industrial recycler.

China controls a large portion of the recycling market, importing about 70 percent of the world’s 500 million tons of electronic waste and 12 million tons of plastic waste each year. These Chinese policy changes will put pressure on Western countries to reconsider their reliance on this formerly cost-effective practice of exporting waste and the necessity for increasing their domestic recycling infrastructure.



# Euro Space

## Forty Percent of Hamburg Will Be Green Space

Hamburg, Germany, named Europe’s 2011 Green Capital by the European Union, is implementing an ambitious plan to create and link 27 square miles of new and existing green space, comprising 40 percent of its land area. The result will put nature within easy reach of every resident, provide connectivity for walking and bicycling to eliminate automobile traffic by 2035 and make the city more resilient to flooding caused by global warming. The metro area population currently numbers 4.3 million as Europe’s 10th-largest city.

Since 2000, Germany has converted 25 percent of its power grid to renewable energy sources such as solar, wind and biomass. The architects of the clean energy movement *energiewende*, which translates as “energy transformation”, estimate that 80 percent to 100 percent of Germany’s electricity will come from renewable sources by 2050.

Angelika Fritsch, a spokeswoman for the Department of Urban Planning and the Environment, says, “The more important result may be the provision of green infrastructure to absorb rain and flood waters.” Sea levels in the port city have risen by 20 centimeters over the past 60 years and are expected to rise another 30 centimeters by 2100.

Source: *Inhabitat.com*

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## Antisocial Insects Natural Ways to Keep Crawling Critters Away

With picnics and barbecues on the calendar, summer is a time for indoor/outdoor entertaining with family, friends and neighbors. To keep invading ants away, hosts will want to use natural materials, many of which can be found in the kitchen, instead of chemical products that may be hazardous




to humans, pets and wildlife.  
**Natural lines of defense.** Applying ground cinnamon or mixing some of the spice with sugar, cloves and water into a thin paste and using a cotton swab to dab it in cracks and around doors and windowsills outside the house where ants might enter can be effective. The aroma is too strong for them, so they'll either succumb or turn away. Another method recommended by the Mother Nature Network is to clean floors and countertops with a solution of one cup each of vinegar and water, with the option to enhance it with 15 drops of lemon oil.  
**Try a simple spray.** An organic insecticide for application in grassy locations, applied to the legs and sides of the picnic table or chairs, can help reduce intrusion by ants and other pests. *ChasingGreen.org* suggests pouring one-and-a-half cups of water

into a blender and adding two bulbs of garlic. Liquefy the ingredients to a smooth blend, strain out the remaining pieces of garlic, dilute the mixture with about a gallon of water and fill a spray bottle.  
**Organic pest control.** Some manufacturers specialize in eco-friendly products, including the Extremely Green Gardening Company (*ExtremelyGreen.com*) that offers diatomaceous earth, Hasta La Vista Ant! and Bug Shooter insecticide. Other chemical-free bug traps can be found at many hardware stores.  
**Avoid temptation.** Keep food container lids and boxes tightly closed indoors and keep food covered as much as possible outdoors.  
 Taking natural preventive steps now is timely because many ant species are highly active in early summer as they seek to increase the food stores for their colonies.

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## WHAT IS

# Vibration Training

## How Can It Be Used for Weight Loss



**10 mins = 1 hour GYM WORKOUT**

### What is Whole Body Vibration (WBV), how can we define it?

WBV is a mechanical stimulus characterized by oscillatory motion delivered to the entire body from a platform. The devices currently available use two different systems: (a) a vertical vibration, meaning the whole plate oscillates uniformly up and down with only a vertical translation; and (b) reciprocating vertical displacements on the left and right side of a fulcrum, increasing the lateral accelerations. Biom«chanical parameters, included in WBV training, are body position, amplitude, frequency, magnitude and duration.

The effects on WBV depend on the training parameters being used:

- amplitude-the extent of the oscillatory motion, peak-to-peak vertical displacement in millimetres;
- frequency-the number of impulses delivered per second (repetition rate of the cycles of oscillation), in hertz (Hz);
- magnitude-the acceleration of the movement, in g's (where 1 g is the acceleration due the earth's gravitational field or 9.81 m/s<sup>2</sup>); and
- duration-the total amount of time that a person spends on the platform, in seconds or minutes.

Considering the numerous combinations of variables possible with the ability to differently position the body as well as using some external loads, such as rubber bands or weight, there are a lot of training possibilities.



Dr. Steven T. Castille

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

# RETHINKING RECOVERY

## Holistic Approaches to Healing Addictions

by Lisa Marshall



Through 15 years of alcohol and prescription drug addiction, one prominent Virginia business owner tried it all to get clean: three inpatient rehab centers; talk therapy; Alcoholics Anonymous (AA) and Narcotics Anonymous (NA), spending roughly \$200,000 in the process.

"I would follow through for about a year, and then start to feel like I was on top of things and get complacent," says the 52-year-old, who asked that her name not be used. She'd treat herself to "just one drink" and soon find herself in a familiar downward spiral. She last relapsed in October 2012. Three months later, she was on the interstate in the morning, a half-empty four-pack of mini wine bottles on her front seat, when she swerved and slammed head-on into a semi-trailer truck. She escaped her flattened car with minor head trauma, gratitude that her children didn't have to "bury their drunk mother," and a renewed will to sober up and rediscover happiness.

Today, she's done just that, thanks to a comprehensive, holistic approach that included hiring a life coach that specializes in addiction, overhauling her diet, making time for daily physical and spiritual exercises and reframing her addiction, not as a disease she is cursed with, but as a predisposition she has the power to keep at bay.

"Yes. I was passed a gene by my alcoholic father. Yet that only becomes a threat to me when I make a choice

to ingest something that cuts the beast loose," she says. "I work hard every day, using a whole bunch of different tools to keep that from happening again."

She is one of a growing number of alcoholics and addicts reaching beyond the standard trifecta of 28-day rehabs, 12-step programs and psychotherapy toward an approach that addresses mind, body and spirit. More than 40 million Americans over the age of 12 (16 percent of the population) are addicted to alcohol or drugs, according to the National Center on Addiction and Substance Abuse at New York City's Columbia University. Yet the standard treatments yield less-than-stellar success rates.

Sixty percent of addicts return to drug use within a year after rehab, according to the National Institute on Drug Abuse, and only 5 percent of AA attendees continue with meetings after 12 months, according to AA research. David Essel, a Fort Myers, Florida, life coach who specializes in working with substance abusers, says that when examining all the data, only about one in 10 addicts or alcoholics that use conventional means alone are still clean after one year. Fortunately, because people vary widely in emotional needs and physiologies, other complementary options are also catching on.

### Mending Brain and Body

Enter a group meeting for recovering addicts or alcoholics and chances are there will be a pot of black coffee, plus donuts or cookies. "Having poor eating habits is

a primary contributing factor to relapse," says Registered Dietitian David Wiss, founder of *NutritionInRecovery.com*, which provides nutrition consulting for recovery programs in Los Angeles. Because substance abuse can deaden appetite and many of the same neurological circuits that drugs and alcohol stimulate are also activated by salty or sugar-laden foods, newly recovering addicts tend to be ravenous and drawn to junk food. "After 30 days in treatment, people can gain 10 to 30 pounds. They often turn back to addictive substances they've abused to get their appetite back under control," says Wiss. (Because smoking deadens taste buds, drawing people to seek out more intense salty or sugary flavors, it exacerbates the problem.)

In a subconscious attempt to get maximum stimulation of now-neglected reward centers in the brain, users often eat little most of the day, then binge later, leading to erratic blood sugar levels that can impact mood, further sabotaging recovery. After years of abuse, addicts also tend to suffer deficiencies of proteins and good fats—key building blocks of a healthy brain.

"The brain has been rewired due to the use of substances. Without healing it, you can attend all the meetings in the world and you'll still struggle with cravings," reports Essel. He starts new clients with 500 milligrams (mg) daily of the dietary supplement DL-phenylalanine, an amino acid precursor to feel-good neurotransmitters such as norepinephrine. He also gives them tyrosine, an energizing amino acid said to quell sugar cravings. For relieving a craving in progress, he recommends 500 to 1,000 mg of glutamine, placed under the tongue.

Wiss says he generally recommends food over supplements, yet asking newly recovering addicts to also revamp their diets can be tough. "I wouldn't expect anyone to make a big nutritional change in their first week of sobriety," he says. After that, he encourages small steps: Drink eight glasses of water per day. Eat three meals and three snacks to keep blood sugar stable. Load up on fiber, which can help heal the gut and replenish it with healthy bacteria. Eat plenty of lean protein to promote production of feel-good brain chemicals. Load up on nuts, seeds, fatty fish and other omega-3 fatty acids that suppress inflammation in the brain and have been shown in some studies to quell depression.

Daily exercise is also key as Wiss notes that it "circulates our blood and gets all those healthy nutrients into our brain."

Physical activities can also help fill

the void and even provide a new sense of identity for someone whose self-esteem has been shattered, says Scott Strode, founder of Denver, Colorado's Phoenix Multisport, which hosts group cycling, running and climbing outings for recovering addicts and alcoholics.

Strode kicked his own cocaine habit 18 years ago by immersing himself first in boxing, then climbing and triathlons. He founded Phoenix in 2007 to help fill what he sees as a gaping hole in recovery support services—a place where people with similar pasts can gather and talk without dwelling exclusively on their dependence issues. He has since served 15,000 people in Colorado, California, and Boston, offering 60 free outings a week for anyone at least 48 hours sober.

“By being part of something like this, you can let go of the shame of being the addict, the junkie or the one that let down the family. Now you are the climber or the mountain biker,” says Strode. He stresses that Phoenix programs aren't intended to replace treatment. Still, “For some, just that redefining of self may be enough. For others, it's a powerful tool in a broader toolbox.”

### Beyond AA

Co-founded in 1935 by an alcoholic named Bill Wilson, Alcoholics Anonymous now has 2 million members and has

played an important role in many successful recoveries. However, its God-based approach (five of the 12 steps refer to God or Him), a credo that alcoholics must admit “powerlessness” and its emphasis on alcoholism as a defining disease aren't for everyone. Naysayers point to a 2006 finding by the nonprofit Cochrane Collaboration that states, “No experimental studies unequivocally demonstrated the effectiveness of AA or 12-step approaches for reducing alcohol dependence or problems.”

Such concerns have prompted some alternative recovery fellowships, including Moderation Management (*Moderation.org*), which helps people that want to drink less; and Smart Recovery (*SmartRecovery.org*), which supports an ethos of self-empowerment via cognitive behavioral therapy, nutritional changes and group discussions. Other programs focus on renewing the soul by applying metaphysical practices to the traditional 12 steps.

“The conventional 12 steps talk about a higher power outside of you,” says Ester Nicholson, a singer, author and addictions counselor. In her book *Soul Recovery: 12 Keys to Healing Addiction*, she describes a descent into crack cocaine addiction beginning in her teens, and the long climb out of it.

At first, she says, the 12 steps helped her break free of what she calls the “spiritual malady, mental obsession and physical allergy,” that is addiction. But after a

decade of being clean, followed by a near-relapse, she discovered meditation and other spiritual practices. “I realized that this higher power can restore me to sanity, but the higher power is actually within me. I found this wonderful bridge between the 12 steps and universal spiritual principals, and it is rocking my world.”

Patti Lacey, 54, an Essel client, likewise found lasting sobriety by extending her toolbox, learning to focus not only on past pain, but on bringing forth her best self. According to the International Coach Federation, which reports an uptick in interest in recovery coaching, a coach helps to establish individual goals and map a journey to success.

Two years into recovery, Lacey still takes her supplements daily, rises at dawn to meditate, attends 12-step meetings and is part of a nondenominational church community. She also regularly meets with her coach to report progress and update goals, including getting a handle on her finances, a frequent casualty of addiction. “Everybody's journey is different,” Lacey confirms. “What I needed was someone to tell me exactly what to do in the beginning, and then be around to hold me accountable. That changed everything.”

*Lisa Marshall is a freelance health writer in Boulder, CO. Connect at [LisaAnnMarshall.com](http://LisaAnnMarshall.com).*

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 Day 2: Deep Tissue Manual Massage (60 mins), Infrared Heat Therapy (45 mins), Whole Body Vibration (10 mins)  
 Day 3: Ionic Foot Detox (30 mins), Hydration Therapy (30 mins), Lymphatic Massage (30 mins)

**Week 2**  
 Day 1: Organic Juice Detox (3 days), Vitamin Therapy, Infrared Heat Therapy (45 mins), Whole Body Vibration



## 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:

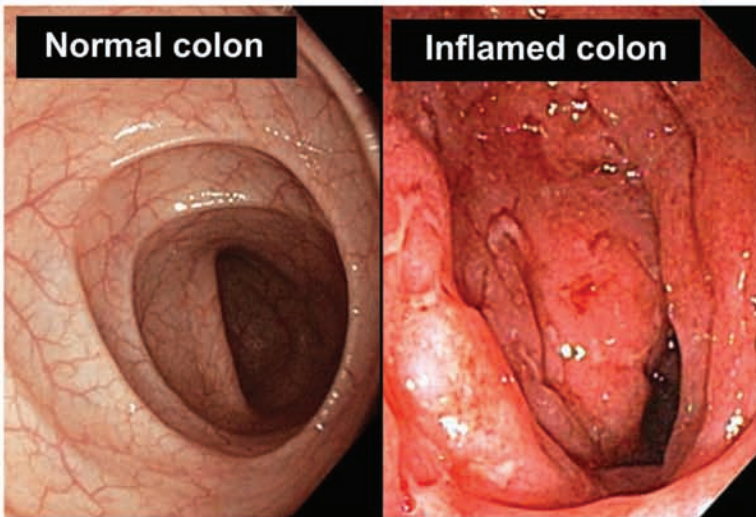
Immunity weakens with more and more acidity in our body and thus we fall sick more frequently. Alkaline water can help build up alkaline reserves and neutralize acids helping our body to recuperate and grow strong.

### 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.

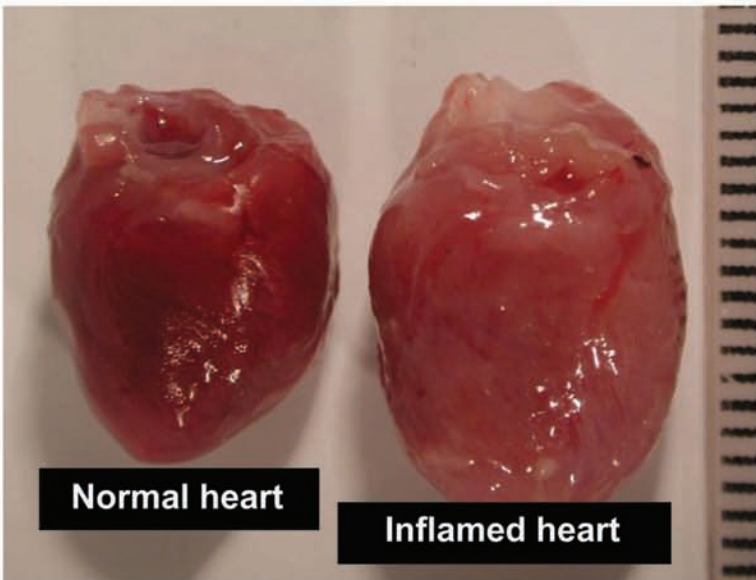
### Decrease Risk of Cancer:

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.



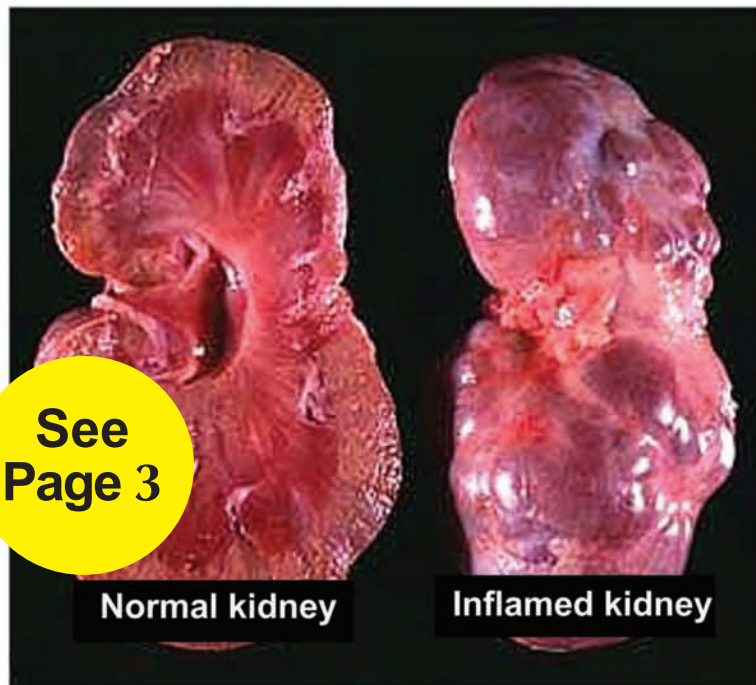
Normal colon

Inflamed colon



Normal heart

Inflamed heart



Normal kidney

Inflamed kidney

See Page 3

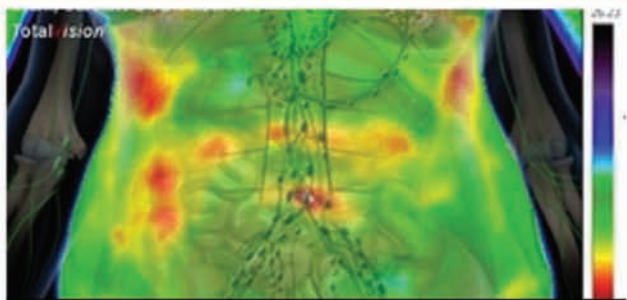
# Thermography

detects inflammation

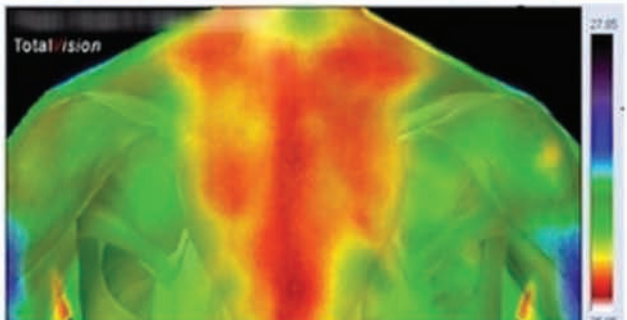
## INFLAMMATION

### The Silent Killer

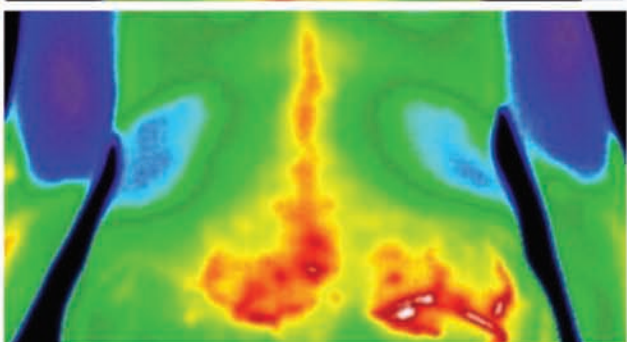
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# Don't Get Ticked Off

## Natural Ways to Avoid and Treat Lyme Disease

by Linda Sechrist

In 1977, two Yale School of Medicine scientists identified the infected black-legged deer tick carrying the bacterium *Borrelia burgdorferi* as the disease-transmitting organism of Lyme disease. Since 1982, this most commonly reported vector-borne disease in the U.S. has gained notoriety, with its own resource book, *Disease Update: Science, Policy & Law*; research center (*Columbia-Lyme.*

*org/index.html*); International Lyme and Associated Diseases Society website, *ilads.org*; *Lyme Times* print journal (*LymeDisease.org*); and national informational organization, the Tick-Borne Disease Alliance (*TBDAlliance.org*).

The surge of activity appears justifiable. According to scientists at the Centers for Disease Control, approximately 300,000 cases are diagnosed

annually in this country alone.

Amy Tan, author of *The Joy Luck Club*, is a post-treatment Lyme disease patient and co-founder of LymeAid 4Kids (*Tinyurl.com/LymeAid4Kids*) that funds the diagnosis and treatment of uninsured children with Lyme. She disagrees with physicians that downplay late-stage cases and insist that the disease is cured with a simple round of antibiotics, as does Katina Makris, a classical homeopath from New Hampshire and host of *Lyme Light Radio*.

After experiencing mysterious symptoms, Makris spent five years suffering from debilitating symptoms familiar to individuals with Lyme—undiagnosed, relapsing fevers, lingering fatigue, joint pain, headaches, neurological symptoms and cognitive impairment. "Then I finally began my 10-year healing journey," she says. Her book *Out of the Woods: Healing from Lyme Disease for Body, Mind, and Spirit*, is a recovery memoir and resource guide for alternative medical, emotional and spiritual support.

Lyme evades detection by standard blood tests for bacterial antigens and antibodies. "The ELISA [enzyme-linked immuno assay] test is only accurate between two weeks and two months after the bite," says Makris, who notes that the Western Blot test is somewhat more ac-

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Mother Teresa

curate, while the IGeneX Laboratory test is superior. She believes the best laboratories for testing are Clongen Laboratories and IGeneX Laboratory Services.

Dr. Richard Horowitz has treated more than 12,000 Lyme disease patients as medical director of the Hudson Valley Healing Arts Center, in Hyde Park, New York. The author of *Why Can't I Get Better? Solving the Mystery of Lyme and Chronic Disease* raises another red flag regarding detection. Testing for coinfections frequently transmitted along with Lyme is unreliable. Horowitz, who will conduct a workshop with Makris at New York's Omega Institute for Holistic Studies, in Rhinebeck, and online, from June 26 to 28, counsels that antibiotics are not effective because they don't address all of the infecting organisms now frequently found in ticks.

Stephen Harrod Buhner, of Silver City, New Mexico, an independent scholar and citizen scientist and author of *Healing Lyme Disease Coinfections*, says that the bacteria have jumped species and found new hosts that live in habitats formerly occupied by wild animals: "They have learned to exist in humans and are teaching each other how to resist antibiotics and more easily infect us. What they do together in the body is a great deal more complex

## Essential Oils to Repel Ticks

1 cup distilled water  
2 drops geranium essential oil  
2 drops Palo Santo essential oil  
1 drop myrrh essential oil  
4 drops grapefruit essential oil  
1 drop peppermint essential oil  
1 drop Thieves hand soap or castile soap

Place all ingredients in a spray bottle and shake. Spritz on socks, sneakers/hiking boots, ankles and legs at a minimum and consider other exposed skin.

than what they do alone, making them difficult to treat. *Bartonella* species utilize the immune system of whatever mammal they infect as part of their infection strategy. Any existing inflammation in the body, such as arthritis, facilitates the growth of *Bartonella*."

The weaker or more compromised one's immune system, the more likely a debilitating course of illness will occur. An improved immune system can identify

the outer membrane proteins of the offending bacteria and create countering antibodies in four to eight months. "Once the immune system creates the proper antibodies, the bacteria are then eliminated fairly rapidly," advises Buhner.

Makris is grateful that she saw a nutritionist trained in functional medicine. "He worked slowly and methodically to reduce the inflammation, build up my immune system and restore my digestive, endocrine and nervous systems before killing the bacteria and opening up natural detoxification pathways to flush out the bacteria and their endotoxins. We used weekly acupuncture appointments, good nutrition and homeopathic formulas, plus various herbs, vitamins and mineral supplements," says Makris.

Ticks in high-vegetation areas wait for a passing host. To avoid these hitchhikers, wear light-colored long pants tucked into socks. A shirt should also be tucked in. Later, strip down and search hair, underarms, legs, behind the knees and ears, and in the belly button. As commercial tick repellants contain toxic ingredients, a targeted mixture of topically applied, therapeutic-grade essential oils is preferred.

*Linda Sechrist is the senior staff writer for Natural Awakenings.*

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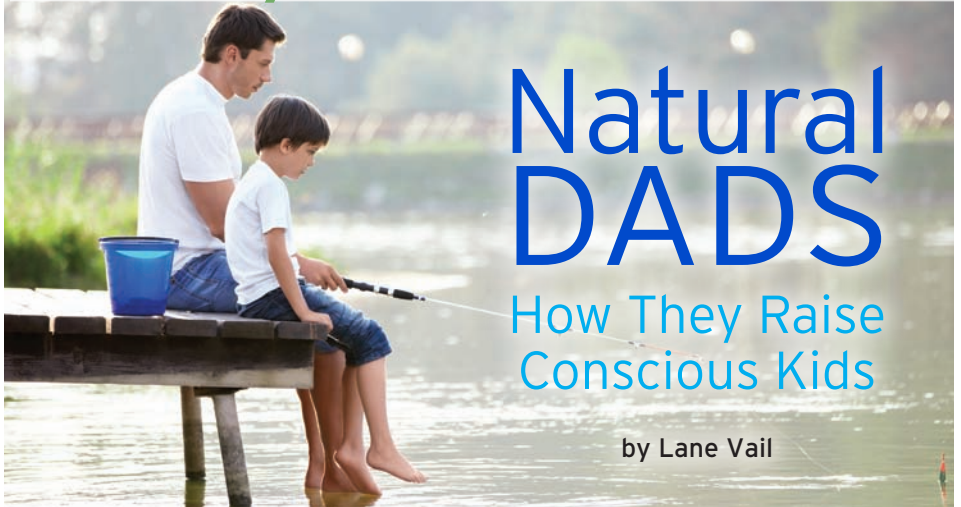
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## Natural DADS

### How They Raise Conscious Kids

by Lane Vail

Fathers are more involved in their children's lives than ever before, embracing their roles of leader, nurturer and protector, and they're reaping extraordinary benefits. According to a 2014 study published in the *Academy of Management Perspectives*, fathers that spend more time with their kids are both happier at home and more satisfied at work. Today, many mindful dads engaged in a natural lifestyle apply that same health consciousness to their parenting.

**Support Mama.** Natural fathering begins during pregnancy, with an informed birth plan. "Support whatever birthing decision the woman feels will provide her the most comfort and relaxation," advises Dr. John Douillard, an ayurvedic chiropractor and author of six books, including *Perfect Health for Kids*. Hold her hand, rub her back, advocate for her rights and after the birth, support her efforts to breastfeed whenever, wherever and however long she wants.

"Fathers should recognize that the burden of care is clearly on the mother for at least the first year, so her opinions and wishes deserve special consideration and respect," says Ben Hewitt, father of two, home unschooler and author of *The Nourishing Homestead*.

**Embrace physical closeness.** Bonding through nurturing touch is powerful and rewarding for father and child. A recent study published in the *Journal of Perinatal Education* found that fathers that practiced infant massage experienced significant stress release and bonding with their offspring. Wearing a baby or toddler

in a sling, wrap or carrier is another comforting way to spend time together.

Co-sleeping helps foster a more natural sleep rhythm with a nocturnally hungry baby, while also offering another way to connect. "Any stress my family may have experienced during the day dissipated when we reconnected at nighttime," Hewitt attests. "Looking back, I can't imagine having missed out on that opportunity to be so close with my kids."

**Feed healthy habits.** Natural dads are educated about both naturopathic and Western medicine to make informed choices regarding prevention and intervention. Douillard applies the ayurvedic principle of seasonal eating in order to bolster the immune systems of his six children and clients. Cooling foods like fruits and vegetables in summer prevent overheating; warming foods like soups, nuts and meats in winter lubricate mucus membranes and facilitate fat and protein storage; light foods like leafy greens in spring detoxify the body. His experience is that when kids with robust immunity catch the occasional malady, its severity and duration are reduced, and natural herbs often provide a gentle first step toward recovery.

Douillard treats colds with a spoonful of equal parts turmeric and honey mixed into a paste. "Turmeric is a powerful anti-inflammatory and antiviral herb that also helps liquefy mucus in the respiratory tract," he says. For tummy troubles, he suggests offering kids an herbal tea of cumin, coriander or fennel.

Above all, parents must exemplify good health habits. "Eat better, exercise



When dads are calm and present,  
they become a calming presence.

~Hal Runkel

regularly, change your diet with the local season and your kids will follow along," says Douillard.

**Impart green morals.** Earth-conscious parents teach their children how to leave a faint ecological footprint by supporting local eco-friendly companies, reducing the presence of toxic chemicals in the home and consuming and wasting less. However, wagging a finger and imploring kids to be eco-friendly is not enough; model helpful behaviors and illustrate the implications of their choices. "Instead of saying, 'You should recycle,' show kids online pictures of the giant flotillas of plastics polluting the oceans," says Hewitt. Maintain an experiential dialogue about respecting, preserving and enjoying nature.

**Encourage adventure and resourcefulness.** "Historically," says Hewitt, "children learned alongside their parents and community, immersed in their environment, an arrangement that allowed them continual opportunities to prove their own resourcefulness." All dads, like homeschoolers, will find satisfying fun in sharing problem-solving, hands-on projects with their kids, like building a debris shelter in the woods, planting a garden, or using repurposed materials to engineer something with form and function. Learning doesn't have to be a hierarchical activity, wherein dads teach children, says Hewitt. "The opportunity to learn and explore together is powerful."

**Play.** Hewitt encourages dads to look for opportunities to relieve kids of their often overwhelming and scattered schedules. "It's incredibly important for kids and adults to set aside time for free play and exploration," he says.

"Go outside with them," says Douillard. "Make up games, goof off, run around, roll around and just be with them. It makes a world of difference in their lives."

*Lane Vail is a freelance writer in South Carolina and blogger at Discovering Homemaking.com.*



## Cool Daddy

by Lane Vail

In terms of discipline, natural fathering is neither tough nor timid, punishing nor permissive. The mindful dad is calm, connected and capable. He's able to harness introspection and observe himself as he parents, because he focuses more on managing his own behavior than that of his kids.

"Fathering is a leadership role, not a management role," says Hal Runkel, a licensed marriage and family therapist and author of the bestseller *ScreamFree Parenting*. "If I manage myself with calmness and clarity, I can lead my children to learn to manage themselves."

Runkel says the first step is "committing to cool." Find an anxiety- or anger-managing technique that feels natural, such as meditation, yoga, deep breathing, visualization, prayer or counting beads on a bracelet, and call on that skill to maintain coolness when challenged by a child, advises Runkel.

It's a misconception that emotions need to be released or they will consume us, he says. "Emotions just are; it's the thoughts about emotions that drive us crazy." Learning to name, tame and befriend feelings through introspection and mindful exercises allows space for calm conversations with children to emerge.

"We fathers have a special responsibility to lead with calm because we are physically imposing in children's eyes," he says. "The approachable dad has teachable kids, and he lets natural and logical consequences do the teaching."

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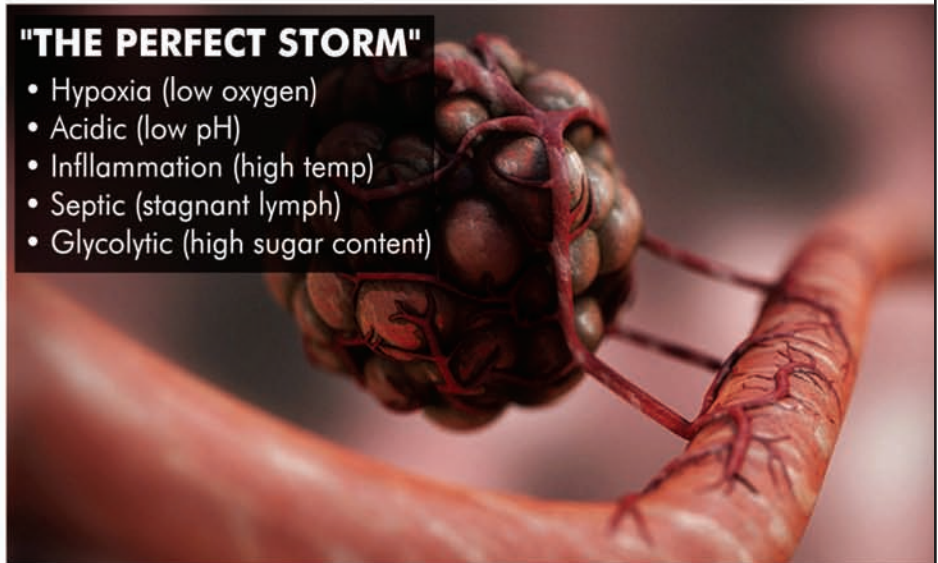
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## conscious eating

# MANLY FOODS

## Boost Testosterone with the Right Choices



by Kathleen Barnes

Today's rates of male infertility and sexual dysfunction suggest that low testosterone is rapidly becoming a national problem.

Johns Hopkins School of Medicine epidemiologists estimate that 18.4 percent of all American men over the age of 20, totaling 18 million, have reported experiencing erectile dysfunction. The Centers for Disease Control and Prevention reports that 7.5 percent of all sexually experienced men under 45, or more than 4 million, have consulted a fertility doctor, suggesting it's a serious problem among younger men.

"Both erectile dysfunction and infertility reflect elements of lifestyle choices, especially obesity, smoking and exposure to environmental toxins," says Naturopath James Occhiogrosso, of Fort Myers, Florida, author of *Your Prostate, Your Libido, Your Life: A Guide to Causes and Natural Solutions for Prostate Problems* and *ProstateHealthNaturally.com*. He says there are many ways to address low testosterone, a factor in both issues, and a healthy diet is crucial for healthy sexual function in both men and women.

Some foods can help, while others can hinder a man's sexual vitality, advises Craig Cooper, of Newport Beach, California, founder of the CooperativeHealth network of men's health websites and author of *Your New Prime: 30 Days to Better Sex, Eternal Strength, and a Kick Ass Life After 40*. He identifies key

no-nos that decrease testosterone as eating excess sugar, drinking excessive alcohol and being sedentary. Here are the best foods for increasing testosterone.

**Shrimp:** Like fatty fish, this tiny crustacean is one of nature's few food sources of vitamin D, which Harvard School of Public Health research confirms is linked to testosterone levels. Four ounces of shrimp contain 162 IU (international units), about 40 percent of recommended daily intake.

**Oysters, red meat and pumpkin seeds:** All of these are rich sources of zinc, which Cooper notes has a direct link to higher testosterone levels. He cautions, however, that too much zinc can cause its absorption to diminish. Men need 11 milligrams (mg) of zinc a day. Oysters are considered a food of love for a reason: One shelled oyster contains 12.8 mg of zinc. Pumpkin seeds are zinc powerhouses with 7 mg in 3.5 ounces. By comparison, 3 ounces of beef liver or dark chicken meat deliver 4.3 mg and 2.4 mg, respectively.

**Lean, grass-fed beef, tuna and nuts:** These are high-quality sources of omega-3 fatty acids. "Without obtaining at least 20 percent of our daily calories from fat (no less than 15 percent) we can't function at optimum capacity, as hormones are produced through the components of dietary fats, including the sex hormones like testosterone," advises Virginia Beach, Virginia, Registered Dietitian Jim White, a spokesman for the Academy of Nutrition and Dietetics. "A diet high in carbohydrates and too much dietary fat—more than 35 percent—will cause a gain in body

fat, which can decrease testosterone levels. Balance is the key.”

**Broccoli, cauliflower and cabbage:** Cruciferous vegetables are rich sources of indole-3-carbinol, which helps both balance testosterone and estrogen, and neutralize excess estrogen in men and women, says Occhiogrosso. Yes, men have estrogen, too, just less than women, and too much blocks testosterone production.

**Red grapes:** This whole food is a good source of resveratrol and proanthocyanidin, which block harmful estrogen production, says White. Excess estrogen production spurred by eating foods like soy and flax and the growth hormones contained in big agriculture’s meat and dairy products lowers testosterone production in men.

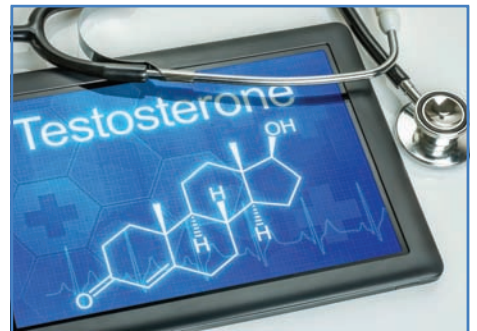
**Strawberries:** Due to their cortisol-lowering vitamin C, all berries help reduce stress, including when hormones are released during a heavy workout that can hamper testosterone production. One study published in the *International Journal of Sports Medicine* confirms that more cortisol equals

less testosterone; another in the *World Journal of Men’s Health* shows that high cortisol lowers sex drive and results in delayed ejaculation. Plus, two Brazilian studies showed animals with the highest vitamin C intake had the highest sperm counts among study subjects. Another good cortisol fighter is the allicin in garlic.

**Pomegranates:** Occhiogrosso likes pomegranates for building testosterone levels. An impressive study from the *International Journal of Impotence Research* showed that the performance of 47 percent of the impotent male study participants improved after consuming a daily glass of pomegranate juice for four weeks.

“Food is always the first choice when I’m treating men with testosterone and fertility issues,” says Occhiogrosso. “It’s often effective without the dangers of testosterone injections.”

*Kathleen Barnes is the author of numerous health books, including Food Is Medicine: 101 Prescriptions from the Garden. Connect at KathleenBarnes.com.*



## PERSONAL HORMONE PROFILE

Health counselor James Occhiogrosso says it’s essential to know a man’s entire hormone profile, not just testosterone levels, to understand the best way to treat problems.

A hormone panel should include blood and/or saliva tests of the following:

- ✓ Testosterone
- ✓ Free testosterone
- ✓ SHBG (sex hormone binding globulin)
- ✓ Progesterone and estradiol (hormones not only present in women)
- ✓ DHEA (dehydroepiandrosterone), a precursor, or foundational hormone, that produces both estrogen and testosterone

## Body Building Doesn’t Build Testosterone

Many people think that bodybuilders define he-man muscles by producing huge amounts of testosterone. Not so, says Naturopath James Occhiogrosso, who specializes in men’s health. “Bodybuilders consume huge amounts of protein to build muscles,” he says. “When a man’s pumping 100 to 150 grams of protein into his body every day, he will actually produce less testosterone.” For healthy testosterone levels, he recommends that a man derive a maximum of 25 percent of his daily calories from protein.

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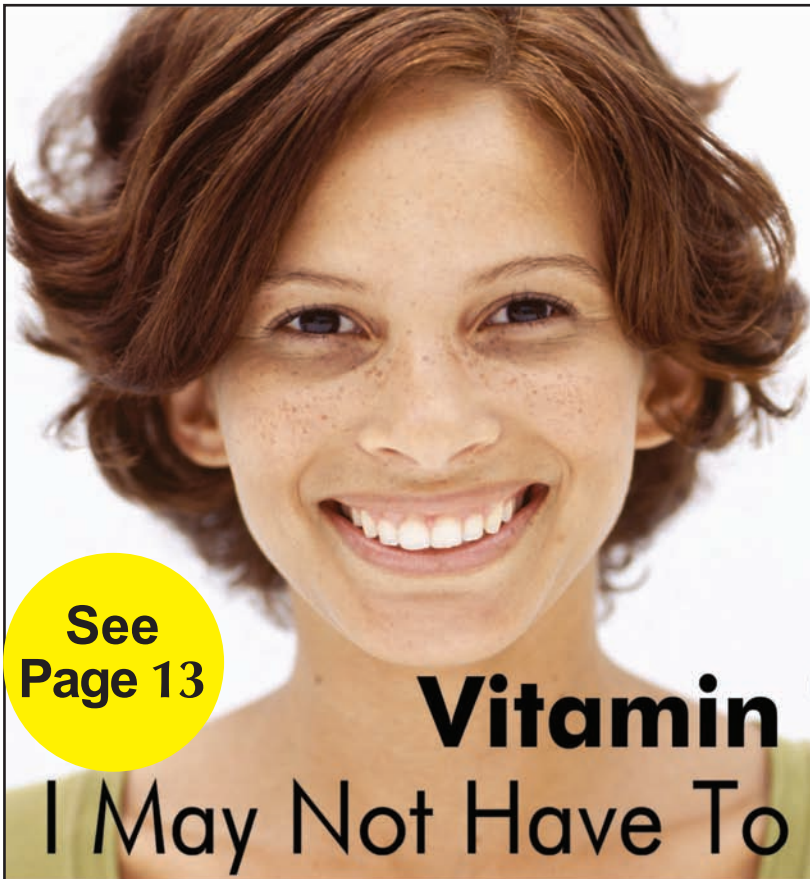
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See Page 13

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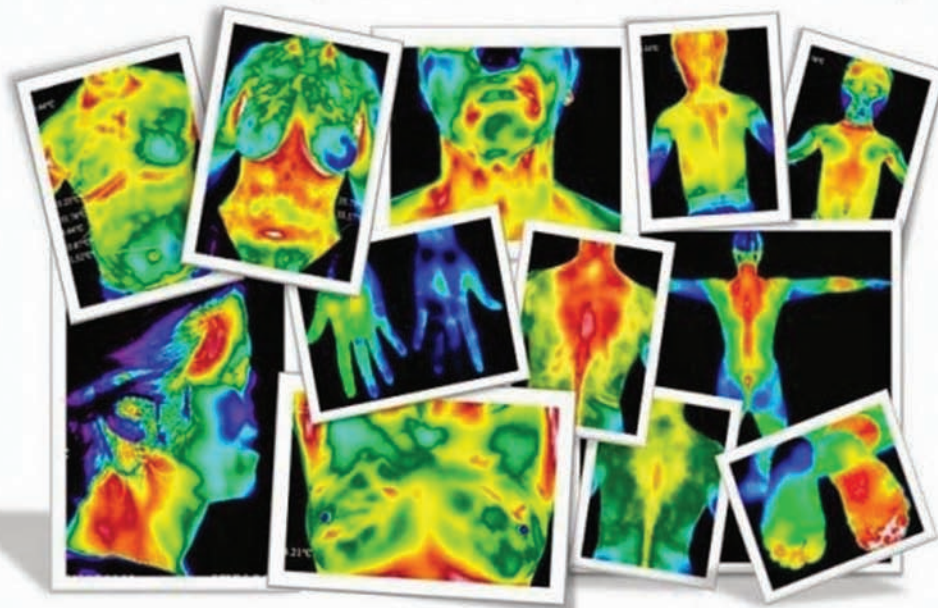
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## CALENDAR

There are 4 parts to the calendar:

- DAILY** - A day in the month of the current issue.
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#### WEDNESDAY JUNE 5

Archaeological Investigation of the Marsh Sugar Plantations - 6:30-7:30pm. Dr. David T. Patterson, professor of anthropology at UL Lafayette, discusses the results of two field seasons of archaeological research on an antebellum agro-industrial complex on Avery Island. South Regional Library, 6101 Johnson St, 337-896-6323.

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# HIDDEN TREASURES

## Neighbors Discover Their Wealth of Resources

by John McKnight and Peter Block

The essential promise of consumerism is that everything fulfilling or needed in life can be purchased—from happiness to healing, from love to laughter and from raising a child to caring for someone at the end of life. What was once the task of relatives and neighbors has been outsourced, costing the family its capacity to manage traditionally provided necessities. The community has been replaced by paid professionals and technology.

Until the 20th century, the basic philosophy of rearing children was that they become effective grownups by connecting with productive adults and learning the community's skills, traditions and customs from them. Youth had key household jobs to do. When they became adults, they were thus equipped to care both for the next generation and for those that had cared for them.

Today, the most effective communities are those in which neighborhoods and residents have reclaimed their traditional roles. The research on this point is decisive. Where there are "thick" community connections, there is positive child development. Health improves, the environment is sustained and people are safer and have a stronger local economy.

Neighbors Naomi Alessio and Jackie Barton were talking about family challenges when Alessio noted her son Theron's encouraging turnaround after he began voluntarily learning metal-working skills with Mr. Thompson in his garage shop. Alessio could see Theron change and finally stopped worrying about what he was doing after school.

Barton admitted that her son Alvin was in trouble, and asked Alessio if there might be someone in the neighborhood

whose skills would interest him. They discovered enough diverse talent for all the kids in the neighborhood to tap into.

Three of the men they met—Charles Wilt, Mark Sutter and Sonny Reed—joined Alessio, Barton and Thompson in finding out what the kids on the block were interested in learning. Also, why not ask the kids what they knew? They found 22 things the young people knew that might be of interest to some adults on the block.

The six neighbors named themselves the Matchmakers and created a neighborhood website. Many neighbors also formed a band, plus a choir led by Sarah Ensley, an elder who'd been singing all her life. Charles Dawes, a police officer, formed an intergenerational team to make the block a safe haven for everyone.

Lenore Manse decided to write family histories with photos and persuaded neighborhood historian Jim Caldwell and her best friend, Lannie Eaton, to help. Wilt suggested that the Matchmakers welcome newcomers by giving them a copy of the block history, and then updating it with information about each new family.

Three years later, at the annual block party, Barton summed up the neighborhood's accomplishment: "All the lines are broken; we're all connected. We're a real community now."

*Adapted from an article by John McKnight and Peter Block for YES! Magazine that appears in its anthology, Sustainable Happiness. They are co-authors of The Abundant Community: Awakening the Power of Families and Neighborhoods (Abundant Community.com).*



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photo courtesy of Pat Capozzi

# THE TEENY-TINY VACATION OPTION

## Mini-Dwellings Make Travel a Lark

by Avery Mack

Tiny vacation cottages offer a simple, cozy setting for taking time off together and spell crazy fun—a huge improvement over sterile motel rooms.

Most of us are oriented to a typical American house averaging 2,300 square feet, making it a childlike hoot to step into the petite footprint of a tiny house one-tenth the size. Vacation rentals of “tinies” are available nationwide in all shapes and styles—including treetop aeries.

Tree houses range from rustic to luxurious. Marti MacGibbon and her husband, Chris Fitzhugh, spent a romantic weekend at the Out ‘n’ About Treehouse Resort, in Cave Junction, Oregon. “The Peacock Perch is a favorite,” says MacGibbon. “It also helps me overcome my fear of heights.”

In Hawaii, Skye Peterson built a tree house from recycled materials in five native ohia trees outside Hawai’i Volcanoes National Park. The eco-friendly, solar-powered, passive-energy vacation home enchants guests with firelight at night and breakfast in the morning.

For those that prefer ground-level vacationing, glamorous camping, or glamping, offers an outdoor experience

with the comforts of home. Yellowstone National Park’s Yellowstone Under Canvas has summer options for every budget through September 7, including an onsite gourmet restaurant. Tipis offer the basics, while a roomier safari tent adds a wood-burning stove with complimentary firewood. A deluxe suite with private bath sleeps a family with king-size and sofa beds. All face majestic views of mountains, water and wildlife.

Rustic Karenville, eight miles from Ithaca, New York, isn’t on any map. Owner and builder Karen Thurnheer and her husband, Robert Wesley, live in a 270-square-foot cabin amidst a small village of tinies next to the 9,000-acre Danby State Forest. The little buildings don’t have running water; some have woodstove heat, electricity if the generator’s running and there’s a composting outhouse. “The houses are silly and fun,” she says. “There’s fresh air and at night a million stars.”

Sarah and John Murphy welcome travelers to enjoy urban life with

After stays in guesthouses and hotel rooms, a tiny house felt spacious, so I decided to build my own as a home base.

~Lauren Juliff, professional travel blogger

amenities in the heart of Music City via Nashville’s tiniest guest house. With a complete kitchen and bath, conditioned air and Wi-Fi, its 200 square feet can accommodate four.

Rhode Island’s Arcade Providence historic shopping mall took a hit from Internet shopping. Now it’s vibrantly alive as micro-apartments (bedroom, bath and kitchen in 300 square feet) fill the second and third levels, while first-floor stores cater to residents and destination shoppers. The “no vacancy” sign is regularly posted for apartments acting as dorms or *pied à terres*.

On the West coast, near the 150-acre Lily Point Marine Park, in Port Roberts, Washington, a secluded gingerbread cottage affords a gas fireplace, solarium and upstairs deck for viewing wildlife. “It’s relaxing and romantic,” says owner Pat Capozzi.

Artsy and trendy, Caravan is the first tiny hotel in the United States. Since 2013, guests have enjoyed a choice of its six tiny houses in Portland, Oregon’s Alberta Arts District.

Simple-living students, retirees and even families with small children and pets are embracing the concept longer-term. “The best part,” says Macy Miller, a Boise, Idaho architect who built her own tiny of recycled materials at a cost of \$12,000, “is no mortgage.” To avoid local minimum-size zoning requirements, her house is mounted on a flatbed trailer. The 196-square-foot space is also home to her boyfriend James, toddler Hazel, and Denver, a 150-pound great dane. Recently, Miller blogged, “I’m designing what may be the first tiny nursery as we expect baby number two!”

As Thurnheer observes, “There are lots of silly people like me who love living tiny.”

Connect with freelance writer Avery Mack at [AveryMack@mindspring.com](mailto:AveryMack@mindspring.com).

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# The Gut-Mind Connection

## David Perlmutter on How Stomach Microflora Affect Brain Health

by Linda Sechrist

**D**r. David Perlmutter, a board-certified neurologist and recipient of the Linus Pauling Award for his innovative approaches to addressing neurological disorders, has recently released *Brain Maker*, the latest in a series of books on brain health. This medical advisor to the *Dr. Oz Show* demonstrates how brain problems can be prevented by adopting lifestyle changes that nurture the bacteria living in the digestive system.



have a huge bearing on brain health, and specifically on brain disease, it became important to me to be able to leverage deep knowledge of this empowering information in terms of being able to treat brain disorders.

### **What is the Human Microbiome Project (HMP)?**

HMP, launched in 2008 by the National Institutes of Health, is a \$115 million exploration of the gut microbiome. In the ongoing research project involving genetic and DNA assessment, researchers are looking at the microbiome array in the gut of individuals suffering from various diseases. They are drawing correlations between emerging patterns in the abnormalities of gut bacteria and specific diseases. For example, autism correlates with an overabundance of the *Clostridia* species. In diabetes, there are more *Firmicutes* than *Bacteroidetes*, which we also see in obesity characteristic of the Western cosmopolitan diet.

This is paving the way for interventions designed to restore a normal balance of gut bacteria. An example in my book is Dr. Max Nieuwdorp's research at the University of Amsterdam, in which he discovered an array of abnormal bacteria that characterize Type 2 diabetes. In the more than 250 individuals diagnosed with diabetes that he treated in a double-blind study, he was able to reverse the disease by inserting a series of fecal material transfers from healthy, lean donors into diabetic patients.

### **What is the most eye-opening information about the roles played by gut organisms?**

More than 100 trillion bacteria live in our gut. Plus, there are viruses, yeast species and protozoa. When we factor in their genetic material, it means that an astonishing 99 percent of the DNA in our body is bacterial. It's humbling to realize they influence all manner of physiology, from our immune system to our metabolism, making vitamins, maintaining the gut lining and controlling inflammation, the key mechanism involved in Alzheimer's, Parkinson's, multiple sclerosis and any number of brain degenerative disorders. They also exert influence over the expression of our 23,000 genes, in effect regulating the expression of the human genome.

The latest startling discovery—which is so new that it's not in the book—is that bacterial DNA sequences have now been found in the human genome, meaning we are partly bacterial. It reveals the most sophisticated symbiotic and intimate relationship at the deepest level imaginable. It turns the previous way of thinking about who we are upside-down. Our perceptions of the world, moods, hunger or satiety, even our metabolism, are dictated by gut bacteria, which deserve careful stewarding. They don't deserve, for example, to be bombarded by the capricious use of antibiotics whenever we have the sniffles.

### **How can we reestablish good gut health?**

Better food choices bring about significant changes in our body's microbiome. By incorporating prebiotic foods such as Jerusalem artichokes, dandelion greens, garlic, leeks, onions, jicama or Mexican yam, as well as fermented foods such as kimchi, kombucha tea, yogurt and kefir, individuals can reestablish good gut health that helps them gain control over inflammation, the cornerstone of all degenerative conditions. Inflammation originates in the gut. Balancing bacteria and reducing intestinal permeability, which allows substances to leak through the lining of the small intestine into the bloodstream, can reduce it.

Visit Linda Sechrist's website, *ItsAllAboutWe.com*, for the recorded interview.

### **Why did you begin your book with the quote, "Death begins in the colon," rather than "Brain health begins in the gut"?**

I wanted to draw attention to the real life-or-death issues mediated by what goes on inside the gut. Individuals with an immediate concern for their heart, bones, immune system or brain must recognize that the health of these parts and functions are governed at the level of commensal gut bacteria, the normal microflora that eat what we eat. This relationship is the most powerful leverage point we have for maintaining health.

### **How were you led to expand from studying the nervous system and brain to investigating gastrointestinal medicine?**

Early on in my career, I was taught that everything that goes on in the brain stays there. But leading-edge research now reveals that seemingly disparate organs are in close communication, regulating each other's health. As scientific literature began supporting the notion that gut-related issues

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# Yoga for the Bro's

## Men Find it Builds All-Around Fitness

by Meredith Montgomery

Five thousand years ago, most yoga teachers and students were men. Today, of the 15 million American practitioners, less than a third are males. However, this figure has increased in the past decade, with teachers in some areas reporting a balanced ratio of men and women in their classes.

Yet, even as professional athletes add yoga to their training regimen, Power Yoga founder Bryan Kest, in Santa Monica, California, points out, "To the mainstream man, yoga is not masculine. You see men in ballet performances, but it doesn't mean men are attracted to ballet."

Eric Walrabenstein, founder of Yoga Pura, in Phoenix, agrees. "To achieve the widest adoption of the practice, we need to shift away from the notion that yoga is a physical exercise primarily for women, to one that embraces yoga's holistic physical, mental and emotional benefits for anyone regardless of gender."

### Life Benefits

Physically, yoga can complement traditional workout routines by increasing flexibility, strength and balance, and also play a role in pain management and injury prevention. Kest says, "Yoga is the best fitness-related activity I know of, but the tone and shapeliness that results is a byproduct. The focus is on balance and healing."

He encourages students to challenge themselves without

being extreme. "The harder you are on anything, the faster you wear it out. If our objective is to both last as long and feel as good as possible, it makes no sense to push hard. Instead we should be gentle and sensitive in our practice."

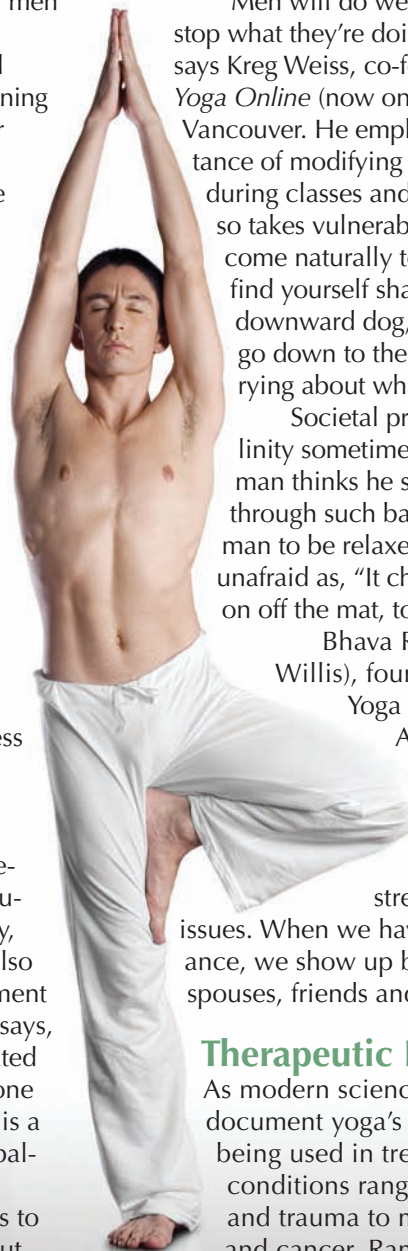
Men will do well to learn how to stop what they're doing and breathe, says Greg Weiss, co-founder of *My Yoga Online* (now on Gaiam TV), from Vancouver. He emphasizes the importance of modifying poses as needed during classes and notes that doing so takes vulnerability that doesn't come naturally to most men. "If you find yourself shaking while holding downward dog, allow yourself to go down to the floor without worrying about what others will think."

Societal pressures of masculinity sometimes dictate who a man thinks he should be. Breaking through such barriers enables a man to be relaxed with himself and unafraid as, "It changes what goes on off the mat, too," observes Weiss.

Bhava Ram (née Brad Willis), founder of the Deep Yoga School of Healing Arts, in San Diego, points out, "Men need yoga because it helps us deal better with stress and emotional issues. When we have more inner balance, we show up better for ourselves, spouses, friends and loved ones."

### Therapeutic Benefits

As modern science begins to document yoga's healing effects, it's being used in treatment plans for conditions ranging from addiction and trauma to multiple sclerosis and cancer. Ram was a Type A



aggressive reporter and network war correspondent and, "Like many men with similar personality types, I struggled with anger and control issues. I had no interest in yoga; it seemed strange and unnecessary to me," he recalls.

After a broken back, that ended his journalism career, failed surgery, advanced cancer and dependence on prescription drugs, he found himself facing death. Inspired by his young son to take control of his health, he embraced yoga as a healing way forward. After two years of dedicated practice, Ram says he turned 80 pounds of physical weight and 1,000 pounds of emotional toxins into gratitude, forgiveness and loving kindness. "I left 90 percent of my back pain behind and the cancer is gone."

Kest explains that yoga's significant therapeutic value is based on its capacity to reduce stress and its effects, while teaching and strengthening techniques to cope with it. "Ninety

percent of the stress we put on our bodies originates in the stress we put on our minds," he says. "If you want to be healthy, you have to look at mental fitness, not just the size of your biceps or the strength of your cardiovascular system. It's calmness and peacefulness of mind that matter."

### Tips for First-Timers

Weiss urges men new to yoga to take time to find the right class. "When men that can't touch their toes walk into some preconceived notion of a class full of women Om-ing, they feel apprehensive and the experience does them no service." Regardless of one's state of fitness, it's important to start slowly, with a focus on the breath. "If you don't have a good foundation, you can miss a lot of yoga's benefits. Seek teachers with a solid yoga background educated in anatomy."

Walrabenstein recommends that first-timers find a class that meets their expectations of targeted benefits. "Re-

member that yoga is supposed to serve you in enabling your best life possible. If for you that means a vigorous workout, go for it. Even the most physically-oriented yoga styles can carry profound mental and spiritual benefits—and can lead to a deeper, more rewarding practice over time."

Arrive early to class to get settled and talk with the teacher about physical status, potential limitations or other concerns. Yoga is practiced barefoot and clothing should be loose and comfortable, allowing the body to sweat and move.

Walrabenstein reminds men to have fun. "Yoga, like anything, can be awkward at first. Make space for your learning curve and remember, no one in class is judging you."

*Meredith Montgomery, a registered yoga teacher, publishes Natural Awakenings of Mobile/Baldwin, AL (HealthyLivingHealthyPlanet.com).*

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Photo courtesy of Best Friends Animal Society

# Walking The Cat

## Harness a Curious Cat for a Lively Stroll

by Sandra Murphy

Cats live longer these days, due to improved food, regular veterinary care and indoor living, but there's another aspect of health to consider. To thrive, cats need mental and physical stimulation, which outdoor adventures naturally deliver.

"Leash walking's a great way for cats to get fresh air, exercise and explore," says Utica, New York, Veterinarian Debra M. Eldredge, author of *Cat Owner's Home Veterinary Handbook*. Kitty's senses are activated in such expanded horizons. For trips outside the yard, Eldredge advises, "Choose your places and times; you don't want to mingle with joggers and skateboarders."

Cats have definite preferences. "Jagger walks around the block with my husband, Rob," says Anna Easteden, an actress in Los Angeles. Jagger has no problems with dogs he meets, but not all cats are so tolerant. "Star walks only in the yard, companioned by Fuzzy and Boots." All four are micro-chipped in case of an escape.

Carrie Aulenbacher, of Erie, Pennsylvania, author of *The Early Bird Café*, first got her cat Daisy used to a harness indoors before venturing outside. "Now he runs to the door and meows to go out," she says. Daisy's been hiking for 10 years. View some of his adventures at [Tinyurl.com/DaisyTheHikingCat](http://Tinyurl.com/DaisyTheHikingCat).

Boston insurance underwriting assistant, cat blogger and artist Koshka Koh routinely walks her Abyssinian therapy cat, Jake. "We can't hurry. People ask questions and want to pet him. They say, 'I wish my cat could do that.'"

### Good to Know Tips

The Best Friends Animal Society, in Kanab, Utah, averages 625 cats in residence and Society Manager Michelle Warfle supports an enriched environment. "We teach as many cats as possible to leash walk," she says. Her tips include: Don't

progress too quickly, keep walks fun and use a harness, not the collar. Warfle's own cat, Earl, hikes about two miles before tiring. A backpack-like pet carrier lets a feline take a break.

Adapt the walk's length or location to a pet's age and physical limitations, such as arthritis. "Jabez always loved to walk on Ventura's wet sandy beaches," says Californian Kac Young, a naturopath with a Ph.D. in natural health. "His second choice was a trip to Home Depot to ride in the cart." Now 18, Jabez doesn't travel as often.

Routinely check kitty's neck, tail, stomach and inner thighs to pick off fleas and ticks after an outing before they become a bigger problem. (For an infestation of fleas, comb the cat with natural dishwashing detergent and water to drown them and rinse kitty afterward.) Pet-grade diatomaceous earth is safe to rub into her fur and bedding.

Consider yard plants like mint, lemongrass, sage and lavender to repel bugs. Multiple studies suggest catnip, which kitty can roll in, may be an even more effective mosquito repellent than the toxic DEET (mosquitoes spread heartworm).

Cat companions agree that when kitty explores a blade of grass or pounces on a blowing leaf, it presents a delightful opportunity to be in the moment. A change of pace benefits those on both ends of the leash.

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

## Cat Walk Savvy

by Darlene Arden

- Cats need to get used to an idea before embracing it. Proceed slowly.
- A collar is for ID tags, not walking—a cat can wiggle out of a collar. A harness, properly fitted at the pet supply store, is best. Designate a comfortable, padded, wider harness solely for walking, not to restrain the cat in the car (a crate is safer).
- Let a cat see and smell the harness before putting it on. Small treats help. Don't let the cat bat it like a toy. Put the harness on for short spans each day until he's used to it—cats tend to fall over, "paralyzed", when it's first introduced.
- After the harness has been worn comfortably, add the leash and let him drag it around in an enclosed outdoor space. Never use a flexi-lead/retractable leash. A six-foot bungee (stretchy) or woven leash allows space to explore without getting tangled in a bush or beyond reach.
- Leash walk around the house without pulling, yanking or dragging—just do some pet-paced walking.
- Don't force the next step, because the outdoors can be a big, scary place; most cats need to observe first before exploring.
- Use lots of praise and treats.

*Darlene Arden is a certified animal behavior consultant from Boston and author of The Complete Cat's Meow and Beautiful Cats.*

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## Thursday June 4

**“The Rainmaker”** – 7:30-10pm. Thru Sunday 3-5:30pm June 7. Live theatre production with concessions. Iberia Performing Arts League. Essance Theater, 126 Iberia St, New Iberia. 337-364-6114. [Ipaltheater.com](http://Ipaltheater.com).

**Origins and Evolution of African American Music** – 6pm. Dr. Joyce Jackson, from LSU in Baton Rouge, discuss the origins of African American music in Africa and Haiti related to Louisiana. Shadows-on-the-Teche, 320 E Main St, New Iberia.

## Saturday June 6

**Color Run** – 8am. A 5K run/walk with a post race party including live music and festivities.

Boulogny Plaza, 102 W Main St, New Iberia. 337-344-9397.

**Louisiana Appaloosa Horse Show** – 8am-5pm. Louisiana state competition and show with concessions. SugArena @ Acadiana Fairgrounds, 713 NW Bypass (Hwy. 3212), New Iberia, 8 337-365-7539. [SugArena.com](http://SugArena.com).

**Optimist Club of Crowley Garage Sale** – 8am. Huge indoor garage sale. Free. Optimist Club of Crowley, 611 E Pine St, Crowley.

## Sunday June 7

**Creole Culture Day** – 10am-4pm. Explore how the Creole community maintains its heritage. Listen to discussions and live music. Vermilionville, 300 Fisher Rd. Lafayette. 337-233-4077. [Vermilionville.org](http://Vermilionville.org).

## Tuesday June 9

**Movements Meets Technology** – 6:30 pm. Dance performances celebrate Hamilton Academy 34th Anniversary in the arts. \$12. Heymann Center, 1373 S College Rd, Lafayette. 337-235-8651. [HamiltonAcademyofTheArts.com](http://HamiltonAcademyofTheArts.com).

## Saturday June 13

**Protect Your Kidneys** – 8am. A health screening and wild game/seafood cook off to help raise awareness of chronic kidney disease. Enjoy musical entertainment, food/drinks and prizes. Free blood pressure, blood sugar and BMI screenings. Dialysis Clinic Inc. Parc San Souci, 299 Polk St, Lafayette.

**Acadian Orchid Society Show and Sale** – 10am-5pm. Thru Sunday 10am-4pm. June 14. See exhibits and visit vendors. Free. The Acadian Orchid Society. Janet Gianelloni. Ira Nelson Horticulture Center, 2206 Johnston St, Lafayette. 337-322-8323. [Orsoc@Centurytel.net](mailto:Orsoc@Centurytel.net).

**Juneteenth Folklife Celebration** – 1-5:30pm. Highlights of folk art, heritage and traditions of the African-American culture. Pay tribute to the date when Texas slaves first heard the news of their freedom. Rebecca Henry. Farmer’s Market, across from Le Vieux Village, 828 E Landry St, Opelousas. 337-945-5064. [Rebecca70570@aol.com](mailto:Rebecca70570@aol.com)

**National Marina Day** – 3-7pm. Enjoy music, food and beverages. Free. North Pier Marina at the Port of Delcambre, 307 Isadore St, Delcambre. 800-884-6120. [PortOfDelcambre.com](http://PortOfDelcambre.com).

## Sunday June 14

**Bowling For Animal Rescue Foundation of Louisiana** – 5:30pm. Family fun night bowling. 3 games /\$10 includes shoe rental. Animal Rescue Foundation. Acadiana Lanes, 3227 Ambassador Caffery, Lafayette.

**Flag Day Ceremony** – 6-8pm. A ceremony honoring veterans and fallen soldiers. Boulogny Plaza, 102 W Main St, New Iberia. 337-344-9397.

## Monday June 15

**Children’s History Camp** – 9am-3pm. Thru Friday June 19. Children engage in games that represent many historic eras, from the earliest settlement of New Iberia to modern times. Ages 6-11. \$125. Catherine Schramm. Shadows on the Teche, 317 East Main St, New Iberia. 337-369-6446. [CSchramm@SavingPlaces.org](mailto:CSchramm@SavingPlaces.org).

**Tweens/Teens with Life Choices** – 9am. An informal and interactive program to address important life decisions for young ladies. Girls ages 12-14. \$60. Register online. Woman’s Foundation Classroom, 4630 Ambassador Caffery Pkwy, Lafayette.

## Saturday June 20

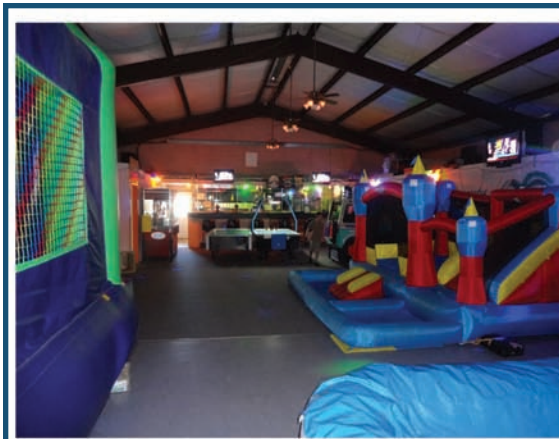
**Clifton Chenier Celebration** – 12-6pm. Celebrating the life and legacy of the King of Zydeco music. Music and round table discussions. Clifton Chenier Club, 2116 Fernand Crochet Rd, New Iberia. 337-339-5903. [CliftonChenierClub.com](http://CliftonChenierClub.com).

## Monday June 22

**The Young Masters Program** – 10am-1pm. Teens learn skills in drawing and oil painting. Register for one week or all six weeks, Monday through Friday. Jeansonne Fine Art Studio, 625 Garfield St, Lafayette. 337-351-6699. [Kay\\_Jeansonne@yahoo.com](mailto:Kay_Jeansonne@yahoo.com).

## Friday June 26

**Smoked Meat Festival** – 4pm. Thru Saturday 8am June 27. Professional and amateur smoke meat cook-off. Event includes food booths, beauty pageants, and live music from local bands. Festival ceremony dedicated to Veterans. Adults \$10 & children \$5 under 12yrs- ID’s required. Northside Civic Center, 704 N Soileau St, Ville Platte. [LASmokedMeatFestival.com](http://LASmokedMeatFestival.com).



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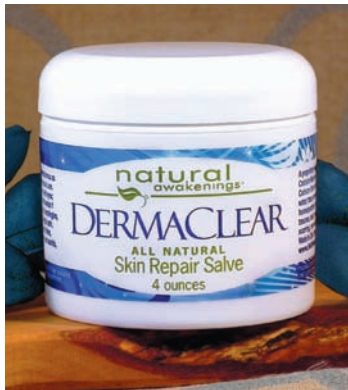
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## sunday

**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](http://TheVerticalBarre.com) or [ARealPerson@TheVerticalBarre.com](mailto: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](mailto: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](mailto: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](http://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.

**Senior Water Aerobics Class** – 6:30-7:30pm. Removes pressure from joints and makes moving easier. In heated indoor pool. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8127.

**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.

**Cajun Band Les Freres Michot** – 7-9pm. Michot performs every Monday night at Prejean's Restaurant, 3480 NE Evangeline Thruway, Lafayette. 337-896-3247.

## 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](mailto: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.

**Senior Water Aerobics Class** – 3-3:30pm. See Mon listing. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8127.

**Type 1 Diabetes Support Group** – 5:45pm. Dr. Janna Flint and Leslie Fontenot, Diabetes Educator, host a monthly diabetes support group on the last Tuesday 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 and join a support system with a networking community. \$30/Annual membership. Barnes & Noble Booksellers, 5705 Johnston St, Lafayette. 337- 989-4142. [Writers-GuideOfAcadiana.com](http://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.

**LEDA Networking Luncheon** – 11:30am. 1st Wed each month. Meet individuals for a buffet lunch with guest speakers from local businesses. The "roaming mic," is passed to everyone for introduction of their business. \$17.50. RSVP by 5pm the Tues before. River Oaks, Lafayette. 337-593-1400.

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

**Lafayette Farmers and Artisans Market** – 4-7pm. 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](http://MarketattheHorseFarm.com).

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

**Senior Water Aerobics Class** – 6:30-7:30pm. See Mon listing. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8127.

## 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](mailto:SpiritPath@cox.net).

**Senior Water Aerobics Class** – 3-3:30pm. See Tues listing. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8127.

# 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. See Wednesday listing. 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 Arrould 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.

**Svoy 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.

**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.

**Tarts and Arts** – 10am-12pm. 1st Saturday of the month. Enjoy gourmet coffee and finger foods while viewing local art and a rummage sale with cute accessories and clothing. EnvisiondaBerry. Free. NILA Gallery LLC, 301 W St. Peter St, New Iberia.

**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.



Nobel prize winner and microbiologist Elie Metchnikoff once said, "Death begins in the colon."

Based on his years of research in the early 1900s he concluded that disease and aging are mostly due to toxic bacteria in the gut.

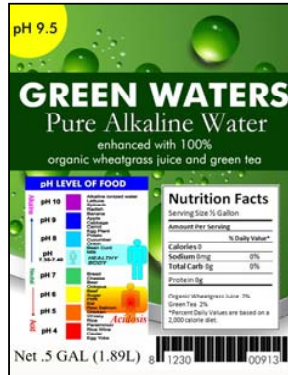
- The gastrointestinal system comprises 75% of the body's immune system.
- There are more neurons in the small intestine than in the entire spinal cord.
- It is the only system in the body that has its own, independently operating nervous system, called the enteric nervous system.
- If you stretched out the gastrointestinal system in its entirety, it would have the surface area of a regulation sized singles tennis court.
- There are over 400 species of microbes living in your gut, totaling over 15 pounds of mass and containing more bacteria than there are known stars in the sky.

## Fit Your Gut - Fix Your Health

# GREEN WATERS

## Pure Alkaline Water

### ALKALINE WATER MAJOR BENEFITS



**\$36/case** (six ½ gallon bottles)

#### Lose Weight:

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

#### Anti Aging:

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

#### Reduce the Chances of Osteoporosis:

Acidity leaches out calcium and magnesium from our body leading to osteoporosis. To combat this problem,

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

#### Build Cardiovascular Health:

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

#### Reduce Joint Pain and Arthritis:

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

#### Reduce Candida:

Along with other healthy bacteria,

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

#### Reduce Infections, Flu and Colds:

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

#### Detoxify:

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

#### Decrease Risk of Cancer:

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

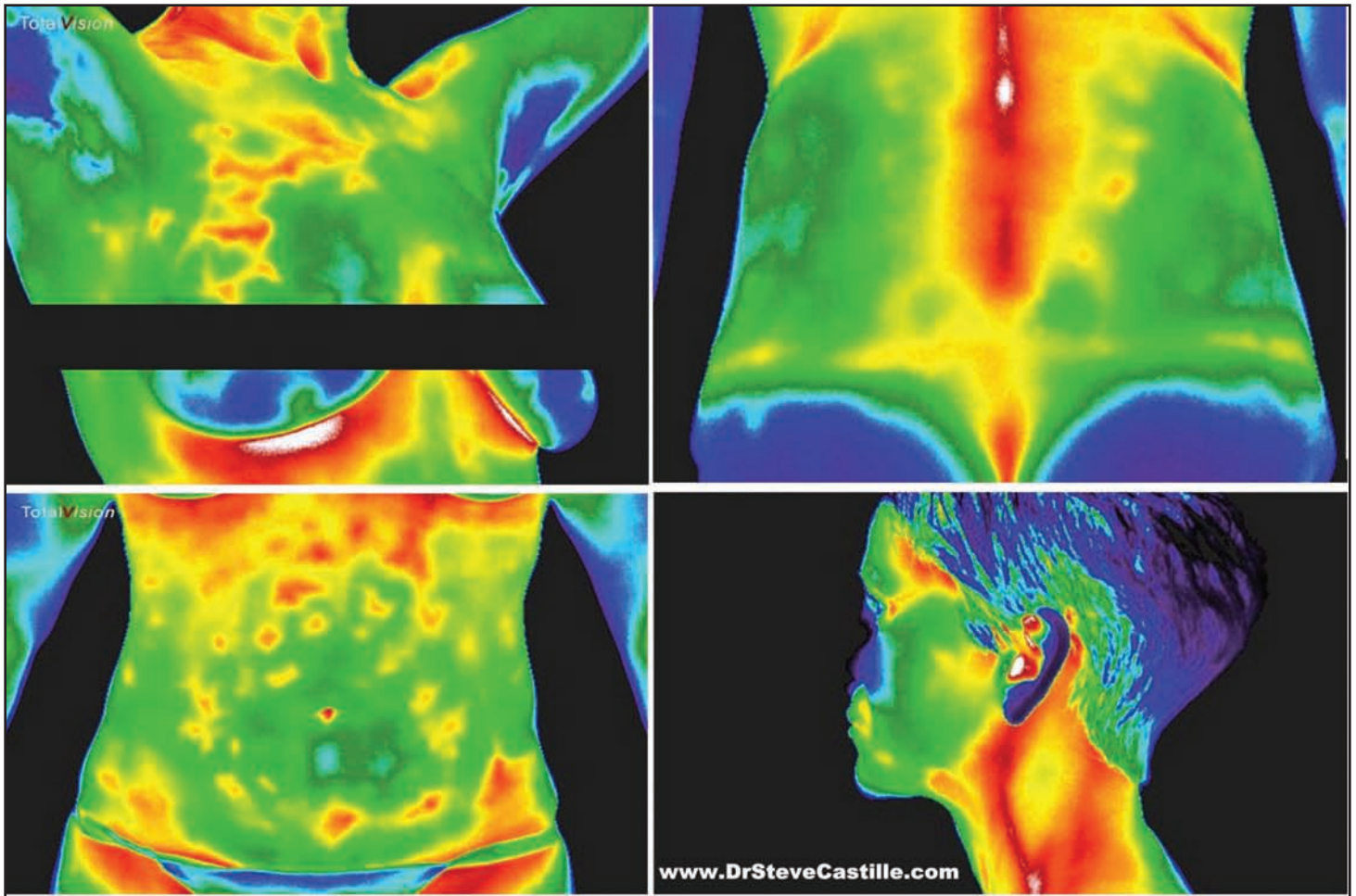
#### Increase Energy Reserves:

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

**DHARMA**  
wellness center and fit club  
Sunset, LA (337) 662-3120

 **liteon**  
**Natural Health Center**  
Powerful, Positive Healing for Life  
Carenco (337) 896-4141

**Drug Emporium**  
**Vitamin's Plus**  
Drug Emporium  
Lafayette (337) 261-0033



## Thermography Detects Inflammation

### Find out if you have inflammation

# Cancer and Heart Attacks start with inflammation first

Full Body Exam only 30 minutes

*Cost is only \$94*

**Inflammation is the precursor to most major health conditions.**

Plaque in coronary artery disease linked to inflammation - scientists from Stanford University, California, linked 25 new genetic regions to coronary artery disease. They found that people with coronary artery disease, the leading cause of death globally, are most likely predisposed to the disease because they have gene variants linked to inflammation.

*Source: Medical News Today*

## Thermography Medical Imaging Exam

Schedule with Carencro Office

**(337) 896-4141**

# 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 loe 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

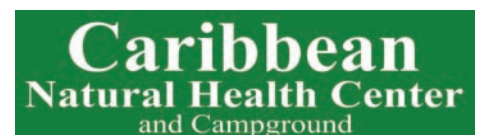
# Natural Medicine and Nutrition Centers



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

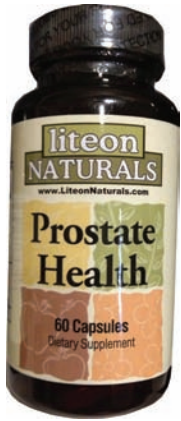


166 Oak Tree Park Dr. #H, Sunset  
(337) 662-3120



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

## Prostate Health



Prostate enlargement is the most common prostate problem and a serious medical condition that primarily affects men 50 years of age and older. As a man ages, chances of prostate problems will increase to nearly 80%. While some symptoms may go unnoticed, others can disrupt your daily activities. A swelling prostate causes symptoms such as frequency and urgency to urinate, interrupted urine flow, and lower back pain. EnergyFirst's Prostate

Health supplement relieves symptoms with a healthy blend of herbs, vitamins, and minerals to support prostate health. ....**\$35.00**

*Numerous studies show more than half of all men over 50 years of age suffer from an enlarged prostate and its symptoms. As men continue to age, up to 80% will suffer from uncomfortable symptoms that may include difficulty urinating, increased frequency and urgency of urination, sleep-disturbing nighttime urination, and lower back pain.*

## Melatonin



Control your sleep/wake cycle naturally with the help of Melatonin! This useful hormone works to restore normal sleep patterns while delivering excellent antioxidant support to the body. Each capsule supplies 1 mg of melatonin..

.....**\$30.00**

## Maca



Since the dawn of time, man has searched for substances to help enliven the libido, promote sexual prowess, and stimulate the intimate experience. Long ago, in the jungles of Peru, he found it. Maca, an ancient herb used by Peruvian natives for sexual support, is now available worldwide. Men and women across

the globe are discovering its invigorating potential to enhance intimacy. Our maca is concentrated for guaranteed levels of active herbal components. Each capsule contains 500 mg of maca root in a potent 4:1 extract. ....**\$30.00**

## Rhodiola



Rhodiola Root is the premium choice to counteract the mental and physical effects of stress. This potent herb from Liteon Naturals helps reduce levels of stress hormones while supporting levels of key brain chemicals involved in regulating mood. Our powerful capsules contain 300

mg of rhodiola root powder and provide a great way to conquer the mental and physical challenges of stressful times.

Rhodiola increases the oxygen-carrying capacity of our red blood cells, making it particularly effective at increasing energy, vitality and stamina during times of stress. Rhodiola has a calming effect on our body and mental state because of an ability to reduce cortisol, one of our major stress hormones. From the mental side of things, Rhodiola also increases the sensitivity of your neurons to the presence of dopamine and serotonin, two neurotransmitters involved in focus, memory, pleasure and mood. This plant has been used as an extremely effective alternative to antidepressants. Not only does Rhodiola reduce the cortisol and blood sugar aspect of the belly fat equation, but it also turns on an enzyme called 'hormone-sensitive lipase', a substance which allows your body to access and utilize the fat stored in abdominal cells.

.....**\$30.00**

## Pain & Inflammation Enzyme



Chronic pain and inflammation can make even the simplest everyday tasks a challenge. If you suffer chron-

ic 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**

## Cal-Mag-Zinc with Vitamin D



Calcium is vital for building strong bones and teeth, muscle function, release of hormones and enzymes, and assists nerves in transmitting impulses.

Magnesium is needed for making new cells, activating B vitamins, relaxing muscles, clotting blood, energy metabolism, and is concentrated in the bones and teeth. It helps keep cells electrically stable, maintains proper blood pressure, and, with calcium, regulates energy levels and maintains normal heart function and nerve transmission.

Vitamin D regulates calcium metabolism, which is important for the formation of bones and teeth.

Zinc is an essential trace mineral that is necessary for the activity of 300 or more different enzymes. Special chelates ("claws" that hold the nutrient and allow for better bioavailability) enhance the delivery and utilization of the minerals.

.....**\$40.00**

## Shark Cartilage



For joint health support, try Liteon Natural's Shark Cartilage! This all-natural formula delivers nourishment for joint care with the help of a biological structure similar to that of the cartilage that cushions joints. Our convenient capsules supply a potent 750 mg of pure shark cartilage for everyday

joint maintenance. Supporters believe that supplements made from shark cartilage can slow or stop the growth of cancer. According to its supporters, shark cartilage contains proteins that stop angiogenesis, the process of blood vessel development. Tumors need a network of blood vessels to survive and grow, so cutting off a tumor's blood supply starves it of nutrients, causing it to shrink or disappear. Some supporters also claim that shark cartilage can help against other diseases such as osteoporosis, arthritis, psoriasis, macular degeneration, and inflammation of the intestinal tract.

.....**\$35.00**

# Alternative • Complementary • Holistic Services

www.DrSteveCastille.com

www.NaturalHealthCentersOnline.com

www.CaribbeanCampground.com

Liteon Natural Health Center, Carencro, LA  
(337) 896-4141

DHARMA Wellness Center, Sunset, LA  
(337) 662-3120

Caribbean Health and Wellness Center, Opelousas, LA  
(337) 678-1500

## Pricing and Rate Sheet

Infrared Sauna	30 mins: \$45	1 hour: \$70
Whole Body Vibration	10 mins: \$35	20 mins: \$65
Lymphatic / Water Massage	30 mins: \$45	1 hour: \$70
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
<b>RESTORE Health Program</b> Detox, colon cleanse, increase circulation, reduce inflammation, clear lymphatic pathways, reduce stress – anxiety – depression, lower blood pressure, restore nutrition	<b>\$340 (with program)</b> 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* ----- <b>INDIVIDUAL FULL PRICE: \$2,410</b>	<b>\$493 (with program)</b> 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* ----- <b>INDIVIDUAL FULL PRICE: \$4,190</b>	<b>\$562 (with program)</b> 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* ----- <b>INDIVIDUAL FULL PRICE: \$5,135</b>
<b>BODY REBOUND Weight Loss Program</b> Lose weight, detox, build circulation, eat healthier	<b>\$340 (with program)</b> 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* ----- <b>INDIVIDUAL FULL PRICE: \$3,185</b>	<b>\$420 (with program)</b> 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* ----- <b>INDIVIDUAL FULL PRICE: \$4,615</b>	<b>\$580 (with program)</b> 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* ----- <b>INDIVIDUAL FULL PRICE: \$6,445</b>
<b>CANCER WELLNESS Program</b> Balance nutrition, reduce acid, detox, open lymphatic pathways, reduce stress and anxiety, restore body chemistry, increase oxygen levels, reduce inflammation	<b>\$440 (with program)</b> 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* ----- <b>INDIVIDUAL FULL PRICE: \$5,410</b>	<b>\$612 (with program)</b> 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* ----- <b>INDIVIDUAL FULL PRICE: \$6,850</b>	<b>\$740 (with program)</b> 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* ----- <b>INDIVIDUAL FULL PRICE: \$7,221</b>

**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

# 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

## 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 anti-oxidant 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 digesting 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; typically 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

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

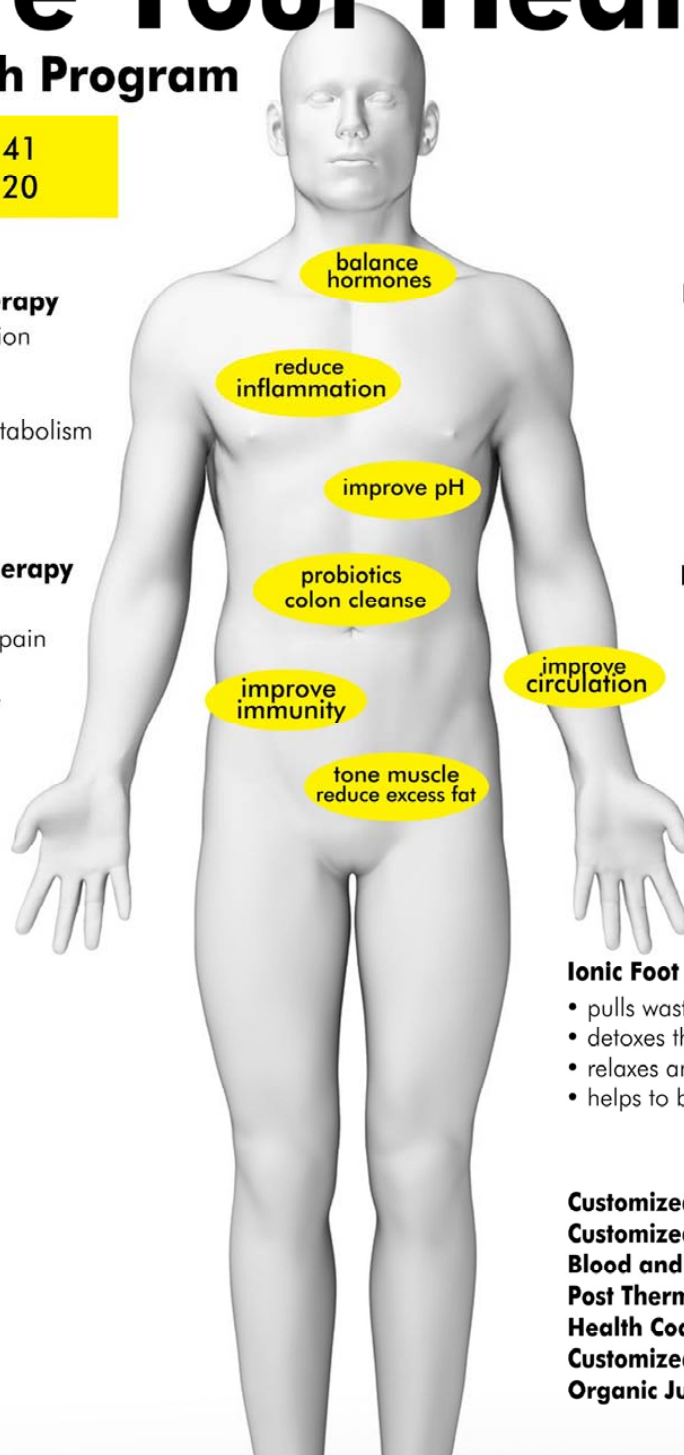
- lymphatic massage
- reduces inflammation and pain
- encourages blood flow
- relaxes and resets the body

### 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

# FAR 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.

## INCREASED BLOOD FLOW

Using an infrared sauna can expand capillaries in the body, which stimulates increased blood flow, regeneration, circulation, and oxygenation.

## INCREASED CARDIOVASCULAR AND HEART RATES

As your body increases sweat production to cool itself, your heart works harder, pumping blood at a greater rate to boost circulation, providing the conditioning benefits of continuous exercise. Heart rate, cardiac output and metabolic rate increase during Infrared Sauna Therapy, while diastolic blood pressure drops, thus boosting overall cardiovascular fitness.

## HEALTHY ARTERIES

Deposits of fat, calcium, fibrin, and cellular debris can clog arteries and lessen the ability to expand and contract, while slowing blood circulation. Infrared Sauna Therapy can potentially help to clean arteries by loosening these toxins and increasing blood flow throughout the body.

## IMPROVED SKIN CONDITIONS

Infrared Sauna Therapy has been shown to relieve acne, psoriasis, burns, eczema, and also removes roughness and decreases scarring. Excessive sweating is beneficial to the skin, and helps improve the clarity, balance and structure of the skin tissues.

## 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



# ION FOOT DETOX THERAPY HEALTH BENEFITS



## 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.

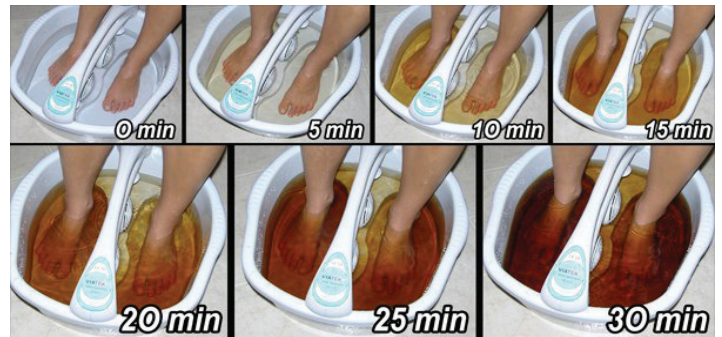
## How will it make you feel?

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.

Yellow-Green		Detox from kidney, bladder
Orange		Detox from the joints
Brown		Detox from the liver, cell debris
Black		Detox from the liver
Dark Green		Detox from the gallbladder
White Foam		Lymphatic system
Black Flecks		Blood clot materials
Red Flecks		Heavy metals
White Cheese like particles		Yeast



## complementary therapy and holistic health guide

for more information visit the natural health center in carencro (896-4141) or the dharma wellness center in sunset (662-3120)

## LIQUID VITAMIN HYDRO-THERAPY HEALTH BENEFITS



### LIQUID VITAMINS FOR THE SKIN

Every Hydration Station™ session provides ultimate liquid vitamin infusion. Three (3) unique liquid vitamin blends drench your body in a delightful Oxyhydrating™ moisturization bath. Each Hydration Station experience includes the infusion of a specific blend of liquid CoQ10, hyaluronic acid, aloe vera, vitamins A, E and C, plant collagen and elastin, green tea extract and other skin nourishing ingredients.

Mineral Melanin Concentrate is a tropical boost of coconut and tangerine. Ingredients include: malachite (copper) extract, green tea extract, Dead Sea mineral salts and a blend of aromatic essential oils. Specifically formulated for the Prepare Program.

### INFRARED GENERAL EFFECTS

- Reduces and balances the acidic level in the body
- 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.

### AROMATHERAPY

The Hydration Station™ features a unique reservoir that vaporizes liquid vitamins, aromatic extracts and herbal extracts to awaken olfactory senses and enhance Hydration Station results. Pure essential oils and herbal extracts stimulate the senses. Powerful liquid vitamin concentrates and essential nutrients moisturize the skin when blended with steam.

### 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.

## AQUA MASSAGE THERAPY HEALTH BENEFITS

### 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

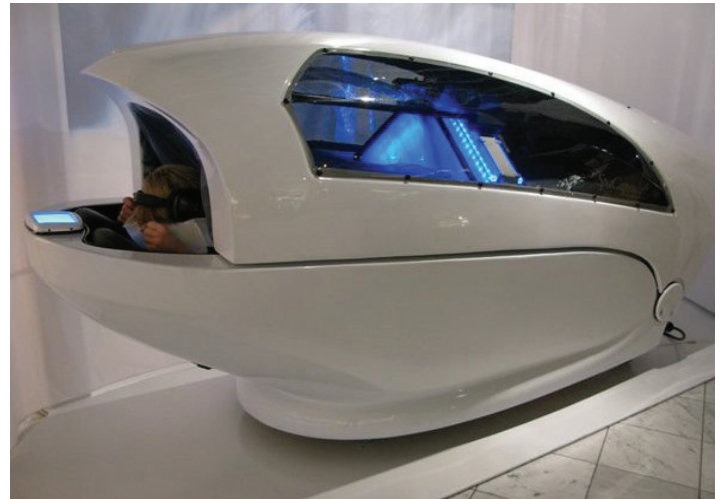
Just like using a traditional massage, an aqua massage can assist in relieving muscle pain, including pain that is caused by fibromyalgia. The massage will also improve circulation and relax muscles.

### 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.

### TIME

Aqua massage is often a preferred choice for busy people who simply do not



have much time for a massage. Since an average aqua massage is only 15 to 20 minutes, it is much easier to fit into a busy schedule. Even with the shorter time frame, the health benefits remain the same. According to Yogawiz.com, an aqua massage that lasts for 15 minutes is the equivalent of a 30-minute session with a massage therapist.

### PERSONAL CONTROL

Water massage therapy takes place in a self-contained unit that resembles a tanning bed, and just like a tanning session, you set the controls to meet your particular needs. The session time is pre-set before you enter the unit, but the water pressure and pulse frequency are adjustable via a hand-held control unit, allowing you to direct your experience. If your lower back muscles are aching, you can pause the jets and remain on that area for a longer period of time, giving you the ultimate control over your own healing process.

### PRIVACY

Many people choose not to receive traditional hands-on massage therapy because they feel that it invades their personal space. Aqua massage uses private settings and allows the patient to remain fully clothed, increasing comfort and privacy.

### CONVENIENCE

One of the more attractive benefits of aqua massage is the convenience and accessibility versus other massage treatments that require you to disrobe. There are no oils or lotions used in conjunction with water massage, so you can have

## complementary therapy and holistic health guide

for more information visit the natural health center in carencro (896-4141) or the dharma wellness center in sunset (662-3120)



## pH ION Saliva Test



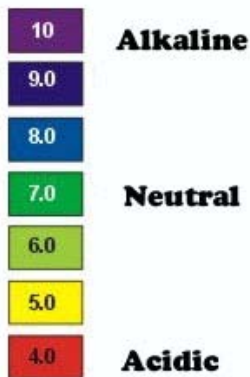
### The Importance of Acid and Alkaline Balance for Health

Virtually all degenerative diseases including cancer, heart disease, arthritis, osteoporosis, kidney and gall stones, and tooth decay are associated with excess acidity in the body. While the body has a homeostatic mechanism that maintains a constant pH 7.4 in the blood, this mechanism works by depositing and withdrawing acid and alkaline minerals from other locations including the bones, soft tissues, body fluids and saliva. Therefore, the pH of these other tissues can fluctuate greatly. The pH of saliva offers a window through which you can see the overall pH balance in your body.

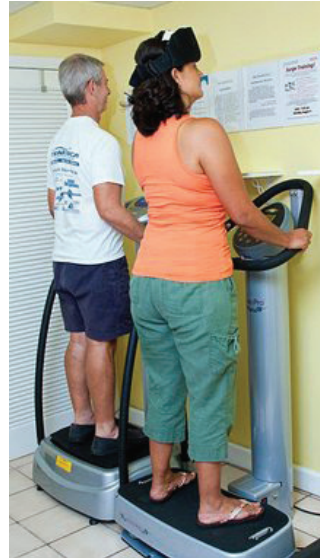
Cancer cannot exist in an alkaline environment. All forms of arthritis are associated with excess acidity. Acid in the body dissolves both teeth and bones. Whatever health situation you are faced with, you can monitor your progress toward a proper acid/alkaline balance by testing your saliva pH.

### What are Acid and Alkaline?

Water (H<sub>2</sub>O) ionizes into hydrogen (H<sup>+</sup>) and hydroxyl (OH<sup>-</sup>) ions. When these ions are in equal proportions, the pH is a neutral 7. When there are more H<sup>+</sup> ions than OH<sup>-</sup> ions then the water is said to be acid. If OH<sup>-</sup> ions outnumber the H<sup>+</sup> ions then the water is alkaline. The pH scale goes from 0 to 14 and is logarithmic, which means that each step is ten times the previous. In other words, a pH of 4.5 is 10 times more acid than 5.5, 100 times more acid than 6.5 and 1,000 times more



## WHOLE-BODY VIBRATION EXERCISE HEALTH BENEFITS



### 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.

Many people report an improved mood and energy level when using whole-body vibration therapy. Whole-body vibration research has shown an increase in serotonin levels after vibration. Serotonin, which is almost a household term these days due to the prevalence of depression and antidepressant drugs, is the neurotransmitter that makes you calm and happy.

- Accelerates weight loss and reduced appearance of cellulite
- Decreases cortisol levels and increases levels of the "happiness hormones" serotonin and neurotrophine
- Increases hormones involved in strength, repair and regeneration; testosterone, Human Growth Hormone (HGH), and Intrinsic Growth Factor 1 (IGF1)
- Increases serotonin and norepinephrine-neurotransmitters that makes you calm and happy
- Decreases cortisol, the major stress hormone
- Significantly increase in blood flow throughout the body
- Strengthens and increases bone tissue
- Increases number of T-cells, an important part of your immune system
- Improves blood and lymphatic circulation
- Speeds recovery from surgery and trauma
- Stimulates neurological system
- Increases physical strength, dexterity and endurance
- Reduces joint and ligament stress
- Helps to improve and prevent many joint conditions
- Relieves tension and chronic pain in ankles, knees, lower back, and neck
- Assists in preventing osteoporosis
- Stimulates fast-twitch muscles
- Improves body balance
- Benefits both anaerobic and aerobic exercise
- Tightens facial muscles
- Reduces cellulite
- Increase testosterone by 7%, maintains muscle mass, bone density and red blood cell levels
- Improves digestion and gastric motility-eliminating heartburn
- Reduces constipation, providing a more comfortable lifestyle
- Strengthens pelvic muscles, reducing embarrassing stress incontinence

## complementary therapy and holistic health guide

for more information visit the natural health center in carencro (896-4141) or the dharma wellness center in sunset (662-3120)

# Both women are 60 years old

## What is the difference between the two?



Betty lives in a nursing home, is confined to a wheelchair, has heart failure and diabetes, and requires assistance eating her meals and going to the restroom.



Vivian travels four times a year, enjoys her weekends with grandkids, plays tennis, drives to and from Dallas to Louisiana twice a month to visit family, and is enjoying retirement.

**Nutrition, vitamin therapy and holistic therapies are powerful paths to healing and maintaining a strong body.**

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**Diseases kill 96% of us.**

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*Requires full-body thermography exam.*