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Cause of Disease

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Hormonal Harmony

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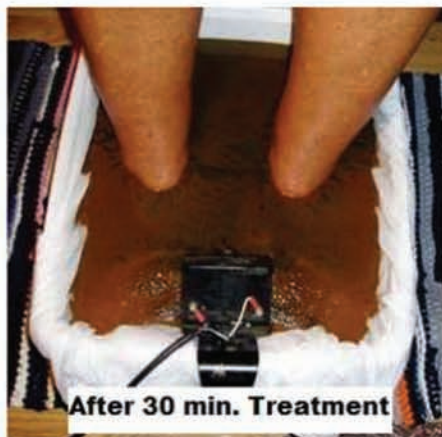
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Offer Ends 2/15/15

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Before Ion Cleanse



After 30 min. Treatment

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- Promotes weight loss
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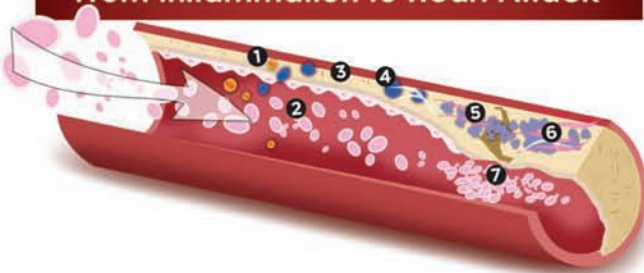
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A Thermography Exam might detect signs of your Heart Attack or Cancer before it happens

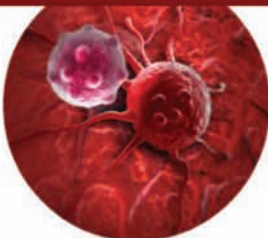
Heart disease, cancer, Alzheimer's disease, the metabolic syndrome, obesity, physical disability. That's just a partial list of the illnesses that have been linked to chronic inflammation.

From Inflammation to Heart Attack



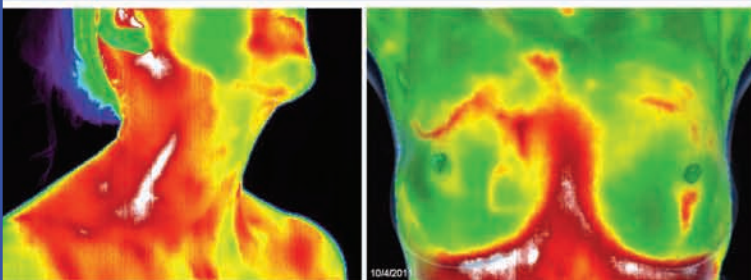
1. Oxidized LDL cholesterol creates an "injury" by burrowing into the artery wall.
2. The immune system sends inflammatory cells like monocytes to heal the injury.
3. Monocytes enter the wall and turn into macrophages, which gobble up the LDL cholesterol.
4. The LDL-stuffed macrophages form a "fatty 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.

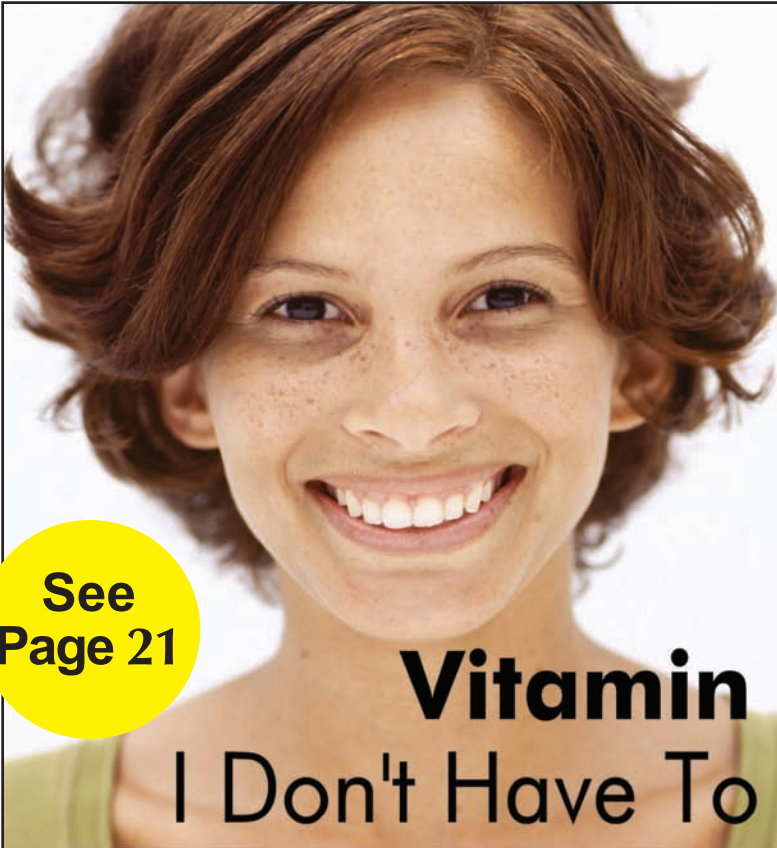
Thermography detects inflammation before disease and blockage



Call and schedule your
thermography exam.

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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

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

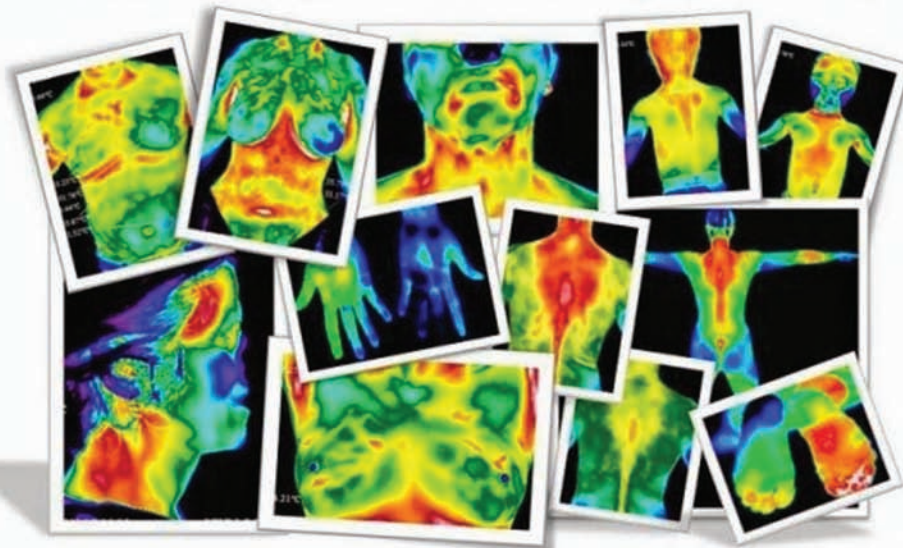
DHARMA Wellness Center

(337) 662-3120

CALL to schedule your 15 minute vitamin testing

\$39

A Thermography Exam Means



See Page 67

Call for a FREE consultation

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I Can Get ANSWERS Now !

Inflammation is the Fuse that Ignites Disease

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

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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.

publisher's letter



We wish for you and your family a healthy, happy and abundant New Year. We wish abundance for you in all aspects of your lives: emotions, relationships, career, finances, gratitude, forgiveness, fun, growth, development, fulfillment, contribution and spirituality.

In the new year of 2015 we hope mostly that you find spiritual abundance. Recently, an elder in our neighborhood said that it is through passion that we will find what delights the soul. Upon exploring

this idea a bit more, we've come to recognize that the universe moves in our direction when we live life with passion and express everything we do in our lives with the same energy. Therefore, abundance is something that we all have the power to create.

When we're doing something that we love to do, the energy we create automatically begins to create abundance in our lives and the laws of reciprocity begin to kick in. Suddenly, and sometimes without even knowing it, we outwardly radiate delight and joy in what we're doing and the universe radiates that delight and joy, and abundance, back to us.

We've all heard of the Golden Rule: Do unto others as you would have them do unto you. This is the essence of life. It is a fundamental principle by which we should live, raise our families and teach in our communities. Whatever we give out to the world, we will receive back. Try this for yourself. The next time you're out shopping and running errands, smile at someone and say "Thank you." Most likely, nearly every time, you will receive a smile in return as well as a heartfelt "You're welcome." That's a very simple example of the law of reciprocity.

Our Creator gave each of us the pure gift of love. Wow! What a simple word, yet it has so much power that it can create life, heal broken hearts and even end wars. We should never give up on love, for it also is the foundation on which we should live, raise our families and teach in our communities. But first, we must love ourselves.

Often we invest more time and money in our cars, homes, clothing and other material things of this world that we forget to invest in ourselves. Each of us is given only one body and soul, yet many of us abuse both. Poor diets lacking in nutrition, excessive alcohol drinking, drug and substance abuse, inadequate rest and neglecting to use prayer to guide our lives are just a few ways we neglect our most precious commodity, the "self."

Let the new year of 2015 be one of self-healing. We can begin with spiritual prayer, look for abundance to follow and then radiate love—and expect the universe to reciprocate it back many times more.

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

Steve & Michelle

Steve and Michelle Castille, Publishers



contact us

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

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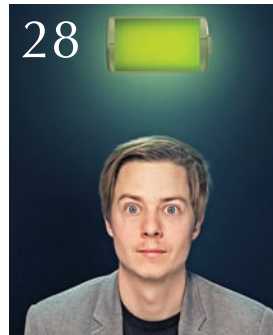
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** Results may vary depending on body composition, treatment frequency, and exercise.

Gotreaux Family Farms



Growing with nature has always been the standard for the first generation Gotreaux Family Farms. Committed to growing nutrient-dense food, Gotreaux Family Farms offers high quality organic eggs, poultry, tilapia and seasonal vegetables.

With a belief in buying local, and offering more local options for Acadiana, farming has become more than a way of life for the family, but also a passion to reduce the footprint of pollution and the environmental breakdown on this planet and within the community. Gotreaux Family Farms gives special attention to the soil, cultivating it to create an environment that is rich in vitamins and minerals. This process assures year-round growing sustainably and guarantees maximum nutritional value.

The poultry (chickens and turkeys) raised on the farm are hormone and steroid free and placed in pastures to graze and roam as soon as they are large enough to do so safely. This free-range method ensures more balanced omega-3 and omega-6 ratios, ensuring quality throughout. Gotreaux Family Farms also offers farm tours and community supported agriculture, which allows people to join in the farming experience.

Location: 205 Facile Rd., Scott. For information, call 337-873-0383 or visit GoFamilyFarms.com.

Cinema on the Bayou Coming to Lafayette



The 10th annual Cinema on the Bayou Film Festival is coming to Lafayette. The Cinema on the Bayou is a five-day film festival, taking place from January 21 through January 25, committed to advancing the understanding of Cajun and Creole cultures through film screenings. The festival is held at various venues in and around Lafayette,

including the James Devin Moncus Theater at the Acadiana Center for the Arts in downtown Lafayette, the culturally significant Vermilionville Performance Center at the Vermilionville Living History and Folk Life Park and local movie theaters.

The festival includes film panels and encourages cultural exchanges among French Louisiana, the United States and the Francophone countries of the world. Each film screened is uncompromising, thought provoking and will surely evoke emotions of joy and sadness. The festival also provides a forum for serious discussions about matters important to independent filmmakers and filmgoers.

Cinema on The Bayou aims to premiere new, cutting-edge, fiction and non-fiction films from around the world in a relaxing environment, laced and embellished with Cajun culture's unique identity markers, exquisite cuisine and great music.

For more information, contact Pat Mire or Rebecca Hudsmith at 337-235-7845 or visit CinemaOnTheBayou.com.

Supreme Rice: A Growing Family Tradition

For 70 years, Supreme Rice has been the pride of Crowley, Louisiana, as a premier rice farmer and exporter. Located in the heart of the Southwest Louisiana Rice Region, Louisiana Rice Mill, LLC (LRM), home of Supreme Rice, is the chief exporter of U.S. milled rice on the Gulf coast. Supreme Rice exports their one-of-a-kind, high-quality rice throughout the United States and around the world.



True to Cajun culture, Supreme Rice is passionate about keeping their boots deep in the process, intimately connecting with the South Louisiana rice growing families, offering them an opportunity to farm Supreme Rice, as the company believes farmers are the key to the company's success. The primary goal is to produce the purest and most flavorful rice products to consumers, while highlighting the simplicity of rice.

For more information, call 337-783-9777 or visit SupremeRiceUSA.com.

Fourth Annual Cherokee Chase 10K Run and Walk



Race for a reason. At the 4th Annual Cherokee Chase 10K Run and Walk, held at 9 a.m., January 31, at the Cherokee Ridge Horse Farm, in Carencro. A Kids' Half Mile Trail Fun Run starts at

8:30 a.m. The event benefits the Acadiana Therapeutic Riding Organization, a non-profit organization dedicated to providing equine interactive riding therapy to persons with disabilities, which has proven to increase mobility, balance, motor coordination and emotional well-being.

Elements of the trail include beautiful, vast pastures, cozy woodland trails, and even a few cardio-friendly small hills. The unique layout of the course is a great trail for both beginners to walk and more experienced trail runners. The course is 10K (two loops) or 5K (one loop).

Cost: \$30 in advance; \$35 race day. Location: 200 Flying West Dr., Carencro. For more information, call 337-988-4444 or visit AcadianaTherapeuticRiding.org.

January 2015 – Dr. Steven T. Castille, Wellness & Wellbeing

Dr. Steven T. Castille has reignited his passion for holistic wellness in 2015 with Castille Integrative Medicine. “I wanted to do more than treat people’s symptoms. I wanted to bring them to true health — as a doctor of naturopathy my primary job is to educate my patients,” Dr. Castille explained. The current medical model is more reactive than proactive. While it is great that we can provide relief from symptoms with medications, we really need to treat the root of the problem as well. Without that, it can be a slippery slope. People may take one medicine for one symptom, another medicine for another symptom, and yet another medicine to help with the side effects. All the while, they still haven’t addressed the underlying conditions that are perpetuating the symptoms in the first place.”

Discouraged by the limitations of traditional medicine, Dr. Castille became more involved with integrative medicine over the past 10 years—an approach that first intrigued him during graduate school where both patient and practitioner work in partnership to optimize health and healing. Based on the principles of integrative medicine, Dr. Castille ultimately decided to focus on nutrition and functional medicine, a subset of the integrative specialty.

“Functional medicine is a therapeutic dynamic that allows me to really get to know my patients and clients and assess the entire spectrum of dysfunction. We dig deep and look at the totality of their lives. Not just their medical history but also what they eat, how they live and how they connect with their families and co-workers,” he said. Noting that his goal is to restore biochemistry and balance, Dr. Castille said that functional medicine also allows him the flexibility to utilize a variety of options such as botanical and herbal medicines, nutri-

tional supplements, hormone replacement or natural enzymes along with behavior modifications like exercise, diet and stress management (biofeedback) techniques.



“Holistic remedies are viable, not only in the treatment of disease, but they can also play a significant role in the prevention of disease as well,” he said. “These are natural alternatives that have not only proven the test of time for thousands of years but are also just as well researched as pharmaceuticals.”

With a diverse array of “tools in his toolbox,” Dr. Castille said one of the most important tools is actually the patient. “We need to change this idea that the outcome is solely dependent on the patient’s primary physician, to one that values the therapeutic partnership. While the doctor must give guidance with a prescription and nutritional supplement plan, the patient determines the full effect by having to execute it.”

A Supporting Environment—Inside & Out

Dr. Castille is committed to making sure that his patients have all the support they need to get healthy and stay that way—so much so that the practice includes a Certified Natural Health Consultant (CNHC) who provides patients with direction and support. CNHC Tre’ Gradnigo explained that he serves as coach and counselor. “I help our patients overcome obstacles while also serving as someone to whom they are held accountable on their health journeys.”

Jennifer Arvie, RN; Megan Reed, Thermography Technical Specialist; and Simone Hebert, Health Coach, round out the staff. “We want to promote a sense of partnership and healing on every level—from investing in ongoing training for our staff to the actual physical design, décor and ambiance of the office,” Dr. Castille said. The custom furnishings, soothing music and original artwork all contribute to the spa experience. “Our goal is for people to breathe a deep sigh and experience a sense of relaxation when they enter.” Further pampering can be found at the apothecary-like smoothie and tea bar, where a variety of blends are available for purchase. Born out of a desire to help patients with healthy, on-the-go meal options, the medical smoothie bar is available to anyone who is interested in maintaining a healthy lifestyle.

A True Family Practice

Inspired by the holistic and natural medical care his father received following a congestive heart failure by a family member, Dr. Castille has never wavered in his desire to become a naturopathic doctor. Prior to completing his doctorate degree in natural medicine, he received a master’s degree in Engineering Technology from the University of Louisiana Lafayette and a degree in Chemistry & Biochemistry from Grambling State University in 1991. “Having a background in biochemistry and engineering technology has helped me see things from a global perspective. I have the education, insight, and experience to understand the most fundamental chemistries of the body and the engineering skills to apply modern and traditional technology principles to build a holistic wellness plan for my patients and clients. That insight, coupled with my personal experiences in rural, herbal medicine, is what propelled me to embark on this journey toward integrative medicine,” he said.

Steven T. Castille, D.N.M, BSc, MS is located at 100 E. Angelle St. in Carencro, 166 Oak Tree Park Dr. #H, Sunset, and 12178 W. Hwy 190 in Opelousas. For more information, call 337-896-4141 or visit DrSteveCastille.com.



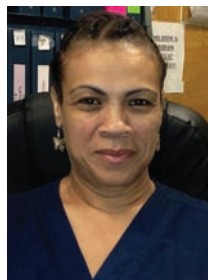
Tre’ Gradnigo
Natural Health Consultant



Simone Hebert
Health Coach



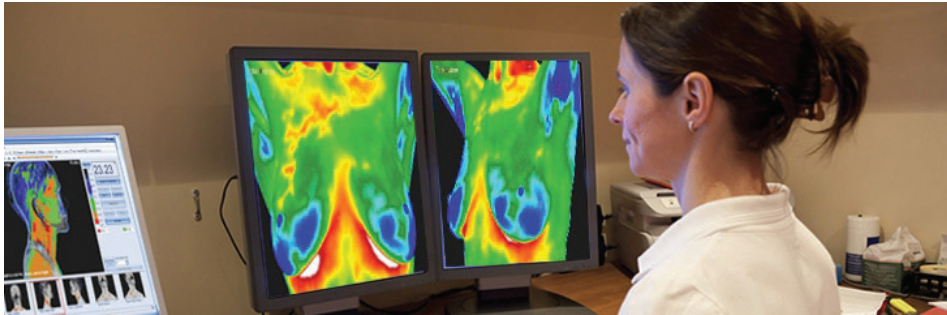
Megan Reed
Thermography Tech



Jennifer Arvie
Registered Nurse

What Does Your Thermography Image Mean?

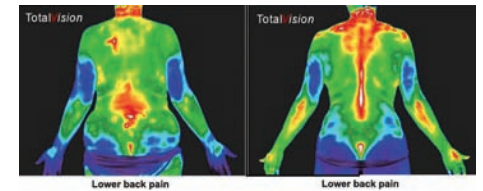
by Dr. Steven T. Castille



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

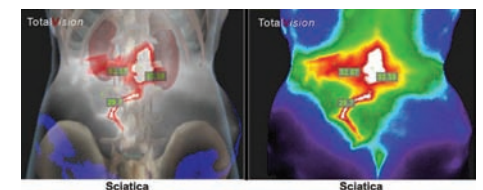
Lower back pain is one of the most troublesome back pain for patients and can often be very difficult to treat. The hottest white areas in these images



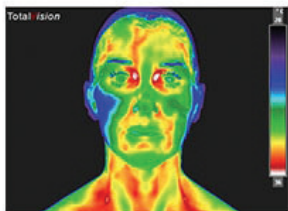
indicate the most intense inflammatory response. Thermography is very useful to help find the source of the pain. The patient above suffers with Sciatica, and the source is clearly in the lumbar area. The image clearly indicates the intense inflammation in the spinous processes of the lumbar spine. These 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

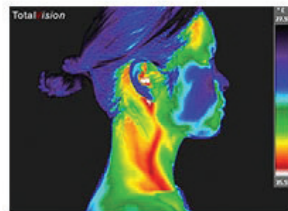
Sciatica is a symptom. It consists of leg pain, which might feel like a bad leg cramp, or it can be excruciating, shooting pain that makes standing or sitting nearly impossible. The pain might be



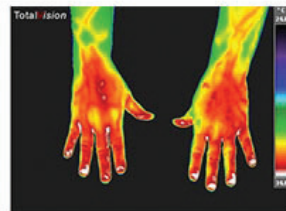
worse when you sit, sneeze, or cough. Sciatica can occur suddenly or it can develop gradually. You might also feel weakness, numbness, or a burning or



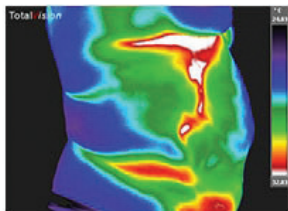
Headache and Sinus



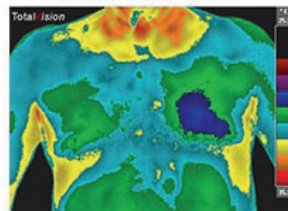
Carotid Artery Inflammation



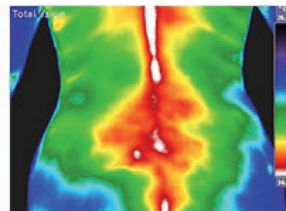
Early Stage Diabetes



Stress in the Liver



Reduced Heart Function



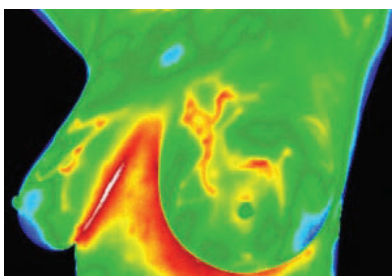
Lower Back Pain

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

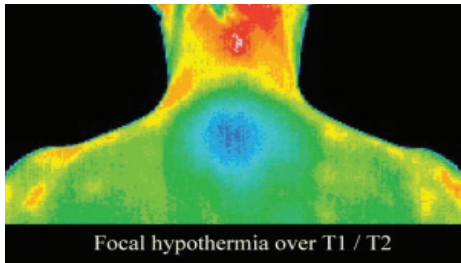
The body should naturally have thermal symmetry. Areas of asymmetry can indicate problems and are analyzed specifically for underlying pathology. Cancer cells divide very rapidly and demand increased blood flow and nutrient delivery. The metabolic processes in the body cannot differentiate between cancer 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

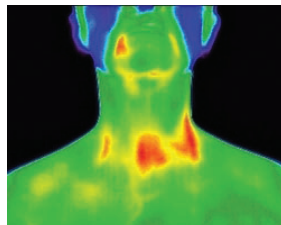


Focal hypothermia over T1 / T2

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



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

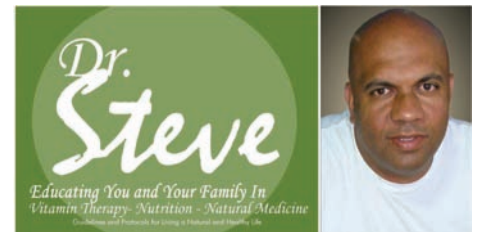
Thermography can easily detect thyroid dysfunction even when all of the thyroid levels

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.



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**

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Discover how LITEON NATURALS™ supplements help support a healthy and active lifestyle.

- Supports a healthy immune system
- Helps build strong bones
- Supports neuromuscular health
- Helps to get rid of inflammation
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Available in liquid drops, tablets, softgells, and capsules. Call the Natural Health Center or DHARMA Wellness Center.

896-4141

Natural Health Center in Carencro

662-3120

DHARMA Wellness in Sunset

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Drug Emporium
Lafayette**

Organic Frozen Wheatgrass Juice WheTea



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

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

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



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



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



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

Mood Enhancer Best Depression Formula



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

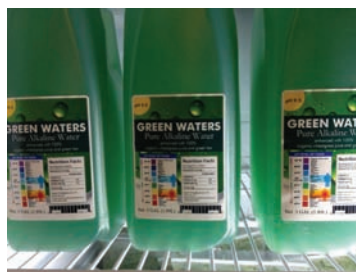
may also cause neurological dysfunction. Mood Enhancer contains herbs that are notorious for their ability to stimulate brain function, improve memory, promote alertness and productivity. The main advantage of Mood Enhancer is its ability to improve mental focus and memory without inducing agitation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

| Supplement Facts | |
|--|---------------|
| Serving Size: 1 Vegetarian Capsule | |
| Amount Per Serving | % Daily Value |
| Pantothenic Acid (as D-calcium pantothenate) | 50 mg 500% |
| Proprietary Blend | 600 mg |
| <small>*Daily Value not established.</small> | |
| <small>Other Ingredients: Cellulose, silica, magnesium stearate.</small> | |

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

Green Waters Alkaline Water

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



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

Eucalyptus Oil Inhibits Spread of TB

Many of the natural compounds in the essential oil of *Eucalyptus citriodora* may prevent the airborne spread of the tuberculosis (TB) bacterium (*Mycobacterium tuberculosis*), according to a study from the Institute for Tuberculosis Research at the University of Illinois College of Pharmacy. Several of the compounds in the eucalyptus oil inhibited the airborne spread of the infection by 90 percent, while the major component of the oil was only weakly active, at 18 percent.



The scientists used an array of analytical laboratory tests to measure the airborne spread of TB from contagious patients. They also identified 32 active airborne compounds within the essential oil of eucalyptus and studied the impact of the interaction of multiple components in artificial mixtures.

The researchers undertook the study because “the rapid emergence of extensively and multidrug-resistant tuberculosis has created a pressing public health problem... and represents a new constraint in the already challenging disease management of TB.”

Legumes, Nuts and Corn Cut Risk of Breast Cancer

A Harvard Medical School study concluded that eating more peanut butter, corn, nuts and beans, including lentils and soybeans, during adolescence significantly reduces the risk of breast cancer later on.

The researchers followed 9,039 young women that were between 9 and 15 years old when the study started in 1996, having the subjects complete diet questionnaires every year through 2001, and also in 2003, 2004, 2007 and 2010. When the women were ages 18 to 30, the number of

benign breast diseases that had developed was recorded. The statistics associated a daily serving of nuts and legumes at age 14 with a 66 percent reduction in the risk of developing breast cancer. Just a single serving of peanut butter once every three days at the age of 11 was associated with a 44 percent reduction of breast cancer risk. Intake of at least one serving of corn every three days was correlated with a 39 percent reduction in the disease.

Earlier studies by Harvard researchers found that eating pumpkin seeds, sunflower seeds, soybeans, tofu and other vegetable fats also reduces breast cancer risk.



SECONDHAND SMOKE DAMAGES CHILDREN'S HEARING

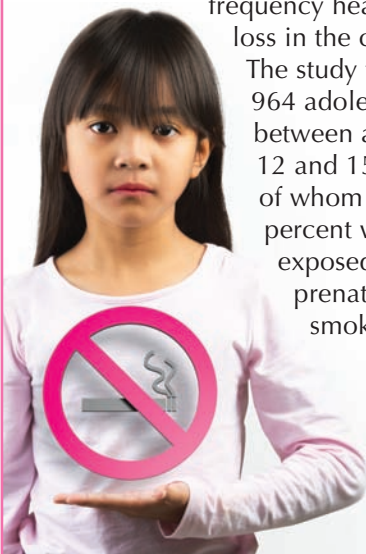
Researchers from São Paulo's School of Medical Sciences of Santa Casa have found that secondhand smoke negatively affects a child's hearing. The researchers tested 145 students between ages 8 and 10 that showed normal hearing in standardized tests. Their secondhand smoke exposure was measured by the level of a nicotine metabolite in the children's urine. The 60 youngsters that had been exposed to secondhand smoke showed significantly lower responses to certain frequencies in both ears when compared to the others that weren't exposed to the smoke.

Researchers suspect that the affecting mechanism may be the acrolein gas that forms from burning tobacco cigarettes. The chemical was found to damage ear cells in a study published in the *International Journal of Pediatric Otorhinolaryngology*. A 2012 study of diesel exhaust, which likewise produces acrolein gas, by the Republic of Korea's Dongguk University, also showed damage to middle ear cells.

Supporting these results, a study published in the American Medical Association *Otolaryngology – Head and Neck Surgery* journal found that smoking during pregnancy almost triples the risk of low-

frequency hearing loss in the child.

The study tested 964 adolescents between ages 12 and 15, of whom 16 percent were exposed to prenatal smoking.



Body Symmetry Correlates with Male Strength

Research from Germany's University of Göttingen has determined that men with greater body symmetry also have greater strength. The scientists sampled 69 heterosexual, right-handed adult men, measuring handgrip strength as a scientifically recognized means for determining power and strength, as well as fluctuating asymmetry (FA), a measure of subtle, random deviations from perfect bilateral symmetry in traits that are typically symmetrical in the general population. FA was evaluated by measuring and comparing 12 body feature traits on the right and left sides, including breadth of the hand, wrist and elbow; finger length; and facial features.

After eliminating the effects of body mass index, the researchers determined that the men with the greatest physical symmetry were stronger. Facial symmetry in males was associated with greater intelligence and better information-processing efficiency at age 83.



Low Magnesium Levels Linked to Kidney Disease

A study from the Johns Hopkins University School of Medicine found that people with low levels of magnesium in their blood have a significantly greater risk of chronic kidney disease. The



researchers correlated the blood levels of magnesium in 13,226 people ages 45 to 65 with the incidence of chronic kidney disease and end-stage renal disease among them. Subjects that had blood serum magnesium levels below what is generally considered the normal range (0.7–1 millimole per liter) were associated with a 58 percent increased risk of chronic kidney disease and a 139 percent increased risk of end-stage renal disease.

Abnormally low levels of magnesium may result from a number of conditions, including inadequate intake of serum magnesium due to chronic diarrhea, malabsorption, alcoholism, chronic stress and the use of medications such as diuretics. Foods rich in magnesium include leafy greens, nuts and seeds, beans, whole grains, avocados, bananas and figs.

PHOTOTHERAPY REDUCES KNEE PAIN



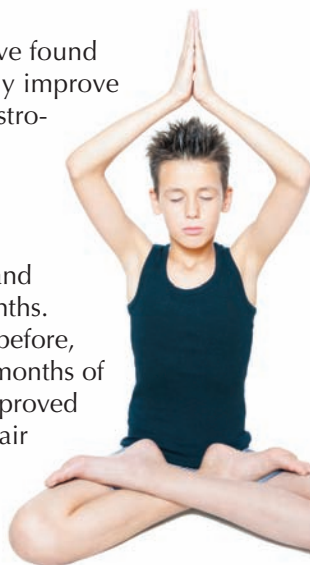
Research from Brazil's Universidade Nove de Julho has confirmed that pulsed lasers and LED therapy applied during treatment can significantly reduce knee pain. The 86 patients that participated in the study were divided into two groups; one received 12 treatments using super-pulsed red laser and infrared LED phototherapy and the control (placebo) group received 12 treatments using non-therapeutic phototherapy instruments.

The patients given therapeutic phototherapy reported feeling significantly less pain, beginning with and continuing after the tenth treatment through a one-month follow-up visit, and showed improved quality of life compared with the study's placebo group.

YOGA BREATHING HELPS ILL KIDS' LUNGS

Researchers from Brazil's University of São Paulo have found that hatha yoga breathing exercises can significantly improve lung function in children with Duchenne muscular dystrophy, a disease that often ends in premature death from respiratory failure.

The average age of the 26 children that completed the study was 9-and-a-half years old. Participants were taught how to perform hatha yoga breathing exercises and instructed to perform them three times a day for 10 months. The researchers performed spirometry [breathing] tests before, during and after the study period. At the end of the 10 months of practice, the scientists found the breathing exercises improved both the children's forced vital capacity (the volume of air that can forcibly be blown out after full inspiration) and forced expiratory volume in one second (the volume of air that can forcibly be exhaled in one second after full inspiration).



Just as your car runs more smoothly and requires less energy to go faster and farther when the wheels are in perfect alignment, you perform better when your thoughts, feelings, emotions, goals and values are in balance.

~Brian Tracy

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



Safer Groceries

Landmark Food Law Being Enforced

The Center for Food Safety (CFS) has reached a settlement agreement (Tinyurl.com/FoodSettlementAgreement) with the U.S. Food and Drug Administration (FDA) that sets firm deadlines for the agency to fully enact the 2011 Food Safety Modernization Act. A federal court will maintain supervision to ensure FDA compliance.

CFS senior attorney George Kimbrell, who led the case, says, "The first major update to our food safety laws

since 1938 must now be implemented in a closed-ended, timely fashion. That means safer food for American families."

Congress passed the law to combat the epidemic of food-borne illnesses affecting one in six Americans annually. After repeated delays, the FDA must now comply with the following court-overseen schedule to implement the final rules: preventative controls for human and animal food (8/30/2015); imported food and foreign suppliers (10/31/2015); produce safety (10/31/2015); food transportation (3/31/2016); and intentional adulteration of food (5/31/2016).

Source: CenterForFoodSafety.org

Smart Solar

Japan Floats New Nuclear Alternative

Two companies in Japan will begin building two huge new solar power islands that will float on reservoirs, following the inception of the Kagoshima floating solar plant as the country's largest, which opened in late 2013 just off the country's southern coast.

The new direction comes as Japan looks to move on from the Fukushima atomic disaster of 2011 and meet the energy needs of its 127 million people without relying on nuclear power. Before the incident, about 30 percent of the country's power was generated by nuclear plants, but Fukushima destroyed public confidence, and with earthquakes highly likely in regions containing reactors, Japan is looking for alternatives.

Solar islands could also be a solution for other countries where space or nuclear concerns are an issue. It's possible that one day a significant portion of Europe's power could come from use of the technology; experts believe the engineering challenges can be surmounted.

Source: DailyGalaxy.com



Om-Based Care

Holistic Healers Reach Out to the Underserved

An annual report issued by the Centers for Disease Control and Prevention notes that up to 33 percent of uninsured people are avoiding needed treatment for economic reasons. Lifestyle changes and natural remedies like yoga and massage therapy can be highly effective when treating conditions such as high blood pressure, depression or aching joints, and groups nationwide are making these modalities more affordable for everyone.

At California's Healing Clinic Collective (HealingClinicCollective.Wordpress.com), in Oakland, women receive a day of free holistic health care—from acupuncture to massage therapy and nutritional counseling—and discounted rates for follow-up appointments.

The Third Root Community Health Center (ThirdRoot.org), in Brooklyn, helps arrange for acupuncturists, herbalists, Reiki practitioners and others to treat low-income people in New York City, especially community organizers and activists that are often overworked and lack the resources for these types of care.

The Samarya Center (SamaryaCenter.org), in Seattle, Washington, uses revenue from its yoga studio to provide free yoga to critically ill patients served by the city's Bailey-Boushays House and the local VA hospital, and also to patients with chronic pain at the Pike Place Medical Clinic, which treats many homeless and low-income Seattle residents.

Source: *YES! magazine*



Pristine Protection America's Huge New Underwater Park

The Pacific Remote Islands National Marine Monument—about 470,000 square miles of ocean surrounding a couple of remote U.S. Pacific islands—is now officially set aside to protect its pristine habitat from deep-sea mining and commercial fishing. Although smaller than the nearly 800,000 square miles of its original plan, the park is still twice the size of Texas.

In a final compromise, fishermen will have access to the waters around half of the islands and atolls, while the other half remains protected. Only 2 percent of the entire Pacific enjoys similar protection.

Corn Guzzler Downsides of Ethanol

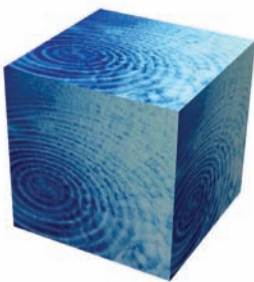
Ethanol, which makes up 10 percent of the gasoline available at filling stations, together with other biofuels made from crops, appeared to be a way to reduce reliance on fossil fuels. However, recent research shows that the federal government's push to up production of corn-derived ethanol as a gasoline additive since the U.S. Renewable Fuels Standard was enacted in 2007 has instead expanded our national carbon footprint and contributed to a range of other problems.



The nonprofit Environmental Working Group warns that continued production of corn ethanol is both worse for the climate than gasoline and bad for farmers, the land and consumers. "It's driving up food prices, straining agricultural markets, increasing competition for arable land and promoting conversion of uncultivated land to grow crops," according to this watchdog organization.

The U.S. Environmental Protection Agency is reportedly weighing a proposal to cut the amount of ethanol currently required by law to be blended into gasoline by 1.39 billion gallons, equivalent to taking 580,000 cars off the roads for a year. Researchers have been trying to develop greener forms of ethanol, but none are ready for market yet.

For more information, visit epa.gov/otaq/fuels/renewablefuels.



Water Cartons Paper Can Easily Replace Plastic

The Boxed Water is Better company was launched in 2009 in Grand Rapids, Michigan, to provide a more sustainable alternative to the ubiquitous plastic containers that are made from petroleum products, have big carbon footprints and clog U.S. landfills.

Boxed Water containers resemble milk cartons and are far more sustainable because about 75 percent of the box comes from a renewable resource—trees in certified, well-managed forests—and are completely recyclable. The company uses reverse osmosis and carbon filters for its purified drinking water from the municipal source at the location of their filling plant, and then ships the product to retailers via the shortest route to curtail the transportation footprint.

Boxed Water has partnered with 1% for the Planet to help with world water relief, reforestation and environmental protection projects, benefiting both humanitarian and environmental efforts.

For more information, visit BoxedWaterIsBetter.com.



Dignity First Most End-of-Life Care in U.S. Neglects Patient Needs

The U.S. healthcare system is not properly designed to meet the needs of patients nearing the end of life and those of their families, and major changes to the system are necessary, according to a new report from the Institute of Medicine, *Dying in America: Improving Quality and Honoring Individual Preferences Near the End of Life*.

A 21-member committee has called for more advanced end-of-life care planning by individuals, improved training and credentialing for clinicians, and for governments and private sectors to provide incentives to patients and clinicians to discuss issues, values, preferences and appropriate services and care.

Dr. Philip Pizzo, co-chair of the committee, states, "Patients can and should take control of the quality of their life through their entire lifetime, choosing how they live and how they die, and doctors should help initiate discussions with their patients about such decisions."

Susan Heckerman, former dean of medicine at Stanford University, says, "It's important that healthcare options available to individuals facing the end of life help relieve pain and discomfort, maximize the individual's ability to function, alleviate depression and anxiety, and ease the burdens of loved ones in a manner consistent with individual preferences and choices."

The report is available at Tinyurl.com/DyingInAmerica.

Super Suds Score Healthy and Eco-Friendly Points at Parties

For healthy eaters, Super Bowl parties' bent toward rich, calorie-laden foods compete with our desire shed some holiday



pounds and return to regular diet regimens. Whether supplying eco-beer selections for guests or bringing refreshments to a gathering, armchair players can score green points both in terms of natural ingredients and supporting the domestic economy and environment.

Sierra Nevada Brewing Company's plant in Chico, California, uses 10,000-plus solar panels and a large on-site water treatment facility for recycling and conserving water. "It's the number one ingredient in brewing," says Sustainability Manager Cheri Chastain. "You can generate more energy, but you can't make water."

Other American microbrews deploy varied eco-solutions. Dave's BrewFarm, in Wilson, Wisconsin, for instance, obtains most of its energy via a wind-powered generator. Goats "mow" the grass outside the Anderson Valley Brewing

plant in Boonville, California.

Odell Brewing Company, in Fort Collins, Colorado, practices waste reduction and recycling and uses renewable energy sources. The 100 percent wind-powered brewery also encourages employees to bike to work and/or carpool, and uses biodiesel-powered delivery trucks (the biodegradable fuel emits 78 percent less CO₂ than standard fuel).

Five of the 2014 Good Food Awards' winning beers—exceeding the criteria of recycling water, local sourcing and banning genetically modified ingredients—are Port City Brewing Co., Alexandria, Virginia; Deschutes Brewery, Bend, Oregon; Bear Republic Brewing Co., Healdsburg, California; Victory Brewing Co., Downingtown, Pennsylvania; and Ninkasi Brewing Co., Eugene, Oregon (*GoodFoodAwards.org*).

ChasingGreen.org offers information on many other U.S. craft breweries that operate in sustainable ways, including the Brooklyn Brewery, Brooklyn, New York; New Belgium Beer, Fort Collins, Colorado; and the Great Lakes Brewing Co., Cleveland, Ohio.

If none of these brews is yet a current favorite, seek them out at a specialty beverage retailer that stocks from multiple regions in order to score a touchdown for us and the Earth. Some just may become part of local fans' first-string beverage "team" after the game is over.

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Expires 2/15/15

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Anxiety
Can't Focus
Brain Fog



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can help you

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(Takes only 15 minutes for a full screening)

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

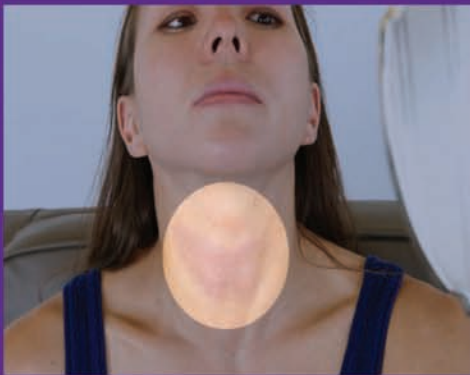
Thiamin
Vitamin B6
Vitamin B12
Vitamin C
Calcium
Fluoride
Iodine
Iron

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

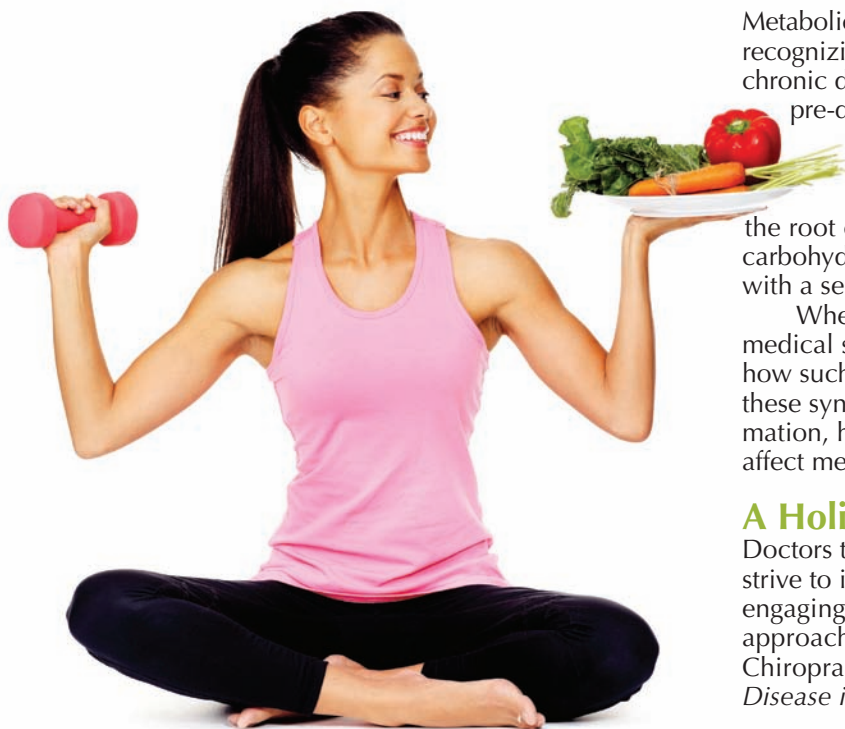
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Metabolic Revolution Summit to discuss the importance of recognizing the dots that connect the majority of today's chronic diseases—high blood pressure, heart attack, stroke, pre-diabetes, Type 2 diabetes, weight gain, obesity, fatty liver disease, Alzheimer's, dementia, cancer and even infertility. All of the panelists pointed to the root cause that links them all—the craze for a high-carbohydrate, low-fat diet starting in the 1990s combined with a sedentary lifestyle.

When several complex conditions exist simultaneously, medical science refers to them as a syndrome. Regardless of how such intricate interrelationships become manifest, all of these syndromes have early-stage signs that include inflammation, high blood sugar and insulin resistance, which can affect metabolic health.

A Holistic Approach

Doctors that specialize in functional integrative medicine strive to improve the health and well-being of patients by engaging them in their own healing process. One popular approach is practiced by Durango, Colorado, Doctor of Chiropractic James Forleo, author of *Health is Simple, Disease is Complicated: A Systems Approach to Vibrant*

It's All About Metabolism

Getting to the Root Cause of Disease

by Linda Sechrist

Attempts to tender lay explanations of how to attain and maintain better health have become fragmented and compartmentalized, with complex scientific cause-and-effect explanations of disease regularly reduced to isolated infographics and sound bites in the media. But understanding our body's sophisticated, self-regulating, self-correcting and interdependent physiological systems, which work in collaboration with each other and inform us of the body's status by means of symptoms, deserves a whole-systems frame of reference.

Stepping back from immediate concerns to grasp the bigger picture allows for rethinking the Western approach to health. A perspective that connects all the dots works best, beginning with the foundation of wellness—the functioning of 73 trillion cells that are organized into a variety of tissues, including interconnected systems of organs. Optimally, they function together harmoniously to achieve homeostasis, the overall chemical and energetic balance that defines metabolic health.

The Reign of Metabolism

Many perceive the role of metabolism as limited to determining energy expenditure via the number of calories burned per day, but it does much more. Metabolism actually encompasses thousands of physical and chemical processes that take place in the functioning of every cell, the building blocks of life; healthy cell function produces proper endocrine (hormonal) functioning, influencing homeostasis.

This past August, 12 nationally recognized functional medicine experts participated in the country's first online

Health. He starts by educating people about the basic functioning of the major body systems involved in their specific health challenges.

"To maintain metabolic health, no one should overlook that the body's intelligence works 24/7 to solve multiple problems simultaneously, including balancing their metabolism. The more complex the pattern of symptoms, the more systems are involved. Whether a single or group of symptoms indicate metabolic dysfunction, it means that numerous systems that rely on healthy cells are unable to perform their normal functions," explains Forleo.

For example, blood sugar issues, excess circulating insulin and buildup of excess glucose stored as fat can lead to metabolic dysfunction. The pancreas, thyroid and gastrointestinal tract—primary glands in the endocrine system that plays a major role in balancing body chemistry by secreting hormones directly into the circulatory system—are negatively impacted. Well-functioning adrenals are necessary to balance blood sugar and one role of the pancreas is to produce insulin.

When five of the eight major organ systems—immune, endocrine, cardiovascular, digestive and endocrine—are impacted by metabolic dysfunction, a more holistic and systemic approach to health can provide a broader understanding of how they interrelate, and why preventive measures can preclude having to later pursue ways to reverse serious chronic diseases.

Lifestyle Factors

Functional medicine's integrative approach to metabolic health is based on proper nutrition and regular exercise. "The inflammatory agents present in much of the food con-

Pioneering integrative doctors
are connecting the dots that point
to the root causes of the majority
of today's chronic diseases.

sumed at each meal in the standard American diet—high-glycemic refined carbohydrates, high-fructose corn syrup and other sugars, and hydrogenated and partially hydrogenated fats—are the biggest offenders,” says Forleo, who notes that the body instead needs good fats, such as those obtained from olive and coconut oils.

Factors over which we can exercise some control—physical activity, stress, sleep, diet and circadian rhythms—all play roles in metabolic health. Unfortunately, “We are moving further away from our ancestors’ healthier diet and lifestyle. We’re overfed and undernourished because we’re no longer eating for nutrition, but for entertainment,” remarks Doctor of Chiropractic Brian Mowll, the medical director of Sweet Life Diabetes Health Centers in Pennsylvania and Delaware.

He characterizes metabolic dysfunction as the ultimate problem because it’s the doorway to many other ailments. “A hundred years ago, infectious diseases plagued humanity. Today and in the future, it’ll be metabolic disorders such as obesity, cancer, metabolic syndrome, thyroid disorders and other endocrine problems, diabetes and Type 2 diabetes,” predicts Mowll.

Metabolic Health Education

Dr. Caroline Cederquist, author of *The MD Factor Diet: A Physician’s Proven Diet for Metabolism Correction and Healthy Weight Loss*, and founder of Cederquist Medical Wellness Center, in Naples, Florida, conducted a one-year study of patients to identify their health issues via blood work analysis. Eighty-nine percent of the men, women and children showed evidence of insulin resistance. This often-overlooked metabolic condition affects how the body processes glucose, a simple sugar and the body’s primary fuel, making gaining weight easy and losing it difficult. Treated with proper diet, lifestyle changes and supplements, plus medication in advanced stages, Cederquist found that metabolic dysfunction is reversible.

She explains that long-term insulin resistance can lead to fatty liver disease, high blood sugar and eventually, diabetes. It also directly affects cholesterol levels and can induce triglycerides, high blood pressure, low HDL (high-density lipoprotein, or “good” cholesterol), increased waist circumference and heart

disease. In Cederquist’s young adult patients, metabolic dysfunction was also associated with polycystic ovarian syndrome, a cause of infertility.

Germany’s Dr. Wolf Funfack, a specialist in internal and nutritional medicine and creator of a well-regarded metabolic balancing program, noted that insulin resistance both increases the production of stress hormones and blocks production of the anti-inflammatory hormones that slow the aging process. Funfack’s all-natural, personalized nutrition plan, backed by more than 25 years of scientific study, is designed to bring hormonal balance, optimize health and lead to long-term weight management.

Cardiologist Stephen Sinatra, author of *Metabolic Cardiology*, goes a step further. He believes that metabolic dysfunction involving cells, hormones and inflammation encompasses the molecular-based essence of all disease. He observes, “Individuals diagnosed with several conditions can leave a doctor’s office with three or four prescriptions, rather than the one solution for reversal and prevention—a healthy lifestyle and non-inflammatory diet to offset and neutralize weight gain, blood pressure elevation and other abnormalities such as high blood sugar.”

Mowll agrees that many conventional healthcare practitioners don’t address the root cause of metabolic disorders or provide lifestyle interventions. “They simply reach for the prescription pad,” he says. This growing problem presents an opportunity to educate the entire populace.

Bestselling *Virgin Diet* author JJ Virgin, who characterizes the human body as a “chemistry lab,” adopts an easy-to-follow nutritional and fitness approach for metabolic health. She recommends eating the types of healthy fats found in wild fish, raw nuts and seeds, coconut, avocado and olives. Virgin prefers the clean, lean protein of grass-fed beef and wild fish, plus low-glycemic lentils and legumes and plenty of low-glycemic fruits like raspberries, blueberries, pears and grapefruits. Low-glycemic vegetables on her list include green peas, green beans, broccoli, cauliflower, onion and eggplant. “When you eat this way, there’s a slow release of sugar, and insulin remains at lower levels,” advises Virgin.

As in any systems theory, the whole must be understood in relationship to the parts, as well as the relevant environment. Experts agree that it’s paramount to take an expanded, systemic approach to metabolic health, rather than fixating on only one or two aspects at a time. Metabolic health—from basic cells to the most sophisticated of organized systems—can only be achieved and sustained when the whole system is healthy.

Linda Sechrist is a senior staff writer for Natural Awakenings and host of the online *Metabolic Revolution Summit*. Visit her website ItsAllAboutWe.com for a free audio sample.

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Garcinia Cambogia Prevents Fat Cell Formation

What is Garcinia Cambogia?



Garcinia Cambogia is a safe and effective supplement extracted from the Garcinia Cambogia fruit — a small pumpkin shaped fruit from South Asia. The Garcinia Cambogia extract contains hydroxytric acid (HCA) which clinical studies show helps to control appetite and can prevent fat production.

HCA satisfies the body's need for energy and improves the signaling system that the body uses to tell the brain when it has eaten enough. With proper weight-loss efforts (dieting and exercising), the average person taking Garcinia Cambogia can lose an average of four pounds a month.

How Does Garcinia Cambogia Work?

The HCA extract from garcinia cambogia in weight loss by doing two things: It helps to block fat, and it suppresses your appetite.

HCA blocks fat by inhibiting a key enzyme that your body needs to make fat from carbohydrates: Citrate lyase. Usually carbohydrates or sugars that are not used immediately or stored in other forms are converted into fats. When HCA inhibits citrate lyase, the fat-making process is halted and the production of LDL (bad cholesterol) and triglycerides decrease.

HCA also suppresses appetite by increasing serotonin levels. Serotonin is a neurotransmitter in your brain that makes you feel good. It's a target of many antidepressant medications. Having low levels of serotonin may make you feel depressed or anxious; it drives many people into emotional or reactive eating. By increasing serotonin levels, HCA improves mood and suppresses the drive to react to stressful situations with food. As you eat less, your body senses this and it releases stored fat in your fat cells.

Benefits of Garcinia Cambogia:

- Helps in reducing weight by preventing the formation of fat.
- Prevents the liver from converting sugars and carbohydrates into fat for storage.
- Aids the body in reducing the the manufacturing of its own fat deposits.
- Performs like a fat blocker and reduces the formation of fat cells in the body.
- Manages food cravings and serves as an anti-depressant.
- Helps to reduce belly fat.
- Increases serotonin levels which balances mood and helps emotional eaters eat less.

Available at: LITEON Natural Health Center (Carencro) Tel: 896-4141 and DHARMA Wellness Center (Sunset) Tel: 662-3120

Source: *Inspired by Doctoroz.com*

ADVERTORIAL

Raspberry Ketones Help Fat Cells Shrink



In the last couple of months, 'raspberry ketones' has been a popular buzz phrase on television and the internet as a substance that can, reportedly, actually force your fat cells to shrink and help you lose weight. Raspberries have always been considered a good addition to any weight loss program, as they are high in antioxidants, and low in calories and sugar. However, you'd have to eat about 90 lbs of them to get the concentration of raspberry ketones these foods offer. Here is why raspberry ketones may work so well on helping to reduce fat cells.

Fat Burning Hormones and Raspberry Ketones

We all have a fat-burning hormone in our body called adiponectin. When this hormone is working correctly, and we're eating a healthy diet, we metabolize calories properly and don't store them as fat reserves around our stomachs, hips and thighs. Adiponectin also enhances insulin sensitivity so we decrease blood sugar levels and use calories more completely. Adiponectin also helps to lower blood pressure, and prevent atherosclerosis – hardening of arteries.

When we start overeating and not exercising enough, our adiponectin hormones become overwhelmed with the amount of calories to metabolize and become sluggish at burning them. That's when the love handles and the belly fat and the cellulite start showing up.

Raspberry ketones are the primary "aroma" compound of raspberries – it's what gives raspberries their distinctive smell. Research has shown that high doses of these ketones in mice on high fat diets have resulted in preventing weight gain, both subcutaneously – beneath the skin, and viscerally – around organs. It also helped prevent fatty liver from developing. The ketones apparently stimulate adiponectin release, thereby increasing insulin release, decreasing blood sugar, boosting metabolism, increasing good, brown adipose tissue that turns metabolism heat up and burns the bad, stored white fat cells.

Stories of people losing significant amounts of weight, some up to 5 lbs a week, while using daily raspberry ketones, has been noted, and endorsed, on popular television shows as well as the internet. Raspberry ketones have been featured on the Dr. OZ show many times. There are no reported side effects with raspberry ketones and they may help you get back on track with your weight loss efforts, or help you get off a weight loss plateau.

Available at: LITEON Natural Health Center (Carencro) Tel: 896-4141, DHARMA Wellness Center (Sunset) Tel: 662-3120, and Benny's Sportshack (Opelousas)

Source: *Foodtrients.com*

ADVERTORIAL

Zerona Laser FAT lipo (for a flat stomach) HEALTH BENEFITS



WHAT IS ZERONA ?

Zerona is a patented low-level laser system specifically designed to contour the body by losing inches in circumference off specific body areas (waist, hips, thighs) without any pain, downtime, needles or surgery.

What is the action mechanism behind Zerona?

The 635 nm wavelength of the Zerona is specifically absorbed by the mitochondria (the cell's energy generator), temporarily weakening the structure of the cell membrane. This creates a temporary opening allowing for the fat contents to seep out from the fat cell into the interstitial space from where it is processed by the lymphatic system.

What results can I expect?

In a double blind, randomized, placebo controlled study, patients were treated 6 times over a 2 week period and lost on average 3.5 inches in combined circumferential measurements of their waist hips and bilateral thighs.

What areas of the body can I treat?

Essentially all parts of the body where subcutaneous deposits of fat can be found may be treated with Zerona, especially those resistant to diet and exercise. Most patients start with treating their waist, hips and thighs as these can be treated simultaneously with the 5 lasers of Zerona.

Once liberated, what happens to the fat?

Once liberated, triglycerides are absorbed by the lymphatic system where they are transported to lymph nodes. Macrophages (immune cells) release liposomal acid lipases (LAL) which break down the triglycerides into free fatty acids and glycerol. These are then small enough to enter the blood stream.

Once in the blood stream, several things may occur:

- Some of the free fatty acids are readily available to be used as fuel by the body.
- What does not get consumed as energy will get to the liver where it will either be oxidized or re-processed for storage.

How long has Zerona been in use?

The laser tissue interaction behind Zerona was identified prior to 2002. LLLT has been used routinely as an adjunct to liposuction since 2004. Zerona was introduced in the U.S. in 2005 and is being routinely used by over 650 practices in Canada and the U.S.

How long will results last?

Zerona does not destroy fat cells but empties them of their content which means that fat cells are capable of re-storing fat should the patient have a persistent caloric imbalance. A balanced diet is the only way to ensure long-term improvement. Patients who eat more calories than they burn will see their improvement decrease over time.

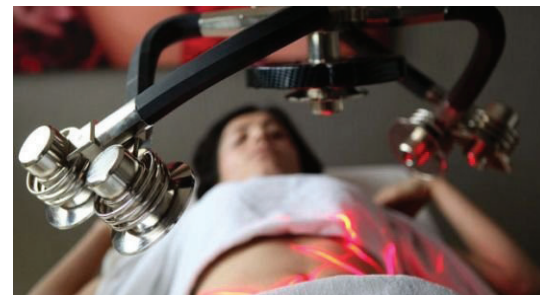
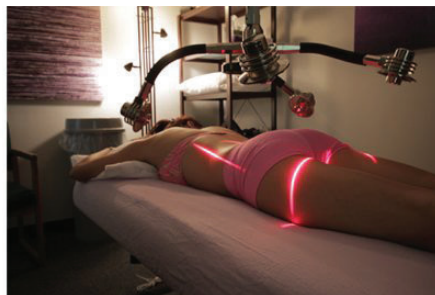
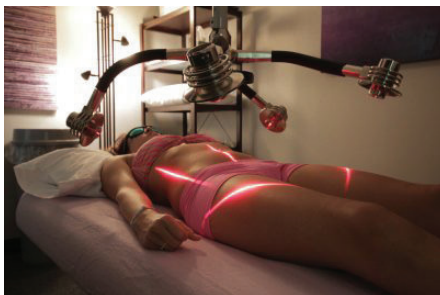


\$675

6 Treatments

\$850

12 Treatments



holistic health and fitness guide

for more information visit the natural health center in carencro (347-4141) or the dharma wellness center in sunset (662-3120)

Hormone-Happy FOODS

The Right Choices Make Our Bodies Hum

by Linda Sechrist



Our body's hormones work like an orchestra. When one instrument is out of tune, the entire production struggles to maintain harmony. Each plays a part in influencing the others and determining how well the whole concert works.

Fortunately, our body has masterful conductors, including the endocrine system, which coordinates all of the glands and the hormones they produce. "Players" include the adrenal, hypothalamus, pancreas, pineal, pituitary, reproductive and thyroid/parathyroid glands.

"A healthy endocrine system is essential to making hormones in appropriate amounts throughout our life," says Theresa Dale, Ph.D., a naturopathic doctor who practices as a traditional naturopath and clinical nutritionist in Oxnard, California, and has authored *Revitalizing Your Hormones*. "For example, when the ovaries shut down after menopause, the adrenal glands continue producing progesterone and other essential hormones."

Dale, dean and founder of the California College of Natural Medicine, further assures that contrary to assertions from some conventional medicine reports, the body is able to produce necessary hormones throughout our entire life.

Hormones function as chemical messengers that commute through the bloodstream as part of the information

superhighway that connects the brain to the DNA managers of the body's cells. "Hormones communicate with chemicals produced by the brain called neurotransmitters, such as serotonin, dopamine and norepinephrine, which greatly influence energy levels, moods and other bodily functions such as moving memories from short- to long-term storage," explains Dale.

For 20 years, she has seen patients with critical hormonal imbalances respond to her recommended three-month, endocrine-rebuilding diet, comprising three daily meals of steamed, sautéed and raw foods, fish, whole grains, legumes, seeds, nuts, fresh fruits and vegetables, plus two raw vegetable or seed snacks. The regimen strives to balance metabolism, cleanse the body, restore immune function and revitalize the endocrine system.

Kokomo, Indiana, resident Sylvia Egel, national director of coaching and education for Metabolic Balance, a personalized nutrition plan to balance metabolism and hormones, optimize health and increase energy at any age, agrees that hormones can be restored and balanced via proper food selections. "Our lifestyle and dietary choices strongly affect our metabolism and hormonal health, as do stress levels and sleep patterns. Eating at the wrong time, in the wrong place or in the

wrong order, and even poor combinations of healthy foods, can be almost as problematic as eating junk food," says Egel. She also warns against snacking, emotional eating, eating on the go, skipping breakfast and waiting too long between meals.

Diana Hoppe, author of *Healthy Sex Drive, Healthy You*, an obstetrician and gynecologist in San Diego, California, who leads clinical trials related to women's health at the Pacific Coast Research Center, also sees firsthand how what we eat directly affects our hormones. She attests that our bodies need a balance of three macronutrients: carbohydrates, protein and fat. "But for 20 years, we have been advised to decrease fat intake in favor of fat-free options that have been detrimental to us, because we need fat to produce hormones and maintain healthy hormone function. Certain fatty acids and cholesterol serve as building blocks in hormone production and cellular function, especially the reproductive hormones of estrogen and testosterone," says Hoppe.

Food can be medicine for hormones. One of the most important hormone-balancing fats is coconut oil, which heals skin, increases metabolism and supplies a quick source of energy. Egg yolks are a good source of choline and iodine, essential to the production of healthy thyroid hormones, plus are rich in vitamins A, D, E and B-complex vitamins. Avocados have lots of healthy fat that helps absorb and utilize nutrients. Nuts and seeds, olive oil and salmon are all rich in omega-3 essential fatty acids that help stabilize hormone levels. Eating the right foods and incorporating healthy fats into meals increases overall energy, reduces hormonal fluctuations and helps us feel more balanced.

Says Dale, "The majority of individuals are surprised to learn that hormone health doesn't depend on age, but rather on a complex of factors, like the air we breathe, the water we drink, the quality of our diet, good sleep and adequate exercise, plus the relative health of our relationships and emotional life—and that's just for starters."

Linda Sechrist is a senior staff writer for Natural Awakenings.

53 Wheatgrass Health Benefits

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



MAJOR HEALTH BENEFITS

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

1. Wheatgrass is the ultimate energizer for body and mind.
2. 1oz of wheatgrass juice contains the nutrients of 2.5lbs of green vegetables!
3. Wheatgrass is superior to other vegetables because it has been found to have over 100 elements needed by man. If grown in organic soil, wheatgrass absorbs 92 of the known 102 minerals from the soil. (including calcium, magnesium, iron, zinc, potassium, phosphorus and cobalt).
4. Juice wheatgrass to fight and protect against illness.
5. Wheatgrass is a vitamin-rich superfood. Many amino acids, vitamins, and minerals.
6. Wheatgrass juice builds red blood cells: stimulates healing.
7. By drinking wheatgrass it improves digestion.
8. Drinking wheatgrass juice can slow the graying of hair.
9. Wheatgrass reduces high blood pressure as it enhances the capillaries.
10. Wheatgrass juice flushes the body of toxins.
11. Wheatgrass juice benefits the skin as it acts as a cleanser and astringent.
12. Science has proven that chlorophyll arrests growth and development of harmful bacteria.
13. Chlorophyll in wheatgrass also helps to purify the liver.
14. Drinking wheatgrass juice is useful in treating constipation and keeping the bowels open. It is high in magnesium.
15. Wheatgrass juice benefits and boosts sexual stamina. Farmers in the American midwest who have sterile cows and bulls put them on wheatgrass to restore fertility. (The high magnesium content in chlorophyll builds enzymes that restore the sex hormones).
16. A small amount of wheatgrass juice in the human diet prevents tooth decay.
17. Drinking wheatgrass juice helps in eliminating body odors.
18. Wheatgrass has a high amino acid content: promotes cell regeneration.
19. Wheatgrass is a potent source of enzymes: Maintains Youthfulness.
20. Liquid chlorophyll washes drug deposits from the body.
21. Chlorophyll in wheatgrass improves blood sugar problems.
22. Wheatgrass juice cures acne and even removes scars after it has been ingested for seven to eight months. The diet must be improved at the same time.
23. Wheatgrass juice benefits skin problems such as eczema or psoriasis.
24. Wheatgrass is great for blood disorders of all kinds.
25. Wheatgrass can dissolve the scars that are formed in the lungs from breathing acid gasses. The effect of carbon monoxide is minimized since chlorophyll increases hemoglobines production.
26. Wheatgrass juice benefits getting over sickness. Gargle wheatgrass juice to help get rid of a sore throat.
27. For pyorrhea of the mouth, lay pulp of wheatgrass soaked in juice on diseased area in mouth or chew wheatgrass. Spit out the pulp.
28. Wheatgrass juice can remove heavy metals from the body.
29. Wheatgrass juice is an excellent skin cleanser and can be absorbed through the skin for nutrition. Pour green juice over your body in a tub of warm water and soak for 15 to 20 minutes. Rinse off with cool water.
30. One may feel a difference in strength, endurance, health, and spirituality and experience a sense of well-being by drinking wheatgrass juice.
31. Wheatgrass benefits the body as a whole. It is a body cleanser, rebuilder, and neutralizer of toxins.
32. Wheatgrass implants (enemas) are great for healing and detoxifying the colon walls. The implants also heal and cleanse the internal organs. After an enema, wait 20 minutes, then implant 4-ounces of wheatgrass juice. Retain for 20 minutes.
33. Wheatgrass fights tumors.
34. Wheatgrass works as a sleep aide. Merely place a tray of living wheatgrass near the head of your bed.
35. Sweetens the breath and firms up and tightens gums. Just gargle with the juice.
36. Wheatgrass enhances a bath. Add some to your bath water and settle in for a nice, long soak to cleanse your skin.
37. Externally applied to the skin wheatgrass juice can help eliminate itching.
38. Wheatgrass is a beauty treatment that slows down the aging process when the juice is consumed almost immediately.
39. Wheatgrass juice restores fertility and promotes youthfulness.
40. Wheatgrass lessens the effects of radiation. One enzyme found in wheatgrass, SOD, lessens the effects of radiation and acts as an anti-inflammatory compound that may prevent cellular damage following heart attacks or exposure to irritants.
41. Wheatgrass juice held in the mouth for 5 minutes will eliminate toothaches and poisons from gums.
42. Wheatgrass benefits the bloodstream. Chlorophyll (found in wheatgrass) rebuilds the bloodstream. Studies of various animals have shown chlorophyll to be free of any toxic reaction. The red cell count was returned to normal with four to five days of the administration of chlorophyll, even in those animals that were known to be extremely anemic or low in red cell count.
43. Renowned nutritionist. Dr. Bernard Jensen says that it only takes minutes to digest wheatgrass juice and it uses up very little body energy.
44. Wheatgrass benefits the brain. It is high in oxygen like all green plants that contain chlorophyll. The brain and all body tissues function at an optimal level in a highly oxygenated environment.
45. Wheatgrass is 70% chlorophyll! Chlorophyll is the first product of light and contains more light energy than any other element.
46. Wheatgrass benefits the colon because it is a crude chlorophyll and can be taken orally and as a colon implant without toxic side effects.
47. Chlorophyll is the basis of all plant life and a very powerful energy booster .
48. Dr. Ann Wigmore helped people get well from chronic disorders for 30 years using wheatgrass.
49. Wheatgrass juice benefits a detox. It is a superior detoxification agent compared to carrot juice and other fruits and vegetables. Dr. Earp Thomas, an associate of the late Ann Wigmore, says that 15 pounds of wheatgrass is the equivalent of 350 pounds of carrots, lettuce, celery, and so on.
50. In the 1940 American Journal of Surgery, Benjamin Crusklin, MD recommended chlorophyll to: clear up foul-smelling odors, neutralize strep infections, heal wounds, hasten skin grafting, cure chronic sinusitis, overcome chronic inner-ear inflammation and infections, reduce varicose veins and heal leg ulcers, eliminate impetigo and other scabby eruptions, heal rectal sores, successfully treat inflammation of the uterine cervix, get rid of parasitic vaginal infections, reduce typhoid fever, and cure advanced pyorrhea in many cases.
51. Drinking wheatgrass juice benefits human tissue. Liquid chlorophyll gets into the tissues, refines them, and rebuilds and rejuvenates them.
52. Wheatgrass is a natural healer. Chlorophyll is anti-bacterial and can be used inside and outside the body as a healer.
53. Wheatgrass contains the P4D1 Enzyme that has been found to do two things in the human body. It is the first known substance to actually stimulate repair of DNA molecules. It is possible that disease cells can be repaired with P4D1 so that when they reproduce they will actually produce good cells. P4D1 has also been shown in laboratory tests to eat the protein sheath off a cancer cell so that the white blood cells can attack and destroy them.

ADVERTISEMENT

Where can I buy wheatgrass?

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The Road Less Traveled, 312 Guilbeau Rd., Lafayette 337-988-9889.
Smoothie Factory, 125 Arnould Blvd., Lafayette 337-989-7001.

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

Disease

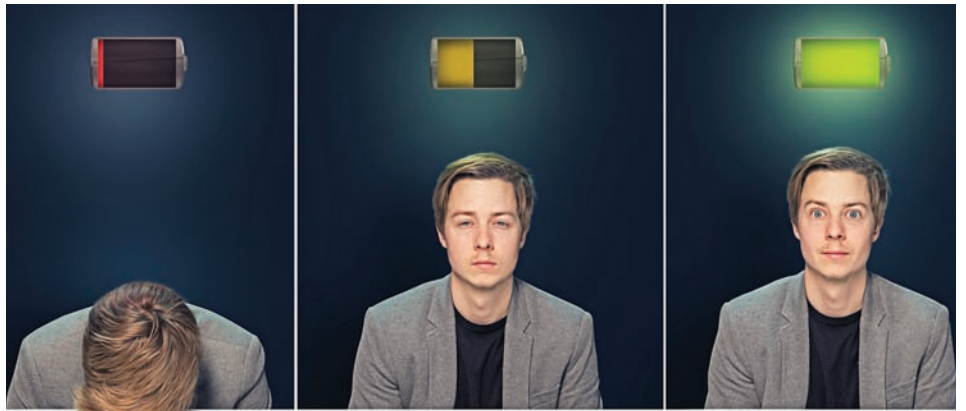
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Energy Boosters

Four Ways to Recharge

by Kathleen Barnes

Stress saps energy, and Americans feel stressed more than ever, with 20 percent of us experiencing “extreme stress” at least weekly, according to the American Institute of Stress. Could late-night TV and the ubiquitous presence of electronic devices be the culprits?

Partly, according to information published by Harvard Medical School. While all light stimulates the brain, the blue light from electronic devices and some eco-light bulbs disrupt circadian rhythms, prevent production of melatonin and block deep, healthful, restorative sleep.

Fortunately, there’s an easy remedy, say Harvard experts: Seek abundant exposure to bright natural sunlight, and then turn off all electronic devices an hour before bedtime. Some experts even suggest wearing orange-colored goggles for the last two waking hours to neutralize the energy-sucking blue rays. Here are a few more energy thieves and ways to neutralize them.

Avoid Energy Vampires

Problem: We all know someone that exhausts us, according to Dr. Judith Orloff, Venice Beach, California, author of the new book, *The Ecstasy of Surrender*. Maybe he or she talks endlessly about personal matters, is incessantly negative, a gossip or a guilt-tripper.

Solution: “Take control. Get in the driver’s seat,” advises Orloff. “Create a circle of positive people around you. Stay calm and centered. Distance yourself from energy vampires and if they’re family, limit time spent with them and establish boundaries.”

Recognize Time Leeches

Problem: We fall into the black hole of Facebook or cute kitten videos. Hours pass and we fall behind in more productive activities and then feel drained and groggy.

Solution: Time management is essential to preserving energy, says Orloff. Limit time spent on social media. Check email once or twice a day instead of every 15 minutes.

“The Internet is addictive, almost like a drug,” explains Orloff. “When you’re online, your energy is cut off and you become a zombie; you’re not in your body. Take a technology fast. Talk to your mate. Make love. Go for a walk in the woods. See your best friend.”

Get Rid of Clutter

Problem: We all have way too much “stuff,” says Linda Rauch Carter, author of *Move Your Stuff, Change Your Life*. “If you don’t have room, you shut yourself off from the flow of energy in your home

and become exhausted,” says the Tustin, California, *feng shui* expert. “When I ask a client to take half of the stuff off a shelf and then ask how it feels, they almost always take a deep breath. The clutter literally chokes off breath and vitality.”

Solution: “Clear out what isn’t needed,” counsels Carter. “Keep a balance by making it a habit when bringing new things into a home or work environments to let go of a comparable number of old things at the same time.”

Beware of clutter creep, the slow accumulation of energy-sapping clutter, she says. “I believe the lack of energy so many of us experience is a nearly undetectable, chronic energy drain that seems slight, yet over time becomes a big problem.”

Stop Electromagnetic Pollution

Problem: We are all surrounded by energy-draining electromagnetic fields (EMF) from myriad electronic devices and systems in homes and offices, plus cell phone towers and transmission

lines. All of these operate on frequencies that can be major energy drains, says Carter. Japanese research physician Ryoichi Ogawa found that 80 percent of his chronic fatigue patients were frequent users of electromagnetic technologies (*Omega-News*).

Solution: Minimize indoor exposure to EMFs by using land lines with corded phones, power strips and shutting off electricity to nonessential appliances when not in use. “I’ve been preaching this for 20 years,” says Carter. Protecting sleep space is a primary consideration. “Make sure no beds are near electrical outlets and cell phones. Get rid of cordless phones, which are like mini cell towers, right there in the house,” she adds.

The easiest solution, Carter says, is to put bare feet on bare earth for 15 to 20 minutes a day. “It will pull some of that excess EMF charge right off of you.”

Kathleen Barnes is the author of numerous natural health books and publisher at Take Charge Books. Connect at Kathleen@KathleenBarnes.com.

The flu, more accurately called influenza, is a viral infection in the respiratory system that attacks, the nose, throat, and lungs. (A stomach flu isn’t caused by the influenza virus at all. Known medically as gastroenteritis, the stomach flu is caused by a variety of different viruses, resulting in diarrhea and vomiting.)

If you have all the symptoms of a cold plus a temperature of 102 degrees Fahrenheit or more, muscle aches, headache, and extreme fatigue, you most likely have the flu.



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grandfather used this
medicine. He said the
old manglier tree
would cure the plague
and the virus.

- Mrs. Clara B., Mallet, LA

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(minimum 6 treatments recommended)

896-4141

Zerona Treatment Overview

Treatment with the Zerona laser is easy, painless, and care-free. Each session takes less than an hour; the low-level laser is used for a total of 40 minutes. The laser is applied to the targeted area, which is generally a combination of the waist, hips, and thighs, for 20 minutes. The patient then turns over and the very same treatment is applied to the opposite side. The minimum suggested treatment period is two weeks, with three full sessions each week. You should consult your practitioner about the maximum results for your body type, weight, and target loss.



Many patients have described the session as relaxing, and even Zen. Some even try to catch up on phone calls with friends and loved ones as they lay down. You simply lay in a comfortable, stationary position for twenty minutes at a time, in a relaxed environment, while the cold laser does all of the work. Since the Zerona uses cold laser technology, you feel nothing during the procedure. You may feel a bit different and lighter as you exit the treatment center due to the bio-stimulation that begins in your body.

You are always welcome to listen to music, or just close your eyes and rest during the procedure. Listening to white noise such as running water or ocean waves is always a relaxing way to spend the forty-minute sessions. Ultimately, the treatment with a Zerona laser is a stark contrast to traditional methods of fat reduction procedures such as liposuction and gastric-bypass surgery. With Zerona, you can simply lie down, relax, and let the laser do all the work.

The Science Behind Zerona

Four separate histological studies were performed to assess the efficacy of laser in the emulsification (liquefaction) of fat. Scanning electron microscopy (SEM) and transmission electron microscopy (TEM) were utilized to analyze adipose tissue. SEM and TEM images revealed the collapse of adipose arrangements subsequent to laser therapy. The voluminous state of an adipocyte cell is reduced due to the emulsification process. The fatty material is evacuated from the cell and moves into extracellular space. The voluminous nature of adipocytes due to the accumulation of fatty material is what gives rise to an enlarged subcutaneous fat region. Zerona induces the formation of a transitory pore in the membrane of the fat cell. The pore enables the fatty material to seep out across the aperture and into extracellular space.



The Science Behind Zerona

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ECO-FRIENDLY FLOORS

Sustainable Beauty Underfoot

by Avery Mack

Truly good flooring is beautiful, practical and eco-friendly. The best choices may change from room-to-room, as well as with geography, depending on family needs. Here are some key factors to consider for an optimum installation.

Added Value—Hardwood

Wood comes in many colors, polished to a high gloss or textured, and can be refinished when styles change. “Timber used to float downriver to the sawmill and not all of it arrived. We salvage logs from the bottom of the Penobscot River for flooring and other products,” says Tom Shafer, co-owner of Maine Heritage Timber, in Millinocket. “Our wood is as fresh as the day it was cut decades ago.” Cold water preserves the resource and adds a natural patina. Removal of the estimated 700,000 cords of underwater wood will help restore the waterway’s natural eco-system.

Note: Wood can scratch or dent and be susceptible to water damage. Even recycled wood might not be eco-friendly. “Wood reclaimed from manufacturing plants can contain machine oils, harsh chemical residue, lead paint or asbestos,”

explains Shafer. “Know where it came from; follow the chain of evidence.”

High Traffic, Pets, Long Life—Linoleum

Linoleum is made from linseed oil, wood powder, resins and ground limestone. Mineral pigments provide rich color throughout, which prevents paler worn spots. A personalized pattern may include borders using linoleum sheets or tiles. It’s long-lasting, durable, fire-resistant, biodegradable, has no harmful volatile organic compounds (VOC) and repels dirt and dust.

Note: Vinyl, made from unnatural chlorinated petrochemicals, won’t wear as well or last as long as linoleum.

Long-Lasting—Tile

Bottles recycled into glass tile reflect light, brightening smaller rooms like the bath. Long-lasting ceramic or porcelain tile has no VOCs, is easy to clean and won’t host germs, bacteria or dust mites.

Note: Look for lead-free glazed tile. Glass tile may be cost-prohibitive for larger spaces. Most tile can be slick when wet; texturing increases safety.

Child-, Pet- and Elder-Friendly, Warm and Comfy—Cork

Cork is lightweight, flexible and can mimic stone, granite, tile, marble and wood, while providing comfortable cushioning. “Cork assumes the ambient temperature in the room, keeping feet warmer. It holds up to dogs, too,” says Tim Tompkins, a Portuguese Cork Association committee member in Greenville, South Carolina. “Cork is both healthy for the consumer and sustainable for the environment.”

Note: Due to its cushioning nature, heavy furniture or high-heeled shoes may make indentations.

Wood-Like and Sturdy—Bamboo

Bamboo generally regrows in three to five years, is twice as hard as red oak and can be stained almost any color. Edge-grained bamboo, banded together, turns flooring into a statement.

Note: “It’s shipped from Asia and may have formaldehyde glues and durability problems, so shop carefully,” advises David Bergman, a New York City green architect and author of *Sustainable Design: A Critical Guide*.

Long-Wearing Classic Look—Stone

Travertine, limestone, granite, slate and marble are all stone flooring options. Stone can increase home value, has a classic look and is a piece of history that adds to any décor, although it’s not a renewable resource. Cork or non-petroleum-based laminated floors can

give the look of stone without destroying an in-situ natural resource.

Note: Large blocks of stone are cut at quarries and transported to processing plants, cut into slabs and transported to a processor to be cut again, shaped and polished before being shipped to the store—a big carbon footprint.

The Great Imitator—Concrete

Easy-to-clean, durable concrete never needs to be replaced. Small repairs can be patched. Large repairs, such as a broken pipe beneath the surface, may require refinishing the entire floor to match the stain color. Some homeowners have created a faux rug using other stain colors to disguise the repaired area. Finishes can make concrete look like hardwood, painted tile, carpet, marble or granite, including terrazzo options. For an entryway, homeowners can design a custom welcome mat, perhaps incorporating a family crest, monogram or motto. Finishes can be textured to varying degrees to increase foot traction.

Note: Ensure the structure is sturdy enough to bear the extra weight of concrete. It feels cold underfoot in winter and cool in summer. Epoxy coatings don’t let concrete breathe, so any moisture emanating from the concrete slab will be trapped. Test for the moisture-vapor emission rate; problem areas can include sections covered by furniture.

Avery Mack is a freelance writer in St. Louis, MO. Connect via AveryMack@mindspring.com.

FUN FLOOR FACTS

- Mixed and matched floors create a planned flow in an open-concept house. Find fun ideas at Tinyurl.com/FlooringTransits.
- Most carpet is chemical-laden and not so health- or eco-friendly, although there are some exceptions.
- Sustainably produced handwoven wool rugs backed with jute are susceptible to the jute retaining spills and pet odors; its yellow-tan pigment also can color rug fibers. Jute eventually disintegrates, leaving clumps of unsecured wool fibers.
- In Portugal, bark is hand carved off the tree as cork, which is healthy for the tree. Trees are grown on protected land that also benefits insects and birds. NASA, Mercedes and BMW sometimes find cork a lightweight, durable replacement for steel. The Library of Congress has relied on its original cork flooring for 75 years.
- Kinetic energy from people dancing or walking on special flooring can light up the area and send energy back to the grid (see Joycott.com/energy-floors).

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- Boosts metabolism
- Burns FAT
- Stimulates fat release





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

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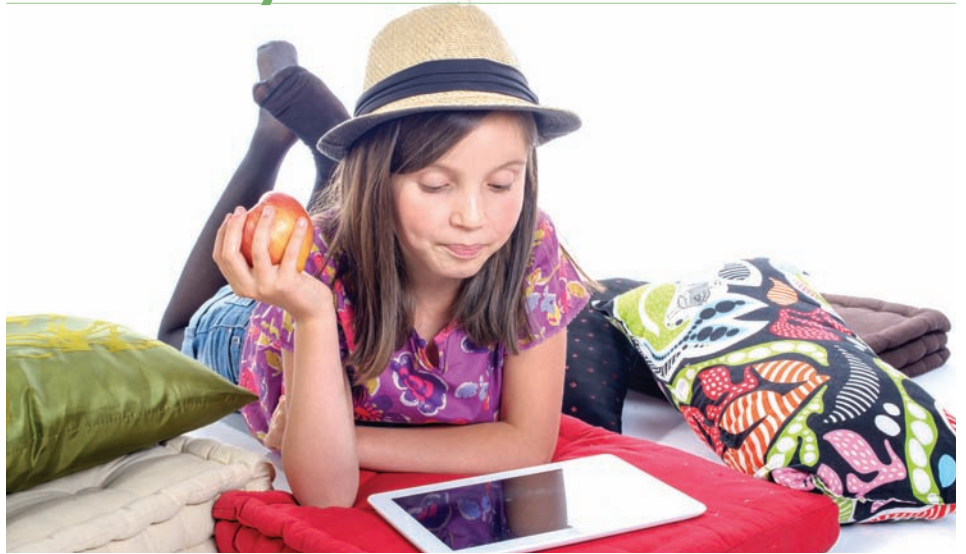
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healthykids



An App a Day Keeps the Doctor Away Keep Kids Engaged in Healthy Living

by Julianne Hale

In today's technology-fueled society, kids spend many hours of their free time staring at smartphones or tablets instead of exploring nature, riding bikes or playing outdoor games with their friends. Rather than just imposing radical reductions in screen time, parents and caregivers can meet youngsters halfway by adding apps to their handheld devices that provide tips on healthy eating, exercise and behavior. Here are five that are fun for kids and promote healthy lifestyle choices.

Super Stretch Yoga HD. Super Stretch is the primary character in this yoga adventure in which players are encouraged to, "Create a peaceful, balanced life by living a NAMASTE mission: Nothing is impossible; Always be honest; Make the world a better place; Act with kindness; Share with others; Trust and believe in yourself; and Enjoy and have fun." Creator and founder Jessica Rosenberg, of Minneapolis, Minnesota, explains, "I translated a curriculum that I've been using for kids into an 'edutainment' app that combines gaming and real-life kids

as characters that bring yoga to life." Players are challenged to master the skills presented by each of the game's 12 main characters, increasing awareness of breathing and other aspects of how the body works, plus promoting self-esteem. *Free in the iTunes App Store.*

If, the Emotional IQ Game. An adventure game inspired by *If*, a well-known poem by Rudyard Kipling, players go on a quest through Ziggurat, a fantasy world where they enlist energy creatures called Vims to rid their avatars of dark energy. Youngsters are challenged to complete missions using emotional language. The character traits required to complete the tasks include patience, teamwork and other skills that help kids build emotional intelligence. *Free in the iTunes App Store.*

Smash Your Food. Nutritionist Marta De Wulf, from Bellevue, Washington, felt compelled to develop her innovative app when she realized that while kids understand that certain foods contain

too much sugar, fat or carbs, they have no idea how the information pertains to them.

The award-winning app “allows children to input their age, gender and level of physical activity to measure their individual caloric need,” says De Wulf. “When they choose a food to ‘smash’ and see that eight grams of sugar cubes are in a can of soda, they’re able to process healthy food information.”

Smash Your Food features audio/video of actual food smashing. “Kids are sensorial and different kinds of learners. It’s more effective than using cartoon images,” she observes. *It’s \$2.99 in the iTunes App Store.*

Oh, Ranger! Park Finder. Instead of vaguely suggesting that kids put down their electronic devices and head outdoors, why not ask them to choose an adventure for the whole family? Using the Oh, Ranger! Park Finder app, kids can search for nearby outdoor recreation areas from a comprehensive database of national parks, state parks, national forests, wildlife refuges, Bureau of Land Management sites and U.S. Army Corps recreation areas. Kids can further seek out specific activities from 20-plus categories that range from birdwatching and hiking to boating and camping. *Free in the iTunes App Store or Google Play.*

Kids Making Healthy Choices. The U.S. Centers for Disease Control reports that rates of childhood obesity have doubled in the past 30 years. This kid- and parent-friendly app is designed to help.

It springboards from San Diego, California’s Merilee Kern’s children’s book of the same title. Embedded via an e-reader, kids can play games, print coloring sheets and explore healthy recipes while parents check out the news section and resource page for links with information for keeping youngsters healthy.

“Surveys show that parents often don’t realize that their child has a weight problem,” notes Kern. “It’s important to discuss this topic within the family, and the app helps facilitate this in a non-threatening, helpful way.” *It’s \$2.99 in the iTunes App Store.*

Julianne Hale writes and edits for Natural Awakenings franchise magazines and blogs about motherhood at AnotherGrayHair.wordpress.com.

Soy Candles



| | | |
|----------|---------------|------------|
| lavender | spearmint | clary sage |
| lemon | cinnamon leaf | tea tree |

NOW AVAILABLE

Healthy Web Edutainment

ZisBoomBah.com. “Parents typically spend 90 percent of their grocery budget on products from the inside aisles of stores,” says Karen Laszlo, founder of this award-winning website, which teaches kids about the value of food in the outside (produce, dairy and meat) aisles and how to choose fresh, whole foods to incorporate into kid-friendly recipes for the whole family.

PBSKids.org/itsmylife. Designed for teens and tweens, this PBS Kids Go! website teaches children to make responsible decisions about pertinent issues, including drugs, alcohol, anorexia and bulimia, and how to objectively view celebrities, dating and the challenges of puberty. Visitors can find reliable, accurate information about subjects they may not be comfortable discussing with adults or peers.

NPS.gov/WebRangers. The National Park Service online Web Rangers program enables kids to create a customizable ranger experience and discover national parks and historic sites around the country.

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Alkalize your body with GREEN WATERS



wisewords

Louise Hay on Loving Yourself to Ageless Health

by S. Alison Chabonais

A renowned leader of the self-help movement from its early days, Louise Hay is celebrated worldwide for teaching—by personal example and through her bestselling book, *You Can Heal Your Life*—how each of us can transform our mind, body and spirit by changing the way we think. Her positive philosophy has sparked an industry and her Hay House publishing group.

Nourishing mind and body, loving life, learning and growing, giving back and moving ahead—these comprise Hay's program for creating health, happiness and longevity. At 88, she continues to travel for business and pleasure, embracing vital, joy-filled days with a thankful smile. Her new book, *Loving Yourself to Great Health*, co-authored with Ahlea Khadro and Heather Dane, explains how she's taking all she knows to the next level.

Why does first applying love and forgiveness to yourself make a happy, healthy and long life possible?

Loving yourself is the foundation for living the life you want. A healthy and happy life is rooted in self-love, and forgiveness is an act of self-love. It all comes down to how you think and treat yourself. What we give out we get

back, so it all starts with us. Remember, no matter what the problem is, there is only one answer: loving yourself. Start with small steps and be gentle. If you start there, magical things will happen.

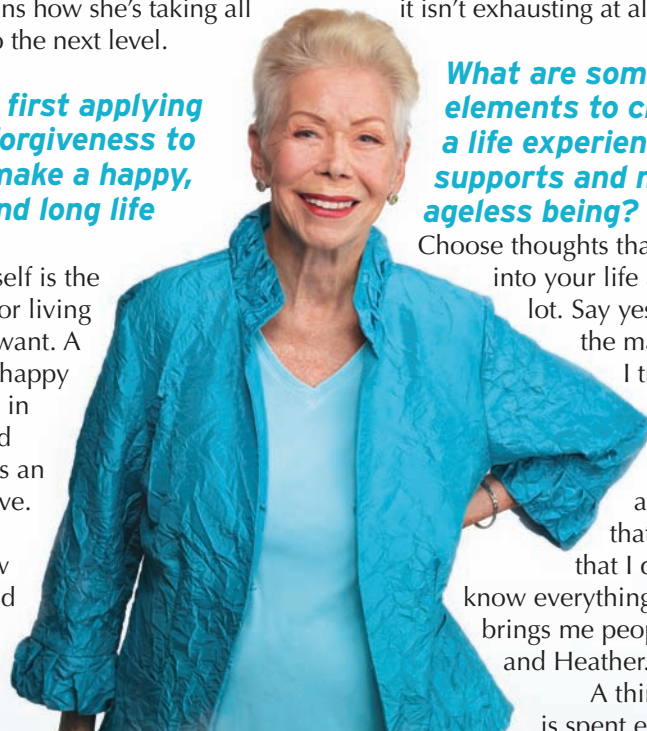
How do you manage to engage in a stream of loving affirmations 24/7?

Practice, practice, practice! Slowly, bit-by-bit, start each day with a loving act towards yourself. Loving affirmations and worrying about things take up the same amount of time; you still get the same things done along the way, but worrying creates stress, while affirmations will brighten your life. It can be exhausting if you fight the shift and make it difficult. If you make kindness to yourself and others a simple part of everyday life, it isn't exhausting at all.

What are some key elements to crafting a life experience that supports and nourishes ageless being?

Choose thoughts that bring love into your life and laugh a lot. Say yes to life and the magic it brings. I trust that life will bring me exactly what I need, and part of that is realizing that I don't need to know everything, because life brings me people like Ahlea and Heather.

A third of our life is spent eating, and



it's essential that we know the best way to do this. Start your day with water and an act of self-love. Eat real food; seasonal, organic, natural foods are a positive affirmation to your body. Poop every day, figuratively and literally. Learn to listen to your body and its wisdom. Choose exercise that you love and that makes you feel good.

Also, go on a media diet. Filter out from your consciousness any messages that say you are not good enough or that separate you from the beautiful and lovable person you are. Surround yourself with like-minded people that share good news and love to laugh.

The core belief founding your lifework is that every thought we have is creating our future. Is scientific research now supporting that?

When I began teaching people about affirmations, there wasn't any science to support it, but we knew it worked, and now studies verify that. I particularly love Bruce Lipton's scientific research showing that we are not controlled by our genes because the genetic blueprint

can be altered through positive changes in our beliefs.

I hear reports every day of how people are healing their lives by changing their thoughts through cultivating self-love and personal affirmations. They are seeing healing of autoimmune diseases, obesity, addictions, post-traumatic stress and many other so-called incurable illnesses. It's amazing what happens when you are kind and loving to yourself.

What is your secret to aging gracefully through the years?

It's simple. It's about getting your thoughts and food right and having fun along the way. If you are thinking positive thoughts but feeding yourself processed, unnatural or sugary foods, you are sending yourself mixed messages. Feed yourself nourishing foods and think loving thoughts. Any time you don't know what else to do, focus on love. Loving yourself makes you feel good, and good health comes from feeling good.

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

GREEN WATERS

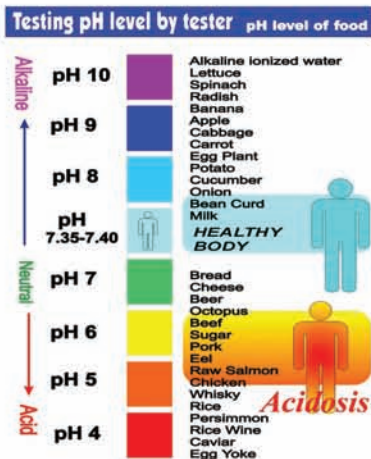
Pure Alkaline Water

Why do I have so much abdominal fat?

“In a defensive maneuver, the body creates fat cells to carry acids away from your vital organs to try to protect them. When you eat and drink a more alkaline diet your body will not need to produce more or keep additional fat cells.”

~Dr. Steve

Weight also causes additional strain on the body, strain that can produce more acid. (And then more fat...it goes on and on).



Acid or Alkaline

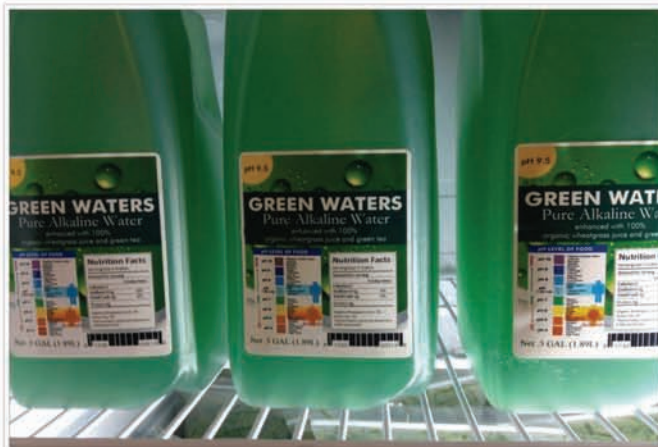
The more we learn about our bodies, the more we will discover the importance of maintaining pH balance for good health.

pH is a measure of the balance between positively and negatively charged ions in the body fluids, i.e. blood, urine and saliva. The “p” stands for “potenz” (this means potential to be) and the “H” stands for Hydrogen.

A lower pH value (below 7) indicates that body fluid is on the acidic side. A higher pH value (above 7) indicates alkalinity. A pH of 7.0 is considered neutral and is the pH value of distilled water.

If your pH is too acidic, your body borrows minerals-such as calcium, magnesium, potassium and sodium-from vital organs and bones to neutralize the acid and remove it from the body. Unfortunately a considerable amount of these minerals will simply be lost in the urine, contributing to the development of osteoporosis and other diseases

When you create a healthy pH, you create a significantly more disease-resistant body. A clinical study at UCLA of more than a thousand people found that those who were healthiest had a pH of approximately 7.46.



CANCEROUS CELLS

Cancer cells are once-healthy cells that have become cancerous. And they are a symptom of acidity. That is, when healthy cells are corrupted by dietary and metabolic acids, they can become cancerous. The more acid we have in our bodies, the greater the risk of developing cancerous tissue.

Healthy cells in the human body thrive in mild-, moderate- and high-pH fluids (7.3 to 11 pH). They do not tolerate even a mild acid state. Cancerous cells, on the other hand, thrive in an acidic pH of 5.5.

Cancerous cells become dormant at a pH slightly above 7.365, and transform back to the microzyma or die at a pH of 8.5 (while healthy cells live).

Prevention is the best cure, though the best ways to prevent cancerous conditions will also reverse the symptom if you already have a cancerous condition. Better you should never get that far!

Treatments such as surgery and chemotherapy do nothing to support the immune system or prevent buildup of acids in tissues. That’s why cancerous conditions so often come back-nothing has been done to change the conditions that started them-acid!

“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.

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Interval Training Knocks Down Blood Sugar

Exercise Bursts are Fast and Effective

by Lisa Marlene

Labels may vary, but results are what count. Whether called high-intensity intermittent exercise (HIIE), interval or burst-style training, recent research proves that this form of exercise improves insulin levels. This is promising news for the estimated 50 million American adults that have abdominal obesity and are on the path toward metabolic dysfunction due to a high-sugar diet that causes spikes and crashes in blood sugar levels and eventually contributes to insulin resistance.

According to a recent study published in the *Journal of Obesity*, the benefits of doing HIIE at least three times a week for two to six weeks include reduction of abdominal body fat, improved aerobic and anaerobic fitness and lower levels of insulin resistance.

In a separate study, Norwegian researchers examined the impact that different types of exercise programs had on individuals seeking to reverse metabolic dysfunction, an overall chemical imbalance largely attributed to insulin resistance. They concluded

that despite producing similar effects on body weight and blood pressure, the aerobic interval training group also showed greater improvement in insulin sensitivity, aerobic capacity and high-density lipoprotein (HDL, or “good” cholesterol) than those performing continuous moderate exercise. They also exhibited lower blood glucose (sugar) levels.

Another beneficial HIIE characteristic is that it involves markedly fewer exercise repetitions and less training time. JJ Virgin, a fitness and nutrition expert and author of *The Virgin Diet*, recommends incorporating burst-style and resistance training for fast, lasting fat loss and improving insulin resistance. Best of all, you can do these exercises in minutes a day.

“Burst exercise means working out in short intense bursts of 30 to 60 seconds, coupled with one to two minutes of active recovery time, moving at a lower intensity that allows you to catch your breath and lower your heart rate,” she explains.

Two easy examples of this are sprinting to burst and then walking to recover, and running up stairs to burst, and then walking down them to recover. "This should be repeated for a total of four to eight minutes of high-intensity bursts per session. Overall, this will take 20 to 30 minutes," says Virgin.

She notes that the increase in stress hormones that occurs during HIIE

are counteracted by the simultaneously raised levels of anabolic-building hormones. "Short bursts train the body in how to handle stress and recover. Repeated intense bursts raise the lactic acid level, which in turn raises growth hormone production and supports fat burning. The research is clear that the more intense the exercise, the bigger the metabolic benefit is afterward."

The Skinny on Glycemic Foods

by Kathleen Barnes

Those wanting to reduce carbohydrate intake by eating foods with a low glycemic index based on their impact on blood sugar levels might consider using newer tables that instead measure glycemic load, suggests New York City Registered Dietitian and Nutritionist Susan Weiner.

She explains that the glycemic index only considers how quickly sugars from food are released into the bloodstream. The glycemic load charts a more accurate accounting of the amount of carbohydrates in an actual serving, rather than the 50-gram (1.76-ounce) portion used in calculating a food's ranking on the glycemic index scale of 1 to 100.

"Glycemic load is a better indicator of how a carbohydrate food will affect blood sugar in realistic portions, especially in combination with other foods, including proteins and fats," advises Weiner.

Here are a few compelling comparisons:

| Food/Snack | Glycemic Index | Glycemic Load |
|-----------------|-----------------|------------------|
| Carrot | 35 (low) | 2 (low) |
| Watermelon | 72 (high) | 4 (low) |
| Graham crackers | 74 (high) | 14 (medium) |
| Baguette | 95 (very high) | 15 (medium) |
| Snickers bar | 51 (medium) | 18 (medium high) |
| Cornflakes | 93 (very high) | 23 (high) |
| Baked Potato | 111 (very high) | 33 (high) |

For an expanded rating of food items, visit Tinyurl.com/Glycemic-Load-Factor.

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inspiration



by Elizabeth Lombardo

Does it sometimes feel like if we can't do something perfectly, why should we bother doing it at all? Perfectionism feeds on such an all-or-nothing approach in following rigid self-imposed rules that can sabotage relationships, health and happiness.

Instead, try adopting a "better than perfect" mindset that embraces life's imperfections without guilt or shame. A clean enough house or a good enough job is in many ways better than perfect. Here are helpful approaches to reframe the internal discussion.

Remember what matters. In planning a big birthday party for her husband, one wife was so stressed trying to manage every detail that she had to stop and ask herself: What is most important—having everything look perfect, or having a fun party they would enjoy and remember for the rest of their lives? Thinking about our values keeps things in perspective and perfectionism in check.

Perfection isn't likable. We often try to be perfect to gain other people's attention and approval, but no one wants to be around a person trying to be someone they aren't.

No one's life is perfect. Social media often present idealized versions of people's lives. Few post about fighting with their partner or coping with an unhappy infant; we most often hear about vacation

adventures and baby's first word or step. We can avoid feelings of dissatisfaction by avoiding comparisons with others.

It's not failure, it's data. Rather than personalize a perceived failure, take it on as an opportunity. If a New Year's resolution to work out more isn't kept, ask why: Is the exercise location too far away or is the class schedule inconvenient? It feels better to adopt a more successful strategy than to beat ourselves up about falling short.

Perfectionism is a treadmill. People often think, "I'll be happy when I weigh this or achieve that," always seeking the next level of self-improvement. Appreciating who we are right now is a path to happiness.

Perfectionism is a learned behavior, and anything learned can be unlearned at any age. As we continue to strive for excellence, we can learn to embrace what's good.

Take a perfectionist self-assessment quiz at Tinyurl.com/PerfectionismQuiz.

Elizabeth Lombardo, Ph.D., is a clinical psychologist and the author of *Better than Perfect: 7 Strategies to Crush Your Inner Critic and Create a Life You Love plus A Happy You: Your Ultimate Prescription for Happiness*. Connect at ElizabethLombardo.com.

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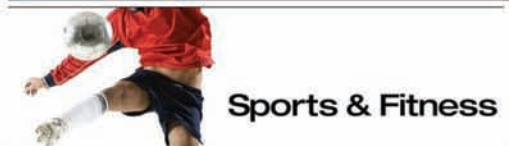
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PET ANESTHESIA

How to Make it Safe and Easier on Everyone

by Shawn Messonnier

Many pet parents and some veterinarians have an unnecessary fear of animal anesthesia. Addressing some misconceptions about this common medical procedure can be helpful, particularly in regard to older pets.

Myth #1: Anesthesia is Dangerous

Modern anesthesia has evolved into a safe medical practice since it was introduced in 1799 and uses much safer drugs than earlier versions. Still, all medications need to be approached cautiously for the welfare of all individuals connected to its use. Both injectable anesthetic drugs and inhalant anesthetic drugs (gases) can be used safely if properly chosen for a specific condition, accurately dosed and continuously monitored.

Myth #2: Grogginess is a Given

When a high-quality medication is properly administered, a groggy state

lasting from several hours to a day or more following a procedure shouldn't occur. Lower-quality anesthetic drugs injected during discounted spaying and neutering procedures may produce such prolonged recovery periods.

It's safer to use a high-quality, quick-acting, short-term injectable anesthetic, followed by gas anesthesia for anesthetic maintenance, during surgical procedures, including for spaying and neutering. Patients wake up quickly following surgery and can be sent home fully awake soon afterwards.

Myth #3: A Pet is Too Old

No pet is too old for proper medical care. Because older pets don't metabolize some drugs as well as younger ones, the correct anesthesia must be chosen for the pet's age and current state of health or medical problems. Too often, pets haven't received proper care, especially dental cleanings and tumor removals, because their current veterinarian has deemed them too old for anesthesia.

Both the family and the veterinarian need to feel comfortable with treatments. Ask questions before submitting an animal to any anesthetic or surgery or other medical procedure. Talk with the veterinarian about using this gentle, natural approach to help relieve any concerns if a pet needs sedation or anesthesia.

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

PRINCIPLES OF HOLISTIC ANESTHESIA

by Shawn Messonnier

- Each patient is unique and has unique anesthetic needs.
- Giving the least amount of anesthesia needed ensures the safest possible procedure.
- Analgesics are used to minimize discomfort and meet anesthetic needs.
- Some anesthetic drugs may be used to minimize the depth of anesthesia obtained.
- Light levels of anesthesia are preferred for minimally painful procedures.
- Carefully monitoring the patient during anesthesia helps ensure a good outcome.
- Patients should wake up from anesthesia immediately following the procedure.
- Patients are sent home immediately following anesthetic recovery.
- An older pet can be safely anesthetized by a holistic vet as part of its anti-aging care.

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| Tuesday | 5:30-7:00 | Tuesday | 10:00-11:30 | Tuesday | 10:00-11:30 | Tuesday | 5:30-7:00 |
| Wednesday | 5:30-7:00 | Wednesday | 10:00-11:30 | Wednesday | 10:00-11:30 | Wednesday | 5:30-7:00 |
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calendarofevents

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

GET YOUR CALENDAR ITEMS PUBLISHED
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Saturday January 10

Bag Mat Ministry Workshop – 9am-2pm. Learn to make sleeping mats for the homeless from recycled plastic shopping bags. Bring a bag lunch and stay for the day, or stay just for an hour. A great project for youth service groups. Free. Grace Presbyterian Church, 518 Roselawn Blvd, Lafayette.

Monday January 12

To Heaven and Back – 7pm. Listen to guest speaker, Mary Neal, MD, board certified orthopedic spine surgeon, tell her remarkable story of her life's spiritual journey. Neal shares all that happened as she moved from life to death to eternal life, and back again. Dr. Neal reacquaints everyone with the hope, wonder and promise of heaven while enriching faith in God. \$15-25. Heymann Performing Arts Center, 1373 S. College Rd, Lafayette.

Tuesday January 13

Homebuyer Workshop – 6-8pm. Learn about the home buying process. Presentations by local professionals in the real estate field: Gary Breaux, Vice Pres., Teche Bank & Trust; Rene D. Guidry, attorney at Boyer, Herbert, Abels & Angelle; Pete Montero, realtor, Re/Max Acadiana; and Charles Carew, licensed Louisiana home inspector #10771. Free. Pre-registration appreciated. Charles Carew. Baby's Coffee, 282 Rees St, Breaux Bridge. 337-332-5828. CarewInspect@centurylink.net.

In Your Own Backyard: Allons au Bal – 6:30-8:30pm. On the back porch of the Beau Bassin house experience a traditional bal de maison and learn about the social context for the community gatherings, and dance to the music of Grammy nominated Feufollet. Food and drinks are available for purchase. Free. Co-sponsored by CCET and the Vermilionville Foundation, with support from the Louisiana Division of the Arts and the Acadiana Center for the Arts, Vermilionville, 300 Fisher Road, Lafayette. 337-482-1320.

Thursday January 15

Ballet Memphis – 7:30pm. The world-renowned ballet company takes the stage to present "The River Project", a project inspired by the Mississippi River. Identified as a "national treasure" by the Ford Foundation, Ballet Memphis produces more beautiful, original work than any other company of its size and breathes new life into classical ballet. \$15-67. Heymann Center, 1373 S. College Rd, Lafayette. business office: 337-291-5540 ticket office: 337-291-5555. AcadianaCenterForTheArts.org/ballet-memphis#sthash.uLpX84xS.dpuf.

Saturday January 17

Scrapbooking with Friends – 10am-5pm. Learn scrapbooking techniques while making friends. Register in advance in order to have a work space reserved. Register with Paula. 809 E. Northern Ave, Crowley. 337-783-5473. ScrapbookingWithFriends@gmail.com.

Mike Super Magic & Illusion – 2pm & 7pm. Through spectacular illusions and inimitable down-to-earth style and personality, Mike Super has pioneered a new form of magic that transcends. Join the journey of emotions from laughter, intrigue, danger, fear, wonder, anticipation, tears and sentimentality that only Mike Super delivers. \$25 advanced and \$30 week or event. The Historic Delta Grand Theatre, 120 S. Market St, Opelousas. 337-407-1806. DeltaGrandTheatre.com.

Monday January 19

Martin Luther King Jr. Day Celebration – 1-5pm. Celebration honoring African/American pioneers. West End Park, 201 Gilbert St, New Iberia. 337-369-2337.

Tuesday January 20

March for Life – 5:30pm. Pray for an end to abortion and all pro-death activities in our nation and in our world. The evening includes a silent Eucharistic procession from Grotto on Main St, to St. Peter's Church, a mass for life with celebrant Fr. Nicholas Dupre and a five day rosary congress to follow. 337-369-3816. Free. St. Peter's Catholic Church, 108 E St. Peter St, New Iberia.

Blues Brothers Revue – 7:30 pm. Wayne Catania and Kieron Lafferty as Jake and Elwood, recreate a live concert experience, integrating the humor and songs from the original film and albums. Produced by Judy Belushi Pisano and Dan Aykroyd, the event pays homage to Chicago's rich history of blues, soul music and gospel in the spirit of the original Blues Brothers. Fun for all ages. \$37-53. Heymann Center, 1373 S College Rd, Lafayette. Business Office: 337-291-5540 Ticket Office: 337-291-5555.

Wednesday January 21

10th Cinema on the Bayou Film Festival – All day. Thru Sun Jan 25. An annual five-day film festival held at various venues in Lafayette. Nationally and internationally acclaimed narrative fiction and documentary films and filmmakers with truly original voices are showcased in the heart of Cajun and Creole country.

\$15. Acadiana Arts Council. Acadiana Center for the Arts, Lafayette. CinemaOnTheBayou.com.

Saturday January 24

Louisiana MILE – 8am. A one mile event with 4 wave starts allowing each wave to watch and cheer on the other groups. The 1st wave of elite runners capable of running a 6:30/mile or better. The 2nd wave is a fun run and new milers with estimated times of greater than 10 minutes. The 3rd wave of runners 30 years of age and younger with a time greater than 6:30/mile. The 4th wave of runners 31 years of age and older with a time greater than 6:30/mile. \$15. Chase Towers Parking Lot, Jefferson St, Lafayette.

Program Vigilantes on the Bayou – 10am & 1pm. Re-enactors portraying American vigilantes and Acadian anti-vigilantes set up mock campsites, and engage in cooking, civilian, and military demonstrations, including the firing of black powder weapons. The event will culminate in two mock engagements between the groups. \$4. Longfellow-Evangeline State Historic Site, 1200 N. Main St, St. Martinville.

The 2nd annual St. Jude Chili Cook-off – 11am. Enjoy all you can eat chili. Serving will start at 11am. and awards given at 1:30pm. St. Jude Children's Research Hospital in Memphis, TN. \$5. Cajun Harley-Davidson, 724 I-10 S Frontage Rd, Scott.

Black, White and Read All Over Mardi Gras Ball – 7pm-12am. Black, white and red themed attire and even costumes that fit the theme are highly encouraged. The night includes a meal and entertainment. Tickets \$30 per person for Daily Advertiser subscribers and \$40 non-subscribers. Cajundome Convention Center, 444 Cajundome Blvd, Lafayette. theadvertiser.com/insider/events/2014/12/10/theadvertisercominsider/19902051/.

Wednesday January 28

In The Mood: A 1940's Musical Revue – 2pm & 7:30pm. A retro 1940s revue featuring the In the Mood Singers and Dancers with the String of Pearls Big Band Orchestra. In the 1940s, the combination of up-tempo big band instrumentals and intimate, romantic ballads set the mood for a future filled with promise, hope and prosperity. \$26-53. Heymann Performing Arts Center, Lafayette.

Friday January 30

Eunice Art Walk – 7pm-9pm. Enjoy music, refreshments and culture. Niche Artist Gallery & Studio and the Eunice Community Art House host its second art walk, amongst local shops, eateries, and a cafe displaying local art work. View truly unique pieces including bird houses, china baroque handmade jewelry and photography at this rotation of new artist and their art work. Downtown Eunice, 211 S 2nd St, Eunice. 337-466-7114. EuniceCommunity-ArtHouse@gmail.com.

Red Hot Vixens & Villains Mardi Gras Ball – 7pm-1am. Red formal attire and even themed costumes are encouraged. Table decorating contest, costume contest, along with the hippest New Orleans party band, MoJEaux, will provide the music for dancing and passing a good time with party people that love the Mardi Gras season. EventBrite.com for pricing. The Petroleum Club's La Marquise at Parc Lafayette, 1925 Kaliste Saloom Rd, Lafayette.

Saturday January 31

9th Annual Gumbo Cook-off 8am-5pm. Live music, a kid's activity area, both silent and live auctions, food, drinks, dancing and lots of gumbo. Contestant cook-off entrance fee \$50. Prizes are awarded for first place champion, second and third place. A specially designed gumbo cook-off champ paddle to pass from reigning last year's champ to the new contender. Winners announced at 4pm. Free event. Proceeds to benefit a local child and family who are burdened with medical related expenses. Frank's Downtown and Pride Doran Law Firm, Corners of Landry Street and Oak Street-603 E. Landry Street, Opelousas. Jason Huguet 337-331-2837 or Tim Marks 337-658-1108. gumbocookoff@yahoo.com.

4th Annual Cherokee Chase 5k/10k Trail Race – 8:30 & 9am. A unique trail race through the beautiful Cherokee Ridge Horse Farm. The course goes through pastures, woodland trails, and even a few small hills. A great trail for both beginners and experienced trail runners. Refreshments and awards follow the race. \$30 in advance. \$35 race day. \$5 kid's half mile trail fun run. To benefit the Acadiana Therapeutic Riding Organization (ATRO). Cherokee Ridge Horse Farm, 200 Flying W Rd, Carencro. LafayetteFitness.org or AcadianaTherapeuticRiding.org.

2015 Cornucopia Ball –7pm. The theme for the 2015 year is "Traveling the USA". The dress rehearsal will be held on Fri Jan 30 at 7pm. \$15.00/person or \$125/table for 8. The Creole Farmer's Market Committees. Brenda. 337-789-3592. Cade Community Center, 1688 Smede Hwy, St. Martinville



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ongoing events

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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.

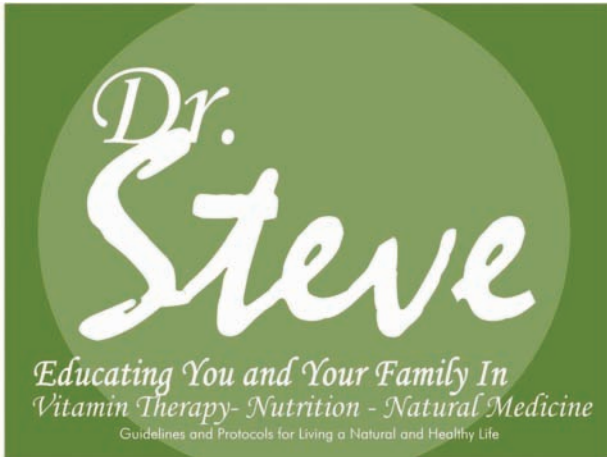
- The gastrointestinal system comprises 75% of the body's immune system.
- There are more neurons in the small intestine than in the entire spinal cord.
- It is the only system in the body that has its own, independently operating nervous system, called the enteric nervous system.
- If you stretched 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

Naturopathic Doctors

Natural Medicine

“finding the root cause”



DR. STEVEN T. CASTILLE, BSc, Ms, DNM
naturopathic medicine

Biochemist, Clinical Herbalist and Doctor of Natural Medicine

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

Naturopathy is a form of alternative or complementary medicine.

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

The Basics of Naturopathy

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

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

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

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

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

Traditional Naturopaths

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

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

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

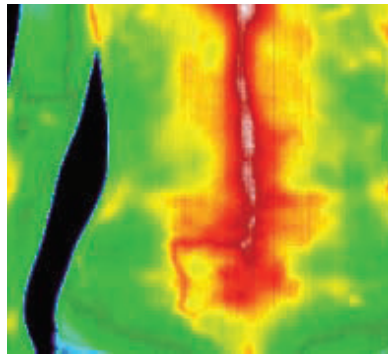
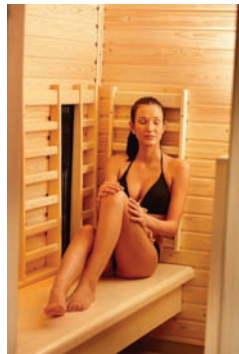
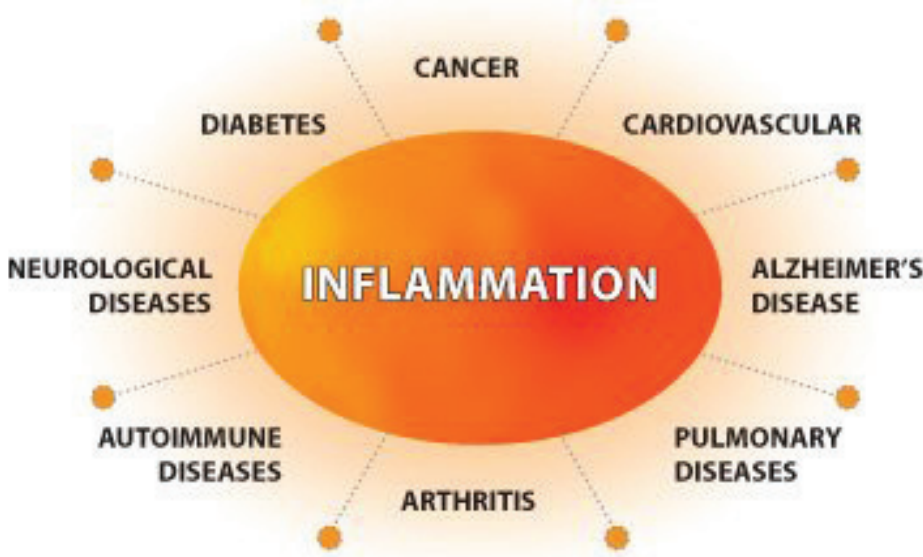
Is Naturopathy for Me?

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

What Can I Expect?

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

the natural path



- Natural Medicine
- Naturopathic Health Care
- Zerona Fat Reduction
- Whole Foods Nutrition
- Hydro Massage Therapy
- Infrared Sauna Therapy
- Whole Body Vibration Therapy
- Nutrient Hydration Therapy
- Thermography Medical Imaging
- Micro-nutrient Testing
- Vitamin Therapy
- Bioidentical Hormone Therapy
- Menopause/Women's Health
- Cancer Prevention
- Detoxification
- Dermosonic Cellulite Reduction
- Vibrational Healing

Call to schedule your office visit:

337-896-4141
337-347-4141



Tre' Gradnigo
Natural Health Consultant



Kimberly Rasmussen
Licensed Massage Therapist



Brooke Thevis
Health Consultant



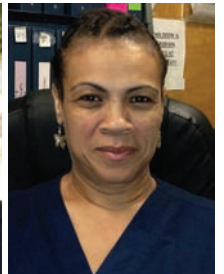
Simone Hebert
Health Coach



Megan Reed
Thermography Tech



Martha Francis
Office Assistant



Jennifer Arvie
Registered Nurse

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)



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

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.

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

Folic Acid

Vital nutrition for heart-health and more! Folic Acid not only delivers valuable protection for the cardiovascular system by helping neutralize homocysteine, it also plays an essential role in prenatal nutrition. According to the U.S. Public Health Service, a healthful diet supplying 400 mcg of folic acid per day may reduce a woman's risk of having a child with birth defects of the brain or spinal cord.



.....\$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 Complex 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.

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

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.

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

Amino Complex



Amino acids are the individual building blocks of every protein. Our body's structure, tissues, and functions would not be healthy or the same without them. We use the 22 existing amino acids to assemble over 1600 proteins that are involved in numerous bodily functions. Although some amino acids are produced by

our body, we have the responsibility of supplying our body with 9 of the 22 amino acids that are "essential". Essential amino acids need to be supplied by our diet. Liteon Natural created the Amino Acid Complex to make it easier for you to meet your body's needs.

.....\$35.00

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

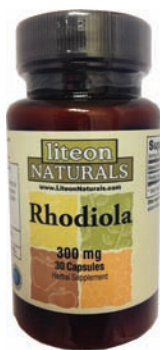
Maca



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

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.

Price: \$18



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.

Price: \$15



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.

Price: \$15



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.

Price: \$15



Lime

Derived from the citrus fruits found on evergreen 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.

Price: \$15



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.

Price: \$15



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.

Price: \$15



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.

Price: \$15



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.

Price: \$15



Lemon

Lemon is a wonderful and effective cleanser with many antiseptic properties. Almost tingling 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.

Price: \$15



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.

Price: \$15



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.

Price: \$15



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.

Price: \$15



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.

Price: \$18

ESSENTIALS OILS
Available at

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

Holistic Body Treatments

Full Body Detox

Are you thinking about trying to detox but are unsure exactly what the benefits may be? When done correctly — that is to say, in a healthy, safe and controlled environment — getting your body clean and healthy can result in a wide range of positive effects. Here are the benefits of detoxing.

Remove toxins from the body.

Long-term exposure to toxins (environmental pollutants, cancer-causing chemicals, preservatives, pesticides, heavy metals, and industrial waste) affects our metabolism, behavior, immune system, and leads to disease. They are stored in tissues and cells throughout the body, including the brain, often for years.

Prevent chronic disease.

Environmental toxins are responsible for many cancers, neurological diseases, heart disease, strokes... you name it. Our bodies do have a built-in detox function to deal with these dangers, but those systems are constantly overloaded! Detoxing assists and improves what our bodies are trying to do naturally.

Enhance immune system function.

A compromised immune system makes us vulnerable to colds and flus, affecting our quality of life and productivity. Regular detoxing helps strengthen immune system functioning and fights off infection.

Lose weight.

Toxins affect the body's natural ability to burn fat, leading to weight gain. Diabetes, heart disease, and high blood pressure are directly linked to weight issues. Detoxing rids the body of toxins stored in fat cells and increases metabolism.

Slow premature aging.

Detoxing rids the body of free radicals and heavy metals partially responsible for aging. Detoxing helps to increase nutrient absorption, including antioxidants and vitamins that help fight oxidative stress.

Improve quality of life.

Simply put, our bodies don't function very well when they're loaded with toxins. We may have joint pain, headaches, digestive disorders, sleep problems, and lack of energy. Depression may be eased and memory may be improved as a result of detoxification.

Increase energy.

You will have more mental, physical, and emotional energy after detoxing. People tend to sleep better and need less of it.

Improve skin quality.

Diet and environmental toxins undeniably affect skin. Detoxing improves acne, and strengthens hair and nails, and gives us a natural, healthy glow.

Mental and emotional clarity.

When the body's systems are aligned, a shift also occurs with our mental and emotional states. We can deal with more when we're clear and grounded. We can make better decisions, analyze accurately, and see things differently.

Restore balance to our body's systems.

Our digestive, nervous, and hormonal systems were designed to work together to achieve optimum health. This is what our bodies want to do! When we overload them with toxins and unhealthy foods, these systems don't work as well as they should and we get sick.

Detoxing brings balance back and helps our systems function properly again.

Bliss Full Body Detox

Begin this treatment with a 10 minute lymphatic drainage using full-body vibration exercise.



Next you will go to a warm ion foot detox bath for 30 minutes. Continue with a 60 minute hydro-water massage with lavender aromatherapy treatment for 30 minutes. End with a full-body infrared heat sauna treatment while meditating to therapeutic soundscapes and tea tree aromas.

..... 2.5 hours \$245

Massage Therapy Detox

The rhythmic strokes and pressure applied to muscles, tissues and organs during massage therapy help stimulate the circulatory system. It works sort of like a sponge: When pressure is applied to the tissue and fat, toxins are literally "squeezed" out from in between the muscle fibers and cells. They're released into the circulatory system for easier elimination.



..... 1 hour \$69

Ion Foot Detoxification

Your feet are placed in a tub of water, which acts as a conductor, and a special device called an array is placed between your feet. The toxins enter your blood stream and as they circulate through your body, they are attracted to the charges of the array and exit your body through the pores in your feet. You feel nothing, just a very relaxing foot soak. It is a great complement to any detoxification or cleansing program.



..... 30 minutes \$45

Alternative • Complementary • Holistic Services

www.DrSteveCastille.com

www.NaturalHealthCentersOnline.com

www.CaribbeanCampground.com

Liteon 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

DETOX THE BODY

Ionic Detox Foot Bath

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

Top Reasons to Ion Detox

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

Why You Should Ion Detox

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

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

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

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

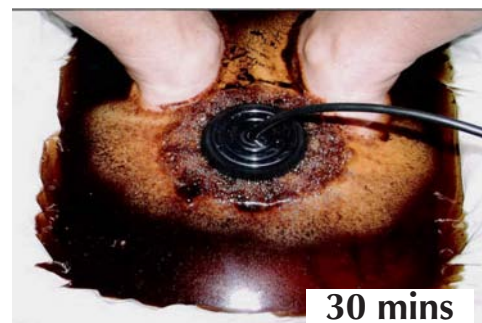
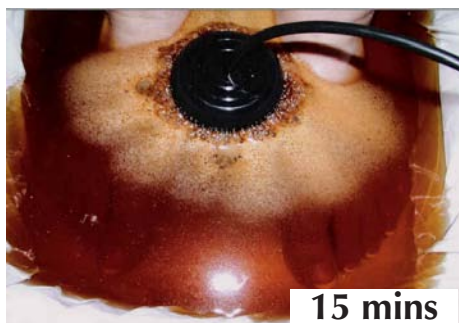
A study by the British Medical Journal said that 75% of cancers are caused by environmental and lifestyle factors. The Columbia University School of Public Health estimates that 95% of cancers are caused by diet and environmental toxicity. Heavy Metals and chemical toxins weaken the immune system and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

Why Ion Detox Works

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

A Higher Acidic pH Can Cause Such Problems As

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



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

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

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

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

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

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

Who should use the Ion Foot Cleanse?

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

Who should NOT use Ion Foot Cleanse?

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

How frequently can the Foot Detox be used?

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

How are toxins eliminated?

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

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

Why does the water change color?

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

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

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

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

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

References:

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

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

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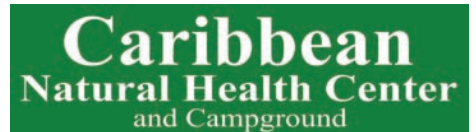
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NATURAL HEALTH PRODUCTS

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

LOOK CLOSELY

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



Pain & Inflammation Enzyme
Helps control inflammation....\$30.00

**CURE THE INFLAMMATION
CURE THE DISEASE**

The **RED**
is inflammation



How Inflammation Affects the Body

BRAIN

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



SKIN

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



CARDIOVASCULAR

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



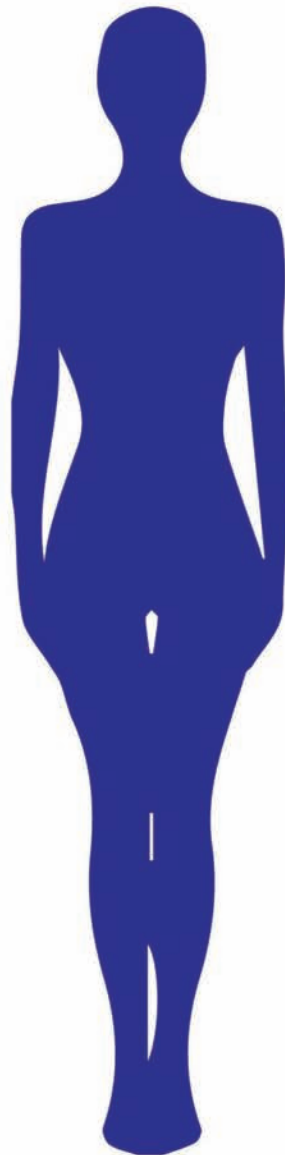
KIDNEYS

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



BONES

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



LIVER

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



THYROID

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



LUNGS

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



GI TRACT

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



MUSCLE

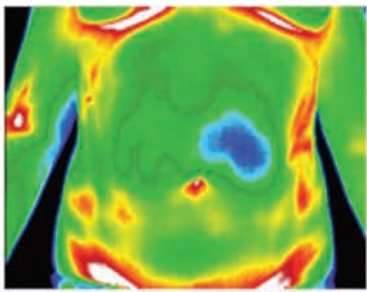
Inflammatory cytokines can cause muscle pain & weakness. Can manifest as carpal tunnel syndrome, or polymyalgia rheumatica, to name a few.



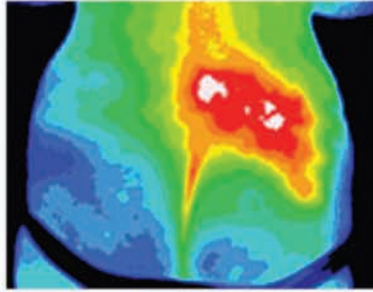
Thermography Medical Imaging

WE WILL FIND THE INFLAMMATION

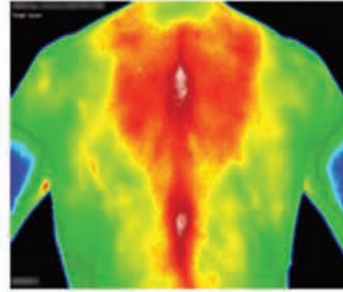
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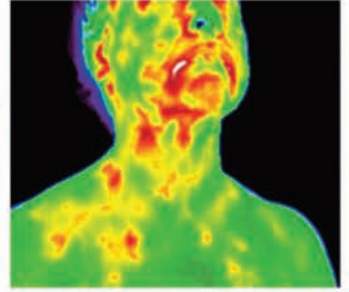
Hypothermia in the Stomach



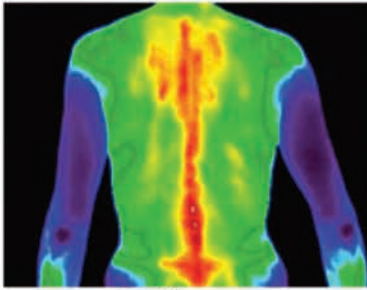
Shingles



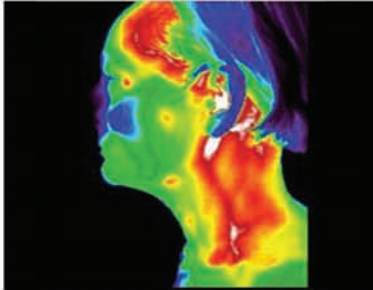
Lung Cancer



Periodontal Disease



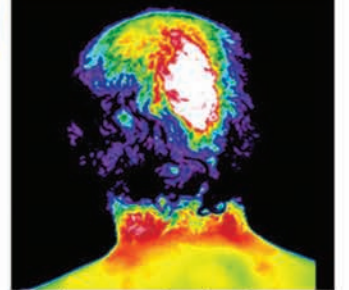
Spinal Inflammation



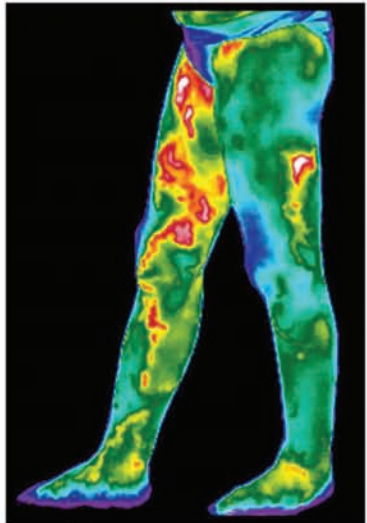
Carotid Artery Inflammation



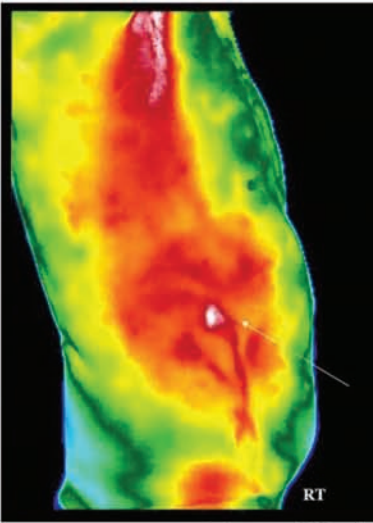
Poor Circulation Left 4th & 5th Finger



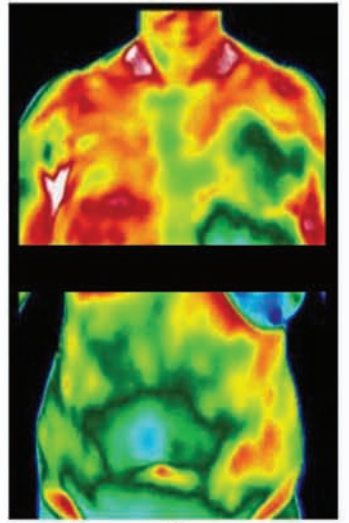
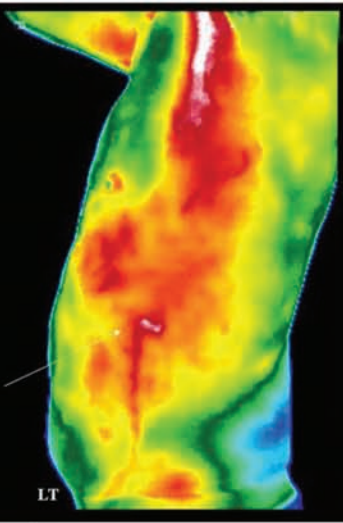
Melanoma-Scalp Cancer



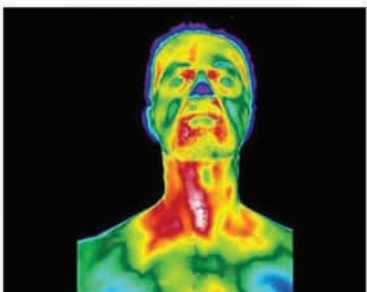
Varicose Veins



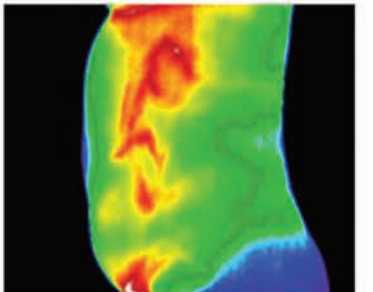
Bilateral Kidney Stones



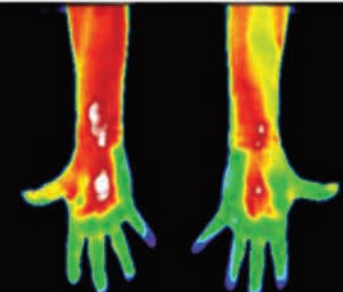
Breast Cancer



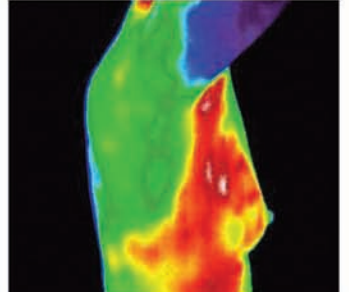
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



Lymphatic Congestion

\$94 Full-Body Thermography Screening



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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

namaste'



I honor the place in you where the entire universe resides, I honor the place in you of Love, of Light, of Truth, of Peace. I honor the place within you where if you are in that place in you and I am in that place in me, there is only one of us.

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