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# natural awakenings

**10**  
FOODS  
THAT LOWER  
DISEASE  
RISK



## Better Options Than Opioids

Natural Ways  
to Reduce Pain

## ORGANIC FARMERS

Restoring Food's  
Nutritional Value

## Watching Their Garden Grow

Gardening Connects  
Kids with Nature

## **publisher's letter**



Leadership depends much on opportunity and intuition. And while many people are able to recognize an opportunity after it's already passed them by, it's an entirely different matter to see opportunities coming. We believe that this is a skill or maybe even a gift. Opportunities are seldom labeled. That's why you have to learn what they look like – and how to seize them.

We believe that the best people to take with you on a leadership journey don't simply sit back and wait for opportunities to come to them. They make it their responsibility to go out and find them.

Good potential leaders don't rely on luck. As Walter P. Chrysler said, "The reason so many people never get anywhere in life is because when opportunity knocks, they are out in the backyard looking for four-leaf clovers."

Of the people around you, who always seems able to recognize opportunities and grab hold of them? The people with those qualities are the ones you're probably going to want to take with you on your leadership journey. We believe that the best leaders understand and see opportunities coming, because they have a heightened sense of frequency and are able to tune into the energy of people and things around them.

We believe that engaging with the world is a new kind of proposition now. It's not so much about ambition, attracting attention, conquering, or making deals face to face as it is about sensing your way into a shared experience with people, objects, machines, processes, and events. Direct experience (conscious sensitivity), direct knowing (intuition), direct communication (telepathy), and direct loving (heightened empathy) – all functions of your home frequency and the present moment – with your primary methods for navigating, knowing, and acting.

Here's an exercise we want you to try and here is how it begins: you center in your home frequency, then intentionally extend your feeling sense 360 degrees around and beyond your body. As you do, you include things and notice certain things in particular. Then you *feel into* whatever you notice. *Feeling into* is using your sensitivity to penetrate into something, merge with it, and become it briefly. As you *feel into* something, it becomes part of you, and familiar, and you begin to know about it immediately. It's a little like role-playing the things you're noticing. To be able to successfully do this requires silencing the mind and extending your energy and love to things and people around you. Try it. Practice it.

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



*Steve & Michelle*

Steve and Michelle Castille, Publishers

HEALTHY LIVING HEALTHY PLANET

**natural**  
awakenings

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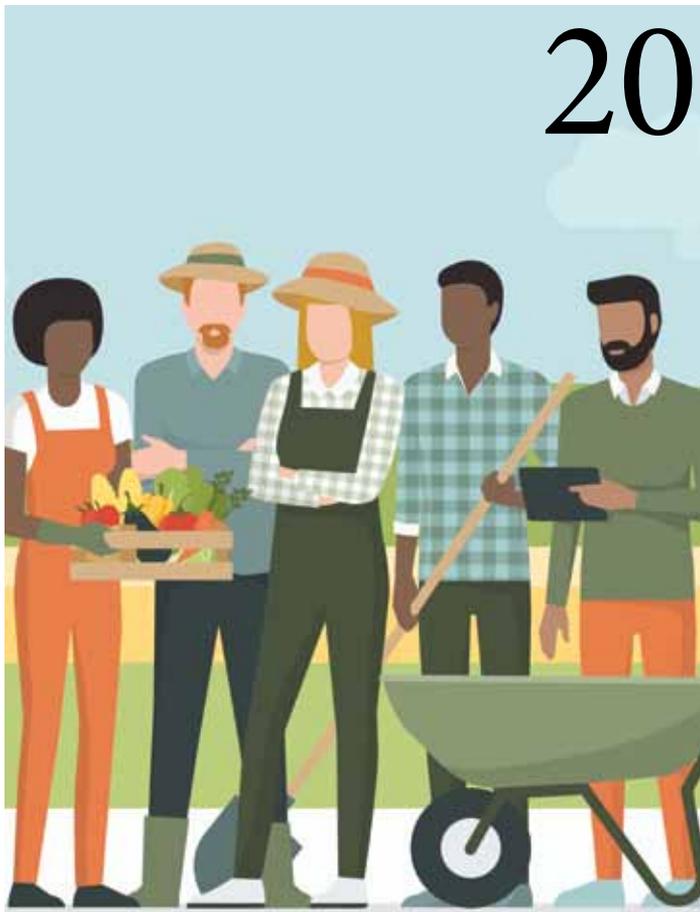
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Natural Awakenings is your guide to a healthier, more balanced life. In each issue readers find cutting-edge information on natural health, nutrition, fitness, personal growth, green living, creative expression and the products and services that support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

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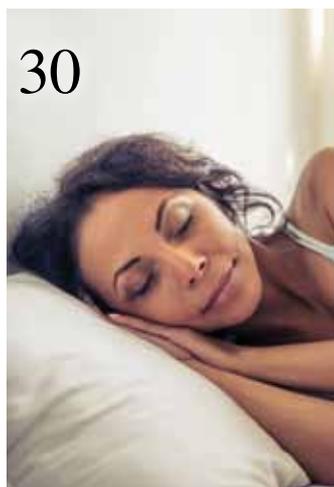
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## A Place 4 Me Relocates to Enterprise Business Center

A Place 4 Me, a counseling and life coaching center, has relocated to the Enterprise Business Center, 3419 NW



Evangeline Thruway, Ste. M3, in Carencro, to provide flexible, convenient scheduling for busy, everyday families.

At A Place 4 Me, counselors specialize in providing high-quality Christian life coaching, play therapy and counseling services addressing the issues that individuals care about the most. The center aims to help ordinary people tap into the extraordinary greatness that is inside each of us.

*Location: 3419 NW Evangeline Thruway Ste. M3, Carencro. For information, call 337-523-6770 or 337-565-0607, email [office@aplace4me.net](mailto:office@aplace4me.net) or visit [aplace4me.net](http://aplace4me.net).*

## Leger's Little Learners Offers Speech Therapy and Tutoring

Located within the Enterprise Business Center, Leger's Little Learners, a speech pathology center, offers speech therapy and tutoring for a variety of individuals.



Speech-Language Pathologist Gail Leger provides speech therapy—along with speech and language assessments—for all ages in either group or individual settings. Additionally, Leger's Little Learners offers tutoring services for students in kindergarten through sixth grade.

*Location: 3419 NW Evangeline Thruway Ste. A5, Carencro. For more information, call 337-945-1842 or email [gmarie924@aol.com](mailto:gmarie924@aol.com).*

## LSU Ag Center to Host Organic Farming Workshop

The LSU AgCenter, along with the Louisiana Sustainable Agriculture Research and Education Professional Development



Program, will host a free two-day training on organic farming practices and techniques on July 24 and 25 at

UL Cade Farm in St. Martinsville. Sign in begins at 8:15 a.m., and the workshop will take place from 9 a.m. until 4:30 p.m. both days.

The training is designed to offer information for all levels of the agriculture community including beginning farmers and home gardeners, advanced farmers, agriculture professionals and extension agents. The training will focus on small-scale, sustainable vegetable production and will include topics such as sustainability, record keeping, soil fertility, rotations, farm design and more. Alex Hitt, who has more than 37 years of farming and teaching experience, and is also the co-owner of Peregrine Farm with his wife, Betsy, will lead the sessions.

*For information, contact Sydney Melhado, LSU AgCenter - Louisiana SARE Program Assistant, at [smelhado@agcenter.lsu.edu](mailto:smelhado@agcenter.lsu.edu) or 225-578-1037.*

## ICCR Dairy Farm Now Open in Church Point



ICCR Dairy Farm is now open at 1533 Lourdes Road, in Church Point, from 7 a.m. to 7 p.m. Monday through Sunday. ICCR is a small, family owned goat dairy farm featuring dairy products sourced from their herd of free-range goats.

Professional farmers with more than 20 years of experience treat the goats with the highest quality of care. To ensure the highest quality milk, lactating goats are fed a diet that is balanced in energy, protein, vitamins and minerals. The goats are raised on a pasture where they can roam and graze on grass and clover hay. They are also fed grain, which helps to achieve optimal milk production.

ICCR Farms features various breeds including Sable, Saanen, Nutmeg, Oberhasli and others. Products from the dairy include milk, cheese, yogurt, kefir and caramel sauce.

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## health briefs

### Warming Planet Will Worsen Sleep

As Earth's climate becomes warmer, sleepless nights will increase for many, predicts a study from the University of California, San Diego. The research links sleep data on 765,000 Americans collected by the U.S. Centers for Disease Control and Prevention with climate models that predict warming trends. Rising temperatures could cause six additional nights of poor sleep per 100 people by 2050 and 14 by 2099. Seniors, which have difficulty regulating body temperature, and low-income people without air conditioning, are likely to be the most affected.



### Pesticides Lower Birth Weights

The danger of pesticide exposure for expectant mothers has been confirmed by a study of half a million people in the San Joaquin Valley of California, a heavy-pesticide region in which more than one-third of U.S. vegetables and two-thirds of our fruits and nuts are grown. Studying birth records, researchers from the University of California, Santa Barbara, found that the top 5 percent of women with the highest exposure had negative effects for all birth outcomes, including low birth weight, gestational length, preterm birth and birth abnormalities.

### Exercise Benefits Cancer Survivors

Moderate-to-vigorous physical activity increases cognitive function and reduces fatigue in breast cancer survivors, concludes a University of Illinois at Urbana-Champaign study. The 299 participants that had undergone chemotherapy an average of eight years earlier wore an accelerometer for a week to measure their average daily minutes of exercise and completed a set of questionnaires and neuropsychological tests. The findings suggest that those regularly performing this level of exercise benefit through improved attention, memory and multitasking abilities.

Also, in a recent Portuguese study of 15 women being treated for advanced breast cancer, eight women performed two, one-hour sessions a week of aerobic, strength-training and arm exercises. After 12 weeks, they experienced significantly less fatigue and pain, improved cardiovascular fitness, better emotional well-being and a greater ability to perform daily tasks, compared to the control group.



### Eating Apples and Tomatoes Repairs Lungs

Eating lots of fresh tomatoes and fruit, especially apples, helps heal damaged lungs of ex-smokers, reports Johns Hopkins University research published in the European Respiratory Journal. The study, which followed more than 650 people between 2002 and 2012, also found that those that ate more than two tomatoes or more than three portions of fresh fruit daily experienced markedly less of the natural decline of lung function that typically occurs after age 30.





## Steam Baths Ease Allergies

Researchers from Thailand had 64 people suffering from hay fever (allergic rhinitis) experience half-hour steam baths three times a week for four weeks. Half received baths without herbs; the other half's baths were enhanced with herbs such as lemongrass and ginger. The two treatments equally lowered symptoms such as sneezing, nasal itching and nasal congestion, but those taking the herbal baths reported greater satisfaction with their treatment.

## Bee Venom Is Powerful Lyme Disease Remedy

Bee venom and its toxic component, melittin, can reduce the bacterium *Borrelia burgdorferi* that causes Lyme disease more effectively than standard therapy using antibiotics such as doxycycline, cefoperazone and daptomycin. The laboratory findings come from the Lyme Disease Research Group at the University of New Haven, in Connecticut.



## Walking Speed May Predict Dementia

A recent study published in *Neurology* suggests there is a link between walking speed and the onset of dementia in older adults. Using a stopwatch, tape and an 18-foot-long hallway to measure the walking speed of 175 adults aged 70 to 79, University of Pittsburgh researchers found that in the course of 14 years, those that slowed down by 0.1 second or more per year were 47 percent more likely to develop cognitive decline. The slowing walkers also experienced shrinkage in the right hippocampus, associated with complex learning and memory. The results held true even after realizing that a slowing gait could be due to muscle weakness, knee pain or another disease.

Similarly, a study published in *Neurology* of 93 adults 70 and older found that slow walkers were nine times more likely to develop non-memory-related mild cognitive decline than moderate-to-fast walkers. Walking speed was monitored using infrared sensors in their homes over a three-year period; participants regularly took memory and thinking tests.

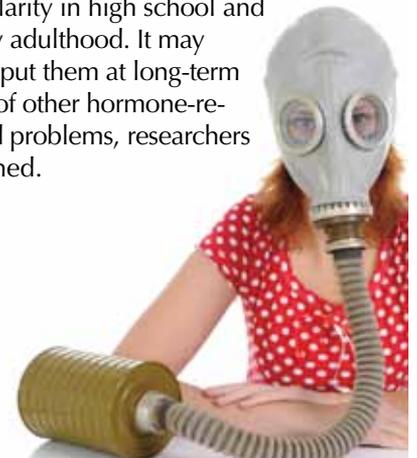


## Only One in 10 U.S. Adults Eats Healthy

Just 9 percent of U.S. adults eat enough vegetables and only 12 percent eat enough fruit every day, concludes a recent study by the U.S. Centers for Disease Control and Prevention. National guidelines for adults recommend at least one-and-a-half to two cups per day of fruit and two to three cups of vegetables. Consumption is lowest among men, young adults and adults living in poverty.

## Air Pollution Affects Teen Menstruation

Polluted air raises the chances of irregular menstrual cycles among teenage girls, a new Boston University School of Medicine study reports. Studying the records of 34,832 women and linking that information with levels of pollutants when the women were 14 to 18 years old, researchers concluded that teenage girls in polluted areas have a slightly greater likelihood of menstrual irregularity and take longer to achieve regularity in high school and early adulthood. It may also put them at long-term risk of other hormone-related problems, researchers warned.





## Meat Menace

### Animal Product Emissions Rival Oil

According to data from the Food and Agriculture Organization of the United Nations, three of the world's largest meat producers, JBS, Cargill and Tyson, emitted more greenhouse gas last year than all of France and nearly as much as the biggest oil companies, such as Exxon, British Petroleum and Shell. Carbon dioxide emissions from raising farmed animals make up about 15 percent of global human-induced emissions, with the biggest offenders being beef and milk production.

The nonprofit environmental organization EcoWatch claims that a pound of beef requires 13 percent more fossil fuel and 15 times more water to produce than a pound of soy. It notes, "There is no such thing as sustainable meat, and plant-based alternatives to meat, dairy and eggs take a mere fraction of the resources to produce as their animal-based counterparts."

A vegan diet is not just good for the planet, either; it also spares animals misery at factory farms. "Pigs, cows, chickens and other farmed animals suffer horribly. These innocent animals face unthinkable horrors: cruel caged confinement, brutal mutilations and bloody, merciless deaths," says Joe Loria, communications and content manager at the humanitarian group Mercy for Animals.

## In Vitro Corals

### Scientists Help Repropagate Vanishing Reefs



Warming seawater and increasing ocean acidity are damaging reef ecosystems around the world, and some scientists and environmentalists fear a worldwide collapse by 2050. Coral reefs are colonies of millions of tiny animals. In a single night, the corals join in casting a fog of sperm and eggs into the water to either fertilize and make baby coral larvae or settle back onto the reef, fostering growth.

Dirk Petersen, Ph.D., founder and executive director of Sexual Coral Reproduction, in Hilliard, Ohio, gathers sperm and eggs from corals, fertilizes them in a lab and returns the baby corals to the wild. "A bunch of us coral reef managers were just so sick of just watching things die," says Laurie Raymundo, a biologist at the University of Guam. This kind of in vitro fertilization provides at least a glimmer of hope for the future.

## Loving It

### Fast Food Giants Finally Address Plastic Pollution

In a win for the health of the world's oceans, McDonald's says it will end the use of harmful polystyrene foam packaging globally by year's end. Rarely recycled, the material used in beverage cups and takeout containers is a frequent component of beach litter, degrading into indigestible pellets that marine animals mistake for food, resulting in injury or death. The company says, "The environmental impact of our packaging is a top priority." The International Agency for Research on Cancer has determined that styrene, used in the production of polystyrene, is also a possible human carcinogen.

Dunkin' Donuts is also phasing out its polystyrene foam cups in favor of paper cups. A planned worldwide project completion by 2020 will prevent nearly 1 billion foam cups from entering the waste stream each year. Customers may still opt for the restaurant's mugs or bring their own thermos. The foam cups will be replaced with double-walled paper cups made with paperboard certified to Sustainable Forestry Initiative standards.

### Migranes and constant headaches

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

### Abnormal lump in the breast

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

### Chest pains and irregular heartbeats

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

### Uncontrollable weight gain or loss

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

### Acid reflux and upset stomach

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

# inflammation

sparks almost every major disease in the body

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**Acidosis** - an acidic pH is often called the “Real Silent Killer”. Saliva pH should stay close to 6.5 with a range of 6.4 morning to 6.8 in the evening. Urine pH should fluctuate between 6.0 morning and 7.0 in the evening. [Calcium Complex](#) to buffer acids. Use alkaline minerals like [Adult-Food Based Multimineral](#), [Digestive Enzyme Complex](#) with meals. Cleanse as needed with [Psyllium Husk + Organic Fiber Powder](#). Also, strengthen the lymphatic systems ability to accept acids using [Whole Body Vibration](#).

**A.D.D / A.D.H.D.** - [Mood Enhancer](#), [Flax Seed Oil](#), [Multi Minerals Cal-Mg-Zn](#), [Vitamin C](#). Use the “Eat Right for your blood type diet”. [Whey Protein](#) and [Childrens multi-vitamins](#). Eliminate sweeteners, sugar, sodas, etc. Check for possible food allergies. If ADHD is involved, [Niacin](#) may also be needed.

**Acne** - [Acidophilus Probiotic](#) and [Digestive Enzyme Complex](#). [Colloidal silver](#), [Zinc](#), and [Tea Tree Oil](#) externally. [Flaxseed Oil](#), [Vitamin B Complex](#), [Vitamin C](#), [Vitamin D3](#), [CoQ10](#), [Garlic](#) as a natural antibiotic and [Wheatgrass](#) for the chlorophyll to cleanse

the blood, lymphatics, and skin. Use an [Infrared Sauna](#) to detox the skin and [Whole Body Vibration](#) to increase blood and lymphatic circulation.

**Age Spots** - (also called Liver Spots) are results of waste build-up from free radical accumulation. [pH 9.5 drops](#), [Green Waters Alkaline Water](#), [Milk Thistle](#), [Antioxidant Complex](#), [Adult Multi-Mineral + Vitamin E](#). Use [L-Arginine](#) to flush and cleanse the liver. [Lecitin](#) and [Digestive enzymes](#) to emulsify fat and increase digestion to reduce the burden on the liver. [CoQ10](#) promotes tissue oxygenation and [Selenium](#) is a good detoxifier.

**Allergies** - [Acidophilus Probiotic Complex](#) to improve digestion. [Immune Formula](#) to boost the body’s natural virus fighting abilities. [Pain and Inflammation Enzymes](#), [Cal-Mg](#), [Organic Garlic](#), [CoQ10](#), and [Grape Seed](#) to reduce free radical damage. [Vitamin C](#) protects the body from allergens.

**Alzheimer’s** - [Vitamin E](#), [Mood Enhancer](#), [pH 9.5 drops](#), [Wheatgrass](#), [Zinc](#), [CoQ10](#),

and [Folic Acid](#) to aid in controlling homocysteine levels. Studies have shown high levels of homocysteine in this disorder. Lecitin to improve memory. [Food-Based Multivitamin](#) and [Multimineral](#). [Antioxidant Complex](#) + [Selenium](#) as a powerful antioxidant to protect brain cells.

**Anemia** - [Cheleated Iron](#), [Vitamin B12](#), [Vitamin C](#), [Vitamin E](#), [Zinc](#), and add [Wheatgrass](#) to drinking water. (do not use iron if anemia is thalassemia - a blood disorder).

**Anxiety / Panic Attacks** - [5-HTP](#), [Mood Enhancer](#), [Cal-Mg](#), [Food-Based Multivitamin](#) and [Multimineral](#), [Vitamin E](#), [Vitamin D3](#), [CoQ10](#), [Ginkgo Biloba](#), [Chromium Picolinate](#). Use [Melatonin](#), [Valerian](#), and [Sleep Aid](#) to sleep at night.

**Appetite Stimulant** - [Organic Grass Juice](#), [Saw Palmetto](#), [Wheatgrass](#) and [Food-Based Multivitamin](#) and [Multimineral](#).

**Appetite Suppressant** - [Glucomanan](#) expands to sixty times it’s own weight to curb appetite and promote a sense of fullness.

[Food-Based Multivitamin](#) and [Multimineral, Spirulina, Organic Fruits & Greens Powder Blend](#).

**Arteriosclerosis** - The buildup of deposits inside the artery wall. Use [pH 9.6 Drops](#), [Green Water Alkaline Water](#), [Amino Acid Complex](#), [Omega-3](#), [Food-Based Multimineral](#), [Garlic](#), [Wheatgrass](#), [Vitamin C](#), [Antioxidant Complex](#), and [Selenium](#) a powerful liver detoxifier. A Heavy Metal Detox program may be necessary.

**Arrhythmias** - electrical disorders that disrupt the natural rhythm of the heart. 100-300mg /day [CoQ10](#) - strengthens the heart without exercise. [Cal-Mg](#), [Vitamin E](#), [Cardiac Support](#), and [Iodine Liquid Drops](#) to activate the thyroid (thyroid helps to regulate heart beat).

**Arthritis** - The "Eat Right for your blood type diet" usually improves arthritis. Check for food allergies. [Digestive Enzyme Complex](#) + [Probiotic Complex](#) are essential for this condition. [Pain and Inflammation Enzyme](#), [Quercetin with Bromelain](#), [Glucosamine Complex with Chondroitin & MSM](#), [Cal-Mg-Zn with D](#), [Kelp](#), [Food-Based Multimineral](#) and [Multivitamin](#), [Flaxseed](#), [Amino Acid Complex](#), [Antioxidant Complex](#) + [Selenium](#), [CoQ10](#), [Vitamin E](#), [Vitamin D3](#) for circulation.

**Asthma** - medical attention needed until nutrition rebuilds. [Food-Based Multivitamin + Multimineral](#), [CoQ10](#), [Vitamin E](#), [Vitamin D3](#), [Vitamin C with bioflavonoids](#) needed to protect lung tissue and keep infection down. [Vitamin B12](#) and [Kelp](#) for minerals in balanced amounts.

**Backache** - [Pain and Inflammation Enzyme](#), [Cal-Mg-Zn with D](#), [Food-Based Multivitamin and Multimineral](#), [Glucosamine Complex with Chondroitin & MSM](#), [Green Waters Alkaline Water](#) minimum 64 oz daily. [Vitamin B12](#) aids in calcium absorption. [Shark Cartilage](#), [Flaxseed Oil](#), [Vitamin B Complex](#), and [Vitamin C](#) is essential for the formation of collagen.

**Bad Breath /Halitosis** - usually caused by poor digestion or poor elimination. [Psyllium Husk](#), [Digestive Enzyme Complex](#), [Probiotic Complex](#), [Wheatgrass](#), and [Garlic](#) as a natural antibiotic. Clean the colon with [Organic Fiber](#).

**Baldness** - Eat plenty of soy to block negative testosterone. Take [Flaxseed](#), [Hair-Skin-Nail](#), [Biotin](#), [Vitamin C](#), [Vitamin B Complex](#), [Ginkgo Biloba](#) + [CoQ10](#) to increase circulation in scalp.

**Bladder Incontinence** - check for bladder infection and balance pH. [Probiotic Complex](#), [Amino Acid Complex](#), [Cal-Mg-Zn with D](#).

**Bladder Infection (cystitis) - Cranberry Chewables, Organic Cranberry** are the two primary supplements needed. Add [Colloidal Silver](#) and [Organic Garlic](#) as natural antibiotics to soothe painful urination. Take 4,000 - 5,000 mg [Vitamin C](#) in divided doses of 1,000 mg to produce an antibacterial affect through acidification of the urine. [Probiotic Complex](#), [Cal-Mg-Zn with D](#), [Food-Based Multivitamin and Multimineral](#). If re-occurring bladder infections check for Candida.

**Blood Clots (Venous Thrombosis)** - a blood clot in a vein and needs medical attention. [Vitamin E](#), [Grape Seed Extract](#), [CoQ10](#), [Wheatgrass](#) (do not take Wheatgrass if taking blood thinning meds). [Flaxseed](#), [Organic Garlic](#), [Lecithin](#), [Cal-Mg](#), [Vitamin C](#), and [Vitamin B Complex](#) to speed up healing time and aid with bodily functions. Fasting decreases blood coagulation and may be beneficial.



**Blood Count** - to build red blood cells: assist the liver and balance pH. An acidic pH prevents iron from absorbing (See *Acidosis*). [Milk Thistle](#), [Chelated Iron](#), [Wheatgrass](#), [Food-Based Multivitamin and Multimineral](#).

**Blood Pressure, High (Hypertension)** - 39% of those with high blood pressure have a [CoQ10](#) deficiency and weak kidneys. [Organic Garlic](#) and [Valerian](#) if stressed or nervous. [Niacin](#) and [L-Arginine](#). [Cal-Mg-Zn](#), [Sustained Release Potassium](#), [Flaxseed](#), [Selenium](#), [Vitamin C](#), [Vitamin E](#), [Lecithin](#), [Kelp](#) to balance minerals, and [Antioxidant Complex](#).

**Blood Pressure, Low** - [Liquid Iodine](#), [Sustained Release Potassium](#), [L-Tyrosine](#).

**Boils** - referred to as furuncles by medical professionals. Toxic bowel and/or excess junk foods are causes of most boils. [Vitamin E](#), [Chelated Iron](#), [Antioxidant Complex](#), [Organic Garlic](#), [Selenium](#), [Colloidal Silver](#), [Vitamin A](#), [CoQ10](#), and [Vitamin C](#) as a powerful anti-inflammatory and to enhance the immune system.

**Breast Cysts** - can be caused by negative estrogen not processed by the liver. [CoQ10](#) is a powerful anti-oxidant that helps to remove toxins from the body. [Vitamin E](#) + [Kelp](#) is a rich source of iodine. [Iodine](#) deficiency has been linked to fibrocystic breast.

**Vitamin A, Vitamin B Complex, Vitamin C, Zinc**, and [Food-Based Multimineral](#) which provides balanced mineral content for the body. Women's Hormone Balance. Estrogen or birth control pills can make symptoms worse - switch to low-dose pill.

**Bronchitis** - [Immunity Formula](#), [Vitamin C](#), [Cal-Mg-Zn with D](#), [Organic Fiber](#) to detox the colon, [Colloidal Silver](#), [CoQ10](#), and [Pain and Inflammation Enzyme](#) to reduce the inflammation. [Garlic](#), [wheatgrass](#) for chlorophyll to detox the lymphatic system, [Zinc](#), and [Vitamin B Complex](#).

**Bursitis** - Balance pH levels.- see Acidosis. [Flaxseed](#), [Cal-Mg](#), [Amino Acid Complex](#), [Vitamin C](#), [Vitamin E](#), [CoQ10](#), [Zinc](#), [Glucosamine](#), [Food-Based Multivitamin](#), [Antioxidant Complex](#), and a [Probiotic Complex](#) to aid in digestion. [Manglier Tea](#).

**CANDIDA** - *Candida Albicans*, a single-celled fungus, is always present in the genital and intestinal tracts. If it is present in disproportionate quantities it can cause infection. [Organic Fiber](#) and [Psyllium Husk](#) for healthy bowel elimination, [Digestive Enzyme Complex](#) and [Probiotic Complex](#) to build good bacteria in the bowel. [Colloidal Silver](#), [Organic Garlic](#), [Cal-Mg-Zn with D](#) is often deficient in people with candida. [Food-Based Multivitamin and Multimineral](#), [Selenium](#), and [Vitamin C with bioflavonoids](#). Eliminate all sugars, wheat, and dairy products for at least 2 weeks.

**Carpal Tunnel** - [Pain and Inflammation Enzyme](#), [Cal-Mg-Zn with D](#), [Flaxseed Oil](#), [Lecithin](#), [Vitamin B Complex](#), [Grape Seed Extract](#), [Kelp](#), and [Zinc](#) to aid healing.

**Cataracts** - Balance pH levels.- see Acidosis. [Vitamin E](#), [Lutein Plus for eyes](#), [L-Lysine](#), [Vitamin E](#), [Vitamin C](#), [Zinc](#).

**Cholesterol** - Over 60% of cholesterol is produced by the body in the liver. Start with [Organic Fiber + Digestive Enzyme](#)



[Complex](#), [Red Yeast Rice](#), [Green Tea](#), [Selenium](#), [L-Carnitine](#), [Lecithin](#), [Vitamin B Complex](#), [Vitamin C](#), [Vitamin E](#), [Flax Seed Oil](#), and [Organic Garlic](#) which lowers cholesterol and blood pressure levels. [Fat Complex](#) to absorb excess fat in the body.

**Chronic Fatigue Syndrome** - [B-12 + Thermo X](#) to boost the body's metabolism. [Probiotic complex](#), [CoQ10](#), [Vitamin E](#), and [Melatonin](#) + [Sleep Aid](#) for a restful sleep. [Amino Acid Complex](#) [Ginkgo Biloba](#) improves circula

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tion and brain function. [Milk Thistle](#) protects the liver. [St. John's Wart](#) has antiviral properties and is a good antidepressant. [Mood Enhancer](#) to improve mood.

**Circulation** - [Vitamin C](#), [Vitamin D3](#), and [CoQ10](#). [Ginkgo Biloba](#) improves circulation and brain function. [Wheatgrass](#) for chlorophyll which improves oxygen levels in the body. [L-Carnitine](#) helps to strengthen the heart muscle and and promote circulation by transporting long fatty acid chains.

**Cirrhosis (of the liver)** - [Milk Thistle](#) and [Digestive Enzyme Complex](#) are very important. [Probiotic Complex](#). [Garlic](#), [L-Arginine](#), [L-Carnitine](#), [Lecitin](#), [Wheatgrass](#), [Cal-Mg](#), [Amino Acid Complex](#).

**Cold Sores (Fever Blisters)** - [L-Lysine](#), [Vitamin E](#), and [Mood Enhancer](#) for stress relief. [Immunity Formula](#), [Antioxidant Complex](#), [Colloidal Silver](#), and [Probiotic Complex](#).

**Colic** - Add [Organic Fiber](#) to your baby's formula. Some studies have suggested that colic may improve in certain infants when fiber is added to their formula. Organic Fiber, a bulking agent that draws water into the stool, to the babies' formula. Anywhere from one-half teaspoon three times a day to one-half teaspoon six times a day seems to do the trick. Start by adding small amounts of fiber to the formula, and build up to higher doses. Although not the answer for every baby, adding a little fiber is safe and worth a try. Mom should avoid chocolate, garlic, onions, caffeine, cow's milk, cabbage, corn, and eggs.

**Common Cold** - [Immunity Formula](#), [Antioxidant Complex](#), [Echinacea](#), [Organic Garlic](#), [Vitamin C](#).

**Constipation** - [Organic Fiber](#), [Psyllium Husks](#), [Probiotic Complex](#), [Digestive Enzyme Complex](#).

**Dandruff** - [Food-Based Multivitamin](#) and [Multimineral](#), [Essential Fatty Acids](#), [Kelp](#), [Selenium](#), [Vitamin B Complex](#), [Vitamin C with Bioflavonoids](#). May be caused by Candida - See CANDIDA.

**Depression** - Usually the thyroid is involved, see hypothyroid. [St. John's Wort](#), [5-HTP](#), and [Mood Enhancer](#) for mood

support. For nutritional support use [Liquid Iodine](#). [Cal-Mg](#), [Vitamin C](#), [L-Tyrosine](#), and [Essential Fatty Acid](#). A liver cleanse may be necessary. For PMS related mood swings use [Women's Hormone Balance](#).

**Diabetes** - [L-Carnitine](#), [Spirulina](#), [Vitamin B Complex](#), [Vitamin B-12](#) needed to prevent diabetic neuropathy, [CoQ10](#) improves circulation and stabilized blood sugar, [Psyllium Husk](#) is a good fiber source and [fat mobilizer](#), [Probiotic Complex](#), [Digestive Enzyme Complex](#), [Vitamin E](#), [Organic Fiber](#) to detox the colon.

**Diarrhea** - [Activated Charcoal](#) or [Hydrated Bentonite](#), [Essential Fatty Acid](#), [Acidophilus Probiotic](#), [Kelp](#) to replace minerals lost during diarrhea, [Colloidal Silver](#) acts as a natural alternative to antibiotics, [Organic Garlic](#), and [Immunity Formula](#).

**Diuretic** - promotes the production of urine. Use parsley with [Vitamin B-6](#). Watermelon and cucumbers are good diuretics. See Lemon Cleanse to reduce excess fluids.

**Diverticulitis** - [Digestive Food Enzyme](#), [Organic Fiber](#), [Psyllium Husks](#), [Flaxseed](#), [Vitamin B Complex](#) are needed for all enzyme system in the body and for proper digestion.

**Dizziness (Vertigo)** - [Ginkgo Biloba](#), [Vitamin C](#), and [CoQ10](#) to improve circulation to the brain. [Zinc](#) promotes a healthy immune system. [Immunity Formula](#) and [Antioxidant Complex](#). [Cal-Mg](#) is important in maintaining regular nerve impulses. [Melatonin](#) helps to maintain equilibrium.

**Dry Skin** - [Flax Seed Oil](#), [Iodine Liquid](#), [Lecithin](#), [Food-Based Multivitamin](#) and [Multimineral](#), [Vitamin E](#) protects against free radicals, and [Zinc](#) is necessary for proper functioning of the oil-producing glands of the skin.

**Ear Infection** - [Colloidal Silver](#), [Vitamin C with bioflavonoids](#), [Zinc](#) quickens the immune response, [Immunity Formula](#), [Antioxidant Complex](#), [Organic Garlic](#) as a natural antibiotic, and [Vitamin E](#) enhances the immune function.

**Eczema** - Balance pH - see Acidosis. Clean the bowels with [Organic Fiber](#) and [Psyllium Husk](#), [Wheatgrass](#) is high in chlorophyll

which detoxes the lymphatic systems and benefits eczema.

**Emphysema** - a degenerative lung disease. Use [Antioxidant Complex](#), [Wheatgrass](#) for chlorophyll, [Essential fatty acids](#), [Zinc](#), [CoQ10](#), [Amino Acid Complex](#), [Organic Garlic](#), [Vitamin C](#), and [Cal-Mg](#) which acts as a nerve tonic to protect nerve endings.

**Endometriosis** - Inflammation of the uterine lining. [Pain and Inflammation Enzyme](#) consistently for 90 days. [Vitamin E](#), [Iron](#), [Vitamin B Complex](#) promotes blood cell productivity and proper hormone balance. Cleanse the liver . See Lemon Cleanse.

**Energy** - low energy levels. [Vitamin B-12](#), [ThermoX](#), [Food-Based Multivitamin](#) and [Multimineral](#), [Spirulina](#), [Valarian](#) for a restful sleep. Liteon Natural's [Whey Protein](#) is the foundation for great tasting, highest quality, all natural meal replacement protein shakes. Get lean, burn fat, boost immunity, stay focused, and feel energized all day long with Liteon Natural's [Whey Protein](#).

**ESTROGEN DOMINANCE** - [Milk Thistle](#), [Women's Hormone Balance](#), [Black Cohosh](#).

**Fever** - [Immunity Formula](#), [Antioxidant Complex](#), [Organic Garlic](#), [Pain and Inflammation Enzyme](#), and [Manglier Tea](#).

**Fibromyalgia** - Symptoms mimic Chronic Fatigue Syndrome. Research has associated Fibromyalgia with [Magnesium](#), [B-6](#), and Malic acid deficiencies. [Cal-Mg-Zn with D](#), [Pain and Inflammation Enzyme](#), [Vitamin E](#), [Flaxseed](#), and [Organic Fiber](#) to cleanse the bowels. [Sleep Aid](#) and [Melatonin](#) for nervous fatigue and for proper sleep.

**Flu (Influenza)** - For Children: [Colloidal Silver](#), [Immune Formula](#), [Vitamin C](#). For Adults: [Immune Formula](#), [Vitamin C](#), [Organic Garlic](#), [Colloidal Silver](#), [Food-based Multivitamin](#) because all vitamins are needed for healing. [Vitamin B Complex](#) reduces stress caused by viral infection. [Selenium](#) boosts the immune response, enhancing the body's ability to fight infection.

**Food Poisoning** - Activated Charcoal (6 capsules to neutralize poison) and [Probiotic Complex](#).

**Lost 16 lbs  
4 inches**

# LASER TUMMY TUCK TREATMENTS

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**Suggested Use:** Take 1 tablet daily with a meal.

**Note:** If you are pregnant, nursing, have any health condition or are taking any medications, consult your health care practitioner before using this product. **Keep out of reach of children.** Store in a cool, dry place.

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. In case of accidental overdose, call a doctor or poison control center immediately.

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**Adult  
Food-Based  
Multi**

**30 Tablets**  
Dietary Supplement

**Supplement Facts**

Serving Size: 1 Tablet

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as natural beta-carotene)	10,000 IU 200%	Copper (as copper oxide)	0.5mg 25%
Vitamin C (as magnesium ascorbate)	250mg 333%	Manganese (as manganese sulfate)	2mg 100%
Vitamin D (as cholecalciferol)	100 IU 25%	Chromium (as chromium chloride)	50mcg 42%
Vitamin E (as d-alpha-tocopheryl succinate)	30 IU 100%	Molybdenum (as sodium molybdate)	10mcg 13%
Vitamin K (as phytylone)	50mcg 63%	Potassium (as potassium chloride)	25mg <1%
Thiamin (as thiamine mononitrate)	12mg 66%	Vanadium (as vanadium amino acid chelate)	8mcg
Riboflavin	10mg 588%	Boron (as boron glycinate)	50mcg
Niacin (as niacinamide)	25mg 125%	Bioflavonoids (from leech)	25mg
Vitamin B6 (as pyridoxine HCl)	10mg 500%	Radiol	10mg
Folic Acid	400mcg 100%	Choline (as choline bitartrate)	10mg
Vitamin B12 (as cyanocobalamin)	10mcg 167%	Resveratrol	10mg
Biotin	300mcg 100%	Hesperidin	10mg
Pantothenic Acid (as D-calcium pantothenate)	10mg 100%	Para-aminobenzoic acid (PABA)	1000µg
Calcium (as calcium citrate)	30mg 3%	Protease	1100 HUT
Iron (as ferrous bisglycinate)	5mg 28%	Amylase	2LU
Iodine (from kelp)	100mcg 87%	Lipase	2LU
Magnesium (as magnesium oxide, magnesium ascorbate)	70mg 18%	Cellulase	2CU
Zinc (as zinc citrate)	5mg 33%	Proprietary Superfood	470mg
Selenium (as selenomethionine)	25mcg 38%	Blend (leple pectin, papaya juice (fruit), spirulina, chirorella, eleuthero root), barley grass, schizandra (berries), astragalus (root), nettles (leaf), carrot (root), spinach (leaf)	

\* Daily Value not established

Other ingredients: Stearic acid, croscarmellose sodium, microcrystalline cellulose, silica, dicalcium phosphate, modified cellulose, magnesium stearate (vegetable source), vegetable coating.

**Female Problems** - Excess estrogen and lack of progesterone can cause heavy bleeding during the menstrual cycle. See [ESTROGEN DOMINANCE](#). Each month the ovaries produce 2 negative oil soluble estrogens (Estradiol, Estrone). They must first pass through the liver to be converted to a water soluble estrogen form (Estroil). If the liver can not break down these negative estrogens, they remain in our system. [Flaxseed](#), [Lutein](#), and [Women's Hormone Balance](#).

**Gall Bladder** - [Green Water](#) and [Wheatgrass](#) to help dissolve stones. If you have an attack, drink 1 tablespoon of apple cider vinegar in a glass of apple juice. This should relieve the pain quickly. If the pain does not subside, go to the emergency room. Gall Bladder mini-cleanse recipe : Drink 1 tbsp olive oil and juice of 1/2 lemon before bedtime. Repeat the drink first thing in the morning with 2oz apple juice. This is a mild cleanse that may take up to 30 days before passing Gall stones( which look similar to green peas) through the bowel. Its important to keep the bowel moving with [Organic Fiber](#) while cleansing the gall bladder.

**Gingivitis (Periodontal Disease)** - Use [Organic Garlic](#) and [Colloidal Silver](#) to kill off bacteria infection and use [Pain and Inflammation Enzyme](#) to ease discomfort and sooth tissue. [Echinacea](#) helps to keep down inflammation and enhance immune function.

**Glaucoma** - (see a doctor first) Liver must be cleansed before real advancement is made. See Lemon Cleanse. [Lutein Plus](#) for eyes, [Vitamin E](#), [Vitamin D3](#), and [CoQ10](#). Use [Lecithin](#) for a good source of choline and inositol, [Essential Fatty Acids](#), and [Vitamin B Complex](#). [L-Arginine](#) facilitates natural sythesis of nitric oxide, which promotes healthy blood vessels. Note: Avoid arginine

if you are pregnant or have cataracts, colitis, or a viral infection such as herpes.

**Gout** - Occurs when there is too much uric acid in the blood, tissue, or urine. Over-weight males are the often affected. Usually affects the big toe. Check for digestive system problems. Diet is very important for this ailment - Use the "Eat Right for your blood type diet" and [Balance pH](#). [Essential Fatty Acids](#), [Vitamin B complex](#), [Vitamin C with bioflavonoids](#), and [Vitamin E](#) improves circulation. [Amino Acid Complex](#) because uric acid production increases if essential amino acids are lacking. [Kelp](#) and [Wheatgrass](#) contain complete protein and vital minerals to reduce serum uric acid. [Grape Seed Extract](#) and [Antioxidant Complex](#) are powerful antioxidants.

**Hay Fever** - allergic response to pollen. [Immunity Formula](#), [Antioxidant Complex](#), [CoQ10](#), [Vitamin C with bioflavonoids](#), [Zinc](#), and [Organic Garlic](#) to help reduce isinus inflammation. [Pain and Inflammation Enzyme](#).

**Headache/ Migraine** - [5-HTP](#) has been shown in many clinical studies to have excellent results for tension headaches and migranes, [L-Tyrosine](#) for relief of cluster headaches. [Vitamin B3](#) improves circulation and aids in the functioning of the nerves. [Vitamin B Complex](#), [Glucosamine Complex](#), [Ginkgo Biloba](#) improves circulation to the brain and [Valerian](#) is a good sedative to take during a headace.

**Heartburn** - Insufficient digestive enzymes is most common cause. Use [Digestive Enzyme Complex](#), [Probiotic Complex](#), [Organic Fiber](#), [Papaya Chewable](#), [Cal-Mg-Zn](#), [Pain and Inflammation Enzyme](#), [Green Water Alkaline Water](#), [Wheatgrass](#). Balance pH - see Acidosis.

**Hemorrhoids** - [Probiotic Complex](#), [Organic Fiber](#), [Ca-Mg](#), [Vitamin C with bioflavonoids](#), [Psyllium Husks](#), to soften stool. [Vitamin E](#), [Shark Cartilage](#) and [Pain and Inflammation Enzyme](#). [Vitamin D3](#) aids in healing of mucous membranes and tissues. Also needed for calcium absorption. [Infrared Sauna Treatments](#).

**Hepatitis** - [Amino Acid Complex](#), [L-Arginine](#), [Lecithin](#), [CoQ10](#), [Vitamin C](#), [Vitamin E](#), [Antioxidant Complex](#), [Cod Liver Oil](#). Nutrition: [Immunity Formula](#), [Milk Thistle](#), [Food-Based Multivitamin](#).

**Herpes** - see Cold Sores for type 1. For type 2 herpes virus, also add [L-Lysine](#), [Vitamin B Complex](#), [Vitamin C with bioflavonoids](#), [Zinc](#), [Acidophilus Probiotic Complex](#), [Organic Garlic](#), [Colloidal Silver](#).

**Hiatal Hernia** - [Pain and Inflammation Enzyme](#), [Vitamin E](#), [Antioxidant Complex](#).

**High Blood Pressure (Hypertension)** - 39% of those with high blood pressure have a [CoQ10](#) deficiency and weak kidneys. [Organic Garlic](#), [Valerian](#), [Niacin \(Vitamin B3\)](#), [L-Arginine](#), [Flaxseed Oil](#), [Selenium](#) deficiency has been linked to heart disease. [Vitamin E](#) improves heart function. [Vitamin E](#) also acts as a blood thinning agent; use with caution if you taking prescription blood thinners. Vitamin C improves adrenal function and reduces blood-clotting tendencies. [Food-Based Multimineral](#) for good nutrition.

**Hives** - an reactionary liver overload caused by either environmental exposure to toxins or traumatic / emotional stress. [Valerian](#), [Mood Enhancer](#), [Pain and Inflammation Enzyme](#), [Acidophilus Probiotic](#) reduces allergic reactions and helps replenish "friendly" bacteria.

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**Hot Flashes - Menopause** - In the beginning stages the [Women's Hormone Balance](#) is recommended first. The key is finding the right amount of hormone herbs for your body in your current stage of menopause. If the [Women's Hormone Balance](#) is too weak then add [Black Cohosh](#). Also, [Cal-Mg-Zn with D](#) and [Food-Based Multimineral](#) to prevent bone loss is suggested as well as extra Vitamin E. Use [Valerian](#) and [Sleep Aid](#) for a restful sleep.

**Hypertglycemia** - see Diabetes

**Hyperthyroid - Graves' Disease** - (overactive thyroid) [Omega 3](#), [Essential Fatty Acids](#), [Lecithin](#), [Vitamin C with bioflavonoids](#), [Vitamin E](#), [Antioxidant Complex](#).

**Hypoglycemia** - (low blood sugar) - often caused by poor digestion or food allergies. [Digestive Enzyme Complex](#), [Probiotic Complex](#), [Organic Fiber](#), [Amino Acid complex](#), [Thermography](#) to check for hypothyroid.

**Hypothyroid** - (see thyroid explanation) [Liquid Iodine](#), [Amino Acid Complex](#), [Kelp](#), [L-Tyrosine](#) because low plasma levels have been associated with hypothyroidism. [B-Complex](#) because B vitamins improve cellular oxygenation and energy and are needed for proper digestion, immune function, red blood cell formation, and thyroid function.

**Immune System** - [Immunity Formula](#), [Antioxidant Complex](#), [Vitamin C](#), [Digesting Enzyme Complex](#), and [Organic Fiber](#).

**Incontinence** - (Involuntary urination) [Probiotic Complex](#), [Amino Acid Complex](#), [Cal-Mg](#), and [Zinc](#) for improved bladder function.

**Indigestion** - Any of these products alone will stop indigestion and heartburn. [Glucosmannan](#) and [Organic Fiber](#) to cleanse the colon and to aid in normal stool formation. Insufficient digestive enzymes is most common cause. Use [Digestive Enzyme Complex](#) with each meal. Balance pH - see Acidosis.

**Infertility** - [Selenium](#) deficiency leads to reduced sperm count and has been linked to sterility in men and infertility in women. [Vitamin E](#) carries oxygen to the sex organs. [Zinc](#) is important for the functioning of reproductive organs. [L-Arginine](#), [L-Tyrosine](#), [Folic Acid](#), [Vitamin B-12](#), [DHEA](#) improves

libido. [Essential Fatty Acids](#) are essential for normal glandular function.

**Insomnia** - [Calcium/Magnesium](#), [5-HTP](#) plus one of the following: [Mood Enhancer](#), [Sleep Aid](#), [Melatonin](#) or [Valerian](#).

**Irritable Bowel Syndrome** - [Flaxseed Oil](#), [Amino Acid Complex](#), [Organic Garlic](#), [Psyllium Husk](#), [Organic Fiber](#) has a cleansing effect, [Vitamin B Complex](#), [Vitamin B12](#), [Probiotic Complex](#).

**Kidney Stones** - Balance pH, [Green Water Alkaline Water](#), [Wheatgrass](#), [Food-Based Magnesium Complex](#), [L-Arginine](#) aids kidney disorders, [Vitamin E](#), and [Vitamin C](#). [Pain and Inflammation Enzyme](#) for pain, and drink fresh squeezed lemon juice with pure water.

**Laryngitis** - [Colloidal Silver](#), [Antioxidant Complex](#), and [Organic Garlic](#) as a natural antibiotic.

**Leg Cramps** - [Cal-Mg](#), [Calcium Complex](#), [Food-Based Multimineral](#), and [Digestive Enzyme Complex](#).



**Lemon Cleanse** - A no food fast for 3 -10 day that will flush and remove toxins, help high blood pressure, flush kidneys and liver, and help with sinus congestion or allergies. Recipe: 3qts. reverse osmosis purified water, 1 cup fresh squeezed lemon juice, 1 cup pure maple syrup, and 2 capsules Capsicum daily. Drink 8-12 glasses of the lemon mixture daily.

**Lupus** - Use the "Eat Right for your blood type diet". [Flaxseed Oil](#), [Cal-Mg](#), [L-lysine](#), [Glucosamine Complex](#), [Vitamin C](#), [CoQ10](#), [Kelp](#), [Probiotic Complex](#) protects against intestinal bacterial imbalances. [Wheatgrass](#)

is a good source of minerals for healing and oxygen for cell metabolism. [Antioxidant Complex](#), [Pain and Inflammation Enzyme](#), and [Vitamin E](#). Perform a weekly colon cleanse with [Organic Fiber](#).

**Lyme Disease** - [Flax Seed Oil](#), [Organic Garlic](#), [Kelp](#) for essential minerals, [Food-Based Multivitamin and Multimineral](#), [Selenium](#) as a free radical scavenger, [Vitamin C](#), [Vitamin E](#).

**Memory** - [Ginkgo Biloba](#), [Mood Enhancer](#), [Flax Seed Oil](#), [CoQ10](#) and [DHEA](#).

**Menopause** - - In the beginning stages the [Women's Hormone Balance](#) is recommended first. The key is finding the right amount of hormone herbs for your body in your current stage of menopause. If the [Women's Hormone Balance](#) is too weak then add [Black Cohosh](#), [Vitamin E](#), [DHEA](#), [Essential Fatty Acid](#), [Zinc](#), [L-Arginine](#), [L-Lysine](#), [Cal-Mg](#).

**Morning Sickness** - [Red Raspberry](#), [Ginger](#), [L-Methionine](#) prevents nausea, and [Vitamin B Complex](#).

**Muscle Cramps** - usually a deficiency of magnesium or potassium. [Food-Based Multimineral](#), [Cal-Mg](#), [Lecithin](#), [Zinc](#).

**Nervousness** - can be caused from a weak thyroid and /or mineral deficiency especially magnesium. [Mood Enhancer](#), [Liquid Iodine](#), [St. John's Wort](#), [Mood Enhancer](#), [Cal-Mg](#), [L-Tyrosine](#), and [Vitamin E](#).

**Osteoarthritis** - [Cal-Mg](#), [Pain and Inflammation Enzyme](#), [Omega-3](#), [Glucosamine Complex](#), [CoQ10](#), [Vitamin E](#), [Vitamin D3](#).

**Osteoporosis** - [Vitamin C](#), [Calcium Complex](#), [Food-Based Multivitamin and Multimineral](#).

**Parasites (worms)** - [Organic Garlic](#), [Colloidal Silver](#), [Selenium](#), [Acidophilus Probiotic](#) to restore a normal intestinal flora, [Essential Fatty Acid](#), [Food-Based Multivitamin and Multimineral](#), [Zinc](#) promotes a healthy immune system.

**Parkinson's Disease** - [Vitamin B12](#), [Ginkgo Biloba](#), [Digestive Enzyme Complex](#), [Lecithin](#), [Cal-Mg + Potassium](#), [CoQ10](#) allows



# BODY REBOUND

## Weight Loss Program

6-Week Program Only  
**\$340**

Lose weight with meal replacment shakes and BF-4 fat burners.  
Join today and get a bottle of BF-4 and a box of wheatgrass.

Must present this coupon at the time of joining.





cells to produce energy and may slow brain cell death.

**Pneumonia** - a very serious infection of the lungs that may be caused by a number of different infectious agents. [Immune Formula](#), [Antioxidant Complex](#), [Vitamin C](#), [Colloidal Silver](#) reduces inflammation and promotes healing of lesions in lung tissue, [Organic Garlic](#), [Vitamin A](#), [L-Carnitine](#) to protect lungs from free radical damage, and [CoQ10](#).

**Poison Ivy / Oak** - [Vitamin C](#) to prevent infection and spreading of the rash, [Shark Cartilage](#) to reduce inflammation, [Pain and Inflammation Enzyme](#), [Vitamin A](#), [Zinc](#).

**Prostate Problems** - [Prostate Health](#), [Saw Palmetto](#), [Organic Fiber](#) and [Psyllium Husks](#) for bowel cleansing and essential for keeping the prostate functioning properly. [CoQ10](#), [Organic Garlic](#) enhances the immune function, [Selenium](#) is needed for proper prostate function, [Shark Cartilage](#) inhibits tumor growth and stimulated the immune system, [Wheatgrass](#) with SOD destroy free radicals, [Vitamin A](#) is a powerful antioxidant that destroys free radicals, [Vitamin E](#), [Vitamin B Complex](#), [Vitamin B12](#), [Vitamin C with bioflavonoids](#) is a powerful anticancer agent, [Vitamin D3](#), [Acidophilus Probiotic](#) has an antibacterial effect on the body. [Zinc](#) plays a role in the prevention of prostate cancer.

**Psoriasis** - Check for Food Allergies. Balance pH - See Acidosis. Use the "Eat Right for your blood type diet". [Wheatgrass](#), [Hair-Skin-Nails](#), [Spirulina](#), [Flaxseed](#), [Organic Fiber](#) to cleanse the bowel. Use [Vitamin A](#), [Zinc](#), [Selenium](#), [Shark Cartilage](#), [Vitamin B Complex](#), [Vitamin C](#) is important for formation of collagen and skin tissue, [Vitamin E](#) neutralizes free radicals that damage the skin. [Kelp](#) supplies balanced minerals, [Lecithin](#), and a [Food-Based Multivitamin](#).

**Rheumatism** - [Pain and Inflammation Enzyme](#), [Digestive Enzyme Complex](#), [Glucosamine Complex](#), [CoQ10](#).

**Rosacea or Acne Rosacea** - [Wheatgrass Liquid](#), [Antioxidant Complex](#), [Immunity Formula](#), [Vitamin E](#), [Acidophilus Probiotic](#), [Digestive Enzyme Complex](#), [Betaine hydrochloride](#) (hydrochloric acid) 45 grains (1/2 tsp) per full meal.

**Sex Drive, Low Libido** - Women: [Women's Libido](#), [DHEA](#). Men: [L-Tyrosine](#), [DHEA](#), [Maca](#), [L-Arginine](#).

**Shingles** - [Immunity Formula](#), [Wheatgrass Liquid](#), [Antioxidant Complex](#), [L-lysine](#), [Colloidal Silver](#), [CoQ10](#), and [Vitamin C](#) to stimulate the immune system.

**Sinusitis** - [Immunity Formula](#), [Colloidal Silver](#), [Vitamin C](#). Use [Acidophilus Probiotic](#) to replace good bacteria in the colon - important if antibiotics are prescribed [Flaxseed oil](#), [Food-Based Multivitamin](#) and [Multimineral](#). Eliminate wheat, cheese, milk or dairy products. See Lemon cleanse.

**Smoking, Stop** - [St. John's Wort](#), [CoQ10](#) adds oxygen to the brain and protects heart tissue, [Vitamin B Complex](#), [Vitamin B12](#), [Folic Acid](#), [Vitamin C](#), [Vitamin E](#), and [Vitamin A](#).

**Sore Throat - Strep** - Gargle with [Colloidal Silver](#), then swallow. [Vitamins A, C](#), and [Zinc](#). [Immunity Formula](#) and [Antioxidant Complex](#). [Organic Garlic](#).

**Stress** - [5-HTP](#), [Mood Enhancer](#), [L-Tyrosine](#), [Vitamin C with bioflavonoids](#) is essential to adrenal gland function, [CoQ10](#), [Cal-Mg-Zn](#), [Ginkgo Biloba](#).

**Sweating** - check thyroid. [Immunity Formula](#) and [Antioxidant Complex](#).

**Tendonitis** - [Glucosamine Complex](#), [Pain and Inflammation Enzyme](#), [Calcium Complex](#).

**Ulcers (canker sores)** - [Probiotic Complex](#), [Digestive Enzyme Complex](#), and [Organic Fiber](#) to clear the bowels.

**Varicose / Spider Veins** - [Vitamin E](#), [Vein Stop](#), and [CoQ10](#). [Increase circulation](#) using [Whole Body Vibration](#) and [Infrared Sauna Treatments](#).

**Viral Infection** - Rotate anti-virals for more effective results. [Organic Garlic](#), [Colloidal Silver](#), [L-Lisine](#) may be needed to break down the viruses protective coating. [Vitamin A](#), [Vitamin C](#), [Vitamin E](#) and [Zinc](#).

**Warts** - [Vitamin E](#), apply [Tea Tree Oil](#) to wart 3-4 times/ day, [Immunity Formula](#), [Antioxidant Complex](#), [CoQ10](#), [Selenium](#), and [Probiotic Complex](#).

**Water Retention** - Support the heart if swelling in legs does not improve within 30 days. See Arteriosclerosis. [CoQ10](#), [Vitamin E](#), [Cardio Support](#), [Potassium](#), [Organic Garlic](#), and [Selenium](#) to activate the Kidney.

**Weight Loss** - [Raspberry Ketones](#), [Green Coffee Bean Extract](#), [WheTea](#) to target abdominal fat, [Green Water pH 9.5 Alkaline Water](#) to raise the body's alkalinity and

decrease production of fat cells. [BioLean](#) to raise the body's thermogenic fat burning capability. [ThermoX](#) increases the body's metabolism, [Fat Complex](#) binds to fat and reduces fat absorption in the body, and [Glucomannan](#) is an appetite suppressant. Use [Probiotic Complex](#) and [Digestive Enzyme Complex](#) to improve digestion. [Organic Fiber](#) clears the bowel and releases excess waste. [DHEA](#) inhibits enzymes that are involved in fat cell production, [DMAE](#) is an effective fat burner, [Lecithin](#) emulsifies fat so that it can be removed from the body. [L-Arginine](#) and L-Carnitine are amino acids that reduce body fat. [Vitamin B Complex](#) is needed for proper digestion.



**Yeast Infections** - See CANDIDA. [Organic Garlic](#), [Probiotic Complex](#) and [Digestive Enzyme Complex](#), and [Immunity Formula](#). Eliminate all sugars, breads, and dairy products for 2 weeks.

## RECOMMENDED DAILY INTAKE

### VITAMINS

Folate (folic acid)	400 - 1,200 mg.
Niacin (vitamin B3)	10-50 mg.
Riboflavin (vitamin B2)	5-25 mg.
Thiamine (vitamin B1)	5-25 mg.
Vitamin A	5,000-25,000 I.U.
Vitamin B6 (pyridoxine)	5-50 mg.
Vitamin B12 (cyanocobalamin)	5-50 mcg.
Vitamin C (ascorbic acid)	250-2,500 mg.
Vitamin D	0-500 I.U.*
Vitamin E (alpha tocopherol)	100-600 I.U.

### MINERALS

Calcium	800-1,200 mg.
Chromium	50-250 mcg.
Iron	10-30 mg.
Magnesium	300-400 mg.
Selenium	50-200 mcg.
Zinc	15-30 mg.

### Note:

I.U. = international units  
mg - milligrams  
mcg - micrograms

\* If you drink at least a quart of vitamin D-enriched milk a day or you bask in the sun year-round, you may need no D supplementation. Otherwise, some extra D is in order: 200 I.U. per day in most circumstances; 400 I.U. per day for the elderly in winter; 500 I.U. per day for women who are pregnant or nursing.

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The nutrition supplements found in this Natural Remedies Guide are available at:

NAMASTE Wellness: 356-1251 Natural Health Center: 896-4141 DHARMA Wellness : 662-3120 CARIBBEAN: 678-1844

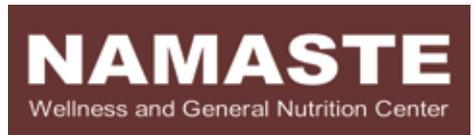
# Natural Medicine and Nutrition Centers



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



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



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

## NATURAL HEALTH PRODUCTS

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

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

### High Blood Pressure

#### CoEnzyme Q-10 \$30

Helps strengthen and oxygenate the heart muscle

#### Selenium \$35

Selenium has been linked to blood pressure levels

#### Flaxseed Oil \$35

Contributes to lower blood pressure levels

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

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

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

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

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

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

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

**Chlorophyll:** is the green juice of plants. His-

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

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

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

### Digestion and Constipation

#### Digestive Enzyme \$35

Reduces the inflammation in the stomach

#### Probiotic Complex \$35

Puts the good bacteria back in the stomach

#### Organic Fiber \$35

Creates an elimination and clears the colon

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

**Flax Seed:** an essential fatty acid; historically

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

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

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

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

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

## Inflammation and Pain

### Pain and Inflammation Enzyme \$30

Bromelain and papain enzymes that stop inflammation

### Glucosamine Complex \$35

Manages joint pain and cartilage building nutrition

### Resveratrol \$35

Calms inflammation and stabilizes histamine release

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

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

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

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

support breast health; provide powerful 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; topically 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

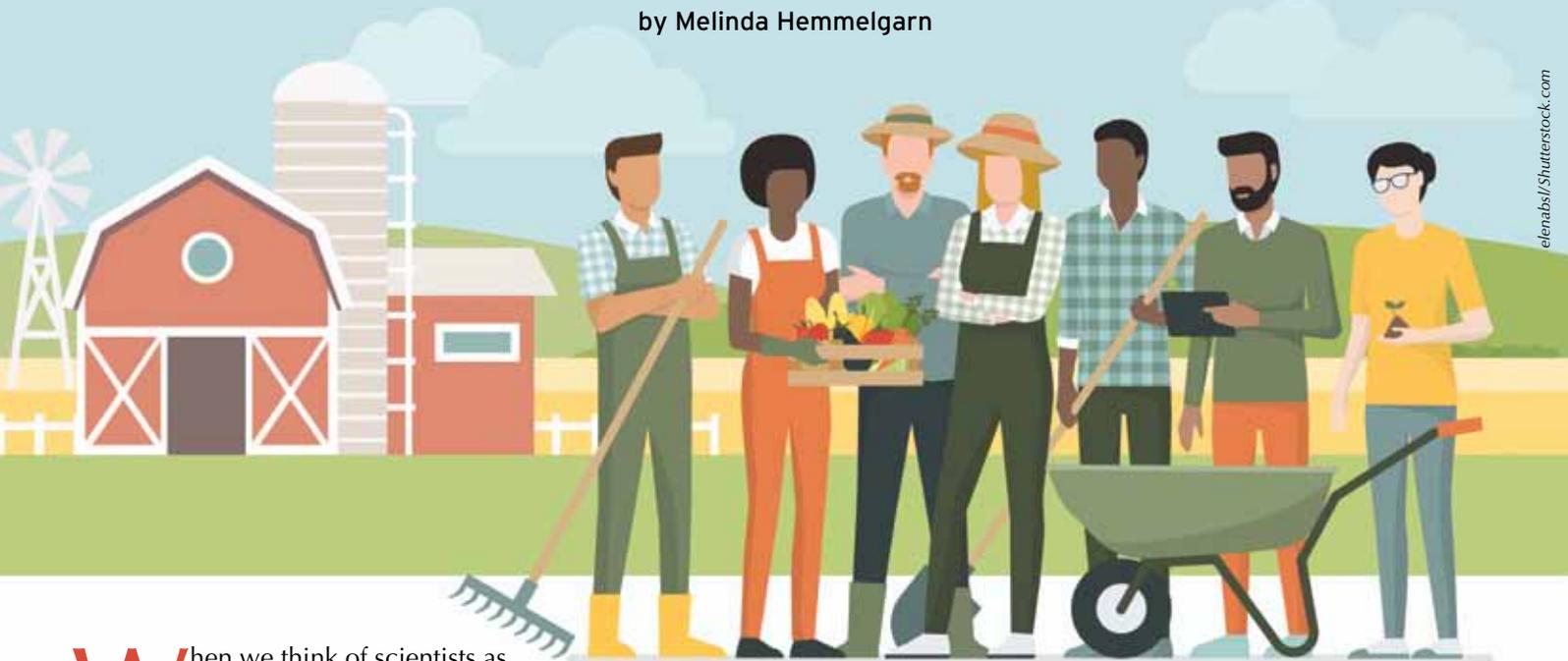
### Lecithin \$35

Will emulsify fat and allow the body to eliminate it

# Organic Farmers: Growing America's Health

## Restoring the Nutritional Value of Crops

by Melinda Hemmelgarn



eLenabs/Shutterstock.com

When we think of scientists as men and women in lab coats peering into microscopes, what's missing is farmers. Our society doesn't tend to equate the two, yet farmers are active field scientists. How they choose to grow and produce food greatly impacts our shared environment of soil, water and air quality, as well as the nutritional content of food, and therefore, public health.

The best field- and lab-based scientists share key traits: they're curious, keen observers and systems thinkers that learn by trial and error. Both formulate and test hypotheses, collect data, take measurements, assess results and draw conclusions.

### Field Science

Diana Dyer, a registered dietitian and organic garlic farmer outside of Ann Arbor, Michigan, explains, "I like to help people see the similarities between the scientific process and good, careful farming—all aspects of which revolve around observations, goals, planning, implementation, intervention and analysis of results—then care-

ful re-planning based on those results."

Dyer and her husband, Dick, started farming after long careers in traditional health care, where the focus was on treating people after they got sick. Through their farm work, they wanted to focus on prevention. "Growing healthy food in healthy soil, our goal was to create and nourish a healthy community from the ground up. Communicating the multiple benefits of healthy soils and ecosystems has been at the core of our vision and responsibility from day one," she says. The Dyers believe that flavor is key to eating and enjoying truly nourishing foods, and based on their professional health backgrounds and farming experience, they connect healthy soil with higher-quality, better-tasting food.

In Havre, Montana, Doug Crabtree, and his wife, Anna, manage Vilicus Farms, featured in the book *Lentil Underground: Renegade Farmers and the Future of Food in America*, by Liz Carlisle. The Crabtrees grow organic heirloom and specialty grains, pulses and

oilseed crops such as emmer, kamut, black beluga lentils and flax.

Asked if he considers himself a scientist, Crabtree first defines the term as "a person who is studying or has expert knowledge of one or more of the natural or physical sciences." Then he replies, "Given this definition, how could any farmer not be a scientist? An organic farmer is a lifelong student of nature, seeking to emulate her wisdom and processes as we refine our production systems. Organic production isn't just growing food without toxic chemical inputs, it's a system that requires conscientiously improving soil, water and associated resources while producing safe and healthy food for America's growing population of informed consumers."

### Healthy Soil, Food and People

At the Rodale Institute, in Kutztown, Pennsylvania, Andrew Smith directs the new Vegetable Systems Trial, a long-term, side-by-side comparison of both bio-

logically organic and chemically based conventional vegetable production. An organic farmer with a Ph.D. in molecular ecology from Drexel University, in Philadelphia, Smith studies how soil quality and crop-growing conditions influence the nutrient density and health-protecting properties of specific vegetables.

“Over the past 70 years, there’s been a decline in the nutritional value of our foods,” reports Smith. “During this time, industrial agriculture, with its pesticides and synthetic fertilizers, increased yields and size of crops, but the tradeoff was a decline in nutrient content, known as the ‘dilution effect.’” In addition, Smith explains, greater levels of nitrogen fertilizer, typical of conventional production methods, may also increase a plant’s susceptibility to insects and disease.

Smith’s research will give fellow farmers, healthcare providers and consumers a better understanding of how crop production practices influence soil quality and therefore, food quality. For example, research of organic crops shows higher levels of vitamin C; higher-quality protein; plus more disease-fighting compounds called secondary plant metabolites such as lycopene, polyphenols and anthocyanin, the plant pigment responsible for the red, blue and purple colors in fruits and vegetables, as reported in a meta-analysis published in the *British Journal of Nutrition*.

The Rodale Institute has formed partnerships with nutrition and medical researchers at Pennsylvania State University, in University Park. Of particular interest, for example, are extracts from purple potatoes that show promise in helping to kill colon cancer cells. Smith looks forward to identifying growing methods that boost levels of anthocyanin, as well as other health-protecting compounds in crops.

The new Regenerative Health Institute, a global research and education center linking soil health to human health, will also be housed at the Rodale Institute. It’s a collaboration between Rodale staff and the Plantrician Project, a nonprofit organization in New Canaan, Connecticut, that promotes whole food and plant-based nutrition, and helps healthcare providers embrace food as medicine as the foundation of their practices.

Jeff Moyer, a renowned internation-

al authority in organic agriculture and executive director of the Rodale Institute, explains, “It’s not only what you eat that’s important, but how what you eat was produced. Ultimately, our personal health is linked to the health of the soil.”

David Montgomery, a professor of geomorphology at the University of Washington, in Seattle, has visited farms worldwide, witnessing how farmers use regenerative farming practices to bring degraded soil back to life. He learned that grazing animals, cover-cropping and no-till farming free of synthetic chemical fertilizers and pesticides protects and enriches the soil microbiome, which contributes to the nutrient density of plants and human health.

### **We Are What We and Our Animals Eat**

Along with our well-being, livestock farming methods impact our environment, too. A growing body of research including a new study published in *Food Science & Nutrition* shows that meat and dairy products from animals raised mostly on grass or pasture—as nature intended—contain significantly higher levels of conjugated linoleic acid and omega-3 fatty acids compared to grain-fed animals. These naturally occurring fats help protect us from inflammation, heart disease and cancer. Important in brain, eye and nerve development, omega-3 fatty acids are especially critical for pregnant and breastfeeding women and their infants.

Organic farmers, by law, must provide their ruminant animals with significant time on pasture and may not feed them genetically engineered feed or feed produced with synthetic fertilizers and pesticides. Further, they can’t use synthetic hormones or antibiotics to promote weight gain. In these ways, organic farmers help protect our food, water, and environment from contamination, and reduce the growing global threat of antibiotic resistance.

Randolph Center, Vermont, dairy farmers Regina and Brent Beidler diligently study and question changes they witness in their immediate environment. They monitor what grows in their pasture, watch what their cows choose to eat and count the numbers and activities of insects, bees, worms, birds and

wildlife. They understand that careful land and animal stewardship is key to soil, plant, animal and human health.

### **Healing Communities**

More hospitals nationwide are investing in farms and farmers’ markets to boost patient, employee and community health by increasing access to nutrient-dense, fresh, healthful food. One exceptional example is the new partnership between Virginia’s Allegheny Mountain Institute (AMI) and Augusta Health, an independent, community-owned nonprofit hospital in Augusta County, Virginia.

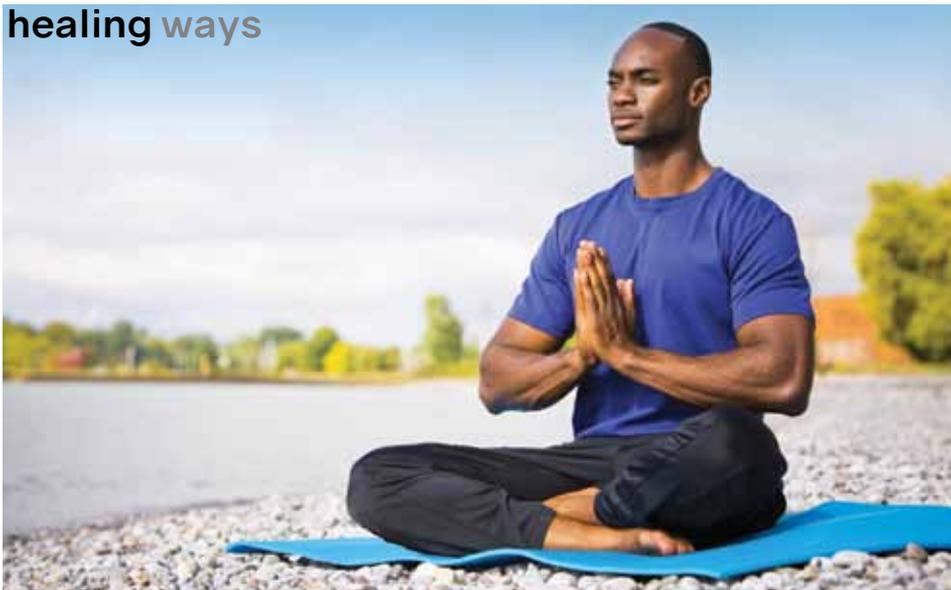
The AMI Fellowship program prepares individuals to become farmers, teachers and ambassadors for health-promoting food systems. “Both AMI and Augusta Health believe that access to excellent health care includes access to healthy food,” explains Sue Erhardt, the institute’s executive director.

The AMI Farm at Augusta Health initiative will create an onsite production farm and a community venue for food, nutrition and gardening education. Their goal is to tackle three major local health issues: poor nutrition, low physical activity and overweight; diabetes; and mental health. A Food Pharmacy program for those with or at risk for Type 2 diabetes will provide fresh produce prescriptions at an onsite farmstand, as well as cooking classes.

Erhardt recalls her life-changing experience as a teen, hearing American labor leader Cesar Chavez speak about farm worker exposure to pesticides and related cancer clusters. She’s proud to say, “The farm project will exemplify sustainable practices for growing vegetables, including organic four-season crops and companion planting, while promoting soil health.

“We believe this project will promote a better quality of life for staff, patients and community members.” That’s the power of farming when it’s dedicated to optimum health.

*Melinda Hemmelgarn is a registered dietitian, writer and Food Sleuth Radio host with KOPN.org, in Columbia, MO. Connect at FoodSleuth@gmail.com.*



# BETTER OPTIONS THAN OPIOIDS

## Natural Ways to Reduce Pain

by Kathleen Barnes

Chronic pain affects 100 million Americans, with annual treatment costs reaching \$635 billion, according to the Institute of Medicine. Worse, opiate-derived pain medications, conventional medicine's go-to treatment for chronic pain, are addictive and deadly. The *Annals of Internal Medicine* reports that an estimated 2 million Americans suffered from opioid use disorder involving prescription drugs as of 2016 while 12 million admitted to misusing them. Legal and illegal opioids killed 64,070 Americans in 2016, 21 percent more than the previous year, according to the U.S. Centers for Disease Control and Prevention.

Some opioid addiction stems from use of illegal recreational drugs like heroin and cocaine, but the National Institute of Drug Abuse testified to the U.S. Senate that as of 2014 more than four times as many Americans were addicted to prescription opioids (2.1 million) than heroin (467,000).

Natural approaches, less harmful in relieving pain and thereby preventing drug addictions, are addressing and ameliorating long-term back or neck, nerve and even cancer pain, and saving lives.

The first step in preventing dependency is to avoid opioids completely, says Fadel Zeidan, Ph.D., assistant professor of neurobiology and anatomy at the Wake Forest School of Medicine, in Winston-Salem, North Carolina: "Opioids don't work for chronic pain. They may be effective for acute pain, such as right after an injury or surgery, but they are ineffective and addictive in the long run." Here are several better ways to feel better.

**Mindfulness meditation:** Zeidan recommends mindfulness meditation and cites a University of Massachusetts study of people with chronic pain in which pain lessened by at least 65 percent after 10 weeks of this practice.

"Mindfulness meditation is about discipline and regulating one's attention. It appears to shut down the thalamus, the brain's gatekeeper, and the brain's ability to register pain," explains Zeidan.

**Yoga:** Strongly positive effects have been reported in several studies, including one on 150 veterans with chronic low back pain from the Veterans Administration San Diego Health-

care System. It showed that 12 weeks of yoga classes reduced pain and opioid use, and improved functionality of participants; many of them had suffered back pain for more than 15 years.

**Acupuncture:** The ancient Chinese modality that's been used to treat all types of pain for millennia has become such a mainstream treatment that the U.S. Food and Drug Administration recommends that healthcare providers learn more about it to help patients avoid prescription opioids.

"All pain starts with imbalance," says Terri Evans, a doctor of Oriental medicine in Naples, Florida. "Acupuncture is about creating balance in the body and in releasing the fascia, where pain patterns get locked."

**Marijuana:** All forms of marijuana, or cannabis, are illegal on the federal level, but medical marijuana is now legal in 29 states and the District of Columbia. In a study from San Francisco General Hospital published in the journal *Neurology*, researchers found that smoking the first cannabis cigarette reduced pain by 72 percent in a group of patients with painful neuropathy. The



### Drumming Out Drugs

Music, specifically drumming, stimulates the release of endorphins, the body's own morphine-like painkillers. Group drumming can help people withdrawing from addictive drugs, especially those having particular difficulty in conventional addiction programs, reports a University of Arizona at Tempe study published in the *American Journal of Public Health*.

Other supportive studies are listed at [ShamanicDrumming.com/drumtherapy.html](http://ShamanicDrumming.com/drumtherapy.html).

body's endocannabinoid system, found in the brain, organs, connective tissues and immune cells, is one of its natural pain-coping mechanisms, and is most affected by cannabis.

Mitch Earleywine, Ph.D., associate professor of clinical psychology at the State University of New York at Albany, author of *Understanding Marijuana: A New Look at the Scientific Evidence* and a member of the advisory board of the National Organization for the Reform of Marijuana Laws, is an advocate of medical marijuana. While regarding it as helpful for chronic pain with little risk of addiction, he concludes it's "great for a small handful of conditions, but it's not the cure-all that some are suggesting."

**CBD oil:** Dr. Hyla Cass, of Marina del Rey, California, an integrative physician expert in psychiatry and addiction recovery, and author of *The Addicted Brain and How to Break Free*, is more comfortable with CBD (cannabidiol) oil. It's a hemp product legal in 45 states, provided it qualifies in non-addictive levels of THC, the component of cannabis that induces euphoria (see [TheCannabisIndustry.org/state-marijuana-policies-map](http://TheCannabisIndustry.org/state-marijuana-policies-map)).

Some CBD oils contain trace amounts of THC, not enough to induce a "high" or contribute to addiction, but there are also products that contain no THC at all. By definition, hemp's THC content is less than 0.3 percent versus marijuana's 5 to 35 percent.

"CBD oil won't make you high," says Cass. "In and of itself, CBD oil is very potent. You don't need the THC for pain relief. There's no need to go down the slippery slope of using an illegal substance."

In addition to CBD oil's pain-relieving effects on the endocannabinoid system, says Cass, it's a powerful anti-inflammatory, which contributes to its effectiveness in addressing the underlying causes of chronic pain, confirmed by University of South Carolina research.

*Kathleen Barnes is the author of numerous books on natural health, including Food is Medicine. Connect at KathleenBarnes.com.*



### Let the Sunshine In

Just getting a little natural sunlight can have a strong effect on chronic pain, according to a study published in the journal *Psychosomatic Medicine*. Hospital patients fortunate enough to have beds on the sunny side of the building cut their need for opioid-based pain meds by 22 percent just one hour after spine surgery.

### Common Herbal Remedy for ALLERGIES

The best natural antihistamine is to cut orange peels in small strips and soak in apple cider vinegar for several hours, drain, and cook down in honey until soft, but not the consistency of candy. Keep in refrigerator. Use as needed. Relieves suffiness and clogged passages.

**"Inflammation is the Spark that ignites most disease"<sup>1,2,3</sup>**

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1. Christine G.; Alice P.; Kristina D. (2004). The Fires Within. TIME Magazine, February 23, 2004 Vol. 163 No. 8.  
2. Rakoff-Nahoum, S. (2006). Why Cancer and Inflammation. YALE Journal of Biology and Medicine 79 (2006), pp.123-130.  
3. Shacter E., Weitzman S. (2002). Chronic Inflammation and Cancer. www.cancernetwork.com, January 31, 2002.

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# 10 Anti-Inflammatory FOODS

## Flavorful Ways to Lower Disease Risk

by Judith Fertig

**A**ny time our bodies sense an “invader”—a microbe, virus, plant pollen or unwelcome chemical—they go into high alert, producing white blood cells to fight it off. Once the danger has been thwarted, normal functioning returns.

If we continue to expose ourselves to these threats, then the high-alert process, known as inflammation, becomes chronic. This disturbance of natural equilibrium can lead to cancer, heart disease, Alzheimer’s, arthritis, depression and pain. It can also mask or worsen autoimmune diseases. Eating foods with natural anti-inflammatory properties can help the body function better.

### Physician Support

“Many experimental studies have shown that components of foods or beverages may have anti-inflammatory effects,” says Dr. Frank Hu, also a Ph.D. and professor of nutrition and epidemiology in the department of nutrition at the Harvard School of Public Health, in Cambridge, Massachusetts. “A healthy diet is beneficial not only for reducing the risk of chronic diseases, but also for improving mood and overall quality of life.”

Hu, Josh Axe, a chiropractor and doctor of natural medicine, in Nashville, Tennessee, and Dr. Andrew Weil, director of the Arizona Center for Integrative Medicine at the University of Arizona, in Tucson, promote anti-inflammatory foods, backed by recent studies, on their websites.

“Small, gradual changes are typically more sustainable and easier for the body to adapt to,” writes Axe. “So rather than emptying your pantry and sailing off to the Mediterranean, you can pursue an anti-inflammatory diet one step at a time.”

That’s what Andrea Adams Britt did. A professional wedding cake baker from Lee’s Summit, Missouri, Britt experienced bewildering symptoms, including digestion issues, depression, migraines, weight gain and skin irritation. In 2015, she eliminated flour and sugar from her diet, and then added more organic leafy green vegetables, coconut oil and wild-caught salmon. Her symptoms went away one at a time, and by last January, she had also lost 100 pounds. The solution for her was to create flavorful dishes that she enjoyed eating, so she did not feel deprived.

Weil advises, "The best foods are those that offer disease-preventive benefits such as anti-inflammatory effects and delectable flavor. When I eat such foods, I feel as though I've hit a grand slam homerun—the sensory pleasure is heightened by the fact that each bite contributes to my overall well-being."

His take on an Anti-Inflammatory Food Pyramid at [Tinyurl.com/Andrew-Weil-Food-Pyramid](http://Tinyurl.com/Andrew-Weil-Food-Pyramid) offers a broad sample of these foods in an easy, downloadable graphic.

Reducing inflammation in her body has also led to better mental and emotional health for Britt. "I am a happier person," Britt says. "I can control my emotions, focus my thoughts and am more at peace."

### Inflammation Food Fixes

**1 Green leafy vegetables** such as Swiss chard contain natural anti-inflammatories such as vitamins K, D and C, says Axe.

**2 Beets** have a natural antioxidant, betalain, an anti-inflammatory compound that inhibits the activity of enzymes the body uses to trigger inflammation, advises Axe.

**3 Sea buckthorn berry juice** (known as olivello juice) is one of the most concentrated natural sources of vitamin C, says Weil.

**4 Ginger** is a potent anti-inflammatory food that also helps reduce intestinal gas and prevent nausea, advises Weil.

**5 Green tea** is best enjoyed hot with a little squeeze of lemon; it may reduce cholesterol levels, ultimately assisting in lowering the risk of cardiovascular disease, per Weil.

**6 Virgin coconut oil** has anti-inflammatory and analgesic properties, according to a study published in *Pharmaceutical Biology*. Britt eats a total of one-and-a-half tablespoons a day in hot drinks, salads or soups.

**7 Tomatoes** are an easy-to-use and a tasty anti-inflammatory food, says Axe. He notes, "They are a rich source of lycopene, betacarotene, folate, potassium, vitamin C, flavonoids and vitamin E."

**8 Bok choy** has potent anti-inflammatory and anti-cancer effects, as well as a higher concentration of betacarotene and vitamin A, than any other variety of cabbage, according to Weil.

**9 Black cod**, also known as butterfish or sablefish, has even more omega-3 fatty acids than salmon, notes Weil.

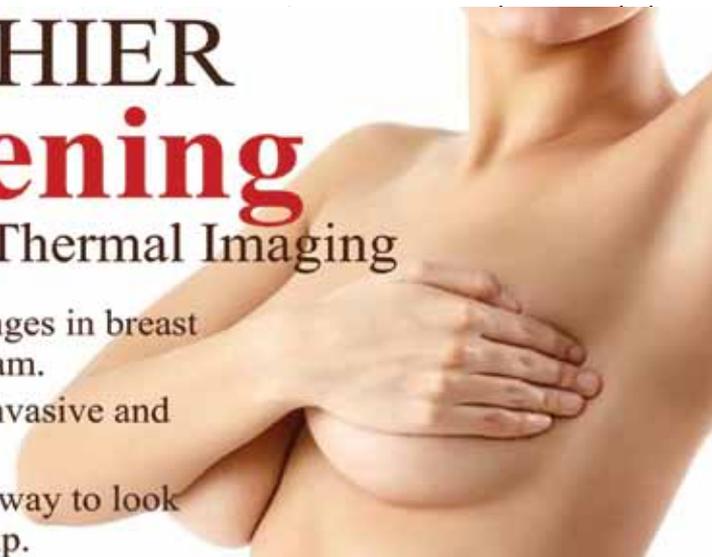
**10 Walnuts**, rich in omega-3 essential fatty acids, help protect against metabolic syndrome, cardiovascular disease and Type 2 diabetes, says Axe.

*Judith Fertig writes award-winning cookbooks plus foodie fiction from Overland Park, KS ([JudithFertig.com](http://JudithFertig.com)).*

# SAFER, HEALTHIER Breast Screening

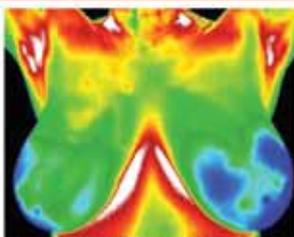
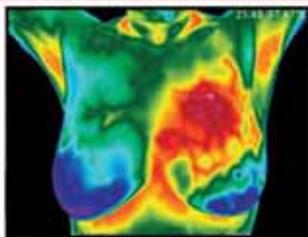
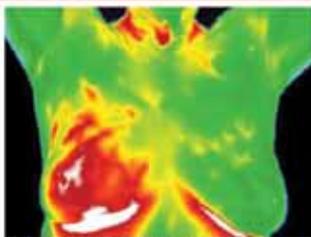
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Above: Breast Cancer Image

Above: Breast Cancer Image

Above: Normal Breast Image

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courtesy of Steve Glorius

the Seal, Hugo the Humpback Whale Tail, American Sea Star and Musical Seaweed. Take a look at some of them and check for current exhibit locations at [WashedAshore.org](http://WashedAshore.org).

In Mechanicsville, Maryland, ex-iron and steel worker Steve Glorius repurposes scrap metal into natural world and fantasy art sculptures of ocean creatures that also inform about endangered wildlife. His works have adorned museums, restaurants, galleries and gift shops.

Debbie and Mike Schramer, owners of Fairy House Vintage Antiques and Art, in Provo, Utah, create fairy houses made from twigs, mosses, bark and other natural elements. "Instead of paint and paper, we use nature itself," says Mike, who encourages others to follow suit. "People enjoy time outdoors more intricately as they look for small items." Although fairy houses are trendy now, the Schramers started building their fantasy worlds in 1987. They've authored three books to spark the imagination, *Fairy House: How to Make Amazing Fairy Furniture, Miniatures, and More from Natural Materials*, *Fairy Village* and *F is For Fairy: A Forest Friends Alphabet Primer* board book.

At 14, Canadian Evan Sharma, of Kingston, Ontario, is already an active entrepreneur—his artwork now appears on sneakers and clothes. He calls his company RBLB for Right Brain/Left Brain, saying, "To be a whole person, you have to use both the creative side and the analytical side of your brain." His passion for the environment is particularly expressed in a painting he donated to support the Olympic team. Painted at an elevation of 7,000 feet on Sun Peaks, in British Columbia, he finished with snow for authenticity and texture. This year, he spoke on creativity at the 6 Under 16 program, in Montreal.

"Eco-art makes an impact on the world," says John Sabraw, professor of art and chair of painting + drawing at Ohio University, in Athens. "Right now, my paintings are round. People say they see a long view of the planet or what's seen through a microscope. Every painting evokes a different emotional response from the viewer." All Sabraw's paintings use pigments processed out of polluted streams, often mixed with other standard artist colors.

Sabraw has helped develop several ways for artists to adopt sustainable practices. See his TedxTalk at [Tinyurl.com/SustainableArtist](http://Tinyurl.com/SustainableArtist). He points out that whatever form eco-art takes, its purpose is to show a problem, provoke a response and ask the viewer, "What if...?"

Connect with the freelance writer via [AveryMack@mind-spring.com](mailto:AveryMack@mind-spring.com).

# Art that Inspires Action

## Artists Work to Save Nature's Beauty

by Avery Mack

Eco-art creatively highlights environmental sustainability issues and sparks possible solutions.

**M**ounts Botanical Garden, in Palm Beach County, Florida, hosted *Washed Ashore: Art to Save the Sea*, a thought-provoking traveling exhibit featuring giant sea creatures made entirely of marine debris from beaches. "It graphically illustrates the amount of plastic pollution in our oceans and waterways," says Curator and Director Rochelle Wolberg. The exhibit included Grace the Humpback Whale Tail, the Marine Debris Anemone, Priscilla the Parrot Fish, Flash the Marlin, Water Bottle Jelly, Sebastian James the Puffin, Lidia

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# 53 Wheatgrass Health Benefits

Why Wheatgrass? Well, Here Are 53 Reasons Why!

## MAJOR HEALTH BENEFITS

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

1. Wheatgrass is the ultimate energizer for body and mind.
2. 1oz of wheatgrass juice contains the nutrients of 2.5lbs of green vegetables!
3. Wheatgrass is superior to other vegetables because it has been found to have over 100 elements needed by man. If grown in organic soil, wheatgrass absorbs 92 of the known 102 minerals from the soil. (including calcium, magnesium, iron, zinc, potassium, phosphorus and cobalt).
4. Juice wheatgrass to fight and protect against illness.
5. Wheatgrass is a vitamin-rich superfood. Many amino acids, vitamins, and minerals.
6. Wheatgrass juice builds red blood cells: stimulates healing.
7. By drinking wheatgrass it improves digestion.
8. Drinking wheatgrass juice can slow the graying of hair.
9. Wheatgrass reduces high blood pressure as it enhances the capillaries.
10. Wheatgrass juice flushes the body of toxins.
11. Wheatgrass juice benefits the skin as it acts as a cleanser and astringent.
12. Science has proven that chlorophyll arrests growth and development of harmful bacteria.
13. Chlorophyll in wheatgrass also helps to purify the liver.
14. Drinking wheatgrass juice is useful in treating constipation and keeping the bowels open. It is high in magnesium.
15. Wheatgrass juice benefits and boosts sexual stamina. Farmers in the American midwest who have sterile cows and bulls put them on wheatgrass to restore fertility. (The high magnesium content in chlorophyll builds enzymes that restore the sex hormones).
16. A small amount of wheatgrass juice in the human diet prevents tooth decay.
17. Drinking wheatgrass juice helps in eliminating body odors.
18. Wheatgrass has a high amino acid content: promotes cell regeneration.
19. Wheatgrass is a potent source of enzymes: Maintains Youthfulness.
20. Liquid chlorophyll washes drug deposits from the body.
21. Chlorophyll in wheatgrass improves blood sugar problems.
22. Wheatgrass juice cures acne and even removes scars after it has been ingested for seven to eight months. The diet must be improved at the same time.
23. Wheatgrass Juice benefits skin problems such as eczema or psoriasis.
24. Wheatgrass is great for blood disorders of all kinds.
25. Wheatgrass can dissolve the scars that are formed in the lungs from breathing acid gasses. The effect of carbon monoxide is minimized since chlorophyll increases hemoglobines production.
26. Wheatgrass juice benefits getting over sickness. Gargle wheatgrass juice to help get rid of a sore throat.
27. For pyorrhea of the mouth, lay pulp of wheatgrass soaked in juice on diseased area in mouth or chew wheatgrass. Spit out the pulp.

28. Wheatgrass juice can remove heavy metals from the body.
29. Wheatgrass juice is an excellent skin cleanser and can be absorbed through the skin for nutrition. Pour green juice over your body in a tub of warm water and soak for 15 to 20 minutes. Rinse off with cool water.
30. One may feel a difference in strength, endurance, health, and spirituality and experience a sense of well-being by drinking wheatgrass juice.
31. Wheatgrass benefits the body as a whole. It is a body cleanser, rebuilder, and neutralizer of toxins.
32. Wheatgrass implants (enemas) are great for healing and detoxifying the colon walls. The implants also heal and cleanse the internal organs. After an enema, wait 20 minutes, then implant 4-ounces of wheatgrass juice. Retain for 20 minutes.
33. Wheatgrass fights tumors.
34. Wheatgrass works as a sleep aide. Merely place a tray of living wheatgrass near the head of your bed.
35. Sweetens the breath and firms up and tightens gums. Just gargle with the juice.
36. Wheatgrass enhances a bath. Add some to your bath water and settle in for a nice, long soak to cleanse your skin.
37. Externally applied to the skin wheatgrass juice can help eliminate itching.
38. Wheatgrass is a beauty treatment that slows down the aging process when the juice is consumed almost immediately.
39. Wheatgrass juice restores fertility and promotes youthfulness.
40. Wheatgrass lessens the effects of radiation. One enzyme found in wheatgrass, SOD, lessens the effects of radiation and acts as an anti-inflammatory compound that may prevent cellular damage following heart attacks or exposure to irritants.
41. Wheatgrass juice held in the mouth for 5 minutes will eliminate toothaches and poisons from gums.
42. Wheatgrass benefits the bloodstream. Chlorophyll (found in wheatgrass) rebuilds the bloodstream. Studies of various animals have shown chlorophyll to be free of any toxic reaction. The red cell count was returned to normal with four to five days of the administration of chlorophyll, even in those animals that were known to be extremely anemic or low in red cell count.
43. Renowned nutritionist. Dr. Bernard Jensen says that it only takes minutes to digest wheatgrass juice and it uses up very little body energy.
44. Wheatgrass benefits the brain. It is high in oxygen like all green plants that contain chlorophyll. The brain and all body tissues function at an optimal level in a highly oxygenated environment.
45. Wheatgrass is 70% chlorophyll! Chlorophyll is the first product of light and contains more light energy than any other element.
46. Wheatgrass benefits the colon because it is a crude chlorophyll and can be taken orally and as a colon implant without toxic side effects.
47. Chlorophyll is the basis of all plant life and a very powerful energy booster .
48. Dr. Ann Wigmore helped people get well from chronic disorders for 30 years using wheatgrass.
49. Wheatgrass juice benefits a detox. It is a superior detoxification agent compared to carrot juice and other fruits and vegetables. Dr. Earp Thomas, an associate of the late Ann Wigmore, says that 15 pounds of wheatgrass is the equivalent of 350 pounds of carrots, lettuce, celery, and so on.
50. In the 1940 American Journal of Surgery, Benjamin Cruskin, MD recommended chlorophyll to: clear up

foul-smelling odors, neutralize strep infections, heal wounds, hasten skin grafting, cure chronic sinusitis, overcome chronic inner-ear inflammation and infections, reduce varicose veins and heal leg ulcers, eliminate impetigo and other scabby eruptions, heal rectal sores, successfully treat inflammation of the uterine cervix, get rid of parasitic vaginal infections, reduce typhoid fever, and cure advanced pyorrhea in many cases.

51. Drinking wheatgrass juice benefits human tissue. Liquid chlorophyll gets into the tissues, refines them, and rebuilds and rejuvenates them.
52. Wheatgrass is a natural healer. Chlorophyll is anti-bacterial and can be used inside and outside the body as a healer.
53. Wheatgrass contains the P4D1 Enzyme that has been found to do two things in the human body. It is the first known substance to actually stimulate repair of DNA molecules. It is possible that disease cells can be repaired with P4D1 so that when they reproduce they will actually produce good cells. P4D1 has also been shown in laboratory tests to eat the protein sheath off a cancer cell so that the white blood cells can attack and destroy them.



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# THE JOY OF DIRT

## Gardening Connects Kids to Nature

by Barbara Pleasant

Children benefit from a close connection with nature, and there's no better place to learn about plants and soil than a garden. Families don't need lots of space, as even a small collection of potted plants holds fascination for youngsters. The first step is to understand a garden as seen by a child that may be more interested in creative play than in making things grow.

Whitney Cohen, education director at Life Lab, a nonprofit that promotes garden-based education in Santa Cruz, California, thinks kids benefit most from what she calls "dirt time"—spent outdoors interacting with plants, animals, soil and everything else. "When a child plants a seed, tends it over time and ultimately pulls a carrot out of the soil and eats it, they begin to know down in their bones that food comes from plants; that healthy food is delicious; and that we are part of a vast and beautiful web of life," Cohen says.

This learning process may not match a parent's idea of a lovely garden. "Children don't make neat rows. They water leaves and flower petals rather than the roots. They accidentally step on young seedlings. Gardening with children is messy and chaotic, but there is always learning going on beneath the surface, just out of sight,"

says Catherine Koons-Hubbard, nature preschool director at the Schlitz Audubon Nature Center, in Milwaukee, Wisconsin. Growing nutritious vegetables like cherry tomatoes allows kids to see, touch and possibly smash a food as they get to know it, increasing the likelihood that they will eventually eat it.

### Incorporate Play Spaces

"Children might rather be playing than following instructions," Koons-Hubbard counsels, but it's easy to incorporate space for free play in the garden. Depending on a child's imagination and which toys are used, a spot of diggable soil in the shade might morph into a dinosaur refuge, pony farm or secret place for fairies.

Kids are also attracted to stepping stones, which encourage hopping, stretching and even counting. Don't be surprised if kids turn some of them into a stage or a place to stack rocks or leaves.

Children love mixing soil and water together into mud. When given a bucket of clay, soil and water, kids quickly discover they can use mud to paint, sculpt or make fantasy pies decorated with leaves, sticks or flowers.

"Playing in mud fully engages the senses, and there are studies that show

it can benefit the immune system and make us happier," says Leigh MacDonald-Rizzo, education director at the Ithaca Children's Garden, in New York. References include the University of Bristol, UK, University of Colorado Boulder and University of California, Los Angeles.

"Mud isn't anything, really, and that open-ended quality lends itself to joyously creative play that helps children develop a relationship with the natural world," she says.

### Top Tools for Kids

Small children notice things close to the ground, which become even more interesting when seen through a magnifying glass. Sturdy kids' versions in bright colors are easy to find if they get misplaced outdoors.

Curious children love getting a close-up look at worms and other critters in the worm bin or compost pile, or the structures inside flowers. "But when we just let the children explore, they'll find loads of intriguing objects we may never have thought of, like water caught on the fuzzy underside of a leaf, a sparkly rock or rough tree bark," Cohen says.

Children love to water plants, especially during hot summer weather. Small watering cans that hold only a little water are easy for kids to handle and limit overdoing it. Water-filled spray bottles also encourage exploration while keeping kids cool.

Digging to discover what's underground comes naturally to kids, and preschoolers do best with toy-size tools with short handles. Older kids can control child-size spades and rakes better than heavier adult tools.

### Keeping Outdoor Space Safe

Remove the worry from gardening with kids by minimizing safety risks. Replace poisonous or prickly plants with vegetables, herbs or edible flowers and teach kids of all ages not to eat plants unless they have first been checked by an adult.

Insects can be both interesting and threatening, and flying insects often are attracted to bright colors. Dress kids in light, neutral colors to avoid unwanted attention from bugs. Avoid chemical fertilizers and sprays, and opt for organic solutions.

*Barbara Pleasant has authored many green-thumb books including Home-grown Pantry: Selecting the Best Varieties and Planting the Perfect Amounts for What You Want to Eat Year-Round. She grows vegetables, herbs and fruits in Floyd, VA; connect at [BarbaraPleasant.com](http://BarbaraPleasant.com).*

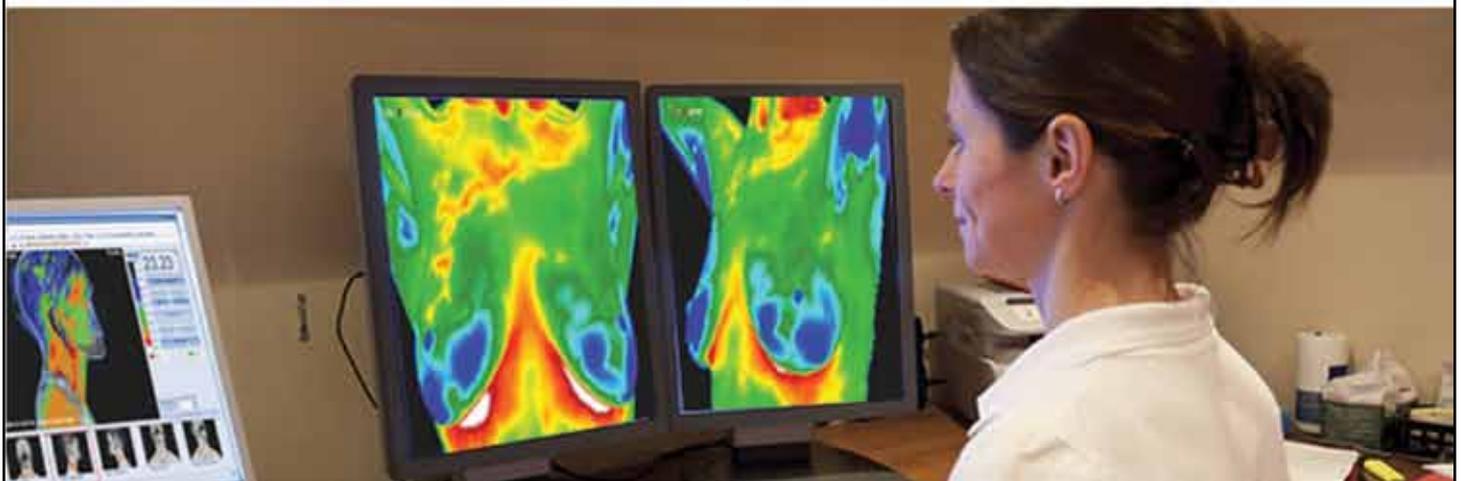
**The latest research suggests that 90% of all cancers are linked to nutrition.**

**Most patients diagnosed with breast cancer this year (2018) did a mammogram in 2017, 2016, 2015, 2014, 2013, 2012 but somehow they now have breast cancer in 2018**

That is because a mammogram can not tell you that you will have breast cancer next year or in two years. A mammogram is a test to tell you if you have breast cancer TODAY. A mammogram is looking for a mass or something with density and physically present today.

A thermography exam of the breast works completely different. It does not care if you have a hardened dense particle "a lump". Thermography is an infrared image of the breast that detects the ACTIVITY (the inflammation) that could lead to breast cancer. With a baseline thermography exam you can see the thermal activity of precancerous cells like fibroids and nodules that lead to breast cancer. If you can see the activity that is leading to a breast cancer you can make a change in diet and nutrition, make certain lifestyle changes, use naturopathic and nutritional supplements, exercise, and possibly prevent breast cancer.

## **Thermography Imaging of the Breast**





George Rudy/Shutterstock.com

# EXERCISE TO SLEEP BY

## Quell Insomnia and Nighttime Anxiety

by Marlaina Donato

Insomnia plagues millions of Americans, and finding a solution can be difficult when the condition is chronic. Prolonged lack of quality sleep compromises health and sets the stage for depression, high blood pressure, obesity, inflammation, poor memory and even serious risk of heart attack.

The good news is that natural alternatives, especially regular exercise, offer relief. Northwestern University research published in the journal *Sleep Medicine* even confirms better results from exercise than other natural approaches.

### Timing is Everything

Circadian rhythm, the body's internal clock, governs physiological patterns involving sleep and hunger, and is cued by temperature and sunlight, so timing our exercise is important. Other studies at Northwestern reveal that workouts earlier in the day yield better results because muscles also have their own rhythm (internal clocks) that help them perform more efficiently due to the presence of daylight, and function optimally then. According to the National Sleep Foundation, a decrease in body temperature after an initial increase during physical activity initiates sleep, which also suggests that exercising later in the day, but not before bed, is helpful, as well. Research from Princeton University further shows that exercise can help the brain process stress, helping to minimize anxiety which often accompanies or fosters insomnia.

Long Beach, California, holistic podiatrist Don Kim, creator of The Walking Cure Program, affirms, "The first thing to address is the circadian rhythm—what I call the body's highest peak and lowest valley. The entire system

needs to get used to slowing down." Kim's life changed for the better, including his struggles with insomnia, when he made walking a priority after an incapacitating back injury. "Walking is synchronized motion and induces meditative brain waves," says Kim, who teaches others how to walk for better physical and mental health.

### Oxygen is Key

The more oxygen the brain receives, the lower the levels of cortisol that trigger racing thoughts. Other forms of moderate aerobic exercise involving cardio machines, spinning, cross-country skiing, swimming and dancing are also beneficial ways to increase oxygen intake. Chicago fitness expert Stephanie Mansour explains, "Improving circulation helps to increase the body's energy during the day and helps you wind down at night."

It's a common misconception that rushing through the day is the same as engaging in exercise. Mansour elaborates: "Exercising is different than just being busy or working outside, because it's a time where you connect your mind, body and breath. You're forced to be present. It's difficult to think about your to-do list when you're physically engaged."

According to *Sleep.org*, just 10 minutes of regular aerobic activity anytime improves sleep quality significantly. Plus, it abates the likelihood of sleep apnea and restless leg syndrome that sedentary lifestyles can cause or exacerbate.

### Cultivating Calm

Restorative yoga instructor Naima Merella, manager of Studio 34, in Philadelphia, Pennsylvania, says, "We're not taught to value rest, and conditions like feeling overwhelmed and insomnia are the result. Most people in our culture suffer from an overactive fight-or-flight response, so engaging our parasympathetic nervous system, or relaxation response, can balance this."

Merella advocates yoga, breath work and certain qigong exercises. "One option is to do a more active yoga practice to burn off excess nervous energy, and then end with restorative poses to engage the relaxation response. It all depends on a person's schedule and what they're able to do. Ideally, I would suggest doing at least 30 minutes of restorative yoga and breath work before bed, but even a few minutes of a restorative pose or breathing technique can be helpful. I've found the kundalini yoga meditation, Shabad Kriya, most helpful for sleeping."

Renowned yogi Janice Gates, of Marin County, California, also advises physical practice, as well as understanding the foundational teachings. "It's important to remember that you're not your anxiety. It's easy to identify with suffering and conditions that cause it. Yoga supports us to be free of that conditioning. Keep in mind that an issue can be more mental at times and more physiological at other times, so we want to address both with asanas early in the day to balance the nervous system and mindful breathing at bedtime."

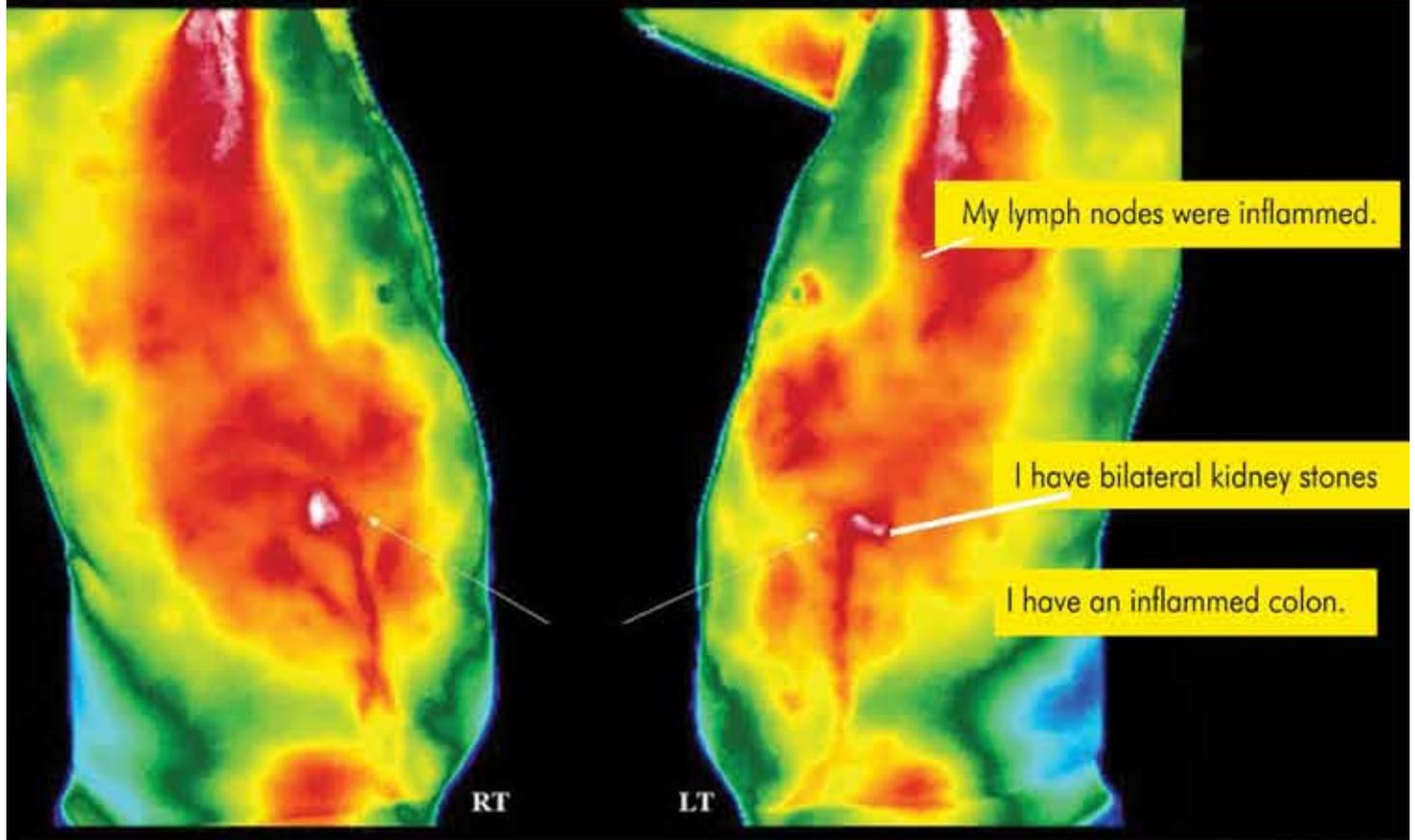
Whichever form of exercise we choose, we should be gentle with ourselves. As Merella reminds us, "The best thing we can do is send ourselves compassion and love."

*Marlaina Donato is a freelance writer, author and multimedia artist. Connect at [MarlainaDonato.com](http://MarlainaDonato.com).*

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natural pet



# Why More Pets Are Getting Cancer

## GMO Toxins Permeate Pet Foods

by Jeffrey Smith

In the late 1990s, the nationally syndicated newspaper columnist, “animal doctor” Michael Fox received many letters about dogs and cats with diarrhea, itchy skin and other persistent disorders. He advised all inquirers to immediately remove foods that contain genetically modified organisms (GMO). Dozens of follow-up thank-you notes verified that his recommendation worked.

“One of the main reasons I came to the conclusion of blaming GMOs in pet foods for this cluster of health problems is that essentially, nothing else in the health background of these animals had been changing,” says Fox.

Many vets have also reported a rise in pet obesity, skin conditions, inflammation, degenerative disk disease, cancer and even shorter lifespans since late 1996, when GMOs and associated poisons entered America’s food supply. For example, most GMOs like soy, corn and canola are designed by Monsanto to tolerate high doses of its Roundup herbicide. Corn is also engineered to produce an insect-killing poison called Bt-toxin.

Together with pesticides sprayed on or produced inside GMO crops, the side effects from genetic engineering create dangers. Monsanto’s “Roundup-ready” corn has higher levels of putrescine and cadaverine, compounds responsible for dead body odor. They promote bad breath and also can enhance the risk of allergic reactions and cancer.

### Getting Cancer from Food

Cancer rates among our country’s 185 million pets are skyrocketing, especially among dogs. Canines have the highest cancer rate of all mammals; in America, about half are struck with the disease.

In 2015, the World Health Organization classified Roundup’s active ingredient, glyphosate, as a “probable human carcinogen.” Insufficient human studies exist, but a goodly number of animal studies confirm that it causes cancer.

Preliminary tests commissioned by the Institute for Responsible Technology (IRT), an educational nonprofit, on the dangers of GMOs, revealed that six popular dog and cat foods contained more glyphosate residues than most human foods.

Pet owners that notice benefits from changing a pet's diet can share their story via [PetsAndGMOs.com](http://PetsAndGMOs.com) or [Pets@ResponsibleTechnology.org](mailto:Pets@ResponsibleTechnology.org). The sooner we realize the hidden dangers, the quicker the market must respond with healthier ingredients.

Possibly because pets are exposed to Roundup from spraying both foods and lawns, a pilot study by Health Research Institute Laboratories, which tests glyphosate levels in food and environments, found the levels in dogs' urine were 50 times higher than the average in humans.

### Amazing Recoveries

Numerous veterinarians see good results when pets switch to non-GMO food that's free of synthetic pesticides. Veterinarian Barbara Royal, owner of The Royal Treatment Veterinary Center, in Chicago and author of *The Royal Treatment: A Natural Approach to Wildly Healthy Pets*, says, "Allergies, gastrointestinal problems, autoimmune diseases, behavioral problems [and other conditions] improve when we take the animals off of these GMO-laden, glyphosate-ridden foods, and put them on something that's more organic and natural. It's a dramatic change."

In a survey conducted by IRT, 3,256 people that adopted a non-GMO

and largely organic diet reported improvements in 28 health conditions, many of which have increased in the U.S. parallel with the growing prevalence of GMOs and Roundup. Further, 80 pet owners cited improvements in status for eight health issues, including digestion, allergies and skin conditions, when their pet's food was changed.

Plausible explanations include that glyphosate is patented as an antibiotic, and so easily kills beneficial bacteria in the gastrointestinal (GI) tract. This could possibly interfere with digestion, detoxification and immunity.

According to integrative veterinarian Karen Becker, in Chicago, the Healthy Pets expert for *Mercola.com*, "We know now that animals consuming genetically modified foods... can change the terrain of their GI tract." Most notably, glyphosate and Bt-toxin are linked to leaky gut—unnatural holes or gaps created in intestine walls.

Veterinarian Marlene Siegel, owner of the Pasco Veterinary Medical Center, in Lutz, Florida, says, "We know

that the root cause of most disease is inflammation; and that inflammation is coming from the leaky gut."

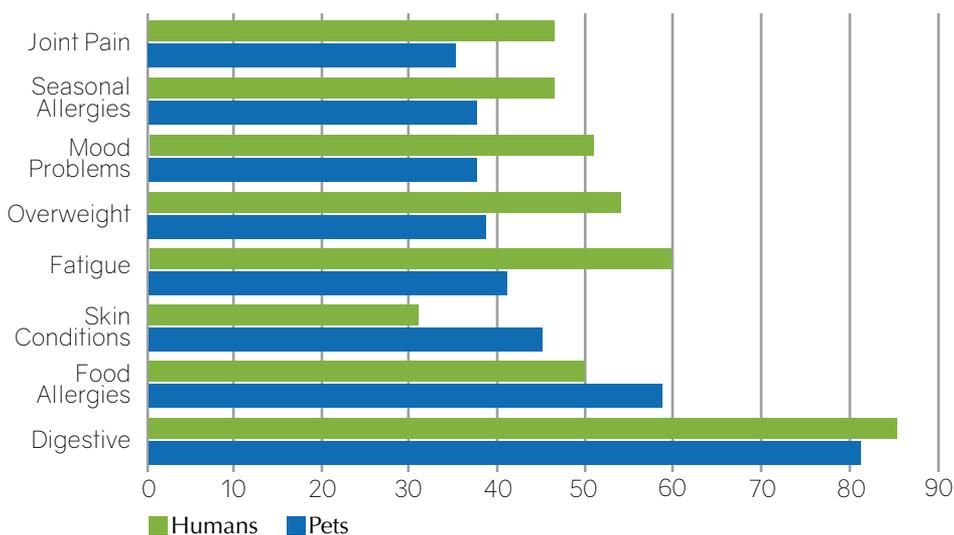
### Organic Surpasses Non-GMO

GMOs are not the only crops drenched with Roundup. It's also sprayed on other foods to dry them, often just a few days before harvest, including wheat, oats, barley and other cereals. It's also used on lentils, citrus orchards, sunflowers, potato fields and vineyards.

Organic growers and processors are not allowed to use GMOs, Roundup or other synthetic toxins. It's safest to choose organic; if unavailable, at least buy verified non-GMO.

*Jeffrey M. Smith is founder of the Institute for Responsible Technology and its campaign, Protect Pets from GMOs and Pesticides, at [PetsAndGMOs.com](http://PetsAndGMOs.com). Author of the bestseller Seeds of Deception: Exposing Industry and Government Lies About the Safety of the Genetically Engineered Foods You're Eating and Genetic Roulette: The Documented Health Risks of Genetically Engineered Foods, his upcoming film, Secret Ingredients, interviews many that recovered from disease after switching to organic food. Also visit [NonGMO-SImproveHealth.com](http://NonGMO-SImproveHealth.com).*

## Percent of Respondents Reporting Improved Health Conditions After Humans and Pets Switched to a Non-GMO and Mostly Organic Diet



Better digestion is the top reported benefit for humans and pets that switched to non-GMO and largely organic foods. All conditions that improved in pets also improved in



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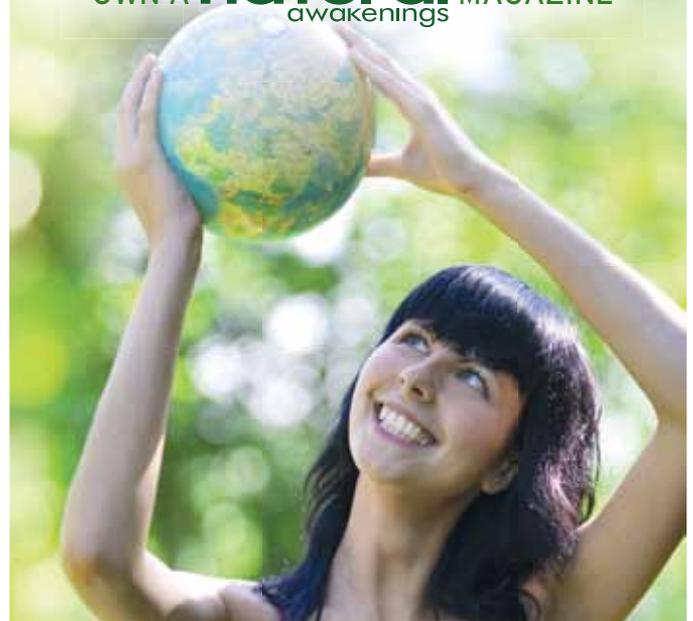


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## Four Steps to Authentic Living How to Live a Deeply Joyful Life

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by Jan Desai

### 1. Connect with the inner voice.

Uncovering authenticity comes from within. We learn to discern and heed the inner voice of wisdom through daily silence, a still space that allows messages to resonate. This ever-present guidance system is always spot on.

The key is to connect often. Be grateful for the fruits of quiet moments. Maybe they occur during prayer and meditation, in the shower, walking in solitude without earphones or driving with the radio off. Breathe deeply, cherishing an open heart. Gut feelings often presage inner knowing.

### 2. Realize the difference between soul and ego.

Connected with our soul—the seat of everything positive, the venue of all potential and light—we experience spaciousness, unconditional love and complete support.

If accusations, blame or heavy judgment arise, it's just the ego trying to maintain the status quo. By dismissing its raging, it dissipates.

### 3. Reconnect with authentic selfhood.

We must banish every misconception and lie we tell about ourselves. Falsehoods define us just like the things that are true.

Take a good, long look in the mirror and ask, "Who is this person? What

has made me who I am today? What experiences have created this unique divine work? Are my eyes alight or dim? What am I feeling? Am I weighed down by burdens, exhausted by current choices?" Simply ask the questions; don't look for answers, but be wary of the ego's vote for falsehoods.

### 4. Find some crazy joy.

Beginning today, do one new thing daily that brings joy. Temporary happiness builds and reinforces joy, but soul-deep joy weaves a base of strength within. It's an attitude—an outlook.

When we are flourishing spiritually, emotionally and physically, it evokes joy in how we live and feel. Move out of familiar comfort zones and do something unexpected. Pursue a heartfelt desire long delayed. Watch a comedy with friends. Take a dance class. Call an old friend. Volunteer somewhere nurturing.

Be in this moment. Understand that this is what life will feel like when living authentically, free of masks and pretense—when each day is meaningful and suffused with joy.

Remember, authentic living is about the journey, not the destination.

*Jan Desai is a wife, mother, entrepreneur and visionary who transformed her life at age 50 by breaking with conventions. She shares her lifetime of learning at [JanDesai.com](http://JanDesai.com).*

## calendar of events

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

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SUBMIT CALENDAR ITEMS TO: [publisher@NAacadiana.com](mailto:publisher@NAacadiana.com)

### Saturday July 7

**Women's Self Defense Seminar** – 9am-1 pm. Learn fundamentals of self-defense in an effective and fun class. Dress comfortable, no tight clothing, sports bras or short clothing. \$30 to \$40—\$30 per person or combo \$40 adult + 15-17 yr old. Imperial Defense Systems. Casey Morgan. Masonic Lodge, 20231 Crowley Eunice Hwy, Crowley. 337-458-9393.

### Wednesday July 11

**Yoga** – 6 - 7pm. Yoga practice led by Arnaudville native and in French on the last Wednesday of the month. \$13 per class or \$50 for five classes. Nunu Arts and Collective, 1510 Bayou Courtableau Hwy, Arnaudville.

### Thursday July 12

**Annie** –7:30pm. Thru 3pm Sunday July 22. Katelyn Gulotta directs this summer children's musical. \$15. Iberia Performing Arts League, Louisiana State Arts Council-Louisiana Division of the Arts, National Endowment for the Arts and Acadiana Center for the Arts. IPAL theater, 126 Iberia St, New Iberia. 337-364-6114.

**Game Night** – 7:30 -10pm. Bring cards or board game, pick a table and enjoy the game. Nunu Arts and Collective, 1510 Bayou Courtableau Hwy, Arnaudville.

### Friday July 13

**Bayou Belly Festivale** – 8am-5pm. Thru Sunday July 15. Participate in belly dancing classes and performances when not enjoying the shows for the weekend. \$25-\$120. University of Louisiana at Lafayette-Hawthorne Hall, 104 University Circle, Lafayette. [bayoubellyfestivale@gmail.com](mailto:bayoubellyfestivale@gmail.com).

**Les Coudre Points** –10:30am -12:30pm. Quilting, crocheting, knitting, and embroidery needlepoint. Join group quilting projects, socialize and share knowledge. Rejoignez-nous. Loretta Bourque. NUNU Arts and Culture Collective, 1510 Bayou Courtableau Hwy, Arnaudville. 337-754-7115.

### Saturday July 14

**Paperback Book Sale** – 8:30am-4:30pm. Children's and teens' books, DVD's and CDs for sale. Everything is \$.25. Iberia Parish Friends of the Library. Main Library, 445 E Main St, New Iberia. 337-364-7024.

### Sunday July 15

**Spiritual Living Circle** –10:30am -12:30pm. Meet for discussion on perspectives of great religions. Begin with coffee, tea or snack, followed by discussion of a current book, a short meditation, and finishing with a prayer affirmation. Nunu Arts and Collective, 1510 Bayou Courtableau Hwy, Arnaudville.

**Drum Circle** – 3 -4pm. Participate in a community spiritual and social experience. Bring a percussion instrument and a little creativity. One hour sessions, anyone under the age of 16 needs to be accompanied by an adult. NUNU Arts and Culture Collective, 1510 Bayou Courtableau Hwy, Arnaudville. 337-593-0166.

### Saturday July 21

**Spirit, Mind, Body & Soul Summit**–9am-3pm. A SMBS women's conference where facilitators and mentors share ideas and experiences. Participants have networking opportunities while shopping with vendors. Tekneeks, LLC. St. Christopher's College, 3419 Evangeline Thruway, Carencro. [TekneeksLLC.com](http://TekneeksLLC.com).

**Celebrity Waiter Event- Men Who Wait on Women Who Wine** – 6 - 9pm. A fun event with local celebrities waiting on women who wine. The night features a steak dinner from Little Big Cup, wine sponsored By Republic National Distributing Company and a silent auction. Boys and Girls Club of Acadiana. \$40. Delta Grand Theater, 120 S Market St, Opelousas. 337- 942-7815.

### Monday July 23

**Drums Across Cajun Field** – 7pm. Marching band competition at Cajun Field. All seating is general admission. \$24.50. University of Louisiana at Lafayette. Cajundome, 444 Cajundome Blvd, Lafayette. 337-265-2104.

### Wednesday July 25

**Horses, Harmony, & Agriculture** – 5:30 -8:30pm. An awards banquet that recognizes community members of music, equine, and agriculture industries to raise money for scholarships. St. Landry Chamber of Commerce and Equine Sales of Louisiana, LLC. Copper Crowne Equestrian Center, 372 Harry Guilbeau Rd, Opelousas. Tickets online: [StLandryChamber.com/hha-tickets](http://StLandryChamber.com/hha-tickets). 337- 942-2683.

**Body Talk Boys** – 6 - 8 pm. A class that covers the basics of puberty. Topics include the five stages of development, good hygiene habits, feelings and emotions. \$30/parent and child. Woman's Foundation Classroom, 4630 Ambassador Caffery Pkwy, Lafayette.

**Taste of Acadiana 2018** – 6pm. Enjoy great food, music and dancing while waiting for the cash drawing or a chance to win other great raffle prizes. \$25. Lafayette Council on Aging, Meals on Wheels Program & the Acadiana Apartment Association. Cajundome Convention Center, 444 Cajundome Blvd, Lafayette.

### Thursday July 26

**Legal Advice for Veterans** – 5:30 -7pm. Volunteer lawyers available for a free 15 minutes consultation on civil matters. Registration required. Lafayette Bar Association Office, 2607 Johnston St, Lafayette. 337-237-4700 ext. 102.

**Acadiana Food Hub Fundraiser** – 6 -9 pm. A cooking demonstration with appetizers, dinner before the live and silent auction. Participants shop local vendor pop-up shops. Tickets \$35 or \$500 table of 8. Acadiana Food Hub. Good Eats for Good Causes. Tops Appliances, 5826 Johnston St, Lafayette. 337-984-4057. [AcadianaFoodHub.EventBrite.com](http://AcadianaFoodHub.EventBrite.com).

### Friday July 27

**Louisiana Outdoor Expo & Boat Show** – 3-9pm. Thru 10am-5pm Sunday July 29. Everything outdoors, from hunting to camping to outdoor activities with boat exhibitions. \$8per day or \$16 weekend pass. Cajundome, 444 Cajundome Blvd, Lafayette

### Saturday July 28

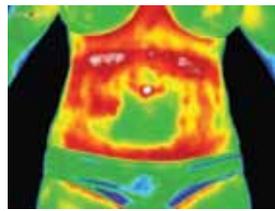
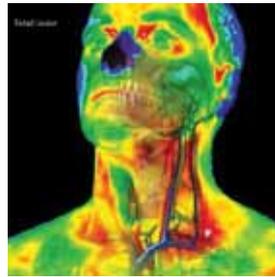
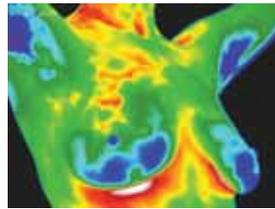
**Body Talk Girls** – 10am -12pm. A class that covers the basics of puberty. Topics include the five stages of development, good hygiene habits, feelings, emotions and an explanation of the menstrual cycle. \$30/ parent and child. Woman's Foundation Classroom, 4630 Ambassador Caffery Pkwy, Lafayette.

### Monday July 30

**3rd Quarter CAN/LnL** –12:15 -2:30 pm. A recap of the Minority Health Awareness Summit with focus on healthy living and health in the workplace. Free. Registration required. The Family Tree Healthy Start Program, Jerri Byrd Hodges. Goodwill Community Training Center, 2435 W Congress St, Lafayette. 337-981-2180.

### Tuesday July 31

**Safe Sitter** – 9am-2:30pm & Wednesday August 1. A course to help young teens feel confident in caring for younger children. Students get hands-on practice in basic lifesaving techniques with a manual filled with information and resources, a Safe Sitter backpack, important numbers Post-it pads, a band-aid dispenser and flashlight. \$60. Terri Roberts. Woman's Foundation Inc, 4630 Ambassador Caffery Prkwy, Lafayette. [Event-brite.com/o/terri-roberts-15485443593](http://Event-brite.com/o/terri-roberts-15485443593).



### Eyes (nondiabetic)

*"Floaters" or blood spots.* Think of bioflavonoids, choline, inositol, and vitamin K. The white of one eye has turned all red suddenly on one side. Check blood pressure... it's usually normal, but it's best to be sure. This scleral hemorrhage isn't dangerous, just the result of a broken blood vessel. If it wasn't trauma, consider bioflavonoids and vitamin K.

### Eyes-child (dark circles)

This child has had enough sleep, hasn't been crying lately, and still has dark circles beneath the eyes. He has horizontal creases in the lower lids. Sometimes those dark circles are called "allergic shiners"; the lines are called Dennie's lines. Along with puffiness in the lower eyelids, these signs usually mean allergy.

### Eyes-adult (dark circles)

Adults may have dark circles beneath the eyes during pregnancy, hormone treatment, and when fatigued, such circles frequently indicate allergy.

### Nose

*Polyps inside?* Allergy is probable but may also indicate salicylate sensitivity. Stay away from aspirin as well as artificial food additives, many of which are salicylate based and foods containing naturally occurring salicylate.

**You do not catch cancer, heart disease or a cold.**

You create these ailments with deficiencies based on what you eat or don't eat.

# Are Health Screenings Important?

## Signs and Symptoms Why You Need One

### Scalp

*Dandruff, flakes all over.* The person is eating too much refined sugar; eliminating it would improve the dandruff a lot. Probably has insufficient essential fatty acids, too. Keep in mind B complex with emphasis on B6 and selenium.

### Thinning Hair

*Hair is thinning too much.* It could be the estrogen she's taking. B complex, especially B6 and folate may help, but she may need to stop the hormones she is taking. Not taking hormones? She may have hypochlorhydria (low stomach acidity). If so her protein won't digest well, and many minerals won't be absorbed efficiently, so her hair falls.

### Redness in the Forehead

*Skin looks shiny and scaly, with a slightly yellowish, greasy appearance. Especially bad in the eyebrows, and extends down the nose. It's on her cheeks and even her chest.* Think of B vitamins, especially para-aminobenzoic acid, B6, and essential fatty acids.

### Inside the Ears

*Excess earwax.* Not enough essential fatty acids.

### Behind the Ears

*Skin is cracked.* Usually a zinc problem.

### Earlobe

*See the diagonal crease across the earlobe?* Usually a sign of increased susceptibility to cardiovascular disease.

### Eyes

*Cloudy appearance to the lens of the eye.* Cataract. Fortunately, not far gone. Check for glucose-insulin tolerance, blood sugar or insulin abnormalities. Eliminate any refined sugar. Probably doesn't metabolize lactose (milk sugar) well. Consider eliminating all sources of it. Bioflavonoids inhibit an enzyme, aldose reductase, that's reported overactive in the lens of diabetics, leading to cataracts. Think of riboflavin (vitamin B2), vitamin A, and vitamin C also. Bioflavonoids work to slow down leaking of the retinal vessels. Magnesium is important.

### Cheeks and Nose

*Dilated capillaries in the cheeks and perhaps on the nose.* Could be overcoming alcohol. But if not, correlation is even stronger when the dilated capillaries are accompanied by general reddening of the facial skin, most pronounced in the cheeks and forehead, and scattered medium to large acnelike pimples, a condition called rosacea.

### Acne

*From mild case to scattered pimples to deep cysts, all over the face and back.* Very likely eating and sensitive to sugar and other refined, processed food, and not getting enough zinc or the right types of essential fatty acids. In a bad case, there's usually allergic involvement. An adult past 25 with acne almost always has food allergy.

## Facial skin

*Slightly yellow cast to facial skin, no red tones at all.* Certainly could be jaundice, on a rare occasion, but that's usually a deeper orange-yellow. More often it's a deficiency of vitamin B12, usually due to a degree of low stomach acidity and vitamin B12 malabsorption.

## Tongue

*A persistent crack at either corner of the mouth,* termed angular cheilosis, signifies B vitamin deficiency with emphasis on riboflavin. When there's a very pale tongue, accompanied by paleness of the inner surface of the lower eyelids (easily seen when pulled down), check for anemia. If anemia is present, it's most often iron deficiency, but could be a lack of other nutrients, too, as well as nonnutritional causes like internal bleeding.

## Canker Sores

They keep coming back inside the mouth... Most often, allergies to foods.

## Swollen Lymph Glands

Most often a food allergy, but check for serious disease.

## Skin Tags

*Scattered on the neck?*

They often appear under the arms, or elsewhere. All location indicate the same thing. Test for blood sugar abnormality.

## Sore Shoulder

*Tender-to-pressure spot right at the side, where it slopes into the arm.* Bursitis, B12 is the related nutrient deficiency.

## Numerous Small Bumps in the Skin

*On the side and back of the upper arm there are numerous small bumps in the skin.* These usually go away with vitamin A; at times, however, B complex and essential fatty acids are needed as well.

## Hands

The nails are breaking, chipping, splitting, won't grow. Look for hypochlorhydria (low stomach acidity). Keep calcium, zinc, essential fatty acids, and thyroid in mind, but always look for low stomach acid first.

*Source: Guide to Healing with Nutrition*

## Nutrition deficiencies

Vitamins and minerals are "used" by the body. As they perform their function, they often use themselves up in the process, which is the case with most of the critical disease fighting antioxidants.

Even thinking uses vitamins and minerals. Exercise and stress use a lot of vitamins and minerals; the use of diuretics (substances that increase the discharge of urine) such as drugs, alcohol, coffee, tea and sodas --- washes vitamins and minerals out of the body creating deficiencies --- that can create a major health problem!

Tobacco and alcohol can also inhibit the absorption of vitamins and minerals, or accelerate the loss of them.

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### "I can get everything I need from food." Do YOU?

The USDA surveyed 26,000 Americans and found that **not one person** received the nutritional requirements set forth by the RDA (Recommended Daily Allowance). 96% of the US population dies of a disease - we are NOT getting proper nutrition.

*Source: U.S. Department of Agriculture*

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**"Insufficient vitamin intake is apparently a cause of chronic diseases...** Most people do not consume an optimal amount of all vitamins by diet alone. Pending strong evidence of effectiveness from randomized trials, it appears prudent for all adults to take vitamin supplements."

- American Medical Association

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"A deficiency of a vitamin or mineral will cause a body part to malfunction and eventually break down --- and, like dominos, other body parts will follow."

- James F. Balch, M.D.

**Accidents kill 4% of us.**

**Diseases kill 96%.**

**"We Are Not Getting Proper Nutrition"**

**READ Page 47**

**to LEARN HOW TO SCHEDULE  
A HEALTH SCREENING TODAY**

**For more information or to schedule an office visit call  
(337) 896-4141**



## 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



## 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



## 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



## 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



## WheTea Stomach 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



## 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



## Digestive Enzyme Complex

A healthy digestive system does an incredible job of breaking down the food we eat. However, without the help of digestive enzymes, we cannot metabolize food effectively no matter how healthy the food may be. There are roughly 22 main digestive enzymes involved in breaking down the food we eat into nutrients. After all, it’s not “food” that our body absorbs for energy and health—it’s the nutrients inside the food. Digestive Enzyme Complex is a natural digestive enzyme supplement. This vegetarian supplement can enhance the chemical reactions involved in digestion, promote an acid and alkali balance in the body, and help you fight off or prevent infections. ....\$35.00



## Raspberry Ketone Drops

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



## Manglier Tea (mong-lee-AY)

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



## 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.

**\$65 (1 hr)**



## Water - Lymphatic 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.

**\$65 (45 hr)**

## 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.

**\$45 (30 min)**



## 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

**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.



**\$45 (30 min)**

**BEST SELLER**

# WHEATGRASS

## FROZEN WHEATGRASS CUPS



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

**Drug Emporium**  
Vitamin's Plus  
Lafayette  
**261-0051**

**namasté**  
Wellness Center  
858-B Kaliste Saloom Rd.  
Lafayette  
**356-1251**

**Caribbean**  
Wellness Center  
and campground  
Opelousas  
**678-1844**

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

**Natural Health Center**  
100 E. Angelle St.  
Across from Super 1 groceries  
Carencro  
**896-4141**

**BEST SELLER**



# 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.



## 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



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- 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

## BF-4 Weight Loss FAT GRABBER AND FAT BURNER



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



**ADDRESS: 505 BERTRAND DRIVE, LAFAYETTE, LA 70506**

**Phone:(337) 261-0051**

# Use this to reduce PAIN and INFLAMMATION

## 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

## Wheatgrass Capsules



Alkalize, energize and detox your body with wheatgrass capsules. Wheatgrass is an effective healer because it is nutrient dense and contains major minerals and vitamins A, B-complex, C, E, I and K. It is extremely rich in protein, and contains 17 amino acids, the building blocks of protein. Wheatgrass contains up to 70% chlorophyll, which is an important blood builder. Wheatgrass is a strong antioxidant and helps to cleanse the blood and lymph.....\$30.00



ADDRESS: 505 BERTRAND DRIVE, LAFAYETTE, LA 70506

Phone:(337) 261-0051

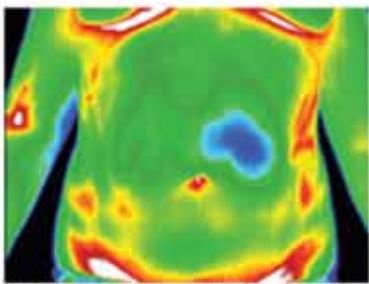


**namaste**  
wellness and general nutrition center  
Lafayette, LA (337) 356-1251

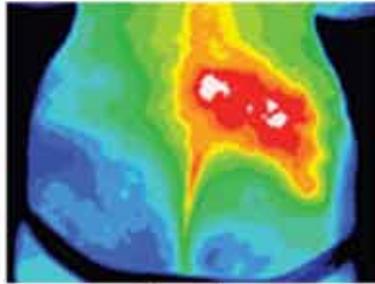
**liteon**  
natural health center  
Carencro, LA (337) 896-4141

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wellness and fitness center  
Sunset, LA (337) 662-3120

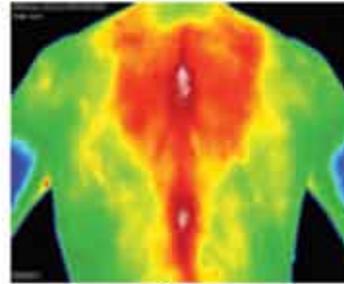
**caribbean**  
wellness center and campground  
Opelousas, LA (337) 678-1844



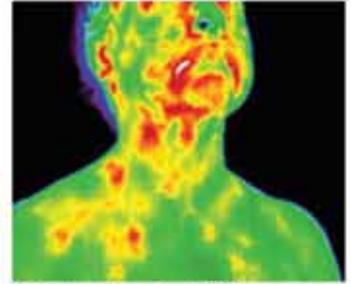
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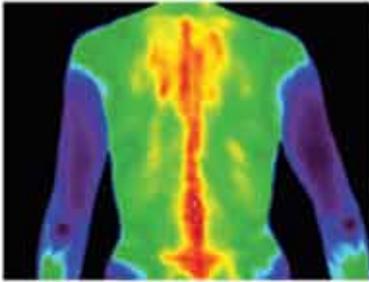
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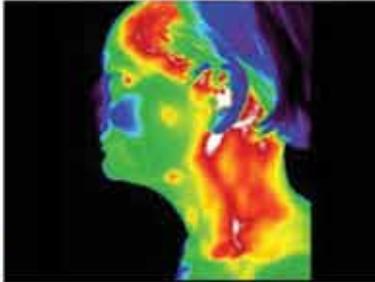
Lung Cancer



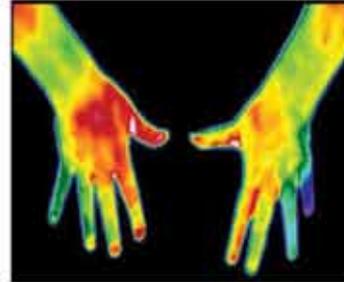
Periodontal Disease



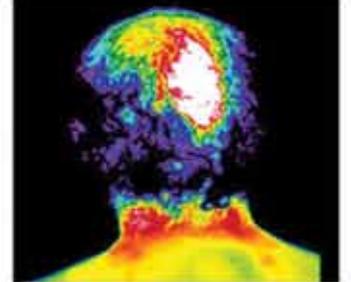
Spinal Inflammation



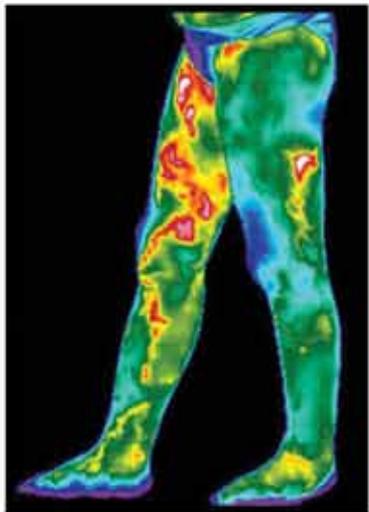
Carotid Artery Inflammation



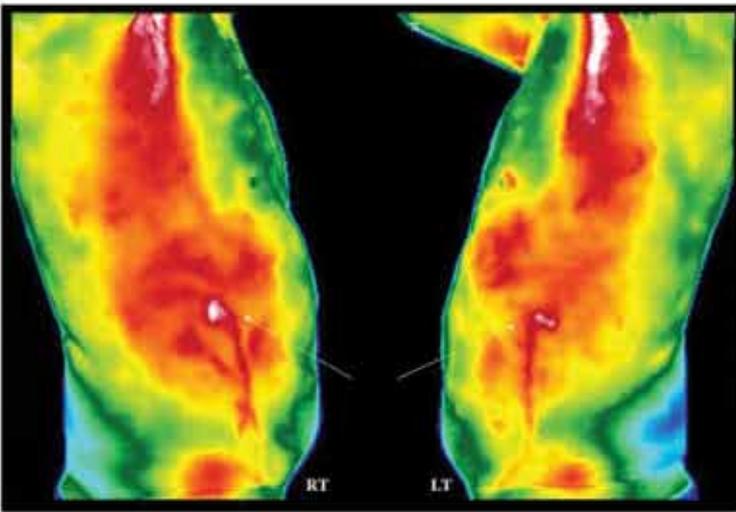
Poor Circulation Left 4th & 5th Finger



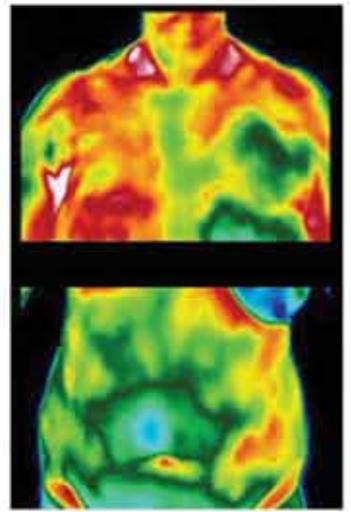
Melanoma-Scalp Cancer



Varicose Veins



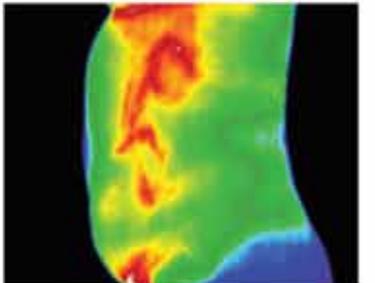
Bilateral Kidney Stones



Breast Cancer



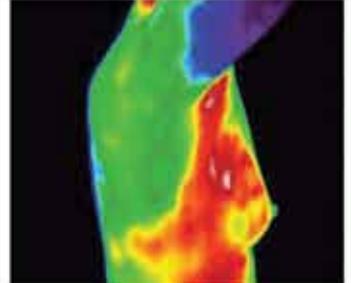
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



Lymphatic Congestion

## \$94 Full-Body Thermography Screening

Text **EXAM** and your name to

(337) **424-5066**

for more information

Call **896-4141** to schedule

Thermography is used to:

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

DISCLAIMER: The information provided here is for informational and educational purposes only. It is not to be construed as medical care or medical advice and is not a replacement for medical care given by physicians or trained medical personnel. The Natural Health Centers staff do not directly or indirectly practice medicine, dispense medical advice, diagnosis, treatment or any other medical service as part of their education and public services. Always seek the advice of your physician or other qualified healthcare provider(s) when experiencing symptoms or health problems, or before starting any new treatment.

# Health Fair

## Health Screenings

### Thermography

FULL-Body Head to Toe  
Screening

**\$94**

### Labwork

Liver & Kidney  
Bloodwork

**\$94**

\*\*\* optional upgrade not included in \$165 price

### Vitamin Test

Galvanic Skin Response using ZYTO Cradle  
Screening

**\$39**

### Vision

Wall Chart Reading  
Screening

**\$35**

### Blood Pressure

Screening

**\$12**

### pH Test

Saliva Swab  
Screening

**\$10**

### Labwork

Protein, Bilirubin, Leukocytes, Blood, SG  
Urine Screening

**\$35**

### Body Composition

% Body Fat, BMI, Muscle, Visceral Fat  
Screening

**\$22**

### OFFICE Visit

Educational Purposes Only  
Results

**\$65**

### Inflammation

Thermography Image Reading  
Screening

**\$45**

### Breast Cancer

Thermography Image Reading  
Screening

**\$65**

### Thyroid Function

Thermography Image Reading  
Screening

**\$35**

## Health Screenings BUNDLE

Regular Price ~~\$565.00~~

**Bundle Price: \$165**

FOR INFORMATION - TEXT  
Your NAME and  
HEALTH SCREENING to 424-5066

TO SCHEDULE - CALL  
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\*\*\* Offer may end soon. Call NOW

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LOUISIANA and LAFAYETTE

# Natural & Home Remedies

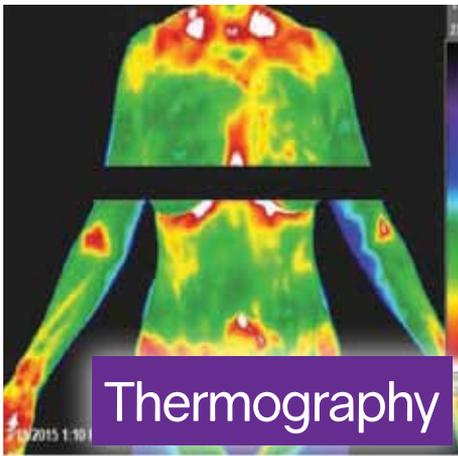
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