

FREE

HEALTHY LIVING HEALTHY PLANET

# natural awakenings

Future-Ready  
**KIDS**  
Parenting in the  
21<sup>st</sup> Century



**PEDAL  
POWER**  
Cycling Boosts  
the Brain

**GOING  
WILD**  
How to  
Safely Forage

**BEYOND  
ORGANIC**  
Regenerative  
Farming Tackles  
Climate Change





**Drug Emporium** 505 Bertrand Drive, Lafayette (337) 261-0051

## Use this to reduce PAIN and INFLAMMATION

### Pain & Inflammation Enzyme

Chronic pain and inflammation can make even the simplest everyday tasks a challenge. If you suffer chronic pain from a serious health condition or inflammation from over-exertion



and physical exhaustion, Liteon Natural's Pain and Inflammation Enzyme Blend can help. This unique anti-inflammatory and pain relief formula will strengthen your body's natural response to pain and inflammation. This supplement packs the power of natural

bioflavonoids, herbs, and enzymes.....\$30.00

## Wheatgrass Capsules

Alkalize, energize and detox your body with wheatgrass capsules. Wheatgrass is an effective healer because it is nutrient dense and contains major minerals and vitamins A, B-complex, C, E, I and K. It is extremely rich in protein, and contains 17 amino acids, the building blocks of protein. Wheatgrass contains up to 70% chlorophyll, which is an important blood builder. Wheatgrass is a strong antioxidant and helps to cleanse the blood and lymph.....\$30.00



## 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.

### HEALTH BENEFITS

- Helps reduce infections
- Can help reduce cancer
- Alkalizes the body
- All natural

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

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

## Mood Enhancer

Mood Enhancer is the perfect supplement to help with anxiety, stress, and depression. It works to maintain a healthy memory and sharp mind. It combines guaranteed-potency "smart herbs" ginkgo biloba and gotu kola, along with the brain-boosting omega-3 nutrition of DHA, the phospholipid nourishment of phosphatidylserine and phosphatidylcholine, the antioxidant protection of alpha lipoic acid and natural vitamin E, and more.....\$30.00





# BF-4 Weight Loss

## FAT GRABBER AND FAT BURNER



BF-4 contains all the major fat burners. You have no choice but to lose the weight. Garcinia Cambogia to prevent fat cell formation. Raspberry Ketone to help fat cells shrink. Green Coffee Bean to signal the body to burn stored fat. Chromium to build muscle and burn fat.

### HEALTH BENEFITS

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

.....\$45.00

## WheTea Ab Fat Burner



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

## Raspberry Ketone Drops

Research indicates that raspberry ketones appear to support weight management in two ways: first, by decreasing the absorption of dietary fat; and second, by supporting epinephrine-induced lipolysis (the breakdown of fat). Appetite Control and Fat Loss Formula.

.....\$30.00



## Garcinia Cambogia



Garcinia Cambogia is a natural fat-buster because of the unique properties of a compound known as hydroxycitric acid (HCA) found in the rind of the fruit. HCA blocks the activity of liver enzymes that convert sugar and carbs into fat, making their calories available as glycogen to fuel your muscles when you exercise. Garcinia cambogia also helps address stress-related appetite issues by supporting healthy serotonin and cortisol levels. ....\$35.00

## pH 9.5 Drops

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

Keep your pH levels under control with pH 9.5 Drops. The typical American diet is loaded with acid-forming foods that can take a toll on your overall health and vitality. We all know that drinking 8 glasses of water a day is a healthy habit, but with a pH rating of 9.5, these drops turn ordinary distilled water into a genuine health elixir. Simply fill your water bottle with one drop per ounce of water and sip throughout the day. It's an excellent and easy choice for anyone concerned about his or her body's acid/alkaline balance.

.....\$30.00



## Organic Frozen Wheatgrass Juice

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



Wheatgrass is harvested for juicing when the grass reaches its nutritional peak. This is just before the jointing stage, when the plant is between 7 and 11 inches tall. At this point, it has accumulated energy which will soon power a massive growth spurt. It is this energy that is captured in the juice.

- 1 fl. oz. of wheatgrass juice is equivalent to 2½ pounds of the choicest vegetables
- wheatgrass is mineral rich and contains 92 minerals needed by the body
- it is a complete protein containing 20+ amino acids and has higher protein densities than any other food source
- the magic is in the enzymes with more than 30 found in the juice
- the juice is 70% chlorophyll and since the chlorophyll molecule is virtually identical to hemoglobin (red blood cells that carry oxygen), wheatgrass juice will oxygenate your body.....\$30.00

# Health Fair

## Health Screenings

### Thermography

FULL-Body Head to Toe  
Screening

**\$94**

### Labwork

Liver & Kidney  
Bloodwork

**\$94**

\*\*\* optional upgrade not included in \$165 price

### Vitamin Test

Galvanic Skin Response using ZYTO Cradle  
Screening

**\$39**

### Vision

Wall Chart Reading  
Screening

**\$35**

### Blood Pressure

Screening

**\$12**

### pH Test

Saliva Swab  
Screening

**\$10**

### Labwork

Protein, Bilirubin, Leukocytes, Blood, SG  
Urine Screening

**\$35**

### Body Composition

% Body Fat, BMI, Muscle, Visceral Fat  
Screening

**\$22**

### OFFICE Visit

Educational Purposes Only  
Results

**\$65**

### Inflammation

Thermography Image Reading  
Screening

**\$45**

### Breast Cancer

Thermography Image Reading  
Screening

**\$65**

### Thyroid Function

Thermography Image Reading  
Screening

**\$35**

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**Bundle Price: \$165**

FOR INFORMATION - TEXT  
Your NAME and  
HEALTH SCREENING to 424-5066

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\*\*\* Offer may end soon. Call NOW

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# BENEFITS OF GREEN WATERS



## Lose Weight:

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

## Anti Aging:

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

effectively causing our skin to plump up and age more slowly.

## Reduce the Chances of Osteoporosis:

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

## Reduce Joint Pain and Arthritis:

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

## Reduce Infections, Flu and Colds:

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

## Detoxify:

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

## Decrease Risk of Cancer:

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



**Natural Health Center**

*Powerful, Positive Healing for Life*

100 E. Angelle St., Carencro  
(across from Super 1 Grocery Store)

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**namasté**

Wellness and General Nutrition Center  
858-B Kaliste Saloom Rd. Lafayette, LA

**(337) 356-1251**



**DHARMA Wellness Center**

166 Oak Tree Park Dr. #H, Sunset

**(337) 662-3120**



This month we celebrated our Uncle Dave and Aunt Barbara's 50th Wedding Anniversary. 50 years of marriage is a blessing and has become more and more of a rare occasion. We want to take this opportunity to honor two people who are role models for our family, community, and the world.

We exist as spiritual beings on a human journey. We believe our journey is to leave this world a better place than when we found it.

This means that, along the way, the more lives we touch and the more hearts we move, the more complete our lives will be. Uncle Dave and Aunt Barbara display this belief through their words and actions. Individuals that are significant to us must be told how significant they are in our lives. Uncle Dave and Aunt Barbara are true role models of determination and faith.

Trinity Pierce is Uncle Dave and Aunt Barbara's first granddaughter and she wrote and shared this poem on their 50th Wedding Anniversary. We now share it with you.

Think green, live peacefully, share your love,

*The Castille Family*

The Castille Family  
Publishers and Assistant Publishers

**Something I Can Only Hope For**

when you want something  
people will tell you to go get it  
but what if its unattainable by just ..  
"going get it"  
what if its something so sacred you can only..  
... stumble upon it

**love**

so pure and honest and real  
you couldn't miss it

some say they "found" love  
when they went searching  
one doesn't find love

love finds one

they started off as close friends  
somehow they turned into husband and  
wife of 50 years

**something i can only hope for**

they built a beautiful house together  
from scratch

**something i can only hope for**

he opens her door for her even after her  
navigations from the passenger seat as if  
she was in the driver's have gotten them  
to their destination

**something i can only hope for**

those petty arguments about how the  
nutribullet works that turn into laughter

**something i can only hope for**

they buy upgrades of their wedding rings  
even after one of them loses the first upgrade

**something i can only hope for**

they're going to travel the country side  
by side

**something i can only hope for**

they will leave a legacy for their children  
and grandchildren and great grandchildren

**something i can only hope for**

the admirable faith in God they have together

**something i can only hope for**

i thank God for sending such a perfect  
representation of unconditional love,  
through thick and thin they have been

**something i can only hope for**

the elegance and sophistication they  
have and how poise they are together

**something i can only hope for**

i love you, grandmommy and pawpaw  
congratulations on 50 years and more to come

**something i can only hope for**

- Trinity Pierce

Uncle Dave & Aunt Barbara's Granddaughter  
written and shared on their 50th Wedding Anniversary

PUBLISHERS Steve , Michelle, Lydia  
and Lillyanna Castille

EDITOR Beth Davis

DESIGN & PRODUCTION Gail Babineaux  
Steve Castille

CONTRIBUTING WRITERS Rick Rowan  
Beth Davis

DISTRIBUTION&MARKETING Marquia Anderson  
Martha Francis

CALENDAR Michelle Castille  
Lydia Castille  
Lillyanna Castille

WEBSITE Steve Castille

**CONTACT US**

3419 NW Evangeline Thruway  
Carencro, LA 70520  
Ph: 337-896-0085 • Fax: 337-205-6191  
www.NAcadiana.com

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**NATIONAL TEAM**

CEO/FOUNDER Sharon Bruckman  
COO/ FRANCHISE SALES Joe Dunne  
NATIONAL EDITOR Jan Hollingsworth  
MANAGING EDITOR Linda Sechrist  
NATIONAL ART DIRECTOR Stephen Blancett  
ART DIRECTOR Josh Pope  
FINANCIAL MANAGER Yolanda Shebert  
FRANCHISE SUPPORT MGR. Heather Gibbs  
WEBSITE COORDINATOR Rachael Oppy  
NATIONAL ADVERTISING Kara Cave

Natural Awakenings Publishing Corporation  
4933 Tamiami Trail N., Ste. 203  
Naples, FL 34103  
Ph: 239-434-9392 • Fax: 239-434-9513  
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Natural Awakenings is a family of more than 70 healthy living magazines celebrating 25 years of providing the communities we serve with the tools and resources we all need to lead healthier lives on a healthy planet.

# Contents



## ADVERTISING & SUBMISSIONS

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11

## 11 21<sup>ST</sup> CENTURY PARENTING

Preparing Kids for the Future

## 16 WILD AND WONDERFUL

Foraging for Foodies

## 20 HEALING HARMONIES

Music As Medicine

## 22 BEYOND SUSTAINABILITY

Regenerative Agriculture Takes Aim at Climate Change

## 24 VET CHECK

Treating the Whole Pet  
Natural Approaches

## 28 FEEDING HEALTHY HABITS

A 10-Step Guide for Helping Children Thrive

## 30 LOVING OURSELVES MADLY

Practice Intentional Self-Love

## 32 TAKE A CEREBRAL SPIN

Cycling for a Healthier Brain

## DEPARTMENTS

8 health briefs

9 news briefs

10 global briefs

16 conscious eating

20 healing ways

22 green living

24 natural pet

28 healthy kids

30 inspiration

32 fit body

34 calendar

22



24




32





## health briefs

### Take It Easy on the Eggs




Eggs should only be a now and then thing, the latest research from Northwestern Medicine, in Chicago, indicates. The new study, published in the *Journal of the American Medical Association*, looked at pooled data on 29,615 U.S. racially and ethnically diverse adults with an average of more than 17 years of follow up. It found that for every 300 milligrams (mg) of dietary cholesterol eaten per day, risk of death from heart disease increases by 17 percent and mortality from any cause increases by 18 percent. One large egg has a whopping 186 mg of cholesterol in the yolk, and eating three to four eggs a week increases heart disease mortality by 6 percent and all-cause mortality by 8 percent. Frank Hu, M.D., at the Harvard School of Public Health, comments that low to moderate intake of eggs can be included as part of a healthy eating pattern, but they are not essential. Dietary cholesterol also comes from red meat, processed meat and high-fat dairy products such as butter and whipped cream.

### Eat Plants to Live Longer

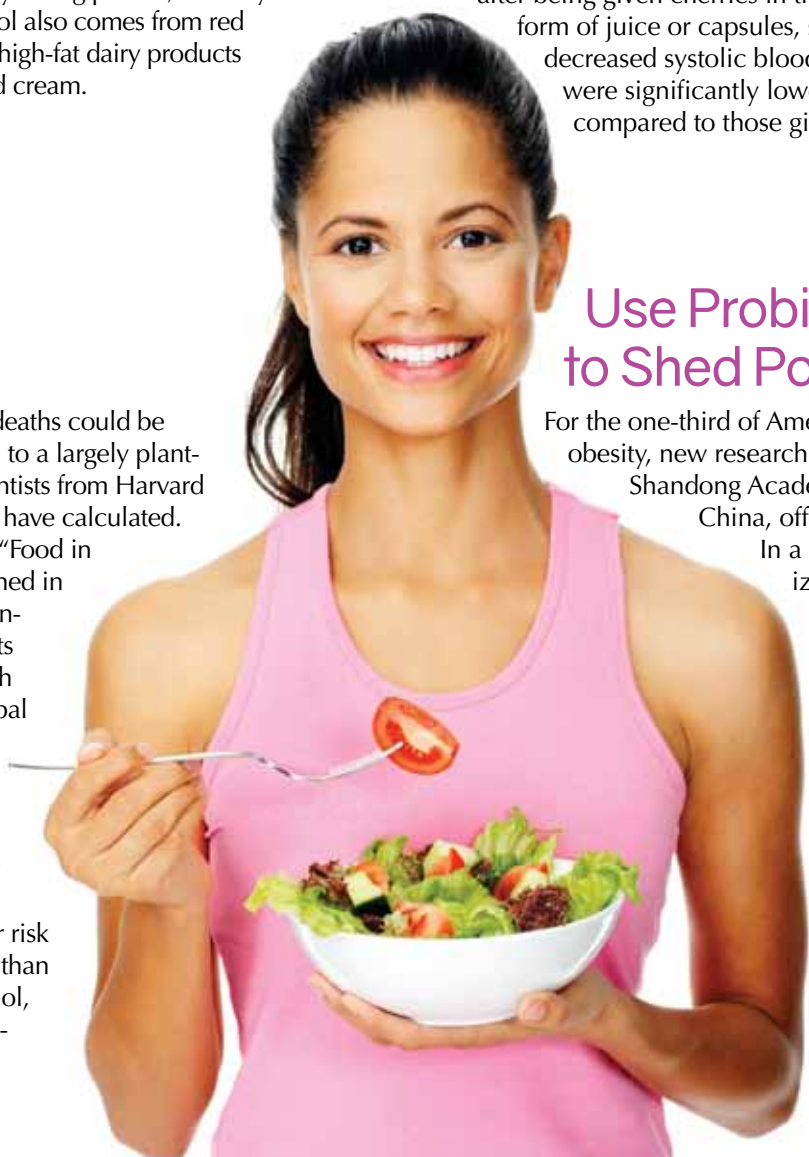
At least one-third of early deaths could be prevented if people moved to a largely plant-based diet, prominent scientists from Harvard University Medical School have calculated. An international initiative, "Food in the Anthropocene," published in the medical journal *The Lancet*, linked plant-based diets not only to improved health worldwide, but also to global sustainability. The report advocates a diet high in vegetables, fruits, whole grains, legumes and nuts, and low in red meat, sugar and refined grains. "Unhealthy diets pose a greater risk to morbidity and mortality than does unsafe sex, and alcohol, drug and tobacco use combined," it concludes.

### Savor Cherries to Lower Metabolic Syndrome Risk



Montmorency tart cherries, first discovered by Roman legionnaires along the Black Sea, have been shown to have potent anti-inflammatory and antioxidant properties, according to scientists. Now a study from the UK's University of Hertfordshire published in the *Journal of Functional Foods* has found that the cherries can mitigate factors that lead to metabolic syndrome, a condition that increases the risk of stroke, heart disease and Type 2 diabetes. Just two hours after being given cherries in the form of juice or capsules, subjects showed significantly decreased systolic blood pressure, and insulin levels were significantly lower after one and three hours compared to those given a placebo.

### Use Probiotics to Shed Pounds



For the one-third of Americans struggling with obesity, new research on probiotics from the Shandong Academy of Medical Sciences, in China, offers a promising approach. In a meta-review of 12 randomized, placebo-controlled studies that tested 821 obese and overweight people, probiotic supplementation was found to significantly reduce body weight, weight circumference and fat mass, and to improve cholesterol and glucose metabolism measures. Probiotics were administered in forms that included sachet, capsule, powder, kefir yogurt and fermented milk, in durations that ranged from eight to 24 weeks.



## Chen Style Tai Chi Workshop

Wang Xi'an System

with Dr. Bob Bacher

Learn Chen Tai Chi Basics, Form,  
& Self Defense Applications

**Date:** September 14 & 15, 2019

**Time:** 9am - 12 Noon & 2 - 5pm

**Where:** Morgan Street Dance Co.  
123 N. Morgan Ave  
Broussard LA 70518

**Cost:** \$200. Pay by August 24: \$160.

**One Day:** \$120. Half Day: \$60.

**\*Discount price for Service Workers, Military Veterans, Law Enforcement, Firefighters, EMTs, and School Teachers**

**Registration: Brian Bernard 337 967 0322**  
**[brianbernardtaiji108@gmail.com](mailto:brianbernardtaiji108@gmail.com)**

## news briefs

### Lafayette Parish Master Gardeners: Cultivating Gardens and Minds



The LSU Ag Center and Southern Ag Center Louisiana Master Gardener program started in 1997, and Lafayette Parish established a Master Gardener program in 1998. Each year approximately 30 graduates become certified volunteers, helping county agents deliver educational horticultural programs and information.

Lafayette Parish Master Gardeners also developed and now maintains the only demonstration garden in Louisiana. Located at the Ira Nelson Horticulture Center on the UL-Lafayette campus, the demo garden is an outstanding cooperative outreach program between LSU AgCenter and UL-Lafayette. Some of their many educational programs include Ask a Master Gardener, a monthly Garden Talk, a monthly Acadiana open channel program "In the Garden," school garden initiative, speakers' bureau, propagation and Vermilionville Medicinal Garden and an annual PlantFest.

To fund their educational programs, a plant sale is held every year in the spring and in the fall. Their dynamic propagation team, which meets every Wednesday morning at the Demo Garden, propagates and lovingly cares for all plants sold.

*Location: Offices -1010 Lafayette St., Suite 325, Lafayette. Ira Nelson Horticultural Center - 2206 Johnston St, Lafayette. For more information, call 337-291-7090 or visit [www.lpmga.org](http://www.lpmga.org)*

## Walk or Run to Keep Blood Vessels and Brains Young

Running novices that trained for six months and then ran their first marathon actually reversed the aging of major blood vessels—and older and slower people benefitted most, report researchers at University College London. The study of 139 healthy first-time marathon runners, ages 21 to 69, was presented at the 2019 European Society of Cardiology Congress. It found that those first-timers reduced their arterial age by four years and their stroke risk by 10 percent over their lifetime.



In another study presented at the Congress that was based on data from 605 heart failure patients, researchers reported that those walking the farthest in a six-minute test, indicating better fitness, were significantly less likely to have the cognitive impairment that afflicts 67 percent of patients with heart failure.

## The Karma Collective -



The Karma Collective, which consists of Emerge Raw Kitchen; Tribe Bakery and Coffee; Karmacarons; and Acadiana Grilled Cheese, the Collective goes a step beyond the idea of healthy foods being all about reduced calories and fats. Extra care is taken to infuse the flavor and substance of beneficial eating into its offerings. Melodie Carbuccia helps the synthesis of the four different entities operating within the space. She understands that people want to eat what tastes good—and that's where it all starts.

Her goal is to introduce her customers to new ways of thinking about the food they eat, and ultimately to get them to take ownership of their diet. She says, "You can't work or go on with life without health." She cites the feelings we have after eating some foods of sluggishness and poor digestion and says these can become more than distractions from daily activities that lead to larger problems. With that in mind, everything offered at Karma Collective is created to not only taste good, but to offer health benefits for mind and body.

The singular idea behind the offerings at Karma Collective is that food is necessary. As Carbuccia notes: "It affects our bodies, moods, well-being and interactions with others." In this way it must go beyond being delicious.

*Location: 104 E Kaliste Saloom Rd Lafayette. For more information, call 337-534-0173 or visit [www.facebook.com/tribecollectivelaf](http://www.facebook.com/tribecollectivelaf).*



## Hot Topic

### Farmers Responding to Climate Change



Climate change has inspired farmers to turn to regenerative agriculture, which pulls carbon dioxide out of the atmosphere and stores it in their soil. Regenerative agriculture incorporates the practices of planting trees, cover cropping, no-till farming and rotational grazing. As the groundswell of support grows, 250 soil health bills have been intro-

duced in state and federal legislatures in the last two years. At a U.S. Senate Agriculture Committee climate change hearing, Nebraska soybean farmer Matthew Rezac said that keeping soil healthy, not just reducing greenhouse gas emissions, was a key part of what farmers could do to cool a warming planet. According to the Union of Concerned Scientists, the bills have different justifications, but they all focus on soil health. As disastrous floods and drought sweep away farmland, the idea that regenerative agriculture could make for more productive farming is gaining traction.

## Moon Rocks

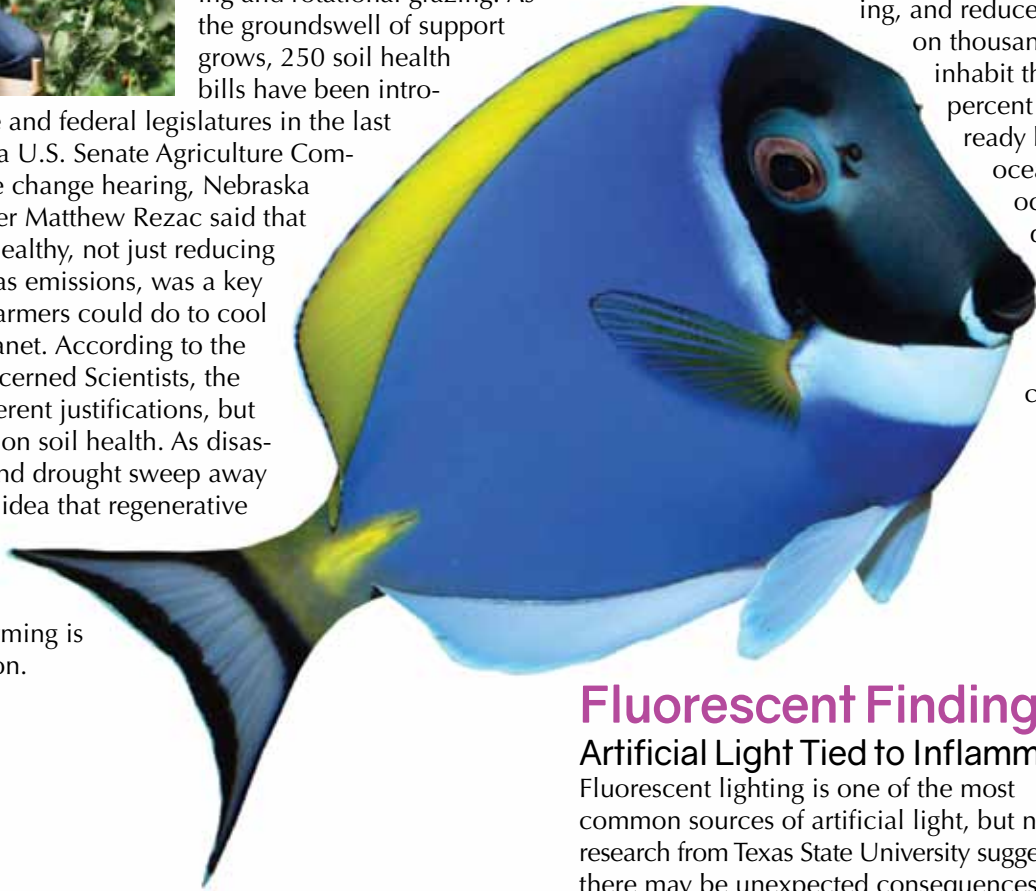
### Tectonic Activity Shakes Geologists

Long considered to be geologically inactive, our 4.6-billion-year-old moon is showing signs of tectonic activity via seismometers deployed between 1969 and 1972 during the NASA Apollo program. Although some “moonquakes” have been recorded near cliff-like fault scarps on the surface, they may be caused by the irregular gravitational effects of orbiting the more massive Earth or extreme temperature differences created by sunlight in the vacuum of space. Employing more sensitive equipment has been proposed for future missions to assist in choosing potential colonization sites.

## Coral Care

### Reefs to Get Their Day in Court

Critical habitat is threatened for 12 coral species in Florida, the Caribbean and the Pacific Ocean, while all corals worldwide are experiencing dramatic declines due to the impacts of climate change, pollution and overfishing. The Center for Biological Diversity, a Tucson-based nonprofit focused on species protection, intends to file a lawsuit against the federal government for failing to protect coral habitat as required under the Endangered Species Act. Benefits of securing a critical habitat designation from the National Marine Fisheries Service include improved water quality throughout the coastal zone, limits on overfishing, protection of spawning grounds, reduced impact from development and dredging, and reduced human pressures



on thousands of species that inhabit the reefs. Nearly 30 percent of all corals have already been lost to warming ocean temperatures and ocean acidification due to greenhouse gas pollution; scientists predict that the rest could be gone by the end of the century without help.

## Fluorescent Findings

### Artificial Light Tied to Inflammation

Fluorescent lighting is one of the most common sources of artificial light, but new research from Texas State University suggests there may be unexpected consequences at the genetic level. Team member Ronald B. Walter says, “Over the past 60 years, we have increasingly relied on artificial light sources that emit much narrower wavelength spectrums than does the sun. Yet, little research has been conducted to determine gene expression consequences, if any, from use of common artificial light sources.” Their findings, published in the online journal *Genes*, show increased inflammation in tissue and organs and increased immune response in the subject animals, regardless of whether the species is primarily active in the day or night.





## Copper Conflict

### Opponents Fight Mine in Arizona Desert

The U.S. Army Corps of Engineers has reversed course without explanation, greenlighting the Rosemont copper mine proposed by Canadian mining company Hudbay Minerals in Arizona's Santa Rita mountains, 30 miles from Tucson. The Corps approved Rosemont's Clean Water Act permit this spring after recommending its denial more than two years earlier. Environmentalists, local leaders and indigenous people are suing over the violation of this environmentally sensitive habitat. The Tohono O'odham, Pascua Yaqui and Hopi tribes consider the land sacred. The Cienega Aquifer will be severely impacted by a conical pit a mile wide and up to 2,900 feet deep. Tailings will cover miles of streams and trucks would haul an estimated 50 daily shipments of copper concentrate down the adjacent two-lane highway.



## Floating Solar

### Catching Some Rays on the Water



Solar panels currently generate only about 1 percent of our nation's energy needs, but new research from the federal National Renewable Energy Laboratory shows that installation of "floatovoltaics"—floating, electricity-generating photovoltaic panels—on only one-fourth of our manmade reservoirs

would generate about 10 percent of U.S. energy needs without taking up valuable real estate. Floatovoltaics cost less to install than traditional, land-based solar panels because there's no need to clear land or treat soil, and research shows that the natural cooling effect of the water below can boost the solar panels' power production by up to 22 percent. Of the approximately 100 current floatovoltaic installations, only seven are in the U.S., mostly at wineries in California and water treatment facilities. About 80 percent are in Japan, where limited land and roof space make water-based solar panels especially suitable.

## Bad Air

### Pollution Harms Mental and Physical Health

It's well established that air pollution's poisons and particles shorten lives, impair learning and increase risk for dementia. Now, a study published this spring in JAMA Psychiatry, which followed 2,232 children in Britain for 18 years, has found significant associations between exposure to air pollution and psychotic experiences during adolescence. Air pollution is believed to be responsible for 7 million deaths per year globally, according to the World Health Organization.



## Bagging It

### New York State Bans Plastic Bags



On Earth Day, New York Governor Andrew Cuomo signed into law a state-wide ban on single-use plastic bags in retail stores that goes into effect next March. It's estimated that New York uses 23 billion plastic bags every year, with 50 percent ending up in landfills and around cities and waterways. New York is the third state in which plastic

bags are illegal, after California and Hawaii.

**"Inflammation is the Spark that ignites most disease"<sup>1,2,3</sup>**

## Pain and Inflammation Enzyme



Chronic pain and inflammation can make even the simplest everyday tasks a challenge. If you suffer chronic pain from a serious health condition or inflammation from over-exertion and physical exhaustion, Liteon Natural's Pain and Inflammation Enzyme Blend can help. This unique anti-inflammatory and pain relief formula will strengthen your body's natural response to pain and inflammation. This supplement packs the power of natural bioflavonoids, herbs, and enzymes.....**\$30.00**

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

# 21<sup>st</sup> CENTURY PARENTING

## Preparing Kids for the Future

by Meredith Montgomery

Today's children have more opportunities to change the world than ever before. Teenagers are organizing global activism movements, LEGO lovers are mastering robotics and young entrepreneurs are launching successful businesses before they're old enough to drive.

But for Mom and Dad, this fast-paced, technology-driven childhood looks drastically different from their own. To help kids thrive, parents must learn to mindfully embrace today's modern advances without losing sight of timeless virtues and skills such as kindness, creativity and critical thinking.

### Finding Balance

After-school hours used to be filled with outdoor free play in which kids independently developed their natural capabilities as self-learners and creative problem-solvers. The Children & Nature Network has reported that just 6 percent of children ages 9 to 13 play outside on their own. Instead, stress and anxiety are on the rise in our competitive culture as many kids attempt to balance heavy homework loads with an overflowing schedule of extracurricular activities.

With the ability to connect to the world at our fingertips, Thomas Murray, director of innovation for Future Ready Schools, in Washington, D.C., notes that devices can also disconnect us from those right next to us. "It's a massive struggle to find balance and mindfulness, but it's vitally important. How often do we see an AP [advanced placement] kid that is falling apart emotionally? As parents, we need to recognize that kids have a lot on their plate—more than ever before."

Salt Lake City-based Courtney

Carver, author of *Soulful Simplicity: How Living with Less Can Lead to So Much More*, worries that parents are creating résumés for a life their children probably don't want. On her *BeMoreWithLess.com* website, she focuses on living with less clutter, busyness and stress to simplify life and discover what really matters. "It's challenging to maintain close connections when we're overwhelmed with what's in our inbox, or on Instagram or what the kids are looking at online," she says.

On her own journey to practical minimalism, she gained a greater sense of presence with her daughter. "When you can pay attention to a conversation and not feel distracted and antsy, especially with young kids, that is everything," says Carver.

### Managing Technology

The ubiquity of digital devices is a defining difference between today's youth and that of their elders, making it difficult for parents to relate and know how to set boundaries.

As senior parenting editor at non-profit Common Sense Media, Caroline Knorr helps

parents make sense of what's going on in their kids' media lives. "We can think of media as a 'super peer': When children are consuming it, they're looking for cues on how to behave and what's cool and what's normal." Parents need to be the intermediary so they can counterbalance the external messages with their own family's values.

Today's devices are persuasive and addictive. "As parents, we need to set boundaries, model good digital habits and help kids to self-regulate more—which is our ultimate goal," Knorr says.

To raise good digital citizens, Richard Culatta, CEO of International Society for Technology in Education,

**It's a massive struggle to find balance and mindfulness, but it's vitally important. How often do we see an AP [advanced placement] kid that is falling apart emotionally?**

~Thomas Murray





in Arlington, Virginia, believes conversations about device use shouldn't end with screen time limits and online safety. "Ask kids if their technology use is helping them be more engaged and find more meaning in the world or is it pulling them out of the world that they're in," he says. "Talk about how to use technology to improve the community around you, recognize true and false info, be involved in democratic processes and making your voice heard about issues you care about."

Parents are often uncomfortable with their kids socializing digitally, but Culatta encourages the introduction of interactive media sooner rather than later, so they understand how to engage with the world online before they are old enough to have social media accounts. Geocaching, which uses GPS-enabled devices to treasure hunt, and citizen science apps provide family-friendly opportunities to engage in both outdoor activities and online communities.

"The majority of our kids will need these digital communication skills to be able to work with anyone at any time," says Murray. He's witnessed the impact of connecting classrooms around the world, observing, "When students learn to navigate time zones and language barriers to communicate and collaborate, they see that they can solve the world's problems together."

## Raising Innovators

"The world doesn't care how much our children know; what the world cares about is what they do with what they know," says Tony Wagner, senior research fellow at the Learning Policy Institute, an education research and policy nonprofit in Palo Alto, California. In his latest book, *Most Likely to Succeed: Preparing Our Kids for The Innovation Era*, he emphasizes the importance of creative problem-solving and the joy of discovery, especially as more jobs become automated. "We're born with a temperament of creative problem solvers. But then something happens. The longer kids are in school, the fewer questions they ask, the more they worry about getting the right answer and fewer think of themselves as creative in any way," he says.

"Instead of listening and regurgitating, kids need to learn how to find and be a critical consumer of information," says Murray. Fewer employers are ask-



**We need to create an intentional family culture where virtues like kindness and respect are talked about, modeled, upheld, celebrated and practiced in everyday life.**

~Thomas Lickona

ing for college transcripts—including Google—as they discover the disconnect between what students are taught and what innovative skills they actually need.

While most schools are slow to adapt to the modern needs of the future workforce, parents can proactively foster the entrepreneurial spirit and discourage a fear of failure at home by offering safe opportunities for risk-taking and independence. After speaking extensively with compelling young innovators around the world, Wagner discovered that their parents explicitly encouraged three things: play, passion and purpose.

Their children were provided with many opportunities to explore new interests, as well as to learn from their mistakes. "The parents intuitively understood that more important than IQ is grit, perseverance and tenacity. You don't develop that when Mom is yelling at you to practice; you develop it because you have a real interest."

To create a culture of innovation, Murray encourages teachers and parents to get to know the interests, passions and strengths of today's children "and prove to them every day that they matter." When that interest blossoms into a passion, it can lead to a deeper sense of purpose and a desire to make a difference.

According to Wagner, this happens when parents and teachers instill one simple, but profound moral lesson, "We are not here on this Earth primar-

ily and only to serve ourselves; we have some deep, profound obligation to give back and to serve others."

## Teaching Kindness

In a culture that is obsessed with selfies and threatened by cyberbullies, it's a tough task for parents to teach compassion and kindness. "We need to create an intentional family culture where virtues like kindness and respect are talked about, modeled, upheld, celebrated and practiced in everyday life. What we do over and over gradually shapes our character, until it becomes second nature—part of who we are," says Thomas Lickona, Ph.D., a developmental psychologist and education professor emeritus at the State University of New York College at Cortland, and author of *How to Raise Kind Kids: And Get Respect, Gratitude, and a Happier Family in the Bargain*.

Sesame Workshop's 2016 Kindness Study found that 70 percent of parents worry that the world is an unkind place for their kids, but Scarlett Lewis believes it's all in our mind, saying, "When you choose love, you transform how you see the world from a scary and anxiety-producing place to a loving and welcoming one."

After losing her 6-year-old son Jesse in the horrific Sandy Hook Elementary School shooting, she attributed the tragedy to an angry thought in the mind of the shooter. Her compassion fueled the founding of the Jesse Lewis Choose Love Movement to educate and encourage individuals to choose loving thoughts over angry ones. "Although we can't always choose what happens to us, we can always choose how to respond," she says. The evidence-based Choose Love Enrichment Program teaches children to live a life with courage and gratitude, practice forgiveness and be compassionate individuals.

While we don't want to overwhelm kids with all the evils in the world, Lickona notes that it is valuable to make them aware of human suffering and how we can help. "Cultivate the belief that we're all members of a single human family. Teach [them] that one of the most important ways to show gratitude for the blessings in our life is to give back."

*Meredith Montgomery publishes Natural Awakenings of Gulf Coast Alabama/Mississippi (HealthyLivingHealthyPlanet.com).*



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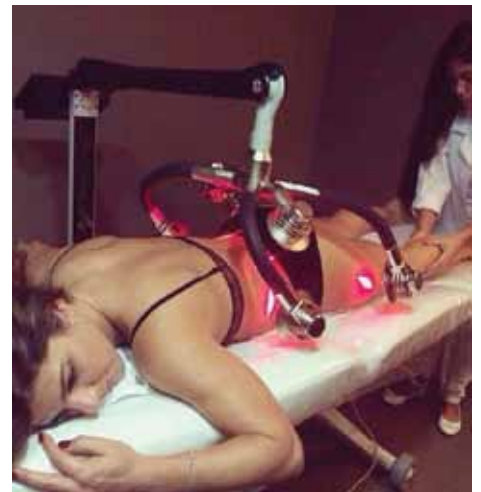
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# Wild and Wonderful Foraging for Foodies

by April Thompson

There is such a thing as a free lunch, and it awaits adventurous foragers in backyards, city parks, mountain meadows and even sidewalk cracks. From nutritious weeds and juicy berries to delicate, delicious flowers and refreshing tree sap, wild, edible foods abound in cities, suburbia and rural environments.

Throughout most of history, humans were foragers that relied on local plant knowledge for survival, as both food and medicine. Today's foragers are reviving that ancestral tradition to improve diets, explore new flavors, develop kinship with the environment, and simply indulge in the joy and excitement of finding and preparing wild foods.

## Wild Foods As 'Superdiet'

"There are many benefits to eating wild food," says Deane Jordan, founder of *EatTheWeeds.com*, of Orlando, Florida. "Wild plants, because they must take care of themselves, tend to be more nutritious than cultivated plants—particularly in terms of phytochemicals and antioxidants. They also tend to be lower in sugar and other simple carbs, and higher in fiber."

Wild plants, because they must take care of themselves, tend to be more nutritious than cultivated plants—particularly in terms of phytochemicals and antioxidants.

~Deane Jordan

Purslane, a wild succulent, has more omega-3s than any other leafy vegetable, says John Kallas, the Portland, Oregon, author of *Edible Wild Plants: Wild Foods From Dirt to Plate*. Mustard garlic, a common invasive plant, is the most nutritious leafy green ever analyzed, says Kallas, who holds a Ph.D. in nutrition. "However, the real dietary benefit of foraged plants is in their great diversity, as each has a unique profile of phytochemicals. There is no such thing as a superfood, just superdiets," he adds.

## Know Thy Plant

Rule number one of foraging is to be 100 percent sure of your identification 100 percent of the time, says Leda Meredith, the New York City author of *The Forager's Feast: How to Identify, Gather, and Prepare Wild Edibles*. Foraging experts say the fear of wild plants is largely unfounded. "The biggest misconception is that we are experimenting with unknowns," says Kallas. "Today's wild edibles are traditional foods from Native American or European cultures we have lost touch with."

For example, European settlers brought with them dandelions, now considered a nuisance weed, as a source of food and medicine. All parts of it are edible, including flowers, roots and leaves, and have nutritional superpowers.

To assess a plant, Kallas adds, a forager must know three things about it: the part or parts that are edible, the stage of growth to gather it and how to prepare it. "Some plants have parts that are both edible and poisonous. Others can be toxic raw, but perfectly edible cooked," he says.

Timing is everything, adds Meredith. "A wild ingredient can be fantastic in one week, and incredibly bitter a week later, so it's important to know when its prime season is."

Kallas recommends staying away from highly trafficked roadsides and polluted areas. Given that many lawns and public areas are sprayed with herbicides, Sam Thayer, author of *The Forager's Harvest: A Guide to Identifying, Harvesting, and Preparing Edible Wild Plants*, recommends not foraging in an area if it's uncertain whether chemicals have been applied.

Environmental awareness includes understanding how foraging may positively or negatively affect the ecosystem, says Meredith. "Overharvesting can endanger future populations. But there is a 'win-win' way to forage, where I get fantastic food and the landscape is better for my having foraged, by clearing invasive plants around natives or planting seeds while collecting a local plant gone to seed."

Thayer, of Bruce, Wisconsin, suggests collecting where species are abundant and thriving: "Fruit, for example, can be harvested limitlessly, as can wild invasives that disrupt the balance of the ecosystem and crowd out native species."

## Meal Preparation

Vinegars, jams and cordials from wild fruits and flowers can be wonderful, but require some patience for the payoff, yet many wild edibles can be eaten raw or lightly sautéed, requiring very little prep work. Thayer recommends sautéing wild greens with just a little soy sauce, vinegar and garlic.

Foraging builds confidence, powers of observation and connections to the natural world. The biggest benefit, says Thayer, may just be the fun of it. "You can experience food and flavors you cannot have any other way. A lot of these foods you cannot buy anywhere, and really, it's better food than you can buy."

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



# New discovery stops colds



## New research: Copper stops colds if used early.

Scientists recently discovered a way to kill viruses and bacteria. Now thousands of people are using it to stop colds and flu.

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

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

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

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

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

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



Sinus trouble, stuffiness, cold sores.

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

Soon hundreds of people had tried it and given feedback. Nearly 100% said the copper stops colds if used within 3 hours after the first sign. Even up to 2 days, if they still get the cold it is milder than usual and they feel better.

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

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

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

Now thousands of users have simply stopped getting colds.

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

Businesswoman Rosaleen says when people are sick around her she uses CopperZap morning and night. "It saved me last holidays," she said. "The kids had colds going round and round, but not me."

Some users say it also helps with

"It worked!" he exclaimed. "The cold never got going." It worked again every time. He has not had a single cold for 7 years since.

He asked

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

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

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

Dr. Bill Keevil led one of the teams



Dr. Bill Keevil: Copper quickly kills cold viruses.

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

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

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

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healing ways



# HEALING HARMONIES

## Music As Medicine

by Marlaina Donato

From ancient Mongolian shamans that used drumming for physical and emotional healing to modern, board-certified music therapists that work with special needs kids, science now confirms what we've always known: Music makes us feel better.

Decades after Don Campbell's groundbreaking work about the cognitive effects of listening to the music of Mozart, growing research reveals music's ability to reduce chronic and acute pain, restore brain connections after a stroke, boost immunity and promote brain development in children. Recent studies of the benefits of music published in BJPsych International show decreased depression in patients with neuropsychiatric disorders and improvement in people with certain types of epilepsy.

### Neurochemistry and Pain Reduction

Listening to music we find pleasurable can have an analgesic effect on the body, and researchers theorize that the brain releases a cascade of natural opioids, including dopamine. A pilot study on cancer patients published in the *Indian Journal of Palliative Care* in 2016 shows a significant reduction of

pain when individuals are exposed to music for 20-minute intervals.

Music also minimizes chronic pain associated with syndromes like fibromyalgia. Collective studies published in *Frontiers of Psychology* in 2014 suggest that relaxing, preferred choices of music not only reduce fibromyalgia-related pain, but also significantly improve mobility.

### Dementia, Stroke and Brain Development

Board-certified music therapists like Sheila Wall use live and recorded music to catalyze therapeutic changes in their clients. In her Eau Claire, Wisconsin, practice, Wall works with a wide range of clients ranging in age from 3 to 104. "Music bypasses the language and intellectual barriers in the brain that can prevent healing. Music helps the brain compensate for whatever damage that has occurred through illnesses, disease or trauma," she says. "I also work with children to help them build language and motor skills through music."

Research last year by the Brain and Creativity Institute at the University of Southern California in Los Angeles has shown that music training strengthens areas of the brain that govern speech, reading skills and sound perception in children. The results, published in *Cere-*

*bral Cortex*, indicate that only two years of music study significantly changes both the white and gray matter of the brain.

Kirk Moore, in Wheaton, Illinois, is a certified music practitioner who provides live therapeutic music for people that are sick or dying. He says he sees daily changes through music. "I see heart rates slow down and blood pressure reduced. Breathing becomes steadier; pain and nausea cease." Moore has also witnessed patients with aphasia—a language impairment caused by stroke or other brain damage—spontaneously sing-along to songs and regain the ability to speak. One memorable patient could only utter a single word, but listening to Moore ignited a dramatic change. "I sang 'You Are My Sunshine' and within seconds, she was singing. After 20 minutes of music, I expressed to the patient my hopes that the music had been helpful to her. 'Oh goodness, yes!' she responded."

### Pick Up a Drum

Drumming has been proven to be able to balance the hemispheres of the brain, bolster immunity and offer lasting physical and emotional benefits for conditions ranging from asthma to Parkinson's disease, autism and addiction recovery.

Medical research led by neurologist Barry Bittman, M.D., shows that participation in drumming circles helps to amp up natural killer cells that fight cancer and viruses such as AIDS. Recent research published in *PLOS/ONE* reveals a profound reduction of inflammation in people that took part in 90-minute drum circles during the course of the 10-week study.

### Music and End of Life

Music's capacity to bring healing and solace also extends to the end of life. Classically trained musician and certified music practitioner Lloyd Goldstein knows firsthand the power of providing music for cancer patients and the terminally ill. "I feel a deep responsibility to be as present as I can possibly be, to what I'm doing, the people I'm playing for," says Goldstein, who left a secure orchestra position to join the team at The Arts In Medicine Program at the Moffitt Cancer Center in Tampa, Florida. "It's taught me how to be a better musician and a better person."

As much as the musician gives, music gives back. "I end up calmer than when I begin a session. That healing environment travels with me," Moore says.

*Marlaina Donato is a composer and the author of several books. Connect at [AutumnEmbersMusic.com](http://AutumnEmbersMusic.com).*

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# Beyond Sustainability

## Regenerative Agriculture Takes Aim at Climate Change

by Yvette C. Hammett

Most people have never heard of regenerative agriculture, but there's plenty of talk about it in the scientific and farming communities, along with a growing consensus that regeneration is a desirable step beyond sustainability.

Those that are laser-focused on clean food and a better environment believe regenerative agriculture will not only result in healthier food, but could become a significant factor in reversing the dangerous effects of manmade climate change. This centers on the idea that healthy soils anchor a healthy planet: They contain more carbon than all above-ground vegetation and regulate emissions of carbon dioxide and other greenhouse gases.

"We have taken soils for granted for a long time. Nevertheless, soils are the foundation of food production and food security, supplying plants with nutrients, water and support for their roots," according to the study "Status of the World's Soil Resources," by the Food and Agricultural Organization of the United Nations. Most of the world's soil resources, which also function as the planet's largest water filter, are in fair, poor or very poor condition, the report states.

Tilling, erosion and chemicals all play significant roles in soil degradation. Regenerative agriculture seeks to reverse that trend by focusing on inexpensive organic methods that minimize soil disturbance and feed its microbial diversity with the application of compost and compost teas. Cover crops, crop and livestock rotation and multistory agroforestry are all part of a whole-farm design that's intended to rebuild the quantity and quality of topsoil, as well as increase biodiversity and watershed function.

"True regenerative organic agriculture can improve the environment, the communities, the economy, even the human spirit," says Diana Martin, director of communications for the Rodale Institute, in Kutztown, Pennsylvania. Rodale, a leader in the organic movement, has been carrying the global torch for regenerative agriculture since the 1970s, when Bob Rodale, son of the institute's founder, first began talking about it. "He said sustainability isn't good enough. In the U.S., we are depleting our topsoil 10 times faster than we are replenishing it. We only have 60 years of farmable topsoil remaining," says Martin.

The institute is working with corporate brands in conducting a pilot

project on farms around the world to certify food as regenerative organic. It has three pillars that were created with the help of the U.S. Department of Agriculture's National Organic Program: soil health; animal welfare; and social justice, the latter because people want to know that workers are being treated fairly, Martin says.

"In some ways, we felt the organic program could do more, so we introduced the regenerative organic certification. It is a new, high-bar label that is very holistic," says Jeff Moyer, an expert in organic agriculture and the executive director at the Rodale Institute. The pilot phase involves 21 farms with connections to big brands like Patagonia, Lotus Foods and Dr. Bronner's. "We needed relationships with brands to make this a reality," Moyer says. Product should be rolling out by this fall.

"There's kind of a broad umbrella of things going on," says Bruce Branham, a crop sciences professor with the University of Illinois at Urbana-Champaign. "No-till farming certainly is a small step toward regenerative ag, because every time we till the soil, we essentially expose a lot of the carbon dioxide, which burns off carbon."

Cover crops can be planted right after harvesting a cash crop to help regenerate the soil, adding nitrogen and organic matter, he says. "It is a long-term benefit, so a lot of farmers are hesitant. It takes a while to improve soil fertility through cover crop use." It doesn't cost much, but for a corn or soybean farmer making almost no money right now, every expense matters. "The real things we are working on are more toward different cropping systems," he says, in which farmers are growing perennial tree crops that produce nuts and fruits, absorb carbon and don't require replanting or tilling.

There's considerable interest in regenerative organic agriculture in Idaho, as many farmers there have already adopted no-till practices, says Sanford Eigenbrode, a professor at the University of Idaho, who specializes in entomology, plant pathology and nematology. Farmers want to try to improve retention of soil carbon to both stabilize soils and improve long-term productivity, he says. "There are economic and environmental advantages."

*Yvette C. Hammett is an environmental writer based in Valrico, Florida. She can be contacted at [YvetteHammett28@hotmail.com](mailto:YvetteHammett28@hotmail.com).*



# 53 Wheatgrass Health Benefits

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15. Wheatgrass juice benefits and boosts sexual stamina. Farmers in the American midwest who have sterile cows and bulls put them on wheatgrass to restore fertility. (The high magnesium content in chlorophyll builds enzymes that restore the sex hormones).
16. A small amount of wheatgrass juice in the human diet prevents tooth decay.
17. Drinking wheatgrass juice helps in eliminating body odors.
18. Wheatgrass has a high amino acid content: promotes cell regeneration.
19. Wheatgrass is a potent source of enzymes: Maintains Youthfulness.
20. Liquid chlorophyll washes drug deposits from the body.
21. Chlorophyll in wheatgrass improves blood sugar problems.

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

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

## ADVERTISEMENT

# Where can I buy wheatgrass?

Drug Emporium/Vitamins Plus, 505 Bertrand Dr., Lafayette 337-261-0051.  
Benny's Sport Shack, 806 S. Union St., Opelousas 337-948-6533.  
NAMASTE Wellness Center, 858-B Kaliste Saloom Rd., Lafayette 337-989-7001.

Natural Health Center, 100 E. Angelle St., Carencro 337-347-4141.  
DHARMA Wellness, 166 H Oak Tree Park Dr., Sunset 337-662-3120.

natural pet

# VET CHECK

## Treating the Whole Pet

by Julie Peterson



ljpco Smokovsky/Shutterstock.com

About 10 years ago, Kim Krouth's dog, Buckeye, was suffering from severe allergy symptoms. The mixed-breed shepherd was licking and biting her paws until her toe pads were bleeding. "Our conventional vet prescribed steroids," recalls Krouth. "It helped some, but also agitated Buckeye. When I found out that other side effects could include serious health problems, I didn't want to put her at risk."

The Madison, Wisconsin, animal lover headed to a holistic pet supply store to ask about alternative treatments for the dog's allergies. She learned about herbal remedies, and was advised to take Buckeye to a holistic veterinarian. "Treating her holistically seemed like a better option than the side effects of treatment with drugs," she says.

The holistic veterinarian recommended acupuncture. It helped, but the dog later became sensitive to the needles. At that point, she was given homeopathic plant-based treatments that worked well with no side effects. Buckeye, now 15, has also received laser light therapy and spinal manipulation to

help with mobility in her senior years.

### The Holistic Difference

Holistic veterinarians have been treating dogs, cats, chickens, livestock and exotic animals across the nation for some time, but many people aren't entirely clear about how their approach—and their training—differs from a conventional vet. Both enter the profession after earning a doctor of veterinary medicine (DVM) degree. Holistic practitioners can then choose to train in a variety of modalities, including acupuncture, herbs and physical rehabilitation, plus trigger point, mega-vitamin and stem cell therapies.

"Any method that is sufficiently different from conventional medicine requires extra training ... over a period of weeks, months or years," says Nancy Scanlan, DVM, the executive director of

the American Holistic Veterinary Medical Foundation, in Mount Shasta, California.

Veterinarians, holistic or not, typically do the same initial examination of an animal, she says. From there, a holistic vet may look at additional areas or assess things in a slightly different way. "For example, someone trained in veterinary osteopathy or veterinary chiropractic would explore the range of motion of joints or the spine."

In treatment, holistic DVMs use an integrative approach. The goal is to look at the animal as a whole and treat the underlying condition, rather than treating the symptoms. "Integrative medicine is about broadening our medical options, blending both conventional medical and holistic approaches. It focuses on client education and participation in the healing process of their pet," says Danielle Becton, DVM, of Aloha Pet & Bird Hospital, in Indian Harbour Beach, Florida.

Holistic veterinarians may also choose to use fewer conventional drugs and limited vaccinations. "Vaccine titers can be used to determine if a patient has adequate antibodies to a disease to create immunity," says Becton. "If a pet is already immune, they may not need another vaccine booster that year."

Becton and Scanlan agree that alternative treatments such as acupuncture, laser therapy or massage can be used in lieu of drugs for pain management. However, Scanlan does note that in an acute or emergency situation, many natural methods do not work fast enough, "and that is when holistic veterinarians are more likely to use drugs."

### Choosing a Holistic Veterinarian

Pet owners seek out holistic veterinarians



# STOP the PAIN

# STOP the INFLAMMATION



Integrative medicine is about broadening our medical options, blending both conventional medical and holistic approaches. It focuses on client education and participation in the healing process of their pet.

~Danielle Becton, DVM

ians for different reasons. In Krouth's case, it was the unacceptable side effects to drugs that led her to explore other options. Becton points out that she gets clients looking for a more natural approach for their pets after they personally have had success with human integrative medicine.

However, it's important that pets are treated by professionals that are trained to treat animals. People with holistic training for humans may not understand animal anatomy or physiology.

Ultimately, choosing a veterinarian is a personal decision, and seeing a beloved pet thrive is the best confirmation that it was the right one. "We are so glad that we still have Buckeye at this golden age, and believe it's due to holistic care that she has lived a comfortable, long life," says Krouth.

*Julie Peterson lives in rural Wisconsin with her husband, dogs and chickens. She has contributed to Natural Awakenings for more than a decade. Contact her at [JPtrsn22@att.net](mailto:JPtrsn22@att.net).*

Raising children is a creative endeavor, an art rather than a science.

~Bruno Bettelheim

The most important thing that I learned in growing up is that forgiveness is something that, when you do it, you free yourself to move on.

~Tyler Perry

# 5 Common signs of nutrient deficiency

## Poor night vision

Vitamin A, known as retinol, is essential for promoting good vision and overall eye health. Too little vitamin A can cause night vision problems, crusty eyelids in the morning, recurrent infections and photophobia (eye discomfort in the sun.)

## Sores or discoloration of your tongue

The tongue is an essential organ that shows us many signs of the state of our health. Water-soluble B-vitamins are essential for the health of the mouth and tongue. Unfortunately, the body doesn't store them, so we have to constantly replenish them.

## Weak, spotted or rigged nails

These are common signs of a deficiency in zinc, an important trace mineral needed for the proper function of the immune system. Zinc also serves an important role in cell division and growth.

## Muscle fatigue and bone pain

Vitamin D is not only a vitamin but a hormone that tells your bones how much calcium to store and release. Not enough vitamin D and your bones become weak, but also, you can have muscle pain and fatigue as well.

## Frequent cramps in your lower legs or 'Restless Leg'

Vitamin D is not only a vitamin but a hormone that tells your bones how much calcium to store and release. Not enough vitamin D and your bones become weak, but also, too much calcium can reside in your bloodstream.

## GET A VITAMIN TEST

Call (337) 356-1251 Lafayette Office

Call (337) 662-3120 Sunset Office

## ZERONA: ZAP FAT WITH LASER LIGHT



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

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

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

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

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

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

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

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

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

# Zerona

## Melt Belly Fat Using Zerona Cold Laser Treatments

Zerona employs a laser to shrink fat cells, and costs about \$1,500 to \$1,700 for a package of six purportedly painless treatments performed over two weeks in a doctor’s office. A package of six treatments at the LITEON Natural Health Center is under \$600. Each treatment takes roughly 40 minutes. Liposuction costs \$4,000 on average, and a tummy tuck costs \$5,000 to \$9,000. Unlike many laser sculpting procedures, Zerona has “absolutely no side effects, no allergic reactions, bruising, anything,” says Steve Shanks, president of Erchonia, Zerona’s manufacturer. The company’s clinical trial for FDA approval found that the procedure removed about 1 to 1.5 inches from each area treated including waist, hips, and thighs. *Source: Health.usnews.com*





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

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



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

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

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

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



## Lose 3 to 12 inches in 4 Weeks

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- No Downtime
- No Surgery

6 Sessions	\$450	(\$650 Value)
9 Sessions	\$650	(\$850 Value)
12 Sessions	\$850	(\$1300 Value)
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Includes weight program and Detox		

Naturally slims, shapes, and tones the areas of the body including those difficult to reach areas such as: waist, hips, thighs, upper legs and even the arms.

The more sessions/treatments you do the more fat you lose and the more you shape the area being treated.

ZERONA  
Non-Invasive Fat Reduction

	Before	After
Right Arm	15 1/2	11
Left Arm	17 1/2	12
Right Thigh	22 1/2	15
Left Thigh	22 1/2	18 1/2
Waist	38 1/2	31
Hips	36 1/2	33 1/2
Total	142.5	122

Total Inches Lost 20.5  
15 sessions



## PRAYER TO MEND WHAT IS BROKEN

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

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

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

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



## healthy kids



wong yu liang/Shutterstock.com

# Feeding Healthy Habits

## A 10-Step Guide for Helping Children Thrive

by Melinda Hemmelgarn

It's not easy raising children in today's media-saturated landscape. From TV and video games to internet and mobile devices, our kids are exposed to a steady stream of persuasive marketing messages promoting low-nutrient junk foods. Both the American Academy of Pediatrics and the American Psychological Association warn that media's pervasive influence over children's food preferences increase their risk for poor nutrition, obesity and chronic diseases later in life.

Protecting children against marketing forces may seem like an uphill battle, but these strategies can help provide a solid foundation for good health.

**1 Teach children to be media savvy.** Andrea Curtis, Toronto-based author of *Eat This! How Fast-Food Marketing Gets You to Buy Junk (and how to fight back)*, says, "Kids don't want to be duped." By showing children how the food industry tricks them into buying foods that harm their bodies and the Earth, we can turn kids into food detectives that reject processed foods and sugary drinks.

**2 Feed children's curiosity about where food comes from.** Take children to farmers' markets and U-pick farms; organic growers reduce exposure to harmful pesticide residues. Kids that might turn up their noses at supermarket spinach tend to eat it in bunches when they've helped grow, harvest and prepare it. That's the story behind *Sylvia's Spinach*, a children's book by Seattle-based author Katherine Pryor.

**3 Introduce children to the rewards of gardening.** Connie Liakos, a registered dietitian based in Portland, Oregon, and the author of *How to Teach Nutrition to Kids*, recommends introducing children to the magic of planting seeds and the joy of caring for a garden—even if it's simply a pot of herbs on a sunny windowsill or a small plot in a community garden.

**4 Teach children how to cook.** Teresa Martin, a registered dietitian based in Bend, Oregon, says learning how to cook frees us from being "hostage to the food industry." She believes cooking is such an essential life



Keep emotion out of eating, and allow children control over how much they eat.

~Connie Liakos

skill that we should be teaching it along with reading, writing and arithmetic in kindergarten. When we cook, we're in control of the ingredients' quality and flavor. Plus, cooking together creates parent-child bonding. Invite children to help plan and prepare family meals and school lunches. (Remember to slip a note inside a child's lunch box with a few words of love and encouragement.)

**5 Visit the library.** From simple children's stories about food adventures to basic cookbooks, libraries open up a world of inspiration and culinary exploration. Find stories about seasonal foods to prepare with a child.

**6 Prioritize family meals.** Children that eat with their families are better nourished, achieve greater academic success and are less likely to participate in risky behaviors. Family meals provide time to share values, teach manners and enjoy caring conversations. To foster peace and harmony at the table, Liakos advises families to "keep emotion out of eating, and allow children control over how much they eat." Establish rules banning criticism, arguing and screens (TV, phones) during mealtime.

**7 Reject dieting.** Weighing, shaming and putting children on restrictive diets is a recipe for developing eating disorders. Instead of stigmatizing children by calling

them "obese", Liakos emphasizes creating healthy eating and activity habits for the entire family. Children may overeat for many reasons, including stress or boredom. Pay attention to sudden weight gain, which could be an indication that something is wrong, she says.

**8 Find or create a "tribe" of like-minded parents.** Set up play groups with parents that share similar values. Advocate together for improved school food policies, establish a school garden or plan group field trips.

**9 Spend more time in nature.** The American Academy of Pediatrics recommends one hour of daily physical activity. Locate parks and hiking or biking trails to strengthen children's innate love for their natural world. According to research at the University of Illinois, spending time in nature also helps reduce symptoms of attention deficit hyperactivity disorder.

**10 Protect children's sleep.** The American Academy of Pediatrics advises against TVs, computers and smartphones in children's bedrooms. Children, depending on their age, need eight to 12 hours of undisturbed sleep each night to support physical and mental health, and help prevent obesity.

Remember that our children are hungriest for parental time, love and support.

*Melinda Hemmelgarn, the "Food Sleuth," is an award-winning registered dietitian, writer, speaker and syndicated radio host based in Columbia, Missouri. Contact her at Food-Sleuth@gmail.com.*

## Resources to Help Children Thrive



Center on Media and Child Health: [cmch.tv/clinicians/eating-exercise-tips](http://cmch.tv/clinicians/eating-exercise-tips).

Common Sense Media: [CommonSenseMedia.org](http://CommonSenseMedia.org).

*Eat This! How Fast-Food Marketing Gets You to Buy Junk (and how to fight back)*, by Andrea Curtis: [AndreaCurtis.ca](http://AndreaCurtis.ca).

Prevention Institute: [Tinyurl.com/StopJunkFoodMarketing](http://Tinyurl.com/StopJunkFoodMarketing).

### Nutrition

*How to Teach Nutrition to Kids*, Connie Liakos: [NutritionForKids.com](http://NutritionForKids.com).

*I'm Like, So Fat!: Helping Your Teen Make Healthy Choices about Eating and Exercise in a Weight-Obsessed World*, by Dianne Neumark-Sztainer.

### Storybooks About Gardening, Cooking, Farms and Food

Review of farm-to-school children's literature: [Growing-Minds.org/childrens-literature](http://Growing-Minds.org/childrens-literature).

*Sylvia's Spinach*: [KatherinePryor.com](http://KatherinePryor.com).

### Nature Play

*Vitamin N: The Essential Guide to a Nature-Rich Life*, by Richard Louv: [RichardLouv.com/books/vitamin-n](http://RichardLouv.com/books/vitamin-n).

### Gardening Activities

[KidsGardening.org/garden-activities](http://KidsGardening.org/garden-activities).

### Media Literacy

American Academy of Pediatrics: A Healthy Family Media Use Plan: [HealthyChildren.org/mediauseplan](http://HealthyChildren.org/mediauseplan).

Campaign for a Commercial-Free Childhood: Screen-free Activism: [CommercialFreeChildhood.org](http://CommercialFreeChildhood.org).

# LOVING OURSELVES MADLY

## Practice Intentional Self-Love

by Scott Stabile

It's not enough to wish for more self-love. We must be intentional about creating it and commit to loving ourselves by practicing these habits every day.

### Don't believe our thoughts.

Our minds lie to us all the time, especially where our self-worth is concerned. The moment we become aware we are mentally abusing ourselves, we can refuse to believe these thoughts. The fact is, we are worthy and enough exactly as we are. Any thoughts that contradict this truth are lies. We must not go to war with our mind, but should definitely get in the habit of challenging our mind's lies and not believing them when they run amok.

### Replace self-abuse with self-love.

Not believing our crueler thoughts is step one. Replacing them with kinder, more compassionate and loving thoughts is step

two. When our minds call us ugly, we must sink into our hearts and remind ourselves that we are beautiful, as we are. When our minds insist we're weak, we must declare our strength. Every single thought and word that speaks to our worth is a powerful and sustaining reflection of self-love. Substitute self-abuse with love as often as possible and then watch our lives change in powerful ways.

### Set boundaries and enforce them.

To love ourselves, we have to set clear boundaries with the people in our lives. State what works and what doesn't work. If we don't clearly speak our boundaries, people will trample them, and we'll only have ourselves to blame. Boundaries show respect for all involved. A lack of boundaries will almost certainly lead to resentment.

### Make time for happy places.

We all have places that tend to bring us peace and/or joy: a walk among the trees, curled up with a good book, coffee with a close friend. Make time for these experiences. Every second we spend giving energy to the people, places and things that bring us joy is a second of dedicated self-love. It matters. Just as important, pay attention to the people, places and things that are depleting, that feel unhealthy and toxic, and give less energy to them. Knowing what to eliminate can be as impactful as knowing what to add.

How we love ourselves is our responsibility. The greater commitment we make to self-love, the greater chance we create of living a more peaceful, joyful and meaningful life.

Scott Stabile is the author of *Big Love: The Power of Living with a Wide-Open Heart*. Learn more at [ScottStabile.com](http://ScottStabile.com).



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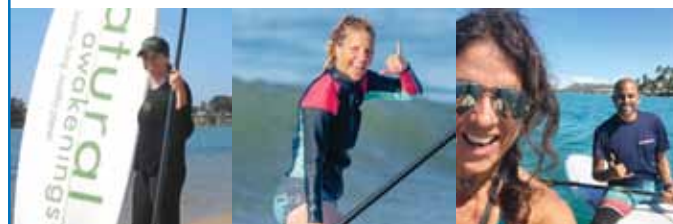


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## Who Reads *Natural Awakenings*? Sarah Phillips Does!



**Job:** Sales Associate

**Hobbies:** Gardening, fishing and spending time with my family.

### How long have you been a *Natural Awakenings* reader?

I have been reading *Natural Awakenings* for more than twelve months now. I first learned about it through one of my customers.

### What do you like about *Natural Awakenings*?

The articles are very educational and help one to strive for a healthy life.

### What is healthy about your lifestyle?

My eating habits have always been somewhat healthy and now I focus on eating less fat and more fruits and vegetables. I am very active outdoors and this keeps my mind focused. I enjoy shopping for new places to buy organic vegetables and fruit and *Natural Awakenings* always has good sources and tips on eating healthier.

### If you could have one wish for the planet, what would it be?

That we would be kinder to each other and to our planet. I would ask that each person take a moment to say thank you to the neighbor who helped you when you were ill or to say good morning to the person who just opened the door for you.

### From what do you draw inspiration?

I draw most of my inspiration from my faith in God and now much from the publishers of *Natural Awakenings* who have brought such an amazing source of light into our community.

fit body



Monkey Business Images/Shutterstock.com

# Take a Cerebral Spin Cycling for a Healthier Brain

by Marlaina Donato

**H**opping on a bicycle on a beautiful day or taking a spin class at the gym offers proven cardiovascular benefits like lowering cholesterol and blood pressure. Now, growing research shows that it also packs a powerful punch for brain health.

Aerobic exercise has been found to have the greatest impact on cognitive ability, and low-impact cycling leads the way. David Conant-Norville, M.D., a Portland, Oregon psychiatrist, recommends cycling to help children challenged by attention deficit hyperactivity disorder (ADHD).

## Depression and Memory

"Cycling brings more oxygen and nutrients to the cells," says Carmen Ferreira, owner of SunShine Barre Studio, in Rocky Point, New York. "When we ride our bikes, our brains also increase their production of proteins used for creating new brain cells."

Cycling has been shown to sig-

**There is not one neurological disease that cannot benefit from aerobic exercise, from Parkinson's disease to Lou Gehrig's disease.**

~Laurence Kinsella, M.D.

nificantly boost the neurotransmitters dopamine and serotonin, as well as brain-derived neurotrophic factor—BDNF—a protein that increases during aerobic exercise. Low levels of BDNF

have been linked to obesity, excessive appetite, clinical depression, anxiety and cognitive decline. According to a 2016 study by the New York University Langone Medical Center published in the journal *eLife*, higher levels of BDNF help decrease symptoms of depression while improving memory function.

BDNF helps maintain brain health and stimulates the growth of new neurons. Pedaling regularly can fire up brain cell production by at least twofold; cycling only 20 to 30 minutes a day can decrease symptoms of depression—and might even prevent it.

## Cycle for Alzheimer's and Parkinson's Diseases

"For years, we've been touting the ben-



When we ride our bikes, our brains also increase their production of proteins used for creating new brain cells.

~Carmen Ferreira

efits of mental exercises for Alzheimer's disease, but physical exercise is also highly beneficial. There is not one neurological disease that cannot benefit from aerobic exercise, from Parkinson's disease to Lou Gehrig's disease," says Laurence Kinsella, M.D., a neurologist at the SSM Health Medical Group, in Fenton, Missouri.

According to 2017 Canadian studies involving Parkinson's patients, cycling improved motor function during a 12-week period. The results, published in *Frontiers in Human Neuroscience*, also show a marked improvement in gait.

Promising 2018 research published in the *Journal of the American Geriatrics Society* reveals cycling and other forms of aerobic exercise to be the most effective activity in slowing Alzheimer's-related cognitive decline.

### Build Stress Resistance

In general, living a sedentary life sets up a hair-trigger stress response in the body, while forms of exercise like cycling help to regulate excessive levels of age-accelerating stress hormones cortisol and adrenaline. Kinsella says, "Exercise like cycling makes us channel that part of the ancient brain that helped our ancestors run from a tiger, and when we engage the brain to run, chase or survive, the aging process slows down."

Cycling can also be beneficial for people with fibromyalgia. Ferreira notes, "I have a few students with fibromyalgia who have reported having more energy, as well as better mood."

### Shorter Sessions, Better Results

While cycling can be a memory booster, it can also temporarily impair cognitive function if sessions are too intense or long. Kinsella recommends that his students work up to 75 percent of maximum heart rate. He also emphasizes common sense. "Strive for a reasonable pace, and by that, I mean ramping up your heart rate gradually over three weeks. Go slowly with beginning any vigorous exercise and accept that it will take months." For Alzheimer's patients, he recommends breaking a sweat with five, 30-minute sessions a week.

Ferreira also advises moderation. "Do as much as your body allows—15, 20 or 45 minutes, the latter being the duration of a full-length class. Have clear communication with the instructor to help you reach your goals."

Whether objectives are accomplished on an outdoor or stationary bike, it is important to be consistent. Kinsella suggests making it enjoyable. "You can get on your bike and watch your favorite television show for 30 minutes or more and get a good workout."

*Marlaina Donato is the author of Multidimensional Aromatherapy and several other books. She is also a composer. Connect at AutumnEmbersMusic.com.*

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#### 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

# Alkaline Body BENEFITS



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2. Deeper more restful sleep
3. Abundant physical energy
4. Suffer from fewer colds, head aches, flu viruses
5. Good digestion
6. Less arthritis
7. Reduction of candida (yeast) overgrowth
8. Won't support osteoporosis
9. Increased mental acuity, mental alertness
10. Legal natural high

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

## calendar of events

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

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

### Thursday August 8

**Industrial Trades Job Fair** – 9am-12pm. A SLCC Corporate College hosted job fair where employers are given the opportunity to meet job seekers in the industrial skilled trades. Free. Pre-register on line. SLCC Lafayette, 320 Devalcourt St, Lafayette. [Bit.ly/IndustrialTrades](http://Bit.ly/IndustrialTrades).

### Saturday August 10

**Spa Day Cookie Class** – 9am-1:30pm. Learn the basics of making sugar cookies. Each student will execute and take home Spa themed sugar cookies. 12 year old and beyond. \$40. A Bakers Choice, 292 Ridge Rd 15, Lafayette. [ABakersChoice.com](http://ABakersChoice.com).

**Sno-Ball Festival** – 4-8pm. Family-friendly activities, with a Sno-Ball tasting and competition for best Sno-Ball. Free. Downtown Parc Sans Souci, Vermilion St, Lafayette.

### Wednesday August 14

**Body Talk Boys** – 7-8am. A class discussion for boys about stages of development, good hygiene habits, feelings and emotions. \$30/family. Registration on-line. Woman's Foundation. Woman's Foundation Classroom, 4630 Ambassador Caffery Pkwy, Lafayette. [Eventbrite.com](http://Eventbrite.com).

### Thursday August 15

**Fete Dieu Du Teche** – 8am-6pm. The Roman Catholic Church celebrates the Feast of the Assumption of the Blessed Virgin Mary and the roots of the Acadians. A Eucharistic procession takes place along the Bayou Teche from St Leo Church in Leonville to St Martinville with stops for recitation of the Rosary and Benediction of the Blessed Sacrament. 337-394-6550. [FeteDieuduTech.org](http://FeteDieuduTech.org).

### Friday August 16

**Delcambre Shrimp Festival** – 9am-11:30pm. Thru Saturday August 17 and Sunday August 18. Honor the heritage of shrimp fleets with food booths, carnival rides, shrimp cook-offs with pageants and live music. Delcambre Shrimp Festival Grounds, 411 S Richard St, New Iberia. 337-685-2653.

**National Barrel Horse Association Show** – 6-9pm. The largest barrel racing event for members and non-members. Sugar Arena, 713 Northwest Bypass Hwy 3212, New Iberia. 337-789-9050.

### Saturday August 17

**Games of Acadiana** – 10am-4pm. Play games with a purpose. Miles Perret Cancer Services. Cajundome & Convention Center, 444 Cajundome Blvd, Lafayette.

**DCT Fashion Show** – 5:30-9pm. Dream Kids model fashion from regional boutiques. Enjoy a cash bar and silent/live auction items. \$45. Giles Gives Back. Acadiana Symphony Orchestra and Conservatory of Music, 412 Travis St, Lafayette. [EventBrite.com](http://EventBrite.com).

**Dynamo Juniors 2019 Pelican Cup Color Blast** – 6:30-9:30pm. A fun-filled evening as we gear up for the new school year and soccer year. \$35. Sugar Mill Pond, 220 Prescott Blvd, Youngsville. [EventBrite.com](http://EventBrite.com).

### Monday August 19

**Jordan World Circus** – 4:30-6:30pm. Three rings of family fun to thrill fans of all ages. \$18 Adults; \$14 Children/Free Under 3. Sugar Arena, 713 Northwest Bypass Hwy 3212, New Iberia. [Eventbrite.com](http://Eventbrite.com).

### Wednesday August 21

**BBB Learn & Lead** – 11:30am-1:30pm. Dashing W Farm presents this seminar on workplace dynamics in the age of social media. \$25. Better Business Bureau. Better Business Bureau, 4003 West Congress St, Lafayette. [Eventbrite.com](http://Eventbrite.com).

**Body Talk Girls** – 6-8pm. A class discussion for girls about stages of development, good hygiene habits, feelings and emotions. \$30/family. Registration on-line. Woman's Foundation. Woman's Foundation Classroom, 4630 Ambassador Caffery Pkwy, Lafayette. [Eventbrite.com](http://Eventbrite.com).

### Thursday August 22

**Prepare Ahead Breakfast Meals** – 6:30am-8:30pm. In this cooking experience learn to prepare ahead nutrient dense breakfast meals. \$35. Tops Appliances & Cabinetry, 5826 Johnston St, Lafayette. [Eventbrite.com](http://Eventbrite.com).

### Saturday August 24

**Ever More Nest** – 7-10pm. Lafayette resident and current Nashville singer songwriter Will Payne Harrison releases his new album "Living With Ghosts". \$12. Cite des Arts, 109 Vine St, Lafayette. [TicketLeap.com](http://TicketLeap.com).



# BODY FAT TRIM+

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helps to burn stubborn belly fat

## Forskolin

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# Office Space For Rent

PRIVATE OFFICE SPACE    SHARED SPACE

[www.EBC70520.com](http://www.EBC70520.com)

## Enterprise Business Center

3419 NW Evangeline Thruway, Carencro, LA 70520

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

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

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

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

### PRIVATE EXECUTIVE OFFICE SPACE

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

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

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



### Office Space for LEASE

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



## CONFERENCE ROOMS

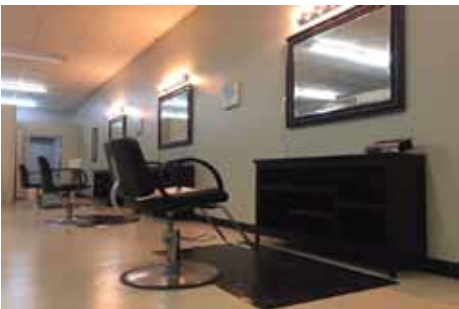
The Enterprise Business Center has two conference rooms for events, group meetings, workshops, trainings, etc. Business tenants have access to conference rooms during business hours and after business hours at discounted rates. The public can rent conference and event rooms for small events up to 65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

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



## SALON STUDIO SPACE

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



## FITNESS CENTER

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



## BOXED BUSINESS MEMBERSHIP

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

### COUNSELOR

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

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

*16 hours of office space used for the month*

### TAX PREP AGENT

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

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

*9 hours per week of office space used for the month*

### PHOTOGRAPHER

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

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

*5 hours of office space used for the month*

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# BABY SHOWERS & SMALL EVENTS

## Enterprise Business Center

Conference Room Rentals  
3419 NW Evangeline Thwy, Carencro

Tel: (337) 896-0085  
TEXT (337) 424-5066  
Baby Showers and Small Events  
Maximum 65 Guests



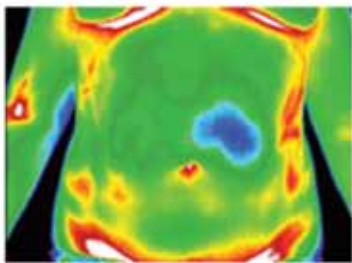
**\$250 4Hour Rental**  
**\$400 All Day Rental**

- Baby Showers and Small Events
- Maximum 65 Guests

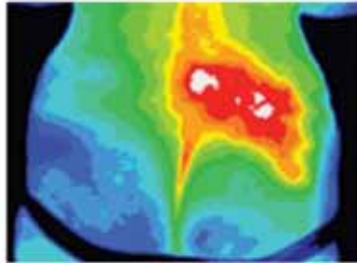
*All events require a refundable time and cleanup deposit.*



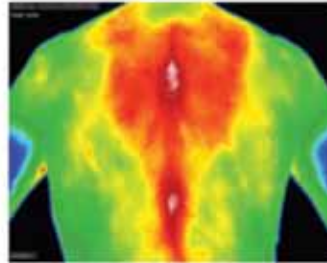




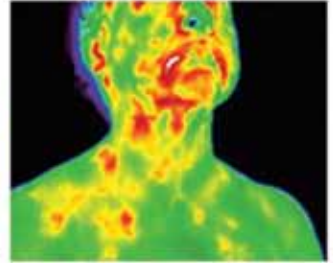
Hypothermia in the Stomach



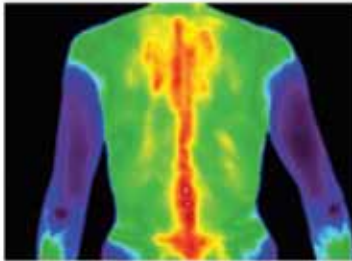
Shingles



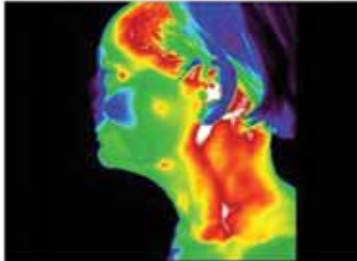
Lung Cancer



Periodontal Disease



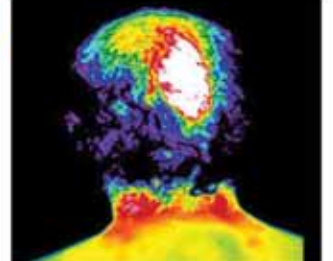
Spinal Inflammation



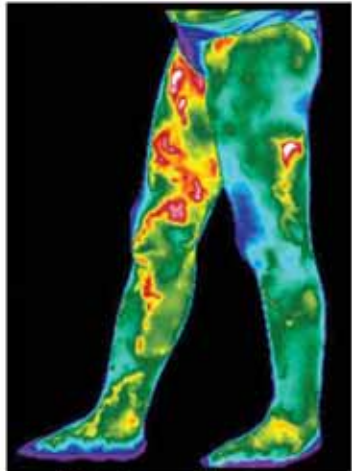
Carotid Artery Inflammation



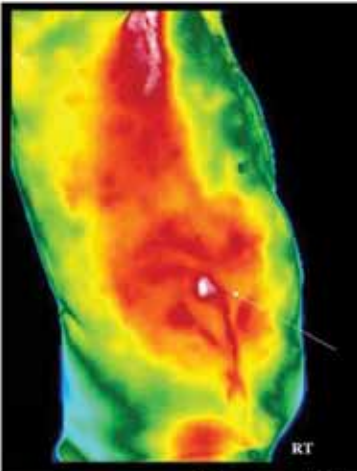
Poor Circulation Left 4th & 5th Finger



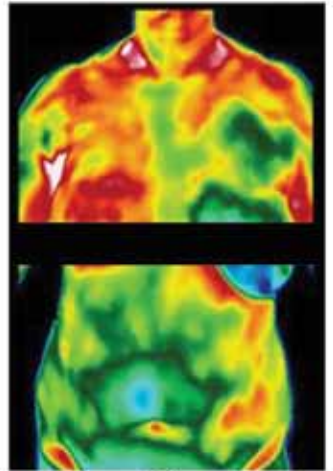
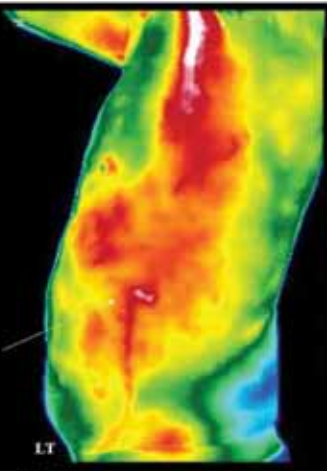
Melanoma-Scalp Cancer



Varicose Veins



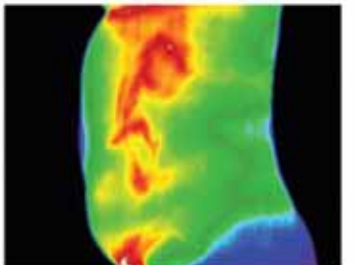
Bilateral Kidney Stones



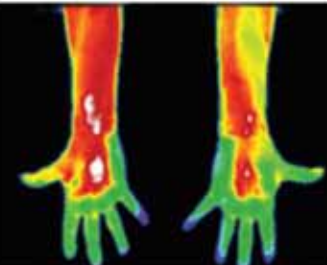
Breast Cancer



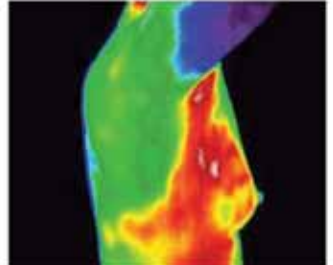
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



Lymphatic Congestion

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- identify the originating source of neuropathic dysfunction
- support the existence of a suspected condition
- aid in accurate diagnosis and treatment

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# LOOK CLOSELY

"Inflammation is at the root of practically all known chronic health conditions"

CURE THE INFLAMMATION  
CURE THE DISEASE

## How Inflammation Affects the Body

### BRAIN

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



### SKIN

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



### CARDIOVASCULAR

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



### KIDNEYS

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



### BONES

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



### LIVER

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



### THYROID

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



### LUNGS

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



### GI TRACT

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



### MUSCLE

Inflammatory cytokines can cause muscle pain & weakness. Can manifest as carpal tunnel syndrome, or polymyalgia rheumatica, to name a few.



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