

FREE

HEALTHY LIVING HEALTHY PLANET

natural awakenings



SPECIAL EDITION

Women's Wellness

Toxic
Legacy
Breast Implant
Warriors Unite

Vision
Quest
Eat a Rainbow
of Color for
Healthy Eyes

Her Soul
in Bloom
Self-Care for All
Stages of Life

Plant
Smarts
Communication
in the Silent
Kingdom

Health Fair

Health Screenings

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FULL-Body Head to Toe
Screening

\$94

Labwork

Liver & Kidney
Bloodwork

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Vision

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Screening

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Screening

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Saliva Swab
Screening

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Labwork

Protein, Bilirubin, Leukocytes, Blood, SG
Urine Screening

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Body Composition

% Body Fat, BMI, Muscle, Visceral Fat
Screening

\$22

OFFICE Visit

Educational Purposes Only
Results

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Inflammation

Thermography Image Reading
Screening

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Breast Cancer

Thermography Image Reading
Screening

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Thermography Image Reading
Screening

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Regular Price ~~\$565.00~~

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Partners in Healthcare

Expo and Conference



FRIDAY **June 7th** 4PM - 8PM

SATURDAY **June 8th** 8AM - 6PM

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Use this to reduce PAIN and INFLAMMATION

Pain & Inflammation Enzyme

Chronic pain and inflammation can make even the simplest everyday tasks a challenge. If you suffer chronic pain from a serious health condition or inflammation from over-exertion



and physical exhaustion, Liteon Natural's Pain and Inflammation Enzyme Blend can help. This unique anti-inflammatory and pain relief formula will strengthen your body's natural response to pain and inflammation. This supplement packs the power of natural

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HEALTH BENEFITS

- Helps reduce infections
- Can help reduce cancer
- Alkalizes the body
- All natural

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

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

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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



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 joint-

ing 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

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HEALTH BENEFITS

- Helps LOSE WEIGHT QUICKLY
- Can help reduce body fat
- May reduce appetite
- All natural

.....\$45.00

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



Mood Enhancer

Mood Enhancer is the perfect supplement to help with anxiety, stress, and depression. It works to maintain a healthy memory and sharp mind. It combines guaranteed-potency “smart herbs” ginkgo biloba and gotu kola, along with the brain-boosting omega-3 nutrition of DHA, the phospholipid nourishment of phosphatidylserine and phosphatidylcholine, the antioxidant protection of alpha lipoic acid and natural vitamin E, and more.....\$30.00



WheTea Ab Fat Burner



WheTea is an organic blend of wheatgrass and green tea. With natural EGCG antioxidants from green and white teas. EGCG has been shown to be 100 times more powerful than vitamin C and 25 times more powerful than vitamin E. WheTea also contains 130 percent of the daily value for vitamin C and a variety of catechin polyphenols and flavonoids. If you are looking for a potent pure tea for weight loss, you'll love WheTea.\$20.00

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



Garcinia Cambogia



Garcinia Cambogia is a natural fat-buster because of the unique properties of a compound known as hydroxycitric acid (HCA) found in the rind of the fruit. HCA blocks the activity of liver enzymes that convert sugar and carbs into fat, making their calories available as glycogen to fuel your muscles when you exercise. Garcinia cambogia also helps address stress-related appetite issues by supporting healthy serotonin and cortisol levels.\$35.00



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publisher's letter



This month, we are using the month of May to spark a conversation about women's wellness. Women play such an important role in our community and in our homes that we feel it's essential to take this time to recognize the presence and health of all women. Mental, physical, and spiritual health are all aspects of a woman's health that need constant attention. However, with the hustle and bustle of daily life, the special women in our lives – our mothers, sisters, daughters, cousins, and aunts – often neglect all three forms of their health. Continue reading and we will give you ideas of how you can support the women in your life and help them maintain their health.

Mentally, women can deal with extreme amounts of stress and anxiety that can negatively affect them. This month is a time for all of us to remind the beloved women in our lives that they don't have to struggle with mental stress and health issues alone. Support the women in your life. We should let the women in our lives know that we are here for them in good and bad times. By reminding the special women in our lives that we love them, they can begin to see the positive effects of what they already do, and recognize the amazing impact they make on their family and community. This self-appreciation created by family and friends sharing their thoughts and feelings is therapeutic.

When we think of spiritual health, we know that a faithful woman has the opportunity to be one of the greatest influencers on earth. The striking beauty of her spirit may win the spirit and energy of every person she comes in contact with. Her adherence to God's design in her ability to create life makes humanity possible. Her faith in and knowledge of God's word can spill over into her spheres of ministry and her ability to create love in her home, workplace, and throughout her community.

Everyone can at least describe one woman in their life that inspires them because of her physical strength and health. By her basic design, women were created to endure the most extreme pain and conditions as they give birth and create families and the next generations to come. This design makes a woman the person who nurtures, protects, teaches, and guides us in our daily lives. Women play such an amazing part in the world as family caretakers, teachers, administrators, religious leaders, health professionals, and more.

We also celebrate Mothers Day this month, and it's important to show the special women in our lives that it's okay to pause, breathe, and be acknowledged for the amazing people they are. Start a conversation with an amazing woman in your life. Remind her she is loved and appreciated for her mind, body, and spirit.

For more information and tips about women's health, please join us on June 7 and 8 at the Partners in Healthcare Conference and Expo at the DoubleTree by Hilton, Lafayette, LA.

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

Lillyanna & Lydia



Natural Awakenings Acadiana Edition

HEALTHY LIVING HEALTHY PLANET

natural
awakenings

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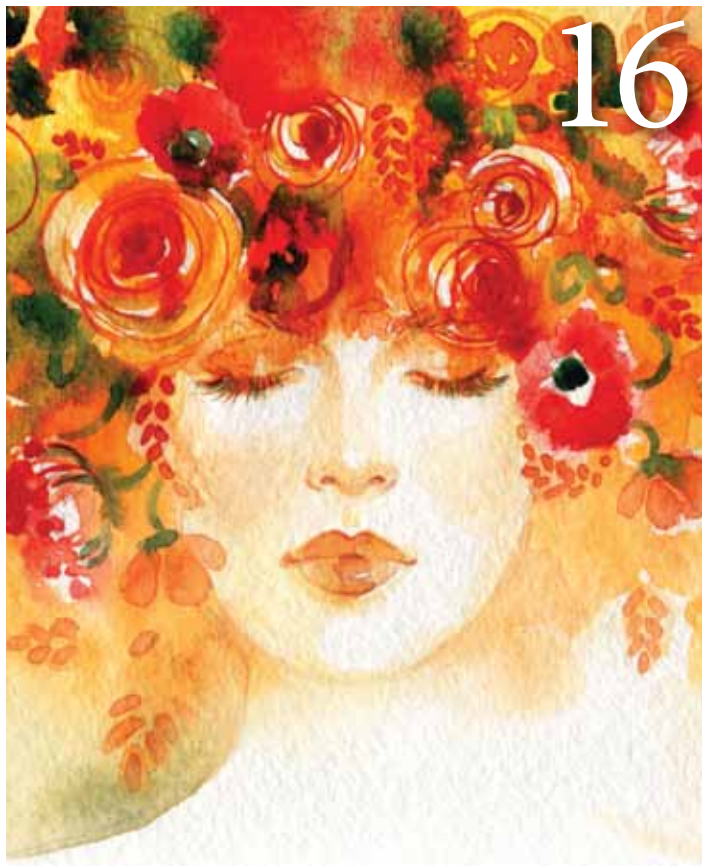
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Natural Awakenings is printed on recycled newspaper with soy-based ink.

Natural Awakenings is a family of more than 70 healthy living magazines celebrating 25 years of providing the communities we serve with the tools and resources we all need to lead healthier lives on a healthy planet.

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HUMANA Sponsors Partners in Healthcare Conference & Expo



Humana, one of Louisiana's largest Medicare health benefits companies, is pleased to sponsor this year's Partners in Healthcare Conference in Acadiana. Humana will have a booth at the 2019 conference with information on Medicare Advantage and Medicare Supplement plans available throughout the year in Southwest Louisiana. Humana also has a neighborhood location at Crossroads South, 4422 Ambassador Caffery Parkway, in Lafayette, that's open to Humana health plan members and the community 9 a.m. to 5 p.m. Monday through Friday. The Humana Lafayette neighborhood center offers a variety of free health and wellness activities, classes and programs for members and the public, and there are licensed Humana agents to assist with health insurance questions and concerns.

Location: 4422 Ambassador Caffery Parkway, Lafayette. For more information, call 337-541-6320 or visit www.humana.com.

National Cervical Cancer Coalition



The National Cervical Cancer Coalition (NCCC) works to educate people community by community and volunteers are at the heart of that effort. Their volunteer local chapter leaders—many

of whom are cervical cancer survivors—are passionate about seeking out opportunities to educate people through health fairs, awareness walk/runs, and education and fundraising events. These individuals have demonstrated a true passion to help others and as a result, thousands of people across this country have benefitted from their efforts.

Lafayette, Louisiana chapter leader Denise Linton has this message, "Cervical cancer is one of the few preventable cancers. As a chapter leader who is a healthcare provider and educator, I have the opportunity to increase awareness about cervical cancer prevention strategies. The prevention strategies include cervical cancer vaccines, Pap testing with and without cotesting, and the follow up of abnormal results."

For more information visit www.nccc-online.org

Hand Up Thrift at the Partners in Healthcare Conference and Expo



In 2007 Joy Miguez and Jo Lynn Moncrief formed Share Care USA, a company dedicated to personalized care helping individuals with independence, dignity and the opportunity to be part of a functioning society. In 2010, they wanted to further support those with disabilities and opened a thrift store called Hand Up Thrift, HUT for short. One of their thoughts behind the creation of the HUT was to allow Share Care USA clients, who are unable to gain employment in just any community setting, job opportunities with a supportive, inclusive work environment.

The HUT is very proud to be an employer who gives back and helps others to succeed. They believe when you help people from diverse backgrounds you set a good example for others in the company and in the community. For more information, visit their booth and attend their presentation at the Partners in Healthcare Conference June 7th and 8th at the Doubletree by Hilton Lafayette. Attendees will gain insight into their services, mission, and information on programs offered, long term care and private pay insurance.

Location: 105 Leonie St., Lafayette. For more information call (337) 704-4444 or visit www.handupthrift.com

Summit Behavioral Services

Channing Langlins started Summit to bridge the gap in the resources and behavioral intervention and training services that are available in our community. Her mission is to provide high-quality, individualized, and effective Applied Behavior Analysis services for lasting behavior change. At Summit, the services are designed to fit the need of all individuals and groups served, regardless of age or diagnosis.



Attendees of the upcoming Partners in Healthcare Conference June 7-8th at the Doubletree by Hilton can visit the Summit Behavioral Services booth or attend their informative presentation to learn more about the field of Applied Behavior Analysis and how Summit Behavioral Services could benefit your family or organization. The conference is free and open to the public.

For more information, call 337-255-0950 or visit www.summitbehavioralservices.com

anxiety



Anxiety is a normal and often healthy emotion. However, when a person regularly feels disproportionate levels of anxiety, it might become a medical disorder. Anxiety disorders form a category of mental health diagnoses that lead to excessive nervousness, fear, apprehension, and worry.

The American Psychological Association (APA) defines anxiety as “an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure.”

When an individual faces potentially harmful or worrying triggers, feelings of anxiety are not only normal but necessary for survival. Since the earliest days of humanity, the approach of predators and incoming danger sets off alarms in the body and allows evasive action. These alarms become noticeable in the form of a raised heart-beat, sweating, and increased sensitivity to surroundings. The danger causes a rush of adrenalin, a hormone and chemical messenger in the brain, which in turn triggers these anxious reactions in a process called the “fight-or-flight” response. This prepares humans to physically confront or flee any potential threats to safety.

Controlling ANXIETY naturally

herbs, nutritional supplements, diet

Mood Enhancer

Mood Enhancer is the perfect supplement to help with anxiety, stress, and depression. It works to maintain a healthy memory and sharp mind. It combines guaranteed-potency “smart herbs” ginkgo biloba and gotu kola, along with the brain-boosting omega-3 nutrition of DHA, the phospholipid nourishment of phosphatidylserine and phosphatidylcholine, the antioxidant protection of alpha lipoic acid and natural vitamin E, and more.



Wheatgrass Capsules

Wheatgrass is high in all B-complex vitamins which are great stress-relievers, especially B6, B12 and folate.



Enhances digestion: Wheatgrass contains lots of fiber and vitamins which improve the function of muscles in the digestive system. Destressing agent: The vitamin content present in wheatgrass boosts the adrenal system prevents iron deficiency and helps achieve a better condition of mental health and overcome anxiety.

pH 9.5 Drops

The pH of our brain is carefully regulated. A large increase or decrease in brain acidity can seriously disrupt brain functioning. Studies indicates that pH can sometimes rise and fall in synapses, the points of communication between individual neurons in the brain. Some synapses include specialized proteins that “sense” acidity. These proteins (called “acid-sensing ion channels”, or ASICs) stimulate neurons when increased acid is detected. Brain pH changes are a crucial part of the mechanism of many fear behaviors. At present, no available medications affect the responses of acid-sensing ion channels in the brain. pH 9.5 Drops is a nutritional supplement that naturally controls pH.



\$49

**VITAMIN TEST
SCREENING**

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Dancing Prevents Senior Decline

Japanese researchers interviewed 1,003 Tokyo women over 70 years old about which of 16 types of exercise they did, including dancing, calisthenics, jogging, golf, ball games, hiking, yoga, bicycling and tai chi. In eight years of follow-up, those that danced were 73 percent less likely to be classified as impaired in any of the “activities of daily living” such as walking, cooking, dressing and bathing—a result not produced by the other physical activities. “Dancing requires not only balance, strength and endurance ability, but also cognitive ability: adaptability and concentration to move according to the music and partner; artistry for graceful and fluid motion; and memory for choreography,” writes lead author Yosuke Osuka, of the Tokyo Metropolitan Institute of Gerontology.



U.S. Heart Disease on the Rise

Forty-eight percent of American adults have some form of cardiovascular disease, reported the American Heart Association (AHA) in its annual update. The increase is partly due to 2017 updated guidelines redefining high blood pressure as greater than 130/80 millimeters of mercury rather than 140/90, which raised the number of Americans with diagnosed hypertension from 32 percent to 46 percent. Ameri-

can heart disease deaths rose from 836,546 in 2015 to 840,678 in 2016. Studies show that about 80 percent of all cardiovascular disease can be prevented by controlling high blood pressure, diabetes and high cholesterol, along with healthy practices like not smoking, says the AHA.

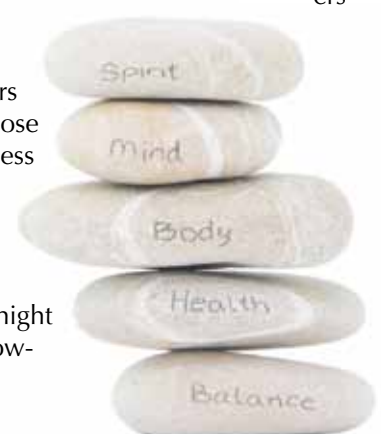
Fruits and Veggies Boost Moods

Simply changing a diet to include more fruit and vegetables can boost mental well-being, say British researchers from Leeds and York universities. Examining health data of 40,000 people, they concluded those that eat more produce have a better psychological state, and that eating just one extra portion of fruits and vegetables a day could have a positive effect equivalent to around eight extra days of walking a month for at least 10 minutes at a time. A meta-analysis of 16 studies by the UK's University of Manchester found the mood-boosting effect was particularly strong for women, and it worked with different types of diets, indicating a particular approach is not necessary. When dietary changes were combined with exercise, even greater improvements resulted.



Mindfulness May Ease Menopausal Symptoms

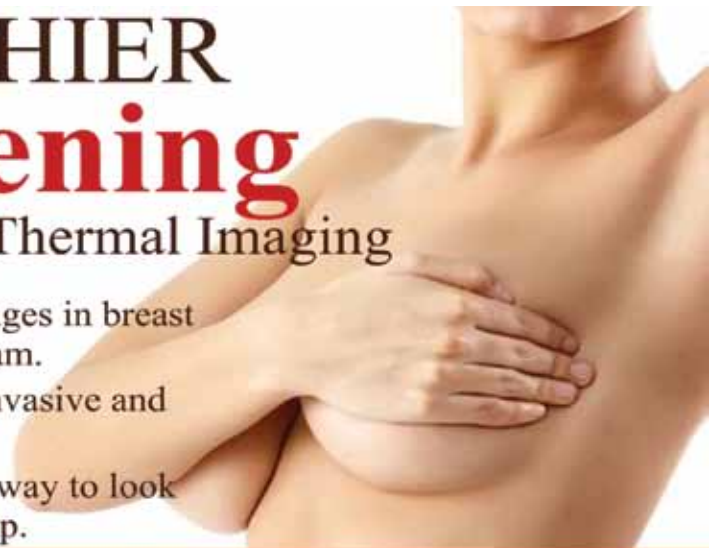
Women in menopause that are mindful and nonjudgmental of their thoughts are less irritable, anxious and depressed, reports a Mayo Clinic study recently published in *Climacteric*, the journal of the International Menopause Society. Researchers gave questionnaires to 1,744 menopausal patients 40 to 65 years old and found that those with higher mindfulness scores struggled less with common menopausal symptoms. Mindfulness didn't lower hot flash and night sweat symptoms, however.



SAFER, HEALTHIER Breast Screening

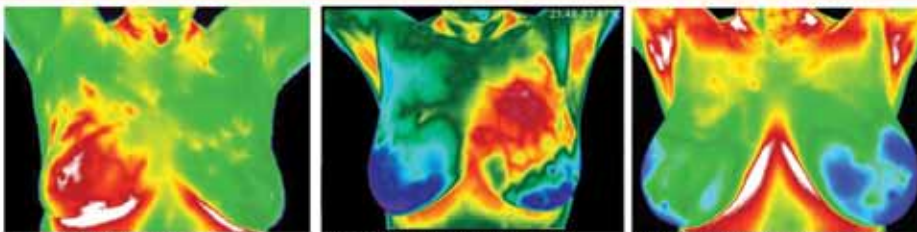
No radiation, Digital Infrared Thermal Imaging

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



BREAST THERMOGRAPHY

TO SCHEDULE
CALL (337) 896-4141



Above: Breast Cancer Image

Above: Breast Cancer Image

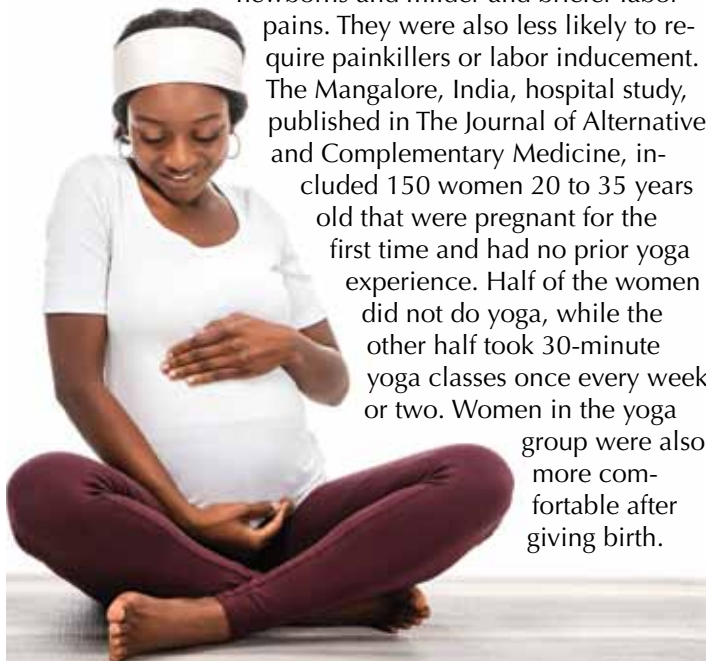
Above: Normal Breast Image

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

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Prenatal Yoga Reduces Caesareans and Labor Pain

First-time mothers that practiced yoga beginning in the 30th week of pregnancy had fewer caesareans, fewer low-weight newborns and milder and briefer labor pains. They were also less likely to require painkillers or labor inducement. The Mangalore, India, hospital study, published in *The Journal of Alternative and Complementary Medicine*, included 150 women 20 to 35 years old that were pregnant for the first time and had no prior yoga experience. Half of the women did not do yoga, while the other half took 30-minute yoga classes once every week or two. Women in the yoga group were also more comfortable after giving birth.



Selenium and CoQ10 Provide Lasting Benefits

Swedish seniors that took coenzyme Q10 and selenium during a four-year study were still benefiting 12 years later with a reduced cardiovascular mortality risk of more than 40 percent. In the original study, Linköping University researchers gave 443 independently living seniors over 70 years old either a placebo or 200 milligrams of CoQ10 and 200 milligrams of selenium per day. Those on the supplements showed a reduced risk of dying from cardiovascular disease, improved heart function, less hospitalization, more vitality and a better quality of life. Twelve years later, the researchers examined autopsies and death certificates, and found the supplement-takers had a lower risk of death compared to the placebo group, even if they had diabetes, high blood pressure or ischemic heart disease.



Post-Coal Cash

Miners Becoming Beekeepers



As the Appalachian economy struggles with the loss of three-fifths of its coal mining jobs in the last three decades, a surprising option is emerging for some: beekeeping. The Appalachian Beekeeping Collective offers beekeeping training, including bees and equipment and ongoing mentoring, for displaced coal miners

and low-income residents of mining towns; so far, about 35 people are participating. Landowners are donating property for the beehives, which will be maintained without pesticides or antibiotics. Honey from a single hive can bring in about \$750 a season, or \$15,000 per 20, and additional money can be made selling the beeswax for candles and lip balm. The beekeeping collective is part of Appalachian Headwaters, a nonprofit formed in 2016 with a \$7.5 million lawsuit settlement from coal mine operator Alpha Natural Resources for violations of the Clean Water Act. The money has been used to fund environmental restoration projects and to develop sustainable economic opportunities in the coal mining communities of West Virginia.

Hatching a Record

Avian Senior Citizen Astounds Again

Being at least 68 years old didn't deter Wisdom, a Laysan Albatross, from recently hatching another chick. The world's oldest known banded wild bird, which roosts at the Midway Atoll National Wildlife Refuge, in Hawaii, has birthed and raised more than 30 chicks in her lifetime. She and her mate-for-life Akeakamai spent about two months incubating the new egg, and now they'll raise the chick for five to six months before it flies out to sea. It is uncommon for albatross to return, lay and hatch an egg every single year, but the pair has produced a chick each year since 2006, say U.S Fish and Wildlife Service officials.



Dim Prospects

Light Bulb Standards Weakened

Higher federal standards for energy-efficient light bulbs established two years ago are in the process of being rolled back by the U.S. Department of Energy, part of a move toward widespread deregulation by the current administration. Consumers stand to lose about \$100 per household per year in electric bill savings if the higher standards are not implemented, say critics. The wasted energy could result in more power plant pollution, which harms the environment and contributes to health problems like asthma. The plan would also stifle innovation, eliminating a powerful regulatory incentive for manufacturers and retailers to invest in high-quality, energy-efficient LED light bulbs.



Poisoned Pastures

Nuclear Testing Linked to Radioactive Milk

The hundreds of nuclear bombs detonated on a remote Nevada test site during the Cold War produced radioactive fallout that led indirectly to the deaths of 340,000 to 690,000

Americans, concludes a recent study by economist Keith Meyers, Ph.D., of the University of Southern Denmark. Meyers conducted the research for his doctoral dissertation while attending the University of Arizona.

By combining National Cancer Institute data measuring the radioactive element Iodine-131 in local cow milk with county-by-county mortality data, he found heightened death rates in the Midwest and Northeast between 1951 and 1973. The finding suggests that airborne radiation contaminated pastures that, in turn, made milk radioactive and led to the human ingestion of slow-acting, but fatal radioactive isotopes. In comparison, an estimated 200,000 to 350,000 people in the Japanese cities of Hiroshima and Nagasaki died directly from the atomic bombs dropped on August 6 and 9, 1945, respectively.



Beyond Green Burial

Human Composting at the End of Life



Washington is poised to become the first state to make it legal to compost human remains. A bill allowing for the process, called natural organic reduction, as well as another

called water cremation, has passed the state senate and is making its way to the house for a vote. Human composting involves placing a body in a tubular vessel and covering it with natural materials like wood chips and straw. Over several weeks, microbial activity breaks down the body into about a cubic yard of soil. Recompose, a company that wants to offer the practice as an alternative to traditional methods, worked with Washington State University to test its safety for environmental and human health. Six people donated their bodies for the study. The method alleviates much of the carbon footprint associated with both cremation and traditional casket burial.

Bear Blitz

Climate-Challenged

Polar Bears Invade Town

About 50 polar bears that usually hunt seals from ice floes have found new cuisine in the garbage dumps in the remote Russian island military town of Belushya Gubam, about 1,200 miles northeast of Moscow. Its 2,000 residents, long accustomed to the occasional bear strolling through, now call it a "mass invasion" as the curious bears peer into windows, stare down barking dogs and dig through trash. Russia's environmental response agency has sent in a crisis team that is studying how to remove the bears without killing them. The Barents Sea that the bears inhabit is undergoing what a recent study called a "rapid climate shift" from Arctic Ocean temperatures to warmer Atlantic Ocean-like temperatures; the entire western side of the island is now ice-free year round.



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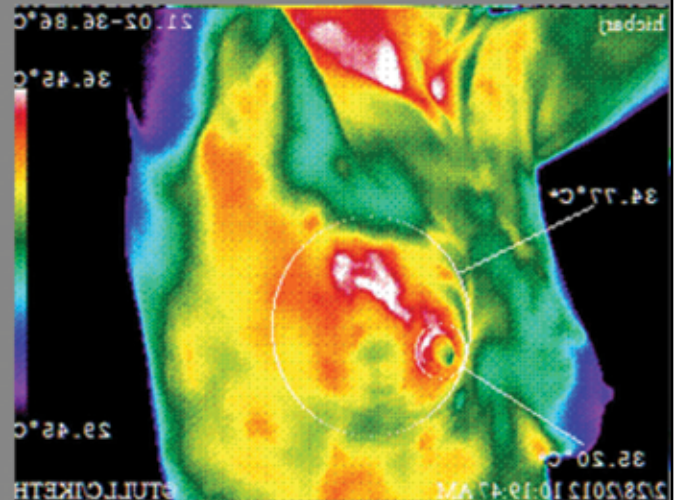
Connie's Story

"In 2007 my thermogram indicated a possible pathology in the right breast between 9 and 12 o'clock. I was diagnosed in February of 2012 with cancer exactly where the thermogram revealed it to be all those years ago.

I had a mammogram in 2009 with negative results. In 2011 my general practitioner performed an exam, felt nothing and gave me a clean bill of health. One year later the GP felt a mass and strongly urged a mammogram. It revealed a large mass between 9 and 12 o'clock. My concurrent thermogram showed not only the mass, but possible involvement of the lymph nodes as well.

Due to my doctor's dismissive attitude towards thermography, I did not take the 2007 report seriously. I allowed three years to pass before my next mammogram. Now I have been diagnosed with invasive breast cancer (5.4 cm mass), 31 lymph nodes removed in which 16 are involved (stage 3 or 4 cancer).

This was truly a learning experience for me - thermograms do count! I could have prevented this! Now I am engaged in a battle with cancer; including chemotherapy and possibly radiation."



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eco tip

Skip the Slip Digital Receipts Gain Momentum



Compared to newspapers, magazines and junk mail, retail sales receipts may seem inconsequential in their use of trees and their footprint on the environment. Yet, getting and handling that tabulation of a sale is a health hazard that contributes to landfills. Certainly, some receipts are required for tax records and product returns, but the vast majority serve no future purpose; there's also a better and safer option than paper.

Treehugger.com reports the annual waste from receipts in the U.S. totals 686 million pounds, and that skipping receipts would save 12 billion pounds of carbon dioxide, the equivalent of 1 mil-

lion cars on the road. The problem is getting worse as many retail outlets include special offers and other promotional information on receipts, making them longer and the corresponding amount of paper used greater.

The Ecology Center, an educational nonprofit located in San Juan Capistrano, California, estimates that 93 percent of paper receipts are coated with Bisphenol-A (BPA) or Bisphenol-S (BPS), endocrine disruptors that are used as color developers to help make the receipts more legible. However, the presence of either makes them ineligible for recycling.

According to Green America (GreenAmerica.org), BPA that can be "absorbed into our bodies through our hands in mere seconds," can impact fetal development and "is linked to reproductive impairment, Type 2 diabetes, thyroid conditions and other health concerns." Employees that regularly handle receipts have 30 percent more BPA or BPS in their bodies.

In January, California Assembly member Phil Ting (D-San Francisco) introduced legislation (AB 161) nicknamed "skip the slip", which would require retailers to offer digital receipts to customers. If it passes, it will be the first such law in the country.

action alert



On the Brink Monarchs Need Species Protections

Being listed as part of the Endangered Species Act would protect monarch butterflies. In the 1980s, about 4.5 million butterflies spent winters along the California coast. This season's stay is shaping up to consist of only about 30,000. Fully 99 percent of the species listed under the Endangered Species Act of 1973 are still with us today. To urge the U.S. Fish and Wildlife Service to give monarch butterflies the proven protection of the Endangered Species Act in June, sign the petition at Tinyurl.com/Protect-TheMonarchs.



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breast cancer



Breast cancer is a disease in which cells in the breast grow out of control. There are different kinds of breast cancer. ... Most breast cancers begin in the ducts or lobules. Breast cancer can spread outside the breast through blood vessels and lymph vessels.

Breast cancer starts when cells in the breast begin to grow out of control. These cells usually form a tumor that can often be seen on an x-ray or felt as a lump. The tumor is malignant (cancer) if the cells can grow into (invade) surrounding tissues or spread (metastasize) to distant areas of the body. Breast cancer occurs almost entirely in women, but men can get breast cancer, too.

Breast cancers can start from different parts of the breast. Most breast cancers begin in the ducts that carry milk to the nipple (ductal cancers). Some start in the glands that make breast milk (lobular cancers). There are also other types of breast cancer that are less common. A small number of cancers start in other tissues in the breast. These cancers are called sarcomas and lymphomas and are not really thought of as breast cancers. Although many types of breast cancer can cause a lump in the breast, not all do.

Other Recommended Nutritional Supplements

Vitamin A, Vitamin D3, Vitamin E, Wheatgrass, Greenwater, pH 9.5 Drops, Turmeric Capsules, Cinnamon Capsules

Controlling BREAST CANCER naturally

herbs, nutritional supplements, diet

Pain & Inflammation Enzyme

Inflammation is an immune system response to an irritant. As soon as you prick your finger, come in contact with an allergen or catch a cold, your immune system activates, sending an army of white blood cells to fight off "foreign invaders" like bacteria and viruses. Even injuries such as a sprained ankle, tennis elbow and tendonitis cause inflammation, as white blood cells flood injured areas to remove bacteria and dead cellular debris. Sometimes, inflammation is noticeable (redness and swelling that appear in an injured area); this is referred to as acute inflammation. Chronic inflammation, however, occurs on a deeper, more internal level and is usually invisible. This can mask underlying, potentially dangerous health issues like heart disease, autoimmune disorders (lupus, rheumatoid arthritis, Sjögren's syndrome) or cancer that may be brewing.



Chronic Inflammation and Cancer

For decades, cancer experts suspected a link between chronic inflammation and cancer but were not able to confirm it until a few years ago. Researchers from the University of Pittsburgh Schools of Health Sciences reported that inflammation activates MUC1, a protein molecule that triggers tumor progression. Additionally, investigators at The Ohio State University Comprehensive Cancer Center found inflammation causes a rise in microR-155, a protein-lowering molecule that helps repair DNA. This can increase spontaneous gene mutations, raising the risk of cancer. Further, scientists at Florida Atlantic University observed that inflammation elevates CHI3L1, a cancer biomarker that spurs the growth of cancer cells.

Chronic Inflammation and Breast Cancer

Researchers have also been able to tie inflammation specifically to breast cancer development, metastasis (spreading), recurrence and lower survival rates.

A manuscript published in the American Society of Clinical Oncology Educational Book suggested that obesity creates multiple pathways of chronic inflammation throughout the body and in the breasts. Excess body weight enlarges fat cells, spurring inflammation. Obesity also instigates insulin resistance, a condition in which cells do not respond properly to insulin, causing the body to produce more insulin in order to control blood sugar levels. However, insulin is an inflammatory agent that can result in abdominal weight gain, creating a snowball effect of inflammation and enlarged fat cells. And since fat cells produce estrogen, obesity and insulin resistance can result in an overproduction of estrogen, raising the risk of breast cancer.

Biomedical engineers from Cornell University believe certain protein molecules (i.e., cytokines) and inflammation can cause breast cancer to metastasize. Cytokines send signals to cells, affecting cellular communication and behavior. According to engineers, the pro-inflammatory cytokines, IL-6 and TNF-alpha, activate a mechanism that stimulates breast cancer cells to move through blood vessels and adhere to their surfaces, eventually penetrating the blood vessels and contributing to metastasis.

Lastly, results from a study published in the Journal of Clinical Oncology found that measuring the levels of the proteins serum amyloid A (SAA) and C-reactive protein (CRP) can help gauge low-grade chronic inflammation and predict breast cancer recurrence and survival. SAA and CRP rise in response to a tissue injury or other cause of inflammation and when elevated, raise the risk of breast cancer recurrence and lower overall survival rates.

Source: <https://www.mdvip.com/about-mdvip/blog/connection-between-inflammation-and-breast-cancer>

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The daily choice to prioritize caring for oneself can ultimately lead to an experience of self-love and wholeness.

~Dr. Kelly Brogan

Self-Care As Bedrock

Women play vital roles in family and community, much like the foundation of a sound building, and if self-care is not the bedrock, all that is supported by it is likely to be compromised. "I believe we've taken the bait, the promise that if we arrange our life circumstances just so, we'll feel ease and happiness. We're getting to a place as a collective where we see a bankruptcy in that," says Miami-based holistic women's psychiatrist Dr. Kelly Brogan, bestselling author of *A Mind of Your Own: The Truth About Depression and How Women Can Heal Their Bodies to Reclaim Their Lives*.

Body-mind-spirit self-care is the heart of Brogan's approach, and self-love is the lifeblood. "Self-love is quite elusive for most of us, perhaps because our self-esteem is contingent [upon it], and we only feel good about ourselves under certain circumstances. The daily choice to prioritize caring for oneself can ultimately lead to an experience of self-love and wholeness," says Brogan, who compares a ritualized system of daily self-care that comes first to putting on the proverbial oxygen mask before attempting to meet the needs of others.

"Balancing self-love and caring for others starts with recognizing and accepting that it's possible for you to effectively do both. Self-love at the soul level is the catalyst for healing on all levels, which in turn drives our level of self-worth," concurs Teigan Draig, a spiritual life coach and busy homeschooling mom in Spencerville, Ohio. She reminds us that putting our needs above the wants of others is not being selfish, but is an emotional necessity that helps women get out of the loop of self-defeatism and self-sabotage. "The first step to finding your fire is learning to love yourself, all of yourself. Self-care and self-love are a total wellness package."

HER SOUL IN BLOOM

Self-Care for All Stages of Life

by Marlaina Donato

To be female is to be blessed with an innate gift for multitasking, but in our fast-paced, jam-packed world, daily life for most women is a juggling act that can come with a steep price tag if self-care isn't on the to-do list. Depression, anxiety and feeling overwhelmed are all too common. According to the National Alliance on Mental Illness, one in eight women experience depression during their lifetime—twice the rate of men.

Seasons of a Woman's Life

Each decade poses unique challenges. For women in their 20s and early 30s, comparing and finding one's own path can be significant. "The feminist movement of our mothers' generation opened doors, but so many 20- and 30-something women have interpreted that as, 'I have to do everything and be every-

Self-care does not necessarily have to involve time; it's a way of being.

~Christine Hassler

thing,'" says Christine Hassler, life coach and author of *Expectation Hangover: Overcoming Disappointment in Work, Love, and Life*.

The San Diego-based motivational speaker views self-care to be as vital as education. "Women are not

taught in high school and college how to take care of themselves. Prioritizing self-care is so important. I see so many young women with adrenal or thyroid burnout and eating disorders. All of that comes down to stress, relationship to self and lack of self-care."

The personal interests of women in their 30s and 40s trying to balance motherhood and career often get lost in the tangled underbrush of daily logistics. There can be a deep longing for identity well into the 50s, especially when children leave the nest. Fears of aging and loneliness often accompany women 60 and older. By passionately and joyously taking care of body and spirit, women of any generation can find renewal.

Benefits of Self-Nourishment

Many psychologists agree that self-care can help to improve concentration, promote relaxation, fortify relationships and boost productivity. Most women crave more me-time, but don't know how to implement change. "Without a premise of self-care, we react based on stress patterns. We react with more tension, irritability, guilt and obligation. We say, 'Yes' when we want to say, 'No'. However, when we take stock in our physical, emotional and spiritual well-being, we're less reactive," observes Hassler, who underscores self-care as an investment for life. "Most women have inner critics and a negative relationship with self. Self-care is essential so we can turn down the volume of the inner critic, stop people-pleasing and make self-honoring choices."

Balancing motherhood and career or other obligations can leave many women running on empty and resentful. "We would never tell a loved one who desperately needed some TLC to get over it and just keep going. As busy women, when we don't take the time to care for ourselves, the consequence is our children getting a mom who is preoccupied, anxious and disconnected," says women's life coach Veronica Paris, in San Diego. Catering to everyone's desires and spreading ourselves too thin can backfire. Paris asks, "How do I want my kids to look back on me as a mother? By taking the time to self-care, we're taking accountability for how we want to show up in our world rather than shape-shifting from one situation to the next. We can teach our children how to do the same."

Our Emotions As Wellspring

For too many women, another common byproduct of self-neglect can be emotional numbing and feeling "flat-lined". A toxic or addictive relationship to food, alcohol or shopping can be a symptom of a deep need to nourish the self and give a voice to suppressed feelings. "One of our greatest challenges is that we've become disconnected from our deep seat of power, which is our capacity to feel," says Brogan. "We've been enculturated to disregard our experience of feeling emotions, and because of this, it's been reduced to a very narrow bandwidth."

Sometimes my daily me-time was only five minutes here or 10 minutes there, but it saved my sanity.

~Teigan Draig

Brogan believes that it is key for women to reestablish a connection to nature's rhythms and their own feminine, fluid energy, as well as giving up the need to control. "I think it's the work of many women to understand that we're not here to meet the needs of everyone on the planet—and with our loved ones, it disempowers them as much as we're feeling disempowered. We're here to meet our own needs and then offer compassion and caring in a way that comes from a more bounded space."

SIMPLE SELF-CARE STRATEGIES

- ✓ Schedule me-time on the calendar.
- ✓ Unplug from gadgets.
- ✓ Spend lunch breaks in the park.
- ✓ Rest before hitting the wall of exhaustion.
- ✓ Take 10 minutes to stretch and breathe in the morning.
- ✓ Meditate in the shower; choose a luxurious, natural, body wash.
- ✓ Wear your favorite jewelry.
- ✓ Designate a beautiful tea cup or coffee mug to use on hectic work days.
- ✓ Buy yourself flowers; take yourself out to lunch or a museum.
- ✓ Sprinkle lavender, rose geranium or ylang ylang essential oil on your sheets.
- ✓ Opt for a gentle workout instead of a high-intensity session when tired.
- ✓ Choose a healthy breakfast.
- ✓ Play, be silly and be a kid again.
- ✓ Designate 15 to 20 minutes after the workday to color, doodle or journal.
- ✓ Listen to your favorite music during commuting or cleaning the house.
- ✓ Abandon perfectionism.
- ✓ Connect to a higher power, however you define it, even if it is inner peace.

Hassler affirms that when women are fully present, every aspect of life can be viewed through a clearer lens. "Self-care helps us tap into our super power, which is our intuition, and by doing that, we know what we need and act on that."

Thrive With Small Changes

Beginning the day with self-care can be as simple as taking the time to meditate and breathe deeply for a minute or two before getting out of bed and opting for a healthier breakfast. Feeding our senses and feasting on what gives us joy can be a way of life. "Self-care does not necessarily have to involve time; it's a way of being," says Hassler. "The more time we spend on self-care tells the subconscious mind that we're worth it."

Draig suggests setting personal boundaries, and part of this means reserving time for ourselves. "When I became a new mother, I was running on fumes. Sometimes my daily me-time was only five minutes here or 10 minutes there, but it saved my sanity. Learn to schedule self-care time in your calendar as you would anything else," she says, noting, "My house was not always spotless, but it was a trade I was willing to make so I could take care of myself and be a better mother."

Being innovative can be an ally. "Ten minutes walking the dog or taking the baby out in a stroller can become 10 minutes spent saying positive self-affirmations," suggests Paris. "That 15-minute drive can be spent deep breathing instead of listening to the news on the radio."

Blooming into our best possible self is returning to our essence. "It's about taking off the masks, no longer living according to expectations and other people. It's about radical self-acceptance," says Hassler.

Each decade poses an invitation to grow and commit to self-nourishment. "There will be days where you feel like you can't get the hang of it, but you'll arrive, and when you do, no matter what age you are, it can be magical," Draig says.

Marlaina Donato is a composer and author of several books in women's spirituality and holistic health. Connect at AutumnEmbersMusic.com.



Vision Quest

Eat a Rainbow of Color for Healthy Eyes

by Melinda Hemmelgarn

One of the best ways to protect and preserve our precious eyesight is to focus on food. In general, the same plant-based, antioxidant-rich diets that defend against heart disease and cancer also contribute to eye health by reducing the risk of cataracts and macular degeneration—the two most common age-related causes of vision loss.

However, two specific nutrients—lutein and zeaxanthin—deserve special attention. These compounds uniquely concentrate in the macula, the centrally located part of the retina responsible for visual acuity, and are most vulnerable to oxidative damage from light exposure.

Both are members of the carotenoid family, a large group of powerful antioxidant nutrients found mostly in fruits and vegetables, especially those with dark green, deep yellow, red and orange pigments.

According to the National Eye Institute and the American Optometric Association, lutein and zeaxanthin help absorb damaging ultraviolet light from the sun, as well as blue light from computer screens, digital devices and LEDs.

“Think of lutein as a sort of sun-block,” says Elizabeth Johnson, research associate professor at the Friedman School of Nutrition and Science Policy at Tufts University, in Boston. Speaking at the Academy of Nutrition and Dietetics annual meeting in Washington, D.C.,

last fall, Johnson described the yellow macular pigments—lutein and zeaxanthin—as “internal sunglasses” that protect the eyes’ photoreceptor cells. “Yellow pigment absorbs blue light,” Johnson explains. The greater our macular pigment density, the more protection we have against light damage, and the better our visual function.

As a bonus, macular pigment density also aligns with improved academic performance and cognitive function across our lifespan, reports Naiman Khan, Ph.D., a registered dietitian and director at the Body Composition and Nutritional Neuroscience Lab at the University of Illinois at Urbana-Champaign. Because lutein is actively transported into breast milk, Johnson suspects the compound is important to infant eye and brain health.

Despite solid scientific evidence confirming the benefits of lutein and zeaxanthin, there is no official recommended daily allowance. Johnson explains that Americans typically consume less than two milligrams per day, falling short of levels needed to enhance visual and brain function and slow the progression of age-related eye diseases. Her advice: Eat foods that provide between six to 10 milligrams of lutein and two milligrams of zeaxanthin each day.

Dark green leafy vegetables, including kale, spinach and collard

greens, provide the highest amounts of lutein and zeaxanthin, especially when cooked. For example, one cup of cooked kale or spinach delivers more than 20 milligrams of lutein and zeaxanthin, whereas one cup of raw spinach contains just under four milligrams.

Johnson explains that cooking breaks down plant cell walls, making the carotenoids more bio-available. Plus, because lutein and zeaxanthin are fat-soluble, lower amounts found in avocados (0.4 milligrams in one medium fruit) are better absorbed. Further, simply adding an avocado or oil-based dressing to raw, dark leafy green salads will increase intestinal absorption.

The same is true for egg yolks (0.2 milligrams per large egg). In a study of 33 older adults, published in *The Journal of Nutrition*, researchers found that consumption of one egg a day for five weeks significantly increased blood levels of lutein and zeaxanthin without raising cholesterol levels.

According to the National Eye Institute and their Age-Related Eye Disease Studies (AREDS), additional nutrients that benefit eye health include vitamins C and E, and omega-3 fatty acids.

When it comes to eating for eye health, here’s some more insightful advice:

1 Eat the “rainbow”. Choose a variety of colorful, organic fruits and vegetables daily; they are rich in eye-protecting carotenoids, flavonoids and vitamin C. Whole grains, nuts and seeds provide vitamin E, and fatty, cold-water fish such as sardines, salmon, tuna and mackerel are excellent sources of omega-3 fatty acids. Vegan sources of omega-3s include walnuts, ground flax, hemp and chia seeds, or microalgae supplements.

2 Become familiar with the best food sources of lutein and zeaxanthin: lpi.OregonState.edu/mic/dietary-factors/phytochemicals/carotenoids.

3 Obtain a physician’s approval before taking eye health supplements, and compare their effectiveness, safety and cost at ConsumerLab.com.

4 Stay informed: National Eye Institute, nei.nih.gov; AREDS studies: nei.nih.gov/areds2/patientfaq.

Melinda Hemmelgarn, the “food sleuth”, is an award-winning registered dietitian, writer and nationally syndicated radio host based in Columbia, MO. Reach her at FoodSleuth@gmail.com. Tune into Food Sleuth Radio through iTunes, Stitcher and KOPN.org.



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8. Won't support osteoporosis
9. Increased mental acuity, mental alertness
10. Legal natural high

Did you know that the water fish swim in needs to be the correct pH in to live? Also, plants flourish when the soil is at the right pH level. Life only exists where there's balance, and your body is totally regulated by pH. Are you too acidic?

inspiration



altanaka/Shutterstock.com

The Mother Our Souls Need

Connecting With the Energy That Made Us

by Christiane Northrup

This Mother's Day, I want to tell you about a different way to think about your mother and about yourself—a way that is deeply true and liberating, no matter what is going on with your mother.

On a soul level, we're old friends with our mothers. And they signed up for assisting us on our souls' journeys big time—by being willing to take on the role of our mother. And no matter how well they did or didn't do that job, we have a job, too: to realize that though we might not have had the mother we wanted, we all got the mother our souls needed.

What's more, every single one of us can connect right now with the mother energy that made all of our bodies in the first place—the Earth herself.

It has been said that when you lavish your attention on the Earth—on a flower, or a stream or any aspect of nature—that energy loves you right back.

In the book series *The Ringing Cedars*, Anastasia refers to the land you

live on and love as, "Love dissolved in space." You can feel this when you travel to parks and gardens, farms and yards that have been loved by those who live there. This mothering energy is available to each of us from the Earth and from Mother Nature—no matter what has happened with your biological mother.

So here is my prescription for a glorious Mother's Day.

Call your mother—in spirit, if she is no longer in a body—or if speaking with her directly is too painful. Here's a special prayer: "With my Spirit, I send Divine Love to my mother's Spirit."

That's it. Just say this prayer. With your whole heart. And let go of the outcome.

Happy Mother's Day.

Christiane Northrup, M.D., is a leading authority in the field of women's health and wellness. The full text of this excerpt, reprinted with permission, appears at DrNorthrup.com. © Christiane Northrup, Inc. All rights reserved.

TOXIC LEGACY

Breast Implant Warriors Unite

by Linda Sechrist



The U.S. Surgeon General's warning on cigarettes hasn't prevented individuals from smoking, nor has the U.S. Food and Drug Administration (FDA) list of risks and complications associated with breast implants kept women from undergoing voluntary breast augmentation. Since 1997, the number of saline- and silicone-filled breast implant surgeries has tripled. According to the National Center for Health Research (NCHR), more than 400,000 women and teenagers undergo breast implant surgeries every year, with 75 percent for augmentation of healthy breasts and 25 percent for reconstruction after mastectomies.

The marked increase in surgeries implanting these Class III "high risk" medical devices includes many women that undergo procedures to replace old implants that have broken or caused other problems. An estimated 40,000 U.S. women a year have the surgery to remove the implants entirely. These "explants" stem from a variety of issues, from rupture or delayed wound healing to broken implants that have caused breast pain, capsule contracture, spontaneous deflation, breast lesion, infection, wrinkling/scalloping and necrosis.

Another reason for removal is the growing concern about the reported incidence of breast implant-associated anaplastic large cell lymphoma (BIA-ALCL), a treatable T-cell lymphoma, and breast implant illness (BII) associated with both silicone and saline implants.

The FDA first sounded the alarm about the rare lymphoma in 2011, linking it to implants with textured, Velcro-like outer shells. In February, the federal agency issued a letter to healthcare providers seeking to increase awareness "about an association between all breast implants, regardless of filling or texture," and BIA-ALCL. On the issue of BII and other problems reported by women with implants, the FDA has remained largely silent, suggesting that "studies would need to be larger and longer than these conducted so far."

However, the number of women with implants reporting health problems has prompted the FDA to demand that two manufacturers of the devices conduct proper long-term health studies. The agency sent out letters in March warning of deficiencies in FDA-required research and the possibility that their products could be taken off the market.

The move is considered to be a victory for patient activism. *Facebook.com/groups/HealingBreastImplantIllness* has become a sanctuary for more than 68,000 women that report a range of symptoms associated with BII. Nicole Daruda, of Vancouver Island, Canada, says she created the group to support women that visited her website, *HealingBreastImplantIllness.com*, where she told her personal BII story that began with implant surgery in 2005. "I never anticipated an avalanche of women's stories about the

symptoms that I endured before having my explant surgery in 2015."

After hearing from other women, Daruda felt affirmed in her suspicions that implants had caused her fatigue, brain fog, memory loss, headaches, joint and muscle pain, hair loss, recurring infections, swollen lymph nodes, rashes, irritable bowel syndrome and problems with thyroid and adrenal glands. "I believe that various doctors pigeonholed my symptoms into the category of autoimmune disorders because few general practitioners are aware of BII."

Diana Hoppe, M.D., a board-certified OB/GYN in Encinitas, California, never heard of BII until earlier this year. "Doctors rely on published, evidence-based study results, and while there are none linking connective tissue disorders and breast implants, I suspect that the outcomes of studies conducted by breast implant manufacturers are equally as suspicious as the outcomes of studies done by the manufacturers of cigarettes."

One longtime BII combatant says, "My body mounted an all-out war, in the form of a foreign body immune response." She learned about BII from *Tinyurl.com/BreastImplantIllness*, but is unable to afford the explant surgery that would remove the apparently toxic invaders.

NCHR reports that at the time of explant surgery, approximately three out of five women have had implants and their unhealthy symptoms for 10 years or more. After explant surgery, 89 percent of the women report improvement. However, explant surgery is just the first step.

Daruda used chelation and the protocols of Gerson Therapy, a natural treatment that activates the body's ability to heal itself through an organic, plant-based diet, raw juices, coffee enemas and supplements. "It took me four years to recuperate," she says. "It didn't take that long to know the lesson I wanted to share with other women: Self-love and self-worth are more important than society's false concepts of beauty. The essence of who we are is not tied to any body part."

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

weight loss



What kinds of health problems are linked to overweight and obesity? type 2 diabetes. high blood pressure. heart disease and strokes. certain types of cancer. sleep apnea. osteoarthritis. fatty liver disease. kidney disease. Here are some top health risks of obesity:

Type 2 diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. About 8 out of 10 people with type 2 diabetes are overweight or have obesity.⁸ Over time, high blood glucose leads to problems such as heart disease, stroke, kidney disease, eye problems, nerve damage, and other health problems. If you are at risk for type 2 diabetes, losing 5 to 7 percent of your body weight and getting regular physical activity may prevent or delay the onset of type 2 diabetes.

High blood pressure, also called hypertension, is a condition in which blood flows through your blood vessels with a force greater than normal. High blood pressure can strain your heart, damage blood vessels, and raise your risk of heart attack, stroke, kidney disease, and death.

Heart disease is a term used to describe several problems that may affect your heart. If you have heart disease, you may have a heart attack, heart failure, sudden cardiac death, angina, or an abnormal heart rhythm. High blood pressure, abnormal levels of blood fats, and high blood glucose levels may raise your risk for heart disease. Blood fats, also called blood lipids, include HDL cholesterol, LDL cholesterol, and triglycerides.

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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.



Garcinia Cambogia

Garcinia cambogia promotes a healthy change in body composition by encouraging lean muscle development over fat storage. It contains high amounts of hydroxycitric acid (HCA) that blocks the activity of liver enzymes that convert sugar and carbs into fat, making their calories available as glycogen to fuel your muscles when you exercise.



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Gardening for Kids

The Fun of Growing Their Own

by Ronica A. O'Hara

It's May, and the temperature is rising, as is the sap and green shoots. It's the perfect time to involve kids in growing their own garden that will get them outdoors, teach them planning and perseverance, and develop their motor, literacy and scientific skills.

A South Korean study found that gardening provides both high- and moderate-intensity exercise for kids. It builds good eating habits, too: A British study of 46 9- and 10-year-olds found that they ate 26 percent more vegetables and fruit after growing a school garden, and a University of Florida study of 1,351 college students showed them more likely to eat veggies if they had gardened as children.

For the most gratifying results, give kids a sense of ownership. "Let them make the decisions and be in charge of the care of the garden as much as developmentally possible," advises Sarah Pounders, senior education specialist at *KidsGardening.org*, in Burlington, Vermont.

Getting Started

Order some seed catalogues, look online—or better yet, take a child to the local garden nursery. Let them decide what to grow. Their choices are as diverse as their interests.

Veggies, flowers and plants that draw

butterflies each have their own appeal. Some, like sunflowers, radishes and lettuce, are fast-growing, offering quick gratification. Or, they can choose a theme.

"If your child likes Italian food, plant tomatoes and basil. If they enjoy Mexican food, then peppers and cilantro. For flowers—zinnias and cosmos—let them make flower arrangements from early summer into the fall," suggests Susan Brandt, of Bristow, Virginia, co-founder of the gardening site *Blooming-Secrets.com*.

Visiting a plant nursery offers the perfect opportunity to put kids on the path to healthy living. Point out and discuss the differences between organic and nonorganic seeds and between chemical fertilizers containing Roundup—labeled "Keep Out of Reach of Children"—and organic fertilizers containing fish, seaweed and other natural nutrients.

Choose the Spot

A three-foot-by-three-foot plot is an ideal size for a child's garden, as long as it gets lots of sunshine. If living in an urban area, go with pots of soil in a sunny window.

Get the Right Tools

For young kids with short attention spans,

small plastic spades, rakes and hoes might work. But older kids need harder tools. Get them properly fitted garden gloves, plus sunhats and sunscreen.

Plant the Seeds

Help them read and interpret the seed package directions, if necessary, and use a ruler to measure proper spacing. "I always try to have a mix of plants that start from seed and from transplants, so that kids can have both immediate and delayed gratification," says Pounders.

Water, Weed and Mulch

Show them how to use the watering can or hose properly, usually watering only when the soil is dry to a depth of one inch. They can mix their own non-toxic pesticide out of vinegar and salt, and spread such organic mulches as straw, newspaper, grass clippings and leaves to discourage weeds.

Get Scientific

"They can look at the soil to see all the living creatures in it, which is especially fun through a microscope," says Dixie Sandborn, an extension specialist at Michigan State University. "They can learn about vermiculture by making a worm bin and feeding the worms their table scraps." With a ruler, they can measure the growth of various plants and create a chart comparing rates. By taking photos or drawing pictures on a daily or weekly basis, they can compile an album, along with their commentary on weather patterns.

Have Fun

"Let them add personal touches like stepping stones, signs and other decorations that let them express their personality in their garden space," says Pounders. Help them build a scarecrow, bird feeder, toad house, bird bath, sundial or a tent. Make a teepee or small enclosure and cover it with flowers, vines or climbing beans.

Harvest the Crop

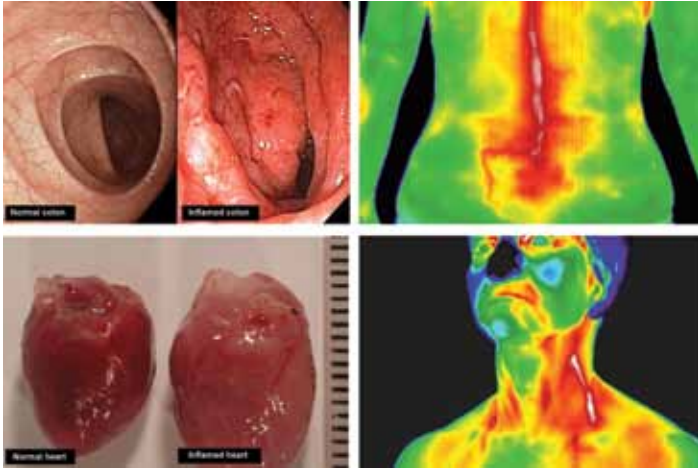
After picking ripe vegetables, kids can find recipes and prepare snacks or a dish; arrange plucked flowers in vases and take photos; do craft activities with seeds, plants and flowers, like making potpourri or framing dried flowers; or throw a garden-themed party with favors that include herbs or seed packets. "You could have a 'pa-jam-a' party. Kids could wear their pajamas, pick berries, and make jam to take home," suggests Sandborn.

Ronica A. O'Hara is a Denver-based freelance health writer. Connect at OHaraRonica@gmail.com.

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Inflammation is the body's response to injury. It works to heal wounds, but it can also play a role in some chronic diseases. It is the body's way of signaling the immune system to heal and repair damaged tissue, as well as defend itself against foreign invaders, such as viruses and bacteria.

As soon as you prick your finger, come in contact with an allergen or catch a cold, your immune system activates, sending an army of white blood cells to fight off "foreign invaders" like bacteria and viruses. Even injuries such as a sprained ankle, tennis elbow and tendonitis cause inflammation, as white blood cells flood injured areas to remove bacteria and dead cellular debris. Sometimes, inflammation is noticeable (redness and swelling that appear in an injured area); this is referred to as acute inflammation. Chronic inflammation, however, occurs on a deeper, more internal level and is usually invisible. This can mask underlying, potentially dangerous health issues like heart disease, autoimmune disorders (lupus, rheumatoid arthritis, Sjögren's syndrome) or cancer that may be brewing.

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PLANTS TALK

Discover Their Secret Language

by April Thompson

While flowers are known to lean toward light, a growing body of research is demonstrating plants also respond to sounds and scents—and then herald the news to their neighbors. Far from being passive life forms, members of the plant kingdom are adept at interacting with their environments and with each other.

“Plants don’t have specialized sense organs, but like animals, plants are very capable of sensing their environment. They perceive cues, weigh different alternatives and allocate resources in very sophisticated ways,” says Richard Karban, professor of entomology at the University of California at Davis and the author of *Plant Sensing and Communication*.

Better Living Through Chemistry

Early evidence of plant communication was discovered by accident, according to Jack Schultz, senior executive director of research development at the University of Toledo, in Ohio. “In the 1970s, researchers began to notice plants under attack respond by increasing defensive chemistry—things that make a plant distasteful or toxic to predators,” he says. Research-

We underestimate what plants can do because their communication is invisible to us.

~Heidi Appel

ers noticed that control plants also seemed to respond to their neighbors being attacked.

Since then, Schultz, Karban and other investigators have discovered that plants emit complex profiles of odors in the form of volatile compounds that can be picked up by other plants, as well as insects. Studying sagebrush in the Sierra Nevada mountains, Karban found that plants under duress emit chemical cues that trigger nearby plants to increase their defenses.

These odors vary with the type of threat and time, working to attract pollinators during the day and fending off enemies at night, Schultz says. A plant being eaten by an insect may release a chemical that attracts predatory insects looking for herbivore prey. “There is a clear adaptive advantage in attracting the ‘enemy of your enemy’, who can act as a bodyguard for the plant being attacked.”

Smells are just part of a plant’s multisensory life, says Heidi Appel, a professor in the Department of Environmental Sciences at the University of Toledo and one of Schultz’s collaborators. Appel’s research with collaborator Rex Cocroft, at the University of Missouri, demonstrates they’re listening for threats, too.

Her lab exposed plants from the mustard family to the sound of a caterpillar feeding, with control plants in silence or “listening” to a recording of the wind or other insects, and found that those vibrations didn’t effect the same defensive-priming response as that of the plant-munching caterpillar. “Plants have no special sense organs, so their sophisticated sense of hearing is very surprising,” says Appel.

Nature’s Networks

Karban’s lab isolated plants to determine that their chemical signals were transmitted by air rather than soil or root systems. Yet researcher Suzanne Simard, a professor of forest ecology at the University of British Columbia, in Vancouver, is digging into the underground connections, finding that trees are interacting with one another below the ground in complex ways.

Trees have a symbiotic relationship with fungi that’s built on a mutually beneficial exchange of nutrients, says Simard. This underground network links root systems of trees together, enabling them to exchange carbon, water and other nutrients in a kind of natural balance sheet. Simard discovered these networks had hubs—typically older “mother trees”—that can connect to hundreds of saplings and send them excess carbon that can quadruple their survival rates.

Simard also found that trees engage in “defense signaling” similar to plants, increasing their natural defenses in response to damage inflicted on their neighbors, but only if the mycorrhizal networks of fungi that aid in sending such messages are intact. Simard’s research seeks to understand how environmental threats like climate change and logging may further disrupt these communication networks.

Recognizing all of the communication that exists between plants, we might wonder if human words of encouragement can help them grow. Perhaps, but not for the reasons one might hope, says Appel. “Whenever we feel a sense of connection to another life form, we are more likely to take better care of it,” says the researcher. “We underestimate what plants can do because their communication is invisible to us. Yet we also have to be careful about overestimating their abilities. We need an understanding to be driven by science, and not wishful thinking.”

April Thompson is a freelance writer in Washington, D.C. Contact her at AprilWrites.com.

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WHEN EMOTIONS ARE PHYSICAL

Bodywork for Trauma and Grief

by Marlaina Donato

Massage is often associated with spa-like pampering, yet it is also an effective therapy for reducing physical and emotional pain. Bodywork can lower blood pressure and reduce stress hormones, which in turn helps to balance blood sugar and boost immunity. A surge of the feel-good neurotransmitters serotonin and dopamine is also a natural perk of rubdowns.

On the emotional level, massage therapy can offer profound benefits for anyone experiencing acute grief or the effects of a traumatic past. A Swedish study published in the *Journal of Clinical Nursing* shows that bereaved individuals that received 25-minute hand and/or foot massages once a week for eight weeks felt greater comfort and were more capable of coping with stress.

The Body's Pain Language

When the "fight-or-flight" stress re-

Like a perfect dance partner, a skilled bodywork practitioner follows the nervous system and helps the client access sources of trauma.

~Lissa Wheeler

sponse is activated in the presence of danger or emotional distress, the body has one objective: get us to safety. Yet, many times, the amygdala—the part of the brain that plays a key role in this process—becomes hyper alert and falsely perceives danger when there is none. Trauma becomes hardwired into

the nervous system. Pain syndromes and tension are common symptoms.

No matter what the pattern for handling trauma, it takes a lot of work for the body to repress emotions, and it will create tension in the form of "armor-ing" to defend against unwanted feelings. "Trauma is a physiological experience. Body tension that results from unresolved trauma will not respond to only releasing muscle tension," explains Lissa Wheeler, author of *Engaging Resilience: Heal the Physical Impact of Emotional Trauma: A Guide for Bodywork Practitioners*.

Wheeler's Medford, Massachusetts, practice focuses on releasing

emotional patterns locked in tissue memory. "When the nervous system is frozen in a state of threat long after the actual threat is gone, all of the body's activities of healthy regulation are challenged. This affects not only skeletal muscles, but also smooth muscle such as what's found in the gastrointestinal tract. Sleep problems and teeth grinding can also result."

Cellular Memory and Cranio-Sacral Therapy

Swedish massage, Thai massage and shiatsu are all ideal treatments for chronic pain, grief and emotional imprints locked within the body's cellular consciousness. CranioSacral Therapy (CST) offers a gentler alternative. "CranioSacral Therapy can unravel cellular stories and assist in freeing repressed or preverbal emotions from childhood," says Seattle-based CST therapist Barbara Coon. "Experiences are held in the body. Stress and muscular tension activate the vagus nerve, and CST focuses on calming [it]."

The vagus nerve facilitates communication between the brain and the heart, lungs and gut. Coon attests to the modality's body-centered support for reducing anxiety, depression, panic attacks, memory loss, sleep disturbances and grief.

"Some people respond well to deep tissue work, while others do better with the gentleness of CranioSacral Therapy," says Wheeler. "Like a perfect dance partner, a skilled bodywork practitioner follows the nervous system and helps the client access sources of trauma."

Healing Frequencies

Clinical aromatherapy and therapeutic sound can also play a vital role in emotional healing, especially when combined with bodywork. Kelli Passeri, a massage therapist and owner of Sound and Stone Massage, in Pittsburg, Kansas, utilizes a subwoofer speaker beneath her massage table so clients can feel the vibrations of the music. "I play music recorded in specific frequencies that align with the body and the chakras or energy centers to help rebalance the energy body," says Passeri, who also uses rose quartz crystals in her hot stone sessions. She relies on aromatherapy blends that promote opening on both physical and emotional levels.

ANCH/Shutterstock.com

Passeri has observed common pain patterns in her clients that often don't have a physical cause. "The sacrum tends to hold on to lifelong traumatic emotions from childhood, and the shoulders tend to reflect more current emotional blockages and issues," she says, adding, "I encourage my clients to open up or cry because it's a healthy thing to do. There's no need for embarrassment and is totally okay."



Healing on any level might take time, but allowing the body's stories to be witnessed without judgement is key. "The good news is that when trauma is worked through, the whole body is much more resilient and has a greater capacity to live life fully," Wheeler says.

Marlaina Donato authored *Multidimensional Aromatherapy* and several other books. Connect at AutumnEmberMusic.com.

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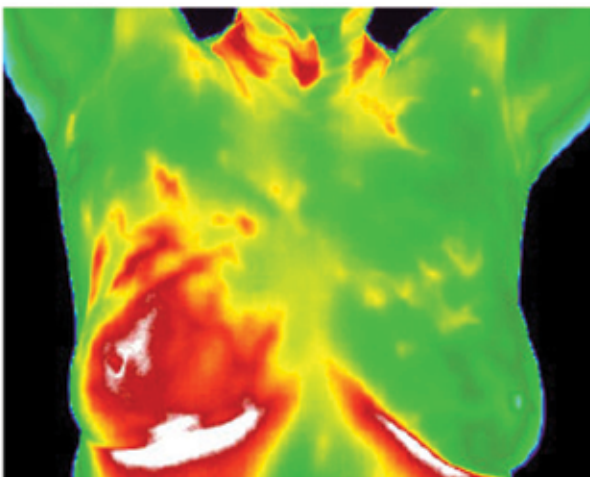
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PREVENTION AND EARLY DETECTION

Black Women in Louisiana

Are MOST LIKELY to develop breast cancer and die.



Louisiana has the 29th highest incidence and second highest death (mortality) rate of breast cancer in the U.S.

Black women are more likely than other racial/ethnic groups to be diagnosed at later stages and have the lowest survival at each state of diagnosis. They are also more likely to be diagnosed with triple negative breast cancer, an aggressive subtype that is linked to poorer survival.

BREAST THERMOGRAPHY SCREENING

is not diagnostic. But, unlike mammograms, it DOES NOT use radiation or compression of the breast. Breast Thermography Screening can show activity and inflammation that may lead to breast cancer.

Source: www.cancer.org www.louisianacancer.org

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CBD FOR PETS

What We Need to Know

by Kajsa Nickels

With the explosion of cannabidiol (CBD) products on the human medical scene, many pet owners are looking into this hemp plant derivative as a natural means of medicating their four-legged family members. A study conducted by the Cornell University College of Veterinary Medicine, in Ithaca, New York, found that CBD can be effective in treating some of the same ailments in pets as it does in humans.

"I've used CBD on dogs and cats suffering from arthritis, anxiety and seizures," says Angie Krause, DVM, a veterinarian with Boulder Holistic Vet, in Colorado. "I've even used CBD to treat cats with chronic respiratory infections."

Unlike CBD from marijuana, which in most cases is a Schedule I narcotic that the U.S. Drug Enforcement Administration considers highly subject to abuse, CBD from industrial hemp contains less than 0.3 percent of the psychoactive component THC. It is legal under federal law and can be sold nationwide, subject to state regulations.

However, choosing the right CBD product is complicated by the number of confusing options. "There are so many products on the shelves with different concentrations and formulations," says Krause, who considers the extraction method used during production to be one of the most important factors. She favors CO₂ (carbon dioxide) extraction over solvent extraction methods: "CO₂ leaves no residue behind that could harm the bodies of small animals such as dogs and cats."



Within three days, it was like I had a new dog. She no longer destroys things, she is calm, she is more engaged with her environment.

~Cindy Hesse

Stephen Cital, a veterinary technician in San Jose, California, co-founded the Facebook group Veterinary Cannabis Academy. He agrees that the purity of the extraction method is significant. He also notes that price is not necessarily an indicator of quality. "A 30-cc bottle of CBD could cost \$70 at a concentration of 700 milligrams [7 mg per cc]. However, it's possible to find the same volume at the same price at a concentration of 1,000 milligrams [10 mg per cc]."

Some products don't contain CBD at all, only hemp extract, Cital explains. "For people who don't understand the labeling, this can be very misleading."

CBD is one of 104 cannabinoids found in both industrial hemp and marijuana plants. Full-spectrum hemp extracts contain the entire profile of cannabinoids, including trace amounts of THC. Broad-spectrum hemp extracts contain everything but the THC. Cital says it's always best to start with full- or broad-



spectrum products for the "entourage effect", in which the cannabinoids work in concert. Isolates of additional cannabinoids can be added as needed, he says.

When choosing a product to purchase for a pet, he recommends going with companies that are able to present the consumer with a certificate of analysis by a third party. "The certificate will show the complete profile of the CBD product, including cannabinoid, terpene, residual solvent, pesticide, bacteria, mycotoxin, fungicidal and elemental profiles," he says.

Cital notes that the elemental profile is especially important. "Hemp is very good at absorbing what is in its environment, including heavy metals such as lead."

Krause favors CBD products with minimal ingredients that "should be as simple as possible," she says. "No xylitol, no artificial colors or sweeteners."

Cindy Hesse, of Mount Pleasant, South Carolina, also believes that CBD for pets should be as pure as possible. Her Cocker Spaniel, Reina, is both blind and deaf. Because of her handicaps, Reina experienced extreme anxiety to the point of destroying her metal crate, furniture and door frames. Reina's vet put her on the antidepressant and anti-anxiety drugs Prozac and trazadone, but these only helped for a short period.

After attending a CBD conference in Florida, her veterinarian decided to see if the compound might help the dog—his first patient to use CBD. The results, Hesse says, were amazing. "Within three days, it was like I had a new dog. She no longer destroys things, she is calm, she is more engaged with her environment. I recommend CBD oil to everyone I know who has a pet with health issues."

When deciding whether to give CBD to a pet, Krause and Cital recommend working with a veterinarian to ensure the proper dosage. "People can certainly work with CBD on their own with their pets," says Krause, "but it's important to get the dosing and concentration right to make it worthwhile."

Kajsa Nickels is a freelance writer and a music composer. She resides in North-eastern Pennsylvania. Contact her at fideleterna45@gmail.com.

breast cancer



Breast cancer is a disease in which cells in the breast grow out of control. There are different kinds of breast cancer. ... Most breast cancers begin in the ducts or lobules. Breast cancer can spread outside the breast through blood vessels and lymph vessels.

Breast cancer starts when cells in the breast begin to grow out of control. These cells usually form a tumor that can often be seen on an x-ray or felt as a lump. The tumor is malignant (cancer) if the cells can grow into (invade) surrounding tissues or spread (metastasize) to distant areas of the body. Breast cancer occurs almost entirely in women, but men can get breast cancer, too.

Breast cancers can start from different parts of the breast. Most breast cancers begin in the ducts that carry milk to the nipple (ductal cancers). Some start in the glands that make breast milk (lobular cancers). There are also other types of breast cancer that are less common. A small number of cancers start in other tissues in the breast. These cancers are called sarcomas and lymphomas and are not really thought of as breast cancers. Although many types of breast cancer can cause a lump in the breast, not all do.

Other Recommended Nutritional Supplements

Vitamin A, Vitamin D3, Vitamin E, Wheatgrass, Greenwater, pH 9.5 Drops, Turmeric Capsules, Cinnamon Capsules

Controlling BREAST CANCER naturally

herbs, nutritional supplements, diet

Pain & Inflammation Enzyme

Inflammation is an immune system response to an irritant. As soon as you prick your finger, come in contact with an allergen or catch a cold, your immune system activates, sending an army of white blood cells to fight off "foreign invaders" like bacteria and viruses. Even injuries such as a sprained ankle, tennis elbow and tendonitis cause inflammation, as white blood cells flood injured areas to remove bacteria and dead cellular debris. Sometimes, inflammation is noticeable (redness and swelling that appear in an injured area); this is referred to as acute inflammation. Chronic inflammation, however, occurs on a deeper, more internal level and is usually invisible. This can mask underlying, potentially dangerous health issues like heart disease, autoimmune disorders (lupus, rheumatoid arthritis, Sjögren's syndrome) or cancer that may be brewing.



Chronic Inflammation and Cancer

For decades, cancer experts suspected a link between chronic inflammation and cancer but were not able to confirm it until a few years ago. Researchers from the University of Pittsburgh Schools of Health Sciences reported that inflammation activates MUC1, a protein molecule that triggers tumor progression. Additionally, investigators at The Ohio State University Comprehensive Cancer Center found inflammation causes a rise in microR-155, a protein-lowering molecule that helps repair DNA. This can increase spontaneous gene mutations, raising the risk of cancer. Further, scientists at Florida Atlantic University observed that inflammation elevates CHI3L1, a cancer biomarker that spurs the growth of cancer cells.

Chronic Inflammation and Breast Cancer

Researchers have also been able to tie inflammation specifically to breast cancer development, metastasis (spreading), recurrence and lower survival rates.

A manuscript published in the American Society of Clinical Oncology Educational Book suggested that obesity creates multiple pathways of chronic inflammation throughout the body and in the breasts. Excess body weight enlarges fat cells, spurring inflammation. Obesity also instigates insulin resistance, a condition in which cells do not respond properly to insulin, causing the body to produce more insulin in order to control blood sugar levels. However, insulin is an inflammatory agent that can result in abdominal weight gain, creating a snowball effect of inflammation and enlarged fat cells. And since fat cells produce estrogen, obesity and insulin resistance can result in an overproduction of estrogen, raising the risk of breast cancer.

Biomedical engineers from Cornell University believe certain protein molecules (i.e., cytokines) and inflammation can cause breast cancer to metastasize. Cytokines send signals to cells, affecting cellular communication and behavior. According to engineers, the pro-inflammatory cytokines, IL-6 and TNF-alpha, activate a mechanism that stimulates breast cancer cells to move through blood vessels and adhere to their surfaces, eventually penetrating the blood vessels and contributing to metastasis.

Lastly, results from a study published in the Journal of Clinical Oncology found that measuring the levels of the proteins serum amyloid A (SAA) and C-reactive protein (CRP) can help gauge low-grade chronic inflammation and predict breast cancer recurrence and survival. SAA and CRP rise in response to a tissue injury or other cause of inflammation and when elevated, raise the risk of breast cancer recurrence and lower overall survival rates.

Source: <https://www.mdvip.com/about-mdvip/blog/connection-between-inflammation-and-breast-cancer>

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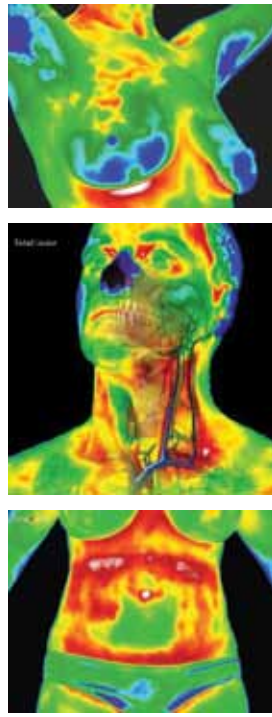
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Eyes (nondiabetic)

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

Eyes-child (dark circles)

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

Eyes-adult (dark circles)

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

Nose

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

Are Health Screenings Important?

Signs and Symptoms Why You Need One

Scalp

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

Thinning Hair

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

Redness in the Forehead

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

Inside the Ears

Excess earwax. Not enough essential fatty acids.

Behind the Ears

Skin is cracked. Usually a zinc problem.

Earlobe

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

Eyes

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

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

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

Cheeks and Nose

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

Acne

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

Facial skin

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

Tongue

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

Canker Sores

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

Swollen Lymph Glands

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

Skin Tags

Scattered on the neck?

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

Sore Shoulder

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

Numerous Small Bumps in the Skin

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

Hands

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

Source: Guide to Healing with Nutrition

Nutrition deficiencies

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

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

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

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

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

Source: U.S. Department of Agriculture

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

- American Medical Association

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

- James F. Balch, M.D.

**Accidents kill 4% of us.
Diseases kill 96%.**

"We Are Not Getting Proper Nutrition"

**READ Page 2
to LEARN HOW TO SCHEDULE
A HEALTH SCREENING TODAY**

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



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.

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

Wednesday May 8

Rayne Frog Festival – 10-12am. Thru Sat May 8. Festival music, food extravaganza, carnival and great family fun. Gossen Memorial Park, 206 Frog Festival Dr, Rayne. RayneFrogFestival.com.

Friday May 10

Spring Music & Market –5:30-8:30pm. Every Friday thru May 24. Local artists perform and local produce featured. Farmers Market Pavilion, Opelousas. 337-948- 6263. CityofOpelousas.com.

Saturday May 11

Traditions and Tales Festival – 9am-4pm. A diverse event that brings together experiences to touch the lives of all. The day begins with puppets, an old-fashioned tea party, storytelling, singing, dancing, African drumming and interactive demonstrations. \$4. Bayouland Storytellers Guild of Southwest Louisiana. Christi Disher. Longfellow-Evangeline State Historic Site, 1200 N Main St, St Martinville. 337-394-3754.

Acadiana Brew Ha Ha –10am-4pm. A celebration of brewing beer in South Louisiana with tasting stations and classes from local breweries. \$10- 25. Brady McKellar. Vermilionville, 300 Fisher Rd, Lafayette. 337-233-4077 ext 211. Vville@BayouVermilionDistrict.org.

Kids Cooking Class – 2:30-4pm. Chef Sally teach kids how to make chicken quesadillas and fruit skewers with a lemon honey dipping sauce. 5-12 year olds-\$10 Eventbrite ticket. Rouses Market, 2900 E Milton Ave, Youngsville.

Spring Swing Zydeco and R&B Fest – 4-10pm. An evening of food, drinks and music from Zydeco to Swing-out downtown under the stars. \$15. Parc International, 200 Garfield St, Lafayette.

Wednesday May 15

Yoga – 6-7pm & Wed May 22. Arnaudville native Christy Broussard Farnsworth provides relaxing and calming instruction. Last Wednesday of month, Yoga en français with Martine Colin. \$13 per class or \$50/five classes. NUNUs Collective, 1510 Bayou Courtableau Hwy, Arnaudville.

Saturday May 18

Body Talk Girls –10am-12pm. & 6-8pm Wed May 29. A class discussion for girls about the five stages of development, good hygiene habits, feelings and emotions. \$30 Eventbrite ticket. Woman's Foundation. Woman's Foundation Classroom, 4630 Ambassador Caffery Pkwy, Lafayette.

Wine Women & Shoes – 2-6pm. A charity event created for women by women to sip, savor and shop their way through an afternoon of fashion and compassion. \$100/individual or \$300/4 girlfriends. Benefits Big Brothers Big Sisters of Acadiana. Le Pavillon, 1913 Kaliste Saloom Rd, Lafayette. WineWomenAndShoes.com/Acadiana.

Sunday May 19

Hibiscus Show & Sale –1-4pm. Over 500 hibiscus on display available for purchase. Get expert advice and tips to grow, maintain, and maximize blooms. Free. Cathedral Carmel Gym, 848 St John St, Lafayette.

Lift Every Voice – 7-8pm. Sasha Massey and Jake Spinella perform songs by American composers and selections that celebrate patriotism and faith. \$12 Eventbrite ticket. Cathedral of St. John the Evangelist Hall, 515 Cathedral St, Lafayette.

Tuesday May 21

Body Talk Boys – 6-8pm. A class discussion for boys about the five stages of development, good hygiene habits, feelings and emotions. \$30 Eventbrite ticket. Woman's Foundation. Woman's Foundation Classroom, 4630 Ambassador Caffery Pkwy, Lafayette.

Wednesday May 22

Festival of Words Open Mic –7-9pm. Open microphone to share poetry, short stories and music. Chicory's Coffee & Cafe, 219 E MLK Dr, Grand Coteau.

Thursday May 23

The Brother Brothers with Sean Bruce – 6-9pm. An intimate evening of folk music. \$20 Eventbrite ticket. David Hays. NUNUs, 1510 Bayou Courtableau Highway, Arnaudville. 337-314-2883.

Sunday May 26

Short-Form Ashtanga –10-11:30am. Every Sunday, Missy Dupreast leads this yoga class to strengthen and tone the body, calm and steady the mind, and improve overall health and well being. Donation based admission. Basin Arts, 113 Clinton St, Lafayette.

Monday May 27

Memorial Day Ceremony – 6-8pm. A celebration commemorating all of our fallen soldiers with flag ceremony, 21 gun salute and patriotic music. Boulogny Plaza, 102 W Main St, New Iberia. 337-344-9397 or 888-942-3742.

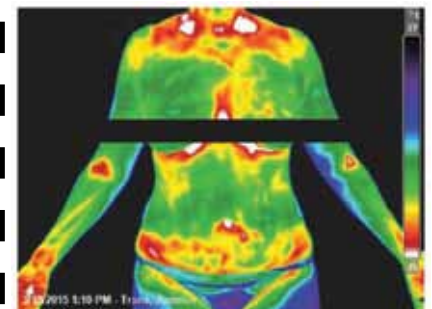
Wednesday May 29

Music & Mic –7-9pm. Darrell Bourque and Sister Theresa Sue Joseph, SSF will be featured at this Festival of Word performance. Bourque recites excerpts from Henrietta Delille's "The Other Side" and Sister Joseph tells her story of the path to joining the Sisters of the Holy Family. Nia DeCoux. Chicory's Coffee & Café, 219 E Martin Luther King Dr, Grand Coteau. 678-561-0216.

Full Body Thermography Exam

Thermography detects inflammation. Inflammation is believed to cause or be linked to most major diseases like cancer, stroke, heart attack, diabetes, etc.

Thermography may detect breast cancer cells 8-10 years before a mammogram and does not use radiation. A full body exam takes only 30 minutes and the results can be ready next day
....\$94.00





On the other hand, in developed and high-income countries, new factors related to the living standard and the way of life, negatively affect the population's health.

As an example we can mention Greece, where life expectancy at birth for males and females increased by 10 years during the last 50 years. At the beginning of this period, the country ranked second in the Office of Economic Cooperation and Development (OECD) in terms of life expectancy at birth, but now it's in the fifteenth position. High tobacco consumption, traffic accidents, obesity, change of food habits that are increasingly Americanized, low level of physical exercise, can explain that evolution (OECD 2010).

Health and healthcare are becoming a dominant economic and political issue in most countries, with increasing magnitude and importance of the health sector.

WHY ATTEND?

In such a dynamic industry like healthcare and wellness, you can count on there being a constant flow of new innovations, organizations, and services emerging from a variety of medical researchers, policy experts, technology professionals, and others who provide support for taking care of patients. This is why healthcare professionals will want to clear some time in their schedules to attend, network, and learn.

- **The public should attend to learn who's who in medicine, healthcare, and wellness in their local communities.**
- Join local and regional leaders in the healthcare business.
- Local and regional healthcare businesses and professionals in one location.
- Suppliers have the opportunity to visit buyers in the buyer service centers (booths) to introduce themselves and their products/services.
- Schedule one-on-one private business meetings with key healthcare decision-makers in the community and your market.
- Attend informational breakout sessions with representatives of local and regional healthcare groups and companies.
- Opportunity for one-stop shopping for healthcare and wellness services and products.
- A great opportunity to network.

Partners in Healthcare

Expo and Conference

June 7-8, 2019

FRIDAY June 7th 12PM - 8PM | SATURDAY June 8th 8AM - 6PM

DoubleTree By Hilton Hotel Lafayette

1521 West Pinhook Road, Lafayette, LA, 70503

Open to the Public and all Healthcare Professionals

JOB FAIR PRESENTATIONS EXHIBITOR BOOTHS

www.PartnersInHealthcareConference.com

The Partners in Healthcare Conference is a key event for sharing information in the healthcare community locally and nationally. Healthcare leaders from private industry, non-profit organizations, and government agencies will present the progress of community, regional, and national efforts to improve health care for patients and families.

Achievements in health worldwide in the twentieth century and especially during the past few decades are impressive. The increase in life expectancy and the decrease in fertility throughout the world have been greater in the past

40 years than during the previous 4000 years. Life expectancy is almost 25 years longer today than at similar income levels in 1900. These gains in health and quality of life are mainly the result of achievements and developments in the medical care industry, producing and delivering in broader parts of population a complex of services that center around physicians, private and group practices, hospitals and public healthcare agencies. Other causal factors such as improvements in income and education, nutrition, clothing, shelter and sanitation have also contributed to these health gains.

WHO SHOULD ATTEND?

This event is designed for health care leaders and professionals working in primary care and community settings, including:

- Anyone interested in learning more about local and regional healthcare government agencies, private health care providers, and current health care options.
- Primary care physicians and physician's assistants
- Nurses and nurse practitioners
- Specialists with office-based practices
- Behavioral health professionals
- Medical directors and senior leaders
- Health care administrators and office practice managers
- Health plan leaders
- Home care professionals
- Government, association, and coalition leaders
- Quality improvement leaders and staff
- Community leaders who are working to optimize care while maximizing health care resources
- **Open to the public**

Benefits of Sponsorship:

- Put your business front and center
- Get in front of your target market
- Brand awareness & media exposure
- Increase your reach and exposure to new clients, customers and businesses.

- Reconnect with customers and engage with an audience
- Generate strong leads
- Deliver great ROI

Exhibitors Benefits of Participation:

- Ability to interact and network with healthcare and medical professionals
- Detailed organization description and contact information in the Conference Directory and Guide
- Elevated company presence in the healthcare community
- Increased brand awareness of your products or services among influential healthcare decision makers and the public
- Make a difference in your community by supporting quality healthcare and educating the public on what services and products are available to support their healthcare needs

To Register to Attend:

1. Call (337) 565-9105 to register by phone.
2. Visit www.PartnersInHealthcareConference.com to register on our website.
3. Visit our office at: Partners In Healthcare Conference (Enterprise Business Center), 3419 NW Evangeline Thruway, Carencro, LA 70520.



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*TEXT to get special VIP door prize tickets and rewards.



ZERONA: ZAP FAT WITH LASER LIGHT

Lasers are typically thought of as hot, but “cold” lasers that emit variable-frequency pulsed waves are used in surgery for pain relief and now to get rid of fat.

“It does seem too good to be true, but there’s a lot of science behind this,” says Steven Hopping, a cosmetic surgeon and otolaryngologist in DC. A former president of the American Academy of Cosmetic Surgery and a professor of surgery at George Washington University, Hopping has had a Zerona machine for about a year and a half.

With Zerona, a patient lies down and a four-armed device is positioned over the body. To treat the tummy and thighs, the laser eye in the middle of the contraption is positioned over the abdomen, while the four arms are over the thighs.

The laser is on for 40 minutes a session. Often, six sessions are spaced over a two-week period. Patients typically feel nothing, though some experience a tingle.

Fats cells are emulsified, causing them to collapse and be emptied via the body’s lymphatic system. The shrunken fat cells remain but are smaller.

In the study that prompted FDA approval, more than 80 percent of those in a Zerona trial lost an average of 3.64 inches combined over their waist, hip, and thigh areas. A control group that didn’t get Zerona averaged half an inch. The fat loss was evident in photos of participants.

Although it wasn’t required in the trial, patients getting Zerona now are asked during treatment to avoid caffeine and alcohol, and drink lots of water.

Zerona seems to have no adverse side effects. The laser operates at too low a level to affect deeper body tissues or skin. Blood studies conducted on those undergoing treatment were normal, and some people who had high or borderline-high cholesterol saw improvement.

In studies, more than 80 percent of patients responded to treatment. Hopping says that perhaps 75 percent of those he treats are pleased; the rest experi-

Zerona

Melt Belly Fat Using Zerona Cold Laser Treatments

Zerona employs a laser to shrink fat cells, and costs about \$1,500 to \$1,700 for a package of six purportedly painless treatments performed over two weeks in a doctor’s office. A package of six treatments at the LITEON Natural Health Center is under \$600. Each treatment takes roughly 40 minutes. Liposuction costs \$4,000 on average, and a tummy tuck costs \$5,000 to \$9,000. Unlike many laser sculpting procedures, Zerona has “absolutely no side effects, no allergic reactions, bruising, anything,” says Steve Shanks, president of Erchnoia, Zerona’s manufacturer. The company’s clinical trial for FDA approval found that the procedure removed about 1 to 1.5 inches from each area treated including waist, hips, and thighs. *Source: Health.usnews.com*



ence little to no effect. Wanda Dyson, a DC internist who has a Zerona, reports about the same numbers, adding that with more sessions the likelihood of a response appears to increase. Both doctors say they've had a few patients lose as much as 12 inches.

"Men are especially good candidates because they tend to carry fat around the waist," says Hopping. "That fat often responds well."



Deborah Johnson of Arlington, a patient of Dyson's, initially signed up for six Zerona treatments on her abdomen, thighs, and back. They worked so well that she got three more.

"I started on a Monday, and by that weekend I was in my closet trying on clothes I hadn't been able to wear in a long time," Johnson says. She did Zerona last February and, when interviewed in December, said she had not only maintained the lost inches but lost more: "It inspired me to keep exercising and eating well."

"I love Zerona as a way to jump-start a healthy lifestyle change," says Dyson. "People come in on a diet plateau, start seeing inches go away, then stick with their diet and exercise program."

Zerona can't be used to remove firm fat, only marshmallow flab. It should be avoided if you're pregnant or have a pacemaker. Some evidence suggests that Zerona may not work as well on people with diabetes or thyroid impairment, because their lymphatic systems may be slow to get rid of material in collapsed fat cells. Finally, no studies have shown how long the effects last but for now at least we know it works.



Lose 3 to 12 inches in 4 Weeks

- Same Day Results
- No Pain
- No Downtime
- No Surgery

6 Sessions \$450 (\$650 Value)
 9 Sessions \$650 (\$850 Value)
 12 Sessions \$850 (\$1300 Value)
 18 Sessions \$950 (\$1950 Value)
 Includes weight program and Detox

Naturally slims, shapes, and tones the areas of the body including those difficult to reach areas such as: waist, hips, thighs, upper legs and even the arms.

The more sessions/treatments you do the more fat you lose and the more you shape the area being treated.

ZERONA
Non-Invasive Fat Reduction

	Before	After
Right Arm	15 1/2"	11"
Left Arm	17 1/2"	12"
Right Thigh	22 1/2"	18"
Left Thigh	22 1/2"	18 1/2"
Waist	38 1/2"	31"
Hips	36 1/2"	33 1/2"
Total	142.5"	122"

Total Inches Lost 20.5
15 sessions



CANCER wellness

FREE

Vitamin
Testing

Nutrition Deficiencies
Linked to Cancer

Breast
Thermography

Early Detection
Before the Lump

Wellness
Programs

Reduce Cancer
Risks & Improve Health