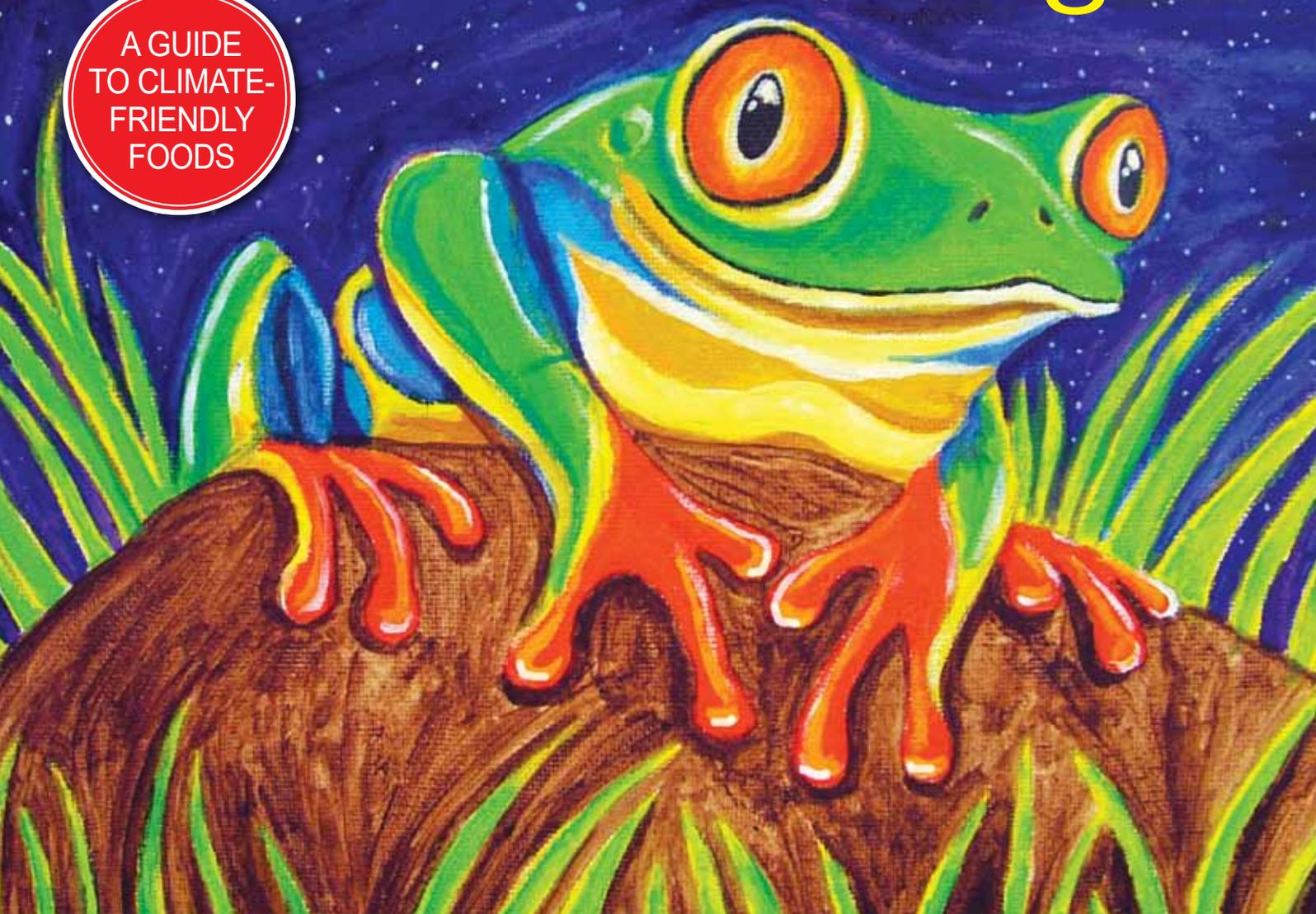


FREE

HEALTHY LIVING HEALTHY PLANET

# natural awakenings

A GUIDE  
TO CLIMATE-  
FRIENDLY  
FOODS



Gardening  
Asanas  
Yoga Poses to  
Stay Pain-Free

HEALING THE  
CLIMATE &  
OURSELVES  
Why We Personally Need  
a Healthy Planet

Honoring  
Earth Day  
Local Events  
& Celebrations



## Organic Frozen Wheatgrass Juice

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



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

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

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

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

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

## Green Waters Alkaline Water



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

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

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

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

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Phone:(337) 261-0051

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For much of the latter part of the 20th century, conventional medicine made amazing strides, from conquering polio to developing microscopic surgical techniques. It seemed that advancing research might be all that was needed to eradicate disease. In such a world, it's not surprising that some people took a casual approach to their health. After all, if smoking and poor diet led to a heart attack, medicine has a ready fix in bypass surgery or better yet, a stent. Why take the time to invest in your health if modern medicine could alleviate the consequences of bad choices?

Unfortunately, modern medicine doesn't have all the answers. What we've seen in today's medicine is a fabulous ability to "fix" things, once they're "broken" - treating heart attacks with coronary artery bypass surgery, kidney failure with kidney transplant or obesity with bariatric surgery. Yet the same degree of emphasis and expertise hasn't developed in regard to preventing these problems.

Nor has as much focus been given to steps people can take when faced with a chronic condition that isn't amenable to a quick fix - such as high blood pressure, diabetes and arthritis. With the rapid aging of the U.S. population, it is becoming evident that self-care may be more important now than ever before.

Much of integrative medicine is focused on prevention - a heavy emphasis on nutrition, diet, physical activity, stress reduction, maintaining connectedness, and on dealing with chronic issues more effectively through lifestyle changes. Integrative medicine is educating communities, families, and individuals on ways they can manage their health with the use of traditional self-care practices.

This might include using yoga in addition to medication to treat high blood pressure, or trying fish oil in addition to dietary changes to control high triglycerides. Sometimes, alternative medicine is a replacement to conventional medicine when a proven treatment isn't feasible - especially because of side effects. An example is use of nonsteroidal anti-inflammatory drugs (NSAIDs) to treat arthritis. Though they control pain, they can also cause ulcers or high blood pressure. In this situation, glucosamine or devil's claw may be an alternative approach.

We define natural medicine as nutrition, diet, physical activity and exercise. We define integrative medicine as traditional self-care practices that your parents, grandparents, and their parents used for managing their health. These traditional practices haven't always been passed down generation to generation, and our research and publications educate the new millennials.

*Dear Father God, thank You that I can know that if I give my all to You, I will get all from You. Amen.*

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

*Steve & Michelle*

Steve and Michelle Castille, Publishers



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EDITOR Beth Davis  
DESIGN & PRODUCTION Gail Babineaux  
Steve Castille  
CONTRIBUTING WRITERS Tre' Gradnigo  
Beth Davis  
DISTRIBUTION & MARKETING Marquia Castille-Grant  
Tre' Gradnigo  
CALENDAR Michelle Castille  
Lydia Castille  
Lillyanna Castille  
WEBSITE Steve Castille

CONTACT US

100 E. Angelle Street  
Carencro, LA 70520  
Ph: 337-896-4141 • Fax: 337-205-6191  
www.NAcadiana.com

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Natural Awakenings Publishing Corporation  
4933 Tamiami Trail N., Ste. 203  
Naples, FL 34103  
Ph: 239-434-9392 • Fax: 239-434-9513  
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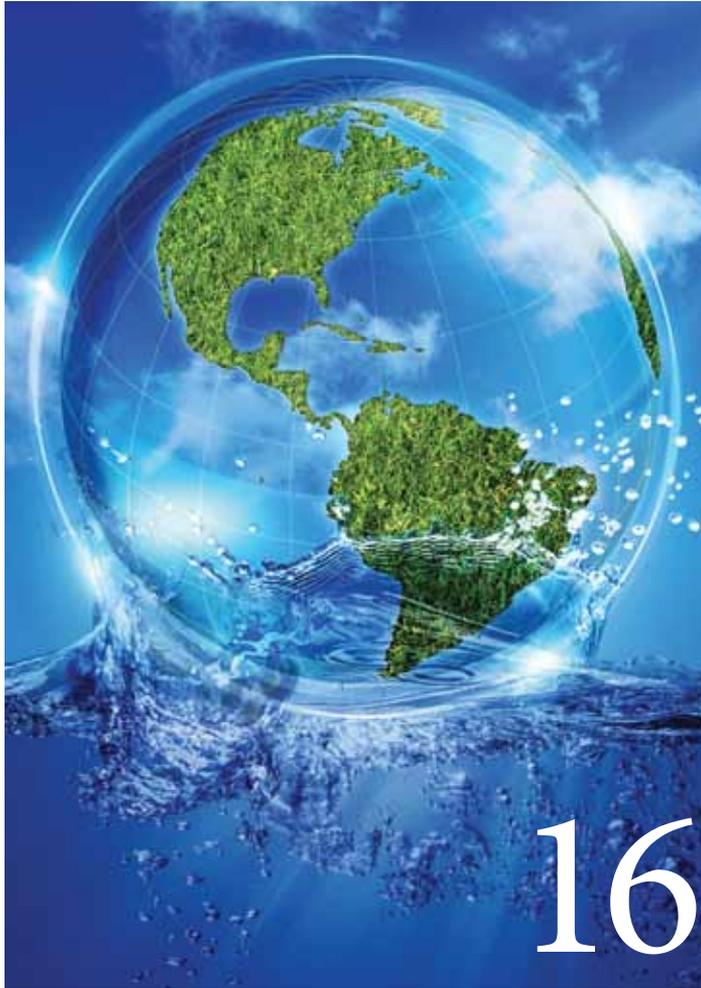
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Natural Awakenings is your guide to a healthier, more balanced life. In each issue readers find cutting-edge information on natural health, nutrition, fitness, personal growth, green living, creative expression and the products and services that support a healthy lifestyle.



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# Contents

**12** HEALTHY CLIMATE,  
HEALTHY PEOPLE **30**  
Why a Warming Planet  
is Harming Our Health

**18** TOUCHING THE EARTH  
The Healing Powers of Going Barefoot

**20** CHANGING OUR DIET  
TO COOL THE CLIMATE  
Good Food Choices  
Enable Global Health

**23** PLASTICS WARS  
Celebrate Earth Day  
Locally and Globally

**24** HEALTHY HOUSE  
Easy Ways to Green It Up

**26** INTO THE WOODS  
Nature Helps Kids Build Skills  
and Character

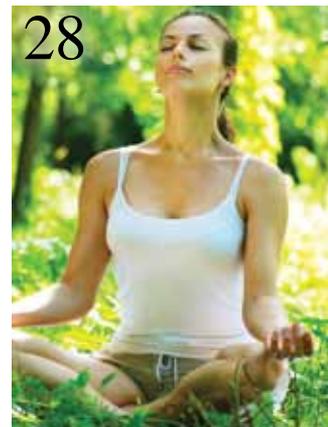
**28** GARDENING ASANAS  
Yoga Poses to Stay Pain-Free

**30** NATURE'S REMEDIES  
How Animals Self-Medicates

**38** INDIGENOUS WISDOM  
Elders Urge Us to Reimagine Life

## DEPARTMENTS

- |                            |                        |
|----------------------------|------------------------|
| <b>8</b> news briefs       | <b>24</b> healthy kids |
| <b>10</b> health briefs    | <b>26</b> fit body     |
| <b>12</b> global briefs    | <b>28</b> natural pet  |
| <b>13</b> ecotip           | <b>36</b> inspiration  |
| <b>16</b> healing ways     | <b>37</b> calendar     |
| <b>18</b> conscious eating |                        |
| <b>22</b> green living     |                        |



# RESTORE Your Health

## Natural Health Center **Wellness Memberships**

### PICK 12 **Weightloss** **MEMBERSHIP** for \$450

- Zerona Laser Treatment...counts for 2 (Retail \$94)
- Infrared Sauna (Retail \$45)
- Whole Body Vibration (Retail \$35)
- Personal Trainer... counts for 6 SCC Gym (Retail \$65)
- pH Acid Testing & Body Comp (Retail \$10)
- Dr's Office Visit & Consultation...counts for 2 (Retail \$130)

**Retail Value: \$940 - \$1,400**

### PICK 18 **Weightloss** **MEMBERSHIP** for \$675

- Zerona Laser Treatment...counts for 2 (Retail \$94)
- Infrared Sauna (Retail \$45)
- Whole Body Vibration (Retail \$35)
- Ionic Foot Detox (Retail \$45)
- Dermal Sonic Cellulite...counts for 2 (Retail \$45)
- Personal Trainer... counts for 6 SCC Gym (Retail \$65)
- pH Acid Testing & Body Comp (Retail \$10)
- Dr's Office Visit & Consultation...counts for 2 (Retail \$130)

**Retail Value: \$1,400 - \$2,800**

### PICK 24 **Weightloss** **MEMBERSHIP** for \$850

- Zerona Laser Treatment...counts for 2 (Retail \$94)
- Infrared Sauna (Retail \$45)
- Whole Body Vibration (Retail \$35)
- Ionic Foot Detox (Retail \$45)
- Slimpod Slimming/Detox (Retail \$45)
- Dermal Sonic Cellulite...counts for 2 (Retail \$45)
- Personal Trainer... counts for 6 SCC Gym (Retail \$65)
- pH Acid Testing & Body Comp (Retail \$10)
- Dr's Office Visit & Consultation...counts for 2 (Retail \$130)

**Retail Value: \$2,800- \$4,050**

### PICK 24 **MEMBERSHIP** for \$240

- Ionic Foot Detox (Retail \$45)
- Whole Body Vibration (Retail \$35)
- Lymphatic/Water Massage (Retail \$45)
- Infrared Sauna (Retail \$45)
- Hydration Therapy (Retail \$45)
- Hair Analysis...max 2 (Retail \$45)
- Vitamin Test...max 2 (Retail \$39)
- Massage Therapy at DHARMA...counts for 10( (Retail \$69)
- pH Acid Testing & Body Comp (Retail \$10)
- Zerona Laser Treatment...counts for 8 (Retail \$94)
- Slimpod Slimming/Detox (Retail \$45)
- Dermal Sonic Cellulite...counts for 4 (Retail \$45)
- Personal Trainer... counts for 6 SCC Gym (Retail \$65)
- Thermography Imaging Exam...counts for 10(Retail \$94)
- Zerona Laser Treatment...counts for 8 (Retail \$94)

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### PICK 36 **MEMBERSHIP** for \$360

- Ionic Foot Detox (Retail \$45)
- Whole Body Vibration (Retail \$35)
- Lymphatic/Water Massage (Retail \$45)
- Infrared Sauna (Retail \$45)
- Hydration Therapy (Retail \$45)
- Hair Analysis...max 2(Retail \$45)
- Vitamin Test...max 2 (Retail \$39)
- Massage Therapy at DHARMA...counts for 10( (Retail \$69)
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- Slimpod Slimming/Detox (Retail \$45)
- Dermal Sonic Cellulite...counts for 4 (Retail \$45)
- Personal Trainer... counts for 6 SCC Gym (Retail \$65)
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## Hello Dancer Dance Studio Now Open in Lafayette



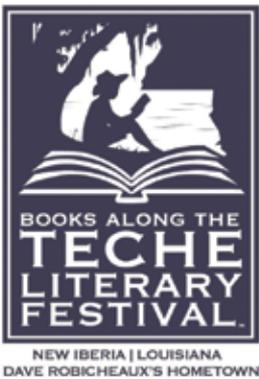
**H**ello Dancer Dance Studio, a neighborhood studio offering various classes for boys and girls ages two to 12 years, is now open at 114 Rena Drive, in Lafayette. The non-competitive, alternative studio focuses on allowing kids to be kids through age appropriate dancing and music. Classes offered include ballet,

tap, jazz and hip-hop, and families are welcome to come and observe their child's dance routine.

Hello Dancer also offers "mommy and me" classes, which allow students and parents to interact in a playful, fun environment through dancing and movement exercises challenging children to improve their gross motor skills and musicality. Classes are scheduled Monday through Friday at varying times with classes alternating each day.

*For more information, call 337-534-8889 or visit Hello-DancerLafayette.com.*

## New Iberia Hosts Literary Festival



**T**he official Books Along the Teche Literary Festival: Celebrating New Iberia, Dave Robicheaux's Hometown will be held April 6-8, predominately in New Iberia's historic district, but will also include events around Iberia Parish.

This nationally known festival celebrates the literary talent of the ear by highlighting the talent of a great southern writer. Each year the fea-

tured author changes, however each is an accomplished author that calls the south home and explores a unique aspect of southern culture. This year, the Great Southern Writer Symposium will feature nationally acclaimed author Ernest J. Gaines. The symposium features an author reading, a discussion and a question and answer session exploring the wonder of history, culture and lore of the great south.

Other attractions include storytelling, workshops, reader's theater, music, local cuisine, bourée lessons, Dave Robicheaux tours and a 5K run.

*For ticket information and schedule of events, visit [BookAlongTheTecheLiteraryFestival.com](http://BookAlongTheTecheLiteraryFestival.com) or call 337-369-6446.*



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## Whole Grains Help Us Eat Less

When overweight adults exchange refined grain products such as white bread and pasta for whole-grain equivalents, they tend to feel full sooner, eat less, lose weight and experience a reduction in inflammation, the journal *Gut* reports. Researchers from Denmark's National Food Institute and the University of Copenhagen studying 50 adults at risk for Type 2 diabetes and cardiovascular disease found that test volunteers realized these benefits by eating whole grains, and rye in particular.



DeryaDraws/Shutterstock.com

## Herbs Ease Polycystic Ovary Symptoms

Ingesting a combination of five herbs while making healthy lifestyle changes significantly reduced symptoms of polycystic ovary syndrome in a recent Australian study of 122 women published in *Phytotherapy Research*. The herbs were *Cinnamomum verum* (cinnamon), *Glycyrrhiza glabra* (licorice), *Hypericum perforatum* (St. John's wort), *Paeonia lactiflora* (peony) and *Tribulus terrestris* (tribulus).

Menstrual cycles returned to normal duration for 55 percent of the women, and significant improvements occurred in body mass index, pregnancy rates, hormones, insulin sensitivity and blood pressure. Subjects also exhibited less depression, anxiety and stress.



## High-Fat Diet Risks Multiple Sclerosis Relapse

A high-fat diet increases the risk of relapse of multiple sclerosis in children by as much as 56 percent, reports *The Journal of Neurology, Neurosurgery, and Psychiatry*. A multi-university study of 219 children also found that each 10 percent increase in saturated fat as a share of total calories tripled the risk of relapse. Inversely, each additional cup of vegetables per week cut the risk of the disease by 50 percent.

ZenfruitGraphics/Shutterstock.com

## FRUIT PESTICIDES LOWER FERTILITY IN WOMEN

A Harvard study of 325 women undergoing fertility treatments found that those consuming the most produce high in pesticide residues, such as strawberries, spinach and grapes, were 18 percent less likely to become pregnant and 26 percent less likely to have a live birth compared to women eating the least amount of pesticide-laden produce. Study co-author Dr. Jorge Chavarro suggests that women trying to conceive should eat organic produce or low-pesticide choices like avocados, onions and oranges.



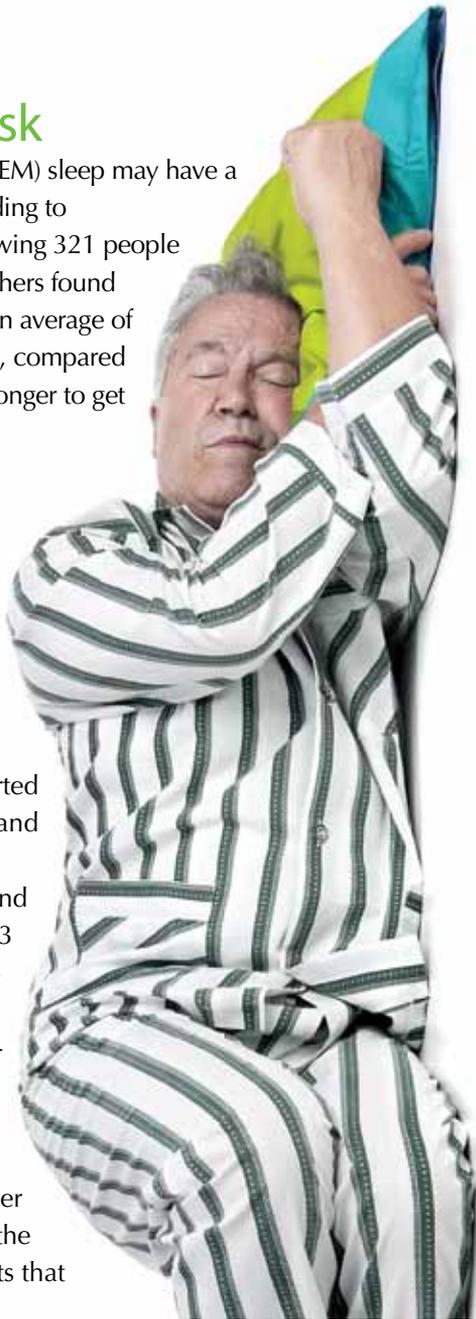
All kind of people/Shutterstock.com

## Less REM-Stage Sleep Linked to Dementia Risk

People that get less rapid eye movement (REM) sleep may have a greater risk of developing dementia, according to a new study published in *Neurology*. Following 321 people over age 60 for 12 years, Australian researchers found that those that developed dementia spent an average of 17 percent of their sleep time in REM sleep, compared to 20 percent for others. It also took them longer to get to that dream-generating stage.

## Nature Videos Calm Prisoners

Maximum-security prison inmates in Oregon that spent an hour a day for a year watching nature videos were involved in 26 percent fewer violent acts compared with fellow inmates, and reported feeling significantly calmer, less irritable and more empathetic. The University of Utah study, published in *Frontiers in Ecology and the Environment*, states, "An estimated 5.3 million Americans live or work in nature-deprived venues. Such removal from nature can result in an 'extinction of experience' that can further lead to disinterest or disaffection toward natural settings, or even biophobia (fear of the natural environment). People that infrequently or never spend time in nature will be deprived of the numerous physical and emotional benefits that contact with nature affords."



## Air Pollution Linked to Psychological Distress

Air pollution takes a toll on mental health, University of Washington researchers have concluded. By linking health data for 6,000 people to census tracts, they found that people living in areas with the highest levels of airborne fine particulate matter scored 17 percent higher in measures of psychological distress, including sadness, nervousness and hopelessness. The higher the level of particulates—emitted by car engines, fireplaces and fossil fuel power plants—the greater the impact.



## 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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#### Sunset

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#### Carencro

Natural Health Center, Tel: 896-4141

#### Lafayette

Drug Emporium, Tel: 261-0051

Road Less Traveled, Tel: 988-9889

## 'Sink' Setback

### Tropical Forests Releasing Excess Carbon

A study published in the journal *Science* found that forests across Asia, Latin America and Africa release 468 tons of carbon per year, equivalent to nearly 10 percent of the annual U.S. carbon footprint. Thus, tropical forests may no longer be acting as carbon sinks and could be releasing more carbon than they store.

Lead author Alessandro Baccini, with the Woods Hole Research Center, in Massachusetts, says, "These findings provide the world with a wake-up call on forests. If we're to keep global temperatures from rising to dangerous levels, we need to drastically reduce emissions and greatly increase forests' ability to absorb and store carbon."

Researchers think nearly 70 percent of this loss of carbon storage capacity is caused by small-scale degradation from logging, drought and wildfire. Researchers say that policies to curb deforestation, reduce degradation and restore the integrity of the land could turn forests back into carbon sinks.

## Distributed Power

### Energy Users Control Own Supplies

Some municipalities spend between 20 and 40 percent of their annual budgets on the energy needed to operate wastewater treatment plants. The city of Thousand Oaks, California, has transformed their biggest energy user into an energy generator. Across the U.S., energy users of all sizes are taking control of their power supply and relieving stress from the grid. That's the idea behind distributed energy. Atlantic Re:think and Siemens have partnered to explore this burgeoning energy revolution. View a video at [Tinyurl.com/TheThousandOaksSolution](http://Tinyurl.com/TheThousandOaksSolution).

## Clear Gain

### Window-Like Solar Cells Could Power 40 Percent of U.S. Needs

Solar energy is now the cheapest form of new energy in dozens of countries, with record-setting solar farms being built worldwide. Researchers have been investigating ways to make transparent solar panels that resemble glass that could be used as window panels at the same time as converting the light that shines on them into electricity.

"Highly transparent solar cells represent the wave of the future for new solar applications," explains materials scientist Richard Lunt, Ph.D., from Michigan State University. "We analyzed their potential and show that by harvesting only invisible light, these devices have the potential of generating a similar amount of electricity as rooftop solar while providing additional functionality to enhance the efficiency of buildings, automobiles and mobile electronics."

As reported in *Nature Energy*, his team has developed a transparent, luminescent, solar concentrator that looks like clear glass, covered in small, organic molecules adept at capturing only ultraviolet and near-infrared wavelengths of light. The visible light that enables human vision isn't obstructed, so we can see through the cell. If scaled up to cover the billions of square feet of glass surfaces throughout the U.S., it could potentially supply about 40 percent of our country's energy needs.

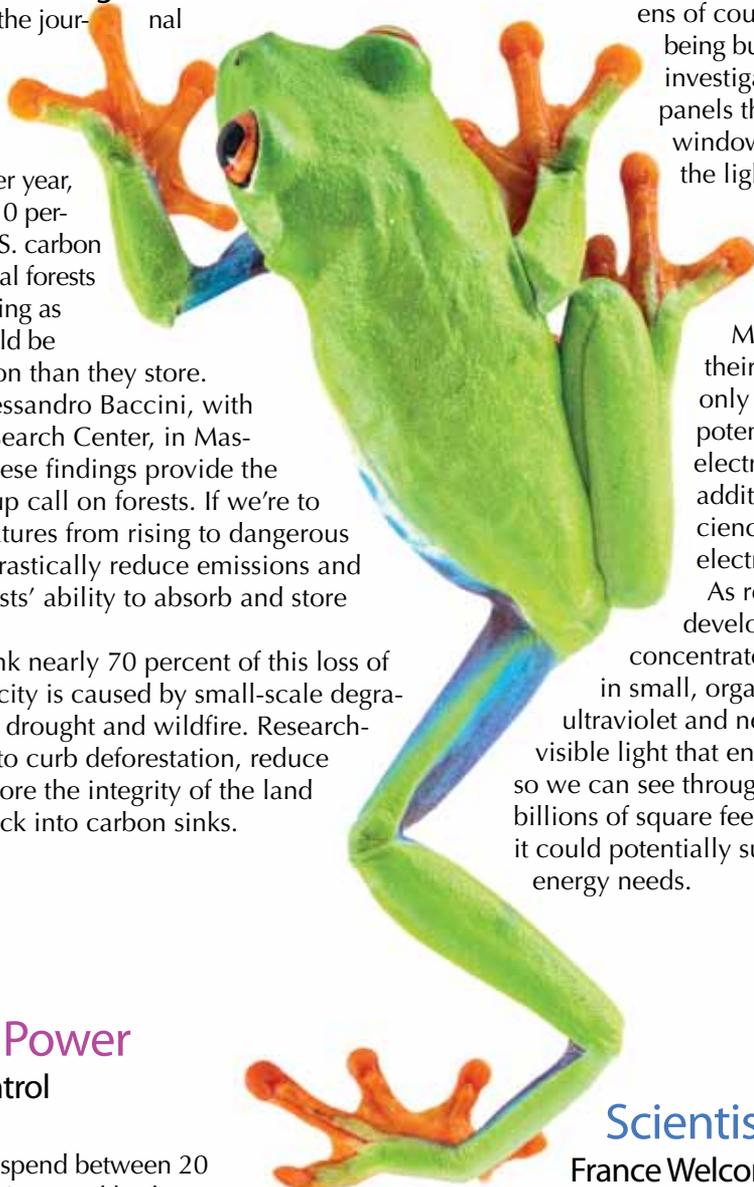
## Scientists' Security

### France Welcomes Beleaguered

#### Climate Researchers

French President Emmanuel Macron awarded 18 climate scientists from the U.S. and elsewhere millions of euros in grants to relocate to his country for the rest of Donald Trump's presidential term. Macron's "Make Our Planet Great Again" grants are meant to counter Trump's intent on the climate change front following his declaration to withdraw the U.S. from the Paris climate accord.

One winner, Camille Parmesan, of the University of Texas at Austin, who is working at an experimental ecology station in the Pyrenees charting how human-made climate change is affecting wildlife, says that in the U.S., "You are having to hide what you do."



# Transforming Plastics

## Mobile Trashpresso Turns Trash into Tiles

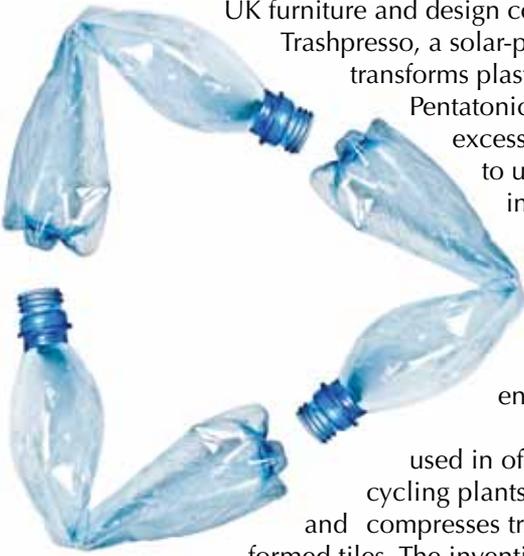
UK furniture and design company Pentatonic has invented the Trashpresso, a solar-powered, mini-recycling plant that transforms plastic waste into usable architectural tiles.

Pentatonic doesn't use raw goods that create excess waste because they are committed to using materials for their products that incorporate some element of recycling, says co-founder Johann Bodecker.

They want their products to be reusable, too, so they don't use glues, resins, paints or formaldehydes to create them, a philosophy that influences all company decisions.

The Trashpresso can be used in off-the-grid places where traditional recycling plants would be impractical. It sorts, shreds and compresses trash into plastic fibers to create fully formed tiles. The invention has attracted the attention of companies that want to reduce their own contribution to plastic waste and ocean pollution. Starbucks UK, for example, has commissioned Pentatonic to turn their coffee shop waste into furniture, including bean bag chairs produced from plastic bottles and cups.

Peter Bernik/Shutterstock.com



# Top Polluters

## Just 100 Companies Emit Most Global Emissions

In July 2017, historic new research from environmental nonprofit CDP, in collaboration with the Climate Accountability Institute, revealed in The Carbon Majors Report that 71 percent of all global greenhouse gas emissions since 1988 can be traced to just 100 fossil fuel producers. It's the first in a series of planned publications to improve transparency and highlight the role companies and their investors could play in tackling climate change.

Offenders ExxonMobil, Shell, BP and Chevron are among the highest-emitting investor-owned companies. If fossil fuels continue to be extracted at the same rate for the next 28 years as they were between 1988 and 2017, global average temperatures would be on course to rise by 7.2 degrees Fahrenheit by the end of this century, likely causing catastrophic consequences, including substantial species extinction and global food scarcity risks.

Read the report at [Tinyurl.com/CarbonTop100List](http://Tinyurl.com/CarbonTop100List).

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## global briefs

### Chinese Chokepoint

#### U.S. Waste Paper Turned Away

Companies that recycle cardboard boxes were overwhelmed after record-breaking holiday shopping online. The U.S. Postal Service estimated it delivered 10 percent more packages in 2017 than the year before. Amazon, the leader in online shopping, said it shipped more than 5 billion items for Prime members in 2017. All of this cardboard is a huge recycling challenge. Americans routinely toss food waste and other garbage into their recycling carts, and China, the country that receives the bulk of these contaminated recyclables, says it has had enough.

China, by far the world's biggest importer and processor of recyclables, has put the U.S. on notice that it will begin turning away all but the most pristine used plastics and unsorted waste paper by this fall and early next year. The pronouncement has alarmed U.S. government and industry officials, especially on the West Coast, that face the challenge of either cleaning up the vast, never-ending stream of recyclables to meet China's strict standards or finding other places to dump the messy items—perhaps in landfills.

The uncertainty caused by China's looming ban is beginning to slow down the entire West Coast system for sorting and shipping off recyclables. In Hong Kong, which ships its waste paper and cardboard to the Chinese mainland, mounds of the materials already are piling up at docks and in cargo ships being kept at sea.



### Waxworm Wonders

#### Caterpillars Offer Clues to Plastic Cleanup

Waxworms, a type of caterpillar, are vexing to beekeepers because they devour the wax that bees use to build honeycombs. It turns out that they can do the same to plastic. Ongoing worldwide research reveals several types of bacteria found in waxworms that digest some kinds of plastic at rates that vary from weeks to months.

Scientist Federica Bertocchini, at the Spanish National Research Council, mashed up a quantity of the greater wax moth and applied the paste to polyethylene. After half a day, about 13 percent of the plastic had disappeared.

She collaborated with biochemists at the University of Cambridge to analyze this chemical decomposition of the plastic. They discovered that some of the substance is converted into ethylene glycol, a sign that it was genuinely being degraded. The carbon-to-carbon bonds found in polyethylene are also present in the wax that the caterpillars eat.

Susan Selke, director of the Michigan State University School of Packaging, remarks, "The hunt for organisms that can degrade plastics is on. Right now, we don't have a good solution for dealing with the plastics that are piling up on our planet."



## eco tip



## action alert



## We Need Trees

### Arbor Day More Vital Now than Ever

The 147th annual Arbor Day on April 27 encourages tree planting worldwide to replenish lost tree cover including trees wiped out in the recent fires in California and hurricanes in Texas, Florida and Puerto Rico. The Arbor Day Foundation (ADF) is committed to providing 5 million trees in these areas alone. More than 3,400 U.S. communities will participate as an ADF Tree City. Visit [Tinyurl.com/USATreeCityDirectory](http://Tinyurl.com/USATreeCityDirectory) for a current list and criteria for new communities to apply.

The ADF Alliance for Community Trees (ACTrees.org) supports tree-growing programs for 200 nonprofit member groups nationwide via funding, information sharing and forging helpful connections. Trees are much more than aesthetics, says Program Manager Dana Karcher, who most recently welcomed Community Greening, in Delray Beach, Florida, and Outdoor Circle, in Hawaii, into the fold. "Trees clean the air, are a habitat for animals, retain storm water and more." An affiliated nonprofit program online at [NeighborWoodsMonth.org](http://NeighborWoodsMonth.org) encourages tree planting each October.

Billings, Montana, earned the latest Arbor Day Celebration Award after 12 elementary schools there engaged in environmental education stations and 180 volunteers planted and pruned trees. Other recent biannual award winners included California's ReLeaf program and the Atlanta Beltline Arboretum.

The need was great even before the world's forests lost 73.4 million acres of tree cover in 2016, a 51 percent increase over 2015, due to poor forest management, climate change-driven drought and fires, says Global Forest Watch.

Hopeful global signs: The largest-ever tropical reforestation project in the Brazilian Amazon aims to plant 73 million trees in the next six years on 70,000 acres. A New Zealand participation goal for the Billion Trees Planting Programme targets planting 100 million trees annually for a decade. In July 2017, volunteers in Madhya Pradesh, India, planted 66,750,000 tree saplings in 12 hours, exceeding the previous record by Uttar Pradesh of 50 million in 24 hours, as part of India's reforestation pledge of 2 billion new trees by 2030.

A \$10 annual ADF membership fee includes 10, six-inch-tall seedlings to plant or to donate to a national forest. Karcher's paramount planting tip: "Dig the hole twice as wide and the same depth of the root ball. If it's too deep, it'll suffocate. Give roots space to grow."

## Sway Congress

### Save Wild Horses Campaign Update

The Trump Administration's Fiscal Year 2019 budget again calls on Congress to lift long-standing prohibitions on the destruction and slaughter of wild horses and burros. The budget seeks to cut approximately \$14 million of the Interior Department's Bureau of Land Management Wild Horse and Burro Program by selling as many as 90,000 federally protected American mustangs for slaughter to avoid management costs and supply foreign markets with horsemeat. So far, citizens have held the line in favor of America's iconic equine heritage. As Congress discusses appropriations for 2019, we must continue to press our senators and representatives to stand with the 80 percent of Americans that demand protection for these animals.

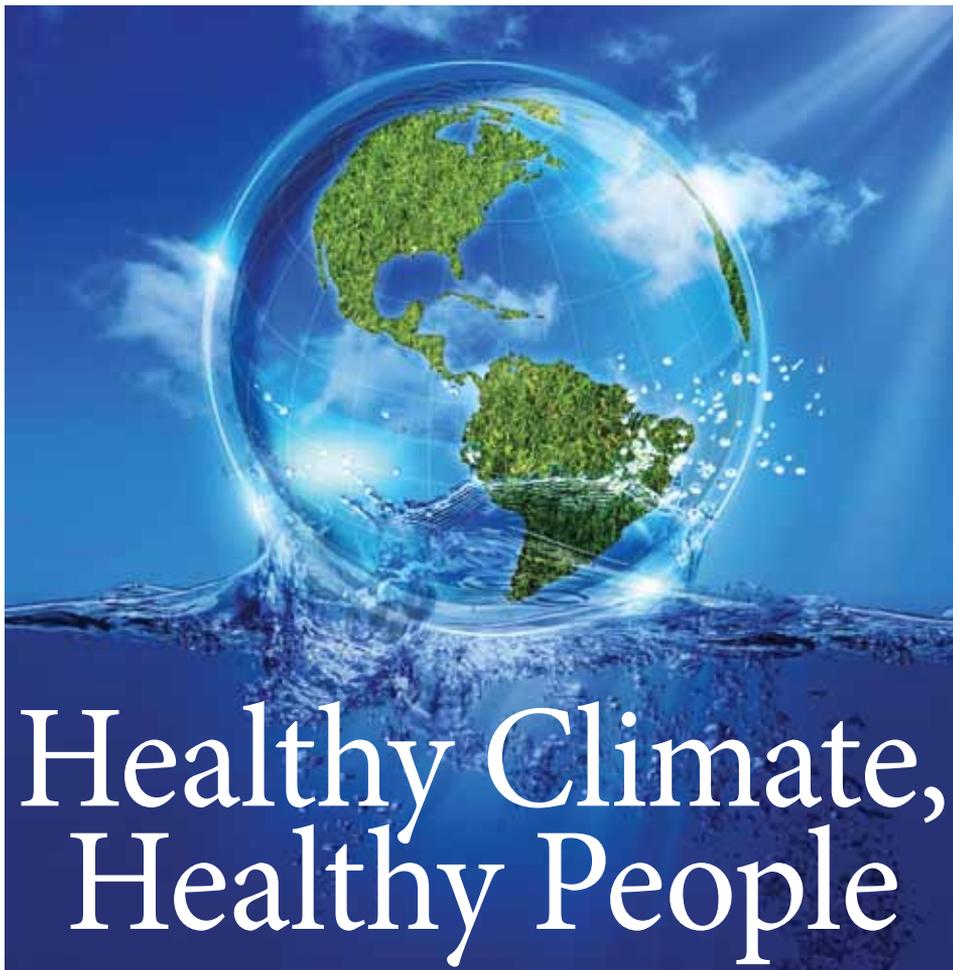
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# Healthy Climate, Healthy People

## Why a Warming Planet is Harming Our Health

by Lisa Marshall

Samantha Ahdoot's son Isaac was 9 years old when he collapsed from the heat while playing clarinet at band camp. It had been a record-hot summer following a mild winter and early spring, and Dr. Ahdoot, an Alexandria, Virginia, pediatrician, had already noticed a string of unusual cases: A toddler had contracted Lyme disease in the once tick-free region of Northern Maine. A teenager had suffered an asthma attack in February, a full month before she usually started taking allergy medicine. A displaced grade-schooler from out of town arrived traumatized after fleeing a hurricane-ravaged home with her family. But it wasn't until she saw her son laying on a gurney in the emergency room with an IV in his arm that she fully connected the dots.

"I was aware that the weather had changed a lot since I was kid. But it really didn't hit home until that day that climate change could affect my health and the health of my children personally," recalls Ahdoot. "I realized it would be a betrayal of my duty as a pediatrician to sit back and do nothing about it."

### Health Care Alert

Ahdoot, now a vocal climate change activist, is among a growing number of healthcare professionals that have begun to reframe climate change not as a concern for elsewhere or the future, but as a

pressing U.S. public health issue today. In one recent survey of 1,200 allergists, 48 percent said climate change is already affecting their patients a "great deal" or a "moderate amount." In another survey of lung specialists, 77 percent said they were seeing patient symptoms grow more severe due to worsening climate-related air quality.

In a sweeping review published last October in *The Lancet* medical journal, a team of healthcare professionals proclaimed that the human symptoms of climate change are "unequivocal and potentially irreversible," noting that since 2000, the number of people in the United States exposed to heat waves annually has risen by about 14.5 million, and the number of natural disasters annually has increased 46 percent.

The U.S. Centers for Disease Control and Prevention has also begun to weigh in with a Climate-Ready States and Cities Initiative to help local health departments brace for everything from the hazardous air quality associated with more forest fires to the spread of vector-borne diseases like Zika and West Nile as the range and season of mosquitoes and ticks expands.

Meanwhile, groups like the newly formed and expansive Medical Society Consortium on Climate & Health, to which Ahdoot belongs, are being proactive. Its doctors are greening their offices, swapping cars for bikes, buses or carpooling, lobbying lawmakers and encouraging their patients to undertake measures to prevent the problem from worsening. In the process, they say, they might even improve their own health.

"We want the public to understand that climate change is not just about polar bears or receding glaciers in the Arctic, but also about our children and our health here and now," says Ahdoot.



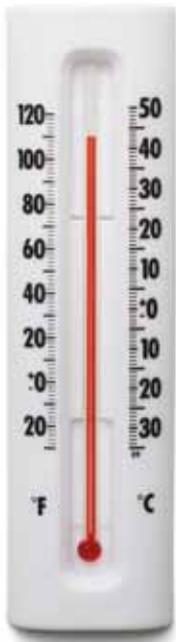
## Flora and Fauna Issues

During the past century, average temperatures have increased between 1.3 and 1.9 degrees Fahrenheit, with annual increases accelerating in recent years as 2012, 2015, 2016 and 2017 all set records for ambient heat. Such rising temperatures, combined with increased rain and record-high atmospheric carbon dioxide levels, can have a significant impact on plants—both those that irritate or nourish us, says Howard Frumkin, a medical doctor who co-authored the *Lancet* report and teaches environmental and occupational health sciences at the University of Washington, in Seattle.

Wild, allergy-inducing plants like ragweed and poison ivy are flourishing. Poison ivy is growing faster, larger and more toxic as excess carbon prompts it to produce more of its rash-inducing compound, urushiol. “We are seeing the season for ragweed productivity expanding, with pollen levels rising higher and earlier

and lasting longer by several weeks,” advises Frumkin. In 2016, residents of Minneapolis, Minnesota, endured a ragweed season that was 21 days longer than in 1990. Other, desirable crops, like grains, do worse in hotter carbon-rich climates, producing less protein and other nutrients, Frumkin notes.

Meanwhile, bugs are thriving, with longer seasons and wider ranges in which to reproduce. Mosquitoes’ capacity to transmit dengue fever—the world’s fastest-growing mosquito-borne illness—has risen by 11 percent since 1950, more than half of that just since 1990, according to the *Lancet* report. Further, the tick that carries Lyme disease is now present in 46 percent of U.S. counties, up from 30 percent in 1998. “My physician colleagues used to treat two or three cases a month during tick season,” says Dr. Nitin Damle, a physician at South County Internal Medicine, in Wakefield, Rhode



# Five Steps to Take Today

**1 Swap tailpipes for pedals:** Bike or walk instead of driving, especially for distances of less than two miles, which comprise 40 percent of all car trips. A study in the journal *Environmental Health Perspectives* found that if everyone did this in just 11 cities in the Midwest, not only would carbon dioxide (CO<sub>2</sub>) emissions fall, but it would extend 1,300 lives and save \$8 billion in healthcare costs due to better air quality and less sedentary lifestyles.

**2 Eat less red meat:** Producing red meat results in five times more climate-warming emissions per calorie than chicken, pork, dairy or eggs, according to a study in the *Proceedings of the National Academy of Science*. It also creates 11 times more emissions than the production of potatoes, wheat or rice. Eating less red meat can also decrease an individual’s risk of certain cancers.

**3 Encourage hospitals and doctors’ offices to go green:** The healthcare system is respon-

sible for about 10 percent of all greenhouse gas emissions, according to a recent study by researchers at the Yale School of Medicine, in New Haven, Connecticut. Boston-area hospitals recently slashed their overall emissions by 29 percent in five years.

**4 Plant more trees:** As they grow, trees remove carbon dioxide from the air. Being around green space has also been shown to boost mental and cognitive health.

**5 Show compassion:** Americans, per capita, emit six times more CO<sub>2</sub> than the global average, according to research by Jonathan Patz, a medical doctor who directs the Global Health Institute at the University of Wisconsin-Madison. In a TED Talk, he observed that U.S. lower-income populations and those in developing countries are often hit hardest by gaseous emissions. “Those most vulnerable to the health impacts of climate change are often the least responsible,” he says. “Doing something about this is a matter of compassion.”

Island. “Now each of us sees 40 to 50 new cases each season.”

## Heat Pollution

Rising heat can also aggravate lung conditions because it promotes the production of ozone, a major lung irritant. With prolonged heat often come wildfires. When one burned for three months in North Carolina in a recent summer, researchers discovered that residents of counties affected by the smoke plume showed a 50 percent increase in emergency trips due to respiratory illness.

Like Isaac, more kids are ending up in hospitals due to soaring temperatures, with U.S. emergency room visits for heat illnesses up by 133 percent between 1997 and 2006. Ahdoot recalls a young football player from Arkansas that showed signs of weakness and fatigue during practice, but wasn’t treated right away. He ended up with heat

stroke, kidney failure and pulmonary edema and ultimately required kidney dialysis. “Every summer now, I see the impacts of increasing temperatures and heat waves on kids,” she says.

Climate change can also impact mental health, according to a recent review by the American Psychological Association. Exposure to natural disasters can lead to post-traumatic stress disorder. Plus, according to research institutions including the University of California, San Diego, and Iowa State University, chronic heat, especially at night, can interfere with sleep and even lead to aggressive behavior.

Then there’s the worry about what to do about it, and whether it will be enough. “When you talk with people about what is affecting them, climate is definitely one of the things stressing them out,” says Thomas Doherty, Psy.D., a psychologist

in Portland, Oregon. "There's a sense of mystery and powerlessness around it that weighs on people."

### Fresh Perspective, New Hope

Mona Sarfaty, a family physician who is now director of the Medical Society Consortium on Climate & Health, attests that 69 percent of Americans are aware that climate change is occurring, and more than half agree that human activities are at least partly to blame. Yet only a third believe it could ever harm them personally. "So much of the early focus was on the receding glaciers and the penguins," she says. "People today still think it will affect 'those other people over there,' but not them."

She agrees with the recent focus on imminent health issues, and is encouraged that a growing number of health-care professionals feel it's their duty to inform their patients about climate change to mobilize action. "When you talk about climate change not only in terms of the health impact it has on individuals and families, but also in terms of the real-time benefits of taking action against it, people are a lot more interested in doing something," says Sarfaty.

For instance, shifting to clean energy sources like wind and solar instead of coal can effect better air quality and easier breathing now. Cycling or walking to work rather than driving can reduce carbon emissions, boost feel-good brain chemicals and keep weight in check. Writing letters to editors or attending rallies to urge lawmakers to pass climate-friendly policies can not only fend off the anxiety and depression that comes with feeling helpless, but also effect real change.

Ahdoot is taking these steps now. She has solar panels on her roof, is assisting the local hospital to reduce its carbon footprint, takes public transportation to work and encourages her kids to walk whenever possible. "I don't feel powerless at all. I feel empowered and optimistic," she says. "The more we know, the more we are moved to act. We can all do something small every day to protect our climate."

*Lisa Marshall is a freelance health writer in Boulder, CO. Connect at [LisaAnnMarshall.com](http://LisaAnnMarshall.com).*

### healing ways



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# Touching the Earth

## The Healing Powers of Going Barefoot

by Martin Zucker

**M**elanie Monteith, of San Diego, California, was diagnosed with multiple sclerosis at age 24 and plagued by symptoms for 14 years. Simple daily tasks became challenging. She relied on walking aids and walls to keep from falling. Eventually, she quit her job. Every day tested her survival skills. Then, in late 2017, Monteith tried grounding and it changed her life.

Grounding, also called Earthing, refers to the discovery of major health benefits from sustained contact with the Earth's natural and subtle electric charge. Recent research published in the *Journal of Inflammation*, *Integrative Medicine: A Clinician's Journal*, *Neonatology* and *Health* indicates that grounding stabilizes the physiology in many ways, drains the body of inflammation, pain and stress, and generates greater well-being.

Grounding can be as simple as going barefoot in nature, including the backyard, for 30 to 60 minutes once or twice a day on surfaces like grass, soil, gravel, stone and sand. If this isn't practi-

cal, special grounding mats and pads are available online for convenient indoor use while sitting or sleeping; people with compromised health often benefit from more time being grounded.

The activity restores a primordial electric connection with the Earth that has been lost with modern lifestyles. We wear shoes with insulating, synthetic soles and live and work elevated above the ground. These overlooked lifestyle factors may contribute to increasing global rates of chronic illnesses. Grounding revitalizes us, akin to charging a weak battery, because our bodies operate electrically and our movements and thoughts are based on electrical signals. We are bioelectric beings.

Eighteen years of grounding research in a variety of indoor settings, plus grassroots feedback from around the world, clearly show that our bodies operate more effectively when grounded. We sleep better, have less pain, more energy and even look better. Here are some of the documented benefits.

## Reduction of chronic inflammation

"Inflammation is intimately linked to most chronic and aging-related diseases," says Gaétan Chevalier, Ph.D., a visiting scholar at the University of California, San Diego, who has conducted multiple grounding studies. "Grounding seems to be nature's way to reduce inflammation."

## Enhanced blood flow

Thick, sludgy blood is a common feature of diabetes and cardiovascular disorders. Several grounding studies have demonstrated a significant decrease in blood viscosity and enhanced blood flow. "Grounding represents a potent circulation booster; a simple, yet profound preventive and therapeutic strategy," says integrative cardiologist Dr. Stephen T. Sinatra, of Manchester, Connecticut, co-author of the book *Earthing: The Most Important Health Discovery Ever!*

## Decreased stress

Tracy Latz, a medical doctor and integrative psychiatrist in Mooresville, North Carolina, has found, "Patients with anxiety issues, including post-traumatic stress disorder, generalized anxiety disorder, panic disorder and depression, often benefit from grounding."

## Improved vagus nerve function

The vagus nerve connects with and regulates key organs, including the lungs, heart and intestines. In one study, doctors at the Penn State Children's Hospital, in Hershey, Pennsylvania, grounded hospitalized premature infants and documented improved vagal function that could potentially boost resilience and reduce complications. "These babies have a lot of health challenges," observes Dr. Charles Palmer, former chief of the center's division of newborn medicine. "It seems that they are more relaxed when grounded." More research is needed.

Within a few months of grounding both day and night, Monteith's disease symptoms receded dramatically. Her balance and stability improved when standing and walking. She sleeps more deeply and has more energy. An eye issue for which there is no drug subsided. She says her health continues to improve and she looks forward to living each day.

Troy Baker, a recovery consultant for special populations and chief program officer of the nonprofit Adapt Functional Movement Center, in Carlsbad, California, who has been overseeing Monteith's exercise training schedule, has observed a reduction in the effects of multiple sclerosis since she started grounding. "Her body is more fluid, not as stiff. She moves much better, with increased energy and stamina."

For more information on grounding, visit [EarthingInstitute.net](http://EarthingInstitute.net).

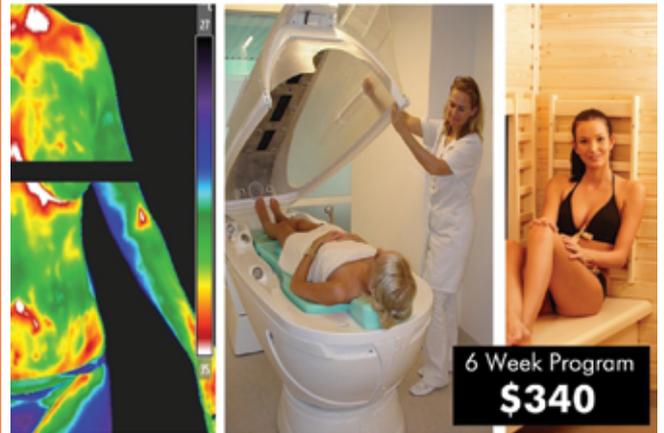
*Martin Zucker, a former Associated Press correspondent, has written about alternative medicine for 40 years and is co-author of the book Earthing.*

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



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## conscious eating



# Changing Our Diet to Cool the Climate

## Good Food Choices Enable Global Health

by Judith Fertig

Three years ago, the *New York Times* added a new word to the world's food vocabulary:

**Climatarian** (n.) A diet whose primary goal is to reverse climate change. This includes eating locally produced food (to reduce energy spent in transportation), choosing pork and poultry instead of beef and lamb (to limit gas emissions), and using every part of ingredients (apple cores, cheese rinds, etc.) to limit food waste.

Changing our food choices to support this model can have a ripple effect. Researchers at the University of California, Santa Barbara, in a 2017 study published in the journal *Climatic Change*, looked at how diets impact personal health, the healthcare system and climate. They found that adopting a more plant-based diet reduces the relative risk of coronary heart disease, colorectal cancer and Type 2 diabetes by 20 to 40 percent. National annual health care costs could drop from \$93 billion to \$77 billion. Direct greenhouse gas emissions could annually drop 489 to 1,821 pounds per person.

Such an approach involves considering the related water usage, greenhouse gas emissions and carbon

footprint—the energy required to cultivate, harvest and transport food—plus processing associated food waste. Here are some top choices.

### Foods that Go Easy on Water

Hydroponic greens are hands-down winners. The [Shelton Family Farm](#), near Whittier, North Carolina, weekly produces 10,000 to 12,000 heads of hydroponically grown Bibb lettuce. The controlled environment and carefully engineered nutrient delivery systems maximize all resources.

"It's an enclosed system that runs 24/7, and it's highly efficient from a water-usage standpoint because we recycle the water," says William Shelton Jr., a fourth-generation family farmer. "The only water that's actually consumed is what's taken up and transpired through the plants." In a moderate climate, energy costs to recycle the water and keep the plants at an even temperature are moderate, as well.

Dry-tilled heirloom tomatoes, okra, melons and quinoa are drought-tolerant and only use available rainfall.

### Foods that Go Easy on Greenhouse Gases

Plants beat meat. "Livestock farming

produces from 20 to 50 percent of all manmade greenhouse gas emissions,” says nutritionist and climate activist Jane Richards, of GreenEatz, in Mountain View, California. “You can reduce your footprint by a quarter by cutting down on red meats such as beef and lamb.”

An exception is the vegetarian staple of rice. According to researchers at Project Drawdown, a climate solutions organization in Sausalito, California, rice cultivation is responsible for at least 10 percent of agricultural greenhouse gas emissions and up to 19 percent of global methane emissions. New farming techniques, like mid-season draining of the rice paddies, could cut methane emissions by at least 35 percent.

Richards notes, “Meat, cheese and eggs have the highest carbon footprint; fruit, vegetables, beans and nuts, much lower. The carbon footprint of a vegetarian diet is about half that of a meat-lover’s diet.”

Root crops such as carrots, radishes, potatoes and beets have a lower carbon footprint than above-ground plants due to less food waste. A beautiful beet is easier to grow than a bell pepper that blemishes more easily.

Seasonal, regional fruit, vegetables, herbs and honey have a lighter carbon impact because they are transported shorter distances. Usually what grows best in a region and is consumed locally is also best for the climate.

Foods naturally suited to their environment grow and taste better, and are packed with more nutrients, reports Sustainable Table, an educational

nonprofit that builds healthy communities through sustainable eating habits ([SustainableTable.org](http://SustainableTable.org)).

### Hopeful Developments

New agricultural developments can also benefit our climate environment. According to Project Drawdown research, perennial grains and cereals could be pivotal in reaching soil, carbon and energy targets.

The Land Institute, in Salina, Kansas, has been working with the Rodale Institute, in Berks County, Pennsylvania, to develop a perennial wheat that would not have to be planted from seed each year. This would save soil, carbon and both human and machine energy.

Kernza, a new perennial grain proven to prosper in natural grasslands like the Great Plains, is not yet widely distributed. Maria Speck, author of *Simply Ancient Grains*, advises, “With up to 15-foot-long roots, it can be harvested for five years and uses less fertilizer than conventional wheat. Kernza tastes almost like a cross between rice and wheat—sweet, grassy, mesmerizing.”

Michael Pollan, author of *Food Rules: An Eater’s Manual* and creator of the film *Food, Inc.*, suggests we keep it simple: “Eat food, not too much, mostly plants.” Climatarians would add another guideline—eat as locally as possible.

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

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# Healthy House

## Easy Ways to Green It Up

by Avery Mack

Living green isn't difficult or expensive. Start small, one room at a time.

### In the Kitchen

Defrosting trays have been available for a while, and although they aren't a miracle solution, they are eco-friendly and easy to clean; thawing most meats, seafood and vegetables usually takes just 30 to 60 minutes. It's one way to avoid using the microwave.

Most cutting boards of sustainable bamboo or cork originate in China, creating a big carbon footprint. Glass boards are breakable and hard on knives. Consider planet-friendly boards made of recycled cardboard and food-grade plastic combined with flax husks.

A countertop convection oven set about 25 degrees lower circulates heated air to cook food 25 to 30 percent faster and more evenly than a conventional oven; it uses less energy and has fewer emissions. Foods come out crispier, which also makes for great veggie chips. A conventional oven is still best for soufflés, breads or cakes that rise as they bake.

Replace chemical-coated non-stick pans, disposable parchment paper and aluminum foil with reusable, eco-friendly, U.S. Food and Drug Administration-approved silicone mats. They are easy to clean, affordable and available in many sizes and shapes.

Run the dishwasher when full and at night. Off-peak hours won't cut the electric bill, but are more efficient for the

power plant, reducing its energy footprint.

Skip the garbage disposal to save water and energy. Use food waste for plant-nurturing compost. Plastics numbered 1, 3, 6 or 7 are prone to leaching into food or drinks. Recycle or repurpose those already on hand to store craft items, small toys or office supplies.

### On the Floor

Keep floors clean and healthy by leaving shoes at the door. They track in dirt, pesticides, chemicals, pet waste and leaked fluids from vehicles. Slippers or socks with a grip sole keep feet warm and prevent falls.

Bamboo flooring is sustainable and eco-friendly, but is also shipped from China. Using local products reduces shipping costs, supports American businesses and can give the home a unique design. "Logs salvaged from the bottom of the Penobscot River turn into flooring, ceilings and accent walls," advises Tom Shafer, co-owner of Maine Heritage Timber, in Millinocket. "The cold temperature preserves the wood and gives it a natural patina. It's now available in peel-and-stick, affordable planks called timberchic. Planks have an eco-friendly, UV-cured finish."

For more flooring tips, see [Tinyurl.com/Eco-FriendlyFloors](http://Tinyurl.com/Eco-FriendlyFloors).

### In the Bathroom

Instead of air freshener sprays, hang pet- and child-safe plants.

Use fast-drying towels up to four times before washing. Hand towels see more frequent use, so change every other day. Longer wear makeup stays longer on a washcloth; to prevent reintroducing germs to the face, use a facecloth only once.

All-natural cleaning products are easy to find or make. For some tips, see [Tinyurl.com/LovelyEcoLoo](http://Tinyurl.com/LovelyEcoLoo).

### In the Bedroom

From sheets and bedding to a fluffy robe, choose eco-friendly organic cotton in white, or colored with environmentally safe, non-metallic dyes.

Blue light from a smartphone, computer, tablet or TV can foster sleeplessness. "I keep all devices out of my bedroom and block all unnatural light," says Leslie Fischer, an eco-minded mom and entrepreneur in Chicago, who reviews mattresses for adults and babies at [SustainableSlumber.com](http://SustainableSlumber.com). "I sleep on a fantastic mattress that won't fill my room with pollution."

A good pillow is a necessity. Citrus Sleep rates the Top Ten Eco Options at [Tinyurl.com/NaturalPillowPicks](http://Tinyurl.com/NaturalPillowPicks).

Mattresses should be replaced every eight years. In the U.S., an average of 50,000 end up in landfills each day. California law requires manufacturers to create a statewide recycling program for mattresses and box springs. An \$11 recycling fee, collected upon each sale, funds the Bye Bye Mattress program. Connecticut and Rhode Island also recycle them. "An alternative is extending mattress use with a topper," says Omar Alchaboun, founder of topper-maker Kloudes, in Los Angeles.

### What and Where to Recycle

Find out where and what to recycle at [Earth911.com](http://Earth911.com). Enter the item and a zip code or call 1-800-cleanup.

Going green is money-saving, environmentally wise and coming of age, which makes eco-friendly products easier to access. Earth Day is a perfect time to make simple changes that can have long-lasting and far-reaching results.

Connect with the freelance writer via [AveryMack@mindspring.com](mailto:AveryMack@mindspring.com).

# inflammation

sparks almost every major disease in the body

cure the inflammation - cure the disease

## BRAIN

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

## SKIN

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

## CARDIOVASCULAR

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

## KIDNEYS

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

## BONES

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

## MUSCLE

Inflammatory cytokines can cause muscle pain and weakness. Can manifest as carpal tunnel syndrome, polymyalgia rheumatica.

## BREAST

Pro-inflammatory cytokines, principally interleukin-6 (IL-6) can facilitate tumor growth and metastasis in the breast tissue.

Source: Journal of Clinical Oncology

## LIVER

Build-up of inflammation leads to an enlarged liver or fatty liver disease. Increased toxic load build-up in the body.

## THYROID

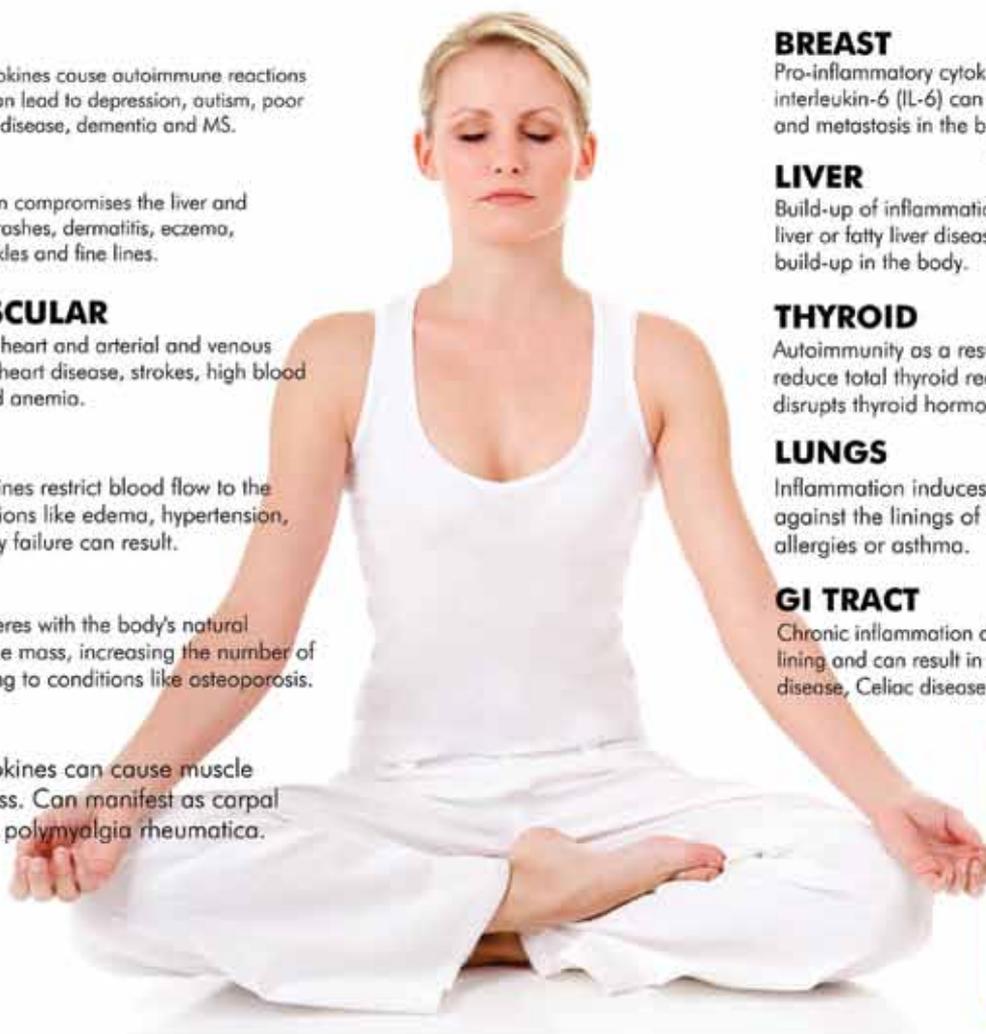
Autoimmunity as a result of inflammation can reduce total thyroid receptor count and disrupts thyroid hormone function.

## LUNGS

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

## GI TRACT

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



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# INTO THE WOODS

## Nature Helps Kids Build Skills and Character

by April Thompson

**A** movement is afoot to get kids grounded in nature. Wilderness awareness programs, also known as primitive skills or Earth-based education, teach life-changing survival skills that build courage, compassion and camaraderie.

"We help youth experience a true aliveness in nature. Kids gain knowledge of the outdoors and increase awareness, confidence and self-reliance, while having fun, positive experiences," says Dave Scott, founder of the Earth Native Wilderness School (*EarthNativeSchool.com*), in Bastrop, Texas. They often go on to enthusiastically share what they've learned about natural flora and fauna with their families.

### Experiential Learning

Youth engaged with organizations like this one enjoy gaining nature-oriented survival skills, such as making bows, baskets, shelters and fire. "By making a bow out of a particular type of tree, children discover what type of habitat the tree prefers and how to harvest it sustainably. Indigenous skills like animal tracking also help them relate to wildlife and develop empathy for animals," says Scott.

"When you learn to trust rather

than fear nature, you're more likely to take care of it," adds Rick Berry, founder of 4 Elements Earth Education (*4eee.org*), a Nevada City, California, nonprofit that helps kids and adults connect with planet Earth via immersion in nature. Leaving room for spontaneity and improvisation is important.

While infusing indigenous knowledge into their curriculum, wilderness programs emphasize universal principles such as deep understanding of local environments and life's interconnectedness. "Fire making is for everybody. Shelter making is for everybody. We are all caretakers of the land," says Berry.

Physical and other challenges, such as walking blindfolded through the woods, heighten sensory perception while building confidence. "The landscape is a great teacher with its uneven ground and obstacles, posing an opportunity to learn agility, practice balance and ultimately, expand awareness," says Simon Abramson, associate director of Wild Earth (*WildEarth.org*), in High Falls, New York.

Nature-immersion programs like Wild Earth's further help kids sharpen their observation skills through activities like learning to identify birdsongs

and trees. During a popular activity called "sit spot", children learn to sit quietly, listen and observe from a specific location they may revisit over the course of a day or year to witness nature's varied beauty. Another time, they may try "fox-walking", creeping silently and slowly, or test their "owl vision", using peripheral vision. For younger kids, instructors may incorporate such skills into a game like "coyote or rabbit," where by staying still, they can avoid detection by a predator.

Kids learn to listen both to nature and their own inner voice, which can be challenging in the midst of dominating peers and authority figures. "We build on the tradition of vision quest, in taking time to get quiet in nature and hear what the heart is saying," says Berry.

Activities may be patterned after natural cycles of the seasons, the four directions and diurnal rhythms. On a bright morning, emphasis is on high-energy, outward-facing activities; day's end brings a pause to reflect, glean and share what participants have made and learned.

### Lasting Life Lessons

Mother Nature's lessons can be hard-earned, but the outdoor trials that kids experience are often their most honored and memorable moments. Whether youths try out a wilderness program for a season or stay on for years, Earth-based learning can have an enduring impact.

They help foster healthy relationships not only with the Earth, but with other people, according to Samuel Bowman, a program coordinator with the Wilderness Awareness School (*WildernessAwareness.org*), in Duvall, Washington. Team-driven activities like building a communal shelter can help kids learn how to work through conflict, listen to others and appreciate differences.

"The kids that have come through our programs prove to be creative problem-solvers prepared to handle just about anything. They have focus and commitment, and tend to be service oriented," observes Abramson, noting that 60 percent of their instructors are alumni.

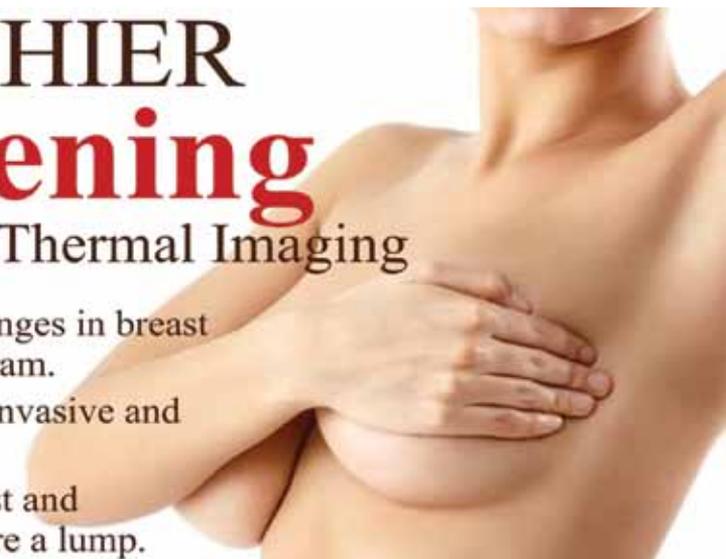
"Thinking back on kids we've worked with, you can often see their wilderness journey reflected in their paths as adults, how they are making choices with their heart and pursuing their passions," concludes Berry.

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

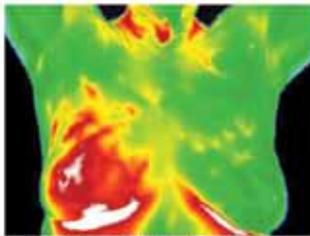
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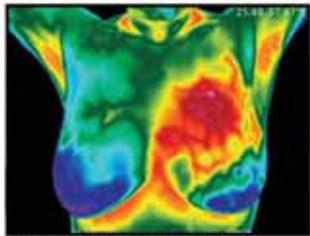
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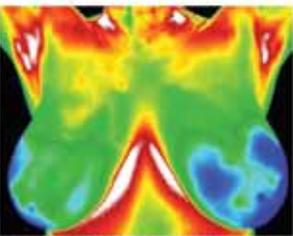
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Above: Breast Cancer Image



Above: Breast Cancer Image



Above: Normal Breast Image

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## “Inflammation is the Spark that ignites most disease”<sup>1,2,3</sup>

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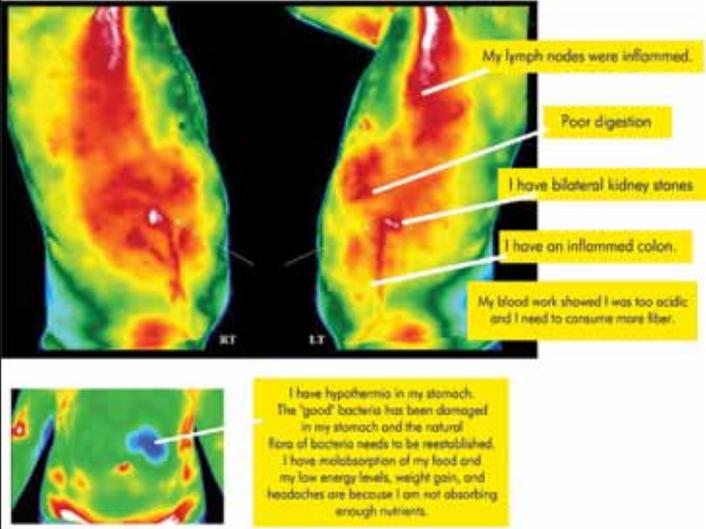
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1. Christine G.; Alice P.; Kristina D. (2004). The Fires Within. TIME Magazine, February 23, 2004 Vol. 163 No. 8.  
 2. Rakoff-Nahoum, S. (2006). Why Cancer and Inflammation. YALE Journal of Biology and Medicine 79 (2006), pp.123-130.  
 3. Shacter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

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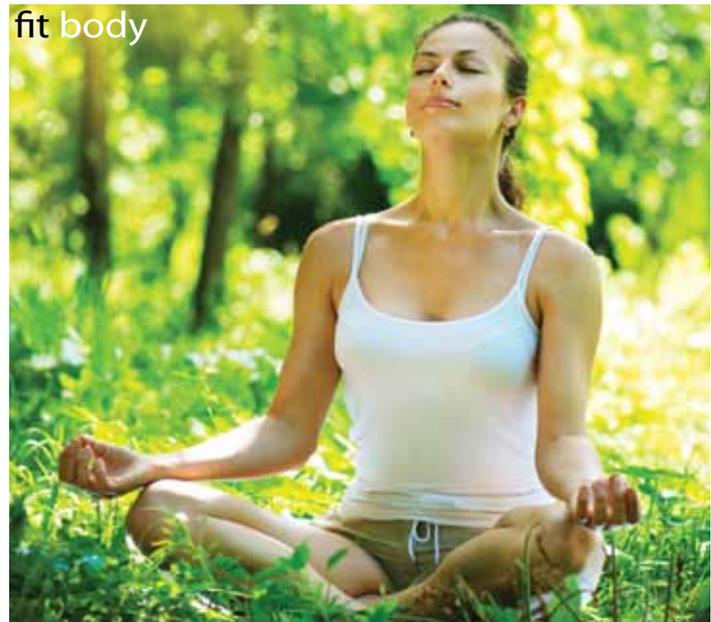
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# Gardening ASANAS

## Yoga Poses to Stay Pain-Free

by Marlaina Donato

**G**ardening is good for body and soul, but long hours and repetitive movements can negatively impact even the fittest body. While stiffness and pain patterns might manifest in the lower back, shoulders, legs and hands, performing a few yoga poses can lessen pain, increase flexibility, boost stamina and prevent injury.

“Every action needs a counter action for structural balance to be maintained. Repetitive movements can tighten fascia, restrict movement and compromise nerve impulses,” explains Ashville, North Carolina, yoga teacher and back care specialist Lillah Schwartz, author of *Healing Our Backs with Yoga: An Essential Guide to Back Pain Relief*. “What goes into spasm tends to remain in spasm,” observes Schwartz, who has helped many people overcome back pain and other chronic structural issues.

Practicing yoga before, during or after spending time outside also promotes mind-body awareness which helps us tune into our body’s natural rhythms and prevent physical problems in the first place. Here are some basics to consider when working in the garden.

### Be Aware

Great agility and strong muscles cannot compensate for being in one position too long, over-reaching or fatigue. “Listen to your body’s messages such as, ‘It’s time for a rest,’ or, ‘That’s too heavy,’” recommends Schwartz. Remember to take regular breaks to rest, stretch and drink water.

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### Strike a Pose

Doing yoga regularly will condition the body, but incorporating *asanas*, or poses, while gardening can be both a fun and practical way to avoid overstressing certain muscle groups and keep the spine and hamstrings supple. Using props in the garden environment such as fences, a wall or a chair can provide convenient support.

Feel free to perform all poses before or after gardening, and all except numbers one and five in the garden.

1. Downward Facing Dog pose (*Adho Mukha Svanasana*) with feet placed against a support

2. Warrior 1 pose (*Virabhadrasana I*)

3. Straddle Forward Fold pose (*Prasarita Padottanasana*)
4. Standing Scissor Twist (*Parivrtta Hasta Padasana*) standing close to and bracing against a wall or fence
5. Locust pose (*Salabhasana*)
6. Squat Pull Spinal Traction (*Ardha Malasana in traction*)

### Take a Breath

“Conscious breathing involves both the body and the mind. Long, slow inhalations and exhalations help us tune into our body,” says Schwartz. “Using long breaths when stretching in the garden can help muscles find relief.”

To reduce pain:

- Stop and breathe. Take slow, deep breaths with a pause (inhalation retention) between inhalation and exhalation.
- Don’t resist the pain or allow self-judgment.
- Wait for a release.

### Enjoy Being Outside

Bringing mindfulness to garden work not only helps prevent injury, but helps make it a more enjoyable experience. Here are a few more tips.

- If rising early, begin time in the garden with a Warrior 1 pose while facing east.
- Be mindful of feeling the breeze when it brushes the skin and pause to breathe deeply.
- Notice the music of the birds or other pleasing sounds in the surrounding environment.
- Stop to drink some water and take pleasure in the garden’s beauty and bounty.

Marlaina Donato is a freelance writer, author and multimedia artist. Connect at [MarlainaDonato.com](http://MarlainaDonato.com).



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# Nature's Remedies

## How Animals Self-Medicate

by Sandra Murphy

Every species embodies a solution to some environmental challenge, and some of these solutions are breathtaking in their elegance.

~Linda Bender, *Animal Wisdom: Learning from the Spiritual Lives of Animals*

From birds and elephants to dolphins, animals, whether by instinct or learned behavior, have discovered ways to cope with parasites, pests, aches and pains. This science of self-medication is called zoopharmacognosy (zoo for animal, *pharma* for drug and *cognosy* for knowing). At home, a dog or cat that eats grass is practicing it to eliminate parasites or hairballs.

Donald Brightsmith, Ph.D., of Texas A&M University, directs the Tambopata Macaw Project in the lowlands of southeastern Peru, studying the many macaws and other parrots that gather clay to eat as a supplement. First thought to help remove toxins from their bodies, clay adds needed sodium to their diet, researchers now believe.

A pregnant elephant in Kenya's Tsavo Park was observed by ecologist Holly Dublin, Ph.D., to travel miles to find a tree not normally eaten. Four days later, the elephant gave birth. Dublin discovered

that Kenyan women make a drink from the same leaves and bark to induce labor.

While studying Bornean orangutans (*Pongo pygmaeus*) in the Sabangau peat swamp forest in Central Kalimantan, Indonesia, primatologist Helen Morrogh-Bernard, Ph.D., of the University of Exeter, UK, observed an orangutan chew the leaves of a plant that were not part of its usual diet until it formed a lather. The orangutan spit out the leaves and used the lather much like humans apply a topical pain reliever.

While animals have been known to eat certain plants when ill, hers may be the first sighting of an animal creating a salve. Nearby villagers grind the leaves to make a balm for sore muscles and inflammation. Morrogh-Bernard believes humans learned this topical application from apes and passed it down through the generations.

In the Red Sea, bottlenose dolphins

Susan Schmitz/Shutterstock.com

rub against bush-like gorgonian corals covered by an outer layer of antimicrobial mucus that may protect them from infection, according to dolphin researcher Angela Ziltener, of the University of Zürich, Switzerland.

"It's amazing how much we've learned, but forgotten," says Ira Pastor, CEO at Bioquark Inc., in Philadelphia, a life sciences company developing biologic products to regenerate and repair human organs and tissues. "We live with other organisms which from a health and wellness perspective are much further advanced than humans. No other species tries to cure with any single solution. Nature employs multiple options. We're not appropriately imitating nature yet. We need to do more."

Cindy Engel, Ph.D., of Suffolk, England, author of *Wild Health: Lessons in Natural Wellness from the Animal Kingdom*, says, "Animals rely on plants to provide them with the essentials of life, making their health intimately dependent on plant chemistry to provide everything they need to grow, repair damage and reproduce."

She continues, "Wild animals carry diseases that affect livestock and humans. It's sensible to explore why they're successful in fending off the worst effects in order to find ways to improve our own health, instead of just trying to eradicate the disease. We can learn from behavioral self-help strategies animals employ." Accomplishing this is more difficult than ever, she believes, because today's severely shrinking habitat makes it hard to find truly wild animals and plants.

"Over the last 100 years, we've done a horrible disservice to all life by destroying habitat and exploring only a small percentage of what nature has to offer," agrees Pastor. "As patents expire, pharma has to change. It's important to develop botanicals. We're advised to vary our diet and exercise, yet take the same dose of the same pill daily. We've studied dead organisms under microscopes, but living organisms, even as small as microbes, can communicate helpful positive reactions."

Western medicine has strayed from what nature offers to keep us healthy. Now is the time to take care of both the planet and all living beings on it. "We've discarded thousands of years of evidence," says Pastor. "We cannot destroy the bounty of possibilities."

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

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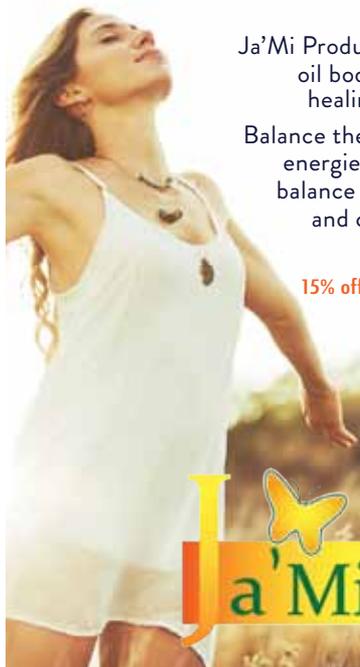
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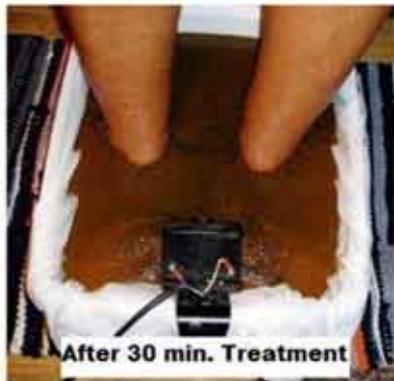
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**DHARMA Wellness Center**, Sunset 662-3120  
**Caribbean Wellness Center**, Opelousas 678-1844  
**Namaste Wellness Center**, Lafayette 356-1251

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# TOXINS AND WASTE CAUSE THE BODY TO GET SICK



## Ionic Detox Foot Spa

- Reduces pain
- Enhances body detoxification
- 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
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# WHEATGRASS

## FROZEN WHEATGRASS CUPS



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

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Wellness Center  
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Lafayette  
**356-1251**

**Caribbean**  
Wellness Center  
and campground  
Opelousas  
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**DHARMA**  
Wellness Center  
Sunset  
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**Natural Health Center**  
100 E. Angelle St.  
Across from Super 1 groceries  
Carencro  
**896-4141**

**BEST SELLER**



# BENEFITS OF GREEN WATERS

## Lose Weight:

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

## Anti Aging:

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

## Reduce the Chances of Osteoporosis:

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

## Build Cardiovascular Health:

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

## Reduce Joint Pain and Arthritis:

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

## Reduce Infections, Flu and Colds:

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

## Detoxify:

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

## Decrease Risk of Cancer:

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



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# INDIGENOUS WISDOM

## Elders Urge Us to Reimagine Life

by Anita Sanchez

First, 27 indigenous elders from 23 North American tribes, two African tribes, a Tibetan Buddhist and a Sami from Finland gathered at Turtle Mountain, in Dunseith, North Dakota, in 1994. Recently, 13 elders from 10 tribes from Russia, Columbia, South Africa and the U.S. gathered in Kauai, Hawaii. Other such gatherings, too, are participating in a shared prophecy supporting world salvation.

They offer humanity four sacred gifts of wisdom rooted in their life experiences. This is our invitation to receive them.

### Power to Forgive the Unforgivable

Forgiveness is releasing ourselves from the prison of pain, hurt or mistreatment. It takes courage and self-love to do this. The reward of this act is freedom to use our energy to create what is life-giving to our self and the lives of those we touch.

### Power of Unity

This is a time for us all to become and remain united and steadfast, repairing the world from the misuse of power and greed. When we choose to stand in the circle of unity, there is strength. Each of us has an important part to play in the circle of life to sustain precious relationships among people, Earth and spirit for ourselves, our children and future generations.

### Power of Healing

Indigenous elders tailor their healing practices to the whole human being, using good medicine, defined as anything or anyone that brings into positive alignment the spiritual, mental, emotional and physical levels. Healing can take many forms, based on tradition, the healer, patient and nature, yet four basic elements or practices are consistent: listening, supportive relationships, unconditional love and committing to creative, positive action.

### Power of Hope

Hope springs from the choice to tap into an infinite energy source. It may not be understood by modern science, but indigenous wisdom keepsers behold an inner certainty of something bigger than us all. When we open ourselves to hope, it is possible to release the pressure and desire to try to know something about everything, and instead free our imagination to create expansive possibilities.

*Anita Sanchez, Ph.D., is a transformational leadership consultant, speaker, coach and author of the new book, The Four Sacred Gifts: Indigenous Wisdom for Modern Times, from which this was adapted. For videos and a song, visit FourSacredGifts.com.*

## calendar of events

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

**GET YOUR CALENDAR ITEMS PUBLISHED**  
**SUBMIT CALENDAR ITEMS TO: [publisher@NAacadiana.com](mailto:publisher@NAacadiana.com)**

### Friday April 6

**Lil Britches Rodeo** – 10:30am. Saddle up for stick horse racing, mutton bustin, boot race, barrel racing, bull riding and calf scramble. The Real Cowboy Association. Cajundome, 444 Cajundome Blvd, Lafayette.

**Bach Lunch** – 11:15am-1pm & Friday April 13, 20 & 27. A concert series during the spring and fall seasons. Enjoy lunch to the sounds of live music at par Sans Souci. Lafayette Science Museum, 433 Jefferson St, Lafayette.

**Scott Boudin Festival** – 5-7pm. Thru Sunday April 8. Gather to celebrate family, food, music and boudin. Scott Boudin Festival Association, Inc. 125 Lions Club Rd, Scott.

**Cycle Zydeco** – 2-5pm. Thru Sunday April 8. Cyclists gear up for four days of riding and parties as they make their way through the towns, cities and country sides of Acadiana. Participants experience authentic cuisine, live performances and local hospitality. 337-781-9416. [CycleZydeco.org](http://CycleZydeco.org).

### Saturday April 7

**LASOAR Eco-Day** – 9am-12:30pm. Enjoy a fun day of plant education and exploration into the Louisiana Coastal Prairie habitat with arts & crafts, guided tours of the butterfly gardens, and prairie greenhouse. Refreshments provided. \$8/child. LASOAR and the UL Ecology Center, 703 Thoroughbred Dr, Lafayette.

**Blackberries** –10am. Guest speaker Dan Davenport. LSU Ag Agent presents information about blackberry plants and fruit production. Free. LSU Ag Center. All Seasons Nursery & Landscaping, 2974 Johnston St, Lafayette. 337-264-1418.

**Speak Life** –10am-1pm. “Death and life is in the power of the tongue.” Proverbs 18:21. Enjoy great food, fun, and a panel discussion with special guest Karlicia Lewis, author of “Dear Brown Girl”, Maranda Rideaux Manuel, and Yvonne Thomas Duhon. \$5-\$20. Opelousas Housing Authority, 906 E Laurent St, Opelousas.

**Acadiana Po-Boy Festival** –11am-6pm. A po-boy tasting event that includes 20 food vendors. Proceeds benefit Big Brothers and Sisters of Acadiana. Gus Rezende. Parc Sans Souci, Lafayette. [AcadianaPoboyFestival.com](http://AcadianaPoboyFestival.com).

**Kids Pizza Cooking Experience** – 2:30 & 4:30pm. Children learn the importance of food, math, science and teamwork with pizza. Ages 4-12. \$35. A Chorale des Amis Fundraiser. Tops Appliances & Cabinetry, 5826 Johnston St, Lafayette.

**Books Along the Teche** – 3pm. thru Sunday April 8. The Teche literary festival great southern writer, Ernest J. Gaines will speak. Free. Iberia Cultural Resources Association, the Bayou Teche Museum, Shadows-on-the-Teche and the New Iberia Main Street Program. Sliman Theater, 129 E Main St, New Iberia. [BooksAlongTheTecheLiteraryFestival.com](http://BooksAlongTheTecheLiteraryFestival.com).

**10th Annual SWLA Black Rodeo** –7pm. Old-fashioned family entertainment rodeo with barrel racing, calf roping, steer wrestling and bull riding. \$10-\$29.50. Cajundome, 444 Cajundome Blvd, Lafayette.

### Sunday April 8

**Exploring Our Inner Spirit** –1:30-5:30pm. Explore art in journal making of personal thoughts and connections with color matching/mixing, textures, and music. Snacks and supplies included. Lafayette Science Museum, 433 Jefferson St, Lafayette.

**Symphony Sunday in the Park** – 3-5 pm. A free outdoor concert by the Acadiana Symphony Orchestra, featuring performances by local choirs and musicians. New Iberia City Park, 300 Parkview Dr, New Iberia. 337-364-1603

**Opelousas Music & Market** – 5:30-8:30pm. An outdoor music series that spotlights Louisiana’s best musical artists and popular homegrown vegetables from local farmers. Le Vieux Village, 828 E Landry St, Opelousas. 337-948-6263. [CityofOpelousas.com](http://CityofOpelousas.com).

### Monday April 9

**Cajun Classique** –7am-9pm. A classic wooden boat cruise down Bayou Teche, with excursions in Breaux Bridge, St. Martinville, New Iberia and Franklin. Bayou Teche. 337-366-0337.

### Tuesday April 10

**Upcycled Cinderella** –10:30am. The story of Cinderella using hilarious characters, inventive settings, and lively scenes. \$9.50 tickets. Cajundome, 444 Cajundome Blvd, Lafayette.

### Thursday April 12

**Acadiana District Senior Games** – All day. Seniors compete in badminton, basketball free throws, billiards, bowling, card games, dance team, golf, horseshoes, marksmanship, mini golf, pickle ball, shuffleboard, swimming, table tennis, track and field, and weight lifting. \$25-50. Dupuis Recreation Center, 1200 E Pont Des Mouton, Lafayette. 337-262-5990.

**Targil’s Culinary Classes** – 5:30pm & Thursday April 26. Learn culinary tips and traditions about

French Onion Chicken; and Chicken Cordon Bleu on April 26. Targil Seasoning & Butcher Supplies, 229 Wartell Ave, Opelousas.

### Friday April 13

**The Tales of Custard the Dragon-** A Musical – 6-7pm. Thru Saturday 11am & 6pm April 14 & 2pm Sunday April 15. A musical based on a poem by Ogden Nash about bullying and self-confidence. \$10-\$20. Tabatha Roberts or Allison Brandon. Children’s Museum of Acadiana, 201 E Congress St, Lafayette. [Tabatha@WonderlandPerformingArts.com](mailto:Tabatha@WonderlandPerformingArts.com) or [Allison@WonderlandPerformingArts.com](mailto:Allison@WonderlandPerformingArts.com).

### Saturday April 14

**Festival des Fleurs**– 8am - 4pm. Outdoor and indoor vendors selling plants and garden related items. Blackham Coliseum, 2330 Johnston St, Lafayette.

### Tuesday April 17

**The Sound of My Life** – 7-8:30pm. Listen to oral storytelling of entertainers personal stories. Acadiana Center for the Arts, 101 W Vermilion St, Lafayette.

### Wednesday April 18

**Yoga**– 6pm-7pm & April 25. Yoga practice led by Arnaudville native Christy Broussard Farnsworth. \$13/per class. Nunu Collective, 1510 Bayou Courtableau Hwy, Arnaudville.

### Thursday April 19

**Acadiana Go Red for Women**– 10:30am-1pm. A luncheon to unite in an effort to prevent heart disease and stroke. Cajundome Convention Center, 444 Cajundome Blvd, Lafayette.

### Friday April 20

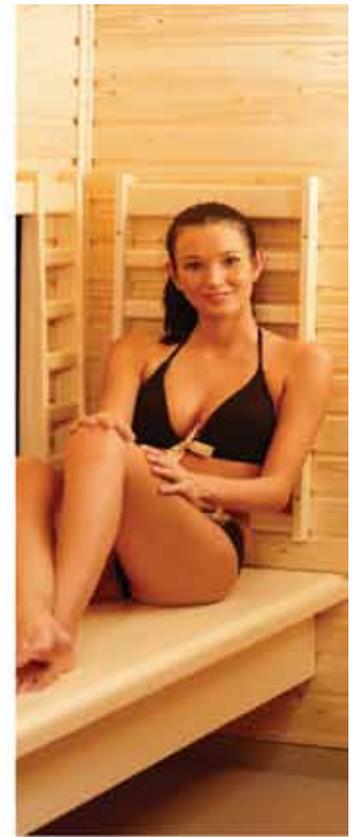
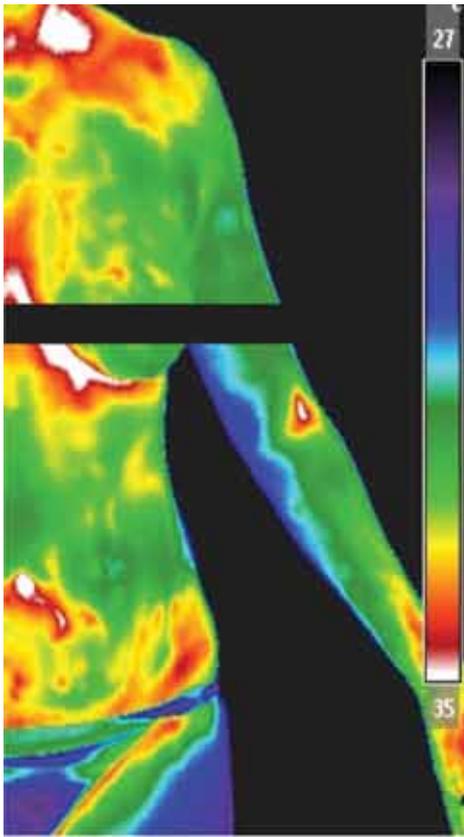
**Dewey Balfa Cajun & Creole Heritage Week** – 2pm. Thru April 26. A music camp for adults to improve their skills. Share Louisiana’s traditional cultural expressions through performances and educational activities. Louisiana Folk Roots. Chicot State Park. 337-234-8360. [LaFolkRoots.org](http://LaFolkRoots.org).

### Saturday April 21

**Grey’s Jammin’ Jambalaya Cook-Off** –7am-7:30pm. A cook-off fundraising event with fun jumps and face painting for the kids. \$5-\$10 admission. \$65-\$75-cook-off entry. The Grey Effect Foundation. Katie or Brian Sebastien. Yambilee Ag Arena, 1939 W Landry St, Opelousas. 318-359-5025 or 337-322-9528.

**Be a Heart Starter 2018**– 8am-11:30am. Bystander CPR training event with hands-on manikins and use of an AED-not a certified CPR course. Free. Blackham Coliseum, 2330 Johnston St, Lafayette. 337-291-4824.

**Mommy & Me Kids Fest**– 9am-1pm. Families enjoy local performances, magic shows, photo booths, and face painting. Free. Theriot Family Dental. Parc Sans Souci, Lafayette. 337-233-6000.



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- 2 Thermography Exams
- 18 Infrared Sauna Visits
- 18 Whole Body Vibration Treatments
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- 3 Boxes of Frozen Wheatgrass
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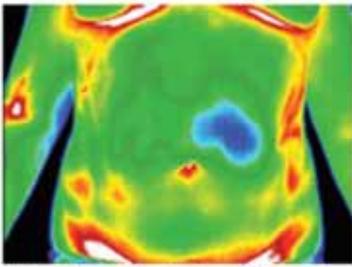
**6 Week Program**  
 \$340

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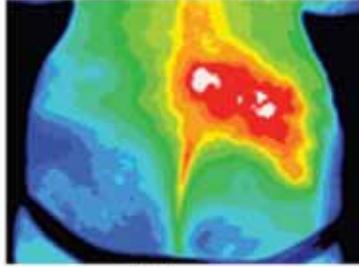
**RETAIL PRICE: \$3,084** This is the price if services/products are purchased separately.

Enroll in a RESTORE HEALTH PROGRAM, change your diet, and change your lifestyle to:  
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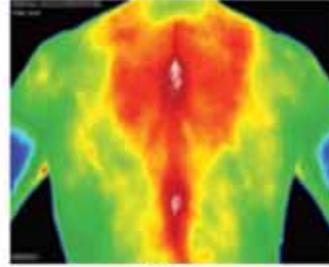
**Text your name and RESTORE HEALTH to  
 (337) 424-5066 for more information.**



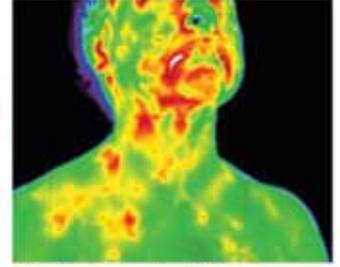
Hypothermia in the Stomach



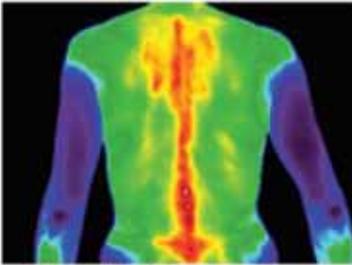
Shingles



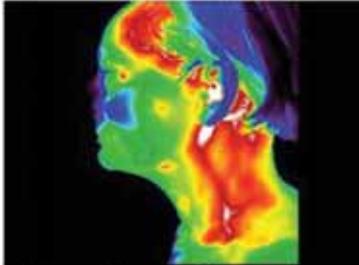
Lung Cancer



Periodontal Disease



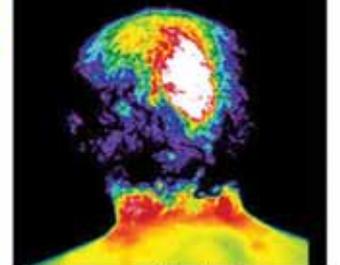
Spinal Inflammation



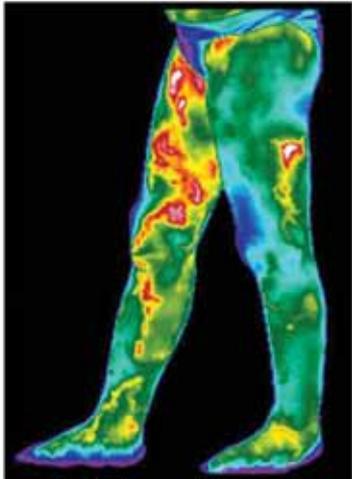
Carotid Artery Inflammation



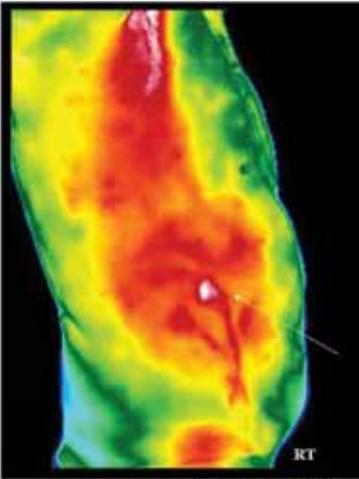
Poor Circulation Left 4th & 5th Finger



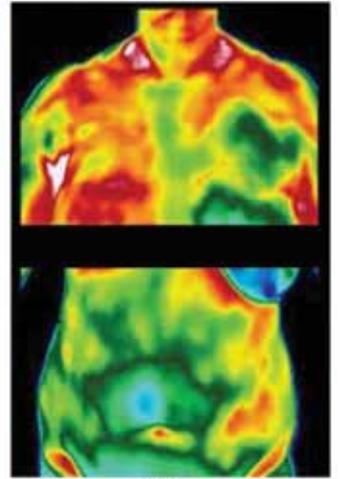
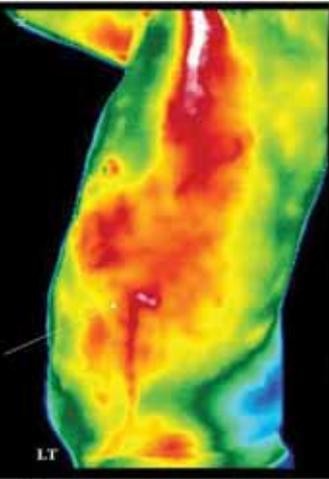
Melanoma-Scalp Cancer



Varicose Veins



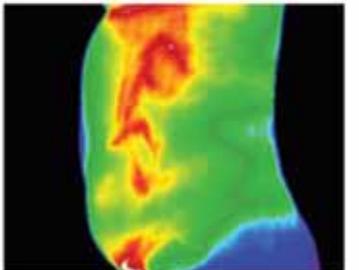
Bilateral Kidney Stones



Breast Cancer



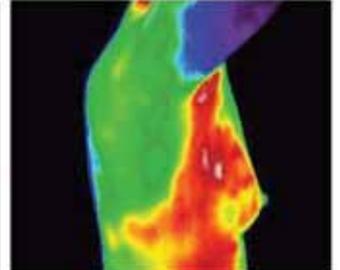
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



Lymphatic Congestion

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- identify the originating source of neuropathic dysfunction
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- aid in accurate diagnosis and treatment

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\*\*\* optional upgrade  
**Urinalysis**  
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**OFFICE Visit**

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**Thyroid Function**

**Endocrine Function**

**BMI, % Body Fat, pH**

**Kidney Function**

**Heart Function**

**Cancer**

**Hypertension**

**Hormone Levels**

**Inflammation**

## To Schedule Call

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## For More Information

**Text your name and HEALTH**

**CHECKUP BUNDLE to 424-5066**

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