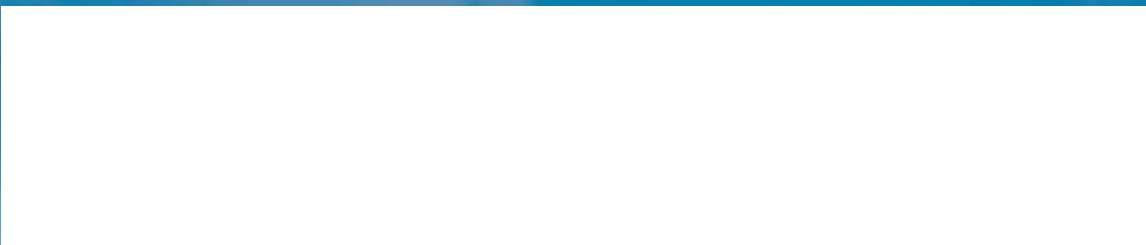


HEALTHY LIVING HEALTHY PLANET



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Guide to
EATING WELL

**BOOST
VITALITY**
Natural Hormone
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GREEN

June 2012 | S.W. Louisiana-Acadiana Edition | www.NAcadiana.com

Why Dr. Steve Believes in Juicing

The Healthful Benefits of Juicing

Juicing is a great way to help improve the health and well-being of the body and mind. Today, more and more people are turning to this simple but healthful habit to help boost their overall health and longevity. So why is juicing so good for us?

Juicing delivers nutrients to the body in large amounts and in a way that is easy to digest and absorb. Although eating fruits and vegetables in their natural state is important, they cannot deliver nutrients in the same concentration and in such an easily digested form. Juices are free of the hard-to-digest fibers of the original whole fruits and vegetables. In addition, when we eat whole fruits and vegetables, more nutrients are lost due to the heat in the digestive process than when we consume the juices alone.

Also, most of the antioxidants found in fruits and vegetables are locked into the fibers, which a juicing machine breaks down. Breaking down the fibers releases more antioxidants than through chewing. One ounce of juice contains at least two portions of that fruit or vegetable, and often as much as eight to ten.

This intense concentration of nutrients is why many people choose to juice their fruits and vegetables. We now understand that juices can help with a variety of ailments and health conditions. For example, fruit and vegetable juicing recipes that are the highest in specific antioxidants have been shown to help fight cancer and are used for cancer prevention, treatment and recovery. Vegetable juices that are the most alkaline are suggested for helping with acidic conditions such as gout, acid reflux and joint pain. Juice recipes high in vitamin C help to boost the immune system and protect the body from heart disease, as vitamin C acts as an antioxidant that protects the arteries from damage that can lead to atherosclerosis.

Here are just a few benefits of juicing:

Digests quickly and easily. For anyone struggling with heartburn and acid-reflux issues, juicing provides almost

instantaneous digestion. Whole foods can take two to three hours to complete the digestive process, but juicing combinations take less than 30 minutes.

Juicing retains the digestive enzymes in raw foods, which work to break down food debris in the digestive tract. The nutrients contained in the juice combinations help to regenerate glands and organs associated with digestion, thus increasing the body's ability to absorb nutrients more efficiently.

Contains mega-doses of powerful nutrients. Raw vegetable and fruit juicing offers the body a myriad of essential vitamins and minerals in their most natural and potent state.

Helps with consumption of more fruits and vegetables. Most of us fall short of the number of fruits and vegetables we should eat each day. Juicing enables us to consume large quantities of health-giving fruits and vegetables in a short time.

Provides powerful antioxidants. Antioxidants are vital for reversing free radicals, impure oxygen compounds that are produced by the body's metabolism, tampering with DNA, challenging the immune system and accelerating the visible signs of aging. With juicing, we can access powerful antioxidants in their purest form.

Improves cardiovascular health. Juicing the right combinations can help to target specific health concerns. Juicing improves the quality and flow of the blood, regulates blood pressure and keep the arteries clean.

Detoxes the liver. Juicing helps people with liver health. Among other things, the liver functions to produce bile for the breakdown of fats, convert sugars (glucose) to stored sugar (glycogen), filter harmful substances from the blood and store precious vitamins and minerals. Detoxification of the liver is like getting rid of a clogged air filter in a car and replacing it with a

new one. Toxins poison the system and contribute to disease and overall poor health.

Alkalizes the system. Daily stress, aging, obesity and the typical modern diet cause our bodies to have a high acidic pH. Too much acid is destructive to the body in numerous ways. Juicing (especially vegetable juicing) brings the body into a proper alkaline/acid balance, which also contributes to improved health.

Nurtures eyes, hair, skin and nails. Vitamins A, C and E and zinc can help provide healthy-looking hair and skin. Vitamin A, in particular, is known for its role in the health of the teeth, soft tissue, mucous membranes, vision and skin. It is found in carrots, pumpkin, spinach, grapefruit, apricots and broccoli.

Boosts energy. Juicing specific fruits, such as bananas, can boost the energy level quickly. Bananas contain vitamins B1, B2 and B6, which are directly related to the body's energy intake. Vitamin B1 assists in burning carbohydrates for energy, while vitamin B2 helps the muscle cells to produce energy.

Targets specific health concerns. Likely the most important reason for juicing is that we can combine herbs, spices, fruits and vegetables to effectively slow down, control and even correct specific health problems. This could potentially mean that we could prevent or heal life-threatening health conditions, simply by adding healthful juices to our diets.

Dr. Steven Castille is a biochemist, doctor of natural medicine and publisher of Natural Awakenings. For more information, call the Natural Health Center at 337-896-4141 or 337-347-4141.



GREEN WATERS

Pure Alkaline Water

ALKALINE WATER MAJOR BENEFITS

Lose Weight:

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

simplest 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 arthritis 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 rehydrate 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 eat up 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.



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Susan Lost
40
Pounds*

*Individual results vary.

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5,100 calories per week

| Daily Program | Calories |
|--|--------------|
| AM WheTeа Drops (8-24oz water) | 50 |
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| Noon WheTeа Drops (24-32oz water) | 50 |
| 20 mins Whole Body Vibration | 200 |
| 30 mins Infrared Heat Sauna | 400 |
| 20 mins Treadclimber | 200 |
| PM WheTeа Drops (32-48oz water) | 50 |
| Night WheTeа Drops (48-64oz water) | 50 |
| TOTAL CALORIES BURNED TODAY* | 1,200 |

*Individual results vary.

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3,500 calories burned = 1 lb of weight loss

* Unlimited sessions is up to 3 times a week for one hour sessions.

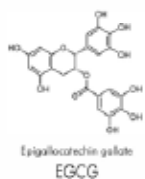
3,500 calories burned = 1 lb of weight loss

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

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

Burns fat with enzymes and epigallocatechin gallate (EGCG).

When there is an increased level of lipids in the body, a hormone is activated to metabolize the lipids. A low secretion of this hormone will encourage the storage of fats in the body, resulting in obesity.

The enzymes in wheatgrass have the ability to increase the hormone production to actively metabolize lipids and break down the structure of fat within the body and reduce body fat. WheTeа contains EGCG - the most powerful component of green tea that burns fat and reduces weight.



publisher's letter



Words, when spoken by the right tongue and at the right time, can stir our innermost emotions, changing our very perspective on life.

Since ancient times it has been known that our word is a cause set in motion. In fact, the universe itself is believed to have emanated from a single primordial sound. In the science of yoga, it is believed that certain Sanskrit words, known as mantras, can bring about magical results, such as abundance with one mantra, peace with another, and so on.

On a more practical level, our word still remains highly potent. With our words, we can wound someone, sending them into spirals of defeat. With our words we also can heal someone, raising them up from a dismal place to soaring hope and motivation. In fact, the entire field of self-improvement is the transmission of words that will assist others to get a firm perspective and move forward with their lives to fulfill their dreams and desires.

On a personal level our words also affect us. What we say to ourselves about anyone or anything affects us, too. If we speak well of someone or something, we bring more of that harmony into our own lives. And if we speak ill of someone or something, we bring more of that frustration and anger and conflict into our own lives as well.

Psychological literature often speaks of numerous cases in which a parent's words, spoken casually, can affect the destiny of a child. And the most potent words that a parent can speak to affect a child are those spoken at the time of the parent's death. Since these are the last words, the moment is so highly charged and the awareness is so acute, these words take on a significance that can last for the rest of the child's life.

Words are further charged with the emotion behind them. The stronger the emotion, the more highly charged the words. Many a love affair has fallen by the wayside because of emotionally charged words that were regretted.

Despite all this, people use words with the utmost casualness. People wreck their own lives and the lives of others through the careless use of words. They also accept the words of others as truth, when, in fact, comments by others are merely opinion.

Another marvelous aspect of words is how they can bend time. The brilliantly crafted words of Shakespeare and the eloquent words of Martin Luther King, Jr., still shape our lives today. Words are so sacred that whole buildings are used to archive them and make them available for reading.

People can rise from poverty to wealth, from sickness to health and from loneliness to loving companionship simply through exposing themselves to the most beneficial stream of words. Words can affect hearts and shape reality. The earth can be a better place because of our choice of words. We can fill lives with the miracle of our words. We can be agents for positive change and bring out the best in ourselves and others simply by how we use words.

Words are powerful. Let us use them wisely.

Think green, live peacefully, share your love,

Steve and Michelle Castille, Publishers



contact us

Publishers

Steve & Michelle Castille

Editor

Karen Adams

Writers

Beth Davis, Elizabeth Romar
& Karen Adams

Outreach

Janell Guidry & Kelly Arnaud

Design & Production

Gail Babineaux & Steve Castille

Calendar

Elizabeth Romar & Verla Winters

Distribution

Junius Francis, Kelly Arnaud
& Maranda Arnaud

To contact Natural Awakenings Acadiana Edition:

100 E. Angelle Street, Carencro, LA 70520

Phone: 337-896-4141, Fax: 337-205-6191

publisher@NAacadiana.com

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advertising & submissions

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Email articles, news items and ideas to: publisher@NAacadiana.com Deadline for editorial: the 5th of the month.

CALENDAR SUBMISSIONS

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

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www.NAacadiana.com

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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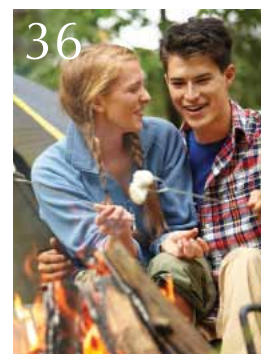
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Who Reads *Natural Awakenings*? Linda Zachery Does!



Jobs: Registered nurse, CNA instructor, supervisor and treatment nurse at Senior Village Nursing Home, as well as mother of three and grandmother of two.

Hobbies: Reading, watching movies and gardening.

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

What is healthy about my lifestyle? I have made a change in the way I eat, I drink more water and I exercise more. I'm currently doing a "restore health" program at the Natural Health Center, in Carencro with Dr. Steven Castille. The staff there are so very, nice and professional.

If you could have one wish for the planet, what would it be? I wish that everyone be more aware of how we treat the earth and our environment as a whole. For example, we flush pills down the commode (where are they going?). We also throw trash on the ground (where does it blow to?) and sometimes in the ditches (which overflow), which sometimes become blocked (then we have clogged drains, which means more work and more cost). I am also concerned about spraying chemicals that are harmful to plants and animals.

From what do you draw inspiration? By far, Almighty God! I also draw a lot of inspiration from my son, Eric (a 34-year-old with Down Syndrome).

What are you doing to be the change you want to see in the world? I have been trying to encourage others to eat right, exercise and read *Natural Awakenings* magazine because it has a lot of healthy information in it. I think if more people feel good, that's more people that are happy. More happy people make a more pleasant place to live. Unhappy people try to make people around them feel the same way. We have to be more mindful of people we surround ourselves with. I am trying to simply be healthy in mind, body and spirit.

newsbriefs

One-Stop Bike Shop



Recycled Cycles of Acadiana, in Lafayette, is a one-stop shop for all cycling needs. Recycled Cycles can help any customer who has an old bike that needs some work, wants a new bike or has an idea for a unique bike altogether.

Recycled Cycles specializes in new, used and custom bikes, including road bikes, cruisers and hybrids, as well as restoration work. The knowledgeable staff is always available to offer suggestions and advice. Recycled Cycles also offers a wide array of parts and accessories from leading bicycle brands and can build bikes to order. Mechanics are also available on-site to help with any bicycling projects.

Recycled Cycles offers rental bikes at hourly, daily and weekly rates as well.

Location: Recycled Cycles of Acadiana, 208 E. Vermilion St., Lafayette. Hours are Tuesday through Saturday, 9 a.m. to 6 p.m. For more information, call 337-235-BIKE (2453) or visit RecycledCyclesLafayette.com.

Custom-Designed Gowns for All Occasions

Anna Sapozhnikova, owner of Anna's Custom Gowns, announces her new location in Breaux Bridge. Sapozhnikova specializes in personalized wedding gowns, bridesmaid dresses and everyday dresses designed specifically for each client.

Sapozhnikova is an award-winning fashion designer who received her education in Russia. She earned a reputation in New York as an impeccable designer because of her craftsmanship in designing and sewing custom gowns, parade costumes, prom dresses and other clothing, as well as alterations.

Every stage of gown-making is important, Sapozhnikova says, from consulting to designing to sewing to fitting. She can bring customers' own sketches and ideas to life to give them gowns they will love.



Location: Anna's Custom Gowns, 130 S. Main St., Breaux Bridge. For more information or to schedule a consultation, call 337-332-1600, email Anna@AnnasCustomGowns.com or visit AnnasCustomGowns.com.

Eco-Friendly Cleaning Solutions



Acadiana Coatings and Supply, in Duson, offers earth-friendly cleaning solutions for a variety of jobs. The Enviroklean line of products includes rust removers, lubricants and marine products that are all environmentally friendly and easy to use.

The stain neutralizer and multi-purpose cleaner removes a wide range of stains, including red wine, grease, oil, brake dust and mildew. It cleans stains found on carpets and upholstery, siding and concrete, fiberglass, clothing, swimming pool coping (edges), ceramic tiles, garden furniture, car wheels and boat hulls, hardware, rails and sails.

Corrosion X is a unique product for stopping and preventing rust and corrosion, and acts as a long-lasting lubricating film. Other products include Enviroklean Plus, a biodegradable cleaning solution for concrete, stucco and brickwork, and EK Ultra, a versatile metal, ceramic and porcelain cleaner and degreaser. Enviroklean products may be used on pool surfaces and boats and other marine equipment and machinery.

Location: Acadiana Coatings and Supply, 925 Ridge Rd., Duson. For more information, call 337-989-1949 or visit AcadSupply.samsbiz.com.

Classes at Emily V's Pottery Shoppe



Emily V's Pottery Shoppe, in Carencro, offers pottery classes for beginner and intermediate levels for students who wish to create both decorative and functional pieces.

Classes are held each Wednesday, from 9 a.m. to noon or 6 to 9 p.m. for seven weeks. The cost for a seven-week course includes the first 25-pound bag of clay, glazing, firing and the use of all tools and equipment. For experienced potters who do not require instruction, a separate studio space is available.

Emily V. has been involved in pottery for more than 20 years and has designed many kinds of pottery. Her shop carries both functional and decorative pieces that are available for sale.

Cost: \$235 for seven-week course. Location: Emily V's Pottery Shoppe, 100 E. St. Peter St., Carencro. For more information, call 337-896-8680.

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Nolan's Appliance, AC and Heating, in Opelousas, is a family-owned and -operated company that has been serving Acadiana for 14 years.

Nolan's provides air-conditioning and heating installations and repairs in homes and businesses throughout the area. Its mis-

sion is to install only environmentally friendly 410-A units. Nolan's will help clients determine which unit is most efficient for their needs, including Energy-Star-qualified units that can save hundreds of dollars per year compared to standard air conditioners.

Location: Nolan's Appliance, AC and Heating, 420 Cushman Rd., Opelousas. For more information or to schedule a consultation, call Tabitha at 337-948-0028 or Nolan at 337-278-1664.

A Unique French Boutique



Bonjour, a French Boutique in Broussard, offers a unique antique shopping experience by drawing on cross-cultural experiences and a passion to share all things French. The store features "previously loved" treasures the owners have acquired while visiting family in France each summer and visit-

ing antique markets, street bazaars, estate sales and flea markets in Paris and the Bretagne region.

Guests are greeted with a cup of café Français and a piece of French chocolate, which they can carry while browsing the rooms full of gifts and antiques. Each room carries items meant for a particular room of the home: kitchen items are found in the kitchen, for example. The shop also offers French food products, such as olive oils and gourmet mustards, as well as jewelry and religious items.

Location: Bonjour, 417 W. Main St., Broussard. Hours are Monday through Friday, from 10 a.m. to 5:30 p.m., and Saturday, from 10 a.m. to 4:30 p.m. For more information, call 337-837-6688 or visit BonjourBroussard.com.

Beat the Summer Heat with Crush Frozen Yogurt



Crush Frozen Yogurt, in Lafayette and Youngsville, offers 12 flavors and more than 60 toppings so that patrons can mix up their own delicious and nutritious treats. A variety of fresh fruit toppings and gluten-friendly offerings are available as well.

The changing menu offers daily specials with combinations of flavors and toppings, as well as sugar-free flavors and seasonal favorites. University of Louisiana students can present their college identifications for a 20-percent discount.

Locations: Crush Frozen Yogurt, 116 Rue Promenade, #400, Lafayette, 337-456-8146; and 120 Waterview Rd., Youngsville, 337-857-5108.

New Christian School in Acadiana



Philadelphia Christian School (PCA), located at Philadelphia Christian Church, in Lafayette, is taking applications now through July 8 for registration for grades K3 through 8 for the upcoming school year. The PCS curriculum includes A Beka and Saxon mathematics as well as art education. Students at PCS receive a Christ-centered education, with a focus on character building and academic excellence.

The 2012-2013 school year will begin on August 6 and classes will run from 8 a.m. to 3 p.m. After-school care is available until 5:30 p.m.

Location: Philadelphia Christian School, at Philadelphia Christian Church, 201 W. Pine St., Lafayette. For more information, call Chantelle Thibeaux at 337-296-5342 or email Philadelphia@lusfiber.net.

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Chiropractic for Kids at Natural Health Center

This summer, Dr. Elizabeth Romar, of Natural Health Center, in Carencro, is offering unlimited chiropractic care for children for only \$125 per month.



According to Romar, chiropractic is a safe, gentle health-care approach to whole body-brain integration. She says chiropractic care has been shown to help kids suffering from ADD/ADHD, asthma, bed-wetting, scoliosis, recurrent ear infections, colic, stiff necks and many other common conditions. Studies also have shown that some of the unexpected benefits of chiropractic care, as reported by parents, are improved sleeping, improved behavior and attitude and improved immune function. Because a child's nervous system controls his or her development throughout life, removing stress and tension from the nervous system with simple, specific, gentle chiropractic adjustments can improve the body's physical and mental function, Romar says.

Location: Natural Health Center, 100 E Angelle St., Carencro. Hours are Monday through Friday, from 10 a.m to 6 p.m. For more information or to make an appointment, call 337-347-4141.

Protein increases metabolism more than carbohydrates and fat. So you eat protein with a meal and what's called the "thermic effect of feeding" increases. This increases your ability to digest, break down, and metabolize food. The higher the caloric burn, theoretically the greater the weight loss.

~Dr. Steve Castille

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HAPPY BACK HAPPY BODY

Five Ways to a Healthy Spine

by Dr. Peter F. Ullrich, Jr.

The spine's many nerves, muscles and ligaments serve as connections to areas throughout the body, so keeping your spine in top condition is one of the best things you can do for both your back and overall health.

Let the spine really rest while sleeping.

While you're sleeping, the structures in your spinal column that have worked hard all day finally have an opportunity to relax and rejuvenate. Using the right mattress and pillow will support the spine, allowing the muscles and ligaments to become stress-free and refreshed.

Choose your shoes carefully.

Whether walking for exercise or just to get where you're going, the shoes on your feet have a big effect on your back. Shoes should be well-balanced, flexible and comfortable. Providing not only protection for the feet, but a supportive base that helps the spine and body remain in alignment, the right shoes, plus inserts for added balance, if needed, can help avoid muscle strain and possible injury.

Enjoy the benefits of a massage chair.

A massage feels good because it relaxes your muscles and relieves stress, but therapeutic massage does more than improve flexibility and decrease tension. Massage chairs also can improve blood flow and increase the level of endorphins, natural chemicals in the body that make you feel good, in your bloodstream. While it's not the same as experiencing treatment by a massage therapist, using a massage chair at home can be a practical, easy way to feel some of the benefits of a Shiatsu or Swedish massage.

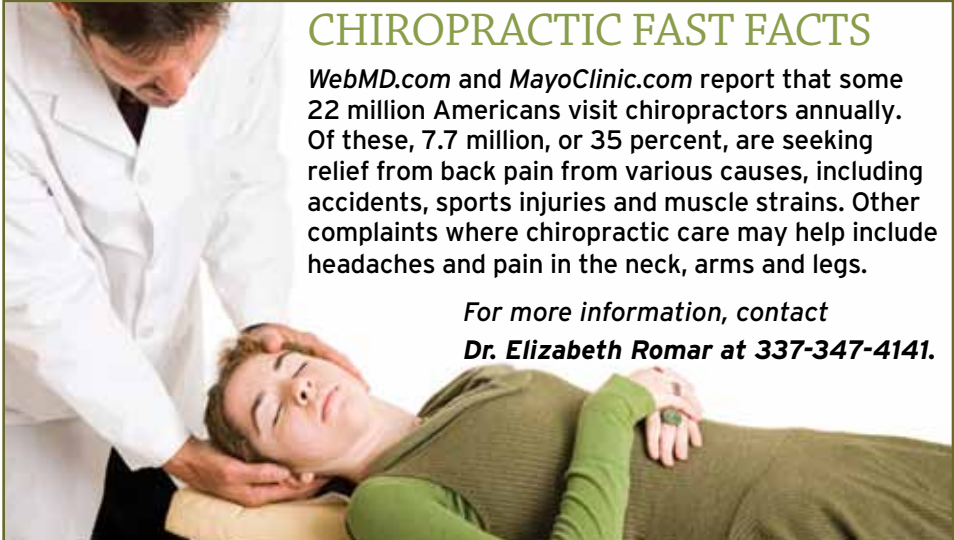
Sit up straight, with support.

Loading on the discs in the lower spine is three times greater while sitting than standing, so it follows that long periods of sitting can create or aggravate a painful back condition. Problems can also occur from sitting incorrectly or in an uncomfortable chair. For example, while sitting in an office chair, many people slouch and lean forward; this poor posture typically leads to muscle tension and pain in the lower back and legs. That is why having the right office chair is key to promoting good posture and supporting the back's natural curves. Because a prolonged static posture is stressful for the structures in the spine, most experts recommend that you get up to stretch and walk around every 20 to 30 minutes.

Specifically exercise abs and back.

One of the most important components of good spine health is exercise. If back and abdominal muscles are not in good shape, it puts additional pressure on the spine, already under the stress of supporting the entire body. Performing abdominal and back exercises (which don't get much exercise from daily activities) as part of a daily routine will go far in maintaining a healthy spine. When abdominal and back muscles are well-maintained, they help support the spine and minimize the chance of injury.

Dr. Peter F. Ullrich, Jr., is a practicing physician and the co-founder and medical director of Spine-Health (Spine-Health.com), a leading educational online resource for people with neck and back pain.



CHIROPRACTIC FAST FACTS

WebMD.com and MayoClinic.com report that some 22 million Americans visit chiropractors annually. Of these, 7.7 million, or 35 percent, are seeking relief from back pain from various causes, including accidents, sports injuries and muscle strains. Other complaints where chiropractic care may help include headaches and pain in the neck, arms and legs.

**For more information, contact
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ARE YOU AT RISK OF BREAST CANCER ?

According to the National Cancer Institute, breast cancer killed 40,480 women and 450 men in 2008.

Louisiana, Missouri and the District of Columbia had the highest breast cancer mortality rates.

Source: American Cancer Society and National Cancer Institute

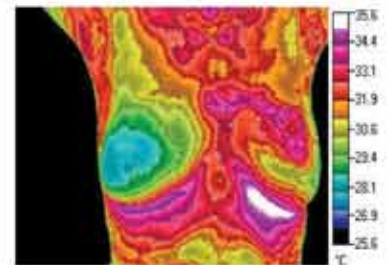


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Juggling Bumps Up Brainpower

Can rhythmically tossing and catching balls in the air help grow the brain? Researchers from the Universität Regensburg, in Germany, after studying two dozen people using brain scans, say yes. Half were asked to learn to juggle; the others were given no special instructions. After three months, the brains of the jugglers had grown by 3 to 4 percent in the areas that process visual and motor information; the more skilled the jugglers became, the greater the brain growth. No change occurred in the non-juggling group. The research team says the study proves that new stimuli can alter the brain's structure, not just its function.



RED MEAT RAISES DIABETES RISK

A study by the University of Glasgow, in Scotland, shows that men are at greater risk than women for Type 2 diabetes, because they tend to develop it at a lower body mass index. Furthermore, red meat, a favorite food among many men, is a suspected risk agent.

Harvard School of Public Health researchers have found a strong association between the regular consumption of red meat—particularly processed options like bacon and hot dogs—and a higher risk of developing Type 2 diabetes. Their study notes that replacing red meat with healthier proteins, such as low-fat dairy, nuts or whole grains, can significantly lower the risk.



Eggs' Sunny Upside

Often considered one of nature's most perfect foods, eggs are an excellent source of protein, lipids, vitamins and minerals. Now, researchers at the University of Alberta, in Canada, have discovered that they also contain antioxidant properties that help in the prevention of cardiovascular disease and cancer.

Jianping Wu and his team of researchers at the university's Department of Agricultural Food and Nutritional Science examined egg yolks produced by hens that were fed typical diets of either primarily wheat or corn. They

found the yolks contained two amino acids; tryptophan and tyrosine, which have high antioxidant properties. The researchers found that two raw egg yolks offer almost twice as many antioxidant properties as one apple and about the same as half a serving (25 grams) of cranberries. When the eggs were fried or boiled, however, the beneficial properties were reduced by about half. "It's a big reduction, but it still leaves eggs equal to apples in their antioxidant value," says Wu.

In prior research, Wu found that egg proteins converted by digestive enzymes produced peptides that work in the same way as ACE inhibitors, prescription drugs used to reduce high blood pressure. That finding contradicted the notion that eggs increase high blood pressure because of their cholesterol content.

CAN CANNED BPA

Think twice before sipping soda or soup that comes in a can. A recent study by Harvard School of Public Health researchers discovered people that ate one serving of canned food daily for five days had significantly elevated levels of bisphenol-A (BPA), an endocrine disrupter sometimes found in plastic bottles, that also lines most food and drink cans. Studies have linked high urine levels of BPA to cardiovascular disease, diabetes and other health conditions. The spike in BPA levels recorded by the Harvard researchers was one of the highest seen in any study.

Source: Journal of the American Medical Association





Spuds Lower Blood Pressure

The potato's rep as a fattening food is getting a much-deserved revision. In a recent report in the *American Chemical Society's Journal of Agricultural and Food Chemistry*, scientists note that two small servings of purple potatoes a day reduce blood pressure by about 4 percent—nearly as much as oatmeal—without causing weight gain. The researchers say that decrease may potentially reduce the risk of some forms of heart disease.

In the study, 18 volunteers that were overweight or obese with high blood pressure ate six to eight golf ball-sized purple majesty potatoes, with skins, twice a day for a month. The researchers used purple potatoes because the pigment in darker fruits and vegetables is especially rich in beneficial phytochemicals. They monitored participants' blood pressure, both systolic (the first number in a blood pressure reading, such as 120/80) and diastolic, and found that the average diastolic pressure dropped by 4.3 percent, while the systolic pressure decreased by 3.5 percent. None of the volunteers gained weight.

Although they aren't yet certain, the researchers believe that red- and white-skinned potatoes may offer similar benefits. Pass on the butter or sour cream, though, and don't even consider French fries—the study's potatoes were cooked



CONTROL MIDLIFE BLOOD PRESSURE TO IMPROVE HEART HEALTH

Changes in blood pressure during middle age can affect the lifetime risk for heart disease and stroke, according to a recent study published in *Circulation*, the American Heart Association's weekly journal. Data from nearly 62,000 individuals whose blood pressure readings were tracked for an average of 14 years confirms that people who kept or lowered their blood pressure to normal levels by age 55 had the lowest lifetime risk for heart disease—22 to 41 percent, compared with 42 to 69 percent for those with high blood pressure.

Build Muscles to Beat Diabetes

Increasing lean muscle mass—known to be a key in fighting frailty associated with aging (a condition called sarcopenia)—may also help protect against diabetes. A new study reports that every additional 10 percent of skeletal muscle mass is associated with reductions of 11 percent in insulin resistance and 12 percent in prediabetes or diabetes.

Dr. Preethi Srikanthan, of the University of California, Los Angeles, and her colleagues recently evaluated the data on 13,644 participants in the National Health and Nutrition Examination Survey III, from 1988 to 1994, and discovered the connection. After adjusting for other contributing factors for diabetes, including generalized and abdominal obesity, they found that individuals with the greatest muscle mass were 63 percent less prone to the disease.

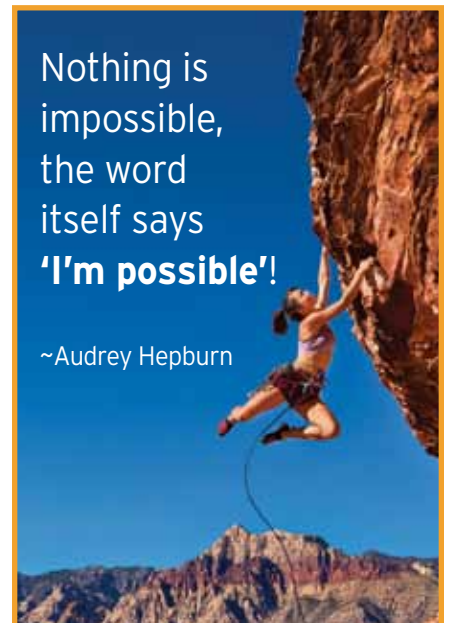
“Our findings suggest that beyond focusing on losing weight to improve metabolic health, there may be a role for maintaining fitness and building muscle mass,” says Srikanthan. “This is a welcome message for overweight patients that experience difficulty in achieving weight loss, as any effort to get moving and keep fit should be seen as contributing to metabolic change.”

Source: Tufts University Health & Nutrition Letter



Nothing is impossible, the word itself says 'I'm possible'!

~Audrey Hepburn

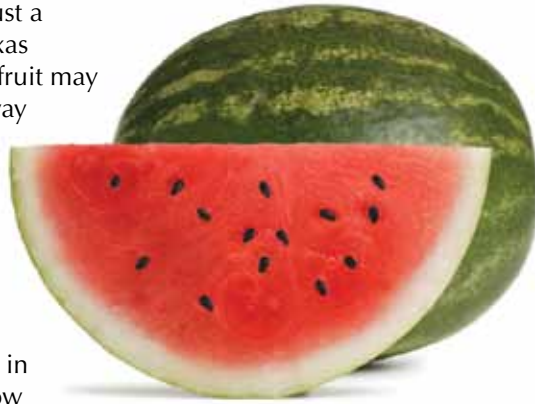


Nature's Viagra

Watermelon, America's all-time summer favorite, delivers more than just a juicy cool-down. According to a Texas A&M University study, the summer fruit may enhance libido in much the same way that Viagra does.

"The more we study watermelons, the more we realize just how amazing a fruit it is, in providing natural enhancers to the human body," says Bhimu Patil, Ph.D., director of Texas A&M's Fruit and Vegetable Improvement Center, in College Station. Bhimu and his fellow researchers have discovered that a special nutrient in watermelon, called citrulline, has the ability to relax blood vessels, similar to the action of common male sexual enhancement drugs.

How does it work? When consumed, the body converts the citrulline to arginine, an amino acid that works wonders on the heart and the circulation system by boosting nitric oxide, which in turn relaxes blood vessels, conferring basically the same effects Viagra does in the treatment of erectile dysfunction. Although watermelon may not be as organ-specific as Viagra, it is still a great way to relax blood vessels. Even better, watermelon has none of the drug's side effects.



Colorful Diet a Secret to Stronger Bones



Mounting evidence increasingly suggests that a diet rich in fruits and vegetables can help keep bones strong, especially as people age. The latest comes in a Framingham Osteoporosis Study, led by the USDA Human Nutrition Research Center on Aging at Tufts University. Collaborating researchers, tracking changes in bone mineral density of more than 600 male and female volunteers with an average age of 75, found that those eating a diet rich in fruit and vegetables had healthier bones.

The researchers attribute these benefits to several nutrients found in plant foods, especially carotenoids, such as carotene, lycopene, lutein and

zeaxanthene. These plant pigments give fruits and vegetables their yellow, orange and red colors. It appears that carotenoids also protect bones from mineral loss through mineral resorption into the blood stream, a metabolic process that weakens bones.

Source: USDA Agricultural Research Service; published in The American Journal of Clinical Nutrition

HAPPY AT WORK



To find more happiness in your work, pause to remember what it is you love about what you do, and you will be a happier, more productive employee. A recent study by the University of Alberta demonstrated how a shift in thought was all that was needed to drop employee absenteeism by 60 percent and turnover by 75 percent in two Canadian long-term healthcare facilities.

PHOSPHATES ALERT

New research suggests that a diet high in inorganic phosphates, found in a variety of processed foods, including meats, cheeses, beverages and bakery products, might speed the growth of lung cancer tumors and may even contribute to development of such tumors in individuals predisposed to the disease.

Source: American Thoracic Society, 2008

Lose Anger, Lose Weight

Men who are angry and hostile pack more pounds over time than women or their less angry, more laid-back peers suggests a French study, which found that the more hostile a man's personality, the more his body mass index (BMI) increases during an extended period. The research noted that hostility could affect weight in many ways; for example, hostile men may be less likely to follow dietary health guidelines, tend to exercise less and are more likely to be depressed—all factors known to contribute to unhealthy weight gain.



Researchers reviewed data on 6,484 men and women participating in a U.K. study of socioeconomic status and health. Participants ranged in age from 35 to 55 at the study's outset. Results culled over a 19-year period showed that, while the relationship between BMI and hostility remained constant for women, hostility seemed to accelerate weight gain over time in men.

Source: American Journal of Epidemiology, 2009

The "It" Nutrient



Vitamin D is quickly becoming the "It" nutrient of our time, promising health benefits for chronic diseases such as osteoporosis, heart disease, cancer and now, diabetes. Researchers from Loyola University Chicago's Marcella Niehoff School of Nursing recently reported that vitamin D may prevent or delay the onset of diabetes

and reduce complications for those diagnosed with the disease. In those suffering from diabetes, vitamin D is crucial in preventing and managing glucose intolerance, because it plays an integral role in insulin sensitivity and secretion. Many of the 23 million Americans with diabetes have low vitamin D levels, which results in part from poor nutrition, one of their biggest challenges. Another culprit is reduced exposure to sunlight.

To control blood sugar and prevent complications from diabetes, vitamin D may be a simple and cost-effective treatment, say the researchers. They suggest a combination of dietary sources of the vitamin, reasonable exposure to sunlight and perhaps vitamin D supplements, based on the advice of an integrative physician.

Source: Loyola University Health System, 2009

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Auto Immune Toxicity Report on New Car Interiors

The consumer watchdog Ecology Center's *HealthyStuff.org*, a product test results website, points out that there is more to green vehicles than fuel economy. That new-car smell can include a toxic mix of chemicals carried over from the manufacturing of seats, steering wheels, dashboards and armrests. The group's fourth annual report on more than 200 model year 2011 and 2012 vehicles gave the Honda Civic and CR-Z and the Toyota Prius top marks for the least interior pollution, while the Kia Soul, Chrysler 200 SC and Mitsubishi Outlander ranked as the worst.

The researchers tested for toxic heavy metals such as lead and mercury, and cancer-causing chemicals like benzene and brominated flame retardants. "Automobiles function as chemical reactors, creating one of the most hazardous environments we spend time in," says Jeff Gearhart, research director of the Ann Arbor, Michigan-based nonprofit.

No mandatory testing or regulation of the chemicals used in vehicle manufacturing exists, so consumers face a lack of helpful information. The use of some chemicals has voluntarily declined since 2006, but many cars continue to contain chemical levels that consumer advocates consider unsafe. The biggest decrease has been in the use of plastics made with the highly toxic polyvinyl chloride (PVC), as well as bromine, chromium leather dyes and lead.

View the full list of cars in the report at Tinyurl.com/carsrated.



Concerned Citizens

Public Demands GMO

Food Labeling



A campaign by Just Label It (*JustLabelIt.org*), a national coalition of 500 diverse organizations dedicated to the mandatory labeling of genetically engineered (GE) or modified organism (GMO) foods, has united 1 million Americans of all political affiliations to demand that the U.S. Food and Drug Administration (FDA) require the practice.

"Pink slime, deadly melons, tainted turkeys and BPA in our soup have put us all on notice that what we eat and feed our families is critically important," says Ken Cook, president of the Environmental Working Group. "Americans overwhelmingly demand safety, transparency and labeling of genetically engineered foods. It's time for the FDA to come clean and restore public confidence in our food system."

According to a political opinion survey conducted by The Mellman Group, pollster Mark Mellman explains, "Few topics other than motherhood and apple pie can muster over 90 percent support, but labeling of GE foods is one of those few views that are held almost unanimously."

Colorado author Robyn O'Brien, founder of the AllergyKids Foundation, remarks, "Americans want more information for their families. Like allergen labeling, GE food labels would provide essential and possibly life-saving information for anyone with a food allergy."



Social Service Meetup Celebrates 10th Anniversary

June 12 marks 10 years of online social collaboration through the Meetup network, formed in the aftermath of the September 2001 (9/11) tragedy. Co-founder and CEO Scott Heiferman says, "I was living a couple of miles from the Twin Towers, and was the kind of person who thought local community doesn't matter much if we've got the Internet and TV.

The only time I thought about my neighbors was when I hoped they wouldn't bother me."

Then, suddenly, people started helping each other and meeting up with each other and the idea for Meetup was born. Each of more than 100,000 Meetup groups starts with people simply saying hello to neighbors. Membership is 10 million and growing.

To join in, visit Meetup.com.

Where's Poppa?

Dads' Roles Changing with the Times

A Pew Research Center analysis of the National Survey of Family Growth (NSFG) confirms the continuation of a 50-year trend leading to more than one in four fathers of children 18 or younger living apart from their children; 11 percent live separately from some of their children and 16 percent from all of them. Logically, the study further shows that fathers living with their children become more intensely involved in their lives, spending more time with them and taking part in a greater variety of activities, such as sharing meals, helping with homework and playing.

Black fathers (44 percent) are more than twice as likely as white fathers (21 percent) to live apart from their children, while Hispanic fathers (35 percent) are in the middle. Among fathers that never completed high school, 40 percent live apart from their children, compared with only 7 percent of fathers that graduated from college.

Many absent fathers try to compensate by communicating via email, social media or phone. Almost half say they are in touch with their children several times a week, but nearly one-third communicate less than once a month. Twenty percent say they visit their children more than once a week, but 27 percent have not seen their children in the past year.

Source: *PewForum.org*



AVON

A close-up of a woman's face with a slight smile, looking towards the camera. To her right are three Avon skincare products: a white tube, a teal jar, and a teal spray bottle.

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Bad Air

Smog Pollution Threatens National Parks

The nonprofit Sierra Club is waging a fundraising campaign to protect U.S. national parks from the effects of power plants burning dirty coal. Executive Director Michael Brune reports, "Nearly one-third of all national parks exceed pollution safety levels." To date, the club has been successful in stopping construction of 160 coal-fired plants.



Natural Resources Defense Council (nrdc.org) analyses show that not only cities, but seaside suburbs and rural areas as well, are reporting health-threatening "bad air days" during the summer due to smog pollution.

Some 250 communities and parks in nearly 40 states, led by California, routinely experience one or more "code orange" dangerous air days, deemed unsafe for children, older adults and those with breathing problems to be outside. More than 2,000 air quality alerts occurred nationwide in the first seven months of 2011, with many areas having long periods of days marred by elevated smog levels.

The push for cleaner air comes amid ongoing Environmental Protection Agency delays in approving updated air pollution standards, which the council notes could annually save thousands of American lives and eliminate tens of thousands of asthma attacks.

Sky Scrapers

'Living' Buildings Might Inhale Urban Carbon Emissions

Dr. Rachel Armstrong, a senior TED fellow and co-director of Avatar, a research group exploring advanced technologies in architecture, is promoting the development of buildings with "lungs" that could absorb carbon emissions and convert them into something useful and "skin" that could control interior temperatures without radiators or air-conditioning. She projects that, "Over the next 40 years, these 'living' buildings, biologically programmed to extract carbon dioxide out of the atmosphere, could fill our cities."

It's an application of synthetic biology, a new science devoted to the manufacture of lifelike matter from synthesized chemicals that engineers create to behave like organic microorganisms, with the added benefit that they can be manipulated to do things nature can't. Armstrong calls them protocells.

She explains, "A protocell could be mixed with wall paint and programmed to produce limestone when exposed to carbon [emissions] on the surface of a building. Then you've got a paint that can actually eat carbon and change it into a shell-like substance."

As an added feature, protocells could naturally heal micro-fractures in walls, channeling through tiny breaks and helping to extend the life of the structure. Plus, says Armstrong, "The thickness of the limestone will grow over time, creating insulation and allowing the building to retain more heat or [else] sheltering it from heating up underneath the sun."



Source: Tinyurl.com/7bcqa8x

Mow, Mow, Mow Your Lawn... Or Mow Less, Sustainably

by Paul Tukey

For some, mowing is the bane of summer; a choking, chugging chore to abhor. For others, it's an artistic expression—the chance to maintain and admire a property's carefully crafted aesthetic look while logging some laps around the lawn. Whether we enjoy it or prefer leaving the task to someone else, several considerations can make the experience less laborious, less polluting and even lighter on the budget as fuel prices rise.

Start high and stay high. Resist the temptation to mow the family lawn to resemble a closely shaved golf green. Far better results are achieved by adjusting the machine's blade to the top setting and leaving it there until after Labor Day. Taller grass in the spring shades the surface of the soil, so that crabgrass and other weed seeds can't sprout as much. High levels in the summer conserve moisture and encourage deep root growth, so that the lawn becomes more drought-tolerant.

Fertilize naturally. Organic fertilizers derived from plant or animal byproducts work with the soil's biology to feed the lawn slowly and evenly. Leave the grass clippings on the lawn, which quickly biodegrade to provide more free, natural lawn food.

The natural approach to nourishing a lawn requires less frequent mowing and makes it more adaptable to long dry spells. Synthetic chemical fertilizers, which are formulated to stimulate a lot of growth quickly, are designed to demand more mowing and watering.

Get grass off of gas. If a lawn is a third of an acre (15,000 square feet) or less, consider this: Today's "push" or motorless mowers are not our grandfathers' heavy wood and steel models. Manufactured from high-grade plastics, lightweight metals and precision blades that rarely need sharpening, the modern mowers cut grass cleanly and are a breeze to use. They are the healthiest choice for people, lawn and planet. For larger acreage, new models powered by propane burn cleaner than gasoline-run engines.

Paul Tukey is author of The Organic Lawn Care Manual and Tag, Toss & Run: 40 Classic Lawn Games. Find more tips at SafeLawns.org.



The U.S. Environmental Protection Agency reports that a single hour of operating a new gas-powered lawn mower emits the same volume of volatile organic compounds and nitrogen oxides as 11 new cars, each driven for one hour.

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HEALTHY ESCAPES

Unplugged Getaways Rebalance Our Lives

by Judith Fertig

When Jeanna Freeman vacationed at Earthshine Mountain Lodge, in Lake Toxaway, North Carolina, she wasn't sure what to expect. Touted as a "techno-amenity-free property," it specializes in off-the-grid getaways (EarthshineLodge.com), meaning no in-room TV and a chance to digitally detox. Guests are encouraged to ditch their cell phones and laptops in favor of a zip line adventure through the Smoky Mountains forest canopy and laid back log cabin informality.

"Honestly, it was exhilarating being away from my cell phone," admits Freeman, an interior designer from Collierville, Tennessee. "I hadn't felt that good and 'connected' in a long time. I didn't realize how much I needed that."

Her experience highlights the new buzzwords and phrases in vacation travel: unplug, reconnect, digital detox and healthy escape. What is it about

unplugging that seems so refreshing and like an ideal vacation?

Nicholas Carr, author of *The Shallows: What the Internet Is Doing to Our Brains*, explains that, "Using the Internet pushes us to a skimming and scanning form of thinking." He occasionally unplugs to recover his attention span, noting, "A lot of our deepest thoughts only emerge when we're able to pay attention to one thing."

For memoirist Pico Iyer, author of *The Man Within My Head*, "The urgency of slowing down—to find the time and space to think—is nothing new." What is new is figuring out workable definitions of stillness and movement when we spend a lot of our time physically still, but mentally in motion.

A noted travel writer for 20 years, Iyer likes to stay at monasteries around the world. He concludes, "Wiser souls have always reminded us that the more attention we pay to the moment, the

less time and energy we have to expend to place it in some larger context." We can just simply be.

Healthy vacation escapes help us do just that. We regenerate, reconnect with ourselves and others and re-imagine our lives in a more satisfying context.

Personal Growth: The Mind

MJ Goff was on a magazine writing assignment the first time she visited the Omega Institute, in Rhinebeck, New York (eOmega.org). As a student of New Age theories and a potential yoga teacher, Goff says she welcomed the opportunity to learn more. Once she attended the women's retreat she was researching, she was hooked. "Every year since, I find myself being drawn to Omega for its promotion of meditation and overall encouragement of 'staying in the present,'" she says. "All the programs stem from one mission: to keep us on the right path."

Talks by internationally known speakers such as Joan Borysenko, Eckhart Tolle, Harville Hendrix and Daniel Amen are complemented by sessions in nurturing creativity, holistic health, and yoga practice. "People smile, but also keep to themselves," explains Goff. "It's a place for quieting your mind."

For shorter getaways, Hay House, headquartered in Carlsbad, California, sponsors weekend I Can Do It! seminars in various cities (HayHouse.com). Speakers such as Louise Hay, Gregg Braden, Wayne Dyer and Caroline Myss help attendees nudge closer to making milestone transformations, consciousness shifts and progress on their healing journeys.

Sometimes, personal growth simply involves sufficient quiet time to walk, contemplate and reconnect with our muse. "The real meaning of the word 'retreat' in the spiritual sense," says Brother David Steindl-Rast, a Benedictine monk, "is stepping back. When one steps back, one gets a better view of the world, others and our deepest self."

Iyer finds solace at New Camaldoli Heritage, a Benedictine community amidst the rugged terrain of Big Sur, California (Contemplation.com). More

than 2,000 monasteries and other spiritual communities throughout North America offer off-the-beaten-path retreats at reasonable prices and generally welcome guests of all religions and spiritual practices. The one requirement is that guests not disturb others.

At Ghost Ranch, in the high desert of Abiquiu, New Mexico, “The scenery alone is spiritual and healing,” relates Nancy Early, a New York film producer. Under the auspices of the Presbyterian Church, activities encourage individual and social transformation (*NewMexico-GhostRanch.org*). Early says the best part is, “There’s one pay phone, and cell phones don’t work here; no TV or radio. You walk away from everything that controls your life.”

Optimal Wellness: Mind/Body

Sometimes the healthy escape we seek can be found at a destination spa, which combines enough structure to slowly wean us from daily busyness with sufficient soothing, quiet spaces and physical nurturing.

For Debbie Phillips—who spends part of the year in Martha’s Vineyard, Massachusetts, and the other part in Naples, Florida—one visit to a spa was all it took. As an executive and life coach, Phillips founded Women on Fire in 2003 to connect her “on fire” clients with each other via regional meetings and a free online newsletter, and discovered that the condition sometimes crosses the line into overwork.

“My first visit to a spa more than 20 years ago was when I first learned about the life-changing benefits of taking better care of myself. In addition to the soothing amenities, the peace, calm and quiet usually found at a spa—space to think, nap, read a book or gaze into the sky—often results in ‘less’ becoming ‘more’ in your life,” Phillips says. “I have returned home feeling lighter and brighter and even more excited for what is next. The experience gave me just the boost I needed to keep going.”

Recently, Phillips discovered simple techniques to nurture herself all year long by attending a breathing and meditation class at the Lake Austin Spa, in Texas. “Now I start each day with long, deep breaths before I

even get out of bed,” she says. “It is so simple, so calming and establishes my day with peace.”

Virginia Nelson, a San Diego, California, attorney, likewise revels in her twice-yearly visits to Canyon Ranch, in Tucson, Arizona. “The pace in southern California is like running a marathon every day. My visits serve as respites that have allowed me to keep up with it this long.

“I first went in 1991 and saw a place to go and cocoon,” recounts Nelson, “but I also discovered incredible fitness and education classes.” The spa is essentially a reset button for her. “It’s rest, rejuvenation and reinvention.” Canyon Ranch has several U.S. locations (*CanyonRanch.com*).

Some facilities feature niche mind/body experiences, such as the psychic massage or chakra balancing at Mii Amo Spa, in Sedona, Arizona (*EnchantmentResort.com*). Others specialize in holistic wellness. Tucson’s Miraval Resort, in Arizona, offers an integrative wellness program guided by Dr. Andrew Weil (*Tinyurl.com/6p2l237*). Chill-out spa services like a hot stone massage are often balanced by breath walking, qigong or desert tightrope walking.

Active Adventure: The Body

Finding a clear stillpoint of one’s soul can also occur while moving and challenging our bodies. Exercise helps us break through not only physical boundaries, but emotional and spiritual barriers, as well.

Barbara Bartocci, a long-distance cyclist and author of *Meditation in Motion*, maintains that moving keeps both our brains and bodies healthier. “Research at The University of Arizona found that regular exercise appears to preserve key parts of the brain involved in attention and memory,” she notes. “It is well known that exercise helps to reduce anxiety, allay depression and generally improve mood, by prompting our bodies to release more endorphins.”

Bartocci has experienced the power of these connections firsthand. “Active vacations are truly transformative,” she says emphatically. “When I bicycled across Iowa on RAGBRAI [*The Des*

Moines Register’s Annual Great Bicycle Ride Across Iowa], we cycled 76 miles one day on hills with a constant 20-mile-per-hour headwind. It was a tough day, but I made it! My divorce was becoming final that summer, and completing that day gave me the encouraging inner message: ‘If I can cycle Iowa on the toughest day, I can re-cycle my life after divorce.’” She’s still moving along. Recently, she joined 500 other cyclists doing 60 miles a day for a week in Wisconsin.

Bill Murphy, of Annapolis, Maryland, made his breakthrough at the Boulder Outdoor Survival School (*boss-inc.com*). “While I wanted an adventure and to put myself out there, I also wanted to know that I was in good hands,” he says about why he chose a guided trip. Murphy was already in good shape, having competed in a local Ironman event. Following an initial fitness assessment that involved testing his heart rate after running at high altitude, he was deemed fit to take part in an outdoor survival experience in Utah’s desert country. With a knife, wool jacket, cap, gloves, long underwear and suitable shoes—but no tent, sleeping bag or food—his group learned to live off the land with the assistance of three instructors in an initial phase of the program.

“After two days we were given our backpack with the critical blanket, poncho and food rations. I have never been so happy to hear the words ‘1,500 calories’ in my life, and though I have eaten at some wonderful restaurants, the soups we made with those rations tasted better than anything I have eaten in my life,” he says.

Murphy learned how to purify water, make a tent from his poncho, start a fire with minimal tools and bed down in the cold without a sleeping bag or blanket. A crucial part of the survival training was the need to go even further when the group thought their adventure had ended. “We didn’t know whether that would be in 10 miles or 30,” he recalls. His ability to physically push past the mentally established timeframe led Murphy to see that he could also move beyond his either/or boundaries: either family or business; either business or adventure. “I realized that I don’t have



to choose one over the other. I feel a better sense of balance now.”

In other parts of the country, Outward Bound Adult Renewal also offers new experiences that test physical limits and present breakthrough opportunities (*OutwardBound.org*). It's also known for programs that help teens get a better handle on life. Participants often rock climb the Blue Ridge Mountains of Virginia or sea kayak along the Pacific Northwest or North Carolina's Outer Banks. Options for growth and renewal appear endless.

Nearby or far away, for a few days or longer, a healthy escape can be truly restorative.

Judith Fertig regularly contributes to Natural Awakenings.

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~Dr. Steve Castille

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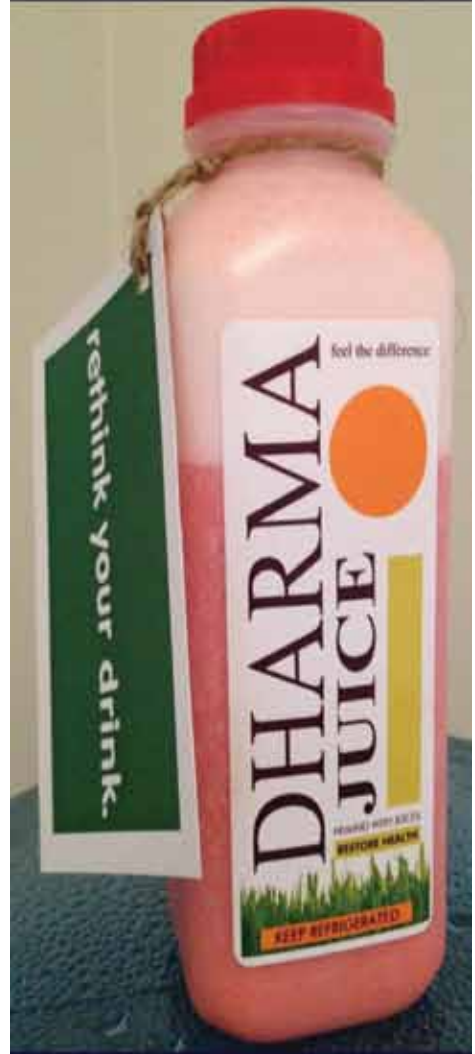
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DAD'S GOLDEN STORY HOUR

Kids Listen with their Entire Being

by Clint Kelly

“Soon, the brave little tailor and the beautiful Princess Minnie were happily married. And to think it all began with seven dead flies.”

So ends *The Brave Little Tailor*, starring Mickey Mouse. Whenever I concluded reading with those words and attempted to close the well-worn book, I was inevitably hit with a chorus of, “Aw, Dad,” as they yearned for more.

Why had my offspring narrowed the book selections to so few predictable favorites? Although the kids loved it, the constant repetition got to me. I rather empathized with the darker side of the original Brothers Grimm version of the tale.

It's not that I was opposed to pulling story duty. Children take comfort in the familiarity and lasting values of classic storylines. But at reading time, temptation whispered, “What they want is your time. It doesn't matter what you read; just read...”

A brief motor racing vignette in *Road & Track*, perhaps, or the latest major league baseball trade analyses from *Sports Illustrated*?

My mind would wander. They'd scold me.

“Dad! You just said the little tailor caught seven flies in a row. It's, ‘Seven flies at one blow,’ Dad.” Busted. Sadly, it wasn't long before I was caught yet again.

“Dad! It was Chicken Little who thought the sky was falling and The Little Red Hen who worked to bake the bread her lazy friends wouldn't lift a finger to make. You always get them mixed up.”

Verbal slips aside, the kids crowded closer. They jockeyed for position against my chest, listening to the whoosh of my heart, the cadence of the words and the conviction of my voice reverberating into their inner ears, down along their spinal columns and deep into their souls.

Still, given the choice between Mrs. Piggie-Wiggle or the daily stock quotations, I'm afraid that Wall Street often muscled the good woman aside.

My wife urged me to persist. “The children have me all day. If only for a half-hour every night, you've got a solid grip on the children. Don't let them slip away.”

Okay, I thought. Just as Mrs. Piggie-Wiggle had her magical cures for never-want-to-go-to-bedders, surely I could find a cure for my reading ennui. In fact, taking a page from the Little Tailor's playbook, I found seven.

First, I sometimes invited a "guest" reader. A Grover hand puppet and a gravelly voice kept me alert, delighted the kids and gave those stories a fresh new lease.

The second remedy was to turn off the TV, ignore the phone and read by a lone lamplight that ringed me and my audience in a cozy glow.

Third, for variety, we'd sometimes read in a "secret" place. *Goldilocks* acquires a new dimension when read under the kitchen table.

My fourth remedy was to introduce dinner readings. "For the first course," I'd say, "a heaping helping of *Hansel and Gretel*." Tomato soup and grilled cheese sandwiches lend themselves nicely to this departure from standard fare.

Eyes sparking, minds

receptive, the children's slight

bodies vibrate like tuning forks

of language, wonder and virtue

when we read together.

Fifth, I'd occasionally take a break by playing a talking book episode. It made old standbys like *Tom Sawyer* fresh again.

As a sixth solution, when I assigned the kids parts in a story the plot took on a dimension that would often make us giggle. Even very young children that haven't learned to read are able to memorize well-loved passages and recite lines verbatim.

The seventh remedy was to spin original tales. When I was a boy, my mother created an entire forest world populated by clever animals: Fox, the sly one; Owl, the fusty Winston

Churchill; and Beetle Boy, the action hero. I took what she began and created *Further Adventures from the Deep, Dark Wood*.

While I didn't feel every inch the polished spinner of tales early on, neither did I abdicate the richly fulfilling role of chief reader for our little tribe. The more interest I showed their beloved classics, the closer they snuggled. Remedies in hand, my attitude improved. I relaxed and became less attached to my "other" reading material. At story time, I soaked up the hugs, the laughter and the love. Truth be told, I came to like having the most luxurious—and requested—lap around.

Clint Kelly, a communications specialist for Seattle Pacific University, in Washington, authors tales for children and adults on topics ranging from dinosaurs to child rearing. Connect at ClintKellyBooks.com.

Dads Booked as Heroes

by Jeremy Adam Smith

Fathers show up comparatively rarely in children's books. According to a review of 200 children's books by David Anderson, Ph.D., and Mykol Hamilton, Ph.D., fathers appeared about half as often as mothers. Mothers were 10 times more likely to be depicted taking care of babies than fathers and twice as likely to be seen nurturing older children.

Of course, moms are still most likely to be taking care of kids. But how does that help nontraditional families and other parents embrace broader caring role models? They can choose from this list of books that depict dads as co-parents and primary caregivers.

■ *Mama's Home!*, by Paul Vos Benkowski, illustrated by Jennifer Herbert (Chronicle Books, ages 1-3)

■ *Kisses for Daddy*, by Frances Watts and David Legge (Little Hare Books, ages 1-5)

■ *The Bunny Book* (also published as *When Bunny Grows Up*), by Patricia M. and Richard Scarry (Golden Books, ages 1-5)

■ *The Complete Adventures of Curious George*, by Margret and H.A. Rey (Houghton Mifflin, ages 1-5)

■ *Daddy's Lullaby*, by Tony Bradman, illustrated by Jason Cockcroft (Margaret K. McElderry Books, ages 2-5)

■ *My Dad*, by Anthony Browne (Macmillan, ages 2-5)

■ *Daddy's Home!*, by Rosanne D. Parry, illustrated by David Leonard (Candy Cane Press, ages 2-5)

■ *My Daddy and I*, by P.K. Hallinan, author and illustrator (Candy Cane Press, ages 2-5)

■ *Knuffle Bunny: A Cautionary Tale* (sequel is *Knuffle Bunny Too: A Case of Mistaken Identity*), by Mo Willems (Hyperion, ages 2-6)

■ *Mama's Coming Home*, by Kate Banks, pictures by Tomek Bogacki (Farrar Straus Giroux, ages 3-6)

■ *Daddy Calls Me Man*, by Angela Johnson, paintings by Rhonda Mitchell (Orchard Books, ages 3-6)

■ *Papa, Do You Love Me?* by Barbara M. Joosse, illustrated by Barbara Lavelle (Chronicle Books, ages 3-6)

■ *Tell Me One Thing, Dad*, by Tom Pow, illustrated by Ian Andrew (Candlewick Press, ages 3-7)

■ *Horton Hatches the Egg*, by Dr. Seuss (Random House, ages 3-7)

■ *And Tango Makes Three*, by Peter Parnell and Justin Richardson, illustrated by Henry Cole (Simon & Schuster, ages 3-7)

■ *A Father Like That*, by Charlotte Zolotow, illustrated by LeUyen Pham (HarperCollins, ages 3-7)

■ *Danny, Champion of the World*, by Roald Dahl, illustrated by Quentin Blake (Knopf, ages 8-12)

Jeremy Adam Smith is the author of The Daddy Shift and co-editor of Rad Dad: Dispatches from the Frontiers of Fatherhood. Connect at JeremyAdamSmith.com.

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JUNE AEROBICS SCHEDULE

June 2

9:00am Anything goes

June 4

5:15am Anything Goes
9:00am Anything Goes
4:30pm Body Blitz
5:30pm Circuit
6:30pm Kickboxing

June 5

4:30pm Butts/Guts/Cardio
5:30pm Body Blitz
6:30pm Zumba

June 6

5:15am Anything Goes
9:00am Anything Goes
5:00pm Anything Goes
5:30pm Toning with Ball
6:00pm Pilates/Core Fusion

June 7

4:30pm Butts/Guts/Cardio
5:30pm 20/20/20
6:30pm Zumba

June 9

9:00am Anything Goes

June 11

5:15am Anything Goes
9:00am Anything Goes
4:30pm Body Blitz
5:30pm 20/20/20
6:30pm Kickboxing

June 12

4:30pm 20/20/20
5:30pm Body Blitz
6:30pm Zumba

June 13

5:15am Anything Goes
9:00am Anything Goes
5:00pm Anything Goes
5:30pm Crunch Time
6:00pm Pilates/Core Fusion

June 14

4:30pm 20/20/20
5:30pm Power Circuit
6:30pm Zumba

June 16

9:00am Anything Goes

June 18

5:15am Anything Goes

9:00am Anything Goes
4:30pm Body Blitz
5:30pm Circuit
6:30pm Kickboxing

June 19

4:30pm 20/20/20
5:30pm Body Blitz
6:30pm Zumba

June 20

5:15am Anything Goes
9:00am Anything Goes
5:00pm Anything Goes
5:30pm Resistance Toning
6:00pm Pilates/Core Fusion

June 21

4:30pm Butts/Guts/Cardio
5:30pm 20/20/20
6:30pm Zumba

June 23

9:00am Anything Goes

June 25

5:15am Anything Goes
9:00am Anything Goes
4:30pm Body Blitz

5:30pm 20/20/20
6:30pm Kickboxing

June 26

4:30pm 20/20/20
5:30pm Body Blitz
6:30pm Zumba

June 27

5:15am Anything Goes
9:00am Anything Goes
5:00pm Anything Goes
5:30pm Toning With Ball
6:00pm Pilates/Core Fusion

June 28

4:30pm 20/20/20
5:30pm Power Circuit
6:30pm Zumba

June 30

9:00am Anything Goes

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Belly Fat:

What It Is and How to Get Rid of It

by Dr. Steven Castille

Clinical studies have shown that exercising in intense bursts for short periods of time can reduce dangerous visceral fat. To understand how this is possible, first we must understand more about the body.

There are two kinds of fat in the stomach area. There is subcutaneous fat, which is below the skin, and there is visceral fat, which is inside the abdominal cavity. Visceral fat is the most dangerous fat. It grows around and inside the liver and other organs in the abdominal cavity, including the heart. The more fat that is created in this area, the more health issues a person will have.

The actual, physical fat will push the lungs up and reduce the amount of oxygen they can take in. This often is diagnosed by doctors as asthma. The fat also will put pressure on the stomach and push the food back up the esophagus. This often is diagnosed as acid reflux. The fat also will put pressure on the kidneys, thus giving them incorrect signals, and cause high blood pressure and hypertension.

Visceral fat also is a cause of insulin resistance, which leads to diabetes. It also is what causes cardiovascular disease, which leads to heart attacks. Needless to say, belly fat is no joke.

Receptor sites

What causes belly fat as opposed to other kinds of fat? All fat is deposited based on fat-receptor sites. There are receptors in different parts of the body, and when they receive the signal, the body will deposit fat in that area.

In the abdominal cavity there are high concentrations of receptors that receive cortisol (a stress hormone). When cortisol is present in the blood, especially in excess, the concentration of fat deposits will be in the abdominal cavity and midsection. Hormones determine where fat is deposited. Some hormones cause fat to be stored in the hips and thighs, but it is the stress hormones that are responsible for fat being stored in the abdominal area.

How to lose belly fat

Rule 1: Eliminate sugar

The belly-fat diet must be free of sugar,

especially all sugar substitutes. Excess sugar causes stress on the nervous system. It causes insulin levels to spike. When they spike, they also plunge. When they plunge, they take all nutrients away from the cells and the cells actually starve.

Get more sleep and get a deeper sleep. Most of the body's fat burning happens while we sleep.

Rule 2: Avoid stimulants, such as caffeinated drinks

Anything that causes stress to the nervous system, such as caffeine, should be avoided or eliminated completely.



Rule 3: Get more sleep

Sleep early (go to bed no later than 10:30 p.m. every night) and get as much deep sleep as possible. Most of the body's fat burning happens while we sleep. Following a "sleep diet" can help with rapid fat loss.

Rule 4: Eliminate chemicals in the environment and in food

Remove all monosodium glutamate (MSG) from the diet. MSG is labeled in different forms, so it pays to learn which names actually mean MSG. Remove all high-fructose corn syrup. This causes many problems, one of which is interfering with true "fullness" signal when we eat and drinks. Remove the use of plastics. Studies have shown that chemicals in many commonly used plastics, such as baby bottles and food containers, release Bisphenol-A (BPA). BPA has been shown to cause obesity, diabetes and breast cancer. Eat organic foods. Anyone who simply focuses on eating organic foods alone will avoid all the chemicals,

such as pesticides and herbicides, that cause obesity, insulin resistance and diabetes. Herbicides and pesticides, such as DDT, have been proven to cause obesity, diabetes and cancer.

Rule 5: Drink lots of water

Super-hydrate the body. Set a goal of drinking at least a gallon of filtered water or herbal tea a day.

Rule 6: Include more fiber

Eat a high-fiber diet that is raw and especially high in moisture. Raw food that is very dry is not sufficient. A raw almond is fine, but it is low in moisture and fiber. Foods such as romaine lettuce, cucumber, and celery, however are high in moisture and fiber.



Rule 7: Exercise properly

Exercising to lose belly fat is dependent on a body's adrenal health. If the adrenals are weak, or if there is excess cortisol in the blood, that should be resolved first. If adrenal tests indicate adrenal weakness (there are simple tests that can be done at home), then aerobic exercise alone is needed.

Many people, however, perform aerobic exercise incorrectly. They exercise too intensely and raise their heart rate too high. If the heart rate goes too high, the body will not be doing aerobic exercise. Each person needs to determine the ideal aerobic threshold and exercise below that heart rate.

Intense resistance exercise in short intense bursts and for short periods of time have been shown in clinical studies to reduce visceral fat. The problem for some is their fitness level and their ability to concentrate intense exercise or calorie burning. This will cause them to gain more fat.

Whole-body vibration (WBV) exercise is helpful for intense resistance, when performed in short bursts for short periods of time and not more than four times a week. This requires proper training, but many people find that WBV greatly enhances their weight-loss programs.

Rule 8: Increase metabolism

Thermogenic supplements and foods can boost the body's metabolism so that it will burn more calories, both at rest and during exercise.

Steven Castille is a biochemist, doctor of natural medicine, publisher of Natural Awakenings and developer of WheTea Weight-Loss Formula. Both WheTea and Whole-Body Vibration programs are available at the Liteon Natural Health Center, 100 E. Angelle St., Carencro. For more information, call 337-896-4141 or 337-347-4141.



Health Effects of Being Overweight

It's an undeniable fact that Americans are overweight. In fact, 65 percent of American adults are fat; that's more than 127 million people. Not only that, but obesity counts for about 300,000 deaths and about \$300 billion each year.

Quite simply, obesity is an excess of body fat. Normally, anyone who is 20 percent over the normal weight for his or her age, sex, height and build is considered obese.

Recent studies have revealed that obesity is linked to very high rates of chronic diseases. As fat accumulates in the body, it crowds the space for our organs. This extra fat can result in putting undue stress on the body, including the back, legs and the internal organs, such as the heart, liver and kidneys.

This can eventually lead to more serious health conditions, including:

| | |
|--------------------------------|-------------------------|
| Diabetes | Coronary artery disease |
| Stroke | High blood pressure |
| Kidney disease | Colon cancer |
| Breast cancer | Liver disease |
| Complications during pregnancy | |

One of the primary reasons for obesity is a lack of exercise. Including some form of exercise in our routine every day can help us to lose weight and improve our overall health.

Some of the benefits of exercise include:

| | |
|-------------------------------|----------------------|
| Protection from osteoporosis | Stronger bones |
| Reduced risk of heart disease | Lower blood pressure |
| Protection from cancer | Lower cholesterol |

While exercise is only one factor in the equation for losing extra body fat, eating healthful, well-balanced meals is the other half of the equation for losing weight.

When planning meals, keep the following guidelines in mind:

1. Drink more than the recommended eight glasses of water per day. Water helps to flush toxins and fat out of the body and, although it can cause a temporary bloated feeling, water does not make us overweight.
2. Eat a diet abundant in vegetables, especially dark green vegetables. Be sure to include salads and such vegetables as kale, broccoli and cabbage. Other vegetables, such as sweet potatoes, carrots, pumpkin and winter squash should be included as well.
3. Eat lean proteins, such as chicken breast and turkey. Lean red meats should be eaten sparingly. Other protein-rich foods, such as fish, beans, peas, lentils, seeds and nuts, should be included as well.
4. Pay attention to fats in the diet. Include "good fats," such as olive oil and canola oil, but avoid fats from butter, margarine, ice cream, mayonnaise and heavy salad dressings.
5. Eat calcium-rich foods, such as green, leafy vegetables, and low-fat dairy, such as yogurt and low-fat cheese.

Hormone Help for Guys

Natural Ways to Boost Vitality

by James Occhiogrosso

Without hormones, the body's chemical messengers affecting every human biological system, nothing works correctly. Testosterone, in particular, is critically important for male development, starting in the embryo, through puberty and into old age.

After reaching peak levels in a man during his mid-to-late-20s, his testosterone level begins a slow decline. From the age of about 35, it drops by about 10 percent per decade for the rest of his life, accompanied by a slight increase in estrogen levels.

While women experience physical markers when they enter menopause, there is no specific point at which men typically enter andropause, the less extreme male version of the change of life due to low hormone production. Related changes usually cause minor problems at first and then tend to become more severe.

Medical studies from Seattle's Veterans Administration Puget Sound Health Care System, the University of Washington and Harvard University show that testosterone deficiency contributes to reduced muscle and bone mass, male breast enlargement, depression, atherosclerosis, anemia and diabetes.

Test First

Hormones travel the bloodstream in bound and unbound (free) forms; only the free ones activate various body functions. When evaluating a man, a doctor will typically order a blood test for total testosterone, combining both forms.

Older men often can show a normal total testosterone level, but have a low level of free testosterone. A saliva test brings clarity, because saliva only contains free hormones. Fifty-plus-year-old men with low free testosterone that show signs of hormone imbalance should consider natural supplementation, even when total testosterone is normal. It's best to test before starting a rebalancing program and to retest after a few months. Establishing a record over time allows a man to monitor and adjust progress.

Hormone Help Starts Here

Taking supportive steps in nutrition and lifestyle choices can make a big difference.

Diet. Proper nutrition, embracing a full complement of vitamins and minerals, is essential. Eliminate red meat, cheese, fast food and processed snack foods, which can increase

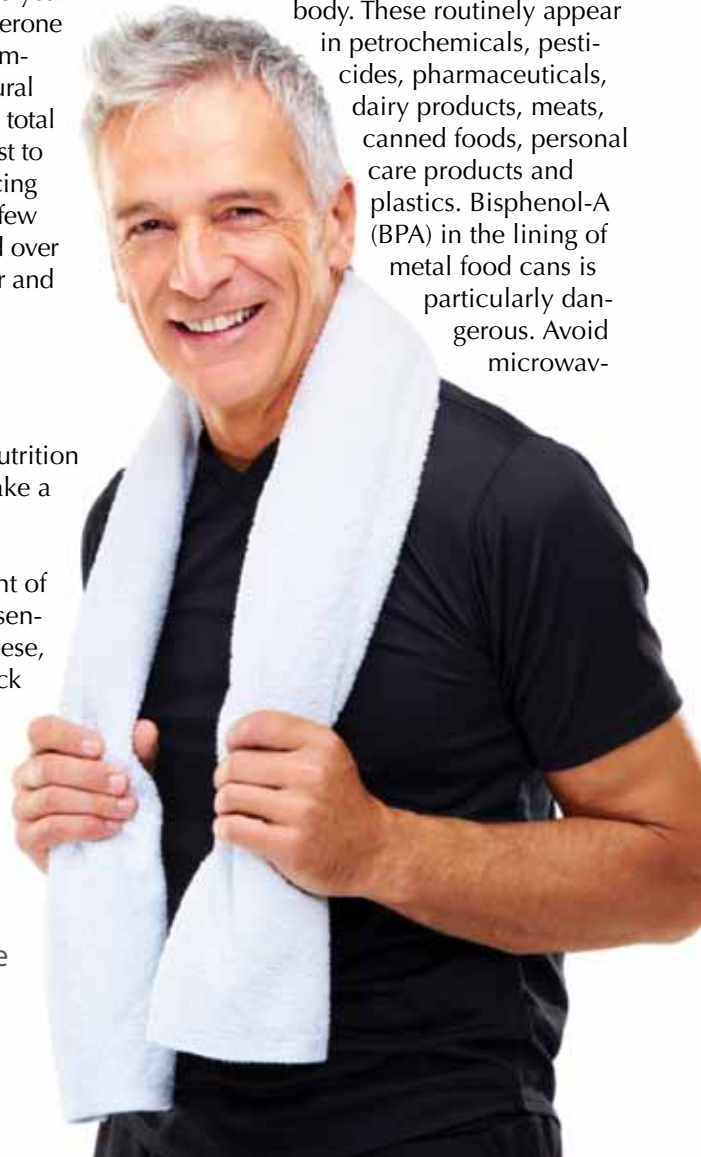
"When a man with low testosterone restores his level back to its biological norm—he feels like a man again!"

~ Dr. Eugene R. Shippen

estrogen levels. Herbal supplements such as Tribulus (*Tribulus terrestris*), or puncture vine; ginkgo (*Ginkgo biloba*), Korean red ginseng (*Panax ginseng*) and maca (*Lepidium meyenii* or *Lepidium peruvianum*) can help by increasing testosterone levels, sexual libido or erectile function. Some influence testosterone levels directly; others help enhance function by indirectly providing nutrients to improve circulation and general sexual health.

Weight control. Excess fat, particularly around the abdomen, stores and produces estrogen. Reducing fat tissue can help both lower estrogen and enhance testosterone.

Environmental exposure. Endocrine disruptors, called xenoestrogens, from everyday exposure to toxic estrogenic industrial chemicals, can mimic the effects of estrogen in a man's body. These routinely appear in petrochemicals, pesticides, pharmaceuticals, dairy products, meats, canned foods, personal care products and plastics. Bisphenol-A (BPA) in the lining of metal food cans is particularly dangerous. Avoid microwav-



ing foods in plastic containers, even when they are labeled as microwave-safe.

Research medications. Dr. Eugene R. Shippen, co-author of *The Testosterone Syndrome*, states, "High-dose statin drugs used to lower cholesterol definitely lower testosterone levels and are high on the list of causes of erectile dysfunction."

Exercise. Physically inactive people lose up to 5 percent of their total muscle mass per decade. Exercise helps to lower estrogen levels and enhance testosterone levels.

Testosterone Supplements

Past incorrect beliefs that testosterone replacement therapy causes prostate cancer left many medical practitioners reluctant to prescribe it. The latest scientific research shows that a healthy man does not increase the risk by raising his testosterone level to the normal biological range for his age. Renowned medical oncologist and prostate cancer researcher and survivor, Dr. Charles "Snuffy" Myers, has stated, "There is absolutely no hint that testosterone at high levels correlates with prostate cancer." He founded the American Institute for

To find a local compounding pharmacy for natural bioidentical testosterone skin cream, as prescribed by a medical practitioner, visit iacprx.org.

Diseases of the Prostate, near Charlottesville, Virginia.

Natural bioidentical testosterone cream labeled USP, for United States Pharmacopeia standard, is available at compounding pharmacies. Bioidentical means that a substance has the same chemical form as that produced by the human body.

Other forms of testosterone therapy, including biweekly injections, skin patches and pills, typically employ synthetic chemicals that are similar, but not identical, to natural testosterone. Thus, such products are not completely recognizable by the body. About 15 years ago, bestselling author and hormone balancing expert Dr. John R. Lee published his startling conclusion that synthetic hormones

can cause serious side effects, including an increased risk of stroke, cancer and liver damage. His findings were subsequently confirmed by the Women's Health Initiative study. Injections, skin patches and pills subject the body to unnatural fluctuations in testosterone and estrogen. In contrast, skin creams permit precise daily or periodic dosing as prescribed by a qualified health care practitioner.

As they age, some men strongly feel the effects of a cumulative decline in testosterone levels and experience significant symptoms, while others barely notice it. Restoring testosterone to its biological norm can be rewarding. Remember that hormones are powerful and a little can go a long way. Beyond a prescribed amount, more is not better and can reverse benefits.

James Occhiogrosso, a natural health practitioner and master herbalist, specializes in salivary hormone testing and natural hormone balancing for men and women. For a phone consultation, call 239-498-1547, email DrJim@HealthNaturallyToday.com or visit HealthNaturallyToday.com.

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By: Marie Pace, RND, CNC — Author of
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"I can finally use my hands again... no more pain. Interestingly I feel better too." – S. G.



Marie Pace, RND, CNC, is a Registered Doctor of Naturopathy, Certified Nutritional Counselor and author of **DISCOVER HEALTH**. To contact her office call **337-989-0572**
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AROUND THE CAMPFIRE

The Rugged Outdoors Requires Gentle Manners

by Dave Foreman

The land we now call the United States of America was once a wilderness paradise, vibrant and diverse, cyclical, yet stable, pure and unpolluted, with a diversity and abundance of life that staggers the imagination. Today, the American wilderness is under continual attack by humans and vanishing rapidly. Activists at *Rewilding.org* want to reverse this trend.

For centuries, Americans that know how to live close to the land have traveled comfortably in wild country by using the resources of the wilderness. But today there are so many people out tramping around the last tiny areas of isolated, fragmented and injured wilderness that we can't afford to play mountain man anymore; we have to tread more softly, out of respect and generosity of spirit toward the land and its wild inhabitants.

Many books give helpful detailed instruction on low-impact trekking and

camping techniques, but here are a few guidelines:

Stay on designated switchbacks.

Shortcutting across switchbacks on a trail causes erosion just as surely as loggers hauling trees upslope.

Think before voiding. Locate designated toilet facilities and use them. On the trail, bag toilet paper and carry it out to a proper disposal site or safely burn it in a campfire. Human feces are a pollutant if not properly buried in a cat hole dug a few inches into the soil and thoroughly covered. Dig and dispose

away from temporarily dry watercourses, campsites, trails and other places where hikers may tarry. In the right place, waste can provide food for insects and worms that live in the topsoil.

Use existing fire rings. Also, only use downed and dead wood for campfires; never break limbs or twigs off dead or living trees. Never build a fire in overused or fragile areas like timberline lakeshores or above the tree line. Use a fire pan on raft and canoe trips and pack out the ashes or deposit them in the main current if that is allowed in river-specific rules. Better yet, rely on a backpacker's camp stove.

Pack it all out. No littering; and pick up trash found along the way.

Follow the rules on float trips. Invisible camping techniques involve the use of fire pans, portable toilets, proper disposal of dishwashing water and the like. A use-appropriate river permit will have clear instructions on minimum-impact techniques that when practiced, become a habit.

Don't camp by water in deserts. If we plop down and set up housekeeping at a rare water source, wildlife that counts on drinking from there will be repelled and may die from dehydration. Camp at least a quarter of a mile (farther is better) from isolated water sources.

Keep pollutants away from waterways. Don't wash dishes, clean fish, take a bath or introduce soap, grease or other pollutants (biodegradable or not) into backcountry streams, lakes, potholes or springs. Swimming (not soaping up) in well-watered areas is usually harmless.

Leave native wildlife and natural objects intact. Many plants and animals are imperiled; in part, because of collection and sales of nature's artifacts. Leave fossils, crystals and other treasures, including petroglyphs and potsherds, in place.

Finally, drive slowly in wilderness areas to protect wildlife crossing access roads.

Dave Foreman is co-author of The Big Outside Revised Edition and founder of The Rewilding Institute, headquartered in Albuquerque, NM (Rewilding.org).

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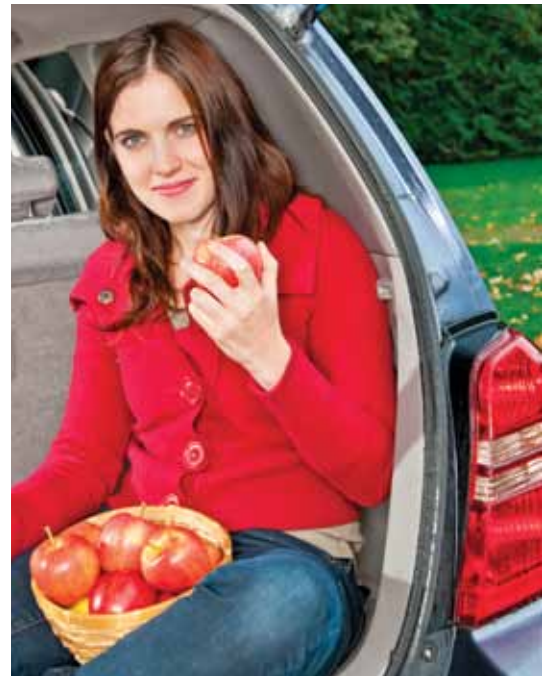
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conscious eating

On the Road Without Weight Gain

How to Eat Healthy, Away From Home



by Melinda Hemmelgarn

Health-conscious and sustainably minded folks know how challenging it can be to eat well on the road. Most restaurants dotting interstates and airports offer supersized portions of soulless, processed foods, devoid of satisfying whole-food goodness or regional flair. They're more like a drive-by shoot up of fat, sodium and sweeteners.

Yet it is possible to find healthy foods while traveling, given a little pre-planning that can add fun and excitement to the adventure. Whatever the mode of transportation, follow these tips from seasoned registered dietitians to feel fit, trim and happy while out and about for business or pleasure.

Bring Food: Number One Rule of the Road

Once we feel hunger pangs, we're more likely to eat whatever's within arm's reach, so for driving trips, take a cooler of healthy options that are kind to hips and waistlines. If flying, pack non-perishable snacks in a carry-on bag.

Diana Dyer, an Ann Arbor, Michigan-based dietitian and organic farmer, has logged thousands of miles travelling

and speaking about "food as medicine." Her secret: "I carry dried organic fruits and vegetables, organic granola bars, organic nuts and organic peanut butter." Before arriving at her hotel, she'll ask the cab driver to take her to a local food co-op to pick up organic fresh fruits, juice and yogurt. Dyer is adamant about organic food, no matter where she goes, because she doesn't want to consume hormones, antibiotics and agricultural chemical residues, many of which contribute to weight gain, especially in combination with typically high-fat Western diets.

Dyer rejects hotel breakfast buffets too, which typically offer low-fiber, highly processed fare. Instead, she packs her own organic rolled oats, dried fruits, nuts and green tea. Then, all she needs is the hotel's hot water to stir up a fortifying, satisfying, health-protecting breakfast. Hotel rooms with mini-refrigerators make it easy to store perishable items. If a fridge is unavailable, use the in-room ice bucket to keep milk, yogurt and cheese at a safe temperature.

When road-tripping with children, a cooler will save money and time and provide a tasty and energizing on-the-spot

picnic for road-weary, hungry travelers. Remember to bring silverware, napkins, cups and a blanket or tablecloth.

Roadside rest areas and community parks provide free access to picnic tables, clean restrooms and a place to romp and stretch (read: burn calories). Plus, Mother Nature's entertainment surely beats a potentially dirty, plastic, fast-food play space.

When it's time to restock supplies, ask for directions to the closest supermarket, food co-op, natural foods grocery store or farmers' market. Most are located close to major highways.

Seek Out Farm-Fresh Foods and Regional, Ethnic Cuisine

To find fresh fruits and vegetables while on the road, stop at state welcome centers for free maps and guides to farm stands and farmers' markets to enjoy the taste of healthy local seasonal flavors.

Before Lebanon, New Hampshire-based dietitian KC Wright goes on the road, she goes online to check department of agriculture websites for the states she'll visit. She searches for both farmers' markets and farm-to-restaurant programs.

Also check a destination city's calendar of events for regional and ethnic food festivals. The food won't necessarily be low in calories, but will be high in the fun-factor. Simply share larger-than-life servings with travelling companions for the best of all worlds.

Reevaluate Restaurants and Accommodations

Raleigh, North Carolina Dietitian Nicole Miller chooses vacation rentals over hotels when traveling so that she has ready access to a kitchen. Being

able to prepare some of our own food saves money and slashes calories.

Beware of all-you-can-eat buffets; they nearly guarantee overeating. Also be prepared to split entrées at most restaurants or order two items from the appetizer menu. Inquire about local menu items and ask how food is prepared. Request sauces, gravies and dressings "on the side" to control those extra calories.

Having access to the Internet or a smart phone makes it even easier to locate healthy eating restaurants (as does asking folks at farmers' markets). Dawn Brighid, project manager for Sustainable Table, notes, "Free apps like Yelp's Menupages can be very helpful." She recommends filtering searches with the word "healthy."

Think Exercise and Hydration

Many hotels have exercise rooms and swimming pools, but also ask for a walking map of the area to explore interesting sights on foot. State and national parks provide scenic and invigorating hiking trails. Bring a day-pack for healthful snacks and water.

Note that people often mistake hunger for thirst, and it's easy to become dehydrated when travelling. Keep a refillable water bottle to refresh and reenergize.

Here's to fun, safe and healthy travels.

Melinda Hemmelgarn, aka the "Food Sleuth", is a registered dietitian and award-winning writer and radio host at kopn.org, in Columbia, MO. She co-created F.A.R.M.: Food, Art, Revolution Media to support organic farmers (Enduring-Image.blogspot.com). Reach her at FoodSleuth@gmail.com.

Health Food Finds on the Road

Healthy Highways: the Traveler's Guide to Healthy Eating

by Nikki and David Goldbeck
Keep this glovebox-friendly directory handy; it lists 2,800 U.S. healthy eateries, natural food markets and co-ops. The website offers updates plus bonuses like yoga class and swimming sites. HealthyHighways.com/travelinfo.shtml

Eat Well Everywhere

part of the *Eat Well Guide*
Locate real, good food via zip code or city and state. EatWellGuide.org (free)

Local Harvest

Find a farmers' market by product or location. LocalHarvest.org (free)

Vegetarian Journal's Guide to Natural Foods Restaurants in the U.S. and Canada

Search by state and city to find the healthiest fare. vrg.org/restaurant/index.php (free)

Bon' App

Track calories of healthy food accessed nearby. Bon-App.com (free)

Locavore App

Identify seasonal, local food and pinpoint nearby farmers' markets. GetLocavore.com (free)

Happy Cow App

Enjoy this compassionate guide to vegan and vegetarian-friendly restaurants. Tinyurl.com/6rt2dbq

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Do You Parkour?

Using the World as a Fitness Playground

by Randy Kambic

Athletes' hunger for new ways to exercise, challenge and express themselves continually prompts the evolution of new sports, often rooted in earlier pursuits. Windsurfing, snowboarding and mountain biking are examples.

Now, a growing number of parkour practitioners are springboarding and combining ingredients from multiple sports and activities in an effort to defy gravity using nothing but sturdy shoes and props.

First popularized in France, parkour means "of the course" (specifically, an obstacle course)—a form of acrobatic freerunning, spiked with vaulting, somersaulting, jumping and climbing; even running up and over walls. Based on exacting training, street athletes overcome or use a creative range of obstacles in their immediate environment.

Such moves have been popularized by movie stars such as Jackie Chan and Daniel Craig's James Bond in the opening scenes of *Quantum of Solace*, as well as YouTube postings. First deemed an unconventional, strictly urban, under-the-radar training method,

parkour is increasingly viewed as a way for serious athletes in demanding sports to train and secure an edge. Adult men and women that competed in gymnastics, track and field or diving in their youth particularly enjoy reviving earlier skills.

Check it Out

American Parkour (APK), headquartered in Washington, D.C., considers itself the leading such community in the world. Established in 2005 by Mark Toorock, its website now hosts 90,000-plus registered users and is visited monthly by 100,000 inquirers. It provides news, daily workout emails, training guides, advice for beginners, instructional tutorials, guidelines for local recreation, and photo and video galleries.

Toorock, who played high school soccer and was then a serious martial artist in oom yung doe, kung fu and capoeira (which bridges dancing and gymnastics), was instantly hooked in 2003 when he saw a video of David Belle; the French native and acknowledged founder of parkour has appeared in 20-plus movies and commercials since 2000. "It was so different and authentic, what he was doing," he says.

After opening the first parkour and freerunning gym at Primal Fitness, in D.C., in 2006, APK expanded to locations in Gainesville, Florida, and San Antonio, Texas. All offer an introductory session, full supervised parkour curriculum, boot camps, women-specific classes, summer camps and freerunning classes.

Toorock co-created and co-produced *Jump City: Seattle*, eight, one-hour parkour action shows to introduce more people to the concept (*G4TV.com*). Other fitness centers that now focus on parkour include: Base Fitness, in Noblesville, Indiana; Apex Movement, outside of Denver; Parkour Visions, in Seattle; Miami Freerunning, in Florida; and Fight or Flight Academy, in Eden Prairie, Minnesota. More clubs are getting up to speed nationwide, with the San Antonio parks and recreation department currently adding a parkour park.

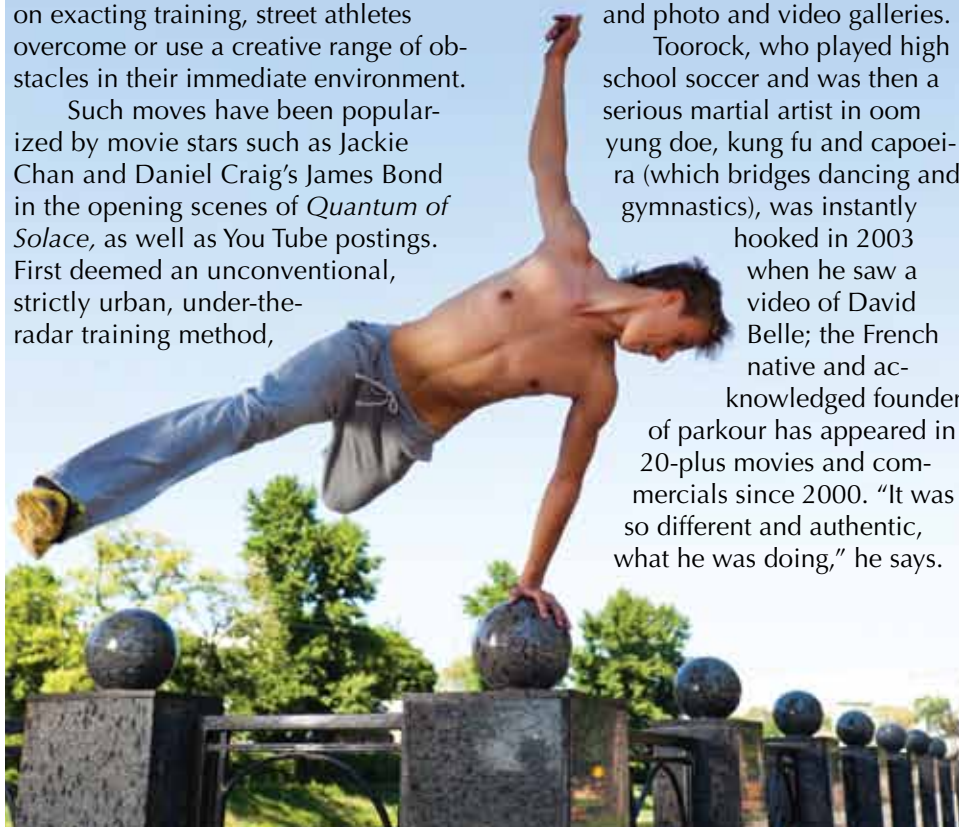
Tap Into the Energy

"Parkour allows adults to either continue or learn gymnastics for the first time in a new, creative context," Toorock says. Natalie Strasser, a competitive gymnast for 13 years, including at Kent State University, is a Los Angeles-based APK-sponsored athlete and conducts workshops.

Travis Graves, head trainer for APK Academies, which trains teachers, says, "One of the first priorities for beginners is instilling a respect for the forces and impact of landings, so we work on rolling, balance and footwork." He also emphasizes the importance of thorough warm-up and cool-down periods, as well as overall safety guidelines.

"Some women might feel intimidated, as most of what they see on YouTube are teenagers or young men doing their thing," comments Graves. "But anyone can experiment and develop his or her own parkour style at their own comfort level."

Lisa Peterson, of McLean, Virginia, was first attracted to parkour's creative movements, which represented a personal next step after years as a teacher and performer in ballet, ballroom and Argentine tango dancing. "As a victim of child abuse, I am always looking for ways to strengthen my confidence and self-esteem," she says. "Parkour has



done that for me.”

APK regularly holds community gathering “jams” around the country. We encourage everyone to follow our guidelines, notes Toorock, although we can’t say that other methods are wrong.

“Everyone has a sphere of capabilities. We help individuals expand safely and in proper progression,” he explains. “Some beginners may wear protective gear like gloves or shin guards but almost always relinquish them because they don’t want to rely on them, but take full responsibility for themselves and gain full freedom of movement.

“The world is a playground,” he concludes. “Parkour just makes more use of more of it.”

Learn more at AmericanParkour.com and DavidBelle.com.

Randy Kambic is a freelance editor and writer in Estero, FL, and a copyeditor for Natural Awakenings.



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53 Wheatgrass Health Benefits

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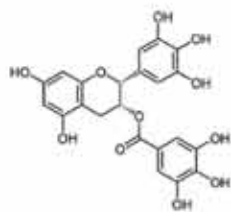
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5. Wheatgrass is a vitamin-rich superfood. Many amino acids, vitamins, and minerals.
6. Wheatgrass juice builds red blood cells: stimulates healing.
7. By drinking wheatgrass it improves digestion.
8. Drinking wheatgrass juice can slow the graying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

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Spirit Zone

The Hidden Side of Sports

by Steve Taylor

The connection between sports and spirituality might seem hard to see at first, but the desire for spiritual experience is one reason why people play sports.

Renowned psychologist Mihaly Csikszentmihalyi has observed that sports is an effective way of generating the state he calls “flow.” This occurs when our attention is completely absorbed in an activity, and awareness of our surroundings and our selves fade away. Chaotic thought chatter gives way to inner peace and a sense of being energized and more alive than usual.

For a sportsperson, flow may lead to a state of being ‘in the zone’. Everything clicks, and they shift to a higher level of performance, capable of astounding feats. Without trying hard, everything seems naturally and inevitably perfect. Time moves slower, giving them more time to anticipate others’ actions and to better position themselves.

New age writer David Icke, once a professional soccer player, regularly experienced this state. As a goalkeeper, a player once fired a shot from close range that looked unstoppable. He notes, “All was like a slow-mo replay and everything was quiet, like some mystical dream, until my hand made contact with the ball. Then, everything zipped back into

Sports seem to have the power to generate spiritual states.

have reported glimpsing inside their bodies while running, while short-distance runners sometimes experience a phenomenon called ‘tipping’, in which they feel that they are rising into the air and becoming extremely light as they run. More dramatically, an athlete might feel a sudden inrush of strength and energy, as if they’ve made contact with a huge, normally inaccessible, energy reservoir inside themselves.

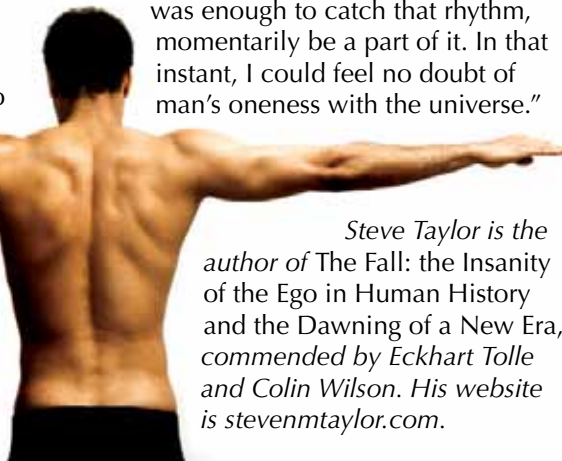
Russian weightlifter Yury Vlasov describes a state of being he often experiences during competitions: “At the peak of tremendous and victorious effort, while the blood is pounding in your head, all suddenly becomes quiet within you. Everything seems clearer and whiter than ever before, as if great spotlights have been turned on. At that moment, you have the conviction that you contain all the power in the world.”

Advanced practitioners of martial arts like judo and karate are traditionally expected to smash bricks with their bare hands or knock over opponents with the lightest of touches, perhaps without touching them at all. The prerequisite for these feats is the ability to cultivate a state of intense absorption, which enables them to tune in to a more subtle and powerful form of energy.

Sports can even—if only rarely—take sportsmen to a state of true *samadhi*, a mystical state of union with the cosmos. Climber Richard Byrd describes his mystical experience exploring the Arctic Circle: “Out of the silence [came] the strain of a perfect chord, the music of the spheres, perhaps. It was enough to catch that rhythm, momentarily be a part of it. In that instant, I could feel no doubt of man’s oneness with the universe.”

conscious time; I landed and bounced on the floor and the noise erupted, as if someone had turned off the mute button.”

Paranormal experiences are not uncommon amongst athletes. Many distance runners



Steve Taylor is the author of *The Fall: the Insanity of the Ego in Human History and the Dawning of a New Era*, commended by Eckhart Tolle and Colin Wilson. His website is stevenmtaylor.com.



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An Interview with Michael Bernard Beckwith

Spiritual Thinker, Author and Teacher

by Linda Sechrist

Dr. Reverend Michael Bernard Beckwith is the founder and spiritual director of Agape International Spiritual Center, in Los Angeles. A teacher featured in the film, *The Secret*, he teaches universal truth principles found in the New Thought-Ancient Wisdom tradition of spirituality.

Q. While writing your latest book, *Spiritual Liberation*, did you experience any “Aha” moments?

A: Yes. I discovered that there’s nothing like sitting down before the blank page and realizing that the “you,” which sees itself as an author, isn’t who is writing the book, but rather is the vehicle that made itself available as a scribe. It’s much like the great composer, Brahms, who said that when he sat to compose, he entered a deep, interior state and literally “saw” the notes, “heard” the instruments and wrote down what was revealed to him. Writing the book was a truly a humbling experience, because I encountered the subtle line that separates ego from surrender to the Divine muse. It wasn’t something that I anticipated; however, I’m grateful that it occurred.

Q. How do you envision the book serving as an influence for good?

A: My intentions were to stir an inner fire in readers to develop passion—and compassion—in their lives, and to help

them realize that venturing into a spiritual practice reveals how we can awaken and fulfill our highest potential as spiritual beings having a human incarnation. I also wanted to offer practices that would support readers in becoming a beneficial presence on the planet: processes that can cultivate inherent goodness, wholeness, joy—the keys to healing ourselves and the planet.

Q. What do you mean by the concept, “conscious participation in evolution,” and why do you believe humanity can achieve this?

A: My personal experiments in the laboratory of my own consciousness proved to me that, by consciously entering practices used by great spiritual teachers—Jesus, Krishna, Sri Aurobindo, St. Theresa of Avila and others—to evolve qualities like compassion, joy, peace, creativity and enlightened awareness, I could make progress in these directions. I know that if I can do it, everyone can. If one person is a candidate for enlightenment, then, just as the Buddha taught, we’re all candidates. It’s great news that we’re no different from these illumined beings; all we have to do is commit to waking up, just as they did.

Q. Please share some of the practices that evolved people apply and how they make a difference in their lives?

A: Evolved people give thanks for what most people take for granted. In today’s economy, we’re seeing an escalation in gratitude, because people are reflecting more deeply on what happens in a society that is based on consumerism. Being increasingly grateful for the simple things in life is a wealthy way to live.

Evolved people give without an agenda, simply for the joy of being generous beings, because they see themselves in others. They have an awareness of their oneness with all beings.

Forgiveness of self and others is another hallmark of an evolved person. Rather than seeing life as a problem to be solved, evolved people see life, including all of its challenges, as a celebration of our precious human birthright.

Q. What basic understanding do we need in order to grow into spiritual adulthood?

A: Immaturity’s mantra is: “He who dies with the most toys, wins.” When we shift that to: “I want to know more of who and what I really am; I want to express my true nature of love, joy, creativity, abundance, compassion, self-giving and generosity; and this same good, which I desire for myself, I also desire for all others,” we embrace the personal law of life. We align with the laws governing the Universe and begin to grow up and show up.

When we quit demanding that others make us happy, stop believing that the outside world and outer accomplishments determine our self-worth and drop the notion that the world owes us something, then we are on the road to spiritual maturity. We grow out of our childhood fantasies that there is a “Great Something,” outside of us, manipulating the environment and running the affairs of the Universe by a reward-punishment system. We realize that we, ourselves, are responsible for our own life. Being a spiritual grownup is a liberating way to live.

For more information on Michael Beckwith’s global ministry, visit AgapeLive.com.



photo by Anthony Winfield
Lance Lyons and Angela Winfield



Lori and Ben Newman

photo by Ken Shepard/Azzura Photography

Here Comes... the Bride, the Groom and the Dog

Saying 'I Do' with Your Dog

by Sandra Murphy

Oliver Mullins, Pekingese, walked down the aisle with Katherine Austing, flower girl. Although he's quite the social animal, Oliver became a bit restless during the ceremony because he's used to more action than talk. Ever since puppyhood, Oliver has proved his mettle, traveling the motorcycle race circuit in a motor home with his owners, Rachel and Charlie Mullins.

"Oliver does everything with us, so he had to be in the wedding too," explains Charlie, a professional rider. "He's used to crowds."

Rachel's family lives in Pennsylvania, while Charlie's resides in Iowa. Everyone met up for the wedding at a mountain church 90 minutes from the couple's home in Hickory, North Carolina. "It's fun to include your dog in your

special day," says Charlie. "For us, it also eased any tensions and reminded us to laugh and enjoy the day."

Further north, in the Finger Lakes region of Central New York, Angela Winfield and Lance Lyons married at another scenic outdoor spot, this one lakeside at the historic Aurora Inn. Winfield and Lyons have been legally blind since the ages of 4 and 29, respectively. They met while learning to work with their guide dogs. "For several weeks, we took two trips a day with the dogs and trainer to learn and bond with the dogs," says Winfield, noting, "Lance and I bonded, too."

Ogden, a black Labrador and golden retriever mix, walked down the aisle with the maid of honor as the flower dog. Riddler, a German shepherd and golden retriever mix, served as the ring bearer and escorted the groom to his position to await the bride. Both dogs wore tuxedo collars with satin buttons and bowties, matching cuffs and fresh flower boutonnieres.

The couple relates amusing stories of a few small complications. Service dogs are inventive creatures and in this case, their contributions included unfastening the safety pins in order



Drew and Amy Scheeler's Yorkshire terrier, Reese

photo by Scott Ellis



Photo by Craig and Lindsey Mahaffey/Sposa Bella Photography

Rachel and Charlie Mullins

to remove their formal cuffs and return them to Angela and Lance before the couple could tie the knot. Then Ogden took a nap on the bride's train.

"We heard it made a nice contrast: black dog on white dress," says Winfield, laughing. Because Riddler wants to be near Lance at all times, they looped his leash around a table leg during their first dance as a newly married couple. "He dragged the whole table onto the dance floor!" Appropriately, the cake topper included a pair of dogs, along with the bride and groom.

Winfield and Lyons rented the historic lakeside E.B. Morgan house, in Aurora, for visiting family members. "We aren't that formal. We had local cheeses and beer, ribs and a clambake in

this museum setting," relates Lyons. The dogs fit right in.

Dogs facilitate weddings in other ways, as well. In Harleysville, Pennsylvania, husband-hopeful Drew Scheeler enlisted the help of Reese, a Yorkshire terrier pup. "I couldn't think of a better way to propose than on a dog tag with the words, 'Amy, will you marry me?'" he says. "Reese changed our lives, and there was no way he wouldn't be part of our wedding. He barked only once, when we kissed."

Kelley Goad, a dog walker for Ben and Lori Newman, in Seattle, met their chocolate Labrador, Milkshake, a year before their wedding, so who better to walk the dog down the aisle? Milkshake's day started with several hours of play at a local dog park, followed by a bath so he would be sweet-smelling for the ceremony.

Milkshake spent the evening before the big day at Goad's house. Although they were friends, his nervousness at being separated from his people resulted in gastric distress. Once reunited, his upset was over, just in time for a problem-free walk down the aisle.

During the photo session, Milkshake happily posed with the wedding party. "The photographer worked with us," relates Goad. "Milkshake is solid when told to sit-stay, and when I showed him a treat, his ears perked up for the picture." Afterwards, following a few laps through the cocktail party reception, Milkshake was ready to retire to the dressing room with a new chew for a nap. All's well that ends well.

Sandra Murphy is a regular contributor to Natural Awakenings.

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calendar of events

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FRIDAY JUNE 1

Dream Big, Read! Kickoff Celebration 2012 – 10am. Children enjoy performances, a fun jump, crafts, face painting, chalk art and more. Lafayette Public Library, South Regional. Free. 337-988-3412.

8th Annual Spice & Music Festival – thru June 2. 5:30pm. Join this fun family affair of delicious foods, live music, carnival rides, music presentations and cooking demos. \$7/Adults, \$3/children under 10. Opelousas South City Park, 1524 S Market St. 337-948-5227. OpelousasSpiceAndMusicFestival.com.

30th Church Point Buggy Festival – thru June 3. Fri 5:30pm-1am; Sat 9am-1am; Sun 10am-4pm. Live entertainment, variety of foods, homemade crafts, novelties, souvenirs, buggies on display and a grand parade on Sunday. Gate Fee. City Park, Lougarre St, Church Point. 337-684-2739. CPBuggyFestival.Weebly.com.

SATURDAY JUNE 2

Group Saltwater Kayak Fishing Trip – 4:30am. Experience Big Lake, south of Lake Charles, known for its trout, redfish and flounder fishing. Bring rod, reel, lures, water, snacks, lunch, raingear and clothing appropriate for the weather. \$99. Tray Collins. Pack & Paddle, 601 E Pinhook Rd, Lafayette. 337-232-5854.

Chicot State Park Day Hike – 8am. Leisurely hike through some of Chicot Lake's trails, through predominately bottomland hardwood forest, with beautiful views of the fingers of this black water lake. Bring comfortable hiking shoes, 1-2 liters of water per person, snacks and raingear. \$40. Stacey Scarce. Pack & Paddle, 601 E Pinhook Rd, Lafayette. 337-232-5854.

Daylily Festival and Garden Show – 8:30am-3pm. Plant booths, educational speakers, food and more. Free. Magdalen Square, Abbeville. 337-898-6600.

Shootin' for the Shelters Skeet Shoot – 9am. The Children's Shelters of Acadiana's first annual skeet shooting competition fundraiser. Register online. \$400 team of 4. Nicole Lopez. Wilderness Gun Range, 7 Teurlings Dr, Lafayette. 337-237-1329. NicoleYoungLopez@gmail.com. TheChildrensShelters.org.

La Cuisine de Maman Tasting – 12pm. Linda Sue Fontenot will be cooking up select samples from her catering menu of homestyle cooking. Seating limited. \$25 includes food and beverage. 300 Fisher Rd, Lafayette. 233-4077 ext 208. Linda@BayouVermilion.org.

How to Set the Stage: The Art of Sequencing & Theming – 1-5pm. Jerry Smith-Guidry teaches how to become a great teacher by refining teaching

skills through lecture and experiential exercises with special attention to: verbal articulation skills, sequencing strategies, observation skills, teaching to what you see, making effective verbal adjustments, and setting themes from universal to personal. Geared specifically for those who already teach yoga or have been through yoga teacher training. Four hours education requirement for Yoga Alliance registered teachers. \$60. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

SUNDAY JUNE 3

Acadiana Barrel Race Association – 8am-5pm. Barrel Racing Show. Concessions available. Free. SugArena at Acadiana Fairgrounds, 713 NW Bypass (Hwy 3212), New Iberia. 337-365-7539. SugArena.com.

Jesse Belleau & Cajun Melody – 1pm-4pm. Dance the afternoon away at Vermilionville's Performance Center. A smoke-free, family-friendly event. Refreshments available. \$.5. Bayou Vermilion District. 337-233-4077.

Virgin Cypress Paddle Tour – 2:30pm. Glide through giant cypress that line the shores of Lake Fausse Point. Special afternoon tour through night-fall, then enjoy a well-earned meal as the sun drops over the lake. Wear clothing appropriate for the weather, bring water, snacks and a camera (optional). \$40. John & Becky. Pack & Paddle, 601 E Pinhook Rd, Lafayette. 337-232-5854.

MONDAY JUNE 4

Family & Friends First Aid for Children – 6pm. Learn first aid basics to manage child illness and injuries. Child safety and injury prevention are covered. Free. Katie Broussard. Women & Children's Hospital, 4600 Ambassador Caffery, Main Building, 1st Floor, Lafayette. 337-521-9312. Katie.Broussard@hcahealthcare.com.

THURSDAY JUNE 7

Dry It, You'll Like It: Food Drying Seminar – 6pm. Learn how to make everything from dehydrated yogurt to delightful fruits and veggies and delicious meals. Sample some tasty dehydrated and rehydrated foods. Bring a pen and notebook. Free. Karla Coreil. Pack & Paddle, 601 E Pinhook Rd, Lafayette. 337-232-5854.

Herbal Preparations – 7-9pm. Learn the many ways of preparing herbs, teas, infusions, decoctions, salves, tinctures, vinegars, when to use them fresh, dried or how to store them. Learn which herbs to use in what method of preparation. Beginning of using herbs for

medicinal use. Take home an herbal medicinal tea. \$20. Pre-registration required. Diane Queen. Earth-N-Herbs, 284 E Martin Luther King Dr, Grand Coteau. 337-662-4022. Earth-N-Herbs.com.

FRIDAY JUNE 8

BBQ by the Beach – thru June 9. 10am. To benefit the Boy Scouts Troop & Crew #425. 1st-10th place prizes awarded in 6 categories: sauce, brisket, pork spare ribs, chicken, pulled pork and Kids Q. Enjoy the Greatest Hamburger Competition, swimming at the beach, raffles, vendor booths and barn dance with Jamie Bergeron & the Kickin' Cajuns. Tammy Cormier. Lakeview Park & Beach, 3 miles North of Hwy 13, Eunice. 337-457-2881. LVPark.com.

Wine and Wellness – thru June 10. 4:30-7pm. Cardiovascular Institute of the South (CIS) promotes education on women's heart health. Features screenings for ankle brachial index (ABI) and includes hors d'oeuvres, red wine sampling, mini hand massages and many door prizes from your favorite Lafayette hot spots. An opportunity for women to relax and unwind while monitoring their health. Free. Cardiovascular Institute of the South, Lafayette. 337-988-1585 or 337-265-2100.

SATURDAY JUNE 9

Bayou Teche Kayak Trip – 7am. Paddle down the Bayou Teche, one of Louisiana's most well known bayous. About 15 miles, starting in Arnaudville and ending in Breaux Bridge. After docking in Breaux Bridge, kayakers walk to famous Cafe Des Amis for lunch. Bring clothing appropriate for the weather, water, snacks, camera and binoculars (optional). Stacey Scarce. Pack & Paddle, 601 E Pinhook Rd, Lafayette. 337-232-5854.

LA Appaloosa Horse Show – 8am. State Appaloosa Competition & Show. Concessions available. 713 NW Bypass, New Iberia. 337-365-7539.

Palpatory Assessment of the Hip with Francis Johnson – thru June 10. Sat, 12-4pm; Sun, 8am-5pm. Skills that will advance your knowledge through the power of touch and understand when to treat and when to refer a client. 2 day, 12 CE hour course is designed to cover assessment (anatomical structure), treatment and conditions of the hip. Bring loose fitting clothing, sheets, lubricant of choice. Bring a massage table (optional) and a soft pillow. \$175. Francis Johnson is a licensed massage therapist in Louisiana (#3352) and an approved provider (#0156) by the Louisiana Board of Massage Therapy. 12 CEUs. Louisiana. Acadiana Yoga & Wellness. 337-236-9000. AcadianaYoga.com.

SUNDAY JUNE 10

Iberia Parish 4-H Horse Show – 8am. 4-H Horse Show. Concessions available. 713 NW Bypass, New Iberia. 337-365-7539.

Benefit for Angelle Blanchard – 10am-5pm. Friends and family are hosting a benefit to help raise money to defray the cost of medical expenses. Blanchard is currently on dialysis and awaiting a kidney transplant later this year. Live music, food, raffle items and live auction items. \$100, \$60. Cowboys, 207 N Ambassador Coffer Pkwy, Scott.

Creole Culture Day – 10am-5pm. Celebrate the heritage of our Creole ancestors through oral traditions/storytelling, music, dance, cooking demonstrations, language and crafts. Musical performances include the Creole Zydeco Farmers and Donna Angelle. Free. Vermilionville, 300 Fisher Rd, Lafayette. 337-233-4077 Ext. 211.

Chakra Systems 1, 2 & 3 – 1-3pm. Learn the first three energy systems of the body; what energies these deal with within the psyche, how to work with the central issues, what essential oils are related to these chakras, excessive & deficient characteristics, practices & techniques specifically designed to each chakra to help influence change in each one. \$20. Pre-registration required. Diane Queen. Earth-N-Herbs, 284 E Martin Luther King Dr, Grand Coteau. 337-662-4022. Earth-N-herbs.com.

LCCMC Un Celebration De Cajun-Leur Culture – 8pm-12am. An old-fashioned Saturday night Cajun dance. Join in the fun. Northwest Community Center, Samuel Dr, Eunice. 337-457-5601.

MONDAY JUNE 11

Cultural Camp – 8:30am-12:30pm. Jean Lafitte National Historical Park and Preserves Acadian Cultural Center in Lafayette offers its thirteenth annual Cultural Camps this summer. Children will explore the cultural diversity that influences life in south Louisiana as well as the land and ecology of the Acadiana area. \$25. Acadian Cultural Center, 501 Fisher Rd, Lafayette. 337-232-0789 ext 11. NPS.gov/jela.

TUESDAY JUNE 12

The Music in You – thru June 14. 9am-4pm. Learn how to express your ideas and emotions through music and create your own songs. We will record our music and design artwork for CD covers and T-shirts for a final performance. Ages 6-9. \$120, \$110/Ace members. Acadiana Center For the Arts, 101 W Vermillion St, Lafayette. 337-233-7060. AcadianaCenterForTheArts.org.

WEDNESDAY JUNE 13

Gerami School of Dance – 4:30pm. Dance revue at the Heymann Performing Arts Center. The awards program begins at 4:30pm, the revue to follow at 6pm. Heymann Performing Arts Center, Lafayette. 337-235-6906.

Construction Lafayette Awards Ceremony & Reception – 5:30pm. Teams of architects, engineers, designers, contractors, students, local businesses and organizations are invited to create striking exhibits made entirely of cans of food which will be put on public display and judged by a panel of jurors. Second Harvest. Lafayette Science Museum, 433 Jefferson St. 337-408-2467.

Louisiana Missionary Baptist State Laymen's Boys To Men Conference – thru June 16. 6pm. Nurturing our boys to manhood. Activities, games, topics and the Word. Pastor Gerald Perkins, moderator. Seventh District Baptist Association. Hilton Hotel, Lafayette, 1521 W Pinhook Rd, Lafayette. 337-235-6111.

THURSDAY JUNE 14

Flag Day Ceremony – 6-8pm. Honoring veterans and fallen soldiers. Bouligny Plaza, 102 W Main St, New Iberia. 337-365-1428.

FRIDAY JUNE 15

Cajun Express Summer Softball Classic – thru June 17. 4pm. Registration fee \$125 by June 11. Plantation Park, 1801 Kaliste Saloom Rd, Lafayette. Active.Com/Softball-Tournament/Lafayette-LA/Cajun-Express-Summer-Softball-Classic-2012.

SATURDAY JUNE 16

Choupique Bayou Kayak Fishing Trip – 4:30am. This waterway connects through the ship channel to Big Lake, is protected with lots of adjacent saltwater marsh and holds redfish and flounder year round. Expect to launch by 7am and fish until 2pm. \$99. Tray Collins. Pack & Paddle, 601 E Pinhook Rd, Lafayette. 337-232-5854.

Juneteenth Folklife Celebration – 1-6pm. African-American cultural and historical celebration highlighting the folk art, heritage and traditions of the region. Pay tribute to the date when Texas slaves first heard news of their freedom. Free. Farmer's Market across from Le Vieux Village, Opelousas. 337-945-5064.

Lt Governor's Music Gala – 7-10pm. Join in a celebration of Louisiana's finest cultural export – music. This celebration will honor Louisiana Grammy nominees and winners. Acadiana Center for the Arts, 101 W Vermilion St, Lafayette. 337-233-0699 or 337-233-7060.

TUESDAY JUNE 19

Messy Media Parent's Day Out – 9am-12pm. Children's Museum, 201 E Congress St, Lafayette. 337-232-8500.

THURSDAY JUNE 21

Fishing for Memories – thru June 24. 10am-5pm. Benefit rodeo for the Alzheimer's Association with cash prizes, live music, family activities and auction. Free. Tickets \$30/adults; \$10/youth. Abbeville Harbor & Terminal Boat Launch, Intracoastal City. 337-898-6600.

Ringling Bros and Barnum & Bailey Circus: Barnum Bash – thru June 24. 7pm. See animals up close, visit with performers, get autographs, try on costumes and enjoy the circus fun. 2 and older must have a ticket. \$45/VIP Floor; \$35/VIP Gold; \$27/VIP; \$23 and \$15. Cajundome, 444 Cajundome Blvd, Lafayette. 1-800-745-3000 or 337-265-2297.

Herbs for the Digestive System – 7-9pm. The digestive system consists of the mouth, stomach, small & large intestine, the liver & gall bladder. Learn which herbs to use to bring balance back to this important system within the body. \$20. Pre-registration required. Diane Queen. Earth-N-Herbs, 284 E Martin Luther King Dr, Grand Coteau. 337-662-4022. Earth-N-herbs.com.

FRIDAY JUNE 22

Smoked Meat Festival – thru June 23. Fri, 6pm-midnight; Sat 10am-midnight. \$7/Adults; \$1/Children. Ville Platte Civic Center, 704 N Soileau St. 337-363-6700. SmokedMeatFestival.com.

SATURDAY JUNE 23

SugaSheaux – thru June 24. 8am-5pm. Free. SugArena at Acadiana Fairgrounds, 713 NW Bypass (Hwy 3212), New Iberia. 337-365-7539. SugaArena.com.

Getting to the Heart of Backbends – 1-4pm. In this three hour workshop Kelly Haas will focus on proper upper body alignment to cultivate greater levels of connection the heart. Kelly Haas is a Certified Yoga Teacher, RYT-500. She had the great fortune to manage the world tour for John Friend, Founder of Anusara Yoga. Kelly has taught yoga and travelled widely across the US, Latin America, and Asia. Early bird \$40 by June 16 or \$45. Acadiana Yoga & Wellness. 337-236-9000. AcadianaYoga.com.

SUNDAY JUNE 24

Erath B-B-Q Cook-off – 8am. Mass and B-B-Q cook-off to kick-off the 4th of July Celebration. Cook-off begins after mass. Erath City Park. 337-898-6600.

Heart Matters: Energy Medicine and Hemi Sync to Rejuvenate Your Heart – 9am-6pm. Retreat/class helps you reconnect to your heart, clear out old energy, open to your wishes and strengthen your heart to stay open. Pre-registration required. \$65. Jana Messing, MA Location TBA. Jana@InnerResources.us.

Chakra Systems 4, 5, 6 & 7 – 1-3pm. Class will focus on chakras 4-7. Learn the same things as in chakras 1-3, but working with the higher energies of 4-7. We'll look at the whole system and how energy techniques keep them balanced. \$20. 284 E Martin Luther King Dr, Grand Coteau. 337-662-4022.

Corey Ledet & His Zydeco Band – 1-4pm. Dance the afternoon away at Vermilionville's Performance Center with Corey Ledet & His Zydeco Band. A smoke-free family-friendly event. Refreshments available. \$5. Vermilionville. 337-233-4077.

Stars & Stripes: A Musical Celebration – 3pm-5pm. A concert by the Acadiana Symphony Orchestra and the Iberia Community Concert Band. Patriotic and World War II era music to honor our military veterans. Free. Sugar Cane Festival Building, City Park, 600 Parkview Dr, New Iberia. 337-364-1603.

TUESDAY JUNE 26

Jeff Davis Business Alliance Farmers Breakfast – 7:30am. Annual event held to honor area farmers. Welsh Community Center. 337-824-0933.

WEDNESDAY JUNE 27

3rd Annual Trivia Night – 5pm. Bring your friends, co-workers or family members and join the fundraiser for LARC and ACTION Krewe Civitan. \$250/team of 6 people (covers play and 6 meals). Play trivia and try to win a prize for most points, most decorated tables and best costumes. Silent auction table available. \$7 dinner plates. Bridget Stephens. The Crown Room, 4607 Johnson St, Lafayette. 337-251-4431. CraftyCivitan@att.net.

THURSDAY JUNE 28

Fourth of July Fishing Rodeo – thru June 30. All day. Quintana Landing, 319, Cypremort Point. 337-365-1540.

Poetry & Literary Readings w/Renee Taylor & Ruby Gardner – 7-9 pm. Free. Casa Azul, 232 MLK Dr, Grand Coteau. 337-662-1032. CasaAzul.GC@gmail.com or CasaAzul.Homestead.com.

FRIDAY JUNE 29

Pour Les Enfants Fundraiser – 6-9pm. Great food, cash bar and silent auction. \$20. Karen Hebert. The Schilling Shack, 244 Refinery St, Lafayette. 337-237-2090 ext. 114.

SATURDAY JUNE 30

Annual Erath 4th of July Celebration – thru July 4. Mon, July 2, 6pm-10:30pm; Tues, July 3, 6pm-12:30am; Wed July 4, 1pm-12:30am. Enjoy a 4th of July parade, water fights, music, pageants, carnival rides, food and a large fireworks display on July 4th. Free. Erath. 337-898-6600.

ongoing events

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

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

sunday

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

monday

First Day of Yoga Teacher Training – 8:30am-1pm. May 14-Aug 2. Jerry Smith-Guidry instructs this program which gives students a safe and thorough experience in many of the deeper practices of Hatha Yoga, not just in Asana. Learn breathing and meditation practices and explore the philosophical and historical views underlying yoga practice. This broad-based teacher training reveals Yoga's ancient roots and modern applications. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Anusara Inspired Yoga – 12:05-12:55pm. Heart centered, alignment focused practice. \$12/drop-in, \$72/8 class card. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

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

Gentle Yoga – 4-5pm. Great place to begin one's practice or renew from the day. \$12/drop-in, \$72/8 class card. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

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

Photography for Kids – 6-7pm. Learn about technique, composition and presentation while creating fun, hands on projects. No experience necessary. The Front Room, 1301 Avenue A, Scott. 337-258-2333. MusicReed@yahoo.com.

Lafayette Photographic Society – 7pm-9pm. Bi-monthly meetings on the 2nd and 4th Mondays of the month to foster its artistic craft. Educational programs and guest speakers at the 2nd Monday's meeting; Inter-club projected image and print competitions at the 4th Monday's meeting. Free. Rosa

Parks Transportation Center, AOC Community Media Multi-Purpose Room. Blemarie56@yahoo.com.

Qi Gong – 7-8pm. Join Brian Bernard. Simple yet powerful form of therapeutic exercises which cultivate the heart and mind while strengthening the circulation of Qi (chi, prana or vital energy), for the purpose of health. Specific postures, visualization and meditative movements combined with smooth, graceful and gentle stretches. \$45/series. Acadiana Yoga & Wellness, Lafayette. 337-236-9000. AcadianaYoga.com.

tuesday

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

First Day of Yoga Teacher Training – 8:30-11:30am. See Mon listing. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Adv. Beginner Vinyasa Yoga – 9-10am. Focus on foundational poses with a flow to build endurance. \$12/drop-in, \$72/8 class card. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

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

Pilates Mat – 12:05-12:55pm. Experience lengthening and strengthening, get the best core workout, improve posture and balance. \$12/drop-in, \$72/8 class card. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

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

Gentle Yoga – 4-5:15pm. See Monday listing. \$12/drop-in, \$72/8 class card. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

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

Power Flow Yoga – 5:45-6:45pm. Intense poses,

vigorous flow; this class will make one sweat. \$12/drop-in, \$72/8 class card. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Alzheimer's Association presents Step-by-Step Educational Series for Caregivers – 6-7:30pm. Acadiana area experts on Alzheimer's disease for caregivers of persons with Alzheimer's. Topics cover symptoms, caregiver tips and provide a general understanding of the disease process. Senior Helpers welcomes you to bring your loved one with the disease and will provide activities during the presentation. Jennifer Campisi, Emeritus at Lafayette, 215 West Farrel Rd, Lafayette. 337-893-5030.

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

Still Life Drawing Lessons – 6-8pm. Bring your sketchbook, charcoal, pencils, etc to create a masterpiece from the spontaneous set up of items to draw. Great practice for beginners and intermediates. Free. Freetown Studios, 421 E Covert St, Lafayette. FreetownStudios.org. FreetownStudios@yahoo.com.

CCET's Backyard Series – 6:30-8:30pm. A wide range of topics to the general public to provide educational opportunities. The series' presentations range from informal workshops to question-and-answer forums to 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 in partnership with the Vermilionville Foundation. Free. 300 Fisher Rd, Lafayette. 337-233-4077 Ext 211.

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

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

Yin Yoga Series with Kayla Lemaire – 7-8:15pm. Most common Yoga practices are yang in nature and target the muscular tissues of the body. Yin Yoga stretches and strengthens the connective tissue often referred to as white tissue. Helps to strengthen the bones and joints that suffer the wear and tear of our active lives. No prior experience necessary. \$40/series or \$12/class. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com

wednesday

First Day of Yoga Teacher Training – 8:30 am-1pm. See Mon listing. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Anusara Inspired Yoga – 12:05-12:55pm. See Mon listing. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Adult Art – 1-3pm. Adult art lessons in any medium with instructor Robert Baxter. \$15 per class. The Gallery, 222 N Parkerson Ave, Crowley, 337-783-3747. CrowleyArtGallery.com.

Freetown Farmer's Market – 2-5:30pm. Pesticide-free Produce, plants, flowers, baked goods and

crafts from local farmers and vendors. Helping Hands Farm, corner of Johnston St and Vermilion St (across the street from Taco Sisters), Lafayette. 225-324-6762.

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

Gentle Yoga – 4-5pm. See Mon listing. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Yin Yang Yoga Series – June 6-27. 5:45-7:15pm. Kayla Lemaire explores the qualities of yin and yang within yoga practice. Learn to build greater access and ease in each posture, developing awareness and tools. Each class includes a quiet, meditative yin sequence and an active, heat building yang sequence. No prior experience necessary. \$48/series; \$15/class. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

thursday

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

First Day of Yoga Teacher Training with Jerry Smith-Guidry – 8:30-11:30am. See Mon listing. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

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

Adv. Beginner Vinyasa Yoga – 9-10am. See Tues listing. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Pilates Mat – 12:05-12:55pm. See Tues listing. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Gentle Yoga – 4-5:15pm. See Mon listing. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Rhythms on the River – 5:30-8:30pm. Enjoy a laid back evening of outdoor music and dancing. Bring lawn chairs and friends. Free. River Ranch Town Square, 1100 Camellia Blvd, Lafayette. 337-216-6529.

Power Flow Yoga – 5:45-6:45pm. See Tues listing. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

friday

Yin Yoga – 9-10:15am. See Tues listing. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

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

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

Downtown Alive – 5:30-8pm. Great family-friendly, smoke free, outdoor concerts with food and beverage concessions. Parc International, Lafayette.

Down Begnaud House Cajun Accoustic Jam Session – 6pm. House party with plenty of music and great fun with locals speaking Cajun French. Fresh coffee, cool drinks, plenty of chairs, friends to share music, stories, jokes and Joi de Vivre. Come with or without instruments, we have plenty of t-fers, scrub board ties, musical spoons, and will teach you to jam with us. Free. 110 Benoit Patin Rd, Scott, Scott I-10 Exit #97, Southside. 337-269-5155. townLafayette.org.

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

saturday

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

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

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

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

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

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

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

Hub City Farmers/Market – 8 am-12 pm. Join us for local foods and crafts. Brian Gotreaux, The Oil Center, 427 Heyman St (Across from Champagne's). HubCityFM@afo.net.

Kaplan's Farmers' Market – 8 am-12 pm. Local foods and crafts. Every second Saturday of the month. Turnley Park, downtown Kaplan, 701 N Cushing Ave, Kaplan. 337-643-2400.

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

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

Beginner Yoga – 9-10am. Learn basics of yoga. \$12/drop-in, \$72/8 class card. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Cottage Shoppe Market – 9am-12pm. Fresh farm eggs, Acadiana Bee-Licious honey, Jim's Kountry Pies, Hot Tamales, fresh granola, Henri's Breads, produce, local crafts and more. 800 E Broussard Rd, Lafayette. 337-984-5276.

Savoy Music Jam Session – 9am-12pm. Bring an instrument or just yourself to enjoy a live traditional Cajun music jam session. Savoy's Music Centre, 4413 Hwy 190 E, Eunice. 337-457-9563.

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

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

Freetown Farmer's Market – 10am-2pm. See Wed listing. Helping Hands Farm, corner of Johnston St and Vermilion St (across the street from Taco Sisters), Lafayette. 225-324-6762.

Jivamukti Yoga – 10:15-11:15am. Spiritual practice using vinyasa asana, music, meditation and scripture. \$12/drop-in, \$72/8 class card. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

First Fridays – 11am-2pm. Little Lagniappe with mosaic artist Christine Ledoux showcases local artists creating pieces from materials salvaged during construction of the visitor center. Artists on hand to demonstrate to the public. St Landry Parish Visitor Information Center, 978 Kennerson Rd, Opelousas, exit 23 off I-49. 337-948-8004. CajunTravel.com.

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

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

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

Movies in the Parc – 6:30pm. Bring the family to watch a movie under the stars in Parc International. Bring blankets and chairs. Concessions available. \$2/Admission; free/children 5 and under. Cox and Women's & Children's Hospital. Parc International, Downtown Lafayette. 337-291-5566. DowntownLafayette.org.

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

Monthly Night Hike – 7-9pm. On the last Saturday of each month, people can take hikes through the Acadiana Park Nature Trail. \$2. Acadiana Park Nature Station, 1205 E Alexander St, Lafayette. 337-291-8448.

Old Fashioned Fais-do-do Barn Dance – 7pm-12am. Bands TBA. Must be 18 to enter. Free. Lakeview Park & Beach, 1717 Veteran Memorial Hwy, Eunice. 337-457-2881

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.

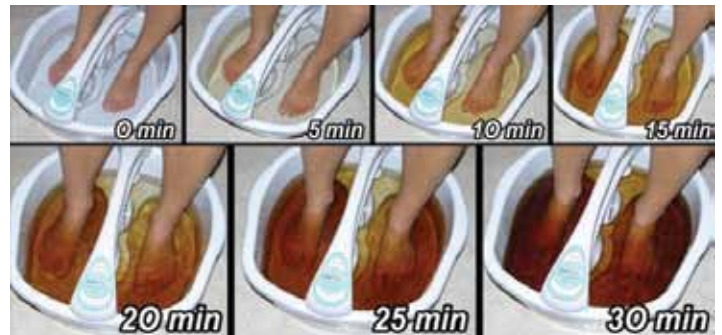
How will it make you feel?

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 |



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for more information visit the natural health center in carencro (347-4141) or the dharma wellness center in sunset (280-3363)

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

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pH ION Saliva Test



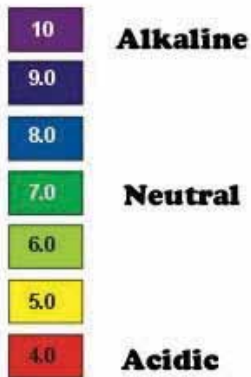
The Importance of Acid and Alkaline Balance for Health

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 (H₂O) ionizes into hydrogen (H⁺) and hydroxyl (OH⁻) ions. When these ions are in equal proportions, the pH is a neutral 7. When there are more H⁺ ions than OH⁻ ions then the water is said to be acid. If OH⁻ ions outnumber the H⁺ 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

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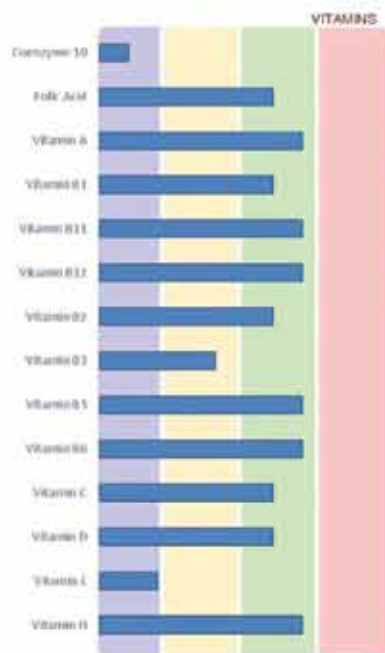
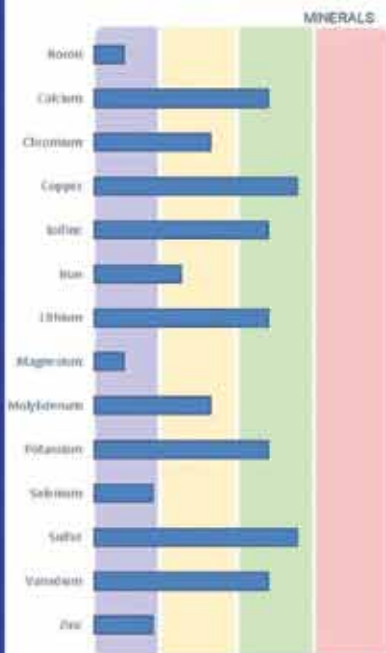
- YES NO | Do you get sick easily?**
- YES NO | Do you suffer from anxiety or depression?**
- YES NO | Are you overweight?**
- YES NO | Do you experience chronic pain?**
- YES NO | Do you have trouble sleeping at night?**

If you answered YES to either of these questions you could be VITAMIN DEFICIENT.

GET A HEALTH ASSESSMENT

Non-Invasive state-of-the-art technology scans hair and skin and gives a comprehensive 12 page report on all internal organs, glands and cells including adrenals, bladder, brain, circulation, digestion, heart, joints, kidneys, liver, lungs, pancreas, thyroid, lymphatic, muscular and skeletal systems. It shows allergies, stress, hormones, metabolism, inflammation, vitamins, minerals, amino acids, toxins, heavy metals, parasites, fungus, mold and pathogen levels. It charts over 100 nutrients to show absorptions, depletion or deficiency and matches supplements, superfoods, herbs, antioxidants, enzymes, Bach remedies and homeopathics to your physiology.

BALANCE YOUR NUTRIENT DEFICIENCIES



Microderm Screening is the microscopic study of the epidermis using HealthScope's powerful application.

Elederm Screenings is the electrical response analysis of the epidermis using HealthScope's powerful application.



\$94 includes 12 Page Report.
\$150 includes 12 Page Report and 30 min Consultaion

SLIM POD

BODY SLIMMER

DHARMA Wellness Center in Sunset Tel: 534-1110 or 347-4141



**Lose Weight
Burn Fat
Increase Metabolism
Tighten Flabby Skin**

RELAX and LOSE THE WEIGHT

An average session can produce 700 grams of sweat and burn 425 calories during a therapeutic session. This is the equivalent of running 4-5 miles. The SlimPOD can also help rid your body of cellulite. Feel those extra pounds melt away!

\$340 Full Month Unlimited Program

\$560 2-Month Unlimited Program

Unlimited Wholebody Vibration and SlimPOD sessions.

Weekly 45 minute bodywrap sessions.

2 month - ThermoX, Fat Complex, Glucomannan

4-2 oz bottles of WheTea

1 case of Alkaline Water

3,500 calories burned = 1 lb of weight loss

* Unlimited sessions is up to 3 times a week for one hour sessions.

SlimPOD Body Slimmer DAILY PROGRAM

5,600 calories per week

| Daily Program | Calories |
|--|--------------|
| AM WheTea Drops (8-24oz water) | 50 |
| ThermoX and FAT Burner (enhances fat burning) | 200 |
| Noon WheTea Drops (24-32oz water) | 50 |
| 20 mins Whole Body Vibration | 200 |
| 30 mins SlimPOD Body Slimmer | 600 |
| 20 mins Treadclimber | 200 |
| PM WheTea Drops (32-48oz water) | 50 |
| Night WheTea Drops (48-64oz water) | 50 |
| TOTAL CALORIES BURNED TODAY* | 1,400 |

*Individual results vary.

3,500 calories burned = 1 lb of weight loss

SlimPOD Weight Loss INSTRUCTIONS

1. Drink a min of 64 ounces of WheTea water daily.
2. Supplement with ThermoX and FAT Burner
3. 1 hr sessions four times a week.





liteon Natural Health Center

Powerful, Positive Healing for Life

Tel: 347.4141 or 896.4141

BACK to BASICS Health Program \$160

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

SAUNA & Whole Body Vibration

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

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

UNLIMITED Spa Services \$280

* includes 30 day unlimited spa services - up to 3 days a week, 1 hour sessions.

SAUNA & Whole Body Vibration
Water Massage Therapy
DERMOSONIC Cellulite Reduction (max 4 sessions)
Naturopathic Doctor Visit (max 2 sessions)
Thermography Screening (max 2 sessions health screening only)
Hydro-Dermo Hydration Spa Treatments
Infrared Body Wrap
Ion Foot Detox

Water Massage Therapy

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

DERMOSONIC Cellulite Reduction

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

RESTORE Health Program \$340

* includes 30 day unlimited spa services - up to 3 days a week, 1 hour sessions

Vitamin Therapy: Co-Q10, Antioxidant Complex, Food-Based Multi
Healthscope Health Assessment
SAUNA & Whole Body Vibration
Water Massage Therapy
DERMOSONIC Cellulite Reduction (max 4 sessions)
Naturopathic Doctor Visit (max 2 sessions)
Thermography Screening (max 2 sessions health screening only)
Hydro-Dermo Hydration Spa Treatments
Infrared Body Wrap
Ion Foot Detox

Naturopathic Doctor Visit

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

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

Thermography Medical Imaging

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

Hydro-Dermo Hydration Spa Treatment

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

Infrared Body Wrap

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



THERMOGRAPHY

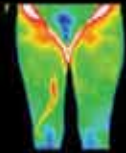
Medical Imaging of Acadiana

Advanced Diagnostic and Screening Technology

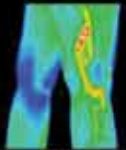
\$94

FULL BODY HEALTH CHECK (337) 347-4141

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

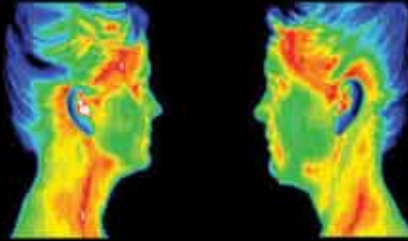


The anterior view of the upper legs shows a patient who had unexplained pain in the right leg for over a year. The thermogram shows a vascular study with a perforator that a vascular surgeon was able to treat with minimal intervention due to the accuracy of the localization.



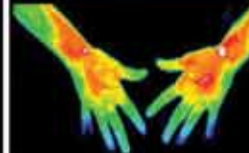
The image showing the vascular pattern in the right lateral leg was of a patient who had a 3 year history of pain in the mid lateral thigh and knee. Nerve conduction tests and a full range of anatomical imaging tests failed to find any cause for the pain. This thermographic study led to a confirmed diagnosis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

Vascular Conditions

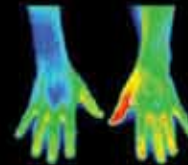


Carotid Artery occlusion (Right side)

Carotid Artery Occlusion

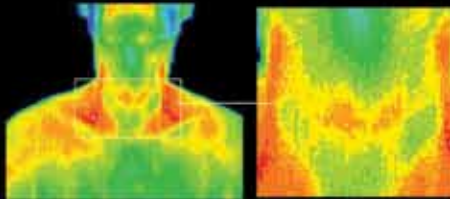


Early stage bilateral carpal tunnel syndrome



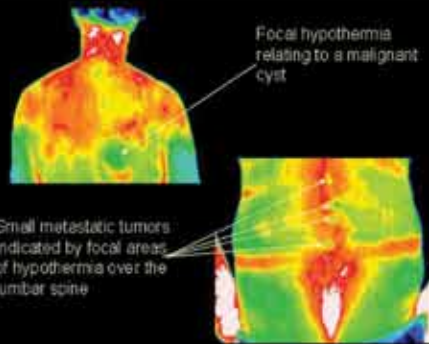
Chronic right carpal tunnel syndrome

Carpal Tunnel



Hyperthermia over both lobes of the thyroid
Indicating thyroid dysfunction

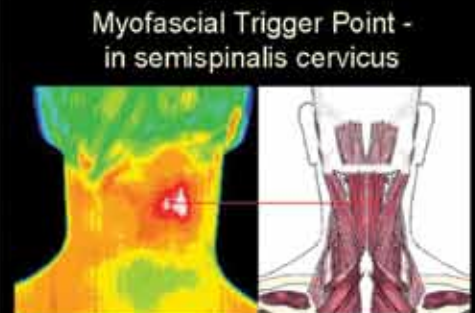
Thyroid Dysfunction



Focal hypothermia relating to a malignant cyst

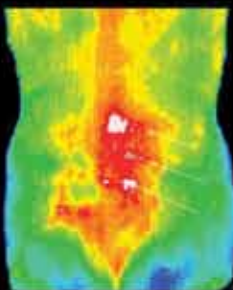
Small metastatic tumors indicated by focal areas of hypothermia over the lumbar spine

Cyst and Tumors



Myofascial Trigger Point -
in semispinalis cervicis

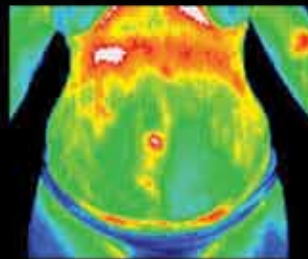
Myofascial Trigger Point



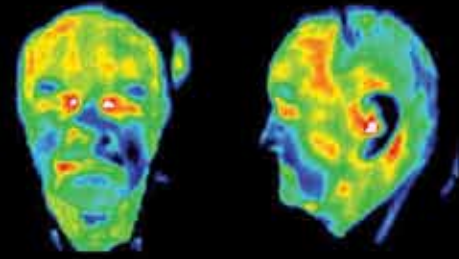
Three stress fractures of the transverse processes of the lumbar spine.

Stress Fractures

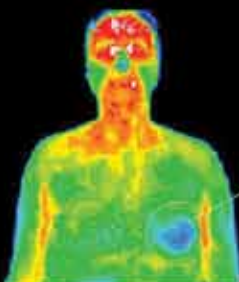
Inflammation Over Right Kidney



Inflammation

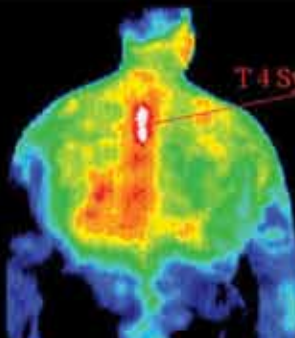


Bells Palsy



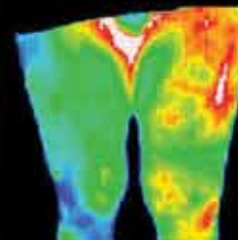
CAD

Coronary Artery Disease



T4 Syndrome

T4 Syndrome



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

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

This was lanced and successfully treated with antibiotics.

Infection