HEALTHY LIVING HEALTHY PLANET

natural awakenings

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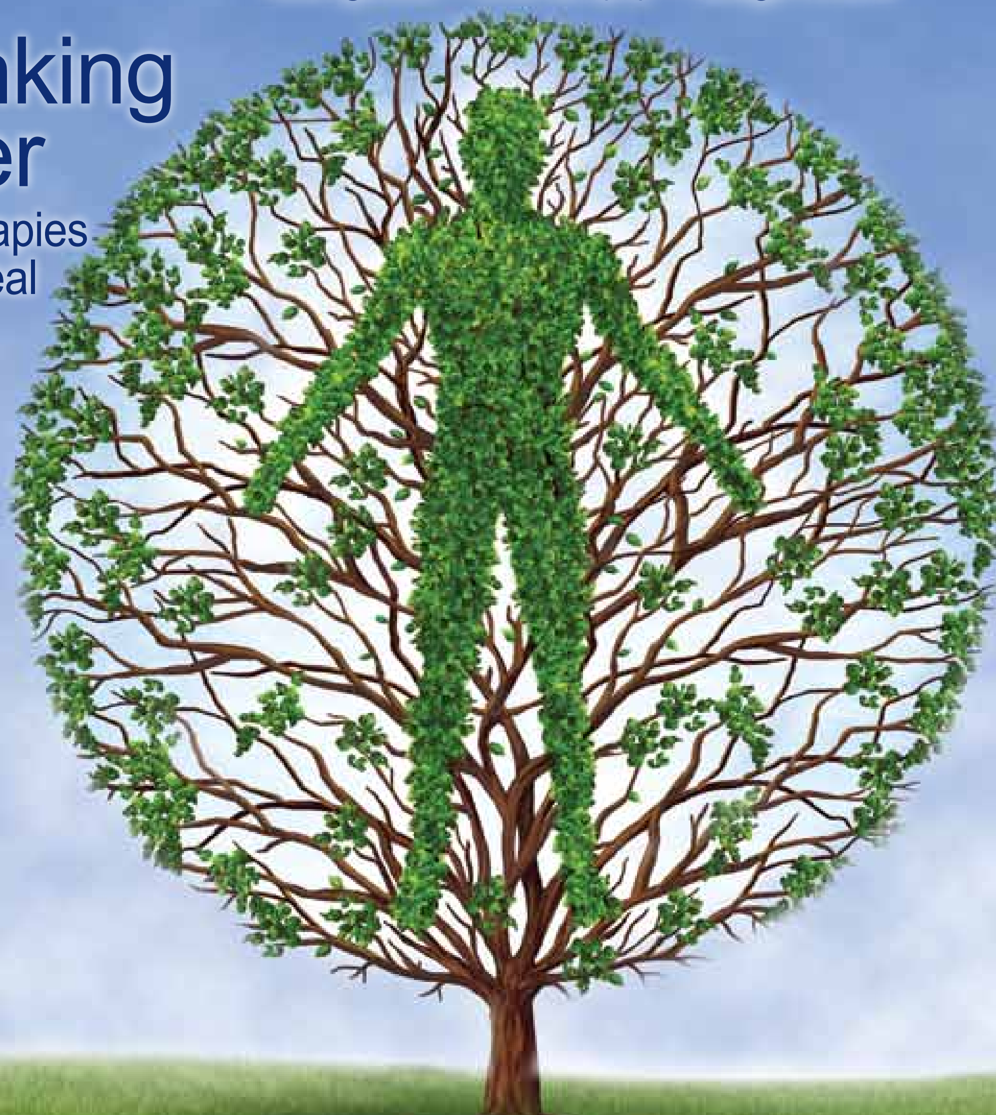
FREE

Rethinking Cancer

Natural Therapies Prevent & Heal



Stop Dog Seizures

Safe Holistic Remedies Can Outdo Drugs

Kid-Smart Supplements

The Right Choices Help Children Thrive

Spend Less Eat Better

Get Top Value For Your Food Dollar

EVERY ISSUE IS A GREEN ISSUE

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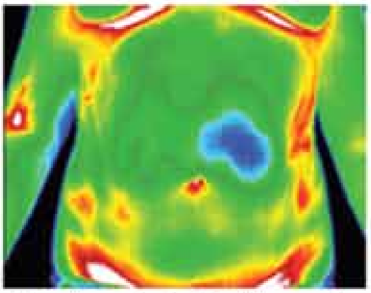
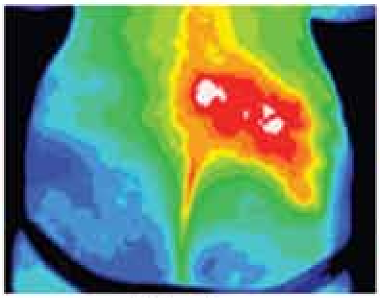
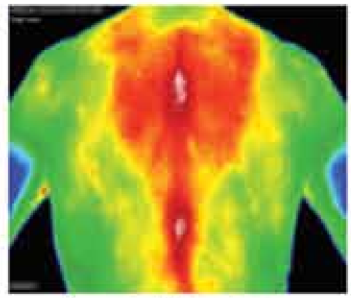


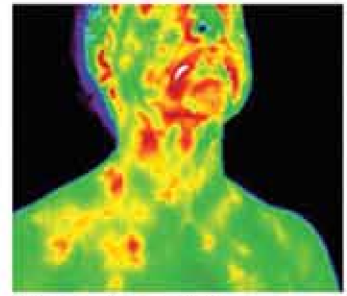
Hypothermia in the Stomach



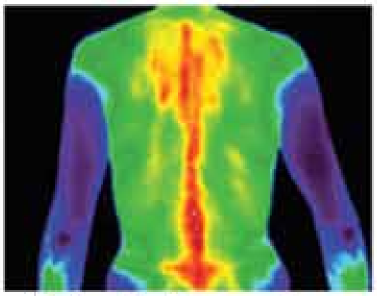
Shingles



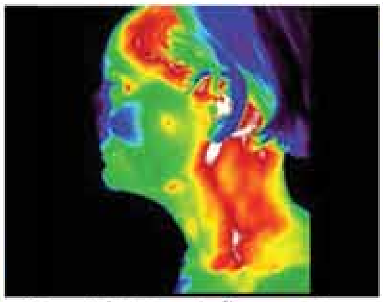
Lung Cancer



Periodontal Disease

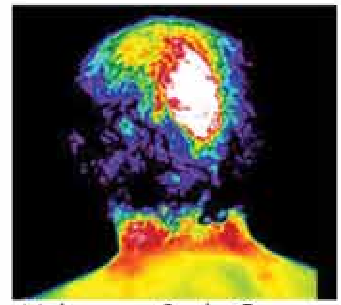


Spinal Inflammation

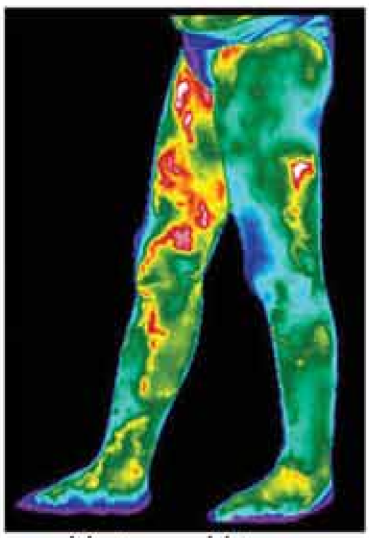


Carotid Artery Inflammation

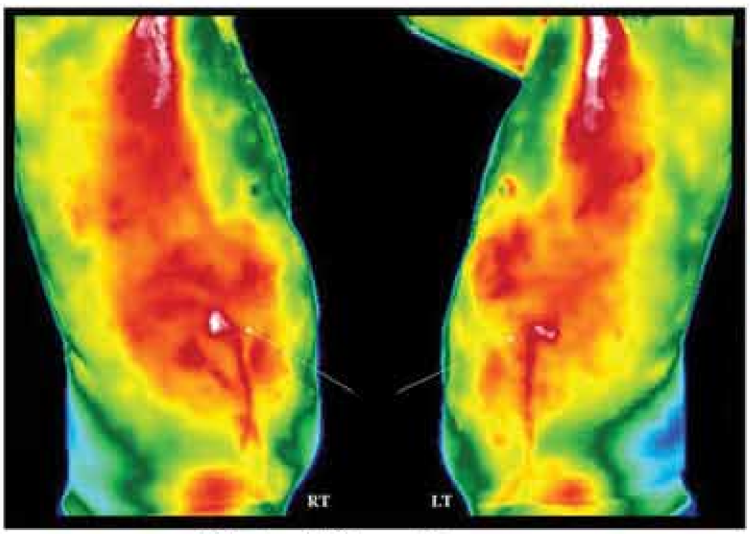
Poor Circulation Left 4th & 5th Finger



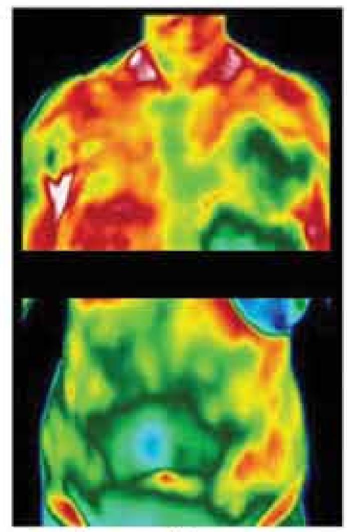
Melanoma-Scalp Cancer



Varicose Veins

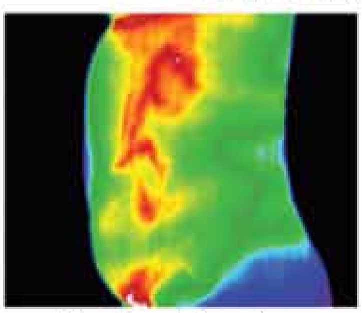


Bilateral Kidney Stones



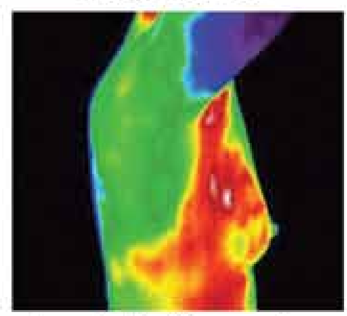
Breast Cancer

Thyroid Cancer



Digestive Disorders

Carpal Tunnel



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- aid in accurate diagnosis and treatment

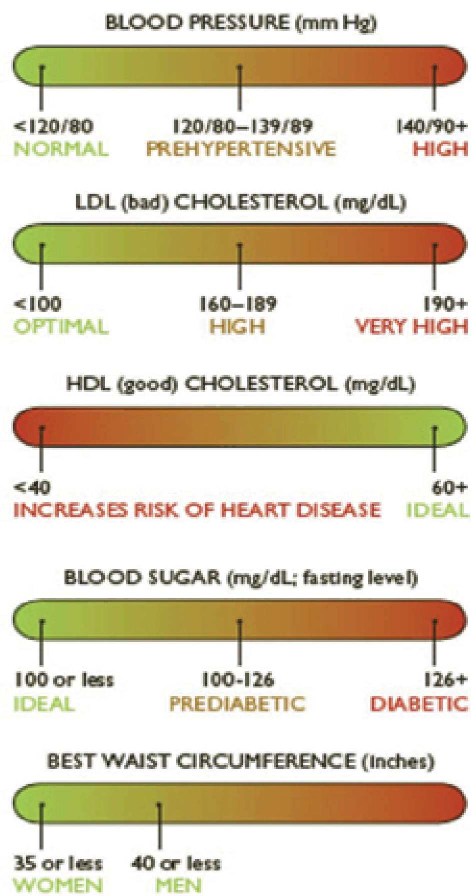
Lab Testing

A SIMPLE FINGER STICK COULD SAVE YOUR LIFE

Do you know your numbers?
Are you at risk?

KEEPING SCORE

Knowing some key numbers can help you understand your risks for certain diseases and allows you to work with your doctor to get your numbers in a healthy range.



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- ALBUMIN
- BILIRUBIN
- CALCIUM
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- CREATINE· GLUCOSE (BLOOD SUGAR)
- ECO2
- POTASSIUM
- PROTEIN
- SODIUM
- CARBON DIOXIDE (BICARBONATE)
- ALKALINE PHOSPHATASE (ALP)
- BLOOD UREA NITROGEN (BUN)

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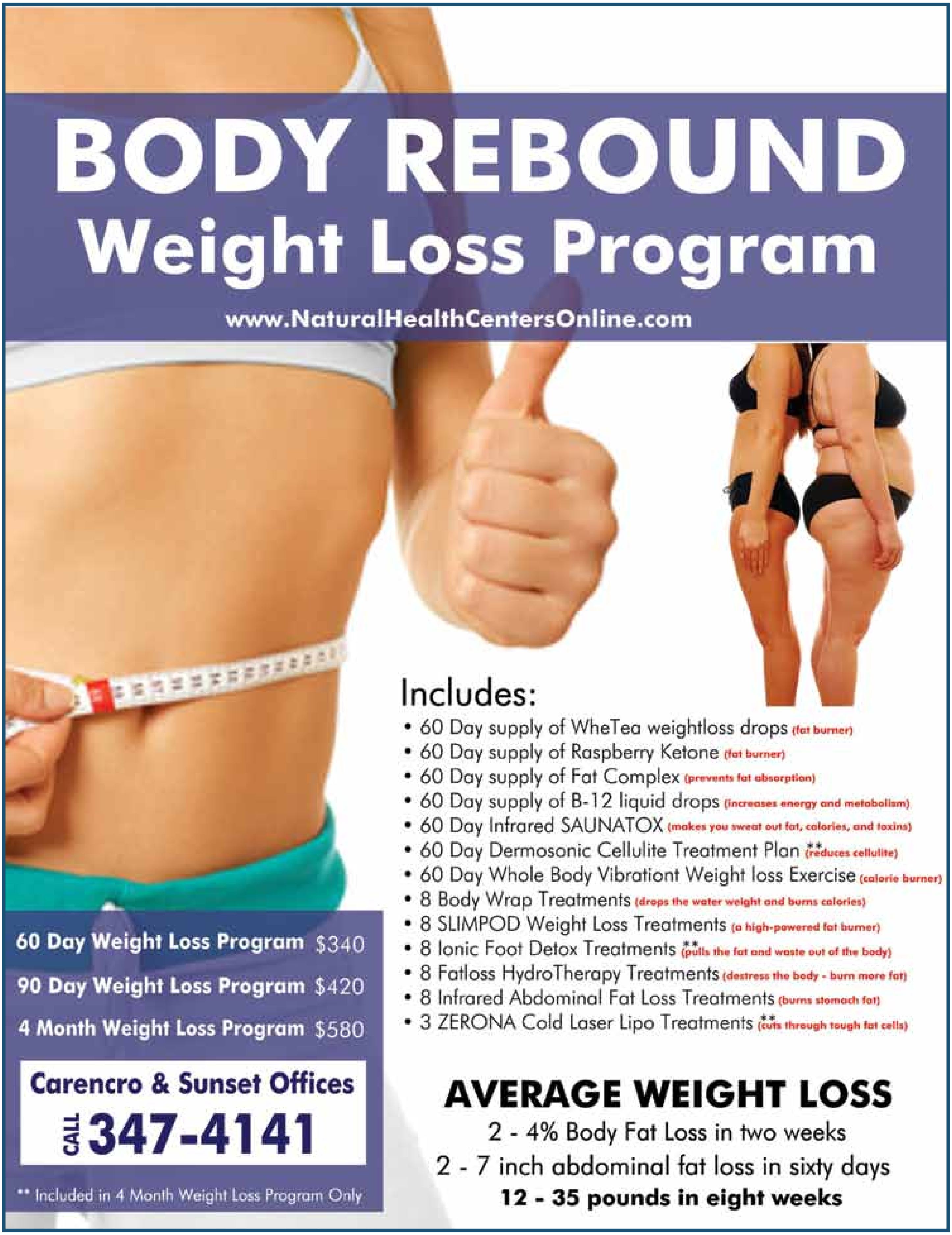
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• 60 Day supply of Fat Complex (prevents fat absorption)
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• 60 Day Whole Body Vibrationt Weight loss Exercise (calorie burner)
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• 8 SLIMPOD Weight Loss Treatments (a high-powered fat burner)
• 8 Ionic Foot Detox Treatments ** (pulls the fat and waste out of the body)
• 8 Fatloss HydroTherapy Treatments (destress the body - burn more fat)
• 8 Infrared Abdominal Fat Loss Treatments (burns stomach fat)
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12 - 35 pounds in eight weeks

publisher's letter

A good friend of ours once said the two most important days of your life are the day you were born and the day that you find your *why*. Right now, you need to look inside and ask yourself a real serious question, "Have I found my *why*?" You were born and you really had no real say over what happened that day. You did not decide to be born. You are here because you are an individual miracle of God, but finding your *why* is up to you and only you. Take a look around. You know when someone has found their *why* in life, because they know exactly where they are going and their ultimate mission. They are the people who are moving forward even when it is cloudy or cold outside, because what's happening outside does not determine their inside *why*.

Some people will wander a lifetime wondering just what their *why* is. Today, we can say without question that we are where we are supposed to be and we are doing what we are supposed to be doing. We have found our *why*.

This past month we said goodbye and lost two family members—a father and a niece. Both were very important in our lives, but we recognize that their journey in life is really just beginning and they now live an eternal life. Each moment we spend in joy and love will forever empower the human spirit to live on. We believe that in death, another does not judge us, but that you—your conscious—will determine what your eternity will be. We believe that we each understand what our *why* was and it may have been something as simple as fathering or mothering another human spirit that will give glory, honor and praise to God.

Each month, we have the opportunity to touch people's lives where it means the most to them—their health, family and their spiritual growth. As publishers of *Natural Awakenings*, we have seen what words on paper can do to transform the thinking of an individual and a community when it comes to healthy living and maintaining a healthy planet. Our *why* is fulfilled each month our readers celebrate with us the gifts of being spiritually fit, eating healthy or when they experience healing-ways. We thank each of you for joining us in our *why* and ask that you continue to support us while we create an experience that is awakening communities throughout Acadiana.

This month we bring special attention to the concept of "rethinking cancer." Personally, we have lost countless friends and family members to this dreadful disease. At least that is what we once thought it to be—a disease. Today, we firmly understand that cancer is not necessarily a disease, but a series of conditions that we create within the body. Most cancers require and strive in highly acidic, low oxygen tissue and fluids. When we provide those cancer cells nutrition in the form of stagnated waste deposits in the body, we have created the ideal condition for a cancer cell to grow and multiply. Cancer cells ferment for energy and stagnant areas of waste in the body provide for their fermentation.

Read on and share these pages with another. Spread love, peace and forgiveness.

Steve & Michelle

Steve and Michelle Castille, Publishers

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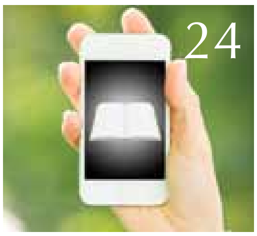
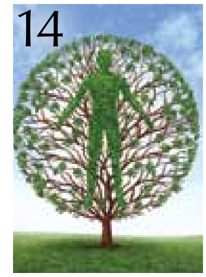
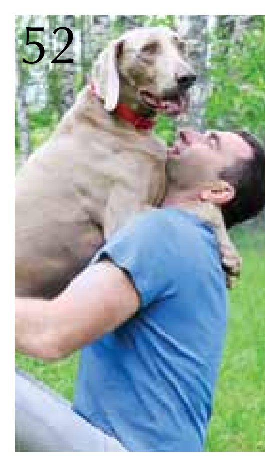
contents



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





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

Green Waters Alkaline Water

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- Increases the body's alkalinity
- Contains over 92 elements

newsbriefs

Rest and Relax at The Cottage at Lake Martin

Individuals craving a relaxing weekend getaway will appreciate The Cottage at Lake Martin, situated at picturesque Lake Martin just a short drive from Historic Breaux Bridge. Some of the accommodations include a private cottage with a private deck, a fully equipped kitchen, cozy bathroom with antique claw foot tub and more.

Prices are affordable and visitors will not be disappointed with the many attractions and activities in the area, such as fishing, canoeing, swamp tours, a hiking trail and more. Local attractions include art galleries, antique shopping, and Cajun and zydeco dancing at local dance halls and restaurants. You are sure to have a peaceful and pleasant stay.

Location: 1009 John D Hebert Dr., Breaux Bridge. For more information, call 337-235-0337 for visit TheCottageAtLakeMartin.com.

Quality Drivers Ed at First Choice

Automobiles can be dangerous if the driver is inexperienced. Going to driving school is a great way to learn the skills necessary to be a safe and responsible driver. First Choice Driving School has been in business since 2004, is recognized by the Better Business Bureau as having excelled in customer service and satisfaction and is licensed with the Louisiana Public Safety and Office of Motor Vehicles. They offer 38-hour and 14-hour driver's education classes, along with an easy payment plan. Individuals may also qualify for an insurance discount by taking the 38-hour course.

At First Choice Driving School, satisfaction is guaranteed and they are committed to offering the best classes for the best price.

For more information, call 337-237-9345 or visit FirstChoiceDriversEd.com.

Painting By Nature

Joshua Bernard, owner and operator of Painting By Nature, specializes in faux finishing, wall murals, sketching, painting, refinishing cabinets and furniture. Committed to customer satisfaction, Bernard says his work is not done until the customer says it's done. Plus, all of his work comes with a warranty.

He has done interior and exterior work for many celebrities and says no job is too big or too small for Painting by Nature. Free estimates are available.

For more information, call 337-524-3024.

New Natural Health Consultant at Dharma Wellness Center

Dharma Wellness Center, of Sunset announces the addition of Tre' Gradnigo, of Baton Rouge, to its staff. Gradnigo is a certified natural health consultant, natural chef, and fitness expert.

Gradnigo draws on his Western and Eastern healing philosophies, 12 years in the publishing field, and his nutrition and health training to teach patients the full spectrum of physical health, emotional cleansing and spiritual awakening through high plant-based nutrition, fitness, detoxification, trauma release, overcoming attachment and stress management.

At Dharma Wellness Center, he provides health assessments and vitamin tests to patients of all ages using Zyto instrumentation, and recommends programs that include on-site spa therapy, alkaline nutrition, natural herbal supplementation, energy balancing, aromatherapy, spiritual guidance, meditation, and recreation therapies. "I recognize the potential to heal in everyone," Gradnigo says.

Location: DHARMA Wellness Center, 166 Oak Tree Park, Ste. H, Sunset. For more information, call 337-534-1110 or 337-662-3120 or email TreGradnigo@NAAcadiana.com

Art to Gogh

Art to Gogh delivers art parties to you. They offer party packages, private art lessons and small group art lessons to help bring the artist out in every participant. Owner Marie Hebert has been teaching art for 17 years and says she "loves teaching and loves children." She wants to ensure that individuals have fun and create a beautiful piece of art that will be treasured for a lifetime.

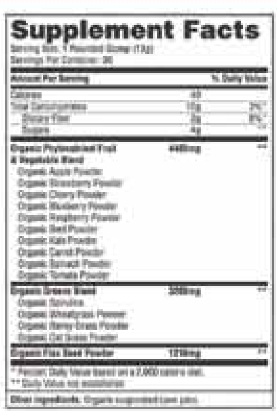
For more information, call 337-680-9502.

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

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

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

cancer cells induce angiogenesis



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

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

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

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ALO's Original Aloe Drink is now available in delicious Alow + Wheatgrass. If you've got to rustle up some energy fast, try downing a shot of wheat grass juice, the equivalent of a mug of coffee that can be quickly absorbed by your body for that instant zing!

talenti GELATO

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significantly less butterfat than ice cream's 17 - 26%

$10

100% *pleasure*

Unscrew the lid, grab a spoon, sit back and indulge. With a third less fat than regular ice cream, Talenti gelato is one indulgence you can feel good about.

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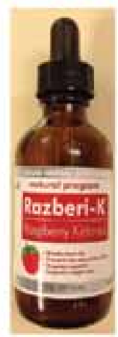
Raspberry Ketones



FROZEN WHEATGRASS SHOTS

- Alkalizes the body
- Over 91 essential nutrients
- Increases energy levels
- Fights cancer
- Great for weight loss

WHETEA (powder and liquid)

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

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

Never Too Old to Quit

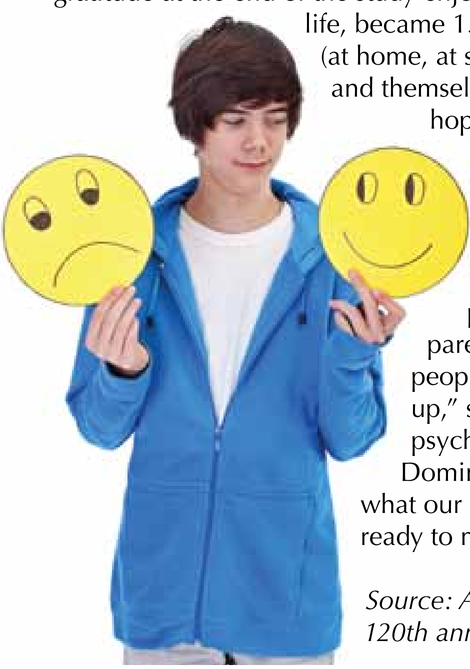
Even smokers 60 and over can live longer if they quit, according to a 2012 study published in *JAMA Internal Medicine*. Three experts from the German Cancer Research Center, in Heidelberg, analyzed 17 studies from the United States, Australia, China, England, France, Japan and Spain that followed groups of between 863 and 877,243 people for periods ranging from three to 50 years. Findings showed that the longer a person had been classified as a former, rather than current, smoker, the more their risk of premature death decreased. The researchers also observed that current smokers showed the highest absolute mortality rates in all the studies.

Dr. Tai Hing Lam, of the University of Hong Kong, observes that for people in their 60s, quitting was linked to a 21 percent decrease in the risk of premature death. The risk was reduced by 27 percent for those in their 70s and by 24 percent for individuals in their 80s. Lam added that the World Health Organization's statistic that one out of every two smokers will die from their habit should be printed on all cigarette packages, "…so that all smokers know they are betting their lives on the toss of a coin."

Glories of Growing Up Grateful

Gratitude gifts teens with better mental health, according to researchers at California State University. Thankful teens are more apt to be happy and less likely to abuse drugs and alcohol or have behavior problems at school than their less grateful peers.

The researchers asked 700 students, ages 10 to 14, to complete questionnaires initially, and again four years later. Teens that reported practicing the most gratitude at the end of the study enjoyed a 15 percent greater sense of meaning in life, became 15 percent more satisfied with their life overall (at home, at school and with their neighborhood, friends and themselves) and grew 17 percent more happy and hopeful about their lives, plus experienced 13 and 15 percent drops in negative emotions and depressive symptoms, respectively.



"These findings suggest that gratitude may be strongly linked with life skills such as cooperation, purpose, creativity and persistence," making it "a vital resource that parents, teachers and others that work with young people should help youth build up as they grow up," says lead author Giacomo Bono, Ph.D., a psychology professor at California State University-Dominguez Hills. "More gratitude may be precisely what our society needs to raise a generation that is ready to make a difference in the world."

Source: American Psychological Association's 120th annual convention

UMBILICAL CORD BINGO

The Manchester Guardian reports that childbirth experts in the United Kingdom are urging the National Health Service (NHS) to reverse its policy on early clamping and cutting of a newborn's umbilical cord. A recent Swedish study of 400 full-term infants from low-risk pregnancies published in the *British Medical Journal* found that delayed cord-clamping at birth resulted in infants being 5 percent less likely of being anemic two days later or iron deficient four months later. The latter problem has been associated with impaired brain development.

The practice of separating infants from the placenta within 10 seconds of delivery has been commonplace since the 1960s, as supported by the UK National Institute for Health and Care Excellence, which advises the NHS. However, several doctors, medical organizations and the nonprofit National Childbirth Trust (NCT), plus the World Health Organization, disagree; they advocate leaving the placenta untouched for at least 30 seconds up to whenever it stops pulsating naturally (usually between two to five minutes). Exceptions would be if the baby's or mother's health necessitates medical intervention.

"At birth, about a third of the baby's blood is still in his or her cord and placenta," explains Belinda Phipps, NCT chief executive. Unfortunately, "It is still accepted practice to deprive the baby of this blood."

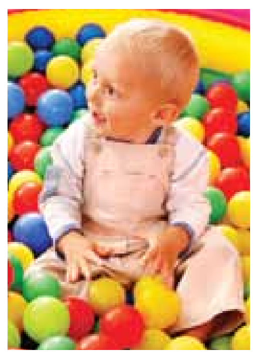
Another Plus for Natural Birth

A team of researchers at the Yale School of Medicine, in New Haven, Connecticut, has found that vaginal birth triggers the expression of a protein, UCP2 (mitochondrial uncoupling protein 2), in the brains of newborns that improves brain development and function in adulthood. It influences neurons and circuits in the hippocampus, the area responsible for memory.

The protein is also involved in the cellular metabolism of fat, a key component of breast milk, suggesting that induction of UCP2 by natural birth may aid the transition to breastfeeding. The researchers also found that this protein expression is impaired in the brains of babies delivered by Caesarean section.

These results suggest, "The increasing prevalence of C-sections, driven by convenience rather than medical necessity, may have a previously unsuspected lasting effect on brain development and function in humans," observes Tamas Horvath, chair of Yale's Department of Comparative Medicine.

Bounce House Boo-Boos



A staple at amusement parks, fast-food restaurants and kids' backyard parties, inflatable bounce houses look and sound like a lot of fun—yet can cause problems. "I was surprised by the number of injuries, especially by the rapid increase," says Dr. Gary A. Smith, lead author of a recent study by the Center for Injury Research and Policy that he founded at the Nationwide Children's Hospital, in Columbus, Ohio. From fewer than 1,000 injuries sending kids 17 and under to emergency rooms in 1995, the number skyrocketed to nearly 11,000 in 2010. Most injuries result from falls or collisions within the bounce houses or from falling out of them; only 3 percent required a hospital stay.

Bounce house injuries are similar to those associated with trampolines, and more than a third of the study injuries involved children 5 and younger. The U.S. Consumer Product Safety Commission recommends against letting children younger than 6 use full-size trampolines, and Smith says barring that age group from even smaller, home-use bounce houses makes sense. In addition, the commission recommends limiting use to fewer bouncers at a time and not allowing younger children to participate at the same time as older kids.

BLOGGING AWAY TEEN TROUBLES

Adolescent angst, formerly vented in private "Dear diary" entries, is now shared with others in blogs—with positive effect. According to a recent study published in the journal *Psychological Services*, interactively engaging with an online community is an effective way for teens to relieve social distress. Researchers recruited 161 teenagers that exhibited some level of social anxiety or stress and asked them to blog, with one group opening their posts to comments. Bloggers that wrote about their problems and allowed readers to respond reported the greatest improvement in mood. The comments on blogs were overwhelmingly positive, offering constructive support.

COLORFUL PLATES FOR PICKY EATERS

Parents trying to entice fussy eaters to sample more nutritionally diverse diets have a surprising strategy at hand: color. A study at Cornell University, in Ithaca, New York, has shown that colorful fare—specifically, food plates with seven different items and six colors—appear to be particularly favored by children. In contrast, adults tend to prefer fewer colors on one plate—only three items and three hues.

Source: Acta Paediatrica

YOUR BODY Checkup

"Today, more than 95% of all chronic disease is caused by food choice, toxic food ingredients, nutritional deficiencies and lack of physical exercise."

- Dr. Steven T. Castille

Scalp

Dandruff, flakes all over. The person is eating too much refined sugar; eliminating it would improve the dandruff a lot. Probably has insufficient essential fatty acids, too. Keep in mind B complex with emphasis on B6 and selenium.

Thinning Hair

Hair is thinning too much. It could be the estrogen she's taking. B complex, especially B6 and folate may help, but she may need to stop the hormones she is taking. Not taking hormones? She may have hypochlorhydria (low stomach acidity). If so her protein won't digest well, and many minerals won't be absorbed efficiently, so her hair falls.

Redness in the Forhead

Skin looks shiny and scaly, with a slightly yellowish, greasy appearance. Especially bad in the eyebrows, and extends down the nose. It's on her cheeks and even her chest. Think of B vitamins, especially para-aminobenozoic acid, B6, and essential fatty acids.

Inside the Ears

Excess earwax. Not enough essential fatty acids.

Behind the Ears

Skin is cracked. Usually a zinc problem.

Earlobe

See the diagonal crease across the earlobe? Usually a sign of increased susceptibility to cardiovascular disease.

Eyes

Cloudy appearance to the lens of the eye. Cataract. Fortunately, not far gone. Check for glucose-insulin tolearance, blood sugar or insulin abnormalities. Eliminate any refined sugar. Probably doesn't metabolize lactose (milk sugar) well. Consider eliminating all sources of it. Bioflavonoids inhibit an enzyme, aldose reducatase, that's reported overactive in the lens of diabetics, leading to cataracts. Think of riboflavin (vitamin B2), vitamin A, and vitamin C also. Bioflavonoids work to slow down leaking of the retinal vessels. Magnesium is important.

You do not catch cancer, heart disease or a cold.

You create these ailments with deficiencies based on what you eat or don't eat.

Eyes (nondiabetic)

"Floaters" or blood spots. Think of bioflavonoids, choline, inositol, and vitamin K. The white of one eye has turned all red suddenly on one side. Check blood pressure... it's usually normal, but it's best to be sure. This scleral hemorrhage isn't dangerous, just the result of a broken blood vessel. If it wasn't trauma, consider bioflavonoids and vitamin K.

Eyes-child (dark circles)

This child has had enough sleep, hasn't been crying lately, and still has dark circles beneath the eyes. He has horizontal creases in the lower lids. Sometimes those dark circles are called "allergic shiners"; the lines are called Dennie's lines. Along with puffiness in the lower eyelids, these signs usually mean allergy.

Eyes-adult (dark circles)

Adults may have dark circles beneath the eyes during pregnancy, hormone treatment, and when fatigured, such circles frequently indicate allergy.

Nose

Polyps inside? Allergy is probable but may also indicate salicylate sensitivity. Stay away from aspirin as well as artificial food additives, many of which are salicylate based and foods containing naturally occurring salicylate.

Cheeks and Nose

Dilated capillaries in the cheeks and perhaps on the nose. Could be overcoming alcohol. But if not, correlation is even stronger when the dilated capillaries are accompanied by general reddening of the facial skin, most pronounced in the cheeks and forehead, and scattered medium to large acnelike pimples, a condition called rosacea.

Acne

From mild case to scattered pimples to deep cysts, all over the face and back. Very likely eating and sensitive to sugar and other refined, processed food, and not getting enough zinc or the right types of essential fatty acids. In a bad case, there's usually allergic involvement. An adult past 25 with acne almost always has food allergy.

Facial skin

Slightly yellow cast to facial skin, no red tones at all. Certainly could be jaundice, on a rare occasion, but that's usually a deeper orange-yellow. More often it's a deficiency of vitamin B12, usually due to a degree of low stomach acidity and vitamin B12 malabsorption.

Tongue

A persistent crack at either corner of the mouth, termed angular cheilosis, signifies B vitamin deficiency with emphasis on riboflavin. When there's a very pale tongue, accompanied by paleness of the inner surface of the lower eyelids (easily seen when pulled down), check for anemia. If anemia is present, it's most often iron deficiency, but could be a lack of other nutrients, too, as well as nonnutritional causes like internal bleeding.

Source: Guide to Healing with Nutrition

Accidents kill 4% of us.

Diseases kill 96%.

"We Are Not Getting Proper Nutrition"

NEW PATIENT PROFILE AVAILABLE

For more information or to schedule an office visit call 896-4141 or 347-4141.

Nutritional-biochemistry deficiencies

Vitamins and minerals are "used" by the body. As they perform their function, they often use themselves up in the process, which is the case with most of the critical disease fighting antioxidants.

Even thinking uses vitamins and minerals. Exercise and stress use a lot of vitamins and minerals; the use of diuretics (substances that increase the discharge of urine) such as drugs, alcohol, coffee, tea and sodas --- washes vitamins and minerals out of the body creating deficiencies --- that can create a major health problem!

Tobacco and alcohol can also inhibit the absorption of vitamins and minerals, or accelerate the loss of them.

"I can get everything I need from food." Do YOU?

The USDA surveyed 26,000 Americans and found that **not one person** received the nutritional requirements set forth by the RDA (Recommended Daily Allowance). 96% of the US population dies of a disease - we are NOT getting proper nutrition.

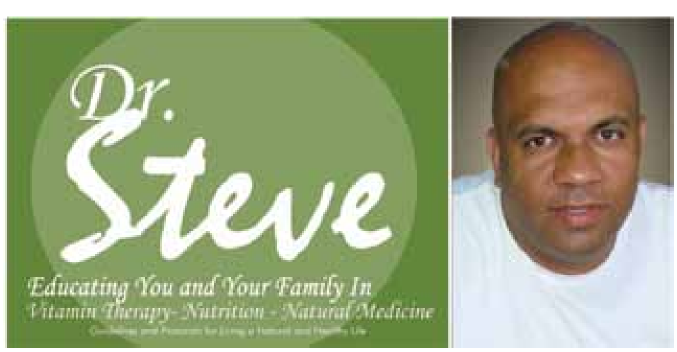
Source: U.S. Department of Agriculture

"**Insufficient vitamin intake is apparently a cause of chronic diseases.**.. Most people do not consume an optimal amount of all vitamins by diet alone. Pending strong evidence of effectiveness from randomized trials, it appears prudent for all adults to take vitamin supplements."

- American Medical Association

"A deficiency of a vitamin or mineral will cause a body part to malfunction and eventually break down --- and, like dominos, other body parts will follow."

- James F. Balch, M.D.



A Tribute to the American Elderberry

The International Society for Horticultural Science named the elderberry its 2013 Herb of the Year for good reason. In June, scientists gathered in Columbia, Missouri, to share research on the potential of elderberries and elder flowers for preventing and treating illnesses at the first International Elderberry Symposium.

For example, Dennis Lubahn, director of the University of Missouri's Center for Botanical Interaction Studies, and his team are researching the molecular mechanisms behind elderberry's folk medicine legacy; specifically, how the berries might help prevent strokes, prostate cancer and inflammation while boosting an individual's resistance to infectious diseases. Preliminary results show that just two tablespoons of elderberry juice per day appear to offer protection against prostate cancer.

Madeleine Mumcuoglu, Ph.D., from the Hebrew University Hadassah Medical Center, in Jerusalem, explained how the yet unnamed active principle in elderberry blocks viruses from entering human cells. She believes that elderberry extract holds significant potential for preventing and reducing symptoms of the flu, including avian flu and swine flu, plus HIV and the herpes simplex virus. The effective dose may be just one tablespoon a day.

While Mumcuoglu believes elderberry extract is safe, she does not recommend it for pregnant women or those with autoimmune diseases, because it is a known immune system stimulant. "It may be completely risk-free," she says. "We simply don't yet have adequate data for proof."

For more information, visit MUConf.Missouri.edu/elderberrysymposium.

Toddlers Want to Help Out

A new study conducted by researchers at the Max Planck Institute for Evolutionary Anthropology, in Leipzig, Germany, suggests that young children are intrinsically motivated to see others helped. The researchers observed three groups of 2-year-olds that all saw an adult dropping a small item and struggling to pick it up. One group was allowed to intervene and help the adult. Another group was held back from helping by their parents. The third group watched the adult receive help from another adult.

The researchers found that children's feelings of sympathy (measured by dilated pupil size, which corresponds to increased feelings of concern) were twice as high when they were unable to help the adult and no help was provided, compared to the same indicator when they were able to provide assistance. Ten of the 12 children that were allowed to help did so.

The toddlers' concerns likewise decreased when they watched someone else help the adult. The study's authors concluded that young children's helping behavior does not require that they perform the behavior themselves and receive "credit" for it, but requires only that the other person is helped. Thus, from an early age, humans seem to have genuine concern for the welfare of others.

Wheatgrass the KING of Superfoods

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

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

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

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

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

Benefits of Wheatgrass

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

• Increases red blood-cell count and lowers blood pressure. It cleanses the blood, organs and gastrointestinal tract of debris. Wheatgrass also stimulates metabolism and the body's enzyme systems by enriching the blood. It also aids in reducing blood pressure by dilating the blood pathways throughout the body.

• Stimulates the thyroid gland, correcting obesity, indigestion, and a host of other complaints.

• Restores alkalinity to the blood. The juice's abundance of alkaline minerals helps reduce over-acidity in the blood. It can be used to relieve many internal pains, and has been used successfully to treat peptic ulcers, ulcerative colitis, constipation, diarrhea, and other complaints of the gastrointestinal tract.

• Is a powerful detoxifier, and liver and blood protector. The enzymes and amino acids found in wheatgrass can protect us from carcinogens like no other food or medicine. It strengthens our cells, detoxifies the liver and bloodstream, and chemically neutralizes environmental pollutants.

• Fights tumors and neutralizes toxins. Recent studies show that wheatgrass juice has a powerful ability to fight tumors without the usual toxicity of drugs that also inhibit cell-destroying agents. The many active compounds found in grass juice cleanse the blood and neutralize and digest toxins in our cells.

• Contains beneficial enzymes. Whether you have a cut finger you want to heal or you desire to lose five pounds…enzymes must do the actual work. The life and abilities of the enzymes found naturally in our bodies can be extended if we help them from the outside by adding exogenous enzymes, like the ones found in wheatgrass juice. Don't cook it. We can only get the benefits of the many enzymes found in grass by eating it uncooked. Cooking destroys 100 percent of the enzymes in food.

• Has remarkable similarity to our own blood. The second important nutritional aspect of chlorophyll is its remarkable similarity to hemoglobin, the compound that carries oxygen in the blood. Dr. Yoshihide Hagiwara, president of the Hagiwara Institute of Health in Japan, is a leading advocate for the use of grass as food and medicine. He reasons that since chlorophyll is soluble in fat particles, and fat particles are absorbed directly into the blood via the lymphatic system, that chlorophyll can also be absorbed in this way. In other words, when the "blood" of plants is absorbed in humans it is transformed into human blood, which transports nutrients to every cell of the body.

• When used as a rectal implant, reverses damage from inside the lower bowel. An implant is a small amount of juice held in the lower bowel for about 20 minutes. In the case of illness, wheatgrass implants stimulate a rapid cleansing of the lower bowel and draw out accumulations of debris.

• Externally applied to the skin can help eliminate itching almost immediately.

• Will soothe sunburned skin and act as a disinfectant. Rubbed into the scalp before a shampoo, it will help mend damaged hair and alleviate itchy, scaly, scalp conditions.

• Is soothing and healing for cuts, burns, scrapes, rashes, poison ivy, athlete's foot, insect bites, boils, sores, open ulcers, tumors, and so on. Use as a poultice and replace every two to four hours.

• Works as a sleep aide. Merely place a tray of living wheatgrass near the head of your bed. It will enhance the oxygen in the air and generate healthful negative ions to help you sleep more soundly.

• Enhances your bath. Add some to your bath water and settle in for a nice, long soak.

• Sweetens the breath and firms up and tightens gums. Just gargle with the juice.

• Neutralizes toxic substances like cadmium, nicotine, strontium, mercury, and polyvinyl chloride.

• Offers the benefits of a liquid oxygen transfusion since the juice contains liquid oxygen. Oxygen is vital to many body processes: it stimulates digestion (the oxidation of food), promotes clearer thinking (the brain utilizes 25% of the body's oxygen supply), and protects the blood against anaerobic bacteria. Cancer cells cannot exist in the presence of oxygen.

• Turns gray hair to its natural color again and greatly increases energy levels when consumed daily.

• Is a beauty treatment that slows down the aging process when the juice is consumed. Wheatgrass will cleanse your blood and help rejuvenate aging cells, slowing the aging process way down, making you feel more alive right away. It will help tighten loose and sagging skin.

• Lessens the effects of radiation. One enzyme found in wheatgrass, SOD, lessens the effects of radiation and acts as an anti-inflammatory compound that may prevent cellular damage following heart attacks or exposure to irritants.

• Restores fertility and promotes youthfulness.

• Can double your red blood cell count just by soaking in it. Renowned nutritionist Dr. Bernard Jensen found that no other blood builders are superior to green juices and wheatgrass. In his book "Health Magic Through Chlorophyll" he mentions several cases where he was able to double the red blood cell count in a matter of days merely by having patients soak in a chlorophyll-water bath. Blood building results occur even more rapidly when patients drink green juices and wheatgrass regularly.

globalbriefs

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

Shifting Priorities

A Dose of Awe Can Make a Teen More Caring

A meta-analysis published in the *Personality and Social Psychology Review* suggests that experiencing awe helps young people focus less on themselves and more on the world around them. Exposure to natural wonders and accounts of great human accomplishments can do the trick.

It's a helpful strategy, given that narcissism is on the rise and college students have become dramatically less empathetic over the years, particularly since 2000. Sixty-four percent of respondents ages 18 to 25 surveyed thought getting rich is their most important goal, while only 30 percent believed that helping others in need is important.

Awe humbles us in the presence of something greater than ourselves. Experiencing it during adolescence, a period crucial in the formation of self-identity, could help coax teens out of their, "I am the center of the world," funk and put them on a path to a life lived in compassionate connection with others.

Source: SagePub.com

High-Tech Teachers

Students Use Smartphones to Study

Highlighting the potential for digital learning, a new survey by the Verizon Foundation has found that a third of middle school students are already using mobile apps on smartphones to do schoolwork and collaborate with peers on projects. Beyond accessing information via the Internet, students often turn to free apps to play games that help them master math concepts, virtually dissect an animal or analyze clouds and concepts of condensation and more.

The Verizon Foundation offers training to educators on integrating mobile technology into lesson plans by partnering with the nonprofit Technology Student Association and the Massachusetts Institute of Technology. Together, they are sponsoring the Innovative App Challenge, in which hundreds of middle and high school student teams are conceptualizing mobile apps that incorporate science/technology/engineering/mathematics (STEM) activities to solve a problem in their school or community. Ten teams won personal smartphones and $10,000 grants for their schools, plus assistance in creating their apps and bringing them to the public earlier this year. Verizon expects to launch a new edition of the program this fall.

Source: The Christian Science Monitor *at CSMonitor.com*

GM-Oh-Oh

GMOs Threaten Wheat Exports

America lags behind the world in limiting, banning or even labeling genetically modified (GE, GM or GMO) crops, and now Japan has suspended some imports from the United States because of the discovery of unapproved GM wheat in Oregon. The European Union is weighing similar action. Serious economic implications stem from the fact that many countries will not accept imports of genetically modified foods, and the U.S. exports about half of its annual wheat crop.

The Washington Post reports the presence of GMO wheat on an 80-acre field in Oregon as a mystery. Monsanto tested a similar strain in Oregon between 1994 and 2005, but the product was never approved for commercial use. The strain was identified in the state when a farmer tried clearing a field using Monsanto's herbicide and discovered that the wheat could not be killed.

Blake Rowe, CEO of the Oregon Wheat Commission, says that reductions in Northwest wheat sales would affect farmers in Idaho and Washington as well as Oregon, because the wheat is blended together. Oregon sold $492 million of wheat in 2011; 90 percent of it went overseas.

Blighted Icon

Chestnut Tree Comeback on the Horizon

The American chestnut tree once dominated the American landscape from Georgia to Maine, providing the raw materials that fueled our young nation's westward expansion and inspiring writings by Longfellow and Thoreau. But by the 1950s, the trees, stricken by blight, were all but extinct. Now, after 30 years of breeding and crossbreeding, The American Chestnut Foundation believes it has developed a potentially blight-resistant tree, dubbed the Restoration Chestnut 1.0.

The group has adopted a master plan for planting millions of trees in the 19 states of the chestnut's original range. This year, volunteers in state chapters are establishing seed orchards that will produce regionally adapted nuts for transplanting into the wild.

Chug-A-Lug

Pricey Bottled Water May Come from a Tap

Peter Gleick, the author of *Bottled and Sold: The Story Behind Our Obsession with Bottled Water*, found that most companies are cagey about revealing the source of their water. "There's no legal requirement that they say on their label where the water comes from, and they don't like to advertise that fact," says Gleick. As a result, most Americans don't know much about the origins of what we spend $11 billion a year on.

In order to be called "spring water", according to the U.S. Environmental Protection Agency (EPA), a product has to be either "collected at the point where water flows naturally to the Earth's surface or from a borehole that taps into the underground source." Other terms aren't regulated. Gleick found that about 55 percent of bottled waters are spring water. The other 45 percent is mostly treated tap water, including Aquafina (Pepsi) and Dasani (Coke).

Source: Mother Jones

globalbriefs

Nasty Stuff

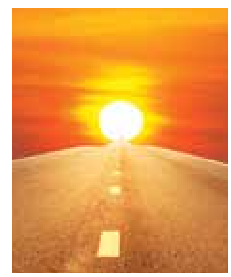
Monsanto Weed Killer Contaminates Food

A peer-reviewed Massachusetts Institute of Technology report published in the scientific journal *Entropy* points to evidence that residues of glyphosate, the chief ingredient in Roundup weed killer, manufactured by Monsanto and sprayed over millions of acres of crops, has been found in food. The residues enhance the damaging effects of other food-borne chemicals and toxins in the environment known to disrupt normal body functions and induce disease, including Parkinson's, infertility and cancers.

Reuters reports that environmentalists, consumer groups and plant scientists from several countries have warned that heavy use of glyphosate is harming plants, people and animals. The U.S. Environmental Protection Agency is conducting a standard registration review of glyphosate to determine by 2015 if its use should be limited. Yet Monsanto continues to claim that glyphosate is safe and less damaging than other commonly used herbicides.

Solar Powered

Capturing Energy from Asphalt Roads



Asphalt roads throughout the country are well known for soaking up the sun's rays. Now, new piping technology from the Worcester Polytechnic Institute, in Massachusetts, is offering a way to trap heat and use it elsewhere, potentially transforming blacktopped streets into giant solar energy collectors.

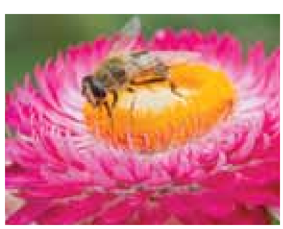
It works by using the sun-warmed asphalt to heat water pumped through tubes embedded a few inches below the road surface. This can help to cool asphalt by utilizing some of the heat that would have remained in the material to heat the circulating water to produce electricity.

Researchers are testing different pipe materials and conductive aggregates to add to the asphalt to improve heat absorption. Costs relative to potential returns have yet to be quantified.

Source: ForumForTheFuture.org

Collateral Damage

Disappearing Wild Pollinators Spell Disaster



The perilous decline of domestic honeybees due to the widespread occurrence of colony collapse disorder continues to make news, but wild bees and other insects are often overlooked, even though they are twice as effective in producing seeds and fruit on crops, according to a study of 41 crops in 600 fields worldwide by Argentina's research network, CONICET. For the first time, scientists have a handle on the huge contribution of wild insects, showing that honeybees cannot replace the wild insects lost as their habitat is increasingly destroyed.

Study leader Lucas Garibaldi, of Argentina's National University, in Río Negro, says that relying on honeybees is a highly risky strategy, because disease can sweep through a single species and it may not adapt to environmental changes as well as wild pollinators. Also, trucking in managed honeybee hives does not replace native pollinators, which visit more plants, resulting in more effective cross-pollination; honeybees tend to carry pollen from one flower to another on the same plant.

THE POWER OF PRAYER

Our Health and Happiness

I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.
3 John 2

Earthly matters are a lower order than the spiritual, but they concern us greatly and can greatly impact our health and happiness. If we do not pray about worldly matters we exclude God from a large area of our lives.

Father God, it is my desire to include You in ever sphere of my life. Thank You for caring about our eartly needs and pains. Amen.

ecotip

Wear It Well

First Eat Local, Then Dress Local

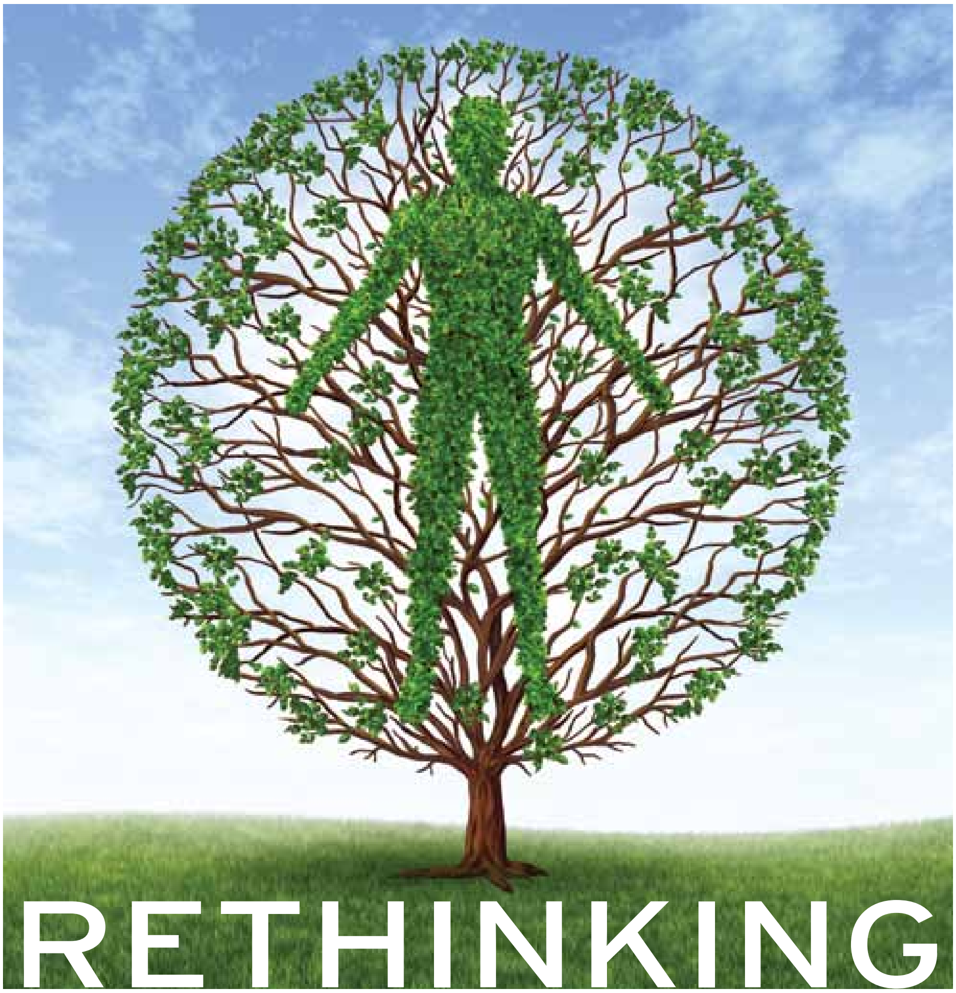
Buying local isn't just about food choices. In supporting community businesses and reducing our ecological footprint, fiber is another important consideration, encompassing farmers that grow cotton and hemp or raise sheep for wool, fiber artisans and textile designers.

The U.S. presently imports about 95 percent of Americans' clothing, reports the Ecology Global Network (*Ecology.com*), with most manufactured in countries where sweatshops and human rights abuses are common. Polyester and nylon, the most commonly used synthetic fibers, are derived from petroleum and processed and dyed using synthetic, often toxic substances. According to a 2010 report by China's Ministry of Environmental Protection, the textile industry is that country's third-worst polluter.

The nonprofit Center for Urban Education about Sustainable Agriculture's (*cuesa.org*) Fibershed program raises public awareness of the issue in Central California. Robin Lynde, a shepherd, weaver and teacher at Meridian Jacobs Farm, in Vacaville, also sells yarn, fleece, felt, lambskin, hand-woven garments and blankets. "Fiber producers, users and designers may not know that there are sheep 10 miles away from them and they can get that fiber," she says.

Fibershed also promotes a Grow Your Jeans program, comprising area sourcing, dyeing and sewing of a limited run of jeans. While textile sustainability in any given region is developing, the organization recommends that residents mend, instead of discard, old clothes, swap clothing or buy used, while resisting marketing pressure to augment wardrobes every season to keep up with trends. Someday, we might be able to visit a nearby field where our clothing is grown.

The Sustainable Cotton Project (*SustainableCotton.org*), based in Winters, California, conducts a Cleaner Cotton program that helps conventional growers transition to more sustainable practices using non-GMO varieties and integrated pest management practices to more gently solve ecological challenges. A big part of the challenge is to get the word out. "To get cleaner cotton to a spinner, someone has to request it," says Executive Director Marcia Gibbs.



RETHINKING CANCER

A Brave New World of Effective Natural Therapies

by Linda Sechrist

Susan Silberstein takes her message for preventing cancer and recurrences to medical and nursing schools, continuing oncology nursing education programs and universities from her *BeatCancer.org* headquarters in Richboro, Pennsylvania. The nonprofit organization provides research-based education and counseling on how to prevent, cope with and beat cancer through immune-boosting holistic approaches. Since 1977, it has helped nearly 30,000 cancer patients and more than 50,000 prevention seekers.

"Early detection is better than late detection, but it's not prevention," says Silberstein, who taught the psychology of health and disease at Pennsylvania's Immaculata University. "We focus on building up patients—minimizing treatment side effects, enhancing immune system function, improving nutritional status and addressing the reasons for sickness in the first place."

"Conventional medicine never addresses the cause, which is a process that needs to be understood so the individual can turn it off," elaborates Massachusetts Institute of Technology-trained scientist Raymond Francis, author of *Never Fear Cancer Again: How to Prevent and Reverse Cancer.* Based on his experience beating cancer and research into cellular biochemistry and molecular biology, he concluded that the disease is a biological process that affects the entire body, not something that can be cut out, killed or poisoned.

"Central to healing and prevention is the elimination of things that fuel the growth of cancer cells, such as sugar, toxins, heavy metals, nutrient-deficient processed foods and an acidic environment in the body," observes Francis. "Regular exercise, a daily, high-quality multivitamin and detoxification are equally crucial to restoring the body's biological terrain."

Doctor of Naturopathy Judy Seeger, founder of *CancerCleanseCamp.com* and host of *CancerAnswers.TV* and *Cancer Winner Radio,* recommends both a regular detoxification regimen and ongoing healthy nutritional plan to help maintain a healing alkaline environment. While this helps cleanse the body of environmental toxins, the toxic emotions and stress that produce acid, weaken the immune system and create an environment for cancer to propagate, must also be dealt with.

Experts generally agree on a range of basic, commonsense preventive measures that include a low-fat, plant-based diet; aerobic, flexibility and strength exercises; healthy sleep habits; and other stress-reducing activities. "These are basic ingredients for maintaining sound health, and can be crucial toward improving the health of an individual with cancer," says Dr. Keith Block, the "father of integrative oncology," and author of *Life Over Cancer.* He founded The Block Center for Integrative Cancer Treatment, in Skokie, Illinois, that customizes care plans based on each person's medical, biochemical, physical, nutritional and psychosocial needs.

Nourish Biochemistry

Thousands of cancer patients have outlived their "medical expiration date" by using alternative nontoxic treatments and approaches, many of which are documented in *Outsmart Your Cancer,* by Tanya Harter Pierce.

Lou Dina, a cancer survivor who like Francis, underwent a journey of intensive research, became a patient advocate and authored *Cancer: A Rational Approach to Long-Term Recovery.* Dina speaks at conventions hosted by the Foundation for Advancement in Cancer Therapy (FACT), founded in 1971 by Ruth Sackman. He

> "When it comes to one's lifetime risk of cancer, healthy diet and lifestyle choices can make all the difference."
>
> ~ Susan Silberstein, Ph.D., founder and president of the Center for Advancement in Cancer Education

also appears with other survivors in the FACT documentary based on Sackman's book, *Rethinking Cancer: Non-Traditional Approaches to the Theories, Treatments and Prevention of Cancer.*

From decades of findings by international clinicians, FACT educates practitioners and patients to view chronic degenerative diseases as systematic malfunctions caused by breakdowns in the balance of body chemistry that are subject to bio-repair. However manifested, they are viewed as correctable and controllable via an individualized program that includes a balanced diet of whole, unprocessed, organic foods—spurred by Gerson therapy that floods the body with organically grown nutrients—supplementation and detoxification. Other key measures involve body temperature therapy, cellular and stem cell therapies and the use of botanicals.

"Nutrients in food directly impact the mechanisms by which cancer cells grow and spread," explains Block. "They also indirectly impact cancer by changing the surrounding biochemical conditions that either promote or inhibit the progression of malignant disease. This is why targeting only tumors is not enough to quash cancer. Conventional cancer therapies almost inevitably leave behind at least a small number of malignant cells. Your internal biochemical terrain plays an integral role in determining whether a tumor will regain a foothold after treatment, metastasize to distant sites or stay where it is without posing a threat."

Block notes that a healthy biochemistry can help prevent unpleasant and possibly life-threatening, complications. An anti-cancer biochemical terrain will even boost a patient's overall quality of life. At the Block Center, detailed assessments identify disruptions in six defining features of patients' biochemical terrain—oxidation, inflammation, immunity, blood coagulation, glycemia and stress chemistry. Cancer thrives on terrain disruptions, which also can impair treatment.

Focus on High-Impact Foods

Kathy Bero, founder of NuGenesis Inc., in Stone Bank, Wisconsin, asks, "How many other lives could be saved if doctors prescribed a diet primarily focused on plant-based, angiogenic-inhibiting foods for all cancer patients?"

Angiogenesis is the development of new blood vessels. Cancer turns the body against itself by hijacking the angiogenesis process and keeping it permanently activated, ensuring that cancerous cells receive a dedicated, uninterrupted blood supply. "To effectively prevent cancer, inflammation and angiogenesis need to be controlled before a tumor can get a foothold," advises Bero.

Bero has personally beaten back two unrelated aggressive forms of cancer and credits the angiogenic-inhibiting foods in clinical research at the Medical College of Wisconsin, in Milwaukee, and the University of Wisconsin-Waukesha. Examples include green tea, strawberries, blackberries, raspberries, blueberries, apples, grapefruit, lemons, tomatoes, cinnamon, kale, grape seed oil and pomegranate.

"These foods also played a significant role in strengthening my immune system and restoring my overall health, which was radically affected by many rounds of chemotherapy and radiation," remarks Bero.

Boost Recuperative Powers

Patrick Quillin, Ph.D., a former vice president of nutrition for a national network of cancer hospitals and author of *The Wisdom and Healing Power of Whole Foods* and *Beating Cancer with Nutrition,* recommends a triple threat. "Cancer requires a threefold treatment approach to create a synergistic response. Teaming up to reduce the tumor burden without harming the patient, re-regulate the cancer to normal healthy tissue and nourish the patient's recuperative powers is far better than any one approach," says Quillin.

He maintains that restrained medical interventions, appropriate nutrition and naturopathic approaches can bolster nonspecific natural defense mechanisms to reverse the underlying cause of the disease. "Nutrition and traditional oncology treatments are synergistic, not antagonistic, as many oncologists believe," advises Quillin.

Glenn Sabin, founder of FON Therapeutics, similarly suggests that multi-interventional, outcome-based studies, akin to Dr. Dean Ornish's approach to prostate cancer, could greatly benefit conventional oncology. Sabin recounts his Harvard Medical School-documented remission of advanced leukemia in his upcoming book, *N-of-1: How One Man's Triumph Over Terminal Cancer is Changing the Medical Establishment*.

Sabin turned to therapeutic nutrition, neutraceuticals, stress reduction and exercise to become a 22-year cancer "thriver" without the aid of conventional therapies. He also emphasizes the importance of the psychological and psychosocial aspects of healing with the cancer patients he coaches. "If you don't have your head in the game, it's hard to make anything else work for you," counsels Sabin.

Understand the Connection

Silberstein and other leading physicians, including Dr. Tien-Sheng Hsu, a Chinese psychiatrist and author of the *Secret to Healing Cancer*; Dr. Jingduan Yang, a board-certified psychiatrist and founder and medical director of the Tao Institute of Mind & Body Medicine; and Seeger, believe that the mind and spirit play a significant role in healing.

> "I talk to people who do all the right things to improve their biochemistry, but without an emotional detox and spiritual connection to something larger than themselves, their healing process tends to stall."
>
> ~ Doctor of Naturopathy Judy Seeger

"Cancer begins in the spirit and ends up in the body, which is why I recommend that anyone positively diagnosed read the *Cancer Report*," remarks Silberstein. *Cancer Report*, co-written by John R. Voell and Cynthia A. Chatfield, discusses psychoneuroimmunology and the powerful role that the mind, emotions and spirit play in contributing to or resisting disease and healing even the most terminal of cancers (*Tinyurl.com/VoellCancerReport*).

Yang and Hsu, who also use acupuncture protocols, believe illness is a reflection of inner problems that disrupt the body's naturally powerful immune system. "Cancer is a symptom delivering a message: You need to take better care of yourself—emotionally, chemically, physically and spiritually," says Yang. As a faculty member of the University of Arizona Center for Integrative Medicine, Yang sees firsthand how few patients understand that the trauma of a diagnosis and treatment can reactivate past traumas, unresolved issues, blockages and repressed emotions. Both he and Hsu offer mind/body/spirit interventions to help patients cope better.

"I talk to people who do all the right things to improve their biochemistry, but without an emotional detox and spiritual connection to something larger than themselves, their healing process tends to stall," Seeger observes. Her online talk shows feature long-term cancer survivors like Dr. Carl Helvie, author of *You Can Beat Lung Cancer Using Alternative/Integrative Interventions*.

"It all comes down to the microcosm of the cell. If we give our 73 trillion cells everything they need, the macrocosm of the body will function properly," says Francis. The authors of *Cancer Killers*, Dr. Charles Majors, Dr. Ben Lerner and Sayer Ji, agree. Up till now, they attest that the war on cancer has been almost exclusively an assault on the disease, rather than an enlightened preventive campaign that clearly identifies and counters how cancer develops. "The battle can only be won by instructing people in how to boost their body's immune responses to kill cancer cells before they face a full-blown diagnosis and showing them how to aggressively address the hostile exterior agents that turn healthy cells cancerous."

The best winning strategy is to naturally nurture a body—structurally, chemically, energetically, emotionally and spiritually—so that the inner terrain naturally kills cancer cells and stops them from growing.

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

ALKALINE WATER MAJOR BENEFITS

Lose Weight:

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

Anti Aging:

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

Reduce the Chances of Osteoporosis:

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

Build Cardiovascular Health:

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

Reduce Joint Pain and Arthritis:

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

Reduce Candida:

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

Reduce Infections, Flu and Colds:

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

Detoxify:

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

Decrease Risk of Cancer:

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

Increase Energy Reserves:

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

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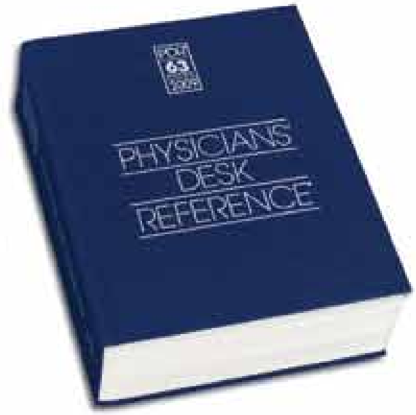

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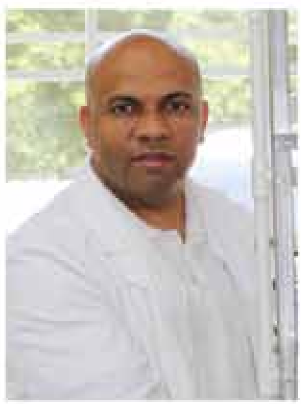

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The FDA recently approved Zerona, a machine that uses low-level laser beams to puncture tiny holes in fat cells. "Fluid drains out and gets swept away by your lymphatic system." says Jeffrey Kenkel, M.D., president-elect of the American Society of Aesthetic Plastic Surgery. It won't give you Brooklyn Decker's body, but it may help trim trouble spots- ant the fat cells will stay smaller as long as you don't gain weight. The process takes two to four weeks (six to 12 40-minute) sessions, every other day) and costs about $1,100 to $1,800.

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Nature's Antibiotics

Recover Health with Less Risk

by Kathleen Barnes

We live in a world of microbes: bacteria, viruses, fungi and other pathogens that can make us sick. Most of the time, our immune systems are able to fight off microbial attacks, yet we've all experienced unsettling infections.

When Use Becomes Overuse

In recent years, conventional medicine has increasingly used antibiotics as a universal remedy against all kinds of microbial attacks—even though they are ineffective against anything except bacterial infections. It's best to use them selectively and cautiously when nothing else will do the job, because by definition, they are "opposed to life." The worst-case scenario is what we have now: overuse creating "superbugs," able to multiply out of control, sometimes with fatal consequences, even when treated with antibiotics that used to work.

"Antibiotics are helpful and effective when used properly when there is a bacterial infection such as strep throat, urinary tract infection, bacterial pneumonia or a wound that has become infected," explains Doctor of Naturopathy Trevor Holly Cates, of Waldorf Astoria Spa, in Park City, Utah. "But antibiotics are so overused and overprescribed that bacteria are changing in ways to resist them. This has become a significant public health problem."

National and global public health officials have expressed increasing concerns about dangers posed by such bacteria, including methicillin-resistant staphylococcus aureus (MRSA) and vancomycin-resistant enterococci (VRE), which are often transmitted between patients in hospital settings, and a multi-antibiotic-resistant form of tuberculosis.

The problem is compounded by the use of antibiotics to enhance growth and production in livestock. A variety of superbugs have been found in meat, poultry and milk products, according to the nonprofits Center for Science in the Public Interest and Environmental Working Group.

Chris Kilham, a worldwide medicine hunter who teaches ethnobotany at the University of Massachusetts at Amherst, explains the transmission. "When you eat conventionally raised meat, you're not getting antibiotics, but you are getting bits of self-replicating genetic material that transfer antibiotic resistance to your body, which can prove fatal."

Preferred Alternatives

Fortunately, there are many natural substances that have proven to be effective against bacteria, viruses, fungi and other infectious microbial pathogens—all without dangerous side effects. Here's a short list:

Propolis, sometimes called "bee glue", produced by bees to seal their hives and protect them from infections, is "the single most powerful antimicrobial we have in the plant kingdom," advises Kilham. That claim is backed by numerous studies from institutions such as Britain's National Heart and Long Institute, the Bulgarian Academy of Sciences and Harokopio University, in Greece.

In 2005, a study by Turkey's Hacettepe University showed that propolis killed both MRSA and VRE bacteria. Other studies by Italy's University of Milan have shown propolis' effectiveness in combating upper respiratory infections and *Candida albicans* fungal infections. Propolis is also available in pill form.

Pelargonium sidoides is a favored option for Cates to abbreviate both the duration and severity of cold and flu, including any lingering cough or sore throat. This South African medicinal is also known as African geranium. Usually used in tincture form, it's also useful against a large range of microbial infections.

One study from the Russian Institute of Pulmonology reported that nearly 70 percent of participating adults with bronchitis received relief within four days—more than double those that became well taking a placebo.

Olive leaf extract was first mentioned in the Bible and recent research confirms its effectiveness against a wide variety of microbial infections. A U.S. Department of Agriculture study published in the *Journal of Food Science* confirms that olive leaf extract is effective in fighting food-borne pathogens like salmonella and E. coli, labeling it a broad-spectrum antimicrobial. New York University School of Medicine research published in *Biochemical and Biophysical Research Communications* showed that olive leaf extract reversed many HIV-related changes in the immune system.

Retired medical journalist Dr. Morton Walker, author of *Nature's Antibiotic: Olive Leaf Extract,* wrote that olive leaf extract "inhibits the growth of every virus, bacterium, fungus, yeast and protozoan it was tested against… and is effective against a minimum of 56 disease-causing organisms."

In a worst-case scenario, "If antibiotics are the only alternative to treat a lab-confirmed bacterial infection, it's vital to replace the beneficial intestinal bacteria inevitably wiped out by the drug," concludes Cates. "Sometimes a few servings of a good natural yogurt (without sugar or fruit) will suffice. If not, look for a high-quality probiotic to restore the digestive system's natural bacterial colony."

Kathleen Barnes is a natural health advocate, author and book publisher (KathleenBarnes.com).

Kid-Smart Supplements

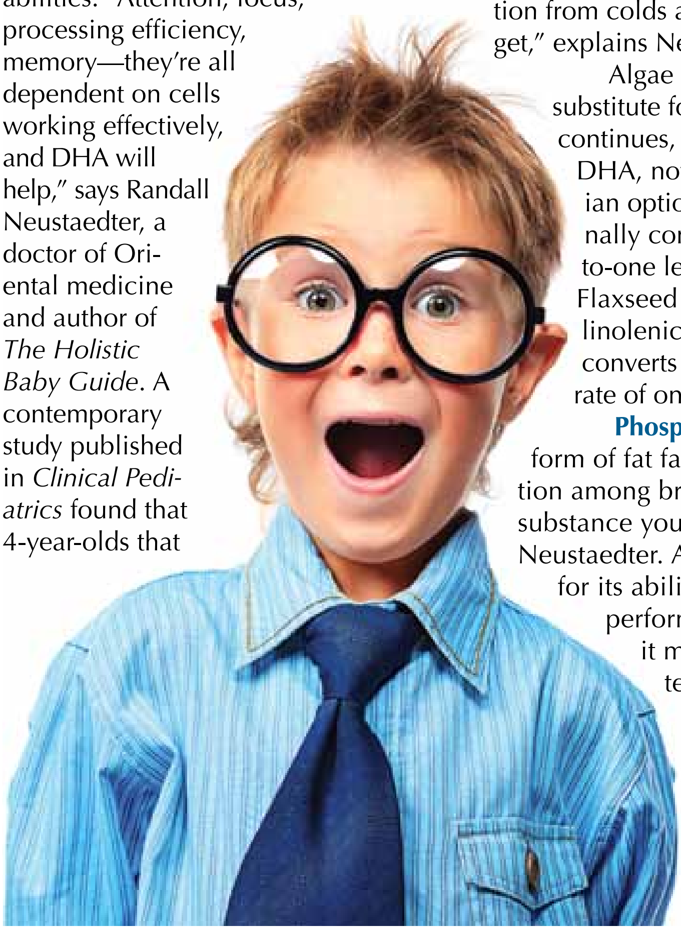
The Right Choices Help Children Thrive

by Pamela Bond

As youngsters head back to the classroom, parents can get their children off to a smart start by giving them key supplements. Here are some experts' top picks.

Build Brains

Docosahexaenoic acid (DHA). Because the brain's nerve cell membranes are made of fat, ingesting a healthy fat—DHA—helps them stay lithe and limber enough to successfully fire off neurotransmitters, sharpening kids' mental abilities. "Attention, focus, processing efficiency, memory—they're all dependent on cells working effectively, and DHA will help," says Randall Neustaedter, a doctor of Oriental medicine and author of *The Holistic Baby Guide*. A contemporary study published in *Clinical Pediatrics* found that 4-year-olds that ingested 400 mg a day of DHA for four months showed improvement in listening comprehension and vocabulary acquisition skills.



Because finding an effective dose of pure DHA (at least 300 mg a day) can be difficult, Dr. Robert Rountree, co-author of *Smart Medicine for a Healthier Child*, recommends administering liquid fish oil in a daily child's dose of 800 to 1,500 mg at a ratio of 60 percent eicosapentaenoic acid (EPA) to 40 percent DHA. "Anti-inflammatory EPA can help allergies and inflammation from colds and other viruses kids get," explains Neustaedter.

Algae can be a vegetarian substitute for fish oil, Neustaedter continues, but it contains only DHA, not EPA. Another vegetarian option, echium oil, internally converts to EPA at a one-to-one level, but not to DHA. Flaxseed oil is mostly alpha-linolenic acid (ALA), which converts to DHA and EPA at a rate of only 3 to 7 percent.

Phosphatydylserine (PS). This form of fat facilitates communication among brain cells. "It's a natural substance your brain makes," notes Neustaedter. Already highly regarded for its ability to enhance memory performance in older adults, it may also improve attention, concentration, learning, behavior and school performance in youngsters.

PS is found in small amounts in foods like eggs and soy. Therefore, Neustaedter recommends dietary supplementation of 100 mg a day for children that could use a brain booster. The best PS supplements are made from soy.

Improve Immunity

Vitamin D. "It's my top immune supplement choice for most children," says Rountree. The vitamin is crucial for triggering the body's natural immune system to react to and fight off infections. A study in the *American Journal of Clinical Nutrition* found that daily 1,200 international unit (IU) supplements of vitamin D_3 reduced cases of seasonal flu in schoolchildren by more than 40 percent. Neustaedter recommends that school-aged children supplement with 2,000 IU of vitamin D_3 a day. Unlike D_2, D_3 is natural and nontoxic, he says.

Probiotics. These "friendly" bacteria help reestablish beneficial intestinal flora to both assist digestion and immunity. "Eighty percent of the immune system is produced in the small intestine," says Neustaedter. "Having a healthy small intestine will lead to a healthy immune system. Probiotics will go a long way to accomplishing that."

Rountree recommends children receive a mixture of *lactobacilli* and *bifidobacteria*—at least 15 billion colony-forming units a day. A study by an international team published in *Pediatrics* showed that probiotic supplements may reduce the incidence of fevers, coughs, runny noses and other infections in young children.

Elderberry. "If kids get frequent colds, elderberry can be helpful," notes Neustaedter, who suggests that children take such extracts according to label instructions for acute sickness during the cold and flu season. He considers it a worthy antiviral and immune system stimulant.

Elderberry's immune-boosting potential may be due to its ability to enhance antioxidant activity. Several studies, including one issued by the National Institutes of Health, have shown that black elderberry extract may shorten the duration of a bout of flu.

Soothe Stress

Magnesium. "If kids have a hard time turning their minds off and going to sleep, calcium and magnesium will help," Neustaedter advises. As a calming mineral, magnesium trumps calcium; because kids tend to need more calcium for their bones, the two nutrients are usually given together, adds Rountree. He recommends that children take 100 to 300 mg of magnesium daily, depending on their age and weight.

Lemon balm (*melissa officinalis*). To soothe anxiety, Rountree points to lemon balm as safe and gentle, yet effective. St. Mary's Hospital, in Madison, Wisconsin, reports that researchers have found that lemon balm, in combination with other herbs like valerian, may ease restlessness, anxiety and sleep disorders. Kids can drink one to two cups of freshly brewed tea daily. For a tasty and convenient option, substitute glycerites; tinctures that use glycerin to extract the active constituents from herbs.

Pamela Bond is the managing editor of Natural Foods Merchandiser *and former editor-in-chief of* Delicious Living *magazine*.

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Natural Awakenings Acadiana Edition

greenliving

Go Plastic-Free

Game On: Ways to Shrink Our Footprint

by Randy Kambic

Looking around us, we see plastic everywhere.

Besides the customary food and product packaging, plus store bags, consider all the nooks and crannies of our lives that plastic now permeates: eating utensils; baby and pet toys; computer keyboards and accessories; pens; eyeglasses; athletic footwear; backpacks; lighters; beauty care and pill containers; household cleaning bottles; ice cube trays; shaving razors; tool handles; hairbrushes and toothbrushes—even some facial scrubs, shampoos and chewing gum.

Beth Terry, author of *Plastic Free: How I Kicked the Habit and How You Can Too*, points out compelling reasons to take personal action. In 2007, this Oakland, California, resident saw a photo of the decomposed carcass of a Laysan albatross riddled with plastic bits in an article on water pollution.

"For several seconds, I could not breathe," she writes. This seminal moment led her to further research, by which she realized, "This plague of plastic chemicals is harming everyone, and especially the most vulnerable members of our planet—children and animals—and that is both unacceptable and unfair." She's been working on going plastic-free ever since.

> "The biggest lesson since I started is the joy of less—of buying less stuff and making do with what I already have."

"I made a game of it; a fun, creative, step-by-step challenge," she advises. "You can't go through the house and think you can get rid of all plastic immediately. As items get used up, you'll find alternatives." Once we are in the habit of staying alert to the plastic scourge, we'll naturally spot opportunities for healthy change-ups.

Science Sounds the Alarm

In 2011, Harvard School of Public Health researchers made news by discovering that consuming one serving of canned food daily for five days led to significantly elevated urinary levels of bisphenol-A (BPA). This plastic and epoxy resin ingredient is found in the liners of many food and drink cans and sometimes in plastic bottles. It's known to be a serious endocrine disrupter.

Cardiovascular disease, diabetes, altered functions of reproductive organs and other ailments have been linked to high BPA levels in several studies, including one cited in *Endocrine Reviews* journal. *The Manchester Guardian* also recently reported that the French Agency for Food, Environmental and Occupational Health Safety has stated that an unborn baby's exposure to BPA through the mother could be linked to many health problems, including breast cancer later in life.

When plastics are subjected to stress—like heat, light or age—undisclosed additives used in their production for strength, flexibility and color can leach out and even contaminate lab results, as the University of Alberta's Faculty of Medicine & Dentistry found. Such chemicals can migrate into our digestive systems and through our skin; they can also off-gas into the air, according to a recent study by Weber State University's Energy & Sustainability Office, in Ogden, Utah. Plus, unrecycled plastic materials can enter waterways and kill marine life through ingestion or entanglement (ocean garbage patches are major examples).

Reducing our own plastic footprint can both safeguard family health and prove that we are serious about pressuring industry to produce less of it. The key, according to Terry, is not to be intimidated or overwhelmed by plastic overload, but persist in taking baby steps (see *MyPlasticFreeLife.com*).

Milo Cress, of Burlington, Vermont, launched the national Be Straw Free campaign at age 10, when he realized that restaurants routinely give customers a plastic straw whether they want it or not.

How to Begin

As a starting point, Terry notes that plastic enables the long-distance food distribution system. Reducing food miles associated with our meals helps cut down on the use of plastic. In the kitchen, use airtight stainless steel containers or glass jars or simply refrigerate a bowl of food with a saucer on top to hold leftovers for the next day. Compost food waste. Reuse empty plastic food bags and line garbage cans with old newspapers instead of plastic bags.

Terry cautions, "People assume everything that carries the triangular symbol is accepted at all recycling facilities. This is not the case. What isn't accepted is landfilled or even incinerated." Also, according to the city of Oakland's Waste Management Department, she learned that "Much of what we put out for recycling goes to China, and their processing standards are not as strong as ours."

In *Plastic Free*, the author provides scores of tips for borrowing, renting and sharing products; buying used plastic equipment if it's a necessity; and avoiding disposable packaging and paper products. Areas for improvement range from personal care and household cleaning products to bags, bottles, grocery shopping, takeout food, portable leftovers and lunches, plus durable goods. Activists will move on to also participate in area cleanups, donate to green organizations and write their legislators.

Randy Kambic, a freelance editor and writer in Estero, Florida, regularly contributes to Natural Awakenings.

Good Food on a Tight Budget

Tips to Get Top Value from Each Dollar

by Kathleen Barnes

For many, the recent economic downturn has affected the way we shop for food. Even families that cook dinner at home most nights are struggling to afford the ingredients to make healthy meals, says Laura Seman, a senior manager for Cooking Matters, a national program that educates families in need about reaping the most from local food resources.

"Putting good food on the family table on a five-or-six-dollar-a-day per person budget is tough, but it's possible," advises Nutritionist Dawn Undurraga, a registered dietitian and co-author of the Environmental Working Group's online publication, *Good Food on a Tight Budget*. "Even eating for one is doable for under $200 a month. When you fill your cart with the foods listed, you're building health, lowering exposure to agricultural chemicals, protecting the environment and cutting grocery bills."

In considering how consumers can maximize nutritional value in their spending, researchers examined 1,200 foods to help people get beyond the common perception that eating healthy is expensive. "We looked at food prices, nutrients, pesticides, environmental pollutants and artificial ingredients," says Undurraga. "Then we chose the top 100 or so, based on balancing all of those factors."

Think Outside the Box

Some of the EWG findings might surprise many of us:

✔ Raw cabbage is the top-ranked food because of its price and high nutritional value as a cruciferous vegetable. For less than 10 cents a serving, it poses far fewer calories than potatoes and is a worthy addition to salads, soups and stir-fries.

✔ The next highest marks for price and nutrition spotlight carrots, bananas, pears, watermelon and frozen broccoli, each at less than 30 cents a serving.

✔ Bananas and pears usually cost less than apples, plus they customarily endure fewer pesticide applications.

✔ The best animal protein award goes to roasted turkey; hot dogs ranked last.

✔ The next-best animal protein identified is a whole chicken, roasted at the beginning of the week and used in various ways for future meals.

✔ Fresh, whole carrots and sweet potatoes are among the best produce buys, but frozen corn and broccoli almost always cost less than their fresh equivalents and are just as nutritious.

✔ A serving of oatmeal is half the cost of sugary processed cereals, plus it's more filling and causes less fluctuation in blood sugar levels.

✔ Canned salmon is almost always wild caught and is much cheaper than fresh, but be wary of BPA (bisphenol-A) migration from the can.

✔ *Queso blanco*, a mild, soft, white cheese common in Latino cooking, is both less expensive and less processed than many other cheeses.

Change Our Routine

Tracie McMillan, of Ann Arbor, Michigan, author of the bestselling book, *The American Way of Eating*, learned how to eat on a tight budget as an undercover journalist. She had to budget for food based on wages working on a farm in California, in the produce department of a Michigan superstore and in a New York City restaurant kitchen. The task was even more difficult because she was determined to eat as healthy as possible.

"Time and energy are key ingredients when cooking from scratch," says McMillan. "I was exhausted after a day spent working these physically demanding jobs and quickly became more apathetic about healthy food than I generally am."

Without disposable funds for the fast-food route, cooking from scratch was mandatory. She learned how to soak beans overnight, cook a large pot of them and freeze helpings to reheat later. The cost was about 50 cents a meal, compared with $3 for two or three servings from a can.

Eggs, brown rice and sweet potatoes became an important—and healthy—part of her weekly diet. McMillan also gained a lasting affection for roasted vegetables, both as part of meals and as snacks. "I just cut up a couple of sweet potatoes, add some broccoli or beans or whatever is cheap at the supermarket or farmers' market, toss in a tablespoon of olive oil and I'm set for two or three days," she says. Also, "I learned to use meat more as a seasoning than as a main course."

Find more tips and pages of recipes at ewg.org/goodfood.

Kathleen Barnes has authored many books on natural health, including Rx from the Garden: 101 Food Cures You Can Easily Grow. *Connect at KathleenBarnes.com.*

Eat Well, Spend Less

✔ Freeze cheese that starts going bad. Defrosted cheese tastes best melted. Don't buy shredded cheese—shred it at home.

✔ Substitute yogurt for cream and sour cream in recipes. Drain yogurt in a coffee filter to thicken. To economize and reduce package waste, buy in volume and measure out small servings.

✔ Cut and freeze fresh fruit when it's on sale or overripe. Use later in smoothies, oatmeal or yogurt. To eliminate clumping, lay pieces on a tray to freeze or freeze pureed fruit in ice cube trays. When frozen, transfer to a bag.

✔ Make sure the word "whole" is in the very first ingredient listed on the label. "Multigrain" or "wheat" language or a brown color isn't enough.

✔ Start kids off right with whole grains, not white bread and white pasta. If they're not used to whole grains, mix them in gradually.

✔ Buy in bulk and stock up during sales. Avoid pricey oatmeal packets; they're often loaded with salt and sugar. Buy wholegrain bread on sale and freeze.

✔ Add nuts to oatmeal, cereal, salads and stir-fries for healthy, hearty meals. Raw nuts are often the less expensive option; roast them for a delicious snack. Freeze nuts so they'll stay fresh longer.

✔ Whole or cut-up bone-in chicken can save money. Buy family-size packs on sale and freeze. Bake extra and use all week.

✔ Soak and cook dried beans to save money.

✔ Before vegetables go bad, freeze them or make soup.

✔ Stock up on veggies that store well in a cool, dry place. Potatoes, carrots, pumpkin, calabaza (squash and melons) and sweet potatoes hold their taste for several weeks. Frozen vegetables and cabbage keep well, too.

Source: ewg.org/goodfood

HAPPY PARENTS HAPPY KIDS

Renée Peterson Trudeau Explores Soulful Parenting

by Meredith Montgomery

The oldest of seven Montessori-inspired children and mother of one, Renée Peterson Trudeau serves as a life balance coach, speaker and president of Career Strategists, a coaching and consulting firm. Thousands of women in 10 countries participate in Personal Renewal Groups based on her first book, *The Mother's Guide to Self-Renewal*. Now, in a new book, *Nurturing the Soul of Your Family*, Trudeau helps empower families to handle the challenges of everyday life with harmony and ease.

How can individuals achieve more peace?

We realize peace by nurturing our hearts and souls with self-care, by slowing down and being gentle with ourselves. It requires us to attune and respond to our own needs and desires in the present moment. Am I responding with compassion when I make mistakes? Am I saying no when I need to say no? Did I ask for and receive help when I needed it? This is self-care in day-to-day life. When we feel nurtured in ways aligned with our deeper needs, we're able to more fully express our potential and relax into being who we truly are.

How does such caring show up in family dynamics?

When I'm feeling grumpy or irritable, I know that my inner cup is empty and I'm out of sync with my needs. When we practice self-care, we are more present with our partner and children. We feel more generous, loving and playful, and it's easier to weather crises and uncertainties. I believe that modeling self-love is one of the best ways to influence children's self-esteem.

Why is it important for families to define what they value most?

It's empowering for a family to anchor together around one key core value. Once you identify it, you all can make more conscious decisions. The value that my own family has chosen is compassion for one's self and others. Creativity, spirituality, service or learning are others.

As kids grow into adolescence, it becomes more challenging to maintain balance; there are so many demands on a family's time and attention. Mentally, we're often overwhelmed by an expanding scope of activities and decisions. At any age, a lot of us are just reacting to whatever comes at us. But when we identify the values most important to us, it's easier to know when to say yes and no to things, so that our actions become aligned with our priorities.

What is behind the rising appeal of living more simply?

Simplicity is alluring at a most basic level of our being; we crave it. We want to invest less energy in making decisions and have more space for life to organically unfold. We want to hit the pause button because we are overscheduled, "Mom, tell them to surprise their kids——listen to them, have fun with them and just spend time with them."

~ *Jonah Trudeau, age 9*

overworked and overloaded with too much information. It can feel so good to be productive, and American culture rewards output. But we need to be mindful of balancing the harder task of 'being' with the seduction of doing, for we are at our most powerful when both of these energies are equal.

Where do we start?

If we are not currently living in alignment with what matters most to us, we can stop what we're doing and course-correct. We have to define what simplicity looks like for us and can start by just slowing down. Do less to experience more. Unplug from technology. Try spending unscheduled, media-free time together. My family feels most nourished after weekends that we hardly did anything and just enjoyed connecting through simple pleasures.

What role does spirituality play in fostering a healthy family life?

I hear a lot of parents say that they used to think that spirituality was separate from parenting. Then they woke up to the idea that being a parent is a spiritual practice, maybe the most profound one they will ever have. Connecting to the sacred in everyday life yields nurturing gifts we can enjoy with our children, not separate from them.

What is the most valuable advice that you offer to parents?

Pause to breathe in compassion and realize that our outer state is a reflection of our inner state. It helps us release whatever we're dealing with and reconnect with ourselves and loved ones.

For more information, visit ReneeTrudeau.com.

Meredith Montgomery is a regular contributor to Natural Awakenings.

Five Reconnection Points

- Be mindful of how and when the family uses technology. Put people first.
- Tap the healing power of nature together. Take hikes, picnics and explore a local greenbelt.
- Love the ones you're with. Schedule regular time together to make sure it happens.
- Define your family's values and honor them.
- Slow down. Do less to experience more. Fewer choices and a lighter schedule can make for a happier family.

Source: Nurturing the Soul of Your Family: 10 Ways to Reconnect and Find Peace in Everyday Life, *by Renée Peterson Trudeau.*

Small Daily Practices Make a Huge Difference

by Renée Peterson Trudeau

A regular spiritual practice grounds us and helps us navigate the challenges of just being human. It helps us stay awake, begin to let go, trust the rhythm and flow of life and relax into the beauty of our true nature.

Create Ritual – Meaningful rituals can be carefully planned events or casual, but regular remembrances, such as voicing gratitude before a family meal or greeting one another with a hug. Marking transitions and milestones in the lives of family members likewise connects everyone to the sacredness of daily living. We remember that life is more than to-do lists.

Cultivate Stillness – Quiet private contemplation through stillness, prayer, meditation or reflection is a daily way to connect with our inner wisdom and/or embrace a higher power, and can make the whole day better.

Practice Service to Others – The more we reach out and are present to one another, the stronger we become and the easier it is to understand our interconnection—that we're all one.

Live in the Present – Many great spiritual teachers believe the answer to everything is to just "be here now," and that our suffering and emotional distress would end if we simply stopped resisting the present. When we temporarily suspend our desire to change things, we can embrace that where we are is exactly where we're supposed to be.

Choose Happiness – Can we only be happy if things are going our way? Experts suggest that we're born with the innate capacity to experience inner well-being and joy; it's our birthright to feel good. We must remember to choose happiness in each present moment.

Play Together Stay Together

Teamwork Strengthens Family Ties

by Randy Kambic

The adage that a family that plays together stays together is more valid than ever. Yes, healthy individual sports are good, but recreational activities that involve the whole family deliver bonus benefits—from more exercise for more people to fierce, yet fun bonding that affords fresh opportunities and makes memories worth revisiting.

Sample Scores

Baseball expands the father-and-son tradition of tossing a ball back and forth and turns a yard or local park into the family's own *Field of Dreams*. Go inclusive and offer mitts to other family members, as well. Anyone not into throwing and catching can still participate by running around those that are passing the ball.

Basketball hoop shooting can be as loose or structured as participants like. A game known as Horse provides fun for family and friends. When someone scores a basket, others take their shot from the same spot on the court; those that miss are assigned a "penalty" letter of the word. In consecutive rounds, each player that reaches the complete word is eliminated until only one (that day's winner) remains.

Bicycling beats a drive around town; it's heart-friendly in more ways than one. Pedaling sustains satisfying group interaction, joyful aerobic exercise and a healthier planet. Local club rides and charity events add zest. For bicycle-friendly states, user tips, events and information on local clubs, check *BicycleFriendlyCommunity.org, USA Cycling.org* and *RoadBikeJourney.com*.

Disc golf moves the recreational pastime of Frisbee-tossing to an intriguing level of competitive accuracy and whole-body exercise. Participants toss a flying disc toward and eventually into a raised basket at the end of each "hole" at a special course; the player with the fewest total tosses (like a golfer with the fewest total strokes) after nine or 18 holes wins. Backyard putters practice getting closest to the pin and in. For more information, including local courses for this fast-growing sport, visit *pdga.com*.

Tennis for four is perfect for Mom, Dad and two offspring to strengthen skills and relationships via doubles play. Strategizing between partners engages teamwork and laughter. Many nearby public parks or school courts are open in the summer. For tips or updates on local leagues, visit *usta.com*.

Benefits Transcend Exercise

According to Make Physical Activity a Family Event, a recent study sponsored by the Association for Applied Sport Psychology, "Participating in family physical activities helps children gain life skills, as well as health benefits," such as learning teamwork, leadership skills and quality decision-making. Other positive aspects cited include appreciating sportsmanship, positive role modeling and strengthening intrafamily relationships.

The study further recommends noncompetitive family activities to round out the potential for whole-family benefits. Working in the yard, group scavenger hunts, early morning calisthenics before work and school, walking the dog and volunteering at a local shelter all make the grade.

> Young adults often credit their parents as their sports or fitness role models.
>
> *~ Association for Applied Sport Psychology*

Two Trending Activities

Since establishing its first stroller fitness franchise in San Francisco 12 years ago, Baby Boot Camp *(BabyBootCamp.com)*, headquartered in Sarasota, Florida, has been maximizing and expanding moms' predilection for taking their newborn out for a walk or light run. One-hour classes led by nationally certified fitness experts prompt group stroller power walks, as well as strength- and interval-training sessions, predominantly at malls and recreation centers.

"It's not just about reducing weight. We inspire mothers to know that it's possible for them to become even stronger and fitter after having a child than they were before," says founder and CEO Kristen Horler. "It also provides a larger sense of community, a glue that holds them together and keeps them coming back." Recently, many of the 150-plus franchises in 25 states, (especially prevalent in California, Florida, New York and Texas), began offering free Saturday sessions for dads.

Yoga facilities are also engaging extended family members. One example is Bloom Retreat; originally founded as a mother-and-child community center in Walnut Creek, California, it now offers couples yoga. "Practicing yoga together offers another way to physically play and communicate," observes founder and owner Michelle Long. In family sessions, poses include all family members holding hands while balancing on one foot, and touching knees during sitting poses.

"Some children are a little threatened by competitive sports, even though others feed on it. When they see this is different, they find a calmer center within themselves. They also see another interesting side of their parents," remarks Long. Kids' yoga birthday parties are also on the upswing.

Overall, when it comes to ways for eliciting healthy family recreation, the more, the merrier.

Randy Kambic, a freelance editor and writer in Estero, FL, regularly contributes to Natural Awakenings.

Our Own Ode of Joy

Singing Heals Our Soul, Sets Us Free

by Jan Kortie

Before singing was part of any human culture, it was part of nature. Nature never tries hard; it just is. It grows and blossoms and flows. So does heartfelt singing—as a joyful expression of soul, of one's essential being. It is giving and sharing. Most of all, it is alive.

Singing like this doesn't ask for effort. But it does ask for courage. In expressing our longings, hopes and love, we may encounter fear, shame or sorrow. That's part of the beauty and surprising simplicity of liberating ourselves through song, which can be equally cheerful, lighthearted and humorous, or insightfully confronting the challenging issues in our lives.

Some people make every effort to sing eloquently, but the joy of singing is just as fully accessible for those that can't master the technical qualifications or even carry a tune. All we really need to do to achieve personal satisfaction is to sing what's inside us, enabling who we are to emerge. That's why singing is healing; it helps make us whole.

Giving emotional space to ourselves in song allows us to be heard in a special way; no two voices are alike because each is exactly suited to the individual. Our innate tendency to sing, like other forms of music, connects us with others and reminds us of ways in which we are attuned to one another. More natural than talking, the vibration of a singing voice is the most magical, direct way to connect our internal and external worlds.

It's comforting to note that we can only sing off-key if we compare our voice to another's. No child ever decides by himself that he can't sing. A child spontaneously sings, dances and draws without preconception until an authority figure steps in with a discordant opinion.

Singing is a natural phenomenon as intuitive as breathing. It's our right to sing freely, and so share our hearts and music with the world. As a soaring expression of love it contributes greatly to the well-being of individuals, communities and society.

Jan Kortie first introduced the idea of voice-liberation in the Netherlands 30 years ago, developing a joyful approach to personal and professional singing that extends beyond traditional methods and techniques. His book, Your Soul Wants to Sing, *available in Dutch, is the primer for his Academy of Voice Liberation, where he serves as director.*

THE IMPORTANCE LITEON NATURALS Vitamins Play in Your Health

If it only took eating an apple a day to get all the necessary nutrients from our food, we'd all be happy and healthy, but it's not. We actually need to consume 7-10 servings of fruits and vegetables each and every day to ensure we are getting all 13 different vitamins and 17 different minerals.

But why? What do vitamins and minerals do for us anyway?

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

Below is a chart of the major functions of the 13 vitamins and a selection of 10 minerals.

Vitamins

Vitamin A - Maintenance of vision; skin; linings of the nose, mouth, digestive and urinary tracts; immune function
Vitamin D - Development and maintenance of bones and teeth; promotion of calcium absorption
Vitamin E - Protection and maintenance of cellular membranes
Vitamin K - Production of factors essential for blood clotting and bone metabolism
Biotin - Synthesis of fat, glycogen and amino acids
Folate - Amino acid metabolism; synthesis of RNA and DNA; new cell synthesis
Niacin - Conversion of carbohydrates, fats and protein into usable forms of energy
Panthothenic Acid - Metabolism of fats, carbohydrates and proteins
Riboflavin - Energy metabolism; maintenance of skin, mucous membranes and nervous system structures
Thiamin - Conversion of carbohydrates into usable forms of energy; maintenance of appetite and nervous system function
Vitamin B6 - Metabolism of amino acids and glycogen
Vitamin B12 - Synthesis of blood cells; other metabolic reactions
Vitamin C - Maintenance and repair of connective tissue, bones, teeth and cartilage; promotion of healing; aid in iron absorption

Minerals

Calcium - Formation of bones, teeth; control of nerve impulses, muscle contractions and blood clotting
Fluoride - Maintenance of tooth and bone structure
Iodine - Essential part of thyroid hormones; regulation of body metabolism
Iron - Component of hemoglobin, myoglobin and enzymes
Magnesium - Transmission of nerve impulses; energy transfer; activation of enzymes
Phosphorus - Bone growth and maintenance; energy transfer in cells
Potassium - Nerve function and body water balance
Selenium - Defense against oxidative stress; regulation of thyroid hormone action
Sodium - Body water balance; acid-base balance; nerve function
Zinc - Synthesis of proteins; RNA and DNA; wound healing; immune response; ability to taste

Preventing Seizures

Natural Dog Remedies Can Out-Do Drugs

by Dr. Shawn Messonnier

People often seek out a holistic veterinarian due to concerns about conventional medications. One new client recently inquired about her 3-year-old female poodle diagnosed with epilepsy last year. The traditional veterinarian's prescription for phenobarbital was helping to control the seizures, but the owner questioned the long-term consequences of feeding her pet the drug for the rest of its life. Surely, she thought, there must be a natural alternative.

There are many causes for canine seizures, with epilepsy being the most common. Epilepsy is the term used when the cause is unknown, so testing is needed to ensure other factors are not present. These might include toxicities, especially in younger dogs and puppies (may include vaccines); brain tumors, more common in older dogs and certain breeds such as boxers and Boston terriers; infections, as in meningitis, or immune disorders such as the neurologic disease granulomatous meningoencephalitis, or GME; parasites, including aberrant heartworms; and regional diseases such as tick-borne illnesses like Lyme or ehrlichiosis.

Common testing includes a physical examination, food hypersensitivity and blood tests, tick serology, urine, fecal and cerebrospinal fluid analyses and a brain scan, which is usually a computed tomography (CT) or magnetic resonance imaging (MRI) scan. Not all tests are needed on all pets because the veterinarian will rule out issues during the process.

If other causes are ruled out and the problem is labeled as epilepsy, phenobarbital can be helpful, although side effects can occur as a result, including liver disease. In every case, the animal should be examined at least two to four times a year for possible complications from the drug, starting with a blood profile and urinalysis. It's always best to supplement such treatment with natural remedies to help protect the liver, including milk thistle and choline.

Alternatively, natural therapies don't usually lead to side effects or require the same intense regimen of regular evaluation. Patients have experienced good results with phosphatidylcholine, which works to stabilize brain cell membranes, and so reduce and prevent seizures, while also providing detoxification support for the liver. Phosphatidylcholine supplements are also used to prevent and treat another common neurological problem in pets—cognitive disorder (akin to Alzheimer's in humans).

Dimethylglycine supplementation aids in treating seizures, as well. It both supports the nervous system and provides energy to the body's cells.

Herbs, including valerian, passionflower, kava, gastrodia (*tian ma*), uncaria (*gou teng*), ostrea concha (*mu li*) and buthus martensi (*quan xie*), can also be helpful. Because they can be powerful natural medicines that could interact with each other and with prescription medicines, use them only under veterinary supervision.

Homeopathic remedies are also widely incorporated into natural treatments of seizures such as tinctures of stramonium and belladonna. A twice-daily homeopathic detoxification treatment for pets experiencing seizures from any cause, using berberis, nux vomica and lymphomyosot, is recommended, as well.

Due to the overwhelming success of using natural therapies for pets with epilepsy at our Paws & Claws Animal Hospital, most do not need to rely on medications for the problem. Those pets that arrive on a regiment of strong anti-convulsant drugs are slowly weaned off of them, resulting in improved health, lower vet bills and better control of recovery. Most never have another seizure, as long as they stay on the natural therapy protocol prescribed.

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

Cancer and the Warburg hypothesis

Dr. Steven T. Castille

Biochemist and Doctorate in Natural Medicine

Educating You and Your Family in Natural Health and Wellness

The Warburg Theory of Cancer or "Warburg hypothesis" (as distinguished from the Warburg effect) postulates that the driver of tumorigenesis is an insufficient cellular respiration caused by insult to mitochondria. The Warburg Effect describes the observation that cancer cells, and many cells grown in-vitro, exhibit glucose fermentation even when enough oxygen is present to properly respire. In other words, instead of fully respiring in the presence of adequate oxygen, cancer cells ferment. The current popular opinion is that cancer cells ferment glucose while keeping up the same level of respiration that was present before the process of carcinogenesis, and thus the Warburg Effect would be defined as the observation that cancer cells exhibit glycolysis with lactate secretion and mitochondrial respiration even in the presence of oxygen.

Warburg's hypothesis was postulated by the Nobel laureate Otto Heinrich Warburg in 1924. He hypothesized that cancer, malignant growth, and tumor growth are caused by the fact that tumor cells mainly generate energy (as e.g. adenosine triphosphate / ATP) by non-oxidative breakdown of glucose (a process called glycolysis). This is in contrast to "healthy" cells which mainly generate energy from oxidative breakdown of pyruvate. Pyruvate is an end-product of glycolysis, and is oxidized within the mitochondria. Hence, according to Warburg, the driver of cancer cells should be interpreted as stemming from a lowering of mitochondrial respiration. Warburg reported a fundamental difference between normal and cancerous cells to be the ratio of glycolysis to respiration; this observation is also known as the Warburg effect.

Cancer is caused by mutations and altered gene expression, in a process called malignant transformation, resulting in an uncontrolled growth of cells. The metabolic differences observed by Warburg adapts cancer cells to the hypoxic (oxygen-deficient) conditions inside solid tumors, and results largely from the same mutations in oncogenes and tumor suppressor genes that cause the other abnormal characteristics of cancer cells. Therefore, the metabolic change observed by Warburg is not so much the cause of cancer, as he claimed, but rather, it is one of the characteristic effects of cancer-causing mutations.

Warburg articulated his hypothesis in a paper entitled The Prime Cause and Prevention of Cancer which he presented in lecture at the meeting of the Nobel-Laureates on June 30, 1966 at Lindau, Lake Constance, Germany. In this speech, Warburg presented additional evidence supporting his theory that the elevated anaerobiosis seen in cancer cells was a consequence of damaged or insufficient respiration. Put in his own words, **"the prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar."**

Source: Wikipedia

Learn more about cancer and the role that sugar, low-oxygen, high acids, and poor circulation plays in the formation of cancer cells in the body by visiting the Natural Health Center in Carencro. Call 896-4141 to schedule an appointment. Visit www.NaturalHealthCentersOnline.com

Natural Iodine Supplementation

A Must for Most Americans

We all need iodine, yet most of us don't get enough of it through our diet. A study in the *American Journal of Clinical Nutrition* found that iodine deficiency in the developed world has increased fourfold in the past 40 years and now affects nearly three-quarters of all adults. Numerous U.S. practicing physicians quoted widely in the media estimate that the incidence of hypothyroidism in our adult population may be between 30 and 70 percent.

Thus, we can't efficiently produce the thyroid hormones that serve as chemical messengers triggering nearly every bodily function. The presence or absence of iodine affects our every cell.

Natural Awakenings **Detoxifed Iodine is 100 percent natural, raw iodine in an ethyl alcohol solution. We thank all those that are benefiting from this product and enthusiastically telling us their great results.**

Available only at NAWebstore.com

My wife, who suffered from extreme fatigue and other symptoms, saw a dramatic increase in energy after just a few days of taking the natural iodine drops. Now if she misses a day, she'll end up falling asleep in the middle of the afternoon, like she used to do before taking the iodine. It works!

~ Aaron

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

~ Larry

Be Aware of Hypothyroidism Symptoms

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

Hypothyroidism can further cause infertility, joint pain, heart disease and stroke. Low iodine levels also have been associated with breast and thyroid cancers. In children, insufficient iodine has been strongly linked with mental retardation, deafness, attention deficient and hyperactivity disorder and impaired growth, according to studies by Boston University, China's Jiao Tong University School of Medicine and France's National Academy of Medicine.

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

Reasons Behind Iodine Deficiency

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

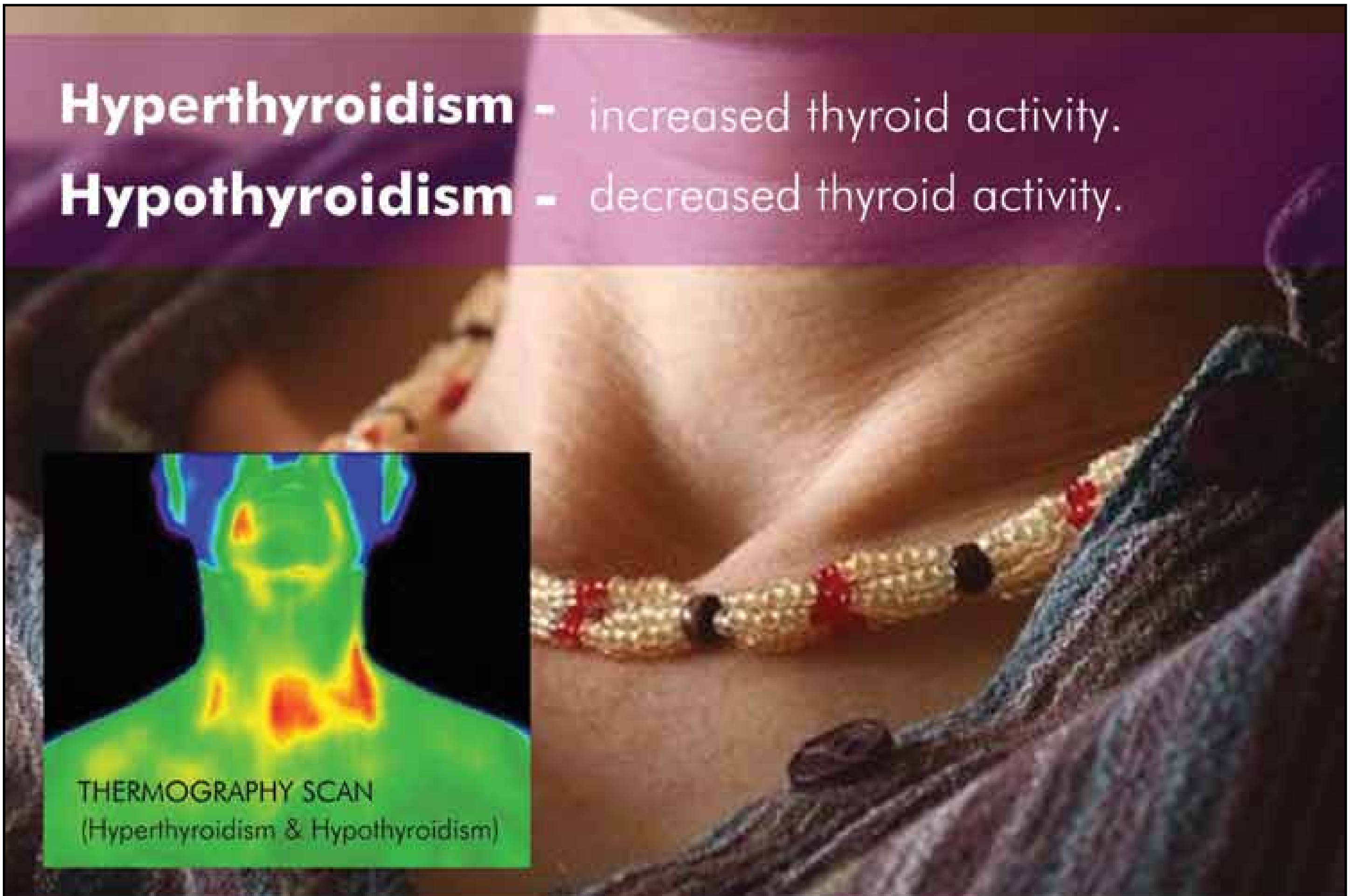
Iodized table salt: The human body cannot utilize the iodide added to this product.

Low-sodium diets: Failure to use healthy salts to fulfill sodium requirements, plus overuse of zero-nutrient table salt in foods, leads to iodine depletion.

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

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

Proper iodine supplementation with a high-quality product like *Natural Awakenings* Detoxified Iodine can prevent harm by protecting the thyroid and other endocrine glands and restoring proper hormone production.



THERMOGRAPHY SCAN
(Hyperthyroidism & Hypothyroidism)

The TOP 10 Symptoms of a Thyroid Problem

Millions of People Have Undiagnosed Thyroid Conditions

10. Muscle and Joint Pains, Carpal Tunnel/Tendonitis Problems.
9. Neck Discomfort/Enlargement.
8. Hair/Skin Changes.
7. Bowel Problems.
6. Menstrual Irregularities and Fertility Problems.
5. Family History.
4. Cholesterol Issues
3. Depression and Anxiety.
2. Weight Changes.
1. Fatigue.

The thyroid is a small gland located below the skin and muscles at the front of the neck, just at the spot where a bow tie would rest. It's brownish red, with left and right halves (called lobes) that look like a butterfly's wings. It's light like a butterfly, too, and usually weighs less than an ounce.

As small as it is, though, the thyroid has an enormously important job to do, especially for teens. It manufactures the hormones that help control metabolism and growth. To do its job, the thyroid needs a chemical element called iodine that the body absorbs from the foods you eat and the water you drink. The entire body contains about 50 milligrams of iodine. About 1/5 to 1/3 of that supply (10 to 15 milligrams) is stored in your thyroid. The thyroid combines the iodine with tyrosine (an essential amino acid) to make important hormones.

AVAILABLE AT

LITEON Natural Health Center, Carencro
337-896-4141

DHARMA Wellness Center, Sunset
337-662-3120

calendarofevents

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

GET YOUR CALENDAR ITEMS PUBLISHED

SUBMIT CALENDAR ITEMS TO: *publisher@NAacadiana.com*

WEDNESDAY AUGUST 7

Purple Heart Day Ceremony – 6-8pm. Celebrate and honor soldiers who have made the ultimate sacrifice for our freedom with flag ceremony and harmony of patriotic music. Bouligny Plaza, 102 West Main St, New Iberia. 337-344-9397.

THURSDAY AUGUST 8

The Natural Home – 6:30-8:30pm. Look at store bought products, what's in them and how they affect your health. Learn how to make your own cleaning products without chemicals and how to scent your home naturally. Take home a natural cleaning product made in class. Diane Queen. Registration required. $20. Earth-N-Herbs, 284 E Martin Luther King Jr Dr, Grand Coteau. 337-662-4022. Earth-N-Herbs.com.

Big Brothers Big Sisters Murder Mystery Dinner Theatre & Silent Auction – 7pm. An unforgettable night of suspense featuring a three course dinner meal, comedy, mystery, excitement and more to raise funds for the Acadiana Big Brothers Big Sisters. $100 per person or $700 to reserve a table for eight. Cajundome, 444 Cajundome Blvd, Lafayette. 337-269-0454.

SATURDAY AUGUST 10

August Anglers Addiction Fishing Tournament – 5am-4pm. Win prizes for top three specks and reds in slot 16"-27". Kids can compete in the kids division. Quintana Boat Launch, LA 319 and Beach Lane, Cypremort Point. 337-519-3131 or 337-519-3947.

The Diabetic Kitchen's Miracle Miles 3 Mile Walk/ Run – 7:45am. Three laps. $10/Adults, $5/Youth 12-18 years, free for 11 years and under. Hosted by The Diabetes Kitchen and the West End Estates. West End Estates, Gilbert St, New Iberia. 337-519-3010 or 337-364-3375.

Regional Barrel Race – 8am-6pm. Spectators see the best competitors in this barrel race. Concessions available. Acadiana Barrel Race Association. SugArena, 713 NW Bypass Hwy 3212, New Iberia. 337-365-7539. SugArena.com.

Bird Hike – 9am. Visitors given a brief presentation on bird watching and binoculars use followed by a trail walk to search for birds. Binoculars are available on a first come, first served basis. Louisiana State Arboretum, 1300 Sudie Lawton Lane, Ville Platte. 337-363-6289.

Hummingbirds – 2pm. Learn how to attract hummingbirds to your yard with flowers and feeders. Louisiana State Arboretum, 1300 Sudie Lawton Ln, Ville Platte. 337-363-6289.

Roots and Boots, Aaron Tippin and Darryl Worl – 8pm. Sammy Kershaw, Aaron Tippin and Darryl World come together to perform their timeless hit songs. Heymann Center, 1373 S College Rd, Lafayette. 337-291-5555.

SUNDAY AUGUST 11

Acadian Culture Day – 10am-5pm. Vermilionville hosts free event for the public to explore how the Acadian community maintains their heritage. The celebration focuses on family folklore with activities to include cooking, tours and demonstrations. Vermilionville Historic and Folklife Park, 300 Fisher Rd, Lafayette. 337-233-4077.

WEDNESDAY AUGUST 14

Delcambre Shrimp Festival – 6pm. Event includes shrimp cook-off, queens' pageants, fais-do-do, carnival rides and food court. Delcambre Shrimp Festival Grounds, 411 S Richard St, Delcambre. 337-685-2653.

Community Education Series: Family Law – 6:30-7:30pm. Get an explanation of laws concerning divorce, child custody, child support, visitation and adoption. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

THURSDAY AUGUST 15

National Day of the Acadians – 10am-7pm. Celebrate Acadian heritage day and conclude with a special French mass at St Martin de Tours Catholic Church. Acadian Memorial, 121 S New Market St, St Martinville. 337-394-2258.

Delcambre Shrimp Festival – 6pm. See Aug 14 listing. Delcambre Shrimp Festival Grounds, 411 S Richard St, Delcambre. 337-685-2653.

FRIDAY AUGUST 16

CFMA Le Cajun Award and Festival – 5:30pm. Award winning Cajun bands provide music honoring the best in Cajun music and Cajun musicians. The Grammy style awards ceremony awards the best band of the year, accordionist, fiddler, male and female vocalists, song of the year and the best recording of the year. Cajun French Music Association. Rayne Civic Center, 300 Frog Festival Dr, Rayne. 337-344-2494.

Delcambre Shrimp Festival – 6pm. See August 14 listing. Delcambre Shrimp Festival Grounds, 411 S Richard St, Delcambre. 337-685-2653.

SATURDAY AUGUST 17

Delcambre Shrimp Festival – 7am. See August 14 listing. Delcambre Shrimp Festival Grounds, 411 S Richard St, Delcambre. 337-685-2653.

Miles Perret Cancer Services Triathlon – 7am. Perfect for all competitive levels to raise funds for the Miles Perret Center. Composed of a 200-yard swim with staggered start, 8-mile bike and 2-mile run, the event begins at the outdoor swimming pool behind Bourgeois Hall. Participants complete two bike laps down Cajundome Blvd to finish. UL Bourgeois Hall, 104 E University Ave, Lafayette. 337-984-1920.

SugaSheaux – 9am-6pm. Regional horse show and ranch sorting competition. Concessions available. SugArena at Acadiana Fairgrounds, 713 NW Bypass Hwy 3212, New Iberia. 337-365-7539.

Vintage Dance – 9-10am. Participants learn basic, vintage dance steps to prepare for dancing at many local dance halls and festivals. Longfellow Evangeline State Historic Site, 1200 N Main St, St Martinville. 337-394-3754.

Games of Acadiana – 10am-4pm. Join Miles Perret Cancer Services and play with a purpose for the 13th Annual Games of Acadiana. Cajundome Convention Center, 444 Cajundome Blvd. 337-984-1920.

Nature for Kids – 10am. Children learn about a new nature topic each month and will make a craft to take home. Topics include spring, reptiles, astronomy, insects and more. Louisiana State Arboretum, 1300 Sudie Lawton Ln, Ville Platte. 337-363-6289.

Black and White Gala – 7pm-12am. Join together to save lives even if it takes all night at the third annual gala. American Cancer Society presented by LHC Group and Event Rental. The Victorian, 302 E Main St, Broussard. 337-237-3797.

SUNDAY AUGUST 18

SugaSheaux – 9am-6pm. See Aug 17 listing. SugArena at Acadiana Fairgrounds, 713 NW Bypass Hwy 3212, New Iberia. 337-365-7539.

Delcambre Shrimp Festival – 10am-4pm. See August 14 listing. Delcambre Shrimp Festival Grounds, 411 S Richard St, Delcambre. 337-685-2653.

Natural Body Care – 1-3pm. Learn how to take care of your body naturally, making body care products from natural ingredients at a fraction of the cost. Get recipes to make your own body care products and take home a natural made product. Registration required. $20. Earth-N-Herbs, 284 E Martin Luther King Jr Dr, Grand Coteau. 337-662-4022. Earth-N-Herbs.com.

WEDNESDAY AUGUST 21

Jeanerette Museum Historical Lecture – 6pm. University of Louisiana at Lafayette Professor Michael Martin discusses Louisiana's history after the Civil War, one of the most violent eras in Louisiana's history. Murder, mob violence, feuds and sometimes pitched battles occurred in the countryside, small towns and the city of New Orleans. Jeanerette Sugar Museum, 500 E Main St, Jeanerette. 337-276-4408.

THURSDAY AUGUST 22

The Gift of Dreams: Finding the Treasure Within – 9:30am. Dreams have been called love letters in code from God and can profoundly impact our lives, giving direction, inspiration and sometimes even comfort to those who grieve. Mary Lahey, LPC, LMFT, director of bereavement services, grief counselor and spiritual director, presents ways in which dreams can be mined to find the treasures of meaning within. Hospice of Acadiana, 2600 Johnston St, Lafayette. 337-234-1234.

SATURDAY AUGUST 24

Bushman Craft – 9-10am. Walk in the footsteps of the Native Americans and pioneers who called Louisiana home. Through hands-on demonstrations of bush craft skills such as fire building, tanning, camp cooking and primitive tool usage, participants learn practical skills. Longfellow Evangeline State Historic Site, 1200 N Main St, St Martinville. 337-394-3754.

Natural Dyeing – 2pm. Yarn and silk dyeing demonstration reveals colors produced by various natural materials as well as techniques that affect the resulting color. Louisiana State Arboretum, 1300 Sudie Lawton Ln, Ville Platte. 337-363-6289.

TUESDAY AUGUST 27

Heroes Employment Workshop – 9-11am. Fifty participants of the nation's veterans, military spouses and transitioning service members learn from comprehensive presentations, one-on-one mentoring and career focused tools to ease transition and improve employability. Cajundome, 444 Cajundome Blvd, Lafayette. 337-265-2100.

FRIDAY AUGUST 30

Sugarfest Classic Brahman Show – 8am-6pm. Experience the Louisiana state cattle show. Concessions available. SugArena Acadiana Fairgrounds, 713 NW Bypass Hwy 3212, New Iberia. 337-365-7539.

Soiree Royale – 6pm-12am. Wine tasting and culinary social event. Over 30 chefs and restaurants compete for top honors in eight categories. Evangeline Downs Racetrack and Casino Event Center, 2235 Creswell Ln, Opelousas. 337-942-2683.

SATURDAY AUGUST 31

Labor Day Fishing Rodeo – 5am-3pm. Fishermen compete in fifteen categories to win prizes in runabout, inside and children's divisions. Awards given for 1st, 2nd and 3rd place in each division. Boat captain whose crew catches the most point fish over the weekend wins an award and every registrant is eligible to participate in the grand prize drawing. Winners receive trophies. Quintana Boat Launch, LA 319 and Beach Ln, Cypremort Point. 337-364-7301.

Sugarfest Classic Brahman Show – 8am-6pm. See Aug 30 listing. SugArena at Acadiana Fairgrounds, 713 NW Bypass Hwy 3212, New Iberia. 337-365-7539.

Louisiana Geology – 10am. Learn about major geological events of the past that created the current fascinating landforms of Louisiana and how these processes still affect the state. Louisiana State Arboretum, 1300 Sudie Lawton Ln, Ville Platte. 337-363-6289.

Open Fire Cooking – 10am-12pm. Participants experience the outdoor kitchen of our ancestors and discover how the humble black pot produces delicious food. Longfellow Evangeline State Historic Site, 1200 N Main St, St Martinville. 337-394-3754.

2nd Annual Creole Renaissance Festival – 12pm-2am. Celebrate Creole culture and learn about the language, food, community, dance and music. Features the music of Rusty Metoyer, Brian Jack, Chris Ardoin, Keith Frank and many other preeminent names in Zydeco music. Yambilee Building, 1939 W Landry St, Opelousas. CreoleRenaissance.com.

Reptiles – 2pm. Join the site naturalist to learn about the reptiles of Louisiana with live and preserved specimens on hand for all to see. Louisiana State Arboretum, 1300 Sudie Lawton Ln, Ville Platt

31st Annual Original Southwest Louisiana Zydeco Music Festival

Saturday August 17

Annual Zydeco King & Queen Ball – 8:00pm. The annual Zydeco King & Queen Ball will be held at the Delta Grand Theatre. If you would like to represent and promote the great Zydeco culture, then maybe this is your year to run for Zydeco King and Queen. $15. Delta Grand Theatre, 120 North Market Street, Opelousas. 337-290-6048.

Friday August 30

Kick-off Dance – 9pm-until. To start the annual festival, there will be an official kick-off dance at Slim's Y-KiKi with a traditional Zydeco artist. Slim's has been a popular Zydeco dance hall since 1947, attracting visitors and top bands from around the world. $10. Slim's Y-KiKi, 8471 Highway 182, Opelousas. 337-290-6048

Saturday August 31

Breakfast Schedule – 8:30-10:30am. 11th Annual Zydeco Breakfast on Saturday morning, hosted by the City of Opelousas, Zydeco Capital of the World. Bring your lawn chair to enjoy live music entertainment by L'il Pookie & the Zydeco Sensations in a relaxed and charming setting in the heart of downtown Opelousas. Breakfast items for sale include bloody marys and coffee to Clifton Chenier Casserole and pancakes. Local restaurants and bars around the Courthouse Square include Java Square, Back in Time Restaurant, Palace Cafe, Dairy Queen and the Brass Rail. Free. St. Landry Parish Courthouse, under the oak trees, 118 South Court Street, Opelousas. 337-948-6263 or 800-424-5442. www.cityofopelousas.com.

31st Annual Original Southwest Louisiana Zydeco Music Festival – 12pm-12am. This year's festival will be celebrating the "Year of Music" of 31 years of an unbroken tradition of Creole Music and Culture. It will feature the best in zydeco, Cajun, swamp-pop, swing, R&B, southern soul and more. Come out and celebrate the Year of Music, fall in Love with Zydeco all over again, bringing it back to the Zydeco roots. $10, 12 years and under $5. Performers include: Zydeco Music -Chubby Carrier, Step Rideaux, JJ Caillier, Leon Chavis, & Lil Nate; Swamp Pop Music -Wayne Toups; Cajun Music - Travis Matte & Jamie Bergeron; Southern Soul Music - Jeff Floyd & Patrick Henry. Zydeco Festival Park, 457 Zydeco Road off Highway 167 North, Plaisance. 337-290-6048. www.zydeco.org.

ongoingevents

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

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

sunday

God's Grace Boutique – 8am-5pm. Specializing in Plus Size school uniforms for men and boys. Avon on sale, special orders over $50. Ladies rings sizes 6-12, men's 12-14. Dianne Robert. Hwy 190 Flea Market, Booth 11, 11946 W Hwy 190, Opelousas.

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

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

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

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

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

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

monday

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

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

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

Photography for Kids – 6-7pm. Learn technique, composition and presentation while creating fun, hands on projects. No experience necessary. The Front Room, 1301 Ave A, Scott. 337-258-2333. MusicReed@yahoo.com.

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

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

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

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

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

tuesday

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

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

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

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

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

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

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

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

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

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

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

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

wednesday

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

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

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

CrowleyArtGallery.com.

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

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

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

thursday

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

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

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

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

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

friday

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

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

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

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

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

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

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

saturday

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

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

Acadiana Walking Club – 8am. Meet at various walking trails. Call for the meeting place in advance. If you would like to join the mailing list for the walking club or have any questions, call 337-261-9188 or email Admin@HealTheHabitsForLiving.com.

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

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

God's Grace Boutique – 8am-5pm. See Sun listing. Hwy 190 Flea Market Booth 11, 11946 W Hwy 190, Opelousas.

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

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

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

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

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

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

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

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

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

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

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

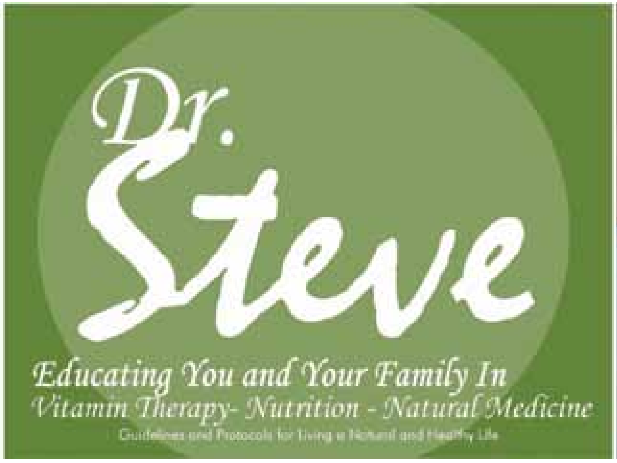
2nd Saturday Art walk – 6-8pm. 2nd Sat each month. Family-friendly event. Art galleries, restaurants, specialty shops and other downtown businesses present art, live music, food and drink. Free. Downtown Lafayette. 337-291-5566. DowntownLafayette.com.

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

Monthly Night Hike – 7-9pm. Last Sat each month. Take hikes through the Acadiana Park Nature Trail. $3. Acadiana Park Nature Station, 1205 E Alexander St, Lafayette. 337-291-8448.

Naturopathic Doctors Natural Medicine

"finding the root cause"



DR. STEVEN T. CASTILLE, BSC,MS,DNM
natural medicine
Biochemist, Clinical Herbalist and Doctor of Natural Medicine
Bachelor of Science in Biochemistry, Master of Science in Engineering and Technology Management, Doctorate in Natural Medicine

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

The Basics of Naturopathy

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

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

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

Traditional Naturopaths

In the United States, there are three categories of practitioners of naturopathy: naturopathic physicians, traditional naturopaths, and various providers who utilize aspects of naturopathic medical practice. In terms of education, traditional naturopaths complete a bachelor's degree and pre-medical education in one of the three major areas of science (chemistry, biology, or physics) and graduate-level training in science and natural medicine. Traditional naturopaths complete continuing education requirements to stay current with the most current natural medicine practices.

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

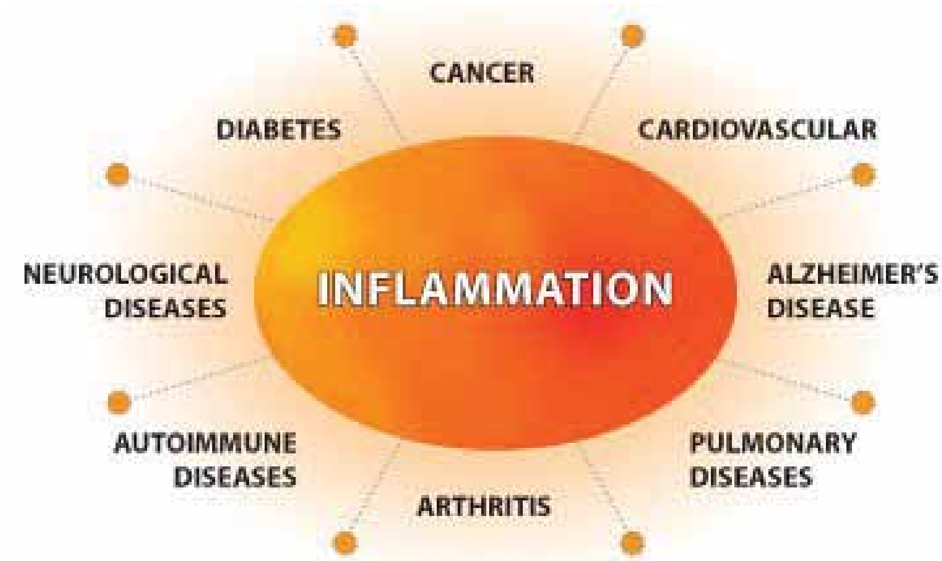
Is Naturopathy for Me?

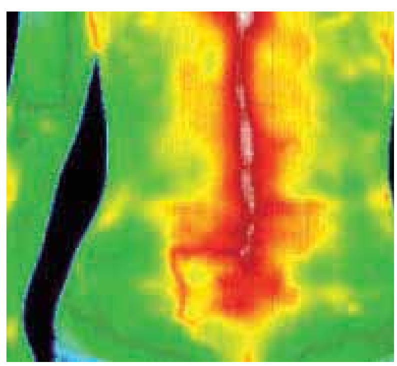
Naturopathy is an important and useful form of alternative medicine that many Americans choose to utilize for treatment of both chronic and acute health conditions. Treatment by a naturopathic doctor can be an excellent complement to mainstream medical care, providing the best of preventive medicine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

What Can I Expect?

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

the natural path





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Natural Health Consultant

Kimberly Rasmussen
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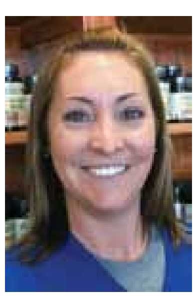
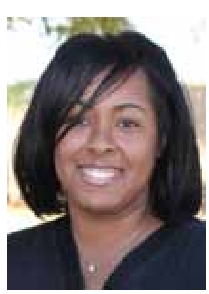
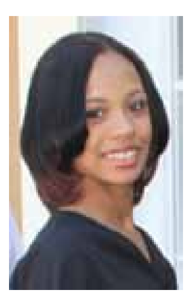
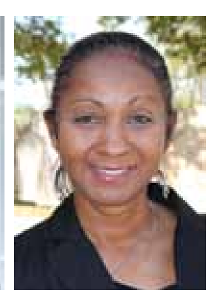

Brooke Thevis
Health Consultant


China Ledet
Health Consultant


Megan Reed
Thermography Tech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RESTORE
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A Customized Health and Wellness Restoration Program
Traditional healthcare relies on prescription drugs to control symptoms of body failure. The restore health programs aim to heal the body's failure at a cellular level with nutrition, supplementation, balancing spiritual and energy levels, and clearing the body's elimination pathways.
6-Week RESTORE Health Program $340
10-Week Program: $493
12-Week Program: $562
Thermography Screening (max 2 sessions)
Vitamin Testing
Body Composition Analysis
SAUNA & Whole Body Vibration
Water Massage Therapy
DERMOSONIC Cellulite Reduction (max 4 sessions)
Naturopathic Doctor Visit (max 2 sessions)
Hydro-Dermo Hydration Spa Treatments
Infrared Body Wrap (max 2 sessions)
Ionic Foot Detox
* Supplements sold separately. Above pricing for services only.
Colon Cleanse
Six-week psyllium husk supplementation
Full-Body Detox
Six-week organic wheatgrass, 12-sessions ion foot detox, SAUNATOX
Lymphatic Drainage
Whole body vibration exercising, hydro lymphatic massage
7-Day Rehydrate
Whole body vibration exercising, hydro lymphatic massage
pH Balancer
Balance acid/alkaline levels using Green Water and pH drops
The restore health programs try to balance body chemistry, using vibrational energy, infrared heats, and nutrition. We maximize nutrition, create better absorption of nutrients from your diet, and attempt to clear the body's waste elimination pathways.
Our goal is to help you maintain your health and wellness naturally We use nutrition, vitamin therapy, holistic therapies, and integrative medicine techniques to maintain the body's health at a cellular level.
liteon
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Powerful, Positive Healing for Life
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