

HEALTHY LIVING HEALTHY PLANET

natural awakenings

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PAMPER YOURSELF

Simple Ways to Renew
Body, Mind and Spirit

Kelly Brogan on the Truth About Depression

Why Meds Don't Work
and What Does

The Art of BLESSING

Sanctifying
Everyday Life

Boarding Solutions for Beloved Pets



EVERY ISSUE IS
A GREEN ISSUE

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

Technology and Integrative Medicine



In 1998 Dr. Steven T. Castille designed and developed an integrated computer-aided diagnostic decision support system (CADDSS) in his graduate research study at the University of Southwestern Louisiana.

The CADDSS is a software system that supports the investigation or analysis of the cause or nature of a condition, situation, or problem.

Dr. Castille is continuing his research and the development of CADDSS to build predictive non-pharmacological management for healthcare of high-risk and critical care patients with cancer, diabetes, hypertension, stroke, and heart disease.

Basically, CADDSS can be thought of as a computer-based problem-solving "tool". It helps healthcare professionals make decisions about a specific disease or health problem.

CADDSS is a rule-based expert system that solves problems and makes analytical and clinical predictions based on existing data generated from hundreds of previous cases.

Dr. Castille completed his graduate research and degree in engineering and technology management with an earlier degree in chemistry and later doctorate in natural medicine to become the founder and CEO of a technology company called LITEON Investments.

LITEON Investments is a research and development company in nutritional supplements, health and wellness centers, and non-pharmacological approaches to healthcare.



Dr. Steven T. Castille
Integrative Medicine and Oncology Research

What is a Wellness Center?

We are a hub of innovation and collaboration among researchers, physicians, practitioners, and local healthcare professionals. We are a go to source to transform lives and the way communities think about wellness.

RESEARCH DRIVES OUR ENGINE FOR WELLNESS

Achieve true wellness from the inside out through mind, body and spirit. Our holistic approach addresses sleep, stress, nutrition, metabolism and physical fitness to empower people to live at their full potential. Visit today, to discover how our wellness services can benefit you.

SCIENCE MAKES OUR WEIGHT LOSS PROGRAMS WORK

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OUR WAY IS YOUR WAY

We envision a world empowered by wellness. The multi-disciplinary teams at our wellness centers are focused on helping you become and stay well. Our integrated, holistic approach connects you to your purpose, revealing your personal wellness needs, and helps you make the right choices in nutrition, behavior, body and mind. The result is sustainable behavior changes that lead to measurably improved health and well-being and drastically improved quality of life.

TRANSFORMING LIVES

Founded by Dr. Steven T. Castille, the LITEON Natural Health Center grew into three additional branches. Bringing together state-of-the-art facilities with top researchers and scientists, our goal is to create a premier go-to research facility for wellness and integrated programs providing whole-person support. Our scientific, evidence-based wellness strategies extend well beyond the walls of our centers to reach communities, transforming lives every step of the way. When life is transformed, you see how wellness changes everything.



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Organic Frozen Wheatgrass Juice

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



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

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

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

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

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

Green Waters Alkaline Water



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

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

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- 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



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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



Love your life. Believe in your own power, your own potential, and your own innate goodness. Every morning, wake with the awe of just being alive. Each day, discover the magnificent, awesome beauty in the world. Explore and embrace life in yourself and in everyone you see each day.

Reach within to find your own specialness. Amaze yourself, and rouse those around you to the potential of each new

day. Don't be afraid to admit that you are less than perfect; this is the essence of your humanity.

Let those who love you help you. Trust enough to be able to take. Look with hope to the horizon of today, for today is all we truly have. Live this day well. Let a little sunshine out as well as in. Create your own rainbows. Be open to all your possibilities; possibilities can be miracles. Always believe in miracles.

Life is a set of circumstance that you can change, improve, and make better day by day. It's your decision; it's in your hands. Just like the potter at the wheel, you are the force that turns and moves the clay into a thing of beauty. Like the painter's brush depicting something fresh and new and picturesque, you can create the scenery that's best for you.

Each person has the power to take control of every circumstance in life – to change, improve, and make it better day by day. Not one of us can say: "I must accept whatever comes my way," because the way we choose to go through life is our decision. The power of change is always in your hands.

Whatever a person becomes on the outside must first be believed in the heart. We all become different people as we grow older, with different hopes and dreams, goals and achievements, memories and feelings. No one can ever say that, as a person, they are all they can be, for it is then that they have stopped growing from within.

In a time of new beginnings, continue to grow, to dream, and to make new memories. Whatever gives you peace within yourself will allow others to see the special person you truly are.

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



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Steve and Michelle Castille, Publishers



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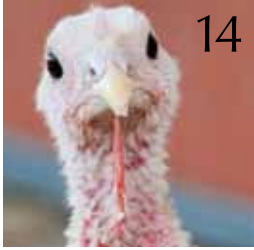
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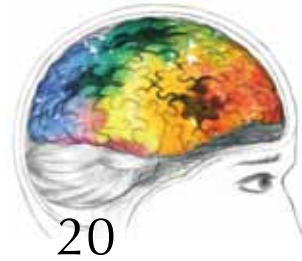
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advertising & submissions

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www.NAacadiana.com

Arrow Termite and Pest Offers Green Pest Control

Arrow's Termite and Pest Control, servicing both residential customers and commercial businesses, is now offering green pest control. Arrow's green pest control uses the latest technology, along with organically based pesticides, to ensure the least possible harmful environmental impact. Arrow incorporates environmental-



ly safe exclusion techniques in each treatment, such as custom installation of (non-pesticide) weep-hole covers, installation of termi-mesh and steam only treatment for bed bugs.

Arrow's organic pesticides are treated with Eco SMART's Technology line of botanical insecticides, repellents, herbicides and fungicides made with organic essential oils, rendering them safe against harmful odors or irritations and allowing for each customer the opportunity to remain present at the time of treatment. The green pest control solutions and preventative measures help to combat against insects, termites, rodents and wildlife.

For more information, call 337-232-0776 or visit ArrowTermiteAndPestControl.com.

Half Shell Oyster House Now Open in Lafayette



Half Shell Oyster House, a restaurant offering a unique dining experience with a southern style atmosphere, is now open at 109 Old Camp Road, Suite 114,

in Lafayette. Boasting French Quarter lighting with a specialized architecture frame, the exposed brick walls and wrought iron railings provide a beautiful and unique setting with a cozy private appeal. The restaurant also has semi private areas for your private party or banquet needs.

Half Shell features a vast menu, including items such as New Orleans style barbeque shrimp, seafood stuffed portabella, the Half Shell Salad with avocado, goat cheese and toasted almonds, as well as seafood specialties like classic shrimp and grits and hearty seafood pot pie. Daily and monthly specials utilizing locally caught fresh fish and seafood serve as a regional highlight for local diners. Half Shell is open for lunch and dinner, and features happy hour specials.

For more information, call 337-484-1120 or visit HalfShellOysterHouse.com.

Henderson Hosts Atchafalaya Basin Festival



The Atchafalaya Basin Festival is coming to Henderson, the heart of Cajun country. The Atchafalaya Basin

Festival serves as a fundraiser for Our Lady of Mercy Catholic Church, in Henderson, and Sacred Heart of Jesus Chapel in Butte La Rose. The annual festival will be held November 12 and features fun activities and booths for the entire family. A cooking contest begins at 7 a.m. immediately followed with a car and truck show. The festival ends with a band at 9 p.m., followed by the announcement of raffle winners.

Other festival events include a queen's pageant; arts and crafts; street fair and carnivals; fun jumps; rock wall climbing; face painting, silent auctions and a host of local Cajun musical entertainers.

Admission is free. For more information, call 337-205-2443 or visit BasinFestival.com.

The Cajun Picasso Art Gallery Offering Classes



The Cajun Picasso Studio and Art Gallery, a gallery highlighting unique art pieces full of humor, flair and drama, is now offering interactive art classes. The gallery offers five different art classes: The Cajun Date Night, Art-Straight Up, Creative Gumbo, All in The Family and TCP

Birthday. Each themed class has a particular focal point to serve its audience. The classes range in skill levels and can accommodate those looking to sharpen their skills or those looking to enjoy a great night of art with friends or loved ones. While taking part in the art classes, attendees also have an opportunity to visit and tour through the gallery feeling free to touch each piece to explore the textures and the various utilities of each design, as well as learn about the history and inspiration behind featured art pieces. The classes vary in size and can accommodate both small and larger groups.

Location: 102 Woodvale Ave., Lafayette. For information, call 337-258-2435 or visit TheCajunPicasso.com.

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means analysis of urine

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- kidney disease
- diabetes
- gout
- pregnancy
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- infection of the kidneys
- infection of the urethra
- Hematuria (blood in urine)
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- dehydration

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healthbriefs

The Missing Link: Inflammation and Depression in Women

Antidepressant drug use is on the rise, particularly among women. A report released by Medco Health Solutions analyzed prescription claims data from 2.5 million Americans between 2001 and 2010 and found that 25 percent of women take drugs for a mental health condition.

Despite a mainstream medicine notion that depression is caused by a chemical imbalance, medications known by familiar names such as Zoloft and Prozac meant

to counter symptoms of such an imbalance may instead be causing a host of known harmful side effects.

“In six decades, not a single study has proven that depression is caused by a chemical imbalance,” asserts Dr. Kelly Brogan, an integrative physician, women’s health advocate and pioneer in holistic psychiatry.

A study published in the journal *JAMA Psychiatry* in 2014 reviewed 10 randomized, placebo-controlled trials to assess the effectiveness of non-steroidal anti-inflammatory drugs (NSAID) in adults with symptoms of depression. The researchers from Aarhus University, in Denmark, found that treating inflammation in patients helped decrease their symptoms.

Brogan asserts that this approach is the best way to treat depression in women, advocating the use of a holistic anti-inflammation strategy instead of NSAIDs or antidepressants. “A more effective, drug-free approach is to recruit basic lifestyle changes that kick-start the body’s self-healing mechanisms, helping to curtail the symptoms of depression,” she claims. Her suggestions include dietary modification; simple breathing and meditation techniques; minimizing exposure to biology-disrupting toxins that include common over-the-counter drugs; sufficient sleep and exercise.

“Medical literature has emphasized the role of inflammation in mental illness for more than 20 years, so if you think a chemical pill can save, cure or correct you, think again,” says Brogan. “Covering over symptoms is a missed opportunity to resolve the root cause of the problem.”

For more information, visit KellyBroganMD.com.



Vitamin Testing ^{\$39}

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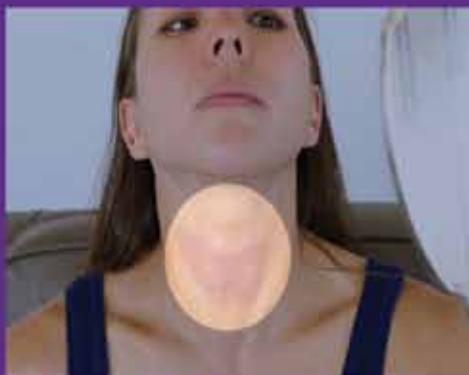
Thiamin
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Vitamin C
Calcium
Fluoride
Iodine
Iron

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

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depression

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CALL to schedule your 15 minute vitamin testing

Silence De-Stresses the Brain

The human brain does not function optimally in society's noise-filled environment. The brain, like the body, needs rest to function, and that comes with silence. A recent study in *Frontiers in Human Neuroscience* discovered that the brain is able to integrate both internal and external information into a "conscious workspace" when resting. Constant distractions and noises can detract from the brain's ability to process critical information.

Noise also elevates stress hormone levels within the brain. Research published earlier in *Psychological Science* examined the effects that the relocation of the main Munich airport, in Germany, had on children's health and cognition. Gary W. Evans, researcher and professor of human ecology at Cornell University, notes that when exposed to constant noise, children develop a stress response that causes them to ignore it. The study's subjects tuned out both harmful sounds and stimuli that they should be paying attention to, including speech. Silence has the opposite effect, releasing tension in brain and body.

Exposure to chronic noise can also hinder children's cognitive development, according to a study from the World Health Organization and the European Commission Joint Research Centre; this includes language skills and reading ability.

To help counter modern noise pollution, attention restoration theory suggests that individuals placed in environments with lower levels of sensory input can recover some of the cognitive abilities they have lost.



donskampo/Shutterstock.com

Exercising Women Have Fewer C-Sections

A recent study published in the *American Journal of Obstetrics and Gynecology* reports that regular exercise during pregnancy can reduce the rate of Cesarean deliveries.



Conducted by Thomas Jefferson University Medical College researchers, the study followed more than 2,000 pregnant women split into two randomized groups. Half of them exercised 35 to 90 minutes, three to four times a week, while the others did not. Just under 18 percent of the women in the exercise group ended up having Cesarean deliveries versus 22 percent in the non-exercising group.

Exercising during pregnancy also appears to improve gestational health. The study participants that worked out regularly experienced a lower incidence of both hypertensive disorders and diabetes mellitus.

Gut Bacteria Linked to Toddler Temperament



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Ohio State University researchers have discovered a correlation between bacteria in the gut and behavior in toddlers. Scientists studied the bacterial microbes in stool samples from 77 girls and boys between the ages of 18 months and 27 months, while mothers filled out a questionnaire describing their children's level of emotional reactivity.

The study found that positive behavioral traits occurred more frequently in children with the most diverse types of gut bacteria. These included mood, curiosity, sociability and impulsivity. The correlation was particularly strong in boys.

Lisa Christian, Ph.D., a researcher with the Ohio State Institute for Behavioral Medicine research, and her co-author, Microbiologist Michael Bailey, Ph.D., plan to use the information to help uncover some mysteries related to the origin of chronic illness. "There is substantial evidence that intestinal bacteria interact with stress hormones; the same hormones that have been implicated in chronic illnesses like obesity and asthma," explains Christian. "A toddler's temperament gives us a good idea of how they react to stress. This information, combined with an analysis of their gut microbiome, could ultimately help us to detect and prevent chronic health issues [from developing] earlier."



Source: Ohio State University Center for Clinical and Translational Science

Music Makes Exercise Easier

Listening to music during a workout or any extended, physically demanding activity can reduce fatigue and improve performance. New research published in *Psychophysiology* shows that as individuals work out, their attention gradually shifts from the activity around them to internal sensations. Over an extended period, this attention shift creates a sense of exertion. Listening to music while exercising can help shift focus away from the internal fatigue and back to the external world.

Researchers from the UK's Brunel University and University of London tested 19 healthy adults that performed two physical exertion tests while listening to either music or silence. The scientists monitored brain activity using EEG and measured task performance. While listening to music, participants showed both reduced fatigue and decreased stress-related brainwaves. They also performed their tasks more effectively than they did when music wasn't being played.



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Heavy TV Watching Linked to Poor Bone Health

A study published in the *Journal for Bone and Mineral Research* this summer suggests that excessive TV watching during childhood may be associated with lower bone mineral content in young adulthood.



Alena Ozerova/Shutterstock.com

The researchers followed 1,181 children over time and measured their weekly hours of TV watching at ages 5, 8, 10, 14, 17 and 20. The bone mineral content (BMC) of each was measured at age 20. The study found that individuals that routinely watched more than 14 hours a week had lower BMC for their whole body and in their arms than those that watched less. Higher BMC helps protect the body against osteoporosis later in life.

While all screen time should be monitored in children, TV appears to be the most harmful medium. A report published in the *Archives of Pediatric and Adolescent Medicine* studied 111 children between the ages of 3 and 8 and measured their TV viewing and other screen time, as well as their blood pressure levels. The study linked higher blood pressure with excessive TV viewing, but did not find the same link between the condition and computer usage.

Acupressure Eases Fatigue in Cancer Survivors



coka/Shutterstock.com

Breast cancer survivors are often plagued by chronic fatigue that lasts long after their treatment is finished. They have few options to relieve the condition, but acupressure shows promise. A study published this summer in the *Journal of the American Medical Association* concluded that acupressure can significantly improve two symptoms of fatigue experienced

by breast cancer survivors: sleep quality and quality of life.

The researchers tested 424 women that had completed cancer treatments at least a year prior to the study. They were divided into three groups—one self-administered relaxing acupressure and another stimulating acupressure, while the control group followed a conventional care plan. After six weeks, fatigue was reduced from 70 percent to 43 percent among those receiving acupressure, with two-thirds of the women in the acupressure groups reaching levels of fatigue considered normal.

The relaxing acupressure group showed substantial improvements in sleep quality compared with the conventional care group at week six, but the two groups reached parity at week 10. The relaxing acupressure group was the only one that showed improvements in quality of life, making it a reasonable, low-cost option for managing fatigue symptoms.

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



photo courtesy of the Farm Sanctuary

Thanksgiving Lite Turning the Tide for Turkeys

Turkeys and Thanksgiving go together for 88 percent of Americans surveyed by the National Turkey Federation. Each year, more than 46 million turkeys provide the entrée for gatherings, yielding leftovers for sandwiches, stew, chili, casseroles and turkey burgers. In 2011, 736 million pounds of turkey were consumed in the U.S., while a few lucky birds avoided the chopping block.

The pardoning of a White House turkey began in 1863 when President Lincoln's son, Tad, interceded on behalf of the bird and its life was spared. Now a tradition, two dressed birds and one live turkey are delivered

to the White House each year. The live bird is "pardoned" and lives out its life on a historical farm.

At the Farm Sanctuary, turkeys get sponsored or adopted instead of eaten. "Turkeys are friendly and follow you around like puppy dogs. They'll try to sit on your lap to be petted," says Gene Baur, president and co-founder of the sanctuary's New York and two California locations. "At our Celebration for the Turkeys, we feed them cranberries, pumpkin pie and squash. People visit to see them enjoy it. Guests' snacks are vegan."

Hundreds of turkeys have been adopted and given a lifelong home since the program's inception in 1986. More than 8,000 people pledged to sponsor a turkey living at the sanctuary in a recent year, proving it's not necessary to be a president to pardon a turkey.

Source: FarmSanctuary.org/giving/adopt-a-turkey

Message Received

Conventional Grocery Chains Go Organic



Airna P Habich/Shutterstock.com

The Kroger grocery chain, with nearly 2,500 U.S. stores, including subsidiaries Ralphs, Fry's, King Soopers and Food 4 Less, has decided to go all in on the organic food market as a follow-up to the 2012 release of its Simple Truth brand of organic foods. Kroger President Michael Ellis says, "We're really just answering the customer's call for

more and better," giving Whole Foods Market more competition.

Walmart has also begun to satisfy the growing health concerns of its shoppers by integrating organic options in its supermarkets. Now the challenge is for organic farming—which intentionally works to minimize agricultural impacts on the health of people and the planet—to meet the greater demand nationwide for healthier foods. Although implementation will vary depending on climate, experts advise that it begins with farms adopting healthy soil practices. It's up to consumers to keep the momentum going.

Source: Healthy-Holistic-Living.com



wavebreakmedia/Shutterstock.com

Stoned Doggies Dangers vs. Benefits of Pet Marijuana

As of June, half of the states and the District of Columbia have legalized the use of medical marijuana for humans. People wonder if it's also suited for pets, too, and need to investigate the parameters and consequences carefully.

"It's not legal in any state for veterinarians to prescribe or recommend medical marijuana," says Dr. Carol Osborne, owner of Ohio's Chagrin Falls Veterinary Center & Pet Clinic. "Done properly, it could have applications, but it's not standardized, dosage amounts are unknown and without U.S. Food and Drug Administration regulation, there's no guarantee what you think you're buying is what you get.

"Dogs that get into the stash or sneak-eat marijuana-laced food can experience wobbling when walking, trembling and potential seizures," Osborne notes. "I haven't heard of any cases of death, but as with any prescription drug, practice responsible ownership by keeping it out of the reach of curious children and pets."

"THC [tetrahydrocannabinol] in marijuana produces the high," explains Doctor of Veterinary Medicine Robert Silver, author of *Medical Marijuana & Your Pet: The Definitive Guide*. "Dogs are extremely sensitive to THC, much more so than any other species studied."

Silver believes there are uses for cannabinoid oil, derived from hemp, which has very low levels of THC; pet owners in an end-of-life situation with no hope of recovery have used it to ease pain, stimulate appetite and add quality to final days.

Reference: Tinyurl.com/PetMedicalMarijuanaGuide

Stark Mark

Carbon Dioxide Passes Climate-Warming Threshold

Record carbon dioxide levels will surpass the symbolic threshold of 400 parts per million (ppm) this year and will likely never fall below it again in our lifetimes, according to a new study published recently in the journal *Nature Climate Change*.

The findings highlight urgent concerns about global efforts to curb climate change as outlined in the Paris agreement negotiated last December and signed in April by nearly 170 nations. Carbon concentrations have passed the 400 ppm limit before, but never permanently.

The authors state, "In the longer term, a reduction in CO₂ concentration would require substantial and sustained cuts in anthropogenic [humanly influenced] emissions to near zero." The determined safe level of carbon dioxide in the atmosphere is a maximum of around 350 ppm, according to climate advocates.

Source: *Nature.com*



Billion Photos/Shutterstock.com

Zoo Zapped

Buenos Aires Moves Animals to Nature Reserves

The 140-year-old zoo in Buenos Aires is shutting down to give the animals a better life. Mayor Horacio Rodríguez Larreta agrees with activists that keeping wild animals in captivity and on display is degrading, so the zoo's 2,500 animals will be moved to more suitable living environments in nature reserves around the country. Older animals and those too sick to be relocated will remain in their current home, but not displayed.

The 45-acre zoo will be transformed into an eco-park to give children a place to learn how to take care of and relate with the different species. It also will provide refuge and rehabilitation for animals rescued from illegal trafficking.

Source: *Ecowatch.com*



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Safer Citizens

Germany to Ban Fracking Permanently

The German government has ruled to ban the practice of hydraulic fracturing, or fracking, for shale gas in the country, but will allow test drilling in certain circumstances, reports Reuters. The industry has lobbied to continue fracking, which involves blasting chemicals and water into underground rock formations to release trapped gas, but strong opposition has persisted throughout the nation, with a powerful green lobby

warning of possible risks to drinking water. Germany follows France and Bulgaria, which have already permanently banned fracking.

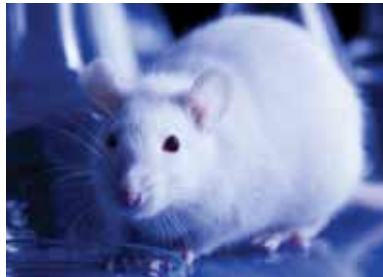
Chemical Testing

Consumer and Animal Protections Update

The Frank R. Lautenberg Chemical Safety for the 21st Century Act is a new federal law that restricts animal testing and requires regulators to develop technology-based alternatives. It updates the Toxic Substances Control Act of 1976, which insisted non-animal tests be used whenever possible and established a precedent for developing animal-free testing, including *in vitro* and *in silico* (computer simulation) methods. Earlier this year, the John Hopkins University School of Medicine made strides in removing the use of animals from medical training and cosmetic testing.

Now all new chemicals will have to meet specific safety standards. Clothing, couches and cleaning products, among many other consumer goods, contain chemicals linked to cancer, Parkinson's and other serious health problems, but are not routinely tested for safety. The U.S. Environmental Protection Agency will now have new authority to require testing with a legal mandate to review existing chemicals on the market.

Along with updating rules for tens of thousands of everyday chemicals, the law specifically sets safety standards for dangerous chemicals like formaldehyde, asbestos and styrene. It aims to standardize on the national level what is currently a jumble of state rules governing an \$800-billion-a-year industry.



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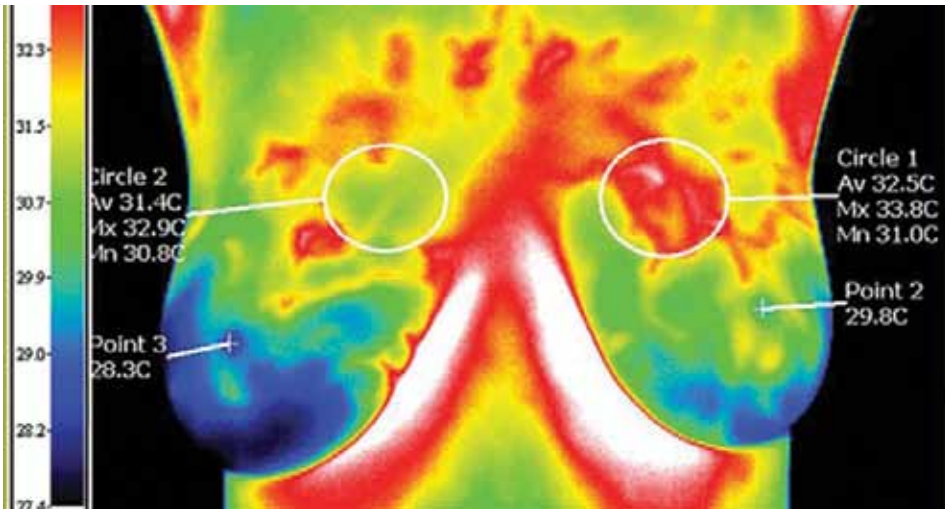
What's going on in my body?

A thermography exam detects inflammation.
Inflammation is a silent killer and is the precursor to
most major health conditions including cancer.

Breast Thermography

1 Mammogram = 1,000 Chest X-Rays

by Marcia Foreman, MD



Mammograms today are considered the standard tool to detect breast cancer. Women are normally encouraged to get mammogram testing every one or two years as they enter later adulthood, as a measure to detect breast cancer as early as possible.

But mammogram testing is not harmless. In fact, mammograms are considered by some in the medical community to be so dangerous as to even promote the development of cancer, due to the heavy amounts of ionizing radiation mammograms use. A single test can expose you to the same amount of radiation as 1,000 chest X-rays—that's nearly the equivalent of three chest X-rays per day for a year, an amount if seen from that perspective certainly gives one pause.

Indeed, according to top cancer expert Dr. Samuel Epstein, "The premenopausal breast is highly sensitive to radiation, each 1 rad exposure increasing breast cancer risk by about 1 percent, with a cumulative 10 percent increased risk for each breast over a decade's screening."

More importantly, mammograms have an almost negligible ability to prevent cancer deaths, according to the *New England Journal of Medicine*. A September 2010 study found that mammograms only reduced cancer death rates by .4 deaths for every 1,000 women who received annual testing for 10 years, which means that only 1 breast cancer death was averted per 2,500 women.

What most doctors won't tell you, however, is there's a safer, far more accurate alternative. The technology, called thermography, does not rely on radiation, but instead scans for heat levels in the body to detect inflammation. It's so safe in fact that it poses no risks even to pregnant and nursing women. Cancerous and pre-cancerous cells are normally characterized with inflammation first before any growth visible on by mammography, and so thermograms are able to detect cancer years earlier than any other method.

A study conducted on women who received regular thermogram screenings over a ten year period found that an abnormal thermogram scan was ten times more reliable as a risk measure for breast cancer than family medical history. In addition, it also found that thermography was the first detector of potential cancer for 60% of the women who developed it.

According to Dr. Philip Getson, who has used medical thermography since 1982, "Since thermal imaging detects changes at the cellular level, studies suggest that this test can detect activity 8 to 10 years before any other test. This makes it unique in that it affords us the opportunity to view changes before the actual formation of the tumor. Studies have shown that by the time a tumor has grown to sufficient size to be detectable by physical examination or mammography, it has in fact been growing for about seven years achieving more than 25 doublings of the malignant cell colony."

At 90 days there are two cells, at one year there are 16 cells, and at five years there are 1,048,576 cells—an amount that is still undetectable by a mammogram."

Not only are thermograms better early predictors, they are far less likely to produce false positives, which mammograms are somewhat known for. The false positive rate for mammograms is 6%, which means it's a fairly regular occurrence, and is probable to occur at least once for the majority of women who undergo annual or biannual screenings. The result can be additional mammograms, meaning even more heavy radiation exposure, and worse, needless operations.

Thermography is safe, accurate, and non-invasive. You can usually find one thermography testing center in most major cities, and while it's not typically covered by insurance, it's relatively inexpensive—the average screening costs only \$250. For any woman, or man, at any age, an annual thermography screening is the ultimate check-up tool.

Sources:

http://www.huffingtonpost.com/christiane-northrup/the-best-breast-test-the_b_752503.html

<http://articles.mercola.com/sites/articles/archive/2012/03/03/experts-say-avoid-mammograms.aspx>

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Quality Clothes are Planet-Friendly

The temptation to buy inexpensive clothes whispers, "It's smart to trend with the latest fad," or "Disposable wear can be tossed if it gets stained," or "I can wear this outfit only once for a special event." The lure to buy future throwaways seems especially prevalent during the holiday season of gifting and gatherings.

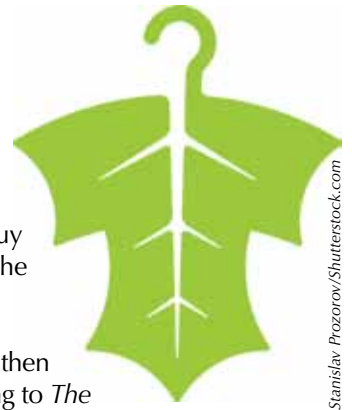
Consumers can fall into the cycle of buying from inexpensive chain stores, wearing items a few times and then discarding them during spring cleaning purges. According to *The Atlantic* magazine, Americans now buy five times as much clothing annually as they did in 1980, yet recycle or donate only 15 percent of it. They simply discard 10 million tons as waste, reports the *Huffington Post*.

Conscious consumers consider the extended consequences of their purchases. The production and transporting of an average shirt, for example, can deliver about nine pounds of carbon dioxide into the atmosphere, reports Eve Andrews, culture editor for *Crist.com*.

She offers five tips: buy less; shop smarter and only for what's truly needed; look for durability and design that won't fall apart or look dated in a few months; decrease frequency of laundering to increase the life of the garment; and donate what no longer works.

Buying items that are durable, timeless and made under fair labor conditions from selected organic, resale and outlet stores that sell high-end clothing that lasts at reduced prices will save money over time and reduce resource abuse and waste. Five top outlet chains for superior and lasting value per a 2016 *Consumer Reports* readers survey are Bon Worth, L.L. Bean, Haggar, OshKosh B'gosh and Izod.

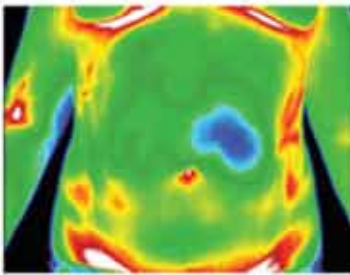
Quality labels are welcomed by consignment stores, so the wearer can even retrieve some of the purchase price for gently-used classics. Giving used threads to thrift shops, churches, The Salvation Army and Goodwill Industries is another way to extend the life of items, help others and save landfill space. Another option is to cut up portions of clothing earmarked for disposal so they can live on as cleaning rags for home and vehicles.



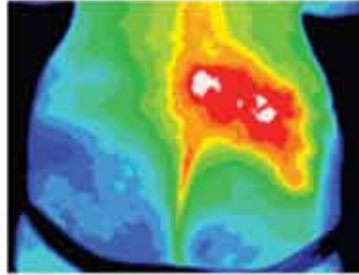
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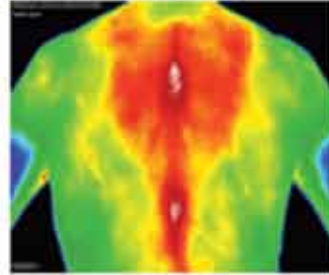
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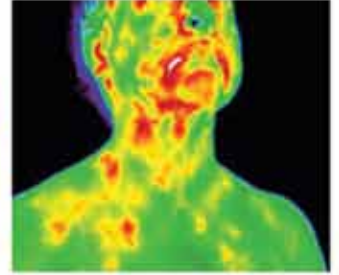
Hypothermia in the Stomach



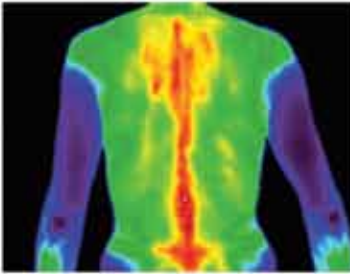
Shingles



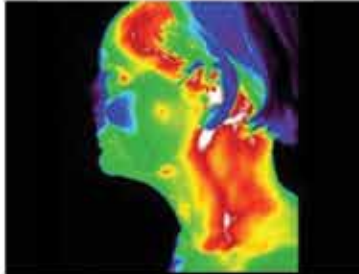
Lung Cancer



Periodontal Disease



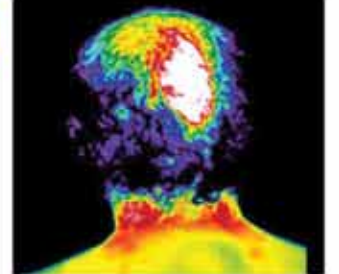
Spinal Inflammation



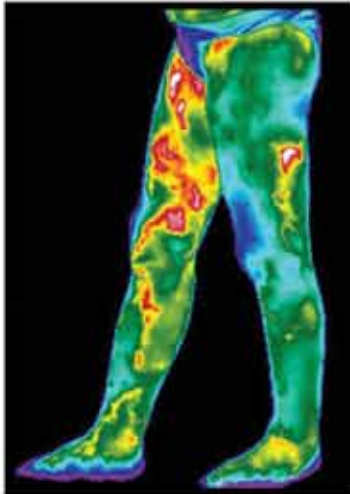
Carotid Artery Inflammation



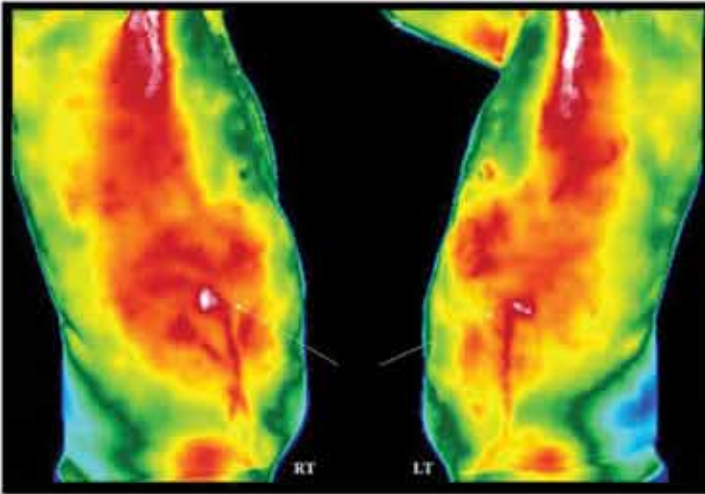
Poor Circulation Left 4th & 5th Finger



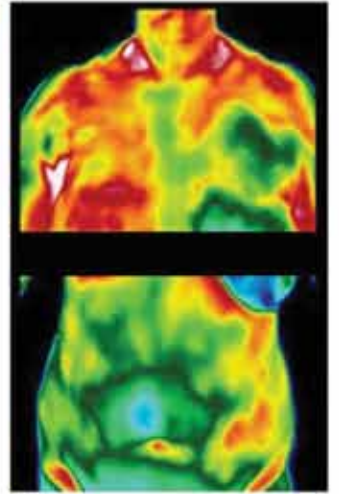
Melanoma-Scolp Cancer



Varicose Veins



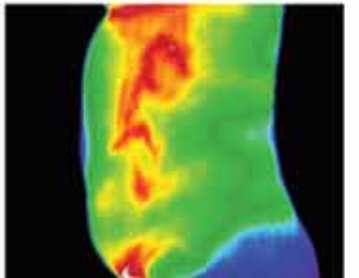
Bilateral Kidney Stones



Breast Cancer



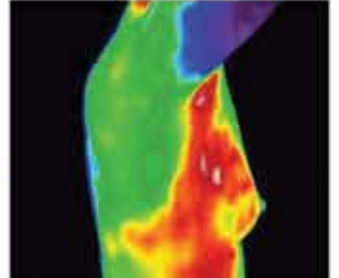
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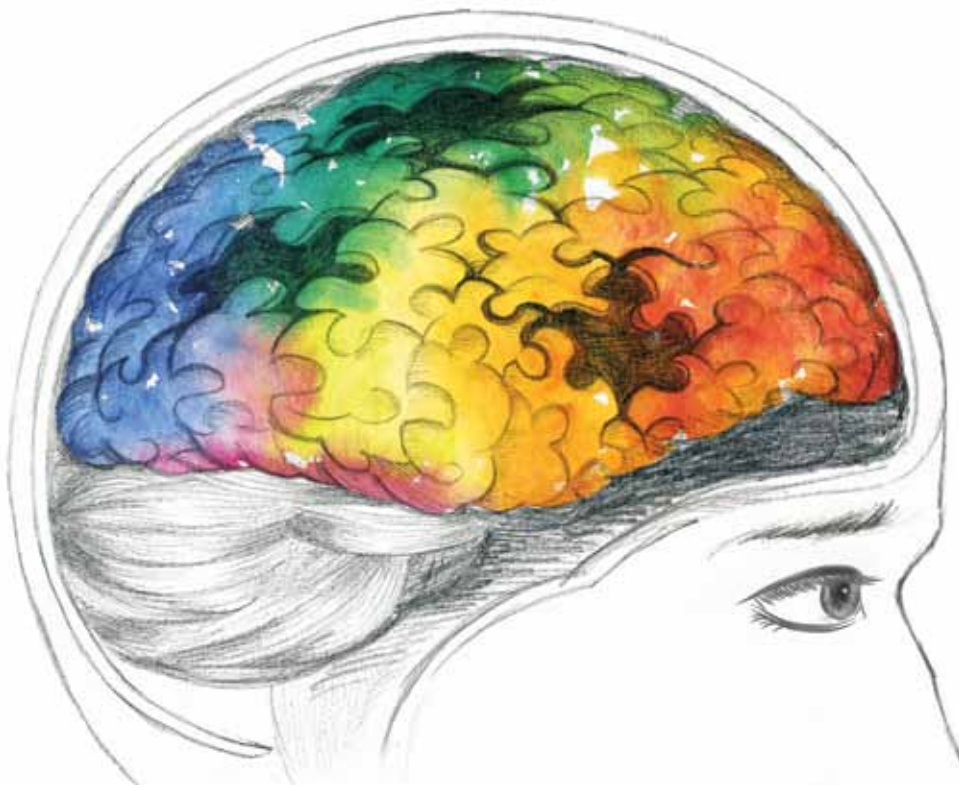
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- provide early warning of potential health issues
- identify the originating source of neuropathic dysfunction
- support the existence of a suspected condition
- aid in accurate diagnosis and treatment



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reversal, at least in early stages, is to pinpoint its numerous drivers—from nutritional and hormonal deficiencies and exposure to infection to environmental toxins and harmful drugs—and attack them simultaneously. It's a stark departure from the classic, often unsuccessful, one-pill treatment approach. Of the 244 clinical trials for Alzheimer's drugs between 2002 and 2012, all but one failed.

"Imagine having a roof with 36 holes in it, and your drug patched one hole. You still have 35 leaks," says Bredesen, who believes his synergistic approach—the Bredesen Protocol—can likely make Alzheimer's drugs work better or render them unnecessary. Skeptical colleagues point out that Bredesen's paper described only 10 case studies, not a clinical trial. "It is intriguing, but not enough to make recommendations to physicians or patients," says Keith Fargo, Ph.D., director of scientific programs and outreach for the Chicago-based Alzheimer's Association. "The current consensus in the scientific community is that we do not have a way to reverse dementia."

While agreeing that a larger study is needed, Neurologist David Perlmutter, of Naples, Florida, whose bestsellers *Brain Maker* and *Grain Brain* promote nutritional changes for supporting brain health, considers Bredesen's study revolutionary. "To reverse Alzheimer's in one patient is monumental, much less 10," says Perlmutter.

They recently presented together at a conference organized by Sharp Again Naturally, a New York nonprofit that educates patients and caregivers about natural means of slowing and reversing cognitive decline.

After losing her mother to Alzheimer's, the nonprofit's co-founder, Jacqui Bishop, 74, stopped her own frightening decline by changing her diet and getting her thyroid hormone levels under control via supplements. Now she's helping others do the same. She says, "We are trying to change the conversation from one of despair to one of hope."

Mending Body and Brain

Key to Bredesen's approach is the notion that instead of being one disease, Alzheimer's consists of three sub-types

STAY SHARP

Powerful Ways to Avoid Mental Decline

by Lisa Marshall

A slow descent into dementia seemed inevitable for a 66-year-old man that had been misplacing his keys, missing appointments and struggling at work. He failed doctor-administered cognitive quizzes and tested positive for a gene variant linked to an exponentially higher risk of Alzheimer's disease. A brain scan revealed scattered clusters of sticky, amyloid plaque—a hallmark of the disease. His hippocampus, or memory center, had shrunk to rank in the lowest 17 percent of men his age.

Told there wasn't much that could be done, he sought the help of University of California, Los Angeles Alzheimer's researcher Dale Bredesen, a neurologist and founding president of the independent Buck Institute for Research on Aging. He recommended a personalized, 36-point plan, including a high-fat/low-carb diet, intermittent

fasting, strict sleep schedule, select dietary supplements and other lifestyle changes. Within three months, family members reported marked improvements in his memory. At 10 months, brain scans revealed his hippocampus had grown 12 percent.

"Such improvements are unprecedented," says Bredesen, who described this and nine other hopeful cases in a provocative paper published in June in the journal *Aging*. "These are the first examples of a reversal of cognitive decline in pre- and early Alzheimer's patients."

Addressing the Sources

Bredesen is among a small but growing group of researchers, physicians, caregivers and patients challenging the conventional wisdom that the road to dementia goes one way, with no cure or repair of damage done. They argue that the key to both prevention and

Lifestyle changes can prevent and slow cognitive decline.

Some say they also reverse it.

with distinct drivers: inflammation or infection; harmful environmental exposures; and/or lack of neuron-nurturing hormones. To determine which one to target, he tests patients for blood-sugar, inflammation and hormone levels, heavy metals and critical nutrients such as D and B vitamins. Then he crafts a personalized plan.

He notes that the 10 years it can take to progress from subtle decline to full-blown Alzheimer's provides a huge opportunity. "Ideally, we want people to come in when they have mild impairment or are asymptomatic," says Bredesen, advising that tests be done for the APOE4, or "Alzheimer's gene" in one's 40s. "People have not wanted to know in the past because they've been told there is nothing they can do about it. We completely disagree."

One way to stay cognitively sharp is to eat fewer carbs (which boost blood sugar) and eat more fat, says Perlmutter. "There is a clear relationship between elevated levels of blood sugar and increased risk of Alzheimer's."

One study, published in 2013 in the *New England Journal of Medicine*, tracked 2,067 healthy adults for seven years and found that the higher their average glucose level, even if they weren't diabetic, the more likely they were to develop dementia. For instance, those with a level of 115 milligrams per deciliter were 18 percent more at risk than those measuring 100 milligrams per deciliter.

A 2012 study published in *Neurology* followed 266 adults for four years and found that those with higher blood sugar saw certain areas of the brain shrink 6 to 10 percent more than those with lower blood sugar. Gluten can also be problematic, advises Perlmutter, when it's inflammatory and driving brain degeneration.

In contrast, good fat, like that in avocados, fatty fish, coconut oil and walnuts, serves as a foundation for neurons and an efficient, clean-burning fuel source for the brain. This is particularly helpful in someone with early-stage Alzheimer's, says Bredesen, because the disease can make it harder for the brain

to use sugar for fuel. In some cases, both doctors recommend an extremely low-carb, or "ketogenic" diet (fewer than 60 grams of carbs per day). Starved of carbohydrates, the liver produces fat-like compounds called ketones, a brain-fuel source shown to stimulate growth of new neural networks.

Bredesen also recommends 12 hours of fasting each night, with zero food intake within three hours of going to sleep. Fasting promotes a process called autophagy, by which the brain essentially cleans itself of damaged cellular material. Eight hours of sleep is also vital. According to University of Rochester research, the space between brain cells opens up during sleep, allowing cleansing channels of fluid to flow more freely. "If you were operating your house 24/7 with no time to rest or clean, it would be disastrous," says Bredesen. "The same is true of your brain."

Also, they say, keep teeth clean because bacterial infections, including those in the gums, have been shown to hasten formation of neuron-killing plaque. Also critically examine the prescription drugs being ingested. A recent study of 74,000 people published in *JAMA Neurology* found that regular use of heartburn drugs like Prilosec and Nexium increased dementia risk by 42 to 52 percent. Meanwhile, anticholinergic drugs like Benadryl and statin drugs prescribed to manage cholesterol have also been linked to increased dementia. "We see 'statin brain' all the time," observes Perlmutter, who says once patients go off the drugs, they tend to get better.

False Hope or Sound Advice

Fargo says researchers are keenly interested in many of the ideas in Bredesen's paper. Although it's too early to endorse them, numerous studies are underway. But he wonders if some patients that assert that they've reversed dementia actually suffered from something else, like sleep apnea or depression.

Bredesen stands by his research, asserting that the 10 patients in his paper had all been formally diagnosed with Alzheimer's or its precursors. One



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Get-Smart Supplements

Curcumin: This potent constituent in turmeric (the yellow spice that gives curry its flavor) has been shown to combat many of the problems that contribute to brain degeneration, including inflammation, free radical damage and high blood sugar. It also boosts growth of new brain cells. Take 500 milligrams (mg) twice daily or eat a diet rich in curry.

DHA (docosahexaenoic acid): This omega-3 fatty acid serves as a key building block for brain cell membranes. Take 1,000 mg daily (derived from fish oil or algae) or eat lots of fatty fish.

Coconut oil: It's rich in medium-chain triglycerides, an efficient, clean-burning fuel source for the brain. Take one or two teaspoons daily.

Probiotics: These help fortify the intestinal lining, reducing the gut permeability and inflammation that can impact cognitive health. They also support production of key neurotransmitters and the brain-derived neurotrophic factor brain growth hormone. Look for supplements or foods containing *Lactobacillus plantarum*, *Lactobacillus acidophilus*, *Lactobacillus brevis*, *Bifidobacterium lactis* and *Bifidobacterium longum*.

B vitamins: High levels of the amino acid homocysteine have long been linked to increased risk of Alzheimer's disease; have levels checked and if they're elevated, B₆ and B₁₂ can reduce them.

Source: David Perlmutter

69-year-old entrepreneur that was planning to close his business after 11 years of mental decline is now expanding it. A 49-year-old woman that scored poorly on neuropsychological tests showed no signs of cognitive decline when she was tested again nine months later. In all, more than 100 people have participated in the program. "We have people that are four-and-a-half years out and doing very well," he says, noting that such strategies aren't likely to work for someone with advanced Alzheimer's.

In some cases, the results may be more subtle, but for those caring for a sick loved one, any positive progress means a lot. Paul Tramontozzi knows.

After his father, then 75, was diagnosed with Lewy Body Dementia, the New York City financial advisor attended a Sharp Again Naturally meeting seeking advice. "I was skeptical, but when the answer you get from everyone else is, 'There's nothing you can do,' you become more willing to listen." He took his father off his cholesterol medication, fed him spoonfuls of coconut oil daily and put him on

Resources

Alzheimer's Association, alz.org
 Buck Institute for Research on Aging, BuckInstitute.org
 David Perlmutter, DrPerlmutter.com
 MPI Cognition, MPICognition.com
 Sharp Again Naturally, SharpAgain.org

a specific supplement regimen. His balance improved and he could participate in family outings again. "If you had told me a few years ago we'd be able to take Dad to a restaurant for his 80th birthday, I would have said, 'No way.' But we did."

Tramontozzi says his father isn't cured, but the advice he obtained facilitated more time together and insights on how to avoid a similar fate. "These are all things a healthy 37-year-old should be doing right now anyway. I just wish we'd found out earlier."


Lisa Marshall is a freelance health writer in Boulder, CO. Connect at LisaAnnMarshall.com.

Most over-the-counter and almost all prescribed drug treatments merely mask symptoms or control health problems, or in some way alter the way organs or systems work.

Drugs almost never deal with the reasons why these problems exist, while they frequently create new health problems as side effects of their activities.

- John R. Lee, M.D.

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Kelly Brogan on the Truth About Depression

Why Meds Don't Work and What Does

by Kathleen Barnes



Integrative medical doctor Kelly Brogan, a women's health psychiatrist and author of *A Mind of Your Own*, has turned the world of neuropsychiatry on its head by revealing that depression can be reversed without a single prescription drug. She asserts that

depression is not caused by imbalanced brain chemistry, but by lifestyle choices that unbalance the entire human physiology. That's why conventional antidepressants generally don't work. She instead prescribes eliminating foods that trigger inflammation in order to rebalance all body systems.

According to the National Institute for Mental Health, depression annually affects 15.7 million adult Americans, or about 8.3 percent of the population.

What's your stand on the illness model of medicine and how you arrived there?

My training as a conventional doctor was predicated on a disease care model that offers patients only one solution—a prescription. We have never had a shot at true wellness, having handed over our health to corporations loyal to their shareholders, rather than to us.

Conventional medicine is based on the notion that we are born broken and need chemicals to feel better; the body is a machine that needs recalibration; and doctors always know what they are doing. After investing thousands of hours

researching what would aid my own journey back from health challenges, I saw how we have been duped.

Health is our natural state, and we can restore it by natural means. The way to prevent and reverse illness is to communicate with the body in a

language it understands. It's so simple, yet society considers it an act of rebellion to consider this kind of lifestyle.

Which science supports your conclusion that antidepressant drugs don't work for most patients?

Taking an antidepressant for depression is like taking a Tylenol for a shard of glass in your foot. Wouldn't you rather just remove it? Antidepressants don't work the way we think they do and come with risks, including impulsive violence and debilitating withdrawal. They also can distract from an opportunity to identify the real cause of symptoms, one that is entirely reversible, in my experience.

Selective serotonin re-uptake inhibitors like Prozac, Zoloft, Paxil and Lexapro are commonly prescribed to treat depression by boosting serotonin levels. There are many studies debunking their use and effectiveness. The 2012 Ottawa Hospital Research Institute study led by Paul Albert, Ph.D., concluded, "Direct serotonin-enhancing effects of antidepressants disturb energy homeostasis and worsen symptoms."

As far back as 1998, Irving Kirsch, Ph.D., an expert on the placebo effect at Harvard Medical School, published a meta-analysis of the treatment of 3,000 patients, finding that drugs improved depression in only 27 percent of the cases.

What's the link between women, high blood sugar, diabetes, obesity and depression?

When I meet a patient that complains about irritability, anxiety, foggy thinking, fatigue and insomnia, I visually plot her day-to-day symptoms on a mental graph. I find that the sugar rollercoaster accounts for the vast majority of diabetes, obesity, depression and other symptoms troubling my patients, especially women.

Sugar disturbs mental health in at least three ways: It starves the brain by causing blood sugar highs and lows that can eventually cause insulin resistance, diabetes and even Alzheimer's disease; promotes inflammation, which is closely linked to depression; and derails hormones by raising levels of the stress hormone cortisol in the body's effort to balance blood sugars.

Depression also has roots in thyroid imbalances, which are common in women more than 40 years old, and in food intolerances, especially to gluten, soy and corn, that can affect the brain in unpredictable ways.

Is there a general protocol that seems to work best?

While there are no quick fixes, I see turnarounds every week because I help my patients see the benefits of simple choices like avoiding wheat and wheat products. You need a month of serious commitment to quit sugar, alcohol, coffee, wheat and dairy. Then you discover you aren't an irritable, tired, forgetful person, which is its own incentive toward feeling better. It's the basis to make choices with your own fully informed consent. Applying such information leads to long-term change and healing.

Kathleen Barnes has authored numerous natural health books, including Food Is Medicine: 101 Prescriptions from the Garden. Connect at KathleenBarnes.com.



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WORKPLACE WISDOM

Mindfulness in Corporate Life

by April Thompson

The workplace can be filled with stress, egos and distractions that challenge the productive and happy atmosphere we desire. Both employees and employers are adopting mindfulness to help cope and transform both themselves and their work environment.

Rooted in Eastern philosophies like Buddhism, most workplace mindfulness programs have stripped the techniques to a secular form more appealing to skeptics or adherents of other religions. The key practice—simply known as “sitting” or meditation—involves focusing our attention on our thoughts, breathing, emotions or bodily sensations for a set time period, while the term mindfulness refers to the ability to be aware of the present moment, whether meditating or in a business meeting.

While Fortune 500 companies like Procter & Gamble, Aetna and General Mills have instituted formal mindfulness programs, Michael Carroll, meditation teacher, executive coach and the author of *Awake at Work*, says that the mindfulness revolution has been largely seeded from the ground up. It’s emerged through people exploring the practices in their personal lives, and then bringing them to work.

Personal and Professional Benefits

Jacqueline Gallo, operational excellence manager for Whitcraft Group, a manufacturing plant in Eastford, Connecticut, discovered meditation 12 years ago while seeking solace during a traumatic time. Today, Gallo does three short sits a week and occasionally participates in 10-day retreats. Whitcraft doesn’t offer meditation to employees, but Gallo says mindfulness enables her to be available to her staff and solve problems without getting “swept off my feet so easily by all the desires, agendas and emotions confronted at work.”

Carroll cautions that it’s not about trying to eliminate our own or others’ emotional agendas or personal biases at work; rather, individuals use mindfulness to become more conscious of and relaxed about them. “Meditation helps develop agility in viewing... to self-regulate, drop fixed mindsets, become self-aware,” explains Carroll, who has coached university presidents, CEOs and nonprofit executives in mindful leadership techniques. “You learn things from a competitor’s perspective or pick up on social cues you may miss if you instead had a fixed lens on a situation.”

Corporate Acceptance

While meditation may be on the upswing in the workplace, it was a battle to legitimize it, according to Tara Healey, program director for mindfulness-based learning at Harvard Pilgrim Health Care (HPHC). A longtime meditation practitioner, Healey started the Mind the Moment program a decade ago while serving as an organizational capacity building consultant. Surveys had shown that employees were overwhelmed and dissatisfied, but lacked the skills to rectify their situation.

“The leadership said, ‘Great, let’s do it, but not tell anyone,’” relates Healey. She notes that meditation, a core component of her multifaceted mindfulness course covering everything from workplace stress to mindful listening, wasn’t accepted in the workplace at that point.

Today, 30 percent of her company’s 1,050 employees have completed a six-week class introducing them to the power of mindfulness; some go on to participate in a guided monthly group meditation practice or use company meditation rooms for individual practice. The health services company also offers the course to its member companies throughout New England. To date, more than 12,350 people in 174 companies have participated, encompassing varied fields from higher education and health to finance and technology. A survey of employees showed that initially 99 percent felt it was a good use of their time; another taken six months later found that 87 percent were still using the techniques.

HPHC informatics analyst Stephanie Oddleifson, who took the course nearly 10 years ago, says it transformed her way of thinking and behaving in the workplace and furnished a set of practices she uses every day. In times of conflict, “I was so quick to make up stories in my head and jump to conclusions previously,” she says. “Now I’m able to pause before responding and observe my thoughts without getting caught up in them. I can diffuse tense situations with humor and not take things personally.”

Additional research substantiates the anecdotal evidence for meditation’s workplace benefits. In 2015, scientists from Canada’s University of British Columbia and Germany’s Chemnitz University of Technology compiled data from 20-plus neurology studies, finding significant correlations between meditation and areas of the brain related to capacities for self-regulation, introspection and complex thinking. A Rice University study specifically found a positive relationship between workplace mindfulness, job performance and employee retention.

While workplace mindfulness programs vary and may incorporate helpful talks, encouraging readings and group discussions, Healey and Carroll both caution that reading or talking about mindfulness or meditation is no substitute for the practice itself, which many find challenging. “You won’t taste the benefits just reading about it,” remarks Healey. “The practice will come into play come showtime.”

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



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Festive Sips and Nibbles

Vegan Holiday Treats that Everyone Loves

by Judith Fertig

For those that like to eat plant-based meals most of the time, the holidays can present a challenge. Social occasions from Thanksgiving to New Year's Day abound, including multi-course dinners and potlucks; tree-trimming and baking parties; neighborly hospitality; nibbling on treats while wrapping gifts; and gathering to watch a holiday movie.

Because so much is happening in such a short period of time, people often revert to serving traditional foods such as Aunt Mary's cheese ball or Grandma Daisy's three-layer chocolate bars. These vintage recipes, however, can be laden with processed ingredients. Foods that signaled holiday cheer ages ago need a tweak or two to satisfy today's health-minded friends and family members. With traditional flavors of the season like aromatic spices, fresh rosemary and chocolate, plus a plant-based philosophy, family favorites can get a new twist.

Natural Awakenings asked cookbook authors, chefs and bloggers from around the country to help us celebrate wonderful holiday moments, big and small. Adding a plant-based nibble or sip not only helps party hosts stay on track, it also helps keep guests from over-indulging, so that everyone ends up enjoying themselves even more.

Addictive Nibbles

American-born Sandra Gutierrez grew up in Guatemala and now lives in Cary, North Carolina. As the author of *The New Southern Latino Table* and *Empanadas: The Hand-Held Pies of Latin America*, she shows how fresh, seasonal, Latino foods can add grace and flavor to any table.

"In the South, appetizers can be as simple as shelled pecans tossed with spices," she says. She applies the same easy treatment to pumpkin seeds, or pepitas, tossing them with ancho chile powder, cumin, coriander and other flavorings to bake in the oven until crunchy. "These take only minutes to make and will keep for a few weeks if stored in an airtight container." Then, when people drop by, she has a ready-made, plant-based, delicious nibble to offer with drinks.

Brother chefs Chad and Derek Sarno, of Austin, Texas, are the co-founders of *WickedHealthyFood.com*, a website devoted to plant-based eating habits. Chad has co-authored (with Chris Karr) *Crazy Sexy Kitchen: 150 Plant-Empowered Recipes to Ignite a Mouthwatering Revolution*. Derek is the former global executive chef for Whole Foods Market. "Shoot for 80 percent healthy and 20 percent wicked, and you'll be 100

percent sexy," they advise with a wink.

A little indulgence is fine during the holidays, they say. "For vegans and vegetarians, think of your 20 percent as a chance to let loose every now and again and enjoy whatever makes you feel a bit wicked—fats, sugars, salts, beer; you get the idea—unless you're following doctor's orders. We want you to eat for health, and as chefs, we want eating healthy to taste great." For the holidays, they like to have easy, yet big-flavor nibbles on hand such as homemade popcorn flavored with fresh rosemary and truffle oil, or crunchy, roasted chickpeas that pack a little heat from sriracha, a homemade or bottled hot sauce.

Celebratory Sips

Sophia DeSantis, of Carlsbad, California, changed to a vegan diet because of her husband's health issues several years ago. "We ate plant-based for one month and just kept on going," she says. "Within three months, he was off all meds and hasn't needed them since."

That victory made her an impassioned vegan cook for their three children, as well. Whether preparing food for family or guests, she says, "I don't even mention the type of food, because I simply make delicious dishes that just happen to be plant-based. There are a million and one ways to redo traditional favorites."

DeSantis makes her own pistachio milk for a special hot chocolate she serves during the holidays; she blogs her recipes at *VeggiesDontBite.com*.

Other options for plant-based sips include chilled, dairy-free eggnog, perhaps topped with coconut creamer and a dusting of freshly grated nutmeg. Mulled cider or pomegranate juice, warmed in a stove pot with whole spices like cinnamon and cloves, plus slices of citrus fruits, add holiday flavors and aromas.

Having already prepared nibbles and sips handy in the pantry, freezer or refrigerator makes both planned and spontaneous hosting easier, as well as providing ready-made goodies to bring to other gatherings. "Then, there's always something available you can enjoy," says DeSantis.

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

Judith Fertig writes cookbooks and foodie fiction from Overland Park, KS (JudithFertig.com).

THE SENSITIVE CHILD

How to Nurture Special Gifts

by Maureen Healy



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It is primarily parenting that decides whether the expression of sensitivity will be an advantage or a source of anxiety.

~Elaine Aron

Highly sensitive children need extra nurturing care so that they can learn to see their sensitivity as a strength and begin empowering themselves with tools to tap into their positive traits such as insight, creativity and empathy, while simultaneously learning how to manage their rich emotional lives.

Elaine Aron, Ph.D., a practicing psychotherapist in Mill Valley, California, who studies sensitivity using functional magnetic resonance imaging, advises, “A highly sensitive child is among the 15 to 20 percent born with a nervous system that’s highly aware and quick to react to everything.” She offers a free online questionnaire to help assess a child’s level of sensitivity at HSPerson.com/test/highly-sensitive-child-test.

Highly sensitive children are incredibly responsive to their environments, from sounds and smells to the overall mood of people they encounter. Other indicators may range from a preference for quiet play to noticing details or asking many questions. With a sharpened sense of awareness, they are often gifted intellectually, creatively and emotionally, demonstrating genuine compassion early on.

The downside is that these intensely perceptive children can also be easily overwhelmed by crowds, noises, new situations or sudden changes. Criticism, defeat and the distress of others deeply affect them.

Parenting a highly sensitive child can be highly rewarding, but some parents find it exhausting. Special skills help in gracefully raising a healthy, happy and well-adjusted sensitive child without wearing ourselves out.

Accept, rather than seek to change them. Embracing a child as being highly sensitive is step one. No one can change them into less sensitive, more traditional kids. Accept their specialness as part of the family’s shared journey.

See it as a gift. It’s easy to get frustrated or angry with a child if they continually cry, withdraw and shy away from social situations. Instead of viewing these behaviors as flaws, see them as providing the child a special gift. Sensitivity often characterizes artists, innovators, prodigies and great thinkers.

Partner up. Sensitive children respond far better to requests for desired behaviors when acting in partnership with the adults in their life. Harsh discipline can elicit emotional meltdowns

and outbursts of energy in temper tantrums, crying or yelling. Partnering with a child includes learning to avoid their triggers and giving them ready tools to use when they feel overwhelmed, such as breathing exercises. Professional counselors can help shape the relationship.

Focus on strengths. Remembering that a highly sensitive child may be incredibly talented is essential when they are acting out. Training ourselves to see a child’s strengths first—such as their incredible creativity, perceptiveness and keen intellect—helps us accept their challenges, such as being overwhelmed, highly emotional, introverted at times, shy, picky about clothes and other preferences, or overly active.

Create calmness. It’s worth taking the time to create spaces that match a child’s sensibilities. Create a “peace corner” at home designed to deliver the serenity that highly sensitive children crave by using just the right lighting, colors, sounds and surroundings; elements might include headphones, favorite plush toys and coloring markers.

Instill inner discipline. Establishing gentle structure and clear limits with respect goes a long way. Reasonable reminders of what’s needed now and why yield better results than shouting and warnings of consequences.

Connect with peers. Like everyone else, highly sensitive children are drawn to other “birds of a feather”, and getting these kids together to nurture each other’s strengths is good. It may mean some extra effort by parents to help a child find kids that get along together and make play dates.

A highly sensitive child can be steered in a helpful emotional direction by well-adjusted, happy and healthy sensitive adults. Sensitive children need especially good role models because they are learning how to use their incredible gifts in a world that sometimes doesn’t value their inherent worth.

Maureen Healy, of Santa Barbara, CA, runs a mentoring program for highly sensitive children based on her social and emotional learning curriculum for K-8 students, child psychology training and current scientific research. She is the author of Growing Happy Kids and The Energetic Keys to Indigo Kids (HighlySensitiveKids.com).



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The Art of Blessing Sanctifying Everyday Life

by Dennis Merritt Jones

Most blessings are done quietly, in the silence of one's own mind and heart; most often others don't even know about it. How a blessing is done is not as important as the fact that it's done mindfully. There is nothing magical or mystical about conferring a blessing—it's simply confirming the presence of God, divine Spirit, at the center of that which is being blessed.

Masters, teachers, sages and saints from every spiritual tradition have used blessings as a way to consecrate, sanctify, purify and heal. Wedding ceremonies, memorial services, christenings and everything in-between have at one time or another been blessed. Anyone can offer a blessing. Ernest Holmes, author of *Science of Mind*, defined a blessing as constructive thought directed toward anyone or any condition. He says, "You bless a man when you recognize the divinity in him."

When things are good, it can seem easy to neglect the practice of blessing ourselves and others. Ralph Waldo Emerson wrote: "Never lose an opportunity of seeing anything that is beautiful; for beauty is God's handwriting—a wayside sacrament. Welcome it in every fair face, in every fair sky, in

every fair flower and thank God for it as a cup of blessing."

We can always bless what's good in our lives, but blessings can become even more meaningful if we remember to bless the bad times as well, when we most need to remember the truth that good is present then and there, too.

Getting in the habit of embracing daily blessings is a good spiritual practice as we evolve and go forth and bless our world as we have been blessed. It's a matter of remembering that the real blessing has already been bestowed; the gift of life itself. Take a moment to contemplate this and seal it in consciousness by silently affirming, "I am blessed and I am a blessing." I Am is a name of God. In the words of Mary Baker Eddy in introducing her seminal work, *Science & Health*, "To those leaning on the sustaining infinite, today is big with blessings."

Dennis Merritt Jones, D.D., of St. Petersburg Beach, FL, is the author of Your (Re)Defining Moments, The Art of Uncertainty and The Art of Being, the source of this essay. He has contributed to the human potential movement and field of spirituality for 30 years (DennisMerrittJones.com).

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One-Person Pamper Party Natural Ways to Refresh and Renew

by April Thompson

Pampering ourselves isn't a luxury so much as a necessity to refresh and renew mind, body and spirit.

A Spa Specialty

Spas have been synonymous with pampering throughout the ages. "Every civilization around the world has had some kind of communal gathering place for people to practice 'self-healing,'" says Jeremy McCarthy, group director of Spa & Wellness for the Mandarin Oriental Hotel Group and author of *The Psychology of Spas & Wellbeing*.

From ancient Greek bathhouses to Japan's beloved natural hot springs, spas have long served as sacred places of healing and restoration. Indeed, many treatments provided at today's eco-spas draw inspiration from traditional uses of herbs, honey and olive oil to care for skin and hair.

Locally, natural spas' pampering services may range from botanically based facials and mud masks to herbal body wraps and hot stone massage. Leadership in Energy & Environmental Design certified spas take extra strides toward sustainability through efficient use of renewable energy, green building materials and sound stewardship of resources.

"Spas are more important to people today than ever," says McCarthy. "In the modern age, we all need places to escape from technology, experience

moments of quiet contemplation and feel the touch of another human being." He recently launched a new Digital Detox initiative at Mandarin Oriental hotels, where guests are encouraged to surrender their phones upon arrival at the spa to curtail online distractions. In spa relaxation rooms, they can instead access mindfulness activities such as journaling, note card writing, meditation or simply enjoying the silence.

More Pampering Spots

While busy people tend to put off self-care, there are treats to suit any schedule or budget—from getting a quick manicure or pedicure at a neighborhood eco-nail salon to visiting a yoga or wellness center.

"I build pampering into my week. If you don't make time for you, who will?" asks Melanie Laporte, a makeup artist and freelance writer in Washington, D.C. "When your significant other or family members see you taking care of yourself, they'll honor your time more. I remember Mom taking power baths and telling us, 'This is my time. I'll be back in 30 minutes and then we can read together.' We respected that."

For a quick, healthy pick-me-up, visit an organic juice bar. Opt for businesses that feature fresh, whole ingredients rather than pre-mixed powders or sugar-laden juices; to give the immune system an extra lift, add a natural booster shot of ginger or turmeric. Most grocery stores now carry cold-pressed

juices that can pack as much as six pounds of produce into a single bottle.

An honored ritual that continues to restore spent spirits is drinking a cup of tea. Whether sipped at home, as a British high tea featuring an organic Earl Grey or as part of a traditional Japanese green tea ceremony steeped in Zen, tea time allows us to slow down and savor the moment along with the aromas in our cup. Also, antioxidant-rich tea is fortifying.

Salt room visits, another healthy pleasure that has spread throughout the U.S., dates back 150 years to an indigenous Polish practice. Research indicates that salt therapy, or halotherapy, can help improve conditions such as asthma and allergies and support the immune, nervous and lymphatic systems (see Tinyurl.com/SaltRoomPampering). Universally restful salt rooms also offer a unique sensory experience.

Another highly accessible way to treat body and mind is to move in a joyful way. Consider taking up a playful new class for de-stressing and stretching such as trapeze yoga, conscious dance or any other dance. Aerial yoga, using suspended trapeze-like supports, helps lengthen the spine and strengthen muscles in ways not easily achieved on the ground. Dance delivers health and fitness bonuses in the midst of having fun.

If we're not in the habit of pampering ourselves, it's time to stretch our beliefs about what we deserve. We'll find bliss is an attainable luxury.

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

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.



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Pilates Unbound

New Fusions with Yoga, Dance and Boxing

by Aimee Hughes

With 11,000 studios across the U.S., “Pilates continues to grow because an increasingly wide spectrum of people are discovering how it can benefit them,” says Elizabeth Anderson, executive director of the Pilates Method Alliance, in Miami.

Pilates instructor Amanda January, who works at The Carriage Club, in Kansas City, eventually became an instructor because, “I love the challenge of it. I had always been a dancer, and found Pilates provides the movement therapy that my dance classes lack.”

Current trends are combining Pilates not only with yoga, but also dance and even boxing. “My favorite fusion Pilates class is barre,” says Halley Willcox, a certified Pilates teacher originally from Austin, Texas, now a grad student at the University of Arizona, in Tucson. Barre classes mix classical ballet exercises with yoga and Pilates (see Tinyurl.com/Barre4Fitness).

The boxing variation, called piloxing, incorporates pugilistic moves and

barefoot interval training. “No prior experience is necessary; the possibilities are endless,” comments Willcox.

Anderson believes, “The growth we’re observing is due to the fact that Pilates addresses fitness across the entire body, rather than parts. It creates a wonderful feeling of overall well-being; the exercise is done in a balanced manner on all planes and is coordinated with conscious breathing. Plus, it doesn’t cause injuries, it prevents them.”

Fosters Self-Confidence

“Through focus and breath awareness, Pilates, not unlike meditation and yoga, helps you become more aware of your body, which makes you more comfortable in your own skin,” says January.

Social psychologist Amy Cuddy’s TED talk, “Change Your Posture, Grow Your Confidence, Follow Your Dreams,” shares the results of her Harvard University research, which demonstrates how people that assume what she calls “power postures” actually change the

chemistry in their brains, boosting confidence on many levels. Pilates is recognized as a highly effective way to improve posture.

Helps Coordination and Rehabilitation

Many dancers and professional athletes access the therapeutic qualities of Pilates to help them recover from injuries and enhance balance and coordination. Anderson remarks, “With a qualified teacher, Pilates can be applied as a post-rehabilitation modality once post-surgery physical therapy is completed, to further strengthen the body. Elite athletes such as professional dancers, baseball and football players, ice skaters and equestrians are also finding ways that Pilates can strengthen and assist them with their performances, well-being and injury prevention.”

One of the ways that Pilates helps is by affecting body fascia. “Muscles work together, not individually, within the fascia, and the best way to change the muscle is through resistance,” says January. “It’s why Pilates uses spring tension, resistance bands and even jumping. Pilates improves balance and coordination because all the muscles work together. The entire body is learning how to dance in unison with itself.”

Boosts Immunity

“The more I committed to a regular Pilates practice, the more I noticed I wasn’t getting sick as often,” says January. “Pilates helps boost the immune system through reducing stress, a well-known contributor to disease. It’s accessible to people of all ages. You don’t have to be flexible or strong to begin, just willing.”

She offers this advice to beginners. “Check out all the local studios to see what they offer. It’s best to start out taking classes twice a week with a certified teacher for two to three months. That’s easy to commit to. Then you can see if Pilates is right for you.”

Aimee Hughes, a freelance writer in Kansas City, MO, is a doctor of naturopathy on the faculty of the Yandara Yoga Institute. Connect at ChezAimee@gmail.com.

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photo courtesy of K-9 Resorts Daycare and Luxury Hotels

Boarding Solutions for Beloved Pets

The Best are Pet, People and Planet Friendly

by Sandra Murphy

The holidays bring buffet feasts, ribboned gifts, stockings of goodies, ornaments and tinsel that to animals all look good enough to eat. Pets can get into trouble, especially if they're away from home. Boarding may be the best alternative when the family travels for holidays.

Take a Tour

Brad Nierenberg blogs about dogs at PawsitivelyBradleyNierenberg.com, from Wilmington, Delaware. He relates an experience when friends watched Bitsy, his Cavalier King Charles spaniel, and she escaped out the front door. Fortunately, a neighbor found her. Afterward, he says, "I asked other dog-crazy owners which kennel they'd recommend."

Kennels used to be an indoor cage with a dog door to a fenced run area outside. Dogs could see each other, but not play together. Well-heeled facilities offered fancy amenities, geared more

to impress the owner than comfort the pet and were generally bereft of enriching experiences.

"Pets are living, breathing, loving creatures, and boarding facilities not yet up to speed need to catch up to how people feel about pets today," says Charlotte Biggs, COO of the nonprofit International Boarding and Pet Service Association, near Austin, Texas. It helps its members create safe, responsible pet care facilities by including holistic, positive and green practices in their safety and training manuals.

Susan Briggs, co-founder of the independent Professional Animal Care Certification Council for the pet care industry, in Houston, advises, "Take a tour. Kennels should be clean and organized. You should feel comfortable with the staff."

"Do the employees talk about your pet like you're bringing the car in for an oil change? If it's ignored in favor

of paperwork, maybe you should keep looking,” says Josh Brown, owner of Far North Kennel, in Anchorage, Alaska. “You want to go where the staff bends down and lets your pet come to them. It should be obvious your dog’s going to get positive human interaction. When you walk out after touring the facility, you should feel better about boarding than when you walked in.”

Ask Questions

Costs vary, so ask what’s included in the basic fee, such as group play, treats, administered meds, special bedding and feeding the same food as at home. The pet also should be able to have their bed, toys and favorite things with them. Also be clear about medications, health or mobility issues and special bedding or grooming preferences. An apparent bargain can be either less than expected or more expensive once all costs are totaled.

“Ask if titers are accepted in lieu of current vaccinations, and don’t feel pressured to over-vaccinate,” advises Briggs, who explains that titers assess levels of immunity from previous vaccinations. She also suggests asking about the facility’s emergency plan, including evacuation.

The more information everyone has, the better the pet’s stay will be. Socialized dogs or cats should be able to enjoy group playtime or a communal catio (enclosed indoor/outdoor space for felines); others would rather watch from afar. Stays should be individualized, not uniform. Facility owners suggest first booking a day visit and then an overnight as a test.



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photo courtesy of K-9 Resorts Daycare and Luxury Hotels

Before booking, also ask about unseen factors. Josh Parker, co-founder of K-9 Resorts Daycare and Luxury Hotels, in Fanwood and other New Jersey locations, recommends that boarding clients look for features such as eco-friendly cleaning products; air purifiers and ventilation systems to prevent spreading of germs; a floor plan that reduces stress by limiting views of other animals; lighting that dims at night for restful sleep; a good ratio of staff to pets that allows employees to spend time with nervous boarders, spot any signs of illness or distress early on and intervene if quarrels arise; and availability of an on-call veterinarian with access to the family vet or nearest emergency facility. Leave a medical directive explaining what should be done if an owner can’t be reached.

Flooring at better resorts is antibacterial. Outdoors, artificial grass made of recycled products is soft on paws, drains better than grass and is easier to clean. It’s eco-friendly because it requires no watering, mowing or pesticides.

Stay in Touch

“Some facilities like ours offer web-cam options so you can ‘visit’ with your dog while you’re traveling,” says Brown. Texting kennel updates and selfies of an employee with a pet can also ease any worries.

“I just want my pet in a place where she is safe, secure, well cared for and loved,” says Nierenberg. Though apart, pets and their people can all enjoy a fresh adventure.

Connect with freelance writer Sandra Murphy at StLouisFreelanceWriter@mindspring.com.

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24th Annual Holy Ghost Creole Festival – 10am-10pm. Thru Sunday Nov 6. Live Zydeco music, Creole food favorites, and a Gospel choir concert thru the weekend. Enjoy a parade, raffles and games. Free. Holy Ghost Catholic Church, 788 N Union St, Opelousas. 337-942-2732.

Hospice of Acadiana's Thrift Sale – 6-9pm. Saturday 8am-4pm. Thru 10am-3pm Sunday Nov 6. Bargain buy over 15,000 indoor square feet of items. \$3 - \$25. Lafayette Event Center, 4607 Johnston St, Lafayette. 232-1234. HospiceAcadiana.

Festival of Words 2016 – 7pm & Saturday Nov 5. Listen to literary readings by authors: Rain Prud'homme-Cranford (Rain C Goméz) and Yvette Landry. Participate in creative writing workshops, open mics, "Drive-by Poetry" in grocery stores, boutiques and restaurants on Saturday. Patrice Melnick. Chicory's Café, 219 E MLK Dr, Grand Co-teau. 337-254-9695. FestivalOfWords.org.

Saturday November 5

3rd Annual Jungle Gardens 5K – 8 am. A 5K, 7K trail run, stroll and a 1 mile fun run will be followed by food, entertainment, door prizes and awards. Explore the gardens and enjoy the area. The Fire & Safety Specialists donating all proceeds to St. Jude Children's Hospital. Jungle Gardens, Hwy 329, Avery Island. JungleGardens5K.com

Giant Omelet Festival – 9am-5pm. Thru Sunday Nov 6. An international festival ending with the cooking of the over 5,000 egg omelet on Sunday. Arts and crafts, music, food, antique implements and cars. Free. Magdalen Square, Abbeville. 337-893-0013. GiantOmelette.org.

Sunday November 6

Bark in the Park – 11am -3pm. Bring four-legged friends and enjoy a fun-filled day in the park of pet photos, contests, children's activities, low-cost pet micro-chipping and delicious food. Girard Park, 500 Girard Park Dr, Lafayette.

Beneath the Balconies – 2-5pm. Theatrical presentations, musical and dance performances. Free. Iberia Preservation Alliance. Main Street, New Iberia's Historic District, New Iberia. 337-298-7964.

Jazz Night Opelousas – 6-9pm. Louisiana-style jazz with popular jazz musicians from around the state including saxophonists, brass bands and violinists. Enjoy hors-d'oeuvres and specialty drinks. \$20. 204 N Main St, Opelousas 337-407-5188.

Monday November 7

18th Annual Soiree Royale – 5:30pm. Chefs from all over the state compete in this cook-off. Wine tasting by National Republic with craft beer samples by Bayou Teche Brewing. Funds benefit the Felix Dezauche-J.W. Lowe scholarship and the Opelousas/St. Landry Chamber of Commerce Scholarship. Opelousas Civic Center, 2235 Creswell Ln, Opelousas. 337-942-2683.

Friday November 11

31st Annual Port Barre Cracklin Festival – Thru Sunday Nov 13. A showcase of the ritual of making cracklins. Enjoy food, great Cajun, Zydeco and swamp pop music, carnival rides, arts and crafts, and a beauty pageant. Funds benefit the Port Barre Lions Club. 504 Saizan Ave, Port Barre. 337-585-2827.

Health Habits for Living – 12-2pm. An open house event for this outpatient PT/OT clinic that focuses on exercise and nutrition. 101 La Rue France, Suite 304. 337-261-9188. HealthHabitsforLiving.com.

Veterans Day Memorial Ceremony – 6-8pm. Honoring veterans with proclamations, 21 gun salute, flag raising and a prayer service. Boulogny Plaza, 102 W Main St, New Iberia. 337-344-9397.

Genealogy Workshop – 10am-12pm. A finding family workshop by Shirley Broussard, who explains genealogy books compiled by Father Donald Hebert, the Baton Rouge, South Louisiana and New Orleans Diocesan records, and the use online databases to assist in finding family records. Jeanerette Museum. 337-276-4408.

Saturday November 12

Abdominal Aortic Aneurysm Screen – 8am-12pm. An ultrasound to identify an aneurysm can help prevent rupturing and save a life. Advance registration and an 8-hour fast required. Individuals 60 and older with at least two cardiovascular risk factors and men age 55 with a family history of AAA and at least one cardiovascular risk factor are eligible. J B Hunt at 504-598-5241 or JBHunt@AOutreach.org. Heart Hospital of Lafayette, AAAneurysm Outreach and Endologix. 1-888- 871-3801.

Conscious Living Expo – 10am-7pm. Meet practitioners of healing arts, healthy eating, and experience performances of drumming and creative dance. Learn new ways of connection to oneself, the community and nature. Free. EcoVillage Courtyard, 1520 Bayou Courtableau Hwy, Arnaudville. 337-453-3307. NuNuCollective.org.

Southern Soul Food Showdown – 10am-5pm. Finger licking, family-oriented Southern soul food cook-off with fais-do-do, arts and crafts and refreshments. Mon Ami, Grand Marais, 7304 Hwy 90 E, Jeanerette. 337-365-8185.

Monday November 14

Death by Chocolate – 6:30pm. A culinary competition featuring chocolate inspired dishes and a jewelry raffle. Bid on exclusive gifts, travel, and art in support of the educational efforts of the Acadiana Symphony Orchestra & Conservatory of Music and the Louisiana Restaurant Association (LRA). General admission \$60. La Pavillion, 1913 Kaliste Saloom Rd, Lafayette.

Friday November 18

El Festival Espanol de Nueva Iberia –

8am-5pm. Thru Sunday Nov 20. Running of the Bulls 5K and 1 mile fun run, re-enactment of the arrival of the Spanish on Bayou Teche, paella and tapas cook-off, arts and crafts, musical and dance performances, cemetery tour, genealogy displays, guest lectures and exhibits celebrate Spanish roots. Bouligny Plaza/Steamboat Pavilion, 102 W Main St, New Iberia. 337-349-7343. NewIberiaSpanishFestival.com.

Jingle & Mingle – 6:30-9pm & 9am-5pm Saturday Nov 19. Music, entertainment, silent auction and Christmas party snacks on Friday. Shop for the holidays on Saturday. \$5. Another Child Foundation, benefiting at risk and orphaned children. First Baptist Church, 1100 Lee Ave, Lafayette.

Kidz Kabaret-Alice in Wonderland Jr – 7pm. Thru Sunday Nov 27-matinees at 2pm. A cast of 24 children and directors Travis Guillory and Madelyn Kelly Guillory, bring creatures of the Wonderland live on stage in this classic story. \$12. Cité des Arts, 109 Vine St, Downtown Lafayette. 291-1122. CiteDesArts.org.

Wednesday November 23

Camellia Crossing: Acadiana's Gleaux Run – 5:30pm. Light up the night sky by wearing things that GLEAUX, as you run or walk down Camellia Blvd. \$30 - \$35 before Nov 13. All funds will help families fight, survive, and live with cancer. River Ranch Town Square, 1100 Camellia Blvd, Lafayette.

Saturday November 26

Turkey Trot 5K Walk/Run – 7-10am. Prayer and exercise before the walk /run at 8am for a cure of Diabetes and Alzheimer. Health screening, blood donation and nutrition information available. New Iberia City Park, 300 Parkview Dr, New Iberia. 337-519-3010. TheDiabeticKitchen.org.

Everybody's Birthday – 9:30pm-1:00am. In his home town Curley Taylor and Zydeco Trouble play music to celebrate everyone's birthday. \$10 advance and \$12 at the door. Benefits the renovation of the historic KPC Hall. Renella Henry. St. Peter Claver Hall, 252 Church St, Grand Coteau. 337-349-5814.

Sunday November 27

Sounds of the Season – 3-4:30pm. A Christmas concert of familiar songs and classical selections by the Acadiana Symphony Orchestra presented by the Iberia Cultural Resources Association. Free. St. Peters Church, 108 E Saint Peter St, New Iberia. 337-364-1603. IberiaCultural.com.

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ongoing events

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

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sunday

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

Lafayette Petanque Games – 4-6pm. 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 – 9:30-11:00 am. Sitting and walking meditation; reading; discussion; chanting; loving kindness and compassion practice. Spirit Path, 714 E Kaliste Saloom Rd, Suite C-3, Lafayette. 337-233-5127. SpiritPath@cox.net.

monday

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

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

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

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

Blue Grass Jam – 7pm. Bring an instrument to join the Jam or just lay back and listen to Bluegrass and

Folk music. Cité des Arts, 109 Vine St, Lafayette. 337-291-1122.

tuesday

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

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

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

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

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

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

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

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

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

wednesday

La Table Francaise – 8:30-9:30am. Last Wed each month. Grab a cup of coffee and share conversation with other French speakers. Whiteville School House, Le Vieux Village, 828 East Landry, Opelousas. 337-948-6263.

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

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

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

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. WritersGuildAcadiana.com.

thursday

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

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

friday

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

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

saturday

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

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

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

Eunice Farmer's Market – 8am. See Wed listing.

Corner of 2nd St & Park St, Eunice. 337-457-6503. EuniceLa@hotmail.com.

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

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

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

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

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

Rayne Farmers Market – 8am-2pm. Every second Saturday thru December. Purchase handmade or homegrown seasonal vegetables and produce, crafts, jellies and sweets, and bakery items. Rayne Chamber of Commerce & Agriculture office. Rayne Frog Festival Pavilion, 206 Frog Festival Dr, Rayne. 337-334-2332. RayneChamber.com.

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.

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

Savoy Music Jam Session – 9am-12pm. Bring an instrument or enjoy a live traditional Cajun music jam session. Savoy's Music Centre, 4413 Hwy190 E, Eunice. 337-457-9563.

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

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

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

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

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.

Noel Acadien au Village – 5:30-9:00pm. Starting Saturday Nov 26 thru Dec 23. Half-a-million lights on display in the fully lit chapel, themed Acadian home porches, lighted holiday displays with live entertainment, carnival rides, local cuisine, photos with Santa, holiday shopping in the Christmas Store and The Village Art Gallery. \$10. LARC's Acadian Village, 200 Greenleaf Dr, Lafayette. 337-981-2364. AcadianVillage.org.

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

COMMUNITY WELLNESS CENTERS



caribbean Wellness Retreat and Campground

Dr. Steven T. Costille, CEO and Center Director

1077 Wisdom Rd., Opelousas
(just next door to Lucky's Casino and Truckstop)
(337) 678-1844 or (337) 678-1500

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

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

COMMUNITY WELLNESS CENTERS



DHARMA Wellness and Fitness Center

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

166 Oak Tree Park Dr. #H, Sunset
(across from Janise's Grocery Store)
(337) 662-3120

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

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

COMMUNITY WELLNESS CENTERS



namasté

Wellness and General Nutrition Center

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

858-B Kaliste Saloom Rd. Lafayette, LA
(across from Fresh Pickens)
(337) 356-1251

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

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



Our Job is to Improve Quality of Life Using a Holistic Approach to Healthcare

We envision a world empowered by wellness. Our teams at our wellness centers are focused on helping you become and stay well. Our integrated, holistic approach connects you to your purpose, revealing your personal wellness needs, and helps you make the right choices in nutrition, behavior, body and mind.

The result is sustainable behavior changes that lead to measurably improved health and well-being and drastically improved quality of life.

3 Days a Week - Up to 9 Treatments each Week

Restore Your Health

RESTORE Health Program

Carencro Office: 896-4141
Lafayette Office: 356-1251
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

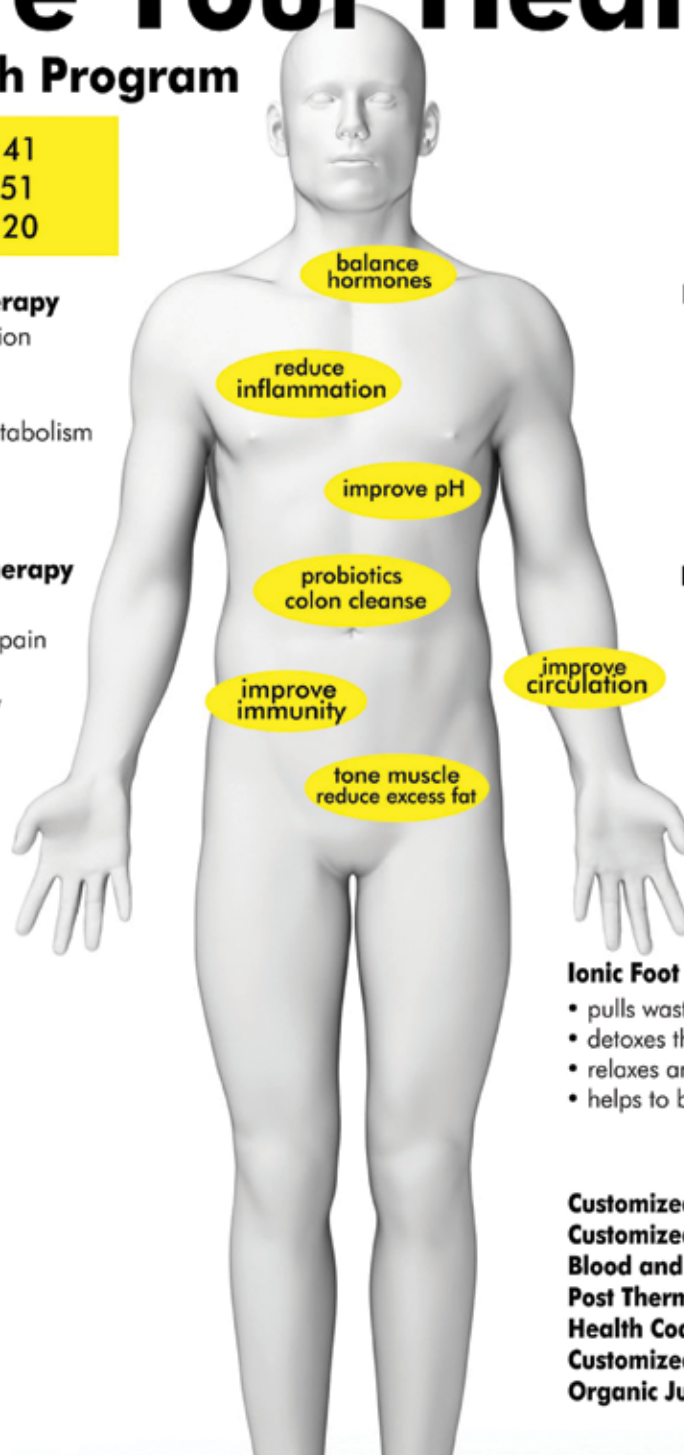
- lymphatic massage
- reduces inflammation and pain
- encourages blood flow
- relaxes and resets the body

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.

EMOTIONAL PAIN CHART

MENTAL THOUGHT PATTERNS THAT FORM OUR EXPERIENCES



CENTRIPETAL FORCE STUDIO
Physical + Energetic Therapy

GET A BODY MAP

Pain Areas and Probable Causes:

Neck:

Refusing to see other sides of the question. Stubbornness, inflexibility.

Shoulders:

Represent our ability to carry our experiences in our life joyously. We make life a burden by our attitude.

Spine:

Represents the support of life.

Upper: Lack of emotional support. Feeling unloved. Holding back love.

Middle: Guilt. Stuck in the past. Get off my back.

Lower: Fear of money. Lack of financial support.

Elbows:

Represents changing directions & accepting new experiences.

Wrists:

Represent movement and ease.

Hips:

Fear of going forward in major decisions. Nothing to move forward to.

Knees:

Stubborn pride and ego. Inability to bend. Fear. Inflexibility. Won't give in.

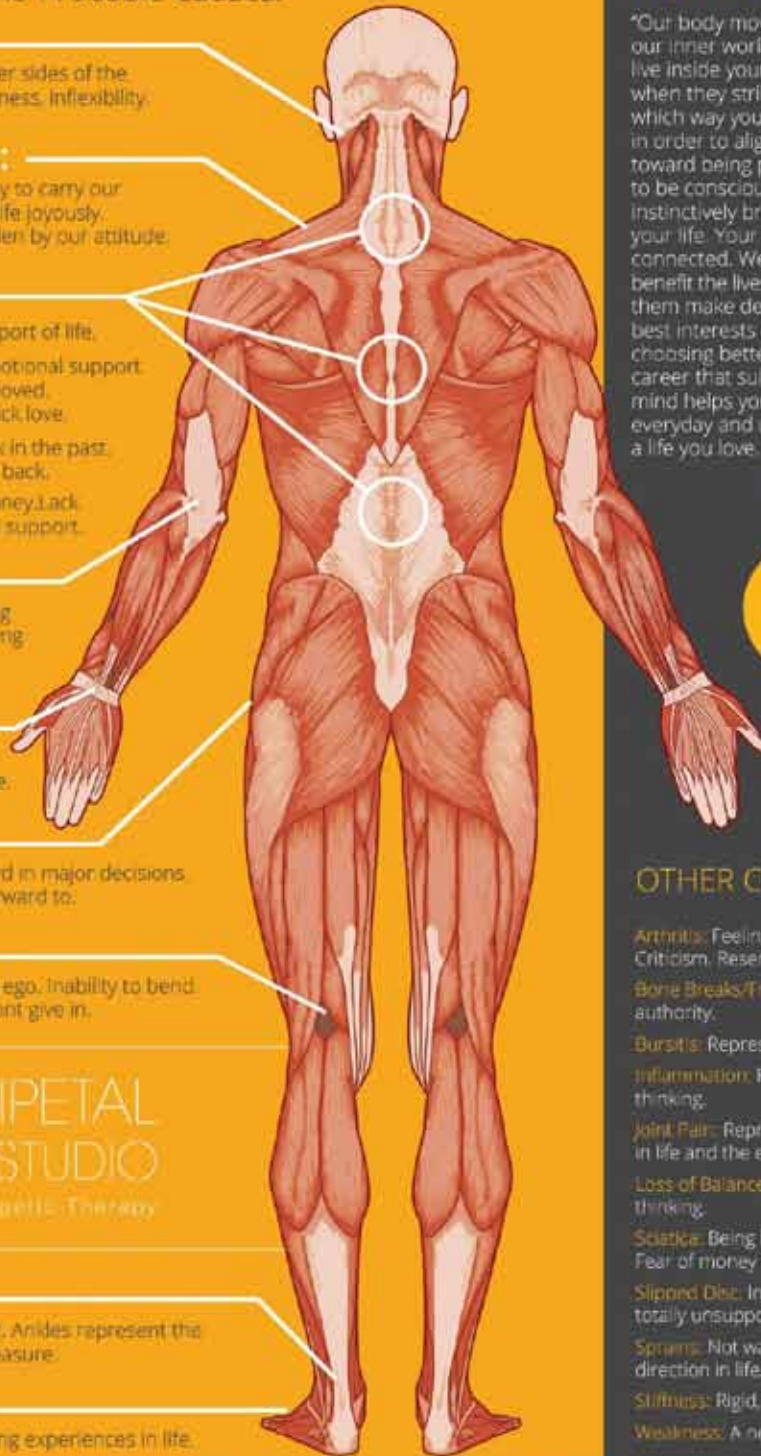
CENTRIPETAL FORCE STUDIO
Physical + Energetic Therapy

Ankles:

Inflexibility and guilt. Ankles represent the ability to receive pleasure.

Bunions:

Lack of joy in meeting experiences in life.



HOW IT WORKS:

"Our body movement is reflective of our inner world." We teach you how to live inside your body. To feel your feet when they strike the ground and know which way you need to turn your foot in order to align your body and work toward being pain-free. It allows you to be conscious in your body while instinctively bringing awareness to your life. Your mind and body have connected. We see this automatically benefit the lives of our clients by helping them make decisions that are in the best interests of their health from choosing better foods to choosing a career that suits them better. A clearer mind helps you to expend less energy everyday and use that energy towards a life you love.

CENTRIPETAL FORCE STUDIO



OTHER CONNECTIONS:

Arthritis: Feeling unloved. Criticism. Resentment.

Bone Breaks/Fractures: Rebelling against authority.

Bursitis: Repressed anger.

Inflammation: Fear. Seeing red. Inflamed thinking.

Joint Pain: Represent changes in direction in life and the ease of these movements.

Loss of Balance: Not centered. Scattered thinking.

Scoliosis: Being hypocritical. Fear of money and/or the future.

Slipped Disc: Indecisive. Feeling totally unsupported by life.

Sprains: Not wanting to move in a certain direction in life. Anger and resistance.

Stiffness: Rigid, stiff thinking.

Weakness: A need for mental rest.

CENTRIPETAL FORCE: sen-trip-i-til: a pathway to the center | fo-hrs: physical power or strength possessed by a living being

Information from Heal Your Body A-Z by Louise L. Hay

Carencro Office
(337) 896-4141

Lafayette Office
(337) 356-1251

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
Lafayette

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namasté

Wellness Center
858-B Kajiste Saloom Rd.
Lafayette

356-1251

Caribbean

Wellness Center
and campground
Opelousas

678-1844

DHARMA

Wellness Center

Sunset

662-3120

Natural Health Center

100 E. Angelle St.
Across from Super 1 groceries
Carencro

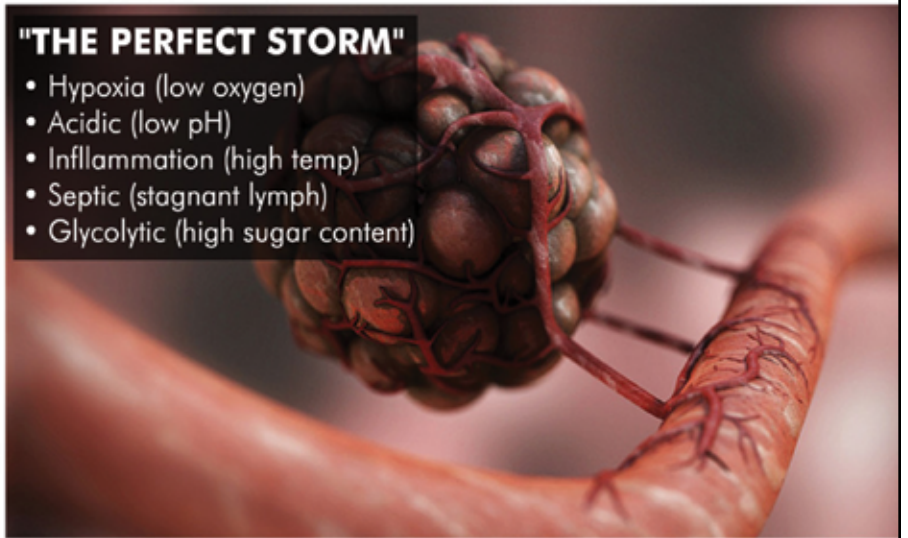
896-4141

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



"THE PERFECT STORM"

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



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

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

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

Zerona Laser FAT lipo (for a flat stomach) HEALTH BENEFITS



WHAT IS ZERONA ?

Zerona is a patented low-level laser system specifically designed to contour the body by losing inches in circumference off specific body areas (waist, hips, thighs) without any pain, downtime, needles or surgery.

What is the action mechanism behind Zerona?

The 635 nm wavelength of the Zerona is specifically absorbed by the mitochondria (the cell's energy generator), temporarily weakening the structure of the cell membrane. This creates a temporary opening allowing for the fat contents to seep out from the fat cell into the interstitial space from where it is processed by the lymphatic system.

What results can I expect?

In a double blind, randomized, placebo controlled study, patients were treated 6 times over a 2 week period and lost on average 3.5 inches in combined circumferential measurements of their waist hips and bilateral thighs.

What areas of the body can I treat?

Essentially all parts of the body where subcutaneous deposits of fat can be found may be treated with Zerona, especially those resistant to diet and exercise. Most patients start with treating their waist, hips and thighs as these can be treated simultaneously with the 5 lasers of Zerona.

Once liberated, what happens to the fat?

Once liberated, triglycerides are absorbed by the lymphatic system where they are transported to lymph nodes. Macrophages (immune cells) release liposomal acid lipases (LAL) which break down the triglycerides into free fatty acids and glycerol. These are then small enough to enter the blood stream.

Once in the blood stream, several things may occur:

- Some of the free fatty acids are readily available to be used as fuel by the body.
- What does not get consumed as energy will get to the liver where it will either be oxidized or re-processed for storage.

How long has Zerona been in use?

The laser tissue interaction behind Zerona was identified prior to 2002. LLLT has been used routinely as an adjunct to liposuction since 2004. Zerona was introduced in the U.S. in 2005 and is being routinely used by over 650 practices in Canada and the U.S.

How long will results last?

Zerona does not destroy fat cells but empties them of their content which means that fat cells are capable of re-storing fat should the patient have a persistent caloric imbalance. A balanced diet is the only way to ensure long-term improvement. Patients who eat more calories than they burn will see their improvement decrease over time.



\$675

6 Treatments



\$850

12 Treatments



for more information visit carencro office (896-4141), lafayette office (356-1251), or the sunset office (662-3120)

Both women are 60 years old

What is the difference between the two?



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



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

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

Visit one of our centers today.

Learn how you can reduce inflammation, reduce your chances of developing cancer or heart disease, control diabetes, reduce your cholesterol, or simply maintain your current good health.

Your health always seems much more valuable AFTER you lose it.

Is your health worth one trip a month to a wellness center?

Get A Wellness Center Membership

Text **ONE DAY PASS** and your name to (337) **424-5066** for more information

**You have a gym membership
to build muscle and exercise**

Get A Wellness Center Membership

- to help prevent cancer and heart attacks
- to eat healthy and get nutrition
- for pharmaceutical grade supplements
- for blood testing and labs
- to get routine thermography exams
- to help you live longer and look better
- for organic juices and wheatgrass

**Lafayette Office:
(337) 356-1251**

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

**Sunset Office:
(337) 662-3120**

**Opelousas Office:
(337) 678-1844**

\$35/month

1 SESSION PER MONTH

- infrared sauna treatment
- whole body vibration treatment
- nutrient hydration treatment
- foot detox
- thermography exam every 6 mos
- monthly labs

\$55/month

2 SESSIONS PER MONTH

- infrared sauna treatment
- whole body vibration treatment
- nutrient hydration treatment
- foot detox
- lymphatic massage treatments
- thermography exam every 6 mos
- monthly labs

\$75/month

3 SESSIONS PER MONTH

- infrared sauna treatment
- whole body vibration treatment
- nutrient hydration treatment
- foot detox
- lymphatic massage treatments
- thermography exam every 6 mos
- monthly labs

Hot Flashes - Menopause - In the beginning stages the [Women's Hormone Balance](#) is recommended first. The key is finding the right amount of hormone herbs for your body in your current stage of menopause. If the [Women's Hormone Balance](#) is too weak then add [Black Cohosh](#). Also, [Cal-Mg-Zn with D](#) and [Food-Based Multimineral](#) to prevent bone loss is suggested as well as extra Vitamin E. Use [Valerian](#) and [Sleep Aid](#) for a restful sleep.

Hyperglycemia - see Diabetes

Hyperthyroid - Graves' Disease - (overactive thyroid) [Omega 3](#), [Essential Fatty Acids](#), [Lecithin](#), [Vitamin C with bioflavonoids](#), [Vitamin E](#), [Antioxidant Complex](#).

Hypoglycemia - (low blood sugar) - often caused by poor digestion or food allergies. [Digestive Enzyme Complex](#), [Probiotic Complex](#), [Organic Fiber](#), [Amino Acid complex](#). [Thermography](#) to check for hypothyroid.

Hypothyroid - (see thyroid explanation) [Liquid Iodine](#), [Amino Acid Complex](#), [Kelp](#), [L-Tyrosine](#) because low plasma levels have been associated with hypothyroidism. [B-Complex](#) because B vitamins improve cellular oxygenation and energy and are needed for proper digestion, immune function, red blood cell formation, and thyroid function.

Immune System - [Immunity Formula](#), [Antioxidant Complex](#), [Vitamin C](#), [Digesting Enzyme Complex](#), and [Organic Fiber](#).

Incontinence - (Involuntary urination) [Probiotic Complex](#), [Amino Acid Complex](#), [Cal-Mg](#), and [Zinc](#) for improved bladder function.

Indigestion - Any of these products alone will stop indigestion and heartburn. [Glucosamine](#) and [Organic Fiber](#) to cleanse the colon and to aid in normal stool formation. Insufficient digestive enzymes is most common cause. Use [Digestive Enzyme Complex](#) with each meal. Balance pH - see Acidosis.

Infertility - [Selenium](#) deficiency leads to reduced sperm count and has been linked to sterility in men and infertility in women. [Vitamin E](#) carries oxygen to the sex organs. [Zinc](#) is important for the functioning of reproductive organs. [L-Arginine](#), [L-Tyrosine](#), [Folic Acid](#), [Vitamin B-12](#), [DHEA](#) improves

libido. [Essential Fatty Acids](#) are essential for normal glandular function.

Insomnia - [Calcium/Magnesium, 5-HTP](#) plus one of the following: [Mood Enhancer](#), [Sleep Aid](#), [Melatonin](#) or [Valerian](#).

Irritable Bowel Syndrome - [Flaxseed Oil](#), [Amino Acid Complex](#), [Organic Garlic](#), [Psyllium Husk](#), [Organic Fiber](#) has a cleansing effect, [Vitamin B Complex](#), [Vitamin B12](#), [Probiotic Complex](#).

Kidney Stones - Balance pH, [Green Water Alkaline Water](#), [Wheatgrass](#), [Food-Based Magnesium Complex](#), [L-Arginine](#) aids kidney disorders, [Vitamin E](#), and [Vitamin C](#). [Pain and Inflammation Enzyme](#) for pain, and drink fresh squeezed lemon juice with pure water.

Laryngitis - [Colloidal Silver](#), [Antioxidant Complex](#), and [Organic Garlic](#) as a natural antibiotic.

Leg Cramps - [Cal-Mg](#), [Calcium Complex](#), [Food-Based Multimineral](#), and [Digestive Enzyme Complex](#).



Lemon Cleanse - A no food fast for 3 -10 day that will flush and remove toxins, help high blood pressure, flush kidneys and liver, and help with sinus congestion or allergies. Recipe: 3qts. reverse osmosis purified water, 1 cup fresh squeezed lemon juice, 1 cup pure maple syrup, and 2 capsules Capsicum daily. Drink 8-12 glasses of the lemon mixture daily.

Lupus - Use the "Eat Right for your blood type diet". [Flaxseed Oil](#), [Cal-Mg](#), [L-Lysine](#), [Glucosamine Complex](#), [Vitamin C](#), [CoQ10](#), [Kelp](#), [Probiotic Complex](#) protects against intestinal bacterial imbalances. [Wheatgrass](#)

is a good source of minerals for healing and oxygen for cell metabolism. [Antioxidant Complex](#), [Pain and Inflammation Enzyme](#), and [Vitamin E](#). Perform a weekly colon cleanse with [Organic Fiber](#).

Lyme Disease - [Flax Seed Oil](#), [Organic Garlic](#), [Kelp](#) for essential minerals, [Food-Based Multivitamin and Multimineral](#), [Selenium](#) as a free radical scavenger, [Vitamin C](#), [Vitamin E](#).

Memory - [Ginkgo Biloba](#), [Mood Enhancer](#), [Flax Seed Oil](#), [CoQ10](#) and [DHEA](#).

Menopause - - In the beginning stages the [Women's Hormone Balance](#) is recommended first. The key is finding the right amount of hormone herbs for your body in your current stage of menopause. If the [Women's Hormone Balance](#) is too weak then add [Black Cohosh](#). [Vitamin E](#), [DHEA](#), [Essential Fatty Acid](#), [Zinc](#), [L-Arginine](#), [L-Lysine](#), [Cal-Mg](#).

Morning Sickness - [Red Raspberry](#), [Ginger](#), [L-Methionine](#) prevents nausea, and [Vitamin B Complex](#).

Muscle Cramps - usually a deficiency of magnesium or potassium. [Food-Based Multimineral](#), [Cal-Mg](#), [Lecithin](#), [Zinc](#).

Nervousness - can be caused from a weak thyroid and /or mineral deficiency especially magnesium. [Mood Enhancer](#), [Liquid Iodine](#), [St. John's Wort](#), [Mood Enhancer](#), [Cal-Mg](#), [L-Tyrosine](#), and [Vitamin E](#).

Osteoarthritis - [Cal-Mg](#), [Pain and Inflammation Enzyme](#), [Omega-3](#), [Glucosamine Complex](#), [CoQ10](#), [Vitamin E](#), [Vitamin D3](#).

Osteoporosis - [Vitamin C](#), [Calcium Complex](#), [Food-Based Multivitamin and Multimineral](#).

Parasites (worms) - [Organic Garlic](#), [Colloidal Silver](#), [Selenium](#), [Acidophilus Probiotic](#) to restore a normal intestinal flora, [Essential Fatty Acid](#), [Food-Based Multivitamin and Multimineral](#), [Zinc](#) promotes a healthy immune system.

Parkinson's Disease - [Vitamin B12](#), [Ginkgo Biloba](#), [Digestive Enzyme Complex](#), [Lecithin](#), [Cal-Mg + Potassium](#), [CoQ10](#) allows



BODY REBOUND

Weight Loss Program

6-Week Program Only
\$340

Lose weight with meal replacement shakes and BF-4 fat burners.
Join today and get a bottle of BF-4 and a box of wheatgrass.

Must present this coupon at the time of joining.





cells to produce energy and may slow brain cell death.

Pneumonia - a very serious infection of the lungs that may be caused by a number of different infectious agents. [Immune Formula](#), [Antioxidant Complex](#), [Vitamin C](#), [Colloidal Silver](#) reduces inflammation and promotes healing of lesions in lung tissue, [Organic Garlic](#), [Vitamin A](#), [L-Carnitine](#) to protect lungs from free radical damage, and [CoQ10](#).

Poison Ivy / Oak - [Vitamin C](#) to prevent infection and spreading of the rash, [Shark Cartilage](#) to reduce inflammation, [Pain and Inflammation Enzyme](#), [Vitamin A](#), [Zinc](#).

Prostate Problems - [Prostate Health](#), [Saw Palmetto](#), [Organic Fiber](#) and [Psyllium Husks](#) for bowel cleansing and essential for keeping the prostate functioning properly. [CoQ10](#), [Organic Garlic](#) enhances the immune function, [Selenium](#) is needed for proper prostate function, [Shark Cartilage](#) inhibits tumor growth and stimulated the immune system, [Wheatgrass](#) with SOD destroy free radicals, [Vitamin A](#) is a powerful antioxidant that destroys free radicals, [Vitamin E](#), [Vitamin B Complex](#), [Vitamin B12](#), [Vitamin C with bioflavonoids](#) is a powerful anticancer agent, [Vitamin D3](#), [Acidophilus Probiotic](#) has an antibacterial effect on the body. [Zinc](#) plays a role in the prevention of prostate cancer.

Psoriasis - Check for Food Allergies. Balance pH - See Acidosis. Use the "Eat Right for your blood type diet". [Wheatgrass](#), [Hair-Skin-Nails](#), [Spirulina](#), [Flaxseed](#), [Organic Fiber](#) to cleanse the bowel. Use [Vitamin A](#), [Zinc](#), [Selenium](#), [Shark Cartilage](#), [Vitamin B Complex](#), [Vitamin C](#) is important for formation of collagen and skin tissue, [Vitamin E](#) neutralizes free radicals that damage the skin. [Kelp](#) supplies balanced minerals, [Lecithin](#), and a [Food-Based Multivitamin](#).

Rheumatism - [Pain and Inflammation Enzyme](#), [Digestive Enzyme Complex](#), [Glucosamine Complex](#), [CoQ10](#).

Rosacea or Acne Rosacea - [Wheatgrass Liquid](#), [Antioxidant Complex](#), [Immunity Formula](#), [Vitamin E](#), [Acidophilus Probiotic](#), [Digestive Enzyme Complex](#), [Betaine hydrochloride](#) (hydrochloric acid) 45 grains (1/2 tsp) per full meal.

Sex Drive, Low Libido - Women: [Women's Libido](#), [DHEA](#). Men: [L-Tyrosine](#), [DHEA](#), [Maca](#), [L-Arginine](#).

Shingles - [Immunity Formula](#), [Wheatgrass Liquid](#), [Antioxidant Complex](#), [L-Lysine](#), [Colloidal Silver](#), [CoQ10](#), and [Vitamin C](#) to stimulate the immune system.

Sinusitis - [Immunity Formula](#), [Colloidal Silver](#), [Vitamin C](#). Use [Acidophilus Probiotic](#) to replace good bacteria in the colon - important if antibiotics are prescribed [Flaxseed oil](#), [Food-Based Multivitamin and Multimineral](#). Eliminate wheat, cheese, milk or dairy products. See Lemon cleanse.

Smoking, Stop - [St. John's Wort](#), [CoQ10](#) adds oxygen to the brain and protects heart tissue, [Vitamin B Complex](#), [Vitamin B12](#), [Folic Acid](#), [Vitamin C](#), [Vitamin E](#), and [Vitamin A](#).

Sore Throat - Strep - Gargle with [Colloidal Silver](#), then swallow. [Vitamins A, C](#), and [Zinc](#). [Immunity Formula](#) and [Antioxidant Complex](#). [Organic Garlic](#).

Stress - [5-HTP](#), [Mood Enhancer](#), [L-Tyrosine](#), [Vitamin C with bioflavonoids](#) is essential to adrenal gland function, [CoQ10](#), [Cal-Mg-Zn](#), [Ginkgo Biloba](#).

Sweating - check thyroid. [Immunity Formula](#) and [Antioxidant Complex](#).

Tendonitis - [Glucosamine Complex](#), [Pain and Inflammation Enzyme](#), [Calcium Complex](#).

Ulcers (canker sores) - [Probiotic Complex](#), [Digestive Enzyme Complex](#), and [Organic Fiber](#) to clear the bowels.

Varicose / Spider Veins - [Vitamin E](#), [Vein Stop](#), and [CoQ10](#). [Increase circulation](#) using [Whole Body Vibration](#) and [Infrared Sauna Treatments](#).

Viral Infection - Rotate anti-virals for more effective results. [Organic Garlic](#), [Colloidal Silver](#), [L-Lisine](#) may be needed to break down the viruses protective coating. [Vitamin A](#), [Vitamin C](#), [Vitamin E](#) and [Zinc](#).

Warts - [Vitamin E](#), apply [Tea Tree Oil](#) to wart 3-4 times/ day, [Immunity Formula](#), [Antioxidant Complex](#), [CoQ10](#), [Selenium](#), and [Probiotic Complex](#).

Water Retention - Support the heart if swelling in legs does not improve within 30 days. See Arteriosclerosis. [CoQ10](#), [Vitamin E](#), [Cardio Support](#), [Potassium](#), [Organic Garlic](#), and [Selenium](#) to activate the Kidney.

Weight Loss - [Raspberry Ketones](#), [Green Coffee Bean Extract](#), [WheTea](#) to target abdominal fat, [Green Water pH 9.5 Alkaline Water](#) to raise the body's alkalinity and

decrease production of fat cells. [BioLean](#) to raise the body's thermogenic fat burning capability. [ThermoX](#) increases the body's metabolism, [Fat Complex](#) binds to fat and reduces fat absorption in the body, and [Glucomannan](#) is an appetite suppressant. Use [Probiotic Complex](#) and [Digestive Enzyme Complex](#) to improve digestion. [Organic Fiber](#) clears the bowel and releases excess waste. [DHEA](#) inhibits enzymes that are involved in fat cell production, [DMAE](#) is an effective fat burner, [Lecithin](#) emulsifies fat so that it can be removed from the body. [L-Arginine](#) and L-Carnitine are amino acids that reduce body fat. [Vitamin B Complex](#) is needed for proper digestion.



Yeast Infections - See CANDIDA. [Organic Garlic](#), [Probiotic Complex](#) and [Digestive Enzyme Complex](#), and [Immunity Formula](#). Eliminate all sugars, breads, and dairy products for 2 weeks.

RECOMMENDED DAILY INTAKE

VITAMINS

Folate (folic acid)	400 - 1,200 mg.
Niacin (vitamin B3)	10-50 mg.
Riboflavin (vitamin B2)	5-25 mg.
Thamine (vitamin B1)	5-25 mg.
Vitamin A	5,000-25,000 I.U.
Vitamin B6 (pyridoxine)	5-50 mg.
Vitamin B12 (cyanocobalamin)	5-50 mcg.
Vitamin C (ascorbic acid)	250-2,500 mg.
Vitamin D	0-500 I.U.*
Vitamin E (alpha tocopherol)	100-600 I.U.

MINERALS

Calcium	800-1,200 mg.
Chromium	50-250 mcg.
Iron	10-30 mg.
Magnesium	300-400 mg.
Selenium	50-200 mcg.
Zinc	15-30 mg.

Note:

I.U. = international units
mg - milligrams
mcg - micrograms

* If you drink at least a quart of vitamin D-enriched milk a day or you bask in the sun year-round, you may need no D supplementation. Otherwise, some extra D is in order: 200 I.U. per day in most circumstances; 400 I.U. per day for the elderly in winter; 500 I.U. per day for women who are pregnant or nursing.

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tion and brain function. [Milk Thistle](#) protects the liver. [St. John's Wort](#) has antiviral properties and is a good antidepressant. [Mood Enhancer](#) to improve mood.

Circulation - [Vitamin C](#), [Vitamin D3](#), and [CoQ10](#). [Ginkgo Biloba](#) improves circulation and brain function. [Wheatgrass](#) for chlorophyll which improves oxygen levels in the body. [L-Carnitine](#) helps to strengthen the heart muscle and and promote circulation by transporting long fatty acid chains.

Cirrhosis (of the liver) - [Milk Thistle](#) and [Digestive Enzyme Complex](#) are very important. [Probiotic Complex](#), [Garlic](#), [L-Arginine](#), [L-Carnitine](#), [Lecithin](#), [Wheatgrass](#), [Cal-Mg](#), [Amino Acid Complex](#).

Cold Sores (Fever Blisters) - [L-Lysine](#), [Vitamin E](#), and [Mood Enhancer](#) for stress relief. [Immunity Formula](#), [Antioxidant Complex](#), [Colloidal Silver](#), and [Probiotic Complex](#).

Colic - Add [Organic Fiber](#) to your baby's formula. Some studies have suggested that colic may improve in certain infants when fiber is added to their formula. Organic Fiber, a bulking agent that draws water into the stool, to the babies' formula. Anywhere from one-half teaspoon three times a day to one-half teaspoon six times a day seems to do the trick. Start by adding small amounts of fiber to the formula, and build up to higher doses. Although not the answer for every baby, adding a little fiber is safe and worth a try. Mom should avoid chocolate, garlic, onions, caffeine, cow's milk, cabbage, corn, and eggs.

Common Cold - [Immunity Formula](#), [Antioxidant Complex](#), [Echinacea](#), [Organic Garlic](#), [Vitamin C](#).

Constipation - [Organic Fiber](#), [Psyllium Husks](#), [Probiotic Complex](#), [Digestive Enzyme Complex](#).

Dandruff - [Food-Based Multivitamin](#) and [Multimineral](#), [Essential Fatty Acids](#), [Kelp](#), [Selenium](#), [Vitamin B Complex](#), [Vitamin C with Bioflavonoids](#). May be caused by Candida - See CANDIDA.

Depression - Usually the thyroid is involved, see hypothyroid. [St. John's Wort](#), [5-HTP](#), and [Mood Enhancer](#) for mood

support. For nutritional support use [Liquid Iodine](#), [Cal-Mg](#), [Vitamin C](#), [L-Tyrosine](#), and [Essential Fatty Acid](#). A liver cleanse may be necessary. For PMS related mood swings use [Women's Hormone Balance](#).

Diabetes - [L-Carnitine](#), [Spirulina](#), [Vitamin B Complex](#), [Vitamin B-12](#) needed to prevent diabetic neuropathy, [CoQ10](#) improves circulation and stabilized blood sugar, [Psyllium Husk](#) is a good fiber source and [fat mobilizer](#), [Probiotic Complex](#), [Digestive Enzyme Complex](#), [Vitamin E](#), [Organic Fiber](#) to detox the colon.

Diarrhea - [Activated Charcoal](#) or [Hydrated Bentonite](#), [Essential Fatty Acid](#), [Acidophilus Probiotic](#), [Kelp](#) to replace minerals lost during diarrhea, [Colloidal Silver](#) acts as a natural alternative to antibiotics, [Organic Garlic](#), and [Immunity Formula](#).

Diuretic - promotes the production of urine. Use parsley with [Vitamin B-6](#). Watermelons and cucumbers are good diuretics. See Lemon Cleanse to reduce excess fluids.

Diverticulitis - [Digestive Food Enzyme](#), [Organic Fiber](#), [Psyllium Husks](#), [Flaxseed](#), [Vitamin B Complex](#) are needed for all enzyme system in the body and for proper digestion.

Dizziness (Vertigo) - [Ginkgo Biloba](#), [Vitamin C](#), and [CoQ10](#) to improve circulation to the brain. [Zinc](#) promotes a healthy immune system. [Immunity Formula](#) and [Antioxidant Complex](#). [Cal-Mg](#) is important in maintaining regular nerve impulses. [Melatonin](#) helps to maintain equilibrium.

Dry Skin - [Flax Seed Oil](#), [Iodine Liquid](#), [Lecithin](#), [Food-Based Multivitamin](#) and [Multimineral](#), [Vitamin E](#) protects against free radicals, and [Zinc](#) is necessary for proper functioning of the oil-producing glands of the skin.

Ear Infection - [Colloidal Silver](#), [Vitamin C with bioflavonoids](#), [Zinc](#) quickens the immune response, [Immunity Formula](#), [Antioxidant Complex](#), [Organic Garlic](#) as a natural antibiotic, and [Vitamin E](#) enhances the immune function.

Eczema - Balance pH - see Acidosis. Clean the bowels with [Organic Fiber](#) and [Psyllium Husk](#), [Wheatgrass](#) is high in chlorophyll

which detoxes the lymphatic systems and benefits eczema.

Emphysema - a degenerative lung disease. Use [Antioxidant Complex](#), [Wheatgrass](#) for chlorophyll, [Essential fatty acids](#), [Zinc](#), [CoQ10](#), [Amino Acid Complex](#), [Organic Garlic](#), [Vitamin C](#), and [Cal-Mg](#) which acts as a nerve tonic to protect nerve endings.

Endometriosis - Inflammation of the uterine lining. [Pain and Inflammation Enzyme](#) consistently for 90 days. [Vitamin E](#), [Iron](#), [Vitamin B Complex](#) promotes blood cell productivity and proper hormone balance. Cleanse the liver . See Lemon Cleanse.

Energy - low energy levels. [Vitamin B-12](#), [ThermoX](#), [Food-Based Multivitamin](#) and [Multimineral](#), [Spirulina](#), [Valarian](#) for a restful sleep. Liteon Natural's [Whey Protein](#) is the foundation for great tasting, highest quality, all natural meal replacement protein shakes. Get lean, burn fat, boost immunity, stay focused, and feel energized all day long with Liteon Natural's [Whey Protein](#).

ESTROGEN DOMINANCE - [Milk Thistle](#), [Women's Hormone Balance](#), [Black Cohosh](#).

Fever - [Immunity Formula](#), [Antioxidant Complex](#), [Organic Garlic](#), [Pain and Inflammation Enzyme](#), and [Manglier Tea](#).

Fibromyalgia - Symptoms mimic Chronic Fatigue Syndrome. Research has associated Fibromyalgia with [Magnesium](#), [B-6](#), and Malic acid deficiencies. [Cal-Mg-Zn with D](#), [Pain and Inflammation Enzyme](#), [Vitamin E](#), [Flaxseed](#), and [Organic Fiber](#) to cleanse the bowels. [Sleep Aid](#) and [Melatonin](#) for nervous fatigue and for proper sleep.

Flu (Influenza) - For Children: [Colloidal Silver](#), [Immune Formula](#), [Vitamin C](#). For Adults: [Immune Formula](#), [Vitamin C](#), [Organic Garlic](#), [Colloidal Silver](#), [Food-based Multivitamin](#) because all vitamins are needed for healing. [Vitamin B Complex](#) reduces stress caused by viral infection. [Selenium](#) boosts the immune response, enhancing the body's ability to fight infection.

Food Poisoning - Activated Charcoal (6 capsules to neutralize poison) and [Probiotic Complex](#).

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Suggested Use: Take 1 tablet daily with a meal.

Note: If you are pregnant, nursing, have any health condition or are taking any medications, consult your health care practitioner before using this product. **Keep out of reach of children.** Store in a cool, dry place.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. In case of accidental overdose, call a doctor or poison control center immediately.

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Adult Food-Based Multi

30 Tablets
Dietary Supplement

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	% Daily Amount	Amount Per Serving	% Daily Value
Vitamin A (as natural beta-carotene)	10,000 IU 200%	Copper (as copper oxide)	0.5mg 25%
Vitamin C (as ascorbic acid)	200mg 333%	Manganese (as manganese sulfate)	2mg 100%
Vitamin D (as cholecalciferol)	100 IU 25%	(as chromium chloride)	50mcg 42%
Vitamin E (as d-alpha-tocopheryl succinate)	36 IU 100%	Molybdenum (as sodium molybdate)	10mcg 13%
Vitamin K (as phytylphosphonate)	50mcg 63%	Potassium (as potassium chloride)	35mg <1%
Thiamin (as thiamine mononitrate)	15mg 667%	Vanadium (as vanadium amino acid chelate)	4mcg
Riboflavin	10mg 588%	Boron (as borax glycinate)	90mcg
Niacin (as niacinamide)	75mg 125%	Bioflavonoids (from leeches)	10mg
Vitamin B6 (as pyridoxine HCl)	15mg 500%	Rutin (as choline bitartrate)	10mg
Folic Acid (as cyanocobalamin)	400mcg 100%	Inositol	10mg
Vitamin B12 (as cyanocobalamin)	10mcg 167%	Hesperidin	10mg
Biotin	300mcg 100%	Para-aminobenzoic acid (PABA)	1000IU
Pantothenic Acid (as d-calcium pantothenate)	10mg 100%	Protease	1100HUT
Calcium (as calcium citrate)	30mg 3%	Amylase	3000U
Iron (as ferrous bioglycinate)	5mg 28%	Lipase	2LU
Iodine (from kelp)	100mcg 67%	Cellulase	2CU
Magnesium (as magnesium oxide, magnesium ascorbate)	75mg 18%	Proprietary Superfood	475mg
Zinc (as zinc citrate)	5mg 33%	(Blend: apple pectin, papaya juice (fruit), spirulina, chlorella, seaweeds (fruit), astragalus (root), nettles (leaf), carrot (root), spinach (leaf))	
Selenium (as selenomethionine)	25mcg 36%		

* Daily Value not established

Other ingredients: Sorbic acid, croscarmellose sodium, microcrystalline cellulose, silica, dicalcium phosphate, modified cellulose, magnesium stearate (vegetable source), vegetable coating.

Female Problems - Excess estrogen and lack of progesterone can cause heavy bleeding during the menstrual cycle. See **ESTROGEN DOMINANCE**. Each month the ovaries produce 2 negative oil soluble estrogens (Estradiol, Estrone). They must first pass through the liver to be converted to a water soluble estrogen form (Estroil). If the liver can not break down these negative estrogens, they remain in our system. [Flaxseed](#), [Lutein](#), and [Women's Hormone Balance](#).

Gall Bladder - [Green Water](#) and [Wheat-grass](#) to help dissolve stones. If you have an attack, drink 1 tablespoon of apple cider vinegar in a glass of apple juice. This should relieve the pain quickly. If the pain does not subside, go to the emergency room. Gall Bladder mini-cleanse recipe : Drink 1 tbsp olive oil and juice of 1/2 lemon before bedtime. Repeat the drink first thing in the morning with 2oz apple juice. This is a mild cleanse that may take up to 30 days before passing Gall stones(which look similar to green peas) through the bowel. Its important to keep the bowel moving with [Organic Fiber](#) while cleansing the gall bladder.

Gingivitis (Periodontal Disease) - Use [Organic Garlic](#) and [Colloidal Silver](#) to kill off bacteria infection and use [Pain and Inflammation Enzyme](#) to ease discomfort and soothe tissue. [Echinacea](#) helps to keep down inflammation and enhance immune function.

Glaucoma - (see a doctor first) Liver must be cleansed before real advancement is made. See Lemon Cleanse. [Lutein Plus](#) for eyes, [Vitamin E](#), [Vitamin D3](#), and [CoQ10](#). Use [Lecithin](#) for a good source of choline and inositol, [Essential Fatty Acids](#), and [Vitamin B Complex](#). [L-Arginine](#) facilitates natural synthesis of nitric oxide, which promotes healthy blood vessels. Note: Avoid arginine

if you are pregnant or have cataracts, colitis, or a viral infection such as herpes.

Gout - Occurs when there is too much uric acid in the blood, tissue, or urine. Over-weight males are the often affected. Usually affects the big toe. Check for digestive system problems. Diet is very important for this ailment - Use the "Eat Right for your blood type diet" and [Balance pH](#). [Essential Fatty Acids](#), [Vitamin B complex](#), [Vitamin C with bioflavonoids](#), and [Vitamin E](#) improves circulation. [Amino Acid Complex](#) because uric acid production increases if essential amino acids are lacking. [Kelp](#) and [Wheat-grass](#) contain complete protein and vital minerals to reduce serum uric acid. [Grape Seed Extract](#) and [Antioxidant Complex](#) are powerful antioxidants.

Hay Fever - allergic response to pollen. [Immunity Formula](#), [Antioxidant Complex](#), [CoQ10](#), [Vitamin C with bioflavonoids](#), [Zinc](#), and [Organic Garlic](#) to help reduce isinus inflammation. [Pain and Inflammation Enzyme](#).

Headache/ Migraine - [5-HTP](#) has been shown in many clinical studies to have excellent results for tension headaches and migranes, [L-Tyrosine](#) for relief of cluster headaches. [Vitamin B3](#) improves circulation and aids in the functioning of the nerves. [Vitamin B Complex](#), [Glucosamine Complex](#), [Ginkgo Biloba](#) improves circulation to the brain and [Valerian](#) is a good sedative to take during a headache.

Heartburn - Insufficient digestive enzymes is most common cause. Use [Digestive Enzyme Complex](#), [Probiotic Complex](#), [Organic Fiber](#), [Papaya Chewable](#), [Cal-Mg-Zn](#), [Pain and Inflammation Enzyme](#), [Green Water Alkaline Water](#), [Wheatgrass](#). Balance pH - see Acidosis.

Hemorrhoids - [Probiotic Complex](#), [Organic Fiber](#), [Ca-Mg](#), [Vitamin C with bioflavonoids](#), [Psyllium Husks](#), to soften stool. [Vitamin E](#), [Shark Cartilage](#) and [Pain and Inflammation Enzyme](#). [Vitamin D3](#) aids in healing of mucous membranes and tissues. Also needed for calcium absorption. [Infrared Sauna Treatments](#).

Hepatitis - [Amino Acid Complex](#), [L-Arginine](#), [Lecithin](#), [CoQ10](#), [Vitamin C](#), [Vitamin E](#), [Antioxidant Complex](#), [Cod Liver Oil](#). Nutrition: [Immunity Formula](#), [Milk Thistle](#), [Food-Based Multivitamin](#).

Herpes - see Cold Sores for type 1. For type 2 herpes virus, also add [L-Lysine](#), [Vitamin B Complex](#), [Vitamin C with bioflavonoids](#), [Zinc](#), [Acidophilus Probiotic Complex](#), [Organic Garlic](#), [Colloidal Silver](#).

Hiatal Hernia - [Pain and Inflammation Enzyme](#), [Vitamin E](#), [Antioxidant Complex](#).

High Blood Pressure (Hypertension) - 39% of those with high blood pressure have a [CoQ10](#) deficiency and weak kidneys. [Organic Garlic](#), [Valerian](#), [Niacin \(Vitamin B3\)](#), [L-Arginine](#), [Flaxseed Oil](#), [Selenium](#) deficiency has been linked to heart disease. [Vitamin E](#) improves heart function. [Vitamin E](#) also acts as a blood thinning agent; use with caution if you taking prescription blood thinners. Vitamin C improves adrenal function and reduces blood-clotting tendencies. [Food-Based Multimineral](#) for good nutrition.

Hives - an reactionary liver overload caused by either environmental exposure to toxins or traumatic / emotional stress. [Valerian](#), [Mood Enhancer](#), [Pain and Inflammation Enzyme](#), [Acidophilus Probiotic](#) reduces allergic reactions and helps replenish "friendly" bacteria.

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Acidosis - an acidic pH is often called the "Real Silent Killer". Saliva pH should stay close to 6.5 with a range of 6.4 morning to 6.8 in the evening. Urine pH should fluctuate between 6.0 morning and 7.0 in the evening. [Calcium Complex](#) to buffer acids. Use alkaline minerals like [Adult-Food Based Multimineral](#), [Digestive Enzyme Complex](#) with meals. Cleanse as needed with [Psyllium Husk + Organic Fiber Powder](#). Also, strengthen the lymphatic systems ability to accept acids using [Whole Body Vibration](#).

A.D.D / A.D.H.D. - [Mood Enhancer](#), [Flax Seed Oil](#), [Multi Minerals Cal-Mg-Zn](#), [Vitamin C](#). Use the "Eat Right for your blood type diet". [Whey Protein](#) and [Childrens multi-vitamins](#). Eliminate sweeteners, sugar, sodas, etc. Check for possible food allergies. If ADHD is involved, [Niacin](#) may also be needed.

Acne - [Acidophilus Probiotic](#) and [Digestive Enzyme Complex](#). [Colloidal silver](#), [Zinc](#), and [Tea Tree Oil](#) externally. [Flaxseed Oil](#), [Vitamin B Complex](#), [Vitamin C](#), [Vitamin D3](#), [CoQ10](#), [Garlic](#) as a natural antibiotic and [Wheatgrass](#) for the chlorophyll to cleanse

the blood, lymphatics, and skin. Use an [Infrared Sauna](#) to detox the skin and [Whole Body Vibration](#) to increase blood and lymphatic circulation.

Age Spots - (also called Liver Spots) are results of waste build-up from free radical accumulation. [pH 9.5 drops](#), [Green Waters Alkaline Water](#), [Milk Thistle](#), [Antioxidant Complex](#), [Adult Multi-Mineral + Vitamin E](#). Use [L-Arginine](#) to flush and cleanse the liver. [Lecitin](#) and [Digestive enzymes](#) to emulsify fat and increase digestion to reduce the burden on the liver. [CoQ10](#) promotes tissue oxygenation and [Selenium](#) is a good detoxifier.

Allergies - [Acidophilus Probiotic Complex](#) to improve digestion. [Immune Formula](#) to boost the body's natural virus fighting abilities. [Pain and Inflammation Enzymes](#), [Cal-Mg](#), [Organic Garlic](#), [CoQ10](#), and [Grape Seed](#) to reduce free radical damage. [Vitamin C](#) protects the body from allergens.

Alzheimer's - [Vitamin E](#), [Mood Enhancer](#), [pH 9.5 drops](#), [Wheatgrass](#), [Zinc](#), [CoQ10](#),

and [Folic Acid](#) to aid in controlling homocysteine levels. Studies have shown high levels of homocysteine in this disorder. Lecitin to improve memory. [Food-Based Multivitamin](#) and [Multimineral](#). [Antioxidant Complex + Selenium](#) as a powerful antioxidant to protect brain cells.

Anemia - [Chelated Iron](#), [Vitamin B12](#), [Vitamin C](#), [Vitamin E](#), [Zinc](#), and add [Wheatgrass](#) to drinking water. (do not use iron if anemia is thalassemia - a blood disorder).

Anxiety / Panic Attacks - [5-HTP](#), [Mood Enhancer](#), [Cal-Mg](#), [Food-Based Multivitamin and Multimineral](#), [Vitamin E](#), [Vitamin D3](#), [CoQ10](#), [Ginkgo Biloba](#), [Chromium Picolinate](#). Use [Melatonin](#), [Valerian](#), and [Sleep Aid](#) to sleep at night.

Appetite Stimulant - [Organic Grass Juice](#), [Saw Palmetto](#), [Wheatgrass](#) and [Food-Based Multivitamin](#) and [Multimineral](#).

Appetite Suppressant - [Glucomannan](#) expands to sixty times it's own weight to curb appetite and promote a sense of fullness.



[Food-Based Multivitamin](#) and [Multimineral, Spirulina, Organic Fruits & Greens Powder Blend](#).

Arteriosclerosis - The buildup of deposits inside the artery wall. Use [pH 9.6 Drops](#), [Green Water Alkaline Water](#), [Amino Acid Complex](#), [Omega-3](#), [Food-Based Multimineral](#), [Garlic](#), [Wheatgrass](#), [Vitamin C](#), [Antioxidant Complex](#), and [Selenium](#) a powerful liver detoxifier. A Heavy Metal Detox program may be necessary.

Arrhythmias - electrical disorders that disrupt the natural rhythm of the heart. 100-300mg /day [CoQ10](#) - strengthens the heart without exercise. [Cal-Mg](#), [Vitamin E](#), [Cardiac Support](#), and [Iodine Liquid Drops](#) to activate the thyroid (thyroid helps to regulate heart beat).

Arthritis - The "Eat Right for your blood type diet" usually improves arthritis. Check for food allergies. [Digestive Enzyme Complex](#) + [Probiotic Complex](#) are essential for this condition. [Pain and Inflammation Enzyme](#), [Quercetin with Bromelain](#), [Glucosamine Complex with Chondroitin & MSM](#), [Cal-Mg-Zn with D](#), [Kelp](#), [Food-Based Multimineral](#) and [Multivitamin](#), [Flaxseed](#), [Amino Acid Complex](#), [Antioxidant Complex](#) + [Selenium](#), [CoQ10](#), [Vitamin E](#), [Vitamin D3](#) for circulation.

Asthma - medical attention needed until nutrition rebuilds. [Food-Based Multivitamin + Multimineral](#), [CoQ10](#), [Vitamin E](#), [Vitamin D3](#), [Vitamin C with bioflavonoids](#) needed to protect lung tissue and keep infection down. [Vitamin B12](#) and [Kelp](#) for minerals in balanced amounts.

Backache - [Pain and Inflammation Enzyme](#), [Cal-Mg-Zn with D](#), [Food-Based Multivitamin and Multimineral](#), [Glucosamine Complex with Chondroitin & MSM](#), [Green Waters Alkaline Water](#) minimum 64 oz daily. [Vitamin B12](#) aids in calcium absorption. [Shark Cartilage](#), [Flaxseed Oil](#), [Vitamin B Complex](#), and [Vitamin C](#) is essential for the formation of collagen.

Bad Breath /Halitosis - usually caused by poor digestion or poor elimination. [Psyllium Husk](#), [Digestive Enzyme Complex](#), [Probiotic Complex](#), [Wheatgrass](#), and [Garlic](#) as a natural antibiotic. Clean the colon with [Organic Fiber](#).

Baldness - Eat plenty of soy to block negative testosterone. Take [Flaxseed](#), [Hair-Skin-Nail](#), [Biotin](#), [Vitamin C](#), [Vitamin B Complex](#), [Ginkgo Biloba](#) + [CoQ10](#) to increase circulation in scalp.

Bladder Incontinence - check for bladder infection and balance pH. [Probiotic Complex](#), [Amino Acid Complex](#), [Cal-Mg-Zn with D](#).

Bladder Infection (cystitis) - [Cranberry Chewables](#), [Organic Cranberry](#) are the two primary supplements needed. Add [Colloidal Silver](#) and [Organic Garlic](#) as natural antibiotics to soothe the painful urination. Take 4,000 - 5,000 mg [Vitamin C](#) in divided doses of 1,000 mg to produce an antibacterial affect through acidification of the urine. [Probiotic Complex](#), [Cal-Mg-Zn with D](#), [Food-Based Multivitamin and Multimineral](#). If re-occurring bladder infections check for Candida.

Blood Clots (Venous Thrombosis) - a blood clot in a vein and needs medical attention. [Vitamin E](#), [Grape Seed Extract](#), [CoQ10](#), [Wheatgrass](#) (do not take Wheatgrass if taking blood thinning meds). [Flaxseed](#), [Organic Garlic](#), [Lecithin](#), [Cal-Mg](#), [Vitamin C](#), and [Vitamin B Complex](#) to speed up healing time and aid with bodily functions. Fasting decreases blood coagulation and may be beneficial.



Blood Count - to build red blood cells: assist the liver and balance pH. An acidic pH prevents iron from absorbing (See *Acidosis*). [Milk Thistle](#), [Chelated Iron](#), [Wheatgrass](#), [Food-Based Multivitamin and Multimineral](#).

Blood Pressure, High (Hypertension) - 39% of those with high blood pressure have a [CoQ10](#) deficiency and weak kidneys. [Organic Garlic](#) and [Valerian](#) if stressed or nervous. [Niacin](#) and [L-Arginine](#). [Cal-Mg-Zn](#), [Sustained Release Potassium](#), [Flaxseed](#), [Selenium](#), [Vitamin C](#), [Vitamin E](#), [Lecithin](#), [Kelp](#) to balance minerals, and [Antioxidant Complex](#).

Blood Pressure, Low - [Liquid Iodine](#), [Sustained Release Potassium](#), [L-Tyrosine](#).

Boils - referred to as furuncles by medical professionals. Toxic bowel and/or excess junk foods are causes of most boils. [Vitamin E](#), [Chelated Iron](#), [Antioxidant Complex](#), [Organic Garlic](#), [Selenium](#), [Colloidal Silver](#), [Vitamin A](#), [CoQ10](#), and [Vitamin C](#) as a powerful anti-inflammatory and to enhance the immune system.

Breast Cysts - can be caused by negative estrogen not processed by the liver. [CoQ10](#) is a powerful anti-oxidant that helps to remove toxins from the body. [Vitamin E](#) + [Kelp](#) is a rich source of iodine. [Iodine](#) deficiency has been linked to fibrocystic breast.

Vitamin A, Vitamin B Complex, Vitamin C, Zinc, and [Food-Based Multimineral](#) which provides balanced mineral content for the body. Women's Hormone Balance. Estrogen or birth control pills can make symptoms worse - switch to low-dose pill.

Bronchitis - [Immunity Formula](#), [Vitamin C](#), [Cal-Mg-Zn with D](#), [Organic Fiber](#) to detox the colon, [Colloidal Silver](#), [CoQ10](#), and [Pain and Inflammation Enzyme](#) to reduce the inflammation. [Garlic](#), [wheatgrass](#) for chlorophyll to detox the lymphatic system, [Zinc](#), and [Vitamin B Complex](#).

Bursitis - Balance pH levels.- see Acidosis. [Flaxseed](#), [Cal-Mg](#), [Amino Acid Complex](#), [Vitamin C](#), [Vitamin E](#), [CoQ10](#), [Zinc](#), [Glucosamine](#), [Food-Based Multivitamin](#), [Antioxidant Complex](#), and a [Probiotic Complex](#) to aid in digestion. [Manglior Tea](#).

CANDIDA - *Candida Albicans*, a single-celled fungus, is always present in the genital and intestinal tracts. If it is present in disproportionate quantities it can cause infection. [Organic Fiber](#) and [Psyllium Husk](#) for healthy bowel elimination, [Digestive Enzyme Complex](#) and [Probiotic Complex](#) to build good bacteria in the bowel. [Colloidal Silver](#), [Organic Garlic](#), [Cal-Mg-Zn with D](#) is often deficient in people with candida. [Food-Based Multivitamin and Multimineral](#), [Selenium](#), and [Vitamin C with bioflavonoids](#). Eliminate all sugars, wheat, and dairy products for at least 2 weeks.

Carpal Tunnel - [Pain and Inflammation Enzyme](#), [Cal-Mg-Zn with D](#), [Flaxseed Oil](#), [Lecithin](#), [Vitamin B Complex](#), [Grape Seed Extract](#), [Kelp](#), and [Zinc](#) to aid healing.

Cataracts - Balance pH levels.- see Acidosis. [Vitamin E](#), [Lutein Plus for eyes](#), [L-Lysine](#), [Vitamin E](#), [Vitamin C](#), [Zinc](#).

Cholesterol - Over 60% of cholesterol is produced by the body in the liver. Start with [Organic Fiber](#) + [Digestive Enzyme](#)



[Complex](#), [Red Yeast Rice](#), [Green Tea](#), [Selenium](#), [L-Carnitine](#), [Lecithin](#), [Vitamin B Complex](#), [Vitamin C](#), [Vitamin E](#), [Flax Seed Oil](#), and [Organic Garlic](#) which lowers cholesterol and blood pressure levels. [Fat Complex](#) to absorb excess fat in the body.

Chronic Fatigue Syndrome - [B-12 + Thermo X](#) to boost the body's metabolism. [Probiotic complex](#), [CoQ10](#), [Vitamin E](#), and [Melatonin + Sleep Aid](#) for a restful sleep. [Amino Acid Complex](#) [Ginkgo Biloba](#) improves circula

The nutrition supplements found in this Natural Remedies Guide are available at:

NAMASTE Wellness: 356-1251 Natural Health Center: 896-4141 DHARMA Wellness : 662-3120 CARIBBEAN: 678-1844

Specialty Vitamins and Supplements



Ginkgo Biloba

Several ginkgo studies have shown that it can help with memory problems caused by dementia or Alzheimer's disease. It seems to help prevent the progression of dementia symptoms, especially if the dementia is thought to be the result of atherosclerotic vascular disease.

Ginkgo has been used to treat a wide variety of illnesses including: circulatory disorders, memory loss and other symptoms associated with Alzheimer's disease, asthma, cardiovascular disease, glaucoma, vertigo, tinnitus (ringing in the ears), hearing loss, and sexual dysfunction.\$30.00



Iodine Drops

Iodine is a vitally important nutrient that is detected in every organ and tissue and many if not most are deficient in this nutrient. Along with being essential for healthy thyroid function and efficient metabolism, there is increasing evidence that low iodine is related to numerous diseases, including cancer. Your thyroid only transports iodine in its ionized form (i.e. iodide). Your thyroid reduces iodide (I-) into iodine (I₂) for use in formation of thyroglobulin. Your

body doesn't utilize iodine directly. It has to split the I₂ into two I- ions, which is an oxidative reaction that causes oxidative stress..\$30.00

Ionic Foot Detoxing

The color of the water changes because of the ionization of minerals in the water. Don't focus on water color changes. Look for floating particulates and foaming. This is the detox waste.

MINDFULNESS: Spend 30 mins focusing on your breathing.

Small electrical currents circulate from the feet, through the body. As the current moves through the body it forces the internal organs to excrete a small amount more of waste than normal. The waste follows the polarity of the electrical current back to ground through the feet.

WHEATGRASS

FROZEN WHEATGRASS CUPS



- Wheatgrass is good for cancer
- Wheatgrass is good for diabetes
- Wheatgrass helps prevent inflammation
- 1 oz of wheatgrass is equivalent to 2.5 lbs of green vegetables
- Wheatgrass helps to heal the body faster

Drug Emporium
Vitamin's Plus
Lafayette
261-0051

namasté
Wellness Center
858-B Kaliste Saloom Rd.
Lafayette
356-1251

Caribbean
Wellness Center
and campground
Opelousas
678-1844

DHARMA
Wellness Center
Sunset
662-3120

Natural Health Center
100 E. Angelle St.
Across from Super 1 groceries
Carencro
896-4141



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.

Essential Oils



Lavender

Lavender is one of the most useful and versatile essential oils. Aromatherapists use it to treat burns and skin irritations as well as to promote calming and ease. The strong aroma of Lavender has a powerful soothing effect on the body and is often used to treat anxiety, stress and insomnia. Because of its antiseptic and analgesic properties, Lavender can prevent

infection and promote rapid healing.\$27.00



Bergamot

Bergamot has analgesic, antiseptic, antidepressant properties, and is used to treat depression, stress, tension, fear, hysteria, skin infection, anorexia, acne, psoriasis, eczema and general convalescence. It is also an effective deodorizer and stimulant.\$25.00



Patchouli

Interestingly, Patchouli improves with age and can treat nervous disorders and skin irritations. It is a popular remedy for stress. Patchouli has antidepressant, anti-inflammatory, antiseptic, antitoxic, antiviral, aphrodisiac, astringent, bactericidal, carminative, deodorant, digestive, diuretic, febrifuge, fungicidal, nervine, prophylactic, and stimulating properties.\$25.00



Cinnamon Leaf

Derived from evergreen trees, native to China and Vietnam, that possess shiny, textured green leaves with small white flowers and oval shaped berries. Popular in toothpastes and scrubs. Aromatherapists and physicians use Cinnamon Leaf for its antiseptic, antibiotic, astringent, carminative, emmenagogue, and anti-spasmodic properties. It is also an effective insect

repellent.\$25.00



Lime

Derived from the citrus fruits found on evergreen trees. The bitter fruit buds amongst white flowers. Aromatherapists use Lime's antiviral, antiseptic and restorative properties to treat oily skin, acne, colds, flues, varicose veins and asthma. Lime can also be a powerful cleanser and is used in many cosmetic soaps and perfumes.\$25.00



Spearmint

Derived from a thick perennial herb native to the Mediterranean region that produces pink or light purple flowers. Spearmint has stimulant properties that make it useful in treating fatigue and depression. It also has local/topical anesthetic, antispasmodic, astringent, carminative, decongestant, digestive, diuretic, expectorant, stimulant and restorative properties.\$25.00



Grapefruit

Extracted from Grapefruit found on large lustrous trees native to Asia but commonly grown in California. The essential oil is derived from the Grapefruit peel. Grapefruit is used to improve the mood and protect against infectious illness. High in Vitamin C, Grapefruit boosts the immune system, eases anxiety and increases circulation. Grapefruit is also used as a skin care product to

treat acne and tone the skin.\$25.00



Eucalyptus

Extracted from gorgeous eucalyptus trees. Young trees produce oval bluish-green leaves while the mature trees grow long, narrow, yellowish leaves, creamy-white flowers and a smooth, pale gray bark. Eucalyptus is wonderfully effective in treating skin irritations such as burns, blisters, wounds, insect bites, lice and skin infections, as well as to combat the effects of colds and the flu. It also helps relieve tired joints and sore muscles.\$25.00



Rosemary

Rosemary stimulates cell renewal and improves dry or mature skin, smoothing out fine lines and wrinkles. Its antiseptic properties help treat acne, blemishes or dull, dry skin by fighting bacteria and regulating oil production. Aromatherapists use Rosemary to stimulate circulation and reduce the appearance of broken capillaries and varicose veins. Because of its stimulating properties, Rosemary can be used to fortify the nervous system and increase concentration and focus.\$25.00



Lemon

Lemon is a wonderful and effective cleanser with many antiseptic properties. Almost tingy on the skin or hair, Lemon is a natural way to cut oil or grease. It does wonders as a natural surface cleaner. Additionally, some research shows that Lemon also increases concentration and alertness.\$25.00



Peppermint

Derived from a fast growing, spreading plant grown in the summertime. Peppermint has high menthol content. Peppermint is commonly used to promote digestive health because of its high percentage of menthol. It has both cooling and warming properties, making it useful in treating stress, muscular pain and PMS. Peppermint also has stimulating properties used to promote energy or eliminate bad breath.\$25.00



Sweet Orange

Derived from the orange peel of the fruit found on sweet evergreen trees. It is much smaller than bitter orange tree. Sweet Orange has powerful antidepressant, antiseptic, antispasmodic, aphrodisiac, carminative, cordial, deodorant, digestive, stimulant (nervous) and tonic (cardiac, circulatory). It has also been applied to combat colds, constipation, dull skin, flatulence, gums, slow digestion, and stress.\$25.00



Tea Tree

Derived from a small, robust tree with sharp leaves and yellow or purple flowers. Tea Tree must mature for two years before it can be harvested. Tea Tree boosts the immune system and actively combats bacteria and viruses. Aromatherapists use Tea Tree to treat and prevent colds and viral infections. In

addition to its healing properties, Tea Tree is extremely beneficial in skin care products. Tea Tree fights acne, oily skin, head lice and dandruff.\$25.00



Clary Sage

Clary Sage is a natural balancer and often evokes feelings of joy or euphoria, making it a powerful agent against anxiety and stress. An effective cleanser, its antibacterial properties eliminate infection and are very beneficial for the urinary tract. There is some research to suggest Clary Sage can be used to treat muscle spasms, cramps, headaches and asthma. It is also useful in the treatment of coughs, exhaustion and menstrual issues while reducing blood pressure. Clary Sage has antidepressant, antispasmodic, deodorant, emmenagogue, hypotensive, nervine, sedative, tonic and uterine properties.\$28.00

**Essentials Oils
Available at**

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



Zinc Lozenges

Help soothe irritated throats and combine three important nutrients that help support the immune system: zinc, vitamin C, and echinacea. Zinc, well-recognized for its role in supporting a healthy immune system, is also needed for collagen formation and tissue repair...**\$18.00**



Nettle

Nettle is a rich source of chlorophyll in whole herb form. It was used extensively as a folk medicine primarily for respiratory complaints. Nettle extract is widely used in Germany for urinary problems associated with BPH.**\$19.00**



Rosemary

Rosemary (*Rosmarinus officinalis*) is traditionally used for memory and clarity of thought. This aromatic herb is also popular for incense, lotions, hair products, teas and food seasoning.....**\$18.00**



Butcher's Broom

Butcher's Broom (*Ruscus aculeatus*) is related to asparagus, with young tender shoots that can be eaten.....**\$14.00**



Pantothenic Acid

Pantothenic Acid or Vitamin B5, is converted in the body to coenzyme A, which is involved in the biochemical cycles responsible for conversion of fats, proteins and carbohydrates into energy. It also plays a role in the synthesis of hormones by the adrenal glands.....**\$18.00**



Reuteri

Multi-Strain Formula with lactobacillus and bifidobacterium to fortify both the large and small intestine microflora. With L. Reuteri (pronounced roy'-tur-eye) — a special type of lactobacillus naturally found in human breast milk and one of the first defenses a nursing mother passes to her child.....**\$40.00**



Activated Charcoal

Activated Charcoal contains many small chambers and cavities that “capture” or bind-up unwanted materials and gas. The charcoal then carries it safely through the digestive system.....**\$18.00**



Wild Yam

Wild Yam (*Dioscorea villosa*) was historically offered as “colic root” and used in herbal remedies for gastrointestinal irritations. In recent years it has become popular for women's health.....**\$22.00**



Dong Quai

Dong Quai is used extensively throughout the Orient particularly by women for menstrual concerns. In Traditional Chinese Medicine, it is used to nourish blood and harmonize vital energy.....**\$21.00**



Blessed Thistle

Blessed Thistle has been used traditionally to treat indigestion and upset stomach and is an anti-inflammatory. Also believed that the herb can be used to aid anorexia, cancer, jaundice, menstrual cramps, diarrhea, and many more. s.....**\$21.00**



Valerian

Valerian has a relaxing effect on the nervous system, promotes relaxation in individuals leading a hectic lifestyle, and helps support restful sleep.....**\$18.00**



Chamomile

Chamomile flowers have a relaxing effect on the digestive tract. Chamomile provides a refreshing and relaxing sleep.....**\$14.00**



St. John's Wort

St. John's Wort (*Hypericum perforatum*) promotes a positive mood. St. John's Wort is carefully harvested in the wild, tested and produced to certified quality standards.....**\$15.00**



Vitex

Vitex (*Vitex agnus-castus*), also known as Chaste Tree, helps balance a women's monthly cycle.....**\$18.00**



Fenugreek

Fenugreek (*Trigonella foenum-graecum*) is traditionally used to soothe the stomach. Fenugreek also acts as a laxative, lubricates the intestines, and reduces fever. Fenugreek also promotes lactation in nursing mothers and is good for the eyes and for inflammation and lung disorders.....**\$18.00**

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



Antioxidant Formula

Antioxidants work in the body by neutralizing and eliminating free radicals. Free radicals are molecules that come from environmental pollutants, UV rays and even from foods we digest. Free radicals destroy tissue at the cellular level and are also precursors to cancer and coronary artery disease. Antioxidant Formula supplies a Hi-ORAC (Oxygen Radical Absorbance Capacity) synergistic blend of fruits and vegetables that work in the body by neutralizing and eliminating free radicals. Combined with CoQ10, Resveratrol, L-Carnosine, N-Acetylcysteine and other potent antioxidants, Antioxidant Formula is one of the most powerful and comprehensive combinations available.\$30.00

The sign of a good doctor should be how many patients he can get OFF medications, not how many people he puts ON medications.



Women's Health and Hormone Balance



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

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



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

Beta Carotene

Research studies have also found carotenoids such as beta carotene, as well as vitamin A, to be useful in treating conditions related to estrogen dominance, including ovarian cancer, heavy menstrual bleeding, and benign breast disease. A study from the International Journal of Cancer found that high carotenoid intake decreased a woman's risk for ovarian cancer.



Studies have also determined that vitamin A helps prevent heavy menstrual bleeding. Researchers tested the blood levels of 71 women suffering with excessive bleeding. They found that all the women had lower than normal levels of vitamin A. After taking vitamin A supplements for just two weeks, 90 percent of them returned to normal menstruation levels. \$35.00

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



Women's Complete MULTIVITAMIN

Women's Complete was clinically designed and specially formulated to deliver 31 of the most important vitamins and minerals women need for radiant skin, hair and nails, a healthy metabolism, lasting energy and more, in the convenience of one daily tablet.\$30.00



Immunity Support

Most effective nonprescription over the counter product for cold sores, herpes, shingles, and the immune system. 100% ALL NATURAL maximum strength immune system booster that speeds healing and prevents immune down regulation. **\$55.00**



Resveratrol

A very powerful antioxidant. It's thought to help reduce inflammation, lower LDL or "bad" cholesterol, and make it more difficult for clots to form that can lead to a heart attack. Some research suggests resveratrol can limit the spread of cancer cells by killing them. Inhibits acute and chronic inflammation. **\$45.00**



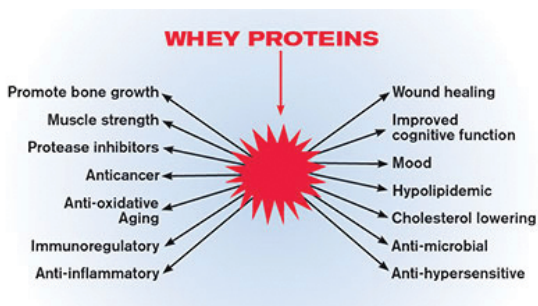
Organic Fiber

"Soluble fiber changes immune cells from being pro-inflammatory warrior cells to anti-inflammatory peacekeeper cells," according to Gregory Freund, M.D. Fiber reduces the inflammation associated with obesity-related diseases and strengthens the immune system.

Fiber is useful for constipation and alleviating diarrhea. 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. Fiber helps to lower cholesterol, triglycerides, and protects against heart disease. **\$35.00**



Whey Protein (vanilla)



Whey protein raises glutathione levels and protects tissue against damage caused by inflammation. Glutamine is a preferred fuel source for support of epithelial cells lining the small intestine. Major and minor whey fractions are established immune-enhancing constituents that modulate a full range of immune functions, including destruction of pathogens and elimination of toxins.



Whey protein fortifies the immune system. A group of blood proteins called immunoglobulins (IgG1, IgG2, IgA, and IgM) are incorporated into milk and whey. They help pass on immunity to infants and adults as well. A daily dose is one or two scoops (17–34 grams of whey protein) mixed with water or skim milk. **\$45.00**



Become a Member

Natural Awakenings Vitamin Club

BASIC MEMBERSHIP \$60/month

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

Retail Value: \$78

PLUS MEMBERSHIP \$99/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 \$139/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 \$65/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 \$72/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 \$99/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.

Raise your body pH (alkaline body products)

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

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)*

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

Get your
vitamins **EVERY MONTH**

Join the Vitamin Club



Lafayette Office:
(337) 356-1251

Carencro Office:
(337) 896-4141

Sunset Office:
(337) 662-3120

Opelousas Office:
(337) 678-1844



CALL NOW

OUR MEMBERS GET FREE MEMBERSHIP AT THE WELLNESS CENTERS

Weight Loss



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

Raspberry Ketone Drops



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



Garcinia Cambogia

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

Stomach Fat Burner

WheTea is an organic blend of wheat-grass 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

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- ___ pH 9.5 Drops (Retail \$30)
- ___ WheTea Drops for a flat stomach (Retail \$20)
- ___ BF-4 Weight loss (Retail \$45)
- ___ Manglier Tea leaves (Retail \$24)
- ___ Razberi-K Drops (Retail \$45)
- ___ Garcinia Cambogia (Retail \$30)

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