

HEALTHY LIVING HEALTHY PLANET

natural awakenings

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FREE



How to Love Your Life

Live with Passion and Purpose

Creating Success

Jack Canfield Shares
Helpful Insights

Holiday Cheer

Healthier Drinks
for Celebrations

Cold and Flu Fixes

Natural Remedies
for Kids



EVERY ISSUE IS
A GREEN ISSUE

November 2012 | S.W. Louisiana-Acadiana Edition | www.NAcadiana.com

WEIGHT LOSS

Exercise
OPTIONAL!

ZERONA Cold Laser Fat Reduction

You are guaranteed to lose between 3 inches to 9 inches after nine treatments.

- ZERO Pain, ZERO Surgery, ZERO Downtime
- Reduce stubborn fat from your tummy, back, hips, thighs, buttocks, love handles, arms, chin and neck
- See a reduction in the appearance of cellulite
- Drop 2 to 7 pant/dress sizes in two weeks



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.

Nine treatments for only

\$1,125

\$450 OFF

\$675

9 treatments (3 weeks)

Call to schedule your first appointment: Natural Health Center, Carencro Office

(337) 896-4141

Our Zerona Laser treatments combined with our unique protocol techniques are designed to give you the best results. Although the Zerona laser works for most people, it does not work for everyone. Lymphatic health and overall circulation are assessed to determine to probability of successful treatments. If you are not a good candidate to receive the procedure we will always tell you upfront. RESULTS GUARANTEE POLICY: You are guaranteed to lose between 3 inches to 9 inches after nine treatments. If you do not lose at least 3 inches, we will give you a \$450 credit for extra treatments or any services. • offer ends 12/10/12

THERMOGRAPHY

Medical Imaging of Acadiana

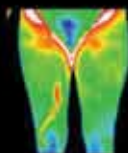
Advanced Diagnostic and Screening Technology

\$94

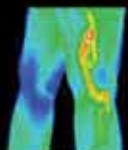
FULL BODY HEALTH CHECK

(337) 347-4141

Thermography Imaging Can Detect Many Diseases and Disorders in Their Early Stages

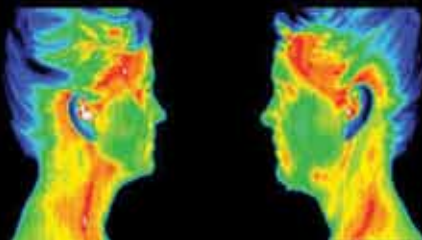


The anterior view of the upper legs shows a patient who had unexplained pain in the right leg for over a year. The thermogram shows a varicosity with a perforator that a vascular surgeon was able to treat with minimal intervention due to the accuracy of the localization.



The image showing the vascular problem in the right lateral leg was of a patient who had a 3 year history of pain in the mid lateral thigh and knee. Hevee conduction tests and a full range of anatomical imaging tests failed to find any cause for the pain. This thermographic study led to a confirmed diagnosis of phlebitis.

Vascular Conditions

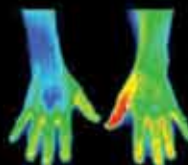


Carotid Artery occlusion (Right side)

Carotid Artery Occlusion

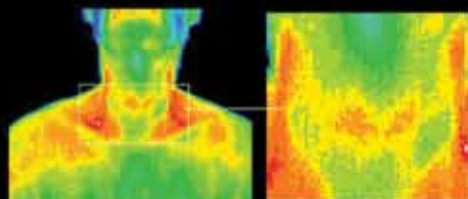


Early stage bilateral carpal tunnel syndrome



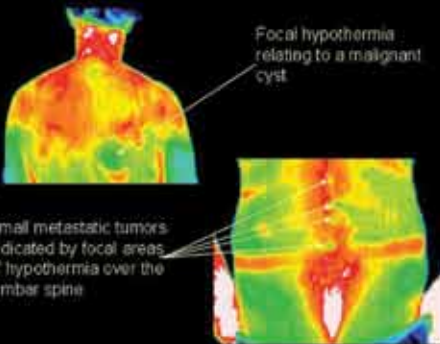
Chronic right carpal tunnel syndrome

Carpal Tunnel



Hyperthermia over both lobes of the thyroid indicating thyroid dysfunction

Thyroid Dysfunction

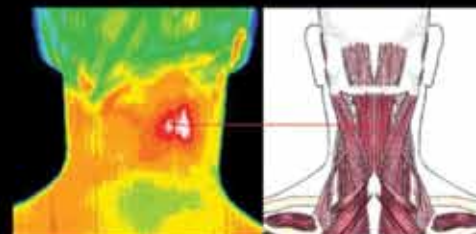


Focal hypothermia relating to a malignant cyst

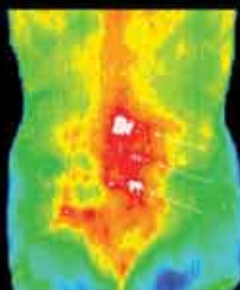
Small metastatic tumors indicated by focal areas of hypothermia over the lumbar spine

Cyst and Tumors

Myofascial Trigger Point - in semispinalis cervicis



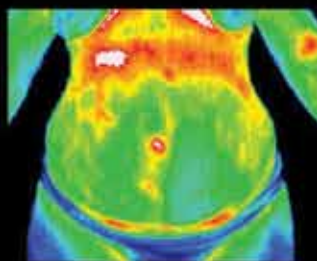
Myofascial Trigger Point



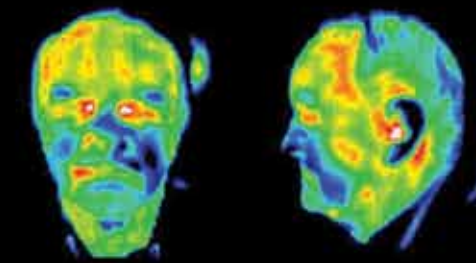
Three stress fractures of the transverse processes of the lumbar spine.

Stress Fractures

Inflammation Over Right Kidney



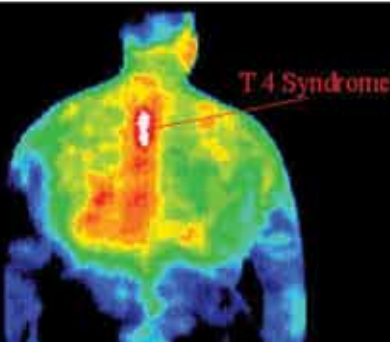
Inflammation



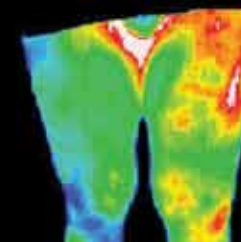
Bells Palsy



Coronary Artery Disease



T4 Syndrome



Infection

This elderly lady had undergone a left hip replacement surgery 3 months previously. Her continued leg pain raised a suspicion for DVT.

The thermographic findings were not consistent with DVT, but showed a focal area of inflammation that guided a sonographer to a deep abscess near the bone.

This was drained and successfully treated with antibiotics.

YOUR BODY Checkup

What Causes Disease?

Part 2 of 4

Disease happens on a cellular level. All disease is ultimately a breakdown in function of the body's cells. When this happens, it creates "fertile soil" for the disease process. This breakdown is accomplished by less than perfect eating habits, stress, stuffing emotions, eating too many cooked foods and too much sugar, salt, caffeine, drugs, vaccines, tension, depression, lack of proper sleep, lack of exercise, environmental contamination of the air/water/food and the retention of metabolic wastes (constipation, lack of sweating, blocked lymphatic channels). The only effective way to "cure" disease is to eliminate the causes.

Disease does not attack a healthy body because the body has very effective resistance mechanisms which handle many of the above situations. The body's natural state is health. When the body is exposed or overloaded with stressors, the immune system loses its resistance and becomes "toxic". Toxic cells do not function properly so the body's metabolism gets sluggish and overworked. This leads to an overall decrease in resistance allowing disease to take hold.

Disease can be expressed in terms of signs or symptoms. When we express how we feel and what we feel, we are describing a symptom. When we look at the patient for abnormalities (like in the veterinary profession) and determine subjectively what we think to be "not right or abnormal" that is labeled a "sign".

Let's take the simple cold as an example. The symptoms of a cold are merely an expression of the body's effort to "clean house". By producing fevers, coughing, sneezing, and runny noses, the body is cleansing the excess toxins produced from sick cells. Each time we suppress these symptoms with over-the-counter treatments and other drugs, we are driving the toxins back into the body. These toxins will travel through the bloodstream and lie quietly in an organ until the system becomes more toxic. So down the line instead of colds, flu develops which brings vomiting and diarrhea. This is uncomfortable, so we take something to stop the vomiting and diarrhea. This, in turn, drives the toxins even deeper into the system. Over a period of time you may notice you don't get colds or flu anymore. Instead, bronchial infections develop which we again treat which drives the disease deeper still. Things may be fine for a few years then one day you feel terrible and don't know why. You go to the doctor and they diagnose a chronic degenerative disease such as cancer, fibromyalgia, chronic fatigue, lupus, diabetes or heart disease...true signs that your body is now entirely toxic. When does it end? When you stop the cycle and repair the damage or when you die an uncomfortable disease ridden, agonizing death?

Can we stop disease or reverse symptoms? Yes. How?

We have to clean up our lives. Some chose the fast track on this and others take years to shift their thinking and patterns to better healthier habits. We can heal the body with optimal nutrition, special diets, cleansing programs, specific vitamins and supplements to correct deficiencies, by drinking fresh extracted juices and taking herbs and other natural therapies, which do not harm the body over time. We learn to change our living habits and the way we think. We find a balance between the physical, emotional, mental and spiritual aspects of our lives.

Nutrition is one of the most important factors in fighting disease. Nutrients are what the body has to work with in building and maintaining healthy cells, tissues, glands and organs. Nutrients are used in the operation of all bodily functions. The challenge is that most of the nutrients in our foods today have either been taken out or destroyed by processing. Cooked food is dead food. Only living foods can build healthy bodies. That is what most of our diet should consist of.

Please don't misunderstand; drugs, surgery, chiropractic manipulations, acupuncture, etc. are all useful in the treatment of disease. Sometimes we do need to intervene with treatments to suppress a symptom or sign when our body is in jeopardy, but unless the corrective and supportive nutritional therapy is given priority, these attempts to correct illness will fail. I highly recommend vitamin therapies customized to meet your health condition and nutrient dense FOOD-BASED supplement products.

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

"We Are Not Getting Proper Nutrition"

"Today, more than 95% of all chronic disease is caused by food choice, toxic food ingredients, nutritional deficiencies and lack of physical exercise."

- Dr. Steven T. Castille

FULL BODY HEALTH SCREENING \$94

**For more information or to
schedule an office visit call
896-4141 or 347-4141.**

Nutritional-biochemistry deficiencies

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

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

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

- Dr. Steven T. Castille
Biochemist and Doctor of Natural Medicine

**“I can get everything I need from food.”
Do YOU?**

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

Source: U.S. Department of Agriculture

**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.

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

- American Medical Association

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

- James F. Balch, M.D.

publisher's letter



With this magazine, and with our lives, we aim to create the possibility of being generous, open and inspiring. Every day we should all ask ourselves, "What possibilities am I creating?"

Our lives are filled with omnipotent possibilities. Many people are convinced that we co-create our own reality each time we focus on what we desire with strong emotion and commitment. Others are just as convinced that this idea is simply nonsense and that our destiny is already pre-determined or controlled by the families we are born

into and the environment we are reared in. But regardless of which idea is true, it is unquestionable that we can create new possibilities and new realities in our lives by eliminating limiting beliefs.

Just recently we learned of a new galaxy that has been found, millions of light years beyond our own. For many of us, such news makes us realize that we have been missing a deep kind of understanding. The mind can accept any boundary anywhere. But the reality is that, by its very nature, existence cannot have a boundary. This is because what can we expect to find beyond the boundary of existence? Still more space.

What a profound thought. Now we must understand that it is true that all things are possible once we realize that our existence, space and even time have no boundaries. What a phenomenal existence we have! Humanity was born from light for the sole purpose to explore, learn, grow and continue our own existence, by which we further define the fact that even humanity has no boundaries.

Let us pause for a moment and begin to understand the power that each of us has within us. We are a people who have been given a precious gift. We have been given the gifts of love and limitless possibilities. And the more we love one another, the more we show compassion and kindness, the more generous and inspiring we are to one another, the more we further define the endless possibilities of the human spirit and our world.

Through prayer, we have a unique ability to harness the specific energy given to us by our Creator. Each one of us is called upon to use it. We can use prayer as a means of healing ourselves and our world. We can define our existence as one of unlimited possibilities through prayer.

This month we celebrate how to live our lives with passion and purpose. What more is there? Please join us on a journey of possibilities.

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

Steve & Michelle

Steve and Michelle Castille, Publishers



contact us

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contents



14

- 10 **newsbriefs**
- 14 **healthbriefs**
- 18 **globalbriefs**
- 20 **ecotip**
- 26 **healthykids**
- 28 **healingways**
- 30 **greenliving**
- 36 **conscious eating**
- 42 **wisewords**
- 44 **fitbody**
- 46 **inspiration**
- 52 **naturalpet**
- 56 **calendar**



18



26

advertising & submissions

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

EDITORIAL SUBMISSIONS

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

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

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www.NAacadiana.com

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.

22 FASHION A PASSION-DRIVEN LIFE

Realize Your Purpose and Feed Your Soul
by Lisa Marshall

22



26 STAYING HEALTHY NATURALLY

Top Cold and Flu Fighters for Children
by Dr. Lauri Grossman

28 POWERFUL ENERGY BOOSTERS

Daily Tips with Staying Power
by Kathleen Barnes

30 HOUSE HAPPINESS

Small, Green and Paid For
by Lindsey Blomberg

30



36 HOLIDAY CHEER

Special Drinks Help Make a Party Memorable
by Judith Fertig

42 OVERCOME OBSTACLES TO ACHIEVEMENT

Jack Canfield Shares Insights on Creating Success
by Linda Sechrist

36



44 CARDIO BUZZ

Trade Energy Snack-Attacks for a Daily Dose of Exercise
by Debra Melani

46 GROUNDED IN GRATITUDE

Embrace Every Gift Because Each Blessing Counts
by Frank Jude Boccio

52 AGING GRACEFULLY

Good Ways to Care for Pets in their Golden Years
by Sandra Murphy

52





**NOW AVAILABLE AT
Drug Emporium
Lafayette**



ALKALINE WATER MAJOR BENEFITS

Lose Weight:

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

Anti Aging:

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

Reduce the Chances of Osteoporosis:

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

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

Build Cardiovascular Health:

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

Reduce Joint Pain and Arthritis:

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

Reduce 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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Eyes

The antioxidants lutein and zeaxanthin are found in high concentration in the lens and retina. Vitamin A* and zinc are needed for night vision.

Hair and nails

Iron, zinc and vitamin A* are important for strong well-shaped nails and healthy hair.

Energy levels/Metabolism

Iodine is needed to make thyroid hormones that regulate the body's metabolic rate. Vitamin B1 and magnesium help the body release the energy in food. Iron helps too.

Immune System

Vitamin B6 is needed to make defensive antibodies and vitamins C and E help look after the specialist cells of the immune system. Glucosinolate type compounds switch on cell defences against carcinogens (cancer causing agents).

Liver

Glucosinolates are phytochemicals that may boost and regulate the activity of the liver's in-built detoxification (detox) enzymes.

Skin

Vitamins A* and C help to keep skin supple and smooth.

Blood

Iron, folic acid and vitamin B6 are needed to make healthy red blood cells. Vitamin C also helps the body absorb more iron from non-meat foods.

Bones

Calcium, magnesium, manganese and vitamins A*, C and K all help to build and maintain healthy bones.

Enjoying a wide variety of foods in a balanced diet is the key to good nutritional health. Some foods pack more of a nutritional punch than others, and wheatgrass is literally brimming with a range of essential vitamins and minerals, and beneficial phytochemicals (naturally found in plants). Nutrients found in wheatgrass, which are highlighted in this chart, play important roles in maintaining our body's all over health.

* from conversion of beta carotene



Now Available At

Natural Health Center, Carencro
Tel: 337.347.4141

Drug Emporium, Lafayette
Tel: 337.261.0051

The Road Less Traveled, Lafayette
Tel: 337.988.9889

Benny's Sport Shack, Opelousas
Tel: 337.948.6533

DHARMA Wellness Center, Sunset
Tel: 337.534.1110

newsbriefs

Lasting Impressions by Josette for Family Photography



Josette Savoie, owner of Lasting Impressions photography, offers photography for any occasion, including family portraits for the holidays. Lasting Impressions is located in Church Point.

Savoie offers “photography that leaves a lasting impression” for weddings, engagements, reunions, birthday parties, school and other

special events, sports events, day care centers, senior portraits and children’s portraits, as well as family portraits. “I strive to capture the ‘natural you’ in a fun environment,” she says. “You name it and I will most likely be more than happy to do it.”

Location: Lasting Impressions, 3228 W. Gloria Switch, Church Point. For more information, call 337-344-1562 or visit LastingImpressionsByJosette.com or [Lasting Impressions on Facebook](#).

Daigle’s ATA Martial Arts Offers Two Free Weeks of Training

Daigle’s ATA Martial Arts, whose motto is “Changing the world, one black belt at a time,” is currently offering two free weeks of training for new students. The facility is located in Lafayette.

Daigle’s offers a variety of classes for all age groups, from children to adults. For preschoolers through 6-year-olds, the school offers the Taekwondo for Tiny Tigers program. “This program offers



children a strong foundation in essential character qualities such as courtesy, respect and discipline,” writes founder Gerald Daigle, a sixth-degree black belt. “In addition, the program is designed to improve children’s motor skills and enhance their ability to pay attention and follow directions.”

Daigle’s also offers classes for teens and adults, which are designed to enhance students’ physical abilities and maximize their self-defense skills.

Location: Daigle’s ATA Martial Arts, 3803-R Moss St., Lafayette. For more information, call 337-593-8844, email Gerald.Daigle@DaiglesMartialArts.com or visit DaiglesMartialArts.com or [Daigle’s ATA on Facebook](#).

N.E. Kind Print Design Offers Something for Everyone

N.E. Kind Print Design, in Carencro, offers printing, web and graphic design for individuals and for businesses of all sizes.



Design services include brand and logo design, web design, advertising, personalized photo art and illustration. Digital services include file format conversion, scanning to emails or CDs and faxing. Printing services include digital copies (black and white or color), business cards, business forms, letterheads, envelopes, wedding and special occasion materials, marketing materials (brochures, flyers, books) and professional finishing (binding, folding, stapling, laminating). N.E. Kind also offers customized promotional items such as




Lucinda Guillory
337.457.0250

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Bungee Run • Joust
Dunkin Booth

Parties • Family Reunions
Church Functions • Fund Raisers
School Events & Much More!





DETOX your body and relieve pain

Flash-fire cupping (shanhuofa)

Alcohol-fire cupping (dijiufa)



Pain Syndromes that have been treated with cupping:

- Shoulder blade
- Loins
- Headache: chronic headaches
- Migraines
- Insomnia
- High blood pressure
- Anxiety
- Fatigue
- Fibromyalgia

Traditional Chinese Technique

Fire Cupping Therapy

and Air Cupping Therapy

Cupping is an ancient technique in Traditional Chinese Medicine therapy involving the placement of a heated glass, plastic, or bamboo cup on the skin which creates a vacuum. When a cup is applied to the skin and the pressure in the cup is reduced (by using a change in heat or by suctioning out air), so that the skin and superficial muscle layer is drawn into and held in the cup. It has been widely used to treat different disorders in its own right or in combination with acupuncture and blood-letting therapy in modern Chinese Medicine.

- Reduces aches and pain
- Improves blood flow
- Improves lymphatic flow
- Helps to detox the body
- Improves energy flow
- Relieves joint pain
- Relieves back pain
- Relieves shoulder pain

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personalized notepads, magnets, stickers, vinyl applications, vehicle and window decals, pens, signs, banners and T-shirts and other apparel.

Location: N.E. Kind Print Design, 155 Brasseaux Rd., Carencro. For more information, call 337-886-6101, email Mail@NEKind.com or visit NEKind.com.

Create 365 Celebrates Anniversary with Open House

Create 365, a scrapbooking and creativity store in Scott, will celebrate its two-year anniversary with an open house and party. The event will be held on Saturday, November 3, from 9 a.m. to 6 p.m. The celebration will include food, prizes and “make and take” crafts throughout the day in the store. “All day long, visitors can learn all about what we offer and all the classes they can take,” says owner Amy Muffoletto. “It will be a fun event.”



Create 365 offers scrapbooking materials and workshops for beginning to advanced scrapbookers. It also offers workshops on other creative pursuits, such as paper crafting, “altered art,” jewelry, sewing, photography, mixed-media art and greeting cards and gift tags. Create 365 also offers scrapbooking events for all ages, including “Mommy and Me” groups, birthday parties, girls’ nights out, bridal and baby showers, meetings, Bible studies and private “crop” nights for working on scrapbooks.

“We’re able to tailor classes to your skill level and schedule them to fit into your hectic schedule,” says Muffoletto. “Anyone can scrapbook!” The store also offers an annual membership, which provides access to the store’s tools and discounts on materials.

Location: Create 365, 806 I-10 South Frontage Rd., Scott. For more information, call 337-456-6261; email CreateWithMe365@gmail.com; or visit Create365.net, SomethingUnique365.blogspot.com or Create 365 on Facebook.

Emily’s Closet Offers Fabric Sale for Holidays

Emily’s Closet, in New Iberia, which specializes in fabric, notions and handmade treasures, will have a sale of 25 percent off all fabric for the holidays. The sale will run from November 27 through December 1.

The store displays handmade quilts, clothing for adults and



beginners to experienced crafters. Classes include beginning sewing, quilting, hair-bow making and heirloom sewing techniques, such as smocking, tucking and working with lace.

Comeaux says that anyone can learn these techniques, and that many women who think they cannot sew can begin with quilting. “I’ve heard many women say, ‘I don’t sew; I quilt,’” Comeaux says. “Quilting only requires that you work with one 12-inch square of fabric at a time, and it doesn’t have to be perfect. I have never seen an ugly quilt.”

Location: Emily’s Closet, 241 W. Main St., New Iberia. For more information, call 337-364-9404 or visit Emily’s Closet on Facebook.

Mobile Muscle Offering Fitness Specials



Certified fitness trainer and nationally recognized bodybuilder Timothy Garrett is offering two fitness specials through his business, Mobile Muscle. Garrett is based in Lafayette.

His holiday special is eight classes for \$200, which includes eight hours of training and nutritional counseling. His “13-Week Challenge” is only \$15, which includes a T-shirt and eight-step guidelines for health. The proceeds go to Garrett’s nonprofit to benefit at-risk and overweight children, Weight of the World.

Garrett is known both for his fitness and for his ability to motivate and mentor both adults and youth. With his mobile service, he conducts fitness sessions at homes, businesses, churches and schools, for individuals or for groups. His summer camp, Zero Gravity, is designed to help adults and children get in shape.

“I can help change you not only physically, but mentally and spiritually as well,” Garrett says. “You have to change your mindset and look at the big picture.” Rather than making excuses, Garrett says, his clients learn to find solutions in their lives so they can reach their fitness goals. “It’s a way of setting up your everyday life, of collecting your spirit and developing a structure so you can achieve anything,” he says.

For more information, call Mobile Muscle at 337-962-5459 or visit Timothy Garrett (Lafayette, Louisiana) on Facebook.



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Cranberry Juice Yields Knockout Punch

When scientific studies first provided evidence that cranberries are a powerful agent in fighting urinary tract infections (UTI), the supplement industry was fast to react by putting cranberry pills and extracts on the market. But are they as effective as drinking cranberry juice or eating the sauce?

Recent analysis by Worcester Polytechnic Institute offers answers. The researchers tested proanthocyanidins (PAC), a group of flavonoids found in cranberries and thought to be what gives the juice its infection-fighting properties, offering hope that these could translate into an effective extract. However, the report concluded that cranberry juice itself is far better at preventing biofilm formation—the precursor of infection—than PACs alone.

The virulent form of *E. coli* bacteria that is the cause of most UTIs is covered with small, hair-like projections, known as fimbriae, which act like hooks and latch onto cells that line the urinary tract. When enough bacteria adhere to the cells, they form a biofilm that leads to infection. Cranberry juice prevented the bacteria from forming this biofilm, while PACs alone were not as effective.



Shrimply Alarming

Shrimp cocktail is a popular holiday appetizer, but may not be the healthiest menu choice. Researchers at Texas Tech University have found evidence of antibiotics in samples of farm-raised shrimp of international origin imported onto U.S. grocery shelves. The antibiotics present included nitrofurazone, a probable human carcinogen. Two samples of the seafood tested in major cities contained levels of nitrofurazone that were 28 and 29 times higher than the amount allowed by the U.S. Food and Drug Administration. Domestic shrimp harvested from the Gulf of Mexico also contained carcinogens and toxicants, according to a recent article by *GreenMedInfo.com*.

Equally unsettling, most farm-raised shrimp is far from sustainable, says Oregon researcher J. Boone Kauffmann, who estimates that 50 to 60 percent of shrimp farms worldwide are built on cleared mangrove areas. The shrimp produced from these farms have a carbon footprint up to 10 times higher than beef from cows raised on cleared Amazon rainforest areas.

Good Foods to Keep the Brain Sharp



New research reveals that diet may make a difference in reducing the risk of developing the most common form of dementia, known as Alzheimer's disease. A study published by the American Academy of Neurology suggests that eating foods containing omega-3 fatty acids, such as fish, chicken, salad dressing and nuts, may be related to lower blood levels of a problematic protein called beta-amyloid associated with Alzheimer's and memory problems.

For the study, 1,219 people older than 65 and free of dementia provided information about their diets for an average of 1.2 years before their blood was tested for beta-amyloid. Researchers looked specifically at 10 nutrients, including saturated fatty acids; omega-3 and omega-6 polyunsaturated fatty acids; mono-unsaturated fatty acids; vitamins E, C, B₁₂ and D; beta-car-

otene; and folate. The scientists found that higher consumption of omega-3 fatty acids corresponded to lower blood beta-amyloid levels.

Particularly, those consuming just one gram more than other study subjects' average daily intake of omega-3 fatty acids experienced a 20 to 30 percent decrease in beta-amyloid levels in the blood. One gram of omega-3s can be obtained by eating half a salmon fillet, once a week. Other foods that contain healthy omega-3s are flax seeds, almonds, walnuts and walnut oil, tuna and sardines and in small amounts, vegetables like Brussels sprouts, kale, spinach and salad greens.

The Other Problem with Trans Fats

To keep the holidays merry, rather than moody, check labels when stocking the pantry and avoid products containing trans fatty acids, which not only contribute to insulin resistance, inflammation and heart disease, but also exacerbate mood swings. After studying nearly 1,000 men and women of all ages and ethnic backgrounds, researchers at the University of California-San Diego School of Medicine found that consumption of dietary trans fatty acids (dTFA) was significantly associated with greater aggression and irritability.

The study, led by Associate Professor Dr. Beatrice Golomb, provides the first evidence linking dTFA with adverse behaviors, ranging from impatience to overt aggression. Analysis of participants' baseline dietary information and behavioral assessments were adjusted for sex, age, education and use of alcohol or tobacco products.

The new finding strengthens health experts' recommendations to avoid eating products like margarines, shortenings and prepared foods that contain trans fats and to steer clear of serving them in schools and other institutions.

Source: PLoS One



Antibiotics Overused for Sinus Infections



A study by investigators at the Washington University School of Medicine, in St. Louis, concludes that antibiotics typically prescribed for sinus infections aren't any more effective than inactive placebos. "Patients don't get better faster or have fewer symptoms when they get antibiotics," says Dr. Jay F. Piccirillo, a professor of otolaryngology and the study's senior author. He adds, "Our results show that antibiotics aren't necessary for a basic [acute] sinus infection—most people get better on their own."

The researchers do suggest treating symptoms such as pain, cough and congestion and carefully watching to see if further treatment is necessary.

More Americans are Eating Fresh

It's official: Americans are eating more fresh foods than they did five years ago. A recent survey of 800 U.S. adults by the W.K. Kellogg Foundation reports that more than 68 percent of respondents say they eat more whole grains, fruits and vegetables than they did in 2007. Farmers' markets and stands attracted 70 percent of the survey participants, although only 14 percent regularly shop at such venues. More good news: 64 percent of the respondents agree that it's very important that produce be grown in an environmentally friendly way and also important that the fruits and veggies be organic.



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Nuts Help Neutralize Metabolic Syndrome



According to the World Health Organization, metabolic syndrome—linked to inflammation and oxidative stress that increases the risk of Type 2 diabetes and cardiovascular disease—affects 25 percent of U.S. adults and 20 percent of adults worldwide. A nut-rich diet may offer some protection.

Researchers at the University of Barcelona, in Spain, discovered that a daily one-ounce serving of

mixed nuts, including raw, unpeeled walnuts, almonds and hazelnuts, boosted patients' levels of beneficial metabolites derived from metabolizing tryptophan (an amino acid), serotonin (a hormone), fatty acids and polyphenols (phytochemicals with antioxidant activity). Their findings support the hypothesis that nuts can help prevent metabolic alterations that lead to chronic disease.

EFT Relieves Veterans' Post-Traumatic Stress

Emotional Freedom Technique (EFT) uses tapping along acupuncture meridians to relieve stress so the body can resume the natural function of self-healing. Through the Veterans Stress Project (*StressProject.org*), the therapy is now being used and tested with veterans exhibiting post-traumatic stress disorder (PTSD) symptoms such as insomnia, anger, grief and hypervigilance.

A study by the nonprofit Soul Medicine Institute has shown that more than 86 percent of vets that used EFT have resolved most of their PTSD symptoms; the researchers also report that, on average, their pain diminished by 68 percent.

Dr. Steve Manire, a chiropractor and EFT practitioner in Little Rock, Arkansas, states, "Too many of our nation's veterans are left believing that they have to live with stress for the rest of their lives when they return from their tours of duty." He asserts that many find significant relief with EFT.

The Veterans Stress Project will connect veterans dealing with post-traumatic stress with EFT practitioners across the country for six sessions at no cost. Email Deb Tribbey at Deb@StressProject.org.



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No Rain African Savannas Hold Clues to Drought Relief

This year, much of the United States has experienced the most severe drought since the 1950s, prompting governors to declare emergency conditions. There is no guarantee that the crisis will be alleviated, but new research points to a way that farmers may be better able to cope.

In the hotter, drier climate of the semiarid African savanna, flowing between the Atlantic Ocean and Red Sea, farmers have successfully

fought back an expanding Sahara Desert and turned once dry, uncultivated scrub into highly productive farmland. The key to success is allowing trees to grow where they once cut them down, and adopting agricultural techniques that take full advantage of scarce water resources.

Experts claim that today's American farmers should recognize the benefits that trees can bring to even the most arid plots of land. Chris Reij, a sustainable land management specialist at Free University Amsterdam, who has worked in Africa since 1978, observes, "Given the situation in the U.S. corn belt, these practices might help farmers in Kansas and Iowa adapt to more extreme weather and help make their crops more resistant to drought."

Adding more trees, planted in rows between crops or bordering fields, could provide many of the same benefits found in Africa: improved soil and water quality and windbreaks that keep dry topsoil from going airborne. Fallen leaves and twigs inject nutrients into the soil, reducing the need for expensive fertilizers that can also pollute nearby streams or wells. Trees cool temperatures on a local scale, trap carbon and clean the air. Their roots are natural filters between fields and waterways and can help keep soil moist. Plus, tree fruits and nuts provide food for farm animals and wildlife. It's an Early American agriculture tradition worth revisiting.

Find more information from the USDA National Agroforestry Center at nac.unl.edu.

Loving It Fast Food that's Good Food

Mike Roberts, once the president and CEO of McDonald's, has co-founded Lyfe Kitchen, a restaurant chain that aims to serve healthy food on a fast-food scale. The acronym Lyfe stands for Love Your Food Everyday, and the food is made without butter, cream, white sugar, white flour, high-fructose corn syrup, genetically modified organisms (GMOs), trans fats or additives.

He foresees hundreds of the alternative bistros opening across the country, all serving locally sourced, sustainable gourmet meals with the efficiency and economy usually found in a fast-food chain. With free-range chicken; burgers from grass-fed, humanely raised cattle; roasted kabocha squash; beet and rice salad and Napa cabbage salad, costs are expected to be pricey at first, but decrease as more locations are added.

Visit LyfeKitchen.com.



Eco-Gyms Workouts Feed the Grid

A new crop of environmentally conscious gyms and fitness centers are adopting practices to save energy by adding electricity-generating workout equipment and using other strategies to reduce environmental impacts. It's known as the green gym movement, which continues to grow and innovate.

The Los Angeles Times reports that members of AC4 Fitness, in Goleta, California, generate power and feed it back to the grid every time they step on a treadmill or elliptical. They also bring their own refillable bottles and have access to a hydration station that provides free water, filtered by reverse osmosis. Patrons can store their belongings in lockers made from recycled plastic. The Greenasium Fitness Studio, in Encinitas, California, sports floors covered with mats made from recycled tires, and their dumbbells are used and



Veggie Feast Meatless Traditions Replace Turkey Day

Across America, millions of people will celebrate the spirit of Thanksgiving with a new, more compassionate and life-affirming tradition that eschews killing and eating animals. Citing factors that include torturous breeding and production practices, health risks posed by additives and adulteration, and the ethics of animal killing, Gentle Thanksgiving has become a Farm Animal Rights Movement (FARM) annual campaign. Families are encouraged to prepare a whole vegetarian or vegan meal to commemorate the traditional occasion of communal sharing and abundance. Soy-based mock turkeys are widely available, as well as a cornucopia of meat-free recipes.

Visit [Gentle Thanksgiving.org](http://GentleThanksgiving.org).



Fact Quest

Students Thirst for Eco-Knowledge

As part of its 25th Envirothon, a competition for students across the United States to test their knowledge on environmental issues, a survey commissioned by Canon U.S.A. and conducted online by Harris Interactive found that a majority of 14-to-18-year-olds looking for information about the environment seek it outside of the classroom. Data also indicate that teens believe environmental issues will have an impact on their lives in the future and want to know more about them.



With three-quarters feeling that school curricula are inadequate, two-thirds of the students use TV as their primary information source. A majority of surveyed teens ages 16 to 18 favor the Internet, print newspapers and other periodicals.

Seventy-five percent of all of the teens surveyed believe that humans have a major impact on climate change. The top three environmental changes that they fear will impact their quality of life are poor air quality (66 percent), global warming (61 percent) and poor solid waste management (59 percent). Other major areas of concern are deforestation, water shortages and energy availability.

Students are also looking for ways they can help, such as recycling, conserving electricity and water, cleaning up public spaces, carpooling, bicycling and using public transportation.

Get involved at EnviroThon.org.

Wishful Fishing

Derricks to Get a New Lease on Life



The U.S. Department of the Interior has rules governing nonproducing ocean oil rigs: They must be torn down after a certain period of time. What sounds like a sensible policy to deter oil companies from abandoning idle rigs is now being reconsidered as the growing depletion of natural reefs may give them a new purpose as artificial reefs.

Below the surface at one 30-year-old rig in the Gulf of Mexico, corals, sea fans and sponges cover a maze of pipes. Schools of jack and snapper, solitary grouper and barracuda circle in its shadows and eco-dive boats periodically stop at the enormous structure, where dolphins, sea turtles and sharks are often spotted.

The New York Times reports that about 650 such oil and gas industry relics, referred to as “idle iron”, would be demolished with large amounts of explosives under the old rules, killing thousands of fish and other sea creatures. Now the Gulf of Mexico Fishery Management Council is seeking recognition of offshore platforms as essential fish habitats. To ease liability concerns and help insure and maintain structures to be spared such removal, John Hoffman, chief executive of Black Elk Energy, an oil and gas company based in Houston, Texas, has founded a nonprofit organization, Save the Blue.

To convert a platform into a reef, approval is required by the Interior Department’s Bureau of Safety and Environmental Enforcement. Under the federal Rigs-to-Reefs program, a structure is only partially removed: cut off down to 85 feet below the water surface. Fish densities have been found to be 20 to 50 times higher near converted rigs than in open water. Each platform typically supports more than 10,000 fish.



Weather Watcher

New Supercomputer Predicts Climate Changes

Yellowstone is one of the greatest natural treasures in the American West, and there’s now a new environmental “sheriff” in town. A supercomputer of the same name is set to model future climate changes and forecast extreme weather like no other.

“It’s a big deal,” says climate scientist Linda Mearns, Ph.D., of the National Center for Atmospheric Research, in Boulder, Colorado. *The Washington Post* reports that Yellowstone will help researchers calculate climate change on a regional, rather than continental, scale. With a better grasp of how warming may affect local water resources, endangered species and extreme winds, local and state governments will be able to plan more effectively.

The \$30 million supercomputer, funded by the National Science Foundation, will generate climate projections for seven-square-mile tracts, instead of the previous capability of 60-square-mile units. It will also provide climate snapshots in intervals of hours, rather than days.

Mathew Maltrud, of the Los Alamos National Laboratory, in New Mexico, says, “We’re moving into a realm where we have models that resemble the ocean, the atmosphere, the ice and the land to a high degree.” Yellowstone will show a more realistic interaction of these components.

Inflammation The Silent Killer

What is INFLAMMATION?

Inflammation in the body is a normal and healthy response to injury or attack by germs. We can see it, feel it and measure it as local heat, redness, swelling, and pain. This is the body's way of getting more nourishment and more immune activity into an area that needs to fend off infection or heal. But inflammation isn't always helpful. It also has great destructive potential, which we see when the immune system mistakenly targets the body's own tissues in (autoimmune) diseases like type 1 diabetes, rheumatoid arthritis and lupus.

Chronic inflammation is now being billed as the cause of Alzheimer's disease, heart attacks, arthritis, diabetes, and cancer.



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Cherished Charities

Top 10 Giving Tips for Maximum Impact

These guidelines from Charity Navigator can help *Natural Awakenings* readers make wise decisions in donating dollars to favorite eco-causes.



1 Be Proactive. First, take the time to identify which environmental results are most important to the family and be specific about the goals you expect via giving.

2 Engage in Dialogue. Before contributing to an organization, talk with staff to learn about the group's accomplishments, goals and challenges.

3 Confirm Nonprofit Status. Check to ensure that the recipient is registered as a public nonprofit charity [501(c) (3)]; this also qualifies donations as tax deductions.

4 Check for Commitment to Accountability and Transparency. Charities that follow good governance and transparency practices are less likely to engage in unethical or irresponsible activities and more likely to be making a measurable difference. Even advocates of big-picture environmental causes will find ways to quantify the quality of their contributions to planetary health.

5 Examine the Charity's Financial Health. The financial health of any organization is a strong indicator of its performance. The most efficient nonprofits invest 75 percent or more of their budgets on programs and services and less than 25 percent on fundraising and administrative fees.

6 Review Executive Compensation. Even eco-charities need to pay their top leaders a competitive salary in order to attract and retain the talent needed to run a viable organization and produce results. But don't just accept the CEO's compensation at face value; compare it with counterparts in organizations of similar size, mission and location.

7 Be Careful of Sound-Alike Names. Don't be confused by a charity that purposely chooses a name strikingly similar to a more reputable, well-known organization.

8 Hang Up the Phone. Recognize that the for-profit fundraising companies often used for charitable telemarketing campaigns keep 25 to 95 cents of every dollar they collect.

9 Concentrate Giving. Choose a few favorite causes to focus on. Spreading donations among multiple organizations can diminish the overall impact, because a percentage of each gift immediately goes toward overhead.

10 Make a Long-Term Commitment. Wise donors support their favorite environmental and other charities over the long haul, because they understand success requires a reliable pool of long-term, committed supporters.

CharityNavigator.com provides ratings and analysis of participating charities as a public service.

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In the midst of uncertainties, many are asking, "Why am I here?"



Fashion a Passion-Driven Life

Realize Your Purpose and Feed Your Soul

by Lisa Marshall

Three years ago, Cindy Readnower felt as if work was swallowing her life. As a single mom with two sons to support and two franchise restaurants to run in Sarasota, Florida, she routinely would get up at 4 a.m. and go to bed after midnight. She didn't see enough of her boys. "I never had a free moment to just shut down and think about what I really wanted," she recalls.

Then the economy collapsed, forcing her to shutter her businesses, file for bankruptcy and consult with a career counselor to plan her next steps. Today, at 57, she's working as a life coach and business consultant and as she sees it, living the life she is meant to live.

"When you hit hard times and say, 'My worst fears have come true; what am I going to do now?' It makes you realize you will only find true success when you follow your passion," she says.

Readnower represents what some see as the silver lining in these challenging economic times. At a time of high unemployment, when some can't find a job and others are working grueling hours to compensate for laid-off co-workers, many Americans are stepping off the corporate hamster wheel and sincerely asking themselves: "What is my purpose here, and how can I realize it?"

Purpose Over Profits

According to a recent study by the nonprofit *Encore.org*, which helps older Americans pursue more meaningful careers, as many as 9 million people ages 44 to 70 have already transitioned into encore careers that combine purpose, passion and a paycheck. Another 31 million would like to.

Meanwhile, surveys show that new college grads are increasingly gravitating toward nonprofit and public

sector jobs that feed their souls more than their bank accounts. Off-the-clock volunteerism is soaring. Due to working and earning less, people are also consuming less, cooking, sewing and gardening more, rediscovering forgotten passions and relationships and finding new ones in the process.

"When the economy tanked, it prompted a real moment of spiritual awakening for all of us," observes Sue Frederick, of Boulder, Colorado, a nationally renowned career counselor who also applies her intuitive skills in helping clients like Readnower find their muse. "We are no longer able to hide out behind jobs and benefits that might not have been a good fit for us to begin with. People are remembering their soul's mission and waking up to the true work they are intended to do."

At the leading edge of the purpose-driven career movement is the millennial generation, now in their 20s through

early 30s. Having come of age amidst the Enron Corporation scandal, 9/11, Iraq and Afghanistan wars and the 2008 economic collapse, they're graduating from college with a more holistic perspective on what constitutes a good career.

"The decade in which we have matured has been turbulent in almost every dimension," says John Coleman, 31, a recent graduate of Harvard Business School and co-author of *Passion and Purpose: Stories from the Best and Brightest Young Business Leaders*. "This generation is looking at a world that has so many problems and saying, 'The old opportunities are not there anymore, so we have to create new ones.' Many are actively seeking more meaning and purpose at work."

One 2010 survey of 500 MBA students found that when considering a long list of options for what they looked for in a career, they ranked "intellectual challenge" and "opportunity to impact the world" as their first and third priorities, bracketing "compensation" which ranked second.

Another analysis by *The New York Times* found that in 2009, 11 percent more college graduates worked for nonprofits than in the previous year. Accordingly, Coleman's book is packed with encouraging examples, from a Harvard MBA student and a U.S. Marine that co-founded a nonprofit addressing poverty in Kenya's largest slum to a biomedical engineering grad that launched a web-based car-sharing service.

This altruistic, purpose-driven career track seems a stark departure from that of the baby boomers, collectively referred to as the "me" generation for its materialistic ethos. Yet those that specialize in helping people find more meaningful lives say this group currently counts among their best and most focused customers.

"We are at a time in the world when it is more socially acceptable to follow your passions," says Janet Attwood, whose Passion Test workshops—established in 2004—are welcoming more people than ever. "In my day, my dad was so freaked out I'd end up homeless that he sent me to business school so I would learn how to type. Back then, parents never asked: 'What turns you on?'"

That's a shame, remarks Frederick, because first hints at our purpose often bubble up in our youth. "I believe all of us know at some point what our gift is, but we often bury it and say, 'I have to fit in and get a job with benefits and a good paycheck.'" There is an alternative.

Work and Consume Less, Live More

Attwood stresses that living in line with one's passion isn't just about work, noting, "It's about your relationships and friends, your spirituality and health, what you consume and where you choose to live..."

She asks clients to write down five life-defining passions (see sidebar) and use them as a guidepost. "Whenever you are faced with a choice, a decision or an opportunity, choose in favor of your passion," she counsels. Attwood

It is not how much
you do,
but how much love
you put
into the doing,
that matters.

~ Mother Teresa

has observed firsthand how success often follows, because, "When you choose in favor of the things that have the greatest, deepest meaning for you, the universe supports you more than if you are just tepid and neutral about something."

For some, that has meant working fewer hours for less pay, in order to al-

low more time for clarifying meditation, family dinners, volunteering at a local shelter, taking a long-yearned-for dance class or planning the next career shift. It has also led to willing trade-offs in buying less and doing more for oneself.

According to the 2010 *MetLife Study of the American Dream*, 77 percent of Americans now say that achieving their big dream comprises improving the quality of their lives by strengthening personal relationships. As for millennials, 39 percent say they already have what they need. Also, those that feel growing pressure to buy more and better material possessions has dropped from 66 percent in 2006 to well below half today.

"Plenty of people have already started down this path. They're growing vegetables, raising chickens and keeping bees. They're building their own homes, often with the help of friends and neighbors," writes Boston University Sociology Professor Juliet Schor, Ph.D.

In her groundbreaking book, *Plenitude: The New Economics of True Wealth*, she argues that contrary to many economists' assumptions, a shorter work week and smaller economy is better for society as a whole. More, such a lifestyle, "allows people to build stronger social connections, maintain their physical and mental health and engage in activities that are more creative and meaningful."

Any Example Proves the Rule

Ever since childhood days of helping her mother make clothing for the family, Juliette Bastian has had a passion for fashion design. Her love of dancing dates back to watching *American Bandstand*. But when it came to choosing a

Take the Passion Test

Make a list of your passions; the 10 or 15 things most critical to your happiness and well-being. Start each entry with, "When my life is ideal, I am ..." (living in a beautiful house in the mountains, working in a job that changes lives, spending plenty of time with my children, etc.)

Don't worry about how you'll get there. Just write it down. You become whatever you are committed to.

"People often write down a passion, but if they can't immediately see how they can manifest it, they erase it and instead write something down that they can easily put their arms around. In other words, they play it safe," says Janet Attwood, co-author of *The Passion Test: The Effortless Path to Discovering Your Life Purpose*. Instead, think big.

Narrow the list to your top five passions.

Write all five passions down on five index cards.

Post passions in places you will routinely see them, such as on the bathroom mirror and refrigerator door; display them prominently on your computer.

Create a vision board (a collage of representations of your passions). "It's an easy way to keep your attention on the things you really want to grow stronger in your life," notes Attwood.

Use these priority passions as a guidepost. "Whenever you are faced with a choice, a decision or opportunity, choose in favor of your passions," advises Attwood. Then run to the goal with purpose in every step.

Take the test again every six months, because passions can change and evolve over time.

This is the true joy
of life—being used
up for a purpose
recognized by yourself
as a mighty one.

~ George Bernard Shaw

career, “There was always this trigger that went off in my head that said, ‘You need to make money,’” she explains.

By her mid-40s, this San Dimas, California, resident boasted a six-figure salary and a successful, but not terribly fulfilling career doing accounting and strategic business planning. To indulge her creative side, she created colorful spreadsheets, but it wasn’t enough. “At one point, I acknowledged, ‘I am not happy walking into work anymore,’” recalls Bastian, now 52. “I felt like a hamster on a wheel.”

Seven years ago, she walked out, and with Attwood’s help, set out to find her true callings. “People always think you have to pick just one, but you have passions that run across every aspect of your life,” she says. “I now realize I am a dancer, fashion designer, family person and spiritual woman.”

Bastian begins each week by making a color-coded “strategic plan of action,” making sure to include elements of each of her five passions: financial freedom, exceptional relationships, optimal health, successful business ventures and an alliance with God. That means she’s back in school studying fashion design, and now makes time for dancing, church, family and a part-time career-coaching business.

She says that it has been financially rough at times. But the “sacrifices”—like fewer hair appointments, fancy clothes, meals out and expensive holiday gifts for friends—have been well worth it. “I now have the flexibility, freedom and joy of knowing I am living who Juliette truly is,” she says with a smile. “I know I’ll be taken care of as long as I honor what truly matters to me.”

Lisa Marshall is a freelance writer near Boulder, CO. Connect at Lisa@LisaAnnMarshall.com.

More Purposeful Life Tips

Make time for a spiritual life. Whether it’s pausing to meditate in the morning or going to church or temple, allow time to reflect upon who you are and what you really want. “If you are not setting aside time to explore these questions, you won’t find the answers,” says John Coleman, author of *Passion and Purpose*.

Don’t limit yourself to one purpose, such as a job. Decide who you want to be, rather than focus on what you are doing or want to do.

Seek out mentors, young and old, that appear to be living a passionate life and ask them how they reached their life space.

If you have the option of working less to pursue other passions, consider it. To save money, think about what you can make, grow or do, rather than pay for. In the process, you may rediscover an old passion.

Let your talents guide you. If you are good at something, the chances are you are passionate about it. Do more of it, and that doesn’t necessarily mean volunteering forever. Consider making a passion into a relevant career. “We are not here to give away our gifts for free and then go to a job we hate,” says career counselor Sue Frederick.

Take baby steps. If you can’t quit your job to follow your passion quite yet, take baby steps. Write a business plan. Take a class. Start volunteering. Meanwhile, focus on activating passions in other areas of your life. What is one thing you should stop doing, and one thing you can start doing today?

Additional sources: Janet Attwood, author of *The Passion Test*; Juliet Schor, author of *Plenitude*

The man
without a purpose
is like a ship
without a rudder...

Have a purpose in life and, having it, throw such strength of mind and muscle into your work as God

has given you.

~ Thomas Carlyle

Purpose concentrates your effort and energy on what’s important; you become effective by being selective. Nothing energizes like a clear purpose.

~ Rick Warren, from *The Purpose Driven Life*



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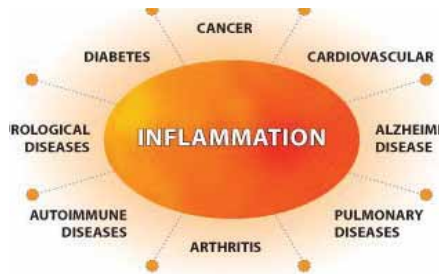
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Any organ or tissue of the body, internal or external, can become inflamed. Internal inflammation is often caused by bacterial infection, but can also be caused by disorders such as allergies, anemia, arthritis, asthma, autoimmune diseases, Crohn's disease, osteoarthritis, peptic ulcer disease or ulcerative colitis. External inflammation is most often the result of injury, but can also result from (or be aggravated by) allergies, infection, and other factors. Unfortunately it is often difficult to identify the source or sources of inflammation.

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Staying Healthy Naturally Top Cold and Flu Fighters for Children

by Dr. Lauri Grossman

With the onset of school, parents are stocking up on essentials, including at-home remedies to help keep kids healthy this winter. *Natural Awakenings* has compiled several leading experts' best tips.

Green and Yellow Produce

Dr. James Balch, a leading natural health expert, urologist and pioneering author in healing nutrition, recommends menus rich in colored fruits and vegetables filled with carotenes. "These foods are potent antioxidants, help with immune function and are involved with the growth and repair of tissues," he writes. For picky eaters, serve crispy carrot sticks, buttery sweet potatoes and juicy apples.

Nuts and Seeds

Keep crunchy sunflower seeds within easy reach. High in vitamin E, they help children resist the flu and upper respiratory infections. Brazil nuts are good too, because they are high in selenium that keep bacteria and viruses from replicating.

Healing Herbs

Burke Lennihan, a registered nurse, certified homeopath and author of *Your Natural Medicine Cabinet*, encourages parents to stock up on garlic, ginger, turmeric and cayenne. "There's a reason why [these herbs] are so popular worldwide," she says, "and it's not just the flavor. They have anti-inflammatory, antibacterial and other medicinal properties that modern science is just beginning to document."

Another helpful resource is *Healing Spices: How to Use 50 Everyday*

and Exotic Spices to Boost Health and Beat Disease, by Dr. Bharat Aggarwal, also a Ph.D. and researcher at the University of Texas MD Anderson Cancer Center, in Houston.

Natural Cough Syrup

"Elderberry syrup is great for coughs," advises Lennihan. "A study done in Israel showed that elderberry extract is as effective against the flu as Tamiflu."



Fermented Cod Liver Oil

Dr. Deborah Gordon, of Ashland, Oregon (DrDeborahMD.com), recommends that parents use supplements relied on as basics in the home generations ago: "All children benefit from fermented cod liver oil." Although it tastes bad, it's one of the most effective immune boosters available in a safe and easily absorbable form.

Vitamin D

While protecting skin from direct sun rays is an ongoing concern, current research shows that many children are deficient in the vitamin D sunshine provides. Gordon advises parents, "Ask your pediatrician to test your children to determine if they need supplements."

Powerful Probiotics

In *Treatment Alternatives for Children*, Dr. Lawrence Rosen, who practices at the Whole Child Center, in Oradell, New Jersey, notes: "By adding probiotics to vitamin D supplementation, parents can be even more certain to keep the flu away from their children."

Homeopathy Help

Lennihan maintains that using homeopathy can stop a child's nascent cold before it blossoms fully. "When your son shows signs of lower energy and just wants to lie on the couch, or your daughter has a mild fever and says her throat is a bit scratchy, those are the times for *ferrum phosphoricum*," she says. "The 6x potency will keep the cold from ever developing." Two pellets, three times a day, works well.

If parents miss the early signs of an approaching cold, then *arsenicum album* is the homeopathic medicine needed. Lennihan holds that it's the most useful remedy when a child's nose is running incessantly. She attests that *allium cepa* [common bulb onion] is a good backup if a child has an itchy nose or raw red skin under it. Both remedies are best given in 30C potency, two to three pellets three times a day for up to three days, to see if symptoms subside.

Chiropractic Care

Dr. Joseph Passanante, a New York City chiropractor, offers insights based on immunology research that has demon-

strated a link between the nervous system and regulation of the immune function. Thus he states, "By aligning the spine and removing nerve interference, chiropractic care enhances immunity, so that good health is maintained." Receiving regular gentle adjustments can help children ward off illness more effectively, and they will become more limber from the treatments.

Clean Water

Encourage children to wash their hands regularly and drink plenty of fresh water. The Mayo Clinic, in Rochester, Minnesota, advises drinking water, clear-broth soups or warm lemon water with honey to loosen congestion and prevent dehydration.

Over-the-counter, water-based saline nasal drops and sprays also can help combat stuffiness and congestion. Plus, unlike nasal decongestants, they are safe and non-irritating, according to Mayo sources. They also note that a saltwater gargle can relieve a sore or scratchy throat.

Chicken Soup

Our grandmothers may have been even smarter than we thought. Recent studies at The Nebraska Medical Center, in Omaha, illustrate that chicken soup relieves colds in two ways. It acts as an anti-inflammatory by inhibiting the cells that add to inflammation and by speeding the movement of mucus, reduces the time that viruses are in contact with the nose.

Sound Sleep

Dr. Greg Meyer, a Phoenix, Arizona, integrative physician, says the key for parents is to make sure children don't overexert themselves when they are sick. "Kids need to rest their bodies in order to heal," he advises. "An extra day of rest can yield a more certain cure and more reliable recovery." At this point, parents might need some, too. A little tea party or some time cuddled up with a good book might help the whole family feel better.

Lauri Grossman, a doctor of chiropractic and certified classical homeopath, practices in New York City, NY. Learn more at amcofh.org and HomeopathyCafe.com.



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Powerful Energy Boosters

Daily Tips with Staying Power



by Kathleen Barnes

Many Americans occasionally complain of having a lack of energy, and for some it's a daily experience. Low energy levels can arise from a number of underlying factors, but poor diet and ongoing stress are the most likely culprits.

Eat Right

A consistently healthy diet can be the missing key ingredient to maintaining high energy in the long term, along with avoiding short-term energy dips. A diet featuring antioxidant-rich vegetables, healthy carbohydrates, low-fat proteins and healthy fats will not only keep energy levels high, it's also essential to long-term health, according to Dr. Christine Gerbstadt, a registered dietitian and spokesperson for the Academy of Nutrition and Dietetics.

"If you think of getting energy from a cup of coffee or a candy bar, understand that it's just a quick boost

that doesn't last long," advises Gerbstadt, author of *The Doctor's Detox Diet*. "The kind of energy you get from complex carbs and whole grains will stay with you."

Adding a little protein, like a piece of low-fat cheese or a dollop of peanut butter on a whole grain cracker, will keep energy steady for even longer, starting with breakfast.

Gerbstadt further notes that a mid-afternoon energy drop may be due to a blood sugar dip. The carb/protein plan also works well at these times, or a cup of green tea might just hit the spot. "Green tea does deliver some

caffeine, but it has literally hundreds of antioxidants, like epigallocatechin gallate (EGCG), that boost metabolism and stoke the metabolic fires," she says.

Plus, because most people have less-than-perfect diets, certain supplements can help raise energy levels and enhance overall health. Gerbstadt recommends vitamin D for those that don't spend much time in the sun, to enhance immune function; fish oil for non-fish eaters for heart and brain health; and all B-vitamins to support everyone's natural energy production.

Manage Stress

"Stress is one of the biggest energy zappers of physical, emotional and spiritual energy," says Jon Gordon, of Jacksonville, Florida, author of *The Energy Bus* and consultant to Fortune 500 companies, sports teams, hospitals and schools on the subject of staying positive.

Taking small breaks from the workday can

help increase energy and refocus attention on the tasks at hand. Getting away from the computer screen to weed the garden for 10 minutes or taking a quick turn around the block can quickly reverse an energy slump.

Exercise, a widely acknowledged energy booster, does double duty in moderating stress, according to the experts. Gordon's prime recommendation for vanquishing it is a combination of exercise and emotional balancing: "You can't be under stress and thankful at the same time," he says. "So take a 'thank-you' walk every day and get the benefits of the physical exercise, as well as shifting emotions to a more positive state."

Dr. Judith Orloff, author of *Positive Energy*, adds, "Walking meditations are joyous exercises in mindfulness, putting one foot in front of the other and

being in the now; set your critical mind aside to be replenished by the energy of the air, greenery and nature.

"I also practice this short meditation throughout the day to calm myself and become more energized and clear," she says. "For just three minutes, I close my eyes, focus on my breath and then envision a positive image, such as the night sky reflected in a body of water. These mini-tune-ups get you back to yourself, so you are centered and clear to continue your day."

Kathleen Barnes is the author of numerous natural health books, including The Super Simple HCG Diet. Learn more at KathleenBarnes.com.

Bonus Energy Boosts

In her book, *Positive Energy*, Dr. Judith Orloff offers simple strategies to help keep spirits high. The first is to choose our friends wisely.

Most of us have encountered someone that repeatedly drains our energy and do well to recognize the signs of an "emotional vampire": "Your eyelids get heavy and you feel like taking a nap," she says. "Draw boundaries by learning that saying 'No' is a complete sentence."

For friends and relatives that always seem to be in the middle of a crisis: Do not encourage a drama king or queen by asking him or her how they are, advises Orloff. To deal with a chatterbox, "You must politely interrupt, as hard as that skill may be to learn."

Finally, "Laughter gives a big energy boost, so be silly and have fun." Share a laughter break.



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~ Albert Einstein



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House Happiness

Small, Green and Paid For

by Lindsey Blomberg

Wanda Urbanska's dream home is more cottage than castle. Despite childhood yearnings for sprawling digs with a lavish pool, her concern for the planet's welfare and a practical approach to finances has led her to a radically different fantasy: a home that is small, green and paid for.

Owning a smaller home is a "triple hitter," says the Harvard graduate and author of *The Heart of Simple Living: 7 Paths to a Better Life*. "With a smaller home, we can pay off the mortgage quicker, use less furniture and have less space to clean and maintain, heat and cool." Also, less space effects less consumption—needed more than ever as dwellings have increasingly turned into what Urbanska refers to as suffocating, "sinkholes of stuff, clogging the flow of energy and movement in our lives."

She predicts, "Once we've purged our systems of the excess, the focus will be on creating lives that are dynamic and streamlined, where the carbon cost of a thing is weighed along with its price tag, and where the focus is on usability, rather than ownership."

The rise of McMansions as part of a runaway "bigger is better" mentality saw the average American house size surge from 983 square feet in 1950 to 2,521 square feet in 2007, reports the National Association of Home Builders (NAHB). Due to the 2008 recession, many owners were left with upside-



down mortgages, causing newer homes to be more modest in size.

Like the notorious sports utility vehicle (SUV) craze, now faded due to steep gas prices, the McMansion trend is quickly declining.

"Today's entry-level buyer seems to prefer a far simpler presentation than what had

been popular with their parents," observes Heather McCune, former editor-in-chief of *Professional Builder* and *Professional Remodeler*. "I don't think it would be out of line to characterize it as an anti-McMansion attitude."

Real estate website *Trulia.com* recently reported that slightly more than half of Americans say that 1,400 to 2,600 square feet would be their ideal home size. According to the NAHB, nine of 10 builders are planning or constructing smaller homes than in the past. In 2010, the average new home size dropped to 2,377 square feet and by 2015, the average newly built home is predicted to measure just 2,140 square feet. Even in more affluent areas, builders are beginning to construct model homes that are one-third smaller than what they were building just a few years ago.

"'Small is beautiful' is back in vogue," remarks Andrew Gates, a Sotheby's International Realty real estate broker in Salisbury, Connecticut. "The simplicity aesthetic is more prevalent after what we've been through the past few years."

Savings accrued from the purchase of a more sustainable, lower-impact

home allows reasonable investments toward modern, energy-efficient upgrades like bamboo flooring, water conservation and filtration devices and Energy Star appliances. The National Association of Realtors' 2010 Profile of Home Buyers and Sellers found that nearly 90 percent of buyers considered heating and cooling bills important, and more than 70 percent wanted high-efficiency appliances.

"As advocates of energy efficiency, we have been encouraged by a change in home buyers' and homeowners' attitudes toward energy efficiency," says Kateri Callahan, president of the Alliance to Save Energy, a nonprofit based in Washington, D.C. With increased energy efficiency comes increased home value; a recent study in *The Appraisal Journal* indicates that the market value of a home increases by \$10 to \$25 for every dollar saved on annual fuel bills.

Coinciding with smaller single-family living quarters is a boom in multi-generational homes across the country. According to U.S. Census Bureau data, as of 2010, 4.4 million homes held three generations or more under one roof, a 15 percent increase from 3.8 million-plus homes just two years earlier. In multigenerational households, the need for expensive daycare is lessened, while grandparents and adult children can also contribute to household income by paying rent. Urbanska, who resides in North Carolina with her 90-year-old mother and 15-year-old son, says, "I've been able to save money on both child and elder care while staying close to Mother in her later years."

The rapid turn toward both financially and environmentally smarter habits looks like it's here to stay, concludes Michelle Kaufmann, co-author of the acclaimed *Prefab Green* and a Sausalito, California, architect of eco-friendly homes. She says she is busier than ever, because these concepts are resonating widely. "It's sad that it took a complete economic meltdown for people to appreciate smaller homes," she observes, "but at least something good can come from it."

Lindsey Blomberg is a freelance writer in Sarasota, FL.

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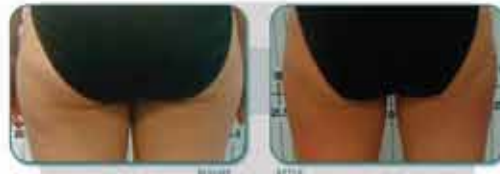
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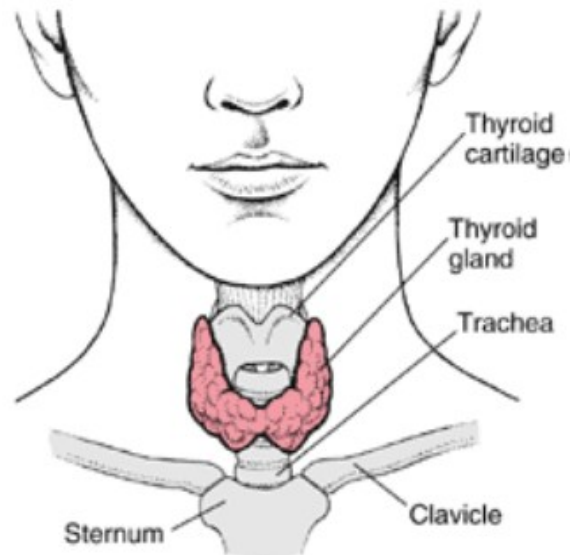
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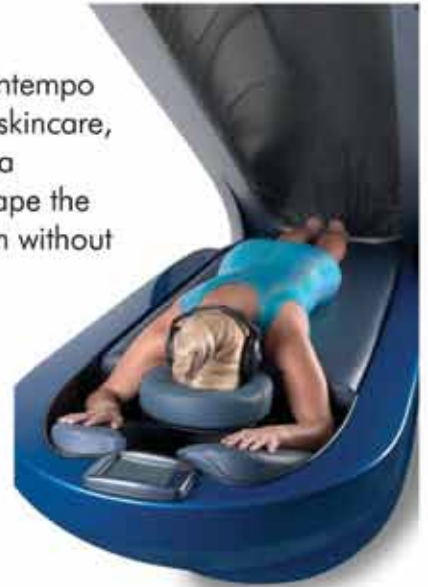
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HOLIDAY CHEER

Special Drinks Help Make a Party Memorable

by Judith Fertig

This year, glasses of choice holiday cheer might help everyone feel jollier the morning after, as well as during festive get-togethers. As party hosts or guests, we can stock or bring gluten-free beverages and organic spirits, wines, mixers and cocktails that avoid sugary syrups to help keep our “fa-la-la” spirit going stronger and longer.

Leave it to award-winning author A.J. Rathbun, a Seattle-based wine and spirits expert, to steer us away from ingredients that can turn naughty on those that are nice. He leads us off with some of his favorite beverages.

Organic Spirits

In the category of organic spirits, Rathbun likes Square One organic vodka, Casa Noble tequila and Juniper gin. “Also, if you can find their products,” he advises, “great organic and sustainably made spirit-makers from the state of Washington include Bainbridge Organic Distillery, Side Track Distillery, Sound

Musician Dave Matthews’ Dreaming Tree wines of Sonoma County,

California, tout lighter bottles for a smaller carbon footprint, labels made of 100 percent recycled paper and sustainably grown corks.

He recently partnered with The Wilderness Society.

Spirits and the Woodinville Whiskey Company.”

Organic Wines and Bubbly

“Much like spirits,” Rathbun says, “you may have to do some research on wines and sparkling wines, and then find the finest organic options

in your area.” Some good choices for organic wines include Nuova Cappelletta, from Italy’s Piedmont region and Snoqualmie wines from Washington State. Also, the Organic Wine Company of San Francisco imports a variety of organically produced French Languedoc wines. For a sparkling wine, Rathbun suggests La Cantina Pizzolato’s prosecco, produced in Italy’s Vento region.

Organic and Low-Sugar Mixers

Keeping the artificial ingredients to a minimum in mixers is important, too. “I strongly suggest Rachel’s Ginger Beer,” says Rathbun. “It’s not sugar-free, but is

organic and gluten-free. Also, Fever-Tree mixers (tonic water, bitter lemon, ginger ale and ginger beer) are all natural—again, not all sugar free—and amazing. Organic or fresh-squeezed fruit juices also make good mixers. Moinin has a sugar-free pomegranate syrup that can substitute for grenadine.”

Gluten-Free Spirits, Wine and Beer

Rathbun found that small-batch distillers that use local and organic ingredients assure customers that they’re getting the real thing, with no unwanted extras. Koval, in Chicago, for instance, offers a naturally gluten-free millet whiskey that’s distilled from organic grain, and then aged in oak barrels made in Minnesota, deemed free of even trace amounts of gluten.

Other gluten-free alcoholic beverages can include wines, vodka, tequila, brandy, bourbon and scotch. By contacting the maker or company directly, gluten-free fans can find out more about their beverage of choice. Captain Morgan’s spiced rum, for example, which the U.S. Food and Drug Administration and the Alcohol and Tobacco Tax and Trade Bureau permit to be designated as gluten-free, is not labeled as such on the bottle.

Gluten-free beers are appropriately labeled and include Sapporo, a Japanese beer brewed from rice; Green’s, a British beer made from a blend of sorghum, buckwheat, millet and brown rice; and O’Brien’s, an Australian beer using a blend of sorghum, millet and rice. Gluten-free beer lovers can also check locally for micro-brewed options.

Crafting a Holiday Cocktail

Signature cocktails have become a holiday specialty of Andrea Currie, who recently appeared on the Discovery Channel’s *Craft Wars*. “A cocktail is kind of like a dessert,” says the San Diego, California, creativity specialist. “You don’t have one every day, and when you do have one, you want it to be really, really good.” Moreover, she adds, “When you make cocktails by hand, you get to control the ingredients.”

Currie blogs and crafts at *Hand MakeMyDay.com*, with her husband, Cliff. His becoming gluten-free three years ago prompted her to develop her

gluten-free Mistletoe Mojito, using rum distilled from sugar cane, rather than grain. Pear juice, fresh strawberries and mint combine for a fresh-tasting and festive concoction.

Signature cocktails can build excitement for holiday get-togethers, notes Rathbun. "Plan on serving only two or three signature drinks, plus having wine, beer and a nice non-alcoholic option," he suggests. "If you start mentioning these drinks on the invitations to whet people's appetites, you give your celebration more personality from the get-go and help ensure a memorable holiday party."

Award-winning cookbook author Judith Fertig blogs at AlfrescoFoodAndLifestyle.blogspot.com.

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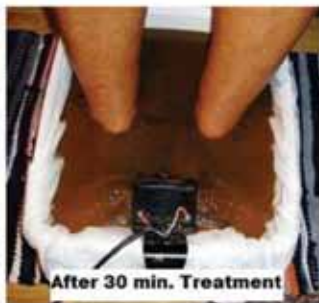
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The results of a 2007 study led by Gil Bar-Sela from Rambam Medical Center at the Technion-Israel Institute of Technology in Haifa, Israel, and published in the journal "Nutrition and Cancer," reported that daily consumption of 2 oz. of wheatgrass juice reduced the blood toxicity associated with chemotherapy in study patients and did not interfere with the effectiveness of the chemotherapy treatments. The researchers noted, however, that the efficacy of the treatment warrants a further confirmation study.

Sources: *Journal of Clinical Oncology* and *Journal of Nutrition and Cancer*

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- Whole-grain pasta
- Wild rice or brown rice

FRUIT

- Fresh or frozen berries
- Oranges
- Pears
- Red or purple grapes

VEGETABLES

- Broccoli
- Cauliflower
- Edamame
- Garlic
- Kale
- Onion
- Romaine
- Spinach
- Tomatoes

PROTEIN

- Black, red or pinto beans
- Chickpeas
- Eggs
- Fish
- Lean chicken or turkey
- Tofu

DAIRY

- Lowfat cheese
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SNACKS

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Overcome Obstacles to Achievement

Jack Canfield Shares Insights on Creating Success

by Linda Sechrist

Jack Canfield is best known as co-author of *The New York Times* number-one bestselling *Chicken Soup for the Soul* series, which has sold more than 500 million copies in 47 languages. A featured teacher in the films *The Secret* and *Tapping the Source*, he also has been interviewed on more than 1,000 radio and TV segments. He currently serves as CEO of The Canfield Training Group and president and founder of the Transformational Leadership Council.



Why is it so challenging to make the changes necessary to succeed?

The mind is divided into two hemispheres. One is responsible for rational, conscious thought and processes ideas sequentially, using language. The other is emotional, and processes ideas simulta-

neously, using pictures. The emotional, subconscious mind is far more powerful than the rational, conscious mind. It controls about 95 percent of our thoughts and actions and is motivated by the pull of pleasurable rewards and the push of negative emotions.

To understand the challenge of change, think of the emotional mind as an elephant and the rational mind as the rider. As long as the elephant doesn't have a strong desire to move in a particular direction, the rider can control the elephant. However, if the direction that the elephant wants to go in is different than what the rider has in mind, the chance of forcing the elephant radically diminishes.

The reason that so many people fail to achieve success is that the elephantine subconscious is innately averse to the new action that needs to be taken. To make tasks much easier, the elephant must be motivated to move in a certain direction or, at the very least, remain neutral and not resist the rider.

By applying some newer, cutting-edge tools that support change, such as tapping points along the body's energy meridians, the approach used in the

Even with a wealth of webinars, teleclasses, workshops and other tools advising everyone how to live the life of their dreams, why do so many still struggle to feel successful?

Just having a map in your hands doesn't mean that you will get to your destination. Understanding your fears and limiting beliefs does not necessarily give you the ability to overcome them. Humans also have built-in protective mechanisms that often override their efforts to achieve their goals in order to maintain the status quo.

While ideas presented in programs and courses to help people achieve success can inspire and motivate positive change, many people get stuck when they have to apply them. In the past, many of the methods used to overcome obstacles to success have been tedious and time consuming, requiring months or years of intense concentration and relentless perseverance.

Emotional Freedom Technique (EFT), it is not only possible to get the elephant to cease resisting, but can also shave time off the journey to personal power and accomplishment. Tapping can transform the beliefs and emotions that cause self-doubt, self-sabotage, procrastination and other roadblocks. It is being used around the world to help people minimize or eliminate issues as varied as fears, phobias, post-traumatic stress disorder, food cravings and chronic pain.

What do you consider ultimate success?

Many people report that after applying my 64 recommended success principles, they have achieved outstanding results in one area of their life, although they didn't meet their expectations in another. Ultimate success isn't about having only financial success, yet poor relationships; it's about having success in all areas of your life.

So, as practitioners like my co-author Pamela Bruner, a business success coach and EFT expert, teach the tapping technique, they verbally introduce a powerful success principle and note the resistance people might encounter when trying to implement that principle. This can be done in person or self-administered, as demonstrated on the DVD included in our book, *Tapping Into Ultimate Success*.

How can we support our goals in everyday life?

I've learned that few people actually study the principles of success as they relate to life. In college or business school, students are taught management skills that apply to business, but not the skill sets or mindsets needed for success in their personal lives. Students in educational institutions of any kind never learn that they control their life. We all need to understand that the books we read, the TV shows we watch and the social environment we choose to immerse ourselves in all either undermine our success or support it.

For more information, visit JackCanfield.com.

Linda Sechrist is a senior staff writer for Natural Awakenings magazine.



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CARDIO BUZZ

Trade Energy Snack-Attacks for a Daily Dose of Exercise

by Debra Melani

Energy is a hot commodity today, with online ads and storefront posters for so-called energy products shouting, “Feel the rush,” “Revitalize your mind,” and “Re-think the way you re-energize.” People are reaching for these artificial jolts in record numbers, but many buzz-seekers don’t realize they have free access to a much better energy shot: exercise.

Experts across the board agree that we would be wise to trade in our lattes and high-calorie power bars for a regular lunch-hour walk, because of the many happier returns exercise provides.

One in four Americans experiences energy-sapping fatigue at any given time, according to Tim Puetz, Ph.D., of the National Institutes of Health, who has published studies on the exercise-energy link. Although it’s a difficult response to measure, more than a dozen studies from institutions such as Duke University and The University of North Carolina have shown that regular physical activity can reduce fatigue by about 40 percent, says Puetz.

“If exercise were a pill, it would be like the magic pill of all time,” remarks James Hill, Ph.D., executive director of the University of Colorado’s Anschutz Health and Wellness Center. Research suggests that exercise enhances nearly every system in the body, he says. “But you have to walk on that treadmill; you can’t just sit on it.”

Exercise burns calories, while energy drinks and snacks add them. Plus, unlike caffeine and other stimulants, exercise improves sleep (as long as it’s not too close to bedtime), points out Patrick O’Connor, Ph.D., co-director of the Exercise Psychology Laboratory at the University of Georgia, and Puetz’s research partner. Periodic exercise can prevent people, often fatigued because of insufficient sleep, from falling into a vicious cycle.

“When I roll out of bed in the morning, I’m not reaching for a cup of coffee,” Puetz says. “I’m reaching for my sneakers. I do a morning run every day and the days I don’t get it in, I can feel the difference.”



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A workout can boost mood, relieve stress, improve cognitive function and generate new connections in the brain, all promoting a sense of energy, Hill notes. Researchers believe that changes in the brain are the most likely reason for the exercise-energy link, according to O'Connor.

A recent groundbreaking study led by J. Mark Davis, Ph.D., director of the Exercise Biochemistry Laboratory at the University of South Carolina, found that mice that exercised one hour a day for eight weeks, versus mice that lounged nearby, developed new brain mitochondria, considered the energy powerhouses of the cells (*Journal of Applied Physiology*). Researchers knew from human studies that exercise can boost these mitochondria in the muscles, but the brain connection had never been shown. Davis speculates the increase could play a role in boosting exercise endurance by making the brain more resistant to fatigue, plus help individuals feel more energetic.

Just getting the blood pumping with a cardio blast can make people feel more energized, Hill contends, because blood supplies oxygen and nutrients that generate fuel for the body. Regardless of the energy connection, researchers note that exercise improves overall health, maintains healthy weight and reduces risk of disease, making it an obvious choice as a double-duty energy boost.

"What so many of us do is grasp

at things and try to make ourselves feel better in the short-term," Hill says. "Regular exercise can make us feel better in the long term."

"You don't have to run a marathon," Puetz adds. In fact, it's best not to overdo it, Puetz and O'Connor counsel. High-intensity workouts can drain energy in the short-term, and serious athletes that over-train can even end up in a low-energy, depressed state, they say. Their study published in *Psychotherapy and Psychosomatics* looked at otherwise healthy, but fatigued, people, finding that both low- and moderate-level exercise produced a similar and significant reduction in fatigue.

O'Connor offers a general recommendation, which varies with fitness level, of walking, swimming or cycling at least 10 minutes and up to an hour most days of the week. Even taking two or three 10-minute walks throughout the workday will make an energy difference, Puetz advises.

"Anything's better than nothing," he concludes. "The bottom line is: If instead of reaching for that cup of coffee, you grab a pair of athletic shoes, you are not only going to experience the desired energy boost, you are going to be living a healthier lifestyle."

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

How to Energize Any Workout

Anthony Wall, director of professional education for the American Council on Exercise, offers these tips.

Play music. An increasingly popular way for bumping up the energy level of a workout is to listen to an iPod loaded with a heart-pumping and self-motivating playlist. Research by Costas Karageorghis, Ph.D., of Brunel University, UK, has shown that syncing the right music with the right intensity level for the individual can improve cardio performance by as much as 15 percent (*Journal of Sport & Exercise Psychology*).

Hydrate. Drink water throughout the day and during every workout to maintain energy levels.

Sleep. Strive for a regular sleep routine.

Motivate. Remember that the reason for working out is not just because, "I'm supposed to," but because, "I want more energy to play with the kids," or "I want to feel good every day."

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Embrace Every Gift Because
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by Frank Jude Boccio



In counting our daily blessings, we find that even uneventful or difficult days possess precious gifts. Consider all the contributions that make it possible for family members to gather for the holidays—the workers that helped construct and maintain the vehicles that brought us here, the house where we come together and the trees that light the fireplace. Consider the food that nourishes us, thanks to the Sun’s energy, Earth’s minerals and rain and the labor of the farmers, processors, truckers, retailers and cooks. Whether or not the holidays fulfill our expectations, we have much for which to be grateful.

As the Buddhist monk Thich Nhat Hanh points out, every blessing is the gift of the whole universe. When we stop and really look, we see that we are supported continuously in countless ways.

Author Roger L’Estrange noted in the 17th century how humans tended to “mistake the gratuitous blessings of heaven for the fruits of our own industry.” We awaken when the alarm goes off due to the skill of the technology’s engineers, designers, assembly workers, distributors and salespeople. We can turn on the light because power company workers are supplying the electricity. Our morning spiritual practice is the gift of generations of teachers and writers that observed the truth and shared what they learned. It feels good to be bowled

over by each moment of grace and the simplest act of kindness.

Such gratitude flows when we break out of a petty point of view—with its self-centered expectations and demands—to appreciate that through the labors, intentions and existence of an inconceivably large number of other people, life forms and elements, we have been given the miracle of life, with all its present goodness. This heightened awareness of our connection spontaneously fills us with a joy and gratitude that transforms our experience. Thankfully, gratitude can be cultivated. It simply takes practice in being present to what is being given.

It helps to remain aware of some of the most pernicious obstacles to thankfulness, and one of the most obvious is the failure to notice what we have, including a roof over our head and someone to love. As Joni Mitchell sang, “You don’t know what you’ve got ‘til it’s gone.” So the first step is to start paying attention to gifts that have always been there, but until now went unnoticed and unappreciated.

We are rich in what counts and never truly alone, because we are always supported by the universe. The 13th-century mystic Meister Eckhart counseled, “If the only prayer you said in your whole life was, ‘Thank you,’ that would suffice.”

Frank Jude Boccio is the author of Mindfulness Yoga (MindfulnessYoga.net).

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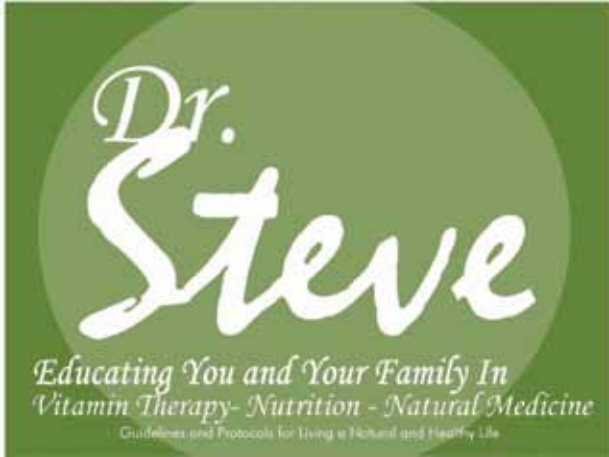
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Naturopathy is a form of alternative or complementary medicine.

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.

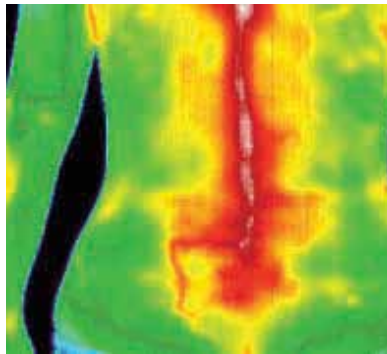
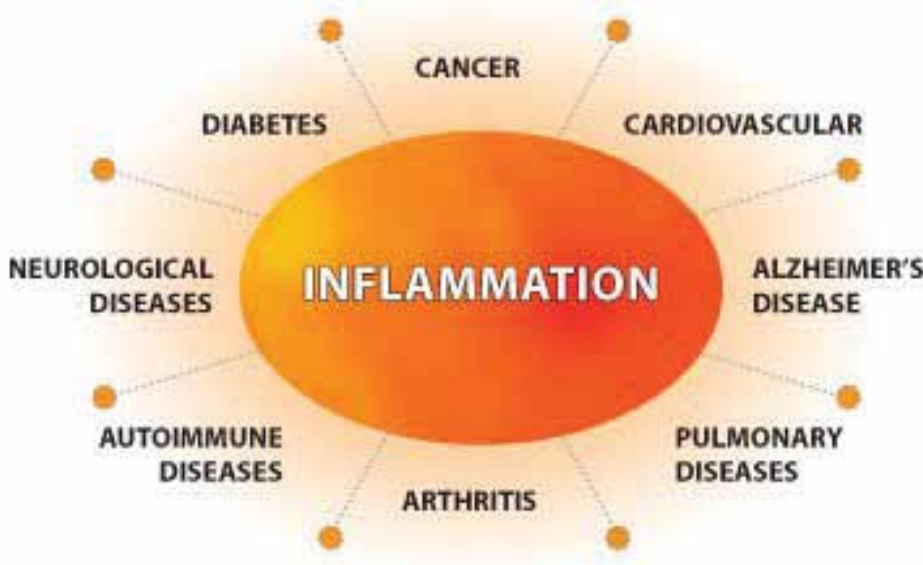
Is Naturopathy for Me?

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



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AGING GRACEFULLY

Good Ways to Care for Pets in their Golden Years

by Sandra Murphy

We know that animals subjectively age faster than humans. What are the signs and how can we ease the way for an elderly pet?

“As with humans, living longer doesn’t mean adding on time at the end, but adding to the middle, when pets can still enjoy themselves, maybe with some changes and modifications,” advises Doctor of Veterinary Medicine Mark Howes, owner of Berglund Animal Hospital, in Evanston, Illinois. “Pets deserve quality of life.”

Howes believes the old rule of thumb—one human year equals seven dog years—has changed. Size and breed are also factors now. “A 7-year-old great Dane is a senior, but for a Pomeranian, it’s closer to 10,” he says. “For other breeds, 12 is not necessarily elderly.”

Key signs that indicate a pet may be slowing down and require special attention include changes in appetite, mobility and social interaction with people and other pets. In general, watch for flagging desires, abilities and cooperation.

Helpful Steps

Instead of visiting a veterinarian’s office, choosing a vet that makes house calls is one viable solution. This is how New York City-based Dr. Jonathan Leshanski has specialized in aiding pets for 15 years. “During home visits, I notice things a pet’s person may miss or misinterpret in the midst of daily companionship,” says Leshanski, who sees more cats than dogs. “Because house calls are convenient for owners, I see pets more often and can diagnose problems earlier.”

Dr. Cathy Alinovi also takes to the road with her rural practice, Hoof Stock Veterinary Service, in Pine Village, Indiana. She’s found, “The best way to keep a pet healthy and present longer is to keep the brain active,” adding that clients attest that their dog lived well and longer because of early intervention. “Some treatments for maintaining flexibility in their body are as simple as massage and stretching,” she adds.

An older or ill pet can become a finicky eater whose diet needs revamping. Dogs can sometimes skip a meal or two, but it’s important for cats to eat regularly says Jodi Ziskin, a holistic nutrition consultant who specializes in companion animal care in Fort Lauderdale, Florida.

“Each animal is different, and it’s important to find the right food texture, smell and taste,” she notes. “Keep nutrients as pure and organic as possible and serve real meat and veggies. If a pet has trouble chewing or needs more fluids, try dehydrated foods, thinned by blending with filtered water to a puréed consistency. Don’t set food and water dishes on the floor—raise them so the pet’s head is higher than his stomach, which helps digestion.”

Ziskin recalls how a holistic diet and supplements enabled her own cat, Kayla, diagnosed with chronic renal failure, hyperthyroidism and irritable bowel syndrome at age 14, to live twice as long as her original prognosis of three years. Acupuncture and subcutaneous fluid therapy complemented her nutritional program.

For pets with chronic pain from arthritis or another ailment, veterinary house calls can literally be lifesavers, because they give owners more options than premature euthanasia. Dr. Karri Miller, a veterinary oncologist with Veterinary Healthcare Associates, in Winter Haven, Florida, advises, “Cancer treatments for pets are not as harsh as they are for people and have fewer side effects. Before making a decision about treatment, consult a veterinary oncologist and ask a lot of questions. More pets today are living longer with a good quality of life.”

Dr. Kathleen Cooney, owner of Home to Heaven veterinary services, in Loveland, Colorado, likes the team approach. “We teach people to partner with their pet on a day-to-day basis and help take away the fear by educating the family to recognize the stages of aging and illness, pain and crisis, manage nutrition and live like their pets do—in the moment, not in the future. Understanding brings peace.”

When the end comes, compassionate euthanasia at home or on Cooney's farm lends a comforting atmosphere at a difficult time.

Leaving with Dignity

For aging or terminally ill pets, Dr. Mary Gardner, owner of Lap of Love, in Broward County, Florida, works with families through the end of the pet's life. "As a veterinarian who solely practices in-home hospice and euthanasia, I have been given a unique privilege," she says. "Hospice care supports both the pet and family. I make sure the family and I have a clearly defined goal—the comfort of the animal." Similar to hospice care for humans, pets in hospice are given palliative care that can prolong life without suffering or pain.

Accepting help from a hospice service is not about giving up, but simply recognizing that additional treatment will not cure the illness. It's accepting that the quality of each day of life is more important than the number of days. It's living fully, beginning to end, right up until the last breath.

Sandra Murphy is a regular contributor to Natural Awakenings magazines.

ENTICING A PICKY EATER

"A pet doesn't need to eat every nutrient every day. A balance achieved over several days will work. Getting them to eat is the main thing," says Jodi Ziskin, a Fort Lauderdale, Florida-based animal wellness counselor. "Details can be worked out later."

She suggests these nutritious tips for perking up interest:

Feed the animal two to four times a day in small amounts, so the stomach is neither empty or overfull. Changing from a raw diet to cooked food can aid digestion for older pets.

For cats: Quinoa, millet or rice slows digestion and allows absorption of more nutrients. Because cats utilize fat in their diet better than dogs, a full-fat, plain yogurt is a good treat.

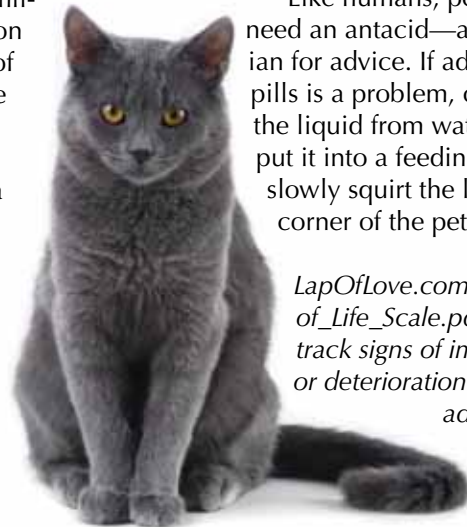
For dogs: Low-fat yogurt and probiotics

soothe the stomach. Chicken thigh meat offers more flavor than breast meat.

For both: A scrambled egg is a welcome treat. Also, add a bit of liquid from no-salt added, low mercury, wild caught, BPA-free cans of water-packed tuna poured over their regular food or alternatively, ground-meat baby food. Aroma plays a large part in appetite, so appropriately warm foods before serving. Chamomile tea—about two teaspoons for cats and more for dogs, depending on size—has a calming effect and aids digestion.

Like humans, pets sometimes need an antacid—ask a veterinarian for advice. If administering pills is a problem, crush them in the liquid from water-packed tuna, put it into a feeding syringe and slowly squirt the liquid into the corner of the pet's mouth.

LapOfLove.com/Pet_Quality_of_Life_Scale.pdf helps owners track signs of improvements or deterioration that require adjustments in life management.



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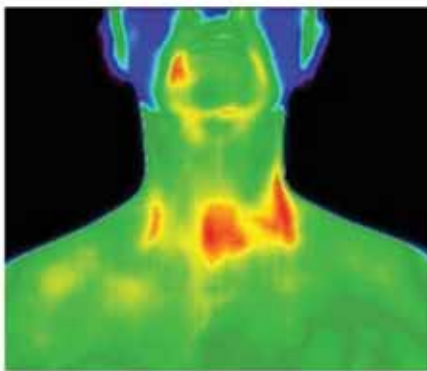
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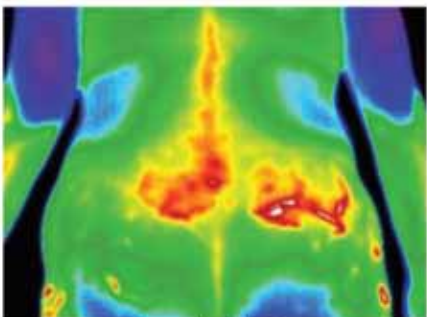
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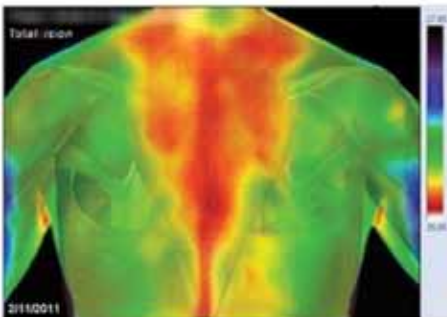
Thyroid Scan
(Hyperthyroidism & Hypothyroidism)



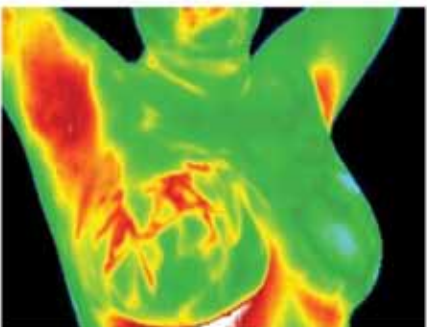
Hands
(Arthritis, Carpal Tunnel Syndrome, Inflammation)



Lower Back Pain
(Sciatica Nerve Pain, Arthritis, Osteoporosis, Degenerative Disc Disease, Injuries)



Upper Back Inflammation & Pain



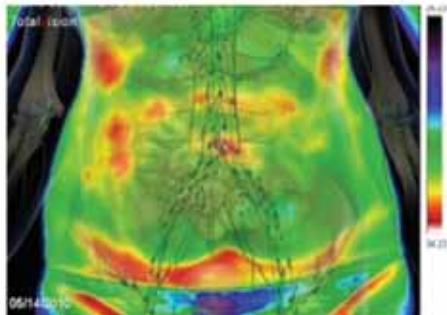
Breast Scan
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Head/Neck Scan
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PAIN AND INFLAMMATION IMAGING: THERMOGRAPHY MEDICAL IMAGING

SEE PAGE 3 FOR DETAILS

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

THURSDAY NOVEMBER 1

Sesame Street Live: Elmo Makes Music – thru Nov 4. Elmo, Abby Cadabby, Big Bird and all their Sesame Street friends are taking to the stage to share their love of music. Now featuring the all-new Play Zone. \$12, \$16 and \$22. Cajundome, 444 Cajundome Blvd. TicketMaster.com.

Leaders in Philanthropy Awards Luncheon – 11:30am-1pm. Community Foundation of Acadiana present awards to an individual, family or group from each of the eight parish service areas who have had a positive impact on the community. Tickets/tables of eight may be purchased. Cajundome Convention Center, 444 Cajundome Blvd, Lafayette. 337-769-4844.

New Paddle Routes in Louisiana Seminar – 6pm. All new routes within the Atchafalaya and other locations around the southern end of the state. A 3-5 minute slide show of each area, followed by an informative talk on parking, shuttles, special equipment needed, paddling distances and times included. Pack & Paddle, 601 E Pinhook Rd. 337-232-5854.

2nd Annual Spell-a-bration Fundraiser – 7pm. Join the Lafayette Public Library Foundation (LPLF) for its spelling bee for adults. Dust off that Oxford Dictionary and start quizzing your co-workers or book club in preparation. Lafayette Science Museum, 433 Jefferson St, Lafayette. 337-593-4770.

FRIDAY NOVEMBER 2

Creole Festival – thru Nov 4. Features Creole food, Zydeco music, games, arts and crafts sale, food demonstrations, a parade and a gospel choir concert. Free. Holy Ghost Catholic Church, 788 N Union St, Opelousas. 337-942-2732.

Step-N-Strut Campout, Trail ride, Zydeco – thru Nov 4. Live music, food and more. Evangeline Downs, 2235 Creswell Ln Ext, Opelousas. 337-739-7944 or 337-351-6491.

Corridor des Arts Open Studio Tour – thru Nov 4. 10am-6pm. A grassroots multi-community initiative incubated by the NuNu Arts & Culture Collective. This art trail stretches from I-10 to I-49, focusing on established cultural districts, artists' studios and businesses that support the arts. 337-754-5795.

SATURDAY NOVEMBER 3

Acadiana Barrel Race Association, Bayou Classic – thru Nov 4. 8am-until? Experience regional barrel race competition, prizes and concessions. 713 NW Bypass Hwy 3212, New Iberia. 337-365-7539.

Shadows Civil War Encampment – thru Nov 4. 9am-5pm. The Bayou Teche Campaigns were vital to the federal advance into the heart of Louisiana. We re-enact the invasion of the Teche region and the occupation of Shadows-on-the-Teche in 1863. 317 E Main St, New Iberia. 337-369-6446.

The Grand Coteau Sweet Dough Pie Festival – 9am-3pm. Celebrate the unique culture and history of Grand Coteau. Includes a sweet dough pie contest, guest speakers, arts and crafts vendors and music. St Charles Catholic Church, 174 Church St, Grand Coteau. 337-662-3058.

4th Annual Lafayette Plane Pull – 10am-1pm. To benefit Special Olympics Louisiana athletes. A fun event where 20 people form a team to pull a Fed Ex B727-200 weighing approximately 155,000 lbs. Teams pull the plane 12 feet and compete for Fastest Team, Slowest Team, Best Dressed Team and Most Spirited. Open to registered teams only. Food and drinks provided. Lafayette Regional Airport, 200 Terminal Dr, Lafayette. 866-345-6644. LASO.org.

Great Chili Challenge – 11am-3pm. Live music, arts and crafts and chili of all flavors. Granny's goodies and many children's activities include fun jumps, rock wall and more is part of the cook-off day. 300 Parkview Dr, New Iberia. 337-365-9303.

Hands on Camping and Hiking Demo – 2pm. The chance to climb inside tents, try out hiking gear, purchase 2012 gear and talk to factory reps about new gear for 2013. Sign up to win prizes donated by vendors. Pack & Paddle, 601 E Pinhook Rd. 337-232-5854.

Storytelling Slam and Potluck Dinner – 2pm. Share stories about experiences in the outdoors. The topic will be "You Shoulda Been There!" with the focus on something that's happened in the outdoors. Pack & Paddle, 601 E Pinhook Rd. 337-232-5854.

SUNDAY NOVEMBER 4

Making Herbal Gifts – 1-3 pm. Learn how to make healthy, natural gifts from herbs and essential oils for Christmas gift giving. Learn creative ways to package, label and create gift baskets for the cook, tea drinker, spa, gardener, pet lover, for him or her. \$20. Pre-registration required. Earth-N-Herbs, 284 E Martin Luther King Jr Dr, Grand Coteau. 337-662-4022. Earth-N-Herbs.com.

MONDAY NOVEMBER 5

Festival of Words – 6-8pm. Memoir Workshop. Casa Azul Gifts. 232 Martin Luther King Dr, Grand Coteau. 337-662-1032.

WEDNESDAY NOVEMBER 7

Rayne Frog Festival – thru Nov 11. Showcases music throughout the weekend featuring national recording artists, regional and local talent. Frog racing, jumping and selection of the frog derby queen take place. Enjoy frog legs and local specialties, arts and crafts show at the Civic Center and a grand parade jump. Frog Festival Dr, Rayne. 337-366-2884. RayneFrogFestival.com.

CJ and Debbie Ray at Miss Mamie's – 11am-1pm. Complimentary all-you-can-eat home-cooked meal served with all-you-can-drink soft drinks. Miss Mamie's, 3003 Grand Point Hwy, Breaux Bridge. 337-332-6630.

THURSDAY NOVEMBER 8

2012 Cracklin Festival – thru Nov 11. Carnival rides, games, live music, a parade, cracklins and more. 129 Park St, Port Barre. 337-585-6673. PortBarreCracklinFestival.com.

Connections for Independent Living Expo – 9am-1:30pm. A health and information fair for baby boomers and seniors includes health screenings. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-234-3272 ext 252.

Frank's Casing Crew's Chili Cook-Off – 11am-1pm. A DJ, sweet shop and more with proceeds to benefit the United Way of Acadiana. \$5. Mall of Acadiana, 5725 Johnston St, Lafayette. 337-572-2319 or 337-706-1230.

Veterans Day Reception – 11am-1pm. Celebrates local veterans. Carencro Community Center, 5115 N University Ave, Carencro. 337-896-3888.

Steel Magnolia – 4-6pm. Movie Day at the Delta Grand. 120 S Market St, Opelousas. 337-407-1806.

Festival of Words – 5:30-6:30pm. Awards Ceremony for grades 6-12. South St Landry Community Library, 235 Marie St, Sunset. 337-662-1032.

Man to Man Meeting – 5:30-6:30pm. The American Cancer Society's program helps men cope with prostate cancer through the recovery process. Free. RSVP Mona. Our Lady of Lourdes, 4801 Ambassador Caffery Pkwy, Lafayette. 337-237-3797 x 0.

Rhythms on the River: The Chee Weez – 5:30-8:30pm. Food, drinks and live music. River Ranch Town Square, 100 Camelia Blvd, Lafayette. 337-216-6566.

Festival of Words – 6:45-7:45pm. Performers Bonny McDonald and Chancelier "Xero" Skidmore. The night event includes the spoken word, questions and answers and the formal open mic. South St Landry Community Library, 235 Marie St, Sunset. 337-662-1032.

FRIDAY NOVEMBER 9

Merchants & Mistletoe Holiday Market – 8am-6pm. Shop for gifts at this one-day shopping event of 40 local merchants. Includes holiday gifts, clothing, jewelry, home decor, metal and wood artwork, gourmet treats and more. \$5/Advance; \$7/at the door. St Leo Catholic School, 502 St Leo St, Lafayette. 337-234-5510.

French Friday on Main Street (Vendredi en Francais) – 6-10pm. The Louisiana Main to Main Cultural Road Show spotlights the historic downtown area of Opelousas with a French heritage flare. Features authentic Cajun and Creole foods and an

Art Walk. St Landry Parish Courthouse Square, 118 S Court St, Opelousas. 337-948-5227.

Festival of Words – 7-9:30pm. Informal event features poetry readings, questions and answers and open mic. Donations accepted. . 337-662-1032.

SATURDAY NOVEMBER 10

Festival of Words Town Celebration – 10am-9pm. Join authors and business owners in poetry readings, writing workshops, historic tours, oral history and oral readings in gift shops, cafes and unique gatherings on the streets of historic Grand Coteau. Sessions held at Catahoula's, St Peter Claver High School and Christ the King Church, The Thensted Center, Casa Azul Gifts. Downtown on Martin Luther King Dr and Church St, Grand Coteau. 337-662-1032. FestivalWords@gmail.com or CasaAzul.Homestead.com.

Whitewing All Star Showcase – 7pm. Concert for fundraiser for the Acadia Parish Choices Program. Historic Rice Theater, 424 N Parkerson Ave, Crowley. 337-581-8508.

SUNDAY NOVEMBER 11

Veterans Day Memorial Ceremony – 6-8pm. Join the Iberia parish community in celebration of freedom with a 21 gun salute, flag raising and prayer service honoring veterans. 102 W Main St, New Iberia. 337-365-1428.

THURSDAY NOVEMBER 15

Women's Health and Natural Solutions – 6:30-8:30pm. Learn natural ways to deal with women's issues like menstruation, PMS, endometriosis,

fibroids, cysts, menopause, osteoporosis, varicose veins and urinary tract infections. Take home a woman's tea. Pre-registration required. \$20. Earth-N-Herbs, 284 E Martin Luther King Jr Dr, Grand Coteau. 337-662-4022. Earth-N-Herbs.com.

FRIDAY NOVEMBER 16

Broussard Community Fair – thru Nov 18. A family event for the public to enjoy fellowship, fun, games, delicious unique foods, meals served for lunch and a grand \$1000 raffle. Free. St Cecelia School, 302 W Main St, Broussard. 337- 837-1864.

SATURDAY NOVEMBER 17

2012 Greater Acadiana Heart Walk – 8am. 5K walk route. All proceeds benefit the American Heart Association. Food, kid's area, health fair and live band. Elysian Fields Park, River Ranch Blvd, 301 Silverstone Rd, Lafayette. 337-781-2198. GreaterAcadianaHeartWalk.org.

Dave Robicheaux Running of the Bulls 5K Race – 8am. Bayou Teche Museum announces the First Annual El Festival Español. 102 W Main St, New Iberia. 337-365-1540, 337-356-6826.

New Iberia Downtown Art Walk – 4-7pm. Local artists gather in the downtown area as businesses showcase their works. 102 W Main St, New Iberia. 337-369-2330.

WEDNESDAY NOVEMBER 21

Camellia Crossing 5K Run/Walk – 6pm. Support local families fighting and surviving cancer in Acadiana. Town Square River Ranch, 1100 Camellia Blvd, Lafayette. 337-984-1920.

FRIDAY NOVEMBER 23

God's Grace Boutique-Black Friday Event – 8am-5pm. Specializing in Plus Size school uniforms for men and boys. Avon on sale and 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.

SUNDAY NOVEMBER 25

Christmas Shoppe – 11am-7pm. Local crafters display handcrafted jewelry, beauty products, handmade candles and soap and food products. 113 Willow Wood Dr, New Iberia. 337-229-1982.

Sounds of the Season with the Acadiana Symphony Orchestra – 2:30-4pm. Christmas concert featuring familiar Christmas songs and classical selections. Free. Iberia Cultural Resources Association. 108 E St Peters St, New Iberia. 337-364-1603.

TUESDAY NOVEMBER 27

New Iberia Christmas Parade – 6pm. Children and adults enjoy this Christmas parade with Santa Claus, marching bands and dance groups. Main St, New Iberia. 337-365-1428.

THURSDAY NOVEMBER 29

A Herbal Christmas – 6:30-8:30pm. Bring nature and herbs into the holidays. Learn the herbs and legends associated with Christmas. Learn the symbolism of the wreath, why frankincense and myrrh where the chosen gifts for the Christ child. Get ideas on things to serve using herbs, mulled cider and how to make it festive. Take home a frankincense and myrrh incense. Pre-registration required. \$20. Earth-N-Herbs, 284 E Martin Luther King Jr Dr, Grand Coteau. 337-662-4022. Earth-N-Herbs.com.

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sunday

God's Grace Boutique – 8am-5pm. Specializing in Plus Size school uniforms for men and boys. Avon on sale and 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.

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. La Boule Cadienne de Lafayette sponsors regularly scheduled games on the north end of Girard Park the fourth Sunday of each month. Petanque is a bowling game traditionally played in town parks and squares in France on hard packed surfaces. Free. Mike LeBlanc. Girard Park. 337-291-7179.

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 – 2:30-3pm. Removes pressure from joints and makes moving easier; reduces the fear of injuries from falling. Adults 50 yrs & older or with special needs or disabilities who can participate independently. Free. Denise Ferguson. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291 8127.

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, 337-290-1601. 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 about tech-

nique, 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 – 7-9pm. Bi-monthly meetings on 2nd and 4th Mondays of the month to foster its artistic craft. Educational programs and guest speakers at the 2nd Monday's meeting. Inter-club projected image and print competitions at the 4th Monday's meeting. Free. Rosa Parks Transportation Center, AOC Community Media Multi-Purpose Room. Blemarie56@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.

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.

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 – 2:30-3pm. Removes pressure from joints and makes moving easier; reduces the fear of injuries from falling. Adults 50 yrs & older or with special needs or disabilities who can participate independently. Free. Denise Ferguson. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8127.

Teche Area Farmers' Market – 3-6pm. 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.

Irish Step Dance Class: Ryan School Of Irish Dance – 3:30-8pm. Classes for all ages. Sheila Davoren. Cite des Arts, 109 Vine St, Lafayette. 337-291-1122. CiteDesArts.org.

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.

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 or 337-290-1601. CiteDesArts.org

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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.

Still Life Drawing Lessons – 6-8pm. Bring your sketchbook, charcoal, pencils, etc to create a masterpiece from the spontaneous set up of items to draw. Great practice for beginners and intermediates. Free. Freetown Studios, 421 E Covent St, Lafayette. FreetownStudios.org. FreetownStudios@yahoo.com.

The Budget Queen Coupon Swap – 6-7pm. A coupon swap on the 1st Tues of each month. Participants can swap coupons and get money saving advice and tips. South Regional Library, 6101 Johnston St, Lafayette. 337-371-7884.

Acquired and Traumatic Brain Injury Support Group Meeting – 6pm. 3rd Tuesday 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.

CCET's Backyard Series – 6:30-8:30pm. A wide range of topics for the general public: informal workshops, question-and-answer forums, interactive presentations led by qualified facilitators on the 2nd Tues of every month. 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. The South Regional Library hosts a mystery book club on the 3rd Tues of each month. The South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

wednesday

La Table Francaise – 8:30-9:30am. Last Wed of 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.

LEDA Networking Luncheon – 11:30am. The chance to meet over a hundred people at a buffet lunch. Several guest speakers from local businesses give a three-minute presentation to promote their products or services. 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 and plenty of time for mingling. \$17.50. RSVP requested 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 – 2-6 pm. Pesticide-free produce, plants, flowers, baked goods and crafts from local farmers and vendors. Helping Hands Farm, corner of Johnston St and Vermilion St (across from Taco Sisters), Lafayette. 225-324-6762.

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

Cajun Dance Class – 6:30pm. Learn the traditional Cajun waltz, 2-step, jig, ever changing jitterbug and the many turns and embellishments. \$60/6 sessions. Brandon K Broussard. Cite des Arts, 109 Vine St, Lafayette. 337-291-1122. 337-290-1601. 337-257-0801. CiteDesArts.org. CajunLafayette@yahoo.com.

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.

Ongoing Grief Support Group – 12-1:30pm. See Tuesdays listing. 2600 Johnston St, Suite 200, Lafayette. 337-232-1234.

Water Aerobics Class – 2:30-3pm. Removes pressure from joints and makes moving easier; reduces the fear of injuries from falling. Adults 50 yrs & older or with special needs or disabilities who can participate independently. Free. Denise Ferguson. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8127.

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.

Open Mic – 7-10pm. Open microphone performances. The Porch Coffee House, 4710 Common St, Lake Charles. 337-564-5769.

friday

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

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.

Downtown Alive – 5:30-8pm. Great family-friendly, smoke free, outdoor concerts with food and beverage concessions. Parc International, Lafayette.

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.

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 – 6-10am. See Tues listing. Main St, New Iberia. 337-256-4971.

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.

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.

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

Bayou Vermilion Canoe Paddle – 8:30-11:30am. Canoe trips on the Bayou Vermilion every 2nd and last Sat of the month, 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 Hwy190 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. Helping Hands Farm, corner of Johnston St and Vermilion St (across the street from Taco Sisters), Lafayette. 225-324-6762.

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.

Movies in the Parc – 6:30pm. Bring the family to watch a movie under the stars in Parc International. Bring blankets and chairs. Concessions available. \$2/Admission; free/children 5 and under. Cox and Women's & Children's Hospital. Parc International, Downtown Lafayette. 337-291-5566. DowntownLafayette.org.

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

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

ZERONA® COLD LASER FAT REDUCTION

Relax, take a nap, or read a book and lose the body fat.
You have seen ZERONA on Dr. OZ, The Doctors, CNN

Frequently Asked Questions



What is Zerona?

Zerona is a patented low-level laser system specifically designed to contour the body by losing inches in circumference off specific body areas (waist, hips, thighs) without any pain, downtime, needles or surgery.

What is the action mechanism behind Zerona?

The 635 nm wavelength of the Zerona is specifically absorbed by the mitochondria (the cell's energy generator), temporarily weakening the structure

of the cell membrane. This creates a temporary opening allowing for the fat contents to seep out from the fat cell into the interstitial space from where it is processed by the lymphatic system.

What results can I expect?

In a double blind, randomized, placebo controlled study, patients were treated 6 times over a 2 week period and lost on average 3.5 inches in combined circumferential measurements of their waist hips and bilateral thighs.

Can all patients benefit?

Clinical research has shown that patients, on average, lost 3.5 inches in circumference of hips, waist and thighs. To maximize the chances of every patient responding as significantly or better, four things are important to consider:

- The general health of the patient. As a rule, we do not treat sick patients. We wait until their condition has improved. We do not treat patients who have a condition listed in the contraindications document.
- Hydration is critical. Patients make sure to drink plenty of water (ideally at least

8-12 glasses of 8 oz of water) spread out throughout the day. Diuretics (coffee, alcohol, etc) are discouraged.

- The lymphatic system should be mobilized. The patient should be active and walk for 30 minutes every day.
- Use CIRC, Fat Cell Formula, ThermoX, Niacin (natural program), Green Waters, and WheTea. These are all a proprietary blend of supplements designed to assist the body in processing the liberated fat. ThermoX should be taken twice daily with meals.

What areas of the body can I treat?

Essentially all parts of the body where subcutaneous deposits of fat can be found may be treated with Zerona, especially those resistant to diet and exercise. Most patients start with treating their waist, hips and thighs as these can be treated simultaneously with the 5 lasers of Zerona.

Once liberated, what happens to the fat?

Once liberated, triglycerides are absorbed by the lymphatic system where they are transported to lymph nodes. Macrophages (immune cells) release liposomal acid lipases (LAL) which break down the triglycerides into free fatty acids and glycerol. These are then small enough to enter the blood stream. Once in the blood stream, several things may occur:

- Some of the free fatty acids are readily available to be used as fuel by the body.
- What does not get consumed as energy will get to the liver where it will either be oxidized or re-processed for storage. More research is underway to determine exactly how much gets oxidized versus re-stored, but clinical evidence suggests that fat does indeed get oxidized (no visible or measurable redistribution of fat, either in the treated areas or at the systemic points).

What happens to cholesterol and triglyceride levels post Zerona?

A study was performed using Zerona to check cholesterol and triglyceride levels. None of the patients demonstrated a statistically elevation in their triglycerides and cholesterol levels. In fact a statistically significant reduction in both low density lipids (LDL) and cholesterol levels was observed. More research is underway to assess if Zerona may be a useful medical therapy in reducing LDL and cholesterol levels.

Do you treat larger patients (BMI>30) differently than other patients?

Clinically, larger patients will benefit from Zerona. To show a significant benefit, we recommend doing 12 or more treatments. Many centers treating obesity will combine Zerona with a program of weight loss and exercise. The significant improvement in body shape over a short period of time moti-



vates patients to continue with their diet and exercise program.

Is it safe?

Yes. Zerona works on the principle of photochemistry whereby laser light is used to accelerate naturally occurring processes within cells. There is no damage to the fat cell (adipocyte). The treatment is painless and normal activities can be resumed immediately.

How deep does Zerona affect fat cells?

Clinical evidence demonstrates that the 635nm wavelength is capable of interacting with fat cells to a depth of at least 5 cm.

What is the systemic effect?

A systemic effect was first noticed on patients getting treated with LLLT for chronic pain. Patients reported a reduction in pain in areas that had not been directly irradiated with the laser. Since then, several studies have demonstrated that LLLT has a paracrine effect on fat cells, where cellular inter-communication leads to fat cells responding to treatment even though they were not directly irradiated with laser light. Our retrospective study on 567 patients has shown that patients can expect an improvement in non-irradiated areas (neck, chest, arms, knees, etc.). This improvement however, is more modest than that achieved with directly irradiated areas.



What is the Zerona guarantee?

We guarantee that patients will experience 3 inches lost across the 5 standard measurement points after 9 Zerona treatments to waist, hip and thigh or 2 inches lost after 9 treatments to one target area (waist or thighs). The guarantee is valid only if the Zerona protocol is followed and appointments are not more than 72 hours apart. The guarantee is adjusted to 12 treatments if age over 50 or conditions such as diabetes, limited physical activity or smoking, may affect circulation and cause a more sluggish lymphatic system. If patients do not experience the 2 or 3 inches improvement across the 5 standard measurement points, they will receive 3 more treatments at no cost to help further their results.

When can patients start noticing results?

This depends on how effectively their lymphatic system processes the liberated fat. Age and lifestyle are but a few parameters that may influence the rate of improvement. To optimize processing, it is recommended that patients stay optimally hydrated by drinking 2-3 litres of water spread throughout the day and eliminating diuretics (caffiene and alcohol) and that they mobilize their lymphatic system through gentle physical activity (daily 30 minute walk or mild exercise). The ideal patient should begin to notice a difference in how their clothes fit at the time of their 5th or 6th treatment.





How long will results last?

Zerona does not destroy fat cells but empties them of their content which means that fat cells are capable of re-storing fat should the patient have a persistent caloric imbalance. A balanced diet is the only way to ensure long-term improvement. Patients who eat more calories than they burn will see their improvement decrease over time.

Is the fat simply redistributed?

No. Once liberated, triglycerides are broken down into free fatty acids and glycerol and enter the blood stream. Once in the blood stream, several things may occur:

- Some of the free fatty acids are readily available to be used as fuel by the body.
- What does not get consumed as energy will get to the liver where it will



either be oxidized or re-processed for storage. More research is underway to determine exactly how much gets oxidized versus re-stored, but clinical evidence suggests that fat does indeed get oxidized (no visible or measurable redistribution of fat, either in the treated areas or at the systemic points).

- Clinical evidence from a retrospective study on 567 patients across the U.S. clearly demonstrates that Zerona is effective not only in the irradiated areas, but also at systemic points, demonstrating that there is no measurable re-distribution of fat.

Why do you need to treat every 2 days?

Clinical research shows that the pore created by the laser only remains open for 24 to 72 hours. To maintain the pore open over a period of time sufficient to get optimal results, treatments every 48 hours are considered optimal.

Why 9-12 treatments?

9-12 treatments are required to keep the pore in the fat cells open long enough for the majority of triglycerides to seep out into the interstitial space.

Would more treatments lead to better results?

Yes, additional treatments will lead to improved results. We recommend additional treatments for patients with BMI (body mass index) over 30, age over 50, and conditions that may affect circulation and result in a sluggish lymphatic system such as diabetes, limited physical activity, smoking, etc.

What can I do to optimize my Zerona results?

To optimize results, it is recommended that patients stay optimally hydrated by drinking 2-3 litres of water spread throughout the day and eliminating caf-

feine and alcohol. They should mobilize their lymphatic system through gentle physical activity (daily 30 minute walk, mild exercise or the whole body vibration machine) and have healthy, low fat nutrition. We also recommend that patients wear a compression garment (Spanx or Under Armour) throughout the process. For more information, please refer to the Zerona Protocol.

Is Zerona effective in treating larger patients?

Yes. Many centers treating obesity will combine Zerona with a program of weight loss and exercise. The significant improvement in body shape over a short period of time motivates patients to continue with their diet and exercise program. Zerona treatments can be used to kick start a weight loss program or added if a patient experiences a frustrating weight loss plateau. We recommend 12 or more treatments to achieve the desired results.

How does Zerona compare with other body slimming technologies?

Zerona is the only technology that has been clinically validated in peer-reviewed journals to be approved by the FDA and Health Canada as being safe and effective for body slimming of multiple areas. Other body slimming devices damage important fat cells (adipocytes), can be uncomfortable, are limited in the size of the target area they can treat at one time, and it takes longer to feel the results. Zerona is the only truly non-invasive device that safely achieves significant results over a short period of time.

How long has Zerona been in use?

The laser tissue interaction behind Zerona was identified prior to 2002. LLLT has been used routinely as an adjunct to liposuction since 2004. Zerona was introduced in the U.S. in 2005 and is being routinely used by over 650 practices in Canada and the U.S..

What is the FDA approval status of Zerona?

At first, Zerona was used off-label as "a device reducing pain and inflammation as an adjunct to liposuction". However, in August 2010, the FDA approved Zerona for the specific indication of circumferential reduction. The FDA ruled that:

- Zerona is a device using low level laser light for the disruption of adipocyte cells within the fat layer for the release of fat and lipids from these cells for non-invasive aesthetic use.
- Zerona is indicated for use as a non-invasive dermatological aesthetic treatment for the reduction of circumference of waist, hips and thighs.
- The clinical data submitted by Erchonia (the manufacturer of Zerona) provides reasonable assurance of the safety and effectiveness of the product.
- Zerona is the only aesthetic device specifically cleared for the reduction of circumference of multiple areas. The FDA has also deemed appropriate not to make use of the word temporary in the approval, suggesting that, provided patients adhere to a healthy lifestyle (whereby the balance their food intake with their energy expendi-



ture), results should be permanent. Finally, the FDA agrees that ZERONA is not only safe but also effective for the indication. It is very atypical for the FDA to make statements regarding the effectiveness of products and is testament to the strength and quality of the clinical data submitted by Erchonia.

What about negative comments on the internet?

A number of factors may lead to a small number of dissatisfied patients. The most common is when a patient has unrealistic expectations that ZERONA Laser treatments will give successful results despite continued bad habits such as high fat or calorie intake, drinking alcohol, low activity levels and failure to follow the ZERONA Protocol. In this day and age, the digital media provides disgruntled individuals with the perfect tool to be vocal but reports can be biased and incomplete. This invariably happens with any device or product on the market. Another factor may be the training and experience of the clinic using the ZERONA Laser. High quality and ongoing training is provided to all ZERONA clinics. We are confident that our diode positioning technique and certified staff achieve excellent and consistent results. It is unfortunate that happy patients are far less likely to post comments about their positive experience!

How is it different than liposuction?

Liposuction is an invasive procedure involving the mechanical removal of fat cells. By contrast, ZERONA is completely non-invasive and only affects fat cells temporarily. ZERONA does not compete with liposuction; it is simply a body shaping option available to patients who do not wish to undergo a surgical procedure.

Can ZERONA cause cancer?

No. ZERONA uses low levels of light in the visible spectrum (635nm) to stimulate our cells to be more efficient and accelerate the rate of naturally occurring processes. Low level light therapy has been evaluated for over 40 years and there has never been any indication that it may cause cancer. However, patients with untreated or active cancer should not be treated.

How is ZERONA different from LEDs?

LED stands for light emitting diodes. With the technology fast improving, they are becoming increasingly ubiquitous (very bright tail lights on modern cars, for instance). They are similar to lasers in that they can emit a very precise spectrum of light. They are different from


lasers however in 2 significant ways: LEDs' cannot be effectively collimated, so the light energy dissipates very rapidly and LEDs' must be used in contact (or near contact) to have any effect. LEDs' are not coherent, that is to say that photons are not in phase with one another. This (again) limits the depth of penetration and generates unnecessary heat.

In short, LEDs' are attractive from a price standpoint but have serious limitations when applied to Cosmetic treatments, particularly whenever the light needs to go deeper into tissue without generating heat.

What are the contraindications of ZERONA?

There are no known negative side effects to ZERONA treatments; however patients with certain medical conditions should not be treated with ZERONA. Patients who are pregnant, breast-feeding, have cardiovascular disease, liver disease, disease of the lymphatic system, or cancer (active or within 1 year of remission, should NOT be treated.

FOR MORE INFORMATION OR TO HAVE YOUR FREE CONSULTATION TO DISCUSS YOUR BODY AND WHETHER YOU ARE A CANDIDATE, **CONTACT OUR OFFICE AT 337-896-4141.**



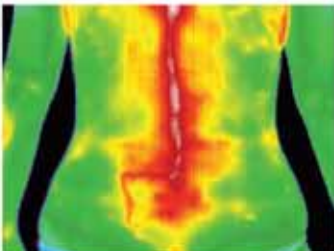


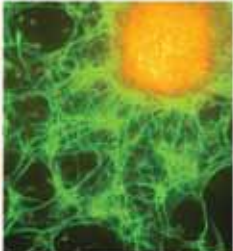
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