

FREE

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natural awakenings



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

WEIGHT LOSS CENTER 3419 NW Evangeline Thwy, Carencro (337) 565-9105

The Obesity Epidemic

40% of ALL AMERICANS ARE OVERWEIGHT

Obesity has become a public health crisis in the United States. The medical condition, which involves having an excessive amount of body fat, is linked to severe chronic diseases including type 2 diabetes, cardiovascular disease, high blood pressure and cancer. It causes about 1 in 5 deaths in the U.S. each year – nearly as many as smoking, according to a study published in the American Journal of Public Health.

**Obesity causes
1 in 5 deaths in the
U.S. each year.**

**40% of
ALL AMERICANS
ARE OVERWEIGHT**



BEING OVERWEIGHT CAUSES

- CANCER
- INFLAMMATION
- Heart Attack
- Stroke
- Type 2 Diabetes
- High Blood Pressure
- High Cholesterol
- Depression
- Asthma
- Thyroid Problems
- Polycystic Ovary Syndrome
- Hormone Imbalance
- Hypothyroidism
- Mental Health Problems
- Osteoarthritis
- Gallbladder Disease
- Sleep Apnea
- Coronary Heart Disease
- Gallstones
- Kidney Disease
- Gout
- Liver Disease
- Impotence
- Breathing Problems
- Metabolic Syndrome
- Heart Burn
- Acid Reflux

Health Benefits of Losing Weight

- Look Good - Feel Great
- Lower blood pressure
- Decreased risk for cancer
- Decreased joint pain
- Improved blood sugar levels
- Improved cholesterol levels
- Decreased risk of diabetes
- Decreased risk of stroke
- Reduced back pain
- Decreased symptoms of osteoarthritis
- Improves sleep apnea
- Improved mood
- Improved vitality
- Improved body image
- Decreased stress
- Decreased anxiety
- Better sleep
- Greater confidence
- Improves depression
- Improves asthma
- Reduces thyroid problems
- Improves hormone balance
- Improves hypothyroidism
- Improves mental health problems
- Relieves gallbladder disease
- Improved sleep apnea
- Decreases risk of coronary heart disease
- Improves metabolic syndrome

THE Weight Loss STORE

EVERYTHING WEIGHT LOSS

1 BF-4 Weight Loss BODY FAT (BF) TRIM PLUS



BF-4 contains all the 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.

HEALTH BENEFITS

- Helps LOSE WEIGHT QUICKLY
- Can help reduce body fat
- May reduce appetite
- All natural

.....\$45.00

2 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



3 WheTea Ab Fat Burner

WheTea is an organic blend of wheatgrass and green tea. With natural EGCG antioxidants from green and white teas. EGCG has been shown to be 100 times more powerful than vitamin C and 25 times more powerful than vitamin E. WheTea also contains 130 percent of the daily value for vitamin C and a variety of catechin polyphenols and flavonoids. If you are looking for a potent pure tea for weight loss, you'll love WheTea.\$20.00



4 Garcinia Cambogia

Garcinia Cambogia is a natural fat-buster because of the unique properties of a compound known as hydroxycitric acid (HCA) found in the rind of the fruit. HCA 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. Garcinia cambogia also helps address stress-related appetite issues by supporting healthy serotonin and cortisol levels.\$35.00



5 pH 9.5 Drops FOR WEIGHT LOSS

LESS ACID - LESS FAT

Obesity and the body's pH are linked. When a person becomes acidic, a lack of oxygen occurs causing cellular metabolism to slow down, leading to obesity.

Other cellular conditions linked to acidity include toxicity, dehydration, osteoporosis, malnutrition and decreased circulation.

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



6 Digestive Enzyme Complex

Digestive Enzyme Complex helps you lose weight by providing the body proper nutrition. 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.\$35.00



7 GREEN WATERS Alkaline Water



Drinking alkaline water helps neutralize the acidity in your body. You may think that acidity has nothing to do with fat loss. But on the contrary, your pH level is a determining factor on whether or not you can lose weight.

Drinking cold alkaline water can drastically boost your metabolism. This increase stems from the excess energy it takes to heat cold water up to body temperature.

Fat is acidic. If you want to shed it off you have to find a way for it to enter the bloodstream then eventually turn it into energy. But if acid is sticking to each fatty cell in your body, you can't discard them so easily.

Suggested Use: Drink 64 oz per day for 14 days. ...\$36/case of six

8 Inflammation Causes Weight Gain and Fat



INFLAMMATION

- Inflammation causes excess belly fat
- Obesity makes fat cells act as though they are infected - causing more inflammation to form in areas of excess fat tissue
- Inflammation causes more visceral fat around internal organs like the kidney, liver, and the heart

Pain & Inflammation Enzyme

Obesity is associated with low-grade inflammatory process characterized by the increase in circulating levels of pro-inflammatory cytokines such as IL-6, TNF-alpha, and acute-phase proteins (CRP and haptoglobin) in healthy obese people. Chronic inflammation will lead to metabolic syndrome, excess weight gain, and it can make you fat. Stop the inflammation and stop the fat!\$35.00

9 The SKINNY PILL

The SKINNY PILL has an ultra-concentrated formula, there's no need to swallow half a dozen pills 2-3 times a day.\$35



10 FAT COMPLEX

FAT COMPLEX breaks down stubborn fat so that your body can naturally absorb it. Lose the stubborn fat deposits and love handles.\$35



11 FAT GRABBERS

FAT GRABBERS absorb excess fat so that it's not absorbed into the body. You then get rid of the fat through normal elimination.\$35



Natural Awakenings is a family of more than 70 healthy living magazines celebrating 25 years of providing the communities we serve with the tools and resources we all need to lead healthier lives on a healthy planet.

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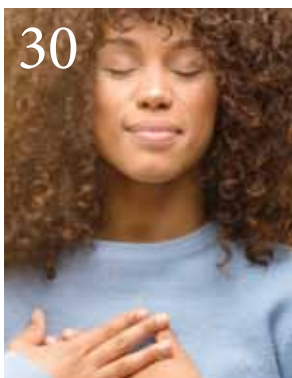
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publisher's letter



"True silence is the rest of the mind, and is to the spirit what sleep is to the body, nourishment, and refreshment." -William Penn

In reality, sleep affects the way we live. It affects many aspects of our daily lives from eating habits to our emotional state. In fact, individuals who sleep more benefit from the amount of energy that it gives them throughout the day. Individuals who experience better sleep also understand the right way to sleep. This isn't the case for many people. Family life and work are only two of the aspects within many people's lives that prevent an individual from having quality sleep. For people who have medical problems, dealing with behavior, memory, and levels of energy, sleep may be an underlying issue.

The thyroid gland plays a large part in helping us fall asleep. If this organ is overactive, the nervous system could be overloaded, causing irregular sleep patterns. In the nervous system, your brain regulates sleep patterns. This is a key process that allows us to fall asleep and stay awake. Without it, we wouldn't have the urge to sleep. Since sleep is a basic human necessity, we must maintain a steady sleep pattern. Quality sleep is something we need in order to survive and retain our sanity. It keeps us from working too hard and pushing ourselves to a breaking point. This may be hard to remember, but everyone needs sleep to be the best version of themselves. The list of benefits associated with sleep is endless, and that's why we need to understand the importance of sleep in our lives. Like most bodily functions, ignoring sleep will only result in more health problems.

Not having enough sleep can cause individuals to be irritable and fatigued. As we all know, sleep gives you the energy to get through the day. Without sleep, our body will eventually start to overcompensate, leaving us without the energy to maintain a positive mental state. This may cause individuals to be anxious or stressed during the day. People may also have trouble concentrating and maintaining a healthy diet. In fact, overeating or choosing junk food over healthy food is common when someone is tired. This is why sleep should be treated as a necessity. By categorizing sleep as a necessity, you prioritize your health and mental state. In order to prioritize sleep, you must first be consistent with it.

Many people know that they should get seven to eight hours of sleep a night, but most don't accomplish this. In contrast, some people sneak in 15 minutes "power naps" throughout the day and only sleep around five hours a night. Taking a nap is not a bad thing, but frequently doing so does little to help your health. Your brain needs time to physically reset and the best way to do so is by getting seven hours of sleep at night. Anything less than that wouldn't have the same benefits. It's also important to watch how many hours of sleep you get because sleeping over seven hours could be harmful to your health. People who sleep over nine hours regularly have an increased risk of heart disease and depression. Not many people focus on over-sleeping because people do not get enough sleep as it is, but we should still be mindful of it.

Sleep should not be something that's put on hold. Instead, it should be a key process at the end of the day that allows us to recuperate and wind down. We should all learn how to sleep effectively and correctly, keeping in mind that "resting our eyes" and "power naps" are not as beneficial as a good night's rest.

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

Lillyanna & Lydia

Lillyanna and Lydia Castille, Assistant Publishers

HEALTHY LIVING HEALTHY PLANET
natural
awakenings

ACADIANA EDITION

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and **Lillyanna Castille**

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Subscriptions are available by sending \$96
(for 12 issues) to the above address.

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NaturalAwakeningsMag.com

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Natural Awakenings is printed on
recycled newsprint with soy-based ink.

news briefs

LeBean Sleep Center Exceeds Expectations One Patient at a Time



At LeBean Sleep Center, patient satisfaction is the number one priority. Their team of qualified experts contributes to their growing reputation as the top sleep clinic in the Lafayette area. They strive to be the most trusted and respected healthcare provider for all their patients and offer personalized

medical care services including polysomnograms used to diagnose or rule out many types of sleep disorders; continuous positive airway pressure titration used for treating obstructive sleep apnea; adaptive servo ventilation used for treating central sleep apnea, complex sleep apnea and Cheyne-Stokes respiration; multiple sleep latency testing used to diagnose narcolepsy; and maintenance wakefulness testing used for commercial drivers.

Dr. Bryan LeBean has been boarded in sleep medicine since 2007 and opened LeBean Sleep Center LLC in 2011. Dr. LeBean treats all sleep disorders from the very common obstructive sleep apnea to central sleep apnea, insomnia, REM behavior disorder and all parasomnias. This full-service sleep disorder center includes initial evaluation to testing and treatment. Physician referrals and self-referrals are welcomed. In-lab testing and home sleep testing is available, as well as long term patient management and maintenance.

Location: Victory Garden, 2930 Moss St, Lafayette. For more information call 337-889-5416 or visit LeBeanSleepCenter.wixsite.com.

Bonne Terre Louisiana: Discover, Create or Just Be!



Bonne Terre Louisiana is a member of Farm Stay USA, a network of Farms offering farm vacations across the country. Farm vacations are well known around the world but not so for many Americans. While farmers markets bring fresh food to the city, farm stays invite guests to stay overnight in the country and experience the lifestyle for a night, a weekend or more. With lodging ranging from rustic to luxury and from farmhouses to tents, there is an experience for everyone looking for connections to their food, fresh air and the countryside. It's about the rural experience and putting a personal face and story to farming.

The Main House at Bonne Terre Louisiana is a fully furnished two-bedroom, two-bath, 100-year-old house originally built in New Iberia, Louisiana, and moved to Breaux Bridge in 1998. The studio, which sleeps two, is also available. Like the studio and the cottage, the main house is comfortably settled in a rural Louisiana landscape to leave the lightest impact on the environment. Bonne Terre's 10-acre homestead includes a two-acre woodlot and a National Wildlife Federation-certified wildlife habitat. It features an organic garden, a small orchard and a small flock of free-range chickens. Bonne Terre is ideal as an artist, back to nature or "staycation" retreat.

Location: 1099 Lawless Tauzin Rd., Breaux Bridge. For more information call 337-278-2369 or visit BonneTerreLouisiana.com.

Manglier Tea mong-lee-AY

Manglier tea has the ability to build the body's immune system quickly to fight cold, flu, and other infections.
- Dr. Steve Castille

\$24



Sleep in hot water for 5-10 minutes and drink slowly.

Manglier Tea mong-lee-AY

natural medicine

NATURAL MEDICINE WITH NO SIDE EFFECTS

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.

Instructions for making Manglier Tea: Steep in hot water for 5-10 minutes and drink slowly.



My grandfather's grandfather used this medicine. He said the old manglier tree would cure the plague and the virus.

- Mrs. Clara B. Mallet, LA

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Screening

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Take Hibiscus to Fight Breast Cancer



Hibiscus rosa-sinensis is much more than a brilliant scarlet tropical flower: New laboratory research from Canada's University of Windsor found that a hibiscus flower extract selectively kills off triple-negative breast cancer cells. This is one of the

most difficult to treat types that affects 15 to 20 percent of breast cancer patients. Hibiscus is particularly effective when combined with chemotherapy, researchers say, and works as well with very low doses of the chemicals as with higher doses. The flower's low toxicity and precise targeting of cancer cells also offers hope for long-term treatment. Previous studies have shown hibiscus to be effective on prostate cancer, leukemia, gastric cancer and human squamous cell carcinoma.

Eat Organic to Shed Insecticides

Switching to organics has quick payoffs, reducing agrochemicals in the body by 94 percent within a month, Japanese researchers report. They tested the urine of study participants looking for six neonicotinoid insecticides and another substance generated as a result of their decomposition in the human body. "I think the research results are almost without precedent and are highly valuable in that they present actual measurement values showing that you can dramatically reduce the content levels of agrochemicals in your body simply by changing the way you select vegetable products," commented Nobuhiko Hoshi, a professor of animal molecular morphology with the Kobe University.

Another study from researchers at the University of California at Berkeley studied 16 children and showed that one week after switching to an organic diet, malathion pesticide urine levels were reduced by 95 percent; clothianidin pesticide levels by 83 percent; and chlorpyrifos pesticide levels by 60 percent.



Say No to the Third Cup of Joe to Avoid Migraines

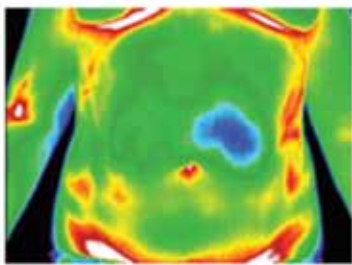
Caffeine has been the subject of controversy among the one in six adults worldwide that suffer from periodic migraines: Some say it triggers symptoms, while others report it wards them off. A new study from Harvard and two other teaching hospitals of 98 migraine sufferers used six weeks of daily journals to investigate the link and found that drinking up to two servings of caffeinated beverages a day had little effect, but three or more raised the odds of a headache that day or the next. Among people that rarely drank such beverages, even one or two servings increased the odds of having a headache that day.

A serving was defined as eight ounces or one cup of caffeinated coffee, six ounces of tea, a 12-ounce can of soda or a two-ounce can of an energy drink.

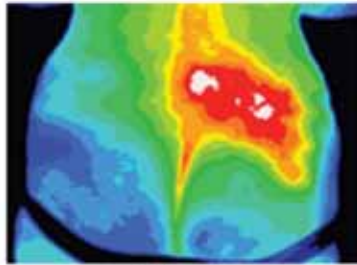


Dance to Improve Quality of Life With Dementia

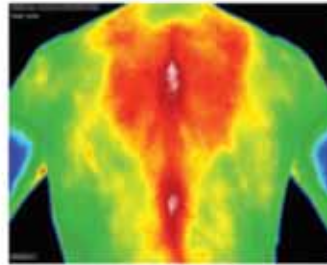
Older people with dementia, often viewed as being passive and immobile, responded to simple dance movement lessons with visible humor and imagination and reported a higher quality of life after six sessions, say researchers from New Zealand's University of Otago. The 22 participants between the ages of early 60s and mid-90s had dementia ranging from mild to advanced. They took 10 weekly classes in which the music was "reminiscent" and the movement routines were intuitively easy. "Positive responses such as memory recalling, spontaneous dancing and joking with each other were observed in every session," reports lead author Ting Choo.



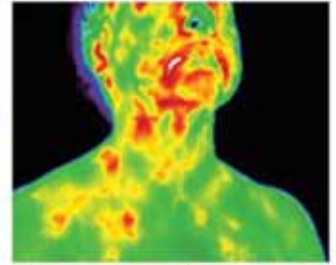
Hypothermia in the Stomach



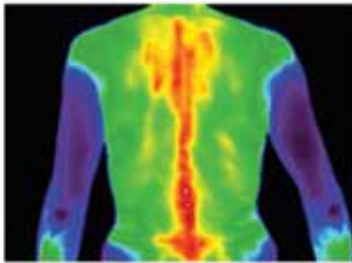
Shingles



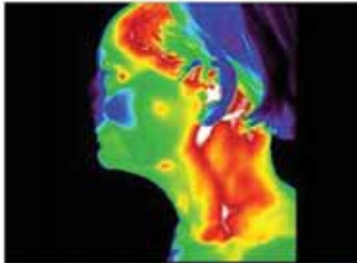
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Periodontal Disease



Spinal Inflammation



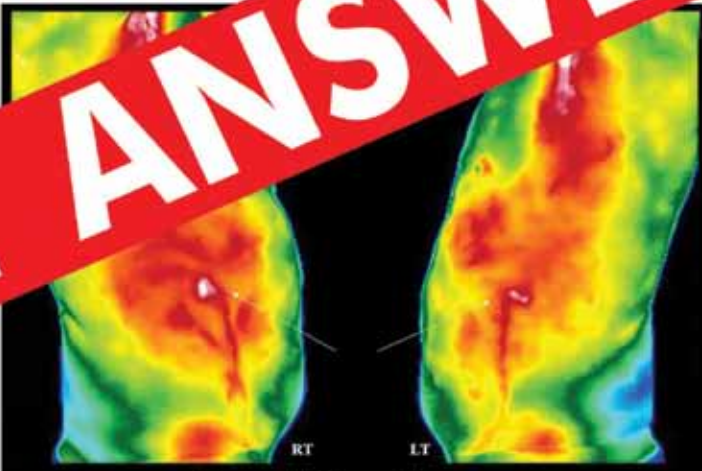
Carotid Artery Inflammation



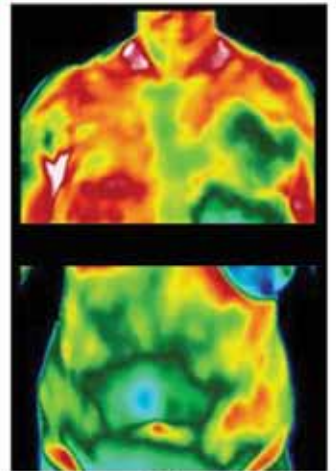
Melanoma-Scalp Cancer



Varicose Veins



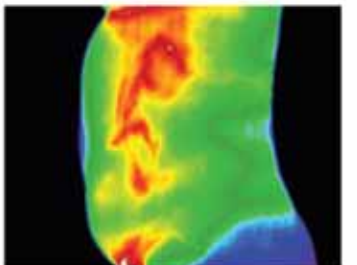
Bilateral Kidney Stones



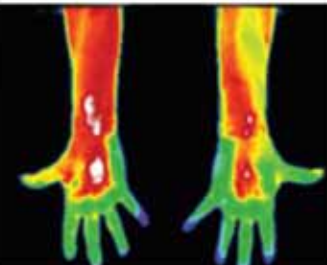
Breast Cancer



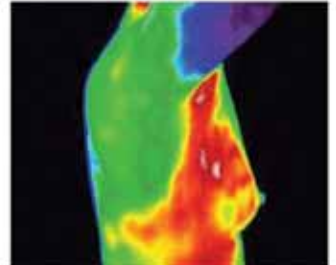
Thyroid Cancer



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Carpal Tunnel



Lymphatic Congestion

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Golden Rules

Moms Launch Eco-Friendly Certification

The nonprofit *MomsAcrossAmerica.org* (MAA) has launched its Moms Across America Gold Standard, a multi-tiered verification program for food, beverages and supplements that creates a simple, trustworthy resource for consumers while encouraging best practices by suppliers. It will be awarded to those brands that have achieved superior levels of organic practices and eco-friendly procedures, and is intended to make it simple for people to choose the healthiest products and use their wallets to take a stand against unhealthy alternatives and unethical business practices. The standard also provides a path for companies that know better and do better to prosper by shifting the buying power of millions of dedicated mothers behind their products.



Jaws of Life

California Bans Fur Trapping

California has enacted a ban on fur trapping for animal pelts, making it the first state to outlaw a centuries-old livelihood that was intertwined with the rise of the Western frontier.

The Wildlife Protection Act of 2019 prohibits commercial and recreational trapping on both public and private lands. Legislators are considering proposals to ban the sale of all fur products, including fur coats, and to outlaw the use of animals in any circus in the state, with the exception of domesticated horses, dogs and cats.



Bhang Bhang

Gun Control in India Goes Green

In a northern India district, regulators require that applicants for gun licenses, in addition to normal background checks, must plant 10 trees and submit selfies as photographic evidence of having done so. To mark World Environment Day in June, Chander Gaid, the deputy commissioner of the district of Ferozepur in Punjab State,



had an idea. "I thought about how much Punjabi people love guns," he says. "We receive hundreds of applications for gun licenses from this district every year. Maybe I could get them to love caring for the environment, too." India has more than 3.3 million active gun licenses. Tajinder Singh, 47, a farmer in the district, says he wants to protect himself from wild animals and bands of armed robbers.

Methane Matters

Fracking Linked to Global Warming

As methane concentrations increase in the atmosphere, evidence points to shale oil and gas as the probable source, but the U.S. Environmental Protection Agency has taken steps to stop regulating it. New Cornell University research published in *Biogeosciences*, a journal of the European Geosciences Union, suggests that the methane released by high-volume hydraulic fracturing, or fracking, has different characteristics than the methane from

conventional natural gas and other fossil fuels such as coal.

About two-thirds of all new gas production over the last decade has been shale gas produced in the U.S. and Canada, says the paper's author, Robert Howarth, a professor of ecology and environmental biology: "If we can stop pouring methane into the atmosphere, it will dissipate. It goes away pretty quickly compared to carbon dioxide. It's the low-hanging fruit to slow global warming."

Species Setback

EPA Weakens Protective Regulations



The U.S. Department of the Interior is effecting significant changes that weaken how the Endangered Species Act is implemented, a move critics fear will allow for more oil and gas drilling on land that is currently habitat-protected, and will limit how much regulators consider the impacts of the climate crisis. The changes affect how the U.S. Fish and Wildlife Service and National Oceanic and Atmospheric Administration consider whether species qualify for protec-

tions, as well as how the agencies determine what habitats deserve special protections. It could make it more difficult to factor in the impact of climate change on species.

Polar Alert

Alaskan Sea Ice Melting Faster

Sea ice along northern Alaska disappeared far earlier than normal this spring, alarming coastal residents that rely on wildlife and fish. The ice melted as a result of exceptionally warm water temperatures extending far out into the ocean. The last five years have produced the warmest sea-surface temperatures on record in the region, contributing to record low sea ice levels.

Kool-Kats

Candy Wrappers Reimagined as Origami

Myriad companies are pledging to make their products and packaging more sustainable, including the multinational food and drink giant Nestlé, which announced in January that it is committed to using 100 percent recyclable packaging for its candy by 2025. Miniature KitKat chocolate bars from its Japan confectionery branch will be wrapped in paper instead of plastic, with instructions for how to fashion it, post-snack, into the iconic origami crane, a traditional Japanese messenger of thoughts and wishes. Nestlé hopes that this will guarantee the paper remains in use longer rather than be disposed of immediately.



"Inflammation is the Spark that ignites most disease" 1,2,3

Pain and Inflammation Enzyme



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1. Christine G.; Alice P.; Kristina D. (2004). The Fires Within. TIME Magazine, February 23, 2004 Vol. 163 No. 8.
2. Rakoff-Nahoum, S. (2006). Why Cancer and Inflammation. YALE Journal of Biology and Medicine 79 (2006), pp.123-130.
3. Shacter E., Weitzman S. (2002). Chronic Inflammation and Cancer. www.cancernetwork.com, January 31, 2002.

Signs of Nutritional Deficiencies

EYES

Dark circles or bags under the eyes: Allergies, food tolerances, dehydration
Poor night vision: Vitamin A
Ruptured blood vessels in the eyes: Vitamin C
Nearsightedness: Vitamin D
Pale lower eyelid: Iron

HAIR

Hair loss: B2, B5, Biotin, D, Zinc
Dry hair: Vitamin A, E, Omega 3, Protein, Iodine, Selenium, Biotin
Dandruff: Selenium, Omega 3, Vitamin A

MUSCLES AND JOINTS

Muscle cramping: Magnesium, B1, B2, B6
Twitching: B1, B2, B3, B6, B9, Vitamin D, Magnesium, Calcium
Edema/Swelling: B1, B6, Potassium
Numbness or tingling: B12, B5
Clicking Joints: Manganese

SKIN

Bumps on the back of the arms: Vitamin A
Dry or rough skin: Vitamin A, E
Unusual nosebleeds: Vitamin C
Easy bruising: Vitamin C
Acne during menstruation: B6
Dermatitis: B2, B3, Biotin
Red stretch marks: Zinc

NAILS

Spoon shaped: B12, Iron
White marks: Calcium or Zinc
Pale Nails: Iron, Biotin
Brittle Nails: Calcium, Magnesium, Iodine
Cuticles Tear Easily: Protein

TEETH AND GUMS

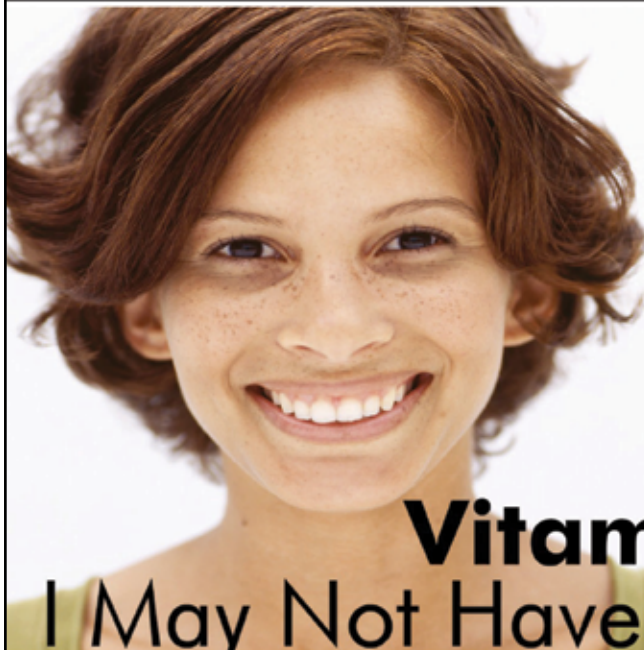
Bleeding gums: Vitamin C, folic acid
Crowded Teeth: Calcium, Vitamin K

MOUTH

Canker sores: B3, B12, Folic acid, Calcium
Cracks in the corner of the mouth: B2
Weak tooth enamel: Vitamin A, D, K, Calcium
Painful tongue: B2, B3, Folic Acid
Loss of smell or taste: Zinc

EMOTIONAL / MENTAL

Depression: B1, B5, Biotin, PABA
Dementia: B1, B3, B12, folic acid
Nervousness/Irritability: B1, B6, B5
Insomnia: B3, B5, B6, D3
Dizziness: Iron, B2, B12



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How Inflammation Affects the Body

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Pro-inflammatory cytokines cause autoimmune reactions in the brain, which can lead to depression, autism, poor memory, Alzheimer's disease and MS.



SKIN

Chronic inflammation compromises the liver & kidneys, resulting in rashes, dermatitis, eczema, acne, psoriasis, wrinkles & fine lines.



CARDIOVASCULAR

Inflammation in the heart & arterial & venous walls contributes to heart disease, strokes, high blood sugar (diabetes) and anemia.



KIDNEYS

Inflammatory cytokines restrict blood flow to the kidneys. Complications like edema, hypertension, nephritis & kidney failure can result.



BONES

Inflammation interferes with the body's natural ability to repair bone mass, increasing the number of fractures & leading to conditions like osteoporosis.



LIVER

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THYROID

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LUNGS

Inflammation induces autoimmune reactions against the linings of airways. Can result in allergies or asthma.



GI TRACT

Chronic inflammation damages our intestinal lining and can result in issues like GERD, Chron's disease and Celiac disease.



MUSCLE


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In reality, going to bed is the best me-time we can have.

~Cindy Davies

CHASING ZZZZZs

How to Put Insomnia to Rest

by Marlaina Donato

Tossing and turning most of the night while obsessing about the need for sleep is a torture we all go through every now and then, but for the 40 percent of Americans dealing with current or chronic insomnia, it can be a regular nightmare. In fact, 50 to 70 million adults in the U.S. suffer from some form of sleep disorder, according to the American Sleep Association.

The causes are multi-faceted: stress, pharmaceutical side effects, hormonal imbalances, chronic pain, anxiety and too much caffeine all fuel the insomnia loop. Add to that the overstimulation from 24/7 technology, social pressures and unresolved emotional pain, and it's easy to see why long, hard, sleepless nights have become a worldwide epidemic.

The effects are profound. Compromised sleep not only leads to decreased quality of life, malnourished relationships, a heightened risk of accidents and inferior job performance, but also lowered immunity and chronic inflammation, raising the odds of heart disease, stroke, high blood pressure, weight gain and diabetes. About 90 percent of people diagnosed with depression also experience sleep deprivation, and many antidepressant medications can disrupt the ability to fall asleep and dream.

However, a number of natural and holistic approaches can provide lasting

results without undesirable side effects. Along with tried-and-true methods like acupuncture, therapeutic massage and changes in diet and exercise, the National Sleep Foundation recommends mindful breathing and meditation. New options are emerging to help foster quality sleep, including cognitive behavioral therapy (CBT), non-psychoactive CBD oil and lifestyle changes supporting a healthy circadian rhythm.

Body and Mind, a Tangled Web

Psychological, emotional and physical health all play a role in our ability—or inability—to get a good night's rest. “Not sleeping well is a sign of a deeper imbalance that needs to be addressed. So, if we're masking the problem with medication, the underlying cause remains unaddressed,” says Elina Winnel, a sleep coach who works online with clients at *TheSleepExpert.com*. “Insomnia is a complex issue that has psychological components, but is also affected by deeper mechanisms, including an imbalance between the two main branches of the autonomic nervous system.”

The intricate connection between emotion and sleep-robbing stress hormones explains why insomniacs are often caught in an undertow of racing thoughts and preoc-

cupations. Says Winnel, “Stress has become the norm, and most people don't even realize they're in that state. This produces stress hormones and can prevent the natural process of sleep from occurring.” Stress also depletes vitamin B and magnesium levels necessary for quality sleep, she adds.

Cindy Davies, owner of the Holistic Sleep Center, in Ferndale, Michigan, has similar views on the role emotion plays in troubled sleep patterns. “We're chronically suppressing our feelings throughout the day. Our inability to address these emotions culminates in a night spent in bed awake with fears and worries,” she says. “Pushing ourselves to the point of exhaustion can help defend ourselves against dealing with feelings or memories, but impairs our ability to sleep restfully or restoratively.”

Resetting Inherent Rhythms

Circadian rhythm, our biological clock, is a cellular marvel that is affected by light and internal changes in temperature. Stephanie Silberman, Ph.D., a licensed psychologist in Ft. Lauderdale, Florida, and Fellow of the American Academy of Sleep Medicine, explains that it's helpful to have a circadian rhythm aligned with societal norms so that we're sleepy at bedtime and active during daylight hours. “When a person's circadian rhythm is delayed, they will have trouble falling

asleep at a regular bedtime, and when it's advanced, experience sleepiness too early in the evening and then [have] early morning awakenings."

Circadian rhythm regulates digestion, cellular repair, hormones and many other functions. It also slows down the metabolism during night hours, helping us to stay asleep. "The circadian rhythm can be disrupted by many factors, including traveling to a different time zone, shift work and exposure to blue light late at night while binge-watching your favorite series," says Winnel.

Our natural hormonal rhythms are wired to release melatonin at certain

times, allowing us to rest frequently during the day. Davies explains that an adult's body is designed for periods of rest every 90 minutes. "Most people don't have the opportunity to rest every 90 minutes, but if we were able to, we'd be going to bed in a state of rest, instead of exhaustion," she says.

Our bodies start producing melatonin around 9 p.m., when we should already be winding down, but too often we push ourselves to stay up to watch TV or have "me-time", says Davies. "In reality, going to bed is the best me-time we can have."

Herbalist and licensed psychotherapist Jenn J. Allen, in Stroudsburg, Pennsylvania,

Stress has become the norm, and most people don't even realize they're in that state. This produces stress hormones and can prevent the natural process of sleep from occurring.

~Elina Winnel



Sleep Tips

For healthy circadian rhythm and melatonin cycles, try:

- ✓ Shutting off all screen devices, including the TV, two hours before going to bed
- ✓ Going to bed when you get that 9 p.m. slump and just taping a favorite show
- ✓ Walking barefoot and feeling the earth
- ✓ Spending quality time outside in sunlight, preferably in a natural setting
- ✓ Taking nourishing baths with natural soaps, lavender essential oil or herbs
- ✓ Designating certain time slots to not answer the phone or answer emails
- ✓ Exercising regularly and not within three hours of bedtime
- ✓ Taking a break from work every 90 minutes for two minutes of slow, deep breathing
- ✓ Breaking the caffeine habit by replacing coffee and tea with healthier alternatives

For emotional components of insomnia, try:

- ✓ Going on a "worry fast" for five or 10 minutes, and then practice doing it for an hour or a full day
- ✓ Reserving time with loved ones for in-person conversations and get-togethers
- ✓ Checking in with yourself and acknowledging all emotions and fears without judgment
- ✓ Setting aside ambitions for a day to recharge
- ✓ Sleeping in without guilt—shopping and running errands can wait
- ✓ Choosing not to compare your life with others

adds, "People spend up to 10 hours a day on electronic devices, which directly impacts melatonin production and stimulates the fight-or-flight response system in the brain."

Two Sides of Every Brain

Smartphones and social media have piled even more on our plate, even if we enjoy them. "We're expected to be constantly 'on' and reachable 24/7," observes Winnel. "This leads to an excessive reliance on our sympathetic nervous system and difficulty switching brainwave states from beta—as associated with alertness—to theta and delta, which we experience during sleep. Through practice and specific exercises, it can become easier for us to reach the state of mind needed to nod off."

To support healthier sleep patterns, Winnel emphasizes the importance of using both hemispheres of the brain while awake. "Particularly in our professional lives, logical and rational processes are rewarded, while creativity is seen as optional. This can cause a chronic imbalance in the way we use the two hemispheres of our brain. Optimal sleep requires equalized functioning in the neurological structures that are unique to each hemisphere." Mindful breathing and alternate-nostril yogic breathwork can also bring harmony to both hemispheres of the brain and promote deep relaxation.

Promising Plant Allies

Chronic pain can also prevent sound sleep. Allen stresses, "It's important to understand what is actually causing pain and what type of pain it is. Some chronic pain comes from postural issues or injuries, so massage, chiropractic or gentle movement like yoga can help to drastically reduce the intensity of pain."

Identifying nutritional deficiencies and supporting the nervous system is also key. "Plants work both physiologically and energetically. Gentle nervine herbs like oats or chamomile can help to soothe the nervous system, and are effective for children and teens. Adaptogenic plants are known historically for helping the body to resist physical, chemical or biological stresses. Tulsi and ashwagandha, when taken consistently, can be useful in helping

adults to combat stress,” Allen says, reminding us to also check with a healthcare professional to avoid contraindications.

Going for that extra cup of coffee during the day or pouring a drink or two in the evening are habits that only exacerbate sleep issues. “Caffeine suppresses our body’s ability to feel tired, not by giving us energy, but by increasing the production of adrenaline and suppressing the production of melatonin. Alcohol, like some prescription medications, can interfere with our ability to fall asleep, sleep deeply and experience dreaming states,” cautions Davies.

CBD oil derived from the cannabis plant is an effective pain-reducer and helps to regulate healthy sleep patterns. Cannabidiol (CBD), which does not contain THC (tetrahydrocannabinol), the chemical substance in marijuana responsible for inducing a high, is available as capsules, inhalers and tinctures.

Learning New Tricks

Many sleep-seeking people are reaping the benefits from cognitive behavioral therapy



People spend up to 10 hours a day on electronic devices, which directly impacts melatonin production and stimulates the fight-or-flight response system in the brain.

~Jenn J. Allen

for insomnia (CBT-I). The American College of Physicians recommends it as the first-line therapy for insomnia ahead of medication, citing that it improves sleep and daytime functioning in 70 to 80 percent of treated persons, often without

supplemental medication. A meta-analysis published in *The Journal of the American Medical Association* in 2015 shows that CBT-I can resolve insomnia for 35 percent of people with sleeplessness linked to existing medical and psychiatric conditions such as fibromyalgia or PTSD.

CBT-I helps to change long-held patterns. “CBT includes keeping sleep logs, improving sleep hygiene, learning ways to decrease anxiety and how to associate the bed as a place where we sleep well, instead of the maladaptive thinking that it’s a place to toss and turn,” says Silberman. CBT can also be helpful for chronic pain and other physical problems when underlying issues are treated in conjunction.

A good night’s rest is indeed possible. Davies says, “In order to really change our ability to sleep, we need a complete cultural mindset shift that prioritizes sleep and our need to rest.”

Marlaina Donato is the author of several books and a composer. Connect at AutumnEmbersMusic.com.



The Benefits of an Alkaline Body

Fewer Colds

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

Cancer Prevention

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

- Skin more elastic, youthful
- Deeper more restful sleep
- Abundant physical energy
- Suffer from fewer headaches and viruses
- Good digestion
- Less arthritis
- Reduction of candida (yeast) overgrowth
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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.



ANTIQUES RISING

Discovering the Green in 'Brown' Furniture

by Yvette C. Hammett

Fast food and fast fashion are common in this amped-up world. There's also fast furniture—the kind that often comes in a box, assembly required. It's made of particle board held together by toxic chemicals; it is often flimsy and it's consuming forests at an alarming rate. But millennials love it. That's why they're sometimes called the IKEA generation.

"Your grandmother's big sideboard and armoire are hard to sell," says Todd Merrill, owner of the Todd Merrill Studio, a furniture and design gallery in New York City. "We have changed the way we live. Our houses are laid out differently—no more formal dining rooms. I think people are less inventive about how to repurpose, reuse and restore."

Grandma's treasures, once passed down for generations, are largely passé. The new word for antiques is "brown furniture"; prices have plummeted 60 to 80 percent in two decades, say industry experts. The youngsters want no part of them, even though they are hand crafted out of solid wood extracted from old-growth forests that took centuries to mature.

Large retail chains cater to strong consumer demand for disposable furniture, and it is driving a great deal of deforesta-

tion, according to the Alliance of Leading Environmental Researchers & Thinkers (ALERT). IKEA's own figures show that it uses 1 percent of the world's commercial wood supply a year to manufacture these throwaway pieces. The U.S. Environmental Protection Agency reports that 9,690 tons of furniture—both fast and slow—ended up in the nation's landfills in 2015, the latest year for which statistics have been published.

The trend is at odds with millennials' notable environmental sensibilities—and they do put a premium on authentic, handmade items and companies with social impact—so experts say the tide may be turning. Like the growing Slow Food movement, "slow" furniture enjoys a sense of character and provenance that doesn't come in a box.

When Merrill opened his furniture studio in 2000, it consisted of half pristine antiques and half mid-century modern furniture. He quickly saw a trend of people snapping up the mid-century and leaving the handcrafted antiques behind. "I pulled things out of trash heaps in the Upper East Side. People came in and started snatching up all the vintage modern."

Merrill's vintage offerings now focus on mid-century modern and

upcycled, repurposed furnishings, something the millennials have taken to. The kids will continue to come around, he says. "If you go around Brooklyn, people are reusing and recycling antique furniture. With the antique market hitting bottom, it is hard to ignore it. As it bottoms out, kids are going to come back to these things."

There can be a cool factor in reusing something that is old, unique and odd, he added. "Oddity and ugliness is kind of in fashion right now."

Alex Geriner, of Doorman Designs, in New Orleans, began upcycling out of necessity. He had little money to furnish his 19th-century apartment. His need quickly became a business when the furnishings he created out of old wood pieces began flying out the door. "I think for millennials—I am a millennial—they want something with a story tied to it, some sort of bigger meaning. My generation is all about experiences. If they can say, 'I found this in a dumpster' or 'in a roadside flea market,' any story is an investment for millennials."

Terry Gorsuch, whose side business in Dolores, Colorado, Rustique ReVintage, involves salvaging old theater chairs, church pews and other novel items, upcycling them and selling them for a tidy profit, says, "There is nothing special about a coffee table from IKEA. All our pieces have a story. They're from a 1936 theater or an 1895 Grange Hall where farmers and ranchers met."

Gorsuch says he already has some "hipster" millennials buying items like old lockers or other odd pieces that they mix and match. "When you take something and put it back to use, you get a feeling of satisfaction," he says.

"The informality of today allows for the mix-and-match thing," Merrill says. "Take an old door and repurpose it ... Put it up in your house or upcycle it into a table. "What we are missing in our homes is character," he says. "Repurposing is a very good thing to do."

Yvette C. Hammett is an environmental writer based in Valrico, Florida. Connect at YvetteHammett28@hotmail.com.

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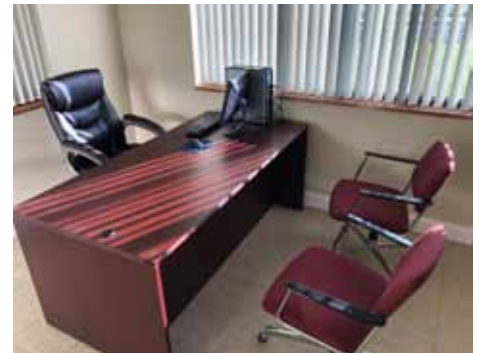
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- May reduce appetite
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- 1 fl. oz. of wheatgrass juice is equivalent to 2½ pounds of the choicest vegetables
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The Happy Thyroid

Seven Ways to Keep It Humming

by Ronica O'Hara

Much of our day-to-day well-being—how energetic we feel, how clear our thinking is and how our body processes food—is governed by the activity of the butterfly-shaped, thumb-sized thyroid gland at the base of the throat. When it's working as it should, life is good. However, about one in eight Americans suffers from a malfunctioning thyroid, and women are five to eight times more likely than men to face the consequences.

It's a delicate balancing act. A thyroid that produces too few hormones makes us feel sluggish and constipated. We gain weight easily, have muscle cramps and experience heavy periods. Hypothyroidism, as it's called, is linked to chronic fatigue syndrome, infertility and autism in newborns. A 2013 study published in *Annals of Neurology* found that pregnant women deficient in thyroid hormone are four times more likely than healthy women to produce a child with autism.

If the thyroid produces too many hormones, we suffer from hyperthyroidism with a racing heart, irritability, light periods, unexplained weight loss and insomnia; it can lead to hardening of the arteries and heart failure later in life, according to a study in *Circulation Research*.

The good news is that there are simple and effective strategies that can optimize thyroid function and avoid these potential health setbacks, say experts. Their recommendations:

1 Keep up mineral levels. The thyroid needs iodine to churn out hormones, and usually iodized salt or sea salt with natural iodine can supply most of our daily needs of 150 micrograms. Sardines, shrimp, seaweed, yogurt, eggs and capers are also rich in iodine. However, too much of a good thing can tip the balance in the other direction, so practice moderation with super-charged iodine foods like cranberries: A four-ounce serving contains twice the daily requirement. In addition, our thyroids need selenium (one or two Brazil nuts a day will do it) and zinc (nuts, legumes and chocolate) to function optimally.

2 Eat fermented foods. About 20 percent of the conversion of inactive thyroid hormone (T4) into active hormone (T3) takes place in our gut, which makes “good” bacteria critically important. Andrea Beaman, a New York City health coach and author of *Happy Healthy Thyroid: The Essential Steps to Healing*

Poses such as plow pose, fish pose, boat pose and cobra can improve blood circulation to the thyroid gland, which is imperative for its health.

~Stacy Thewis

Naturally, recommends probiotics like cultured vegetables, kimchi, sauerkraut and sourdough bread, as well as prebiotics like root vegetables, plantain, burdock and dandelion root.

3 Filter drinking water. “Fluoride and chlorine are elements that can block the absorption of iodine into the thyroid,” says Elizabeth Boham, M.D., a functional medicine doctor at the UltraWellness Center, in Lenox, Massachusetts. A reverse-osmosis filter or a high-end pitcher filter will remove chlorine, as well as fluoride, which British researchers have linked to a 30 percent higher rate of hypothyroidism.

4 Detox cosmetics. Phthalates are endocrine-disrupting chemicals found in cosmetics, nail polish and shampoos; they are also in plastic toys, and 3-year-old girls exposed to phthalates have shown depressed thyroid function, Columbia University scientists report. Research cosmetics and find toxin-free alternatives at the Environmental Working Group Skin Deep Cosmetics Database. (ewg.org/skindeep).

5 Wake up easy. About 85 percent of thyroid diseases involve an underactive thyroid, says Beaman, adding that it is often the body's pushback against frenzied, stressful lifestyles: “The thyroid is literally slowing down—our body is saying, ‘Slow, slow, go slow.’” For a low-key start to the day, she suggests not using an alarm clock if possible, and then doing some long, slow stretching and deep breathing. “It takes just five minutes, and you're starting the day not in fight-or-flight mode, but in a fully relaxed and fully oxygenated body.”

6 Talk it out. In Eastern philosophy, the thyroid in the throat is located at the fifth chakra, the energy center of expression and communication, Beaman says. If we find ourselves either regularly shouting or choking back our words, “it helps, if you want to support

your thyroid on a deep emotional level, to express yourself somehow, some way, to someone somewhere,” such as to a therapist, family member or good friend.

7 Do yoga asanas. “Poses such as plow pose, fish pose, boat pose and cobra can improve blood circulation to the thyroid gland, which is imperative for its health,” says Stacy Thewis, a registered nurse, certified wellness coach and gut-brain expert in Mellen, Wisconsin. In a study in the *Journal of Complementary and Integrative Medicine*, 22 women with hypothyroidism that practiced yoga for six months needed significantly less thyroid medication.

Ronica A. O’Hara is a Denver-based natural-health writer. Connect at OHaraRonica@gmail.com.



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Help for a Troubled Thyroid

To verify a possible thyroid condition, consult a doctor, endocrinologist, functional medicine doctor or naturopathic doctor. Ask for a range of tests, not only the standard thyroid-stimulating hormone (TSH) test, but also free T4, free T3, thyroid antibodies for autoimmune reactions, and thyroid-releasing hormone (TRH) tests for a full picture.

The standard pharmaceutical approach for hypothyroidism, the most common condition, is the synthetic hormone levothyroxine (Levoxyl, Synthroid, Unithroid) that boosts T4 production; but it can cause depression and weight gain, researchers at Chicago-based Rush University Medical Center report in *The Journal of Clinical Endocrinology and Metabolism*. Ask also about Armour Thyroid, derived from animal thyroids, that contains both T3 and T4, and is often preferred by functional medicine doctors.

Other testing can uncover a reaction to gluten, which is often linked to thyroid dysfunction. “For many with thyroid issues, gluten can provoke an autoimmune response via celiac disease or non-celiac gluten sensitivity,” says registered dietitian nutritionist and health coach Amanda Wikan, of Petaluma, California. If a celiac test is negative, she suggests trying a six-week, gluten-free diet and watching afterward for any signs of non-celiac sensitivity such as headaches, bloating, gas or brain fog.

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ZENFUL EATING

Mindful Meals in Quiet Gratitude

by April Thompson

In Zen monasteries, the head cook (known as the *tenzo*) is one of the most important positions a monk can hold; Eihei Dogen, founder of Soto Zen, one of the longest-established sects of Buddhism, said this is “because the position requires wholehearted practice.” In the 13th-century volume *Instructions for the Zen Cook*, Dogen wrote, “In preparing food, it is essential to be sincere and to respect each ingredient, regardless of how coarse or fine.”

Rituals around food are an important element of Buddhism, as with many spiritual traditions. But we don’t have to be a Buddhist or a practiced meditator to learn how to cook more mindfully, enjoy meals more fully and eat in better balance.

“Cooking can be a meditation. We cook with all our senses: We taste, touch and listen to determine if the pan is hot enough. You just have to be mindful,” says Jean-Philippe Cyr, author of *The Buddhist Chef: 100 Simple, Feel-Good Vegan Recipes*.

“Cooking is an act of love and generosity, so cooking should be done with care—taking the time to consider the ingredients and overall flavors of the meal, storing the vegetables properly, paying

attention while you chop. These things are the foundation of a great meal,” says Gesshin Claire Greenwood, an ordained Zen priest in San Francisco. Greenwood trained in Buddhist monasteries in Japan for more than five years, experiences she draws from in her recent memoir and cookbook *Just Enough: Vegan Recipes and Stories from Japan’s Buddhist Temples*.

While vegetarianism is encouraged in all schools of Buddhism and most monasteries abstain from meat, it is not a strict requirement. Cyr, a vegan and practicing Buddhist of 20 years, takes seriously the concept of *ahimsa*, or “do no harm”, as a chef. “Veganism and Buddhism share the common value of compassion—compassion towards animals, as well as the Earth. Climate change caused by meat consumption causes a lot of harm, too,” says Cyr, of rural Quebec, Canada.

The “middle way” is an important Buddhist principle in the kitchen—striking the balance between indulgence and deprivation—the “just enough” in Greenwood’s cookbook title. “It’s important to use enough salt so that the food tastes good, but not so much that it’s overpowering. When we shop for food or eat a meal, we can also pay attention to when we’ve had enough,” she says.

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

Mind Over Mouth

Mindful eating can open up a beautiful new relationship to food, says Jan Chozen Bays, a Zen Buddhist priest and co-abbot of Great Vow Zen Monastery, in Clatskanie, Oregon. “This country is in an epidemic of out-of-balance eating. People are stressed out and fearful about eating, but cooking and eating should be inherently pleasurable human activities,” says Bays, the author of *Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food*. “In Zen practice, mindful rituals help us learn to be present and peaceful during meals.”

Mindful eating is not about restrictions, but rather about curiosity and investigation—an adventure for the senses, says Bays. “Research shows that diets don’t work, as they rely on external sources rather than helping you to go inward and tap into the innate wisdom of your body.”

Tuning In at Mealtimes

Rushing through meals mindlessly, we’ve become deaf to our body’s own signals of satiety, says Bays. “Go to the supermarket when you’re hungry, and head to the perimeter where the real food is and stop and ask your body, ‘Would you like oranges? Would broccoli be good for us?’ Tune into your cellular hunger,” she says.

At the Great Vow Zen Monastery, the first morning meal is conducted in silence, along “with a prayer to bring gratitude for the food and to all living beings whose life flows to us in our food,” says Bays, adding that research shows ceremonies and moments of reflection lead to more mindful, healthy eating.

“Instead of talking on the phone, try cooking in silence. Drawing your awareness to details like the smell of basil, the color of tomato and the touch of the spoon brings so much richness to the act of cooking,” says Bays.

Such a focus leads to a sense of appreciation for the ingredients of meals and life, says Myoju Erin Merk, a priest at the San Francisco Zen Center. “Making a meal is an active extension of our ‘sitting’ (meditation) practice.”

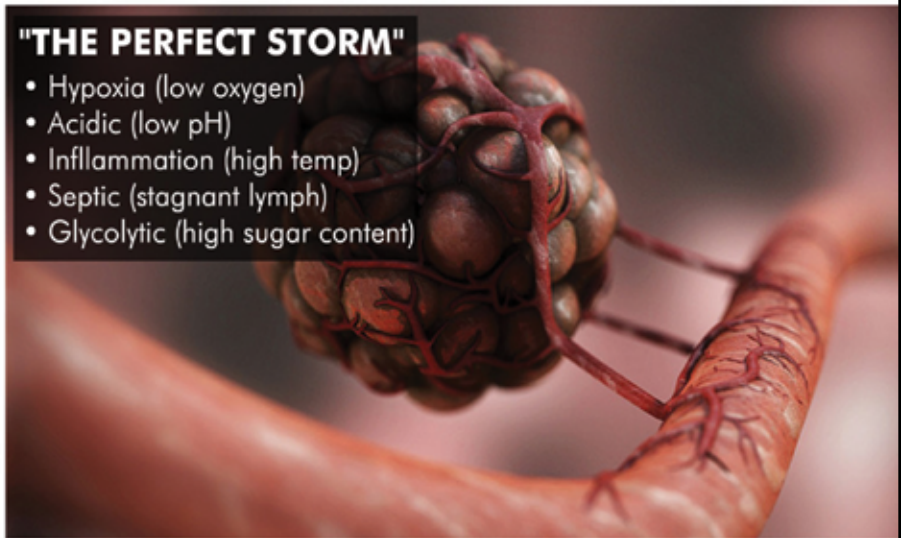
Connect with Washington, D.C. freelance writer April Thompson at AprilWrites.com.

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



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- 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.

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Did you know that the water fish swim in needs to be the correct pH in to live? Also, plants flourish when the soil is at the right pH level. Life only exists where there's balance, and your body is totally regulated by pH. Are you too acidic?

fit body



Click and Sweat Virtual Workouts Change the Game

by Julie Peterson

Welcome to the digital age, where budding gym rats, former couch potatoes and schedule-challenged fitness freaks are finding new ways to get in shape. These days, virtually anyone with a smartphone or Wi-Fi connection can connect with a yoga video, a spin class or any number of personal exercise experiences.

Some folks are wearing devices that calculate distance and monitor bodily functions—then post it all to social media. Private trainers are offering online workout routines with motivational emails and text messages, while some gyms include online training as an add-on to membership or leverage technology to provide classes to consumers globally.

Virtual fitness is growing in leaps and bounds. The use of health and fitness apps has more than tripled since 2014, and three-quarters of active users open their apps at least twice a week, according to Flurry Analytics. Yet, it's not for everyone.

Erin Nitschke, Ed.D., of Cheyenne, Wyoming, the director of educational partnerships and programs at the National

Federation of Professional Trainers, is monitoring the upsurge in virtual fitness and believes it will take time to perfect the options. “While virtual training may be a best practice for a certain population of users, it may be a barrier to others,” she says.

Accessible, Flexible and Affordable

The convenience and affordability of virtual training has some clients thriving on their ability to marry technological tools to fitness goals. They can log in anytime, anywhere, even while travelling; take a variety of classes from famous trainers for a fraction of the cost of in-person sessions and receive emails or texts that provide encouragement to reach the next level.

For those new to exercising, virtual training eases self-consciousness. It's an opportunity to learn the basics and begin the process of toning up at home before venturing into an unfamiliar environment where everyone seems to know what they're doing. In this respect, virtual training can serve as a gateway to establishing a fitness routine that eventually leads to the local gym.

“One of the most frequent reasons people cite for not maintaining a regular exercise habit is lack of time,” says American Council on Exercise President and Chief Science Officer Cedric Bryant, Ph.D., of Redmond, Washington. He points out that virtual tools and devices may help eliminate some of those time barriers, allowing people to get quality workouts.

The Real Deal

But some people go to the gym or attend fitness classes because they enjoy the social connection more than the sweat. Nitschke says that social support can be a predictor of success, so it's possible that virtual training can have a negative impact. Bryant agrees. “There are different fitness personality types, and some need the live and in-person experience.”

Bryant points out that gyms and trainers often request health information and fitness goals beforehand to provide clients a more customized program. In-person instruction also has the benefit of immediate feedback to ensure safe, effective and proper technique.

Erika Hetzel, a Pilates instructor and personal trainer in Dane County, Wisconsin, believes that virtual workouts are fine for people that have attended classes enough to know the exercises and have good body awareness. “For beginners, hands-on cues and modifications are important, especially if there are any contraindications for exercise.”

One of the most frequent reasons people cite for not maintaining a regular exercise habit is lack of time.

~Cedric Bryant

She carefully monitors her clients for form and doesn't plan to offer virtual training because it's impossible to give clients bodily adjustments. “It leaves trainees at risk of not getting full benefit or getting hurt,” Hetzel says. “An effective workout is about the quality of the movements.”

Bryant says that instructor interaction is a plus; however, the best virtual workouts give detailed instruction and regression or progression of all moves, allowing participants to choose an appropriate intensity level.

Making a Virtual Connection

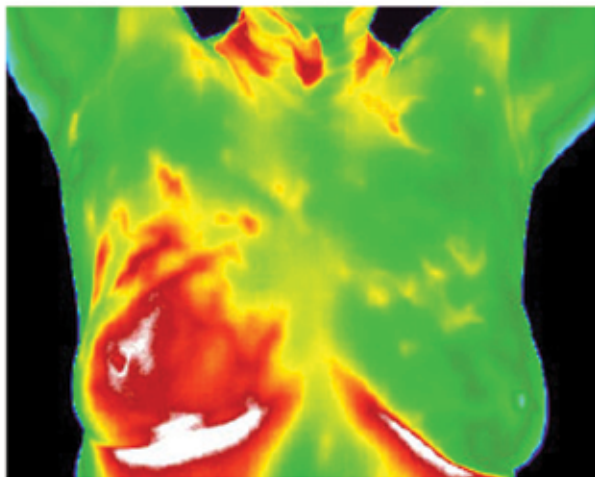
Logging in with a high-speed internet connection, gathering required equipment in advance and possessing self-motivation might prevent getting discouraged. However, overconfidence can lead to injury, so being fully aware of limitations is essential before taking a dive off the recliner directly into a series of lunges. For social butterflies, a real-live friend to login with may be necessary to make virtual training fun.

Fitness training may be forever changed by technology, but Nitschke says it remains to be seen if fitness professionals can respond to individual learning styles to foster success and elevate the fitness client's virtual experience.

Julie Peterson writes from rural Wisconsin. Contact her at JuliePeterson2222@gmail.com.

PREVENTION AND EARLY DETECTION

Black Women in Louisiana Are MOST LIKELY to develop breast cancer and die.



Louisiana has the 29th highest incidence and second highest death (mortality) rate of breast cancer in the U.S.

Black women are more likely than other racial/ethnic groups to be diagnosed at later stages and have the lowest survival at each state of diagnosis. They are also more likely to be diagnosed with triple negative breast cancer, an aggressive subtype that is linked to poorer survival.

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Mammograms Carry Cancer Risk

There is growing evidence that mammograms, which are the primary screening tool



for breast cancer, may cause it. Scientists have long known that radiation causes cancer, and now research published in the *British Journal of Radiobiology* reports that the so-called “low-energy X-rays” used in mammography are four to six times more likely to cause breast cancer than conventional high-energy X-rays because the low-energy variety causes more mutational damage to cells.

Mammograms led to a 30 percent rate of over-diagnosis and overtreatment, according to a study published in the *Cochrane Review*. Researchers wrote in the study, “This means that for every 2,000 women invited for screening throughout 10 years, one will have her life prolonged and 10 healthy women, who would not have been diagnosed if there had not been screening, will be treated unnecessarily. Furthermore, more than 200 women will experience important psychological distress for many months because of false positive findings.”

Many women and functional medicine doctors are now choosing non-invasive and radiation-free annual thermograms as a safer alternative. Those at high risk for breast cancer may choose to do periodic MRI screenings, a recommendation supported by research at Britain’s University Hospitals Birmingham.

To schedule a full body thermography exam call 896-4141. The cost is only \$94.

inspiration



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ENOUGH FOR ALL

In Pursuit of Grateful Living

by Brother David Steindl-Rast

Grateful living is the awareness that we stand on holy ground—always—in touch with mystery. Jewish sages interpret the words of *Genesis* 3:5 in a way that is of great relevance to grateful living. “Take off your shoes; the ground on which you stand is holy ground.” The soles of your shoes are leather—dead animal skin. Take off the deadness of being-used-to-it and your live souls will feel that you are standing on holy ground, wherever you are.

It is pretty evident that greed, oppression and violence have led us to a point of self-destruction. Our survival depends on a radical change; if the gratitude movement grows strong and deep enough, it may bring about this necessary change. Grateful living brings in place of greed, sharing; in place of oppression, respect; and in place of violence, peace. Who does not long for a world of sharing, mutual respect and peace?

Exploitation springs from greed and a sense of scarcity. Grateful living makes us aware that there is enough for all. Thus, it leads to a sense of sufficiency and a joyful willingness to share with others.

Oppression is necessary if we want to exploit others. The more power you have, the more efficiently you can exploit those

below you and protect yourself against those above you. But grateful people live with a sense of sufficiency—they need not exploit others—thus, oppression is replaced by mutual support and by equal respect for all.

Violence springs from the root of fear—fear that there may not be enough for all, fear of others as potential competitors, fear of foreigners and strangers. But the grateful person is fearless. Thereby, she cuts off the very root of violence. Out of a sense-of-enough, she is willing to share, and thereby tends to eliminate the unjust distribution of wealth that creates the climate for violence. Fearlessly, she welcomes the new and strange, is enriched by differences and celebrates variety.

Grateful eyes look at whatever is as if they had never seen it before and caress it as if they would never see it again. This is a most realistic attitude, for every moment is indeed unique.

Adapted from an interview, with Brother David Steindl-Rast that originally appeared in Greater Good, the online magazine of the Greater Good Science Center. For more information, visit Tinyurl.com/ABetterWorldThroughGratitude.

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The good news about gratitude is that it is one of the more growable character strengths—and it's never too late.

~Giacomo Bono

Kids With Gratitude

Making Thankfulness Second Nature

by Ronica O'Hara

This Thanksgiving, there's something to be especially thankful for—gratitude itself. Emerging research shows gratitude to be one of the easiest, most effective ways to kickstart happiness and well-being. “The good news about gratitude is that it is one of the more growable character strengths—and it's never too late,” says Giacomo Bono, Ph.D., an assistant professor at California State University, in Dominguez Hills, and

co-author of *Making Grateful Kids: The Science of Building Character*.

It's also never too early to “plant” it: Even toddlers love to parrot, “Thank you.” Research by Bono and others shows kids that are grateful are happier, more engaged and studious, and less envious, depressed, materialistic and prone to violence. It can be taught: After one week of daily 30-minute lessons on gratitude, 8- to 11-year-olds wrote thank-you notes for a PTA presenta-

tion that were 80 percent longer than notes by kids that didn't have the lessons.

To instill gratitude in a child:

1 Be grateful and show it. “Kids are more likely to do something if they see adults around them doing it,” says Bono. “Being specific with your words helps, too, because it shows what behavior mattered to you and why.”

Adds psychologist Mary Jo Podgurski, founder and president of the Academy for Adolescent Health, in Washington, Pennsylvania: “If we express our gratitude by making eye contact, with sincerity and by providing an example of how much we are appreciative, the words are empowered. Telling the grocery clerk, ‘I really like the way you packed my berries on top. Thanks for taking the time to be careful with my purchases,’ will light up the clerk's face.” That can translate into a child not simply saying, “Thank you” to a grandparent for birthday money, but also explaining how excited they are about the game they plan to buy with it.

2 Enact a small daily ritual. “It's also good for families to come up with gratitude rituals,” says Bono. “Everyday conversations about the good things and people we have or encounter in life, and being specific with words, helps young children understand the connection between kindness and feeling grateful better.”

For writer Judy Gruen's family in Los Angeles, this means a morning prayer:

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“When we wake up in the morning, the first words we say are those of gratitude that we have awakened and have the opportunity for a new day.”

At dinner time, some families play “a rose, a thorn, a bud”—with each person saying what happened that day that they’re grateful for, what problems came up and what they’re looking forward to. As a bedtime ritual, Heidi McBain, a counselor and author in Flower Mound, Texas, follows a routine with her two children that includes “reading, checking in about their day—the good/bad/ugly—and at least one thing they are grateful for from their day. And I often share mine, as well!”

3 Make gratitude fun.

By getting creative, we can make kids’ expressions of gratitude even more enjoyable. Business coach Kristi Andrus, in Denver, says that her family toasts a lot at mealtime, raising their glasses and clinking them. “Our toasts are simple, ‘Today I’m grateful, thankful, or happy to share _____.’ [fill in the blank]. The kids love it and the parents always smile at what the kids bring up.”

Charlene Hess, in Eagle Mountain, Utah, a blogger and homeschooling mom to seven kids, has set up a gratitude door with a sticky note added each day from each child. “This really helps the kids become more aware of all the good things in their lives, particularly as time goes on and they have to get more creative with their responses.”

“A rampage of appreciation” is what Jeannette Paxia, a motivational speaker and children’s book author in Modesto, California, does with her five children: “We spend 10 minutes walking around and appreciating all we see. My children love it!”

In the home of northern New Jersey therapist Shuli Sandler, when one family member shows gratitude to another, a coin is put in a jar. “When it is full, the whole family can go out and do something together, like grab ice cream or something fun—remembering of course to say thank you,” she says.

Ronica A. O’Hara is a Denver-based natural-health writer. Connect at OHaraRonica@gmail.com.

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Both women are 60 years old

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Most patients diagnosed with breast cancer this year (2019) did a mammogram in

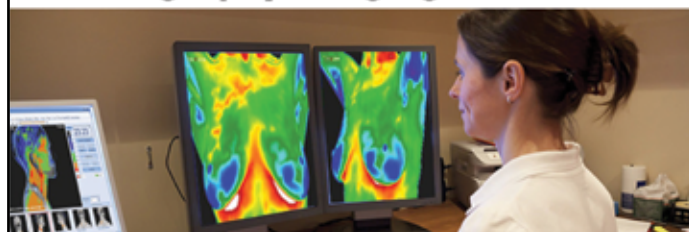
**2018
2017**

**2016, 2015, 2014, 2013
but somehow they now have breast cancer in 2018**

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

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Thermography Imaging of the Breast



Seven years without a cold?

Copper in new device stops cold and flu

By Doug Cornell

Scientists recently discovered a way to kill viruses and bacteria.

Now thousands of people are using it to stop colds and flu.

Colds start when cold viruses get in your nose. Viruses multiply fast. If you don't stop them early, they spread and cause misery.

In hundreds of studies, EPA and university researchers have confirmed that viruses and bacteria die almost instantly when touched by copper.

That's why ancient Greeks and Egyptians used copper to purify water and heal wounds. They didn't know about microbes, but now we do.

Scientists say the high conductance of copper disrupts the electrical balance in a microbe cell and destroys the cell in seconds.

Tests by the EPA (Environmental Protection Agency) show germs die fast on copper. So some hospitals tried copper for touch surfaces like faucets and doorknobs. This cut the spread of MRSA and other illnesses by over half, and saved lives.

The strong scientific evidence gave inventor Doug Cornell an idea. When he felt a cold about to start he fashioned a smooth copper probe and rubbed it gently in his nose for 60 seconds.

"It worked!" he exclaimed. "The cold never got going." It worked again every

time. He hasn't had a single cold for 7 years since.

He asked relatives and friends to try it. They said it worked for them, too, so he patented CopperZap™ and put it on the market.

Soon hundreds of people had tried it and given feedback. Nearly 100% said the copper stops colds if used within 3 hours after the first sign. Even up to 2 days, if they

still get the cold it is milder than usual and they feel better.

Users wrote things like, "It stopped my cold right away," and "Is it supposed to work that fast?"

"What a wonderful thing," wrote Physician's Assistant Julie. "No more colds for me!"

Pat McAllister, 70, received one for Christmas and called it "one of the best presents ever. This little jewel really works."

Now thousands of users have simply stopped getting colds.

People often use CopperZap preventively. Frequent flier Karen Gauci used to get colds after crowded flights. Though skeptical, she tried it several times a day on travel days for 2 months. "Sixteen flights and not a sniffle!" she exclaimed.

Businesswoman Rosaleen says when people are sick around her she uses CopperZap morning and night. "It saved me last holidays," she said. "The kids

had colds going round and round, but not me."

Some users say it also helps with sinuses. Attorney Donna Blight had a 2-day sinus headache. When her CopperZap arrived, she tried it. "I am shocked!" she said. "My head cleared, no more headache, no more congestion."

Some users say copper stops nighttime stuffiness if used just before bed. One man said, "Best sleep I've had in years."

Copper can also stop flu if used early and for several days. Lab technicians placed 25 million live flu viruses on a CopperZap. No viruses were found alive soon after.

Dr. Bill Keevil led one of the teams confirming the discovery. He placed millions of disease germs on copper. "They started to die literally as soon as they touched the surface," he said.

People have even used copper on cold sores and say it can completely prevent outbreaks.

The handle is curved and finely textured to improve contact. It kills germs picked up on fingers and hands to protect you and your family.

Copper even kills deadly germs that



Dr. Bill Keevil:
Copper quickly kills cold viruses.

have become resistant to antibiotics. If you are near sick people, a moment of handling it may keep serious infection away. It may even save a life.

The EPA says copper still works even when tarnished. It kills hundreds of different disease germs so it can prevent serious or even fatal illness.

CopperZap is made in America of pure copper. It has a 90-day full money back guarantee. It is \$69.95.

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New research: Copper stops colds if used early.

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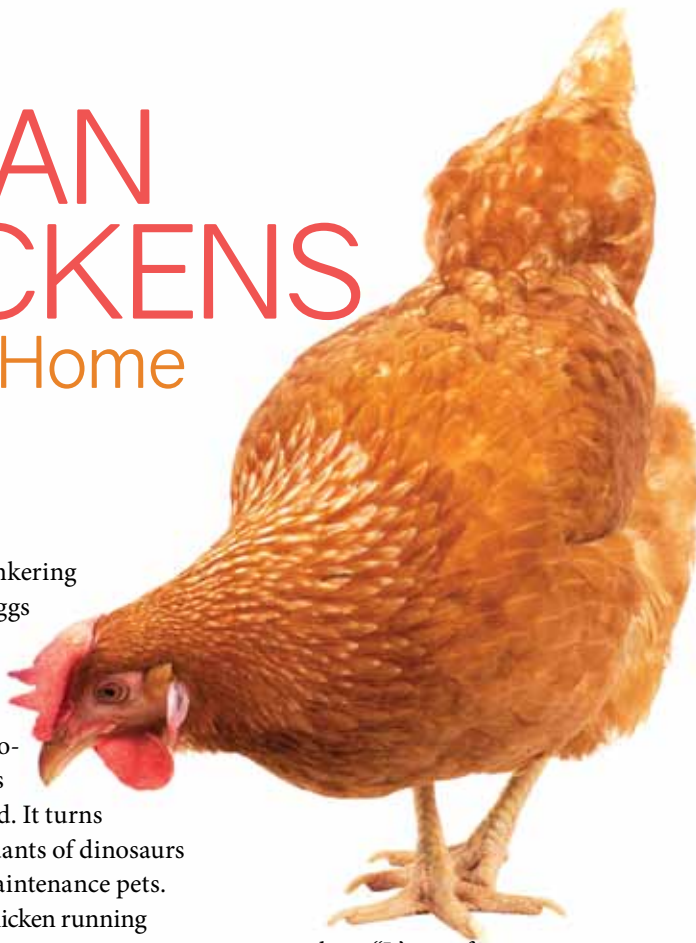
URBAN CHICKENS

Coming Home to Roost

by Julie Peterson

Locavores with a hankering for fresh, organic eggs produced close to home have sparked a resurgence in backyard chicken keeping; even people that don't like omelets are getting in on the trend. It turns out that the little descendants of dinosaurs make fascinating, low-maintenance pets.

"You can't watch a chicken running across the yard and not have your mood lifted," says Shana Cobin, who has owned chickens for four years. A veterinary staff member, she takes in rescues on her small farm in Foster, Rhode Island. Her current flock of eight chickens has room to forage with a turkey, some goats and sheep. At night, her birds sleep in a predator-proof chicken coop. As a vegan, Cobin gifts the



eggs to others. "It's gratifying to give eggs to friends and family who might otherwise buy eggs from factory farms," says Cobin. "It's as if I'm helping those hens, too."

Those country chickens could be city chickens—if the municipality allows. An increasing number do, with a few rules. Roosters aren't usually allowed (think crowing at 4 a.m.); the number of hens is

limited; and they can't roam the neighborhood. Local ordinances vary widely and change frequently, so be sure to get the facts for each area.

Bird Benefits

Chickens are relatively simple and inexpensive to maintain. They come in a variety of sizes and colors, are easy to bond with and their entertainment value can't be underrated. "You will enjoy watching them for hours," says Andy G. Schneider, of Georgia, the national spokesperson for the Avian Health Program run by the Animal Plant Health and Inspection Service of the U.S. Department of Agriculture who has authored three books on chickens.

He says that keeping chickens is also a good way for children to learn responsibility and where their food comes from. He says, "They are living animals that depend on their owners and can live for 10 years or longer."

Backyard flocks readily compost food waste and hunt insects to eat. Their nitrogen-rich droppings and old bedding from the coop can fertilize gardens, or the chickens can be let loose in garden



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areas to fertilize and weed at the same time. However, they will eat desirable plants, so consider fencing off a fallow section of garden where they can prepare the ground for the next crop. Composting, fertilizing, weeding and pest control are benefits that even matronly hens that have slowed egg production still provide.

The miracle of producing an egg is a journey of its own. Rarely does a child—or grownup—squeal with as much glee as when the pet hen lays her first egg. Add the excitement of double-yolkers and tiny, yolkless “fairy eggs”, and collecting the hens’ bounty is a daily adventure.

Drawbacks

Like all pets, chickens need regular maintenance. They can get parasites such as mites or worms, or become sick. But the hardest thing about maintaining chickens is keeping them safe, according to Lisa Steele, a rural Maine farmer and author of *101 Chicken Keeping Hacks From Fresh Eggs Daily: Tips, Tricks, and Ideas for You and Your Hens*.

“No matter where you live, there is something that wants to kill or eat your chickens. A secure coop and run or pen are important,” Steele says. The family dog,

fox, coyotes, raccoons, owls and hawks are just some of the many potential predators.

If a rooster is in the flock, he instinctively protects hens from perceived danger—great for predators, but not necessarily a desirable pet. They crow louder, earlier and more often than most would expect. Unless eggs to hatch are wanted, no rooster is needed.

Starting a Flock

After selecting breeds, a new flock can be started with adult hens or chicks from a hatchery or breeder. Steele points out that it’s important to get chicks from a reputable breeder and start them off with good-quality feed, room to exercise, fresh air and clean water.

Coops can be built from plans or purchased. There is a trendy industry for palatial coops replete with window boxes, but the necessities include enough space for each chicken, roosting bars to sleep on, nesting boxes to lay eggs, good ventilation and predator-proofing. “The curtains, wallpaper and twinkle lights are fun, but not necessary,” says Steele.

Julie Peterson lives in rural Wisconsin with her husband, dogs and chickens. Contact her at JuliePeterson2222@gmail.com.

Chicken Facts

- Newly hatched chickens are “chicks”. The young males are cockerels, the young females are pullets. After one year, they are roosters and hens.
- Chickens see in color and can see UV rays, according to *FreshEggsDaily.com*. They have one eye sighted in for distance and one for close-up vision so that they can look for seeds and bugs on the ground while simultaneously searching the sky for aerial predators.
- The life expectancy of a hen varies from three to 12 years, depending on size, breed and safety from predators.
- Roosters instinctively protect hens from predators or any perceived danger (including people) by sounding an alarm, and then facing the danger as hens run and hide.
- Roosters have been known to ward off predators or die trying.
- A rooster is not needed for hens to lay eggs.
- Hens begin laying eggs as early as 16 to 20 weeks and have variable production, depending on breed and amount of daylight. Egg production can continue through life, but slows after about 3 years old (*Tinyurl.com/ChickensStopLaying*).
- Egg shell color can be white, pink, blue, green, brown or speckled, but it’s determined by genetics and will remain basically the same throughout a hen’s life (*Tinyurl.com/EggShellColorDetermination*).
- Fresh eggs have a coating that prevents bacteria from entering the pores of the shell. If eggs are washed, they must be refrigerated (*Tinyurl.com/WashedOrUnwashedEggs*).

PICK LIST



GREENWATER



BF-4



WheTea
Ab Weightloss



pH 9.5
Drops



Raspberry
Ketone

Pain & Inflammation Enzyme



Mood
Enhancer



Wheatgrass
Capsules

Frozen
Wheatgrass



PICK 3: \$65
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VITAMIN LIST

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- Probiotic Complex
- Digestive Enzyme
- Pain and Inflammation Enzyme
- Women's Hormone Balance
- BF-4 Weight loss
- pH 9.5 Capsules
- Vitamin E
- Vitamin D3
- CoQ10
- Cinnamon Capsules (for inflammation)
- Wheatgrass Capsules
- Case of Greenwater
- Frozen Box of Wheatgrass
- Garcinia Cambogia
- Mood Enhancer
- Turmeric Capsules
- WheTea Packs (6)
- WheTea Drops for Flat Stomach
- Iodine Drops
- Raspberry Keton Drops
- B-12 Drops
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- 3 Bottles of Greenwater
- pH 9.5 Drops

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CB10

PLUS MEMBERSHIP \$74/month

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CB20

GOLD MEMBERSHIP \$89/month

- Box of Frozen Wheatgrass (16 – count)
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- pH 9.5 Drops
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- Pain and Inflammation Enzyme (1 box)

Retail Value: \$171

CB25

PICK 2 MEMBERSHIP \$40/month

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

Retail Value: \$95 - \$105

CB8

PICK 3 MEMBERSHIP \$60/month

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

Retail Value: \$115 - \$135

CB15

PICK 4 MEMBERSHIP \$79/month

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

Retail Value: \$140 - \$215

CB20

Main Office, Carencro/Lafayette 565-9105
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Text VITAMIN CLUB and your name to 424-5066 to join.



breast cancer



Breast cancer is a disease in which cells in the breast grow out of control. There are different kinds of breast cancer. ... Most breast cancers begin in the ducts or lobules. Breast cancer can spread outside the breast through blood vessels and lymph vessels.

Breast cancer starts when cells in the breast begin to grow out of control. These cells usually form a tumor that can often be seen on an x-ray or felt as a lump. The tumor is malignant (cancer) if the cells can grow into (invade) surrounding tissues or spread (metastasize) to distant areas of the body. Breast cancer occurs almost entirely in women, but men can get breast cancer, too.

Breast cancers can start from different parts of the breast. Most breast cancers begin in the ducts that carry milk to the nipple (ductal cancers). Some start in the glands that make breast milk (lobular cancers). There are also other types of breast cancer that are less common. A small number of cancers start in other tissues in the breast. These cancers are called sarcomas and lymphomas and are not really thought of as breast cancers. Although many types of breast cancer can cause a lump in the breast, not all do.

Other Recommended Nutritional Supplements

Vitamin A, Vitamin D3, Vitamin E, Wheatgrass, Greenwater, pH 9.5 Drops, Turmeric Capsules, Cinnamon Capsules

Controlling BREAST CANCER naturally

herbs, nutritional supplements, diet

Pain & Inflammation Enzyme

Inflammation is an immune system response to an irritant. As soon as you prick your finger, come in contact with an allergen or catch a cold, your immune system activates, sending an army of white blood cells to fight off "foreign invaders" like bacteria and viruses. Even injuries such as a sprained ankle, tennis elbow and tendonitis cause inflammation, as white blood cells flood injured areas to remove bacteria and dead cellular debris. Sometimes, inflammation is noticeable (redness and swelling that appear in an injured area); this is referred to as acute inflammation. Chronic inflammation, however, occurs on a deeper, more internal level and is usually invisible. This can mask underlying, potentially dangerous health issues like heart disease, autoimmune disorders (lupus, rheumatoid arthritis, Sjögren's syndrome) or cancer that may be brewing.



Chronic Inflammation and Cancer

For decades, cancer experts suspected a link between chronic inflammation and cancer but were not able to confirm it until a few years ago. Researchers from the University of Pittsburgh Schools of Health Sciences reported that inflammation activates MUC1, a protein molecule that triggers tumor progression. Additionally, investigators at The Ohio State University Comprehensive Cancer Center found inflammation causes a rise in microR-155, a protein-lowering molecule that helps repair DNA. This can increase spontaneous gene mutations, raising the risk of cancer. Further, scientists at Florida Atlantic University observed that inflammation elevates CHI3L1, a cancer biomarker that spurs the growth of cancer cells.

Chronic Inflammation and Breast Cancer

Researchers have also been able to tie inflammation specifically to breast cancer development, metastasis (spreading), recurrence and lower survival rates.

A manuscript published in the American Society of Clinical Oncology Educational Book suggested that obesity creates multiple pathways of chronic inflammation throughout the body and in the breasts. Excess body weight enlarges fat cells, spurring inflammation. Obesity also instigates insulin resistance, a condition in which cells do not respond properly to insulin, causing the body to produce more insulin in order to control blood sugar levels. However, insulin is an inflammatory agent that can result in abdominal weight gain, creating a snowball effect of inflammation and enlarged fat cells. And since fat cells produce estrogen, obesity and insulin resistance can result in an overproduction of estrogen, raising the risk of breast cancer.

Biomedical engineers from Cornell University believe certain protein molecules (i.e., cytokines) and inflammation can cause breast cancer to metastasize. Cytokines send signals to cells, affecting cellular communication and behavior. According to engineers, the pro-inflammatory cytokines, IL-6 and TNF-alpha, activate a mechanism that stimulates breast cancer cells to move through blood vessels and adhere to their surfaces, eventually penetrating the blood vessels and contributing to metastasis.

Lastly, results from a study published in the Journal of Clinical Oncology found that measuring the levels of the proteins serum amyloid A (SAA) and C-reactive protein (CRP) can help gauge low-grade chronic inflammation and predict breast cancer recurrence and survival. SAA and CRP rise in response to a tissue injury or other cause of inflammation and when elevated, raise the risk of breast cancer recurrence and lower overall survival rates.

Source: <https://www.mdvip.com/about-mdvip/blog/connection-between-inflammation-and-breast-cancer>

\$49

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calendar of 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.

GET YOUR CALENDAR ITEMS PUBLISHED

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FRIDAY NOVEMBER 8

Cracklin Festival – 5-11pm & 10am-11pm Saturday Nov 9. Thru Sunday Nov 10. Celebrate the best of pork rinds with carnival rides, food, and live Cajun, Zydeco, and Swamp Pop bands. \$5 admission bracelets. Proceeds benefit the Port Barre Lions Club. Veteran's Park, 504 Saizan Ave, Port Barre. Cracklinfest.com.

Southern Screen – 5-8pm. Thru Sunday Nov 10. A film festival weekend of screenings, live performances, workshops, parties and food. \$15 one day pass. Various venues Downtown, Lafayette. Southernscreen.org.

SATURDAY NOVEMBER 9

Black Pot Cook-off – 8am-3pm. A fundraiser with live music, food tasting, and fun. \$5. Proceeds to benefit Foster the Love assisting foster families. Cajun Harley Davidson, 724 1-10 South Frontage Rd, Scott. 225-333-0733.

Party & Pins – 4-6:30pm. A fundraising raffle, 50/50 cash raffle and whiskey pull. Benefit The Greg Herbert Lung Cancer Screening Fund. \$45 EventBrite.com. Rock N' Bowl, 905 Jefferson St, Lafayette.

MONDAY NOVEMBER 11

Veterans Day – 6-8pm. Memorial ceremony to honor military veterans. Free. Boulogny Plaza, 102 W Main St, New Iberia.

TUESDAY NOVEMBER 12

CASA Heroes – 6-9pm. An awards banquet to honor professionals dedicated to Louisiana Court Appointed Special Advocate program. \$25 at Eventbrite.com. DoubleTree by Hilton, 1521 W Pinhook Rd, Lafayette.

WEDNESDAY NOVEMBER 13

Innovate South – 7:30am-9pm. Thru Friday Nov 15. A networking event for entrepreneurs to learn and share best practices in business and marketing. \$40 EventBrite.com. Acadiana Center for the Arts, 101 W Vermilion St, Lafayette.

FRIDAY NOVEMBER 15

The Jungle Book Kids – 6pm. Thru Sun Nov 24. A jazzy production featuring characters and favorite songs from the movie. \$10. Cite des Arts, 109 Vine St, Lafayette. Wonderland-PerformingArts.com.

SATURDAY NOVEMBER 16

Healing Traditions in Acadiana – 11am-12pm. Learn about the healing traditions of the Cajuns

and Creoles. Free. Vermilionville, 300 Fisher Rd, Lafayette.

SUNDAY NOVEMBER 17

The Color Purple – 7-9pm. A 2016 Tony Award and Grammy winner musical revival production. \$50 TicketMaster.com. Heymann Performing Arts Center, 1373 S College Rd, Lafayette.

TUESDAY NOVEMBER 19

By Design – 11am-12pm. Elevating women professionally with a discussion about invaluable laws of growth. Free, register at EventBrite.com. LITE Center, 537 Cajundome Blvd, Ste 111, Lafayette.

WEDNESDAY NOVEMBER 20

Artist Talk – 6-8pm. New Orleans artist and storyteller L. Kamisu Harris presents a creative conversation. Free. Paul and Lulu Hilliard University Art Museum, 710 E Saint Mary Blvd, Lafayette.

SATURDAY NOVEMBER 23

Broussard Community Fair – 10am-6pm. Thru Sunday Nov 24. An annual event for families with food, carnival rides, games, prizes and crafts. Free. St. Cecilia School/ Sacred Heart Church, 302 W Main St, Broussard.

MONDAY NOVEMBER 25

Rumble – 6:30-8pm. A cultural film series featuring The Native Americans who rocked the world. Free. Vermilionville, 300 Fisher Rd, Lafayette.

WEDNESDAY NOVEMBER 27

Ready Set Gleaux – 5:30-9:30pm. Run or walk and join the celebration to raise funds. Enjoy music, dancing, food and kids activities. \$35 registration. Funds raised to benefit the Miles Perret Cancer Services. River Ranch, Camelia Blvd, Lafayette. RaceRoster.com.

Financial Planning Workshop – 7-9pm. Learn more about taking control of personal finances. Free, register at Eventbrite.com. WSB Lafayette Financial, 700 Saint John St, Suite 201, Lafayette.

SATURDAY NOVEMBER 30

Christmas in the Village – 6-9pm. A family event to enjoy the lighting of the Christmas tree, food, craft vendors, and photos with Santa. Free. Loreauville Town Hall, 103 S Main St, Loreauville.

PRAYER TO MEND WHAT IS BROKEN

Heavenly Father,
I call on you right now
in a special way.
It is through your power
that I was created.
Every breath I take,
every morning I wake,
and every moment of every hour,
I live under your power.

Father,
I ask you now to touch me
with that same power.
For if you created me from nothing,
you can certainly recreate me.
Fill me with the healing
power of your spirit.
Cast out anything that
should not be in me.

Mend what is broken.
Root out any unproductive cells.
Open any blocked arteries or veins
and rebuild any damaged areas.
Remove all inflammation and
cleanse any infection.
Let the warmth of your healing
love pass through my body
to make new any unhealthy areas
so that my body will function
the way you created it to function.

And Father,
restore me to full health
in mind and body so that I may
serve you the rest of my life.
I ask this through Christ our Lord.
Amen.





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(337) 565-9105 FRONT DESK (337) 896-0085 Business Office

The Enterprise Business Center is a business incubator that's been in operation for 25 years, helping the Acadiana business community to grow. Previously named the Enterprise Center of Louisiana and operated by the University of Louisiana Lafayette, it has graduated many businesses that have gone on to prosper throughout Acadiana and Louisiana and got its start as a partnership between UL Lafayette, SLEMCO and the City of Carencro.

Entrepreneurs and individuals looking to start or grow a business have a friend at the Enterprise Business Center. The Enterprise Business Center is a mixed-use business community and leases offices and suites to high-tech, service, retail, and product development companies. The Center is located in Carencro on I-49 near I-10.

"Many of our tenants are individuals who've been working a business part-time from their homes and are looking for an affordable and professional business space to grow their business."

PRIVATE EXECUTIVE OFFICE SPACE

The Enterprise Business Center offers a variety of office spaces for rent. Lease agreements are a minimum of 12 months and can also be month-to-month thereafter. Private offices include:

- **Your own private office**
- use of conference room facilities
- use of event room facilities
- use of business meeting rooms
- use of executive fitness center
- client/customer break room
- MAIL MANAGEMENT (we can

- receive packages from USPS, FEDEX, UPS, freight deliveries, etc. when you are not in your office and after-hours
- your own business mailing address



Office Space for LEASE

The Enterprise Business Center leases office space ranging from 200 sq ft - 360 sq ft. Leases can be month-to-month or long-term. Monthly rates range from \$250, \$350, and \$450/month. Electricity, water, sewage, garbage, and internet/WiFi is included. All businesses have access to customer/client waiting rooms, mail management, and administrative support from the Enterprise Business Center's administrative office. The Enterprise Business Center has standard building access hours of 8AM to 9PM and special access hours can be arranged if needed.

CONFERENCE ROOMS

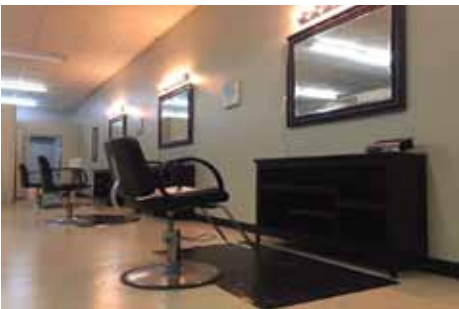
The Enterprise Business Center has two conference rooms for events, group meetings, workshops, trainings, etc. Business tenants have access to conference rooms during business hours and after business hours at discounted rates. The public can rent conference and event rooms for small events up to 65 guests. Ideas for conference room rentals are:

- **BABY SHOWERS**
- small events and celebrations
- business workshops and trainings
- corporate health fairs
- company staff meetings
- group/organizational meeting
- expos and conference meetings
- group fitness classes



SALON STUDIO SPACE

The Enterprise Business Center leases private salon studios and salon booth spaces. Booth spaces range from \$250 - \$350/month.



FITNESS CENTER

The fitness center is available to all business tenants and members.



BOXED BUSINESS MEMBERSHIP

BOXED BUSINESS MEMBERSHIP is office space or conference room space when you need it. You reserve an office space only when you need it. **BOXED BUSINESS Membership** is \$85/month (includes 24 hours of office space use time). Here are a few examples of **BOXED BUSINESS** memberships:

COUNSELOR

Bill Myers is a licensed counselor. Bill only needs an office one time each week to counsel clients.

- Bill has a standing office reservation every Thursday from 1 - 5PM.
- Bill schedules all clients for office consultations Thursdays 1-5PM.

16 hours of office space used for the month

TAX PREP AGENT

Sandy Kempt owns a tax prep business. Sandy only needs an office during tax season and only mornings 9-12AM.

- Sandy has reserved an office and a conference room for Mon, Tues, and Thur to meet with new clients in a business setting rather than at her home.

9 hours per week of office space used for the month

PHOTOGRAPHER

Jane Smith owns a photography business. Jane needs an office only when booking new photo shoots and events.

- Jane reserved an office on Monday morning from 9-11AM and Wednesday afternoon at 3-6PM to meet with two new potential customers.

5 hours of office space used for the month

LOUISIANA

MICRO CHAMBER OF COMMERCE AND TOURISM

4 Reasons Why Your Small Business Needs Conference Room

Are you tired of holding meetings in random places?



Are you tired of holding meetings in random places? Does your small business need conference room rental? Well continue reading this article to find out four reasons why conference room rental is beneficial for your business.

Did you know that there are over 25 million office meetings in a single day in the United States alone? According to recent research, the average worker spends about 37% of their total time at work in meetings! However, the reality is that many feel these meetings aren't as productive as they could be. Some workers feel that meetings are rushed and they end up costing them valuable time. Where you conduct your meetings has a lot to do with just how productive these meetings will be.

Especially if you're a smaller business, you may not have

the budget for an office space with a big conference room. If most of your work is done remotely, (out of the office) you may not even need a year-round conference room. When you need to get your team together, whether virtually or in real life, you need to find a space that allows everyone to focus. A space needs to let everyone be heard clearly, and encourage productivity.

Let's get real: the coffee shop down the street with its blaring music and constant WiFi interruptions just isn't going to cut it. Here, we'll tell you the four reasons why a conference room rental is a perfect solution for your small business.

Renting Gives You a Bigger Space - But Only When You need It

It's tough to have to pay for space you don't use. A conference room rental can help to keep your operating costs low, and your productivity high. Be honest with yourself: how

many team meetings do you actually have every month? How many clients come into your office on a weekly basis? As more and more businesses transition to remote workspaces (and virtual client correspondence) the reality is most do not need to spend extra money on a meeting space they don't use often enough to justify the cost. **Rent a conference room that's there for you only when you need it.** There's no reason to pay for one that's collecting cobwebs when you could be spending your money more wisely.

Rented Conference Rooms Have Better Tech

Sure, you'd like to invest in better technology for your office – but right now, it's not in your budget. If you're getting worried about dealing with dropped calls, bad service, and serious lags when you meet, it's time to switch to a rental conference room. You don't meet with ten people meet over Skype anymore. If your team is meeting half digitally, half in person, these conference rooms often provide large television screens with HD video calling so it feels like everyone is in the room.

It's More Convenient For Clients

These days, instant gratification is everything. If a client has to sit in traffic in the middle of a workday for an hour just to make it to your conference room meeting, they're probably going to take their business elsewhere. But we are located just off of I-49. Our location is convenient for you and your clients! And, since our conference rooms are available to rent 24/7, you can schedule your meeting when it works best for the client – not just during regular office hours. Plus, no more scheduling conflicts with co-workers over who gets the meeting room when. No more knocking on doors when it's time for someone else's meetings. You can rent conference rooms that are accessible to only you and the client. We're sure your clients will appreciate your flexibility – and will show it by giving you their business.

A Conference Room Meeting Helps Your Image

When you're meeting with clients, you want to give off the impression of success and organization. A conference room rental ensures you're delivering this to your clients. Be honest. How good is it for your brand, really, if you're meeting potential clients in coffee shops or libraries? But a conference room doesn't just make a great impression on your clients, without costing you a fortune. It also communicates to your employees that this is the time to get serious. If you have a conference room in your office, it's easy to zone out or text under the table during a weekly conference meeting. But if you've made sure to rent a space and schedule a meeting, your employees' attention will skyrocket. They'll also be more prepared for the meetings, especially since you may have in-person ones less frequently. This means they'll be ready to deliver their best ideas to you!

JOIN TODAY

BECOME A MEMBER OF THE

LOUISIANA

Micro Chamber of Commerce and Tourism

\$65/Month
BUSINESS CENTER
MEMBERSHIP

ON DEMAND
Conference Room
Executive Office

ON DEMAND means you have an executive office and conference room when you need one.

INCLUDES
LOUISIANA Chamber Membership
Corporate Address
Mail Receipt & Handling
Phone Number
Lobby Listing
Conference Room (1 Hr Free/Mo)
4 Hrs ON DEMAND OFFICE
1 Hr ON DEMAND CONF ROOM
Business Center Fitness Center

LOUISIANA

MICRO CHAMBER OF COMMERCE AND TOURISM

The LOUISIANA Micro Chamber of Commerce and Tourism (LCCT) works specifically to help improve the success of micro, mid-sized and small business organizations by providing promotion and business management resources. We help our members with business development, employee training, consulting, planning, marketing solutions and revenue enhancement.



BASIC MEMBERSHIP BENEFITS

- Invitation to monthly member meetings.
- Invitation and business booth at annual LOUISIANA Micro Chamber of Commerce and Tourism Expo.
- Business and professional listing on the LOUISIANA Micro Chamber of Commerce and Tourism website and business directory and social media pages.
- Discounts at participating chamber member businesses.
- Access to online training for staff (customer service, hospitality, skills development, workplace safety, and more). Employee certification is available for employees who complete the online courses.
- Conference room access at corporate office headquarters (staff meetings, trainings, workshops, small events, etc.).
- Executive office space access at corporate office headquarters and WELCOME CENTER locations. Reserve an office for business meetings and more. All of our welcome center locations offer complimentary beverages to chamber members and guests.

- Visit a WELCOME CENTER and learn more about business and tourist locations in each community. Members have access to special amenities and services only available to chamber members.

What We Do and How Does It Benefit Our Members

At the LOUISIANA Chamber of Commerce and Tourism we offer a wide variety of benefits for our membership. Regardless of whether you offer a product or service, have a brick and mortar location or conduct business virtually, employ hundreds of individuals or are a one-man-operation, every business can take advantage of exclusive member's-only perks, most of which are included in your annual membership dues. In addition, several levels of sponsorship opportunities allow businesses of all sizes and budgets to gain exposure at well-attended Chamber events.

Events: Members receive priority participation and discounted booths in Chamber-sponsored events.

e-Newsletters: Members receive regular emails, which include business and community news, success tips, exclusive promotional opportunities and details about upcoming chamber events.

Online Promotion: Members receive a complimentary micro-site in the Chamber's online Members Directory.

Facebook Exposure: Our active presence on Facebook gives you added exposure when we like, comment and share via your business' Facebook page. To maximize the impact, make sure you're following and engaging with us as your business page and personal profile, too.

Training & Education: Members are invited to Chamber sponsored education events, offering a variety of learning on topics such as social media, marketing and advertising, customer service, goal-setting and strategic planning, fraud prevention and other timely topics of interest.

Monthly Meetings: Members are invited to attend monthly member meetings to network and learn about a timely business topic. Member meetings are usually held on the fourth Thursday of each month from 11:30am to 1:00pm. Members receive e-invites and reminders leading up to each meeting. Lunch is catered by a member business for a nominal cost.

Business After Hours Events: A time of networking and fun for everyone, members are invited to attend quarterly events, held after hours, at a Member business. The perfect opportunity for members to showcase their products/services, and a casual networking opportunity for attendees, these events are well-attended. Refreshments are provided by the host and businesses may partner to share the spotlight and expenses. To sponsor an upcoming event, contact the chamber to be added to the waiting list.

Kick Starter Morning Coffee: Always the 2nd Friday of every month; this is an intense one-hour early morning networking event.

The location rotates through various business hosts or at our headquarters. Raise your business' profile even more by hosting!

Annual Awards Banquet: The largest social function of the year, members are invited to attend the Annual Awards Banquet each February. An evening of entertainment, dinner is served and several businesses and individuals are recognized with awards for their services/accomplishments.

Ribbon Cuttings: Our Ambassadors group welcomes the opportunity to assist in making your ribbon cutting, grand opening or ground breaking a special event.

Committee Activities: For members interested in playing a more active role in our organization and give of their time and talent to support our local businesses and better our community, we have several committee volunteer opportunities available. If you have questions, or would like to discuss which opportunity would best fit your talent and time availability, please contact the chamber office.

Sponsorships: Members have the opportunity to sponsor a number of community initiatives through the Chamber. Every level of sponsorship is welcome, allowing the Chamber to continue to serve both the community and its Members. Watch your email inbox for opportunities throughout the year.

Micro Matters

We Connect Micro, Midsized, and Small Business Organizations With People and Resources

Student Membership

Currently Enrolled Student

\$50

Professional Membership

One Professional Membership

\$250

Business Membership I

Businesses with 1 to 10 employees.

\$350

Business Membership II

Businesses with 11 to 30 employees.

\$450

Business Membership III

Businesses with 31 to 50+ employees.

\$550

SPONSOR

Become a corporate sponsor.

\$850 - \$_____

Business Center Membeship I

ON DEMAND OFFICE SPACE

\$85/month
(24 Hrs/month)

Business Center Membeship II

ON DEMAND OFFICE SPACE

\$95/month
(32 Hrs/month)

Business Center Membeship III

ON DEMAND OFFICE SPACE

\$115/month
(40 Hrs/month)

Become a Member Today

Member Name _____ Member# _____

Address _____ City _____ State _____ ZIP _____

E-mail _____ Phone (____) _____ FAX (____) _____

Signed _____ Print _____ Date _____

Credit Card Number _____ or Check No _____ Amount _____

Expiration Date _____ 3-Digit Security Code _____ Billing Zip Code _____

MAIL OR DELIVER APPLICATION AND PAYMENT TO: LOUISIANA Micro Chamber of Commerce and Tourism, 3419 NW Evangeline Thruway, Carencro, LA 70520. Phone: (337) 565-9105 TEXT Line: (337) 454-5066 FAX (337) 205-6191

I authorize LOUISIANA Micro Chamber of Commerce and Tourism to draft my credit card. I understand there are no refunds on memberships or services.

GUIDE TO

WEIGHT LOSS

in 2020

FREE



**FAT
GRABBERS**

Absorbs Fat
So You Don't

**SKINNY
PILLS**

Weight Loss
Pills that Work!

**FAT
COMPLEX**

Deactivate Fat Cells
Rev-Up Metabolism