

HEALTHY LIVING HEALTHY PLANET

natural awakenings

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Special Edition

Women's Wellness

FREE

Aging Gracefully

Redefine Your
Best Years Yet

Trust Your Gut

5 Instincts
to Heed

Find Your Soul Mate Online

SPECIAL
ISSUE

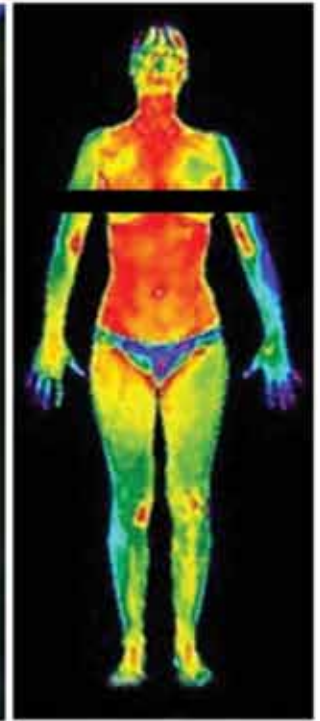
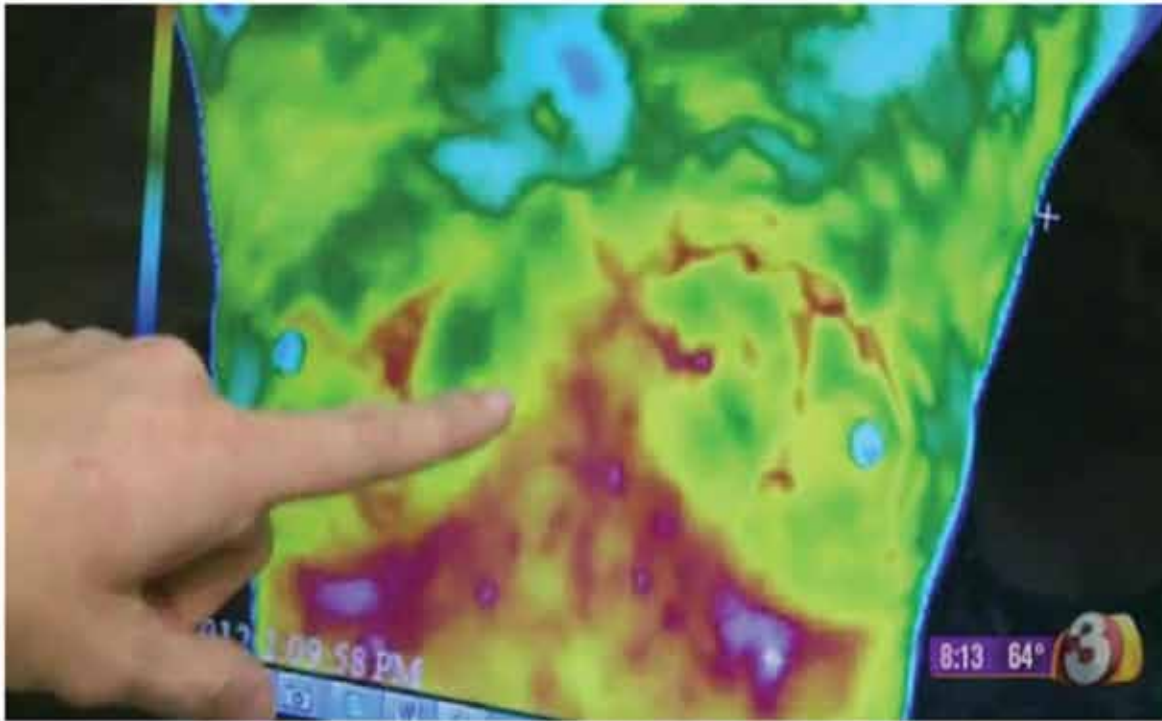
Natural Remedies Guide

Pages 8-14



EVERY ISSUE IS
A GREEN ISSUE

May 2013 | S.W. Louisiana-Acadiana Edition | www.NAcadiana.com



X-Ray, C.T., Ultrasound and M.R.I are all tests of 'anatomy' that measure the structures of your body whereas thermography is unique in its capability to show the physiological change and metabolic processes occurring in the body.

Give the Gift of Good Health

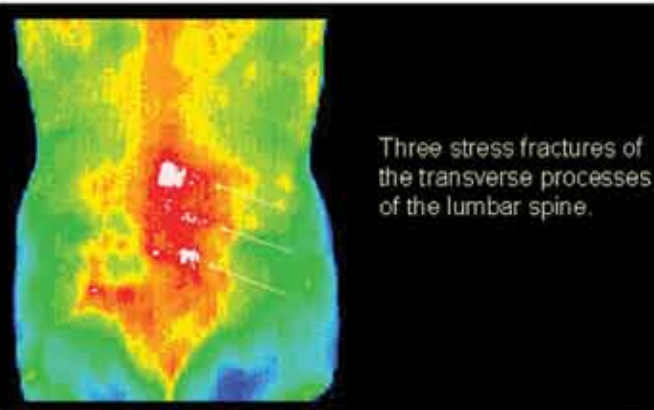
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PURCHASE A FULL-BODY THERMOGRAPHY SCREENING

Receive a Gift Card for a FREE Full-Body Thermography Screening

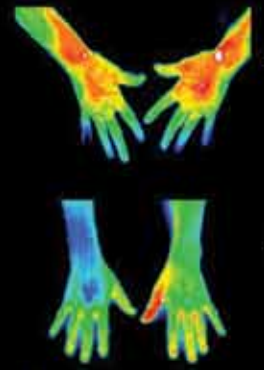
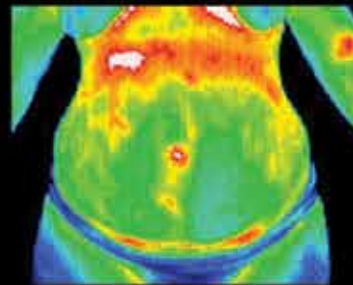
SHARE WITH A FRIEND, FAMILY MEMBER, or CO-WORKER

OFFER ENDS 6/15/13

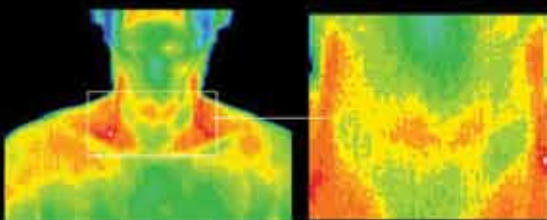


Three stress fractures of the transverse processes of the lumbar spine.

Inflammation Over Right Kidney



Thyroid Dysfunction



Hyperthermia over both lobes of the thyroid indicating thyroid dysfunction.



Full-Body Thermography Imaging

Thermography is a completely non-invasive, without radiation, painless clinical imaging procedure for detecting and monitoring a number of diseases and physical injuries by showing thermal abnormalities present in the body. It is used as an aid for diagnosis and prognosis, as well as monitoring therapy progress, for conditions and injuries, including:

Back Injuries	Breast Disease	Fibromyalgia	Skin Cancer
Arthritis	Breast Cancer	RSD (CRPS)	Referred Pain Syndrome
Headache	Carpal Tunnel Syndrome	Dental and TMJ	Sprain / Strain
Nerve Damage	Disc Disease	Artery Inflammation	Stroke Screening
Unexplained Pain	Inflammatory Pain	Vascular Disease	Digestive Disorders

Medical Thermography's major clinical value is in its high sensitivity to pathology in the vascular, muscular, neural and skeletal systems and as such can contribute to the pathogenesis and diagnosis made by the clinician. It is a life saving procedure that can alert you and your doctor to changes in your body that may indicate early stage breast disease or other disease processes that may be developing in the body. Thermography offers the opportunity of earlier detection of breast disease than has been possible through breast self examination, doctor examination, or mammography alone and without any pain, radiation, or compression.

By performing thermography years before conventional mammography, a selected patient population at risk can be monitored more carefully, and then by accurately utilize ultrasound as soon as is possible to detect the actual lesion - (once it has grown large enough and dense enough to be seen), can increase the patients treatment options and ultimately improve the outcome. It is in this role that thermography provides it's most practical benefit to the general public and to the medical profession. It is certainly an adjunct to the appropriate usage of other diagnostic medical tests and not a competitor.

Early stage bilateral carpal tunnel syndrome

Chronic right carpal tunnel syndrome


Coronary Artery Disease

Focal hypothermia relating to a malignant cyst

Small metastatic tumors indicated by focal areas of hypothermia over the lumbar spine

CAD

Carotid Artery occlusion (Right side)

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896-4141

Shrink Your Belly

GET RID OF STUBBORN BELLY FAT

The FDA recently approved Zerona, a machine that uses low-level laser beams to puncture tiny holes in fat cells. "Fluid drains out and gets swept away by your lymphatic system," says Jeffrey Kenkel, M.D., president-elect of the American Society of Aesthetic Plastic Surgery. It won't give you Brooklyn Decker's body, but it may help trim trouble spots—ant the fat cells will stay smaller as long as you don't gain weight. The process takes two to four weeks (six to 12 40-minute) sessions, every other day) and costs about \$1,100 to \$1,800.



CALL 896-4141 to set an appointment for a free consultation



\$1,425

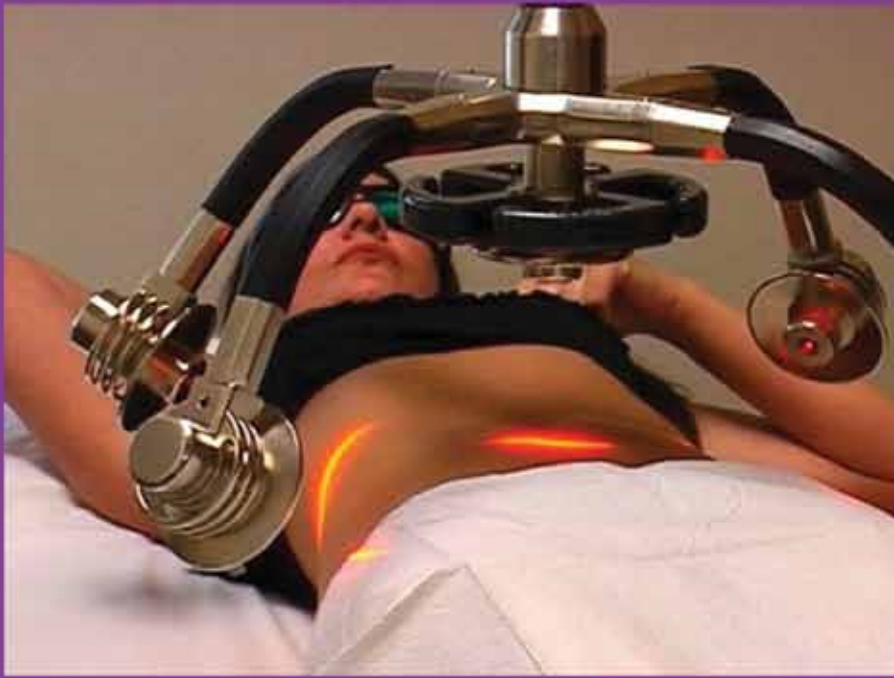
\$450 OFF

\$675

9 Treatments (3 weeks)

Zerona Cold Laser Fat Reduction

12 Treatments (4 Weeks): \$850



ZERONA is a new non-invasive body sculpting procedure designed to remove fat and contour the body without invasive surgery. ZERONA, unlike other procedures, allows the patient to continue their daily activities without interruptions from surgery, pain, or wounds. ZERONA works by utilizing the Erchonia Laser Scanner, which is also FDA market cleared for laser assisted liposuction. The Laser Scanner allows for the emulsification of adipose tissue, which releases into the interstitial space.

- **ZERO Pain**
- **ZERO Surgery**
- **ZERO Downtime**

- Reduce stubborn fat from: your tummy, back, hips, thighs, buttocks, love handles
- See a reduction in the appearance of cellulite
- Drop 2 to 7 pant/dress sizes in two weeks



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662-3120

publisher's letter



The human body is composed of water, proteins, fats, carbohydrates, vitamins, minerals, hormones and other naturally occurring molecules. This month, we highlight women's wellness and would like to introduce a concept called nutritional biochemistry. As a nutritionist (Michelle) and biochemist (Steve), we believe that the beginning and end of our health, wellness and healing is rooted in our body's ability to maintain health and heal from disease using the things we

put in our mouth and absorb in our bodies.

An integrative form of science, nutritional biochemistry uses other sciences, such as chemistry, biology and physics and applies them specifically to the study of health, diet, disease and the connections that exist among them. Understanding our body's nutritional biochemistry means that we can maintain our health and wellness using the food we eat and the nutrients we absorb. It is also with nutritional biochemistry that we study the human body's nutrition and ability to heal at a cellular level.

Of course, we know that when trauma is introduced to the body or a disease has progressed to a point that we have a major failure in the body, surgery or other invasive healthcare procedures will be necessary. The premise of nutritional biochemistry is to control disease with substances natural to the body before the illness proceeds to the point where surgery or invasive procedures are required.

Using the concepts of nutritional biochemistry, disease in the human body should be entirely treatable with the same elements of which the body is composed—if we can just figure out which ones, when to use them and the right quantities and proportions.

It's important to remember that illness and disease are not caught. 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. Most people believe that they can get everything they need from food, but when the U.S. Department of Agriculture conducted a study of 26,000 Americans, they found that not one person received the nutritional requirements set forth by the Recommended Daily Allowance. Suddenly, even our government began to realize that the American people had a serious problem. They understood that westernized diets were responsible for the extremely high obesity rates that were now needlessly killing millions of Americans prematurely.

Our world is bewildering when we come to understand that accidents are the cause of death for 4 percent of the American population, while diseases causes the death of 96 percent. Our body is constantly replacing its cells at a rate of 300 million per minute. The quality of health you experience depends on the quality of your cells. To increase your level of health, you must give your living body the living nutrients it needs to build cells that are better than the ones they are replacing. Eating raw vegetables, fruits, nuts and seeds is the best way to accomplish this. Look to repair the human body with the same water, proteins, fats, carbohydrates, vitamins, minerals, and hormones it was created with and found in whole foods.

Prevention is the best cure for any disease and the dietary rules of preventive medicine are rooted in the body's nutritional biochemistry. They are as old as nature itself and they'll remain the same as long as there are humans to follow (or ignore) them.

Think green, live peacefully, share your love,

Steve and Michelle Castille, Publishers



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Natural Awakenings is your guide to a healthier, more balanced life. In each issue readers find cutting-edge information on natural health, nutrition, fitness, personal growth, green living, creative expression and the products and services that support a healthy lifestyle.

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Acidosis - an acidic pH is often called the "Real Silent Killer". Saliva pH should stay close to 6.5 with a range of 6.4 morning to 6.8 in the evening. Urine pH should fluctuate between 6.0 morning and 7.0 in the evening. [Calcium Complex](#) to buffer acids. Use alkaline minerals like [Adult-Food Based Multimineral](#), [Digestive Enzyme Complex](#) with meals. Cleanse as needed with [Psyllium Husk + Organic Fiber Powder](#). Also, strengthen the lymphatic systems ability to accept acids using [Whole Body Vibration](#).

A.D.D / A.D.H.D. - [Brain Formula](#), [Flax Seed Oil](#), [Multi Minerals Cal-Mg-Zn](#), [Vitamin C](#). Use the "Eat Right for your blood type diet". [Whey Protein](#) and [Childrens multi-vitamins](#). Eliminate sweeteners, sugar, sodas, etc. Check for possible food allergies. If ADHD is involved, [Niacin](#) may also be needed.

Acne - [Acidophilus Probiotic](#) and [Digestive Enzyme Complex](#). [Colloidal silver](#), [Zinc](#), and [Tea Tree Oil](#) externally. [Flaxseed Oil](#), [Vitamin B Complex](#), [Vitamin C](#), [Vitamin D3](#), [CoQ10](#). [Garlic](#) as a natural antibiotic and [Wheatgrass](#) for the chlorophyll to cleanse

the blood, lymphatics, and skin. Use an [Infrared Sauna](#) to detox the skin and [Whole Body Vibration](#) to increase blood and lymphatic circulation.

Age Spots - (also called Liver Spots) are results of waste build-up from free radical accumulation. [pH 9.5 drops](#), [Green Waters Alkaline Water](#), [Milk Thistle](#), [Antioxidant Complex](#), [Adult Multi-Mineral + Vitamin E](#). Use [L-Arginine](#) to flush and cleanse the liver. [Lecitin](#) and [Digestive enzymes](#) to emulsify fat and increase digestion to reduce the burden on the liver. [CoQ10](#) promotes tissue oxygenation and [Selenium](#) is a good detoxifier.

Allergies - [Acidophilus Probiotic Complex](#) to improve digestion. [Immune Formula](#) to boost the body's natural virus fighting abilities. [Pain and Inflammation Enzymes](#), [Cal-Mg](#), [Organic Garlic](#), [CoQ10](#), and [Grape Seed](#) to reduce free radical damage. [Vitamin C](#) protects the body from allergens.

Alzheimer's - [Vitamin E](#), [Brain Formula](#), [pH 9.5 drops](#), [Wheatgrass](#), [Zinc](#), [CoQ10](#), and

[Folic Acid](#) to aid in controlling homocysteine levels. Studies have shown high levels of homocysteine in this disorder. Lecitin to improve memory. [Food-Based Multivitamin](#) and [Multimineral. Antioxidant Complex + Selenium](#) as a powerful antioxidant to protect brain cells.

Anemia - [Cheleated Iron](#), [Vitamin B12](#), [Vitamin C](#), [Vitamin E](#), [Zinc](#), and add [Wheatgrass](#) to drinking water. (do not use iron if anemia is thalassemia - a blood disorder).

Anxiety / Panic Attacks - [5-HTP](#), [Brain Formula](#), [Cal-Mg](#), [Food-Based Multivitamin](#) and [Multimineral](#), [Vitamin E](#), [Vitamin D3](#), [CoQ10](#), [Ginkgo Biloba](#), [Chromium Picolinate](#). Use [Melatonin](#), [Valerian](#), and [Sleep Aid](#) to sleep at night.

Appetite Stimulant - [Organic Grass Juice](#), [Saw Palmetto](#), [Wheatgrass](#) and [Food-Based Multivitamin](#) and [Multimineral](#).

Appetite Suppressant - [Glucomanan](#) expands to sixty times it's own weight to curb appetite and promote a sense of fullness.



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- Food-Based Products
- USP Verified
- NSF Certified
- Kosher Certified
- Gluten Free

Liteon Naturals is a leading provider of quality nutrition supplements and cutting-edge health education. We offer effective solutions for people interested in smart, healthy weight loss and a healthy lifestyle.

Liteon Naturals was founded on a passion for helping others achieve optimal health and energy--not just for 6 weeks or for 6 months, but for life! We empower you to make these positive life changes and provide the world's best products to support those changes.



[Food-Based Multivitamin](#) and [Multimineral, Spirulina, Organic Fruits & Greens Powder Blend](#).

Arteriosclerosis - The buildup of deposits inside the artery wall. Use [pH 9.6 Drops](#), [Green Water Alkaline Water](#), [Amino Acid Complex](#), [Omega-3](#), [Food-Based Multimineral](#), [Garlic](#), [Wheatgrass](#), [Vitamin C](#), [Antioxidant Complex](#), and [Selenium](#) a powerful liver detoxifier. A Heavy Metal Detox program may be necessary.

Arrhythmias - electrical disorders that disrupt the natural rhythm of the heart. 100-300mg /day [CoQ10](#) - strengthens the heart without exercise. [Cal-Mg](#), [Vitamin E](#), [Cardiac Support](#), and [Iodine Liquid Drops](#) to activate the thyroid (thyroid helps to regulate heart beat).

Arthritis - The "Eat Right for your blood type diet" usually improves arthritis. Check for food allergies. [Digestive Enzyme Complex + Probiotic Complex](#) are essential for this condition. [Pain and Inflammation Enzyme](#), [Quercetin with Bromelain](#), [Glucosamine Complex with Chondroitin & MSM](#), [Cal-Mg-Zn with D](#), [Kelp](#), [Food-Based Multimineral and Multivitamin](#), [Flaxseed](#), [Amino Acid Complex](#), [Antioxidant Complex + Selenium](#), [CoQ10](#), [Vitamin E](#), [Vitamin D3](#) for circulation.

Asthma - medical attention needed until nutrition rebuilds. [Food-Based Multivitamin + Multimineral](#), [CoQ10](#), [Vitamin E](#), [Vitamin D3](#), [Vitamin C with bioflavonoids](#) needed to protect lung tissue and keep infection down. [Vitamin B12](#) and [Kelp](#) for minerals in balanced amounts.

Backache - [Pain and Inflammation Enzyme](#), [Cal-Mg-Zn with D](#), [Food-Based Multivitamin and Multimineral](#), [Glucosamine Complex with Chondroitin & MSM](#), [Green Waters Alkaline Water](#) minimum 64 oz daily. [Vitamin B12](#) aids in calcium absorption. [Shark Cartilage](#), [Flaxseed Oil](#), [Vitamin B Complex](#), and [Vitamin C](#) is essential for the formation of collagen.

Bad Breath /Halitosis - usually caused by poor digestion or poor elimination. [Psyllium Husk](#), [Digestive Enzyme Complex](#), [Probiotic Complex](#), [Wheatgrass](#), and [Garlic](#) as a natural antibiotic. Clean the colon with [Organic Fiber](#).

Baldness - Eat plenty of soy to block negative testosterone. Take [Flaxseed](#), [Hair-Skin-Nail](#), [Biotin](#), [Vitamin C](#), [Vitamin B Complex](#), [Ginkgo Biloba](#) + [CoQ10](#) to increase circulation in scalp.

Bladder Incontinence - check for bladder infection and balance pH. [Probiotic Complex](#), [Amino Acid Complex](#), [Cal-Mg-Zn with D](#).

Bladder Infection (cystitis) - Cranberry Chewables, Organic Cranberry are the two primary supplements needed. Add [Colloidal Silver](#) and [Organic Garlic](#) as natural antibiotics to soothe the painful urination. Take 4,000 - 5,000 mg [Vitamin C](#) in divided doses of 1,000 mg to produce an antibacterial affect through acidification of the urine. [Probiotic Complex](#), [Cal-Mg-Zn with D](#), [Food-Based Multivitamin and Multimineral](#). If re-occurring bladder infections check for Candida.

Blood Clots (Venous Thrombosis) - a blood clot in a vein and needs medical attention. [Vitamin E](#), [Grape Seed Extract](#), [CoQ10](#), [Wheatgrass](#) (do not take Wheatgrass if taking blood thinning meds). [Flaxseed](#), [Organic Garlic](#), [Lecithin](#), [Cal-Mg](#), [Vitamin C](#), and [Vitamin B Complex](#) to speed up healing time and aid with bodily functions. Fasting decreases blood coagulation and may be beneficial.



Blood Count - to build red blood cells: assist the liver and balance pH. An acidic pH prevents iron from absorbing (See *Acidosis*). [Milk Thistle](#), [Chelated Iron](#), [Wheatgrass](#), [Food-Based Multivitamin and Multimineral](#).

Blood Pressure, High (Hypertension) - 39% of those with high blood pressure have a [CoQ10](#) deficiency and weak kidneys. [Organic Garlic](#) and [Valerian](#) if stressed or nervous. [Niacin](#) and [L-Arginine](#). [Cal-Mg-Zn](#), [Sustained Release Potassium](#), [Flaxseed](#), [Selenium](#), [Vitamin C](#), [Vitamin E](#), [Lecithin](#), [Kelp](#) to balance minerals, and [Antioxidant Complex](#).

Blood Pressure, Low - [Liquid Iodine](#), [Sustained Release Potassium](#), [L-Tyrosine](#).

Boils - referred to as furuncles by medical professionals. Toxic bowel and/or excess junk foods are causes of most boils. [Vitamin E](#), [Chelated Iron](#), [Antioxidant Complex](#), [Organic Garlic](#), [Selenium](#), [Colloidal Silver](#), [Vitamin A](#), [CoQ10](#), and [Vitamin C](#) as a powerful anti-inflammatory and to enhance the immune system.

Breast Cysts - can be caused by negative estrogen not processed by the liver. [CoQ10](#) is a powerful anti-oxidant that helps to remove toxins from the body. [Vitamin E](#) + [Kelp](#) is a rich source of iodine. [Iodine](#) deficiency has been linked to fibrocystic breast.

Vitamin A, Vitamin B Complex, Vitamin C, Zinc, and [Food-Based Multimineral](#) which provides balanced mineral content for the body. Women's Hormone Balance. Estrogen or birth control pills can make symptoms worse - switch to low-dose pill.

Bronchitis - [Immunity Formula](#), [Vitamin C](#), [Cal-Mg-Zn with D](#), [Organic Fiber](#) to detox the colon, [Colloidal Silver](#), [CoQ10](#), and [Pain and Inflammation Enzyme](#) to reduce the inflammation. [Garlic](#), [wheatgrass](#) for chlorophyll to detox the lymphatic system, [Zinc](#), and [Vitamin B Complex](#).

Bursitis - Balance pH levels.- see *Acidosis*. [Flaxseed](#), [Cal-Mg](#), [Amino Acid Complex](#), [Vitamin C](#), [Vitamin E](#), [CoQ10](#), [Zinc](#), [Glucosamine](#), [Food-Based Multivitamin](#), [Antioxidant Complex](#), and a [Probiotic Complex](#) to aid in digestion. [Manglior Tea](#).

CANDIDA - *Candida Albicans*, a single-celled fungus, is always present in the genital and intestinal tracts. If it is present in disproportionate quantities it can cause infection. [Organic Fiber](#) and [Psyllium Husk](#) for healthy bowel elimination, [Digestive Enzyme Complex](#) and [Probiotic Complex](#) to build good bacteria in the bowel. [Colloidal Silver](#), [Organic Garlic](#), [Cal-Mg-Zn with D](#) is often deficient in people with candida. [Food-Based Multivitamin and Multimineral](#), [Selenium](#), and [Vitamin C with bioflavonoids](#). Eliminate all sugars, wheat, and dairy products for at least 2 weeks.

Carpal Tunnel - [Pain and Inflammation Enzyme](#), [Cal-Mg-Zn with D](#), [Flaxseed Oil](#), [Lecithin](#), [Vitamin B Complex](#), [Grape Seed Extract](#), [Kelp](#), and [Zinc](#) to aid healing.

Cataracts - Balance pH levels.- see *Acidosis*. [Vitamin E](#), [Lutein Plus for eyes](#), [L-Lysine](#), [Vitamin E](#), [Vitamin C](#), [Zinc](#).

Cholesterol - Over 60% of cholesterol is produced by the body in the liver. Start with [Organic Fiber + Digestive Enzyme](#)



[Complex](#), [Red Yeast Rice](#), [Green Tea](#), [Selenium](#), [L-Carnitine](#), [Lecithin](#), [Vitamin B Complex](#), [Vitamin C](#), [Vitamin E](#), [Flax Seed Oil](#), and [Organic Garlic](#) which lowers cholesterol and blood pressure levels. [Fat Complex](#) to absorb excess fat in the body.

Chronic Fatigue Syndrome - [B-12 + Thermo X](#) to boost the body's metabolism. [Probiotic complex](#), [CoQ10](#), [Vitamin E](#), and [Melatonin + Sleep Aid](#) for a restful sleep. [Amino Acid Complex](#) [Ginkgo Biloba](#) improves circula-

The nutrition supplements found in this Natural Remedies Guide are available at:

CARENCRO: LITEON Natural Health Center 896-4141

SUNSET: DHARMA Wellness Center 662-3120

tion and brain function. [Milk Thistle](#) protects the liver. [St. John's Wort](#) has antiviral properties and is a good antidepressant. [Brain Formula](#) to improve mood.

Circulation - [Vitamin C](#), [Vitamin D3](#), and [CoQ10](#). [Ginkgo Biloba](#) improves circulation and brain function. [Wheatgrass](#) for chlorophyll which improves oxygen levels in the body. [L-Carnitine](#) helps to strengthen the heart muscle and and promote circulation by transporting long fatty acid chains.

Cirrhosis (of the liver) - [Milk Thistle](#) and [Digestive Enzyme Complex](#) are very important. [Probiotic Complex](#). [Garlic](#), [L-Arginine](#), [L-Carnitine](#), [Lecithin](#), [Wheatgrass](#), [Cal-Mg](#), [Amino Acid Complex](#).

Cold Sores (Fever Blisters) - [L-Lysine](#), [Vitamin E](#), and [Brain Formula](#) for stress relief. [Immunity Formula](#), [Antioxidant Complex](#), [Colloidal Silver](#), and [Probiotic Complex](#).

Colic - Add [Organic Fiber](#) to your baby's formula. Some studies have suggested that colic may improve in certain infants when fiber is added to their formula. Organic Fiber, a bulking agent that draws water into the stool, to the babies' formula. Anywhere from one-half teaspoon three times a day to one-half teaspoon six times a day seems to do the trick. Start by adding small amounts of fiber to the formula, and build up to higher doses. Although not the answer for every baby, adding a little fiber is safe and worth a try. Mom should avoid chocolate, garlic, onions, caffeine, cow's milk, cabbage, corn, and eggs.

Common Cold - [Immunity Formula](#), [Antioxidant Complex](#), [Echinacea](#), [Organic Garlic](#), [Vitamin C](#).

Constipation - [Organic Fiber](#), [Psyllium Husks](#), [Probiotic Complex](#), [Digestive Enzyme Complex](#).

Dandruff - [Food-Based Multivitamin](#) and [Multimineral](#), [Essential Fatty Acids](#), [Kelp](#), [Selenium](#), [Vitamin B Complex](#), [Vitamin C with Bioflavonoids](#). May be caused by Candida - See CANDIDA.

Depression - Usually the thyroid is involved, see hypothyroid. [St. John's Wort](#), [5-HTP](#), and [Brain Formula](#) for mood

support. For nutritional support use [Liquid Iodine](#), [Cal-Mg](#), [Vitamin C](#), [L-Tyrosine](#), and [Essential Fatty Acid](#). A liver cleanse may be necessary. For PMS related mood swings use [Women's Hormone Balance](#).

Diabetes - [L-Carnitine](#), [Spirulina](#), [Vitamin B Complex](#), [Vitamin B-12](#) needed to prevent diabetic neuropathy, [CoQ10](#) improves circulation and stabilized blood sugar, [Psyllium Husk](#) is a good fiber source and [fat mobilizer](#), [Probiotic Complex](#), [Digestive Enzyme Complex](#), [Vitamin E](#), [Organic Fiber](#) to detox the colon.

Diarrhea - [Activated Charcoal](#) or [Hydrated Bentonite](#), [Essential Fatty Acid](#), [Acidophilus Probiotic](#), [Kelp](#) to replace minerals lost during diarrhea, [Colloidal Silver](#) acts as a natural alternative to antibiotics, [Organic Garlic](#), and [Immunity Formula](#).

Diuretic - promotes the production of urine. Use parsley with [Vitamin B-6](#). Watermelons and cucumbers are good diuretics. See Lemon Cleanse to reduce excess fluids.

Diverticulitis - [Digestive Food Enzyme](#), [Organic Fiber](#), [Psyllium Husks](#), [Flaxseed](#), [Vitamin B Complex](#) are needed for all enzyme system in the body and for proper digestion.

Dizziness (Vertigo) - [Ginkgo Biloba](#), [Vitamin C](#), and [CoQ10](#) to improve circulation to the brain. [Zinc](#) promotes a healthy immune system. [Immunity Formula](#) and [Antioxidant Complex](#). [Cal-Mg](#) is important in maintaining regular nerve impulses. [Melatonin](#) helps to maintain equilibrium.

Dry Skin - [Flax Seed Oil](#), [Iodine Liquid](#), [Lecithin](#), [Food-Based Multivitamin](#) and [Multimineral](#), [Vitamin E](#) protects against free radicals, and [Zinc](#) is necessary for proper functioning of the oil-producing glands of the skin.

Ear Infection - [Colloidal Silver](#), [Vitamin C with bioflavonoids](#), [Zinc](#) quickens the immune response, [Immunity Formula](#), [Antioxidant Complex](#), [Organic Garlic](#) as a natural antibiotic, and [Vitamin E](#) enhances the immune function.

Eczema - Balance pH - see Acidosis. Clean the bowels with [Organic Fiber](#) and [Psyllium Husk](#), [Wheatgrass](#) is high in chlorophyll

which detoxes the lymphatic systems and benefits eczema.

Emphysema - a degenerative lung disease. Use [Antioxidant Complex](#), [Wheatgrass](#) for chlorophyll, [Essential fatty acids](#), [Zinc](#), [CoQ10](#), [Amino Acid Complex](#), [Organic Garlic](#), [Vitamin C](#), and [Cal-Mg](#) which acts as a nerve tonic to protect nerve endings.

Endometriosis - Inflammation of the uterine lining. [Pain and Inflammation Enzyme](#) consistently for 90 days. [Vitamin E](#), [Iron](#), [Vitamin B Complex](#) promotes blood cell productivity and proper hormone balance. Cleanse the liver . See Lemon Cleanse.

Energy - low energy levels. [Vitamin B-12](#), [ThermoX](#), [Food-Based Multivitamin](#) and [Multimineral](#), [Spirulina](#), [Valarian](#) for a restful sleep. Liteon Natural's [Whey Protein](#) is the foundation for great tasting, highest quality, all natural meal replacement protein shakes. Get lean, burn fat, boost immunity, stay focused, and feel energized all day long with Liteon Natural's [Whey Protein](#).

ESTROGEN DOMINANCE - [Milk Thistle](#), [Women's Hormone Balance](#), [Black Cohosh](#).

Fever - [Immunity Formula](#), [Antioxidant Complex](#), [Organic Garlic](#), [Pain and Inflammation Enzyme](#), and [Manglier Tea](#).

Fibromyalgia - Symptoms mimic Chronic Fatigue Syndrome. Research has associated Fibromyalgia with [Magnesium](#), [B-6](#), and Malic acid deficiencies. [Cal-Mg-Zn with D](#), [Pain and Inflammation Enzyme](#), [Vitamin E](#), [Flaxseed](#), and [Organic Fiber](#) to cleanse the bowels. [Sleep Aid](#) and [Melatonin](#) for nervous fatigue and for proper sleep.

Flu (Influenza) - For Children: [Colloidal Silver](#), [Immune Formula](#), [Vitamin C](#). For Adults: [Immune Formula](#), [Vitamin C](#), [Organic Garlic](#), [Colloidal Silver](#), [Food-based Multivitamin](#) because all vitamins are needed for healing. [Vitamin B Complex](#) reduces stress caused by viral infection. [Selenium](#) boosts the immune response, enhancing the body's ability to fight infection.

Food Poisoning - Activated Charcoal (6 capsules to neutralize poison) and [Probiotic Complex](#).

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Suggested Use: Take 1 tablet daily with a meal.

Note: If you are pregnant, nursing, have any health condition or are taking any medications, consult your health care practitioner before using this product. **Keep out of reach of children.** Store in a cool, dry place.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. In case of accidental overdose, call a doctor or poison control center immediately.

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Adult Food-Based Multi

30 Tablets
Dietary Supplement

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as natural beta-carotene)	10,000 IU 200%	Copper (as copper oxide)	0.5mg 50%
Vitamin C (as ascorbic acid)	200mg 333%	Manganese (as manganese sulfate)	2mg 100%
Vitamin D (as cholecalciferol)	196 IU 25%	(as chromium chloride)	50mcg 42%
Vitamin E (as d-alpha tocopheryl succinate)	36 IU 100%	Molybdenum (as sodium molybdate)	10mcg 13%
Vitamin K (as phytylanthone)	50mcg 63%	Potassium (as potassium chloride)	25mg <1%
Thiamin (as thiamine mononitrate)	15mg 667%	Vanadium (as vanadium amino acid chelate)	8mcg
Riboflavin	10mg 588%	Boron (as boron glycinate)	50mcg
Niacin (as niacinamide)	25mg 125%	Bioflavonoids	25mg
Vitamin B6 (as pyridoxine HCl)	10mg 500%	(from leucos)	
Folic Acid	400mcg 100%	Rutin	10mg
Vitamin B12 (as cyanocobalamin)	10mcg 167%	Choline (as choline bitartrate)	10mg
Biotin	300mcg 100%	Inositol	10mg
Pantothenic Acid (as d-calcium pantothenate)	10mg 100%	Hesperidin	10mg
Calcium (as calcium citrate)	20mg 3%	Para-aminobenzoic acid (PABA)	5mg
Iron (as ferrous bisglycinate)	5mg 28%	Protease	1100HUT
Iodine (from kelp)	100mcg 67%	Amylase	1000U
Magnesium (as magnesium oxide)	70mg 18%	Lipase	2CU
Zinc (as zinc citrate)	5mg 33%	Cellulase	2CU
Selenium (as selenomethionine)	25mcg 36%	Proprietary Superfood	475mg

* Daily Value not established.

Other ingredients: Succinic acid, croscarmellose sodium, microcrystalline cellulose, silica, dicalcium phosphate, modified cellulose, magnesium stearate (vegetable source), vegetable coating.

Female Problems - Excess estrogen and lack of progesterone can cause heavy bleeding during the menstrual cycle. See [ESTROGEN DOMINANCE](#). Each month the ovaries produce 2 negative oil soluble estrogens (Estradiol, Estrone). They must first pass through the liver to be converted to a water soluble estrogen form (Estroil). If the liver can not break down these negative estrogens, they remain in our system. [Flaxseed](#), [Lutein](#), and [Women's Hormone Balance](#).

Gall Bladder - [Green Water](#) and [Wheat-grass](#) to help dissolve stones. If you have an attack, drink 1 tablespoon of apple cider vinegar in a glass of apple juice. This should relieve the pain quickly. If the pain does not subside, go to the emergency room. Gall Bladder mini-cleanse recipe : Drink 1 tbsp olive oil and juice of 1/2 lemon before bedtime. Repeat the drink first thing in the morning with 2oz apple juice. This is a mild cleanse that may take up to 30 days before passing Gall stones(which look similar to green peas) through the bowel. Its important to keep the bowel moving with [Organic Fiber](#) while cleansing the gall bladder.

Gingivitis (Periodontal Disease) - Use [Organic Garlic](#) and [Colloidal Silver](#) to kill off bacteria infection and use [Pain and Inflammation Enzyme](#) to ease discomfort and sooth tissue. [Echinacea](#) helps to keep down inflammation and enhance immune function.

Glaucoma - (see a doctor first) Liver must be cleansed before real advancement is made. See Lemon Cleanse. [Lutein Plus](#) for eyes, [Vitamin E](#), [Vitamin D3](#), and [CoQ10](#). Use [Lecithin](#) for a good source of choline and inositol, [Essential Fatty Acids](#), and [Vitamin B Complex](#). [L-Arginine](#) facilitates natural synthesis of nitric oxide, which promotes healthy blood vessels. Note: Avoid arginine

if you are pregnant or have cataracts, colitis, or a viral infection such as herpes.

Gout - Occurs when there is too much uric acid in the blood, tissue, or urine. Over-weight males are the often affected. Usually affects the big toe. Check for digestive system problems. Diet is very important for this ailment - Use the "Eat Right for your blood type diet" and [Balance pH](#). [Essential Fatty Acids](#), [Vitamin B complex](#), [Vitamin C with bioflavonoids](#), and [Vitamin E](#) improves circulation. [Amino Acid Complex](#) because uric acid production increases if essential amino acids are lacking. [Kelp](#) and [Wheat-grass](#) contain complete protein and vital minerals to reduce serum uric acid. [Grape Seed Extract](#) and [Antioxidant Complex](#) are powerful antioxidants.

Hay Fever - allergic response to pollen. [Immunity Formula](#), [Antioxidant Complex](#), [CoQ10](#), [Vitamin C with bioflavonoids](#), [Zinc](#), and [Organic Garlic](#) to help reduce isinus inflammation. [Pain and Inflammation Enzyme](#).

Headache/ Migraine - [5-HTP](#) has been shown in many clinical studies to have excellent results for tension headaches and migranes, [L-Tyrosine](#) for relief of cluster headaches. [Vitamin B3](#) improves circulation and aids in the functioning of the nerves. [Vitamin B Complex](#), [Glucosamine Complex](#), [Ginkgo Biloba](#) improves circulation to the brain and [Valerian](#) is a good sedative to take during a headache.

Heartburn - Insufficient digestive enzymes is most common cause. Use [Digestive Enzyme Complex](#), [Probiotic Complex](#), [Organic Fiber](#), [Papaya Chewable](#), [Cal-Mg-Zn](#), [Pain and Inflammation Enzyme](#), [Green Water Alkaline Water](#), [Wheatgrass](#). Balance pH - see Acidosis.

Hemorrhoids - [Probiotic Complex](#), [Organic Fiber](#), [Ca-Mg](#), [Vitamin C with bioflavonoids](#), [Psyllium Husks](#), to soften stool. [Vitamin E](#), [Shark Cartilage](#) and [Pain and Inflammation Enzyme](#). [Vitamin D3](#) aids in healing of mucous membranes and tissues. Also needed for calcium absorption. [Infrared Sauna Treatments](#).

Hepatitis - [Amino Acid Complex](#), [L-Arginine](#), [Lecithin](#), [CoQ10](#), [Vitamin C](#), [Vitamin E](#), [Antioxidant Complex](#), [Cod Liver Oil](#). Nutrition: [Immunity Formula](#), [Milk Thistle](#), [Food-Based Multivitamin](#).

Herpes - see Cold Sores for type 1. For type 2 herpes virus, also add [L-Lysine](#), [Vitamin B Complex](#), [Vitamin C with bioflavonoids](#), [Zinc](#), [Acidophilus Probiotic Complex](#), [Organic Garlic](#), [Colloidal Silver](#).

Hiatal Hernia - [Pain and Inflammation Enzyme](#), [Vitamin E](#), [Antioxidant Complex](#).

High Blood Pressure (Hypertension) - 39% of those with high blood pressure have a [CoQ10](#) deficiency and weak kidneys. [Organic Garlic](#), [Valerian](#), [Niacin \(Vitamin B3\)](#), [L-Arginine](#), [Flaxseed Oil](#), [Selenium](#) deficiency has been linked to heart disease. [Vitamin E](#) improves heart function. [Vitamin E](#) also acts as a blood thinning agent; use with caution if you taking prescription blood thinners. Vitamin C improves adrenal function and reduces blood-clotting tendencies. [Food-Based Multimineral](#) for good nutrition.

Hives - an reactionary liver overload caused by either environmental exposure to toxins or traumatic / emotional stress. [Valerian](#), [Brain Formula](#), [Pain and Inflammation Enzyme](#), [Acidophilus Probiotic](#) reduces allergic reactions and helps replenish "friendly" bacteria.

The nutrition supplements found in this Natural Remedies Guide are available at:
 CARENCRO: LITEON Natural Health Center 896-4141 SUNSET: DHARMA Wellness Center 662-3120

Hot Flashes - Menopause - In the beginning stages the [Women's Hormone Balance](#) is recommended first. The key is finding the right amount of hormone herbs for your body in your current stage of menopause. If the [Women's Hormone Balance](#) is too weak then add [Black Cohosh](#). Also, [Cal-Mg-Zn with D](#) and [Food-Based Multimineral](#) to prevent bone loss is suggested as well as extra Vitamin E. Use [Valerian](#) and [Sleep Aid](#) for a restful sleep.

Hypertglycemia - see Diabetes

Hyperthyroid - Graves' Disease - (overactive thyroid) [Omega 3](#), [Essential Fatty Acids](#), [Lecithin](#), [Vitamin C with bioflavonoids](#), [Vitamin E](#), [Antioxidant Complex](#).

Hypoglycemia - (low blood sugar) - often caused by poor digestion or food allergies. [Digestive Enzyme Complex](#), [Probiotic Complex](#), [Organic Fiber](#), [Amino Acid complex](#). [Thermography](#) to check for hypothyroid.

Hypothyroid - (see thyroid explanation) [Liquid Iodine](#), [Amino Acid Complex](#), [Kelp](#), [L-Tyrosine](#) because low plasma levels have been associated with hypothyroidism. [B-Complex](#) because B vitamins improve cellular oxygenation and energy and are needed for proper digestion, immune function, red blood cell formation, and thyroid function.

Immune System - [Immunity Formula](#), [Antioxidant Complex](#), [Vitamin C](#), [Digesting Enzyme Complex](#), and [Organic Fiber](#).

Incontinence - (Involuntary urination) [Probiotic Complex](#), [Amino Acid Complex](#), [Cal-Mg](#), and [Zinc](#) for improved bladder function.

Indigestion - Any of these products alone will stop indigestion and heartburn. [Glucosmannan](#) and [Organic Fiber](#) to cleanse the colon and to aid in normal stool formation. Insufficient digestive enzymes is most common cause. Use [Digestive Enzyme Complex](#) with each meal. Balance pH - see Acidosis.

Infertility - [Selenium](#) deficiency leads to reduced sperm count and has been linked to sterility in men and infertility in women. [Vitamin E](#) carries oxygen to the sex organs. [Zinc](#) is important for the functioning of reproductive organs. [L-Arginine](#), [L-Tyrosine](#), [Folic Acid](#), [Vitamin B-12](#), [DHEA](#) improves

libido. [Essential Fatty Acids](#) are essential for normal glandular function.

Insomnia - [Calcium/Magnesium, 5-HTP](#) plus one of the following: [Brain Formula](#), [Sleep Aid](#), [Melatonin](#) or [Valerian](#).

Irritable Bowel Syndrome - [Flaxseed Oil](#), [Amino Acid Complex](#), [Organic Garlic](#), [Psyllium Husk](#), [Organic Fiber](#) has a [cleansing effect](#), [Vitamin B Complex](#), [Vitamin B12](#), [Probiotic Complex](#).

Kidney Stones - Balance pH, [Green Water Alkaline Water](#), [Wheatgrass](#), [Food-Based Magnesium Complex](#), [L-Arginine](#) aids kidney disorders, [Vitamin E](#), and [Vitamin C](#). [Pain and Inflammation Enzyme](#) for pain, and drink fresh squeezed lemon juice with pure water.

Laryngitis - [Colloidal Silver](#), [Antioxidant Complex](#), and [Organic Garlic](#) as a natural antibiotic.

Leg Cramps - [Cal-Mg](#), [Calcium Complex](#), [Food-Based Multimineral](#), and [Digestive Enzyme Complex](#).



Lemon Cleanse - A no food fast for 3 -10 day that will flush and remove toxins, help high blood pressure, flush kidneys and liver, and help with sinus congestion or allergies. Recipe: 3qts. reverse osmosis purified water, 1 cup fresh squeezed lemon juice, 1 cup pure maple syrup, and 2 capsules Capsicum daily. Drink 8-12 glasses of the lemon mixture daily.

Lupus - Use the "Eat Right for your blood type diet". [Flaxseed Oil](#), [Cal-Mg](#), [L-lysine](#), [Glucosamine Complex](#), [Vitamin C](#), [CoQ10](#), [Kelp](#), [Probiotic Complex](#) protects against intestinal bacterial imbalances. [Wheatgrass](#)

is a good source of minerals for healing and oxygen for cell metabolism. [Antioxidant Complex](#), [Pain and Inflammation Enzyme](#), and [Vitamin E](#). Perform a weekly colon cleanse with [Organic Fiber](#).

Lyme Disease - [Flax Seed Oil](#), [Organic Garlic](#), [Kelp](#) for essential minerals, [Food-Based Multivitamin and Multimineral](#), [Selenium](#) as a free radical scavenger, [Vitamin C](#), [Vitamin E](#).

Memory - [Ginkgo Biloba](#), [Brain Formula](#), [Flax Seed Oil](#), [CoQ10](#) and [DHEA](#).

Menopause - - In the beginning stages the [Women's Hormone Balance](#) is recommended first. The key is finding the right amount of hormone herbs for your body in your current stage of menopause. If the [Women's Hormone Balance](#) is too weak then add [Black Cohosh](#). [Vitamin E](#), [DHEA](#), [Essential Fatty Acid](#), [Zinc](#), [L-Arginine](#), [L-lysine](#), [Cal-Mg](#).

Morning Sickness - [Red Raspberry](#), [Ginger](#), [L-Methionine](#) prevents nausea, and [Vitamin B Complex](#).

Muscle Cramps - usually a deficiency of magnesium or potassium. [Food-Based Multimineral](#), [Cal-Mg](#), [Lecithin](#), [Zinc](#).

Nervousness - can be caused from a weak thyroid and/or mineral deficiency especially magnesium. [Brain Formula](#), [Liquid Iodine](#), [St. John's Wort](#), [Mood Enhancer](#), [Cal-Mg](#), [L-Tyrosine](#), and [Vitamin E](#).

Osteoarthritis - [Cal-Mg](#), [Pain and Inflammation Enzyme](#), [Omega-3](#), [Glucosamine Complex](#), [CoQ10](#), [Vitamin E](#), [Vitamin D3](#).

Osteoporosis - [Vitamin C](#), [Calcium Complex](#), [Food-Based Multivitamin and Multimineral](#).

Parasites (worms) - [Organic Garlic](#), [Colloidal Silver](#), [Selenium](#), [Acidophilus Probiotic](#) to restore a normal intestinal flora, [Essential Fatty Acid](#), [Food-Based Multivitamin and Multimineral](#), [Zinc](#) promotes a healthy immune system.

Parkinson's Disease - [Vitamin B12](#), [Ginkgo Biloba](#), [Digestive Enzyme Complex](#), [Lecithin](#), [Cal-Mg + Potassium](#), [CoQ10](#) allows

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cells to produce energy and may slow brain cell death.

Pneumonia - a very serious infection of the lungs that may be caused by a number of different infectious agents. [Immune Formula](#), [Antioxidant Complex](#), [Vitamin C](#), [Colloidal Silver](#) reduces inflammation and promotes healing of lesions in lung tissue, [Organic Garlic](#), [Vitamin A](#), [L-Carnitine](#) to protect lungs from free radical damage, and [CoQ10](#).

Poison Ivy / Oak - [Vitamin C](#) to prevent infection and spreading of the rash, [Shark Cartilage](#) to reduce inflammation, [Pain and Inflammation Enzyme](#), [Vitamin A](#), [Zinc](#).

Prostate Problems - [Prostate Health](#), [Saw Palmetto](#), [Organic Fiber](#) and [Psyllium Husks](#) for bowel cleansing and essential for keeping the prostate functioning properly. [CoQ10](#), [Organic Garlic](#) enhances the immune function, [Selenium](#) is needed for proper prostate function, [Shark Cartilage](#) inhibits tumor growth and stimulated the immune system, [Wheatgrass](#) with SOD destroy free radicals, [Vitamin A](#) is a powerful antioxidant that destroys free radicals, [Vitamin E](#), [Vitamin B Complex](#), [Vitamin B12](#), [Vitamin C with bioflavonoids](#) is a powerful anticancer agent, [Vitamin D3](#), [Acidophilus Probiotic](#) has an antibacterial effect on the body. [Zinc](#) plays a role in the prevention of prostate cancer.

Psoriasis - Check for Food Allergies. Balance pH - See Acidosis. Use the "Eat Right for your blood type diet". [Wheatgrass](#), [Hair-Skin-Nails](#), [Spirulina](#), [Flaxseed](#), [Organic Fiber](#) to cleanse the bowel. Use [Vitamin A](#), [Zinc](#), [Selenium](#), [Shark Cartilage](#), [Vitamin B Complex](#), [Vitamin C](#) is important for formation of collagen and skin tissue, [Vitamin E](#) neutralizes free radicals that damage the skin. [Kelp](#) supplies balanced minerals, [Lecithin](#), and a [Food-Based Multivitamin](#).

Rheumatism - [Pain and Inflammation Enzyme](#), [Digestive Enzyme Complex](#), [Glucosamine Complex](#), [CoQ10](#).

Rosacea or Acne Rosacea - [Wheatgrass Liquid](#), [Antioxidant Complex](#), [Immunity Formula](#), [Vitamin E](#), [Acidophilus Probiotic](#), [Digestive Enzyme Complex](#), [Betaine hydrochloride](#) (hydrochloric acid) 45 grains (1/2 tsp) per full meal.

Sex Drive, Low Libido - Women: [Women's Libido](#), [DHEA](#). Men: [L-Tyrosine](#), [DHEA](#), [Maca](#), [L-Arginine](#).

Shingles - [Immunity Formula](#), [Wheatgrass Liquid](#), [Antioxidant Complex](#), [L-Lysine](#), [Colloidal Silver](#), [CoQ10](#), and [Vitamin C](#) to stimulate the immune system.

Sinusitis - Immunity Formula, Colloidal Silver, Vitamin C. Use [Acidophilus Probiotic](#) to replace good bacteria in the colon - important if antibiotics are prescribed [Flaxseed oil](#), [Food-Based Multivitamin and Multimineral](#). Eliminate wheat, cheese, milk or dairy products. See Lemon cleanse.

Smoking, Stop - [St. John's Wort](#), [CoQ10](#) adds oxygen to the brain and protects heart tissue, [Vitamin B Complex](#), [Vitamin B12](#), [Folic Acid](#), [Vitamin C](#), [Vitamin E](#), and [Vitamin A](#).

Sore Throat - Strep - Gargle with [Colloidal Silver](#), then swallow. [Vitamins A, C](#), and [Zinc](#). [Immunity Formula](#) and [Antioxidant Complex](#). [Organic Garlic](#).

Stress - [5-HTP](#), [Brain Formula](#), [L-Tyrosine](#), [Vitamin C with bioflavonoids](#) is essential to adrenal gland function, [CoQ10](#), [Cal-Mg-Zn](#), [Ginkgo Biloba](#).

Sweating - check thyroid. [Immunity Formula](#) and [Antioxidant Complex](#).

Tendonitis - [Glucosamine Complex](#), [Pain and Inflammation Enzyme](#), [Calcium Complex](#).

Ulcers (canker sores) - [Probiotic Complex](#), [Digestive Enzyme Complex](#), and [Organic Fiber](#) to clear the bowels.

Varicose / Spider Veins - [Vitamin E](#), [Vein Stop](#), and [CoQ10](#). [Increase circulation](#) using [Whole Body Vibration](#) and [Infrared Sauna Treatments](#).

Viral Infection - Rotate anti-virals for more effective results. [Organic Garlic](#), [Colloidal Silver](#), [L-Lisine](#) may be needed to break down the viruses protective coating. [Vitamin A](#), [Vitamin C](#), [Vitamin E](#) and [Zinc](#).

Warts - [Vitamin E](#), apply [Tea Tree Oil](#) to wart 3-4 times/ day, [Immunity Formula](#), [Antioxidant Complex](#), [CoQ10](#), [Selenium](#), and [Probiotic Complex](#).

Water Retention - Support the heart if swelling in legs does not improve within 30 days. See Arteriosclerosis. [CoQ10](#), [Vitamin E](#), [Cardio Support](#), [Potassium](#), [Organic Garlic](#), and [Selenium](#) to activate the Kidney.

Weight Loss - [Raspberry Ketones](#), [Green Coffee Bean Extract](#), [Wheat Tea](#) to target abdominal fat, [Green Water pH 9.5 Alkaline Water](#) to raise the body's alkalinity and

decrease production of fat cells. [BioLean](#) to raise the body's thermogenic fat burning capability. [ThermoX](#) increases the body's metabolism, [Fat Complex](#) binds to fat and reduces fat absorption in the body, and [Glucomannan](#) is an appetite suppressant. Use [Probiotic Complex](#) and [Digestive Enzyme Complex](#) to improve digestion. [Organic Fiber](#) clears the bowel and releases excess waste. [DHEA](#) inhibits enzymes that are involved in fat cell production, [DMAE](#) is an effective fat burner, [Lecithin](#) emulsifies fat so that it can be removed from the body. [L-Arginine](#) and L-Carnitine are amino acids that reduce body fat. [Vitamin B Complex](#) is needed for proper digestion.



Yeast Infections - See CANDIDA. [Organic Garlic](#), [Probiotic Complex](#) and [Digestive Enzyme Complex](#), and [Immunity Formula](#). Eliminate all sugars, breads, and dairy products for 2 weeks.

RECOMMENDED DAILY INTAKE

VITAMINS

Folate (folic acid)	400 - 1,200 mg.
Niacin (vitamin B3)	10-50 mg.
Riboflavin (vitamin B2)	5-25 mg.
Thamine (vitamin B1)	5-25 mg.
Vitamin A	5,000-25,000 I.U.
Vitamin B6 (pyridoxine)	5-50 mg.
Vitamin B12 (cyanocobalamin)	5-50 mcg.
Vitamin C (ascorbic acid)	250-2,500 mg.
Vitamin D	0-500 I.U.*
Vitamin E (alpha tocopherol)	100-600 I.U.

MINERALS

Calcium	800-1,200 mg.
Chromium	50-250 mcg.
Iron	10-30 mg.
Magnesium	300-400 mg.
Selenium	50-200 mcg.
Zinc	15-30 mg.

Note:

I.U. = international units
mg - milligrams
mcg - micrograms

* If you drink at least a quart of vitamin D-enriched milk a day or you bask in the sun year-round, you may need no D supplementation. Otherwise, some extra D is in order: 200 I.U. per day in most circumstances; 400 I.U. per day for the elderly in winter; 500 I.U. per day for women who are pregnant or nursing.

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THE IMPORTANCE LITEON NATURALS Vitamins Play in Your Health

If it only took eating an apple a day to get all the necessary nutrients from our food, we'd all be happy and healthy, but it's not. We actually need to consume 7-10 servings of fruits and vegetables each and every day to ensure we are getting all 13 different vitamins and 17 different minerals.

But why? What do vitamins and minerals do for us anyway?

The human body consists of millions of cells that are constantly regenerating. Each cell in the body needs a certain amount of vitamins and minerals to perform at its best and prevent illness. Vitamins are critical in the production of red blood cells and the maintenance of the nervous, skeletal and immune systems. Minerals are also needed in small amounts to help regulate body functions and aid in the growth and maintenance of body tissues and to help release energy.

Below is a chart of the major functions of the 13 vitamins and a selection of 10 minerals.

Vitamins

- Vitamin A** - Maintenance of vision; skin; linings of the nose, mouth, digestive and urinary tracts; immune function
- Vitamin D** - Development and maintenance of bones and teeth; promotion of calcium absorption
- Vitamin E** - Protection and maintenance of cellular membranes
- Vitamin K** - Production of factors essential for blood clotting and bone metabolism
- Biotin** - Synthesis of fat, glycogen and amino acids
- Folate** - Amino acid metabolism; synthesis

- of RNA and DNA; new cell synthesis
- Niacin** - Conversion of carbohydrates, fats and protein into usable forms of energy
- Panthenic Acid** - Metabolism of fats, carbohydrates and proteins
- Riboflavin** - Energy metabolism; maintenance of skin, mucous membranes and nervous system structures
- Thiamin** - Conversion of carbohydrates into usable forms of energy; maintenance of appetite and nervous system function
- Vitamin B6** - Metabolism of amino acids and glycogen
- Vitamin B12** - Synthesis of blood cells; other metabolic reactions
- Vitamin C** - Maintenance and repair of connective tissue, bones, teeth and cartilage; promotion of healing; aid in iron absorption

Minerals

- Calcium** - Formation of bones, teeth; control of nerve impulses, muscle contractions and blood clotting
- Fluoride** - Maintenance of tooth and bone structure
- Iodine** - Essential part of thyroid hormones; regulation of body metabolism
- Iron** - Component of hemoglobin, myoglobin and enzymes
- Magnesium** - Transmission of nerve impulses; energy transfer; activation of enzymes
- Phosphorus** - Bone growth and maintenance; energy transfer in cells
- Potassium** - Nerve function and body water balance
- Selenium** - Defense against oxidative stress; regulation of thyroid hormone action
- Sodium** - Body water balance; acid-base balance; nerve function
- Zinc** - Synthesis of proteins; RNA and DNA; wound healing; immune response; ability to taste



Digestive Enzyme Complex

Digestive Enzyme Complex is a vegetarian encapsulated and vegetarian sourced digestive enzyme complex. Nine active enzymes provide digestion help, absorption of nutrients, maintain the proper pH in the gastrointestinal tract, and act as a barrier against invasion of viruses and bacteria. Studies indicate a significant reduction of gas and bloating associated with the ingestion of high calorie, high fat meals when taking certain of these digestive enzymes. Digestive Enzyme Complex may also help reduce symptoms associated with lactose intolerance.

Digestive Enzyme Complex includes six of the seven basic types of digestive enzymes, each with differing functions. The basic enzymes and their specific functions are as follows: amylase digests starches; cellulase digests fibers; lactase digests dairy products; lipases for fats digestion, oils and triglycerides; maltase for starch and grains digestion; protease digests proteins; and sucrase digests sugars.

Price: \$35

www.NaturalHealthCentersOnline.com

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newsbriefs

Blue Bug Boilers Offers Boiling System for Seafood



Crawfish is a staple of Southwestern Louisiana, especially this time of the year. The good news is crawfish meat is easily more digested than other types of meat due to its short muscle fibers, according

to the LSU Agricultural Center.

To enjoy crawfish and more, Blue Bug Boilers has introduced a boiling system for seafood that they say is faster, safer and easier than conventional boiling methods. The Regular Blue Bug Boiler boils 45 pounds and the Big Boiler holds 60 pounds. Both boilers include the pot, jet bar, hose, regulator and quick disconnects. The design of the system makes boiling seafood and vegetables easy from start to finish.

For more information, call 337-942-6388, email Sales@BlueBugBoilers.com or visit BlueBugBoilers.com.

Flower Loft Offers Unlimited Possibilities



Receiving a bouquet of fresh flowers is always a delightful surprise and is sure to put a smile on the face of loved ones—and A Flower Loft, in Lafayette, is just the place to get them. Flower Loft is a professional, full-service florist company offering local and nationwide flower delivery for just about any occasion. Orders can be placed online or via phone and same day delivery is available.

Their professional team can provide customers with unlimited

design possibilities for any occasion, including weddings and other events. A Flower Loft can also create a memorable arrangement to commemorate an anniversary, birthday, holiday or even a dinner party with friends. They offer personalized service to accommodate all floral and design needs—and can easily work within a budget.

Location: 1501 Kaliste Saloon Rd., St. 1, Lafayette. For more information call 337-991-9050 or visit AFlowerLoft.com.

Education Destination Inspires Children to Learn



Quality education is valuable for children to learn and develop. Education Destination is a locally owned and operated supplemental learning center that offers a

language immersion program, an after school program and personalized tutoring. They also offer workshops and summer programs that are centered to help children grow and succeed.

Their goal is to inspire each child to be a lifelong, independent learner and their focus is helping children achieve and reach their full learning potential.

Location: 218 Rue Louis XIV, Lafayette. For more information, call 337-504-2967.

Star Builders Makes Dreams Come True

Home ownership is a not a dream beyond reach. Star Builders is a quality home building company in Lafayette committed to providing the best products and service. They specialize in custom homes and will help turn dreams into reality. The company can help design that perfect home and will work within the client's budget to help make their dream home ownership come true.



For homeowners that may need an upgrade to their home's exterior—from replacing the roof, windows or siding—Star Builders can help. Owner Casey Valentine says their mission is "turning dreams into homes." He has many years of industry experience and is dedicated to ensuring that customers have a quality experience from start to finish.

For more information, call 337-787-1757.

Mrs. Sonnier's Sign

A Story of One Woman's Faith

by Maila T. Nelson



Mrs. Darlene Sonnier is an intercessory prayer person and a believer of signs and miracles of God. Sonnier says she often prays while visiting the Natural Health Center in Carencro where she visits for holistic therapies to improve her health and wellness.

Recently, while receiving hydro vitamin therapy, Sonnier explains that she was lying flat on her back and praying when she felt a need to move. She says she felt something unusual near her knee, but nothing significant enough to require attention so she finished her session like normal. It wasn't until the following day that Sonnier noticed an unusual symbol on her knee. "It was a

perfect cross," she notes. "I heard a message, 'By Jesus's stripes you are healed.'"

Later, she showed the symbol to an acquaintance that had recently been diagnosed with cancer and had been visiting a traiteur for faith healing. He told her that he had dreamed the night before that on this day he would receive a sign as to where and to whom he should seek for additional healing of his cancer.

"I have a strong faith in God and believe that God uses people as his vessels," she says. "The traiteur is used by God to pray and heal others, but Jesus is the true healer." Sonnier's friends and family are amazed and now they believe they have this testimony to share.

"It is by no accident but by divine appointment that we encountered one another or that we end up in places," explains Sonnier. "It is great and I appreciate that I can be a beacon used by God to spread the word."

Perhaps best of all, she says that not only has she been experiencing good things, but so has her sister, who also receives holistic services at the wellness center. In fact, her sister, who has a form of cancer, recently received good news about her condition, which truly speaks to all of our faith.



Maila Nelson is the Center Director at DHARMA Wellness Center in Sunset. Contact Maila at 662-3120 or maila@NAacadiana.com

Louisiana Traiteurs

Traiteurs, or "treaters" in English, are the traditional folk medicine healers of south Louisiana. Cajuns, Creoles, and Native Americans all participate in this Catholic healing ritual, and there are many types of traiteurs; some use herbal remedies (remèdes), gestures such as the sign of the Cross or the laying on of hands, or material objects such as a cordon – a knotted string which is tied around the affected area – in their treatments, but all of them use prayer. Faith in God's power to heal is the heart of this practice.

Traiteurs can treat a wide variety of ailments, including but by no means limited to warts, sunstroke, bleeding, arthritis, and asthma, but their services are not for sale. It is usual for patients to reciprocate by offering a gift of appreciation, but not even the empty-handed will ever be refused treatment. The gift of treating is usually passed from an older traiteur to a younger person, often in the same family. Sometimes this gift can be shared with another, but sometimes passing involves the transference of the gift; slight variations in belief are common among both treaters and patients.

While the beliefs of individual treaters may differ somewhat in detail, their treatments follow a distinct pattern. Treatment always begins with a request for help. The healer must know for whom he is praying; he will always make sure that he knows the patient's full name. The patient explains his subjective experience of suffering to the traiteur, who may ask for clarifications, such as the exact location of a pain. Again, the traiteur is interested in the nature of the suffering, not the nature of the disease.

Some traiteurs must stop treating because every time they pray on someone, they take the sickness onto themselves and fall ill. It is called transference, it is a common technique in other folk medical systems, as well (Yoder 1972). When a traiteur is too weak they cannot "absorb" the sickness and they catch whatever they treat, unless the patient is a child or a weak person.

For more information or for help visit the Natural Health Center, Carencro or DHARAM Wellness Center, Sunset

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Includes:

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- 60 Day Dermasonic Cellulite Treatment Plan ^{**}(reduces cellulite)
- 60 Day Whole Body Vibration Weight loss Exercise (calorie burner)
- 8 Body Wrap Treatments (drops the water weight and burns calories)
- 8 SLIMPOD Weight Loss Treatments (a high-powered fat burner)
- 8 Ionic Foot Detox Treatments ^{**}(pulls the fat and waste out of the body)
- 8 Fatloss HydroTherapy Treatments (depress the body - burn more fat)
- 8 Infrared Abdominal Fat Loss Treatments (burns stomach fat)
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12 - 35 pounds in eight weeks

Women's Breast Health

THE RONA THACKER STORY

by Maila T. Nelson

Rona Thacker believed she was headed for breast cancer with its rampant presence in her family and all of the stress in her life. She wasn't surprised when she got the results of her thermography exam, which scanned her body for thermal heat patterns. "It supported my concerns showing asymmetrical heat patterns in my breasts and an inflamed lymphatic system that was possibly feeding abnormal cells," she explains. "Also, my white blood cell count was out of range, and my pH level was very acidic."



Dr. Steve Castille, the naturopathic doctor at The Natural Health Center in Carencro, did a full consultation with Thacker and had her start natural vitamin supplementaion based on her major issues. The regimen focused on micronutrient-dense supplements, wheatgrass, alkaline water, infrared sauna detoxing, ionic foot detoxing and whole body vibration therapy—all customized for her condition. For the next few months she was dedicated to an easy vitamin therapy, relaxing holistic services and a diet that had more live plant foods. "After my third thermogram, the patterns in my left breast and the inflammation were gone, I've lost 12 pounds, I feel awesome, and so much more has changed for me," she says.

"Before I started at The Natural Health Center and Dharma Wellness Center, I wasn't doing anything," she continues. "I hadn't worked in three years because of stress, anxiety and panic attacks. I was having a really tough time because we had lost several close family members all in one short duration of time. I was in my house for almost a year and some days I debated whether I even wanted to go on. At that time I was on depression medicine and having some bad side effects. I was also on strong pain medication for my back. I needed help. I picked up my Bible, which gave me strength. Then, still seeking answers,

I was passing through Sunset, Louisiana in October 2012 and saw the blue sign for Dharma Wellness Center. I walked in and started asking questions. I believe that I had found my answer."

Starting with the Unlimited Package Program, which included two thermograms, two naturopathic doctor visits and several weeks of holistic services. Rona says she also picked up a Natural Awakenings magazine and a Liteon Naturals supplement called Mood Enhancer to give it a try. She—and her husband—noticed a difference within the first week. "I previously had serious issues with mood swings with the depression and then with menopause, it was doubled," explains Thacker. "Now, with the Mood Enhancer supplement and the holistic therapy, instead of flying off the handle, I was like 'Oh well, we can fix this.'" She learned to relax and worry less, and even her follow-up thermograms showed reduced inflammation in the temporal stress regions.

Thacker says her health improvement was not limited to the pre-cancer concern and the moods; it was as if all of her body was becoming balanced. "The Liteon Naturals iodine drops helped my enlarged thyroid and the issue is now gone," she comments. "I had needed another back surgery because of a pinched nerve, but the inflammation in

that area is almost completely gone, as well. I am not on any pain medications at all. I am less acidic, going from a pH of 5 to a pH of 7.

Rona explains: "In terms of circulation, I had suffered with numbness in my legs, and they would sometimes give out. One day I was sitting crossed legged, which usually would cause my legs to fall asleep, but this time it didn't. I attribute this improvement in circulation to the whole body vibration machine therapy and Liteon Natural supplements CoQ10, vitamin E and vitamin D3."

She attributes a good nights sleep to melatonin supplements and says that with a cholesterol support vitamin, was able to stop taking her prescription cholesterol medicine. "My issue with some prescription medications is the side effects, and it almost felt like toxins to me," notes Thacker. "I prefer natural vitamins or to use food nutrition for my health." She has Dharma smoothies for lunch and adds spinach, kale or wheatgrass, plus flaxseed.

"Being 12 pounds lighter and several inches thinner feels great," she enthuses. "My biological age test even has me three years younger than when I started. Being able to manage my stress better has allowed me to quit smoking, which means I am halting some of the damage that I was doing to myself. Now, I don't rely on my asthma and COPD pump like I used to. My energy is so high that it allows me to take care of my responsibilities, workout at Dharma 24Hr Fitness Center and still have plenty left over for my family and to play with my grandkids."

A lot has happened for Rona over the last six months and she says she is grateful, first to God, but also to Maila Nelson her Natural Health Consultant, Dr. Steve Castille, Dharma Wellness Center, the Natural Health Center, Emmanuel Church of Lafayette and to her family who has been tremendously supportive. "I feel so much better," she states. "I am so much happier. I love what health has done for me and I am looking forward to getting my family started next."

Maila Nelson, a natural health consultant, is the Center Director in Sunset at the DHARMA Wellness Center. Connect with Maila at maila@NAacadiana.com.

More Sleep Helps Shed Pounds

Enjoying more zzz's is not usually associated with weight loss, but a growing number of epidemiological studies suggest that insufficient sleep may be linked to a greater risk of weight gain. The latest results from a study presented at the 2012 annual meeting of the Society for the Study of Ingestive Behavior points out that sleep behavior influences body weight by affecting not only how many calories we consume, but also how much energy we expend.



When researchers at Tübingen and Lübeck universities, in Germany, and Uppsala University, in Sweden, investigated the effect of short-term sleep deprivation on hunger, physical activity and energy levels, they discovered that insufficient sleep increased the participants' sensations of hunger by raising the level of the "hunger hormone", ghrelin. The less sleep a person had, the hungrier they felt. After only one night of disrupted sleep, the volunteers moved around less and burned off fewer calories in their resting state than their counterparts that enjoyed a good night's sleep.

Yoga Reduces Depression in Pregnant Women

Pregnancy hormones are known to cause myriad physical and emotional symptoms, including unexplainable mood swings. The fluctuations are more serious for one in five expectant moms because they also experience major depression. Now, a groundbreaking study by the University of Michigan offers new hope. Pregnant women identified as psychiatrically high-risk that participated in a 10-week mindfulness yoga intervention experienced significant reductions in their depressive symptoms. Mothers-to-be also reported stronger attachment to their babies in the womb.



WORKING OUT HOT FLASHES

One of the most common and uncomfortable symptoms of menopause may respond positively to a simple, no-cost measure. Health researchers at Penn State report that menopausal women that exercise may experience fewer hot flashes in the 24 hours following physical activity. In this first-time study of objective versus subjective, or self-reported, hot flashes, the Pennsylvania researchers studied 92 menopausal women for 15 days.



MAY IS ASPARAGUS MONTH



Sometimes referred to as the Aristocrat of vegetables, asparagus has been cultivated for more than 2,000 years. It was prized by ancient Greeks and Romans for its taste and reputed medicinal qualities, and 19th-century French bridegrooms, believing it was an aphrodisiac, frequently ate several helpings on the eve of their nuptials. The crop reaches its peak during April and May.

Packing a fiber-filled punch of vitamins A and C, this princely veggie also delivers significant helpings of folate and rutin, which help to strengthen blood vessels. Its delicate flavor is best preserved by stir-frying or light steaming.

Source: *FruitsAndVeggiesMatter.gov*

THE EXERCISE ADVANTAGE

Taking a brisk walk or bike ride may stave off cognitive decline better than reaching for the daily crossword puzzle, says a new study published in the journal *Neurology*. Researchers at Scotland's University of Edinburgh reviewed the medical records of more than 600 Scots born in 1936 that were given MRI scans at age 73.



"People in their 70s that participated in more physical exercise, including walking several times a week, had less brain shrinkage and other signs of aging in the brain than those that were less physically active," says study author Alan J. Gow, Ph.D.

Surprisingly, the study showed that participating in mentally and socially stimulating activities, such as visiting family and friends, reading or even learning a new language, did little to ward off the symptoms of an aging brain. Study participants will undergo a second MRI scan at age 76, and researchers plan to compare the two scans to see if the links between exercise and better brain health hold up.

Fewer Scans May Lower Breast Cancer Risk



While screening for breast cancer is important, women should avoid unnecessary medical imaging, according to a recent report issued by the Institute of Medicine (IOM) which identified two factors that increased the risk for the disease: post-menopausal hormone replacement therapy and radiation exposure from medical imaging.

Physician Rebecca Smith-Bindman, a professor of radiology and biomedical imaging, epidemiology and biostatistics at the University of California-San Francisco, who contributed to the IOM report, notes that CT scans and other forms of medical imaging have revolutionized medicine and can be lifesaving. However, she recommends that women engage their doctors in

the decision-making process and discuss the necessity and safety of all potential radiological scans.

To understand the risks and benefits, it's suggested women ask their doctor: "Is this scan absolutely essential? Is it necessary to do it now? Are there other, alternative tests [such as thermography]? How can I be sure the test will be done in the safest way possible? Will having the scan information change the management of my disease? Can I wait until after seeing a specialist before getting the scan?"

Midwife-Led Birth Centers Improve Outcomes



Women that receive care at midwife-led birth centers incur lower medical costs and are less likely to have Caesarean births than women that give birth at hospitals, according to new findings by the American Association of Birth Centers (AABC).

The rising number of Cesarean births in the United States (32 percent in 2010, according to the National Centers for Disease Control *National Vital Statistics Report*) has generated concern due to short- and long-term health implications for women, their newborns and future pregnancies. The AABC study, which included more than 15,500 women that received care in 79 midwife-led birth centers in 33 states from 2007 through 2010, found that fewer than 6 percent of the participants required a Caesarean birth, compared to nearly 24 percent similarly low-risk women cared

for in a hospital setting.

Birth centers—homelike facilities functioning within the health care system—are based on a wellness model of pregnancy and birth personalized to individual needs. "They are uniquely positioned to provide healthy women and their newborns with maternity care, avoiding unnecessary Caesarean births," advises AABC President-Elect Lesley Rathbun, a certified nurse midwife and family nurse practitioner. "Americans need to learn about the high-quality care that midwife-led birth centers offer."

Source: *American College of Nurse-Midwives*



BETTER CARE THROUGH MEDITATION

Researchers at the University of Rochester Medical Center, in New York, suggest that primary care practitioners can improve their communications skills and quality of care via training in mindfulness meditation. A majority of the doctors participating in a recent study reported experiencing an improved capacity to listen more attentively and respond more effectively to others, and do it in a more non-judgmental frame of mind. The scientists found that both doctors and their patients believed the quality of care improved following the training.

Source: *Academic Medicine*

NATURAL OILS LOWER CHOLESTEROL

According to new data presented at the American Heart Association's High Blood Pressure Research 2012 Scientific Sessions, people that switched to cooking with a blend of sesame and rice bran oils experienced noteworthy drops in blood pressure and improved cholesterol levels. The 60-day study in New Delhi, India, involved 300 participants and showed that cooking with a combination of these oils in a variety of ways worked nearly as well as a commonly prescribed high blood pressure medication.



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

Honoring Veterans

Helping Troops Return Home to Meaningful Work

Colin and Karen Archipley, owners of Archi's Acres, in Escondido, California, daily honor contributions by America's armed forces by helping combat vets return home to a fresh start doing meaningful work through their Veterans Sustainable Agriculture Training (VSAT) program. Established in 2007, they can now list 160 ongoing agribusinesses nationwide led by program graduates. "This instills confidence in the veterans as together, we tap into their abilities to adapt and overcome, to take on a challenge and to know themselves and seek improvement," says Colin, who served with the Marine Corps.

This year, the couple is expanding the program by launching 10 one-acre certified-organic hydroponic greenhouses as incubators sparking future VSAT-graduate businesses.

For more information, call 800-933-5234, email Karen@ArchisAcres.com or visit ArchisAcres.com.



Veggie Power

Food Revolution Day is May 17

Food Revolution Day, a collaborative effort between the Jamie Oliver Food Foundation in the United States, the Better Food Foundation in the UK and The Good Foundation in Australia, aims to get people around the world talking about real food and food education. Last year, the global day of action encompassed more than 1,000 events and dinner parties among families and friends, school associates, work colleagues and community neighbors in 664 cities in 62 countries.

To get involved, visit FoodRevolutionDay.com.



Nearing Equality

Gender Pay Gap is Eroding

Recent U.S. Bureau of Labor Statistics data shows that women now earn 82 percent as much as men, up from 64 percent in 1980. This latest figure represents median annual earnings for full-time, year-round workers, including self-employed, but not seasonal workers.

Progress has also been made in gender segregation within the labor market, with many previously male-dominated fields including law, banking, medicine and civil service jobs such as bus drivers and mail carriers opening up to women. In 2012, President Obama cited his signing of the Lilly Ledbetter Fair Pay Act as a second-term issue for addressing gender discrimination.



Camp Revamped

Anti-Bullying Tenets Enhance Summer Fun

Many summer camps have taken steps to prevent bullying, reflecting mainstream trends. Attendees at Camp Dark Waters, a Medford, New Jersey, residential camp for ages 7 through 16 founded on Quaker principles, are asked to abide by a list of Anti-Bullying Campers' Rights:

- I have the right to be happy and to be treated with kindness. No one will laugh at me, ignore me or hurt my feelings.
- I have the right to be myself. No one will treat me unfairly because I am fat or thin, fast or slow, strong or weak, a boy or girl. I am different because I am myself.
- I have the right to be safe. No one will hit, kick, push or pinch me. I will be free from physical threats.
- I have the right to hear and be heard. No one will yell, scream or shout and my opinions and desires will be considered in any plans we make.
- I have the right to learn about myself. I will be free to express my feelings and opinions without being interrupted or punished.

Bullying campers are warned that if they fail to honor these rights, they'll be sent home.

Source: MetroKids.com

Obesity is A Major Medical Crisis

Obesity is now a major medical crisis of the twenty-first century. We're getting fatter all the time, despite our knowledge of the consequences. There is overwhelming evidence that obesity—and, to a lesser extent, merely being overweight (BMI = 25-29)—is directly or indirectly responsible for our susceptibility to many serious diseases that degrade or halt our lives while we are alive, and kill us before our time. These diseases include cancer, cardiovascular disease, diabetes, degenerative joint disease, psychological disorders such as depression, anxiety, and more. Understanding the chemistry of weight loss can not only save lives, but improve our health and overall well-being.

WheTea Weight Loss Formula

"I lost 10 lbs in my first 6 days."

Wheatgrass is low in calories and has no fat, sugar or cholesterol. Wheatgrass is a nutritionally powerful food that meets all of your body's nutritional requirements. This will help to reduce cravings, because your body has all of the nutrients it needs, resulting in lower calorie intake. One ounce of wheatgrass juice is equal to 7 lbs. of fresh vegetables nutritionally.

Wheatgrass is a rich source of beta-carotene, vitamins B1, 2, 3, 5, 8 and 12, vitamins C and E, alkaline, sodium, folic acid, copper, cobalt, magnesium, phosphorus, potassium, zinc and amino acids. Wheatgrass is also one of the richest sources of chlorophyll found in nature.

Born for with enzymes and epigallocatechin gallate (EGCG). When there is an increased level of EGCG in the body, it becomes activated to maintain the body's low oxidation of the fat tissue and encourage the storage of fat in the body, resulting in obesity. The enzyme in wheatgrass has the ability to increase the fat burning process to actively metabolize and break down the storage of fat within the cells and reduce body fat. WheTea contains EGCG, the most powerful combination of green tea that leads to rapid weight loss.



WheTea
THERMOGENIC FAT BURNER
Wheatgrass - Green Tea Concentrated Extract

contains
100% Organic Wheatgrass

- Burns fat
- Contains EGCG for fat oxidation
- Boosts metabolism
- Increases the body's alkalinity
- Contains over 92 elements

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Natural Health Center, Carencro
Address: 100 E. Angelle St. Telephone: 896-4141

DHARMA Wellness Center, Sunset
Address: 166 H Oak Tree Park Drive Telephone: 662-3120

Benny's Sport Shack, Opelousas
Address: 806 S. Union St. Telephone: 948-6533

Road Less Traveled, Lafayette
Address: 312 Guilbeau Rd. Telephone: 988-9889

WheTea
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Vitamins Plus
505 Bertrand Dr., Lafayette
337-261-0051



DHARMA

wellness center and fit club

COMMUNITY SPOTLIGHT



Katherine C. Courtney

"I joined DHARMA Wellness Center a few months ago. Compared to the way I felt then and the way I feel now, I feel 100 % better. I feel like a different person. I was always tired and in pain. Now I have no pain, feel so much better and have increased energy. I have lost 15 pounds and I have also lost in inches. My mental clarity is so much better. There is nothing like it. It is the best thing that I have ever done for myself. Their smoothies are the best. Thank you DHARMA for giving my life back."



William Courtney

"I started DHARMA fitness a couple of months ago. Since then I have lost 27 pounds and went from a pant size of 38 to 34. Also, I have more energy to live and enjoy life. DHARMA's programs are very easy to follow and easy to do. I would highly recommend their program."

Maila Nelson is the Center Director at DHARMA Wellness Center in Sunset. Contact Maila at 662-3120 or maila@NAacadiana.com

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Suspect Sniffs

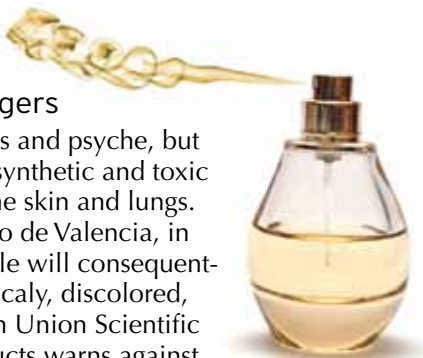
Pleasing Aromas Harbor Hidden Dangers

A special aroma may be pleasing to the senses and psyche, but some perfume fragrances contain dangerous synthetic and toxic ingredients that can enter the body through the skin and lungs. Scientists at the Hospital General Universitario de Valencia, in Spain, found that about one in every 10 people will consequently suffer allergic reactions that include itchy, scaly, discolored, painful skin and asthma attacks. The European Union Scientific Committee on Cosmetic and Non-Food Products warns against their damage to the immune and endocrine systems, and Greenpeace cautions that the harmful ingredients can enter ecosystems.

Consumers should check labels and avoid sulfates, phthalates, parabens, neomycin, galaxolide, limonene, linalool, bacitracin, cobalt chloride, tolu balsam (*myroxylon pereirae*), petrochemicals and propylene glycol, as well as anything referred to as "synthetic" or "artificial" fragrance. Instead, the Natural Perfumers Guild (NPG) promotes plant-based raw materials such as herbs, flowers, spices, leaves, bark and seeds; minerals, such as amber; essential oils; and tincture of vanilla.

However, even excessive concentrations of natural ingredients like tea tree, lavender and citrus peel oils may trigger allergic reactions, according to the Environmental Working Group. Moderation is suggested. Look for makers that are members of the NPG or carry the Natural Products Association seal or organic certification by the U.S. Department of Agriculture or nonprofit NSF International.

Learn more at NaturalPerfumers.com or npaInfo.org.



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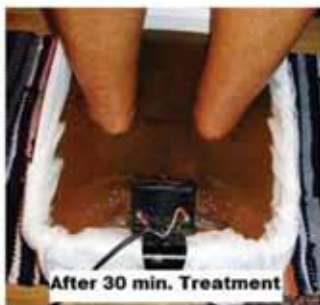
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Aging Gracefully

It's No Mystery: We Now Know How

by Kathleen Barnes

Most of us like to think that we'll be vibrant, energetic, smart and yes, gorgeous, until the end of our lives. This isn't an unattainable fantasy—even if past poor lifestyle choices may have tarnished some much-anticipated Golden Years.

Fortunately, it's never too late (or too early) to make key small changes that will immediately and profoundly influence our ability to live long and healthy lives. Experts recommend that a handful of simple, scientifically validated health strategies will help us age gracefully and beautifully.

"Most of us are living longer, but not necessarily better," advises Dr. Arlene Noodleman, medical co-director of Age Defy Dermatology and Wellness, in Campbell, California. "Many people face decades of chronic debilitating disease, but you can minimize or even eliminate that period of life and maximize health. It's all about your lifestyle."

Rules to Live By

Whether the goal is disease prevention, retaining a sharp mind, weight control, balancing hormones, maintaining good posture or supporting glowing skin, all the experts *Natural Awakenings* asked agree on a core strategy that can extend life and improve its quality in later years:

Take a walk. Or, undertake another enjoyable form of outdoor exercise for about 30 minutes a day.

Greet the sun. Exposing bare skin to sunlight for 15 minutes three times a week allows natural production of vitamin D. Researchers at Boston University, Harvard University and others attest that sufficient doses of the vitamin help prevent cancer, heart disease, diabetes, depression, obesity, osteoporosis and osteoarthritis, relieve menopausal symptoms and support longevity.

Drink plenty of water. Hydration is key to cell health and overall proper body functions. Aim for consuming one ounce of water every day for every two pounds of body weight.

Eat a healthy diet. This means lots of vegetables and fish, some lean meats and poultry and moderate amounts of fruits and grains for weight control; abundant antioxidants to prevent deterioration that leads to chronic disease; and vital nutrients to support and extend life. Avoid sugars in all forms, simple carbohydrates, processed foods and for many, wheat and wheat gluten, especially for those with excess abdominal fat.

Get a good night's sleep. Eight hours is more than beauty sleep. Studies consistently report that it's essential for energy and the prevention of a host of diseases, including obesity, diabetes, heart disease and cancer (*Nurses' Health Study*; plus UK research in *Diabetes Care*, the *European Heart Journal* and *British Journal of Cancer*). Regular turning in and waking times, plus sleeping in a dark room, are important to optimize melatonin production; it is not true that we need less sleep as we age.

Use the right supplements. Take a high-quality multivitamin every day, preferably an organic product based on whole foods for optimum nutrition. Fish oil is also essential for nearly everyone for heart, brain and joint health. Vitamin D is critical, especially in the winter months and for darker-skinned people that need greater sun exposure to manufacture it. Also add curcumin; according to numerous clinical studies, including those from Baylor University and the University of California-Los Angeles, it can help prevent and even reverse cancer, Alzheimer's, osteoarthritis, skin diseases and digestive disorders.

Prevent Dementia

Caregivers for parents or other relatives with Alzheimer's or other forms of dementia are often concerned about experiencing such regression themselves. "There is some evidence that a tendency to memory loss can be inherited, but in any case, there are things you can do to prevent and even possibly reverse memory loss," counsels Noodleman.

Reducing stress is the best way to keep a sharp mind, she says. "Chronic stress inhibits the cerebral cortex (the brain's gray matter, responsible for higher mind function, including memory), resulting in a lack of judgment and other impaired brain function. So, manage stress and memory function will improve."

Deep breathing and increased oxygenation of the blood helps relieve stress and deliver nutrients to brain cells. Practicing yoga postures like the shoulder stand and headstand, or exercises using an inversion table, for just a few minutes a day can improve circulation to the brain and may help keep brain cells intact.

"It's important to keep brain cells healthy and alive by keeping blood sugars and blood pressure under control," urges Doctor of Osteopathy Lisa Ganghu, an internal medicine specialist and clinical assistant professor at New York University's Langone Medical Center, in New York City. High blood pressure and diabetes are risk factors for strokes and mini-strokes that result in brain cell impairment, she says, adding, "Some research even suggests that caffeine may improve memory and focus."

"Use it or lose it," concludes Dr. Jacob Teitelbaum, an integrative medical authority from Kona, Hawaii, and author of *Real Cause, Real Cure*. Extensive research shows that challenging the brain with puzzles and language courses, having an active social life and getting regular exercise are all related to maintaining optimum brain health.

"People who age gracefully are physically and mentally active," adds Noodleman.

Prevent Disease

A proper diet is a good place to start to take control. Ganghu recommends largely plant-based diets, like the Medi-

terranean, to keep common repercussions of aging at bay.

Teitelbaum contravenes traditional medicine's stance and says that most people don't need to worry about salt intake, even if they suffer from high blood pressure, noting, "Research shows that people that follow the national guidelines for salt intake tend to die younger. Instead, it's important to keep magnesium and potassium levels up by adding 200 milligrams of magnesium and 500 milligrams of potassium to your supplement regimen every day."

To prevent and control diabetes, Teitelbaum emphasizes, "Avoid sugar; it causes premature cell aging that affects all body systems." He explains that excess sugar and its byproducts age and stiffen cells. Dozens of studies directly link sugar and aging, including a PLoS Genetics study from the University of Montreal. (Also see Tinyurl.com/GlycationExplained.)

Reproducing cancer cells typically don't die as other cells in the human body are programmed to. Recent research by Baylor University and others based on the Human Genome Project strongly suggests that curcumin taken as a dietary supplement (400 mg a day or more) can persuade cancer cells to commit suicide and stop their wild and potentially fatal reproduction.

Ganghu further recommends limiting exposure to environmental toxins from sources such as common garden and household chemicals and agricultural spraying (choose organic for safety).

Weight Control

A large body of research from institutions such as the National Institute on Aging and the International Longevity Center shows that avoiding obesity and managing weight is paramount for longevity, as well as for preventing many of the diseases associated with aging. The Centers for Disease Control and Prevention reports that people with a body mass index (BMI) over 35 are at an 18 percent higher risk of earlier death from all causes than those that maintain a normal body weight (BMI of 25 or under).

Hormones can be a factor in weight gain for perimenopausal and menopausal women, says Ganghu, so it is important to be tested. She also

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COMMUNITY SPOTLIGHT



Mary McLure Clark

"I started coming to DHARMA in mid February. At that time I was already being treated for hyperthyroidism, rheumatoid arthritis, fibromyalgia, and narcolepsy. Doctors could not figure out why, they just kept dolling out medication, and each pill seemed to have an adverse effect on something else. When I came here (The Natural Health Center), I was given a thermogram. The naturopathic doctor reviewed the thermography images with me and explained that my thyroid appeared very inflamed and that it was the possibly root of some of my problems. Also, I was very acidic, so he suggested that I try 64oz of alkaline water a day. In addition, I was told to discontinue caffeine and to add an enzyme, vitamins, and herbal teas to my regimen. For the last six weeks I have been at the DHARMA Wellness Center doing whole body vibrations, water massage, infrared sauna detox, slimpod detox, vitamin hydration, and the ionic foot detox. I have lost ten pounds, and I am off two of my prescription medications. My doctors say that my blood work has never been better, and they are on board with all that I am doing. I am learning new and healthier ways to eat and live. The staff is always very helpful and encouraging. When my twelve weeks are up I intend to continue with the services Dharma provides and the program they created for me."

Maila Nelson is the Center Director at DHARMA Wellness Center in Sunset. Contact Maila at 662-3120 or maila@NAacadiana.com

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notes, "A loss of muscle mass due to aging can affect weight because muscle tissue is metabolically more active than fat tissue, creating a vicious circle." She recommends strength training to improve muscle strength and mass.

Typically, two 20-minute sessions a week with moderate weights are enough to create "Michelle Obama arms," says Kathy Smith of Park City, Utah, a DVD fitness entrepreneur and a spokesperson for the International Council on Active Aging.

Good Posture

"We spend a lot of time driving, working on computers and other activities with our arms in front of us. This causes chest muscles to contract and become tight as we age, drawing the head forward and rounding the spine, which produces a pronounced slouch," says Smith, author of *Feed Muscle, Shrink Fat Diet*.

Bending, stretching and strength training strengthens the shoulder and back muscles that help us stay upright. Smith recommends a "walking desk", essentially a treadmill with a board across the arms where a laptop can rest, and the user walks at only one to two miles per hour. "You're moving, not sitting, and that is really important," says Smith.

Yoga postures like the cobra and the bow are also helpful, as are visits to a chiropractor or other structural therapist.

Healthy Skin

"Your skin is a roadmap of your overall health," says Dr. Rick Noodleman, a dermatologist who practices anti-aging medicine in California's Silicon Valley with his wife. He explains that skin aging is caused by the three D's: deflation,



descent and deterioration. All of them can be reversed.

Deflation is the loss of volume and moisture, which can be offset by proper internal hydration, healthy nutrition and good moisturizers. "People can make new collagen well into their 80s and even 90s," he says. Deterioration is the loss of skin tone and elasticity that can accompany stress, poor diet and lack of exercise.

Noodleman recommends regular exfoliation of skin on the face (an economical home facial with baking soda and water or eggs is high on his list) and dry brushing the whole body. He also notes that new laser treatments, acupuncture facelifts and other spa treatments can help temporarily minimize wrinkles and bring back a youthful glow.

It's not hard to be vibrant, healthy and energetic at any age if one is living a healthy lifestyle. "I feel like I am 30. I expect to feel that way for the rest of my life," says the 60-something Teitelbaum. "Of course, I'm not at the beach in a Speedo," he quips. "Who wants to look 20? There is also a certain beauty in age."

Kathleen Barnes is a freelance writer, book author and blogger. Her most recent title is 10 Best Ways to Manage Stress. Learn more at KathleenBarnes.com.

Whole-Body Dry Brushing

Dry brushing stimulates oil production, circulation that tightens skin and lymphatic drainage for detoxification and improved immune function. It also exfoliates. Using a moderately stiff brush with a long handle, start with the feet and vigorously brush eight long, smooth strokes in each of the listed areas, always brushing toward the heart:

- Soles of the feet
- Tops of the feet
- Calves
- Shins
- Both sides of lower legs
- Upper thighs
- Inner thighs
- Backs of thighs
- Buttocks
- Lower back
- Sides (love handles)
- Belly
- Breasts (very gently)
- Chest
- Palms of hands
- Forearms, front and back
- Upper arms, inside, outside and back
- Upper back and shoulders
- Neck (brush toward the face in this instance only)
- Face (use a softer cosmetic brush or similar device)

Source: Teresa Tapp, an exercise physiologist and nutritional counselor, in Safety Harbor, FL

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Coffee Klatch Redemption

New research from the Harvard School of Public Health confirms that drinking two or three cups of coffee a day can help deal with the following risks later in life.

Alzheimer's – may slow or stop the formation of beta-amyloid plaque. (University of South Florida, *Journal of Alzheimer's Disease*)

Cancer – antioxidant properties may lower the risk of hormonally related cancers like endometrial, aggressive prostate and estrogen-negative breast cancers. (University of Massachusetts, *Nutrients*)

Diabetes – helpful for short-term blood glucose control; long-term use increases the body's level of adiponectin, a hormone that assists in blood sugar control and insulin production. (Kyushu University, Japan, *Clinical Chemistry and Laboratory Medicine*)

Heart attack – moderate use has been associated with a slightly lower risk in women. (Tohoku University, Japan, *The Journal of Nutrition*)

Stroke – up to four cups [maximum] a day may lower the risk of stroke. (Kyung Hee University, Korea, meta-analysis, *Korean Journal of Family Medicine*)

Caveat: Excessive amounts of caffeine can also cause health issues, especially as we age. Consult with a health professional to determine usage appropriate to the individual.



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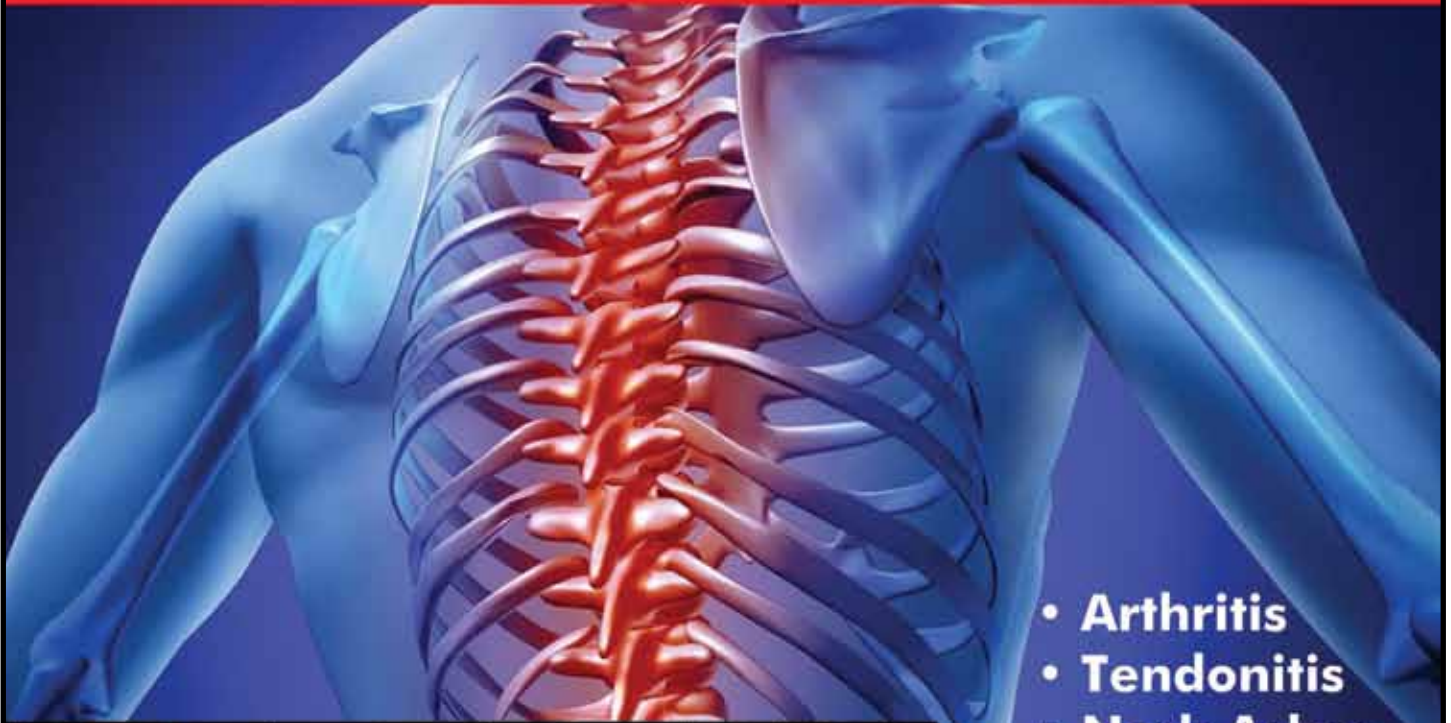
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No matter what illness you have... hormones play a part. If your digestive system is a mess... allergies are worse or you are full of aches and pains... or not sleeping well... or have acid reflux and ulcers... are diabetic or hypothyroid... are constipated or filled with anxiety... no matter what ... your hormones are involved. Maybe you've been struggling with a thyroid issue or are on thyroid medications yet still have all the hypothyroid symptoms... or maybe your having trouble getting pregnant. All stemming from imbalanced hormones being produced incorrectly from one or more of your glands (ovaries, adrenal, thyroid, pancreas, pituitary). If any of the above is happening to you... then I know that you've had some fairly heavy stress in your life.

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reaction to whatever or whomever is upsetting them becomes stagnant and fixed... then a chronic hormone deficiency occurs.

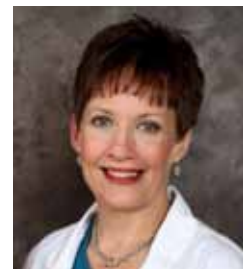
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SPRING DETOX Gentle Natural Cleansing Works Best

by Linda Sechrist

To secure optimum performance, maximize lifespan and maintain the warranty of vehicles, knowledgeable drivers follow the regular maintenance needs recommended in the owner's manual. Similarly, many health practitioners, integrative physi-

cians and chiropractors suggest that periodically cleansing the body's inside works—flushing toxins and enabling the digestive process and organs like the liver and kidney to rest and reset—aids in maintaining, restoring and optimizing health.

Whether seeking a dramatic cleanup and clearing out or a simple tune-up, a natural, detoxifying cleanse eliminates accumulations of unwanted substances. Doctor of Chiropractic and Nutritionist Linda Berry, of Albany, California, and Brenda Watson, ReNew Life founder and a certified nutritional consultant from Clearwater, Florida, are recognized authorities on the subject.

Berry's *Internal Cleansing* and Watson's series of six books on digestive health that began with *Renew Your Life* stress that the process may be both a missing link in Western nutrition and a key to returning Americans to health. They both believe that specific medical concerns—including allergies, arthritis, elevated cholesterol, high blood pressure, fatigue, gastrointestinal disorders and body pains—are directly related to toxicity, which responds well to gentle detoxification.

Their suggestions for reducing the overload based on 60 years of combined experience include eliminating pro-inflammatory processed foods, alcohol, coffee, refined sugars and bad fats; increasing daily intake of healthy, organic, fiber-rich foods; and gently cleansing at least twice a year, using a natural approach.

How to Begin

According to Traditional Chinese Medicine, the onset of spring and fall suggest appropriate times for internal cleansing. Although strictly protein drink fasts are not encouraged, a minimum of 20 grams



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of high-quality protein should be consumed daily. Read labels and pick a sugarless protein powder.

A simple one-day, weekend or seven-day cleanse for experienced or inexperienced individuals begins every morning with a total body dry skin brushing prior to showering, and then drinking a minimum of 10, eight-ounce glasses of water throughout the day. This includes a tasty green juice drink, followed by an eight-ounce glass of water for breakfast, lunch and a healthy afternoon snack. Watson's favorite green cleansing recipe consists of liquefying one-and-a-half cucumbers, two stalks of celery, half a Granny Smith apple, a handful of spinach or any other type of green vegetable, a few sprigs of parsley and a tiny piece of lemon.

Then, an hour after breakfast and lunch, sip a cup of herbal tea, take two or three capsules of spirulina and two capsules of omega-3. For dinner, liquefy one teaspoon of red miso paste in eight ounces of hot water and add five sprigs of wakame seaweed.

"To fight hunger during the day, drink more water with lemon or ginger, warm herbal tea or green juices," advises Watson.

To increase fiber intake, Berry suggests placing ingredients in a VitaMix or the more affordable NutriBullet, which pulverizes everything added, even whole flax seeds. Juicers, which are harder to clean after using, separate the liquid from the fibrous pulp, which human intestines need to create at least two daily bowel movements. Add oat or rice bran, citrus pectin or other national

"Eighty percent of cancer cases are caused by environmental and food carcinogens."

~ National Cancer Institute and the National Institute of Environmental Health Sciences

fibers as a bulk agent.

A natural, non-chlorinated water enema using simple home apparatus available at local stores can also be incorporated into the regimen, as necessary, "An enema [initially] affects only the intestine's lower third, so hold in the room-temperature water for five to 15 minutes, if possible," suggests Berry.

What to Avoid

Safe, over-the-counter solutions for colon cleansing generally promote colon health and can nicely supplement a fast. Avoid products that contain senna leaf and cascara sagrada, which are potent laxatives.

Watson and Berry don't recommend rigid "crash and burn" cleanses, such as those consisting solely of protein drinks or raw juices or lemon juice and water with maple syrup and cayenne pepper. "It's better to cleanse gently with fresh green juices with meals consisting of brown rice and either raw, lightly steamed or roasted vegetables," counsels Watson.

"Any detox program, if followed by eating whatever you want, not only doesn't work, it has consequences," adds Berry, who strongly advises easing back into a sensible diet after a cleanse. She notes that one client became ill from breaking her detox with a meal of barbecue ribs and beer.

Linda Sechrist is a senior staff writer for Natural Awakenings. She writes on why we are better together at ItsAllAboutWe.com.

Umeboshi Tea

Umeboshi plums, termed "the king of alkaline foods", are a species of apricots from Japan. A pickled fruit, they have a sour and salty flavor. Drinking umeboshi tea alkalizes the blood and works to relieve fatigue, nausea and indigestion while restoring energy.



Makes 1 cup. Drink one a day for one month.

*1 umeboshi plum, rinse
1 cup purified water
1/2 tsp Japanese kuzu powder
2 or 3 drops tamari or gluten-free tamari*

1. Remove seed from the plum. Cut remaining plum into small pieces or mash.
2. Place plum pieces, water and kuzu in a small sauce pan. Stir or whisk to dissolve the powder. It will look like milk with pink bumps.
3. Stir while heating at medium temperature for 3 to 5 minutes or until liquid turns clear and appears a little thicker. Turn off heat.
4. Add tamari drops and stir gently. Drink while hot.

Source: Recipe courtesy of Brenda Watson.



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TEEN DRAMA QUEENS

Keeping the Mother-Daughter Bond Strong

by Meredith Montgomery



For many, the strong mother-daughter bond seems to suddenly unravel when adolescence appears. "Parenting is exasperating and wears you out," sighs Heather Thomas, of Houston, Texas, a mother of three, including 16-year-old Mary Meghan.

Mothers can gain some comfort in the biological reasons for the onset of emotionally charged arguments and repeated curfew violations. It begins with changes in the brain caused by an increase in the hormones that stimulate girls' ovaries, and by age 10 or 11, the hormones become elevated

"Actively engaging with my mom has enabled me to balance my independence with a dependable bond, which helps me grow into my true self. Plus, it allows my mom to know the real me."

to levels comparable to those of postmenopausal women.

Dr. Christiane Northrup, author of *Mother-Daughter Wisdom*, points out that in addition to experiencing mood swings and temperature changes similar to those of menopausal women, girls' rising estrogen, unbalanced by progesterone, may likewise produce brain irritability. "It's no wonder girls are both cuddling with and screaming at you in the same day," she points out.

Nurse Practitioner Sil Reynolds, who co-authored *Mothering & Daughtering* with her daughter Eliza, gently

reminds mothers, "The mother-adolescent daughter relationship is asymmetrical. Mothers are responsible for being the adult in the relationship as their daughters grow up. Understanding this can be a relief to both of you."

Part of the responsibility of being an adult is to provide a safe psychological and emotional environment for children without taking things personally. The frontal cortex responsible for making decisions is still developing in the adolescent brain. Weathering mood swings and reactive outbursts, mothers can learn to remain steady, understanding that teens are not capable of giving back equally because their minds have not yet fully matured.

"That's how teens learn to return to a calm place, by seeing our mom remain steady through our storms," Eliza observes.

Powerful Role Models

Northrup believes that a daughter's peers play a large role in her successfully navigating the teen years, but emphasizes that, "A mother's influence wins. Be consistent in your loving and clear about rules and boundaries, while encouraging a sense of their own worth and autonomy."

Teenagers are anxious to grow up and do their own thing, but until they have internalized safe and reasonable boundaries, they need someone else to establish them. Northrup reports how teen clients that were given too much freedom... "come in aching for boundaries and feel that their parents don't care about them. It is the parents' job to create healthy, though not rigid, boundaries."

What has worked for Heather is to casually join Mary Meghan in her room with an intention to be present and actively listen to her. "I say something simple like, 'I have missed you,' and then allow her to open up to me without being critical or judgmental," she

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explains. "Sometimes we listen to music or look at outfits in magazines together."

"Girls know when you're paying attention, and your tone and body language speak louder than words," confirms Eliza. She also notes that, "How was your day?" doesn't work as well as the more specific, "How did your test go?"

As with any relationship, there are occasional conflicts and misunderstandings, but there's always potential for repair. Eliza and Sil encourage mothers and daughters to reconnect through the repair process; with heartfelt restoration, the bond grows stronger.

Helpful Activities

Everyone benefits from regularly scheduled quality time together. Sil advises, "For households with siblings, this can mean 10 one-on-one minutes a day for each kid. When both parents aren't under the same roof, technology can help—face time is better than texting, whether it's through a screen or not."

Some mother-daughter teams enjoy taking dance classes together, having movie dates or pairing up as volunteers. At their weekend workshops, the Reynolds engage in projects and conversations about what it means to

invite spirituality and a sense of sacredness into one's life. Sil sees firsthand how many mothers and daughters are "hungry for spiritual depth."

Heather's family makes dinners, school vacations and church activities a priority, including a youth program. She says, "Through our church, we are blessed to have caring, Christian adults we trust to help guide and raise our kids and help formulate their morals. It's a place where it's okay to question beliefs and share differing viewpoints."

Many moms seek better bonds with their daughters than what they experienced as teens. Heather notes, "I only see my mother a couple times a year, and when I do, I give her an extra hug and apologize [both jokingly and seriously] for my own teen years. Now, having teen girls of my own, I get how hard it is, and I tell her that every time I see her."

For more information and tools, visit MotheringAndDaughtering.com.

Meredith Montgomery publishes *Natural Awakenings of Mobile/Baldwin, AL* (HealthyLivingHealthyPlanet.com).



A Daughter's Go-To Guidelines

by Eliza Reynolds

Key Family Communication Tools

Avoid the use of absolutes (never, always, everyone, forever) because they leave no room for differing opinions or shared responsibility for problems. For example, replace "always" with "often," or "everyone" with "a lot of people."

Soften statements by turning heated one-liners into "I" statements. Say, "I feel like you don't call when you say you will," rather than, "You never call when you say you will."

Instead of open-ended questions, try a three-word check-in. Both mother and daughter share three words that describe their current emotional state honestly and authentically. Take turns sharing. There is no need to explain why these words were chosen, but it can give both parties a better glimpse into each other's current state of heart and mind.

Divine Remedies: Healing Rheumatism

To help neutralize the acid condition in the system known as rheumatism, hold thoughts of good will and love toward everybody and everything. Say often, both in silence and aloud: *God is love. All is good! The earth is the Lord's and is filled with His wisdom. I find no fault anywhere. I am filled with God's love, and I am vitalized by His vitality.* Forgiveness and healing are synonymous. The forgiving love of Jesus Christ is a strong healing power. It heals by freeing the mind from the many worries, fears, and other errors that tend to impede digestion, assimilation, or elimination, and so result in rheumatism and various other inharmonies in the body.

Don't give up. When you give up, you are asking your mom to give up on you. Instead of stating, "She'll never get me or trust me and she'll always embarrass me," help her to meet the real you.

Stay real. Be authentic and genuine (no BS). If you want to talk, try starting with a simple, "Hey, Mom, I've got something I want to talk to you about. Could just the two of us consult for a minute?" Yes, your mom may be eerily on point sometimes, but she can't actually read your mind (Surprise!).

Build the relationship you want and need. It's the one where you get along. She listens when you're talking and you want to listen, too. It's normal for this to take work. When you choose to be half of this two-person team that's key to your well-being, teenage life becomes easier. I call it the art of daughtering. Just imagine what life could be like if your mom was your greatest ally.

Connect with Eliza Reynolds via MotheringAndDaughtering.com.

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Anti Aging:

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

Reduce the Chances of Osteoporosis:

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

easiest step to avoid such a problem is to drink alkaline water.

Build Cardiovascular Health:

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

Reduce Joint Pain and Arthritis:

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

Reduce Candida:

Along with other healthy bacteria, candida ferments sugar in our body and is present in our bodies for normal health reasons. When yeast proliferation occurs, candida is more in comparison to friendly bacteria in our body leading to a weakened immune system. Alkalinity can help neutralize this condition.

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.

Increase Energy Reserves:

Alkaline water is a reservoir of hydroxyl or OH- molecules that is free oxygen for our body. Our blood stream requires oxygen to provide energy to our body and alkaline water can help provide this much needed oxygen in our system. This means an instant boost in our energy levels.



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- Pat Crocker, Arthur *The Juicing Bible*

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Clutter-Taming Tips Save Time, Money and Sanity

by April Thompson

Labels abound: pack rat, clutter bug and hoarder. Just the thought of confessing that our clutter needs conquering can inspire shame, anxiety and dread. It helps to remember that it's human to accumulate, divine to purge.

“We’re hardwired to be hunters and gatherers and feather our nests, but you have to consider the life energy you spend maintaining all those things. The trade-off is often huge,” says home organizing expert Barbara Tako, of Minneapolis, Minnesota, author of *Clutter Clearing Choices*.

Seventy percent of Americans feel buried under their clutter and can't decide what to give up, according to an online poll by award-winning organizer Julie Morgenstern, of New York City. She has found that while the clutter may be physical, the process of shedding it is 80 percent mental. “Decluttering is identifying what is obsolete in your life and releasing it to make room to move forward,” advises the author of *Shed your Stuff, Change your Life*.

“Ask yourself, what am I clearing space for—more family time, a social

life or inner peace?” That higher goal is a touchstone for what to keep and what to pitch.

Following are common clutter-based roadblocks and tips from professional organizers on how to get around them.

I’m so overwhelmed I don’t know where to start. Tako encourages clients to start with the visible clutter, such as junk accumulated in an entryway, and take 10 to 15 minutes to tackle the area. “People are always surprised by how much they can accomplish in a short time,” she comments.

Morgenstern recommends making a checklist, starting with the areas with the most obsolete stuff and the least sentimental attachments. “The first one is the hardest, but you’ll probably find a lot of opened space if you can get through a few areas; then there is a cascading effect as you move forward.”

I know I have too much stuff, but it all has sentimental value. Morgenstern recommends using tools to manage memories, such as photographing an object that represents a person, and then using that photo as a contact icon on your phone. She suggests considering, “Is this the best representation of that person or time of my life, or just another example?”

I might need this someday. Tako encourages people to enlist a clutter buddy, “an objective set of eyes who will set you straight when you hold up a skirt that’s out of style.” Morgenstern suggests asking, “What is more important to me... this object I don’t have any immediate need for or the space I’ll have by getting rid of it?”

I don’t have time to declutter now. Morgenstern acknowledges most people are “time-starved”, and cleaning out their closets is the last thing they want to do with precious

free time. Yet clutter costs us time and money because, “You end up losing things, wasting valuable real estate and replacing things you forgot you had,” she notes. It also hinders our ability to focus and process information, because visual clutter divides and competes for a person’s limited attention span, according to a recent study by the Princeton University Neuroscience Institute.

For more motivation, imagine the joy of finding buried treasure. Morgenstern reports that nearly all of her clients find some form of funds, whether uncashed checks, objects with resale value or cash.

I sorted piles a few months ago and now they’re back. Los Angeles organizer and blogger John Trosko encourages people to be upfront with loved ones about holidays and special occasions, asking that they curtail gifts and instead give non-tangible forget-me-nots like gift certificates or favorite services. Trosko also suggests making a list before shopping and steer-

ing clear of megastores to keep impulse spending in check.

Tako and Trosko both discourage purchasing “unitaskers” such as a salad spinner that takes up significant space but rarely get used. Another good rule of thumb is, “one in, one out,” discarding something every time we purchase a new item.

Even armed with the best decluttering tips, the process can seem daunting. Morgenstern encourages us to suspend self-judgment while weeding through possessions and keep remembering our higher goals. “Your stuff is a reflection of who you are and what you aspire to,” she notes. “It’s a challenge to get it all in alignment, but an incredible opportunity, too.”

To find a nearby professional organizer, contact the National Association of Professional Organizers at napo.net.

Connect with freelance writer April Thompson at AprilWrites.com.

Find Good Homes for Clutter

You’ve done the hard work of decluttering. Now what? In the past, options were limited to a garage sale or local landfill. Today, we have countless ways to give new life to old things, whether selling them online, donating to charities for a tax deduction, supplying needed materials to schools or returning items to the manufacturers for recycling. Here are some more ideas.

Books: Consider joining the free *PaperbackBookSwap.com*. Each book mailed between members earns a credit redeemable for other books posted on the site. Or, donate books at *BetterWorldBooks.com* to help fund world literacy.

Clothing: Tried-and-true organizations like The Salvation Army, Planet Aid and Dress for Success always welcome clothing donations, while public and private clothes swaps present a fun, social way to thin out closets and



acquire some signature pieces. Attendees bring a minimum number of items that are arranged by organizers by type and size. Then, when the signal is given, participants excitedly rush to try on new-to-them pieces that catch their eye. *Meetup.com* lists local community swaps; make it a party theme and invite friends.

Electronics: Most communities hold spring e-waste drives to collect old electronics for responsible disposal and sponsor year-round drop-off sites. Otherwise, search *GreenerGadgets.org* by

zip code to find local retailers that e-cycle. Sell working electronics through *eBay.com* or *IOffer.com*. Even small items like old phone chargers often sell easily online.

Eyeglasses: Millions of pairs of eyeglasses are discarded annually while millions of people in developing countries need vision correction. Donate old prescription or out-of-style specs to a nonprofit like One Sight (*OneSight.org*) or New Eyes (*NewEyesForTheNeedy.org*) that will refurbish and send them to healthcare missions around the world.

Odds and Ends: What about that never-used yogurt maker or crimping iron? Local chapters of The Freecycle Network (*Freecycle.org*) participating in this 9-million-member virtual community facilitate posting any item, large or small, to give away to neighboring members that agree to pick it up at the donor’s door.

Edible Hormones

Health Support for Women

by Sayer Ji and Tania Melkonian

In addition to relieving symptoms of menopause and andropause and helping maintain a normal, balanced hormone system, healthy eating can yield many other benefits. According to U.S. National Library of Medicine research reports, these include weight management, bone health and fertility and natural defenses against breast and prostate cancers and osteoarthritis symptoms.

Despite drug-free approaches to hormone health that predate synthesized 20th-century hormone replacement therapy, the pharmaceutical industry has all but vanquished eating appropriately nutritious foods as a means to balancing hormones. Why do people embrace external sourcing when natural internal functioning is the better, less costly and more permanent solution? Even the current bio-identical upgrade of hormone replacement therapy (BHRT) may lead to some biological dependency on these substances. Appropriate BHRT should include an analysis of how the individual uniquely metabolizes hormones and functional foods that can help.

An edible approach to hormone health provides deep nourishment for glands, enabling increased production of what they lack due to changes associated with age or illness. Healthy eating likewise reduces the activity of excess hormones already in the body, beneficially mimicking their previous function without the unwanted

side effects. Here are some leading food aids to get us there.

Pomegranate

The resemblance of the inner topography of a pomegranate to an ovary is more than poetic homage. Pre-Renaissance Western herbalists commonly held that a plant food's visual similarity to a human organ indicated a positive health correlation. Research published in the *Journal of Ethnopharmacology* on pomegranates by Japanese scientists revealed that the seeds and fleshy capsules within which they are suspended, called arils, contain estrogens structurally similar to those found in mammals.

Preclinical results published in *Phytochemistry* may explain why extracts of these plant-derived bio-identical hormones mimicking estradiol, estriol and estrone are capable of replacing the function of an ovary. A Japanese study published in the *Journal of Ethnopharmacology* reported that female mice whose ovaries had been removed and were later fed pomegranate juice and pomegranate seed extract for two weeks showed reversals in bone loss, uterine weight loss and anxiety.



Broccoli

Cruciferous vegetables such as broccoli and Brussels sprouts, collard and mustard greens and the root



vegetables kohlrabi and rutabaga contain glucosinolates, which help protect DNA from damage, according to a study published in *Current Science*. Also, ever-increasing preclinical and clinical evidence shows that consuming cruciferous vegetables reduces the risk of more than 100 health problems, including a wide range of cancers, like those affecting the bladder and breasts.

Flax

Unwelcome symptoms of perimenopause (which can last years before the completion of menopause) can be offset through daily ingestion of ground flax, which can be added to cereals, salads and other foods. Ground flaxseed mixed with dried berries is particularly palatable.

As the ovarian reserve of naturally manufactured hormones exhausts itself and prompts an imbalance, flaxseed is particularly effective in rebalancing levels of desirable estrogen metabolites, such as



breast-friendly 2-hydroxylestrone. It contains a fiber, lignin, that upon digestion produces two important phytoestrogens capable of stimulating the body's natural estrogen receptors in cases of estrogen deficiency and blocking both synthetic and natural estrogen when there is excess (as with estrogen-dominant conditions from puberty to menopause).

These properties have been confirmed in human clinical studies performed at the University of Toronto's Department of Nutritional Sciences and the University of Texas MD Anderson Cancer Center. Thus, flaxseed may be considered a source of plant "estrogen" capable of prompting regression of estrogen-sensitive cancers, including those of the breast and prostate.

Extremely versatile in culinary applications, combining flaxseed with ground cumin provides a medicinally potent homemade seasoning supporting women's hormonal health.

Cumin

Cumin—actually a fruit disguised as a spice—has tremendous hormone-mod-

ulating properties recently confirmed by findings in *Experimental Biology and Medicine*. Japanese scientists demonstrated that cumin seeds can inhibit loss of bone density and strength as effectively as estrogen in a female rat model of age-associated osteoporosis. They further found that the cumin seeds did not have estrogen's weight-promoting and possible carcinogenic effects on the uterus.



Imagine the potent hormone-balancing properties of a dinner of steamed rutabaga dressed with ground flaxseeds and cumin with a side of mustard greens with olive oil and pomegranate dressing. It beats a serving of Premarin with a serving of unwanted side effects any day.

Sayer Ji is the founder of GreenMed-Info.com and advisory board member of the National Health Federation. Tania Melkonian is a certified nutritionist and healthy culinary arts educator. Learn more at GreenMedInfo.com.



Symptoms of hormonal imbalance may include PMS, osteoporosis, weight gain, altered sex drive, allergies, uterine fibroids, urinary tract infections, changes in the skin, fatigue, anxiety, water retention, hair loss, facial hair growth and even depression. By keeping hormones in balance, women can find it easier to maintain a healthy weight, keep a regular menstrual cycle, as well as exude optimal energy levels.

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Seeking Soulmates Online

Coach Evan Marc Katz's Advice for Internet Dating

by Kim Childs

Natural Awakenings recently launched its own online dating site, which got us wondering... what does it take to find that ideal someone? We decided to call on dating coach Evan Marc Katz, author of *I Can't Believe I'm Buying This Book: A Commonsense Guide to Successful Internet Dating*, for advice. Katz, who calls himself a personal trainer for love, coaches successful women in the art of successful dating. He says that while online dating simply makes sense in today's world, it's important to do it wisely.

Online dating is nearly the norm these days. What has changed?

It's a perfect marriage of technology and opportunity. There are about 100 million singles in the United States,

and everyone has a personal computer and a phone, which allows us to connect immediately with people we'd never meet in the course of our day-to-day life.

Think about a woman in her 40s that wants to date and lives in a suburb with kids, has a full-time job and whose friends are all married; it can be hard for someone like that to meet men. Online dating allows her to essentially create a love life from scratch.

The problem is that most people think they can just go online and succeed, without realizing that there's an actual skill to it. You can't just shop for a partner the way you can order up other things on the Internet.

Can you share some tips for singles just starting out?

I created an audio series called *Finding the One Online*, in which I share best practices and some key mistakes to avoid. For example, people sign up for online dating for a month and expect to fall in love in 30 days. That's like being 50 pounds overweight, signing up for a one-month gym membership and quitting after only losing three pounds because you didn't meet your goal.

The process of finding a good match is more like training for a marathon—you can't log on and manifest a partner right away by talking to everyone on the site in a month's time. That's completely unrealistic, and yet it's the number one reason people fail, because they expect too much too soon and don't stick around long enough to learn



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how to use the system.

What are some best practices once you commit to the process?

Don't write an online profile that's full of adjectives, activities and clichés. Telling a story that illustrates who you are is much more enticing. Post a picture taken within the past year, have a clever user name and write initial emails that are funny and confident.

I like the idea of flirting with a potentially special someone online, moving from email to the phone and making plans for a real-life date over the course of about a week. That's a good, organic process. My preference is to meet for drinks on a Saturday night, but it doesn't have to be cocktails if that's not your scene. I just like the romantic atmosphere of meeting for drinks because dinner dates tend to be too static and coffee dates are too casual.

The goal is not to meet tons of people as quickly as possible. The goal is to build up trust and rapport via email and phone communications, so that when you do go on a first date, it's comfortable and actually feels like a second date. I encourage my clients to go on real dates, not interviews.

Many people make a list of qualities they desire in a partner. What do you think should top that list?

The things that sustain a marriage are kindness, consistency, compromise, laughter, shared values and trust. Those should be at the top of your list, instead of height, weight, age or income. The problem is that such qualities may not appear in someone's online profile or even on the first date. Too many couples make decisions based on chemistry, and that can be a terrible predictor of success for a lasting romantic relationship.

Connect with a health conscious, environmentally aware, spiritually evolved friend and mate at [NaturalAwakenings Singles.com](http://NaturalAwakeningsSingles.com). Reach Evan Marc Katz at EvanMarcKatz.com.

Kim Childs is a writer and creativity coach in Boston. Visit KimChilds.com.

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Hop on a Bike and Go Lean and Green

by Debra Melani

Trading in the car keys for more two-wheeled time could curb many of society's woes, from spiraling healthcare costs to deepening carbon footprints. Yet, the main reason many bicyclists love going for a spin is that it yields a greater sense of well-being and contributes to a healthier, more rewarding life.

"I know it sounds crazy to say that bicycling is a silver bullet for all of these things, but I think it is," says Elly Blue, 34, author of the recently released book, *Everyday Bicycling: How to Ride a Bike for Transportation*. Blue's life was transformed when she made a bicycle part of her daily world; so much so that she now dedicates her writing career largely to the subject.

"Bicycling is just so much more rewarding than driving," remarks Tammy Strobel, 34, who gained national attention with her husband when they simplified their lives by building a 128-square-foot house. Cycling to work and to run errands was "a huge" piece of their transformation, even after the

couple hauled their tiny abode from Portland, Oregon, (where Blue also resides) to a cattle ranch in California.

According to the U.S. Census Bureau, the number of Americans that generally bike to work grew by 43 percent between 2000 and 2008, a statistic that doesn't surprise Blue. She first tried bike commuting after growing weary of relying on the bus system. "I got hooked on just how good it felt. It's like flying." Blue soon found that cycling was also a faster way to commute, restoring control of her schedule, reducing stress and boosting her happiness.

Strobel, who adds that enjoying nature and increasing daily exercise are also cycling benefits, says it's bolstered

her happiness and quality of life. "I don't have to spend time going to the gym," explains the freelance writer and photographer. "I'm getting my exercise on my bike. I feel healthier and in better shape now."

Several studies show dramatic health benefits for bike commuters. The *Archives of Internal Medicine* reported that when University of Copenhagen researchers analyzed mortality from all causes in 13,445 women and 17,441 men, they found that non-bike commuters, even those otherwise physically active, had a 39 percent higher mortality rate during the 14-year study period than those that biked to work.

In another study, researchers followed 67,143 women in Shanghai (of whom more than 75 percent cycled) and found those that used bikes had a 20 to 50 percent lower risk of earlier mortality than their non-regularly exercising counterparts. They also boasted reduced rates of diabetes, cancer

Bicycling is fun, safe and easier and faster than any other mode

of transportation.

It saves me money, makes me healthy and above all else, brings me joy every day.

~ Elly Blue

and cardiovascular disease (*American Journal of Epidemiology*). Studies published in the *Journal of Physical Activity and Health* further found that countries with higher numbers of biking or walking commuters have lower obesity rates.

Cycling boons transcend health benefits, expanding social circles for example, Blue and Strobel agree. "I was introduced to a whole new community," Strobel recalls of her time in Portland with new cycling friends that she joined for group rides and camping trips.

Blue suggests finding fellow cyclists by seeking riding groups online

or participating in charity rides. She observes that cycling can instill a greater sense of community, because it's easier to stop and interact with others.

Cycling also makes people greener and leaner. It reduces gas and car maintenance costs, while keeping polluting vehicles off the road, observes Strobel, who cleared college and other debt by making her life transformation.

"There are just so many benefits to bicycling, and they are all really big things that contribute to the quality of life," advises Strobel. "It feels so good to be on my bike and just slow down. In my old life, I was moving at such a fast pace that I didn't even notice the change of seasons. With cycling, you notice everything."

For biking and other life-simplifying tips, follow both women on their blogs: Blue at TakingTheLane.com/blog and Strobel at RowdyKittens.com/archives. Find equipment specifically designed for women by industry pioneer Georgena Terry at TerryBicycles.com.

Freelance journalist Debra Melani writes about health care and fitness from Lyons, CO. Connect at DebraMelani.com or DMelani@msn.com.

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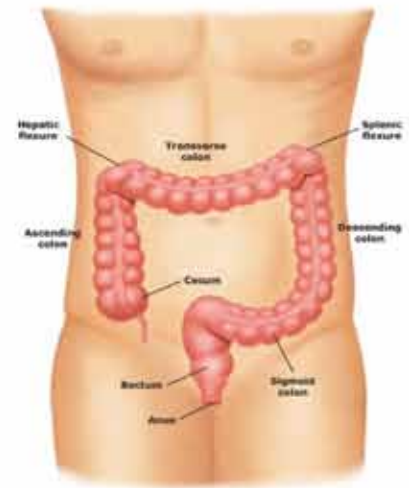
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Listening to Inner Wisdom

5 INSTINCTS TO HEED

by Dr. Judith Orloff



Listening to our instincts can help us stay safe and deal better with life-or-death decisions. Making the most of the wisdom of this inner voice also enables us to live a more satisfying life in the moment. How do we choose which gut feelings to trust? Here are five messages we'll be glad we paid attention to.

"Something feels wrong in my body." Listening to our body's subtle signals is a critical part of exercising an intuitive sense. The body is a powerful intuitive communicator, delivering early warning signs when anything feels off, weak or just not right, so that we can address it sooner, rather than later.

"I'm in danger." Social conditioning has helped to create unconscious beliefs that can cause flawed first impressions and ill-advised snap decisions; it's vital that we check our subjective feelings against mental rationalizations. If some person or situation feels untrustworthy, pause to pay attention, even if the feeling might later be proved inaccurate.

"I want to help." Evolution has inherently enabled us to quickly "read" faces and other emotional signals. For example, the sympathy instinct nudges us to change the subject when wedding talk makes a newly divorced colleague cringe or general conversation about past rough

landings makes an airplane seatmate nervous—subtle gestures that can make a big difference in another's day.

"I know how to do this." When tempted to overthink something we know how to do, try a little therapeutic distraction, such as saying the alphabet backwards when a yoga teacher leads the class into a dreaded handstand. Briefly engaging the mind with something other than the task at hand can leave our instincts free to do their job and enjoy the fulfillment that diligent practice has made possible.

"This is it!" Most people have a great "I just knew it was right" story. It might be about the time they first spotted their sweetheart or crossed the threshold of their new house. When intuition signals that we've found something or someone truly right for us, the choice often becomes easy. It feels healthy and good, without resistance or conflict.

Using our instincts helps lead us to smart choices that improve our quality of life.

Judith Orloff, M.D., is the author of the international bestseller Second Sight, upon which these tips are based. An assistant clinical professor of psychiatry at the University of California-Los Angeles, Orloff synthesizes the pearls of traditional medicine with cutting-edge knowledge of intuition and energy medicine. For more inspiration, visit DrJudithOrloff.com.

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Outdoor Options for Feline Friends

Safe Ways to Let Them Explore

by Sandra Murphy

While some cats are content to stay indoors, others want to go outside. Even if they remain in the yard, letting them out without a plan can put them in danger. Gently managing a cat's outdoor experience can instead ensure a consistently safe, enjoyable time without worry or compromising its freedom. A few guidelines will help.

Make the Garden Safe

Cats love to chew on greenery, so set up a small pot or two or a small flat of grasses. Most cats enjoy munching on oat or wheat grasses and relish treats of fresh catnip and catmint. Marigolds can repel fleas and basil will both ward off mosquitoes and complement family meals.

Many plants can be toxic. Veterinarian Jane Brunt, executive director of the nonprofit CATalyst Council, in Annapolis, Maryland, advises: "Make

sure the plants in your garden are safe, in case your cat is tempted to taste anything. Say no to foxglove and lily species, since they're poisonous to cats."

Find an extensive list of both safe and problem plants at Tinyurl.com/ASPC-ToxicPlantGuide. Note that aloe vera, asparagus fern, philodendron, dieffenbachia, tomatoes and many varieties of ivy are also among species that can cause consequences ranging from an upset stomach to kidney failure and even death, if ingested.

Protect from Predators

"Never leave a cat outdoors unattended," says Dr. Cindy Houlihan, owner of The Cat Practice, in Birmingham, Michigan. "During the day, problems can include stray cats, hawks or loose dogs. Another danger is the movement of foxes, raccoons, coyotes and owls close to urban areas where the food supply is more plentiful. Elderly cats are particu-

larly prone to harm. An enclosure is the best way to keep a cat safe outdoors."

Paris Permenter and John Bigley, bloggers at CatTipper.com, an online magazine for cat lovers, built a "catio" for daytime use by their felines. Located in Cedar Park, Texas, their four rescue cats need protection from coyotes. "It's attached to our house, like a small screened porch," explains Permenter. "The cats use an open window that's fitted with a cat flap for access; we also have a human-sized screened door, so that we can go in to clean the room. It's enriched their lives and given a former community cat a better home, as well."

In Wheat Ridge, Colorado, Jane Dorsey, volunteer coordinator for the Cat Care Society, utilizes "habicats" both at the shelter and at home. Because her first cat, Chessie, was an escape artist, Dorsey decided to use a large dog pen (12 feet long by six feet tall) as an enclosure. Stood on end, it attaches to the house and has a weatherproof panel roof. A cat door leads to the kitchen. "Chessie's personality improved because she was able to decide when to go in and out. For easy cleanup, we used pavers for flooring."

In lieu of safe garden access, experts suggest likewise setting aside a small area inside any enclosure for a pot of plants. Also, pet tents made by Sturdi Products and Kritter Kommunity facilitate more portable enclosures.

Houlihan finds that, "In case of a sudden change in weather, the cat can avoid heat stroke or a scary storm." Then there's the live entertainment factor: "Cats love vertical space, so a cat tree or actual tree limb, properly anchored, can let him have a better view of birds, lizards, toads, chipmunks and squirrels without harming them," she says. "It's like kitty television."

Go for a Walk

A mesh-enclosed stroller allows a cat to ride in safety while the walker burns calories. In case of a sudden noise or loose dog, the cat can't escape. Houlihan also recalls a patient called Uti (pronounced YOU-tee), that was prone to chewing electrical cords. "His owners now take him outside for a daily stroll; he's no longer bored and has quit chewing."



Adopted from a local shelter as a kitten, Makai also goes for accompanied walks. Due to heavy traffic near their Baltimore, Maryland, row home, Andrea Martin, a manager with Brand Public Relations, and her husband Nick, use a harness and leash to take her outside. "We often get the, 'You're taking your cat for a walk?' look," relates Martin, but that hasn't stopped this adventurous team. "She likes taking a break from being indoors," she explains. Make sure the harness fit is tight enough so the cat can't wiggle out of it.

With proper planning, any kitty can safely enjoy the great outdoors and the sun on its back.

Sandra Murphy is a freelance writer in St. Louis, MO.

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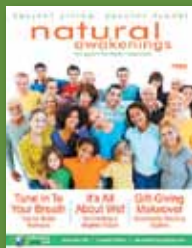
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No Appointment Needed

calendarofevents

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

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

WEDNESDAY MAY 1

Iberia Parish 4-H Ag Days – 8am-6pm. Students receive hands-on experience with farmers and professors of agriculture. SugArena, 713 NW Bypass Hwy 3212, New Iberia. 337-365-7539. Sugarena.com.

Bunk Fest Arts and Heritage Awards – 6-8:30pm. Awards presentation to those dedicated to preserving jazz history. Iberia Parish Library, 1111 W St Peter St, New Iberia. 337-560-5595. BunkJohnson.com.

Loyalty Day Ceremony – 6-8pm. Celebrate freedom with a flag ceremony and harmonies of patriotic music. Boulogny Plaza, 102 W Main St, New Iberia. 337-344-9397.

FRIDAY MAY 3

Acadiana 4-H Horse Camp – 8am-6pm. 4-H students learn how to care for their horses. SugArena, 713 NW Bypass Hwy 3212, New Iberia. 337-365-7539. SugArena.com.

Breaux Bridge Crawfish Festival – 4pm-12am. Enjoy twenty-nine bands on three stages, arts and crafts contest, food vendors, and all parts of a street fair. Parc Hardy, 2090 Rees St, Breaux Bridge. 337-332-6655.

Relay for Life of Iberia Parish – 6pm-6am. The American Cancer Society's signature fundraising event, bringing communities together in hope, celebration and memory. This event offers everyone in the community an opportunity to participate in the fight against cancer. New Iberia Senior High School, 1301 E Admiral Doyle Dr, New Iberia. 337-519-1978. RelayForLife.org/Iberiala.

SATURDAY MAY 4

Fishing Tournament and Family Fun Day – 5:30am-5pm. Benefit fishing tournament and family fun day event raises money for the Ville Platte volunteer fire department. Fun jumps, games for kids, food, beer and soft drinks sold. Chicot State Park, 3469 Chicot Park Rd, Ville Platte. 337-831-0214.

Acadiana 4-H Horse Camp – 8am-6pm. See May 3 listing. SugArena, 713 NW Bypass Hwy 3212, New Iberia. 337-365-7539. SugArena.com.

March for Babies – 8am. Walk to give hope to the babies born too soon or sick. Money raised supports programs in your community that help moms have healthy full-term pregnancies. Funds support research to find answers to serious problems that threaten babies. Giraud Park, 500 Giraud Park, Lafayette. 337-233-8476.

Celebration of Herbs & Gardens – 9am-4pm. The family friendly herb festival will show case ninety vendors with crafts, herbs, flowers and yard art. Master gardeners speak on different topics. Concessions include delicious foods, sweets, lemonade, herbal teas, soft drinks and snowballs. \$5. Sunset Garden Club, 211 Marie Street, Sunset. 337-662-3542. SunsetHerbFestival.com.

Breaux Bridge Crawfish Festival – 10am-12am. See May 3 listing. 2090 Parc Hardy, Rees St, Breaux Bridge. 337-332-6655.

Living History Day – 10am-4pm. Experience the Civil War through reenactments and other educational programs. Alexandre Mouton House, 1122 Lafayette St, Lafayette. 337-234-2208.

Bunk Fest Best Blues, Beans, Jazz & Peas Contest – 3-9pm. Honor the late jazz musician William G Bunk Johnson with the best blues, beans, jazz and peas all served up with a touch of local humor. Steamboat Pavilion, Boulogny Plaza, 102 W Main St, New Iberia. 337-560-5595. BunkJohnson.com.

Relay for Life – 6pm-6am. Join the fight against cancer and the movement to create a world with more birthdays by participating in the American Cancer Society Relay for Life of Lafayette. This overnight event unites the entire community in celebrating those who have had cancer, remembering loved ones lost, and providing an opportunity to fight back. Comeaux High School, 100 W Bluebird Dr, Lafayette. 337-237-3753.

SUNDAY MAY 5

Acadiana Barrel Racing Association – 8am-6pm. Regional barrel race competition. Concessions available. SugArena, 713 NW Bypass Hwy 3212, New Iberia. 337-365-7539. SugArena.com.

Thensted Center Family Fun Day – 8:30am-5pm. Enjoy food, music and games at this town fair. Thensted Center, 268 Church St, Grand Coteau. 337-662-5838.

Breaux Bridge Crawfish Festival – 9am-4pm. See May 3 listing. Parc Hardy, 2090 Rees St, Breaux Bridge. 337-332-6655.

Voices from the Past – 2-3pm. Civil War experts Brad Broussard and RJ Boutte speak about the difficult lives of the soldiers, both North and South, who fought in the swamps of Louisiana. Broussard and Boutte present original letters, diaries and other artifacts from their private collections. Refreshments provided. Free. Alexandre Mouton House, 1122 Lafayette St, Lafayette. 337-234-2208.

TUESDAY MAY 7

Yoga and Cleanse – thru May 11: Intro to Nutrition-May 7 –6:30-8:30pm; Detox and Restorative Yoga- May 8 – 7:30-8:45am; May 9 –6:30-7:45pm; May 10 – 6:30-7:45pm; and Closing Session-May 11 – 9-10:30am. Gently detox this festival season. Join nutritional and yoga therapist, Jessica Quinn, for a 5 Day Cleanse instruction program, including recipes, meal plans, herbs, teas, essential oils and yoga classes. Early registration until May 2 \$199; Bring-a-Friend \$199; regular registration \$249. **Camelia House**, 708 Jefferson Blvd, Lafayette. 808-268-2225. Be-Nutritious.com or [Facebook: Be Nutritious](https://www.facebook.com/Be.Nutritious).

Southern Regional Mine Rescue Competition – thru May 9. 7am-5pm. Metal/nonmetal mine rescue competition, 12-14 teams of 10, with Mine Safety and Health Administration judges. Free to the public. SugArena, 713 NW Bypass Hwy 3212, New Iberia. 337-365-7539. SugArena.com.

WEDNESDAY MAY 8

Southern Regional Mine Rescue Competition – 7am-5pm. See May 7 listing. SugArena, 713 NW Bypass hwy 3212, New Iberia. 337-365-7539. SugArena.com.

THURSDAY MAY 9

Southern Regional Mine Rescue Competition – 7am-5pm. See May 7 listing. SugArena, 713 NW Bypass hwy 3212, New Iberia. 337-365-7539. SugArena.com.

Bunk Fest Young Steppers Expo – 10am-1:30pm. Musicians dedicated to carrying on the traditions of jazz legend William G Bunk Johnson perform. MLK Center, West End Park, 1200 Field St, New Iberia. 337-560-5595. BunkJohnson.com.

The Herbal Spa – 6:30-8:30pm. Experience spa treatments in the privacy of your own home. Create Spa Night for yourself or for a friend. Learn Asian techniques; how to make rubs, wraps, lotions, masks, oils and scrubs. Take home a hand-made spa product. \$20. Earth-N-Herbs, 284 E Martin Luther King Jr Dr, Grand Coteau. 337-662-4022. Earth-N-Herbs.com.

FRIDAY MAY 10

Bunk Fest Jazz Preservation – 4-7pm. A soulful evening honoring past jazz musicians, like William G Bunk Johnson. William G Bunk Johnson Memorial Plaza, 500 Hopkins St, New Iberia. 337-560-5595. BunkJohnson.com.

SATURDAY MAY 11

2013 Walk from Obesity – 8-10am. Walk to increase awareness about obesity in Louisiana and the nation. ULL Track and Field Complex, 104 University Circle, Lafayette. 337-289-8484 or 337-470-4677.

Mudbugs on the Bayou – 9am. Increase public awareness about athletic opportunities for youth with physical and/or visual disabilities. Proceeds provide for the children serviced. New Iberia City Park, 300 Parkview Dr, Lafayette. 337-519-3943.

Q-Ing on the Bayou Boat Poker Run – 10am-8pm.

Boat poker run with pre-determined stops where cards are to be drawn. Live music, BBQ cook-off. North Pier Marina, 307 Isadore St, Delcambre. 337-658-2422. DelcambreBoatParade.com.

2nd Saturday Art Walk – 4-8pm. View the art display and enjoy refreshments. This month's exhibition is Friends in Art, an exhibition by five local artists. Jefferson St Library, 538 Jefferson St, Lafayette. 337-261-5787.

Celebrating the Music – 6:30pm. ULL School of Music, students and staff perform to raise funds for scholarships in the School of Music. Supporters of the School of Music will be recognized. Hotel Acadiana/Crowne Plaza, 1801 West Pinhook Rd, Lafayette. 337-344-2732.

WEDNESDAY MAY 15

Community Legal Education Series: Housing Law – 6:30-7:30. Learn rights and obligations of a residential lease and how foreclosures work. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

THURSDAY MAY 16

Cruisin' Cajun Country Cruise In – 6-8pm. Classic and muscle cars cruise into the hot side of Louisiana's Cajun Country to experience the hottest attractions, food, live music, gaming and burnout contest. Main Street Historic District, Super 8 Hotel, 2714 Hwy 14, New Iberia. 337-367-1631. CruisinCajunCountry.com.

Sacred Home – 6:30-8:30pm. Find peace, harmony, rejuvenation and comfort in your home. Learn how color, object and placement affect our inner peace. The energy in the home influences the people, animals and plants. Return home and create good energy. \$20. Earth-N-Herbs, 284 E Martin Luther King Jr Dr, Grand Coteau. 337-662-4022. Earth-N-Herbs.com.

SATURDAY MAY 18

Urban Self-Reliance Series – 10:30am. Experience the joy and frugality of capturing water for your plants. North Regional Library, 5101 N University Ave, Carencro. 337-896-6323.

SUNDAY MAY 19

Discovering Your Past Lives – 1-3pm. Have you lived before? That question may have come up from time to time. Have an imagination and follow where it goes. Take this fascinating adventure into the journey of your soul as you discover the karmic connection between past, present and future. \$20. Earth-N-Herbs, 284 E Martin Luther King Jr Dr, Grand Coteau. 337-662-4022. Earth-N-Herbs.com.

Hibiscus Show and Sale – 1-4pm. Collect information on exotic varieties of hibiscus, fertilizer, growing instructions and chapter memberships. Cathedral Carmel Gym, 848 St John St, Lafayette. 337-781-4992.

Armed Force Day Ceremony – 6-8pm. A celebration of our armed forces for the safety provided at home and abroad with a flag ceremony and patriotic music. Boulogny Plaza, 102 W Main St, New Iberia. 337-344-9397.

MONDAY MAY 20

Chess Club for Tweens – 6-8pm. Kids learn basic instruction about the game of chess. This provides an environment for tweens to play chess with others who know how to play. Preregistration required. Ages 8-12. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

THURSDAY MAY 23

13th Annual Hamburger Cook-off – 5-8pm. Come taste hamburgers cooked by up to 12 cooking teams, and vote for the best burger and teams. Cold drinks, beer, wine and ice cream available. Music by Side Show. \$5. Town Square at River Ranch, 1100 Camellia Blvd, Lafayette. 337-237-0069.

25th Annual Cajun Heartland State Fair – 5-11pm. Provides the best in family entertainment for children of all ages. North American Midway Entertainment will have numerous super rides: the giant Ferris wheel, crazy mouse and the mega drop. Entertainment to include games, free concerts and free attractions. Cajundome, 444 Cajundome Blvd, Lafayette. 337-265-2100.

FRIDAY MAY 24

Movies in the Park – 7pm. Experience Cars on an outdoor movie screen. Concessions available. No ice chests allowed. Bring blankets and chairs. New Iberia City Park, 300 Parkview Dr, New Iberia.

SATURDAY MAY 25

SugaSheaux – 9am-6pm. Regional horse show and ranch sorting competition along with concessions. SugArena, 713 NW Bypass Hwy 3212, New Iberia. 337-365-7539. SugaArena.com.

Splash Bash – 10am-4pm. Enjoy swimming, arts and crafts, games, fun jumps, food and other refreshments. New Iberia City Park, 300 Parkview Dr, New Iberia. 337-339-5903.

SUNDAY MAY 26

27th Annual Zydeco Extravaganza – Annual event celebrates Opelousas, being the home of Zydeco Music. Listen to live music and savor the food and fun for the entire family. Music performances feature some of our local Zydeco finest on both indoor and outdoor stages. Evangeline Downs, 2235 Creswell Ln, Opelousas. 1-877-948-8004 or 337-594-3137.

SugaSheaux – 9am-6pm. See May 25 listing. SugArena, 713 NW Bypass Hwy 3212, New Iberia. 337-365-7539. SugaArena.com.

Bunk Fest Gospel Jazz and Second Line – 10am-3pm. Gospel jazz at St Edwards Catholic Church followed by procession and second line from St Edwards Church Cemetery. St Edwards Catholic Church, 175 Ambassador W LeMelle Dr, New Iberia. 337-560-5595. BunkJohnson.com.

THURSDAY MAY 30

Preventative Health the Wise Woman Way – 6:30-8:30pm. The wise woman tradition teaches that herbs and food are used to keep healthy. Learn to stay healthy using whole foods, herbs, oils and thoughts. Take action to prevent illness. Take home

an herbal tea. \$20. Earth-N-Herbs, 284 E Martin Luther King Jr Dr, Grand Coteau. 337-662-4022. Earth-N-Herbs.com.

Iberia Performing Arts League presents See How They Run – 7:30-9:30pm. Live theatre production and concessions. Essanee Theater, 126 Iberia St, New Iberia. 337-364-6114.

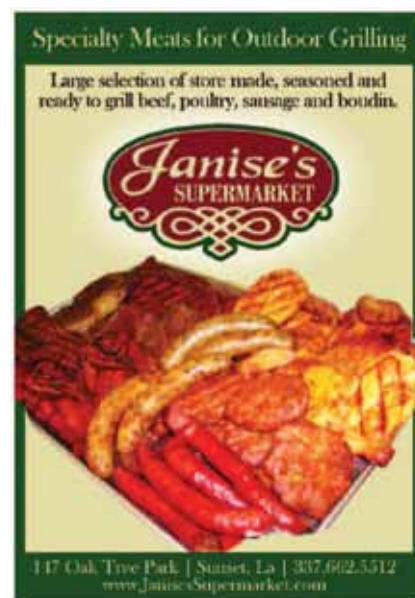
FRIDAY MAY 31

Iberia Performing Arts League presents See How They Run – 7:30-9:30pm. See May 30 listing. Essanee Theater, 126 Iberia St, New Iberia. 337-364-6114.



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ongoing 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@nacadiana.com for guidelines and to submit entries.

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sunday

God's Grace Boutique – 8am-5pm. Specializing in Plus Size school uniforms for men and boys. Avon on sale, special orders over \$50. Ladies rings sizes 6-12, men's 12-14. Dianne Robert. Hwy 190 Flea Market, Booth 11, 11946 W Hwy 190, Opelousas.

Dine Around – 11am. 3rd Sun each month. Social outing with others who have lost loved ones to meet at various restaurants around Acadiana. Registration required. Molly Vincent Charpentier. Hospice of Acadiana. 337-251-1614.

Antiques Market – 12-5pm. Shop over 9000 square feet for antiques, art, collectibles and more. Market and Auction House, 151 B Leo Richard Rd, Sunset. 337-212-2091.

Lafayette Petanque Games – 2-4pm. 4th Sun each month. Bowling game traditionally played in town parks and squares in France on hard packed surfaces. La Boule Cadienne de Lafayette sponsors regularly scheduled games on the north end of Girard Park. Free. Mike LeBlanc. Girard Park. 337-654-9467.

The Vertical Barre Meditation Group – 2-3pm. Free group meditation with Laci Lopez. The Vertical Barre, 233 Doucet Rd B-4, Lafayette. 877-575-1121. TheVerticalBarre.com or ARealPerson@TheVerticalBarre.com.

Celebrate Recovery – 4:45pm. Celebrate Recovery in a Christ centered 12 step program. Join weekly sessions at First Baptist Church, 1100 Lee Ave, Lafayette. 337-233-1412.

monday

Water Aerobics Class – 6:30-7:30pm. Removes pressure from joints and makes moving easier. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8362.

Yes, I Remember It Well – 10am-12pm. 2nd Mon each month thru 2013. Join LC Melchior for a morning of sharing stories of Acadiana and reminiscing those good old days. Hospice of Acadiana, Inc, Conference Center, 2600 Johnston St, Lafayette. 337-234-1234.

Tap and Jazz Dance Class – 5:30-6:30pm. Adult class for beginners-advanced students. \$35 per month. Debbie Roat Moore. Cite des Arts, 109 Vine St, Lafayette. 337-291-1122. CiteDesArts.org.

PEPP for Parkinson's Positive Experience – 6-7:30pm. 3rd Mon each month. Parkinson's Patients Support Group meeting. Our Lady of Lourdes

Medical Center, 4801 Ambassador Caffery Pkwy, Lafayette. 337-281-7659.

Photography for Kids – 6-7pm. Learn technique, composition and presentation while creating fun, hands on projects. No experience necessary. The Front Room, 1301 Ave A, Scott. 337-258-2333. MusicReed@yahoo.com.

Lafayette Photographic Society – 6:45pm. 2nd and 4th Mondays each month. Educational programs and guest speakers at 2nd Monday's meeting. Interclub projected image and print competitions at 4th Monday's meeting. 1101 Bertrand Dr, Room 411, Lafayette, LA. Blemaire56@yahoo.com.

tuesday

Opelousas Farmers' Market – 6-10am. Fresh homegrown and homemade products produced in rural St Landry Parish. Farmers' Market Pavilion, Hwy 190, Opelousas. 337-948-5227 or 337-948-6263. CityOfOpelousas.com.

Baby Time – 9:30-9:45am. Class designed to introduce mothers, fathers, caregivers and babies to nursery rhymes, songs, finger plays and early literacy information. Ages 9-18 months. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

Toddler Tuesdays – 10-11am. Parents bring toddlers to the University Museum for interaction with other toddlers in a special play area and stick around for story time. Free. UL Lafayette Hilliard University Art Museum, 710 East St Mary Blvd, Lafayette. 337-482-2278.

Toddler Time – 10:30-10:45am. Fifteen-minute story sessions geared to children 18-35 months. Adults must accompany toddlers. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

Ongoing Grief Support Group – 12-1:30pm. For those who have suffered the loss of a loved one and wish to share and learn from others who also grieve. 2600 Johnston St, Suite 200, Lafayette. 337-232-1234.

Water Aerobics Class – 2:30-3:30. Removes pressure from joints and makes moving easier. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8362.

Teche Area Farmers' Market – 2:30-6pm. Fresh and frozen produce from local farmers, handmade crafts, jams, jellies, preserves, baked goods, live animals, farm fresh eggs, frozen seafood, something for everyone of all ages. Main St, New Iberia.

Cranky Kids Acting Workshop – 4-5pm. Acting group for kids ages 6 and up to master improvisation,

storytelling and other forms of the art of acting. \$16. Jim Phillips. Cite des Arts, 109 Vine St, Lafayette. 337-291-1122. CiteDesArts.org.

Cash & Carry Farmers' Market – 4-6 p.m. Fresh produce, delicious homemade goods and the area's best local musicians. From country eggs and homemade fig cakes to squash and grass-fed beef, something for everyone. Brett Marino. Historic Cash & Carry Building, 801 Enterprise Blvd, Lake Charles. 337-764-9432.

Cash & Carry Farmers' Market – 4-6 p.m. Fresh produce, delicious homemade goods and the area's best local musicians. From country eggs and homemade fig cakes to squash and grass-fed beef, something for everyone. Brett Marino. Historic Cash & Carry Building, 801 Enterprise Blvd, Lake Charles. 337-764-9432.

Guitar for Kids – 5-5:45pm. From chord structure and progression to rhythm and strumming, this is a great class for building a solid musical foundation. The Front Room, 1301 Ave A, Scott. 337-258-2333. MusicReed@yahoo.com.

Acquired and Traumatic Brain Injury Support Group Meeting – 6pm. 3rd Tues each month. Help to build you and your family a network of support to set out in a new, rewarding direction. Free. Our Lady of Lourdes Facility, Ambassador Caffery, Section One, Conference Room A. 337-856-1964 or 877-852-1964.

Jam Band Lab – 6-7:30pm. Kids with a range of musical backgrounds learn about being in a band through workshops and instruction on vocals, percussion, bass, electric and acoustic guitars. The Front Room, 1301 Avenue A, Scott. 337-258-2333. MusicReed@yahoo.com.

The Budget Queen Coupon Swap – 6-7pm. 1st Tues each month. Swap coupons and get money saving advice and tips. Beginners welcome. The Conference Room, South Regional Library, 6101 Johnston St, Lafayette. 337-371-7884.

CCET's Backyard Series – 6:30-8:30pm. 2nd Tues each month. A wide range of topics for the general public: informal workshops, question-and-answer forums, interactive presentations led by qualified facilitators. Sponsored by Decentralized Arts Funding distributed by the Acadiana Center for the Arts and the Louisiana Division of the Arts in partnership with the Vermilionville Foundation. Free. 300 Fisher Rd, Lafayette. 337-233-4077 Ext 211.

Mystery Book Club – 6:30-7:30pm. 3rd Tues each month. The South Regional Library hosts a mystery book club. The South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

wednesday

Regional Bedtime Stories – 6-6:30pm. A nighttime version of Family Story Time. No preregistration required. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

Water Aerobics Class – 6:30-7:30pm. See Tues listing. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8362.

La Table Francaise – 8:30-9:30am. Last Wed each month. Grab a cup of coffee and share conversation and fun with other French speakers. Whiteville School House, Le Vieux Village, 828 East Landry, Opelousas. 337-948-6263.

Baby Time – 9:30-9:45am. See Tues listing. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

Toddler Time – 10:30-10:45am. See Tues listing. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

LEDA Networking Luncheon – 11:30am. 1st Wed each month. Meet over a hundred people for buffet lunch with guest speakers from local businesses. The “roaming mic,” is passed to everyone in the audience for the opportunity to stand up and tell their name and the name of their business. Door prizes, time for mingling. \$17.50. RSVP by 5pm the Tues before. River Oaks, Lafayette. 337-593-1400.

Adult Art – 1-3pm. Art lessons in any medium with instructor Robert Baxter. \$20/class. The Gallery, 222 N Parkerson Ave, Crowley, 337-783-3747. CrowleyArtGallery.com.

Freetown Farmer's Market – 2pm-dark. Local produce, homemade breads, jellies, soaps, pottery, fresh chicken, eggs and more. 421 E Convent St, Freetown Studios, Lafayette.

Eunice Farmer's Market – 3pm. Garden veggies, fruits, jellies and more. Corner of 2nd St & Park St, Eunice. 337-457-7389.

Regional Bedtime Stories – A nighttime version of Family Story Time. No preregistration required. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

thursday

Opelousas Farmers' Market – 6-10am. See Tues listing. Farmers' Market Pavilion, Hwy 190, Opelousas. 337-948-5227 or 337-948-6263. CityOfOpelousas.com.

Adult Art Lessons – 9am-12 noon. See Wed listing. The Gallery, 222 N Parkerson Ave, Crowley. 337-783-3747. CrowleyArtGallery.com.

Water Aerobics Class – 2:30-3:30. See Tues listing. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8362.

Opelousas Farmers' Market – 6-10am. See Tues listing. Farmers' Market Pavilion, Hwy 190, Opelousas. 337-948-5227 or 337-948-6263. CityOfOpelousas.com.

Children's Fiddle – 5-5:45pm. Kids of all abilities learn tunes from around the world while discovering a variety of musical genres. The Front Room, 1301 Ave A, Scott. 337-258-2333. MusicReed@yahoo.com.

Water Aerobics Class – 6:30-7:30pm. Removes pressure from joints and makes moving easier. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8362.

Open Mic – 8pm. Open microphone performances. The Porch Coffee House, 4710 Common St, Lake Charles.

friday

Adult Art Lessons – 9am-12pm. See Wed listing. The Gallery, 222 N Parkerson Ave, Crowley. 337-783-3747. CrowleyArtGallery.com.

Antiques Market – 10am-5pm. See Sun listing. Market and Auction House. 151 B Leo Richard Rd, Sunset. 337-212-2091.

Coping Creatively Through Grief Support Group – 10am-12pm. 1st and 3rd Fri each month thru May 3. Catherine Wallace, LCSW, and Jessica

Johnson, LPC of the Center for Loss and Transition, offer seven sessions on creativity and sharing to help grievers heal. Pre-registration required, space limited. Hospice of Acadiana, 2600 Johnston St, Lafayette. 337-232-1234.

Feline Fridays – 1-4pm. Enjoy a discount rate of \$60 on all cat adoptions. Lafayette Animal Control Center, Lafayette. 613 W Pont Des Mouton Rd, Lafayette. 337-291-5644 or 337-291-5645.

Begnaud House Cajun Accoustic Jam Session – 6pm. Plenty of music and great fun with locals speaking Cajun French. Fresh coffee, cool drinks, plenty of chairs, friends to share music, stories, jokes and Joi de Vivre. Come with or without instruments and jam with us. Free. 110 Benoit Patin Rd, Scott, Scott I-10 Exit #97, Southside. 337-269-5155.

Water Aerobics Class – 8-9am. Removes pressure from joints and makes moving easier. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8362.

Music and Market – 5:30-8pm. Southwest Louisiana music in a unique family-friendly outdoor setting. Bring lawn chairs. Beverage sales for the concert series support event expenses. No ice chests. Vieux Village/Farmer's Market Pavilion, 828 E Landry St, Opelousas. 337-948-6263.

LA Ice – 7-10:50pm. Public ice-skating at night. \$10/admission & rental, \$8/admission. 3607 NW Evangeline Thruway, Carencro. 337-896-2040. LAIceArena.com.

saturday

Bullying Stops With Me! – For children and parents dealing with the issue of bullying. Anyone is welcome to call 24 hours a day, 7 days a week and the caller may remain anonymous. Free. 337-322-4525. BullyingStopsWithMe.com.

Opelousas Farmers' Market – 6-10am. See Tues listing. Farmers' Market Pavilion, Hwy 190, Opelousas. 337-948-5227 or 337-948-6263. CityOfOpelousas.com.

Teche Area Farmers' Market – 7-11am. See Tues listing. Main St, New Iberia.

Acadiana Walking Club – 8am. Meet at various walking trails. Call for the meeting place in advance. If you would like to join the mailing list for the walking club or have any questions, call 337-261-9188 or email Admin@HealTheHabitsForLiving.com.

Hwy 190 Flea Market – 8-5pm. Sat and Sun. Flea market vendors from around Acadiana come to sell clothes, antiques, houseware, tools, furniture, jewelry, food and more. Come and join the fun and buy at flea market prices. VENDOR BOOTHS AVAILABLE. 11946 West Hwy 190, Opelousas (between Opelousas and Lawtell - on the left). 337-678-1500.

Antiques and Farmers Market – 8am-4pm. See Sun listing. Market and Auction House. 151 B Leo Richard Rd, Sunset. 337-212-2091.

City Garden Market – 8am-12pm. Organically grown vegetables, fruit, canned sauces, salsas, jams, jellies, small sweet dough, large pies, honey, eggs, fish, bread and dog biscuits. Oil Center across from Champagne's Market, Lafayette.

Delcambre Seafood and Farmers Market – 8am-1pm. Featuring wild-caught Delcambre Direct Seafood and farm-fresh, locally grown produce. With music, food and special events, visitors enjoy a fun and healthy shopping experience. Shrimp Festival Grounds, corner of North Richard and East Church Streets, Delcambre. 1-800-884-6120.

God's Grace Boutique – 8am-5pm. See Sun listing. Hwy 190 Flea Market Booth 11, 11946 W Hwy 190, Opelousas.

Hub City Farmer's Market – 8am-12pm. Join us for local foods and crafts. Brian Gotreaux, The Oil Center, 427 Heyman St across from Champagne's. HubCityFM@afo.net.

Jeanerette Farmer's Market – 8am-12pm. 2nd Sat each month. Features farm produce and hand-made items from the Jeanerette area. City Park.

Kaplan's Farmer's Market – 8am-12pm. 2nd Sat each month. Local foods and crafts. Turnley Park, downtown Kaplan, 701 N Cushing Ave, Kaplan. 337-643-2400.

Bayou Vermilion Canoe Paddle – 8:30-11:30am. 2nd and last Sat each month. Canoe trips on the Bayou Vermilion, weather and river conditions permitting. RSVP. \$5 insurance fee to American Canoe Association for a canoe or bring your own canoe or kayak and paddle for free. Margo Addison. Vermilionville, 300 Fisher Rd, Lafayette. 337-233-4077 ext 205. Margot@BayouVermilion.org.

Washington Community Farmer's Market – 8:30-11am. Town Pavilion across from Town Hall. Linda Taylor. MauiFlyer@hotmail.com. 337-826-6518.

Savoy Music Jam Session – 9am-12pm. Bring an instrument or just yourself to enjoy a live traditional Cajun music jam session. Savoy's Music Centre, 4413 Hwy 190 E, Eunice. 337-457-9563.

Antiques Market – 10am-5pm. See Sun listing. Market and Auction House. 151 B Leo Richard Rd, Sunset. 337-212-2091.

Eunice Farmer's Market – 10am. See Wed listing. Corner of 2nd St & Park St, Eunice. 337-457-7389.

Freetown Farmer's Market – 10am-2pm. See Wed listing. 421 E Convent St, Freetown Studios, Lafayette.

Cajun Jam – 1-3:30pm. Join Vermilionville for a weekly Cajun Jam led by the area's finest musicians. Open to all skill levels, beginner to professional. Free admission for jam only, does not include entry to the park. Performance Center of Vermilionville, 300 Fisher Rd, Lafayette. 337-233-4077.

Cajun Jam Sessions – 2-6pm. Come out and enjoy local music. Bring an instrument for a chance to participate. Museum Café, Erath. 337-937-0012.

2nd Saturday Art walk – 6-8pm. 2nd Sat each month. Family-friendly event. Art galleries, restaurants, specialty shops and other downtown businesses present art, live music, food and drink. Free. Downtown Lafayette. 337-291-5566. DowntownLafayette.com.

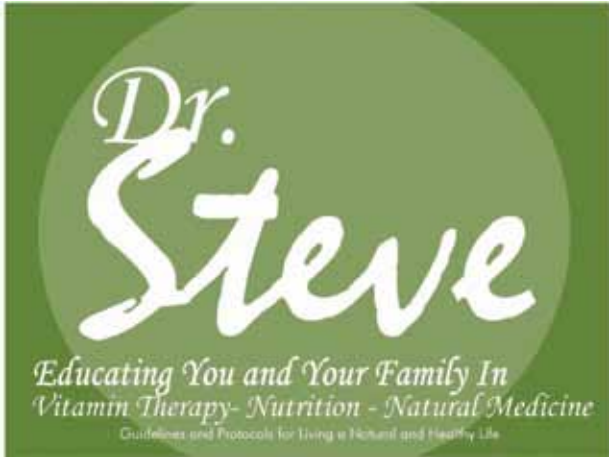
“Rendez-Vous des Cajuns” Live Radio and TV Show – 6-7:30pm. Cajun and Zydeco bands perform live in Cajun-style “Grand Ole Opry” Liberty Theater. \$5/Adults, \$3/children under 12. 200 W Park Ave, Eunice. 337-457-7389. EuniceLA.com.

Monthly Night Hike – 7-9pm. Last Sat each month. Take hikes through the Acadiana Park Nature Trail. \$3. Acadiana Park Nature Station, 1205 E Alexander St, Lafayette. 337-291-8448.

Naturopathic Doctors

Natural Medicine

“finding the root cause”



DR. STEVEN T. CASTILLE, BSc, Ms, DNM
natural medicine

Biochemist, Clinical Herbalist and Doctor of Natural Medicine

Bachelor of Science in Biochemistry, Master of Science in Engineering and Technology Management, Doctorate in Natural Medicine

Naturopathy is a form of alternative or complementary medicine.

This practice is based on the notion that the body has the intrinsic ability to heal itself with the proper support and guidance, and naturopaths utilize modern and traditional medical practices to achieve this goal. It is practiced in the United States, Great Britain, New Zealand, Australia and Germany. Naturopaths can be found working in hospitals, medical offices, holistic health centers, and many other settings.

The Basics of Naturopathy

In naturopathy, allowing nature to heal the body is a primary basis of this form of alternative medicine. Naturopathic doctors pledge first to “do no harm,” and seek to find the root cause of illness rather than to simply treat symptoms.

Naturopaths see themselves as teachers, and work with patients on lifestyle changes that promote healing and optimal health. Taking many aspects of a patient’s life and history into consideration, naturopaths may address diet and nutrition, chronic health conditions, exercise, emotional health, spirituality, family history, and many other factors during the course of treatment.

The prevention of disease and illness is one of the most important aspects of naturopathic medicine. Whereas mainstream medicine may concentrate

on curing illness, naturopathy relies on treatment and lifestyle changes that may prevent the occurrence of disease in the first place. Naturopaths evaluate genetic predisposition to disease, family history and other risk factors that may make a patient more vulnerable to illness. Specific lifestyle changes to support optimal health and the prevention of disease are then prescribed.

Traditional Naturopaths

In the United States, there are three categories of practitioners of naturopathy: naturopathic physicians, traditional naturopaths, and various providers who utilize aspects of naturopathic medical practice. In terms of education, traditional naturopaths complete a bachelor’s degree and pre-medical education in one of the three major areas of science (chemistry, biology, or physics) and graduate-level training in science and



natural medicine. Traditional naturopaths complete continuing education requirements to stay current with the most current natural medicine practices.

Other medical providers such as chiropractors, osteopaths, dentists and nurses may undergo some naturopathic training in various holistic therapies, but these programs are generally limited and not subject to accreditation or licensing.

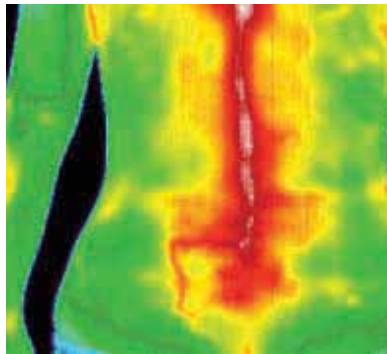
Is Naturopathy for Me?

Naturopathy is an important and useful form of alternative medicine that many Americans choose to utilize for treatment of both chronic and acute health conditions. Treatment by a naturopathic doctor can be an excellent complement to mainstream medical care, providing the best of preventive medicine for consumers seeking comprehensive holistic treatment.

What Can I Expect?

When seeing a naturopath, patients can expect to undergo an extensive medical interview and perhaps some basic examination. A naturopathic doctor may prescribe homeopathic remedies, vitamin therapies, holistic therapies, herbal remedies, dietary and lifestyle changes, and a variety of laboratory tests. During the course of treatment, naturopathic doctors may utilize acupuncture, infrared heat therapy, whole body vibration, pH saliva and urine testing, chelation therapy, blood and hair analysis, hydrotherapy, massage or joint manipulation, colonic irrigation, as well as other forms of natural medicine and healing. While some naturopathic doctors may serve as the primary medical provider for a minority of patients, most consumers will maintain their relationship with their medical doctor and simply see a naturopathic doctor as a complement to their mainstream medical treatment.

the natural path



- Natural Medicine
- Naturopathic Health Care
- Zerona Fat Reduction
- Whole Foods Nutrition
- Hydro Massage Therapy
- Infrared Sauna Therapy
- Whole Body Vibration Therapy
- Nutrient Hydration Therapy
- Thermography Medical Imaging
- Micro-nutrient Testing
- Vitamin Therapy
- Bioidentical Hormone Therapy
- Menopause/Women's Health
- Cancer Prevention
- Detoxification
- Demosonic Cellulite Reduction
- Vibrational Healing

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337-896-4141
337-347-4141



Maila Nelson
Natural Health Consultant



Laurel Thibeau
Health Consultant



Brooke Thevis
Health Consultant



China Ledet
Health Consultant



Megan Reed
Thermography Tech



Martha Francis
Office Assistant



John Rhinehart
Licensed Massage Therapist

Nobody's Immune to Breast Cancer

PREVENTION is the cure.

EARLY DETECTION is your **best option.**

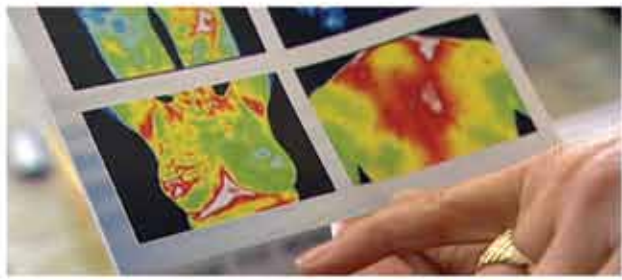


Nobody's Immune to Breast Cancer

WHEN WE TALK ABOUT BREAST CANCER, THERE'S NO WOMEN OR SUPERWOMEN. EVERYBODY HAS TO DO THE SELF EXAMINATION MONTHLY. FIGHT WITH US AGAINST THIS ENEMY AND, WHEN IN DOUBT, TALK WITH YOUR DOCTOR.

BREAST CANCER STATISTICS:
Nationally: 1 in 8 Women Develop Breast Cancer
Louisiana: 1 in 3 Women Develop Breast Cancer
Source: American Cancer Society

CALL 896-4141 to schedule your full-body thermography screening.



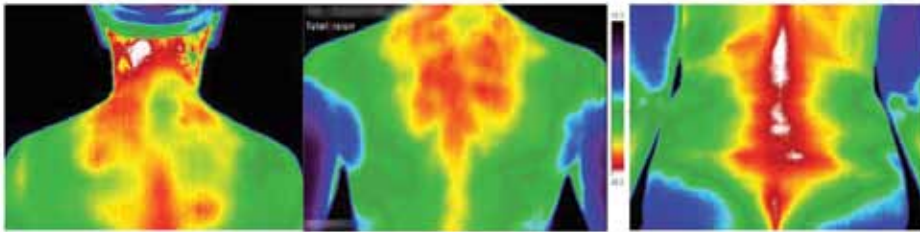
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What is Thermography?



What is Thermography?

Digital Infrared Thermal Imaging is a unique technology that takes a picture and creates a map of the infrared patterns of the body. It is different than other screening tools because it helps us to see function (physiology). MRI and X-ray detect anatomical changes so will miss such things as active inflammation or angiogenesis (increased blood supply as found in cancer). It was approved by the FDA for breast cancer screening in 1982. It can detect early danger signs in the body years before other tools. It has been shown to be effective in finding early signs of breast cancer up to 8 years before the mammogram.

What Can Thermography Be Used For?

There are 3 areas that Thermography is useful:

- **Inflammatory Phenomena**- This could include early detection of cardiovascular disease, arthritis, Fibromyalgia or trauma such as strains, sprains or chronic pain.
- **Neovascular Phenomena** - Cancer is fed by the bodies own blood supply. This development of early vascularity is detected well before anatomical changes occur that will be detected with other screening tools.
- **Neurological Phenomena** - Chronic regional pain syndrome, nerve irritation can cause referred pain in other areas. Circulatory deficits are easily seen in thermographic images.

A full body screening covers all regions of the body with no less than 28 images. A region of interest can be used for focalized screening such as breast screening, thyroid, etc.

Is It a Proven Technology?

Thermography has been comprehensively researched for over 30 years. While it is not a replacement for Mammography, it may have many valuable assets including: earlier detection of neovascular (blood supply) patterns, adjunct to inconclusive mammograms, improved detection for women with dense breasts or implants or a reasonable alternative for women who refuse mammogram. Below is a sample of the over 800 studies in the index-medicus. They represent some of the important findings and value of thermography.

Fast facts:

- In 1982, the FDA approved breast thermography as an adjunct diagnostic breast cancer screening procedure.
- Of the extensive research conducted since the late 1950's, well over 300,000 women have been included as study participants.

- The size of the studies are very large: 10k, 37k, 60k, 85k.
- Some studies have followed participants up to 12 years.
- Strict standardized interpretation protocols have been established for 15 years to remedy problems with early research.
- Breast thermography has an average sensitivity and specificity of 90% .
- An abnormal thermogram is 10 times more significant as a future risk indicator for breast cancer than a first order family history.
- A persistent abnormal thermogram carries with it a 22x higher risk of future breast cancer.
- Extensive clinical trials have shown that breast thermography significantly augments the long term survival rates of its recipients by as much as 61%. When used as a multimodal approach (clinical exam +mammography+thermography), 95% of early stage cancers will be detected.

Why Have I Not Heard About This?

Like many alternative diagnostic tools or treatments, the facts are not always disclosed. Thermography was summarily dropped from breast screening in the 1980's after only 1 year of use. The reason was sited as being it detected too many false positives and therefore was not specific enough. This is ironic since the mammogram has a 65% false positive rate and recent studies have shown that it is a poor predictive tool. 90% of MD's know nothing of the technology and so are critical of that which they don't know. The other 10% seem to quote research from 22 years ago from a few small studies and ignore the plethora of positive research.

Is it accurate?

Yes, as a routine screening tool, it has been shown to be 97% effective at detecting benign vs malignant breast abnormalities. Another study tracked 1537 women with abnormal thermograms for 12 years. They had normal mammograms and physical exams. Within 5 years, 40% of the women developed malignancies. The researchers commented "an abnormal thermogram is the single most important marker of high risk for the future development of breast cancer" These results have been repeated over and over again for nearly 30 years.

Is It Safe?

While a variety of studies have called into question the safety of cumulative exposures to radiation, this is not the case with Thermography. Thermography emits nothing, it only takes an image. Nothing touches you and it is quick and painless. This all makes Thermography great for frequent screening with no chance of danger.

What If I get Abnormal Results? What Do I Do?

Thermography is not diagnostic but gives early risk factors. This is great news because an abnormal result from a thermogram often buys time so that natural interventions such as nutrition, nutritional supplements, holistic therapies, and lifestyle changes can influence the outcome. At the least, the condition can be closely monitored safely until conventional interventions need to be applied. It is important to recognize that early detection is the key to a good outcome.

Some Selected Research:

Stark, A., Way, S. The Screening of Well Women for the Early Detection of Breast Cancer Using Clinical Examination with Thermography and Mammography. *Cancer* 33: 1671-1679, 1974. Researchers screened 4,621 asymptomatic women, 35% whom were under age 35 y.o. and detected 24 cancers (7.6 per 1000) with a sensitivity and specificity of 98.3% and 93.5% respectively.

Y.R. Parisky, A. Sardi, R. Hamm, K. Hughes, L. Esserman, S. Rust, K. Callahan, Efficacy of Computerized Infrared Imaging Analysis to Evaluate Mammographically Suspicious Lesions. *AJR*:180, January 2003 Compared results of Infrared imaging prior to biopsy. The researchers determined that Thermography offers a safe, noninvasive procedure that would be valuable as an adjunct to mammography in determining whether a lesion is benign or malignant with a 99% predictive value.

Gros, C, Gautherie, M. Breast Thermography and Cancer Risk Prediction. *Cancer* 45:51-56 1980. From a patient base of 58,000 women screened with thermography, researchers followed 1,527 patients with initially healthy breasts and abnormal thermograms for 12 years. Of this group, 40% developed malignancies within 5 years. The study concluded that "an abnormal thermogram is the single most important marker of high risk for the future development of breast cancer".

Spitalier, H., Giraud, D. et al. Does Infrared Thermography Truly Have a Role in Present Day Breast Cancer Management? *Biomedical Thermology* pp.269-278, 1982
Spitalier and associates screened 61,000 women using thermography over a 10 year period. The false negative and positive rate was found to be 11% (89% sensitivity and specificity). 91% of the nonpalpable cancers (T0 rating) were detected by thermography. Of all the patients with cancer, thermography alone was the first alarm in 60% of cases. The authors noted "in patients having no clinical or radiographic suspicion of malignancy, a persistent abnormal breast thermogram represents the highest known risk factor for the future development of breast cancer".

Jiang LJ, Ng FY et al A Perspective on Medical Infrared Imaging. *J Med Technol* 2005 Nov-Dec;29(6):257-67 Since the early days of thermography in the 1950s, image processing techniques, sensitivity of thermal sensors and spatial resolution have progressed greatly, holding out fresh promise for infrared (IR) imaging techniques. Applications in civil, industrial and healthcare fields are thus reaching a high level of technical performance. In many diseases there are variations in blood flow, and these in turn affect the skin temperature. IR imaging offers a useful and non-invasive approach to the diagnosis and treatment (as therapeutic aids) of many disorders, in particular in the areas of rheumatology, dermatology, orthopaedics and circulatory abnormalities. This paper reviews many usages (and hence the limitations) of thermography in biomedical fields.

Source: Institute for the Advancement of Medical Thermography

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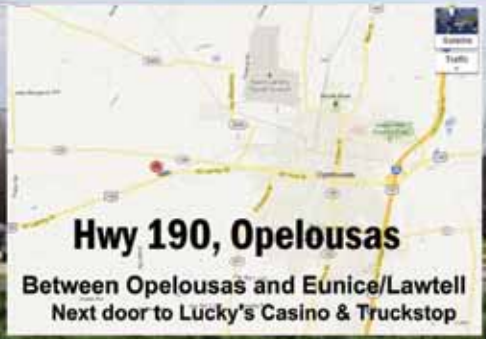


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