

FREE

HEALTHY LIVING HEALTHY PLANET

natural awakenings

10,000
STEPS A DAY
KEEPS DISEASE
AWAY

**Dial
Down
STRESS**

How to Stay
Calm and Cool

8 Guidelines Re-
store
Wheat to
the Table

**Smart Eats
for Healthy
Weight Kids**



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

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- 1 fl. oz. of wheatgrass juice is equivalent to 2½ pounds of the choicest vegetables
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.....\$30.00 (box of 16 count 1.5 oz frozen wheatgrass cups)

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

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pH 9.5 Drops



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- Dr. Otto Warburg, **Nobel Peace Prize Winner** for cancer and alkalinity.

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publisher's letter



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

In the new year of 2018 we hope mostly that you find spiritual abundance. Recently, an elder in our neighborhood said that it is through passion that we will find what delights the soul. Upon exploring

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

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

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

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

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

Let the new year of 2018 be one of self-healing. We can begin with spiritual prayer, look for abundance to follow and then radiate love—and expect the universe to reciprocate it back many times more.

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



Steve & Michelle

Steve and Michelle Castille, Publishers

HEALTHY LIVING HEALTHY PLANET

natural
awakenings

ACADIANA EDITION

PUBLISHERS Steve & Michelle Castille
EDITOR Beth Davis
DESIGN & PRODUCTION Gail Babineaux
Steve Castille
CONTRIBUTING WRITERS Tre' Gradnigo
Beth Davis
DISTRIBUTION & MARKETING Marquia Castille-Grant
Tre' Gradnigo
CALENDAR Michelle Castille
Lydia Castille
Lillyanna Castille
WEBSITE Steve Castille

CONTACT US

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

SUBSCRIPTIONS
Subscriptions are available by sending \$75
(for 12 issues) to the above address.

NATIONAL TEAM

CEO/FOUNDER Sharon Bruckman
PRESIDENT Patrick McGroder
NATIONAL EDITOR Alison Chabonais
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FRANCHISE DIRECTOR Anna Romano
FRANCHISE SUPPORT MGR. Heather Gibbs
WEBSITE COORDINATOR Rachael Oppy
NATIONAL ADVERTISING Kara Scofield

Natural Awakenings Publishing Corporation
4933 Tamiami Trail N., Ste. 203
Naples, FL 34103
Ph: 239-434-9392 • Fax: 239-434-9513
NaturalAwakeningsMag.com

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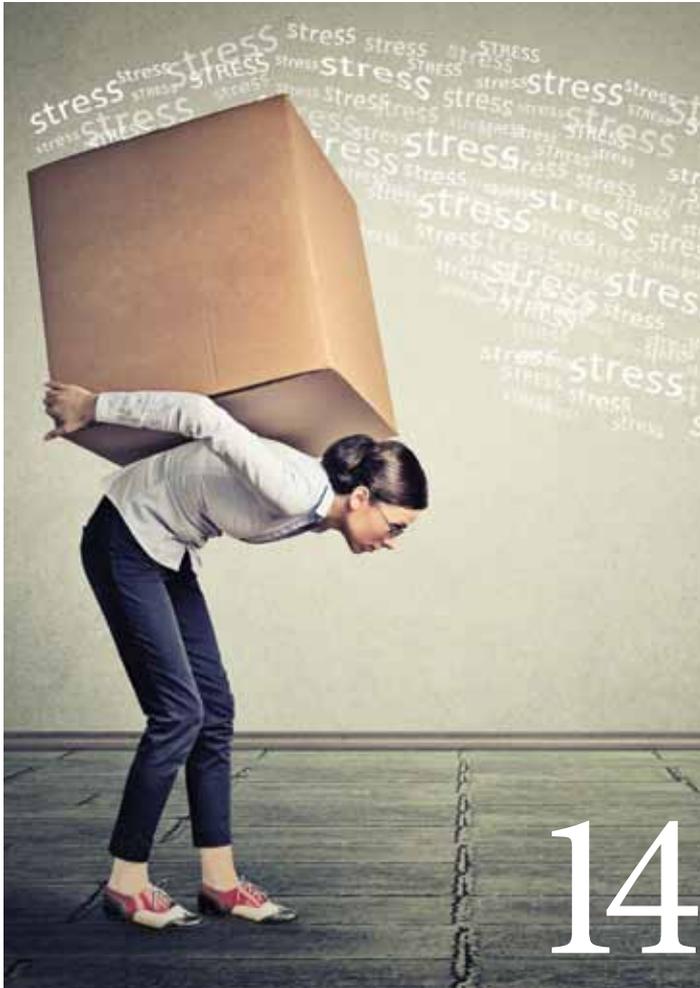
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Natural Awakenings is printed on recycled newsprint with soy-based ink.

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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- no pain or downtime
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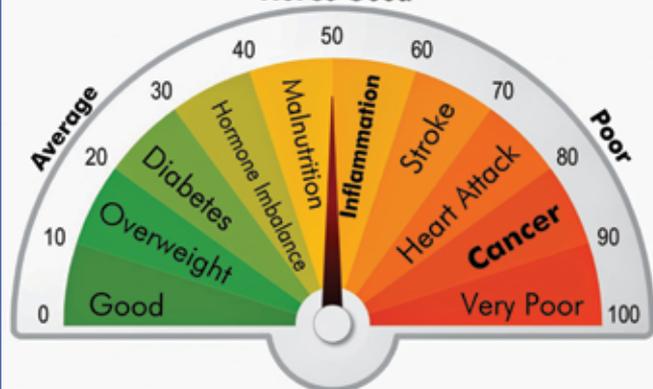
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Migranes and constant headaches

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

Abnormal lump in the breast

abnormal cells in the breast create new blood vessels and inflammation and can lead to breast cancer.

Chest pains and irregular heartbeats

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

Uncontrollable weight gain or loss

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

Acid reflux and upset stomach

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



inflammation

sparks almost every major disease in the body

1 in 3 Women

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* A thermography exam costs only \$94

Le Pavillon Hosts The Boutique Bridal Show



Le Pavillon, located in Parc Lafayette, is set to host The Boutique Bridal Show from 1 to 4 p.m., January 21. The Boutique Bridal Show is a unique,

unconventional bridal show focused on bringing vendors and brides together. The intimate setting provides a relaxed atmosphere allowing for those personal conversations for the savvy bride and the potential vendor.

At the show, brides are invited to approach each booth with plenty of time to get to know each other and even enjoy a glass of champagne while doing so. The Bridal Show features expert vendors that service each aspect of wedding preparation including flower design, wedding cakes, reception, honeymoon and more. The show also features live entertainment, complimentary wine and an "Ask the Experts" question and answer session. The show is capped off with a fashion show invoking the style of the golden ages of haute couture in the 1940s and 1950s. Models will parade through the crowd on ground level so that viewers can get an intimate feel of each gown.

Location: 1913 Kaliste Saloom Rd., Lafayette. For information, call 337-277-4473.

Willow Oaks Equestrian Center Offers Horseback Riding Lessons



Willow Oaks Equestrian Center, a premiere hunter/jumper stable facility located just minutes from the Acadiana mall, not only provides top quality care and professional training for both horse and rider, but also offers horseback riding lessons.

The lessons provide students with proper training and skills to become more secure and confident riders. The classes specialize in riding fundamentals, skill development, jumping and novice jumping. Additionally, riders are taught to effectively communicate with the horse—giving them better control and ensuring safety. Classes are offered to riders of all ages and abilities—from beginner to the advanced horseback rider looking to polish skills for the competition arena. Students can bring their own horse or lease one of the centers seasoned and reliable school horses. Private and group classes are also available.

Location: 3036 S Fieldspan Rd, Duson. For information, call 337-981-3499 or visit WillowOaksEquestrian.com.



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- ✓ **Kick-Start Your Metabolism**
- ✓ **Curb Your Cravings**
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Before	After
Scale wt. 162 lbs.	Scale wt. 124 lbs.
Body Fat % 37.92 %	Body Fat % 24.36 %
Abdomen 33.5	Abdomen 27.5
Fat Mass 61.43	Fat Mass 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.

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Lutein in Greens and Eggs Slows Cognitive Aging

Healthy diet options of spinach and kale may also help keep our brains fit. In a study from the University of Illinois appearing in *Frontiers in Aging Neuroscience*, 60 adults between 25 and 45 years old having higher levels of lutein, a nutrient found in green, leafy vegetables, avocados and eggs, had neural responses more on par with younger people than others of their own age. Lutein is a nutrient that the body can't make on its own, so it must be acquired through diet. It accumulates in brain tissues and the eyes, which allows researchers to measure levels without using invasive techniques.



Natali Zakharova/Shutterstock.com

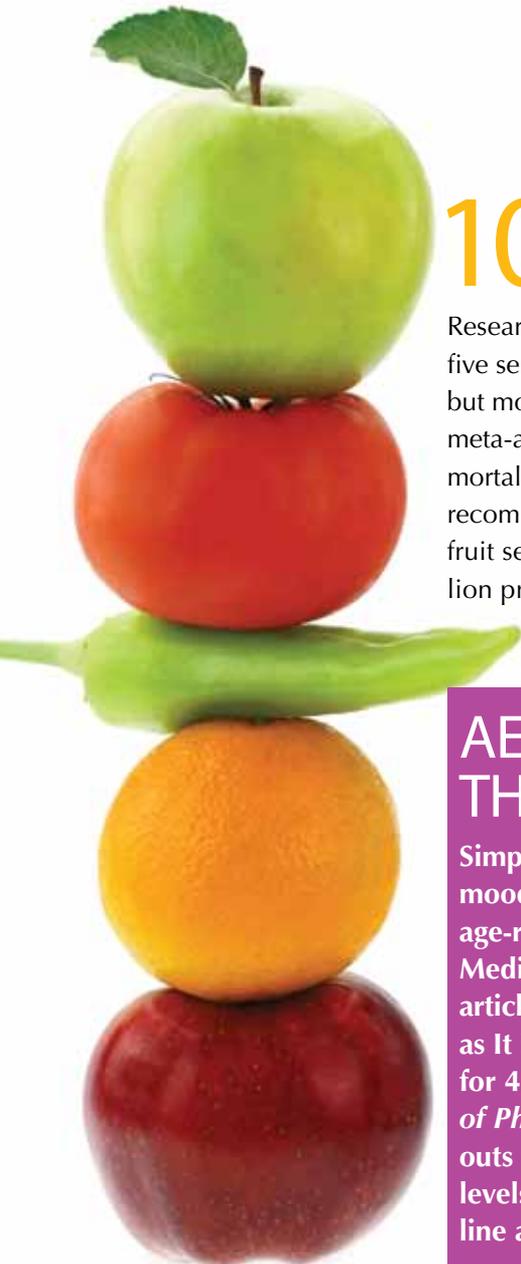
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10 Daily Produce Servings Prevent Early Death

Researchers at the Imperial College London say that five servings of fruits and vegetables is a good start, but more is better. After conducting a worldwide meta-analysis of 2 million people that compared early mortality rates from cardiovascular disease and cancer, they recommend eating at least 10 three-ounce vegetable and fruit servings per day, which could prevent up to 7.8 million premature deaths each year.

AEROBICS KEEP THE BRAIN YOUNG

Simple movement turns out to be the best way to lift mood, improve memory and protect the brain against age-related cognitive decline, according to Harvard Medical School researchers in an article, "Aerobic Exercise is the Key for Your Head, Just as It is for Your Heart." Even brisk walking or jogging for 45 minutes can alleviate depression. The *Journal of Physical Therapy Science* notes that aerobic workouts can help people feel less stressed by reducing levels of the body's natural stress hormones adrenaline and cortisol.



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Hemp Oil Cuts Seizure Frequency in Half

Research from the New York University Langone Comprehensive Epilepsy Center has found that cannabidiol, a non-psychoactive extract of hemp oil, significantly reduces seizure rates in epileptics. Scientists there tested 120 children and young adults with epilepsy and found that the cannabidiol group's number of seizures per month decreased from 12.4 to 5.9 compared to a statistically insignificant change in the placebo group.

RED WINE LESS TOXIC THAN WHITE

Alcohol has been linked with cancer in about 3.6 percent of cases worldwide, due to the presence of acetaldehyde, which damages DNA and prevents it from repairing itself. A study published in *Cancer Epidemiology, Biomarkers & Prevention* that involved 200,000 people found a distinct connection between white wine in particular and melanoma, the deadliest type of skin cancer. Sun exposure is a well-known cancer risk, but this and other studies have found that subjects often develop melanoma primarily on the trunks of their bodies, which are usually covered by clothing, and it is almost always curable if the cancer is caught early.

FISH OIL TWICE WEEKLY EASES ARTHRITIS

Eating fish at least twice a week may significantly reduce the pain and swelling associated with rheumatoid arthritis, in which the body's immune system mistakenly attacks the joints, creating swelling and pain. Studies have already shown the beneficial effect of fish oil supplements on rheumatoid arthritis symptoms, but a new study of 176 participants at Brigham and Women's Hospital, in Boston, found that increasing the amount of fish containing omega-3 they ate weekly as a whole food lowered their disease activity. The Arthritis Foundation estimates that about 1.5 million people in the U.S. have the disease; women far more often than men.



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Urban Trees

City Greenery Boosts Public Health

Urban trees help reduce obesity and depression, improve productivity, boost educational outcomes and reduce incidences of asthma and heart disease for residents, yet according to The Nature Conservancy, American cities spend less than a third of 1 percent of municipal budgets on tree planting and maintenance. As a result, U.S. cities are

losing 4 million trees per year.

Each summer, thousands of unnecessary deaths result from heat waves in urban areas. Studies have shown that trees are a cost-effective solution. Too often, the presence or absence of urban nature and its associated benefits is tied to a neighborhood's income level, resulting in dramatic health inequities. In some American cities, life expectancies in different neighborhoods located just a few miles apart can differ by as much as a decade. Not all of this health disparity is connected to the tree cover, but researchers are increasingly finding that neighborhoods with fewer trees have worse health outcomes, so inequality in access to urban nature can lead to worse health inequities.

To read the white paper, visit Tinyurl.com/FundingTreesForHealth.



Cigarette Cutback

Higher Prices Lower Use

Research from the Medical University of Vienna found in a 30-year study that increasing prices for tobacco products by 5 percent reduced tobacco use by 3.5 percent.

Veggie Doctors

Cardiologists Urge Plant-Based Hospital Meals

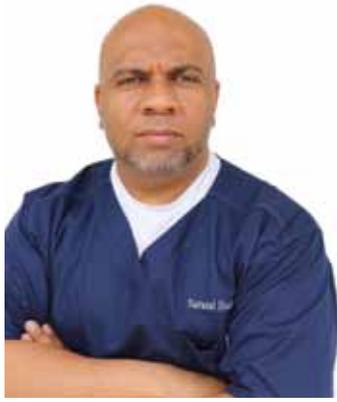
The American College of Cardiology (ACC) is advising hospitals in improving patient menus by adding healthy, plant-based options and removing processed meats, which have been linked to 60,000 cardiovascular deaths annually.

The ACC Heart-Healthy Food Recommendations for Hospitals states, "At least one plant-based main dish should be offered and promoted at every meal." ACC also urges that processed meats such as bacon, sausage, ham, hot dogs and deli meats should not be offered at all. These guidelines extend to hospital cafeterias and onsite restaurants.

The American Medical Association has also passed a resolution that calls on hospitals to provide similarly healthy meals. Processed meats are now considered carcinogenic to humans, according to the World Health Organization. A 50-gram serving a day—one hot dog or two strips of bacon—increases colorectal cancer risk by 18 percent.

"Too many heart disease patients have had their recovery undermined by bacon and hot dogs on their hospital trays," says Dr. Neal Barnard, president of the nonprofit Physicians Committee.





Dr. Steve's Self Healing

Educating You and Your Family in Natural Health

Why Do Probiotics Matter

Not only is your gut-stomach and intestines-centrally located in your body, it also plays a central role in your health. The brain might be at the pinnacle of the nervous system, controlling many bodily processes, but the gut has a powerful partner: bacteria. Bacteria (along with fungi) populate your gut, as well as the skin. Known collectively as the microbiota or microbiome, this aggregation of microorganisms can both reflect and influence your health. The diversity and makeup of your gut microbiota, in particular, appears to have far-reaching implications: Recent studies suggest that it may be involved in allergy, autoimmunity, mental health, and even the likelihood of adhering to certain diets.

Diversity Matters

As with any other population, gut diversity can vary greatly. For instance, researchers have discovered major differences in the microbiomes of people living in remote, traditional African and Latin American societies. In general, these men and women tend to have a much more diverse microbiota, about 1,600 different species of microbes compared to the 1,000 to 1,200 found in North Americans. Just as human societies thrive when members bring a mix of backgrounds and cultural experiences to them, your gut benefits from variety, too.

Studies suggest that your health may suffer when your microbiota is too homogeneous. In one 2013 study, investigators found that people with low microbial diversity were more likely to have higher inflammation and insulin resistance than those whose gut housed more varied species. Indeed, many physical and mental health issues appear to have at least an association with a lack of microbial diversity. Researchers continue to uncover these and other links between gut microbes and well-being, including the following. While much of this research is in the very early stages, it may provide clues to the roots of many human illnesses.

Chronic fatigue syndrome. This frustrating condition has long stumped physicians, who have been unable to identify a cause for the debilitating fatigue it involves. However, researchers at Cornell University recently reported a potential lead. Upon comparing blood and stool samples from 48 people diagnosed with CFS and 39 healthy people, they discovered that those with CFS had reduced diversity in their gut microbiota, and fewer species of bacteria with antiinflammatory properties. These differences might someday help doctors better diagnose and treat CFS.

Multiple sclerosis. A spate of recent studies suggest that the gut microbiota could eventually become a focus for preventing and treating this autoimmune disease. For example, investigators have found that children with multiple sclerosis had differences in the abundance of specific gut bacteria than children without the disease. Specifically, they discovered an association between multiple sclerosis and an increase in gut bacteria that have been linked to inflammation, and a decrease in anti-inflammatory microbes.

Obesity. There's good evidence that obesity is linked to alterations in our gut microbiota. Preliminary experiments in mice found that a high-fat diet can trigger changes in gut bacteria that in turn appear to spur increased food intake, insulin resistance, and obesity. Meanwhile, Swedish researchers have created a mathematical model that may one day help doctors determine which diets may be most effective for patients with high- and low-diversity gut microbiota.

Post-traumatic stress disorder. Examining gut bacteria in laboratory mice, Canadian researchers have found that imbalances in these microbes are associated with mood disturbances related to PTSD. When they fed stressed mice bacteria collected from calmer mice, the anxious rodents exhibited more relaxed behavior. Clinicians might eventually be able to use fecal transplants to treat PTSD.

Type 1 diabetes. One study found that mice susceptible to type 1 diabetes had more harmful and fewer beneficial gut bacteria than those resistant to the disease. These harmful bacteria influenced an immune response that triggered the destruction of insulin-producing cells, the process that can lead to this autoimmune disease.

A Friendlier Environment

Experts suspect several culprits may be responsible for a lack of diversity in the gut microbiota, including a diet high in processed foods, overuse of antibiotic drugs, and increased sanitation—all of which can curtail exposure to beneficial bacteria.

Check your diet. Studies suggest that diets high in fiber can help foster a diverse microbiota. Make sure your plate includes plenty of leafy green vegetables, which contain an enzyme that's been found to feed good bacteria while limiting bad bacteria. Fermented foods and beverages (such as sauerkraut, pickles, kimchi, miso, kefir, buttermilk, and even beer) can also encourage bacterial diversity.

Dr. Steven Castille, Integrative Medicine and Oncology Research, and publisher of Natural Awakenings magazine. Connect at Saint Christopher College, 3419 NW Evangeline Thwy, Lafayette. For more information, call 337-896-4141.



DIAL DOWN STRESS

How to Stay Calm and Cool

by Lisa Marshall

Whether from natural disasters, divisive politics, unmanageable workloads or a smartphone culture that makes it tough to unplug, U.S. adults are feeling more strain now than they have at any other time in the past decade, according to the American Psychological Association's 2017 Stress in America Survey. One in three say their stress has increased in the past year and one in five rate the level at eight or more on a scale of one to 10. About three in five, or 59 percent, say they believe this is "the lowest point in the nation's history" and nearly two-thirds say concerns about our nation's future (including its health care, economy and international relations) are key sources of their stress.

"We're seeing significant stress transcending party lines," notes Arthur C. Evans Jr., Ph.D., the association's CEO.

All that stress is having a powerful impact on health, with as many as 80 percent of visits to primary care physicians characterized as stress-related, according to the American Medical Association.

Adopting the right attitude can convert a negative stress into a positive one.

~Hans Selye

Workplace stress accounts for 120,000 deaths a year—more than influenza, diabetes and Alzheimer's disease combined—according to a 2015 Stanford University study.

Yet, empowering news has emerged amid this epidemic of anxiety-related illness. Research shows that by eating right, exercising and changing our mindset about stress itself, we can buffer our bodies from many health hazards.

"Unfortunately, you can't always avoid the things that stress you out. But you can control how you respond to stress before it takes over your life," says Melanie Greenberg, Ph.D., a Mill Valley, California, psychologist and author of the recent book *The Stress-Proof Brain: Master Your Emotional Response to Stress Using Mindfulness and Neuroplasticity*.

Our Brain on Stress

Whether it's an urgent email from the boss or a rude motorist driving unsafely, tense situations elicit a physiological response remarkably similar to what might occur if we were chased by a lion.

Deep inside an almond-shaped region of the brain called the amygdala, an alarm goes off, signaling the release of hormones like adrenaline and cortisol that boost heart rate, usher extra blood to muscles, hasten breathing and spike blood sugar to provide more fuel for the brain to react.

Evolutionarily, this response was key to early human survival, providing the energy boost needed to flee predators. Even today, it has its upside, says Greenberg. "In the short term, stress can be exciting and even beneficial, revving you up so you can put your passion and energy into something."

But chronic excess can lead to high blood pressure and blood sugar, inflammation, cognitive problems and a hair-trigger response to stress, in which our body overreacts even to mild annoyances. It can also, research suggests, accelerate ag-

ing by eroding the protective caps on our chromosomes, called telomeres.

“Think of the stress response as an elastic band,” says Dr. Mithu Storoni, a Hong Kong physician and author of the new book *Stress Proof: The Scientific Solution to Protect Your Brain and Body — and Be More Resilient Every Day*. “If you pull it and it snaps back immediately, that’s fine. But if you pull it too intensely or too frequently, it doesn’t snap back, and there are lots of downstream consequences.”

Stress-Proofing Our Body

Eating right can better protect our bodies, says New York City Registered Dietitian Malina Malkani. She recommends loading up on nutrient-dense, high-fiber foods like leafy greens, beans and lentils, nuts and seeds during stressful times, because they can slow our rate of digestion and minimize unhealthy dips and spikes in blood sugar.

Beneficial, bacteria-rich foods like yogurt, kefir, sauerkraut and kimchi are other foundational foods for stress-resilience, says Storoni, because they can dampen bodily inflammation that arises from chronic tension. They can also replenish bacterial strains like lactobacillus and bifidobacteria which, according to studies of college students, tend to decrease when we feel pushed beyond our limits to handle what’s coming at us.

One 2016 study of 171 volunteers, published in the *Journal of Complementary and Alternative Medicine*, found that those that ate yogurt containing lactobacillus plantarum daily for two months had fewer markers of stress in their blood. Another study published in the *European Journal of Clinical Nutrition* in 2007 found that when 132 adults drank a probiotic-infused milk drink daily for three weeks and were then subjected to an anxiety-prone situation, their brains reacted more calmly than those of a control group.

“Probably the most important thing you can do to make your body stress-resilient is to maintain a healthy ecosystem of bacteria in your gut,” advises Malkani, who recommends exchanging dessert for low-sugar yogurt every day and taking probiotic supplements as well as steering clear of sweetened beverages and refined

Seven Ways to Banish Stress

by Lisa Marshall

We can take charge and do even more things to keep stress at bay in the first place, says Christine Carter, Ph.D., a University of California, Berkeley, sociologist and author of *The Sweet Spot: How to Accomplish More by Doing Less*. “I’m all about prevention,” she says. “There are many ways to set up your life to be less stressful.”

1 Multitask less, monotask

more: “The brain was not evolved to multitask and it can be stressful when we try to do so,” says Carter, referencing a Stanford University study. “At the end of the day, we end up feeling fried.” She recommends setting up a “fortress against interruption” for an hour or two each day when we feel most alert. Put the phone on mute, don noise-canceling headphones and ask coworkers or family members to not interrupt your focus on an important priority.

2 Don’t be a chronic media

checker: Eighty-six percent of Americans say they constantly or often check their email, texts or social media accounts, according to the latest Stress in America Survey. Half of U.S. workers say they respond to every email within a half-hour. Carter recommends instead scheduling a block of time at the beginning and end of each day for the task. During weekends and evenings, disable email and social media notifications.

Research shows the more often we check, the more stressed we are. One recent study of British office workers found that checking email almost immediately boosts heart rate, blood pressure and cortisol levels, while refraining causes the stress response to subside.

3 Limit choices: Making decisions can be stressful, and we are all faced with an increasing number of them every day. To limit a personal decision-making load, get boring. Devise a meal plan that doesn’t vary from week to week (unless it’s a happy creative outlet). Stock the wardrobe with favorite styles of shirts and shoes

in different colors. Select and stick with one brand of natural toothpaste or granola.

4 Don’t overthink things:

Ruminating on past events and relationship problems can be a great source of stress in the present moment. If there’s nothing that can be done about it, stop thinking about it. Literally visualize a stop sign when the thought bubbles up.

5 Daydream:

Idle times, like standing in line, sitting in traffic or showering can allow our brain to rest and recover from hassles. Embrace such opportunities and don’t clutter them up with technology; leave the phone and radio off.

6 Meditate:

Invest 10 minutes daily to sit still, focus on breathing, visualize an image or stare at an object and try to keep thoughts from drifting. Brain imaging studies published in the *Brain Research Bulletin* show that “Through [such] meditation, it’s possible to rewire your brain to create a new, stronger circuit that keeps your emotional reactivity under control,” says Dr. Mithu Storoni, who has published a book on the topic.

7 Heighten spirituality:

Whether it’s regularly attending religious services, yoga meditation sessions or quiet walks in the woods, a spiritual practice can be a powerfully effective means of coping with stress and mitigating its health impacts. Duke University research shows that people regularly engaged in a spiritual practice are more likely to survive heart surgery, recover better from stroke, have shorter hospital stays and become depressed and stressed less often.

“Spirituality connects you to the broader world, which in turn enables you to stop trying to control things all by yourself,” explains Dr. Roberta Lee, an integrative physician, in her book *The SuperStress Solution*. “When you feel part of a greater whole, it’s easy to understand that you aren’t responsible for everything that happens in life.”

carbohydrates. The spice turmeric is also a good stress-buster due to its anti-inflammatory properties and ability to help normalize blood sugar, Storoni notes.

Despite our natural craving for comfort food, it's a good idea to go easy on saturated fats in the immediate aftermath of a traumatic situation, because stress slows fat metabolism. In one recent study, Ohio State University researchers asked 58 women about their previous day's stressors, and then fed them the fat-loaded equivalent of a double cheeseburger and fries; the stressed-out women burned 104 fewer calories.

"If a woman had a stressful day at work every day and ate a meal like this, she could easily gain seven to 11 pounds in a year," says study author Jan Kiecolt-Glaser, a professor of psychiatry and psychology and director of the university's Institute for Behavioral Medicine.

Exercise, too, can help combat stress-related illness. But Storoni attests that not all exercise is created equal. One recent study in the *Journal of Physiology* found that in animals daily moderate exercise (the equivalent of a light jog) can boost levels of brain-derived neurotrophic factor (BDNF), a critical brain protein diminished by stress and sleep deprivation, significantly more than weight training or intense exercise. On the flip side, excess strenuous exercise (laps around the track or an intense gym workout) can boost inflammation, whither brain cells, and aggravate the physical impacts of stress, says Storoni.

"If you want to exercise to relieve the stress you just experienced, keep it at low intensity," counsels Storoni. If possible, work out in the morning, as it can boost melatonin levels at night, helping you get to sleep faster, she notes.

Stress-Proofing Our Mindset

While diet and exercise can buffer our body from the impacts of chronic stress, a shift in



pathdoc/Shutterstock.com

People with a stress-hardy mindset may temper stress as an "excite-and-delight" challenge in adventurous situations. Others "tend-and-befriend", reaching out to help and comfort in times of tragedy. Studies show that when participants are told, "You're the kind of person whose performance improves under pressure," it does—by as much as one-third.

~Harvard Medical School Healthbeat

mindset can keep it from becoming chronic in the first place, says Greenberg. "The goal is not to eliminate stress, but to put it in its place—to use its energizing and motivating aspects to take care of what needs to be done, and then relax," and stop paying attention to it. This, she says, requires being mindful of what's happening in the present moment.

"When you feel your heart racing at the sight of another urgent demand at home or work, stop what you are doing, take a deep breath and tune into what's

happening in your body," advises Greenberg. She notes that when the highly reactive amygdala "hijacks the brain", we often say and do things in the heat of the moment that we later regret. Waiting just a moment (like counting to 10) allows the more rational part of our brain (the prefrontal cortex) to kick in. "It allows you to go from panic to, 'I've got this.'"

Greenberg observes that we often feel most stressed when we feel out of control. When faced with a daunting task, it may help to make a list of the things we have control over and a list of the things we can't control—then make a plan to act on the manageable one and let the others go.

"Mindfulness is also about keeping our self-judging and ruminating mind at bay, which may keep repeating, 'I'm not doing enough,'" she says. "Realize that you do not have to listen to every thought that comes into your head. Ask yourself, 'What is the most important thing for me to focus on right now?'"

Greenberg also says it's important to aim to broaden and brighten our view in tough times, explaining, "Feeling stress biases your brain to think in terms of avoiding threat and loss, rather than what you can gain or learn from the situation." Start by jotting down three ways this challenging situation may be beneficial in the long run; also make a list of things and people we are grateful for, she suggests.

"Practicing gratitude helps you realize that you have a choice about what to focus your attention on and you don't have to let stressors take all the joy out of life," according to Greenberg. As an added bonus, "You're less likely to take your stress out on loved ones when you think about what they mean to you and how they have helped you," she says.

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

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Thermography Exam BEFORE and AFTER

Why should I have a thermal scan? I have no family history and am not at high risk for breast cancer.

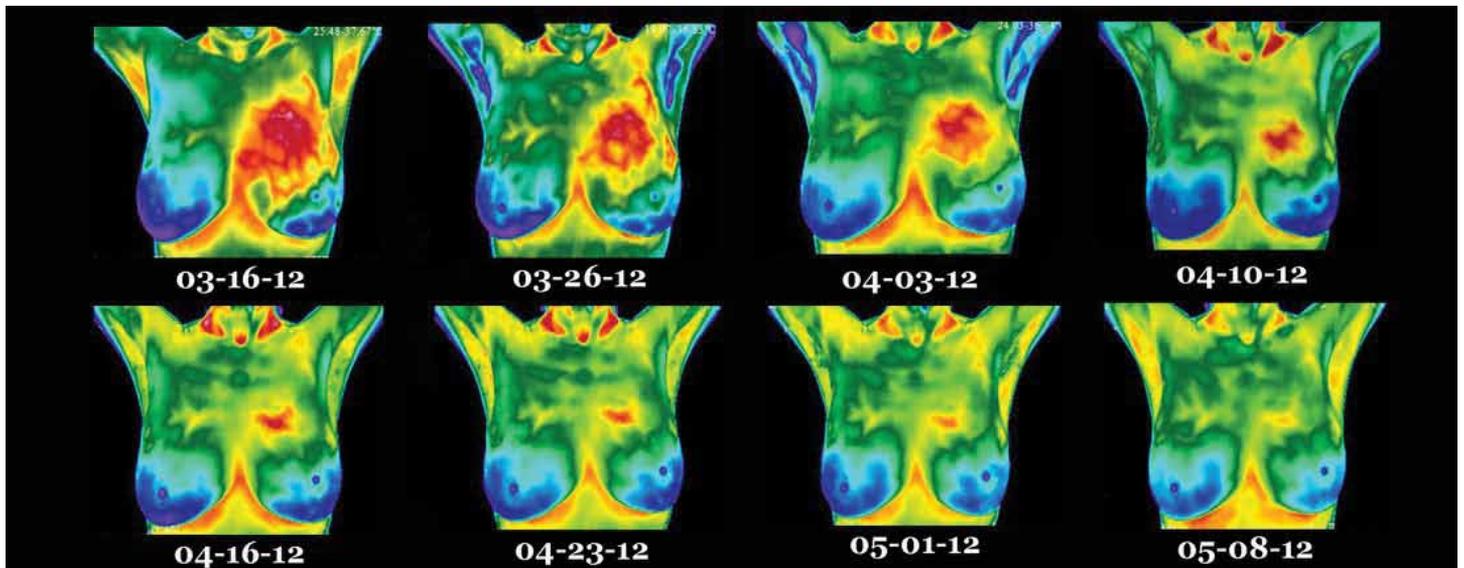
Although family history is considered a risk factor, 90% of women who develop breast cancer have no family history. A positive thermal scan is considered the highest risk marker for the future development of cancer. It is 9 times more significant than a family history. A thermal scan can show if a woman may actually be at high risk despite the lack of a family history of cancer. It can also really show if there is any real risk at all where there is a family history.

I have a suspicious mammogram or felt a lump in my breast. Should I have a thermal scan?

Absolutely. The information provided from the thermal scan can clarify the other findings, ultimately helping your doctor make better decisions as to the best way to manage the situation.

I have cancer and am scheduled for surgery. What benefit is there to a thermal scan this late in the game?

Thermal scans performed before and after a surgery or other treatment may help evaluate the success of the procedure by monitoring the metabolic and vascular changes of the cancer site. Additionally, once a woman develops breast cancer she is at a higher risk of developing it again. Thermal scans offer early detection of re-occurrence.



This thermography exam shows how with the proper wellness program, cancer risk can be eliminated. First picture (3/16/12) shows abnormal blood vessel activity. Last picture (5/8/12) shows that it is gone at the end of the wellness program.

Thermography is designed to detect and reveal abnormal heat and vascular development in the breast tissue, which is attributed to early tumor growth. Every physician knows that a tumor, whether malignant or benign, needs its own blood supply to nourish itself to grow. These vascularities grow in very abnormal patterns, creating the heat and inflammation that a thermal imaging camera detects.

An abnormal thermogram is the single most important marker of high risk for developing future breast cancer, ten times more significant than a family history of the disease. In other words, if someone gets a suspicious thermogram

indicating that something is wrong, something usually is. Did you know that the single greatest risk factor for development of breast cancer is a woman's lifetime breast exposure to estrogen? A woman can have up to fifty times more estrogen in her breast tissue than her blood levels indicate.

With the help of a natural practitioner or qualified nutritionist, a woman can make changes to affect her hormone levels and lower her risk. Throughout this time, a woman can monitor her breast tissue changes with thermography and actually see that the changes made to correct the imbalance are working. This is where breast thermography plays

an unprecedented role in breast cancer prevention. Along with over 800 published peer-reviewed studies on the effectiveness of thermography, a study published in the January 2003 publication of the *Journal of Thermal Analysis and Calorimetry* showed thermography to be a "safe, non-invasive and valuable adjunct to (not replacement for) mammography in determining whether a lesion was benign or malignant, with over 97% sensitivity".

Image courtesy of Donna Tomey. Donna J. Tomey is a Certified Clinical Thermographer. received her certification at Duke University under the auspices of the American College of Clinical Thermology, Inc.



EAT WHEAT AGAIN

Eight Ways to Restore Gut Health

by John Douillard

The New York University Langone Medical Center recently reported that 74 percent of Americans experience some form of digestive distress, a quarter are obese and more than 100 million U.S. adults are pre-diabetic and don't know it. While many blame such problems on eating wheat, some food scientists disagree, including those citing two major studies by Harvard researchers; following more than 100,000 people for 25 years, they concluded that those eating the most wheat compared to low-gluten folks had a 13 percent lower diabetes risk and no greater risk of heart disease.

While the standard American diet, which includes highly processed wheat, is likely responsible for many of these health concerns, plenty of science links a diet rich in whole grains, including whole wheat, to weight loss, better digestion and lower blood sugar. The Mediterranean Diet, replete with whole grains and wheat, is still revered as one of the healthiest-known diets. Centenarians that live in the famed "blue zones", recognized for their longevity-enhancing environment and lifestyles, eat a non-processed, whole-food diet rich in whole grains and wheat.

Many Americans that are gluten-sensitive today digested wheat fine when they were young. At some point, our ability to digest foods that are a bit harder to digest, like wheat and dairy, became compromised. It's possible to reboot.

Delete Processed Foods

The first step toward reestablishing digestive strength is avoiding all processed foods. A study in the journal *Diabetes Care* linked a processed food diet to a 141 percent increase in belly fat, high blood sugar and high cholesterol. It further showed that a diet of whole grains, including wheat, reduced the risk of these health concerns by 38 percent.

Monitor these ingredients to achieve a healthier diet.

- Avoid all added sugars or artificial sweeteners. Allow nothing more than six grams of naturally occurring sugar per serving.
- Avoid fried foods and baked goods made with refined cooking oils used to preserve them like bread, muffins, cookies, energy bars, most packaged foods and chips.
- Eat bread that's only made of organic whole wheat, salt water and starter.

Restore Liver and Gallbladder Function

Highly processed vegetable oils are used as preservatives in most packaged foods, including bread. Processing these oils renders them indigestible. Linked to congestion of the liver and gallbladder, they disable liver bile so it can't break down either good or

bad fats, also making it insufficient to buffer stomach acids. Without adequate bile production to neutralize stomach acid, the stomach won't produce the needed acid to digest proteins like gluten and the casein in dairy. This malady has effected a huge spike in gallbladder surgeries and epidemic levels of obesity, high blood sugar and food intolerances.

To boost bile flow, enjoy these foods daily:

- Eat one red beet and one apple a day—either raw, cooked, juiced or blended. Add celery and make a bile-flow smoothie.
- Consume one teaspoon of both coconut oil and high-quality olive oil per day.
- Eat more artichokes, bitter roots and leafy greens.
- Drink fennel and fenugreek tea with meals.

Strengthen Stomach Fire

Instead of taking digestive enzymes or a hydrochloric acid-based stomach acid pill, stimulate the stomach to make its own acid and the small intestine and pancreas to produce digestive enzymes. This is best done regularly with the following five spices:

- Use ginger, cumin, coriander, cardamom and fennel.

Studies published in journals such as *Molecular Nutrition & Food Research* and the *Journal of Nutritional Biochemistry* suggest that when these five spices are used together—as a supplement, in cooking or to flavor food—they act as a total upper digestive reset. These five-star spices:

- ✓ Stimulate digestion
- ✓ Increase bile flow, pancreatic and small intestine enzyme activity, and fat and sugar metabolism
- ✓ Decrease *H. pylori*, an opportunistic acid-producing microbe, from adhering to the stomach
- ✓ Decrease gas and bloating
- ✓ Support optimal weight, microbiology health, growth of good gut bacteria and elimination
- ✓ Act as powerful free-radical scavengers

Following these simple steps of nutrition will set gluten sufferers on the right path to retraining the body to digest and enjoy wheat again.

John Douillard, a Boulder, CO, doctor of chiropractic and creator of the wellness website LifeSpa.com, is the former director of player development and nutrition advisor to the New Jersey Nets NBA team. He is author of the book Eat Wheat: A Scientific and Clinically-Proven Approach to Safely Bringing Wheat and Dairy Back into Your Diet. Learn more at EatWheatBook.com.



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UNDERSTANDING NUTRACEUTICALS

How They Differ from Health Store Supplements

by Linda Sechrist

Savvy consumers seeking products that might help them achieve and maintain good health may be noticing two new categories: medical food and nutraceuticals.

Medicalized terminology is now being used to describe certain products we may already have been buying from brand-name dietary supplement companies and retailers, and they have a higher price tag. One common example: powdered protein meal-replacement shakes that can cost up to \$16 more than a retail store brand, as nutraceutical and medical food purveyors want to differentiate their products as having clinical research and development behind them. This raises the bar on the quality of contents and assures consumers of third-party testing for proof of ingredients.

Although both are regulated under the Dietary Supplement Health and Education Act (DSHEA) of 1994, there is no legal distinction between dietary supplements and nutraceuticals, yet each serves different purposes. Dietary supplements, comprising vitamins, minerals and/or herbs and botanicals, are intended to enhance wellness among healthy adults.

Nutraceuticals encompass nutrients, foods or parts of foods used as medicine to provide health benefits beyond nutrition and combat chronic disease. Some of the most popular formulations involve botanicals like ginseng, ginkgo biloba, St. John's wort and echinacea.

"Medical foods, formulated for dietary management of a specific medical condition for which nutritional needs are unmet by a normal diet, are regulated under the Orphan Drug Act of 1983," explains Bill Shaddle, senior director of medical education at Metagenics, Inc. "Our nutraceuticals and medical foods are supported by verifiable science that provides solid evidence regarding the therapeutic benefits produced by ingredients in our products."

The word nutraceutical, blending nutrition and pharmaceuticals, was coined in 1989 by Stephen L. DeFelice, the founder and chairman of the nonprofit Foundation for Innovation in Medicine,

in Mountainside, New Jersey, which promotes clinical research and development of dietary supplements and foods specifically for their health benefits.

Reputable companies that manufacture private-label nutraceuticals, such as Metagenics and Xymogen, among others, research and develop products for functional nutrition and quality. While such products are solely distributed through partnerships with healthcare professionals such as medical doctors, nutritionists and pharmacists, some of the evidence-based, professional-grade formulas are available through online physician websites.

Metagenics and Xymogen collaborate with institutions such as the Cleveland Clinic, Bastyr University and National College of Natural Medicine in conducting clinical research that demonstrates how their formulas impact healthy aging, cognitive function and overall health.

Federal Regulations

Medical foods and nutraceuticals, orally administered dietary products formulated to support the management of conditions such as compromised gut function, age-related muscle loss, metabolic syndrome, Type 2 diabetes and cardiovascular disease, are subject to standard food and safety labeling requirements of the *Federal Food, Drug and Cosmetic Act*. Although they may be used under medical supervision, patients don't need a prescription. Many healthcare practitioners, including dietitians, currently recommend them under a physician's direction.

Unlike pharmaceuticals, which are accountable to the Food and Drug Administration's Center for Drug Evaluation and Research, patent-protected and supported by expensive testing documentation, nutraceuticals are not. However, many manufacturers do choose to undergo costly testing. Like all dietary supplements, the majority of which do not undergo third-party testing, they are regulated by DSHEA, which defines and regulates labeling and claims of benefits related to classic nutrient-deficiency diseases.

Private Quality Control

Xymogen is strictly a physician's line of nutraceuticals, explains Cheryl Burdette, a doctor of naturopathy and director of clinical research and outreach for the

company. "In our manufacturing process, to avoid contamination and validate ingredients, every batch is third-party assayed by an independent laboratory, whereas some companies only do this for every fifth or 20th lot. Xymogen's validation extends to packaging and controlling the level of humidity because it affects how ingredients oxidize," says Burdette.

Gary Kracoff, a registered pharmacist and naturopathic doctor at Johnson Compounding & Wellness, in Waltham, Massachusetts, researches the nutraceuticals that he carries and recommends for his clients. "I like professional-grade nutraceuticals because their formulas are researched and science-based. They are excellent products for specific purposes. Individuals that take the medical foods come to appreciate their disease-modifying therapeutic results. While pricier, they include healthier sources of carbohydrates and fats, as well as natural, rather than synthetic nutrients to provide what the body needs to return to a state of balance," says Kracoff.

Linda Sechrist is a senior staff writer for Natural Awakenings who blogs at LindaSechrist.com.

inspiration

Expect a Miracle

Five Ways to Manifest Our Desires

by J. Marie Novak

According to a Pew Forum study, nearly 80 percent of Americans believe in miracles. When we think we can't handle burdensome difficulties on our own, we often seek help from a higher power, pleading: Cure me or my loved one of this illness. Aid me in providing for myself and my family. Bring me someone to love. Help me resolve this intensely painful situation. Protect loved ones from the harm they're subjecting themselves to.

If we want miracles to unfold in our lives, we must actively participate in their manifestation. Here are five ways to manifest more miracles in our lives.

1 Be Grateful for Everything

Gratitude deserves its positive buzz. When we're grateful, our energy changes and our light shines. Our perspective shifts from scarcity to abundance. We bring forth divine blessings by being tuned into the giving nature of the creator of all. When we live in a state of gratitude, good people, opportunities and blessings arrive.

2 Stop Using Excuses to Do Nothing

When we take a positive step in our lives—it can be anything—a way forward will often appear that may be unrelated to the blessing we receive. For example, clearing out clutter may clarify a career move. Taking a course to build a new skill may introduce us to a new friend. In beginning a new exercise routine, we may discover self-confidence in other areas of life.

3 Step Beyond Routine

Step out of routines, broaden horizons and bust through comfort zones. Bumps and bruises may occur, but bravery is rewarded. Miracles are not beyond our grasp, but we may need to extend our reach in ways we've never done before.

4 Help Others Receive the Miracles They Pray For

Experience the bliss of being a giver. Share what others need. Sponsor a child's education. Give unused belongings to people that desperately need them. Offer words of encouragement. It all matters more than we realize.

5 Trust Intuition

When we listen to our intellect instead of our inner heart-and-soul guidance system, we get turned around and off course. We all have an inner knowing that can help us get where we want to go. Divine wisdom always trumps the human mind. When we tune into it and trust what it's telling us, we invite miracles into our lives.

We all have the power to participate in creating miracles for ourselves and others by bringing to fruition what did not seem remotely possible. It's easy to start by practicing these five miracle-creating strategies.

J. Marie Novak is an author, life transformation mentor and founder of the Believe and Create online community. Learn how to believe in and create the life you were born to live at BelieveAndCreate.com.

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Kick the Plastic Habit

Choose Earth-Friendly Alternatives

by Avery Mack

Grocery bags, bottles, cups and straws comprise much of the 9.1 billion tons of plastic manufactured worldwide in the past 65 years. Once discarded, 79 percent resides in landfills and litters the environment, with more created daily.

Annually, the equivalent of five grocery bags of trash for every foot of coastline worldwide enters the oceans, killing 100,000 marine animals. A 2016 World Economic Forum report says that by 2050, the world's seas could contain more plastic than fish.

At the 2017 Our Ocean Conference, the Ocean Conservancy and its partners announced a \$150 million preventive plan. "This is a major breakthrough for trash-free seas," says Susan Ruffo, the conservancy's managing director of international initiatives. "Our research found improved waste management in Southeast Asian countries [Indonesia, Philippines, Thailand, Vietnam and China] can halve plastic going in the ocean by 2025."

When the United Nations launched the Clean Seas campaign in 2017, Indonesia pledged \$1 billion to reduce plastic waste by 70 percent within eight years through education, taxes on plastic bags and investing in alternative products. Increased awareness is crucial to buy and discard less, create alternatives and recycle more to support the planet's overall health.

Expanding Footprint

Lacking space, technology and equipment to transform waste into reusable

materials, U.S. municipalities typically ship it to a sorter for processing elsewhere; often to China, where new regulations restrict what's accepted, leaving trash haulers scrambling. Although recyclable, these are the worst plastics:

#3, Polyvinyl chloride, used in plastic wrap, toys, squeeze bottles and packaging for peanut butter, contains lead and phthalate esters (chemical compounds) that affect development of testosterone, according to a study by the National Institute of Child Health and Human Development.

#6, Polystyrene, in Styrofoam, plastic utensils and disposable or carryout containers, is toxic to our brain and nervous system; ask what restaurants use.

#7, Polycarbonate, found in the lining of canned foods, sports drinks, juice drinks, ketchup bottles and clear sippy cups, contains bisphenol A (BPA), a proven endocrine disruptor.

Small Changes Make a Difference

Recycling weakens plastic grocery bags, necessitating double-bagging to avoid spills. Average families annually accumulate about 1,500 plastic bags, with 99 percent ending in landfills, as litter or stuffed in the pantry, according to the Center for Biological Diversity. Worldwide, many countries ban or tax bags.

"Annually, 50 billion water bottles are sold globally, including 30 billion in the U.S. That's 1,500 individual water bottles thrown away per second," says Deanna Latson, co-founder of ARIIX, which makes water purification systems, in Bountiful, Utah. "One filter can purify the equivalent of thousands

of them a year." The U.S. annual bottle recycling rate is 23 percent.

Beth Terry, of Oakland, California, author of *Plastic-Free: How I Kicked the Plastic Habit and How You Can Too*, offers 100 tips at MyPlasticFreeLife.com, including this planet-saving advice:

- ✓ Opt for bar soap instead of liquid, soap nuts in lieu of plastic-packaged powders, and baking soda and lemon or vinegar rather than sprays to clean.
- ✓ Ask the butcher to wrap meat in paper, forgoing trays and plastic wrap.
- ✓ Buy fruit and vegetables at farmers' markets; return containers for reuse.
- ✓ Turn out-of-fashion garments into cleaning rags; skip plastic scrubbers.
- ✓ Carry reusable water bottles and cloth shopping bags.
- ✓ Avoid over-packaged frozen foods.
- ✓ Use glass jars for leftovers and storage.
- ✓ Buy kitty litter packaged in paper.
- ✓ Choose stainless steel pet food and water bowls.

As a substitute, glass is endlessly recyclable, but facilities are few. Find resource centers at gpi.org/glass-resource-locator.

"Plastic innovations stop at invention and don't follow through to end-of-life solutions," says Tom Szaky, CEO and founder of TerraCycle, in Trenton, New Jersey. It accepts both basic and difficult-to-recycle waste including pens, laboratory waste, cigarette butts, art supplies, small auto parts, bathroom cleaning waste, toys, candy wrappers and coffee pods (TerraCycle.com).

Contact Influencers

Tell companies when products have excessive or harmful packaging. In Delray Beach, Florida, Saltwater Brewery created biodegradable, safely edible wheat and barley six-pack rings to replace traditional plastic rings that are hazardous to wildlife.

Restaurants routinely provide fresh plastic straws with refills. BYOS (bring your own straw), whether plastic, stainless steel or paper, and let management know why. Americans daily discard 500 million plastic straws (StrawlessOcean.org/alternatives).

"Consumers are willing to change if options are available," observes Szaky. "Manufacturers need to offer high-quality, reusable products designed for reuse equal or superior in value to single-use, disposable items."

Connect with the freelance writer via AveryMack@mindspring.com.



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.

10,000 Steps and Counting

Keep Moving to Stay Fit

by Kathleen Barnes

We have become a nation of couch potatoes. The average American takes only 5,900 steps a day, somewhat better than the sedentary Brits that average less than 4,000. The notion that overall we need to take 10,000 steps a day to be physically fit started with *manpo-kei*, a 1960s Japanese marketing tool to sell pedometers.

While the 10,000 steps concept lacks specific supporting science, it's widely acknowledged that we are healthier the more that we move. Affixing a target number to it helped spread the notion of the benefits of walking, says Catrine Tudor-Locke, Ph.D., a walking behavior researcher at the University of Massachusetts at Amherst.

Tudor-Locke is a proponent of the walking goal, although she readily admits the real objective is to get people moving more. "Any opportunity to walk more, more frequently and farther, wherever that is—it all adds up," she says.

Making 10,000 Steps Possible

For those already physically fit and physically active, 10,000 steps is a no-brainer. However, it's never too late to start for those with exercise programs that have been supplanted by a too-busy-to-workout lifestyle.

There's probably no easier exercise than walking, says Dr. Melina Jampolis, the Los Angeles author of *The Doctor on Demand Diet*. "Walking is the number one exercise I recommend to most of my patients, because it is

exceptionally easy to do, requires only a supportive pair of quality sneaker-

ers and has tremendous mental and physical benefits that increase just by getting outside in the fresh air."

The biggest bang for the increased effort is the first 3,000 to 4,000 steps between the sedentary baseline and 10,000 steps, Tudor-Locke explains.

"Still, 10,000 steps is the magic number for the average American," says Dr. Michael Roizen, chief wellness officer at the Cleveland Clinic, in Cleveland, Ohio. "That specific number of steps seems to help break down insulin resistance, an underlying cause of Type 2 diabetes. We're not exactly sure how this happens, but we know that this amount of exercise takes the glucose from the blood where it is a hazard to the cells, so that it becomes less hazardous."

Exponential Health Benefits

Many more well-documented health benefits of a walking program include:

- ✓ increased heart health
- ✓ lower blood pressure
- ✓ stronger muscles
- ✓ improved balance
- ✓ weight control
- ✓ natural stress relief

Several studies from places like Harvard Medical School's affiliate Brigham and Women's Hospital also show that a brisk walking program nearly cut in half the risk of early death in breast cancer patients.

Most exercise experts note that a walking pace that leaves the walker only slightly out of breath reaps the greatest rewards. "One hundred steps a minute is a good cadence," advises Tudor-Locke.

The U.S. Centers for Disease Control and Prevention recommends at least 150 minutes of exercise weekly, or 30 minutes five days a week, for virtually everyone. Many experts don't believe it's necessary to move for 30 minutes straight. Ten-minute increments work fine; so a quick morning walk around the block, another outing during the lunch hour and a refreshing walk with the dog after work can do the trick. Some evidence from the Centers for Disease Control and Prevention's National Center for Chronic Disease Prevention and Health Promotion suggests that varying walking speed is even more effective in overcoming insulin resistance and burning calories.

Counting Up

Roizen recommends wearing a pedometer or using a free iPhone app (no need for a fitness band), mainly to keep up awareness of our daily step count. There's no age when we don't need to walk anymore.

If a consistent 10,000 steps does wonders for health, some ask if more would be better. "Ten thousand is the answer for health and longevity, but 12,000 or more makes a difference for fitness and calorie burning, so go for it!" Roizen says.

Kathleen Barnes is the author of numerous books on natural health, including Our Toxic World: A Survivor's Guide. Connect at KathleenBarnes.com.



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The Benefits of an Alkaline Body

Fewer Colds

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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.

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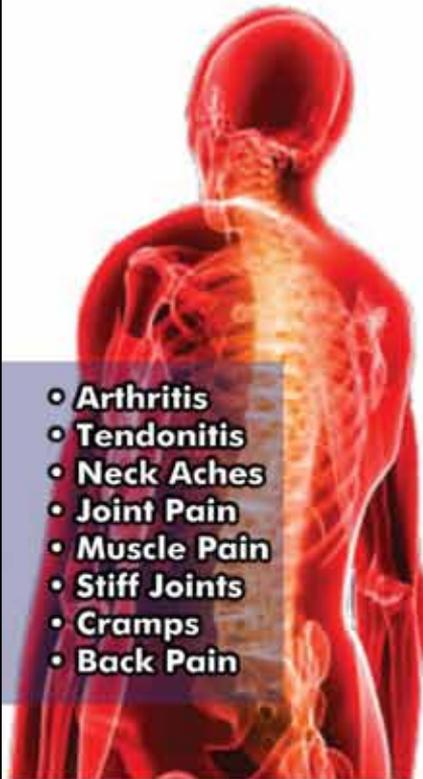
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healthy kids



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Healthy Weight Kids

Food Choices that Prevent Obesity

by Amber Lanier Nagle

Small changes in daily eating routines translate into healthier weight for America's kids.

In 2010, President Obama and Michelle Obama launched Let's Move! as their signature initiative to tackle epidemic levels of U.S. childhood obesity. While modest progress has been made, it remains a public health crisis. A brief by the U.S. Centers for Disease Control and Prevention reported that the obesity rate remained fairly stable at nearly 17 percent between 2011 and 2014 for children 2 to 19 years old.

Caused mainly by inadequate physical activity, unhealthy diets and rare genetic factors, obesity increases the risk of significant health problems, including high blood pressure and Type 2 diabetes, plus joint and breathing issues.

"We must launch our own family anti-obesity campaigns," urges pediatrician Ricardo Riesco, co-owner of Peds Care, in Dalton, Georgia. "Along with increasing activity levels, we can encourage healthier eating habits at home and lead by example."

Portions Matter

In today's "supersize-me" climate,

teaching youngsters about appropriate portion sizes is imperative in fostering healthy eating habits.

"It's often hard for parents to find time to cook a meal at home," Riesco acknowledges. "Too often, parents will pick up fast food for dinner, which is typically higher in calories and fat, plus the portion sizes are far too large." When parents can't prepare a meal from scratch, a frozen, boxed meal can be a better alternative than fast food. "The portions are more appropriate, so there's more control of how much a child eats." Tasty frozen organic meals are now available at many grocers.

Rethinking Family Plates

"A large part of the obesity problem stems from children consuming sodas and refined, processed, junk and fried foods," says Daemon "Dr. Dae" Jones, a Washington, D.C., naturopathic physician and author of *Eat More Plants*. "They are low in nutrients, and high in sugars and calories that pack on the pounds."

Jones says the best way to combat obesity and form healthy eating habits is

to replace processed foods with a whole foods diet plentiful in colorful fruits and vegetables, with sides of whole grains, nuts and seeds, and beans and legumes. "These foods are high in vitamins, nutrients, fiber, proteins and healthy fats. Lean meats, chicken and fish are good choices for protein, as well."

Breakfast and Snacks

Breakfast provides fuel for the body and helps young minds concentrate and learn, so experts warn against skipping or skimping on it. "I tell parents to, 'Get out of the box,'" says Doctor of Naturopathy JoAnn Yanez, executive director of the Association of Accredited Naturopathic Medical Colleges. "Offer them a balance of fats, proteins and complex carbohydrates."

She suggests making a batch of pancakes using an extra egg or almond

meal for protein, served with fresh fruit and nitrate-free sausage. "I also recommend steel cut oats," she says. "I make them in advance, and in the morning add in all sorts of good stuff such as fresh fruit, almond meal and almond milk."

"Although almost everything can be enjoyed in moderation, decreasing or eliminating high-calorie, high-fat, low-nutrient treats can also help children develop healthy eating habits for life and prevent obesity," says Registered Dietitian Wendy Palmer, manager of child wellness and a certified health education specialist at Children's Healthcare of Atlanta. "A medium-sized apple or banana, or a cup of baby carrots with hummus, is a nutrient-rich snack for kids. Avoid snacks that have no nutritional value or are coated in sugar." For more good ideas, see Tinyurl.com/HealthySnackingOptions.

No Sugary Drinks

"There's a strong correlation between sugary drinks and overweight, obese children," observes Palmer. "I recommend that parents remove all sugary sodas, sports drinks and juice boxes from their children's diets. Water and unsweetened seltzer water are great alternatives."

Palmer notes that many eating patterns are set before a child turns 3, so limiting all sugary drinks, including juices, is an important component of teaching young children healthier eating habits that will last a lifetime.

Studies suggest a strong link between obese children and obese adults, so for parents concerned that their child's cute baby fat has turned into something more, the time to act is now.

Amber Lanier Nagle is a freelance writer in Northwest Georgia (AmberNagle.com).



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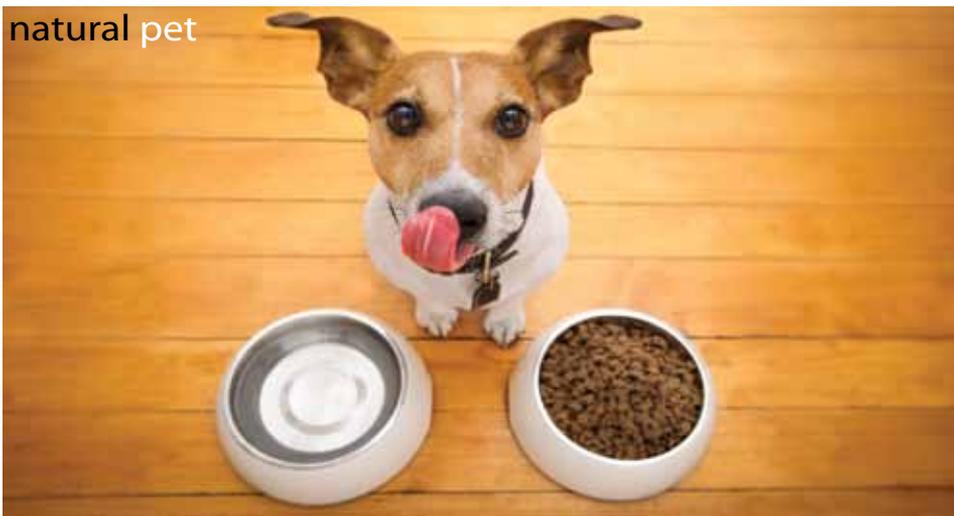


Nobel prize winner and microbiologist Elie Metchnikoff once said, "Death begins in the colon."

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.

Fix Your Gut - Fix Your Health



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Don't Overfeed Fido

Plus Other Tips to Keep a Dog Cancer-Free

by Karen Becker

Cancer is the leading cause of canine fatalities in the U.S., Europe and Japan. Often diagnosed too late, the risks, heartache and expense of aggressive traditional treatments have many people searching for healthy alternatives. Although the causes are not well understood, we can give our companion the best possible chance of prevention.

1 Avoid Pet Obesity

In studies across species, caloric restriction has been shown to help prevent tumor development and progression. Obesity is strongly linked to increased cancer risk in humans and is assumed so in dogs. For people, cancer is also connected with excessive glucose, increased insulin sensitivity, inflammation and oxidative stress. Overfeeding a dog is not a loving thing to do.

2 Choose an Anti-Inflammatory Diet

Creating or promoting inflammation raises cancer risk by facilitating abnormal cells to proliferate. Current research suggests cancer is actually a chronic, inflammatory disease. Because cancer cells require the glucose in carbohydrates as an energy source, limit or eliminate carbs present in processed grains, fruits with fructose and starchy vegetables. Cancer cells generally can't use dietary fats for energy, so appropriate amounts of good-quality fats are nutritionally healthy.

Another major contributor to inflam-

mation is poor-quality, processed pet food, which is typically high in omega-6 fatty acids and low in omega-3. Omega-6s increase inflammation; omega-3s do the reverse.

A healthy, moist dog diet contains real, whole, organic, non-GMO (genetically modified) foods, preferably raw—also plenty of high-quality protein, including muscle meat, organs and bone; moderate amounts of animal fat; high levels of EPA and DHA (omega-3 fatty acids, such as those present in krill oil); and some fresh-cut ground veggies; plus antioxidant-rich fruit.

Consider adding both vitamin/mineral and other supplements like probiotics, digestive enzymes, medicinal mushrooms and super green foods. Work with a holistic or integrative veterinarian to determine the best regime.

3 Reduce Exposure to Toxins

Harmful toxins include chemical pesticides like flea and tick preventives, lawn chemicals, tobacco smoke, flame retardants and all common household cleaners. A six-year study by the Cummings School of Veterinary Medicine, at Tufts University, showed that exposure to lawn pesticides, specifically those applied by lawn care companies, raised the risk of canine malignant lymphoma up to 70 percent.

Conventional flea and tick preventives are pesticides, whether spot-on treatments, pills, dips, solutions, shampoos or collars. Chemical spot-on products attracted U.S.

Environmental Protection Agency attention based on reports of 40,000 adverse events in 2008, including 600 animal deaths.

Because avoiding all toxins is nearly impossible, consider periodic detoxification based on a vet's recommendation. For a dog with constant exposure to toxic chemicals all summer, a daily oral detox protocol is sound. If the only source is a monthly dose of a flea and tick product, limit a detox to the week after each pill or topical treatment.

4 Refuse Unnecessary Vaccinations

To properly maintain a dog's first line of defense—the immune system—don't overstimulate it with vaccines. Tailor vaccine protocols to minimize risk and maximize protection, considering the dog's breed, background, nutritional status and overall vitality.

A good protocol with healthy puppies is to provide a single parvovirus and distemper vaccine at or before 12 weeks of age, and a second set after 14 weeks. Cautious vets then order a titer test (at a lab that uses the immunofluorescence assay method) two weeks after the last set of vaccines. If the dog has been successfully immunized, it's protected for life.

If titer tests indicate low vaccine levels (unlikely), try a booster for only the specific viruses that titered low, and only those to which the animal has a real risk of exposure. Combination vaccines (four to eight viruses in one injection), a standard booster at many veterinary practices, is not recommended.

5 Maintain Physical Integrity Until at Least 18 to 24 Months of Age

Studies from Purdue University, the University of California, Davis, and others show a clear link between spaying/neutering and increased cancer rates in dogs, especially large breeds. These include increased risk of osteosarcoma in Rottweilers neutered or spayed before their first birthday; double the risk of bone cancer in neutered or spayed large, purebred dogs versus intact (not neutered) dogs; and three to four times the cancer rates for spayed female golden retrievers versus intact females. Opting for ovary-sparing spays (hysterectomy) is another option that preserves sex hormones while rendering the animal sterile.

Applying these five suggestions in caring for a dog throughout its life offers a pet a good chance for a cancer-free and overall healthy, high-quality life.

Karen Becker, a doctor of veterinary medicine, is a proactive, integrative practitioner who consults internationally and writes for Mercola Healthy Pets (HealthyPets.Mercola.com).

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Copper Natural device stops a cold before it starts



New research: Copper stops colds if used early.

New research shows you can stop a cold in its tracks if you take one simple step with a new device when you first feel a cold coming on.

Colds start when cold viruses get in your nose. Viruses multiply fast. If you don't stop them early, they spread in your airways and cause misery.

But scientists have found a quick way to stop a virus. Touch it with copper. Researchers at labs and universities worldwide agree — copper is “antimicrobial.” It kills microbes, such as viruses and bacteria, just by touch.

Four thousand years ago ancient Greeks and Egyptians used copper to purify water and heal wounds. Now we know why it worked so well.

Researchers say a tiny electric charge in microbe cells gets short-circuited by the high conductance of copper. This destroys the cell in seconds.

Tests by the Environmental Protection Agency (EPA) show germs die fast on copper. So some hospitals switched to copper touch surfaces, like faucets and doorknobs. This cut the spread of MRSA and other illnesses by over half, and saved lives.

The strong scientific evidence gave inventor Doug Cornell an idea. When he felt a cold coming on he fashioned a smooth copper probe and rubbed it gently in his nose for 60 seconds.

“It worked!” he exclaimed. “The cold went away completely.” It worked

again every time he felt a cold coming on. He reports he has never had a cold since.

He asked relatives and friends to try it. They said it worked for them, too. So he patented CopperZap™ and put it on the market.

Soon hundreds of people had tried it and given feedback. Nearly 100 percent said the copper stops their colds if used within 3 hours of the first sign. Even up to 2 days after the first sign, if they still get the cold it is milder and they feel better.

Users wrote things like, “It stopped my cold right away,” and “Is it supposed to work that fast?”

Pat McAllister, age 70, received one as a gift and called it “one of the best presents ever. This little jewel really works.”

People often use CopperZap for prevention, before cold signs appear. Karen Gauci, who flies often for her job, used to get colds after crowded flights. Though skeptical, she tried it several times a day on travel days for 2 months. “Sixteen flights and not a sniffle!” she exclaimed.

Businesswoman Rosaleen says when people are sick around her she uses CopperZap morning and night. “It saved me last holidays,” she said. “The kids had colds going around and around, but not me.”

Some users say it also helps with sinuses. Attorney Donna Blight had a 2-day sinus headache. When her CopperZap arrived, she tried it. “I am shocked!” she said. “My head cleared, no more headache, no more congestion.”

Some users say copper stops nighttime stuffiness if they use it just before bed. One man said, “Best sleep I've had in years.”

Users also report success in stopping cold sores when used at the first sign of a tingle in the lip. One woman said, “I tried every product on the market over 20 years. Some helped a little, but this stopped it from happening in the first place.”

The handle is sculptured to fit the hand and finely textured to improve contact. Tests show it kills harmful microbes on the fingers to help prevent the spread of illness.



Sinus trouble, stuffiness, cold sores.

Copper may even help stop flu if used early and for several days. In a lab test, scientists placed 25 million live flu viruses on a CopperZap. No viruses were found alive soon after.

The EPA says the natural color change of copper does not reduce its ability to kill germs.

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Saturday January 6

The Registry – 7:30pm. Produced by The Milena Theatre Group this theatrical performance is written and directed by Dayana Stetco. \$10- \$15. Acadiana Center for the Arts, 101 W Vermilion St, Lafayette. AcadianaCenterForTheArts.org/registry-visual-installation

Monday January 8

Crowley Community Street Corner Prayer – 5:30 - 6:30pm. Everyone is welcome every 2nd Monday of the month all year to PUSH-Pray until something happens. Councilwoman Proctor, Councilman Martin, Rev. Joseph, Ministerial Alliance, West Crowley Advisor Committee. Greater Love Family Worship Center, North Ave E & W 10th St, Crowley.

The Breadwinner – 7:30pm. An inspiring and animated tale about the power of stories to sustain hope is based on Deborah Ellis' bestselling novel. \$10-\$12. AcA's James Devin Moncus Theater, 101 W Vermilion St, Lafayette.

Wednesday January 10

Jerry Seinfeld – 7-8:30pm. Popular American comedian, actor, writer, director and producer performs stand-up. \$71- \$161.50. Heymann Center, 1373 S College Rd, Lafayette.

Saturday January 13

Coats for Kids Coats Drive – 10am-3pm. Drop off coats and get a cup of chili. All sizes of coats are welcome. Cajun Harley

Davidson, St Edmonds Catholic Church, St Martinville Kiwanis and Knights of Columbus. Jade Landry. Cajun Harley Davidson, 724 I-10 S Frontage Rd, Scott.

Rocking The Hurricane – 11am-4pm. A benefit concert to assist Hurricane Harvey victims. \$5. The St. Landry Chamber of Commerce and the Youth Leadership Council. The Yambilee Building, 1939 W Landry St, Opelousas. 337-942-2683.

Bayou Mardi Gras Parade – 6:30-8:30pm. Family style Mardi Gras celebration on the banks of Bayou Teche. Historic Main Street New Iberia. 337-367-2844.

Monday January 15

Bone Marrow Donor Drive – 9am-12pm. Join the donor registry or make a monetary donation during the Martin Luther King, Jr. Celebration. Donor drive to benefit Jasmine Price. Iota Tau Sigma Chapter of Sigma Gamma Rho Sorority, Inc. Martin Luther King Jr. Center, 309 Cora St, Lafayette.

Martin Luther King Prayer Breakfast – 9am-12pm. Annual prayer breakfast. New Iberia Alumnae Chapter of Delta Sigma Theta with St. Edward/St. Jude Catholic Church. Krystal Dauphine. St. Edwards School Cafeteria, 175 Porter St, New Iberia. 337-319-5654.

Martin Luther King Jr. Day Celebration – Activities scheduled all day. Honor African/American pioneers. West End Park, 201 Gilbert St, New Iberia. 337-369-2337.

Thursday January 18

Arturo Sandoval Sextet – 7:30pm. A performance by a protégé of the legendary jazz master Dizzy Gillespie, Sandoval is a brilliant, multifaceted and renowned musician. \$50-\$60. Acadiana Center for the Arts, 101 W Vermilion St, Lafayette.

Sunday January 21

Dirty Dancing – 7-9pm. The classic story on stage is a live experience, exploding with music, passionate romance and sensational dancing. Heymann Center, 1373 S College Rd, Lafayette.

Wednesday January 24

Coming Together: Acadians, Malaguenos & Islenos – 6-8pm. Rogers Romero explains how each entity came to North America and Louisiana. Romero gives insight on the four governors who governed Louisiana prior to the American Revolution. Seating may be Jeanerette Museum, 500 E Main St, Jeanerette. 337-276-4408.

Friday January 26

Still I Rise Abuse Survivor Conference – 6-9pm & January 27 Saturday 9am-3pm. The 2018 conference is for women who have experienced childhood sexual abuse, assault, physical abuse, domestic violence, verbal/emotional abuse or neglect/abandonment. The Bayou Church, 2234 Kaliste Saloom Rd, Lafayette.

Saturday January 27

12th Annual Gumbo Cook Off – 10am. Enjoy live music, a kids' activity area, both silent and live auctions, food, drinks, dancing, and lots of gumbo for a good cause. The Gumbo Cook-Off Champ Paddle will be passed from the reigning champ to a new contender. Free admission. \$50 cook-off participant entrance fee. Proceeds benefit a local child and family who are burdened with medical expenses. Frank's Downtown and Pride Doran Law Firm, 603 E Landry St, Opelousas. 337-331-2837.



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- Vitamin B12 Aids in the Production of Brain Chemicals
- Magnesium May Boost Your Energy Level

GET A VITAMIN TEST

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356-1251

Are you taking the correct vitamins?

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



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WHEATGRASS

FROZEN WHEATGRASS CUPS



- Wheatgrass is good for cancer
- Wheatgrass is good for diabetes
- Wheatgrass helps prevent inflammation
- 1 oz of wheatgrass is equivalent to 2.5 lbs of green vegetables
- Wheatgrass helps to heal the body faster

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Natural Health Center
100 E. Angelle St.
Across from Super 1 groceries
Carencro

896-4141

53 Wheatgrass Health Benefits

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



MAJOR HEALTH BENEFITS

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

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

ADVERTISEMENT

Where can I buy wheatgrass?

Drug Emporium/Vitamins Plus, 505 Bertrand Dr., Lafayette 337-261-0051.
The Road Less Traveled, 312 Guilbeau Rd., Lafayette 337-988-9889.
NAMASTER Wellness Center, 858-B Kaliste Saloom Rd., Lafayette 337-989-7001.

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

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Mood Enhancer

Mood Enhancer is the perfect supplement to help with anxiety, stress, and depression. It works to maintain a healthy memory and sharp mind. It combines guaranteed-potency "smart herbs" ginkgo biloba and gotu kola, along with the brain-boosting omega-3 nutrition of DHA, the phospholipid nourishment of phosphatidylserine and phosphatidylcholine, the antioxidant protection of alpha lipoic acid and natural vitamin E, and more.....\$30.00



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Organic Fiber

As your digestive system battles to process everything you consume on a daily basis, it encounters toxins and fibers that are hard to digest. Thanks to Organic Fiber, you can make the process of digestion smoother and kinder to your body. Organic Fiber is made from Blonde Psyllium, a natural extract taken from the Psyllium plant that is free from gluten. As this product is produced in an environment that is free of pesticides, it is completely safe to ingest.\$35.00



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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



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Prostate Health

Prostate enlargement is the most common prostate problem and a serious medical condition that primarily affects men 50 years of age and older. As a man ages, chances of prostate problems will increase to nearly 80%. While some symptoms may go unnoticed, others can disrupt your daily activities. A swelling prostate causes symptoms such as frequency and urgency to urinate, interrupted urine flow, and lower back pain. EnergyFirst's Prostate Health supplement relieves symptoms with a healthy blend of herbs, vitamins, and minerals to support prostate health.\$35.00



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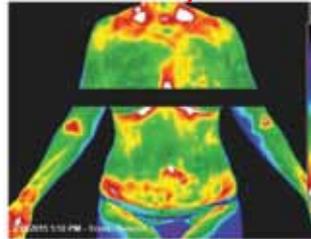
BF-4 Weight Loss

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



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Thermography detects inflammation. Inflammation is believed to cause or be linked to most major diseases like cancer, stroke, heart attack, diabetes, etc.

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Women's Libido

A healthy libido is vital to an optimal quality of life and is an important part of a healthy relationship. Women's Libido helps restore sexual desire in women, whether it has become temporarily lessened or altogether lost. With Maca, Damiana, and Sarsaparilla, this formula works to tonify the female reproductive tract and normalize arousal and desire.\$35.00

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Women's Hormone Balance

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

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Whey Protein (Vanilla)

Liteon Natural's Whey Protein is made with only whey isolate from grass fed cows not treated with rBGH, the highest quality natural protein powder with the highest biological value of any protein in existence today. Sweetened naturally with stevia leaf extract, this product is low glycemic, perfect for fat loss, promotes stable blood sugar, and is ideal for diabetics or bariatric patients.\$45.00

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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

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WheTea Ab Fat Burner

WheTea is an organic blend of wheatgrass and green tea. With natural EGCG antioxidants from green and white teas. EGCG has been shown to be 100 times more powerful than vitamin C and 25 times more powerful than vitamin E. WheTea also contains 130 percent of the daily value for vitamin C and a variety of catechin polyphenols and flavonoids. If you are looking for a potent pure tea for weight loss, you'll love WheTea.\$20.00

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Garcinia Cambogia

Garcinia Cambogia is a natural fat-buster because of the unique properties of a compound known as hydroxycitric acid (HCA) found in the rind of the fruit. HCA 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. Garcinia cambogia also helps address stress-related appetite issues by supporting healthy serotonin and cortisol levels.\$35.00

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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

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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

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6-Week Program

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- 14 Infrared Sauna*
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- 9 Body Wraps*
- 9 SlimPOD Slimming*
- 1 Thermogram*
- 9 pH Acid Testing & Body Comp*
- Nutritional Supplements*

INDIVIDUAL FULL PRICE: \$3,185

RESTORE Health Program

6-Week Program

\$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*

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Galvanic Skin Response: VITAMIN TESTING uses galvanic skin response—an established technology that measures fluctuations in electrical conductivity of the skin.



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Frozen Wheatgrass Shots & Capsules

1 ounce of WHEATGRASS = 2.5 lbs of green VEGETABLES



Consuming two to three shots of wheatgrass daily, or at least four times a week, has been clinically proven to promote health on several levels. There have been numerous studies that prove that taking two shots



of wheatgrass is equivalent to drinking eight glasses of vegetable juice. One ounce of wheatgrass is equal to 2.5 pounds of green vegetables.\$30

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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.

Anti Aging, Reduce the Chances of Osteoporosis, Build Cardiovascular Health, Reduce Joint Pain and Arthritis, Reduce Candida, Decrease Risk of Cancer, Detoxify, Reduce Infections-Flu-Colds\$36.00/case of 6

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- FootDETOX
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(1x monthly choose 3 of 5 each visit)

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CANCER WELLNESS Program

A cancer cell needs inflammation, acidic pH, low oxygen, stagnant lymph, and sugar. The cancer wellness program works to balance nutrition, reduce acid, detox, open lymphatic pathways, reduce stress and anxiety, restore body chemistry, increase oxygen levels, and reduce inflammation.....\$440.00 (6-week program)



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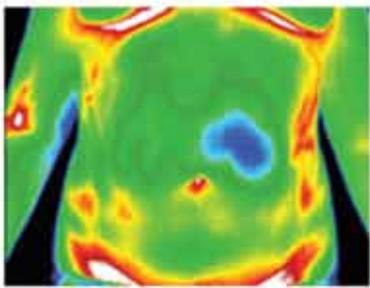
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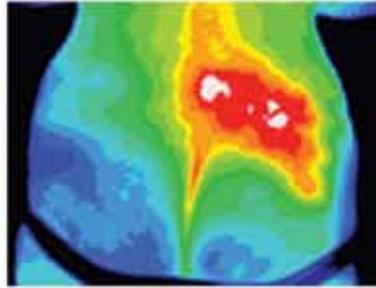
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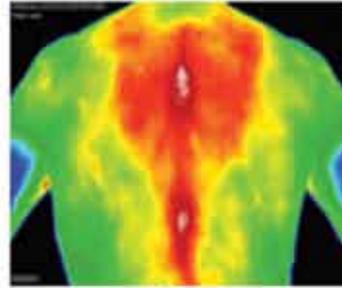
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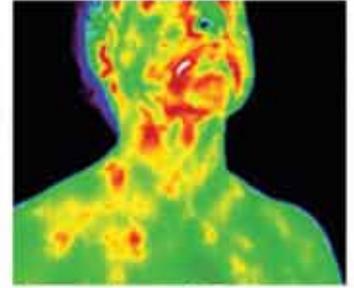
Hypothermia in the Stomach



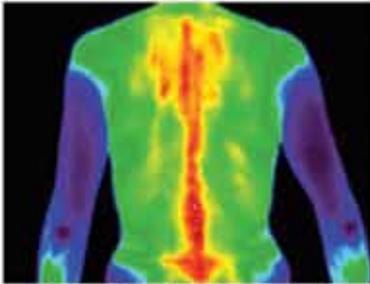
Shingles



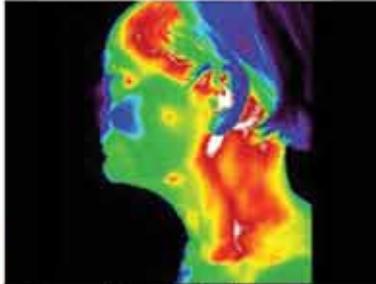
Lung Cancer



Periodontal Disease



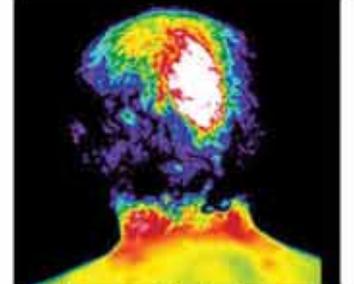
Spinal Inflammation



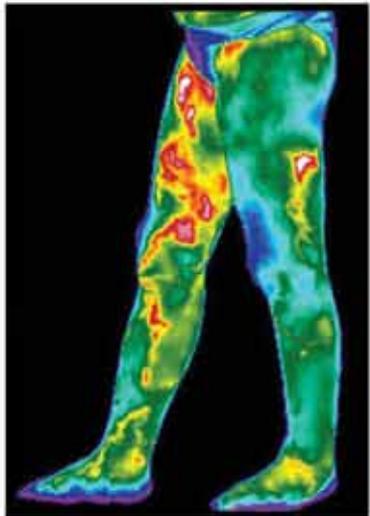
Carotid Artery Inflammation



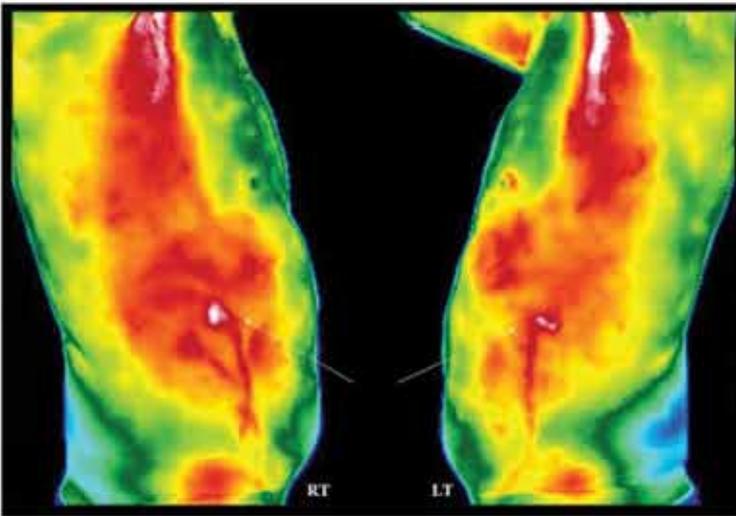
Poor Circulation Left 4th & 5th Finger



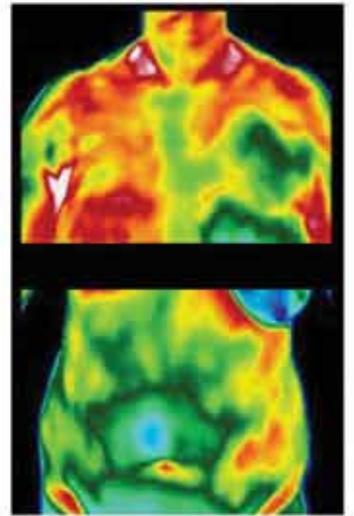
Melanoma-Scalp Cancer



Varicose Veins



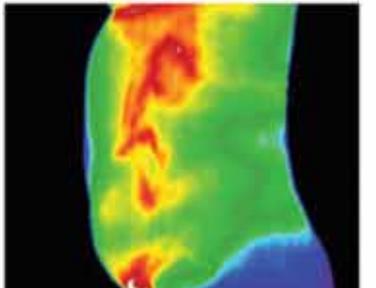
Bilateral Kidney Stones



Breast Cancer



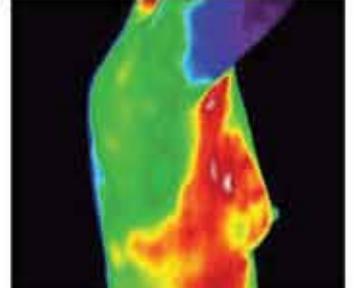
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- provide early warning of potential health issues
- identify the originating source of neuropathic dysfunction
- support the existence of a suspected condition
- aid in accurate diagnosis and treatment