

FREE

HEALTHY LIVING HEALTHY PLANET

natural awakenings



**RETHINKING
CITIES** What Makes
a Community Livable

**TOP 10
FOODS
FOR A
GOOD
NIGHT'S
REST**

**Cosmetics Minus
Careless Chemicals**

DOING NOTHING
Why Timeouts Matter

publisher's letter



Intentions are powerful things. Our intentions create what we are and can build new realities and futures for us. Lately, we've been reading a lot about improving our intentions so we can be happier, healthier and more successful. It is often assumed that we have conscious control over our choices and that we can change our beliefs by simply changing our minds. Unfortunately, 90% of the motivators behind our behaviours, choices and beliefs are in our subconscious beneath

our awareness. But if our intentions are true and pure we can override our subconscious ideas with new and more powerful ones.

Our past is always a part of our present and it helps to shape our future. Knowing that we have been significant in someone's life makes this short journey through life purposeful. These days, we are all so busy that there never seems to be enough hours in the day. But we can change that. Today, let's pause and purposely take a moment to breathe deeply, smile and do something to make someone else's day special. Do it with strong intentions to spread light and joy.

Some people say meaning is what makes life worth living. Many of us think that a life of meaning is one filled with excitement, intensity and drama. But that's not always the case. We can also find meaning in the serene and the tranquil. More often than not, it is the absence of such peace that can extinguish one's passion for life.

Our physical health is not the only aspect of ourselves that suffers from the daily grind. It takes a toll on the mind and spirit as well. Nothing kills passion faster than mental and emotional exhaustion added to physical exhaustion. We have to make an effort to find small ounces of joy in the daily routine in order to ensure that our emotional and mental fatigue subsides.

Today is important and it is with strong and positive intention that we must live it. We must remember that the creator has given us this day to use as we will. Will we waste it or use it for good? What we do today is important, because we exchange a day of our life for it. When tomorrow comes, this day will be gone forever and we will have left in its place something we have traded for it. We want it to be gain, not loss; good, not evil; success, not failure—all so that we shall not regret the price we paid for it.

Think green, live peacefully, share your love,



Steve & Michelle

Steve and Michelle Castille, Publishers

HEALTHY LIVING HEALTHY PLANET

natural
awakenings

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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.

Contents



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10 **LIVABLE COMMUNITIES WE LOVE**
Good for People and the Planet

12 **ALL-NATURAL BEAUTY**
Health Concerns Revolutionize the Cosmetics Industry

14 **EAT RIGHT TO SLEEP WELL**
10 Foods Help Us Relax and Rest

16 **WE NEED CLEAN WATERS**
Streams and Rivers Are Life Links

18 **HEALTHY SUMMER HYDRATION**
Kids Love These Homemade Drinks

20 **RUNNING WITH THE KIDS**
Strengthens Body, Mind and Family Spirit

22 **PETS WELCOME HERE**
Happy Places to Live and Travel Together

DEPARTMENTS

4 news briefs

6 health briefs

8 global briefs

12 healing ways

14 conscious eating

16 green living

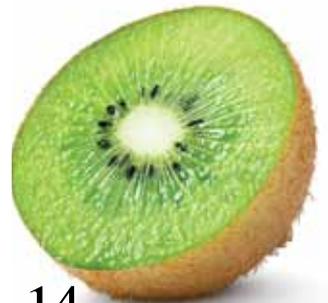
18 healthy kids

20 fit body

22 natural pet

26 inspiration

27 calendar



Esprit De Coeur Presents Tiny Chef Camp

Esprit de Coeur, a premiere receptions and events venue, is offering its Tiny Chef Camp—five days of cooking and fun. Classes begin June 4 for ages 13 to 17, and July 31 for ages 8 to 12.

During the camp, the “tiny chefs” will be engaged in learning essential kitchen skills such as measuring and temperature. In addition, the cooking process will require children to use and learn new math and science skills. The camp challenges each individual to display their creative ability, as they are encouraged to master their own cooking technique. At the camp, participants are introduced to cuisines a variety of cuisines, including Asian, Mexican and French. The class is instructed by Chef Marshmallow (Phyllis Bonhagen), a retired home economics teacher with 30 years of experience in teaching kids how to cook.



Location: 402 Garfield Street, Lafayette. For information, call 337-962-5215 or visit EspritDeCoeur.com.

The Family Tree Offers Healthy Start Program

The Family Tree, an information, education and counseling center, offers Healthy Start, a free program presented for expectant mothers and women with children up to two years of age who live in Acadia, Evangeline, Iberville, Lafayette, St. Landry and St. Martin parishes.



The focus of the program is assisting moms and parents with the challenges of growing a family and raising small children. Included in the program is home visits, case management, health education, support services and family-friendly events.

In this program, participants receive information helping them to have a better understand of pregnancy, preparing for labor and delivery and meeting the challenges that parents face with newborn children and toddlers. The program visits are by appointment only and participation is referral based.

Location: 1602 W. Pinhook Rd., Ste. 100A, Lafayette. For information, call 337-981-2180 or visit AcadianaFamilyTree.org



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Facial Exercises Ease Midlife Signs of Aging



In the first scientific study of facial exercise, 27 middle-aged women that performed specific facial muscle movements looked an average of two-and-a-half years younger in 20 weeks based on a standardized scale called the Merz-Carruthers Facial Aging Photoscales. By doing the exercises for 30 minutes each day or every other day, the fullness of both the upper and lower cheeks, in particular, of the women were significantly enhanced, report Northwestern University researchers.

“The exercises enlarge and strengthen the facial muscles, so the face becomes firmer and more toned and shaped like a younger face,” says lead author Murad Alam, a medical doctor.

Some of the study exercises can be found by searching the topic of Happy Face Yoga on YouTube.



Energy Drinks Hurt Youth Health

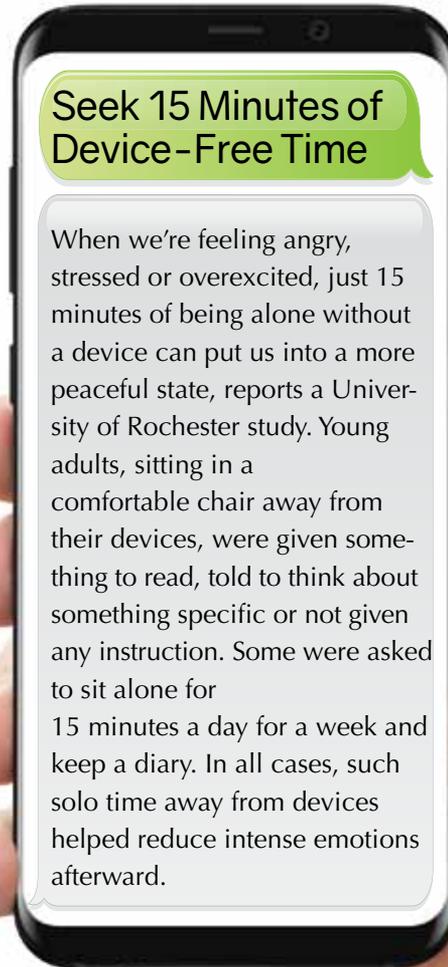
More than half of teens and young adults that have slaked their thirst with energy drinks report consequently suffering negative health consequences, reports a new study from Canada’s University of Waterloo. Of 2,055 Canadian participants between ages 12 and 24, 55.4 percent said they had negative health events afterwards. Of these, 26.5 percent trembled and felt jittery, 24.7 percent had faster heartbeats and 22.5 percent noted “jolt and crash” episodes—

a spell of alertness followed by a sudden drop in energy. Another 5.1 percent experienced nausea or diarrhea and 0.2 percent, seizures. Most respondents said they drank only one or two energy drinks at a time.

Exercise Boosts Good Gut Bacteria

Cardiovascular exercise improves a person’s healthy gut microbes even without making dietary changes, University of Illinois researchers report. In a study of 32 people, 30 to 60 minutes of exercise three times a week for six weeks boosted levels of healthy intestinal bacteria, especially for lean subjects, and less so for the obese. The healthy bacteria produced short-chain fatty acids that reduce the risk of colon cancer.

“The bottom line is that there are clear differences in how the microbiome of somebody who is obese versus somebody who is lean responds to exercise,” says Jeffrey Woods, Ph.D., a kinesiology professor at the university.



Seek 15 Minutes of Device-Free Time

When we’re feeling angry, stressed or overexcited, just 15 minutes of being alone without a device can put us into a more peaceful state, reports a University of Rochester study. Young adults, sitting in a comfortable chair away from their devices, were given something to read, told to think about something specific or not given any instruction. Some were asked to sit alone for 15 minutes a day for a week and keep a diary. In all cases, such solo time away from devices helped reduce intense emotions afterward.

Mangoes Carry Health Benefits

Mangoes contain potent antioxidant, anti-inflammatory and anticancer properties that may prove useful in treating gastrointestinal disease, cognitive decline and diabetes, report scientists at the University of Palermo, in Italy.

Also, Texas A&M researchers have found that 300 people with Crohn's disease that ate 200 to 400 grams of commercially available frozen mangoes daily for eight weeks had fewer digestive symptoms, improved inflammation biomarkers and less colon cancer-linked molecules in their digestive tracts.

Scientists Discover Alcohol-Cancer Link



anyavanova/Shutterstock.com

Alcohol has been linked to seven types of cancer, including breast and bowel, and scientists at the MRC Laboratory of Molecular Biology, in Cambridge, UK,

have tracked down a possible cause. In lab tests, they found that when the body processes alcohol, acetaldehyde is produced. Acetaldehyde alters and damages DNA within blood stem cells, leading to rearranged chromosomes and a greater likelihood of cancer.

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Lower Overhead Green Energy Reduces Utility Costs

Cincinnati has contracted with the energy company Dynegy to purchase 100 percent renewable energy to operate most of its municipal facilities through at least 2021. The green energy will power police and fire stations, health clinics, recreation centers and most administrative buildings, including city hall.

The city's greenhouse gas emissions will be cut by more than 9 percent and its utility rates by more than \$100,000 annually. The deal will bring the city closer to its goal of running on 100 percent renewable energy by 2035.



Independent Action Mayors Worldwide Sign Climate Charter

At the North American Climate Summit in Chicago last December, more than 50 mayors from around the globe signed the Chicago Climate Charter, intended to guide cities toward reaching greenhouse gas emissions reduction goals similar to the Paris climate accord.

Chicago Mayor Rahm Emanuel says each mayor will pursue a customized plan, noting, "We're all going to get to the same destination in our own way." President Trump's intended exit from the Paris agreement has sparked an uproar from leaders worldwide, especially mayors in cities long committed to reducing emissions.

Dozens of cities are committed to 100 percent clean and renewable energy goals and pledged to promote clean transit through using zero-emissions buses. Emanuel believes, "Climate change can be solved by human action." Cities' actions now may well pay off in the long run.

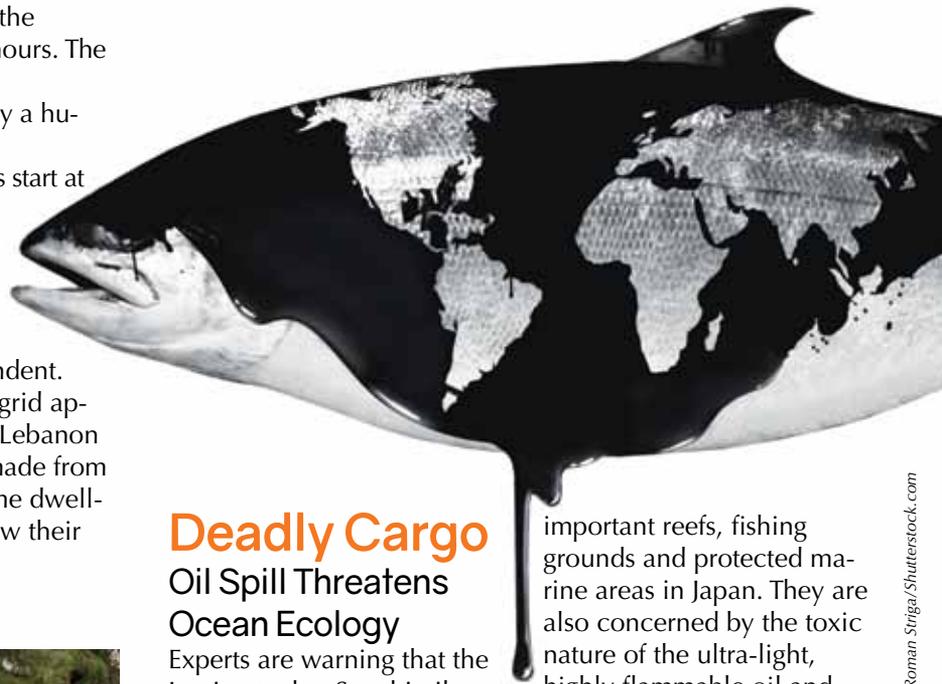
Quick Quarters

Simple Eco-Houses on the Upswing

A new Ukrainian homebuilding startup called Passivedom uses a 3-D printing robot to produce parts for tiny houses. The machine can print the walls, roof and floor of the company's 380-square-foot model in about eight hours. The windows, doors and self-contained plumbing, sewage and self-electrical systems are then added by a human worker. Solar energy is stored in a battery. Filtered water collects from humidity in the air. Prices start at \$64,000 per house (Passivedom).

M.A.D.I., in Italy, produces prefabricated A-frame houses in five sizes that can be set up anywhere. The basic model is rated an energy class B, but can be upgraded with an option of adding solar panels to make the structures energy-independent.

Homes made by Lifehaus blend low-cost, off-grid appeal with holistic living and luxurious details. The Lebanon company is pioneering energy-neutral dwellings made from locally sourced and recycled materials. Green home dwellers will also be able to generate electricity and grow their own food.



Deadly Cargo Oil Spill Threatens Ocean Ecology

Experts are warning that the Iranian tanker Sanchi oil spill in January in the East China Sea could potentially be one of the worst in decades. Scientists from the UK National Oceanography Centre and the University of Southampton are monitoring the disaster, believing it could severely impact

important reefs, fishing grounds and protected marine areas in Japan. They are also concerned by the toxic nature of the ultra-light, highly flammable oil and unknown impacts. Simon Boxall, with the centre, notes, "It's not like crude, which does break down under natural microbial action. This stuff actually kills the microbes that break the oil down."



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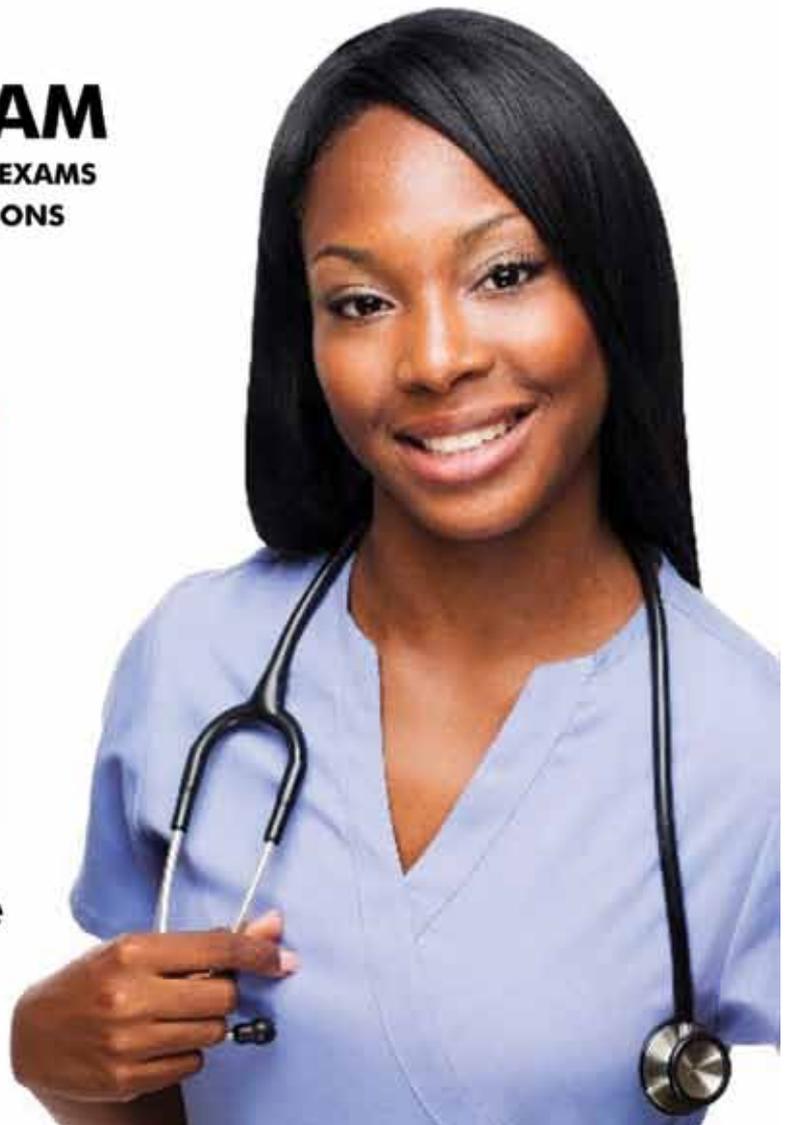
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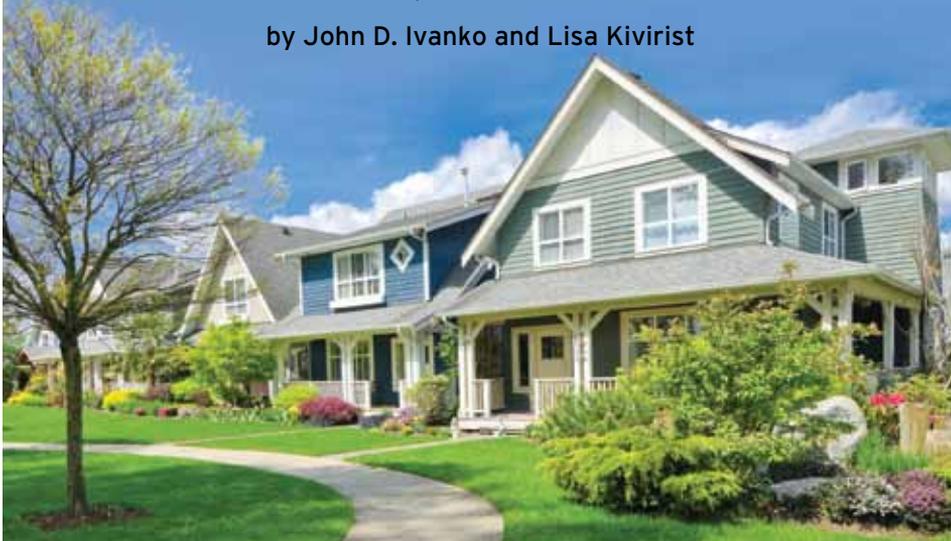
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LIVABLE COMMUNITIES WE LOVE

Good for People and the Planet

by John D. Ivanko and Lisa Kivistik



Many people define a livable city as one that is easy to get around in by foot, bike or public transportation. Many also prioritize ready access to fresh, local, organic food via farmers' markets and community gardens. Others champion affordable housing and cost of living factors, safe neighborhoods with a diversity of people, careful stewardship of clean air and water, and plentiful amenities, including considerable open space and natural settings. Many work to preserve and enhance a sense of place suited to the locale.

Partners for Livable Communities, a national nonprofit in Washington, D.C., that renews and restores communities, maintains, "Livability is the sum of the factors that add up to a community's quality of life, including the built and natural environments, economic prosperity, social stability and equity, educational opportunity and cultural, entertainment and recreation possibilities." The American Association of Retired Persons considers livable communities as age-friendly for young and old alike.

Along with economic opportunities, a leading stimulus in moving to urban centers is, "More people are looking for a sociable environment where they can walk out of their door to the shops or transit and be among others they recognize who also recognize them," observes Suzanne Lennard, director of the International Making Cities Livable Conferences, LLC, in Portland, Oregon. "People who have traveled abroad, especially to Europe, and tasted the quality of life possible in a truly livable, walkable, beautiful and sociable city, often want to find such a place to live themselves."

Following are a few examples of America's many livable cities. More are transitioning and evolving as city planners, government officials, businesses and nonprofit community organizations strive to make their hometowns both people- and planet-friendly, often through public and private partnerships.

Street-Scene Renaissance

In Pittsburgh, revitalization is transforming 10,000 parcels of vacant or abandoned land—some where steel

mills formerly operated—into greenspace, bike lanes and other enticing and productive public areas. "Biking and our food scene have exploded," says Chris Sandvig, director of policy with the Pittsburgh Community Reinvestment Group, which advocates for equitable urban revitalization through their Vacant Property Working Group, helping communities access blighted areas for pennies on the dollar. "We're now one of the top 10 bicycling commuter cities in the country. People also come here as food tourists due to vibrant local agricultural activity."

"A related ideal is to create compact, human-scale, mixed-use urban centers in the suburbs that are less expensive to construct—and thus remain more affordable—while placing shops, schools, parks, services, workplaces and public transit within walking and biking distance," Lennard notes. "This ensures a healthy, affordable and high quality of life for all; suburban, as well as urban."

Fast-growing Carmel, Indiana, just north of Indianapolis, is following suit. "After years of watching the suburbs sprawl into subdivisions with large lawns, privacy fences and cul-de-sacs, we created a vibrant central core with apartments, townhomes, condos and new options for smaller homes—all within walking distance or a short bike ride to new places to work, shop and dine," explains Mayor James Brainard. The design efforts serve people instead of cars.

"Carmel has spent the last 20-plus years building more than 900 miles of trails and multi-use pathways, enabling residents to commute by bicycle to work and enjoy easy access to a growing number of parks and recreational areas," says Brainard. To facilitate traffic flow, some 100 roundabouts replaced stoplights and four-way stops. "Reducing traffic congestion has improved our air quality, and saved gasoline and lives." A new, mixed-use downtown Arts and Design District includes a Center for the Performing Arts with a Center Green that hosts a farmers' market in summer and an outdoor *Christkindlmarkt* and outdoor skating rink in winter.

"The old way of doing things in which cities and towns sat back and let the market dictate how a community should be grown must come to an end," remarks Brainard, advocating the benefits of local governance.

Smart City Advantages

Key elements of smart cities—sensors, cameras, data analytics and powerful networks that capture and relay vital information—help them become more energy-efficient or quicker to respond to environmental and residential issues. Such products highlighted the 2018 Consumer Electronics Show, in Las Vegas. Reducing traffic can also contribute to safer highways and shorter commutes with decreased greenhouse gas emissions.

“Citizens are using apps to monitor issues and alert city managers, improving the livability of their communities,” explains Steve Koenig, senior director of market research with the Consumer Technology Association.

In Boston, the app BOS:311 allows residents to instantaneously notify government departments of pollution concerns, like blocked drains and other environmental or community needs, feeding the information directly into the city’s work order system via their mobile phone. This real-time collaboration results in a cleaner, safer and healthier city.

The Envision Charlotte project encompasses interactive kiosks in 64 businesses and government buildings citywide, gathering energy usage data for office buildings to increase energy efficiency and reduce greenhouse gas emissions. So far, energy consumption has dropped 19 percent, saving companies about \$26 million. The program has strengthened economic competitiveness and environmental sustainability.

Nature in the City

Some cities have focused on the natural environment for improving local livability while mitigating contributions to climate change. Forested open spaces, wetlands and protected watersheds improve air quality, protect drinking water and buffer intense storms. Such areas also connect more people with nature and engage them in communal and healthy outdoor recreation.

Portland, Oregon, boasts more than 10,000 acres of parks, plus an innovative Biketown sharing program that has facilitated 160,000 bike trips since its launch in 2016. The city’s Bike Bill requires all new streets to accommodate bicyclists and pedestrians by design. Portland also

embraces urban gardens and allows residents to raise chickens, bees, goats or rabbits in their backyards.

No one wants to live where pollution runs unchecked or water is unsafe to drink. Philadelphia’s Green City, Clean Waters program works to keep stormwater out of sewers and reduce rainwater runoff through decentralized soil-based and plant-based systems, including pervious pavement, green roofs and rain gardens. Begun in 2011, its goal is to reduce rainwater runoff by 85 percent by 2036. Rainwater has become a valuable community resource.

The program is just one of many ways that the City of Brotherly Love is transforming itself into one of the greenest in the United States. Overseen by the city’s Office of Sustainability, Greenworks Philadelphia devises long-term sustainability strategies that encompass eight facets, including clean and efficient energy, carbon-neutrality and zero waste. Preparations are already underway to cope with a hotter, wetter future.

Preserving a Sense of Place

Making communities livable goes beyond infrastructure. Actions usually involve preserving, protecting and enhancing what appeals to residents. Santa Fe, New Mexico, is one example of many where livability priorities are guided by the values of its residents and its sense of place.

“From our historic public square and marketplaces to outdoor cafes, farmers’ markets and community festivals; from human-scale architecture and balanced transportation to pedestrian and bicycle networks, this place represents shared values,” says Mayor Javier M. Gonzales. “Santa Fe is also full of public art. The city is designed to be safe, creative and inspiring for young and old, families of all kinds and everyone else that comes to see us.”

Good Life as Kids See It

Ultimately, making cities move livable for children can make them highly livable for all. “Children need the same things from a city that we all need, but their needs are greater than ours,” says Lennard. “The environment a child grows up in shapes their health and their mental and social development for the rest of their lives. Our modern, unwalkable suburban environments are contributing to childhood obesity, which has been widely linked to chronic diseases that in the past were

only associated with old age.”

She notes, “Children need the exercise of walking or biking to school. They need safe streets so they can become independent and explore their neighborhoods; sidewalks and other outdoor areas where they can play, meet friends and interact with adults in the community; easy access to nature; beauty in their environment; and intriguing architecture, works of art and other places to stimulate their affection and imagination. As they become teenagers, they need access by foot or bike to a wide variety of resources to broaden their horizons. Don’t we all need these things?”

John D. Ivanko and Lisa Kivist, co-authors of ECOpreneuring, operate the Inn Serendipity, wholly powered by renewable energy, in Browntown, WI.

LIVABLE COMMUNITIES TOOLBOX

International Making Cities Livable hosts conferences in the U.S. and Europe.

LivableCities.org

Consumer Technology Association’s Smart Cities, an overview of the latest technology in making cities more smart and livable.

Tinyurl.com/SmartCitiesTechnology

AARP Livable Communities fact sheets, helpful for communities looking to become more livable.

Tinyurl.com/LivableCommunityFacts

AARP Livability Index, a livability rating of U.S. localities according to housing, neighborhood, transportation, environment, health, engagement and opportunity.

LivabilityIndex.aarp.org

Toward Sustainable Communities: Solutions for Citizens and Their Governments, by Mark Roseland. The fourth edition offers a comprehensive guidebook for creating vibrant, healthy, equitable and economically viable places.



KariGran.com/pages/greenbeauty for details). Reputable scientific studies revealing parabens in breast cancer biopsies have demonstrated that everything applied to the skin also enters the bloodstream, hence the effectiveness of dermal nicotine and birth control patches. Thus, it can be alarming to realize that the average woman will unknowingly consume seven pounds of lipstick containing petroleum-based emollients, synthetic preservatives and artificial dyes during a lifetime, undoubtedly another reason consumers are switching to natural options.

Katey Denno, a Los Angeles makeup artist to the stars, noticed cosmetic red flags early in her career. "The first time I turned over a palette that most makeup artists carry and saw specific colors that couldn't be used on eyes or lips, I was confused; if something isn't safe for lips or eyes, how can it be good for any part of us?" queries Denno, who switched from social work to makeup artistry 11 years ago. "The change in the industry has been substantial. Now green is mainstream, and most artists have included some green beauty brands in their kits."

Millennials continue to drive consumer demand for higher standards. "Retailers understand that the skincare/makeup landscape is changing," advises Behnke. "Traditional brands are no longer attracting younger consumers that are demanding organic, clinically validated products."

Denno concurs, stating, "The spotlight on clean products comes from the growing acknowledgement that we can and must do all we can to lower our overall toxic load."

All-Natural Beauty Health Concerns Revolutionize the Cosmetics Industry

by Marlaina Donato

From red carpets to *Teen Vogue* magazine, the natural beauty trend has taken the industry by storm. Consumer whims may have sparked its beginnings more than a decade ago, but demand is now spiking profits into the billions.

"Consumer need is influencing retailers to offer cleaner formulas reflecting firm eco-values," says Karen Behnke, the pioneering entrepreneur who founded Juice Beauty, in San Rafael, California. Behnke aimed to create meaningful change in the industry when she assembled her dream team 13 years ago. The company now owns a trailblazing patent and sets the stan-

dard for clinical organics.

"We're excited that traditional department stores such as Bloomingdale's, Neiman Marcus and Holt Renfrew are adding our products to their beauty departments," says Behnke, who attributes Juice Beauty's tremendous growth in recent years to a surge of interest in chemical-free, luxury alternatives.

Natural Replaces Toxic

A recent Green Beauty Barometer online survey revealed that more than half of women want their skincare products to be all-natural, a result likely driven by the scientific information age (see

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~Vibrant Wellness Journal

Demand Escalates

Women are fueling the natural beauty movement, yet more men than ever are also seeking healthy alternatives. Grooming products with unisex packaging and fragrances are among top sellers. Informed teen and 20-something buyers are inclined to choose people- and eco-friendly brands that are also cruelty-free.

A wide selection of aluminum-free, natural, personal care products including underarm deodorants are showing up in supermarkets. Women are ditching toxic hair dyes and going silver to avoid thinning hair and allergies, and unwittingly, creating a new fashion statement. Plus, there's growing interest in DIY cosmetics using everyday good-for-you ingredients found in the kitchen.

Artisan perfumes are gaining popularity among women that want the mystery and allure of fragrance without the side effects of manmade, chemical-based brands. "Some new customers are frustrated by commercial products giving them headaches, while others say that they just don't like perfume, when what they actually don't like is synthetic fragrance chemicals," says Ananda Wilson, a botanical perfumer and owner of Gather Perfume, in South Hadley, Massachusetts.

"It's inspiring when they smell real plant scents and see how their world

lights up! The molecules in natural perfumes are active and interact with personal chemistry, so they unfold differently on each wearer, creating a unique signature and experience."

Wilson ventured into botanical blends when both awareness and supplies of appropriate ingredients were scarce. "Perfume history is largely rooted in natural materials, but until recently, there was a mass blackout of this precious lineage. When I started, there was barely anything available, and only through a handful of aromatherapy companies," she explains. Now, Wilson bases her products on botanical infusions from plants she's grown or collected, including wild beach roses, clover and spring poplar buds.

It only takes a whiff to dispel the myth that natural perfumes lack sophistication or tenacity. "Naturals have a breadth of possibilities—opulent white florals, fresh and clean, or dirty and smoky," expounds Wilson.

Eco-beauty is emerging from conscious lifestyle choices and creating the next era of cosmetics. "It's fun to be called a pioneer in organic beauty," muses Behnke. "Our products, employees and happy customers comprise an encouraging accomplishment."

Marlaina Donato is a freelance writer, author and multimedia artist. Connect at MarlainaDonato.com.



Celebrities Go Natural

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Senator Dianne Feinstein

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The true sign of intelligence is not knowledge but imagination.

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I drink wheatgrass.

Wheatgrass is a natural source of vitamins and minerals. In 2002 a small study found that wheatgrass juice, when used along with standard medical care, seemed to help control symptoms of chronic inflammation of the large intestine, a condition called ulcerative colitis. All of the patients received regular medical care, including their usual diet. Those who drank about 3 ounces of the juice every day for a month had less pain, diarrhea, and rectal bleeding than those in the group drinking the placebo.

Source: www.cancer.org



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conscious eating



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10 Foods Help Us Relax and Rest

by Judith Fertig

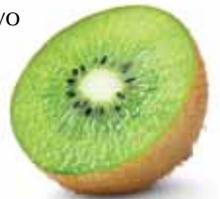
Getting enough sleep—or not—has a trickle-down effect. A study in the *Journal of Obesity* shows that good quality shut-eye helps us reduce stress, lose weight and function better.

Research also shows that most Americans would be healthier, happier and safer going about their daily activities if they slept 60 to 90 more minutes each night, according to the American Psychological Association. A consistent sleep routine helps enable a good night's rest, with activities like going to bed at the same time whenever possible; shutting down the Internet, email and text messaging at least an hour before bedtime; and limiting intake of caffeine and alcohol.

Another best practice is eating foods that help us relax, fall and stay asleep. Four primary sleep-promoting vitamins and minerals naturally found in foods are tryptophan, magnesium, calcium and vitamin B₆. Some of these help the body produce melatonin, the hormone responsible for regulating the body's sleep/wake patterns called circadian rhythms. Others enhance serotonin, which carries nerve signals and relays messages in the brain related to mood and sleep.

Some foods are naturally packed with these essential vitamins and minerals, and eating certain foods at certain times can help us tip the scale towards a successful night of restful sleep.

1 Kiwi. Full of vitamins C and E, serotonin and folate, kiwi can help us sleep longer. In a study at Taipei Medical University, in Taiwan, researchers had participants eat two kiwifruits one hour before bedtime for four weeks. Total sleep time improved by 13.4 percent.



2 Soy. In a Japanese study published in the *Nutrition Journal*, researchers surveyed 1,076 participants between 20 and 78 on how often they ate soy products, which are rich in sleep-enhancing isoflavones. Those that ate the most soy foods enjoyed deeper, more sustained sleep. Researchers concluded that soy's isoflavones help regulate the sleep/wake cycle.



3 Tart cherry juice. A study by the University of Rochester, in New York, found that older adults drinking two, eight-ounce servings of tart red cherry juice daily, one in the morning and one at night for two weeks, enjoyed moderate sleep improvement, comparable to taking the herb valerian and melatonin.



4 Fish. Salmon, halibut, mackerel and tuna help boost the production of vitamin B₆, which helps make melatonin. A recent study from the University of Pennsylvania published in *Scientific Reports* found that eating more fish led both to better sleep and improved cognitive function in children.

5 Fiber-rich foods. Choices such as chia seeds, nuts and whole grains help promote restorative “slow-wave” sleep, according to the *Journal of Clinical Sleep Medicine*.



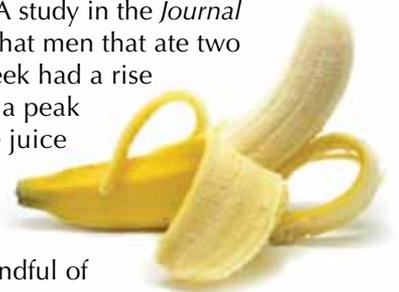
explains why dairy products, which contain both tryptophan and calcium, are some of the top sleep-inducing foods.”

6 Calcium-fortified yogurt. According to Dr. William Sears, a pediatrician in Pasadena, California, and author of *The Baby Sleep Book: The Complete Guide to a Good Night's Rest for the Whole Family*, “Calcium helps the brain use the amino acid tryptophan to manufacture the sleep-inducing substance melatonin. This



7 Bananas. Rich in potassium, magnesium, tryptophan and vitamin B₆, which are used to make melatonin, bananas

help promote good sleep. A study in the *Journal of Pineal Research* found that men that ate two bananas at a time for a week had a rise in melatonin that reached a peak two hours later; pineapple juice and orange juice also raised those levels.

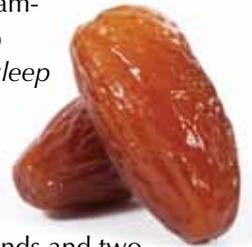


8 Walnuts. Eating a handful of walnuts an hour before bedtime provides fiber-supporting, restorative, slow-wave sleep, concluded a study in the journal *Nutrition*. Plus, walnuts are a good source of tryptophan, which helps make serotonin and melatonin; University of Texas researchers also found that walnuts contain their own source of melatonin.



9 Dark leafy greens. Kale, spinach and collard greens are among the magnesium-rich greens that can help us de-stress and go to sleep, says Dr. Raj Dasgupta, a professor of pulmonary and sleep medicine at the University of Southern California, Los Angeles.

10 Almonds and dates. Nerina Ram-lakhan, Ph.D., a London sleep therapist and author of *Fast Asleep but Wide Awake: Discover the Secrets of Restorative Sleep and Vibrant Energy*, counsels her clients to



start at breakfast by eating eight almonds and two dates. These two fiber-rich foods are able to slowly help produce melatonin for later in the day.

Judith Fertig writes cookbooks and foodie fiction from Overland Park, KS (JudithFertig.com).



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We Need Clean Waters Streams and Rivers Are Life Links

by Avery Mack

Creeks, streams and rivers flow into ponds, lakes and oceans, carrying pollution. Keeping large bodies of water clean starts with local waterways.

As awareness of this need rises, some rivers in Africa, India, New Zealand and elsewhere are being protected and recognized as living entities, with rights, values and the legal status of people. While court cases brought by commercial interests are challenging such decisions, progress continues on many fronts.

Cleanup Success Stories

"The Fox River's been our treasure since Native Americans paddled there," says Barbara Smits, part-owner of Old Northwest Frontier Tours, provider of self-guided auto, bicycle and walking tours via eBook, in De Pere, Wisconsin. "To see people sail, boat, ice fish or sightsee here again is a joy." The Fox River Cleanup Project, a multi-year effort covering 13 miles that began in 2009, reduces the health and environmental risks from polychlorinated biphenyls (PCB) in the sediment.

Lake Winnebago, source of the lower Fox River, is currently stewarded under the 2000 Lake Sturgeon Management Plan. Recent meetings have sought citizen input for updates in managing sturgeon stock.

In Athens County, Ohio, Michelle Shively, in Trimble, is Sunday Creek's watershed coordinator. "Every minute, 850 to 1,000 gallons of polluted water from an underground mine pool flows into the creek, turning the water orange from iron waste. Once the iron is removed, you need to do something with it," she says.

Guy Riefler, Ph.D., an associate professor of civil engineering, and John Sabraw, professor of art and chair of a painting and drawing program, both with Ohio University, in Athens, found a way to wash, dry and pulverize recovered iron. It will be sold to Gamblin Artists Colors to make oil paints for artists in mustardy ochre, rusty red and violet tones. Not yet widely available, 500 sample tubes of Reclaimed Earth Violet were featured at an initial fundraiser. "Cleaning water is expensive, but now we've turned the problem into a method to fund more work," says Shively.

Throughout history, river dams have been built to provide power or irrigation, prevent flooding and provide municipal water needs. Of approximately 80,000 three-foot-tall or higher U.S. dams, only about 2,500 produce hydropower. Removal of old dams no longer serving their original function can restore entire watershed ecosystems, provide habitat for fish and wild-

life, add jobs, improve water quality, reinstate natural sediment and nutrient flow, and save taxpayer dollars.

Built in 1929 and abandoned after World War II, demolition of an Eklutna River dam, in Alaska, began in 2016. Curtis McQueen, an Eklutna tribal leader and CEO of Eklutna Inc., which now owns the dam, reported that 300,000 cubic yards of sediment had amassed there, along with junked cars, TVs and other trash. The tribe is the first in the nation to be involved in such a massive project, intended to restore its historic salmon population.

In 2017, dams were removed in Alaska, California, Connecticut, Indiana, Iowa, Kentucky, Maine, Massachusetts, Michigan, Minnesota, Nevada, New Hampshire, New Jersey, North Carolina, Ohio, Oregon, Pennsylvania, Tennessee, Vermont, Washington and Wisconsin. A map at Tinyurl.com/DamRemovals shows dams taken down since 1916.

"The good news is that in meetings like the St. Louis River Summit, in Superior, Wisconsin, in March, clean water wasn't viewed only in a strictly scientific sense, but added the human factor to produce more diverse solutions," says Wallace J. Nichols, Ph.D., the Monterey Bay, California, author of *Blue Mind: The Surprising Science That Shows How Being Near, In, On, or Under Water Can Make You Happier, Healthier, More Connected, and Better at What You Do*. "The bad news is that most projects are funded, directly or indirectly, by the federal government. Cuts add challenges and stress to looking for solutions."

Cities like Pittsburgh, Superior and Duluth are among many that are protecting, restoring and rejuvenating riverfronts with increased public access, thus rekindling residents' love for and recognition of the mental and physical benefits provided by their waterways.

"We're in a period of big ideas," says Nichols. Two can be easily implemented. First, he explains, don't build right on the water; instead, sit in the "second row". Second, gain perspective by experiencing changes in waterways.

"One way to do this is to spend an hour a day, or even an hour a week, in, on or near the water. Take someone new with you each time," suggests Nichols. "You'll see how best to value, promote and defend our right to clean water." Then teach the kids.

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

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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healthy kids



HEALTHY SUMMER HYDRATION

Kids Love These Homemade Drinks

by Judith Fertig

At day camp or the pool, on the playing field or in the backyard, kids can get really thirsty, especially as temperatures climb. Although filtered water is always a good choice, sugary, carbonated, artificially colored and flavored beverages can be tempting. Having homemade options ready can entice kids to stay hydrated in a healthy way.

Clued-in Professionals

“As a sports nutritionist and mother of active kids, I know there’s a lot of misinformation out there, and I get all kinds of

questions from parents about what drinks are best for kids,” says Jackie Berning, Ph.D., a registered dietitian, sports nutrition consultant and professor of health science at the University of Colorado, in Colorado Springs. “Parents need to know that all beverages are not created equal when it comes to hydrating them. The best [healthful] beverages taste good when your child is active, so encourage their drinking more of them,” she says.

According to the National Alliance for Youth Sports, the recommended beverage contents for active kids during sports and other activities should contain at least 100 milligrams (mg) of sodium and at least

28 mg of potassium per eight ounces. It should be noncarbonated.

We asked two moms keen on nutrition how they include these elements in drinks that kids will like.

Mom Picks

Michele Olivier, the mother of daughters Elliette and Parker, views herself as both a lover of food and a control freak. The Denver, Colorado, recipe blogger started off making food for her baby and toddler. As her kids grew and their nutritional needs changed, she created new recipes, including healthy sports drinks that both balance electrolytes and hydrate.

While Elliette loves water and has no trouble staying hydrated, Parker loves juice, so Mom had to “make something that looks like juice, but is healthy,” says Olivier. Four main ingredients are a little frozen fruit left over from breakfast smoothies, a bit of honey for sweetening, a dash of Himalayan sea salt and water, or herbal tea or coconut water. She might also add fresh mint, ginger or other natural flavorings (*BabyFoode.com*).

Heather Dessinger, a mom of three and blogger of recipes and natural mothering tips from Santa Fe, Tennessee, makes a drink based on coconut water with lime juice, raw honey and sea salt for older kids that play soccer or other warm-weather sports. Dessinger describes herself as a researcher and healthy living DIY fan (*Mommypotamus.com*).

With homemade drinks, we know exactly what is—and what isn’t—in them. They can be made in batches and kept in the refrigerator. Dessinger relates, “I’ve found that when I make a batch with honey, which is naturally antimicrobial, and store it in the coldest part of the fridge, my homemade sports drink lasts for at least a week.”

Judith Fertig writes cookbooks plus foodie fiction from Overland Park, KS (JudithFertig.com).

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RUNNING WITH THE KIDS

Strengthens Body, Mind and Family Spirit

by Marlaina Donato

Combining regular exercise with quality family time can be an enjoyable and fun way to realize a healthier lifestyle. Running together in fresh air, preferably in natural settings, allows children as young as 5 to safely join in.

Physical and Emotional Perks

Families and coaches agree that running benefits both body and psyche. “Running as a family is an incredibly bonding experience, putting aside some of the usual conflicts and perceived hierarchies and just coming together,” says William Pullen, a London, England, psychotherapist and author of *Running with Mindfulness: Dynamic Running Therapy (DRT) to Improve Low-mood, Anxiety, Stress, and Depression*. “Running also gives us a place where we can develop skills like building confidence and competency.”

Marc Bloom, of Princeton, New Jersey, author of *Young Runners: The Complete Guide to Healthy Running for Kids From 5 to 18* and *The Runner’s Bible*, concurs, stating, “Running as a family can give parents the opportunity to be good role models by instilling values of health, fitness and togetherness.”

Experts emphasize the fun factor. Pullen encourages both parents and kids to get out of their heads and into their bodies. “Concentrating on breath, posture, sensation and location all help make running mindful,” he suggests.

“The important thing is to show up. It’s about participation, not breaking personal bests,” Pullen continues. Kids can play a game while running, such as silently counting steps, trees or other runners.” Mindfulness can also include sharing how it feels to run and meeting challenges along the way.

Bloom suggests tuning in to nature. “Being in beautiful surroundings or watching for animals can promote mindfulness,” he says. “It can be spiritual.”

Safe Start

For beginners, experts recommend approaching running as a desirable pastime and adopting a slow, easy pace. “Always make running fun, not a chore,” encourages Bloom. “Frame it as being outside, playing and sharing with friends and family. Make a game of it as much as possible.”

Whether a family chooses to run in the park or in a community race, experts stress the importance of not setting goals. “Make it pleasurable. Don’t worry about time and distance. Start with short distances, maybe a block or two for novice runners or very young children,” advises running coach Jeremy Sanders, from Winchester, Virginia. “Be patient. Some days, the kids will get cramps. They may whine or get moody. Other days, they will be happy and content. Don’t let one bad run ruin the opportunity to try again another time.”

Running coaches and seasoned runners agree that it is wise to tailor runs according to age and fitness levels. “Kids can begin at school age, 5 or 6; but start them with a few minutes and then add more, up to 15 minutes to a half an hour or so a few days a week. Always mix in sprints for short attention spans. Keep it simple. No fancy running shoes are needed when starting, just regular sneakers,” advises Bloom. “For teens, 30 to 45 minutes at a time a few times a week is fine, provided that they have bona fide running shoes.”

Inspiration

Finding inspiration as a family can include running for worthy causes; most communities host charity runs. “This can become a focal point for getting in shape, raising money and running for the greater good, not just yourself,” says Bloom.

Mindful running presents regular opportunities to explore new places, focus on details that often go unnoticed and make exercise an active meditation for all involved. “Show kids how to notice what is going on around them when they run,” suggests Pullen. “You can read up and educate yourselves on trees, geology or the change of seasons so they feel a powerful sense of connection and freedom.”

Whether running as a family is motivated by a desire to stay fit, get someplace or simply share more quality time, being in the present moment is most important. “Life is not about striving all the time,” exhorts Pullen. “Take the kids out. Keep it fun and make it into an adventure.”

Marlaina Donato is a freelance writer, author and multimedia artist. Connect at MarlainaDonato.com.

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natural pet



Pets Welcome Here

Happy Places to Live and Travel Together

by Sandra Murphy

As of last year, 90 million dogs lived in American homes. Including cats, birds, fish, small animals and reptiles, the grand total is 393 million, reports the American Pet Products Association. Pets are considered family members by 95 percent of their people. Accordingly, pets are a key consideration in choosing a friendly place to live or visit.

The personal finance website Wallethub analyzed the most pet-friendly U.S. cities encompassing criteria inclusive of access to veterinarians and cost, pet insurance rates, pet-friendly restaurants, pet-centric businesses, dog parks and animal shelters. SmartAsset, a personal finance technology company, ranked cities by dog parks, pet-friendly restaurants and stores, walkability, weather and housing costs. Unsurprisingly, many high picks are in warmer climates.

What to Seek

"First, look for pet-friendly landlords. Space to play, socialize and exercise animals is next on my list, followed by breweries and restaurants that allow dogs on their patios," says Alexandra Bassett,

a professional dog trainer and owner of Dog Savvy Los Angeles. "I hike off-leash in Runyon Canyon and we visit the Pawbar at Pussy & Pooch, a pet lifestyle boutique, to mingle and sample treats. Food is the fastest way to make a dog comfortable in just about any setting."

Irvine and Carlsbad, California, and Portland, Maine, are among the first cities to ban use of toxic pesticides in public areas and homes, following pressure from local groups. Being closer to the ground and smaller in size, pets suffer adverse reactions faster than humans. Contact local environmental groups to help ban harmful insecticides and herbicides in public areas.

In Pasco County, Florida, Epperson Community homes exemplify eco- and pet-friendly planning, with open spaces and solar power-lit trails for jogging and walking. Birdhouses throughout the property welcome wild feathered friends. A centerpiece lagoon enhances scenic walks and uses less water and energy than a traditional pool or golf course. Separate paths allocated for bikes and driverless cars keep dog walkers safe.

Colony Cove, in Ellenton, Florida, is a 55-plus retirement community that allows multiple pets, including some breeds banned elsewhere. It maintains a large dog park, and at summer's end, dogs are welcome to take a dip in the pool. Further, the association offers mobile groomers, photos with Santa and costume contests.

All species are welcome at Rose Villa Senior Living, in Portland, Oregon, where residents' request for an off-leash dog park play area was granted. One resident owns two dogs, two cats and an African gray parrot.

The largest-ever Canadian residential project to earn Leadership in Energy and Environmental Design platinum certification, Calgary's University District, embraces ecological conservation, habitat restoration and long-term conservation management principles. Designed for residents to age in place with their families, recreational fitness amenities include on- and off-leash dog parks, a pet-friendly activity space and paths leading to parks.

Favorite Activities

Sara Nick, chief content officer at Sidewalk Dog Media, in Minneapolis, suggests experiencing unique adventures. Dog paddling takes on new meaning via stand-up paddleboarding with a pooch at Minnesota's Split Rock Lighthouse and Tettegouche state parks. Whatever the weather, equine-friendly pups can ride along in a horse-drawn carriage from Doubletree Carriage

Find amenable lodging at PetsWelcome.com.

Company, in Spring Valley. Dogs are welcome to watch or snooze through film showings at the Long Drive-In, in Long Prairie.

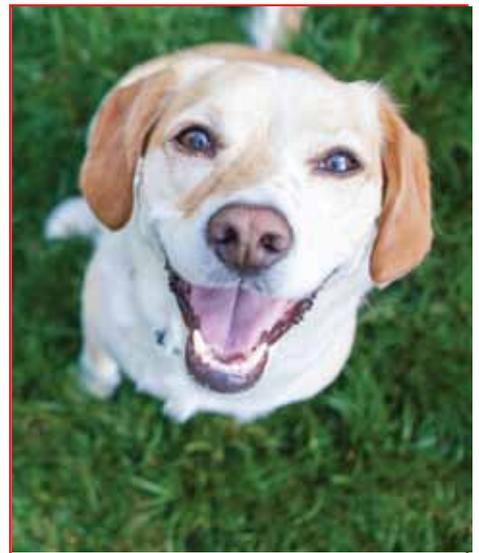
Birgit and Jim Walker, authors of *Keep Your Paws on the Road: A Practical Guide to Traveling with Dogs*, travel by RV in summer with their three dogs to favorite stops like Tombstone, Arizona. "Some tourist areas don't welcome dogs, but in Tombstone, dogs can go for stagecoach rides and down into a mine with you," she says.

Kim Salerno, president and founder of *TripsWithPets.com*, in Wake Forest, North Carolina, recommends Kimpton or Aloft hotels. "Kimpton accepts any pet, any size, weight, breed or species. Amenities include a bed, treats, a water bowl and toys with no additional pet fee," she says.

Salerno continues, "In Asheville, dogs are allowed on the grounds of the Biltmore Estate. The Ernest Hemingway House, in Key West, Florida, allows small, cat-friendly dogs. Boutiques, feed stores, wineries and art galleries may say yes to pets. Ask first and make sure your pet is well-behaved."

Whether at home or traveling, families can enjoy many opportunities to share new experiences with pets. Just be sure they mind their manners to have a good time.

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



Dogs eat grass, roll in it and walk on it. Pesticides on feet and fur walk into the house. One of the top three pesticides sold in the U.S., known as 2,4-dichlorophenoxyacetic acid, or 2,4-D, is used for golf courses, landscaping and public areas. Popular products containing 2,4-D include:

- Bayer Advanced All-in-One Lawn Weed and Crabgrass Killer
- Ortho Weed-B-Gon Max
- Scotts Liquid Turf Builder
- Scotts Snap Pac Weed & Feed
- Sta-Green Phosphorus-Free Weed & Feed

Source: HealthyPets.Mercola.com



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**



Green Waters Alkaline Water

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written by D.L. KLINE, a Pennsylvania-based author

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DOING NOTHING

Why Timeouts Matter

by April Thompson

In a harried world where our work is never done, it's tough to take timeouts to do nothing. Yet, when we pump the brakes on Americans' obsessive drive, we discover fresh productivity, creativity and contentment.

"We're socialized to pride ourselves on accomplishment and achievement, yet when you step back, you realize doing nothing produces a valuable currency, especially in enhanced mental health," says Colleen Long, a Boston psychologist and author of *Happiness in B.A.L.A.N.C.E: What We Know Now About Happiness*.

Italians call it *la dolce far niente*, or the sweetness of doing nothing, while the Dutch word *niksen* translates as "doing something without a purpose". Here are a few tips to reclaim the art of be-ing over do-ing.

Create a "do nothing" ritual.

Set aside a special time and make it known. It can start the morning or wind down an evening. It may be meditating a few minutes or enjoying a bit of aromatherapy, wherever the heart leads.

Relax into the moment. Acknowledge guilty feelings when they arise, but don't heed them. It takes time to undo mental programming and learn to quiet the voice urging, "Don't just stand there, do something!"

Mindfully do nothing. It's not about vegging out with passive activities like watching TV or checking email. It's a time to come alive to our senses and surroundings, whether listening to music or people-watching, free of distractions from phone calls or anxious thoughts.

Doing something is okay. The aim is to let go of the compulsion to check off every item on our to-do list—but that doesn't mean blankly staring off into space. These are purposeful moments without a specific purpose. Doodle in a sketchbook, wander around the neighborhood or lie in the grass and look at clouds. Spontaneously go with the flow.

There's no one way or right way to do nothing. "Just by carving out space, you'll get a benefit even if it doesn't feel like you're doing it right or perfectly," advises Long. It looks different for different people. "Before I had kids, my 'nothing time' might be just being out in nature or simply doing one thing mindfully at a time, like washing dishes. Now I incorporate the principle into family time. One day a week, I shut off the phone, get on the floor with my kids and just let life get messy."

Connect with April Thompson, in Washington, D.C., at AprilWrites.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 for guidelines and to submit entries.

GET YOUR CALENDAR ITEMS PUBLISHED
SUBMIT CALENDAR ITEMS TO: publisher@NAacadiana.com

Friday June 8

Coushatta Powwow 2018 – 3-7pm & 10am-7pm
Sat June 9. Witness a march that opens the competitions of dancers in full regalia that claims the Dancing Ground to the accompaniment of tribal drums and singers. Enjoy the culture and heritage of Native Americans. \$5/day. Coushatta Casino Resort, 777 Coushatta Dr, Kinder. CoushattaPowwow.com.

Demitasse – 3-4pm. A short story club of readers explore works by Louisiana writers. The June reading is "A House in Arabia," by John H. Wildman. NUNU Arts Collective, 1510 Hwy Courtableau, Arnaudville. 337-453-3307.

Strike for Sight – 7- 9:30pm. Bowl to support Usher syndrome and enjoy food, drinks and good company. All proceeds from this event go to support research for a cure of the vision loss aspect of Usher syndrome. Rock 'n' Bowl de Lafayette, 905 Jefferson St, Lafayette.

Saturday June 9

Cruisin for Camp Bluebird – 9am-2pm. An open car show to benefit Acadiana's annual adult cancer survivor camp for all cancer patients throughout Acadiana. Free admission; Car Pre-registration \$25 online, \$30 and cash concessions \$1-5. Yvette Davis. Our Lady of Lourdes Regional Medical Center, 4801 Ambassador Caffery Pkwy, Lafayette. 337-257-2804. LourdesFoundation.com.

Thursday June 14

National Marina Day in Delcambre – 5-8pm. Live entertainment, hamburgers and hot dogs, drinks and activities for the kids. Open to the public. North Pier Marina @ Port of Delcambre, 307 Isadore St, Delcambre. 337-303-7950.

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

Friday June 15

Fathers of the Year Banquet – 6-9pm. Recognize outstanding fathers in the community. 100 Black Men of Greater Lafayette and the Zeta Xi Chapter of Alpha Phi Alpha Fraternity, Inc. Cajundome Convention Center, 444 Cajundome Blvd, Lafayette. 100bmogl.org.

Second Annual Date with Dad – 6-8pm. Sons and daughters are invited to share a cowboy themed evening of food, fun, and entertainment in honor of

Father's Day. Free. Donations accepted. St. Martin Council on Aging. Sydnie Mae Durand Activity Center, 391 Cannery Rd, Breaux Bridge.

Potluck Social – 7pm. Contribute a dish to share and enjoy traditional Cajun music. Participants practice "Leave No Waste" to reduce paper products. NUNU Arts Collective, 1510 Hwy Courtableau, Arnaudville. 337-453-3307.

Saturday June 16

Clifton Chenier Celebration – 3-10pm. Celebrating the life and legacy of the King of Zydeco music. Artists will pay tribute to Grammy award winning legend Clifton Chenier. Clifton Chenier Club, 2116 Fernand Crochet Rd, New Iberia. 337-339-5903.

Juneteenth Folklife Celebration – 1-6:30pm. Enjoy folk art, heritage and traditions of the African-American culture in a tribute to the date when Texas slaves first heard the news of their freedom. Free. Market Pavilion, across from Le Vieux Village, 828 E Landry St, Opelousas. 337-945-5064.

Sunday June 17

Drum Circle – 3-4pm. Drummer Noa Zhivago will guide the group through an exploration of tone, dynamics, pulse, polyrhythm and improvisation. Participants are 10 and up; under the age of 16 should be accompanied by an adult. NUNU Arts Collective, 1510 Hwy Courtableau, Arnaudville. 337-453-3307.

Tuesday June 19

Louisiana Seafood Cook-Off – 5pm. EatLafayette™ kicks off with Lt. Gov. Billy Nungesser and the Louisiana Seafood Promotion and Marketing Board cook-off of Louisiana's twelve best chefs. Cajundome Convention Center, 444 Cajundome Blvd, Lafayette.

Safe Sitter – 9am-2:30 pm. Teens aged 11 and up get hands-on practice in basic lifesaving techniques, a manual with safe sitter information, resources and a backpack. Woman's Foundation Inc, 4630 Ambassador Caffery Pkwy, Lafayette.

Friday June 22

Aha Gazelle Concert – 8-9:30pm. Special guest LeTrainiump and New Orleans rapper Aha Gazelle perform and send a message of hope and strength. The Bayou Church, 2234 Kaliste Saloom Rd, Lafayette. TheBayouChurch.org/Ahagazelle.

Saturday June 23

Creoles of South Louisiana Release Party – 2pm. A book signing and Q&A with author Dr. Elista Istre, who invites readers into the Creole world. St. Landry Parish Visitor Center, 978 Kennerson Rd, Opelousas. 337-482-6350.

Sunday June 24

Stars & Stripes – 3-4:30pm. A musical patriotic concert to honor veterans. Acadiana Symphony Orchestra and the Iberia Community Concert Band. Sugar Cane Festival Building, 601 Parkview Dr, New Iberia. 337-364-1603.

Friday June 29

Fourth of July Fishing Rodeo – Thru Sunday July 1. Saltwater fishing rodeo with trophies and fais-do-do under the pavilion. Quintana Boat Launch, LA 319 & Beach Ln, Cypremort Point, 337-207-6206.

Saturday June 30

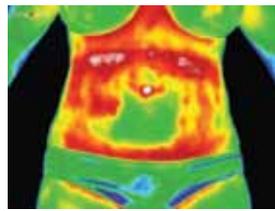
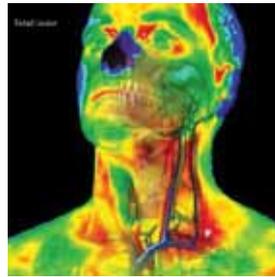
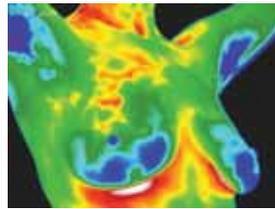
Lebeau Zydeco Festival – 11am. An annual celebration of the Zydeco and its roots in the Creole community. Adults \$12. Immaculate Conception Catholic Church, 103 Lebeau Church Rd, Lebeau. 337-351-3902.

Erath 4th of July Celebration – Thru Wednesday Jul 4. Celebrate our nation's independence with a parade, 5K/1 mile Fun Run, water fights, music, pageants, carnival rides, food and a large fireworks display. Downtown Erath, W Edwards St, Erath. 337-937-5585.

Historic Opelousas: Black History Exhibit – 8am-4:30pm Monday-Friday. A month long exhibit about the history of Opelousas and the African-American business community that contributed to the local and national economy. Opelousas Museum & Interpretive Center, 315 N Main St, Opelousas. 337-948-2589.

Kids Zydeco Fit & Fitness – 9-10am every Saturday. Children learn line dances, songs and basic Zydeco steps. Free. Children must be accompanied by parent or guardian. Opelousas Tourism. Farmers Market Pavilion at Le Vieux Village, 828 East Landry St, Opelousas. 337-948-6263.

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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.

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.

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.

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.

"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

"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

"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"

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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



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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
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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.

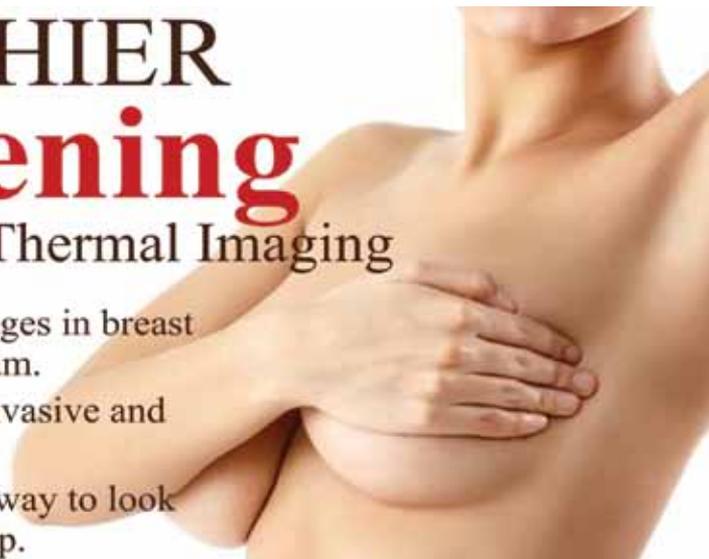
Decrease Risk of Cancer:

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.

SAFER, HEALTHIER Breast Screening

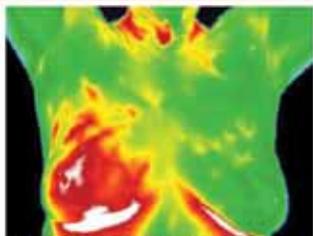
No radiation, Digital Infrared Thermal Imaging

- Breast Thermography can detect early changes in breast tissue up to eight years before a mammogram.
- FDA registered and is safe, painless, non-invasive and absolutely no painful compression.
- Digital Infrared Thermal Imaging - a great way to look for activity and for prevention before a lump.

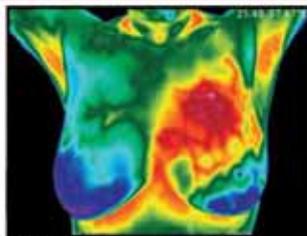


BREAST THERMOGRAPHY

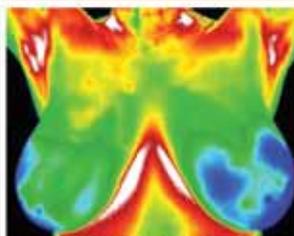
TO SCHEDULE
CALL (337) 896-4141



Above: Breast Cancer Image



Above: Breast Cancer Image



Above: Normal Breast Image

With digital technology and highly-trained staff we are able to detect breast changes usually before mammography. We detect the inflammation.

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"Inflammation is the Spark that ignites most disease"^{1,2,3}

Pain and 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**

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.cancer-network.com, January 31, 2002.

BODY REBOUND

The Best Way to Lose Weight
Get Your Body Back in Great Shape

Our Weight Loss Is Guaranteed To Work

- Meal Replacement Shakes
- Burn calories in the sauna
- Tone with whole body vibration
- Use body wraps to lose inches

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

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



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

** Guarantee will be honored if patient follows documented weight loss program requirements.

896-4141
Carencro Office

356-1251
Lafayette Office

662-3120
Sunset Office

(337) 424-5066
Text **BODY REBOUND** for more information



Organic Frozen Wheatgrass Juice

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



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

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

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

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

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

Green Waters Alkaline Water



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

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

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

pH 9.5 Drops



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

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

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

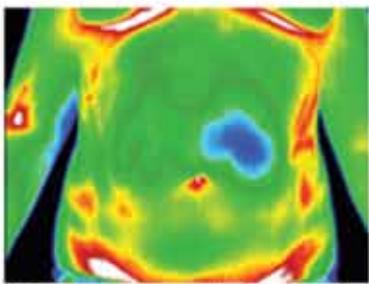


namaste
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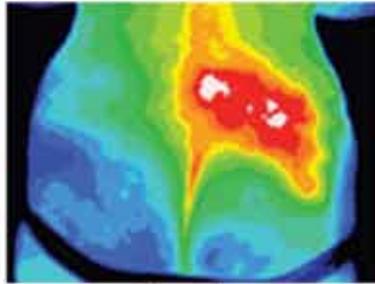
liteon
natural health center
Carencro, LA (337) 896-4141

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

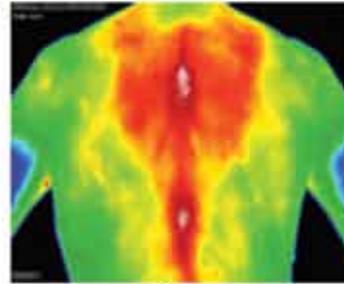
caribbean
wellness center and campground
Opelousas, LA (337) 678-1844



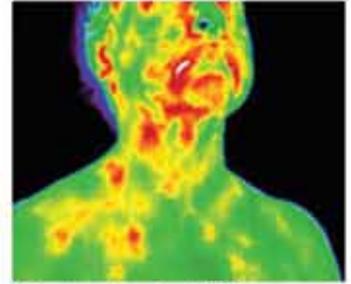
Hypothermia in the Stomach



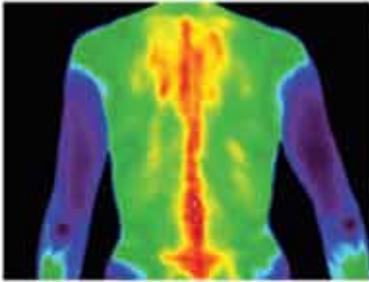
Shingles



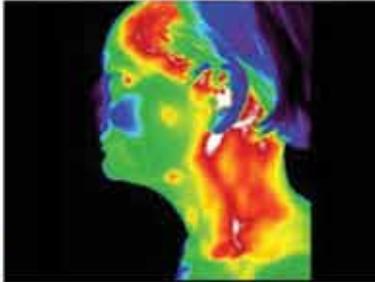
Lung Cancer



Periodontal Disease



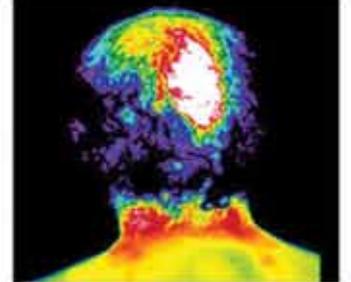
Spinal Inflammation



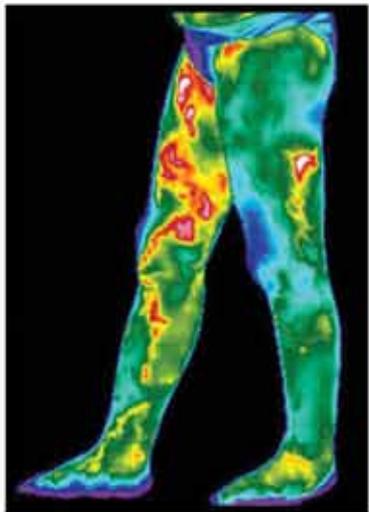
Carotid Artery Inflammation



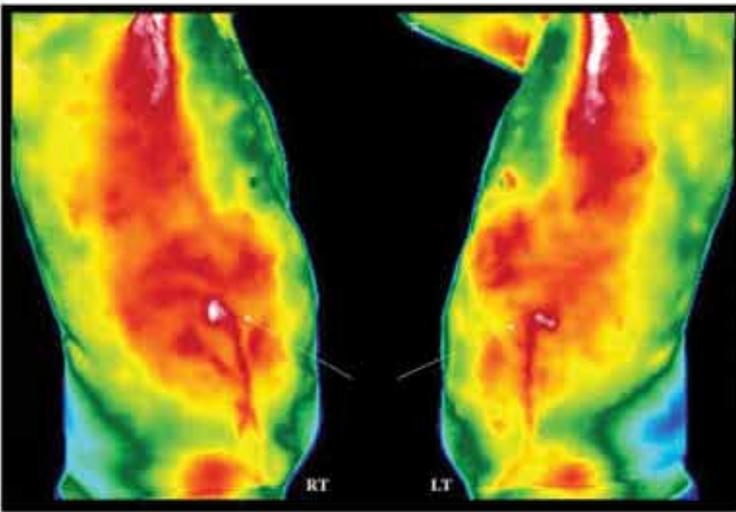
Poor Circulation Left 4th & 5th Finger



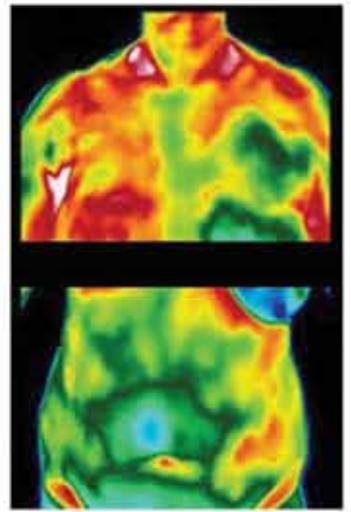
Melanoma-Scalp Cancer



Varicose Veins



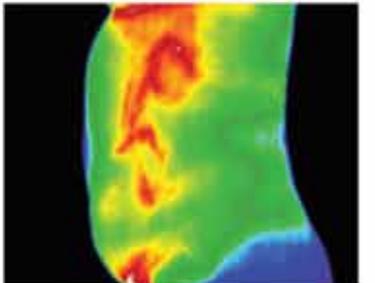
Bilateral Kidney Stones



Breast Cancer



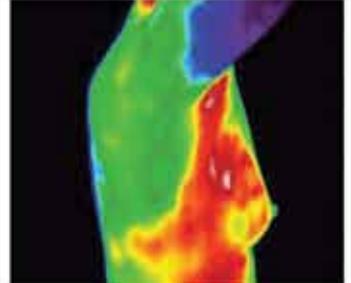
Thyroid Cancer



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

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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
Carencro Office **(337) 896-4141**

Lafayette Office (337) 356-1251

*** Offer may end soon. Call NOW

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BOUDIN

AND BEER

TURN BACK ONE PAGE

Look Good Feel Great

Enjoy Good Food

Get Routine Health Screenings
and Protect Your Health

CALL **(337) 896-4141** to schedule
your **HEALTH SCREENING**

Bloodwork, labwork (urinalysis), blood pressure check, cholesterol screening, full-body thermography screening, body composition test, vitamin test

