

HEALTHY LIVING HEALTHY PLANET

# natural awakenings

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Learning that  
Transforms Us



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in Unexpected Places

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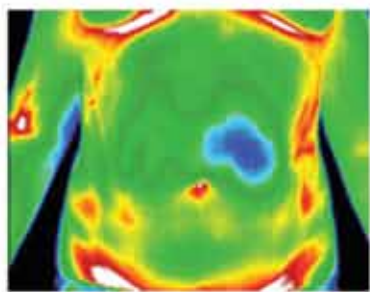
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Dr. Mark Hyman Sees  
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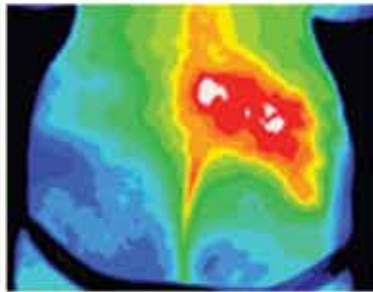
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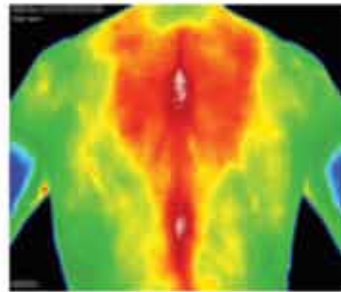
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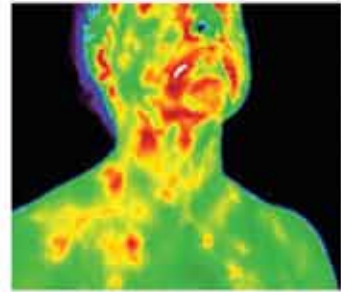
Hypothermia in the Stomach



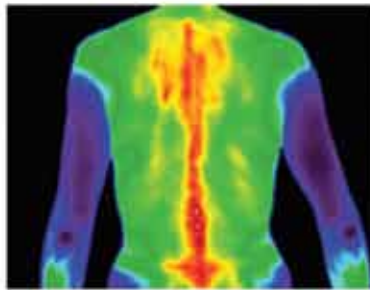
Shingles



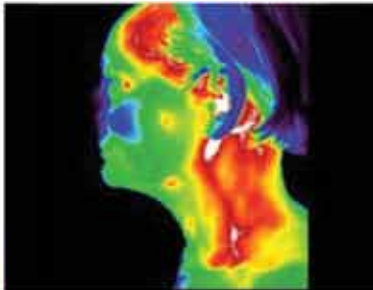
Lung Cancer



Periodontal Disease



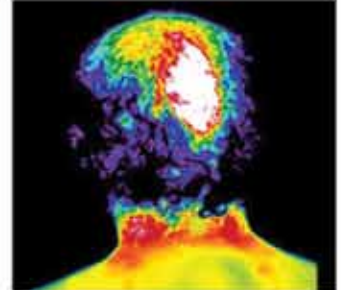
Spinal Inflammation



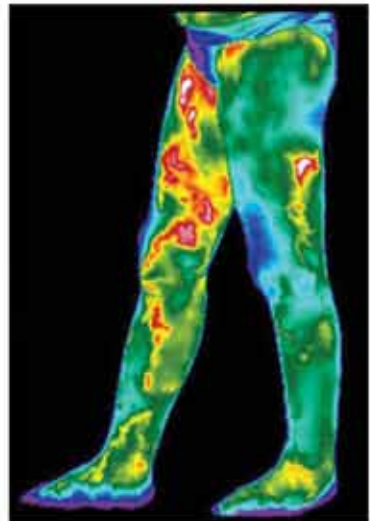
Carotid Artery Inflammation



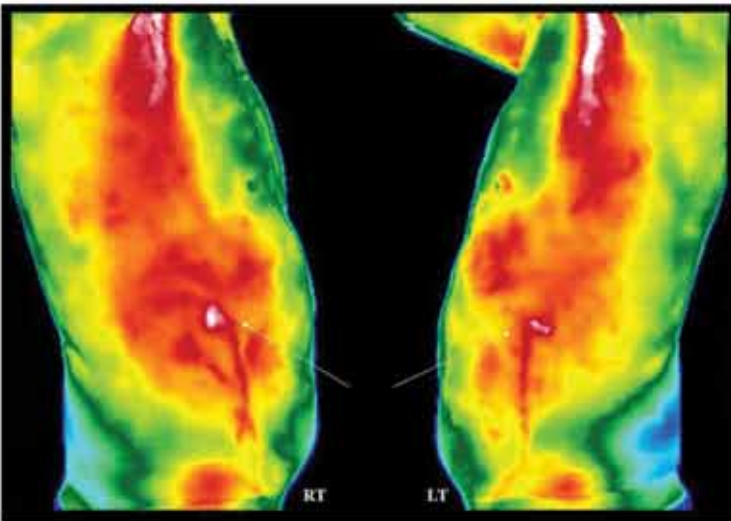
Poor Circulation Left 4th & 5th Finger



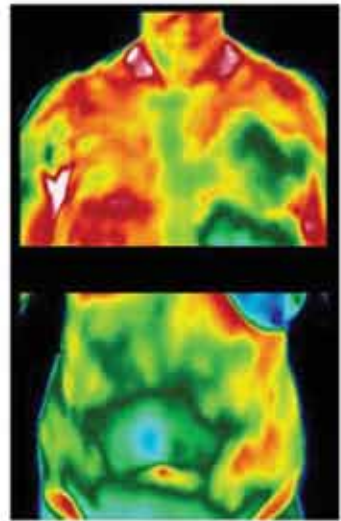
Melanoma-Scalp Cancer



Varicose Veins



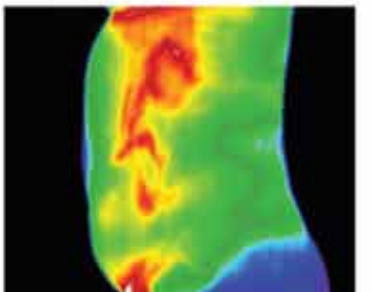
Bilateral Kidney Stones



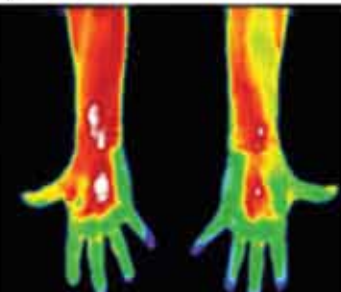
Breast Cancer



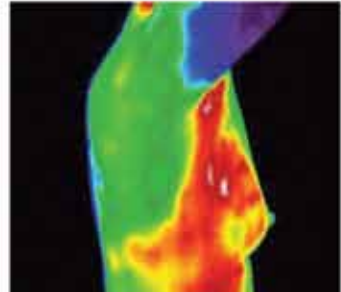
Thyroid Cancer



Digestive Disorders



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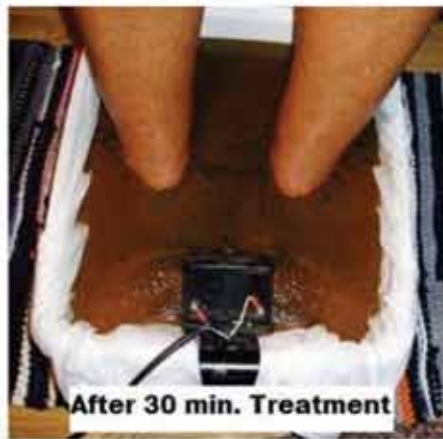
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- help make informed decisions regarding the need for further treatment
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- provide early warning of potential health issues
- identify the originating source of neuropathic dysfunction
- support the existence of a suspected condition
- aid in accurate diagnosis and treatment

# TOXINS AND WASTE CAUSE THE BODY TO GET SICK



See  
Page 64



## 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
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- Helps reduce acne and wrinkles

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- Makes the body stronger
- Gives you more energy
- Increases mental clarity
- Reduces "brain fog"

- Improves anxiety
- Improves depression
- Helps to improve digestion
- Kills infection
- Fights inflammation



Get a VITAMIN TEST every 2-3 months and correct nutritional deficiencies.

Heal your body

**96%** of the American Population Die from Disease  
4% will die in an accident.

**Vitamin Deficiencies and Poor Nutrition are the Leading Cause for Disease**

See Page 23

**Vitamin Testing Means I Don't Have To Be Sick Anymore**

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CALL to schedule your 15 minute vitamin testing

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# The Benefits of an Alkaline Body

## Fewer Colds

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

## Cancer Prevention

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

- Skin more elastic, youthful
- Deeper more restful sleep
- Abundant physical energy
- Suffer from fewer headaches and viruses
- Good digestion
- Less arthritis
- Reduction of candida (yeast) overgrowth
- Helps the body detox
- Assists with proper absorption of food
- Helps prevent acid reflux
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# Find Your Balance

Discover the Benefits of Holistic Therapy



Enroll in a 6-Week RESTORE HEALTH PROGRAM.

### Week 1

- Day 1: Infrared Heat Therapy (45 mins), Whole Body Vibration (10 mins), Ionic Foot Detox (30 mins)
- Day 2: Deep Tissue Manual Massage (60 mins), Infrared Heat Therapy (45 mins), Whole Body Vibration (10 mins)
- Day 3: , Ionic Foot Detox (30 mins), Hydration Therapy (30 mins), Lymphatic Massage (30 mins)

### Week 2

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

# publisher's letter



I wonder why it's such a compliment to tell a woman she looks like a breath of spring, but not to tell her she looks like the end of hard winter. Isn't it the same thing? I wonder why it pleases her to say time stands still when you look into her face, but not to say her face would stop a clock. Why? I wonder why people who punish a child for lying will tell the same child, "Just say I'm not home."

It's all perceptions and intentions. If you offer good intentions, likewise, good intentions will follow you. If your perception in the

darkest situation is positive, you will likely see your way through that situation. Your heart and mind determine what your perception and intentions will be.

This month our feature editorial is *Learning that Transforms Hearts and Minds*. It teaches us how rethinking how we see our world changes everything. We have seen so many new possibilities in the last four-and-a-half years since we published our first issue of *Natural Awakenings*. Every month is a new journey where we explore new possibilities and create new elements of love in the hands of each and every one of you. This amazing journey is still just a ripple in a vast ocean of universal creations and energy. As we take a step back to reflect and understand the purpose of what we have been doing, only love fills our hearts.

Love is the essence of life. It is the deepest part of us—maybe our very soul. We say things like "in my heart of hearts," meaning in the deepest part of our being, where our true feelings lie, where our truth is. That is why when we give our heart to another or to a belief we are really giving ourselves.

April Thompson has written a beautiful article about happiness. After first reading the article, we were inspired even more to share our beliefs with you this month that through love we form a never-ending cycle of rebirth and renewal. Love means eternity and it has no ending and has no beginning. When love comes purely from the heart, it is entwined with the heart of two people and can mean eternal love and a union of souls. When two hearts are interwoven, they are joined forever.

Even through the death of a family member or friend, our faith continues to bind that love. The endless memories and feelings we share extend beyond the boundaries of time and dimensions. If you allow it, love can settle a suffering heart for a lost love and build a bridge to eternity. It is your perception and intentions that gives you that special something to be that change in the world that transforms hearts and minds. Make them always positive.

*The spirit of God lives within each of us. We have the ability to change our lives, to love our neighbors, and to change the world. We thank You Lord for Your hand in the important earthly matters, but also for Your presence in the little thing in life. Amen*

Think green, live peacefully, share your love,



*Steve & Michelle*

Steve and Michelle Castille, Publishers



## contact us

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### SUBSCRIPTIONS

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

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



# contents



12

- 10 **news**briefs
- 12 **health**briefs
- 14 **global**briefs
- 16 **ecotip**
- 38 **healing**ways
- 40 **green**living
- 42 **healthy**kids
- 44 **conscious**eating
- 46 **wisewords**
- 48 **fit**body
- 50 **inspiration**
- 52 **natural**pet
- 60 **calendar**



17



50

## advertising & submissions

### HOW TO ADVERTISE

To advertise with *Natural Awakenings* or request a media kit, please contact us at 337-896-4141 or email [publisher@NAacadiana.com](mailto:publisher@NAacadiana.com). Deadline for ads: the 10th of the month.

### EDITORIAL SUBMISSIONS

Email articles, news items and ideas to: [publisher@NAacadiana.com](mailto:publisher@NAacadiana.com) Deadline for editorial: the 5th of the month.

### CALENDAR SUBMISSIONS

Email Calendar Events to: [publisher@NAacadiana.com](mailto:publisher@NAacadiana.com) or fax to 337-896-4141. Deadline for calendar: the 10th of the month.

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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.*

### 20 LEARNING THAT TRANSFORMS HEARTS AND MINDS

Rethinking How We See Our World Changes Everything  
by Linda Sechrist



20

### 30 SCHOOLS THAT ROCK

Innovators Blaze Creative Paths  
by Sandra Murphy



30

### 38 SUMMER MINI-GETAWAYS

Green Travelers Recharge at Spas, Parks and Vineyards  
by April Thompson

### 40 DAY CARE GOES GREEN

What's Good for Kids is Good for the World  
by Avery Mack



40

### 42 SUPER-IMMUNITY FOR KIDS

Simple Ways to Boost a Child's Long-Term Health  
by Lisa Turner

### 44 SAFE & SUSTAINABLE SEAFOOD

Navigate Today's Best Choices Using Updated Guides  
by Judith Fertig



44

### 46 CURES IN THE KITCHEN

Dr. Mark Hyman is Fed Up with Our National Health Crisis  
by Judith Fertig

### 48 RUNNER'S HI

Women and Social Media Revolutionize the Sport  
by Debra Melani



52

### 52 WATER DOGGIES

Given a Pool or Lake, Canines Dive Into Action  
by Sandra Murphy

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**BF-4 Weightloss Workout Plan**

(20 lbs / 4 inches / 5 Weeks)

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

**Week 2**

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

**Week 3**

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

**Week 4**

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

**Week 5**

Zerona 40 mins, Whole Body Vibration (PROGRAM 3), Body Wrap (150F)  
 Whey Protein Meal Replacement with Rhodiola 300 mg and Folic Acid 800 mcg  
 Zerona 40 mins, Whole Body Vibration (PROGRAM 3), Body Wrap (150F)  
 Whey Protein Meal Replacement with Rhodiola 300 mg and Folic Acid 800 mcg  
 Zerona 40 mins, Whole Body Vibration (PROGRAM 3), Body Wrap (150F)  
 Whey Protein Meal Replacement with Rhodiola 300 mg and Folic Acid 800 mcg  
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**Price: \$434**

REGULAR PRICE: \$1,104. OFFER ENDS 9/15/14

## LaCarreta Gets A Spruce Up



LaCarreta Mexican Restaurant in downtown Lafayette has gotten a face-lift. LaCarreta has gone from lackluster to downtown plush with their new, remodeled look. From the moment guests enter, they are greeted with a festive pop of color, which intrigues the dullest of imaginations and invites them to take a step further. The once traditional view has been replaced with an updated, modern version of Mexican dining, giving way to enhanced enjoyment and a greater appreciation for the diverse menu. The bar has been reworked, adding an energetic feel to the casual dining experience. As a component of the rapidly growing and developing downtown Lafayette area, LaCarreta is at the corner of good times and great food. They are open 7 days a week and offer various lunch, dinner and happy hour specials.

*Location: 400 Jefferson St., Lafayette. For more information, call 337-706-7799.*

## A Cajun Extravaganza Swamp Tour

Whether individuals or families have recently moved to town or are considering moving to Cajun Country, Lafayette Orientation Tours provided by Pastor Brothers Cajun Excursions is an ideal guide to all things Cajun. The tours are wonderfully designed to present the amazing attributes of Lafayette and



Acadiana culture. Each tour highlights lifestyle, quality of life, unique attractions and the history, which makes Acadiana an outstanding place to settle and raise a family. The tour focuses on assisting each family in making the best

and most informed decision possible when choosing their new home. Clients are able to experience Cajun culture, shopping, entertainment districts and school education systems to help customize a living experience that is the most cultivated, competent and accustomed to the life that is alluring, charming and truly Cajun covetable. Tours are for the entire family and can accommodate two to six people. All transportation is provided with a pickup time at 10 a.m. and a drop off at 4 p.m.

*For more information, visit [PastorBrothers.com](http://PastorBrothers.com).*

## Let's Get Poppin Kettle Corn

Homemade and healthy, Let's Get Poppin Kettle Corn is quickly gaining recognition throughout Acadiana for offering succulent, made from scratch, old fashioned kettle corn. Every weekend, individuals can experience this world-class flavor at the Lafayette Jockey Lot. The outstanding taste originates from a family secret recipe, specifically blended for a one-of-a-kind sweet and salty taste. The popcorn is popped throughout the day, ensuring that each customer is guaranteed to get the freshest batch available. Let's Get Poppin Kettle Corn can often be found popping up their flavorful delights at festivals, fairs and special events. Free samples are offered at each event, guaranteeing immediate satisfaction from the first pop to the last.



*Location: Lafayette Jockey Lot, 3011 NW Evangeline Thruway. For more information, call 337-501-4585*

## Blow Bar Open in Parc Lafayette



Big city glamour meets Cajun country finesse. Ladies, get ready for the Blow Bar, a locally owned salon offering hair styling, blowouts

and make-up application. Located in Parc Lafayette, the salon has taken over the former E's Kitchen space, between Armentor Jewelers and Cathy Miller Interiors. Differing from traditional salons, patrons won't find cutting or coloring services, only style and sensation. Not only that, but the Blow Bar also offers make-up application and artistry by appointment only for special events, group styling and wedding parties. The elegant amenities reflect a modern Hollywood-chic design, and clients are able to browse a unique selection of styles from their book of offerings—ranging from sleek and straight to flowing curls. While enjoying a relaxing day at the salon, clients are often showered with treats, such as champagne and light snacks. The Blow Bar is open Monday through Friday from 10 a.m. to 6 p.m., and Saturday from 10 a.m. to 7 p.m.

*Location: 1921 Kaliste Salon Rd., Ste. 103B. For more information, call 337-534-4839.*

## One Stop Gift Shop

Jelly Bean Gifts and Accessories, LLC, is the best place to start looking for that little something for that special someone. Launched in June in Grand Coteau, this family-run gift shop has a lot to offer, including jewelry, scarves, handbags, religious merchandise, children's items and more. Shoppers are sure to find a gift to suit the tastes of anyone—young, senior or in-between. The store is always getting in shipments of new and exiting merchandise, so the stock is never the same.

*Location: 506 Martin Luther King Dr, Grand Coteau. For more information, call 337-344-8394 or find them on Facebook.*



## Organic Frozen Wheatgrass Juice



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- 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

Wheatgrass helps the body heal from inflammation and pain and is said to help prevent cancer.

## 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.



## WheTea Weight loss drops



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# Disease

Can not live in an alkaline body

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## healthbriefs

### Tough Family Life Linked to Chromosome Aging



When Princeton University researchers analyzed data from a representative sample of 40 African-American boys enrolled in the Fragile Families and Child Wellbeing Study that followed children born in major U.S. cities between 1998 and 2000, they determined that those that lived through 9 years of age with less-stable families, such as parents with multiple partners and harsh or hostile parenting styles, had a higher probability of having shorter telomeres compared with other

children. Telomeres were, on average, 40 percent longer among children from stable families.

Telomeres are the segments of DNA at either end of a chromosome that protect the ends from deterioration or fusion with neighboring chromosomes. Shorter telomeres can decrease life expectancy by reducing the number of times our cells can divide, and scientists are discovering that a person's living environment may lead to the condition.

Using large cohort (age group) study data from the Netherlands Study of Depression and Anxiety, another group of researchers from Amsterdam's Vrije University found significantly shorter telomere length among those with higher stress markers; the shorter length was also associated with aging approximately 10 years faster. In addition, the scientists observed significantly shorter telomere length among people with depressive symptoms lasting longer than four years; the shorter length correlated with both longer and more severe depression.

### Parents' Smoking Linked to Artery Damage in Children

Researchers from Australia's University of Tasmania have found that children exposed to the secondhand smoke of their parents will likely face abnormally thickened carotid arteries later in life. The finding, published in the *European Heart Journal*, followed 3,776 children that participated in the Cardiovascular Risk in Young Finns Study and the Childhood Determinants of Adult Health Study.



The children were divided into groups according to whether neither parent smoked, one parent smoked or both parents smoked. Questionnaire results were combined with ultrasound testing to correlate exposure during childhood with the health of carotid arteries, and researchers concluded that the effects are pervasive even 25 years later.

Those exposed to two parental smokers as children had significantly greater thickness of inner carotid artery walls than did children with non-smoking parents. Their arteries also showed signs of premature aging of more than three years compared to children of nonsmokers. The researchers wrote, "There must be continued efforts to reduce smoking among adults to protect young people and to reduce the burden of cardiovascular disease across the population."

# Pine Bark Extract Reduces Perimenopausal Symptoms



Research published in the *Journal of Reproductive Medicine* confirms that pine bark extract can significantly reduce symptoms of menopause and perimenopause, including restless legs syndrome and hot flashes. For three months, 170 perimenopausal women were given 30 milligrams of Pycnogenol patented pine bark extract or a placebo twice a day.

Although a placebo effect was noted, the supplement significantly improved all but two symptoms and was especially effective in improving vasomotor and insomnia/sleep patterns. The severity of symptoms among the Pycnogenol group, as measured by the Kupperman Index, decreased 56 percent more than for the placebo group.

In another study, scientists from Italy's Pescara University gave 70 perimenopausal women a placebo or 100 milligrams of Pycnogenol daily for two months. The supplement group experienced fewer menopausal symptoms and showed improvements with symptoms that include fatigue, insomnia, reduced concentration, memory problems, dizziness, depression and irritability.

# Flaxseed Lowers Blood Pressure

Eating flaxseed reduces blood pressure, according to researchers from Canada's St. Boniface Hospital Research Center. They attribute the effect to its omega-3 fatty acids, lignans and fiber.



The researchers examined the effects of flaxseed on systolic and diastolic blood pressure in patients with peripheral artery disease, a condition typically marked by hypertension. Patients consumed a variety of foods that collectively contained 30 grams of milled flaxseed or a placebo each day for six months. The flaxseed group experienced significantly increased plasma levels of certain omega-3 fatty acids and lower average systolic blood pressure (by 10 mmHg) and diastolic blood pressure (by 7 mmHg). Those in the flaxseed group with initial systolic blood pressure levels over 140 mmHg saw reductions averaging 15 mmHg.

# Medicinal Mushrooms Boost Athletic Performance



Research from Italy's Pavia University found two medicinal mushroom species—cordyceps (*Cordyceps sinensis*) and reishi (*Ganoderma lucidum*)—significantly improve race performances and recovery times among competitive cyclists.

The researchers studied seven male cyclists that had competitively raced for more than 10 years. For one month, they were given placebo supplements, after which the researchers tested their performance and recovery during races and workouts. Then, for the next three months, the cyclists daily used medicinal mushroom supplementation. The researchers found the mushrooms significantly increased performance and recovery in both workouts and races compared with the placebo period.

The two types of mushrooms both boosted testosterone levels and reduced post-workout cortisol levels. The mushroom supplementation also increased their antioxidant status, reducing their risk of exhaustion.



## HEELLESS SHOES MAY HELP PREVENT RUNNERS' INJURIES

A British study published in *Footwear Science* analyzed the effects of running in experimental heelless footwear compared with conventional running shoes with reinforced heels. The objective was to see if the heelless footwear would reduce the risk of chronic injury related to the habitual rear-foot strike pattern associated with conventional heeled shoes.

Using eight cameras with opto-electric running motion capture technology, 12 male runners were tracked at four meters per second. The heelless running shoe resulted in less impact, greater plantar flexion and greater ankle eversion (rolling outward). The researchers concluded that the heelless shoes decreased the risk of chronic running foot injuries linked to excessive impact forces, but concede they may increase injury potential associated with excessive ankle eversion.

## NATURAL MEDICINE

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

## WOMEN'S LIBIDO



A healthy Libido is vital to an optimal quality of life and is an important part of a healthy relationship. Women's Libido helps restore desire in women, whether it has become temporarily lessened or altogether lost.

**Natural Health Center, Carencro**  
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## I drink wheatgrass.

Wheatgrass is a natural source of vitamins and minerals. In 2002 a small study found that wheatgrass juice, when used along with standard medical care, seemed to help control symptoms of chronic inflammation of the large intestine, a condition called ulcerative colitis. All of the patients received regular medical care, including their usual diet. Those who drank about 3 ounces of the juice every day for a month had less pain, diarrhea, and rectal bleeding than those in the group drinking the placebo.

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



### Opelousas

**BENNY'S Sport Shack, Tel: 948-6533**

### Sunset

**DHARMA Center, Tel: 662-3120**

### Carencro

**Natural Health Center, Tel: 896-4141**

### Lafayette

**Drug Emporium, Tel: 261-0051**

**Road Less Traveled, Tel: 988-9889**

# globalbriefs

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

## Fitness Update

### Healthiest U.S. Metro Areas in 2014



The American College of Sports Medicine's (ACSM) seventh annual American Fitness Index (AFI) ranks Washington, D.C., at the top with a score of 77.3 (out of 100), followed by Minneapolis-St. Paul (73.5), Portland, Oregon (72.1) Denver (71.7) and San Francisco (71). Overall, metro areas in 25 states scored 50 or above; the two lowest-ranking hovered near 25 points.

"The AFI data report is a snapshot of the state of health in the community and an evaluation of the infrastructure, community assets and policies that encourage healthy and fit lifestyles. These measures directly affect quality of life in our country's urban areas," says Walter Thompson, Ph.D., chair of the AFI advisory board.

Find the complete report at [AmericanFitnessIndex.org](http://AmericanFitnessIndex.org).

## Dirty Waters

### Trenton to Chicago via Eco-Outrigger

Margo Pellegrino, a homemaker, mother of two and healthy oceans advocate from Medford Lakes, New Jersey, will begin a 1,600-mile journey from nearby Trenton to Chicago, Illinois, by outrigger canoe on August 13 as part of Blue Frontier Campaign's ocean explorers project. During her two-month trip, she'll meet with local environmental groups and the media to raise awareness of the urgent need to clean America's waterways.



"All water and everything in it ends up in the ocean," Pellegrino says. "Plastics and chemicals are particular problems, but soil runoff during floods and heavy rains also impact the ocean and marine life." During previous paddles, Pellegrino saw firsthand the effects of dumped industrial waste in the waterways she traversed. She notes that nationally, oil rig operators have federal permits to dump 9 billion gallons of hydraulic fracturing, or fracking, waste into the ocean each year.

On Pellegrino's first trip in 2007, she paddled nearly 2,000 miles up the Atlantic Coast, from Miami, Florida, to Maine. In 2009, she partnered with the Natural Resources Defense Council to go from Miami to New Orleans, Louisiana, to build support for a Healthy Oceans Act ([OnEarth.org/author/healthyoceanspaddle](http://OnEarth.org/author/healthyoceanspaddle)). In 2010, she canoed along the Pacific coastline from Seattle, Washington, to San Diego, California. Next summer, Pellegrino plans to paddle down the Mississippi River.

Follow her upcoming trip at [Miami2Maine.com](http://Miami2Maine.com) or on Facebook.

## Cycling Rx

### Doctors Order Up a Bike for Patients



The Prescribe-a-Bike program ([Tinyurl.com/Prescription Bikes](http://Tinyurl.com/PrescriptionBikes)) allows doctors at Boston Medical Center, in Massachusetts, to write low-income patients prescriptions for a one-year membership to Hubway, the city's bike-sharing system, for \$5, which is \$80 less than the regular charge. A free helmet is part of the deal.

According to *The Boston Globe*, one in four Boston residents is obese, and Kate Walsh, chief executive of Boston Medical Center, believes the program can help. "Regular exercise is key to combating this [obesity] trend, and Prescribe-a-Bike," she says, "is one important way our caregivers can help patients get the exercise they need to be healthy."

Source: The Atlantic Monthly

## Flight Zone

### Airports Establish Bee-Friendly Acres

The Common Acre is a nonprofit partnering with the airport serving Seattle, Washington, and the Urban Bee Company ([UrbanBee.com](http://UrbanBee.com)) to reclaim 50 acres of vacant land to plant native wildflowers as pollinator habitat for hummingbirds, butterflies and disease-resistant bee colonies. A GMO-free (no genetic modification) wildflower seed farm is also in the works. Bees present no threat to air traffic and the hives discourage birds that do pose a danger to planes.

Beekeeper Jim Robins, of Robins Apiaries, in St. Louis, Missouri, rents an area with a plentiful supply of white Dutch clover, and Lambert Airport views his enterprise as part of its sustainability program. O'Hare Airport, in Chicago, the first in the U.S. to install hives, is rebuilding to its full complement of 50 hives after losing about half of them to 2014's extreme winter. It's a project that could be a model for airports everywhere—using inaccessible scrubland to do something revolutionary, like supporting a local food system. One hundred foods make up 90 percent of a human diet, and bees pollinate 71 of them.

Learn more at [CommonAcre.org](http://CommonAcre.org).



## Harvesting Fog

### Simple Device Provides Safe Water in Africa



The WarkaWater tower is providing an innovative new way to harvest safe drinking water, normally an onerous task in Ethiopia and many other parts of Africa. Obtaining water via repeated trips to the nearest source is extremely time-consuming and what's collected is often highly contaminated and harmful to drink. Also, this task is

commonly carried out by females, putting them in danger of sexual harassment or worse enroute.

The towers, inspired by the native warka tree, are a vertical bamboo system that harvests potable, clean water from the air through condensation, using a fog-harvesting fabric that can collect up to 25 gallons of safe drinking water per day. Each tower costs about \$550, and can be built in a few days by village residents using locally available materials.

Source: [Inhabitat.com](http://Inhabitat.com)



## True Grit

### Why Persistence Counts

Some educators believe that improvements in instruction, curriculum and school environments are not enough to raise the achievement levels of all students, especially disadvantaged children. Also necessary is a quality called "grit", loosely defined as persistence over time to overcome challenges and accomplish big goals. Grit comprises a suite of traits and behaviors that include goal-directedness (knowing where to go and how to get there); motivation (having a strong will to achieve identified goals); self-control (avoiding distractions and focusing on the task at hand); and a positive mindset (embracing challenges and viewing failure as a learning opportunity).

A meta-study of 25 years of research by John Hattie and Helen Timperley, professors at the University of Auckland, New Zealand, has shown that giving students challenging goals encourages greater effort and persistence than providing vague or no direction. Students aren't hardwired for these qualities, but grit can be developed through an emerging battery of evidence-based techniques that give educators a powerful new set of tools to support student success.

A famous example of the power of self-regulation was observed when preschoolers that were able to withstand the temptation of eating a marshmallow for 15 minutes to receive a second one were more successful in high school and scored about 210 points higher on their SATs later in life than those with less willpower ([Tinyurl.com/Stanford MarshmallowStudy](http://Tinyurl.com/StanfordMarshmallowStudy)).

Source: [ascd.org](http://ascd.org).

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## QUICK FACT:

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

Source: FDA.gov

## ecotip

### New School Rules

Eco Strategies for Back-to-School Prep

Families preparing for the coming school year will welcome easy ways to stretch the budget while protecting the environment our kids are growing up in.



■ Buying new clothes can be expensive, and most of today's synthetic fibers are petroleum-based, while toxic pesticides are commonly used to grow cotton. For healthier alternatives, check labels for clothes made from organic, low-impact or recycled materials such as organic cotton, hemp, bamboo or recycled fibers. Inexpensive options are found in Salvation Army and other thrift store locations, as well as repurposing hand-me-downs among siblings.

■ Avoid buying all new school supplies. Gently used binders and book bags can last years. Sturdy, simple backpacks skip the cost of faddish brand-name and celebrity products. For supplies that must be replenished, like paper, seek out post-consumer-recycled options.

■ For lunch boxes, food containers and utensils, look for retro metal, a cloth bag and other alternatives to plastic (which can contain harmful chemicals) and glass (which can break). Beth Terry, in her book, *Plastic-Free: How I Kicked the Plastic Habit and How You Can Too (MyPlasticFreeLife.com)*, suggests searching *Mighty Nest.com* and *LifeWithoutPlastic.com*, makers of stainless steel, naturally lacquered wood and other non-plastic, durable children's bowls, cups, plates and utensils.

■ Healthy afterschool extracurricular activities today typically require driving commutes. Look into carpooling with nearby families to save time and gas, cut vehicle emissions and expand friendships.

■ Check the school's eco-practices. Encourage local administrators to conduct recycling programs and to email documents to parents instead of using regular mail.

## RESTFUL SLEEP KIT



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- 1 Bottle of Valerian
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## Dangerous Influx

### Gas Pipeline Pumps Radioactive Radon into Homes

In New York City, the 2013 is delivering burning natural gas. It's also piping commercial and water heat-above the safe level for



According-

the University of Albany, New York, "While it may be possible to remove other components of raw natural gas such as ethane, propane, butane and pentanes at natural gas processing centers, it's not possible to remove radioactive substances such as radon. Radon is the leading cause of lung cancer among nonsmokers and the second-leading cause among smokers and indirect (secondhand) smokers."

The Spectra conduit is one of hundreds of pipelines and fossil fuel infrastructure projects across the country being quickly approved by the Federal Energy and Regulatory Commission. Citizens should demand that elected officials connect the dots and halt the uncontrolled rush to drill new sites regardless of safety concerns and let them know people are alarmed by the possibility of radioactive gas entering their communities.

Spectra gas pipeline that went online in more than just energy-efficient, clean-gas from Pennsylvania's Marcellus Shale. radioactive radon gas that's contaminating residential boilers, ovens, stoves, dryers at 30 to 80 times baseline levels—well U.S. Environmental Protection Agency radiation exposure.

ing to Dr. Sheila Bushkin-Bedient, with

To learn more, visit [MariasFarmCountryKitchen.com/radon-gas](http://MariasFarmCountryKitchen.com/radon-gas).

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# Garcinia Cambogia: Prevents Fat Cell Formation

## What is Garcinia Cambogia?



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

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

## How Does Garcinia Cambogia Work?

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

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

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

## Benefits of Garcinia Cambogia:

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

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

Source: *Inspired by Doctoroz.com*

ADVERTORIAL

# Raspberry Ketones Help Fat Cells Shrink



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

## Fat Burning Hormones and Raspberry Ketones

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

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

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

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

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

Source: *Foodtrients.com*

ADVERTORIAL

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

Report: Pancreatic cancer second most deadly by 2030

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

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

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

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

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

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

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

## **Obesity may affect cancer patients' outcomes**

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

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

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

Source: CNN.com

**ALERT! SPECIAL REPORT**

## INDOOR AIR QUALITY

We spend 90% of our time indoors where there is up to 20 million particles in 10 cubic feet of room air. The air which we breathe is full of harmful substances, and conditions worsen everyday. The American Lung Association recommends that the first line of defense against indoor air pollution is finding ways to keep the pollutants from being added to the air in the first place. This is known as source control. Change air filters each month.

### **Common Symptoms of Indoor Air Pollution**

Symptoms of poor indoor air quality are very broad and depend on the contaminant. They can easily be mistaken for symptoms of other illnesses such as allergies, stress, colds and influenza. The most common symptoms are:

- coughing
- sneezing
- watery eyes
- fatigue
- dizziness
- headaches
- upper respiratory congestion

If you notice relief from your symptoms soon after leaving a particular room or building, your symptoms may be caused by indoor air contaminants.

### **Respiratory Health Effects**

- Rhinitis, nasal congestion (inflammation of the nose, runny nose)
- Epistaxis (nose bleeds)
- Dyspnea (difficulty of breathing or painful breathing)
- Pharyngitis (sore throat), cough
- Wheezing, worsening asthma
- Severe lung disease

### **More Severe Health Effects**

- Conjunctival (eye) irritation
- Rashes
- Fever, chills
- Tachycardia (rapid heartbeat, some times leading to shortness of breath)
- Headache or dizziness
- Lethargy, fatigue, malaise
- Nausea, vomiting, anorexia
- Myalgia (muscle pain)
- Hearing loss

# Learning that Transforms Hearts and Minds

## Rethinking How We See Our World Changes Everything

by Linda Sechrist



In the 30 years since Harrison Owen introduced Open Space Technology (OST), it has been used hundreds of thousands of times by three-quarters of the world's countries. Whether a few people gather in a circle to share ideas and brainstorm personal issues or thousands discuss a bulletin board of topics around tables, OST is a safe, informal venue for transformative learning.

Guided by purpose-based, shared leadership, it allows individuals focused on a specific task to freely speak their thoughts and be heard. It also encourages breakout groups to mine for more information—learning individually, as well as collectively, and self-organizing in order to concentrate on more complex topics. “Boeing engineers used OST to learn how to redesign airplane doors and young Egyptians used it to strategize for their Arab Spring,” as examples, comments Owen.

### Circle Principle

For Owen, like Jack Mezirow, author of the paper, “Core Principles of Transformative Learning Theory,” 20th-century Brazilian educator Paulo Freire and

Juanita Brown, co-founder of The World Café, learning is transformation, the keystone of life, and the essence of meaningful education. “The circle principle contains the predictability of fresh, emerging thoughts and learning that never occurred previously,” explains Owen.

He points to an experiment regarding children's capacity for self-learning initiated by Sugata Mitra, Ph.D., the former science director of an educational technology firm in India. On the outside wall of the building where he worked, Mitra installed a computer facing a New Delhi slum where most children were unschooled and illiterate and had never seen a computer. He turned it on and told children they could play with it.

Via a noninvasive video camera, he watched 7-to-13-year-olds discover how to use the computer and teach each other how to play music and games and draw using Microsoft's Paint program. Repetition of the experiment in other impoverished sections of India yielded similar results. Wherever he established an Internet connection, children that could not read English, the Internet's default language, taught themselves

how to use the Web to obtain information through their interactions with each other and the computer.

“I agree with what Mitra surmised from his experiment—learning is emergent, which is another word for self-organizing,” remarks Owen. Like Freire, Owen likens traditional education to the “banking” method of learning, whereby the teacher passes information to students that become dependent on someone else rather than learning how to think on their own.

Suzanne Daigle, a Sarasota, Florida-based consultant with a Canadian multidisciplinary consulting firm, explains how the OST learning environment changed her life: “My personal transformation began in 2009, when I volunteered to assist another OST facilitator. I was a perfectionist who judged myself harshly and struggled with the question, ‘Who am I to think I can help hold space for leaders to transform themselves through their learning when I have so little experience?’”

She notes, “Before such experiences, even though I was a leader in my corporate career, I doubted myself and often believed that what others had to say was more significant and interesting than what I could express.” Now she says she has shed her people-pleasing tendencies and former attempts to control other people's agendas and discovered the freedom and courage of her own voice. “As an OST facilitator, my life work now occurs in the moments I am collaboratively learning and listening for opportunities to enter into meaningful conversations that can lead to actions,” says Daigle. “I invite others to do the same.”

### Co-Learning

In a compulsory two-year Theory of Learning class for an International Baccalaureate degree at California's Granada Hill Charter High School, math and science educator Anais Arteaga helps students apply two major elements of transformative learning: self-reflection to critique one's own assumptions and discourse through which they question or validate their judgments. She focuses on the roles that perception, language, reason and emotion play in a student's learning and decision-making abilities.

"Questions and lively discussions are the basis of the class," Arteaga says. "We begin with a question and explore what we know, how we know it and any conclusions drawn from the process."

Using a democratic model in which the teacher welcomes critical discussion, Arteaga and her students have mutually discovered that knowledge is not static, but has a history and changes over time. "When we first started the class, it was challenging to accept that in many situations there is no right or wrong, just relativity and a matter of perception. We don't really know anything for certain," she remarks.

### Worldview Explorations

Katia Petersen, Ph.D., is the executive director of education at the Institute of Noetic Sciences (IONS), headquartered in Petaluma, California. She co-developed the tools, practices and 22 lessons in the pioneering organization's Worldview Explorations (WE) project. Founded on 40 years of IONS research, WE engages everyone in age-appropriate ways in reflecting upon long-held assumptions and how beliefs create the lens they see through, ultimately improving how they understand and respond to the world.

"When individuals understand the power of offering their story and are open to the worldview stories of others, they no longer focus attention on differences and limitations," says Petersen. "They realize that everyone has their own truth."

Through small groups and conversations, participants unpack how the program has influenced them by answering questions that explore what inspired, surprised and changed the way they perceive the world. "WE's transformative learning experiences draw from the heart and soul of individuals, rather than stuffing heads with ideas and perspectives, which serves them well as they embody and apply these tools and practices in their daily lives," notes Petersen.

She cites a particularly powerful moment for a group of young people she worked with. "A student was killed in a drive-by shooting two weeks before their certification. The transformative moment came when they said that

"There is no such thing as a neutral education process. Education either functions as an instrument which is used to facilitate the integration of generations into the logic of the present system and bring about conformity to it, or it becomes the practice of freedom, the means by which men and women deal critically with reality and discover how to participate in the transformation of their world."

~ Richard Shaull, ThD



their new awareness and capacity for compassion and understanding would not allow them to seek revenge. Instead, they chose to save lives in their communities using their new skills."

### Mycelium School

Ashley Cooper and Matt Abrams, co-founders of the Mycelium School, in Asheville, North Carolina, re-imagined a learning environment for aspiring entrepreneurs and social change agents committed to activating their potential and realizing solutions to today's challenges. A 12-week learning journey allows individuals to become increasingly adept at learning from and helping each other learn.

The curriculum offers minimum structure, significant support and collaboration with others. "In the learning community, individuals are dedicated to a project or life question of their choice," explains Cooper. Participants' goals include changing careers, determining the next steps after retirement or how to pursue true passions to make a difference in the world.

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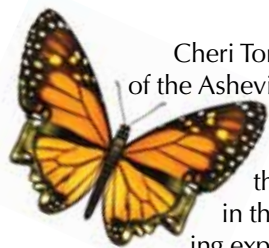


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Cheri Torres, Ph.D., founder of the Asheville-based Innovation Partners International SE, was one of the earliest participants in the Mycelium Learning experience. She says that she obtained an expanded understanding of the approach that she uses in her work. "The whole systems approach I use with organizational and community leaders enables them to shift from a top-down management model to one that engages everyone and uses the collective intelligence and collaborative efforts of all for the collective good. My own learning journey transformed the level of awareness I bring to my work and the understanding of who I am," advises Torres.

"My original guiding question was, 'How can I get so clear about my work that I can explain it in plain language?' Ultimately, my question shifted to what would it be like for me to live and work from a place of wholeness. Through conversations with Ashley and self-reflection, I realized I was not walking my talk within my own mind-body-spirit system. My journey helped me understand that my most effective role in my

own life, as well as with clients, is to create the conditions for collective intelligence and collaboration to emerge in service to the whole," says Torres.

### World Café

Like OST, the World Café, co-created by Brown and David Isaacs, of Burnsville, North Carolina, creates a transformative learning environment for individuals of all ages. Its primary principles are: set the context, create hospitable space, explore questions that matter, encourage everyone's contributions, connect diverse perspectives, listen together for patterns and insights and share collective discoveries. Webs of conversation created around actual or occasionally virtual tables resemble those found in coffeehouses.

"Conversation is a core meaning-making process, and people get to experience how the collective intelligence of a small or large group can become apparent," says Brown. After several rounds of conversation on one or more topics, participants offer their harvest of key insights, learning and opportunities for action with the full group gathered to reflect together on their discoveries.

"World Café provides an environment in which you are comfortably drawn forward by the questions you are asking together. When enough diversity is present, varied perspectives are offered and people feel listened to and free to make their contribution," observes Brown.

What participants learn in this setting creates the climate of conditions that support the kinds of transformations that can change lives. Brown remarks, "When it happens to me, I feel like my brain cells have been rearranged. I know something in the collective, as well as the individual, has been evoked, so that something never before imagined becomes present and available."

Transformative learning has been compared to a sea journey without landmarks. Adventurous individuals that are open to traversing its highly engaging processes can emerge as autonomous thinkers, capable of contributing fresh, new ideas that just might transform the world we live in.

*Linda Sechrist is a senior staff writer for Natural Awakenings. Visit [ItsAllAboutWe.com](http://ItsAllAboutWe.com) for the recorded interviews.*






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Micronutrient deficiencies are common in our population. I am on record as saying that dietary supplements are not substitutes for good diets, but they are good insurance against gaps in the diet.  
- Andrew Weil, M.D.

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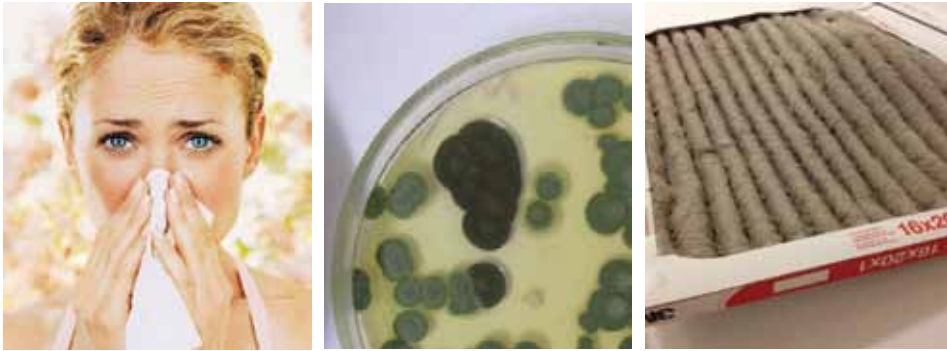
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# Is This Your Workplace or Home?

Indoor Air Pollution Risks for Cancer, Heart Disease, and Obesity



## How Our Buildings Are Making Us Sick

Poor indoor air quality can cause or contribute to the development of infections, lung cancer, and chronic lung diseases such as asthma. In addition, it can cause headaches, dry eyes, nasal congestion, nausea and fatigue. People who already have lung disease are at greater risk.

Source: American Lung Association

We draw 12,000 liters (that's over 3,000 gallons) of air into our lungs each day. We breathe in and out 20,000 times each day, yet we don't spend much time in the fresh forest air. On the contrary, we spend 90% of our time indoors. While we pay attention to our health when considering what we eat and drink most of us are indifferent to the quality of the air that we breathe.

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## Indoor Air Pollution And Cardiovascular Disease Risk



A team of scientists from Denmark and Sweden discovered that indoor air polluted with tiny particles that are breathed in and get into the bloodstream affected the performance of blood vessels, and potentially increased the risk of cardiovascular

disease, in elderly people. When the air quality was improved using filters, their blood vessels worked much better.

The study is published in the American Journal of Respiratory and Critical Care Medicine and was the work of Dr Steffen Loft of the Institute of Public Health, Department of Environmental Health, Copenhagen, in Denmark, and colleagues.

Scientists already knew that exposure to air pollutants such as the microscopic particles emitted in various types of vehicle, industrial and power plant exhaust fumes increased risk factors for cardiovascular disease. This is probably because the endothelial cells that line the walls of all blood vessels become damaged by the tiny particles once they get into the bloodstream. This study extends that knowledge to indoor air quality.

Loft and colleagues investigated the effect of air particles on three markers of blood vessel health: microvascular function (MVF), oxidative stress, and inflammation.

Source: *MedicalNewsToday.com*

## Diabetes Linked to Dirty Air



Health wise, the air we breathe is just as important as the foods we eat, according to a recent report published in the journal *Diabetes Care*. The report is based on one of the first large-scale, population-

based studies linking diabetes prevalence with air pollution. According to researchers from Children's Hospital Boston, a strong, consistent correlation exists between adult diabetes and particulate air pollution, an association that persists after adjustment for other risk factors such as obesity and ethnicity. The relationship was seen even at exposure levels below the current U.S. Environmental Protection Agency safety limit.

Source: *WebMD.com*

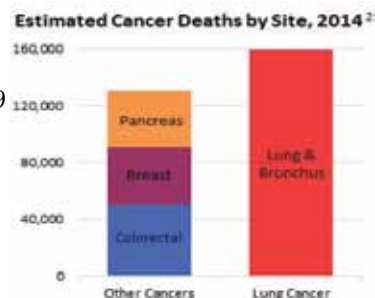
## Poor Indoor Air Quality Can Cause or Contribute to Cancer



Lung cancer is the leading cancer killer in both men and women in the United States. In 1987, it surpassed breast cancer to become the leading cause of cancer deaths in women.

Lung cancer causes more deaths than the next three most common cancers combined (colon, breast and pancreatic). An estimated 159,260 Americans are expected to die from lung cancer in 2014, accounting for approximately 27 percent of all cancer deaths.

The number of deaths due to lung cancer has increased approximately 4.3 percent between 1999 and 2010 from 152,156 to 158,318. The number of deaths among men has reached a plateau but the number is still rising among women. In 2010, there were 87,740 deaths due to lung cancer in men and 70,578 in women.



The age-adjusted death rate for lung cancer is higher for men (60.3 per 100,000 persons) than for women (38.1 per 100,000 persons). It also is higher for Blacks (51.4 per 100,000 persons) compared to Whites (48.3 per 100,000 persons). Black men have a far higher age-adjusted lung cancer death rate than White men, while Black and White women have similar rates.

Source: *American Lung Association*

## Obesity Linked to Increased Inhalation of Air Pollutants

Researchers have long known that exposure to air pollution can cause respiratory illnesses, such as asthma. But a new study suggests that individuals who are overweight or obese breathe in up to 50% more air (carbon dioxide) each day, compared with those of a healthy weight.

To reach their findings, published in the journal *Risk Analysis*, investigators from the School of Public Health at the Université de Montréal in Canada, found that breathing in extra carbon dioxide makes our blood more acidic and lowered pH (acidic) in the brain makes appetite-related neurons fire more frequently.



Source: *MedicalNewsToday.com*

# ORGANIC FRUITS & GREENS BLEND

All cells need a supply of oxygen and nutrients, and cancer cells are no exception. Without their own blood supply to nourish them, tumours cannot grow larger than the size of a grain of sugar.

As a tumour grows, it sends out signals to nearby blood vessels. These cause new blood vessels to sprout towards the tumour, effectively hijacking the blood supply. Scientists call this process angiogenesis.

Source: Cancer Research UK

## A cancer cell needs:

- acidic tissue and fluids to survive in
- a low oxygen environment
- stagnant lymph can feed cancer cells

### Antiangiogenic Foods:

Green tea Strawberries Blackberries Raspberries  
Blueberries Oranges Grapefruit Lemons Apples  
Pineapple Cherries Red wine Wheatgrass



### Supplement Facts

Serving Size: 1 Heaped Scoop (17g)  
Servings Per Container: 30

Amount Per Serving		% Daily Value
Calories	40	
Total Carbohydrates	10g	20%
Dietary Fiber	2g	4%
Sugars	4g	**

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#### Organic Greens Blend

Organic Spirulina	2250mg	**
Organic Wheatgrass Powder		
Organic Barley Grass Powder		
Organic DGL Grass Powder		

#### Organic Flax Seed Powder

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\*\* Percent Daily Value based on a 2,000 calorie diet.  
\*\*\* Daily Value not established.

Other Ingredients: Organic evaporated cane juice.

Updated February 2014



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Servings Per Container: 62.5

Amount Per Serving	% Daily Value
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Pancreatin 4x USP	750mg
Papain	600,000 USP
Bromelain	720 GDU
Trypsin	9,000 USP
Chymotrypsin	250 USP
Rutin	400mg
White Willow Bark (15% salicin)	100mg
Turmeric root	100mg

\* Daily Value not established

**Other ingredients:** Dicalcium phosphate, microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, enteric coating.

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# Schools that Rock

## Innovators Blaze Creative Paths

by Sandra Murphy

Creative educational initiatives offer more flexible programs of study than traditional institutions. First introduced into the United States in the latter part of the 20th century, today there are thousands of such facilities operating according to their own lights. Yet many share certain distinguishing characteristics including emphasis on close student-teacher relationships, diverse experiential learning and development of student decision-making skills aided by peer and parental support. All aim to prepare and equip students for future success both inside and outside the classroom.

### Montessori

At age 3, kids at the Baltimore Montessori Public Charter School, in Maryland, are gaining early math and motor skills, plus an appreciation for healthy foods, in unique and innovative ways. “The children roll out a long mat containing 1,000 beads that they use to learn to count by twos, fours and 10s,” says Jenny Smolen, development coordinator and grant writer for the school. “When it’s time for multiplication and division, they’re prepared.”

The school is located in a food desert—fresh, unprocessed food isn’t readily available—so the kids plant

seeds to grow in pots until it’s time to transplant them to the garden. “Before the seed-to-table program, the kids didn’t know what fresh tasted like. Now they go home and ask for vegetables for dinner,” says Smolen.

The school also has six chickens that supply fresh eggs, and two beehives produced 100 pounds of honey last year that was sold to raise funds. The school is free of charge to Baltimore city students chosen by lottery. Currently, 330 students from diverse backgrounds ages 3 through 13 attend, with 1,000 names on the waiting list.

Children at Wisconsin’s Montessori School of Waukesha learn to baste; spoon beans or rice from bowls; cut paper, draw, paint or paste cutouts; and sew or embroider using a three-finger grip. It strengthens the muscles they will need later to practice writing skills.

### Waldorf

Waldorf School alumna Jocelyn Miller, an account manager at Matter Communications, drives 45 minutes from Newburyport, Massachusetts, to take her three children to the Cape Ann Waldorf School, in Beverly. “On bad weather days, I wonder why I make the drive, but the smiles when we arrive are worth it,” she says. There, her children spend time outdoors regardless of the weather. Indoors, they draw illustrations to bolster lessons on history and geography.

Second-graders work in three-hour blocks of time, rather than the traditional 45 minutes. Third-grade students recently spent three weeks studying Greek mythology. Older students play in an orchestra and learn German and Spanish. They also knit; the craft builds manual dexterity and helps children learn to plan, correct mistakes, be creative, visualize the finished product and mindfully create something useful or decorative.

Middle school and high school students at the Waldorf School of Garden City, in New York, universally participate in seasonal sports—baseball, softball, basketball and soccer. The emphasis on the values of teamwork and sportsmanship complement development of skills. The school’s policy is, “You don’t have to be a superstar to get playing time,” noting that the quality of athletic teams is consistently strong.

The school also brings some green into the city with a horticultural program that fully cultivates a quarter-acre field. Its steady harvest of fruits,

vegetables, herbs and grains includes lettuce, beans, spinach, broccoli, kale, corn, oregano, thyme, rosemary, strawberries, blueberries and raspberries. A new greenhouse keeps produce growing through winter months.

Students at Conservatory Prep High School, in Davie, Florida, were tasked with finding a way to walk on water in order to explore principles of flotation and buoyancy. After researching and experimenting with each of a series of materials, they analyzed what went wrong, worked to fix it and then tried again. "We did the testing at our onsite pool," says Wendy Weiner, Ed.D., the school's founder and principal and a Waldorf alumna. "We saw some pretty funny results, but they eventually invented a pair of shoes that worked. Of course, they were pretty big shoes."

## Homeschooling

Homeschooling provides another option. Parents don't need to know all about a subject with organizations like Bridge-way Academy's homeschool curricula at hand. This Lehigh Valley, Pennsylvania, institution provides easy access to tools and support for families nationwide. "We're a kindergarten-to-12th-grade provider," says Jessica Parnell, academy president. "Teachers in a school setting have to teach standardized subjects, in certain ways, to the whole class. We use customized learning to inspire and excite children individually. We help parents discover their child's learning style, personality and ideal learning environment."

Materials provided include instructor guides, user-friendly websites and interactive games and other activities. "It gives kids the freedom to explore, learn and discover," Parnell adds. "This is how you grow a lifelong learner."

## Un-Schooling

Un-schooling, another pioneering approach, is a method of homeschooling in which children pursue areas that interest them, eat foods they enjoy, rest when needed, choose friends of all ages or none at all and engage their world in unique, powerful and self-directed ways. Suzanne Strisower, a life and career coach in Oroville, California, has written a common-core, standards-based curriculum for un-schoolers. "It's a year-long program for ages 15 and up designed to enable a student to realize his career path and life's purpose," she says.

## Online Tutorials

"There's an explosion in online learning, too," observes Bob Bowdon, executive director of nonprofit Choice Media, an education news service at *ChoiceMedia.tv*, produced in New York City. School kids in some states are able to opt out of a class at school if they feel the teaching style is holding them back, instead tapping online teachers available in a virtual school setting.

Louisiana's Department of Education's Jump Start program partners high schools and local companies to offer students one-day-a-week internships apprenticing in trades. "It's real-world, on-the-job training," says Bowdon.

Thanks to such innovative approaches to school curricula and technology, parents and children have more options than ever before for learning. Instead of memorizing information until the next test and then forgetting it, more learning is customized and hands-on, because children that learn by doing, remember.

Connect with Sandra Murphy at *StLouisFreelanceWriter@mindspring.com*.

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# Wheatgrass the KING of Superfoods

Wheatgrass is grown from the wheat seed (wheat berries), which is the whole kernel of the wheat grain. To an inexperienced eye, the blades of wheatgrass look very similar to those of any common lawn grass. There are, however, considerable differences between them beneath their uniform outer appearance.

Wheatgrass is considered by many people to be the most healing of all grasses. It contains more than 90 elements from the soil, and it is one of nature's richest sources of vitamins A and C. When it is grown in fertile organic soil, it contains all of the known mineral elements and is rich in calcium, magnesium, phosphorus, iron, potassium, sulfur, sodium, cobalt and zinc. Wheatgrass is also abundant in vitamin B-17, a substance that can destroy cancer cells selectively.

Scientists at the University of Texas concluded that wheatgrass juice is exceptional in its chlorophyll content. Known as "nature's greatest healer," chlorophyll produces an environment that suppresses bacterial growth in the body and counteracts ingested toxins. It also helps to purify the liver, build the blood's oxygen-carrying potential and regulate digestion.

As a cocktail, wheatgrass is a powerful purifier of the stomach, liver, pancreas and circulatory system. Initial consumption of even one ounce may cause nausea; however, this is merely a brief manifestation of the initial impact of the wheatgrass juice upon bodily toxins. We recommend one starts with a small amount (one ounce or less) and increase that amount gradually until one is drinking three ounces daily. For optimum nutritional value, one must consume the fresh or frozen juice. One can also chew the blades of wheatgrass; the juice can be swallowed and the pulp discarded.



Wheatgrass was first introduced to Acadiana in 2011 in *Natural Awakenings* Magazine by Dr. Steve Castille. Dr. Steve founded The Acadiana Wheatgrass Institute in 2012 to study the health benefits of wheatgrass. Using a state-of-the-art biochemical research lab, Dr. Steve's holistic research team is developing new ways to fully harvest the nutritional benefits of wheatgrass.

## Benefits of Drinking Wheatgrass:

1. Cleanse the body
2. Increase Energy
3. Source of Amino Acids
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# Benefits of Wheatgrass

Some of the superior qualities of wheatgrass and the juice that can be extracted from its blades include the following:

- Increases red blood-cell count and lowers blood pressure. It cleanses the blood, organs and gastrointestinal tract of debris. Wheatgrass also stimulates metabolism and the body's enzyme systems by enriching the blood. It also aids in reducing blood pressure by dilating the blood pathways throughout the body.
- Stimulates the thyroid gland, correcting obesity, indigestion, and a host of other complaints.
- Restores alkalinity to the blood. The juice's abundance of alkaline minerals helps reduce over-acidity in the blood. It can be used to relieve many internal pains, and has been used successfully to treat peptic ulcers, ulcerative colitis, constipation, diarrhea, and other complaints of the gastrointestinal tract.
- Is a powerful detoxifier, and liver and blood protector. The enzymes and amino acids found in wheatgrass can protect us from carcinogens like no other food or medicine. It strengthens our cells, detoxifies the liver and bloodstream, and chemically neutralizes environmental pollutants.
- Fights tumors and neutralizes toxins. Recent studies show that wheatgrass juice has a powerful ability to fight tumors without the usual toxicity of drugs that also inhibit cell-destroying agents. The many active compounds found in grass juice cleanse the blood and neutralize and digest toxins in our cells.
- Contains beneficial enzymes. Whether you have a cut finger you want to heal or you desire to lose five pounds...enzymes must do the actual work. The life and abilities of the enzymes found naturally in our bodies can be extended if we help them from the outside by adding exogenous enzymes, like the ones found in wheatgrass juice. Don't cook it. We can only get the benefits of the many enzymes found in grass by eating it uncooked. Cooking destroys 100 percent of the enzymes in food.
- Has remarkable similarity to our own blood. The second important nutritional aspect of chlorophyll is its remarkable similarity to hemoglobin, the compound that carries oxygen in the blood. Dr. Yoshihide Hagiwara, president of the Hagiwara Institute of Health in Japan, is a leading advocate for the use of grass as food and medicine. He reasons that since chlorophyll is soluble in fat particles, and fat particles are absorbed directly into the blood via the lymphatic system, that chlorophyll can also be absorbed in this way. In other words, when the "blood" of plants is absorbed in humans it is transformed into human blood, which transports nutrients to every cell of the body.
- When used as a rectal implant, reverses damage from inside the lower bowel. An implant is a small amount of juice held in the lower bowel for about 20 minutes. In the case of illness, wheatgrass implants stimulate a rapid cleansing of the lower bowel and draw out accumulations of debris.

- Externally applied to the skin can help eliminate itching almost immediately.
- Will soothe sunburned skin and act as a disinfectant. Rubbed into the scalp before a shampoo, it will help mend damaged hair and alleviate itchy, scaly, scalp conditions.
- Is soothing and healing for cuts, burns, scrapes, rashes, poison ivy, athlete's foot, insect bites, boils, sores, open ulcers, tumors, and so on. Use as a poultice and replace every two to four hours.
- Works as a sleep aide. Merely place a tray of living wheatgrass near the head of your bed. It will enhance the oxygen in the air and generate healthful negative ions to help you sleep more soundly.
- Enhances your bath. Add some to your bath water and settle in for a nice, long soak.
- Sweetens the breath and firms up and tightens gums. Just gargle with the juice.
- Neutralizes toxic substances like cadmium, nicotine, strontium, mercury, and polyvinyl chloride.
- Offers the benefits of a liquid oxygen transfusion since the juice contains liquid oxygen. Oxygen is vital to many body processes: it stimulates digestion (the oxidation of food), promotes clearer thinking (the brain utilizes 25% of the body's oxygen supply), and protects the blood against anaerobic bacteria. Cancer cells cannot exist in the presence of oxygen.
- Turns gray hair to its natural color again and greatly increases energy levels when consumed daily.
- Is a beauty treatment that slows down the aging process when the juice is consumed. Wheatgrass will cleanse your blood and help rejuvenate aging cells, slowing the aging process way down, making you feel more alive right away. It will help tighten loose and sagging skin.
- Lessens the effects of radiation. One enzyme found in wheatgrass, SOD, lessens the effects of radiation and acts as an anti-inflammatory compound that may prevent cellular damage following heart attacks or exposure to irritants.
- Restores fertility and promotes youthfulness.
- Can double your red blood cell count just by soaking in it. Renowned nutritionist Dr. Bernard Jensen found that no other blood builders are superior to green juices and wheatgrass. In his book "Health Magic Through Chlorophyll" he mentions several cases where he was able to double the red blood cell count in a matter of days merely by having patients soak in a chlorophyll-water bath. Blood building results occur even more rapidly when patients drink green juices and wheatgrass regularly.

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30 minutes to a healthier you.

You will notice the color change in the water as each part of the body detoxifies. Brown or black water is the liver, orange is the joints, dark green is the gallbladder. Yellow green is the kidneys and urinary tract, white foam is the lymph nodes, red flecks are blood clot material and finally black flecks are heavy metals. The color of the water will differ depending on the type of water you use and the state of your health. Source: eNVI.com

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# Why Dr. Steve Believes in Acid/Alkaline Balancing Alkaline Water for Health, Energy and Weight Loss

While it is common knowledge that reducing acidity in the body can lead to increased cardiovascular health, psychological health and immune functions, more studies are also linking alkalinity to weight loss. According to George M. Wolverton, M.D., of The Evergreen Medical Centre, in Indiana, people who convert and remain on an alkaline diet display a faster rate of weight loss and fat-to-muscle conversion than do patients of regular weight-loss plans. The reason for this lies in the acidic body's tendency to store fat rather than convert it to muscle or energy.

## What is pH, acid and alkaline?

The pH scale measures the amount of acid or alkalinity in a substance. It ranges from 0 to 14, with a highly acidic substances having low pH scores and very basic, alkaline substances having high pH levels. Pure water has a perfectly neutral pH of 7, meaning that it is completely neutral, while most other water sources are usually slightly acidic. Alkaline water is healthier than plain tap water, can raise the body's pH and should have a pH of 8 or 9 for maximum benefits.

A substance's pH is a measurement of the ratio of hydrogen ions to hydroxide ions. Alkaline water contains fewer free hydrogen molecules than pure water does, which raises its pH. Because this balance of hydrogen to hydroxide ions creates a net negative charge, the water must contain metal ions to balance its electric charge.

Human blood maintains a slightly alkaline pH, and many enzymes work efficiently at a higher (more alkaline) pH. Many holistic practitioners recommend drinking alkaline water to boost mineral levels, prevent free radical formation, protect cellular functions and increase hydration. Practitioners also claim that alkaline water improves overall health by neutralizing acids and flushing the body of dangerous toxins.

## How do high acid levels influence weight gain?

Weight also causes additional strain on the body, which can produce more acid. (This then produces more fat, and so on.)

In order to lose weight effectively, we must be mindful of how much acid we consume. The body creates fat in order to trap and neutralize acid. So, if the diet consists of lots of meats, grains, tea, coffee, soft drinks and even acidic water, the body needs fat in order to stay alive. We won't lose weight, no matter how much we work out.

The most important thing we consume is water, because the body is 80 percent water. The water we consume is directly responsible for the quality of the tissue the body creates.

When we drink alkaline, ionized water, the acidity built up in the cells is neutralized, and the body no longer needs the fat cells for storage. Also, the antioxidants in the ionized water clean out the toxins in the body, so that it runs more efficiently.

## What creates abdominal fat?

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

A healthy, non-acidic body will return to its ideal weight naturally. We don't have to suffer with too much exercise, or try to trick the weight away with a fad diet. All we have to do is be mindful of our acid intake and balance it with alkaline foods and water, and the body will gladly shed all that extra fat storage it has created.

*Dr. Steven Castille is a biochemist, doctor of natural medicine and publisher of Natural Awakenings. For more information, call the Natural Health Center, in Carencro, at 337-896-4141 or 337-347-4141.*

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# Summer Mini-Getaways

## Green Travelers Recharge at Spas, Parks and Vineyards

by April Thompson

Carving out time from crammed calendars for a week or more away from home can pose such a hurdle that more than half of all American workers forfeit hard-earned vacation days every year. Sometimes a long weekend in an inspiring locale is all we need to recharge our batteries.

Short vacations invite welcome rest and relaxation and are often more sustainable, according to Gary Diedrichs, publisher of the online Green Traveler Guides ([GreenTravelerGuides.com](http://GreenTravelerGuides.com)). "Airplanes pollute more than any other form of travel. When you take shorter trips by other means, whether bicycle or a hybrid rental car, you're way ahead environmentally," says Diedrichs, whose family enjoys road-tripping in an old Mercedes converted to run on recycled vegetable oil.

For families, short, sweet trips are also easier to do with the kids in tow. "It's also an opportunity for parents to reinforce that living sustainably isn't just something you do at home," notes Diedrichs.

We can prescribe—and reward—ourselves with one of the following mini-vacations, whether it's a trip to a green spa if we're stressed or a hike in a park or

the woods if we've been sedentary.

**Travel on tracks to trails.** Leave behind stressful traffic and uninspiring highway views by hopping a train to a nearby state or national park. Riders can venture through a variety of terrains without leaving their seats. Amtrak reaches more than 237 national parks and monuments ([AmtrakToParks.com](http://AmtrakToParks.com)), many of which offer stunning backdrops for outdoor music festivals.

A rail-to-park adventure can rekindle old friendships with faraway, but not forgotten friends. Draw a circle encompassing everyone's location and pick a park within the perimeter as the meet-up spot, distributing the travel burden equally. Agree beforehand which friends bring which essential camping equipment, food and other provisions so that everyone travels light. Traversing trails is a fun, bonding experience.

**Go farm to fork.** Escape city crowds, live bucolic fantasies and learn about sustainable agriculture during a farm stay. Organic family farms across the country offer overnight accommodations to supplement farming incomes and connect with local consumers.

Farm life is about simple pleasures, like waking to a rooster's call and then digging into a farm-fresh breakfast of free-range eggs, accompanied by homemade bread, cheese, jam and honey. Afterwards, stroll an apple orchard or fragrant field of lavender. Most farms allow guests to pitch in with the chores, maybe feeding chickens, milking cows, picking cherries or making yogurt. Find a place nearby at [FarmStayUS.com](http://FarmStayUS.com).



**Renew your spirit.** Reconnect with your faith or explore a new spiritual calling with a short stay at a retreat center. Some furnish structured guided sessions, such as vipassanā Buddhism's silent retreats, at which participants sit in meditation eight hours a day without access to media or other distractions. Other centers assist guests in creating self-directed retreats tailored to personal goals. Grounds often feature sacred spaces like labyrinths or meditation gardens, providing an inspiring environment to contemplate one's spiritual journey.

*RetreatFinder.com* supplies a comprehensive listing of possibilities conducive to every spiritual persuasion, from Anglican to Zen, across the country and worldwide.

*RetreatFinder.com* supplies a comprehensive listing of possibilities conducive to every spiritual persuasion, from Anglican to Zen, across the country and worldwide.

**Taste the terroir.** A long weekend amidst vineyards can be a refreshing way to simultaneously explore the countryside and refine our wine palate. Along with tastings, some vintners provide tours of their vineyards and cellars, including insights into the characteristics of local terroirs that give each vintage its distinctive taste. Some also have bed and breakfast inns onsite, eliminating the need for a designated driver.

The site *WineriesByState.com* lists domestic wineries in all 50 states; *KennUncorked.com* provides information about biodynamic and organic winemakers.

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# Day Care Goes Green

## What's Good for Kids is Good for the World

by Avery Mack

With children especially susceptible to germs, chemical sensitivities and allergens, it makes sense to ensure that the child-friendliness of day care facilities extends to their ecological integrity.

When Denise Adusei, of New York City, was unable to find a preschool that included all the criteria she sought, she decided to create and direct Peartree Preschool, a year-round day care facility for 2-to-5-year-olds. "An eco-friendly day care environment is more than nontoxic paint, organic food and unscented soaps. It's what you don't see, as well," says Adusei.

"We first looked for a building with lots of natural light near Central Park. Manhattan has a high rate of allergens, so we went ahead with a thorough environmental inspection on what looked like an ideal building," recalls Adusei. Inspectors pulled tiles from the floor, opened walls to check for mold and collected samples. "When they discovered signs of an old oil spill in the basement, we knew it was an unsafe place for children. We kept looking until we found the right building with large windows, near the park and environmentally safe," she says, noting that her own kids now attend Peartree.

Workplace coach Paul E. McGinniss, who also blogs at *NewYorkGreenAdvocate.com*, says, "Creating a garden on-site and connecting with local farmers or CSAs [community supported agriculture] to provide healthy, fresh foods is a great way to educate kids via a learning activity. New York's Hudson Valley, where I live, has a farm to school move-

ment. Everyone should know where their food comes from," he says, echoing another day care cornerstone.

In Madison, Connecticut, Tina Pascoe, a registered nurse, attorney and health consultant, co-founded Nurses for Day Care, a nationwide program. The staff finds that many children are sensitive to dye additives in mustard or ketchup, certain oils in soap, paint or cleaning fumes and fire-retardant chemicals embedded in new rugs and carpeting.

"We push for the whole school to go green, not just the classroom, with the sensitive or allergic child in mind," she says. "We're willing to do whatever it takes, like providing special menus, banning perfumes and smoking, and only using disinfectant wipes or bleach during nighttime cleaning." Pascoe personally works with about 80 facilities throughout the state.

The Cottages at Michaels Learning Center, in Sarasota, is Florida's first school to earn a Level Three Green School and green infant care certification from the National Green School Coalition and operates the city's only certified green infant care program. Children from 6 weeks through kindergarten benefit. The school even conducts regular radon testing.

Owner and Director Michelle Ireland assesses, "It's cause and effect. One of the things we teach the children is how our actions have an impact on the world."

Mark Stedelbauer, vice president of marketing at eWater Advantage, in Raleigh, North Carolina, strives to inform day care administrators about the value of using electrolyzed water instead of cleansers. An electrical current that runs through a blend of ordinary tap water and minerals changes the basic nature of water. A lower pH creates a disinfecting solution; a higher pH results in a degreaser. Both solutions clean and kill germs without fumes, residue or allergy triggers.

"Often, the combined cost of the electricity, water and mineral supplements used is less than what would be spent on multiple cleaning products," Stedelbauer points out. It can be created by the half-gallon in a toaster-sized unit onsite and has been approved by the U.S. Environmental Protection Agency, U.S. Department of Agriculture (for use on meat) and U.S. Food and Drug Administration (for use on produce). Also, electrolyzed water won't harm skin or clothing.

Creative Minds Learning Centers' six locations are recognized by the Oregon Program of Quality as among the top 25 schools in the state. They buy renewable energy from wind, solar and biomass sources. At the school, they compost, plant sustainable gardens, collect rainwater and recycle.

Nature preschools in the U.S., nearly 30 sites and growing, use a community nature center as a regular part of their learning program ([Tinyurl.com/NaturePreschools](http://Tinyurl.com/NaturePreschools)). Generally, the children are outdoors for 45 to 90 minutes per day, weather permitting, and flexible activities allow them to investigate their own interests safely. Daily explorations build valuable skills like observation, sorting and experimentation.

Children experiencing green day care see firsthand how healthy, environmentally sound choices can help make their present and future safe. Telling their parents about their school experiences is a natural bonus.

*Avery Mack is a freelance writer in St. Louis, MO. Connect via [AveryMack@mindspring.com](mailto:AveryMack@mindspring.com).*



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# Super-Immunity for KIDS

## Simple Ways to Boost a Child's Long-Term Health



by Lisa Turner

We'd love it if our kids had fewer sick days away from school, but what if by bolstering their immune systems now, we could also protect them from serious diseases going forward?

**D**uring childhood, when the immune system is still developing, there's a great opportunity to set the stage for improved health and resilience," says Dr. Joel Fuhrman, a family physician and nutritional researcher in Flemington, New Jersey, and author of *Disease-Proof Your Child*. "A healthy diet and lifestyle can help kids avoid common childhood illnesses like colds, ear infections and allergies, as well as ensure greater resilience against disease later in life."

### Focus on High-Quality Foods

Fruits and veggies have a wealth of protective phytochemicals that enhance immune cell function and protect against disease. In a study published in

the *Journal of Epidemiology & Community Health*, kids that ate the most fruit had a 38 percent lower risk of cancer later in life. Berries, cherries, plums and pomegranates are among the most powerful immune-boosting fruits. For veggies, eat more dark leafy greens, tomatoes, carrots and cruciferous vegetables such as broccoli and cauliflower. Also emphasize whole grains and healthy fats such as those found in nuts, seeds and avocado, advises Fuhrman.

Sugar-laden calories depress the infection-fighting activity of white blood cells, says Dr. Alan R. Gaby, of Concord, New Hampshire, author of the textbook, *Nutritional Medicine*. Even natural sweeteners such as honey and juice have similar effects when consumed in excess, he says. Try healthy options like pomegranate and kiwi fruit salad; trail mix with raw almonds; dried cranberries and air-popped popcorn; and hummus with red pepper strips and baby carrots for dipping.



### Pinpoint Allergies

Food allergies and sensitivities can suppress the immune system by increasing inflammation in the body and call for consultation with a health specialist. "Whenever there is extra inflammation, the body has less available energy to keep the immune system functioning as well as it should," says Dr. Fred Pescatore, a New York author of *The Allergy & Asthma Cure*. "It's like putting the wrong type of gasoline in the car; it hinders your performance."

### Shore Up with Supplements

Probiotics can enhance immune function in children by stimulating white blood cells and reducing inflammation, says Gary B. Huffnagle, Ph.D., a University of Michigan Medical School immunology research professor and author of *The Probiotics Revolution*. They are especially protective against allergies, diarrhea and respiratory tract infection.

Start with yogurt: Serve with cereal; mix with mashed bananas and freeze in ice cube trays for a cool treat; or make smoothies with unsweetened, non-dairy yogurt and frozen berries. Or consider a *Lactobacillus acidophilus* supplement; aim for 5 billion CFUs per day of *Lactobacillus* or *bifidobacterium*.

Ashwagandha (*Withania somnifera*), an ayurvedic herb, boosts immunity by supporting and balancing adrenal function, says Dr. John Douillard, Ph.D., a Boulder, Colorado, chiropractor, ayurvedic physician and author of *Perfect Health for Kids*. The adrenal glands produce cortisol, and overproduction of this "fight-or-flight" hormone can dampen immunity. Ashwagandha is particularly helpful for preventing colds and can also be used when kids are stressed or tired. For children ages 6 to 12, give 500 milligrams per day with breakfast; children over 12 can take 1,000 mg a day.

### Stabilize Hormonal Changes

"Puberty and adolescence are marked by dramatic shifts in and surges of hormones," says Dr. Richard Shames, of Sebastopol, California, co-author of *Feeling Fat, Fuzzy, or Frazzled?* "This is monumental, as far as the developing immune system is concerned. As the immune system is directly linked to hormonal in-

Tell kids they'll get sick, and chances are it'll happen. Instead, nurture an attitude of wellness and help them learn they have control over their own health.

fluences, any hormonal imbalance will affect overall immunity." Shames recommends selenium—a potent antioxidant and general immune booster—to help balance hormones. For children ages 8 to 18, aim for 100 mcg per day.

### Let 'em Get Dirty

"Once a child has been exposed to dirt and germs, the immune system responds by trying to expel those bacteria from the body, which strengthens immunity," counsels Jane Sheppard, owner of *HealthyChild.com* and founding executive director of the Holistic Pediatric Association.

Avoid antibacterial soaps, cleansers and gels; most contain the chemical triclosan, which some researchers suspect of contributing to development of antibiotic-resistant bacteria. Instead, use a natural antibacterial gel or make one, by combining witch hazel or alcohol, tea tree oil and lavender essential oil.

### Stay in the Sun

"The sun is our primary source of vitamin D, which has broad effects on the immune system," Fuhrman says. "Depending on your skin tone and the local climate, about 15 minutes of full sun exposure a day will lead to natural production of sufficient amounts of vitamin D." If kids have dark skin or live in a cloudy region, they may need vitamin D supplements—at least 200 IU per day.

### Laugh Out Loud

"You can give your kids the best food and nutrition, but if they have underlying sadness, their immune system will suffer," remarks Sheppard. "When you're happy and when you laugh, your brain releases chemicals that increase immunity."

*Lisa Turner is a Colorado-based health writer.*

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by Judith Fertig

We love our seafood, a delicious source of lean protein. The latest data reports U.S. annual consumption to be more than 4.8 billion pounds of it, according to the National Oceanic and Atmospheric Administration, with the average American eating 3.5 ounces of seafood a week. About half of the catch is wild-caught and half farmed. How do we know which fish and shellfish are safe to eat and good for ocean ecology?

The best approach is to choose seafood carefully. Oil spills, waste runoff and other environmental disasters can compromise the quality of seafood with toxic contaminants like mercury and other heavy metals and industrial, agricultural and lawn chemicals. These pollutants can wash out from land to sea (and vice versa). As smaller fish that have eaten pollutants are eaten by larger ones, contaminants accumulate and concentrate. Large predatory fish like swordfish and sharks end up with the most toxins.

Beyond today's top-selling shrimp, canned tuna, salmon and farmed tilapia, more retailers and restaurants are also providing lesser-known seafood varieties like dogfish and hake as alter-

natives to overfished species such as sea bass and Atlantic cod. These new-to-us, wild-caught fish can be delicious, sustainable and healthy.

### Choices Good for Oceans

An outstanding resource for choosing well-managed caught or farmed seafood in environmentally responsible ways is Seafood Watch, provided through California's Monterey Bay Aquarium. Information on the most sustainable varieties of seafood is available in a printed guide, updated twice a year. The pocket guide or smartphone app provides instant information at the seafood counter and restaurant table. Online information at [SeafoodWatch.org](http://SeafoodWatch.org) and via the app is regularly updated.

The truth is that no one fish can be seen as a sustainability darling, because if it is, it's sure to be overfished.

~ [DailyFinance.com](http://DailyFinance.com)

The Blue Ocean Institute, led by MacArthur Fellow and ecologist Carl Safina, Ph.D., supports ocean conservation, community economics and global peace by steering consumers and businesses toward sustainably fished seafood. It maintains a data base on 140 wild-caught fish and shellfish choices at [BlueOcean.org](http://BlueOcean.org).

Hoki, for instance, might have a green fish icon for "relatively abundant" and a blue icon for "sustainable and well-managed fisheries," but also be red-flagged for containing levels of mercury or PCBs that can pose a health risk for children. As species become overfished, rebound or experience fluctuating levels of contaminants, their annual ratings can change.

### Choices Good for Us

To help make choosing easier, Seafood Watch has now joined with the Harvard School of Public Health to also advise what's currently safe to eat. Entries on their list of "green" fish, which can shift annually, are low in mercury, good sources of long-chain omega-3 fatty acids and caught or farmed responsibly.

If the top-listed fish and shellfish aren't locally available, look for the Seafood Safe label, started by EcoFish company founder and President Henry Lovejoy, which furnishes at-a-glance consumption recommendations based upon tests for contaminants. Labels display a number that indicates how many four-ounce servings of the species a woman of childbearing age can safely eat per month. (Find consumption recommendations for other demographics at [SeafoodSafe.com](http://SeafoodSafe.com).) Expert-reviewed independent testing of random samples of the fish currently monitors mercury and PCB levels. Lovejoy advises that other toxins will be added to the testing platform in the future.

"My dream is to have all seafood sold in the U.S. qualify to bear the Sea-

food Safe label, because consumers deserve to know what they're eating," says Lovejoy. "We need to be a lot more careful in how we use toxic chemicals and where we put them."

## Retail Ratings

Some retailers also provide details on their seafood sourcing. Whole Foods, for example, offers complete traceability of the fish and shellfish they carry, from fishery or farm to stores. Their fish, wild-caught or farmed, frozen or fresh, meet strict quality guidelines in regard to exposure to antibiotics, preservatives and hormones. They also display Seafood Watch and Blue Ocean Institute ratings at the seafood counter.

Wise seafood choices feed and sustain our families, foster a healthier seafood industry, support responsible local fisheries and keep Earth's water resources viable.

*Judith Fertig blogs at [AlfrescoFoodAndLifestyle.blogspot.com](http://AlfrescoFoodAndLifestyle.blogspot.com) from Overland Park, KS.*

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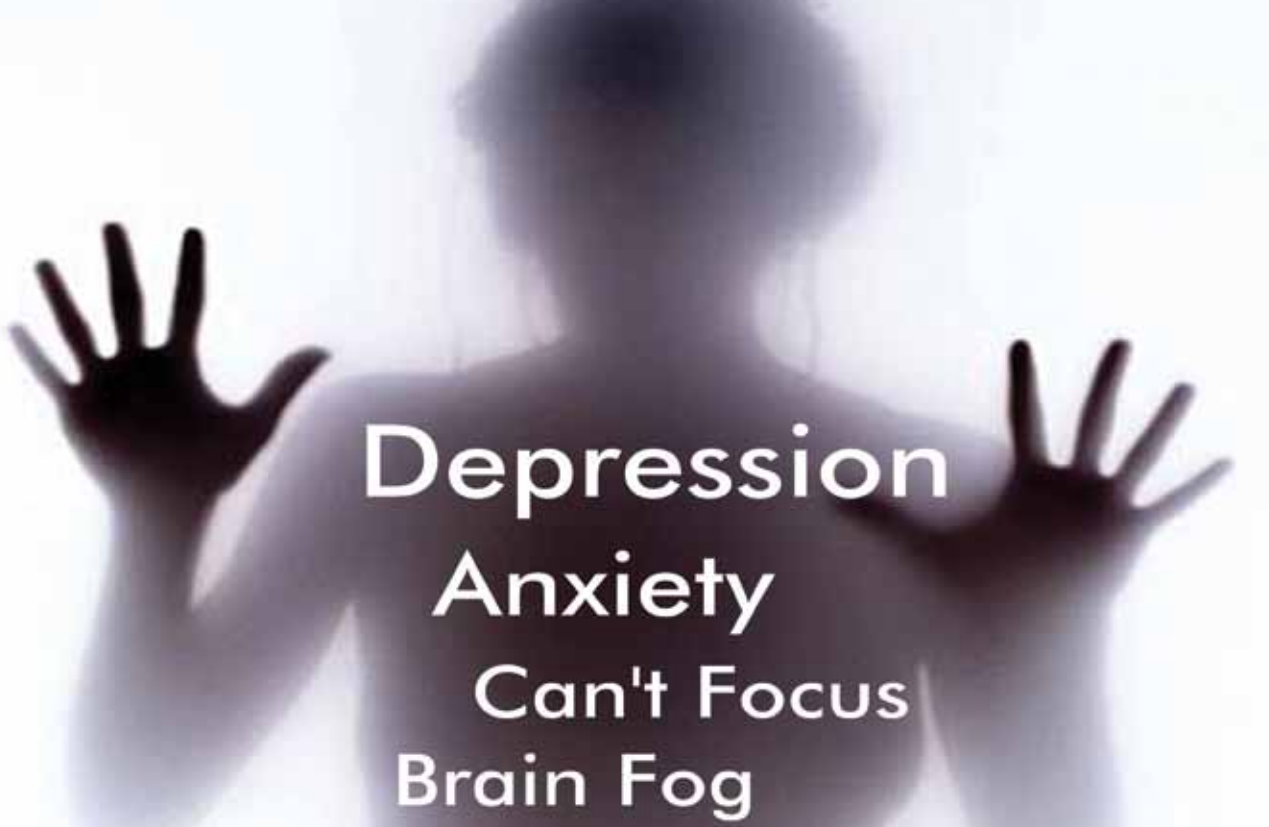
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# Cures in the Kitchen

## Dr. Mark Hyman is Fed Up with Our National Health Crisis

by Judith Fertig



knowledge or skills. They lived on food stamps and fast food and didn't know how to navigate a grocery aisle, shop for real food, read a label, equip a kitchen or cook nutritious meals. Their grandmother has a garden, but never taught her children how to grow food, even though they live in a temperate rural area.

In the groundbreaking new documentary film, *Fed Up*, Dr. Mark Hyman prescribes a major overhaul of the diets of all family members in communities across America to prevent far-reaching unwanted consequences. Hyman practices functional medicine, which takes a whole-system approach to treating chronic illnesses by identifying and addressing their root causes, starting with poor diet. He is also the bestselling author of a series of books based on *The Blood Sugar Solution*.

### What results did the family see when they changed their eating habits?

I got the whole family cooking, washing, peeling, chopping, cutting and touching real food—onions, garlic, carrots, sweet potatoes, cucumbers, tomatoes, salad greens, even asparagus. After 12 months, the mother had lost 100 pounds and was off of blood pressure medication, and because the father had lost 45 pounds, he finally qualified for a kidney transplant. The son originally lost 40 pounds, but because he was stuck in a toxic food environment at school and only able to get a job at a fast-food eatery, he gained much of it back. I'm happy to report that he is now working to get back on track.

### What has your experience with Fed Up shown you about the root cause of many diseases?

In *Fed Up*, I met with a family of five to talk with them about their health and understand the roots of their family crisis of morbid obesity, pre-diabetes, renal failure, disability, financial stress and hopelessness. Rural South Carolina, where they live, is a food desert with nearly 10 times as many fast-food and convenience stores as supermarkets.

The family's kitchen was also a food desert, with barely a morsel of real food. There were no ingredients to make real food—only pre-made factory science projects sold in cans and boxes with unpronounceable, unrecognizable ingredient lists.

This family desperately wanted to find a way out, but didn't have the

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the body. Sugar calories drive food addiction, storage of belly fat, inflammation and fatty liver (now the number one reason for liver transplants). They also disrupt appetite control, increasing hunger and promoting overeating, and are biologically addictive. Sugar calories are the major contributor to heart attacks, strokes, cancer, dementia and Type 2 diabetes. Sugar is a root cause behind the tripling of obesity rates in children since the 1970s.

As just one example illustrating government policy culprits, although poor people are disproportionately affected by obesity, the food industry vigorously opposes any efforts to limit the use of food stamps for soda. Every year, the U.S. government pays for \$4 billion in soda purchases by the poor (10 billion servings annually) on the front end, and then pays billions more on the back end through Medicaid and Medicare to treat related health consequences that include obesity and diabetes.

**What are the consequences if we don't attack the problem of poor diet now?**

The costs of a poor diet are staggering: At the present rate, by 2040, 100 percent of the nation's federal budget will go for Medicare and Medicaid. The federal debt soars as our unhealthy kids fall heir to an achievement gap that limits America's capacity to compete in the global marketplace. At the same time, having 70 percent of young people unfit for military service weakens national security.

In a detailed scientific analysis published in *The New England Journal of Medicine*, a group of respected scientists reviewing all the data affecting projected life spans concluded that today's children are the first generation of Americans ever that will live sicker and die younger than their parents.

Health issues due to poor diet comprise a national crisis. They threaten our future, not just for those fat and sick among us, but all of us.

For more information on Fed Up, visit [FedUpMovie.com](http://FedUpMovie.com).

Judith Fertig blogs at [AlfrescoFoodAndLifestyle.blogspot.com](http://AlfrescoFoodAndLifestyle.blogspot.com) from Overland Park, KS.


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# Runner's Hi

## Women and Social Media Revolutionize the Sport



by Debra Melani

Whether donning colorful tutus or making a marathon a girls' day out, the current running scene is attracting a broader group of fitness-seekers mindful of the enhanced benefits of a more well-rounded approach. Rather than pursuing fierce competition and personal bests, these runners are focusing on social bonding and overall well-being, likely boosting their fitness success.

Two main factors are fueling what's shaping up as a new running boom: women and social media. "The first running-boom era was male-centric and competitive," observes Ryan Lamppa, of Running USA. He's referring to the 1970s, when, largely thanks to 1972 Summer Olympic marathon gold medal winner Frank Shorter and *The Complete Book of Running*, by James Fixx, many

were inspired to hook up Walkmans, lace up sneakers and train for distance races. "Today's running boom is female-centric, much bigger and more focused on health and fitness and completion, rather than competition."

Forget elapsed running time; just cross the finish line and have fun doing it, seems to be a growing mantra. Women's participation hit an all-time high in recent years, comprising 56 percent of the more than 15.5 million runners finishing U.S. races sanctioned by Running USA in 2012 and 61 percent of U.S. half-marathoners in 2013.

"Women tend to be more social and more in tune with their health overall, and that's definitely a driving force," Lamppa says.

Couple the female factor with

social media-driven, nontraditional race events and the result is explosive. "Events are fun, community-centered and sometimes charity-driven," Lamppa says of the many innovations, from paint-splashing 5Ks to mud-slinging obstacle course action, which attracted 4 million entrants last year.

### Boosts Bonding

These trends could indicate America's collective progress toward fitness as studies show the social factor plays a huge motivational role in participation. "I think running adherence strengthens when there is accountability and social support," remarks Englewood, New Jersey, sports psychologist Greg Chertok, citing a meta-analysis of data in *Sport & Exercise Psychology Review* that backs his notion.

For example, such social exercise events inspire happiness. "If you are physically close to someone that is happy, eager and optimistic, you are naturally going to share those feelings," explains Chertok, who is also a spokesman for the American College of Sports Medicine. "Just through social connectedness alone, you'll gain boosted performance and mood."

As a finisher of two Tough Mudders (an intense obstacle course challenge), Chertok can personally testify to the benefits of camaraderie. "It's just like if a married couple got stuck in a storm and had to brave the elements; the act of doing something challenging together is very bonding."

Simply joining a recreational running group—also increasingly popular and often social media-driven—can bolster success. "When a bunch of individuals work together to pursue a com-

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mon goal, they are incentivized by the group," Chertok remarks. "You'll run at a faster clip or go a longer distance if you are with a group, because each runner values the group and doesn't want to let members down."

## Brings Balance

Mixing things up can also improve running performance and decrease risks of injury, enhancing long-term staying power. One study found that eight weeks of simple strength-training exercises by conditioned runners boosted their running performances over their conditioned, but non-strength-training peers, as noted in the *Health & Fitness Journal* of the American College of Sports Medicine.

As for injury prevention, everybody, regardless of sport, needs to cross-train, advises Mindy Caplan, a wellness coach in Albuquerque, New Mexico. "In any sport that you engage in, you end up working certain muscles the same way all the time. Then those tighter muscles start to pull on the joints and without stretching, you end up with problems." Moving the body in different ways helps, and working on stretching and flexibility can elongate muscles and protect tendons and joints.

"The new runner of this second running boom has much more information about training, health and fitness, and injury prevention," says Lamppa, who occasionally cross-trains by biking and includes some yoga-related stretching as part of his regular routine. "You have to have balance in your running as in your life. If you can get to that point, you will get a very positive response from your body and mind."

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

## QUICK FACT:

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

# How Our Buildings Are Making Us Sick

## carcinogens and asthmagens are threatening your health



According to the American Lung Association, there are 23 million Americans currently suffering from asthma, 7.1 million of them children, whose developing lungs are particularly susceptible to asthma triggers. An estimated 300 million people suffer from asthma worldwide and 250,000 people die each year.

The Healthcare Cost and Utilization Project attributes 13 million outpatient doctor visits per year to asthma, along with two million trips to the emergency room. The U.S. Environmental Protection Agency (EPA) has listed indoor air pollution among the top five environmental health risks that we currently face.

There has been a surprising lack of media coverage on the subject of indoor air quality, with most of the media attention specifically addressing outdoor environmental concerns and air quality. While most of us are entirely aware of health and environmental issues such as smog, outdoor pollution, vehicle emissions, ozone depletion and even daily pollen counts, the general public has little knowledge of the adverse health effects our unventilated indoor spaces can cause.

For instance, did you know that we spend up to 90 percent of our time indoors, yet the EPA warns that our indoor air is, on average, 2 to 5x more polluted than outdoor air?

Indoor pollutants are comprised of airborne particles (also known as Particulate Matter) which is a mixture of microscopic solids and

liquid droplets suspended in the air. Made up of a diverse array of components, particle pollution elements include dust, chemical fumes, gases, smoke and biological contaminants such as skin flakes, mold, dust mite and roach excrement, pollen, animal dander and various other sources. When these airborne particles are inhaled, they can damage your lungs and cardiovascular

system—the extent and severity of damage is directly related to particle size, as well as length and degree of exposure.

Moreover, large subsets of the population are predisposed to having hypersensitive reactions to lung and sinus irritants including airborne particles; for example, allergy sufferers, people with lung disease, asthma patients, weakened immune systems, and both the young and elderly. This means a significant portion of the population struggles with these relentless issues on a consistent basis.

Yet even with frequent and vigorous cleaning sessions in your workplace and home, these dangerous microscopic particles are still floating through the air, most of which are entirely undetectable to the human eye. So why are they here, and how do we fight all of these unwelcome particles that are systematically invading our space?

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## inspiration

# Be Happy Now

## Simple Ways to Quickly Lift Your Spirits

by April Thompson



Singer-songwriter Pharrell Williams, whose infectious hit song, “Happy,” has spread joy worldwide, seems to know the secret to happiness. More than 1,500 people from 140-plus countries have posted their own happy video spinoffs at *WeAreHappyFrom.com*, inspired by his daylong music video featuring Los Angeles residents from all walks of life dancing and lip-syncing to the tune.

Can happiness really be just a finger snap away? It depends on our unit of measurement—a moment versus a lifetime. Research by such authorities as Psychologist Martin Seligman, Ph.D., director of the University of Pennsylvania Positive Psychology Center, suggests that several basic ingredients are keys to long-term happiness, including a sense of purpose, engaging activities, quality relationships and achievable goals. Ultimately, happiness is a subjective state, gauged only by personal perception.

Still, there are quick, simple things we can do to shift our mood into a higher gear, according to Jonathan Robinson, author of *Find Happiness Now: 50 Shortcuts for Bringing More Love, Balance, and Joy Into Your Life*. “Broadly, happiness shortcuts fall into two categories—those that help in letting go of negative emotions and those that help in tuning into or expanding positive feelings,” says Robinson. “The end result is the same.”

**Practice gratitude.** When the day's affronts seem excessive, we can reframe them by counting our blessings mentally or in a journal. Review the day with an eye to everything that went right. “Soon, you'll start to see everything as a gift,” observes Robinson.

**Pencil it in.** Take a few moments at the start of each week to block out a little time every day for happy activities.

**Pay it forward.** It doesn't take much to make someone's day, advises Robinson. Give someone a compliment or a piece of chocolate and watch their attitude instantly change, which in turn lifts you into their happy cloud.

**Sing and dance.** Williams applies this secret: Moving our bodies and vibrating our vocal chords helps shake us out of our mental cages. “It's hard to feel bad when you sing. It's a choice: You can stay angry for four hours or sing for 15 seconds,” Robinson notes.

Don't underestimate the power of a simple jumpstart to happiness. Research from the University of Arizona shows that as little as a forced smile not only releases stress-fighting neuropeptides and mood-lifting serotonin in the brain, it activates a chain reaction of happiness around us.

Connect with freelance writer April Thompson at *AprilWrites.com*.

This fall, the University of California-Berkeley's Greater Good Science Center will host the first public online course on the Science of Happiness. According to Dacher Keltner, Ph.D., professor of psychology and founding director of the center, the university's meta-analysis of research indicates that 50 percent of our happiness level is tied to genetics, while only 10 percent stems from our environment.

“Therefore, about 40 percent of your happiness is up to you,” remarks Keltner. Students will learn practical, scientifically tested strategies for nurturing their own happiness and tracking progress. Sign up to audit the free course, which has already attracted 40,000 registrants, at *Tinyurl.com/UCLA-Happiness*.

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# Mammograms Carry Cancer Risk

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

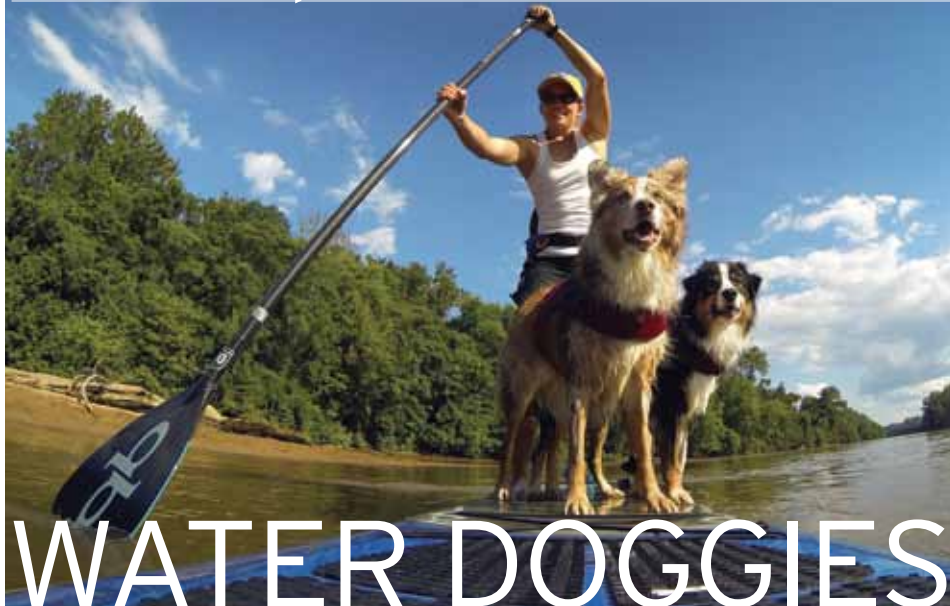


Mammograms led to a 30 percent rate of over-diagnosis and overtreatment, according to a study published in the *Cochrane Review*. Researchers wrote in the study, “This means that for every 2,000 women invited for screening throughout 10 years, one will have her life prolonged and 10 healthy women, who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

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

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

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## WATER DOGGIES

### Given a Pool or Lake, Canines Dive Into Action

by Sandra Murphy

Water sports for dogs can be done just for fun or to earn recognition. Venues range from a backyard adult or kiddie pool to a lake, river or ocean. All offer healthful exercise for canine bodies and brains.

Some dogs seem born to swim, while others learn to love it and a few make entertaining spectators. It all depends on temperament, breed and body style plus energy and confidence levels, as well as training.

Not all dogs love to swim, says Eileen Proctor, a pet lifestyle expert in Denver, Colorado, so proceed cautiously. “One of the first things to do is buy a properly fitted life jacket that keeps his head out of the water,” she counsels. “Once he is used to wearing it, train him to use steps [like in a pool] to walk into and out of the water every time.”

Michelle Yue, a professional dog trainer in Washington, D.C., takes her dog, Max, to a dog-specific pool twice a month. At the Canine Fitness Center, in Annapolis, Maryland, Max swims in one pool while canine buddies paddle



Michelle Yue and Max

in another. To prevent possible squabbles, company policy allows only same-household dogs to swim in the same pool.

“Max is a fetching maniac in the water,” remarks Yue. “He doesn’t like to dive, but if his ball sinks, he’ll go after it. It’s low-impact, high-exercise playtime and the only thing I know

that will wear out a 2-year-old German shepherd pup.”

The skill of directed retrieval can be described as advanced fetching. Several toys or dumbbells are placed on the bottom of the pool and the handler tells the dog which item to retrieve. Nautical nosework is the most challenging—five floating objects like tennis balls or dummies are launched into the water by another person. The dog must then find, indicate and retrieve the one ball his person has handled.

photo by Maria Schultz

photo by Sam Matilek

Other fun options are teaching a pet to tow a raft in the pool or to team swim with his owner. In a more complex aqua-agility exercise, the dog swims a circle around his owner as a prelude to both of them swimming a synchronized, zigzag course between floating markers before returning to their starting positions.

Ernie, a 95-pound Labrador retriever that lives with Sierra Prause, a marketing assistant, and Jaron Clinton, a search engine content marketer, in Phoenix, Arizona, rides in the storage area of Clinton's kayak. Ernie came to them at age 4 and has always loved to jump in and swim alongside his owners. "Ernie's claim to fame is fetching two tennis balls at once," says Prause. "He wasn't allowed in the pool at his former home, and now revels in taking a cooling dip after his twice-a-day walks."

Maria Schultz, author of *How to SUP with Your Pup*, enjoys stand up paddleboarding with her Australian shepherds, Riley and Kona, on rivers near her home in Fredericksburg, Virginia. She and Riley learned together in the living room. "I brought the board home and taught Riley how to hop on and off, where to sit or lie on the board, and to relax," she relates. "I forgot the living room floor stood still. Riley was surprised when he got on the board on the river to find that it moved." Riley was a good sport about it; within a week, he knew how to ride along.

Kona took several months to get the hang of it. "Have patience, make it fun and all positive," Schultz advises. "Know what motivates your dog. Riley works for food, Kona for praise."

For the more adventurous, Loews Coronado Bay Resort, in San Diego, offers one-hour surfing lessons for canine guests. Taught by Coronado Surfing Academy instructors, the only requirement is that a dog enjoys water. Of course, board shorts and a bandana are also provided so that Fido gets the full surfer dude experience.

Enjoying warm weather and cool water with man's best friend provides perfect fun for these dog days of summer.

Learn more at [CanineWatersports.com](http://CanineWatersports.com).

Sandra Murphy writes from Missouri. Connect at [StLouisFreelanceWriter@mindspring.com](mailto:StLouisFreelanceWriter@mindspring.com).

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## Busty Justice

October is Bra Recycling Month



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

but often painful breast cysts and lumps.

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

To participate, visit [BraRecycling.com](http://BraRecycling.com).

### QUICK FACT:

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

## Breast Health Screening Questioned



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

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

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

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## Breast Cancer Links to Environmental Toxins



New evidence that chemical pollution may be linked to breast cancer comes from a surprising source: a group of male breast cancer patients at Camp Lejeune, a Marine Corps base in North Carolina. Poisons in the camp’s drinking water, including benzene, a carcinogenic gasoline additive, perchloroethylene (PCE) and trichloroethylene (TCE), are regarded as a cause; conditions at the base are also blamed for unusual rates of leukemia and birth defects. The worst period of contamination of the base’s water supply began in the late 1950s and continued for more than 30 more years. Because men are simpler to study than women—their risk of developing breast cancer is not complicated by factors such as menstruation, reproduction, breastfeeding and hormone replacement therapy—the epidemiologists may be able to conclusively link industrial chemicals with an

increased risk of the disease for both genders.

Source: *National Disease Clusters Alliance*

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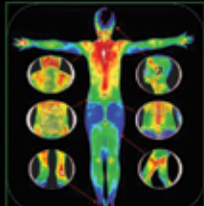
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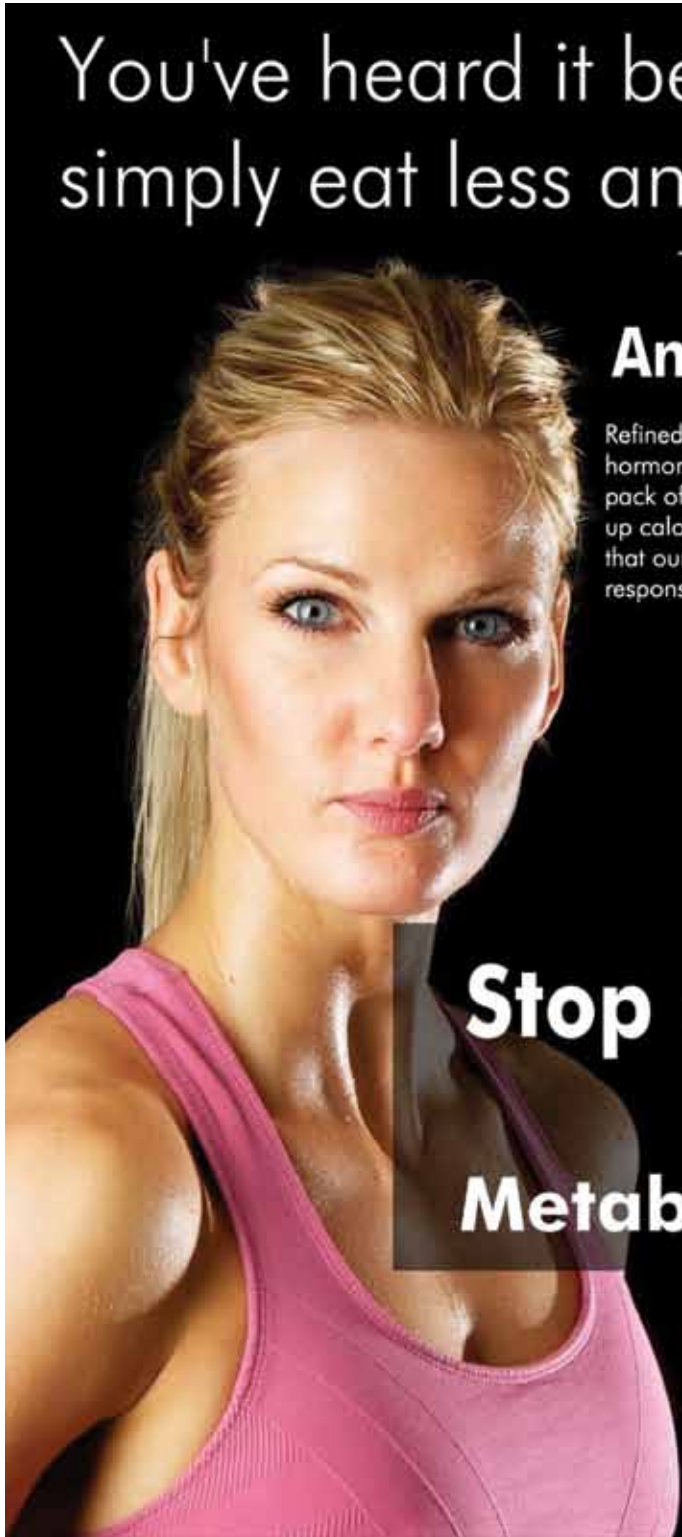
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# Michelle Alleman

## A Story of Hope

by Paris Brewster



After five long years of medical testing under the care of two separate dermatologists, Carencro native Michelle Alleman was at her wit's end. By 2012, she began to experience high levels of anxiety and depression that began to cripple her socially. "My complexion was so bad that I began to dread leaving the house," she says.

Her skin appeared blotchy and blistered. "It was embarrassing," explains Alleman. "What looked like pimples weren't, while others looked like blisters and they would ooze. They would break out on my face and genital area and I was miserable."

Her doctors prescribed an antibiotic called Bactrim. It would relieve the symptoms for a short amount of time and then reoccur. She stayed on the medication for a year until she decided she had enough—she didn't want to be on antibiotics the rest of her life.

After caring for her dying mother, Alleman scheduled a visit with an internist in November 2012. That visit revealed extremely high blood pressure and edema. She was also suffering from insomnia, depression and anxiety and

was sent home with an assortment of medications and fluid pills. By Easter, things had progressed and her misery accelerated. "I would wake up in pain and go to bed in pain," she recalls.

Thinking it may be hormones, she sought the counsel of her gynecologist. The nurse called to tell her that her test results revealed that she was not menopausal. "That is not what I wanted to know," notes Alleman. "I wanted to know if my hormones were unbalanced, not if I was menopausal." Feeling overwhelmed and exhausted, she began to wonder if she would ever find the answers.

"I was desperate," she explains. "I tried to eliminate things such as caffeine, sodas and spicy foods out of my diet—everything imaginable, there just seemed to be no solution."

In March 2013, her daughter returned home from work to tell her mom about a wellness center she had heard about—one that was receiving positive results with their clients. Results of restoration for those who were like Alleman: at their wit's end.

She looked up the address and discovered that she passed this wellness center regularly on her way to Super One foods grocery store in Carencro. "I just thought it was a little vitamin shop," laughs Alleman.

She called the wellness center and Dr. Steve Castille (Dr. Steve), a nutritional biochemist and naturopathic doctor with a doctorate in natural medicine who practices integrative medicine using nutrition, supplementation, and holistic therapies; just happened to be the one to answer her call. She explained her situation to him and he invited her to come in immediately. That day, Michelle Alleman found hope. In the office of Dr. Steve, she found peace of mind, while learning more about her body, her problem and most of all, its solution.

"I remember looking at him and asking, 'Can you fix it?'" states Alleman. "And I will never forget his answer. He looked at me and said a wonderful three-letter word. 'Yes.'" Yes, a simple word that for some gives hope and strengthens faith. After five long years, she finally had hope.

That day, Dr. Steve immediately set into action the course that would change her life. Her first step along the journey to restoration was to complete a thermography exam.

In a follow-up visit, Dr. Steve then sat and explained her results and how the lymphatic system works. He pointed out areas of inflammation and poor circulation on her thermogram, explaining that the thermogram indicated swollen lymph nodes and a buildup of fluid at major lymphatic pathways. Alleman began her six week Restore Health Program in March 2013 and using an extensive vitamin and holistic therapy protocol, along with nutritional and eating habit changes, she began to see the signs of healing after only three weeks. This in itself was a bit of a miracle considering she had previously seen dermatologists, internal medicine specialists, gynecologists and more, and had been on antibiotics, fluid pills and too many other prescribed drugs that offered a temporary bandage and more often had no effect. Her body would never heal from the drugs she was taking, but would only hide the disease further into the body.

Alleman continued to follow Dr. Steve's instructions and at the end of her six weeks, the blisters were drying and scabbing and the hot spots that showed up on her first thermogram were no longer there or drastically reduced. After eight long years and thousands of dollars spent on drugs and doctor visits, her body was finally beginning to heal in only six weeks of being at the wellness center under the guidance and instruction of Dr. Steve. Today, her complexion has drastically improved. "I will always have scars, but today I can put on makeup and go out in public," she says.

"I just want others to know that you do not have to live in pain and live on medications the rest of your life," adds Alleman. "You do not have to accept the symptoms and conditions as your fate. There is help. There is hope. It is not an overnight thing; it took six weeks to really notice the difference. Just hang in there. I am living proof; there is hope."

Paris Brewster is a contributing writer for Natural Awakenings. Contact Paris at 896-4141 or [paris@NAacadiana.com](mailto:paris@NAacadiana.com)

Reprinted from July 2013 issue.

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natural awakenings August 2014 **59**

# calendarofevents

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 AUGUST 1

**STM Fishing Rodeo** – 6am. Tournament for amateurs and professionals. Scales open Sat, Aug 2, 3-6pm. \$50/angler, free/15 & under. Register online. St Thomas Moore fundraiser. Quintana Landing, Hwy 319, Cypremort Point. [STMCougars.net/fishing](http://STMCougars.net/fishing).

**Summer Carnival** – 4-10pm. Thru Sun, 12-4pm. Feature activities for all ages including carnival rides, games, wet slide, fun jumps, arts and crafts, magic shows, petting zoo, live music, entertainment and talent competition. All activities and concessions are additional cost. \$5/Adults, \$3/children, free/children 4 and under. LARC. Acadian Village, 200 Greenleaf Dr, Lafayette. 337-981-2364. [AcadianVillage.org](http://AcadianVillage.org).

**Bridge Ministry of Acadiana's Frisbee & Friends** – 4:30pm. Ultimate Frisbee tournament to raise money for youth summer camp. All ages and skill levels invited to register. Each player receives a custom sports bottle. Teams may be co-ed. \$100. The Bayou Church, 2234 Kaliste Saloom, Lafayette.

## SATURDAY AUGUST 2

**Bayou Belly Festival** – All day. Thru Sun. Belly dance artists gather from all over Louisiana and beyond. Classes taught by instructors from Louisiana and Texas. Vendors present throughout the day. Enjoy performances from the instructors and a number of student troupes on Saturday night. \$35. The Hotel Acadiana, 1801 W Pinhook Rd, Lafayette.

**Petite Tour du Tech** – 6am. A series of short races for young paddlers ages 5-17. Distances range from 250 yards to 1 mile. First, second and third place trophy with ribbon awarded. All participants receive event t-shirt. \$20. Ken Grissom. Bayou Teche at Breaux Bridge. 337-394-6232. [TourDuTeche.com](http://TourDuTeche.com).

**2nd Annual International Blues Music Day Celebration** – 6pm. Celebrate Blues with music by Michael Juan Nunez. Cooking jambalaya and whole hog compliments of Route 92 and Acadiana Blues Society. Raffle tickets for a painting by Michael Juan Nunez will be sold. Blues Foundation's 'Generation Blues' and 'Raise the Roof' campaigns. Route 92, 2600 E Milton Ave, Youngsville.

**"The Bold, The Young & The Murdered"** – 6:30pm. Murder mystery dinner theater production from Acadia Players by Don Zolidis. A long-running soap opera, The Bold and the Young, is in its last days: its hunky hero has self-esteem issues, its villainous old man is more interested in soup, and its heroines are slightly psychopathic. The executive producer gives the squabbling cast an ultimatum: Complete one episode overnight or the show dies.

When the director ends up murdered and other cast members start dropping like flies, it seems like his threat might actually come true. \$30. Chef Roy's, Rayne, 1131 Church Point Hwy, Rayne.

**Christopher Shinn's "Dying City"** – 8-11pm. Alone after-dark in the hollowed shell of her downtown-Manhattan apartment, Kelly, a young therapist whose husband, Craig, was killed while on military tour in Iraq, receives an unexpected visitor on the anniversary of Craig's death: his identical twin brother, Peter. Cite des Arts, 109 Vine St, Lafayette.

**Battle of the Bands** – 10pm. Performing for the first time together, Keith Frank & the Soileau Zydeco Band and J. Paul Jr. & the Zydeco Nu Breeds. Limited presale tickets available and limited RV hookups available. \$20. Washington Catfish Festival Grounds, Washington.

## THURSDAY AUGUST 7

**Purple Heart Day Ceremony** – 6-8pm. Honor soldiers who have made the ultimate sacrifice for our freedom and made it home. Flag ceremony and harmony of patriotic music. Bouligny Plaza, 102 W Main St, New Iberia. 337-344-9397.

## FRIDAY AUGUST 8

**Unveiled: Discovering the Great Mystery in Your Marriage** – 4-9pm. Thru Sun, 8am-12pm. A married couples retreat by Dr Bob Schuchts and the John Paul II Healing Center consisting of talks and meditations pertinent to living out the Sacrament of Matrimony with deeper intimacy. Our Lady of Wisdom Catholic Church & Student Center, along with Pax Renewal Center, the Diocese of Lafayette office of Marriage and Family Life and Friends of Wisdom. Jenmard Hall at Our Lady of Wisdom Catholic Church, 501 E St Mary Blvd, Lafayette.

## SATURDAY AUGUST 9

**Lafayette La Gun Show** – All Day. Exhibits a wide range of products and services to discover the latest items that have been produced. Discussions of the latest ideas and new advancements. Lafayette Event Center, 4607 Johnston St, Lafayette.

**Action for Austin: Wheelchair Van Benefit** – 9am. Features live music, food, silent/live auction, raffle, family fun, and a great cause to support Austin, a 10 year old boy diagnosed 4 years ago with Duchenne Muscular Dystrophy. He recently received a power wheelchair but the family has no way of transporting

him and his chair. Proceeds will be used towards purchasing a van with wheelchair accessible modifications. Free. Action for Austin. Secure donations can be made online. The Colomb Foundation, 6489 Hwy 93, Arnaudville. [YouCaring.com](http://YouCaring.com).

**SugaSheaux** – 9am-6pm. Thru Sun. Regional horse show and ranch sorting competition. Concessions will be sold. SugaArena at Acadiana Fairgrounds, 713 NW Bypass (Hwy 3212), New Iberia. 337-365-7539. [SugaArena.com](http://SugaArena.com).

**2nd Saturday ArtWalk** – 6-9pm. See and buy art. Come early for the Rio Parade and explore the art galleries displaying works by the best of local and regional artists. Downtown comes alive with more than a dozen galleries, museums restaurants and shops offering live music, food, drink and art for purchase. Downtown Lafayette.

**LEGO Movie** – 8pm. A lowly Lego figure (voiced by Chris Pratt) joins a group intent on battling an evil force after a case of mistaken identity in this computer-generated comedy. Moviegoers are encouraged to bring blankets and chairs. Concessions available. South LA Select Stars. South City Park, 1524 S Market St, Opelousas. 337-948-5227.

**Zydeco Hawaiian Cruise Dance** – 9:30pm. Zydeco boots, Hawaiian shirts, grass skirts and Leroy Thomas and the Zydeco Roadrunners. There will be delicious refreshments. \$10/advance tickets, \$12/at the door. Donations are tax-exempt. Renella Henry. Historic St Peter Claver Hall in Grand Coteau. St Peter Claver Hall, 252 Church St, Grand Coteau. 337-349-5814.

## WEDNESDAY AUGUST 13

**Delcambre Shrimp Festival** – 6-11:30pm. Thru Aug 17. Sat 8am-11:30pm; Sun 10am-4pm. Honors the shrimping industry with events including a shrimp cook-off, queen's pageant, fais-do-dos, carnival rides, blessing of the fleet, food court and fun activities. \$5/Fri, \$10/Sat, Free/Wed, Thurs, Sun. Delcambre Shrimp Festival Grounds, 411 S Richard St, Delcambre. 337-685-2653. [ShrimpFestival.net](http://ShrimpFestival.net).

## THURSDAY AUGUST 14

**Seinfeld Live** – 7pm. America's premier comedian, Jerry Seinfeld, performs his signature stand-up routine. \$75. Heymann Performing Arts Center, 1373 S College Rd, Lafayette.

## FRIDAY AUGUST 15

**Day of the Acadians** – 10am-6pm. Full day of museum activities at the Acadian Memorial in St Martinville. Includes a family banner procession and refreshments. Acadian Memorial, 121 S New Market St, St Martinville. 337-394-2258.

**"The Mafia Murders"** – 7pm. As loyal members of the Godfather's family, attendees are invited to The Library, Don Brundizzi's, by invitation only. Solve a murder or two at this cocktail party fundraiser for local families with neuromuscular disease. Sunny Meade, 230 Topeka Rd, Scott.

## SATURDAY AUGUST 16

**Miles Perret Cancer Services Triathlon** – 5am. \$55/Individual entry, \$110/2-person relay entry, \$165/3-person entry onsite. ULL Bourgeois Hall, 225 Cajundome Blvd, Lafayette.

**Games of Acadiana** – 9am-4pm. Join Miles Perret Cancer Services and play with a purpose. With over 60 games and activities, this family fun day supports local families fighting, surviving, and living with cancer. Free. Cajundome & Convention Center, 444 Cajundome Blvd, Lafayette.

**“The Bold, The Young & The Murdered”** – 6:30pm. See Aug 2 listing. \$30. Crowley Town Club, 625 Crowley Rayne Hwy, Crowley.

**Pepper Festival Pre-celebration** – 6:30pm. Join members of the St Martinville Kiwanis Club as they unveil the Pepper Festival poster, inductions into the Hall of Fame, introduction of the queens and plenty of fun leading up to the Festival in September. \$30/person or \$300/table for 8, includes a bottle of wine and preferred seating. Brad Horton. Magnolia Park Recreation Center, 100 Magnolia Dr, St Martinville. 337-577-7726.

## THURSDAY AUGUST 21

**Gueydan Duck Festival** – 10am. Thru Sun. Duck calling contest, skeet shooting competition, pageant, cooking contests, music, food, parade and carnival. \$5. Duck Festival Park, 404 Dallas Guidry Rd, Gueydan. 337-898-6600. DuckFestival.org.

## FRIDAY AUGUST 22

**Shiatsu Part 1** – 6-10pm. Thru Sat, 8am-5pm. Therapists earn 12 CE hours and learn the five-element theory. Discussions include yin-yang balance, shiatsu, qi, hara, kyo, jitsu, cun and tsubo map the urinary bladder, kidney, lung and large intestine meridian pathways. Instructor will demonstrate body mechanics for floor mat techniques, pressure and hand techniques, complete a full body shiatsu routine using supine, prone and seated positions. 700 Jefferson St, Lafayette. 409-626-1811. BarbaraWhiteMassage.com.

## SATURDAY AUGUST 23

**Run for Stevens Johnson Syndrome** – All Day. Become aware and support the SJS Foundation as introduced by the LaCombe’s, the parents of Paige LaCombe, who suffered from Stevens Johnson Syndrome. \$20/1K, \$25/5K. Scott Park, Alfred St, Scott. SJSsupport.com. 337-344-6426.

**Preteen Invasion** – 9am-3:30pm. A wild and crazy evangelism conference for all incoming 4th, 5th and 6th graders along with their leaders. Celebrate the Lord with a day of worship, games, and fellowship. \$25/early registration includes t-shirt; \$30/regular registration includes t-shirt; \$30/late registration,

t-shirt not included. First Baptist Church, 1100 Lee Ave, Lafayette. 337-593-3661. FBCLaf.org.

**Lafayette Reptile & Exotic Animal Expo** – 10am - 5pm. A one day reptile event featuring vendors offering reptile pets, supplies, feeders, cages and merchandise. Live animal seminars and free raffles for prizes. \$10/Adults, \$5/Children 5-12yrs, free/under 5yrs. Ramada Lafayette, Conference Center, 2032 NE Evangeline Thruway, Lafayette. 863-268-427. ReptiDay.com.

## SUNDAY AUGUST 24

**Shiatsu Part 2** – 8am -5pm. Therapists earn 8 CE hours and learn yin-yang balance and direction of flow for the liver, gallbladder, stomach and spleen meridian pathways. Attendees demonstrate body mechanics for floor mat techniques and pressure and hand techniques. Therapist will complete a full body shiatsu routine using supine, prone, lateral recumbent and seated positions. 700 Jefferson St, Lafayette. 409-626-1811. BarbaraWhiteMassage.com.

## THURSDAY AUGUST 28

**Louisiana Shrimp & Petroleum Festival** – 5-11pm. Thru Fri, 11am-11pm; Sat & Sun 8am-11pm; Mon 9am-4pm. Tap your toes and tempt your taste buds at Louisiana’s oldest state-chartered harvest festival. Family entertainment includes continuous live music by local and national acts. A huge arts & crafts show and sale, a Children’s Village, the Cajun Culinary Classic, the traditional blessing of the fleet and the water parade. 800-256-2931 or 985-385-0703. ShrimpAndPetroleum.org.

## FRIDAY AUGUST 29

**Labor Day Fishing Rodeo** – 5am-3pm. Thru Sat 5am-3pm; Sun 5am-1pm. Fishermen compete in 15 different fish events and win prizes in runabout, inside and children’s divisions. Awards given for 1st, 2nd and 3rd place winners in each division. Grand prize drawing winners receive trophies. Quintana Boat Launch, LA 319 & Beach Ln, Cypremort Point. 337-364-7301.

## SATURDAY AUGUST 30

**32nd Annual Original Southwest Louisiana Zydeco Music Festival** – 8:30-12am. Feature the best in Zydeco, Cajun, Swamp-pop, Swing and R&B southern soul. Festivities begin with the annual free live music Zydeco Breakfast performance hosted by the City of

Opelousas at the St Landry Parish Courthouse, 118 S Court St, Opelousas. 337-948-6263. CityOfOpelousas.com. Live music performances at the Zydeco Park, 12pm-12am. \$10/Adults, \$5/12 and under. Zydeco Festival Park, Plaisance, Hwy 167 N, 457 Zydeco Rd, Opelousas. 337-290-6048. Zydeco.org.

**3rd Annual Creole Renaissance Festival** – 12pm-2am. One-day celebration of Creole culture; the language, food, community, dance and music. There will be a dance contest and live performances by preeminent names in zydeco music. Yambilee Building, 1939 W Landry St, Opelousas. Creole-Renaissance.com.

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# ongoing events

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

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## sunday

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

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

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

**The Vertical Barre Meditation Group** – 2-3pm. Free group meditation with Laci Lopez. The Vertical Barre, 233 Doucet Rd B-4, Lafayette. 877-575-1121. [TheVerticalBarre.com](http://TheVerticalBarre.com) or [ARealPerson@TheVerticalBarre.com](mailto:ARealPerson@TheVerticalBarre.com).

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

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

## monday

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

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

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

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

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

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

## tuesday

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

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

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

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

**Jefferson Street Story Times** – 2:30pm. Story times for ages 3-6. Jefferson Street Library, 538 Jefferson St, Lafayette. 337-261-5787.

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

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

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

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

**CCET's Backyard Series** – 6:30-8:30pm. 2nd Tues each month. A wide range of topics for the general

public: informal workshops, question-and-answer forums, interactive presentations led by qualified facilitators. Sponsored by Decentralized Arts Funding distributed by the Acadiana Center for the Arts and the Louisiana Division of the Arts in partnership with the Vermilionville Foundation. Free. 300 Fisher Rd, Lafayette. 337-233-4077 Ext 211.

**Writer's Guild of Acadiana Meeting** – 7-8:30pm. Last Tue each month. Local writers, meet to share and gain information in the craft of writing. The goals are to provide a strong support system for our members that includes networking communities, education and encouragement. \$30/Annual membership. Barnes & Noble Booksellers, 5705 Johnston St, Lafayette. 337-989-4142. [WritersGuideOfAcadiana.com](http://WritersGuideOfAcadiana.com).

## wednesday

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

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

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

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

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

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

## thursday

**Opelousas Farmers' Market** – 6-10am. See Tues listing. Farmers' Market Pavilion, Hwy 190, Opelousas. 337-948-5227 or 337-948-6263. [CityOfOpelousas.com](http://CityOfOpelousas.com).

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

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

## friday

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

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

**LA Ice** – 7-11pm. Public ice-skating at night. \$10/admission & rental, \$8/admission. 3607 NW Evangeline Thruway, Carencro. 337-896-2040. LAIceArena.com.

## saturday

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

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

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

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

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

**Kaplan's Farmer's Market** – 8am-12pm. 2nd Sat each

month. Local foods and crafts. Turnley Park, downtown Kaplan, 701 N Cushing Ave, Kaplan. 337-643-2400.

**New Iberia Creole Market** – 8am-12pm. 4th Sat each month. Shop for seasonal local grown produce and fruits, fresh Louisiana seafood, homemade jams, jellies and other preserves. Fresh baked items, home-cooked dishes, hand-made crafts. Enjoy fun and educational activities that promote healthier eating and lifestyle choices. West End Park, 1200 Field St, New Iberia. 337-367-0834. Facebook.com/CreoleMarket.

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

**Bird Chat** – 8:30am. 1st Sat each month. Wild Birds Unlimited, 137 Arnould Blvd, Lafayette, LA. 337-993-2473.

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

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

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

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

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

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

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

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

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

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

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

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

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# DETOX THE BODY

## Ionic Detox Foot Bath

COLORS AND OBJECTS IN THE WATER	
Color or Particle	Material or Area of the Body
Yellow-Green	Purifying the kidney, bladder, urinary tract, female/prostate area
Orange	Purifying the joints
Brown	Purifying the liver; tobacco, cellular debris
Black	Purifying the liver
Dark Green	Purifying the gallbladder
White Foam	Purifying from the lymphatic system
Black Flecks	Heavy metals
Red Flecks	Blood clot material

### Top Reasons to Ion Detox

- Rid your body of unwanted toxins.
- Reduce acidic pH in the body.
- Boost your immune system.
- Enhance nutrient absorption.
- Increase oxygen absorption.
- Help relieve pain and tension.
- Help relieve chronic fatigue.
- Increase your energy.
- Improve sleep.
- Remove heavy metals and chemicals from you body.
- Recover quicker from illness or injury.
- Slow down aging and improve flexibility.

### Why You Should Ion Detox

Throughout the course of the day, the average person will encounter a variety of environmental factors which affect their well being. This includes food additives, tobacco smoke, alcohol, artificial sweeteners, stress, lack of exercise, or even air pollution. These factors cause toxins to build up in your body throughout the

day. This buildup prevents your body from functioning at its optimal level. Your body detoxifies as much as it can, but never can eliminate all toxins. That's often why you may feel tired, have headaches, catch colds frequently, have sinus problems, dry skin, or bad breath. Additionally, prescription drugs, topical medication and environmental toxins seep into our organs and blood and can cause further imbalances. Ion Detox helps release chemicals that are clogging your organs like the liver and release chemicals no longer needed.

Eliminating toxins is the first step in giving the body a chance to heal itself. Detoxification is fundamental to any health building program and detoxifying through the feet is ideal. There are over 360 acupuncture points on the body with more than 60 on the soles of the feet. Acupuncture points and reflexology points reflect the organs and other areas of the body which make the feet ideal for detoxification.

Beginning symptoms of acidosis include: fatigue, headaches, bloating, acne, constipation, food allergies, panic attacks, slow circulation and joint pain. Intermediate symptoms of acidosis include: asthma, bronchitis, insomnia, psoriasis, fungus, depression, cold sores. Advanced symptoms of acidosis include: cancer, fibromyalgia, weight gain, multiple sclerosis, arthritis, diabetes, lupus, leukemia, heart disease and migraines.

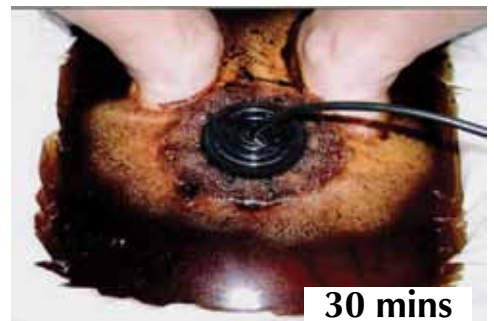
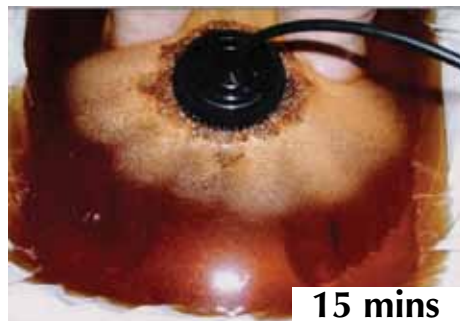
A study by the British Medical Journal said that 75% of cancers are caused by environmental and lifestyle factors. The Columbia University School of Public Health estimates that 95% of cancers are caused by diet and environmental toxicity. Heavy Metals and chemical toxins weaken the immune system and cause increased vulnerability to virus, bacterial fungal and parasitic infections. In an attempt to detoxify these substances, our bowels, kidneys and liver are being overloaded. With proper and frequent use, Ionic Detox Treatments can significantly aid the body in removal of harmful toxins. Used in combination with a healthy, low-stress lifestyle, Ion Detox Foot Bath Treatments can improve your chances for long term wellness.

### Why Ion Detox Works

Ion Detox Treatments work to raise the body pH to a more alkaline state. This is important because the vast majority of people live in an acidic state which accelerates the aging process and is a more hospitable environment for disease to flourish.

### A Higher Acidic pH Can Cause Such Problems As

1. Weight gain, obesity and diabetes.
2. Cardiovascular damage.
3. Bladder and kidney conditions, including kidney stones.
4. Immune deficiency.
5. Acceleration of free radical damage.
6. Hormone concerns.
7. Premature aging.
8. Osteoporosis; weak, brittle bones, hip





- fractures and bone spurs.
- 9. Joint pain, aching muscles and lactic acid build up.
- 10. Low energy and chronic fatigue.
- 11. Slow digestion and elimination.
- 12. Yeast/fungal overgrowth.

Ionic Detox Foot treatments assists the body's ability to heal itself by removing toxins that may be interfering with your own natural defenses. The best advice is to be proactive with your health. It's easier to avoid disease and illness by taking the steps discussed here, than it is to change things once disease has set in. Ion Detox Foot Baths are a valuable tool in supporting your body's natural defenses. This detoxification process is a safe and effective way to aid the healing process carried out by your Immune System.

### What happens when I place my feet or some other part of my body in the Ion Foot Cleanse?

The appearance of colors, bubbles and the changes in the tension of the waters surface, as well as the change in pH, indicates that the unit is functioning correctly, producing an electrical current in the water and that polarity is being generated by the electrodes in the "array".

The result is electrolysis and the generation of an electromagnetic field. Electrolysis creates the removal of those substances with ionic capacity that is in the water, on the skin or in the pores of the person who has their feet submerged in the foot bath.

The water, due to its content of ionic salts, remains magnetized and being in close contact with the corporal liquids facilitates the extension of this field towards the interior of the body. As it is the feet that are being treated, which have many reflex zones, these experience stimulation by the electromagnetic energy that is being generated resulting in the stimuli being propagated to the different organs and systems.

### Who should use the Ion Foot Cleanse?

Nearly everybody can benefit from following an ion Foot Detox program. Even those of you that think you are "healthy" and follow a balanced nutritious diet. The ionic spa compliments other therapies wonderfully. If in pain, tired or feeling run down start now.

### Who should NOT use Ion Foot Cleanse?

- Anyone with a surgical implant that operates with batteries like a pace-maker.
- Anyone who thinks they are or could be pregnant.
- Anyone who has received a transplant.
- Epileptics.
- Hemophiliacs.
- Transplant patients.
- Pregnancy – Ion Foot Cleanse is designed to work with one bio-electrical system at a time, as each system has its own properties. In the case of pregnancy, there are two bio-energetic fields present which could possibly interfere with each other.

### How frequently can the Foot Detox be used?

The Ion Foot Detox can be used for 30 minutes every other day. This allows time for the integration of the bio-energetic field and will avoid over-stimulation. It is NOT recommended on a daily basis, due to the fact that the body needs time to assimilate the increase in the bio-energetic level.

### How are toxins eliminated?

By means of electrolysis, the Foot Detox treatment plan intends to promote corporal detoxification which will allow the body to achieve a healthier condition. This detoxification is based on the bio-energetic stimulation of the different tissues, organs and systems so that they can carry out their natural detoxifying process better. The final result is a stimulation that allows us to attain balance which in turn brings us closer to achieving better health.

On the other hand, the electrolysis phenomena in the foot bath generates a release of substances that migrate towards the electrodes, going through a transformation which is manifested in the precipitation of products in the water, color change and release of gases, and this too has a relation to our organism. Within our interior a bio-energetic flow is produced, this unblocks and stimulates, creating better tissue, organ and system functions, facilitating better circulation.

### Why does the water change color?

There are many factors that come into play when the unit is turned on which contributes to the color and property changes in the water. Basically, the Detox is based on electrolysis. If we

analyze the system we find the following elements: water classification and types of salt which are used to achieve optimum conductivity.

The water that is used has its own impurities which due to the electrolysis are drawn towards or separated from other components. Remember, the water that normally reaches our homes can contain variable quantities of suspended solids such as sodium, calcium, magnesium, manganese, chlorine, antimony, arsenic, asbestos, barium, boron, cadmium, chromium, copper, cyanide, fluorine, iron, lead, mercury, nickel, sulphate's, thallium, nitrates, pesticides, herbicides, detergents and organic material, amongst many others.

When the Foot Detox "array" starts to work in the water, apart from the changes in the pHs, some of these substances can come to light as being present in the water. This is one of the reasons for the color changes and the release of small quantities of different gases like oxygen, hydrogen, chlorine and some sulphur's. The "arrays" are metallic and will release waste and will result in an electrolytic reaction which will in turn cause it to corrode.

Another influencing matter is what we introduce into the water, let's say our feet. These have their own properties such as acidity or alkalinity. One can also find germ, bacteria, yeast infections and parasites. The skin can also contain remnants of soap, creams, dyes and fibers. There will also be a release of substances from the sebaceous glands and dead cells. All these factors combined will influence the color change. Last of all we have the internal condition of the body which will influence and manifest themselves in the water.

#### References:

1. [healthylivingtoday.wordpress.com](http://healthylivingtoday.wordpress.com)
2. [wikipedia.com](http://wikipedia.com)
3. American Academy of Dermatology: AcneNet
4. Vaughan Integrative Medicine: Ion Foot Detoxification Program: Dr. Elizabeth Vaughan

Ion Foot Detox (single session) \$45  
 Ion Foot Detox (two sessions) \$80  
 Ion Foot Detox (four sessions) \$145

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Ionic Foot Detox

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### ALKALINE WATER MAJOR BENEFITS



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**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 Candida:**

Along with other healthy bacteria,

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

**Reduce Infections, Flu and Colds:**

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

**Detoxify:**

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

**Decrease Risk of Cancer:**

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

**Increase Energy Reserves:**

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

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