

HEALTHY LIVING HEALTHY PLANET

natural awakenings

feel good • live simply • laugh more

FREE

Functional Medicine for the 21st Century

New Paradigm Gets to
the Root Cause of Disease

Good Reasons to Try Acupuncture

Thousands of Studies
Show Healing Results

Bruce Lipton on Why Biology Is Not Destiny

Super Soups

New Twists on
Old Favorites
Heal, Nourish
and Soothe



January 2016 | Acadiana-Edition | www.NAacadiana.com

WEIGHT LOSS

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



\$45

BF-4

Garcinia Cambogia
prevents fat cell formation

Raspberry Ketone
helps fat cells shrink

Green Coffee Bean
signals the body to burn
stored fat

Chromium
builds muscle and burns fat

**BF-4 contains all the four major fat burners.
You have no choice but to lose the weight.**

Drug Emporium
Vitamin's Plus
Lafayette
261-0051

Caribbean Retreat
Wellness Center and Campground
Opelousas
678-1844

DHARMA
Wellness Center
Sunset
662-3120

Natural Health Center
Carencro
896-4141

Qi Revolution

*Comes to
New Orleans*

**Qigong Breathing and Food Healing
\$99 Life-Changing Seminar 2-Days 1 Night**



*Breathing Qi Energy
Gives You Profound
Healing Vibrations*

*Reflexology for Pain
Hands on Healing
Tui Na Massage*



*In this seminar you'll receive training
in the art of using specific foods to
reverse specific diseases.*

Healing Postures & Power Breathing: Friday Evening (6pm-9pm)

- * **Introduction to Qigong:** Review of Chinese medicine secrets of Longevity.
- * **Empty Force:** Your energy field becomes so palpable - it feels like solid magnetism.

Food Medicine & Qigong 9-Breath Method: Saturday (9am-6pm)

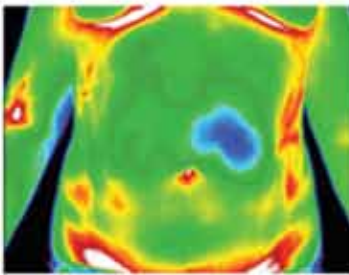
- * **Level-1 Qigong Form:** Strengthening and gives pulsating warmth circulating thru body.
- * **Food Healing Science:** Using FOOD we stop the aging OXIDATIVE processes behind ALL Disease.
- * **9-Breath Method:** ULTIMATE Breathing practice. Blissful waterfall of Qi removes stress & negativity.

Strength Training & Massage Qigong Style: Sunday (9am-6pm)

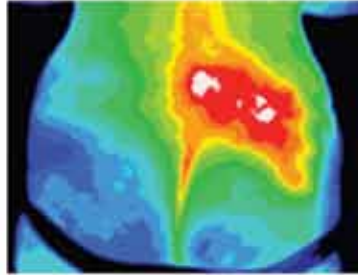
- * **Qigong Strength Training:** Use breathing to slow heart rate and recover faster in exercise.
- * **Massage Tui Na & Reflexology:** Acupressure Chinese Massage for reliving pain and energy blocks.

\$99 for 2-Days 1 Night February 19-21, 2016
New Orleans Convention Center

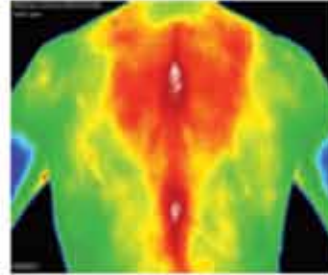
16 CE Hours for Massage. (800)-298-8970 QiRevolution.com
Advanced Registration Required. Seating Limited. Call us or visit online.



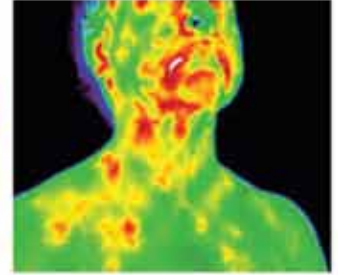
Hypothermia in the Stomach



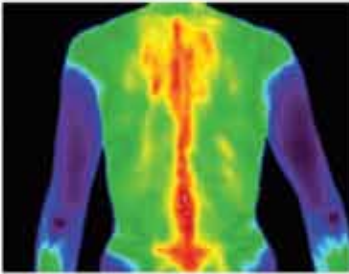
Shingles



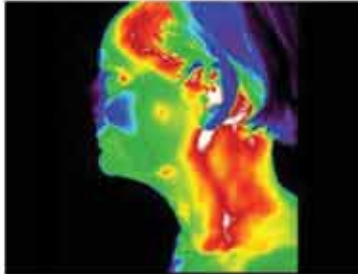
Lung Cancer



Periodontal Disease



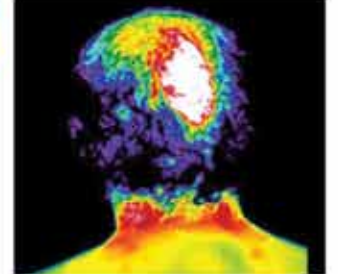
Spinal Inflammation



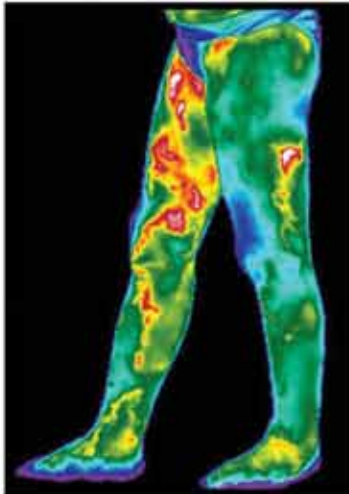
Carotid Artery Inflammation



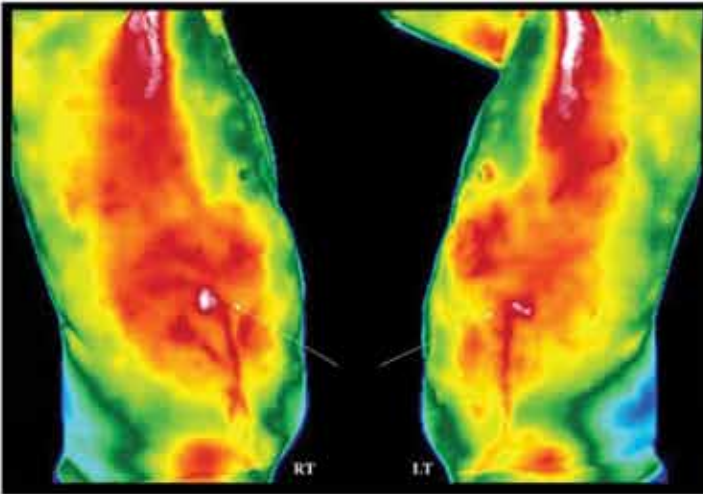
Poor Circulation Left 4th & 5th Finger



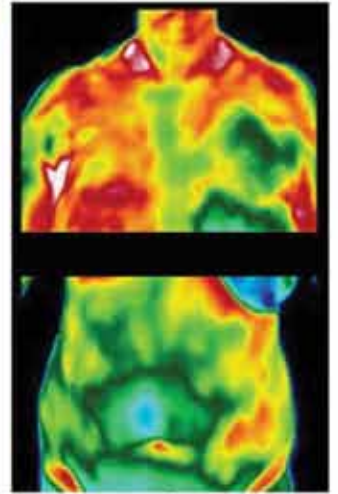
Melanoma-Scolp Cancer



Varicose Veins



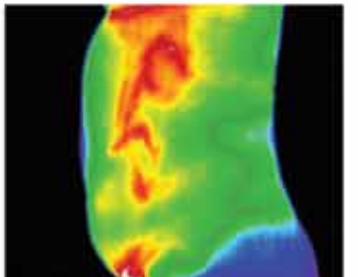
Bilateral Kidney Stones



Breast Cancer



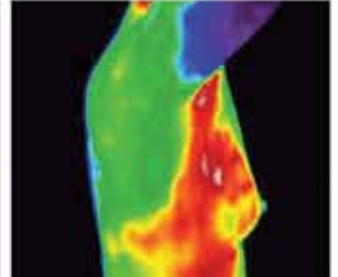
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



Lymphatic Congestion

\$94 Full-Body Thermography Screening

Text **EXAM** and your name to

(337) **424-5066**

for more information

Call **896-4141** to schedule

Thermography is used to:

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

Vitamin Testing ^{\$39}

(Takes only 15 minutes for a full screening)

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

Thiamin
Vitamin B6
Vitamin B12
Vitamin C
Calcium
Fluoride
Iodine
Iron

Riboflavin
Magnesium
Phosphorus
Potassium
Selenium
Sodium
Zinc

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

- Andrew Weil, M.D.

Did you know A vitamin deficiency can cause



ENLARGED THYROID
Iodine deficiency



JOINT PAIN
Vitamin C deficiency



WEIGHT GAIN
Vitamin D, magnesium, or iron deficiency

cancer

hypertension

inflammation

diabetes

depression

GET TESTED

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

DHARMA Wellness Center

(337) 662-3120

CALL to schedule your 15 minute vitamin testing

publisher's letter



Happy New Year!

As 2015 comes to a close and we are now in the new year, we are reminded yet again how blessed we are to be doing something we love. We are grateful to have the opportunity to serve locally in awakening healthy living and a healthy planet in our community. We extend a heartfelt thank you to all of you for reading, distributing and advertising in *Natural Awakenings*. Our expansion over the past few years is a direct reflection of the dynamism of this area and the people

working within it. Every page is infused with intention and created with this specific community in mind; your response to our work tells us we're on the right track. Thank you!

In the new year of 2016 we hope mostly that you find spiritual growth and strength. Over the years, 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. A good project at the first of the year is to take a calendar and find promises from the Bible, then write one in for each day. We have read how this was once done with a church and at the close of the month individuals were asked to share promises from their calendars. There were a few duplications and many wonderful promises were shared.

In 1907 Dr. Duncan MacDougall of Haverhill, Massachusetts conducted experiments to determine the weight of the human soul. He measured the constant weight of a patient who was at the end of life. Dr. MacDougall noted that after three hours and forty minutes, the patient expired and suddenly coincident with death, the beam end of his scale dropped with an audible stroke hitting against the lower limiting bar and remaining there with no rebound. The loss was ascertained to be three-fourths of an ounce. Science has worked to prove the existence of a human soul, but our faith as Christians has already defined that for us.

As we move forward into this new year we understand that we are immortals. Just as we exercise to maintain strong bodies and eat to maintain our physical nutrition, we must equally exercise and feed our souls. While our bodies will eventually age and expire, our souls are eternal and immortal.

Therefore, take comfort in knowing that as human beings, we live eternally as a spirit, we have a soul, and we dwell in a body. With God's enabling grace we will have 365 days in 2016 with a total of 525,600 minutes. Make every minute matter and know that each second we are given is a miracle and a spiritual gift.

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



Steve and Michelle Castille, Publishers



contact us

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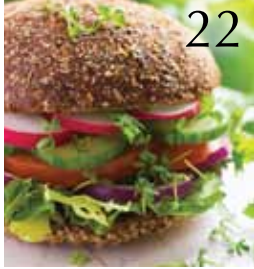


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advertising & submissions

HOW TO ADVERTISE

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

EDITORIAL SUBMISSIONS

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

CALENDAR SUBMISSIONS

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

REGIONAL MARKETS

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

www.NAacadiana.com

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

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ADDRESS: 505 BERTRAND DRIVE, LAFAYETTE, LA 70506

Phone:(337) 261-0051

Organic Frozen Wheatgrass Juice

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



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

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

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

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

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

Green Waters Alkaline Water



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

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

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

pH 9.5 Drops



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

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

WheTea

BURNS STOMACH FAT



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

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



BF-4 Weight Loss



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

.....\$45.00

Pain & Inflammation Enzyme



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

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

Digestive Enzyme Complex



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

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

Raspberry Ketone Drops



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

Manglier Tea

mong-lee-AY

The tea is used to treat diabetes and has the ability to build the body's immune system quickly to fight cold, flu, and other infections. It clears viral and bacterial infections. Native Americans first discovered the medicinal properties of this plant in the 1800s. Creole and cajun communities used it before the onset of drug prescriptions and antibiotics. It is natural medicine that can be readily found in south Louisiana.....\$24.00



Wheatgrass Capsules



Alkalize, energize and detox your body with wheatgrass capsules. Wheatgrass is an effective healer because it is nutrient dense and contains major minerals and vitamins A, B-complex, C, E, I and K. It is extremely rich in protein, and contains 17 amino acids, the

building blocks of protein. Wheatgrass contains up to 70% chlorophyll, which is an important blood builder. Wheatgrass is a strong antioxidant and helps to cleanse the blood and lymph.....\$30.00

Leaning Oak Farm - Educating The Community



Leaning Oak Farm is a family owned and operated working farm located in New Iberia. The farm has a host of livestock, as well as vegetable gardens and berry patches. Some of the animals on the farm include goats, sheep, ducks, geese, chickens, rabbits, turkeys, quail, pheasant and cattle. In addition, the farm also features aquaculture, including catfish and crawfish ponds.

Leaning Oak Farm's motto is "Getting Back To our Roots." Their mission is to teach others to do the same through educating, preserving and cultivating farming lifestyles and heritage. The Farm offers an interactive educational approach to teaching through farm-themed birthday parties, educational farm tours and a mobile petting zoo. These methods help to educate the importance of healthy living and organic nutrition. The mobile petting zoo is available for various events, such as senior center visits, schools functions, daycare show and tell and corporate fairs. Summer camps and private educational tours have sessions on seed germination, planting the seedling, care and maintenance of the plant and harvesting homegrown fruit or vegetables.

Location: 3313 Broken Arrow Rd., New Iberia. For more information, call 337-365-9328 or visit LeaningOakFarm.net.

Cookie Caravan Now Serving Acadiana



Cookie Caravan, a cookie baking and delivery service, is now open and serving the areas of Lafayette, Youngsville and Broussard. Offering a wide selection of delicious cookies from which to choose, Cookie Caravan uses fresh ingredients and high quality nuts, raisins and chocolate to create classic cookie flavors such as chocolate chip, peanut butter, white chocolate macadamia nut, sugar, oatmeal raisin, oatmeal chocolate chip and peanut butter chocolate chip. Each month features new specialty cookies, like oatmeal pumpkin cream pie and chewy ginger molasses.

Cookie Caravan is introducing a fun new concept by freshly baking cookies to order and delivering them warm, right to customers' front doors, even with an option of having a pint of milk delivered along with the order. Prices start at \$15 per dozen. Normal time to fill an order is 24 hours, however, rush ordering is available.

For information or to place an order, call 337-852-2494 or visit CookiesLafayette.com.

Smile Cooling and Heating Offers Energy Efficient Radiant Heating



Smile Heating and Cooling, a group of heating, ventilating and air conditioning (HVAC) contractors specializing in HVAC repair and new installations for residential and commercial systems, is offering energy efficient radiant heating in the Lafayette area.

Radiant heating is a cost-effective, energy efficient heating option with numerous benefits to homeowners, including reducing energy costs and the amount of allergens. Radiant heating does not depend on ventilation architecture, as does traditional forced air units, but rather uses heat sources such as a boiler or a hot-water heater, leading to tighter insulation. These systems are extremely effective in keeping the home warm as each panel is individually controlled, giving homeowners maximum heating impact throughout the home or office.

For more information or to purchase, call 844-425-9998 or visit Smile-HVAC.com.

The Sunset/Grand Coteau Health Fair and Community Wellness Day

The Sunset/Grand Coteau Health Fair and Community Wellness Day will be held from 10 a.m. to 3 p.m. at the DHARMA Wellness Center, in Sunset. The free event is designed to be a spectacular day of education and awareness for the local community.



This one-day event will bring together local businesses and citizens from around the local area to educate citizens on healthy living practices and habits. The Health Fair will feature educational, nutritional and fitness booths focusing on areas such as cancer prevention, general nutrition, diabetes prevention, mental health and more. The fair will also feature free clinical health screenings, including non-fasting cholesterol and diabetes screening, blood pressure, balance, hearing, thermogram breast exams (call for appointment), depression/anxiety screen and complete body compositions.

Workshops and free seminars on nutrition and cancer prevention are also on the agenda. Healthy activities and prizes will be available for children and youth of all ages.

Location: DHARMA Wellness Center, 166 Oak Tree Park Dr., Sunset. For more information, call 337-662-3120.

St. Ignatius School

Educating the Whole Child
Spiritually, Intellectually, Morally, & Physically



337-662-3325 / www.stignatiusschool.us

St. Ignatius School does not discriminate on the basis of race, color, national or ethnic origin in accepting applications for students, admissions, as well as in the administration of educational policies, of scholarship, and of athletic and extracurricular programs.

Access Bars

FEBRUARY 5, 2015
10AM-4PM

What would it be like to have more freedom?

The Bars are 32 points on the head that when lightly touched start to clear all of the limitations you have about different areas of your life and body.

You can learn this tool during a one day class or this process can be facilitated during individual sessions. *Massage Therapists CEUs offered.*

\$300 **\$150**
Full Day Class Individual Session

K. Danielle Holmes, LPC-S, BF
(337) 349-5431
www.kdanielleholmes.com



Hospitals are where you go when you are critically ill or at end of life. Wellness Centers are where you go so you don't have to go to hospitals.

Wellness and Nutrition Centers

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



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

DHARMA
wellness center and fit club



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

Caribbean
Natural Health Center
and Campground



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

NAMASTE
Wellness and General Nutrition Center



858-B Kaliste Saloom, Lafayette
(337) 356-1251

Opening
March 2016

BODY REBOUND

weightloss program

you can lose up to 6 lbs in a week



Protein drinks daily
 FAR infrared sauna
 Whole body vibration
 Ion foot detox
 Hydration treatments
 Water massage therapy
 Vitamin and fat burners
 Organic juicing
 Wheatgrass
 Green Waters

Lose up to 6 lbs in 7 days with the body rebound program. Only 3 days a week medical-spa workout, protein drinks twice a day, fat burner supplements, and a health coach.

Weight Loss Program
\$340 \$600 \$850
 4 Week 8 Week 12 Week
* services only no supps included

The BODY REBOUND PROGRAM works to help you lose unwanted pounds using fat burners, changing your eating habits, and using medical spa treatments to burn calories to burn off the fat. Lose the weight and look good - feel great!

- Infrared Sauna (30 minutes) = 600 calories burned
- Whole Body Vibration (20 minutes) = 400 calories burned
- Slimpod (45 minutes) = 900 calories burned
- Hydro-Dermo Hydration (30 minutes) = 600 calories burned
- Infrared Body Wrap (60 minutes) = 900 calories burned
- KINETICS personal training (60 minutes) = 700 calories burned
- Dermoionic Treatments (reduce cellulite)
- Zerona Treatments (reduce abdominal belly fat)

896-4141

Carencro Office

662-3120

Sunset Office

(337) 424-5066

Text **BODY REBOUND** for more information.

WEIGHT LOSS

LOSE WEIGHT FAST

- ✓ **Burn Excess Fat & Calories**
- ✓ **Completely Natural**
- ✓ **Flatten Your Stomach**
- ✓ **Kick-Start Your Metabolism**
- ✓ **Curb Your Cravings**
- ✓ **Finally, Look Sexy Again!**

\$45



Before	After
Scale wt.	Scale wt.
162 lbs.	124 lbs.
Body Fat%	Body Fat%
37.92 %	24.36 %
Abdomen	Abdomen
33.5	27.5
Fat Mass	Fat Mass
61.43	30.2



Amber

HOW IT WORKS

BF-4 contains all of the major weight loss and fat burning ingredients: garcinia cambogia, raspberry ketone, green coffee beans, and chromium. These ingredients have been featured on the Dr. OZ show and are clinically proven to help you lose unwanted weight.

For best results use BF-4 with a low fat diet (no meat for 6 weeks), drink a minimum of 72 oz of water each day, don't skip meals, walk at least 30 mins three times a week. Use organic fiber, digestive enzyme, and our probiotic complex to clean out your colon and get your gut back on track.

www.bf4onlinestore.com

Drug Emporium
Vitamin's Plus
Lafayette
261-0051

Caribbean Retreat
Wellness Center and Campground
Opelousas
678-1844

DHARMA
Wellness Center
Sunset
662-3120

Natural Health Center
Carencro
896-4141

Natural Medicine

PAIN RELIEF • SWELLING • INFLAMMATION



- Arthritis
- Tendonitis
- Neck Aches
- Joint Pain
- Muscle Pain
- Stiff Joints
- Cramps
- Back Pain

liteon
NUTRACEUTICALS

100 E. Angelle St.
Carenco, LA 70520

Inflammation and Pain
Pain & Inflammation
ENZYME BLEND

60 Vegetarian Tablets

HIGH POTENCY
Fast-Acting Supplement

DIETARY SUPPLEMENT

For conditions associated with inflammation take 4 tablets daily or as simply directed with water. Depending on the severity of your condition, consult the advice of your health care provider. This dosage may be increased to 8 tablets per more daily.

STORE HOURS
Monday: 10:00am - 6:00pm
Tuesday: 10:00am - 5:00pm
800-896-4141

Supplement Facts

Serving Size: 4 Tablets
Servings Per Container: 62.5

Amount Per Serving	% Daily Value
Contains:	
Pancreatin 4x USP	750mg
Papain	600,000 USP
Bromelain	720 GDU
Trypsin	8,000 USP
Chymotrypsin	250 USP
Rutin	400mg
White Willow Bark (15% salicin)	100mg
Turmeric root	100mg

* Daily Value not established

Other ingredients: Dicalcium phosphate, microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, enteric coating.

AVAILABLE AT:

Carenco, LA
Natural Health Center 896-4141

Sunset, LA
DHARMA WellnessCenter 662-3120

Opelousas, LA
Caribbean Health Center 678-1500

Lafayette, LA
Drug Emporium 261-0051

Feel Young, Live Long

Research published in the *Journal of the American Medical Association* has found people that feel younger than their years have a lower incidence of earlier mortality. Conducted by scientists from the UK's University College London, the research analyzed data from 6,489 people and measured their self-perceived age with the question, "How old do you feel you are?" Then, over more than eight years, the scientists tracked the number of deaths from all causes.



Almost 70 percent of those that averaged a little over 65 reported feeling at least three years younger than their chronological age. Only a quarter said they felt close to their age and about 5 percent said they felt more than a year older.

The research found that deaths among those that felt younger were 14 percent, while more than 18 percent of those who felt their own age and more than 24 percent of people that felt older died during the follow-up period. The research further found that individuals that felt at least three years younger were less likely to die later from heart disease or cancer. These relationships prevailed even when other health and lifestyle factors were eliminated.

Co-author Andrew Steptoe, Ph.D., says, "We expected to find an association between self-perceived age and mortality. We didn't expect that the relationship would still be present even when wealth, other socio-demographic indicators, health, depression, mobility and other factors were taken into account."

Vitamin E and D Supplements Hinder Alzheimer's and Falls Among Elderly



Two common vitamins are making headlines in medical research. A recent study published in the *Journal of the American Medical Association* found that supplementation with vitamin E may reduce the progression of Alzheimer's disease.

The five-year study followed 561 Alzheimer's patients and included a placebo and the pharmaceutical drug memantine. Those that took vitamin E had a reduced progression of the disease compared to both a placebo group and the memantine group.

Also, researchers from the Wake Forest Baptist Medical Center found that vitamin D supplementation reduced the risk of falling for elderly folks. The study had a vitamin D supplement or a placebo delivered through a Meals-on-Wheels program to 68 people. The subjects were given blood tests and their history of falls was measured. Diaries revealed that the individuals taking vitamin D supplements fell less than half the number of times than the placebo group.

Autism Spurs Creative Thinking



The UK's University of East Anglia and the University of Stirling conducted a study of individuals with autistic traits among 312 people recruited through social media, including 75 diagnosed with autistic spectrum disorder. Each of the subjects completed a series of creativity tests in which they determined uses of mundane objects.

Published in the *Journal of Autism and Developmental Disorders*,

the study found that while the autistic people chose fewer uses for each object, their choices were significantly more original and creative. The subjects developed a greater range of "divergent thinking".

Martin Doherty, Ph.D., co-author of the study, confirms, "People with high autistic traits can have less quantity, but greater quality of creative ideas. They are typically considered to be more rigid in their thinking, so the fact that the ideas they have are more unusual or rare is surprising. This difference may have positive implications for creative problem solving."

The researchers found that while the average person will utilize simple mental strategies to produce more obvious answers first, autistic people tend to first utilize more demanding strategies during their processing, thus producing the more creative result.

Sunlight Reduces Risk of Pancreatic Cancer

Researchers from the University of California (UC) School of Medicine at San Diego have determined that regions with greater exposure to ultraviolet (UV)-B radiation from the sun and reduced cloud cover have significantly lower incidence of pancreatic cancer.

In an analysis of global rates of the disease, the research, published in the *Journal of Steroid Biochemistry and Molecular Biology*, demonstrated that areas with more sunshine had only one-sixth of the pancreatic cancer rates of areas with less sunshine.

The farther from the equator, the less is the exposure to UV-B radiation, leading to less body production of vitamin D.

Study author Cedric F. Garland, doctor of public health, a UC professor and member of the UC San Diego Moores Cancer Center, says, "If you're living at a high latitude or in a place with a lot of heavy cloud cover, you can't make vitamin D most of the year, which results in a higher-than-normal risk of getting pancreatic cancer."

According to World Cancer Research Fund International, 338,000 new cases of pancreatic cancer are diagnosed annually, and it is the seventh most lethal form of cancer.



Let your life lightly dance on the edges of time
like dew on the tip of a leaf.

~Rabindranath Tagore



Leave Them at the Door: Shoe Soles Harbor Risky Bacteria

Research from the University of Houston has determined that a species of bacteria that has become resistant to many antibiotics might be tracking into homes on the soles of shoes. More than a third of randomly tested homes were contaminated with *Clostridium difficile* bacteria, and 40 percent of doorsteps were also infected with the bacteria. Depending upon the strain, *C. difficile* can cause intestinal infections, inflammation and severe diarrhea.

Study author M. Jahangir Alam, Ph.D., comments, "Shoes are contaminated from diverse sources, and we are regularly contaminating our doorsteps by shoes."

The researchers tested three to five household items within 30 houses in Houston, Texas. They collected 127 environmental samples—from 63 shoe bottoms, 15 bathroom surface samples, 12 house floor dusts and 37 other household surfaces

They found that 41 of them harbored *C. difficile* and nearly 40 percent of the shoes were positive for the bacteria. They also found that a third of the bathroom surfaces harbored the bacteria, a third of house dust and 19 percent of other surfaces maintained the bacteria.

The cause of many intestinal disorders, this bacteria species has become increasingly resistant to antibiotics and many household cleaning products.

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Playing Outside Before Lunch Spurs Kids to Eat Healthier

Researchers from Brigham Young University and Cornell University have determined that simply moving recess to precede lunch significantly increases students' consumption of fruits and vegetables at lunch.

The researchers tested first- through sixth-graders from seven schools in Utah for 14 school days. In three schools, recess was switched from after to just before lunch. In the other four schools, recess still followed lunch.

Published in the journal *Preventative Medicine*, research found that when recess was just prior to lunch, students ate 54 percent more fruits and vegetables. Moving recess also resulted in 45 percent more kids eating at least one serving of fruits and vegetables during school-provided lunches.

The researchers concluded that results show the benefits of holding recess before lunch and suggest that if more schools did this, there would be significant increases in fruit and vegetable consumption, particularly among students that eat school lunch as part of the National School Lunch Program.



Scientists Urge Ban on Non-Stick Pan Coatings

A new paper published in the *Environmental Health Perspectives* journal warns of the continued health risks of chemicals used for non-stick pan coatings and water repellents on clothing. The chemical is being found in some municipalities' drinking water.

More than 200 scientists signed the statement, which presents the dangers of poly- and perfluoroalkyl substances (PFAS). These chemicals are persistently used as pan coatings, despite more than a decade of research showing associations with liver toxicity, neurological disorders, cancers of different organs and types, and heart conditions.

The paper noted that many manufacturers have discontinued long-chain PFAS production and substituted shorter-chain PFAS. The scientists caution that these shorter-chain PFAS may not effectively reduce PFAS exposure because more has to be used to achieve the same effectiveness, maintaining PFAS in the environment with exposure levels relatively unchanged. It calls for scientists, governments, chemical manufacturers and consumer product manufacturers to participate in halting all PFAS production.



All great achievements require time.

~Maya Angelou



slowly had a great effect on myself and most everyone else in attendance. I found Qigong practice slowed my overly active New Yorker mind allowing me to focus on giving my body and soul some long overdue healing energy.

September 11th Anniversaries are emotional for those connected. 9-11-2013 I was with San Diego FDNY retirees aboard the USS Midway reading names of rescue workers and flight crews lost 12 years earlier. That morning I woke up and went to the beach and did Supreme Science Qigong Level-1 healing form with a rising sun. I did it by myself, for myself for the first time ever and I felt energy pulsing and surging all around me, it was as my spiritual vision showed me. It made the most difficult day of the year easier somehow and gave me peace and calmness that stays with me now.



Since finding Qigong I've not taken addictive prescriptions and I've had tremendous results with Food-based Healing. I've lost 80 pounds and my lung capacity shows significant improvement. Everyone can help themselves with Qigong, especially my Firefighter Family. Anyone seeking improved physical health, specifically better lung capacities will benefit greatly from the Qi Revolution seminar. Life is about helping other people and Qigong helps me to continue being of service.

February 19th-21st, 2016 QI REVOLUTION comes to New Orleans Convention Center. \$99 for 2-Days and 1-Night of training! Open to Public. Firefighters and Veterans admitted free. For details call (800)-298-8970 or visit online: www.QiRevolution.com



How QIGONG HEALED a Wounded September 11th Firefighter!

by Jonathan Henderson

On duty the morning of 9/11/2001, Jonathan searched for lost friends after the tower collapses and then volunteered for thirty days of 12 hour shifts to recover their remains. 343 Firefighters died September 11th 2001 and the death toll is still climbing as a result of breathing in toxic particles.



My lungs and sinuses suffered major damage at the trade towers site and everything from hearing loss to depression set in, which caused me to balloon to over 300 pounds. At a funeral for a Firefighter who died of September 11th related Lung Cancer, I looked around at the low turnout and mentioned my disappointment to our Lieutenant. Looking at the small number attending he said, "I'll show up for your funeral". I turned and said, "I'll show up for yours

too pal". Seeing we were a dying breed and there was major mishandling of healthcare for Firefighter's impacted by September 11th is what motivated me to find natural solutions.

During a spiritual vision I saw my healthy-self on a beach practicing a slow martial art having had no prior knowledge of Qigong. I moved to San Diego to make the healthiest version of me and ate organic foods and smoothies. I removed toxic food and people from my life for a 2-year sabbatical to get well. Soon I was led to a mind-body studio and attended powerful Qigong classes. During a "Breath Empowerment" my lungs never felt so big! My ribcage had expanded and I felt real energy surge through me like nothing I had ever known. I was buzzing for days after.

The studio was promoting a big seminar called "Qi Revolution" and I attended based on their suggestion. Initially I felt out of place with what seemed like mostly new age woo woo people in attendance, but when I did the practices with hundreds of others it felt even more powerful than what I had known from my small group. Pressing on Qi, concentrating on breath and moving



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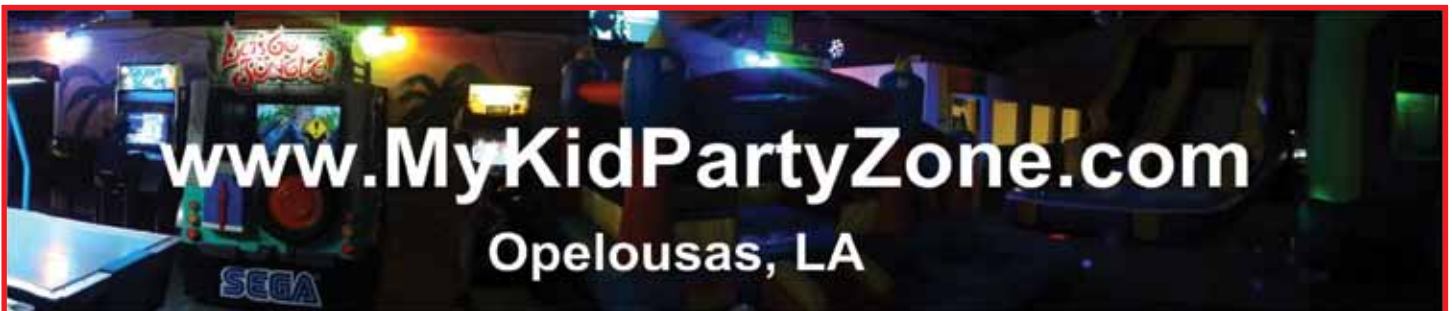
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BENEFITS OF GREEN WATERS

Lose Weight:

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

Anti Aging:

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

Reduce the Chances of Osteoporosis:

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

Build Cardiovascular Health:

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

Reduce Joint Pain and Arthritis:

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

Reduce 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.

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More than just a fad at your local juice bar, wheatgrass juice is a centuries-old remedy to a variety of ailments. Credited as one of nature's best medicines. Try chasing your wheatgrass with an orange wedge and you're good to go! Or, simply add wheatgrass to your typical green juice recipe for an extra kick.

If you don't own a juicer, you can purchase a wheatgrass shot at the Natural Health Center in Carencro, DHARMA Wellness Center in Sunset, or Caribbean Wellness Center in Opelousas. Consumed as a liquid, just 2 oz. of wheatgrass juice boasts the nutritional equivalent of five pounds of raw organic vegetables.

Not only is it jam-packed with nutrients, 20% of its total calories stems from pure protein. Not like your typical protein, this kind is in the form of polypeptides, a simpler, shorter chain of amino acids the body more efficiently uses in the blood stream and tissues.

The benefits don't stop there. Read on for the top 10 benefits of wheatgrass juice...

1. Healing: Wheatgrass contains over 90 minerals, as well as vitamins A, B-complex, C, E, I, and K. It's also rich in protein and contains 17 amino acids.

2. Digestion: Wheatgrass contains 30 digestive enzymes, and thereby aids in the body's digestive process.

3. Obesity: Wheatgrass stimulates the thyroid gland, which is essential to regulate metabolism and calcium levels.

4. Blood: Wheatgrass contains up to 70% chlorophyll, an important blood builder. Chlorophyll molecules closely resemble the molecules that form hemoglobin, the respiratory protein responsible for transporting oxygen from the lungs to the rest of the body.

5. Detox: The high amount of chlorophyll increases oxygen levels in the blood, an important part of detox and cleansing. It allows toxins to exit the body and its high phenolic content promotes the binding of chelated metal ions in the colon and liver. And, glutathione activates wheatgrass enzymes, catalyzing the breakdown of harmful bodily waste.

6. Tissues: Liquid chlorophyll is able to refine and renew cell tissues.

7. Anti-Cancer: As mentioned, the anti-bacterial properties in wheatgrass detoxifies the blood and lymph cells, as well as efficiently eliminates poisons from the body. In congruence, chlorophyll protects against carcinogens better than any other food. Studies show wheatgrass reduces carcinogen absorption as it strengthens cells, neutralizes toxins, and detoxifies major organs like the liver. It brings your body to a more alkalized state – an essential part of combatting disease and illness.

8. Skin: The properties in wheatgrass are proven miracles to the skin.

Internal Effects: Since wheatgrass allows the body to detoxify, the skin is less prone to breakouts. Wheatgrass is packed with antioxidants, which neutralizes free radicals – a major preventative step toward premature aging of the skin and skin cells. And, since wheatgrass promotes a balanced alkaline state, skin becomes clear and bright. Some studies even show that drinking wheatgrass for prolonged periods of time helps fade scars and stretch marks.

External Effects: When wheatgrass is applied directly to the skin's surface, it can fight harmful bacteria for a thorough cleanse. It also soothes itchiness, skin inflammation due to sunburns and rashes, as well as creates the foundation for a great facial mask or scalp treatment.

9. Hair: Due to the antibacterial properties in wheatgrass juice, it makes the perfect ingredient to a DIY shampoo or conditioner. Massage 6 ounces into your scalp and allow it to sit for 15 minutes. This strategy is proven to eliminate dandruff and other issues that take place at the follicle.

10. Magnesium: The high levels of magnesium found in wheatgrass assists a variety of biological functions, such as muscle and nerve activity, energy expenditure, protein and fat digestion, and more.

Brave a shot of wheatgrass. Your body will thank you.

Drug Emporium Vitamin's Plus Lafayette 261-0051	Caribbean Retreat Wellness Center and Campground Opelousas 678-1844	DHARMA Wellness Center Sunset 662-3120	Natural Health Center Carencro 896-4141
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News and resources to inspire concerned citizens to work together in building a healthier, stronger society that benefits all.



Fish Folly

Marine Life Drops by Half since 1970

The nonprofit World Wildlife Fund (WWF) and the Zoological Society of London have jointly determined that industrial-scale overfishing, pollution and climate change have killed half of all marine life over the last 40 years. The *Living Blue Planet Report* cites that species essential to the global food supply are among the hardest hit, partially due to humans catching them faster than they can reproduce. Large swaths of coral reefs, mangroves and sea grasses have also died, further decimating fish populations.

Statistics show that the family of fish that includes tuna and mackerel has declined by 75 percent since 1970. The number of species is also declining; a quarter of all shark and ray species face extinction. Half of all coral has already disappeared, and the rest will vanish by 2050 if temperatures continue to rise at current rates. "Coral reefs occupy less than 1 percent of the ocean surface, but they harbor a third of ocean species," says French biologist Gilles Boeuf.

The WWF report argues that protected global ocean area should be tripled by 2020 and fish retailers should source from companies that follow certified best practice standards.

Drive-Thru Vegan

Amy's Opens Organic Fast Food Restaurant

California now hosts the nation's first Amy's Organic Drive-Thru restaurant, in Rohnert Park, with a vegetarian menu sporting veggie burgers, salads and dishes served in both regular and vegan varieties. Ingredients are sustainably grown and GMO-free (no genetically modified ingredients).

The company's signature frozen pizzas have been popular for years in health food and grocery stores nationwide, and now Amy's first restaurant is serving them hot, with toppings ranging from spinach and diced tomatoes to a choice of mozzarella cheese or vegan "cheeze".

While some other fast food restaurants import almost all of their products from factory farming operations and give nothing back to the community, Amy's Drive-Thru grows produce sustainably on its own roof. Amy's Kitchen, a family-owned, privately held organic frozen food company, reportedly pays workers a living wage with health benefits.

On the inaugural restaurant's popularity, Manager Paul Schiefer remarks, "It's given us a lot of hope that this is a concept that works."



OM MBA

Eastern Practices Penetrate U.S. Corporate Culture

Aetna CEO Mark Bertolini has introduced free yoga and meditation classes for employees of the health insurance giant, and more than 13,000 are participating. On average, they experienced a 28 percent reduction in their stress levels, 20 percent improvement in sleep quality, 19 percent reduction in pain and 62 minutes per week of extra productivity.

"We have this groundswell inside the company of people wanting to take the classes," says Bertolini. "It's been pretty magical." He sells the same classes to businesses that contract with Aetna.

Google now offers emotional intelligence courses for employees and General Mills has a meditation room in every building on its Minneapolis corporate campus. Even conservative Wall Street firms such as Goldman Sachs are teaching meditation on the job.

Some programs, from yoga sessions for factory workers to guided meditations for executives, are intended to improve overall well-being; others to increase focus and productivity. Most aim to make employees more present-minded, less prone to make rash decisions and generally nicer people to work with.

More than 21 million individuals now practice yoga nationwide, double the number from a decade ago, and nearly as many meditate, according to the National Institutes of Health.

Source: MindfulYogaHealth.com

Puppy Cuddles

Students De-Stress by Petting Dogs

At least three universities in England have offered puppy rooms to stressed students. More than 600 students signed up last year in Bristol alone.

Gordon Trevett, from the University's Centre for Sport, Exercise and Health, says, "Every year I see students fretting about their exams, and I thought this would be a great way to ease the stress and take their minds off it. People with dogs have lower blood pressure in stressful situations than those without a dog, and we know that playing with a dog can elevate levels of serotonin and dopamine, which calm and relax."

Jo Woods, from the Bristol Students Union, says, "It's important to do fun and different things to de-stress during exams, and cuddling a puppy is a perfect way to release some endorphins."

Source: BBC



Sci-Fi Solution

Beaming Solar Power to Earth from Space

A great deal of solar power falls on our planet, but a lot more misses us and goes off into space. Scientists at JAXA, Japan's space administration, have made a major breakthrough in accurate wireless power transmission on Earth that bodes well for solar space technology. The team beamed 1.8 kilowatts of power, enough to power an electric tea kettle, more than 50 meters to a small receiver without any wires whatsoever.

The researchers were able to accomplish this task by first converting the electrical energy to microwaves, and then beaming them to a remote receiver before converting them back into electrons. The program's goal is to harness a constant supply of solar energy directly from space using orbital solar farms, and then beam that energy for use on Earth. Solar power generation in space has many advantages over current technology, including the constant availability of energy regardless of the weather or time of day.

Source: Global.jaxa.jp



Unique Character

Sesame Street Addresses Autism

After working with organizations such as Autism Speaks and the Autism Self Advocacy Network, *Sesame Street* has been aiming to help reduce the stigma associated with autism spectrum disorder. A new autistic character, Julia, already has her own digital storybook, *We're Amazing, 1,2,3* as part of the campaign See Amazing in All Children.

According to Dr. Jeanette Betancourt, senior vice president of U.S. social impact at Sesame Workshop, *Sesame Street* producers are waiting to hear back from the autism community before introducing Julia to the TV show.

For more information, visit Autism.SesameStreet.org/storybook-we-are-amazing and Tinyurl.com/MeetJuliaVideo.

Doctor's Orders

GMO Labeling Endorsed by Physicians

Even as the federal government pursues H.R. 1599, aka the "Deny Americans the Right to Know" (DARK) act, mainstream medicine is urging the government to abandon its resistance to GMO (genetically modified organism) labeling. They are bolstered by a recent announcement by the World Health Organization that glyphosate (the active ingredient in Monsanto's Roundup weed killer) is probably carcinogenic in humans. The genetic engineering ends up making crops resistant to the herbicide so more must be applied.

According to contributing doctors from Harvard, Mt. Sinai Medical Center and the University of Wisconsin reporting in the *New England Journal of Medicine*, "GM crops are now the agricultural products most heavily treated with herbicides, and two of these herbicides may pose risks of cancer."

A recent notice in the same journal, "GMOs, Herbicides and Public Health," reports: "The application of biotechnology to agriculture has been rapid and aggressive. The vast majority of the soy and [feed] corn grown in the United States are now genetically engineered. Foods produced from GM crops have become ubiquitous."

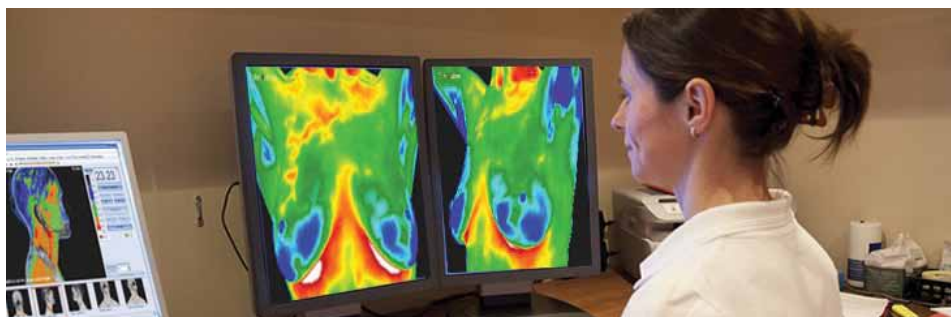
Sixty-four countries, including Russia and China, have already adopted transparency in labeling laws, but U.S. Big Food and Big Ag lobbyists have stonewalled efforts domestically.

For more information and petitions, visit OrganicConsumers.org.

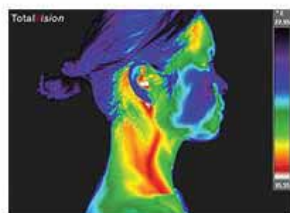


What Does Your Thermography Image Mean?

by Dr. Steven T. Castille



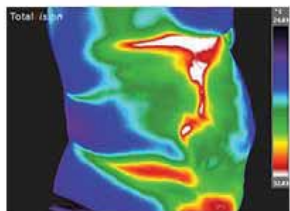
Headache and Sinus



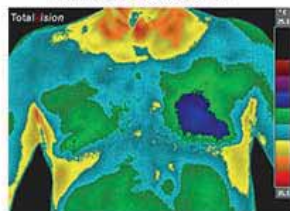
Carotid Artery Inflammation



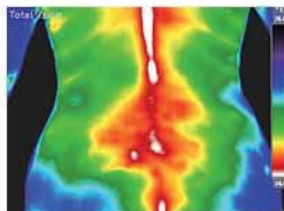
Early Stage Diabetes



Stress in the Liver



Reduced Heart Function



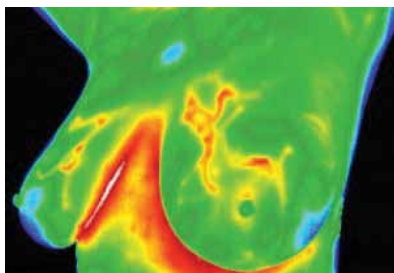
Lower Back Pain

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

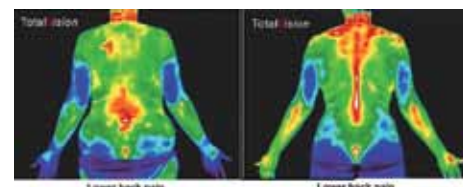
The body should naturally have thermal symmetry. Areas of asymmetry can indicate problems and are analyzed specifically for underlying pathology. Cancer cells divide very rapidly and demand increased blood flow and nutrient delivery. The metabolic processes in the body cannot differentiate between cancer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



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

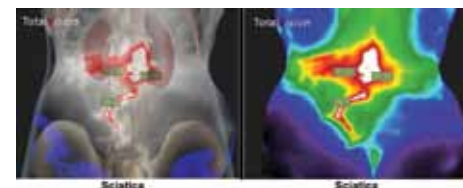
Lower back pain is one of the most troublesome back pain for patients and can often be very difficult to treat. The hottest white areas in these images



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

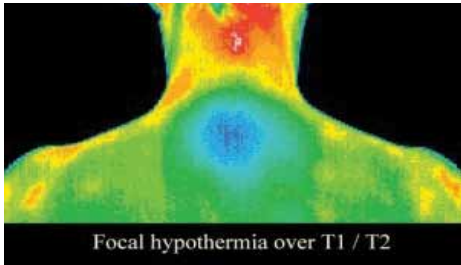


worse when you sit, sneeze, or cough. Sciatica can occur suddenly or it can develop gradually. You might also feel weakness, numbness, or a burning or

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

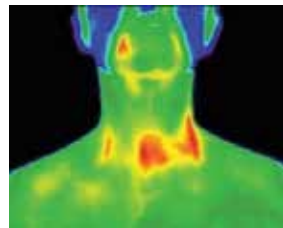
Patterns of hypothermia seen over T1/T2 in a thermography scan are always indicative of autoimmune dysfunction. Interestingly enough, the Chinese have used this point in acupuncture for over 4000 years to stimulate immune



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.



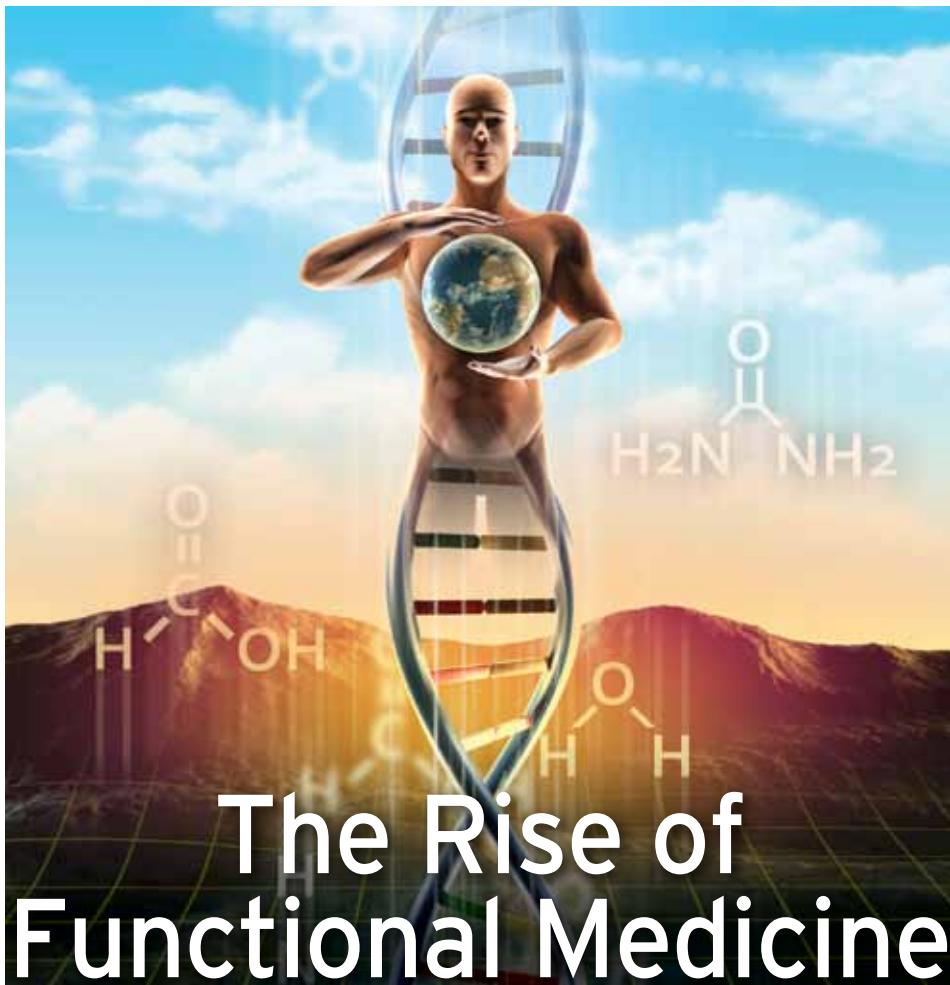
Dr. Steven T. Castille is a biochemist and his current research is in clinical chemistry. He is a Cum Laude graduate in chemistry from Grambling State University in 1991. He has graduate degrees in Engineering and Natural Medicine. You can connect with Dr. Steve at www.DrSteveCastille.com.

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The Rise of Functional Medicine

New Paradigm Gets to the Root Cause of Disease

by Lisa Marshall

By the end of 2014, Trina Mills, of Parker, Arizona, had given up on conventional medicine. She'd been diagnosed with a thyroid disorder 17 years earlier and taken medication ever since without feeling her symptoms of fatigue, muscle aches and stomach problems ever fully subside. She'd visited endocrinologists, gastroenterologists and a half-dozen other specialists, each of which offered a different diagnosis and prescribed a different drug.

At one point, she had her gallbladder removed. At another, her doctor suspected she had bleeding in her brain and sent her for a computerized axial tomography (CAT) scan. Some thought she was a hypochondriac; others said she was depressed. "I would tell them, 'I'm just depressed that you can't figure out why I'm so sick,'" she says.

Weighing a skeletal 82 pounds, the 54-year-old mother of three finally wrote out a living will and braced for the inevitable. Then she heard of a new Center for Functional Medicine opening at the prestigious, century-old Cleveland Clinic. As the first clinic of its kind to open at an academic medical center, it promised to look at the underlying causes of disease, while focusing on the whole person, rather than isolated symptoms.

Intrigued, Mills caught a flight to Ohio and soon was offering up 30 tubes of blood, stool and saliva samples, as well as an exhaustive life history. One year later, thanks to a series of personalized diet and lifestyle changes, she's 10 pounds heavier and feels better than she has in decades. "I spent a lot of years and money in the traditional medical system

and got nothing," says Mills. With functional medicine, "In a very short time, they had me feeling nearly 100 percent."

Distinctive Characteristics

In the 25 years since nutritional biochemist Jeffrey Bland, Ph.D., of Gig Harbor, Washington, coined the term, this science-based, whole-body approach to addressing chronic disease has gained widespread traction. More than 100,000 physicians—60 percent of them medical doctors—have trained with the Institute for Functional Medicine he founded in Washington and New Mexico, and numerous medical schools have added its tenets to their curricula. More naturopaths and chiropractors are also distinguishing themselves with a functional medicine emphasis.

"It is not alternative medicine at all," stresses Bland, whose latest book, *The Disease Delusion*, details how functional medicine can curb chronic diseases like arthritis, diabetes, dementia, and heart disease, which constitute 78 percent of U.S. health care costs. "It's the basis of 21st-century health care," he says.

For most of the 20th century, conventional medicine centered on a singular objective: Arrive at a diagnosis and treat it with drugs or surgery. Then, the alternative medicine movement proffered a toolbox of more natural therapies, including acupuncture, herbs and massage to address these same diagnoses. The 1990s brought integrative medicine, a best-of-both-worlds approach.

"While all of the above have merit, they lack the necessary guidance to help practitioners determine which tools work best for which patient," says Dr. Mark Hyman, director of the Cleveland Clinic's Center for Functional Medicine. "Alternative therapies and conventional treatments are tools. We need a new map that can teach us how to skillfully use those tools," maintains Hyman. "That map is functional medicine."

Because one chronic disease such as diabetes can have dozens of underlying causes, or one culprit such as a genetic predisposition or exposure to toxins can lead to multiple chronic conditions, functional medicine focuses on systems, rather than organs, and origins, rather than diseases. "It's about listening to the patient's story in a different way, where the objective is not simply about arriving at a diagnosis," explains Bland.

Ferretting Out Key Clues

Key to discovering the underlying origins of a health issue are a host of new gene, blood and gut health tests. “They allow us to look under the patient’s ‘metabolic hood’ at the genetic and biochemical factors influencing health,” says Naturopathic Doctor Kara Fitzgerald, who heads up a functional medicine clinic in Newtown, Connecticut.

For instance, certain genes influence how a person burns and stores fat. Depending on which variant a patient has, based on a genetic test, they might be guided toward a higher- or lower-fat diet. Those genetically prone to difficulty in metabolizing the amino acid homocysteine (an excess of which can raise the risk of heart disease) might be advised to take folic acid supplements.

If a patient displays intractable gut problems, rather than simply look for blood or pathogens in the stool, Fitzgerald also looks at the DNA of their gut microbiome, mapping out which strains of good bacteria are present or absent and prescribing prebiotics, probiotics or whole foods to promote a healthful balance.

For another patient with thinning hair and aching joints, she might use specialized blood tests to look for micronutrient deficiencies, signs of allergies or certain autoantibodies—proteins produced by the immune system that mistakenly attack one’s own tissues—that might herald a brewing autoimmune disorder. “Research shows that predictive autoantibodies can show up in the blood 10 or even 20 years before an autoimmune disease such as Type 1 diabetes, multiple

sclerosis or rheumatoid arthritis makes itself known,” says Fitzgerald, pointing to a seminal review published in 2007 in *Scientific American*: “If a patient with mild, early-stage symptoms is proactive with diet and lifestyle changes, they may be able to fend it off.”

High-tech tests aside, Bland stresses that what’s most important is “a tool that has been largely lost in medicine today: Knowing how to listen to the patient.”

In a typical exam, Fitzgerald thoroughly inspects often neglected body parts, including the tongue and fingernails, which can hold important clues to underlying health. She asks about past emotional trauma which might trigger chronic disease, and inquires about what environmental toxins and harmful chemicals both the patient and their birth parents may have been exposed to. One example might be a patient exposed to cigarette smoking *in utero* having a bias toward an allergic disease. If their parents grew up in a period of famine, they might have inherited a genetic disposition for rapid weight gain.

“She spent two-and-a-half hours with me,” in her initial consultation, recalls 52-year-old Lauren Zambrelli, of Long Island, New York, who credits Fitzgerald for helping her tame her multiple sclerosis into remission. “It was like having a sister for a doctor.”

Who Pays

Functional medicine doctors don’t shy away from prescription drugs when necessary, but they do lean decidedly toward

the lower-tech modalities, using dietary supplements, allergen-free diets, exercise, mind-body practices and toxin avoidance as their primary tools. “We basically take out the bad stuff from the body and put in the good stuff,” says Hyman.

Maintaining good health is priceless, but without conventional insurance coverage, it can be expensive. While Mills’ doctor visits were covered by insurance (which is rare), she spends roughly \$1,000 a month on supplements to address her diagnosed leaky gut syndrome, nutrient deficiencies and mercury poisoning. Zambrelli has paid thousands out of her own pocket, too.

Some people worry that, like most conventional physicians, some functional medicine practitioners place too much emphasis on expensive tests and too little on the most crucial and affordable remedy—self-care. “Functional medicine as a concept is an important step forward,” says integrative medicine pioneer Dr. James Gordon, founder of the Center for Mind-Body Medicine, in Washington, D.C., and San Francisco. “However, some practitioners do a lot of tests and prescribe a lot of supplements and work on cleaning out the gut, but neglect the psychological, spiritual and social issues. That concerns me.”

Bland and Hyman concede that some practitioners over-test, but say that will fade over time as they learn to better discriminate which ones are useful for specific patients. Several efforts also are underway to get more functional medicine providers and the acupuncturists, massage therapists and nutritionists they work with covered under the Affordable Care Act, which expressly emphasizes a need for more preventive medicine.

Viewing the big picture, Bland believes that functional medicine is just what the country needs to save on exploding healthcare costs. Rather than spending dollars on extraordinary measures to save heart attack victims or diabetics in emergencies, we can prevent such dire situations by identifying underlying problems sooner and halting their progression.

In the meantime, some patients are finding priceless relief. “Am I poorer right now? Yes,” says Mills. “Am I healthier? Way. It’s been so worth it.”

Lisa Marshall is a freelance health writer in Boulder, CO, who specializes in health care. Connect at LisaAnnMarshall.com.

Lobby for Change

To lobby for consistent insurance coverage of more complementary therapies, check out these resources.

CoverMyCare (CoverMyCare.org). This national grassroots advocacy campaign, a project of the Integrative Healthcare Policy Consortium, aims to support the proper full implementation of Section 2706 of the Affordable Care Act, which states that insurers cannot leave licensed practitioners like naturopaths, chiropractors, massage therapists or Oriental medicine practitioners out of their provider networks. It still lacks enforcement at the state level, although Oregon and Rhode Island recently passed legislation to fix the existing loophole; California, Hawaii, Minnesota and New Mexico are working to do the same.

American Sustainable Business Council (Tinyurl.com/IntegrativeReimbursement). The organization recently launched a campaign to urge insurers to cover integrative practices.

GREEN WATERS

pH 5.5

Acidic Body and OBESITY



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

Alkalize your body with
GREEN WATERS



actionalert

No-Choice Vaccines

California Mandates Shots for Childcare Workers

After passing the state House and Senate, California Senate Bill 792 was approved by Governor Jerry Brown on October 11. The unprecedented law mandates vaccines for adult childcare workers and volunteers, including all individuals working in private and public school early childhood education programs, with no religious exemptions permitted.

SB 792 reads, "Commencing September 1, 2016, a person shall not be employed or volunteer at a day care center if he or she has not been immunized against influenza, pertussis [whooping cough] and measles. Each employee and volunteer shall receive an influenza vaccination between August 1 and December 1 of each year." The same regulations also apply to family home day care workers and volunteers. Failure to comply with these requirements can result in a loss of licensing for the facility/center.



For more information, visit Tinyurl.com/californiasb792. Let California lawmakers hear what the people want via Legislature.ca.gov.

WheTea

Weight Loss Formula BURNS STOMACH FAT



WheTea burns stomach fat and boosts your metabolism. Use two droppers with every 8oz of water and drink at least 64oz of water daily and watch the stomach fat fall off.





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Fat Treatments

Slim down in 6 Weeks

Zerona Laser Lipo
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Whole Body Vibration Toning
Personal Trainer for Gym
Body Wraps
Protein Shakes



896-4141 Carencro **662-3120 Sunset**

DETOXIFICATION

What goes in must come out.

We absorb toxins through our skin, from the air we breathe, the chemicals in our foods, and from the chemicals released in our homes and workplaces. They all add to our body's toxic load. Ideally, on a daily basis, our bodies break down these toxins and clear them away. Detoxification is simply normalizing the body's ability to process and excrete toxins.

Why get a Vitamin Test?

To support the detoxification process, the body requires a variety of nutrients. If these nutrients are in low supply, the toxins re-circulate. These unneutralized, fat-soluble toxins can be stored in body tissues such as fat, brain and nervous system causing systemic symptoms and future disease processes.

DHARMA Wellness 662-3120

POSSIBLE SYMPTOMS

- Digestive problems
- Constipation, Gas and/or Bloating
- Skin Rashes
- Fatigue
- Headaches and/or migraines
- Weight Gain
- Brain Fog or Memory Problems
- Excessive Mucus
- Poor Body Odor or Bad Breath

POSSIBLE HEALTH ISSUES

- Chronic Fatigue
- Allergies and Asthma
- Autoimmune Diseases
- Leaky Gut/Malabsorption
- GI Inflammation
- Obesity or Weight Gain
- Hormone Issues
- Chemical Sensitivities
- Fertility Problems
- Irritable Bowel Syndrome

1. SKIN

The largest elimination organ.

2. LUNGS

Trap toxins in mucous lining, either coughed up or breathed out.

3. LYMPH

Carries nourishment and clears waste. Requires gravity and movement to do its job.

4. COLON

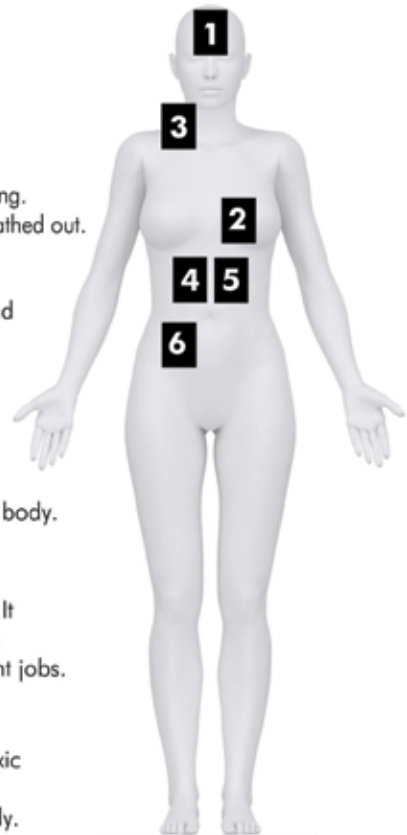
Absorbs nutrients and carries waste out of the body.

5. LIVER

The main detox organ. It works around the clock doing over 500 different jobs.

6. KIDNEYS

Filter metabolic and toxic waste out of the blood. Regulate pH of the body.



Vitamin Deficiencies

Can be the reason you are sick

BIOTIN DEFICIENCY

Signs and symptoms of deficiency include anxiety; depression; memory problems; tingling or numbness in the feet; hair loss; irregular heartbeat; seizures; impaired sugar and fat metabolism; thin and/or weak nails; skin disorders including rash and/or infant cradle cap.

CALCIUM DEFICIENCY

Signs and symptoms of deficiency include premenstrual syndrome (PMS); premenstrual dysphoric disorder (PMDD); osteoporosis; leg cramps; and white streaks or bands across multiple fingernails.

CHROMIUM DEFICIENCY

Signs and symptoms of deficiency include muscle weakness; fatigue; impaired glucose tolerance; type 2 diabetes; heart disease including high blood pressure, high cholesterol and triglyceride levels, irregular heartbeat, chest pain, and with severe deficiency, heart failure.

COENZYME Q DEFICIENCY

Signs and symptoms of deficiency include impaired glucose tolerance (or impaired carbohydrate metabolism); muscle weakness; fatigue; high blood pressure; chest pain; irregular heartbeat, and with severe deficiency, heart failure.

COPPER DEFICIENCY

Signs and symptoms of deficiency include anemia; numbness or tingling of the hands and/or feet; osteoporosis; joint problems; hypothyroidism; loss of pigment (color) in the hair and skin; irregular heartbeat; and high cholesterol levels.

IODINE/IODIDE DEFICIENCY

Signs and symptoms of deficiency include depression; fatigue; disorders of carbohydrate metabolism; goiter and hypothyroidism (fatigue, weakness, weight gain) and even hyperthyroidism (weight loss, irregular heartbeat, appetite changes); thin nails; thinning and/or loss of outer third of eyebrow; and hair loss.

Deficiency During Pregnancy: Fetal development can be affected with consequent irreversible brain damage and mental retardation.

IRON DEFICIENCY

Signs and symptoms of deficiency include anemia; rapid heart rate; restless legs syndrome; fatigue; headaches; dizziness; cold intolerance; depression; hair loss; red, dry, and cracked lips; difficulty concentrating; learning difficulties and lower IQ in children; Attention Deficit Hyperactivity Disorder (ADHD); multiple nail disorders including abnormally shaped nails, ridged or spoon-shaped nails, brittle nails, soft nails, pale fingernail beds, and thin/weak nails. **Excessive intake of iron can be toxic.**

MAGNESIUM DEFICIENCY

Signs and symptoms of deficiency include migraine headaches; restless legs syndrome; brittle nails; chronic fatigue; anxiety; depression; preeclampsia; premenstrual syndrome (PMS); premenstrual dysphoric disorder (PMDD); osteoporosis; muscle cramps; refractory hypokalemia; insomnia; irregular heartbeat; high blood pressure; fibromyalgia; seizures; asthma; carbohydrate cravings (e.g. sugar and chocolate); and type 2 diabetes.

OMEGA 3 (EPA + DHA) DEFICIENCY

Signs and symptoms of deficiency include hyperkeratosis or a goosebump-like appearance of the skin; psoriasis; dry scaly or itchy skin; brittle hair and nails; poor concentration; depression; anxiety; attention deficit hyperactivity disorder (ADHD); bipolar disorder; schizophrenia; joint pain; and lack of physical endurance.

VITAMIN A DEFICIENCY

Signs and symptoms of deficiency include dry eyes; night blindness (or difficulty seeing at night); Bitot's spots; dry, scaly, and rough skin; hyperkeratosis or a goosebump-like appearance of the skin; decreased immunity; and frequent viral infections.

Excessive intake of vitamin A from animal sources can be toxic.

VITAMIN C DEFICIENCY

Signs and symptoms of deficiency include anemia; easy bruising and bleeding (e.g. bleeding gums); scurvy; chronic fatigue; poor wound healing; increased susceptibility to stress and/or infections; and anxiety and/or depression.

VITAMIN D DEFICIENCY

Signs and symptoms of deficiency include osteoporosis; hyperparathyroidism; depression and/or anxiety; seasonal affective disorder; bipolar disorder; premenstrual syndrome (PMS) and premenstrual dysphoric disorder (PMDD); insomnia; autoimmune disease; and and inflammatory disease.

VITAMIN E DEFICIENCY

Signs and symptoms of deficiency include anemia; numbness or tingling of the hands and/or feet; lack of muscle coordination (may affect speech, eye movements, ability to swallow, walking, picking up objects, and other voluntary movements); muscle weakness; and weakened immune function.

VITAMIN K DEFICIENCY

Signs and symptoms of deficiency include osteoporosis; blood clotting disorders including excessive bruising and bleeding (e.g. bleeding gums, heavy menstrual bleeding, and frequent nose bleeds). **Individuals who take blood thinning medications should not take vitamin K.**

VITAMIN B1 (THIAMIN) DEFICIENCY

Signs and symptoms of deficiency include fatigue; irritability and depression; neurological disorders including loss of muscle coordination, numbness and/or tingling of the hands and/or feet; dementia; and with advanced deficiency, congestive heart failure, Beriberi, and Wernicke-Korsakoff syndrome.

VITAMIN B6 DEFICIENCY

Signs and symptoms of deficiency include anemia; fatigue; insomnia; eczema; premenstrual syndrome (PMS) or premenstrual dysphoric disorder (PMDD); irritability, and depression; confusion; morning sickness during pregnancy; carpal tunnel syndrome; dry, cracked, red lips; inflammation of the tongue; ulcers at the corners of the mouth; numbness or tingling of the hands and/or feet; weakened immune function; disorders of carbohydrate metabolism; and even seizures.

VITAMIN B9 (FOLIC ACID) DEFICIENCY

Signs and symptoms of deficiency include red, dry, cracked lips; anemia; inflammatory disease; and cardiovascular disease.

Deficiency During Pregnancy: Neural tube defects including spina bifida.

VITAMIN B12 DEFICIENCY

Signs and symptoms of deficiency include anemia; insomnia; fatigue; neurological disorders including loss of muscle coordination, numbness or tingling of the hands and/or feet, and difficulty walking; memory loss or dementia; ringing in the ears; psychosis, anxiety; depression; irritability; cardiovascular disease; and elevated blood concentrations of homocysteine.

TRYPTOPHAN

Signs and symptoms of inadequate tryptophan intake may include psychiatric disorders including depression, anxiety, irritability, impatience, impulsiveness, and/or bipolar disorder; insomnia; inability to concentrate; weight gain; overeating; carbohydrate cravings; and slow growth in infants and children.

ZINC DEFICIENCY

Signs and symptoms of deficiency include weak nails; white streaks or spots on the nails; skin lesions that resemble acne; rashes; hair loss; poor wound healing; diarrhea; irritability; anxiety; depression; loss of taste and appetite; impaired immune function; osteoporosis; growth failure in children; hypothyroidism; chronic fatigue; and night blindness.

ORAL CONTRACEPTIVES

Oral contraceptives (i.e., birth control) may increase the risk of multiple deficiencies including vitamins B2, B6, B9, B12, vitamin C and E and the minerals magnesium, selenium, and zinc.

DHARMA Wellness Center

Vitamin Test Call: 662-3120

Bruce Lipton on the Epigenetics Revolution Our Beliefs Reprogram Our Genetic Destiny

by Linda Sechrist



Bruce Lipton, Ph.D., author of *The Biology of Belief* and *The Honeymoon Effect*, is a stem cell biologist and internationally recognized leader in bridging science and spirit. He is a visiting fellow lecturer on immunology at the New Zealand College of Chiropractic and participated in the Foundation for Conscious Evolution's seventh Worldwide Meeting on Human Values, in Mexico. His research explains the interplay between individual consciousness and body biology.

Why do you start with epigenetics as a foundation for health?

Many people, programmed with the concept of genetic determinism, believe that genes in the fertilized egg at conception determine character and fate. Unable to pick our DNA genes, we are powerless to control our life, so that the only option is seeking help from someone in the biomedical community to fix our genes.

I introduced a new vision about the understanding of genes a half-century ago that is now the new science of epigenetics. Epi- means "above". Here, we can realize control by regulating the environment in which we live and our perception of it, making us the master of our own genetics rather than a victim of heredity.

Do you believe epigenetics is the future of medicine?

Epigenetics is a revolution in our knowledge and awareness of heredity. This new concept of biology is so big that

it promises radical change capable of revolutionizing civilization. Its dynamics are equivalent to the leap from Newtonian physics to quantum physics, which led to everything from computers and cell phones to Martian rovers. We are freed to abandon the belief that genes cause cancer, for instance. In changing our lifestyle, beliefs and perceptions, we also change our genetic expression.

Remember, this works because how we individually interpret our world is translated by the brain into chemical information that adjusts the behavior and genetics of cells to complement our perception. We could live in the healthiest environment, but if our mind perceives it as threatening and non-supportive, our biology will become less healthy and can generate disease. The cells' response is based on the brain's information, which actually is only an interpretation. Personal perceptions and the way we live, including our spiritual nature, adjust genes to manifest either a functional state of health or one of dysfunction.

Where is the "self" that makes people different?

No two people are the same biologically. If I inject my cells into another human, their immune system will recognize it as "not-self" and begin to eliminate them. On the surface of virtually all our cells are thousands of protein receptors that function like miniature antennae. They read and respond to environmental signals similar to the larger receptors on the skin's surface, such as the eyes, ears and nose.

Each human also possesses a unique set of "identity" receptors, a subset of which are called "self-receptors" by the biomedical community, found on nearly all of our cells, with the primary exception of red blood cells. Self-receptors are unrelated to the cell's function contributing to muscle, bone, brain or heart. Conventional medicine studies the physical aspect of self-receptors as being the source of "self" but overlook the environmental signals they receive. In other words, individual identity is linked to the signals received by the antennae.

When I reached this point in my research, I realized that we can't die, because our real identity is represented by the invisible environment-derived "broadcast", which might legitimately be referred to as spirit. My personal identity signal is received by each of my 50 trillion cells endowed with the unique set of "Bruce" self-receptors. While my physical body is like a TV, the "spiritual broadcast" representing the Bruce Show is an eternal, energetic element of the environment.

What is entrainment and why is it important today?

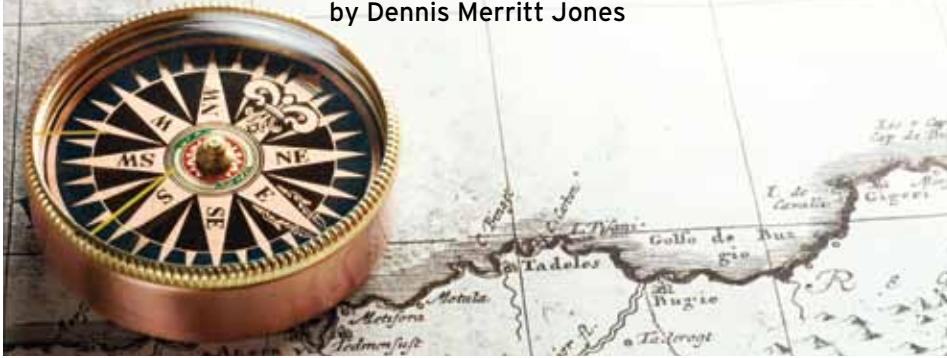
A group of heart cells in a Petri dish will each beat to its own vibrational frequency. After a couple of days, they start beating in synchrony, because the stronger heart cells control the tempo. The other cells organize their behavior to entrain with the more powerful one. This happens in women's college dormitories when residents start the school year with different menstrual cycles, but later experience entrainment, with their cycles beginning and ending about the same time. They link to a pulse and a beat, just like the heart cells.

Humans become entrained to a higher force that's an invisible broadcast of energy in harmony or in discordance. As more of us hold the intention for living a life of love and peace, the broadcast of that harmonic energy amplifies and those not yet there will eventually entrain to the stronger signal. This is the shift we need to make for conscious evolution to occur.

Linda Sechrist is a senior staff writer for Natural Awakenings. Connect at ItsAllAboutWe.com.

Key Signs We're Approaching a Defining Moment

by Dennis Merritt Jones



Our authentic self is constantly trying to get our attention so it may be more fully expressed. When we set our intention to genuinely evolve, we naturally begin to pay attention and see how redefining moments appear as needed. They are drawn to us sequentially to support us in the process of staying the course on our pilgrimage, each one a perfectly aligned portal in space and time, opening and closing, creating whatever experience is required to guide us to heightened awareness of our authentic self.

While the possible circumstances that preclude such a moment are limitless, there are key signals to watch for. When they pop up, it helps immensely to stay engaged in the moment, rather than zipping past them on to another distraction. Rather, consider ways in which this might prove to be a pivotal point forward in our life journey.

- Moments that challenge our ego and moments that our ego challenges us
- Unexpected events
- Times of significant loss
- First-time experiences
- Discontentment
- Disappointment
- Experiencing someone or something that instantly inspires us to grow
- Birth of a loved one
- Death of a loved one

Personal growth and evolution can be motivated by either inspiration

or desperation. Both may prompt us to ask big questions of ourselves and the universe that cause us to dig deep. The deeper we dig, the closer we come to merging with our truest self.

We know the answers to such questions are correct because they will lead to actions that honor life—like harming no one, including oneself—and affirm the presence of a prevailing power for good that lies within; a power that guides, protects and sustains us. Satisfying answers seek only the highest and best of us and bless all. They connect our mind, heart and soul, moving us forward on the path of wholeness as a fulfilled and joyfully self-expressed person.

When we are impelled to ask an important question of our self and the universe, don't rush the process and are willing to embrace the answer we receive, it pushes a reset button as to what defines us. It brings us an enhanced sense of authentic wholeness.

The lesson is that when redefining moments appear, we must be open and prepared to go where we had no plans of going—because that's where our bliss awaits us.

Dennis Merritt Jones, D.D., is the author of Your (Re)Defining Moments, the source of this essay. He has contributed to the human potential movement and field of spirituality as a minister, teacher, coach and lecturer for 30 years. Learn more at DennisMerrittJones.com.

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

- Dr. Mark Hyman MD



Organic Juice
\$12



liteon Natural Health Center

Powerful, Positive Healing for Life

BACK to BASICS Health Program \$164

One month supply of GENESIS Wheatgrass
Vitamin Test
Breast Cancer Thermography Screening
Review of Thermography and Vitamin Test Results

* Mr. Ted George, CPHC, Certified Natural Health Consultant and Nutritional Health Practitioner

CANCER Wellness Program \$440

The CURE TO CANCER is prevention. The BEST OPTION if diagnosed with cancer is restoring normal circulation, inflammation, nutrition, elimination, and pH. Balance nutrition, reduce acid, detox, open lymphatic pathways, reduce stress and anxiety, restore body chemistry, increase oxygen levels, reduce inflammation.

\$440 6-Week Program

18 Infrared Sauna*
18 Whole Body Vibration*
3 Red Light Therapy with Zerona*
12 Foot Detox*
12 Antioxidant Treatments*
15 Water/Lymphatic Massage*
2 Thermograms & 1 Vitamin Test*
9 pH Acid Testing & Body Comp*

INDIVIDUAL FULL PRICE: \$5,410

\$612 10-Week Program

27 Infrared Sauna*
24 Whole Body Vibration*
9 Red Light Therapy with Zerona*
21 Foot Detox*
20 Antioxidant Therapy*
20 Water/Lymphatic Massage*
2 Thermograms & 1 Vitamin Test*
12 pH Acid Testing & Body Comp*

INDIVIDUAL FULL PRICE: \$6,850

RESTORE Health Program \$340

\$340 6-Week Program

14 Infrared Sauna*
18 Whole Body Vibration*
12 Foot Detox & 2 Inversion Therapy*
12 Hydration Therapy*
9 Water/Lymphatic Massage*
2 Thermograms and a Health Coach*
6 pH Acid Testing & 1 Vitamin Test*

INDIVIDUAL FULL PRICE: \$2,410

\$493 10-Week Program

20 Infrared Sauna*
24 Whole Body Vibration*
18 Foot Detox & 4 Inversion Therapy*
17 Hydration Therapy*
12 Water/Lymphatic Massage*
2 Thermograms and a Health Coach*
9 pH Acid Testing & 1 Vitamin Test*

INDIVIDUAL FULL PRICE: \$4,190

BODY REBOUND Weight Loss Program

\$340 6-Week Program

14 Infrared Sauna*
18 Whole Body Vibration*
6 Foot Detox*
9 Body Wraps*
9 SlimPOD Slimming*
1 Vitamin Test & 1 Thermogram*
4 Sessions with Personal Trainer*
2 Inversion Therapy*
9 pH Acid Testing & Body Comp*
Nutrition Program & Nutritional Supplements*

INDIVIDUAL FULL PRICE: \$3,634

\$580 12-Week Program

24 Infrared Sauna*
25 Whole Body Vibration*
12 Foot Detox*
20 Body Wraps*
18 SlimPOD Slimming*
1 Vitamin Test & 1 Thermogram*
4 Sessions with Personal Trainer*
2 Inversion Therapy*
12 pH Acid Testing & Body Comp*
14 DERMOSONIC Cellulite Treatments*
3 ZERONA Cold Laser Lipo*
Nutrition Program & Nutritional Supplements*

INDIVIDUAL FULL PRICE: \$6,945

SAUNA & Whole Body Vibration

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

Water Massage Therapy

2 Sessions Water Massage Therapy: \$70
4 Sessions Water Massage Therapy: \$120
8 Sessions Water Massage Therapy: \$190

DERMOSONIC Cellulite Reduction

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

Doctor Visit and Office Consultation

General Question and Office Consultation: \$120
General Question, Labwork, and Imaging: \$260

* Dr. Steven T. Castille, BS, MS, DNM, Doctorate in Natural Medicine and Integrative Medicine Practitioner

Thermography Medical Imaging

Breast Cancer Screening: \$60
Full Body Thermography Exam: \$94
Full Body Exam with Full Labs: \$325

Zerona Laser Lipo Treatment

6 Zerona Treatments: \$675
12 Zerona Treatments: \$850
18 Zerona Treatments: \$1100

Infrared Body Wrap

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

Ionic Foot Detox

1 Session Ionic Foot Detox: \$45
2 Sessions Ionic Foot Detox: \$80
4 Sessions Ionic Foot Detox: \$150

Massage Therapy

1 Massage Therapy Session: \$69
2 Massage Therapy Sessions: \$125

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.

Natural Health Center
Carencro

896-4141
or dial 347-4141

DHARMA Wellness Center
Sunset

662-3120
or dial 534-1110

Caribbean Wellness Center
Opelousas

678-1844
or dial 678-1500

Wellness Center Membership

This plan is designed for individuals whose lifestyles center around good health and disease/pain prevention. This membership program offers access to all three of our wellness centers year-round. It includes massage therapy, gym membership, medical spa services, salt water pool and campground access, annual bloodwork, complimentary guest passes for friends or family. *12-Month Enrollment Required*

\$69/mo BASIC Membership

- 2 Weeks Per Month*
- 2 Infrared Sauna*
 - 2 Whole Body Vibration*
 - 2 Foot Detox*
 - 1 Hydration Therapy*
 - 1 Water/Lymphatic Massage*
 - 2 pH Acid Testing & Body Comp*

INDIVIDUAL FULL PRICE: \$310

*** Become a member today. You pay only \$69. Registration + \$69 for the first month membership plus tax.

\$89/mo VIP Membership

- 4 Weeks Per Month*
- 4 Infrared Sauna*
 - 4 Whole Body Vibration*
 - 4 Foot Detox & 2 Inversion Therapy*
 - 2 Hydration Therapy*
 - 2 Water/Lymphatic Massage*
 - 1 Thermography Exam Annually
 - 1 Vitamin Test every six months

INDIVIDUAL FULL PRICE: \$814

the
BEST
2015
BEST VALUE

What is a RESTORE Health Program?

The RESTORE Health Program uses holistic therapy, bodywork, vitamin therapy, and integrative medicine to help restore your body's health. Inflammation, poor diet and nutrition, poor circulation, and inadequate detoxification all work to create cancer, heart disease, immune disorders, and many of the other health conditions we face today.

What is Integrative Medicine?

Integrative medicine means taking a holistic approach when seeking treatment for imbalances and choosing to live a more balanced lifestyle. What primarily distinguishes integrative medicine apart from alternative medicine, complementary medicine, and traditional medicine is that physical health is not necessarily the main focus. Instead we seek balance of mind, body, and spirit as a whole.

All of our programs are based on published peer-reviewed research in complementary and natural medicine. We only use evidence-based instruction.

Nutrition

Nutrition is the primary focus of our business. Whether it's eating a proper diet specific to your disease, using nutritional supplements, or a combination of both. Nutrition is the only way to properly heal the body.

Vitamins and minerals are used in every biological and chemical process in your body. Vitamins and minerals build cells, cells build tissue, tissue form organs, organs for organ systems, and organ systems form the human body.

The body is self-healing and self-regulating.

Inflammation is the root cause for almost every major disease we know today (cancer, diabetes, heart attack and stroke, etc.). Our programs and services focus primarily on restoring normal acid/alkaline balance, minimizing inflammation, proper diet-nutrition-hydration-elimination.

We have a clinically licensed laboratory for urine, blood, and fluid sampling and testing. We have a medical thermography imaging lab.

a wellness center with a medical spa

FRIENDS and FAMILY Wellness Program

\$340 4-Week Program

- 12 Infrared Sauna*
- 12 Whole Body Vibration*
- 8 Foot Detox*
- 6 Hydration Therapy*
- 6 Water/Lymphatic Massage*
- 1 Vitamin Test
- 4 Sessions with Personal Trainer*
- 2 Thermograms*
- 6 pH Acid Testing & Body Comp*

INDIVIDUAL FULL PRICE: \$2,184

EACH ADDITIONAL PERSON \$205 4-Week Program

- 12 Infrared Sauna*
- 12 Whole Body Vibration*
- 8 Foot Detox*
- 6 Hydration Therapy*
- 6 Water/Lymphatic Massage*
- 1 Vitamin Test
- 4 Sessions with Personal Trainer*
- 2 Thermograms*
- 6 pH Acid Testing & Body Comp*

INDIVIDUAL FULL PRICE: \$2,184

TWO - PEOPLE Wellness Program

\$580 6-Week Program

- 28 Infrared Sauna*
- 36 Whole Body Vibration*
- 24 Foot Detox*
- 24 Hydration Therapy*
- 18 Water/Lymphatic Massage*
- 1 Vitamin Test
- 4 Sessions with Personal Trainer
- 4 Thermograms*
- 12 pH Acid Testing & Body Comp*

INDIVIDUAL FULL PRICE: \$5,630

\$1100 10-Week Program

- 40 Infrared Sauna*
- 48 Whole Body Vibration*
- 36 Foot Detox*
- 34 Hydration Therapy*
- 24 Water/Lymphatic Massage*
- 1 Vitamin Test
- 4 Sessions with Personal Trainer
- 4 Thermograms*
- 18 pH Acid Testing & Body Comp*

INDIVIDUAL FULL PRICE: \$9,002

Caribbean RETREAT and Wellness Center

\$365 6-Day Program

1 Person / 6 Days with Complite Included

- 6 Infrared Sauna*
- 6 Whole Body Vibration*
- 6 Foot Detox*
- 4 Hydration Therapy*
- 2 Water/Lymphatic Massage*
- 2 Thermograms*
- 6 pH Acid Testing & Body Comp*

INDIVIDUAL FULL PRICE: \$2,410

\$510 6-Day Program

2 People / 6 Days with Complite Included

- 12 Infrared Sauna*
- 12 Whole Body Vibration*
- 12 Foot Detox*
- 8 Hydration Therapy*
- 4 Water/Lymphatic Massage*
- 4 Thermograms*
- 12 pH Acid Testing & Body Comp*

INDIVIDUAL FULL PRICE: \$4,820

\$260 2-Day Program

2 People / 2 Days with Complite Included

- 4 Infrared Sauna*
- 4 Whole Body Vibration*
- 4 Foot Detox*
- 4 Hydration Therapy*
- 4 Water/Lymphatic Massage*
- 2 Thermograms*
- 4 pH Acid Testing & Body Comp*

INDIVIDUAL FULL PRICE: \$1,600



If you think a
Wellness Program is expensive
Try **Cancer, Depression, Stroke, Diabetes, or Congestive Heart Failure**

YOUR BODY - YOUR CHOICE

The BEST way to prevent disease is to maintain your health with a wellness program.

20 Best Foods for FIBER



Corn White Beans Black Beans



Kidney Beans Garbanzo Beans Avocado



Whole-wheat pasta Brown Rice Edamame



Whole-wheat bread Lentils Pear



Artichoke Oatmeal Raspberries



Peas Broccoli Apples



Almonds Barley

Fiber can lower blood sugar, cut cholesterol, and may even prevent colon cancer and help you avoid hemorrhoids. If it were a drug, the world would be clamoring for it.

But few people are getting enough.

Women should get about 25 grams a day and men at least 35 to 40, but the average person gets just 15 grams a day. Eating fiber-rich whole foods—not foods that tout "added fiber"—is the best way to increase your fiber intake.

- Dr. Steven T. Castille

healingways



Good Reasons to Try Acupuncture

Thousands of Studies Show Healing Results

by Kathleen Barnes

The ancient Chinese art of acupuncture is gaining popularity in modern Western medicine for many reasons. "There's lots of research to support the effectiveness of acupuncture for a wide variety of conditions," says Thomas Burgoon, a medical doctor who practices internal medicine in West Chester, Pennsylvania, and is president of the American Academy of Medical Acupuncture, an association of doctors of medicine and osteopathic medicine that use acupuncture in conjunction with conventional treatments.

Acupuncture treatments typically involve the nearly painless insertion of very thin needles to stimulate the body's natural repair and regulation mechanisms based on the fundamental Chinese medicine principle that the inside of the body can often be treated from the outside. Burgoon explains that acupuncture works by stimulating and releasing the body's natural pain relievers, including endor-

phins, producing the feel-good brain chemical serotonin and relieving inflammation, as well as bringing many other body processes into normal function.

Brevard, North Carolina, licensed master acupuncturist Paul Buchman, adds, "Acupuncture differs from conventional Western medicine in many ways, primarily in that when it treats a disease on the physical level,

it also has far-reaching effects on our mental, emotional and spiritual aspects."

The U.S. Library of Medicine database lists more than 23,000 studies on acupuncture.

Chronic back pain: Chronic low back pain affects 80 percent of us at some time and is the second-most common cause of disability in American adults, according to a University of North Carolina at Chapel Hill study published in the *Journal of the American Medical Association*.

A recent study of Australian patients arriving in Melbourne hospital emergency rooms complaining of low back pain found that those treated with acupuncture experienced as much pain

relief in an hour as those given drugs.

"When I treat a person for low back pain, I always take pulses in several parts of the body, and then take into account

many factors, including age, gender and life situation," says Buchman. "The underlying causes of the pain may be different in a 20-something student with a stressful academic load than a 50-something woman that's a recent empty nester redefining her future," he explains.

When researchers at China's Central South University reviewed 13 studies on acupuncture and low back pain, they concluded that comprehensive treatment plans that involve acupuncture are urgently needed.

Headache: Acupuncture has long been used to relieve the pain of migraines and tension headaches. Australian research published in *Evidence-Based Complementary and Alternative Medicine* found that 16 acupuncture sessions cut in half the number of days that patients experienced migraines, significantly reducing pain.

"Acupuncture is a must-try therapy for anyone with migraines or chronic or tension-type headaches," says Burgoon. He notes that Aetna Insurance Company policy considers acupuncture among accepted, medically necessary treatments for migraines, chronic low back pain, knee osteoarthritis, postoperative dental pain and nausea associated with surgery, pregnancy and chemotherapy.

Asthma and allergies: More than 25 million Americans have asthma, including 6.8 million children. Danish research published in the journal *Alternative Therapies in Health and Medicine* showed that 10 acupuncture sessions given over a three-month period reduced asthma symptoms and use of inhaled steroids, but only when acupuncture was ongoing. Benefits diminished when treatments were discontinued. German researchers at Berlin's Charité University Medical Center found similar effects for seasonal allergies by comparing it with the effects of antihistamines and sham acupuncture.

"Patterns of bad health get more ingrained in our body systems as we get older," says Melanie Katin, a licensed

Find a local physician trained
in medical acupuncture at
MedicalAcupuncture.org/FindAnAcupuncturist

acupuncturist specializing in treating children in New York City and professor at the Pacific College of Oriental Medicine. "If we can catch an illness in a child's first seven or eight years, we may be able to prevent it from becoming chronic in adulthood."

Digestive problems: Acupuncture has been found to be effective for treating colic in babies, irritable bowel syndrome, morning sickness and post-operative nausea caused by anesthesia and chemotherapy treatments, verified in research from Australia's University of Sydney on patients after surgery for metastatic liver cancer. Several other studies, including one from the Milwaukee's Medical College of Wisconsin, show that acupuncture rebalances the nervous system and restores proper digestive function, while relieving pain.

The World Health Organization review of research notes how acupuncture relieved gastrointestinal (GI) spasms better than atropine injections, and also recommends acupuncture for relief of nausea. "Acupuncture helps calm down an overactive GI tract and stimulates an underactive one," explains Burgoon.

Acupuncture is a non-pharmaceutical remedy for many health problems, Burgoon says. "I fell in love with acupuncture when I discovered I could use it to treat some problems that nothing else helped. I almost never prescribe any medications. Instead, I help people get off pharmaceuticals."

Kathleen Barnes is author of many natural health books, including The Calcium Lie 2: What Your Doctor Still Doesn't Know, with Dr. Robert Thompson. Connect at KathleenBarnes.com.



DHARMA
wellness center and fit club

COMMUNITY SPOTLIGHT



Mary McLure Clark

"I started coming to DHARMA in mid February. At that time I was already being treated for hyperthyroidism, rheumatoid arthritis, fibromyalgia, and narcolepsy. Doctors could not figure out why, they just kept dolling out medication, and each pill seemed to have an adverse effect on something else. When I came here (The Natural Health Center), I was given a thermogram. The naturopathic doctor reviewed the thermography images with me and explained that my thyroid appeared very inflamed and that it was the possibly root of some of my problems. Also, I was very acidic, so he suggested that I try 64oz of alkaline water a day. In addition, I was told to discontinue caffeine and to add an enzyme, vitamins, and herbal teas to my regiment. For the last six weeks I have been at the DHARMA Wellness Center doing whole body vibrations, water massage, infrared sauna detox, slimpod detox, vitamin hydration, and the ionic foot detox. I have lost ten pounds, and I am off two of my prescription medications. My doctors say that my blood work has never been better, and they are on board with all that I am doing. I am learning new and healthier ways to eat and live. The staff is always very helpful and encouraging. When my twelve weeks are up I intend to continue with the services Dharma provides and the program they created for me."

Tre' Gradnigo is the Center Director at DHARMA Wellness Center in Sunset. Contact Mr. Gradnigo at 662-3120.

DHARMA
wellness center and fit club

I did this.
in one word



\$675
6 Treatments
\$850
12 Treatments

Zerona

3 inches in 2 weeks

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Carencro Office

conscious eating



Photo by Stephen Blancett

SUPER SOUPS

New Twists on Old Favorites
Heal, Nourish and Soothe

by Judith Fertig

Winter season soups on chilly days can warm us, both body and soul. Whatever our food preferences or time constraints, some new twists on traditional favorites will satisfy everyone's taste buds—with an accent on healthy pleasure. Here's where to start.

Reinventing the past. From her Colorado mountain home, Jenny McGruther, author of *The Nourished Kitchen*, celebrates the wisdom of traditional foodways, making nutrient-dense, healing soup broth from bones, water, vegetables and seasonings. McGruther's twist is to make it in a six-quart slow cooker.

Once her family has dined on organic roast or rotisserie chicken, she simmers the bones with purified water, a bay leaf or two, a few whole peppercorns and a few chopped organic vegetables like onion, carrot and celery

on the low setting for 24 hours. Then she ladles the broth through a coffee strainer into another container, refreshes the slow cooker with more water and simmers the bones and seasonings for another 24 hours. Eventually, the broth will have less flavor and color, and that's when McGruther starts all over again.

"I call this perpetual soup," she says. She blogs at NourishedKitchen.com.

Slowing it down. With homemade broth on hand, it's easy to make the Italian winter staple of Tuscan Vegetable Bean Soup. Cookbook authors and slow cooker experts Kathy Moore and Roxanne Wyss, from Lee's Summit, Missouri, love to make this when they're working on a cookbook deadline. They simply use what they have in the refrigerator, freezer or pantry.

"With a soup like this you can always substitute one vegetable for

Natural Awakenings recommends using organic and non-GMO (genetically modified) ingredients whenever possible.

another, adjusting the recipe to what you enjoy and have on hand," advises Moore. The pair blogs at *PluggedIntoCooking.com*.

Speeding it up. Sometimes, we need a single serving of homemade soup fast. Award-winning recipe developer and cookbook author Camilla Saulsbury, of Nacogdoches, Texas, whips up a Pumpkin Sage Soup that can simmer in a saucepan within minutes, ready to be enjoyed in a mug.

Saulsbury uses organic canned pumpkin, full of vitamins, which can vary in sweetness. "If needed," she suggests, "add a drizzle of maple syrup to enhance the flavor of the soup."

Making "bisque" in a high-speed blender. Karen Adler is an avid grower of organic tomatoes in her Kansas City garden. When the seasonal harvest comes to an end, Adler grills or oven roasts the tomatoes, along with organic peppers and onions, and then freezes them, ready to make Roasted Tomato Bisque any time of the year.

"My secret to a light bisque without using cream is to blend all the roasted vegetables together with a high-speed blender to give it body. A swirl of extra-virgin olive oil at the end finishes ensuring the satisfying flavor," she says.

Going cold. Douglas McNish, head chef at Toronto's raw and vegan restaurant Raw Aura, serves a popular Lemon, Cucumber and Dill Soup, which is easy to make in a food processor. "This soup is amazing this time of year, when most of our diets may be lacking in healthy fats and trace minerals," says McNish.

Warming up. Two cookbook authors teamed up across many miles to write *300 Sensational Soups*. Meredith Deeds lives in Minneapolis, Minnesota, while Carla Snyder resides in Cleveland, Ohio. They've mutually discovered the naturally warming properties of curry powder in Curried Coconut Chickpea Soup.

Snyder observes, "A good soup nourishes the heart, as well as the stomach, spreading a feeling of satisfaction and contentment."

Judith Fertig blogs at AlfrescoFoodAndLifestyle.blogspot.com from Overland Park, KS.



Dr. Otto Heinrich Warburg 1931 Nobel Prize Winner

"All forms of cancer have two basic conditions: acidosis and hypoxia (lack of oxygen)"

"Cancerous tissues are acidic whereas healthy tissues are alkaline"



"DISEASE can not live in an ALKALINE body."

NOW AVAILABLE AT
Drug Emporium
Lafayette

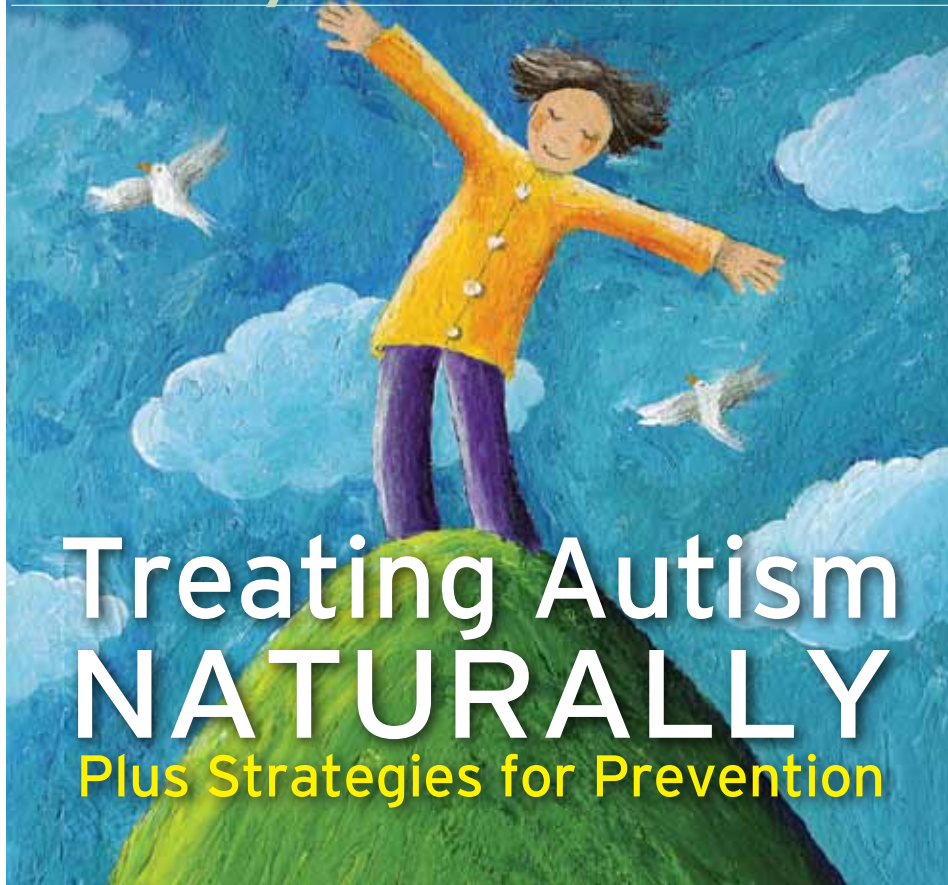
pH 9.5

Alkaline Liquid Drops



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.



Treating Autism NATURALLY

Plus Strategies for Prevention

In *The Autism Revolution*, Pediatric Neurologist and Neuroscientist Martha Herbert approaches autism as a whole-body condition that can improve, rather than be a static, lifelong genetic brain disorder.

"It's the way the brain is shifted into acting when faced with a combination of stressors—some, but not all of which are genetic—at a vulnerable point in development," says Herbert. Non-genetic challenges can come from the immune system, nutrition, the environment and stress. "Addressing them can make a profound difference in the condition; maybe even turning it around."

Herbert directs the Treatment Research and Neuroscience Evaluation of Neurodevelopmental Disorders (TRANSCEND) program at a joint Harvard University, Massachusetts Institute of

Technology and Massachusetts General Hospital Medical Imaging facility.

"While autism is often thought of as a genetic disorder, it's the result of a gene-environment interaction where genes are corrupted," explains Psychiatrist Robert Hendren, who is currently partnering in

developing the Center for Autism Spectrum Disorder and Neurodevelopmental Disorders at the University of California, San Francisco.

According to the U.S. Centers for Disease Control and Prevention, autism is the fastest-growing developmental disability, now affecting one in 68 children and one in 42 boys. Autism Speaks (*AutismSpeaks.org*)

defines autism spectrum disorder (ASD) as a group of complex brain development disorders characterized by difficulties in social interaction, verbal and nonverbal communication and repetitive behaviors.

Experts agree that a natural foundation for health begins with breastfeeding infants to support natural immunity, and then ensuring children's diets are rich in nutrients at all ages.

Prevention

Many experts agree that in some cases, autism can be prevented. "Prevention needs to start early—preconception is ideal," says Dr. Kenneth A. Bock, of Bock Integrative Medicine, in New York, and author of *Healing the New Childhood Epidemics: Autism, ADHD, Asthma and Allergies*.

Emphasizing omega-3 essential fatty acids, folic acid and probiotics during pregnancy can be beneficial, and it's important to avoid iron deficiency, which has been tied to higher rates of autism, Hendren counsels.

Results from a recent University of California, Davis study published in *Environmental Health Perspectives* reveals increased rates of autism among children of women that live close to pesticide-treated fields during pregnancy, particularly during the second and third trimesters. Hendren says, "Living near heavily sprayed fields can be very detrimental. Living close to freeways or downwind of coal-fired power plants is also associated with autism."

If heavy metal toxicity in blood is confirmed, chelation therapy is often used to remove metals, although Hendren advises against using it for the general treatment of ASD. "Chelators pull out mercury, along with other metals, a process that can be harmful. Instead, think about diet and nutritional supplements that can help detoxify the body more safely," he explains.

Bock says, "It's not enough to detoxify, we have to remove and prevent exposure to neurodevelopmental toxins."

Herbert suggests avoiding toxic household products, electromagnetic exposure from devices such as cell phones and baby monitors, which can lead to stress, sleep disruption and cell health problems, as well as antibiotic overuse, which can disrupt the gut microbiome, increasing vulnerability to exposure to other harmful chemicals.

Herbert notes some parents observe that their child became autistic after a vaccination but there are also autistic children that are vaccine-free; still others become so after facing other stresses such as illness or trauma. "We need to focus on the underlying vulnerabilities and keep children strong and resilient so they can handle life's

Relax your attachment
to expectations and realize
that your child sees,
hears and feels the world
differently than you.
Broaden your perspective
and make every choice
a healthy choice.

~Martha Herbert

challenges to their health and immune systems," she says.

Safeguard Resilience

Currently, the only treatment that has been proven to consistently improve the core symptoms of ASD is behavioral therapy designed to foster language, socialization and academic skills. While effective, this approach is time- and staff-intensive.

With the rise and prevalence of autism in the past decade, more parents are turning to complementary and alternative treatments (CAM). Hendren reports that the best researched and

safest CAM therapies for treating autism include melatonin to improve sleep, omega-3 fatty acids to ease hyperactivity and possibly improve socialization, multivitamins to supplement a limited diet or poor appetite and methyl B₁₂ injections to protect against oxidative stress. Massage therapy has also proven effective in increasing connectivity with others and reducing over-arousal, while reducing ASD symptoms.

Research remains in its infancy, but other CAMs deemed acceptable for a professionally monitored trial include B₆ and magnesium supplements to correct metabolic aberration, folic acid for improvements in core symptoms, probiotics to ease gastrointestinal distress and iron supplementation for a deficiency.

Although clear benefits have yet to be backed by scientific evidence, many parents of children with ASD report that behavior improves with a diet free of the proteins gluten (found in wheat, barley and rye) and casein (found in dairy). Other parent-endorsed diets include anti-yeast, anti-hyperglycemia, specific carbohydrate, low-oxalate and specific food reaction regimens.

A review article in the journal *Au-*

tism Research and Treatment notes that acupuncture, exercise, and music- and animal-assisted therapy have all been reported as helping to reduce a variety of ASD functional and behavioral symptoms.

From sound-dampening headphones that offset loud noises to structuring the environment to anticipate transitions, removing stressors can help reduce the debilitating characteristics of ASD. "This improves abilities to learn and interact with others, but we also don't want to shelter them from having a chance to learn the rules of social interaction in real-world situations," advises Hendren.

Because autism is a heterogeneous disorder with numerous subtypes, the best individualized combination of treatments can be challenging to identify and can often change throughout one's life. Bock reminds families that even with a successful treatment plan, "A parent's love is the final element that brings these recovering children out of darkness into light."

Meredith Montgomery publishes Natural Awakenings of Gulf Coast Alabama/Mississippi (HealthyLivingHealthyPlanet.com).



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

Zerona cold laser treatments target stomach fat. The laser cuts a rip in fat cells and your body absorbs the fat in the lymph nodes.

Zerona treatments help to flatten the stomach.



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greenliving



It's Easy to Be Green

At Home and On the Road

by Avery Mack

“Living green means living well, using what you create with minimal waste,” says Mike Bond, an ecologist and bestselling activist author in Winthrop, Maine. Here, he and other savvy sources share tips to go ever greener in ways that are painless and affordable.

Start Small

✓ Choose the best bulb for the job.

Light bulbs can confuse even informed shoppers. Incandescent bulbs last more than 750 hours, but aren't energy-efficient. Fluorescent bulbs use 75 percent less energy than incandescent and last 10 to 15 times longer. A 20-watt compact fluorescent light (CFL) uses 550 fewer kilowatt-hours than a 75-watt incandescent bulb. For additional information, check Tinyurl.com/EnergyInfoLightBulbs. For a free app showing the best buy, visit LightBulbFinder.net.

✓ Use appliance thermometers.

Widely available, this useful tool will confirm a correct operating temperature of 37 to 40 degrees in the refrigerator and zero degrees in the freezer. According to the U.S. Food and Drug Administration, a warmer fridge allows bacteria to grow, while 10 degrees cooler than

the ideal range increases energy use 25 percent. Chiller units work harder if the room temperature exceeds 70 degrees, so keep appliances out of direct sunlight and away from the stove.

✓ **Find the right seeds and plants.** Then get quick advice on how many to buy and how and when to plant using the *SmartGardener.com* step-by-step app. It encompasses more than 3,000 organic, GMO-free, edible varieties.

✓ **No dishpan hands.** A full load of dishes in a water-efficient dishwasher uses four gallons of water versus 24 gallons for handwashing them, according to Seametrics, which manufactures flow meters.

✓ **Test the toilet.** If a few drops of food coloring added to the toilet tank colors water in the bowl, replace the flap. It's an easy and inexpensive DIY task. The U.S. Environmental Protection Agency reports that one in 10 homes leaks a cumulative 90 gallons a day.

✓ **Fix the faucet.** One drip per second equals 3,000 gallons a year wasted, Seametrics calculates.

✓ **Reset the hot water heater to 120 degrees.** This safe and efficient setting also reduces corrosion and mineral buildup.

✓ **Discover soap nuts and wool dryer balls.** Dried soapberry fruit shells contain saponin, which works like most detergents and soaps. Toss five or six whole shells (one-half ounce) in a wash bag with the laundry. They're good for five to eight reuses. All-natural sheep's wool dryer balls shorten drying time, soften and fluff fabric, reduce static and help keep pet hair off of clothes.

✓ **Change the car's air filter.** Maintain a clean filter according to manufacturer's guidelines and visual inspection, about every 30,000 to 45,000 miles.

✓ **Use an oil-change service.** In Connecticut alone, do-it-yourselfers change 9.5 million gallons of motor oil a year, and 85 percent of it ends up in sewers, soil and trash as a major groundwater pollutant. *Earth Talk* reports that one quart can create a two-acre oil slick; a gallon can contaminate a million gallons of fresh water. While the more costly chemicals in synthetic oil create the same amount of pollution as traditional oil, it doesn't need to be changed as often.

✓ **Carpool.** The Green Living Ideas media network condones Uber, Lyft and Sidecar apps for making ridesharing ultra-accessible.

Go Greener

✓ **Replace old appliances with energy-efficient models.** Check out a unit's Energy Star rating. Consider a tankless heater for hot water on demand, rather than 24/7 heating.

✓ **Choose eco-tires.** Low rolling resistance improves gas mileage and reduces emissions. Keep tires properly inflated and periodically rotated for

longer wear. Watch for future innovations in sustainable materials currently in research and development.

✓ **Ban idling.** Don't idle an electronic fuel-injected engine for more than 30 seconds when parked in cold weather; it warms up faster by being driven, explains the U.S. Department of Energy. Fuel injection engines took over in the 1980s and early 90s. Only older carburetors need a couple of minutes' warm-up. The Department of Energy's Argonne National Laboratory further advises, "Idling for more than 10 seconds uses more fuel and emits more CO₂ than engine restarting."

✓ **Ask for pet- and eco-friendly anti-freeze.** Choose less toxic red-orange propylene glycol antifreeze instead of green ethylene glycol antifreeze, which is poisonous to pets and people. Dispose of both types properly, as they are toxic to wildlife and fish via groundwater, as well.

✓ **Green-clean car windows.** Choose a brand like EvergreenN Windshield Washer Fluid, which is plant-derived, eco-friendly, non-toxic and biodegradable. Traditional blue fluid is methanol, combined methyl alcohol and wood alcohol, and extremely poisonous, especially to children and pets.

Go Big

✓ **Switch to a heat pump.** "A heat pump works the reverse of a refrigerator; it takes cold air from the outside and turns it into warm air inside, and uses no oil or gas," explains Bond.

✓ **Go solar.** It's the eco-alternative to conventional electricity generation. "Solar means that you're creating your

own power," says Bond, who has used solar for years. "It works on an elegant cycle—create energy, use energy." Leased solar panels reduce the cost of equipment, which has dropped dramatically in recent years.

✓ **Get a hybrid car.** In combination with solar power, a hybrid vehicle can reduce or eliminate daily energy costs. "An electric car is perfect when commutes are not long," Bond discloses. "If charged in the day, it can serve as the battery for a solar home at night, when no power is being created."

Connect with freelance writer via AveryMack@mindspring.com.

Go-Green Apps

Here are three apps we suggest among the many available.

■ *Green You* is a free app. It calculates our eco-friendliness and suggests steps toward a deeper shade of green. ItAnyPlace.com/support/greenyou

■ *Recycle* offers a free national database of 100,000 recycling and disposal locations for 200 products. Specify the item and find local options with contact information. Earth911.com/eco-tech/irecycle-now-on-android

■ *eEcosphere* helps users discover, adopt and share the best sustainable living ideas and makes it easy to share specific actions and ideas with friends via social media. eEcosphere.com



Depression
Anxiety
Can't Focus
Brain Fog

Mood Enhancer
can help you

Who Reads *Natural Awakenings*? Melissa Franks Does!



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

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

How long have you been a *Natural Awakenings* reader?

A friend introduced me to *Natural Awakenings* one year ago.

What do you like about *Natural Awakenings*?

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

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

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

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

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

fitbody



The Power of Conscious Dance

Creative Movement Connects Body, Mind and Spirit

by Gail Condrick

A growing tribe of movers and shakers are discovering and unleashing their power in conscious dance, a combination of moving meditation, soul-stirring music, self-expression and sweat.

“Most are familiar with the performance or competitive dance world of learned steps. Conscious dance is a non-competitive, body-based way of raising consciousness. There’s no wrong way to move and your shape and measurements don’t matter,” says Mark Metz, of Berkley, California, founder and executive director of the Dance First Association (DFA) and publisher of the *Conscious Dancer Magazine* and *UpShift Guide*.

The group identifies more than 100 forms of conscious dance, ranging from ecstatic dance to somatic movement therapy. Commonalities include body awareness, barefoot movement, inspiring global music and minimal structure facilitated by leaders.

With 1,000 DFA studio locations, many are finding the power of

conscious dance suits their search for movement with purpose beyond improved fitness as it’s practiced in drug- and alcohol-free club-style events and ecstatic dance experiences, as well as dance fitness programs. “It’s about honoring body intelligence and paying attention to the body and mind-body connection,” says Metz.

“The modalities mentioned most often are 5Rhythms, Soul Motion, Open Floor, JourneyDance, and the Nia Technique,” says Metz. A brief look at three of them shows how each has its own style.

5Rhythms

In St. Petersburg, Florida, 22 women have gathered to seek the bliss promised by 5Rhythms, one of the original conscious dance forms, founded by

Connecting “within” through free and inspired body movement is the power of conscious dance.

the late Gabrielle Roth. “Find your flow. Feel your connection to the Earth through your feet and release your head,” guides facilitator Amber Ryan, of New York City, who travels the world for dance sessions. “Use your body as a gateway into the now.” For two hours, dancers move freely and individually, swaying, sensing and interacting in an experience called “the wave”, intended to move energy through the body, release emotions and heal the psyche.

It’s based on Roth’s premise that, “Each of us is a moving center, a space of divine mystery. Though we spend most of our time on the surface in daily ordinary existence, most of us hunger to connect to this space within, to break through to bliss, to be swept into something bigger.”

JourneyDance

Toni Bergins, from the Massachusetts Berkshires, is a frequent presenter at the Kripalu Center and Omega Institute for Holistic Studies. After years of studying and teaching movement, drama, creative visualization and gestalt techniques, she combined them in creating JourneyDance. More than 400 trained facilitators now offer it in 60- or 90-minute classes worldwide based on the philosophy, “Move into a new story!” Every class includes visualization, creative movement, affirmations and evocative music, all working together to release emotions and connect with spirit.

“You learn to love your body, expand your emotional intelligence, clear your mind and connect with your inner source,” explains Bergins. “You express yourself, infuse life with creativity and connect with a dancing community.”

Participants engage in a ritual journey of physical transformation, cleansing the body through breath, sweat and expression. In this safe space, “Dancers discover their power and personal heart medicine, their true essence,” says Bergins.

Nia Technique

For those that prefer more structure, the Nia Technique is the original bare-foot mind-body-spirit fitness practice, activating sensation and awareness in a workout adaptable for everybody. More than 2,600 instructors in 51 countries offer 60-minute classes where enthusiasts move the way the body is built to move, reaping cardiovascular fitness and therapeutic benefits while having joyful fun. Dancers, guided by instructor’s moves, feel the rhythm of the music and ground themselves in spirit, equipping themselves to take the self-healing experience into everyday life.

“Nia has always blended form and freedom,” says Debbie Rosas, of Portland, Oregon, co-founder and creator of the technique. “We are now introducing new FreeDance classes to bring what we have learned through Nia to embody consciousness in new ways, conditioning the whole body and nervous system. It’s an invitation to move in free, unbound, unstructured ways to offset the tendency we have to move less as we age.”

Dancers move to music designed to animate each chakra through an eight-stage process via a Nia DJ. They’re guided to listen to body feedback through sensation, release emotions and relish being in the present moment. “Regardless of how you act, dress or think, the way you feel inside reveals the most accurate truth of oneself and this is reflected in dance,” says Rosas. “Moving without interference allows your unconscious creative self to shine. You can connect to the sacred artist within; the one that holds a palette with endless colors, shapes and possibilities.” She sees life as ultimately a free-style dance into the self that supports a philosophy of “Love your body, love your life”.

“Dance is in everyone’s family tree, a universal message,” says Metz. “In conscious dance, you disconnect from gadgets and reconnect with yourself and others around you. People need that.”

Gail Condrick is a Nia faculty member, retreat leader and archetypal soul coach in Sarasota, FL. Connect at GaellaVisions.com.

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



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The Right Vet for Your Pet

Animals Thrive with Gentle, Safe and Natural Approaches

by Shawn Messonnier

Pet parents have many criteria to consider when choosing a healthcare provider for their prized pet, and among the most vital is trying to find a doctor that uses holistic therapies, because the advantages are many.

Wellness care is more than vaccines. While many conventional vets consider giving vaccines and flea medications to all of their patients to be their best form of wellness care, holistic vets know these aren't always necessary and can potentially be harmful. Instead, true wellness care involves careful consideration of proper diet, blood titer testing instead of vaccines, natural parasite control when appropriate and a heavy dose of diagnostic testing (blood, urine, fecal) to monitor organ function, check for parasites, screen for disorders of the urogenital system, liver and pancreas and early screening for cancer and other inflammatory conditions. There's also a full physical check for common diseases like dental and heart disease and tumors.

Individualized prescriptions for a proper diet and supplements to maintain health are big reasons many owners prefer a holistic vet.

Natural treatments include disease prevention. Many pets treated via a more natural approach have an easier experience with occasional illness than those that don't enjoy this specialized care. Natural therapies can quickly restore an ill pet to his homeostatic balance without the side effects often associated with multiple drug doses.

A team approach is expected. A holistic practice is a team effort, and the family doctor will suggest options for care, helping an owner decide on the best therapies for each pet.

A fuller range of options is available. While holistic vets prefer a more natural approach, they know that if necessary, conventional therapies can sometimes be an appropriate complement if they follow holistic principles, which means infrequent use of low-dose medications and only when absolutely needed. In general, most conditions can be treated successfully without drug therapy, extending the health and life of the patient and reducing medical costs.

Gentler anesthesia means quicker recovery. A naturally balanced and gentler approach means less drugging if anesthesia becomes necessary, close monitoring of an anesthetized pet, a smooth and quick recovery for prompt discharge from the hospital and natural forms of follow-up treatment to control post-operative pain and inflammation.

New hope rises for the hopeless. Many pets are brought to holistic doctors after conventional care has failed to help them. Some have been turned away by practitioners of conventional medicine because their cases are diagnosed as "hopeless". Holistic vets and pet parents alike experience considerable satisfaction in helping to give a joyful pet a whole new lease on life.

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.

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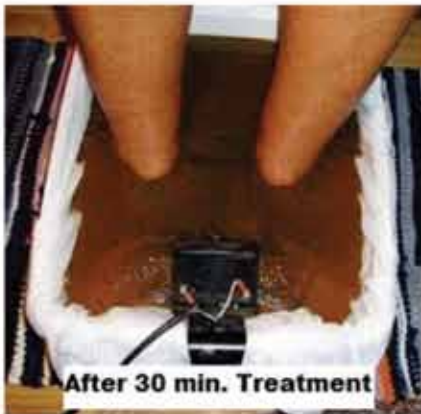
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Pamper Your Skin With The Best Nature Has To Offer

Natural Awakenings Advanced Healing Skin Cream

{ Satisfied Customer }

Natural Awakenings Advanced Healing Skin Cream is a wonderful product. The skin cream goes on smooth and absorbs into the skin quickly - it is not "greasy". I have been plagued with dry skin around my ears, belly button and scalp for over 20 years and this product

has healed those areas in just 3 days of use. The Manuka Honey that is in this product, I was told repairs damaged skin - now I am a believer!!! I continue to use this skin cream to keep my skin soft. I have to mention the product has a wonderful aroma, like peppermint, and when applying the cream one can feel a slight warming sensation and I know it is working into the pores to do it's work! Glad I tried this product!

~ Jim

The cold, damp winter days are upon us. Don't let chapped or dry, flaky skin get in the way of your daily life. *Natural Awakenings Advanced Healing Skin Cream*, a soothing therapeutic balm made with exclusive Manuka Honey from New Zealand, is the ultimate skin moisturizer for everyone in your family. Order one for the office, too!

Restore Your Skin to Natural Youthful Beauty

You'll love *Natural Awakenings'* therapeutic cream's clean, fresh botanical fragrance.

Discover what our amazing skin cream can do:

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- Enhances Anti-Aging and Skin Renewal
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Therapeutic Qualities

Natural Awakenings Advanced Healing Skin Cream combines botanicals and a unique blend of essential oils for a deep moisturizing therapy. It soothes and relieves dry, itchy or cracked skin quickly while restoring moisture and provides ultra-hydration protection and soothing comfort to wounds, sores, cuts and burns. Manuka Honey also relieves the pain and itch of psoriasis and other skin conditions. Besides its potent antibacterial properties, honey is also naturally extremely acidic, and that will eliminate organisms that decides to grow there.

Our Skin Cream Contains:



Hydration is a Must

The skin has a water content of 10 percent to 30 percent, which gives it a soft, smooth and flexible texture. The water comes from the atmosphere, the underlying layers of skin and perspiration. Oil produced by skin glands and fatty substances produced by skin cells act as natural moisturizers, allowing the surface to seal in water. *Natural Awakenings* Advanced Healing Skin Cream, applied after a shower or bath as daily maintenance, will improve the appearance of skin and heal unwanted conditions. *Natural Awakenings* Advanced Healing Skin Cream also combines pure botanicals and a unique blend of essential oils for a deep moisturizing therapy.

What Is Manuka Honey?

Manuka Honey is gathered in the wild back country of New Zealand from the native Manuka tree (*Leptospermum scoparium*). The bees don't use the pollen from a variety of other flowers or plants, so the content of the honey is very consistent. A 2013 study in the *European Journal of Medical Research* used Active Manuka Honey under dressings on post-operative wounds for an 85 percent success rate in clearing up infections, compared with 50 percent for normal antibiotic creams.

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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
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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

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.



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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.



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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.

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memory and sharp mind. It combines guaranteed-potency "smart herbs" ginkgo biloba and gotu kola, along with the brain-boosting omega-3 nutrition of DHA, the phospholipid nourishment of phosphatidylserine and phosphatidylcholine, the antioxidant protection of alpha lipoic acid and natural vitamin E, and more.....\$30.00



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

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

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

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

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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.

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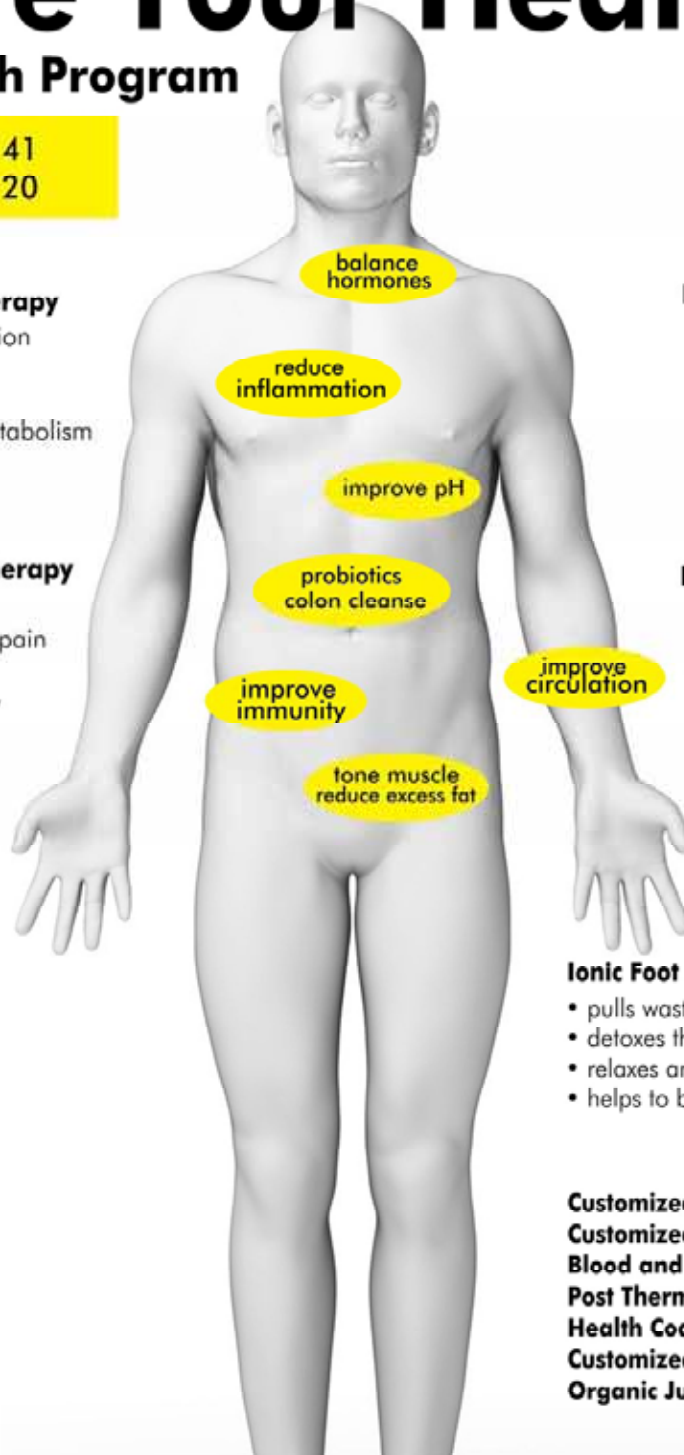
- lymphatic massage
- reduces inflammation and pain
- encourages blood flow
- relaxes and resets the body

Zerona Cold Laser Therapy

- reduces the size of fat cells
- destroys fat cell deposits
- improves metabolism

Biofeedback Therapy

- improves oxygen levels
- resets and relaxes the body
- improves self-awareness
- reduces stress and anxiety



Infrared Sauna Therapy

- open blood vessels
- destroys pathogens
- detoxes the whole body

Liquid Vitamin Hydro-Therapy

- speeds up repair of body cells
- reduces and balances pH
- destroys pathogens

Ionic Foot Detox Therapy

- pulls waste from kidneys, lungs, colon
- detoxes the lymphatic system
- relaxes and resets the body
- helps to balance acids in the body

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DETOXIFICATION OF THE BODY

Infrared Sauna Therapy is excellent for detoxifying the body. The infrared heat stimulates sweating, while penetrating deeply and releasing toxins that can then be eliminated by the body through the sweat.

RELIEF FROM PAIN

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

RELIEF FROM STRESS

Infrared Sauna Therapy has been shown to promote a rebalancing of the body's hormones through its effect on the autonomic nervous system, thereby reducing the negative physical impact of stress on the body.



AQUA MASSAGE THERAPY



COMBINATION OF HEAT AND MASSAGE

Another benefit of water massage is the use of heat as a modality of treatment. The water is warmed to a temperature suitable to the patient's sensitivity level. Heat has long been a therapeutic treatment choice of chiropractors and physical therapists in treating soft-tissue injuries and sports-related muscle strains. Heat and massage

together may help reduce muscle tension and pain, increase joint range of motion and encourage blood flow.

MUSCLE BENEFITS

Just like using a traditional massage, an aqua massage can assist in relieving muscle pain, including pain that is caused by fibromyalgia. The massage will also improve circulation and relax muscles.

HEALTH BENEFITS

Like other forms of massage, aqua massage is used to reduce pain and inflammation in sore, tense muscles and to encourage a state of overall relaxation. Other benefits of regular treatments may be improved sleep patterns, decreased muscle spasms, improved circulation and better body awareness, as in improved posture and alignment.

WHOLE-BODY VIBRATION



LOW IMPACT EXERCISE

Whole-body vibration is a great alternative to strenuous exercise. Fatigue and lack of mobility are easily overcome, ensuring a higher quality of life for everyone. Whole-body vibration is great for athletes, individuals wanting to maintain health, or even the elderly, disabled, or individuals with limited mobility. Whole-body vibration research has shown an increase in serotonin levels after vibration.

ION FOOT DETOX THERAPY



Ion Detoxification Therapy

Avoiding disease and maintaining vitality as we age requires the maintenance of an alkaline environment throughout the body – which is virtually impossible to accomplish in our

high-tech, high-stress, toxic society, unless we follow a detoxification program. Ionic Detoxification Therapy is a simple, relaxing treatment.

How will it make you feel?

Healthy individuals can expect to feel lighter and experience a greater sense of well being from each detoxification treatment. You will be able to think more clearly and have more energy. This treatment is especially beneficial to those who suffer from edema, inflammation, gout, osteoarthritis and pain.

How does it work?

Your feet are placed in a bucket of clean, warm, ankle-deep water. A small amount of sea salt is added to the water, in order to increase the conductivity. Then, an ionator is placed in the bucket of water along with your feet. This ionator creates a low-voltage, direct current to separate the water molecules into positive and negative ions by separating oxygen and hydrogen in the water. The ions travel through your body, attaching to and neutralizing oppositely charged particles, and osmosis pulls the neutralized particles out through the surface of your feet. Osmosis is a scientific term that is used to describe the movement of particles through a membrane from an area of lower concentration to an area of higher concentration. In this case, the higher concentration refers to the ion field that is set up by placing the ionator into the water while running the unit. Once the unit is turned on, the water will begin turning color. By the end of the treatment, the water will be discolored and contain floating or sinking particles. This is a result of the toxins being pulled out of your body and into the water.

LIQUID VITAMIN THERAPY



INFRARED EFFECTS

- Reduces and balances the acid level
- Improves the nervous system
- Prevention of bacteria growth
- Normalization of blood cholesterol
- Speeds up repair of body cells
- Maintains warmth and promotes better sleep
- Promotes elimination of waste and harmful heavy metals out of human body

HYDROFUSION™

Hydrofusion™ is an exceptional technological breakthrough that creates a single blended energy from infrared heat and steam. Hydrofusion™ optimizes skin cleansing and detoxification, resulting in more balanced, hydrated skin and increased nutrient absorption from skin care products. The secret behind Hydrofusion™: infrared heats the body causing the skin to perspire. The moisture cannot vaporize in the moist steam environment, thus forming a protective layer on the body surface. This condensation layer is absorbed back into the skin, increasing oxygen supply to the blood stream and tissues leaving skin soft, supple and rejuvenated.

CHROMOTHERAPY

Hydration station™ uses Colorbath™ digital lighting technology (LEDs). These strategically placed chromotherapy LEDs blanket the whole body in atmospheric colored light. The chromotherapy generates a rich variety of mood enhancing programs, leaving clients in a state of harmony and balance.

VIBRATORY MASSAGE

The ergonomically designed bed features a patented vibratory system with adjustable rhythms. Vibration can be delicate or intense for relaxing or stimulating programs. Vibratory massage provides muscle relaxation, relief of minor aches and pains, and improves local blood circulation.

RESTORE

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A Customized Wellness Program to Rebuild Your Health



Do you have

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heart disease
depression
cancer
high blood pressure
irritable bowel syndrome
chron's
acid reflux
diabetes
arthritis
inflammation
risk for stroke
risk for heart attack
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RESTORE Health Program

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improves circulation, reduces inflammation, balances your nutrition, reduces pain, opens blood vessels and arteries, reduces acid, improves focus and mental health, balances digestion and bowel movements



From conception to death,
your body is a complex
series of chemical reactions.

Chemical reactions control
how we move, respond, and
heal.

Almost every disease and disorder can be healed if
the body is given the correct nutrients, in the correct
amount, at the correct time - this is chemistry.

CHEMISTRY

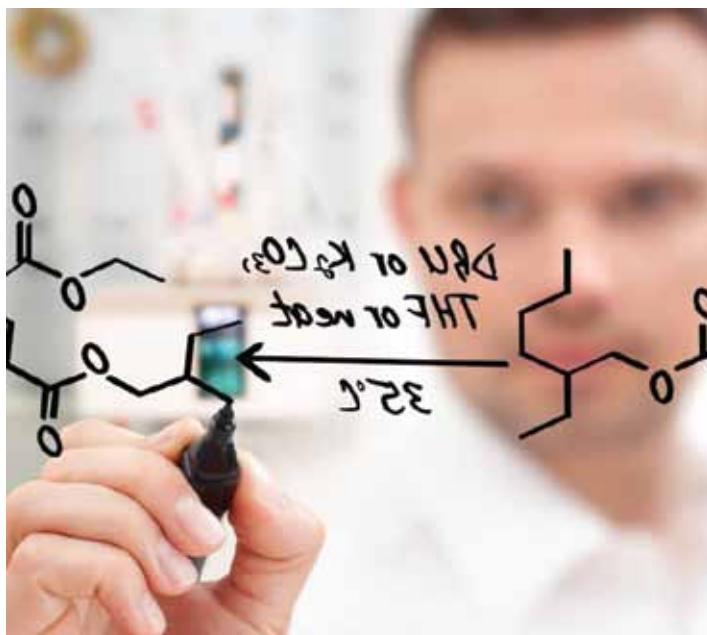
The Foundation for all Medicine and Nutrition

**How often have you heard a medical
professional say I do not believe in
natural medicine?**

This demonstrates a basic lack of understanding of
chemistry and traditional and natural medicine.
Approximately 30 - 40% of the prescription drugs in
use today are derived from naturally occurring plants
(natural medicine).

Dr.
Steve

*Educating You and Your Family In
Vitamin Therapy - Nutrition - Natural Medicine*



Let's be very clear about something – food is “medicine” for the body. It provides the vital chemicals needed to sustain all life at all levels of development, repair, and growth.

Chemistry is medicine — chemistry is nutrition and food. Chemistry is the fundamental building blocks in which food, medicine, and the human body is built. Atoms create molecules, molecules create cells, cells create tissue, tissue create organs, and organs create organ systems (the human body).

What is clinical chemistry?

Clinical Chemistry is the chemistry of human health and disease. It is also known as clinical biochemistry or chemical pathology, which is the study of chemical and biochemical mechanisms of the body in relation to disease, mostly through the analysis of body fluids such as blood or urine.

Clinical chemists use a wide range of analytical techniques for example, molecular diagnostics, measurement of enzyme activities, spectrophotometry, electrophoresis, the separation of molecules based on physical characteristics and immunoassays. The work involves manual techniques for which the biomedical scientist develops complex

practical and interpretive skills, through the operation and management of highly automated testing systems capable of producing thousands of results an hour. All assays are closely monitored and quality controlled.

Tests that require examination and measurement of the cells of blood, as well as blood clotting studies, are not included as these are usually grouped under hematology.

Modern Medicine

Medicine is a chemical compound or chemical preparation used for the treatment or prevention of disease, especially a drug or drugs taken by mouth. Most medicines today are made in laboratories and many are based on substances found in nature.

Sometimes a part of the body can't make enough of a certain substance, and this can make a person sick. When someone has type 1 diabetes, the pancreas (a body organ that is part of the digestive system) can't make enough of an important chemical called insulin, which the body needs to stay healthy.

If your body makes too much of a certain chemical, that can make you sick, too. Medicines can replace what's missing (like insulin) or they can block production of a chemical when the body is making too much of it.

Approximately 300,000 Americans die each year from the proper use of over-the-counter and prescriptions drugs. This exceeds deaths due to crack, handguns, and traffic accidents combined. Add to that figure the number of adult and child deaths attributable to over the counter and prescription drugs given outside of hospitals, and the figures are even worse. By contrast, most years nobody dies from the use of herbs, vitamins, natural medicines, or food.

CHEMISTRY

The Foundation for all Medicine and Nutrition

by Dr. Steven T. Castille

Chemical reactions guide almost all biological processes and dysfunctions in the human body. Enzymes and other catalysts trigger the body's essential processes and ions govern communication between cells. Organic molecules can cause many medical disorders, such as hemophilia, which stems from the lack of a specific organic compound in the blood. In many diseases there are significant changes in the chemical composition of body fluids such as the raised blood enzymes due to their release from heart muscles after a heart attack; or a raised blood sugar in diabetes mellitus due to lack of insulin. Tests are designed to detect these changes qualitatively or quantitatively compared to results from healthy people.

“Let food be thy medicine and medicine be thy food.”



~ Hippocrates. Hippocrates of Kos was a Greek physician of the Age of Pericles, and is considered one of the most outstanding figures in the history of medicine.

“The doctor of the future will give no medicine, but will interest her or his patients in the care of the human frame, in a proper diet, and in the cause and prevention of disease.”



~Thomas Edison. Thomas Alva Edison was an American inventor and businessman. He developed many devices that greatly influenced life around the world.

The Economic Benefit of Drug Therapy

Patent laws drive medicinal development. The replacement of herbs with synthetic drugs is a relatively new phenomenon, less than a century old, born largely out of economic opportunities afforded by patent laws. Drug companies can't typically patent commonly used plants, but they can develop patented, proprietary synthetic drugs, often reaping billions in sales. Since the 1940's, chemists employed by pharmaceutical companies have developed novel synthetic molecules which have replaced plant medicines, and are sold both over the counter and by prescription



Popular Drugs that Steal Nutrients

Depletion of nutrients is among the most common -- and overlooked -- side effects of both over-the-counter (OTC) and prescription drugs. Here's what happens: Medications can cause improper absorption of vitamins and minerals -- or they can accelerate the elimination of nutrients from the body. The consequences may range from bothersome symptoms, such as fatigue or stomach upset, to serious heart, muscle or nerve damage.

Most doctors are aware of some minerals that are depleted through the use of diuretics (water-excreting drugs). However, few doctors are aware of the dangers of nutrient depletion caused by many other types of medication, because the problem is not widely reported. Here are some popular drugs that deplete the body of nutrients.

ANTIBIOTICS

The most commonly prescribed antibiotics include azithromycin (Zithromax), amoxicillin (Amoxil), ampicillin (Omnipen), ciprofloxacin (Cipro), ofloxacin (Floxin) and erythromycin (Eryc).

Nutrients depleted:

- B vitamins. The B vitamins are essential for normal metabolism as well as immune and nervous system functioning.
- Vitamin K. This vitamin is critical for blood clotting and bone strength.
- "Friendly" intestinal bacteria known as *Bifidobacterium bifidum* and *Lactobacillus acidophilus*. Antibiotics kill not only harmful bacteria but also "good" bacteria that promote gastrointestinal health and help balance immune response.

If you are prescribed an antibiotic: Ask your doctor about

also taking a B-complex vitamin -- 50 mg, A vitamin K supplement - 60 micrograms (mcg) to 80 mcg, and probiotic supplements providing 15 billion live *B. bifidum* and 15 billion live *L. acidophilus* organisms daily. Special Note: If you're taking any medications, consult your doctor before changing your diet or beginning a supplement. In rare cases, increasing a nutrient may interfere with a drug's potency or worsen your condition.

In addition, eat more vitamin B-rich foods, such as beef liver, chicken, pork, fortified breads and cereals, whole-grain pastas, legumes, nuts, and dark leafy greens. To increase your intake of vitamin K, eat kale, collard, turnip, mustard greens, spinach, and broccoli.

Caution: Do not take vitamin K supplements or eat excessive amounts of vitamin K-rich foods if you take warfarin (Coumadin) or another blood-thinning drug.

For additional *B. bifidum*, eat more asparagus, garlic and/or onions, which stimulate growth of this friendly bacteria. *L. acidophilus*, yogurt containing live cultures is your best food source.

HIGH-CHOLESTEROL DRUGS

The most widely prescribed cholesterol-lowering "statins" include atorvastatin (Lipitor), simvastatin (Zocor), fluvastatin (Lescol), lovastatin (Mevacor) and pravastatin (Pravachol).

Nutrient depleted:

- Coenzyme Q10 (CoQ10). All cells require CoQ10 for the proper function of mitochondria (tiny energy-producing structures within the cells). The more energy a cell must produce, the more it depends on CoQ10. That's why cells of the heart, in particular -- because it is constantly beating -- require an abundance of CoQ10. Unfortunately, statin drugs, which effectively block the production of harmful cholesterol, also prevent CoQ10 production.

Some doctors worry that long-term use of statins may worsen heart failure. Studies have found that patients with chronic heart failure have lower CoQ10 levels, and that CoQ10 supplements may improve their heart condition. Signs of CoQ10 deficiency include fatigue and muscle weakness.

If you are prescribed a statin: Ask your doctor about taking 30 mg to 100 mg of a CoQ10 supplement daily. This nutrient also is available in some foods, including beef, chicken, salmon, oranges and broccoli.

PAINKILLERS

Millions of Americans take a nonsteroidal anti-inflammatory drug (NSAID), such as ibuprofen (Motrin, Advil), naproxen (Aleve), celecoxib (Celebrex) and nabumetone (Relafen), to help relieve arthritis and other inflammatory pain.

Nutrient depleted:

- Folic acid. Your body needs this water-soluble B vitamin to produce new cells and DNA and to synthesize and utilize proteins. Several large epidemiological studies have linked low folic acid levels to increased risk for colon, breast and pancreatic cancers.

Heart health is also affected by folic acid. As folic acid levels decline, levels of the amino acid homocysteine rise.

Studies suggest that elevated homocysteine can raise the risks for blood clots, heart attack and stroke. Low folic acid

levels may cause loss of appetite, irritability, weakness, shortness of breath, diarrhea, anemia, headaches, heart palpitations and a sore tongue. If you take an NSAID regularly (daily for at least one to two weeks): Talk to your physician about also taking 400 mcg to 800 mcg of folic acid daily. You also can get more folic acid by consuming fortified breakfast cereals, orange juice, spinach and other leafy greens, peas and beans.

BETA-BLOCKERS

Beta-blockers, such as propranolol (Inderal), atenolol (Tenormin), betaxolol (Betoptic S), carteolol (Cartrol) and labetalol (Normodyne), are commonly prescribed for high blood pressure or glaucoma.

Nutrients depleted:

- CoQ10. Not only does CoQ10 appear to improve cardiac function in patients with chronic heart failure, studies suggest that it also may prevent second heart attacks and possibly protect against Parkinson's disease.
- Melatonin. The hormone melatonin is essential for healthy sleep-wake cycles, and there's some early evidence that it may slow aging.

If you take a beta-blocker: Ask your physician about taking 30 mg to 100 mg of CoQ10 daily, and 1 mg to 3 mg of melatonin nightly, just before bed, if you have trouble sleeping.

ACE INHIBITORS

Angiotensin-converting enzyme (ACE) inhibitors, such as enalapril (Vasotec), benazepril (Lotensin) and ramipril (Altace), as well as angiotensin II receptor blockers (ARBs), including candesartan (Atacand) and irbesartan (Avapro), are prescribed for high blood pressure and heart failure, and to help prevent heart attacks in high-risk patients.

Nutrient depleted:

- Zinc. Zinc boosts immunity, and some studies have shown that it reduces the duration of cold symptoms. Zinc also is necessary for wound healing, strong bones and male potency, and it may help slow

the progression of age-related macular degeneration (AMD).

In a recent six-year National Eye Institute study involving 3,600 people with AMD, zinc and antioxidant supplements reduced the risk of developing advanced AMD by 25%.

If you take an ACE inhibitor or ARB: Ask your doctor about taking 50 mg to 100 mg of zinc daily and eating more zinc-rich foods, such as oysters, beef, dark-meat chicken, pork tenderloin, yogurt, milk, peas, beans and nuts. If you continue to take zinc indefinitely, do not exceed 50 mg daily.

Important: Many medications combine an ACE inhibitor or ARB with a diuretic -- for example, enalapril and hydrochlorothiazide (Vaseretic) is an ACE inhibitor plus a diuretic, candesartan and hydrochlorothiazide (Atacand HCT) is an ARB plus a diuretic.

If you're taking a combination drug, you'll need to compensate not only for zinc, but also for the electrolytes and nutrients excreted by the diuretic, including potassium, magnesium, thiamine (B-1) and calcium. Ask your doctor for advice.

DIABETES DRUGS

People with type 2 diabetes are often prescribed tolazamide (Tolinase), acetohexamide (Dymelor), glimepiride (Amaryl) or glipizide (Glucotrol) -- all sulfonylurea drugs. These medications stimulate the pancreas to produce more insulin, which lowers blood sugar.

Nutrient depleted:

- CoQ10. Diabetes more than doubles your chances of dying from heart disease or stroke -- and low CoQ10 levels exacerbate those risks.

If you're taking a sulfonylurea drug: Ask your doctor about supplementing with 30 mg to 100 mg of CoQ10 daily.

REFLUX DRUGS

Proton pump inhibitors, such as esomeprazole (Nexium), lansoprazole (Prevacid), omeprazole (Prilosec) and rabeprazole (AcipHex), are prescribed for chronic heartburn -- also known as gastroesophageal reflux disease (GERD) -- and ulcers.

Nutrient depleted:

- Vitamin B-12. Vitamin B-12 is essential for producing red blood cells and maintaining a healthy nervous system. Deficits may cause fatigue, dizziness, shortness of breath, diarrhea, tingling in the hands or feet, unsteady gait, nervousness, cognitive changes and even dementia. Vitamin B-12 is found in red meat, fish, eggs and dairy foods, but our bodies require stomach acid to release the vitamin from these foods. Proton pump inhibitors reduce the production of stomach acid, inhibiting the release and absorption of vitamin B-12.
- Iron. Low iron reduces the amount of oxygen your red blood cells can transport to body tissues, leaving you feeling weak and fatigued. A serious iron deficiency results in anemia. If you take a proton pump inhibitor: Ask your doctor about taking 500 mcg to 1,000 mcg of vitamin B-12 daily and for advice on the best way to increase your iron intake. Caution: Never take an iron supplement without consulting your physician -- excess iron can accumulate in your major organs and cause severe damage. Most people, however, can safely eat more iron-rich foods, including liver, beef, dark-meat chicken or turkey, legumes and fortified cereals.

The Most Prescribed Medications

Chemistry is the foundation for all drug medications (chemical compounds that create a chemical reaction in the body to facilitate a desired reaction). These are the best-selling prescription drugs in America, according to the research firm, IMS Health. They form the shadow of our nation's ailments. Among pharmaceutical industry watchers, the big news is that the top 10 drugs are generics, i.e. the ones Big Pharma makes little money on. For the casual observer, what stands out is that five drugs treat high blood pressure and by far the best-selling drug in this country is Vicodin. People are stressed out and hurting, apparently.



Drug	Prescriptions (millions)	Condition
Vicodin	131.2	Pain
Zocor	94.1	High cholesterol
Lisinopril	87.4	High blood pressure
Synthroid	70.5	Hypothyroid
Norvasc	57.2	High blood pressure
Prilosec	53.4	Acid reflux
Zithromax	52.6	Bacterial infection
Amoxicillin	52.3	Bacterial infection
Metformin	48.3	Diabetes
Hydrochlorothiazide	47.8	High blood pressure
Xanax	46.3	Anxiety
Lipitor	45.3	High cholesterol
Furosemide	43.4	High blood pressure
Metoprolol tartrate	38.9	High blood pressure
Ambien	38.0	Insomnia

The top 15 highest-grossing drugs treat a similar but not identical set of conditions, according to IMS. Three drugs treat heart disease and cholesterol. Three more treat depression and bipolar disorder. Arthritis and asthma each have two drugs in the top 15. Acid reflux, diabetes, anemia, cancer and pain round out the list. All of the medicines with the exception of Oxycontin are for chronic conditions.

Comparing the two lists, the most striking contrast is the revenue potential of mental health drugs, which don't get prescribed that often, but rank way up on the sales list. Lipitor is the only medication that makes both lists.

Drug	Sales (billions)	Condition	Scientific name
Lipitor	\$7.2	Heart disease/cholesterol	Atorvastatin
Nexium	\$6.3	Acid reflux	Esomeprazole
Plavix	\$6.1	Heart disease/cholesterol	Clopidogrel
Advair Diskus	\$4.7	Asthma	Fluticasone and salmeterol
Abilify	\$4.6	Mental health	Aripiprazole
Seroquel	\$4.4	Mental health	Quetiapine
Singular	\$4.1	Asthma	Montelukast
Crestor	\$3.8	Heart disease/cholesterol	Rosuvastatin
Actos	\$3.5	Type 2 Diabetes	Pioglitazone
Epogen	\$3.3	Anemia	Epoetin Alfa
Remicade	\$3.3	Arthritis	Infliximab
Enbrel	\$3.3	Arthritis	Etanercept
Cymbalta	\$3.2	Mental health	Duloxetine
Avastin	\$3.1	Cancer	Bevacizumab
Oxycontin	\$3.1	Pain	Oxycodone

Source: theatlantic.com

Naturopathy (natural medicine)



Naturopathic Medicine is a distinct health care system that combines modern scientific knowledge and traditional more natural forms of medicine that encourage an individuals' inherent self-healing process.

The fundamental goal of natural medicine is to bring the body back into balance using a whole body concept of mind, body, and spirit. The balance that we ultimately are describing is a balance of the body's chemistry where the body is free of disease, pain, or discomfort.

Nutrition

Nutrition is the most fundamental form of natural medicine and it is the study of how macronutrients and micronutrients (chemistry) affect the chemical processes of an individual and how attention to cellular nutrition can benefit overall health. A nutritionist pinpoints areas of nutritional deficiency and recommends a course of action to restore balance.

Both Naturopathy and Nutritional Medicine focus on ensuring the health of clients by focussing on the root cause of illness and building the health and well-being of a client rather than treating ailments. This is specifically done by identifying the chemical — nutrient deficiencies that cause the disease or imbalance. Here is a list of vitamins and minerals required to maintain good health.

VITAMINS

Vitamin A 900 micograms (RDA)

Food Sources: Sweet potato, carrots, cantaloupe, spinach

Vitamin D 5 micrograms (AI)

Food Sources: Sunlight, fortified milk, eggs

Vitamin E 25 milligrams (RDA)

Food Sources: Plant oils, seeds, nuts, wheat germ

Vitamin K 120 micograms (AI)

Food Sources: Leafy green vegetables, cabbage, vegetable oil

Thiamin (B1) 1.2 milligrams (RDI)

Food Sources: Whole and enriched grains, legumes, nuts

Riboflavin (B2) 1.3 milligrams (RDI)

Food Sources: Dairy, green leafy vegetables, cereals

Niacin (B3) 16 milligrams (RDI)

Food Sources: Milk, eggs, fish, cereals, nuts, enriched cereal

Vitamin B6 1.3 milligrams (RDI)

Food Sources: Fish, poultry, fruit, potato, whole grains, soy, fruit

Vitamin B12 2.4 micrograms (RDI)

Food Sources: All animal products

Folate 400 micrograms (RDA)

Food Sources: Green leafy vegetables, legumes, seeds, and grain

Pantothenic acid 5 milligrams (AI)

Food Sources: Found in most food

Biotin 30 micrograms (RDA)

Food Sources: Found in most food

Vitamin C 90 milligrams (RDA)

Food Sources: Citrus, cabbage, green vegetables, cantaloupe

MINERALS

Calcium 100 milligrams (RDA)

Food Sources: Milk, tofu, greens, legumes

Phosphorus 700 milligrams (RDA)

Food Sources: All animal tissue

Magnesium 420 milligrams (RDA)

Food Sources: Nuts, legumes, grains, leafy green vegetables

Iron 8 milligrams (RDA)

Food Sources: Poultry, shellfish, eggs, legumes, dried fruits

Zinc 11 milligrams (RDA)

Food Sources: Protein containing foods

Iodine 150 micrograms (RDA)

Food Sources: Iodized salt, seafood, bread

Selenium	55 micrograms (RDA)
<i>Food Sources: Seafood, whole grains, and vegetables</i>	
Fluoride	4 milligrams (AI)
<i>Food Sources: Fluorinated water</i>	
Sodium	500 mg – 2400 mg (RDA)
<i>Food Sources: Salt</i>	
Copper	900 micrograms (RDA)
<i>Food Sources: Seafood, nuts, seeds, whole grains</i>	
Chromium	35 micrograms (AI)
<i>Food Sources: Meat, unrefined grains, vegetable oil</i>	
Molybdenum	45 micrograms (RDI)
<i>Food Sources: Legumes, cereals, organ meats</i>	
Manganese	2.3 milligrams (RDA)
<i>Food Sources: Nuts, whole grains, leafy green vegetables</i>	
Potassium	2000 milligrams
<i>Food Sources: All whole foods: milk, fruits, vegetables, grains</i>	

Dietary Reference Intakes: Recommended Dietary Allowance (RDA), Recommended Daily Intake (RDI), and Adequate Intake (AI).

To maintain normal body chemistry your body requires that you get the following vitamins and minerals “consistently” every day.

“One day it will be possible that all disease can be prevented or reversed at the molecular level.”

~ Dr. Steven T. Castille

Pharmaceutical Drugs from Plants

How often have you heard a medical professional say “I don’t believe in natural medicine.”? This demonstrates a basic lack of understanding of chemistry and traditional and natural medicine. Approximately 30 - 40% of the prescription drugs in use today are derived from naturally occurring plants (natural medicine). The active ingredients are what is used to formulate the pharmaceutical drug that can be patented for economic benefit by large pharmaceutical companies.



Around 70 percent of all new drugs introduced in the United States in the past 25 years have been derived from natural products, reports a study published in the March 23 issue of the Journal of Natural Products. The findings show that despite increasingly sophisticated techniques to design medications in the lab, Mother Nature is still the best drug designer.

Here is just a brief list of the more popular pharmaceutical drugs derived from plants (i.e. natural medicine):

Cortisons	Use: reducing inflammation and birth control <i>Plant Source: Mexican Yams</i>
Salicylic Acid	Use: fever reducing and pain <i>Plant Source: Queen of prairie</i>
Morphine	Use: potent pain killer <i>Plant Source: Opium poppy</i>
Senna	Use: laxative and a cathartic <i>Plant Source: Indian senna plant</i>
Penicillin	Use: antibiotic and antibacterial <i>Plant Source: Penicillium (fungus)</i>
Tetracycline	Use: antibiotic <i>Plant Source: Bacterium</i>
Quinine	Use: Anti-malarial <i>Plant Source: Cinchona</i>
Acetyldigoxin	Use: cardiotoxic <i>Plant Source: Digitalis lanta (foxglove)</i>
L-Dopa	Use: anti-parkinson <i>Plant Source: Mucuna pruriens (velvet bean)</i>
Ephedrine	Use: antihistamine <i>Plant Source: Ephedra sinica (mormon tea)</i>
Kawain	Use: tranquilizer <i>Plant Source: Piper methysticum (kava)</i>
Lapachol	Use: anticancer, antitumor <i>Plant Source: Tabebuia avellanedae (lapacho tree)</i>
Vasicine	Use: cerebral stimulant <i>Plant Source: Vinca minor (periwinkle)</i>

“Taxol came from the bark of the Pacific Yew tree. The USDA in a random collection in 1962 did the first collections in Washington State,” In 2004 researchers at the USDA released the statement. “After decades, this produced one of the best anticancer drugs available.”

Rosy periwinkle in Madagascar. Two drugs derived from rosy periwinkle are used for treating Hodgkin’s lymphoma and childhood leukemia Photo by Julie Larsen Maher.



Chemistry Provides the Link for Patient Care

Typical role of clinical chemist — a clinical chemistry department within a hospital provides the vital link between front line clinical staff and the basic sciences employing analytical and interpretative skills to aid the clinician in the prevention, diagnosis and treatment of disease.

Diseases such as heart attacks, kidney failure, viral and bacterial infection, infertility, diabetics, high cholesterol, thyroid problems or measuring drug levels to make sure people are on the best dose are some of the many areas where the Clinical Chemist and the Clinical Chemistry Laboratory become involved in a patient’s therapeutic care. Some regional laboratories are involved in screening services such as phenylketonuria and cystic fibrosis in newborn babies, genetic screening and screening for illegal drug use.

CANCER

Many people think the amount of cancer we are experiencing is normal. It is not normal. Although cancer has been around as long as we have, it was once a rare disease. Today it is an epidemic.

- 1801-1899:** Cancer affected 1 out of 1,000 people.
- Early 1900s:** Cancer affected 30 out of 1,000 people.
- 2015 (present):** Cancer affects 1 out of 2 people in their lifetime.

Since 1940, cancer has increased rapidly in all the industrialized nations, and the trend has accelerated even more since 1975. From 1950 to 2001, national cancer statistics show that the incidence for all types of cancer increased by 85 percent in the United States. Cancer has been rising so dramatically that right now more Americans die of cancer each year than all the servicemen and women who lost their lives in World War II, Korea, and Vietnam put together. Cancer is America's most expensive disease, and the treatments are worse than the disease. Close to half of all Americans will develop diagnosable cancer in their lifetime, and conventional medicine has been unable to stem this epidemic.

The cure to cancer is Chemistry. Maintaining normal body/cell chemistry will prevent cancer and will cure cancer. The goal of cancer drugs, radiation treatments, and chemotherapy is to restore the body to normal chemistry.

According to George C. Pack, M.D., a cancer specialist at Cornell Medical School, "The only real defense against cancer is the immune system. Everyone produces cancer every day, but if the immune system is where it should be, cancer cells are eliminated and we never know it." Furthermore, "Once a person has developed cancer, even though treatments get it into remission, it will recur again unless the body conditions that allowed it to develop in the first place are corrected."



Surgery, chemotherapy and radiation will all reduce your tumor burden, but they will not change the underlying conditions that allowed the cancer to happen. The tumor may disappear, but the cancer won't. Cancer is not the tumor, it is the process, and while the process is still operating – you still have cancer. To get cancer, you must change your internal environment (cell chemistry) to one that supports the cancer process.

To cure cancer you must restore normal body and cell chemistry. When you do so, the cancer process shuts down and tumors simply disappear. Since there are only two primary causes of disease – deficiency and toxicity – getting well is about eliminating deficiency and toxicity through nutrition and detoxification. The best strategy of all is to prevent cancer. Normal body chemistry will not support the cancer process; cancer cannot happen in a healthy body. To prevent cancer and make yourself cancer proof, keep your body chemistry normal.

In 1998 Dr. Harold Foster published in the International Journal of Biosocial Research a study of 200 cases of

spontaneous remission cancer patients. What he found was that every one of these "mysterious" remissions had a good explanation. Almost 90% of these people had made major changes in diet. The remainder had undergone detoxification programs or went on supplement programs. The fact is all 200 had done something substantial to alter their cell chemistry, turning off the switches and shutting down the drivers that were promoting their cancer.

70% of All Americans do not consume the recommended daily allowance.

Source: USDA 1996 Continuing Survey of Food Intakes for Individuals

Changes in cell chemistry due to a lack of micro and macro nutrients will weaken the cells that provide the immune response and cause cell damage in others that will turn into cancer cells.

German chemist Otto Warburg first published in 1910 the process of cancer and he won his first Nobel Prize in Physiology/Medicine in 1931 for proving that oxygen deficiency will cause cancer. Warburg determined that cancer cells were fundamentally different from normal cells. Normal cells combine fuel with oxygen to produce energy. Cancer cells produce energy by fermenting sugar in the absence of oxygen, and a 35 percent reduction in cellular oxygen levels is sufficient to trigger the shift toward fermentation. The less oxygen we have, the more energy is produced by fermentation until the cell finally becomes a cancer cell. An acidic pH also deprives cells of oxygen and disables respiratory enzymes that are responsible for utilizing oxygen – a bad combination. Cancer thrives in an acidic, low oxygen, inflamed environment.

Inflammation is not only an on switch for cancer, it is also a driver of the cancer process. Chronic inflammation is a foundation stone of every chronic disease. The continuous production of inflammatory chemicals blocks the natural process of apoptosis. Apoptosis is a process of cell death that is genetically programmed into every cell, preventing uncontrolled growth of tumors. By blocking apoptosis, inflammation protects cancer cells from natural cell death.

To prevent and control inflammation, take high-quality anti-inflammatory supplements, such as vitamins A, C, D, E and carotenes, along with minerals like zinc, selenium, and magnesium, plus other forms of antioxidants like CoQ10, epigallocatechin gallate (EGCG), and curcumin. A diet high in fresh fruit and vegetables and free of animal protein can dramatically reduce inflammation. Toxins should be avoided and stress reduced. Excess weight must be brought under control.

Chemistry is the foundation of medicine and nutrition. Chemistry is the key to curing and preventing cancer.



Dr. Steven T. Castille is a biochemist and his current research is in clinical chemistry. He is a Cum Laude graduate in chemistry from Grambling State University in 1991. He has graduate degrees in Engineering and Natural Medicine. You can connect with Dr. Steve at www.DrSteveCastille.com.

calendarofevents

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Tuesday January 5

2016 Living Your Destiny Conference – 7pm. Dr. John Barton and gospel artist, Tasha Cobbs present an atmosphere of faith through worship and the Word. Free. Cajundome Convention Center, 444 Cajundome Blvd, Lafayette.

Saturday January 9

Wildlife Management Workshop – 9:30am-12pm. A discussion of eastern blue birds and wood ducks by Patti Holland. Brent and Adeline Miller discuss their experiences with wood ducks on the banks of the Teche. Admission free for TECHE Project and Port Barre Lions Club Members and \$10 non member. Port Barre Lions Club, 150 VFW St, Port Barre. 337-277-4645.

Tuesday January 12

The Producers – 7:30pm. A one night live performance. \$44 - \$55. Heymann Performing Arts Center, 1373 S College Rd, Lafayette.

Saturday January 16

Martin Luther King Jr. Prayer Breakfast – 8am. A breakfast honoring the life of Dr. King featuring guest speakers. \$5. Greater Pleasant Green Baptist Church, Abbeville. 337-893-2766.

Monday January 18

Martin Luther King Jr. Day Celebration – 10am-4pm. Celebration honoring African/American pioneers. West End Park, 1200 Field St, New Iberia. 337-369-2337.

Martin Luther King, Jr. Parade & Festival – 10am. A celebration of the life and doctrine of Dr. Martin Luther King, Jr. with youth activities, parade and religious service. Free. Abbeville. 337-281-3512.

Paleo Class – 6pm. Sharon Lafleur demonstrates delicious Paleo meals with a Southern twist. Free. Whole Foods, 4247 Ambassador Caffery Pkwy, Lafayette.

Sunday January 19

A Recipe for Fun – 5:30-8pm. Mandy Armentor teaches how to stay safe with food in the kitchen, as she does a tasty meal. Register online or call. Iberia Parish Library, St. Peter Branch, 1111 W St. Peter St, New Iberia. 337-364-7150, IberiaLibrary.org.

Thursday Jan 21, 2016

Annie – 7:30pm. The best musical directed by Martin Charnin and choreographed by Liza Gennaro. Featuring book and score by Thomas Meehan, Charles Strouse and Martin Charnin. \$54 - \$59. Heymann Performing Arts Center, 1373 S College Rd, Lafayette.

Saturday January 23

Color Vibe 5K – 8am. The Color Vibe 5K is a color blast 5K race about having fun and getting covered from top to toe with splashes of color. \$27-\$70. Acadiana Mall, 5725 Johnston St, Lafayette. TheColorVibe.com.

Vigilantes on the Bayou – 10am. In the 1800's Acadian farmers were being pushed off their lands by vigilantes made up of wealthier Creoles and les Americans. A 1pm reenactment at the Acadian Farmstead and a showing of "Belizaire". \$4. Longfellow-Evangeline State Historic Site. 1200 N Main St, St. Martinville.

3rd Annual St. Jude Chili Cook-off – 11am-4pm. Enjoy all you can eat chili. \$5. Proceeds go to St. Jude Children's Research Hospital in Memphis, TN. Elle Hopper. Cajun Harley-Davidson, 724 I -10 S Frontage Rd, Scott. 337-278-0240.

Wednesday January 27

NASA: Before The Curtain Goes Up – 6pm. Dr. Paul Darby presents facts about NASA missions from the moon walks to the Space Shuttle and Space Station. Jeanerette Museum, 500 Main St, Jeanerette. 337-276-4408. JeaneretteMuseum.com.

Friday January 29

COA Mardi Gras Ball – 6-10pm. A king and queen will be crowned for best costume. Comedian Eugene Tootight performs then live music of Gerard Delafosse and band. \$12/couple & \$7/ single. Proceeds benefit the Council on Aging. Delores Hebert. St. Martinville. 337- 332-3063.

Krewe of Andalusia Mardi Gras Parade – 6:30-8:30pm. Marching bands, dance groups, Mardi Gras royalty and lots of throws. Parade route to City Park, Downtown New Iberia. 337-367-6466. Facebook.com/KreweofAndalusia.

Saturday January 30

King Cake 5K – 7:30-11:30am. Run to support a good cause and then all you can eat king cake. Have fun in the kiddie court and dance while the DJ plays Mardi Gras tunes. Faith House. \$30-\$35 registration. \$5 entry. Sugar Mill Pond, Youngsville.

Breaking The Chains With Our Father's Mercy – 9am. Youth rally for 8th -12th graders from Acadiana gather for a prayerful event. \$30 - \$35. Opelousas Catholic School, 428 East Prudhomme St, Opelousas.

10th Annual Gumbo Cook-off – 10am. Live music, kids' activity area, auctions, food, drinks, dancing and lots of gumbo. Cook-off entry \$50. Free admission. All proceeds benefit a local family burdened with medical expenses. Frank's Downtown and Pride Doran Law Firm, 603 E Landry St, Opelousas. 337-331-2837.

Krewe des Chiens Dog Parade – 2pm. A super bowl pawty ultimate tailgating experience theme parade with food trucks, music, and lots of vendors to follow. Free. Parc San Souci, 299 Polk St, Lafayette.

St. Peters Catholic School Dancing with the Stars Dinner & Dance – 5:30pm-12am. Dancing entertainment, live auction and band. Proceeds benefit St. Peters Catholic School. Gueydan Civic Center, Gueydan. 337-536-7930. SPSGueydan.org.

VC Dancing with the Stars – 6pm. Dancing event and entertainment to benefit Vermilion Catholic. Tickets, \$75. VN Hall, Abbeville. 337-893-6636. VermilionCatholic.com.

Grand Coteau Mardi Gras Ball – 9pm-1:00am. Celebrate with Terry & The Zydeco Bad Boyz. \$12. All proceeds to renovate the Historic St. Peter Claver Hall in Grand Coteau. Renella Henry. St. Peter Claver Hall, 252 Church St, Grand Coteau. 337-349-5814.

Sunday January 31

Krewe of Ezana Jeanerette Mardi Gras Parade 1-4pm. Marching bands, dance groups, Mardi Gras royalty and lots of throws. Main St, Pellerin St. and Martin Luther King St, Jeanerette. 337-255-9539.

Grand Marais Mardi Gras Children's Dance – 3-6pm. Costume judging at 4:30pm. Children's court winners will be announced and will ride in the parade. Mon Ami, 7304 E Hwy 90, Jeanerette. 337-365-8185. Facebook.com/MonAmi.GrandMarais.



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- East Bay Area, CA
- San Diego, CA
- **Boulder, CO***
- Denver, CO
- Fairfield County, CT
- Hartford, CT
- New Haven/ Middlesex, CT
- Washington, DC
- Daytona/Volusia/ Flagler, FL
- NW FL Emerald Coast
- Ft. Lauderdale, FL
- Jacksonville/ St. Augustine, FL
- Melbourne/Vero, FL
- Miami & the Florida Keys
- Naples/Ft. Myers, FL
- North Central FL
- Orlando, FL
- Palm Beach, FL
- Peace River, FL
- Sarasota, FL
- Tampa/St. Pete., FL
- FL's Treasure Coast
- Atlanta, GA
- Hawaiian Islands
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- Chicago Western Suburbs, IL
- Indianapolis, IN
- Baton Rouge, LA
- Lafayette, LA
- New Orleans, LA
- Portland, ME
- Boston, MA
- Ann Arbor, MI
- East Michigan
- **Wayne County, MI***
- **Western MI***
- Minneapolis/ St. Paul, MN
- **Charlotte, NC***
- **Lake Norman, NC***
- Triangle, NC
- **Bergen/Passiac, NJ***
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- Monmouth/ Ocean, NJ
- North Central NJ
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Natural Awakenings recently won the prestigious FBR50 Franchise Satisfaction Award from Franchise Business Review. To learn more, visit FranchiseBusinessReview.com

ongoing events

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sunday

Sunday Nature Program – 11am. Activities chosen feature a particular season or event. 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 in France on hard packed surfaces. La Boule Cadienne de Lafayette sponsors regularly scheduled game. Free. Mike LeBlanc. North end 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 on a plywood dance floor and enjoy 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. Also available for children in Kindergarten-12th grade. Free. The Bayou Church, 2234 Kaliste Saloom Rd, Lafayette. 337-984-8291. Recovery@TheBayouChurch.org.

Yoga Class – 6-pm. Join Sarah Trahan for yoga classes with stretching, strength building and meditation 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. Refreshments available. Free, \$5 suggested donation for curating costs. Vermilionville Performance Center, 300 Fisher Rd, Lafayette. 337-233-4077.

Adult Water Aerobics Class – 6:30-7:30pm. Removes pressure from joints and makes moving easier. In heated indoor pool. Robicheaux Recre-

ation Center, 1919 Eraste Landry Rd, Lafayette.

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

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.

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 and seafood. Main St, New Iberia.

Type 1 Diabetes Support Group – 5:45pm. Dr. Janna Flint and Leslie Fontenot, Diabetes Educator, host a monthly diabetes support group on the last Tues 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. Build a network of support. 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 of 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. Free. Vermilionville, 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 information in the craft of writing. \$30/annual membership. Barnes & Noble Booksellers, 5705 Johnston St, Lafayette. 337- 989-4142. Writers-GuideOfAcadiana.com.

wednesday

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

Meditation in the Park – 9:15am. Relax with Iberia Parish Wellness Program. Free. Curtis Landry Park, 2016 Jane St, New Iberia. 337-519-2864

LEDA Networking Luncheon – 11:30am. 1st Wed each month. Meet individuals for a buffet lunch with guest speakers from local businesses. The "roaming mic," is passed to everyone for introduction of their business. \$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 night time version of Family Story Time. No preregistration required. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

Adult Water Aerobics Class – 6:30-7:30pm. See Mon listing. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette.

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. Music with locals speaking Cajun French. Fresh coffee, cool drinks, friends to share music, stories, jokes and Joi de Vivre with or without instrument. 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 local produce. Visitors enjoy music, special events and a 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 Goureaux, 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.

Lafayette Farmers and Artisans Market – 8am-12pm. Local farmers and artisans sell products. Food vendors offer specialty foods and drinks. Purchase fresh healthy local products.. The Horse Farm, 2913 Johnston St, Lafayette. MarketattheHorseFarm.com.

New Iberia Creole Market – 8am-1pm. 4th Sat each month. Shop for seasonal local produce, seafood, homemade jams, jellies and preserves. Enjoy 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, conditions permitting. RSVP. \$5 insurance fee to American Canoe Association for a canoe or bring your own canoe or kayak. 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 Armand 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 enjoy a live traditional Cajun music jam session. Savoy's Music Centre, 4413 Hwy 190 E, Eunice. 337-457-9563.

La Table Francaise d'Arnaudville – 9am. Last Saturday of the month. Venez partager l'heritage. Coffee and pastries provided. Free. NuNu's Arts and Culture Collective, Hwy 93E, Arnaudville. 337-754-7724.

Meditation in the Park – 9:15am. Relax with the Iberia Parish Wellness Program. Free. Jeanerette City Park, Tarleton St, Jeanerette. 337-519-2864.

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.

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

Food Truck Festival – 10am-2pm. Food trucks at the Teche Area Farmers' Market on the second Saturday of the month. Popular vendors line up for the event. Fulton St, between Fisher St, and Iberia St, New Iberia. 337-369-2330. Facebook.com/TecheFarmersMarket.

Cajun Jam – 1-3:30pm. A weekly Cajun Jam led by area musicians. Open to all skill levels. 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 Cajun-style "Grand Ole Opry" Liberty Theater. \$5/Adults, \$3/children under 12. 200 W Park Ave, Eunice. 337-457-7389. EuniceLA.com.

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

Group Music Class – 5-8pm. Cajun fiddle, slow jam, band lab and Cajun band lab classes are Monday thru Thursday respectively starting in June. All ages and abilities. \$20/wk -\$60-\$80/mo. Mitch Reed. The Front Room, 1301 Avenue A, Scott. 337-258-2333.

PRAYER OF PEACE

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



The Benefits of an Alkaline Body

Fewer Colds

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

Cancer Prevention

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

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

Tel: (337) 896-4141

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

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)



Cold Laser

FAT
~~Weight~~ Loss Treatment

No Exercise Required

Zerona

1. Stand 10 minutes
2. Lay down 40 minutes
3. Sit 30 mins

12 Treatments \$850
9 Treatments \$675

Carencro Office: (337) 896-4141



namasté

(nah-mas-tay)

"I honor the place in you where Spirit lives.
I honor the place in you which is
of Love, of Truth, of Light, of Peace.
When you are in that place in you,
and I am in that place in me,
then we are One."

 **liteon**
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