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Food Democracy

By the People, For the People
and Toward a Stronger Nation

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Veggie Nation Revolution

Plant-Based Diets are Patriotic

No More GMOs

Jeffrey Smith on
What It Takes to
Undercut Them

The Spark of Parks

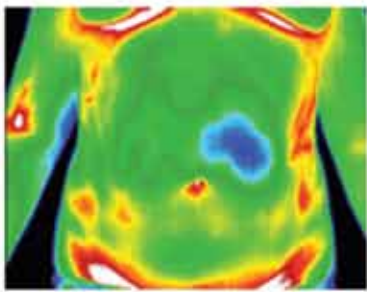
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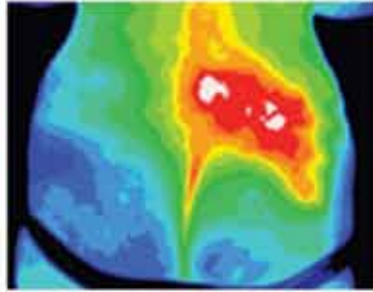


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A GREEN ISSUE

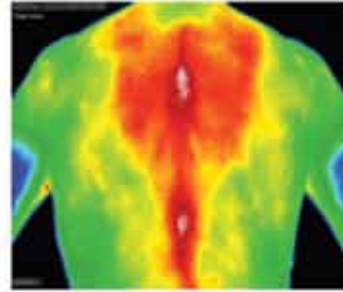
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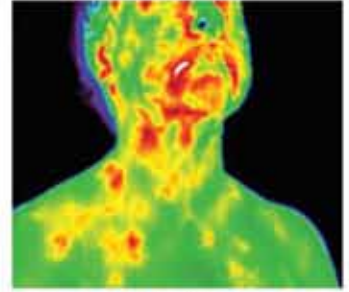
Hypothermia in the Stomach



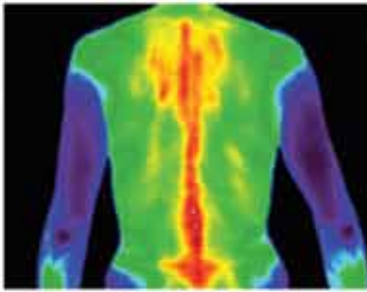
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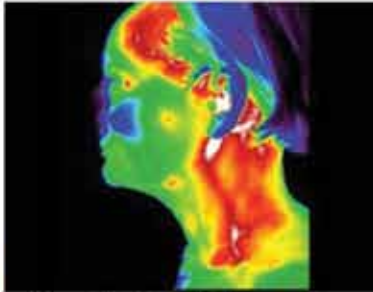
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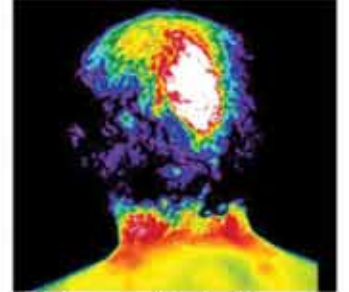
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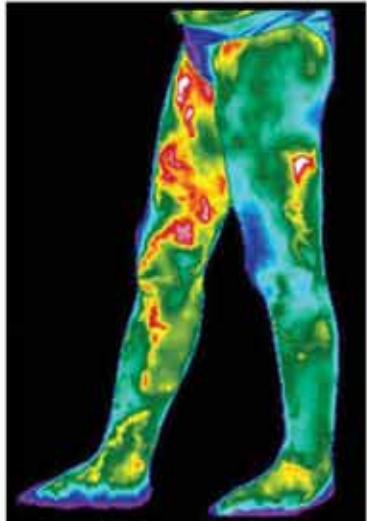
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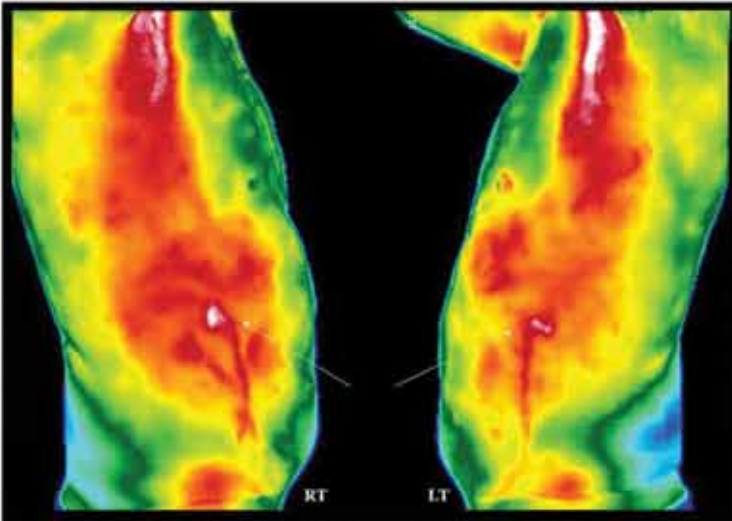
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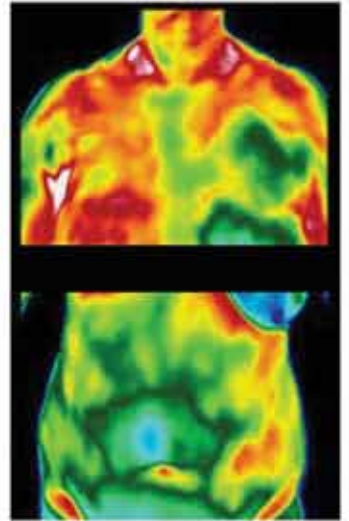
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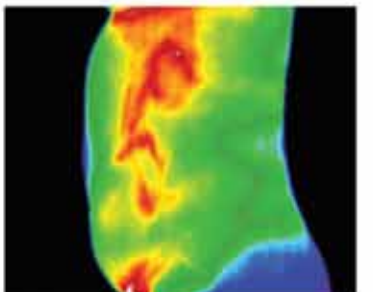
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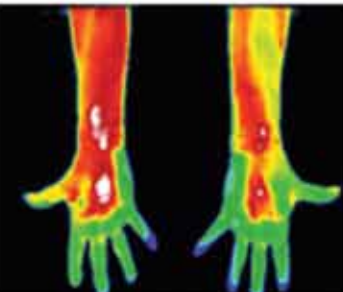
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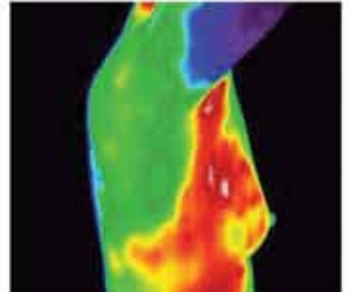
Thyroid Cancer



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Zinc

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

- Andrew Weil, M.D.

Did you know A vitamin deficiency can cause



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Iodine deficiency



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Vitamin D, magnesium, or iron deficiency

cancer

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publisher's letter



Gluten intolerance is a growing understanding and we are learning more about the basis and generation of autoimmune diseases. Lactose intolerance is now well understood, but in our childhood it was recognized only by the symptoms of the afflicted. In our family, most of the pots and pans we used to cook were made of aluminum and iron in the 1960's. Organic food was once the focus of the so called counterculture and is now only considered fringe... by a diminishing fringe. Over time, we will learn more about premium nutrients and the foods that give us trouble, but we can only make better choices when we know the ingredients and the origin of our food.

If we are what we eat, we have a big problem. Understanding the nutrients required for peak wellness, while ingesting fewer toxins would seem to be the better choice. Understanding the effects of the food we eat and having the ability to read a label and know the contents is important. In the development of our children, there are few things more essential than the food they eat.

Our themes this month are food democracy and inspired living. Melinda Hemmelgarn writes about food democracy in, *By the People, for the People and Toward a Stronger Nation*. In wisewords, Dr. Donna Bacchi writes about preferable foods for children in the early years and for their mothers. *The Power of Prayer for Inspired Living* is a meditation by Laura Ponticello and Deborah Shouse believes we can manifest miracles in, *Tap Into the Field of Infinite Possibilities*.

How we handle our stress and what we eat determines our biochemistry and that is what flows through our blood. How we attend to the ingredients of our circulatory system will profoundly affect how we feel, think and perform. We are chemical creatures and our understanding of the interaction of our chemistry with the chemistry of the food we consume will answer many questions relating to our energy level, happiness and general wellbeing. In our collective experience, we will find that the greatest healthcare savings are the proactive choices we make as a society in the lifestyles we choose. In some ways we are making progress, and at least, most people don't smoke anymore.

Let's turn the page and see if the right chemistry is bubbling in the following pages.



Steve & Michelle

Steve and Michelle Castille, Publishers

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Lord, give me love and strength and compassion to help all I meet, especially those less fortunate than I. Insofar as possible, let me be a working and living substance reflecting the purity of Your love. - Amen



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

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Organic Frozen Wheatgrass Juice

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



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

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

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

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

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

Green Waters Alkaline Water



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

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

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

pH 9.5 Drops



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

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

WheTea

BURNS STOMACH FAT



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

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



BF-4 Weight Loss



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

.....\$45.00

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

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



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

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

Wheatgrass Capsules



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

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

Reunion 5K Walk/Run for a Cure of Diabetes



The Diabetic Kitchen will host the Louisiana/California 2015 Reunion 5K Walk/Run for a Cure of Diabetes on July 11 at West End Park, in New Iberia. The event will begin with

registration starting at 7:30 a.m. and warm-ups at 8:40 a.m., immediately followed by the walk/run at 9:30 a.m.

The Diabetic Kitchen is a diabetes support and management group with the exclusive mission to provide assistance and education to those seeking news or information regarding diabetes or Alzheimer's disease. The Reunion Walk serves as an outstanding fundraiser for the Diabetic Kitchen, providing needed financial support for their relentless pursuit to achieve their mission. The route will begin in West End Park and will go through several streets of the West End of New Iberia. Admission for the walk is \$10 for adults \$18 and over, \$5 for ages 12-17 and free for ages 11 and under. Teams of five will be \$40.

Cost: \$10 for adults, \$5 for ages 12-17 and free for ages 11 and under. Teams of five will be \$40. Location: West End Park, 1200 Field St., New Iberia. For more information, call 337-519-3010 or visit TheDiabeticKitchen.org.

Janise's Supermarket Now Serving Fresh Sushi



Fresh Sushi is now available in the deli at Janise's Supermarket in Sunset. Made fresh daily, the ready-to-go sushi menu features pre-made sushi rolls, as well as sashimi-style sushi. The chef is experienced in the art of sushi preparation, as each dish is professionally crafted using

traditional Japanese style and technique. Each ingredient used is freshly sourced, offering sushi bar quality and a unique taste.

Available on the sushi roll menu are California rolls, super volcano rolls and spicy salmon rolls. In addition to the traditional rolls, crunchy rolls such as tempura, and dragon rolls are also offered. For those wanting to feed large groups, sushi party trays are available to order upon request. Along with fresh sushi, other Japanese favorites, such as miso soup and seaweed salad are also available. For those who dare take on the task of sushi preparation, Janise's carries sushi-making kits, giving individuals the opportunity to become a sushi chef in the comfort of his or her own home.

Location: 147 Oak Tree Park Dr., Sunset. For more information, call 337-662-5512 or visit JanisesSupermarket.com.

The Dog Stop Opens in Lafayette

Lafayette has a new puppy paradise providing a fun and safe environment for pups to play. Located in the heart of Cajun country, The Dog Stop, a trusted national franchise, features state-of-the-art luxury boarding accommodations. Pets will enjoy 11,000 square feet of clean, safe fun along with an interactive and social daycare experience. Additional features include spa-like grooming services, separate and secure play areas to accommodate dogs of all sizes, the various play styles and different energy levels. The Dog Stop also has several large outdoor spaces with waterholes and special antimicrobial artificial dog grass, as well as The Lounge, which allows dogs to enjoy a less active environment while socializing. Specialty food, treats and more are offered, making The Dog Stop a one-stop shop.



Location: 103 Turn Row, Lafayette. Hours: Monday-Friday, 6:30 a.m. to 7 p.m. and Saturday and Sunday, 10 a.m. to 4 p.m. For more information, call 337-422-7583

DHARMA Wellness Center Offering Inversion Meditation Therapy

DHARMA Wellness Center and Fit Club, in Sunset, is now offering inversion meditation therapy. The new therapy is a one-on-one session in which the patient is placed on an



inversion table. The patient enjoys relaxing aromatherapy and quiet meditation while a trained therapist maneuvers the patient in various angles and positions. The focus of the session is to improve circulation, decrease chronic back pain and improve overall balance. Additionally, the therapy provides spinal decompression,

allowing for greater mobility in the joints and increased circulation throughout muscles and ligaments. The decompression also helps increase flexibility, agility and allows for greater resistance to injuries. Each guided session lasts approximately 20 minutes and is available for purchase in single sessions or multiple session packages.

Location: 166 Oak Tree Park Dr., Suite H, Sunset. For more information, call 337-662-3120 or visit DharmaWellnessCenter.net.

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Beat the HEAT

Five Water Workouts to Keep You Fit and Cool

In hot summer weather, when the scorching sun and out-of-control humidity threaten to take a toll on your fitness routine, one good solution is to hit the pool.

by Jodi Helmer

“You can tailor a water workout to all fitness levels,” explains Jane Katz, a doctor of education, long-time professor of physical education and athletics with City University of New York and author of *Your Water Workout*. “It’s perfect for someone who doesn’t exercise and wants to get started, as well as elite athletes who need a new challenge.”

Water provides up to 15 times more resistance than air, so the body has to work a little harder to complete each movement. The result is a workout that improves cardiovascular fitness, builds strength and develops flexibility—while you feel like you’re barely breaking a sweat.

Here are five water workouts that will inspire you to stay fit and cool for the summer:

Swim Like Fish

Swimming is one of the best water workouts around, working all the major muscle groups as the repetitive motion of gliding through the water puts you in a state of zen. “Focus on being long and relaxed in the water,” advises Desirée Ficker, professional triathlete and co-author of *The Waterproof Triathlete*. “Form is more important than speed.”

Swim 100-meter laps, alternating between a front stroke, like the crawl, and a backstroke. Aim to swim at least 20 laps, with a 15-second rest between each lap. Two lengths of the pool, from one side to the other and back

again, counts as a lap. As you become more proficient, add more laps and fewer rests. Swimming works shoulders, triceps, biceps and abdominals.

Reward: Burn up to 563 calories in a one-hour workout.

Take a Class

Aqua aerobics isn’t just for senior citizens in rubber bathing caps. These low-impact fitness classes offer a variety of effective, all over workouts. Most fitness centers that have pools offer water aerobics and fitness classes, in addition to their lap lanes. One of the biggest benefits of aqua aerobics is having someone else design the workout; all you have to do is play follow-the-leader.

“Water aerobics is a great starting point for someone who’s new to working out in the pool,” says Katz. “The instructor can offer suggestions to make the movements easier or more challenging, so you can tailor the workout to your fitness level.”

Reward: Burn about 285 calories per hour.

Kick It

Belly flops off the diving board aside, falling into the water is painless, so it’s a great place to work on balance; all you need is a kickboard. Warm up by holding the kickboard out



in front of you and use flutter kicks to swim five laps. Then, sit on the kickboard with your legs dangling over the side. Kick your legs and flutter your arms to propel yourself around the pool. Continue for one minute, then rest for 15 seconds. Do three reps. This exercise works arms, chest, back, abs and legs.

Next, hold the kickboard under the water and place your feet on opposite ends, as if you were surfing. Slowly stand up, extending your arms to your sides to tread water. Bring your legs toward your chest, and then lower them again. Do 10 reps. Benefits include improved balance and stronger abs.

Reward: Burn as much as 246 calories in an hour.

Race for the Finish Line

When the pavement is hot enough to cook an egg, an afternoon run is out of the question. Hop in the pool, instead.

“Use the same running motion you would if you were running on the road,” advises Ficker. “Emphasize high knees and drive your arms forward to keep you above water.”

A half-hour jog might not seem like much, especially if you’re used to putting in more time on the treadmill, but it’s long enough to give your back, abs, glutes, hip flexors and quads a solid workout.

Start with a five-minute warmup, walking in place in shallow water. Move to deep water and, with or without a buoyancy belt, begin jogging. Set a goal to run for 30 minutes, followed by a five-minute, shallow water cool down.

Reward: Deepwater jogging burns about 340 calories per hour, 100 calories more than jogging on land.

Feel the Burn

To look even better in your bathing suit, go with a cross-training workout that both burns calories and builds muscle.

Katz recommends this 60-minute cross-training workout, which is challenging enough for experienced athletes. In shallow water, start by walking in place for five minutes. Next, move to the deep end and alternate five minutes of treading water with five minutes of jogging, for a total of 20 minutes. At the edge of the pool, place palms flat on the pool deck and push yourself upwards as high as you can go. Now, lower yourself until your arms are at a 90-degree angle. Do 20 reps. Back in shallow water, stand with feet shoulder-width apart. Squat low enough to submerge your shoulders. From there, jump straight up, bringing your legs together at the top of the jump, to land in the starting position. Do 20 reps to firm thighs and butt.

Reward: Burn an average of 520 calories per session.

Note: Calorie counts are based on a 155-pound woman.

Freelance writer Jodi Helmer is the author of The Green Year: 365 Small Things You Can Do to Make a Big Difference. Connect at Green-Year.com.

“The body heals with play, the mind heals with laughter, and the spirit heals with joy.”

~ Proverb

Healthy Tips

Dehydration, which plugs up your digestive tract, can actually poof out your belly. Constipation and bikinis don’t mix, so avoid getting parched by noshing on fruits—they’re natural hydrators since they’re at least 60 percent water. Melons and papaya are especially good because they also contain potassium, which helps regulate your body’s balance of fluids and minerals and fights salt-induced water retention. Cut a cantaloupe in half, scoop out the seeds, and fill with sliced papaya for a thirst-quenching snack.

Sponsored By:
Barbara and David Gradnigo, Ethel LA

Healthy Tips

The American Cancer Society published a report in 2010 called *Mammograms and Other Breast Imaging Procedures*. The report stated that **thermography** is a way to measure and map the heat on the surface of the breast using a special heat-sensing camera. It is based on the idea that the temperature rises in areas with increased blood flow and metabolism, which could be a sign of a tumor.

Sponsored By:
Jennifer and Clint Arvie, Opelousas

Poolside Must-Haves

Water Bottle: Working out in the water is cooling, but your body still sweats. Take regular breaks to hydrate during a water workout, just as you would at the gym.

Sunscreen: Sun reflects off the water, increasing risk of sunburn. Stay safe by applying waterproof sunscreen before you get in the water.

Waterproof Watch: It’s easy to lose track of time when you’re in the pool. It helps to wear a waterproof watch, especially if you’re moving between activities.

Source: Jane Katz, Ph.D., All-American, World Masters and World Senior Games champion swimmer and author of Your Water Workout and Swimming for Total Fitness.

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Social Isolation Linked to Earlier Death

New research from Brigham Young University indicates that social interaction decreases the risk of premature death. Scientists conducted an analysis of actuarial health research from 1980 to 2014 that included more than 3 million people.

The study found living alone increased the risk of death by 32 percent, while perceptions of greater social isolation and elevated loneliness showed 29 percent and 26 percent increased risks of early mortality, respectively. The results were consistent among both men and women, but the impact of feelings of isolation or loneliness caused a higher degree of mortality risk for individuals under the age of 65.

The mortality rates among the lonely and isolated were comparable to those of individuals that smoked 15 cigarettes a day or were alcoholics. Lead researcher Julianne Holt-Lunstad, Ph.D., further noted, "The effect of this is comparable to that of obesity, something that public health takes very seriously."



Eating Peanuts Early On Reduces Allergy Risk

Peanut allergies in Western countries have doubled during the past decade. A study published in the *New England Journal of Medicine* may help reverse this trend. Researchers found that introducing peanuts during early childhood can actually decrease the risk of developing a peanut allergy later in life.

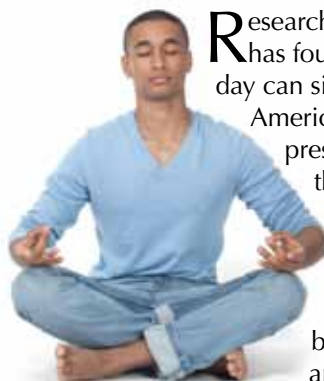


The researchers followed 640 children with a high risk of food allergies, beginning when they were between 4 and 11 months old. Half the children were fed peanuts, while the other half were not given any. All were tested for sensitivities to peanuts prior to and at the end of the study period, which averaged five years.

The research found that nearly 14 percent of those that avoided peanuts had a peanut allergy at the end of five years; seven times more than the 2 percent of those that were fed peanuts and displayed subsequent sensitivity.

MINDFULNESS MEDITATION LOWERS BLOOD PRESSURE

Research from the University of Virginia and Emory University has found that just a few minutes of mindfulness meditation a day can significantly reduce high blood pressure among African-Americans. The research included 15 men with high blood pressure and chronic kidney disease in a crossover study that tested each with 14 minutes of mindfulness meditation and compared that with 14 minutes of blood pressure education during two different treatment periods.



Results showed that practicing mindfulness meditation reduced systolic blood pressure, diastolic blood pressure, mean arterial pressure and heart rate among the patients.

Flaxseed Oil Soothes Carpal Tunnel

Carpal tunnel syndrome is typically accompanied by pain, numbness and reduced mobility in the hands and wrists. Research published by the Tehran (Iran) University of Medical Sciences in the *DARU Journal of Pharmaceutical Sciences* has determined that the application of external linseed oil—also referred to as flaxseed oil—can reduce pain and increase mobility for syndrome sufferers.



The research tested 100 patients with the condition in two groups—one rubbed placebo oil onto their wrists, while the other applied linseed oil daily over a four-week period. Both groups wore wrist splints at night.

After the treatment period, those that applied linseed oil experienced a significant drop in pain scores using the Boston Carpal Tunnel Questionnaire and Function Assessment. The same patients also reported an improvement in mobility and function.

No Worries: Cats Naturally Eat Less in Summer

A study from the University of Liverpool School of Veterinary Science has found that cats naturally eat less during the summer, indicating that owners can take such appetite swings in stride.

The researchers studied 38 cats for four years. Their collars were implanted with a microchip that recorded the amount as they ate as much as they wanted from a dispenser. The team found that cats ate an average of 15 percent less in hot weather. Their eating decreased from June through August and increased from October to February. Eating levels were intermediate in the spring and fall.

Study author Dr. Alex German observed, “Cats are more inclined to comfort eat when it’s cold outside, likely to be due to the extra energy they need to keep warm when out and about.”



Stress Ramps Up Inflammation



Research led by Peggy Zoccola, Ph.D., an assistant professor of psychology at Ohio University, has found that dwelling upon events that are stressful can significantly increase inflammatory chemicals in the body. The researchers tested 34 healthy young women giving public presentations for job interviews. Afterward, half were asked to contemplate their performances while the others were asked to think about neutral events and images.

While all of the women initially experienced significantly higher levels of C-reactive protein (CRP), the levels continued to rise for at least one hour afterward for the performance-ruminating group, but returned to normal during the same time period for those that pondered neutral thoughts.

CRP is produced in the liver and is known to rise following an injury or in a chronic inflammatory condition. “The immune system plays an important role in various cardiovascular disorders such as heart disease, as well as cancer, dementia and autoimmune diseases,” states Zoccola.



10 Tips to Green Any Vacation

Green travel doesn’t mean sleeping in a treehouse or backpacking into a jungle to rescue orangutans, but simply keeping a few Earth-friendly ideas in mind when planning a summer vacation. Of course, when traveling to a foreign country, making an effort to get to know the people, their culture and a few words of their language, respecting local customs and showing appreciation also go a long way toward avoiding the label of “Ugly American.” The easiest eco-travel tips are these:

1. Pack lightly.
2. Find a “green” hotel or eco-lodge.
3. Book a downtown hotel that is walking distance from sights.
4. Take short showers, reuse towels and switch off lights, heat and air conditioning when leaving the room.
5. Ask if the hotel recycles, and participate.
6. Take a non-plastic water bottle that can be refilled.
7. Use public transportation.
8. Eat vegetarian, or at least meals comprised of local meats and produce.
9. Always stay on marked trails and be respectful of nature and wildlife.
10. Buy locally produced gifts and souvenirs to support the local economy.

Sources: *MSNBC.com/Green Travel*, *Geekabout.com*, *IndependentTraveler.com*

Can Money Buy Happiness?

Yes, so long as you spend it on others, suggests a recent study by the University of British Columbia and the Harvard Business School. The researchers found that people who spent money on others reported greater happiness than those who did not, or than those who spent it on themselves—regardless of income. Surprisingly, the amount of money spent on others did not matter; as little as five dollars a day did the trick.

The researchers wanted to test their theory that how males and females spend their money is at least as important as how much money they earn. Individuals participating rated their general happiness, reported their annual income, and provided a detailed breakdown of their monthly spending, including bills, gifts for themselves and others, and donations to charities.



Yoga Helps Prevent Falls

It seems that women 65 and older who enroll in an Iyengar yoga program are getting far more from their practice than a limber and relaxed body. According to a new study by Temple University's Gait Study Center, certain Iyengar yoga poses also improve balance and stability and help prevent falls, a leading cause of non-fatal injuries and hospital admissions for trauma in the elderly.

With one-third of adults suffering some type of fall each year, Iyengar yoga practice may provide multiple preventative benefits; it has been shown to improve stride, increase flexibility and muscle strength in the lower extremities, improve single leg stance, and increase confidence in walking. While learning proper ways to stand, pose and breathe, use of yoga props allows students to gradually master positions and build confidence in their physical prowess—an important factor for all ages.



Cherries for the Heart

The tangy taste of tart cherries might deliver more than a treat for the taste buds. Preliminary work with laboratory rats at the University of Michigan Cardiovascular Center suggests that mixing whole tart cherry powder into the animals' diet led to less weight gain and a reduction of inflammation. Researchers explain that inflammation is a common indicator of heart disease and diabetes. More, those on the cherry supplement also had significantly lower blood levels of cholesterol and triglycerides than the control group.

"These new findings are encouraging, especially in the light of what is becoming known about the interplay between inflammation, blood lipids, obesity and body composition in cardiovascular disease and diabetes," says Steven Bolling, a cardiac surgeon at the university and the laboratory's director. A pilot study to determine the effects of tart cherries in human diet is underway.



Do The Vacuum Boogie...

... to boost mental health, according to a large study published in the *British Journal of Sports Medicine*. Just 20 minutes of physical activity a week—which includes housework—is enough to get those feel-good hormones dancing.



Source: *British Medical Journal*

Think Purple

Red cabbage, a favorite fall vegetable, is rich in plant pigments called anthocyanins, which, according to emerging evidence, may provide cancer protection, improve brain function and promote heart health.

Source: *U.S. Department of Agriculture*



SPICING UP HEALTH

Revered in India as "holy powder," golden-colored turmeric boasts an astonishing array of health benefits. The spice is being used not only to treat wounds and infections, but also to help fight viruses, bacteria and cancer.

Source: *University of Michigan*

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

Vermont's Victory

Court Rules GMO Labeling Constitutional



In April, a federal court denied a request by powerful food industry groups to block Vermont's landmark law requiring the labeling of genetically modified foods (GMO). The plaintiffs, including the Grocery Manufacturers Association, had sought a preliminary injunction to stop implementation of Act 120, which passed in May 2014 and will take effect a year from now.

U.S. District Court Judge Christina Reiss' ruling said that the plaintiffs failed to show that they would suffer "irreparable harm" to warrant an injunction, and that the state had established that the act's GMO disclosure requirement is constitutional.

"This important ruling affirms the constitutionality of genetically engineered food labeling, as well as the rights of Vermonters and U.S. citizens across the country," states George Kimbrell, senior attorney for the Center for Food Safety and counsel in the case.

The ruling came shortly after an analysis by the Environmental Working Group found that industry groups spent \$63.6 million last year—triple the amount spent in 2013—to defeat GMO-labeling measures. The general consensus is the Vermont case is likely to go to trial.

Fresh Catch

Community Supported Fisheries Share Bounty of the Sea

Community supported agriculture is a growing movement in which subscribers pay farmers for weekly shares of their crops before the growing season starts, benefiting both. The farmers receive an infusion of cash up front and are paid a fair price for the food they produce. Consumers receive fresh food from sustainable, local farms and are often introduced to vegetables and fruits they might not try otherwise.



The same concept applies to new community supported fisheries (CSF), which reconnect coastal communities to their local food systems. According to Paul Greenberg, author of *American Catch: The Fight for our Local Seafood*, 91 percent of the seafood that Americans eat comes from other countries, while one-third of the seafood caught by American fishermen is sold outside our borders. He believes this situation exists because most Americans aren't willing to pay premium prices for better seafood and domestic fishermen realize better prices overseas.

By using the website LocalCatch.org/locator to find nearby CSF programs, pioneering coastal communities can benefit from both supporting sustainable fishing practices and their local environment while still sufficiently feeding their residents.

Source: *Mother Nature Network*



Fracking Fallout

Waterways, Soils and Animals Poisoned with EPA Approval

Surface disposal of water produced by oil and gas drilling is forbidden in the Eastern U.S., but allowed in arid Western states for purposes of agricultural or wildlife propagation. The result: Millions of gallons of water laced with toxic chemicals from oil and gas drilling rigs are pumped for consumption by wildlife and livestock with approval from the U.S. Environmental Protection Agency (EPA).

The EPA is issuing permits at nearly a dozen oil fields on or abutting the Native American Wind River Reservation, in Wyoming, for surface application of drilling wastewater without even identifying the chemicals in fluids used for hydraulic fracturing, also known as fracking, let alone setting effluent limits for the contaminants contained within them. Also, monitoring requirements allow water to be tested long after fracking outflow, or maintenance flushing, is completed. The EPA maintains Clean Water Act jurisdiction on tribal lands.

Public Employees for Environmental Responsibility (PEER) Executive Director Jeff Ruch states, "Gushers of putrid, grayish water encrusted with chemical crystals flood through Wind River into nearby streams." PEER is asking the EPA to rewrite the permits to regulate all the chemicals being discharged and to determine whether the produced water is potable for wildlife and livestock.

Source: Tinyurl.com/WastewaterFrackingUse

Protests Needed

Food Industry Fudges GMO Facts



The U.S. Right to Know nonprofit has issued a report, *Seedy Business: What Big Food Is Hiding with Its Slick PR Campaign on GMOs* (usrtk.org/seedybusiness.pdf). It outlines the food industry's campaign to manipulate the media, public opinion and politics with disreputable tactics, company-sponsored science and public relations spin.

Since 2012, the agrichemical and food industries have mounted a complex, multifaceted public relations, advertising, lobbying and political campaign in the U.S. spending more than \$100 million per year to defend genetically engineered food and crops and the pesticides that accompany them, the authors report. The purpose is to deceive the public, deflect efforts to win the right to know what's in our food via labeling that's now required in 64 countries and ultimately, to extend their profit stream at any cost to the public for as long as possible.

Highlights include a history of the industry's tactics to conceal information, ensure lack of government policy and testing for genetically modified organisms (GMOs), attack credible scientists and journalists and support untrustworthy advocates and political machinations.

GMO Gains

Food Supplies Increasingly Under Siege

Three hundred farmers recently took over the building and interrupted a meeting where the Brazil National Biosafety Technical Commission was deciding whether or not to introduce genetically engineered (GE/GM/GMO) transgenic eucalyptus trees into their biosphere. These activists and thousands more around the country have halted plans temporarily, but the assault continues by international corporations bent on patenting and controlling the environment itself.



At home, the U.S. Department of Agriculture (USDA) has already approved the first corporate-sponsored, patented, genetically modified tree, ArborGen's loblolly pine. Despite outspoken public opposition, the USDA approved it with no public oversight nor assessment of the environmental risks it poses.

Grass-fed beef farmers, supplying an alternative that many seek to avoid GMO feed grain, now have to cope with the advent of genetically modified grass. The Scotts Miracle-Gro Company, Monsanto's exclusive consumer sales agent for RoundUp glyphosate weed killer, intends to conduct field trials at the homes of company employees absent government oversight, because no laws currently prohibit or limit the planting of GMO grass.

In February, the government approved the first genetically modified apple for commercial planting. The Arctic apple is part of a growing list of sanctioned GMO fresh produce, including papaya and sweet corn. A gene within the apple is altered so it resists browning and bruising.

Many people die or go blind from vitamin A deficiency, so the Gates Foundation has funded research by Australia's Queensland University of Technology to create a vitamin-enhanced, GMO "super banana". Testing on humans will take place in the U.S. over a six-week period and researchers aim to start growing the fruit in Uganda by 2020.

Sign concerned-citizen petitions at Tinyurl.com/Credo-No-GMO-Trees and Tinyurl.com/Care2-No-GMO-Grass.

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Bee Aware

Lowe's to Stop Selling Toxic Pesticides



Lowe's Home Improvement says it will begin to eliminate neonicotinoid pesticides, a leading contributor to global bee declines, from its stores. This public commitment is the most significant announcement so far for a retailer of its size.

Lisa Archer, a spokesperson for Friends of the Earth, says, "We are pleased Lowe's is listening to consumer concerns and to the growing body of science telling us we need to move away from

bee-toxic pesticides by taking steps to be part of the solution to the bee crisis."

The retailer has pledged to phase out neonicotinoids as suitable alternatives become available, redouble existing integrated pest management practices for suppliers and provide additional materials for educating customers about pollinator health.

Source: Tinyurl.com/LowesHelpsBees

Mushroom Magic

Fungi Clean Up Toxic Wastes

For waterways, soil or even radioactively contaminated areas, the powerful use of mycelium to sequester contaminants is receiving significant attention. Leading American mycologist Paul Stamets, the pioneering founder of Fungi Perfecti, has been working for years with mycoremediation, using mycelium to clean up waste sites. He holds nine patents on the antiviral, pesticidal and remediative properties of mushroom mycelia. Stamets even has an eight-step plan for cleaning up radioactive poisoning and thinks fungi could remediate radiation at the melted reactor sites in Fukushima, Japan.

The Ocean Blue Project (OceanBlueProject.org), based in Corvallis, Texas, uses locally grown oyster mushroom spores lodged in a coffee grounds mixture. Then they create a "bunker spawn" that's put into a river to restore polluted aquatic habitat. As the mushrooms grow, they break down toxins and remove pollutants from the river. Mycoremediation also helps with weed control.

Source: Permaculture.co.uk



Solar Surges

Sun-Fueled Energy Booms in Pioneer States

Two years in the making, the Topaz Solar Project, the world's largest, has begun operating in California, powerful enough to supply 160,000 homes using 9 million photovoltaic solar panels installed across 9.5 square miles. Compared to fossil fuel technology, the facility is projected to remove 377,000 tons of carbon dioxide each year; equivalent to taking 73,000 cars off the road. Unlike some solar plants, Topaz requires no water to generate electricity and makes minimal sound because there are no moving parts, so its total environmental impact is minimal.

In Hawaii, where 12 percent of homes have solar panels, handling surplus power is putting pressure on the state's biggest utility, which now wants to reduce what it pays for the energy. Electricity there is pricey, with monthly bills of \$600 to \$700 not uncommon. The growing popularity of making electricity at home puts new pressures on old infrastructure like circuits and power lines and cuts into electric company revenue. As a result, many utilities are reducing incentives and adding steep fees. "Hawaii is a postcard from the future," says Adam Browning, executive director of Vote Solar, a policy and advocacy group based in California.

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Protest Songs

Rocker Neil Young Celebrates Food Democracy with New Album Tour

Legendary musician Neil Young and his new band, Promise of the Real, featuring Willie Nelson's sons Lukas and Micah Nelson, are calling out agribusiness giant Monsanto's practices with a new album and summer concert tour. The band's Rebel Content tour to support their new album *The Monsanto Years* will kick off on July 5 in Milwaukee and includes Young's first-ever concert in Vermont, in Essex Junction, on July 19, a state that passed a law requiring food companies to label products that

contain genetically modified ingredients.

Young, a longtime critic of big agribusiness, has sharply criticized efforts by the Grocery Manufacturers Association to block the Vermont GMO labeling law. "Whatever you think of GMOs," he maintains, "corporations should not be using massive lawsuits to overturn legitimate, democratic decisions that have strong public backing."

The tour also encompasses Denver, July 8 and 9; Lincoln, Nebraska, July 11; Cincinnati, July 13; Clarkston, Michigan, July 14; Camden, New Jersey, July 16; Bethel, New York, July 17; Wantagh, New York, July 21; Great Woods, Massachusetts, July 22; and Oro-Medonte, Ontario, July 24. Other dates may be added.

For more information, visit NeilYoung.com.

Bug Food

Protein-Rich Insects May Be Food of the Future

As the world's population grows, it makes sense to decrease consumption of animal protein. Approximately 70 percent of agricultural land and 30 percent of the total land on Earth is currently used to raise livestock, the world's main source of protein. "Insects require less feed, water, land and energy to produce and their production generates substantially lower environmental pollutants, such as pesticides and greenhouse gases," says Aaron Dossey, Ph.D., owner of All Things Bugs, in Gainesville, Florida, a company that provides protein-rich insect powder for commercial use.

"Some insects are as much as 80 percent protein by weight and provide more essential amino acids than most other animal proteins," reports Dossey. "They are also rich in nutrients like omega-3 fatty acids." For example, on a dry-weight basis, crickets contain as much omega-3 fatty acids as salmon.

Florence Dunkel, Ph.D., an associate professor of entomology at Montana State University and editor of *The Food Insects Newsletter*, states, "Eighty-five insect species in the U.S. are documented as potential food sources; worldwide, there are 1,900 species." She cites locusts, grasshoppers, crickets, silk moth pupae and beetle and moth larvae among the top insects consumed as food worldwide.

Watch a video at Tinyurl.com/InsectsAsFood.



If you think eating organic is expensive, have you priced cancer lately?

~Joel Salatin



Healthy Tips

Sipping water is a bloat-busting and appetite-taming move because it's easy to mistake thirst for hunger, something that could prompt you to fill your stomach with salt-laden, bloat-inducing processed junk food. Drinking water cold may also help speed your metabolism, according to a study in *The Journal of Clinical Endocrinology and Metabolism*. In fact, sipping about six cups of icy H2O daily could boost your resting metabolism by approximately 50 calories a day, which means you could shed up to five extra pounds in a year. One theory is that drinking the cold stuff makes your body work harder to warm it up, and therefore burns more calories

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Soil Savers

The Need to Protect Precious Native Topsoils

American states salute their native identities and characteristics in many ways, including official birds and flowers. Home farmers, growers and gardeners can relish that soils also bear official state designations, including New York's Honeoye, South Carolina's Lynchburg, Alabama's Bama, Iowa's Tama and California's San Joaquin.



All these different types of earth are threatened by widespread use of pesticides, topsoil degradation and other factors that severely hamper their integrity.

The U.N. General Assembly declared 2015 as the International Year of Soils, saluting its many roles, including storing and filtering water, providing resilience to drought, participating in the carbon cycle and being the foundation for agriculture. According to The Land Institute, the loss of topsoil is the greatest threat to our food supply. Planting perennial crops, agroforestry, intercropping and other agro-ecological practices can help conserve soils, preventing erosion and protecting water.

According to *GreenLiving.com*, these sustainable practices can help prevent soil erosion:

Reduce impervious surfaces. Driveways, patios and lanais allow precipitation to flow freely over them, gaining momentum in the process, to erode topsoil. Use paving stones rather than a concrete slab to allow water to percolate down into the soil.

Plant a rain garden. As a shallow depression in the yard, a rain garden collects precipitation washing over impervious surfaces, preventing soil erosion and facilitating growth of wetland plants.

Use a rain barrel. Placing a barrel underneath a downspout will collect and store water that runs off roofs, making it available for watering plants even when rain is sporadic. It supports both water and soil conservation efforts.

Consider innovative products. Fiber mulch mats—small, biodegradable particles of wood, straw, coconut and other natural plant materials interlocked with mulch—blend with soil to keep moisture in the topsoil by acting as a top coating. (Review representative manufacturers' products at *LandscapePlanet.com* and *ErosionPollution.com*.)

Find the official soil for each state at Tinyurl.com/NativeStateSoils.

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Day 2: Deep Tissue Manual Massage (60 mins), Infrared Heat Therapy (45 mins), Whole Body Vibration (10 mins)

Day 3: Ionic Foot Detox (30 mins), Hydration Therapy (30 mins), Lymphatic Massage (30 mins)

Week 2

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



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.

RESTORE:

14-Day Return to Health - Cleansing & Nourishing Program



Bill was born in a poor neighbourhood near a junkyard and a meat packing plant, he grew up eating food provided by the government and moved to 8 burned houses in the first 14 years of his life. He became an alcoholic by the age of 17 and one night fell down a flight of stairs while drunk. Bill became paralyzed from the waist down and was told by his doctor that he would never walk again. Bill was terrified of the news, as he did not have any sensations in his legs.

However, Bill refused to believe in the sad prognosis and decided right there that he'd walk out of the hospital on his own feet. Starting from that day he focused all his physical and mental energy on one thing: trying to move his big toe. Six long months passed, and Bill was able to wiggle his toes. Excited, he called a nurse and showed her his successes. The nurse shared the news with the doctor. The doctor came in and said: "You'd better not keep empty hopes for recovery. You will never be able to walk." Bill decided even more firmly that he'd walk out of that hospital. Yet now he did his exercises in secret. Finally, he felt it was time to try to walk. He got up from the bed and made his first step - then the 2nd and the 3rd. Getting overwhelmed with emotion, Bill pressed the red button calling a nurse. When the nurse came into a dark room (it was late at night), she screamed. Police and more medical personal rushed in and saw Bill standing in the middle of the room, all naked.

But Bill did not care: a breeze touched his buttocks, and he could finally feel it.

Now Bill Bartman is a happy family man and well-respected citizen who has been named one of 100 Top Entrepreneurs of America for the last 100 years and has received a Nobel Peace Prize. He is modest, inspiring and just an amazing person. Multiple stories of his success and failures are recorded in his books and seminars. But one lesson is hard to forget: the story of the impossible health recovery based on the medical laws we know. The power of the human mind and the ability of the body to self-heal, self-mend and self-restore superseded anything one can imagine.

We are told that once you get a disease it only gets worse. The only thing that's left is to despair, to take drugs and to manage a disease. Then to take stronger drugs because the first ones stop working, then when those stop working do a surgery. Yet we forget that our bodies have innate intelligence that always tries to bring us to health. We should not underestimate and use this power we all inherently possess.

14-Day Cleanse & Nourish you Body Program will help you:

- Cleanse and nourish your body with healthy live nutrients that will help your mood swings get back to normal
- Bring your emotions into alignment with yourself by addressing deeply rooted causes of your anxiety, insecurities and frustrations
- Learn what to do so that, in addition to a good attitude, your hair stays put and grows even better than ever
- Shed extra pounds and lose inches
- Clear your taste buds and let them enjoy the taste of healthy foods
- Enjoy clearer skin and a deeper and sounder sleep
- and much, much more.

Whom it is best for:

14-Day Cleansing and Nourishing program is best for those seeking prevention, and is designed for those with early stages of minor degenerative conditions and do not want them to progress.

While we do not address specific diseases, our guests have found the 14-Day Get Back to Shape program helpful for conditions that include:

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Who Reads Natural Awakenings? Leslie Davenport Does!



Job: Stay-at-home mom to four-year-old daughter.

Hobbies: I love reading, decorating and cooking new and different things. Over this past year, I started taking painting classes, which is fun for me.

How long have you been a *Natural Awakenings* reader? Four years.

What do you like about *Natural Awakenings*? *Natural Awakenings* shares things about how to live a healthy lifestyle in every way. It leaves nothing out, from mind, to body, to soul! The material guides you to become a better person.

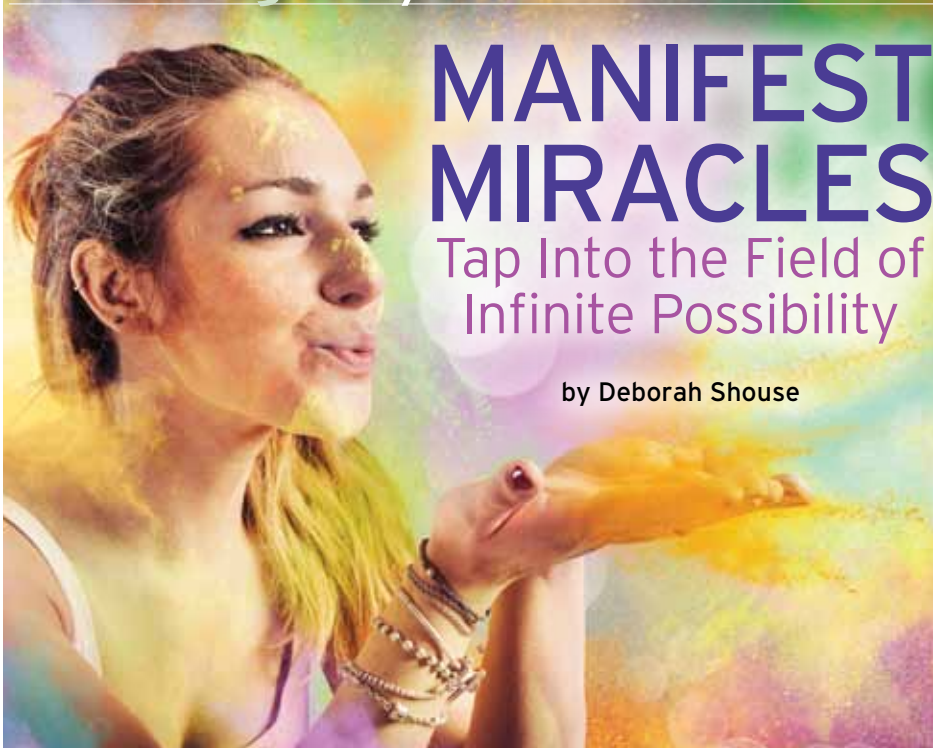
What is healthy about your lifestyle? I am learning something new about my body and my lifestyle constantly! I am eating healthier, exercising everyday, drinking tons of water, discovering how to manage stress in my life, figuring out what is important for my family and myself and trying to discern what my own dreams are. I am always on the go and I keep my mind active.

If you could have one wish for the planet, what would it be? I would want everyone to become deep thinkers. Learn to explore and question things so that you can become mindful and knowledgeable of the world we live in. Don't just judge a book by its cover, open it up and dig in. Know yourself and what is best for you.

From what do you draw inspiration? I do my best to let everything inspire me: a book I read, a movie I have watched, my husband and my daughter, a visit to the beach, a quiet weekend away from everything, an afternoon of exercise, prayer, friends and family. I feel that every moment in life has something that we can learn from and enjoy.

What are you doing to be the change you want to see in the world? I try to live by example and I educate my daughter about how to treat others with love and respect. Some days I feel like a failure and some days I feel like I have accomplished the world. I look at life one day at a time. Each day is new. If you fail one day, then just try again the next day.

healingways



MANIFEST MIRACLES

Tap Into the Field of
Infinite Possibility

by Deborah Shouse

"Something amazingly awesome is going
to happen to me today."

These are the first words Pam Grout speaks when she rises every morning before dancing her way into the bathroom. She plays a favorite uplifting tune such as Pharrell William's *Happy* or Abba's *Dancing Queen* and creates a sassy choreography complete with fist pumps, joyous jumps and a little rhythmic strutting.

Her easy positive actions take no longer than it would to worry, "How will I get everything done today?" and then trudging into the bathroom feeling fatigued and overwhelmed. Plus, Grout's playful attitude makes a big difference in the rest of the day's outcomes.

Grout is the author of two internationally bestselling books, *E-Squared* and *E-Cubed*. Both offer readers multiple opportunities to experience a disarmingly simple outlook on life. "There is an infinite force of potentiality in the universe that has our backs and wants to interact with us and guide us," Grout believes. "There is no absolute reality; we create the reality that serves us and places our attention on what we most want."

Letting Go of Doubt

Grout's journey to a life filled with joy and miracles is ongoing. As a freelance writer, she initially struggled with self-doubt, wondering, "What do I, a kid from Kansas, have to offer a New York City editor?" and came face-to-face with fears about money. Even though she was earning a decent living, she was recycling her parents' anxieties about not having enough. "I'm not good enough" was another party crasher.

When she began studying *A Course in Miracles*, Grout learned that consciousness creates the material world and the importance of self-compassion. She examined her staunch beliefs, questioning if they were true and letting go of the tiresome stories of inadequacy and worry. She began focusing on life's blessings and noticed how concentrating on the good made life happier and more dynamic. Then she started to lay out simple intentions such as finding a good parking spot or uncovering a lost object. The results were immediate and intriguing.

This seeker of truth realized that to gain real spiritual growth, she needed to become more deliberate, so she designed a scientific framework, set a clear intention, imposed a deadline and noted the results. "The results were so convincing that I decided to see if my experiments would work for other people," Grout says. Before long, friends and acquaintances were manifesting all kinds of amazing things, and she decided to write about her theories. Ten years later, after a steep learning curve in the publishing world, her work became globally acclaimed.

Tapping a Joyful Reality of Miracles

"This little book will prove to you once and for all that your thoughts have power, and that a field of infinite possibilities awaits your claim," the author writes in *E-Squared*. "It will help you rewrite the outdated thinking that drives your life."

Nine easy energy experiments will prove that the "field of potentiality," as Grout calls it, is dependable, predictable and available to all. She equates our connection with the field to plugging in a toaster. We know the energy field is there, but we need to consciously "plug in" to use it.

Grout details powerful spiritual principles that help us make everyday life richer, more meaningful and more fun. Part of her "new curriculum" includes:

- Reality is waves of possibility that we have "observed" into form.
- We are an energy field, connected with everything and everyone in the universe.
- Our universe connection provides accurate and unlimited guidance.
- Whatever we focus on expands.
- The universe is limitless, abundant and surprisingly accommodating.

"Believe in your bones that the universe is bountiful and supportive," encourages Grout, asking us to first give the "field" 48 hours to send an unexpected gift. Don't specify the gift, but just ask to receive and recognize the blessing. Set a deadline and then watch what unfolds.

Making Dreams Come True

Making our dreams a reality for us is

not only possible, it's probable. The key is opening our hearts to the beneficent universe. "If you want to know what will happen in your life, listen to the words coming out of your mouth," Grout advises.

If we are deluged with negative thoughts, stop and notice all that is right in our world. Ask the universe for help in shedding dark ruminations. When we replace poor images with positive affirming thoughts, our lives become more magical and enjoyable.

Grout encourages her readers to invoke two words when life feels chaotic and out of control: "It's okay," which allows the loving flow of the universe to do the heavy lifting. Concentrating on living our joys equips us to help ourselves and others.

Grout queries, "Since we are creating our reality, why not create the possibilities that bring us closer to our life's purpose and higher self?"

For more on Pam Grout's work, follow her inspiring blog at PamGrout.com.

Deborah Shouse is the author of Love in the Land of Dementia: Finding Hope in the Caregiver's Journey; she blogs at DementiaJourney.org.

Healthy Tips

Tummy Flattening Tip: Blend together three cups each spinach and kale, two kiwis, one thumb-sized bit of ginger root and one-half cup cold water, suggests chef Andres Meraz of The Ritz-Carlton South Beach in Miami. Green leafy vegetables like spinach are especially high in magnesium, which helps regulate blood sugar to tame appetite. Kiwis have been found to ease symptoms of irritable bowel syndrome such as bloating, while ginger eases digestion and soothes your stomach so it doesn't look all puffed out.

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Healthy Tips

The Nutrients You Need

A recent government report found that Americans aren't getting enough calcium, fiber, magnesium, potassium, or vitamins A, C, and E. The recommended amounts will help you maintain your health and decrease your risk of chronic diseases. Here are the figures (as they pertain to women) and a little help interpreting them.

Calcium

Recommendation: 1,000 milligrams a day.
Benefits: Bone health.
Sources: Dairy products; fish with bones; dark, leafy greens.

Fiber

Recommendation: 25 grams a day.
Benefits: Protects against coronary heart disease and reduces the risk of diabetes.
Sources: Fruits, vegetables, legumes, nuts, seeds, whole grains.

Magnesium

Recommendation: 310 to 320 milligrams a day.
Benefits: Helps maintain normal muscle and nerve function and develop and maintain bones.
Sources: Nuts, seeds, bran, halibut and other fish.

Potassium

Recommendation: 4,700 milligrams a day.
Benefits: Helps maintain healthy blood pressure and reduce the effects of salt; may reduce the risk of recurrent kidney stones and possibly decrease bone loss.
Sources: Potatoes, tomato paste and puree, white beans, yogurt, soybeans, bananas.

Vitamin A

Recommendation: 2,310 international units a day.
Benefits: Important for vision, red blood cell production, embryonic development, and immune function.
Sources: Organ meats; orange vegetables; green, leafy vegetables.

Vitamin C

Recommendation: 75 milligrams a day.
Benefits: Acts as a disease-fighting antioxidant; may help to maintain a healthy immune system.
Sources: Fruits and vegetables, including citrus fruits, red and green peppers, kiwis, and guavas.

Vitamin E

Recommendation: 15 milligrams a day.
Benefits: Acts as a disease-fighting antioxidant; may support eye health.
Sources: Some ready-to-eat cereals, some oils, almonds, peanut butter.



Food Democracy

By the People, for the People and
Toward a Stronger Nation

by Melinda Hemmelgarn

To more fully understand the concept of democracy, we can look to some past U.S. presidents. Abraham Lincoln defined it as “government of the people, by the people, for the people.” Thomas Jefferson said, “An informed citizenry is at the heart of a dynamic democracy.” Harry S. Truman further recognized that “secrecy and a free, democratic government don’t mix.”

By extension, “food democracy” describes a fair and transparent food system in which people have informed choices and control in determining what and how they eat. It’s what happens when we view people as citizens, rather than consumers, and treat food as a human right, reports the Oakland, California-based Pesticide Action Network (PAN).

Kelly Moltzen, a registered dietitian in Bronx, New York, and member of the Franciscan Earth Corps, defines it as having the freedom to make choices about the integrity of our food from farm to plate, so that we can support the health and well-being of ourselves,

the Earth and all organisms that inhabit the ecosystem.

Food Sovereignty Feeds Independence

A PAN report on food democracy describes food sovereignty as the international equivalent of the U.S. movement to re-localize control over our food and farming. It’s rooted in regenerating historically autonomous food systems with, for and by the people.

John Peck, Ph.D., executive director of Family Farm Defenders, in Madison, Wisconsin, explains that the term “food sovereignty” was coined about two decades ago by the globally active La Via Campesina, comprised of family farmers, farm workers, fishing folks, hunters, gatherers and indigenous communities around the world.

“At its most basic,” Peck says, “Food sovereignty is about reclaiming local democratic control over our food/farm system from corporate agribusiness.” This way, “Everyone has the right to decide what is grown or raised in

their community, whether animals are treated humanely, if family farmers and other food workers are paid a living wage and can collectively bargain and whether people have access to safe, healthy food—as well as the right to know what is in their food, how it is produced and where it comes from.”

Peck believes that if we want a cleaner environment, healthier people and more vibrant communities, “We need to be citizens that care about bringing democratic accountability, social justice and ecological integrity to all aspects of our food/farm system.”

Local Food Strengthens Communities

In their report, *Deepening Food Democracy*, the Institute of Agriculture and Trade Policy (IATP), in Minneapolis, describes how U.S. food and farming has increasingly become concentrated, consolidated and controlled by the few. Local food enthusiasts want to take back their food system from industrial, corporate masters that lobby for legislation which denies citizens the right to know how their food is produced or if it contains genetically modified ingredients (GMO). The growing local food movement is as much about returning power to communities, food workers, farmers and farm workers as it is about producing and distributing healthy, sustainably grown food, reports IATP.

Anthony Flaccavento, an organic farmer in the Appalachian region of southwestern Virginia, has been working on national food and sustainable farming initiatives for nearly 30 years. In a recent *Food Sleuth Radio* interview, he described the resulting tremendous, multiple positive impacts of strong local economies, noting that a strong local food system is usually at their center.

“Once you have vibrant, diverse local economies,” says Flaccavento, “you have better health, lower crime and incarceration rates—and more civic participation.” Basically, a more democratic food system could help fix many of the maladies ailing our nation today. The steady growth of farmers’ markets, farm to school programs and food policy councils prove that Americans are hungry both for clean food and an enhanced sense of community.

While Flaccavento appreciates conscientious consumers that support local food providers, he emphasizes, “Just acting locally isn’t enough. We need to re-engage with bigger social and political debates, as well.”

Growing Vegetables and Democracy

After Hurricane Katrina hit New Orleans, Jenga Mwendo knew she had to leave her high-powered job in New York City and return to her hometown in the devastated Lower Ninth Ward. “My parents raised me to contribute,” Mwendo explains. “My first name means ‘to build’ and my last name means ‘always progressing’.”

In 2009, Mwendo founded the Backyard Gardeners Network (BGN), a local nonprofit organization that restores and strengthens what had once been a thriving, closely knit, self-reliant community, rich with backyard gardens and citizen engagement. Residents went to work, recognizing the potential of community gardens to revitalize their neighborhood and bring affordable healthful food to residents, many of them suffering from obesity, heart disease and diabetes. The BGN both revitalized a community garden and converted a blighted lot into a Guerrilla Garden, where people of all ages gather to grow food, share stories, embrace their cultural heritage and learn how to become responsible citizens.

“We bring people together and make decisions collectively,” says Mwendo. “The garden is for our community, by our community.” Understanding the value of involving children and teens, she adds, “Kids know they will be loved here. This is a nurturing environment.”

Like Mwendo, Stephen Ritz, a top 10 finalist in the Varkey Foundation’s Global Teacher Prize, is reaching youth through food. Based in New York City’s South Bronx, one of the country’s poorest school districts, he and his students are growing vegetables in school,

In a food democracy,
everyone is a stakeholder. Not
only do people have equal access
to food, but they’re informed, ac-
tive, engaged and participating.

~Rose Hayden-Smith, author,
Sowing the Seeds of Victory

healthy, nutritious food that they help grow,” says Ritz.

So far, his Green Bronx Machine community has raised 30,000 pounds of vegetables. “We’re growing justice,” Ritz announced in his March 2015 *TED Talk*. “My favorite crop is organically grown citizens—graduates, voters and students who are eating [better] and living healthier lives!”

Kitchen Gardens Nourish the World

Roger Doiron is the founder and director of Kitchen Gardeners International (KGI), an online global community of some 30,000 people in 100 countries that are growing some of their own food. He spearheaded First Lady Michelle Obama’s White House Garden. Doiron’s campaign to bring a food garden back to the White House (presidents John Adams, Jefferson and Jackson all had edible gardens) began in 2008, went viral, took root and the rest is history. Today, the first lady continues to champion garden-fresh food to improve children’s health.

From his own 1,500-square-foot garden in Scarborough, Maine, Doiron and his wife harvested 900 pounds of organic fruits and vegetables worth \$2,200 in a single season. “Talented gardeners with more generous soils and climates are able to produce even more food in less space,” he says, “but maximizing production is not our only goal. We’re also trying to maximize pleasure and health.”

Doiron believes, “Quality food is central to well-being and is one of the best ways to unite people of different countries and cultures around a common, positive agenda.” He’s convinced that kitchen gardens will play a critical

thereby improv-
ing children’s diets,
health, school per-
formance and future
potential. “We are
contributing to food
democracy by mak-
ing sure every child
we touch, regardless
of income, zip code
and skin color, faith
or nation of origin,
has access to fresh,

role in feeding a growing population faced with climate challenges. On July 4, his organization celebrates Food Independence Day as a way to recognize the role of home and community gardens in achieving self-sufficiency.

Saving Seeds, Saving Democracy

Jim Gerritsen operates Wood Prairie Farm with his family in Bridgewater, Maine. He’s dedicated to using organic farming methods to protect the environment and food quality, provide ample harvests and foster good jobs for the next generation of young farmers.

As president of the Organic Seed Growers and Trade Association, Gerritsen led a lawsuit against Monsanto in 2011, challenging the validity of seed patents. In a *Food Sleuth Radio* interview, he explains, “Patented seeds cannot be saved and replanted. To take that right away from farmers was a terrible mistake on the part of the Supreme Court.” Seed ownership belongs to the people; our seed resource is part of our common heritage. “Genetic engineering was an invention to take away from the commons the ownership of seeds,” he continues. “Regaining control of the seed supply is one of the most pressing battles we have in agriculture.” Gerritsen encourages everyone to plant an organic garden using organic seeds and to advocate GMO labeling.

“Let’s let transparency reign, which is a hallmark of a democratic system,” he proclaims.

Melinda Hemmelgarn is a registered dietitian and award-winning writer and nationally syndicated radio host at KOPN.org, in Columbia, MO (Food Sleuth@gmail.com). She advocates for organic farmers at Enduring-Image.blogspot.com.



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ADVENTURES IN NATURE

Families Create Memories at Nearby Parks

by Harriet Shugarman

Here's how to entertain the kids, keep them healthy and get them outdoors this summer.

Where to Go

Traveling to iconic natural wonders like the Blue Ridge Mountains, Niagara Falls or the Grand Canyon isn't the only awe-inspiring way to captivate children's attention and help them contemplate nature's beauties. As Brian Ettling, a seasonal ranger at Crater Lake National Park, in Oregon, likes to remind park visitors, "Find your own sacred place and keep going there; it could be a wooded area by your house or a county, state or local park."

Visits to in-state parks are easy to fit into a family's summer plans and can generate lifelong treasured family traditions. Participating in programs or other exploratory adventures stimulate creative and critical thinking, challenge outdoor and athletic skills and can even teach life lessons.

July is America's Parks and Recreation Month, first designated by the

National Recreation and Park Association (NRPA) in 1985. NRPA makes it easy to tap into what's happening in local parks or wherever family members may be traveling. Events around the country can be found by visiting nrpa.org/july.

What to Do

Biologist Rachel Carson, the mother of the modern-day environmental movement, wrote, "If a child is to keep alive his inborn sense of wonder, he needs the companionship of at least one adult who can share it, rediscovering with him the joy, excitement and mystery of the world we live in." In this addictive digital age, it can sometimes be challenging to find exciting ways to help children connect with nature.

Jessica Culverhouse, NRPA senior manager and a volunteer master naturalist, offers ways to channel digital habits. "Free apps like the electronic field guide Leafsnap and mobile games like Agents of Nature can be great tools to engage kids with the outdoors with their technology still in hand," she says.

Parks maintained by a range of entities are jewels to be discovered, cherished and preserved.

Another idea is a simple nature scavenger hunt using a smartphone camera.

If weekend camping is of interest, in-state parks are convenient and also easy on the budget. The National Wildlife Federation (NWF) makes the first step easy with tips and suggested activities through their Great American Campout (nwf.org/great-american-campout.aspx). This summer-long celebration of camping encourages everyone to take the pledge to camp, which helps fuel the conversation and initial planning, whether camping in a backyard or local, state or national park.

Last year, the Carlson family took the pledge and first camped out in Big Basin State Park, only 20 miles from their home in Santa Cruz, California. "It was an incredible weekend none of us will ever forget; a world away, but right

in our backyard!" they cheer.

Garden for Wildlife, another popular NWF program, connects people with their local habitats. Girl Scout butterfly heroes in Wyckoff, New Jersey, learned how. "Our troop was looking for a way to provide a community service for their bronze award project," says Wendy Rosica, co-leader of Troop 94686. "We chose to create a Monarch Way Station garden in a new community park in our neighborhood. Specifically designed as a space for the butterflies to breed and eat during their annual migrations, it's not only a beautiful addition to the park, but also a positive way for the Girl Scouts to help area residents learn more about the plight of Monarchs and other pollinators."

National Audubon Society nature centers are an accessible local resource (Audubon.org/audubon-near-you). Families learn more about native birds and Audubon hiking trails, and naturalist presentations enhance explorations of the region's habitats. Local native plant and animal species are disappearing at alarming rates and need habitat stewardship by present and future generations (*Climate*.

Audubon.org).

Our in-state parks are wellsprings of life from which children and adults can draw throughout our lives, enabling us to discover the splendor and uniqueness of nature right in our own community and backyard. When we see and feel directly what's at stake, we'll fight harder and more consciously to protect and preserve it. As Carson eloquently observed in *The Sense of Wonder*, nature can help us all find reserves of strength that will endure as long as life lasts.

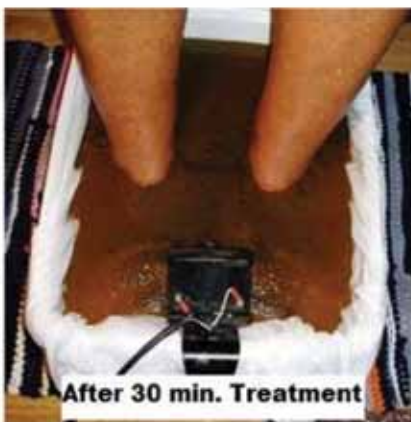
Harriet Shugarman, of Ridgewood, New Jersey, chairs local and regional environmental committees and works with national, state and local organizations seeking pro-environmental legislation. Connect at ClimateMama.com.

"A healthy body is a temple for the soul, but a sick body can be a prison."

~ Dr. Steven T. Castille

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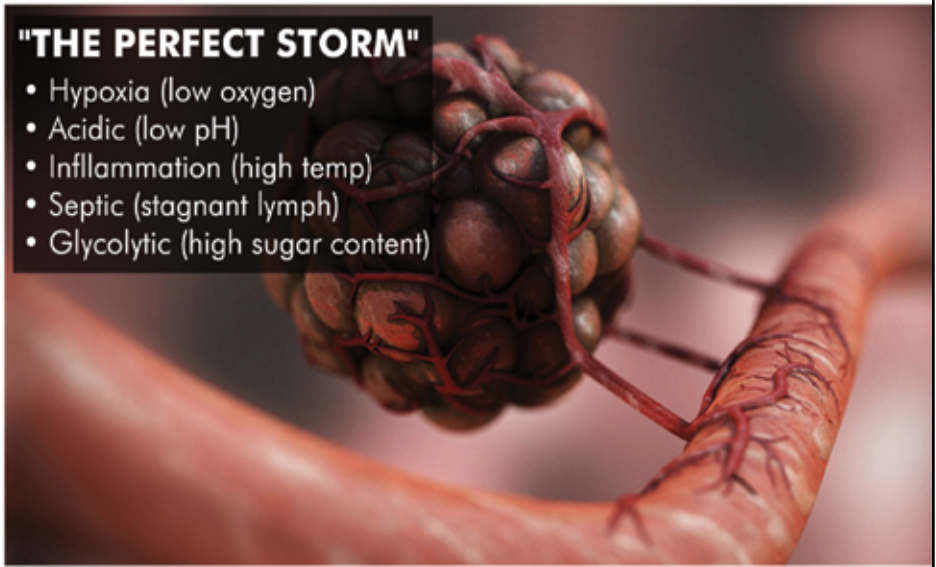
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Dr. Otto Warburg won the Nobel Prize in 1951 for proving that cancer can not survive in an alkaline, oxygen rich environment but thrives in an acidic low oxygen environment.

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Alkalize your body with GREEN WATERS



conscious eating

VEGGIE NATION REVOLUTION

by Judith Fertig

In 1776, the stirring phrase in the U.S. Declaration of Independence—life, liberty and the pursuit of happiness—became a rallying cry for American colonists seeking these inalienable rights of self-government. In 2015, those seeking a new way of eating for personal wellness, a more vibrant local economy and a healthier environment are fomenting their own kind of rebellion.

“You have to make a conscious decision to change for your own well-being, that of your family and your country,” according to former President Bill Clinton. In early 2010, suffering from heart disease, Clinton chose to radically change his meat-lover’s diet to a more plant-based focus. “I wanted to live to be a grandfather, so I decided to pick the diet that I thought would maximize my chances of long-term survival,” he says.

Clinton is part of a growing leadership group that espouses a more vegetarian approach to eating, including a federally appointed panel of nutritionists. For the first time since its formation in 1983, the federal Dietary Guidelines Advisory Committee this year elected to factor environmental sustainability into its recommendations, noting that a diet lower in animal-based foods is not only healthier,

but has less of an environmental impact. The impetus toward plant-based foods is also stronger than in their last report in 2010.

Exciting Developments

A bold pioneer in the charge for plant-based eating is PlantPure Nation, a grassroots organization founded by Dr. T. Colin Campbell, Ph.D., the author of the bestselling *The China Study*, a book that helped persuade Clinton to make his own dietary change. Today, his son, Nelson Campbell, is at the forefront of this food revolution, most recently producing the independent documentary film *PlantPure Nation*, set to debut nationwide on July 4.

Those enticed by the delicious concept of better health for themselves and the planet can also turn to *The PlantPure Nation Cookbook*, with more than 150 plant-based recipes by Kim Campbell, Nelson’s wife, whom he names “the chef in the family.”

“No issue is bigger than the one of plant-based nutrition,” says Nelson. “It’s at the root of our healthcare crisis, affecting the lives of millions of Americans, the vitality of our economy and the solvency of our government. The food we eat has enormous effects on climate, water and soil resources. Our food choices also affect the way in

image courtesy of PlantPureNation.com

which food is produced and distributed in this country, equitably or not.”

Historically, political revolutions tend to be violently adversarial, but a food revolution can take a more nurturing and inclusive course. “The first step people can take is to change their own diet,” Nelson says. “The next step is to help others do the same. The third is to get involved in the movement.”

New Fourth of July Barbecue

A fun way to help ourselves and our friends and family consider making dietary changes is hosting a plant-based Fourth of July get-together. Kim’s recipes for a smoky “barbecue” sandwich, creamy potato salad and a zesty, colorful bean dish celebrate traditional picnic foods with a twist. They’re also perfect for potluck-style entertaining.

“We have often branded this idea of plant-based nutrition as such and such a ‘diet’, and then built these brands around personalities. But in order to make this a more mainstream idea, we need to frame it differently. This concept of plant-based nutrition is a fact of nature; a simple idea that’s accessible to all,” says Nelson.

In a 2012 Gallup poll, just 5 percent of U.S. adults identified themselves as vegetarians, plus 2 percent as vegans. It’s a start, Nelson contends, and there are other promising signs. “The local-food movement is blossoming, with farmers’ markets springing up all over the United States,” proclaims the *National Geographic* special publication *The Future of Food* (*Food.NationalGeographic.com*). The number has increased dramatically in the past five years. The editors point to the demand for fresh produce and a desire to invest in local economies as driving this growth.

“I love the idea of a movement involving millions of people fixing a problem that industry and government have largely caused,” says Nelson. “Our success may show a new way forward for solving other pressing social problems.”

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

PlantPure Nation Recipes

BBQ Jackfruit

Yields: 4 to 6 servings
Prep time: 5 minutes
Cook time: 5 to 7 hours

Green jackfruit, a native plant of Asia, is often termed the vegetarian’s meat. The hardest part of this recipe is finding canned green jackfruit (available in most Asian markets). Although fresh green jackfruit is occasionally available, it’s messy, sticky and difficult to cut.

Two 20-oz cans green jackfruit in water, drained
1½ cups barbecue sauce
1 onion, diced
1 green bell pepper, seeded and diced (medium pieces)

Rinse the green jackfruit thoroughly.

Place all the ingredients in a slow cooker at medium heat for 4 to 5 hours. Jackfruit will soften, begin to fall apart and take on the consistency of pulled pork. Use a fork to pull apart the fruit and stir thoroughly.

Turn the slow cooker to low heat and cook for another 1 to 2 hours.

Kim’s hints:

- ✓ Customize this recipe with a favorite barbecue sauce that has no added oils and a low sodium content.
- ✓ This recipe gets better the longer it’s cooked. Leftovers are good.
- ✓ Serve the barbecue on a whole-grain bun and top with coleslaw.

Creamy Potato Salad

Yields: 6 servings
Prep time: 20 minutes
Cook time: 15 minutes

This traditional potato salad has the perfect blend of celery, onions and seasonings.

2½ pounds red potatoes, unpeeled
4 organic celery stalks, thinly sliced
½ red onion, cut in half again and julienned

6 green onions, sliced
½ cup tofu cashew mayonnaise
4 tsp apple cider vinegar
2 Tbsp Dijon mustard
1 tsp agave nectar
½ tsp sea salt
¼ tsp freshly ground black pepper

Cut the potatoes into half- to one-inch chunks.

Place potato pieces in a large pot and cover with water. Bring to a boil over medium-high heat, and boil 5 to 10 minutes; then turn down the heat to medium and cook until tender.

Rinse the cooked potatoes in a colander with cold water until they are room temperature. Place the potatoes in a large mixing bowl.

Add the remaining ingredients to the potatoes and gently stir thoroughly.

Tofu-Cashew Mayonnaise

¼ cup raw cashews, soaked in water at least 2 to 3 hours, then dried
7 oz firm tofu
½ tsp sea salt
½ tsp tahini
4 tsp lemon juice
1½ tsp white vinegar
1 Tbsp Dijon mustard
2 Tbsp apple cider vinegar
2½ tsp agave nectar
2 Tbsp water
¼ tsp xanthan gum (in grocery baking aisle)

Place all ingredients in a high-powered blender. Blend until smooth and shiny. The key is to soak the cashews first.

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See Page 3

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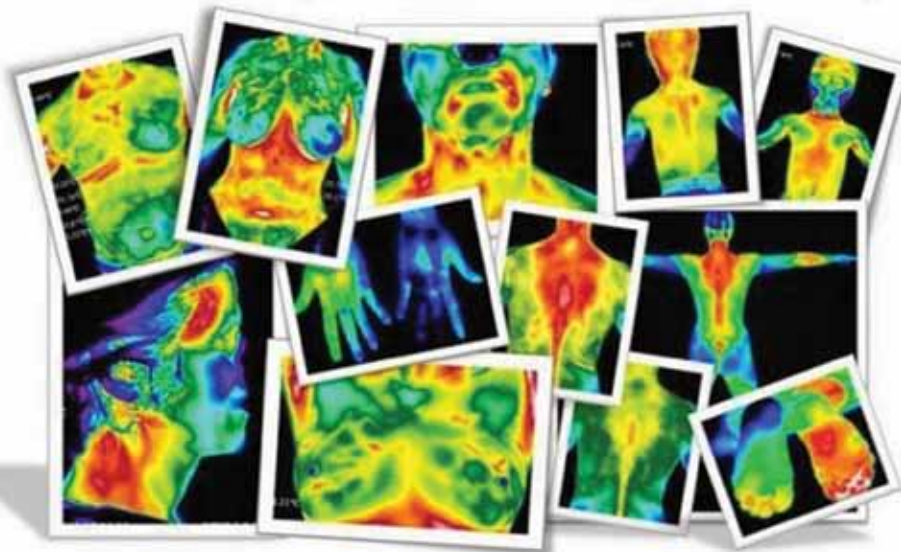
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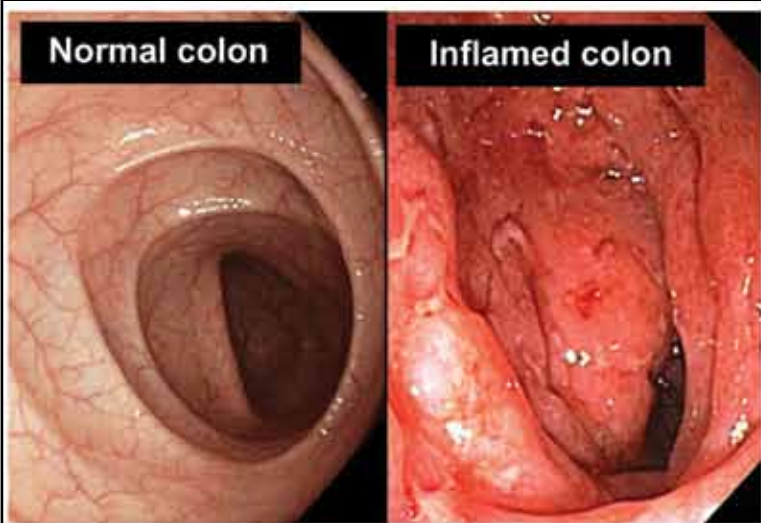


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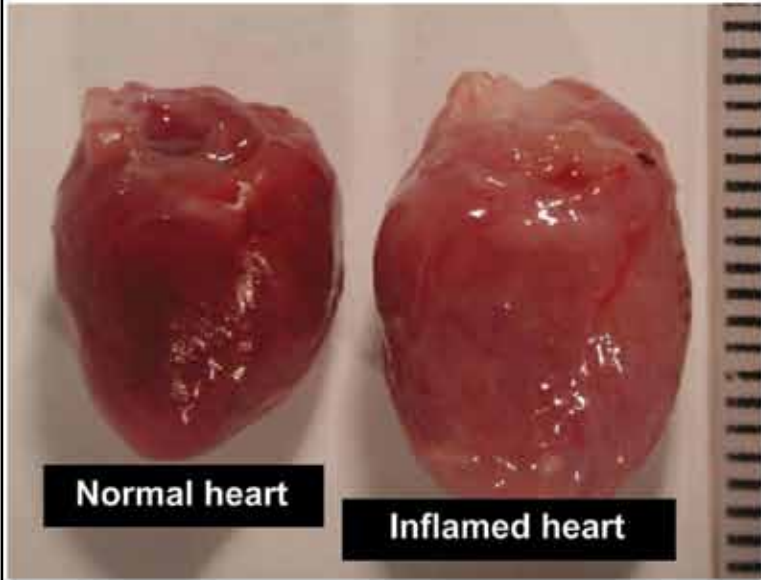
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Inflammation is the Fuse that Ignites Disease



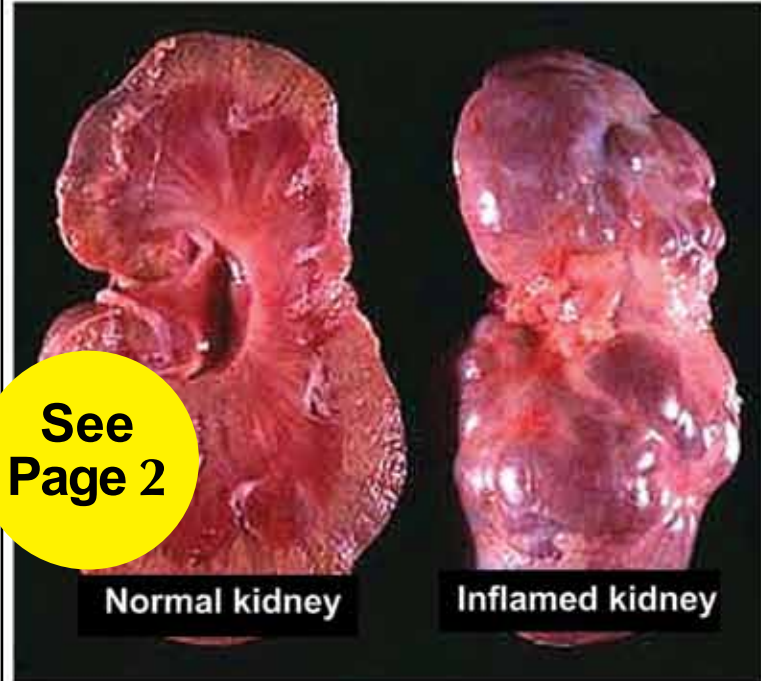
Normal colon

Inflamed colon



Normal heart

Inflamed heart



Normal kidney

Inflamed kidney

See Page 2

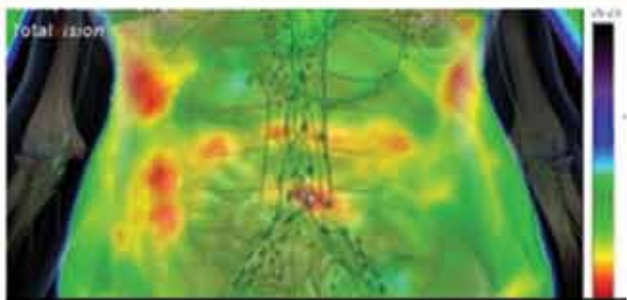
Thermography

detects inflammation

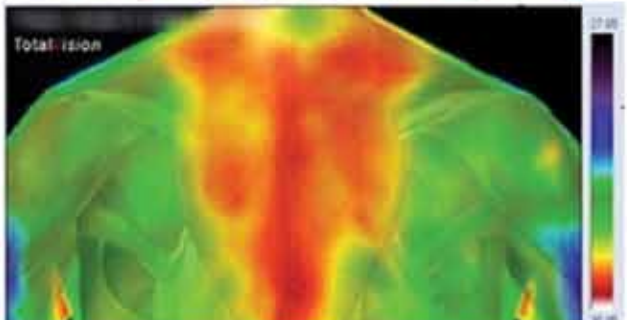
INFLAMMATION

The Silent Killer

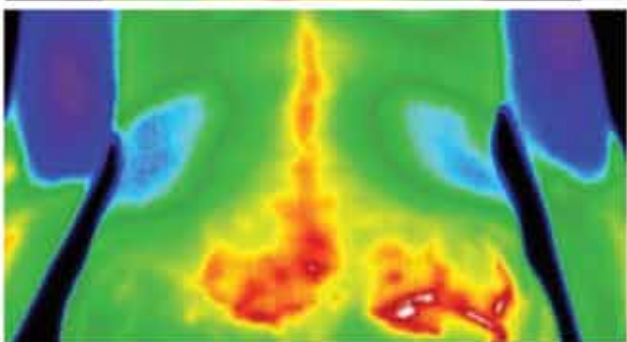
Heart Disease, Stroke, Peripheral Arterial Disease
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inspiration



Songs of Freedom We All Long for Liberty

by Enrique Smeke

The yearning for freedom is like a seed that dwells deep in our hearts—freedom from scarcity, from conflicting relationships, from addictions, from health issues. This yearning for freedom binds the centuries.

In the Americas, this clamor can be heard in the words of the national anthems of many countries. The Colombian national anthem mentions the “invisible light of sublime freedom.” The Uruguayan anthem says, “Freedom, that clamor that saved our country.” The Mexican anthem asks that “the echoes resound with voices of unity and freedom.” The Argentine anthem exclaims, “Listen, mortals, to the sacred cry: Freedom,” and the American anthem reminds us that this is “the land of the free.”

Mary Baker Eddy proclaims in her book *Science and Health with Key to the Scriptures*, “Citizens of the world,

accept the ‘glorious liberty of the children of God,’ and be free!”

Let the seed in your heart sprout. Water it with gratitude. Accept the liberty to be free as your God-given nature. Yearn to see each other as God’s child, to feel God’s ever-present love and to grow freer and freer from all limitations—and watch as the seed’s tender shoots manifest themselves in improved health, progress and joy in families, friends and the world. Let freedom always be included in your anthem song.

From a free podcast series titled Your Daily Lift. Songs of Freedom is by international speaker Enrique Smeke, a practitioner and teacher of Christian Science healing from Newburyport, MA, and Miami, FL, raised in Argentina. Used with permission of The First Church of Christ, Scientist, in Boston (ChristianScience.com/dailylift).

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



What areas of the body can I treat?

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

Once in the blood stream, several things may occur:

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

How long has Zerona been in use?

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

How long will results last?

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

WHAT IS ZERONA ?





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

What is the action mechanism behind Zerona?

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

What results can I expect?

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

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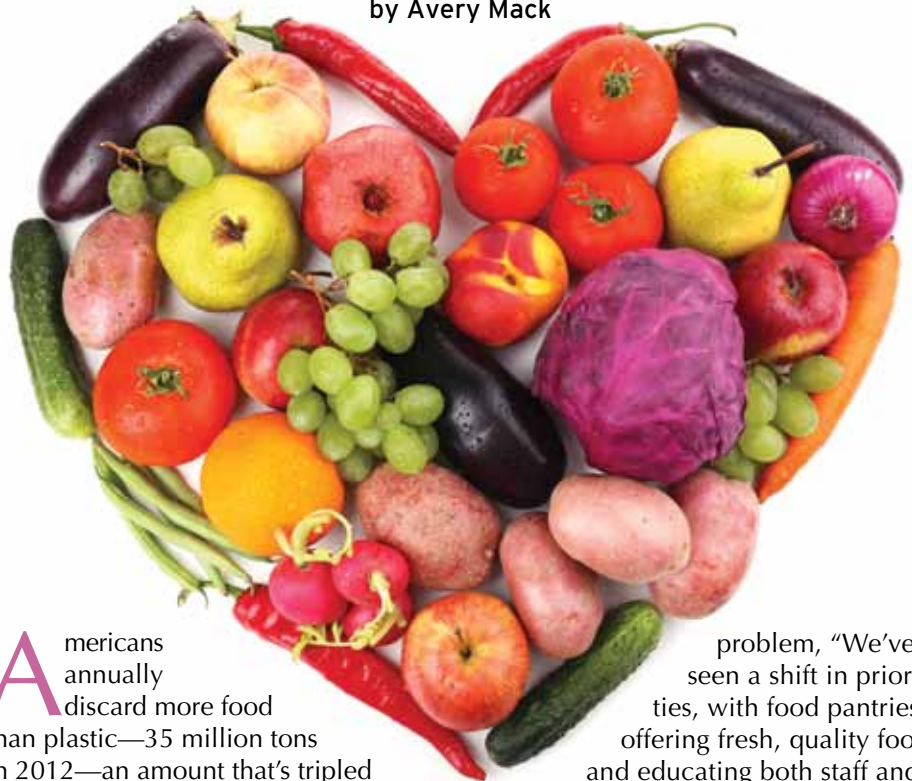
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greenliving

FOOD GLEANING

Harvesting Leftovers Feeds the Hungry

by Avery Mack



Americans annually discard more food than plastic—35 million tons in 2012—an amount that's tripled since 1960, according to the U.S. Environmental Protection Agency. Most of the waste is fruits and vegetables, seafood, grains, meat and milk. Since waste starts in the fields before it compounds via restaurants, grocers and families, the easiest starting point to reverse this trend is with farmers.

"Farming's a high-risk business. Farmers can't predict weather, sales or equipment problems, so extra is grown," explains Laurie Caldwell, executive director of Boston Area Gleaners, in Waltham, Massachusetts. "Up to 20 percent of U.S.-grown food isn't harvested. Gleaners save what's left behind for hungry people in need."

Everyone Benefits

"Income disparity, economic vulnerability and lack of knowledge leads to unhealthy choices," adds Caldwell. "The negative consequences become a community burden." Countering the

problem, "We've seen a shift in priorities, with food pantries offering fresh, quality food and educating both staff and recipients," she reports. In 2014, Boston Area Gleaners harvested 34 farms, contributing 177,000 pounds of primarily vegetables encompassing 60 varieties.

California's fruit is abundant because of the state's year-round growing season. Until the 1960s and the advent of Silicon Valley, this was the world's largest fruit-producing region. Some of its current apple trees date back to the Gold Rush days. "We glean backyards and orchards here," says Craig Diserens, executive director of Village Harvest, in San Jose. "Apples, pears, cherries, peaches, plums and apricots, plus citrus fruits—it's ladderless picking, to protect both volunteers and trees." Telescoping tools pluck out-of-reach fruit. The nonprofit gleanes 15 to 20 times a month via volunteers ages 5 to 90. In 2013, its Harvesting for the Hungry program distributed 245,000 pounds of fruit.

The Feeding America West Michigan food bank, headquartered in Comstock, provides more than produce, with donations from manufacturers, wholesalers, restaurants and stores adding meat, dairy, frozen foods and bread. Volunteers repackage donations into usable sizes; do clerical work; pick produce; and sort, pack, store and deliver food.

While most of the nonprofit's yield is distributed through 1,100 food pantries, shelters and soup kitchens, many can't store perishables. Working with churches, schools and community centers, the organization's mobile units deliver fresh food directly to recipients, often the same day it is donated. Each unit can carry food for 100 to 200 families. This local Feeding America outreach group serves an estimated 492,000 people each year.

The Society of St. Andrew often rescues the "ugly" produce—potatoes not well-shaped for chips, oversized peaches, too-long green beans, too-ripe strawberries and apples that aren't picture perfect. "Farmers get a tax benefit and people get fresh food," says Bruce Oland, the Triangle Area coordinator in North Carolina. "Farmers let us know when they'll harvest a crop and we have a few days to glean what's left before they replant. We pick anything edible—kale, lettuce, tomatoes, cantaloupe and lots of sweet potatoes." In a single harvested field, volunteers have gleaned seven tons of sweet potatoes.

The society's gleaning and feeding ministry has regional offices in Alabama, Arkansas, Florida, Georgia, Mississippi, North Carolina, South Carolina, Ten-

More than 50 million Americans, including 17 million children, experience hunger or the risk of hunger every day.

TheHungerSite.GreaterGood.com

nessee and Virginia. Additional areas are located in Illinois, Indiana, Nebraska, Ohio and Pennsylvania (see EndHunger.org). Jason Brown, a former St. Louis Rams' center with a five-year, \$37 million contract, traded his cleats for a tractor. Now in Louisville, North Carolina, he calls First Fruits Farm home and plans to donate the first fruits of every harvest to food pantries. He learned about farming from YouTube videos, computer searches and other farmers. The first crop on five acres yielded 100,000 pounds of sweet potatoes; Brown gave it all away. With 1,000 acres to farm, he's set to tackle hunger big time.

It doesn't require a big time commitment to help feed the hungry. Backyard gardeners can start by planting an extra row (Tinyurl.com/PlantRowForHungry). Since its inception in 1995, the Plant a Row program has collectively turned 20 million pounds of produce into 80 million meals.

Offer to pick a neighbor's excess produce or herbs, and then check with others nearby. Get the kids involved. Volunteer at or make a donation to a soup kitchen. Gather a group of friends, family, members of an organization or congregation to glean or repackage produce one day a month. If a local food pantry can't accept perishables, leverage social media to spread the word about which day free food will be available at a church or school. Everyone can help. No one should go to bed hungry.

Connect with freelance writer Avery Mack at AveryMack@mindspring.com.

Handy Resources

Download a free gleaning guide and handbook at EndHunger.org/other.

Request free seeds to plant a First Fruits Garden at WisdomForLife.org/sow-a-seed-1.html.

Get water-saving tips from the University of California, Davis, at Tinyurl.com/GardenWaterSavers.

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Jeffrey Smith Warns Against GMOs

by Linda Sechrist

Jeffrey Smith is the founder and executive director of the Institute for Responsible Technology, author of *Seeds of Deception* and director of the documentary *Genetic Roulette: The Gamble of Our Lives*. Smith and his organization's Campaign for Healthier Eating in America are spearheading consumer rejection of genetically modified foods (GM/GMO) in order to force them off the market.



scientists was that GMOs were different and dangerous and needed rigorous, long-term testing to prevent allergies, toxins, new diseases and nutritional problems.

When the George W. Bush administration ordered the agency to promote biotechnology as a way to increase U.S. food exports, the

FDA responded by creating a new position of Deputy Commissioner of Policy for Michael R. Taylor, a former Monsanto attorney. He later became a Monsanto vice president and is now back at the FDA as the U.S. food safety czar.

Why is Roundup, Monsanto's weed killer for GMO crops, so toxic?

Monsanto portrays Roundup as a benevolent herbicide. This is a lie. Glyphosate, its active patented ingredient, alters biochemical pathways in the body. Scientists such as Anthony Samsel and Stephanie Seneff have linked glyphosate to numerous diseases and disorders, including cancer, heart disease, diabetes, gluten sensitivity, Alzheimer's, Parkinson's, depression, autism and reproductive disorders. In March, the World Health Organization declared it a probable carcinogen.

How can we avoid unlabeled GMO foods?

Eat organic foods, which are not allowed to contain GM ingredients, or products that are labeled non-GMO,

or those that don't contain derivatives of the current nine GMO food crops, which now include some zucchini, yellow squash and papaya grown in Hawaii or China. Any packaged grocery product not labeled "Non-GMO" or "Organic" is likely to contain at least one GMO; this includes meat and dairy products, from animals that have eaten GM feed.

NonGMOShoppingGuide.com is a reliable resource that lists about 30,000 non-GMO products. A non-GMO diet is recommended by thousands of doctors, as well as the American Academy of Environmental Medicine.

What more can "we the people" do to eradicate GMOs?

We are in control, not government agencies. I believe that promoting a stronger message—that GMOs are dangerous and should be avoided—would better serve consumers and the food-labeling movement. High-profile campaigns will continue educating consumers about the dangers of GMOs and the necessity of rejecting them in favor of healthier non-GMO choices, especially for children that are most at risk.

The desired result is that food companies will feel the loss of profits and remove GMOs as a liability. The tipping point in the U.S. is almost here. In 2013, the president of Whole Foods announced that when a product becomes verified as non-GMO, sales leap by 15 to 30 percent. Thousands of natural product brands were immediately enrolled for verification.

Now conventional brands such as Post Foods' Grape Nuts, Target's Simply Balanced brand, Ben & Jerry's ice cream and Chipotle's restaurant menu are GMO-free. General Mills stopped using GMO beet sugar in Cheerios. When the rest of the food industry sees these non-GMO-labeled products increase in sales in conventional supermarkets, they will be forced to eliminate GMOs as well, to protect their market share.

Visit ResponsibleTechnology.org and GeneticRouletteMovie.com to educate everyone about the dangers of GMOs.

Connect with writer Linda Sechrist at ItsAllAboutWe.com.

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- Mrs. Clara B. Mallet, LA

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Saturday	Meditation	Gentle Yoga	Free Time	Toning	Cardio Circuit	Free Time					
Friday	Meditation	Gentle Yoga	Class: Cancer Wellness	Class: Organic Juicing	Cardio Circuit	Meditation					
Thursday	Meditation	Gentle Yoga	Wellness Circuit (sauna, detox, vibration,hydrate)		Cardio Circuit	Free Time					
Wednesday	Meditation	Gentle Yoga	Class: Balance Diet Planning	Zydeco Walk	Cardio Circuit	Meditation					
Tuesday	Meditation	Zydeco Walk	Free Time	Gentle Yoga	Cardio Circuit	Free Time					
Monday	Meditation	Zydeco Walk	Class: Mind Body Medicine	Diabetes Support Group	Cardio Circuit	Meditation					



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- Dr. Mark Hyman MD



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Savvy Cycling

Keep the Hard Knocks Out of Biking

by Randy Kambic

People are biking more than ever. Recreational bicycling ranked second to running as the favorite outdoor activity among both youths (6 to 24 years old) and adults (25-plus) in a recent Outdoor Industry Association study. The National Highway Traffic Safety Administration (NHTSA) further reports that from 2000 to 2012 the number of Americans biking to work rose from 488,000 to 786,000.

This positive trend also means more crowded bike lanes and other pathways challenge the community infrastructure's ability to keep up, raising safety concerns. Plus, we naturally want to avoid aches and pains while enjoying the myriad benefits of pedaling.

Find the Right Bike

"Having the right bike for one's needs that's properly fitted is crucial," says Dan Moser, a founder and steering committee member of the BikeWalkLee community coalition and a traffic safety consultant in Fort Myers, Florida. "Use a local bike shop whose mechanics test and adjust the bikes they sell."

A bike mechanic can determine the proper seat height and ideal distance from the handlebars to the seat tube.

Back, knee or hip pain may develop if a cyclist has to stretch their legs to get to the pedals, explains Tim Bustos, a bicycling consultant in Pensacola, Florida, and former bicycle and pedestrian coordinator for Davis, California, which earned platinum-level Bicycle Friendly Community status, along with Boulder, Colorado, and Portland, Oregon, from the League of American Bicyclists (LAB). On the other hand, "A biker doesn't get proper leg extension if the seat is too low," he says, possibly leading to leg muscle strains. "The legs should be almost, but not totally extended at the lowest point in the pedaling motion."

Safety Alert

The latest NHTSA study charted 49,000 bicycle accidents in 2012, 1,000 more than the year before. Biking only in daylight and avoiding alcohol could improve those numbers because 48 percent of biker fatalities occur beginning at 4 p.m. and 37 percent involve a driver or bicyclist that has been drinking.

Even well-marked bike lanes don't guarantee safety, so caution is required. Some motorists are careless about entering bike lanes and don't correctly stop at crosswalks or look behind before

opening car doors. David Takemoto-Weerts, a bicycle program coordinator at the University of California, Davis, member of the city's Bike Transportation Advisory Committee and LAB-certified instructor, suggests keeping at least five feet from the sides of cars to avoid being hit. Cyclists are wise not to weave in and out of traffic, to signal turns and watch out for runners, walkers and pedestrians as they abide by normal traffic rules and flow. Takemoto-Weerts says that bikers sometimes overlook using the stop signal (left arm extended downward) to alert bikers behind them.

Wearing a helmet should be a standard practice. The University of North Carolina's Highway Safety Research Center, in Chapel Hill, reports that wearing a helmet reduces the overall risk of head injuries by 85 percent. "Cyclists are part of traffic, whether operating on a road, pathway or a combination," says Moser. "Being acutely aware of one's surroundings and minimizing distractions, following the rules of the road and pathway, and being prepared to deal with others' mistakes are all vital."

Fitness Factors

Dr. Kim Martin, a certified functional medicine practitioner and chiropractor

with North Shore Health Solutions, in Northbrook, Illinois, says that recreational bikers have visited her for knee, hip and neck soreness or strains. In addition to ensuring they're employing proper leg extension, she advises, "Pedal a little faster in a lower gear; ideally, 75 to 90 revolutions per minute, which is easier on the knees and lessens muscle fatigue than traveling slower in a higher gear." She explains that the correct seat height facilitates proper alignment of hips and a full rotation; if not, energy is forced outward, stressing the hips.

Martin adds that the neck might experience strain from tilting the head up for long periods. "This can occur by wearing a helmet that is too low or forward in the front or poor-fitting eyewear that inches forward down the nose." Right after a long ride, Martin suggests that riders gently bend downward over their crossed legs a few times, alternately switching legs, and also slowly bending the head up and down, sideways and then in a circular motion for a couple of minutes.

"Overall," she says, "the key is to have fun."

Freelance writer and editor Randy Kambic, in Estero, FL, is a frequent contributor to Natural Awakenings.

People Pedal Power

If a community has seen a growth in cycling accidents, has few safety education programs in place or roadway infrastructure isn't biker-friendly, individuals can take action.

Dan Moser, a Southwest Florida transportation safety consultant, suggests forming alliances with non-bikers to approach civic leaders: "Consider including pedestrian accommodations and frame the issue as one of everyone having access to a safe environment, including bike and foot travelers, and the value of recreation and exercise to the community."

Use the criteria found at Tinyurl.com/CommunityBikeabilityChecklist to evaluate the quality of the local biking environment.

The League of American Bicyclists' Bicycle Friendly America program invites communities to apply for technical assistance and receive customized



feedback and advice on improving local conditions at BikeLeague.org/bfa.

Bikes Belong, a consortium of suppliers and retailers, plus individuals and club members, supports the creation of protected bike lanes and provides community grants and supportive resources at PeopleForBikes.org.

Many state highway authorities, police and park and recreation departments conduct bike rules and safety programs for the public. Check for local resources online.

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PURR-FECT PET SITTERS

Make Sure Your Pet Enjoys Your Vacation, Too

by Sandra Murphy

Vacations bring rest and less stress, a change of pace and for some, a break from caring for the family pet, made possible by a growing number of professional pet sitters.

"I have more peace of mind with a pet sitter rather than a friend. Even if they've already had a long day, sitters still properly take care of the pets," says Christina Pierce, a federal examiner of financial institutions for consumer protection in Little Rock, Arkansas. "Many professional pet sitters are trained to respond to potential health and other issues. Especially with small animals, early recognition of a problem is key."

Pierce used to have chinchillas, and now has a cat she rescued and relocated from Dallas, Texas, plus two adopted former foster rabbits.

"A sitter may be excellent, but not know your breed," advises Rae Bailey, a retiree in Georgetown, Texas, who regularly uses sitters for her Scottie when she travels. "Don't be afraid to ask questions." She notes that dogs are particularly good judges of character, so if one doesn't like the sitter, simply try another.

Pet sitting services use a contract to outline rates, what the sitter will do, the number and duration of daily visits, start and end dates and how the house key is returned when the job is complete. Regular clients may have the sitter keep the key handy.

Professional sitters are bonded, insured and background-checked, have experience with a variety of species and breeds, are fairly flexible and love animals. A pre-visit will

Pet Sitters International provides a localized directory and good questions to ask at PetSit.com/locate.

introduce pets and sitter to each other and address any relationship concerns and individual needs, such as medications.

"I had a diabetic Westie, a big consideration," says Diane

Meadows, a retired paralegal in San Antonio, Texas. "It was huge for me to hand over the keys and my trust, but our sitter was dependable and knowledgeable." During one visit, her sitter also alerted Meadows to a possible propane gas leak.

At the outset, have the sitter meet all the family pets to ensure mutual comfort. Show the sitter where the leash, toys, treats, food and water dishes are kept, supplies for cleanups, the family vet's location, hours, office and emergency phone numbers and instructions for any security alarm system. Codes can be personalized and deactivated when no longer needed. Sometimes clients request extra services such as collecting the mail and newspapers, watering indoor plants and leaving lights on.

Both young and older dogs need three visits a day to avoid household accidents. Cats are usually fine with one. "Cats like to be pampered. A friendly sitter provides the care she's used to, in familiar surroundings," says Anne Moss, whose educational website TheCatSite.com originates near Tel Aviv, Israel. "Kitty's more relaxed and receives a higher level of care than at a boarding facility," she notes.

A pet sitting service offers the added benefit of backups in case the assigned sitter is sick or delayed. In Huntley, Illinois, Diane Muchow, an adjunct instructor at Computer Systems Institute, explains why she prefers a pet sitting service for her black Labrador mix. "Our first sitter was a one-woman business. One day, she forgot to crate the dogs when she left, and we came home to find the evidence of an accident on our new carpet throughout the house," Muchow says. "We switched to a professional service."

She sees the primary advantage of professional help as dependability and flexibility. "The service has a website to order the shifts we need, which are confirmed by email," she notes. "It's handy when my husband travels and I work."

A kennel isn't for all dogs, says Scott Mell, an area manager for JoAnn Fabrics in Affton, Missouri. He recalls his Bernese mountain dog's first and only trip to the local kennel. Upon arrival, she climbed on top of the car rather than go inside. "She was adamant," he says. "I hired a sitter the next day. She loved her sitter's visits."

Whether pets need special attention, daily walks, a midday backyard break or multiple visits while the family vacations, a pet sitter can provide excellent care. Many owners like to receive daily text message updates and may even e-retrieve bonus selfies of their happy pets from home.

Connect with writer Sandra Murphy at StLouisFreelanceWriter@mindspring.com.

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calendar of events

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Thursday July 2

Fourth of July Fishing Rodeo – 12am-1pm. Thru Saturday July 4. Salt water fishing competition. Trophies awarded after closing of scales on Saturday. Quintana Boat Launch, LA 319 & Beach Ln, Cypressmort Point. 337-207-6206. Facebook.com/Pages/Iberia-Rod-Gun-Club.

Saturday July 4

25th Annual Lebeau Zydeco Festival – 10am-10pm. A tribute to Rockin' Sidney with plenty of food and family games. Adults \$15 and children \$5. Immaculate Conception Church Grounds, 103 Lebeau Church Rd, Lebeau.

Fourth of July Parade – 6-8pm. A patriotic parade followed by an honor guard ceremony with music. Bouligny Plaza, 102 W Main St, New Iberia. 337-344-9397.

Fireworks on the River – 6:30pm. Bring lawn chairs and spend the evening in a family atmosphere with fun jumps, food and refreshments. Enjoy live music by JC Melancon & The Bayou Rock Band. Nall Park, 562 Front St, Krotz Springs. 337-566-2322.

Fireworks Show – 9pm. Licensed pyrotechnic, Kenneth Peart, orchestrates a 30 minute display of fireworks for the entire family. Eunice Recreation Complex, 461 Sittig St, Eunice. 337-457-7389 or 337-457-6503. EuniceLa@Hotmail.com.

Sunday July 5

Curley Taylor & Zydeco Trouble – 1- 4pm. Dance the afternoon away in this family friendly event. \$10. Refreshments available. Vermillionville Performance Center, 300 Fisher Rd, Lafayette. 337-233-4077.

Thursday July 9

Built to Amaze – 7pm & Saturday 2pm & 6pm July 11thru 2pm Sunday July 12. Ringling Bros. and Barnum & Bailey present superhuman stunts, astonishing performers by athletes and amazing animals from around the globe. \$15 - \$45. Cajundome Convention Center, 444 Cajundome Blvd, Lafayette.

Saturday July 11

LA/CA 2015 Reunion 5K – 7:30am. A walk/run event for a Diabetes cure and Alzheimer awareness. \$10 adults 18 and over, \$5 ages 12-17; and teams of five -\$40. Nathaniel Mitchell, Sr. The Diabetic Kitchen. West End Park, 1200 Field St, New Iberia. 337-519-3010. TheDiabeticKitchen.org.

10th Annual Quilt Show and Sale – 10am-2pm. A

display of quilts and needlework demonstrations. Shop the silent auction and boutique. Funds to support quilts for Brave Heart - Children in Need, Inc. of Baton Rouge, walker covers for local nursing home residents and for wounded warriors. The Krotz Springs Quilters Guild (KSQG). Krotz Springs Community Center, 216 Park St, Krotz Springs. 337-592-0388.

Sunday July 12

Bowling for Animal Rescue Foundation – 5:30pm. Help homeless dogs of Acadiana that are cared for by ARF-LA. \$10 for 3 games per bowler includes shoes. Animal Rescue Foundation-LA. Acadiana Lanes, 3227 Ambassador Caffery, Lafayette.

Wednesday July 15

Women's Empowerment Conference – 8am-2pm. The Small Business Administration and other agencies present sessions on: writing business plans, securing business loans, self-defense, need to know about cars and mechanics, and cancer survivor testimonials. The Family Strong Foundation. Free-registration includes conference materials, continental breakfast and lunch. Evangeline Downs Hotel, 2235 Creswell Lane Extension, Opelousas.

Tweens/Teens with Life Choices – 9am. Thru Thursday 9am July 16. An informal and interactive teen's positive choices program based upon the book The Six Most Important Decisions You'll Ever Make by Sean Covey. Girls ages 12-14. \$60. Woman's Foundation Classroom, 4630 Ambassador Caffery Pkwy, Lafayette.

Thursday July 16

Hairspray – 7:30-10pm. Thru Sunday 3-5:30pm July 19 & Thursday July 23-Sunday July 26. A live theatre production with concessions. Iberia Performing Arts League. Essanee Theater, 126 Iberia St, New Iberia. 337-364-6114. Ipaltheater.com

Friday July 17

Applause for a Cause – 1pm & 6:30pm. Live performances of Esther: A Musical About Trusting God's Timing performed by students in grades 2-12. Students learn about local families attending St. Jude's Children's Research Hospital. Free. The Bayou Church, 2234 Kaliste Saloom Rd, Lafayette.

Saturday July 18

Angler's Addiction Fishing Tournament – 5am-4pm. Prizes for top 3 Specks and Reds in slot 16-27 inches.

Quintana Boat Launch, LA 319 & Beach Lane, Cypressmort Point. 337-519-3131. LydiaCancerAssociation.org.

Come to the Well – 9am-4pm. A day of hope and restoration for those suffering the loss of a loved one. \$25 Pre-registration required- RSVP with payment by July 10 to: DOL-Office of Pro-Life Apostolate. Trista Littell. The Immaculata Center, 1408 Carmel Drive, Lafayette. 337-261-5607.

Sunday July 19

Jazz Night New Orleans Style – 6-9pm. Jeremy Benoit "JB Saax" and his band brings New Orleans style jazz to historic Opelousas every month. \$20. Wanda Callier. Cafe Breen, 204 N Main St, Opelousas. 337-945-7399.

Monday July 20

Drums Across Cajun Field – 7pm. The art of marching music performance presented by the DCI competitive summer tour. \$25. Cajun Field- University of Louisiana at Lafayette, 2351 W Congress St, Lafayette.

Wednesday July 22

Stars of Style- Best Dressed Gala – 6:30-10pm. A fundraiser celebrating the community's best dressed. The Louisiana Sugar Cane Festival Association's -Children's Parade. Cade Community Center, 1688 Smede Hwy, St. Martinville. 337-367-7594. HiSugar.org.

Friday July 24

La Outdoor Expo – Thru Sunday July 26. Exhibits of sporting goods, vehicles and other outdoor items. Adults \$8.50. Cajundome and Cajundome Convention Center, Lafayette.

Saturday July 25

Attakapas Tribe Festival – 10am-5pm. The 2nd Annual Southwest Louisiana Attakapas Opelousas Prairie Tribe Festival. Experience Opelousas' colorful Native American heritage with traditional dancing, drumming, arts & crafts, storytelling, food, and special guest speakers. Free. Amy Cormier 337-246-0718. Chief Nolan Gobert 337-584-2260. Farmers Market Pavilion, 828 E Landry St, Opelousas.

Louisiana Stock Horse Association Show – 9am-6pm. State stock horse show and competition with concessions. SugArena @ Acadiana Fairgrounds, 713 NW Bypass (Hwy. 3212), New Iberia. 337-365-7539. SugArena.com.

Fun in the Sun Car, Truck, & Motorbike Show – 11am-5pm & 11am-3pm Sunday July 26. 2nd annual event featuring classic cars, mini trucks, muscle cars, street rods, and modified antiques. Awards given. \$5. St. Landry CASA. La Place de Chauntecler, 238 Napoleon Avenue -Hwy 182, Sunset. 337-541-4851.

Monday July 27

Be a Hero-the Voice of a Child – 5:30pm. Advocate summer training of volunteers appointed by judges to speak out on behalf of children. Free. Court Appointed Special Advocates (CASA) of South Louisiana. CASA of SoLA, 1819 W Pinhook Rd, Ste 100A, Lafayette. 337-268-5111 or CASAofSoLa.org.

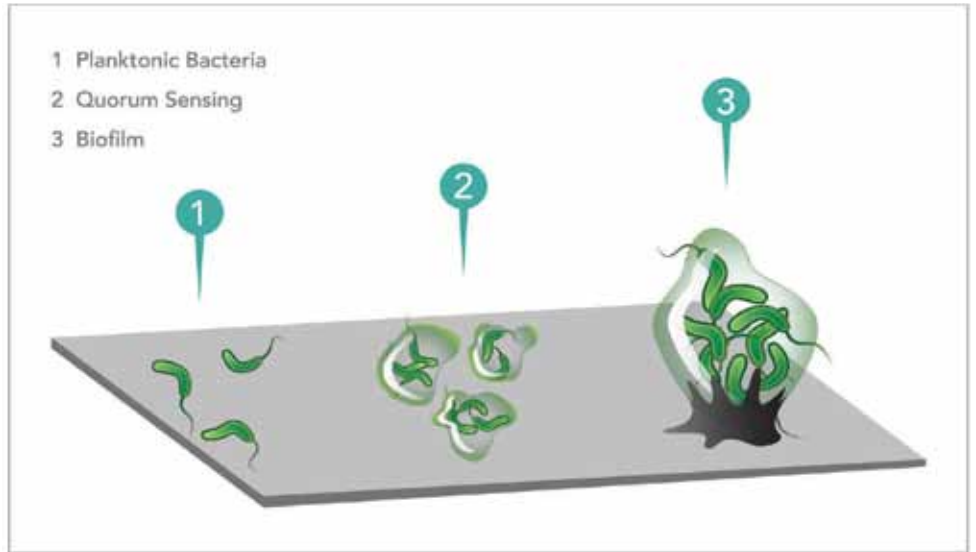
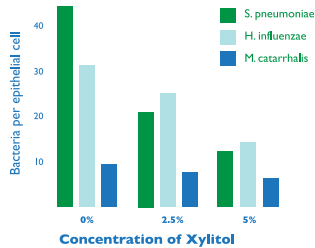
Acadian Day of Remembrance – 3pm. Pay tribute and honor Acadians who suffered deportation and exile in 1755 from their homeland, Nova Scotia, Canada. The Acadian Memorial, 121 S New Market St, St. Martinville.

XYLITOL

More Innovative than Antibiotics

The Power of Xylitol

Xylitol's effectiveness in oral health and usage as a sweetener is well-known. New research also shows its usefulness in upper respiratory health. However, people may not know the reason why it is so effective. Xylitol has a unique ability to interfere with bacterial adhesion.



Anti-Adhesion

Xylitol's anti-adhesive effect was discovered by accident in 1996. A British medical journal published a study, which analyzed past research done with xylitol. Researchers found that there was an additional correlation between xylitol and upper respiratory infections—a correlation researchers didn't see when the studies were performed originally. The 1996 study found that among the children tested in the studies, those who used xylitol chewing gum had 42% fewer ear infections. Researchers performed subsequent research to answer why there was this correlation. These studies supported the discovery of xylitol's anti-adhesion property.

Xylitol's anti-adhesive effect interferes with bacteria sticking to tissue. In order for bacteria to thrive, they must attach to the cell membrane. There they metabolize and grow, creating a colony called a biofilm. When the body senses the bacteria, it reacts with various responses like congestion, runny nose, and inflammation. Traditionally, people fight against bacterial infections using antibiotics, attempting to kill the bacteria. However, the use of antibiotics produces resistant bacterial strains, which leads to more serious problems.

Xylitol's anti-adhesive property interferes with bacterial adhesion, resulting in bacteria not being able to colonize and thrive; eventually they are washed out. This is an innovative way to avoid antibiotic resistance. Instead of fighting against the bacteria, which can cause them to become stronger and more resistant, xylitol doesn't allow the bacteria to cling to the cell and start its metabolic processes. Professionals advise people to regularly wash

their hands to prevent illness. But washing with only water isn't enough; they must wash with soap. Similarly, just as people should wash their hands, they should also wash their nasal passages. A normal saline solution is like washing with only water. Washing with a nasal spray containing xylitol is like washing hands with soap.

Bacteria and People

Bacteria, like people, congregate together. This is called quorum sensing. When people start coming together, they form a town or city. Bacteria act similarly; as they sense other bacteria around, they create a biofilm—a bacterial "city."

If a group wanted to take over a city, historically they would send in soldiers to subdue the inhabitants so they could then occupy the city. However, there is no guarantee that they would control everyone, and there may be leftover survivors who rally together. But if that particular city were to have an extreme change in environment, the inhabitants wouldn't be able to cope and they'd have to leave the city. Changing the environment is much more effective in expelling the inhabitants than attacking with soldiers.

Relating this back to bacteria, if we use antibiotics, we are sending in soldiers to subdue the bacteria. There will always be a fight between antibiotics and the microorganisms, with both attempting to get stronger. But if we alter the environment in our nasal and sinus passages so that bacteria cannot adhere to the cell surface, and thus thrive, we win the battle.

What are Some of Xylitol's Applications?

Studies have shown numerous uses for xylitol, many of which deal with its adverse effects on bacterial adhesion. Sinus, ear, and respiratory infections begin in the nose as we breathe in bacteria which attempt to adhere to the cell membrane. With the use of nasal sprays containing xylitol, the bacteria found in the nose cannot stick to the tissue and are eventually flushed out. This, of course, leads to greater probability that they will not infect the body. Nurse Practitioner Sherril Sego, FNP-CP, DNP, talks about the benefits of xylitol in this aspect. She says, "Saline nasal rinses containing xylitol have been found to be more effective than traditional saline rinses to reduce the symptoms of chronic rhinosinusitis."

One of the best things about xylitol is that it is 100% natural and 100% safe. It's no wonder so many people benefit from products containing xylitol. Do you want to benefit from them too? Go to xlear.com and look up the patented Xlear Nasal Spray.



ongoing events

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sunday

Sunday Nature Program – 11am. Activities chosen feature a particular season or event. Louisiana State Arboretum, 4213 Chicot Park Rd, Ville Platte. 888-677-6100.

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

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

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

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

monday

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

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

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

Les Vues Film Series – 6:30-8:30pm. A monthly film series held the last Mon each month. Refreshments available. Free, \$5 suggested donation for curating costs. Vermilionville Performance Center, 300 Fisher Rd, Lafayette. 337-233-4077.

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

ation Center, 1919 Eraste Landry Rd, Lafayette.

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

tuesday

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

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

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

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

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

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

Acquired and Traumatic Brain Injury Support Group Meeting – 6pm. 3rd Tues each month. Build a network of support. Free. Our Lady of Lourdes Facility, Ambassador Caffery, Section One, Conference Room A. 337-856-1964 or 877-852-1964.

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

Writer's Guild of Acadiana Meeting – 7-8:30pm. Last Tue each month. Local writers meet to share information in the craft of writing. \$30/annual membership. Barnes & Noble Booksellers, 5705 Johnston St, Lafayette. 337- 989-4142. Writers-GuideOfAcadiana.com.

wednesday

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

LEDA Networking Luncheon – 11:30am. 1st Wed each month. Meet individuals for a buffet lunch with guest speakers from local businesses. The "roaming mic," is passed to everyone for introduction of their business. \$17.50. RSVP by 5pm the Tues before. River Oaks, Lafayette. 337-593-1400.

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

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

Freetown Farmer's Market – 2pm-dark. Local produce, homemade breads, jellies, soaps, pottery, fresh chicken, eggs and more. 421 E Convent St, Freetown Studios, Lafayette.

Lafayette Farmers and Artisans Market – 4-7pm. Local farmers and artisans sell products. Food vendors offer specialty foods and drinks. Purchase fresh healthy local products. The Horse Farm, 2913 Johnston St, Lafayette. MarketattheHorseFarm.com.

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

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

thursday

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

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

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

friday

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

Begnaud House Cajun Acoustic Jam Session – 6pm. Music with locals speaking Cajun French. Fresh coffee, cool drinks, friends to share music, stories, jokes and Joi de Vivre with or without instrument. Free. 110 Benoit Patin Rd, Scott, Scott I-10 Exit #97, Southside. 337-269-5155.

saturday

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

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

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

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

Hub City Farmer's Market – 8am-12pm. Join us for local foods and crafts. Brian Gotreaux, The Oil Center, 427 Heymann St across from Champagne's. HubCityFM@afo.net.

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

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

Lafayette Farmers and Artisans Market – 8am-12pm. See Wednesday listing. The Horse Farm, 2913 Johnston St, Lafayette. MarketattheHorseFarm.com.

New Iberia Creole Market – 8am-1pm. 4th Sat each month. Shop for seasonal local produce, seafood, homemade jams, jellies and preserves. Enjoy activities that promote healthier eating and lifestyle choices. West End Park, 1200 Field St, New Iberia. 337-367-0834. Facebook.com/CreoleMarket.

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

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

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

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

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

Acadiana Lupus Support Group Meeting – 10am-Noon. 2nd Sat each month. Goodwill Corporate Office, 2435 W Congress St, Lafayette, LA. 337 261-5811.

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

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

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

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

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

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

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

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

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

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wellness center and fit club



BENEFITS

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

BODY REBOUND

Weight Loss Program

www.NaturalHealthCentersOnline.com



Includes:

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

60 Day Weight Loss Program \$340

90 Day Weight Loss Program \$420

4 Month Weight Loss Program \$580

Carencro & Sunset Offices

CALL **347-4141**

^{**} Included in 4 Month Weight Loss Program Only

AVERAGE WEIGHT LOSS

2 - 4% Body Fat Loss in two weeks

2 - 7 inch abdominal fat loss in sixty days

12 - 35 pounds in eight weeks



Cold Laser

FAT
~~Weight~~ Loss Treatment

No Exercise Required

Zerona

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

12 Treatments \$850
9 Treatments \$675

Carencro Office: (337) 896-4141

Specialty Vitamins and Supplements

Whey Protein (Vanilla)

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



.....\$45.00

Organic Fiber

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



.....\$35.00

pH 9.5 Drops

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



.....\$30.00

Women's Libido

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



.....\$35.00

Lecithin



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

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

.....\$30.00

Garcinia Cambogia

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



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

.....\$35.00

WheTea Ab Fat Burner

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



.....\$20.00

Mood Enhancer

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



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

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

Women's Hormone Balance



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

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

.....\$35.00

Phase 2 Starch Complex



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

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

.....\$35.00

Digestive Enzyme Complex



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

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

BF-4 Weight Loss



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

.....\$45.00

Manglier Tea mong-lee-AY

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



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

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

.....\$24.00

Raspberry Ketone Drops



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

.....\$30.00

Natural Medicine and Nutrition Centers



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

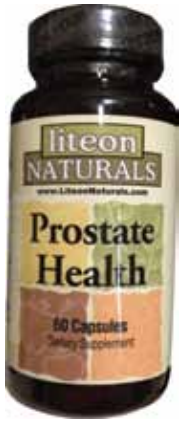


166 Oak Tree Park Dr. #H, Sunset
(337) 662-3120



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

Prostate Health



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

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

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

Melatonin



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

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

Maca



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

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

Rhodiola



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

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

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

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

Pain & Inflammation Enzyme



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

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

Cal-Mag-Zinc with Vitamin D



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

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

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

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

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

Shark Cartilage



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

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

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

Alternative • Complementary • Holistic Services

www.DrSteveCastille.com

www.NaturalHealthCentersOnline.com

www.CaribbeanCampground.com

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

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

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

Pricing and Rate Sheet

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

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

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

Last Updated: 11/30/14

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NATURAL HEALTH PRODUCTS

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

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

High Blood Pressure

- CoEnzyme Q-10 \$30**
Helps strengthen and oxygenate the heart muscle
- Selenium \$35**
Selenium has been linked to blood pressure levels
- Flaxseed Oil \$35**
Contributes to lower blood pressure levels

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

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

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

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

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

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

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

Chlorophyll: is the green juice of plants. His-

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

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

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

Digestion and Constipation

- Digestive Enzyme \$35**
Reduces the inflammation in the stomach
- Probiotic Complex \$35**
Puts the good bacteria back in the stomach
- Organic Fiber \$35**
Creates an elimination and clears the colon

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

Flax Seed: an essential fatty acid; historically

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

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

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

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

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

Inflammation and Pain

Pain and Inflammation Enzyme \$30

Bromelain and papain enzymes that stop inflammation

Turmeric Capsules \$35

Fights inflammation, some cancers, and infection

Resveratrol \$35

Calms inflammation and stabilizes histamine release

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Saw Palmetto: is a single herb. Historically

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

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

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

Stress and Anxiety

Valerian Root \$35

Natural support for healthy sleep and relaxation

St. John's Wort \$35

Mild antidepressant. Provides emotional well-being.

Mood Enhancer \$35

Fights depression and helps to focus

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

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

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

Weight Loss

BF-4 \$45

Helps fat cells shrink and prevents fat cell formation

WheTea \$35

Targets abdominal fat and helps to shrink fat cells

Thermo X \$35

Increases your body's ability to burn fat

DHEA \$35

Boosts the body's metabolism and helps you burn fat

Lecithin \$35

Will emulsify fat and allow the body to eliminate it

3 Days a Week - Up to 9 Treatments each Week

Restore Your Health

RESTORE Health Program

Carencro Office: 896-4141

Sunset Office: 662-3120

Whole Body Vibration Therapy

- improves lymphatic circulation
- improves blood circulation
- tones muscles
- burns fat with increased metabolism

Aqua - Hydro Massage Therapy

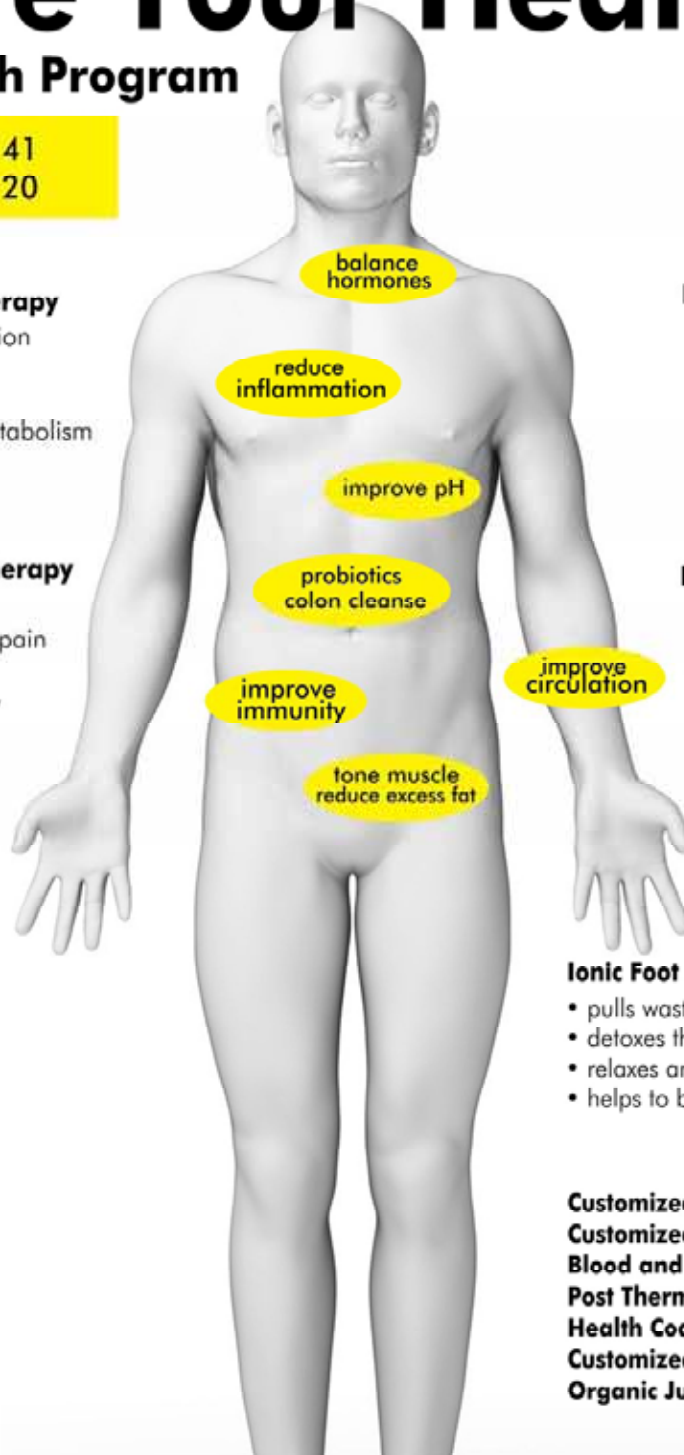
- lymphatic massage
- reduces inflammation and pain
- encourages blood flow
- relaxes and resets the body

Zerona Cold Laser Therapy

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

Biofeedback Therapy

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



Infrared Sauna Therapy

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

Liquid Vitamin Hydro-Therapy

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

Ionic Foot Detox Therapy

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

Customized Vitamin Therapy Program

Customized Diet and Eating Plan

Blood and Labwork

Post Thermography Imaging Exam

Health Coaching

Customized Wellness Plan and Instruction

Organic Juicing

Your body can heal from most disease if given the correct nutrients at the right time in the correct amount. Healing must begin at a cellular level in the body. It requires proper circulation, consistent detoxification, inflammation cured, strong metabolism of nutrients, rest and reset, a balanced pH, a balance of probiotic digestion of foods and daily elimination in the colon (bowel movements),

6-Week RESTORE Health Program \$340 10-Week Program: \$493 12-Week Program: \$562

INFRARED SAUNA THERAPY

INCREASED METABOLISM AND WEIGHT LOSS

Infrared Sauna Therapy can burn hundreds of calories by increasing your metabolism and core temperature. Far infrared heat also breaks down cellulite, trapped water, fat and wastes as part of the detoxification process.



A BOOSTED IMMUNE SYSTEM

During a session, the infrared sauna will raise your body temperature, inducing an artificial fever. Fever is the body's natural mechanism to strengthen and accelerate the immune response. The intense sweating during Infrared Sauna Therapy will enhance your immune system and increase your overall health and resistance to disease.

DETOXIFICATION OF THE BODY

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

RELIEF FROM PAIN

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

RELIEF FROM STRESS

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



AQUA MASSAGE THERAPY



COMBINATION OF HEAT AND MASSAGE

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

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

MUSCLE BENEFITS

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

HEALTH BENEFITS

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

WHOLE-BODY VIBRATION



LOW IMPACT EXERCISE

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

ION FOOT DETOX THERAPY



Ion Detoxification Therapy

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

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

How will it make you feel?

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

How does it work?

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

LIQUID VITAMIN THERAPY



INFRARED EFFECTS

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

HYDROFUSION™

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

CHROMOTHERAPY

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

VIBRATORY MASSAGE

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

integrative oncology research

What is Integrative Oncology?

Integrative Oncology care is defined as comprehensive support for each stage of a cancer patient's experience (from diagnosis to treatment decisions and restoration of immune function and health after completion of standard treatments). Patients can receive care from traditionally trained and educated doctors of naturopathy, nutritionists and acupuncturists, all of whom may obtain advanced oncology training.

Treatment options include mind/body medicine, acupuncture, botanical medicine and nutritional support. In Integrative Oncology care doctors communicate with each participant's medical and radiation oncologists to ensure truly integrated care. The goal is to improve not just the quality of life of people living with cancer, but also to reduce the risk of cancer recurrence.

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

The human body is a complex and responsive chemical factory. Muscles shiver to warm the body when the temperature falls. The pancreas produces insulin to control blood sugar levels. The kidneys remove urea, minerals, and water from the blood. White blood cells organize themselves to defend the body against infection.
The human body can heal itself.



liteon

is on the frontlines of integrative, alternative, natural and complementary medicine research.

We publish health briefs, new research, and editorials monthly and we are always exploring new complementary medicine in our wellness centers.

Dr. Steven T. Castille

integrative medicine
liteon Natural Health Foundation

BIRTHDAY

ANNIVERSARY

SPECIAL OCCASION

Wellness Center

\$200 Value
4 Full Body Massage Therapy Sessions
DHARMA Wellness Center in Sunset, LA

gift card

Expires 8/20/15

Wellness Center

\$200 Value
12 Foot Detox

gift card

Expires 8/20/15

Wellness Center

\$240 Value
9 Water Massage
9 Foot Detox
9 Whole Body Vibration

gift card

Expires 8/20/15

Wellness Center

\$340 Value
15 Water Massage
12 Foot Detox
15 Whole Body Vibration
15 Infrared Sauna Sessions
3 Body Wraps
6 Hydration Treatments

gift card

Expires 8/20/15

Wellness Center

\$640 Value
9 Zerona Treatments
9 Infrared Sauna Sessions
9 Whole Body Vibration

gift card

Expires 8/20/15

Wellness Center

\$800 Value
12 Zerona Treatments
12 Infrared Sauna Sessions
12 Whole Body Vibration

gift card

Expires 8/20/15

liteon Natural Health Center
100 E. Angelle St. Carencro, LA
Telephone: (337) 896-4141
Text GIFTCARD to (334) 424-5066

DHARMA Wellness Center
166 Oak Tree Park Dr. #H, Sunset, LA
Telephone: (337) 662-3120
Text GIFTCARD to (334) 424-5066

Caribbean Wellness Center
1077 Wisdom Rd. Opelousas, LA
Telephone: (337) 678-1500
Text GIFTCARD to (334) 424-5066



namasté

(nah-mas-tay)

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

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Natural Health Center
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