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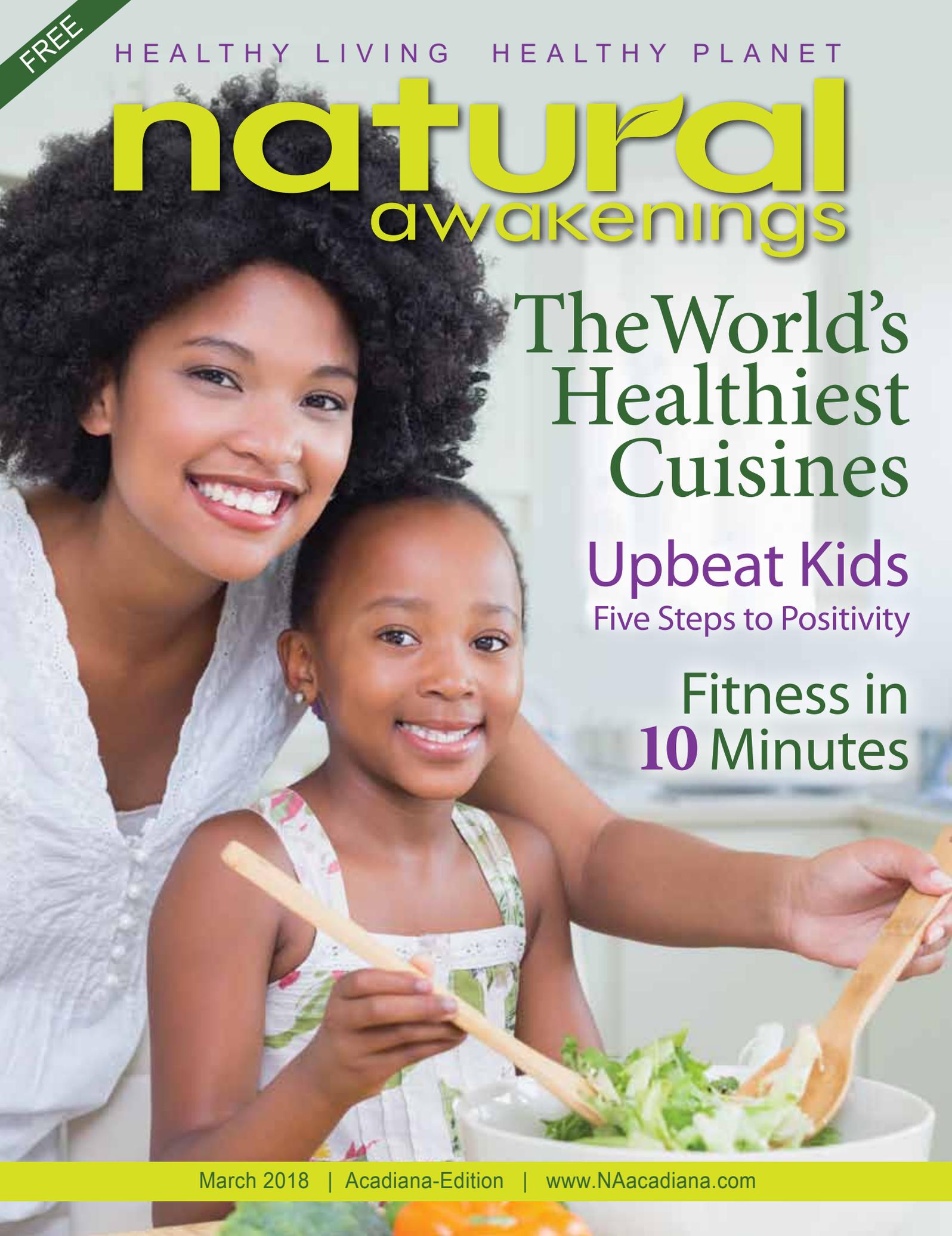
HEALTHY LIVING HEALTHY PLANET

natural awakenings

The World's Healthiest Cuisines

Upbeat Kids
Five Steps to Positivity

Fitness in
10 Minutes





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.

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- Dr. Otto Warburg, **Nobel Peace Prize Winner** for cancer and alkalinity.

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At our best, we intuitively use touch to span the distance between us. Two separate bodies and minds, me and you, become “us” when we embrace. That which is broken – a promise, a skinned knee, even a heart – is moved toward healing again in the incubator of a loves one’s arms.

The sense of touch brings a multitude of emotional, physical, and social health benefits you would think we would

be nurturing all the time. Yet our current culture is touch – deprived. We can recall as children it was customary to greet a friend or family member with a hug and a touch of hand. However, today it is more the norm to protect personal space by avoiding physical contact.

Touch can be a nonverbal statement of love or “I care about you” that somehow makes everything OK, or if not OK, at least a little better. When you are sad, anxious, or having a generally lousy day, don’t you just want a hug? It’s been said that touch is the primary language of compassion. Touch calms cardiovascular stress, triggers oxytocin (the “love hormone”), and activates the vagus nerve.

The vagus nerve is one of 12 cranial nerves, and is also known as cranial nerve X. The vagus forms part of the involuntary nervous system and commands unconscious body procedures, such as keeping the heart rate constant and controlling food digestion. It is simply amazing how touch has the ability to calm two of the most important organs in the body – the heart and stomach.

So why do we hold back? Enjoying touch is natural, but we may learn to resist loving touch after suffering unpleasant experiences. Or perhaps we simply feel awkward with affectionate display and touch because we don’t experience it in the home as children much anymore.

Regardless of how we have gotten to where we are as a culture and society of people now touch – deprived, it is time for change. Hug someone and let’s start healing the world.

Dear Father God, thank You that I can know that if I give my all to You, I will get all from You. Amen.

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

Steve & Michelle

Steve and Michelle Castille, Publishers



ACADIANA EDITION

PUBLISHERS Steve & Michelle Castille
EDITOR Beth Davis
DESIGN & PRODUCTION Gail Babineaux
Steve Castille
CONTRIBUTING WRITERS Tre’ Gradnigo
Beth Davis
DISTRIBUTION & MARKETING Marquia Castille-Grant
Tre’ Gradnigo
CALENDAR Michelle Castille
Lydia Castille
Lillyanna Castille
WEBSITE Steve Castille

CONTACT US

100 E. Angelle Street
Carencro, LA 70520
Ph: 337-896-4141 • Fax: 337-205-6191
www.NAcadiana.com

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NATIONAL TEAM

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PRESIDENT Patrick McGroder
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Natural Awakenings Publishing Corporation
4933 Tamiami Trail N., Ste. 203
Naples, FL 34103
Ph: 239-434-9392 • Fax: 239-434-9513
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Natural Awakenings is your guide to a healthier, more balanced life. In each issue readers find cutting-edge information on natural health, nutrition, fitness, personal growth, green living, creative expression and the products and services that support a healthy lifestyle.



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Contents

14 THE WORLD'S HEALTHIEST CUISINES
What Five Countries Can Teach Us about Good Eating

16 SUNSHINE ON OUR SHOULDERS
Makes Us Happy and Healthy

18 SPICE UP HEALTHY COOKING
Six Seasonings with Surprising Payoffs

22 FRUGAL FOODIE
Practical Uses for Aging Produce

24 UPBEAT KIDS
Five Steps to Positivity

26 FITNESS IN 10 MINUTES
A Full-Body Workout for Busy People

36 RECLAIM YOUR MAGIC
Make Your World Wondrous Again

DEPARTMENTS

8 news briefs
10 health briefs
12 global briefs
13 ecotip
16 healing ways
18 conscious eating
22 green living
24 healthy kids
26 fit body



18



26



28

28 natural pet
36 inspiration
37 calendar

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- Slimpod Slimming/Detox (Retail \$45)
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- Vitamin Test...max 2 (Retail \$39)
- Massage Therapy at DHARMA...counts for 10((Retail \$69)
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- Zerona Laser Treatment...counts for 8 (Retail \$94)
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Manglier Tea mong-lee-AY

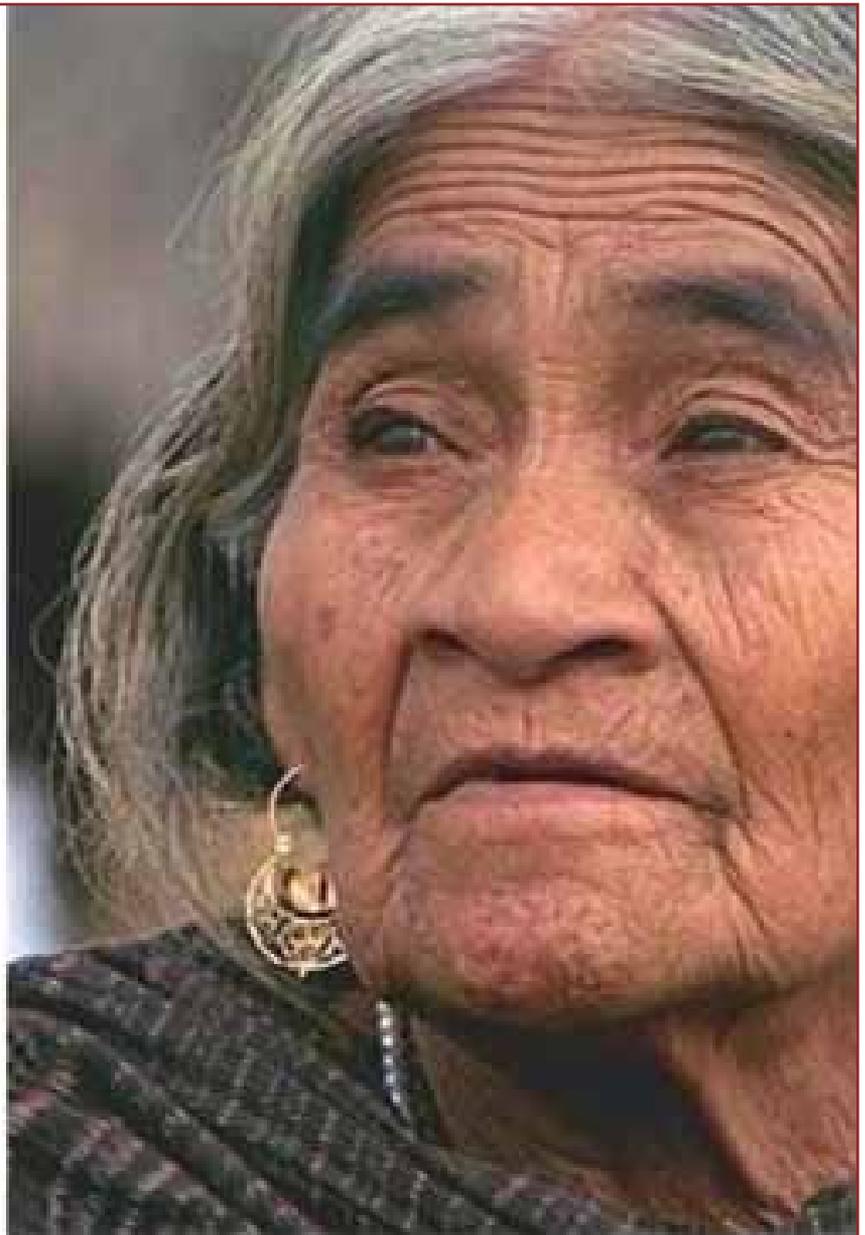
My grandfather's
grandfather used this
medicine. He said the
old manglier tree would
cure the plague and
the virus.

- Mrs. Clara B. Mallet, LA



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natural medicine

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

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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.



896-4141

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DHARMA Wellness in Sunset

356-1251

NAMASTE Wellness Center in Lafayette

Acadiana Wax Centers Now Open



Acadiana Wax Centers, offering full body waxing as well as therapeutic pedicures and organic facials, is now open in Lafayette. Waxing services provided include eyebrow shaping; Brazilian bikini wax; arms, legs and facial waxing; and more. In addition to waxing, Acadiana Wax Centers offers organic facials, including the vitamin C facial, the renewing anti-aging facial and the “Keep Calm” facial, which addresses various skin conditions.

Therapeutic pedicures, with moisturizing and circulation improving massages, are also available. Other services offered include ultrasonic cavitation, cold laser skin therapy and hydration vitamin therapy.

Location: 858B Kaliste Saloom, Lafayette. For appointments and information, call 337-356-1251

The Extra Mile Offers “Nurturing Families of Acadiana” Program

The Extra Mile, a private nonprofit agency that works with clients from the Office of Mental Health, Office of Addictive Disorders, Office for Citizens with Developmental Disabilities and the Department of Child and Family Services, is offering the “Nurturing Families of Acadiana” program.

The Nurturing Families program is an evidence-based worldwide program that is designed to build empathy, respect and empowerment within families. The focus of the program is to impart a specific nurturing philosophy that stresses love, caring and affection, which can help children to become caring adults. In addition, the program teaches specific parenting skills, with topics such as parenting with empathy, nurturing routines, nonviolent discipline, age-appropriate expectations and child development. The program can accommodate families with children of all ages, ranging from infant to teens, and is held in 10 class sessions.



Location: 525 S Buchanan St., Lafayette. For information or to schedule a class, call 337-257-9787.



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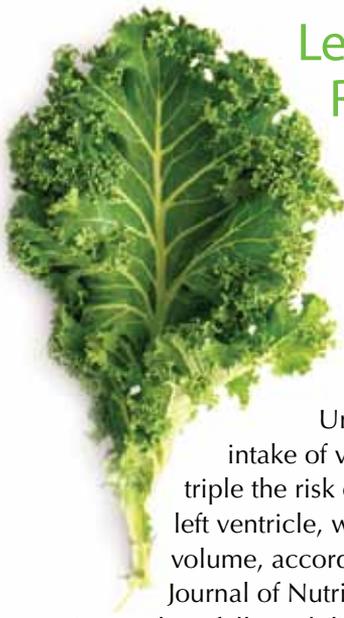
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- no scars

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



Leafy Greens Lower Risk for Heart Disease

Leafy greens, which are rich in vitamin K, have again been shown to provide outsized benefits for heart health. Researchers from the Medical College of Georgia at Augusta University found that a reduced intake of vitamin K1 leads to more than triple the risk of an enlargement of the heart's left ventricle, which reduces blood pumping volume, according to a study published in the *Journal of Nutrition*.

Researchers followed diet records for 766 participants ages 14 to 18 and monitored their vascular structure and functionality. When compared to those with the highest intake of vitamin K1 from foods such as spinach, cabbage and other leafy, green vegetables, those with the lowest intake were more likely to experience vascular enlargement.

Gooseberries are Good for the Gut



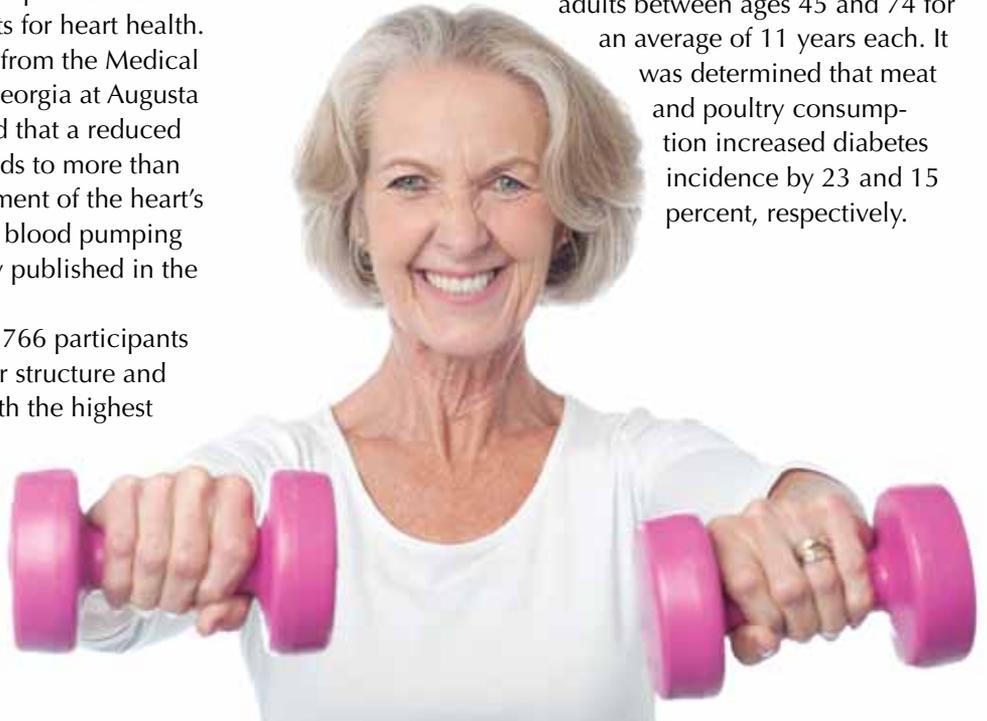
Researchers from Malaysia's Islamic Science University tested 30 patients with gastrointestinal issues, dividing them into three groups. One received lactose, a placebo; another group was given omeprazole, an over-the-counter remedy; and the third *Phyllanthus emblica* Linn, an ayurvedic treatment for gastrointestinal issues also known as

Indian gooseberry.

The research found the herbal treatment resulted in less pain, vomiting, sleep loss and other issues. Participants' intestinal walls also showed signs of significant healing. The researchers concluded, "Findings indicate that the ethanolic extract of *P. emblica* fruits has gastroprotective effects in humans that justify its traditional use."

Eating Meat Raises Diabetes Risk

Research from Duke University Medical School indicates that eating red meat and poultry increases risk for Type 2 diabetes. Published in the *American Journal of Epidemiology*, the Singapore Chinese Health Study followed 63,257 adults between ages 45 and 74 for an average of 11 years each. It was determined that meat and poultry consumption increased diabetes incidence by 23 and 15 percent, respectively.



PHYSICAL ACTIVITY DETERS ALZHEIMER'S

According to a study in the *Journal of Alzheimer's Disease*, researchers discovered the risk of dementia can be halved by engaging in physical activities like walking, dancing and gardening, which significantly improve brain volume in the hippocampus region and the frontal, temporal and parietal lobes. The scientists studied 876 participants for 30 years and completed a longitudinal memory test of the patients, which were 78 years old on average, and followed up with MRI brain scans. They recorded their physical activity and logged caloric output every week.

Two other studies found that any exercise that raises our heart rate and produces sweating for a sustained period will benefit cognitive health as we age. One meta-analysis of 36 studies from Australia's University of Canberra found that exercise improved cognition by an average of 29 percent for those older than 50; another small group study from Germany's Otto von Guericke University, in Magdeburg, specifically showed that dancing benefits seniors' cognition.

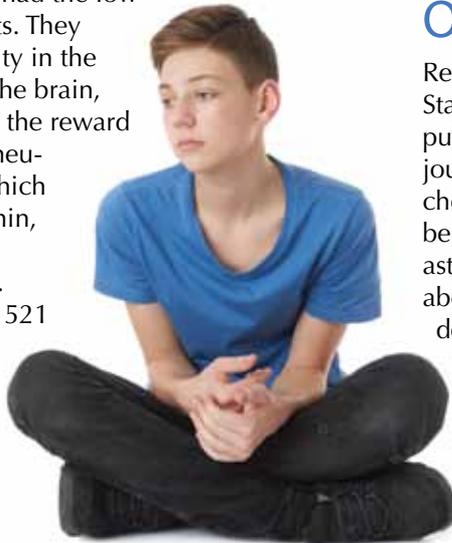
Toxic Effects of Lead on Reproductive Health

In a new working paper from the West Virginia University Department of Economics, authors Daniel S. Grossman and David J.G. Slutsky found that during the lead-tainted water crisis in Flint, Michigan, from 2014 to 2016, there was a 58 percent rise in fetal deaths, and 275 fewer births compared to adjacent areas near Detroit.

TEEN MARIJUANA USE FOSTERS DEPRESSION

Research from the University of Pittsburgh followed 158 boys and young men until the age of 22. Brain scans revealed that the teenagers using marijuana between the ages of 14 and 19 had a higher risk of depression as young adults. Marijuana users also had the lowest educational achievements. They suffered impaired connectivity in the nucleus accumbens part of the brain, which plays a central role in the reward circuit tied to two essential neurotransmitters: dopamine, which promotes desire; and serotonin, which affects satiety and inhibition.

Another recent study of 521 Washington State University students noted that depressed 12-to-15-year-olds were more likely to be using marijuana by age 18.



Saunas Lower Blood Pressure

University of Eastern Finland research on 1,621 men found that four to seven saunas per week can cut high blood pressure risk in half. Their conclusion states, "Regular sauna bathing is associated with reduced risk of hypertension, which may be a mechanism underlying the decreased cardiovascular risk associated with sauna use."



Positive Outlook Powers Osteoarthritis Patients

Research at Penn State University published in the journal Health Psychology shows that being more enthusiastic and optimistic about getting things done upon waking up in the

morning increases the physical activity of osteoarthritis patients throughout the day, resulting in more exercise and reduced symptoms. The study followed 135 osteoarthritis patients for 22 days.



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Wind Harvest

Floating Farm Helps Power UK Needs



Hywind, the first floating wind farm in the UK, is located 15 miles offshore of Peterhead, in Aberdeenshire, Scotland. Its five turbines with a 30-megawatt capacity will provide clean energy to more than 20,000 homes to help meet the country's ambitious climate change targets. First Minister Nicola Sturgeon says, "The government's commitment to the development of this technology, coupled with Statoil's [lithium] battery storage project, Batwind, positions Scotland as a world center for energy innovation." Hywind is operated by Norwegian oil and gas company Statoil ASA and Masdar Abu Dhabi Future Energy Co.

Fossilized Financing

Renewable Energy Subsidies Lag Far Behind

The G20 nations, comprising the world's biggest economies, provide four times more public financing to support fossil fuels than renewable energy, says a report from the environmental coalition Oil Change International (Tinyurl.com/TalksCheapOilReport). This took place even though German Chancellor Angela Merkel announced climate change as the heart of the agenda at the Hamburg summit in July 2017. The public financing—in soft loans and guarantees from governments along with huge fossil fuel subsidies—makes coal, oil and natural gas cheaper to use in the short run because both the front-end and back-end costs are undisclosed.

Grassroots Gumption

Sweet Potato Project Encourages Enterprise

The Sweet Potato Project, started by journalist Sylvester Brown, Jr., will work in partnership with St. Louis University and a small cadre of local nonprofits called the North City Food Hub to hold culinary, small business, horticulture, restaurant management, and land-ownership classes and business incubator opportunities this spring. The goal is to enable at-risk youths in North St. Louis to grow food and make money through food packaging and distribution. The project encourages people to become innovative, self-sufficient players in today's expanding global economy.

Brown says, "Success doesn't always mean you've made a lot of money; it can also mean you've survived poverty or managed to create something."



Sickly Salmon

Uncontrolled Lice Threaten Fish Industry

A surge in parasitic sea lice that attach themselves to and feed on salmon, killing or rendering them unsuitable for dinner tables, is disrupting salmon farms in the U.S., Canada, Scotland, Norway and Chile. Wholesale prices for the species have already increased 50 percent over last year, leading to higher consumer prices for everything from salmon fillets and steaks to more expensive lox on bagels. Scientists and fish farmers are working on new ways to control the pests. Fish Farmer magazine states that losses by the global aquaculture industry could be as high as \$1 billion annually. The only hope is to develop new methods to control the spread of the lice, which are naturally present in the wild, but thrive in the tightly packed ocean pens used for fish farming.

Food Sourcing

Marine Algae Could Nourish Growing World Population



According to the United Nations, more than 800 million people today are regularly undernourished. By 2050, a rise of another 3 billion in global population is expected to escalate pressure on food supplies. The challenge means providing not just sufficient calories, but also a balanced diet for good health.

Fish present a viable solution, but most of the world's in-

ventory is already overharvested. Some scientists propose "cutting out the middle fish" via the commercial production of marine microalgae as a staple food. They produce fatty acids, amino acids, vitamins, minerals, antioxidants, polymers and carbohydrates that humans need and that can be used to feed animals and farmed fish. Microalgae are found in both freshwater and marine aquatic systems. Only a handful of algal species are used commercially now, but hundreds of strains have similar potential.

Meanwhile, innovators at Copenhagen's future-living lab SPACE10 created the Algae Dome, a 13-foot-tall urban ecostructure powered by solar energy that pumps out oxygen and produces food in a closed-loop arrangement. This hyperlocal food system grows microalgae, which are among the world's fastest-growing organisms and can thrive on sunshine and water almost anywhere.



Veggie Renaissance

Brits Cutting Back on Meat Eating

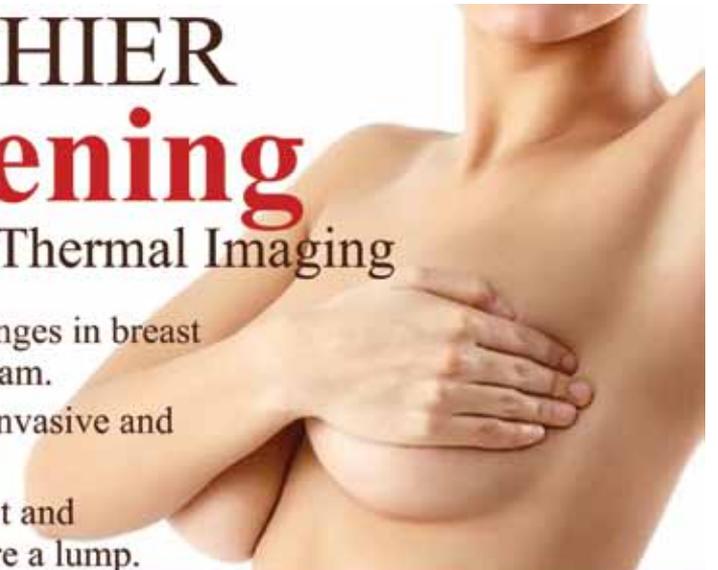
In 2015, the World Health Organization labeled bacon, sausage, hot dogs and other processed meats with the same carcinogenic label as for cigarettes. According to the Mintel Meat-Free Foods 2017 Report (Tinyurl.com/MintelMeatReport), 28 percent of Britons have now drastically reduced their meat intake. Reasons vary.

About 49 percent of those polled that have given up meat or are considering it say they feel prompted by health warnings. Other motivators include weight management (29 percent), worries about animal welfare (24 percent) and environmental concerns (24 percent).

SAFER, HEALTHIER Breast Screening

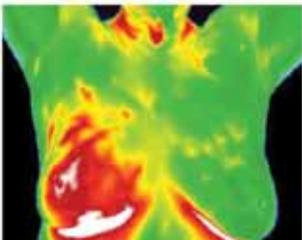
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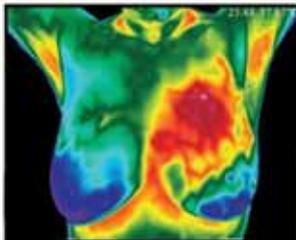


BREAST THERMOGRAPHY

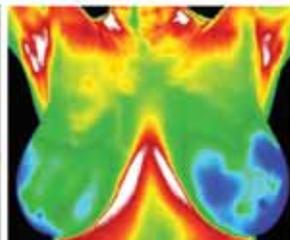
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Above: Breast Cancer Image



Above: Breast Cancer Image



Above: Normal Breast Image

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



The World's Healthiest Cuisines

What Five Countries Can Teach Us about Good Eating

by Judith Fertig

Americans love to explore ethnic cuisines and then put their own “more is better” spin on them, like a Chinese stir-fry turned into chop suey with fried rice or a pasta side dish super-sized into a whole meal.

“We’ve Americanized dishes to the extent that they don’t have their original health benefits,” says Dr. Daphne Miller, a family physician in the San Francisco Bay area and author of *The Jungle Effect: The Healthiest Diets from Around the World—Why They Work and How to Make Them Work for You*.

Here are five popular—and healthy—world cuisines, known for their great dishes, star ingredients and health-enhancing practices.

Traditional Japanese

Ingredients. The dietary benefits of green tea, fermented soy and mushrooms like shiitake and maitake are

well documented. Add dried seaweed to this list. Beyond sushi, it’s a delicious ingredient in brothy soups, where it reconstitutes to add a noodle-like quality, slightly smoky flavor and beneficial minerals, including calcium, copper, iron, magnesium, manganese, molybdenum, phosphorus, potassium, selenium, vanadium and zinc.

A study in the *Asia Pacific Journal of Clinical Nutrition* linked the longevity of Okinawan residents to eating seaweed, a staple of macrobiotic diets. New York City culinary instructor and cookbook author Hiroko Shimbo prefers dried wakame seaweed, readily available in the U.S.

Practices. Shimbo grew up in Tokyo, Japan, where her mother helped her surgeon father’s patients by preparing foods that helped them recover quickly. Shimbo believes wholeheartedly in *Ishoku-dogen*, a Japanese concept often translated as, “Food is medicine.”

Shimbo says, “I eat fairly well, treating food as blessings from nature that keep me healthy and energetic. I do not often indulge in expensive, rich foods.” She prefers eating foods in season and small portions, listening to what her body craves. When feeling the need for minerals and vitamins, she makes a brothy soup with just a little dried wakame, which reconstitutes to four times its dried volume.

A second practice supporting healthy well-being is *hara hachi bu*, or “Eat until your stomach is 80 percent full.” It requires self-discipline to eat slowly and decline more food. But this restraint supports a widely accepted fact that “It takes about 20 minutes for the brain to receive the message that the stomach is full. If we eat slowly, we get the message at the right time, even if we want a few more bites. If we eat too quickly, by the time our brain sends the message, we have probably eaten too much,” says Shimbo.

One Great Dish: Japanese soups offer nutrition and flavor in a bowl. Shimbo’s Eat-a-Lot Wakame Sea Vegetable Soup in her cookbook *The Japanese Kitchen: 250 Recipes in a Traditional Spirit* can be made with chicken or vegetable broth. Other healthy ingredients like sesame oil, fresh ginger, scallions and garlic boost its health benefits.

South Indian

Ingredients. South India—including the states of Andhra Pradesh, Karnataka, Kerala, Tamil Nadu and Telangana—offers many plant-based dishes that feature coconut, rice and spices such as turmeric, known for decreasing inflammation, according to the *Journal of Alternative and Complementary Medicine*. Varieties of dried split peas called *dal* [dal is singular and plural] are used in vegetable curries and ground to make the gluten-free savory crepes known as *dosa* or puffy white *idlis* for a snack or breakfast.

South India native and current Minneapolis resident Raghavan Iyer, teacher, consultant and author of many cookbooks, including *660 Curries*, says, “One technique that gives vegetable dishes a lift is dry-frying or toasting whole spices. It adds complexity and nuttiness.” Simply heat a cast iron skillet, add the whole spices and dry fry until spicy aromas arise; then add them to a dish.

Practice. South Indian meals usually comprise many small, highly flavored, colorful, plant-based dishes served with rice. They yield a pleasant aroma and sensation of fullness without overdoing it, says Iyer.

One Great Dish: A vegetable/legume curry such as *tamata chana dal*, or smoky yellow split peas is simple to make. Iyer cooks dried, yellow, split peas with potatoes and turmeric, then dry-fries dried chilis and spices, and purées them in a blender for a no-fat, vegan and gluten-free dish. In Iyer's view, "The epitome of comfort food is a bowl of dal and rice."

Garden-to-Table Italian

Ingredients. There's American-Italian, as in pizza with pepperoni and double cheese, and then there's real Italian dishes dating back to the Etruscans. Healthy Italian starts with the love of growing things. Whatever grows in the garden is best, served simply with extra virgin olive oil; a recent Temple University study found it preserves memory and wards off Alzheimer's.

Eugenia Giobbi Bone, co-author of *Italian Family Dining: Recipes, Menus, and Memories of Meals with a Great American Food Family*, says, "My palate was formed with the flavors of home-grown foods. Cooking in central Italy is all about bringing out the flavor of a few very fresh, well-grown ingredients. That means primarily seasonal eating, with lots of vegetables and little meat in summer, the opposite in winter. There isn't a lot of fuss to the culinary style, which instead depends on interesting, but simple combinations of foods and techniques."

Practice. Italian families' view of healthful garden-to-table includes the exercise attained from gardening. "We have a good work ethic in our family," remarks Bone, who lives in New York City and Crawford, Colorado. "We are of the mentality that physical work is satisfying, even when it is hard."

From her father's family, Bone has learned to break a meal into small courses and to eat heavier during the day and lighter at night because this helps maintain a healthy weight, according to many studies including one published in the UK journal *Diabetologia*.

One Great Dish: Dress up pasta with a seasonal vegetable sauce, such as *caponata*, an eggplant and tomato mixture, or include primavera via spring

vegetables and basil, or *arrabbiata*, featuring tomatoes and red pepper flakes.

Lebanese

Ingredients. "So much about Lebanese cuisine is 'on trend' with our tart and sour flavors from lemon, sumac and pomegranate molasses, a wide array of vegetarian and vegan dishes, plus a tradition of pickling, called *mouneh*, and yogurt and cheese-making," says food blogger Maureen Abood, author of *Rose Water & Orange Blossoms: Fresh and Classic Recipes from My Lebanese Kitchen*.

"Lebanese cuisine is extraordinarily healthy, fitting squarely into the Mediterranean diet." Abood lives in East Lansing, Michigan, where she loves to use summer cherries and berries in her Lebanese-inspired dishes. According to Abood, another reason why Lebanese food is so popular is that Lebanese immigrants to the U.S. now outnumber the native population of their mother country.

Practice. Gathering to share food is a hallmark of Lebanese hospitality. "The Lebanese style of eating includes *maza*; many small shared plates of remarkable variety," says Abood. "Food as medicine" is also a Lebanese practice, according to a study in the journal *Evidence-Based Complementary and Alternative Medicine*.

One Great Dish: "Many of my favorite Lebanese dishes are plant-based," says Abood. "We love to stuff everything from cabbage to summer squash to grape leaves with vegetarian fillings, and cook them in a garlic or tomato broth. Every week, we make and eat *mujaddara*, a lentil and rice or bulgur pilaf with deeply caramelized onions." Pair with any Lebanese salad, such as one she makes with sweet cherries and walnuts for "a perfectly healthy and crazy-delicious meal."

Vietnamese

Ingredients. Vietnamese cooking emphasizes fresh herbs and leafy greens, green papaya, seafood, rice and condiments. A study in the *British Journal of Nutrition* found that green or unripe papaya contains more healthy carotenoids (lutein,



beta-carotene and lycopene) than tomatoes or carrots.

Practice. The preferred style of Vietnamese cooking is steaming or simmering, using less fat. It also encourages communal eating, with each diner dipping an ingredient into a cooking pot. Cooked foods are accompanied by fresh salad greens, including herbs served as whole leaves.

One Great Dish: Vietnamese hot pot is a favorite of Andrea Nguyen, whose Vietnamese family emigrated to California. Nguyen, author of *Into the Vietnamese Kitchen: Treasured Foodways, Modern Flavors*, blogs about food at *VietWorldKitchen.com* and now lives near San Francisco, California. "This is a slow, cook-it-yourself kind of meal. Set it up, relax with some organic wine or beer and enjoy. Flavors develop and the hot pot transforms as you eat," she says. "At the end, you'll slurp up the remaining broth and noodles." See Tinyurl.com/Viet-ChineseHotPotRecipe.

French Bonus: While croissants and triple-crème brie might not seem part of an ideal diet, rediscover two healthy practices from the French: Eat less and eat together. Ongoing studies at Cornell University show that we eat less if offered less. When researcher Paul Rozin, Ph.D., a psychology professor with the University of Pennsylvania, compared portions in Paris, France, and Philadelphia, Pennsylvania, the Philly portions were 25 percent larger. It's also reflected in the two countries' cookbook recipes.

Rozin further found that French diners spent more time eating those smaller portions—perhaps explaining the French paradox: Most French eat rich foods and drink wine, yet don't get fat.

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



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healing ways



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Sunshine on Our Shoulders Makes Us Happy and Healthy

by Kathleen Barnes

Ever since skin cancer scares penetrated the national psyche in the mid-1980s, Americans have been conditioned to cover up and slather on sunscreen when we leave the house. Now experts say we haven't been doing ourselves a favor, even when strictly using all-natural formulas. We've been blocking the sun's life-giving rays, essential for the body's production of vitamin D, and possibly prompting a host of health problems.

Safe Exposure Update

"Ninety percent of the vitamin D we get comes from the sun, and exposing arms and legs for a few minutes a day is enough for most people with no risk of skin cancer," says Registered Nurse Sue Penckofer, Ph.D., a professor in the School of Nursing at Chicago's Loyola University. She's the lead researcher for the Sunshine 2 Study, a clinical trial investigating the vitamin's vital role in relieving depression.

"Every tissue and cell of your body requires vitamin D to function properly," says Michael Holick, Ph.D., a medical

doctor who has pioneered vitamin D research at the Boston University Medical Center. A 40-year professor at the Boston University School of Medicine, he's a fervent advocate of sensible sun exposure.

"Vitamin D is actually a hormone, essential for bone and muscle health. It plays a significant role in reducing the risk of infectious diseases, including cardiovascular problems and certain cancers, contributes to brain function and memory, and elevates mood, all while reducing early mortality," explains Holick, author of *The Vitamin D Solution: A 3-Step Strategy to Cure Our Most Common Health Problem*. Yet, he says, about half of all Americans are among the 1 billion people worldwide that are vitamin D deficient.

Published vitamin D research in the U.S. National Library of Medicine turns up 74,486 studies and citations dating back to 1922, with nearly half done in the past 10 years; 478 of the total were authored or co-authored by Holick or cited his research. His work confirms that sensible sun exposure and supplementing with natural vitamin

At least 10 hours a week outdoors
in sunshine is crucial for children
under 6 for development of healthy eyes. Otherwise,
the risk of myopia increases, which in turn lends risk
for cataracts
and glaucoma in adulthood.

~University of Sydney Adolescent
and Eye Study of 2,000 children

D₃ brings vitamin D levels to the optimal 40 to 60 nanograms per milliliter (ng/ml). New research from the University of Surrey, in the UK, found D₃ twice as effective in raising vitamin D levels as D₂, which is often synthetically produced.

While the human body manufactures vitamin D as a response to sun exposure, eating certain foods like fatty fish, egg yolks and cheese can help. Fortifying foods with the vitamin is controversial. "It's interesting that the right sun exposure will correct D deficiency rapidly, but won't create an excess. Our bodies stop producing the hormone vitamin D once we have enough," says Dr. Robert Thompson, an obstetrician, gynecologist and nutrition specialist in Anchorage, Alaska, and author of *The Calcium Lie II: What Your Doctor Still Doesn't Know*.

Bare Minimum

Holick, who differentiates between unhealthy tanning and healthy sun exposure, recommends exposing arms and legs to noontime sun for five to 10 minutes three times a week for most people. He adds, "Everyone needs 1,500 to 2,000 international units of vitamin D₃ [supplements] a day year-round, and obese people need two to three times that much, because their ability to manufacture vitamin D is impaired."

Penckofer's research confirms that fair-skinned people absorb the sun's rays easily and quickly, while darker-skinned people have a natural sunblock, so they need much longer sun exposure to absorb the UVB rays that trigger the production of vitamin D. She remarks that inadequate vitamin D is a possible explanation for the greater risk of high blood pressure observed in African-Americans.

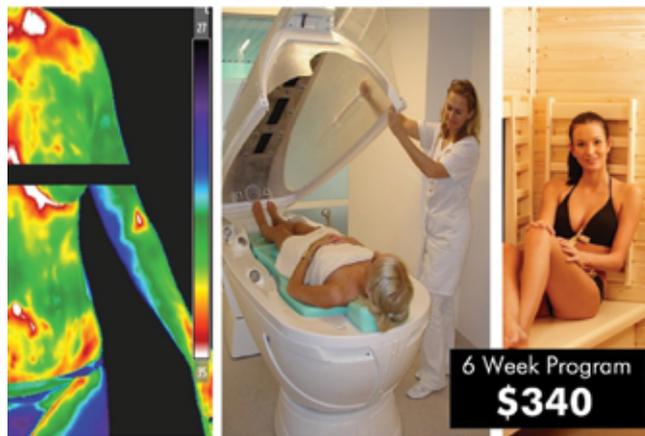
Holick contends that anyone living north of Atlanta, Georgia, cannot get enough winter sun exposure to maintain optimal vitamin D levels. "While vitamin D can be stored in the body for up to two months, a winter-induced deficiency is a convincing explanation for the seasonal affective disorder that strikes many in northern states in January, just two months after the weather turns too cold to get sufficient sun exposure," explains Penckofer.

"In Alaska, we eat lots of fatty fish and take D supplements in winter. We know there's no chance we're getting the D we need from the sun, even when we're sunbathing in negative 30 degrees Fahrenheit temperatures," quips Thompson.

Kathleen Barnes is the author of numerous books on natural health, including Food Is Medicine: 101 Prescriptions from the Garden. Connect at KathleenBarnes.com.

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- Thickening or lump elsewhere
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- Unexplained anemia
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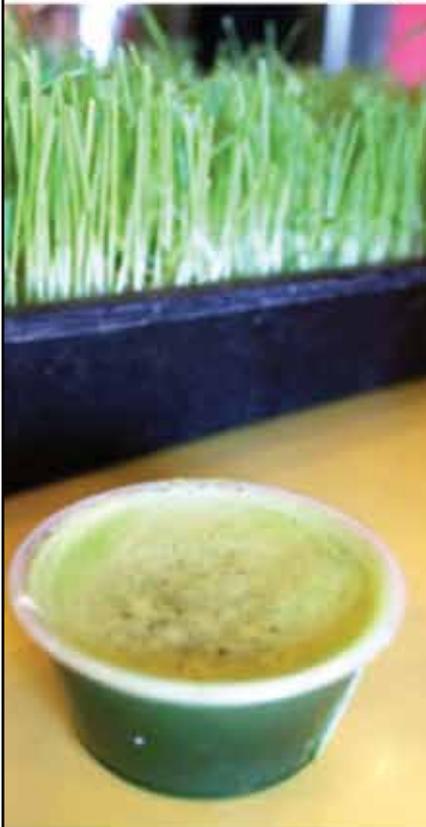
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Source: www.cancer.org



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conscious eating



SPICE UP HEALTHY COOKING

Six Seasonings with Surprising Payoffs

by Amber Lanier Nagle

Spices add a punch of extra flavor to our favorite dishes, but they also possess proven health and wellness properties. From regulating blood sugar to reducing inflammation to helping control appetite, behold the magnificent six.

Garlic (*Allium sativum*)



"There's a lot of evidence that suggests garlic supports heart health," says Rosalee de la Forêt, a clinical herbalist and author of *Alchemy of*

Herbs: Transform Everyday Ingredients into Foods and Remedies that Heal. A study published in the *European Journal of Clinical Nutrition* tracked the blood pressure of 79 patients with uncontrolled hypertension and found that the mean systolic blood pressure of those consuming two 240-milligram capsules of aged garlic extract a day for 12 weeks significantly decreased compared to those taking one capsule or a placebo.

"Garlic may also reduce the duration and severity of colds and flu when taken at the onset of symptoms and each day afterwards," says de la Forêt, citing a study published in *Clinical Nutrition*. "I mince a clove and mix it with honey to make it easier to swallow."

Turmeric (*Curcuma longa*)



Dr. Lipi Roy, a clinical assistant professor at the New York University School of Medicine and blogger at *SpicesForLifemd.com*, considers

turmeric the golden spice of life. "In addition to its role in Indian and Asian cuisine, turmeric is used in traditional Indian medicine to treat common ailments like stomach upset, ulcers, flatulence, arthritis, sprains, wounds and skin and eye infections," she says.

A study published in *Oncogene* concluded that curcumin (the active ingredient in turmeric) was a more potent anti-inflammatory agent than aspirin or

Herbs are not spices although the term spice is sometimes used to encompass them all. An herb is the leaf of a plant when used in cooking.

Spices can be buds, bark, roots,

berries, seeds or any other part of a plant, and are often dried.

~McCormick Science Institute

ibuprofen. Try adding a little turmeric and ground black pepper to soups, salads and sauces.

Black Pepper (*Piper nigrum*)



Used in India for 4,000 years, black pepper may be the most popular spice of our era. "Black pepper can increase the amount of nutrients

your body absorbs from other food and spices," says de la Forêt. A study published in *Plant Medica* concluded that subjects consuming a small amount (20 milligrams) of an extract of black pepper showed an increase of retained curcumin in their bodies. For maximum benefits, grind whole peppercorns directly onto food at mealtime.

Cinnamon (*Cinnamomum cassia* and *Cinnamomum verum*)



"One of cinnamon's super powers is that it may help regulate blood glucose in patients with Type 2 diabetes," Roy says. In a study published

in *Diabetic Medicine*, subjects taking two grams of cinnamon daily for 12 weeks exhibited much better blood sugar control. Roy suggests sprinkling it on oatmeal, apples, pumpkin pie and brownies. Roast chicken flavored with cinnamon and other spices is another treat.

Ginger (*Zingiber officinale*)



"Ginger is a rhizome people have traditionally used medicinally to help with digestive issues, including upset stomachs and nausea," says Karen

Kennedy, of Concord, Ohio, a horticulturist and educator at the Herb Society of America.

In a study published in the *World Journal of Gastroenterology*, research-

ers concluded that gastric emptying and relief was more rapid after subjects with frequent or severe stomach upsets ingested 1.2 grams of ginger.

Ginger is also linked to increased circulation and reduced inflammation. A study published in *Phytotherapy Research* noted that this spice also worked in alleviating migraines equal to the pharmaceutical sumatriptan (Imitrex). According to a study in the journal *Arthritis*, it's an effective tool in the battle against rheumatoid arthritis.

Ginger adds a zing of healthy flavor to hot teas and stir-fried veggies such as broccoli, green beans, carrots or mushrooms.

Paprika (*Capsicum annuum*)



A common spice added to Hungarian, Portuguese, Spanish, Turkish and Indian cuisine, paprika is rich in natural carotenoids (the orange

angey pigment in many plants with antioxidant power) and capsaicin, both of which may decrease mortality from chronic illnesses.

Another benefit of this capsaicin-containing spice is its ability to control appetite. In research published in the journal *Physiology and Behavior*, participants that consumed red pepper spice had a slightly higher core temperature and energy expenditure after a meal than the control group. The study further suggested that those that consumed capsaicin-containing spices like paprika ate fewer calories per day and had less interest in food.

"Paprika is a great salt alternative, too," says Roy. "Too often, people think they are craving salt, but they aren't. They are craving flavor, and paprika gives a nice kick to chili, salad, grilled cheese and so many other foods."

Amber Lanier Nagle is a freelance writer in Northwest Georgia (AmberNagle.com).

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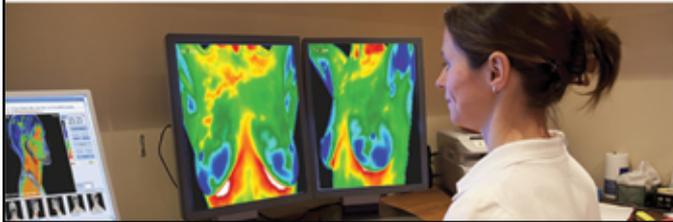
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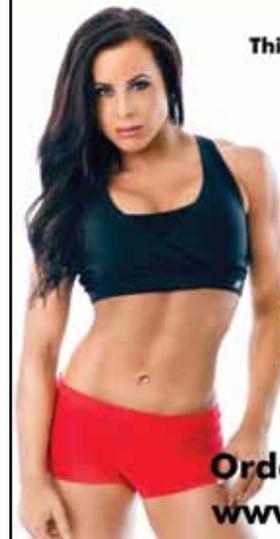
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FRUGAL FOODIE

Practical Uses for Aging Produce

by Judith Fertig

When Jacques Pépin was growing up in France during World War II, he watched his mother use every scrap of food to meet the family's needs, and then send him to live with a farmer in summer so her growing son could eat fresh from the farm. Today, the internationally renowned PBS-TV chef and cookbook author carries these sensibilities forward at his home and studio in Madison, Connecticut.

"In Europe, and certainly in France, healthy food is much more expensive," he says. "In America, a chef may have the person that washes dishes also prepare salads. With lettuce, he'll cut off the whole top, cut out the heart and throw out the rest."

U.S. restaurant kitchens mirror home kitchens, where the average family throws away a quarter of the food they buy, wasting an average of \$2,200 a year. These scraps mean wasted food and money at home, plus misspent resources to grow and transport the food. According to a report by the National Resource Defense Council, "Getting food to our tables eats up 10 percent of the total U.S. energy budget, uses 50 percent of U.S. land and swallows 80 percent of the fresh water consumed in the United States."

To save money and also live better, here are just some of many easy ways to use up every bit of fresh produce we buy.

Asparagus Ends

Self-described "frugal foodie" Diana Johnson, of Auburn, Washington, never lets asparagus ends go to waste. With the help of a blender, she turns them into a creamy asparagus soup—minus the cream—that her family loves (Tinyurl.com/AsparagusSoupTips).

Broccoli, Swiss Chard and Spinach Stems

Thrifty cooks know the magic of quick pickles. Recycle the brine from pickles and pack thinly cut stems of broccoli, Swiss chard and mature spinach into the jar until covered with the brine, then seal and refrigerate. In a few days, these quick pickles will be ready for snacking and sandwiches.

Carrot and Beet Tops

Very fine carrot tops can be used like parsley. With a food processor or high-speed blender, transform them into a favorite pesto or salsa verde recipe, suggests Registered Dietitian and nutritionist

Madeline Basler, of Long Island, New York. One of her go-to's is her Earth Day Carrot Top Pesto (Tinyurl.com/Carrot-TopPestoRecipe). Beet greens can be sautéed like spinach, in a little extra-virgin olive oil with garlic, as a veggie side.

Fruit Snippets

Stray grapes, a half-finished peach, overripe bananas, wrinkly berries and the core of a pineapple can all go in the freezer, and then into a smoothie.

Leftover Wine

Freeze what's left in the bottle in ice cube trays, suggests Anisha Jhaveri, a film writer and wine lover in New York City. It can add flavor to soups and stews, sauces and desserts like wine-poached pears.

Lemon Peels

The limonene in lemon peels is a natural cleaner and degreaser, says blogger Jill Nystul, of Salt Lake City, Utah. She makes her own Citrus Vinegar All-Purpose Cleanser by simply packing lemon peels in a jar and topping with vinegar. See how at Tinyurl.com/HomemadeCitrusCleaners.

Vegetable Peels and Trimmings

Instead of throwing out onion skins, carrot peels, celery leaves and tough leek stems, collect them in a freezer bag over time and store in the freezer. When enough has accumulated to fill a pot, make homemade vegetable stock, suggests Sonnet Lauberth, a certified holistic health coach, blogger and cookbook author in Seattle (InSonnetsKitchen.com/how-to-make-perfect-vegetable-stock-for).

At home, Pépin makes "fridge soup" once a week. "Whatever is left in the fridge—carrots, lettuce, a piece of leftover meat or whatever else I made the other day—goes into the soup," says Pépin. "We finish it with some vermicelli or polenta or good bread." A delicious meal, shared with family and friends, makes frugality festive.

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

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

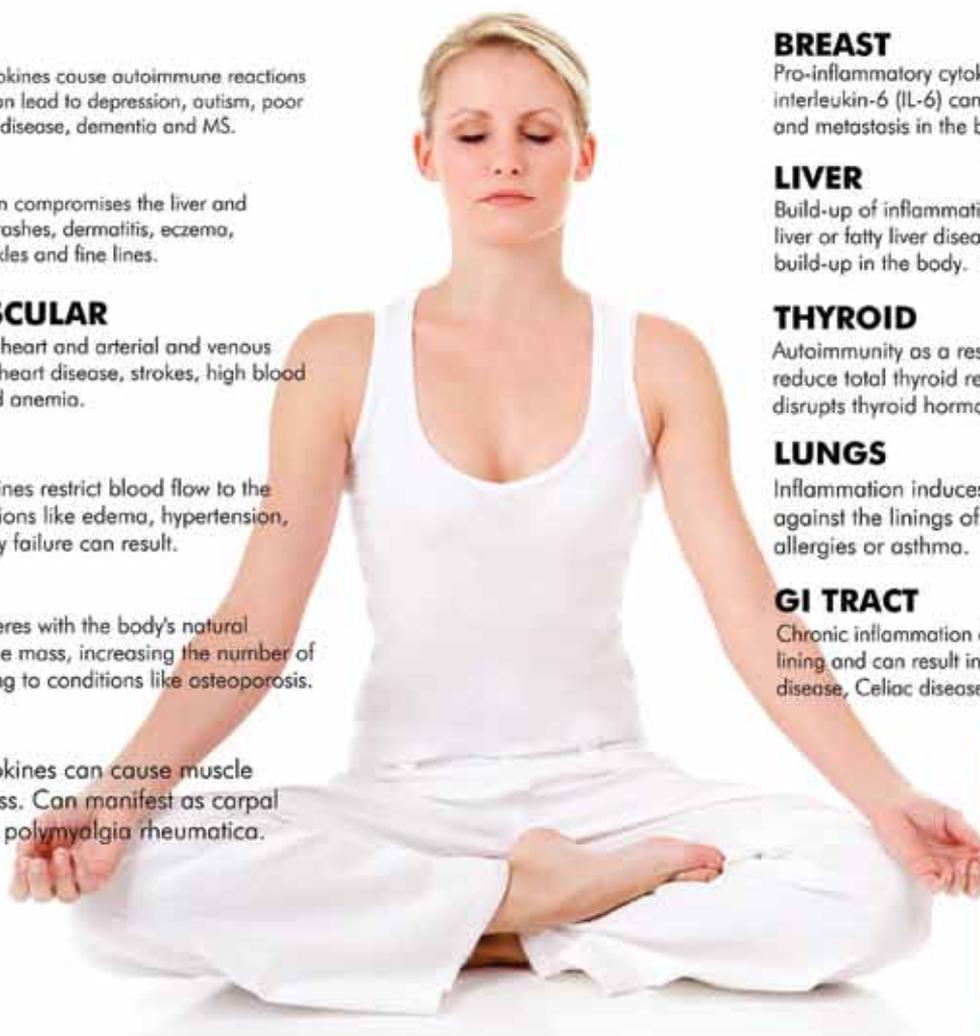
Autoimmunity as a result of inflammation can reduce total thyroid receptor count and disrupts thyroid hormone function.

LUNGS

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

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



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by Tamar Chansky

This is a family master plan for helping both children and adults resist negative thinking.

Step One: Empathize with a Child's Experience

While the desired outcome is to help a child embrace a different point of view of their situation, the first goal is not to come on too strong with an agenda of change. Instead, start from where they are, based on an expressed emotion. Reflect this with words, a hug or a gesture. Thoroughly accepting how a child feels doesn't necessarily imply agreeing or sharing the same view, but it does release them from having to show how bad they feel. So when a child says, "I feel like I'm in jail," resist the urge to say, "Are you crazy?" Rather than try to steer them off their course, go in the direction of their swerve to help direct them back to their best self.

The key is to normalize the experience without minimizing it. Exhibiting too much good cheer means they have no choice but to be grumpy to get their point across. Introduce the idea of choice: "Your thoughts are making you feel really bad. I wonder if there is something different we could do." Don't oppressively correct them with the right answer; it makes a child feel bad for being wrong.



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Step Two: Relabel

Instead of being led down a thorny patch lined with terrible impossibilities and accusations, we might steel ourselves to remain calm, get some distance or take our thoughts with a grain of salt. Relabeling begins with noticing a familiar ring to a child's thoughts and distress; like us, they can also learn to recognize when "Mr. Negative" appears. Then they're better prepared for discussion. As parents, when we learn to predict, "Yep, I knew my negative thinking was going to jump to that conclusion," we can decide to choose other interpretations.

Step Three: Specify What Went Wrong

Don't be tempted to try to solve the huge problem initially presented, such as, "I hate my life, everything is terrible, I can't do anything right." The goal is actually much smaller, so teach a child to shrink it by narrowing down from some global form to the specific offending thought or situation that needs to be addressed. With young children,



frame this approach as doing detective work to locate the source of the problem; with older children, explain that it's usually a triggering event that makes us feel really bad—the straw that broke the camel's back. It's key to helping them know what to do to feel better.

Step Four: Optimize and Rewire

When a child is thinking negatively, their thoughts stall, their strengths and resources lock up, and their energy, motivation and hopefulness are drained. Try different settings or perspectives on the specific problem the child has identified and choose the version or interpretation that works best for them, one that is the least damaging, most accurate and gets their system moving in a new direction.

Step Five: Mobilize to Be the Change

When we can't think our way out of a mood, we can move ourselves out of it. Like picking up the needle on a skipping record and putting it down elsewhere, doing something active

helps the brain engage in something enjoyable until our nervous system recovers. Thoughts, like a windup toy with its wheels against a wall, can keep spinning fruitlessly in place until manually turned in a new direction.

Redirecting differs from distracting ourself from negative thoughts. Distractions play hide-and-seek with negativity; eventually, it will find us again. The master plan in caring for a child calls for us to first dismantle the power of whatever perspective is bullying them, correctly value ideas and then focus on what matters most. Whether we're accepting or dismissing thoughts that suggest themselves, either way, we're the boss because thoughts have only the power we give them and we are equipped to let them float on by or to amend, correct or replace them.

Psychologist Tamar Chansky, Ph.D., is the founder and director of the Children's and Adult Center for OCD and Anxiety, in Plymouth Meeting, PA. Her many books include Freeing Your Child from Negative Thinking. For more information, visit TamarChansky.com.

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fit body

Fitness in 10 Minutes

A Full-Body Workout for Busy People

by Locke Hughes

When life makes a long workout impossible, a 10-minute, total-body fitness routine can be super-efficient and effective, if done right. To maximize results, strategically order the exercises to work different muscles each time, allowing one set of muscles to rest while working another. This is the basis for a 10-step workout that Franklin Antoian, an American Council on Exercise-certified personal trainer and founder of iBodyFit, created for SilverSneakers.

The steps can be part of a regular routine or done on their own three times a week every other day, gradually working up to five days a week. Needed equipment includes a chair, light dumbbells (or filled water bottles or food cans), a yoga block (or small soft ball or pillow) and a watch or timer.

Given extra time, warm up by walking in place for five minutes, and then perform each exercise in order for one minute, doing as many reps as possible. Try not to rest between exercises. If a full minute feels too challenging, start with 45 seconds of exercise and 15 seconds of rest.

1 ARM CIRCLES. Stand with feet hip-width apart.

Extend arms straight out to each side at shoulder height with palms facing down. Swing arms forward in a circular motion for 30 seconds, and then backward for 30 seconds. Keep shoulders down and back and elbows slightly bent.

2 SHOULDER SHRUG. Stand with feet hip-width apart. Hold dumbbells with arms down, palms facing inward. Slowly raise shoulders as if trying to touch the earlobes. Pause,

and then lower and repeat. Continue for one minute. Make it easier by doing slow and controlled reps without dumbbells.

3 WALL PUSHUPS. Stand at arm's length away from a wall with feet hip-width apart. Place palms shoulder-width apart on the wall. Bend elbows and lower the upper body toward the wall, keeping the core tight and straight. Pause, and then press back to the starting position and repeat.

Continue for one minute. Make it harder by taking a step back from the wall, pushing out from a kneeling position.



4 SEATED ADDUCTION. Sit in a chair with a yoga block between the knees. Press knees together to squeeze the device, pause for three seconds. Relax and repeat. Continue for one minute.

5 HIP EXTENSION. Start on hands and knees with palms flat on the floor, shoulder-width apart. Align the neck and back while looking down or slightly forward. With foot flexed and knee bent, slowly raise the right foot toward the ceiling until the thigh is parallel with the floor. Pause, and then lower. Continue for 30 seconds, and then repeat with the left leg. To make it easier, try it while standing, keeping the lifted leg straight, and hold the back of a chair for support.

6 BRIDGE. Lie face-up on the floor with knees bent and feet flat. Press heels firmly and raise hips to form a straight line from shoulders to knees. Pause for three seconds in this position, and then lower and repeat. Continue for one minute.

7 CLAMSHELL. Lie on the floor on the left side, with hips and knees bent 45 degrees, the right leg on top of the left, heels together. Keeping feet together, raise the top knee as high as possible without moving the pelvis or letting the bottom leg leave the floor. Pause, and then return to the starting position. Continue for 30 seconds; switch sides and repeat.

8 SEATED KNEE RAISE. Sit at the front of the chair with knees bent and feet flat, holding onto the sides for balance. Keeping the knee bent, lift the right leg about six inches off the floor. Pause for three seconds, and then lower and repeat with the left leg. Continue alternating for one minute.

9 BICEPS CURL. Stand with feet hip-width apart. Hold dumbbells with arms at each side, palms facing forward. Keeping the upper arms still, bend both elbows to bring the dumbbells as close to the shoulders as possible. Pause, and then slowly lower and repeat. Each time arms return to the starting position, completely straighten them. Continue for one minute. Make it easier with slow and controlled reps without using dumbbells.

10 TRICEPS EXTENSION. Stand with feet hip-width apart. Hold the end of one dumbbell with both hands. Position arms so elbows are pointing up, with upper arms by the ears and the dumbbell behind the head. The neck is aligned with the back; with shoulders down and back. Keeping upper arms still, straighten the elbows until the dumbbell is overhead. Pause, and then slowly lower and repeat. Continue for one minute. Make it easier by sitting in a chair.

Locke Hughes, of Atlanta, GA, contributes content to SilverSneakers, a community fitness program that helps older adults maintain a healthy lifestyle and improve well-being. Learn more at SilverSneakers.com.

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- Franklin Carter, Jennings, LA

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Sprouts for Pets

Crunchy Nutrition Animals Will Love

by Sandra Murphy

Despite their small size, sprouts pack a nutritional wallop with vitamins, minerals, amino acids, enzymes, antioxidants and protein. Dogs, birds, horses and even cats enjoy the crunch, as well as the health benefits.

Cats

Notorious for being picky eaters, cats might balk at sprouts being added to their regular diet. Rather than upsetting the status quo, grow sprouts like alfalfa or barley on a handy windowsill for grazing. “My cats prefer self-serve,” observes veterinarian Carol Osborne, owner of the Chagrin Falls Veterinary Center & Pet Clinic, in Ohio. “Now they leave my house plants alone.” Both cats and dogs may show improved gastric intestinal health as a result.

Dogs

Dogs are more accepting of new content in their food bowl. “Add just a few sprouts so a dog gets used to the slightly bitter taste. Once acclimated, one-eighth to one-quarter cup daily

per 20 pounds of the pet’s weight is the rule of thumb,” says Osborne.

She counsels against serving Fido onion, garlic, corn or mushroom sprouts. Peas, sunflowers, radishes, alfalfa and clover are suggested; they are all tasty and easy to grow.

Birds

“We encourage people to make their own sprouts. It’s easy to get quality seeds for legumes or grains from Whole Foods, BobsRedMill.com or Nuts.com,” says Ann Brooks, president of the all-volunteer Phoenix Landing Foundation, in Asheville, North Carolina. They provide educational activities and facilitate adoption of birds, from parakeets to macaws. Sprouts from the store can be risky, because of bacteria, she cautions. “If not growing your own, the only one I recommend is the



organic crunchy mix from *SunnyCreek-Farm.com*. Be sure to get the freshest date possible."

"One of my favorite sprouts is mung beans, because they appear in two days or less. Birds like the crunch," says Brooks. "Sprouts are safe to leave in the cage all day because they are live foods."

Horses

When adding sprouts to a horse's regular diet, it's important to balance the intake. "A lot of barns feed forage three times a day. I know of a couple that feed one meal of sprouts and the other two of hay," says Clair Thunes, Ph.D., a consulting equine nutritionist with Summit Equine Nutrition in

Sacramento, California. "Several companies sell systems for large-scale growing." The sprouts grow with matted roots in what is called a biscuit, weighing about 18 pounds. Difficult to mix with other feed, the biscuits are fed separately, roots and all.

Instead of sprouting one kind of seed per jar, consider creating a mix.

"Because of sporadic drought conditions, the idea of growing your own fodder became more popular, thinking it might make forage supply more dependable and possibly cheaper after initial startup costs," Thunes explains. "Owners have a sense of control over what the horse eats, there's less reliance on a supplier and the seeds are less expensive than hay. Due to moisture and nutritional differences, you can't swap sprouts and hay pound for pound. It's best to consult a veterinarian or nutritionist." Sprouts contain a lot of moisture and have an inverted calcium phosphorus ratio that has to be accounted for she says.

Horses enjoy barley, sunflower and flax sprouts for variety. The high moisture content may help reduce the risk of intestinal impaction and resulting colic.

Good for All

"Sprouts are a healthy form of nutrition and a hip way for both pets and people to enjoy greens," says Osborne. "They're a great go-to powerhouse of nutrition, often more nutritious than the adult plant."

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



Sprouting Tips

- ✓ Always use organic seeds. *SproutHouse.com* and *Rareseeds.com* are additional sources.
- ✓ Seeds sprout in water or soil. Avoid direct sunlight.
- ✓ Practice good hygiene to avoid bacteria. Rinse seeds several times a day to prevent mold. Once the sprouts show a bit of green, dry them to remove excess moisture before refrigerating.
- ✓ Refrigerate for up to a week for peak freshness, but no longer.
- ✓ Use a mix of seeds or one kind at a time. Discard any seeds that don't sprout with the rest.
- ✓ Sunflower seeds produce a particularly high volume of sprouts.

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Copper

Ancient healing element stops a cold before it starts



New research shows you can stop a cold in its tracks if you take one simple step with a new device when you first feel a cold coming on.



New research: Copper stops colds if used early.

Colds start when cold viruses get in your nose. Viruses multiply fast. If you don't stop them early, they spread in your airways and cause misery.

But scientists have found a quick way to stop a virus. Touch it with copper. Researchers at labs and universities worldwide agree — copper is “antimicrobial.” It kills microbes, such as viruses and bacteria, just by touch.

Four thousand years ago ancient Greeks and Egyptians used copper to purify water and heal wounds. Now we know why it worked so well.

Researchers say a tiny electric charge in microbe cells gets short-circuited by the high conductance of copper. This destroys the cell in seconds.

Tests by the Environmental Protection Agency (EPA) show germs die fast on copper. So some hospitals switched to copper touch surfaces, like faucets and doorknobs. This cut the spread of MRSA and other illnesses by over half, and saved lives.

The strong scientific evidence gave inventor Doug Cornell an idea. When he felt a cold coming on he fashioned a smooth copper probe and rubbed it

gently in his nose for 60 seconds.

“It worked!” he exclaimed. “The cold went away completely.” It worked again every time he felt a cold coming on. He has never had a cold since.

He asked relatives and friends to try it. They said it worked for them, too. So he patented CopperZap™ and put it on the market.

Soon hundreds of people had tried it and given feedback. Nearly 100 percent said the copper stops their colds if used within 3 hours of the first sign. Even up to 2 days after the first sign, if they still get the cold it is milder and they feel better.

Users wrote things like, “It stopped my cold right away,” and “Is it supposed to work that fast?”

Pat McAllister, age 70, received one as a gift and called it “one of the best presents ever. This little jewel really works.”

People often use CopperZap for prevention, before cold signs appear. Karen Gauci, who flies often for her job, used to get colds after crowded flights. Though skeptical, she tried it several times a day on travel days for 2 months. “Sixteen flights and not a sniffle!” she exclaimed.

Businesswoman Rosaleen says when people are sick around her she uses CopperZap morning and night. “It saved me last holidays,” she said. “The kids had colds going around and around, but not me.”

Some users say it also helps with sinuses. Attorney Donna Blight had

a 2-day sinus headache. When her CopperZap arrived, she tried it. “I am shocked! My head cleared, no more headache, no more congestion.”

Some users say copper stops nighttime stuffiness if they use it just before bed. One man said, “Best sleep I’ve had in years.”

Users also report success in stopping cold sores when used at the first sign of a tingle in the lip. One woman said, “I tried every product on the market over 20 years. Some helped a little, but this stopped it from happening in the first place.”

The handle is sculptured to fit the hand and finely textured to improve contact. Tests show it kills harmful microbes on the fingers to help prevent the spread of illness.



Sinus trouble, stuffiness, cold sores.

Copper may even help stop flu if used early and for several days. In a lab test, scientists placed 25 million live flu viruses on a CopperZap. No viruses were found alive soon after.

The EPA says the natural color change of copper does not reduce its ability to kill germs.

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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.



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inspiration

Reclaim Your Magic

Make Your World Wondrous Again

by Paige Leigh Reist

We are all born with magic, but somewhere along the way, life tends to stomp it out of us. When we are living in our magic, we become curious, passionate and energetic. We thrive. Here are five ways to begin to reclaim our own special vibrancy.

1 LIVE WITH EARTH'S CYCLES

Our planet teaches by example how to live in harmony with the seasons. Rest in the winter, awake to new beginnings in spring and rejoice in summer's bounty. Give extra thanks in autumn. Live by and with the land, and watch how goodness magically blooms into being.

2 EXERCISE INTUITION

Trusting in our intuition is generally discouraged from a young age. We're taught to ignore it in favor of logic, following social scripts and displaying expected behaviors. We're told whom to look to for answers, definitions of right and wrong and true and false, and that grown-ups always know best.

A powerful way to counteract this conditioning is to come to trust ourselves. Intuition is like a muscle—the more we use it, the more powerful it becomes. The spiritual “still small voice” won't lead us astray.

3 COMMUNE

Speaking our truth is transformative. To be heard, validated and supported is

a powerful catalyst of personal growth and supports self-worth. Whenever possible, make time to meet with kindred spirits and share personal stories, wisdom and struggles around the proverbial fire.

4 CELEBRATE

Spend time thinking about what it is that comprises the essence of oneself and celebrate it—that is where magic lives.

Often, the qualities that carry our magic may have been put down. Sensitivity can be considered weakness. Determination might be termed stubbornness. But if we unabashedly love and celebrate these qualities in ourself, we begin to re-conceptualize them as sources of strength and power, and magic seeps through.

5 STOP ACCEPTING THE MUNDANE

Let go of anything that does more to limit rather than propel progress. Review media habits, relationships, jobs and character traits, and be ruthless in pruning what needs to go.

Try to interact only with people, activities and things that produce glowing feelings of inspiration, fulfillment and buzzing vitality. Assess habits honestly and choose meaningful substance over comfort, ease and familiarity.

Paige Leigh Reist is a writer from Calgary, Alberta, Canada, who blogs at TheWholesomeHandbook.com.

calendar of events

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

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

Saturday March 3

Body Talk Girls –10am-12pm & Monday March 12 – 6-8pm. A class that covers the basics of puberty. Topics include the five stages of development, good hygiene habits, feelings, emotions and an explanation of the menstrual cycle. \$30/parent and child. Woman's Foundation Classroom, 4630 Ambassador Caffery Pkwy, Lafayette.

You are Your Own Doctor – 3-5pm. Dr. Dan Liu, a retired medical doctor and acupuncturist presents Chinese natural practices and applications for well being. Learn a home remedy for the flu and an exercise to prevent Alzheimer's disease. Bring a yoga mat, pen, and paper for notes. \$10. NUNU Arts and Culture Collective, 1510 Bayou Courtableau Hwy, Arnaudville. Register at NunuCollective@gmail.com.

Sunday March 4

Zydeco Marathon –7am-2pm. Run the full, half marathon or relay to raise funds for babies undergoing treatment. An expo 10am-8pm at the Blackham Coliseum and the finish line festival at Parc International with live music, food and drinks end the day. Lafayette General Foundation's NICU Rocks Program. Laurie Fontenot. 100 Jefferson St, Downtown Lafayette. 337-233-1010. Register at ZydecoMarathon.com.

Victory Festival –12 -6pm. Celebrate the Victory Garden Pavilion groundbreaking with an art show and silent auction, food trucks, kids' activities, beer and bands. Free. Kelly Russo. Town Folk Gallery 333 Monroe St and Second St, Lafayette. VictoryFestival@gmail.com.

Jazz Night Opelousas – 6 -10pm & March 18. Louisiana-style jazz with popular jazz musicians from around the state. Enjoy hors-d'oeuvres and drinks. Arpeggios Lounge & Event Center, 204 N Main St, Opelousas.

Monday March 5

Body Talk Boys –6-8pm & Monday March 19. A class that covers the basics of puberty. Topics include the five stages of development, good hygiene habits, feelings and emotions. \$30/parent and child. Woman's Foundation Classroom, 4630 Ambassador Caffery Pkwy, Lafayette.

Thursday March 8

Targil's Culinary Classes –5:30pm. Chef Randy David teaches deboning a chicken with a cooking demonstration to include ideas of stuffing, seasonings and food safety. Enjoy samples of featured dishes, and recipes to take home. Targil Seasoning & Butcher Supplies, 229 Wartell Ave, Opelousas. 337-942-6276.

Riverdance –7:30pm. The 20th Anniversary World Tour of Irish dance and music composed by Bill Whelan, produced by Moya Doherty and directed by John McColgan. \$47.50-\$62.50. Heymann Performing Arts Center, 1373 S College Rd, Lafayette. 888-512-2929.

Friday March 9

Demitasse Short Story Club – 3-4pm. A gathering of readers exploring the work of Louisiana writers. March reading, "The Way of a Man," by Shirley Ann Grau. NUNU Arts and Culture Collective, 1510 Bayou Courtableau Hwy, Arnaudville. Register at NunuCollective@gmail.com.

Saturday March 10

Family Adventure Fun Day –8am-5pm. A day filled with adventure throughout Lafayette. \$75family registration includes an Adventure Day Map, four Adventure Day t-shirts, and a goodie bag filled with items and discount coupons. Benefits Healing House. 337-234-0443. HealingHouse.org.

Come Lord Jesus Conference – 9am-2pm."Living the Spiritual Childhood of Jesus" presented by Father Samuel Fontana. Bishop Douglas Deshotel will celebrate Mass and deliver the homily. St. Pius X Catholic Church, 201 E Bayou Pkwy, Lafayette.

Cajun Comic Relief XXVI – 5pm. A lively performance of Cajun music and comedy. Benefit the Down Syndrome Association of Acadiana. Heymann Performing Arts Center, 1373 S College Rd, Lafayette.

Sunday March 11

Bringing Amédé Home – 4pm. Celebrate Amédé Ardoin's (1898-1942) musical contributions through a Bal du Dimanche après-midi

(Sunday afternoon house dance), a candle lit remembrance vigil and an unveiling of a public memorial, a steel forged statue in honor of this Louisiana accordionist. St. Landry Parish Visitors Center, 978 Kennerson Rd, Opelousas.

Monday March 12

Crowley Community Street Corner Prayer – 5:30- 6:30pm. PUSH-Pray until something happens, every 2nd Monday of the month all year. Councilwoman Proctor, Councilman Martin, Rev. Joseph, Ministerial Alliance - West Crowley Advisor Committee. Greater Love Family Worship Center, N Ave E and W 10th St, Crowley.

Friday March 16

8th Annual Hearty Party – 6-10pm. Party hearty with food, music, family friendly activities and auction items. Benefits Camp Bon Coeur for children with heart defects. Susannah Craig. Susannah@Heartcamp.com. Vermilionville Performance Center, 300 Fisher Rd, Lafayette. 337-233-8437.

Celtic Bayou Festival 2018 –6pm.Thru Saturday 12pm March 17. Celebrate Celtic heritage and culture with authentic music, dance, history, language and art that is native to Ireland, Scotland, Wales and Brittany. \$10 & \$15/day or \$20/wk end admission. Warehouse 535, 535 Garfield St, Lafayette.

Saturday March 17

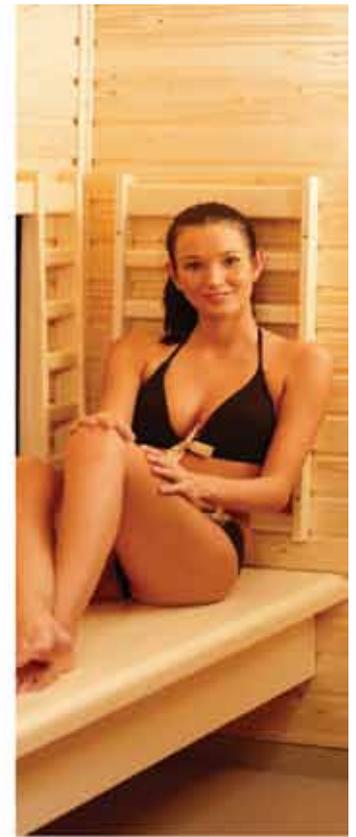
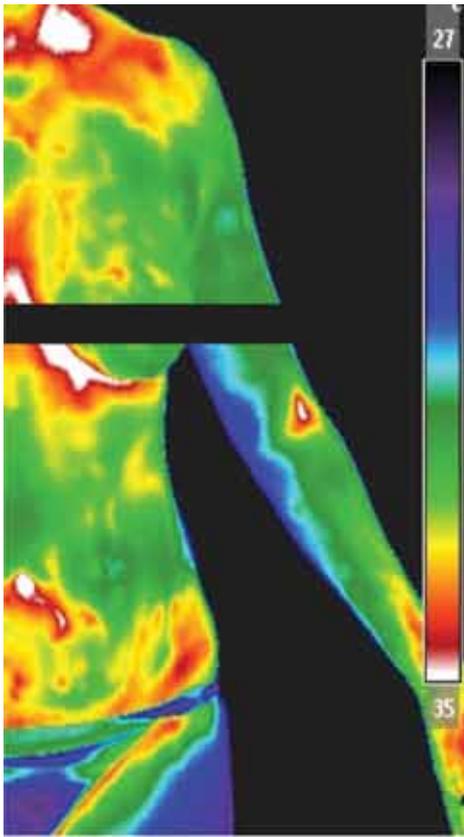
2nd S.O.S. Walkathon – 9:30-11:30am. Walk the Parc to Support Our Seniors with a 5K run, blood drive, bake sale, raffle ticket sale, a Po-boy sale, family friendly activities for children and live music. Parc Hardy, 1290 Rees St, Breaux Bridge.

Sunday March 18

Drum Circle – 3-4pm. Self-expression with percussion instruments. Claire Hernandez leads the group in shared rhythm and invites participants to experience a collective voice. NUNU Arts and Culture Collective, 1510 Bayou Courtableau Hwy, Arnaudville.

Thursday March 22

Vermilion Voyage – 8am-6pm. Thru Sunday 8am-12pm March 25. A three-day overnight paddle down the Bayou Vermilion from the Acadiana Park Nature Station to Palmetto Island State Park. \$300 registration includes paddle craft, life jacket, guide, shuttle service, insurance, breakfast, lunch and dinner with beverages along with evening entertainment. Jesse Guidry or Greg Guidroz. Lafayette Parish Bayou Vermilion District, 300 Fisher Rd, Lafayette. 337-769-3816 or 337-233-4077 ext 215.



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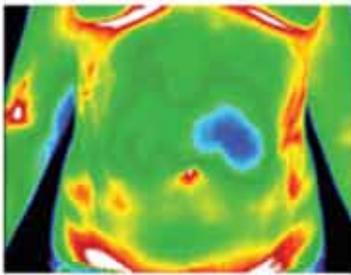
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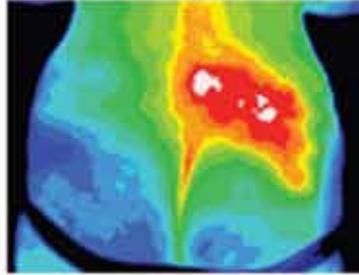
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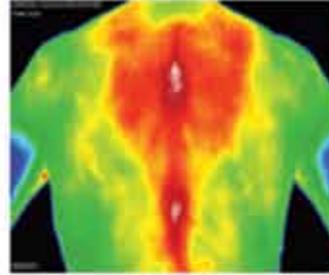
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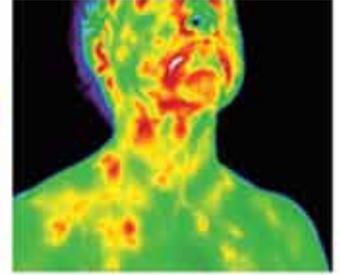
Hypothermia in the Stomach



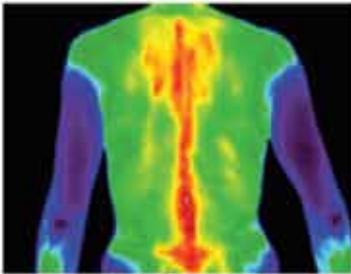
Shingles



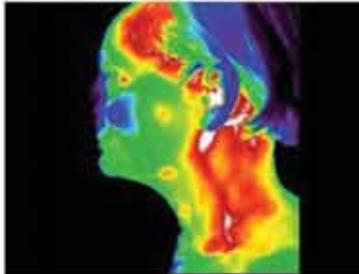
Lung Cancer



Periodontal Disease



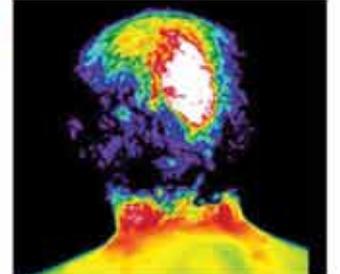
Spinal Inflammation



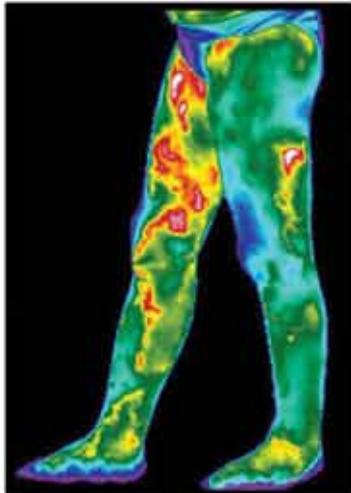
Carotid Artery Inflammation



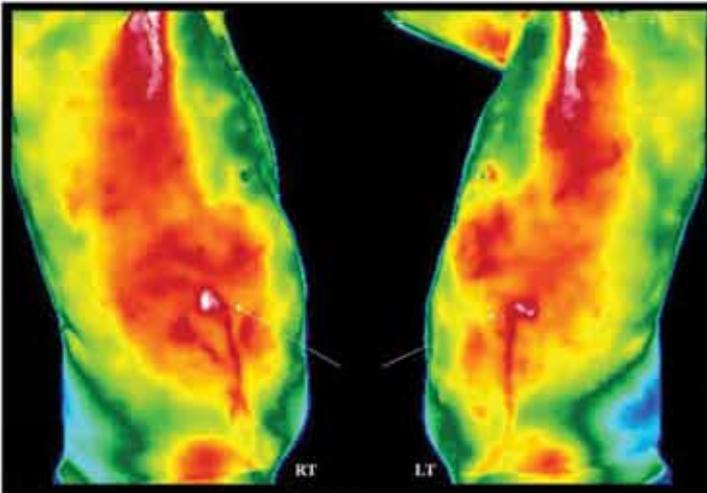
Poor Circulation Left 4th & 5th Finger



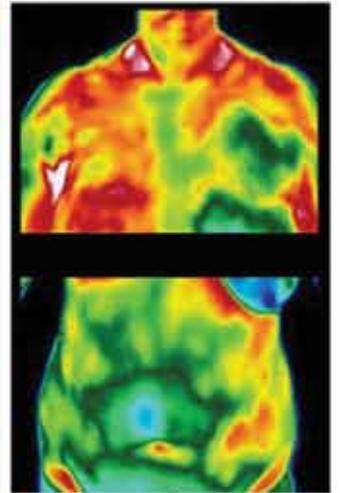
Melanoma-Scalp Cancer



Varicose Veins



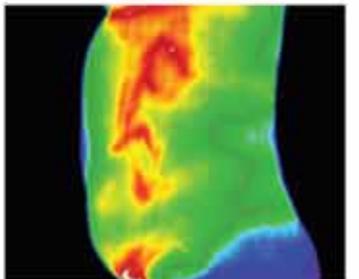
Bilateral Kidney Stones



Breast Cancer



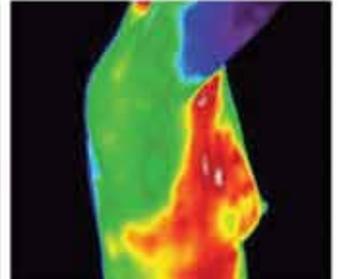
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



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