

HEALTHY LIVING HEALTHY PLANET

# natural awakenings

feel good • live simply • laugh more

FREE

## The Eyes Tell Our Story

How Integrative Doctors See  
Into Whole-Body Health

## Where's the Sustainable BEEF?

Conscious Practices Make it  
Safer for Us and the Planet

## Taste the Rainbow

Expand Your Palate  
with Colorful Veggies

## Rock-a-Bye BABY

Helping a Restless  
Child Sleep Well



EVERY ISSUE IS  
A GREEN ISSUE

March 2016 | Acadiana-Edition | [www.NAcadiana.com](http://www.NAcadiana.com)

# WEIGHT LOSS

**You have tried everything  
but you haven't tried BF-4.**



**\$45**

## BF-4

### Garcinia Cambogia

prevents fat cell formation

### Raspberry Ketone

helps fat cells shrink

### Green Coffee Bean

signals the body to burn  
stored fat

### Chromium

builds muscle and burns fat

**BF-4 contains all the four major fat burners.  
You have no choice but to lose the weight.**

**Drug Emporium**  
Vitamin's Plus  
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**678-1844**

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Wellness Center  
Sunset  
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**Natural Health Center**  
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# Become a Member

## Natural Awakenings Vitamin Club

### BASIC MEMBERSHIP \$30/month

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

**Retail Value: \$78**

### PLUS MEMBERSHIP \$45/month

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

**Retail Value: \$141**

### GOLD MEMBERSHIP \$59/month

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

**Retail Value: \$171**

### PICK 3 MEMBERSHIP \$40/month

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

**Retail Value: \$95 - \$105**

### PICK 4 MEMBERSHIP \$60/month

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

**Retail Value: \$115 - \$135**

### PICK 6 MEMBERSHIP \$79/month

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

**Retail Value: \$140 - \$215**

**Natural Health Center, Carencro** 896-4141  
**DHARMA Wellness Center, Sunset** 662-3120  
**Caribbean Wellness Center, Opelousas** 678-1500  
**Namaste Wellness Center, Lafayette** 356-1251

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



ADDRESS: 505 BERTRAND DRIVE, LAFAYETTE, LA 70506

Phone:(337) 261-0051

## Organic Frozen Wheatgrass Juice

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



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

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

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

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

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

## Green Waters Alkaline Water



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

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

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

## pH 9.5 Drops



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

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

## WheTea

### BURNS STOMACH FAT



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

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



## BF-4 Weight Loss



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

.....\$45.00

## Pain & Inflammation Enzyme



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

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

## Digestive Enzyme Complex



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

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

## Raspberry Ketone Drops



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

## Manglier Tea

mong-lee-AY

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



## Wheatgrass Capsules



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

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

# publisher's letter



This upcoming May will mark our sixth anniversary of *Natural Awakenings* acadiana edition. It has been six years since we first decided to publish this community magazine, which we knew would inspire many to live healthier and better lives. Today we give thanks to the many friends, family, and neighbors who supported our vision to embark on this adventure that would change our lives, as well as the lives of our readers. We realize that our stories of inspiration, fitness, healing ways, and conscious eating

have begun to be an instrument of change in our community.

We thank all who have helped make *Natural Awakenings* a success from the start. Big thanks go to our advertisers, writers and distribution locations for your enthusiastic participation. We couldn't reach our phenomenal audience without you. Our advertisers are the reason we can bring this free publication to our community. Please remember them when you shop for products and services, and give them your thanks for their support.

We believe that every day creates our history and that people deserve a chance to change – to be better than the world has made them. It is through our own individualism that we creatively express our thoughts and love and share them to make our world better. So the next time you're looking for answers, remember: "In order to see that which is not there sometimes we must gaze upon what is." Look for the good in people. It's there. Look for the creative ways they choose to express who they are and what's important in their lives.

As we all adjust how we live in small daily ways, millions of shifts can add up to an irresistible force. The movers and shakers on our planet aren't the billionaires, politicians and generals—they are the incredible numbers of thinkers around the world filled with love for their neighbors and the Earth who are resisting convention to remake, restore, renew and revitalize everything they touch. There is inherent goodness at the heart of our humanity that has proven able to change the world in times of need. Let's put it to work.

This magazine is our creative expression. We invite you to make yourself comfortable, read on, recycle these pages when you're finished, and look for us again next month. We will be here, gratefully counting our blessings.

We wish you a month of enrichment for the mind, body and soul.



*Steve & Michelle*

Steve and Michelle Castille, Publishers

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



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## advertising & submissions

### HOW TO ADVERTISE

To advertise with *Natural Awakenings* or request a media kit, please contact us at 337-896-4141 or email [publisher@NAacadiana.com](mailto:publisher@NAacadiana.com). Deadline for ads: the 10th of the month.

### EDITORIAL SUBMISSIONS

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

### CALENDAR SUBMISSIONS

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

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[www.NAacadiana.com](http://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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## BENEFITS OF GREEN WATERS

### Lose Weight:

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

### Anti Aging:

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

### Reduce the Chances of Osteoporosis:

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

### Build Cardiovascular Health:

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

### Reduce Joint Pain and Arthritis:

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

### Reduce Infections, Flu and Colds:

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

### Detoxify:

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

### Decrease Risk of Cancer:

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



# BENEFITS OF WHEATGRASS

## **Lose Weight:**

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

## **Fights Depression:**

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

## **Decrease the Risk of Cancer:**

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

## **Improve Healing of the Body:**

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

## **Oxygenates the Cells of the Body:**

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

## **Detox the Body:**

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

## **Slows Down the Aging Process:**

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

## **Heals the Body:**

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



## Affiliated Blind Holds Candle Fundraiser



**A**ffiliated Blind of Louisiana, Inc. (ABL) is holding its Celebrating Home Candle Sale. The fundraising effort helps ABL “light their way to independence” by purchasing long-lasting soy candles in mango cooler, vanilla cream or gardenia. Each candle is \$8

and all proceeds support the services of Affiliated Blind Of Louisiana.

ABL’s mission is to teach people who are blind and deaf-blind the skills that lead to independence, employment and community integration. It is also a consumer organization, which promotes the general welfare of the visually impaired, blind and deaf-blind, educates the public about blindness and informs consumers of services available to them.

To purchase a candle, call 337-234-6492. For more information, visit [AffiliatedBlind.org](http://AffiliatedBlind.org).

## Premium, Tasty Tea at Brew To A Tea

**B**rew To A Tea brings premium tea to Acadiana and the surrounding areas. Brew To A Tea offers an exotic and extensive array of organic gourmet tea flavors to suit any mood or occasion. Each tea is handpicked and blended using the 5000-year-old tradition from signature loose leaf teas. The teas provide a host of health benefits, such as



immune system health, digestive health and nervous system function.

A few signature teas include jasmine green tea, classic Assam tea, afternoon apricot and vanilla chai spice. Teas can be purchased individually or as gift sets.

Location: 105 Lomond Ave., Lafayette. For information, call 337-349-8117 or visit [BrewToATea.com](http://BrewToATea.com).

## Lafayette Modern Dentistry Opens in Lafayette



Celeste Babineaux  
DENTIST  
DDS



Jacob Dent  
DENTIST  
DDS



Felicia Schexnayder  
OFFICE MANAGER

**L**afayette Modern Dentistry is now open in Lafayette. Lafayette Modern Dentistry is a complete dental provider offering modern dentistry services such as same day dental crowns, boost whitening, oral surgery, periodontics, digital charts, digital X-rays and more. The new location uses modern equipment and the latest software available, making them one of the most technologically advanced dental offices in the area. Some of these technologies include intraoral cameras, lasers and CEREC CAD/CAM single visit crowns. These modern practices have proven to be faster, less invasive and more efficient while still offering dental care at an affordable cost.

Location: 4243 Ambassador Caffery Pkwy., Ste. 118, Lafayette. For more information, call 337-422-3587 or visit [LafayetteModernDentistry.com](http://LafayetteModernDentistry.com).

## New Art Shop Open in Lafayette

**B**ayou Art Co-op, a specialty art store specializing in handmade goods and unique crafts made by local artists and artisans from all around the area of Acadiana, is now open in Lafayette. The store offers wonderfully crafted items such as bead designs, pottery, wood designs, soaps, candles and a host of paintings. Each crafted piece combines local design with the culture of Southwest Louisiana. For added shopping convenience Bayou Art Co-Op is open Monday through Sunday from 10:30 a.m. to 7 p.m.

Location: 1300 Bertrand Dr., Lafayette. For more information, call 337-371-1755.

## Natural Health Revolution Plant Based Nutrition

*Clinical Grade Essential  
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# Cinnamon

These days, cinnamon is the ultimate comfort spice—think apple and pumpkin pies, as well as gooey cinnamon buns and cinnamon toast. Who would've imagined that at one time, it was more precious than gold? It's mentioned in the Bible and was popular in ancient Egypt, making it one of the oldest known spices.

There are two main types of this popular spice: Chinese cinnamon or cassia, which you can find in your grocery store, and Ceylon cinnamon, which is a bit sweeter and also more rare. To find the Ceylon variety, you'll have to visit specialty markets or spice companies.

How's this for variety? In ancient times, cinnamon was used to flavor foods and drinks, as a medicine, and even as an embalming agent. It became one of the most commonly used spices in Medieval Europe, so much so that it was one of the first items traded between the Near East and Europe.

Today, it's most commonly used in cooking and baking; however, its medicinal properties are being studied. One of the substances found in the oil of cinnamon tree bark has been shown to help prevent blood platelets from sticking together, thereby lowering the risk of blood clot formation, as well as the risk of the heart attack or stroke to which a clot could lead.

But the majority of research has looked at the possible relationship between cinnamon and diabetes or high blood sugar. While studies are ongoing, the most promising so far, show that people with diabetes experience a significant drop in blood sugar when they start consuming as little as ¼ to ½ teaspoon a day of cinnamon. In addition, risk factors for heart disease, such as total and low-density lipoprotein (or bad) cholesterol and triglyceride levels also decrease.

If you're considering adding cinnamon to your diet for health reasons, be aware that because of its ability to prevent blood clots, large doses or eating whole or ground cinnamon regularly could be dangerous. While it's perfectly safe to cook with, if you decide to take a supplement, choose a water-soluble extract vs. a fat-soluble extract or whole cinnamon.

Cinnamon comes from the bark of the cinnamon tree. You can find it either dried as sticks or quills or ground into a powder. In an airtight container in a cool, dark, dry place, the sticks should last about a year, while the ground powder lasts about six months. Storing cinnamon in the fridge may help it last longer, and the easy way to test for freshness is just take a whiff: Fresh cinnamon gives off a sweet scent.

You may already have your favorite ways to use cinnamon, from the a dusting it on warm, buttered toast with a little sugar to sprinkling or it in your favorite pie filling. But try a dash on some warm milk for a relaxing evening drink or get a bit more exotic and add a pinch the next time you prepare Mexican food or curry.

Call (337) 896-4141 to reach the Liteon Natural Health Center and any of our Community Wellness and Nutrition Center locations. We produce a 500 mg pure cinnamon bark vegetarian capsule supplement for your health.



*Dr. Steven T. Castille is a biochemist and his current research is in clinical chemistry. He is a Cum Laude graduate in chemistry from Grambling State University in 1991. He has graduate degrees in Engineering and Natural Medicine. You can connect with Dr. Steve at [www.DrSteveCastille.com](http://www.DrSteveCastille.com).*



# COMMUNITY

## Wellness and Nutrition Centers

“Your Health Matters”



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

### namastè

wellness and general nutrition center



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

### DHARMA

wellness center and fit club



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

### Caribbean

natural health center and campground



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

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

We are a “WELLNESS CENTER”: It takes more than physical exercise to maintain good health. Balance is the key to leading a healthy lifestyle. Wellness is the dynamic process of becoming aware of, taking responsibility for, and making choices that directly contribute to one’s well being and that of the common good. It is the integration of body, mind and spirit and the ongoing development of one’s own meaning in life.

Our primary focus is always on nutrition and the basic standards for maintaining good health: good circulation, minimal inflammation and pain, proper diet, proper water intake, normal body chemistry and pH, good elimination patterns, and routine detoxing. At our wellness centers we offer CAM (complementary and alternative medicine) health services such as massage therapy, sound therapy, vibration therapy, FAR infrared sauna therapy, hydration treatments, aromatherapy, ZERONA cold laser therapy, ionic foot detox, detox body wraps, and more. We offer custom and clinical grade naturopathic and nutritional supplements to support our client’s nutrition and healing needs.

We offer classes such as meditation, group fitness, stress management, health coaching, cooking classes, emergency care courses and nutrition education.

We have an on site imaging (thermography) and a licensed clinical laboratory. Thermography medical imaging is a temperature gradient study that is used for the detection of inflammation and temperature changes in tissue. It is useful in the early detection of blocked carotid arteries, breast and other type tumors and cancers, and circulatory problems. Our licensed clinical laboratory tests blood and fluids (urine) – comprehensive metabolic panels, cholesterol panels, etc. We also offer bone density scanning for risk of osteoporosis. Our clinical lab can test over 31 blood chemistries that range from liver, kidney and metabolic functions to lipids, electrolytes and other specialty analytes. We offer routine health screenings such as blood pressure, height/weight measurements, waist circumference, body mass index, body composition, and acid (pH) testing.

Because obesity is the second highest risk factor for cancer and the number one risk factor to heart disease, we do place a strong emphasis on weight loss in our wellness centers. More than one-third (34.9%) of all Americans are obese. Louisiana leads the nation with the sixth highest obesity rate in America. Opelousas, Louisiana was recently found to be the fattest city in America with 42.3% of its citizens being obese.

Frequently you will hear and see the terms Complementary and Alternative Medicine (CAM) and Integrative Medicine. Complementary and alternative medicine (CAM) is the popular term for health and wellness therapies that have typically not been part of conventional medicine. Complementary means treatments that are used along with conventional medicine. As defined by the National Center for Complementary and Alternative Medicine at the National Institutes of Health, integrative medicine “combines mainstream medical therapies and CAM therapies for which there is some high-quality scientific evidence of safety and effectiveness.”

**If you have diabetes, high blood pressure, had a heart attack or stroke, high cholesterol, cancer, or any other disease...**

**Natural Medicine is for YOU!**

We define natural medicine as food (nutrition) that provide the basic elements to building and rebuilding healthy cells in the body; naturopathic supplements that boost the body’s chemistry and nutrition, and aids in the building and rebuilding of cells-tissue-organs.

We define natural medicine as the basic care for the body using heat, water, oxygen and how they are applied using complementary therapies such as massage, acupuncture, hydration therapy, vibration, etc.

**We believe that the body can heal from most disease if given the appropriate nutrients, in the appropriate amount, at the appropriate time.**

*...we define this as your body chemistry and it can heal you or make you sick.*



*Dr. Steven T. Castille is the CEO and Director of the Community Wellness Centers. He is a biochemist and his current research is in clinical chemistry and oncology He is a Cum Laude graduate in chemistry from Grambling State University in 1991. He has graduate degrees in Engineering and Natural Medicine. You can connect with Dr. Steve at [www.DrSteveCastille.com](http://www.DrSteveCastille.com).*

## Magnolia Bark Knocks Out Head and Neck Cancer Cells

Head and neck cancers include cancers of the mouth, throat (pharynx and larynx), sinuses and salivary glands. According to the American Academy of Otolaryngology, more than 55,000 Americans are diagnosed with head and neck cancer, and almost 13,000 die from these diseases annually.

A study from the University of Alabama and the Birmingham Veterans Affairs Medical Center found that a magnolia herb extract called honokiol may treat these cancers. It tested human cancer cell lines in the laboratory from different parts of the body, including the mouth, larynx, tongue and pharynx. The researchers found that the honokiol extract halted the growth of each of these cancer cells and induced cell death.

Lead researcher Dr. Santosh K. Katiyar and his colleagues wrote, "Conclusively, honokiol appears to be an attractive, bioactive, small-molecule phytochemical for the management of head and neck cancer, which can be used either alone or in combination with other available therapeutic drugs."



## Probiotics Reduce Aggressively Negative Thoughts



Recent research from the Netherlands' Leiden Institute for Brain and Cognition has discovered that negative and aggressive thinking can be changed by supplementing with probiotic bacteria. The triple-blind study followed and tested 40 healthy people over a period of four weeks that were split into two groups; one was given a daily probiotic supplement containing seven species of probiotics and the other, a placebo.

The subjects filled out a questionnaire that measured cognitive reactivity and depressed moods using the Leiden Index of Depression Sensitivity, which measures negative and depressed thinking. After four weeks, the probiotic group showed significantly lower scores in

aggression, control issues, hopelessness, risk aversion and rumination, compared to the placebo group.

"The study demonstrated for the first time that a four-week, multispecies, probiotic intervention has a positive effect on cognitive reactivity to naturally occurring changes in sad mood in healthy individuals not currently diagnosed with a depressive disorder," the researchers concluded.

It is health that is real wealth, and not pieces of gold and silver.

~Mahatma Gandhi

## Losing Pancreatic Fat Reverses Diabetes

A study from Newcastle University, in England, has found that losing fat content in the pancreas can alleviate Type 2 diabetes.

The researchers tested 18 obese people between the ages of 25 and 65 that



were diagnosed with diabetes alongside a control group that were not. Subjects received gastric band surgery before eating an appropriately healthy diet for eight weeks.

During this time, subjects in both groups lost an average of nearly 13 percent of their body weight and around 1.2 percent of their body fat. More importantly, the diabetes group lost about 6.6 percent of triglyceride pancreatic fat, or about 0.6 grams.

The weight loss and loss of triglyceride fat from the pancreas allowed the patients to produce normal amounts of insulin. Professor Roy Taylor, the head researcher of the study, says, "For people with Type 2 diabetes, losing weight allows them to lose excess triglyceride fat out of the pancreas and allows function to return to normal."



# Apple Munching Makes for Healthier Shopping

Eating an apple before buying groceries may help consumers make healthier shopping decisions. This was the finding of three studies on healthy food purchasing conducted by Aner Tal, Ph.D., and Brian Wansink, Ph.D. In the research, published in the scientific journal *Psychology and Marketing*, 120 shoppers were given an apple sample, a cookie sample or nothing before they began shopping. The researchers found those that ate the apple purchased 28 percent more fruits and vegetables than those given the cookie, and 25 percent more fruits and vegetables than those given nothing.

A related study by Tal and Wansink investigated virtual shopping decisions. After being given a cookie or an apple, 56 subjects were asked to imagine they were grocery shopping. They were shown 20 pairs of products—one healthy and the other unhealthy—and asked to select the one they would buy. Consistent with the results of the first study, those that ate the apple most often chose the healthy option.

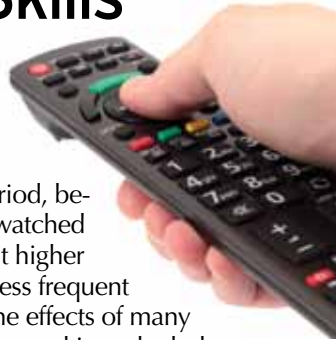


# Channel-Surfing Couch Potatoes May Lose Cognitive Skills

Researchers from the University of California at San Francisco, working with the Veterans Affairs Medical Center and other research agencies, have found that watching television may affect cognition, specifically as it relates to executive function and processing speeds.

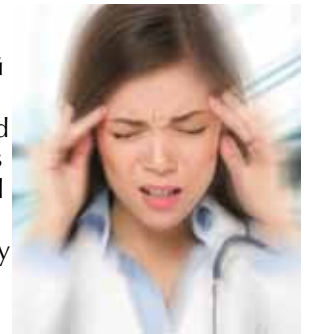
The study followed 3,247 people over a 25-year period, beginning in their early adult years. Those that frequently watched television during their early adult years had a 64 percent higher incidence of poor cognitive performance compared to less frequent television watchers. This was after adjusting results for the effects of many other known lifestyle factors that affect cognition such as smoking, alcohol use and body mass index.

The effects of television watching worsened when combined with reduced physical activity during young adult years. Those with low physical activity and a high frequency of watching television were twice as likely to have poor cognition compared to those that had low television viewing combined with high physical activity during that period.



# Metal and Mineral Imbalances May Produce Migraines

Research from Turkey's Yüzüncü Yil University has concluded that migraines may be linked with higher levels of heavy metals in the blood and deficiencies in

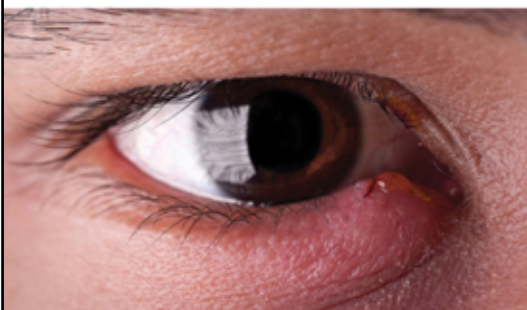


important minerals. The research tested 50 people, including 25 diagnosed with migraines and 25 healthy control subjects. None of those tested were taking supplements, smoked, abused alcohol or drugs or had liver or kidney disease or cardiovascular conditions.

Blood tests of both groups found that those with frequent migraines had four times the cadmium, more than twice of both the iron and the lead and nearly three times the levels of manganese in their bloodstreams compared to the healthy subjects. In addition, the migraine group had about a third of the magnesium, about 20 times less zinc and almost half the copper levels compared to the healthy group. "In light of our results, it can be said that trace element level disturbances might predispose people to migraine attacks," the researchers stated.

## Eye Stye

A stye is a painful red bump on your eyelid. A stye occurs when the oil glands around the eyelid get infected and inflamed.



Some natural remedies may help relieve the discomfort.

- Place a handful of fresh parsley in a soup bowl. Pour a cup of boiling water over the parsley and let it steep for 10 minutes. Soak a clean washcloth in the hot parsley water, lie down, put the cloth on your closed lids and relax for 15 minutes.

Repeat the procedure before bedtime. Parsley water is also good for eliminating puffiness around the eyes.

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# FREE AD SPACE

For locally owned businesses.



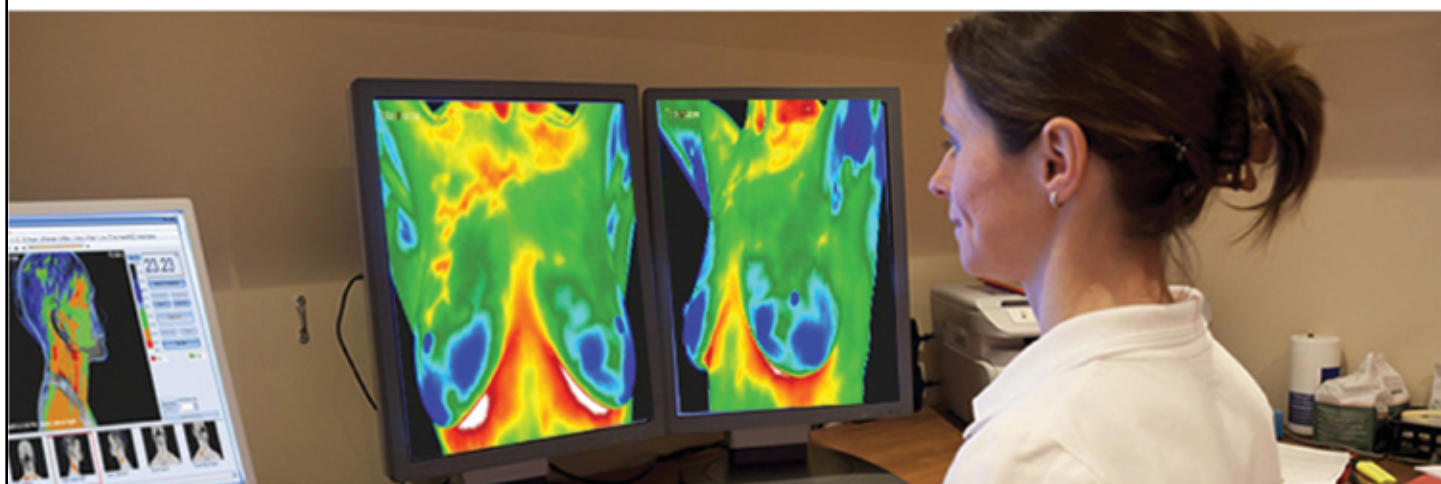
**The latest research suggests that 90% of all cancers are linked to nutrition.**

Most patients diagnosed with breast cancer **this year (2016)** did a mammogram in  
2015  
2014  
2013, 2012, 2011, 2010  
but somehow they now have breast cancer in 2016

That is because a mammogram can not tell you that you will have breast cancer next year or in two years. A mammogram is a test to tell you if you have breast cancer TODAY. A mammogram is looking for a mass or something with density and physically present today.

A thermography exam of the breast works completely different. It does not care if you have a hardened dense particle "a lump". Thermography is an infrared image of the breast that detects the ACTIVITY (the inflammation) that could lead to breast cancer. With a baseline thermography exam you can see the thermal activity of precancerous cells like fibroids and nodules that lead to breast cancer. If you can see the activity that is leading to a breast cancer you can make a change in diet and nutrition, make certain lifestyle changes, use naturopathic and nutritional supplements, exercise, and possibly prevent breast cancer.

## **Thermography Imaging of the Breast**



## 20 Best Foods for FIBER



Corn White Beans Black Beans



Kidney Beans Garbanzo Beans Avocado



Whole-wheat pasta Brown Rice Edamame



Whole-wheat bread Lentils Pear



Artichoke Oatmeal Raspberries



Peas Broccoli Apples



Almonds Barley

Fiber can lower blood sugar, cut cholesterol, and may even prevent colon cancer and help you avoid hemorrhoids. If it were a drug, the world would be clamoring for it.

But few people are getting enough.

Women should get about 25 grams a day and men at least 35 to 40, but the average person gets just 15 grams a day. Eating fiber-rich whole foods—not foods that tout "added fiber"—is the best way to increase your fiber intake.

- Dr. Steven T. Castille

## globalbriefs

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

### Nixing Monsanto Guatemala Just Says No

The government of Guatemala has repealed legislation dubbed the "Monsanto law", which was approved last year to grant the biotech giant special expansion rights into ecologically sensitive territory, after widespread public protest. The demonstrations included groups of indigenous Mayan people, joined by social movements, trade unions and farmers' and women's organizations. Following political party battles, the Guatemalan Congress decided not to just review the legislation, but instead cancel it outright.

The Monsanto law would have given exclusivity on patented seeds to a handful of transnational companies. Mayan people and social organizations claim that the new law would have violated their constitution and the Mayan people's right to traditional cultivation of the land in their ancestral territories.

Lolita Chávez, of the Mayan People's Council, states, "Corn taught us Mayan people about community life and its diversity, because when one cultivates corn, one realizes that a variety of crops such as herbs and medicinal plants depend on the corn plant, as well."

Source: [UpsideDownWorld.org](http://UpsideDownWorld.org)



### Food Fight College Cafeterias Lead the Way in Sustainable Eating

Colleges and universities are changing how they purchase and prepare food in their dining halls to provide students healthy, sustainable meal options, with many of them working to source food locally.

American University, in Washington, D.C., purchases more than a third of the food served in its cafeterias within 250 miles of its campus. McGill University, in Montreal, spends 47 percent of its food budget on produce from its own campus farm and growers within 300 miles. Middlebury College, in Vermont, partners with seasonal local vendors, including those operating its own organic farm.

Taking it a step further, Boston University cafeterias serve meal options that include organic, fair trade, free-range, vegetarian-fed, hormone- and antibiotic-free, sustainably harvested food items to students. Cornell University composts about 850 tons of food waste from its dining halls each year. At Duke University, surplus food is donated to food banks, and both pre- and post-consumer scraps are composted.

Other steps include the University of California, Berkeley's new Global Food Initiative to address food security in a way that's both nutritious and sustainable, and efforts at the University of Illinois to recycle cooking oil for biodiesel production.

Source: [EcoWatch.com](http://EcoWatch.com)





## High Harvest Indoor Gardening is Looking Up

The world's largest indoor farm, in Japan, covers 25,000 square feet, with 15 tiers of stacked growing trays that produce 10,000 heads of lettuce per day, or about 100 times more per square foot than traditional methods. It uses 99 percent less water and 40 percent less power than outdoor fields, while producing 80 percent less food waste.

Customized LED lighting helps plants grow up to two-and-a-half times faster than normal, one of the many innovations co-developed by Shigeharu Shimamura. He says the overall process is only half automated so far. "Machines do some work, but the picking is done manually. In the future, though, I expect an emergence of harvesting robots." These may help transplant seedlings, harvest produce or transport product to packaging areas.

Meanwhile, Singapore's Sky Farms, the world's first low-carbon, hydraulically driven, urban vertical farm, runs on a Sky Urban Vertical Farming System, making the most of rainwater and gravity. Using a water pulley system, 38 growing troughs rotate around a 30-foot-tall aluminum tower.

A much bigger project, a 69,000-square-foot vertical indoor garden under construction at AeroFarms headquarters, in Newark, New Jersey, will be capable of producing up to 2 million pounds of vegetables and herbs annually.

Source: [Tinyurl.com/JapaneseIndoorFarm](http://Tinyurl.com/JapaneseIndoorFarm)

## Corporate Conscience Unilever Reduces its Carbon Footprint

Consumer goods giant Unilever has pledged to eliminate coal from its energy usage within five years and derive all of its energy worldwide solely from renewable sources by 2030. The company will become carbon-positive through the use of renewable resources and by investing in generating more renewable energy than it needs, selling the surplus and making it available to local communities in areas where it operates. About 40 percent of the company's energy use currently comes from green sources.

Paul Polman, company chairman, says the goal is "really doable." He cites a new factory in China powered by wind and solar energy and a Paris office building that already contributes green electricity to the power grid.

Source: The Guardian



## Critter Cuisine Edible Insects Can Help Feed the Planet

Insect expert and bug farmer Sarah Beynon, Ph.D., a research associate for England's University of Oxford, reports, "Two billion people eat insects every day, and not just in the West. In fact, insects are extremely good for you and eating them is good for the planet, too." Western governments are enthusiastic about the potential of entomophagy—the human practice of eating insects—for feeding growing numbers of people sustainably.

By 2050, humans will require 70 percent more food, 120 percent more water and 42 percent more cropland. Meat production is predicted to double, and conventional production consumes extraordinary volumes of land and water resources. A recent British Food and Agriculture Organisation report suggests that there are more than 1,000 known species of edible insects.

Insects are extremely nutritious, containing lots of calcium, zinc and omega-3 fatty acids, and are low in cholesterol. They're also packed with protein; by weight, crickets can contain more protein than beef.

Source: [TheConversation.com](http://TheConversation.com)



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# Disease

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Use pH 9.5 Alkaline Drops to reduce acid

## globalbriefs

### Whistleblowing Allowed

**Court Overrules Law Gagging Animal Abuse Probes**  
U.S. District Court Judge B. Lynn Winmill has written that in a pivotal case of animal cruelty undercover reporting, the Idaho Dairymen's Association responded to the negative publicity by drafting and sponsoring a bill in a class known as Ag-Gag legislation that criminalizes the types of surreptitious investigations that expose such violent activities. Seven other states currently have similar Ag-Gag laws on the books.



Winmill declared the law unconstitutional in his decision, stating that its only purpose is to "limit and punish those who speak out on topics relating to the agricultural industry, striking at the heart of important First Amendment values." The law was deemed to violate the equal protection clause of the 14th Amendment, "as well as preemption claims under three different federal statutes," cites Winmill.

"This ruling is so clear, so definitive, so sweeping," says Leslie Brueckner, senior attorney for Public Justice and co-counsel for the plaintiffs in the case. "We couldn't ask for a better building block in terms of striking these laws down in other states."

Source: Food Safety News

### Surging Organics

**Costco Shoots Past Whole Foods Market**

Whole Foods Market, founded in 1978, grew to be the number one seller in the nationwide movement toward organic and natural eating, with more than 400 stores. But mainstream grocers such as Wal-Mart and Kroger have since jumped on the bandwagon, and smaller players like Trader Joe's and The Fresh Market have proliferated. Now Costco has moved into the current number one position, illustrating the market potential of budget-conscious consumers that desire to eat better.



Source: The Motley Fool

### Fossil-Fuel-Free

**Food Trucks Go Solar**

The food truck industry is good for a quick, cheap meal or even a gourmet meal, but emissions from these portable feasts are a growing concern, given the estimated 3 million trucks that were on the road in 2012. New York state has launched an initiative to put 500 energy-efficient, solar-powered carts on city streets this summer.



A pilot program gives food truck vendors the opportunity to lease the eco-carts for five years at little to no extra cost. They are expected to cut fossil fuel emissions by 60 percent and smog-creating nitrous oxide by 95 percent. If the technology was implemented nationwide, it could spare the atmosphere an enormous carbon footprint.

Conventional mobile vendors may spend more than \$500 a month on fossil fuels; in addition to the gasoline consumed in driving, truck lighting and refrigeration systems are powered by diesel generators and propane fuels the grills, sometimes all running up to 10 hours a day. The annual nationwide load can add up to hundreds of billions of pounds of carbon dioxide per year.

Source: EcoWatch.com

## Efficient Cook

Kitchen Recipes for Daily Energy Savings



The kitchen is a hotbed of energy consumption when family meals are being prepared and even when dor-

mant. Appliances make a big difference, and the tools and methods we cook with can reduce utility bills. According to *Mother Earth News*, cooking in a convection oven is 25 percent more efficient than a conventional oven.

Switching to an Energy Star-approved refrigerator that consumes 40 percent less energy than conventional models can save up to \$70 in energy bills annually, according to *Chasing-Green.org*. They suggest performing defrosts routinely and keeping the door tightly sealed, especially on an older model. Position the fridge so that it isn't next to heat sources such as sunlight, the oven or dishwasher.

While cooking, refrain from opening and closing a hot oven door too frequently, put lids on pots while heating and select the right size pans. Cooking with a six-inch-diameter pan on an eight-inch burner wastes more than 40 percent of the heat produced. For cleanup, a full load of dishes in a water-efficient dishwasher uses four gallons of water versus 24 gallons for hand washing, according to flow meter manufacturer Seametrics.

A slow cooker uses less energy and needs less water to wash afterward (*VitaClayChef.com*), plus it doesn't strain household air conditioning as a stove does. It's good for cooking hearty stews and soups made from local seasonal vegetables, steaming rice, making yogurt and baking whole-grain breads.

Consider taking a break from the kitchen by ordering a week's worth of organic, natural meals and ingredients delivered to the door by an eco-friendly meal distribution service, which cuts down on individual trips to the grocery. Search online for local service options.

## WHAT IS

# Vibration Training

## How Can It Be Used for Weight Loss



**10 mins = 1 hour GYM WORKOUT**

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

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

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

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

Whole Body Vibration helps reverse osteoporosis, increases muscle strength, decreases fat... and, most of all, it is energizing!

- C. Norman Shealy, MD, PhD



# Meaty Truths

## Choosing Meat that's Sustainable and Safe

by Melinda Hemmelgarn

In his essay *The Pleasures of Eating*, Wendell Berry, a Kentucky farmer and poet, writes: "If I am going to eat meat, I want it to be from an animal that has lived a pleasant, uncrowded life outdoors, on bountiful pasture, with good water nearby and trees for shade." He, like a growing number of conscious eaters, wants no part of the industrial meat system in which animals are raised in concentrated animal feeding operations.

Media coverage has helped educate consumers previously unaware of how their food is produced and why it matters. The documentary film *Food Inc.*, as well as books like *Fast Food Nation*, by Eric Schlosser and *The Chain*, by Ted Genoways, describe common livestock industry practices that mistreat animals, pollute water and air, endanger workers and threaten public health. With increased understanding of the connections between diet and health, climate, environment and social justice, even many Americans that still like the taste of hamburger and steak have sided with Berry; they want sustainably raised, humane and healthful red meat.

### Unsustainable Corporate Lobby

Every five years, the U.S. Dietary Guidelines are revised to reflect the

latest nutritional science. In 2015, the Dietary Guidelines Advisory Committee attempted to include the concept of sustainability. The committee, which included top nutrition scientists, defined sustainable diets as "a pattern of eating that promotes health and well-being and provides food security for the present population while sustaining human and natural resources for future generations." It made the case that a diet higher in plant-based foods and lower in animal-based foods both promotes health and protects the environment—resulting in lower greenhouse gas emissions, and less energy, land and water use.

But political pressure from the livestock industry prevailed, and U.S. Department of Agriculture (USDA) Secretary Tom Vilsack and Secretary of Health and Human Services Sylvia Burwell jointly announced, "We do not believe that the 2015 Dietary Guidelines for Americans are the appropriate vehicle for this important policy conversation about sustainability." Instead, they advised the committee to focus solely on nutritional and dietary information.

In her book *Food Politics*, nutritionist and author Marion Nestle explains that recommendations to decrease consumption have never been popular with the food industry. Nonetheless, Roni Neff, Ph.D., who

directs the Center for a Livable Future's Food System Sustainability and Public Health Program at the Johns Hopkins Bloomberg School of Public Health, in Baltimore, recommends consuming less red meat in particular, because of its large environmental footprint. Neff points out, "Thirty percent of greenhouse gas emissions are connected to red meat."

However, not all red meat is created equal. In her book *Defending Beef*, environmental lawyer and cattle rancher Nicolette Hahn Niman makes a case for sustainable meat production, noting, "Well-managed grazing could be part of an effective strategy to combat climate change."

In their book *The New Livestock Farmer*, authors Rebecca Thistlethwaite and Jim Dunlop praise the increase in farmers producing pasture-raised, ethical meats and the growing number of farmers selling directly to people that reject the industrial system. Neff likewise supports such sustainable livestock agriculture, which integrates pasture-raised animals on farms, rather than isolating them on feedlots, where they typically eat a grain-based diet (such as genetically engineered corn) and receive growth stimulants, including hormones and antibiotics.

### Risky Hormones and Antibiotics

Mike Callicrate, a St. Francis, Kansas, rancher educated in the industrial model of meat production, is considered an expert on its negative consequences. He served as an advisor for *Food Inc.*, and Michael Pollan's *The Omnivore's Dilemma*. Callicrate observes, "The same chemical compounds that athletes are banned from using in baseball are used to produce our food animals, which our children eat in the hot dogs at the ballgame."

According to the USDA, about 90 percent of feedlot cattle receive hormone implants to promote growth. Yet the European Union Scientific Committee on Veterinary Measures Relating to Public Health reports that the use of natural and artificial growth hormones in beef production poses a potential risk to human health, especially among children.

Because climate change is accelerating and is already causing a multitude of adverse effects, and the footprint of our current food system is massive, we urgently need to create a national food supply that is both healthy and sustainable.

~Dr. Walter Willett, Harvard School of Public Health

Concerns about growth-promoting drugs led the American Academy of Pediatrics to call for studies that directly measure their impact on children through milk and meat. *The President's Cancer Panel Report on Reducing Environmental Cancer Risk* also states, "Growth hormones may contribute to endocrine disruption in humans." Their dietary recommendations include choosing meat raised without hormones and antibiotics.

## Rising Resistance

Antibiotic resistance is now one of the world's most critical public health problems, and it's related to misuse of antibiotics in animal agriculture. According to the U.S. Centers for Disease Control and Prevention, "Antibiotic resistance—when bacteria don't respond to the drugs designed to kill them—threatens to return us to the time when simple infections were often fatal."

Veterinarian and food safety consultant Gail Hansen, of Washington, D.C., explains that bacteria naturally develop resistance anytime we use antibiotics. "The problem is overuse and misuse; that's the recipe for disaster." She explains that more than 70 percent of the antibiotics sold in the U.S. are not used to treat sick animals, but to promote growth and reduce the risk of infection related to raising animals in unsanitary, overcrowded spaces.

A recent report by the American Academy of Pediatrics (AAP) states: Adding antibiotics to the feed of healthy

livestock "often leave the drugs ineffective when they are needed to treat infections in people."

The AAP supports buying meat from organic farms, because organic farming rules prohibit the non-therapeutic use of antibiotics. Stacia Clinton, a registered dietitian in Boston who works with the international nonprofit Health Care Without Harm, assists hospitals in both reducing meat on their menus and increasing purchases of meat from animals raised without antibiotics. The goal is to reduce the growing number of antibiotic-resistant infections that cost hospitals and patients billions of dollars each year.

A Friends of the Earth report, *Chain Reaction: How Top Restaurants Rate on Reducing Use of Antibiotics in Their Meat Supply*, revealed that most meat served by American's top chain restaurants come from animals raised in industrial facilities where they are fed antibiotics. Only two out of 25 chains, Chipotle Mexican Grill and Panera Bread, report that the majority of their meat is raised without routine antibiotics. A recent study by Consumers Union also found antibiotic-resistant bacteria on retail meat samples nationwide.

In California, Governor Jerry Brown signed Senate Bill 27, making his the first state to ban the use of routine low doses of antimicrobial drugs that are medically important to humans to promote livestock weight gain or feed efficiency. The bill doesn't go into effect until January 2018, but will contribute to making meat safer and antibiotic drugs more effective.

## Red and Processed Meats Targeted

Dietary advice to reduce the consumption of red and processed meats, regardless of how the animals are raised, is not new. Kelay Trentham, a registered dietitian in Tacoma, Washington, who specializes in cancer prevention and treatment, points out that joint reports from the World Cancer Research Fund International and American Institute for Cancer Research (AICR) since 2007 have recommended restricting consumption of red meat to less than 18 ounces a week and avoiding processed meats.

# Smarter Meat Choices

by Melinda Hemmelgarn

## Choose certified organic meat.

Organic certification prohibits antibiotics, added hormones and genetically modified (GMO) feed.

## Select grass-fed and grass-finished meats.

Look for the nonprofit American Grassfed Association (AGA) certification, which ensures animals eat only grass and forage from the time of their weaning until harvest, and are raised without antibiotics or hormones ([AmericanGrassfed.org](http://AmericanGrassfed.org)). AGA standards apply to ruminant animals only: beef, bison, goat, lamb and sheep.

## Support Country of Origin Labeling.

This mandates that retail cuts of meat must contain a label informing consumers of its source. The U.S. meat industry has worked to stop such labeling.

## Beware of misleading labels.

"Natural" provides no legal assurance about how an animal was raised. "Vegetarian feed" may mean GMO corn and/or soy. (See [Greener Choices.org](http://GreenerChoices.org).)

## Buy directly from family livestock farmers.

Check out sites like [Local Harvest.org](http://LocalHarvest.org) and [Tinyurl.com/FarmersMarketsDirectory](http://Tinyurl.com/FarmersMarketsDirectory).

## Pay attention to portions.

The U.S. Department of Agriculture serving size weighs three ounces, about the same size as a deck of cards. Think of meat as a side dish and balance the rest of the plate with vegetables, leafy greens, beans and other legumes.

**Once a week, cut out meat.** Participate in Meatless Mondays ([Meatless Monday.org](http://MeatlessMonday.org)).

**Assume all retail meat carries bacteria that can cause food-borne illness.** Practice safe food handling as directed on package labels. (Also see [FoodSafety.gov](http://FoodSafety.gov) and [KeepAntibioticsWorking.com](http://KeepAntibioticsWorking.com).)

In 2015, the World Health Organization International Agency for Research on Cancer (IARC) classified processed meat (like hot dogs, ham, sausages, corned beef and beef jerky) as “carcinogenic to humans” and red meat (beef, veal, pork, lamb, mutton, horse and goat) as “probably carcinogenic to humans.” Risk increases with amount consumed, and the evidence is strongest for the relation of processed meats to colorectal cancer.

Trentham explains some factors that make red and processed meats risky. “Heating or smoking meat creates cancer-causing compounds. Processed meats contain salts, nitrates and nitrites; a chemical mélange of preservatives that can increase risk,” she says. Trentham and Karen Collins, a registered dietitian and advisor to the AICR, concur that the form of iron found in meat also contributes to cancer risk.

Still, the IARC report recognizes, “Eating meat has known health benefits.” Meat is a rich source of protein and B vitamins, iron and zinc. Live-stock feed further influences nutritional

To be interested in food, but not in food production, is clearly absurd.

~Wendell Berry

composition, with meat from cattle raised on pasture (grass) containing higher levels of beneficial omega-3 fatty acids compared to meat from animals fed grain.

According to medical doctor and National Institutes of Health researcher

Captain Joseph Hibbeln, consuming fewer omega-6 fatty acids and more omega-3s may be one of the most important dietary changes for cutting the risk of chronic diseases, reducing inflammation, improving mental health, enhancing children’s brain and eye development and reducing worldwide incidence of cardiovascular disease by 40 percent.

When it comes to eating meat, the agricultural practices, quantity consumed, and methods of processing and cooking make a difference. It turns out that what’s good for the environment is good for animals and people, too.

*Melinda Hemmelgarn is an award-winning registered dietitian, writer and Food Sleuth Radio host with KOPN.org, in Columbia, MO. Connect at FoodSleuth@gmail.com.*

## Pesticide Removal for Fruits and Vegetables

To remove poisonous sprays and pesticides from produce, fill the sink with cold water and add four tablespoons of salt and the fresh juice of half a lemon. This makes a diluted form of hydrochloric acid. Soak most fruits and vegetables five to ten minutes; soak leafy greens two to three minutes; soak strawberries, blueberries, and all other berries one to two minutes. After soaking, rinse thoroughly in plain cold water and enjoy.

An alternative is to soak produce in a sink or basin with a quarter of a cup of white vinegar. Then with a vegetable brush, scrub the produce under cold water. Give them a final rinse and they’re ready to be eaten.

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Opelousas, LA

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# Vitamin Testing <sup>\$39</sup>

(Takes only 15 minutes for a full screening)

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

Thiamin  
Vitamin B6  
Vitamin B12  
Vitamin C  
Calcium  
Fluoride  
Iodine  
Iron

Riboflavin  
Magnesium  
Phosphorus  
Potassium  
Selenium  
Sodium  
Zinc

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

- Andrew Weil, M.D.

## Did you know A vitamin deficiency can cause



**ENLARGED THYROID**  
Iodine deficiency



**JOINT PAIN**  
Vitamin C deficiency



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

**cancer**

hypertension

**inflammation**

**diabetes**

depression

# GET TESTED

96% of the American Population Die from Disease 4% will die in an accident.

Vitamin Deficiencies and Poor Nutrition are the Leading Cause for Disease

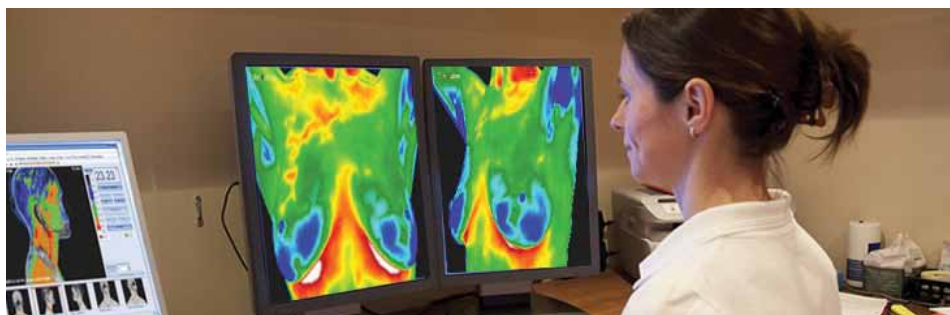
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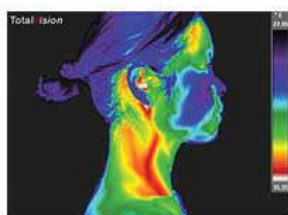
CALL to schedule your 15 minute vitamin testing

# What Does Your Thermography Image Mean?

by Dr. Steven T. Castille



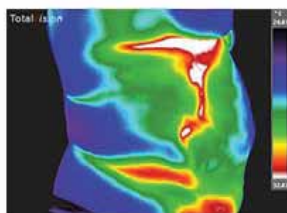
Headache and Sinus



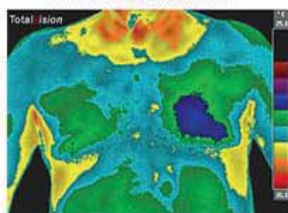
Carotid Artery Inflammation



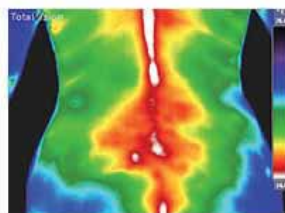
Early Stage Diabetes



Stress in the Liver



Reduced Heart Function



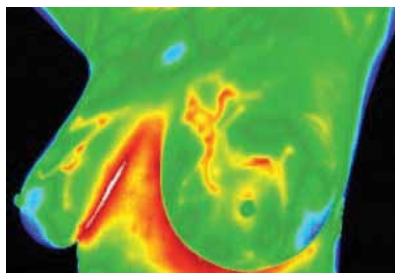
Lower Back Pain

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

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

## Thermal Asymmetry Indicates Problems

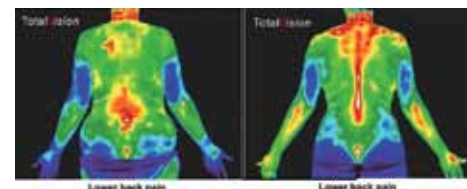
The body should naturally have thermal symmetry. Areas of asymmetry can indicate problems and are analyzed specifically for underlying pathology. Cancer cells divide very rapidly and demand increased blood flow and nutrient delivery. The metabolic processes in the body cannot differentiate between cancer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



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

## Lower Back Pain

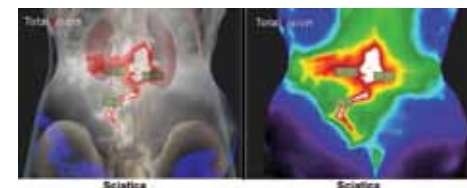
Lower back pain is one of the most troublesome back pain for patients and can often be very difficult to treat. The hottest white areas in these images



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

## Sciatica

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

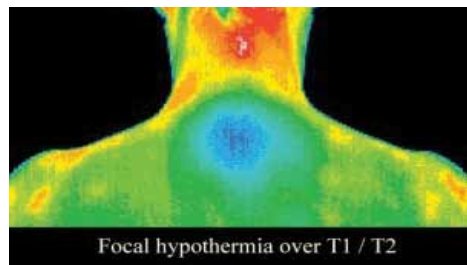


worse when you sit, sneeze, or cough. Sciatica can occur suddenly or it can develop gradually. You might also feel weakness, numbness, or a burning or

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

### Autoimmune Dysfunction

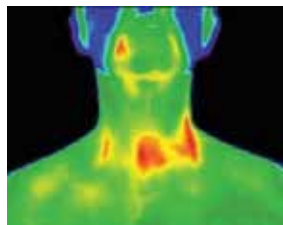
Patterns of hypothermia seen over T1/T2 in a thermography scan are always indicative of autoimmune dysfunction. Interestingly enough, the Chinese have used this point in acupuncture for over 4000 years to stimulate immune



function. This pattern is often seen in patients diagnosed with fibromyalgia, a disorder that is very difficult to diagnose but is characterized by widespread musculoskeletal pain, accompanied by fatigue, problems sleeping, memory and mood issues; as well as patients diagnosed with Chronic Fatigue

Syndrome. Fibromyalgia patients will often have myofascial inflammation accompanying the hypothermic pattern. Thermography is useful in confirming a suspected diagnosis of these syndromes as well as monitoring the patient’s response to treatment. As the patient improves the hypothermic foci will experience a reduction in temperature differentials and will reduce. Conversely, if the patient is not responding to treatment or is regressing, this pattern will either maintain or the temperature differentials will increase and the pattern will become more pronounced.

### Thyroid Dysfunction



Thermography can easily detect thyroid dysfunction even when all of the thyroid levels

are within normal levels in the patient’s blood work. Thermography can also validate the appropriate levels of thyroid supplementation. For example if a patient is on thyroid medication and no patterns appear on the thermogram related to

thyroid, it can then be assumed that he or she is receiving the adequate amount of medication or supplementation.

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

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

**Pay only \$94 for your thermography exam. This includes a full body imaging. You can also purchase labwork and a doctor visit to ask/answer questions about your results and what you can do to restore your health.**

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

## Inflammation is the Spark that ignites most disease

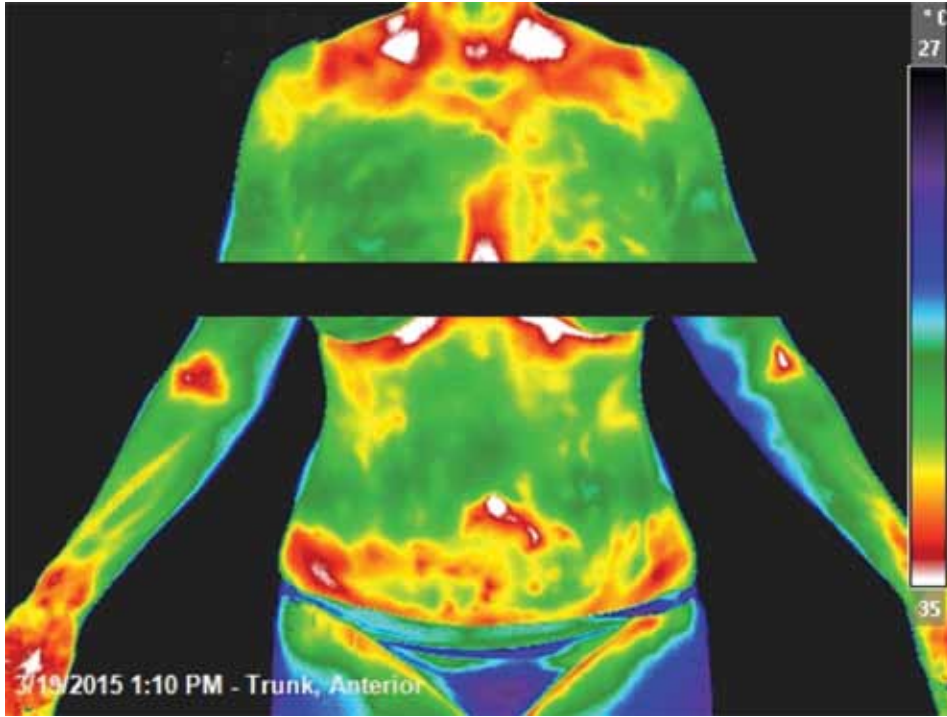
# Pain and Inflammation Enzyme



Chronic pain and inflammation can make even the simplest everyday tasks a challenge. If you suffer chronic pain from a serious health condition or inflammation from over-exertion and physical exhaustion, Liteon Natural’s Pain and Inflammation Enzyme Blend can help. This unique anti-inflammatory and pain relief formula will strengthen your body’s natural response to pain and inflammation. This supplement packs the power of natural bioflavonoids, herbs, and enzymes.....**\$30.00**

# We See Your Pain

## Thermography Medical Imaging



mammograms, improved detection for women with dense breasts or implants or a reasonable alternative for women who refuse mammogram. Below is a sample of the over 800 studies in the index-medicus. They represent some of the important findings and value of thermography.

### Fast facts:

- In 1982, the FDA approved breast thermography as an adjunct diagnostic breast cancer screening procedure.
- Of the extensive research conducted since the late 1950's, well over 300,000 women have been included as study participants.
- The size of the studies are very large: 10k, 37k, 60k, 85k.
- Some studies have followed participants up to 12 years.
- Strict standardized interpretation protocols have been established for 15 years to remedy problems with early research.
- Breast thermography has an average sensitivity and specificity of 90% .
- An abnormal thermogram is 10 times more significant as a future risk indicator for breast cancer than a first order family history.
- A persistent abnormal thermogram carries with it a 22x higher risk of future breast cancer.
- Extensive clinical trials have shown that breast thermography significantly augments the long term survival rates of its recipients by as much as 61%.

When used as a multimodal approach (clinical exam + mammography + thermography), 95% of early stage cancers will be detected.

Digital Infrared Thermal Imaging (Medical Thermography) is a unique technology that takes a picture and creates a map of the infrared patterns of the body. It is different than other screening tools because it helps us to see function (physiology). MRI and X-ray detect anatomical changes so will miss such things as active inflammation or angiogenesis (increased blood supply as found in cancer) . It was approved by the FDA for breast cancer screening in 1982. It can detect early danger signs in the body years before other tools. It has been shown to be effective in finding early signs of breast cancer up to 8 years before the mammogram.

### What Can Medical Thermography Be Used For?

There are 3 areas that Thermography is useful:

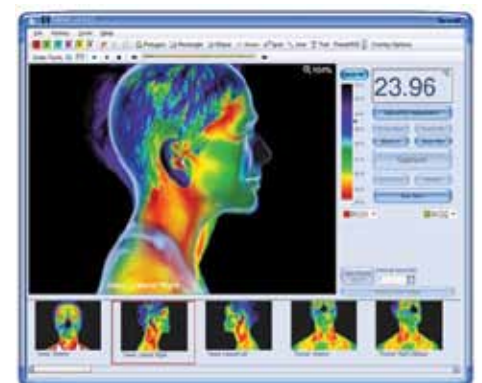
- **Inflammatory Phenomena**- This could include early detection of cardiovascular disease, arthritis, Fibromyalgia or trauma such as strains, sprains or chronic pain.
- **Neovascular Phenomena** - Cancer is fed by the bodies own blood supply. This development of early vascularity is detected well before anatomical changes occur that will be detected with other screening tools.
- **Neurological Phenomena** - Chronic regional pain syndrome, nerve irrita-

tion can cause referred pain in other areas. Circulatory deficits are easily seen in thermographic images.

A full body screening covers all regions of the body with no less than 28 images. A region of interest can be used for focalized screening such as breast screening, thyroid, etc.

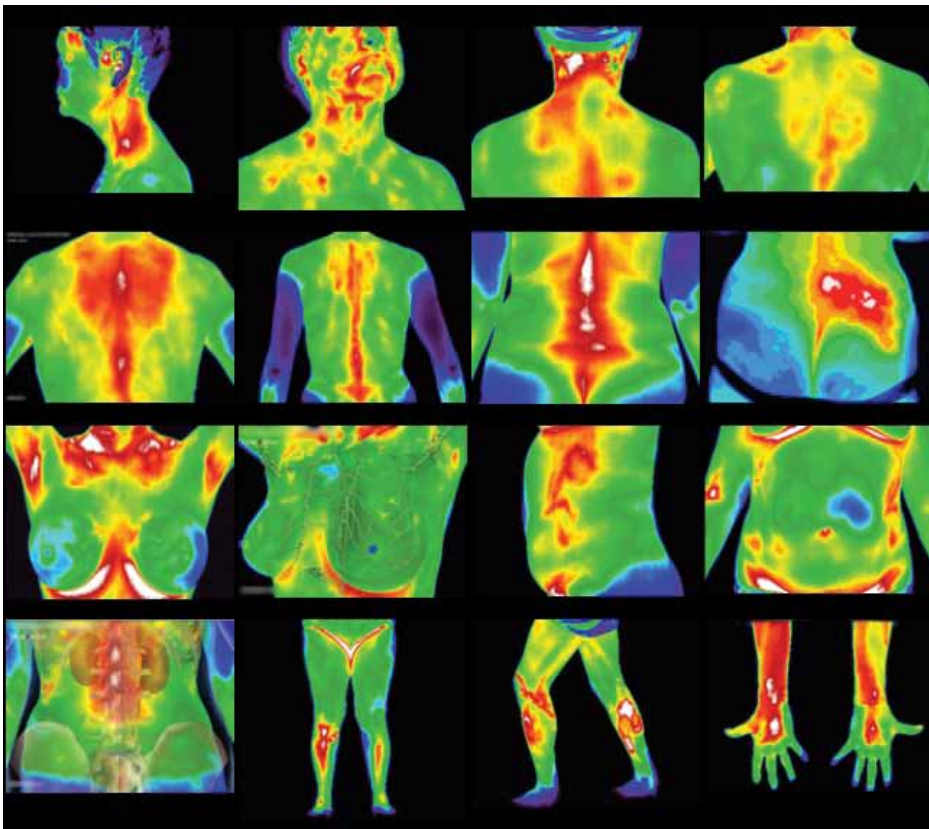
### Is It a Proven Technology?

Thermography has been comprehensively researched for over 30 years. While it is not a replacement for Mammography, it may have many valuable assets including: earlier detection of neovascular (blood supply) patterns, adjunct to inconclusive



### Why Have I Not Heard About This?

Like many alternative diagnostic tools or treatments, the facts are not always disclosed. Thermography was summarily dropped from breast screening in the 1980's after only 1 year of use. The reason was cited as being it detected too many false positives and therefore was not specific enough. This is ironic since



the mammogram has a 65% false positive rate and recent studies have shown that it is a poor predictive tool. 90% of MD's know nothing of the technology and so are critical of that which they don't know. The other 10% seem to quote research from 22 years ago from a few small studies and ignore the plethora of positive research.

### Is it accurate?

Yes, as a routine screening tool, it has been shown to be 97% effective at detecting benign vs malignant breast abnormalities. Another study tracked 1537 women with abnormal thermograms for 12 years. They had normal mammograms and physical exams. Within 5 years, 40% of the women developed malignancies. The researchers commented "an abnormal thermogram is the single most important marker of high risk for the future development of breast cancer" These results have been repeated over and over again for nearly 30 years.

### Is It Safe?

While a variety of studies have called into question the safety of cumulative exposures to radiation, this is not the case with Thermography. Thermography emits nothing, it only takes an image. Nothing touches you and it is quick and painless. This all makes Thermography

great for frequent screening with no chance of danger.

### What If I get Abnormal Results? What Do I Do?

Thermography is not diagnostic but gives early risk factors. This is great news because an abnormal result from a thermogram often buys time so that natural interventions such as nutrition, nutritional supplements, holistic therapies, and lifestyle changes can influence the outcome. At the least, the condition can be closely monitored safely until conventional interventions need to be applied. It is important to recognize that early detection is the key to a good outcome.

### Some Selected Research:

Stark, A., Way, S. The Screening of Well Women for the Early Detection of Breast Cancer Using Clinical Examination with Thermography and Mammography. *Cancer* 33: 1671-1679, 1974. Researchers screened 4,621 asymptomatic women, 35% whom were under age 35 y.o. and detected 24 cancers (7.6 per 1000) with a sensitivity and specificity of 98.3% and 93.5% respectively.

Y.R. Parisky, A. Sardi, R. Hamm, K. Hughes, L. Esserman, S. Rust, K.Callahan, Efficacy of Computerized Infrared Imaging Analysis to Evaluate Mammographically Suspicious Lesions.

AJR:180, January 2003 Compared results of Infrared imaging prior to biopsy. The researchers determined that Thermography offers a safe, noninvasive procedure that would be valuable as an adjunct to mammography in determining whether a lesion is benign or malignant with a 99% predictive value.

Gros, C, Gautherie, M. Breast Thermography and Cancer Risk Prediction. *Cancer* 45:51-56 1980. From a patient base of 58,000 women screened with thermography, researchers followed 1,527 patients with initially healthy breasts and abnormal thermograms for 12 years. Of this group, 40% developed malignancies within 5 years. The study concluded that "an abnormal thermogram is the single most important marker of high risk for the future development of breast cancer".

Spitalier, H., Giraud, D. et al. Does Infrared Thermography Truly Have a Role in Present Day Breast Cancer Management? *Biomedical Thermology* pp.269-278, 1982. Spitalier and associates screened 61,000 women using thermography over a 10 year period. The false negative and positive rate was found to be 11% (89% sensitivity and specificity). 91% of the nonpalpable cancers (T0 rating) were detected by thermography. Of all the patients with cancer, thermography alone was the first alarm in 60% of cases. The authors noted "in patients having no clinical or radiographic suspicion of malignancy, a persistent abnormal breast thermogram represents the highest known risk factor for the future development of breast cancer".

Jiang LJ, Ng FY et al A Perspective on Medical Infrared Imaging. *J Med Technol* 2005 Nov-Dec;29(6):257-67 Since the early days of thermography in the 1950s, image processing techniques, sensitivity of thermal sensors and spatial resolution have progressed greatly, holding out fresh promise for infrared (IR) imaging techniques. Applications in civil, industrial and healthcare fields are thus reaching a high level of technical performance. In many diseases there are variations in blood flow, and these in turn affect the skin temperature. IR imaging offers a useful and non-invasive approach to the diagnosis and treatment (as therapeutic aids) of many disorders, in particular in the areas of rheumatology, dermatology, orthopaedics and circulatory abnormalities. This paper reviews many usages (and hence the limitations) of thermography in biomedical fields.

Source: Institute for the Advancement of Medical Thermography

## GREEN WATERS

# pH 5.5

## Acidic Body and OBESITY



If your body is acidic, you cannot lose weight. The body's main way of flushing out toxins is through your colon, kidneys, skin and lymph system. However, the more bombarded these organs become with toxins, the less effective they become at flushing. The result is that excess acidic wastes get stored in fat cells where they cause less harm to the body. Despite your best efforts, you are unable to lose weight because your body is holding on to these excess fat cells; after all, it needs them for storing acidic wastes. Alkalize your body to lose weight.

## Alkalize your body with GREEN WATERS



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**1.5 oz FROZEN WHEATGRASS CUP**

1oz of wheatgrass is equivalent to 2.5 lbs of green vegetables

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WheTea burns stomach fat and boosts your metabolism. Use two droppers with every 8oz of water and drink at least 64oz of water daily and watch the stomach fat fall off.



# ORGANIC FIBER



## WebMD.com

Three bowel movements a day is considered a very healthy body.

### Jean-Pierre Raufman, MD

Gastroenterologist at University of Maryland School of Medicine

"The digestive tract contains more bacterial cells than there are cells in the entire body."

### Dr. Steven T. Castille

Director of the Natural Health Center

Bowel movements more than 16 hours are too long. This indicates wastes are sitting inside your colon too long, and substances that were supposed to be eliminated now are absorbed back into the bloodstream and can interfere with your system.

Your digestive system is remarkably efficient. In the space of a few hours, it extracts nutrients from the foods you eat and drink, processes them into the bloodstream and prepares leftover material for disposal. That material passes through about 20 feet of intestine before being stored temporarily in the colon, where water is removed. The residue is excreted through the bowels, normally within 6 to 12 hours.

# DETOXIFICATION

What goes in must come out.

We absorb toxins through our skin, from the air we breathe, the chemicals in our foods, and from the chemicals released in our homes and workplaces. They all add to our body's toxic load. Ideally, on a daily basis, our bodies break down these toxins and clear them away. Detoxification is simply normalizing the body's ability to process and excrete toxins.

## Why get a Vitamin Test?

To support the detoxification process, the body requires a variety of nutrients. If these nutrients are in low supply, the toxins re-circulate. These unneutralized, fat-soluble toxins can be stored in body tissues such as fat, brain and nervous system causing systemic symptoms and future disease processes.

**DHARMA Wellness 662-3120**

### POSSIBLE SYMPTOMS

- Digestive problems
- Constipation, Gas and/or Bloating
- Skin Rashes
- Fatigue
- Headaches and/or migraines
- Weight Gain
- Brain Fog or Memory Problems
- Excessive Mucus
- Poor Body Odor or Bad Breath

### POSSIBLE HEALTH ISSUES

- Chronic Fatigue
- Allergies and Asthma
- Autoimmune Diseases
- Leaky Gut/Malabsorption
- GI Inflammation
- Obesity or Weight Gain
- Hormone Issues
- Chemical Sensitivities
- Fertility Problems
- Irritable Bowel Syndrome

### 1. SKIN

The largest elimination organ.

### 2. LUNGS

Trap toxins in mucous lining, either coughed up or breathed out.

### 3. LYMPH

Carries nourishment and clears waste. Requires gravity and movement to do its job.

### 4. COLON

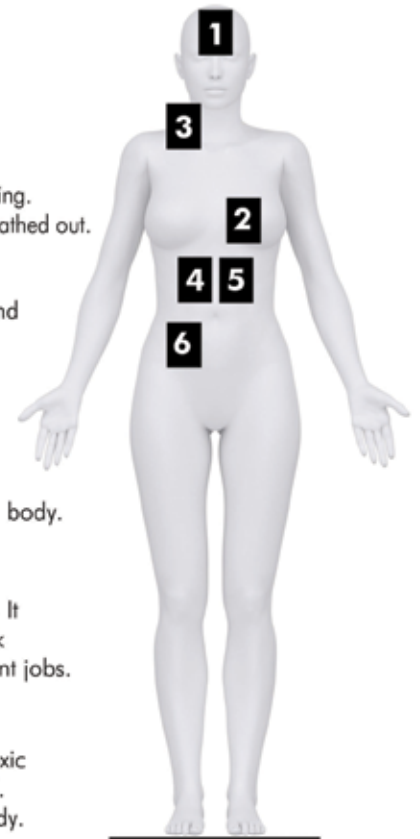
Absorbs nutrients and carries waste out of the body.

### 5. LIVER

The main detox organ. It works around the clock doing over 500 different jobs.

### 6. KIDNEYS

Filter metabolic and toxic waste out of the blood. Regulate pH of the body.





# COOLING CHRONIC INFLAMMATION

## Dietary Solutions Counter Disease

by Linda Sechrist

It's important to note that wounds and infections would never heal without the presence of acute inflammation, the body's normal biological response to harmful pathogens, damaged cells and irritants. Although this protective measure to initiate the body's natural healing response is often misrepresented as being synonymous with infection, it is not; even when the inflammation is caused by infection.

Dr. Vijay Jain, an expert in ayurvedic medicine, explains how the system normally works: "An infection brings about an acute inflammatory response and also summons the aid of immune system cells such as lymphocytes—thymus cells (T cells), bursa-derived cells (B cells) and natural killer (NK) cells—as well as monocytes (a type of white blood cell). These then migrate through the bloodstream to eliminate specific pathogens or pathogen-infected cells."

In contrast, chronic inflammation occurs when the immune response stays activated, rather than naturally

abating, and the body's defense system consequently turns against itself. Today, a number of leading physician scientists including Jain are drawing attention to an epidemic of cases of such chronic inflammation.

With 35 years of experience in general surgery and 15 years of focused study in integrative medicine, Jain bases his concern on extensive study and research. He currently serves as the medical director of Amrit Ayurveda for Total Well Being, at the Amrit Yoga Institute, in Salt Springs, Florida.

Floyd H. Chilton, Ph.D., author of *Inflammation Nation*, and professor of physiology and pharmacology at Wake Forest School of Medicine, in Winston-Salem, North Carolina, is on the same wavelength. Trained as a physician and specialist in infectious disease and inflammation at Harvard Medical School, Chilton's 20 years of research have likewise led him, along with pioneers like Dr. Andrew Weil, to conclude that chronic, systemic inflammation is the root cause of many diseases.

The condition has been linked to rheumatoid arthritis, lupus, Crohn's disease, psoriasis, irritable bowel syndrome, diabetes, allergies, arthritis, atherosclerosis, Alzheimer's and cancer. Furthermore, in 2000, *The New England Journal of Medicine* published several studies showing that blood indicators of inflammation (such as homocysteine, fibrinogen and C-reactive protein) are strong predictive factors for a heart attack.

These experts all point to the standard American diet as a primary culprit for setting chronic inflammation in motion, and cite an anti-inflammatory diet as helpful in counteracting the problem.

Kathy Bero, founder of NuGenesis Farm, Inc., in Pewaukee, Wisconsin, attests that an anti-inflammatory diet containing many angiogenesis-inhibiting foods was a major factor in the remission of three aggressive forms of cancer that threatened her life six years ago. "Many of the diseases linked to chronic systemic inflammation also share a dependence on inappropriate blood vessel growth, which either nourishes the disease or hinders the body's fight against it," Bero explains. "Angiogenesis-inhibiting foods are known to assist the body in controlling the healthy growth of blood vessels."

The nonprofit NuGenesis Farm supports 35 acres dedicated to growing anti-inflammatory and angiogenesis-balancing foods with the strongest disease prevention properties, using sustainable organic agriculture practices. It offers a "food as medicine" model for global communities seeking alternative methods for naturally preventing disease.

An anti-inflammatory diet recommended by family physician and nutritionist Ann Kulze, author of *Dr. Ann's 10-Step Diet*, includes colorful, fresh fruits; green, leafy vegetables; low-glycemic foods such as whole grains, sweet potatoes and winter squashes; fruits such as berries, cherries, apples and pears; high-quality protein in omega-3-rich fish such as wild salmon, sardines, herring and mackerel; seeds and nuts such as walnuts; and green tea. It also calls for the vegetable-based protein found in soy foods, beans, lentils and other legumes. Ginger and turmeric, dried or fresh, rank among recommended spices.

In addition to maintaining a healthy and correct balance between omega-6 and omega-3 fatty acids, an anti-inflam-



matory diet eliminates consumption of margarine, vegetable shortening and partially hydrogenated vegetable oils, all of which promote inflammation.

"Anti-aging researchers believe that chronic inflammation shortens our lifespan," remarks Jain, who recommends a prophylactic diet specific to the constitutional makeup of any of the three ayurvedic doshas—vata, pitta or kapha—as well as the annual pan-chakarma detoxification program. He further emphasizes that food should be freshly prepared with fresh ingredients and loving intention.

"Proper economic studies would increase our understanding of the true cost benefit of growing food for the purpose of disease prevention," says Bero. "Many believe that incorporating anti-inflammatory and angiogenesis-inhibiting foods into our daily diet will not only improve both overall health and the outcome of treatment, it will also go a long way in reducing immediate and long-term health care costs."

*Linda Sechrist is a senior staff writer for Natural Awakenings magazines.*



## Dr. Otto Heinrich Warburg 1931 Nobel Prize Winner

"All forms of cancer have two basic conditions: acidosis and hypoxia (lack of oxygen)"

"Cancerous tissues are acidic whereas healthy tissues are alkaline"

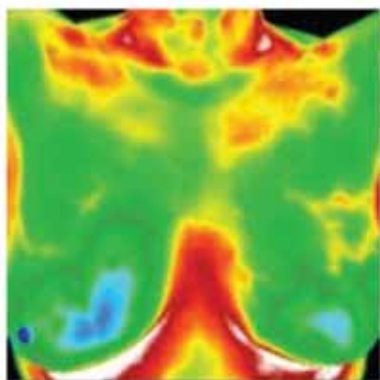


**"DISEASE can not live in an ALKALINE body."**

**NOW AVAILABLE AT  
Drug Emporium  
Lafayette**

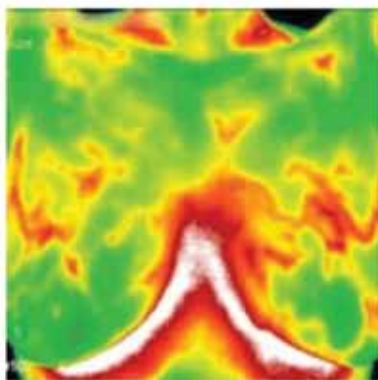
# pH 9.5

## Alkaline Liquid Drops



### Within Normal Range

Here is an image of a patient who has complete a six week restore health program that focused on clearing the lymph nodes, reducing inflammation, improving circulation, and most of all a vitamin program with changes in diet.



### Above Normal Range

Here is an infrared image of the breast that suggest new blood vessel growth patterns that are mapped based on their thermal patterns. This is "activity" that could lead to a breast cancer.

Please visit one of our wellness center locations and ask about a breast thermography exam. This exam can be done as early as 19 years of age and is an excellent tool for creating a baseline for your health. It may even help you prevent a certain breast cancer. Remember 1 in 3 women develop breast cancer in Louisiana. It doesn't have to be you.



### Dr. Steven T. Castille

Clinical Oncology Chemist  
CEO and Director of the Community Wellness Centers

Hi, I am Dr. Steve Castille. I design and develop the wellness and nutrition programs for cancer, heart, and diabetic patients at the Wellness and Nutrition centers. Please visit one of our locations today and learn how you can restore your health.

# Land Manager Allan Savory on Holistic Pasturing

## How Cows Can Help Reverse Climate Change

by Linda Sechrist



**W**hen concurrent dangers arising from overpopulation, desertification (fertile land turning to desert) and climate change were just beginning to attract technological solutions, pioneers like Allan Savory, a young wildlife biologist in Zimbabwe, Africa, were researching how healthy soil captures carbon dioxide and stores it as carbon. It's the way nature renders the most pervasive greenhouse gas more helpful than harmful and a major reason why this is not happening globally is because of desertification.

This innovative game-changer has since received Australia's 2003 Bankia International Award for "doing the most for the environment on a global scale" and the 2010 Buckminster Fuller Challenge, recognizing solutions that address humanity's most pressing problems. The Savory Institute, founded in 2009, and its Africa Center for Holistic Management, demonstrate how using livestock to improve soil and decrease dependence on water—plus increase its ability to hold moisture and carbon—grows more grass and improves profits for ranchers, landowners and investors.

### **What prompted your examination of soil biology?**

In the 1960s, I first became alarmed at the rate of land degradation in Africa's vast grasslands, which were turning to desert. Looking for a solution, I hit upon a profound relationship—that the

grasslands, their soils, soil life, plants and animals had evolved symbiotically with large, grazing herbivores of many species and pack-hunting predators. As my inquiry led beyond Africa, I noticed that the same was true of similar ecosystems worldwide, including those of the U.S. Great Plains.

Long ago, the Great Plains supported herbivores that traveled in immense herds for safety from predators. Where there are now approximately 11 large mammal species, there were once more than 50. The trampling of dung and urine, as well as grazing of such vast numbers constantly on the move, developed deep carbon-storing and rain-holding soils that also break down methane. Only in the presence of large roaming herds of herbivores periodically working the surface soil does this happen; it works much like a gardener does, breaking bare surfaces and covering them with litter and dung. Only in this way do grasslands thrive.

### **How did this revolutionize your thinking about land and livestock management?**

Being trained at a university to believe that grazing livestock causes land degradation blinded me to the deeper understanding that humans' management of the animals, not the animals themselves, has been the problem. Historically, the healthiest soils in the world's vast grain-growing regions were those that had supported the largest

populations of natural wildlife and intact pack-hunting predators.

We now have in hand a natural solution able to reverse U.S. and global desertification, which is contributing to increasing severity and frequency of floods and droughts, poverty, social breakdown, violence, pastoral genocide and mass movement into cities and across national borders. Restoring brilliant natural functions through holistic management of even half of the world's grasslands has the potential to pull all of the legacy carbon out of the atmosphere, put it back into the ground where it belongs and keep it there for thousands of years. Livestock aided by holistic, planned grazing that mimics nature can return Earth's atmosphere to preindustrial carbon levels while feeding people with cleaner meat.

I can think of almost nothing that offers more hope for our planet for generations to come. In fact, it has so many benefits—including an eventual net cost of zero or less—that even if climate change wasn't an issue, we should be doing it anyway.

### **How is holistic pasturing proceeding?**

Ultimately, the only sustainable economy for any nation is derived from growing plants on regenerating soil. Today's conventional agriculture is producing more than 75 billion tons of dead, eroding soil every year—more than 10 tons for every human alive. The largest areas of the world's land are either grasslands or former grasslands.

Holistic, planned grazing to reverse desertification has gained support from thousands of individual ranchers, scientists, researchers, pastoralists and farmers. Currently, it is practiced on more than 30 million acres over six continents with encouraging success. The Savory Institute encourages and links locally led and managed holistic management hubs around the world, now numbering 30 in Africa, Argentina, Australia, Canada, Chile, Mexico, Sweden, Turkey, the UK and U.S., with more forming every year.

*Linda Sechrist is a senior staff writer for Natural Awakenings. Connect at [ItsAllAboutWe.com](http://ItsAllAboutWe.com).*

# COLOR ME CALM

## Grownups De-Stress with Adult Coloring Books

by Avery Mack

Coloring books are no longer solely the domain of children. Immersion in this fun, creative pastime by adults even for just 30 minutes can constitute a focused meditation that relieves stress. Doctor of Psychology Nikki Martinez, in Chicago, says that famed psychotherapist Carl Jung believed coloring helps patients release anxiety.

"It uses both sides of the brain and improves organizational and fine motor skills," says Martinez. "After I underwent a major surgery, I was on bed rest for eight weeks, and adult coloring books were a lifesaver. They passed the time, were pretty and kept me in a constant state of calm. I devoured them."

*Publishers Weekly* reported combined 2015 sales of 1.75 million copies for the 10 bestselling adult coloring books through November. This trend was years in the making, originating when parents colored with their kids and sometimes on their own. Adults around the world now join coloring book clubs, hold related parties and take coloring breaks at work. Last fall, Barnes & Noble hosted the one-day All-American Art Unwind, where customers colored and uploaded their results to Instagram and Twitter. Hallmark sent a crew of artists and calligraphers to select locations to help customers color their greeting cards.

"We scheduled a coloring session for a 55-plus community workshop," relates Ninah Kessler, a licensed clinical

social worker with the Sparks of Genius Brain Optimization Center, in Boca Raton, Florida. "People had so much fun they wouldn't leave. It's creative, portable and inexpensive. You never face blank paper because the lines are there; you just pick the colors. There's no stress about possibly making mistakes."

"Animals, jungle or floral themes, and Zen-inspired mandalas are popular. Customers like realistic, intricate drawings," explains Idalia Farrajota, a Dallas executive with Michaels craft stores, which offers free, in-store coloring sessions and provides supplies. (Download a free sample book at [Tinyurl.com/BotanicalColoringPages](http://Tinyurl.com/BotanicalColoringPages).) Johanna Basford, a renowned illustrator from Aberdeenshire, Scotland, is a hit with colorists, catering to their penchant for nature with *Secret Garden*, *Enchanted Forest* and her latest, *Lost Ocean*.

"My daughter wanted to color her life, not do generic drawings," says Dieter Marlovics, prompting him to establish *ReallyColor.com*, in Chicago. "Really-Color converts photos into coloring book pages to make individually tailored pages."

Try these eco-tips: Sprout pencils, made with sustainable wood and fruit-and-vegetable-based dyed clay instead of lead, are topped by non-GMO seeds that can be planted when the pencil becomes short. Inktense's water-soluble brightly colored pencils mimic pen and ink; add water for translucency. Select recycled paper books, soy crayons, watercolor paints and non-toxic markers.

March is Color Therapy Month



## Who Reads *Natural Awakenings*? Melissa Franks Does!



**Job:** Manager and Public Relations for J. L. Steman Minerals

**Hobbies:** Giving, reading, writing, teaching, dancing, shopping

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

A friend introduced me to *Natural Awakenings* one year ago.

**What do you like about *Natural Awakenings*?**

I appreciate the medical enlightenment that *Natural Awakenings* offers, the locally relevant information and news, the entertainment value and the positive living tips.

**What is healthy about your lifestyle?** My open-mindedness to new ideas and new opportunities, my eager desire to share my love with my family and my prayer to stay humble.

**If you could have one wish for the planet, what would it be?** That everyone would do unto others as they would want done unto themselves

**From what do you draw inspiration?** I draw inspiration from God, my husband, my kids, my family, music and the lessons of self-challenges. I am inspired by others who are deemed less fortunate or who have special needs, but who have broken the "limits" and proven the limitlessness of the human spirit.

**What are you doing to be the change you want to see in the world?** I reflect on the successes of those who have worked hard and paved the way for us, consider it wisdom, incorporate into my daily life and share these generational tokens of insight with those around me.



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\* Mr. Ted George, CPHC, Certified Natural Health Consultant and Nutritional Health Practitioner

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2 Thermograms & 1 Vitamin Test\*  
9 pH Acid Testing & Body Comp\*

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### \$612 10-Week Program

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24 Whole Body Vibration\*  
9 Red Light Therapy with Zerona\*  
21 Foot Detox\*  
20 Antioxidant Therapy\*  
20 Water/Lymphatic Massage\*  
2 Thermograms & 1 Vitamin Test\*  
12 pH Acid Testing & Body Comp\*

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\* Dr. Steven T. Castille, BS, MS, DNM, Doctorate in Natural Medicine and Integrative Medicine Practitioner

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14 Infrared Sauna\*  
18 Whole Body Vibration\*  
12 Foot Detox & 2 Inversion Therapy\*  
12 Hydration Therapy\*  
9 Water/Lymphatic Massage\*  
2 Thermograms and a Health Coach\*  
6 pH Acid Testing & 1 Vitamin Test\*

INDIVIDUAL FULL PRICE: \$2,410

### \$493 10-Week Program

20 Infrared Sauna\*  
24 Whole Body Vibration\*  
18 Foot Detox & 4 Inversion Therapy\*  
17 Hydration Therapy\*  
12 Water/Lymphatic Massage\*  
2 Thermograms and a Health Coach\*  
9 pH Acid Testing & 1 Vitamin Test\*

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## Thermography Medical Imaging

Breast Cancer Screening: \$60  
Full Body Thermography Exam: \$94  
Full Body Exam with Full Labs: \$325

## Zerona Laser Lipo Treatment

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12 Zerona Treatments: \$850  
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1 Session Infrared Body Wrap: \$90  
2 Sessions Infrared Body Wrap: \$170  
4 Sessions Infrared Body Wrap: \$280

## Ionic Foot Detox

1 Session Ionic Foot Detox: \$45  
2 Sessions Ionic Foot Detox: \$80  
4 Sessions Ionic Foot Detox: \$150

## Massage Therapy

1 Massage Therapy Session: \$69  
2 Massage Therapy Sessions: \$125

## BODY REBOUND Weight Loss Program

### \$340 6-Week Program

14 Infrared Sauna\*  
18 Whole Body Vibration\*  
6 Foot Detox\*  
9 Body Wraps\*  
9 SlimPOD Slimming\*  
1 Vitamin Test & 1 Thermogram  
4 Sessions with Personal Trainer\*  
2 Inversion Therapy\*  
9 pH Acid Testing & Body Comp\*  
Nutrition Program & Nutritional Supplements\*

INDIVIDUAL FULL PRICE: \$3,634

### \$580 12-Week Program

24 Infrared Sauna\*  
25 Whole Body Vibration\*  
12 Foot Detox\*  
20 Body Wraps\*  
18 SlimPOD Slimming\*  
1 Vitamin Test & 1 Thermogram\*  
4 Sessions with Personal Trainer\*  
2 Inversion Therapy\*  
12 pH Acid Testing & Body Comp\*  
14 DermoSonic Cellulite Treatments\*  
3 ZERONA Cold Laser Lipo\*  
Nutrition Program & Nutritional Supplements\*

INDIVIDUAL FULL PRICE: \$6,945

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

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This plan is designed for individuals whose lifestyles center around good health and disease/pain prevention. This membership program offers access to all three of our wellness centers year-round. It includes massage therapy, gym membership, medical spa services, salt water pool and campground access, annual bloodwork, complimentary guest passes for friends or family. *12-Month Enrollment Required*

### \$69/mo BASIC Membership

- 2 Weeks Per Month*
- 2 Infrared Sauna\*
  - 2 Whole Body Vibration\*
  - 2 Foot Detox\*
  - 1 Hydration Therapy\*
  - 1 Water/Lymphatic Massage\*
  - 2 pH Acid Testing & Body Comp\*

INDIVIDUAL FULL PRICE: \$310

\*\*\* Become a member today. You pay only \$69. Registration + \$69 for the first month membership plus tax.

### \$89/mo VIP Membership

- 4 Weeks Per Month*
- 4 Infrared Sauna\*
  - 4 Whole Body Vibration\*
  - 4 Foot Detox & 2 Inversion Therapy\*
  - 2 Hydration Therapy\*
  - 2 Water/Lymphatic Massage\*
  - 1 Thermography Exam Annually
  - 1 Vitamin Test every six months

INDIVIDUAL FULL PRICE: \$814

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## What is a RESTORE Health Program?

The RESTORE Health Program uses holistic therapy, bodywork, vitamin therapy, and integrative medicine to help restore your body's health. Inflammation, poor diet and nutrition, poor circulation, and inadequate detoxification all work to create cancer, heart disease, immune disorders, and many of the other health conditions we face today.

## What is Integrative Medicine?

Integrative medicine means taking a holistic approach when seeking treatment for imbalances and choosing to live a more balanced lifestyle. What primarily distinguishes integrative medicine apart from alternative medicine, complementary medicine, and traditional medicine is that physical health is not necessarily the main focus. Instead we seek balance of mind, body, and spirit as a whole.

*All of our programs are based on published peer-reviewed research in complementary and natural medicine. We only use evidence-based instruction.*

## Nutrition

Nutrition is the primary focus of our business. Whether it's eating a proper diet specific to your disease, using nutritional supplements, or a combination of both. Nutrition is the only way to properly heal the body.

Vitamins and minerals are used in every biological and chemical process in your body. Vitamins and minerals build cells, cells build tissue, tissue form organs, organs for organ systems, and organ systems form the human body.

## The body is self-healing and self-regulating.

Inflammation is the root cause for almost every major disease we know today (cancer, diabetes, heart attack and stroke, etc.). Our programs and services focus primarily on restoring normal acid/alkaline balance, minimizing inflammation, proper diet-nutrition-hydration-elimination.

We have a clinically licensed laboratory for urine, blood, and fluid sampling and testing. We have a medical thermography imaging lab.

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### \$340 4-Week Program

- 12 Infrared Sauna\*
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- 1 Vitamin Test
- 4 Sessions with Personal Trainer\*
- 2 Thermograms\*
- 6 pH Acid Testing & Body Comp\*

INDIVIDUAL FULL PRICE: \$2,184

### EACH ADDITIONAL PERSON \$205 4-Week Program

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- 12 Whole Body Vibration\*
- 8 Foot Detox\*
- 6 Hydration Therapy\*
- 6 Water/Lymphatic Massage\*
- 1 Vitamin Test
- 4 Sessions with Personal Trainer\*
- 2 Thermograms\*
- 6 pH Acid Testing & Body Comp\*

INDIVIDUAL FULL PRICE: \$2,184

## TWO - PEOPLE Wellness Program

### \$580 6-Week Program

- 28 Infrared Sauna\*
- 36 Whole Body Vibration\*
- 24 Foot Detox\*
- 24 Hydration Therapy\*
- 18 Water/Lymphatic Massage\*
- 1 Vitamin Test
- 4 Sessions with Personal Trainer
- 4 Thermograms\*
- 12 pH Acid Testing & Body Comp\*

INDIVIDUAL FULL PRICE: \$5,630

### \$1100 10-Week Program

- 40 Infrared Sauna\*
- 48 Whole Body Vibration\*
- 36 Foot Detox\*
- 34 Hydration Therapy\*
- 24 Water/Lymphatic Massage\*
- 1 Vitamin Test
- 4 Sessions with Personal Trainer
- 4 Thermograms\*
- 18 pH Acid Testing & Body Comp\*

INDIVIDUAL FULL PRICE: \$9,002

## Caribbean RETREAT and Wellness Center

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1 Person / 6 Days with Complite Included

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- 6 Whole Body Vibration\*
- 6 Foot Detox\*
- 4 Hydration Therapy\*
- 2 Water/Lymphatic Massage\*
- 2 Thermograms\*
- 6 pH Acid Testing & Body Comp\*

INDIVIDUAL FULL PRICE: \$2,410

### \$510 6-Day Program

2 People / 6 Days with Complite Included

- 12 Infrared Sauna\*
- 12 Whole Body Vibration\*
- 12 Foot Detox\*
- 8 Hydration Therapy\*
- 4 Water/Lymphatic Massage\*
- 4 Thermograms\*
- 12 pH Acid Testing & Body Comp\*

INDIVIDUAL FULL PRICE: \$4,820

### \$260 2-Day Program

2 People / 2 Days with Complite Included

- 4 Infrared Sauna\*
- 4 Whole Body Vibration\*
- 4 Foot Detox\*
- 4 Hydration Therapy\*
- 4 Water/Lymphatic Massage\*
- 2 Thermograms\*
- 4 pH Acid Testing & Body Comp\*

INDIVIDUAL FULL PRICE: \$1,600



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**The BEST way to prevent disease is to maintain your health with a wellness program.**

## Who Reads *Natural Awakenings*? Leslie Davenport Does!



**Job:** Stay-at-home mom to four-year-old daughter.

**Hobbies:** I love reading, decorating and cooking new and different things. Over this past year, I started taking painting classes, which is fun for me.

**How long have you been a *Natural Awakenings* reader?** Four years.

**What do you like about *Natural Awakenings*?** *Natural Awakenings* shares things about how to live a healthy lifestyle in every way. It leaves nothing out, from mind, to body, to soul! The material guides you to become a better person.

**What is healthy about your lifestyle?** I am learning something new about my body and my lifestyle constantly! I am eating healthier, exercising everyday, drinking tons of water, discovering how to manage stress in my life, figuring out what is important for my family and myself and trying to discern what my own dreams are. I am always on the go and I keep my mind active.

**If you could have one wish for the planet, what would it be?** I would want everyone to become deep thinkers. Learn to explore and question things so that you can become mindful and knowledgeable of the world we live in. Don't just judge a book by its cover, open it up and dig in. Know yourself and what is best for you.

**From what do you draw inspiration?** I do my best to let everything inspire me: a book I read, a movie I have watched, my husband and my daughter, a visit to the beach, a quiet weekend away from everything, an afternoon of exercise, prayer, friends and family. I feel that every moment in life has something that we can learn from and enjoy.

**What are you doing to be the change you want to see in the world?** I try to live by example and I educate my daughter about how to treat others with love and respect. Some days I feel like a failure and some days I feel like I have accomplished the world. I look at life one day at a time. Each day is new. If you fail one day, then just try again the next day.

## healingways



# The Eyes Tell Our Story

## How Integrative Doctors See Into Whole-Body Health

by Linda Sechrist

To poets, the eyes have long been known as windows to the soul. Systemically trained ophthalmologists, optometrists and functional medicine doctors see these organs as a potential indicator of high blood pressure, diabetes, stress-related effects and nutritional deficiencies, as well as sites for potential glaucoma and macular degeneration.

The connection between overall health and eye health is rarely addressed during conventional eye exams, which are based on standard protocols for prescribing eyeglasses, drugs or surgery. Conventionally trained optometrists and ophthalmologists, lacking education in nutrition and alternative approaches, treat the eyes as isolated organs. In contrast, systemically oriented, holistic eye experts treat them as integrated parts of the whole body.

Eye doctors like Marc R. Grossman, doctor of optometry, a co-founder of Natural Eye Care, Inc., of New Paltz, New York, and Edward C. Kondrot, a medical doctor and founder of the Healing the Eye & Wellness Center, in Fort Myers, Florida, take such a

preventive and integrative approach. They recommend good whole foods nutrition, supplemented with antioxidants and plant-based formulations of omega-6 and omega-3 oils, together with adequate sleep and exercise. Key complementary treatments can be effective in improving sight and reversing some conditions.

Grossman, also a licensed acupuncturist, explains in his book *Greater Vision: A Comprehensive Program for Physical, Emotional and Spiritual Clarity* how he incorporates the physical, emotional and spiritual aspects of vision into his philosophy of eye care. At Somers Eye Center, in Somers, New York, he uses a full range of mind-body therapies, combined with conventional methods to address dry eye syndrome, nearsightedness, farsightedness, macular degeneration, cataracts and glaucoma.

Kondrot, a leading board-certified homeopathic ophthalmologist, uses a slit-lamp binocular microscope to examine the complex living tissue of the eyes. The author of *10 Essentials to Save Your Sight*, he's experienced in regeneration nutrition and maintains that our

overall health impacts our vision. His toolbox includes multimodal protocols like homeopathy, detoxification, oxygen therapy, low-level microcurrent to stimulate cellular activity, palming (using the hands over closed eyes) and other alternative methods to reverse visual loss. He regularly uses the Myers' cocktail, an intravenous therapy with a high concentration of B-complex and C vitamins, taurine (an amino sulfonic acid), trace minerals and zinc.

"Regardless of your eye condition, regular eye exercises can increase eye muscle flexibility and support circulation for better delivery of oxygen, essential nutrients and the flow of energy to the eyes," says Grossman. He notes that "Aerobic Exercise Protects Retinal Function and Structure from Light-Induced Retinal Degeneration," a study published in the *Journal of Neuroscience* in 2014, was the first of its kind to link physical exercise with improved retinal health and prevention of common eye diseases.

While Kondrot emphasizes that vitamins A, C, D and E are essential to eye health, particularly in preventing macular degeneration, he cautions that taking a supplement is no substitute for expanding the diet to include foods such as kale, spinach, parsley, collard greens, cooked broccoli, green peas, pumpkin and Brussels sprouts. All include lutein and zeaxanthin, two types of important carotenoids contained within the retina and found in the leaves of most green plants. Digestive enzymes, probiotics and

the amino acid betaine are also necessary to facilitate better absorption of nutrients.

Dr. Connie Casebolt, board certified in family medicine and founder of GFM Wellness, in Greenville, South Carolina, practices with a whole body-mind perspective and incorporates supplements in patient disease prevention and wellness plans. "As the eye is bathed in the same chemicals and nutrients as the rest of the body, eye conditions can be affected by problems affecting the rest of the body," she says. "Low adrenals can contribute to macular degeneration. Additionally, disruption of the energy flowing through acupuncture meridians related to teeth affected by root canals can also affect the eyes."

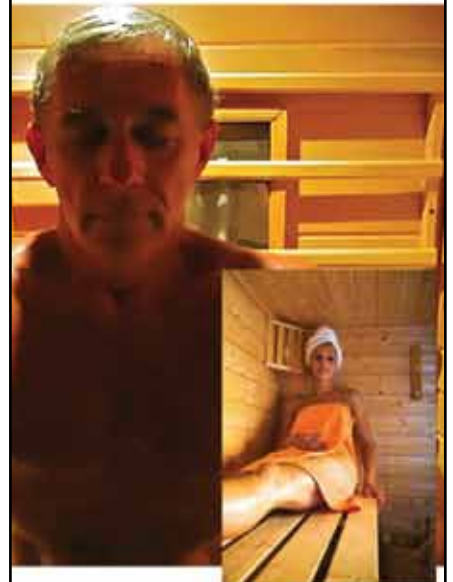
She likes the book *Whole Body Dentistry*, by Mark Breiner, a doctor of dental surgery, because it includes numerous case histories of systemic illnesses, including eye disorders, that improve with better oral health. "Trying to sustain good health and avoiding toxins such as tobacco and excess sugar can definitely help in maintaining good vision," explains Casebolt.

Sensitive, complex and composed of more than 2 million working parts, the eyes are their own phenomenon. Annual eye exams are important at every age to help us do what's needed to maintain our precious gift of sight.

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

## 6 Reasons to put Infrared Sauna on your TO DO list

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



### WEIGHT LOSS

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## conscious eating



# Taste the Rainbow, Expand Your Palate with New Colorful Veggies

by Judith Fertig

Americans' vegetable habits are in a rut. According to the U.S. Department of Agriculture, nearly 50 percent of the vegetables and legumes available in this country in 2013 were either tomatoes or potatoes. Lettuce came in third, according to new data released in 2015, advises Tracie McMillan, author of *The American Way of Eating*.

Further, 87 percent of U.S. adults did not meet basic vegetable serving recommendations from 2007 through 2010, a fact cited in the most recent Centers for Disease Control and Prevention survey. Yet, urban supermarkets overflow with a wealth of common and exotic vegetables, often displayed side-by-side: broccoli and broccolini, green bell and Japanese shishito peppers, and iceberg lettuce and leafy mâche, or lamb's lettuce.



Trying one new vegetable dish a week is a great way to increase our vegetable literacy, says functional medicine expert Terri Evans, a doctor of Oriental medicine in Naples, Florida. "Our diet should be 60 per-

cent produce—40 percent vegetables and 20 percent fruit," she says. "To keep this sustainable for the long term, we should eat what tastes good, not what we think is good for us. Some days, we crave the sweetness of carrots; other days, the bitterness of artichokes or the heat of hot peppers. Our bodies can tell us what we need."

### Keep Expanding Choices

**Going Green.** Dark green and slightly peppery arugula is good with a little olive oil and lemon juice. Finely shredded Brussels sprouts bulk up a mixed salad, while adding the benefits of a cancer-fighting cruciferous vegetable. Instead of mineral-rich baby spinach, try baby Swiss chard, suggests Matthew Kadey, a registered dietician in Waterloo, Ontario. He also suggests microgreens, the tiny shoots of radishes, cabbage, broccoli and kale, all rich in vitamins C and E.

**Squash It.** Varieties of summer and winter squash add color, body and flavor to one-dish meals, with the added benefits of B vitamins, magnesium and fiber. LeAnne Campbell, Ph.D., author of *The China Study Cookbook*, simmers a mix of fresh chopped vegetables including yellow summer squash or



Eating a rich variety of plant-based foods is fast, easy and satisfying.

~LeAnne Campbell



zucchini, and flavors with coconut and curry powder. Vegan Chef Douglas McNish, of Toronto, makes an okra and squash gumbo in the slow cooker.

**Sneak in a Smoothie.** Change up a smoothie routine

by swapping out the usual baby spinach for a blend of cucumber, apple and fresh mint, or else sweet potato and carrot, suggests Sidney Fry, a registered dietitian and *Cooking Light* editor, in Birmingham, Alabama.

**Snack Attack.** An array of colorful vegetables served with dips and spreads can be an easy way to experiment with veggies. Carrots in deep red, vibrant yellow, purple and orange are delicious raw and supply beta-carotene, promoting eye health. Leaves from pale green Belgian endive spears are tender and crunchy. Orange or “cheddar” cauliflower has a more creamy and sweet flavor than its pale cousin.

“Colors equal health, and the more colors we eat, the better our overall health,” says Susan Bowerman, a registered dietitian, lecturer in food

science and nutrition at California State Polytechnic Institute, San Luis Obispo, and

co-author of *What Color Is Your Diet?* “We also have to be willing to try new foods or new varieties of foods, or maybe to prepare unfamiliar foods in a way that will make them taste good, so that we will be willing to add more plant foods to our diet.”

Judith Fertig blogs at [AlfrescoFoodAndLifestyle.blogspot.com](http://AlfrescoFoodAndLifestyle.blogspot.com) from Overland Park, KS.



## A Rainbow of Benefits

by Judith Fertig

The colors found in fresh vegetables can indicate an abundance of necessary phytochemicals and nutrients. “Many people I see in my practice consume excess food, but have nutrient deficiency,” says Terri Evans, a functional medicine expert and doctor of Oriental medicine. Eating a variety of colorful vegetables can be part of the remedy.

“Each color in a vegetable represents 10,000 micronutrients,” explains Evans. “The more colorful you make your diet, the happier your body will be.” She notes that supplements supply a lot of one nutrient, while vegetables gift us with tiny amounts of many requisite nutrients.

According to the nonprofit Produce for Better Health Foundation, plant phytochemicals may act as antioxidants, protect and regenerate essential nutrients and work to deactivate cancer-causing substances. So, the more color on our plates, the better.

Yellow and orange—in squash and some tomatoes—point to higher levels of vitamins C and A. The beta-carotene behind these colors is renowned for supporting healthy eyesight.

Dark green—in leafy greens and cabbages—evidences higher levels of vitamins K, B and E. Chlorophyll creates the color and indicates its well-documented detoxifying properties.

Red—in red bell peppers and tomatoes—indicates vitamin C. Lycopene, which provides the color, is widely associated with lowering the risk of prostate and breast cancers.

Purple and blue—in radicchio, red cabbage and eggplant—deliver vitamins C and K. Anthocyanins that create the color are powerful antioxidants geared to keep us heart-healthy.

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Iodine's primary role is to keep the thyroid gland healthy and manufacturing sufficient thyroxine, a hormone that is needed throughout the body. About 50 to 60 percent of the body's iodine is stored in the thyroid gland, the rest is distributed throughout the body, especially in ovaries, breast and prostate tissue, muscles, and blood. Iodine plays an important role in many of the body's functions.

Insufficient iodine can lead to symptoms such as fatigue, dry skin, increased blood fats, brain fog, bowel irregularity, hoarseness, and delayed reflexes. Iodine is a very effective heavy metal detoxifier of mercury, lead, cadmium, aluminum and bromide.

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# Nighttime Parenting

## Fostering Healthful Sleep

by Stephanie Dodd

According to the American Psychological Association, up to 70 percent of children experience sleep disturbances that affect their emotional and physical well-being.

Parents frequently awakened by a child's interrupted slumber typically are torn between the need to care for their own health and that of their child. The goal is to meet everyone's needs, so that adequate adult sleep doesn't feel like child neglect. Solutions are feasible if the parent is emotionally equipped to feel continuing empathy for their little one and secure in their choices for resolution, regardless of setbacks or delays.

Uncovering the real reasons that a child stays alert at bedtime or wakes during the night—such as inconsistent timing of sleep cycles, excessive fatigue, insufficient physical activity, hunger, pain, anxieties, inadequate downtime or a desire for continued interaction with a parent—is the first step. With so many variables, frustration can impede the workings of parental intuition, which is key to the process, as is testing individual possible solutions long enough to assess the result and then confidently move forward.

### Internal Calm

Expecting a child to feel so empowered that they can fall asleep on their own is a good beginning. Lindsay Melda, of Atlanta, relates, "Our daughter used to wake us up by coming into our bed each night. Once I realized I was anxious

about her sleeping alone in her room and was able to instead trust she was okay, she easily slept through the night, waking more rested. My own anxiety was causing her sleep disturbances."

Christine Gipple, of Oaklyn, New Jersey, a practitioner of non-violent communication, shares, "When my daughter is chatty at bedtime and I'm past ready for her to be in bed, I have to consciously pause, or I can snap at her, thus delaying bedtime. Granting myself just five minutes to reset myself and be present in the moment before I gently re-engage is critical to the outcome."

Such checking in with ourselves helps keep a parent thinking positively. Law of Attraction specialist Cassie Parks, of Denver, Colorado, advises, "When you focus on the feeling you desire once a child is peacefully asleep, rather than the feeling you want to move away from, your chances for success greatly increase." Noting how we envision nighttime unfolding or creating a nighttime vision board can help focus and maintain these feelings.

### Releasing Stress

One method parents have successfully used is the Emotional Freedom Technique (EFT). It involves light tapping on specific points along the body's energy meridians, like the collarbone or between the eyebrows, often accompanied by attention to current thoughts and feelings, in order to restore a balanced feeling.

Karin Davidson, of Media, Pennsylvania, co-founder of the Meridian Tapping Techniques Association, says, "Including tapping with a supportive nighttime routine can be a godsend. It can relieve distress, whatever its source, increase feelings of security and promote a peaceful transition to sleep." In clinical studies from the National Institute for Integrative Healthcare, EFT has been shown to counter the stress hormones adrenaline and cortisol, contributing to decreased sleep disturbances.

Marissa Wolf, of The Woodlands, Texas, relates, "We moved here from San Diego when my son was 34 months old. He was acting out in ways I'd never seen before, mourning the loss of his routine. Within weeks after we started tapping before school and at night, he was back to his happy self. Last night, he simply went to bed and fell asleep. Now when I see his built-up emotions, I know we need to tap." (To learn more about EFT methods, visit [emofree.com](http://emofree.com).)

### Nourished Rest

Good nutrition is also important to healthy sleep. According to Health Coach Sarah Outlaw, owner of the Natural Health Improvement Center of South Jersey and an advanced Nutrition Response Testing practitioner, "Children may be devoid of minerals because of the filtered water we drink. Supplementing with minerals like magnesium or enriching the diet with trace minerals, sea salt and mineral-rich bone broth will promote a healthy immune system, along with a nervous system programmed for sleep."

Outlaw also advises, "A whole foods diet is paramount to children's health and sleep ability. Parents should limit or eliminate artificial flavors, sweeteners and sugar; preferably at

all times, but hour before  
 When takes the plan each toward their optimum feels secure ing through, create a ized and

## Parents that model self-care help their children learn to care for themselves.

~ Sheila Pai, author, *Nurturing You*

at least an bedtime.” a parent time to step goal of sleep and in follow- they can personal- consistent

bedtime routine that fosters a sense of safety for children that feel heard and tended to and know what to expect. Children that gain the ability to naturally develop sleep skills reap lifelong health benefits.

Stephanie Dodd is the author of the international bestseller, *Good Baby, Bad Sleeper*. She blogs at [HeartCenteredSleep.com](http://HeartCenteredSleep.com).



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

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

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

## Fix Your Gut - Fix Your Health



# Developing Gardens Instead of Golf Courses

## Agrihoods Use On-Site Farms to Draw Residents

by April Thompson

For thousands of homeowners in “agrihoods” across the U.S., homegrown is a way of life. Planned developments incorporating neighborhood agriculture are sprouting up in record numbers, according to Ed McMahon, a senior resident fellow specializing in sustainability with the Urban Land Institute. He estimates there are a few hundred agrihoods nationwide, in all regions and at all price points. “The trend is the convergence of several things, including a growing interest in local business, local food, healthy lifestyles and the foodie culture,” says McMahon.

He adds, “Today’s developers have to differentiate their properties to survive, and farms have become the new golf course of real estate development.” Agriculture is a far lower-cost amenity that can even return a modest profit by selling its harvest to the community.

Beyond food, agrihoods help grow community, a huge draw for those living in isolated suburban areas. In 2014, Abby and Michael Wheatfill moved their family to Agritopia, a planned community in Gilbert, Arizona, near Phoenix. Billed as an urban farm, the central feature of Agritopia’s 166 acres, knitting together commercial, agricultural and open space with 450 residential homes, is a working farm, with roving pigs, lambs and chickens, a citrus grove and rows of heirloom vegetables.

Farm, family and community life are interwoven. The Wheatfills lease a plot in an on-site community garden. Other residents buy shares in the community supported agriculture project or purchase produce or eggs from the community farm on the honor system.

“We especially love the narrow, tree-lined streets and wide porches, and that we can walk or bike to fun, locally sourced restaurants,” says Michael, a technology consultant.

Private backyards are small in favor of community space, nudging residents to meet each other, Abby says.

The Cannery, in Davis, California, is one of the newest agrihoods and also one of the few that redeveloped an industrial tract. This 100-acre development, still under construction, will feature 547 new homes on the former site of a tomato processing facility, in addition to affordable rentals for low-income families. Its heart and soul is a working farm that will feed the community’s households and supply its restaurants. The Cannery is a pioneer in clean green energy, with solar-powered homes, connections for electric cars, and many other energy-conserving features. Thirsty homeowner lawns are prohibited in most of The Cannery’s mini-neighborhoods, but no home is more than 300 feet from public green space.

Samrina and Mylon Marshall, both physicians in their mid-50s, will be among the first residents to move in this spring. “We like that it’s a green energy community featuring multigenerational living. We’re also big on eating locally and seasonally, so the urban farm was a key draw,” says Mylon.

North Atlanta family Gil and Jeny Mathis and their two daughters, 12 and 14 years old, discovered Serenbe, a planned community in Chattahoochee Hills, Georgia, two years ago. Now it’s literally their second home. “It provides a different life for our children on weekends they couldn’t otherwise have. The community aspect has penetrated our lives in a way that we couldn’t have predicted,” says Gil.

Both girls love it, and the younger sibling is lobbying to relocate there full time. The family likes the people Serenbe draws and the opportunities to engage with them, the consistent access to natural and organic food and its artist-in-residence program.

Serenbe was the inspiration for the Olivette Riverside Community and Farm, a 346-acre, back-to-the-land project near Asheville, North Carolina. Its owners are transforming a failed high-end gated community and adjacent historic farm along the French Broad River into an agri-centered development featuring a blueberry orchard, community gardens, vegetable farm and greenhouse.

“It’s vital that we re-localize our food supply,” says Olivette co-owner Tama Dickerson. “One of the first things we did was to incorporate this farm and

see what areas we could preserve, because what you keep is just as important as what you develop." Future plans include hiking trails, artist live-work spaces, tiny houses, little free libraries and a K-8 school.

Agrihoods aren't solely for agriburbs. Creative public housing developers are bringing agriculture to high-density neighborhoods. The smoke-free Healthy High-Rise Arbor House, a 124-unit, low-income apartment in the Bronx, in New York City, features a 10,000-square-foot hydroponic greenhouse and a living lobby wall that grows organic vegetables for the community year-round. Residents can obtain a discounted share from the farm using SNAP benefits (food stamps) and take free classes in cooking fresh. Arbor House also allocates 40 percent of its rooftop crop harvests for the larger community.

Agrihoods can take many forms, including those involving gardens cropping up in schools, parks and hospitals nationwide, as well as informal, guerilla gardens in vacant lots. Many cities, including Falls Church, Virginia, and Takoma Park, Maryland, have even changed local zoning laws so residents can keep chickens and bees in their backyards for eggs and honey, according to McMahon.

"The era of the 2,000-mile Caesar salad has come to an end," says McMahon, citing high transportation costs that make locally sourced food good for businesses and consumers alike. "The trend of growing food closer to home—in some cases at home—is here to stay."

Connect with April Thompson, of Washington, D.C., at [AprilWrites.com](http://AprilWrites.com).

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## Usefulness of clinical chemistry measurements in classifying patients with breast cancer.

Laboratory measurements can be used to detect, classify, and monitor patients with breast cancer. This review covers in detail the clinical usefulness of carcino embryonic antigen, tissue polypeptide antigen, various glycoproteins, pregnancy-associated proteins, casein, lactalbumin, beta-2-microglobulin, ferritin, immunoglobins, acute phase proteins, placental-like alkaline phosphatase, liver-associated enzymes, glycosyltransferases, human chorionic gonadotropin, calcitonin, polyamines, and collagen breakdown products, in relationship to their diagnostic utility in patients suspected of having or known to have breast cancer.

Clinical chemists and biochemist all agree that cancer require hypoxia, inflammation, and acidosis.



Dr. Katharina Rentsch  
University Hospital Basel



Dr. Steven Wong  
Wake Forest School of Medicine



Dr. Steven T. Castille  
LITEON Cancer Care Foundation



Dr. Lori Sokoll  
Johns Hopkins Medical Center

## I drink wheatgrass.

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

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



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## ROLLING FOR FITNESS

### DIY Rollers Ease Pain and Aid Flexibility

by Randy Kambic

**M**ore amateur and serious athletes, people wanting to ease stiffness due to sedentary work and seniors are enjoying a new DIY way to massage out the kinks at home that's becoming recognized for its benefits by experts worldwide.

For the first time, flexibility and mobility rolling ranks in the top 20 of the American College of Sports Medicine's annual Worldwide Survey of Fitness Trends. Made predominantly of foam and hard rubber, the rollers can "massage, relieve muscle tightness and muscle spasms, increase circulation, ease muscular discomfort and assist in the return to normal activity," according to the organization's *Health & Fitness Journal*, which notes a growing market for the devices.

Dr. Walter Thompson, professor of kinesiology and health with Georgia State University, in Atlanta, was the lead author of the survey. He says, "Personal trainers have found that it works for their clients. We've also seen an increase in popularity in gyms and fitness clubs." The trend is partly spawned by their use in Pilates. Thompson adds, "Tech devices, now central to our daily lives, have

changed the way we plan and manage our workouts." Yet, as with other such equipment, users must be educated on how to employ the rollers on their own.

Most rollers are available in smooth or ribbed textures in different sizes and densities. Sets include one for deep tissue rolling, self-myofascial release and trigger point relief, designed to aid muscles related to the back, hips, arms, glutes and hamstrings.

Dr. Spencer H. Baron, president of NeuroSport Elite, in Davie, Florida, was the 2010 National Sports Chiropractor of the Year and served as a chiropractic physician for the Miami Dolphins football team for 19 years. He starts patients out with rollers during office appointments, especially those with sports injuries.

"It empowers them to take charge of their fitness," he says. "Those standing or sitting all day at work may need it even more than athletes do to improve circulation and stimulate the nervous system."

While rollers can be administered to hamstrings and quadriceps by hand, he attests that the back is the most commonly targeted region, and suggests two corresponding maneuvers: Lie



down with a foam roller under the neck at home. Gently roll it across to each shoulder blade, and then center it and roll it down to the buttocks; even to the hamstrings. Next, assume a squatting position against a wall and place a roller between the center of the back and the wall, gently rise up, and then sink down. It's also possible to do this at work in private.

Baron and his colleagues believe that rollers are beneficial to use on the shoulders and arms of tennis players and baseball pitchers. "I like the metaphor of a chef rolling dough in the kitchen. With a similar motion, you're kneading muscles and tendons, improving blood flow and circulation to sore areas," he says.

Jason Karp, Ph.D., the 2011 Individuals with Disabilities Education Act Personal Trainer of the Year and creator of his company's Run-Fit certification

program, has seen the popularity of the devices on the rise with runners. "People like gadgets" that can help them, he notes. "Runners get tight from running, and rollers can help alleviate that tightness. I know a lot of runners that swear by them."

Karp, a California author of six books, including *Running for Women* and his upcoming *The Inner Runner*, feels that rollers are especially well-suited for post-workout use. "The rollers are basically a form of self-myofascial release, which helps relax muscles by putting pressure on tight areas to cause the muscle to relax via its reflex to tension," he explains.

It looks like this universally applicable and simple fitness tool will keep on rolling through this year and beyond.

*Randy Kambic, in Estero, Florida, is a freelance editor and writer for Natural Awakenings and other magazines.*

## Detoxifying Foot Bath

It all starts when you put your feet in the water. But it doesn't stop when you take your feet out.

The detoxifying foot bath produces a charge which stimulates the cells within the body. The positive and negative charges in the water allow the body to attract and use the negative ions to rebalance and release toxins. This allows for the release of these toxins through the 4,000 pores in the feet. Your body will continue to detoxify for up to 48 hours after treatment.

Water is of particular importance to the functional performance of the body. Water makes up about two thirds of the body's weight, and it is used as a solvent in which chemical reactions take place— as a solvent for waste matter which passes out of the body in a solution; for transporting substances around the body (water is a major part of blood and lymph); and as a means of keeping cool. In the 1930s Dr. Royal Rife conducted research which concluded that certain electrical frequencies could prevent the development of disease, while other electrical frequencies can completely destroy certain viruses, bacteria and other pathogens.

### How does it Work?

The foot spa contains water, a saline solution and an electro-magnetic device called an "array." You place your feet in the bath of lukewarm water that has a small amount of salt added, in the form of a solution, which aids the conductivity of the water. When the system is switched on, the array immersed in water creates a series of positive and negative ions – electrons. The body will absorb the electrons and a natural rebalancing of the cells in the body will take place.

While you are relaxing, the water will immediately start to change color as millions of ions enter your body and begin to neutralize tissue acid wastes. The color change and sediment you see in the water is produced by the ionization interaction of the current flow—the metal in the array and the toxins in the water and body. Negative and positive ions attract toxins and are released from the body via osmosis. This has a very effective way of cleansing the body from toxins. The benefits of the detoxifying foot bath are detoxification, stimulation and balancing of the body's energy meridians, and ATP production. ATP has natural body chemicals that extract energy from your food and makes it available for numerous physiologic functions in the body. You will feel great, sleep better and have more energy. If nothing else works you get a relaxing foot bath.



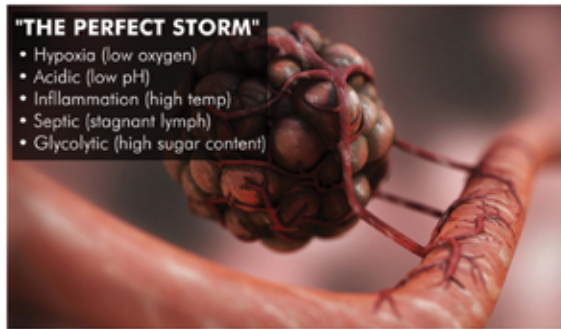
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This cancer cell was once dormant for 12 years. Inflammation ignited its fuse and woke it up. It created new blood vessels (this process of new blood vessel growth is called angiogenesis) to feed from the body's stagnant waste being held in the lymph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

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

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# WELL-MANNERED CATS

## Simple Ways to Get Kitty to Behave

by Sandra Murphy



Three million cats end up in shelters every year, according to the American Society for the Prevention of Cruelty to Animals. Owners cite landlord restrictions or allergies in the family as leading reasons. Often, the animal is blamed for an easily fixed behavior problem; the Wake County Animal Center, in Raleigh, North Carolina, interprets rationales such as, “Kitty has a sensitive stomach [throws up] or pees under the bed [likely a urinary tract infection].”

“I prefer to call such things issues, not problems. They’re often evidence of natural instincts that need to be redirected,” says Anne Moss, owner of *TheCatSite.com*, from Tel Aviv, Israel. “A vet visit will rule out physical concerns so you can move on to behavioral issues.” Once a cat’s adapted to living with humans, life becomes more pleasant for everyone.

Cats can be trained. Dallas cat owner Bettina Bennett of *WhichBoxMedia.com* advises, “Start early, attach rewards and be consistent. Our four cats don’t scratch the furniture, come when called and know when it’s bedtime.”

Clicker training works well, adds Becky Morrow, a doctor of veterinary medicine who teaches at Duquesne University, in Pittsburgh. “I have 13 cats living in my home and a sanctuary housing 65 more. They’ve learned to walk on a leash and obey commands.”

Dr. Jeff Werber, a Los Angeles veterinarian, has found that scratching furniture, biting people, nocturnal activity, throwing up and ignoring the

litter box are the five most common complaints. Scratching lets Kitty leave her scent, stretch and shed old claws. He suggests, “Get a scratching post, but don’t put it in an-out-of-the-way location. Cats like to be where we are. Start with it in the center of the room and gradually move it to the corner.”

Measure how tall a cat is when standing on her hind legs with front legs fully extended. Get a post that is half again as tall so she can really stretch. Gently rub her paws on the post first, and then dab on a bit of catnip as added enticement. Cats don’t like unfamiliar textures, so avoidance training tools can include laying aluminum foil or backing-side-up carpet runners over furniture arms and cushions plus double-sided sticky tape at the corners to preserve upholstery.

When humans become a target for a cat’s pounces, use toys as decoys. A short play session will satisfy their desire to hunt. Leave curtains open so she can see outside, clear shelves for climbing and have a cat tree or window shelf for optimum viewing. A nearby bird feeder will hold a feline’s attention for hours.

Werber advises, “For undisturbed household sleep, get the cat toys out about an hour before your bedtime. Fifteen minutes of play will tire a pet. Let him calm down and then feed him. A full cat is a sleepy cat.”

Some cats nibble, while others gulp food and then throw up. The

recommended antidote is to feed smaller amounts several times a day. Cats should eat both dry and wet food to get carbohydrates and meat, Werber advises. Throwing up can be a sign of hairballs, even if unseen. Put the cat on a natural hairball remedy once a day for four days, then two times a week, until the vomiting stops. A touch of non-petroleum jelly on the cat’s nose or a bit of fish oil or pumpkin in her food will work.

When cats ignore the litter box, note what’s changed—the type of litter, location of the box, a lurking stray cat or the pet’s health. Arthritic cats find it hard to climb into a tall-sided box. Felines feel vulnerable when using the box, and like to know what’s around them—a lidless box makes them feel safer says Werber. The rule is to have one litter box than are cats. If house is more one story tall, water, beds litter should be available on every level.

“All cats should be kept indoors, microchipped and wearing a colorful collar and tags,” says Werber. Colors give birds fair warning if a cat ever goes outside.

With time and attention, any cat can become an active, well-behaved family member.

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







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## A Growing Epidemic

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

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# Alternative • Complementary • Holistic Services

www.DrSteveCastille.com

www.NaturalHealthCentersOnline.com

www.CaribbeanCampground.com

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

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

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

## Pricing and Rate Sheet

|                                  |                     |                           |
|----------------------------------|---------------------|---------------------------|
| Infrared Sauna                   | 30 mins: \$45       | 1 hour: \$70              |
| Whole Body Vibration             | 10 mins: \$35       | 20 mins: \$65             |
| Lymphatic / Water Massage        | 30 mins: \$45       | 1 hour: \$70              |
| Body Wrap                        | 30 mins: \$45       | 1 hour: \$90              |
| Ion Foot Detox                   | 30 mins: \$45       | (2) 30 min sessions: \$80 |
| Hydration Therapy                | 30 mins: \$45       | 1 hour: \$90              |
| Massage Therapy                  | 60 mins: \$69       | 90 mins: \$89             |
| Slimpod Slimming/Detox           | 30 mins: \$45       | 1 hour: \$70              |
| Dermosonic Cellulite             | 1 treatment: \$45   | 6 treatments: \$180       |
| Zerona Fat Laser Treatment       | 6 treatments: \$675 | 12 treatments: \$850      |
| Dr's Office Visit (consultation) | 30 mins: \$60       | 1 hour: \$120             |
| Blood work (lab services)        | 1 test: \$94        | 2 tests: \$150            |
| Vitamin Test                     | 1 test: \$39        | 2 tests: \$65             |
| Biofeedback                      | 1 session: \$65     | 4 sessions: \$210         |
| Air Cupping                      | 30 mins: \$45       | 1 hour: \$70              |
| Personal Trainer (DHARMA Gym)    | 30 mins: \$35       | 1 hour: \$65              |
| Thermography Imaging             | Full Body: \$145    | Breast Only: \$95         |
| pH Acid Testing & Body Comp      | 1 test: \$5         | 4 tests: \$15             |

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

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

Last Updated: 11/30/14

# Specialty Vitamins and Supplements

## Whey Protein (Vanilla)

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



.....\$45.00

## Organic Fiber

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



.....\$35.00

## pH 9.5 Drops

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



.....\$30.00

## Women's Libido

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



.....\$35.00

## Lecithin



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

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

.....\$30.00

## Garcinia Cambogia

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



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

.....\$35.00

## WheTea Ab Fat Burner

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



.....\$20.00

## Mood Enhancer

Mood Enhancer is the perfect supplement to help with anxiety, stress, and depression. It works to maintain a healthy



memory and sharp mind. It combines guaranteed-potency "smart herbs" ginkgo biloba and gotu kola,

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

## Women's Hormone Balance



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

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

.....\$35.00

## Phase 2 Starch Complex



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

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

.....\$35.00

## Digestive Enzyme Complex



A healthy digestive system does an incredible job of breaking down the food we eat. However, without the help of digestive enzymes, we cannot metabolize food effectively no matter how healthy the food may be. There are roughly 22 main digestive enzymes involved in breaking down the food we eat into nutrients. After all, it's not "food" that our

body absorbs for energy and health—it's the nutrients inside the food. Digestive Enzyme Complex is a natural digestive enzyme supplement. This vegetarian supplement can enhance the chemical reactions involved in digestion, promote an acid and alkali balance in the body, and help you fight off or prevent infections. ....\$35.00

## BF-4 Weight Loss



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

.....\$45.00

## Manglier Tea

mong-lee-AY

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



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

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

.....\$24.00

## Raspberry Ketone Drops



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

.....\$30.00

# Natural Medicine and Nutrition Centers



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



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



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



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

Opening  
March 2016

3 Days a Week - Up to 9 Treatments each Week

# Restore Your Health

## RESTORE Health Program

Carencro Office: 896-4141

Sunset Office: 662-3120

### Whole Body Vibration Therapy

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

### Aqua - Hydro Massage Therapy

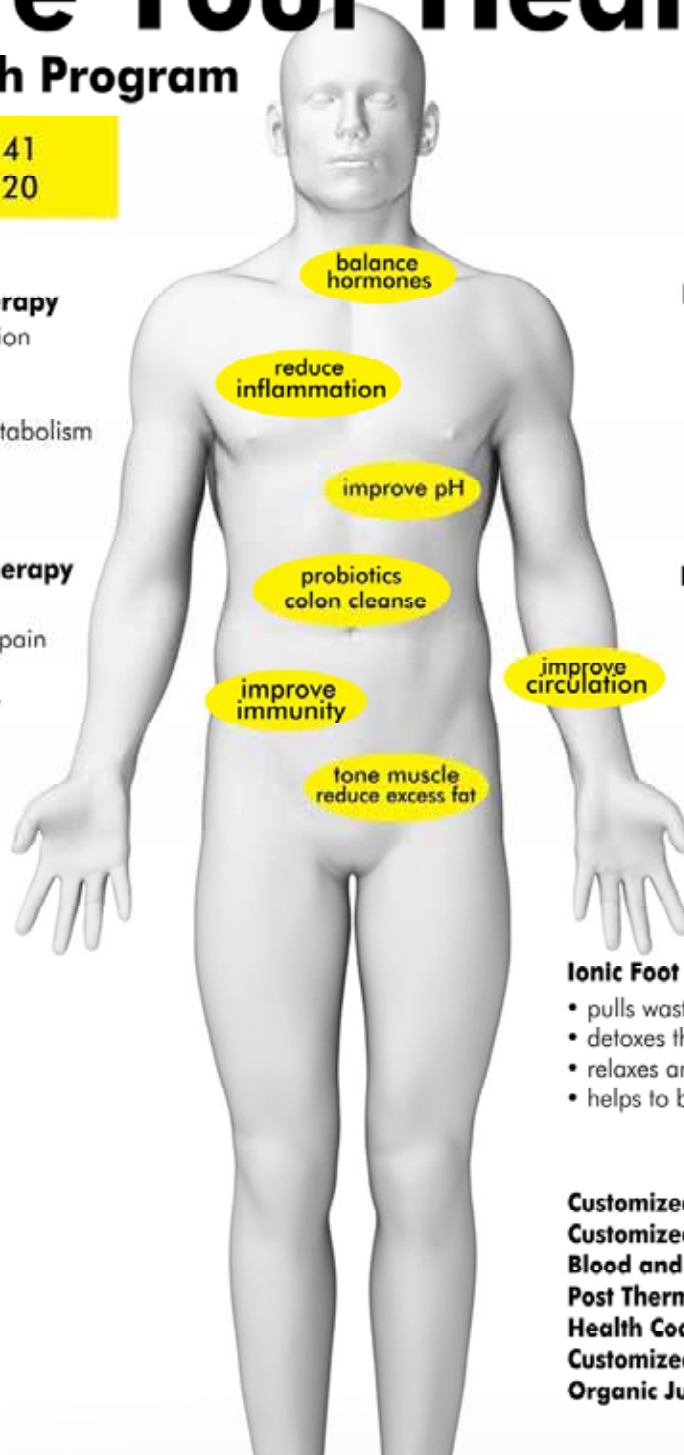
- lymphatic massage
- reduces inflammation and pain
- encourages blood flow
- relaxes and resets the body

### Zerona Cold Laser Therapy

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

### Biofeedback Therapy

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



### Infrared Sauna Therapy

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

### Liquid Vitamin Hydro-Therapy

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

### Ionic Foot Detox Therapy

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

### Customized Vitamin Therapy Program

Customized Diet and Eating Plan

Blood and Labwork

Post Thermography Imaging Exam

Health Coaching

Customized Wellness Plan and Instruction

Organic Juicing

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

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

## INFRARED SAUNA THERAPY

### INCREASED METABOLISM AND WEIGHT LOSS

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



### A BOOSTED IMMUNE SYSTEM

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

### DETOXIFICATION OF THE BODY

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

### RELIEF FROM PAIN

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

### RELIEF FROM STRESS

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



## AQUA MASSAGE THERAPY



### COMBINATION OF HEAT AND MASSAGE

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

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

### MUSCLE BENEFITS

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

### HEALTH BENEFITS

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

## WHOLE-BODY VIBRATION



### LOW IMPACT EXERCISE

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

## ION FOOT DETOX THERAPY



### Ion Detoxification Therapy

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

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

### How will it make you feel?

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

### How does it work?

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

## LIQUID VITAMIN THERAPY



### INFRARED EFFECTS

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

### HYDROFUSION™


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

### CHROMOTHERAPY

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

### VIBRATORY MASSAGE

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



From conception to death,  
your body is a complex  
series of chemical reactions.

Chemical reactions control  
how we move, respond, and  
heal.

Almost every disease and disorder can be healed if  
the body is given the correct nutrients, in the correct  
amount, at the correct time - this is chemistry.

# CHEMISTRY

The Foundation for all Medicine and Nutrition

**How often have you heard a medical  
professional say I do not believe in  
natural medicine?**

This demonstrates a basic lack of understanding of  
chemistry and traditional and natural medicine.  
Approximately 30 - 40% of the prescription drugs in  
use today are derived from naturally occurring plants  
(natural medicine).

*Dr.*  
**Steve**

*Educating You and Your Family In  
Vitamin Therapy - Nutrition - Natural Medicine*



# To Heal Your Body I Will Need Nutrients

**I Will Need to Change Your Body Chemistry In Such a Way That It Builds Healthy Cells Again**

An essential nutrient is a nutrient that the body cannot synthesize on its own -- or not to an adequate amount -- and must be provided by the diet. These nutrients are necessary for the body to function properly. The six essential nutrients include carbohydrates, protein, fat, vitamins, minerals and water.

**Here are the Nutrients I Will Need to Heal You**  
(listed with the Recommended Daily Allowance)

## VITAMINS

**Vitamin A** 900 micrograms (RDA)

*Food Sources: Sweet potato, carrots, cantaloupe, spinach*

**Vitamin D** 5 micrograms (AI)

*Food Sources: Sunlight, fortified milk, eggs*

**Vitamin E** 25 milligrams (RDA)

*Food Sources: Plant oils, seeds, nuts, wheat germ*

**Vitamin K** 120 micrograms (AI)

*Food Sources: Leafy green vegetables, cabbage, vegetable oil*

**Thiamin (B1)** 1.2 milligrams (RDI)

*Food Sources: Whole and enriched grains, legumes, nuts*

**Riboflavin (B2)** 1.3 milligrams (RDI)

*Food Sources: Dairy, green leafy vegetables, cereals*

**Niacin (B3)** 16 milligrams (RDI)

*Food Sources: Milk, eggs, fish, cereals, nuts, enriched cereal*

**Vitamin B6** 1.3 milligrams (RDI)

*Food Sources: Fish, poultry, fruit, potato, whole grains, soy, fruit*

**Vitamin B12** 2.4 micrograms (RDI)

*Food Sources: All animal products*

**Folate** 400 micrograms (RDA)

*Food Sources: Green leafy vegetables, legumes, seeds, and grain*

**Pantothenic acid** 5 milligrams (AI)

*Food Sources: Found in most food*

**Biotin** 30 micrograms (RDA)

*Food Sources: Found in most food*

**Vitamin C** 90 milligrams (RDA)

*Food Sources: Citrus, cabbage, green vegetables, cantaloupe*

## MINERALS

**Calcium** 100 milligrams (RDA)

*Food Sources: Milk, tofu, greens, legumes*

**Phosphorus** 700 milligrams (RDA)

*Food Sources: All animal tissue*

**Magnesium** 420 milligrams (RDA)

*Food Sources: Nuts, legumes, grains, leafy green vegetables*

**Iron** 8 milligrams (RDA)

*Food Sources: Poultry, shellfish, eggs, legumes, dried fruits*

**Zinc** 11 milligrams (RDA)

*Food Sources: Protein containing foods*

**Iodine** 150 micrograms (RDA)

*Food Sources: Iodized salt, seafood, bread*

**Selenium** 55 micrograms (RDA)

*Food Sources: Seafood, whole grains, and vegetables*

**Fluoride** 4 milligrams (AI)

*Food Sources: Fluorinated water*

**Sodium** 500 mg – 2400 mg (RDA)

*Food Sources: Salt*

**Copper** 900 micrograms (RDA)

*Food Sources: Seafood, nuts, seeds, whole grains*

**Chromium** 35 micrograms (AI)

*Food Sources: Meat, unrefined grains, vegetable oil*

**Molybdenum** 45 micrograms (RDI)

*Food Sources: Legumes, cereals, organ meats*

**Manganese** 2.3 milligrams (RDA)

*Food Sources: Nuts, whole grains, leafy green vegetables*

**Potassium** 2000 milligrams

*Food Sources: All whole foods: milk, fruits, vegetables, grains*

Dietary Reference Intakes: Recommended Dietary Allowance (RDA), Recommended Daily Intake (RDI), and Adequate Intake (AI).

To maintain normal body chemistry your body requires that you get vitamins and minerals (nutrients) "consistently" every day.



# INFLAMMATION

## The 21st Century's Silent Killer

Thermography Medical Imaging detects inflammation.

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

---

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

---

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

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

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

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

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

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

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

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

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

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

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

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

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

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

ADVERTORIAL

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

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

Adequate treatment involves a multi-faceted approach of:

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

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

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

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


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

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

While a thermography exam does not specifically diagnose a particular disease, inflammation found in a thermography test is a general marker of infection and trauma that alerts medical professionals that further testing and treatment may be necessary. Thermography exams can also tell you if you’re getting better, or if medical treatments and therapies are working. For instance, inflammation levels decrease when aspirin is administered to cardiac patients or when enzymes such as bromelain and papain are taken by a patient for back pain. This can be seen quite easily with followup thermography testing.

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### Supplement Facts

Serving Size: 4 Tablets  
Servings Per Container: 62.5

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

\* Daily Value not established

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

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Drug Emporium 261-0051

# DETOX THE BODY

## Ionic Detox Foot Bath

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

### Top Reasons to Ion Detox

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

### Why You Should Ion Detox

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

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

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

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

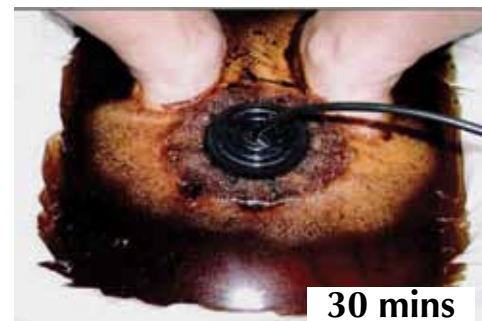
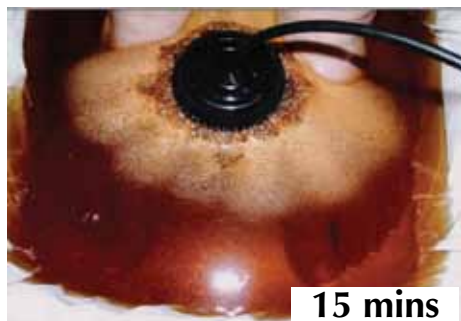
A study by the British Medical Journal said that 75% of cancers are caused by environmental and lifestyle factors. The Columbia University School of Public Health estimates that 95% of cancers are caused by diet and environmental toxicity. Heavy Metals and chemical toxins weaken the immune system and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

### Why Ion Detox Works

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

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

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



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

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

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

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

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

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

### Who should use the Ion Foot Cleanse?

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

### Who should NOT use Ion Foot Cleanse?

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

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

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

### How are toxins eliminated?

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

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

### Why does the water change color?

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

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

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

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

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

#### References:

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

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

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## Friday March 4

**Jesus Christ, Superstar** – 7:30-10pm. Thru Sat Mar 5 & Mar 6 Sun 3-5:30pm. Additional showing Mar 10-13. Live theatre production and concessions. Iberia Performing Arts. Essanee Theater, 126 Iberia St, New Iberia. 337-364-6114. [IPALTheater.com](http://IPALTheater.com).

## Saturday March 5

**CASA 2016 Gumbo/Chili Cookbook & Superhero 5K/1K** – 8am. The race features a 5K and 1K run. A gumbo/chili cook-off follows. \$7. CASA of SoLA. Cajun Harley Davidson, 724 I 10 S Frontage Rd, Scott. 337-268-5111.

## Sunday March 6

**31st Annual Here's the Beef Cookoff** – 8:30-4pm. The cook-off features the area's cooks, live entertainment and a trail ride. \$5. St. Landry Parish Cattleman's Association, Cattlewomen and LA Beef Industry Council. Ag Arena-Yambilee Fair Grounds, 1939 W Landry St, Opelousas. 337-945-0364 or 337-684-6751.

**GAIA: A Musical Voyage** – 3pm. Enjoy a bucolic scene, folk dance from Hungary, exuberance of the Mediterranean, and a symphony by a German composer as a musical journey with Italian pianist, Antonio di Cristofano. \$35-\$50. Angelle Hall - ULL, 601 E St Mary Blvd, Lafayette.

## Monday March 7

**Joseph and the Amazing Technicolor Dreamcoat** – 7:30pm. Live theatrical production. \$44 - \$54. Heymann Performing Arts Center, 1373 S College Rd, Lafayette.

## Wednesday March 9

**ULL 2016 Women's Conference** – 8am. Students, faculty, staff, and community members commemorate National Women's History Month. \$25-\$50. Cajundome Convention Center, 444 Cajundome Blvd, Lafayette.

**Evangeline League & the Jeanerette Blues Talk** – 6pm. Dr. J. Paul Leslie discuss the history of the 1930s to 1950s Evangeline League in rural Louisiana. Jeanerette Museum, 500 Main St, Jeanerette. 337-276-4408. [JeaneretteMuseum.com](http://JeaneretteMuseum.com).

## Thursday March 10

**Regina Carter's Southern Comfort Tour** – 7:30 pm. UpStage welcomes on stage Jeremy Benoit "JB Saax" & The Band to open for the legendary jazz violinist, Regina Carter and band. \$8-\$35. Heymann Performing Arts Center, 1373 South College Rd, Lafayette.

## Saturday March 12

**Shadows-on-the-Teche Plein Air** – 9am-4pm. Thru Sat Mar 19. Painters in the outdoor gardens along Main Street, on Avery Island and other areas for visitors to view. There will be a ticketed gala. Shadows-on-the-Teche, 317 E Main St, New Iberia. 337-519-3953. [ShadowsOnTheTeche.com](http://ShadowsOnTheTeche.com).

**Men of Excellence Awards Banquet** – 6pm. Honoring Men of Acadiana who have achieved and contributed to the community and are dedicated to their family. \$15. KPC- Claver Home, 1019 Surrey St, Lafayette.

## Tuesday March 15

**3rd Annual Women's Conference** – Beauty for Ashes – 7pm. Thru Thurs Mar 17 & 9 am. Fri Mar 18 thru Sat Mar 19. \$25. Opelousas Life Church, 146 Anointing Dr, Opelousas.

## Thursday March 17

**Friends of the Library Book Sale** – 9am. Books are \$1/inch hard backs and 50 cents/inch paper backs. Free. Lafayette Public Library. Heymann Performing Arts Center, 1373 S College Rd, Lafayette.

**Sounds on the Square** – 5:30pm. Outdoor concert by local artist. Refreshments and food sold. Free. City of Abbeville. Magdalen Square, 101 N Jefferson St, Abbeville.

**St. Patrick's Day March & Celebration** – 6pm. Parade honoring St. Patrick's Day. Main St & Muligan's Irish Pub, New Iberia. 337-366-5321.

## Friday March 18

**Movies Under the Oaks** – 5:30pm. Bring chairs, blankets, friends and children for outdoor movie viewing. Free. Magdalen Square, 101 N Jefferson St, Abbeville.

## Saturday March 19

**EXIT 11 Yard Sale** – 7am-4pm. A shopping experience through the historic towns of Grand Coteau and Sunset. Along Highways 93 & 182 in Grand Coteau and Sunset, I-49 Exit 11. 337-945-4314 or 337-331-5577.

**Acadian Memorial Heritage Festival & Wooden Boat Congres** – 9am-4pm. A museum style festival highlighting Cajun tradition and music with a wooden boat parade on Bayou Teche. Free, Evangeline Oak Tree, St. Martinville. 337-394-2258.

**Festival of Live Oaks** – 9am-4pm. Celebrate spring with fun, family-friendly activities; a barbecue cook-off, live music, pony rides, crafts and sweet booths. New Iberia City Park, 300 Parkview Dr, New Iberia. 337-369-2337.

**Bowl for Kids Sake** – 11am-2pm. Have a good time helping friends. Boys and Girls Clubs of Acadiana. Bayou Pins, 1502 E Main St #B, New Iberia. 337-364-3075. [AcadianaBigs.com](http://AcadianaBigs.com).

**The Cajun Chili Fest** – 11am-3pm. Capi competition and a local chili cook-off. Enjoy all-you-can-eat chili. \$5. Family Promise of Acadiana. Youngsville Sports Complex, 801 Savoy Rd, Youngsville. 337-233-3447. [FamilyPromiseAcadiana.org](http://FamilyPromiseAcadiana.org).

**Cinderella** – 7pm. A magic inspiring rags-to-riches classical ballet tale presented by Lafayette Ballet Theatre. \$20-\$45. Heymann Performing Arts Center, 1373 S College Rd, Lafayette.

## Sunday March 20

**31st Annual World Championship Crawfish Étouffée Cook Off** – 10am-4pm. Professional and amateur cooks compete. Enjoy live Cajun and Zydeco music. Northwest Community Center Pavilion, 651 Samuel Dr, Eunice. Free. 337-457-2565.

**Celebrating the Spring Equinox** – 2pm. Yoga lovers celebrate the Spring Equinox. Bring mats, energy, and peaceful spirits. Free. Magdalen Square, 101 N Jefferson St, Abbeville.

**The Bayou Church Spring Picnic** – 4pm. An Easter egg hunt and Spring picnic with family fun festivities and live music. Free. The Bayou Church, 2234 Kaliste Saloom, Lafayette.

**Jazz Night New Orleans Style** – 6-9pm. Jeremy Benoit "JB Saax" and his band perform. \$20. 337-945-7399 Café Breen, 204 N Main St, Opelousas.

**Zydeco, La La, Ya Ya: An Evening of Zydeco Music** – 7:30pm. Lawrence Ardoin and Tradition Creole; Geno Delafosse and French Rockin' Boogie perform in honor of Nick Spitzer's College of the Arts SPARK Lifetime Achievement at ArtTech Fusion. Free. Ducrest-Gilfry Auditorium in Angelle Hall at ULL, Lafayette. 337-482-6016. [Arts.Louisiana.Edu/About-Us/Festival-Arts](http://Arts.Louisiana.Edu/About-Us/Festival-Arts).

## Monday March 21

**Roger Dale Brown Artist Workshop** – 9am-5pm. Thru Wed Mar 23. Through demonstration and participants practicing, learn detail techniques and compositions of the masters. Shadows-on-the-Teche, 317 E Main St, New Iberia. 337-369-6446. [ShadowsOnTheTeche.org](http://ShadowsOnTheTeche.org).



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# ongoing events

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## sunday

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

**Lafayette Petanque Games** – 2-4pm. 4th Sun each month. Bowling game traditionally played in town parks in France on hard packed surfaces. La Boule Cadienne de Lafayette sponsors regularly scheduled game. Free. Mike LeBlanc. North end Girard Park. 337-654-9467.

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

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

**Meditation** – 6-7:30pm. Sitting and walking meditation; reading; discussion; chanting; loving kindness and compassion practice. Spirit Path, 714 E Kaliste Saloom Rd, Suite C-3, Lafayette. 337-233-5127. SpiritPath@cox.net.

## monday

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

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

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

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

**Blue Grass Jam** – 7pm. Bring an instrument to join the Jam or just lay back and listen to Bluegrass and Folk music. Cité des Arts, 109 Vine St, Lafayette. 337-291-1122.

## tuesday

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

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

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

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

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

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

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

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

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

## wednesday

**La Table Francaise** – 8:30-9:30am. Last Wed each month. Grab a cup of coffee and share conversation with

other French speakers. Whiteville School House, Le Vieux Village, 828 East Landry, Opelousas. 337-948-6263.

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

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

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

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

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

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

## thursday

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

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

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

## friday

**Bach Lunch** – 11am-1pm. Fridays thru April 11. Great food and great music. Lunch \$6. Lafayette Science Museum. Parc Sans Souci, 201 E Vermilion St, Lafayette. 337-291-5544. LafayetteScienceMuseum.org.

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

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

## saturday

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

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



**Delcambre Seafood and Farmers Market** – 8am-1pm. Featuring wild-caught Delcambre Direct Seafood and farm-fresh local produce. Visitors enjoy music, special events and a healthy shopping experience. Shrimp Festival Grounds, corner of North Richard and East Church Streets, Delcambre. 1-800-884-6120.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Cajun Jam** – 1-3:30pm. A weekly Cajun Jam led by area musicians. Open to all skill levels. Free admission for jam only, does not include entry to the park. Performance Center of Vermilionville, 300 Fisher Rd, Lafayette. 337-233-4077.

**Cajun Jam Sessions** – 2-6pm. Come out and enjoy local music. Bring an instrument for a chance to

participate. Museum Café, Erath. 337-937-0012.

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

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

**Group Music Class** – 5-8pm. Cajun fiddle, slow jam, band lab and Cajun band lab classes are Monday thru Thursday respectively starting in June. All ages and abilities. \$20/wk -\$60-\$80/mo. Mitch Reed. The Front Room, 1301 Avenue A, Scott. 337-258-2333.

## PRAYER OF PEACE

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



# The Benefits of an Alkaline Body

## Fewer Colds

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

## Cancer Prevention

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

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

**Tel: (337) 896-4141**

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

# Natural Health Center

100 E. Angelle St., Carencro, LA 70520  
337-896-4141

Namaste'

## Have you considered restoring your health?

If you are overweight we have a weight loss program to help you lose weight using weight loss supplements, zeron laser treatments, infrared saunas for burning calories, vibration exercise plates for circulation and toning, and meal replacement shakes.

If you suffer from back pain, inflammation, or poor circulation, you may need to consider enrolling in a restore health wellness program.

If you are high risk for cancer or heart attack you might want to consider enrolling in a cancer wellness or heart health wellness program.

We can also help you with a diet or healthy eating menus.

We have an onsite thermography medical imaging center and we do onsite labwork to give you quick results. Thermography detects inflammation and circulation problems.

Please contact me on the information below so we can talk about a 6,10, or 12 week wellness program that can help you restore your health. We have programs that begin at \$69/month.

Best Regards

Anna Walters



Office: (337) 896-4141

Text: (337) 424-5066

Health Coach at Community Wellness and Nutrition Centers



# Cold Laser

FAT  
~~Weight~~ Loss Treatment

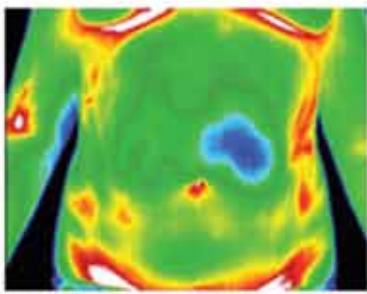
**No Exercise Required**

## Zerona

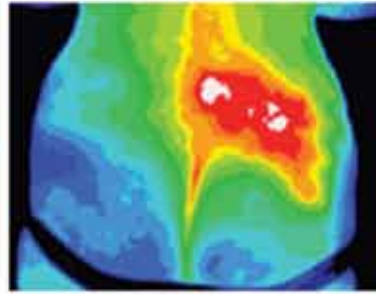
1. Stand 10 minutes
2. Lay down 40 minutes
3. Sit 30 mins

**12 Treatments \$850**  
**9 Treatments \$675**

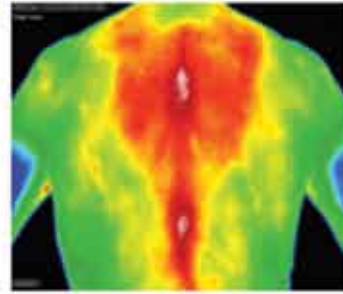
**Carencro Office: (337) 896-4141**



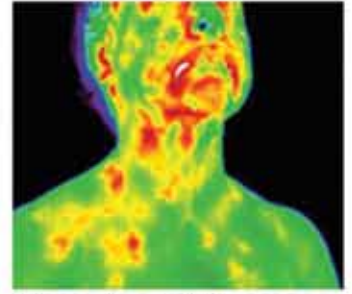
Hypothermia in the Stomach



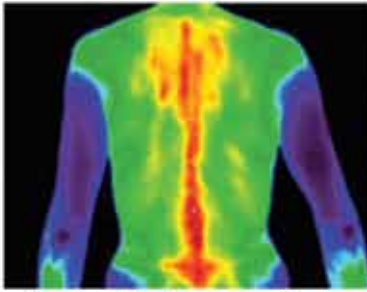
Shingles



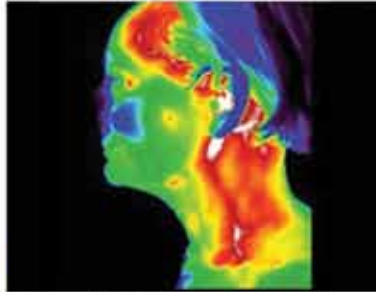
Lung Cancer



Periodontal Disease



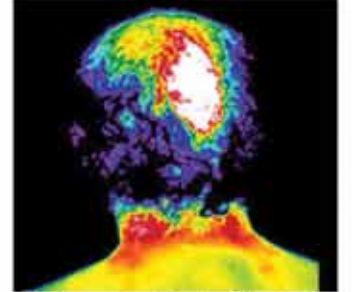
Spinal Inflammation



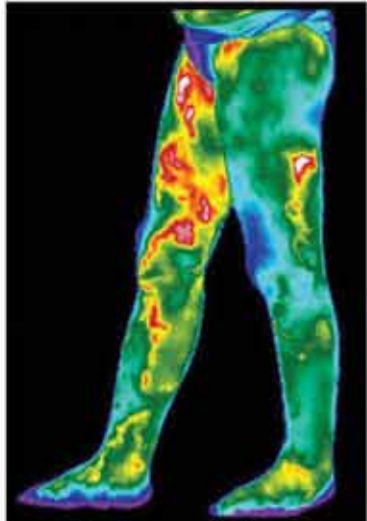
Carotid Artery Inflammation



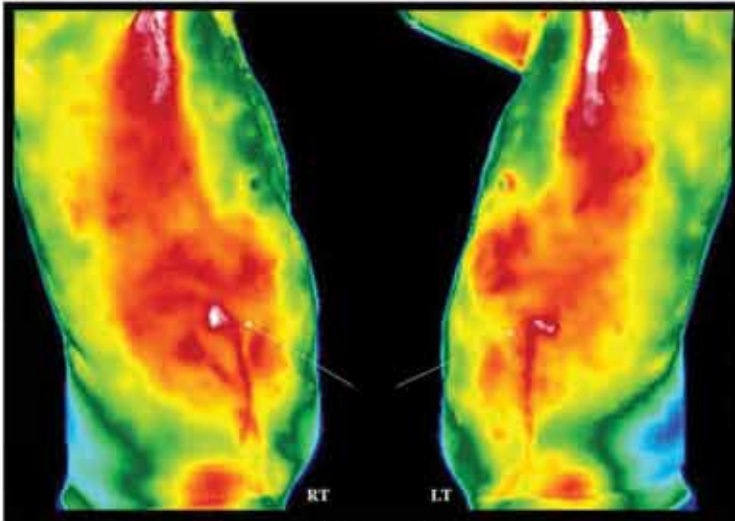
Poor Circulation Left 4th & 5th Finger



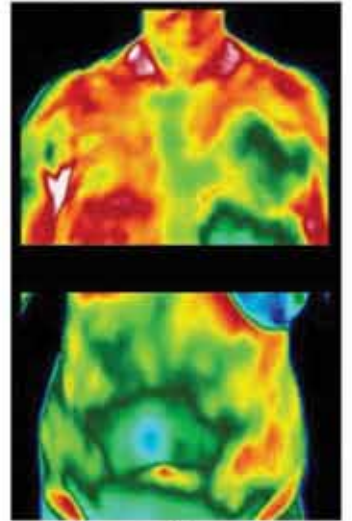
Melanoma-Scalp Cancer



Varicose Veins



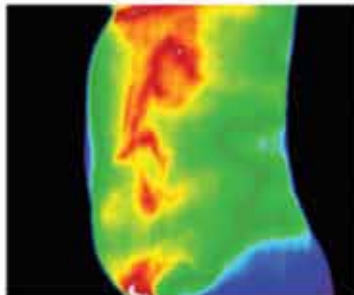
Bilateral Kidney Stones



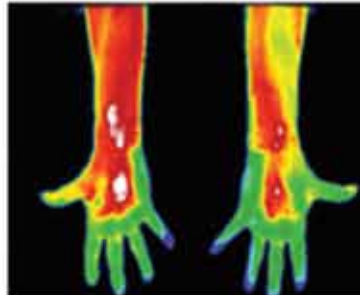
Breast Cancer



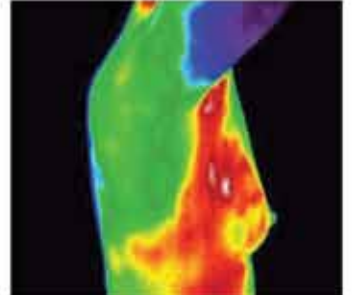
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



Lymphatic Congestion

## \$94 Full-Body Thermography Screening

Text **EXAM** and your name to

(337) **424-5066**

for more information

Call **896-4141** to schedule

Thermography is used to:

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