

HEALTHY LIVING | HEALTHY PLANET

natural awakenings

feel good • live simply • laugh more

FREE

Healthy FATS

Boost Brain Health
and Metabolism

Eat For Wellness

How to Move Past
Food Sensitivities

Holistic Eye Care

Taking the Whole
Body into Account



EVERY ISSUE IS
A GREEN ISSUE

March 2017 | Acadiana-Edition | www.NAcadiana.com



BF-4 Weight Loss



BF-4 (Body Fat Trim) is a special blend of all of the major fat burners. Because it contains all the four major fat burners it can help you lose weight quickly and naturally. 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.



We See It First!

8-10 Years Before A Mammogram

Breast Cancer can be prevented with early detection and lowering your risks.

"We Can See It BEFORE the Mass Develops"

2.5 cm **Mammogram - detects AFTER lump**

.25 cm **Thermography - detects BEFORE lump**

Cancer Cells Double Every 90 Days!

90 days	2 cells	
1 year	16 cells	
2 years	256 cells	.25 cm
3 years	4,896 cells	
4 years	65,536 cells	
5 years	1,048,576 cells	
6 years	16,777,216 cells	
7 years	268,435,456 cells	
8 years	4,294,967,296 cells	2.5 cm
9 years	68,719,476,736 cells	
10 years	1,099,511,627,776 cells	
11 years	281,474,976,710,656 cells	
12 years	4,503,599,627,370,496 cells	

Tumor size when detected by Thermography:
Thermal imaging can see a tumor the size of a grain of rice. You'd have a 99% survival rate. 80% of lumps found are benign.

2.5 cm About the size of a dime
Generally the first detection of tumor by mammogram

\$67
Breast Cancer SCREENING with this Ad Only

\$94
Full Body SCREENING with this Ad Only

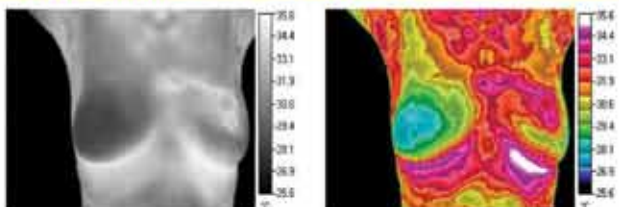


Painless • No Radiation • No Contact • FDA Approved

Breast Cancer can be prevented with early detection and lowering your risks.

Thermography Can Detect Tumors 8 - 10 Years Before a Mammogram

Note: LOUISIANA is in the top 3 states with the highest rates of breast cancer mortality in the U.S. 1 in 8 Women will develop breast cancer this year.



Left Breast Cancer Grey Scale and Color Breast Temperature

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

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

THERMOGRAPHY

Medical Imaging of Acadiana

Advanced Diagnostic and Screening Technology

EXIT 4, Carencro • Across from Lourdes Aftercare Center

By Appointment Only • Sorry, no walk-ins.

(337) 896-4141



ADDRESS: 505 BERTRAND DRIVE, LAFAYETTE, LA 70506

Phone:(337) 261-0051

Organic Frozen Wheatgrass Juice

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



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

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

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

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

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

Green Waters Alkaline Water



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

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

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

pH 9.5 Drops



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

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

WheTea

BURNS STOMACH FAT



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

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



BF-4 Weight Loss



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

.....\$45.00

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

Digestive Enzyme Complex



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

acid and alkali balance in the body, and help you fight off or prevent infections.\$35.00

Manglier Tea

mong-lee-AY

The tea is used to 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



Raspberry Ketone Drops



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

Wheatgrass Capsules



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

publisher's letter



"Change has long been a fearful thing for human beings...and at the same time, it is our most Divine opportunity. Clinging to the banks of the river may seem safe and more secure, but life's possibilities are truly engaged only when we trust, release and become part of the Flow of the Universe."

~Chelle Thompson

Eight years ago, we made a decision to join the *Natural Awakenings* family of publishers. That decision was a leap of

faith into the unknown world of publishing that we found both exhilarating and terrifying.

For years we longed to make a radical change in our lifestyles, yet our fear of letting go of old, limiting belief systems continued to reinforce the status quo. So, we decided it was time to do some soul searching and asked ourselves: "What specific qualities do we want in our work? What do we feel passionate about?" We wrote down our answers and ideas, meditated daily, and asked for guidance. Through our willingness to look deeper into our hearts, new possibilities began emerging, and, within a month, *Natural Awakenings* literally fell into our laps while taking a vacation train ride. We knew nothing about publishing, but we were inspired to follow our hearts and take action, and this has changed our lives forever. It was a leap of faith born out of raw passion, and we have never looked back. With pleasure at the results of that experience, and excitement about sharing the stories and offerings within these pages, we welcome you to our March edition, "Food Sensitivities and Holistic Eye Care."

When we are moved to create a positive difference, beginning with something about which we care deeply (e.g.: animals, the homeless and/or hungry, education, sustainable living, wellness, creativity, whatever your passion may be...), the healing ripple effect can be enormous, both personally and in the world. Likewise, we must remember that being comfortable enough in our bodies, minds and spirits, can factor into daily wellness, as well as determining when and how we create, and flow with, change.

Einstein was quoted as saying, "We can't solve problems by using the same kind of thinking we used when we created them." Although inspired change requires some courage, the potential for transforming your life is well worth the risk. Courage calls for presence of heart. When you are in your heart, no challenge is too great. With these thoughts in mind, we invite you to use this edition as a springboard for embarking upon your own odyssey of possibility.

We wish you a month of enrichment for the mind, body and soul.



Steve & Michelle

Steve and Michelle Castille, Publishers



contact us

Publishers

Steve & Michelle Castille

Editor

Beth Davis

Writers

Tre' Gradnigo & Beth Davis

Outreach

Megan Reed, Marquia Castille-Grant,
& Tre' Gradnigo

Design & Production

Gail Babineaux & Steve Castille

Calendar

Michelle Castille, Lydia Castille,
& Lillyanna Castille

Distribution

Marquia Castille-Grant & Kelly Arnaud

To contact Natural Awakenings Acadiana Edition:

100 E. Angelle Street, Carencro, LA 70520

Phone: 337-896-4141, Fax: 337-205-6191

publisher@NAacadiana.com

www.NAacadiana.com

© 2017 by *Natural Awakenings*. All rights reserved. Although some parts of this publication may be reproduced and reprinted, we require that prior permission be obtained in writing.

Natural Awakenings is a free publication distributed locally and is supported by our advertisers. It is available in selected stores, health and education centers, healing centers, public libraries and wherever free publications are generally seen. Please call for a location near you or if you would like copies placed at your business.

DISCLAIMER: We do not necessarily endorse the views expressed in the articles and advertisements, nor are we responsible for the products and services advertised. We welcome your ideas, articles and feedback.

SUBSCRIPTIONS

Subscriptions are available by sending \$96 (for 12 issues) to the above address.

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



contents



- 8 **newsbriefs**
- 10 **healthbriefs**
- 12 **globalbriefs**
- 17 **healingways**
- 20 **consciouseating**
- 22 **greenliving**
- 24 **fitbody**
- 28 **healthykids**
- 29 **inspiration**
- 30 **naturalpet**

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.

14 FEARLESS EATING

How to Move Past Food Sensitivities
by Kathleen Barnes

17 HOLISTIC EYE CARE

Taking the Whole Body into Account
by Linda Sechrist

20 THUMBS-UP ON FATS

Good Fat Doesn't Make Us Fat
by Judith Fertig

22 FOREVER GREEN

Eco-Burial Options Grow
by Avery Mack

24 HELLO GYRO

Workouts Use Natural Body Patterns
by Aimee Hughes

26 DR. JOSEPH MERCOLA

On Simple Steps To Well-Being
by Judith Fertig

28 SILENCING CYBERBULLIES

How to Defuse Bad Actors
by April Thompson

29 REFRAMING YOUR LIFE STORY

Create Your Own Hero's Journey
by Kim Schneiderman

30 NATURAL REMEDIES FOR ITCHY PETS

Gentle Ways to Calm Allergies
by Sandra Murphy



advertising & submissions

HOW TO ADVERTISE

To advertise with *Natural Awakenings* or request a media kit, please contact us at 337-896-4141 or email publisher@NAacadiana.com. Deadline for ads: the 10th of the month.

EDITORIAL SUBMISSIONS

Email articles, news items and ideas to: publisher@NAacadiana.com Deadline for editorial: the 5th of the month.

CALENDAR SUBMISSIONS

Email Calendar Events to: publisher@NAacadiana.com or fax to 337-896-4141. Deadline for calendar: the 10th of the month.

REGIONAL MARKETS

Advertise your products or services in multiple markets! Natural Awakenings Publishing Corp. is a growing franchised family of locally owned magazines serving communities since 1994. To place your ad in other markets call 239-449-8309. For franchising opportunities call 239-530-1377 or visit NaturalAwakeningsMag.com.

www.NAacadiana.com

Acadiana Labrodoodles Launches New Pet Guardian Program



Acadian Labrodoodles, a home based kennel dedicated to breeding and raising Australian labrodoodles, has introduced a guardian program designed to provide a safe and healthy environment to care for and manage the dog breeding process. Through this program, families adopt a breeding dog—with Acadiana Labrodoodles retaining full breeding rights. The pet is adopted at a reduced price, and in some cases free.

Acadiana Labrodoodles covers the cost of health testing and any reproductive costs that may arise. The breeding program is completely home based, which provides for a complete socialization experience and creates an environment conducive for raising a happy pet. Becoming a guardian is a fairly simple process and includes a few simple requirements such as owning a home and having a fenced-in yard, to name a few.

For more information about becoming a pet guardian, call 337-739-8288

Jim Olivier's Home Improvement Now Offering Noise Reduction Glass



Jim Olivier's Home Improvement Company is now offering a noise reduction glass that combines energy efficiency with noise reduction. Noise reduction windows dramatically reduce the impact of outside noise and activity up to 80 percent more than standard windows by reducing the amount of the sound waves that enter and

even travel through the home. Jim Olivier's is known for their complete installation process and premium installation service so that homeowners can maximize the benefits of energy efficient windows.

Other services offered by Jim Olivier's Home Improvement include siding, hurricane shutters, siding and more.

Location: 107 Fairlane Dr., Lafayette. For information, call 225-235-0990 or visit JimOlivier.com.

7 Common Signs of Nutrient Deficiency

- Poor Night Vision**
Vitamin A, known as retinol, is essential for promoting good vision and overall eye health. It also helps to maintain healthy skin and soft tissues throughout the body.
- Cracks at the Corners of the Mouth**
More likely to occur for those following vegan and vegetarian diets because it's harder to get sufficient zinc, iron and B12.
- Sores or Discoloration of the Mouth and Tongue**
Water-soluble B-vitamins are essential for the health of the mouth and tongue. Unfortunately, the body doesn't store them, so we have to constantly replenish them to maintain health.
- Weak, Spotted or Ridged Nails**
These are common signs of a deficiency in zinc, an important trace mineral needed for the proper function of the immune system. Zinc also serves an important role in cell division and growth.
- Poor Blood Clotting**
Essential for normal blood clotting, vitamin K also plays a vital role in bone mineralization and cell growth. Lack of vitamin K can result in bruising, frequent nosebleeds, and brittle bones.
- Weak Muscles and Bones**
In advanced cases it's called rickets (for children) or osteomalacia (for adults), but it boils down to a deficiency in vitamin D, an essential nutrient for the growth, health and maintenance of the structural system.
- Frequent Cramps in the Lower Legs**
Magnesium, Calcium and Potassium support proper muscle development and growth. Lack of these important nutrients can cause persistent discomfort in the feet, calves and back of the leg.

Lafayette Office
Call (337) 356-1251 to schedule
Get Checked
A Vitamin Test can help

Thermography Exam BEFORE and AFTER

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

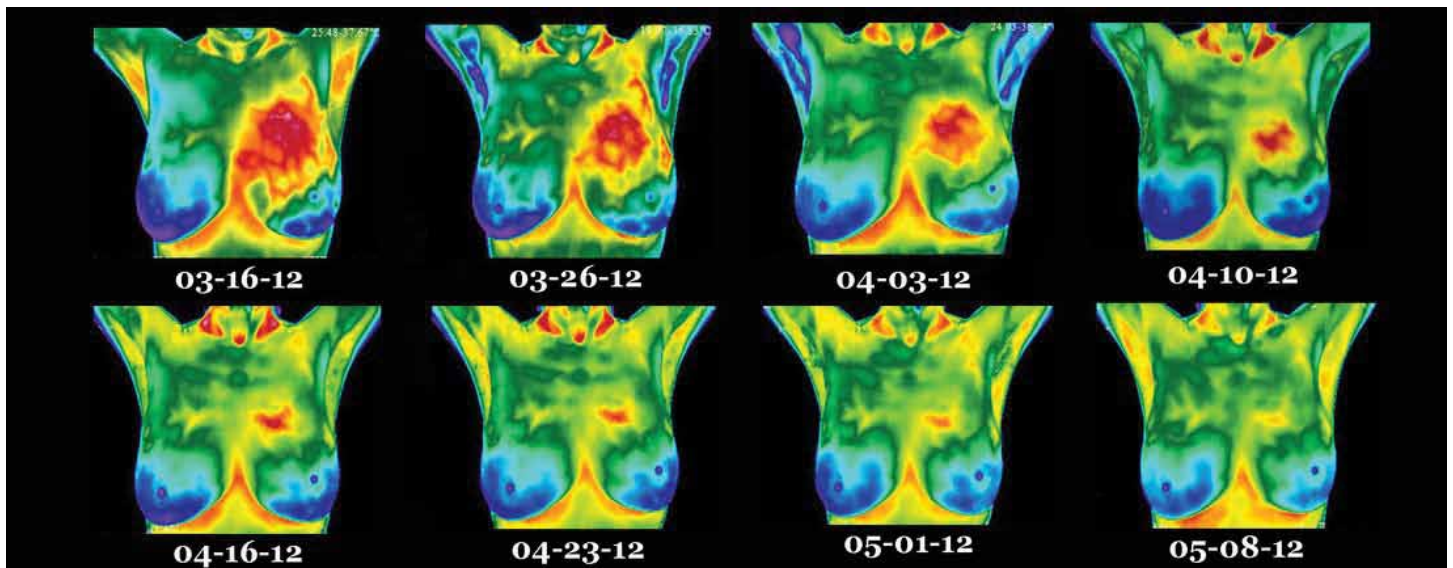
Although family history is considered a risk factor, 90% of women who develop breast cancer have no family history. A positive thermal scan is considered the highest risk marker for the future development of cancer. It is 9 times more significant than a family history. A thermal scan can show if a woman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

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

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

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

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



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

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

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

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

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

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

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

No Benefit to Cutting Fat in Cheese



Anyone that has struggled to reduce their intake of low-density lipoprotein (LDL or “bad” cholesterol) may have considered avoiding saturated fat in their diets, although the latest meta-study published in the *Annals of Internal Medicine* now refutes this. Researchers from the University of Copenhagen, in Denmark, conducted a test to determine if consuming low-fat versus regular cheeses impacts LDL cholesterol levels.

The study divided 139 people

into three groups. One ate regular fat cheese, one consumed reduced-fat cheese and one didn't eat any cheese at all for 12 weeks. Both LDL and high-density lipoprotein (HDL or “good” cholesterol) levels were tested at the beginning and end of the period. Researchers found no significant difference in the LDL levels of any of the groups and no difference between the HDL levels of the reduced-fat and regular cheese groups, suggesting that consuming low-fat versions has no measurable metabolic benefit.

An increase in HDL levels among those that abstained from eating cheese altogether was noted.

The Five-Second Rule Debunked

The five-second rule is a belief that food that falls to the floor can be safely eaten as long as it's picked up quickly. Researchers from Rutgers University, in New Brunswick, New Jersey, sought to test its veracity. Four different food items were tested, including watermelon, bread and butter, plain bread and gummy candy, using four different surfaces—stainless steel, ceramic tile, wood and carpet.

Each surface was contaminated by bacteria and completely dry before the scientists dropped each item for one second, five, 30 and 300 seconds. A total of 128 separate scenarios were repeated 20 times each and 2,560 measurements were taken and analyzed for contamination.

The results proved that longer contact time resulted in more bacterial contamination, but there were also cases of instantaneous contamination, which disproves the five-second rule. The wet surface of a watermelon yielded the most contamination and gummy candy the least. The surface tests yielded surprising results, with carpet transferring significantly fewer bacteria than tile and stainless steel, while wood floors exhibited varied results.



Kids Going Online at Bedtime Sleep Poorly

A new study from King's College London has found that children's use of electronic devices close to bedtime can reduce their chances of a good night's sleep. Researchers examined 20 existing studies encompassing 125,000 children between the ages of 6 and 19. They found that youngsters using a device within 90 minutes of falling asleep had an increased likelihood of poor and inadequate sleep quality and excessive daytime sleepiness.

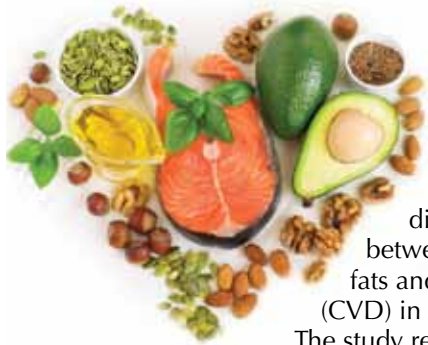
Study author Ben Carter, Ph.D., says, “Sleep is an often undervalued, but important part of children's development, with a regular lack of sleep causing a variety of health problems.” These can include obesity, sedentary lifestyle, reduced immune function and poor diet. Poor food choices and excessive eating can start young, as illustrated in a study from Colorado University, in Boulder, which found a link between sleep deprivation and poor diet choices in preschool children.

The Colorado study followed five girls and five boys, ages 3 and 4, that were regular afternoon nappers. They were deprived of their naps for one day, during which their food and beverage consumption was monitored and compared with their choices on a day when their sleep routine remained intact. During the sleep-deprived day, the children ate 20 percent more calories than usual and their diet consisted of 25 percent more sugar and 26 percent more carbohydrates.

The secret of getting ahead is getting started.
~Mark Twain

Veggie, Fish and Nut Fats Preserve Heart Health

colnihko/Shutterstock.com



Researchers from the Harvard School of Public Health, in Boston, used data from previous studies to discern the association between dairy and animal fats and cardiovascular disease (CVD) in American adults.

The study reviewed dairy fat and other fat consumption data using validated food-frequency questionnaires from more than 43,000 men and 175,000 women during three different studies, each spanning at least 20 consecutive years. Of the subjects studied, 14,815 developed some form of CVD, close to 7 percent of the total.

The researchers found that replacing dairy foods with foods containing polyunsaturated fats—primarily found in vegetables, nuts and fish—in just 5 percent of a subject's diet reduced the risk of CVD by an average of 24 percent. But replacing the same percentage of dairy fats with other animal fats increased the incidence of CVD by 6 percent.

Eye Health Nutrients Also Aid the Brain

Lutein and zeaxanthin are known key carotenoids for eye health, filtering out harmful high-energy blue wavelengths of light and helping to protect and maintain cells comprising the eye. The human body does not make enough of either nutrient, so we must get them from supplements or food sources such as kale, spinach, collard greens, turnip greens, corn, green peas, broccoli, romaine lettuce, green beans and eggs.



Yuganov Konstantin/Shutterstock.com

Researchers from the University of Georgia, in Athens, investigated the relationship between levels of lutein and zeaxanthin and cognitive function. They measured the levels of each nutrient in the retinas of 43 older adults with a mean age of 72 and asked that the subjects learn and recall pairs of unrelated words. The study found that those with higher levels of both nutrients did better on the test, suggesting that the enhanced neural efficiency that comes from consuming these nutrients leads to better brain function.

**Your health is an investment,
not an expense**

Schedule your thermography exam and vitamin test today.



If you think a
Wellness Program is expensive

Try

Cancer
Depression
Stroke
Diabetes or
Congestive Heart Failure

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

Botanical Breakthrough

Oregano Oil Proves a Safe Antibiotic for Poultry



In many large commercial chicken farms, the animals are fed antibiotics to keep them healthy and fight off infections. But due to consumer demand, McDonald's has eliminated antibiotics used in human medicine from its entire restaurant chicken supply.

Meanwhile, a farm in Pennsylvania owned by Scott Sechler is among the first to rely solely on a mix of oregano

oil and cinnamon in the treatment and care of its chickens. In addition to being completely natural, oregano oil supplies the chickens with health advantages, producing a much higher quality of natural chicken in a far more humane method than that attained using antibiotics. Like antibiotics, the oil assists the chickens in battling any infections, reducing the number of birds lost to disease.

Bob Ruth, president of another Pennsylvania farming business, has been testing oregano on his pigs for six months to see if it can outperform prescription antibiotics. Related problems arise when animals live in dirty conditions, making them more susceptible to infections and viruses, which can also be triggered by insufficient cleansing of slaughterhouses that must be hosed down and completely sanitized after each act of butchery. He thinks that drugs should not be a requirement if the farmers keep things tidy.

Raw Hide

A Veggie Leather Alternative

Researchers from Iowa State University have developed a new form of synthetic leather using cellulose fibers taken from kombucha tea, along with vinegar and sugar, made in shallow plastic tanks. When a colony of bacteria and yeast is added, the material grows on the top of the liquid's surface, where it can be harvested and dried.

The researchers have successfully used the material to make prototype garments, including shoes and a vest. It's 100 percent biodegradable, so when the fabric gets wet, it softens and becomes less durable; in very low temperatures, it can become brittle.

Young-A Lee, Ph.D., associate professor of apparel, merchandising and design at Iowa State University, in Ames, says, "Fashion, to most people, is an ephemeral expression of culture, art and technology, manifesting itself in practical form. Fashion companies keep producing new materials and clothing, from season to season, year to year, to fulfill consumers' desires and needs. Think about where these items eventually go. They will take up tremendous underground spaces of the Earth, like other trash."

Spanish designer Carmen Hijosa has created Piñatex, another faux-leather product made from pineapple leaf fibers as a more sustainable and cruelty-free alternative. She acted after seeing how leather tanneries operate.



Clean Jeans

Laundry Machines Boost School Attendance

Kids in middle schools with attendance problems may simply lack clean clothes to wear. An experiment by the Whirlpool company has taken on the issue with significant results.

The Whirlpool Care Counts Program donated 17 pairs of washers and dryers to school districts in St. Louis and Fairfield, California. Kids with attendance problems were asked to bring their laundry to be cleaned while they were in class. Each student had approximately 50 loads of laundry done at school during the year, and more than 90 percent increased their attendance, with at-risk students attending almost two more weeks in class. Whirlpool is now expanding the program.

Compared to factors such as economic opportunity, unemployment and institutional racism, laundry might seem inconsequential, but for a 10-year-old facing stacked odds, having nothing clean to wear could be the deciding factor in whether or not they want to face their classmates that day.

Seventh-grade teacher Alison Guernsey, in Fairfield, says, "One of my students had more or less withdrawn from school completely. After we started the program, he was more excited about coming and started to actively engage in class. He didn't feel like an outsider anymore."



Toxic Crops

Oil Wastewater Irrigating California Fields

In the nation's produce basket, some California water districts are knowingly selling oilfield wastewater to farmers, putting a huge portion of our fruits and vegetables at risk of contamination. Watchdog group Water Defense uncovered one district buying oilfield wastewater to include in the water it sells to farmers to irrigate crops in California's Central Valley. This year, Food & Water Watch uncovered another

district buying this potentially toxic wastewater and selling it to farmers.

A threat to California's agriculture is a threat to the entire country's food supply. Some staples of which California is the primary U.S. producer include 99 percent of olives, 99 percent of almonds, 98 percent of garlic, 96 percent of broccoli, 95 percent of celery, 91 percent of strawberries, 91 percent of lemons and 83 percent of fresh carrots.

The government is allowing oil companies to sell their wastewater for use on crops. Citizens must call on their elected representatives to fix this broken system and protect our food supply.

Source: FoodAndWaterWatch.org.



Bag Ban

California Outlaws Single-Use Plastic Bags

California's ongoing ban on single-use plastic carryout bags, approved by 52 percent of voters, is setting a notable precedent for other states. A coalition of environmental groups, grocers and others are collaborating, and Mark Murray, of Californians Against Waste, welcomes elimination of the 25 million plastic bags that pollute California every day, threatening wildlife.

In 2007, San Francisco first banned plastic shopping bags, setting off a movement that led nearly half the state, including its biggest cities, to do the same. Although the legislature passed a statewide ban on plastic bags two years ago, paper bags are still for sale at grocery stores and other outlets for a nominal fee.

Fish Story

African Aquaculture a Success

Fish farming has become a way for many Africans to beat poverty and hunger. Hillary Thompson, who lives in Milton Park, a low-density area in the Zimbabwean capital of Harare, says, "For more than a decade, fish farming has become a hobby that has earned me a fortune." He has been able to acquire properties that he rents out as one of many residents that have profited through fish farming. In many African communities, swimming pools and backyards have been converted into small-scale fish farming areas.

Faced with nutritional deficits, some Africans have taken up the practice to improve their diets. In Zimbabwe, an estimated 22,000 people are involved in fish farming, according to the ministry of agriculture. Behind the success of many of them stands the Aquaculture Zimbabwe Trust, established in 2008 to mobilize resources for the sustainable development of environmentally friendly fisheries nationally. Across Africa, fishing provides direct incomes for about 10 million people and provides food for 200 million more.

Source: FarmAfrica.org

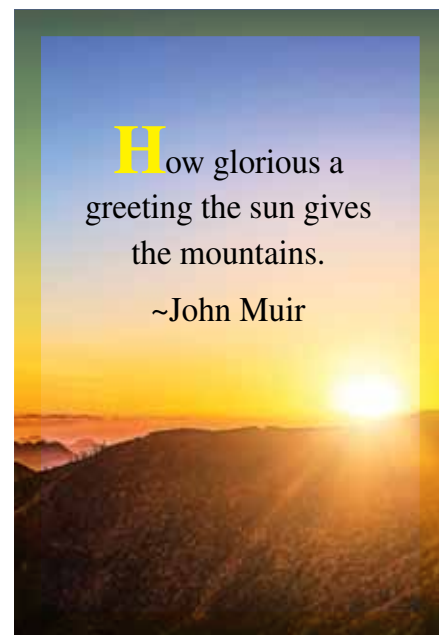


Junior Achievement

Take the Kids to Work

The Take Our Daughters and Sons to Work Foundation (TODASTW) is holding its annual national event on April 27, offering new toolkits and activity guides based on this year's theme of Dependability at DaughtersAndSonsToWork.org. The group assists businesses, families, schools and organizations throughout the year initiate their own special work day for children and mentees.

Each year, more than 3.5 million American workplaces open their doors to about 39 million employees and their children on TODASTW Day. "Human resources and marketing professionals are typically responsible for creating this day within their companies," says Carolyn McKeucen, the foundation's executive director. "We provide templates and automated planning elements to save them time while ensuring success for planners and participants."



How glorious a greeting the sun gives the mountains.

~John Muir



Pressmaster/Shutterstock.com

Fortunately, food allergies that trigger such a dramatic, fast, immune response are fairly rare, particularly in adults.

Some More Common Issues

“Most of what we’re seeing today is an uptick in food sensitivities and intolerances, terms that are often used interchangeably to describe foods that are not digested well and can challenge the immune system,” says Solana Beach, California, nutrition and fitness expert JJ Virgin, author of *The Virgin Diet*.

Newark, Delaware, medical doctor and allergist Junfang Jiao, Ph.D., attests to increased levels of testing for food allergies and sensitivities in recent years. “I can’t say there are more allergies or sensitivities, but more doctors are aware of the wide-ranging symptoms and more people are getting referred for testing,” he reports.

Many experts agree on at least one underlying cause behind the trend—a widely studied condition called leaky

FEARLESS EATING

How to Move Past Food Sensitivities

by Kathleen Barnes

Complaints of digestive upsets, brain fog, headaches, relentless food cravings and unrelieved stress appear to be at epidemic levels these days.

“These symptoms may be part of newfound awareness of the wide-ranging and seemingly unrelated health problems caused by food sensitivities and intolerances, which are different from food allergies,” explains microbiologist Kiran Krishnan, from Chicago.

Food Allergies

Food allergies seem to be plaguing America’s children now more than in the past. We know that peanut butter and jelly sandwiches, once standard lunchbox fare, have become a no-no. They’re often outlawed by schools to protect the students that experience extreme peanut allergies.

The symptoms of food allergies in adults and children, often including hives, rashes and itching, can range from being annoying to life threatening. For extremely sensitive people, the tiniest fragment of a peanut or a bee sting, exposure to latex gloves or certain medications like penicillin can cause such a sudden strong allergic reaction that it results in anaphylaxis, which makes breathing passages swell shut. If untreated, such extreme allergies can even prove fatal, which is why people with severe allergies carry the antidote epinephrine (adrenaline) with them.

Food allergies are diagnosed by blood and/or skin testing under the supervision of a medical professional, usually a doctor of medicine, osteopathy or naturopathy. Effective treatment, which must be customized to the individual, typically entails avoidance of allergy triggers.

gut, characterized by intestinal permeability. Microscopic pinholes in an unhealthy small intestine can allow undigested nutrients to pass through intestinal walls, triggering mild immune responses, inflammation and, potentially, the onset of some diseases.

Theories of what causes leaky gut are diverse and sometimes contradictory but experts recommend consulting a medical professional if one suffers from food sensitivities. Each individual is unique, so there is no “blanket solution” for everyone.

Dysbiosis: Leaky gut is often caused by an imbalance in “good” and “bad” intestinal bacteria, sometimes called dysbiosis, says Krishnan. It can be brought on by the use of antibiotics, antibiotic residues in meats and dairy products or a diet high in sugar and processed foods.

Most interesting, he believes, is the discovery that glyphosate, the active ingredient in Monsanto’s weed killer

Roundup used on genetically modified (GMO) corn and soy crops, contributes to dysbiosis, as verified by Massachusetts Institute of Technology scientists in a study published in *Interdisciplinary Toxicology*. They concluded with a plea to world governments to reconsider policies regarding the safety of glyphosate residues in foods.

GMOs: While this issue has been less widely analyzed, a 1996 study published in the *Journal of Applied Microbiology* found that the *Bacillus thuringiensis* toxin added to Monsanto's GMO corn crops to kill pests is not destroyed during human digestion. Danish researchers at the Royal Veterinary and Agricultural University suggested it may damage cells of the intestinal lining.

Gluten: "Gluten causes leaky gut," says Port Jefferson, New York, naturopathic doctor Doni Wilson, author of *The Stress Remedy*, voicing one side of the controversy based on her review of scientific literature. She's concluded, "Whether you are sensitive to it or not, gluten increases the production of zonulin, which can result in damage to intestinal walls and cause the cells on the outside of the intestines to set off an immune response to anything that passes through. In this condition, what we're eating—cheese, milk, eggs, corn, soy—is leaking through the gut lining, triggering an immune response and potentially creating multiple food sensitivities."

Wilson also notes that in her clinical experience, only about half of her patients with gluten sensitivities complain of digestive issues. "I've found that gluten causes the immune cells on the outside of the small intestine to affect the nervous system, causing headaches, anxiety, depression and insomnia," she says. Her findings are backed by research from the Massachusetts General Hospital Center for Celiac Research and Italy's University of Catania. The same researchers confirm that non-celiac gluten sensitivity or intolerance can also foster depression; a University of Cincinnati study published in the journal *Headache* links gluten and headaches.

Other proteins in wheat can be problematic, advises Fiona McCulloch, a Toronto doctor of naturopathy, citing a study presented at the annual European Gastroenterology Conference, in Vienna,

As a gluten tolerance test, substitute an amount of non-gluten carbohydrates for the same amount of gluten-containing products. For example, instead of two pieces of bread, substitute three-quarters of a cup of brown rice—a rough equivalent in carbohydrate content. A positive difference in hunger, cravings and energy levels when gluten is eliminated indicates a condition of gluten intolerance.

~Fiona McCulloch

last October. The report showed that a family of proteins called amylase trypsin inhibitors can lead to the development of inflammation in tissues beyond the gut, including the lymph nodes, kidneys, spleen and brain.

Glyphosate residues can be a factor in gluten intolerance. Although wheat crops produced in the U.S. are not yet genetically modified, many non-organic wheat crops are sprayed with glyphosate to promote rapid drying, according to the Environmental Working Group.

Inadequate digestive enzymes: Lactose intolerance is the most common result of missing digestive enzymes like lactase, according to the Mayo Clinic, in Rochester, Minnesota. Avoiding milk products may relieve digestive distress for some.

Eliminate Items, Then Challenge

Most experts believe the easiest way to deal with food sensitivities is to stop eating the food in question. The so-called "elimination and challenge" diet, which has been in use for decades, is effective, free and addresses the foods responsible for common food intolerances, says Virgin.

Simply avoid the food of concern

completely for at least three weeks, then eat a small amount of it and catalog and the results. For some people, it may only take a couple of hours for symptoms to return after eating a piece of bread, cup of milk, an egg or bit of tofu.

Virgin's seven-food challenge is a bit more rigorous, but improves feelings of general well-being so readily that many people don't even want to bring back the eliminated foods because they feel so much better, she says. Her three-week diet completely eliminates the most common food sensitivity triggers: gluten-containing foods (largely wheat), dairy, eggs, soy, corn, peanuts, sugar and artificial sweeteners.

"When I say eliminate these foods 100 percent, I mean it," cautions Virgin. "You need to give your immune system at least that much time to cool off." She adds, "You can do anything such as this for just three weeks."

Virgin also recommends the elimination diet for weight loss because it helps overcome food cravings triggered by the immune system response and leptin resistance, leveraging the hormone that turns off the body's hunger signals, a finding confirmed by independent studies performed by Sweden's Lund University and Italy's University of Palermo. She's also documented other positive effects through her own research and experience with participants in her programs, including improvements in energy, focus, joint pain, skin clarity and bloating, all in the designated short time frames.

Other Approaches

People with food sensitivities may be able to tolerate occasional indulgences in their trigger foods once they've healed their digestive systems, notes Krishnan. Probiotics can help, especially those encapsulated in spores so they can pass through the barrage of stomach acid and reach the small intestine where they are most needed.

Krishnan's research, to be published this spring, showed that half of otherwise healthy young people suffering from leaky gut had a dramatic reduction of symptoms by taking a spore-forming probiotic *Bacillus indicus* product for 30 days. After the healing period, sensitive people may be able



Monkey Business Images/Shutterstock.com

Food Intolerances Self-Questionnaire

by JJ Virgin

Answer each question with never (0), seldom (1), sometimes (2) or often (3).

1. I need a cup of coffee or another caffeinated pick-me-up to jumpstart the middle of my morning or afternoon. _____
2. I crave baked goods, pasta and other high-sugar impact foods. _____
3. I have difficulty falling asleep or I awake during the night feeling anxious and struggle to get back to sleep. _____
4. My bowel movements occur infrequently (less than one a day), which can sometimes be painful and involve straining. _____
5. My mood can change swiftly and I take out my crankiness and irritation on coworkers and family members. _____
6. I want to lay my head down on my desk mid-morning or afternoon because I have little motivation to remain productive. _____
7. During meetings or conversations I zone out and struggle to concentrate for long periods of time on my work. _____
8. After eating a big meal, I'm hungry and craving more of what I ate several hours later. _____
9. Doing routine and important tasks takes all the energy and initiative I have. _____
10. Even as an adult, I struggle with acne, rashes or blotchy skin, even though I use expensive skin cream. _____
11. I head to the bathroom or step outside after a meal because of gassiness, bloating or other uncomfortable gut issues. _____
12. The smell of a scented candle, perfume and detergent bothers me. _____
13. Walking or moving around can create cramping, achiness or joint pain. _____
14. I develop headaches that prevent me from enjoying the moment and leave me scrambling for a pain reliever. _____
15. Even though I don't have other cold/flu symptoms, I suffer from a scratchy throat or sinus trouble. _____
16. I eat all the right foods in moderation, exercise religiously, and yet struggle intensely to lose every pound. _____

Total Score: _____

What Scores Mean

18 or above – You most likely struggle with food intolerances that create many unpleasant symptoms and stall fat loss. By removing the seven target foods for just three weeks, you'll see these symptoms disappear and the scales will start moving again.

10 to 17 – You display some of the symptoms that food intolerances can trigger. You would greatly benefit from eliminating target foods to lose symptoms and those last few pounds.

Below 10 – While you suffer few of the symptoms brought about by food intolerances, you could still benefit from the same regimen. Even the healthiest person can take their game up a notch and ditch those last few stubborn pounds.

Source: The Virgin Diet, by JJ Virgin

to eat small amounts of certain foods with the assistance of dietary aids and supplements, adds McCulloch.

Get dirty: Johns Hopkins University research has shown that kids raised in an excessively hygienic environment experience much higher rates of allergies and sensitivities. University of Wisconsin researchers found that youths growing up in households that are less than obsessively sanitary among four or five other people and dogs will strengthen and challenge their immune systems as they mature. Adults need to challenge their immune systems, too, says Krishnan.

Eat organic and fermented foods:

A widely varied diet helps spread out the immune system challenges of trigger foods. Organic foods don't contain glyphosate and other potentially harmful chemicals; fermented foods contain digestive enzymes.

Eat prebiotics: Raw onions, garlic, leeks and asparagus are prebiotics. They help feed probiotic bacteria and improve gut health.

Block sensitivity triggers: Many people with lactose intolerance are able to consume dairy products if they use lactase, the enzyme that helps digest lactose. Similarly, some people with gluten intolerance find they can eat moderate amounts of wheat products with protein supplements like lectin, carb blockers and digestive enzymes that help break down the gluten molecules, according to Virgin.

Supplements that might help:

Glucmannan (konjac or elephant yam fiber) contributes to a feeling of fullness and stabilizes blood sugar, says McCulloch. She also recommends the amino acid L-glutamine and digestive enzymes to assist in gut healing.

Kathleen Barnes is the author of numerous natural health books. Connect at KathleenBarnes.com.



Holistic Eye Care

Taking the Whole Body into Account

by Linda Sechrist

The “old wives’ tale” about eating carrots for healthy vision wasn’t wrong, but fell far short of a holistic approach to eye health. Today’s holistically trained healthcare providers and ophthalmologists believe that properly maintaining the marvelous phenomenon of eyesight requires taking into consideration genetics, diet, toxin exposures, life environments and our belief systems.

“The body does not work as a series of parts in isolation, but as a dynamically integrated living system,” says Marc Grossman, a doctor of optometry, licensed acupuncture physician and co-founder of Natural Eye Health, in New Paltz, New York. “The reductionist method of referring each symptom to the domain of a particular specialist, isolated from the whole person, is slowly being replaced with a complementary view of health care that may include acupuncture and other forms of Traditional Chinese Medicine. We are beginning to look at each person as an integrated being.”

Progressive health providers now consider dietary preferences, general exercise regimens, environmental factors and physical, emotional and mental issues, as well as an individual’s particular symptoms, in determining treatment strategies. “To improve vision, the condition of the whole person needs to be addressed,” says Grossman, whose books include *Natural Eye Care: Your Guide to Healthy Vision*.

Board-Certified Ophthalmologist and Homeopathic Doctor Edward Kondrot’s practice at Healing The Eye &

Wellness Center, which he founded in Zephyrhills, Florida, embraces traditional and alternative therapies. He uses microcurrent, ozone therapy and U.S. Food and Drug Administration-approved stem cells from a newborn’s umbilical cord in treating serious eye disease.

Kondrot, the author of *10 Essentials to Save Your Sight*, systemically understands the eyes as windows to overall health. For instance, his perspective is founded on the fact that a balanced diet is one of the best preventive measures for maintaining eye health. Systemic disorders such as high blood pressure, diabetes, stress-related effects and nutritional deficiencies are easily determined under the scrutiny of his holistic biomicroscope.

According to science published in the *Journal of Manipulative and Physiological Therapeutics*, chiropractic spinal manipulation may also contribute to normal vision; in one case study, 20 treatment sessions helped an individual recover the function of optic nerves and normal vision. It’s generally accepted that chiropractic adjustment realigning the spinal column allows the nervous system to function properly, reduces tension and frees up the body to better transport blood to locations such as the eyes. Additionally, the second vertebra below the skull contains nerves that affect the eyes, optic nerves, auditory nerves and sinuses.

Common eye conditions generally develop so slowly that they may not present noticeable symptoms until deterioration has become severe. “Many factors can affect our eyesight, including

other health problems. Having a family member with eye disease may mean you’re genetically prone to having that condition as well, but living a healthy lifestyle may prevent the gene from being activated,” advises Kondrot.

Viewing the condition of the eyes as a reflection of whole body health means that lifestyle and diet choices play major roles. The Vision Diet and supplement program recommended in Grossman’s *Natural Eye Care* has been shown to reduce the intraocular pressure in the eyes of study participants by five to seven millimeters, which generally equates to 10 to 15 percent. In general, a diet high in beta-carotene, vitamins C and E, and sulfur-bearing amino acids can be helpful. Foods containing such nutrients include garlic, onions, beans, spinach, celery, turnips, yellow and orange vegetables, green leafy vegetables, seaweed, apples, oranges and tomatoes.

Other dietary and lifestyle options recommended by Grossman are daily drinking one pint of juice made from mostly green vegetables and drinking eight to 10 glasses of purified water to keep eyes hydrated. Managing stress and doing palming and other eye exercises, such as those found at Tinyurl.com/ComputerEyeStrainExercises, as well as daily aerobic exercise for at least 20 minutes, are also beneficial. Additionally, Kondrot’s use of multimodal protocols such as hyperbaric oxygen therapy, homeopathy, and detoxification can be applied to reverse visual loss.

Kondrot advises that avoiding foods that trigger allergic reactions is important. “A study of 113 patients with chronic simple glaucoma showed an immediate increase in pressure in the fluid inside the eye when they were exposed to foods to which they were allergic. Take up meditation, yoga, tai chi or any other practice that helps you manage stress and relax,” he advises. “Some consider glaucoma a stress-related condition.”

The best strategy for healthy eyes is to have regular eye examinations. Early detection and prompt treatment can prevent significant vision loss.

Linda Sechrist is a senior staff writer for Natural Awakenings. Connect at ItsAllAboutWe.com.



BENEFITS OF GREEN WATERS

Lose Weight:

Alkaline water can help lose weight by cutting in on our fat reserves. Acidity is the main culprit because we tend to store more fat than we require. Our dietary patterns not only include more fat but also more acidic foods that further aggravate the problem of a decreased pH level. We should aim to maintain a pH balance of 7.40 which is slightly alkaline. Drinking alkaline water helps in two ways. One that we hydrate our body as our body is 70% water, and second it helps in cutting down on acidity and then on fat.

Anti Aging:

Water is a good anti aging method and drinking ionized water is even better as it helps reduce acne and eczema apart from other skin problems. Alkaline water forms small clusters that are easy to absorb and they hydrate our body more effectively causing our skin to plump up and age more slowly.

Reduce the Chances of Osteoporosis:

Acidity leaches out calcium and magnesium from our body leading to osteoporosis. To combat this problem, alkaline water can help get rid of acidity by neutralizing it and bringing our body in pH balance. The more we lose important minerals from our body the more our bones and body becomes weak, and we become more prone to osteoporosis. The easiest step to avoid such a problem is to drink alkaline water.

Build Cardiovascular Health:

Acidic reserves in our body create several health problems like diabetes, kidney stones etc. Poor digestion led by stress and poor dietary habits add to decreased cardiovascular health. Acidic waste builds up and can aggravate this condition. To get rid of this waste, alkaline water can help neutralize the acidity in our body.

Reduce Joint Pain and Arthritis:

Joint pain develops only when our body is acidic. Alkaline water can combat that by regulating our pH balance and thus eliminating free radicals in our body that target joint causing pain and aggravating arthritic pain. Alkaline water has antioxidants that help reduce free radicals in our body.

Reduce Infections, Flu and Colds:

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

Detoxify:

Alkaline water has detoxification properties and it helps to get rid of free radicals. It is also easily absorbed as it is less clustered. Detoxification occurs as alkaline water has antioxidants that act on free radicals in our body, built up because of acidity.

Decrease Risk of Cancer:

We have a higher risk of cancer when our bodies are acidic in nature. Doctors promote alkaline water and alkaline dietary habits only to combat these health risks that are associated with acidity. Alkaline water is a good way to combat cancer risk and get rid of acidity reserves in our body. Cancer develops when our body cells become unhealthy and adapt to our body's unhealthy environment when our body is acidic. Alkaline water can help reduce the risk of unhealthy cell growth.



BENEFITS OF WHEATGRASS

Lose Weight:

Wheatgrass is a superfood and provides the essential nutrients needed to build healthy cells in the body. Wheatgrass increases the metabolism and your ability to burn calories.

Fights Depression:

Wheatgrass helps to keep your iron levels stable, which is particularly important for women. Iron deficiency is linked to apathy and depression.

Decrease the Risk of Cancer:

Wheatgrass detoxifies the blood and lymph cells, as well as efficiently eliminates poisons from the body. Wheatgrass is 80% chlorophyll and protects against carcinogens better than any other food.

Improve Healing of the Body:

Wheatgrass juice is an effective healer because it contains all minerals known to man, 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.

Oxygenates the Cells of the Body:

Wheatgrass contains up to 80% chlorophyll, an important blood builder. Chlorophyll molecules closely resemble the molecules that form hemoglobin, the respiratory protein responsible for transporting oxygen from the lungs to the rest of the body.

Detox the Body:

The high amount of chlorophyll found in wheatgrass increases oxygen levels in the blood, an important part of detox and cleansing. It allows toxins to exit the body and its high phenolic content promotes the binding of chelated metal ions in the colon and liver. And, glutathione activates wheatgrass enzymes, catalyzing the breakdown of harmful bodily waste.

Slows Down the Aging Process:

Chlorophyll contains enzymes and superoxide dismutase, a copper-containing protein found in mature red blood cells. This enzyme decomposes superoxide radicals in the body into a more manageable form, thereby helping to slow down the aging process.

Heals the Body:

According to the American Journal of Surgery (1940), Benjamin Gruskin, M.D. recommends wheatgrass - chlorophyll for its antiseptic benefits. This includes clearing up foul smelling odors, neutralize strep infections, healing wounds, curing chronic sinusitis, healing chronic inner ear inflammation and infection, reducing varicose veins and healing leg ulcers, healing rectal sores, successfully treating inflammation of the uterine cervix, getting rid of parasitic vaginal infections, and reducing fever.



Pain & Inflammation Enzyme

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



suffer chronic pain from a serious health condition

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

BF-4 Weight Loss



BF-4 contains all the four major fat burners. You have no choice but to lose the weight. Garcinia Cambogia to prevent fat cell formation.

Raspberry Ketone to help fat cells shrink. Green Coffee Bean to signal the body to burn stored fat. Chromium to build muscle and burn fat.\$45.00

conscious eating



Craevschii Family/Shutterstock.com

Thumbs-Up on Fats Good Fat Doesn't Make Us Fat

by Judith Fertig

In an era of too much information, the role of fats in our diet has been a victim of not enough information. Today's turnaround in nutritional thinking acknowledges natural fats as being vital to heart health and weight loss.

Heart Health Benefit

A recent metastudy in the *Annals of Internal Medicine*, a journal of the American College of Physicians, concluded that saturated fat does not appear to increase heart disease risk, overturning almost 60 years of accepted medical thought. The researchers analyzed data from 76 studies involving more than 600,000 people and found that those that ate the most saturated, or "bad", fat did not show a higher risk of cardiovascular disease compared with those that ate the least. Note that processed trans fats remain a villain, still deemed a risk to heart health per the metastudy.

The misleading information began in the 1950s, when Physiologist Ancel Keys, Ph.D., discovered a correlation between diets high in saturated fats and higher cholesterol levels. Soon, the low-fat diet was born.

In 2000, further research introduced the concepts of good and bad fats. More

recent analysis confirmed this finding with the refinement that saturated fats increase both types of cholesterol. However, the latest research from the journal *BMJ* shows that saturated fat does not increase the number of LDL, or "bad", particles, a predictor of cardiovascular disease. Instead, it makes existing LDL particles larger, a fairly benign situation in regard to such disease.

Weight Loss Benefit

Fat doesn't even make you fat, claims Mark Hyman, a well-known medical doctor in Lenox, Massachusetts, and author of *Eat Fat, Get Thin: Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health*. "The theory that all calories have the same impact on your weight and metabolism remains one of the most persistent nutrition myths," says this practitioner of functional medicine who points out that we've been sidetracked by wrong thinking.

"Eating fat can make you lean. Healthy cell walls made from high-quality fats are better able to metabolize insulin, which keeps blood sugar better regulated. Without proper blood sugar control, the body socks away fat for a rainy day. The right fats also in-

crease fat burning, diminish hunger and reduce fat storage,” he notes.

Whole30, a 30-day diet revolving around clean eating, also emphasizes healthy fats. Devised in 2009 by Dallas Hartwig, a functional medicine practitioner and certified sports nutritionist, and Melissa Hartwig, a certified sports nutritionist, the program aims to reduce inflammation, detoxify the body and reset metabolism. The Salt Lake City, Utah, authors of the *New York Times* bestselling *The Whole30* recommend healthy fats to keep us full and rev up metabolism. Recommended healthy fats include coconut milk and oil, avocados, olive oil, organic ghee (clarified butter) and raw nuts.

Josh Axe, a natural medicine practitioner and clinical nutritionist in Nashville, Tennessee, recommends the healthy fats contained in avocados, organic butter and ghee from grass-fed cows and goats, coconut oil, extra virgin olive oil, and other foods high in omega-3 fatty acids such as salmon, sardines, walnuts, chia seeds and flax seeds.

“Butter’s experiencing a comeback as a healthy fat as its benefits become more widely known,” says Axe. “The omega-6 and omega-3 fatty acids in butter help the brain function properly and improve skin health.” Ghee, an ancient Indian version of butter,

is lactose- and casein-free, while being loaded with fat-soluble vitamins A, D and E, says Axe. These vitamins are best absorbed by the body when they’re in a fat substance and then stored in the gastrointestinal tract, keeping metabolism and digestion on track, he notes. Ghee’s high level of vitamin K2, best known as a natural blood coagulator, “also helps strengthen bones, while the fatty acids found in it improve digestion and reduce inflammation.”

Healthy Levels of Fat

“If you’re active, about 40 percent of your calories should come from carbohydrates, another 30 percent from protein and the other 30 percent from fat in general,” says Axe, adding that this has the added benefit of helping prevent arteriosclerosis. “Some people may consume a greater percentage of healthy fats if the goal is to become a fat burner.”

“There is no one-size-fits-all approach to weight loss and health,” Hyman reminds us. “Low-carb, higher-fat diets work for most people, but for some, they may not be optimal in the long term.”

Judith Fertig writes food health articles and cookbooks from Overland Park, KS (JudithFertig.com).

Prime Sources of Healthy Fats

Functional medicine physician Mark Hyman suggests that we include four to five servings of fat in our diets every day. “In the last five years, the scientific evidence has been mounting that high-fat diets outperform low-fat diets for weight loss and for revising every single indication of heart disease risk, including abnormal cholesterol, diabetes, hypertension and inflammation,” he says.

Each amount listed indicates a serving size.

Nuts (a handful of walnuts, almonds, macadamia nuts or cashews)

Seeds (a handful of pumpkin, sunflower or flaxseed)

Most plant-based liquid oils (one

tablespoon of olive, safflower, sesame, avocado, macadamia, grape seed or walnut oil)

Fatty fish (4 ounces of salmon, herring, mackerel, sardines, tuna or trout)

Avocado (one-half to one avocado)

Extra virgin coconut oil (one tablespoon)

Organic coconut milk (one-quarter cup)

Olives (one-quarter cup)

Grass-fed animal butter, clarified butter or ghee (one tablespoon)

Aim to eat fats that remain liquid (not solid) at room temperature; it’s a sure sign of heart-healthy, unsaturated fats.

Source: Adapted from Eat Fat, Get Thin, by Mark Hyman, M.D.

I did this.
in one word



\$675
6 Treatments
\$850
12 Treatments

Zerona

3 inches in 2 weeks

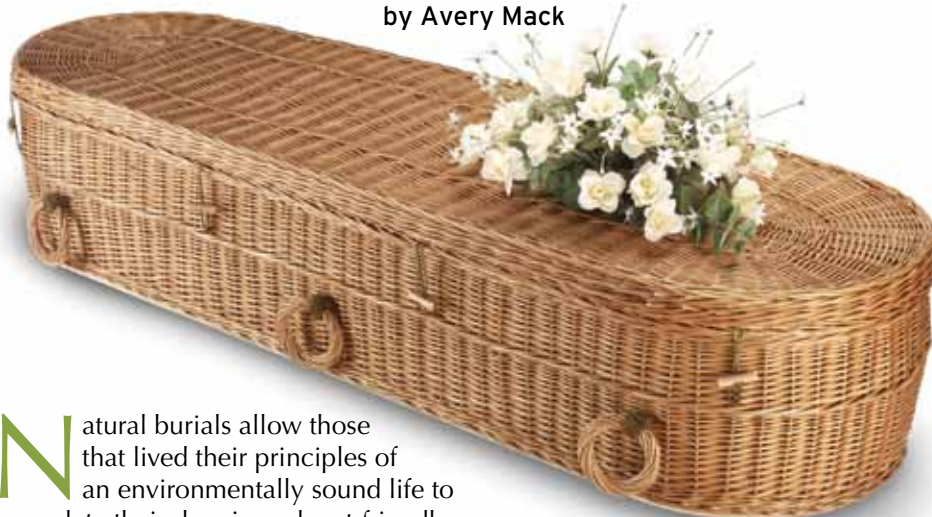
896-4141

Carencro Office

FOREVER GREEN

Eco-Burial Options Grow

by Avery Mack



Winston Link/Shutterstock.com

Natural burials allow those that lived their principles of an environmentally sound life to complete their days in a planet-friendly, personalized way.

"The number of U.S. cemeteries allowing natural burials has increased by 30 in the last year," says Elizabeth Fournier, owner of Cornerstone Funeral Services, in Boring, Oregon. "More than 150 cemeteries allow them now. We encourage replacing cut flowers with plants. A multipurpose wooden casket can serve as a bookshelf until needed, or a casket can be made of natural wicker, paper or grass." Formaldehyde-free embalming fluids made of non-toxic and biodegradable essential oils allow for a synthetic chemical-free burial.

"Green burials tend to be unique and can last from one to four hours," says Brian Flowers, green burial coordinator for Moles Farewell Tributes, in Bellingham, Washington. "One funeral had 50 Civil War re-enactors in blue and gray outfits, along with a 21-musket and two-cannon salute. Another was led by a shaman. Natural burial isn't just for the Birkenstock/patchouli crowd. Our area is farm-rich, so a green burial fits with the idea of living close to the land."

The Moles' four-and-one-half-acre meadow for natural burial will expand in the next two years to eight acres. Flowers explains, "It's an ecological

restoration site. We manage invasive species and plant three native plants for each burial."

In Houston, Terry Ward, president and CEO of Country Communities, notes how fast-paced lifestyles can prevent intimate connections among siblings. "At Indigo Fields, we're able to implant an app-accessible microchip into an urn or stone. The information can include photos, details of the person's life and stories that might otherwise become lost. It can be updated at any time and serves as a gift for anyone researching the family tree. It helps the living heal and talk about their fears, too."

Added Green Alternatives

Cremation has always been an alternative to burial, but is energy intensive; recycling medical parts helps green up this option. Many choices are available for the cremains, the ashes that remain after a cremation.

Many states outlaw burying pet remains in a human cemetery, so Lisa Brambilla, of Yorba Linda, California, invented 100 percent biodegradable Bio Urns. "Before, pet lovers had few choices when it came time to say

ZINC FIGHTS
DEPRESSION

ARE YOU LOW?

SIGNS OF LOW ZINC

- * SOFT OR THIN FINGERNAILS
- * WHITE SPOTS ON FINGERNAILS
- * SLOW HAIR GROWTH
- * STRETCH MARKS ON SKIN



GET A VITAMIN TEST

CALL (337) 662-3120

Call to schedule or for more information

AT THE END OF
THE DAY IT'S NOT
ABOUT WHAT YOU HAVE
OR EVEN WHAT YOU'VE
ACCOMPLISHED... IT'S
ABOUT WHO YOU'VE
LIFTED UP, WHO YOU'VE
MADE BETTER. IT'S
ABOUT WHAT YOU'VE
GIVEN BACK.

DENZEL WASHINGTON

goodbye. Laying a cremated pet to rest this way makes a loss easier because it's a physical manifestation of a pet in plant form. It hurts a little less," she says. Each urn comes with a seed for a tree or shrub and the proper soil to help it grow.

"Maka, a keeshond, was the dog my son's heart bonded with; he was 6 when she died," Brambilla relates. "After she grew into a tree, he could smile when he talked about her. It teaches kids to create a new life and to treat the planet well. Death is nothing but a word. The only thing real is life." Bio Urn expanded to include human clients after Brambilla's father-in-law requested to be remembered via a redwood tree and her mother, a Christmas tree.

Eternal reefs are made of ashes mixed with cement placed in the ocean in a military-style ceremony to help support marine life for at least 500 years. Family members retain the reef's GPS coordinates and can boat or dive to visit it.

Music lovers can choose to have their ashes compressed into a vinyl record. A live recording of goodbyes, a last will and testament or compilation of

favorite songs can be prerecorded. Ashes can also be compressed into colorful memorial gemstones ready to be set into jewelry to keep a loved one close.

Resomation, or bio-cremation, liquefies the body in a heated alkaline bath, using far less energy than traditional cremation and without environmentally harmful chemical emissions; afterward, the bones are ground, resembling cremains, and are returned to the family.

Promession is a way to freeze-dry the body by immersion in liquid nitrogen at -321° F. When it becomes brittle, vibrations shake the corpse into small pieces, water is evaporated and the dust that remains can be used as compost. Invented by Swedish biologist Susanne Wiigh-Mäsak, she feels it's the utmost Earth-friendly way to return a body to the soil.

As people opt to avoid the higher costs of a traditional funeral and elect practical, eco-friendly ways to exit the human scene, natural burials can become more accepted ways to achieve Biblical dust-to-dust while doing no harm.

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

GONE GREEN

Each year, traditional funerals use and bury:

- Hardwoods for caskets (30 million board feet)
- Steel for caskets (90,272 tons, plus 14,000 tons for vaults)
- Copper and bronze for caskets (2,700 tons)
- Reinforced concrete for vaults (1.636 million tons)
- Embalming fluids (827,060 gallons)

Earth-friendly methods:

- Cost about half as much as a traditional funeral.
- Use non-toxic embalming fluids.
- Offer biodegradable caskets.
- Replace quarried headstones with natural stone or greenery.
- Restore native plant areas, reducing invasive species, mowing and herbicides.
- Contribute to peace of mind with a green legacy.

Source: Casket and Funeral Supply Association of America

St. Ignatius School

Educating the Whole Child
Spiritually, Intellectually, Morally, & Physically



337-662-3325 / www.siscardinals.org

St. Ignatius School does not discriminate on the basis of race, color, national or ethnic origin in accepting applications for students, admissions, as well as in the administration of educational policies, of scholarship, and of athletic and extracurricular programs.

****FREE MATTRESS CONTAMINATION TEST****

A New Mattress Sanitizing Process Brings Relief to Allergy and Sinus Sufferers...



Almost half of all Americans suffer from Allergies and a DIRTY MATTRESS may be the cause!

If you're suffering from Allergy and Sinus related conditions, Asthma, Bronchitis, Inflammation of the Mucous Membranes, Eczema, Itchy Red Eyes, Fatigue and Headaches, the culprit could be millions of DUST MITES living and breeding in your mattress. But that is only the half of it! Mattresses are also home to harmful bacteria, mold, viruses, mildew and other pathogens and microorganisms.

We offer an all-natural (GREEN) chemical-free process that sanitizes within minutes. No water or steam involved. Bedding is ready upon completion! It's time to call the mattress cleaning and sanitizing professionals!

Call **HYGIENITECH PROS** today to schedule your **FREE**

No Obligation In-Home Dust Mite and Allergen Test

(337)277-2589

Authorized Dealer For
HYGIENITECH
MATTRESS SANITIZING



photos courtesy Gyrotonic.com

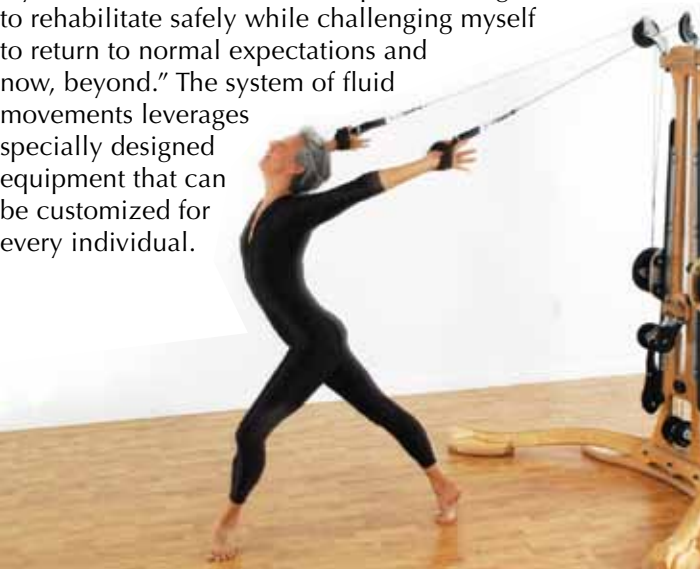
Hello Gyro

Workouts Use Natural Body Patterns

by Aimee Hughes

“Imagine an exercise system that strengthens the body enough to be used in training world-class athletes, stretches more safely than any form of yoga and expands the core training concepts of Pilates into natural full-body movements like those used in everyday reaching and walking, along with jumping and swimming. This is the Gyrotonic system,” says Angela Crowley, a Gyrotonic master teacher, trainer and exercise spa owner in Coral Gables, Florida.

A former gymnast and dancer, Crowley took to the Gyrotonic approach after being severely injured in an automobile accident. “Traditional physical therapy only addressed certain aspects without bringing me back to normal,” she says. “Running and yoga felt intolerable. Gyrotonic exercises became a perfect bridge. I was able to rehabilitate safely while challenging myself to return to normal expectations and now, beyond.” The system of fluid movements leverages specially designed equipment that can be customized for every individual.



Find an illustrative video and search classes by postal code at Gyrotonic.com.

“The Gyrotonic system combines elements from many different modalities into three-dimensional, circular movements. A primary focus is on all the different motions of the spine and how to create rhythmic, flowing movement within the entire body,” says Stefani Schrimpf, Gyrotonic instructor and studio owner of Physiques, in Overland Park, Kansas. “The exercises strengthen, lengthen and stretch muscles, while stimulating connective tissues around the joints. They also improve balance, flexibility and coordination. This system allows you to push beyond specific limitations and to isolate and fine tune movement skills,” says Schrimpf.

While a Gyrotonic workout has similarities to yoga and Pilates, it is also unique. According to Melissa Jutras, a Pilates instructor, weightlifting coach, personal trainer and gym/studio owner of Big Blue Strength, in Lexington, Kentucky, “Hatha yoga is a series of static postures, whereas Pilates and Gyrotonic movements focus on flow, using equipment to enhance core strength, stability, control, coordination and flexibility. The difference is that Gyrotonic exercises works on three dimensions with every circular movement, like the body naturally moves. It uses weights and a pulley system, whereas Pilates is more linear and uses spring tension.”

Jutras believes the Gyrotonic system, Pilates and yoga all complement weightlifting and strength training, affording a mind-body balance. “The body then experiences low- and high-threshold exercise, low-intensity and high-intensity, weight-bearing and non-weight-bearing activity,” she says.

Crowley sees the Gyrotonic approach complementing virtually any activity. “The exercises help practitioners learn how to move more efficiently, easily, powerfully, gracefully and successfully in every facet of life.”

The method is also offered without equipment in the form of Gyrokinesis, a flowing class done on a chair, mat and standing. This affordable option can be practiced independently at home.

“My youngest client is 7, my oldest is 94,” relates Crowley. “We have clients that have become bored by repetitive exercise and enjoy the limitless variations of movements that keep both their minds and muscles alert. We have chronic pain clients that have exhausted other medical options and are improving their ability to function more optimally and enjoying their lives again.”

Both Schrimpf and her husband, Juan Trujillo, teach the Gyrotonic method. “Our greatest reward is the feedback we get. Once people try it, they’re hooked,” she says. “It transforms how people think about movement and brings a sense of joy and accomplishment. They feel their joints becoming more supple and balanced, and find their bodies responding well to the natural movement patterns.”

Aimee Hughes, a freelance writer in Kansas City, MO, is a doctor of naturopathy and consultant for the Yandara Yoga Institute. Connect at ChezAimee@gmail.com.



The Benefits of an Alkaline Body

Fewer Colds

An acidic environment promotes the growth of bad bacteria, yeast and fungi. The imbalance of your body's good bacteria makes you more prone to getting infections. You will be less likely to suffer from the common cold when your body is alkaline.

Cancer Prevention

A major benefit of having an alkaline body state is that you might reduce your risk for developing cancer. When your body is too acidic, oxygen levels are lowered and cellular metabolism stops. This can lead to the growth of cancer cells. Maintaining an alkaline state helps encourage healthy cell turnover, which is key in the prevention of cancer.

- Skin more elastic, youthful
- Deeper more restful sleep
- Abundant physical energy
- Suffer from fewer headaches and viruses
- Good digestion
- Less arthritis
- Reduction of candida (yeast) overgrowth
- Helps the body detox
- Assists with proper absorption of food
- Helps prevent acid reflux
- Prevents irritable bowel syndrome
- Will not support osteoporosis
- Increased mental acuity, mental alertness

Tel: (337) 896-4141

Purchase at DHARMA Center in Sunset or Natural Health Center in Carencro

FEBRUARY 2017 COUPONS

**BUY 1
GET 1
1/2 PRICE**



FROZEN WHEATGRASS
16 1.5oz frozen cups

One coupon per guest. Coupon discount does not apply to previous transactions previously initiated. Coupon cannot be used with any other promotions, associate discount, or other discount. Coupon must be surrendered at time of purchase. Value is forfeited if item is returned. Only original coupons are accepted. By using coupon, purchaser unconditionally agrees that decisions of the vendor are final in all matters of interpretation, fact and procedure in respect to coupon. Void where prohibited. Valid only on in-stock goods.

Expires 5/16/17

FEBRUARY 2017 COUPONS

**BUY 1
GET 1
1/2 PRICE**
ANY SINGLE OR PACKAGE PRICE



IONIC FOOT DETOX
30 minute sessions

One coupon per guest. Coupon discount does not apply to previous transactions previously initiated. Coupon cannot be used with any other promotions, associate discount, or other discount. Coupon must be surrendered at time of purchase. Value is forfeited if item is returned. Only original coupons are accepted. By using coupon, purchaser unconditionally agrees that decisions of the vendor are final in all matters of interpretation, fact and procedure in respect to coupon. Void where prohibited. Valid only on in-stock goods.

Expires 5/16/17

Turn Your Passion Into a Business

Own a *Natural Awakenings* Magazine

Our publishers ranked us among the highest
in franchise satisfaction for our
Training, Support, Core Values and Integrity!*

As a *Natural Awakenings* publisher, you can empower yourself and others to create a healthier world while working from your home earning an income doing something you love!

No publishing experience is necessary. You'll work for yourself but not by yourself. We offer a complete training and support system that allows you to successfully publish your own magazine.

- **Meaningful New Career**
- **Low Initial Investment**
- **Proven Business System**
- **Home-Based Business**
- **Exceptional Franchise Support & Training**



For more information, visit our website
NaturalAwakeningsFranchise.com
or call **239-530-1377**



**Natural Awakenings* recently received the prestigious FBR50 Franchise Satisfaction Award from Franchise Business Review.

Natural Awakenings publishes in over 85 markets across the U.S., Puerto Rico and the Dominican Republic (listed below).

Contact us about acquiring an existing publication **FOR SALE** highlighted in **RED***

- Huntsville, AL
- Gulf Coast AL/MS
- **Phoenix, AZ***
- Tucson, AZ
- East Bay Area, CA
- San Diego, CA
- Boulder/Ft. Collins, CO
- Denver, CO
- Fairfield County/Housatonic/Valley, CT
- Hartford, CT
- New Haven/Middlesex, CT
- Washington, DC
- Daytona/Volusia/Flagler, FL
- NW FL Emerald Coast
- Ft. Lauderdale, FL
- Jacksonville/St. Augustine, FL
- Melbourne/Vero, FL
- Miami & the Florida Keys
- Naples/Ft. Myers, FL
- North Central FL
- Orlando, FL
- Palm Beach, FL
- Peace River, FL
- Sarasota, FL
- Tampa/St. Pete., FL
- Treasure Coast, FL
- Atlanta, GA
- Hawaiian Islands
- Chicago, IL
- Chicago Western Suburbs, IL
- Indianapolis, IN
- Baton Rouge, LA
- Lafayette, LA
- New Orleans, LA
- Boston, MA
- Worcester, MA
- Ann Arbor, MI
- East Michigan
- **Wayne County, MI***
- Western MI
- **Minneapolis/St. Paul, MN***
- Charlotte, NC
- Raleigh/Durham/Chapel Hill, NC
- **Bergen/Passaic, NJ***
- Central, NJ
- Hudson County, NJ
- Mercer County, NJ
- Monmouth/Ocean, NJ
- North Central NJ
- South NJ
- **Santa Fe/Abq., NM***
- Las Vegas, NV
- **Albany, NY***
- Long Island, NY
- Hudson Valley W., NY
- **Manhattan, NY***
- Westchester/Putnam Co's., NY
- Central OH
- **Cincinnati, OH***
- **Toledo, OH***
- Oklahoma City, OK
- Portland, OR
- Bucks/Montgomery Counties, PA
- Chester/Delaware Counties, PA
- Harrisburg/York, PA
- Lancaster/Berks, PA
- **Lehigh Valley, PA***
- Northeast, PA
- Philadelphia, PA
- Rhode Island
- Charleston, SC
- Columbia, SC
- **Greenville, SC***
- **Chattanooga, TN***
- **Austin, TX***
- Dallas, TX
- Houston, TX
- North Texas
- **San Antonio, TX***
- South Houston/Galveston, TX
- Richmond, VA
- Seattle, WA
- **Madison, WI***
- Milwaukee, WI
- Puerto Rico
- Dominican Republic

* Existing magazines for sale

Start a magazine in an OPEN TERRITORY

- Los Angeles, CA
 - Riverside, CA
 - Sacramento, CA
 - San Bernadino, CA
 - Santa Barbara/Ventura, CA
 - Santa Clara Co., CA
 - Southern, MA
 - Annapolis, MD
 - Baltimore, MD
 - Kansas City, MO
 - Saint Louis, MO
 - Bronx, NY
 - Brooklyn/Staten Island, NY
 - Cleveland, OH
 - Pittsburgh, PA
 - Nashville, TN
 - Ft. Worth, TX
 - Salt Lake City, UT
- Inquire about other open areas

Flat Stomach Zerona

6 Treatments
Bottle of BF-4
pH 9.5 Drops

You Pay Only
\$425



Mood Enhancer

for depression
for anxiety
for stress

Buy 1 Get 1 1/2 OFF



ION FOOT DETOX

Detox your body fast!!!

4 Sessions of Ion Foot Detox only **\$120**
4 Sessions plus Whole Body Vibration only **\$120**

Must present this coupon at the time of joining.



RESTORE HEALTH PROGRAM

Stop Inflammation - Build Better Circulation

14 Infrared Sauna Treatments
18 Whole Body Vibration Sessions
12 Foot Detox Sessions
12 Hydration Treatments
9 Lymphatic Massages

INDIVIDUAL FULL PRICE: \$2,410

6-Week
Program Only
\$340





Speedkingz/Shutterstock.com

Silencing Cyberbullies

How to Defuse Bad Actors

by April Thompson

Whether it's a damaging rumor posted on Facebook, a humiliating photo shared on Instagram or a threatening text, cyberbullying is increasing among today's youth. A 2015 Cyberbullying Research Center study of middle school students found that 43 percent had been targeted, while 15 percent admitted to being online bullies. Meanwhile, students, parents and teachers are combating cyber-aggression with initiatives to make the phenomenon socially unacceptable in schools.

Grassroots Action

Tyler Gregory, 23, attended a small, insular high school in rural Ohio where bullying was problematic. As a senior with younger siblings approaching their high school years, he aimed to change the local culture to make bullying uncool.

Gregory decided to make a movie to submit to the NO BULL Challenge, a national organization that provides students a platform to develop and dis-

seminate materials that spark dialogue about such troubling issues. Challenges ranged from teaching himself filmmaking and persuading students to participate to mustering the courage to present the project to his school. He achieved the transformation he sought, beginning with 70 students participating in his production.

"I appealed to classmates by asking, 'How do you want to be remembered? Why not choose to be viewed positively, as leaders?'" says Gregory, who later became a spokesperson for NO BULL Challenge. To date, the challenge has received 600 submissions, garnering 23 million impressions through digital and social media, the vehicles of cyberbullies. A recent graduate of Dayton, Ohio's Wright State University, Gregory has spoken to about 45,000 students in 27 states in school assemblies.

Nancy Willard, director of Embrace Civility in the Digital Age, headquartered in Creswell, Oregon, believes that such initiatives, which shift schools from punitive approaches to making

bullying incompatible with accepted social norms, are the only way to bring lasting change. "We need to cultivate a climate where being hurtful is contrary to a school's expressed values. Most young people don't like to see their peers being hurtful and admire those that stand up to peers and have them make amends," says Willard. The educator's website, *EmbraceCivility.org*, offers free materials with concrete steps for students and teachers to foster positive school environments.

Protecting the Vulnerable

Cyberbullying isn't limited to attacks on unpopular kids that lack satisfying peer relationships. It's seven times more likely to occur between current or former friends and romantic partners than between strangers, according to a study led by Diane Felmlee, professor of sociology at Pennsylvania State University. Felmlee's research further found that non-heterosexual youth are four times as likely as their heterosexual peers to be cyberbullied, while popular kids are also frequently targeted.

Two social dynamics seem to be at work: "One involves individuals that violate social norms, such as LGBTQ youth, and the other revolves around status struggles," reports Felmlee. "In the latter case, bullies are vying for popularity, recognition and self-esteem. Those with higher social status may be attacked because they're viewed as competition."

Cyberbullying's impact can exceed face-to-face aggression, as offensive remarks can spread far and fast, and live online in perpetuity instead of fading away, observes Felmlee. Gregory adds that it can also affect students' ability to learn when some skip school to avoid tormentors.

Helpful Responses

Most youths don't report cyberbullying, feeling embarrassed, afraid the situation will get worse or doubtful of remedial action. "Schools need to step up their response to bullying, make it known that it won't be tolerated, set clear policies and enforce them," counsels Gregory. Because most bullied youths don't speak up, parents need to communicate openly with kids and be aware of their online activities, advises Felmlee.

Willard notes that it's also impor-

tant to address the bullies themselves through understanding their motivation, and then persuading them to accept responsibility and take steps to rectify harm. "This should be about reparation, not punishment." Gregory's high school film assures bullies that it's never too late to make amends.

While it can be hard to stand up to bullies, caring peers can easily express support. "Bystanders have the power to change the atmosphere," agrees Gregory. "Kindly approaching a student being picked on who may feel alone and ashamed goes further than most students realize."

Those affected by cyberbullying also can cut off their aggressors, suggests Gregory. "The 'block' button is powerful. Cyberbullies want to see a reaction. Blocking them from social media exchanges or texting takes away their power."

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

The Knot Prayer

Dear God,

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

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

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

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

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

Amen

inspiration

Reframing Your Life Story Create Your Own Hero's Journey

by Kim Schneiderman



Lucky Team Studio/Shutterstock.com

Every life unfolds as a uniquely dynamic, purposeful and potentially heroic story that is open to interpretation, especially our own. We are the star and spin doctor of this work-in-progress, with the power to tell our stories as triumphs, tragedies or something in-between. Our life story is filled with suspense: Big and little decisions affect our storyline, including the relationships we choose, our goals, how we live and the ways we nourish ourself physically, mentally, emotionally and spiritually.

How we tell our story matters. We are constantly sifting through competing narratives to make sense of our world for ourself and others. Whether we consider ourself a heroic figure overcoming obstacles or a tragic victim of destiny often depends on how we choose to read the text of our life and tell our story.

Creating a personal myth is a fundamental way we find meaning. We are always the protagonist, with supporting characters providing love and assistance and antagonists posing challenges that push us beyond our comfort zones. Rather than narcissism or navel-gazing, the more intimate we become with our own story, the more we realize that everyone has an equally valid and vital narrative in which they are the central character. Understanding that everyone is on their own story journey can help us establish connection and empathy.

In every myth, the protagonist has a character arc; a particular way they mature and develop due to shifting tides in their life story. Similarly, each of us is on an ever-evolving journey of self-discovery with choices about how

to respond to situations, conflicts and happenstance. By reframing our lives as personal growth adventures, we can adapt to plot twists and view unexpected difficulties as opportunities for self-transformation. With gusto, we can reclaim and shape our personal narrative through choice and voice.

Thinking of ourself as the main character in our story can help us shift to novel perspectives on situations we repeatedly face. Instead of staying stuck in the same old storyline, try asking: If I were a character in a novel or movie...

- What would I hope the hero would do when faced with these circumstances?
- What actions or outcomes would I prefer as the observer of this story?
- What might this situation be teaching the star?
- How might the protagonist maximize this situation, perhaps becoming a more compassionate, caring, creative or stronger person?
- Why would a benevolent author place this character in a particular situation?

With imagination and well-directed self-inquiry, we can step out of our story, check out the landscape and determine whether to stay on our current path or go in a different direction. We can then transform obstacles into opportunities to break bad habits and improve character to become the real hero of our own living, evolving story.

Kim Schneiderman is a New York City psychotherapist and author of Step Out of Your Story: Writing Exercises to Reframe and Transform Your Life. Visit StepOutOfYourStory.com.

NATURAL REMEDIES FOR ITCHY PETS

Gentle Ways to Calm Allergies

by Sandra Murphy

Rather than routinely giving drugs to dogs and cats to relieve dry, itchy, skin or food allergies, consider more gentle natural alternatives. As with people, knowing what an animal is allergic to is key to finding the right remedy and preventing future outbreaks.

With dogs, about 20 percent of itching and scratching can be attributed to food ingredients. Symptoms can show up as early as 5 months or as late as 12 years old, often combined with inhalant or contact allergies. Chronic ear infections are often traced to food allergies.

"If a pet is suffering mightily, see your veterinarian for shots or pills for immediate relief. Then ask the vet to allergy test for the specific problem," advises Veterinarian Laurie Dohmen, owner of Purple Moon Herbs and Studies, in Hartly, Delaware. "This isn't something you can do yourself. I've seen pet owners use what worked for a friend's dog and make their own pets sicker, despite research and good intentions. What works for one pet won't necessarily work for another."

While food elimination testing works, it's a long process that must be done with precision. "If your pet

even just nibbles the eliminated food, you have to start all over again," says Dohmen. Whether commercially prepared or home cooked, the number of ingredients can substantially

extend a test period. Each item must be completely

avoided for about six weeks for an accurate assessment.

Environmental allergies, which encompass everything unrelated to food, range from common grasses to inhaled pollutants. New carpets or rugs, cleaning supplies, a neighbor's pesticides, dust and pollen are among the culprits that can cause an allergic reaction. Common symptoms are itchy ears or skin, ear infections, sneezing, runny eyes, scratching, vomiting or diarrhea.

Veterinarian Judy Morgan, owner of Naturally Healthy Pets, in Clayton, New Jersey, also uses herbs in her practice to alleviate food and environmental allergy symptoms. "They can be tinctures or poultices; one herb or a blended mixture. Some are applied externally, some internally." Giving the proper dosage for the size of the pet is vital.

She particularly likes calendula for hot spots, despite its

odor, because it's antifungal, antibacterial and antiviral, followed by witch hazel to dry them, and then coconut oil or aloe to soothe and soften affected skin—plus Echinacea to boost the immune system. She uses ginger or peppermint to counteract nausea.

"Many people think an allergic pet should be switched to a lamb and rice diet. In some cases, that makes dry, itchy, skin worse," she says. "That's why it's important to know what they are allergic to before trying out new foods or herbal remedies. Find a holistic vet to work with."

Morgan often prescribes a mixture of herbs for the best results. "I like licorice because it works like a steroid without the side effects. Probiotics help keep gut bacteria and the immune system healthy. Parsley works well for dry, itchy, skin caused by a blood deficiency, or imbalance.

"Parsley brings a protein, as well as several vitamins, to the party," notes Kimberly Gauthier, a dog nutrition blogger in Marysville, Washington. "It's a natural anti-inflammatory and also great if your dog's breath needs a freshness boost." She suggests rosemary and thyme as ingredients in an antibacterial, antifungal salve; she mixes these essential oils with extra virgin coconut oil and beeswax to create paw balm.

Morgan reminds us that essential oils can be harmful, even life-threatening, for cats. "If Kitty has itchy skin, lavender tea can be used as a rinse on cooperative cats," she suggests. "For a less cooperative feline, chamomile tea as a drink or as leaves mixed into the food soothes itches."

Dohmen cautions, "Herbs and other homeopathic remedies or flower essences are medicine and should be given as a prescription by a qualified veterinarian."

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



Susan Schmitz/Shutterstock.com



pternwor/Shutterstock.com



Patryk Kosmider/Shutterstock.com



WHAT IF HEALING IS MORE THAN YOU THOUGHT?

What if healing is *far* more than you thought? What if it is the key to your Life Progress™?

We are all seekers at our most basic level, and most of us can already feel that our next level of evolution is here - both individually and as a collective humanity. This is precisely what founder of Reconnective Healing, Dr. Eric Pearl, discovered: a new level of interaction with yourself, others, and the Universe.

Join our family. Embrace, share, and become one of the voices behind Reconnective Healing around the globe, with all of the Life Progress and healing that comes with it – physical, mental, emotional, spiritual as well as relationship and career path evolution.

Use code **AWAKE for 20% off any of the following programs:**

Online Level I Course

For the curious-minded who are looking for more. In this new medium, we have created an 8-hour flow with Eric that is captivating and fun.

Integrated Combos

Atlanta (June 2 – 4) • Detroit (June 23 – 25) • Denver (Sept. 8 – 10)

Culminate your Online Learning Experience with the new Live & In-Person Level II. Immerse yourself in a life-changing exchange with Eric, our team, and other seekers. This is your invitation to become a Reconnective Healing Foundational Practitioner.



For the full schedule visit www.ReconnectiveHealing.com

Vitamin Testing ^{\$39}

(Takes only 15 minutes for a full screening)

Vitamin E
Vitamin A
Vitamin K
Vitamin D
Biotin
Folate
Niacin
Panthothenic Acid

Thiamin
Vitamin B6
Vitamin B12
Vitamin C
Calcium
Fluoride
Iodine
Iron

Riboflavin
Magnesium
Phosphorus
Potassium
Selenium
Sodium
Zinc

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

- Andrew Weil, M.D.

Did you know A vitamin deficiency can cause



ENLARGED THYROID
Iodine deficiency



JOINT PAIN
Vitamin C deficiency



WEIGHT GAIN
Vitamin D, magnesium, or iron deficiency

cancer

hypertension

inflammation

diabetes

depression

GET TESTED

96% of the American Population Die from Disease 4% will die in an accident.

Vitamin Deficiencies and Poor Nutrition are the Leading Cause for Disease

DHARMA Wellness Center

(337) 662-3120

CALL to schedule your 15 minute vitamin testing



Become a Member

Join The Vitamin Club

BASIC MEMBERSHIP \$47/month

- Box of Frozen Wheatgrass (16-count) (Retail \$30)
- 3 Bottles of Greenwater (Retail \$18)
- pH 9.5 Drops (Retail \$30)

Retail Value: \$78

PICK 3 MEMBERSHIP \$63/month

- Box of Frozen Wheatgrass (16-count) (Retail \$30)
- 3 Bottles of Greenwater (Retail \$18)
- pH 9.5 Drops (Retail \$30)
- Whetea Drops for a flat stomach (Retail \$20)
- BF-4 Weight loss (Retail \$45)
- Pain and Inflammation Enzyme (Retail \$30)

Retail Value: \$95 - \$105



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

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

Text **VITAMIN CLUB** and your name to **424-5066** to get more information.

calendarofevents

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 March 10

Adore Women's Conference – 6-9pm. Thru Saturday 9-12:30pm March 11. Vicki Courtney shares biblical truths to experience spiritual growth and encouragement. Women 18 years and up. \$40. The Bayou Church, 2234 Kaliste Saloom, Lafayette.

Saturday March 11

Hopefest 5k Buddy Walk – 8-11am. Fundraising for STM's music festival. Benefits the Boys and Girls Club of Acadiana. River Ranch, 1100 Camellia Blvd, Lafayette.

Family Adventure Day – 9am-5pm. A fun filled day with adventure and prizes throughout Lafayette. \$55 family of four. Registration online. Healing-house.org.

Mind- Body Connection: Interactive Learning with Recall Healing – 10am-3pm. Marc and Melissa D-Aunoy instruct on connecting the body to beliefs. \$50-tickets at Eventbrite.com. Lighthouse Family Church, 1300 Bertrand Dr, Lafayette.

Art Walk – 6-9 pm. Galleries, museums restaurants and shops offering live music, food, drink and art for purchase. Downtown Lafayette.

Saturday Southwest Louisiana Black Rodeo – 7pm. African-American cowboys and cowgirls compete in rodeo events. \$49. Cajundome, 444 Cajundome Blvd Lafayette, LA 70506

Sunday March 12

Zydeco Marathon – 7am. A USA Track and Field certified and sanctioned marathon event qualifies for the Boston Marathon and other distance running events. The post race party offers Cajun food and Zydeco music. Proceeds for local charities. Christie Howard. Downtown Lafayette. Christie@ZydecoMarathon.com.

Tuesday March 14

Mastering Breakfast Cooking Class – 6-8pm. Christina Sciarillo navigates new, easy and convenient options that make mornings a breeze. Space is limited. \$25. Daphne Olivier. Top's Appliances & Cabinetry, 5826 Johnston St, Lafayette. MyFoodCoach.tv.

Friday March 17

Peter Pan – 7-9pm & Saturday 7-9pm March 18. Lafayette Ballet Theatre presents this full length classical dance. Heymann Performing Arts Center, 1373 S College Rd Lafayette.

Saturday March 18

Exit 11 Yard Sale – 7am-4pm. A shopping experience through the towns of Sunset and Grand Coteau. Hwys 182 & 93 in Sunset and Grand Coteau, I-49 Exit 11. 337-313-4448 or 337-331-5577.

Wednesday March 22

10th Annual Women's Conference – 8am-3pm. Honoring trailblazing women in labor and business with keynote speaker Alyssa Carson. \$25- \$60. University of Louisiana at Lafayette Student Union, 620 McKinley St, Lafayette. Diversity@Louisiana.edu or 337-482-6464.

Thursday March 23

The Sugar Coated Truth - Breaking the Cycle of Sugar Consumption – 6-7:30pm. A three part series in eliminating sugar cravings. \$75-tickets at Eventbrite.com. Daphne Olivier. Top's Appliances & Cabinetry, 5826 Johnston St, Lafayette. MyFoodCoach.tv.

Saturday March 25

Women's Self Defense Class – 9:30-11am. Learn to escape hand grabs, chokes and use practical weapons in self-defense. Ages 13 years and up. \$5-tickets at Eventbrite.com. Real Fit, 817 Albertson Pkwy, Suite E, Broussard.

Cajun Comic Relief XXV–12-9pm. The 25th Anniversary of the Cajun music & comedy for a cause. \$30. The Louisiana Lottery Corporation benefit for Hospice of Acadiana. Heymann Performing Arts Center, 1374 S College Rd, Lafayette. 337-291-5555. CajunComicRelief.com.

Race for a Cure – 5pm. Susan G. Komen 5K race to inspire and continue the fight against breast cancer. Sugar Mill Pond, 101 Water-view Youngsville. Acadiana.info-Komen.org.

Tuesday March 28

Superb Suppers that make Great Lunch Leftovers – 6-8pm. A cooking class with Daphne Olivier and Christina Sciarillo on preparing suppers that will be lunch for the next day. Space is limited. \$25 tickets at Eventbrite.com. Top's Appliances & Cabinetry, 5826 Johnston St, Lafayette.

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

Depression
Anxiety
Can't Focus
Brain Fog



Mood Enhancer
can help you



We do indoor birthday parties for KIDS

BEAT THE HEAT - BEAT THE RAIN. Indoor birthday parties.

www.MyKidPartyZone.com

All birthday party rentals include: rental of the building, all of the indoor jumps and arcades are FREE and INCLUDED WITH BUILDING RENTAL, unlimited guests, and bring your own food and drink.

PRIVATE EVENTS ONLY meaning you are renting the building and all entertainment. This is a private party for you and your guests ONLY.

Place your deposit and book your party online.

Located in Opelousas at 12178 W. Hwy 190. Next door to Lucky's Casino and Trucstop

Cancer Cells Double Every 90 Days

90 days	2 cells	•
1 year	16 cells	
2 years	256 cells	.25 cm
3 years	4,896 cells	●
4 years	65,536 cells	
5 years	1,048,576 cells	●
6 years	16,777,216 cells	
7 years	268,435,456 cells	2 cm
8 years	4,294,967,296 cells	●
9 years	68,719,476,736 cells	
10 years	1,099,511,627,776 cells	

First Detected by Thermography

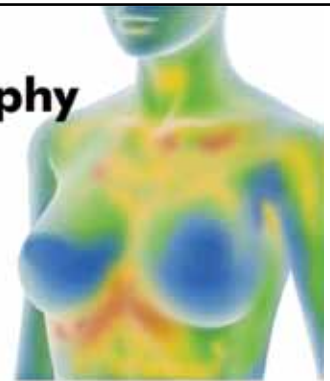
Thermal imaging can see a tumor the size of a grain of rice. You'd have a 99% survival rate

First Detected by Mammogram

Tumor size at 8 years is about the size of a dime

Breast Thermography

Can increase your chance of survival.



Schedule your first appointment now.

Call 896-4141



BODY REBOUND

Weight Loss Program

6-Week Program Only
\$340

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

Must present this coupon at the time of joining.



Are you overweight?

Being overweight is unhealthy

Doctors recommend that you lose weight to prevent major health issues.

BF-4

Take two capsules before each meal to help you lose weight. Use BF-4 for a minimum of 30 days to lose weight and continue as needed.



Also Available
at
Drug Emporium
Lafayette

COMMUNITY WELLNESS CENTERS

(337) 896-4141
Carencro Office

(337) 356-1251
Lafayette Office

(337) 662-3120
Sunset Office

(337) 424-5066
Send a TEXT



Opelousas (French: Les Opelousas) is a small city in and the parish seat of St. Landry Parish, Louisiana. It lies at the junction of Interstate 49 and U.S. Route 190. The population was 22,860 at the 2000 census. Although the 2006 population estimate was 23,222, a 2004 annexation should put the city's population above 25,000. In the 2010 census, the population shrunk to 16,634. Opelousas is the principal city for the Opelousas-Eunice Micropolitan Statistical Area, which had an estimated population of 92,178 in 2008. Opelousas is also the 3rd largest city in the Lafayette-Acadiana Combined Statistical Area, which has a population of 537,947. Source: www.wikipedia.com



VITAMIN SHOP in Opelousas, LA
 Front Desk: (337) 678-1844 Line 2: (337) 678-1500

Hwy 190 Next Door to Lucky's Casino and Truckstop



BF-4 \$45



Frozen Wheatgrass \$30



Green Water \$36/case

inflammation

sparks almost every major disease in the body

cure the inflammation - cure the disease

BRAIN

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

SKIN

Chronic inflammation compromises the liver and kidneys, resulting in rashes, dermatitis, eczema, acne, psoriasis, wrinkles and fine lines.

CARDIOVASCULAR

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

KIDNEYS

Inflammatory cytokines restrict blood flow to the kidneys. Complications like edema, hypertension, nephritis and kidney failure can result.

BONES

Inflammation interferes with the body's natural ability to repair bone mass, increasing the number of fractures and leading to conditions like osteoporosis.

MUSCLE

Inflammatory cytokines can cause muscle pain and weakness. Can manifest as carpal tunnel syndrome, polymyalgia rheumatica.

BREAST

Pro-inflammatory cytokines, principally interleukin-6 (IL-6) can facilitate tumor growth and metastasis in the breast tissue.

Source: Journal of Clinical Oncology

LIVER

Build-up of inflammation leads to an enlarged liver or fatty liver disease. Increased toxic load build-up in the body.

THYROID

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

LUNGS

Inflammation induces autoimmune reactions against the linings of airways. Can result in allergies or asthma.

GI TRACT

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



\$94	Thermography Exam Only
\$124	Thermography and a copy of images
\$154	Thermography, images, and basic labwork
\$274	Thermography, images, full labs, and doctor visit

Thermography detects inflammation
we see it first
(337) 896-4141

LASER TUMMY TUCK TREATMENTS

The Zerona Laser reduces the size of fat cells and slims you down.

Buy
9 or 12 Treatments
GET FREE
6 additional
treatments



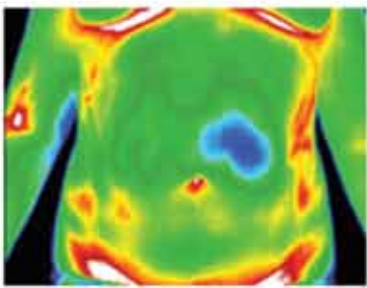
- no pain or downtime
- can return to work after each treatment
- no scars

6 laser treatments \$450
9 laser treatments \$550
12 laser treatments \$650

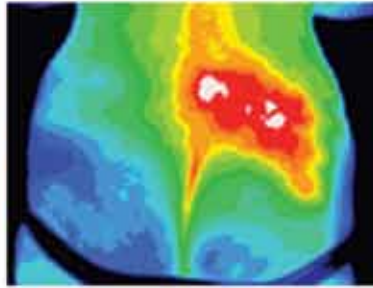
Lafayette Office: (337) 356-1251
Carencro Office: (337) 896-4141
Sunset Office: (337) 662-3120



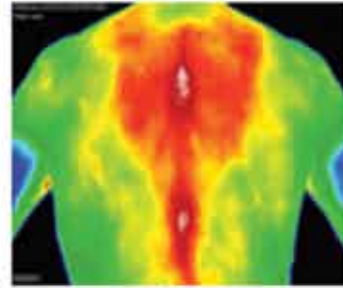
Text name and TUMMY TUCK to (337) 424-5066 for more information.



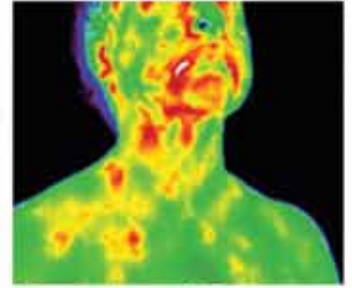
Hypothermia in the Stomach



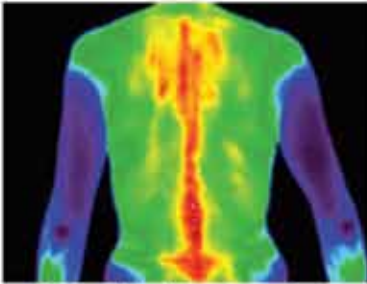
Shingles



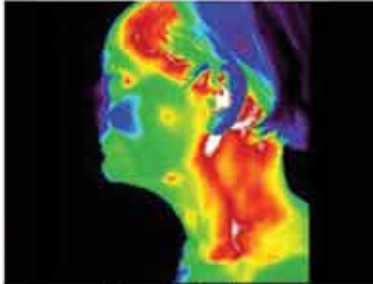
Lung Cancer



Periodontal Disease



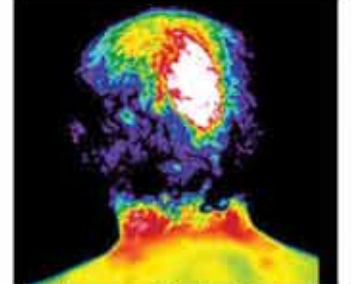
Spinal Inflammation



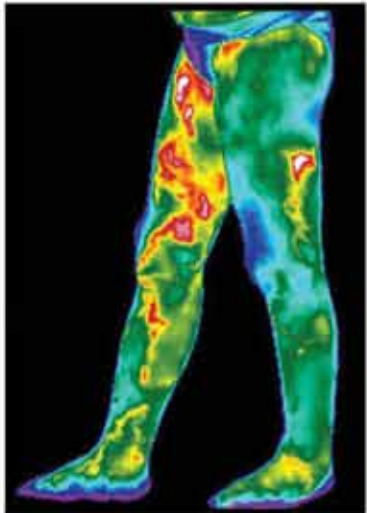
Carotid Artery Inflammation



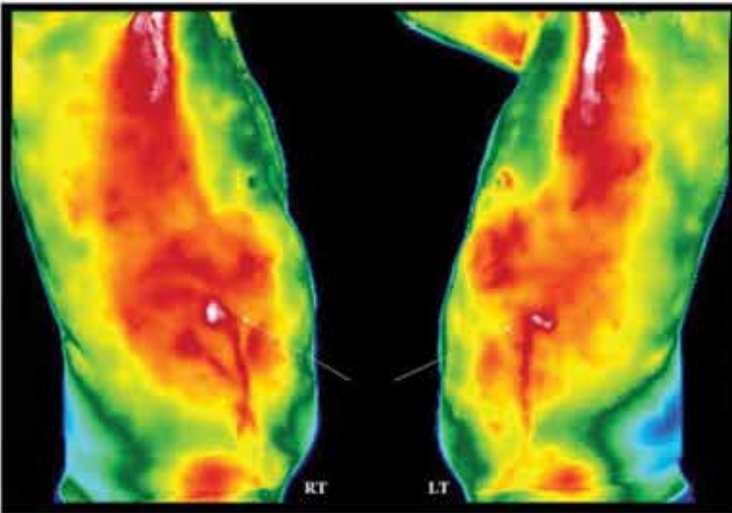
Poor Circulation Left 4th & 5th Finger



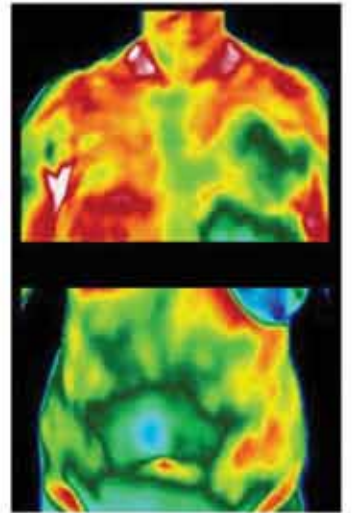
Melanoma-Scalp Cancer



Varicose Veins



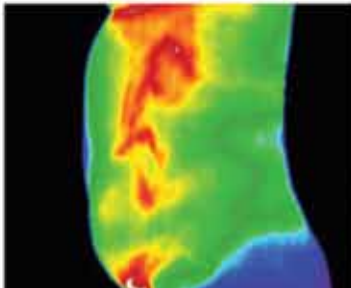
Bilateral Kidney Stones



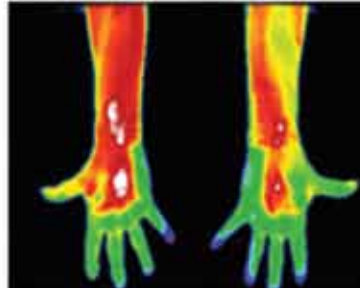
Breast Cancer



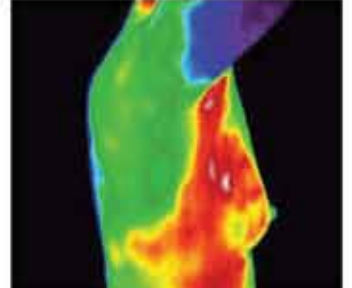
Thyroid Cancer



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