

HEALTHY LIVING HEALTHY PLANET

natural awakenings

FREE

feel good • live simply • laugh more

Happily Coupled

Creating Loving
Relationships
that Thrive

Healing the Heart

Ways to Gentle
the Grieving Process

Fitness FINDS

7 Clues to Locate the Best
Workout Space for You

Text **SUBSCRIBE** and your name to (337) 424-5066 to Get your FREE copy of *Natural Awakenings Magazine* mailed to your home or office each month.

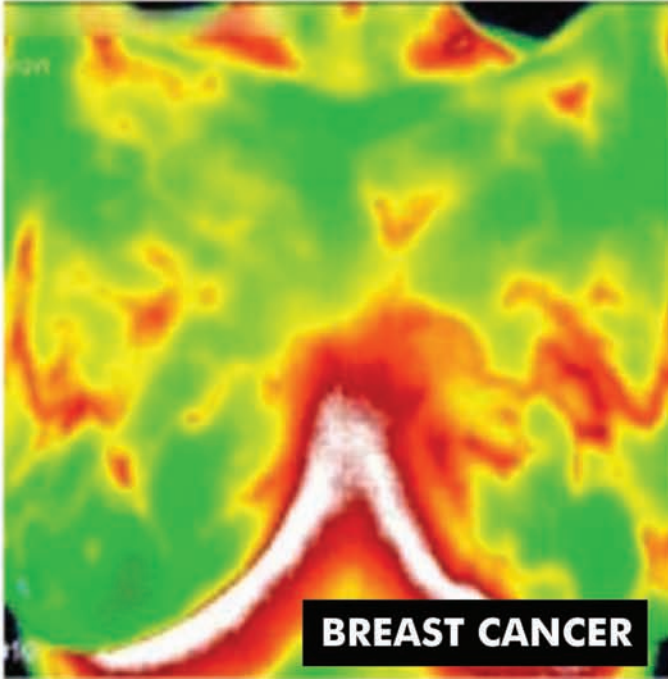
20 YEARS OF
PUBLISHING

February 2015 | S.W. Louisiana-Acadiana Edition | www.NAcadiana.com

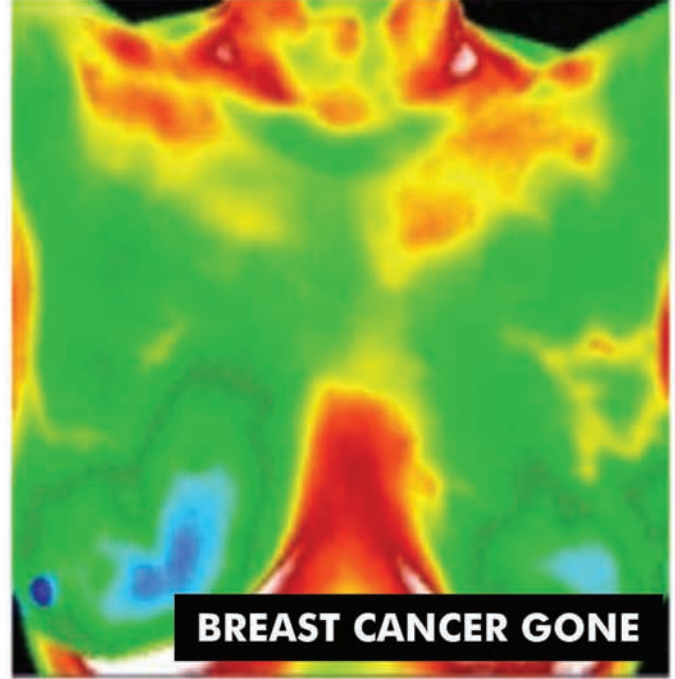
What's Wrong With My Body?

Thermography Imaging of the Breast

Thermography (infrared imaging) screens for early stage angiogenic blood vessel growth. A RESTORE HEALTH PROGRAM can help reverse angiogenic blood vessel growth.



This is an infrared image using thermography of a woman with diagnosed breast cancer in the left breast, with the accompanying network of angiogenesis, which can only be detected using thermography.



This infrared image was taken three months after the tumor was removed. With the tumor absent, the thermography exam confirmed that the angiogenesis has receded.

A 6-Week **RESTORE HEALTH PROGRAM** can significantly help to reduce your chances of developing breast cancer

Increases Circulation • Clears the Lymph Nodes • Helps to Clear the Colon • Helps to Alkalize the Body

1 in 3 Women Develop Breast Cancer in Louisiana

Source: American Cancer Society

Cancer cells feed themselves through angiogenic blood vessels

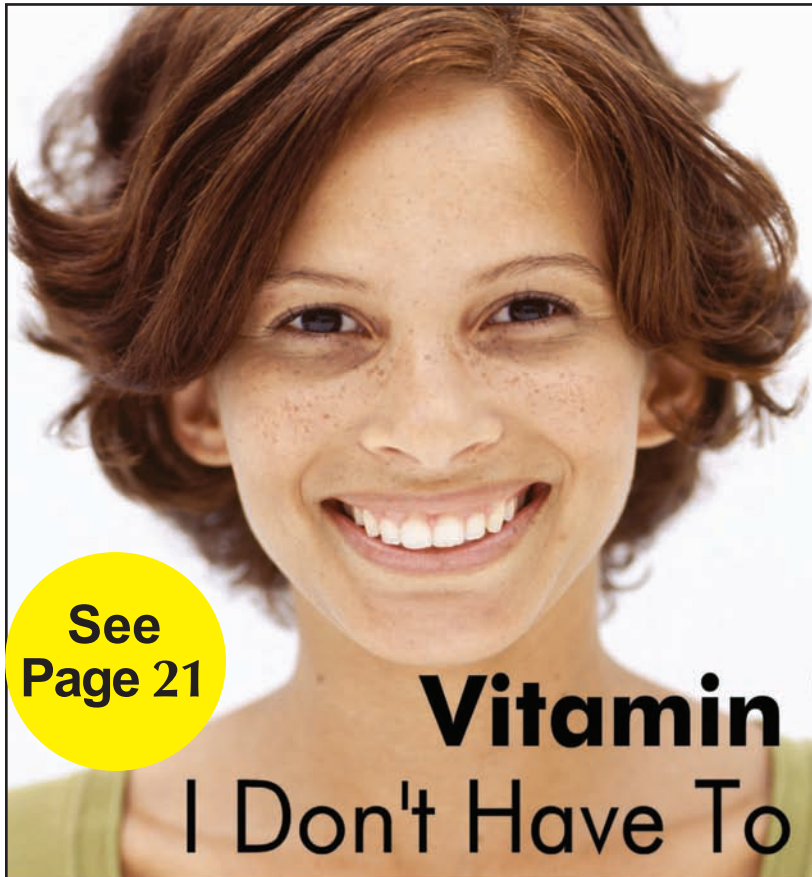
Humans are born with all their blood vessels; 60,000 miles worth in a typical adult. New, temporary blood vessels called angiogenesis only grow normally to build the lining of the uterus for the menstrual cycle each month, to nourish an embryo or to heal a wound. These blood vessels are kept under control with naturally occurring angiogenic inhibitors. In certain situations angiogenesis can go out of balance, resulting in a myriad of diseases. Angiogenesis is good and it is also bad. It is

a naturally occurring blood supply that we sometimes recognize as inflammation. Muscles need it for healing and cancer needs it to grow. Cancer does not start out with angiogenesis but if something goes wrong, it becomes the tipping point between a harmless growth and a potentially harmful one. Angiogenesis can be completely invisible to the human eye and x-rays. But it can be seen... with infrared eyes using thermography.

**RESTORE
HEALTH PROGRAM**

SEE PAGE

66



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

Heal your body

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

Vitamin Deficiencies and Poor Nutrition
are the Leading Cause for Disease

See
Page 21

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

DHARMA Wellness Center

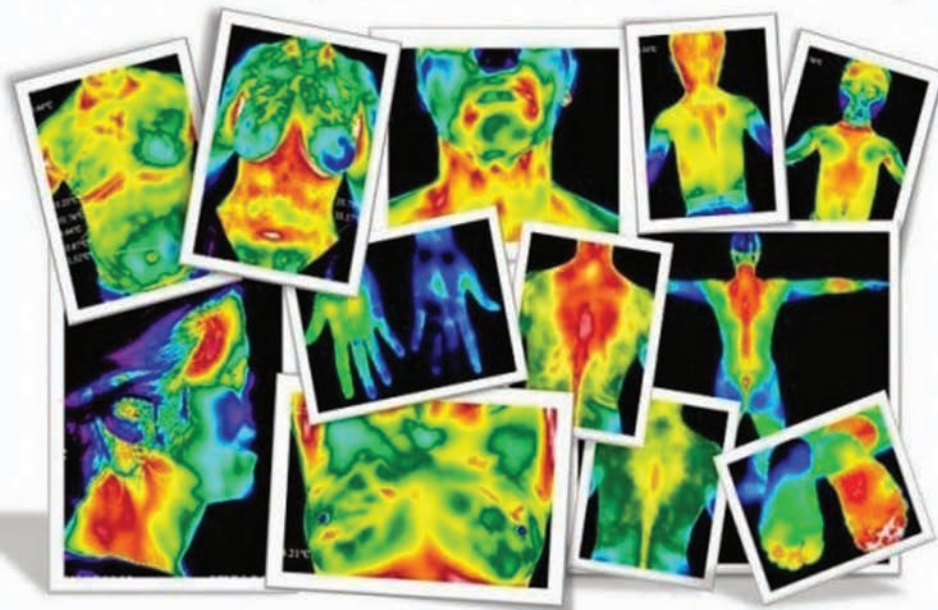
(337) 662-3120

CALL to schedule your 15 minute vitamin testing

\$39

A Thermography Exam Means

See
Page 67



Call for a FREE consultation

896-4141

I Can Get ANSWERS Now !

Inflammation is the Fuse that Ignites Disease

Organic Frozen Wheatgrass Juice

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



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

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

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

Suggested Use: Drink one 1.5oz frozen cup every other day.

.....\$30.00 (box of 16 count 1.5 oz frozen wheatgrass cups)

Green Waters Alkaline Water

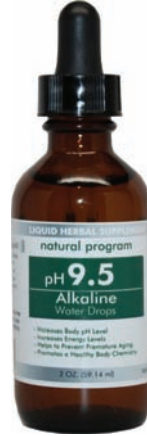


Green Waters alkaline water reduces infections, flu and colds. Immunity weakens with more and more acidity in our body and thus we fall sick more frequently. Alkaline water can help build up alkaline reserves and neutralize acids helping our body to recuperate and grow strong.

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

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

pH 9.5 Drops



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

Keep your pH levels under control with pH 9.5 Drops. The typical American diet is loaded with acid-forming foods that can take a toll on your overall health and vitality. We all know that drinking 8 glasses of water a day is a healthy habit, but with a pH rating of 9.5, these drops turn ordinary distilled water into a genuine health elixir. Simply fill your water bottle with one drop per ounce of water and sip throughout the day. It's an excellent and easy choice for anyone concerned about his or her body's acid/alkaline balance.\$30.00

WheTea

BURNS STOMACH FAT



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

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



BF-4 Weight Loss



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

.....\$45.00

Pain & Inflammation Enzyme



Chronic pain and inflammation can make even the simplest everyday tasks a challenge. If you suffer chronic pain from a serious health condition or inflammation from over-exertion and physical exhaustion, Liteon Natural's Pain and Inflammation Enzyme Blend

can help. This unique anti-inflammatory and pain relief formula will strengthen your body's natural response to pain and inflammation. This supplement packs the power of natural bioflavonoids, herbs, and enzymes.....\$30.00

Digestive Enzyme Complex



A healthy digestive system does an incredible job of breaking down the food we eat. However, without the help of digestive enzymes, we cannot metabolize food effectively no matter how healthy the food may be. There are roughly 22 main digestive enzymes involved in breaking down the food we eat into nutrients. After all, it's not "food" that our body absorbs for energy and health—it's the nutrients inside the food. Digestive Enzyme Complex is a natural digestive enzyme supplement. This vegetarian supplement can enhance the chemical reactions involved in digestion, promote an

acid and alkali balance in the body, and help you fight off or prevent infections.\$35.00

Raspberry Ketone Drops



Research indicates that raspberry ketones appear to support weight management in two ways: first, by decreasing the absorption of dietary fat; and second, by supporting epinephrine-induced lipolysis (the breakdown of fat). Appetite Control and Fat Loss Formula.\$30.00

Raspberry Ketone Capsules

Raspberry ketone may help in your weight-loss efforts, especially when paired with regular exercise and a well-balanced diet of healthy and whole foods. The many active compounds found is Raspberry work to promote a healthy metabolism and support fat-burning and appetite control.



.....\$30.00

Wheatgrass Capsules



Mood Enhancer is the perfect supplement to help with anxiety, stress, and depression. It is a collection of tools that work to maintain a healthy memory and sharp mind. It combines guaranteed-potency "smart herbs" ginkgo biloba and gotu kola, along with the

brain-boosting omega-3 nutrition of DHA, the phospholipid nourishment of phosphatidylserine and phosphatidylcholine, the antioxidant protection of alpha lipoic acid and natural vitamin E, and more.....\$30.00

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 the heart and relationships. We offer a definitive guide to fitness finds and how to use them. Linda Sechrist Deborah Shouse explains how obstacles point to the path of wholeness and healing; Jenna Blumenfeld discuss nine ways to help restore calm and focus for children; and Kathleen Barnes offers remedies to heal the heart.

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



Steve & Michelle

Steve and Michelle Castille, Publishers



contact us

Publishers
Steve & Michelle Castille

Editor
Beth Davis

Writers
Tre' Gradnigo & Beth Davis

Outreach
Megan Reed, Simone Hebert,
& Tre' Gradnigo

Design & Production
Gail Babineaux & Steve Castille

Calendar
Michelle Castille, Lydia Castille,
& Lillyanna Castille

Distribution
Kelly Arnaud & Maranda Arnaud

**To contact Natural Awakenings
Acadiana Edition:**

100 E. Angelle Street, Carencro, LA 70520
Phone: 337-896-4141, Fax: 337-205-6191
publisher@NAacadiana.com
www.NAacadiana.com

© 2014 by *Natural Awakenings*. All rights reserved. Although some parts of this publication may be reproduced and reprinted, we require that prior permission be obtained in writing.

Natural Awakenings is a free publication distributed locally and is supported by our advertisers. It is available in selected stores, health and education centers, healing centers, public libraries and wherever free publications are generally seen. Please call for a location near you or if you would like copies placed at your business.

DISCLAIMER: We do not necessarily endorse the views expressed in the articles and advertisements, nor are we responsible for the products and services advertised. We welcome your ideas, articles and feedback.

SUBSCRIPTIONS

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

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



contents

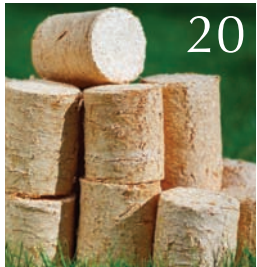


16

- 10 **newsbriefs**
- 16 **healthbriefs**
- 18 **globalbriefs**
- 20 **ecotip**
- 26 **conscious eating**
- 28 **healingways**
- 38 **greenliving**
- 40 **healthykids**
- 42 **wisewords**
- 46 **fitbody**
- 47 **inspiration**
- 48 **calendar**



18



20

advertising & submissions

HOW TO ADVERTISE

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

EDITORIAL SUBMISSIONS

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

CALENDAR SUBMISSIONS

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

REGIONAL MARKETS

Advertise your products or services in multiple markets! Natural Awakenings Publishing Corp. is a growing franchised family of locally owned magazines serving communities since 1994. To place your ad in other markets call 239-449-8309. For franchising opportunities call 239-530-1377 or visit NaturalAwakeningsMag.com.

www.NAacadiana.com

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 HAPPILY COUPLED

Creating Loving Relationships that Thrive
by Judith Fertig

26 HAPPY MEALS

Eating Healthy Foods Fights Off Depression
by Lane Vail

28 GENTLING GRIEF

Remedies to Heal the Heart
by Kathleen Barnes

30 RETHINKING CANCER

A Brave New World of Effective Natural Therapies
by Linda Sechrist

38 ECO FENG SHUI

Tips to Bring More Positive Energy into Your Home
by Sarah Tarver-Wahlquist

40 EASE ADHD NATURALLY

Nine Ways to Help Restore Calm and Focus
by Jenna Blumenfeld

42 CONSCIOUS DATING

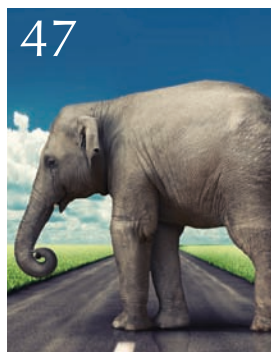
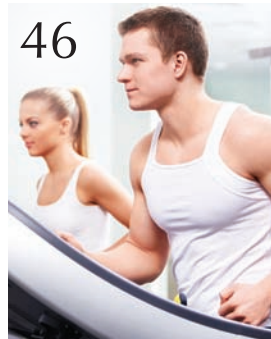
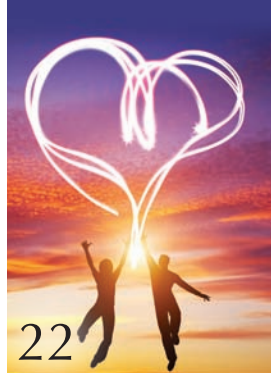
Jill Crosby on Looking for Love Online
by S. Alison Chabonais

46 FITNESS FINDS

Locate the Best Workout Space for You
by Debra Melani

47 WHAT'S IN YOUR WAY?

Obstacles Point the Path to Wholeness and Healing
by Deborah Shouse





The Benefits of an Alkaline Body

Fewer Colds

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

Cancer Prevention

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

- Skin more elastic, youthful
- Deeper more restful sleep
- Abundant physical energy
- Suffer from fewer headaches and viruses
- Good digestion
- Less arthritis
- Reduction of candida (yeast) overgrowth
- Helps the body detox
- Assists with proper absorption of food
- Helps prevent acid reflux
- Prevents irritable bowel syndrome
- Will not support osteoporosis
- Increased mental acuity, mental alertness

Tel: (337) 896-4141

Purchase at DHARMA Center in Sunset or Natural Health Center in Carencro

\$340

6-Week Program

Natural medicine
 Vitamin therapy
 Holistic therapies
 Massage
 BODY DETOX

Sign Up Today

NaturalHealthCentersOnline.com

896-4141

Find Your Balance

Discover the Benefits of Holistic Therapy



Enroll in a 6-Week RESTORE HEALTH PROGRAM.

Week 1

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

Week 2

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

Work from Home

Work from Home. Work Part-Time. Work only Weekends.

SELL TICKETS FOR LOCAL WELLNESS CENTERS, SPAS, AND VITAMIN SHOPS

TICKET SALES TICKET SALES TICKET SALES

Wellness Day

Natural Health Center, Carencro DHARMA Wellness Center, Sunset

\$195^{.00} value **Admit One**

INCLUDES

- 1 session - whole body vibration,
- 1 session - water massage therapy
- 1 session - infrared sauna treatment
- 1 session - foot detox

Instructions to purchaser: Call 896-4141 to schedule your appointment after purchase. Offer not valid with any other promotions or discounts.

YOU WILL MAKE

\$1,000
PER WEEK
\$4,000
A MONTH

Sell 10 tickets and earn \$100 each.

TICKET SALES TICKET SALES TICKET SALES

ZERONA laser TREATMENTS

Natural Health Center, Carencro DHARMA Wellness Center, Sunset

\$849^{.00} value **Admit One**

INCLUDES

- 12 SESSIONS of Zerona laser treatments to cut abdominal fat.

Instructions to purchaser: Call 896-4141 to schedule your appointment after purchase. Offer not valid with any other promotions or discounts.

YOU WILL MAKE

\$4,000
PER WEEK
\$16,000
A MONTH

Sell 10 tickets and earn \$400 each.

TICKET SALES TICKET SALES TICKET SALES

Thermography Exam with VITAMIN TESTING

Natural Health Center, Carencro DHARMA Wellness Center, Sunset

\$139^{.00} value **Admit One**

INCLUDES

- 1 Thermography Exam
- 2 Vitamin Tests

Instructions to purchaser: Call 896-4141 to schedule your appointment after purchase. Offer not valid with any other promotions or discounts.

YOU WILL MAKE

\$500.00
PER WEEK
\$2,000
A MONTH

Sell 10 tickets and earn \$50 each.

SELL TICKETS TO FAMILY, FRIENDS, NEIGHBORS, EBAY, FACEBOOK, INSTAGRAM

Be Your Own Boss. Work from Home

Call (337) 896-4141
TO PURCHASE WHOLESALE TICKETS

DHARMA Wellness Introduces Saturday Get Fit Boot Camp



Each Saturday, Sunset will become the backdrop to a fun and energetic way to get fit and remain in top shape as DHARMA Wellness Center introduces its Saturday Get Fit Boot Camp, led by fitness coach Eva Noel.

Held each Saturday morning with weekly weigh-in starting at 9:30 a.m. and workout starting at 10 a.m. until noon.

The Saturday Get Fit Boot Camp consists of high energy, high impact exercises that provide for overall conditioning and toning. Each session is composed of physical education style drills that are challenging and will push the body to its maximum potential. The Camp combines both basic and complex exercises forming a routine, which will increase participants' metabolic rate and helping to shed unwanted pounds. The class incorporates upper and lower body exercises into one dynamite athletic conditioning class.

Each session focuses on various muscle groups, bringing the best workout for improving endurance, cardiovascular fitness and muscular strength. In addition to the workout, each participant receives a suggested meal guide, progress chart and a one-month supply of the BF4 Weight Loss Supplement.

Location: 166 Oak Tree Park Drive. For information, call 337-662-0120 or visit DharmaWellnessCenter.net.

Art & Shadows at Shadows on The Teche



Nestled in New Iberia's Main Street District, protected by towering live oak trees decorated with Spanish moss on the banks of Bayou Teche, The Shadows, built in 1834 for sugar planter David Weeks, paints a vivid picture of life for the four generations that made this property their home. Supported in part by a grant from the National Endowment for the Arts (NEA), Shadows

on The Teche presents the Art & Shadows program, a spectacular display of art, music and tradition birthed from a vision to preserve the rich history of this fantastic property.

The event boasts its deeply embedded roots in French Louisiana through rich cultural displays. Art & Shadows will feature visual artist and University of Louisiana at Lafayette 2013 Distinguished Professor Lynda Frese. For a unique musical perspective, traditional French Louisiana musician David Greely, founding fiddler of the Mamou Playboys, will present what he calls "an

informance," a program of musical excerpts and stories reflecting his personal musical perspective of the Shadows history. Frese and Greely were selected as yearlong artists-in-residence at the plantation in June. The Art and Shadows Celebration will take place April 11 and 12 and is free and open to the public.

Location: 317 E. Main St., New Iberia. For information, call 337-369-6446, email Shadows@ShadowsOnTheTeche.org.

Lakes of the Fishing Shepherd, Home of Shepherd's Fishing Club



Peaceful, serene, relaxing and therapeutic are all ways to describe the experience of Lakes of the Fishing Shepherd, home of the Shepherd's Fishing Club. Shepherd's Fishing Club was birthed 25 years ago from the simple

frustration of lack of good fishing in public waters. Offering a first-rate fishing experience in an environment filled with the grace of nature, Lakes of the Fishing Shepherd proudly serves Acadiana as a one-of-a-kind fishing experience.

Nine well-manicured lakes and ponds boast a high catch rate and are loaded with fish. Lakes of the Fishing Shepherd features largemouth bass, copper nose bluegill, hybrid copper nose bluegill, red ear bream, native bluegill bream, giant Florida hybrid bream and fathead minnows. For individuals with a boat or kayak, the 16-acre Ram's Horn Lake offers some of the most electrifying reeling action in the country. Others can take advantage of the easy access bank fishing ponds and lakes deliver. Kids may enjoy several ponds that are specially designed to get children exposed to the joys of fishing.

The Shepherd's Fishing Club sells private leases, which guarantee a never crowded, private fishing experience for the entire family.

Location: 3664 Hwy 343, Maurice. For more information, call 337-230-0123.

Bon Temps Grill Express Now Open In Lafayette

Bon Temps Grill Express is now open in Lafayette. Known as the neighborhood grill where friends and family go for a good time, their motto is "Discover 'swamp edge' cuisine in an urban Cajun atmosphere."

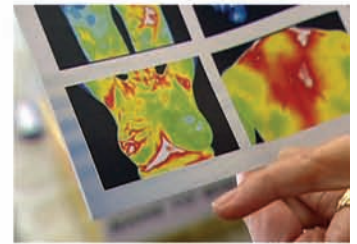
Bon Temps features unique, succulent Cajun and Creole dishes, cuisine's which have been a longtime staple in the Acadiana area. Bon Temps Express is a quick serve counter style restaurant serving many of Bon Temps Grill's favorite dishes. The cozy, diner-style seating, along with the modern décor, provides a comforting dining experience. The menu offers many flavor choice, including a few specialty items such as the sweet chili glazed chicken, spicy red potato mash, crawfish pot pie, bon temps fish tacos and bananas foster bread pudding. In addition to the food choices, the menu also boasts a host of signature martinis.

Location: Oil Center at 317 Heymann Blvd., Lafayette. Call 337-534-4601.

Thermography

Medical Imaging

www.NaturalHealthCentersOnline.com



www.DrSteveCastille.com

Thermography Imaging detects inflammation.
Inflammation sparks almost every major disease in the body.

BRAIN

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

SKIN

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

CARDIOVASCULAR

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

KIDNEYS

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

BONES

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

MUSCLE

Inflammatory cytokines can cause muscle pain and weakness. Can manifest as carpal tunnel syndrome, polymyalgia rheumatica.

BREAST

Pro-inflammatory cytokines, principally interleukin-6 (IL-6) can facilitate tumor growth and metastasis in the breast tissue.

Source: Journal of Clinical Oncology

LIVER

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

THYROID

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

LUNGS

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

GI TRACT

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



We See It First

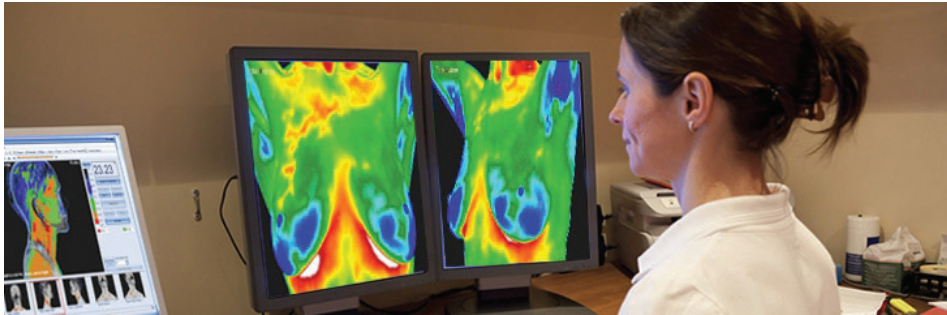
\$94	Thermography Exam Only
\$124	Thermography and a copy of images
\$154	Thermography, images, and basic labwork
\$274	Thermography, images, full labs, and doctor visit

Text **THERM**, your name, address, and email to
(337) 424-5066 to schedule a thermography exam.

Appointments are scheduled on Monday, Wednesday, and Thursday between 9AM and 7PM.

What Does Your Thermography Image Mean?

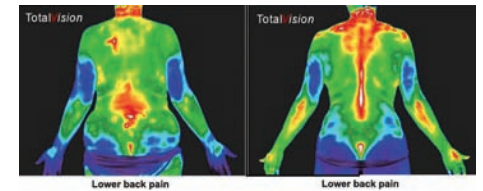
by Dr. Steven T. Castille



cancer gets large enough to be noticed as a lump in a breast exam. It is estimated that thermography can detect cancer formation roughly 10 years before mammography can identify a tumor.

Lower Back Pain

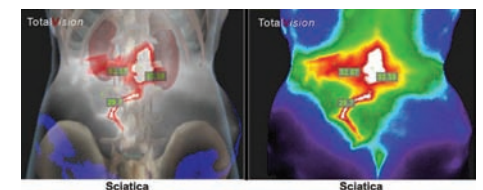
Lower back pain is one of the most troublesome back pain for patients and can often be very difficult to treat. The hottest white areas in these images



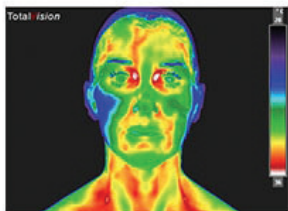
indicate the most intense inflammatory response. Thermography is very useful to help find the source of the pain. The patient above suffers with Sciatica, and the source is clearly in the lumbar area. The image clearly indicates the intense inflammation in the spinous processes of the lumbar spine. These areas are a major source of radicular pain, especially into the hips, thighs and legs. Often the patient will report intense pain in the hip or leg, either bilateral or unilateral, and there will be no thermal indication in the hip or leg images, but the hyperthermia in the lower back will be the source. Many lower back thermograms will reveal significant thermal indications at the L-3 L-4 region, with varying degrees of associated muscular inflammation, as this is typically a very weak spot in the spine.

Sciatica

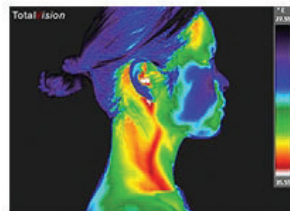
Sciatica is a symptom. It consists of leg pain, which might feel like a bad leg cramp, or it can be excruciating, shooting pain that makes standing or sitting nearly impossible. The pain might be



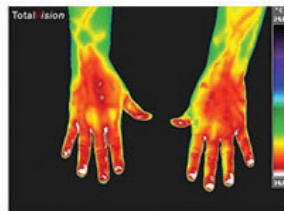
worse when you sit, sneeze, or cough. Sciatica can occur suddenly or it can develop gradually. You might also feel weakness, numbness, or a burning or



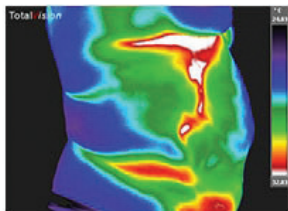
Headache and Sinus



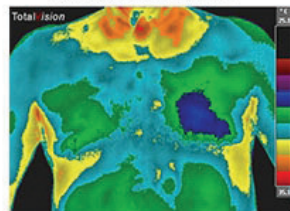
Carotid Artery Inflammation



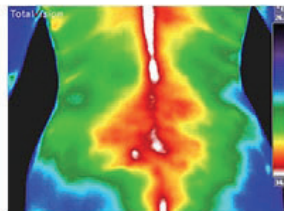
Early Stage Diabetes



Stress in the Liver



Reduced Heart Function



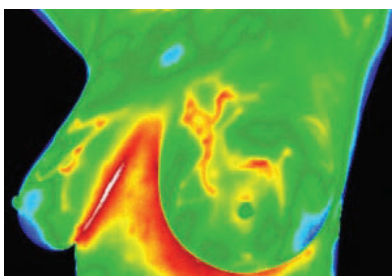
Lower Back Pain

Thermography is a scanning device that measures your body surface temperature and presents the information as a digitized image. This tool makes a digital map of your body and very accurately illustrates heat patterns. These patterns may detect some abnormal conditions such as cancer cell growth or active infection.

Mammograms look for anatomical changes in the breast such as masses or lumps. Thermograms analyze the vascular changes in the breast. Increased blood into certain regions of the body increases the heat of that region. Areas of inflammation, cancer cell formation and active infection have elevated circulation. Thermal imaging has a great ability to detect subtle physiological changes that accompany pathology.

Thermal Asymmetry Indicates Problems

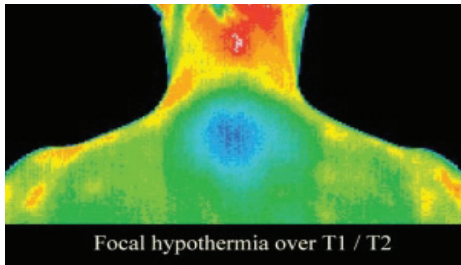
The body should naturally have thermal symmetry. Areas of asymmetry can indicate problems and are analyzed specifically for underlying pathology. Cancer cells divide very rapidly and demand increased blood flow and nutrient delivery. The metabolic processes in the body cannot differentiate between cancer cells and healthy cells. This results in increased formation of blood cells around these active cancer cells. Thermography picks up this abnormal blood supply well before the



tingling (“pins and needles”) sensation down your leg, possibly even in your toes. Less common symptoms might include the inability to bend your knee or move your foot and toes. These scans show sciatic nerve inflammation.

Autoimmune Dysfunction

Patterns of hypothermia seen over T1/T2 in a thermography scan are always indicative of autoimmune dysfunction. Interestingly enough, the Chinese have used this point in acupuncture for over 4000 years to stimulate immune

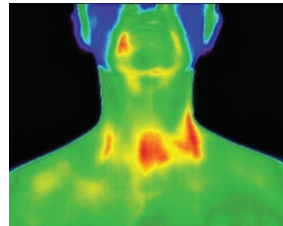


Focal hypothermia over T1 / T2

function. This pattern is often seen in patients diagnosed with fibromyalgia, a disorder that is very difficult to diagnose but is characterized by widespread musculoskeletal pain, accompanied by fatigue, problems sleeping, memory and mood issues; as well as patients diagnosed with Chronic Fatigue

Syndrome. Fibromyalgia patients will often have myofascial inflammation accompanying the hypothermic pattern. Thermography is useful in confirming a suspected diagnosis of these syndromes as well as monitoring the patient’s response to treatment. As the patient improves the hypothermic foci will experience a reduction in temperature differentials and will reduce. Conversely, if the patient is not responding to treatment or is regressing, this pattern will either maintain or the temperature differentials will increase and the pattern will become more pronounced.

Thyroid Dysfunction



Thermography can easily detect thyroid dysfunction even when all of the thyroid levels

are within normal levels in the patient’s blood work. Thermography can also validate the appropriate levels of thyroid supplementation. For example if a patient is on thyroid medication and no patterns appear on the thermogram related to

thyroid, it can then be assumed that he or she is receiving the adequate amount of medication or supplementation.

Thermography can assist in the diagnosis, evaluation, monitoring and documentation of a large number of injuries and conditions, including soft tissue injuries and sensory/autonomic nerve fiber dysfunction. Thermography is unique in that it is a test of physiology and function and can offer considerable financial savings by eliminating the need for additional expensive and invasive diagnostic testing.

Call 896-4141 for more information.

Disclaimer: Thermography Medical Imaging of Acadiana is not a treatment or diagnosing center. The reports and imaging provided is for general information and educational purposes only and is not intended in any way to be a substitute for professional medical advice, diagnosis or treatment. Thermography is an adjunctive procedure to Mammography.



www.NaturalHealthCentersOnline.com
www.DrSteveCastille.com

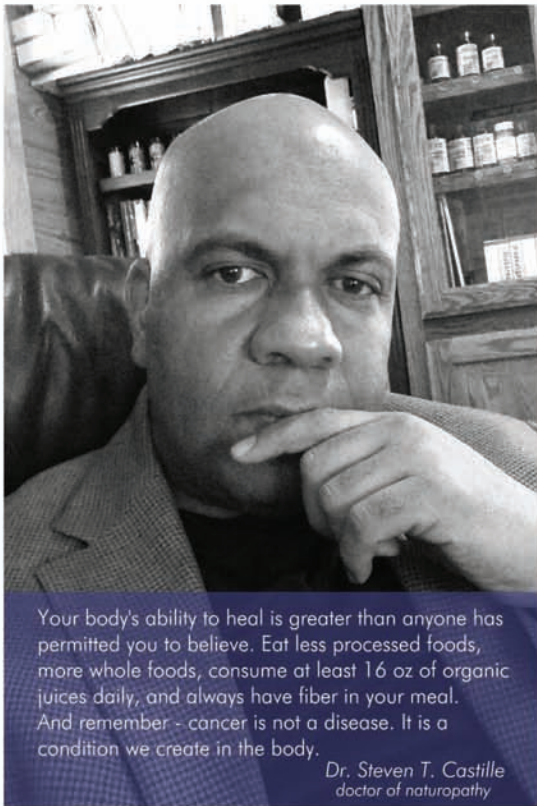
Inflammation is the Spark that ignites most disease Pain and Inflammation Enzyme



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

Drink Wheatgrass

www.DrSteveCastille.com



Your body's ability to heal is greater than anyone has permitted you to believe. Eat less processed foods, more whole foods, consume at least 16 oz of organic juices daily, and always have fiber in your meal. And remember - cancer is not a disease. It is a condition we create in the body.

*Dr. Steven T. Castille
doctor of naturopathy*



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

Source: www.cancer.org

FROZEN WHEATGRASS

Available at

**Drug Emporium, Lafayette
Natural Health Center, Carencro
DHARMA Wellness Center, Sunset
Caribbean Health Center, Opelousas
Benny's, Opelousas**

Wheatgrass juice is nature's finest medicine. It is our signature elixir here at the Natural Health Centers. It is a powerful concentrated liquid nutrient. Two ounces of wheatgrass juice has the nutritional equivalent of five pounds of the best raw organic vegetables. For example, wheatgrass has twice the amount of Vitamin A as carrots and is higher in Vitamin C than oranges! It contains the full spectrum of B vitamins, as well as calcium, phosphorus, magnesium, sodium and potassium in a balanced ratio. Wheatgrass is a complete source of protein, supplying all of the essential amino acids, and more. It has about 20% of total calories coming from protein. This protein is in the form of poly peptides, simpler and shorter chains of amino acids that the body uses more efficiently in the blood stream and tissues.

In addition to flooding the body with therapeutic dosages of vitamins, minerals, antioxidants, enzymes, and phytonutrients, wheatgrass is also a powerful detoxifier, especially of the liver and blood. It helps neutralize toxins and environmental pollutants in the body. This is because Wheatgrass contains beneficial enzymes that help protect us from carcinogens, including Superoxide Dismutase (SOD), that lessens the effects of radiation and digest toxins in the body. It cleanses the body from head to toe of any heavy metals, pollutants and other toxins that may be stored in the body's tissues and organs.

A
BODY
that is too acidic
is SICK

get tested!

Carencro Office
(337) 896-4141

Sunset Office
(337) 662-3120

TEXT
(337) 424-5066

It only takes 10 minutes for a body acid test.

\$15/test



Text **WHEATGRASS**, your name, address, and email to
(337) 424-5066 for a free box of wheatgrass.

You will receive a text message with an e-coupon for a FREE box of wheatgrass. Pickup at one of our locations.

NEW CUSTOMER PROMOTIONS: Sorry this offer is only available for new customers. Limit one box per new customer per offer. Until promotion supplies last.

Satisfaction with Friendship is Hard to Come By



A study conducted by Edge Research and Sea Change Strategies found that less than a quarter of Americans are fully satisfied with their friendships, and almost two-thirds lack confidence in even their closest friends. Seniors (70 and over) and millennials/Gen Ys (16 to 34) are more likely to be extremely satisfied than Gen X-ers (35 to 49) or baby boomers (50 to 69), indicating the existence of a midlife friendship slump.

The research was based on a self-reported survey of 1,016 Americans ages 16 and up. Across all demographics, people that report they have more close friends feel happier and are more fulfilled than those that say they have few or no friends. The majority also prefer deeper friendships with fewer friends over just having more friends. Qualities that most people look for in friends are loyalty, honesty, goodness and reliability in a crisis. Among the attributes considered least important are similar political or religious views and physical attractiveness, which ranked last.

The use of social media appears unrelated to the number or quality of friendships or overall friendship satisfaction. People that attend religious services at least once a week are twice as likely to be completely satisfied with their friendships than those that rarely or never attend such services.

The researchers concluded, "Those seeking more fulfillment from their friendships should invest disproportionate time and energy in the relationships they consider close."

Marriage is Good for the Heart

Research from the New York University School of Medicine found that married people have significantly less cardiovascular disease (CVD) than those that are divorced, widowed or otherwise single. The study used data on the rates of CVD from the health surveys of more than 3.5 million men and women collected at 20,000 U.S. medical centers.

Married people under 50 had 12 percent lower incidence of heart disease than single people. Married couples between 51 and 60 years old had a 7 percent lower risk, while those over 60 had a 4 percent lower risk.

The results were presented at the 2014 scientific sessions of the American College of Cardiology. Researcher and cardiologist Jeffrey Berger recommends that doctors show increased diligence for single patients: "If one of my patients is recently widowed or divorced, I'm increasingly vigilant about examining them for signs of any type of cardiovascular disease and depression," he says.



LARGE STUDY EXPANDS VIEW OF SODIUM INTAKE

Dietary Guidelines for Americans, published by the Office of Disease Prevention and Health Promotion, recommends that people 50 years old and younger keep their sodium intake lower than 2,300 milligrams (mg) per day, while those over 50 keep sodium ingestion below 1,500 mg. However, a large international study recently published in the *New England Journal of Medicine* reveals a different story.

Measuring levels of sodium and potassium excreted in the urine of 101,945 people between 35 and 70 years old from 17 low, middle and high-income countries, Canadian scientists found that consuming less than 3,000 mg of sodium per day was associated with a 77 percent increased risk of death from cardiovascular disease. Consuming between 3,000 and 6,000 mg of sodium daily was linked to lower risks of both cardiovascular disease and earlier mortality, while consuming more than 7,000 mg daily was associated with a 54 percent increased risk of death from cardiovascular disease.

The researchers added that current guidelines for sodium consumption have been based upon shorter studies that showed only modest results. They also determined that daily consumption of 1,500-plus mg of potassium related to a significantly reduced risk of cardiovascular disease and earlier mortality. Consuming less than 1,500 mg was linked to increased risk.

Calcium and Vitamin D May Help Prevent Dental Decay

A study from Argentina's Buenos Aires University has linked dental caries to low levels of calcium and vitamin D. Dental status and caries risk were assessed by determining the number of decayed, missing and filled teeth, the amount of plaque and the sugar intake of 106 women of the average age of 24.



Calcium levels were deficient among nearly 60 percent of the women, 70 percent had low blood levels of vitamin D, 72 percent consumed soft drinks daily and all of them presented gingivitis (gum disease). The third with the highest caries scores and decayed or missing teeth had significantly lower calcium intake and vitamin D levels and significantly higher intake of protein and soft drinks, plus significantly higher plaque and sugar intake compared with the rest of the women.

The researchers concluded that low calcium intake is associated with a high risk of dental caries and a greater severity of oral disease. "Adequate nutritional status of calcium and vitamin D could be an additional factor that may help preserve good oral health," they state.

Mind-Body Therapies Stimulate the Immune System

A large statistical analysis of multiple studies on body-mind therapies such as meditation, tai chi, qigong and yoga found that the practices effectively reduce



inflammation and show promise in modulating the immune system. Scientists at the Tufts University School of Medicine analyzed the results of 34 controlled scientific studies that collectively assessed 2,219 people. Each study involved the

use of at least one mind-body practice for between seven and 16 weeks and measured immune system health using multiple biological markers. Eighteen of the studies specifically examined inflammation factors, while seven evaluated antiviral-related immunity. Nine of the studies measured C-reactive protein (CRP) levels—an indicator of cardiovascular-related inflammation.

The analysis revealed that mind-body therapies reduced CRP levels in subjects with high risk factors for cancer, diabetes, depression and cardiovascular disease. The scientists added that some of the research suggested that mind-body therapy may also increase immunity against viral infections.

A portrait of a smiling male doctor with a goatee, wearing a white lab coat over a grey shirt and a patterned tie. A blue stethoscope is around his neck. The background is plain white.

Call to purchase: **896-4141**

Manglier Tea mong-lee-AY

Doctor recommended when Tamiflu doesn't work.



manglier tea is natural medicine

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

European Eco-Cooperation Linking Oceans and Human Health

EurOcean 2014, convened by the Italian Presidency of the Council of the European Union, the European Marine Board, the European Commission and three Italian partner institutions—the National Research Council, National Inter-university Consortium for Ocean Science and the National Institute of Oceanography and Experimental Geophysics—has

issued the first of 18 priorities cited in a declaration that adds momentum to a European Marine Board report, *Linking Oceans and Human Health* (Tinyurl.com/OceansAndHealth). Participants identified four high-level policy goals: valuing the ocean; capitalizing on European leadership; advancing ocean knowledge; and breaking scientific barriers.

Newly discovered toxic nanoparticles and swelling micro-plastic marine pollution, with concerns emerging about higher seawater temperatures incubating chemical carcinogens, pose several new perils to human health.

Jan Mees, chair of the European Marine Board, states, “To truly progress our knowledge, European scientists across a broad range of disciplines and domains must make a quantum leap towards holistic approaches and integrated research on a scale that will help us to much better understand, protect, manage and sustainably exploit the seas and oceans that surround us. This is a grand challenge; not just in Europe, but for human society as a whole.”

Source: Eurocean2014.eu



Potent Promises

Climate Change Pledges Predict Progress



President Obama and Chinese President Xi Jinping have both made ambitious pledges to combat climate change. Jinping pledged that China's CO₂ emissions would peak around 2030; the first time that Beijing has set such a target. Obama promised that by 2025, the U.S. will have reduced its emissions by 23 to 26 percent from 2005 levels, twice as much as Washington had previously offered.

The carbon emission deal that has been reached between China and the United States is a promising breakthrough. The world's biggest economies account for one-third of the planet's emissions, so their initiative should help persuade other countries to reach a global emissions agreement at a United Nations climate summit next year in Paris.

President Obama faces opposition in the Republican-controlled Congress, although aides say he can act unilaterally. Moreover, rapidly evolving energy conditions in the United States, from the increased supply of natural gas to the expansion of renewable energies, will ease the pain of carbon cuts.

GMO Pushback

Hawaii Lobbies for Anti-GMO Laws

The Aloha State enjoys a year-round growing season, with multiple harvests annually. Last year, the Hawaiian island of Kauai passed genetically modified organism (GMO) farming restrictions, but they were overturned in court.

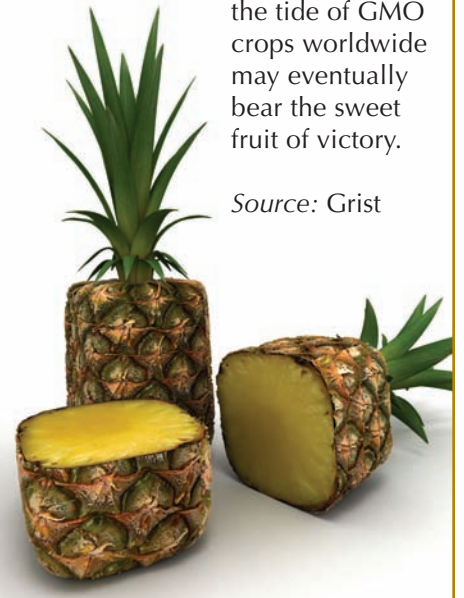
Now, Maui County, which includes the Hawaiian islands of Maui, Lanai and Molokai, has approved a moratorium on the cultivation of genetically modified crops. The majority of Monsanto's GMO corn seed sold to farmers in Argentina, Brazil and the U.S. comes from its Maui operation. If the law stands, Monsanto and Dow AgroSciences, another biotech firm with operations in Maui County, will need to seek alternatives.

Lawsuits have already been filed by both opponents of the ban and proponents that want rigorous enforcement built in. Michael Lilly, former attorney general of Hawaii, expects the new law to be struck down like the previous Kauai attempt on grounds that state law supersedes it, although appeals in that case are underway. Meanwhile, an injunction has stalled the whole process.

The message from anti-GMO forces is that although giant firms have deep pockets and many options, staunch determination to stem

the tide of GMO crops worldwide may eventually bear the sweet fruit of victory.

Source: Grist



Greenwashing Conundrum

Biodegradable Plastic Bags Are a Hoax



In 2010, the U.S. Federal Trade Commission (FTC) proposed recommendations for environmental marketing claims. The agency has sent warning letters to 15 marketers informing them that their claims may be deceptive, and requested more scientific evidence that plastic bags labeled as biodegradable, or “oxodegradable”, implying the bag will break down in time when exposed to oxygen, were true to the claim. Because many

bags are dumped in the low-oxygen environment of a landfill, the FTC considers those advertised benefits as dubious.

Joseph Greene, a professor at California State University, Chico, points out that oxodegradable should be amended to “oxofragmentable” to be more accurate, because the plastics just break into smaller and smaller pieces. Chemically, they don’t break down into anything less hazardous. In fact, if these plastic bags disintegrate in the ocean, the fragments will be about the right size for sea creatures to mistake them for plankton.

Source: *Rabble.ca*

Portable Feast

Guess Who’s Delivering Dinner

A new service called Plated (*Plated.com*) is providing households the ability to prepare a fresh, homemade dinner without having to think about menu planning or grocery shopping. The ingredients arrive at the door in a biodegradable box, pre-portioned and ready to cook in 30 minutes.

Customers browse a rotating menu of chef-designed recipes on the Plated website and select their favorites each week, add the number of plates to the shopping cart and set a delivery date. For the price of subscription to the service, they receive a box with perfectly portioned ingredients and detailed cooking instructions. Based in New York City, Plated delivers its subscription boxes to 47 states, with plans to further expand in the next year.

Source: *Treehugger.com*



Forward Leap

Batteries that Last 1,000 Years

A group of Swedish researchers has discovered an unconventional way to give new life to rechargeable lithium-ion batteries, which power everything from iPhones to electric cars, using pine resin and alfalfa seeds. The researchers plan to take up to two years to improve the chemistry of the product, and claim that the recycled batteries could last up to 1,000 years, according to researcher David Brandell.

It has been estimated that demand for the batteries from automobile manufacturers could explode up to 400 percent in the next six years. The researchers see the technology as a global antidote to current methods for recycling manufactured Li-ion batteries that are energy-intensive and require toxic materials to manufacture.

Source: *EnvironmentGuru.com*

Who Reads Natural Awakenings? Melissa Franks Does!



Job: Manager and Public Relations for J. L. Steman Minerals

Hobbies: Giving, reading, writing, teaching, dancing, shopping

How long have you been a Natural Awakenings reader?

A friend introduced me to Natural Awakenings one year ago.

What do you like about *Natural Awakenings*?

I appreciate the medical enlightenment that *Natural Awakenings* offers, the locally relevant information and news, the entertainment value and the positive living tips.

What is healthy about your lifestyle? My open-mindedness to new ideas and new opportunities, my eager desire to share my love with my family and my prayer to stay humble.

If you could have one wish for the planet, what would it be? That everyone would do unto others as they would want done unto themselves

From what do you draw inspiration? I draw inspiration from God, my husband, my kids, my family, music and the lessons of self-challenges. I am inspired by others who are deemed less fortunate or who have special needs, but who have broken the “limits” and proven the limitlessness of the human spirit.

What are you doing to be the change you want to see in the world? I reflect on the successes of those who have worked hard and paved the way for us, consider it wisdom, incorporate into my daily life and share these generational tokens of insight with those around me.

Eco-Fireplace Tips Best Ways to Enjoy Greener Indoor and Outdoor Fires

Our inclination to position ourselves near fire is a year-round lure nationwide. Yet, the traditional ingredient in both indoor fireplaces in the north and outdoor fire pits in the south should give shivers to the eco-minded. In addition to causing considerable air pollution, wood smoke contains carbon monoxide, nitrogen oxides and fine particulates that can aggravate asthma, allergies and other health conditions.

Eco-friendly firelogs—many made of recycled biomass products like compressed wood sawdust, ground nutshells and other ingredients—provide low-emission and petroleum-free alternatives to cordwood. According to *GreenAmerica.org*, the U.S. Environmental Protection Agency recommends manufactured logs over wood to cut air pollutants. Major manufacturers noted by *ApartmentTherapy.com*

include Java, which uses coffee grounds; Energy Log briquettes made from recycled mill waste; and Ter-



raCycle, ShredMaster Ltd. and Clean-Flame, all of which use recycled and repurposed cardboard. In addition to producing greater heat, some of these logs even produce a natural crackling sound without throwing sparks.

Inserts—basically a stove that fits into existing fireplaces—provide a genuine fireside feeling, but with green benefits. An EPA-certified stove or

insert is built to burn cleaner and more efficiently, dramatically reducing fine particle emissions and pollution over older models. However, while a propane gas stove insert burns even cleaner and is easier to operate, it uses nonrenewable fuel. Consider wood pellet models that burn ultra-compressed wood and biomass of olive, corn and cherry pits.

Outdoor steel fire pits that can burn firelogs have grown popular in warmer regions, and equipment manufacturers have responded. Tripods suspend swivel and free-standing grills over the pit for direct cooking or to hold cast iron kettles. Special outdoor tables also afford a gathering spot around friendly flames. Avoid gas and electric models as eco-no-nos.

If real wood is a must, be selective. Firewood that looks a little rough is more likely to come from over-mature trees of the kind that can be removed without affecting the health of its forest (*WoodHeat.org*). Product packages of Pioneer Processors firewood attest that it “never uses endangered wood species and always purchases from well-managed forests.”

GROW Your Business

Secure this ad spot!

Contact us for special ad rates.

natural
awakenings



COUPON VALID AT NATURAL HEALTH CENTER & DHARMA WELLNESS CENTER

**BUY 1
GET 1
1/2 PRICE**
ANY SINGLE OR PACKAGE PRICE



IONIC FOOT DETOX
30 minute sessions

One coupon per guest. Coupon discount does not apply to previous transactions previously initiated. Coupon cannot be used with any other promotions, associate discount, or other discount. Coupon must be surrendered at time of purchase. Value is forfeited if item is returned. Only original coupons are accepted. By using coupon, purchaser unconditionally agrees that decisions of the vendor are final in all matters of interpretation, fact and procedure in respect to coupon. Void where prohibited. Valid only on in-stock goods.

Expires 3/15/15

Vitamin Testing \$39

(Takes only 15 minutes for a full screening)

Vitamin E
Vitamin A
Vitamin K
Vitamin D
Biotin
Folate
Niacin
Panthothenic Acid

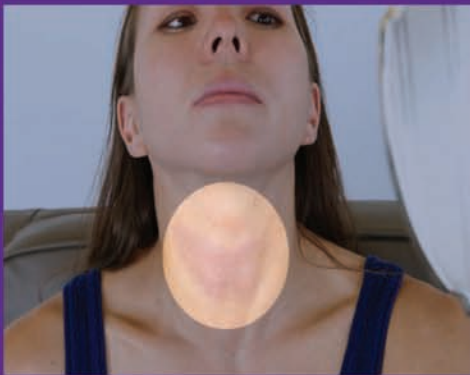
Thiamin
Vitamin B6
Vitamin B12
Vitamin C
Calcium
Fluoride
Iodine
Iron

Riboflavin
Magnesium
Phosphorus
Potassium
Selenium
Sodium
Zinc

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

- Andrew Weil, M.D.

Did you know A vitamin deficiency can cause



ENLARGED THYROID
Iodine deficiency



JOINT PAIN
Vitamin C deficiency



WEIGHT GAIN
Vitamin D, magnesium, or iron deficiency

cancer

hypertension

inflammation

diabetes

depression

GET TESTED

**96% of the American Population Die from Disease 4% will die in an accident.
Vitamin Deficiencies and Poor Nutrition are the Leading Cause for Disease**

DHARMA Wellness Center

(337) 662-3120

CALL to schedule your 15 minute vitamin testing



Happily Coupled

Creating Loving Relationships that Thrive

by Judith Fertig

“To be fully seen by somebody... and be loved anyhow—this is a human offering that can border on miraculous.”

~ Elizabeth Gilbert

At the conclusion of her best-selling memoir, *Eat Pray Love*, author Elizabeth Gilbert had fallen in love with Jose Nunes (called Felipe in the book), a Brazilian living in Indonesia. The divorced Gilbert, reluctant to have her heart broken again, had vowed never to remarry... yet ultimately changed her mind when U.S. immigration law presented her with multiple choices: marry so they could live together in this country, stay single and live as ex-pat partners or say goodbye to Nunes.

Gilbert chose a marital partnership that suits the shared life they want: honest and, after years of travel, settled in one place. She says, “For the first time in my life, living in a small town with a lovely husband in an old house with

a big garden and several pets, I feel absolutely rooted in a way I have never experienced before and never would have imagined even desiring. But it is what we want—at least for now—and we’re relishing that stability.” Gilbert records the process of going from two global wanderers falling in love to a married couple sharing domestic chores in her follow-up memoir, *Committed: A Love Story*.

Love Science

The spark that ignites such a partnership is love, which is “primarily about connection,” says Barbara Fredrickson, Ph.D., a positivity expert and author of *Love 2.0: How Our Supreme Emotion Affects Everything We Feel, Think, Do, and Become*. “It’s vital to our health

and happiness, affecting our brains and bodies at the cellular level.

“We were born to love,” emphasizes Fredrickson, who also serves as a psychology professor and director of the Positive Emotions and Psychophysiology Laboratory at the University of North Carolina at Chapel Hill. “The evidence comes from research that shows how our brain and nervous system are designed to enhance our chances of experiencing it.”

When we share positive emotions with another person, experience a synchrony between their biochemistry and behaviors and ours, plus exhibit mutual care, love can bloom, whether we stay happily single or decide to pursue a committed relationship. She calls this triple-action sequence “positivity resonance”. Love, she observes, is less a smooth, solid path than momentary experiences of connection.

Making Love Last

The more areas of connection we have with our partners, the more opportunities we have to positively resonate every day, adds Frederickson.

Thomas G. Plante, Ph.D., a psychology professor at California’s Santa Clara University and adjunct clinical professor of psychiatry and behavioral sciences at the Stanford University School of Medicine, agrees. “Long-term relationships, like marriages, are partnerships in living,” according to Plante. “The vast majority of the time couples are together they’re not having hot sex, but are sharing a practical day-to-day life together.”

Shared activities aren’t always exciting or glamorous. Raising children, working, managing a home, cooking and cleaning, shopping, being with friends and family and the rest of regular daily living is where the rubber meets the road in relationship satisfaction, observes Plante. “If couples aren’t compatible in these areas, then the connection and attraction will inevitably atrophy, tensions emerge and too often, relationships fracture and fall apart.”

Compatibility means different things to different people, and requirements can change as individuals in a romantic partnership change over time. Compatibility also means agreement

that the relationship is worth the effort to nurture and sustain it.

Partnering Life's Dance

Five couples in different stages of loving partnerships share how they make their special relationships work. The key to them all is shared values.

Doing everything together. For newlyweds Drs. Josh and Chelsea Axe, of Nashville, Tennessee, a mutual commitment to vigorous wellness and physical fitness keeps them together. Says Josh, "The healthy lifestyle I have chosen to live is so important that I need someone who is able to not just agree, but also partner with me." Married in 2012, the two chiropractic physicians went on to co-found the BurstFIT interval training program and meld their professional, as well as personal, lives.

Chelsea notes, "There is truth to the phrase, 'Couples that sweat together, stay together.' When working out together, you share a specific energy you create while pushing yourself to your mental and physical limits. You have your partner right there doing it alongside you, knowing they're supporting you; so when you each break through a mental or physical barrier in your workout, you step over together into a strength and confidence that carries over into your marriage. Being a part of each other's goals and the struggles to reach them unifies us."

Remarks Josh, "I feel like we can both be successful individually, but when we're a team, the outcome is synergistic."

Chelsea adds, "It's never a mindset of 'me.' It's always 'us.'"

Balancing work and play. Barbara and Bob Unell, of Leawood, Kansas, dated as teenagers, went their separate ways in college and then found each other again in their early 20s. "We went on a blind date in 1968 and both belted out songs on the car radio," recalls Barbara. "I thought he had a great sense of humor and was fun to be with. All these years later, it feels like we're still dating. We're crazy about each other."

Both Barbara and Bob describe themselves as enthusiastic, playful, entrepreneurial, altruistic and geared toward creative projects, whether un-

"Seventy-five to 80 percent of all chemistry evaporates within six to eight months unless the relationship is significantly undergirded by deeper and more durable compatibility."

dertaken together or separately. "We're both, 'Let's try this,' sort of people," says Barbara with a laugh.

When the Unells had twins, now grown, they realized there was no national publication addressing how to parent multiples, so they launched *Twins* magazine in 1984. Bob founded and managed an advertising agency while Barbara wrote bestselling parenting books, but the whole family traveled together on her speaking engagements. In response to becoming a breast cancer survivor, Barbara founded the nonprofit Back in the Swing in 2000 to support survivorship care at cancer centers. When they needed additional staff, Bob joined the team in 2009. One of the biggest things that Barbara has learned from Bob is, "You can make work fun."

"Although we come from different backgrounds, Bob and I know the power of mutual respect, trust and kindness," reflects Barbara. "Part of our connection is that we have shared history and never take each other for granted."



Making long-distance work. Lisa Ekus, who runs the full-service culinary talent agency The Lisa Ekus Group, in Hatfield, Massachusetts, had been married twice and already raised her two children when she met Atlanta Chef Virginia Willis. They got to know each other through culinary events and to their surprise, fell in love. Over the past six years they've evolved a relationship that works for them—keeping a deep personal connection, but maintaining separate residences.

Cookbook author Willis gardens, develops recipes and writes for her Food Network blog, "Down Home Comfort," at Ekus' New England compound in the summers; Ekus travels to the South during cold months. They also meet up as often as they can at conferences, food and wine festivals and other events during the rest of the year.

"We are both smart, professional women who love what we do, have strong ethics and a high level of self-expectation in how we work," says Ekus. "We are also best friends and work together professionally. The respect we have for each other and our work is instrumental in our relationship."

"We often joke about the North/South, fast/slow cultural difference," Ekus notes. "I'm more spontaneous; Virginia is more thoughtful in her responses. I tend to move fast and focus on checking off items, while Virginia is more about the journey and being in the moment. It often makes us each take stock and consider what we're doing and saying."

They make the geographic separation work despite its inherent long-distance complications via consistent communication, saying good morning and good night every day by phone and texting often. They hold regular agent/author meetings to make professional plans and personal calendar meetings at least weekly, recognizing and respecting what is important to each of them.

Bridging the age gap. Karen and Dick Eagle, from St. Louis, Missouri, are 16 years apart in age, but are close in the ways that count. Both are strong-minded and still vie to get their own way even after 30 years of marriage. "We argue over the stupidest things,

and then resolve our disagreements and realize how good we have it," says Karen.

What first attracted them to each other—and keeps them together—is a love of playful fun and good times with friends. Karen remarks, "I knew Dick was 'the one' when he jumped flat-footed over a wingback chair at a friend's house. That showed me that he was young at heart."

Making ends meet. Eleven years ago, when family therapist Susan Franklin lost her husband, Michael, a university college professor, she felt bereft and overwhelmed. The pair had owned a country property near Cleveland, Ohio, where they boarded horses. Susan realized, "I couldn't keep up with everything on my own," and Jake Marshall, a musician friend of Michael's, offered to help. Over time, Susan and Jake became close, and they now live together.

Although Jake is a great supporter in many ways, he's not in a position to help financially. Susan depends on her late husband's insurance and pension benefits, which she would lose if she remarries. "Jake is so laid

"Marriages based on a mutual desire to serve and inspire grow continually in richness and beauty, and are a benediction to all

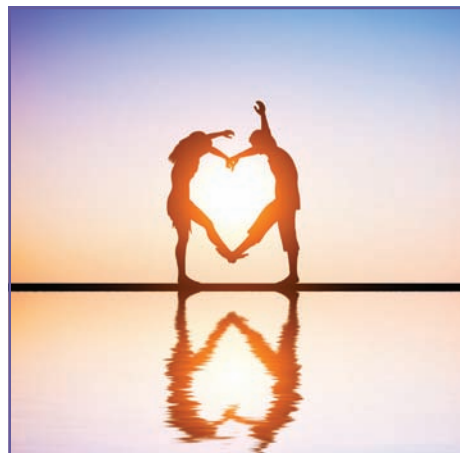
back and easy to be with, I can relax," says Susan. Michael, on the other hand, always seemed to fill a room. Jake helps Susan with chores around the property and she is always there cheering him on from the front row when he performs at local venues.

Cultivating Care

Working out as a couple, sharing a creative project or making a gourmet meal together can do more than keep partners feeling connected. Shared activities also keep the positive experiences ongoing and resonating. "That special bond and the commitments people often build around it are the products of love, the results of the many smaller moments in which love infuses you," maintains Fredrickson. Such moments not only accumulate, but can also be stored in memory and banked to feed a relationship during the tougher times.

"Love is something we should re-cultivate every day," she says. A loving partnership is always a work in progress.

Judith Fertig is a freelance writer from Overland Park, KS.



Conscious Compatibility

Neil Clark Warren, Ph.D., a clinical psychologist and co-founder of the eHarmony relationship website, believes there are at least 29 personality dimensions—such as anger management skills, intelligence, feelings about children, energy and ambition—that comprise who we are and play a role in maintaining a relationship. Key personality dimensions include interests and activities, guiding principles and philosophies, expressions of emotional experience, tendencies toward togetherness and separateness, goals and familial and other relationships.

Warren suggests categorizing desired qualities in a mate into three lists: non-negotiables, qualities that are top priority and deal breakers; semi-negotiables that are important, yet flexible secondary priorities; and negotiables that are subject to trade-offs for more important qualities.

Are you Getting the Full Benefits of Wheatgrass

Acadiana Wheatgrass

AS SEEN IN NATURAL AWAKENINGS

is only available at

Drug Emporium, Lafayette | 261-0033
 Road Less Traveled, Lafayette | 988-9889
 Natural Health Center, Carencro | 896-4141
 DHARMA Wellness Center, Sunset | 662-3120
 BENNY'S Sport Shack, Opelousas | 948-6533
 La Bonne Vie Wellness, Ville Platte | 363-1111



Look for our symbol AS SEEN IN NATURAL AWAKENINGS and support our vendors.

WEIGHT LOSS

You have tried everything
but you haven't tried BF-4.



\$45

BF-4

NOW AVAILABLE AT
Drug Emporium
Lafayette

Garcinia Cambogia

prevents fat cell
formation

Raspberry Ketone

helps fat cells shrink

Green Coffee Bean

signals the body to
burn stored fat

Chromium

builds muscle and
burns fat

BF-4 contains all the four major fat
burners. You have no choice but to
lose the weight. *Call 896-4141 for more information on where to buy.*

ORDER ONLINE

www.bf4onlinestore.com



HAPPY MEALS

Eating Healthy Foods Fights Off Depression

by Lane Vail

Advertisements for antidepressants abound, yet a recent analysis in the *Journal of the American Medical Association* found that the benefits of treating mildly or moderately depressed individuals with these drugs “may be minimal or nonexistent” compared with a placebo. Most physicians agree that at least part of the prevention of and recovery from depression can be addressed through diet.

“Every molecule in the brain begins as food,” says Dr. Drew Ramsey, author of *The Happiness Diet* and assistant clinical professor of psychiatry at the Columbia University College of Physicians and Surgeons. “Food choice is the biggest puzzle piece patients have under their control.”

Ramsey describes the modern American diet as being overwhelmed with highly processed foods, refined carbohydrates, omega-6 fats and sugar. His food philosophy serves as an overall prescription for mental health: “Eat food

that comes from farms and not factories; simple, recognizable human food.”

Registered Dietitian Kathie Swift, an integrative clinical nutritionist in Lennox, Massachusetts, and author of *The Swift Diet*, agrees that food is powerful medicine. She recommends a balanced, flexitarian diet founded on plants, but including high-quality, animal-sourced foods. Just shifting our processed-foods to whole-foods ratio yields an improved mood, Swift says, which continues to motivate dietary change.

Prebiotic/Probiotic Potential

Recent science suggests a deeper meaning to the “gut feeling” adage. Bacteria in the gut and neurochemicals in the brain communicate intimately and bidirectionally via the vagus nerve, explains Swift. Altering the gut’s microbial population, whether from chronic stress, antibiotic overuse or nutritional deficiencies, can change brain chemistry

and thereby influence mood, mental clarity and sleep, she says.

In 2013, Canadian researchers altered both the neurochemicals and behavior in mice by switching their intestinal microbiota; anxious mice given the microbes of intrepid mice became braver, and vice versa. Another small study in the *British Journal of Nutrition* showed a decrease in depression and anxiety symptoms in volunteers taking probiotics for a month.

Essentially, says Swift, “We have a brain in the belly,” which must be nourished by both prebiotics (soluble fiber) and probiotics (fermented food). “Fiber is the quintessential substance to feed the lovely community of bugs in the gut,” says Swift, “while fermented foods interact with resident bacteria and give them a boost.” She recommends a variety of vegetables as a primary source of fiber, especially legumes, along with fruits, nuts, cheese and the occasional gluten-free whole grain. Probiotic foods include fermented vegetables, kefir, yogurt with live active cultures and apple cider vinegar.

B Happy

Most psychiatric medications target feel-good neurotransmitters like serotonin, dopamine and norepinephrine, says Ramsey, but the body also manufactures these chemicals naturally during the methylation cycle, a B-vitamin-dependent neurological process. “B vitamins are superstars of the brain,” Ramsey says. “Think of them as lubrication for the brain’s gears.”

Folate, or vitamin B₉, is particularly important to healthy nervous system functioning. A meta-analysis of 15,000 people reported in the *Journal of Epidemiology* associated low folate with a higher risk of depression. Dark leafy greens like kale, spinach and Swiss chard are high in B vitamins, as are beets, eggs, lentils, beans and whole grains; helpful fruits include papaya, avocado and berries.

Omega-3s Please

“It’s a horrible notion that fat is bad,” says Ramsey.

Swift agrees, noting, “We need a major renovation and reeducation of this important neuro-nutrient.” The

integrity of a neuron cell membrane, which Swift describes as “a beautiful and fluid layer of lipids,” is crucial for brain health because it dictates communication among neurotransmitters. “The fat we eat becomes the fat of our cell membranes,” she says. “So nourish your membranes with adequate amounts of the right types of fat.”

Long-chain omega-3s (DHA) docosahexaenoic acid and (EPA) eicosapentaenoic acid build and protect neurons, help prevent cognitive decline with age and can boost overall mood and mental performance, says Ramsey. A study in the *Australian & New Zealand Journal of Psychiatry* found that treating depressed patients with omega-3 EPA was as equally effective as Prozac. “DHA

and EPA are the two most important fats for brain health on the planet, period,” states Ramsey.

Foods rich in omega-3s include fatty seafood like salmon, mussels and oysters, plus sea vegetables, walnuts, flaxseed and grass-fed beef. For vegetarians and vegans, Ramsey recommends an algal DHA supplement.

Focusing on feeding the brain doesn't preclude staving off heart disease, obesity or diabetes. “Follow the rules of eating for brain health,” Ramsey says, “and you'll also be slim, energized, focused and resilient.” It's all a recipe for happiness.

Lane Vail is a freelance writer and blogger at DiscoveringHomemaking.com.

Good-Mood Meal Plans

Wild-Caught Alaskan Salmon with Sautéed Swiss Chard, Pickled Beets and Banana-Avocado Pudding

Salmon is an excellent source of omega-3s, and Swiss chard offers fiber and folate. Beets are high in folate, as well as nitrites, which improve circulation throughout the body and the brain, says Nutritionist Kathie Swift. Double-down on beets' power by eating them pickled in apple cider vinegar, promoting healthy gut flora. Bananas contain tryptophan, an amino acid involved in serotonin production, and avocados are high in folate and oleic acid, a model unsaturated omega-9 fat needed for healthy brains, advises Dr. Drew Ramsey.

Lentil Salad with Hummus, Grilled Asparagus, Broccoli, Red Onion and Grilled Watermelon

Lentils, chickpeas and asparagus are high in fiber and B vitamins, while walnuts add omega-3s. Broccoli is an excellent source of chromium, a mineral found to lower blood sugar and reduce symptoms of depression in some people, according to a Cornell University study. Grilled onions (along with garlic, which can be blended into hummus) belong to a food family called alliums that promote healthy vascular function and blood flow to the brain and also contain a high concentration of chromium, says Ramsey.

Watermelon's red color is due to its high concentration of the antioxidant lycopene, which helps resolve free radical damage, inflammation and hormone imbalances associated with depression, notes Swift.

Grass-Fed Beef with Roasted Sweet Potatoes, Kale and Greek Yogurt Swirled with Raspberries

A *British Journal of Nutrition* study showed that beef raised on chlorophyll-rich grass provides more omega-3s than grain-fed beef. Like other animal proteins, beef is a significant source of tryptophan. Kale and sweet potatoes contribute fiber, folate and vitamin A, which promotes the enzymes that create the pleasure neurotransmitter, dopamine. Yogurt is also high in tryptophan, and raspberries provide folate and antioxidants.

Free-Range Egg Omelet with Spinach, Tomatoes, Cheese and Fresh Papaya

Eggs are a power-packed food full of B vitamins, tyrosine and tryptophan amino acids, plus selenium, zinc and iodide, micronutrients vital for proper functioning of the energy- and metabolism-regulating thyroid, says Ramsey. Tomatoes and natural cheese are high in lycopene and tryptophan, respectively, and spinach and papaya are packed with folate and fiber.

facebook

Natural Awakenings Acadiana Edition



Gentling GRIEF Remedies to Heal the Heart

Grief can arrive suddenly with the death of a loved one, serious illness, loss of a job, parental dementia or decaying relationship. In any case, it takes a toll.

“Grief encompasses all of our thoughts and feelings. Mourning is when we put them into action by talking, crying, perhaps doing rituals,” explains Tracy Riley, a licensed clinical social worker and grief counselor in Jacksonville, Florida.

“Grief isn’t something that’s over when you wake up one day,” Riley counsels. “It’s ridiculous when an employer gives you three days off and then expects everything to be fine.” She notes that time helps heal all wounds, but even a decade after losing a loved one, the pain can remain and life is never the same, although most of us learn to live with loss and move forward.

“Some things can’t be fixed,” concludes Megan Devine, a psychotherapist in Portland, Oregon, and author of the audio book, *When Everything is Not Okay*, who blogs at *RefugeInGrief.com*. After witnessing the drowning death of her fiancé, she says, “I didn’t need to hear platitudes that everything would be OK. I needed something solid to hold onto when my whole world exploded.”

Physical Aids

An unexpected death and any emotional shock is an extreme stressor that causes the adrenal glands to release a flood of adrenaline. Tina Erwin, La Mesa, California author of *The Lightworker’s Guide to Healing Grief*, explains, “If you get a shock when someone close to you dies, your adrenal glands are blown out almost instantly and you are overwhelmed with adrenaline, much like we often see in people with post-traumatic stress disorder. You need to rebalance your body chemistry.”

Intense grief can sometimes show up as chest pain, a classic sign of heart attack, due to a temporary disruption of the heart’s normal pumping action from a surge in stress hormones, according to the National Institutes of Health. Yet Imperial College London scientists now have found that a recognizable “broken heart syndrome” may temporarily protect the heart from being overwhelmed with adrenaline.

“Healing the physical side of grief ultimately helps healing on an emotional level, too,” says Erwin. To assist herself following the death of her 6-year-old niece from a sudden infection, she uses several Bach flower remedies for trauma—Rescue Remedy, to rebalance

the flood of adrenaline; Star of Bethlehem, for shock and loss; and Mimulus, for fear and anxiety. “Combining a few drops of each of these in a water bottle or tea several times a day helps you regain a feeling of balance,” Erwin says.

She also likes drinking blood-cleansing noni juice to help wash adrenaline out of the body, and taking salt baths enhanced with lavender essential oil to literally “wash away the darkness.”

Emotional Aids

Riley views art and music therapy, plus journaling (a “personal roadmap” that helps chart her progress), as powerful healing tools. She’s also seen firsthand how animals can play a key role through the mourning process. Her miniature schnauzer intuitively approaches her clients that are anxious and grieving and gives them permission to pet him. “It puts people at ease,” she says. “Then they can talk more freely about their pain.” Numerous studies, starting in the 1980s, show that stroking a furry pet lowers blood pressure.

Charting a Personal Course

For the bereaved (literally defined as “torn apart”), the symptoms of grief are meant to slow us down, advises Alan Wolfelt, Ph.D., director of the Center for Loss and Life Transition, in Fort Collins, Colorado, and author of numerous related books, including *Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart*.

Society expects bereaved people to “carry on, keep their chins up, be glad they had him/her as long as they did or else be grateful that our loved one’s pain is over”—all platitudes that are more hurtful than helpful, says Wolfelt. Mourning takes time, but it also requires a social context, he explains. “It’s the shared response to loss. If you isolate yourself, you are grieving, not mourning. You can’t do this on your own. It’s bigger than you.”

For those that feel stuck or unable to move forward, experienced grief counselors may be able to help.

Kathleen Barnes is the author of numerous health books, including Ten Best Ways to Manage Stress. Connect at KathleenBarnes.com.

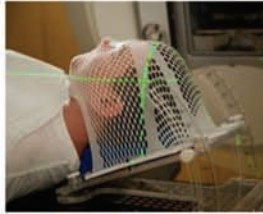
DIAGNOSED WITH CANCER

THE CANCER THERAPY PLAN

You have three options.



CHEMOTHERAPY



RADIATION



SURGERY



"If you have a CANCER THERAPY plan you should also have a CANCER WELLNESS plan. Balance your nutrition. Balance your nutritional supplements. Consume a nutrient dense diet with adequate antioxidants and anti-inflammatory foods. Detox and remove stress. Balance your pH (acid) level."

~ Dr. Steven T. Castille

WELLNESS PLANS:

\$440 6-Week
\$612 10-Week
\$740 12-Week

A cancer **WELLNESS** plan:

Explore the MANY options of a cancer WELLNESS plan.

A cancer wellness plan can balance your body's nutrition, pH, and oxygen levels.



Organic Juicing



Meditation



Detoxification



Infrared Heat



Phytonutrients



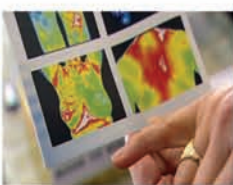
Anti-Inflammatory Foods



"Balanced" Nutrition



Antioxidants



Advanced IR Imaging



pH Balance (acid)

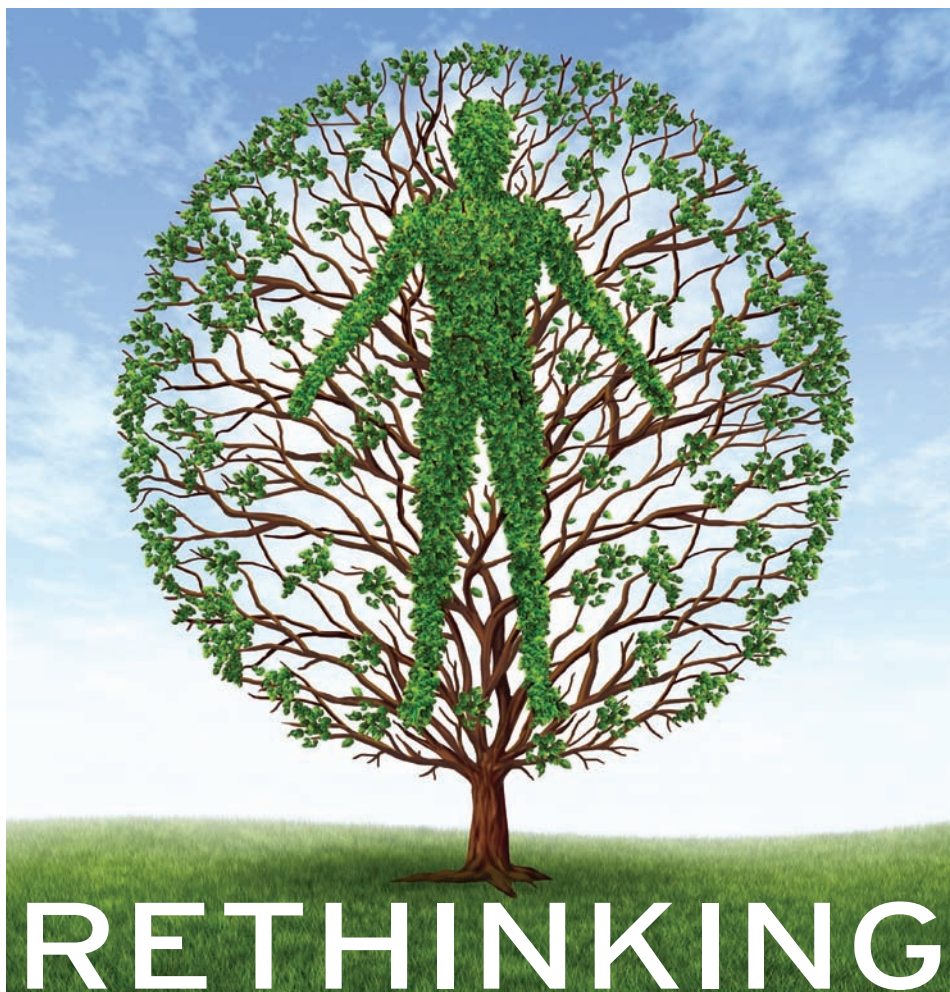


Hydration Treatments



Herbals & Green Teas

Natural Health Center Call for an initial office visit: **896-4141**



RETHINKING CANCER

A Brave New World of Effective Natural Therapies

by Linda Sechrist

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

“Early detection is better than late detection, but it’s not prevention,” says Silberstein, who taught the psychology of health and disease at Pennsylvania’s Immaculata University. “We focus on

building up patients—minimizing treatment side effects, enhancing immune system function, improving nutritional status and addressing the reasons for sickness in the first place.”

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

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

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

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

Nourish Biochemistry

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

Lou Dina, a cancer survivor who like Francis, underwent a journey of intensive research, became a patient advocate and authored *Cancer: A Rational Approach to Long-Term Recovery*. Dina speaks at conventions hosted by the Foundation for Advancement in Cancer Therapy (FACT), founded in 1971 by Ruth Sackman. He also appears with other survivors in the FACT documentary based on Sackman’s book, *Rethinking Cancer: Non-Traditional Approaches to the Theories, Treatments and Prevention of Cancer*.

From decades of findings by international clinicians, FACT edu-

“When it comes to one’s lifetime risk of cancer, healthy diet and lifestyle choices can make all the difference.”

~ Susan Silberstein, Ph.D., founder and president of the Center for Advancement in Cancer Education

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

“Nutrients in food directly impact the mechanisms by which cancer cells grow and spread,” explains Block. “They also indirectly impact cancer by changing the surrounding biochemical conditions that either promote or inhibit the progression of malignant disease. This is why targeting only tumors is not enough to quash cancer. Conventional cancer therapies almost inevitably leave behind at least a small number of malignant cells. Your internal biochemical terrain plays an integral role in determining whether a tumor will regain a foothold after treatment,

metastasize to distant sites or stay where it is without posing a threat.”

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

Focus on High-Impact Foods

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

Angiogenesis is the development of new blood vessels. Cancer turns the body against itself by hijacking the angiogenesis process and keeping it permanently activated, ensuring that cancerous cells receive a dedicated, un-

interrupted blood supply. “To effectively prevent cancer, inflammation and angiogenesis need to be controlled before a tumor can get a foothold,” advises Bero.

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

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

Boost Recuperative Powers

Patrick Quillin, Ph.D., a former vice president of nutrition for a national network of cancer hospitals and author of *The Wisdom and Healing Power of Whole Foods* and *Beating Cancer with Nutrition*, recommends a triple threat. “Cancer requires a threefold treatment approach to create a synergistic response. Teaming up to reduce the tumor burden without harming the patient, regulate the cancer to normal healthy tissue and nourish the patient’s

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

Symptoms

- Burning sensation moving from upper stomach to throat
- Heartburn
- Sour taste in the mouth
- Bloating
- Difficulty swallowing

Vitamin Test Results Say I Need:

- Digestive Enzyme Complex
- Probiotic Complex
- Organic Fiber
- pH 9.5 Drops
- Green Waters
- Wheatgrass



DHARMA Wellness Center

(337) 662-3120

CALL to schedule your 15 minute vitamin testing

\$39

recuperative powers is far better than any one approach," says Quillin.

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

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

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

Understand the Connection

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

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

~ Doctor of Naturopathy Judy Seeger

play a significant role in healing.

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

Yang and Hsu, who also use acupuncture protocols, believe illness is a reflection of inner problems that disrupt the body's naturally powerful immune system. "Cancer is a symptom delivering a message: You need to take better care of yourself—emotionally, chemically, physically and spiritually," says Yang. As a faculty member of the University of Arizona Center for Integrative Medicine, Yang sees firsthand how few patients understand that the trauma of a diagnosis and treatment

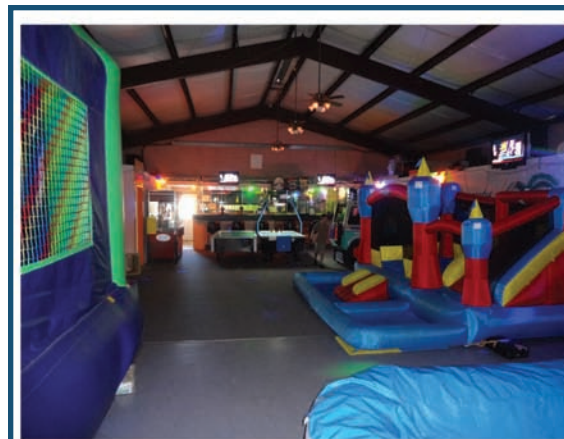
can reactivate past traumas, unresolved issues, blockages and repressed emotions. Both he and Hsu offer mind/body/spirit interventions to help patients cope better.

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

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

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

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



We do indoor birthday parties for KIDS

BEAT THE HEAT - BEAT THE RAIN. Indoor birthday parties.

www.MyKidPartyZone.com

All birthday party rentals include: rental of the building, all of the indoor jumps and arcades are FREE and INCLUDED WITH BUILDING RENTAL, unlimited guests, and bring your own food and drink.

PRIVATE EVENTS ONLY meaning you are renting the building and all entertainment. This is a private party for you and your guests ONLY.

Place your deposit and book your party online.

Located in Opelousas at 12178 W. Hwy 190. Next door to Lucky's Casino and Trucstop



Chemotherapy May Be More Effective in Treating Cancer if the Body is More Alkaline

The Alkaline Diet: Is There Evidence That an Alkaline pH Diet Benefits Health?

"The effectiveness of chemotherapeutic agents is markedly influenced by pH. Numerous agents such as epirubicin and adriamycin require an alkaline media to be more effective. Others, such as cisplatin, mitomycin C, and thiotepa, are more cytotoxic in an acid media. Cell death correlates with acidosis and intracellular pH shifts higher (more alkaline) after chemotherapy may reflect response to chemotherapy. It has been suggested that inducing metabolic alkalosis may be useful in enhancing some treatment regimes. Extracellular alkalization by using alkaline water and foods may result in improvements in therapeutic effectiveness. "

SOURCE:

www.ncbi.nlm.nih.gov/pmc/articles/PMC3195546/

US National Library of Medicine
National Institutes of Health

PMCID: PMC3195546

“Every single person who has cancer has a pH that is too acidic”

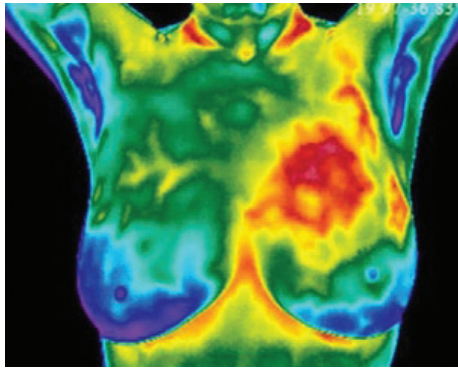
Page 77

Dr. Otto Warburg won the Nobel Prize in 1931 for proving that cancer can't survive in an alkaline, oxygen rich environment but thrives in an acidic, low oxygen environment.

Inflammation is the Fuse that Ignites Cancer - Angiogenesis is the Pipeline that Fuels It

- An Important Aspect of Cancer Treatment

In Latin, the word “inflammation” means “I ignite, set alight” and like gasoline, that’s exactly what it does to cancer. A microenvironment of chronic inflammation can increase the risk of cancer, bolster chemotherapy resistance and turn on oncogenes, genes that can turn cells into tumors. Most importantly, inflammation promotes the spreading and mutating of cancer cells while continuing to push the mutations within the cancer cells’ development. Inflammation also enhances tumors ability to recruit blood supply (angiogenesis).



Unfortunately, inflammation and cancer signaling pathways are ignored for most cancers in the oncology world. Basically, inflammation is one of the leading factors that contributes to uncontrolled growth of cancers cells and spreading (metastasis). In this article we will explain helpful approaches to give cancer patients an edge in treatment and overall cancer planning. Uncovering and treating the cause of inflammation, rather than just treating the symptoms, is an important key when fighting cancer or chronic disease. To get to the root of the inflammation, we have to learn what causes inflammation and how to deal with it.

Inflammation is the body’s response to tissue damage, caused by physical injury, ischemic injury (caused by an insufficient supply of blood to an organ), infection, exposure to toxins, or other types of trauma. The body’s inflammatory response causes cellular changes and immune responses that result in repair of the damaged tissue and cellular proliferation at the site of the injured tissue. Inflammation can become chronic if the cause of the inflammation persists, or because of deregulation in the control mechanisms responsible for shut-

ting down the inflammation process. When these inflammatory responses become chronic, cell mutation and proliferation can result and often create an environment that is conducive to the development of cancer. This is often referred to as “the perfect storm.”

The Link Between Cancer and Inflammation

Despite popular belief, less than five percent of cancer is solely genetic (in the sense of being directly inherited by family members). Most cancers have a cause and those causes bring about chronic inflammation as part of the process. New research suggests an emerging link between infection, epigenetics and cancer. Changes catalyzed by

In biology, epigenetics is the study of cellular and physiological traits that are not caused by changes in the DNA sequence; Epigenetics describes the study of stable, long-term alterations in the transcriptional potential of a cell.

pathogenic inflammation can transform cells into cancerous tumors. According

to ScienceDirect.com, “Several types of inflammation—differing by cause, mechanism, outcome, and intensity—can promote cancer development and progression.” [1] A study by the Cancer Research Institute also agrees, saying, “Chronic inflammation plays a multifaceted role in carcinogenesis.” [2] Many cancers are linked to viruses or bacteria that promote reversible, epigenetic changes in the body’s cells. At minimum, 20 percent or more of cancers are linked to infectious disease, according to the Journal of American Medical Associates.

Some Well-Known Examples:

- Human Papillomavirus leads to cervical cancer.
- Hepatitis C leads to liver cancer.
- Epstein Barr leads to lymphoma.
- Herpes Virus Six leads to brain cancer.
- Helicobacter Pylori leads to stomach cancer.

We are thought to only have fully recognized about 13% of infections worldwide, making infection a bigger contributor than typically reported. These infections bring about changes and chronic inflammation as well. One thing anyone with chronic inflammation will tell you is that it causes heat. Abnormal body heat can also lead to thermogenesis and enhance metabolic spread of cancer during metastasis. The locations with the most metabolic hotspots may indicate the most common areas of cancer spread. This is seen in animal testing where various cancer images have been superimposed. Inflammation is known to cause other such changes in the microenvironment of cells. **Cells often undergo adaptive changes to survive stressful or toxic environments.** These adaptive changes can include: an increased expression of antioxidant enzymes; increased anaerobic respiration; and development of angiogenic factors. This adaptation is usually transient, however, and allows normal cells to survive only until the toxic condition is alleviated. That means it’s not enough to have a strategy to kill cancer cells – chronic inflammation needs to be blocked and stopped at its roots to prevent the cancer from mutating and spreading.

Inflammation Triggers DNA Damage, Epigenetics and Stage 4 Cancer

Inflammation triggers an immune response and alerts the body’s vascu-

lature to release inflammatory cells into a damaged tissue environment. The cellular activity involved in the inflammatory response can increase the production of reactive oxygen species (ROS), such as free radicals, and reactive nitrogen species (RNS). Cells are normally able to defend themselves against these two types of molecules. However, when production of these two types of highly reactive molecules is increased due to chronic inflammation, cells can no longer protect themselves, resulting in extensive damage to the essential enzymes involved in DNA repair, actual cell DNA muta-



tion, and mitochondrial damage. These various insults are linked to causes of cancer and often bring about epigenetic changes. Research suggests an emerging link between infection, epigenetics and cancer. Changes catalyzed by pathogenic inflammation can transform cells into cancerous tumors. Many cancers are linked to viruses/bacteria that promote reversible, epigenetic changes in the body's cells that lead to tumors. At minimum, 20 percent or more of cancers are linked to infectious disease according to the Journal of American Medical Associates. Moreover, the global medical community is probably only aware of an estimated 13 percent of infections that exist throughout the world. For this reason, it is likely that we shall find that infections play a far larger role in the cause of cancer than current estimates show.

The Inflammation Process and Stage 4 Cancer's Microenvironment

Inflammation is known to cause other such changes in the microenvironment of cells. Cells often undergo adaptive changes to survive stressful or toxic environments. These adaptive changes

can include: an increased expression of antioxidant enzymes, increased anaerobic respiration and development of angiogenic factors. This adaptation is usually transient, however, and allows normal cells to survive only until the toxic condition is alleviated. Even so, under conditions of prolonged stress, such as chronic inflammation, a mutation may actually "lock" in the cell, making these adaptive changes permanent. Not surprisingly, many of the cells and systems involved in inflammation (including abnormal cellular respiration and angiogenesis) are also found in a variety of tumors. In addition to DNA mutation, injuries to tissue may also cause increased cellular proliferation at the site of the injury. In such circumstances, sustained cellular proliferation may result from resultant chronic inflammation. When combined with the DNA mutations described above, enhanced proliferation can increase the number of cells at risk for mutations, leading to an environment that is conducive to the development of cancer.

Inflammation, Progression and Metastasis of Cancer

Inflammation is one major fuel that feeds the fire of stage 4 cancer growths and spread. The interaction between viruses, bacteria, environmental toxins (carcinogens) lead to DNA methylation and other changes in cellular metabolism. Inflammations from infections/toxins that can lead to cancer are major contributors in tumor genesis or progression. Patients often feel helpless, believing that their cancer was completely predetermined by their genetics, but there are options and likely sources of cancer. While genes may indicate a predisposition, they certainly do not dictate our fate.

The Important Role Oxygen Plays in Cancer Treatment

One of the most important things to remember about cancer is it is NOT a chemotherapy disease, it is NOT a radiation disease and it is not a Vitamin C disease. Cancer is actually a metabolic dysfunction tied to genetic mutations, and the first step in fighting it is on the metabolic level. Let's learn how oxygen plays a role in the development and treatment of cancer. Every cancer has a trigger: infections, chemical toxins or heavy metal toxins are a few of the

main ones. Early changes are seen through metabolic shifts that ultimately cause mutation, continually pushing genetic changes, growth and spread throughout the life of the cancer. Let's take a look at how changes in oxygen metabolism are some of the first metabolic signs of difficult cancers.

Oxygen's Important Role In Cell Metabolism and Cancer Growth

Cancer is a very difficult to understand disease and there are many misconceptions associated with it. But one of the main keys of understanding, treating and ultimately winning the raging war against cancer is none other than oxygen. Eighth on the periodic table, oxygen is responsible for the breathing of cells and are essential role in providing energy.[1] However, cancerous, mutated cells thrive in anaerobic, or oxygen-lacking environments. When

Cancer is Fueled by Sugar and Destroyed by Oxygen

growing, cancer cells show a change where they have lower levels of oxygen. This may stem from dysfunctions in the cell's mitochondria (known as cellular "factories" that play a major role in cell respiration). If these issues go unchecked, it leads to further complications and malfunctions in apoptosis (programmed cell death). You may remember from biology class, mitochondria have two main functions: energy creation and policing uncontrolled division of cells. Nobel Prize winner Dr. Otto Warburg famously hypothesized "**...the prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar,**" meaning, cancer is caused by a lack of oxygen. Today's modern cancer cell biology has shown he was on the right track as mitochondrial health and shifting to a more oxygen-rich environment may protect healthy cells and further neuter cancer cells. Furthermore, malignant, rapidly growing tumor cells typically have glycolytic rates up to 200 times higher than those of their normal tissues of origin. This means cancer has a much higher need for sugar than normal cells; this has been proven by the abnormally high level of insulin receptors found on all cancer

cancer cells favor the lack of oxygen, they shift to glycolytic pathways; put simply they use glucose as their source of energy. Cancer cells average about 16 times more insulin receptor sites than normal cells. It's important to realize that the genetics of a cancer in its early stages and its late stages are completely different. This is what makes late-stage cancer so complex and difficult to treat – you're essentially trying to overcome these numerous advanced metabolic changes. Let's look at some of the gene pathways that make this issue even more compounded.

Angiogenesis and Genes That Fuel Cancer Growth

Angiogenesis is a normal, healthy cell process through which new blood vessels form from pre-existing vessels. However, **it's also the fuse which sets off unchecked growth, turning benign tumors into malignant steamrollers.** It's also what transitions the metabolism of the cancer, making it that much harder to kill. Hypoxia is when a portion of the body doesn't have adequate oxygen supply. Hypoxia-inducible factor 1-alpha, (HIF-1-alpha,) is a protein that is encoded by the HIF1A gene, playing an essential role in cellular and systemic responses to hypoxia. Cancer cells use this protein to grow their blood supply and spread. According to a study by the Liver Cancer Institute at Zhongshan Hospital and Shanghai Medical School in Shanghai, "HIF-1alpha in HCC [hepatocellular carcinoma, the most common form of liver cancer] plays an important role in predicting patient outcome. It may influence HCC biological behaviors and affect the tumor inflammation, angiogenesis and act in concert with the oncogene MYC [a gene found in many cancers]. Attaching importance to HIF-1alpha in HCC may improve the prognostic and therapeutic technique." [2] Epidermal Growth Factor Receptor (EGFR) is normally used to tell cells to grow. It is found in all cancer cells. However, EGFR over-expression has been linked to numerous cancers, such as lung, prostate, colon, breast, anal and others. This receptor is also associated with increased chemotherapy resistance, leading to tumors that are untreatable. Additionally, EGFR is linked to insulin, making it the metabolic gasoline that fuels changes and growth in the cell. This also links back to HIF-1 alpha. According to a study by the Department of

Pathology at the VU University Medical Centre in Amsterdam, "In invasive breast cancer, HIF-1alpha is associated with angiogenesis, and expression of growth factors [including] the receptor EGFR. Thus, agents targeting HIF-1 may combine different pathways of inhibiting breast cancer growth, including angiogenesis and growth factors." [3]

Discovery of Tumor M2-PK Proves Cancer Cells Shift From Oxygen to Glucose as Source of Energy

M2-PK (also known as PKM2) is an enzyme that is important in tumor metabolism, discovered in 2010 by Harvard Medical School. Tumor M2-PK helps cancer cells shift to greater glycolytic pathways. It is only found in cancer cells and not in normal healthy cells, making M2-PK an excellent marker for monitoring excelled growth or tracking improvement in treatment, depending if levels are high or low.

Reactive Oxygen Species and Chemotherapy

Chemotherapy and radiation therapy both rely on Reactive Oxygen Species (ROS) to work, augmenting ROS stress. ROS are essential toxic substances like hydrogen peroxide and others that can cause damage to cells in high concentrations. ROS are natural byproducts of the metabolism of oxygen, however, more resistant cancers actually produce their own antioxidants to fight these toxic substances. Earlier stage cancers do not appear to have the same defense mechanisms that are found in more resistant later stage cancers. This explains why chemotherapy and radiation therapy may not work in late-stage cancers. The answer may involve actually increasing ROS levels so therapy can kill cancer cells once again – this is the therapeutic aim of oxidative medicine, giving high doses of antioxidants and creating ROS instead of destroying it. Therefore, the dosing and delivery change the entire mechanism of action of integrative treatments. In this form of ROS, oxygen is what actually allows chemotherapy and radiation to work. Several types of DNA damage are caused by ROS-related oxidation. That is the goal of effective cancer treatment, to not only kill cancer cells but their genetics as well. In many cases, when oxidative therapy is combined with

correctly-tested chemotherapy you can improve overall treatment for patients. Everyone's metabolism is different and therefore, every cancer patient's tumor's metabolism is different. By using the oxygen metabolism and other signaling pathways like EGFR and M2-PK, doctors can find the specific metabolism and make the strongest push in their favor. To destroy cancer you must see cancer for what it is: a metabolic dysfunction pushing for constant genetic mutations, which aids its spread. The best part about these treatments is they are helpful for most, if not all cancers. Integrative medicine focusing on antioxidants, anti-inflammatory foods and nutritional supplements, holistic therapies that increase oxygen and decrease waste and inflammation, and controlling the body's alkalinity might help, please contact us today at (337) 896-4141 - LITEON Natural Health Center.

References

- [1] Immunity, Inflammation, and Cancer <http://www.sciencedirect.com/science/article/pii/S0092867410000607>
- [2] Inflammation: Gearing the journey to cancer --http://www.uccs.edu/Documents/rmelamed/kundu_surh_2008_18485806.pdf
- [3] Researchers examine how BRD4 contributes to sustained presence of NF-kappa B in cancer cells – <http://www.news-medical.net/news/20130520/Researchers-examine-how-BRD4-contributes-to-sustained-presence-of-NF-kappa-B-in-cancer-cells.aspx>
- [4] The Epidermal Growth Factor Receptor: A Link Between Inflammation and Liver Cancer – <http://ebm.sagepub.com/content/234/7/713.abstract#target-1>

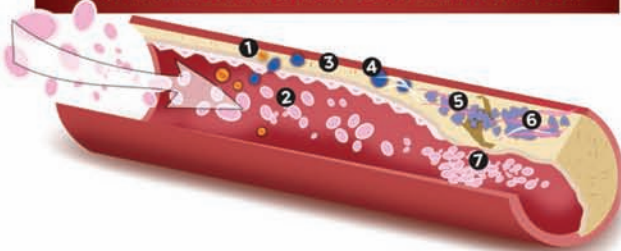


Dr. Steven Castille is a biochemist, doctor of natural medicine, and publisher of Natural Awakenings magazine. Connect at Liteon Natural Health Center, 100 E. Angelle St., Carencro. For more information, call 337-896-4141.

A Thermography Exam might detect signs of your Heart Attack or Cancer before it happens

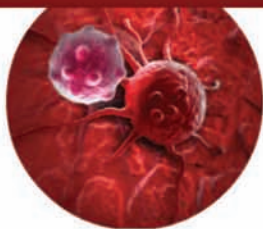
Heart disease, cancer, Alzheimer's disease, the metabolic syndrome, obesity, physical disability. That's just a partial list of the illnesses that have been linked to chronic inflammation.

From Inflammation to Heart Attack



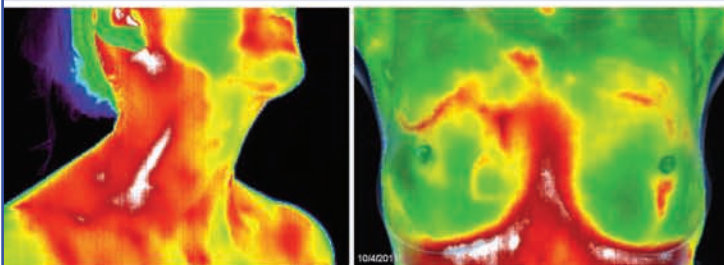
1. Oxidized LDL cholesterol creates an "injury" by burrowing into the artery wall. 2. The immune system sends inflammatory cells like monocytes to heal the injury. 3. Monocytes enter the wall and turn into macrophages, which gobble up the LDL cholesterol. 4. The LDL-stuffed macrophages form a "fatty streak." 5. Over decades, more cholesterol, connective tissue, calcium, and cell debris accumulate, turning the streak into plaque. Smooth muscle cells form a fibrous cap over the plaque. 6. Macrophages break down the cap. 7. The cap ruptures. When a clot forms around the rupture, blood flow is blocked, which triggers a heart attack or stroke.

From Inflammation to Cancer



Less than five percent of cancer is solely genetic (in the sense of being directly inherited by family members). Most cancers have a cause and those causes bring about chronic inflammation as part of the process. New research suggests that several types of inflammation—differing by cause, mechanism, outcome, and intensity—can promote cancer development and progression.

Thermography detects inflammation before disease and blockage



Call and schedule your
thermography exam.

896-4141



WHERE TO SHOP
Opelousas, LA

BENNY'S SPORT SHACK

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

GREEN WATERS



Alkaline Water

- Increases alkalinity
- Balances pH
- Better digestion
- Increase energy

WHEATGRASS



WHETEА

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

Raspberry Ketones

- Helps prevent fat
- Boosts metabolism
- Burns FAT
- Stimulates fat release



greenliving



Eco Feng Shui

Tips to Bring More Positive Energy into Your Home

by Sarah Tarver-Wahlquist

When we're hungry for change, we may feel the impulse to spruce up our living spaces. Rooms that feel cluttered, drab and unappealing drag on our energy. Applying the basic inspired tenets of the ancient Chinese art and science of *feng shui* can transform and re-energize any space, improving the way we feel.

Translated as "wind and water," *feng shui*—which has been creating healthy and harmonious environments since its origins 3,000 years ago—can activate our rethinking the arrangement, uses and tone of each room while bringing beneficial green changes home.

Feng Shui Basics

When considering how to apply *feng shui* principles, it helps to have a trained practitioner make a map, or *bagua*, analyzing how energy, or *chi*, moves through a building. They will determine ways to help *chi* flow and settle in appropriate places to support all aspects of life. Recommended alterations typically start with furniture placement, color choices and key accessorizing.

Sample *bagua* maps are available online for referencing.

While a complete *feng shui* treatment may require major revamping, we can also take some low-cost steps to immediately create more harmony while eliminating toxins that are unhealthy and disrupt the energy flow.

Bring in Green

"Bringing natural elements into a space will aid the circulation of *chi*, help achieve a balance and yield an indoor environment of peace and calm," says *feng shui* practitioner Maureen Calamia, owner of Luminous Spaces, in St. James, New York.

Feng shui categorizes the natural elements as water, metal, fire, earth and wood, reflected in items like stones, plants and water features, as well as art and wall decorations and paint colors. Filling a home with living plants is favored by many *feng shui* experts.

"Surround yourself with green plants, including cuttings from the yard," advises Debra Duneier, a *feng shui* master practitioner, certified eco-designer

and author of *EcoChi: Designing the Human Experience*, in New York City. “They bring energy and life force into your home, while also filtering the air you breathe.” If adding plants isn’t feasible, she recommends picking up some fresh flowers each week. Remember to change the water every day and dispose of the flowers at the first sign of wilting (dying flowers bring negative energy).

Banish Toxic Materials

“Healthy indoor air quality is an essential aspect of good feng shui,” attests Alisa Rose Seidlitz, an eco feng shui consultant/designer, certified green building and interiors professional and owner of *Ambiance Eco*, in Berkeley, California. “Materials used inside our homes, such as cleaning products and furnishings, can either contribute significantly to poor air quality or support positive feng shui.”

Indoor air quality is significantly impacted by furnishings and décor. When seeking out the cleanest, greenest options, pay special attention to:

Cleaning products. Safely discard toxic cleaning chemicals by taking them to hazardous waste pickup sites. Many household jobs can be done with vinegar and baking soda.

Paint. Revisions in wall, trim and furniture colors quickly freshen a room and bring new energy, especially when they align with Earth’s natural elements. Avoid conventional paint, which contains dangerous volatile organic compounds (VOC) that off-gas into the air. Look for widely available zero-VOC brands. Other options include displaying art or colorful wall hangings.

Flooring. Many toxins lurk in conventional carpeting and adhesives used to lay wood or tile floors. Look for natural wool rugs, reclaimed wood and zero-VOC floor adhesives. Preserve resources and alter the energy in a space by repurposing reclaimed materials for rehab projects. For good feng shui, smudging with dried sage cleanses any negative energy leftover from previous owners.

Furnishings and fabrics. Mainstream furniture is typically treated with toxic flame retardant, so always ask how furniture has been treated before purchasing. Seek out non-toxic and natural materials like natural rubber mattresses and hemp or organic cotton shower curtains and window coverings.

Follow Your Joy

Feng shui is multifaceted, but at its center is a search for balance and harmony. When making changes at home, it’s good to know we can follow our instincts and add things that bring us joy. Feng shui experts provide guidance in choosing colors and elements, but each of us is ultimately the best judge of what feels best for our own space.

“I often ask my clients: What kind of message are you sending yourself?” says Duneier. “You can use your space to send yourself a message of a beautiful, abundant and healthy life.”

Sarah Tarver-Wahlquist, a writer from Tucson, Arizona, also freelances for GreenAmerica.org.

COMMUNITY FITNESS

BUY one GET one FREE for \$40 per month

AEROBICS • POOL • FULL GYM ACCESS • TANNING • BOOT CAMP CLASSES


MARCH 2012

Aerobics		Pool		Tanning		Boot Camp	
Day	Time	Day	Time	Day	Time	Day	Time
Mon	6:00-7:00	Mon	10:00-11:00	Mon	10:00-11:00	Mon	6:00-7:00
Tue	6:00-7:00	Tue	10:00-11:00	Tue	10:00-11:00	Tue	6:00-7:00
Wed	6:00-7:00	Wed	10:00-11:00	Wed	10:00-11:00	Wed	6:00-7:00
Thu	6:00-7:00	Thu	10:00-11:00	Thu	10:00-11:00	Thu	6:00-7:00
Fri	6:00-7:00	Fri	10:00-11:00	Fri	10:00-11:00	Fri	6:00-7:00
Sat	6:00-7:00	Sat	10:00-11:00	Sat	10:00-11:00	Sat	6:00-7:00
Sun	6:00-7:00	Sun	10:00-11:00	Sun	10:00-11:00	Sun	6:00-7:00

BOOT CAMP

Starting in March

includes tanning, pool area, and aerobic classes



329 Hector Connolly Rd., Carencro
896-3319
Carencro Location

ORGANIC FIBER

WebMD.com



Three bowel movements a day is considered a very healthy body.

Jean-Pierre Raufman, MD

Gastroenterologist at University of Maryland School of Medicine

“The digestive tract contains more bacterial cells than there are cells in the entire body.”

Dr. Steven T. Castille

Director of the Natural Health Center

Bowel movements more than 16 hours are too long. This indicates wastes are sitting inside your colon too long, and substances that were supposed to be eliminated now are absorbed back into the bloodstream and can interfere with your system.

Your digestive system is remarkably efficient. In the space of a few hours, it extracts nutrients from the foods you eat and drink, processes them into the bloodstream and prepares leftover material for disposal. That material passes through about 20 feet of intestine before being stored temporarily in the colon, where water is removed. The residue is excreted through the bowels, normally within 6 to 12 hours.

\$30

Naturopathic Medicine Goes Mainstream

Naturopathic medicine going from margins to mainstream - "Since the beginning of my career to now, I've met hard-nosed doctors from respected U.S. hospitals who take seriously the effects of alternative medicine. For example, world-renowned cancer centre Memorial Sloan Kettering has Dr. Barrie Cassileth running its integrative medical department, and Johns Hopkins has Dr. Linda Lee."
- Dr. James Aw

Where can I find naturopathic medicine doctors?

THE UNIVERSITY OF TEXAS
MD Anderson Cancer Center

Making Cancer History®

JOHNS HOPKINS MEDICINE

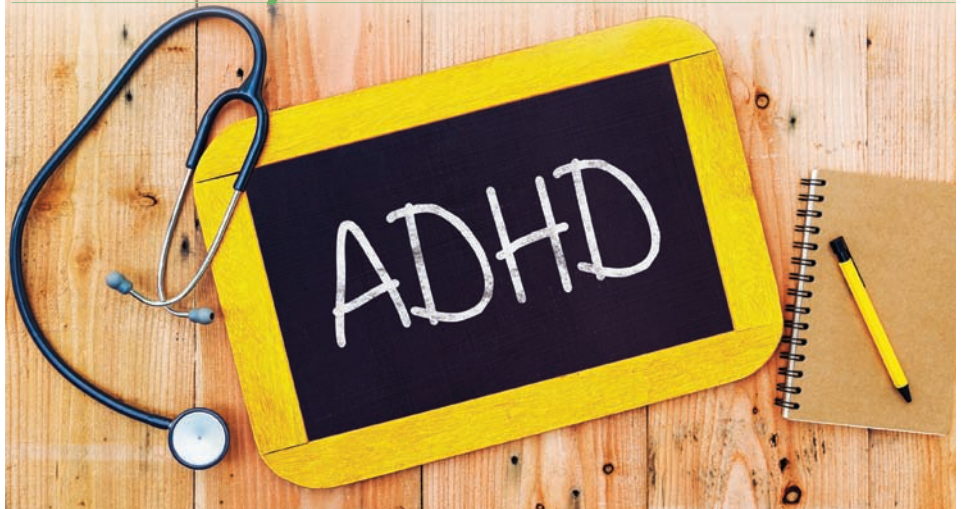
Cancer Treatment Centers of America

Winning the fight against cancer, every day.®

We offer cancer wellness programs based on the latest research in nutrition and orthomolecular medicine.

liteon
Natural Health Center
Powerful, Positive Healing for Life
(337) 896-4141

healthykids



EASE ADHD NATURALLY

Nine Ways to Help Restore Calm and Focus

by Jenna Blumenfeld

Although experts aren't certain why it occurs, attention deficit hyperactivity disorder (ADHD) affects 3 to 5 percent of school-age children, causing symptoms such as inattentiveness, frenetic activity, anxiety and forgetfulness. Kids with ADHD typically respond to drug prescriptions designed to provide calm and focus, but some carry unpleasant side effects like appetite changes and muscle spasms. Experts suggest considering these natural options to complement an afflicted child's integrative treatment plan.

Nutritionist

Sara Vance, owner, Rebalance Life, San Diego, California.

Up omega-3s. The University of Maryland Medical Center reports that recent studies show kids with behavior problems have low blood levels of omega-3 fatty acids, a nutrient vital for brain health. Children's daily diets should contain omega-3-rich foods, such as

chia, hemp, nuts and fatty fish. For children 12 and older, supplement with fish oil containing 1,200 milligrams (mg) of (DHA) docosahexaenoic acid and (EPA) eicosapentaenoic acid combined.

Try magnesium. Low levels of magnesium, also known as the calming mineral, are associated with restless legs, anxiety and irritability—all of which can exacerbate ADHD. For kids ages 4 to 8, start with 130 mg of magnesium in the morning. If the child has trouble sleeping, another dose before bed may help. Reduce the dose if loose stools occur.

Boost B vitamins. Vitamins B₆ and B₁₂ are important building blocks for brain neurotransmitters such as serotonin and dopamine. Deficiency can impair nerve cell communication, hindering memory, focus and attention. Encourage a child to eat B-packed organic foods like eggs, poultry, bell peppers, yams and spinach, and sprinkle B-vitamin-rich nutritional yeast on dishes like noodles and soup.

Naturopathic Doctor

Laurie Brodsky, e-consultant,
DrLaurieND.com, New York City.

Give up gluten. Gluten is a complex, gooey conglomeration of many proteins that sticks to the digestive tract, often stimulating behavioral issues. When gluten inflames a child's digestive system, brain inflammation likely occurs, as well. Look for gluten-free pasta, bread, crackers and cookies made from rice, quinoa, flaxseed and non-GMO (genetically modified) corn.

Pair fats with food. Healthy brain function requires a proper ratio of anti-inflammatory omega-3 fats to the more common inflammatory omega-6 fats (found in canola, soybean and corn oils). Encourage balance by eating omega-3 foods at mealtime, when the gallbladder releases bile into the digestive system, allowing better omega-3 absorption.

Avoid processed foods. High-fructose

corn syrup and artificial colors such as Yellow 5, Blue 1 and Red 40 are linked to increased hyperactivity in children. Choose whole, real foods like whole grains and organic meats, vegetables and fruits. Use maple syrup rather than white sugar to sweeten foods—it's full-flavored, so a little goes a long way.

Behavior Specialist

Margit Crane, educator, *GiftedWithADD.com*, Seattle, Washington.

Lead by example. Parents have more power to handle their child's ADHD than they think. Model the desired behaviors—if children are not allowed to eat in the living room, the rule should apply to the whole family. Maintaining consistent rules is vital.

Set boundaries. Many parents and teachers believe that boundaries for ADHD-laden kids, that are often sensitive by nature, may be harsh or limiting. But these children actually thrive with boundaries.

Rather than offer kids unlimited choices, give them two or three options. This helps a child feel safe. Regard a troubled child as scared, rather than angry—this will enable parents and caregivers to speak to them with compassion.

Work with teachers. Some children with ADHD may have trouble fitting into traditional schools. When speaking with teachers, use collaborative words such as "partnership" to obtain healthy cooperation. Teachers have an entire class to attend to, not just this child; address them with respect and understanding, and everyone will ultimately benefit.

Jenna Blumenfeld is the senior food editor at New Hope Natural Media, in Boulder, Colorado.

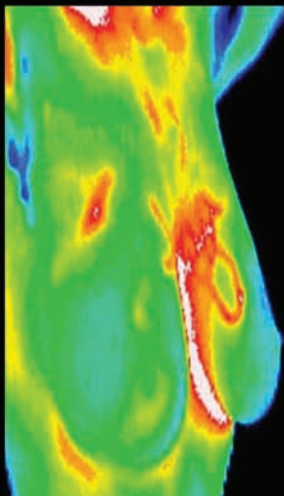
Copyrighted 2014. Penton Media. 114554:1214BN.



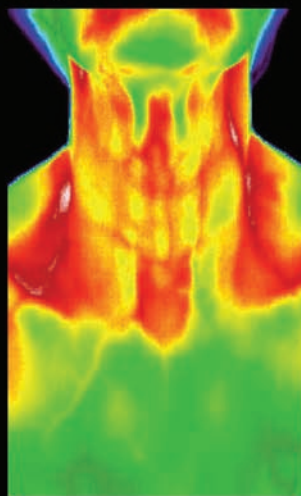
Thermography Screening

is infrared (heat) imaging of your body's response to inflammation and disease

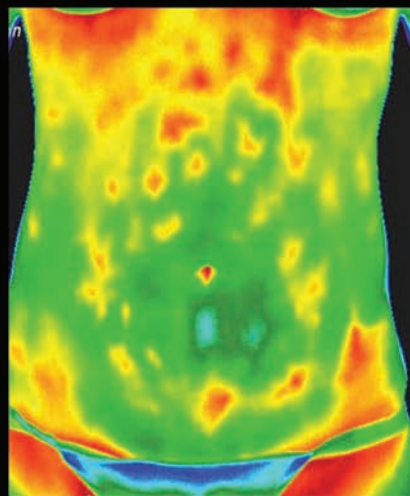
Breast Cancer



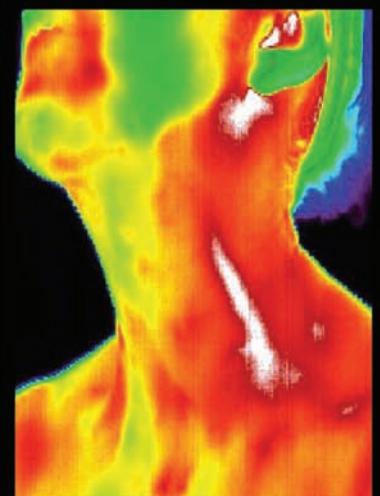
Thyroid Disorders



Hormone Problems



Cardiovascular Disease



EARLY DETECTION is the best form of PREVENTION

Call **896-4141** to schedule an appointment.

Conscious Dating

Jill Crosby on Looking for Love Online

by S. Alison Chabonais

Jill Crosby, owner and founder of the Conscious Dating Network, has focused on spiritual development and meditation for more than 30 years. Working as a director for the granddaddy of the original onsite photo/video dating companies, which included interviewing 6,000-plus singles, sparked a desire to create a venue for



spiritually conscious singles to meet. So, 15 years ago, she created her flagship online dating site, *SpiritualSingles.com*. *NaturalAwakeningsSingles.com*, launched two years ago as part of the network, shares the same database of members as *SpiritualSingles.com* and many affiliated conscious dating sites in the network.

Today, the Conscious Dating Network is the largest of its kind. From Mount Shasta, California, Crosby leads a team of specialists that care for members' needs and provide a loving, inspiring site for singles to meet their beloveds.

How has online dating continued to evolve and what trends do you see now?

The stigma about meeting someone online has completely dissolved as success stories have become so common. It's like shopping online—you can look at many different varieties and styles to find exactly what you are looking for, rather than physically searching store after store hoping to find something you like.

Technology has made a tremendous difference in price, accessibility and reach. Today, members post selfies as headshots, shoot their own videos and can access potential matches anywhere in the world.

I used to think long-distance relationships didn't stand a chance. However, with Skype and a willingness to relocate, many of our success stories start as long-distance connections. Video chatting is a great way to assess common values and get to know someone on a deep level before traveling to meet in person.

What distinguishes conscious dating sites like Natural AwakeningsSingles.com from mainstream sites?

Natural Awakenings Singles is a niche dating site for those that are conscious, spiritual and green. Singles with specific interests, passions and lifestyles usually prefer niche dating sites because they allow for more targeted search results, provided that the member database is large enough. Our database of more than 90,000 members globally is considered large for a niche. Mainstream sites may have more members; however, they require far more time and effort in sorting through profiles to find those with whom we might have something in common.

Natural Awakenings Singles is also much more generous than conventional pay models, in that free members can read and reply to personal messages and live instant messages sent from subscribing members. Most mainstream sites make members pay to read and reply to messages. Our primary goal is for our singles to become couples—to facilitate the tremendous amount of success our members experience, we do many things differently.

Have you seen any overall differences in the success stories the Conscious Dating Network facilitates?

Yes, our members usually connect on a deeper, "soul-to-soul" level and tend to understand that chemistry comes in all shapes and sizes. Our success story couples oftentimes have the feeling that they are destined to be together.

We encourage members to listen to their inner guidance in regard to whom to contact, be grateful in advance and stay in their divine flow. When members tune in and act from this space, miracles happen.

Many of our "destined" couples go on to do amazing projects together, like opening retreat centers, writing books, facilitating workshops, starting intentional communities, creating nonprofit organizations and other beautiful ventures that neither of them would have necessarily done alone. The power of two seems to be exponentially greater.

What have proved to be your all-time favorite tips for online dating success?

By healing past traumas, loving and forgiving ourselves, and embodying our divine presence as much as possible, deep-seated feelings of unworthiness fall away and we emanate our true radiance, thus magnetizing a partner equally empowered and awake.

When we are in a place of personal power, there is no being shy or procrastinating. Imagine how it would be once you have met the love of your life, and focus on those feelings while browsing and reading profiles. When you notice a strong inner nudge to contact someone, do it. If it's not mutual, that's OK; don't take it personally. That's part of the beauty of online dating; the pool is large, and when the feeling and knowingness is mutual, you might just be starting a life together.

"In-joy" the process, be positive and choose to make it a fun adventure!

Joining NaturalAwakeningsSingles.com includes access to all members of all the Conscious Dating Network sites.

S. Alison Chabonais is the national content editor for Natural Awakenings magazines.

"An All Natural Product Line For Your Every Need"

- Weight Loss
- Joint Pain
- E.D./Low Testosterone
- Hot Flashes
- Attention Deficit Disorder
- Fatigue
- Psoriasis/Skin Care
- Fitness and Muscle Building

500 N. Lewis Ave., Suite 110
New Iberia, LA 70563

(337) **367.8220**
www.DauteriveWellness.com



Dr. Kimberly Smith

DAUTERIVE WELLNESS

Dr. Kimberly Smith Dauterive

TOTAL HEALTH AND WELLNESS-Naturally Meeting Your Every Need

Total Health and Wellness

We offer the only 100% Natural Weight Loss Products
All products are 100% Natural and are FDA registered



No Appointment Needed

Shrink Your Belly

GET RID OF STUBBORN BELLY FAT

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



CALL 896-4141 to set an appointment for a free consultation



\$1,425

\$450 OFF

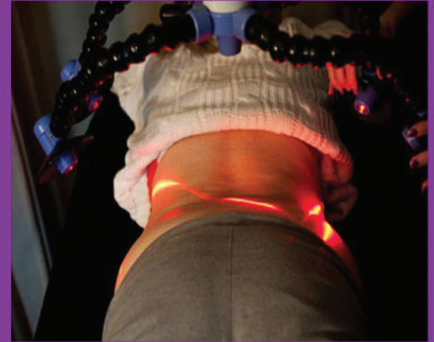
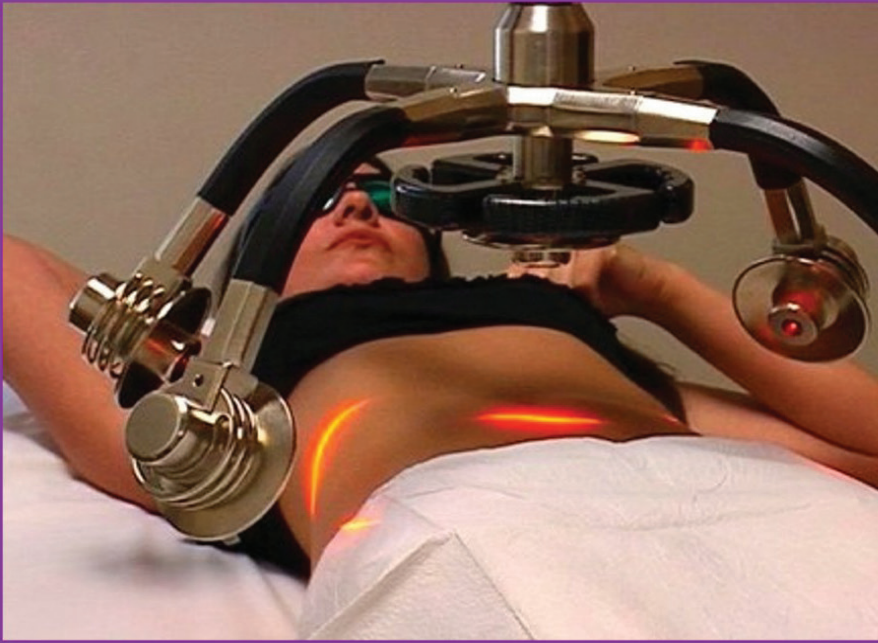
\$675

9 Treatments (3 weeks)

Zerona Cold Laser Fat Reduction

12 Treatments (4 Weeks): \$850

Offer Ends 3/15/15



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

- **ZERO Pain**
- **ZERO Surgery**
- **ZERO Downtime**

- Reduce stubborn fat from: your tummy, back, hips, thighs, buttocks, love handles
- See a reduction in the appearance of cellulite
- Drop 2 to 7 pant/dress sizes in two weeks



 **liteon**
Natural Health Center
Powerful, Positive Healing for Life

896-4141

DHARMA
 wellness center and fit club

662-3120



FITNESS FINDS

Locate the Best Workout Space for You

by Debra Melani

Six years ago, Sherry Salmons, of Oak Ridge, Illinois, was perplexed by her “glowing, smiling, energetic” neighbor that worked full time while raising three young children, yet never seemed drained. Finally, she asked: “What’s your secret?” The answer was a life-changing visit by Salmons to a nearby holistic fitness studio.

Lucking into good recommendations can whittle down the multitude of choices available at 32,000 U.S. health clubs and studios, according to the International Health, Racquet & Sportsclub Association. With the dual trends of niche studios and low-cost fitness centers fueling a diverse burst in workout options, club-seekers should apply their sleuthing skills before deciding on something that can prove so pivotal to their health.

Clue #1: Location and hours. If a facility isn’t near home or work, people won’t go, says Jim White, an American College of Sports Medicine (ACSM) health fitness specialist, in Virginia Beach, Virginia. “Our time is so valuable that going to the gym

can’t be a hassle.” Check online and list nearby facilities and hours, scratching off any that aren’t open at convenient times.

Clue #2: Know what you need. Some people have absolute necessities for fitness success. “For instance, avid swimmers need a pool,” says Grace DeSimone, an ACSM personal trainer in New York City. “That’s going to reduce their choices considerably.” Other non-negotiable provisions might be a yoga studio, indoor track or child care.

Clue #3: Gym rat or newbie? A fitness facility that costs pennies a day might seem like an obvious choice, but not if our fitness level and knowledge are near zero. “A lot of people don’t know what to do in a gym,” observes White, who owns personal training studios in Virginia. “We’re especially for those who want their hands held or want to see results fast.” Niche studios focused on modalities from kick boxing to dance therapy can offer added guidance. DeSimone notes that other reputable facilities will likewise

have accredited trainers, often at a low cost. Larger facilities also may offer more options for a newbie to try out before settling on what they like, she says.

Clue #4: Take a test drive. Make use of trial periods and guest passes. “Get a feel for the culture,” says Chris Freytag, spokesperson for the American Council on Exercise and a personal trainer in Minneapolis, Minnesota. “People are more likely to stay motivated in an environment that inspires them and with people that motivate them,” Freytag says. During on-site visits, do we feel at home among kindred spirits our own age? Is the facility clean and secure?

Clue #5: Look at the equipment. If the gym doesn’t have the equipment we want to use, whether it’s Pilates or TRX equipment, free weights or Kettlebells, then move on. A gym worth joining will have plenty of up-to-date equipment that follows the latest fitness trends and works properly, says White.

Clue #6: Sign with caution. Avoid signing long-term, complicated contracts, which are rare these days, DeSimone counsels. “Don’t be overwhelmed by a high-pressured sales pitch; just stand your ground, because those people are at your service.” White recommends making sure the price includes expected services; feel free to negotiate, especially with initial fees. Understand all policies, especially cancellation clauses, and use a credit card, which is easier to correct if problems arise, adds DeSimone.

Although Salmons was lucky, with her neighbor’s recommendation leading her to her perfect studio, people should investigate to find their ideal fit. “It starts when you walk in the door,” Salmons says about her attraction to The Balance Fitness Studio. “The space is open, exposed and it’s got this very clean, feng shui energy.”

Not a traditional, iron-pumping, music-blasting gym fan, Salmons prefers Pilates, but participates in all of the studio’s offerings, including massage, acupuncture and nutrition classes. While finding the right club has boosted her fitness level, she notes that the real magic has come in the form of revitalized energy. “It’s changed me in all aspects of my life. When I leave, I feel mentally focused, emotionally balanced and refreshed. It’s kind of transformational.”

Freelance journalist Debra Melani writes about health care and fitness from Lyons, CO. Connect at DebraMelani.com.



What's in Your Way?

Obstacles Point the Path to Wholeness and Healing

by Deborah Shouse

Since childhood, Mary O'Malley always thought that something bad was about to happen and experienced a continuous dread that gnawed her insides. Over the years, she tried to eat, drink and medicate away the anxious feelings plaguing her, and sought help from group therapy, hypnotherapy and psychiatrists.

Then in 1972, in her late 20s, O'Malley attended a yoga workshop that helped advance her quest to let go of struggles and embrace life. Later, when she met Stephen Levine, whose teaching is influenced by Buddhism, he conveyed, "There's nothing in you that needs to be fixed," and invited her to view her own issues with curiosity and compassion.

The transformational insights learned along her journey shared in her book, *What's In the Way Is the Way*, include simple tools for those that need to move beyond struggles to live in the present with more peace, ease and joy.

Train as a Tightness Detective

Ask this internal question when feeling stressed: "In what aspect of life am I holding on for dear life?" Is your breath short, are your shoulders tight; do you feel a fist in your solar plexus or an elephant sitting on your chest? These are indications that you're aligned with some struggle. By softening and breathing into the tight places, you can open into life and better align with ease and grace.

Strengthen the Curiosity Muscle

Whenever O'Malley experienced inner gnawing, she tuned

into her body and inquired about the dread: "How big is it and how deep does it go? Does it have a flavor?" The more she questioned, the more curiosity and attention she brought to the emotion and the freer she felt.

Turn Curiosity into Compassion

O'Malley learned to more accurately self-report her feelings. Instead of, "I am afraid," she learned to assess; "Dread is here." Then she cultivated compassion, treating the dread as her friend signaling the need for a solution. She acknowledged and listened to the stricken and paralyzed parts of herself, knowing they were separating her from joy because they needed to be heard and understood.

Step Outside Struggle to Embrace Humility

O'Malley believes that struggle is humanity's core compulsion. We develop a story about the difficulty of life and heroically fight against myriad injustices. Yet making a U-turn in perspective to see them as challenges is tailor-made to help us recognize and achieve separation from our individual struggles in favor of a better way of experiencing life.

"The dictionary misses the full meaning when it defines humility as 'lowliness, meekness, submissiveness,'" O'Malley believes. "True humility is a state of great availability, and from this kind of openness we can reconnect with the joy of being fully alive." She now discovers gifts embedded in every single challenge.

Deborah Shouse blogs at DeborahShouseWrites.wordpress.com.

DO YOU WANT A LOT MORE POWER, CHOICE AND SUCCESS WITH YOUR HEALTH?

HYPNOSIS CAN HELP YOU STOP SMOKING!!

We offer professional services to people who want to feel their best. Even if you have failed before, we can help you reach your goals. Our services are affordable, effective and our staff is trained and certified.

Hypnosis is a natural state of enhanced learning and creativity. You will always be in control and never asleep. Our professional and safe offices and our services are designed to help you to master true empowerment, relaxation and new skills.

We offer a comprehensive three session plan to help you stop smoking forever. We will create a program to avoid relapse and quit with confidence. You will leave the first session a non-smoker. Services for individuals, friends and corporate groups who want to quit together.

South Louisiana Hypnosis Center

Christopher S. Vige,

CHT, LPNLP

337-693-2447

www.southlahypnosis.com

228 E. Leonard St.,

Opelousas, LA 70570



Three Sessions

Only \$325

Call Today!!

Save \$100 when you bring a friend!!

BRINGING MORE THAN HOMEWORK HOME

By Ryan Hogan

It's the time of year when we send our kids back to school from the holidays. Unfortunately, while schools are good places to learn they are great places to catch a disease. In fact, children's Upper respiratory illnesses (URI's) cause more doctor visits and missed school days than any other illness in the US. Luckily, there are a few things you can do at home to help reduce the chances of your child getting sick at school this year.

HOW?

Before we talk prevention, we need to know how infection spreads. Many childhood illnesses are caused by viruses and bacteria that are transferred from person to person. URI's increase in fall and winter as we spend more time crowded indoors. All it takes is one sick child, going to school for the spread to begin. Small droplets from a child's cough or sneeze travel through the air and land on surfaces like desks, doorknobs and people. These germs are easily spread when someone touches the contaminated object and then proceeds to touch their eyes, nose or mouth. Children's immune systems are less mature than those of adults, so they're more vulnerable to these germs. Washing your hands and your nasal passages and also keeping their hands away from their nose, eyes and mouth are the most preventative habits to form at a young age.

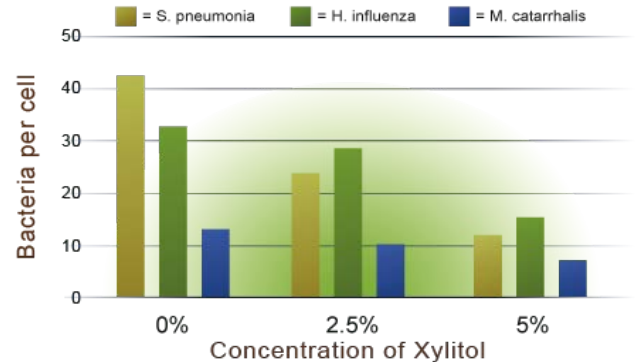


WHAT CAN YOU DO?

Our best defense is to stop cold germs where they breed. Good hand-washing is the most effective way to prevent bacteria and viruses from spreading. Wash your hands after using the bathroom, blowing your nose, handling trash and prior to touching food to help eliminate germs. Soap and water should be used for 20 seconds (about as long as it takes to sing the "Happy Birthday" song twice). Using alcohol-based hand cleaners is also effective. Remind your child to use the

sanitizer before eating snacks, lunch and after using a shared computer mouse, pencil sharpener, water fountain or other community objects.

Now, most people know we need to wash our hands, but one thing most people don't really relate their health to is nasal hygiene. Using a saline spray with xylitol, such as Xlear Nasal Spray, is safe for all ages. Research has shown this natural sweetener is useful in preventing bacterial otitis media (ear infections), among other upper respiratory problems that are most likely to occur in fall and winter months. Additional xylitol studies have also shown a significant reduction in asthma attacks when a xylitol nasal spray is used on a daily basis. Xylitol affects nose and throat bacteria in two ways:



- Decreases the adherence of harmful bacteria on their surface cells.
- Stimulates the body's own natural defense system

Since the average American child has six to ten colds a year, using a xylitol nasal spray is a safe and effective way to promote better upper respiratory health, year round.

FINAL HEALTHY TIPS

In addition to frequent hand-washing, teach your child some other school health basics:

- Cover your mouth and nose when you cough or sneeze.
- Give your child a package of tissues to keep in his or her desk.
- Encourage your child not to share water bottles, food or other personal items.
- Ask your child's teacher to include hand-washing time before lunch or snacks.
- Have your whole family practice nasal hygiene and the use of xylitol saline spray like Xlear.

Even with all of these tips, your kids are bound to come down with something over the course of the school year. We all get sick at some point or another, forming healthier habits and maintaining a positive attitude is all we can do as parents.

For more information, please visit www.xlear.com.



Stuffiness, meet your match.

Made with Xylitol, Xlear is the safe,
effective way to real, immediate relief.

Simply put, **it works.**

Try Xlear today.



Available at these and other fine retailers.



XLEAR
xlear.com

calendar of events

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

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

Thursday, February 5, 2015,

Inherit the Wind –7:30pm, Sat Feb 7 & 3pm Sun Feb 8. Wanderlust Theatre Co. performs one of the great American classics by Lawrence & Lee. View a multimedia story of a small town courtroom conflict between science and faith. \$15 general admission, \$12 students with ID & seniors over 65. Theatre 810, 810 Jefferson Street, Downtown Lafayette. 337-484-0172. WanderlustTheatre.com.

Saturday February 7

Optimist Club Garage Sale –7am. Giant indoor garage sale. Proceeds for the Crowley Optimist Club community projects for children. Free. Optimist Club of Crowley, 611 E Pine St, Crowley.

Living Right Health Expo 8am-12pm. Health experts from Lourdes Hospital provide health information and free screenings to motivate positive health practices. 30 interactive exhibits, complimentary health screenings, zumba and Chef Nino. Cajundome Convention Center, 444 Cajundome Boulevard Lafayette.

Bunk Johnson Day: A Celebration of Local Heroes –10am. A celebration of a local music blues legend. Guest speakers teach about Bunk's legacy and other musicians. Vintage photographs from the west end area will be displayed. The Bunk Johnson Band will play to set the mood. Free. Iberia Parish Main Library, Main St, New Iberia.

Mardi Gras Ball with Geno Delafosse –9pm-1:30am. Celebrate Mardi Gras early with Geno Delafosse and French Rockin Boogie. \$10 advance purchase or \$12 at the door. Renella Henry. St. Peter Claver Hall, 252 Church Street, Grand Coteau, LA 70541. 337-349-5814.

Sunday February 8

Grand Marais Mardi Gras Children's Dance –3-6pm. Dance and costume contest. Judging at 4:30 p.m. Winners will be announced and will ride in the parade. Admission fee required. Mon Ami, 7304 E Hwy 90, Jeanerette. 337-365-8185. Facebook.com/MonAmi.GrandMarais.

Heartstrings –3pm. ASO Chamber Orchestra and artist Greg Giannascoli, present an evening of music, including And I Love Her by Lennon and McCartney, Waltz from Serenade for Strings by Dvorak, Romance by Sibelius, Phoenix for Marimba and Strings by Chinese composer Xu, and Tonight from West Side Story by Leonard Bernstein. High tea by the Lab available. 337-232-4277. Acadiana Center for the Arts, 101 W Vermilion St, Lafayette.

Thursday February 12

Inherit the Wind –7:30pm. Thru Sat Feb 14. See Feb 5 listing. Theatre 810, 810 Jefferson Street, Downtown Lafayette. 337-484-0172. WanderlustTheatre.com.

Friday February 13

The Ugly Duckling & The Tortoise and the Hare –10am. Two shows with unique black light technology blend of puppetry and dance. The ugly duckling rejected due to his differences wins hearts as he grows into a beautiful and powerful swan. The tortoise and the hare race as the hare thinks he will win easily, but is distracted. The tortoise wins the race due to his discipline and fortitude. Advanced \$12.50 or week of show \$15. The Historic Delta Grand Theatre, 120 S Market St, Opelousas. 337-407-1806. DeltaGrandTheatre.com.

Grand Marais Mardi Gras Dances –9pm-Fri thru Sat Feb 15 and Sun Feb 16 thru Mon Feb 16-7pm. Costume judging at 11 p.m. Admission fee required. Mon Ami, 7304 E Hwy 90, Jeanerette. 337-365-8185. Facebook.com/MonAmi.GrandMarais.

Sunday February 15

15th Carival D'acadie –Thru Tuesday Feb 17. Celebrate Fat Tuesday Rice City style with this three day carnival of rides, food and fun. Monday evening festivities begin with live music and a street dance. Tuesday, Mardi Gras day see costume contests, live entertainment, the Grand Mardi Gras parade with bands, floats and plenty of beads. 11 N Parkerson Ave, Crowley.

Monday February 16

Swamp Pop Reunion Dance X –7pm. Twenty swamp pop legends all backed-up by house band Warren Storm, Willie Tee and Cypress. Drawings, door prizes, a cash bar, and gumbo available. \$20. Proceeds to promote the Louisiana Swamp Pop Museum in Ville Platte. Ville Platte Civic Center, 704 N Soileau St, Ville Platte.

Tuesday February 17

28th Tee Mamou-Iota Mardi Gras Folklife Festival –8am-5pm. Enjoy live Cajun & Zydeco Bands, young musicians tent, folk craft and food booths. Traditional Cajun Mardi parade through the streets. Downtown Iota. 337-779-2226. IotaMardiGras.com.

Frey's Mardi Gras Run –9am. A traditional Mardi Gras run with singing and dancing. The Mardi Gras will be chasing a couple of chickens, and/or roosters. Hosted by David, Peggy and Bryce Frey. 5647 Riverside Rd, Iota. 337-824-3536.

Saturday February 21

First Annual AAHP 5K Fun Walk/Run –8am-1pm. The walk begins and ends at the Martin Luther King Jr. Center located on Cora St. in Lafayette. Pre fun walk event begins with New Cupid warming everyone up with some CuRobiks. The African American Heritage Foundation and History Parade Committee. Ja'Nelle Chagois. Martin Luther King Center, 309 Cora St, Lafayette. 337-233-4626. KJCB@LUSFiber.net.

Lenten Retreat for Women –8:30am-2:30pm. A day of reflection featuring speakers, Deacon Philip Lizotte, author Diane Alexander, and Rev William "Bill" Ruskoski. A light breakfast and lunch included. \$25. St Pius X Elementary School Theater, 201 E Bayou Pkwy, Lafayette. AcadianaTheresians.com.

All day Cake Fest –10am-6pm. Thru Sunday Feb 22 9am-4pm. A cake show with live demos, competitions, raffles, and classes. Shop and visit with knowledgeable vendors of cake masters and judges. \$10. Cajun Confectioners. The Hotel Acadiana, 1801 W Pinhook Rd, Lafayette. Facebook.com/CakeFestLa.

How to Get "Oil in the Family" & Aromadome Demo –10am-3pm. Learn the basics about essential oils and how to use them safely. AromaDome class and demo Zyto Compass scans will be done. Zyto scans \$25 on the day of the seminar. Danielle T Jackson, Caroline H. Boudreau, Nancy Flowers, and Angela Cubbedge. Double Eagle Inspections, LLC, 1919-A Dulles Dr, Lafayette.

Jabberwock –5:30pm. New Iberia Alumnae Chapter of Delta Sigma Theta Sorority, Inc, presents our finest community talent in the company of Little Master & Little Miss Jabberwock with their court. Dressy attire. \$5. New Iberia Senior High School, 1301 E Admiral Doyle Dr, New Iberia.

Monday February 23

Garlic is as Good as Ten Mothers –6:30pm. A look into the history, consumption, cultivation and culinary/curative powers of this life force, garlic. Following the screening engage in an open discussion with the curator. Free, \$5 suggested donation for curating costs. Refreshments available for purchase. Vermilionville, 300 Fisher Rd, Lafayette.

Friday February 27

Pinkalicious –7pm. In this theater show Pinkalicious can't stop eating pink cupcakes and lands in the doctor's office with Pinkitis, from head to toe, a dream come true. Pinkalicious figures out a way to get out of this predicament. Advanced \$15 or week of show \$20. The Historic Delta Grand Theatre, 120 S Market St, Opelousas.

Saturday Feb 28, 2015

Home Garden and Lifestyle Show –10am-6pm & Sun 11am-5pm. A premier event in household consumable industry. \$10 Adults and \$6 Children 5-12 yrs old. Cajundome Convention Center, 444 Cajundome Boulevard Lafayette.

Epiphany Day School 2015 Gala –6:30-10:30pm. An annual memorable fundraiser event of food, cocktails, live entertainment, as well as a live and silent auction. \$75. Epiphany Day School Parents Club and the Board of Trustees. The Marsh House, Avery Island. EDS-NI.com/2015-gala-sponsors.

I found it — The Secret to Anti-Aging!

**My cholesterol dropped by 73 points in 1 month,
my husband's morning blood sugar level
dropped from 200 to 113 in 3 months,
and we are feeling and looking so much YOUNGER!**



Kare & Charles Possick

A few months ago, my husband's blood sugars were out of control after years of controlling it with diet. And his skin had taken on a yellowish-grey pallor... which showed me that his liver and kidneys were also in serious trouble. I was scared!

A friend stopped by, took one look at Charles, and said, "We have to get him on the Micronized Heart of Royal Purple Rice immediately!" Although I had never heard of it, I quickly said, "Get me some now." I am so grateful that I did!

Within 3 weeks his skin was pink and glowing and he was feeling so much better. I also began eating it and began noticing more energy, sounder sleep, and improved skin.

But What Really Got My Attention...

We had our blood tested and after eating this rice product **for only a month, my cholesterol had dropped by 73 points!** I had been taking several other natural supplements for two years to lower cholesterol to no avail, but after only one month my cholesterol dropped to normal, as did my triglycerides, and three other blood markers that had been way too high. My doctor was shocked. He said no drug would give me those quick and dramatic results!

And Charles, with several medical conditions, had 10 blood markers drop significantly! My doctor said he knew of nothing that could work like that across so many body systems! "Not drugs...but real foods," I said.

What's In This Product and How Does It Work?

The basis of the product is a ancient, heirloom strain of royal purple rice that is now grown in Thailand in a pristine valley that has never seen chemicals, pesticides, or GMO's.

Then, the purple husk, which is extremely high in anthocyanin antioxidants, along with the very heart of the rice (the endosperm) is removed—this is the part that carries the super polysaccharide sugars and polypeptide amino acid building blocks. Everything else is discarded.

With only the dense nutrient rice heart left — this is then milled down to the size of a micron! That's it—that is all that's in this amazing raw natural product.

**It takes
60 pounds of
Royal Purple
Rice to make
ONE Pound
of my product.**



It is so tiny and powerful that when you eat it ... **it does not even have to go through your digestive system — it can immediately go into the cells and energize them!** Like tiny arrows, these highly charged alpha glucan chains of super nutrients can pierce cell walls and furnish the mitochondria (the cell's battery) with fuel to create massive amounts of ATP Light Energy, so that the cells can recharge, regenerate, and function at the highest level.

Recharge, Repair, and Regenerate Your Cells

The reason so many people who are eating well and taking good supplements are still sick is ... **nutrition can't get into the cell!**

A recent medical study showed — more than 80% of the population is insulin resistant at some level! That means that the **sugars and nutrients we need for energy cannot get into the cells.** (If a cell phone battery cannot be recharged — it powers down and eventually dies). If you are tired, and have dis-eases that have names ... your cells are also powering down and dying.

When the sugars (polysaccharides) can't get into your cells to be used for energy, they cause another problem, too. They float around your blood stream, sticking to proteins and fats—or "glycating". Wherever they stick they cause problems ... if they stick in the bloodstream they cause hardening of the arteries and high blood pressure, in the brain they cause learning and memory issues or dementia, in the eyes—cataracts, in the skin—wrinkles. **With my raw natural product you can recharge your cells and reverse the glycation and aging now!**

Read What This Has Done For My Friends ...

When I shared this with my friend, Bonnie, her body used the new cellular energy to reduce her blood pressure and smooth the wrinkles from her face. Nicole's intense pain from an accident is gone and she is off her debilitating medications. Jeff is no longer experiencing acid reflux or gout. Dee Dee's night blindness is gone and so are her allergies. Charles morning blood sugars have dropped from 200 to 113. I am looking so much younger that someone asked me if I had a 'procedure' done! Even my granddaughter's dog has gotten rid of his digestive issues because of this product. **So ... would you like to see what this amazing food will do for you?**

**Call me (Kare) at: 727-798-8764
I'll send you my FREE book, answer all
your questions, and get this product on its
way to you so you can begin anti-aging, too!**

www.KaresPurpleRiceProducts.com

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

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

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

The Vertical Barre Meditation Group – 2-3pm. Free group meditation with Laci Lopez. The Vertical Barre, 215 Garfield St, Lafayette. 318-447-5224. TheVerticalBarre.com or ARealPerson@TheVerticalBarre.com.

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

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

monday

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

Celebrate Recovery – 6:00-8:00pm. A chance to discover and heal from the hurts, habits and hang-ups that prevent experiencing God and living well. This Biblical program is based on the words of Jesus and ministers to the whole person from a psychological, emotional, intellectual and spiritual perspective. Programs also available for children in Kindergarten-12th grades. Free. The Bayou Church, 2234 Kaliste Saloom Rd, Lafayette. 337-984-8291. Recovery@TheBayouChurch.org.

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

Les Vues Film Series – 6:30-8:30pm. A monthly film series held the last Mon each month. Refresh-

ments available. Free, \$5 suggested donation for curating costs. Vermilionville Performance Center, 300 Fisher Rd, Lafayette. 337-233-4077.

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

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

tuesday

Opelousas Farmers' Market – 6:30-9am. Fresh homegrown and homemade products produced in rural St Landry Parish. Farmers' Market Pavilion, 828 E Landry St, Opelousas. 337-543-6626.

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

Art & Shadows at the Shadows-on-the-Teche – 11am to 4pm. Watch visual artist Lynda Frese and traditional French Louisiana musician David Greely at work. Supported by a grant from the National Endowment for the Arts (NEA), Frese and Greely interact with the public. Tues and Sat throughout the months of January and February. Shadows-on-the-Teche, 317 E. Main St, New Iberia.

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

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

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

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

Type 1 Diabetes Support Group – 5:45pm. Dr. Janna Flint and Leslie Fontenot, Diabetes Educator, host a monthly diabetes support group on the last Tuesday of the month. Free. Women's & Children's, Kids Specialty Center, 4704 Ambassador Caffery Pkwy, Lafayette. 1-877-302-2731.

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.

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

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

wednesday

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

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

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

Eunice Farmer's Market – 1pm. Garden veggies, fruits, jellies and more. Corner of 2nd St & Park St, Eunice. 337-457-6503. EuniceLa@hotmail.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.

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

thursday

Opelousas Farmers' Market – 6:30-9am. See Tues listing. Farmers' Market Pavilion, 828 E Landry St, Opelousas. 337-543-6626.

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

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

friday

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

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

saturday

Opelousas Farmers' Market – 6-9am. See Tues listing. Farmers' Market Pavilion, 828 E Landry St, Opelousas. 337-543-6626.

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

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

Eunice Farmer's Market – 8am. See Wed listing. Corner of 2nd St & Park St, Eunice. 337-457-6503. EuniceLa@hotmail.com.

Hub City Farmer's Market – 8am-12pm. Join us

for local foods and crafts. Brian Gotreaux, The Oil Center, 427 Heymann St across from Champagne's. HubCityFM@afo.net.

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

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

New Iberia Creole Market – 8am-1pm. 4th Sat each month. Shop for seasonal local grown produce and fruits, fresh Louisiana seafood, homemade jams, jellies and other preserves. Fresh baked items, home-cooked dishes, hand-made crafts. Enjoy fun and educational activities that promote healthier eating and lifestyle choices. West End Park, 1200 Field St, New Iberia. 337-367-0834. Facebook.com/CreoleMarket

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

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

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

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

Acadiana Lupus Support Group Meeting – 10am-Noon. 2nd Sat each month. Goodwill Corporate Office,

2435 W Congress St, Lafayette, LA. 337 261-5811.

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

Tarts and Arts – 10am-12pm. Enjoy gourmet coffee and finger foods while viewing local art and a rummage sale with cute accessories, clothing, shoes, and purses. Event held 1st Saturday of the month. EnvisiondaBerry. Free. NILA Gallery LLC, 301 W St. Peter St, New Iberia.

Art & Shadows at the Shadows-on-the-Teche – 11am to 4pm. See Tues listing. Shadows-on-the-Teche, 317 E. Main St, New Iberia.

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

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

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

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

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



Nobel prize winner and microbiologist Elie Metchnikoff once said, "Death begins in the colon."

Based on his years of research in the early 1900s he concluded that disease and aging are mostly due to toxic bacteria in the gut.

- The gastrointestinal system comprises 75% of the body's immune system.
- There are more neurons in the small intestine than in the entire spinal cord.
- It is the only system in the body that has its own, independently operating nervous system, called the enteric nervous system.
- If you stretched out the gastrointestinal system in its entirety, it would have the surface area of a regulation sized singles tennis court.
- There are over 400 species of microbes living in your gut, totaling over 15 pounds of mass and containing more bacteria than there are known stars in the sky.

Fit Your Gut - Fix Your Health

BODY REBOUND Weight Loss Program

www.NaturalHealthCentersOnline.com



Includes:

- 60 Day supply of WheTea weightloss drops (fat burner)
- 60 Day supply of Raspberry Ketone (fat burner)
- 60 Day supply of Fat Complex (prevents fat absorption)
- 60 Day supply of B-12 liquid drops (increases energy and metabolism)
- 60 Day Infrared SAUNATOX (makes you sweat out fat, calories, and toxins)
- 60 Day Dermosonic Cellulite Treatment Plan (**reduces cellulite)
- 60 Day Whole Body Vibration Weight loss Exercise (calorie burner)
- 8 Body Wrap Treatments (drops the water weight and burns calories)
- 8 SLIMPOD Weight Loss Treatments (a high-powered fat burner)
- 8 Ionic Foot Detox Treatments (**pulls the fat and waste out of the body)
- 8 Fatloss HydroTherapy Treatments (depress the body - burn more fat)
- 8 Infrared Abdominal Fat Loss Treatments (burns stomach fat)
- 3 ZERONA Cold Laser Lipo Treatments (**cuts through tough fat cells)

60 Day Weight Loss Program \$340

90 Day Weight Loss Program \$420

4 Month Weight Loss Program \$580

Carencro & Sunset Offices

CALL **347-4141**

** Included in 4 Month Weight Loss Program Only

AVERAGE WEIGHT LOSS

2 - 4% Body Fat Loss in two weeks

2 - 7 inch abdominal fat loss in sixty days

12 - 35 pounds in eight weeks

Vitality Vitamins and Supplements

Women's Libido



A healthy libido is vital to an optimal quality of life and is an important part of a healthy relationship. Women's Libido helps restore sexual desire in women, whether it has become temporarily lessened or altogether lost. With Maca, Damiana, and Sarsaparilla, this formula works to tonify the female reproductive tract and normalize arousal and desire.

.....\$35.00

Male Libido



A healthy libido is vital to an optimal quality of life. It can also be reflective of heart health, as both depend on healthy blood flow. Gaia Herbs' Male Libido supports stamina and optimizes performance. With botanicals such as Maca, Tribulus, Horny Goat Weed, and Saw Palmetto this formula nourishes the male body and optimizes men's health and vitality.

.....\$35.00

Women's Hormone Balance



Women's Hormone Balance, the natural hormonal imbalance treatment supplement, is a safe and natural blend of the nutrients that your body needs to produce the hormones that are necessary for a healthy and balanced life. This supplement can treat hormonal imbalances in women of all ages in order to help regulate the body and restore natural hormone balance.\$42.00

Female Libido



Female Libido drops to help increase sex drive or boost female libido, this is good enhancers. This is a supplement that is made to provide an effective sexual performance enhancer for women. It helps in naturally increasing the sexual desire in your body and gives you a better physical response and pleasure.

.....\$38.00



CHAKRA DHARA

Vitality and Stamina Treatments

Increase your sex drive naturally. Our CHAKRA DHARA treatments will open blood vessels and improve circulation to give you better stamina and sexual performance. Using infrared heat and vibration treatments we can naturally restore normal libido for men and women. We use natural herbs to help restore sexual desire, whether it has become temporarily lessened or altogether lost.

4 Sessions: \$169
8 Sessions: \$300
12 Sessions: \$550

Natural Health Center **896-4141**
Carencro Office

DHARMA Wellness Center **662-3120**
Sunset Office

Green Water and Wheatgrass

I drink wheatgrass.

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

Source: www.cancer.org



Opelousas

BENNY'S Sport Shack, Tel: 948-6533

Sunset

DHARMA Center, Tel: 662-3120

Carencro

Natural Health Center, Tel: 896-4141

Lafayette

Drug Emporium, Tel: 261-0051

Road Less Traveled, Tel: 988-9889

GREEN WATERS (alkaline water with wheatgrass and green tea)



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

.....\$36/case

Weight Loss Protein Drinks



Whey Protein (Vanilla)

Liteon Natural's Whey Protein is made with only whey isolate from grass fed cows not treated with rBGH, the highest quality natural protein powder with the highest biological value of any protein in existence today. Sweetened naturally with stevia leaf extract, this product is low glycemic, perfect for fat loss, promotes stable blood sugar, and is ideal for diabetics or bariatric patients.



.....\$45.00

Organic Food Bar Whey Protein (Strawberry & Chocolate)

OFB Recover Protein powder tastes great, digests easily and is made with the finest non-denatured, cold processed whey, from no hormone treated pasture fed cows. Contains all key amino acids and fragile immuno supportive whey components. Low glycemic.



.....\$40.00

SIX STAR PRO NUTRITION Professional Strength Whey Protein (Cookies & Cream 2 lbs)

New Professional Strength Whey Isolate is a premium protein formula megadosed with over 60g of whey isolate and 7 grams of leucine in each two-scoop serving. Whey protein isolate has one of the highest rated Biological Values (BV), which is a value given to protein sources to measure how well they're absorbed and used by the body.



That's why 100% of the protein component in Professional Strength Whey Isolate is whey protein isolate. In fact, in one 6-week study, subjects taking the core ingredient in Professional Strength Whey Isolate gained more than double the lean muscle than those using a placebo (5.1 vs. 2.0 lbs.!) The numbers don't lie, Professional Strength Whey Isolate is a fast, effective and great-tasting way for you to build the muscle size and strength you need to get noticed when combined with an intense training program!\$45.00

WHEATGRASS Capsules



Call:
662-3120

Available in Sunset, LA



BENEFITS

- tastes better than frozen cups
- improves metabolism
- aids the body in healing
- improves the immune system
- helps clean the blood and lymph
- helps to increase oxygen levels
- increases alkaline body levels

DHARMA
wellness center and fit club

Specialty Vitamins and Supplements

Whey Protein (Vanilla)

Liteon Natural's Whey Protein is made with only whey isolate from grass fed cows not treated with rBGH, the highest quality natural protein powder with the highest biological value of any protein in existence today. Sweetened naturally with stevia leaf extract, this product is low glycemic, perfect for fat loss, promotes stable blood sugar, and is ideal for diabetics or bariatric patients.



.....\$45.00

Organic Fiber

As your digestive system battles to process everything you consume on a daily basis, it encounters toxins and fibers that are hard to digest. Thanks to Organic Fiber, you can make the process of digestion smoother and kinder to your body. Organic Fiber is made from Blonde Psyllium, a natural extract taken from the Psyllium plant that is free from gluten. As this product is produced in an environment that is free of pesticides, it is completely safe to ingest.



.....\$35.00

pH 9.5 Drops

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



.....\$30.00

Women's Libido

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



.....\$35.00

Lecithin



Liteon Natural's high-absorption softgels are a convenient way to incorporate the valuable nutrient lecithin into your daily diet routine. This unique formula delivers all-natural support for your heart, brain and liver. An outstanding fat emulsifier for healthy cholesterol and cardiovascular maintenance, lecithin

is also a source of phosphatidylcholine, which is a vital nutrient for brain and liver function. Each softgel delivers 1,200 mg of soy lecithin.

.....\$30.00

Garcinia Cambogia

Jump start your metabolism to put you on the path to fitness with the dual-action dietary support of Liteon Natural's Garcinia Cambogia. Native to Indonesia and grown throughout India and Southeast Asia, Garcinia cambogia (also known as tamarind) is a pumpkin-shaped fruit that has long been used in curries and other traditional Asian foods to make them more filling. Now it's gaining worldwide acclaim as a natural fat-buster because of the unique properties of

a compound known as hydroxycitric acid (HCA) found in the rind of the fruit. What makes HCA so helpful for weight management is that it blocks the activity of liver enzymes that convert sugar and carbs into fat, making their calories available as glycogen to fuel your muscles when you exercise. The net effect is to promote a healthy change in body composition by encouraging lean muscle development over fat storage—but that's not all. Garcinia cambogia also helps address stress-related appetite issues by supporting healthy serotonin and cortisol levels. Our veggie caps deliver 500 mg of guaranteed-potency Garcinia cambogia extract, standardized to 60% hydroxycitric acid content.

.....\$35.00



WheTea Ab Fat Burner

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

.....\$20.00



Mood Enhancer

Mood Enhancer is the perfect supplement to help with anxiety, stress, and depression. It works to maintain a healthy

memory and sharp mind. It combines guaranteed-potency "smart herbs" ginkgo biloba and gotu kola,

along with the brain-boosting omega-3 nutrition of DHA, the phospholipid nourishment of phosphatidylserine and phosphatidylcholine, the antioxidant protection of alpha lipoic acid and natural vitamin E, and more.....\$30.00



Women's Hormone Balance



Women's Hormone Balance, the natural hormonal imbalance treatment supplement, is a safe and natural blend of the nutrients that your body needs to produce the hormones that are necessary for a healthy and balanced life. This supplement can treat hormonal imbalances in women of all ages

in order to help regulate the body and restore natural hormone balance.

.....\$35.00

Phase 2 Starch Complex



Promote natural weight loss without giving up your favorite foods with Phase 2 Starch Complex. This revolutionary weight loss supplement neutralizes dietary starch and carbohydrates before your body converts them into unwanted calories. Phase 2 Starch Complex features white kidney bean extract and has been shown in multiple studies to delay the digestion and absorption of carbohydrates. When this happens, it reduces the caloric impact of starchy

foods and lowers the glycemic index. Along with a healthy diet and exercise, taking Phase 2 Starch Complex may assist in weight control. Phase 2 Starch Copmplex is an all-natural, stimulant-free weight loss supplement.

.....\$35.00

Digestive Enzyme Complex



A healthy digestive system does an incredible job of breaking down the food we eat. However, without the help of digestive enzymes, we cannot metabolize food effectively no matter how healthy the food may be. There are roughly 22 main digestive enzymes involved in breaking down the food we eat into nutrients. After all, it's not "food" that our

body absorbs for energy and health—it's the nutrients inside the food. Digestive Enzyme Complex is a natural digestive enzyme supplement. This vegetarian supplement can enhance the chemical reactions involved in digestion, promote an acid and alkali balance in the body, and help you fight off or prevent infections.\$35.00

BF-4 Weight Loss



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

.....\$45.00

Manglier Tea

mong-lee-AY

The tea is used to treat diabetes and has the ability to build the body's immune system quickly to fight cold, flu, and other infections.



It clears viral and bacterial infections. Native Americans first discovered the medicinal properties of this plant in the 1800s. Creole and cajun communities used it before the onset of drug prescrip-

tions and antibiotics. It is natural medicine that can be readily found in south Louisiana.

.....\$24.00

Raspberry Ketone Drops



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

.....\$30.00

Natural Medicine and Nutrition Centers



100 E. Angelle St., Carencro
(337) 896-4141

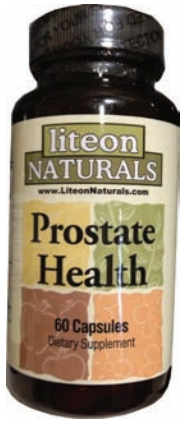


166 Oak Tree Park Dr. #H, Sunset
(337) 662-3120



1077 Wisdom Rd., Opelousas
(337) 678-1500

Prostate Health



Prostate enlargement is the most common prostate problem and a serious medical condition that primarily affects men 50 years of age and older. As a man ages, chances of prostate problems will increase to nearly 80%. While some symptoms may go unnoticed, others can disrupt your daily activities. A swelling prostate causes symptoms such as frequency and urgency to urinate, interrupted urine flow, and lower back pain. EnergyFirst's Prostate

Health supplement relieves symptoms with a healthy blend of herbs, vitamins, and minerals to support prostate health.**\$35.00**

Numerous studies show more than half of all men over 50 years of age suffer from an enlarged prostate and its symptoms. As men continue to age, up to 80% will suffer from uncomfortable symptoms that may include difficulty urinating, increased frequency and urgency of urination, sleep-disturbing nighttime urination, and lower back pain.

Melatonin



Control your sleep/wake cycle naturally with the help of Melatonin! This useful hormone works to restore normal sleep patterns while delivering excellent antioxidant support to the body. Each capsule supplies 1 mg of melatonin..

.....**\$30.00**

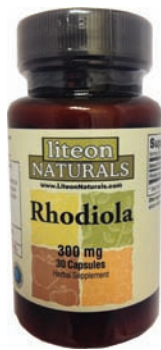
Maca



Since the dawn of time, man has searched for substances to help enliven the libido, promote sexual prowess, and stimulate the intimate experience. Long ago, in the jungles of Peru, he found it. Maca, an ancient herb used by Peruvian natives for sexual support, is now available worldwide. Men and women across

the globe are discovering its invigorating potential to enhance intimacy. Our maca is concentrated for guaranteed levels of active herbal components. Each capsule contains 500 mg of maca root in a potent 4:1 extract.**\$30.00**

Rhodiola



Rhodiola Root is the premium choice to counteract the mental and physical effects of stress. This potent herb from Liteon Naturals helps reduce levels of stress hormones while supporting levels of key brain chemicals involved in regulating mood. Our powerful capsules contain 300

mg of rhodiola root powder and provide a great way to conquer the mental and physical challenges of stressful times.

Rhodiola increases the oxygen-carrying capacity of our red blood cells, making it particularly effective at increasing energy, vitality and stamina during times of stress. Rhodiola has a calming effect on our body and mental state because of an ability to reduce cortisol, one of our major stress hormones. From the mental side of things, Rhodiola also increases the sensitivity of your neurons to the presence of dopamine and serotonin, two neurotransmitters involved in focus, memory, pleasure and mood. This plant has been used as an extremely effective alternative to antidepressants. Not only does Rhodiola reduce the cortisol and blood sugar aspect of the belly fat equation, but it also turns on an enzyme called 'hormone-sensitive lipase', a substance which allows your body to access and utilize the fat stored in abdominal cells.

.....**\$30.00**

Pain & Inflammation Enzyme



Chronic pain and inflammation can make even the simplest everyday tasks a challenge. If you suffer chron-

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

Cal-Mag-Zinc with Vitamin D



Calcium is vital for building strong bones and teeth, muscle function, release of hormones and enzymes, and assists nerves in transmitting impulses.

Magnesium is needed for making new cells, activating B vitamins, relaxing muscles, clotting blood, energy metabolism, and is concentrated in the bones and teeth. It helps keep cells electrically stable, maintains proper blood pressure, and, with calcium, regulates energy levels and maintains normal heart function and nerve transmission.

Vitamin D regulates calcium metabolism, which is important for the formation of bones and teeth.

Zinc is an essential trace mineral that is necessary for the activity of 300 or more different enzymes. Special chelates ("claws" that hold the nutrient and allow for better bioavailability) enhance the delivery and utilization of the minerals.

.....**\$40.00**

Shark Cartilage



For joint health support, try Liteon Natural's Shark Cartilage! This all-natural formula delivers nourishment for joint care with the help of a biological structure similar to that of the cartilage that cushions joints. Our convenient capsules supply a potent 750 mg of pure shark cartilage for everyday

joint maintenance. Supporters believe that supplements made from shark cartilage can slow or stop the growth of cancer. According to its supporters, shark cartilage contains proteins that stop angiogenesis, the process of blood vessel development. Tumors need a network of blood vessels to survive and grow, so cutting off a tumor's blood supply starves it of nutrients, causing it to shrink or disappear. Some supporters also claim that shark cartilage can help against other diseases such as osteoporosis, arthritis, psoriasis, macular degeneration, and inflammation of the intestinal tract.

.....**\$35.00**

Alternative • Complementary • Holistic Services

www.DrSteveCastille.com

www.NaturalHealthCentersOnline.com

www.CaribbeanCampground.com

Lifeon Natural Health Center, Carencro, LA
(337) 896-4141

DHARMA Wellness Center, Sunset, LA
(337) 662-3120

Caribbean Health and Wellness Center, Opelousas, LA
(337) 678-1500

Pricing and Rate Sheet

Infrared Sauna	30 mins: \$45	1 hour: \$70
Whole Body Vibration	10 mins: \$35	20 mins: \$65
Lymphatic / Water Massage	30 mins: \$45	1 hour: \$70
Body Wrap	30 mins: \$45	1 hour: \$90
Ion Foot Detox	30 mins: \$45	(2) 30 min sessions: \$80
Hydration Therapy	30 mins: \$45	1 hour: \$90
Massage Therapy	60 mins: \$69	90 mins: \$89
Slimpod Slimming/Detox	30 mins: \$45	1 hour: \$70
Dermosonic Cellulite	1 treatment: \$45	6 treatments: \$180
Zerona Fat Laser Treatment	6 treatments: \$675	12 treatments: \$850
Dr's Office Visit (consultation)	30 mins: \$60	1 hour: \$120
Blood work (lab services)	1 test: \$94	2 tests: \$150
Vitamin Test	1 test: \$39	2 tests: \$65
Biofeedback	1 session: \$65	4 sessions: \$210
Air Cupping	30 mins: \$45	1 hour: \$70
Personal Trainer (DHARMA Gym)	30 mins: \$35	1 hour: \$65
Thermography Imaging	Full Body: \$145	Breast Only: \$95
pH Acid Testing & Body Comp	1 test: \$5	4 tests: \$15

Wellness Programs	6-Week Program	10-Week Program	12-Week Program
RESTORE Health Program Detox, colon cleanse, increase circulation, reduce inflammation, clear lymphatic pathways, reduce stress – anxiety – depression, lower blood pressure, restore nutrition	\$340 (with program) 14 Infrared Sauna* 18 Whole Body Vibration* 12 Foot Detox* 12 Hydration Therapy* 9 Water/Lymphatic Massage* 2 Thermograms* 6 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$2,410	\$493 (with program) 20 Infrared Sauna* 24 Whole Body Vibration* 18 Foot Detox* 17 Hydration Therapy* 12 Water/Lymphatic Massage* 2 Thermograms* 9 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$4,190	\$562 (with program) 28 Infrared Sauna* 30 Whole Body Vibration* 21 Foot Detox* 19 Hydration Therapy* 15 Water/Lymphatic Massage* 2 Thermograms* 12 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$5,135
BODY REBOUND Weight Loss Program Lose weight, detox, build circulation, eat healthier	\$340 (with program) 14 Infrared Sauna* 18 Whole Body Vibration* 6 Foot Detox* 9 Body Wraps* 9 SlimPOD Slimming* 1 Thermogram* 9 pH Acid Testing & Body Comp* Nutritional Supplements* ----- INDIVIDUAL FULL PRICE: \$3,185	\$420 (with program) 20 Infrared Sauna* 22 Whole Body Vibration* 9 Foot Detox* 14 Body Wraps* 12 SlimPOD Slimming* 1 Thermogram* 10 pH Acid Testing & Body Comp* Nutritional Supplements* ----- INDIVIDUAL FULL PRICE: \$4,615	\$580 (with program) 24 Infrared Sauna* 25 Whole Body Vibration* 12 Foot Detox* 20 Body Wraps* 18 SlimPOD Slimming* 1 Thermogram* 12 pH Acid Testing & Body Comp* 14 Dermosonic Cellulite Treatments* 3 ZERONA Cold Laser Lipo* Nutritional Supplements* ----- INDIVIDUAL FULL PRICE: \$6,445
CANCER WELLNESS Program Balance nutrition, reduce acid, detox, open lymphatic pathways, reduce stress and anxiety, restore body chemistry, increase oxygen levels, reduce inflammation	\$440 (with program) 18 Infrared Sauna* 18 Whole Body Vibration* 9 Zerona* 12 Foot Detox* 12 Hydration Therapy* 15 Water/Lymphatic Massage* 2 Thermograms* 9 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$5,410	\$612 (with program) 27 Infrared Sauna* 24 Whole Body Vibration* 9 Zerona* 21 Foot Detox* 20 Hydration Therapy* 20 Water/Lymphatic Massage* 2 Thermograms* 12 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$6,850	\$740 (with program) 34 Infrared Sauna* 32 Whole Body Vibration* 9 Zerona* 32 Foot Detox* 24 Hydration Therapy* 31 Water/Lymphatic Massage* 2 Thermograms* 16 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$7,221

SPECIAL NOTE: Items with a "*" denote approximate number of sessions. Each wellness program is customized to the patient/client needs. We do not guarantee that you will receive the exact number of sessions listed - most programs are at least, sometimes more, and/or close to the number of sessions stated. All programs are based on calendar days and end once 6, 10, or 12 calendar weeks has passed from the beginning date of the wellness program.

Last Updated: 11/30/14

Essential Oils



Lavender

Lavender is one of the most useful and versatile essential oils. Aromatherapists use it to treat burns and skin irritations as well as to promote calming and ease. The strong aroma of Lavender has a powerful soothing effect on the body and is often used to treat anxiety, stress and insomnia. Because of its antiseptic and analgesic properties, Lavender can prevent

infection and promote rapid healing.\$27.00



Bergamot

Bergamot has analgesic, antiseptic, antidepressant properties, and is used to treat depression, stress, tension, fear, hysteria, skin infection, anorexia, acne, psoriasis, eczema and general convalescence. It is also an effective deodorizer and stimulant.\$25.00



Patchouli

Interestingly, Patchouli improves with age and can treat nervous disorders and skin irritations. It is a popular remedy for stress. Patchouli has antidepressant, anti-inflammatory, antiseptic, antitoxic, antiviral, aphrodisiac, astringent, bactericidal, carminative, deodorant, digestive, diuretic, febrifuge, fungicidal, nervine, prophylactic, and stimulating properties.\$25.00



Cinnamon Leaf

Derived from evergreen trees, native to China and Vietnam, that possess shiny, textured green leaves with small white flowers and oval shaped berries. Popular in toothpastes and scrubs. Aromatherapists and physicians use Cinnamon Leaf for its antiseptic, antibiotic, astringent, carminative, emmenagogue, and anti-spasmodic properties. It is also an effective insect

repellent.\$25.00



Lime

Derived from the citrus fruits found on evergreens trees. The bitter fruit buds amongst white flowers. Aromatherapists use Lime's antiviral, antiseptic and restorative properties to treat oily skin, acne, colds, flues, varicose veins and asthma. Lime can also be a powerful cleanser and is used in many cosmetic soaps and perfumes.\$25.00



Spearmint

Derived from a thick perennial herb native to the Mediterranean region that produces pink or light purple flowers. Spearmint has stimulant properties that make it useful in treating fatigue and depression. It also has local/topical anesthetic, antispasmodic, astringent, carminative, decongestant, digestive, diuretic, expectorant, stimulant and restorative properties.\$25.00



Grapefruit

Extracted from Grapefruit found on large lustrous trees native to Asia but commonly grown in California. The essential oil is derived from the Grapefruit peel. Grapefruit is used to improve the mood and protect against infectious illness. High in Vitamin C, Grapefruit boosts the immune system, eases anxiety and increases circulation. Grapefruit is also used as a skin care product to treat acne and tone the skin.\$25.00

.....\$25.00



Eucalyptus

Extracted from gorgeous eucalyptus trees. Young trees produce oval bluish-green leaves while the mature trees grow long, narrow, yellowish leaves, creamy-white flowers and a smooth, pale gray bark. Eucalyptus is wonderfully effective in treating skin irritations such as burns, blisters, wounds, insect bites, lice and skin infections, as well as to combat the effects of colds and the flu. It also helps relieve tired joints and sore muscles.\$25.00

.....\$25.00



Rosemary

Rosemary stimulates cell renewal and improves dry or mature skin, smoothing out fine lines and wrinkles. Its antiseptic properties help treat acne, blemishes or dull, dry skin by fighting bacteria and regulating oil production. Aromatherapists use Rosemary to stimulate circulation and reduce the appearance of broken capillaries and varicose veins. Because of its stimulating properties, Rosemary can be used to fortify the nervous system and increase concentration and focus.\$25.00

.....\$25.00



Lemon

Lemon is a wonderful and effective cleanser with many antiseptic properties. Almost tingly on the skin or hair, Lemon is a natural way to cut oil or grease. It does wonders as a natural surface cleaner. Additionally, some research shows that Lemon also increases concentration and alertness.\$25.00

.....\$25.00



Peppermint

Derived from a fast growing, spreading plant grown in the summertime. Peppermint has high menthol content. Peppermint is commonly used to promote digestive health because of its high percentage of menthol. It has both cooling and warming properties, making it useful in treating stress, muscular pain and PMS. Peppermint also has stimulating properties used to

promote energy or eliminate bad breath.\$25.00



Sweet Orange

Derived from the orange peel of the fruit found on sweet evergreen trees. It is much smaller than bitter orange tree. Sweet Orange has powerful antidepressant, antiseptic, antispasmodic, aphrodisiac, carminative, cordial, deodorant, digestive, stimulant (nervous) and tonic (cardiac, circulatory). It has also been applied to combat colds, constipation, dull skin, flatulence, gums, slow digestion, and stress.\$25.00

.....\$25.00



Tea Tree

Derived from a small, robust tree with sharp leaves and yellow or purple flowers. Tea Tree must mature for two years before it can be harvested. Tea Tree boosts the immune system and actively combats bacteria and viruses. Aromatherapists use Tea Tree to treat and prevent colds and viral infections. In

addition to its healing properties, Tea Tree is extremely beneficial in skin care products. Tea Tree fights acne, oily skin, head lice and dandruff.\$25.00



Clary Sage

Clary Sage is a natural balancer and often evokes feelings of joy or euphoria, making it a powerful agent against anxiety and stress. An effective cleanser, its antibacterial properties eliminate infection and are very beneficial for the urinary tract. There is some research to suggest Clary Sage can be used to treat muscle spasms, cramps, headaches and asthma. It is also useful in the treatment of coughs, exhaustion and menstrual issues while reducing blood pressure. Clary Sage has antidepressant, antispasmodic, deodorant, emmenagogue, hypotensive, nervine, sedative, tonic and uterine properties.\$28.00

.....\$28.00

ESSENTIALS OILS

Available at

Natural Health Center, Carencro
DHARMA Wellness Center, Sunset
Caribbean Health Center, Opelousas
Call 896-4141

Recipes for Essential Oils

Cold sores and blisters — To treat irritating cold sores and blisters, mix 1 drop of Four Thieves with 1 drop of an Edens Garden carrier oil and apply to cold sore or blister 3 times a day or until it disappears.

Nausea — For nausea, mix 1 drop of Peppermint, Patchouli, Ginger or Nutmeg with 4 drops of an Edens Garden carrier oil and dot the mixture behind each ear and around navel 2-3 times hourly.

Sore feet — Have sore feet? Mix 10 drops Vetiver, Patchouli or Peppermint with 1 tbsp. Epsom salt and add to hot water in a basin large enough for footbath. Also try Harmony or Calming blend.

Teeth grinding — For teeth grinding, gently massage 1-3 drops of Lavender and Valerian on bottom of feet each night before bed.

Cold or flu — For a cold or flu, rub 1 drop of Four Thieves mixed with 1 drop of an Edens Garden carrier oil to the bottom of feet to boost the immune system.

Make a Yoga mat cleanser — 12 drops Sweet Orange, 6 drops Tea Tree and 6 drops Lavender with 4 oz. of purified water in a spray bottle. Shake the bottle and mist over your mat. Wipe clean with a soft towel before and after each use. Also try with our Cleaning blend.

Menstrual cramp relief — Mix 2 drops of Clary Sage, Basil, Rosemary or Sage with 8 drops of an Edens Garden carrier oil and apply on lower abdomen. Apply a warm moist hand towel over abdomen for 10-15 minutes. Also try Edens Garden PMS Ease synergy blend.

To calm a headache — mix 2 drops of Peppermint, Wintergreen, Roman Chamomile or Spearmint with 2 drops of an Edens Garden carrier oil. Apply the mixture on the back of neck, behind ears, on temples, forehead and under nose.

Sinuses — Fir Needle clears the lungs, nasal passages and sinuses. Mix 3 drops with 3 drops of an Edens Garden carrier oil and massage onto chest.

Neck pain — Get rid of neck pain by massaging. Mix 1 drop of Birch, Basil, Elemi or Copaiba with 3 drops of an Edens Garden carrier oil and rub onto neck.

Circulation — Improve circulation by adding 8-10 drops of Neroli in bath water regularly. Try mixing with Epsom salt as well!

Cuts and scrapes — Apply Lavender or Tea Tree directly to cuts, scrapes or scratches. You can also put 20 drops in a 4 oz. spray bottle with purified water and spray directly on wound.

Immune support — For a cool down on a hot day while boosting the immune system, 6-8 drops of Eucalyptus, Purification or Renew in a bath cools the body in summer and protects in winter.

Weight Loss — Inhale the aroma of Peppermint to curb the appetite and lessen the impulse to overeat.

Hangover — Overindulge last night? Juniper Berry, Cedarwood, Grapefruit, Lavender, Rosemary and Lemon help soften the effects of a hangover. Create your own blend of these oils and use 6-8 drops in a warm bath.

Snoring — To help with snoring, mix 3 drops of Thyme with 3 drops of an Edens Garden carrier oil and apply to the soles of your feet at bedtime.

Fatigue — Try inhaling Peppermint before or during a workout to help boost mood and reduce fatigue.

Colds — An easy cold remedy is to drop 2-4 drops each of Lavender, Rosemary and Eucalyptus to 1-cup milk or cream. Pour the mixture into warm bath and soak.

Fever — To bring a fever down, sponge the body with cool water to which 1-3 drops each of Eucalyptus, Peppermint and Lavender have been added.

Coffee replacement — For a coffee replacement and alertness rub, try placing a drop of Stay Alert or Purification in the palm of your hands, rub together and place them over mouth and nose, taking 6 deep breaths.

Anxiety and tension — To help ease a tension headache, massage 1-2 drops of Lavender onto the neck or temples.

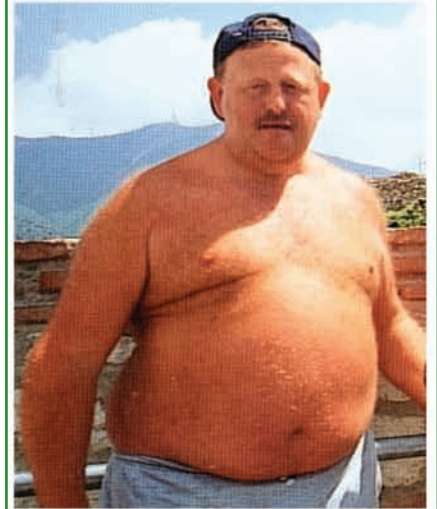
Aching joints — For aching joints and tired muscles, mix 1 drop Eucalyptus, Sage and Basil with 12 drops of an Edens Garden carrier oil and apply to sore spots.

Sleep — For better sleep, place cotton ball with 1-2 drops of Roman Chamomile and Lavender next to pillow.

Arthritis or stiff joints — Arthritis or stiff joints can be improved by mixing 2 drops each of Wintergreen, Cypress and Lemongrass with 2 tbsp. of an Edens Garden carrier oil. Massage into area as needed. Be sure to shake well before each use.

GREEN WATERS

pH 5.5
Acidic Body
and OBESITY



If your body is acidic, you cannot lose weight. The body's main way of flushing out toxins is through your colon, kidneys, skin and lymph system. However, the more bombarded these organs becomes with toxins, the less effective they become at flushing. The result is that excess acidic wastes get stored in fat cells where they cause less harm to the body. Despite your best efforts, you are unable to lose weight because your body is holding on to these excess fat cells; after all, it needs them for storing acidic wastes. Alkalize your body to lose weight.

Alkalize your body with
GREEN WATERS



Natural Medicine and Nutrition Centers



100 E. Angelle St., Carencro
(337) 896-4141



166 Oak Tree Park Dr. #H, Sunset
(337) 662-3120



1077 Wisdom Rd., Opelousas
(337) 678-1500

NATURAL HEALTH PRODUCTS

Acai: is a purple berry which is only found in the Amazon rainforest; has high level of antioxidants. Historically used to combat fatigue, illness, and disease, including heart ailments, cancer, and other degenerative health issues; also known to benefit an individual's desire in becoming healthier, stronger, and motivated during physical activity; desirable health benefits, including boosting heart health and maintaining important organs, muscles, and tissues.

Aloe Vera: is a species of succulent plant, also known as "lily of the desert", the "plant of immortality", and the "medicine plant"; contains three anti-inflammatory fatty acids that are helpful for the stomach, small intestine and colon; naturally alkalizes digestive juices to prevent over acidity - a common cause of indigestion; helps clean the digestive tract by exerting a soothing, balancing effect. Historically used to soothe and heal; anti-inflammatory, sunburns, arthritis, radiation poisoning, intestinal inflammation and ulcers.

High Blood Pressure

CoEnzyme Q-10 \$30

Helps strengthen and oxygenate the heart muscle

Selenium \$35

Selenium has been linked to blood pressure levels

Flaxseed Oil \$35

Contributes to lower blood pressure levels

Apple Cider Vinegar: Historically used as a natural cure for a number of ailments which usually require antibiotics and other medications; known to reduce sinus infections and sore throats; balance high cholesterol; skin conditions such as acne; protect against food poisoning; fight allergies in both humans and animals; prevent muscle fatigue after exercise; strengthen the immune system; increase stamina; increase metabolism which promotes weight loss; improve digestion and cure constipation; alleviate

symptoms of arthritis and gout; prevents bladder stones and urinary tract infections.

Bee Pollen: Known as a super food - contains all known vitamins and all known (22) essential amino acids, several minerals, enzymes coenzymes. Historically used to increase energy, improve athletic performance and reduce allergic response in hay fever, adrenal exhaustion and burnout. Known to stabilize blood sugar, aid for the pituitary and balance the reversed polarity.

Beta Carotene: Found in organic carrot juice. Historically used to protect your cells from the damaging effects of free radicals; provide a source of vitamin A; enhance the functioning of your immune system; help your reproductive system function properly; known for its benefit to eye health and immune support with out build up in the body.

Betaine HCl: The stomach manufactures hydrochloric acid (a natural protein-digesting enzyme), to break down proteins; as people age, they usually produce less HCl, which affects the amount of protein they can absorb. Incomplete protein digestion can lead to subsequent imbalances in the flora that feast on these compounds causing health concerns.

Black Cohosh: is a single herb that contains phytoestrogens; historically used to relieve menopause symptoms; regulate female cycles; relax muscle cramps and spasms and bronchial in asthma; reduces blood pressure. Also is known for bites and stings, menstrual cramps, depression, low estrogen, tension headache, menopause, post partum depression snake bite and tinnitus.

Bromelain: is a food enzyme that helps break down mucus; historically used to assist in snoring issues, (too much mucus in the pharyngeal/nasal area can promote snoring). Small amounts are found in pineapples. Also known to be used for urinary tract infections, strains, muscle injuries and sport injuries

Chlorophyll: is the green juice of plants. His-

torically used to build blood; improve general health; enhance oxygenation of tissues; reduces body odor, natural deodorizer. It has also known to enhance energy and stamina.

DHA: (docosahexaenoic acid) is a fatty acid that is absorbed into the fatty perimeter of cells. 30% of gray matter in the brain is composed of DHA; highly concentrated in the retinal neural tissues; required for brain development and important in maintaining and protecting the neural tissues. Research has shown that daily dietary DHA intake is lowest among women in the United States compared to women in Europe or Japan.

DHEA: A naturally occurring hormone and is the most abundant of all hormones in the body; it is produced by the adrenals. DHEA levels usually decrease about 80% between 20 and 65 years of age. Historically used to increase metabolism and promote weight loss; could reduce fat stores in the body; increases insulin sensitivity. Some research has found the level of DHEA in the bloodstream has proven to be a good barometer of cancer risk.

Digestion and Constipation

Digestive Enzyme \$35

Reduces the inflammation in the stomach

Probiotic Complex \$35

Puts the good bacteria back in the stomach

Organic Fiber \$35

Creates an elimination and clears the colon

Echinacea: is a single herb historically used as an immune stimulant, increases white blood cell count. Has been used for bacterial and viral infections, colds and lowered resistance; to strengthen and clear lymph nodes. Do not use with autoimmune conditions as it stimulates the immune system.

Flax Seed: an essential fatty acid; historically

used to reduce inflammation; heart health; cardiovascular health. Ground seeds are excellent nutritional fiber adding bulk to the intestinal system has been helpful with constipation.

Garcinia: is a single herb. Known to have antioxidant and anti-inflammatory properties; inflammation plays a significant role in the development of chronic and degenerative disease in general; also added in weight loss formulas. Known uses include astringent, rheumatism, bowel complaints, piles, bilious affections, anti-Cancer, edema, Intestinal parasites, constipation and delayed menstruation.

Garlic: is a single herb. Historically used as a natural antibiotic that kills fungus, viruses, bacteria and parasites; specifically helpful for lung infections including pneumonia. Lower high blood pressure and prevent hardening of the arteries.

Ginkgo Biloba: is a single herb. Historically used to enhance circulation to the brain; helps with memory loss in elderly by improving peripheral blood flow; counteracts some effects of aging making it an excellent preventive remedy for the elderly. Also known to be anti-aging, blood thinner and affects the brain, nerves and serotonin.

L-Carnitine: is an amino acid and is synthesized in the liver and kidneys. The body requires L-carnitine for the transport of long-chain fatty acids into the cells; symptoms of deficiency include progressive muscle weakness and severe hypoglycemia; is not found in vegetable foods but is mostly found in animal muscle tissue.

Inflammation and Pain

Pain and Inflammation Enzyme \$30

Bromelain and papain enzymes that stop inflammation

Glucosamine Complex \$35

Manages joint pain and cartilage building nutrition

Resveratrol \$35

Calms inflammation and stabilizes histamine release

Lecithin: Known to emulsify fats in the body; lower cholesterol, promote heart health, aids in weight loss, promote liver health, improve brain function, reproductive health and decrease the risk of cell membranes hardening; reduce arthritis pain; promote gall bladder health and prevent gallstones.

L-Glutamine: is one of 20 amino acids in the body, is the most abundant in the body and commonly found in muscles. Common food sources are high proteins like red meats, fish, beans and dairy products. Effects the brain and nerves; has been known to help with addictions to drugs, alcohol and sugar or food; prevention to aging, anemia, heal bruises, colitis, depression, vertigo, ear infection or earache, poor fat metabolism, fatigue, gout, hypoglycemia, leaky gut syndrome, motion sickness, schizophrenia and senility.

L-Glutathione: is an antioxidant that occurs naturally in the body; has been known to help the liver detoxify the body and prevent cell disintegration; help prevent diseases like cancer, heart disease and dementia. It may also help treat autism and Alzheimer's.

Lutein: known as an antioxidant affecting the eyes and breasts; has been used as a natural therapy for cancer, macular degeneration. Historically used to support vision; help protect against UV damage to the eyes and skin;

support breast health; provide powerful anti-oxidant properties. Natural sources are kale, spinach, turnip greens, collard greens, romaine lettuce, broccoli, zucchini, corn, garden peas and Brussels sprouts.

Lycopene: Has been known to help prevent cardiovascular disease, diabetes, cancer and osteoporosis; to have an inhibitory effect on cataract development and some rare cancer cells; some claim anti-ageing effects. Foods highest in lycopene include tomatoes, pink grapefruit, watermelon, and guava; small amounts in persimmon and apricots.

Maca: is a root plant. Historically used as a tonic and adaptogen; reduces stress, improves mental concentration, enhances energy, improves general health and well-being; increase sexual desire and stamina in men and women. Body systems affected by adrenal cortex, glandular and reproductive glands and testes.

Melatonin: is a hormone produced by the pineal gland in the brain that helps regulate sleep and is made from an amino acid called tryptophan. Generally used as a sleep aid or to help overcome jet lag more quickly. The building blocks for natural melatonin production in the body include sufficient amounts of vitamin B6, vitamin B3, and most important, the amino acid tryptophan, which is found in high quantities in foods such as black cherries excellent source, red meat, dairy products, nuts - especially walnuts, seeds, bananas, soybeans and soy products, tuna, shellfish, and turkey.

Milk Thistle: is a single herb. Historically has been used to protect the liver from poisons and toxins; increase and enriches breast milk; stimulates production of bile; used with hepatitis and other liver disorders. Body systems affected include gall bladder, liver and spleen.

Psyllium: Mucilaginous herb that absorbs water adding bulk and lubrication to the stool. Historically used for constipation and diarrhea; help balance blood-sugar levels, help reduce cholesterol.

Raspberry: is a single herb. Historically used by Native Americans throughout pregnancy to tone and strengthen the uterus in preparation of delivery; tone and strengthen uterus during all stages of a woman's life, regulate female organs; relieve morning sickness and enhance lactation; helpful for teenage boys and girls to balance hormones when moodiness is a symptom!

Red Yeast Rice: is produced by a yeast that grows on rice and contains several compounds called monacolins which inhibit the synthesis of cholesterol. Used during the Ming dynasty for circulation, improved spleen and stomach health, and relief from mild gastric issues such as diarrhea and indigestion. Has been used to lower cholesterol production in liver; lower blood cholesterol levels.

Resveratrol: a powerful antioxidant found in red skin grapes; known as an anti-aging supplement; known to help reduce the growth of cancer cells in the body; also plays a role in helping reduce coronary heart disease risk; to lower blood sugar and cholesterol levels.

Royal Jelly: is a honey bee secretion that is used in the nutrition of larvae, as well as adult queens; secreted from the glands in the hypopharynx of worker bees, and fed to all larvae in the colony. Historically used as a supplement for treating arthritis, asthma, liver problems, insomnia, ulcers, kidney conditions, bone fractures, high cholesterol, male baldness, as well as a sexual performance enhancer, and an immunity booster.

Saw Palmetto: is a single herb. Historically

used to tone the male reproductive system; enhance male sex hormones; relieve symptom of benign prostatic hypertrophy (BPH); helps with respiratory weakness; digestive weakness and weight loss; has been used for prostate enlargement and urinary problems in men.

Shark Cartilage: is a popular alternative medicine for those with cancer or those at risk due to the notion that sharks cannot get cancer; therefore, ingesting their cartilage will give humans greater immunity to it. Other reported benefits are arthritis relief, digestive health, immune health, skin health, anti-inflammatory and eye health.

Spirulina: is known as a super food loaded with easily digested proteins, vitamins and minerals; helpful to those trying to lose weight by providing a full feeling and all the essential amino acids; has helped clear toxicity; easy to digest and assimilate especially for vegetarians and people who have a hard time digestion animal proteins. Has helped to reduce food cravings and fatigue; appetite suppressant.

Stress and Anxiety

Valerian Root \$35

Natural support for healthy sleep and relaxation

St. John's Wort \$35

Mild antidepressant. Provides emotional well-being.

Mood Enhancer \$35

Fights depression and helps to focus

St. John's Wort: is a single herb. Historically used as a mild antidepressant; antibacterial, antiseptic, antiviral; helps repair nerve damage; typically used for minor cuts and injuries and anti-smoking.

Valerian Root: is a single herb. Historically used as a nerve tonic and sedative; helpful in nervous tension, anxiety, insomnia and regulates the heartbeat; helps in minor pain. Not recommended with people that are high strung, nervous, excitable or with "hot" disorders. Passion flower could be a better choice for those individuals.

5-HTP: (5-hydroxytryptophan) is a chemical that is produced in the body, from the amino acid tryptophan, which is obtained through food; after the body converts tryptophan into 5-HTP, it then converts 5-HTP into another chemical called serotonin. Serotonin is a neurotransmitter often called the "happy neurotransmitter" making it useful in helping with depression. Historically used as a mood elevator, helps promote sleep, reduces carbohydrate cravings; converts to serotonin in the brain.

Weight Loss

BF-4 \$45

Helps fat cells shrink and prevents fat cell formation

WheTea \$35

Targets abdominal fat and helps to shrink fat cells

Thermo X \$35

Increases your body's ability to burn fat

DHEA \$35

Boosts the body's metabolism and helps you burn fat

Lecithin \$35

Will emulsify fat and allow the body to eliminate it

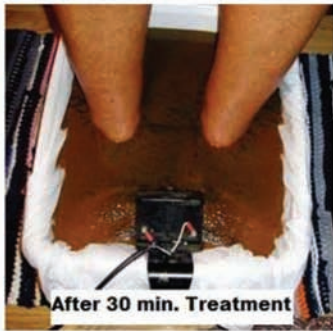
TOXINS AND WASTE CAUSE THE BODY TO GET SICK



Buy 1 Get 1 1/2 OFF
 Single Session \$45
 2 Foot Detox Sessions \$80
 4 Foot Detox Sessions \$145
 Offer Ends 3/15/15

"The fork is your most powerful tool to change your health and the planet; food is the most powerful medicine to heal chronic illness."

- Dr. Mark Hyman MD



Ionic Detox Foot Spa

- Reduces pain
- Enhances body detoxification
- Deactivates yeast, fungus and viruses
- Stimulates the immune system
- Promotes weight loss
- Helps improve circulation
- Relieves tension
- Reduces inflammation
- Improves the body's oxygen levels
- Helps reduce acne and wrinkles

To schedule your first appointment

896-4141
 CARENCRO OFFICE

662-3120
 SUNSET OFFICE

\$340

6-Week Program
 Natural medicine
 Vitamin therapy
 Holistic therapies
 Massage
 BODY DETOX

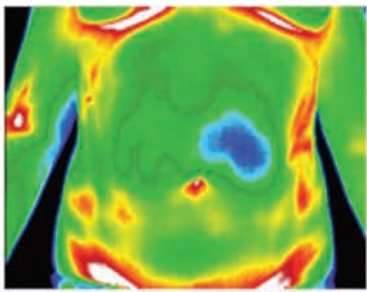
Sign Up Today
896-4141

Find Your Balance

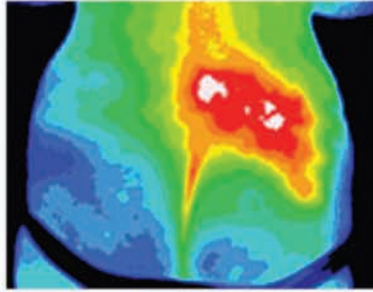
Discover the Benefits of Holistic Therapy



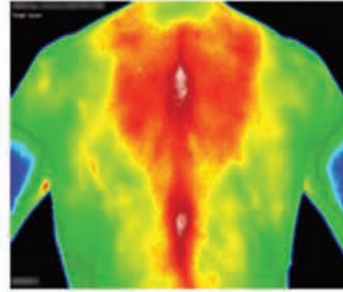
Enroll in a 6-Week RESTORE HEALTH PROGRAM.



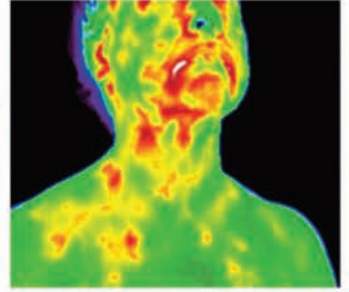
Hypothermia in the Stomach



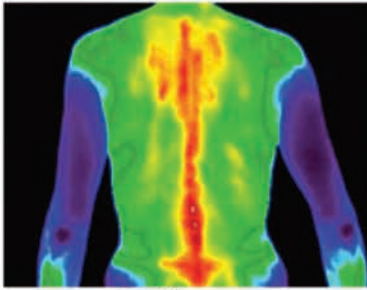
Shingles



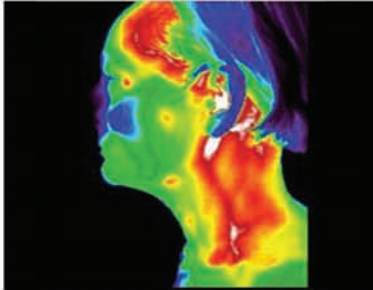
Lung Cancer



Periodontal Disease



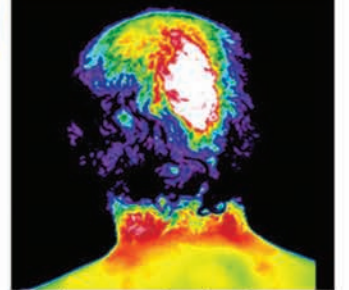
Spinal Inflammation



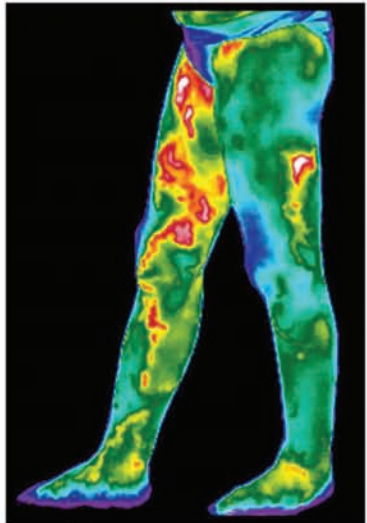
Carotid Artery Inflammation



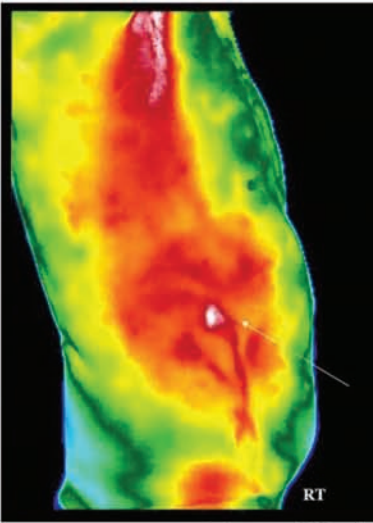
Poor Circulation Left 4th & 5th Finger



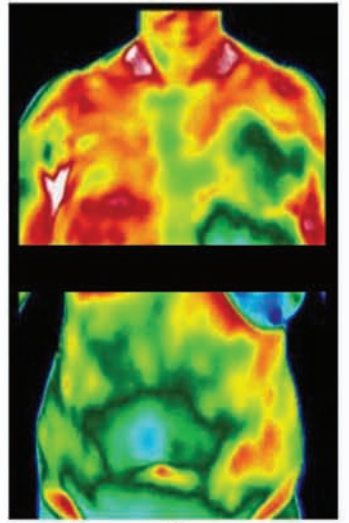
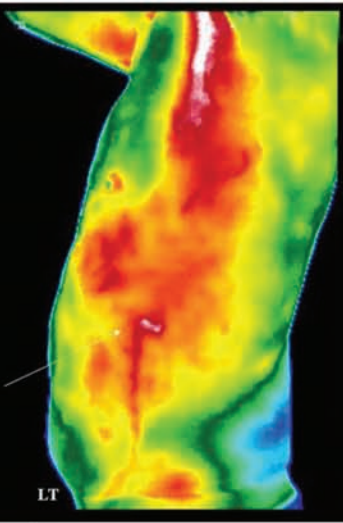
Melanoma-Scalp Cancer



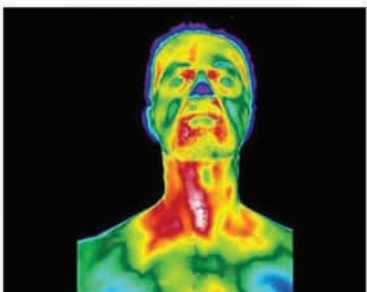
Varicose Veins



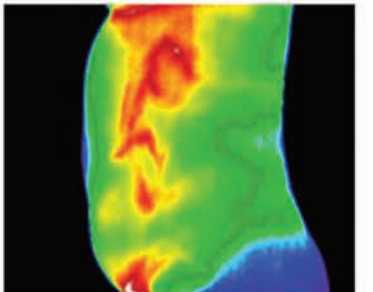
Bilateral Kidney Stones



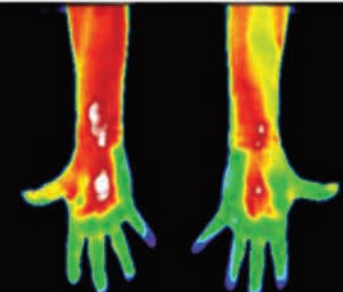
Breast Cancer



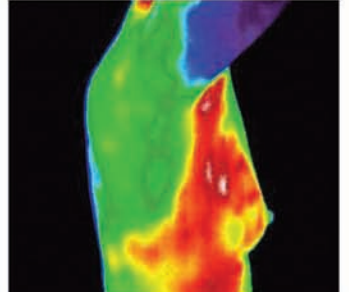
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



Lymphatic Congestion

\$94 Full-Body Thermography Screening



liteon

Natural Health Center

Powerful, Positive Healing for Life

Call **896-4141** to schedule

Thermography is used to:

- help make informed decisions regarding the need for further treatment
- visualize the physiological component of pain, injury or illness/disease
- provide early warning of potential health issues
- identify the originating source of neuropathic dysfunction
- support the existence of a suspected condition
- aid in accurate diagnosis and treatment

Text **SUBSCRIBE** and your name and address to (337) 424-5066 to Get your **FREE** copy of *Natural Awakenings Magazine* mailed to your home or office each month.

ION FOOT DETOX

BUY 1 GET 1 1/2 OFF

Purchase one ion foot detox session at regular price and get a second 1/2 OFF.

Offer Ends 3/15/15

FROZEN WHEATGRASS

BUY 1 GET 1 1/2 OFF

Purchase one box of frozen wheatgrass at regular price and get a second half OFF.

Offer Ends 3/15/15

GREEN WATERS

\$20 REWARDS POINTS

Purchase two cases of GREEN WATERS and use this coupon to redeem reward points on any other purchase of \$40 or more.

Offer Ends 3/15/15

MOOD ENHANCER

BUY 1 GET 1 1/2 OFF

Purchase one Mood Enhancer supplement and get a second for 1/2 off the regular price.

Offer Ends 3/15/15

1 FREE BOX OF WHEATGRASS

JOIN OUR MAILING LIST

Text **NATURALHEALTH** and your name and email to (337) 424-5066 and we will text you a coupon for 1 FREE BOX of wheatgrass.

RESTORE YOUR HEALTH

\$340 SIX WEEK PROGRAM

Rebalance pH, increase circulation, colon cleanse, rebalance digestive health, and DETOX. Call 896-4141 to schedule free consultation.

BF-4

BUY 1 GET 1 1/2 OFF

Purchase one BF-4 and get a second for 1/2 off the regular price.

Offer Ends 3/15/15

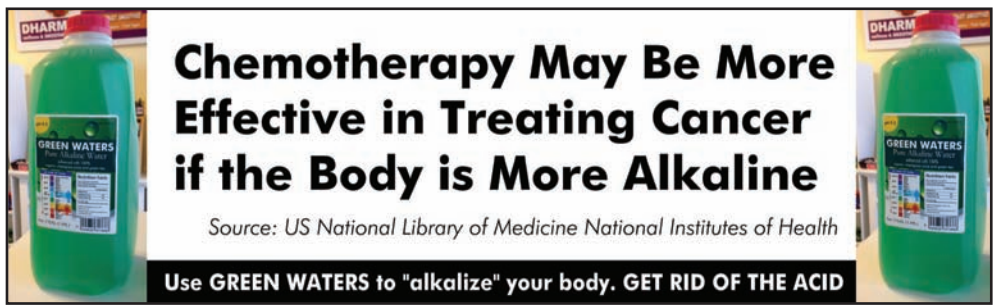
WHEATEA

Get a flat stomach.
Whetea burns abdominal fat.

BUY 1 GET 1 1/2 OFF

Purchase one bottle of WheTea and get a second for 1/2 off the regular price.

Offer Ends 3/15/15



Chemotherapy May Be More Effective in Treating Cancer if the Body is More Alkaline

Source: US National Library of Medicine National Institutes of Health

Use GREEN WATERS to "alkalize" your body. **GET RID OF THE ACID**



Depression Anxiety Can't Focus Brain Fog



Mood Enhancer can help you



"Every single person who has cancer has a pH that is too acidic"

"THE PERFECT STORM"

- Hypoxia (low oxygen)
- Acidic (low pH)
- Inflammation (high temp)
- Septic (stagnant lymph)
- Glycolytic (high sugar content)

This cancer cell was once dormant for 12 years. Inflammation ignited its fuse and woke it up. It created new blood vessels (this process of new blood vessel growth is called angiogenesis) to feed from the body's stagnant waste being held in the lymph nodes. Angiogenic blood vessels have latched on to lymphatic vessels to feed the cancer. The body's pH is highly acidic, oxygen is low (hypoxia) due to the inflammation. This cancer cell ferments for energy using sugar, acid, low oxygen, stagnant waste, and inflammation to set it all off.

Dr. Otto Warburg won the Nobel Prize in 1951 for proving that cancer can not survive in an alkaline, oxygen rich environment but thrives in an acidic low oxygen environment.

Use pH 9.5 Alkaline Water Drops to "alkalize" your body. **GET RID OF THE ACID**