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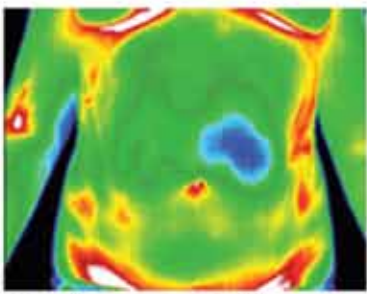
Road Map to Inner Peace

with Michael Singer

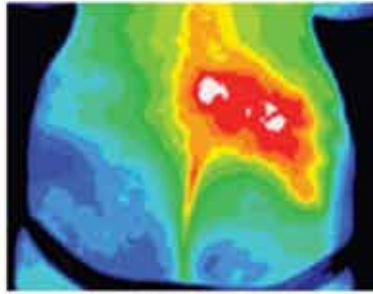


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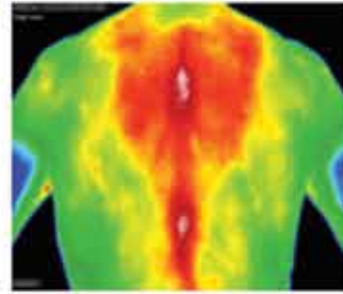
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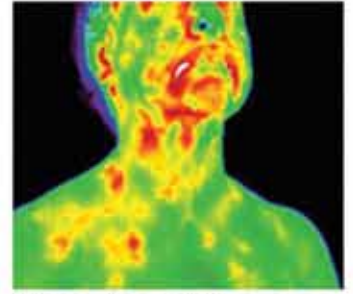
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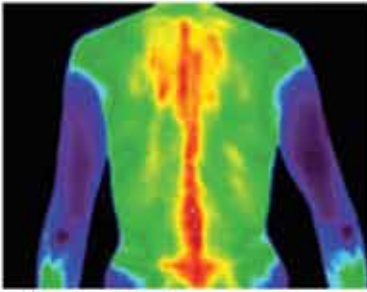
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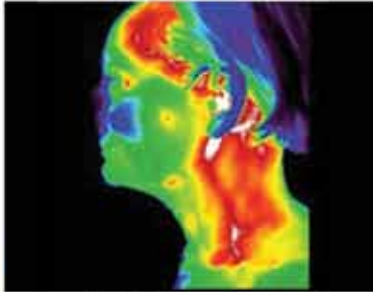
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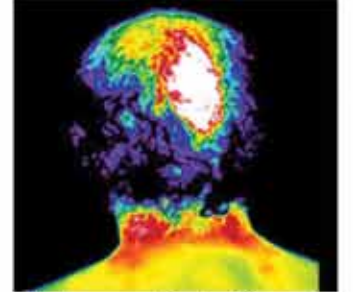
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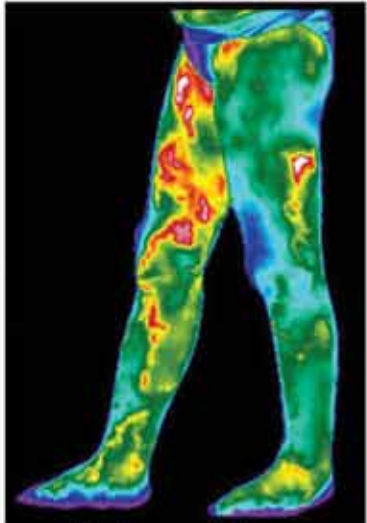
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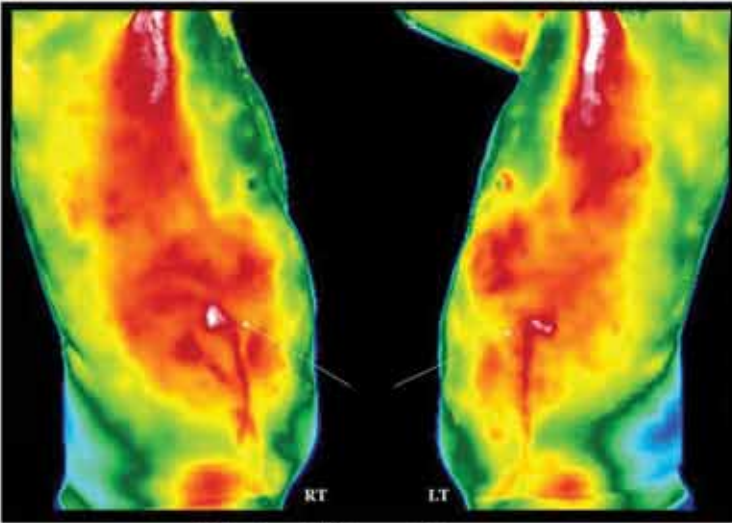
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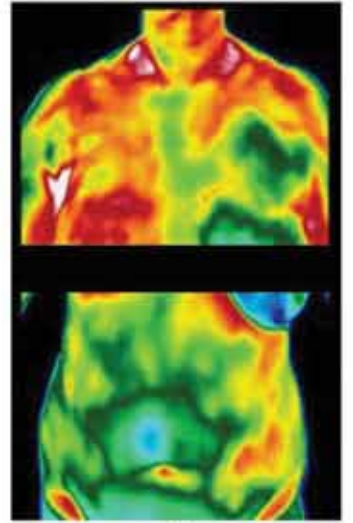
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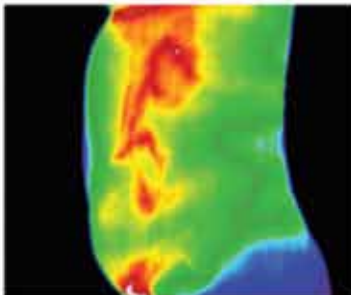
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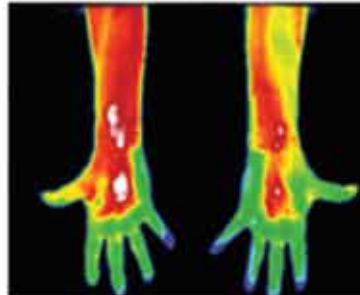
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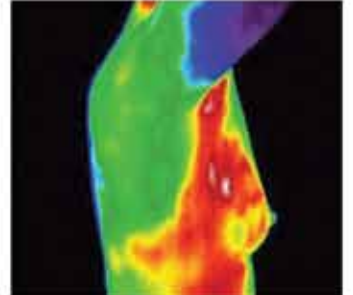
Thyroid Cancer



Digestive Disorders



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

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Turmeric root	100mg **

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- Burns fat
- Contains EGCG for fat oxidation
- Boosts metabolism
- Increases the body's alkalinity
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ZERONA: ZAP FAT WITH LASER LIGHT

Lasers are typically thought of as hot, but “cold” lasers that emit variable-frequency pulsed waves are used in surgery for pain relief and now to get rid of fat.

“It does seem too good to be true, but there’s a lot of science behind this,” says Steven Hopping, a cosmetic surgeon and otolaryngologist in DC. A former president of the American Academy of Cosmetic Surgery and a professor of surgery at George Washington University, Hopping has had a Zerona machine for about a year and a half.

With Zerona, a patient lies down and a four-armed device is positioned over the body. To treat the tummy and thighs, the laser eye in the middle of the contraption is positioned over the abdomen, while the four arms are over the thighs.

The laser is on for 40 minutes a session. Often, six sessions are spaced over a two-week period. Patients typically feel nothing, though some experience a tingle.

Fats cells are emulsified, causing them to collapse and be emptied via the body’s lymphatic system. The shrunken fat cells remain but are smaller.

In the study that prompted FDA approval, more than 80 percent of those in a Zerona trial lost an average of 3.64 inches combined over their waist, hip, and thigh areas. A control group that didn’t get Zerona averaged half an inch. The fat loss was evident in photos of participants.

Although it wasn’t required in the trial, patients getting Zerona now are asked during treatment to avoid caffeine and alcohol, and drink lots of water.

Zerona seems to have no adverse side effects. The laser operates at too low a level to affect deeper body tissues or skin. Blood studies conducted on those undergoing treatment were normal, and some people who had high or borderline-high cholesterol saw improvement.

In studies, more than 80 percent of patients responded to treatment. Hopping says that perhaps 75 percent of those he treats are pleased; the rest experi-

Zerona

Melt Belly Fat Using Zerona Cold Laser Treatments

Zerona employs a laser to shrink fat cells, and costs about \$1,500 to \$1,700 for a package of six purportedly painless treatments performed over two weeks in a doctor’s office. A package of six treatments at the LITEON Natural Health Center is under \$800. Each treatment takes roughly 40 minutes. Liposuction costs \$4,000 on average, and a tummy tuck costs \$5,000 to \$9,000. Unlike many laser sculpting procedures, Zerona has “absolutely no side effects, no allergic reactions, bruising, anything,” says Steve Shanks, president of Erchonia, Zerona’s manufacturer. The company’s clinical trial for FDA approval found that the procedure removed about 1 to 1.5 inches from each area treated including waist, hips, and thighs. *Source: Health.usnews.com*



ence little to no effect. Wanda Dyson, a DC internist who has a Zerona, reports about the same numbers, adding that with more sessions the likelihood of a response appears to increase. Both doctors say they've had a few patients lose as much as 12 inches.

"Men are especially good candidates because they tend to carry fat around the waist," says Hopping. "That fat often responds well."



Deborah Johnson of Arlington, a patient of Dyson's, initially signed up for six Zerona treatments on her abdomen, thighs, and back. They worked so well that she got three more.

"I started on a Monday, and by that weekend I was in my closet trying on clothes I hadn't been able to wear in a long time," Johnson says. She did Zerona last February and, when interviewed in December, said she had not only maintained the lost inches but lost more: "It inspired me to keep exercising and eating well."

"I love Zerona as a way to jump-start a healthy lifestyle change," says Dyson. "People come in on a diet plateau, start seeing inches go away, then stick with their diet and exercise program."

Zerona can't be used to remove firm fat, only marshmallow flab. It should be avoided if you're pregnant or have a pacemaker. Some evidence suggests that Zerona may not work as well on people with diabetes or thyroid impairment, because their lymphatic systems may be slow to get rid of material in collapsed fat cells. Finally, no studies have shown how long the effects last but for now at least we know it works.

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publisher's letter



Here in Acadiana, we enjoy eating. Eating is the center of all we do, how we socialize and how we live. We have been richly blessed with some of the best food in the world. In Acadiana we have access to fresh, home-grown goodness almost all year long, because of our wonderful semi-tropical climate. Eating a healthful diet takes a little work, though. Planning and putting our plan into action can make a big difference in our health.

Whether we are growing our foods ourselves, buying from a local grocer or simply ordering out, we need to think fresh, local, nourishing and healthful. Keep in mind that how we live is how we eat, and how we eat is how we live. Regardless of our budgets, eating healthfully is possible. As popular "home-grown" chef Paul Prudhomme says, "You don't need a silver fork to eat good food." With some modifications we can learn to eat well.

In this issue on personal growth and mindfulness, we look at how wheat, carbs, and sugar are affecting your brain health. We also include foods, herbs, and antioxidants that super-power our kids' immune systems. We know that a plant-based diet benefits our health by improving our energy levels, decreasing our weight and preventing chronic diseases. And we now know that chronic inflammation can be countered with dietary solutions.

Obesity is one of the biggest health crises of the 21st century, especially in America. There is overwhelming evidence that obesity, and often merely being overweight, is directly or indirectly responsible for our susceptibility to serious diseases that degrade or ruin our lives while we are still alive and kill us before our time. Diseases such as cancer, cardiovascular problems, diabetes, degenerative joint ailments and psychological disorders such as depression and anxiety all can be caused by obesity and improper nutrition.

Practically everybody experiences extra weight as they age. In most situations, we can control it by changing eating habits or exercising. But with some help and guidance, we can all discover and adopt a plan for healthful weight loss and weight management. Eating healthfully means eating in moderation, having healthful meals with plenty of vegetables, eating small portions at least five times per day and consuming different types of foods.

In order to keep both the mind and body in good condition, we must give them both enough food for their necessities. Starving ourselves—either by not eating enough or simply eating too much of the wrong things—is not the right path for a healthy mind or a healthy body. Eating healthfully requires that we choose nutritious foods that most benefit the body, and requires a change in habits. It takes time, but it can be done.

We must learn to take care of ourselves, to be aware of what we eat, how we eat, how much we eat and when we eat. A healthy eating pattern also will help us control our weight. If we combine a healthful eating pattern with simple but constant exercise, such as walking, we will achieve a healthful lifestyle.

Let's lose the weight, look good, feel great and be healthy. Let this issue enlighten us so that changing the way America eats starts with us.



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Steve and Michelle Castille, Publishers



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

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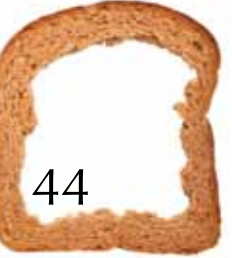
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by Sandra Murphy

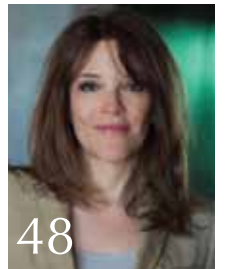
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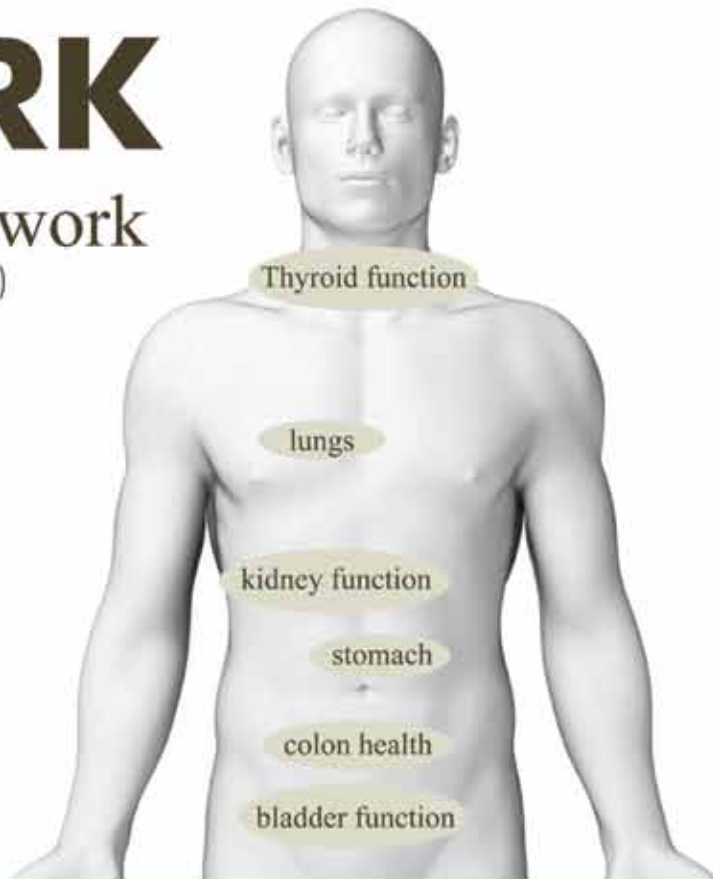
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LABWORK

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Why do doctors have lab work done on a patient?

This will check for things like low iron (anemia), infections, some cancers, arthritis and inflammations, and immune system functionality.

Now you can get labwork without having doctor's orders.

The Natural Health Center receives calls every week from people who ask, "What can I do to improve my health and longevity?" Our response is "get a blood test."

Unless we know what your blood looks like under a microscope, there is no way to identify what steps you should take to protect your health and enhance your well-being. Annual blood testing is the most important step aging adults can take to prevent life-threatening disease. With blood test results in hand, you can catch critical changes in your body before they manifest as heart disease, cancer, diabetes, or worse. Having the proper blood tests can empower you to enact a science-based disease-prevention program that could add decades of healthy life.

Sadly, most annual medical check-ups involve the physician ordering only routine blood tests, if blood tests are ordered at all. Far too often, this blood work does not even test for important markers of disease risk. The consequences of failing to analyze blood for proven markers of disease risk are needless disability and death. Blood tests have benefits that go far beyond disease prevention. For example, by monitoring levels of sex hormones, you can take decisive steps to enhance your quality of life, perhaps by correcting a depressive mental state, erectile dysfunction, abdominal obesity, or by improving your memory and energy levels.

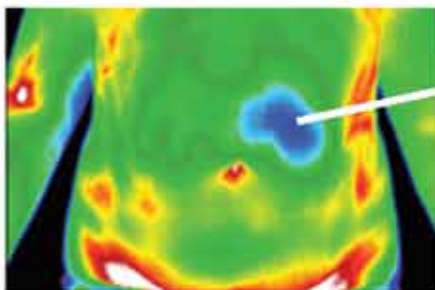
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Without your health you can not enjoy family or work.

What did I learn from my thermography exam?

- Franklin Carter, Jennings, LA



I have hypothermia in my stomach. The "good" bacteria has been damaged in my stomach and the natural flora of bacteria needs to be reestablished. I have malabsorption of my food and my low energy levels, weight gain, and headaches are because I am not absorbing enough nutrients.

\$94 Full-Body Thermography Screening



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Thermography is used to:

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

Saladworks Offers Signature Salads



Saladworks in Lafayette is the first location of its kind in the state of Louisiana. Scheduled to open the first week of November at 4302 Ambassador Caffery Parkway, Saladworks offers signature salads averaging 300 calories, so individuals can achieve life-changing weight loss without changing their active

lifestyle. The quick-serve restaurant features fresh salads, chopped fresh in-store everyday. Customers are welcome to construct their own salad from more than 62 fresh ingredients or choose from one of the 12 Signature Salads and modify it to their taste.

Saladworks is the oldest and largest salad restaurant in the world, celebrating its 27th year in November. Owners Scott Douget and Shane Bryant (Louisiana natives) want to bring a new variety of fresh, non-fried food to southern Louisiana. The Saladworks menu will also have a bit of regional taste—it features a constantly changing roster of ingredients that are fresh and in season. For example, this time of year Saladworks serves its proprietary pumpkin vinaigrette dressing.

In addition to salads and wraps, Saladworks also offers soups, delivery and full catering services. Each meal comes with a fresh white or wheat roll prepared fresh every hour and served right from the oven.

For more information, visit Saladworks.com. The website has a nutritional calculator, as well as an allergen calculator, friendly to people with dietary intolerances and those counting calories.

Rice Kings Food Truck Offers a Taste of Asian Fusion



Get a taste of Asian fusion food at the new traveling restaurant, Rice Kings Food Truck. Serving the Acadiana area since June, TK Nguyen says the truck hit the road with a bang. “The first day out, the truck was overwhelmed by all of its hungry followers,” she says.

Family-owned and operated, the truck serves Patrons can expect a light and healthy affordable menu with great quality food.

“In an area with lots of great food, Asian fusion was missing,” says Nguyen. “The Rice Kings’ truck accentuates Asian food and culture.” The most popular item on the menu is the Korean Bulgogi tacos with Korean flavored pork wrapped in a tortilla topped with lettuce, pico de gallo and a spicy, homemade, Asian-style BBQ sauce. It’s Asian food with a Mexican flare.

Rice Kings Food Truck posts its serving dates and times every Monday on Facebook at [Facebook.com/RiceKingsFoodTruck](https://www.facebook.com/RiceKingsFoodTruck). Mention Natural Awakenings and receive 15 percent off your total purchase during the weekdays, only for the month of November.

Crystalized Fitness Opens in Broussard



You’ve been Crystalized.” That’s what Crystal Trahan’s clients would tell folks after they trained with her and got good results. The name

stuck when she decided to open her own fitness center, Crystalized Fitness. A training studio that offers one-on-one training, boot camp and spin classes, the center opened its doors in September. Her mission, she says, is to create strong, confident, fit, beautiful people inside and out, while teaching people to live a life they love in a body they love.

With seven years of experience as a personal trainer, Trahan’s journey began with an 80-lb. weight loss. As a stay-at-home mom years ago, Trahan recalled watching her dad exercise when she was young, so she started exercising and eating right. Almost immediately, she noticed a change in her body. She remembers praying to God that if He’d help her get fit, she’d help others do the same and now, that’s exactly what she’s doing.

Shortly after losing the weight, Trahan started teaching spinning classes at a local gym. Not long afterward, her employer asked her to start working as a personal trainer. Although she was nervous and thought she couldn’t do it, she realized she was already training friends and family members. Now, at her studio, she takes training one step further. She realizes it’s important for people to eat right so she teaches a healthy cooking class at a client’s house one night per week to encourage people to love the food they eat.

Location: 104 Albertson Pkwy, in Broussard. For more information, call 337-837-4455. Sign up for personal training and get one free spin class per week in the month of November.

Bengals & Bandits Opens Lafayette Location



It’s easy to show some Ragin’ Cajun pride with apparel from Bengals & Bandits. The Baton Rouge-based retail store is now open in Lafayette at Main Street in River Ranch, next to Bath Haus. The October grand opening brought out lots of fans to the store—just in time for the University of Louisiana football season.

Bengals & Bandits is proud to offer exclusive apparel for U of L and LSU. The store’s vintage T-shirts are fans number one pick. The store also offers dressier apparel, along with caps, flags and other items to show support for one’s favorite team. Bengals & Bandits Lafayette also offers LSU gear (like its store in Baton Rouge), but the focus is on Ragin’ Cajun gear. All members of the family can find something to support their favorite team, with sizes starting from newborn to youth to adult.

For game day specials, visit [Facebook.com/bengalsandbandits.lafayette](https://www.facebook.com/bengalsandbandits.lafayette). Location: 201 Settlers Trace Blvd #2017, Lafayette. For more information, call 337-504-3525.

Garcinia Cambogia: Prevents Fat Cell Formation

What is Garcinia Cambogia?



Garcinia Cambogia is a safe and effective supplement extracted from the Garcinia Cambogia fruit — a small pumpkin shaped fruit from South Asia. The Garcinia Cambogia extract contains hydroxytric acid (HCA) which clinical studies show helps to control appetite and can prevent fat production.

HCA satisfies the body's need for energy and improves the signaling system that the body uses to tell the brain when it has eaten enough. With proper weight-loss efforts (dieting and exercising), the average person taking Garcinia Cambogia can lose an average of four pounds a month.

How Does Garcinia Cambogia Work?

The HCA extract from garcinia cambogia in weight loss by doing two things: It helps to block fat, and it suppresses your appetite.

HCA blocks fat by inhibiting a key enzyme that your body needs to make fat from carbohydrates: Citrate lyase. Usually carbohydrates or sugars that are not used immediately or stored in other forms are converted into fats. When HCA inhibits citrate lyase, the fat-making process is halted and the production of LDL (bad cholesterol) and triglycerides decrease.

HCA also suppresses appetite by increasing serotonin levels. Serotonin is a neurotransmitter in your brain that makes you feel good. It's a target of many antidepressant medications. Having low levels of serotonin may make you feel depressed or anxious; it drives many people into emotional or reactive eating. By increasing serotonin levels, HCA improves mood and suppresses the drive to react to stressful situations with food. As you eat less, your body senses this and it releases stored fat in your fat cells.

Benefits of Garcinia Cambogia:

- Helps in reducing weight by preventing the formation of fat.
- Prevents the liver from converting sugars and carbohydrates into fat for storage.
- Aids the body in reducing the the manufacturing of its own fat deposits.
- Performs like a fat blocker and reduces the formation of fat cells in the body.
- Manages food cravings and serves as an anti-depressant.
- Helps to reduce belly fat.
- Increases serotonin levels which balances mood and helps emotional eaters eat less.

Available at: LITEON Natural Health Center (Carencro) Tel: 896-4141 and DHARMA Wellness Center (Sunset) Tel: 662-3120

Source: *Inspired by Doctoroz.com*

ADVERTORIAL

Raspberry Ketones Help Fat Cells Shrink



In the last couple of months, 'raspberry ketones' has been a popular buzz phrase on television and the internet as a substance that can, reportedly, actually force your fat cells to shrink and help you lose weight. Raspberries have always been considered a good addition to any weight loss program, as they are high in antioxidants, and low in calories and sugar. However, you'd have to eat about 90 lbs of them to get the concentration of raspberry ketones these foods offer. Here is why raspberry ketones may work so well on helping to reduce fat cells.

Fat Burning Hormones and Raspberry Ketones

We all have a fat-burning hormone in our body called adiponectin. When this hormone is working correctly, and we're eating a healthy diet, we metabolize calories properly and don't store them as fat reserves around our stomachs, hips and thighs. Adiponectin also enhances insulin sensitivity so we decrease blood sugar levels and use calories more completely. Adiponectin also helps to lower blood pressure, and prevent atherosclerosis – hardening of arteries.

When we start overeating and not exercising enough, our adiponectin hormones become overwhelmed with the amount of calories to metabolize and become sluggish at burning them. That's when the love handles and the belly fat and the cellulite start showing up.

Raspberry ketones are the primary "aroma" compound of raspberries – it's what gives raspberries their distinctive smell. Research has shown that high doses of these ketones in mice on high fat diets have resulted in preventing weight gain, both subcutaneously – beneath the skin, and visceraally – around organs. It also helped prevent fatty liver from developing. The ketones apparently stimulate adiponectin release, thereby increasing insulin release, decreasing blood sugar, boosting metabolism, increasing good, brown adipose tissue that turns metabolism heat up and burns the bad, stored white fat cells.

Stories of people losing significant amounts of weight, some up to 5 lbs a week, while using daily raspberry ketones, has been noted, and endorsed, on popular television shows as well as the internet. Raspberry ketones have been featured on the Dr. OZ show many times. There are no reported side effects with raspberry ketones and they may help you get back on track with your weight loss efforts, or help you get off a weight loss plateau.

Available at: LITEON Natural Health Center (Carencro) Tel: 896-4141, DHARMA Wellness Center (Sunset) Tel: 662-3120, and Benny's Sportshack (Opelousas)

Source: *Foodtrients.com*

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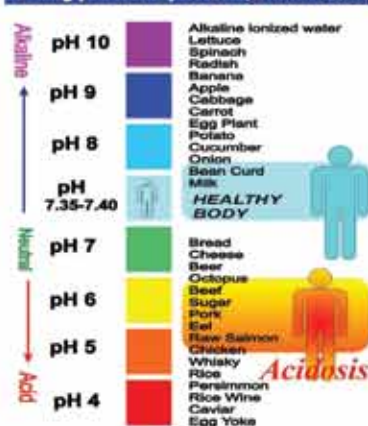
Why do I have so much abdominal fat?

“In a defensive maneuver, the body creates fat cells to carry acids away from your vital organs to try to protect them. When you eat and drink a more alkaline diet your body will not need to produce more or keep additional fat cells.”

~Dr. Steve

Weight also causes additional strain on the body, strain that can produce more acid. (And then more fat...it goes on and on).

Testing pH level by tester pH level of food



Acid or Alkaline

The more we learn about our bodies, the more we will discover the importance of maintaining pH balance for good health.

pH is a measure of the balance between positively and negatively charged ions in the body fluids, i.e. blood, urine and saliva. The "p" stands for "potenz" (this means potential to be) and the "H" stands for Hydrogen.

A lower pH value (below 7) indicates that body fluid is on the acidic side. A higher pH value (above 7) indicates alkalinity. A pH of 7,0 is considered neutral and is the pH value of distilled water.

If your pH is too acidic, your body borrows minerals-such as calcium, magnesium, potassium and sodium-from vital organs and bones to neutralize the acid and remove it from the body. Unfortunately a considerable amount of these minerals will simply be lost in the urine, contributing to the development of osteoporosis and other diseases

When you create a healthy pH, you create a significantly more disease-resistant body. A clinical study at UCLA of more than a thousand people found that those who were healthiest had a pH of approximately 7.46.



CANCEROUS CELLS

Cancer cells are once-healthy cells that have become cancerous. And they are a symptom of acidity. That is, when healthy cells are corrupted by dietary and metabolic acids, they can become cancerous. The more acid we have in our bodies, the greater the risk of developing cancerous tissue.

Healthy cells in the human body thrive in mild-, moderate- and high-pH fluids (7.3 to 11 pH). They do not tolerate even a mild acid state. Cancerous cells, on the other hand, thrive in an acidic pH of 5.5.

Cancerous cells become dormant at a pH slightly above 7.365, and transform back to the microzyma or die at a pH of 8.5 (while healthy cells live).

Prevention is the best cure, though the best ways to prevent cancerous conditions will also reverse the symptom if you already have a cancerous condition. Better you should never get that far!

Treatments such as surgery and chemotherapy do nothing to support the immune system or prevent buildup of acids in tissues. That's why cancerous conditions so often come back-nothing has been done to change the conditions that started them-acid!

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

Page 77

Dr. Otto Warburg won the Nobel Prize in 1931 for proving that cancer can't survive in an alkaline, oxygen rich environment but thrives in an acidic, low oxygen environment.

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Raspberry Ketones

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- Boosts metabolism
- Burns FAT
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"I suffered with a lot of pain and inflammation for over seven years. I started drinking wheatgrass shots and the first week most of the pain was gone. I am a believer." - Crystal C., Opelousas

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Mindful Meditation Relieves Inflammation

A new University of Wisconsin-Madison study shows that meditation, a proven reducer of psychological stress, can also lessen stress-caused inflammation and thereby relieve the symptoms and pain of certain diseases. Long-term stress has long been linked to inflammation, an underlying cause of many diseases, including rheumatoid arthritis, bowel disease, asthma, heart disease and Type 2 diabetes.

Meditation study volunteers were divided into two groups—an eight-week mindfulness meditation course or a stress reduction program of supportive nutrition, exercise and music therapy that did not include meditation. The meditation group focused attention on the breath, bodily sensations and mental content while seated, walking or practicing yoga.

Immune and endocrine data was collected before and after training in the two methods and meditation proved to be more effective. Melissa Rosenkranz, a neuroscientist with the university's Center for Investigating Healthy Minds and lead author of the report, concludes that, "The mindfulness-based approach to stress reduction may offer a lower-cost alternative or complement to standard treatment, and it can be practiced easily by patients in their own homes whenever needed."

Tanning Beds Invite Melanoma

As summer tans fade, some might feel attempted to use tanning beds to keep a "healthy glow", but they may be less than healthy. A recent multi-country meta-study published in the *British Medical Journal* confirms that exposure to a tanning bed's intense doses of ultraviolet light significantly increases the risk of cutaneous melanoma, the deadliest type of skin cancer.

Of the 64,000 new melanoma cases diagnosed each year in Europe, more than 5 percent were linked by researchers to tanning bed use. Users experience a 20 percent increased relative risk of all types of skin cancer compared with those that have never used one. This risk doubles if indoor tanning starts before the age of 35, and the risk increases with every session.



HAPPY LIFE, HEALTHY HEART



Feelings matter when it comes to protecting a person's physical health. Researchers at Boston's Harvard School of Public Health reviewing more than 200 studies published in two major scientific databases found a direct correlation between positive psychological well-being and a reduced risk of cardiovascular disease, including heart attacks and strokes. They concluded that positive feelings like optimism, life satisfaction and happiness are associated with the reduced risk, regardless of a person's age, weight or socioeconomic or smoking status.

ROSEMARY REVS UP MEMORY

Rosemary's folkloric reputation for improving memory has been validated by science. UK researchers at London's Northumbria University found that when the essential oil of rosemary was diffused into a room—a method practiced in aromatherapy—it enhanced participants' ability to remember past events and remind themselves to do tasks planned for the future, like sending an anniversary card.

Mark Moss, Ph.D., head of psychology at Northumbria, says, "We wanted to build on our previous research that indicated rosemary aroma improved long-term memory and mental arithmetic. In this study, we focused on prospective memory, which is critical for everyday functioning."

In the study, 66 people randomly assigned to either a rosemary-scented or unscented room were asked to complete a variety of tests to assess their memory functions. Those in the rosemary-scented room outperformed the control group.

Blood analysis of those exposed to the rosemary aroma confirmed higher concentrations of 1,8-cineole, the oil's compound specifically linked to memory improvement. The researchers concluded that the aroma of rosemary essential oil can enhance cognitive functioning in healthy individuals and may have implications for treating people with memory impairment. The findings were presented at the British Psychological Society Annual Conference, in Harrogate.



Walnuts Strengthen Sperm



Adding a handful of walnuts to a man's daily diet might just increase the chance of pregnancy for couples with fertility problems. Scientists attribute male infertility

as the central issue in 30 to 50 percent of the 70 million couples worldwide experiencing such difficulties.

Researchers at the University of California, Los Angeles, investigated whether increasing intake of the polyunsaturated fatty acids found in fish, flax seed and walnuts that are critical for sperm maturation and membrane function would increase sperm quality in men consuming a typical Western-style diet. They found that less than three ounces of walnuts added to a man's daily diet improved sperm strength, size and motility (swimming ability). The men eating the walnuts also showed fewer chromosomal abnormalities in their sperm.

The Killer Called Sugar

A new animal study from the University of Utah, in Salt Lake City, reports daunting results. Female mice that consumed the equivalent of a human drinking three cans of soft drinks a day doubled their death rate from all causes. The study further showed that fertility rates dropped dramatically in male mice and their innate ability to defend their territory diminished. All of the sugar-saturated mice performed poorly on cognitive tests.

The lab mice received a diet in which 25 percent of their total calories came from sugar (not high fructose corn syrup, which carries substantial additional health risks). That's an amount commonly consumed in the Standard American Diet, easy to do in one sitting via a super-sized soft drink.



High Blood Calcium Levels May Indicate Ovarian and Prostate Cancer

A new study from Wake Forest Baptist Medical Center is the first to report that high blood calcium levels might predict of ovarian cancer, the most fatal of the gynecologic cancers.

Lead author Gary G. Schwartz, Ph.D., a cancer epidemiologist at Wake Forest Baptist, and colleague, Halcyon G. Skinner, Ph.D., of the University of Wisconsin Carbone Cancer Center, examined associations between blood calcium and ovarian cancer in two national population-based groups. They found that women who were later diagnosed with ovarian cancer and women who later died of ovarian cancer had higher levels of calcium in blood than women who did not before their cancer diagnosis.

Schwartz, who is well-known for his epidemiologic research in prostate cancer, said the idea for this study came about because of published research from his group which showed that men whose calcium levels were higher than normal have an increased risk of fatal prostate cancer. That led him to wonder if a similar relationship were true of ovarian cancer.

"One approach to cancer biomarker discovery is to identify a factor that is differentially expressed in individuals with and without cancer and to examine that factor's ability to detect cancer in an independent sample of individuals," Schwartz said. "Everyone's got calcium and the body regulates it very tightly," Skinner added. "We know that some rare forms of ovarian cancer are associated with very high calcium, so it's worth considering whether more common ovarian cancers are associated with moderately high calcium."

The idea is plausible, Schwartz explained, because many ovarian cancers express increased levels of a protein, parathyroid hormone-related protein (PTHrP), which is known to raise calcium levels in blood in many other cancers.

Ovarian cancer has a high fatality rate because it is hard to detect and by the time symptoms arise, the cancer is usually advanced. Schwartz said early diagnosis might be accomplished through the use of a calcium biomarker, but cautions that more research is needed to confirm these results. "We found the link between serum calcium and ovarian cancer; we confirmed it, and even though the study is small, we're reporting it because it's a very simple thing in theory to test."

Source: *ScienceDaily.com*

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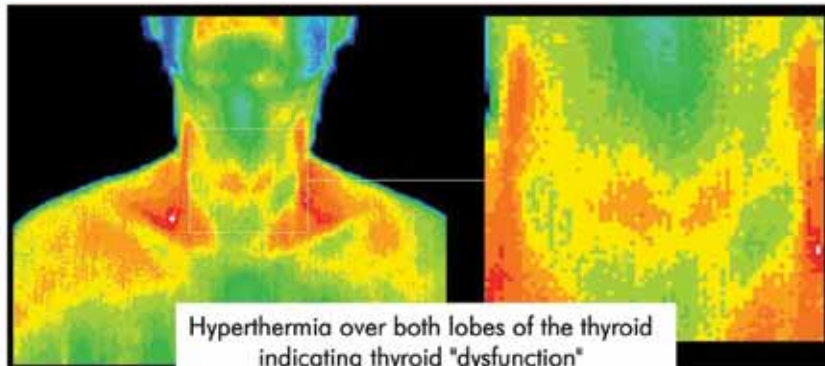
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Colon Cancer Strikes 1 in 20



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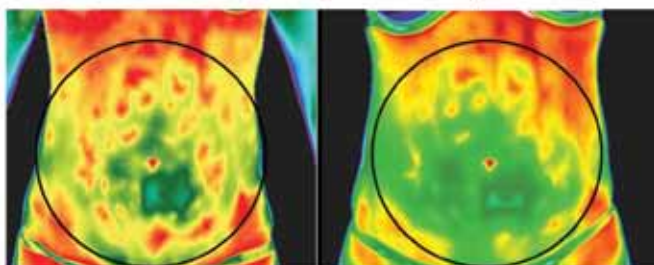
Risk factors include smoking, eating red and processed meat, lack of exercise, and excess body weight

Colon cancer screenings should begin at age 50

People with a family history of colon cancer are at higher risk and should begin screening at a younger age

Before

After 45 Days of Treatment



These images below demonstrate the thermal pattern of one of our patients with potential inflammation of the digestive tract and colon that may be due to food sensitivities or an inflammatory bowel condition. Notice the numerous circular red spotted pattern demonstrating abnormal amounts of heat surrounding the navel in the "Before" image. The "After" image demonstrates the substantial decrease in the thermal pattern following 45 days of care at The Natural Health Center and DHARMA Wellness Center. Notice the clearing of much of the red circular spotted pattern and it being replaced by the increased green area demonstrating a return to a healthier, cooler thermal pattern.

Schedule your colon screening and labwork today.

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\$164 Thermography & Labwork

Source: U.S. Centers for Disease Control and Prevention, NewYork-Presbyterian Hospital

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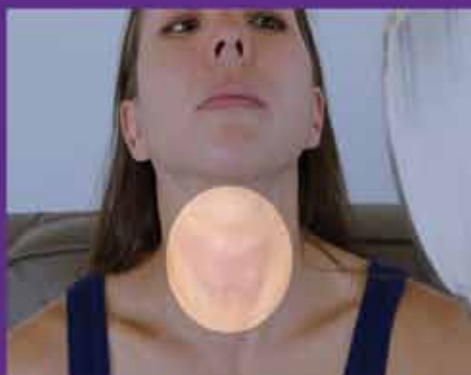
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Sodium
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Micronutrient deficiencies are common in our population. I am on record as saying that dietary supplements are not substitutes for good diets, but they are good insurance against gaps in the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

- Andrew Weil, M.D.

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A vitamin deficiency can cause



ENLARGED THYROID
Iodine deficiency



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Vitamin C deficiency



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Vitamin D, magnesium, or iron deficiency

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QUICK FACT:

A fever typically signals that your body is fighting off a bacterial or viral infection. To combat the intruders, your white blood cells release chemicals to raise your body temperature, turning your body into an inhospitable habitat for the infection.

QUICK FACT:

Iodine and coenzyme Q10—to protect against breast cancer. Iodine is an important nutrient for women with breast cancer. In countries with high iodine intake, such as Japan, women have 70 percent lower rates of disease. In one study, women with metastatic breast cancer had significant reduction in the size of the tumors when they took coenzyme Q10.

QUICK FACT:

The American Cancer Society published a report in 2010 called *Mammograms and Other Breast Imaging Procedures*. The report stated that **thermography** is a way to measure and map the heat on the surface of the breast using a special heat-sensing camera. It is based on the idea that the temperature rises in areas with increased blood flow and metabolism, which could be a sign of a tumor.

globalbriefs

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

Giving Group

Millennials Devote Time, Talent, Treasure

Much is rightly written about how and why “millennials”, or “Generation Y”—the young people heading into the 21st century—spend their time and money. This generation is redefining the way we think about business, and conscious consumerism is now its own form of philanthropy. This age group is leading the charge by extending the premise of a moral compass to for-profit enterprises and looking for ever-more meaningful opportunities to have an impact. The trend carries fresh implications for the nonprofit sector, too, because millennials lead the way in forwarding worthy causes.

When The Case Foundation partnered with Achieve, a thought leader in nonprofit millennial engagement, to produce the *Millennial Impact Report*, researchers surveyed more than 2,500 millennials ages 20 to 35. They found that last year, 83 percent gave a financial gift to an organization supporting a cause that resonates with their interests. Seventy-three percent volunteered for a cause that they were passionate about or felt created impact, and 70 percent are raising money for their causes both online and offline.



Frack Attack

Controversial Drilling Threatens Pacific Ocean

Federal regulators have approved at least two hydraulic fracturing, or “fracking”, operations on oil rigs in the Santa Barbara Channel off the coast of California since 2009 without an updated environmental review that critics say may be required by federal law. Environmental advocates are concerned that regulators and the industry have not properly reviewed the potential impacts of fracking in the Pacific outer continental shelf.

Fracking, a subject of heated debate, is a method of drilling that forces water, chemicals and sand deep beneath the Earth’s surface at high pressure to break up underground rock and release oil and gas. Offshore fracking is currently used to stimulate oil production in old wells and provide well-bore stability.

In California, the oil company Venoco has been using fracking technology to stimulate oil production in an old well off the coast of Santa Barbara—where the public memory of the nation’s third-largest oil spill in 1969 lingers—since early 2010. Another firm recently received permission for fracking in the Santa Barbara Channel, home to the Channel Islands Marine Reserve.

So far, offshore fracking is rare, but officials expect that other firms may seek to utilize the environmentally damaging technology on offshore rigs in the future.

Source: Tinyurl.com/PacificFracking



Holy Eco-Crisis!

Deadly Fungus Destroying Bat Colonies



White-nose syndrome, a disease spread by a soil fungus, *G. destructans*, and thought to have been carried to North America from Europe, is devastating bat colonies in the U.S. and Canada. First identified in 2006 in a population of common little brown bats in a cave 150 miles north of New York City,

the malady has claimed 98 percent of the bat population there by causing them to awaken prematurely from their normal hibernation and then die from lack of food and exhaustion.

A single reproductive female little brown bat can eat her weight in insects each night. A recent Canadian study valued crops potentially lost to insects that would otherwise be devoured by bats at \$53 billion a year. Without the bats to keep insect numbers down, farmers may turn to greater use of pesticides.

Source: *Telegraph.co.uk*

Pass Go

Cooperation Rules in New Board Game

Monopoly is a traditional, popular board game that provides fun for the whole family as players ruthlessly strive to outwit each other, form a monopoly and take ownership of all the real estate, houses, hotels and money. If that doesn't seem like a pastime that teaches values of fairness and social justice, there's a new game in town—Co-opoly.

In the 21st-century game, invented by the Toolbox for Education and Social Action (*ToolboxForEd.org*), players develop cooperative businesses using a team effort. Sharing knowledge and creating cooperative strategies determine whether everyone wins or loses. Instead of encouraging players to grab up all the wealth and bankrupt others, it showcases the economic success that can result when people work together.



Safer Sleep

People- and Planet-Friendly Fire Retardants



An ultrathin film that consists of polymers found in crustacean shells could be an environmentally friendly alternative to the flame retardants used in bedding and sofas. Mattresses and furniture cushions are typically made of highly flammable polyurethane foam; to meet fire safety guidelines, manufacturers treat the foam with fire-retardant chemicals. These are typically brominated

compounds that studies by the National Institute for Public Health and the Environment, in The Netherlands, have shown can act as endocrine disruptors, leading to neurological problems or even cancer.

The European Union has banned several of the flame-retardant compounds and U.S. and Canadian regulatory agencies have started to scrutinize their use. The nano-coating could be sprayed on foam, which would make it easy for mass production; several companies have expressed interest in the material.

Source: *Chemical & Engineering News*

Capital Idea

Social Networking Funds Local Business

Community Sourced Capital (CSC) is a newly formed lender headquartered in Seattle, Washington, that aims to apply the crowdsourcing model to encourage the growth of locally owned businesses. "The hardest part is often not attracting shoppers once the project is off the ground," explains co-founder Casey Dilloway, "but securing capital to get it started."

CSC's objective is to harness the power of the connections that tie local people together—both via social media and in the physical world—to find people willing to loan money to small local businesses. They may initially connect through *Community SourcedCapital.com*.

Lenders make funds available in \$50 blocks up to a maximum of \$250 per project, and are acknowledged by the receipt of a pale-blue square card bearing the CSC logo, which identifies them as "Squareholders". The funds are then made available to borrowers at zero interest, and loans are paid back at a designated rate based on the company's revenue. CSC makes loans of up to \$50,000.

Source: *Yes magazine*



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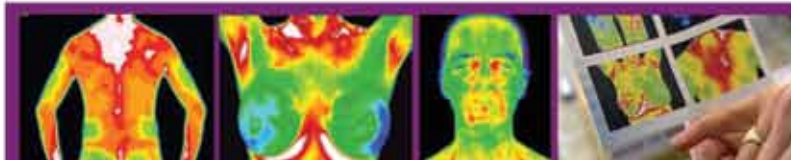
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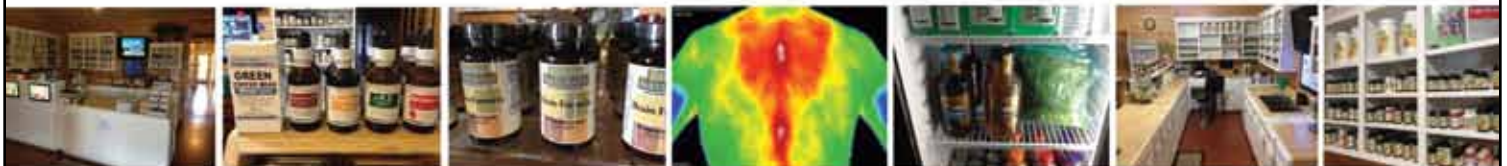
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- High/Low Blood Pressure
- Boils
- Breast Cysts
- Bronchitis
- Bursitis
- Candida
- Carpal Tunnel
- Cataracts
- Cholesterol
- Chronic Fatigue Syndrome
- Circulation
- Cirrhosis
- Cold Sores
- Colic
- Common Cold
- Constipation
- Dandruff
- Depression
- Diabetes
- Diarrhea
- Diuretic
- Diverticulitis
- Dizziness (Vertigo)
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But why? What do vitamins and minerals do for us anyway?

The human body consists of millions of cells that are constantly regenerating. Each cell in the body needs a certain amount of vitamins and minerals to perform at its best and prevent illness. Vitamins are critical in the production of red blood cells and the maintenance of the nervous, skeletal and immune systems. Minerals are also needed in small amounts to help regulate body functions and aid in the growth and maintenance of body tissues and to help release energy.



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What is Thermography?

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

What Can Medical Thermography Be Used For?

There are 3 areas that Thermography is useful:

- **Inflammatory Phenomena**- This could include early detection of cardiovascular disease, arthritis, Fibromyalgia or trauma such as strains, sprains or chronic pain.
- **Neovascular Phenomena** - Cancer is fed by the body's own blood supply. This development of early vascularity is detected well before anatomical changes occur that will be detected with other screening tools.
- **Neurological Phenomena** - Chronic regional pain syndrome, nerve irritation can cause referred pain in other areas. Circulatory deficits are easily seen in thermographic images.

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

Is It a Proven Technology?

Thermography has been comprehensively researched for over 30 years. While it is not a replacement for Mammography, it may have many valuable assets including: earlier detection of neovascular (blood supply) patterns, adjunct to inconclusive mammograms, improved detection for women with dense breasts or implants or a reasonable alternative for women who refuse mammogram. Below is a sample of the over 800 studies in the index-medicus. They represent some of the important findings and value of thermography.

Fast facts:

- In 1982, the FDA approved breast thermography as an adjunct diagnostic breast cancer screening procedure.
- Of the extensive research conducted since the late 1950's, well over 300,000 women have been included as study participants.

- The size of the studies are very large: 10k, 37k, 60k, 85k.
- Some studies have followed participants up to 12 years.
- Strict standardized interpretation protocols have been established for 15 years to remedy problems with early research.
- Breast thermography has an average sensitivity and specificity of 90%.
- An abnormal thermogram is 10 times more significant as a future risk indicator for breast cancer than a first order family history.
- A persistent abnormal thermogram carries with it a 22x higher risk of future breast cancer.
- Extensive clinical trials have shown that breast thermography significantly augments the long term survival rates of its recipients by as much as 61%.

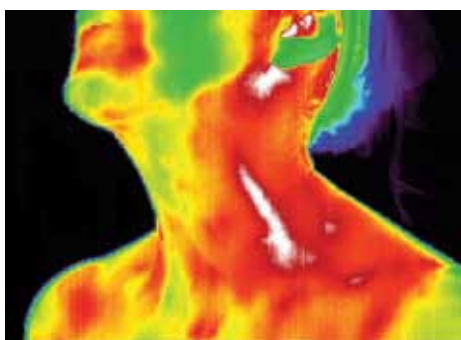
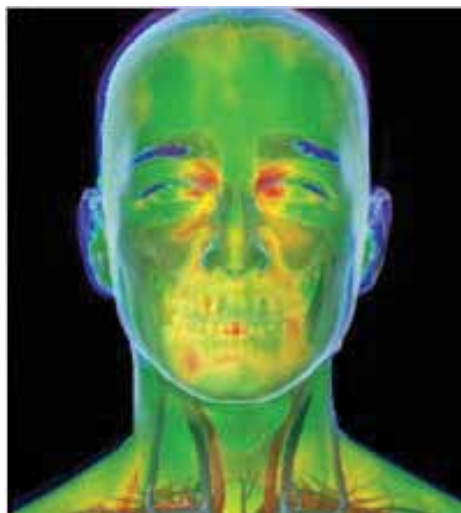
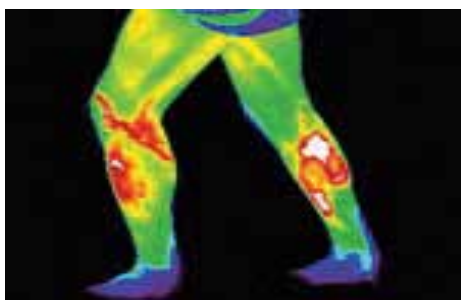
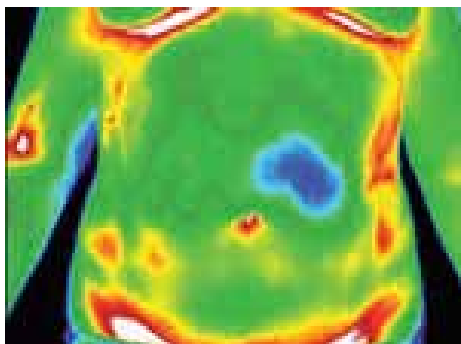
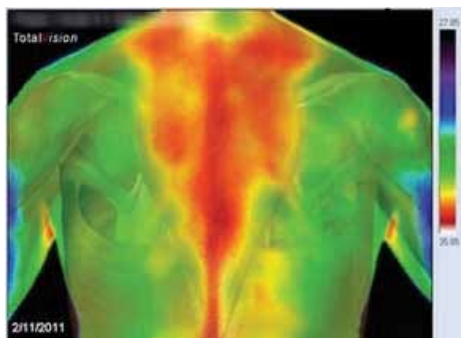
When used as a multimodal approach (clinical exam + mammography + thermography), 95% of early stage cancers will be detected.

Why Have I Not Heard About This?

Like many alternative diagnostic tools or treatments, the facts are not always disclosed. Thermography was summarily dropped from breast screening in the 1980's after only 1 year of use. The reason was cited as being it detected too many false positives and therefore was not specific enough. This is ironic since the mammogram has a 65% false positive rate and recent studies have shown that it is a poor predictive tool. 90% of MD's know nothing of the technology and so are critical of that which they don't know. The other 10% seem to quote research from 22 years ago from a few small studies and ignore the plethora of positive research.

Is it accurate?

Yes, as a routine screening tool, it has been shown to be 97% effective at detecting benign vs malignant breast ab-



normalities. Another study tracked 1537 women with abnormal thermograms for 12 years. They had normal mammograms and physical exams. Within 5 years, 40% of the women developed malignancies. The researchers commented "an abnormal thermogram is the single most important marker of high risk for the future development of breast cancer" These results have been repeated over and over again for nearly 30 years.

Is It Safe?

While a variety of studies have called into question the safety of cumulative exposures to radiation, this is not the case with Thermography. Thermography emits nothing, it only takes an image. Nothing touches you and it is quick and painless. This all makes Thermography great for frequent screening with no chance of danger.

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

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

Some Selected Research:

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

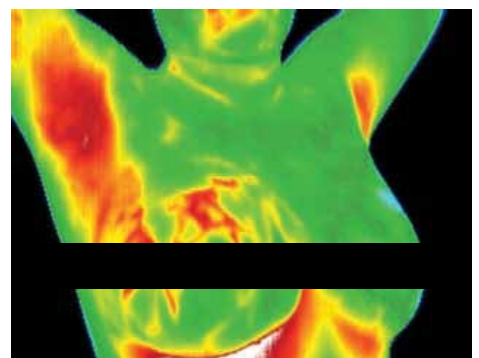
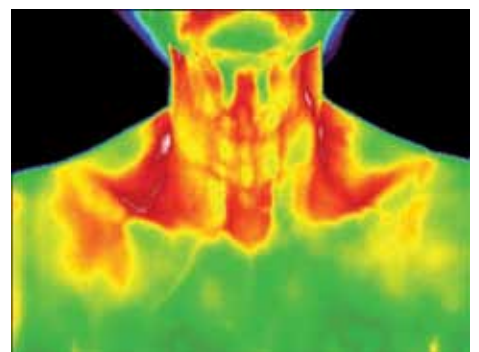
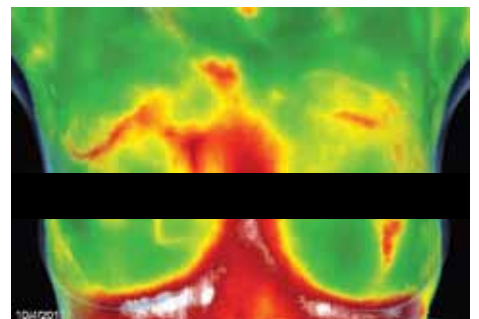
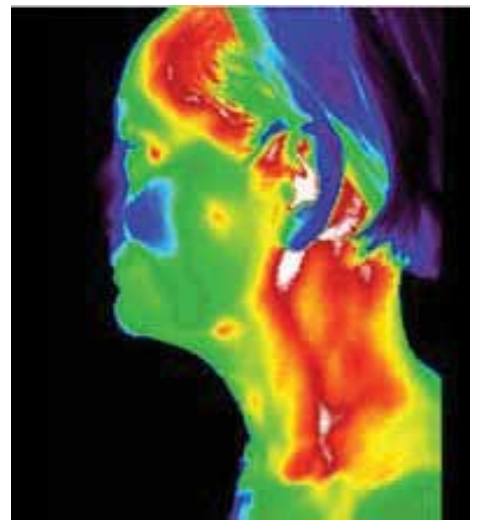
Y.R. Parisky, A. Sardi, R. Hamm, K. Hughes, L. Esserman, S. Rust, K.Callahan, Efficacy of Computerized Infrared Imaging Analysis to Evaluate Mammographically Suspicious Lesions. *AJR*:180, January 2003 Compared results of Infrared imaging prior to biopsy. The researchers determined that Thermography offers a safe, noninvasive procedure that would be valuable as an adjunct to mammography in determining whether a lesion is benign or malignant with a 99% predictive value.

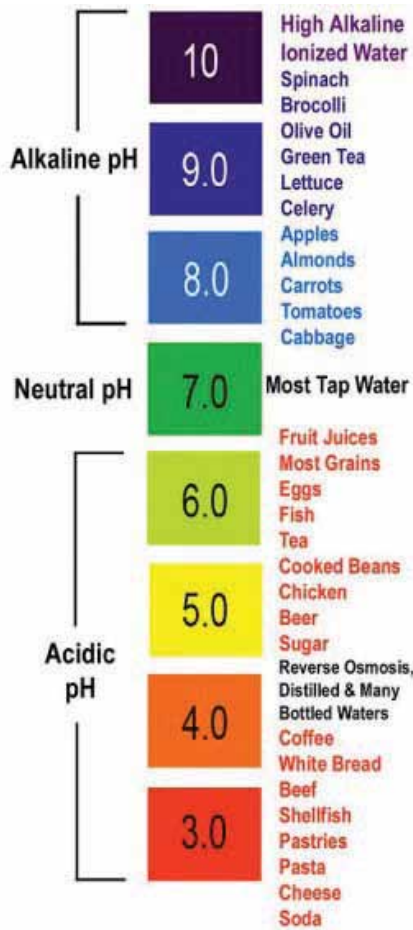
Gros, C, Gautherie, M. Breast Thermography and Cancer Risk Prediction. *Cancer* 45:51-56 1980. From a patient base of 58,000 women screened with thermography, researchers followed 1,527 patients with initially healthy breasts and abnormal thermograms for 12 years. Of this group, 40% developed malignancies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

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

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

Source: Institute for the Advancement of Medical Thermography





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Bamboozled

Bamboo Fabric a Product of Greenwashing

At least one dealer in sustainable products has taken a stand against bamboo fabric, which most people associate with bamboo lumber, a rapidly renewable resource that requires fewer pesticides to grow than other crops. Laura Mathews, of Eco Promotional Products, Inc., in Washington state, cites the Federal Trade Commission's report: "The truth is, most bamboo textile products, if not all, really are rayon, which typically is made using environmentally toxic chemicals. While different plants, including bamboo, can be used as a source material to create rayon, there's no trace of the original plant in the finished rayon product."



Mathews says that her company has discontinued selling bamboo clothing and all other items made from bamboo fabric. She notes, "It's the responsibility of everyone to vet these and other similar terms to ensure that the eco-friendly product you're putting your purchasing power behind is actually eco-friendly."

Source: EcoPromotionsOnline.com

Second Verse

Kids Turn Trash into Musical Instruments



photo courtesy of Landfill Harmonic

Young musicians from the village of Cateura, Paraguay, a town of 2,500 families that make a living by mining the 1,500 tons of solid waste daily dumped in a local landfill, have started making musical instruments from the debris.

Favio Chávez, an ecological technician and trained musician, was inspired to teach the local children to play music in an orchestra. He says, "The world sends us garbage, we send

back music." A documentary, *Landfill Harmonic*, is in production and a 30-member Recycled Orchestra has performed in Argentina, Brazil and Germany.

The message is that like other natural resources, children living in poverty have redeeming value and should not be deemed worthless.

Watch videos at Tinyurl.com/ChavezOrchestra and Facebook.com/landfillharmonicmovie.

Table Label

Chipotle's Identifies GMO Ingredients

Although the U.S. Food and Drug Administration does not require the labeling of genetically modified organisms (GM or GMO) used as ingredients in any food, the Chipotle Mexican Grill national fast food restaurant chain has chosen to do so, on the way to eliminating them from its menu altogether.

They have already switched fryers from using soybean oil, almost always made from genetically modified sources, to sunflower oil, which is not. With 1,400 locations, Chipotle reports that its labeling system reflects that it does use GMO soybean oil in some of its products and that most of the grain used to feed its animals for meat and dairy is GMO corn. The chain's success in this effort may also prompt other fast food outlets to follow suit.



Digital Detox

Unplug to Cut Stress, Up Success

Whether it's extreme texting, tweeting, Googling, posting or blogging, the phenomenon of being caught in the web of the Web is real. Rationalizations range from coping with today's information overload to fear of missing out (FOMO). Yet, detriments of such continual digital connectedness range from the stifling of family and social bonds to a lack of life skills that only face-to-face communication fosters.



In 2011, The New York University Child Study Center reported that 8-to-18-year-olds average more than six hours of daily media use and that school grades of a surveyed group that considered themselves "heavy" users were considerably lower than their "light" use counterparts. Stanford Communications Professor Clifford Nass, author of *The Man Who Lied to His Laptop*, remarked in a 2013 NPR interview that people that do extensive media multitasking "can't filter out irrelevancy, can't manage memory and are chronically distracted. They say they are productive and can 'shut it off', but can't keep on task and focus on one thing."

Fortunately, programs to unplug are catching on. More than 400 middle and high schools in 20 U.S. states plus Canada took a Digital Blackout Challenge to refrain from using electronic devices for one week during the 2012-2013 school year (DigitalBlackout.org). From Chief Sealth International High School, in Seattle, Washington, senior Marissa Evans says the experience informed her "there's a balance between 'too much' and 'just enough'" in being connected, and classmate Alex Askerov terms the Challenge "a breath of fresh air."

For the 2013 documentary film, *Sleeping with Siri*, Seattle-based journalist Michael Stusser underwent a one-week, self-assessed "techno gorge", followed by a digital detox of the same duration. During stage one, he said his blood pressure went up 40 points after four days. He found, "You're always waiting for a response." He subsequently enjoyed being disconnected.

Foresters, a Toronto, Ontario-based life insurance provider, asks families to take a Tech Timeout pledge for at least one hour every day and make Sundays entirely non-tech, packed with family activities and socializing.

Learn more at TechTimeout.com.

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Fast Track to Personal Growth

Transform Your Life with Mentors, Books, Workshops and Online Courses

by Bess J.M. Hochstein

Our capacity for self-examination distinguishes us from other animals. We feel compelled to ask: “Who am I? What am I here for? How can I attain my full potential?” The quest for answers has engaged humans for millennia.

Popular books that have helped people on this journey span centuries, from Wallace Wattles’ *The Science of Getting Rich* (1910), Napoleon Hill’s *Think and Grow Rich* (1937), Dale Carnegie’s *How to Win Friends and Influence People* (1937), Abraham Maslow’s *Motivation and Personality* (1954) and Dr. Thomas Anthony Harris’ *I’m OK, You’re OK* (1967) to Rhonda Byrne’s *The Secret* (2006).

The personal growth genre is a cornerstone of the publishing industry. Companies like **Hay House**, founded by motivational author Louise Hay, have flourished. Hay teaches, “No matter where we live or how difficult

our situation seems to be, we have the ability to overcome and transcend our circumstances.” The success of her 1984 book, *You Can Heal Your Life*, a *New York Times* bestseller well into the 21st century, led to her publishing empire, which includes authors such as Dr. Wayne Dyer, Caroline Myss and Joan Borysenko, Ph.D. One of its recent top sellers is Pam Grout’s *E-Squared: Nine Do-It-Yourself Energy Experiments that Prove Your Thoughts Create Your Reality*.

Hay House has expanded its messages of hope and healing through online courses, films, conferences, special events and other opportunities to meet leading thinkers and peers.

Such expansion is essential as more of those pursuing the examined life seek personal interaction in community and find that inward exploration frequently translates into outward action to improve the world.

Perched on the cliffs of Big Sur, in California, the **Esalen Institute**, established in 1962, helped birth the modern human potential movement. It exists to help individuals grow through education, experience and research, with the conviction that positive personal and social transformation go hand-in-hand.

Today, Esalen offers about 600 workshops a year, serving around 12,000 participants. Popular programs range from dance and yoga to couples workshops and psychology courses.

Cheryl Fraenzl, director of programs, explains the appeal: “For most of us, life can be challenging and messy. Gaining the insight, skills and tools to move through the challenging times with more ease and grace while creating more love for yourself and those around you seems like a good investment of time and energy. Being consciously kind and relationally wise ripples out and changes the world. The effort has to start with the individual, like paying it forward; imagine if we all were doing it?”

The largest holistic retreat center in North America, **Kripalu Center for Yoga & Health**, in Stockbridge, Massachusetts, attracts 35,000 participants to 800 programs annually. According to Denise Barack, the nonprofit’s director of program development, current workshops in high demand include qigong, Buddhist meditation, mindfulness and yoga nidra. She also notes a growing interest in diverse dimensions of yoga, dance and “authentic movement” for



Courtesy of Doug Ellis/Esalen Institute



Courtesy of Kripalu Center for Yoga & Health

The unexamined life
is not worth living for
a human being.

~ Plato

healing, addiction recovery, releasing trauma and energy medicine.

Psychotherapist and yoga teacher Stephen Cope, founder and director of the Kripalu Institute for Extraordinary Living, the Center's yoga research department, notes that many guests first come to Kripalu "... as a result of some form of suffering. Then they engage in a period of self-exploration—perhaps learning some form of contemplative practice to help them manage themselves more effectively. Almost always there is a turn-outward, back toward the world, and a longing to bring the healing power of contemplative practice into their own domain."

Once someone has experienced the benefits of contemplative practices such as yoga, meditation, breathing and other healthy lifestyle routines, notes Cope, a powerful aspiration typically arises to share these practices and perspectives. "These practices all lead to a sense of union, relatedness and sameness with others," he says, "and this burgeoning consciousness of sameness compels us to share what we've learned."

In Rhinebeck, New York, the **Omega Institute for Holistic Studies** offers similar self-empowering and reflective opportunities. Dr. Stephan Rechtschaffen and Elizabeth Lesser founded Omega in 1977 as a "university of life." Through working with prominent Zen masters, rabbis, Christian monks, psychologists, scientists and others, Lesser has found, "By combining a variety of religious, psychological and healing traditions,

each of us has the unique ability to satisfy our spiritual hunger."

Based since 1981 in a former camp on a lake with more than 100 buildings on 200-plus acres, Omega hosts more than 23,000 guests in up to 500 programs between mid-April and October, plus special programs in Costa Rica and New York City. Director of Rhinebeck Programs Carol Donahoe notes the rising interest in workshops on dietary cleansing, detox and juicing, such as "Reboot with Joe Cross: A Jump Start to Health and Weight Loss," led by the filmmaker of *Fat, Sick & Nearly Dead*. Personal transformation and mindfulness programs led by teachers like Jon Kabat-Zinn, Saki Santorelli, Florence Meleo-Meyer, Byron Katie and Pema Chödrön are perennial favorites.

"As humans, we continue to be fascinated by the big questions in life," observes Donahoe, "like, 'Where do we go when we die? Who are we if we are not our thoughts?' People seem particularly drawn to hearing about it from those that have always lived their lives in a left-brain, logical way, and then come to believe the unexplainable through an extraordinary life experience, and now view the world through a completely different lens."

As examples, she cites neurosurgeon Dr. Eben Alexander, who recounts his near-death experience in his bestselling book, *Proof of Heaven*, and neuroanatomist Dr. Jill Bolte Taylor, author of the bestselling memoir *My Stroke of Insight*. Taylor's 2008 TED talk was ranked the nonprofit's second most-watched for the past two years.

Both of these cutting-edge thinkers have given presentations at Omega, which, like at Esalen and Kripalu, helps bring ideas and practices that



Courtesy of Omega Institute for Holistic Studies

NATURAL MEDICINE

Infrared saunas promote emotional well-being. In a study of 45 people, mood was measured before and after an infrared sauna. Afterward, the participants had less anxiety, depression, and anger, reported Japanese researchers in the journal *Complementary Therapies in Clinical Practice*.

QUICK FACT

Nutritional Deficiencies: With one-third of adults being obese and two-thirds overweight, Americans don't look like we have nutritional deficiencies - we look like we eat too much food. But extra calories don't necessarily translate into extra nutrients. A study in the *American Journal of Clinical Nutrition* found that less than 5 percent of the study subjects got the government's Recommended Dietary Allowances (RDAs) for key minerals essential to health. In other words, fewer than one in 20 people were taking in the amount needed to avoid deficiencies, let alone the amount needed for optimal health and well-being.

Why are so many Americans deficient in vitamins and minerals?

1. Too much sugar and white flour.
2. Too much processed food.
3. Not enough nutrient-rich foods.
4. Too much modern life.

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Photo by Ali Kadakas / Wanderlust Festival

once seemed on the fringe—from yoga and meditation to complementary medicine and sustainability—into mainstream consciousness. Particularly innovative initiatives include helping military veterans heal from post-traumatic stress disorder; the women's leadership center; the center for sustainable living; and pioneering programs on mindfulness in the workplace, education system and at-risk urban youth communities.

"We recognize that because we live in an interconnected world; the behavior of one can contribute to creating changes that benefit the whole," says Donahoe. "Doing both the inner and outer work can awaken the best in the human spirit, and so provide hope and healing to individuals and society."

For those unable to travel great distances for a holistic immersion experience in community with like-minded seekers, **Wanderlust Festivals** may offer an answer. Four-day regional summits, primarily held at ski resorts during the off-season, feature teachers like Shiva Rea, Elena Brower and Gurmukh; stimulating discussions; yoga; music and adventure, amidst stunning vistas.

Wanderlust co-founders Sean Hoess and Jeff Krasno strive to create an expansive space for personal growth and mindful living. One common element at every gathering—now including urban and exotic locales—is Seane Corn and Suzanne Sterling's Off the Mat program, mobilizing yoga students toward activating social change.

The Shift Network is dedicated to creating an online community that shares the tools of self-actualization, empowering a global movement of people creating an evolutionary shift of consciousness that leads to a more enlightened society, built on principles of sustainability, peace, health and prosperity. This new model for the human

potential movement has roots in the grandfather of retreat centers; The Shift Network's founder, Stephen Dinan, both worked at Esalen and contributed to Esalen's Center for Theory & Research.

Dinan explains that at a meditation retreat, he received a detailed vision of "a large global transformation network that would be helping to usher in a shift to the new era." The Shift Network now offers free teleseminars and online summits on subjects ranging from meditation and parenting with presence to enlightened business practices and cultivating peace.

"We started with The Sacred Awakening Series—40 days with 40 spiritual leaders—and 30,000 people signed up in 21 days," says Dinan. The Inspiring Women Summit attracted 25,000 participants. Since 2010, more than 400,000 people from 160 countries have participated in free teleseminars; 18,000 have paid for online courses such as Barbara Marx Hubbard's *Agents of Conscious Evolution*, Andrew Harvey's *Christ Path* and Thomas Hübel's *Authentic Awakening*.

The Shift Network has already reached profitability and donated more than \$50,000 to nonprofits. Dinan's vision includes providing education program certifications; building a multimedia platform of e-zines, mobile phone apps and web TV broadcasts; and eventually building facilities and intentional communities to model the possibilities of a more healthy, peaceful, sustainable way of life.

From reading a book on meditation to attending a yoga intensive or tapping into a multifaceted community striving to change the world, we have myriad opportunities to lead an examined life. While the seeker may have a personal goal in mind, each mode of self-inquiry can expand outward toward making the world a better place.

Hay encourages us all. "You've been criticizing yourself for years and it hasn't worked. Try approving of yourself and see what happens."

Bess Hochstein is a freelance writer enjoying bicoastal bliss in Berkshire County, Massachusetts, and Sonoma County, California. Connect at BessHochstein.com.



Courtesy of Kripalu Center for Yoga & Health

Seeding Growth

Personal growth can be advanced by activities that improve self-knowledge and identity, develop talents and potential, build human capital and employability, enhance quality of life and contribute to the realization of dreams and aspirations. It's worth investing in: Consider these core universal benefits.

Self-Awareness

Growing self-awareness enables an individual to live a life by design, instead of one marred by feelings of mediocrity, discontent or being a victim of circumstance. When elevated awareness becomes one's *modus operandi*, it brings infinite spiritual riches to life.

Happiness

Successful growth requires taking personal responsibility for each choice we make in shaping and responding to circumstances and other people. Most of us are happier when we feel that we have some control over creating our own reality. Feeling empowered supports self-worth and increases our confidence to make even more of the changes we desire to comfort and nurture us and keep us safe.

Success

True success isn't about the dollars and cents of financial worth—it's realized via living a life of balance and fulfillment in our health, family life, social relationships, career and contributions to our community and world.

Source: Inspired by *FinerMinds.com*

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

- for peace in your life pray each night one hour before bedtime

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High Creatinine Levels in Blood

A waste product in the blood that is filtered by the kidneys and eliminated in urine, creatinine is released by the muscles during activity and is also a byproduct of protein in the diet. A measure of creatinine levels, with a urine or blood (serum) test, can help monitor kidney function. If the kidneys become damaged, creatinine may build up in the blood. Thus, elevated creatinine levels are likely a sign that the kidneys aren't functioning properly.

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Why Drink Wheatgrass? Well, Here Are 53 Reasons Why!



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- Protects Against Cancer

1. Wheatgrass is the ultimate energizer for body and mind.
2. 1oz of wheatgrass juice contains the nutrients of 2.5lbs of green vegetables!
3. Wheatgrass is superior to other vegetables because it has been found to have over 100 elements needed by man. If grown in organic soil, wheatgrass absorbs 92 of the known 102 minerals from the soil. (including calcium, magnesium, iron, zinc, potassium, phosphorus and cobalt).
4. Juice wheatgrass to fight and protect against illness.
5. Wheatgrass is a vitamin-rich superfood. Many amino acids, vitamins, and minerals.
6. Wheatgrass juice builds red blood cells: stimulates healing.
7. By drinking wheatgrass it improves digestion.
8. Drinking wheatgrass juice can slow the graying of hair.
9. Wheatgrass reduces high blood pressure as it enhances the capillaries.
10. Wheatgrass juice flushes the body of toxins.
11. Wheatgrass juice benefits the skin as it acts as a cleanser and astringent.
12. Science has proven that chlorophyll arrests growth and development of harmful bacteria.
13. Chlorophyll in wheatgrass also helps to purify the liver.
14. Drinking wheatgrass juice is useful in treating constipation and keeping the bowels open. It is high in magnesium.
15. Wheatgrass juice benefits and boosts sexual stamina. Farmers in the American midwest who have sterile cows and bulls put them on wheatgrass to restore fertility. (The high magnesium content in chlorophyll builds enzymes that restore the sex hormones).
16. A small amount of wheatgrass juice in the human diet prevents tooth decay.
17. Drinking wheatgrass juice helps in eliminating body odors.
18. Wheatgrass has a high amino acid content: promotes cell regeneration.
19. Wheatgrass is a potent source of enzymes: Maintains Youthfulness.
20. Liquid chlorophyll washes drug deposits from the body.
21. Chlorophyll in wheatgrass improves blood sugar

problems.

22. Wheatgrass juice cures acne and even removes scars after it has been ingested for seven to eight months. The diet must be improved at the same time.
23. Wheatgrass Juice benefits skin problems such as eczema or psoriasis.
24. Wheatgrass is great for blood disorders of all kinds.
25. Wheatgrass can dissolve the scars that are formed in the lungs from breathing acid gasses. The effect of carbon monoxide is minimized since chlorophyll increases hemoglobines production.
26. Wheatgrass juice benefits getting over sickness. Gargle wheatgrass juice to help get rid of a sore throat.
27. For pyorrhea of the mouth, lay pulp of wheatgrass soaked in juice on diseased area in mouth or chew wheatgrass. Spit out the pulp.
28. Wheatgrass juice can remove heavy metals from the body.
29. Wheatgrass juice is an excellent skin cleanser and can be absorbed through the skin for nutrition. Pour green juice over your body in a tub of warm water and soak for 15 to 20 minutes. Rinse off with cool water.
30. One may feel a difference in strength, endurance, health, and spirituality and experience a sense of well-being by drinking wheatgrass juice.
31. Wheatgrass benefits the body as a whole. It is a body cleanser, rebuilder, and neutralizer of toxins.
32. Wheatgrass implants (enemas) are great for healing and detoxifying the colon walls. The implants also heal and cleanse the internal organs. After an enema, wait 20 minutes, then implant 4-ounces of wheatgrass juice. Retain for 20 minutes.
33. Wheatgrass fights tumors.
34. Wheatgrass works as a sleep aide. Merely place a tray of living wheatgrass near the head of your bed.
35. Sweetens the breath and firms up and tightens gums. Just gargle with the juice.
36. Wheatgrass enhances a bath. Add some to your bath water and settle in for a nice, long soak to cleanse your skin.
37. Externally applied to the skin wheatgrass juice can help eliminate itching.
38. Wheatgrass is a beauty treatment that slows down the aging process when the juice is consumed almost immediately.
39. Wheatgrass juice restores fertility and promotes youthfulness.
40. Wheatgrass lessens the effects of radiation. One enzyme found in wheatgrass, SOD, lessens the effects of radiation and acts as an anti-inflammatory compound that may prevent cellular damage following heart attacks or exposure to irritants.
41. Wheatgrass juice held in the mouth for 5 minutes will eliminate toothaches and poisons from gums.

42. Wheatgrass benefits the bloodstream. Chlorophyll (found in wheatgrass) rebuilds the bloodstream. Studies of various animals have shown chlorophyll to be free of any toxic reaction. The red cell count was returned to normal with four to five days of the administration of chlorophyll, even in those animals that were known to be extremely anemic or low in red cell count.
43. Renowned nutritionist. Dr. Bernard Jensen says that it only takes minutes to digest wheatgrass juice and it uses up very little body energy.
44. Wheatgrass benefits the brain. It is high in oxygen like all green plants that contain chlorophyll. The brain and all body tissues function at an optimal level in a highly oxygenated environment.
45. Wheatgrass is 70% chlorophyll! Chlorophyll is the first product of light and contains more light energy than any other element.
46. Wheatgrass benefits the colon because it is a crude chlorophyll and can be taken orally and as a colon implant without toxic side effects.
47. Chlorophyll is the basis of all plant life and a very powerful energy booster .
48. Dr. Ann Wigmore helped people get well from chronic disorders for 30 years using wheatgrass.
49. Wheatgrass juice benefits a detox. It is a superior detoxification agent compared to carrot juice and other fruits and vegetables. Dr. Earp Thomas, an associate of the late Ann Wigmore, says that 15 pounds of wheatgrass is the equivalent of 350 pounds of carrots, lettuce, celery, and so on.
50. In the 1940 American Journal of Surgery, Benjamin Cruskin, MD recommended chlorophyll to: clear up foul-smelling odors, neutralize strep infections, heal wounds, hasten skin grafting, cure chronic sinusitis, overcome chronic inner-ear inflammation and infections, reduce varicose veins and heal leg ulcers, eliminate impetigo and other scabby eruptions, heal rectal sores, successfully treat inflammation of the uterine cervix, get rid of parasitic vaginal infections, reduce typhoid fever, and cure advanced pyorrhea in many cases.
51. Drinking wheatgrass juice benefits human tissue. Liquid chlorophyll gets into the tissues, refines them, and rebuilds and rejuvenates them.
52. Wheatgrass is a natural healer. Chlorophyll is anti-bacterial and can be used inside and outside the body as a healer.
53. Wheatgrass contains the P4D1 Enzyme that has been found to do two things in the human body. It is the first known substance to actually stimulate repair of DNA molecules. It is possible that disease cells can be repaired with P4D1 so that when they reproduce they will actually produce good cells. P4D1 has also been shown in laboratory tests to eat the protein sheath off a cancer cell so that the white blood cells can attack and destroy them.

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

Anti Aging:

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

Reduce the Chances of Osteoporosis:

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

easiest step to avoid such a problem is to drink alkaline water.

Build Cardiovascular Health:

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

Reduce Joint Pain and Arthritis:

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

Reduce Candida:

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

Reduce Infections, Flu and Colds:

Immunity weakens with more and more acidity in our body and thus we fall sick

more frequently. Alkaline water can help build up alkaline reserves and neutralize acids helping our body to recuperate and grow strong.

Detoxify:

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

Decrease Risk of Cancer:

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

Increase Energy Reserves:

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



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Detoxifying Foot Bath

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

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

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

How does it Work?

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

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



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CRAFTING A GREEN HOLIDAY

Happy Ways to Deck the Halls

by Avery Mack

Conjure a Norman Rockwellesque holiday fantasy of family members gathered around a home-cooked meal, creative gifts and decorations in place as stories of holidays past mingle with memories in the making. Cue the strolling carolers.

The reality tends to be more of a distracted and exhausting race to the finish line. Available time, energy and money all play into what's possible to get done by the big day. Some tips can make easy eco-decorations a feel-good part of the merriment.

Low-maintenance, child- and pet-friendly colored seashells make a sustainable alternative to outdoor mulch. Choose from 22,000 Sherwin-Williams non-toxic, water-based hues to brighten any landscape. Hide a fallow flowerbed under a waterproof tarp, cover with light-colored shells as background. Then design a Christmas tree, wreath, menorah, multihued snowman or another original design with colored shells. After the holidays, the tarp can envelop the shells and be put away for easy storage. Visit ColoredShells.com.

Canadian Laura Watt, owner of the ethical seed company Cubit's Organics, in Toronto, made a felted wool wreath for a front door from an old jacket. A worn-out blanket will also work. "It only took one long baby nap to make," says Watt, who gave new life to the wire base from an old wreath by using bits of yarn to stitch flowers. Find instructions at Tinyurl.com/FeltWreath.



A little VOC-free paint, some repurposed mini-decorations and recycled toilet paper rolls could become an indoor wreath to be proud of. "I'm a television producer, blogger and mother of 2- and 4-year-old daughters, so it had to be easy and quick," says Karri-Leigh Mastrangelo, in Los Angeles. "We'll do it again this year." See how at Tinyurl.com/TPWreath.

Spice up table décor using unexpected items. Lay a base of an organic cotton tablecloth, runner and napkins. Top with a centerpiece base comprising a pie pan, clear flower vase or Mason jar filled with bits of fresh evergreens and accented with small ornaments or beads from repurposed and recycled jewelry. Colored shells can line the bottom. Add a stable soy candle positioned in a bit of water for easy cleanup of dripped wax.



To continue the theme from the front door to the table, fashion leftover felt from the wreath into candle rings, using the same method, but on a smaller scale. Add spirals of garland made of star-shaped, dried orange peels handcrafted by Colombia's Sapia artisans. The green, yellow and orange colors, backed with a soft white, provide a citrusy fragrance that lasts months. Learn more at Tinyurl.com/CitrusGarland.

Beeswax candle kits are kid-friendly and come with enough supplies to make 20 candles.

Order red and green wax sheets for Christmas, blue and white for Hanukkah or purple and pink for Advent. The beeswax is rolled around the wick to make an eight-inch-tall, one-inch-diameter



taper. The honeycomb texture creates a festive look.

Beeswax is natural and free from the petroleum-based chemicals commonly used in conventional candles. It burns brighter, hotter, cleaner and longer, while emitting negative ions that clean the air of odors, pollen, smoke, dust, dust mites and allergens. No time for a do-it-yourself project? Many ready-to-use beeswax and floating candles in the shape of poinsettias, holly leaves and snowflakes are available at ToadilyHandmade.com.

Angela Price has created hand-blown glass terrarium ornaments for her small-space garden design company and boutique, Eden Condensed, in greater Los Angeles, California. The ornaments range from two to four inches in diameter and include live succulents, dried moss and miniature, holiday-inspired repurposed items. Price says, "Decorating the tree or the table, they're easy to maintain and can be enjoyed for many months beyond the holidays." See Tinyurl.com/DecorativeTerrariums for inspired ideas.

Place cards add an elegant, personal touch to any holiday table. Kids can make snowflake ornaments from recycled paper. Print a holiday greeting on one side of the snowflake and inscribe a name and personal message on the other for family gatherings. Tied with a ribbon, the snowflakes can also be hung in the window or on the tree.

Preprinted snowflakes made of recycled paper with soy ink at Tinyurl.com/PlantableSnowflakes are embedded with a variety of wildflower seeds for future planting. Mail them in lieu of traditional greeting cards or as more formal place cards for a simple way to prosper green holiday wishes.



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The Path to Inner Peace

12 Steps to Spiritual Awakening

by Michael A. Singer

Spirituality is meant to bring about peace. Yet our concepts of spirituality often lead to confusion or even conflict. What we need are clear steps that can be taken by people of any religion or intellectual standing. The following universal road map can be a helpful aid to self-realization.

Realize that you're in there. First realize, from deep inside, that you are consciously experiencing the outside world, as well as your inner thoughts and emotions.

Understand that you're not okay in there. If you want to understand why you've done everything you've ever done, observe your mind and emotions. If you're objective, you'll see that you're really never completely at peace.

Notice that you're always trying to be okay. As you observe your inner state, you'll notice that inner disturbances create the urge to either get something or avoid something. This is all done in an attempt to feel okay inside.

Watch as your mind strives to figure out how everything needs to be for you to be okay. Your mind is always telling you how people, places and things need to be. That's its attempt to create a conceptual model of what would make you okay and then try to get the outside world to match it.

Realize that defining how the outside needs to be is not working. You've been busy trying to be okay your entire life. Although some times are better than others, you've never come close to experiencing permanent peace. This is because the world will never match your conceptual model. Eventually, you'll come to see that this approach doesn't work, and you need to find a different way.

Learn to not participate in the mind's struggle. You must learn to relax inside and not get drawn into acting on your disturbances. Instead, be willing to allow them to pass through you and simply witness their passing. If you do, the drama will cease of its own accord.

Experience going about your life like everyone else, except more peacefully, because nothing you do is for the purpose of trying to be okay. When you aren't preoccupied with trying to be okay, you can learn to sit inside and quietly love, serve and honor whatever naturally unfolds. At this point, you're no longer living for yourself—you're serving life.

As you let go of the personal energies, you attune to a much deeper energy flow. Up to this point, everything you were watching inside was front and center in your consciousness. Now that you're no longer being drawn into

personal thought and emotions, you'll begin to feel Spirit flowing in from behind. It lifts you and brings great love and joy.

Your inner experience becomes so beautiful that you fall in love with the energy flow. You'll see that there is a trade-off between getting involved in personal energies and the amount of Spirit you feel. Once you've established a direct relationship with spiritual energy, you'll long to constantly experience its freedom.

You begin to feel the energy pulling you up into it, and your entire path becomes letting go of yourself in order to merge. Will is no longer needed. All that's left is learning to surrender into the higher energy. You must be willing to die personally in order to be reborn spiritually.

Once you dwell deep in the upward flow, you realize that your personal existence can go on without you, leaving you free to live completely immersed in Spirit. This is the greatest miracle: You've surrendered your entire being to Spirit, yet people, places and things continue interacting with you. But now these interactions require none of your energy; they happen by themselves, leaving you at peace and absorbed in Spirit.

Now you are truly okay. Nothing inside or outside of you can cause disturbances—you have come to be at peace with everything. Because you are now completely okay, you don't need anything. Things just are what they are, and nothing can disturb you. You've transcended the world and everything in it. Instead of feeling drawn into Spirit, you now actually experience yourself as Infinite Spirit.

Michael A. Singer is the author of The New York Times bestselling book, The Untethered Soul – The Journey Beyond Yourself (UntetheredSoul.com). His "Twelve-Step Guide to Spiritual Awakening" is the basis for this article. He is the founder of the Temple of the Universe, a yoga and meditation center established in 1975 in Alachua, FL.

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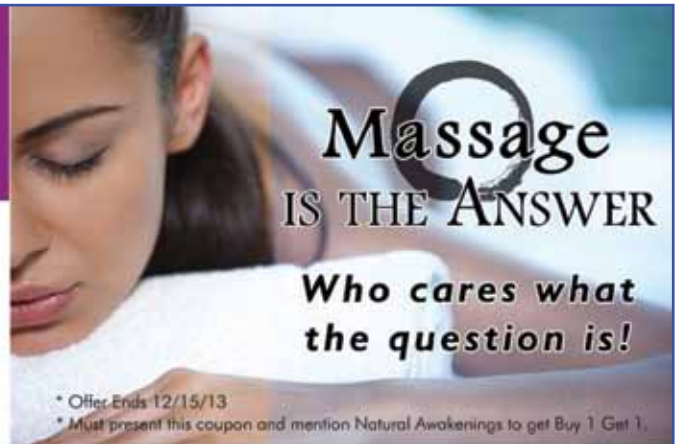
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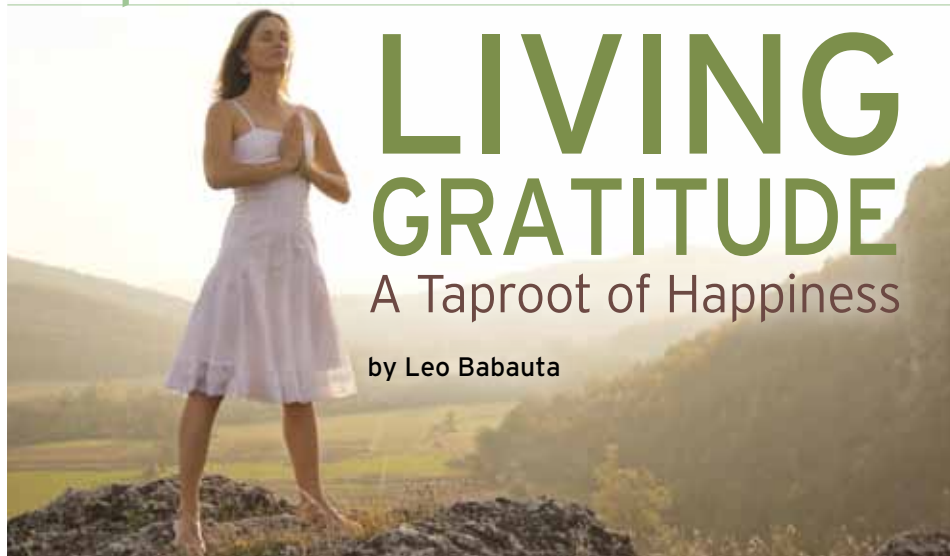
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LIVING GRATITUDE

A Taproot of Happiness

by Leo Babauta

If the only prayer you said in your whole life was, ‘Thank you,’ that would suffice,” a maxim first voiced by mystic Meister Eckhart, has held true through the centuries. Why should this simple act mean so much? Expressing gratitude works wonders.

Gratitude reminds us to recognize good people in our life. They range from loved ones to those that render a kindness to a stranger. Treasuring goodness in every form brings more of it into our experience.

Gratitude turns bad things into good things. Having problems at work? Be grateful to be employed and serving others. Challenges keep life interesting, enhance judgment and strengthen character.

Gratitude reminds us of what’s important. Being grateful to have a healthy family and friends, a home and food on the table puts smaller worries in perspective.

Gratitude reminds you to say, “Thank you.” Call, email or stop by to say thanks... it takes just a few minutes to express our reason for doing so. People like being appreciated. It creates a satisfying beam of mutual happiness that shines on.

Habit-Forming Tips

Here are some ways to overcome any initial discomfort felt in stepping for-

ward to thank others.

Create a morning gratitude session.

Take a few minutes each morning to close your eyes, silence the to-dos and give thanks to whomever and whatever is cause for gratitude.

Show thanks. Sometimes we think about something helpful or kind that someone did for us recently or long ago. Make a note, call them up or even better, tell them in person with sincere conviction why you continue to be grateful and appreciative. Another option is a thank-you card or email—keep it short and sweet.

See the silver lining even in “negative” situations. There are always two ways to look at something. We can perceive something as stressful, harmful, sad, unfortunate and difficult, or look for the good embedded in just about everything. Problems held in a positive light from a different perspective can be opportunities to grow and to be creative in devising a solution.

Learn a gratitude prayer. Many songs and prayers, religious or not, serve to remind us to be grateful. Find or write a special one and post it in a highly visible spot.

Leo Babauta is the founder of the simplicity blog, ZenHabits.net, and author of bestselling e-books Focus, The Little Guide to Un-Procrastination and Zen to Done.



Be Thankful

Be thankful that you don’t already have everything you desire.

If you did, what would there be to look forward to?

Be thankful when you don’t know something for it gives you the opportunity to learn.

Be thankful for the difficult times.

During those times, you grow.

Be thankful for your limitations because they give you opportunities for improvement.

Be thankful for each new challenge because it will build your strength and character.

Be thankful for your mistakes.

They will teach you valuable lessons.

Be thankful when you’re tired and weary because it means you’ve made a difference.

It is easy to be thankful for the good things.

A life of rich fulfillment comes to those who are also thankful for the setbacks.

Gratitude can turn a negative into a positive.

Find a way to be thankful for your troubles and they can become your blessings.

~ Author unknown

Superpower Kids' Immune Systems

Natural Health Experts Share How

by Jenna Blumenfeld

Many experts admit there is no definitive reason that people sniffle more during colder months. Some speculate it's because we're spending more time indoors and missing out on resupplying vitamin D, which makes us more susceptible to disease. Others say that when the temperature drops, the body uses more energy to stay warm instead of to fend off infection. What health practitioners do know is it's possible to maintain immunity naturally with diet, lifestyle and a proper whole foods supplement routine. Consider these tips from three experts to stave off illness and shorten its duration.

NATUROPATHIC DOCTOR

Christopher Johnson, Doctor of Naturopathy
Thrive Naturopathic, Arlington, Virginia

Incorporate immunity-boosting foods. Ginger and garlic contain antioxidants such as vitamin C and selenium, and have antimicrobial qualities. Add minced ginger to teas or marinades; roast garlic with carrots and squash. Aim to eat one to two cloves of garlic and 250 milligrams of ginger daily.

Try elderberry extract. Elderberry has strong antiviral properties. Consuming the plant's extract may prevent virus-based illnesses and alleviate both the symptoms and duration of a cold. Adults can take one to two teaspoons twice daily for prevention; increase dosage to four times a day if feeling sick. Use less for youths, based on size.

Make exercise and rest priorities. Daily physical activity rids the body of toxins, increases blood circulation and lowers stress levels. A simple 30-minute cardio routine three to four times a week strengthens immunity. Adequate rest helps the body recover and regenerate cells. Adults need a minimum of seven hours of sleep per night; children may need up to 13.



Lydia and Lillyanna Castille holding organic (right-hand) and store bought (left-hand) fruits. The organic fruits are bigger, brighter, and have more nutrients.

ACUPUNCTURIST AND CHINESE HERBALIST

Marco Chung-Shu Lam, Licensed Acupuncturist
Mandala Integrative Medicine Clinic, Boulder, Colorado

Practice deep-breathing exercises. Practicing yoga or t'ai chi several times each week can deepen the breath, allowing organs to function more efficiently and boost immunity. Concentrate on *pranayama*, a focused and controlled type of yogic breathing: Slowly inhale and exhale through the nostrils, expanding the belly, rather than the chest.

Add herbs. Incorporate the root herb *astragalus* in a daily whole foods supplement routine, especially important for older adults. Used for centuries in Traditional Chinese Medicine, *astragalus* supports the immune system by stimulating immune cell activity with its high polysaccharide (complex carbohydrate) content. Simmer the short, flat herb in soups or add to long-cooking grains like brown rice.

Eat seasonally. Our body naturally drives us to eat heartier foods like sweet potatoes, beets and winter squashes in colder months—foods that support immunity by providing both fiber and vitamins A and C. Eat warming foods like stews, beans and miso; avoid raw foods, which cool the body and stress the immune system.

DIETITIAN

Barbara Bapst, Registered Dietitian
Carolina Nutrition & Wellness, Charlotte, North Carolina

Balance bodily pH. The typical American diet of fast food, sug-

ary treats and refined snacks produces acid in the body, creating an environment in which bacteria thrive. Eat at least 10 servings of alkalizing foods each day to optimize the body's immune response and overall functioning. Spinach, broccoli and cauliflower are excellent choices, along with almonds, olive oil and grapes. Drink plenty of water and green tea to keep acid in check.

Up the antioxidants. Antioxidants help the body resist illness because they protect cells against harmful free radicals and oxidative stress. Berries are particularly beneficial and maintain their nutrients even when frozen; blend half a cup into a morning smoothie. As a diet supplement, consider adding 400 to 600 milligrams of curcumin—the active ingredient in turmeric, an antioxidant and anti-inflammatory spice—to meals.

Focus on kids' immunity. Although it's tricky to get children to eat enough immune-supporting fruits and vegetables every day, encouraging them to sit down at the table for meals can help. Get kids excited about eating healthy foods by involving them in vegetable gardening, planting herbs in windowsill pots and preparing dinner. Incorporate pumpkin and carrot purées into sauces or stews to increase their nutritional power.

Jenna Blumenfeld is a managing editor with New Hope Natural Media, in Boulder, CO.

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natural awakenings November 2013 **43**



How Wheat, Carbs and Sugar are Affecting Your Brain Health

by Linda Sechrist

Alzheimer's, the most common form of dementia and a general term for memory loss and other intellectual disabilities serious enough to interfere with daily life, affects 5.6 million Americans. According to *The Lancet Neurology*, a well-respected medical journal on brain research, Alzheimer's, which presently has no cure, is preventable.

"Lifestyle choices, like aerobic exercise and eating plenty of healthy fats and reducing carbohydrates, affect overall brain health, as well as the risk of Alzheimer's," says Dr. David Perlmutter, a board-certified neurologist and author of the new bestselling book, *Grain Brain: The Surprising Truth about Wheat, Carbs, and Sugar—Your Brain's Silent Killers*.

Food is a powerful epigenetic modulator—it can enable or hamper our DNA, thus regulating the expres-

"A hallmark of what I term grain brain is that brain dysfunction is predicated on the inflammation from consumption of gluten, as well as the long chains of sugar molecules known as carbohydrates."

~ Dr. David Perlmutter

sion of many genes. Experts have only begun to understand the damaging consequences of wheat consumption.

"*Grain Brain* is a timely wake-up call about how we are increasingly challenging human physiology by consuming what we are not genetically prepared to process, like the 133 pounds of wheat the average American eats annually," says Perlmutter. He believes that one of the main culprits for the decline in brain health in mod-

ern times has been the introduction of wheat into the human diet. Today's modernized and hybridized wheat crops share little genetic, structural or chemical similarity to the wild einkorn variety of grain our ancestors consumed in small amounts.

In the West, 20 percent of calories come from wheat-based food. Perlmutter is among those that regard this as a dangerous statistic, especially since Dr. Alessio Fasano, a pediatric gastroenterologist and research scientist who leads the Center for Celiac Research & Treatment at Massachusetts General Hospital, in Boston, found that the gluten in wheat leads to the production of zonulin in the gut.

Zonulin increases the permeability of the intestinal wall, allowing proteins to leak from the gut into the bloodstream, explains Perlmutter. These proteins, which would normally remain within the digestive system, then challenge parts of the immune system, the macro fascia and certain other types of white blood cells that increase production of inflammation-related chemicals. "Zonulin is the cornerstone of diseases characterized by inflammation in the brain—Alzheimer's, autism, Parkinson's and attention deficit disorders—as well as autoimmune diseases," advises Perlmutter.

Fasano's research shows that such a reaction to zonulin is present in 100 percent of humans—not just in the 1.8 percent of the population that have celiac disease or 30 percent that are gluten sensitive. "A hallmark of what I term grain brain is that brain dysfunction is predicated on the inflammation from consumption of gluten, as well as the long chains of sugar molecules known as carbohydrates," says Perlmutter. "This includes fruit, which also was consumed in limited quantities by our ancestors." He cites a published analysis by Loren Cordain, Ph.D., author of *The Paleo Diet*.

A diet high in carbohydrates has been directly related to atrophy, or brain shrinkage, according to a recent German study by University of Bonn researchers, published in *Neurology*. A blood test for hemoglobin A1C, the

standard laboratory measurement to assess average blood sugar, is frequently used in studies that correlate blood sugar control to disease processes like Alzheimer's, mild cognitive impairment and coronary artery disease. The researchers concluded that elevated hemoglobin A1C is directly associated with brain shrinkage, says Perlmutter.

He further notes, "The function of the brain, which is 60 to 70 percent fat and maintained by the fats you consume, depends on its environment." *Grain Brain* recommends a diet that's aggressively low in carbohydrates (60 grams per day) and bountiful in supportive brain fats. These include extra-virgin olive oil, sesame oil, coconut oil, ghee, almond milk, avocados, olives, nuts, nut butters, cheese and seeds such as flaxseed, sunflower, pumpkin, sesame and chia. It is also rich in above-ground vegetables such as kale, broccoli, spinach, cauliflower, Brussels sprouts and salad greens, while relatively low in below-ground vegetables like beets, carrots and potatoes, which are higher in carbohydrates. It also calls for reduced fruit consumption.

"Having two to four servings of fruit every day, based on America's present food pyramid, is not helpful. More in line with avoiding brain drain is an apple or a handful of berries, or about 100 calories worth of any fruit. In my opinion, the pyramid needs to be stood on its head," advises Perlmutter. "We should eat a diet similar to what our ancestors survived on for 2.6 million years and reprogram support of our genetic destiny for the better."

Dr. David Perlmutter is a board-certified neurologist, Fellow of the American College of Nutrition and author of Grain Brain. For more information on his 2013 PBS Grain Brain series, visit DrPerlmutter.com.

Linda Sechrist is a senior staff writer for Natural Awakenings. Visit ItsAllAboutWe.com for the recorded interview.

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~ Aaron

My doctor told me that I had a hypothyroid condition, prescribed medication and was happy with the follow-up test results, yet I noticed no positive effects on my overall well-being. Within two weeks of using the Natural Awakenings Detoxified Iodine, I had more energy, felt more awake and enjoyed clearer thinking and greater peace of mind. People even comment that I look younger. I am a fan!

~ Larry

Be Aware of Hypothyroidism Symptoms

Low thyroid function, or hypothyroidism, is the most recognized and obvious indicator of low iodine intake because the thyroid gland contains more concentrated iodine than other organs. Symptoms can range from extreme fatigue and weight gain to depression, carpal tunnel syndrome, high blood pressure, fibrocystic breasts and a variety of skin and hair problems.

Hypothyroidism can further cause infertility, joint pain, heart disease and stroke. Low iodine levels also have been associated with breast and thyroid cancers. In children, insufficient iodine has been strongly linked with mental retardation,

deafness, attention deficient and hyperactivity disorder and impaired growth, according to studies by Boston University, China's Jiao Tong University School of Medicine and France's National Academy of Medicine.

The answer is simple: Taking the right kind of iodine in the right dosage can rebalance thyroid function and restore health to the thyroid and the whole body.

Reasons Behind Iodine Deficiency

Radiation: Almost everyone is routinely exposed to iodine-depleting radiation emitted by cell phones, Wi-Fi, microwave ovens and other electronic devices.

Iodized table salt: The human body cannot utilize the iodine added to this product.

Low-sodium diets: Failure to use healthy salts to fulfill sodium requirements, plus over-

use of zero-nutrient table salt in foods, leads to iodine depletion.

Bromine: This toxic chemical overrides iodine's abilities to nourish the thyroid, adrenal and other hormone-producing glands. A known carcinogen, it is used as an anti-caking ingredient found in almost all baked goods, unless the ingredients specifically cite unbromated flour.

Iodine-depleted soils: Due to poor farming techniques, iodine and other minerals in soil have declined, so most foods today are devoid of naturally occurring iodine.

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The Miracle of Midlife

Being Exactly Who We Need to Be

by Marianne Williamson



How would we live, were we not afraid of death?

How would we live if we gave ourselves permission to give to life everything we've got? In *The Longevity Factor*, Lydia Brontë, Ph.D., observes that we've added 15 years to our lives... but in the middle, not at the end. No longer identifying ourselves as "over the hill" at whatever age, we are simply removing the hill. We are forging a different conversation and a new vision to take us beyond the limited thought forms that have defined the parameters of age for generations.

For the first time in history, we can realistically view the first half of life as a kind of gestation period, preparing us for an even more productive second half.

Midlife is like a second puberty, a point at which one persona falls away and another comes to take its place. What happens then is up to us.

Some begin a long, slow cruise toward death at that point, allowing memories to become more meaningful than the present. Others, remembering that the spirit within us never ages, see the moment of midlife as a rebirth—the time to put our engines into high gear. Whomever it is we were born to be, whatever our soul was coded to accomplish, whatever lessons we are here to learn; now is the time to seriously get going. We may regret that we're no longer young, but we're ecstatic that we're no longer clueless.

We must be disciplined, though. We

want to become precision instruments now, focused on exactly what we want to do and being exactly who we need to be. This requires separating from the person we were before to whatever extent that person was not who we know in our hearts we were created to be.

There's no more time for five-year detours. No more time for relationships that don't serve us or for staying in situations that aren't true to who we are. No more time for pettiness, false pride or whatever other dysfunctional roadblocks obstruct our higher destiny and the joy that's meant to be ours.

Our life might not be as fabulous as it used to be in some ways, but in other ways it's even more fabulous. The Universe is constantly and infinitely elastic, responding not to our past, but to our present state of mind. As we learn to reprogram thoughts—atonement for our mistakes of the past and embracing the endless miraculous possibilities of the present—we step into a time when we have every reason to look forward with genuine excitement to what happens next.

Individually and collectively, we are now fitted to fearlessly forge new ground, wielding the power of what life has taught us so far and laying claim to the possibility of redemption, not only for ourselves, but also for the entire world. The planet needs a new story, aligned with a larger consciousness, and so do we.

What we need now are imagination and courage. Many of us feel we've forever carried around a secret dream, rarely validating it even to ourselves and

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often denying its reality. Yet it has refused to go away and is ready to be born at last. Individuals that have spent decades achieving one thing or moving in one direction often take up something else entirely that gives them far more psychic satisfaction. They see achievements that were the height of their material success as preparation for an even greater one; the means by which they learned the skills ultimately needed to make their biggest contribution to the world.

Divine law guarantees that the power of "now" presents an endless fount of miraculous opportunities. In God, there are no limits to how high we can go, ever. In God, there is no time... only the call of the soul. It is not too late; we are right on time and we are better than we know.

Now, having visited so many other places in our journey of life, we seek our place within the collective heartbeat of holiness. When enough of us stand in the light of our higher purpose, seeking to be ever-greater servants of love, each consciously dedicated to creating a more loving world, then a new field of collective possibility will emerge among us. All that is not love will begin to fall away of its own dead weight. A profound moment of planetary renewal will occur then, after our having allowed it first to occur within us.

Marianne Williamson is an internationally acclaimed inspirational author and lecturer. Six of her 10 books have been New York Times bestsellers, including The Age of Miracles: Embracing the New Midlife, the basis for this article.

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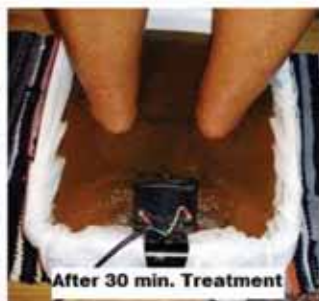
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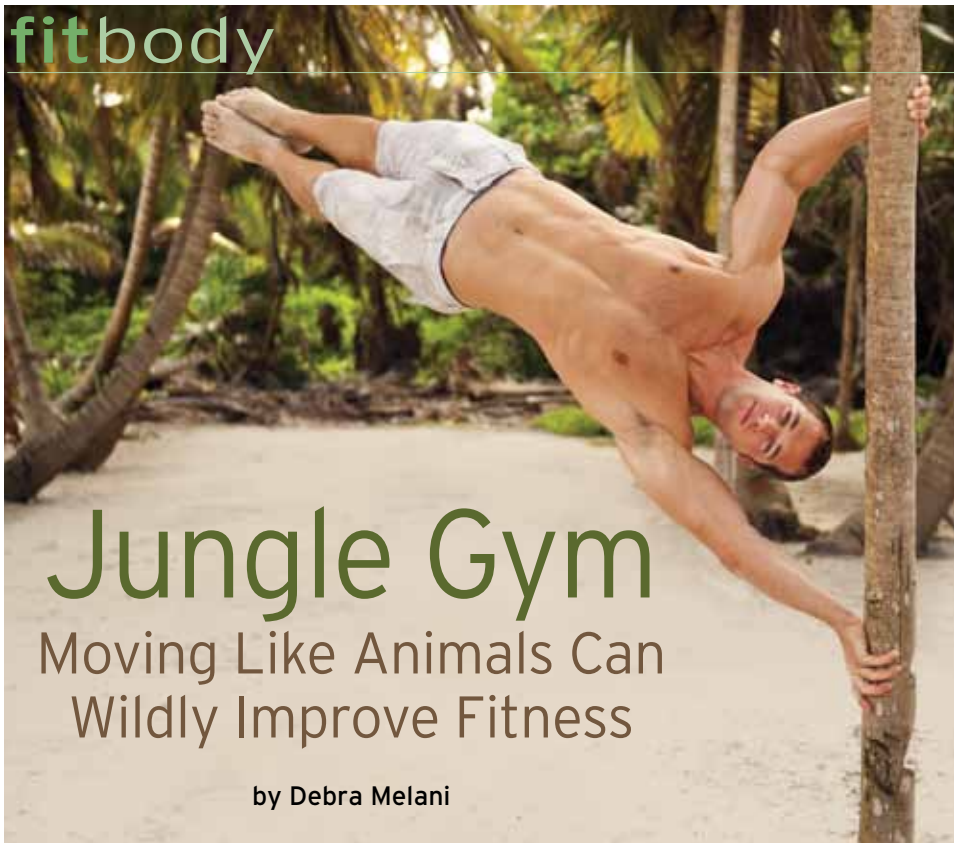
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Jungle Gym

Moving Like Animals Can
Wildly Improve Fitness

by Debra Melani

Fitness seekers across the country are finding their wild sides by crouching like cougars, leaping like leopards and crawling like crabs. Although it might seem like they've let silliness encroach on their fitness goals, these adventurous types might be on the right track, realizing more of the rippled muscles and exceptional agility of our four-legged complements.

"It's getting people back into their own bodies," says Mike Fitch, creator of Animal Flow, one of several fitness programs offered in health clubs around the country that enable participants to make the most of their inner beast. "People are tired of being injured and doing the same old workouts. They need a more well-rounded, holistic approach to their health." Fitch, founder of Global Bodyweight Training, in Miami, Florida, incorporates fluid movement (including parkour, break dancing and gymnastics) in his routines.

Animal-related workouts are proving to be a fun form of natural bodyweight training—named a top fitness trend for 2013 by the American College of Sports Medicine (ACSM). Men and women are mimicking animals to attain

stronger, leaner and more agile bodies that perform better in life. Whether building arm strength by swinging their lower bodies sideways, feet-to-hands, like a gorilla, or toning thigh muscles by stalking forward inches from the ground like a panther, animal workout converts are toning their bodies in challenging ways without the use of heavy weights or equipment.

"The bear crawl is another good example," advises David Nordmark, author of *Animal Workouts: Animal Movement Based Bodyweight Training for Everyone*. With hands and feet on the ground and rear end raised in the air, the bear crawl involves scrambling quickly forward and backward—a popular high school football and karate agility drill for years. He contends, "Even if you think you are in shape and do it for a minute, you'll be amazed at how much more of a workout your arms get."

Neal Pire, a New Jersey-based strength trainer and ACSM fellow, agrees the movements are intense and strength building, but wonders if an evolved, two-legged animal is meant to mimic four-legged species. "It's a very tough workout," says Pire. "You're

loading muscles where typically you don't have very much leverage, so your muscles are doing all of the work; yet some moves might be overloading to certain people's joints."

Fitch claims the overall result is increased muscle endurance. He cites a study published in the journal *Applied Physiology Nutrition and Metabolism* of women that found whole-body, aerobic resistance training like what's applied in his program supplies a cardiovascular workout similar to endurance training, but with the added benefits of increased balanced muscle strength and perceived enjoyment.

"I call it body balance, working your body as a unit," Nordmark says, citing pushups, which activate specific muscle groups, as a more traditional example. He notes, "I think it gives people a more natural and attractive look than bodybuilding, more like dancers or even martial artists or gymnasts."

Working out like animals keeps human cores activated, especially when combining the exercises together for a sustained routine. In addition to tightened abdominal muscles, it boosts

"Even if you think you are in shape and do it for a minute, you'll be amazed at how much more of a workout your arms get."

~ David Nordmark on "the bear crawl" exercise
calorie consumption and leads to enhanced core and overall strength. Fitch points to a relevant study of college football players that demonstrated the strength connection, published in the *Journal of Strength and Conditioning Research*. Pire concurs that sustained exercises at a moderate range, as with animal workouts, is an effective calorie burner. Firming up a flabby middle also works to improve balance, as another study in the same journal showed, involving sedentary women performing fitness ball exercises.

Moving the body in many directions in intense, but flowing, almost dance-like workouts, naturally improves

stability, agility, flexibility and balance, as exhibited in the animal kingdom. "Challenging the body as it moves in all directions uses the body the way it was intended to be used," maintains Fitch. Nordmark also points to similarities in yoga poses resembling animal postures that have contributed to physical and spiritual health for millennia.

Nordmark and Fitch believe that animal themes provide many more bodyweight movements that can keep workouts fresh and be mastered for life, keeping bodies strong and functional as people age. "If you meet an old bear in the woods, he's not walking around with a walker," Nordmark observes. "He's still a formidable animal, and you don't want to mess with him." Plus, adds Fitch: "The workouts are great fun."

Watch animal moves in action at Tinyurl.com/AnimalFlowVideo.

Freelance journalist Debra Melani writes about health care and fitness from Lyons, CO. Connect at DebraMelani.com or DMelani@msn.com.


October & November

SUN	MON	TUES	WED	THUR	FRI	SAT
					25 MSS 6:30	26 MRK 6:30
27	28	29	30	31	1 MSS 7:05	2 PEN 6:30
3 PEN 7:05	4	5	6	7 KNX 7:05	8 MSS 6:30	9 MSS 6:30
10	11	12	13	14	15 BLM 6:30	16 BLM 6:30
17	18	19	20	21	22 BLM 7:05	23 BLM 7:05
24	25	26	27 PEN 6:30	28	29 PEN 7:05	30 MSS 6:30


December

SUN	MON	TUES	WED	THUR	FRI	SAT
1	2	3	4	5	6 FAY 7:05	7 FAY 7:05
8 PEN 6:30	9	10	11	12 COL 7:05	13 PEN 7:05	14
15	16	17	18	19	20 HUN 6:30	21 HUN 6:30
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HOME
AWAY

Belly Fat:

What It Is and How to Get Rid of It

by Dr. Steven Castille

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

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

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

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



Receptor sites

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

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

How to lose belly fat

Rule 1: Eliminate sugar

The belly-fat diet must be free of sugar,

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

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

Rule 2: Avoid stimulants, such as caffeinated drinks

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

Rule 3: Get more sleep

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

Rule 4: Eliminate chemicals in the environment and in food

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

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

Rule 5: Drink lots of water

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

Rule 6: Include more fiber

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



Rule 7: Exercise properly

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

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

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

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

Rule 8: Increase metabolism

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

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



Health Effects of Being Overweight

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

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

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

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

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

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

Some of the benefits of exercise include:

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

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

When planning meals, keep the following guidelines in mind:

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

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Saving Animals Saves People

Rescue You, Rescue Me

by Sandra Murphy

Like water, grace seeks its own level. In rescuing animals, the rescuer is often also rescued. Both lives change for the better.

“Buster came to us for a reason,” says Amy Burkert. “My husband, Rod, and I were walking our Shar-Pei, Ty, in our Philadelphia neighborhood when a man warned us about ‘a big, black dog’ in the alley. The friendly fellow came home with us and after a fruitless search for his family, we decided to make him part of ours.”

In 2009, when the couple encountered difficulty finding a vacation hotel that would accept their new 70-pound German shepherd as an overnight guest, they decided to launch *GoPetFriendly.com*, a website that assists in finding travel accommodations for families with dogs and other pets. Selling their house in Pennsylvania and hitting the road in a 24-foot-long RV, they’ve now traveled to 47 states to research and qualify content for the website; Rod works from “home” and Amy writes the weblog. Their travel schedule flexes, with most stops lasting one to three weeks.

“It’s not the life two accountants were banking on, but we couldn’t be happier,” she says, “and we owe it all to Buster.” The site now lists more than 60,000 hotels, campgrounds, restaurants, beaches, dog parks and activities across the U.S. and Canada, plus a road trip planner.

“I woke up one morning and thought, ‘I can’t find a husband, so I’ll get a dog,’” says BJ Gallagher, a sociologist and award-winning author. “I’d lived in my Los Angeles house for 16 years and knew none of the neighbors. Within six months of adopting Fannie from a shelter, I’d met them

Humans rescue animals, but animals show up for a reason—most humans can use some rescuing, as well.

all. Thanks to her, I've become a full-fledged member of my community." Fannie's Chinese heritage includes chow and Pekingese breeds.

Transformations can come from more unusual pets, as well. Soon after Susan M. Tellem, a registered nurse in Malibu, California, gifted her husband, Marshall, with two tortoises for his birthday, the couple discovered there was no national protection program for the reptiles. They started American Tortoise Rescue (*Tortoise.com*), an organization that has been rescuing, rehabilitating and providing sanctuary to more than 3,000 water turtles and land tortoises since 1990. Their education and awareness initiatives for humane treatment have gone international, as well.

It was a bird that rescued April Leffingwell. She had been dealing with a severe back injury that necessitated pain medication and kept her from regular work for six months when she and her husband visited a local Los Angeles pet store, "to get out of the house." She was touched by seeing a large Moluccan cockatoo that was afflicted with a damaged claw. Her husband recognized how she related to the bird's condition and brought Izzi home the next day.

Now with just one leg, Izzi has learned to sleep while lying down to rest his other limb. "Izzi and I found each other when we were both broken," she says. "We've become each other's source of strength. If he can live with only one leg, I can live through pain."

When members of the armed forces deploy, they often have to find alternate living arrangements for pets and may not always be successful. Kimberly Gauthier, a blogger at *KeepTheTailWagging.com*, and her ex-Army partner are securing funding and laying plans to foster dogs for deployed soldiers. Emailing updates and Skype visits will aim to boost the morale of both the dog and serviceman or woman. The couple lives on five acres in Marysville, Washington.

An animal-enriched environment has proved to be helpful for author Kathy Rowe, a 20-year veteran retired from the military, and her husband, Scott, who also retired from Air Force service that included Special Forces duty. They have chosen to live on a 100-acre farm in Tyner, Kentucky. Kathy believes their variety of resident rescued animals, including dogs, cats, chickens, turkeys and a potbelly pig, all help Scott in dealing with post-traumatic stress disorder.

Riding, working with and grooming his horse, Quint, is particularly helpful. "My husband is less frustrated, has better focus, is less jumpy and has fewer flashbacks than he used to," relates Rowe. "Knowing that our rescue dog, Lola, is guarding the farm, he feels he can sleep better because she has his back."

Humans rescue animals, but animals show up for a reason—most humans can use some rescuing, as well.

Connect with freelance writer Sandra Murphy of St. Louis, MO, at StLSandy@mindspring.com.

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calendar of events

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FRIDAY NOVEMBER 8

Veteran's Day and We Honor Veterans Celebration – 9am-12pm. Honor those who have fought to protect our freedom. RSVP. Hospice of Acadiana, 2600 Johnston St, Lafayette. 337-232-1234.

SATURDAY NOVEMBER 9

STEAM Ballet Workshop – 9:30-11:30am. Boys and girls learn the basics of structure and discipline in ballet. Children are inspired to pursue the art of free movement. Age 6-8. Free. West End Park Community Center, 1200 Field St, New Iberia. 337-369-2394. **Atchafalaya Basin Festival** – 10am. Live music includes Al Berard Family Band, Jamie Bergeron, Geno Delafosse, Terry and the Zydeco Bad Boys, Hunter Courville and Louisiana Red. Arts and crafts, cooking contests, car and truck show, food and family fun. Free. Our Lady of Mercy Catholic Church, Henry Guidry Memorial Park, 103 Park Dr, Henderson. 337-205-2443.

Finger Licking Southern Soul Food Cook-Off – 10am-5pm. Family-oriented food festival, fais-do-do, arts and crafts, refreshments and more. Mon Ami, Grand Marais, 7304 East Highway 90, Jeanerette. 337-365-8185.

Holiday Shoppe – 10am-5pm. Shop for beauty, weight loss and health products, handmade items, jewelry and fashion, crafts and artwork, Tupperware, cookware and kitchen accessories, candles from local small businesses. Cyr Gates Community Center, New Iberia City Park, 300 Parkview Dr, New Iberia. 337-577-2117.

MONDAY NOVEMBER 11

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

THURSDAY NOVEMBER 14

Southern Screen Film Festival – Multiple activities/times. Experience the best of independent film in Lafayette. Learn the art and education of filmmaking from artists from around the nation. Free. LITE Center, 537 Cajundome Blvd; ACA, 101 W Vermilion St; Cite des Arts, 109 Vine St, Lafayette. 337-291-3456.

EKG Heart Fair – 3:30-6pm. A painless test that records the electrical signals of the heart on graph

paper, the screening can detect past heart attacks, blockages, the thickness of the heart wall and more. Results reviewed onsite, cardiologists available for risk assessments. Free. Cardiovascular Institute of the South, Lafayette General, 443 Heymann Blvd. 337-289-8600.

Winter Hummingbirds in Louisiana – 5:30pm. Dave Patton about the hummingbird species: Rufous, Calliope, Buff-bellied, Broad-tailed, Allens and Black-chinned that winter in the area. Free. Wild Birds Unlimited, 137 Arnould Blvd, Lafayette. 337-993-2473.

Introduction to Aromatherapy and Essential Oils – 6:30-8:30pm. Introduction to essential oils and carrier oils. Learn how oils work and how to use them daily. Create an oil blend to take home. \$20. Earth-N-Herbs, 284 E Martin Luther King Dr, Grand Coteau. 337-662-4022. Earth-N-Herbs.com.

SATURDAY NOVEMBER 16

MDA 6th Annual Passport to a Cure Gala – 7-11pm. "Casino Royale" social event includes entertainment, food, fun and a great casino atmosphere. Muscular Dystrophy Association. Cypress Bayou Casino & Hotel, 832 Martin Luther King Rd, Charenton. 337-234-0088.

El Festival Espanol de Nueva Iberia – 8am-11pm. Celebrate New Iberia's Spanish roots with "Dave Robicheaux Running of the Bulls" 5K race, re-enactment of the arrival of the Spanish on Bayou Teche, paella/jambalaya cook-off, fais-do-do at the Pavilion, food demonstrations, original Spanish family genealogy, guest lectures and exhibits. Boulogny Plaza, Steamboat Pavilion, 102 W Main St, New Iberia. 337-356-6826.

SUNDAY NOVEMBER 17

Cold and Flu Season Survival – 1pm-3pm. Learn about herbs that ease the symptoms of colds & flu. Make herbal honey for coughs, herbal throat lozenges, elderberry syrup, vapor rub, fever reducing tea, fenugreek seed and osha root tea. \$20. Earth-N-Herbs, 284 E Martin Luther King Dr, Grand Coteau. 337-662-4022. Earth-N-Herbs.com.

Country Christmas – 1-3pm. Ring in the holiday season with photos with Santa printed onsite, train rides, fun jumps, live music, arts and crafts and roasted marshmallows. Free. Sugar Mill Pond Town Center, 101 Waterview Rd, Youngsville. 337-856-2323.

FRIDAY NOVEMBER 29

Safari of Lights – 5-9pm. Thru Dec 31. Stroll the pathways of the Zoo with thousands of twinkling lights. Enjoy a hot cup of chocolate while taking a ride on the Northpole Express Train as Christmas music fills the air. \$6 at the door or \$5 in advance before 4pm. Zoo of Acadiana, 5601 US Hwy 90, Broussard. 337-837-4325. ZooOfAcadiana.org.

TUESDAY NOVEMBER 19

An Extra Helping of Holiday Self-Care – 5:30pm. The holidays can add stress for those who are grieving. Join the bereavement staff for ideas for caring for yourself during this demanding season. Registration required. Hospice of Acadiana Conference Center, 2600 Johnston St, Lafayette. 337-232-1234.

WEDNESDAY NOVEMBER 20

Thanksgiving Food Drive – 6pm. Join Pillows of Hope and Sid Williams for this food drive. Music by Buckwheat Zydeco, Nathan Williams Sr, Curley Taylor & Zydeco Trouble, Major Handy & His Louisiana Soul Review, Horace Trahan, Touch of Class band, Connie G Leroy Thomas, Lil Buck Senegal, Leon Chavis & Kenne Wayne, Donna Angelle, Corey & The Zydeco Hot Peppers and other local artists. \$7 and four canned goods or \$10. Mary Chevalier, El Sido's, 1523 N St Antoine St, Lafayette. 337-280-3735. Mary.Chevalier@cox.net.

SATURDAY NOVEMBER 23

Broussard Community Fair – 10am-7pm. Thru Nov 24. Enjoy music, food and fun in a family friendly atmosphere. Booths range from ring-the-bottle to confetti eggs. St Cecelia School Campus, 302 W Main St, Broussard. 337-837-1864.

WEDNESDAY NOVEMBER 27

11th Annual Camellia Crossing – 5:30-9pm. Light up the boulevard for a 5k and family fun run. Register online. Miles Perret Services. River Ranch Townsquare, Camellia Blvd, Lafayette. 337-984-1920. MilesPerret.org.

FRIDAY NOVEMBER 29

Everybody's Birthday Party with Curley Taylor – 9pm-until? Practice your Zydeco moves and celebrate your birthday. This event celebrates YOU. Enjoy music from Grand Coteau native and national recording artist Curley Taylor and Zydeco Trouble. \$10. Renovation of Historic St Peter Claver Hall. Renella Henry. St Peter Claver Hall, 252 Church St, Grand Coteau. 337-349-5814.

SATURDAY, NOVEMBER 30

Noel Acadien au Village – 5:30-9:30pm. Thru Dec 1. Celebrate the holidays with half-a-million lights, the fully lit open door chapel, themed Acadian home porches, lighted holiday displays, live entertainment, carnival rides, local cuisine, photos with Santa and holiday shopping. New displays this year include the Gingerbread House, LED-lighted chapel, along with Papa Noel in a Pirogue. Advance tickets \$7 at area Shop-Rite stores, \$9 at the village, free Age 4 and under. Acadiana Village, 200 Greenleaf Dr, Lafayette. 337-981-2364.

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sunday

Dine Around – 11am. 3rd Sun each month. Social outing with others who have lost loved ones to meet at various restaurants around Acadiana. Registration required. Molly Vincent Charpentier. Hospice of Acadiana. 337-251-1614.

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

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

The Vertical Barre Meditation Group – 2-3pm. Free group meditation with Laci Lopez. The Vertical Barre, 233 Doucet Rd B-4, Lafayette. 877-575-1121. TheVerticalBarre.com or ARealPerson@TheVerticalBarre.com.

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

Celebrate Recovery – 4:45pm. Celebrate Recovery in a Christ centered 12 step program. Join weekly sessions at First Baptist Church, 1100 Lee Ave, Lafayette. 337-233-1412.

monday

Yes, I Remember It Well – 10am-12pm. 2nd Mon each month thru 2013. Join LC Melchior for a morning of sharing stories of Acadiana and reminiscing those good old days. Hospice of Acadiana, Inc, Conference Center, 2600 Johnston St, Lafayette. 337-234-1234.

Tap and Jazz Dance Class – 5:30-6:30pm. Adult class for beginners-advanced students. \$35/month. Debbie Roat Moore. Cité des Arts, 109 Vine St, Lafayette. 337-291-1122. CiteDesArts.org.

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

Photography for Kids – 6-7pm. Learn technique, composition and presentation while creating fun,

hands on projects. No experience necessary. The Front Room, 1301 Ave A, Scott. 337-258-2333. MusicReed@yahoo.com.

Flowers for Fun – 6:30-8:30pm. Research shows that being with nature nourishes the soul and brings joy into your life. Be creative in a fun and relaxed atmosphere. Play with flowers and learn to design a piece of art. \$250/6 2hr classes; once a week 6 consecutive weeks. 209 Brockton Dr, Carencro. 337-278-7673.

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

Water Aerobics Class – 6:30-7:30pm. Removes pressure from joints and makes moving easier. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8362.

Lafayette Photographic Society – 6:45pm. 2nd and 4th Mon each month. Educational programs and guest speakers at 2nd Mon meeting. Inter-club projected image and print competitions at 4th Mon meeting. 1101 Bertrand Dr, Room 411, Lafayette, LA. Blemarie56@yahoo.com.

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

tuesday

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

Baby Time – 9:30-10am. Class designed to introduce mothers, fathers, caregivers and babies to nursery rhymes, songs, finger plays and early literacy information. Ages 9-18 months. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

Toddler Time – 10:30-11am. Fifteen-minute story sessions geared to children 18-35 months. Adults must accompany toddlers. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

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

Teche Area Farmers' Market – 2:30-6pm. Fresh and frozen produce from local farmers, handmade

crafts, jams, jellies, preserves, baked goods, live animals, farm fresh eggs, frozen seafood, something for everyone of all ages. Main St, New Iberia.

Water Aerobics Class – 2:30-3:30. Removes pressure from joints and makes moving easier. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8362.

Cash & Carry Farmers' Market – 4-6 p.m. Fresh produce, delicious homemade goods and the area's best local musicians. From country eggs and homemade fig cakes to squash and grass-fed beef, something for everyone. Brett Marino. Historic Cash & Carry Building, 801 Enterprise Blvd, Lake Charles. 337-764-9432.

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

Acquired and Traumatic Brain Injury Support Group Meeting – 6pm. 3rd Tues each month. Help to build you and your family a network of support to set out in a new, rewarding direction. Free. Our Lady of Lourdes Facility, Ambassador Caffery, Section One, Conference Room A. 337-856-1964 or 877-852-1964.

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

The Budget Queen Coupon Swap – 6-7pm. 1st Tues each month. Swap coupons and get money saving advice and tips. Beginners welcome. The Conference Room, South Regional Library, 6101 Johnston St, Lafayette. 337-371-7884.

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

Mystery Book Club – 6:30-7:30pm. 3rd Tues each month. The South Regional Library hosts a mystery book club. The South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

Writers' Guild of Acadiana Meeting – 7pm. Last Tues each month. An organization of local writers, published and unpublished, to gain knowledge in the craft of writing. Barnes & Noble, 5705 Johnston St, Lafayette. 337-989-4142.

wednesday

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

Baby Time – 9:30-10am. See Tues listing. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

Toddler Time – 10:30-11am. See Tues listing. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

LEDA Networking Luncheon – 11:30am. 1st Wed each month. Meet over a hundred people for buffet lunch with guest speakers from local businesses. The “roaming mic,” is passed to everyone in the audience for the opportunity to stand up and tell their name and the name of their business. Door prizes, time for mingling. \$17.50. RSVP by 5pm the Tues before. River Oaks, Lafayette. 337-593-1400.

Adult Art – 1-3pm. Art lessons in any medium with instructor Robert Baxter. \$20/class. The Gallery, 222 N Parkerson Ave, Crowley, 337-783-3747. CrowleyArtGallery.com.

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

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

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

Water Aerobics Class – 6:30-7:30pm. See Tues listing. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8362.

thursday

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

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

Water Aerobics Class – 2:30-3:30pm. See Tues listing. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8362.

Children’s Fiddle – 5-5:45pm. Kids of all abilities learn tunes from around the world while discovering a variety of musical genres. The Front Room, 1301 Ave A, Scott. 337-258-2333. MusicReed@yahoo.com.

Rhythms on the River – 5:30-8:30pm. Enjoy live music, fun and refreshments. Leave ice chests and pets home. River Ranch Town Square, Lafayette. 337-216-6566, RiverRanchDevelopment.com.

Open Mic – 8pm. Open microphone performances. The Porch Coffee House, 4710 Common St, Lake Charles.

friday

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

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

Coping Creatively Through Grief Support Group – 10am-12pm. 1st and 3rd Fri each month thru May 3. Catherine Wallace, LCSW, and Jessica Johnson, LPC of the Center for Loss and Transition, offer seven sessions on creativity and sharing to help grievers heal. Pre-registration required, space limited. Hospice of Acadiana, 2600 Johnston St, Lafayette. 337-232-1234.

Bach Lunch – 11:30-1pm. Free outdoor concert series features variety of musicians. Bands perform noon to 1pm. Lunches available first come first served. Parc Sans Souci, Lafayette. 337-291-5544, 337-291-5461, LafayetteScienceMuseum.org.

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

Downtown Alive – 5:30-8:30pm. Cultural and traditional music in a family environment outdoors. Great entertainment from musicians representing a variety of genres. Concessions available. Free. Par San Souci, Downtown, Lafayette. 337-291-5566. DowntownLafayette.org.

Music and Market – 5:30-8pm. Southwest Louisiana music in a unique family-friendly outdoor setting. Bring lawn chairs. Beverage sales for the concert series support event expenses. No ice chests. Vieux Village/Farmer’s Market Pavilion, 828 E Landry St, Opelousas. 337-948-6263.

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

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

saturday

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

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

Acadiana Walking Club – 8am. Meet at various walking trails. Call for meeting place. Join the mailing list. 337-261-9188 or Admin@HealTheHabitsForLiving.com.

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

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

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

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

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

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

Bird Chat – 8:30am. 1st Sat each month. Discuss bird sanctuaries in local backyards. Field trips follow discussion. Wild Birds Unlimited, 137 Arnould Blvd, Lafayette. 337-993-2473.

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

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

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

Acadiana Lupus Support Group Meeting – 10am-Noon. 2nd Sat each month. A community of patients, family members and friends dedicated to dealing with Lupus. Goodwill Corporate Office, 2435 W Congress St, Lafayette. 337-261-5811.

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

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

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

Jefferson Street Story Times – 10:30am-11am. Story times for ages 3-6. Jefferson Street Library, 538 Jefferson St Lafayette, 337-261-5787.

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

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

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

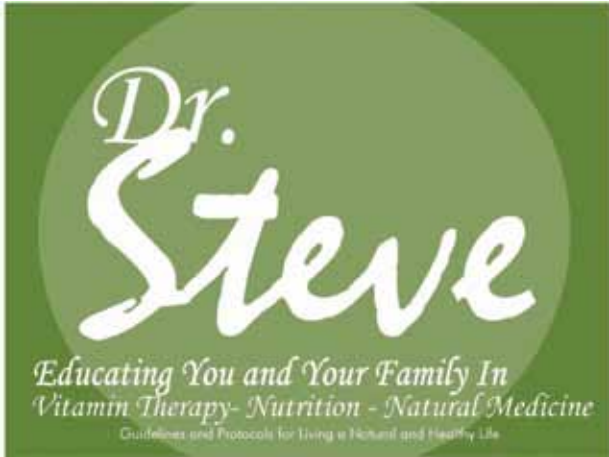
“Rendez-Vous des Cajuns” Live Radio and TV Show – 6-7:30pm. Cajun and Zydeco bands perform live in Cajun-style “Grand Ole Opry” Liberty Theater. \$5/Adults, \$3/children under 12. 200 W Park Ave, Eunice. 337-457-7389. EuniceLA.com.



Naturopathic Doctors

Natural Medicine

“finding the root cause”



Dr. Steven T. Castille, Bsc,Ms,DNM
natural medicine

Biochemist, Clinical Herbalist and Doctor of Natural Medicine

Bachelor of Science in Biochemistry, Master of Science in Engineering and Technology Management, Doctorate in Natural Medicine

Naturopathy is a form of alternative or complementary medicine.

This practice is based on the notion that the body has the intrinsic ability to heal itself with the proper support and guidance, and naturopaths utilize modern and traditional medical practices to achieve this goal. It is practiced in the United States, Great Britain, New Zealand, Australia and Germany. Naturopaths can be found working in hospitals, medical offices, holistic health centers, and many other settings.

The Basics of Naturopathy

In naturopathy, allowing nature to heal the body is a primary basis of this form of alternative medicine. Naturopathic doctors pledge first to “do no harm,” and seek to find the root cause of illness rather than to simply treat symptoms.

Naturopaths see themselves as teachers, and work with patients on lifestyle changes that promote healing and optimal health. Taking many aspects of a patient’s life and history into consideration, naturopaths may address diet and nutrition, chronic health conditions, exercise, emotional health, spirituality, family history, and many other factors during the course of treatment.

The prevention of disease and illness is one of the most important aspects of naturopathic medicine. Whereas mainstream medicine may concentrate

on curing illness, naturopathy relies on treatment and lifestyle changes that may prevent the occurrence of disease in the first place. Naturopaths evaluate genetic predisposition to disease, family history and other risk factors that may make a patient more vulnerable to illness. Specific lifestyle changes to support optimal health and the prevention of disease are then prescribed.

Traditional Naturopaths

In the United States, there are three categories of practitioners of naturopathy: naturopathic physicians, traditional naturopaths, and various providers who utilize aspects of naturopathic medical practice. In terms of education, traditional naturopaths complete a bachelor’s degree and pre-medical education in one of the three major areas of science (chemistry, biology, or physics) and graduate-level training in science and



natural medicine. Traditional naturopaths complete continuing education requirements to stay current with the most current natural medicine practices.

Other medical providers such as chiropractors, osteopaths, dentists and nurses may undergo some naturopathic training in various holistic therapies, but these programs are generally limited and not subject to accreditation or licensing.

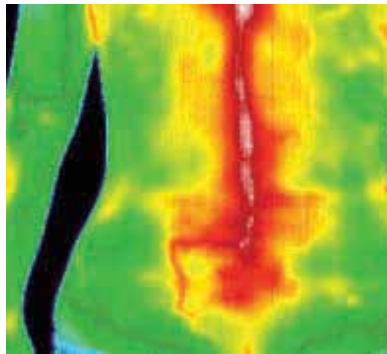
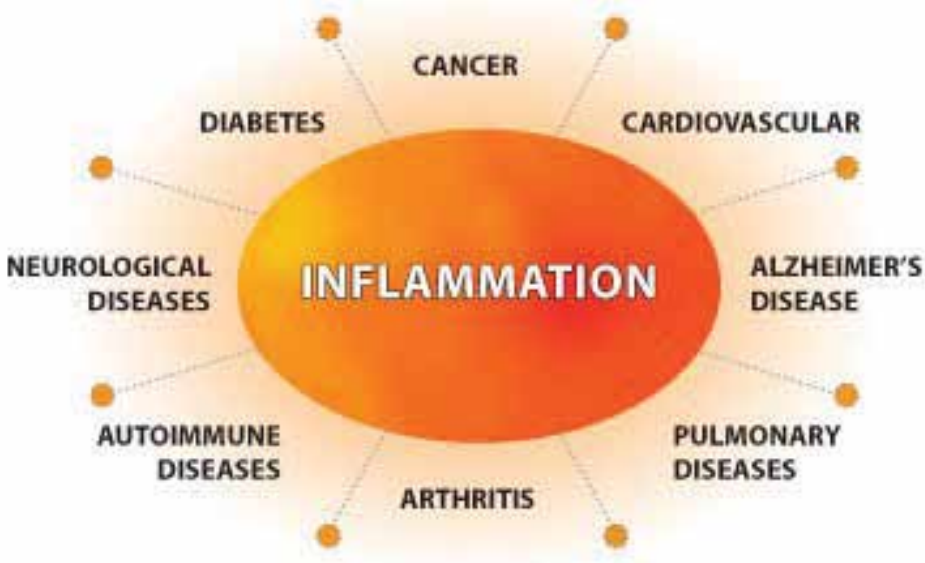
Is Naturopathy for Me?

Naturopathy is an important and useful form of alternative medicine that many Americans choose to utilize for treatment of both chronic and acute health conditions. Treatment by a naturopathic doctor can be an excellent complement to mainstream medical care, providing the best of preventive medicine for consumers seeking comprehensive holistic treatment.

What Can I Expect?

When seeing a naturopath, patients can expect to undergo an extensive medical interview and perhaps some basic examination. A naturopathic doctor may prescribe homeopathic remedies, vitamin therapies, holistic therapies, herbal remedies, dietary and lifestyle changes, and a variety of laboratory tests. During the course of treatment, naturopathic doctors may utilize acupuncture, infrared heat therapy, whole body vibration, pH saliva and urine testing, chelation therapy, blood and hair analysis, hydrotherapy, massage or joint manipulation, colonic irrigation, as well as other forms of natural medicine and healing. While some naturopathic doctors may serve as the primary medical provider for a minority of patients, most consumers will maintain their relationship with their medical doctor and simply see a naturopathic doctor as a complement to their mainstream medical treatment.

the natural path



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Doctors say that 75% of all diseases are actually curable with proper nutrition. If people ate more alkaline foods such as fruits and vegetables, and less sweets, their bodies would fight diseases so much better.

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