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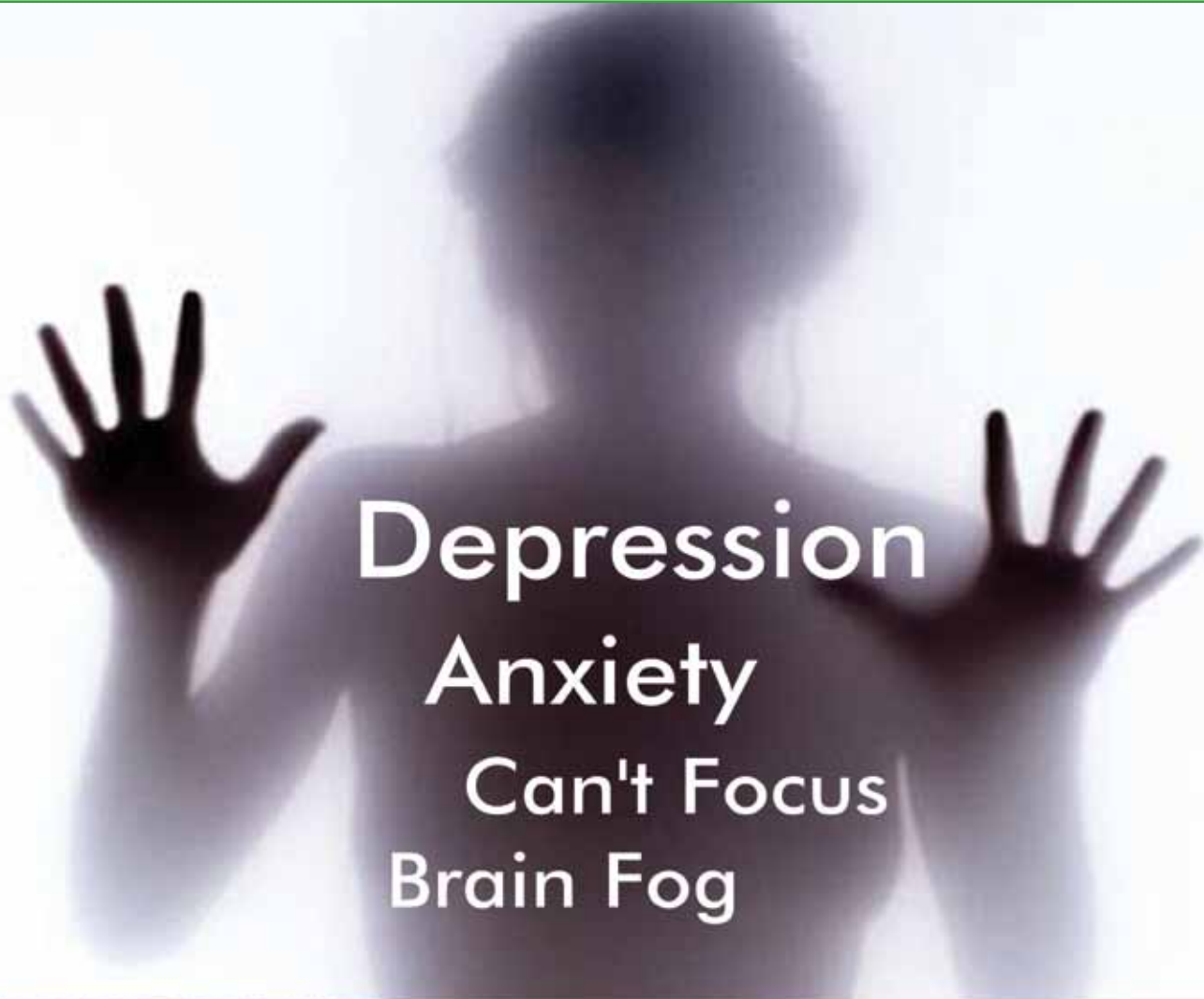
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Day 2: Deep Tissue Manual Massage (60 mins), Infrared Heat Therapy (45 mins), Whole Body Vibration (10 mins)

Day 3: Ionic Foot Detox (30 mins), Hydration Therapy (30 mins), Lymphatic Massage (30 mins)

Week 2

Day 1: Organic Juice Detox (3 days), Vitamin Therapy, Infrared Heat Therapy (45 mins), Whole Body Vibration



See
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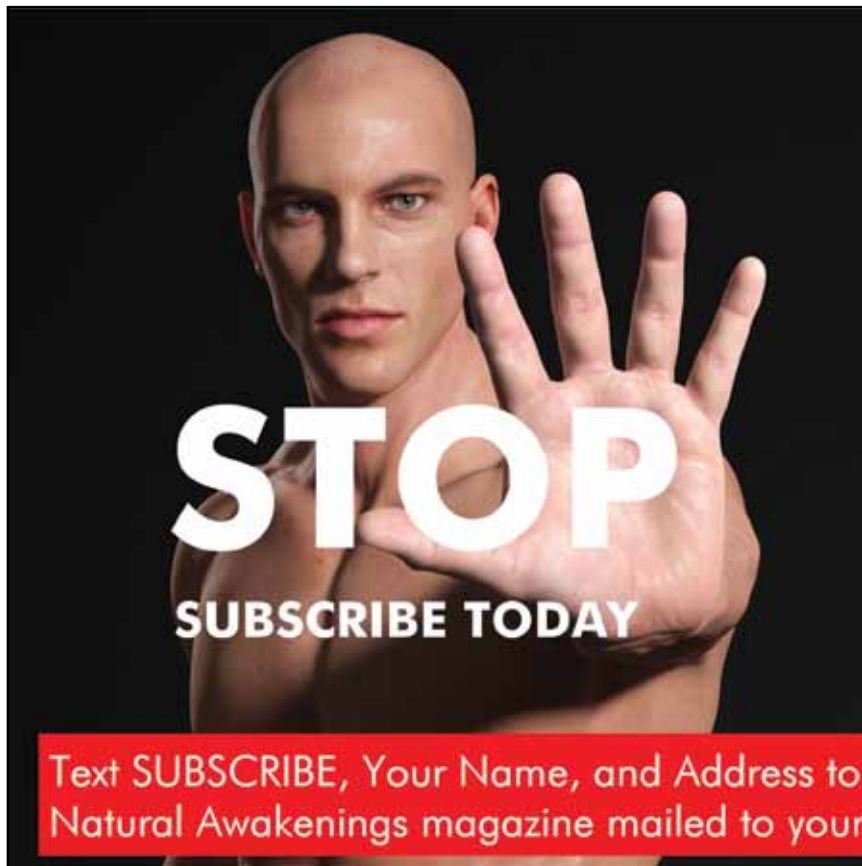
Cancer Prevention

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

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publisher's letter



Two decades ago, Dr. Dean Ornish showed that a vegetarian diet combined with a healthy lifestyle could do more than slow the progression of heart disease. It could actually open up blood vessels again. Until he published that research, no one thought that was possible. We've since shown that you can do the same for diabetes and also with many forms of chronic pain. The research has proven that a plant-based diet is a powerful step toward better health.

As more and more studies are published, more and more people are starting to understand how powerful a plant-based diet can be for their health. At the same time, it's getting easier and easier to be a vegan. It used to be, to purchase a veggie burger, you had to go to a dingy place that passed for a health food store and talk to a cashier named Sunshine. Now, health food stores are huge and inviting, and you are presented with an enormous array of choices. You don't just find one substitute for a hot dog or a burger, you find a whole aisle.

Many people— including physicians— imagine that health problems are primarily genetic or perhaps just come by chance and that the way to handle them is with prescription. But the fact is, lifestyle changes— and especially dietary changes— are far more powerful than most people, including doctors, realize.

Regrettably, when people come into a clinic and seek treatment, they often don't expect a cure. Diabetes, hypertension, heart disease— these problems are here to stay, they believe. They merely hope their physician will find a way to manage their problem. Some of these patients are already resigned, thinking that as time progresses, they will be prescribed additional prescriptions, undergo increasingly invasive procedures, and pay steeper medical bills, even as their bodies slowly deteriorate. They never imagine that they'll be able to completely turn their poor health around. But they can, and they can usually do it through dietary and lifestyle changes alone.

For example, recently I (Steve) met a patient that came in with such advanced diabetes that his nerves had been damaged, and he felt miserable. He was in chronic pain. He didn't think it would ever be possible to be pain-free, and other doctors didn't think it would be possible for him either. Yet after six months of a plant-based diet, his pain went away. And his diabetes improved dramatically.

You can't achieve what you can't envision. If you think you are going to fight a losing battle with your disease, you won't get very far. If you realize that you can not only manage but actually reverse your symptoms, you'll be far more motivated to make the major lifestyle changes that will get you there. With proper nutrition (your best natural medicine) and lifestyle changes — you can heal.

Dear Father, who we really are inside is what matters to You. We pray again today for You to create a pure heart within us and to renew our spirits and that of our readers. Amen

Think green, live peacefully, share your love,



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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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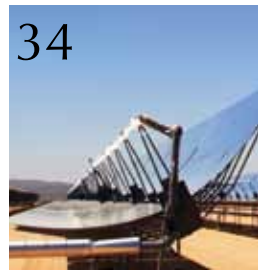
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Whole Body Vibration (PROGRAM 1), Infrared Sauna (120F), BF-4 (2 capsules 1x daily)

Week 2

Whole Body Vibration (PROGRAM 1), Infrared Sauna (140F), BF-4 (2 capsules 2x daily)
Whey Protein Meal Replacement Drink (granola, pineapple, celery, yogurt, ice/water)
Whole Body Vibration (PROGRAM 1), Infrared Sauna (140F), BF-4 (2 capsules 2x daily)
Whey Protein Meal Replacement Drink (granola, pineapple, celery, yogurt, ice/water)
Whole Body Vibration (PROGRAM 1), Infrared Sauna (140F), BF-4 (2 capsules 2x daily)
Whey Protein Meal Replacement Drink (granola, pineapple, celery, yogurt, ice/water)

Week 3

Whole Body Vibration (PROGRAM 2), Infrared Sauna (140F), BF-4 (2 capsules 2x daily)
Whey Protein Meal Replacement Drink (granola, pineapple, celery, yogurt, ice/water)
Whole Body Vibration (H=24 L=12), Infrared Sauna (140F), BF-4 (2 capsules 2x daily)
Rhodiola 300 mg (2 capsules 2x daily), Walk 30 mins (morning/evening)
Whole Body Vibration (PROGRAM 2), Infrared Sauna (140F), BF-4 (2 capsules 2x daily)
Whey Protein Meal Replacement Drink (granola, pineapple, celery, yogurt, ice/water)

Week 4

Whole Body Vibration (PROGRAM 3), Body Wrap (140F), BF-4 (2 capsules 3x daily)
Whey Protein Meal Replacement with Rhodiola 300 mg and Folic Acid 800 mcg
Whole Body Vibration (H=54 L=14), Body Wrap (140F), BF-4 (2 capsules 3x daily)
Whey Protein Meal Replacement with Rhodiola 300 mg and Folic Acid 800 mcg
Whole Body Vibration (PROGRAM 3), Body Wrap (140F), BF-4 (2 capsules 3x daily)
Whey Protein Meal Replacement with Rhodiola 300 mg and Folic Acid 800 mcg

Week 5

Zerona 40 mins, Whole Body Vibration (PROGRAM 3), Body Wrap (150F)
Whey Protein Meal Replacement with Rhodiola 300 mg and Folic Acid 800 mcg
Zerona 40 mins, Whole Body Vibration (PROGRAM 3), Body Wrap (150F)
Whey Protein Meal Replacement with Rhodiola 300 mg and Folic Acid 800 mcg
Zerona 40 mins, Whole Body Vibration (PROGRAM 3), Body Wrap (150F)
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Annual Festival Celebrates the Sweet Potato



A tradition unlike any other in Louisiana, the sweet golden yam (sweet potato) has been a southwest Louisiana celebration ever since the Frenchmen, who established the first settlement at Opelousas in 1760, discovered Native American tribes eating sweet potatoes. The sweet potato became a favorite food item of the French and Spanish settlers and thus continued a long history of cultivation in Louisiana.

This love for the sweet potato gave way to the annual Louisiana Yambilee Festival, which was developed to encourage the advancement of the material prosperity and progress of the State of Louisiana, Southwest Louisiana and St. Landry Parish by stimulating local and national interest in Louisiana farm produce, particularly Louisiana sweet potatoes. The festival also provides colorful programs of entertainment capable of generating nationwide publicity and advertising for Louisiana yams and other farm produce.

The Yambilee Festival begins on the Wednesday of the last full weekend of October and continues throughout the weekend, in Opelousas. The festival brings together a rich gathering of Cajun heritage and pride for all ages and includes games, rides, educational events and all sorts of Cajun food favorites. For more information on the Yambilee Festival please use the contact info below.

For more information, visit Yambilee.com.

Fun New Workout Gets Results

Get ready to get in shape Acadiana. The newest workout craze has come to southwest Louisiana and is guaranteed to shed the pounds while having fun. Curobiks offers the perfect mixture of muscle toning calisthenics and calorie-burning aerobics accompanied by fun-filled line dancing—pushing the body to a maximum results workout.



The high-energy routine adds an explosive element that concentrates on specific muscle groups while incorporating various exercises. This non-traditional workout presents a method that allows for a full body workout while adding the special south Louisiana twist of dancing our way into shape. Curobiks is conveniently offered in DVD format, allow-

ing for the experience to happen in the comfort of one's own home or can be done live with a trained Curobiks instructor.

For more information, contact Eva Noel, Certified Fitness Trainer at 337-945-2266 or visit Curobiks.com

Grub Burger Bar Opens in Lafayette

Sleek and stylish with a modern appeal is not the normal idea of a burger joint, but that is exactly what Grub Burger Bar brings to Acadiana. Now open in Lafayette, Grub Burger Bar features a refined dining experience for burger lovers and



food enthusiasts alike. With a unique menu and a contemporary look, the Grub Burger experience is one of class and sophistication. Featured on the menu are radical indulgences such as the Longhorn Legend, the Texas Luau, the OMG, and the VooDoo Mushroom to name a few.

The restaurant uses a proprietary blend of beef that is ground in-house everyday, assuring only the highest quality burger patty. The buns are handmade from scratch and baked fresh throughout the day and each blend of the Grub Burger special sauces and dressings are made in-house with the finest ingredients. Additionally, they source local whenever possible.

Location: 1905 Kaliste Saloom Rd., Ste. 101, Lafayette. For more information, call 337-806-8020 or visit GrubBurgerBar.com.

Dharma Wellness Offers New Classes and Personal Training

DHARMA wellness center and fit club

Dharma Wellness Center & Fitness Club is now offering group fitness classes and individual fitness coaching sessions. The classes are designed to give individuals maximum results with the benefit of knowing that their body is burning fat and building muscle naturally and safely. The tailor-made fitness classes offered include high- and low-impact aerobics, high- and low-impact aerobic step, interval training and circuit training.

In addition, the new Get Tone Boot Camp provides a high energy, high impact, training session that will challenge the body to perform at a higher metabolic rate. The trained professional staff at Dharma will also offer information and guides to healthier dietary practices and nutritional counseling. The Get Tone Boot Camp is held each Saturday and is now registering for its fall class session.

Location: 166 Oak Tree Park Dr., Sunset. For information, call 337-662-3120 or visit DharmaWellnessCenter.net.



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healthbriefs

Lower Breast Cancer Risk by Eating Colorful Veggies



Research published in the *British Journal of Nutrition* discovered that the risk of breast cancer decreases with increased consumption of specific dietary carotenoids, the pigments in some vegetables and fruits.

The research was based on five years of tracking 1,122 women in Guangdong, China; half of them had been diagnosed with breast cancer and the other half were healthy. Dietary intake information was collected through face-to-face interviews. The women that consumed more beta-carotene in their diet showed a 46 percent lower risk of breast cancer, while those that consumed more alpha-carotene had a 39 percent reduced incidence. The individuals that consumed more foods containing beta-cryptoxanthin had a 62 percent reduced risk; those with diets higher in luteins and zeaxanthins had a 51 percent reduction in breast cancer risk.

The scientists found the protective element of increased carotenoid consumption more evident among pre-menopausal women and those exposed to second-hand smoke.

Dark green leafy vegetables such as kale, spinach and dandelion greens top the list of sources rich in luteins and zeaxanthins, which also includes watercress, basil, parsley, arugula and peas. The highest levels of beta-carotene are found in sweet potatoes, grape leaves, carrots, kale, spinach, collard and other leafy greens. Carrots, red peppers, pumpkin, winter squash, green beans and leafy greens contain alpha-carotene. Red peppers, butternut squash, pumpkin persimmons and tangerines are high in beta-cryptoxanthin.

Energy Efficiency Improves Family Health



Research from Columbia, Maryland's National Center for Healthy Housing suggests that adding insulation and more efficient heating systems can significantly increase the health of household residents. The researchers studied 248 households in New York City, Boston and Chicago that underwent energy

conservation improvements by trained energy efficiency professionals, including installing insulation and heating equipment and improving ventilation. After the improvements, subjects reported reductions in sinusitis (5 percent), hypertension (14 percent) and obesity (11 percent).

Although a 20 percent reduction in asthma medication use was reported, two measures of asthma severity worsened; the scientists called for further study of the asthma-related outcomes.

A similar study from New Zealand's University of Otago examined 409 households that installed energy-efficient heating systems. Children in these homes experienced fewer illnesses, better sleep, better allergy and wheezing symptoms and fewer overall sick days. In examining 1,350 older homes where insulation was installed, the research also found improvements in health among family residents.

Water Fluoridation Gets Another Thumbs-Down



An extensive review of research from the UK's University of Kent has concluded that fluoridation of municipal water supplies may be more harmful than helpful, because the reduction in dental cavities from fluoride is due primarily from its topical application instead of ingestion. Published in the *Scientific World Journal* earlier this year, the review, which covered 92 studies and scientific papers, concludes that early research showing a reduction of children's tooth decay from municipal water fluoridation may have been flawed and hadn't adequately measured the potential harm from higher fluoride consumption.

The researchers note that total fluoride intake from most municipalities can significantly exceed the daily recommended intake of four milligrams per day, and that overconsumption is associated with cognitive impairment, thyroid issues, higher fracture risk, dental fluorosis (mottling of enamel) and enzyme disruption. The researchers also found clear evidence for increased risk of uterine and bladder cancers in areas where municipal water was fluoridated.

Acupuncture Lowers Meth Withdrawal Symptoms



Research from China published earlier this year in the *Journal Chinese Acupuncture & Moxibustion* suggests that electro-acupuncture and auricular acupuncture—also called ear acupuncture—can alleviate symptoms of withdrawal from methamphetamine addiction. For four weeks, 90 patients attempting to withdraw from methamphetamine use received either electro-acupuncture, ear acupuncture or no treatment. Compared with the no-treatment group, those given electro-acupuncture and ear acupuncture treatments showed significant reductions in anxiety, depression and withdrawal symptoms. Between the two acupuncture treatments, the

electro-acupuncture group did better during withdrawals than the auricular group.

YOGA PRACTICE PUMPS UP DETOXIFYING ANTIOXIDANTS

Indian researchers recruited 64 physically fit males from the Indian Air Force Academy for a three-month study of yoga's effect on detoxification. For three months, 34 of the volunteers practiced hatha yoga with *pranayama* (breathing exercises) and meditation. The other 30 volunteers underwent physical training exercises.

At the end of the study, blood tests found significantly higher levels of antioxidants, including vitamin C and vitamin E, among subjects in the yoga group. These participants also showed lower levels of oxidized glutathione and increased levels of two important antioxidant enzymes, superoxide dismutase and glutathione reductase, all indicating better detoxification. Meanwhile, the exercise-only group showed no changes in these parameters.



Earlier this year, the U.S. Senate unanimously passed a resolution designating October 6 to 12 as Naturopathic Medicine Week.

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Source: www.cancer.org



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globalbriefs

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

Doable Renewables

Engineers Detail a Clean Energy Future

Stanford University researchers, led by civil engineer Mark Jacobson, have developed detailed plans for each U.S. state to attain 100 percent wind, water and solar power by 2050 using currently available technology. The plan, presented at the 2014 American Association for the Advancement of Science (AAAS) conference in Chicago, also forms the basis for the Solutions Project nonprofit.

"The greatest barriers to a conversion are neither technical nor economic. They are social and political," the AAAS paper concludes.

The proposal is to eliminate dirty and inefficient fossil fuel combustion as an energy source. All vehicles would be powered by electric batteries or by hydrogen produced by electrolysis, rather than natural gas. High-temperature industrial processes would also use electricity or hydrogen combustion.

Transmission lines carrying energy between states or countries will prove one of the greatest challenges. With natural energy sources, electricity needs to be more mobile, so that when there's no sun or wind, a city or country can import the energy it needs. The biggest problem is which companies should pay to build and maintain the lines.

Source: SingularityHub.com



Clever Collaborations

Renewables Gain Ground Worldwide

Excess heat from London subway tunnels and an electric substation will soon be funneled into British homes, slashing energy costs and lowering pollution, according to the Islington Council.

Germany's renewable energy industry has broken a solar power record, prompting utility company RWE to close fossil fuel power plants that are no longer competitive. RWE says 3.1 gigawatts of generating capacity, or 6 percent of its total capacity, will be taken offline as it shuts down some of its gas- and coal-fired power stations.

In China, wind power is leaving nuclear behind. Electricity output from China's wind farms exceeded that from its nuclear plants for the first time in 2012 and out-produced it again last year, generating 135 terawatt-hours (1 million megawatts)—nearly enough to power New York state. While it takes about six years to build a nuclear plant, a wind farm can be completed in a matter of months.

China also employs a recycling-for-payment program in Beijing subway stations that accept plastic bottles as payment. Passengers receive credit ranging from the equivalent of five to 15 cents per bottle, which is applied toward rechargeable subway cards.

In the U.S., a newly installed working prototype of a pioneering Solar Road project has raised more than double its \$1 million crowd-funding goal to seed the manufacturing process (Indiegogo.com/projects/solar-roadways). Watch a video at Tinyurl.com/NewSolarRoadways.

Primary Source: [Earth Policy Institute](http://EarthPolicyInstitute)



Coral Countdown

Endangered Caribbean Reef Solutions

With only about one-sixth of their original coral cover remaining, most Caribbean coral reefs may disappear in the next 20 years, primarily due to the loss of two main grazers in the region, according to the latest report, *Status and Trends of Caribbean Coral Reefs: 1970-2012*. It's published by the Global Coral Reef Monitoring Network, the International Union for Conservation of Nature and the United Nations Environment Programme.

The report—involving 90 experts and an analysis of 35,000-plus surveys at 90 locations since 1970—included studies of corals, seaweeds, grazing sea urchins and fish. Climate change has long been

thought to be the main culprit by making oceans more acidic and causing coral bleaching. Now, the loss of parrotfish and sea urchins is seen as the main factor; their demise has broken the delicate balance of coral ecosystems, allowing the algae upon which they feed to smother the reefs.

Restoring positive populations, plus protection from overfishing and excessive coastal pollution, could help the reefs recover and make them more resilient to future climate change impacts.

Download the report at Tinyurl.com/CoralReefReport

Coastal Caretaking

Zoning Tropical Waters Like Land Resources



In the journal *Marine Pollution Bulletin*, 24 scientists from Canada, the U.S., the UK, China, Australia, New Caledonia, Sweden and Kenya affirm that one-fifth of humanity lives within 60 miles of a tropical coastline, primarily in developing countries. They warn that growing populations and the increasing impact of climate change ensure that pressures on these coastal waters will only grow.

Most locations are lacking in holistic, regional management approaches to balance the growing demands from fisheries, aquaculture, shipping, oil, gas and mineral extraction, energy production, residential development, tourism and conservation.

Lead author Peter Sale, of the United Nations University's Canadian-based Institute for Water, Environment and Health, states, "We zone land for development, farms, parks, industry and other human needs. We need a comparable degree of care and planning for coastal ocean waters. We subject [the sea], particularly along tropical shores, to levels of human activity as intense as those on land. The result is widespread overfishing, pollution and habitat degradation."

According to the paper, solutions must address a larger geographic scale over a longer period of time; focus on multiple issues (conservation, fisheries enhancement and land-based pollution); and originate from a local jurisdiction to gain traction with each community.

View the paper at Tinyurl.com/OceanZoning.

COOK UP COUGH SYRUP

Fennel cough syrup is a natural cough-relief aid that's free of the side effects that sometimes come with many over-the-counter cough medicines. In a saucepan, combine 2 teaspoons fennel seed, 3 tablespoons organic honey, and 1 cup of water. Bring the ingredients to a boil. Reduce the heat and let the mixture simmer on low, stirring occasionally, for about 20 minutes; it will thicken slightly. Cool and strain. Take a tablespoon of syrup every three to four hours as needed. Store in the refrigerator for up to a week.

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.

QUICK FACT:

Vitamin Facts: Your body uses vitamins for a variety of biological processes, including growth, digestion, and nerve function. There are 13 vitamins that the body absolutely needs: vitamins A, C, D, E, K, and the B vitamins (thiamine, riboflavin, niacin, pantothenic acid, biotin, vitamin B-6, vitamin B-12 and folate).

Source: FDA.gov

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Household Hazards

States Move Against Toxic Chemicals in Everyday Products



This year, at least 33 states are taking steps to address the untested and toxic chemicals in everyday products. Many toys, clothes, bedding items and baby shampoos contain chemicals toxic to the brain and body. The federal 1976 Toxic Substances Control Act has become outdated, allowing untested chemicals and known carcinogens, hormone disruptors, heavy metals and other toxins to be ingredients in commonly used products.

Wise new policies would change labeling and disclosure rules for manufacturers so that concerned consumers know what chemicals products contain and/or completely phase out the use of chemicals like bisphenol A (BPA) in infant formula cans, food packaging and receipt paper; formaldehyde in children's personal care products; chlorinated tris (hydroxymethylaminomethane) in toxic flame retardants and other consumer products; phthalates, lead and/or cadmium in children's products; and mercury.

View the entire report at Tinyurl.com/State-By-State-Action-List.

False Alarm

Expiration Labels Lead People to Toss Good Food

Several countries are asking the European Commission to exempt some products like long-life produce from the mandatory "best before" date labels because they lead to food waste. According to a discussion paper issued by the Netherlands and Sweden and backed by Austria, Denmark, Germany and Luxembourg, many food products are still edible after the labeled date, but consumers throw them away because of safety concerns.

The European Union annually discards about 89 million metric tons of edible food. In the U.S., food waste comprises the greatest volume of discards going into landfills after paper, reports the U.S. Environmental Protection Agency. In 2012, this country generated 36 million tons of food waste, but only 3 percent of this waste stream was diverted from landfills.

A 2013 report co-authored by the Natural Resources Defense Council and Harvard Law School's Food Law and Policy Clinic proposes that producers and retailers take other steps to prevent the discarding of good food.

Source: *EnvironmentalLeader.com*.



Conservation Covenant

A Greener Future for National Parks

National parks have an undeniable environmental impact on the very lands they seek to preserve. Yellowstone's managers have been working on ambitious management goals to elevate it to be a world leader in environmental stewardship and become one of the greenest parks in the world by 2016.

The Yellowstone Environmental Stewardship Initiative goals (against a 2003 baseline) are to reduce greenhouse gas emissions by 30 percent (50 percent by 2025); reduce both electricity and water consumption by 15 percent; reduce fossil fuel consumption by 18 percent; and divert all municipal solid waste from landfills.

Source: *Environmental News Network*

Make Mulch

Enrich Garden Soil Naturally

Homeowners with gardens have many natural, organic and sustainable options for mulching, which enriches soils with nutrients, helps retain moisture and controls weeds. In most regions, many types of trees can provide ingredients. In northern areas, ridding the yard of fall leaves yields a natural mulch.

Apply ground-up leaves, especially from mineral-rich oak and hickory trees, so they biodegrade by growing season.

OrganicLandCare.net suggests choosing from double-ground and composted brush and yard trimmings; hemlock, pine, fir and Canadian cedar; and ground recycled wood.

Using a lawnmower with a high blade height or switching to a serrated-edged mulching blade can chop leaves into tiny fragments caught in an attached bag. The National Turfgrass Federation notes, "A regular mower may not shred and recirculate leaves as well as a mulching blade." Shredded leaves also can filter through grass and stifle springtime dandelions and crabgrass, according to Michigan State University research studies.

John Sibley, former chapter president of the Florida Native Plant Society (fnps.org) and owner of All Native Garden Center, Nursery and Landscapes, in Fort Myers, Florida, says that mulching during the summer and fall is particularly beneficial in southern areas. "It'll decompose more due to heavy rains and intense humidity and provide more composition to help acidic sandy or clay soils retain nutrients," he advises. "Applying it in winter will retain more moisture, which is helpful during the dry season."

Sibley suggests avoiding cypress-based mulch. "It's endangered, a critical component of U.S. native habitat and can act like a sponge, keeping moisture from plants." He recommends eucalyptus mulch because the tree is more prevalent, and malaleuca, an invasive exotic that can kill termites and won't float in heavy rains. Also consider pine straw, which is plentiful in the South.

Ground-up parts of many other plants can also provide natural mulch in their native regions. *AudubonMagazine.org* cites cottonseed hulls and peanut shells in the Deep South, cranberry vines on Cape Cod and in Wisconsin bogs, Midwest corncobs, and pecan shells in South Carolina.



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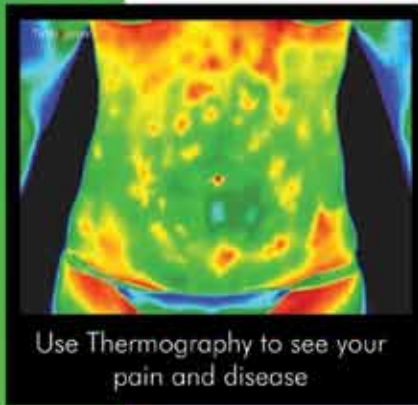
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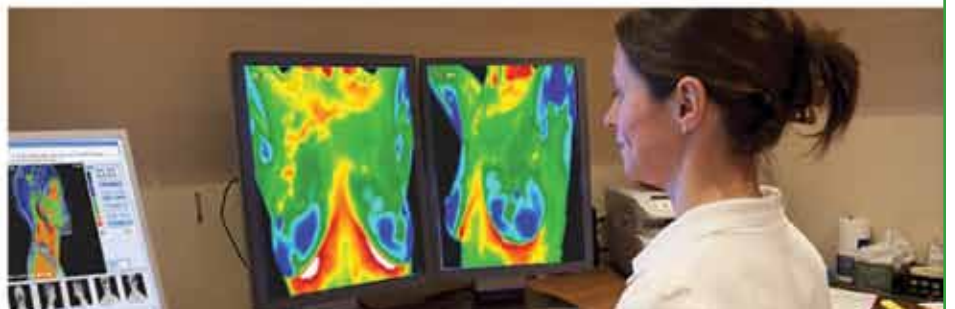
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- Andrew Weil, M.D.

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SUSTAINABLE CITYSCAPES

Urban America is Going Green in a Big Way

by Christine MacDonald

Today, buzzwords like “sustainability” and “green building” dominate discussions on how to overcome the unhealthful effects of climate change, extreme local weather events and pervasive pollution. Now, a growing body of research indicates an unexpected upside of living greener; it not only makes us healthier, but happier, too.

It’s all helping to spread the “green neighborhood” idea across the U.S., from pioneering metropolises like New York, San Francisco and Portland, Oregon, to urban centers like Cincinnati, Detroit and Oakland, California.

Rethinking Redevelopment

A sustainable, or “eco”-city, generally runs on clean and renewable energy, reducing pollution and other ecological footprints, rather than on fossil fuels. Along with building entire eco-

cities, developers also are striving to replace hard-luck industrial pasts and turn problems such as depopulated urban cores into opportunities for fresh approaches.

“We are having a major rethink about urban development,” says Rob Bennett, founding CEO of EcoDistricts (EcoDistricts.org), a Portland-based nonprofit skilled in developing protocols for establishing modern and sustainable city neighborhoods. The group has recently extended help to seven other cities, including Boston, Denver and Los Angeles, applying innovations to everything from streetscapes to stormwater infrastructure.

“The failures of the old, decaying urban and suburban models are evident,” says Bennett. “We’re now learning how to do it well and create environmentally sustainable, people-centered districts.”

Healthy Housing

The concept of home is undergoing a radical makeover. From villages of “smallest houses” (usually no bigger than 350 square feet), to low-income urban housing complexes, people interested in smaller, more self-sufficient homes represent a fast-growing, increasingly influential segment of today’s housing market, according to experts such as Sarah Susanka, author of *The Not So Big House*. Google reports that Internet searches for information on “tiny houses” has spiked recently. Economic freedom is one factor motivating many to radically downsize, according to Bloomberg News (Tinyurl.com/TinyHouseDemand).

Cities nationwide have overhauled their building codes. Cincinnati, for example, has moved to the forefront of the eco-redevelopment trend with its emphasis on revamping instead of demolishing existing buildings. Private sector leaders are on board as well; a transition to buildings as sustainable ecosystems keeps gaining ground through certification programs such as Leadership in Energy and Environmental Design (LEED), and the “living building” movement begun by Seattle’s Cascadia Green Building Council has gone international.

Friendly Neighborhoods

Walkability is “in” these days, along with bike paths, locavore shopping and dining and expansion of public destinations, all of which draw residents out to meet their neighbors. This “new urbanism” is evident in places like Albuquerque’s emerging Mesa del Sol community and Florida’s proposed Babcock Ranch solar-powered city.

While public and private sectors are involved, residents are the catalysts for much of the current metamorphoses. Whether it’s a guerrilla gardener movement—volunteers turning vacant lots and other eyesores into flowering oases—creative bartering services or nanny shares, people-helping-people approaches are gaining momentum.

The Public School, an adult education exchange that began in Los Angeles in 2007 and has since spread to a dozen cities worldwide, the Seattle Free School, the Free University of New

York City, and Washington, D.C.'s Knowledge Commons all have taken the do-it-yourself movement into the realm of adult education. The latter offers more than 180 courses a year, most as free classes offered by and for local residents encompassing all neighborhoods, with topics ranging from urban foraging and vegan cooking to the workings of the criminal justice system.

New York City residents taking an urban walking tour rated the experience better and more exciting when it included an urban garden.

~ Charles Montgomery, *Happy City*

Designing for better public health is a central tenet of sustainability, as well. Active Design Guidelines for promoting physical activity, which first gained traction in New York City before becoming a national trend, intend to get us moving. Banishing the core bank of elevators from central locations, architects substitute invitingly light and airy stairwells. Evolving cityscapes make it easier

for commuters to walk and bike.

Tyson's Corner, outside of Washington, D.C., has made sidewalk construction integral to the overhaul of its automobile-centric downtown area. Memphis recently added two lanes for bikes and pedestrians along Riverside Drive overlooking the Mississippi River, while Detroit's HealthPark initiative has many of the city's public parks serving as sites for farm stands, mobile health clinics and free exercise classes.

Upgraded Transportation

With America's roads increasingly clogged with pollution-spewing vehicles, urban planners in most larger U.S. cities are overseeing the expansion of subway and light rail systems, revamped street car systems and even ferry and water taxi services in some places. Meanwhile, electric vehicles (EV) got a boost from four New England states, plus Maryland, New York, Texas and Oregon, which have joined California in building networks of EV charging stations, funding fleets of no- or low-emission government cars and making green options clearer for consumers. If all goes as planned, the nine states estimate that 3.3 million plug-in automobiles could hit the streets by 2025.

Mass transit, biking and walking are often quicker and cheaper ways to get around in densely populated urban centers. Car sharing, bike taxis and online app-centric taxi services are popular with increasingly car-free urban youth. Boston's Hubway bike-sharing program addresses affordability with a \$5 annual membership for low-income residents.

One common denominator of the new urbanism is an amplification of what's considered to be in the public welfare. Through partnerships among public and private sectors and community groups, organizations like EcoDistricts are developing ways to help communities in the aftermath of natural disasters like hurricanes and tornadoes, seasonal flooding and water shortages. Coastal cities, for example, are grappling with ways to safeguard public transit and other vulnerable infrastructure.

Clean Energy

The ways we make and use energy are currently being re-envisioned on both large and small scales. Solar cooperatives have neighbors banding together to purchase solar panels at wholesale prices. Startup companies using computer algorithms map the solar production potential of virtually every rooftop in the country. However, while solar panels and wind turbines are rapidly becoming part of the new normal, they are only part of the energy revolution just getting started.

In the past several years, microgrids have proliferated at hospitals, military bases and universities from Fort Bragg, in North Carolina, to the University of California at San Diego. These electrical systems can operate in tandem with utility companies or as self-sufficient electrical islands that protect against power outages and increase energy efficiency, sometimes even generating revenue by selling unused electricity to the grid. While still costly and complicated to install, "Those barriers are likely to fall as more companies, communities and institutions adopt microgrids," says Ryan Franks, technical program

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Acidic Body and OBESITY



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

Alkalize your body with GREEN WATERS



manager with the National Electrical Manufacturers Association.

Local Food

What started with a few farmers' markets feeding urban foodies has given way to a growing local food movement that's beginning to also reach into low-income neighborhoods through mobile markets, a kind of farmers' market on wheels, and an explosion of urban gardens and city farms. Ohio City Farm (*OhioCity.org*) grows food for in-need residents on six acres overlooking the Cleveland skyline. In Greenville, South Carolina, the Judson Community Garden is one of more than 100 gardens in the downtown area, notes Andrew Ratchford, who helped establish it in a neighborhood four miles from the nearest supermarket.

Giving residents an alternative to unhealthy convenience store fare is just one of the garden's benefits, Ratchford says. "We're seeing neighbors reestablish that relationship just by gardening together."

Waste Reduction

While cities nationwide have long been working to augment their recycling and find more markets for residents' castoffs,

many are becoming more sophisticated in repurposing what was formerly considered trash. Reclaimed wood flooring in new homes and urban compost-sharing services are just two examples characterizing the evolution in how we dispose of and even think about waste.

We may still be far from a world in which waste equals food, as described by environmental innovators William McDonough and Michael Braungart in their groundbreaking book, *Cradle to Cradle: Remaking the Way We Make Things*. Nevertheless, projects certified as cradle-to-cradle are cutting manufacturing costs and reducing pollution.

For example, carpet maker Shaw Industries Group, in Dalton, Georgia, reports savings of \$2.5 million in water and energy costs since 2012, when it improved energy efficiency and began using more renewable material in its carpet tiles. Shaw is spending \$17 million this year to expand its recycling program.

Stormwater runoff is a pervasive issue facing older cities. Many are now taking a green approach to supplementing—if not totally supplanting—old-fashioned underground sewage systems. Along with creating new parks and

public spaces, current public spaces are often reconfigured and required to do more. Philadelphia, Washington, D.C., and Portland, among others, are instituting carefully planned and built green spaces to soak up rainwater and cut down on runoff into sewer drains—taking motor oil and other pollutants with it. Using revamped sidewalk, parking lot and roof designs, plus rain gardens designed to filter rainwater back into the ground, municipalities are even successfully reducing the need for costly underground sewer system overhauls.

The proliferation of rooftop gardens in places including Chicago, Brooklyn and Washington, D.C., and new green roof incentives in many cities nationwide further exemplify how what's considered livable space is expanding. Altogether, eco-cities' new green infrastructure is saving cities billions of dollars and improving the quality of life for residents by adding and enhancing public parklands and open spaces, a happy benefit for everyone.

Christine MacDonald is a freelance journalist in Washington, D.C., whose specialties include health and science. Visit ChristineMacDonald.info.

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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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tion during cancer treatment; manage any side effects, such as nausea or fatigue; and boosting immune function.

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As part of a cancer wellness program, we review your history and make recommendations from a wide variety of natural therapies. In an integrative treatment plan with your traditional oncology and cancer team, your naturopathic doctor will suggest natural therapies to support your immune system and reduce any treatment-related side effects, including:

- **Nutritional supplements and botanical medicines**, including vitamins, minerals, amino acids and herbs.
- **Natural therapies**, such as garlic, antioxidants, ginger, and alkaline and salt water.
- **Homeopathic remedies**, mainly involving plant extracts and minerals that gently strengthen the body's healing and immune response.
- **Physical therapy and exercise therapy**, including massage and other gentle techniques used on deep muscles and joints for therapeutic purposes.
- **Hydrotherapy**, which prescribes water-based approaches like hot and cold wraps, infrared heat and other therapies.
- **Lifestyle counseling**. Many medical conditions can be treated with foods and nutritional supplements, with fewer complications and side effects.

The Naturopathic Medicine Program at the Natural Health Center also provides an educational component as well. Programs include information about vitamin and mineral supplements, natural remedies, nutritional guidance, lifestyle changes, stress management techniques and strategies for long-term prevention of recurrence.

Proper use of supplements

One of the key roles of a naturopathic doctor is to educate you on the facts versus the fiction regarding supplements and other natural therapies, and to help you choose wisely from the myriad of options available. Our naturopathic medicine team have extensive experience with a wide array of natural products and therapies and are continually researching the latest supplements. We will monitor your supplement and vitamin intake to make sure your supplements are appropriate for you, and to ensure safety from potential drug-herb and drug-nutrient interactions.

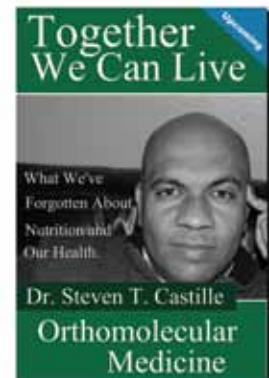
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Nutrition

Nutrition is a process in which food is taken in and used by the body for growth, to keep the body healthy, and to replace tissue. Good nutrition is important for good health. Eating the right kinds of foods before, during, and after cancer treatment can help the patient feel better and stay stronger. A healthy diet includes eating and drinking enough of the foods and liquids that have the important nutrients (vitamins, minerals, protein, carbohydrates, fat, and water) the body needs.

Nutrition therapy is used to help cancer patients get the nutrients they need to keep up their body weight and strength, keep body tissue healthy, and fight infection. Eating habits that are good for cancer patients can be very different from the usual healthy eating guidelines.

Healthy eating habits and good nutrition can help patients deal with the effects of cancer and its treatment. Some cancer treatments work better when the patient is well nourished and gets enough calories and protein in the diet. Patients who are well nourished may have a better prognosis (chance of recovery) and quality of life.

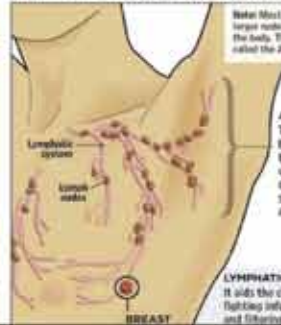


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BREAST HEALTH

Lymph nodes, part of the lymphatic system, are found throughout the body. When breast cancer spreads outside the breast, one of the first places it will likely go is the lymph nodes under the arms.



While most lymph nodes are small, but larger nodes are present throughout the body. The area under the arms is called the Axillary Lymph Nodes.

AXILLARY LYMPH NODES

The standard for years has been to remove all of these nodes when cancer was detected. Removal can lead to side effects such as pain, swelling and restricted motion.

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Diagnosed with cancer
What are my options for "wellness"

Infrared treatment shrinks tumor volumes 86% in 30 days

In a clinical study published in the Journal of Cancer Science and Therapy, scientists studied far infrared's effects on human cancer cells in vitro and on cancer cells in mice. Far infrared therapy reduced tumor volumes 86% in 30 days. The tumor-suppressing effects were even seen without high temperatures, even as low as 77 degrees Fahrenheit.

In another study, researchers in Japan discovered that whole-body hyperthermia with far infrared strongly inhibited the growth of breast cancer tumors in mice without deleterious side effects. Researchers believe this therapy is promising for long-term studies of a noninvasive treatment of breast cancer.

(1) Tatsuo I, Ishibashi, J. et al Non-Thermal Effects of Far-Infrared Ray (FIR) on Human Hepatocellular Carcinoma Cells HepG2 and their Tumors, J Cancer Sci Ther Volume 1(2) : 078-082 (2009) - 078 <http://www.omicsonline.org/Archive/JCST/2009/December/01/JCST1.78.pdf>

(2) Udagawa Y, Nagasawa H, Kiyokawa S, Inhibition by Whole-Body Hyperthermia (WBH) with Far-infrared rays of the Growth of Spontaneous Mammary Tumours in mice. Anticancer Res. 1999 Sep-Oct;19(5B):4125-30

** Not intended to treat or diagnose. Educational purposes only. Always consult your doctor for medical treatment.

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RIB Research Information Bulletin
natural health and wellness

Janet M.

New Iberia, LA

I drink wheatgrass.

"Both the human immune system and the plant immune system are fundamentally the same. The more nutrients we absorb, the healthier our body's heal and grow."



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~ Dr. Steven T. Castille

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 \$740 12-Week

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Meditation



Detoxification



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Phytonutrients



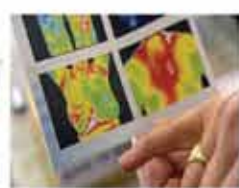
Anti-Inflammatory Foods



"Balanced" Nutrition



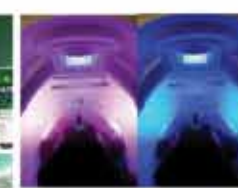
Antioxidants



Advanced IR Imaging



pH Balance (acid)



Hydration Treatments



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"One of the limitations of traditional cancer therapy today is that we are primarily treating a very advanced disease."

"The cure for cancer is in prevention of the disease."

Dr. Steven T. Castille, BSc, MS, DNM
 Biochemist and Doctorate in Natural Medicine
 Educating You and Your Family in the PREVENTION of Disease, Naturally!



cancer cells induce angiogenesis

Antiangiogenic Foods

Source: The Angiogenesis Foundation (www.angi.org)

- Green tea
- Strawberries
- Blackberries
- Raspberries
- Blueberries
- Oranges
- Grapefruit
- Lemons
- Apples
- Pineapple
- Cherries
- Red wine
- Wheatgrass
- Kale
- Soy beans
- Ginseng
- Maitake
- Mushrooms
- Licorice
- Turmeric
- Cinnamon
- Nutmeg
- Artichokes
- Lavendar
- Pumpkin
- Sea cucumber
- Tuna
- Parsley
- Garlic
- Tomato
- Olive oil
- Grapeseed oil
- Dark chocolate
- Pomegranate



www.NaturalHealthCentersOnline.com

Angiogenesis is a process by which new blood vessels are formed. Some cancerous tumors are very efficient at creating new blood vessels, which increases blood supply to the tumor and allows it to grow.



Supplement Facts	
Serving Size: 1 Rounded Scoop (17g)	
Servings Per Container: 30	
Amount Per Serving	% Daily Value
Calories	40
Total Carbohydrates	17g 34%
Dietary Fiber	3g 6%
Sugars	4g 8%
Organic Phytonutrient Fruit	480mg **
4 Vegetable Blend	
Organic Apple Powder	
Organic Strawberry Powder	
Organic Cherry Powder	
Organic Blueberry Powder	
Organic Raspberry Powder	
Organic Seed Powder	
Organic Kale Powder	
Organic Carrot Powder	
Organic Spinach Powder	
Organic Tomato Powder	
Organic Greens Blend	500mg **
Organic Spirulina	
Organic Schizandra Powder	
Organic Berry Seed Powder	
Organic Citrus Powder	
Organic Flax Seed Powder	120mg **

* Percent Daily Value based on a 2,000 calorie diet.
 ** Daily Value not established.
 ††† Other ingredients: Organic suspended case protein.

Angiogenesis is a big word for a simple concept: it's the process through which our bodies create new blood vessels. In normal, healthy individuals, new blood vessels grow only under specific circumstances: as part of the healing process for an injury, for instance, or during pregnancy. Our bodies contain a natural system of checks and balances to regulate the growth of blood vessels, known to scientists as angiogenesis stimulators and inhibitors. The stimulators act as natural fertilizers to get vessels to grow, and the inhibitors prune back extra vessels when they're no longer needed.

Without blood vessels to supply them with the nutrients necessary for expansion, microscopic cancers have nothing to do and nowhere to go. But as cancer cells mutate, they can hijack the body's system of checks and balances, using angiogenesis stimulators to create the blood supply they need. A microscopic tumor, given a steady influx of blood, can grow to up to 16,000 times its original size in as little as two weeks. And, of course, what goes in must come out; the blood feeding the tumor is circulated back through the body, now bearing cancer cells that can take up residence in distant organs, leading to metastasis. This is the turnkey step that converts a harmless cancer into a deadly one.



The concept of dietary cancer prevention exists in something of a vacuum: the food industry isn't involved with cancer research, and pharmaceutical companies aren't involved with food products. What we eat and drink can play a critical role in the prevention of cancer and other disease.

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- Dr. Oz Show



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healingways



DYNAMIC DUO

Combining Chiropractic and Acupuncture Energizes Health

by Kathleen Barnes

Chiropractic manipulation of the spine has long been a remedy for structural malfunctions such as aching backs and recurring headaches. Today, chiropractors are also treating neck pain from stress, plus tight shoulders and numb fingers from long hours of computer use. An increasing number of them are now incorporating acupuncture into their arsenal against disorders once treated by chiropractic alone, with great success.

"What if you had a nail in your foot? You can do anything to try to heal it, but until you pull the nail out of your foot, you'll still have a recurring problem," explains Dr. James Campbell, owner of Campbell Chiropractic Center, in East Brunswick, New Jersey, a certified diplomate and incoming president of the American Board of Chiropractic Acupuncture (ABCA). "Like removing the nail, chiropractic removes the mechanical problem and opens the way for acupuncture to stimulate healing,"

Similarly, a chiropractic adjustment removes obstructions and opens acupuncture meridians to facilitate quick healing, "sometimes even immediately," says Campbell. "Instead of having the needles in for 20 to 30 minutes, I can actually use a microcurrent device to access the meridians in the ears or on the hands and get the same results in

five to 10 seconds." He notes that relief can be both fast and permanent because the healing energy currents are able to circulate freely throughout the body.

Growing Movement

Combining the two modalities has been practiced for more than 40 years, although awareness of the enhanced effectiveness of doing so has been primarily realized in the eastern half of the U.S. The dual therapy is the brainchild of the late Dr. Richard Yennie, who initially became a Kansas City chiropractor after acupuncture healed a back injury shortly after World War II. An acupuncturist smuggled prohibited needles into Yennie's Japanese hospital room in the sleeve of his kimono for treatments that ended with Yennie's hospital discharge marked, "GOK," meaning in the doctor's opinion, "God only knows" how the intense back pain was healed.

While Yennie went on to teach judo and establish five judo-karate schools, his greatest achievement was bringing the two sciences together in the U.S. He founded both the Acupuncture Society of America and the ABCA, affiliated with the American Chiropractic Association. Certification as a diplomate requires 2,300 hours of training in the combined modalities.

Proven Practice

Doctor of Chiropractic Michael Kleker, of Aspen Wellness Center, in Fort Collins, Colorado, is also a state-licensed acupuncturist. "I can tailor treatments to whatever the individual needs," he says.

For patients experiencing pain after spinal fusion surgery, with no possibility of any movement in their spine, Kleker finds that acupuncture helps manage the pain. "We can commonly get the person out of the chronic pain loop," he says. He also finds the combination helpful in treating chronic migraines, tennis elbow and other chronic pain conditions. "When I started my practice in 1981, few chiropractors knew anything about acupuncture, let alone used it. Now there are more and more of us," observes Kleker.

Both Kleker and Campbell are seeing increasing numbers of patients with problems related to high use of technology, facilitating greater challenges for chiropractors and new ways that adding acupuncture can be valuable.

Notebook computers and iPads

have both upsides and downsides, Campbell remarks. Users can find relief from repetitive motion injuries like carpal tunnel syndrome by utilizing portable devices. However, he is treating more patients for vertigo due to looking down at screens or neck pain from lying in bed looking up while using the devices.

"Blackberry thumb", which refers to pain caused by texting, responds especially well to a combination of chiropractic manipulation of the thumb to free up the joint and microcurrent or acupuncture needles to enhance energy flow in the area," advises Campbell.

Prevention is the best cure for these problems, says Kleker. He routinely informs patients about proper ergonomic positions for using traditional computers and mobile devices. He also suggests exercises to minimize or eliminate the structural challenges that accompany actively leveraging today's technological world.

In addition to chiropractors that are increasingly adding acupuncture

to their own credentials, an increasing number of chiropractors have added acupuncturists to their practices.

Therapy combining chiropractic and acupuncture has yet to be widely researched, but one study published in the *Journal of Chiropractic Medicine* in 2012 reports the results of two acupuncture treatments followed by three chiropractic/acupuncture treatments for a woman suffering from long-term migraine headaches. The migraines disappeared and had not returned a year later. Other studies show the combination therapy offers significant improvements in neck pain and tennis elbow.

Campbell relates a story of the power of chiropractic combined with acupuncture, when his young son that was able to walk only with great difficulty received a two-minute treatment from Yennie. Afterward, "My son got up and ran down the hall," he recalls.

Locate a certified practitioner at AmericanBoardOfChiropracticAcupuncture.org/about-us/find-a-diplomate.

Kathleen Barnes is the author of numerous natural health books. Connect at KathleenBarnes.com.

October is National Chiropractic Health Month
Acupuncture and Oriental Medicine Day is October 24



Your body's ability to heal is greater than anyone has permitted you to believe. Eat less processed foods, more whole foods; consume at least 16 oz of organic juices daily, and always have fiber in your meal. And remember - cancer is not a disease. It is a condition we create in the body.

Dr. Steven T. Castille
doctor of naturopathy

NaturaHealthCentersOnline.com

WheatGrass

Lawn grass and grass used for hay are perennial grasses. They return year after year. This allows them to store reserves of energy in their roots, which they draw on when it is time to produce seed. Cereal grass (which later produce grains such as wheat and barley) are annual grasses. Because they do not come back year after year, they cannot store growth and reproductive nutrients in their roots. Instead, they store them in their leaves. The leaves of wheatgrass build a nutrient-dense reservoir.

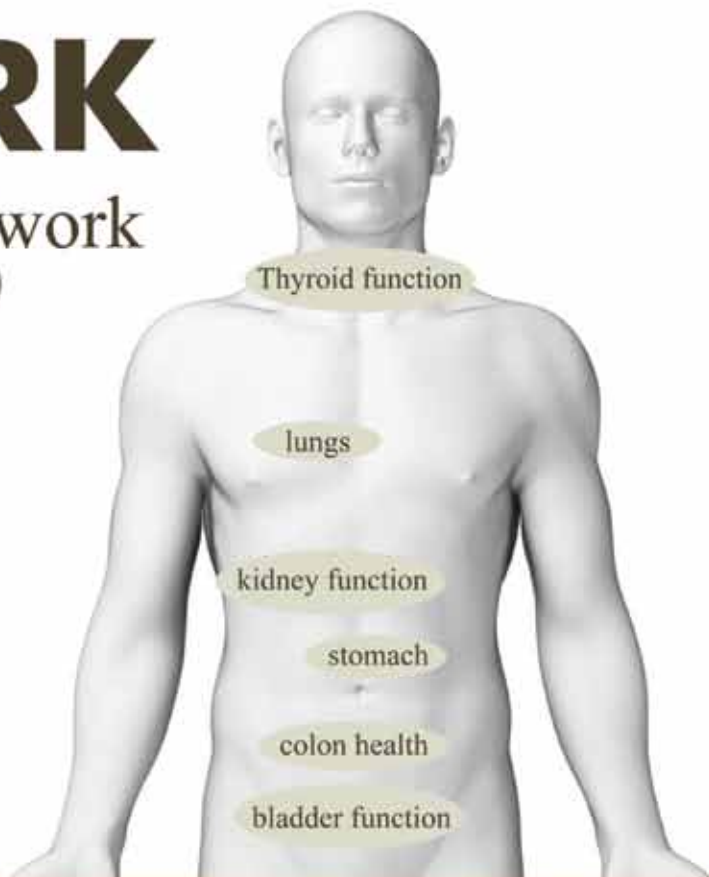


WheatGrass just before harvest



LABWORK

\$94 for complete labwork
(comprehensive metabolic panel)



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.

cancer
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alzheimers
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Wheatgrass has Protective Effect on Blood in Breast Cancer Patients During Chemotherapy

Wheat grass juice may improve hematological toxicity related to chemotherapy in breast cancer patients: a pilot study.

Bar-Sela G, Tsalic M, Fried G, Goldberg H. *Nutr Cancer*. 2007;58(1):43-48.

Background: Chemotherapy has greatly improved our ability to treat cancer, but the treatment comes with a physical cost. One of the most troubling and dangerous side effects of chemotherapy is hematological toxicity. Chemotherapy is designed to kill human cells. Ideally it would kill just cancer cells, but the chemotherapeutic drugs are not always that selective and may destroy healthy, important cells. One of the most commonly affected cells are those of the blood. When chemotherapy destroys red and white blood cells and platelets, it causes anemia, immune system deficits, and blood clotting disorders, respectively.

Clinical Study: Cancer researchers in Israel studied the effect that wheatgrass juice has on patients undergoing chemotherapy for breast cancer. They followed 60 patients receiving cytotoxic (cell-killing) chemotherapy; approximately half the patients received wheatgrass juice and the other half simply received routine care. Significantly fewer patients in the wheatgrass juice group had serious events of blood toxicity than the standard care group. The wheatgrass juice group had fewer instances of neutropenic fever, leucopenia with infection, and prolonged neutropenia (low white blood cells). Hemoglobin levels were negatively affected by chemotherapy in both groups, but to a much lower degree in the wheatgrass juice group. Patients taking wheatgrass needed fewer drugs to support blood cell number and function. The one reported side effect of wheatgrass juice was that a majority of patients had difficulty consuming the juice because of its strong odor and taste. This led to increased nausea.

Conclusion: Wheatgrass juice, when taken along with chemotherapy, helped maintain healthier levels of blood cells and reduced the need for additional supportive medications. The use of wheatgrass juice may be limited because of the strong flavor of the substance in its raw state.

The Sun's Electrifying Future

Solar Power is a Worldwide Eco-Goldmine

by Linda Sechrist



"I'd put my money on the sun and solar energy. What a source of power!

I hope we don't have to wait until oil and coal run out before we tackle that."

~ Thomas Alva Edison in 1931

Energy Engine

Humankind has sought for centuries to harness the sun because the cumulative energy of 15 minutes of its rays shining on Earth could power the world for a year. Following the invention of the solar collector in 1767, a slow, yet steady evolution of other breakthroughs in the quest have included the photovoltaic (PV) effect, observed in 1839, invention of the first solar cell in 1954 and a solar-powered communications satellite in 1958. Solar summits in 1973 and 1977 led to the inception of the Solar Energy Research Institute (now the National Renewable Energy Laboratory), part of the U.S. Department of Energy (DOE) Organization Act signed by then-President Jimmy Carter.

Making the most of the "alchemy of sunlight" that Pulitzer Prize-winning author Daniel Yergin writes about in *The Quest: Energy, Security, and the Remaking of the Modern World*, has required a global village of inventors,

visionaries, scientists and engineers. Pioneering companies have produced technological advancements and reduced manufacturing costs that expand the sun's services to the world. Today, thanks to solar power, many of the remotest villages in developing countries have electricity.

"Without solar photovoltaics on satellites and those powering the uplink transmitters, downlink receivers and associated equipment on the ground, the isolated residents of developing countries can't join the modern world," explains Neville Williams, author of the recently released book, *Sun Power: How the Energy from the Sun is Changing Lives Around the World, Empowering America, and Saving the Planet*.

As founder of the guerilla nonprofit Solar Electric Light Fund (*SELF.org*), Williams led the charge for electrifying households in 12 developing countries for 17 years, beginning in 1990, using solar panels and systems funded by

grants. "While we were cost-effective and decisive, the results were due to the honest, hardworking and dedicated people we found there," he advises.

Williams initiated his pioneering advocacy of solar energy as a media specialist with the DOE during the Carter administration and served as the national media director for Greenpeace, in Washington, D.C. In 1997, he co-founded the solar installation company SELCO-India, which has supplied solar home systems to more than 150,000 families in India, Sri Lanka, Nepal, Vietnam and South Africa. In 2005, he founded the solar solutions supplier Standard Solar Inc., of Rockville, Maryland.

Economic Engine

The U.S. currently has an operating capacity of 13,000-plus megawatts of cumulative solar electricity—enough to power more than 2.2 million average American homes. As the industry grows, so does its impact. The Solar Foundation's Solar Job Census 2013

reported nearly 143,000 solar workers in the U.S.—a 20 percent increase over 2012—at 6,100 businesses in 7,800 locations encompassing every state.

According to Yergin and Williams, the increasing value of nationwide solar installations has "electrified" the U.S. economy. In 2013, domestic solar electric installations were valued at \$13.7 billion, compared to \$11.5 billion in 2012 and \$8.6 billion in 2011. The top 10 states for annual additions of photovoltaic capacity in residential and commercial applications are California, Arizona, New Jersey, North Carolina, Nevada, Massachusetts, Hawaii, Colorado, New York and New Mexico.

Currently, there are more than 550 major solar projects underway nationally. Under the Obama administration, 16 of these have been permitted on federal lands and will provide 6,058 megawatts of generating capacity.

The two experts expect solar energy to be a major catalyst of global political and economic change. Williams contends that now is the time to fully access

this cheapest form of unlimited energy.

"If millions of poor families in developing countries can get their electricity from the sun, why can't Americans do the same?" he queries.

In a 2002 National Public Radio *Planet Money* podcast, Yergin, president of Cambridge Energy Research Associates, in Massachusetts, addressed the concerns of everyone that sees the common sense of relying on solar energy. "Technology will be central to solutions for our energy challenges," he says. "What needs to be done is very, very large, as are the risks and challenges. What we have going for us is the greatest resource of all—human creativity—and for the first time in history, we are going to see it employed on a global scale."

To learn more, visit SunPowerBook.com and DanielYergin.com.

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

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- helps to increase oxygen levels
- increases alkaline body levels

Wheatgrass

The Natural Superfood



Eyes

The antioxidants lutein and zeaxanthin are found in high concentration in the lens and retina. Vitamin A* and zinc are needed for night vision.

Hair and nails

Iron, zinc and vitamin A* are important for strong well-shaped nails and healthy hair.

Energy levels/Metabolism

Iodine is needed to make thyroid hormones that regulate the body's metabolic rate. Vitamin B1 and magnesium help the body release the energy in food. Iron helps too.

Immune System

Vitamin B6 is needed to make defensive antibodies and vitamins C and E help look after the specialist cells of the immune system. Glucosinolate type compounds switch on cell defences against carcinogens (cancer causing agents).

Liver

Glucosinolates are phytochemicals that may boost and regulate the activity of the liver's in-built detoxification (detox) enzymes.

Skin

Vitamins A* and C help to keep skin supple and smooth.

Blood

Iron, folic acid and vitamin B6 are needed to make healthy red blood cells. Vitamin C also helps the body absorb more iron from non-meat foods.

Bones

Calcium, magnesium, manganese and vitamins A*, C and K all help to build and maintain healthy bones.

Enjoying a wide variety of foods in a balanced diet is the key to good nutritional health. Some foods pack more of a nutritional punch than others, and wheatgrass is literally brimming with a range of essential vitamins and minerals, and beneficial phytochemicals (naturally found in plants). Nutrients found in wheatgrass, which are highlighted in this chart, play important roles in maintaining our body's all over health.

* from conversion of beta carotene

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The trouble is that this only has short-term results.

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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.

REDUCE BELLY FAT Lose 3 to 9 inches in TWO WEEKS.

- ▶ ZERO Pain, ZERO Surgery, ZERO Downtime
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TRICK & TREAT

Host a Halloween that's Natural, Healthy and Cost-Conscious

by Avery Mack

Slipping masks, sagging costumes and sugar hits can all contribute to cranky kids at Halloween. Healthier, greener and safer options will up the ongoing fun factor.

Neat Costumes

Hooray! Princesses and superheroes are more popular than witches and devils these days. With encouragement from parents, kids can enjoy a greener Halloween with tiaras, wands and capes made from recycled cardboard and hobby shop items. Thrift stores offer up hats and jewelry for added bling. The Internet overflows with inspiration. Also, many public libraries host costume swaps this month; find other swap locations at Tinyurl.com/CostumeSwaps.

Colorful Disguises

Consider inexpensive temporary hair coloring instead of wigs. Mix three packets of sugar-free drink mix or one box of sugar-free gelatin dessert mix (because sugar makes hair sticky), a few drops of both water and a conditioner into a paste. Apply cocoa butter at the hairline to prevent color from running down the face. Use a paintbrush to apply it to the hair, topped

by a shower cap for a steeping period of as long as youthful patience allows before shampooing.

Homemade face paint is a fun and healthy alternative to sweaty masks. (Commercial face paint can contain lead and other undesirables.) A moisturizer with sunscreen, unscented lotion or cocoa butter acts as the base. "UVA/UVB rays are present year-round," says Dermatologist Michael Taylor, in Portland, Maine. "Use zinc- or titanium-based products, free from fragrance, para-aminobenzoic acid, parabens, bisphenol A, phthalates and other harmful ingredients."

Natural food coloring, spices or other pantry items provide colorants. Turmeric makes a bright yellow; raspberry, blackberry or beet juice yields pink or red; mashed avocado and spirulina show up green; blueberry juice is naturally purple; and cocoa powder makes a great brown, according to Greenne.com.

Age-Perfect Parties

For the youngest treaters, hold an afternoon party with games and an outdoor wildlife/leaf hunt. "Plan a scavenger hunt or arrange stuffed toys to be knocked over with balls," suggests Pamela Layton McMurtry, author of *A Harvest and Halloween Handbook*, and mother of seven in Kaysville, Utah. "Older kids will love a block party. Solar twinkle lights can mark the perimeters. Plan for a potluck and emphasize healthy choices. Games with prizes like wooden toys, juices, raisins or gluten-free crispy rice cakes take the focus off of candy. Tweens like progressive parties: appetizers at one house, dessert at another and music or scary movies at a third."

"Disguise healthy snacks as scary, gross foods," suggests Rosie Pope, a parenting style leader and former reality TV personality in Ridgewood, New Jersey. "Homemade grape or orange juice popsicles with a small gummy worm inside are popular."

Pope likes to decorate cucumber and apple slices with raisins, dried cranberries, blueberries and pretzels adhered with organic peanut butter to mimic crawly creatures. Black spaghetti colored with squid ink can simulate boiled witch's hair. Spinach linguini masquerades as swamp grass. Look for gluten-free varieties. Prepare peeled grapes for green eyeballs.

"Cover party tables with a patchwork of fabric remnants," advises McMurtry. She also suggests a DIY taco area or cat-and-scarecrow-shaped pizzas. Use sliced olive or cherry tomato eyes, shredded cheese hair and a red pepper smile. Prepare a cheesy fondue with whole-grain bread. Individually wrapped popcorn balls studded with bits of fruit can be great take-home desserts for guests.

Harvest Décor

In addition to the usual farmers' market gourds, Indian corn and pumpkins, "Oranges, tangerines and apples covered with cloth and tied with orange or black yarn or ribbon hung as miniature ghosts in the kitchen and doorways add a spooky touch," adds Pope. "After the holiday, the fruit returns to the table as a snack." Pope's children also like to

draw Halloween murals on windows using water-based markers.

Traditional tricks and treats are easily improved upon with mindful shopping and imagination. The calorie counts are lower, environmental impacts are lighter and the feel-good fun factor soars.

Avery Mack is a freelance writer in St. Louis, MO. Connect via AveryMack@mindspring.com.

More Eco-Treat Tips

- ✓ Keep kids' hair dry after applying temporary coloring to keep ingredients from running.
- ✓ Mix cornstarch and beet juice to make "blood".
- ✓ Post a door notice that this family is giving out healthy snacks. Search out organic, fair trade, GMO-, gluten-, nut- and sugar-free treats in recyclable packaging (or no packaging at all). Avoid artificial preservatives and high-fructose corn syrup.
- ✓ After gutting the pumpkin, roast the seeds for a snack and purée the pumpkin to add fiber and flavor to recipes.
- ✓ Post-Halloween, compost the jack-o'-lanterns and gourds and add any corn stalks to foliage recycling.

Find more tips at Tinyurl.com/Eco-Halloween.

Contributing sources: GreenHalloween.org, SafeCosmetics.org



Breast Health Screening Questioned

October is Breast Cancer Awareness Month, and thousands of well-meaning healthcare providers will continue to recommend mammograms. However, a growing body of research suggests that X-ray mammography may not be the best screening approach, at least on an annual basis, and even the National Cancer Institute notes potential harms ranging from false results to overtreatment and radiation exposure.



A 2006 study published in the *British Journal of Radiobiology* revealed that the type of radiation used in X-ray-based screenings is more carcinogenic than previously believed. The researchers wrote, "Recent radiobiological studies have provided compelling evidence that the low-energy X-rays used in mammography are approximately four times—but possibly as much as six times—more likely to cause mutational damage than higher energy X-rays."

Peter Gøtzsche is director of the Nordic Cochrane Centre and an author of the landmark 2001 Cochrane systematic review, *Screening for Breast Cancer with Mammography*, which concludes, "Currently available reliable evidence has not shown a survival benefit of mass screening for breast cancer." In 2011, Gøtzsche stated, "It is getting more and more difficult to argue that mammography is reasonable to [use] for breast screening."

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Breast Cancer Links to Environmental Toxins



New evidence that chemical pollution may be linked to breast cancer comes from a surprising source: a group of male breast cancer patients at Camp Lejeune, a Marine Corps base in North Carolina. Poisons in the camp's drinking water, including benzene, a carcinogenic gasoline additive, perchloroethylene (PCE) and trichloroethylene (TCE), are regarded as a cause; conditions at the base are also blamed for unusual rates of leukemia and birth defects. The worst period of contamination of the base's water supply began in the late 1950s and continued for more than 30 more years.

Because men are simpler to study than women—their risk of developing breast cancer is not complicated by factors such as menstruation, reproduction, breastfeeding and hormone replacement therapy—the epidemiologists may be able to conclusively link industrial chemicals with an increased risk of the disease for both genders.

Source: *National Disease Clusters Alliance*

Busty Justice

October is Bra Recycling Month



The Bra Recyclers, a Gilbert, Arizona-based textile recycling company, is celebrating the third annual Bra Recycling Month during October. The intent is to collect new and gently used and cleaned bras for interested women nationwide. Healthiest options are non-underwire garments—Dr. John McDougall, in his book, *The McDougall Program for a Healthy Heart*, notes that constricting bras have been implicated in the rise of benign, non-cancerous but often painful breast cysts and lumps.

Bra Recyclers CEO Elaine Birks-Mitchell states, "The month-long campaign ties directly into breast cancer and domestic violence awareness. The Bra Recyclers believe every woman and girl should not have to worry about something as simple as a bra as they transition back to self-sufficiency or being cancer-free. The results are enhanced self-esteem and encouragement and strength to carry on."

To participate, visit BraRecycling.com.

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Source: WebMD.com

Bromelain 720 GDU

Bromelain -- also called bromelin -- is an enzyme, and it's often used to ease pain and swelling. Some studies suggest it can kill virus and infection and naturally reduce arthritis. Bromelain may help reduce cough and nasal mucus associated with sinusitis.

Source: University of Maryland Medical Center

Trypsin 9,000 USP Units

An enzyme that works as a natural anti-inflammatory to reduce pain and swelling. It reduces the viscosity of mucus and sputum in cases of bronchitis, rhinitis, and sinusitis. Trypsin improves digestion and enhances breakdown of proteins, fats, and starches in the body. The body is able to glean maximum nutrition from food and digest more easily and comfortably. Consequently, energy levels are increased from better nutritional fuel. Finally, much research is being conducted on the role of proteolytic enzymes such as Trypsin and Chymotrypsin in fighting certain cancers like multiple myeloma and pancreatic cancer.

Source: Journal of Biomedical Sciences

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An A for Apples It's a Top-Ranked Superstar Fruit

by Tania Melkonian

Nutrient density—an acknowledged characteristic of apples—is considered the most significant qualification for a superfood. “It’s one of the healthiest foods,” advises Case Adams, from Morro Bay, California, a naturopathic doctor with a Ph.D. in natural health sciences. Apples’ antioxidant power alone could elevate it to status as a superior superfood. Eating apples could help ward off America’s most pressing yet preventable, chronic illnesses, that the U.S. Department of Health and Human Services cites as heart disease, diabetes and cancer.

Strategic Eating

Morwenna Given, a medical herbalist and Canadian member of the American Herbalists Guild, from Toronto, explains why and shares an analogy, “The normal metabolic processes of oxidation produce reactive oxygen species (free radicals) with unpaired electrons that hunt and steal partner electrons from the body’s cells. Imagine an electrical plug wherein the grounding wire has been eliminated or compromised.



There is nothing to prevent a surge or fire.” This is comparable to what happens to a body impacted by a poor diet, lack of exercise, stress and illness; its healthy grounding is compromised.

When the overall damage to cell structure overwhelms the body’s innate antioxidation defenses, conditions are ripe for disease and accelerated aging. Foods high in antioxidants, like the apple, help to neutralize the damage and heal bodily tissues.

Flavonoids—like the quercetin just beneath the peel—are another of the apple’s powerful nutrient partners, notes Adams in his book, *The Ancestors Diet*. So, even when making applesauce, including the peel is vital. With the exception of vitamin C, all other nutrient compounds remain intact when the fruit is cooked.

Subtle differences in polyphenol levels exist among apple varieties, according to Linus Pauling Institute testing. Polyphenol compounds ultimately activate the fruit’s antioxidant and anti-inflammatory properties. Northern spy, Fuji and especially red delicious varieties are the richest in antioxidants; empire and golden

delicious harbor relatively low levels.

“Some older varieties that had lost popularity with large-scale commercial farmers are now being grafted again, thanks to a return to organic practices,” remarks Meredith Hayes, schools and student nutrition senior manager at FoodShare, a leading North American food security organization.

Note that conventionally grown apples top the Environmental Working Group’s list of 48 fruits and vegetables tested for pesticide residue (ewg.org/foodnews/list.php). That’s yet another sound reason, along with better taste and nutrition, to go organic.

Good Genes

“The purpose of any seed is to replicate the species,” explains Given. “The pulp around the seed protects and feeds the seed until it’s burrowed into the soil and germinates. Older species evolved to be protective of their seeds to survive against pests and other insults. Commercially grown produce, however, has generally bred out the secondary metabolites that house so many of a plant’s nutrients.”

It helps to know that imperfect-looking food has potentially synthesized more sugars and nutrients in response to stress in order to survive, making blemishes or irregular shapes more appealing as consumers discover the core value of non-homogenized fruit.

By recognizing and appreciating the apple during this season’s harvest, we honor its versatility, affordability, broad availability and culinary flexibility.

Tania Melkonian is a certified nutritionist and healthy culinary arts educator in Southwest Florida. Connect at EATomology.com.

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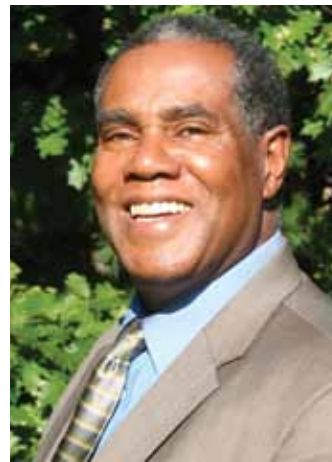
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As creator, executive producer and host of *Living on Earth*, the weekly environmental news program broadcast since 1990, first distributed by National Public Radio and more recently by Public Radio International, Steve Curwood keeps millions of people informed on leading environmental topics. Broadcast on more than 250 public radio stations nationwide, the program has garnered a host of accolades, including three from the Society of Environmental Journalists and two Radio and Television News Directors Association Edward R. Murrow awards.

In-depth interviews and onsite tapings bring subjects to life for listeners. Movers and shakers, innovators and grassroots organizers explain complex issues in understandable terms. Updates of previously aired segments sometime point to what has changed since a piece first aired. Here, Curwood reflects on his own key learnings.

What do you believe is the most important environmental challenge we currently face?

Hands down, global warming and the associated disruption of Earth's operating systems is the biggest risk that we run right now. If we continue to get this wrong—and right now we're not getting it right—it's going to destroy the ability of our civilization to proceed as it has been. Everything else operates within the envelope of the

environment. There's no food, economy, family or anything else good if we don't have a habitable planet.

As Living on Earth approaches its silver anniversary, what stands out to you as having changed the most over the years?

One thing that is new and important is an understanding of the power of coal to disrupt the climate. Massachusetts Institute of Technology research shows that using natural gas energy has about three-quarters of the impact of coal over its lifetime, and work at other universities and government agencies supports that finding. Another way to put this is that coal shoots at the environment with four bullets while natural gas does it with three. It also raises serious questions about whether we should be making massive infrastructure changes to use natural gas when we already have that infrastructure for coal, and why we shouldn't instead be moving to clean and renewable energy sources that don't destroy the climate system.

Can you cite the single highest-impact segment enabling NPR to tangibly help forward changes benefiting the environment?

I believe that in 1992 we were the first national news organization to do environmental profiles of presidential

candidates, prompting follow-up by *ABC News*, *The Wall Street Journal* and others. That signaled the greatest impact—that other news organizations felt it was important. A number of media picked up on the idea and started doing those kinds of profiles... not always, not everywhere, but frequently. Presidential candidates can now expect to be asked questions about their positions on the environment.

How much does listener feedback and interaction influence your selection of topics?

When we launched the program, surveys showed that only 14 percent of the public cared about the question of global warming, which means 86 percent didn't care, but we thought the story was important and stuck with it. People do care about their health, so we pay a lot of attention to environmental health stories, particularly eco-systems that support healthy living, from clean water to the vital roles of forests to the toxic risks we run from certain manmade chemicals. That's really important to people, and listeners are quite vocal on such subjects.

There's a phrase, "You don't know what you don't know." If we just relied on listeners to tell us what we should tell them, we wouldn't be educating them. On the other hand, it's equally important to cover what listeners are curious about, because they can also educate us. It's a two-way street.

Randy Kambic, in Estero, FL, is a freelance writer, editor and contributor to Natural Awakenings.

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Overweight is the Second Leading Cause of Cancer in the United States

Report: Pancreatic cancer second most deadly by 2030

(CNN) -- By 2030, the top cancer killers in the United States will be lung, pancreas and liver, according to a new report published Monday in the American Association for Cancer Research's journal.

Lung cancer is already the top killer overall, but pancreatic and liver cancer will surpass the cancers currently considered the second and third leading causes of death, researchers say. Right now, second most dangerous is breast cancer for women and prostate cancer for men; and third is colorectal cancer for both men and women.

Researchers looked at trends in cancer incidence and death rates between 2006 and 2010, and used that data -- combined with expected U.S. demographic changes -- to predict numbers for 2030.

Liver and pancreatic cancers will surpass breast and prostate to become the second and third-leading causes of cancer-related deaths, the researchers say.

The rate of pancreatic cancer has been slowly increasing for the past 15 years, says Dr. Otis Brawley, chief medical officer of the American Cancer Society. Some of that rise can be attributed to the prevalence of obesity and diabetes.

“Many Americans are not aware that the combination of obesity, high-caloric intake and lack of physical activity is the second-leading cause of cancer in the U.S.,”

Brawley said. “It is linked to at least 12 types of cancer, of which these are two. This is an American problem ... the rise in pancreatic cancer is not as severe as in Europe where obesity is less of an issue.”

Obesity may affect cancer patients' outcomes

Overall, the number of cancer cases is expected to increase over the next 16 years, due to the rapidly aging population. In 2010, the United States had about 1.5 million cases of cancer; in 2030, researchers expect that number to reach 2.1 million.

“We're living much longer in the United States, so the number of people 65 age and older will be much greater,” Matrisian said. “And that's, of course, one of the biggest risk factors for cancer: Age.”

Lung, breast, prostate and colorectal cancers are currently the most common in the United States. Known as the “big four,” these cancers have the highest incidence rates and receive the most research funding from the National Cancer Institute.

Source: CNN.com

ALERT! SPECIAL REPORT

Mammograms Carry Cancer Risk

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



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

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

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

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Breath-Taking Wisdom

Six Ways to Inhale Energy and Exhale Stress

by Lane Vail

We draw an astounding 22,000 breaths daily, but because breathing is involuntary, we often take it for granted. Transforming breathing into a conscious activity can provide amazing energy, awareness and control, and dramatically improve our mental, physical and creative performances, according to Al Lee, co-author of *Perfect Breathing: Transform Your Life One Breath at a Time*. That’s 22,000 opportunities to choose health and wisdom every single day.

Everyday Ease

Lee paints a picture of perfect breathing: “Watch a baby breathe; it looks like there’s a balloon in the stomach that inflates and falls back down. This is belly breathing—pleasant, enjoyable and natural.” During inhalation, the diaphragm pulls down under the lungs, allowing them to expand with air and displace space in the abdomen.

However, “Breathing can fall victim to the same movement dysfunction as any other skill, like running or walking,” says Nick Winkelman, director of movement and education at EXOS, an elite athletic training facility in Phoenix,

Arizona. He points to “shoulder breathing”, characterized by a lifting of the shoulders with each shallow sip of air, as a common dysfunction perpetuated by too much sitting.

“Hunching over the laptop or sitting in the car binds up the abdominal region and reduces the possibility of expansion there, so the breath moves higher into the chest cavity,” Lee explains.

Replacing shoulder breathing with belly breathing “creates a cascade of positive effects,” says Lee, including lowering blood pressure and boosting the immune system. Deep breathing also clarifies the mind and is used in nearly every spiritual tradition to achieve deeper states of prayer, meditation and contemplation, he notes.

Try these six healing techniques.

Six-Second Breath

Lee’s six-second breath is a simple prescription for stress that can be used anytime, anywhere. Relax the abdominal muscles and inhale for three seconds, breathing through the nose to “disinfect, filter, condition and moisturize the air before it reaches the lungs,” says Lee. Visualize the breath filling the body like a bell, with the flared

bottom expanding completely around the waistline. Pause momentarily and exhale through the nose or mouth for three seconds, gently contracting the abdomen to help expel the air. Practice this whenever needed to ease stress or for five minutes daily to establish a slower, deeper breathing pattern.

Ocean Breath

The yoga breath *ujjayi*, or ocean-sounding breath, is achieved by slightly constricting the throat muscles and gently lifting the glottis, so that a soothing hiss is produced when the breath is drawn in through the nose. Dr. Richard Brown, an integrative psychiatrist, associate professor at New York's Columbia University and co-author of *The Healing Power of the Breath*, explains the benefits. "Ujjayi creates resistance to air flow, triggering receptors deep within the lungs' alveoli, which allows more oxygen to be delivered to the cells. It also stimulates the vagus nerve input to the brain, which promotes calmness and clear thinking."

Target Breathing

A recent study from the journal *Pain Medicine* found that deep, slow breathing, combined with relaxation, effectively diminishes pain. "The nervous system represents a physical or emotional trauma in an unregulated pattern of signals," says Brown. "But the mind and breath can wash away and rewire that pattern." Practice target breathing, a technique derived from qigong, by inhaling deeply into the belly and visualizing the breath as a ball of energy which upon exhaling can flow to the place in the body needing healing, advises Lee.

Bellows Breath

Brown has co-authored a review in the *Journal of Alternative and Complementary Medicine* describing the neuro-physiological basis and clinical benefits of yogic breathing on depression and post-traumatic stress. *Bhastrika*, or bellows breath, is a mood-lifting technique wherein one inhales vigorously through the nose while raising the arms above the head, fingers extended, and then forcibly exhales through the nose while

pulling the elbows down alongside the ribs with fingers closing gently. Avoid overdoing it, instructs Brown; three rounds of 15 to 20 breaths are sufficient for healthy individuals.

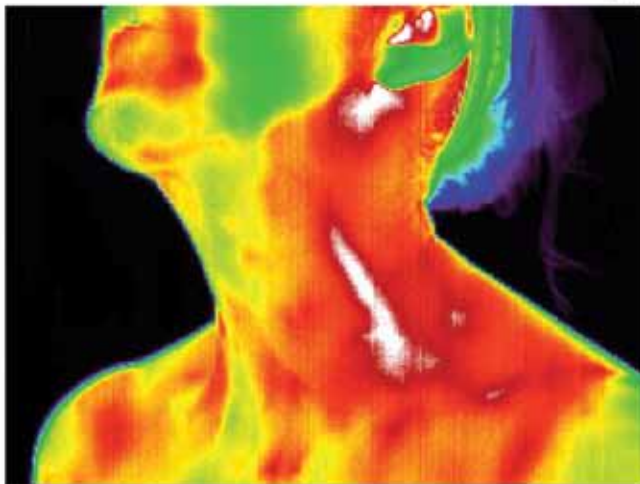
4-2-10 Breathing

Anxiety attacks often generate feelings of breathlessness, and fixating on each inadequate inhalation reinforces panic. Winkelman recommends 4-2-10 breathing, a technique that emphasizes elongating exhalations. Inhale through the nose for four seconds, hold for two, and then slowly release the breath for up to 10 seconds. Lee explains that after several breaths, the brain will start to shift from reactive emotional thinking to rational problem solving.

"Concentrating on the breath makes it hard to think about the future or rummage around in the past," says Lee. "It keeps you in the moment, intimately in touch with the mind, body and emotions."

Lane Vail is a freelance writer in South Carolina. Connect at WriterLane.com.

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Chlorophyllin Influences Death of Colon Cancer Cells

Caspase-8 and Apoptosis-inducing Factor Mediate a Cytochrome c- independent Pathway of Apoptosis in Human Colon Cancer Cells Induced by the Dietary Phytochemical Chlorophyllin.

Dians, GD., Li, Q., Dashwood, RJ. Cancer Research 63, pp.1254-1261, 2003.

Background: Chlorophyllin is a substance similar to chlorophyll. It was studied because it has anti-cancer properties. Chlorophyllin is especially interesting because it also has been used to protect at-risk individuals from chemically-induced cancer.

Laboratory/Animal Study: Human colon cancer cells were treated with a number of different doses of chlorophyllin and the cancer cells were studied before and after the treatment. The researchers looked at markers for a type of pre-destined or programmed cell death called apoptosis.

Conclusions: The study found that chlorophyllin was able to induce cell death—apoptosis. They discussed the possibility that chlorophyllin might be interacting with “death receptors” that eventually cause the death of the cancer cell. There were other markers detected for a tumor suppressor gene, which leads to the possibility that chlorophyllin can cause the death of colon cancer cells by a number of different methods and may be useful in preventing colon cancer as well.

1. Egner, PA., Muñoz, A., Kensler, TW. Chemoprevention with chlorophyllin in individuals exposed to dietary aflatoxin. Mutat Res. 2003 Feb-Mar;523-524:209-16.

Call the Natural Health Center in Carencro for more information 896-4141.

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Live Your True Self

Four Tools Guide Us on Our Life Journey

by Indira Dyal-Dominguez

Starting today, we can experience life as a naturally unfolding expression of our vision and realize the contribution we are here to make. Living a truly good and purposeful life becomes as natural as breathing as we shift into a new paradigm based on the four tools of connect, listen, trust and act.

In most people's current paradigm, the limited and limiting human mind will shape and drive our day-to-day actions whenever we allow it to. When we buy into it, it becomes our automatic truth, organizing our energy around fears for survival.

Everything changes when we stop focusing primarily on what we need to do in order to function and survive. Instead, by realizing that our essence is energy, we gain powerful access to our ability to separate the human mind's chatter from our higher consciousness, shifting us into a new relationship with who we are. That's where we can now go for the answers that are unique to us and aligned with our true journey and purpose.

Connect. The initiating step of seeing our real self as an eternal energetic force of higher consciousness activates our alignment with the universal vibrational force of all creation. This energy frequency becomes real and available to us.

Listen. By learning to distinguish between the mind's busyness and intuited messages of our true self, we come to more consistently align our actions with our highest being. As a result, we naturally walk a path of honoring both our highest self and others.

Trust. The inner guidance we discern often defies logic, but we begin to trust that it knows best. The beauty is that because everything is in relationship with everything else, when one piece of our life changes or moves forward it shifts the entire energy and relationship with everything else, allowing for a new

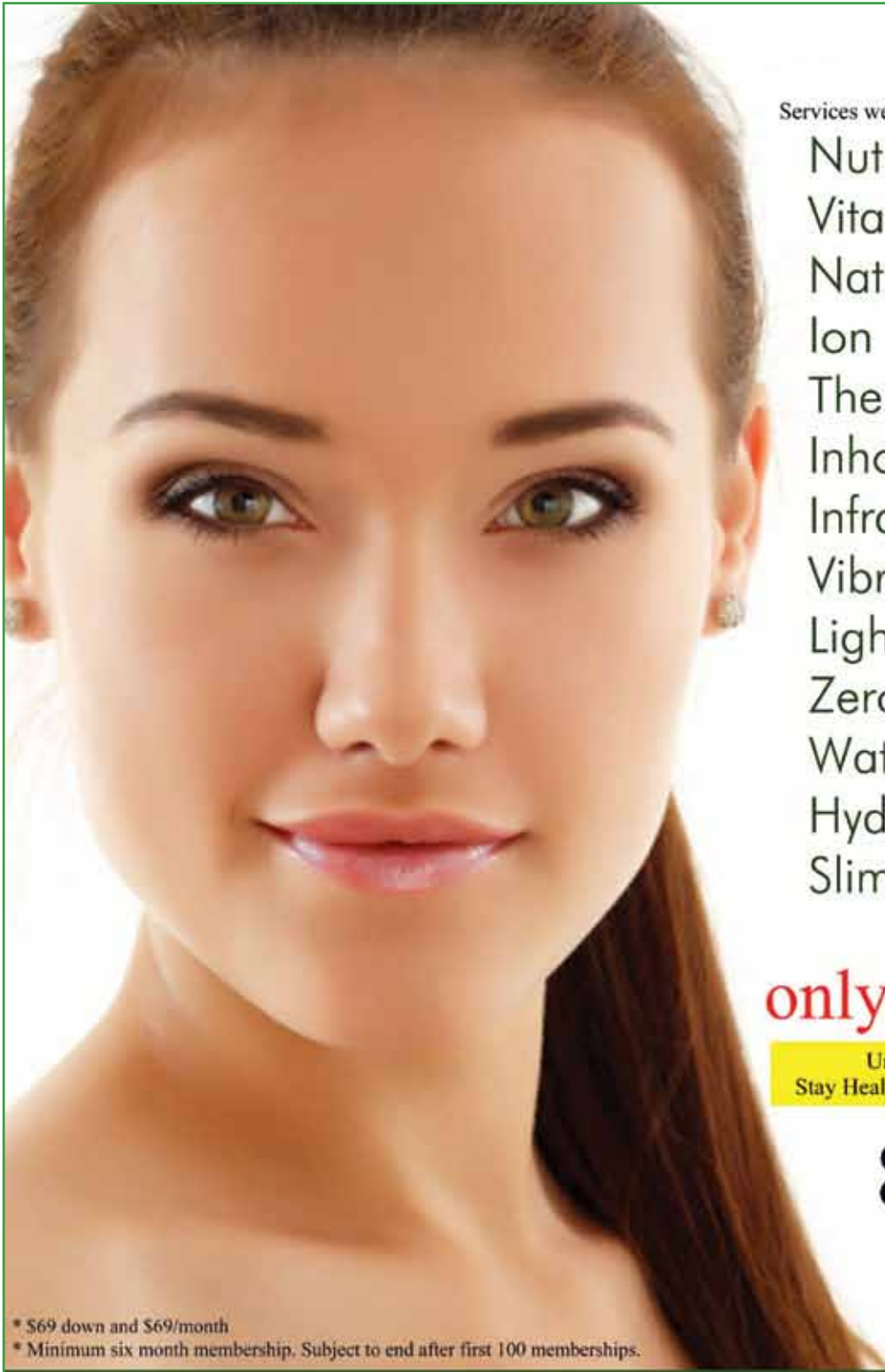


relationship and a new result. Such trust goes deep, activating our inner knowing of who we are; not from the basis of a thought or concept, but as our new reality. We are listening to and heeding our most authentic self.

Act. Be aware that when we honor our higher self, transcending the human mind's control, the ego will fight for its survival. It may argue for doing something else, not doing it fully or create circumstances that make it tough to act from an authentic place. Now we can release such mind suggestions and choose what supports our true journey.

We are here to experience our own magnificence as we walk our journey on Earth. In acting, we are saying, “I am not my mind; I am a wellspring of divine truth.” We are claiming our eternal identity.

Indira Dyal-Dominguez's new book, YOU: A Spiritual Being on a Spiritual Journey, is based on 15 years of personal experience using the four tools and living from the spirit within while developing and sharing programs that guide others to connect with their true self. Access free tools at IndiraToday.com.



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New Cancer Test for Dogs

Detects Illness in Time for Effective Treatment

by Shawn Messonnier

Pet owners often ask if there's an accurate, inexpensive way to test dogs for cancer before they develop clinical signs of it. A diagnosis early in the course of the disease is crucial for beginning effective treatment and better outcomes. Until recently, the answer to their question was no.

As a result, most owners have remained unaware of the problem until the cancer was well advanced and had spread throughout the pet's body. While chemotherapy can help some pets, the treatment is unable to heal most of them due to the advanced stage of most diagnosed cancers, which typically already have been active for six to 12 months or longer.

Early diagnosis would allow both traditional and natural therapies to be more effective. In some cases, chemotherapy might not even be needed, because natural medicines such as astragalus, essential fatty acids, mushroom extracts, ginseng and green tea may be able to reverse the cancer at its earliest stages.

Fortunately, dog owners can now secure an accurate early diagnosis using a new blood panel costing less than \$200, including lab processing, that enables veterinarians to detect cancer and other inflammatory diseases before a pet becomes ill. The tests provide valuable information about the dog's health before overt signs of disease are observed, damage occurs and treatment options become more limited

and expensive. Early detection tests for cancer in cats will be available soon.

The tests measure several aspects of cell irregularity, including abnormal cell division and systemic inflammatory activity, by detecting any increased levels of thymidine kinase and C-reactive protein in the pet's body.

A study by California's Veterinary Diagnostics Institute's VDI Laboratory applying the new blood panel tests to 360 dogs followed their incidences of cancer and other serious diseases for up to a year. The researchers found that nearly all of the cancers that occurred were detected four to six months prior to the pet showing outward signs. Because the cancers were detected early and treated before the pet became overtly ill, costs to the pet owner were greatly reduced and the effectiveness of cancer treatment improved.

The new cancer screening tests, which are designed to be part of a routine wellness plan, constitute the most comprehensive single blood diagnosis available in monitoring overall canine health.

It's just as important to check the vitamin D status of canine patients. Low levels contribute to increased incidence of cancer and infectious diseases, according to a study published in the journal *Veterinary and Comparative Oncology*. Supplementing vitamin D levels is easy and inexpensive and may help reduce the incidence of serious disease later in life.

While the new blood panel tests have been shown to be highly accurate in early cancer detection, any test can miss it if the number of cancer cells is too small. Therefore,

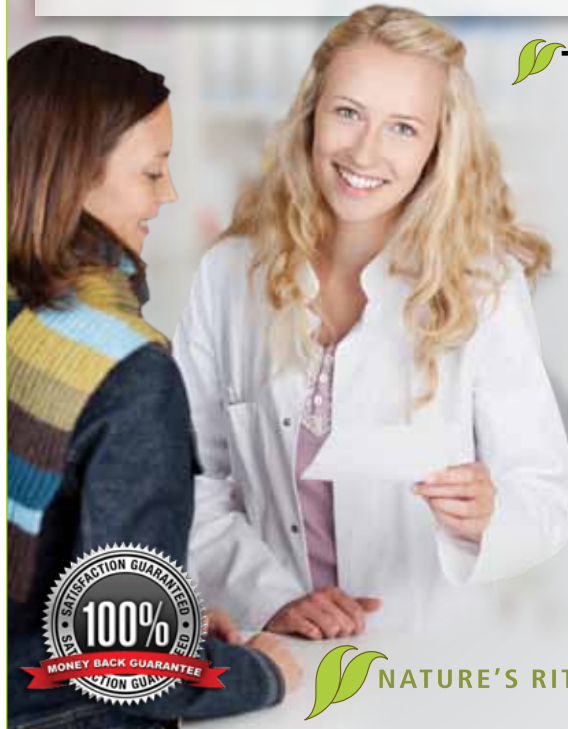
pets with negative test results should be retested every six months, while positive results prompt further diagnostic tests and initial treatment. Pets with cancer also benefit from these tests because they allow the vet to fine-tune a treatment plan and determine when a cancer may be coming out of remission.

The screening is recommended for all dogs 5 years of age and older. Only a small amount of blood is needed and results are available within a few weeks.

Shawn Messonnier, a doctor of veterinary medicine practicing in Plano, TX, is the award-winning author of The Natural Health Bible for Dogs & Cats and Unexpected Miracles: Hope and Holistic Healing for Pets. For more information, visit PetCareNaturally.com.



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Raising Backyard Chickens An Emerging Trend



Having a small backyard flock of chickens is a growing trend in countries around the world. And it is not just country folks who enjoy raising chickens, more and more city dwellers are enjoying this pleasant hobby too. Many celebrities such as Jennifer Aniston, Barbra Streisand, Miley Cyrus, Chevy Chase, Reese Witherspoon and Martha Stewart raise backyard chickens.

So why are pet chickens so popular? Let's have a look at some of the benefits

of raising backyard chickens in urban chicken coops:

- Starting with and keeping chickens is relatively inexpensive.

- Meat birds (Cornish Cross) are usually processed around the age of 7 – 9 weeks. So after feeding them for only 2 months, you can stock your freezer with your own wonderful, fresh, home-grown meat.

- When you raise your own chickens, you know what went into the meat and eggs. It's a safer and healthier alternative to factory farmed poultry and eggs.

- The meat of farm-raised chicken has significantly less fat (and fewer calories) than typical store-bought chicken.

- Backyard and free ranged hens produce eggs that are very nutritious and great tasting. Not to mention they are always fresh! Free ranged and backyard hens' eggs are also much healthier than battery hens' eggs. Here is a compari-

son between the nutrient content of free range vs battery eggs:

Nutrient Content - Battery Eggs

Vitamin A - 0.97 mg
Vitamin E - 487 IU
Beta Carotene - 10 mg
Folate - 47 mcg
Omega 3 - 0.033 mg
Cholesterol - 423 mg
Saturated Fat - 3.1 g

Nutrient Content - Free Range Eggs

Vitamin A - 7.37 mg
Vitamin E - 763 IU
Beta Carotene - 76.2 mg
Folate - 0.71 g
Omega 3 - 292 mg
Cholesterol - 231 mg
Saturated Fat - 2.31 g



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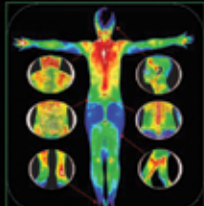
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BRINGING MORE THAN HOMEWORK HOME

By Ryan Hogan

It's that time of year when we're sending our kids back to school. Unfortunately, while schools are good places to learn they are great places to catch a disease. In fact, children's Upper respiratory illnesses (URI's) cause more doctor visits and missed school days than any other illness in the US. Luckily, there are a few things you can do at home to help reduce the chances of your child getting sick at school this year.

HOW?

Before we talk prevention, we need to know how infection spreads. Many childhood illnesses are caused by viruses and bacteria that are transferred from person to person. URI's increase in fall and winter as we spend more time crowded indoors. All it takes is one sick child, going to school for the spread to begin. Small droplets from a child's cough or sneeze travel through the air and land on surfaces like desks, doorknobs and people. These germs are easily spread when someone touches the contaminated object and then proceeds to touch their eyes, nose or mouth. Children's immune systems are less mature than those of adults, so they're more vulnerable to these germs. Washing your hands and your nasal passages and also keeping their hands away from their nose, eyes and mouth are the most preventative habits to form at a young age.

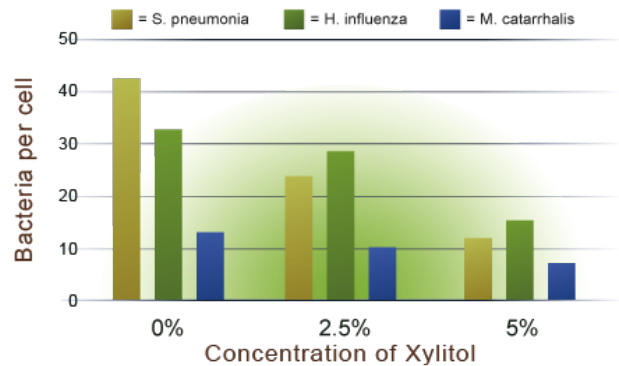


WHAT CAN YOU DO?

Our best defense is to stop cold germs where they breed. Good hand-washing is the most effective way to prevent bacteria and viruses from spreading. Wash your hands after using the bathroom, blowing your nose, handling trash and prior to touching food to help eliminate germs. Soap and water should be used for 20 seconds (about as long as it takes to sing the "Happy Birthday" song twice). Using alcohol-based hand cleaners is also effective. Remind your child to use the

sanitizer before eating snacks, lunch and after using a shared computer mouse, pencil sharpener, water fountain or other community objects.

Now, most people know we need to wash our hands, but one thing most people don't really relate their health to is nasal hygiene. Using a saline spray with xylitol, such as Xlear Nasal Spray, is safe for all ages. Research has shown this natural sweetener is useful in preventing bacterial otitis media (ear infections), among other upper respiratory problems that are most likely to occur in fall and winter months. Additional xylitol studies have also shown a significant reduction in asthma attacks when a xylitol nasal spray is used on a daily basis. Xylitol affects nose and throat bacteria in two ways:



- Decreases the adherence of harmful bacteria on their surface cells.
- Stimulates the body's own natural defense system

Since the average American child has six to ten colds a year, using a xylitol nasal spray is a safe and effective way to promote better upper respiratory health, year round.

FINAL HEALTHY TIPS

In addition to frequent hand-washing, teach your child some other school health basics:

- Cover your mouth and nose when you cough or sneeze.
- Give your child a package of tissues to keep in his or her desk.
- Encourage your child not to share water bottles, food or other personal items.
- Ask your child's teacher to include hand-washing time before lunch or snacks.
- Have your whole family practice nasal hygiene and the use of xylitol saline spray like Xlear.

Even with all of these tips, your kids are bound to come down with something over the course of the school year. We all get sick at some point or another, forming healthier habits and maintaining a positive attitude is all we can do as parents.

For more information, please visit www.xlear.com.

I found it — The Secret to Anti-Aging!

**My cholesterol dropped by 73 points in 1 month,
my husband's morning blood sugar level
dropped from 200 to 113 in 3 months,
and we are feeling and looking so much YOUNGER!**



Kare & Charles Possick

A few months ago, my husband's blood sugars were out of control after years of controlling it with diet. And his skin had taken on a yellowish-grey pallor... which showed me that his liver and kidneys were also in serious trouble. I was scared!

A friend stopped by, took one look at Charles, and said, "We have to get him on Forbidden Micronized Rice Heart immediately!" Although I had never heard of it, I quickly said, "Get me some now." I am so grateful that I did!

Within 3 weeks his skin was pink and glowing and he was feeling much better. I also began eating it and began noticing more energy, sounder sleep, and improved skin.

But What Really Got My Attention...

We had our blood tested and after eating this rice product for only a month, my cholesterol had dropped by 73 points! I had been taking several other natural supplements for two years to lower cholesterol to no avail, but after only one month my cholesterol dropped to normal, as did my triglycerides, and three other blood markers that had been way too high. My doctor was shocked. He said no drug would give me those quick and dramatic results!

And Charles, with several medical conditions, had 10 blood markers drop significantly! My doctor said he knew of nothing that could work like that across so many body systems! "Not drugs...but real foods," I said.

What's In This Product and How Does It Work?

The basis of the product is a very ancient strain of forbidden rice that is now grown in Thailand in a pristine valley that has never seen chemicals, pesticides, or GMO's.

Then, the purple husk, which is extremely high in anthocyanin antioxidants, along with the very heart of the rice (the endosperm) is removed—this is the part that carries the super polysaccharide sugars and polypeptide amino acid building blocks. Everything else is discarded.

With only the dense nutrient rice heart left— this is then milled down to the size of a micron! That's it—that is all that's in this amazing raw natural product.

**It takes
60 pounds of
Forbidden Rice
to make
ONE Pound
of my product.**



It is so tiny and powerful that when you eat it ... **it does not even have to go through your digestive system — it can immediately go into the cells and energize them!** Like tiny arrows, these highly charged alpha glucan chains of super nutrients can pierce cell walls and furnish the mitochondria (the cell's battery) with fuel to create massive amounts of ATP Light Energy, so that the cells can recharge, regenerate, and function at the highest level.

Recharge, Repair, and Regenerate Your Cells

The reason so many people who are eating well and taking good supplements are still sick is ... **nutrition can't get into the cell!**

A recent university medical study showed — more than 80% of the population is insulin resistant at some level! That means that the **sugars and nutrients we need for energy cannot get into the cells.** (If a cell phone battery cannot be recharged — it powers down and eventually dies). If you are tired, and have dis-eases that have names ... your cells are also powering down and dying.

When the sugars (polysaccharides) can't get into your cells to be used for energy, they cause another problem, too. They float around your blood stream, sticking to proteins and fats—or "glycating". Wherever they stick they cause problems ... if they stick in the bloodstream they cause hardening of the arteries and high blood pressure, in the brain they cause learning and memory issues or dementia, in the eyes—cataracts, in the skin—wrinkles. **With my raw natural product you can recharge your cells and reverse the glycation and aging now!**

Read What This Has Done For My Friends ...

When I shared this with my friend, Bonnie, her body used the new cellular energy to reduce her blood pressure and smooth the wrinkles from her face. Nicole's intense pain from an accident is gone and she is off her debilitating medications. Jeff is no longer experiencing acid reflux or gout. Dee Dee's night blindness is gone and so are her allergies. Charles morning blood sugars have dropped from 200 to 113. I am looking so much younger that someone asked me if I had a 'procedure' done! Even my granddaughter's dog has gotten rid of his digestive issues because of this product. **So ... would you like to see what this amazing food will do for you?**

**Call me (Kare) at: 727-798-8764
I'll send you my FREE book,
answer all your questions, and
get this product on its way to you
so you can begin anti-aging too!
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calendar of events

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SUBMIT CALENDAR ITEMS TO: publisher@NAacadiana.com

Friday October 3

Tour du Teche –7am. Annual 135 mile canoe, kayak and pirogue race on Bayou Teche with local culture and flavor featuring nightly festivals at each stop, from Port Barre to Breaux Bridge and from Port Barre to St. Martinville. Saturday, from St. Martinville to New Iberia and from St. Martinville to Franklin. Sunday, from Franklin to Berwick down Bayou Teche. Participants compete for cash in the racing division and for trophies in the voyageur division. \$125 for racers, \$80 for voyageurs and \$60 for one-day races. 337-394-6232. Bayou Teche. TourDuTeche.com.

Saturday October 4

NAMI Walks Acadiana –8am-1pm. 5K walk fundraiser and mental health awareness event. Music, food and fun for the whole family. No registration fee. Walkers are encouraged to collect donations to support participation. National Alliance on Mental Illness-Acadiana. River Ranch Town Square, 1100 Camelia Blvd, Lafayette. 337-288-0744. NAMIWalks@NamiAcadiana.org.

Shadows Arts & Crafts Fair –9am-4pm. Over ninety vendors display their art

and crafts in the Shadows gardens. Paintings, jewelry, children's clothing, cypress furniture, candles and wine. Shadows-on-the-Teche, 317 E. Main St, New Iberia. 337-369-6446. ShadowsOnTheTeche.org.

20th Germanfest – 10am-9pm. Thru Sun 10am-5pm. Variety of German foods & beverages, German bands, singers & dancers, a kiddie land, rice threshing demonstrations and an antique farm equipment exhibit. St. Leo Catholic Church grounds, Robert cove. 337-334-8354. RobertsCoveGermanfest.com.

Latin Music Festival – 12-10pm. Music, folklore dances, arts & craft displays, food, and children activities. Free. Parc International, Garfield St, Lafayette. 337-944-0011. ACLALaf.org.

Sunday October 5

SugarMan Triathlon – 8-11am. The race begins with a 500 meter swim in the pond, followed by a 15 mile bike through Youngsville, ending with a 5k run through the neighborhood. Spectators can cheer for their favorites while the children enjoy a fun jump. Sugar Mill Pond Town Center, 101 Waterview Rd, Youngsville. 337-856-2323. SugarMillPond.com.

Tuesday October 7

61st Louisiana Cotton Festival – 5pm-10pm. Thru Sun 8:30 am-6pm. Celebrate the cotton harvest with

music and dancing, 4H-Food Fest contest, crowning of the king and queen, family fun day, carnival, live bands, the Cotton Harvest mass and the Grande parade. North Side Civic Center, 704 North Soileau St, Ville Platte. LouisianaCottonFestival.com.

Thursday October 9

12th Annual Atchafalaya Catfish Festival – 6-10pm. Thru Sat 10am-9pm. Enjoy the best catfish in the state of Louisiana, fried, courtbouillon, grilled and blackened. Listen to live music, Dj entertainment, eat good food, and celebrate with entertainment for the family. Melville Civic Center, 1105 First Street, Melville. 337-623-4226.

Safety Net for Abused Persons Candlelight Vigil – 6-8pm. Raise awareness against domestic violence and abuse. Supporters walk down Main Street. Free. Steamboat Pavilion at Bouligny Plaza, 102 W Main St, New Iberia. 337-367-7627. SNAPOfIberia.org.

Friday October 10

Festivals Acadiens et Creoles – 12-9pm. Thru Sun 9am-7pm. Keep Cajun and Creole culture alive with good music, good food, and good times. Girard Park, Lafayette.

Louisiana Cattle Festival – 6 pm-12am; Sat Oct 11, 11-12am & Sun Oct 12, 11am-5pm. Great food, arts & crafts, livestock show, parades and live music. Free. 337-385-2397. LouisianaCattleFestival.org.

Saturday October 11

Cycle for Hospice of Acadiana – 6am. & 8am. Third annual fall fundraiser held in conjunction with Festivals Acadiens et Creole. Twenty-five and 50 mile routes begin in the Oil Center, wind northward through downtown Lafayette towards Point Des Mouton on Highway 10 and finish at the Oil Center. Raise dollars and awareness for indigent hospice care in Acadiana. \$35 early-bird registration before Oct 9 or late registration \$40, both include a Ride for Hospice T-shirt. Hospice of Acadiana. Oil Center, Lafayette. HospiceAcadiana.org.

On Tap Roux Run – 7-9:30am. 5K walk/run through New Iberia. Breakfast of Champions and drink specials at the finish line. \$30 registration. Downtown, 129 E Main St, New Iberia. 337-352-2180. IberiaOnTap.com.

Main Street Car Showing – 10am-3pm. Visit historic Washington and browse over 200 classic cars and trucks. The motorcycle rally features over 20 motorcycles. Eat local, and shop antique stores. Free. Baton and the Louisiana Rolling Thunder Motorcycle Club.

William Worthy & Mark Jurey. Main Street, Washington. 337-331-5222. President@BRCorvette.com.

St. Martin Hospital's United Way Gumbo Cook-off – 10:30am-2pm. Cooking teams from the hospital and local area compete. All the gumbo you can taste. The bake sale has the finest baked goods in the area. Activities for the kids and music for everyone. \$5. St. Martin Hospital's donation to United Way of Acadiana. St. Martin Hospital's campus, 210 Champagne Blvd, St. Martinville.

World Championship Gumbo Cook-off – 11:30am-10pm. Thru Sun 10am- 3:30pm. Family oriented food festival with the best gumbo in the world. Music all weekend. Awards mid afternoon. Bouligny Plaza, 102 W. Main St, New Iberia. 337-364-1836.

Sunday October 12

Yoga for Those Who Don't – 3pm & Mon 4:30pm. The Vertical Barre, 215 Garfield St, Lafayette. 318-447-5224. TheVerticalBarre.com or ARealPerson@TheVerticalBarre.com.

Thursday October 16

78th International Rice Festival – 8am-12am. Thru Sun 12pm-6pm. Celebrate the importance of rice and its place in the world's economy. Cajun and Zydeco bands on two stages, two parades, queen's ball, rice cooking contest, rice eating contest, arts & crafts and food booths. Downtown, Parkerson Ave, Crowley. 337-783-3067. RiceFestival.com.

Friday October 17

Tailgating Cook-off – 8pm-12am. Thru Sat 11am-11pm. Softball tournament and live music by the Andy Smith Band Friday. Cooking competition on Saturday with arts and crafts, bingo, live/silent auction and live entertainment by Pepper Jelly, The Band Cocardie and Chubby Carrier. The Loreauville Park, 601 Ed Broussard Rd, Loreauville. 337-577-3852. Facebook.com/Tailgate.Cookoff.

Saturday October 18

7 Mile PLUS Yard Sale – 7am-4pm. Shop for crafts, antiques, furniture, jewelry, glassware, clothes, and collectibles through Arnaudville, Cecilia and Henderson. Booth spaces available. 1510 Courtableau Hwy 93, Arnaudville. 337-754-7724. Arnaudville.Homestead.com.

Fall Into Shape Community Health Fair – 7am. Health screenings of blood pressure, bmi, cholesterol and glucose. Physician/Nurse Practitioner on site to review results and answer questions. Free flu shots to the first 50 participants. United Blood Services will accept blood donations. Iberia Parish Sheriff's Office and Louisiana State Police will conduct car seat safety checks. Dauterive Hospital Campus, 500 North Lewis St, New Iberia.

Poppa Joe's October Fest – 9am-4pm. Experience the best of good music and good food with live music by local favorites, Geno Delafosse, and the Attakapas Indian Tribe. Learn the art of basket weaving and jewelry making during a demo. Enjoy crafts, door prizes, a raffle, and a boucherie dinner. Free. Poppa Joe's Event Hall, 443 Market St, Arnaudville. 337-754-9400.

New Iberia Downtown Art Walk – 4-7pm. Local artists gather to showcase artwork. Begins at Shadows-on-the-Teche thru historic downtown, 317 E. Main St to Railroad Avenue, then to A&E and NILA Gallery on W St. Peter St, New Iberia. 337-369-2330.

Firebird – 6:30 PM. The New York-based Clare Cook Dance Theater, led by Lafayette native Clare Cook and the ASO bring modern dance to concert. The performance includes Stravinsky's Firebird alongside compositions by Marquez, Khatchaturian and Strauss, with dance repertoire ranging from Viennese Waltzes and Middle-Eastern timbres to energetic South American rhythms. Heymann Performing Arts Center, 1373 S College Rd, Lafayette.

Sunday October 19

Safety Net for Abused Persons Painting With A Twist – 2-5pm. Anyone can register online or at the studio through SNAP. Painting With a Twist, 1119 Center St, New Iberia. 337-367-7627. SNAPOfIberia.org or PaintingWithATwist.com/Events.

St. Martinville Creole Farmers Markets Chariot Parade – 6 pm. Children make chariots out of cardboard boxes and pull the lighted chariot down the historic square in competition for trophies and prizes. Historic Square, St. Martinville.

Wednesday October 22

A Journey through the History of Cajun Music – 6-8pm. The Jeanerette Bicentennial Museum presents archival recordings from the University of Louisiana Lafayette's Center for Louisiana Studies of Cajun and Creole Folklore. Live performance with Chris Segura and Michael Martin discussing the earliest examples to the most recent innovations. Free. Jeanerette Museum, 500 E. Main St, Jeanerette. JeaneretteMuseum.com. 337-276-4408.

Friday October 24

South Louisiana Black Pot Festival & CookOff – 3pm-12am. Thru Sat. Oct 25, 9-12am. A unique festival celebrates with music, food, an accordion contest, called square dancing, and ample camping space for tents & RV's. Fri \$20, Sat. \$30; & free children under 12. LARC's Acadian Village, 200 Greenleaf Dr, Lafayette. BlackPotFestival.com.

Saturday October 25

The Gigantic Treasure Hunt & Junk in the Trunk Sale – 7am-2pm. Good shopping and food. Progressive Community Outreach Center, 125 Gallian St, Lafayette. 337-234-3924.

3rd Annual Sweet Dough Pie Festival – 9am-3pm. Celebrate the unique culture and history of Grand Coteau, a sweet dough pie contest, live music and complimentary tours of St. Charles Borromeo Church and St. Ignatius School. More than 50 vendors of arts, handmade items, pies, flowers, herbs, custom furniture, indoor and outdoor decor, baby and children's clothing, local food and live music. Grand Coteau Cultural Foundation. St. Charles Catholic Church, 174 Church Street, Grand Coteau. 337-945-4314. SweetDoughgc.com.

DSAA's 10th Annual Buddy Walk – 9am-1pm. Fun, food, activities & music by La Recolte, beginning after the 1 mile walk. \$15. Parc International, E Cypress St and Lee Ave, Lafayette.

Harvest Moon Festival – 9am. Welcome fall with all-day festivities featuring live entertainment, concessions, children's activities, arts & crafts, a 5K run/walk, a classic car show and a BBQ cook-off. Downtown Main Street, Franklin. 337-828-6326. FranklinHarvestMoonfest.com.

WHERE TO SHOP

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- Boosts metabolism
- Increases the body's alkalinity
- Great for weight loss
- Contains 100% organic wheatgrass



Raspberry Ketones

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- Boosts metabolism
- Burns FAT
- Stimulates fat release

"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

ongoing events

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

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

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.

Sunday Nature Program – 11am. Activities chosen feature a particular season, event or day including guided hikes, nature videos, flora and fauna. Louisiana State Arboretum, 4213 Chicot Park Rd, Ville Platte. 888-677-6100.

Lafayette Petanque Games – 2-4pm. 4th Sun each month. Bowling game traditionally played in town parks 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, 215 Garfield St, Lafayette. 318-447-5224. 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.

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

monday

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

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

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

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

best Bluegrass and Folk music Lafayette has to offer. Cité des Arts, 109 Vine St, Lafayette. 337-291-1122.

Cajun Band Les Freres Michot – 7-9pm. Michot performs every Monday night at Prejean's Restaurant, 3480 NE Evangeline Thruway, Lafayette. 337-896-3247.

tuesday

Opelousas Farmers' Market – 6-11am. 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.

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

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

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

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

Senior Water Aerobics Class – 3-3:30. Removes pressure from joints and makes moving easier. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8127.

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.

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.

Writer's Guild of Acadiana Meeting – 7-8:30pm. Last Tue each month. Local writers, meet to share and gain information in the craft of writing. The goals are

to provide a strong support system for our members that includes networking communities, education and encouragement. \$30/Annual membership. Barnes & Noble Booksellers, 5705 Johnston St, Lafayette. 337-989-4142. WritersGuideOfAcadiana.com.

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.

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.

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

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.

thursday

Opelousas Farmers' Market – 6-11am. See Tues listing. Farmers' Market Pavilion, Hwy 190, Opelousas. 337-948-5227 or 337-948-6263. CityOfOpelousas.com.

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

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

friday

Downtown Alive – 5:30-8:30pm. Music performances outdoors to include a Fall lineup of local popular musicians. Food & beverage concessions available. Parc International or Parc Sans Souci, Downtown Lafayette. 337-291-5566. DowntownLafayette.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.

Music & Market – 5:30-8:30pm. Music by popular local bands. Featured Louisiana product or produce. Beverage sales cover the cost of bands and event expenses, ice chests not allowed. Free. St Landry Parish Courthouse Square, 118 E Ct St, Opelousas.

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 – 7-11pm. 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.

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.

New Iberia Creole Market – 8am-1pm. 4th Sat each month. Shop for seasonal local grown produce and fruits, fresh Louisiana seafood, homemade jams, jellies and other preserves. Fresh baked items, home-cooked dishes, hand-made crafts. Enjoy fun and educational activities that promote healthier eating and lifestyle choices. West End Park, 1200 Field St, New Iberia. 337-367-0834. Facebook.com/CreoleMarket

Bayou Vermilion Canoe Paddle – 8:30-11:30am. 2nd and last Sat each month. Canoe trips on the Bayou Vermilion, 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. Wild Birds Unlimited, 137 Arnould Blvd, Lafayette, LA. 337-993-2473.

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

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

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

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

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.

Watercolor Exhibit – 10am-5pm. Daily exhibit of Darnelle Delcambre's watercolor students. A&E Gallery, 335 W St Peter St, New Iberia. 337-367-7668. Schex.com/AAndE.

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.

"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.

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

Showtunes Sing-Along – 7-9pm. Last Sat each month. Anyone can participate in belting their favorite musical in a piano lounge-style setting. Des Amis Dining and Catering, 225 West Main St, New Iberia. 337-376-6006.

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

How to get rid of depression

High Performance Depression Supplement

Depression is more than just feeling blue, this Natural Mood Enhancer Helps to Lift your Mood and Calm Your Mind



Depression affects the entire body including a person's frame of mind, feelings and thoughts. Besides, it has an effect on the overall behavior of the person including the manner in which the person eats, carries themselves around, the thoughts that one thinks, the way he/ she interacts with people around, the sleeping patterns, the way one feels about oneself, basically the whole approach towards life.



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With our PROBIOTIC COMPLEX

Digestive Enzyme Complex survives stomach acid to deliver active cultures of beneficial bacteria into your intestine where you need them most to restore digestive balance.

- Active lactobacillus + bifidobacterium
- Relieves occasional gas, bloating & constipation
- Reduces stomach and colon inflammation
- No refrigeration necessary

This Helped Me To Digest Food And Stay Healthy!

★★★★★
I expected my digestion to improve with the use of this product, but what I didn't expect was how it helped to keep me healthy! I take it regularly with big meals and also whenever I start to feel like I'm getting sick.

John Fraccalone
Buffalo, New York

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Supplement Facts

Serving Size: 2 Vegetarian Capsules	
Amount Per Serving	
	% Daily Value
Digestive Enzyme Blend	
Bromelain (from pineapple rind)	100 DCU*
Papain (from papaya fruit)	800 DCU*
Protease - acid stable (from Aspergillus oryzae)	16 SAPP*
Amylase (from Aspergillus oryzae)	400 DCU*
Lipase (from Aspergillus oryzae)	80 FGLU*
Protease (from Aspergillus oryzae)	400 HCU*
Lactase (from Aspergillus oryzae)	30 LCU*
Cellulase (from Trichoderma reesei)	10 DCU*
Hemicellulase (from Aspergillus oryzae)	16 HCU*
* Daily Value not established.	
Other ingredients: Rice bran, rice flour, cellulose, microcrystalline cellulose, magnesium stearate (vegetable source), silica.	
†Digestin Digesting Units; †DCU Papain Units; †Gastropharmacid Acid Protease Units; †Oxamyling Units; †CC Lipase Units; †Hemoglobin Units; †Lactase; †Acid Lactase Units; †Cellulase Units; †Hemicellulase Units.	

We recommend using our PROBIOTIC COMPLEX with DIGESTIVE ENZYME COMPLEX

Supplement Facts

Serving Size: 1 Vegetarian Capsule	
Amount Per Serving	
	% Daily Value
Probiotic Blend (at time of manufacture)	
Lactobacillus acidophilus	3.2 Billion CFU
Lactobacillus bulgaricus	400 Million CFU
Bifidobacterium bifidum	200 Million CFU
Streptococcus thermophilus	200 Million CFU
* Daily Value not established.	
Other ingredients: Rice flour, cellulose, silicon dioxide, magnesium stearate.	
Contains milk ingredients.	

GREEN WATERS

Pure Alkaline Water

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.

TOXINS AND WASTE CAUSE THE BODY TO GET SICK

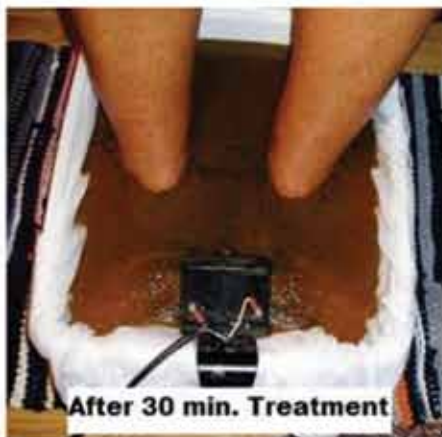
Buy 1 Get 1 1/2 OFF

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2 Foot Detox Sessions \$80

4 Foot Detox Sessions \$145

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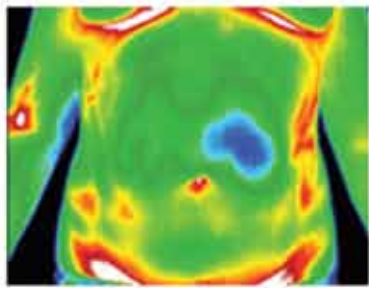
Ionic Detox Foot Spa

- Reduces pain
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- Deactivates yeast, fungus and viruses
- Stimulates the immune system
- Promotes weight loss
- Helps improve circulation
- Relieves tension
- Reduces inflammation
- Improves the body's oxygen levels
- Helps reduce acne and wrinkles

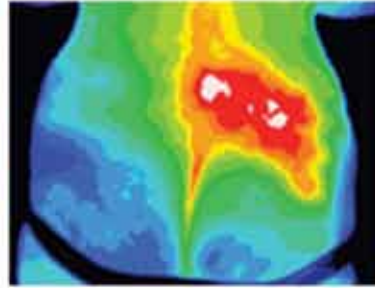
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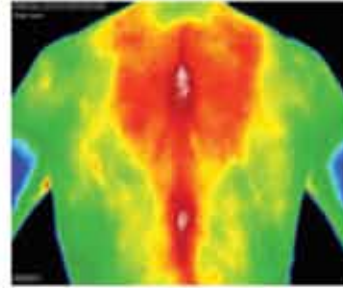
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SUNSET OFFICE



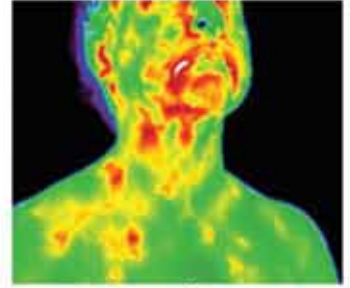
Hypothermia in the Stomach



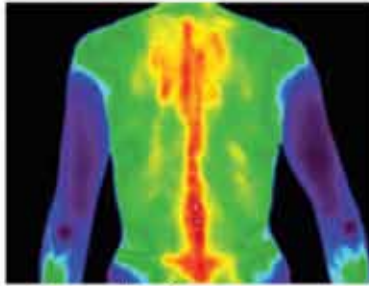
Shingles



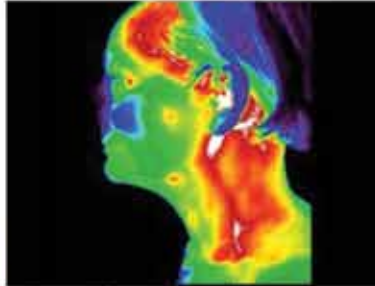
Lung Cancer



Periodontal Disease



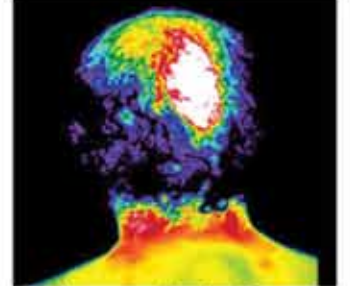
Spinal Inflammation



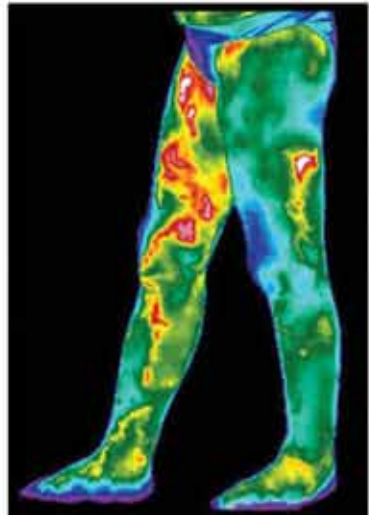
Carotid Artery Inflammation



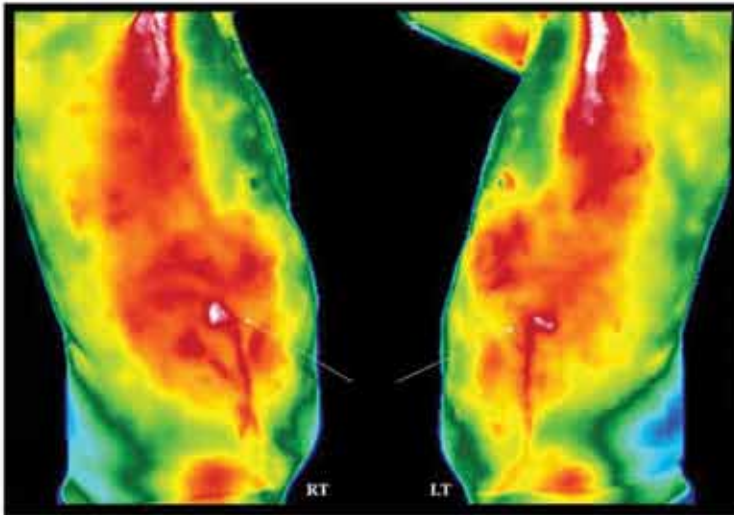
Poor Circulation Left 4th & 5th Finger



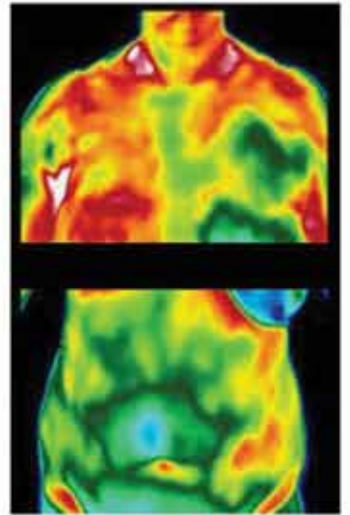
Melanoma-Scalp Cancer



Varicose Veins



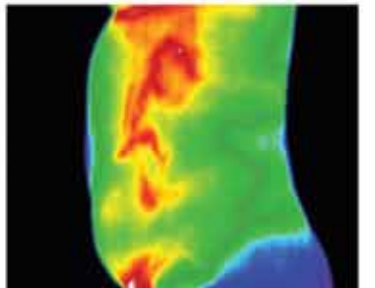
Bilateral Kidney Stones



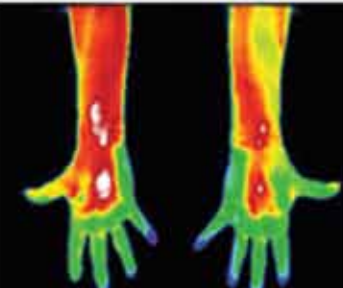
Breast Cancer



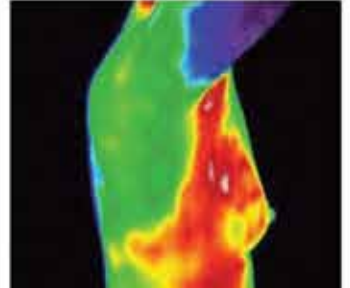
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



Lymphatic Congestion

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- help make informed decisions regarding the need for further treatment
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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