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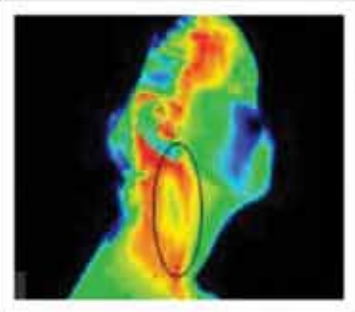
ZERONA is a new non-invasive body sculpting procedure designed to remove fat and contour the body without invasive surgery. ZERONA, unlike other procedures, allows the patient to continue their daily activities without interruptions from surgery, pain, or wounds. ZERONA works by utilizing the Erchonia Laser Scanner, which is also FDA market cleared for laser assisted liposuction. The Laser Scanner allows for the emulsification of adipose tissue, which releases into the interstitial space.

- ZERO Pain, ZERO Surgery, ZERO Downtime
- Reduce stubborn fat from your tummy, back, hips, thighs, buttocks, love handles, arms, chin and neck
- See a reduction in the appearance of cellulite
- Drop 2 to 7 pant/dress sizes in two weeks

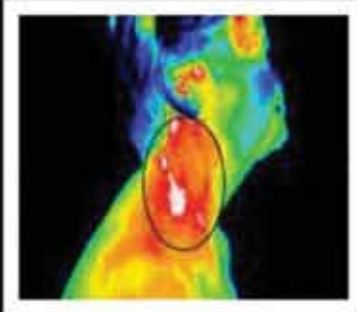
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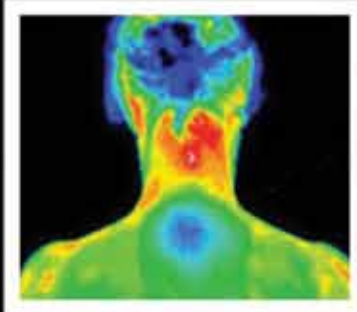
Full Body Thermography



Elevated C-Reactive Protein - an early risk indication for heart disease



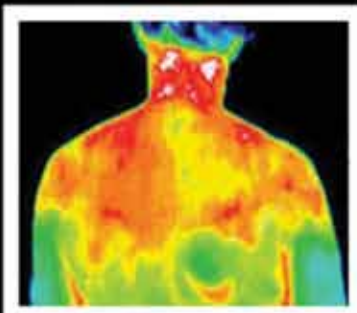
Advanced infection in mitral valve, detected with thermal imaging



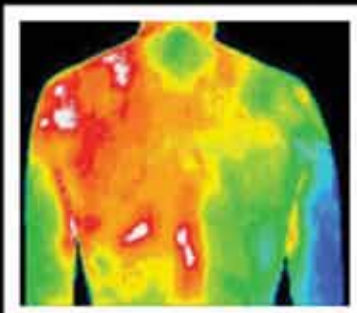
Autonomic patterns of hypothermia over T2 can be used to monitor immune system dysfunction



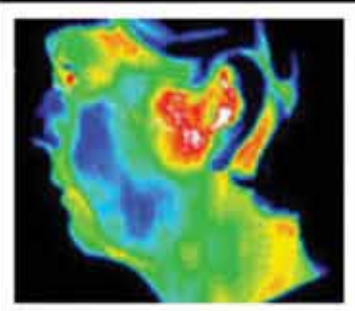
RSD / CRPS and all sympathetic pain syndromes are easily detected



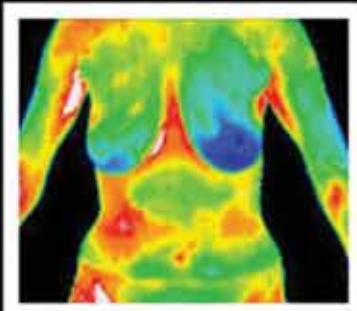
The denser tissue of a tumor displaces the normally perfused surrounding tissue causing hypothermic asymmetry



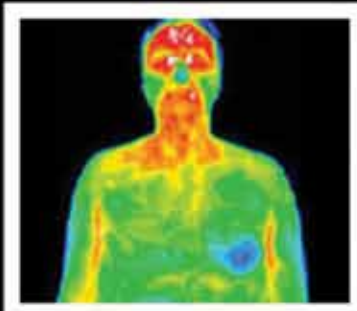
The muscular and myofascial inflammation of Fibromyalgia can be objectively and accurately documented and monitored



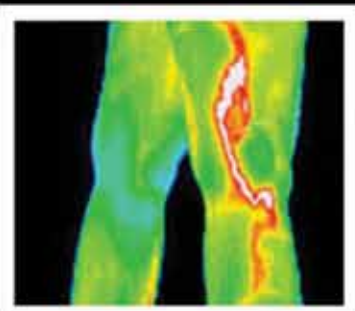
Difficult to diagnose TMJ syndromes can be assessed to show the combined effects of inflammation as well as neurological dysfunction



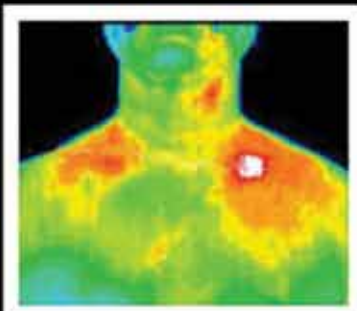
Visceral dysfunction like this diverticulitis can be localized for either further investigation or treatment



Autonomic patterns are normally hypothermic and can relate to organ dysfunction like this CAD



This phlebitis was not detected by other tests. Vascular pain and other inflammation can be graphically shown with DITI



Left brachial plexus entrapment causing weakness and pain in the lower arm

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Wheatgrass Your #1 SuperFOOD

Why drink wheatgrass? Wheatgrass has been called rocket fuel for the body and here is why:

1 ounce of WHEATGRASS = 2.5 lbs of green VEGETABLES

Consuming two to three shots of wheatgrass daily, or at least four times a week, has been clinically proven to promote health on several levels. There have been numerous studies that prove that taking two shots of wheatgrass is equivalent to drinking eight glasses of vegetable juice. One ounce of wheatgrass is equal to 2.5 pounds of green vegetables.

Some of the benefits of wheatgrass juice include healthy immune systems, healthy blood flow and healthy skin, and it has been known to shrink or even cure certain types of cancer and tumors. It also has been known to prevent several types of diseases, such as diabetes and heart disease. It also helps women during their menopausal years.

What is Wheatgrass Juice?

Wheatgrass is the shoot of agropyron, which is a relative of the common wheat. (Many people substitute common wheat for growing wheatgrass; both have similar qualities.) New and tender shoots of this plant can be squeezed to make juice or dried to grind into a powder. This plant is a high-alkaline food that helps the body alkalize. This alkalizing ability makes it very popular as a health food.

One of the most important benefits of wheatgrass is that, because regular consumption increases one's alkaline level, it balances out the acidic level of the body. The natural pH of the human body is slightly alkaline, at about 7.4—but this level is affected by the food we eat. Consuming acidic foods likewise causes the pH to become more acidic and thus harmful to the body. On the other hand, consuming alkaline foods naturally makes the body more alkaline and, as a result, can help people live a long, healthy life.

Wheatgrass also helps improve the digestive system. Wheatgrass is very nutritious and provides the body with plenty of resources. If consumed raw and whole, wheatgrass also provides plenty of fiber, which naturally improves the digestive system. If you suffer from constipation often, wheatgrass may provide a cure.

Wheatgrass also helps to detoxify dangerous metals in the bloodstream. All blood cells take in oxygen and nutrients while giving out toxins, or waste. If this process is altered, it can cause healthy and functioning smoothly by removing the toxins it collects. Consuming wheatgrass

will increase the liver's health many times over. By increasing the oxygenation in the body, wheatgrass also can increase performance and endurance in physical exercise and sports.

Wheatgrass has cosmetic effects as well. Consuming wheatgrass regularly makes the hair shine and the skin glow.

Wheatgrass Benefits for Cancer

Wheatgrass consumption also is known as an alternative cancer therapy. A study found that wheatgrass juice duplicates the molecular structure of hemoglobin, a protein in red blood cells that carries oxygen, and because it is so rich in free-radical scavengers such as provitamin A, it may inhibit cancer. Drinking wheatgrass juice helps the body to build red blood cells, which carry oxygen to every cell.

Because cancer thrives in an acidic environment, and because consuming wheatgrass neutralizes acidic levels, consuming wheatgrass may thus reduce the chances of developing cancer, or aid in fighting cancer already present in the body.

Wheatgrass also has been found to dissolve scars in the lungs, help wash out drug deposits and, as mentioned above, purify the blood and organs and counteract toxins in the body—all beneficial to helping the body combat cancer. It helps to increase the

By increasing the oxygenation and alkalinity in the body, you can increase energy levels, reduce risk of cancer, reduce inflammation and prevent disease.

ADVERTISEMENT



enzyme level in cells, aiding in the body's rejuvenation and the metabolism of nutrients. These enzymes assist in dissolving tumors.

Wheatgrass Juice Facts

- One ounce of freshly squeezed wheatgrass juice is equivalent in nutritional value to 2.5 pounds of leafy green vegetables.
- Wheatgrass contains more than 90 minerals, including high concentrations of the most alkaline minerals: potassium, calcium, magnesium and sodium.
- Wheatgrass contains the essential enzymes: protease (assists in protein digestion), cytochrome oxidase (works as a powerful antioxidant), amylase (facilitates digestion), lipase (works to split fat), transhydrogenase (strengthens the heart muscle) and superoxide dismutase or SOD (lessens the effects of radiation and slows cellular aging; it is found in all of the body's cells).
- Wheatgrass juice helps the body build red blood cells, which carry oxygen to every cell. By increasing the oxygenation in the body, it can help offset the effects of breathing smog and carbon monoxide and increase one's endurance during physical exercise.
- Wheatgrass contains 19 amino acids, the building blocks of protein.



Nutritional Value of Wheatgrass Juice

(Per 100 gm)

Nutritionally, wheatgrass is a complete food that contains 98 of the 102 earth elements. Wheatgrass is considered to be a complete food because it contains every amino acid, vitamin and mineral (some in only trace amounts) necessary for human nutrition.

Why Must Wheatgrass Juice Be Drunk Fresh?

The most potent form of wheatgrass is the fresh frozen juice as nutrients are lost in pasteurisation or preserving. Like many raw and highly nutritious foods, fresh wheatgrass juice is highly active chemically and is thus unstable. Fresh is best.

How Much Wheatgrass Do I Need?

If energy is generally good but one is having an off day, then 1 ounce can be enough to get you going again. If energy levels are regularly down then a daily shot over a period of about a week can help improve things. For more long term illness daily amounts exceeding 4 to 6 ounces have been used.

100 grams of wheatgrass contain:

- *Calories: 21.0*
- *Carbohydrates: 2.0 gm*
- *Fat: 0.06 gm*
- *Water: 95 gm*
- *Sodium: 10.3 mg*
- *Iron: 0.61 mg*
- *Folic Acid: 29 mcg*
- *Dietary Fiber: < 0.1 gm*
- *Glucose: 0.80 gm*
- *Calcium: 24.2 mg*
- *Magnesium: 24 mg*
- *Selenium: < 1 ppm*
- *Potassium: 147 mg*
- *Zinc: 0.33 mg*
- *Phosphorus: 75.2 mg*
- *Vitamin A: 427 IU*
- *Vitamin B1: (Thiamine) 0.08 mg*
- *Vitamin B2: (Riboflavin) 0.13 mg*
- *Vitamin B3: (Niacinamide) 0.11 mg*
- *Vitamin B5: (Pantothenic Acid) 6.0 mg*
- *Vitamin B6: (Pyridoxine HCl) 0.2 mg*
- *Vitamin B12: (Cyanocobalamin) < 1 mg*
- *Vitamin C: (Ascorbic Acid) 3.65 mg*
- *Vitamin E: 15.2 IU*
- *Chlorophyll: 42.2 mg*
- *Choline: 92.4 mg*

Is Wheatgrass a Food?

Naturally rich in proteins and sugar wheatgrass is a complete food. One ounce of wheatgrass is like a single complete supplement. It has all the B vitamins; indeed it is a vegetable source of B12, and also vitamins A, D, E, and K. Wheatgrass is rich in minerals, major and minor. It contains calcium, magnesium, manganese, phosphorus, potassium, zinc and selenium. These are minerals important for cardiovascular and immune system function. For healing purposes potassium ions are particularly vital to balance the composition of body fluids, and thus its alkalinity.

Wheatgrass is highly active chemically and contains over 80 enzymes. These are used for digestion but also to detoxify harmful substances. The famous nutritional scientist, Dr E Bircher called chlorophyll "concentrated sun power- it increases the function of the heart, improves the vascular system the intestine the uterus and the lungs".

Chlorophyll has strong antioxidant properties. It can strip out free radicals which are a damaging by-product of metabolism. Free radicals encourage an acidic cell environment, contribute to the ageing process and have been implicated in the development of some cancers. The chlorophyll molecule is structurally very similar to the iron carrying component of hemoglobin.

Where Can I Get Wheatgrass Juice?
Wheatgrass juice is locally farmed, harvested, juiced, and flash frozen in 1.5 ounce frozen juice cups. See list to the right for available locations.

Purchase frozen juiced wheatgrass at the following locations near you:

LAFAYETTE

Drug Emporium

Vitamins Plus
505 Bertrand Dr., Lafayette
337-261-0051

The Road Less Traveled

312 Guilbeau Rd., Lafayette
337-988-9889

Oil Center Health Foods

326 Travis St., Lafayette
337-232-7774

Smoothie Factory

125 Arnould Blvd., Lafayette
337-989-7001

CARENCRO

Natural Health Center

100 E. Angelle St., Carencro
337-347-4141 or 337-896-0085

Directions: I-49 into Carencro, Exit 4, Right on Hector Connoly, Left on E. Angelle St. Across from the new Super 1 Food Store, left of the traffic circle.

OPELOUSAS

Benny's Sport Shack

806 S. Union St., Opelousas
337-948-6533

SUNSET

DHARMA Wellness Center

24 Hr Fitness and Workout Room
Across from Janise's Supermarket
166 H Oak Tree Park Drive
337-662-3120



publisher's letter



"Forever" is a bond between us and time and it can only be kept with love. Often, we use the word "forever." But do we truly understand its meaning? Forever means we begin, at this moment, creating new possibilities in our lives. It is a journey of courage and hope. The best part of this journey is that it allows us to take with us our most intimate passions, the people we love and the deepest thoughts we share.

We have learned that forever is a chance for an existence of pure love. It is where a promise is a promise and it is never broken.

It is where best friends spend eternity and families find reunion. We must walk by faith and know that our Creator has given each of us the promise of forever. But first we must adopt a spiritual balance in our lives. We must listen to our hearts, watch our thoughts carefully and pray for inner peace and healing.

In December we are reminded of miracles. The most prominent miracle is the birth of Christ. But miracles are performed every day in our lives and we only need to silence the mind to see, feel and hear them. Our very existence is a miracle. The fact that we wake each day is a miracle. Our experience of everyday miracles creates our destiny of forever, and we can create both through prayer.

Sometimes, bad things will happen to us. Our most fundamental prayer says that we are all called to forgive those who trespass against us, just as we would ask for forgiveness from those against whom we trespass. We all have had a moment in our lives when someone we trusted dearly did the unthinkable, something we never thought that person would do. Many times the hurt feels unbearable and we believe we might never heal.

This is where our forever begins. It is yesterday, today and tomorrow. We determine our own healing—how and when we will heal and whether we will allow past pain to influence other relationships and our destiny of forever. We must look beyond those in this world who seem to never quite "get it." Life is not about money, jobs, cars, houses or clothes. Life is about creating a forever based on the experiences we have in this short journey on Earth. We can begin our forever experience now. We can live gently, have faith in our Creator, honor the experience of humanity and be honest with ourselves and others.

This Christmas, let us show pure love to those who truly love us, for they are few in each lifetime. Then we must return that love tenfold, radiating it from our hearts to fill their lives, just as sunlight warms the darkest corners of the Earth. Love is a journey, not a destination. We must travel its path daily and believe that forever begins now.

Namaste: we honor the spirit in you, which is also in us.



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advertising & submissions

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

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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 body's unhealthy environment when our body is acidic. Alkaline water can help reduce the risk of unhealthy cell growth.

Increase Energy Reserves:

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



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53 Wheatgrass Health Benefits

Why Drink Wheatgrass? Well, Here Are 53 Reasons Why!



MAJOR HEALTH BENEFITS

- Lowers Blood Pressure
- Detoxifies and Cleanses the Body
- Suppresses Appetite
- Boosts Red Blood Cells
- Is an Antioxidant
- Protects Against Cancer

1. Wheatgrass is the ultimate energizer for body and mind.
2. 1oz of wheatgrass juice contains the nutrients of 2.5lbs of green vegetables!
3. Wheatgrass is superior to other vegetables because it has been found to have over 100 elements needed by man. If grown in organic soil, wheatgrass absorbs 92 of the known 102 minerals from the soil. (including calcium, magnesium, iron, zinc, potassium, phosphorus and cobalt).
4. Juice wheatgrass to fight and protect against illness.
5. Wheatgrass is a vitamin-rich superfood. Many amino acids, vitamins, and minerals.
6. Wheatgrass juice builds red blood cells: stimulates healing.
7. By drinking wheatgrass it improves digestion.
8. Drinking wheatgrass juice can slow the graying of hair.
9. Wheatgrass reduces high blood pressure as it enhances the capillaries.
10. Wheatgrass juice flushes the body of toxins.
11. Wheatgrass juice benefits the skin as it acts as a cleanser and astringent.
12. Science has proven that chlorophyll arrests growth and development of harmful bacteria.
13. Chlorophyll in wheatgrass also helps to purify the liver.
14. Drinking wheatgrass juice is useful in treating constipation and keeping the bowels open. It is high in magnesium.
15. Wheatgrass juice benefits and boosts sexual stamina. Farmers in the American midwest who have sterile cows and bulls put them on wheatgrass to restore fertility. (The high magnesium content in chlorophyll builds enzymes that restore the sex hormones).
16. A small amount of wheatgrass juice in the human diet prevents tooth decay.
17. Drinking wheatgrass juice helps in eliminating body odors.
18. Wheatgrass has a high amino acid content: promotes cell regeneration.
19. Wheatgrass is a potent source of enzymes: Maintains Youthfulness.
20. Liquid chlorophyll washes drug deposits from the body.
21. Chlorophyll in wheatgrass improves blood sugar

problems.

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

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

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Where can I buy wheatgrass?

Drug Emporium/Vitamins Plus, 505 Bertrand Dr., Lafayette 337-261-0051.
The Road Less Traveled, 312 Guilbeau Rd., Lafayette 337-988-9889.
Smoothie Factory, 125 Arnould Blvd., Lafayette 337-989-7001.

Natural Health Center, 100 E. Angelle St., Carencro 337-347-4141.
Benny's Sport Shack, 806 S. Union St., Opelousas 337-948-6533.
DHARMA Wellness, 166 H Oak Tree Park Dr., Sunset 337-662-3120.

New Natural Health Consultant at Dharma Wellness Center and Natural Awakenings



Dharma Wellness Center, of Sunset, and Natural Awakenings – Acadiana magazine announce the addition of Maila Nelson, of Lafayette, to its staff. Nelson is a natural health consultant, natural chef, fitness expert and athlete.

Nelson draws on her Western and Eastern healing philosophies, 10 years in the medical field, naturopathic medical training and biology degree from the University

of Louisiana at Lafayette 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, she provides health assessments to patients of all ages, including the special-needs community, using Zyto and Zivapro instrumentation, and recommends programs that include on-site spa therapy, alkaline nutrition, natural herbal supplementation, chakra and energy balancing, aromatherapy, spiritual guidance, meditation and music, art, gardening, animal and recreation therapies.

With insights from four years in the food industry, Nelson also will contribute natural health articles and recipes to Natural Awakenings and manage the menu at the Dharma wellness bar. She has a competitive sport and fitness background as well.

“I recognize the true state of health in everyone,” Nelson says. “I use my range of wellness experience to teach patients how to tap in to their inner source of divine healing to manifest the peace and vitality that they seek and truly deserve.”

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

Connie Garrett Performs as Tina Turner

With more than 26 years of professional experience, Connie Garrett is a performer and Tina Turner impersonator who performs both solo and with live bands. Known as “The Creole Sista of Soul,” Garrett has been described as the hottest female singer and impersonator in the South.



For two decades, Garrett performed as the lead singer for the popular rhythm and blues band Krossfyre. Besides playing for local gigs and festivals, Garrett, with Krossfyre, has opened for such performers as Robert Palmer, Morris Day and The Time, The Gap Band, Percy Sledge, Robin Thicke, Jon B and Ron Isley. A few years ago, she impersonated Tina Turner at a New Year’s Eve party and the response was so good that she now brings her “Tribute to Tina” to venues across the world.

For more information, call 337-962-5458 or visit ConnieAsTina.com.

Café Josephine Offers Great Food, Great Service



Café Josephine, in Sunset, offers the perfect spot to enjoy a meal with family and friends this holiday season and throughout the year. The restaurant specializes in Cajun cuisine, as well as some of the best

homemade pizza in the area. With a full-service sports bar, complete with a large screen TV, patrons can watch important games while enjoying the atmosphere.

Described as cozy and relaxing, the Café offers great food and tasty cocktails at an affordable price, plus a warm and friendly staff dedicated to making memorable meals. Catering is also available.

Location: Café Josephine, 818 Napoleon Ave., Sunset. For more information, call 337-662-0008.

Lafayette’s Only Gelato and Espresso Café



Carpe Diem Gelato Espresso Bar is Lafayette’s first and only true Italian gelato and artisan espresso/coffee café featuring gelato, sorbetto, pastries and a variety of espresso drinks that are made fresh daily with high-quality ingredients.

Gelato is an Italian frozen dessert similar to ice cream. Its all-natural ingredients include milk and sugar, often combined with fruit, chocolate, liquor, spices or nuts. Unlike ice cream, it does not contain cream and has substantially less fat than ice cream, making it a healthier choice.

Location: Carpe Diem Gelato Espresso Bar, 812 Jefferson St., Lafayette. For more information, call 337-534-4155 or visit CarpeDiemGelato.com.

The Art of Dance

At the Dance Factory, in Lafayette and Erath, the instructors' goal is to give each student an educated mind through the art of dance. A variety of affordable classes are offered for ages 3 and up, including Itty Bitty Hip Hop, hip hop, tumbling and pointe.



The Dance Factory is the home of Steps Dance Company, a children's performance group. The dancers perform in and around Acadiana and even attend regional and national competitions throughout the United States.

The studio strives to ensure each child reach his or her full potential. Class sizes are limited to enable teachers to give each dancer personalized attention. Instructors are chosen both for their qualifications and their ability to relate to students—from beginning to advanced levels.

Staff members regularly attend workshops and seminars, enabling them to provide dancers with the latest styles. All workshops are available to students.

Locations: The Dance Factory, 4810 W. Congress St., Lafayette, and 108 Rue Bernard St., Erath. For more information, call 337-989-8790 (Lafayette) or 337-937-4455 (Erath) or visit LASOD.com.

Cajun Flowers and Things Offers December Special

Just in time for the holiday season, Cajun Flowers and Things is offering 10 percent off throughout the month of December. Specializing in beautiful flowers, fruit baskets, gourmet and gift baskets, balloon bouquets, baby gifts, candy home décor and scented candles, the shop has something for everyone on any holiday list.



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Location: Cajun Flowers and Things, 124 Linden Lewis Rd., Youngsville. For more information, call 337-857-1998 or 800-991-0014 or visit CajunFlowersAndThings.com.

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337-280-3363.

Natural Health Center

100 E. Angelle St., Carencro
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Maila Nelson, BSc, NHC

Natural Health Consultant

DHARMA Wellness Center, Sunset, LA

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"Identify your nutritional deficiencies."



One-Size Meditation Does Not Fit All

An intriguing study recently posted online by *Explore: The Journal of Science and Healing*, suggests that new meditators are most likely to stick with the practice and reap its healthful benefits if they select methods with which they are most comfortable, rather than those that are most popular.

In one of the first studies to compare meditation techniques head-to-head, author Adam Burke, a professor of health education at San Francisco State University and the director of its Institute for Holistic Health Studies, taught 247

participants four popular methods—mantra, mindfulness, Zen and qigong visualization. He asked them to choose which they preferred to practice at home for six weeks before techniques were evaluated.

The simpler methods, mantra and mindfulness, each were preferred by 31 percent of study participants. Zen and qigong were selected by about 22 percent and 15 percent, respectively.

Burke says the results showed the value of providing people new to meditation simpler and more accessible methods, and also emphasized that no one technique is best for everyone. He hopes to see more comparative meditation studies, especially to determine if particular methods are better at addressing specific health issues such as addiction.

“If that’s the case,” he advises, “healthcare professionals would be able to guide patients toward techniques that will be most effective for them. Additional studies are also needed to determine if there is a way to predict which method will be best suited for any particular individual.”

A Wise Man’s Gift for Arthritis Sufferers

Frankincense, an aromatic resin obtained from *Boswellia* trees native to Africa, is an age-old herbal remedy that may help alleviate the pain of arthritis, according to scientists at Cardiff University, in Wales. “The search for new ways of relieving the symptoms of inflammatory arthritis and osteoarthritis is a long and difficult one,” says Dr. Emma Blain, who led the research with co-investigators Professor Vic Duance, from Cardiff University’s School of Biosciences, and Dr. Ahmed Ali, of the Compton Group. The team believes they have been able to demonstrate that treatment with an extract of *Boswellia frereana*—a rare frankincense species—inhibits the production of key inflammatory molecules and helps prevent the breakdown of cartilage tissue that causes the condition.

The African Somali people have long used extracts of frankincense as a traditional remedy for arthritis. “Our research achieved the use of innovative chemical extraction techniques to determine the active ingredient in frankincense,” says Ali. “We will now be able to further characterize the chemical entity and compare its success against other anti-inflammatory drugs used for treating the condition.”



Nutty Way to Help Preserve Cognition

Walnut consumption is associated with better memory scores and cognitive function, according to recent findings published in the *Journal of Alzheimer’s Disease*. In the *Prevención con Dieta Mediterránea* study, funded by the Spanish Ministry of Health, results show that a Mediterranean diet, supplemented with olive oil or one ounce of mixed nuts, half of which are walnuts, is more beneficial than a low-fat diet when it comes to body weight, blood pressure, insulin resistance and systemic inflammation.

The nutrient-dense walnuts provide antioxidants and alpha-linolenic acid (ALA), the plant-based omega-3 fatty acid. Both are key nutrients with anti-inflammatory properties that help protect brain cells from the oxidative damage associated with cognitive decline.



Raisins Yield Pressure Relief



For individuals seeking a natural way to keep slightly elevated blood pressure in check, eating a handful of raisins each day might do the trick. New data presented at the American College of Cardiology 61st Annual Scientific Session suggest that among adults with hypertension or mild increases in blood pressure, routine consumption of raisins may lower readings, especially compared with eating other common snacks. The researchers noted that raisins are packed with potassium, which is known to lower blood pressure, and are also a good source of antioxidant dietary fiber, which may favorably alter the biochemistry of blood vessels, enabling them to be less stiff.

The study helps validate some current nutrient recommendations, such as 60 raisins—about a handful, containing one gram of fiber and 212 milligrams of potassium—as being helpful in the Dietary Approaches to Stop Hypertension (DASH) diet. According to the Centers for Disease Control and Prevention, nearly one in three (28 percent) of American adults have prehypertension, defined as a systolic pressure from 120 to 139 millimeters of mercury (mm Hg) or a diastolic pressure from 80 to 89 mm Hg.

Researchers cautioned that their study was small; larger trials are needed.

Giving Begets Happiness at Every Age



“To give is better than to receive,” is a maxim that appears to hold true even for the very young. A new study co-authored by three psychologists at Canada’s University of British Columbia observes that giving makes toddlers happier. The study, published in *PLOS One*, an online journal of the Public Library of Science, found that toddlers younger than 2 were happier when giving treats to others than when receiving them. They were also happier when they gave their own treats away, rather than an identical treat that didn’t belong to them.

Stop Wasting Food

It’s time to step up to the plate—but not waste what’s on it. The Natural Resources Defense Council (NRDC) reports that about 40 percent of all food in the United States goes uneaten. Each year, we are throwing away the equivalent of \$165 billion in discarded food, making it the single largest component of solid waste in America’s landfills and costing the average family of four between \$1,350 and \$2,275 annually.

About two-thirds of household waste consists of spoiled food that’s not used in time; the rest is caused by people cooking or serving too much food. Learn easy steps to reduce food waste via the NRDC free online fact sheet at Tinyurl.com/StopFoodWaste.



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

Road Less Traveled, Lafayette Tel: 988-9889

Who Reads *Natural Awakenings*? Amber Guillory May Does!



Job: Stay-at-home mom to three-year-old daughter, Bella Sophia May.

Hobbies: I love reading, decorating and cooking new and different things. Over this past year, I started taking painting classes, which is fun for me.

How long have you been a *Natural Awakenings* reader? Four months.

What do you like about *Natural Awakenings*? *Natural Awakenings* shares things about how to live a healthy lifestyle in every way. It leaves nothing out, from mind, to body, to soul! The material guides you to become a better person.

What is healthy about your lifestyle? I am learning something new about my body and my lifestyle constantly! I am eating healthier, exercising everyday, drinking tons of water, discovering how to manage stress in my life, figuring out what is important for my family and myself and trying to discern what my own dreams are. I am always on the go and I keep my mind active.

If you could have one wish for the planet, what would it be? I would want everyone to become deep thinkers. Learn to explore and question things so that you can become mindful and knowledgeable of the world we live in. Don't just judge a book by its cover, open it up and dig in. Know yourself and what is best for you.

From what do you draw inspiration? I do my best to let everything inspire me: a book I read, a movie I have watched, my husband and my daughter, a visit to the beach, a quiet weekend away from everything, an afternoon of exercise, prayer, friends and family. I feel that every moment in life has something that we can learn from and enjoy.

What are you doing to be the change you want to see in the world? I try to live by example and I educate my daughter about how to treat others with love and respect. Some days I feel like a failure and some days I feel like I have accomplished the world. I look at life one day at a time. Each day is new. If you fail one day, then just try again the next day.

healthbriefs

Citrus Fruits Lower Risk of Stroke

Popular winter citrus fruits like oranges and grapefruit come with an unexpected health benefit: eating them may lower the risk

of ischemic strokes (clots), especially in women, per a study reported in *Stroke*, a journal of the American Heart Association.

The researchers analyzed 14 years of follow-up data from the National Institutes of Health Nurses' Health Study, which included 69,622 women that reported their food intake every four years, including details on fruit and vegetable consumption. The study discovered that a high intake of flavanones, a subclass of flavonoids found in the greatest concentrations in oranges and grapefruit, was associated with a 19 percent lower risk of ischemic stroke.

In the study, the presence of flavanones came primarily from oranges and orange juice (82 percent) and grapefruit and grapefruit juice (14 percent). However, the researchers recommended that consumers increase their citrus fruit intake, rather than juice consumption, to avoid the sugar in many commercial juices.



Pitfalls of No-Fat Salad Dressings

For those thinking about balancing a rich holiday meal by choosing a low- or no-fat salad dressing, consider this: To get the most nutrients from leafy greens and vegetables, we need to pair them with a healthy fat. A recent Purdue University study showed that the more "good" fat there was in a salad, the more carotenoids diners absorbed.

The researchers found that vegetable oils rich in monounsaturated fats like olive oil, or polyunsaturated fats like sunflower oil, help the body absorb essential carotenoids and other nutrients and increase their bioavailability in the intestines. The study also found that eating bread with butter with a salad was also beneficial, although to a lesser extent.

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Natural Awakenings Acadiana Edition



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"We Are Not Getting Proper Nutrition"**



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



Smog Begone

Dramatic Decline in Los Angeles Air Pollution

Legendary late-night TV host Johnny Carson made the thick, automobile-generated smog that covered Los Angeles the butt of jokes for decades, but times have changed. In the past 50 years, California's Los Angeles Basin has shown a 98 percent decrease in levels of some vehicle-related air pollutants even as area denizens now burn three times as much gasoline and diesel fuel.

Between 2002 and 2010 alone, the concentration of volatile organic compounds (VOC) dropped by half, according to a new study led

by the National Oceanic and Atmospheric Administration (NOAA) and published in the *Journal of Geophysical Research-Atmospheres*. "The reason is simple. Cars are getting cleaner," says Carsten Warneke, a NOAA-funded scientist with the Cooperative Institute for Research in Environmental Sciences, at the University of Colorado at Boulder.

Primarily emitted from the vehicle tailpipes, VOCs are a key ingredient in formation of ground-level ozone, which at high levels can harm people's lungs and damage crops and other plants. The magnitude of the drop in VOC levels was surprising, although it doesn't mean that ozone levels have dropped as steeply, because the air chemistry is complex. Levels of ozone pollution in the basin are down, but don't yet meet U.S. Environmental Protection Agency standards.

Warneke expects the decrease in VOC emissions by cars to continue, given that engine efficiency continues to improve and older, higher polluting vehicles will be taken off the roads.

Coming Clean

Environmental Hall of Shame

From shampoo, deodorant and toothpaste to laundry detergent and window cleaners, hundreds of chemicals of unknown origin and effect can be found everywhere in our daily lives. Some are regulated by government agencies, but many are not; some cleaning products, for example, are not even required to list their ingredients on labels.

The research team at the nonprofit consumer watchdog Environmental Working Group has released a new Cleaners Hall of Shame database (Tinyurl.com/CleanerHallOfShame) that ranks more than 2,000 household cleaners by how hazardous their ingredients are and how much information is on their labels.

Many products contain ingredients known to cause asthma or are contaminated with carcinogens. Even so-called "green" products aren't necessarily any better. Many of them boast of ingredients made from plants, rather than petroleum, but there is little or no safety data for some plant-based ingredients. A truly green product poses few risks to health or the environment and transparently informs users of its content.



Bird Brains

When the Warm Get Going

Global climate change is a real, measurable phenomenon, according to a new study, based on the National Audubon Society's North American Christmas Bird Count. It found that avian species have taken decades to adjust their ranges northward in response to warming winters.

Frank La Sorte, a researcher at the Cornell Lab of Ornithology, in Ithaca, New York, and lead author of a study supported by the National Science Foundation, says in the *Journal of Animal Ecology* that because birds are highly mobile and migrate north and south with the changing seasons, they are better able to shift their ranges than less mobile, non-migrating species, such as amphibians.

"It makes sense that species move slower than the rate at which climate is changing," says La Sorte. "Many of them need to follow a prey base and a type of vegetation, or they need certain kinds of habitat that will create corridors for movement. Species are responding under their own time frame."

The challenge for humans is daunting. "We have to give species the opportunity to respond by providing corridors for movement and long-term maintenance of those corridors," says La Sorte. "That requires cooperation across political boundaries."

Source: ABC News



Leaf Relief

Urban Trees Act as Crime-Stoppers

The city of Baltimore's high crime rate inspired a gritty TV drama. But a new study (Tinyurl.com/TreeCrimeReport) by the University of Vermont's Transportation Research Center, in Burlington, found that a 10 percent increase in trees in a given area led to a 12 percent decrease in crime. "It's really pretty striking how strong this relationship is," says Austin Troy, lead author of the study, published in the journal *Landscape and Urban Planning*.

Researchers examined the correlation in and around Baltimore using aggregated crime data and combining it with high-resolution satellite images to conduct the analysis. The working hypothesis is that because people enjoy

spending time in pleasant outdoor spaces, there are more observers present to hinder criminal activity. Also, a well-maintained landscape seems to send a message that someone may be watching.

To avoid culture bias, the study considered many socioeconomic factors, including housing, age, income and race of residents, as well as variables such as rural versus city setting and population density. The findings should prove helpful

Tech Revolution

Fresh Funds for Innovative Renewable Projects

U.S. Secretary of Energy Steven Chu is spearheading a new wave of renewable energy research by recruiting top scientists from the nation's best research laboratories to staff a new agency called ARPA-E, modeled after DARPA, the research and development wing of the Pentagon that invented the Internet. With a surge in funding for renewable energy, courtesy of the American Recovery and Reinvestment Act, plus grants from the Department of Energy, ARPA-E has made more than 180 investments in basic research projects in renewable energy.

One company, Ocean Power Technologies, is installing a 260-ton generator in the Pacific Ocean off the Oregon coast to capture renewable energy from waves. If the generator operates as planned, it will link to the grid and generate enough electricity for 1,000 homes.

Other ARPA-E-funded projects are making cheaper batteries, more efficient air conditioners and appliances, experimental algae-based biofuels, carbon sequestration (trapping) technologies and even plants that secrete crude oil.



Source: The Atlantic magazine (Tinyurl.com/SilentGreen)



Weather Watcher

New Supercomputer Predicts Climate Changes

Yellowstone is one of the greatest natural treasures in the American West, and there's now a new environmental "sheriff" in town. A supercomputer of the same name is set to model future climate changes and forecast extreme weather like no other.

"It's a big deal," says climate scientist Linda Mearns, Ph.D., of the National Center for Atmospheric Research, in Boulder, Colorado. *The Washington Post* reports that Yellowstone will help researchers calculate climate change on a regional, rather than continental, scale. With a better grasp of how warming may affect local water resources, endangered species and extreme winds, local and state governments will be able to plan more effectively.

The \$30 million supercomputer, funded by the National Science Foundation, will generate climate projections for seven-square-mile tracts, instead of the previous capability of 60-square-mile units. It will also provide climate snapshots in intervals of hours, rather than days.

Mathew Maltrud, of the Los Alamos National Laboratory, in New Mexico, says, "We're moving into a realm where we have models that resemble the ocean, the atmosphere, the ice and the land to a high degree." Yellowstone will show a more realistic interaction of these components.

Inflammation The Silent Killer

What is INFLAMMATION?

Inflammation in the body is a normal and healthy response to injury or attack by germs. We can see it, feel it and measure it as local heat, redness, swelling, and pain. This is the body's way of getting more nourishment and more immune activity into an area that needs to fend off infection or heal. But inflammation isn't always helpful. It also has great destructive potential, which we see when the immune system mistakenly targets the body's own tissues in (autoimmune) diseases like type 1 diabetes, rheumatoid arthritis and lupus.

Chronic inflammation is now being billed as the cause of Alzheimer's disease, heart attacks, arthritis, diabetes, and cancer.



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globalbriefs

Good News

Kwanzaa Celebration Spreads

The 46th annual Kwanzaa, an African-American holiday celebrated from December 26 to January 1, may be observed by as many as 18 million people this year. Kwanzaa is not a religious holiday, nor is it meant to replace Christmas. It was created in 1966 by Dr. Maulana Karenga, a professor of black studies, as a celebration to honor the values of ancient African cultures and inspire African Americans working for social progress.

The name comes from the Swahili phrase, "*matunda ya kwanza*," which means, "first fruits of the harvest." Its seven principles are believed to have been key in building strong, productive families and communities in Africa: unity, self-determination, collective work and responsibility, cooperative economics, a sense of purpose, creativity and faith.

Source: *InfoPlease.com*



Many Tongues

Human Rights Day is December 10

The *Universal Declaration of Human Rights* was adopted by the United Nations General Assembly on December 10, 1948. Now, the office of the high commissioner for human rights has been awarded the Guinness World Record for having collected, translated and disseminated the declaration into more than 380 languages and dialects, from Abkhaz to Zulu, making it the world's most universal communication.

The work sets out a broad range of fundamental human rights and freedoms to which all men and women everywhere are entitled, without distinction. It was drafted by representatives from all regions and legal traditions, and has over time been accepted as a contract between governments and their peoples.



Smiley Face

Personalized Social Media Giving Gets Results



Charles Best, founder of *DonorsChoose.org*, has enabled his organization to provide a record \$40 million in funding for 300,000 U.S. classroom projects, simply by personalizing public appeals for charitable giving. When potential donors enter their personal interests, an online database supplies a list of corresponding classroom projects. For example, artists might consider funding a silkscreen press for an art class. Hikers can purchase trees for a

classroom to plant. When the funded project is completed, the donors receive a note from the teacher, along with photos.

DonorsChoose.org maximizes the personalization potential by asking the participants if they want to post their donation on their Facebook wall, where friends may read the post and feel compelled to make their own donation. Teacher-generated Facebook project updates garner even greater success; these two types of Facebook status updates have so far raised a combined \$1.9 million.

Source: *SSIReview.org*

Green Christmas Holiday Planet Savers

Here are some fresh ways to tweak family traditions for a greener holiday this and every year.

Incorporate local, sustainable cuisine into the family feast. Ingredients for a traditional holiday dinner can travel up to 30,000 miles. Instead, show support for local community farmers and reduce food transportation miles by choosing a heritage turkey or meatless entrée. Stellar complements may include organic cranberry jelly, mulled apple cider or wine from an area farm, orchard or vineyard.

Adopt or recycle the Christmas tree. According to the U.S. Environmental Protection Agency, as many as 33 million live-cut Christmas trees are purchased each year in North America, and most end up in landfills. Fortunately, Christmas tree adoption services like Central California's Rent a Living Christmas Tree are popping up across the country, allowing them to go on living. The potted trees can be rented and delivered.

If tree adoption services are not yet available locally, make sure to recycle a live holiday tree so it's turned into landscape mulch for reuse as ground cover to hinder weeds and nourish plantings.

Reduce energy costs through efficient cooking.

Wait to fire up the oven until the heritage turkey or organic ham is ready to go in; preheating is unnecessary for these slow-roasting items. For baked goods, opt for glass or ceramic pans, which allow cooking time to remain the same while lowering the heat by about 25 degrees. Another energy-saving trick is to place stovetop cookware on the smallest burner possible; more heat will embrace the pan, while less is lost to the surrounding air. A six-inch pan on an eight-inch burner typically wastes more than 40 percent of the energy generated. Crockpots work well for serving other small family dinners during the busy holiday season or anytime; an entire meal requires about 17 cents worth of electricity.

At cleanup time, load up the dishwasher fully. One load of dishes scrubbed in a dishwashing machine uses 37 percent less water than washing the same dishes by hand.

Send plant-able holiday cards. According to CalRecycle, an estimated 2.6 billion holiday cards are sold each year in the United States, enough to fill a football field 10 stories high. This year, instead of the usual snail mail, send a bouquet of flowers for the price of a stamp. Recipients can plant a *GreenFieldPaper.com* grow-a-note holiday card in the ground and see wild-flowers bloom. For plant-able holiday cards that can be personalized with a corporate logo, *BotanicalPaperworks.com* offers card sets and party favors.



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It's All About We

Conscious Evolution: Why We're Better Together

by Linda Sechrist

After decades of studying issues of environmental destruction, poverty and war, Malcolm Hollick, Ph.D., author of *The Science of Oneness: A New Worldview for the Twenty-First Century*, concluded in 2006 that a better future for humanity requires a more holistic worldview. It must be one that reflects the evidence of both new sciences and established spiritual traditions, all of which point to a deep unity, or Oneness, the grand reality underlying and often belying the superficial testimony of the senses.

Hollick concluded, "We become open to the experience of this unity only when we recognize at the deepest intuitive level that we do not exist as separate selves." The founder of the Findhorn College Foundation, in

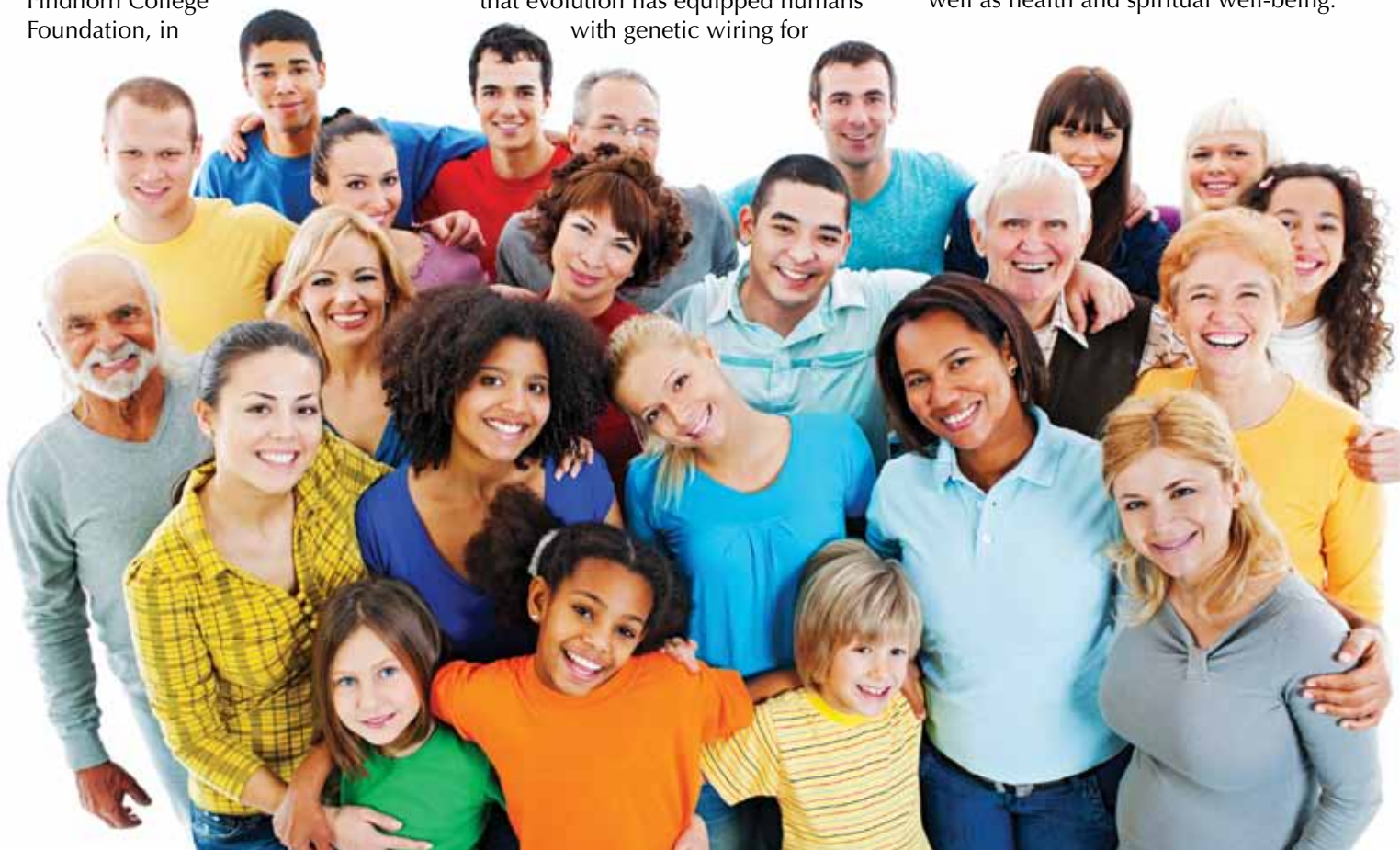
Scotland, recognized that while the old worldview has disintegrated, the concrete of a new one has not yet set. He also observed how the acceleration of scientific findings—advancing knowledge and understanding of the universe, as well as the meaning and purpose of life—would continue to influence the general worldview.

Within a decade, of the publication of his book, hard scientific evidence across many disciplines—particularly physics and biology—as well as pioneering ideas and anecdotal evidence presented by leading philosophers and authors, affirmed the existence of a reality in which everything is connected and linked in a coherent whole.

Such thinking further revealed that evolution has equipped humans with genetic wiring for

co-creation, cooperation and collaboration. Martin A. Nowak, a professor of biology and mathematics at Harvard University and co-author of *Super Co-operators: Altruism, Evolution, and Why We Need Each Other to Succeed*, explains that most great innovations of life have resulted not from competition, but cooperation, the real "master architect" of evolution. Nowak believes that figuring out how cooperation comes about and breaks down is the key to human survival as a species.

Books such as *The Bond: Connecting Through the Space Between Us*, by Lynne McTaggart, a scientific researcher and award-winning journalist, and *The Golden Motorcycle Gang: A Story of Transformation*, co-authored by motivational speaker Jack Canfield, are helping individuals to see through the illusions of the old "survival of the fittest" and "I win, you lose" paradigms into one expressed in terms of connectedness and relationships. This new "Me-We" thinking and way of being has been spreading; it now informs everything from enlightened environmental stewardship to economics, as well as health and spiritual well-being.



How Community Works

Canfield emphasizes the valuable lesson of collaboration and cooperation he learned while working for W. Clement Stone, a philanthropist and self-help author: When working together, focus on overlapping goals and interests, and not on differences.

In Chicago, Illinois, where the Eat Fresh Eat Local movement sparks successful collaborations, the focus is on food, rather than issues of race, sex or economic disparity. There, hundreds of people are growing food together in communal spaces on city-owned land, privately owned empty lots and rooftops, as well as in school gardens, food forests and urban farm sites.

"Self-reliant, community-operated urban farms and the food centers that retail the produce to residents in surrounding neighborhoods—some in the city's most isolated and impoverished communities—are economic drivers that create jobs," says Erika Allen, projects

"We're one humanity and we're all in this together."

~ Jack Canfield

manager of Chicago's Growing Power office. The daughter of national organization founder Will Allen notes that local workshops resemble a cross-section of the world. "Participants from different countries, cultures and economic levels come together for three meals a day, where we connect, share perspectives and learn from one another."

"The transformation of our society, world and universe starts and ends with the transformation of ourselves... and in this way to co-create with others and Spirit a person, a community, a civilization, a planet and a cosmos that are whole and harmonious."

Another successful initiative, Building a Healthier Chicago (BHC), brings together the Chicago Department of Public Health, the Office of the Regional Health Administrator of the U.S. Department of Health and Human Services, the Chicago Medical Society and the Institute of Medicine of Chicago. The BHC agribusiness project develops and maintains a system of more accessible food supply, distribution and markets where people live, work, play, pray and learn.

Neighbors in Milwaukee, Wisconsin, organized park cleanups with the long-range goal of replacing crime and litter with learning. Now, Riverside Park, once an area of urban blight, has both a college-level field research station and grade school outdoor classroom, offering innovative school, adult

and community programs operated by the Urban Ecology Center (UEC). Programs serve 44 schools and have spawned two branches in Washington Park and Menomonee Valley to serve residents in those areas.

The UEC's latest project, in partnership with the Rotary Club of Milwaukee, the River Revitalization Foundation, Milwaukee County Parks, private businesses and local landowners, is an arboretum that will protect and restore 40 acres of land for native species and wildlife habitat along the Milwaukee River. "With the creation of the Milwaukee Rotary Centennial Arboretum, southeastern Wisconsin has a new, biologically diverse space for growing future environmental stewards," says UEC Executive Director Ken Leinbach. He particularly likes creating spaces and resources that give people that wouldn't normally connect a place to bump into one another.

Expanding Worldview

College settings are similarly intended to encourage stimulating and expansive dialogue among diverse populations. At Mount Holyoke College, in South Hadley, Massachusetts, recent environmental study grads Dana Rubin and Hannah Blackmer met Frances Moore Lappé when she visited to share the message of her book *EcoMind: Changing the Way We Think, to Create the World We Want*. As a result, the pair embraced the need to shift their view of the world away from looming negatives to focus on creating positive connections and meaningful relationships that recognize life's interdependence and fuel constructive change.

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“We are facing a critical moment in the unfolding of our human story, and feel called to create pathways to a better future.”

~ Craig Hamilton

After more research, the duo built a simple website named *Convenient Resilience.com* and created a blog before commencing a coast-to-coast, 100-day, solutions-oriented journey last summer. They posted nearly 30 “webisodes” of heartfelt interactions with individuals and organizations with stories to tell, like the group at 2100 Lakeside Emergency Men’s Shelter, in Cleveland, Ohio, that is using small-scale, practical and cost-effective solutions to lessen their impact on the environment. “The personal stories we heard affirm what we learned from Frances—that it’s possible to locally solve global problems together,” advise the sojourners, who travel in a grease-powered car.

“Learn to think beyond negative thought traps that engender fear,” advises Lappé. “Thinking, ‘There isn’t enough to go around, so I have to grab what I can now,’ for instance, focuses on separateness and lack, which is precisely what got us into the state we are in.”

Starting Within

A big-picture, more-whole-systems perspective forms naturally when individuals come together to explore the power of building intentional coherence. The Art of Hosting (and convening conversations that matter), World Café, Vistar Method for Circles and OpenSpace collaborations leverage technology for the practice of mindfulness to foster deeper connections, authentic conversations and outside-the-box ideas, all contributing to a more enlightened collective intelligence.

One’s own new world perspective can even emerge as a result of a dark night of the soul, as Patricia Ariadne, Ph.D., author of *Drinking the Dragon*, has observed with clients that have undergone a personal metamorphosis as a result of the economic downturn. “Often, the entire process of transfor-

mation indicates a spiritual initiation—a renewal or rebirth—that acts as an induction into a level of expanded consciousness and new relationship with Spirit,” remarks Ariadne. “True spiritual progress inevitably leads to a desire to be of greater service to others, to go from ‘Me to We,’ which I believe is our mandate for the 21st century.”

Living mindfully can literally change our brains, states Jon Kabat-Zinn, Ph.D., in the introduction to *A Mindful Nation*, by Ohio Congressman Tim Ryan, which reports on the supporting science. “Mindfulness... can improve our capacity for perspective taking and decision making, and enhance our emotional intelligence and our ability to act with clarity and wisdom, alone and in concert with others.” Kabat-Zinn is the founding director of the Center for Mindfulness in Medicine, Health Care and Society, at the University of Massachusetts Medical School, in Worcester.

“A peaceful revolution is being led by ordinary citizens across our nation,” confirms Ryan. “At the core of it is mindfulness—finding ways to slow the mind, pay attention to the present moment and see how you are connected to others and can work in a spirit of cooperation with get things done.”

The inner impulse to recognize the deeper unity of all life and sense the reality of Oneness is bubbling up within individuals, small groups and organizations, and finding expression in writings and teachings, according to Barbara Marx Hubbard, author of *Birth 2012 and Beyond: Humanity’s Great Shift to the*

“My experience has convinced me that fixing the many problems that beset us requires nothing less than ripping up our rulebook and starting afresh, based on something other than every man for himself.”

~ Lynne McTaggart

Age of Conscious Evolution. Individuals that feel compelled to join with others in expanding their consciousness to help foster systemic change and a culture of a higher order are invited to find a compatible group. Hubbard offers webcast training for Agents of Conscious Evolution (ACE), now 3,000 members strong; Craig Hamilton, founder of Integral Enlightenment, provides an online telecourse called *Awakening to an Evolutionary Relationship to Life*.

“Evolutionaries sense that we are facing a critical moment in the unfolding of our human story and feel called to create pathways to a better future,” says Hamilton. He notes that the 35,000 participants in his most recent introduction to his webcast were interested in where they could find a supportive community of kindred spirits committed to living life on the same level. He states, “We instinctively know that we can accomplish more together.”

A partnership with The Shift Network, which empowers a global movement of those intent on creating an evolutionary shift in consciousness, has enabled Hubbard, a featured sage in the documentary *Awaken Soul to Soul*, and her ACEs to launch a global initiative to mark the inauguration of a sustainable planetary civilization on December 22. Thousands of individuals are now working in collective hubs across the United States to prepare for the Planetary Birth Day celebration.

An initial concern for many individuals seeking to experience Oneness is, “What happens to my identity?” Christopher M. Bache, Ph.D., professor emeritus in the department of philosophy and religious studies at Youngstown State University, in Ohio, reassures us that within the matrix of connectivity, individuality is not suffocated, but paradoxically liberated into deeper forms of self-expression.

“While opening to the collective fields that surround us melts the boundaries of the private ego, bringing about the ‘death of self’ noted in spiritual literature, as the ego dies, a deeper form of individuality is born—not an isolated individuality, but one that thrives in subtle give-and-take,” explains the author of *The Living Classroom: Teaching and Collective Consciousness*.

While the idea of a future in which American and other cultures reflect one-

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ness can seem distant and idealistic, it is already present in South Africa's Xhosa community in the form of Ubuntu, a worldview which means, "I am what I am because of who we all are."

According to South African Archbishop Desmond Tutu, recipient of the Nobel Peace Prize in 1984, Ubuntu iterates the essence of being human and speaks to the fact that it's impossible to exist as human beings in isolation. We are people through other people.

"We think of ourselves far too frequently as just individuals, separated from one another, whereas you are connected, and what you do affects the whole world," he observes. "When you do well, it spreads out; it is for the whole of humanity."

Linda Sechrist is a senior staff writer for Natural Awakenings. For more information and in-depth interviews on It's All About We, visit ItsAllAboutWe.com.



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Mindful Holiday Traditions

Simple Ways to Add Meaning and Family-Centered Fun

by Barbara Amrhein



Too many winter holidays whiz by in a blur of presents, parties and rich foods, muting the season's true messages of love, hope and peace. By slowing down and refocusing on what makes this time of year so special, we can help our children—and ourselves—create fresh, meaningful traditions and experience genuine joy.

"If the spirit of the season at your home is more 'Gimme, take me, buy me,' instead of 'Deck the halls,' don't despair," advises internationally renowned educator and child expert Michele Borba, Ph.D., author of *The Big Book of Parenting Solutions: 101 Answers to Your Everyday Challenges and Wildest Worries*. "There are more subtle ways to encourage your kids to appreciate the greatest gifts of the holiday season. The simplest way is to focus on gifts of the heart and letting your kids be participants, not just recipients."

Try these tips for helping youngsters co-create traditions that celebrate family, friends, sharing with others and the holidays' festive delights.

Emphasize experiences, not things. Presents can never take the place of presence. Years from now, children will rarely recall what they unwrapped, but will remember special times spent together as a family. Take a nature walk to collect pinecones and other seasonal items for holiday décor. Designate a Family Night and let the kids choose the activity, like seeing a movie or a holiday performance such as *The Nutcracker*, playing a favorite board game or building a gingerbread house. At dinner, ask youngsters to relate their favorite holiday memories, and then build upon their responses to plan this year's celebrations.

Treat cards as treasured gifts.

Gather the family 'round when opening cards from others, catching up on their news and recalling funny or enjoyable shared moments. Skype calls and videos offer pleasurable immediacy while mailed cards become an appreciated, permanent memento.

Encourage children to create handmade or personalized cards for grandparents and other relatives, enclosing photos or drawings and a short note describing the reasons that person means so much to them. Hand deliver other cards to neighbors, accompanied by a plate of homemade, healthy treats. Children can also send cards to military personnel overseas via a Red Cross program at Tinyurl.com/HolidayHeroMail.

Practice creative giving. Adopt a less fortunate family or child for the holidays (local churches or social service agencies can provide information)

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and ask youngsters to be “Santa’s little helpers” by picking out and thoughtfully wrapping books, toys and other gifts. Help children research good causes and earmark a small amount of money for them to gift to the cause of their choice, such as an animal shelter or other local nonprofit. Honor the gift of time, as well: Youngsters that spend a few hours helping out at a food pantry, caroling at a nursing home or wrapping gifts for Toys for Tots will experience and remember the true joy of giving.

Nurture a sense of the spiritual. Worship services aren’t the only venue for sharing family values and beliefs with children. On the night of the Winter Solstice, December 21—the shortest day and longest night of the year—enjoy dinner by candlelight. Afterwards, stargaze in the backyard and make some holiday wishes. On another evening, turn off all the lights except the Christmas tree, menorah or other special candles and talk quietly about your blessings. Listening to a CD of carols from around the world reinforces a spirit of unity and invites lively discussions about how other cultures observe their holidays.

Celebrate the season’s sights, sounds and fun. Ask children to help choose a tree and make or buy an ornament with special meaning for them. Then join in an informal decorating party with holiday tunes (kids get to choose some favorites), cocoa and cookies. Set aside an evening to walk or drive around the neighborhood to admire holiday lights and displays. Those in northern climes can build a family snowman, forge a “snow angel” chain in the yard or go sledding at an area park. As a fun twist on traditional caroling, grab some kazoos and go humming with the kids and their friends. To capture these great holiday moments, ask each child to take turns as the official family photographer.

Barba believes these types of shared experiences help children understand the true meaning of the season and bring back the heartfelt joy it represents. “In the end,” she advises, “remember that the holidays are really meant to be about love, togetherness and wonderful memories.”

Barbara Amrhein is a freelance writer and editor for Natural Awakenings.



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Unexpected Upside Media Gadgets Can Boost Family Connections

by Lisa Marshall

Witness a gadget-obsessed family at the dinner table and it is easy to conclude that technology is fracturing family life: Mom's emailing her boss; Dad's watching a YouTube video on his tablet; sister's texting her boyfriend; and little brother is playing Angry Birds on his smart phone. No one is talking with each other.

But dysfunctional dinner habits aside, it appears cell and Internet technologies haven't turned out to be as harmful as once predicted.

"When we started this research, the dominant thought was that Internet technology would make us lonely, socially isolated and threaten our family lives," says Lee Rainie, director of the Pew Research Center's Internet & American Life Project. "We have been asking people about this now for 12 years in our surveys and the dominant answer is 'Actually, we feel more connected with our families than we did before.'"

Web-conferencing systems like Skype have enabled family members across the globe to chat for free and

also see each other. Social networking sites like Facebook have enabled previously out-of-touch siblings to share photos and revive contact. According to Pew studies since 2008, cell phones have led married couples to talk more during the day and parents to maintain more open lines of communication with their kids.

"There always seems to be anxiety in raising a teen, and now a lot of that can be alleviated," says Larry Rosen, Ph.D., a research psychologist at California State University and author of *Me, MySpace, and I: Parenting the Net Generation*. "A scared mom or dad can text their kid, saying 'R U OK?' and get a one-word answer back, whereas before that kid would have had to find a pay phone, maybe wouldn't have done it and Mom and Dad would have panicked."

Rosen's own research suggests that social networking can actually teach teens to be more empathetic, a trait that enhances their bonds with family members. For example, a cousin will post on Facebook that her cat died, then the

teen responds warmly and their bond tightens. The teen gains empathy useful in face-to-face experiences.

"Research from the Pew Center has shown that active social networkers tend to have more friends and support and be more involved with their communities and families," Rainie maintains, while cautionary studies from the Kaiser Family Foundation suggest that kids unhealthily obsessed with media tend to have lower grades and get into trouble at school.

Overall, according to a 2011 study by the Barna Group, a Ventura, California, research firm, 32 percent of parents and 47 percent of teens say technology has made their family life better, while 18 percent of parents and 6 percent of teens say it has worsened, because the news is not all good.

Consider how, instead of sitting down to watch a show together, family members often are in a room or vehicle watching their own show on their own tiny screen.

"People miss social moments around them because they are communicating with the network inside the screen, rather than the world immediately surrounding them," says Rainie. (On the flip side, Rainie notes, families often share those moments with each other, too, like a funny YouTube video or a picture on Facebook.)

Rosen cautions that the smart phone could be a pivotal game-changer if consumers aren't careful. "We are already finding that most people under the age of 40 check their phones every 15 minutes or less, and if they can't, they become highly anxious. Their whole social world appears channeled through this device, and that is worrisome."

Both Rosen and Rainie stress that the key to making any technology a positive for family dynamics is to set rules at the outset and know when to unplug. Here are some guidelines to consider.

Cell phones. Everyone can check their phone messages before dinner and then power it down while the family is eating. Don't use phones in bed, or in the hour before sleeping, which can be particularly detrimental to a teen's rest, Rosen's research shows.

Facebook. "When your child says, 'All of my friends are on Facebook and I

feel left out,' that is probably the time to let them join Facebook," advises Rosen. Reserve the right to look at their page periodically with them. Each parent and child pair can decide if they should "friend" each other, but don't assume that gives a parent a backstage pass to the child's personal life.

Pew reports that 80 percent of parents whose children use social media have friended their child. However, "Insisting that your child friend you on Facebook is often an invitation for them to set up a phantom, or fake page," notes Rosen.

Smart phones and tablets. Set specific times to ban technology. "As couples, we used to retire to bed at night and watch TV and talk. Now we watch TV, check our phone and play Words with Friends games, and that has taken the place of intimate communication." It helps to set specific times to check the phone and leave it off for big chunks of time.

Lisa Marshall is a regular contributor to Natural Awakenings.

Personal Media Use Stats

- Kids ages 8 to 18 spend seven hours, 38 minutes per day with media, including video, TV, music and the Internet
- 77 percent of teens own cell phones; 35 percent of adults own a smart phone
- 38 percent of cell phone owners use it during TV commercials
- 13 percent of cell phone owners say they have used their phone to avoid interacting with people

Sources: Pew Research Center's Internet & American Life Project; Kaiser Family Foundation

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Homemade and Heartfelt

Do-It-Yourself Stocking Stuffers

by Meredith Montgomery

“With the volume of household waste soaring 34 percent beyond normal levels in the weeks between Thanksgiving and New Year’s Day it’s particularly important to remain eco-conscious during the holidays,” says Anna Getty, author of *I’m Dreaming of a Green Christmas*. “It’s easy to get so wrapped up in buying gifts and decorations that eco-friendliness goes out the window.”

This year, consider giving the family’s stocking stuffers a sustainable makeover by gifting homemade items. Getty observes, “Useful, thoughtful homemade gifts can be really sweet... and green.”

A Jar for Everyone

With a ribbon and label of instructions, inexpensive canning jars and glass containers filled with homemade goodies can become creative and practical gifts for everyone on the list.

Sugar body scrubs offer a simple and affordable home spa experience. Combine two cups of sugar with one cup of oil (sweet almond, grapeseed or olive) and add 10 to 20 drops of essential oils to scent. Try a combination of rosemary and peppermint for an invigorating morning scrub or lavender and vanilla to unwind later.

Fill jars with ingredients for some simmering home aromatherapy. Labels instruct recipients to boil the contents in a small saucepan of water, and then reduce heat to simmer, adding water as

needed. Combine evergreen sprigs, cinnamon sticks, cloves, dried apple peels and citrus rinds for a festive holiday scent. Lemon, rosemary and vanilla afford a refreshing alternative.

For family grill masters, obtain bulk spices for barbecue rubs at a health food store. A basic recipe from *DadCooksDinner.com* combines four tablespoons paprika, four tablespoons brown sugar, two tablespoons chili powder, one tablespoon freshly ground black pepper, two teaspoons garlic powder, two teaspoons onion powder and one teaspoon dried thyme.

Upcycled and Sewn

Experienced crafters can follow online guidelines to upcycle fabric scraps and unwanted clothing and linens. An old sweatshirt or sweater becomes an iPad case and colorful T-shirts morph into tote bags and scarves.

Creating therapeutic hot/cold bags can be fairly simple, even without a sewing machine. Cut a 16-by-eight-inch piece of flannel, cotton, fleece or terry-cloth and fold it in half with the finished side inside, lining up the edges. Using sturdy thread, sew a quarter-inch seam along the open edges, leaving a half-inch opening. Carefully turn the fabric right-side-out through the opening and fill the bag three-quarters full with long grain white rice. Tuck in the opening’s unfinished edges and sew closed.

To treat aches and pains, the giftee can microwave the bag for 30 seconds

at a time until achieving the desired temperature or place it in the freezer to use as a cooling or freezer pack. For aromatherapy, mix the rice with a couple of drops of lavender essential oil before filling. At room temperature, the scented version doubles as a soothing eye pillow.

Seeds to Throw and Grow

Guerilla Gardening's (*GuerillaGardening.org*) recipe for seed bombs makes fun gifts for gardeners and nature lovers. Choose flower and herb seeds that grow well in each recipient's region.

Combine five parts clay soil or potter's powder (from art supply stores), one part compost and one part seeds, with water to bind. Form the mixture into balls approximately one inch in diameter and let dry for one to two days in an empty egg carton. Wrap seed bombs in recycled paper or cloth tied with a ribbon and instructions. Toss them in the yard or garden and watch them grow.

Creative and Kid-Friendly

Enlist Santa's elves to assemble a fort-building kit for children, inspired by *Saltwater-Kids.com*. Stock a pillowcase with two sheets, clothespins, plastic clamps, rope, suction cups and a flashlight. Tie up the pillowcase with rope and a cute label, and watch old linens come to life with a little imagination.

Give broken and unwanted crayons a second life with fun-shaped recycled crayons. Fill greased muffin tins or cookie cutters on a foil-lined cookie sheet with broken crayon pieces (paper removed). Bake at 150 degrees for 15 to 20 minutes or until the crayons melt.

Allow them to cool completely before removing from the molds.

"I like to encourage families to focus on creating memories and rituals as a way to avoid excessive holiday consumption," says Getty, who is renowned for her home-cooked gifts packaged in reusable tins with recycled bows. She notes, "These become a tradition that people know and love."

Such heartfelt gifts open the door to special moments and memories celebrating the true spirit of the season.

Meredith Montgomery is the publisher of Natural Awakenings of Mobile/Baldwin, AL. Connect at Healthy LivingHealthyPlanet.com. Holiday waste report source: epa.gov

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HEALTHY HOLIDAY BAKING

A Cornucopia of Delicious Treats



photos by Stephen Blancett

There's nothing so comforting as the scent and taste of home-baked treats. To fill a home with cheer, try these delectably healthy recipes. Some are gluten- or dairy-free, others pack less butter and sweeteners (thus fewer calories) than their typical counterparts, and a few are vegan (containing no animal products, including honey). All are perfect for holiday celebrations, hostess gifts or exchanges.

Gluten-Free Apricot Scones

These scones freeze well and taste even better the next day, warmed for 30 seconds in a microwave. Serve with apricot jam or honey.

Yields 8 servings
(342 calories per serving)

1½ cups brown rice flour
½ cup tapioca flour
⅓ cup potato starch
2½ tsp baking powder
2½ tsp xanthan gum
¼ cup natural cane sugar
½ tsp salt
½ cup (1 stick) cold butter, cubed
5 eggs (divided)
½ cup plus 1–2 Tbsp plain low-fat yogurt
¾ cups dried apricots, finely chopped
½ tsp vanilla extract
1 tsp almond extract

1 Tbsp water
¼ cup turbinado sugar

Preheat oven to 350° F. Sift together first 7 ingredients (brown rice flour through salt). Using a pastry blender or two knives, cut in butter until mixture resembles coarse meal.

In a separate bowl, whisk together 4 eggs, yogurt, apricots and extracts. Add to flour-butter mixture. Mix until just combined.

Dust work surface with brown rice flour. Turn out scone mixture and pat into a nine-by-nine-inch square. Cut scones into desired shape or use a biscuit cutter. Place on a parchment-lined baking sheet.

Whisk remaining egg with 1 tablespoon water; brush mixture over scones. Sprinkle with turbinado sugar. Bake for 10 to 15 minutes or until golden.

Apple-Walnut Coffee Cake

Here's a favorite yummy treat for festive brunches. Guests and family will never guess that this decadent indulgence contains much less butter and sugar than a typical coffee cake.

Yields 16 servings
(239 calories per serving)

¼ cup light brown sugar
2 tsp ground cinnamon
2¼ cups whole-wheat pastry flour (divided)
¼ cup (½ stick) cold unsalted butter
½ cup (1 stick) unsalted butter at room temperature
1 cup maple sugar
2 eggs
¼ cup plus 1 Tbsp low-fat buttermilk (1 percent)
2 tsp vanilla extract
1 tsp baking soda
½ tsp salt
2 cups Granny Smith apples, peeled and diced
½ cup walnuts, chopped and toasted

Preheat oven to 350° F. Line a 9-inch springform pan with parchment paper. Butter pan sides and top of parchment.

In a medium bowl, whisk together brown sugar, cinnamon and ¼ cup flour. Cut in ¼ cup cold butter until mixture becomes crumbly and resembles a streusel topping. Refrigerate until ready to use.

In a large bowl, use a mixer to cream together ½ cup room-temperature butter and maple sugar until fluffy. Add eggs, one at a time, mixing until fully incorporated. Beat in buttermilk and vanilla. Sift remaining 2 cups flour, baking soda and salt into egg-butter mixture. Mix until just combined.

Fold in apples and walnuts. Pour batter into prepared pan and sprinkle with streusel topping. Bake for 50 to 55 minutes or until an inserted toothpick comes out clean. Cool before releasing from pan.

Vegan Trail-Mix Cookies

These crunchy-chewy cookies are perfect for snowshoe hikes or cross-country ski trips.

Yields 36 servings
(135 calories per serving)

3/4 cup all-purpose flour
3/4 cup whole-wheat pastry flour
1 cup carrot, shredded
1 1/2 cups unsweetened coconut, shredded
1 1/2 cups natural cane sugar

1 1/2 cups rolled oats
1 tsp baking powder
1/2 tsp salt
1/2 cup water
1/2 cup canola oil
1 Tbsp vanilla extract
1 cup grain-sweetened chocolate chips
1 cup chopped pecans, lightly toasted
1 cup cherries, dried

Preheat oven to 350° F. Mix together flours, carrot, coconut, sugar, oats, baking powder and salt. In a separate bowl, mix together water, oil and vanilla. Add wet mixture to dry. Mix to combine. Fold in chocolate chips, pecans and cherries.

Scoop batter by 2 tablespoons each onto a baking sheet, pushing in any stray pieces. Bake for 15 to 20 minutes or until lightly golden. Cool for 2 minutes and then remove to a rack to cool completely.

Yields 16 servings
(145 calories per serving)

1 cup all-purpose flour
1 cup whole-wheat pastry flour
1 tsp baking soda
1/2 tsp salt
1/2 tsp ground nutmeg
1 tsp ground cinnamon
1/2 tsp ground ginger
1/2 tsp ground allspice
1 cup pumpkin purée
2/3 cup fruit-juice reduction (or light agave nectar)
1/2 cup canola oil
1/4 cup coconut milk
1/2 cup unsweetened coconut, shredded
1 cup walnuts, chopped and toasted
3/4 cup dried cranberries

Preheat oven to 350° F. Line a 12-cup muffin tin with baking cups.

Sift together flours, baking soda, salt, nutmeg, cinnamon, ginger and allspice in a bowl. In a separate bowl, mix together pumpkin purée, fruit-juice reduction or agave, oil and coconut milk. Stir wet mixture into dry until just incorporated (do not overmix). Fold in coconut, walnuts and dried cranberries.

Divide batter evenly among muffin tins. Bake for 20 to 25 minutes or until an inserted toothpick comes out clean.



Vegan Pumpkin Spice Muffins

These lightly sweetened, butter-free muffins evoke the scents and tastes of the holidays. With fewer carbs and calories than regular sugar, the concentrated fruit-juice reduction also adds moistness; look for all-natural options, such as Wax Orchards' Fruit Sweet.

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Doctors on national talk shows are buzzing about raspberry ketones. Why? Because scientists are studying the possibility that a special keton found in raspberries may support health weight loss. Research indicates that raspberry ketones appear to support weight management in two ways: first, by decreasing the absorption of dietary fat; and second, by supporting epinephrine-induced lipolysis (the breakdown of fat).

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Your emotions go up and down... everyone's does. They can range from total happiness, being bored, feeling angry—fearful-sad, or feeling like there's no hope and worrying constantly. Have you ever had this happen... you're feeling great and going full speed and then all of a sudden get hit with some bad news... what happens? Your emotions plummet. Or how about a time when you're feeling down and sad and then a good friend calls you and tells you all about something funny that just happened and you crack up laughing?

Well... guess what?... How you feel emotionally determines your health! Your emotions literally regulate your total endocrine system (all your hormones!)

The word "**ENDOCRINE**" derives from the Greek words "**endo**" meaning inside, within, and "**crinis**" for secrete. The endocrine system is composed of glands inside the body that secrete HORMONES. These hormones all work together to create a harmonious melody of good health inside your body... they literally operate like a huge communication system or orchestra... if one instrument (hormone or gland) is not working properly... the "tune" will surely be OFF!

Each hormone has a job to do or specific music to play... they may create energy or handle inflammation or increase immunity, or help you to think clearly or sleep soundly. Different hormones create different effects. These effects can either be helpful to the body or detrimental to the body. Too many hormones going out or an imbalance between 2 or more will create dis-harmony in the body.

No matter what illness you have... hormones play a part. If your digestive system is a mess... allergies are worse or you are full of aches and pains... or not sleeping well... or have acid reflux and ulcers... are diabetic or hypothyroid... are constipated or filled with anxiety... no matter what ... your hormones are involved. Maybe you've been struggling with a thyroid issue or are on thyroid medications yet still have all the hypothyroid symptoms... or maybe your having trouble getting pregnant. All stemming from imbalanced hormones being produced incorrectly from one or more of your glands (ovaries, adrenal, thyroid, pancreas, pituitary). If any of the above is happening to you... then I know that you've had some fairly heavy stress in your life.

If you go to your mailbox and open it up and find a bill for \$1000.00 that you were not expecting... I can pretty much guarantee you that your stomach will get tight, your blood pressure might go up... you will feel at first fear and then anger... you will rush into the house... notice that nothing will have touched you, no one hit you - but you'd feel all these emotions and then all different physical symptoms will occur. Once a person's emotional

reaction to whatever or whomever is upsetting them becomes stagnant and fixed... then a chronic hormone deficiency occurs.

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- American Medical Association

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James F. Balch, M.D.
Prescription for Nutritional Healing



"Everyone will eventually die, but how you look and feel for the last 20-50 years depends on your lifestyle and vitamin and mineral intake throughout your entire life."

Dr. Steven T. Castille, BSc, MS, DNM
Director, Natural Health Center

Why are you not getting the necessary vitamin and mineral nutrients?

Nutrient Variance

There are substantial differences between one fruit or vegetable and another. One tomato can have 10 times more nutritional value than another-which tomato did you eat?

Poor Digestion

Eating too much or too quickly, stress, or an imbalance of friendly bacteria in the digestive tract can disrupt the delicate gastrointestinal environment. This imbalance can reduce absorption of vitamins and minerals. Poor digestion is common among the elderly.

Over-cooking

Over-cooking can easily destroy valuable food nutrients.

Microwave cooking

Studies suggest that microwave cooking alters the nutritional structure of food. ("Pediatrics": vol.89,no.4, April 1992).

Food Storage

Length of storage and freezing depletes the nutritional value of most foods.

Food Selection

A tendency to eat from a limited range of food groups results in nutrient deficiencies.

Food Omission

Allergies to foods, crash dieting and poorly designed vegetarian diets omit significant dietary sources of nutrients.

Antibiotics

Antibiotics alter the gastrointestinal environment and can interfere with the absorption of essential nutrients.

Poor Lifestyle Habits

Smoking, alcohol and caffeine can displace or inhibit the absorption of vitamins and minerals or accelerate the loss of nutrients.

Stress

Stress, be it physical or emotional, can increase the body's requirements for vitamins and minerals.

Imbalance

The level of each vitamin and mineral in the body has an effect on others, so if one is out of balance or missing, all can be adversely affected. With antioxidants, one is not nearly as strong as several combined as each greatly enhances the power of the others.

How Unconditional Love Harmonizes Our World

Marci Shimoff Explores its Transformative Power

by Judith Fertig

A self-described “seeker from the get-go,” Marci Shimoff, is an expert at helping others effect greater personal fulfillment and professional success. The noted transformational leader, speaker and author has written two bestselling books on happiness and unconditional love—

Happy for No Reason: 7 Steps to Being Happy from the Inside Out and *Love for No Reason: 7 Steps for Creating a Life of Unconditional Love*, and co-authored six bestselling titles in the *Chicken Soup for the Woman’s Soul* series.

What is the old way of looking at love, versus the new paradigm shift you propose?

We’ve been trained to think of love solely as energy between two people, usually experienced as conditional love—we feel love if the other person agrees with us, treats us a particular way or loves us back. But love is actually the essence of who we are, and when we live in a state of unconditional love, what I call “love for no reason,” we experience our essence that is love, which doesn’t depend on another person, situation or romantic partner. It is the core of every spiritual tradition.

Why do our ways of loving often seem inadequate?

We each have a “love set-point,” the upper limit of our ability to give and receive love. We can’t feel more love by trying to change the outside—by relying



on others to fill us up—because it will never work in the long run. We need to raise our love set-point higher; then we experience everything more through the eyes of love.

Do challenging economic times help us grow spiritually?

We can use any life challenges to help us grow and find fresh avenues of lasting fulfillment. Success and money don’t guarantee happiness, and I know that from my own wake-up call.

In 1998, I had three of my *Chicken Soup for the Soul* books on *The New York Times* bestseller list at the same time. One day, I spoke to 8,000 people and autographed 5,432 books and felt like an author rock star. Yet when I returned to my hotel room that night, I burst into tears. All of the success was great, but it still hadn’t made me happy. That’s when I began my intensive study of happiness and love.

Does science support our capacity to daily experience and deepen a love for all things?

Science is finding that there is a neurophysiology of love. Studies by researchers in major institutions worldwide show that we can do simple things like breathe more deeply, walk barefoot on earth, listen to uplifting music or practice meditation that will support us in experiencing more unconditional love. These activities create greater heart rhythm coherence and new neural pathways in the brain.

How does having a heart that’s open to unconditional love benefit us?

The Institute of HeartMath has discovered that the magnetic field generated by the heart—what’s measured on a magnetometer—is 5,000 times stronger than that of the brain. HeartMath research has also demonstrated that when we’re in a positive emotional state, our hearts beat in a coherent rhythm that causes all the other systems in the body—including the brain, immune system and hormones—to work more efficiently and harmoniously. Their research shows that experiencing this regularly leads to better health, slows the aging process and brings us greater creativity, resilience and happiness.

What are the seven doorways to practicing unconditional love revealed by your own research?

I’ve interviewed hundreds of people that are living examples of unconditional love. I’ve found seven access points to experiencing more love: safety, being grounded and present; vitality, energy and well-being; unconditional self-love, feeling empowered; openness, being comfortable giving and receiving love; communication, listening and speaking with love; vision, seeing through the eyes of love; and oneness, feeling connected with the greater wholeness of life.

How does one person’s loving larger bless our families, communities and world?

The more we experience love, the more we spread love to others. Our feelings are contagious. This idea is beautifully expressed in an ancient Chinese proverb:

“When there is light in the soul, there will be beauty in the person. When there is beauty in the person, there will be harmony in the house. When there is harmony in the house, there will be order in the nation. When there is order in the nation, there will be peace in the world.”

Connect with Marci Shimoff at HappyForNoReason.com.

Judith Fertig, of Overland Park, KS, is a regular contributor to Natural Awakenings.

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- Green or white tea
- Purple grape juice (100% juice)

Dr. Steve's recommended grocery shopping list

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BREATHE EASIER



Try These Tips for Better Workouts

It's easy to take breathing for granted. But tune in to your breath—when, say, halfway through a sun salutation or headed for a finish line—and you'll find that it not only feeds muscles fresh oxygen, but also indicates whether it's time to increase the intensity of the activity. To get the most out of every breath, follow these exercise tips from acknowledged experts.

Running

With closed lips, breathe in sharply and deeply through the nose. Then purse the lips as if trying to blow out a candle and exhale through the mouth. While running, breathe in for one step and out for two.

"The rapid inhale and slower exhale in this technique fills lungs from the bottom," explains Danny Dreyer, author of *ChiRunning: A Revolutionary Approach to Effortless, Injury-Free Running*. "Breathing exercises help take in more air when inhaling and empty lungs completely when exhaling. Muscles receive more glycogen, which lowers the chances of their cramping up."

Yoga

Use the Hindu breathing method called *ujjayi*, in which the lungs are fully expanded. First, inhale once with the mouth open, and then exhale the same way, making a "Ha," sound. Then close your mouth and continue making the same sound while inhaling and exhaling through the nose (it will resemble the rushing sound that Darth Vader makes in *Star Wars* movies).

"Your breathing is the barometer of all your poses," says Elena Brower, founder and co-owner of Virayoga, in

New York City. If you're gasping for air, back out of the pose. "Always give preference to deeper breathing over deeper postures," advises Brower. This controlled breathing technique is largely responsible for the yoga buzz that helps keep students coming back for more.

Strength Training

Exhale through the mouth when lifting weights and inhale through the nose when lowering them. As a rule of thumb, take two seconds to raise weights and three to four seconds to lower them.

"Focusing on your breath keeps your brain in the game, so you're more likely to pay attention to overall form," says Tom Holland, an exercise physiologist, personal trainer and fitness consultant in Darien, Connecticut.

Cycling

"The key to breathing on a bike is to go in through the nose and out through the mouth, and to be as relaxed as possible," Holland counsels. As intensity increases on climbs or long rides, breathe more forcefully—deeper, quicker inhalations through the nose and rapid exhalations through the mouth.

"The more relaxed your breathing is, the more relaxed your entire body will be," says Holland. "Relaxed breathing conserves energy, prevents fatigue and improves endurance." Using forceful breaths when you're tired also sends more energizing oxygen to muscles to help counter fatigue.

Source: *Women's Health online* © 2012 Rodale Inc. All rights reserved; used with permission.

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"I was going through fatigue for a while, and I thought if this product could do anything to help I'd try it. Turns out I have so much more energy now, and my mood has stabilized as well. I haven't lost weight, but I wasn't looking for a miracle. This product has helped greatly! Thank you."

Amanda on 9/26/12

"I am very glad that I ordered the Iodine Supplement which came to my attention when I needed it most. I am in my 80s and everyone will tell you that with age one has less energy. But now after I have followed instructions and I'm finishing my third week, I certainly have more energy and all around feel much better. I highly recommend this wonderful supplement!"

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The Luminous Web

Why We Are One

by Barbara Brown Taylor

Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect.

~ Chief Seattle, 1855

What I see is an infinite web of relationship, flung across the vastness of space like a luminous net. It is made of energy, not thread. As I look, I can see light moving through it as a pulse moves through veins. What I see "out there" is no different from what I feel inside. There is a living hum that might be coming from my neurons, but might just as well be coming from the furnace of the stars. When I look up at them, there is a small commotion in my bones as the ashes of dead stars that house my marrow rise up like metal filings toward the magnet of their living kin.

Where am I in this picture? I am all over the place. I am up there, down here, inside and outside of my skin. How could I ever be alone? I am part of a web that is pure relationship, with energy available to me that has been around since the universe was born.

Where is God in this picture? God is all over the place. God is up there, down here, inside and outside of my skin. God is the web, the energy, the space, the light—not captured in them, as if any one of those concepts was more real than what unites them—but revealed in that singular, vast net of relationship that animates everything that is.

It is not enough for me to proclaim that God is responsible for all of this unity. Instead, I want to proclaim that God is the unity—the very energy, the very intelligence, the very elegance and passion that make it all go. This is the God who is not somewhere, but everywhere; the God who may be prayed to in all directions at once. The "I am who I am," in whom everything else abides.

For the moment, we see through a glass darkly. We live in the illusion that we are all separate "I am's." When the fog finally clears, we shall know that there is only One.

Excerpted from The Luminous Web, by Barbara Brown Taylor, with permission of Cowley Publications.

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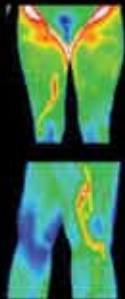
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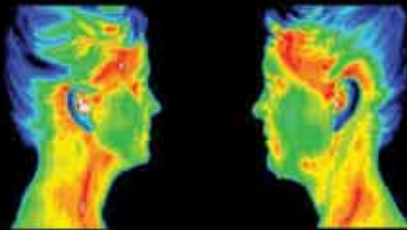
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The anterior view of the upper leg shows a patient who had unexplained pain in the right leg for over a year. The thermogram shows a vasculopathy with a perforator that a vascular surgeon was able to treat with minimal intervention due to the accuracy of the localization.

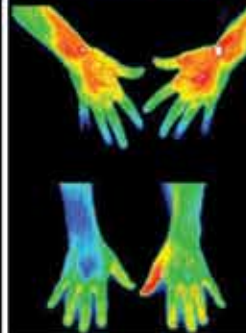
The image showing the vascular pattern in the right lateral leg was of a patient who had a 3 year history of pain in the mid lateral thigh and knee. Nerve conduction tests and a full range of anatomical imaging tests failed to find any cause for the pain. This thermographic study led to a confirmed diagnosis of phlebitis.

Vascular Conditions



Carotid Artery occlusion (Right side)

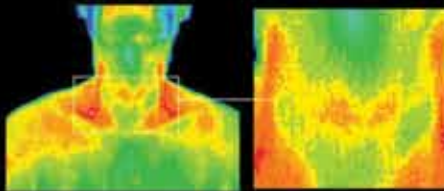
Carotid Artery Occlusion



Early stage bilateral carpal tunnel syndrome

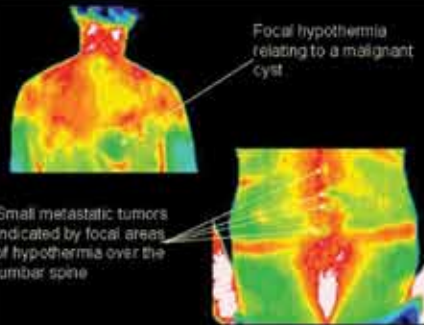
Chronic right carpal tunnel syndrome

Carpal Tunnel



Hyperthermia over both lobes of the thyroid indicating thyroid dysfunction

Thyroid Dysfunction



Focal hypothermia relating to a malignant cyst

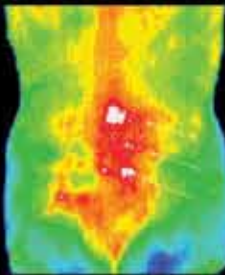
Small metastatic tumors indicated by focal areas of hypothermia over the lumbar spine

Cyst and Tumors



Myofascial Trigger Point - in semispinalis cervicis

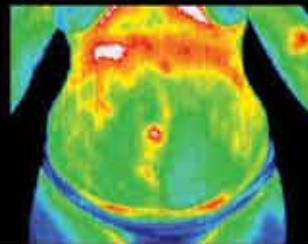
Myofascial Trigger Point



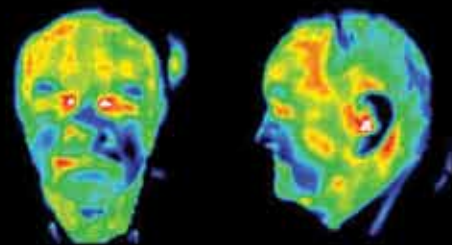
Three stress fractures of the transverse processes of the lumbar spine.

Stress Fractures

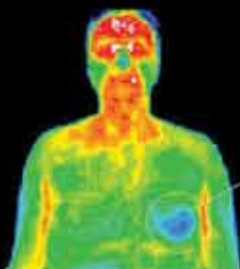
Inflammation Over Right Kidney



Inflammation



Bells Palsy



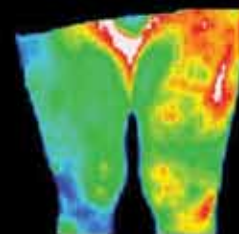
CAD

Coronary Artery Disease



T4 Syndrome

T4 Syndrome



This elderly lady had undergone a left hip replacement surgery 3 months previously. Her continued leg pain raised a suspicion for DVT.

The thermographic findings were not consistent with DVT, but showed a focal area of inflammation that guided a sonographer to a deep abscess near the bone.

This was lanced and successfully treated with antibiotics.

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Critter Companions

Alternative Adoptions Fit for Families

by Sandra Murphy

While dogs, cats, fish and birds populate most pet homes, other animals can be just as much fun to own.

Rabbits

"Rabbits are social and love routine. Be late with dinner and a bunny will show displeasure by stomping its feet," says Pamela Hood, founder of Sweet Binks Rabbit Rescue, a state-licensed shelter in Foster, Rhode Island. Her four rules for happy, active bunnies are: Find a veterinarian that knows rabbits,

adopt rather than buy, get a bonded pair and spay/neuter them.

Since 2000, Sweet Binks has rescued more than 1,700 rabbits as recaptured strays or from shelters meant for dogs and cats. Bunnies can live more than 14 years.

"Rabbits eat more than just carrots. Pellets should be timothy hay-based, not alfalfa, for adult rabbits," explains Hood. "But limit the amount. Hay should be 85 to 90 percent of their diet, because the side-to-side chewing of hay keeps teeth worn down to a livable length and ensures proper digestion."

Rabbits can be litter box-trained and run free if the home is pet-proofed. For example, keep electrical cords out of reach or covered with plastic tubing. A lonely, bored bunny can be destructive, so provide wooden and chemical-free wicker toys for chewing. Play with them daily, although most shy away from cuddling. Bonded pairs need to be in sight of one another.

Miniature Horses

Miniature horses are not to be confused with Shetland ponies. Minis are fully

grown horses, bred for pulling carts, not riding. They require the same care as a larger horse and make good therapy animals. An adult mini is about the same size as a standard-sized horse's newborn foal—about 34 to 38 inches tall at the withers (between the shoulder blades), although some are smaller.

"Trained minis are good, gentle interpreters of emotion," says Veronique Matthews, founder of Hearts & Hooves, a nonprofit equine therapy organization in Austin, Texas. "We visit abused or autistic kindergarten-age children with a ratio of one child, one horse, one handler." Walking on a handheld leash, a mini can help a child to cope with fear and anxiety.

Alpaca

A few years ago, alpacas were regarded as the next moneymakers when breeding and sales brought high prices for fleece, along with their waste, sold as soil-enriching manure. After the trend peaked, many herds were sold, often to ill-suited owners, and some needed rescuing.

Michelle Zumwalt, a job consultant for people with disabilities in Spanish Lake, Missouri, has hosted rescued alpacas for eight years; the number fluctuates, based on new arrivals and adoptions. "There are enough of them to help supply local organic farms with fertilizer," says Zumwalt. "These gentle creatures feel safest in numbers; when in danger, they will kick or spit."

Hermit Crabs

Hermit crabs are likeable for their social, nonaggressive character, ease in handling and low maintenance. All crabs are born in the ocean, although some species leave the water as adults. Pet crabs in the United States are either Caribbean land crabs or the faster and more agile Ecuadorian crabs, which require access to both salt and fresh water.

A 10-gallon fish tank with sand of a consistency suitable for castle building that's three or four times deeper than the height of the largest crab works well. Crabs can grow to six inches in length and live 10 years or more, although they don't reproduce in captivity. As colony animals, they're much happier in a group.





Hermit crabs periodically need to replace the shell they carry on their

back. Provide a shell that is 10 to 15 percent larger and watch as the crab tries it on for size. When crabs molt their underside ectoskeleton, they burrow beneath the sand for four to eight weeks; place these crabs in a separate tank.

“Because crabs are scavengers, we feed them chicken, turkey, seaweed, scrambled eggs and fish. They love carrots, bell peppers, kiwi and coconut,” says Christine Richards, a maintenance management analyst and hermit crab caregiver in Montgomery Village, Maryland. “Crabs are nocturnal, so use a small flashlight to watch their antics,” she adds. “They love to climb.”

Chinchillas

Chinchillas, another night creature, can live up to 20 years. A round body, tiny hands and large ears make them easy to love, remarks Christina Pierce, a federal examiner of financial institutions in

Little Rock, Arkansas. “My chin, Gizmo, wants to be where the commotion is and likes to travel,” she laughs.

A specialty vet is required for chinchillas, with attention given to their teeth, which grow throughout their life.

Give them things to chew on and fresh hay to help file down teeth. Gizmo’s favorite chews are willow twigs, peanuts in the shell, alfalfa sticks and lava blocks. “A twice-daily dust bath keeps his fur clean,” notes Pierce, “plus, it’s fun to watch.”

It seems that everyone can find a pet that’s perfect for them. It’s just a matter of thinking outside the litter box.

Sandra Murphy is a regular contributor to Natural Awakenings.



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SUBMIT CALENDAR ITEMS TO: publisher@NAacadiana.com

SATURDAY DECEMBER 1

Acadiana Barrel Race Association Finals – thru Dec 2. 8am-? Regional competition. Enjoy the excitement, prizes and concessions. 713 NW Bypass Hwy 3212, New Iberia. 337-365-7539.

Carencro Country Christmas – 9am-4pm. 15th annual family-oriented traditional event. Area choirs, singers and musicians provide traditional holiday music. Booths with arts & crafts from local artists and delicious food from the area. Photos with Santa. At 2pm, enjoy the Carencro Christmas Children's Parade sponsored by the Carencro Lion's Club. Seasonal floats, marching bands and Santa roll through the streets. Carencro Community Center, 5115 N University Ave, Carencro. 337-896-6686.

Author's Alley – 10am-1pm. Signed books make great gifts. Meet and support local authors as they gather to sell and sign their books. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

Candy Cane Lane – 10am-5pm. Exhibit grand opening. Children's Museum of Acadiana, 201 E Congress, Lafayette. 337-232-8500.

Christmas Kids Alive – 10am-12pm. Yearly program features performances by local music students including a reading of "The Night Before Christmas" by Mrs. Claus. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

Cookbook Swap – 10am-2pm. Bring an old cookbook that is not in use to the library to enrich someone else's home and take home a cookbook you love. Everyone who brings a cookbook will be entered in a raffle for a new cookbook. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

Delcambre Holiday Gumbo Cook-off – 11am-6pm. With Santa Claus greeting all with good wishes and cheer. 411 S Richard St, Delcambre. 337-658-2422.

ZooLive – 11am, 1pm, 3pm. Come out to an animal show in our new Zootorium full of fun, excitement and education up close and personal with some wild friends. Zoo of Acadiana, 116 Lakeview Dr, Broussard. 337-837-4325.

SUNDAY DECEMBER 2

Shadows Gingerbread Christmas Tea – 1-3pm. As guests enter the room, they will be greeted by the fragrant aroma of gingerbread as well the sights and sounds of the holidays. For children ages 3-10 and adults who accompany them. Sliman Theater, 129 E Main St, New Iberia. 337-369-6446.

Magic on Main – 4-7pm. Shadows Holiday Tour of Homes along New Iberia's Historic Main Street.

Trolleys carry participants from home to home. Enjoy festive holiday music, Santa Claus and refreshments. 317 E Main St, New Iberia. 337-369-6446.

MONDAY DECEMBER 3

Basic Computing – 10:30am-12:30pm. Basic computer components and architecture, use of the mouse and keyboard, instruction on working with windows, toolbar and command menus, running multiple Windows applications and more. Free. Milton Library, 108 W Milton Ave. 337-856-5261.

Look Good Feel Better Workshop – 2-4pm. American Cancer Society hosts this workshop for female cancer patients undergoing active radiation and/or chemotherapy treatment. Patients receive a free makeup kit valued over \$250 and one-on-one assistance from local beauty professionals who teach women how to cope with skin changes and hair loss. 2390 W Congress St, Lafayette. 1-800-227-2345.

TUESDAY DECEMBER 4

Basic Computing Class – 1-3pm. See Dec 3 listing. Free. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

Spread a Little Cheer – 4-5pm. Teens are invited to make the "Best Hot Cocoa Mix" to go along with fixings for a gift that will warm the heart. Ages 12-18. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

Lynn Shurr Discusses Novel Writing – 6:30pm. Writing a historical novel will be the next program by author Lynn Shurr, also known as Carla Hostetter. Shurr will autograph copies of her books following the talk. Jeanerette Museum, 500 E Main St, Jeanerette. 337-276-4408.

WEDNESDAY DECEMBER 5

North Regional Story Time – 10:30-11am. Story times for ages 3-6 offered. North Regional Library, 5101 North University Ave, Carencro. 337-896-6323.

Story Castle – 10:30-11:15am. Begin your child's literacy education early with a star-studded lineup of storytelling, music, finger plays and other educational activities. Ages 3-6. Jefferson St Library, 538 Jefferson St, Lafayette. 337-261-5787.

CJ and Debbie Ray at Miss Mamie's – 11am-1pm. Take a break from your frozen diet entrée or fast-food drive-thru lunch to enjoy fun games and video poker action. Miss Mamie's will supply complimentary, all-you-can-eat, home-cooked meal along with

all-you-can-drink soft drinks. 3003 Grand Point Hwy, Breaux Bridge. 337-332-6630.

Spread a Little Cheer – 6-7pm. See Dec 4 listing. North Regional Library, 5101 N University Ave, Carencro. 337-896-6323.

THURSDAY DECEMBER 6

Duson Story Times – 10-10:30am. Story Time is a special time for families to enjoy stories together. Duson Library, 310 Ave au Nord, Duson. 337-873-3521.

Look Good Feel Better Workshop – 5:30-7:30pm. See Mon listing. Opelousas General Hospital. 539 E Prudhomme St, Opelousas. 1-800-227-2345.

"A Christmas Story" – thru Dec 9. Thurs, Fri, Sat 7:30-9:30pm. Sun 3-6pm. Admission Required. Live theatre production and concessions available. Iberia Performing Arts League, 126 Iberia St, New Iberia. 337-364-6114.

FRIDAY DECEMBER 7

Decoupage Ball Ornament – 4pm. Tweens make their own special ornaments using glass ornaments, tissue paper and mod podge. Pre-registration required. Ages 9-12. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

Pearl Harbor Day Memorial Ceremony – 6pm. Celebrate Pearl Harbor with a 21 Gun salute, flag raising and a prayer service. 102 W Main St, New Iberia. 337-365-1428.

SATURDAY DECEMBER 8

Author's Alley – 10am-1pm. See Dec 1 listing. North Regional Library, 5101 N University Ave, Carencro. 337-896-6323.

Yuletide on the Bayou – 10am-1pm. Gingerbread house competition among girl scouts of the Pine to the Gulf region. 102 W Main St, New Iberia. 337-369-2330.

Lego Club – 2-3pm. Children build projects based on a theme. Age 7 and up, accompanied by an adult. Pre-registration required. North Regional Library, 5101 N University Ave, Carencro. 337-896-6323.

Delcambre Christmas Boat Parade – 4-9pm. Enjoy this family fun event watching lighted boats of all sizes parade while listening to Christmas music. 411 S Richard St, Delcambre. 337-380-7879.

Art Walk – 6-8pm. Enjoy the art walk and visit the photography exhibit by Bob Adams. Jefferson St Branch Library, 538 Jefferson St, Lafayette. 261-5787.

"The Nut Cracker" – 7pm. Watch principal dancers from the Pacific Northwest Ballet and the entire dance community presenting this holiday classic. The performance is a full-length classical ballet in two acts with original music of Peter Tchaikovsky. Tickets available at the Heymann ticket office and through Ticketmaster. Lafayette Ballet Theatre, Heymann Performing Arts Center, 1373 S College Rd, Lafayette. 337-291-5555 or 1-800-745-3000. LafayetteBalletTheatre.org.

SUNDAY DECEMBER 9

Delcambre Christmas on the Bayou – 2pm-? The Delcambre street parade begins at the corner of Main St and S Pelloat to the Delcambre Shrimp Festival Bldg, Main St Delcambre. 337-519-2541.

“The Nut Cracker” – 2pm. See Dec 8 listing. Lafayette Ballet Theatre. Heymann Performing Arts Center, 1373 S College Rd, Lafayette. 337-291-5555 or 1-800-745-3000. LafayetteBalletTheatre.org.

MONDAY DECEMBER 10

Word Processing Class – 10:30am-12:30pm. Electronic resources librarian Martin Cooperson teaches word processing. Call to register. Milton Library, 108 W Milton Ave, Milton. 337-856-5261.

Chess Club – 6-8pm. Learn basic instruction about the game of chess and play with others who know how to play. Ages 8-12. Pre-registration required. South Regional Library, 6101 Johnston St, Lafayette. 337- 981-1028.

Timeline of the Maya – 6:30-7:30pm. Is December 21, 2012, really the end of the world? Dr. Mark Lentz of the UL Department of history and geography will explain the meaning of the Mayan calendar. North Regional Library, 5101 N University Ave, Carencro. 337-896-6323.

TUESDAY DECEMBER 11

Penguin Pals Craft – 3:30-4pm. Make a sparkly Penguin Pal to decorate the house for the holidays. Ages 5-12. Preregister. Milton Library, 108 W Milton Ave, Milton. 337-856-5261.

WEDNESDAY DECEMBER 12

Teen Movie Night – 6-7:30pm. Teens come together for fun, thrilling and suspenseful movies. North Regional, 5101 N University Ave, Carencro. 337-896-6323.

THURSDAY DECEMBER 13

“A Christmas Story” – thru Dec 16. Thurs, Fri, Sat 7:30-9:30pm. Sun 3-6pm. Admission Required. Live theatre production and concessions available. Iberia Performing Arts League, 126 Iberia St, New Iberia. 337-364-6114.

FRIDAY DECEMBER 14

Cirque Chinois – 7:30pm. Bring the whole family to see this amazing show direct from Beijing. The National Circus of the People’s Republic of China, performing Cirque Chinois, includes unique acts such as great teeterboard, group contortion and great flying trapeze. Admission varies. Heymann Performance Art Center, 1373 S College Rd, Lafayette. 337-291-5555 or 1-800-745-3000.

SATURDAY DECEMBER 15

Teen Performance Troupe Performance – 10-11:30am. Teen volunteers are needed for voice actors, puppeteers and behind-the-scenes help for puppet shows to be performed for families and children at the South Regional Library. 6101 Johnston St, Lafayette. 337- 981-1028.

Master Puppet Show – 11am-12pm. By our teen puppeteers and staff. South Regional Library. 6101 Johnston St, Lafayette. 337- 981-1028.

Mayan Calendar Mural – 12-2pm. Create a mural depicting your vision of the Mayan prophecies for December 21, 2012. Refreshments and supplies provided. South Regional Library, 6101 Johnston St, Lafayette. 337- 981-1028.

Movie: Mayan Prophecies – 2-4pm. Hollywood’s version of the Mayan prophecies in the movie “2012” starring John Cusack and Thandie Newton. Rated PG-13. South Regional Library, 6101 Johnston St, Lafayette. 337- 981-1028.

MONDAY DECEMBER 17

Timeline of the Maya – 6:30-7:30pm. See Dec 10 listing. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

TUESDAY DECEMBER 18

I Can Cope – 9-10am. Program for adults facing cancer either personally or as a friend or family caregiver. The class focuses on Cancer Research. Free. American Cancer Society. University Medical Center, Hallway 2 Conf Rm 1, 2390 W Congress St, Lafayette. 337-261-8525.

WEDNESDAY DECEMBER 19

Teen Animanga Club – 6pm-7:30pm. Teens watch clips from new Anime and discuss Manga favorites. Refreshments provided. North Regional Library, 5101 N University Ave, Carencro. 337-896-6323.

FRIDAY DECEMBER 21

Arthur Christmas – 4-5:15pm. On Christmas night at the North Pole, Santa’s youngest son hopes to use his father’s high-tech operation for an urgent mission. Refreshments provided. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

Disney Live Mickey’s Music Festival – 4pm. Experience a lively concert experience guaranteed to deliver enough rockin’ memories to last a lifetime. Cajundome Center, 444 Cajundome Blvd, Lafayette. 1-800-745-3000.

SATURDAY DECEMBER 27

Create Video Lab – 12-3pm. Get started creating a contest-winning video. Learn the shooting process with video equipment on hand. The creators of the best video in Louisiana on the theme “Beneath the Surface” will win \$275. The contest deadline is early 2013. All lab sessions are three hours long. Preregister online beginning Dec 3. Jefferson St Library, 538 Jefferson St, Lafayette. 337-261-5768. LPLTeen.net.



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ongoing events

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

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sunday

God's Grace Boutique – 8am-5pm. Specializing in Plus Size school uniforms for men and boys. Avon on sale and 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.

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. A 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 the 4th Sunday of each month. 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.

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

Water Aerobics Class – 2:30-3pm. Removes pressure from joints and makes moving easier; reduces the fear of injuries from falling. Adults 50 yrs & older or with special needs or disabilities who can participate independently. Free. Denise Ferguson. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291 8127.

Tap and Jazz Dance Class – 5:30-6:30pm. Adult class for beginners-advanced students. \$35 per month. Debbie Roat Moore. Cite des Arts, 109 Vine St, Lafayette. 337-291-1122, 337-290-1601. 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 about tech-

nique, 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.

Lafayette Photographic Society – 6:45pm. Bi-monthly meetings on 2nd and 4th Mondays of the month to foster artistic craft. Educational programs and guest speakers at 2nd Monday's meeting. Inter-club projected image and print competitions at 4th Monday's meeting. 1101 Bertrand Dr, Room 411, Lafayette, LA. Blemaire56@yahoo.com.

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.

Baby Time – 9:30-9:45am. Class designed to introduce mothers, fathers, caregivers and babies to nursery rhymes, songs, finger plays and early literacy information. Ages 9-18 months. South Regional Library, 6101 Johnston St, Lafayette. 337- 981-1028.

Toddler Tuesdays – 10-11am. Parents bring toddlers to the University Museum for interaction with other toddlers in a special play area and stick around for story time. Free. UL Lafayette Hilliard University Art Museum, 710 East St Mary Blvd, Lafayette. 337-482-2278.

Toddler Time – 10:30-10:45am. Fifteen-minute story sessions geared to children 18-35 months. Adults must accompany toddlers. South Regional Library, 6101 Johnston St, Lafayette. 337- 981-1028.

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.

Water Aerobics Class – 2:30-3pm. Removes pressure from joints and makes moving easier; reduces the fear of injuries from falling. Adults 50 yrs & older or with special needs or disabilities who can participate independently. Free. Denise Ferguson. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8127.

Teche Area Farmers' Market – 3-6pm. 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.

Cranky Kids Acting Workshop – 4-5pm. Acting group for kids ages 6 and up to master improvisation, storytelling and other forms of the art of acting. \$16. Jim Phillips. Cite des Arts, 109 Vine St, Lafayette. 337-291-1122. CiteDesArts.org.

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.

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. A coupon swap on the 1st Tues of each month. Participants can swap coupons and get money saving advice and tips. South Regional Library, 6101 Johnston St, Lafayette. 337-371-7884.

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

CCET's Backyard Series – 6:30-8:30pm. A wide range of topics for the general public: informal workshops, question-and-answer forums, interactive presentations led by qualified facilitators on the 2nd Tues of every month. 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. The South Regional Library hosts a mystery book club on the 3rd Tues of each month. The South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

wednesday

La Table Francaise – 8:30-9:30am. Last Wed of month. Grab a cup of coffee and share conversa-

tion and fun with other French speakers. Whiteville School House, Le Vieux Village, 828 East Landry, Opelousas. 337-948-6263.

Baby Time – 9:30-9:45am. See Tues listing. South Regional Library, 6101 Johnston St, Lafayette. 337- 981-1028.

Toddler Time – 10:30-10:45am. See Tues listing. South Regional Library, 6101 Johnston St, Lafayette. 337- 981-1028.

LEDA Networking Luncheon – 11:30am. Meet over a hundred people at a buffet lunch the first Wed of each month. Guest speakers from local businesses give three-minute presentations to promote their products or services. 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, plenty of 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.

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

thursday

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

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

Water Aerobics Class – 2:30-3pm. Removes pressure from joints and makes moving easier; reduces the fear of injuries from falling. Adults 50 yrs & older or with special needs or disabilities who can participate independently. Free. Denise Ferguson. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8127.

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

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 – 7-10pm. Open microphone performances. The Porch Coffee House, 4710 Common St, Lake Charles. 337-564-5769.

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

Charles. 337-564-5769.

friday

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

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

Begnaud House Cajun Accoustic 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

Bullying Stops With Me! – For children and parents dealing with the issue of bullying. Anyone is welcome to call 24 hours a day, 7 days a week and the caller may remain anonymous. Free. 337-322-4525. BullyingStopsWithMe.com.

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 – 6-10am. See Tues listing. Main St, New Iberia. 337-256-4971.

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.

Hwy 190 Flea Market – 8-5pm. Sat and Sun. Flea market vendors from around Acadiana come to sell clothes, antiques, houseware, tools, furniture, jewelry, food and more. Come and join the fun and buy at flea market prices. VENDOR BOOTHS AVAILABLE. 11946 West Hwy 190, Opelousas (between Opelousas and Lawtell - on the left). 337-678-1500.

Antiques and Farmers Market – 8am-4pm. See Sun listing. Market and Auction House. 151 B Leo Richard Rd, Sunset. 337-212-2091.

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.

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 Heyman St across from Champagne’s. HubCityFM@afo.net.

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

Bayou Vermilion Canoe Paddle – 8:30-11:30am. Canoe trips on the Bayou Vermilion every 2nd and last Sat of the month, 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.

Savoy Music Jam Session – 9am-12pm. Bring an instrument or just yourself to enjoy a live traditional Cajun music jam session. Savoy’s Music Centre, 4413 Hwy190 E, Eunice. 337-457-9563.

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 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.

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

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



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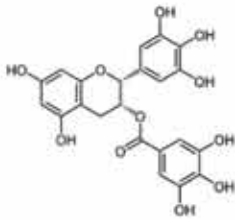
Drink a couple of cups of coffee. Coffee acts as a vasoconstrictor, reducing the swelling of blood vessels that causes headaches.

Obesity is A Major Medical Crisis

Obesity is now a major medical crisis of the twenty-first century. We're getting fatter all the time, despite our knowledge of the consequences. There is overwhelming evidence that obesity - and, to a lesser extent, merely being overweight (BMI = 25-29) - is directly or indirectly responsible for our susceptibility to many serious diseases that degrade or ruin our lives while we are alive, and kill us before our time. These diseases include cancer, cardiovascular disease, diabetes, degenerative joint diseases, psychological disorders such as depression, anxiety, and more. Understanding the chemistry of weight loss can not only save lives, but improve our health and overall well-being.

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EGCG

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Wheatgrass is a rich source of beta carotene, vitamins B1, 2, 3, 5, 6 and 12, vitamins C and K, choline, calcium, folic acid, copper, iodine, magnesium, phosphorus, potassium, zinc and amino acids. Wheatgrass is also one of the richest sources of chlorophyll found in nature.

Burns fat with enzymes and epigallocatechin gallate (EGCG).

When there is an increased level of lipids in the body, a hormone is activated to metabolize the lipids. A low secretion of this hormone will encourage the storage of fats in the body, resulting in obesity.

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PRODUCT & SERVICES GUIDE

Natural Medicine

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Chiropractic Medicine

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Infrared Sauna Therapy

Whole Body Vibration Therapy

Nutrient Hydration Therapy

Thermography Medical Imaging

Micro-nutrient Testing

Vitamin Therapy

Bioidentical Hormone Therapy

Menopause Women's Health

Cancer Prevention

Detoxification

Dermosonic Cellulite Reduction

Vibrational Healing

Pain and Inflammation Enzyme Blend



Pain & Inflammation Blend is a comprehensive formula consisting of enzymes, herbs and bioflavonoids designed to naturally support your body's inflammatory response. Whether you suffer from chronic pain or

just overworked the body on the weekend, Pain & Inflammation Blend will help your body respond to pain and swelling safely and effectively.

Our proprietary enzyme blend contains pancreatin, papain, bromelain, trypsin and chromotrypsin and is designed to support your body's natural response to inflammation. When taken on an empty stomach it is believed that enzymes will help manage inflammation by supporting healthy blood flow to the irritated area.

Suggested Use: 2-4 capsules per day. **Price:** \$30.00

Supplement Facts	
Serving Size: 1 Capsule	
Amount Per Serving	
Enzyme Blend	100%
Bromelain	100%
Papain	100%
Chymotrypsin	100%
Trypsin	100%
Plantain	100%
Nettle	100%
Witch Hazel	100%
Arnica	100%
Yucca	100%
Other ingredients: Cellulose, magnesium stearate, rice flour, silica.	

Ultimate B Complex

B-complex vitamins are coenzymes involved in energy production and necessary for tissue repair. They are an important factor in the process of the conversion of carbohydrates to glucose.

Suggested Use: 1-2 capsules/day. **Price:** \$35.00

Vitamin C w/ bioflavonoids

Vitamin C is an antioxidant that is required for tissue growth and repair, adrenal gland function, and healthy gums. It protects against blood clotting and bruising, and promotes the healing of wounds and the production of antistress hormones.

Supplement Facts	
Serving Size: 1 Vegetarian Capsule	
Amount Per Serving	
Vitamin C (as calcium ascorbate)	500mg 100%
Bioflavonoid Complex	40mg
Other ingredients: Cellulose, magnesium stearate, rice flour, silica.	

Suggested Use: 1-2 capsules/day. **Price:** \$35.00

Selenium

Selenium is a vital antioxidant, especially when combined with vitamin E. As an antioxidant, selenium protects the immune system by preventing the formation of free radicals, which can damage the body. Selenium and vitamin E act synergistically to aid in the production of antibodies and to help maintain a healthy heart.

Supplement Facts	
Serving Size: 1 Vegetarian Capsule	
Amount Per Serving	
Selenium (as L-selenomethionine)	100mcg 143%
Other ingredients: Rice flour, cellulose, magnesium stearate.	

Suggested Use: 1-2 capsules/day. **Price:** \$35.00

FAR Infrared Heat Sauna

Infrared Sauna Therapy has been effective in providing pain relief to those suffering from back pain, sprains, strains, bursitis, fibromyalgia, rheumatoid arthritis, headaches and many other muscular-skeletal ailments.



Infrared light penetrates the surface of the skin by about 1.5 inches. This allows the fat cells below the skin (adipose tissue) to be heated. This has a very detoxifying effect on the body, encouraging fat cells to let go toxins that are stored in this fatty layer. The infrared light also benefits your body's lymphatic system, helping it to purge toxins.

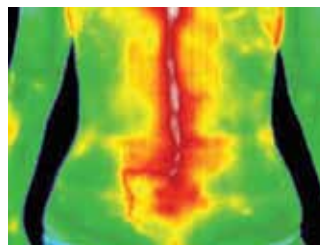
Far infrared heat penetrates the skin on our body and gets into the tissues surrounding the muscles. The heat reduces inflammation, soreness and subsides the stimulation of nerve endings, helping the body in its natural healing process. Infrared heat is used specifically to relieve muscle tension, joint pain, arthritis, spasms, and most commonly Fibromyalgia.

Suggested Use: 2-3 days per week

Price: \$140.00 (12 sessions) or \$200 (30 sessions)

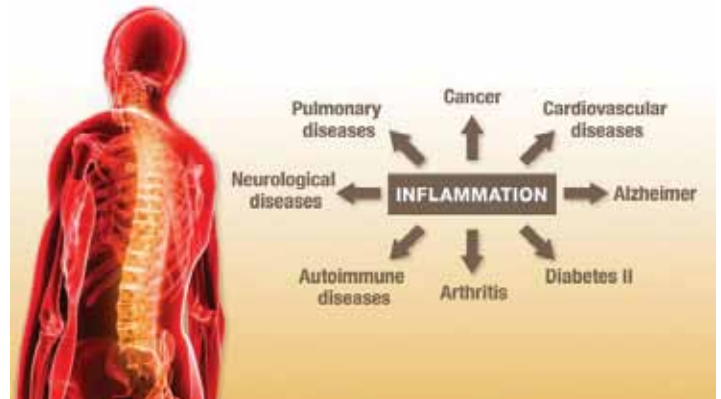
Thermography Imaging

Visualize your pain. Visualize you inflammation.



Inflammation is a precursor to many diseases, such as cancer, arthritis, heart disease, stroke, diabetes, and high blood pressure. Thermography imaging is used to take an infrared image of the body to detect the early signs of health failure. These thermal images (called thermograms) are analyzed for abnormalities that may be signs of disease in your body. Additionally, since your body is thermally symmetrical if normal, thermal asymmetries can indicate problems.

Price: \$98.00 Full-Body Thermogram



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for more information visit the natural health center in carencro (896-4141) or the dharma wellness center in sunset (347-4141)

[ADVERTISEMENT]

Strengthen Immune System

Organic Frozen Wheatgrass Juice



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

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



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

Suggested Use: Drink one 1.5oz frozen cup every other day.
Price: \$30.00

Food-Based Multi



The majority of Americans do not get the essential nutrients they need from diet alone, and our soil is depleted of vital vitamins and minerals. In addition, today's stressful lifestyle can deplete the body of the vitamins, minerals and nutrients it needs to stay in good health. Basic Adult Multivitamin

helps replenish these essential nutrients and is an excellent choice for a multivitamin.

Our Basic Adult Multivitamin is a comprehensive formula that provides essential vitamins and minerals needed to sustain optimal health. It combines a complete array of nutrients with one-a-day convenience.

Supplement Facts			
Serving Size: 1 Tablet			
Amount Per Serving			
	% Daily Value	% Daily Value	% Daily Value
Vitamin A	5000 IU	100%	(as natural beta-carotene)
Vitamin C	250mg	50%	(as ascorbic acid)
Vitamin E	100 IU	20%	(as d-alpha-tocopherol)
Vitamin K	100 mcg	20%	(as menaquinone-7)
Calcium	100mg	20%	(as calcium carbonate)
Iron	10mg	20%	(as ferrous fumarate)
Zinc	10mg	20%	(as zinc gluconate)
Magnesium	100mg	20%	(as magnesium oxide)
Biotin	100mcg	20%	(as d-biotin)
Chromium	100mcg	20%	(as chromium picolinate)
Manganese	100mg	20%	(as manganese gluconate)
Selenium	100mcg	20%	(as selenium yeast)
Copper	100mcg	20%	(as copper gluconate)
Molybdenum	100mcg	20%	(as molybdenum gluconate)
Niacin	100mg	20%	(as niacinamide)
Panthenol	100mg	20%	(as panthenol)
Inositol	100mg	20%	(as inositol)
Choline	100mg	20%	(as choline bitartrate)
Vitamin B12	100mcg	20%	(as cyanocobalamin)
Folate	100mcg	20%	(as folic acid)
Vitamin B6	100mcg	20%	(as pyridoxine HCl)
Vitamin B3	100mg	20%	(as niacinamide)
Vitamin B2	100mcg	20%	(as riboflavin)
Vitamin B1	100mcg	20%	(as thiamine HCl)
Vitamin B12	100mcg	20%	(as cyanocobalamin)
Folate	100mcg	20%	(as folic acid)
Vitamin B6	100mcg	20%	(as pyridoxine HCl)
Vitamin B3	100mg	20%	(as niacinamide)
Vitamin B2	100mcg	20%	(as riboflavin)
Vitamin B1	100mcg	20%	(as thiamine HCl)
Vitamin B12	100mcg	20%	(as cyanocobalamin)
Folate	100mcg	20%	(as folic acid)
Vitamin B6	100mcg	20%	(as pyridoxine HCl)
Vitamin B3	100mg	20%	(as niacinamide)
Vitamin B2	100mcg	20%	(as riboflavin)
Vitamin B1	100mcg	20%	(as thiamine HCl)

Suggested Use: 1-2 capsules/day with water **Price: \$35.00**

Liquid Vitamin Hydro-Therapy



The Hydration Station uses liquid vitamin hydro-therapy and infrared heat to reduce and balance the acidic level in the body, improve the nervous system, prevent the growth of bacteria, normalize blood cholesterol levels, and speed up the repair of body cells.

Suggested Use: 2-3 days per week
Price: \$140.00 (12 sessions) or \$200 (30 sessions)

Green Waters Alkaline Water

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



Suggested Use: Drink 64 oz per day **Price: \$36.00 / case**

Co-Q10 Coenzyme

Co-Q10 is essential to energy production and necessary for the formation of adenosine triphosphate (ATP), a multifunctional chemical compound necessary for healthy cellular maintenance. Co-Q10 functions in the transfer of energy and oxygen between blood and body cells and also between cell components; in other words it is essential for the body's cells, tissues, and organs.

Suggested Use: 1-2 capsules/day with water **Price: \$35.00**

Iodine from Kelp

Iodine from Kelp is an essential trace mineral which helps the body develop and function normally, especially the thyroid gland. Approximately 60% of iodine stored in the body is found in the thyroid gland which secretes hormones that control the basic metabolic rate of the body. Additionally, the naturally high iodine content found in kelp acts similarly to an antibiotic by removing toxins in the blood stream as well as killing infections.

Suggested Use: 1 capsule per day. **Price: \$35.00**

Lecithin 1,200 mg

Lecithin aids in cellular protection. It is a fat that is essential in the cells of the body. Lecithin is used for treating gallbladder disease, liver disease, certain types of depression, high cholesterol, anxiety, and a skin disease called eczema.

Suggested Use: 1 capsule per day. **Price: \$30.00**

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[ADVERTISEMENT]

Thermography Imaging



Inflammation is a precursor to many diseases, such as cancer, arthritis, heart disease, stroke, diabetes, and high blood pressure. Thermography imaging is used to take an infrared image of the body to detect the early signs of health failure. These thermal images (called thermograms) are analyzed for abnormalities that may be signs of disease in your body. Additionally, since your body is thermally symmetrical if normal, thermal asymmetries can indicate problems.

Price: \$98.00 Full-Body Thermogram

Women's Hormone Balance

Womens Hormone Balance is a comprehensive formula designed to support healthy hormonal balance. It features a blend of phytoestrogenic herbs, vitamins, and minerals combined to provide targeted nutrition meeting womens needs.

Suggested Use: 1 capsule per day. **Price: \$35.00**

Black Cohosh

Black cohosh is an herb. The root of this herb is used for medicinal purposes. Black cohosh was first used for medicinal purposes by Native American Indians, who introduced it to European colonists. Black cohosh became a popular treatment for women's health issues in Europe in the mid-1950s. Since that time, black cohosh has commonly been used to treat symptoms of menopause, premenstrual syndrome (PMS), painful menstruation, acne, weakened bones (osteoporosis), and for starting labor in pregnant women.

Supplement Facts	
Serving Size: 1 Vegetarian Capsule	
Amount Per Serving	% Daily Value
Black Cohosh (root) 2.5% triterpene glycosides	100mg *
* Daily Value not established	
Other ingredients: Rice flour, cellulose, magnesium stearate.	

Suggested Use: 1 capsule per day. **Price: \$30.00**

Ultimate B Complex

The B vitamins help to maintain healthy nerves, skin, eyes, hair, liver, and mouth, as well as muscle tone in the gastrointestinal tract. B-complex vitamins are coenzymes involved in energy production and may be useful for depression or anxiety. The B vitamins should always be taken together in whole food form.

Suggested Use: 1 capsule per day. **Price: \$35.00**



Calcium Magnesium & Zinc with Vitamin D

Our Cal - Mag - Zinc is an excellent formulation that provides the dietary ingredients necessary to support bone density and strength: Calcium, Magnesium, Zinc and Vitamin D. Combating bone loss is a complicated matter that requires more than just Calcium alone.

Supplement Facts	
Serving Size: 2 Tablets	
Servings Per Container: 90	
Amount Per Serving	% Daily Value
Vitamin D3 (as cholecalciferol)	200 IU 50%
Calcium (as calcium carbonate)	1,000 mg 100%
Magnesium (as 89% magnesium oxide, 11% magnesium amine acid chelate)	500 mg 125%
Zinc (as 80% zinc oxide, 20% zinc amino acid chelate)	25 mg 167%
Betaine HCl	100 mg *
Glutamic Acid HCl	80 mg *
* Daily Value not established	
Other ingredients: Croscarmellose sodium, stearic acid, microcrystalline cellulose, magnesium stearate, silica, modified cellulose, vegetable coating, titanium dioxide.	

Calcium and Magnesium are important minerals for optimum health. Calcium and Magnesium are essential for healthy bones and teeth and are also important for maintaining muscle and nerve health. The recommended ratio of calcium to magnesium is 2:1.

Suggested Use: 1 capsule per day. **Price: \$35.00**

FAR Infrared Heat Sauna

Far Infrared Saunas boost the immune system. During a session, the infrared sauna will raise your body temperature, inducing an artificial fever. Fever is the body's natural mechanism to strengthen and accelerate the immune response. The intense sweating during Infrared Sauna Therapy will enhance your immune system and increase your overall health and resistance to disease.



Suggested Use: 2-3 days per week
Price: \$140.00 (12 sessions) or \$200 (30 sessions)



12-Hour Energy Boost



Our 12-Hour Energy Boost is a unique, ephedra-free combination of herbs and nutrients formulated to support healthy energy levels and healthy weight maintenance. 12-Hour Energy Boost was developed for those who desire a high-en-

ergy thermogenic formula, metabolism tablets that stimulates your metabolic rate and promotes fat loss without the use of ephedra or ephedrine alkaloids. Your metabolic rate sets the pace for how fast your body burns calories; you can influence this with the supplementation of the unique blend of ingredients available in 12-Hour Energy Boost .

Supplement Facts	
Serving Size: 1 Vegetarian Tablet	
Amount Per Serving	% Daily Value
Proprietary Blend	950mg
<small>(guarana seed extract, citrus aurantium (6% synephrine) (fruit), green tea extract (leaf), panax ginseng (root), garcinia cambogia extract (60% HCA) (fruit), white willow bark, bee pollen, vanadium (as vanadyl sulfate))</small>	
<small>* Daily Value not established</small>	
Other ingredients: Dicalcium phosphate, modified cellulose, croscarmellose sodium, microcrystalline cellulose, stearic acid, magnesium stearate, vegetable coating.	

Suggested Use: 1-2 capsules/day with water **Price: \$35.00**



Thermo X Fat Burner

Your metabolic rate sets the pace for how fast your body burns calories; you can influence this with the supplementation of the unique blend of ingredients available in Thermo X Fat Burner.

Suggested Use: 1-2 capsules/day. **Price: \$35.00**



Fat Complex

Fat Complex contains chitosan which research shows has the unique ability to bind to fats in the stomach, thus preventing the fats from being absorbed into the body.

Suggested Use: 1-2 capsules/day. **Price: \$35.00**



Glucomannan

Glucomannan is an all natural fiber supplement that suppresses the appetite and promotes a feeling of fullness. Glucomannan is a water-soluble dietary fiber source that is derived from the root of the Konjac plant.

Suggested Use: 1-2 capsules/day. **Price: \$35.00**

Hydration Station



The Hydration Station is a spa treatment for every "Body!" Enjoy a vibratory massage while being blanketed in steam containing active oxygenated ingredients including vitamins, pharmaceutical-grade botanicals, aloe, and rich humectants. Plus burn 250-300 calories in one session with infrared therapy.

Far Infrared Rays increase your metabolism, burns excess fat and calories, improves body curves as it gets rid of flab, eliminates fatigue, improves blood circulation, promotes rapid healing, and reduces cellulite

Suggested Use: 2-3 days per week

Price: \$140.00 (12 sessions) or \$200 (30 sessions)

FAR Infrared Heat Sauna

Far Infrared Saunas are a healthy weight loss solution without exercising. Infrared saunas can burn 400-600 calories in just one 30 minute session. In a far infrared sauna, a moderately fit person can sweat one pound of sweat in 30 minute session, which is the equivalent of running 2-3 miles. While it is true that the weight of the water expelled in the sauna may be regained by re-hydrating with water – the calories lost with not, resulting in weight loss.



Infrared Saunas increase your metabolism and core temperature. Far infrared heat also breaks down cellulite, trapped water, fat and wastes as part of the detoxification process.

Suggested Use: 2-3 days per week

Price: \$140.00 (12 sessions) or \$200 (30 sessions)

Whole Body Vibration

Whole body vibration is a method of improving strength, stability and power production, and reduce body weight or percentage of body fat.

Basically, the idea is to put the muscles in a situation where they must expand and contract continually, which pumps extra oxygen into the cells. This is a process of oxidization that is much like breathing, so to speak, only in this case it is on the cellular level. Oxidization simultaneously relaxes and stimulates the body, which helps it to heal itself and grow muscles at a faster rate.



Suggested Use: 2-3 days per week

Price: \$140.00 (12 sessions) or \$200 (30 sessions)

Raspberry Ketones



Research has shown that raspberry ketone can help in your weight-loss efforts, especially when paired with regular exercise and a well-balanced diet of healthy and whole foods.

Raspberry ketone is the primary aroma compound of red raspberries. This compound regulates adiponectin, a protein used by the body to regulate metabolism. Raspberry ketone causes the fat within your cells to get broken up more effectively, helping your body burn fat faster. The recommended dose is 100mg per day. To get the same benefit from the whole fruit, you'd have to consume 90 pounds of raspberries.

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

Suggested Use: 1-2 capsules/day with water **Price: \$30.00**



WheTea



One of the primary components of WheTea is EGCG. EGCG stands for epigallocatechin-3-gallate. It is the main antioxidant in tea, said to be more than 100 times more powerful than vitamin C. There is more of it in white and green tea than in black tea. This antioxidant has been shown to help increase your metabolic rate (metabolism) to burn more calories. By raising your resting metabolic rate, your body starts using the fat you've stored throughout your body as a source of fuel to help shed those pounds hanging around.



Suggested Use: 2 droppers per 8 ounces of water. Drink a minimum of 64 oz of water per day. **Price: \$20.00**

Dermosonic Cellulite Treatment



Cellulite is a unique form of fat and connective tissue. While we all need a certain number of adipocytes (fat cells) to store fat for energy, cellulite is both an unnecessary and unattractive way to store body fat. Instead of fat cells collecting in smooth layers, cellulite collects in discrete pockets surrounded by tough, fibrous tissue. These pockets of fat do not grow and shrink exactly like normal fat cells because of their structure and organization. The result is a lumpy, bumpy dimpling of the skin often occurring in women and usually occurring over the buttocks, hips and thighs. Dermosonic uses a combination of ultrasound and non-invasive, sub-dermal technology to get rid of fat deposits. Sessions are comfortable. Dermosonic provides an experience comparable to a massage. Dermosonic does not utilize vigorous suction or rolling which can lead to painful bruising. Each treatment takes one hour. All natural way, to combat cellulite and help to lose inches from the waist and abs. The Dermosonic head is used to rub across the surface of the body to melt the fat.

Suggested Use: 2-3 days per week **Price: \$120.00 (4 sessions) or \$240 (10 sessions)**



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[ADVERTISEMENT]

Depression and Anxiety

Mood Enhancer

Best Depression Formula



Our Mood Enhancer is specifically designed to incorporate herbs and vitamins that provide nutrients to the brain, help fight depression, stress and anxiety and prevent age-related mental decline. Sometimes vision or hearing problems, depression, anxiety or other stress-related mental disorders

may also cause neurological dysfunction. Mood Enhancer contains herbs that are notorious for their ability to stimulate brain function, improve memory, promote alertness and productivity. The main advantage of Mood Enhancer is its ability to improve mental focus and memory without inducing agitation and anxiety.

Supplement Facts	
Serving Size: 1 Vegetarian Capsule	
Amount Per Serving	% Daily Value
Paracetamol Acids (as d-calcium paracetamol)	50 mg 100%
Phosphatidylcholine	400 mg
Other Ingredients: Cellulose, silica, magnesium stearate	

Suggested Use: 1-2 capsules/day
Price: \$35.00

Mood Enhancer II

St. Johns Wort



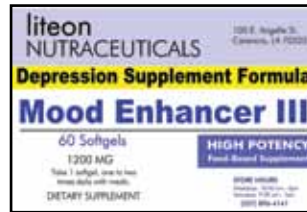
St. Johns wort is most commonly used for depression and conditions that sometimes go along with depression such as anxiety, tiredness, loss of appetite and trouble sleeping. There is some strong scientific evidence that it is effective for mild to moderate depression. Other uses include heart palpitations, moodiness and other symptoms of menopause, attention deficit-hyperactivity disorder (ADHD), obsessive-compulsive disorder (OCD), and seasonal affective disorder (SAD).

Supplement Facts	
Serving Size: 1 Vegetarian Capsule	
Amount Per Serving	% Daily Value
St. John's Wort (aerial parts) Extract (standardized to 0.3% hypericin, 1.35mg)	450mg
Other Ingredients: Rice flour, cellulose, magnesium stearate, silica	

Suggested Use: 1-2 capsules/day
Price: \$30.00

Mood Enhancer III

Lecithin



Lecithin is a fat that is essential in the cells of the body. It can be found in many foods, including soybeans and egg yolks. Lecithin is taken as a medicine and is also used in the manufacturing of medicines. Lecithin is used for treating memory disorders such as dementia and Alzheimer's disease. It is also used for treating gallbladder disease, liver disease, certain types of depression, high cholesterol, anxiety, and a skin disease called eczema.

Supplement Facts	
Serving Size: 1 Softgel	
Amount Per Serving	% Daily Value
Calories	10
Calories from Fat	10
Total Fat	1g 2%
Lecithin (from soy)	1200mg
Other Ingredients: Gelatin, glycerin, purified water	

Suggested Use: 1 softgel / day
Price: \$30.00

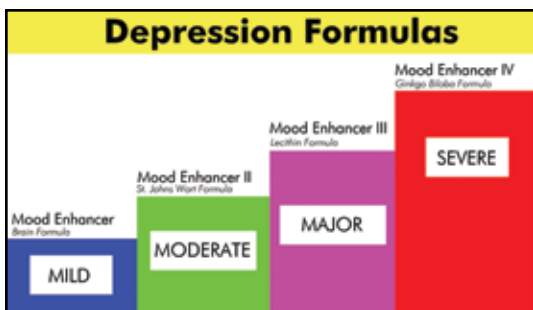
Mood Enhancer IV

Ginkgo Biloba

Ginkgo is often used for memory disorders including Alzheimer's disease. It is also used for conditions that seem to be due to reduced blood flow in the brain, especially in older people. These conditions include memory loss, headache, ringing in the ears, vertigo, difficulty concentrating, mood disturbances, and hearing disorders.



Suggested Use: 1-2 capsules/day Price: \$40.00



Many people report an improved mood and energy level when using whole-body vibration therapy. Whole-body vibration research has shown an increase in serotonin levels after vibration. Serotonin, which is almost a household term these days due to the prevalence of depression and antidepressant drugs, is the neurotransmitter that makes you calm and happy.

Suggested Use: 2-3 days per week
Price: \$140.00 (12 sessions) or \$200 (30 sessions)



Melatonin

Melatonin blocks estrogen receptors somewhat similarly to the chemotherapy drug tamoxifen without the long-term side effects of tamoxifen. Further, when melatonin and tamoxifen are combined, synergistic benefits occur. Melatonin can be safely taken for an indefinite period of time. Additionally, melatonin not only blocks estrogen receptor sites on breast cancer cells, but directly inhibits breast cancer cell proliferation and boosts the production of immune components that kill metastasized cancer cells. The suggested dose of melatonin for breast cancer patients is 3 mg to 50 mg at bedtime.

Suggested Use: 1-2 capsules/day with water **Price: \$35.00**

Vitamin E

In one study, vitamin E succinate, a derivative of fat-soluble vitamin E, inhibited growth and induced apoptic cell death in estrogen receptor-negative human breast cancer cell lines. The study concluded that vitamin E succinate may be of clinical use in the treatment of aggressive human breast cancers, particularly those that are resistant to anti-estrogen therapy. Estrogen receptor-negative breast cancer patients should consider taking 1,200 IU of vitamin E succinate a day.

Suggested Use: 1 capsule per day. **Price: \$35.00**

Selenium

Selenium has been shown to directly induce growth arrest and death of mammary cancer cells in mice, although it cannot be inferred that selenium by itself can result in breast cancer remission in humans. Breast cancer patients should consider 200 micrograms of organic selenium (selenomethionine), two to three times a day.

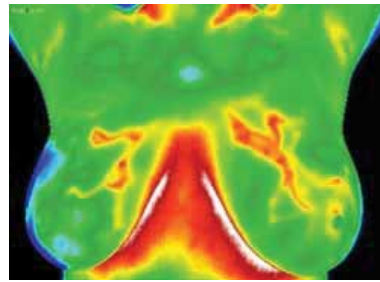
Suggested Use: 1 capsule per day. **Price: \$30.00**

Flax Seed

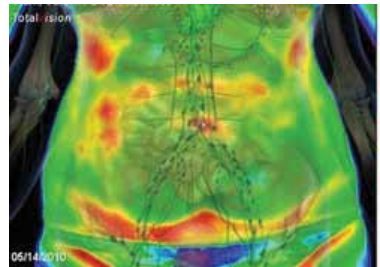
Lignans are an important class of phytochemicals found in flax seed. When laboratory mice are fed a diet containing ground flax seed, it becomes very difficult to develop a breast tumor, even when breast cancer cells have been injected directly into the animal.

Suggested Use: 1 gelcap per day. **Price: \$35.00**

Thermography Imaging



Mammograms look at anatomical changes in the breast, as they detect masses or lumps in the breast tissue. On the other hand, thermograms look at vascular changes in the breast, as they detect blood flow patterns, inflammation and asymmetries.



Thermograms benefit all women. They may be particularly useful for young women who want to monitor their breast health before the recommended age of 40. Actually, your breast cancer prevention should start as early as possible.

If you are a woman, you need to take your breast health seriously. Thermal imaging detects the subtle physiologic changes that accompany breast pathology, whether it is cancer, fibrocystic disease, an infection or a vascular disease. The first session provides the baseline of your "thermal signature". And annual thermograms allow you to map changes in your body's heat patterns over time. They can alert you to any deviations from your norm. Mapping your health annually helps you detect changes, often before disease develops.

Price: \$98.00 Full-Body Thermogram

Infrared Sauna



In a recent article at Cancer Defeated, they noted that cancer clinics in Germany and Mexico routinely treat patients with hyperthermia, where the body is exposed to high temperatures. High temperatures can kill cancer cells, usually without damage to normal tissues. Often, these clinics are using infrared hyperthermia and infrared saunas for their patients.

Suggested Use: 2-3 days per week
Price: \$140.00 (12 sessions) or \$200 (30 sessions)

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[ADVERTISEMENT]



Organic Frozen Wheatgrass Juice Arginine



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

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

- 1 fl. oz. of wheatgrass juice is equivalent to 2½ pounds of the choicest vegetables
- wheatgrass is mineral rich and contains 92 minerals needed by the body
- the magic is in the enzymes with more than 30 found in the juice
- the juice is 70% chlorophyll and since the chlorophyll molecule is virtually identical to hemoglobin (red blood cells that carry oxygen), wheatgrass juice will oxygenate your body



Suggested Use: Drink one 1.5oz frozen cup every other day.
Price: \$30.00

Infrared Heat Sauna

Far Infrared Saunas boost the immune system. During a session, the infrared sauna will raise your body temperature, inducing an artificial fever. Fever is the body's natural mechanism to strengthen and accelerate the immune response.

When you exercise, there is an increase in the blood flow level in your body. An infrared sauna body cleansing method heats your muscles and causes a similar increase in blood flow. Also, your blood vessels will expand to accommodate the increase in blood flow thus bringing down your blood pressure in the bargain. Research shows that using an infrared sauna detoxification and body cleansing at least 3 times a week can have lasting effects on your blood pressure.



Suggested Use: 2-3 days per week
Price: \$140.00 (12 sessions) or \$200 (30 sessions)

Supplement Facts	
Serving Size: 1 Vegetarian Capsule	
Amount Per Serving	% Daily Value
L-Arginine	500mg
* Daily Value not established	
Other ingredients: Cellulose, rice flour, magnesium stearate.	

Arginine retards the growth of tumors and cancer by enhancing immune function. It increases the size and activity of the thymus gland, which manufactures T lymphocytes (T cells), crucial components of the immune system. It is also good for liver disorders such as cirrhosis of the liver and fatty; it aids in liver detoxifi-

Organic Fiber

Psyllium is rich in soluble fiber and similar to the type of fiber found in oats, wheat, and barley; however, psyllium is gluten-free. As a pure dietary fiber, psyllium is composed mostly of hemicellulose. It is not digested in the small intestine and passes through the body until it is partially broken down in the colon where psyllium is utilized as a food source for friendly flora. Mostly, psyllium acts as a sponge in the intestinal tract, swelling as it absorbs water and waste material in the bowels. This forms a soft, bulky mass that passes through the colon more quickly (keeping potentially toxic waste moving in the colon) and evacuates more smoothly and easily.

Suggested Use: 1-2 servings/day. **Price: \$40.00**

Liquid Vitamin Hydro-Therapy



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Suggested Use: 2-3 days per week
Price: \$140.00 (12 sessions) or \$200 (30 sessions)

Green Waters Alkaline Water

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



Suggested Use: Drink 64 oz per day **Price: \$36.00 / case**



liteon Natural Health Center

Powerful, Positive Healing for Life

Tel: 347.4141 or 896.4141

BACK to BASICS Health Program \$160

One month supply of GENESIS Wheatgrass
Vitamin Therapy: Food-Based Multivitamin & Food-Based Multimineral
Healthscope Health Assessment
Thermography Women's Health Screening
Naturopathic Doctor Visit

UNLIMITED Spa Services \$280

* includes 30 day unlimited spa services - up to 3 days a week 1 hour sessions

SAUNA & Whole Body Vibration
Water Massage Therapy
DERMOSONIC Cellulite Reduction (max 4 sessions)
Naturopathic Doctor Visit (max 2 sessions)
Thermography Screening (max 2 sessions health screening only)
Hydro-Dermo Hydration Spa Treatments
Infrared Body Wrap
Ion Foot Detox

RESTORE Health Program \$340

* includes 30 day unlimited spa services - up to 3 days a week 1 hour sessions

Vitamin Therapy: Co-Q10, Antioxidant Complex, Food-Based Multi
Healthscope Health Assessment
SAUNA & Whole Body Vibration
Water Massage Therapy
DERMOSONIC Cellulite Reduction (max 4 sessions)
Naturopathic Doctor Visit (max 2 sessions)
Thermography Screening (max 2 sessions health screening only)
Hydro-Dermo Hydration Spa Treatments
Infrared Body Wrap
Ion Foot Detox

SAUNA & Whole Body Vibration

4 Sessions Sauna & Whole Body Vibration: \$75
8 Sessions Sauna & Whole Body Vibration: \$140
12 Sessions Sauna & Whole Body Vibration: \$190

* includes four strawberry & wheatgrass smoothie mix for at home detoxification

Water Massage Therapy

4 Sessions Water Massage Therapy: \$80
8 Sessions Water Massage Therapy: \$120
12 Sessions Water Massage Therapy: \$160

DERMOSONIC Cellulite Reduction

4 Sessions DERMOSONIC Cellulite Reduction: \$120
8 Sessions DERMOSONIC Cellulite Reduction: \$220
12 Sessions DERMOSONIC Cellulite Reduction: \$320

Naturopathic Doctor Visit

2 Sessions Naturopathic Doctor Visit: \$145
4 Sessions Naturopathic Doctor Visit: \$260

* includes vitamin & mineral therapy, health assessment, thermography screening

Thermography Medical Imaging

1 Session Complimentary Breast Screening: Free
2 Sessions Breast Thermography Screening: \$78
2 Sessions Full Body Thermography Screening: \$188

Hydro-Dermo Hydration Spa Treatment

4 Sessions Hydration Spa Treatment: \$120
8 Sessions Hydration Spa Treatment: \$210
12 Sessions Hydration Spa Treatment: \$300

Infrared Body Wrap

1 Session Infrared Body Wrap: \$90
2 Sessions Infrared Body Wrap: \$170
4 Sessions Infrared Body Wrap: \$280



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