

HEALTHY LIVING HEALTHY PLANET

# natural awakenings

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Natural Ways to  
Feel Much Better

## Green Cars

Why Now Is the  
Time to Buy

## KIDS & TECH

How to Set  
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## Courting Fitness

Racquets and  
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June 2017 | Acadiana-Edition | [www.NAcadiana.com](http://www.NAcadiana.com)



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## Organic Frozen Wheatgrass Juice

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- 1 fl. oz. of wheatgrass juice is equivalent to 2½ pounds of the choicest vegetables
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*Suggested Use: Drink one 1.5oz frozen cup every other day.*

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



# publisher's letter



"As a man thinketh in his heart, so is he." This is a simple statement from Proverbs 23:7 but it is, unfortunately, widely overlooked. Humanity is considered the highest order of intelligence in our world. Yet we have failed to fully discover our own most powerful gifts. The mind gives us free will and thought. It gives us the ability to distinguish right from wrong and love from hate. It is with our minds that we create imagination.

Albert Einstein once wrote: "The true sign of intelligence is not knowledge but imagination." Imagination requires a healthy mind, body and soul in order to bear fruit.

Our imaginations grow stronger when we exist as balanced beings. Balancing the mind, body and soul is a necessity. The human body is made of muscles; the more we train those muscles, the stronger they become. Such physical exercise will allow us to accomplish improvements in endurance, strength and speed. The same can be said about the human mind and the human soul. Developing the mind gives us more knowledge and wisdom, and developing the soul allows us to experience love, affection and passion. If we want complete self-development, we need a holistic approach to health, one that benefits the mind, body and soul.

When we have risen to a significant level of consciousness and we are balanced, we can think infinite possibilities and positive thoughts and they will manifest even quicker as we become better connected with all that is around us. The simple truth is, we are all connected and as we see ourselves so do we see our world around us. It's amazing to understand that the exact molecules that make up our bodies are created from atoms that are traceable to that of high-mass stars that exploded millions of years before we were even born. We are all connected biologically, to the earth chemically and to the rest of the universe atomically. So you see, the universe literally exists inside of each of us, just as we exist in the universe.

It's time that we gather together. At churches, community centers, neighborhood parks or even our own homes, we can schedule regular events or simple gatherings for members of our communities or neighborhoods to come visit, discuss issues, share information, play games or just get to know each other. We can experience the energy of togetherness and infinite connections.

Read on and share these pages with another. Spread love, peace and forgiveness.



*Steve & Michelle*

Steve and Michelle Castille, Publishers



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## advertising & submissions

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## NUNU's Arts and Culture Collective Presents Drum Circle

**N**UNU's Arts and Culture Collective is offering drum circle classes every third Sunday from 3 to 4 p.m. for ages 10 and up. The drum circle explores several aspects to drumming and its ability to serve as a therapeutic activity and provide balance. Some of the drumming techniques demonstrated are healing; rhythmic heartbeat awareness; and a therapeutic focus on the inner self. Additionally, the drum circle demonstrates how a steady beat can create calm and a stronger beat can stir us into action or frenzy. Each class is themed and highlights improvisation and exploration.



NUNU's is a membership organization that is dedicated to providing a stage/platform/gallery for creative living by facilitating community, economic and artistic/cultural development.

*Location: 1510 Bayou Courtableau Hwy, Arnaudville. For information, call 337-593-0166 or visit [NuNuCollective.org](http://NuNuCollective.org).*

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*Location: 199 France Dr., Rayne. For information, call 337-873-6434 or visit [OakHeart.info](http://OakHeart.info).*

## A Local Rescue Hero

### Gail Steib - NAMASTE Wellness Center Member

**G**ail Steib works with the many homeless kittens and cats in the Lafayette area and has been driving force in fostering abandoned cats since 2006. She is affiliated with the Wild Cats Foundation and Spay Nation, and also volunteers many long hours at the Pet Adoption Day held regularly at PetSmart.

Gail seems to attract the furry felines. Not a week goes by without her having managed to rescue and provide temporary or long-term care for a cat. She also provides medical treatment if needed and nurtures them back to full health.

Gail is a purrfect example of unselfish volunteerism and gives of herself and her time. Thank you for making a difference in our community!



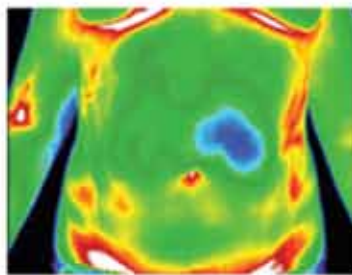
## Natural Awakenings Scholar of the Month Honoree

### Kennedy Nicole Marks

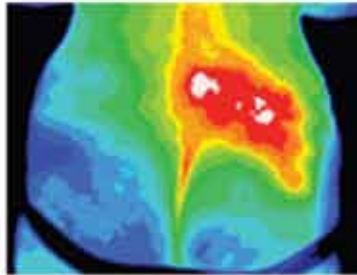
**K**ennedy Nicole Marks is a 2017 honors graduate of Cecilia High School with a GPA of 3.7. She is a resident of Arnaudville and the daughter of Mary Oliver and Greg Marks. Kennedy enjoys reading, meditation and appreciates the simple things in life. She is looking forward to continuing her education in the medical field in nursing, and will be attending South Louisiana Community College in the fall. We wish her the best of luck for a bright future. Congratulations, Kennedy!



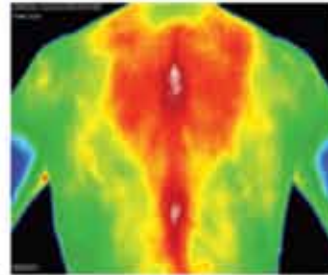




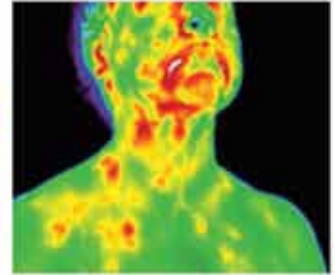
Hypothermia in the Stomach



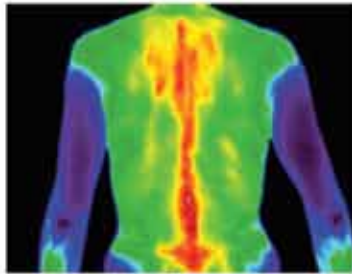
Shingles



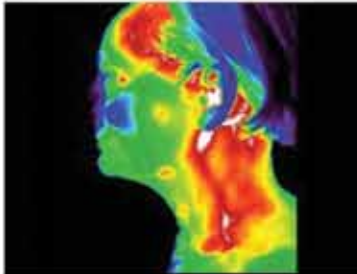
Lung Cancer



Periodontal Disease



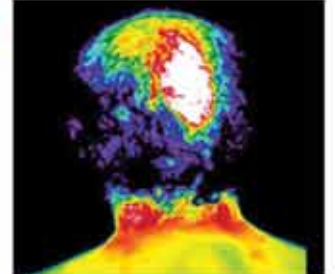
Spinal Inflammation



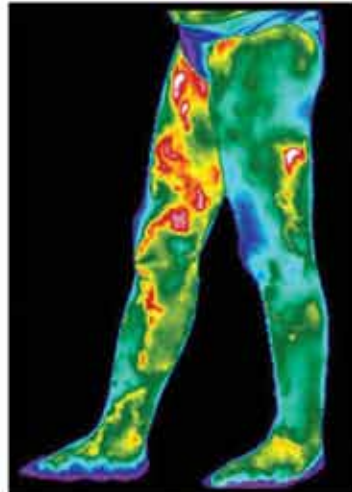
Carotid Artery Inflammation



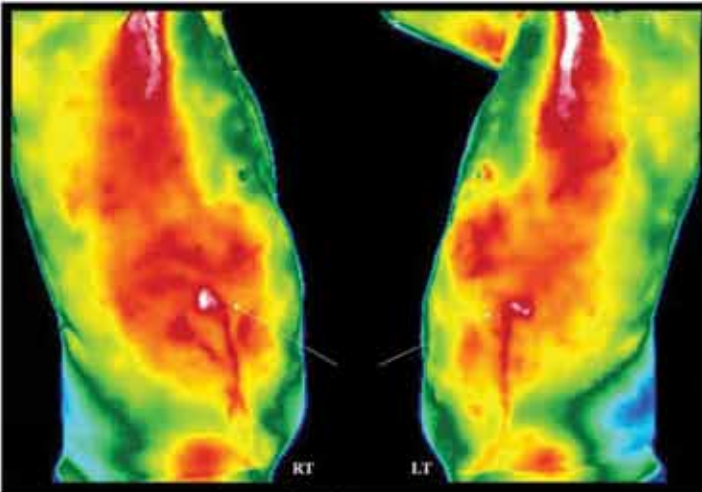
Poor Circulation Left 4th & 5th Finger



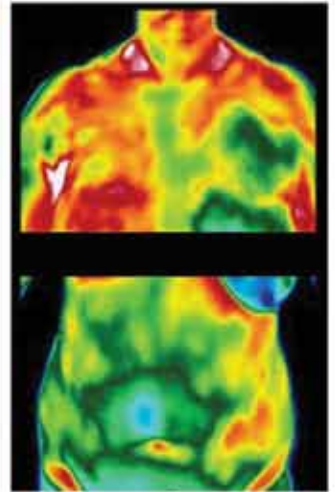
Melanoma-Scalp Cancer



Varicose Veins



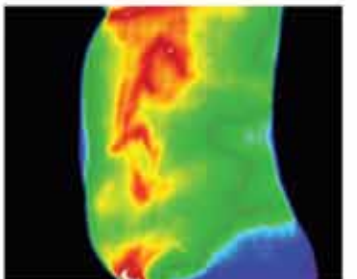
Bilateral Kidney Stones



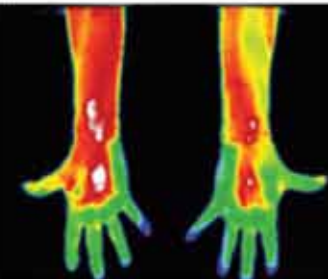
Breast Cancer



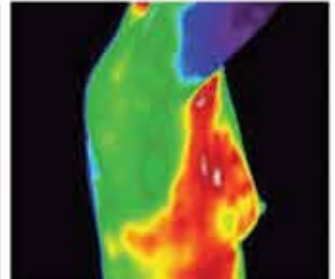
Thyroid Cancer



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## Janet M.

New Iberia, LA

### I drink wheatgrass.

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#### Lafayette

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## healthbriefs

### Ginger Relieves Infected Root Canals

Research from the University of Medical Sciences and Technology, in Khartoum, Sudan, tested the efficacy of ginger, cinnamon and a combination of both in reducing root canal infections.

The study tested infections associated with 50 teeth involved in root canals. They were divided into five groups. One was treated with a paste of extract of ginger, another of cinnamon, and another with both of them. The final two groups were divided into a positive control group treated with calcium hydroxide with iodoform paste, and a negative control group was left untreated.

The researchers recorded the number of colony forming units (CFU) of bacteria—individual bacteria units capable of growing into a colony—before and after the treatments. The extract of ginger group showed the most effectiveness, with a reduction from 83 CFUs to 26.5, suggesting that ginger may help treat or prevent root canal infections. The cinnamon group saw their status reduced slightly, to 77.8 CFUs, and the combination caused a decrease to 49.7.



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### High-Intensity Workouts May Keep People Coming Back



A study from McMaster University, in Hamilton, Ontario, has found that high-intensity interval training (HIIT) makes working out more enjoyable for individuals that struggle with regular exercise. Jennifer Heisz, lead author and assistant professor in the kinesiology department, observes, "Enjoyment during the first weeks of adopting a new exercise program may be especially important for preventing dropouts."

Researchers divided 40 sedentary, healthy adults into two groups. One participated in HIIT, which consists of short bursts of intense exercises, followed by lower-intensity recovery periods, for six weeks; the other group performed ongoing moderate exercises. The researchers discovered that while both groups started out with equal enjoyment levels, the HIIT group enjoyed their workouts more as they gained strength, while the moderate group reported unchanged or decreased enjoyment levels.

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If people sat outside and looked at the stars each night,  
I'll bet they'd live a lot differently.

~Bill Watterson

# Why Lyme Disease Ticks Thrive in the North

Researchers from the University of Rhode Island, in Kingston, have studied the rapid increase in Lyme disease in the northern U.S. Only 11 cases of the disease, which annually impacts about 300,000 Americans, were reported in 2015 in Alabama, a state of approximately 5 million residents. Meanwhile, there were 491 confirmed cases in Vermont, with a population of less than 700,000.

The researchers studied the life cycle, metabolism and behavior of black-legged ticks, collecting larvae from several eastern areas. They discovered that ticks live longer in cooler temperatures with higher levels of humidity, making northeastern climates ideal, because longer lives mean increased chance of contact. Southern ticks stay hidden underfoot in layers of leaves to stay cool and damp, making them less likely to find a human host than

their northern counterparts, which reside on leaves and trees.

“There has been a lot of research aimed at finding out what makes black-legged ticks more efficient hosts for Lyme disease in the north than in the south,” explains Roger LeBrun, an entomology professor at the University of Rhode Island and co-author of the study. “People have looked at everything from the effects of temperature on tick life cycles to the types of animals the ticks feed on. Probably all of these factors play roles, but our results suggest that evolutionary pressure to conserve moisture by staying under the leaf litter surface is a critical factor.”

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## Vitamin D Helps Babies Grow Strong Bones and Muscle



Researchers from McGill University, in Montreal, Canada, have discovered a connection between vitamin D supplementation during infancy and a healthier ratio of muscle and fat in toddlers. “We were very intrigued by the higher lean mass and the possibility that vitamin D can help infants to grow both healthy skeletons and amounts of muscle, yet less fat,” says Hope Weiler, one of

the study’s authors and director of the Mary Emily Clinical Nutrition Research Unit at the university.

The original 2013 study, which followed 132 infants given one of four different dosages of vitamin D daily during their first years, confirmed the connection with strong bones. The 2016 study used the same data to explore the impact of vitamin D supplementation on the toddlers’ body fat levels. The researchers found that children given more than 400 international units per day during the first year of life had an average of 450 less grams of body fat at age 3. They also found a correlation between the supplementation and lean muscle mass in the youngsters during their first three years.

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

## Safe and Smart

### Clarity for Expiration Dates on Food



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Many Americans have been confused by the “Sell By” labels on groceries for 40 years. Now, the Food Marketing Institute and the Grocery Manufacturers Association, the two largest industry trade groups, are adopting voluntary standardized regulations to clarify. Instead of using up to 10 different phrases to communicate safety, they have settled on just two: “Use By”, a safety designation to indicate when perishable foods are no longer good;

and “Best if Used By”, an estimate of when the manufacturer thinks the product should be consumed for peak flavor.

Studies show that consumers generally believe the current labels all signal whether a product is safe to eat, and that it will still be okay well after its so-called expiration date. At the same time, prematurely tossed groceries dominate landfills and produce greenhouse gas emissions. The U.S. Department of Agriculture and a coalition of environmental groups have been urging the industry to clear this up. The change is scheduled to take hold in July 2018.

## Mock Meats

### Vegetarian Protein Options on the Rise



Last year, the United Nations International Year of Pulses recognized dry peas, lentils and chickpeas because they are affordable, nutritious and have a low eco-footprint. New, innovative, plant-based proteins will extend the options.

The *Journal of Hunger & Environmental Nutrition* reported that vegetarians can save at least \$750 annually over meat eaters by reducing or replacing

consumption of animal products and switching to sources that adhere to higher animal welfare standards.

The Impossible Burger simulates the sizzle, the smell and the juicy first bite of the real thing to rave reviews. The similar Beyond Burger is a hit at Whole Foods Markets.

Tyson Foods is investing in the protein alternative company, Beyond Meat, and launching a \$150 million venture capital fund to support plant-based foods. Some large German meat producers are also seeking to diversify with plant-based versions of traditional meaty favorites.



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## Autonomous Autos

### Driverless Cars Promise Safety and Savings

Hyundai demonstrated its Ioniq autonomous, or driverless, hybrid car concept at the 2017 Consumer Electronics Show, demonstrating that such vehicles—equipped with sophisticated sensors, GPS and computers—could be for sale within five to seven years.

Safety is paramount. Estimates for the U.S., based on a 2013 Eco Center for Transportation study, projected that if 90 percent of vehicles were autonomous, the number of driving-related deaths would plummet from an annual 32,400 to approximately 11,300.

“Drivers are excited that driverless cars will offer 90 percent fewer U.S. traffic accidents, 40 percent lower insurance costs, the end of drunk driving accidents and newfound freedom for seniors and people with disabilities,” says Gary Shapiro, president and CEO of the Consumer Technology Association. Its 2016 report *Self-Driving Vehicles: Consumer Sentiments* found that nearly 75 percent of consumers surveyed like the proffered benefits.

In *Driverless*, authors Hod Lipson and Melba Kurman highlight significant ecological benefits, including McKinsey research findings that driverless cars will yield up to 20 percent fuel savings, and a corresponding reduction in carbon dioxide emissions. Their smoother driving also extends a vehicle’s life.

Ford intends to deliver a fully autonomous vehicle for ride sharing in 2021, according to Mark Fields, Ford Motor Company president and CEO. Companies such as Uber and Lyft already are testing driverless vehicles in pilot cities.

Pat\_Hastings/Shutterstock.com

## Itchy Ivy

### Tips to Avoid and Treat Poison Ivy Rash

Avoiding even slight contact with poisonous vines that secrete toxic oil goes far in preempting nasty blistering, skin pain and itching. If contact occurs, natural remedies can help prevent and diminish symptoms.

Recognition helps. In the North and West, it's usually a shrub; in the East, Midwest and South, a vine. Watch out for a cluster of three leaves; the color changes seasonally.

For outdoor walks or hikes, maximize skin protection by wearing long-sleeved shirts, hats, rubber gloves, socks and closed-toe shoes. Also thoroughly rinse skin that may have come into contact with poison ivy in lukewarm soapy water using a washcloth or hand towel for friction as soon as possible to remove the damaging oil (video at [Tinyurl.com/Wash-Off-Poison-Ivy](http://Tinyurl.com/Wash-Off-Poison-Ivy)).



Melinda Favver/Shutterstock.com

■ Stay watchful; a rash sometimes doesn't appear for 12 to 72 hours after contact ([aad.org](http://aad.org)).

■ If a rash develops, soak in cool water baths containing an oatmeal-based product like Aveena or oatmeal soap.

■ Lavender, peppermint, tea tree, Roman chamomile, myrrh, eucalyptus and cypress essential oils all offer anti-inflammatory and other soothing properties (recipes at [NewHealthAdvisor.com/Essential-Oils-for-Poison-Ivy.html](http://NewHealthAdvisor.com/Essential-Oils-for-Poison-Ivy.html))

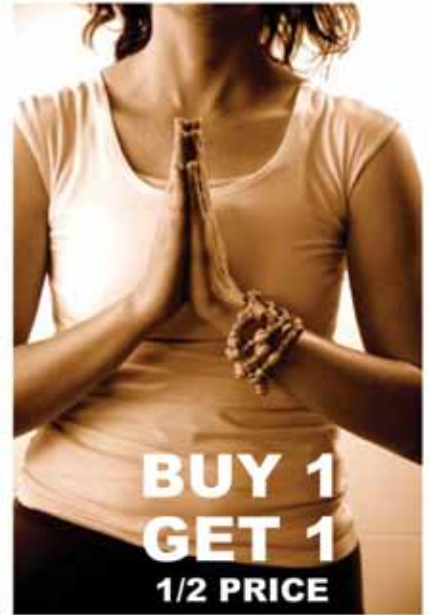
■ Natural treatments found at [DrAxe.com](http://DrAxe.com) include applying apple cider vinegar or brewed and chilled black tea; their tannins and other compounds lower inflammatory reactions.

■ To reduce itching, [GlobalHealingCenter.com](http://GlobalHealingCenter.com) suggests baking soda baths and pastes. Ditch the Itch Cream has natural ingredients such as colloidal oatmeal, oat extract, tea tree and neem oils that can provide temporary relief, according to [Eartheasy.com](http://Eartheasy.com). Applying cool paper towels may be helpful; also try witch hazel. Over-the-counter cortisone cream or even calamine lotion is a last resort.

■ Avoid scratching as an infection may develop through opening a blister. If breathing or swallowing worsens, eyes swell or a rash develops in or near the mouth, head to an emergency room or urgent care center.

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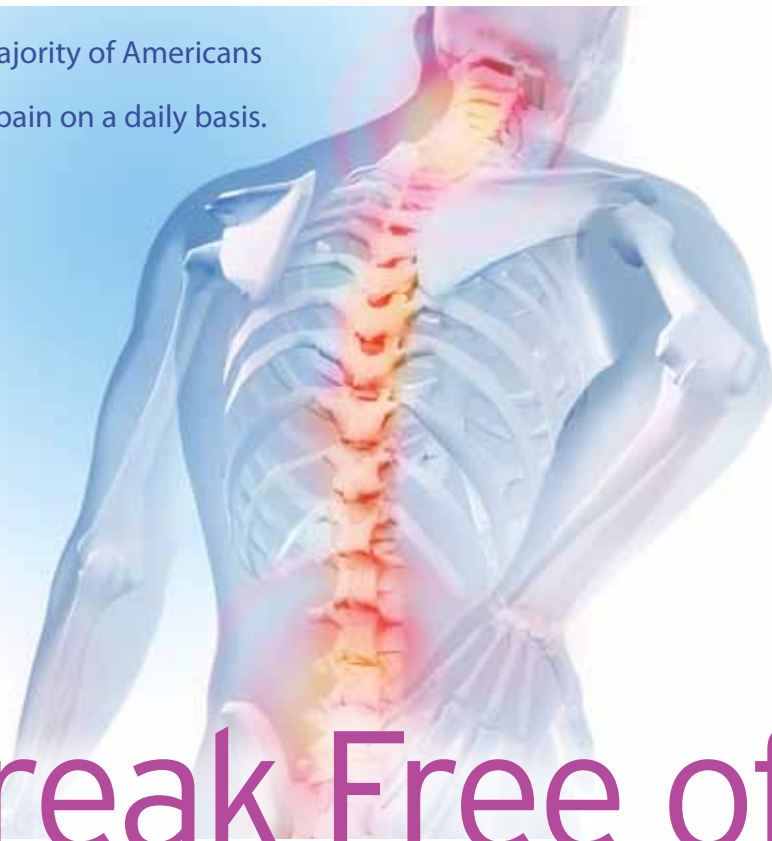


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# Break Free of CHRONIC PAIN

## Natural Ways to Feel Much Better

by Kathleen Barnes

According to the National Center for Health Statistics, 25 percent of Americans, or 76.2 million, are suffering from pain that lasts more than 24 hours at this very moment: Ouch!

Lower back pain alone keeps Americans from going to work a total of 149 million days each year, costing the U.S. economy \$100 to \$200 billion, reports the University of North Carolina at Chapel Hill.

Other common types of chronic pain affect musculoskeletal tissues, knees, hips or the neck. Migraines and severe headaches plague 16.6 percent of adults over 18, per a National Health and Nutrition Survey. Neurological discomfort can reach as high as 12.4 percent, estimates a study from the Mayo Clinic, in Rochester, Minnesota. Even visceral or organ pain associated with heart disease, cancer and pelvic diseases occur in at least 20 percent of the global population, according

to the International Association for the Study of Pain, in Seattle.

If chronic pain is affecting you, you feel it and want relief—right now.

### Watch Out for Opioids

Unfortunately, conventional medicine often has little to offer most pain patients. Even for something as pervasive as back pain, surgery and steroid injections are usually an unsatisfactory first line of defense, having mixed results at best, seconded by prescriptions for addictive opioid painkillers.

Dr. Nora D. Vokov, director of the National Institute of Drug Abuse, told the U.S. Senate Caucus on International Narcotics Control in 2014 that there were an estimated 2.1 million people in the U.S. suffering from substance abuse disorders related to prescription opioid pain relievers in 2012. The problem is worsening. Every day, 1,000 people are

treated in emergency rooms for misusing prescription opioids, according to the U.S. Centers for Disease Control and Prevention.

### Go Natural for Effective Relief

Such statistics expose the magnitude of the problem of chronic pain. “It’s daunting, but there are many natural ways to address it that are inexpensive, effective and with what I call side benefits rather than negative side effects,” says Dr. Jacob Teitelbaum, of Kona, Hawaii, author of the smartphone app *Cures A-Z*.

Complementary, integrative or functional medicine, all names for a holistic approach to health care, offer a comforting wealth of gentle ways to address chronic pain, most of which the vast majority of conventional medical doctors are unaware, says Daniel Cherkin, Ph.D., senior investigator emeritus with the Group Health Research Institute, at the University of Washington, in Seattle.

# PAIN

“Effective natural treatments include yoga, acupuncture, chiropractic, meditation, lifestyle changes and exercise,” notes Cherkin. “But since they’re not in most doctors’ medical training or learned repertoire for pain relief, patients aren’t offered the opportunity to try them.”

### What Helps Relieve Pain

Here are just some of the many natural and affordable forms of pain relief.

**Try the Yass method:** Mitchell Yass, Ph.D., of St. John’s, Florida, author of *The Pain Cure Rx*, is busting the myth that musculoskeletal pain is often caused by osteoarthritis. “Arthritis or joint deterioration is rarely the cause of joint pain,” says Yass. He points out that 90 percent of people over 60 have herniated discs, but no associated pain.

Yass treats patients based on his observation that in up to 98 percent of the cases he sees, weak muscles are the underlying cause of joint pain, and strengthening them provides relief. He says his prescribed exercises are usually effective in days or a few weeks.

“Pain is an indication of tissue in distress. For example, pain in the shoulder area is often an impingement of the bicep,” he says. His prescription is strengthening exercises using hand weights for the trapezoid, tricep and serratus anterior muscles. His book suggests a detailed self-diagnosis program and the necessary exercises to strengthen muscles and relieve joint pain (more at [Tinyurl.com/YassIntroInfo](http://Tinyurl.com/YassIntroInfo)).

### Address underlying trauma:

Osteopath Maud Nerman, of Novato, California, author of *Healing Pain and Injury*, has broad experience in treating neurological problems and brain injuries and often focuses on physical and emotional trauma as an underlying cause of chronic pain. She explains that the autonomic nervous system that directs unconscious body functions like breathing, digestion and heartbeat is interrupted by such trauma.

“Trauma literally shocks the nervous system,” she says. “The body cannot turn off the ‘fight-or-flight’ reaction, causing a firestorm of inflammation that can lead to a variety of serious diseases, overwhelming the body’s ability to manage its own healing.” Her work has showed how readjusting the body, restoring breathing and reactivating the autonomic nervous system can provide relief in short order.

**Consider lifestyle, diet and supplements:** “Pain is like the ‘check oil’ light on a car’s dashboard. It signals that something needs attention,” says Teitelbaum, author of *Pain Free 1-2-3*. “If the oil light goes on, putting a Band-Aid over it or smashing it with a hammer won’t help.”

Teitelbaum recommends an energy optimization approach he dubs SHINE that addresses underlying causes of chronic pain that has worked for 91 percent of the people he’s treated for fibromyalgia and muscle pain.

**Sleep**—Eight to nine hours a night helps replenish energy and heal muscles.

**Hormones**—Treat hormone imbalances even if lab tests are “normal”.

**Immunity**—Dysfunctional immune systems and persistent infections can lead to chronic pain.

**Nutrition**—In Teitelbaum’s studies, optimizing nutritional support, especially B vitamins, vitamin D, ribose, coenzyme Q10 (CoQ10) and magnesium, was helpful. A healthy, high protein, low sugar diet is effectively complemented by a variety of herbs and nutrients, primarily curcumin, boswellia, willow bark and fish oil, nutrients that widespread studies show stop pain better than pharmaceuticals. He’s also a strong proponent of eliminating sugar entirely because it causes inflammation.

**Exercise**—Daily exercise speeds the healing process and after 10 weeks following the first four SHINE steps, will increase the capacity to exercise.

For migraines, Teitelbaum advocates vitamin B<sub>2</sub> (riboflavin). Numerous studies support the effectiveness of dosages of 400 milligrams per day to prevent migraines. After just six weeks of use, a German study published in the *European Journal of Neurology* shows that taking a daily riboflavin supplement cut the number of migraine days in half for participants and significantly reduced the amount of migraine medication needed.

**Tap for Relief:** Also known as the Emotional Freedom Technique (EFT), Tapping Solutions founder Nick Ortner, of Newtown, Connecticut, says “Tapping sends a calming signal to the amygdala in the brain, turning off the fight or flight stress response and allowing the body to heal.” The physical tapping opens up the body’s energy meridians and allows them to relax so the natural healing process can take place, Ortner explains.

EFT combines tapping on specific body points while repeating appropriate affirmative statements such as: “Even though I have this [pain], I love, accept and forgive myself.”

He recalls a woman that arrived at a seminar he led with a toothache that had lasted for years. Doctors had done X-rays, seen an infection and prescribed antibiotics to no good effect. He asked her if she recalled when the pain began; without hesitation, she answered, “When my mother passed away unexpectedly.”

“So we started working together and the pain reduced significantly right away and eventually disappeared completely,” says Ortner. A follow-up with her dentist showed no sign of the former problem.

Up to now, the EFT research is positive. One study from the Energy Medicine University, in Mill Valley, California, found it helped people with chronic pain (some coping with severe fatigue and fibromyalgia) feel physically and emotionally better in as little as a month; another from the Foundation for Epigenetic Medicine, in Santa Rosa,

## Yogic Breathing Brings Relief

An ancient yogic breathing practice, or *pranayama*, is used to rebalance the autonomic nervous system. Dr. Maud Nerman strongly recommends alternate nostril breathing for those that experience chronic pain caused by physical or emotional trauma.

Here’s a basic practice:

- After folding the middle two fingers of the right hand down, press the right nostril closed.
- Inhale to the count of four.
- Hold both nostrils closed for a count of eight.
- Release the right nostril and exhale to a count of eight.
- Repeat on the other side.
- Continue for at least three minutes, alternating sides throughout.



## The Knot Prayer

Dear God,

Please untie the knots that are in my mind, my heart, and my life.

Remove the have nots, cannots, and the do nots.

Erase the will nots, may nots, might nots that may find a home in my heart.

Release me from the could nots, would nots, and should nots that obstruct my life.

And most of all, dear God, I ask that you remove from my mind, my heart, and my life all of the "am nots" that I have allowed to hold me back. Especially the thought that I am not good enough.

Amen

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California, showed substantially reduced trauma in institutionalized abused teenagers after just one EFT session.

### Meditation vs. Medication:

Meditation may not resolve the underlying cause of chronic pain, but research from the University of Alabama demonstrates it can interrupt pain signals to the brain. It's at least as effective as opioid painkillers in relieving chronic pain, according to a study led by Cherkin at the University of Washington.

His team's 342 subjects that had experienced back pain weekly for at least a year were offered either eight meditation and yoga classes, eight cognitive behavior therapy (CBT) sessions or just keeping up their own regular daily routines that did not include yoga and meditation. The results, recently published in the *Journal of the American Medical Association*, confirm what numerous other studies have reported: 44 percent experienced a

"meaningful reduction" in pain within six months of the meditation or CBT sessions, equal to results reported by people taking addictive opioid pharmaceuticals. More, the pain relief continued for up to two years, even if the subjects stopped doing actual sitting meditation.

"Meditation changes the way people think about pain and how they develop skills to keep it from becoming a major focus in their lives," observes Cherkin.

Regardless of the mechanism, experts in a holistic approach to chronic pain relief agree that encouraging self-control, self-determination and self-empowerment makes a huge difference in patients' abilities to control pain more naturally and effectively.

Kathleen Barnes is author of numerous natural health books, including *Our Toxic World: A Survivor's Guide*. Connect at [KathleenBarnes.com](http://KathleenBarnes.com).

## How to Tap Away Pain

Tapping, or Emotional Freedom Techniques (EFT), soothes the body by turning off the "fight or flight" stress response that can cause inflammation and worsen pain, according to Tapping Solutions founder Nick Ortner, of Newtown, Connecticut. Here's how to do it:

- 1 Identify the problem (e.g., pain in back of neck).
- 2 Rate the intensity of feelings about the problem on a scale of one to 10.
- 3 Compose a statement about it (e.g., "Even though I have intense neck pain today, I deeply and completely accept myself").
- 4 Using one or two fingers on one hand, tap the "karate chop" area on the outer edge of the other hand while repeating the statement three times.
- 5 While repeating, e.g., "intense neck pain," using firm, but gentle pressure, use either two or four fingers to tap these areas, on either side, five to seven times in sequences as follows:

- side of eyebrow
- side of eye
- under eye
- under nose



- chin
- inner collarbone
- under arm
- top of head

- 6 Refocus on the original problem and rate its intensity. Restate what you're feeling, as needed.

Source: *The Tapping Solution for Pain Relief*, by Nick Ortner; instructional video at [Tinyurl.com/JessicaOrtnerTapping](http://Tinyurl.com/JessicaOrtnerTapping).





## 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.



# PROVEN RELIEF FOR SHINGLES

## Six Drug-Free Ways to Preempt the Pain

by Margie King

One in three people will develop shingles (*Herpes zoster*) during their lifetime. Although the painful skin eruptions last only a few weeks, chronic pain can persist for several months and seriously impair quality of life long after the red rash marks disappear.

Also concerning is that the rate of shingles is on the rise, according to a multidisciplinary review of relevant literature by PLOS, a nonprofit open-access science publisher. The cause may be widespread use of the chickenpox vaccine. A decade-long Australian study published in the *Medical Journal of Australia* showed that as its use rose, so did the incidence of shingles.

Shingles is acknowledged as being far more serious than chicken pox. Dr. Joseph Mercola, founder of the health-care website *Mercola.com*, reports shingles can also lead to neuropathy, meningitis, hearing loss and blindness.

Fortunately, there are six safe and effective drug- and vaccine-free ways to prevent shingles or ease symptoms.

**1 Vitamin C Therapy:** According to Dr. Thomas E. Levy, vitamin C has been successfully used in treating shingles' skin rash and blisters. In one study by Dr. Frederick Klenner, eight such patients received 2,000 to 3,000 milligrams (mg) of vitamin C by injection every 12 hours, supplemented by 1,000 mg in fruit juice every two hours. Seven reported complete pain relief within two hours of the first of five to seven injections.

As early as the mid-20th century, a study by Dr. Mohammed Zureick of 327 shingles patients demonstrated that vitamin C injections effected complete resolution of the outbreaks in all of them within 72 hours.

**2 Fruits and Vegetables:** Diets low in micronutrients including vitamins, minerals and antioxidants can increase the risk by depressing the immune system. In a British community-based study published in the *International Journal of Epidemiology*, researchers followed

243 shingles patients in 22 general practices in London with a control group of 483 individuals with no history of the ailment.

Those eating less than one piece of fruit a week had more than three times the risk of herpes zoster versus those eating more than three a day. The same pattern occurred when they looked at combined fruit and vegetable intake.

**3 Capsaicin:** Postherpetic neuralgia is a complication of shingles that can last long after initial symptoms disappear. Topical capsaicin, the spicy compound in hot peppers, may be an effective treatment.

In a double-blind study published in the *Journal of the American Academy of Dermatology*, 32 elderly patients with chronic postherpetic neuralgia were treated with either capsaicin cream or a placebo. After six weeks, almost 80 percent of capsaicin-treated patients experienced relief. The researchers noted that because capsaicin avoids problems with drug interactions and systemic toxicity, it should be considered a first choice in management.

A study of 143 Canadian patients in *Clinical Therapeutics* yielded similar results. Then, in a two-year follow-up of 77 of the patients, 86 percent showed continued benefits from the single six-week trial with no serious adverse effects.

**4 Acupuncture:** In a Chinese study of acute shingles cases in the journal *Zhongguo Zhen Jiu*, 72 patients were randomly divided into two groups. One received acupuncture around the margins of the outbreak. The others received acupuncture plus moxibustion—a traditional Chinese therapy that burns dried mugwort near the skin—of the area around the needling. The acupuncture group had a relief rate of 85.3 percent, with the cessation of herpes eruptions, quicker scab healing and reduced residual neuralgia. Moxibustion-treated patients were cured within three days with a rate of 97.4 percent.

**5 Tai Chi:** A study in the *Journal of the American Geriatric Society* found that tai chi boosts immunity to the varicella zoster virus. In a randomized trial of 112 healthy adults, one group did tai chi for 25 weeks while another received health education. After 16 weeks all were vaccinated with VARIVAX, the live, attenuated Oka/Merck varicella zoster virus vaccine.

Results showed the tai chi group had nearly twice the levels of cell-mediated immunity to the virus compared to the control group; tai chi alone increased immunity about as much as the shingles vaccine plus yielded significant improvements in physical functioning, bodily pain, vitality and mental health.

In a University of California-Los Angeles study, 36 men and women over 60 were assigned either to a tai chi or control group. For 15 weeks, the tai chi practitioners received three, 45-minute instruction classes a week; their cell-mediated immunity to the varicella zoster virus rose 50 percent plus they experienced significant improvements in physical functioning.

**6 Light Therapy:** In a study published in *Photodermatology, Photoimmunology & Photomedicine*, 25 patients with severe pain in the first week of zoster rash were divided into a prevention group (receiving the drug acyclovir for 10 days, plus UVB light therapy three times a week until pain relief was reached or a maximum of 15 sessions); a control group received just the drug.

After one month, 58.3 percent of the light therapy patients were pain-free, compared to 38.5 percent of the drug group. At three months, the ratios rose to 83.3 percent versus 53.8. The researchers concluded that UVB phototherapy in the acute stage of shingles might reduce the incidence and severity of lingering neuralgia.

*Margie King was a corporate attorney for 20 years before becoming a health writer in Lower Gwynedd, PA. Connect at IntegrativeMenopause.com.*

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# Backyard Pizza Party

## Grill Scrumptious Pizzas and Flatbreads

by Claire O'Neil

Summer is high season for grilling when just about anything sizzled over high heat tastes great. Grill masters Karen Adler and Judith Fertig recently put this theory to the test when they fired up their grills—gas and charcoal—to cook bruschetta, panini, flatbreads and pizzas. The results tasted so good that they created a cookbook: *Patio Pizzeria: Artisan Pizza and Flatbreads on the Grill*.

Here are a few pointers using a backyard charcoal-style approach, with toxin-free hardwood lump charcoal, or a barbecue gas grill. Grill grates can be plain or fancy, from a pizza stone to a high-heat pizza oven—all can bring out that charcoal earthiness.

### Great Grilled Breads

“No patio pizzeria repertoire is complete without a signature grilled bread. It’s one of the easiest and most flavorful appetizers ever,” says Adler. This dish starts with good whole grain bread, liberally brushed with extra-virgin olive oil on both sides, and then grilled and topped with any number of vegetable mixtures, from fresh sliced tomatoes to sautéed bell peppers or broccoli rabe

and garlic. “The bread slices should be big enough to manage on the grill grates with long-handled grill tongs,” she says. “Simply cook on each side until the bread has good grill marks, then add toppings.”

For flatbread, Fertig suggests starting with a pound of fresh pizza dough—healthy grain, if preferred—cut into four pieces. Pat each piece into an oval on a floured surface. “The good thing about flatbread is that it can be just about any shape, so the

pressure is off to make it perfectly round.” Brush each oval with olive oil before transferring it directly onto the hot grill grate. When the dough bubbles up like a pancake, turn it with grill tongs and cook the other side. Then top the grilled flatbread with mixtures like honey, pistachios and chive blossoms or freshly chopped herbs and grated pecorino cheese. “Grilled flatbread can go vegan, vegetarian or omnivore-eat’er,” she says.

### Tiny Pizzas with Big Flavor

Another variation is to step up from flatbread to small, individual pizzas, or *pizzettes*. For this, use the same fresh pizza dough, but roll it into four perfect rounds. One by one, the rounds go on a baking sheet lined with parchment paper and brushed with olive oil.

“Placing the dough on the oiled parchment paper first and then flipping it upside-down on the grill grates helps keep the dough’s shape better than placing it directly on the grates by hand. This quick flip-and-peel motion is easy once you do it a time or two. Keeping the pizzas small also makes them easier to maneuver on the grill,” advises Adler. After each pizzette bubbles up like a pancake, it needs to be turned and moved to the indirect, or no-heat, side of the grill. There, it gets pizza toppings and can sit for a while with the grill lid closed, so the toppings melt.

Served with a fresh salad or summer fruit, a flatbread or pizzette makes for a perfect summer meal on the grill.

*Claire O'Neil is a freelance writer in Kansas City, MO.*

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greenliving

# Green Car Buying Tips

## Fuel Economy Plus Sales Incentives Equal Big Savings

by Jim Motavalli



While some carmakers are filling showrooms with ever-larger gas-guzzling sport utility vehicles (SUV) thanks to lower gas prices, some car buyers want to do just the opposite and go greener with their wheels. Fortunately, more eco-friendly options exist than ever before—many of which come with surprising personal benefits in addition to a cleaner, greener planet.

The green share of the U.S. auto market, combining battery electrics, hybrids and plug-in hybrids, peaked at 3.8 percent in 2013, according to the Automotive News Data Center. Despite a record 59 models available now, the share was just 2.87 percent in 2016. As Millennials—the generation that could be buying 40 percent of all new vehicles by 2020—fully emerge into the marketplace, eco-car numbers could zoom, although some think it's possible they'll be shunning car purchases for car-sharing services.

"The market has continued to shift to crossovers and big SUVs, and there aren't many hybrid models available in those categories," says Sam

Abuelsamid, senior research analyst at Navigant Research. "We expect that to change in the next couple of years, when vehicles like the hybrid Ford Explorer reach the public." Navigant projects only 3.4 percent annual compounded growth in hybrid sales by 2025, but a much more robust 31 percent rise in battery-run electrics.

"Conventional hybrids without a plug no longer have the halo they once had," says Bradley Berman, founder of *HybridCars.com*. "The cutting edge has moved to electric cars with ever-bigger battery packs and longer electric range. With gas prices at relatively low levels, the green car market remains a small niche."

### Getting a Green Bargain

Many of the greener choices are now a tremendous bargain for consumers. The federal government currently offers a tax credit of up to \$4,500 for electrified vehicles, and many states kick in with added subsidies. Highlights include maximums available for electric vehicles (EV) with big batteries: California, \$1,500 in rebates, plus single-occupant use of the

high-occupancy vehicle lanes; Colorado, \$5,000; Connecticut, \$3,000; Delaware, \$2,200; Maryland, \$3,000; Massachusetts, \$2,500; Michigan, \$2,500; Pennsylvania, \$2,000; Rhode Island, \$2,500; Texas, \$2,500; and Utah, \$750.

The Prius Prime is a prime example of the savings available. The acclaimed plug-in hybrid, with an electric range of 25 miles, starts at \$27,100, before subsidies (starting prices are before destination costs). In California, it would be \$21,100. This means this well-equipped plug-in hybrid is, for state purchasers, approximately \$3,585 less than a base Prius liftback hybrid (\$24,685). It's a buyer's market for green cars, as manufacturers incentivize them to meet federal and California fuel economy averages. Buyers are encouraged to act now before subsidies disappear.

Hyundai is taking an interesting approach with its green Ioniq line, offering, beginning this year, affordable battery electric, hybrid and plug-in hybrid versions of the same mid-sized car platform. "This is about freedom for the customer—they can choose the level of electrification that fits them," says Mike O'Brien, Hyundai vice president of corporate and product planning.

## Great Green Choices

Here are some more good choices.



*Chevrolet Bolt*

### Battery electric: Chevrolet Bolt

With the Bolt—GM's first battery electric since the EV1—the buyer can get from zero to 60 miles per hour (mph) in 6.5 seconds from its 200-horsepower motor plus attain 238 miles of range from its huge, 60-kilowatt-hour battery, winning it 2017 *Motor Trend* Car of the Year, *Green Car Journal's* 2017 Green Car of the Year and 2017 North American Car of the Year from a jury of automotive journalists. Prices start at \$36,620, but subsidies can top \$10,000.



*Audi A3 e-tron*

### Plug-in hybrid: Audi A3 e-tron

The power (204 horsepower) and zero-to-60 mph time capability is similar to the Bolt, but the A3 offers a more sumptuous cabin and Audi's celebrated driving dynamics. The electric range is a mere 16 miles, but 380 miles total using the 1.4-liter, four-cylinder gas engine. Prices start at \$38,900, but it qualifies for a \$4,500 federal tax credit and some state subsidies, too.



*Toyota Highlander*

### Hybrid car: Toyota Highlander

Mildly updated for 2017, the Highlander is the only three-row hybrid SUV currently available, making it worth considering. Good news includes a power increase in the 3.5-liter V-6 (to 306 horsepower), although there's a small fuel-economy penalty. The hybrid is rated at 30 miles per gallon in the city, 28 highway and 29 combined. The bottom line cost starts at \$36,270 without subsidies.

**Other worthy cars:** The fuel cell-powered Honda Clarity, Toyota Mirai and Hyundai Tucson (for southern Californians); any of the Ioniqs; the versatile plug-in hybrid Chevrolet Volt; and the quick BMW i3 and i8 and Tesla Model S if the budget allows.

*Jim Motavalli is an author, freelance journalist and speaker specializing in clean automotive and other environmental topics. He lives in Fairfield, CT. Connect at [JimMotavalli.com](http://JimMotavalli.com).*

## 20 Best Foods for FIBER



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White Beans

Black Beans



Kidney Beans

Garbanzo Beans

Avocado



Whole-wheat pasta

Brown Rice

Edamame



Whole-wheat bread

Lentils

Pear



Artichoke

Oatmeal

Raspberries



Peas

Broccoli

Apples



Almonds

Barley

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

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

—Dr. Steven T. Castille

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*Fast-paced action is a hallmark of pickleball.*

## New Ways to Court Fitness

### Racquets and Paddles Get a Sporting Makeover

by Randy Kambic

Two fun ways to use tennis courts for fitness are showing big increases in popularity.

#### Meet the New “Pickleball”

You may not have heard of it yet, but pickleball is a mixture of tennis, squash and table tennis, and it's one of the fastest-growing sports in the country. The USA Pickleball Association (USAPA) at [usapa.org](http://usapa.org) estimates that 2.5 million players are active now, with the number expected to multiply to 8 million by next year.

Regulation tennis courts especially marked for pickleball facilitate its smaller, 20-by-44-foot playing area. The need for less running about appeals to older players and others, as does the distinctive thud when the hard paddle hits the plastic ball. (Sample video at [Tinyurl.com/WinningPickleballShot](http://Tinyurl.com/WinningPickleballShot).)

Christine Barksdale, 48, of Vancouver, Washington, USAPA's managing director of competition and athlete services, played league tennis from childhood into adulthood until she transferred her passion to pickleball. She assesses that half of participants are “totally focused on pickleball,” while the rest see it as a way to improve their volleying skills for tennis. “It definitely improves reflexes. It's easy for beginners to pick it up and have fun.” It also introduces kids to racquet sports.

Stretching the shoulders before playing is advised by licensed sports massage therapist Brian Horner, who works with athletes at pickleball, tennis, racquetball and beach



volleyball tournaments in Arizona, California and elsewhere. The shoulder is like the handle of a whip in these sports, says Horner, who authored the new ebook *Complete Guide to Winning Pickleball* (*PickleballTournaments.com*). "If it isn't operating normally, when more pressure is applied it can strain the elbow and wrist." Swimming, especially backstrokes, is advised because therapists regard water as a friend of shoulders.

"Sixty to 70 percent of the people that play [here] are retired," says Steve Munro, owner of the West View Tennis Center, in Morgantown, West Virginia. He also sees the sport as a nice transition for older tennis players.

Pickleball was invented in Washington's Bainbridge Island in 1965 by then Congressman Joel Pritchard and businessman Bill Bell. Along with the Pacific Northwest, some other major pockets of popularity include Chicago, Phoenix, southern Utah, Orange County, California; and Collier, Lee and Miami-Dade counties, in Florida.

## Tennis Goes Cardio

Participants of Cardio Tennis, a Tennis Industry Association program, benefit from high-intensity, aerobic, interval training, using functional movement to run to return shots and move around the court in preparatory footwork drills. It also increases stamina and endurance, which enhances both regular tennis performance and overall fitness.

According to *CardioTennis.com* (which includes a sample video), men can burn between 500 and 1,000 calories in one, hour-long class; women, between 300 and 500. Estimates put the number of players currently engaging in such clinics at 1.82 million nationwide.

"Tennis is a chief component of Cardio Tennis, but it's much more. It's a group fitness activity, a major workout that increases the heart rate," says Chris Ojakian, a global Cardio Tennis trainer and executive director of racquet sports with Elite Racquet Sports, of Marina del Rey, California. They manage and operate tennis programs at facilities nationwide.

A session often consists of a five-to-seven-minute dynamic warm-up including stretching, tossing tennis balls and light tennis play; more tennis lasting 10 to 12 minutes, including "cardio blast" sideline activities like quick footwork drills and jumping jacks when changing sides; 30 minutes of point-based tennis games with constant rotation of players and more cardio blasts; and a five-to-10-minute cool down.

"Participants are moving during the times they'd be waiting their turn to hit the ball in regular tennis clinics, and it works on the kind of quick footwork that's done in competition," explains Ojakian, the 2011 U.S. Professional Tennis Association California Pro of the Year.

Sessions, which also include party music and heart rate monitors, are "so fast paced and fun, people often can't believe when they're over," he enthuses. "It accomplishes so much in one hour."

Larry Carlat, of Venice, California, editor in chief of *PurpleClover.com*, credits participating in Cardio Tennis sessions with Ojakian twice a week and a healthier diet in the last three-plus years for losing 25 pounds. "You're never standing still for more than a couple of seconds, and my footwork has improved," says the 20-year tennis player. "Chris also provides tennis tips during classes. It's fun and run!"

Randy Kambic, in Estero, FL, is a freelance editor and writer, including for *Natural Awakenings* magazine.

## 5 Common signs of nutrient deficiency

### Poor night vision

Vitamin A, known as retinol, is essential for promoting good vision and overall eye health. Too little vitamin A can cause night vision problems, crusty eyelids in the morning, recurrent infections and photophobia (eye discomfort in the sun.)

### Sores or discoloration of your tongue

The tongue is an essential organ that shows us many signs of the state of our health. Water-soluble B-vitamins are essential for the health of the mouth and tongue. Unfortunately, the body doesn't store them, so we have to constantly replenish them.

### Weak, spotted or rigged nails

These are common signs of a deficiency in zinc, an important trace mineral needed for the proper function of the immune system. Zinc also serves an important role in cell division and growth.

### Muscle fatigue and bone pain

Vitamin D is not only a vitamin but a hormone that tells your bones how much calcium to store and release. Not enough vitamin D and your bones become weak, but also, you can have muscle pain and fatigue as well.

### Frequent cramps in your lower legs or 'Restless Leg'

Vitamin D is not only a vitamin but a hormone that tells your bones how much calcium to store and release. Not enough vitamin D and your bones become weak, but also, too much calcium can reside in your bloodstream.

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# On Fatherhood

## The Lifelong Lessons of Being a Dad

by Ben Greenman



**W**hat is being a father? It's, at least in part, about beginning. It is rejuvenating to locate oneself near the start of a child's life. There are so many chances to get it right. The thought that we might also get it wrong flits across our mind, but it's gone before we can even shiver at its presence. It's also about returning to that question again and again, each time failing to acquire additional insight.

"What isn't being a father?" is a better question. Being a father isn't indifference, but neither is it a steady stream of calm wisdom or a place of consistent self-control or a clearly delineated set of exercises engineered to help produce self-knowledge in offspring. Bridges are engineered. We stare into our little one's eyes, beaming thoughts that we hope are received, translated and appreciated, waiting for a beam to come back to us. Child rearing is worked toward, clumsily, imperfectly, with a deep and near religious faith in trial and error. Children are refined over time with the assistance of many imperfect philosophies.

When our second child opted in, my wife and I compared baby pictures of the two boys. "They look different," I said.

"That's not why I'm looking at them," she said. "I want to remember this." I remember looking at the pictures with her only because she has told me about it.

If, in part, fatherhood is remembering things that did not exactly happen, it is also forgetting things that did happen, some transformative to a degree

that I could not have imagined five seconds before they occurred. Afterwards, I knew I would never be the same again. But I was.

As children grow, they are not the same again. Parenting boys instead of babies is already a grand departure from everything I have learned up until now and I am just coming to see that it will always be this way. Recently, in trying to figure out when a man that is not a father becomes a man that is a father, I remarked to my sons, "Even though I know being a father has changed me forever, I remember certain things that happened, but not as many as I would have thought."

My older son explained, "Maybe it's because you are thinking of us more than yourself. Maybe you want time to pass so we can get to the next thing in our lives."

My younger son zeroed in, "The problem is that you think it's parenting when really it's childing."

He's right. What is being a father? It's letting someone else be a child. It's suffering through certain kinds of abstract pain so that they don't. It's bearing the brunt of disappointments so that they can go on feeling invincible. It's teaching how to forget as much as it is teaching how to remember... but it is still very near the beginning.

*Ben Greenman is a widely published author and journalist in Greater New York. Connect at [BGreenman.com](http://BGreenman.com).*

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# FAMILY SCREEN TIME

## How to Set Boundaries in the Digital Era

by April Thompson

**M**inecraft. Pokemon. Snapchat. Digital media dominates childhood. That time youngsters used to spend playing with friends, being with family or sleeping has been zapped. According to a study by the Kaiser Family Foundation, 8-to-10-year-olds are daily exposed to nearly eight hours of on-screen media and heavy media users are twice as likely to report poor grades.

Conscientious and concerned parents are setting limits on screen time and reclaiming family time. Experts, too, are working to define a "new healthy" at a time when many activities, from homework to shopping, are moving online.

"How can you begin to limit kids' screen time when teachers are increasingly using media?" queries Pediatrician Corinn Cross, who practices in Los Angeles. "It's hard. None of us grew up with this level of technology, and it's moving faster than any advice can."

### Nip It Early

Cross co-authored the American Academy of Pediatrics' (AAP) recently updated digital media guidelines, which

shifted from strict time limits to greater flexibility for and within different age groups. For children under 18 months, the recommendation is to avoid media altogether outside of video chats with loved ones. In the older age ranges, the guidelines are less prescriptive and more about setting individual limits that ensure getting enough sleep and physical activity along with achieving other developmental needs.

Cross believes excessive screen time is particularly detrimental for younger kids that have fewer waking hours and more developing to do. "Toddlers don't learn well from screens, so you will have limited return from using screens for education," she observes.

Kathy Marrocco, an Oakland Township, Michigan, blogger with *YourOrganicChild.com*, initially worried about her kids' potential adverse exposure to radiation from cell phone use. Her concern soon turned to other big impacts of digital media encroaching on their lives. She cites a study of 3,000 parents of grade-school-aged kids, which found that nearly two-thirds of the children are using

their devices at night instead of sleeping, with a corresponding drop in concentration, memory and energy.

Marrocco maintains firm boundaries with her daughter, 13, and son, 18, prohibiting the use of electronics at the kitchen table and in their rooms at night, in line with AAP recommendations. "They can only have devices in their room at night if they are in offline 'airplane mode' so they won't be tempted to check or respond to incoming messages," she says.

Kids don't sleep well next to their phones, agrees Cross, a mother of three, ages 4, 6 and 8. "They have trouble falling and staying asleep." She also doesn't let her children use e-readers instead of books.

## Prevent Screen Addiction

Psychotherapist Nicholas Kardaras, Ph.D., an addiction expert and executive director of The Dunes, a rehab clinic in East Hampton, New York, is even firmer about screen time, having seen some kids go off the digital deep end. Delaying the onset of screen ex-

Media and screens are best used purposefully, to achieve a specified goal.

~Corinn Cross

posure is the most critical step a parent can take, suggests Kardaras. "There's no evidence to suggest media exposure is beneficial to child development. Most tech geniuses, including the founders of Google, Amazon and Apple, were not exposed to it until adolescence.

"Treating digital addiction is challenging because you can't be digitally abstinent in this society," he continues. "Prevention is the key."

Digital media abuse can have lasting developmental impacts, according to Kardaras, author of *Glow Kids: How Screen Addiction is Hijacking our Kids and How to Break the Trance*. *DrKardaras.com* cites numerous studies on the effects of such intensive use, from increased prevalence of attention deficit disorder to higher rates of depression. Brain imaging studies from institutions

such as the medical schools at Indiana University and University of Utah have shown how heavy exposure to digital media has effects on the brain similar to substance addiction, reports Kardaras, affecting areas of the brain linked with functions like impulse control, brain connectivity and processing speed.

In his practice, red flags for potential digital addiction include strong reactions when devices are taken away, disinterest in "offline" activities, worsening of interpersonal relationships and dropping grades.

Modeling good practices is as important as monitoring kids' behavior, suggests Cross. In her household, all electronic tablets and cell phones are kept in a drawer when not in use. "If I have work to do or have to take a phone call, I'll go to another room, then come back and be present with the kids," she says. "Quality, face-to-face time is important."

Connect with freelance writer April Thompson, in Washington, D.C., at *AprilWrites.com*.

## Four Ways to Set Digital Limits



Keeping the family in sync about the amount of digital media use is challenging. Here are some expert tips on maintaining a healthy balance.

**1 Decide the ground rules** — "Determine rules that make sense for everyone, and it'll be much easier to get your kids on board, as they won't see it as arbitrary when you

tell them to put their devices away," advises Pediatrician Corinn Cross. *HealthyChildren.org/MediaUsePlan* offers a free interactive online tool to create a personalized family media use plan.

If kids don't comply with rules, Kathy Marrocco suggests turning the Wi-Fi off at night or taking away devices altogether. But don't leave a void, cautions Cross. Substitute fun, fulfilling activities.

**2 Be wary of even "good" screen time** — Test educational apps before approving them for kids to ensure their quality and so parents can help reinforce the learning, says Cross. She likes *CommonSenseMedia.org* for parental reviews and information to filter media of all kinds, from apps and games to TV shows.

Consider advocating for limiting screen time in local schools. "I asked

my boys' elementary school not to give them portable devices until they were 10," says Nicholas Kardaras, the father of 9-year-old twins.

**3 Watch out for rewards** — Some screen time is more mesmerizing for kids than others, according to Kardaras, who treats such addictions. Most video games are designed on a variable reward schedule, similar to slot machines, which intentionally stimulates players to chase future rewards. Consider stricter limits on such media.

**4 Play first in the real world** — Because it reduces overall exercise, screen overuse can contribute to obesity. Cross recommends prioritizing exercising before daily allotted screen time; after being online, it's more difficult to engage kids in physical activity.



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# Homeopathy for Joint Injury and Pain

## Six Remedies for Relief

by Shawn Messonnier

Joint disease, specifically arthritis, is a common problem in dogs and cats, especially as they age. The causes are many and include obesity, inflammation, immune dysfunction and normal wear and tear in joints. Conventional therapies include steroids, non-steroidal medications, analgesic medications to control pain and surgery, when applicable.

Clinical signs of arthritis include joint stiffness, pain, difficulty getting up and down, a pet's decreased desire to walk or exercise and increased aggression due to pain. Keep in mind that other causes may be misdiagnosed as "arthritis", but are related to another disease.

Many natural therapies for joint disease include acupuncture, chiropractic, cold laser treatment, physical therapy, Chinese and Western herbal therapies, nutrition and diet, homotoxicology and homeopathy. Several key homeopathic remedies recommended for human relief in osteoarthritic knee, hip

and finger joints by Dr. Vikas Sharma, of Chandigarh, India, may also be helpful for pets with joint injury and pain, according to *The Arthritis Solution for Dogs & Cats* (PetCareNaturally.com). Consult a holistic veterinarian for individual treatment options.

### Arnica

This is a mainstay of homeopathy, as noted in the *New World Veterinary Repertory*, and applies to anything related to bones and joints. It is useful for chronic arthritis, especially if the painful parts of the body seem to worsen when moved or touched.

### Bryonia Alba

It's especially helpful for pets showing signs of stiffness and inflammation with pain made worse as the pet moves, especially when rising and lying down. Offset cold dry weather with warmth and humidification. Discomfort is aggravated when the

affected body part is touched, bumped or moved about, which may spur aggressive behavior, so show tender care and respect. Relief typically comes when the pet rests the affected part.

### Calcarea carbonica

This remedy may ease deeply aching arthritis, particularly if bony or fibrous tissue has formed around joints. Avoid cold and dampness. Signs alerting a veterinarian to the problem may include muscle weakness, fatigue from exertion and a feeling of chilliness or sluggishness (these pets may also be hypothyroid).

### Kali carbonicum

Pets with advanced arthritis showing joints that are thickened or deformed may benefit from kali. Stiffness and pain are typically worse in the morning from cold, damp weather, so that's an ideal time for applying prescribed treatment.

### Rhus toxicodendron

This is useful for many arthritic pets and especially those with rheumatoid arthritis, which is rare. The remedy is also beneficial for pets that start the day stiff and in pain, but improve with continued movement. Protect them from cold, wet weather conditions.

### Ruta graveolens

Another widely recognized arthritis remedy, ruta grav is for pets whose symptoms may be exacerbated by cold and damp and exertion. It may be prescribed for affected and damaged tendons and capsules of the joints, when arthritis may have developed from overuse, repeated wear and tear and associated chronic inflammation.

The practice of functional medicine teaches combinations of complementary therapies suited to the individual pet's needs. Homeopathics can be a beneficial element in treating animals suffering from a variety of joint disorders.

*Shawn Messonnier, a doctor of veterinary medicine practicing in Plano, TX, is the author of The Natural Health Bible for Dogs & Cats and Unexpected Miracles: Hope and Holistic Healing for Pets.*

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- Andrew Weil, M.D.

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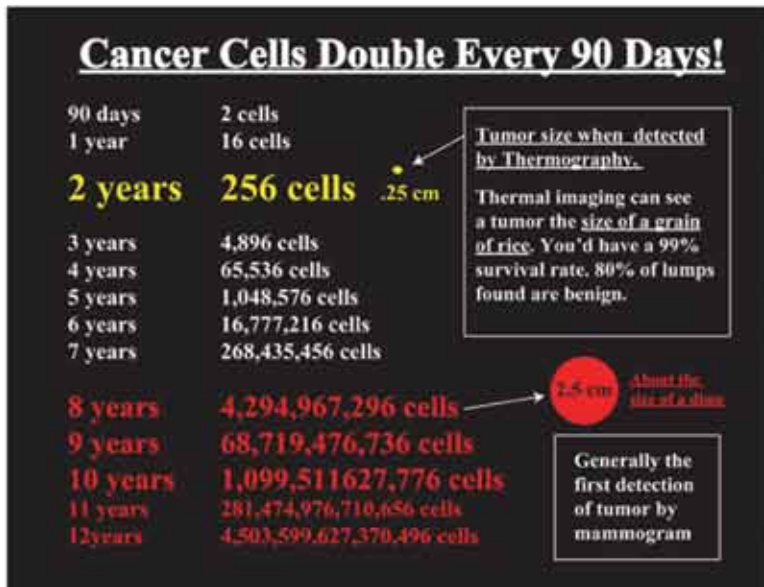
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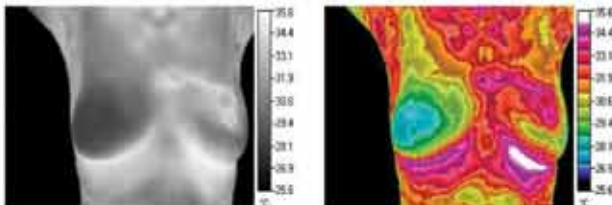


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Left image identifies the warm (white) vascular markings in the left breast. These markings are not only warm but appear chaotic in their distribution. They are actually circling a tumor and are angiogenic. The color image demonstrates the degree of warming that has occurred in the left breast. The heat is a function of increased tumor metabolism in combination with cancer induced blood vessel dilation, inflammation and neoangiogenesis.

Mammography cannot detect a tumor until after it has been growing for years and reaches a certain size. Thermography can detect the possibility of breast cancer much earlier, because it can image the early stages of increased blood supply to cancer cells (angiogenesis), which is a necessary step before they can grow into a detectable size.

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## Friday June 2

**La Smoked Meat Festival** – 6-11:30 pm. Thru Saturday 8am-10pm June 3. Celebrate Cajun food with food booths, smoked meat cook-off, live music, carnival rides. Opening ceremony to honor veterans. \$10 over 12 yrs. Ville Platte Civic Center, 704 N Soileau St, Ville Platte. 337-224-3248. [LaSmokedMeatFestival.com](http://LaSmokedMeatFestival.com).

## Saturday June 3

**Breaux Bridge Lions Club's Rice & Gravy Cook-off** – 8am-6pm. Compete in the meat, poultry, seafood or kids division and enjoy live music. Cook-off \$50 entry fee. Admission \$5. Parc du Pont, Breaux Bridge. Nicole 337-507-3242; Gary 337-332-5505 or Sloane at 337-288-1542.

**Shrimp Cook-off** – 12-11pm. Battle for the paddle shrimp cook-off sponsored by the Delcambre Volunteer Fire Department. \$5 free under 6. Delcambre Shrimp Festival Fair Grounds, 411 S Richard St, Delcambre. 337-342-4459.

## Sunday June 4

**Creole Culture Day** – 10am-5pm. Explore the history and evolution of the Creole community. Free. Atchafalaya National Heritage Area. Vermilionville Performance Center, 300 Fisher Rd, Lafayette. [Vermilionville.org](http://Vermilionville.org).

## Tuesday June 6

**Safe Sitter** – 9am-2:30 pm & Wednesday June 7. Safe Sitter is a medically-accurate course to help young teens feel confident in the care for young children. \$60. Woman's Foundation Inc, 4630 Ambassador Caffery Pkwy, Lafayette. [WomansFoundation.com](http://WomansFoundation.com).

**Yoga en Français** – 5:30- 6:45 pm. Wind down after work with 75 minutes of hatha yoga en français with Erin Segura. \$5. Vermilionville,

300 Fisher Rd, Lafayette. [Vermilionville.org](http://Vermilionville.org).

## Wednesday June 7

**Body Talk Boys** – 6-8pm. A class that covers the basics of puberty for young adolescences. \$30. Woman's Foundation Inc, 4630 Ambassador Caffery Pkwy, Lafayette. [WomansFoundation.com](http://WomansFoundation.com).

## Thursday June 8

**Using Your Summer Veggies** – 10am-12pm. Hands on cooking class by Daphne Olivier and Christina Sciarrillo. Prepare delicious meals from an array of summer veggies. \$25. 5826 Johnston St, Lafayette. [Eventbrite.com/e/using-your-summer-veggies-tickets-34031618487](http://Eventbrite.com/e/using-your-summer-veggies-tickets-34031618487).

**National Marina Day** – 5-8pm. Enjoy music, food and beverages. Free. North Pier Marina at the Port of Delcambre, 307 Isadore St, Delcambre. 800-884-6120. [PortOfDelcambre.com](http://PortOfDelcambre.com).

**The Happiness Injection Project** – 6-7:30pm. A gathering to promote well-being through our thoughts, emotions, actions, reactions and spiritual values. Lafayette Public Library, 301 W Congress St, Lafayette.

**Wine Up at Le Vieux Village** – 6- 8:00pm. Wine tasting from local vendors in the historic museum. Appetizers and desserts paired with wine. Attendees enjoy a wine pull and door prizes. \$40. Main Street Nativity and Lighting of the Courthouse Square. Le Vieux Village, 828 E Landry, Opelousas.

## Friday June 9

**Cook-Out Fest** – 5-8pm & Saturday June 10. Grill up great times with food and music. Hangs are free, \$8 per day or \$12 online tickets for both days. The District Lafayette

& Warehouse 535, 4607 Johnston St, #B & 535 Garfield St, Lafayette.

## Saturday June 10

**CASA of SoLA Superhero Family Fun Day** – 10am-2pm. Superhero costume contest, villain chase, face painting, photo booth, rock wall, games, activities and a picnic-style lunch. Wear a superhero costume and bring a picnic blanket. Purchase a Family Pack in advance \$25-\$45. CASA of SoLA. Moncus Park, 2913 Johnston St, Lafayette.

## Wednesday June 14

**Flag Day Ceremony** – 6-8pm. A celebration honoring veterans and fallen soldiers. Boulogny Plaza, 102 W Main St, New Iberia. 337-344-9397.

## Thursday June 15

**Delicious, Nutritious Desserts** – 10am -12pm. A hands-on cooking class on preparing low and no sugar desserts, flourless chocolate cake, almond butter fudge, lemon coco cups and coco cinnamon balls. Instruction by Daphne Olivier and Christina Sciarrillo. \$25. 5826 Johnston St, Lafayette. [Eventbrite.com/e/delicious-nutritious-desserts-tickets-34031805045](http://Eventbrite.com/e/delicious-nutritious-desserts-tickets-34031805045).

**Wallace Trahan Rice and Gravy** – 7-9:30pm. Les Cadiens du Teche -Cajun French Music Association presents this event with a catered meal. \$5. La Louisiane Banquet Hall, 5509 Hwy 14, New Iberia. 337-277-1188. [Cajun-FrenchMusic.org/Chapter\\_NewIberia.html](http://Cajun-FrenchMusic.org/Chapter_NewIberia.html).

## Saturday June 17

**Body Talk Girls** – 10am-12pm. A class that covers the basics of puberty for young adolescences. \$30. Woman's Foundation Inc, 4630 Ambassador Caffery Pkwy, Lafayette. [WomansFoundation.com](http://WomansFoundation.com).

**Clifton Chenier Celebration** – 12-6pm. Celebrate the life and legacy of the King of Zydeco Music. Artists pay tribute to music legend. Clifton Chenier Club, 2116 Fernand Crochet Rd, New Iberia. 337-339-5903.

**35th Annual Juneteenth Folklife Celebration** – 1-6:30pm. A celebration that highlights the folk art, heritage and traditions of the African-American culture to pay tribute

to when Texas slaves first heard of their freedom. Free. Farmers' Market Pavilion 828 E Landry St, Opelousas. 337-945-5064.

### Sunday June 18

**Jazz Night Opelousas** – 6-9pm. Louisiana style jazz with popular musicians from around the state. Enjoy hors-d'oeuvres and specialty drinks. \$20. Arpeggios Lounge & Event Center, 204 N Main St, Opelousas. 337-407-5188.

### Monday June 19

**Extreme Couponing** – 3:30-7pm. Learn the couponing secrets the PROS use to slash your grocery bill by hundreds of dollars a month. Register online. Wyndham Garden Lafayette, 1801 W Pinhook Rd, Lafayette. Lafayette1.Eventbrite.com.

### Tuesday June 20

**10th Annual Louisiana Seafood Cook-Off** – 5pm. In conjunction with the Eat Lafayette kick-off, Chefs from across the state compete for the title of King or Queen of Louisiana Seafood. \$20 Cajundome, 444 Cajundome Blvd, Lafayette. 225-342-0552. LouisianaSeafoodCookoff.com.

### Saturday June 24

**2nd Annual Men's Summit** – 9am-12pm. Men engage in physical, mental, and financial improvement activities. Free. The Family Strong Foundation. Opelousas General Health Systems South Campus, 3983 I -49 S Service Rd, Opelousas. 337-290-3723. FamilyStrongFoundation.org.

**RivalZ Blondes vs. Brunettes** – 5- 8pm. An all-female flag football fundraiser to raise awareness and funds to benefit the care, support and research efforts of the Alzheimer's Association. \$10. St Thomas More Catholic High School Football Stadium, 450 E Farrel Rd, Lafayette. RivalzLafayette.com.

### Sunday June 25

**Stars & Stripes** – 3-5pm. A patriotic concert by the Acadiana Symphony Orchestra and the Iberia Community Concert Band to honor our veterans. Sugar Cane Festival Building, 601 Parkview Dr, New Iberia. 337-364-1603. IberiaCultural.org.

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# Thermography Exam BEFORE and AFTER

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

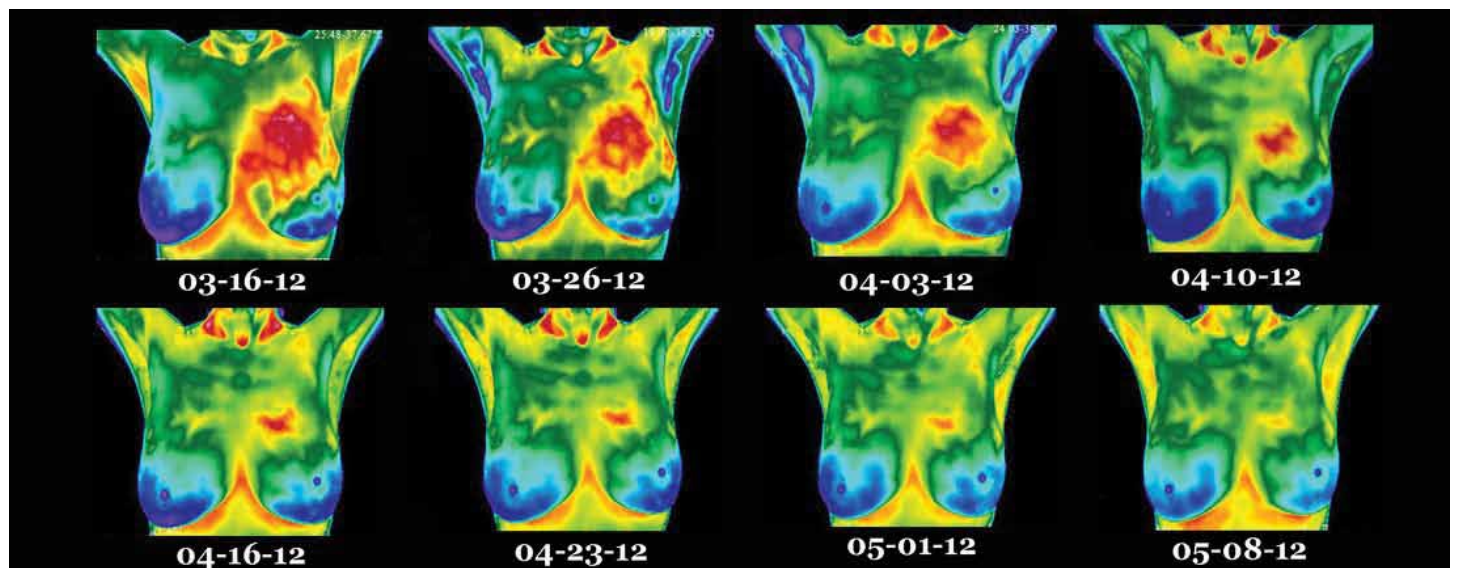
Although family history is considered a risk factor, 90% of women who develop breast cancer have no family history. A positive thermal scan is considered the highest risk marker for the future development of cancer. It is 9 times more significant than a family history. A thermal scan can show if a woman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

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

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

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

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



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

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

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

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

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

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

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

# GOT LYME?

Our Florida-based clinic has been successfully treating Lyme disease for many years. Patients come from all over the U.S. because we get real results using ozone therapy as part of our Lyme protocol. It is very effective in alleviating symptoms, increasing energy & re-building the immune system so the body can start fighting back.

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