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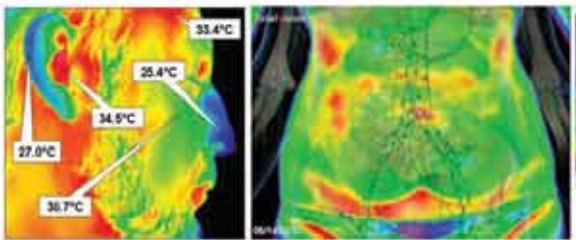
Good News on Marriage

Relationship Expert
Stephanie Coontz



EVERY ISSUE IS
A GREEN ISSUE

February 2013 | S.W. Louisiana-Acadiana Edition | www.NAacadiana.com



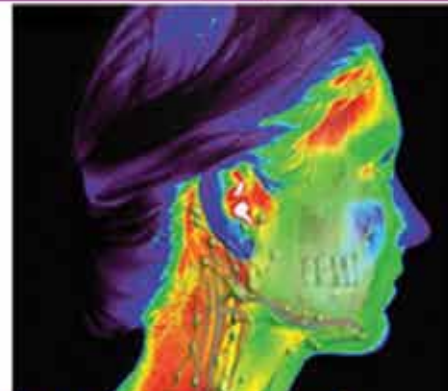
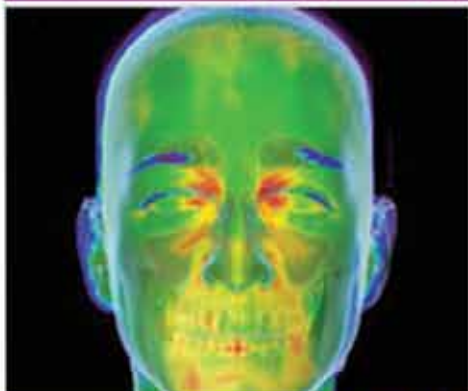
TIME MAGAZINE Dec 1, 2008

"The biggest problem with the U.S. health-care system is that it has long been designed to respond to illness rather than PREVENT IT."



EARLY DETECTION is the KEY to saving lives

Thermography Imaging Can Detect Many Diseases and Disorders in Their Early Stage



CANCER CELLS DOUBLE EVERY 90 DAYS

Thermography identified 58 of 60 malignancies *

A thermogram may show up to 8 to 10 years before a mammogram identifies a positive cancer finding.

The American Journal of Surgery (2008), Volume 196, Number 5, 613-618

The American Journal of Surgery

The American Society of Breast Surgeons

Effectiveness of a noninvasive digital infrared thermal imaging system in the detection of breast cancer

Nimal Arora, M.D., Diana Martins, B.S., Daniela Ruggiero, B.S., Cenci Toustic, M.D., Alexander J. Swital, M.D., Michael P. Osborne, M.D., Rache H. Simmons, M.D.*

Department of Surgery, New York Presbyterian Hospital-Cornell, New York, NY 10021

OBJECTIVE: Digital infrared thermal imaging (DITI) for detection of breast cancer.

DESIGN: Retrospective cohort study.

SETTING: Breast cancer screening center.

PATIENTS: 94 women with breast cancer.

MEASUREMENTS AND MAIN RESULTS: DITI identified 58 of 60 malignancies (97% sensitivity, 44% specificity, and 82% predictive value depending on the mode used).

CONCLUSIONS: DITI is a viable adjunct to mammography and ultrasound, especially in women with dense breast parenchyma.

KEY WORDS: Breast cancer, thermography, digital infrared thermal imaging.

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* Department of Surgery, New York Presbyterian Hospital-Cornell, New York, NY, USA

American Journal of Surgery, 2008. American Society of Breast Surgeons, Cornell.

The single best article on breast thermography showing a remarkable 97% effectiveness in identifying malignant cancer. RESULTS: Sixty of 94 biopsies were malignant and 34 were benign. Thermography identified 58 of 60 malignancies, with 97% sensitivity, 44% specificity, and 82% negative predictive value depending on the mode used.

(Range 44-1500 days) Cancer Doubles Every 90 Days

Year 1	1	Cell
Year 2	16	Cells
Year 3	256	Cells
Year 4	4096	Cells
Year 5	65,536	Cells
Year 6	1,048,576	Cells
Year 7	16,777,216	Cells
Year 8	268,435,456	Cells
Year 9	4,294,967,296	Cells
Year 10	68,719,476,736	Cells
Year 11	1,099,510,000,000	Cells

1000 degrees Heat

YEAR 3
Possible Detection by Thermography

YEAR 6
Possible Detection by Mammography

Year 10: 68 Trillion Cells
More cells than the human body and survival rate is no greater than 10 years.

THERMOGRAPHY

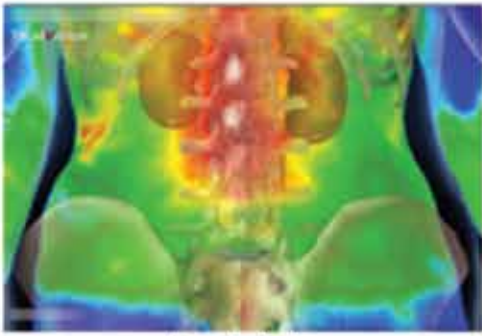
Medical Imaging of Acadiana

Advanced Diagnostic and Screening Technology

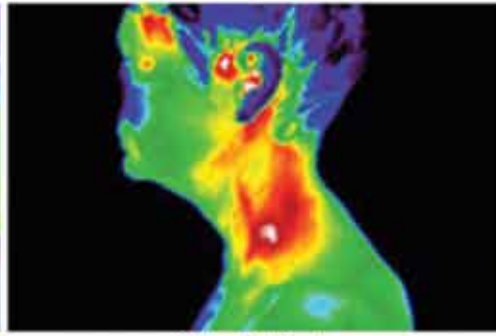
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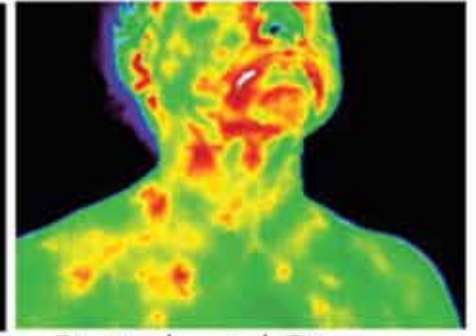
www.NaturalHealthCentersOnline.com



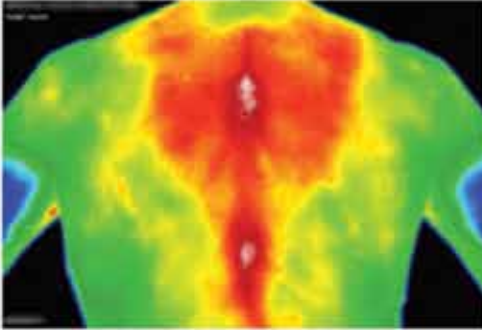
Back Pain



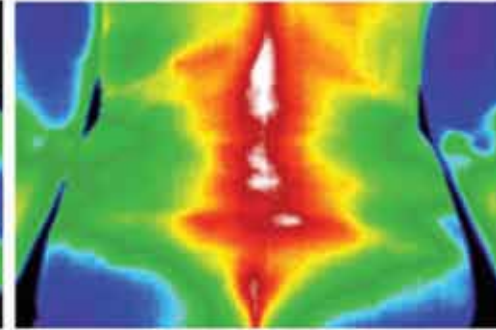
Neck Pain



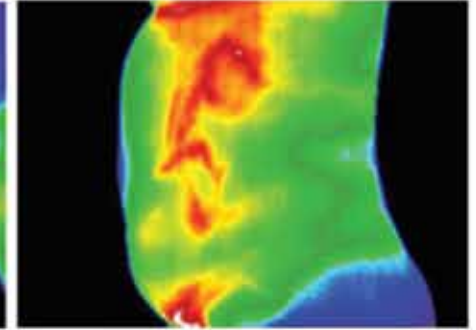
Periodontal Disease



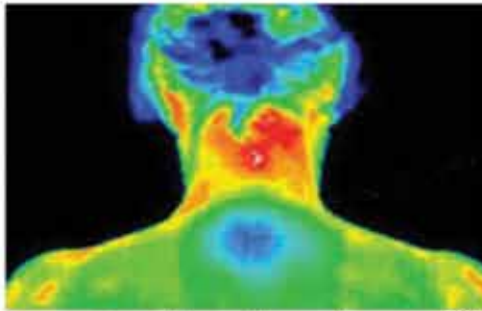
Lung Cancer



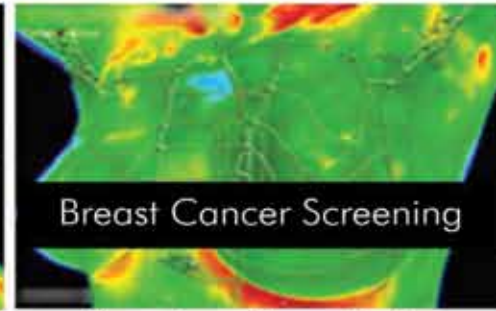
Lower Back Pain



Digestive Problems



Immune Disfunction Hypothermia over T2

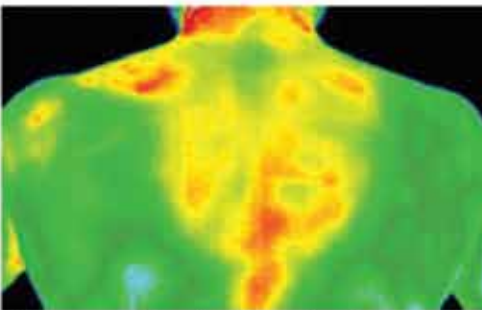


Breast Cancer Screening

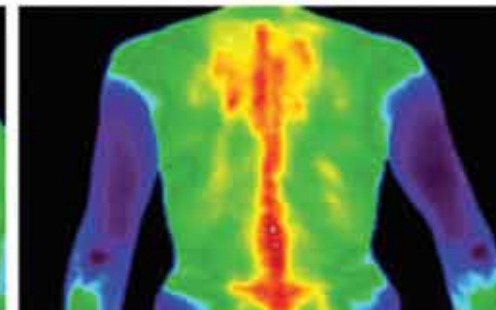
Breast and Lymphatics



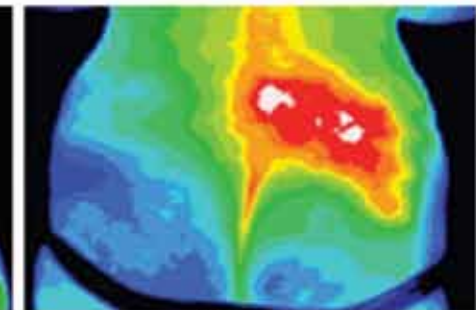
Carpal Tunnel



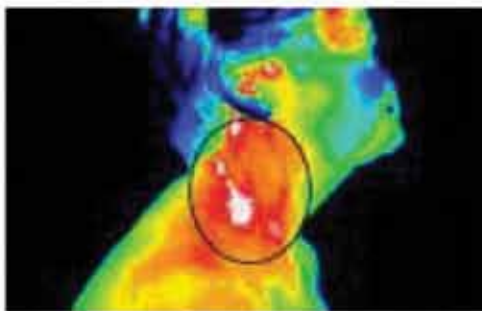
Upper Back Muscle Spasms



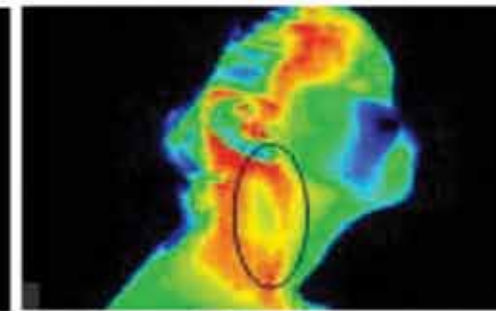
Spinal Inflammation



Shingles



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publisher's letter



"As a man thinketh in his heart, so is he." This is a simple statement from Proverbs 23:7 but it is, unfortunately, widely overlooked. Humanity is considered the highest order of intelligence in our world. Yet we have failed to fully discover our own most powerful gifts. The mind gives us free will and thought. It gives us the ability to distinguish right from wrong and love from hate. It is with our minds that we create imagination.

Albert Einstein once wrote: "The true sign of intelligence is not knowledge but imagination." Imagination requires a healthy mind,

body and soul in order to bear fruit.

Our imaginations grow stronger when we exist as balanced beings. Balancing the mind, body and soul is a necessity. The human body is made of muscles; the more we train those muscles, the stronger they become. Such physical exercise will allow us to accomplish improvements in endurance, strength and speed. The same can be said about the human mind and the human soul. Developing the mind gives us more knowledge and wisdom, and developing the soul allows us to experience love, affection and passion. If we want complete self-development, we need a holistic approach to health, one that benefits the mind, body and soul.

When we have risen to a significant level of consciousness and we are balanced, we can think infinite possibilities and positive thoughts and they will manifest even quicker as we become better connected with all that is around us. The simple truth is, we are all connected and as we see ourselves so do we see our world around us. It's amazing to understand that the exact molecules that make up our bodies are created from atoms that are traceable to that of high-mass stars that exploded millions of years before we were even born. We are all connected biologically, to the earth chemically and to the rest of the universe atomically. So you see, the universe literally exists inside of each of us, just as we exist in the universe.

It's time that we gather together. At churches, community centers, neighborhood parks or even our own homes, we can schedule regular events or simple gatherings for members of our communities or neighborhoods to come visit, discuss issues, share information, play games or just get to know each other. We can experience the energy of togetherness and infinite connections.

This month, *Natural Awakenings* explains the ins and outs of bodywork and relationships. We offer a definitive guide to the types of bodywork available and how to use them. Linda Sechrist explains how bodywork has gone mainstream and offers helpful access points to health; Judith Fertig discusses emotional eating; and Meredith Montgomery tells us about the many positive ways to promote kindness.

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



Steve & Michelle

Steve and Michelle Castille, Publishers



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contents



14

10 **news**briefs

14 **health**briefs

16 **global**briefs

20 **ecotip**

26 **healing**ways

36 **healthy**kids

40 **green**living

44 **conscience**eating

46 **wisewords**

47 **inspiration**

48 **fit**body

52 **natural**pet

56 **calendar**



16



20

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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.

22 **BODYWORK GOES MAINSTREAM**

Helpful Access Points to Health
by Linda Sechrist

26 **FEEL-GOOD MASSAGE**

People's Hands-Down Favorites
by Rachel Mork

28 *Natural Awakenings'* **BODYWORK GUIDE**

36 **BULLY BLUES BUSTERS**

Positive Ways to Promote Kindness
by Meredith Montgomery

40 **REST IN PEACE**

Sustainable Burials Honor Life
by Brita Belli

44 **FOOD & MOOD**

Solutions for Emotional Eating
by Judith Fertig

46 **COURTING MARRIAGE SUCCESS**

Relationship Expert Stephanie Coontz Shares Go-To Guidelines
by S. Alison Chabonais

48 **CROSSFIT WORKOUTS**

Expect Whole-Body Functional Fitness
by Michael R. Esco

52 **FINNED AND FASCINATING**

Fish Make Appealing Family Pets
by Randy Kambic

22



26



36



44



44

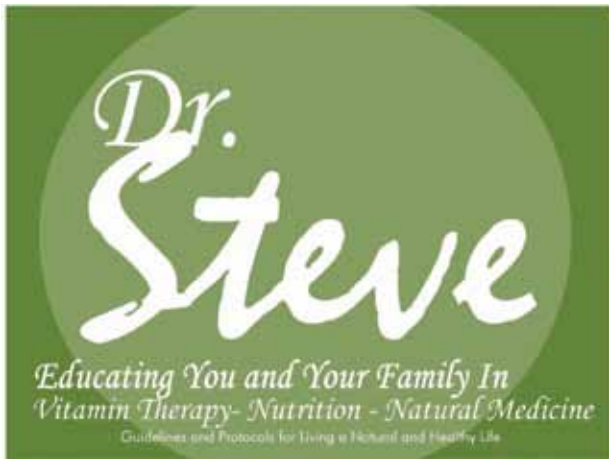


52

Naturopathic Doctors

Natural Medicine

“finding the root cause”



Dr. Steven T. Castille, BSc, Ms, DNM
natural medicine

Biochemist, Clinical Herbalist and Doctor of Natural Medicine

Bachelor of Science in Biochemistry, Master of Science in Engineering and Technology Management, Doctorate in Natural Medicine

Naturopathy is a form of alternative or complementary medicine.

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

The Basics of Naturopathy

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

Naturopaths see themselves as teachers, and work with patients on lifestyle changes that promote healing and optimal health.

Taking many aspects of a patient’s life and history into consideration, naturopaths may address diet and nutrition, chronic health conditions, exercise, emotional health, spirituality, family history, and many other factors during the course of treatment.

The prevention of disease and illness is one of the most important aspects of naturopathic medicine. Whereas mainstream medicine may concentrate

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

Traditional Naturopaths

In the United States, there are three categories of practitioners of naturopathy: naturopathic physicians, traditional naturopaths, and various providers who utilize aspects of naturopathic medical practice. In terms of education, traditional naturopaths complete a bachelor’s degree and pre-medical education in one of the three major areas of science (chemistry, biology, or physics) and graduate-level training in science and



natural medicine. Traditional naturopaths complete continuing education requirements to stay current with the most current natural medicine practices.

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

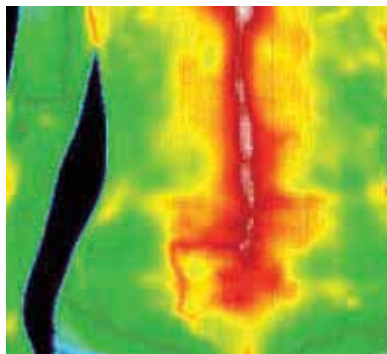
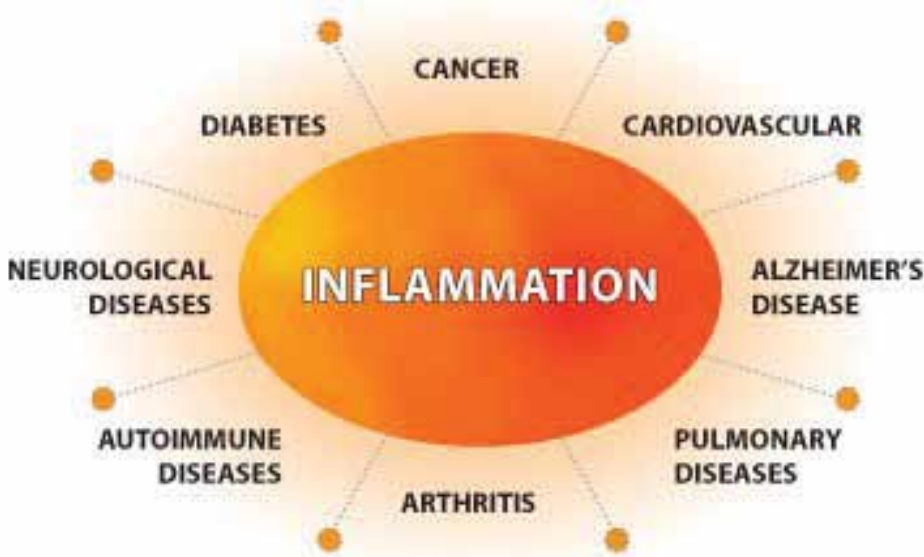
Is Naturopathy for Me?

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

What Can I Expect?

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

the natural path



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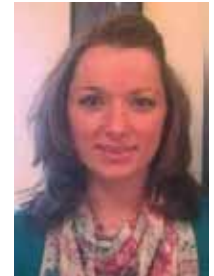
China Ledet
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Megan Reed
Thermography Tech



Martha Francis
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Kelly Aymond
Licensed Massage Therapist

'Good Food Is Fun' at Counter Culture



At Counter Culture, in Lafayette, “good food is fun,” and it’s also healthful. Since 1977, Counter Culture has served frozen yogurt, soups, sandwiches and salads, all made with fresh ingredients.

The specialty dessert is the “Humphrey Yogart,” frozen yogurt topped with three fresh fruits, granola and honey. Counter Culture’s frozen yogurt, which comes in a variety of flavors, is smooth, creamy and tart; fruit and other toppings can be added to any flavor.

Hearty sandwiches are made with high-quality meats and fresh vegetables. Counter Culture serves a variety of soups as well, such as chicken noodle and black bean, and fresh salads topped with special dressings.

University of Louisiana–Lafayette students receive 10 percent off their orders with student identification.

Location: 1899 W. Pinhook Rd., Lafayette. For more information, call 337-534-8211 or visit CounterCultureFoods.com.

Pinot’s Palette Coming Soon to Lafayette



Pinot’s Palette, an upscale “paint and sip” studio, is coming soon to Lafayette. Owners Aaron and René Miller say the studio, which offers visitors the opportunity to paint, drink responsibly and have fun,” is scheduled to

open at the end of March. Classes will be taught by a local artist.

In two or three participants can create a complete, attractive painting. No art experience or special talent is required, says Aaron Miller. “Our artist will guide you step by step through the featured painting and will ensure that you stay on track to complete your masterpiece by the end of class,” he explains. “There are no mistakes, but acrylic paint dries quickly, making mistakes easy to fix and perfect.”

Guests can enjoy the in-house bar or bring their favorite beverages; an ice bucket can keep wine chilled during class. “We do expect all painters to be responsible with alcohol on and off the premises,” Miller says. Pinot’s Palette will help people celebrate girls’ nights out, date nights, anniversaries, birthdays, private parties and other special events. Miller also encourages people to visit the website (PinotsPalette.com/Lafayette) and sign up for their newsletter to win free classes and learn about special events

Location: 2811 Johnson St., South College Shopping Center, Lafayette. For more information, email Lafayette@PinotsPalette.com or visit PinotsPalette.com/Lafayette or [PinotsPaletteLafayette](https://www.facebook.com/PinotsPaletteLafayette) on Facebook.

Pottery Painting at Clayfish Bisque

Clayfish Bisque, in Lafayette, is a locally owned pottery painting studio. Creative spirits of all ages are invited to visit and paint a piece of pottery, from piggy banks to dog bowls to spoon rests to picture frames. All pottery is food-safe.



Pottery painting is a fun way to express one’s artistic side and a great way for parents and kids to create a special piece of art and to spend quality time together. Besides the joy creating something memorable, pottery painting provides relaxing stress-relief.

The friendly staff at Clayfish Bisque is helpful and encouraging, and can assist guests with technique, design and advice in order to help achieve the desired look. After the pottery is painted, it is fired in the kiln. A week later, it can be picked up and taken home. Creating memorable items at Clayfish Bisque is an easy way to have creative fun.

Location: 5520 Johnston St., Centerpiece Shopping Center, Lafayette. For more information, call 337-991-0120 or visit MyClayfishBisque.com.

Mobile Vet Clinic for Pets

Dr. Scott J. Broussard understands that bringing a pet to a veterinarian’s office isn’t always easy. His mobile veterinary clinic, The Waggin Train, offers pet owners in Lafayette and the surrounding areas the highest quality of veterinary care in their own homes.

Broussard’s fully equipped, 24-foot mobile veterinary clinic includes a state-of-the-art surgical suite, the latest in dental equipment and technology. The clinic provides comprehensive medical care for dogs, cats, birds and some exotic pets in a caring, friendly and relaxed atmosphere. His services include annual

examinations, vaccinations, micro-chipping for identification, diagnostic testing, anesthetic procedures (including spaying and neutering, dental cleaning and mass removal) and a fully stocked pharmacy with a wide array of flea and heartworm medications, antibiotics and anti-inflammatory treatments.



Broussard is experienced and dedicated to ensuring that pets and their families have a pleasant and thorough veterinary experience, without leaving the comfort of home.

For more information, call 337-230-WAGS (9247) or visit TheWagginTrain.com.

Local, Classic Pecan Gifts for Any Occasion

Classic Golden Pecans, in Lafayette, is now offering a selection of gourmet pecan gift products with a south Louisiana Cajun flair. In honor of Mardi Gras, owners Bill and Louise Bowers also offer King Cakes with five different fillings, including praline pecan.



In addition to these items, Classic Golden Pecans offers pecan gift bags, gift packages, customized corporate gifts, pecan fudge, oil and other products "made in the heart of Cajun country, in Lafayette, Louisiana," say the owners. Classic Golden Pecan products are made from specially selected pecans harvested from pecan orchards prized for generations.

Location: 4303 Johnston St., Lafayette. For more information, call 337-988-0850 or visit ClassicGoldenPecans.com.

New Massage Therapist at Dharma Wellness Center

Dharma Wellness Center, in Sunset, announces the addition of massage therapist Kelly Aymond to its staff.

Aymond is a graduate of the massage therapy program at Blue Cliff College, in Lafayette. She has three years of experience in

Swedish massage (non-invasive, light touch that is slower and more methodical and topical); deep-tissue massage (designed to relieve pain and aches deep in the muscle); prenatal massage (administered after the first trimester to relieve stress on the spine); and sports massage (for those who train frequently or for muscle therapy and injury prevention before and after sports events).



Kelly Aymond

people suffering with these conditions to function," she says.

Aymond also helps those whose jobs include repetitive motion that causes their muscles to tense up. Regular massages can help chronic pain situations and also prevent long-term damage that can also extend to other parts of the body, she explains. She recommends a massage once month, or more often for those with more severe cases. "Even for those without pain, a massage can be refreshing and energizing to the nervous system," Aymond says. "I am happy to offer massage therapy, which supports healing, boosts energy, reduces recovery time after injury, eases pain, enhances relaxation, improves mood and increases the overall well-being of the body, mind and spirit."

Dharma Wellness Center is located at 166-H Oak Tree Park Dr., Sunset. For more information or to make an appointment, call 337-662-3120.

Gardening for Good Health at Green Thumb Plants and Supply

Green Thumb Plants and Supply, a full-service nursery in Youngsville, has everything gardeners need to get started for gardens of all shapes and sizes, including a large supply of landscaping materials.



The knowledgeable and experienced staff at Green Thumb can offer tips and ideas to enhance and maintain established gardens or create new gardens.

It's not too early to start thinking about spring gardening. According to the National Gardening Association, gardening helps kids grow healthy by encouraging better eating, learning about nature and building life skills. Gardening can also be a great way to burn calories and reduce stress.

Location: 3901 Verot School Rd., Youngsville. For more information, call 337-857-0002.

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- 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 juice is 70% chlorophyll and since the

chlorophyll molecule is virtually identical to hemoglobin (red blood cells that carry oxygen), wheatgrass juice will oxygenate your body

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

Green Waters Alkaline Water

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



WheTea Weight loss drops



- Contain 100% organic wheatgrass
- Burns fat
- Contains EGCG for fat oxidation
- Boosts metabolism
- Increases the body's alkalinity
- Contains over 92 elements

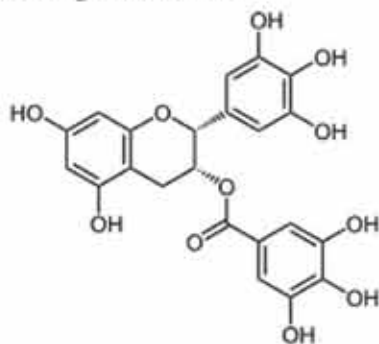


MORE THAN JUST WheTea

Natural Awakenings introduced WheTea in 2012 to favorably alter fat cells that respond to EGCG. Since then, additional compounds and fat burning properties have been discovered that enable cellular detoxification and % body fat loss.

Just two droppers in every 8 ounces of water daily can reduce body fat by 4% in six weeks.

"EGCG is a safer and more effective way of actually decreasing body fat potential for the future, as well as present time."



Epigallocatechin Gallate (EGCG) Compound found in WheTea

WheTea is rich in a class of polyphenols known as catechins which gives green tea its color. The strongest catechin is epigallocatechin gallate (EGCG). Experts agree that EGCG increases the rate at which fat is burned, and reduces the absorption of calories from the diet.

EGCG is also a powerful anti-oxidant which means that it inhibits the growth of cancer cells. It is proven that it is at least 100 more times more effective than vitamin C and 25 times more effective than vitamin E at protecting cells and DNA from damage believed to be linked to cancer, heart disease and other serious illnesses.

Studies Claim Green Tea found in WheTea is Very Effective in Preventing Cancer and Dementia

Wheatgrass found in WheTea has high amounts of chlorophyll which has been found to decrease the growth and development of harmful bacteria in the body. This allows the immune system to grow stronger and to protect the body even better.



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Natural Health Center, Carencro

Address: 100 E. Angelle St. Telephone: 896-4141

DHARMA Wellness Center, Sunset

Address: 166 H Oak Tree Park Drive Telephone: 662-3120

Benny's Sport Shack, Opelousas

Address: 806 S. Union St. Telephone: 948-6533

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WheTea

THERMOGENIC FAT BURNER
Wheatgrass - Green Tea Concentrated Extract

contains
100% Organic Wheatgrass

- Burns fat
- Contains EGCG for fat oxidation
- Boosts metabolism
- Increases the body's alkalinity
- Contains over 92 elements

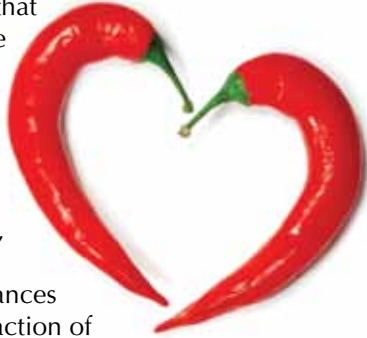


Hot Peppers Help the Heart

February is Heart Health Month, and individuals that like hot peppers have another reason to continue their spicy habit, according to recent research.

A study presented at the latest National Meeting and Exposition of the American Chemical Society focused on the benefits of capsaicin and its fiery-hot relatives, a piquant family of substances termed capsaicinoids, that give cayenne, jalapeños, habanero and other chili peppers their heat.

The research team discovered that these substances boost heart health in several ways: They block the action of a gene producing a substance that makes arteries contract and restrict the flow of blood to the heart and other organs; lower cholesterol by reducing its accumulation in the body and increasing its breakdown and excretion; decrease the size of cholesterol deposits already formed in blood vessels that narrow arteries and increase the risk of heart attacks or strokes; and reduce overall levels of so-called “bad” cholesterol while not affecting levels of “good” cholesterol.

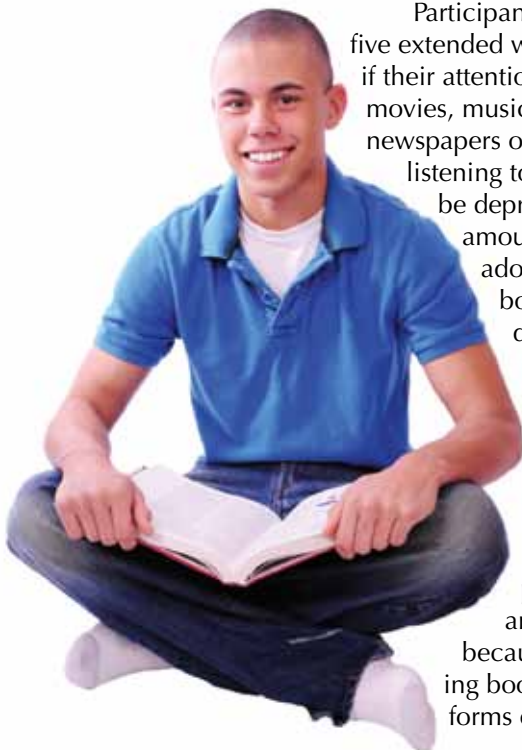


Reading Helps Teens Beat the Blues

Books stimulate the mind in more ways than previously known, and may even help reduce the risk of depression in teenagers, according to a new study published in the journal *Archives of Pediatric and Adolescent Medicine*. University of Pittsburgh School of Medicine researchers report adolescents that spend more time reading books are less likely to experience a major depressive disorder than those listening to contemporary music.

Participants were called up to 60 times during five extended weekends over two months and asked if their attention was currently devoted to television, movies, music, video games, the Internet, magazines, newspapers or books. Teens that spent the most hours listening to music were 8.5 times more likely to be depressed than those that spent the least amount of time absorbed in tunes. In contrast, adolescents that read the most (primarily books) were 10 percent as likely to be depressed as those that read the least.

Major depression is thought to affect one in 12 teenagers, according to the U.S. National Institute of Mental Health. Dr. Brian Primack, the assistant professor of medicine and pediatrics who led the study, remarks, “These findings may help clinicians and parents recognize links between media and depression. This is worth emphasizing because overall in the United States, reading books is decreasing, while nearly all other forms of media use are increasing.”



ALEXANDER TECHNIQUE LESSENS BACK PAIN

Notoriously difficult to treat, chronic back pain may be behind more disability and days off from work than any other health condition. A recent study published by the *British Medical Journal*, involving more than 500 patients, concludes that practicing the Alexander Technique, an awareness practice to identify and correct unconscious negative physical habits related to posture and movement, breathing and tension, combined with moderate exercise, can help.

The patients were either given normal physician care, massage or six or 24 lessons of the technique, which helped them learn to align the head, neck and back muscles, release unnecessary restrictions and improve overall balance. Half the patients in each group were also assigned to walk briskly for 30 minutes a day, five days a week.

Massage provided pain relief for the corresponding group for the first three months, and then the benefit had to be reinstated. Patients trained in how to daily use knowledge acquired from practicing the Alexander Technique reported less pain and an ability to do more by the end of the year. Individuals that received six lessons and stuck to a recommended exercise routine did nearly as well as those that had 24 lessons.

For more information, visit AlexanderTechnique.com.

Mindful Meditation Eases Loneliness

Valentine's Day can increase feelings of loneliness, especially for the elderly, and may pose an additional risk factor for health problems such as heart disease and Alzheimer's. A new study published in the journal *Brain, Behavior, and Immunity*, offers fresh evidence that mindfulness meditation reduces negative thoughts about being alone in older adults and also improves their physical health. The ancient practice dates back to the time of Buddha and focuses on creating an attentive awareness of the present moment.

In the study, researchers at Carnegie Mellon University, in Pennsylvania, recruited 40 healthy adults between the ages of 55 and 85 that were interested in learning the technique. Subjects were assessed at the beginning and end of the study using an established loneliness scale, and blood samples were collected. After eight weeks of meditation training, participants reported decreased feelings of loneliness, and new blood samples revealed reduced pro-inflammatory gene expression (manifestation of encoded information). Inflammation is thought to promote the development and progression of many diseases, including cardiovascular and neurodegenerative diseases and cancer.

Lead researcher J. David Creswell reports, "Mindfulness meditation training is a promising intervention for improving the health of older adults. It's important to train your mind like you train your biceps in the gym."



THE SALTSHAKER THIEF

Before reaching for the saltshaker, consider that excessive dietary salt not only burdens the kidneys and increases the risk of hypertension; it may also deplete vital calcium. Research by Canadian medical researchers at the University of Alberta recently discovered an important link between sodium and calcium, which appear to be regulated by the same molecule in the body. When sodium intake becomes too high, the body excretes it via urine, taking calcium with it and creating a risk for developing kidney stones and osteoporosis. So, pass the pepper instead.



PEEL-GOOD ENERGY

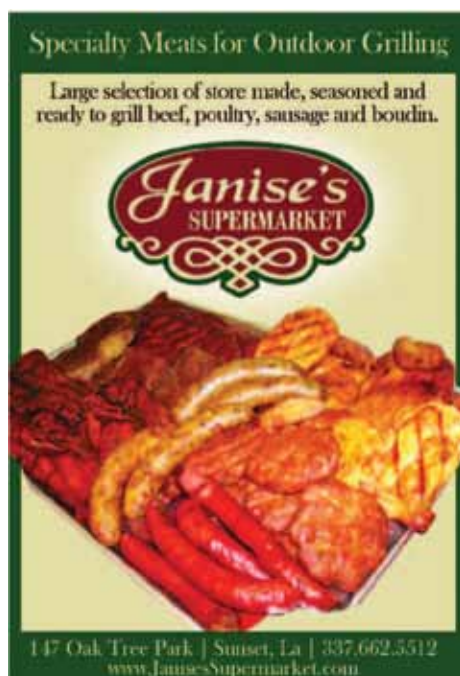
Consumers do not need to buy overpriced, sugary sports drinks in order to replenish carbohydrates and electrolytes during or after exercise, say researchers at the Appalachian State University Human Performance Lab at the North Carolina Research Campus, in Kannapolis. Instead, just grab a banana. The tasty fruit not only offers the same performance boost as sports drinks, but additional advantages, as well. Bananas provide antioxidants not found in the manmade beverages, plus a greater nutritional boost, including fiber, potassium and vitamin B₆. Bananas also boast a healthier blend of natural sugars than sports drinks.



Red, White and True

Bag the guesswork of grocery shopping and let the American Heart Association (AHA) Heart-Check mark help identify healthy foods. The red-and-white icon, created in 1995 and now found on product packaging, is a solid first step in building a heart-friendly diet.

The AHA is now beginning to include foods with high levels of monounsaturated and polyunsaturated fats—the "good" fats—in the Heart-Check program. Updated requirements also covering sodium, sugar and fiber will take effect in 2014 to allow food manufacturers time to reformulate their products.



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

Safer Cells

Mobile Phones Becoming Less Toxic

The Ecology Center, in Ann Arbor, Michigan, in conjunction with technicians at *IFixIt.com*, has published a list of toxic chemicals found in 36 cell phones from a range of manufacturers. The good news is that companies are responding to consumer and regulatory pressure and these troublesome components are on the decline.



The Motorola Citrus, Apple iPhone 4S and LE Remarq were the least toxic cell phones in the analysis. Two of the bestselling models, the iPhone 5 and Samsung Galaxy S III, ranked fifth and ninth, respectively. Among earlier models, the 2007 iPhone 2G was found to contain the most toxic materials.

Jeff Gearhart, research director at the Ecology Center, concludes, "The take-away is that mobile phones are chemically intensive and full of chemical hazards, but they've been getting a lot better." The center reported that every phone sampled in the study contained lead, bromine, chlorine, mercury or cadmium.

Source: Tinyurl.com/MobileRisk

Parasite Protection

Animals' Native Remedies Offer Insights



We can learn much from animal species that self-medicate naturally. Some have developed the ability to alter their diets and behavior in ways that provide protection from lethal, microscopic parasites.

Chimpanzees held captive often succumb to infection by a parasitic worm, which can lead to lethal intestinal blockages or secondary bacterial infections. But chimps in the wild rarely experience such deadly ailments. More than 30 years ago, Michael Huffman, who studies evolution of social systems at the University of Kyoto, in Japan, noticed that wild chimps treated themselves by ingesting foods with special properties that fight intestinal worm infections.

Scientists recently discovered why monarch butterflies are so picky in choosing the milkweed plants on which to lay their eggs. "The females often taste a plant, reject it and fly away," explains Jacobus de Roode, Ph.D., of Emory University, in Atlanta, Georgia. His research team found that butterflies infected with a certain protozoan parasite seek out milkweeds containing high levels of cardenolide, a plant steroid that interferes with parasite growth in monarch caterpillars.

Scientists have identified many other species that partake in self-medicating practices, including macaques and sheep. Recognition that various insects such as honey bees and fruit flies share this trait is enabling scientists to rigorously examine the phenomenon in the laboratory, with hopes of finding applications in animal husbandry and even human medicine.

Source: *The Scientist magazine*

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Peaceful Spirits

Living Spiritual Laws in Prison

Living the Power, an organization formed by Marie Jackson in 2010, is piloting its Living the Power Behind Bars program in the Edna Mahan Correctional Facility for Women, in New Jersey, with encouraging results.

Jackson supplies recommended course and resource materials for workshops aimed to help guide inmates to new ways of thinking and approaching everyday decisions using kindness and self-reflection. Through understanding spiritual laws of attraction and intention, participants learn to deepen and redirect their perceptions of themselves, others, events and circumstances to live a life of increased peace, balance and personal fulfillment, while positively influencing their greater environment.

"I've learned as much from the women in the program as they have from me," says Jackson. "Keeping our spirit free is at the heart of peace no matter where we are."

Source: LivingThePower.com/EdnaMahan.html



Free Gas

Promise of New Sustainable Power Source at Hand

British engineers at Air Fuel Synthesis have succeeded in using an innovative new "air capture" technology to remove carbon dioxide greenhouse emissions from the air and transform them into synthetic gasoline.

The two-year experimental project mixes sodium hydroxide with carbon dioxide before electrolyzing the sodium carbonate that it produces to form pure carbon dioxide. Hydrogen is then produced by also electrolyzing water vapor captured with a dehumidifier. The carbon dioxide and hydrogen then produce methanol, which is passed through a gasoline fuel reactor to create the fuel. The prototype mini-refinery, in Stockton-on-Tees, in Teesside, produced five liters of gas in less than three months. A larger plant might produce more than a ton of gasoline every day, and a refinery-sized operation is envisioned within 15 years.

The fuel can be used in any regular application and if renewable energy were used to provide the electricity, the system would be completely carbon neutral. While the technology has the backing of Britain's Institution of Mechanical Engineers and private philanthropists, it has yet to capture the interest of major oil companies.

Source: The Telegraph



Good Hood

Paving the Way in Sustainable Streets



A one-and-one-half-mile stretch of Cermak Road, on Chicago's West Side, will soon become one of the greenest streets in the country, and possibly the world. The historic industrial artery is shedding its smokestacks and corrugated steel warehouses for a \$16 million makeover by the Chicago Department of Transportation (CDOT) that will make the corridor a Leadership in Energy and Environmental Design (LEED) platinum showcase.

Improvements range from solar-paneled bus stops to native plants and pavement that absorbs rainwater. Armed with tax increment financing funds and grant money, the CDOT set to work incorporating what may be the most sustainable elements ever to go into a single stretch of road. In addition, all materials were found within a 500-mile radius of the project. Twenty-three percent of the materials used are from recycled sources, and more than 60 percent of the redevelopment construction waste will itself be recycled. Other cities are studying the project as a blueprint for change.

Source: Grist.com

Friend Me

Civic Engagement Linked to Social Media

The Pew Research Center's Internet & American Life Project has revealed that the use of social media is becoming an important feature of political and civic engagement. Approximately 60 percent of U.S. adults use social networking sites like Facebook or Twitter, and 66 percent of those—or 39 percent in total—have participated in at least one civic or political activity using social media.

In a three-week survey conducted last summer, two-thirds of the 2,253 adult respondents ages 18 and older said they had used social media platforms to post their thoughts about civic and political issues; respond to other postings; press friends to act on issues; follow candidates and vote; "like" and link to other content; and join groups formed on social networking sites.

Source: PewForum.org



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, rebuildier, 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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Natural Health Center, 100 E. Angelle St., Carencro 337-347-4141.
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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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Reusing, recycling or repurposing a worn-out mattress is a far better solution than adding another to the 20 million or so that annually end up in landfills. Before discarding, first check with family members, friends or coworkers, or post a note on a community bulletin board or on the Internet (Freecycle.org) about the availability of a free, gently used mattress.



Next, offer to donate the mattress to The Salvation Army, Goodwill Industries or a local consignment or thrift shop, church, shelter or disaster relief organization. Note that this option may require professional cleaning prior to donation. Many nonprofit outlets provide free home pickup of items, which can be claimed as a charitable tax deduction.

Crafty individuals may want to disassemble the mattress and make use of buttons, tabs and fabric for sewing pillowcases, reupholstering indoor furniture, covering outdoor furniture or as stuffing for pillows. Check with local artist centers too, because one or more of their members may wish to use recyclable materials like the metal springs in their works.

The wooden frame and the stuffing of the mattress can be used to create a backyard compost pile. The wood slats become the compost bin's architecture, while the foam padding or cotton stuffing serves to shelter compost from the elements and keep the pile warm, which accelerates the composting process. The same stuffing also can be used as landscape fabric to help control the growth of weeds in the garden, and springs make a serviceable trellis to support growing plants.

Some recycling centers do not accept mattresses. Find local resources and policies at Earth911.com.

Sources: Home.HowStuffWorks.com, Tinyurl.com/RadicalRecyclingMattresses

Worse & Worse Fracking Goes Radioactive

Grassroots Environmental Education, based in New York state, where extensive underground hydraulic fracturing—known as fracking—is proposed for tapping pockets of natural gas, has issued a report exposing major radioactive impacts of the practice that's underway in several states and planned for many more.

The Northeast's Marcellus Shale region is coveted for its rich gas deposits trapped in a substrate far below the water aquifer. Fracking not only uses toxic chemicals under high pressure that can contaminate drinking and groundwater—it can also release substantial quantities of deadly radioactive poisons, bringing them to the surface, where they have the potential to pollute air, water, soil, food crops and animal feed. The report notes that the radioactive material includes, for instance, carcinogenic radium-226, with a half-life of 1,600 years, which remains toxic for up to 32,000 years.

E. Ivan White, a staff scientist for 30 years on the congressionally chartered National Council on Radiation Protection, observes that such radioactive material could easily bio-accumulate over time and deliver a dangerous radiation dose to potentially millions of people long after drilling is completed. He states, "Neither New York state nor the Nuclear Regulatory Commission would permit a nuclear power plant to handle radioactive material in this manner."

Doug Wood, associate director of Grassroots Environmental Education and editor of the report, says, "Once radioactive material comes out of the ground... it is virtually impossible to eliminate or mitigate. Sooner or later, it's going to end up in our environment and eventually, our food chain. It's a problem with no good solution—and the [state] is unequipped to handle it."

Wood believes that releasing radioactive radium from the ground is a moral issue. "We must not burden future generations with this. We must say 'No.' to fracking now," he says, "and implement the use of sustainable forms of energy that don't kill."

For more details visit, Tinyurl.com/RadioactiveFracking. Join with others protesting fracking locally; find action tools at GlobalFrackdown.org.



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We are a dynamic movement on the cutting edge of spiritual evolution. We teach universal spiritual principles that change lives. We believe in abundance – Living in the infinite flow of God's good, we draw from God's inexhaustible supply and wisely use our rich resources to serve the world.

God

God is Spirit, the loving source of all that is. God is the one power, all good, everywhere present, all wisdom. God is divine energy, continually creating, expressing and sustaining all creation. In God, we live and move and have our being. In SEASONS, some other ways we speak of God are Life, Light, Love, Substance, Principle, Law, and Universal Mind.

Jesus

We believe that Jesus expressed his divine potential and sought to show humankind how to express ours as well. We see Jesus as a master teacher of universal truths. In SEASONS, we use the term "Christ" to mean the divinity in humankind. Jesus is the great example of the Christ in expression.

The Nature of Humankind

We are each individual, eternal expressions of God. Our essential nature is divine and therefore inherently good. Our purpose is to express our divine potential as realized and demonstrated by Jesus. The more we awaken to our divine nature, the more fully God expresses in and through our lives.

The Bible

At SEASONS we view the Bible as history and allegory, and interpret it as a metaphysical representation of humankind's evolutionary journey toward spiritual awakening. We understand that the Bible was inspired by God and written by man. In addition, SEASONS recognizes that the Bible is a complex collection of writings compiled over many centuries. We honor the writings as reflecting the understanding and inspiration of the writers at the time they were written. The Bible is our instruction book.

Our Teachings

SEASONS teaches that each person is a unique expression of God created with sacred worth. Living from that awareness transforms our lives and the world. SEASONS emphasizes the creative power of thought in our life experience. When we take personal responsibility to choose life affirming thoughts, words and actions, we experience a more fulfilling and abundant life. SEASONS emphasizes the importance of applying spiritual principles in our daily lives. SEASONS teachings continue to evolve as we identify, embrace and apply spiritual insights and the spiritual implications of new discoveries.

Prayer and Meditation

Affirmative prayer is the highest form of creative thought. It includes the release of counterproductive, negative thoughts as well as holding in mind statements of spiritual truth. Through meditation, we experience the presence of God. Prayer and meditation heighten our awareness and thereby transform our lives.

Spiritual Action

In SEASONS, we feel a sacred responsibility, individually and collectively, to make a positive difference through personal example and active service in our churches, our communities and our world.

Statement for Peace

SEASONS stands for peace in the presence of conflict; for love in the presence of hatred; for forgiveness in the presence of injury. SEASONS honors the many names for God, the many paths to God, the many ways to worship God; for there is only one power and presence of God and that God loves each one of us equally. It is therefore the position of SEASONS to urge all nations, their leaders, and their people to turn to God by whatever the name for guidance during these challenging times and pursue peace, not war, for this is what honors the God of all our faith traditions. SEASONS stands for peace in our lifetime.



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Bodywork Goes MAINSTREAM

Helpful Access Points to Health

by Linda Sechrist

The seed holds within itself hints of its magnificent maturity. So it is with the practice of whole-person health care, which has matured in language, sophistication, credibility and acceptance. In a single generation, we've seen its presence grow from the outer edges of holistic and alternative wellness to complementary and integrative health care. Its latest evolution into America's mainstream is known as functional medicine. The branch of massage therapy, the germination point for myriad therapies collectively known as bodywork, patterns the movement's development.

Once considered a luxury for the pampered few, massage was among the first therapies to be widely recognized by physicians as a respected aspect of integrative and functional medicine. Bodywork increasingly shares this status, as it is included in conventional medicine's more innovative healthcare models that embrace a body, mind and spirit approach. One of many examples is Duke Integrative Medicine, in Durham,

North Carolina, where patient services include a form of integrative massage that blends Swedish massage, myofascial therapy, reflexology, energy work and somatic therapy techniques.

In the public's view, bodywork is still largely associated with massage, although distinct forms stand on their own, including Rolfing, structural integration, shiatsu and myofascial and craniosacral therapies. Bodywork professionals generally belong to the

American Massage Therapy Association (AMTA), whatever their specialized modality. They may also participate in other professional organizations, such as the Associated Bodywork & Massage Professionals, which has some 80,000 members, many of which are also members of the International Association for Structural Integrators. These nonprofits' websites help individuals locate practitioners in their area.

According to Maureen Moon, past president of AMTA, many massage therapists (which don't refer to themselves as bodyworkers) are trained in various bodywork therapies and intuitively integrate them into their sessions, depending upon each client's needs.

She notes that, "Many AMTA members are so passionate about their profession and meeting the continuing education (CEU) requirements that they go far beyond the units required to maintain their license, which can vary from state-to-state." For example, Moon has trained in spinal reflex analysis, developed by Dr. Frank Jarrell, neuromuscular and craniosacral therapies, shiatsu and seven massage therapies. "Most AMTA members are CEU junkies," quips Moon, who points out that national conventions provide continuing education and chapter meetings frequently introduce attendees to new techniques. Some practitioners discover specialties while in search of pain relief for personal injuries or other conditions.

Myofascial Therapy

Olympia Hostler, a myofascial therapist in Tinton Falls, New Jersey, had two serious horse riding accidents during adolescence and three automobile accidents by age 40, which combined, left her so incapacitated that she could barely walk. "I couldn't work for three years, because I was so debilitated," relates Hostler. She found her doctor's diagnosis of severe permanent damage to the body's soft connective tissue, or fascia, and the prognosis of a lifetime of living with pain unacceptable. So she began searching for something that would help restore health. Her investigation of therapies ended with myofascial release, an effective whole-body approach to the treatment of pain and dysfunction, developed by Physical Therapist John F. Barnes.

"I had several sessions and found lasting pain relief unlike anything I'd ever experienced," advises Hostler. Unlike massage therapies focused on improving circulation, inducing relaxation or draining lymph fluid, the myofascial treatment reached Hostler's deepest layer of fascia to free the restrictions causing her pain. "It was amazing that a hands-on application of gentle, sustained pressure into areas of restriction in the myofascial connective tissue could begin to relieve many years of ongoing, intense pain," says Hostler.

Rolfing

As a Certified (advanced) Rolfer and Rolf Movement Practitioner, Robert McWilliams has been able to pursue his lifelong passion in the fields of movement and physical fitness, which included 25 years as a professional dancer and 14 as a professor of modern dance. He taught at both the University of Oklahoma and the University of Florida, in Gainesville.

"In the 1980s, while I was still dancing, I had an experience with Rolfing, developed by Ida P. Rolf [Ph.D.], that transformed my dancing, increased my athletic performance alignment, coordination, flexibility, balance, muscle tone, expressive power and overall sense of relaxation onstage, as well as in daily life," relates McWilliams. He currently serves as an assistant teacher at the Rolf Institute of Structural Integration, in Boulder, Colorado, where he trained.

Although McWilliams' clients generally see him to treat the pain and discomfort of injuries, he says that they frequently change their focus to how their body is working better overall. "This is because injuries tend to resolve themselves after a few sessions of deep tissue manipulation of the myofascial system," says McWilliams.

A specialized series of 10 sessions works to systematically balance and optimize both the structure (shape) and function (movement) of the entire body. Each session focuses on freeing up a particular region of the body. The effect releases old limiting patterns and postures and restores the body's natural alignment and sense of integration. "Often, as freedom of physical expression increases, so does emotional expression," comments McWilliams.

Structural Integration

"While Rolfers graduate from The Rolf Institute and attend certified training programs in order to maintain their trademark, and structural integrators can attend any of 14 certified U.S. schools, we are all structural integrators; our training is based on the work of Ida Rolf," says Diane Roth, a board-certified structural integrator who has specialized in massage and bodywork for 25 years in the Chicago area.

Roth explains that all practitioners in this field of study combine hands-on freeing and realigning of fascial tissue with awareness and movement education, in order to structurally integrate the whole body. Restoration of postural balance and functional ease greatly helps the body, which, she says, constantly labors against the powerful force of gravity.

Like Moon, Roth has studied and incorporated other adjunct therapies and modalities, such as craniosacral therapy and myofascial release. From her perspective, bodywork differs from massage in that it requires more involvement from the client.

"I tell my clients that with a veritable village of treatments available, there is always help for anyone that suffers with aches and pains, regardless of age," says Roth.

Shiatsu

Shirley Scranta, owner and director of the International School of Shiatsu, in Doylestown, Pennsylvania, discovered *The Book of Shiatsu: The Healing Art of Finger Pressure*, by Saul Goodman, in a health food store. She subsequently researched the school that Goodman founded in 1978, based on the theories of masunaga Zen shiatsu, kushi macrobiotic and his own shiatsu shin tai.

In 1996, Scranta became one of Goodman's clients. "I drove a round-trip of 240 miles for weekly treatments because each session made me feel better and stronger. After five sessions, I enrolled in classes and graduated later that year," says Scranta. She believes the widely known form of acupressure helped her body reestablish its own intelligence system, which had been distorted by childhood trauma.

"This gentle technique applies varying degrees of pressure to release

tension, strengthen weak areas, facilitate circulation and balance the life energy that flows through the meridians in the body," she explains. "In my case, it helped me connect with my body so that I could honor it and do what it needed to rejuvenate itself."

Craniosacral Therapy

Chiropractor Lisa Upledger is vice president of The Upledger Institute, in Palm Beach Gardens, Florida. A craniosacral therapy (CST) practitioner, educator and wife of CST developer Dr. John Upledger, she advises that tension-related problems are a growing complaint in our modern world. Fortunately, such issues are among the myriad conditions that respond quickly to the gentle touch of this modality.

In a 2007 *Massage* magazine article, she advised that the positive effects of the therapy rely to a large extent on the performance of the body's inherent self-corrective mechanisms. "CST works through the craniosacral system to facilitate this function and thereby normalize the environment in which the central nervous system functions," she noted. "As this is accomplished, a wide range of sensory, motor and neurological problems are improved."

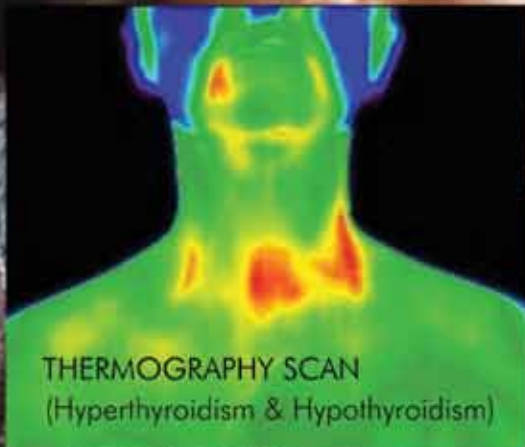
CST practitioners listen with their hands to the slow pulsations of the craniosacral system. With a soft touch, equivalent to the weight of a nickel, they explore any fascia restrictions throughout the client's body, which rests fully clothed in a supine position. Effects of the treatment can be wide-ranging, affecting the musculoskeletal, nervous, cardiovascular and immune systems as well as organs, connective tissues and energy systems. It works to release deeply held physical and psychological patterns held within the body.

A coin with different impressions on each side is still only one coin, a blend of precious metals. When the coin is tossed to reveal either heads or tails, the visible symbol is one interpretation of the whole imprint—an analogy that may best define the difference between massage and bodywork. All variations on the theme share the same goal—restoring health to the whole person.

Linda Sechrist is a senior staff writer for Natural Awakenings. Find other natural living articles at her website, ItsAllAboutWe.com.

Hyperthyroidism - increased thyroid activity.

Hypothyroidism - decreased thyroid activity.



THERMOGRAPHY SCAN
(Hyperthyroidism & Hypothyroidism)

The TOP 10 Symptoms of a Thyroid Problem

Millions of People Have Undiagnosed Thyroid Conditions

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

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

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



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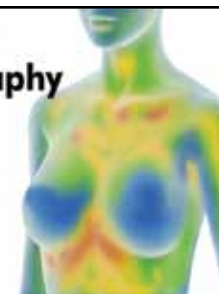
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2 years	256 cells	•
3 years	4,896 cells	
4 years	65,536 cells	•
5 years	1,048,576 cells	
6 years	16,777,216 cells	•
7 years	268,435,456 cells	
8 years	4,294,967,296 cells	•
9 years	68,719,476,736 cells	
10 years	1,099,511,627,776 cells	

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FEEL-GOOD MASSAGE

People's Hands-Down Favorites

by Rachel Mork

According to the American Massage Therapy Association, 53 percent of those that seek out professional massages do it to manage and relieve stress. Healthcare professionals recommend it as a way to support overall well-being, and its popularity continues to grow with some 38 million current U.S. massage enthusiasts.

But which form of massage is best? It depends on our personal preferences as well as which benefits we need, which may change from time to time. *Natural Awakenings* asked several expert licensed massage therapists to distinguish among the most widely used massage therapies to help us make the right choice.

Swedish Massage

"I've always wanted to create a bumper sticker that says, 'Massage Prevents Road Rage,'" quips Kris Richardson, of Kristine Richardson Massage Therapy, in Sturbridge, Massachusetts. She's

witnessed firsthand how, "Anyone that feels stressed can benefit from a Swedish massage." During 12 years in the business, she's helped clients ranging from Navy Seals to athletes from the Admirals professional hockey team, of Norfolk, Virginia, and Brown University's swim team, in Providence, Rhode Island.

Swedish massage consists of long, gliding, gentle strokes on upper muscle layers, often abetted by kneading, pummeling, brushing and tapping. Swedish massage is especially effective in improving circulation and relaxation; relieving muscle tension and back and neck pain; and decreasing stress. As the lymphatic system is stimulated, oxygen flow to muscles increases, resulting in a relaxed, almost dreamlike state.

Prenatal Swedish massage is also popular among pregnant women. Therapists apply minimal pressure to reduce back pain and to encourage drainage of the excess fluid that may collect in the legs and lower extremities

due to edema. It's important for expectant mothers to find a therapist trained in prenatal massage.

Hot Stone Massage

Hot stones enhance a Swedish or deep tissue massage through strategic placement of heated stones on the body to encourage the exchange of blood and lymph and provide ultimate relaxation of tense, tight muscles. Richardson particularly suggests it to counter "mouse syndrome"—her term for the nagging discomfort people can get from performing repetitive motions at a computer. Typically, the therapist first places a group of preheated stones on stubborn muscles, allowing the heat to penetrate knots, and then uses the stones to further massage muscles back to normal.

Deep Tissue Massage

Nicole Russo, of Evolve Body Therapy Center, in Charlotte, North Carolina, is among America's corps of therapists whose specialties include deep tissue massage. Nine years in, she has performed massage on sore pro football players with the Tennessee Titans, Cleveland Browns and Pittsburgh Steelers, as well as *Cirque du Soleil* artists.

The primary goal of this style is to repair injured or overstressed muscles, which also leaves clients feeling better, sounder and more flexible. Russo advises, "Injuries are a result of uneven wear and tear, which results in postural imbalances." So she applies slow strokes, proven kneading techniques and directed pressure via fingers, thumbs or elbows to work muscles from end-to-end, where they are attached to bones, addressing postural distortions, inflammatory pain and stored emotional tensions to restore muscle health.

Russo says deep tissue massage is usually targeted and intense, but, "It's a massage that produces lasting results. My clients also often report that they don't get headaches or backaches anymore."

Shiatsu Massage

Shiatsu massage is designed to leave a client feeling, "clear, sparkling and ready to do the next thing," says Dawn Grey Lapierre, of Intuitive Massage Therapy, in Santa Cruz, California. She describes the experience as active, rather than

passive. A licensed massage therapist for nearly 20 years, she also incorporates and applies principles of Traditional Chinese Medicine into each session.

For shiatsu massage, the fully clothed client lies on a mat. The therapist will apply pressure from the fingers, knuckles, elbows, knees and feet in a stimulating manner and also move the body into various positions in deep stretching. Shiatsu is used to release tension and strengthen weak areas in order to facilitate even circulation, cleanse cells and improve the function of vital organs.

Lapierre describes the experience as both invigorating and intimate. "I'm moving around on the floor with you, using my knees on the back of your thighs, or my feet on your back. I'm using any part of my body that will be useful in promoting better energy flow along the meridians in your body."

Shiatsu delivers a vigorous massage; aficionados of more basic styles may graduate to using it.

Thai Massage

Lapierre describes Thai massage as, "partner yoga, during which you'll get stretched and pulled until I've worked every inch of your body." She likes to focus on acupressure points and kneads sore muscles until energy blockages are cleared and energy flow fully restored.

Thai massage also incorporates gentle rocking motions, rhythmic compression along the body's energy meridians and passive stretching. It promotes flexibility, inner organ massage, oxygenation of the blood, quieting of the mind and general well-being.

Traditional Thai therapy is performed on a mat using no oils, with the client fully clothed. Thai massage is a favorite among yoga students.

Reflexology

For those new to massage and interested in trying it out, reflexology is a good way to start. Reflexology is performed only on the hands and feet, via finger and thumb massage, with the client fully clothed. It is based on the belief that specific reflex points on the soles of the feet and the palms of the hands correspond with every major organ, gland and area of the body.

Lapierre works reflexology into all of her massages, explaining, "A lot of healing can be accomplished simply through working the hands and feet, because every part the body is mapped out to related pressure points on the hands and feet. Thus, we can clear energy channels and release tension throughout the body just by working these specific points." Lapierre describes reflexology as calming and soothing.

Reflexology is especially suited for anyone wary about being touched; it is often incorporated with other forms of massage, as well.

Practitioners encourage everyone to find the form of massage that suits them best. "You will surely find one that brings you renewed vitality," concludes Lapierre. "Massage not only feels good, it's a good way to increase physical, mental and emotional health by reducing the effects of everyday stress. If you can't take the day off to unwind, at least find an hour to get a massage."

Rachel Mork is a freelance copywriter, editor and novelist in Charlotte, NC. Connect at RachelMork.com.

QUESTIONS & ANSWERS

Cancer Treatments from Around the World

- 1. Coffee enemas are the best single method of detoxification for a person with cancer?** *Answer.* False. Although possessing detox ability, coffee enemas simply do not contain the necessary nutrition to support specific detox pathways, which are dependent on the toxin or toxins in question; this must be determined based on clinical interview and lab testing.
- 2. A macrobiotic, vegetarian or raw diet is the best dietary approaches for one with cancer?** *Answer.* Regardless of the type of special food plan in question, the very best plan must be based on the needs of the individual. A raw diet may over tax an individual's ability to produce natural enzymes and, a particular diet may be deficient in one or more nutrients that are required by the specific patient who has cancer.
- 3. Intravenous vitamin C, as opposed to oral vitamin C, produced anticancer effects such as tumor killing through by being an antioxidant?** *Answer.* False. Intravenous vitamin C has been proven to work in cancer because it is an oxidant and NOT an antioxidant.
- 4. Hydrogen peroxide is a potential cancer killing agent?** *Answer.* Yes. Hydrogen peroxide is produced by white blood cells in the body and does have cancer cell killing effects.
- 5. Apigenin is an herb that has proven ovarian cell cancer killing effects?** *Answer.* True.
- 6. According to the American Cancer Society, green tea drinkers in East Asia have a lower risk of stomach, breast and colon cancer than non-tea drinkers?** *Answer.* True; however, the amounts of active elements in green tea consumed by Americans cannot be expected to be the same. Also, it is best to take the active ingredients of green tea when one has cancer as opposed to drinking tea only.
- 7. The form of vitamin D currently available in health food stores is the type that has been used in most medical studies for cancer prevention and treatment?** *Answer.* False. The active form of vitamin D3, known as 1, 25-D3, is the major anticancer form of vitamin D. This is a prescription item.
- 8. The optimal level of vitamin D measured on blood work is between 20 and 100 mg/dL?** *Answer.* False. Although the accepted clinical range of vitamin D tested on blood is between 20 and 100, optimal levels are approximately 75 and are associated with the lowest morbidity and mortality.
- 9. The evidence for toxic levels of vitamin D are when blood vitamin D are high?** *Answer.* False. The level of vitamin D in the blood can be high, but this does not mean it's toxic. High calcium levels, known as hypercalcemia is evidence that too much vitamin D is present. The treatment is to remove the vitamin D until the calcium levels come down (in a few days) and then restart vitamin D at a lower dose. Simple as that!

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Natural Awakenings' Bodywork Guide

In 2010, the nonprofit Cedars-Sinai Medical Center, in Los Angeles, published the results of research done by its department of psychiatry and behavioral neurosciences that confirmed centuries of anecdotal evidence: People that undergo massage experience measureable changes in the responses of their immune and endocrine systems.

For millennia, therapeutic touch has been used to heal the body and reduce tension. Today, more than 100 types of bodywork techniques are available, with modalities ranging from massage and deep tissue manipulation to movement awareness and bio-energetic therapies. All are designed to improve the body's structure and functioning. Bodywork may be used to help reduce pain, relieve stress, improve blood and lymphatic circulation and promote deep relaxation; some therapies simultaneously focus on emotional release.

The following list includes many of the better-known bodywork systems. Finding an approach that improves one's mental and physical health is a highly individual process; with professional guidance, several modalities may be combined for the greatest personal benefit.

Acupressure: Based on the same system as acupuncture, acupressure stimulates body pressure points using fingers and hands instead of needles, in order to restore a balanced flow of life energy (*qi* or *chi*, pronounced "chee"). This force moves through the body along 12 energy pathways, or meridians, which practitioners "unblock and strengthen." Common styles include *jin shin*, which gently holds at least two points at once for a minute or more; and *shiatsu*, which applies firm pressure to each point for three to five seconds. (Also see Shiatsu.) *Tui na* and Thai massage stimulate *qi* through acupressure hand movements, full-body stretches and Chinese massage techniques. (Also see Tui na.) Other forms of acupressure include *jin shin do*, *jin shin jyutsu* and acu-yoga. Learn more at Acupressure.com.

Alchemical Bodywork: Synthesizes bodywork techniques and hypnosis to address emotional sources of chronic tension and pain held in the body and facilitate their release. Practitioners are typically certified in massage, often in conjunction with hypnotherapy certification. Learn more at AlchemyInstitute.com.

Alexander Technique: This awareness practice helps identify and change unconscious, negative physical habits related to posture and movement, breathing and tension. While observing the way an individual walks, stands, sits or performs other basic movements, the practitioner keeps their hands in easy contact with the body and gently guides it to encourage a release of restrictive muscular tension. The technique is frequently used to treat repetitive strain injuries or carpal tunnel syndrome, backaches, plus stiff necks and shoulders. Learn more at AlexanderTechnique.com.

Amma Therapy: A specialized form of bodywork therapy, amma (which means "push-pull" in Chinese) combines energetic, rhythmic massage techniques on specific acupressure points to facilitate blood circulation, lymphatic drainage and muscular relaxation. Suitable for individuals in varying degrees of physical condition, amma addresses challenges related to stress and anxiety; neck, shoulder and low back pain; and digestive health.

Ashiatsu Oriental Bar Therapy: Developed by American Ruthie Hardee, it combines

elements of traditional Thai massage, barefoot shiatsu and Keralite foot massage (*chavutti thirummal*) for the treatment of chronic low-back and hip pain. Using overhead wooden bar supports, the therapist employs body weight and gliding foot strokes to apply compression massage along strategic points in the back muscles to relieve irritations on the spinal nerve caused by inflammation and swelling. Learn more at DeepFeet.com.

Aston Kinetics (or Aston Patterning): Created by bodywork visionary Judith Aston in 1977, this integrated system of movement education recognizes the influence of the body-mind relationship on well-being. It incorporates bodywork, massage, ergonomic adjustments and fitness training in order to ease acute or chronic pain. Learn more at AstonKinetics.com.

Ayurvedic Massage: It's one part of *panchakarma*, a traditional East Indian detoxification and rejuvenation program, in which the entire body is vigorously massaged with large amounts of warm oil and herbs to remove toxins. With the client's permission, oil is also poured into the ears, between the eyebrows and applied to specific *chakras*, or body energy centers, in techniques known respectively as *karna purana*, *shirodhara* and *marma chikitsa*. These treatments, modified to meet the needs of the West, powerfully affect the mind and nervous system—calming, balancing and bringing a heightened sense of awareness and deep inner peace.

Ayurvedic massage techniques are grounded in an understanding of the primordial energies of the five elements—ether, air, fire, water and earth—and of the three basic types of energies, or constitutions, that are present in everyone and everything—*vata*, *pitta* and *kapha*. A knowledgeable therapist selects and customizes various ayurvedic massage techniques by selecting the rate and pressure of massage strokes and the proper oils and herbs. Learn more at AyurvedicMassage.com.

Bioenergetics plus Core Energetics: A combination of physical and psychological techniques that identifies and frees areas of repressed physical and emotional trauma in the body. Deep breathing, various forms of massage and physical exercises release layers of chronic muscular tension and defensiveness, termed "body armor". The unlocking of feelings creates the opportunity to better understand and integrate them with other aspects of oneself. Core Energetics is based on the principles of bioenergetics, but acknowledges spirituality as a key dimension of healing. Learn more at usabp.org.

BodyTalk: Developed by chiropractor and acupuncturist Dr. John Veltheim, BodyTalk is based upon bioenergetic psychology, dynamic systems theory, Chinese medicine and applied kinesiology. By integrating tapping, breathing and focusing techniques, BodyTalk helps the body synchronize and balance its systems and strengthens its capability of self-repair. BodyTalk is used to address a range of health challenges, ranging from chronic fatigue and allergies to addictions and cellular damage. Practitioners are usually licensed massage therapists (LMT) or bodyworkers. Learn more at BodyTalkSystem.com.

Bowen Technique (also called Bowtech and Bowenwork): This muscle and connective tissue therapy employs gentle, purposeful moves, through light clothing, to help rebalance the autonomic nervous system (ANS).

The practitioner's subtle inputs deliver signals to the ANS at specific locations—muscles, tendons, ligaments or nerves—and the body responds in its own time, within its vital capacity. The technique is named after its originator, Australian Tom Bowen, who also introduced the concept of inserting periods of rest between a series of movements within a treatment session. Sometimes called the homeopathy of bodywork, Bowtech addresses imbalances and both acute and chronic pain. Learn more at Bowtech.com.

Breema Bodywork: Often described as a cross between partner yoga and Thai massage, Breema is a movement technique designed to restore vitality at an energetic level. It employs standardized sets of movements, based upon more than 300 sequences, none of which require strong exertions or muscular contortions. Breema techniques, which identify and emphasize nine principles of harmony, can be administered by a practitioner or by the individual as Self-Breema. The therapy originated in the Kurdish village of Breemava, in Western Asia. Learn more at Breema.com.

Chi Nei Tsang (CNT): Principles of *kung fu* and *Tai chi chuan*, known as *chi-kung* (or *qigong*), support this holistic approach to massage therapy. CNT literally means, “energy transformation of the internal organs,” and practitioners focus mainly on the abdomen, with deep, soft and gentle touches, to train the organs to work more efficiently. It addresses the acupuncture meridian system (*chi*) and all other bodily systems—digestive, respiratory, cardiovascular, lymphatic, nervous, endocrine, urinary, reproductive and musculoskeletal—along with unprocessed emotional charges. Learn more at ChiNeiTsang.com.

Craniosacral Therapy (CST): The practitioner applies manual therapeutic procedures to remedy distortions in the structure and function of the craniosacral mechanism—the brain and spinal cord, the bones of the skull, the sacrum and interconnected membranes. Craniosacral work is based upon two major premises: the bones of the skull can be manipulated because they never completely fuse; and the pulse of the cerebrospinal fluid can be balanced by a practitioner trained to detect pulse variations. CST, also referred to as cranial osteopathy, is used to treat learning difficulties, dyslexia, hyperactivity, migraine headaches, temporomandibular joint (TMJ) disorders, chronic pain and ear, eye and balance problems.

Deep Tissue Bodywork: In this method, stretching and moving the connective tissue that envelops the muscles (fascia) works to lengthen and balance the body along its natural, vertical axis. Distortions of the connective tissue may be caused by internal reactions and complications due to accidents, emotional tensions or past unreleased traumas. The practitioner uses slow strokes, direct pressure or friction across the muscles via fingers, thumbs or elbows. Deep tissue massage works to detoxify tissue by helping to remove accumulated lactic acid and other waste products from the muscles. The therapy is used to ease or eliminate chronic muscular pain or inflammatory pain from arthritis, tendonitis and other ailments, and help with injury rehabilitation. Learn more at DeepBodywork.com.

Feldenkrais Method: This distinctive approach combines movement training, gentle touch and verbal dialogue to help students straighten out what founder Moshé Pinhas Feldenkrais calls, “kinks in the brain.” Kinks



are learned movement patterns that no longer serve a constructive purpose. They may have been adopted to compensate for a physical injury or to accommodate individuality in the social world. Students of the Feldenkrais Method unlearn unworkable movements and discover better, personalized ways to move, using mind-body principles of slowed action, conscious breathing, body awareness and thinking about their feelings.

Feldenkrais takes two forms: In individual hands-on sessions (Functional Integration), the practitioner's touch is used to address the student's breathing and body alignment. In a series of classes of slow, non-aerobic motion (Awareness Through Movement), students “relearn” better ways for their bodies to move. Feldenkrais therapy is useful in the treatment of muscle injuries, back pain, arthritis, stress and tension. Learn more at Feldenkrais.com.

Hakomi: A Hopi Indian word that translates as, “Who are you?” Hakomi is a body-centered psychotherapy that relies upon touch, massage, movement and structural and energy work to help enable individuals change their “core” material—memories, images, beliefs, neural patterns and deeply held emotional dispositions. Originally created by Ron Kurtz in the mid-1970s and later refined, the technique views the body as an interactive source of information about the unconscious mind. Learn more at HakomiInstitute.com.

Hellerwork: Expanding upon the principals of Rolfing, Hellerwork combines deep tissue bodywork with movement education and the dialogue of the mind-body connection. Joseph Heller, the first president of the Rolf Institute, believed that specific movement exercises could help individuals move more efficiently, maintain alignment and mobility and enjoy fuller and easier breathing, as well as increased energy. Although primarily a preventive therapy, Hellerwork also helps alleviate stress-related disorders and musculoskeletal aches and pains. Learn more at Hellerwork.com.

HEMME Approach: Derived from elements of physical medicine, chiropractic, osteopathy and physical therapy, HEMME (history, evaluation, modalities, manipulation and exercise) was developed in 1986 by Licensed Massage Therapist Dave Leflet to treat soft tissue injuries and impairments. Pain relief results from restoring alignment and improving myofascial dysfunction. Learn more at HemmeApproach.com.

Hoshino Therapy: Professor Tomezo Hoshino's technique integrates the principles of acupuncture with the art of hand therapy.

Accredited as a doctor of acupuncture, he found that in cases of arthrosis (osteoarthritis) and other painful ailments associated with soft tissue aging, acupuncture afforded only temporary relief. Hoshino Therapy is often used to ease soft tissue disorders such as bursitis, tendonitis, muscular tension and back pain.

Hot Stone Therapy: (See LaStone Therapy Stone Massage)

Integrative Therapeutic Massage: (See Neuromuscular Therapy)

Jin Shin Jyutsu: A form of acupressure refined from ancient Japanese traditions, *jin shin jyutsu* acts to harmonize the life force within. Practitioners evaluate pulses, body conformation and symptoms to customize sessions designed to alleviate discomfort while addressing its cause(s).

Utilizing the hands as jumper cables to reawaken bodily energy, sequences of vital energy-points are held to guide, redirect and reestablish harmony in spirit, mind and body. Learn more at jsjinc.net.

LaStone Therapy Stone Massage: This soothing form of massage employs smooth heated or cooled stones to elicit physical healing, mental relaxation and a spiritual connection with Earth's energy. Stones are placed at different spots on the body for energy balancing or may be used by the therapist on specific trigger points. Warm stones encourage the exchange of blood and lymph and provide relaxing heat for deep-tissue work. Cold stones aid with inflammation, moving blood out of the affected area and balancing male/female energies. The alternating heat and cold of thermotherapy helps activate all of the body's healing processes with a rapid exchange of blood and oxygen and an alternating rise and fall of respiration rate as the body seeks homeostasis. Learn more at LaStoneTherapy.com.

LooyenWork: This painless, deep-tissue approach works with the connective tissue and fascial components by combining the techniques of Rolfing, postural integration and Aston patterning to free tension, remove adhesions and improve freedom of movement. It was introduced in 1985 by Dutch-born bodyworker and counselor Ted Looyen after he received treatment for a serious back injury and decided to develop a massage therapy that would promote recovery from injuries without aggravating the initial trauma. LooyenWork can also address the release and processing of intense emotions.

Manual Lymphatic Drainage: This gentle, non-invasive, rhythmical, whole-body massage aims to stimulate the lymphatic system to release excess fluid from loose connective tissues, thus helping to remove toxins. Lymph glands are part of the body's defense against infection; blockage or damage within the system may lead to conditions such as edema, acne, inflammation, arthritis and sinusitis. By stimulating one of the body's natural cleansing systems, it supports tissue health. It's also been effective in assuaging lymphedema following mastectomy surgery. Learn more at VodderSchool.com and LymphNet.org.

Massage: At its most basic, this ancient hands-on therapy involves rubbing or kneading the body to encourage relaxation, healing and well-being. Today, more than 100 different methods of massage are available, most of them in five categories: traditional; Oriental or energetic; European; contemporary Western; and integrative, encompassing structure, function and movement. Massage offers proven

benefits to meet a variety of physical challenges and may also be a useful preventive therapy. Learn more at amtaMassage.org.

Metamorphic Technique: This non-invasive practice can help individuals overcome limiting beliefs that may keep them stuck in particular patterns manifested in physical, mental or emotional problems. During a “Meta” session, the practitioner uses a light touch along spinal reflex points on the feet, head and hands of the individual. Some people prefer to lie down and may fall asleep during a session, while others prefer to sit up and chat. The practitioner does not attempt to direct energy or outcomes, and sessions do not address specific symptoms or problems. Rather, they help individuals connect with their own life force. Learn more at MetamorphicTechnique.org.

Myofascial Release: This whole-body, hands-on technique seeks to free the body from the grip of tight fascia, or connective tissue, thus restoring normal alignment and function and reducing pain. Therapists use their hands to apply mild, sustained pressure in order to gently stretch and soften fascia. Developed in the late 1960s by Physical Therapist John Barnes, myofascial release is used to treat neck and back pain, headaches, recurring sports injuries and scoliosis. Learn more at MyofascialRelease.com.

Neuro-Emotional Technique (NET): This mind-body therapy seeks to restore well-being by removing certain biochemical and bioelectrical charges stored in the brain and manifested as illness or imbalances in the body. NET combines techniques and principles from Traditional Chinese Medicine, chiropractic and applied kinesiology to remove blocks to the body’s natural vitality, allowing it to repair itself naturally. Chiropractor Scott Walker formulated NET in the late 1980s. Learn more at NetMindBody.com.

Neuromuscular Therapy (NMT): Specific massage therapy and flexibility stretching help balance the musculoskeletal and nervous systems, emphasizing the interwoven roles of the brain, spine and nerves in causing muscular pain. Its goal is to relieve tender, congested spots in muscle tissue and compressed nerves that may radiate pain to other areas of the body. (Also see Trigger Point Therapy.) Learn more at MyofascialTherapy.org.

Ortho-Bionomy: A gentle, non-invasive system of healing, ortho-bionomy reminds the body of its natural ability to restore balance. British Osteopath Arthur Lincoln Pauls developed the technique to stimulate the body by using gentle movement, comfortable positioning, brief compression and subtle contact to relieve joint and muscle pain and reduce stress. Learn more at Ortho-Bionomy.org.

Osho Rebalancing (or Rebalancing): This offshoot of Roling focuses on compassionate, gentle touch, combining deep tissue massage, joint tension release, energy balancing and verbal dialogue to relieve tension and physical pain, enhance relaxation and facilitate emotional healing. Rebalancing is usually done in a series of 10 to 12 sessions that work synergistically, although each session is complete in itself. Learn more at Osho.com.

Pfirmer Deep Muscle Therapy: A highly refined system of corrective treatment, Pfirmer is designed to aid restoration of damaged muscles and soft tissues throughout the body. Fully trained practitioners use specified movements to stimulate circulation and help regenerate lymphatic flow, promoting detoxification



and oxygenation of stagnant tissues. Registered Massage Therapist Therese C. Pfirmer developed this therapy in the mid-20th century and applied it to recover from her own partial paralysis. Learn more at Pfirmer.org.

Physical Therapy: Traditional physical therapy evaluates difficulties with mobility or function to focus on rehabilitation that entails restorative treatment and instruction on how to make efficient use of the body in daily activities. Physical therapists use massage, exercise, electrical stimulation, ultrasound and other means to help the patient regain functional movement. Learn more at apta.org.

Point Holding (Body Electronics): This variation of acupressure requires multiple practitioners to hold acupressure points, sometimes up to two hours, to remove energy blockages, balance the flow of energy within the body’s meridians and help the client achieve associated emotional release.

Polarity Therapy: Combinations of therapeutic bodywork, nutritional guidance, yoga-style exercises and counseling aim at heightening body awareness. Polarity therapy asserts that energy fields exist everywhere in nature and their free flow and balance in the human body is the underlying foundation of good health. Practitioners use gentle touch and guidance to help clients balance their energy flow, thus supporting a return to health. The practitioner’s hands do not impart energy, but redirect the flow of the receiver’s own energy. The receiver then recharges himself with his own freed energy. Learn more at PolarityTherapy.org.

Postural Integration (PI): This psychotherapy method simultaneously integrates deep tissue and breathwork, body movement and awareness with emotional expression. Practitioners use gentle manipulation, bioenergetics, acupressure and Gestalt dialogue to help individuals increase their sense of emotional and physical well-being. Learn more at icpit.info.

Raindrop Therapy: Based on a healing ritual of Lakota Native Americans, in which warm fluid substances are dropped onto the spine, the intention is to relax and open the body’s energy centers. Modern raindrop therapy also blends aromatherapy, soothing heat and gentle massage. Essential aromatic oils are allowed to methodically drip onto the spine from a height of five or six inches. The oils are then gently

brushed up the spine and lightly massaged over the rest of the back, followed by application of a hot compress to facilitate oil absorption and muscle relaxation.

Reflexology (Zone Therapy): Reflexology is based on the idea that specific reflex points on the soles of the feet and the palms of the hands correspond with every major organ, gland and area (zone) of the body. Using fingers and thumbs, the practitioner applies pressure to these points to treat a wide range of health problems. Zone therapy, an earlier name for this natural healing art, sometimes refers to a specific form of reflexology. Learn more at Reflexology-USA.net.

Reiki: A healing practice originated in Japan as a way of activating and balancing the life-force present in all living things, Reiki literally means “universal life-force energy”. Light hand placements channel healing energies to organs and glands and work to align the body’s energy centers, or *chakras*. Various techniques address emotional and mental distress, chronic and acute physical problems or pursuit of spiritual focus and clarity. Today Reiki is a valuable addition to the work of chiropractors, massage therapists, nurses and others in the West. Learn more at Reiki.org.

Rolfing Structural Integration (Rolfing): Deep tissue manipulation of the myofascial system, which is composed of the muscles and the connective tissue, or fascia, by the practitioners’ hands helps restore the body’s natural alignment and sense of integration. As the body is released from old patterns and postures, its range and freedom of physical and emotional expression increases. Rolfing can help ease pain and chronic stress, enhance neurological functioning, improve posture and restore flexibility. Learn more at Rolfing.org.

Rosen Method: It’s named for Marion Rosen, a physiotherapist who discovered that when clients verbalized their emotions and sensations during treatment sessions, their conditions would more quickly improve. The non-invasive method uses gentle, direct touch; practitioners, taught to use hands that “listen” rather than manipulate, focus on chronic muscle tension and call attention to shifts in the breath to help individuals achieve greater self-awareness and relaxation. The technique is often effectively used to treat chronic health conditions. Learn more at RosenMethod.com.

Rubenfeld Synergy Method: This dynamic system for integrating the body, mind, emotions and spirit combines touch, talk and compassionate listening. Practitioners, called synergists, use gentle touch and verbal sharing to access each of these four levels simultaneously, releasing pain and fears held in the body/mind. The modality, created by Ilana Rubenfeld, who received a lifetime achievement award from the United States Association for Body Psychotherapy in 2002, facilitates pain management, ease of movement, positive body image and self-esteem, as well as recovery from physical and emotional trauma. Learn more at RubenfeldSynergy.com.

Shiatsu: The most widely known form of acupressure, *shiatsu* is Japanese for “finger pressure”. The technique applies varying degrees of pressure to balance the life energy that flows through specific pathways, or meridians, in the body. Shiatsu is used to release tension and strengthen weak areas in order to facilitate even circulation, cleanse cells and improve the function of vital organs; it also may help to diagnose, prevent and relieve many chronic

and acute conditions that manifest on both physical and emotional levels. A branch of shiatsu that originated in the United States, called *ohashiatsu*, includes meditation and exercise. Learn more at ShiatsuSociety.org and Ohashiatsu.org.

Soma Neuromuscular Integration (also called Soma): Rooted in structural integration, soma was developed by Bill M. Williams, Ph.D., an early student of Ida Rolf. Through a 10-session format, the modality manipulates the fascia and muscles to release chronic, stored structural aberrations, realign the body and integrate the nervous system. This allows the individual to process experiences more effectively and with greater awareness, which can lead to enhanced learning and perceptual abilities. Learn more at Soma-Institute.org.

Sports Massage: The specialized field of sports massage employs a variety of massage techniques and stretching exercises designed to minimize the risk of injury, tend to sports injuries and support optimum performance.

Structural Integration: (see Roling Structural Integration)

Swedish Massage: This is the most commonly practiced form of massage in Western countries. Swedish massage integrates ancient Oriental techniques with contemporary principles of anatomy and physiology. Practitioners rub, knead, pummel, brush and tap the client's muscles, topped with long, gliding strokes. Swedish massage is especially effective for improving circulation; relieving muscle tension and back and neck pain; promoting relaxation; and decreasing stress. Practitioners vary in training, techniques and session lengths.

Tantsu: This land-based version of *watsu* was developed by Harold Dull as an alternative way to experience *watsu's* free-flow and interplay of breath, movement and stillness. Practitioner and client experience breathing, listening and moving as part of a partnered "dance", without any specific intent to heal or fix something. Learn more at Watsu.com.

Thai Massage: A form of body therapy, also called *nuad bo-ram*, Thai massage incorporates gentle rocking motions, rhythmic compression along the body's energy lines and passive stretching to stimulate the free flow of energy, break up blockages and help restore general well-being. One of the branches of Traditional Thai Medicine (TTM), it is performed on a floor mat, with the client dressed in lightweight, comfortable clothing. No oils are used. Thai massage aids flexibility, inner organ massage, and in oxygenation of the blood and quieting of the mind. Learn more at Thai-Institute.com.

Therapeutic Touch (TT): This contemporary healing modality was developed by natural healer Dora Kunz and nursing professor Dolores Krieger, Ph.D., in the 1970s. Therapeutic Touch is drawn from ancient practices and used to balance and promote energy flow. The practitioner "accesses" the area where the body's energy field is weak or congested, and then uses his or her hands to direct energy into the field to balance it. Nurses and other health-care practitioners apply TT to relieve pain, stress and anxiety, and to promote wound healing. Learn more at TherapeuticTouch.org.

Touch for Health (TFH): Created by Chiropractor John F. Thie in the 1970s, Touch for Health is a widely used kinesiology system aimed at restoring the body's natural energies through acupressure, touch and massage. Muscle-testing biofeedback first identifies



imbalances in the body's energy flow to organs and glands; it is designed to then help rebalance that energy to improve overall health, while strengthening a person's resistance to common ailments and physical complaints. Many TFH techniques can be successfully practiced by clients at home. Learn more at TouchForHealth.us.

Trager Approach (also known as Psychophysical Integration): This system of movement reeducation addresses the mental roots of muscle tension. By gently rocking, cradling and moving the client's fully clothed body, the practitioner encourages him or her to believe that physically restrictive patterns can be changed. The Trager Approach includes "mentastics", simple, active, self-induced movements a client can incorporate into regular daily activities. Trager work has been successfully applied to a variety of neuromuscular disorders and mobility problems, as well as everyday stresses and discomforts. Learn more at Trager.com.

Trauma Touch Therapy (TTT): An innovative, somatic approach, TTT addresses the needs of those that have suffered trauma and abuse, including sexual or emotional, witnessing or being victimized by violent crime, battery, war or surgical trauma. The intent is to create a safe, nurturing environment in which the individual can slowly explore healthy touch and investigate sensation and feeling in their body. Certified therapists encourage empowerment and choice; individualized sessions support the psychotherapeutic process.

Trigger Point Therapy (Myotherapy): This massage technique is used to relieve pain, similar to Neuromuscular Therapy (NMT). Practitioners apply pressure to specific "trigger points" on the body—tender, congested spots of muscle tissue that may radiate pain to other areas—in order to release tension and spasms. Treatment decreases the swelling and stiffness associated with muscular pain and increases range of motion. Learn more at MyofascialTherapy.org.

Tui Na: A manipulative therapy integral to Traditional Chinese Medicine (TCM), *tui na* ("tui" means to push and "na" is a squeezing, lifting technique) that employs Taoist and martial arts principles to rebalance the body. Practitioners possess more than 365 hand

techniques; most are variations of pressing, rubbing, waving, shaking, percussing or manipulating movements. Tui na is used to relieve arthritic joint pain, sciatica, muscle spasms and other pains in the back, neck and shoulders. It may also help ease chronic conditions such as insomnia, constipation, headaches and stress associated with tension. Learn more at Tui-Na.com.

Watsu (Water Shiatsu): This uniquely nurturing therapy combines the acupressure and meridian stretches of Zen shiatsu with yoga-like postures, all performed in water; this takes weight off the vertebrae and allows for movements not possible on land. In the most basic move, the Water Breath Dance, the practitioner gently floats an individual in their arms, letting the person sink a little as they both breathe out, then allowing the water to lift them as they both breathe in. This connection is maintained in all the stretches and moves and returned to throughout the session. Pioneered by multilingual author Harold Dull in 1980, *watsu's* goal is to free the spine and increase the flow of energy along the body's meridians; he also developed *tantsu*, which replicates *watsu's* nurturing stretches on land. Learn more at Watsu.com.

Zen Shiatsu: Founded by writer Shizuto Masunaga, this method of acupressure includes the practice of Buddhist meditation and integrates elements of shiatsu with the goal of rebalancing and revitalizing *chi*, or life-force energy. A client lies on a mat or sits in a chair, fully clothed, while the practitioner uses one hand to "listen" and the other to provide the appropriate pressure. Full-body stretches and pressures may be used to release areas of chronic stagnation and blockage; clients are encouraged to breathe deeply into their lines of tension. Zen shiatsu can be effective in conditions where emotional disturbance or stress is an underlying factor.

Zen-Touch Shiatsu: This hybrid of shiatsu, acupressure and Asian/Eastern bodywork was created by American Seymour Koblin in 1984. It differs from other forms of shiatsu, including Zen shiatsu, by its combined use of light, or "hands off the body", energy work and extensive, passive stretching methods. Practitioners apply gentle pressure while stretching the client's limbs gradually, maintaining an attitude of compassion, respect and energetic empathy that serves to stimulate the flow of *chi*, aiding circulation and vitality. Learn more at SeymourKoblin.com.

Zero Balancing: Developed by Fritz Smith, a doctor, osteopath and acupuncturist, zero balancing addresses the relationship between energy and structures of the body. Practitioners use moderate finger pressure and gentle traction on areas of tension in the bones, joints and soft tissue to create fulcrums, or points of balance, around which the body can relax and reorganize. The goal is to clear blocks in the body's energy flow, amplify vitality and contribute to better postural alignment. Learn more at ZeroBalancing.com.

Please note: The contents of this *Bodywork Guide* are for informational purposes only. The information is not intended to be used in place of a visit or consultation with a health-care professional. Always seek out a practitioner that is licensed, certified or otherwise professionally qualified to conduct a selected treatment, as appropriate.

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Your Thyroid gland's impaired function is one of the main causes of low metabolic energy in the body.

If you're having trouble losing weight, feeling low on energy and stamina, have aches and pains (especially in the hands and shoulders and neck areas), vacillating between hot and cold all day, having night sweats or hot flashes... have fat deposits on your body (upper arms or neck area or high back), then your thyroid and adrenal glands are simply not functioning like they should at optimal levels.... Despite what any "normal" or "standard" blood testing is showing when you go to your regular medical doctor.

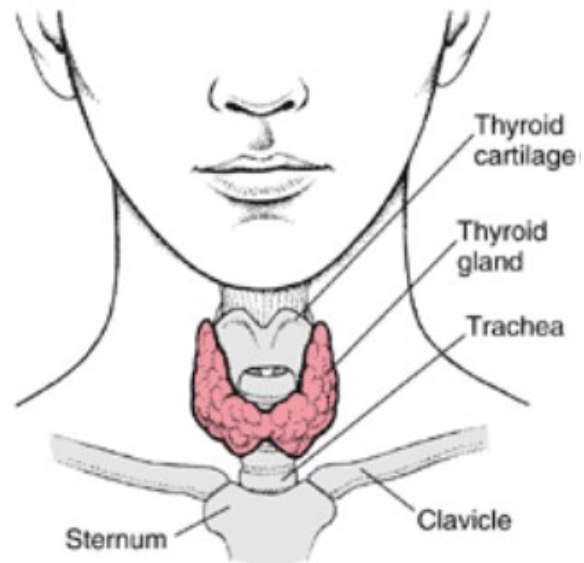
Every process that goes on inside your body requires ENERGY. When the body doesn't have enough energy to function properly, each component of the body will malfunction in its own unique way. For example, if the brain has too little energy, though processes such as memory and focus become impaired. Another example is... Your body operates at an optimum temperature of 98.6 - if your temp goes lower than that, energy is impaired throughout your entire body even by a few degrees. The easiest test for low functioning thyroid is to take your temp first thing in the morning before you get out of bed. If it's below 98.0 they you have a low functioning thyroid gland and most probably low functioning adrenals as well.

Symptoms of low metabolic energy: low body temp, low energy or fatigue, weight problems, slow wound healing, depression, anxiety, poor memory - focus - concentration, sleep disorders, frequent infections (skin, sinus, bladder, yeast, etc), allergies, autoimmune diseases, fibromyalgia, generalized aches and pains, headaches, low libido, infertility, low or high blood pressure, constipation, digestive disorders, numbness in hands or feet, vision disturbances, dry skin, acne, hair loss, brittle or coarse hair.

If you've been taking Levothyroxine or Synthroid... you're taking T4 only. Your doctor is most probably monitoring your TSH only (in some cases they might monitor T4 along with the TSH). No one is bothering to look at the real true FUNCTION of your thyroid system. Your doctor is ASSUMING that your body is converting T4 into enough FREE T3 to do the job. (We all know how much trouble we get into when we "ASSUME" anything!!!!) The ONLY way to determine the FUNCTION of your thyroid system is to look at and monitor the following levels:

TSH, Free T4, Free T3, Reverse T3, ratio of Free T3/RT3, TPO (thyroid peroxidase antibodies), Thyroglobulin, Thyroglobulin antibodies, Ferritin

Probably 75% of my clients that are on Synthroid or Levothyroxine have either Thyroid Resistance or Hashimoto's autoimmune thyroiditis and have never been diagnosed by their regular medical doctor properly... and therefore are NOT getting "treated" correctly! Most medical professionals don't bother to test for autoimmune diseases involving the thyroid because there is no drug protocol to "cure" it nor do they know what causes it. If you're on thyroid meds and still having issues or if you have any of the symptoms noted above.... Give us a call... we can help you.



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<p>Coronary Artery Disease</p>	<p>T4 Syndrome</p>	<p>Infection</p>



BULLY BLUES BUSTERS Positive Ways to Promote Kindness

by Meredith Montgomery

The National Education Association estimates that 160,000 children miss school every day due to fears of being attacked or intimidated by other students. Bullying is more than a buzzword. According to *StopBullying.gov*, it's defined as unwanted, aggressive behavior among school-age children that involves a real or perceived power imbalance.

Kelly Hughes, a school counselor at Bayside Academy, in Daphne, Alabama, has noticed a dramatic shift in bullying behaviors. She observes, "Kids are not hitting or punching or pushing each other as much as they used to. Rather, they are using in-person relational aggression such as hurtful words, glares, whispering and excluding individuals, exacerbated by social media and cell phones."

While anti-bullying legislation exists in 49 states (Montana is the exception), approaches for addressing this problem vary. Hughes says, "In my job, I spend a lot of time saying, 'Just be kind.' More positive results come from promoting kind behaviors and being

'pro-hero' than from simply discussing why bullying is hurtful."

Calmly Taking Charge

Eric D. Dawson, president and co-founder of Boston-based Peace First (*PeaceFirst.org*), also believes in the power of positive language. "We need to move away from harsh language that focuses kids on what not to do and instead ignite their moral imagination—call on them to be problem solvers," he says.

To counter bullying in society, Dawson suggests that we all need to be role models, and talk about and celebrate peacemaking. "We can't expect our kids to listen to us when we tell them to be peaceful and share if they then see us aggressively cut in front of others on the road or in the checkout line. We can also ask kids how they were peacemakers during their day, in addition to what they learned."

Founded in 1992 in response to the youth violence epidemic, Peace First pro-

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vides programs and free online tools to help teach students peacemaking skills. The nonprofit is based on the premise that children have a natural aptitude for it and peacemaking can be taught, just like other subjects; their curriculum teaches and reinforces core social/emotional skills in communication, creative conflict resolution, courage, cooperation, empathy and civic engagement.

A New York City student remarks, "Peace First teaches that even if you don't like someone, it shouldn't affect how you work together to accomplish something... [putting] peace first makes my heart beat lovelier."

Good for Us and Others

The International Forgiveness Institute (IFI) (*InternationalForgiveness.com*), in Madison, Wisconsin, has added its support to the anti-bullying movement. Stemming from the research of IFI founder Robert Enright, Ph.D., and his colleagues, the institute works to forward forgiveness for personal, group and societal renewal. It attests that in forgiving a hurtful person, a personal transformation begins that can enhance self-esteem and hopefulness. Enright's scientific studies further demonstrate that when children learn about forgiveness, feelings of anger, depression and anxiety are reduced.

"We believe that forgiveness is a choice," explains Enright. "When you forgive, you may benefit the person you forgive, but you benefit yourself far more."

Enright recalls his experiences working with incarcerated men that were serving life sentences. "The first thing the assigned therapists asked the group to do was to tell me their story; tell me about the hurts that had been perpetrated on them. One man began to cry, saying that no one had ever asked for his story." The therapists listened to a tale of the cruel disciplinary measures he had endured at home as a child and recognized a correlation with the crime he had committed. "I'm not justifying his actions, but we can see that he was an extremely wounded man. Many bullies in school have a story, and we need to take the time to hear their story."

Peace First's partner schools experience an average reduction of 60 percent in incidences of violence and 50 percent fewer weapons brought to school, plus a 70 to 80 percent increase in observed student peacemaking.

"Because those that engage in bullying are often filled with rage from having been bullied themselves, they get to a point that they don't care about the consequences of their actions, including detention," Enright continues. Instead of focusing on the prevention of unwanted behaviors, he says, "Our program is meant to take the anger out of the heart of those that bully, so they bully no more."

An elementary school-age participant in the Forgiveness Program concludes, "Sometimes it is hard to forgive someone straight away if they really hurt your feelings. It might take longer to see their worth and show them real forgiveness... but it is worth it in the end."

Meredith Montgomery is the publisher of Natural Awakenings Mobile/Baldwin, AL (HealthyLivingHealthyPlanet.com).

Peace in Action


When a first-grader returned to class shaken up after being accosted by a fourth-grader in the restroom, his teacher stepped back to see how the class would use Peace First principles. The boy was immediately embraced by his classmates, who quickly concluded that it was every student's right, not a luxury, to feel safe, and thereafter implemented a restroom buddy system.

The offending fourth-grader was then invited into their classroom to hear how each of the first-graders felt personally affected by the incident. He was also required to spend recess with the first-graders for the next two weeks. It became a transformative experience for everyone involved. The older student was recast from victimizer to a responsible, caring individual. He has continued to display improved behavior, volunteering to help in the classroom and foregoing lunch periods with friends to support the first-graders and their teacher.

"There's a misconception that peacemaking is holding hands and singing songs," says Peace First President Eric D. Dawson. "It's more a set of skills that's nurturing human development. It's working together to solve a problem."

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Wheat grass as an adjunct may be effective in quality of life improvement for the recently diagnosed cancer patient. A 2006 study published in the 'Journal of Clinical Oncology' investigated the role of wheat grass for improving blood and cholesteryl count and found that study participants had a positive result. Furthermore, wheat grass therapy in this regard may serve as an effective alternative to blood transfusion. The results of a 2007 study led by Gil Bar-Sela from Rambam Medical Center at the Technion-Israel Institute of Technology in Haifa, Israel, and published in the journal 'Nutrition and Cancer', reported that daily consumption of 2 oz. of wheatgrass juice reduced the blood toxicity associated with chemotherapy in study patients and did not interfere with the effectiveness of the chemotherapy treatments. The researchers noted, however, that the efficacy of the treatment warrants a further corroborative study. Source: Journal of Clinical Oncology and Journal of Nutrition and Cancer



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Rest in Peace

Sustainable Burials Honor Life

by Brita Belli

Humans are conditioned to the conventional rituals of handling death—the embalmed body in a casket or ashes sealed in an urn, a procession of vehicles to the burial site, solemnly gathering and scattering flowers as the remains are lowered into the earth. Many times, planning details are abdicated to the judgment of funeral directors.

The notion of green burials envisions something different: a ceremony that engages family members' eco-values and nature in a more intimate, sustainable process favoring biodegradable caskets and no toxic chemicals. The movement is gaining in popularity; in 2011, some 300 U.S. funeral homes offered green burial options, up from only 12 in 2008.

High Impact of Tradition

Traditional American burial practices make a sizeable environmental footprint and also pose health risks. The carcinogenic embalming fluid—formaldehyde—is a well-known hazard. A 2009 study in the *Journal of the*

National Cancer Institute found that exposure to formaldehyde over a career of embalming put funeral home workers at significantly increased risk for mortality from myeloid leukemia, a cancer of the blood cells. Alternatives include formaldehyde-free preservatives made from essential oils, and dry ice.

Significant resources are consumed in manufacturing caskets and vaults and maintaining cemetery grass. "A few years back I calculated that we bury enough metal in caskets to rebuild the Golden Gate Bridge each year and put so much concrete in the ground via burial vaults we could build a two-lane highway half-way across the country," says Joe Sehee, founder of the Green Burial Council.

The council certifies and lists cemeteries, funeral homes and casket companies that forgo chemicals and offer natural landscapes. The goal is for burials to leave as little impact as possible on the planet.

Greener Plots

Greensprings Natural Cemetery Preserve, in Newfield, New York, does not

look like a cemetery. Its native grasses and mature trees come alive with color each autumn. Wildflowers bloom in the spring and birds build their nests in treetop boughs.

"Most contemporary cemeteries are biological deserts," observes Greensprings spokesperson and science writer Mary Woodsen. In contrast, Greensprings' 100 acres are surrounded by 8,000 acres of protected forests. Loved ones may be buried in coffins from locally produced timber, or in shrouds—either professionally made or from a favorite blanket or quilt. Biodegradable caskets may be constructed of pine, cardboard, bamboo, formaldehyde-free plywood or hand-woven willow or wicker. *LastThings.net* even offers free plans to make a simple coffin.

Instead of a machine, family members and friends ceremonially take hold of straps and lower the casket into a concrete vault themselves. Natural, flat fieldstones honor loved ones.

"People feel, 'I was part of this,'" says Woodsen.

Cremation Options

Debate exists over the ecological impact of cremation—a practice expected to be chosen as the end-of-life choice for as many as 46 percent of Americans by 2015. While it reduces the use of large, resource-intensive burial plots, each traditionally cremated body releases 110 pounds of greenhouse gases and other pollutants, including carbon dioxide and monoxide, nitrogen oxides, sulfur dioxide, mercury and other metals.

The Bio Cremation greener alternative—using 95 percent water and 5 percent of an alkali instead of flames and fossil fuels—requires eight times less energy as fire-based cremation, produces no dangerous byproducts and still yields ashes from the remaining bones. To find the states that have approved the process, visit the legislative section at *BioCremationInfo.com*.

Biodegradable urns are also available, including cornstarch bags accented with leaves and petals, sculpted natural salt containers and baskets made of virgin palm. Sandcastle urns are suited for home display or ocean

burial (*InTheLightUrns.com*). Memorial blown-glass artwork is another option for remains (*TropicalGlassDesign.com*).



Scattering ashes—whether casting them into the air or over a body of water, burying them or raking them into the soil—provides an intimate burial experience and has minimal environmental consequences. Sehee says it's legal on private land and also allowed in some parks. "It rarely does harm to the ecosystem," he says. "Calling your local park agency is a great idea. Many allow for scattering and some without a fee."

Burial at Sea

The U.S. Environmental Protection Agency governs the disposal of cremated remains at sea—it must take place at least three nautical miles from land and may include artful flowers and wreaths of decomposable materials. Even non-cremated remains may be buried at sea, provided it takes place at the same distance from land in water that is between 600 and 1,800 feet deep, depending on the location.

Another sea burial option is offered by Eternal Reefs, a company that mixes remains into liquid concrete as the centerpiece of a personalized reef ball, lowered to the ocean floor to provide a home for marine life. Before the boat heads out, family members are invited to press handprints into the wet concrete and to decorate the ball with shells and other mementos.

Reef balls can hold from one to four people, plus a pet. Sites are currently available off the Florida, New Jersey and Texas shorelines and can be revisited at any time.

"We don't look at it as a funeral," remarks CEO George Frankel. "We're months or years removed from the passing. This is a celebration of life."

Brita Belli is the editor of E-The Environmental Magazine and author of The Autism Puzzle: Connecting the Dots Between Environmental Toxins and Rising Autism Rates. Connect at BritaBelli.com.

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4. 4:30pm Body Blitz (A) 5:30pm Circuit (L) 6:30 Kickboxing (T)	5. 4:30 Butts/Gutts/Cardio (Angie) 5:30pm Body Blitz (Dione) 6:30pm Zumba (Victoria)	6. 5pm Anything Goes (F) 5:30 Toning w/ Ball (F) 6:00pm Pilates/Core Fusion (Crystal)	7. 4:30 Butts/Gutts/Cardio (Lisa) 5:30pm 20/20/20 (Dione) 6:30 Zumba (Erin)	8.	9. 9:00am Anything Goes (Francine)
11. NO CLASS GYM OPEN 8-4	12. GYM CLOSED HAPPY MARDI GRAS	13. 5:00pm Anything Goes (A) 5:30pm Body Blitz (A) 6:00pm Pilates/Core Fusion (Crystal)	14. 4:30pm 20/20/20 (Lisa) 5:30pm Power Circuit (Francine) 6:30 Zumba (Erin)	15.	16. 9:00am Anything Goes (Dione)
18. 4:30pm Body Blitz (A) 5:30pm Circuit (L) 6:30 Kickboxing (T)	19. 4:30 Butts/Gutts/Cardio (Angie) 5:30pm Body Blitz (Dione) 6:30pm Zumba (Victoria)	20. 5pm Anything Goes (A) 5:30 Resistance Toning (A) 6:00pm Pilates/Core Fusion (Crystal)	21. 4:30 Butts/Gutts/Cardio (Lisa) 5:30pm 20/20/20 (Dione) 6:30 Zumba/Cardio hip hop (Erin)	22.	23. 9:00am Anything Goes (Francine)
25. 4:30pm Body Blitz (A) 5:30pm 20/20/20 (Fran) 6:30 Kickboxing (T)	26. 4:30pm 20/20/20 (Angie) 5:30pm Body Blitz (Dione) 6:30pm Zumba (Victoria)	27. 5pm Anything Goes (A) 5:30 Crunch Time (A) 6:00pm Pilates/Core Fusion (Crystal)	28. 4:30pm 20/20/20 (Lisa) 5:30pm Power Circuit (Dione) 6:30 Zumba (Erin)		

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Food & Mood Solutions for Emotional Eating

by Judith Fertig

A stressful day might have us seeking solace in ice cream, pizza or potato chips. Other times, we may feel a second donut or another high-calorie treat is our reward for a task well done. Occasional food indulgences are one of life's pleasures, but habitually eating in response to our emotions can cause weight gain and health problems.

Core Issues

"Emotional hunger represents an appetite, craving or desire to eat in the absence of true physiological hunger cues," explains Julie Simon, author of *The Emotional Eater's Repair Manual: A Practical Mind-Body-Spirit Guide for Putting an End to Overeating and Dieting*. "Emotional hunger often feels the same as physical hunger," she adds, yet it might represent an unconscious longing for pleasure, calm, comfort, excitement or distraction.

It can also have a physiological basis. A 2011 study from the University of Leuven, in Belgium, shows that stomach-based hormones can connect directly to the brain, setting up cravings for sugary and fatty foods, suggesting that we are hardwired to want the foods that provide the greatest number of calories in the smallest quantities.

Sugary, starchy, salty and fatty foods also push the brain's "reward" button, prompting the production of more dopamine, the neurotransmitter of pleasure and well-being. Dr. Pam Peeke, Ph.D., author of *The Hunger Fix: The Three-Stage Detox and Recovery Plan for Overeating and Food Addiction*, maintains that these foods also create a difficult-to-break addiction cycle. According to Peeke, an assistant clinical professor at the University of Maryland School of Medicine, in Baltimore, the more high-calorie foods we eat, the more

we need the "high" they produce. Soon, increased amounts of foods like cheeseburgers, potato chips or chocolate chip cookies are necessary to help us feel good again.

Handling emotions without turning to food can be a knotty problem, health professionals agree, involving interweaving physical, emotional and spiritual strands.

Physical Signals

One solution is to simply pay attention to what our body is saying. Are we truly feeling hunger pangs? "When we eat in the absence of hunger cues, regularly choose unhealthy comfort foods or continue eating when we're already full, something is out of balance," observes Simon at *OvereatingRecovery.com*.

Identifying "trigger" foods might also enlighten us, advises Peeke. "You're out of control if you have a particular food in your hand and you can't just enjoy it, walk away and say, 'Ahh, that was wonderful.' Life's okay without that particular food." The key is being smart about which foods we need to eliminate and which ones will help us feel good and enjoy an overall better quality of life.

"When you follow a plant-based, unprocessed, whole foods eating plan, your body chemistry becomes balanced and your biochemical signals (hunger, cravings and fullness) work well," explains Simon. "Each time you eat, you feel satisfied and balanced, physically and emotionally."

Emotional Underpinnings

Once we understand the physical component of emotional hunger, we can address the feelings that cause it. Most famous for their Rescue Remedy herbal and floral drops that help soothe anxiety, Bach Flower Essences recently created an Emotional Eating Support Kit that includes homeopathic essences of crabapple, cherry plum and chestnut bud. They maintain that four daily doses can help us think clearly and calmly when we fear losing control, plus objectively observe mistakes and learn from them.

Some feelings, however, can't be "gentled" away. "Soothe the small stuff, grieve the big stuff," Simon advises. Experiencing abandonment, betrayal, domination or violation may require therapy. Lesser stressors can often be soothed by music, being outdoors, talking to a friend, taking a warm bath, walking, meditative yoga or pausing to pray—instead of eating.

"No matter how sophisticated or wise or enlightened you believe you are, how you eat tells all," maintains Geneen Roth, author of *Women, Food, and God: An Unexpected Path to Almost Everything*. "Your world is on your plate." Roth came to terms with her own food addictions and now leads retreats to help others do the same.

When we begin to understand what prompts us to use food to numb or distract ourselves, the process takes us deeper into realms of spirit and to the bright center of our lives, says Roth. She urges us to be present in the moment and to use good food as a sort of meditation. Notice the beautiful greens in the salad and bless the farmer that grew them. It's one path to realizing the essence of food that's good for us is a blessing we deserve.

Award-winning cookbook author Judith Fertig blogs at AlfrescoFoodAndLifestyle.blogspot.com.

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Courting Marriage Success

Relationship Expert Stephanie Coontz Shares Go-To Guidelines

by S. Alison Chabonais

Stephanie Coontz, professor of history and family studies at The Evergreen State College, in Olympia, Washington, shares her learned perspective in an intriguing oeuvre of books—*Marriage, A History: How Love Conquered Marriage; The Way We Never Were; The Way We Really Are; and A Strange Stirring*. She's also co-chair and director



of public education at the University of Miami's research-based nonprofit Council on Contemporary Families. As a speaker, she shares good news on marriage, based on her extensive study and observations.

Is marriage becoming passé?

While marriage as an institution is less powerful than it used to be, people have higher expectations of marriage as a relationship. Precisely because most Americans no longer feel they have to marry, they are more specific about what they want from it. When a marital relationship works today, it is fairer, more intimate, more mutually beneficial and less prone to violence than ever before. Yet, individuals are less willing to stay in a relationship that doesn't confer these benefits.

Which qualities do people most desire in a mate today?

The old model of married love held that opposites attract. Men wanted mates that were pliable and nurturing; women wanted men that were ambitious, powerful and protective. The new model is based on similarities of interests and talents. While some women are still attracted to men that are richer,

taller, more powerful and slightly scary, and some men still want an admiring, yielding woman, the trend favors valuing more individualized traits.

In a reversal from 40 years ago, men are much less interested in a partner's cooking and housekeeping than in her intelligence, humor and accomplishments.

Women value a mate that shares household chores more than one that is a high earner. (See more results of a Pew Research Center survey at Tinyurl.com/PewTrends.)

What guidelines foster a rewarding marriage?

Be truly interested in your partner's ideas and activities; take pride in their achievements; use endearments or offer tactile affection without being asked; have a sense of humor about differences; and never let irritation or anger slide into contempt.

How can small, daily interactions contribute to intimacy?

We all have moments when we are irritated, angry or emotionally or intellectually unresponsive. A mate will tolerate these as long as he or she trusts you to be loving and attentive most of the time. It's an emotional line of credit—each partner needs to keep replenishing the reserves of trust and good will, rather than drawing them down.

Psychologist and researcher John Gottman, Ph.D., suggests people need about five positive interactions for every negative one in an intimate relationship. It's less the occasional over-the-top gesture and more the regular, small deposits

that count—a few words of appreciation, a loving touch, an expression of sexual attraction. If we have trouble remembering to regularly express appreciation, we may do better by asking, "What would have been harder about this day if my partner wasn't in my life?"

Why do the new realities of marriage emphasize play over work?

Successful marriages used to depend upon specialization. Men and women couldn't substitute for one another in accomplishing tasks. A typical woman couldn't support herself financially; a typical man didn't know how to feed himself, do laundry or manage childrearing. Even if couples didn't share many mutual interests, the partners often took pleasure in being indispensable.

Now women can support themselves and men cook and clean. Thus, shared interests and leisure activities, rather than specialized work roles, increasingly serve as the glue of marriage. Play takes people off the work-centric treadmill and introduces novelty into the relationship. Spending leisure time with others also produces higher levels of happiness than cooing, according to the Gallup-Healthways Well-Being Index. So make it a double-date night.

How do current and potential partners benefit from game changers—from cell phones to the Internet?

The Internet makes it easier to meet partners. Once in a partnership, technology can help daily tasks get accomplished efficiently, leaving more leisure time. It also allows us to check in with each other while apart.

But e-devices are no substitute for face time. The best way to nurture a relationship is to unplug from the grid and plug into real life. I see many couples reinvigorated by each other's company after a few hours together engaged in a fun outdoor recreational activity.

For relevant articles and interviews, visit StephanieCoontz.com.

S. Alison Chabonais is the national editor of *Natural Awakenings* magazines.

The Gift of Empathy How to Be a Healing Presence

by Margret Aldrich

When someone is suffering, it can be agonizing just to listen—we feel compelled to jump in with advice or stories of our own trials, filling any awkward space or moments of silent air with word upon word. The first rule of empathy, however, is listening in silence.

Miki Kashtan, writing for the *Tikkun Daily* interfaith blog, points out that giving our full presence is the most important step in practicing true empathy, and it doesn't require us to utter a thing: "There is a high correlation between one person's listening presence and the other person's sense of not being alone, and this is communicated without words. We can be present with someone whose language we don't understand, who speaks about circumstances we have never experienced or whose reactions are baffling to us. It's a soul orientation and intentionality to simply be with another."

When we achieve full presence, empathic understanding follows, Kashtan continues. "Full empathic presence includes the breaking open of our heart to take in another's humanity. We listen to their words and their story, and allow ourselves to be affected by the experience of what it would be like.

"Then we understand. Empathic understanding is different from empathic presence. We can have presence across any barrier, and it's still a gift. If we also understand, even without saying anything, I believe the other person's sense of being heard increases, and they are even less alone with the weight of their experience."

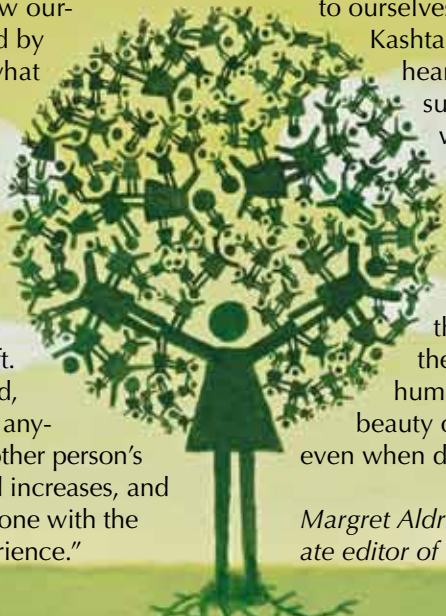
There are signs that empathy might be on the decline, with narcissism elbowing it out of our modern lives. As reported in the *Utne Reader*, University of Michigan Psychologist Sara Konrath, Ph.D., found that empathy levels among college students measured on the Interpersonal Reactivity Index plummeted between 1979 and 2009. The greatest drops were in empathic concern and perspective-taking—the ability to imagine another person's point of view.

But don't yet lament the death of human compassion. According to scientific studies, empathy is built into us. In recent research at the University of Southern California, Professor Lisa Aziz-Zadeh, Ph.D., pinpointed where and how the brain generates empathy, regarding it as a naturally occurring emotion. "It appears that both the intuitive and rationalizing parts of the brain work in tandem to create the sensation of empathy," Aziz-Zadeh told *The Times of India*. "People do it automatically."

However we get to that utterly tuned-in, selfless state of empathy, providing a listening ear, giving our full presence and being moved by another can be gifts not only to the others, but to ourselves, as well. Concludes

Kashtan, "Allowing into our heart the other person's suffering doesn't mean we suffer with them, because that means shifting the focus of our attention to our own experience. Rather, it means that we recognize the experience as fully human, and behold the beauty of it in all its aspects, even when difficult."

Margret Aldrich is a former associate editor of Utne Reader.



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Natural Awakenings Acadiana Edition



CROSSFIT WORKOUTS

Expect Whole-Body
Functional Fitness

by Michael R. Esco

CrossFit, a strength and conditioning program used by the military over the past decade, is growing in popularity with recreational athletes.

While most traditional exercise plans target a specific area of fitness—like jogging for cardiovascular health or weightlifting for strength—CrossFit focuses on all of them by combining many types of exercise. A typical mixture might include weightlifting, gymnastics, aerobics and explosive plyometrics, energetic and fast-acting movements that improve strength and speed. The goal is to enable the body to respond to many different and sometimes competing stimuli. “CrossFit training prepares the body not

only for the unknown, but for the unknowable, as well,” explains Greg Glassman, founder of CrossFit.

Due to its nonspecific nature, this approach may not be best for an athlete focusing exclusively on one sport. “While it may not help you become an elite marathoner, this can be an effective training regimen for those interested in broad-based, functional fitness,” advises Bob LeFavi, Ph.D., a certified strength and conditioning specialist, senior coach for USA Weightlifting and professor of sports medicine at Armstrong Atlantic State University, in Savannah, Georgia.

The program requires disciplined workouts three to five days a week in an intense circuit format with little rest. This allows the practitioner to finish in five to 30 minutes, depending upon his or her current fitness level and the day’s plan.

Nuts and Bolts

A free Workout of the Day (WOD) is posted daily on *CrossFit.com*. WODs generally involve exercises using combinations of Olympic weights, dumbbells, kettlebells, medicine balls, gymnastic rings, climbing ropes, jump ropes and rowing machines. Bodyweight-only exercises such as push-ups, sit-ups and pull-ups are commonly included.

Most WODs are named for women or fallen military heroes. Here are a few examples.

Cindy – as many rounds as possible of five pull-ups, 10 push-ups and 15 bodyweight squats within 20 minutes

Angie – 100 pull-ups, 100 push-ups, 100 sit-ups and 100 bodyweight-only squats with in-between breaks

Murph – a one-mile run, followed by 100 pull-ups, 200 push-ups, 300 bodyweight squats and another one-mile run; advanced athletes do it all wearing a 20-pound vest

The objective is to beat one’s own overall best time with each workout.

“CrossFit training is unique in that it rarely schedules rest periods, unless specified as part of the WOD,” says Brian Kliszczewicz, a CrossFit researcher and Ph.D. student of exercise physiology at Auburn University, in Alabama. “Your fitness level will determine the length, intensity and duration of each WOD.” Kliszczewicz’ recent research found that CrossFit subjects expended more than 250 calories on average during 20 minutes of the Cindy workout.

Any WOD can be done at home with the proper equipment, a base level of physical fitness and knowing how to properly execute each exercise. Consulting with a coach can help; be sure to ask for credentials and references, including education and experience in sports science and conditioning.

Glassman also suggests visiting one of 5,000 CrossFit affiliates worldwide; warehouse-like facilities that are unlike traditional fitness centers in that they don’t have lots of machines. Instead, the only equipment available is what’s necessary for conducting WODs. Workouts are completed in groups, with participants usually performing the same exercises, directed by a CrossFit coach trained to observe individual technique.

Because athletes like to compete with themselves and others, they can post their personal bests for each WOD on the CrossFit website.

Injury Risk

Professor Henry N. Williford, EdD, a fellow of the American College of Sports Medicine and department head of Physical Education and Exercise Science at Auburn University at Montgomery, cautions, "Make sure the staff at a CrossFit affiliate is appropriately trained to deal with emergencies; at a minimum, they should be certified in cardiopulmonary resuscitation (CPR) and first aid." Let the coach know of any discomfort or pain during a workout.

As an intense workout progresses, many CrossFit exercises can be performed as one is becoming increasingly tired, increasing the risk of injury to a joint or muscle. Beginners, seniors and anyone out of shape or with a previous injury or health condition needs to take additional precautions; basic guidelines for physical activity are published by the American College of Sports Medicine at Tinyurl.com/BasicExerciseGuidelines.

It's important to start slow and gradually increase the intensity of workouts. "Personal safety is always a major factor that must to be considered when selecting any exercise regimen," remarks Williford.

Requirements for starting to practice CrossFit exercises include a base level of sufficient physical strength to handle the demands, which may be achieved by first following a less intense plan. Always check with a physician before starting any exercise program.

Michael R. Esco, Ph.D., is an associate professor of exercise science versed in sports medicine and director of the Human Performance Laboratory at Auburn University at Montgomery, AL.

My Father, I pray that I may have patience to live through the difficulties of life. May I correct my faults, that they may not destroy my peace and take from me my strength; help me to center my life in brightness and hope.
Amen.

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YOUR BODY Checkup

Part 1 of 4

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

- Dr. Steven T. Castille

Scalp

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

Thinning Hair

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

Redness in the Forehead

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



Inside the Ears

Excess earwax. Not enough essential fatty acids.

Behind the Ears

Skin is cracked. Usually a zinc problem.

Earlobe

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

Eyes

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

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

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

Eyes (nondiabetic)

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

Eyes-child (dark circles)

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

Eyes-adult (dark circles)

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

Nose

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

Cheeks and Nose

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

Acne

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

Facial skin

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

Tongue

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

Source: *Guide to Healing with Nutrition*

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Nutritional-biochemistry deficiencies

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

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

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

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

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

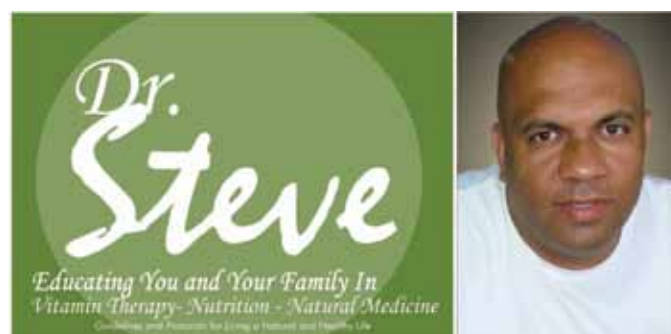
Source: U.S. Department of Agriculture

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

- American Medical Association

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

- James F. Balch, M.D.



FINNED AND FASCINATING

Fish Make Appealing Family Pets

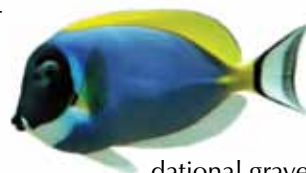
by Randy Kambic

Fish aquariums are colorful and wondrous windows to the sea, showcasing continuous movement, yet evoking tranquility. A mainstay in many workplaces, restaurants, hospitals and physicians' offices, these watery habitats weave their greatest influence when

An aquarium decorates the house. It's also constant theater, with the fish being the actors.

~ Ron Elander, owner, Octopuss Garden

the hobby seriously get 30- to 50-gallon tanks." She suggests once-daily feedings or, "If you want more interaction with the fish, half as much, twice a day. If you feed at set times, the fish will quickly learn and



is eaten later; we get sick eating rotten food and so will fish."

Make frequent partial water changes—one-third of the total every two to four weeks, depending on the number of fish and tank size, according to Dobrow—because filtering alone cannot do the job.

Have the household tap water tested for pH (a measure of acidity and alkalinity) in order to know which chemicals are needed to sustain the level between 7.7 and 8.3, again depending on the fish population and tank size. Use LED lights, energy-saving water filters and a heater with built-in thermostat control (to maintain a range between 75° and 82° Fahrenheit) in order to reduce electric utility costs.

Creative decorating atop the tank's foundational gravel base adds to the fun. Make sure anything manmade, such as a model sunken ship or treasure chest, is obtained from a pet store, so it won't rust or degrade and contaminate the water. Shells, coral and plants also add to a maritime setting. Remember, the more plants installed, the more light (and electricity) is needed to keep them alive.

Health Benefits

AnimalPlanet.com attests that watching fish lowers respiration and pulse rates, relieves tension and provides relief from stresses. "Children can forge a deep connection and obtain a delayed gratification in tending fish that can be a maturing experience," says Medical Doctor Archana Lal-Tabak, who practices integrative medicine, holistic psychiatry, Ayurveda and homeopathy at the Heart of Transformation Wellness Institute, in Evanston, Illinois.

She stresses that fish ownership should be a family experience at the beginning, so that children take their responsibility seriously; it also naturally leads to eagerly anticipated visits to natural waterways.



be ready." To provide a relaxed environment for aquarium life and reduce algae growth, select a tank location in a low-traffic area, away from windows.

According to Dobrow, a first freshwater collection of colorful species that usually coexist well could include angelfish, discus, clown loach, African cichlids and fancy goldfish. "They're all fun and pretty," she comments.

Aquarium shop owner Ron Elander, of Octopuss Garden, in San Diego, concurs. For fresh startups, he recommends including several kinds of African cichlids because, "They chase each other around a good deal and are interesting to watch." He also likes angelfish, which he characterizes as docile and elegant.

A modern water filtration system is needed to eliminate fish waste and uneaten food that can decay and contaminate the water. Elander warns against showing too much love by overfeeding. "Excess food settles on the bottom, decays and



adopted into a home with children.

The 2011-2012 American Pet Products Association Pet

Owner Survey reports that 11.9 million U.S. households now own freshwater fish (another 700,000 have saltwater pets). While exotic species offer great appeal, freshwater fish are less expensive in many cases and require less equipment in terms of pumps and power heads to create water currents. Careful and thoughtful planning can start ownership off in fine finned fashion.



Getting Started

The number of fish desired should dictate the size of the tank. *Hartz.com* suggests one inch of fish for every 1.5 to two gallons in tank size. Mindy Dobrow, owner of Brookline Grooming & Pet Supplies, in Massachusetts, notes, "Most new owners that want to take

Lal-Tabak particularly recommends this hobby for children with attention deficit symptoms, because, "Watching fish can slow children down and allow them to appreciate being in the present moment."

A discreet correlation exists between witnessing the compatibility of different species and human potential. Seeing a world of multicolored fish represents a harmonious diversity for a discerning person of any age.



Elander further notes that some

fish characteristics make them particularly well suited as pets for the older set. "They don't bark and you don't have to take them out for a walk on a cold morning," he says with a grin.



Find more information in the *Marine Aquarium Handbook: Beginner to Breeder*, by Martin A. Moe, Jr.

Animal lover Randy Kambic is an Estero, FL, freelance writer and editor and a frequent contributor to *Natural Awakenings*.



WATCH LIST

Common Fish Ailments

Fish illnesses can usually be prevented via proper maintenance and feeding. If suspect behavior or appearance arises, discuss with an expert pet retailer what steps might help, including use of specific liquid medications following manufacturer's dosage instructions.

Ammonia poisoning. High ammonia levels can accumulate when an owner sets up a new tank or adds too many new fish simultaneously. Symptoms to watch for include red or purple gills or fish gasping for breath at the surface. Use a freshwater aquarium neutralizer solution and a 50 percent water change. For prevention, stock the tank slowly, avoid overfeeding, remove uneaten food and conduct regular partial water changes.

Columnaris. This bacterial infection, showing as mold-like lesions, is caused by poor water quality and inadequate diet. Highly contagious among fish, a mixture of penicillin and formalin is often recommended. A complete tank cleaning can prevent re-infection.



Fin Rot. Frayed and white fin edges indicate the presence of this bacterial disease. A combination of formaldehyde, malachite green, methylene blue and/or penicillin, plus a complete tank cleaning, should remedy the problem.

Ich. White spots or red streaks typically signify this potentially fatal skin infection of a fish stressed by poor diet or an unclean habitat. Copper sulfate or formalin can destroy all parasites and carrier cysts.



Sources: *Illness descriptions, Hartz.com; medications, Ron Elander, owner, Octopuss Garden, San Diego.*

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DETOX THE BODY

Ionic Detox Foot Bath

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

Top Reasons to Ion Detox

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

Why You Should Ion Detox

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

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

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

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

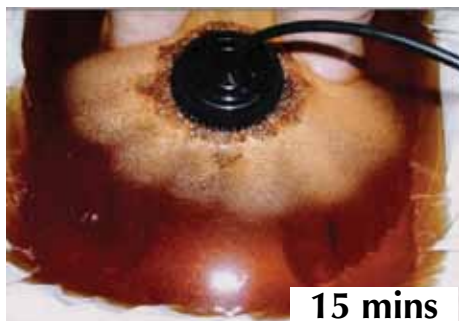
A study by the British Medical Journal said that 75 percent of cancers are caused by environmental and lifestyle factors. The Columbia University School of Public Health estimates that 95% of cancers are caused by diet and environmental toxicity. Heavy metals and chemical toxins weaken the immune system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

Why Ion Detox Works

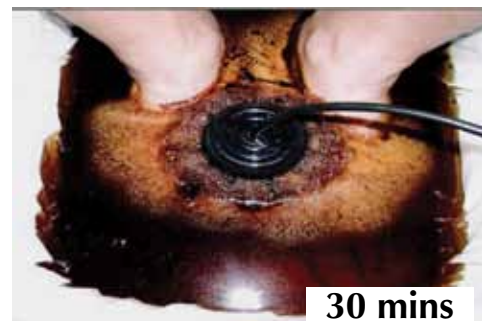
Ion Detox Treatments work to raise the body pH to a more alkaline state. This is important because the vast majority of people live in an acidic state which accelerates the aging process and is a more hospitable environment for disease to flourish.

A Higher Acidic pH Can Cause Such Problems As

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



15 mins



30 mins

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

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

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

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

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

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

Who should use the Ion Foot Cleanse?

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

Who should NOT use Ion Foot Cleanse?

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

How frequently can the Foot Detox be used?

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

How are toxins eliminated?

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

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

Why does the water change color?

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

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

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

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

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

References:

1. HealthyLivingToday.wordpress.com
2. Wikipedia.com
3. American Academy of Dermatology: AcneNet
4. Vaughan Integrative Medicine: Ion Foot Detoxification Program: Dr. Elizabeth Vaughan

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

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FRIDAY FEBRUARY 1

Krew of Andalusia Mardi Gras Parade – 6:30pm. Celebrate Mardi Gras with marching bands, dance groups and Mardi Gras royalty. Historic Downtown, 102 W Main St, New Iberia. 337-367-6466.

SATURDAY FEBRUARY 2

Cajun Ground Hog Day – 7:30-8am. Cajun groundhog “Pierre C Shadeaux” emerges to predict weather, long spring with short summer or short spring with long summer. Listen to the children’s choirs, essay contest winners and proclamations. 102 W Main St, New Iberia. 337-365-6773.

Carencro Mardi Gras Parade – 11am. The parade route travels North through the city on University Ave ending at the city limits near the new public library. Parade Floats start line-up on Butcher Switch into Carencro High at 6am. Carencro Mardi Gras Association.

Kappa Delta PI Story Time – 11-11:30am. The honor society performs a special Saturday story time. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

SUNDAY FEBRUARY 3

Krewe of Ezana Jeanerette Mardi Gras Parade – 1pm. Celebrate Mardi Gras with marching bands, dance groups and Mardi Gras royalty. MLK, Canal and Main St, Jeanerette. 337-276-4387.

Sheryl Cormier & Cajun Sounds – 1-4pm. Dance the afternoon away at this smoke-free family friendly event. Refreshments available. \$5. Vermilionville, 300 Fisher Rd, Lafayette. 337-233-4077.

MONDAY FEBRUARY 4

Cinderella Project – thru Feb 22. Dress drive collects new and gently used prom dresses and gives them to applying junior/senior girls with a valid school ID. Drop off locations at Raising Canes or UL Lafayette AmeriCorps office. Cinderella Project Nonprofit Organization. Dress give away will be March 9. 1335 Union St, Opelousas.

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.

TUESDAY FEBRUARY 5

Basic Computing – 1-3pm. See Feb 4 listing. South Regional Library. 6101 Johnston St, Lafayette. 337-981-1028.

FUN-tastic Art Craft – 4-5pm. Budding artists create fun-tastic art projects using discovery, exploration and individual creativity. Ages 7-11. North Regional Library, 5101 North University Ave, Carencro. 337-896-6323.

SciFi/Fantasy Book Club – 6:30-7:45pm. Redshirts by John Scalzi discussed. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

WEDNESDAY FEBRUARY 6

Valentine Airplane Card Craft – 3:30-4pm. Make a cool Valentine using candy for someone special. Kids can pick up a Take It and Make It craft kit during the week of February 4-8. Ages 5-12. Preregister at library locations: Broussard, Butler, Duson, North Regional, Scott and Chenier libraries. Milton Branch Library, 108 W Milton Ave, Milton. 337-856-5261 or 337-896-6323.

Teen Poetry Night – 6-7:30pm. Join the spoken word group, Project Sound, for a night filled with reading, writing and expressing yourself through poetry. Ages 13-18. North Regional Library, 5101 North University Ave, Carencro. 337-896-6323.

THURSDAY FEBRUARY 7

Movie Night for Adults: Gran Torino – 6-8pm. Watch some great classic and contemporary films about people who changed their lives for the better and get inspired. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

Botanica Erotica – 6:30-8:30pm. Arousing body, mind and spirit is a subject women whisper about. This class looks at herbs, oils and foods that are aphrodisiac. Learn about some common problems women have with love, sex and body image and ways to resolve them. Women only. Registration required. \$20. Earth-N-Herbs, 284 E Martin Luther King Jr Dr, Grand Coteau. 337-662-4022. Earth-N-Herbs.com.

FRIDAY FEBRUARY 8

Movie: ParaNorman – 4-5:30pm. A misunderstood boy takes on ghosts, zombies and grown-ups to save his town from a centuries-old curse. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

SATURDAY FEBRUARY 9

Health & Wellness Fair: National Association of University Women – 9am-2pm. Wellness for Health, Mind and Body Expo. Free giveaways, blood pressure, glucose testing, scoliosis testing and more. Robicheaux Center, 1919 Eraste Landry Rd, Lafayette. 337-781-9854 or 337-255-5752.

Lake Fausse Pointe Mardi Gras Parade – 2pm. Celebrate Mardi Gras with marching bands, dance groups and Mardi Gras royalty. Lake Fausse Pointe, 5400 Levee Rd, St Martinville. 888-677-7200.

Art Walk: Exhibit – 6-8pm. Local photographers Bob Adams, Jo Ann Gary and Karen Louviere-Hoyt combine their talents for the latest exhibit. Galerie, Jefferson St Library, 538 Jefferson St, Lafayette. 337-261-5787.

Sunset Arena Wrestling – 6:30pm. Adults/\$10, Children/\$5. 238 Napoleon Ave, Sunset. 870-538-8090.

SUNDAY FEBRUARY 10

4 W Ranch Sorting – 1pm. Local ranch sorting competition and concessions. 713 NW Bypass -Hwy 3212, New Iberia. 337-365-7539.

Terry & The Zydeo Bad Boys – 1-4pm. Dance the afternoon away at this smoke-free family friendly event. Refreshments available. \$5. Vermilionville, 300 Fisher Rd, Lafayette. 337-233-4077.

TUESDAY FEBRUARY 12

Grand Marais Mardi Gras Parade – 11am. Celebrate Mardi Gras with marching bands, dance groups and Mardi Gras royalty. Annual Mardi Gras parade has lots of floats, tons of throws and food booths along the parade route. Tour Mardi Gras decorated homes. US 90 & College Rd, Jeanerette. 337-365-8185.

Krewe of Coteau Mardi Gras Parade – 1pm. Celebrate Mardi Gras with marching bands, dance groups and Mardi Gras royalty. 6310 Coteau Rd, New Iberia. 337-577-5099.

Family Affair Mardi Gras Parade – 2pm. Celebrate with marching bands, dance groups and Mardi Gras royalty. Main St, Loreauville. 337-229-6001.

WEDNESDAY FEBRUARY 13

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

Teen Movie Night: The Perks of Being a Wallflower – 5:30-7pm. Becca is arriving at her new college, finding out new things and meeting new groups of people. This is a fun movie filled with colorful characters and great music. North Regional Library, 5101 North University Ave, Carencro. 337-896-6323.

THURSDAY FEBRUARY 14

Mardi Gras Mosaics for Kids – 4-5pm. Artist Michael Parrish shares his artistic talents as he shows children how to make their own Mardi Gras Mosaics using Mardi Gras beads and glitter to create their own masterpiece. Preregister. Call the library location nearest you or register online at LafayettePublicLibrary.org. North Regional Library, 5101 North University Ave, Carencro. 337-896-6323.

Valentine Airplane Card Craft – 4-4:30pm. See Wed Feb 6 listing. Jefferson St Library, 538 Jefferson St, Lafayette. 337-261-5787.

Movie Night for Adults: Bagdad Café – 6-7:30pm. See Thurs Feb 7 listing. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

FRIDAY FEBRUARY 15

AKC Dog Agility Trials – thru Feb 17. 8am. K9 agility trials, prizes and concessions. 713 NW Bypass Hwy 3212, New Iberia. 337-365-7539.

SATURDAY FEBRUARY 16

A Valentine's Day Romance Author Panel Discussion – 2-3pm. Local author Deborah LeBlanc will moderate as authors talk about their books, the romance genre and the collaborative writing process. A book sale and signing will follow the presentations. Refreshments provided. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

Suzanne Vega – 7:30pm. Grammy award-winning singer-songwriter brings her utterly unique voice and instantly identifiable sound to the stage. Arts of Acadiana, James Moncus Theater, 101 W Vermillion St, Lafayette. 337-237-2787.

SUNDAY FEBRUARY 17

Richard Miller & Musical Playboys – 1-4pm. Dance the afternoon away at this smoke-free family friendly event. Refreshments available. \$5. Vermilionville, 300 Fisher Rd, Lafayette. 337-233-4077.

Salt Crystal Lamps – 1-3pm. Joie Connelly, CHT, CYT presents how vital an asset Salt Crystal Lamps can be in stimulating our health and levels of well-being. When Salt Lamps are present, negative ionization of the atmosphere is created which greatly benefits the human body. Registration required. \$20. Earth-N-Herbs, 284 E Martin Luther King Jr. Dr, Grand Coteau. 337-662-4022. Earth-N-Herbs.com.

Sunday Jazz Concert – 2:30-3:30pm. Spend an enjoyable afternoon immersed in the sounds of jazz. Award-winning saxophonist Shenole Latimer and his accompanying pianist in concert. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

MONDAY FEBRUARY 18

Spreadsheets Computer Class – 10:30-12:30pm. Electronic Resources Librarian Martin Cooperson teaches this computer classes. Milton Branch 108 W Milton Ave, Milton. 337-856-5261.

What's All That Jazz About for Kids – 4-5pm. Dynamic presentation created by jazz saxophonist Shenole Latimer uses a perfect blend of entertainment and educational techniques to unravel some of the mystery surrounding the great American art form known as jazz. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

TUESDAY FEBRUARY 19

The Frog Price Show – 4-5pm. In this puppet show, we learn about the importance of keeping a promise. A puppet craft follows the show. North Regional Library, 5101 North University Ave, Lafayette. 337-896-6323.

THURSDAY FEBRUARY 21

Oil and Gas Job Fair – 9am. Companies represented in the oil and gas industry provide information on positions available and services to applicants interested in employment. 1373 S College Rd, Lafayette. 337-233-6000.

Teen Advisory Board – 4:30-5:30pm. South Regional Library is looking for teens who would be interested in being part of a Teen Advisory Board. The goal of the group is to give teens a voice in the planning of programs, book selections and other resources that would be appealing to the age group. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

Movie Night for Adults: On the Waterfront – 6-7:45pm. A has-been prizefighter is ambivalent toward dockside union corruption until he befriends a girl that the organization has victimized. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

FRIDAY FEBRUARY 22

Southern Green Clean – 9am. Learn about some eco friendly products. Find out why it's important to use nontoxic cleaners. Dharma Wellness Center, 166 Oak Tree Park Dr H, Sunset. 337-354-3854 or 337-534-1110.

Preservation Hall Jazz Band – 7:30pm-9:30pm. This band has traveled worldwide spreading their mission to perpetuate traditional New Orleans Jazz. From the birthplace of jazz to the heart of Acadiana. ACA, James D Moncus Theater, 101 W Vermillion St, Lafayette. 337-233-7060.

SATURDAY FEBRUARY 23

Tabasco Shootout Soccer Tournament – All day. D1 tournament offers a great weekend of soccer for boys and girls teams U-11 thru U-14 with plenty of time between games to enjoy the local sites and restaurants. 1st and 2nd place trophies/medals for each division provided. 608 Sucrose Dr, New Iberia. 337-364-8200.

Saturday Story Time En Francais – 11-11:30. Story times will be told in French. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

Teen Performance Troupe Rehearsal – 1-2:30pm. 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 Branch, 6101 Johnston St, Lafayette. 337-981-1028.

SUNDAY FEBRUARY 24

Staying Healthy With the Seasons: Earth Rhythms – 1-3pm. The earth and universes' natural energies affect all of us. Learn how to attune yourself to natural energies. Registration required. \$20. Earth-N-Herbs, 284 E Martin Luther King Jr Dr, Grand Coteau. 337-662-4022. Earth-N-Herbs.com.

Curley Taylor & Zydeco Trouble – 1-4pm. Dance the afternoon away at this smoke-free family friendly event. Refreshments available. \$5. Vermilionville, 300 Fisher Rd, Lafayette. 337-233-4077.

Musical Valentines: Candlelight Chamber Music Concert – 3pm. Free candlelight orchestra concert performed by the Acadiana Symphony Orchestra, 108 E Peters St, New Iberia. 337-364-1603.

TUESDAY FEBRUARY 26

The Frog Price Show – 4-5pm. In this puppet show, we learn about the importance of keeping a promise. A puppet craft follows the show. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

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

WEDNESDAY FEBRUARY 27

Mary Chapin Carpenter & Shawn Colvin – 7pm. Two longtime friends perform acoustic material spanning their vast catalogs as well as some of their favorite songs. Heymann Performing Arts Center, 1373 S College Rd, Lafayette. 337-291-5555

THURSDAY FEBRUARY 28

Workshops for the: PTSD – 12pm-1:30pm. Psychologist, Dr. Kelley S Pears, PhD of the Alexandria VA Hospital speaks about posttraumatic stress syndrome (PTSD). Lunch served. RSVP. Hospice of Acadiana, 2600 Johnston St, Lafayette. 337-234-1234.

Get Your Game on @ Your Library – 4-5:30pm. Show how you can brawl with the best of them in a Super Smash Bros Brawl tournament. For teens only. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

Movie Night for Adults: "Shirley Valentine" – 6-7:45pm. A frustrated housewife on holiday blossoms into a passionate, beautiful woman, but does she really want to forget her life back home. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

Cleaning Your Home Naturally – 6:30-8:30pm. Chemicals found in home cleaning products have not been tested for safety. Learn about those products and how to make home care products without harmful ingredients. Registration required. \$20. Earth-N-Herbs, 284 E Martin Luther King Jr Dr, Grand Coteau. 337-662-4022. Earth-N-Herbs.com.

PRAYER OF PEACE

God, my Father,
May I love You in all things and
above all things.
May I reach the joy which You
have prepared for me in Heaven.
Nothing is good that is against
Your Will,
and all that is good comes from
Your Hand.
Place in my heart a desire to
please You and fill my mind with
thoughts of Your Love, so that I
may grow in Your
Wisdom and enjoy Your Peace.

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.

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

sunday

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

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

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

Lafayette Petanque Games – 2-4pm. 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 – 8-9am & 6:30-7:30pm. Removes pressure from joints and makes moving easier. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8362.

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

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

PEPP for Parkinson's Positive Experience – 6-7:30pm. 3rd Mon each month. Parkinson's Pa-

tients Support Group meeting. Our Lady of Lourdes Medical Center, 4801 Ambassador Caffery Pkwy, Lafayette. 337-281-7659.

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. Interclub projected image and print competitions at 4th Monday's meeting. 1101 Bertrand Dr, Room 411, Lafayette, LA. Blemarie56@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.

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

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. 1st Tues of the month. Swap coupons and get money saving advice and tips. Beginners welcome. The Conference Room, South Regional Library, 6101 Johnston St, Lafayette. 337-371-7884.

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

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

Water Aerobics Class – 8-9am & 6:30-7:30pm. Removes pressure from joints and makes moving easier. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8362.

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

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.

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

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

friday

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

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

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

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

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.

Water Aerobics Class – 8-9am. Removes pressure from joints and makes moving easier. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8362.

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 – 7-11am. See Tues listing. Main St, New Iberia.

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

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.

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

Kaplan's Farmer's Market – 8am-12pm. 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 – 1-3:30pm. Join Vermilionville for a weekly Cajun Jam led by the area's finest musicians. Open to all skill levels, beginner to professional. Free admission for jam only, does not include entry to the park. Performance Center of Vermilionville, 300 Fisher Rd, Lafayette. 337-233-4077.

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

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

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

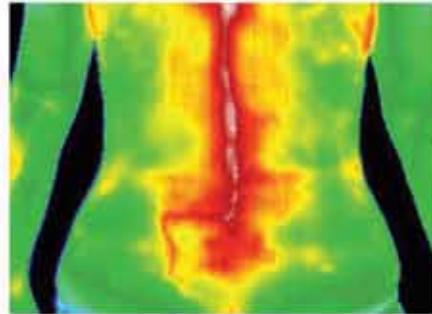
LA Ice – 7-10:50pm. Public ice-skating at night. \$8/admission, \$10/admission & rental. 3607 NW Evangeline Thruway, Carencro. 337-896-2040. LAIceArena.com.

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.

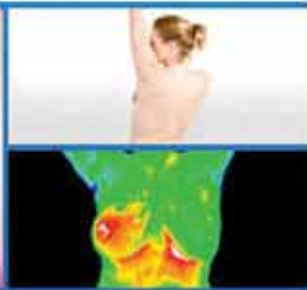
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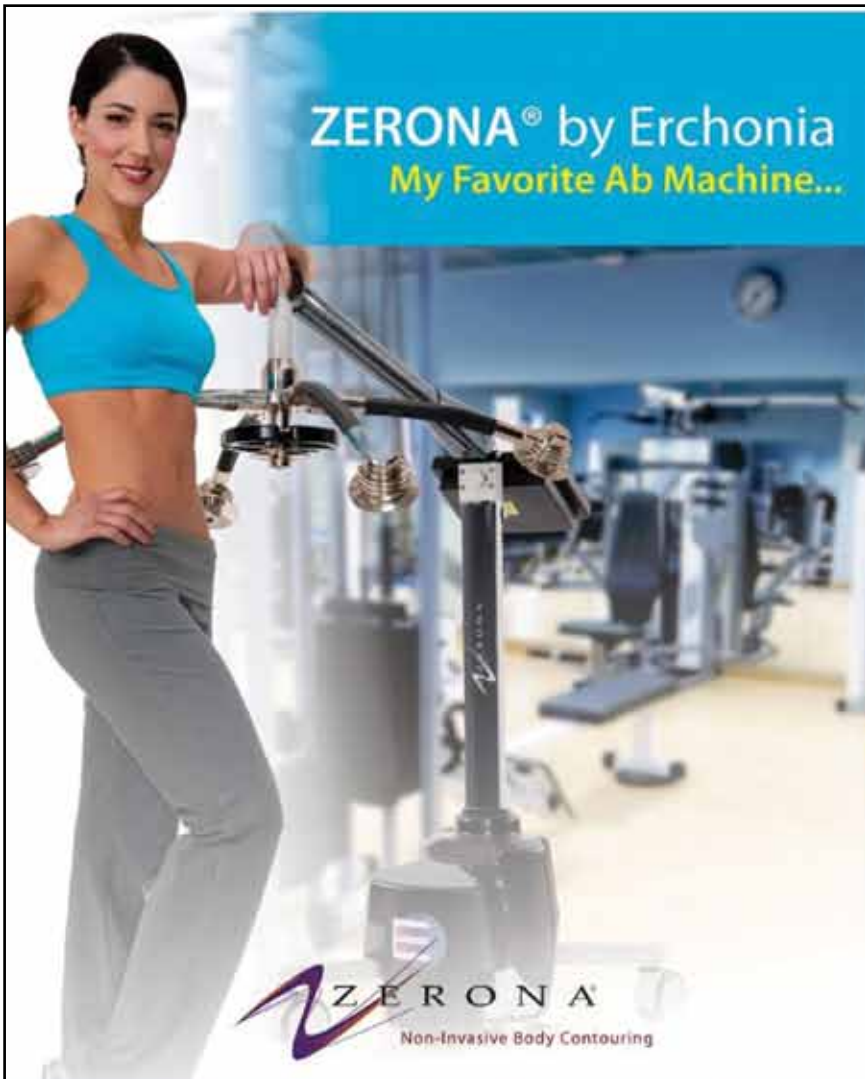


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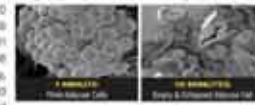
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Premier ZERONA Centers provide the ZERONA®-ULTRA, the only non-surgical, low-level laser treatment for guaranteed fat loss of 3 - 9 inches or more! Premier's exclusive ULTRA delivery program makes Premier the first medical facility to offer the ZERONA®-ULTRA in the Southern, Ontario region. During the FDA clinical trials, the ZERONA® was scientifically proven to result in an average of 3.6 inches lost from patients' waist, hips and thighs in just two weeks. Premier's ZERONA®-ULTRA program has seen an average of 8 inches, and up to 16 inches or more of fat loss in the same period. ZERONA® is a revolutionary method that is applied externally without the dangers associated with surgery or some other non-invasive devices which rely on heating the tissue. This Health Canada & FDA approved resolution in fat loss technology has been proven to reduce inches from target areas such as the tummy, back, hips, thighs, buttocks, chin, neck and arms; contour and reshape the body; and tighten and tone loose skin.



WHAT YOU NEED TO KNOW

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- ✓ Fat body
- ✓ FDA approved for fat loss
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COVER STORY

HOLLYWOOD'S SURGERY

Top plastic surgeons reveal the hot new procedures stars don't want you to know about

Kate Winslet's recent weight loss has become a topic of conversation in Hollywood. And it's not just her weight loss that's caught the attention of the media, but the fact that she's done it without surgery. "There's a lot of people who are looking for non-surgical ways to lose weight," says Dr. [Name], a top plastic surgeon. "They're looking for ways to lose weight that don't involve surgery, and that's where the non-surgical laser technology comes in." The non-surgical laser technology is a new way to lose weight that doesn't involve surgery. It's a non-surgical laser technology that uses a laser to break down fat cells. The laser energy is absorbed by the fat cells, which causes them to release their stored fat. The fat is then naturally eliminated from the body through the lymphatic system. This process is non-invasive and doesn't require any downtime. It's a safe and effective way to lose weight, and it's becoming increasingly popular among Hollywood stars.

A SLIMMER BOD — WITH NO DOWNTIME

Now it's possible to get a lean bod like Rihanna's without bruising or swelling. New York-based cosmetic surgeon Dr. Yan Trokel uses the new ZERONA laser technology (left), which targets and separates fat tissue and helps the melted excess fat exit the body through the lymphatic system. He says patients lose an average of 3 to 5 inches off the waist after three 20-minute sessions (\$500 each) a week for two weeks.

SECRETS

HOW TO CONTROL YOUR WEIGHT

There are many secrets to staying slim, and one of the most effective is using non-surgical laser technology. This technology uses a laser to break down fat cells, which are then naturally eliminated from the body. It's a safe and effective way to lose weight, and it's becoming increasingly popular among Hollywood stars. The non-surgical laser technology is a new way to lose weight that doesn't involve surgery. It's a non-surgical laser technology that uses a laser to break down fat cells. The laser energy is absorbed by the fat cells, which causes them to release their stored fat. The fat is then naturally eliminated from the body through the lymphatic system. This process is non-invasive and doesn't require any downtime. It's a safe and effective way to lose weight, and it's becoming increasingly popular among Hollywood stars.



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Body Composition Analysis:
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
Ionic 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: \$75
2 Sessions Breast Thermography Screening: \$94
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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