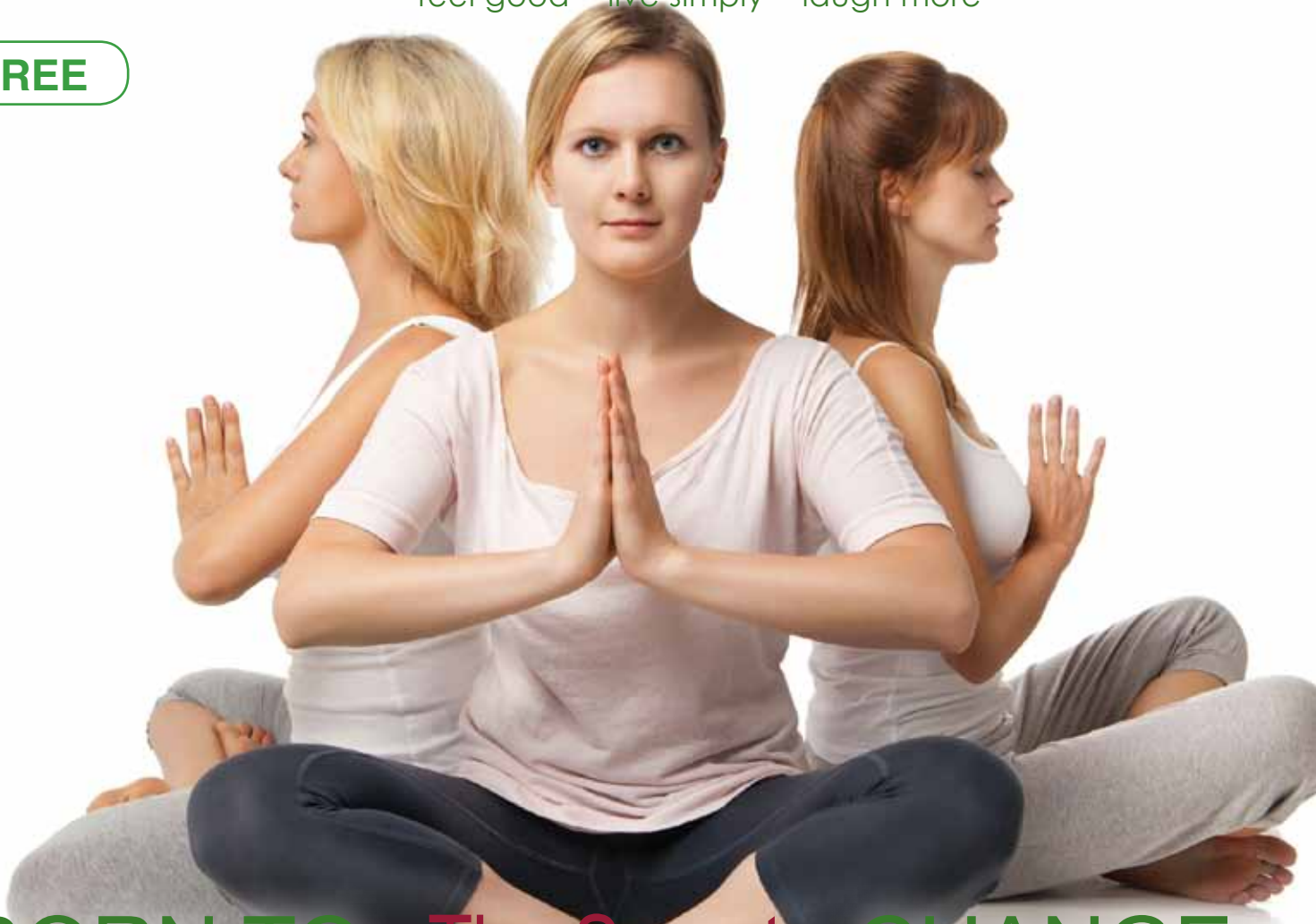


HEALTHY LIVING HEALTHY PLANET

# natural awakenings

feel good • live simply • laugh more

FREE



## BORN TO EAT WILD

Why Ancestral Diets Boost Health

## The Secret Life of Trees

How They Nurture and Protect Each Other

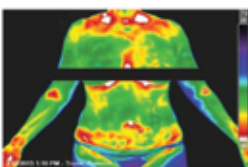
## CHANGE MAKERS

People that Dare to Hope and Act



EVERY ISSUE IS A GREEN ISSUE

October 2016 | Acadiana-Edition | [www.NAacadiana.com](http://www.NAacadiana.com)



**Text your NAME and the word EXAM to (337) 424-5066 to schedule a thermography exam**

Thermography can detect inflammation before it causes too much damage.

**\$94**  
Full Body Exam



ADDRESS: 505 BERTRAND DRIVE, LAFAYETTE, LA 70506

Phone:(337) 261-0051

## Organic Frozen Wheatgrass Juice

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



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

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

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

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

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

## Green Waters Alkaline Water



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

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

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

## pH 9.5 Drops



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

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

## WheTea

### BURNS STOMACH FAT



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

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





## BF-4 Weight Loss



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

.....\$45.00

## Pain & Inflammation Enzyme



Chronic pain and inflammation can make even the simplest everyday tasks a challenge. If you suffer chronic pain from a serious health condition or inflammation from over-exertion and physical exhaustion, Liteon Natural's Pain and Inflammation Enzyme Blend

can help. This unique anti-inflammatory and pain relief formula will strengthen your body's natural response to pain and inflammation. This supplement packs the power of natural bioflavonoids, herbs, and enzymes.....\$30.00

## Digestive Enzyme Complex



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

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

## Raspberry Ketone Drops



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

## Manglier Tea

mong-lee-AY

The tea is used to treat diabetes and has the ability to build the body's immune system quickly to fight cold, flu, and other infections. It clears viral and bacterial infections. Native Americans first discovered the medicinal properties of this plant in the 1800s. Creole and cajun communities used it before the onset of drug prescriptions and antibiotics. It is natural medicine that can be readily found in south Louisiana.....\$24.00



## Wheatgrass Capsules



Alkalize, energize and detox your body with wheatgrass capsules. Wheatgrass is an effective healer because it is nutrient dense and contains major minerals and vitamins A, B-complex, C, E, I and K. It is extremely rich in protein, and contains 17 amino acids, the

building blocks of protein. Wheatgrass contains up to 70% chlorophyll, which is an important blood builder. Wheatgrass is a strong antioxidant and helps to cleanse the blood and lymph.....\$30.00

# RESTORE Your Health

## Natural Awakenings Wellness Memberships

### PICK 12 **Weightloss** MEMBERSHIP for \$450

- \_\_\_ Zerona Laser Treatment...counts for 2 (Retail \$94)
- \_\_\_ Infrared Sauna (Retail \$45)
- \_\_\_ Whole Body Vibration (Retail \$35)
- \_\_\_ Personal Trainer... counts for 6 DHARMA Gym (Retail \$65)
- \_\_\_ pH Acid Testing & Body Comp (Retail \$10)
- \_\_\_ Dr's Office Visit & Consultation...counts for 2 (Retail \$75)

**Retail Value: \$940 - \$1,400**

### PICK 18 **Weightloss** MEMBERSHIP for \$675

- \_\_\_ Zerona Laser Treatment...counts for 2 (Retail \$94)
- \_\_\_ Infrared Sauna (Retail \$45)
- \_\_\_ Whole Body Vibration (Retail \$35)
- \_\_\_ Ionic Foot Detox (Retail \$45)
- \_\_\_ Dermosonic Cellulite...counts for 2 (Retail \$45)
- \_\_\_ Personal Trainer... counts for 6 DHARMA Gym (Retail \$65)
- \_\_\_ pH Acid Testing & Body Comp (Retail \$10)
- \_\_\_ Dr's Office Visit & Consultation...counts for 2 (Retail \$75)

**Retail Value: \$1,400 - \$2,800**

### PICK 24 **Weightloss** MEMBERSHIP for \$850

- \_\_\_ Zerona Laser Treatment...counts for 2 (Retail \$94)
- \_\_\_ Infrared Sauna (Retail \$45)
- \_\_\_ Whole Body Vibration (Retail \$35)
- \_\_\_ Ionic Foot Detox (Retail \$45)
- \_\_\_ Slimpod Slimming/Detox (Retail \$45)
- \_\_\_ Dermosonic Cellulite...counts for 2 (Retail \$45)
- \_\_\_ Personal Trainer... counts for 6 DHARMA Gym (Retail \$65)
- \_\_\_ pH Acid Testing & Body Comp (Retail \$10)
- \_\_\_ Dr's Office Visit & Consultation...counts for 2 (Retail \$75)

**Retail Value: \$2,800- \$4,050**

### PICK 24 MEMBERSHIP for \$240

- \_\_\_ Ionic Foot Detox (Retail \$45)
- \_\_\_ Whole Body Vibration (Retail \$35)
- \_\_\_ Lymphatic/Water Massage (Retail \$45)
- \_\_\_ Infrared Sauna (Retail \$45)
- \_\_\_ Hydration Therapy (Retail \$45)
- \_\_\_ Hair Analysis...max 2 (Retail \$45)
- \_\_\_ Vitamin Test...max 2 (Retail \$39)
- \_\_\_ Massage Therapy at DHARMA...counts for 10( (Retail \$69)
- \_\_\_ pH Acid Testing & Body Comp (Retail \$10)
- \_\_\_ Zerona Laser Treatment...counts for 8 (Retail \$94)
- \_\_\_ Slimpod Slimming/Detox (Retail \$45)
- \_\_\_ Dermosonic Cellulite...counts for 4 (Retail \$45)
- \_\_\_ Personal Trainer... counts for 6 DHARMA Gym (Retail \$65)
- \_\_\_ Thermography Imaging Exam...counts for 10(Retail \$94)
- \_\_\_ Zerona Laser Treatment...counts for 8 (Retail \$94)

**Retail Value: \$2,410 - \$3,300**

### PICK 36 MEMBERSHIP for \$360

- \_\_\_ Ionic Foot Detox (Retail \$45)
- \_\_\_ Whole Body Vibration (Retail \$35)
- \_\_\_ Lymphatic/Water Massage (Retail \$45)
- \_\_\_ Infrared Sauna (Retail \$45)
- \_\_\_ Hydration Therapy (Retail \$45)
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- \_\_\_ Thermography Imaging Exam...counts for 10(Retail \$94)
- \_\_\_ Zerona Laser Treatment...counts for 8 (Retail \$94)

**Retail Value: \$3,450 - \$5,100**







# Become a Member

## Natural Awakenings Vitamin Club

### BASIC MEMBERSHIP \$30/month

- Box of Frozen Wheatgrass (16 – count)
- 3 Bottles of Greenwater
- pH 9.5 Drops

**Retail Value: \$78**

### PLUS MEMBERSHIP \$45/month

- Box of Frozen Wheatgrass (16– count)
- Case of Greenwater
- pH 9.5 Drops
- BF-4 Weight loss (1 bottle)

**Retail Value: \$141**

### GOLD MEMBERSHIP \$59/month

- Box of Frozen Wheatgrass (16 – count)
- Case of Greenwater
- pH 9.5 Drops
- BF-4 Weight loss (1 bottle)
- Pain and Inflammation Enzyme (1 box)

**Retail Value: \$171**

### PICK 3 MEMBERSHIP \$40/month

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

**Retail Value: \$95 - \$105**

### PICK 4 MEMBERSHIP \$60/month

- \_\_\_ Box of Frozen Wheatgrass (16 – count) (Retail \$30)
- \_\_\_ 3 Bottles of Greenwater (Retail \$18)
- \_\_\_ pH 9.5 Drops (Retail \$30)
- \_\_\_ BF-4 Weight loss (Retail \$45)
- \_\_\_ Pain and Inflammation Enzyme (Retail \$30)

**Retail Value: \$115 - \$135**

### PICK 6 MEMBERSHIP \$79/month

- \_\_\_ Box of Frozen Wheatgrass (16 – count) (Retail \$30)
- \_\_\_ Case of Greenwater (Retail \$36)
- \_\_\_ pH 9.5 Drops (Retail \$30)
- \_\_\_ Whetea Drops for a flat stomach (Retail \$20)
- \_\_\_ BF-4 Weight loss (Retail \$45)
- \_\_\_ Pain and Inflammation Enzyme (Retail \$30)
- \_\_\_ Mood Enhancer for Depression and Anxiety (Retail \$30)
- \_\_\_ Pain and Inflammation Enzyme (Retail \$30)

**Retail Value: \$140 - \$215**

**Natural Health Center, Carencro** 896-4141  
**DHARMA Wellness Center, Sunset** 662-3120  
**Caribbean Wellness Center, Opelousas** 678-1500  
**Namaste Wellness Center, Lafayette** 356-1251

Text **VITAMIN CLUB** and your name to **424-5066** to join.

# publisher's letter



Our lives are made up of a million moments, spent in a million different ways. Some are spent searching for love, peace, and harmony. Others are spent surviving day to day. But there is no greater moment than when we find that life, with all its joys and sorrows, is meant to be lived one day at a time.

It's in this knowledge that we discover the most wonderful truth of all. Whether we live in a forty-room mansion, surrounded by servants and wealth, or find it a struggle to manage the rent month to month, we have it within our power to be fully satisfied and live a life with true meaning.

One day at a time – we have that ability, through cherishing each moment and rejoicing in each dream. We can experience each day anew, and with this fresh start we have what it takes to make all of our dreams come true. Each day is new, and living one day at a time enables us to truly enjoy life and live it to the fullest.

Let nothing hold you back from exploring your wildest fantasies, wishes, and aspiration. Don't be afraid to dream big and to follow your dreams wherever they may lead you. Open your eyes to their beauty; open your mind to their magic; open your heart to its possibilities. Only by dreaming will you ever discover who you are, what you want, and what you can do. Don't be afraid to take risks, to become involved, to make a commitment. Do whatever it takes to make your dreams come true. Always believe in miracles, and always believe in yourself.

Whatever a person becomes on the outside must first be believed in the heart. We all become different people as we grow older, with different hopes and dreams, goals and achievements, memories and feelings. No one can ever say that, as a person, they are all they can be, for it is then that they have stopped growing from within.

In a time of new beginnings, continue to grow, to dream, and to make new memories. Whatever gives you peace within yourself will allow others to see the special person you truly are.

This month we celebrate our commitment to understanding how change makers improve our communities and the importance of walking meditation. 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



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### HOW TO ADVERTISE

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

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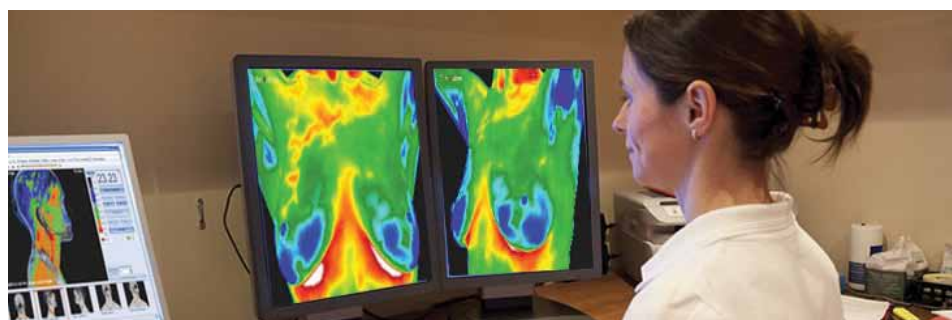
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# What Does Your Thermography Image Mean?

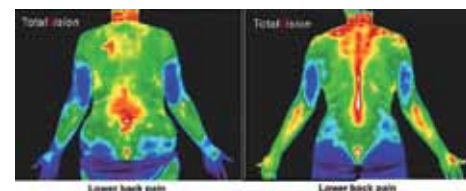
by Dr. Steven T. Castille



cancer gets large enough to be noticed as a lump in a breast exam. It is estimated that thermography can detect cancer formation roughly 10 years before mammography can identify a tumor.

## Lower Back Pain

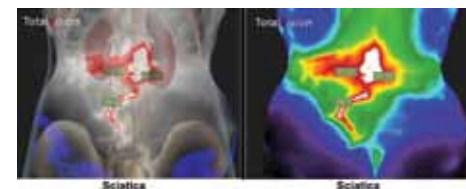
Lower back pain is one of the most troublesome back pain for patients and can often be very difficult to treat. The hottest white areas in these images



indicate the most intense inflammatory response. Thermography is very useful to help find the source of the pain. The patient above suffers with Sciatica, and the source is clearly in the lumbar area. The image clearly indicates the intense inflammation in the spinous processes of the lumbar spine. These areas are a major source of radicular pain, especially into the hips, thighs and legs. Often the patient will report intense pain in the hip or leg, either bilateral or unilateral, and there will be no thermal indication in the hip or leg images, but the hyperthermia in the lower back will be the source. Many lower back thermograms will reveal significant thermal indications at the L-3 L-4 region, with varying degrees of associated muscular inflammation, as this is typically a very weak spot in the spine.

## Sciatica

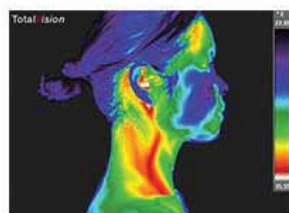
Sciatica is a symptom. It consists of leg pain, which might feel like a bad leg cramp, or it can be excruciating, shooting pain that makes standing or sitting nearly impossible. The pain might be



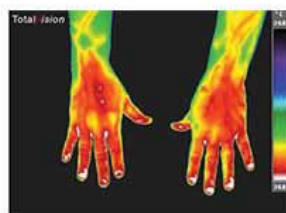
worse when you sit, sneeze, or cough. Sciatica can occur suddenly or it can develop gradually. You might also feel weakness, numbness, or a burning or



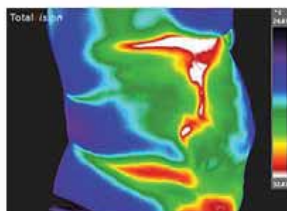
Headache and Sinus



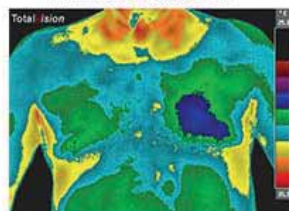
Carotid Artery Inflammation



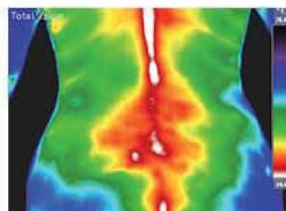
Early Stage Diabetes



Stress in the Liver



Reduced Heart Function



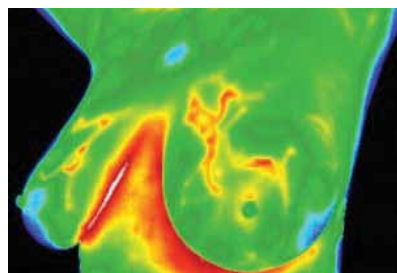
Lower Back Pain

Thermography is a scanning device that measures your body surface temperature and presents the information as a digitized image. This tool makes a digital map of your body and very accurately illustrates heat patterns. These patterns may detect some abnormal conditions such as cancer cell growth or active infection.

Mammograms look for anatomical changes in the breast such as masses or lumps. Thermograms analyze the vascular changes in the breast. Increased blood into certain regions of the body increases the heat of that region. Areas of inflammation, cancer cell formation and active infection have elevated circulation. Thermal imaging has a great ability to detect subtle physiological changes that accompany pathology.

## Thermal Asymmetry Indicates Problems

The body should naturally have thermal symmetry. Areas of asymmetry can indicate problems and are analyzed specifically for underlying pathology. Cancer cells divide very rapidly and demand increased blood flow and nutrient delivery. The metabolic processes in the body cannot differentiate between cancer cells and healthy cells. This results in increased formation of blood cells around these active cancer cells. Thermography picks up this abnormal blood supply well before the

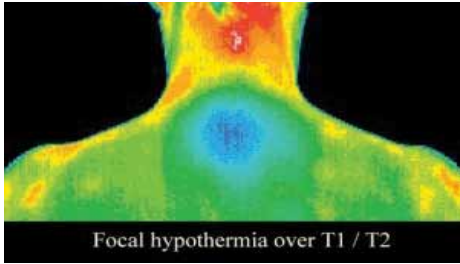




tingling (“pins and needles”) sensation down your leg, possibly even in your toes. Less common symptoms might include the inability to bend your knee or move your foot and toes. These scans show sciatic nerve inflammation.

**Autoimmune Dysfunction**

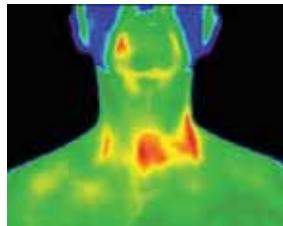
Patterns of hypothermia seen over T1/ T2 in a thermography scan are always indicative of autoimmune dysfunction. Interestingly enough, the Chinese have used this point in acupuncture for over 4000 years to stimulate immune



Focal hypothermia over T1 / T2

function. This pattern is often seen in patients diagnosed with fibromyalgia, a disorder that is very difficult to diagnose but is characterized by widespread

musculoskeletal pain, accompanied by fatigue, problems sleeping, memory and mood issues; as well as patients diagnosed with Chronic Fatigue Syndrome. Fibromyalgia patients will often have myofascial inflammation accompanying the hypothermic pattern. Thermography is useful in confirming a suspected diagnosis of these syndromes as well as monitoring the patient’s response to treatment. As the patient improves the hypothermic foci will experience a reduction in temperature differentials and will reduce. Conversely, if the patient is not responding to treatment or is regressing, this pattern will either maintain or the temperature differentials will increase and the pattern will become more pronounced.



**Thyroid Dysfunction**

Thermography can easily detect thyroid dysfunction even when all of the thyroid levels are within normal levels in the patient’s blood work. Thermography can

also validate the appropriate levels of thyroid supplementation. For example if a patient is on thyroid medication and no patterns appear on the thermogram related to thyroid, it can then be assumed that he or she is receiving the adequate amount of medication or supplementation.

Thermography can assist in the diagnosis, evaluation, monitoring and documentation of a large number of injuries and conditions, including soft tissue injuries and sensory/autonomic nerve fiber dysfunction. Thermography is unique in that it is a test of physiology and function and can offer considerable financial savings by eliminating the need for additional expensive and invasive diagnostic testing.

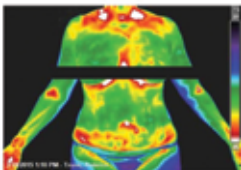
**Call 896-4141 for more information.**

*Disclaimer: Thermography Medical Imaging of Acadiana is not a treatment or diagnosing center. The reports and imaging provided is for general information and educational purposes only and is not intended in any way to be a substitute for professional medical advice, diagnosis or treatment. Thermography is an adjunctive procedure to Mammography.*

**Inflammation is the Spark that ignites most disease**  
**Pain and Inflammation Enzyme**



Chronic pain and inflammation can make even the simplest everyday tasks a challenge. If you suffer chronic pain from a serious health condition or inflammation from over-exertion and physical exhaustion, Liteon Natural’s Pain and Inflammation Enzyme Blend can help. This unique anti-inflammatory and pain relief formula will strengthen your body’s natural response to pain and inflammation. This supplement packs the power of natural bioflavonoids, herbs, and enzymes.....\$30.00



**Text your NAME and the word EXAM to (337) 424-5066 to schedule a thermography exam**

Thermography can detect inflammation before it causes too much damage.

**\$94**  
Full Body Exam

## New BF-4 PLUS Weight Loss

Liteon Naturals has just released its newest Body Fat Trim Plus (BF-4 Plus) weight loss product. The new BF-4 Plus is designed to work with the original BF-4 weight loss nutritional supplement and provides an even stronger formula for burning fat and losing weight.

Supplement Facts		
Serving Size: 2 Capsules		
Servings Per Container: 30		
	Amount Per Serving	%DV
<b>Proprietary Formula</b>	<b>1008 mg</b>	<b>†</b>
Caralluma Fimbriata Extract, White Kidney Bean Extract, Forskolol (Coleus Forskohlii Root Extract), African Mango Extract, Garcinia Cambogia Extract, Green Coffee Bean Extract, Green Tea Extract, Moringa Extract, Raspberry Ketone		
† % Daily Value (DV) not established		



BF-4 Plus contains 5 new essential ingredients for weight loss: Caralluma Fimbriata Extract, Forskolol (Coleus Forskohlii Root Extract), African Mango Extract, Garcinia Cambogia Extract, Green Coffee Bean Extract, Green Tea Extract, Moringa Extract, and Raspberry Ketone.

For more information, call 337-896-414 (Carencro Office), 337-356-1251 (Lafayette Office), 337-662-3120 (Sunset Office), 337-678-1844 (Opelousas Office) or visit [www.BF4OnlineStore.com](http://www.BF4OnlineStore.com).

## Happy Pets Hotel Offers Personal Protection Training



Happy Pets Hotel is offering personal protection training for dogs. The personal protection program will teach your dog to protect you, your family and your property while

remaining an affectionate and safe pet. Each dog is trained on an individual basis in a safe and nurturing environment. The focus of the program is to enhance dogs' awareness and encourage their natural protective instincts. A thorough evaluation by experienced trainers is required prior to enrollment in this program, as not all dogs are good candidates for a personal protection-training program.

In addition to personal protection training, Happy Pets Hotel provides boarding, grooming, obedience training and a host of additional services for pets.

Location: 214 Burley Rd., Youngsville. For more information, call 337-856-2070.

## Professor Bob Beans Coffee House and Ice Cream Lab Now Open in Lafayette



Professor Bob Beans Coffee House and Ice Cream Lab, a new creative way to satisfy your needs for caffeine and sugar with a slight scientific twist, is now open at 114 Meadow Farm Road, Suite 110 in Lafayette. Professor Bob's features cold-brewed, nitrogen-infused

iced coffee, which is less acidic and carries twice the amount of caffeine as traditional hot coffee. In addition to the coffee creations, Professor Bob's also features a nitrogen ice cream lab in which all ice creams are flash frozen. Other menu items include smoothies, baked goods, specialty teas and several accompanying flavor combinations and add-ons.

Hours: 7 a.m. to 11 p.m. Sunday through Thursday, and 7 a.m. to midnight Friday and Saturday. For more information, call 337-314-9321 or visit [BobBeans.com](http://BobBeans.com).

## Tour Du Teche - Annual Canoe and Kayak Race

A rich part of Cajun history will come alive in the legendary Tour du Teche, an annual race for canoes, kayaks and pirogues (the traditional Cajun canoe) that runs the entire length of Bayou Teche in southwestern Louisiana. The three-day staged race begins the first Friday in October, and includes other activities



such as dog paddling and paddle camp.

Tour du Teche began in 2010 with the dual purpose of introduc-

ing the beautiful Teche country to recreational paddlers and other eco-tourists from beyond. The Tour also aims to illustrate for its residents the unique recreational, aesthetic, cultural and economic value of Bayou Teche. The 135-mile track includes small sections of Bayou Courtableau and the Atchafalaya River.

Tour du Teche has become a local staple and brings together both visitors from abroad, as well as beloved local folk. This coming together presents the perfect opportunity to meet and mingle while enjoying and participating in happy expositions of music and cuisine that give Tour du Teche its reputation as a premier moveable party, as well as a tough series of paddle marathons.

For more information, visit [TourDuTeche.com](http://TourDuTeche.com).





Your body can heal from most disease if given the correct nutrients at the right time in the correct amount. Healing must begin at a cellular level in the body. It requires proper circulation, consistent detoxification, inflammation cured, strong metabolism of nutrients, rest and reset, a balanced pH, a balance of probiotic digestion of foods and daily elimination in the colon (bowel movements),

# RESTORE Health Program

**\$340 (with program)**

- 14 Infrared Sauna\*
- 18 Whole Body Vibration\*
- 12 Foot Detox\*
- 9 Hydration Therapy\*
- 4 Water/Lymphatic Massage\*
- 1 Thermography Exam\*
- 6 pH Acid Testing & Body Comp\*
- 6 Health Coaching Sessions\*
- 3 Sessions with YOUR Personal Trainer\*

**INDIVIDUAL FULL PRICE: \$3,112**

**Your health always  
seems much more  
valuable after you  
lose it.**

Items with a "\*" denote approximate number of sessions. Each wellness program is customized to the patient/client needs. We do not guarantee that you will receive the exact number of sessions listed - this is for advertising and educational illustration only. Most programs are at least, sometimes more, and/or close to the number of sessions stated. All programs are based on calendar days and end once 6, 10, or 12 weeks has passed from the beginning date of the wellness program enrolled.



## BENEFITS OF GREEN WATERS

### Lose Weight:

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

### Anti Aging:

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

### Reduce the Chances of Osteoporosis:

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

### Build Cardiovascular Health:

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

### Reduce Joint Pain and Arthritis:

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

### Reduce Infections, Flu and Colds:

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

### Detoxify:

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

### Decrease Risk of Cancer:

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





## BENEFITS OF WHEATGRASS

### **Lose Weight:**

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

### **Fights Depression:**

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

### **Decrease the Risk of Cancer:**

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

### **Improve Healing of the Body:**

Wheatgrass juice is an effective healer because it contains all minerals known to man, and vitamins A, B-complex, C, E, I and K. It is extremely rich in protein, and contains 17 amino acids, the building blocks of protein.

### **Oxygenates the Cells of the Body:**

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

### **Detox the Body:**

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

### **Slows Down the Aging Process:**

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

### **Heals the Body:**

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

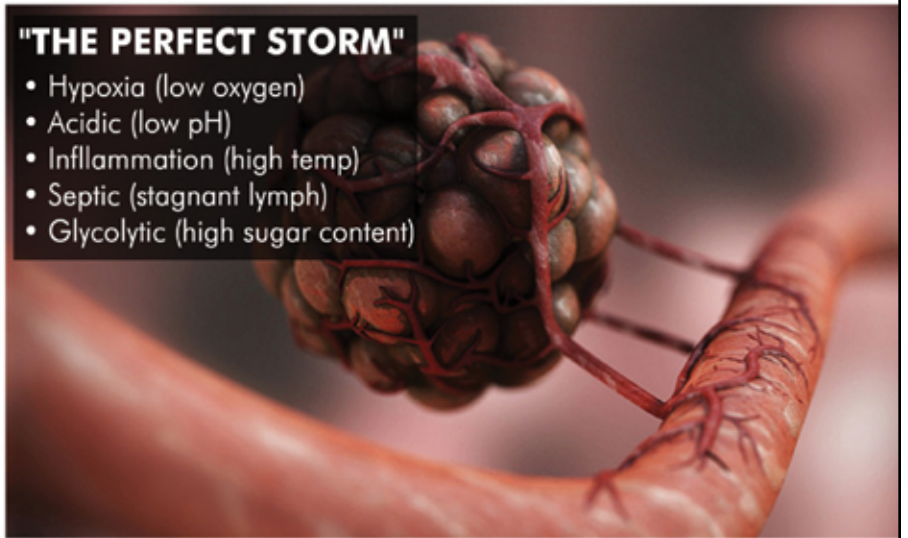


# "Every single person who has cancer has a pH that is too acidic"



## "THE PERFECT STORM"

- Hypoxia (low oxygen)
- Acidic (low pH)
- Inflammation (high temp)
- Septic (stagnant lymph)
- Glycolytic (high sugar content)



This cancer cell was once dormant for 12 years. Inflammation ignited its fuse and woke it up. It created new blood vessels (this process of new blood vessel growth is called angiogenesis) to feed from the body's stagnant waste being held in the lymph nodes. Angiogenic blood vessels have latched on to lymphatic vessels to feed the cancer. The body's pH is highly acidic, oxygen is low (hypoxia) due to the inflammation. This cancer cell ferments for energy using sugar, acid, low oxygen, stagnant waste, and inflammation to set it all off.

Dr. Otto Warburg won the Nobel Prize in 1951 for proving that cancer can not survive in an alkaline, oxygen rich environment but thrives in an acidic low oxygen environment.

**Use pH 9.5 Alkaline Water Drops to "alkalize" your body. GET RID OF THE ACID**





# Cold Laser

FAT  
~~Weight~~ Loss Treatment

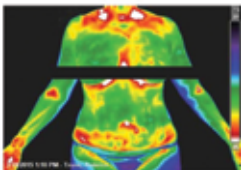
**No Exercise Required**

## Zerona

1. Stand 10 minutes
2. Lay down 40 minutes
3. Sit 30 mins

**12 Treatments \$850**  
**9 Treatments \$675**

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**Text your NAME and the word EXAM**  
**to (337) 424-5066 to schedule a thermography exam**

Thermography can detect inflammation before it causes too much damage.

**\$94**  
Full Body Exam

## Lower Breast Cancer Risk by Eating Colorful Veggies



Research published in the *British Journal of Nutrition* discovered that the risk of breast cancer decreases with increased consumption of specific dietary carotenoids, the pigments in some vegetables and fruits.

The research was based on five years of tracking 1,122 women in Guangdong, China; half of them had been diagnosed with breast cancer and the other half were healthy. Dietary intake information was collected through face-to-face interviews. The women that consumed more beta-carotene in their diet showed a 46 percent lower risk of breast cancer, while those that consumed more alpha-carotene had a 39 percent reduced incidence. The individuals that consumed more foods containing beta-cryptoxanthin had a 62 percent reduced risk; those with diets higher in luteins and zeaxanthins had a 51 percent reduction in breast cancer risk.

The scientists found the protective element of increased carotenoid consumption more evident among pre-menopausal women and those exposed to second-hand smoke.

Dark green leafy vegetables such as kale, spinach and dandelion greens top the list of sources rich in luteins and zeaxanthins, which also includes watercress, basil, parsley, arugula and peas. The highest levels of beta-carotene are found in sweet potatoes, grape leaves, carrots, kale, spinach, collard and other leafy greens. Carrots, red peppers, pumpkin, winter squash, green beans and leafy greens contain alpha-carotene. Red peppers, butternut squash, pumpkin persimmons and tangerines are high in beta-cryptoxanthin.

## Sweat Can Transfer Happiness



Research published in *Psychological Science*, the journal of the Association for Psychological Science, has found that positive moods can be transferred from one person to another via human sweat. The scientists from Utrecht University, in the Netherlands, tested 12 young men and 36 young women. The men were given clean shirts and absorbent pads were attached to their armpits while they watched video clips that induced several emotional states—fear, happiness or neutral. The researchers then stored the absorbent pads for each emotion into sealed jars.

The 36 women were then tested with each of the absorbent pads randomly, with five-minute breaks in-between. They placed their chins on a special rest that held the absorbent pad underneath. The research was double-blind, so neither the researchers nor subjects knew which pads they were exposed to. During each exposure, the women's facial expressions were recorded. The researchers determined that the women had facial expressions reflecting the emotion induced by the videos the men watched, based on the activity of the women's facial muscles.

Senior researcher Gün Semin, of Utrecht University, says, "Our study shows that being exposed to sweat produced under happiness induces a simulacrum of happiness in receivers and induces a contagion of the emotional state. This suggests that somebody that's happy will infuse others in their vicinity with happiness. In a way, happiness sweat is somewhat like smiling—it's infectious."

## YOGA PRACTICE PUMPS UP DETOXIFYING ANTIOXIDANTS

Indian researchers recruited 64 physically fit males from the Indian Air Force Academy for a three-month study of yoga's effect on detoxification. For three months, 34 of the volunteers practiced hatha yoga with *pranayama* (breathing exercises) and meditation. The other 30 volunteers underwent physical training exercises.

At the end of the study, blood tests found significantly higher levels of antioxidants, including vitamin C and vitamin E, among subjects in the yoga group. These participants also showed lower levels of oxidized glutathione and increased levels of two important antioxidant enzymes, superoxide dismutase and glutathione reductase, all indicating better detoxification. Meanwhile, the exercise-only group showed no changes in these parameters.



Most over-the-counter and almost all prescribed drug treatments merely mask symptoms or control health problems, or in some way alter the way organs or systems work.

Drugs almost never deal with the reasons why these problems exist, while they frequently create new health problems as side effects of their activities.

- John R. Lee, M.D.



## Breast Health Screening Questioned

October is Breast Cancer Awareness Month, and thousands of well-meaning healthcare providers will continue to recommend mammograms. However, a growing body of research suggests that X-ray mammography may not be the



best screening approach, at least on an annual basis, and even the National Cancer Institute notes potential harms ranging from false results to overtreatment and radiation exposure.

A 2006 study published in the *British Journal of Radiobiology* revealed that the type of radiation used in X-ray-based screenings is more carcinogenic than previously believed. The researchers wrote, "Recent radiobiological studies have provided compelling evidence that the low-energy X-rays used in mammography are approximately four times—but possibly as much as six times—more likely to cause mutational damage than higher energy X-rays."

Peter Gøtzsche is director of the Nordic Cochrane Centre and an author of the landmark 2001 Cochrane systematic review, *Screening for Breast Cancer with Mammography*, which concludes, "Currently available reliable evidence has not shown a survival benefit of mass screening for breast cancer." In 2011, Gøtzsche stated, "It is getting more and more difficult to argue that mammography is reasonable to [use] for breast screening."

**Thermography Exams use no radiation. Get a Thermography Exam instead. Call the Natural Health Center at (337) 896-4141.**

## Breast Cancer Links to Environmental Toxins



New evidence that chemical pollution may be linked to breast cancer comes from a surprising source: a group of male breast cancer patients at Camp Lejeune, a Marine Corps base in North Carolina. Poisons in the camp's drinking water, including benzene, a carcinogenic gasoline additive, perchloroethylene (PCE) and trichloroethylene (TCE), are regarded as a cause; conditions at the base are also blamed for unusual rates of leukemia and birth defects. The worst period of contamination of the base's water supply began in the late 1950s and continued for more than 30 more years.

Because men are simpler to study than women—their risk of developing breast cancer is not complicated by factors such as menstruation, reproduction, breastfeeding and hormone replacement therapy—the epidemiologists may be able to conclusively link industrial chemicals with an increased risk of the disease for both genders.

Source: *National Disease Clusters Alliance*

## Busty Justice

October is Bra Recycling Month



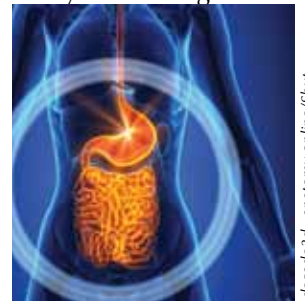
The Bra Recyclers, a Gilbert, Arizona-based textile recycling company, is celebrating the third annual Bra Recycling Month during October. The intent is to collect new and gently used and cleaned bras for interested women nationwide. Healthiest options are non-underwire garments—Dr. John McDougall, in his book, *The McDougall Program for a Healthy Heart*, notes that constricting bras have been implicated in the rise of benign, non-cancerous but often painful breast cysts and lumps.

Bra Recyclers CEO Elaine Birks-Mitchell states, "The month-long campaign ties directly into breast cancer and domestic violence awareness. The Bra Recyclers believe every woman and girl should not have to worry about something as simple as a bra as they transition back to self-sufficiency or being cancer-free. The results are enhanced self-esteem and encouragement and strength to carry on."

To participate, visit [BraRecycling.com](http://BraRecycling.com).

## Vitamin D<sub>3</sub> Boosts Gut Health

Research from Austria's University of Graz has found that high-dose vitamin D significantly alters the gut's microbiome for the better. The researchers tested 16 healthy people for eight weeks, giving them a dose of 980 international units (IU) per kilogram (2.2 pounds) of body weight. At this rate, a 150-pound person would take more than 66,000 IU per day.



decade3d - anatomy online/Shutterstock

The scientists took samples from the stomach, small intestines, colon and stool before and after the testing period. They also tested for bacteria species using gene sequencing and measured T-cell counts. Afterward, the subjects showed reductions in disease-producing bacteria and increased diversity among their gut probiotics.

The research also discovered that the high-dose vitamin D<sub>3</sub> supplementation increased immunity in the gut. "Vitamin D<sub>3</sub> modulates the gut microbiome of the upper gastrointestinal tract, which might explain its positive influence on gastrointestinal diseases such as inflammatory bowel disease or bacterial infections," the researchers explain.



## Boo! To-Do

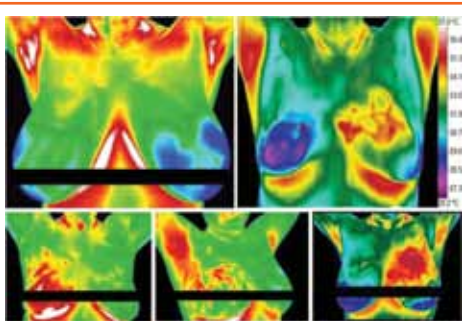
Join the Safer Halloween Movement

Halloween can be safe, economical and eco-friendly fun. Crusader costumes remain popular this year, but with a tutu twist. Avoid long skirts or capes that can trip up children and instead recycle a princess tulle skirt from a thrift shop into a shorter frock. T-shirt tops with a superhero logo plus a painted cardboard headpiece transforms kids into do-gooders. Homemade natural face paints are another alternative (see [Tinyurl.com/Trick-Treat-Tips](http://Tinyurl.com/Trick-Treat-Tips)).



Treats should also be eco-friendly. Equal Exchange offers fair trade, organic and kosher low-fat chocolates from crops grown by small farmers in the Dominican Republic and Peru, shipped in a quantity big enough to split the cost with friends ([Shop.EqualExchange.coop/chocolate.html](http://Shop.EqualExchange.coop/chocolate.html)). Nut-free, homemade trail mix, wrapped in eco-friendly tissue paper or a square of cloth tied shut, provides a welcome change from sweets.

In 2014, the Food Allergy Research and Education (FARE) organization launched the Teal Pumpkin Project. Place a downloadable sign in a window to announce that non-food, Earth-friendly treats are offered at the house for kids with allergies or food sensitivities ([Tinyurl.com/TealHalloweenPumpkins](http://Tinyurl.com/TealHalloweenPumpkins)).



I had a mammogram in 2012, 2013, 2014, 2015, and somehow I'm now being told I MIGHT have breast cancer. **A Thermography Exam can detect the inflammation before the lump forms and I don't have to wait for the mammogram to find the lump and it's too late.**

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

## Green Crisis

One in Five Plant Species May Face Extinction



Cherries/Shutterstock.com

A new report from the Royal Botanic Gardens, Kew, in the UK, has issued the first comprehensive assessment of plant life, the inaugural *State of the World's Plants*, and found that one in five plants may be at risk of extinction due to invasive species, disease and changing landscapes.

Researchers also have determined that just 30,000 plant species have a documented use out of hundreds of thousands of known species. These are

only the vascular plants that have specialized tissue for sucking up water through their systems.

Over the years, different people and agencies have identified the same plant at both different times and locations, so they may have accumulated multiple names. The Kew researchers determined that each plant in the *International Plant Names Index* had, on average, 2.7 different species names. By cutting out the duplicates from more than a million different names, the Kew report was able to pare down the known species to 391,000.

In the Arctic, the Svalbard Global Seed Vault, a doomsday bank buried in the side of a mountain, contains more than 800,000 samples representing 5,100 different crops and their relatives.

Source: Wired

## Biodegradable Bottle

Algae-Based Jars Quickly Decompose

Ari Jónsson, a 32-year-old student at the Iceland Academy of the Arts, has invented an all-natural water bottle that holds its shape when full and decomposes when empty. He debuted his creation at the DesignMarch 2016 festival in Reykjavík, Iceland. The only two materials needed to create the bottle are agar, a gelatinous substance that comes from red algae, and water.

"I just followed the path in what I was researching, trying to find new ways to use materials," says Jónsson, who combined the two ingredients, heated the mixture, poured it into a mold, and then quickly cooled it. The H<sub>2</sub>O binds and thickens the agar when cooled, retaining the shape of the water bottle mold, explains Jónsson. When the finished bottle is empty, "It will rot like other foods."

The bottles can sustainably decompose in soil, although Jónsson has yet to determine exactly how long that process will take. A plastic water bottle takes more than 1,000 years to biodegrade, and in the U.S., more than 2 million tons of the containers are languishing in landfills.

Source: TakePart.com



Sergey Ash/Shutterstock.com





Sergey Nivens/Shutterstock.com

## Bright Idea

### Incandescent Lights Reinvented as Eco-Friendly

Older incandescent light bulbs have been phased out in many countries because they waste huge amounts of energy as heat, but scientists at the Massachusetts Institute of Technology have reported in *Nature Nanotechnology* that they are finding a way to recycle the waste energy and focus it back onto the filament, where it's re-emitted as visible light. Their innovative structure is made from thin,

stacked layers of a type of light-controlling crystal that allows visible wavelengths to pass through while reflecting infrared back to the filament as if striking a mirror.

Traditional bulbs are banned in the European Union and Canada, and their manufacture and importation are being phased out in the U.S. They've been replaced by more expensive compact fluorescent (CFL) and light-emitting diode (LED) bulbs, which are significantly more efficient. In theory, the crystal structures could boost the efficiency of incandescent bulbs to 40 percent, making them three times more efficient than the best available LED and CFL bulbs.

Source: BBC

## School Haze

### EPA Helps Schools Cut Bus Emissions

The U.S. Environmental Protection Agency (EPA) is helping finance the replacement or retrofitting of older school buses in public and private school fleets to reduce diesel emissions and improve air quality. Owners can install catalysts and ventilation systems to reduce emissions by up to 25 percent or replace older buses with newer ones that meet the latest highway emission standards. The EPA will pay up to \$25,000 each, depending on the size.

"Our kids spend a lot of time on the school bus, and buses spend a lot of time in our neighborhoods and schoolyards. They are a national symbol of safety," says Janet McCabe, acting assistant administrator for the EPA Office of Air and Radiation. "Significantly improving school bus fleets across the country with retrofits, replacements and idle reduction practices is imperative in meeting the agency's goal of reducing children's exposure to air toxins."



carroreuter/Shutterstock.com



Vasatchanan/Shutterstock.com

## Organic Rally

### October is Non-GMO Month

The Non GMO Project is sponsoring National Non-GMO Month in October. Observed since 2010, the program seeks to increase education and awareness about the growing presence of unlabeled genetically modified (GM/GMO) food products and ingredients.

People and organizations across North America are discovering the risks GMOs pose to our health, families and environment. Non-GMO Month provides a powerful opportunity to coordinate voices and actions around the country as brands, retailers and individuals stand up for the right to know what's in our food and to choose to avoid GMOs. Protecting consumer choice and a non-GMO food supply requires a multifaceted approach with online and boots-on-the-ground teamwork.

*The Non GMO Project invites everyone to help create local events and spread the word in communities. Begin at [NonGMOMonth.org](http://NonGMOMonth.org).*



petmalinak/Shutterstock.com

## Cause and Effect

### Activists Will 'Sue' Monsanto in Mock Trial

Monsanto, the U.S.-based, multinational producer of agricultural products infamous for its controversial Roundup herbicide, will be "sued" for crimes against humanity in the independent International Criminal Court, in The Hague, Netherlands, on World Food Day, October 16.

Plaintiffs include the Organic Consumers Association, International Federation of Organic Agriculture Movements, Navdanya, Regeneration International, and Millions Against Monsanto, along with dozens of global food, farming and environmental justice groups.

The court, developed in 2011, will use the United Nations Guiding Principles on Business and Human Rights to assess damages for Monsanto's acts against humans and the environment. The court will also attempt to reform international criminal law to include crimes against the environment, or ecocide, as a prosecutable criminal offense. It has determined that prosecuting ecocide as a criminal offense is the only way to guarantee the rights of humans to a healthy environment and the right of nature to be protected.

Source: [NaturalSociety.com](http://NaturalSociety.com)

We can never obtain  
peace in the outer  
world until we make  
peace with ourselves.

~Dalai Lama



Rawpixel.com/Shutterstock.com

calls the “right thing to do” fed more than 41,000 people that day.

Named one of Toyota’s 2016 Mothers of Invention, Ahmad uses the company’s \$50,000 grant to boost Copia’s services throughout the U.S. Recently, German and Austrian government officials expressed interest in expanding the service to help feed Syrian refugees in their countries.

Friends Margot McNeeley and Janet Boscarino, in Memphis, Tennessee, looked around for local problems they could fix and took action starting in 2008. A former retail entrepreneur, McNeeley



Margot McNeeley

# CHANGE MAKERS

## INSPIRED TO ACT

by Linda Sechrist

“Ours is not the task of fixing the entire world all at once, but of stretching out to mend the part of the world that is within our reach. Any small, calm thing that one soul can do to help another soul will help immensely. It is not given to us to know which acts, or by whom, will cause the critical mass to tip toward an enduring good,” says Clarissa Pinkola Estés, Ph.D., a world-renowned author and Jungian psychoanalyst specializing in post-trauma counsel.

Thousands of people each day choose to see a world radiating with hope and light, despite ever-present conflict and strife. Their talents and gifts, alliances and collaborations are inspiring a new story that ripples outward into our communities and beyond.

In *The Ten Gifts: Find the Personal Peace You’ve Always Wanted Through the Ten Gifts You’ve Always Had*, author Robin L. Silverman affirms that everyone can reach within, even in the worst of circumstances, for treasures that can be used to improve the lives of others. She concludes, “We are not meant to use our gifts simply to survive,

but to satisfy our souls and inspire others to do the same.”

### Meeting Basic Needs

Komal Ahmad was unaware that her single act of kindness in simply offering to share her lunch with a homeless veteran in 2011 while she was attending the University of California, Berkeley, would lead to a multiplying mission to feed America’s hungry. His heartfelt expression of gratitude for his first meal in three days sparked an epiphany: Her school was regularly throwing away thousands of pounds of food while neighbors were going hungry.



Komal Ahmad

Today, Ahmad is the founder and CEO of Copia, an app that matches nonprofits serving in-need veterans, children, women and others with companies that have leftover gourmet food. Following the 2016 Super Bowl, she used Copia’s technology to organize food pickups throughout the San Francisco Bay area. What she

didn’t want food to go to waste and created the Project Green Fork certification program after learning that 95 percent of restaurant waste can be diverted from landfills. Her nonprofit helps restaurants to conserve water and energy, develop recycling and composting systems and switch to biodegradable containers and environmentally friendly cleaning operations.



Janet Boscarino

Boscarino’s experience in business development and sales, combined with her disdain for litter, led her to found the nonprofit Clean Memphis, which began in 2008 with volunteer crews picking up litter. In recent years, the initiative’s community-wide strategy has expanded to involve local governments, businesses, neighborhoods, faith-based organizations and 20 local “sustainable schools”. In 2017, Project Green Fork will become a part of Clean Memphis.

Throughout two decades of educational activism, John G. Heim’s passion for clean water as a human right has not waned.



John G. Heim



The founder and leader of The SWFL Clean Water Movement, headquartered in Fort Myers Beach, Florida, persisted even when many business owners considered him a nuisance, driving off tourists.

As infestations of blue-green algae blooms have reached emergency levels, Heim's ongoing grassroots campaign to increase awareness of water quality issues that's backed by social media recently brought him to Washington, D.C., to make his case before Congress. The nonprofit's 18,000 members have succeeded in bringing national attention to the thick muck now plaguing both Florida coasts. They're working to alter nutrient-laden discharges from Lake Okeechobee that send agricultural toxins and rain overflow down the Caloosahatchee and St. Lucie rivers and out into vital estuaries.

Scott Bunn's Seneca Treehouse Project, launched in 2010, grew from his building background in a family of entrepreneurs to encompass design/build services and education in eco-housing and ethical living.



Scott Bunn

Bunn's original Seneca, South Carolina, homestead and acreage includes apprentice learning programs teaching practical skills in cultivating permaculture, growing food, building structures, working with tools and living in an intentional community.

"For the next six years, our goal is to annually train 50 people that will train 50 more people. Continuing this exponential growth pattern means the potential for 312 million more people living more compatibly and lightly upon the Earth. We've already established collaborations with six other cities around the U.S. that can potentially duplicate our efforts," says Bunn.

## Providing Healthcare Options

Martie Whittiken, of Plano, Texas, a board-certified clinical nutritionist and host of the *Healthy by Nature* nationally syndicated radio show, uses her talents to advocate for health freedom in America. Educating listeners for 19

We are a community of possibilities, not a community of problems. Community exists for the sake of belonging, and takes its identity from the gifts, generosity and accountability of its citizens. We currently have all the resources required to create an alternative future.

~Peter Block, *Community: The Structure of Belonging*

years, she served as president of the National Nutritional Foods Association during crucial phases of the 1992 to 1994 fight to successfully pass the Dietary Supplement Health and Education Act to preserve consumer choices.



Martie Whittiken

The author of *The Probiotic Cure* also helped found the Texas Health Freedom Coalition to protect citizens' rights to choose alternative medical treatment in her state. Whittiken says, "My work is a labor of love. I have no interest in becoming famous or well known unless it contributes to getting the job done."

On a 2006 medical mission to Haiti, Gigi Pomerantz, a licensed nurse practitioner at the Aurora Sinai Medical Center, in Milwaukee, discovered the impact of a lack of clean



Gigi Pomerantz

water and sanitation as her four-person team treated 1,400 patients for worms, stomach problems, diarrhea and poor appetite. Two years later, she founded Youthaiti, where she serves as executive director.

The nonprofit helps rural Haitians build composting toilets and develop organic gardens using recycled waste as fertilizer. It also provides community hygiene education and reforestation. Everything is aimed at breaking Haiti's widespread cycle of contamination and disease, and safely convert human waste into agricultural fertilizer that's increasing crop productivity and the availability of healthy food.

Psychotherapist Jacqui Bishop and Integrative Nutritionist Lisa Feiner, co-founders of Sharp Again Naturally, in White Plains, New York, believe that dementia is reversible, and no case should be considered hopeless until all causative factors have been tested and ruled out. Their resolve for eliminating causes of disease rather than managing symptoms is based on University of California, Los Angeles, research studies and sources quoted in a Health Advocates Worldwide documentary.



Jacqui Bishop



Lisa Feiner

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Project Yoga Richmond, established in 2010, makes yoga accessible to everyone in the city's metro region. Thirty yoga teachers lead pay-what-you-can studio classes that help fund 22 outreach programs for underserved communities. Healing programs are designed for needs related to autism, recovery, seniors, special students and youths in the court system. "We also provide continuing instructor education, visiting teachers, workshops and other special events that deepen yoga practice in our community," says co-founder Dana Walters, who serves as the board of directors vice president.

## Enriching Lives

As an Emmy Award-winning trumpeter, composer, educator and co-founder, conductor and artistic director of the Chicago Jazz Philharmonic (CJP),

Orbert Davis is dedicated to multi-genre projects. His collaborative research in 2012 while in Cuba on a people-to-people exchange accompanied by fellow musicians and River North Dance Chicago's Artistic Director Frank Chaves (now retired) proved to be a multifaceted boon.

It generated the philharmonic's *Havana Blue* live performance in 2013 and ignited a weeklong cultural exchange with Cuba's Universidad Ciudad de las Artes (ISA) during his return trip for the Havana International Jazz Festival in 2014. President Barak Obama's announcement of the normalization of Cuban/U.S. diplomatic relations opened up the possibility for



Orbert Davis

a continuing CJP/ISA relationship, as well as their 2015 landmark partnered event when 37 ISA students traveled to Chicago to perform *Scenes from Life: Cuba* at Chicago's Auditorium Theatre. Davis promises more such events to come.

All of these individuals represent a small percentage of the game-changers actively moving to create an alternative future. Estés observes, "What is needed for dramatic change is an accumulation of acts; adding, adding to, adding more, continuing. We know that it does not take everyone on Earth to bring justice and peace, but only a small, determined group that will not give up during the first, second or hundredth gale."

Linda Sechrist is a senior staff writer for Natural Awakenings. Connect at [ItsAllAboutWe.com](http://ItsAllAboutWe.com).

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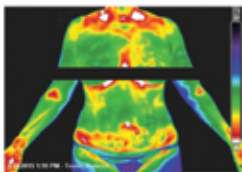
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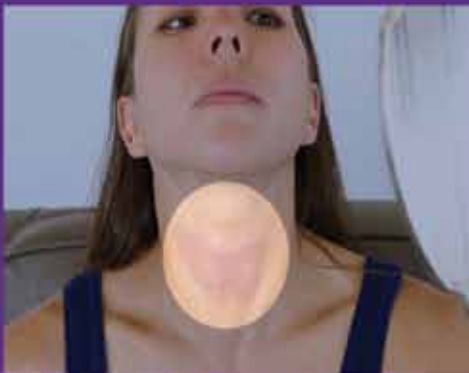
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Micronutrient deficiencies are common in our population. I am on record as saying that dietary supplements are not substitutes for good diets, but they are good insurance against gaps in the diet.

- Andrew Weil, M.D.

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## Chiropractic to the Rescue

### It Helps IBD, ADHD, PMS and Other Conditions

by Edward Group

Chiropractic care corrects spinal alignment abnormalities as a means of treating a wide range of health problems. Addressing skeletal and muscular disorders and relieving pain are just the beginning. Research studies reported in the *Journal of Manipulative and Physiological Therapeutics* and the journal of healing science *Explore* have found chiropractic beneficial in treating connective tissue abnormalities, infant lactose intolerance and even autism.

More than \$13 billion is spent annually on chiropractic health services, making it the largest alternative health practice in the U.S. Science supports its usefulness in addressing a wide range of conditions.

**Bell's Palsy.** Recovery varies among patients as chiropractors create patient-centric treatment programs designed to improve facial motion and hearing, relieve pain and address other nerve-related issues (*Archives of Internal Medicine; Journal of Manipulative and Physiological Therapeutics*).

**Inflammatory Bowel Disease (IBD).** A Canadian survey of chiroprac-

tors has reported success in using spinal manipulation to relieve IBD, colitis and other bowel disorders (*Canadian Journal of Gastroenterology & Hepatology*).

**Cancer.** The *Journal of Complementary and Alternative Medicine* publishes numerous studies of therapies supporting cancer patients suffering the side effects of conventional treatment. The *American Journal of Clinical Oncology* reports that chiropractic care rates as one of the leading alternative medical treatments for pain management, among other related benefits. Chiropractic offers economical and effective strategies that may help quality of life, as discussed in *Seminars in Oncology Nursing*.

**High Blood Pressure.** While many relevant studies can't yet generalize results, the *Journal of Manipulative and Physiological Therapeutics* documents success by chiropractors treating hypertension without the downside of medical drugs that can include the risk of stroke (University of Alabama at Birmingham).

**Chronic Sinusitis.** Patients with nasal and sinus passages that don't



drain properly due to physical or nerve-related causes may find relief through chiropractic care. A study cited in the same journal showed that patients experienced relief of all related symptoms after a single adjustment.

**Arthritis.** A study published in a journal from the the University of Virginia School of Medicine Center for the Study of Complementary and Alternative Therapies notes that arthritis patients obtaining chiropractic care enjoyed better health and quality of life than those that did not.

**Premenstrual Syndrome (PMS).** In clinical studies, combining manual spinal adjustment with soft tissue therapy has been found to relieve PMS discomfort. In one study, two groups of women were tested, switching off in receiving chiropractic adjustments or a placebo alternative. Each time, the group receiving chiropractic adjustments reported the greatest improvements (*Journal of Manipulative and Physiological Therapeutics*).

**Attention Deficit Hyperactivity Disorder (ADHD).** A study published in *Explore* suggests that chiropractic care combined with other holistic elements such as appropriate nutrition may provide a more gentle, yet effective approach than conventional psychotropic drugs. It employed chiropractic treatment for boys 9 to 13 years old diagnosed with ADHD. Spinal manipulation with nutritional supplementation was reported to improve hyperactivity, inattentiveness, impulsiveness and behavioral, social and emotional difficulties.

**Headaches.** Based on recent studies, spinal manipulation has proven effective against migraines and headaches originating from the neck. Manual therapy of the spine, along with neck exercises, promotes improvement in patients with neck-related headaches. Side effects are rare and minor (*Journal of Manipulative and Physiological Therapeutics*).

*Dr. Edward Group is CEO and co-founder of the Global Healing Center, in Houston, TX (GlobalHealingCenter.com). He is a doctor of chiropractic trained in naturopathy, herbals and clinical nutrition; author of The Green Body Cleanse; and a diplomate of the American Board of Functional Medicine.*

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# Born to Eat Wild

## Why Ancestral Diets Boost Health

by Judith Fertig

In *The Omnivore's Dilemma: A Natural History of Four Meals*, Michael Pollan surmised that we'd be healthier if we ate the way our great-grandparents did. It would mean sticking to regularly scheduled meals instead of impulsive snacking, having a meat or protein item comprise only a quarter of our plate, adding fresh vegetables and eliminating junk food.

We must look further back than our immediate ancestors, counters Jo Robinson, a food journalist who surveyed more than 6,000 scientific research studies before writing her bestselling *Eating on the Wild Side: The Missing Link to Optimum Health*. She has also co-authored several other books, including *The Omega Diet: The Lifesaving Nutritional Program Based on the Diet of the Island of Crete*.

### Narrowed Field of Foods

"Many believe we have dumbed down the nutrition in our food over the past 100 years," says Robinson, who lives and gardens on Vashon Island, Washington. "Research shows we have been breeding out proteins and minerals and most importantly, antioxidants, for much longer."

She points out that the hunter-gatherer diet encompassed many wild foods that tasted more bitter, astringent, sour and earthy than the sweet blandness in today's fruits and vegetables. Wild foods offered a wider variety of phytonutrients, but came at a cost—the time required to hunt and gather enough food for a day, let alone a season.

"Then, 12,000 years ago, we had a better idea—gardening," says Robinson. "We evolved to 20 varieties in a garden versus 150 in wild plants." First, farmers chose sweet, starchy, mild-tasting, oil-rich foods such as figs, dates and olives. "We're hard-wired to choose high-calorie foods because they're directly connected to the pleasure centers of the brain," she adds.

After that, the trend to grow sweeter-tasting, less nutritious plants snowballed. Robinson cites research that found adding one Golden Delicious apple to the daily diet of a small group of overweight men led to higher levels of undesirable low-density lipoprotein (LDL) cholesterol and triglycerides due to its high-fructose content and low levels of antioxidants (*International Journal of Preventive Medicine*).

### Wilder Options

Even organic farming methods, in which the soil is naturally enriched, can't return all those lost nutrients to our food. Rather than advocate that we return to eating wild foods, Robinson suggests finding wild equivalents. Even those that follow a paleo diet—presumably eaten by early humans and consisting chiefly of meat, fish, vegetables and fruit, excluding dairy, grain products and commercially processed items—could use further refinements in the produce they choose. She recommends specific varieties of fruits and vegetables and explains the benefits of "wild" foods such as meat, eggs and dairy from livestock and poultry fed on grass on her website, *EatWild.com*.

We can make smarter choices, seeking wilder-type varieties of foods at the grocery store, farmers' market and garden seed companies. In general, they are more vividly colored, especially from red to purple, and less sweet. Brightly colored fruits and vegetables indicate a botanical sunscreen the plant produces to protect itself from ultraviolet light and other external threats, notes Robinson; it's an indication of a higher antioxidant activity.

"Find as many purple foods as possible because they have anthocyanins, known to fight cancer and inflammation," suggests Robinson. "The original carrot from Afghanistan is purple. It's only been orange for the past 400 years when it was bred to salute the royal House of Orange, in the Netherlands."

According to Robinson, we can also prepare our foods in ways that maximize their phytonutrient content. Eat fresh-picked asparagus and broccoli immediately or their natural sugars and antioxidants disappear. Let chopped or pressed garlic sit for 10 minutes before using so its pungent allicin—the healthy compound that benefits our health—will increase. Tear fresh lettuce the day before eating and keep it fresh in a plastic bag with poked holes, to allow the still-living lettuce to rally its healthy compounds as if its battered leaves were repelling an insect attack.

This emerging science of polyphenols, the technical term for phytonutrients in our food, will be explosive, predicts this pioneering research-based author. "There's a new study just about every month," she finds. It can all lead toward breeding and growing more nutritious foods that are more readily accessible to everyone.

*Judith Fertig writes cookbooks and foodie fiction from Overland Park, KS (JudithFertig.com).*



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# SORE THROAT SOOTHERS

## Natural Remedies Help Kids Heal

by Kathleen Barnes

The household is settling for the night when the 5-year-old cries out, “My throat hurts!”

“There’s no need to panic,” says Dr. Tieraona Low Dog, in Pecos, New Mexico, an integrative physician and chief medical officer of Weil Lifestyle. “It’s pretty easy to figure out if it’s strep throat, which requires antibiotics, or something you can treat at home.”

Only 10 to 20 percent of sore throats in children are caused by *Streptococcus* bacteria which, if not properly treated, can lead to heart damage. The first question to ask is, “What are the symptoms?” If these include sudden onset of a severe and worsening sore throat without any complaints of scratchiness; a fever of 101 degrees Fahrenheit or more; headache or stomach pain; and the lack of a stuffy nose, cough or sign of a cold—a trip to the pediatrician is essential and a course of antibiotics is necessary, says Low Dog.

The vast majority of youngsters’ sore throats, which may accompany a common cold, are caused by viruses and will heal on their own in about a week. Many natural remedies will help children feel better and relieve the pain; some cost so little they are nearly free.

**Salt water gargle:** “A glass of warm water with half a teaspoon of sea salt swirled into it is an old-school remedy that works well for kids at least 5 years old,” says Erika Krumbeck, a naturopathic doctor and licensed primary care physician practicing pediatrics in Missoula, Montana. She notes that a salt water gargle can also moderate the symptoms of strep until the child can see a doctor.

*The Mayo Clinic Book of Home Remedies* confirms that the salt water draws excess fluid from inflamed throat tissues. It also loosens mucus and removes other irritants, including bacteria, allergens and fungi. Just make sure children don’t swallow the salt water, counsels Krumbeck.

**Warm compresses:** A warm water compress using a wet hand towel applied for 10 or 15 minutes every hour loosens mucus and is soothing. “It’s amazing how effective these familiar practices are,” says Krumbeck. “Grandma knew what she was doing.”

**Lemon juice and honey:** “Honey is sweet, so kids love it,” says certified nutritionist Kimberly Snyder, of New York and Los Angeles. This traditional recipe works because the honey has antibacterial properties and the lemon juice is packed with immune-boosting antioxidants.

Snyder cautions that babies younger than 12 months old should never be given honey because their immune systems cannot handle the bacterial spores sometimes present in the sweet treat.

**Elderberry:** The tiny purple berries of the *Sambucus nigra L.* plant shortens the duration of colds and flu often suffered by air travelers, according to research that includes a large Australian study. Elderberry syrup appeals to kids because it tastes delicious. Low Dog recommends keeping a bottle on hand at all times because it’s hard to know when a child will complain of a scratchy throat. “This yummy syrup is good for all ages. It’s so safe. I love it,” says Low Dog, adding, “Plus, you can always use it on whole-grain pancakes.”

**Sage and Echinacea:** Drinking sage tea and gargling with echinacea are old-time remedies for sore throats that now have scientific backing, says Snyder. Go for a twofer and add a little echinacea to the tea, she suggests.

A Swiss study showed that an echinacea/sage spray soothed sore throat symptoms just as well as a chlorhexidine/lidocaine spray, which can have side effects that include more swelling and even allergic reactions; the suggested spray should not be used with children under 12.

Pairing up a dose of safe and gentle, time-tested sore throat recipes with a big hug will go far toward relieving most little ones’ suffering.

*Kathleen Barnes has authored numerous natural health books, including Food Is Medicine: 101 Prescriptions from the Garden. Connect at KathleenBarnes.com.*

## UNSAFE DRUGS

**Acetaminophen**, a popular ingredient in over-the-counter children’s cold medicines like Tylenol, has been linked to twice the risk of developing asthma. Immediate side effects can include rapid heart rate and convulsions.

**Ephedrine, pseudoephedrine and phenylephrine** are popular ingredients in children’s cold medications even though the U.S. Food and Drug Administration (FDA) says they’re not effective. Side effects include the possibility of unsupervised children overdosing on the sugary concoctions and can even prove fatal. In 2008, the FDA warned parents not to use any such cold medications for children under 4.

**Antibiotics** are not effective against the viruses that cause most colds and flu. Antibiotics kill bacteria like those associated with strep throat, not viruses. Using antibiotics for a cold can actually lead to future antibiotic resistance.





# Tree-Mendous Love

## How Trees Care for Each Other

by Melissa Breyer

From learning to communicate to physically caring for each other, the secret lives of trees are wildly deep and complex.

“They can count, learn and remember; nurse sick neighbors; warn each other of danger by sending electrical signals across a fungal network known as the ‘wood wide web’; and keep the ancient stumps of long-felled companions alive for centuries by feeding them a sugar solution through their roots,” reveals Peter Wohlleben, a German forest ranger and author of *The Hidden Life of Trees: What They Feel, How They Communicate—Discoveries from a Secret World*, released in September.

Upon seeing two soaring beeches in the forest, Wohlleben observes, “These trees are friends. See how the thick branches point away from each other? That’s so they don’t block their buddy’s light. Sometimes, pairs are so interconnected at the roots that when one tree dies, the other one dies, too.”

Wohlleben is rekindling a re-imagination of trees even as many people consider their role is only to supply us with oxygen and wood. Using a mix of scientific research and his own observations from studying forestry and working in the forest since 1987, the man who speaks for the trees does so in decidedly anthropomorphic terms.

“Scientific language removes all the emotion, and people don’t understand it anymore. I use a human language. When I say, ‘Trees suckle their children,’ everyone knows immediately what I mean,” he says.

After years of working for the state forestry administration in Rhineland-Palatinate, and then as a forester managing 3,000 acres of woods near Cologne, he began to understand that contemporary practices were not serving the trees or those that depend on them very well. Artificially spacing out trees ensures that trees get more sunlight and grow faster, but naturalists report that trees exist less like individuals and more as communal beings. By working together in networks and sharing resources, they increase their resistance to potentially damaging influences.

After researching alternative approaches, Wohlleben began implementing some revolutionary concepts. He replaced heavy machinery with horses, stopped using insecticides and let the woods become wilder. The pilot German forest plot went from losing money to posting a profit in two years.

As Dr. Seuss’ tree-loving Lorax says, “I speak for the trees. I speak for the trees, for the trees have no tongues.”

*Melissa Breyer, of Brooklyn, NY, is the editor of Treehugger.com, from which this article was adapted.*

## 20 Best Foods for FIBER



Fiber can lower blood sugar, cut cholesterol, and may even prevent colon cancer and help you avoid hemorrhoids. If it were a drug, the world would be clamoring for it.

But few people are getting enough.

Women should get about 25 grams a day and men at least 35 to 40, but the average person gets just 15 grams a day. Eating fiber-rich whole foods—not foods that tout “added fiber”—is the best way to increase your fiber intake.

— Dr. Steven T. Castille



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## greenliving



# Planet-Friendly and Profitable

## The Rise of Ecopreneurs

by Avery Mack

Whether it's a sideline or full time, flourishing small businesses stimulate the economy. The U.S. Small Business Association found that between 2009 and 2013, companies with fewer than 500 employees accounted for 60 percent of net new jobs. Technology allows new commercial ventures to be launched from home, yielding huge savings in startup costs. Owners have found ways to fulfill needs by leveraging their past job experiences and personal interests.

### House and Garden

When the economy faltered in 2008, Dave Marciniak, owner and lead designer at Revolutionary Gardens, in Culpeper, Virginia, offered eco-friendly services. "I focus on a few key points and design to make the outdoors a place where people want to be," he says.

Even for urbanites, fresh garden herbs are available thanks to ecopreneurs like Andy Avramenko, who created TrendyThing, in New York City. "The edible plants our bike messengers distribute come from

local farmers," he explains. Basil, parsley, dill, lettuce and other herbs and greens are available for all five boroughs; potted plants arrive fresh weekly via subscription.

In addition to cleaning homes, Debbie Sardone, owner of Speed Cleaning, in Lewisville, Texas, saw an opportunity to manufacture her own green cleaning products. They're part of a full-line online catalog.

Ryan Riley and his wife, Ashley Spitz, of Los Angeles, own and operate Biz Bagz, dog waste bags made in America from bio-based resins and recycled plastics. He notes the genesis of their idea: "Landfills are anaerobic, so biodegradable bags don't get the oxygen required to break down. Compostable bags are available, but few places provide composting services. We offer a cleaner alternative."

Another pet-inspired idea was spawned when Kevin Li, of Manhattan, New York, left his puppy home alone for the first time. He invented an app-operated remote control ball with a camera called PlayDate ([Tinyurl.com/RemoteBallApp](http://Tinyurl.com/RemoteBallApp)).



## Personal Care

People- and planet-friendly personal care products address other ongoing customer needs. Nitya Gulati, founder of Sugarloom Cosmetics, in Ashburn, Virginia, specializes in American-made, vegan, cruelty- and toxin-free nail polish. She advises, "Look for 'five-free' on the label, which means no formaldehyde, dibutyl phthalate, toluene and allergens camphor and formaldehyde resin. Watch out for guanine, made from fish scales, found in glittery polishes. Oleic acid, a thickener, is animal fat. Vibrant reds may contain carmine, made from boiled, crushed beetles." She warns that products tested by a third party can obscure animal testing during product development.

Amelia Swaggert and Elizabeth Ripps, co-founders of California Scrub Company, in Los Angeles, upcycle coffee grounds into a natural facial scrub. They've eliminated plastic at every step of production from sourcing to packaging. They're also helping to keep the world's oceans from becoming plastic soup by supporting the Beat the Microbead cam-

paign. ([BeatTheMicrobead.org/en](http://BeatTheMicrobead.org/en)).

Maintaining a professional look while living green can be a challenge. *OneSavvyMother.com* found a stylish, eco-friendly, lightweight and durable tote bag designed by Natalie Therése. The vegan cork tote is made in Boxford, Massachusetts. Shavings from the bark of the cork oak tree grown in Portugal are transformed into ultra-thin sheets to produce cork fabric; the certified organic cotton lining is produced in Korea and China in certified Global Organic Textile Standard and fair trade facilities.

## Out and About

Mya Zeronis saw a need for healthy food and stepped out of her comfort zone to fulfill it through her extra VEGANza Pgh restaurant and its catering arm, Lean Chef en Route, recognized by Sustainable Pittsburgh. "We source locally, compost produce scraps, serve meat- and dairy-free menu options, practice food waste management with root-to-stem preparation and maintain energy conservation," she

says. Customers are encouraged to bike to the restaurant; there's even a bicycle air pump and flat tire repair kit on the premises if emergencies arise.

Shared bikes are a welcome addition at colleges for budget-minded and time-strapped students. Rented by the hour or day, they're a convenient, healthy and non-polluting way to get around campus. New York University at Buffalo students can remotely locate, rent and unlock GPS-enabled bikes. At Williams College, in Williamstown, Massachusetts, the Purple Bike Coalition provides free use of bikes and a staffed repair station; a cargo bike helps transport larger objects.

Entrepreneurs are creative by nature; seeing a need and asking, "What if?" Eco-friendly, green-minded entrepreneurs take ideas a step farther, working to ensure the health of consumers and the planet. They succeed as they serve and inspire us all.

Connect with the freelance writer via [AveryMack@mindspring.com](mailto:AveryMack@mindspring.com).



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- a bladder infection
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- Hematuria (blood in urine)
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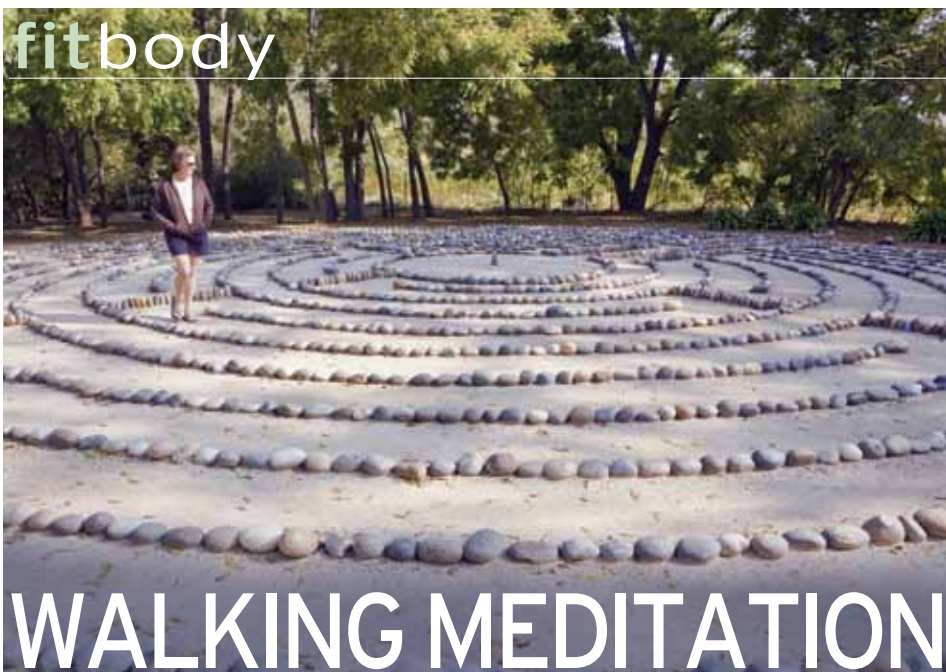
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(337) 424-5066**

**for more information.**

**Call (337) 896-4141**

The cost of a Urinalysis is only \$30

fitbody



## WALKING MEDITATION

### The Calming and Centering Effects of Labyrinths

by Gina McGalliard

While many of us like to meditate, some can't sit still. Walking a labyrinth provides an enticing alternative.

A n archetypal labyrinth gently leads us in a circular path inward toward a center and then back out again. Found in ancient cultures from African, Celtic and Greek to Native American, they became especially popular fixtures in Medieval European churches; one of the most renowned is in France's Chartres Cathedral.

Depictions of labyrinths have been included in paintings, pottery, tapestries and in Hopi baskets as a sacred symbol of Mother Earth. Several American tribes saw the pattern as a medicine wheel. Celts may have regarded it as a never-ending knot or circle. While some of the oldest known labyrinths decorate cave walls in Spain, today they grace diverse locations ranging from spas and wellness centers to parks, gardens, university campuses and even prisons.

"Labyrinths can be outdoors or indoors. Permanent labyrinths may be made of stones, rocks, bricks or inlaid stones. Temporary labyrinths can be

painted on grass or made with all sorts of things for a particular purpose or appropriate to a specific cause," explains Diane Rudebock, Ed.D., resource vice president and research chair of the Labyrinth Society, in Trumansburg, New York.

"Walking a labyrinth is useful for those that sometimes have a hard time being outwardly still and drawing themselves inward. You must move your body, and because you're focused on the path while you're walking it, it's easier to drop wholly into the journey and let go of all else," says Anne Bull, of Veriditas, a Petaluma, California, nonprofit that supports new labyrinth designs to suit the spiritual needs of hospitals, schools and retreat centers. The group also sponsors a worldwide directory at [LabyrinthLocator.com](http://LabyrinthLocator.com).

### Individual Approaches

A labyrinth walk typically involves three stages. The first is for releasing extraneous thoughts on the way to the



center. Upon arriving in the stillness of that point, the participant opens heart and mind to receive whatever message or wisdom is intended for them. The return path is the integration phase, to make a fresh insight our own.

Participants should approach their walk in different ways: One may have a specific question or intention in mind; another may be open to whatever occurs during their meditation; yet another may repeat a meditative mantra. One might even choose to bypass the path entirely in order to sit contemplatively at its center. Unlike a maze, it's impossible to lose our way with the circular path serving as a simple and reliable guide.

Although scientific research on labyrinth meditation has been limited to participant questionnaires, future studies may incorporate the use of functional magnetic resonance imaging technol-

ogy to measure brain activity and record what individuals experience. Labyrinths located in settings like hospitals and prisons lend themselves to such research, says Rudebock. As a Veriditas-certified labyrinth facilitator, she conducts workshops and observes, "Walks are unique to each individual and may not produce uniform or replicable results."

At its core, the experience is about listening to our truest self, away from the cacophony of modern life. "I believe that the world needs places where our souls can be quiet," remarks Jean Richardson, director of the KirkrIDGE Retreat and Study Center, in Bangor, Pennsylvania, which includes a seven-circuit labyrinth. "Retreat centers and labyrinths are places where we can listen to our inner heart, feel our inner calling and tap into our own divine nature. I think deep listening is not always valued in a world where we are rewarded for being busy and keeping our schedules full."

## Nearby Opportunities

Today, labyrinths—indoor, outdoor, natural, urban, secular and religious—are found in or near many communities. Following the lead of California's Golden Door Spa, in Escondido, which pioneered the use of a labyrinth in a spa setting, many spas now incorporate them in their wellness or mindfulness programs.

Labyrinthine invitations to a mindfulness practice are open to everyone. "A labyrinth can bridge all beliefs, faiths, religions and walks of life," says Bull. "You can walk a labyrinth no matter what you believe. Benefits come in walking it with an open mind and open heart."

*Gina McGalliard is a freelance writer in San Diego, CA. Connect at [GinaMcGalliard.com](http://GinaMcGalliard.com).*



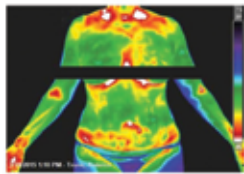
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## GREEN WATERS

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## Acidic Body and OBESITY



If your body is acidic, you cannot lose weight. The body's main way of flushing out toxins is through your colon, kidneys, skin and lymph system. However, the more bombarded these organs become with toxins, the less effective they become at flushing. The result is that excess acidic wastes get stored in fat cells where they cause less harm to the body. Despite your best efforts, you are unable to lose weight because your body is holding on to these excess fat cells; after all, it needs them for storing acidic wastes. Alkalize your body to lose weight.

## Alkalize your body with GREEN WATERS



## naturalpet

# Cat-astrophe

## How to Slim a Fat Feline

by Sandra Murphy



Dennis van de Water/Shutterstock.com

**A**lmost 60 percent of America's pet cats are overweight, according to a survey by the Association for Pet Obesity Prevention. Feline obesity can lead to joint pain, hinder self-grooming and make it harder to use the litter box, all resulting in fat cats being left at shelters by frustrated owners.

Chubby kitties also are more prone to osteoarthritis, Type 2 diabetes mellitus, respiratory problems and non-allergic skin conditions. "Potential health problems make overweight cats harder to adopt," says Deanna Schmidt, with the Pennsylvania Society for the Prevention of Cruelty to Animals, in Pittsburgh. "On Fat Cat Tuesdays, we waive the adoption fee for cats 14 pounds and over. We counsel adoptive families and follow up so that ongoing healthy eating and exercise continues to melt away the pounds."

Experts advise that a house cat should maintain the sleek, fluid motion of a jungle cat. Viewed from above, healthy cats have a distinct waistline, an inward curve between the rib cage and hips. Pick it up and step on the scale. The pet's weight should comprise between six to 10 pounds of the total.

"The first time I saw healthy cats, I thought they looked small because I'd become used to seeing fat cats," recalls Traci Pichette, founder of Pumeli tea and gift boxes, in St. Petersburg, Florida. She's not alone in her assessment.

### Suggested Solutions

While free-feeding dry food is easier for owners and allows a cat to snack at will, some take advantage and overeat, often from boredom. To help the transition from always-available dry food to mealtime wet food, use kibble as a special treat.

Food puzzles, widely available online or in pet supply stores, will keep Kitty busy during the day. Homemade feeding puzzles work, too; put a small amount of kibble in a cardboard tube or small box, tape the end shut and randomly cut small holes in the sides. Kitty will have to roll the tube or fit a paw inside to retrieve a treat.

"Free-feeding dry food is comparable to a constant supply of Fritos on our desk," says Jackson Galaxy, author of *Cat Daddy*. "As far as the myth that dry food cleans teeth, I ask, do you floss with Melba toast? Dry food leaves plaque. A grain-free, wet food adds needed mois-



ture and fat to their diet. A cat's teeth are designed to rip and tear, not crunch."

"Changing my cat's food to an all-wet diet slimmed her down to a healthy weight. I hated the smell, but it made sense to me that dry food was just carbs," says Pichette. "At first, she whined at not having food all the time, but got used to it, and now she can eat treats in moderation. The cool thing is we're all enjoying her increased energy and playfulness."

Cats are obligate carnivores, which means their natural diet comprises 90 percent meat and 10 percent vegetable matter. A roaming cat's native routine is to search for food, hunt, catch and eat, groom and nap. Because each catch is small, they eat frequently.

"There's still an ancestor cat inside domesticated felines, a 'raw' cat that wants to hunt for its food," explains Galaxy. "We need to play into that thinking and feed at intervals; ideally, every five hours or so, or at least in the morning, after work and about an hour-and-a-half before bedtime."

While the family's morning and evening schedules mean just a quick scoop of food in the bowl, the third meal should be an interactive one. "A battery-operated toy or waving a laser light around is not play," says Galaxy. "Interactive play is not texting with one hand and wiggling the fishing pole toy with the other. You have to get up and move to let the cat search for the toy, watch and wait, then pounce. It engages the animal mentally and physically and brings the raw cat to the surface. When you reach the point of diminishing returns, the pet is tired and it's time for a meal." His foundation improves lives of shelter animals, teaching staff to clicker train, entertain and exercise their cats to make them more adoptable.

After an active day, the cat will be ready for bed, syncing its rhythm with the rest of the household. "A full play session satisfies natural instincts and prevents the cat from hunting your ankles as you sleep," advises Galaxy. "It's not a luxury to have a variety of toys; it's a necessity for having a quality relationship with a healthy cat."

Connect with freelance writer Sandra Murphy at [StLouisFreelanceWriter@mindspring.com](mailto:StLouisFreelanceWriter@mindspring.com).

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- improves lymphatic circulation
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- tones muscles
- burns fat with increased metabolism

### Aqua - Hydro Massage Therapy

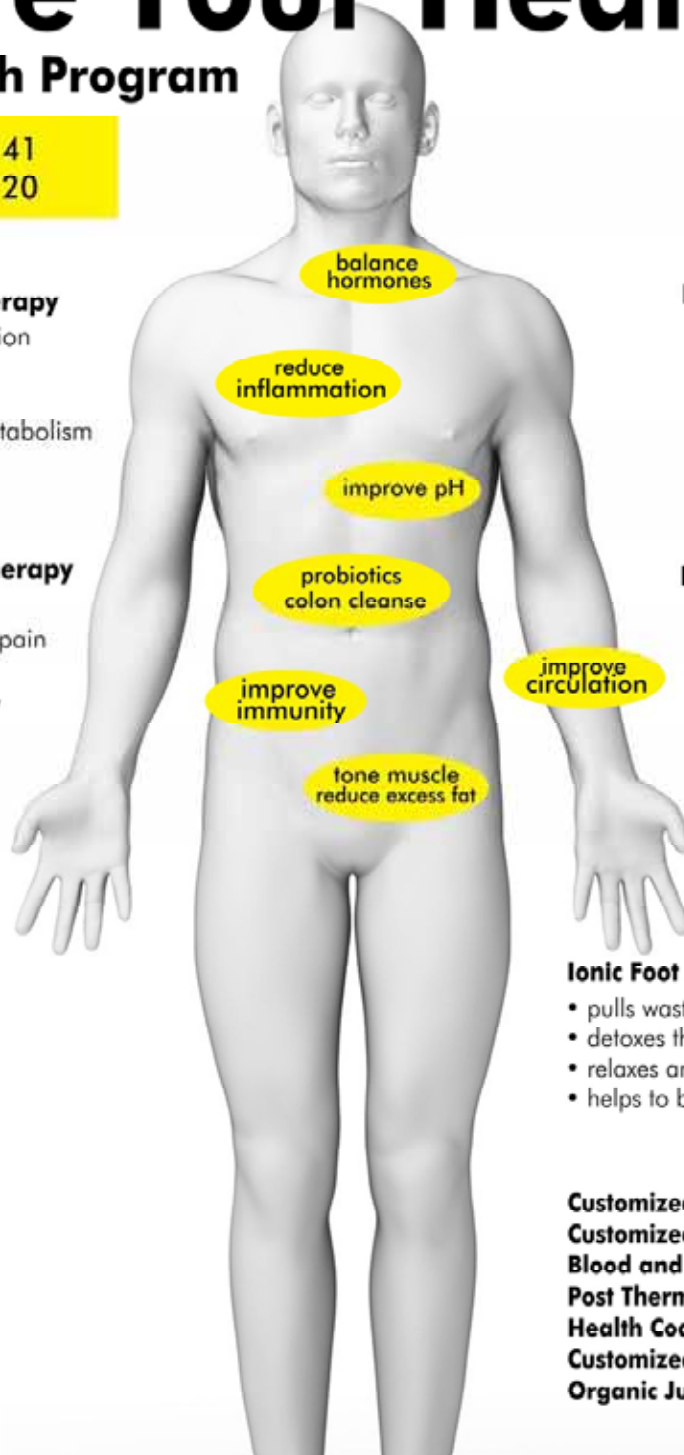
- lymphatic massage
- reduces inflammation and pain
- encourages blood flow
- relaxes and resets the body

### Zerona Cold Laser Therapy

- reduces the size of fat cells
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### Biofeedback Therapy

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- resets and relaxes the body
- improves self-awareness
- reduces stress and anxiety



### Infrared Sauna Therapy

- open blood vessels
- destroys pathogens
- detoxes the whole body

### Liquid Vitamin Hydro-Therapy

- speeds up repair of body cells
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### Ionic Foot Detox Therapy

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## INFRARED SAUNA THERAPY

### INCREASED METABOLISM AND WEIGHT LOSS

Infrared Sauna Therapy can burn hundreds of calories by increasing your metabolism and core temperature. Far infrared heat also breaks down cellulite, trapped water, fat and wastes as part of the detoxification process.



### A BOOSTED IMMUNE SYSTEM

During a session, the infrared sauna will raise your body temperature, inducing an artificial fever. Fever is the body's natural mechanism to strengthen and accelerate the immune response. The intense sweating during Infrared Sauna Therapy will enhance your immune system and increase your overall health and resistance to disease.

### DETOXIFICATION OF THE BODY

Infrared Sauna Therapy is excellent for detoxifying the body. The infrared heat stimulates sweating, while penetrating deeply and releasing toxins that can then be eliminated by the body through the sweat.

### RELIEF FROM PAIN

Infrared Sauna Therapy has been effective in providing pain relief to those suffering from back pain, sprains, strains, bursitis, fibromyalgia, rheumatoid arthritis, headaches and many other muscular-skeletal ailments.

### RELIEF FROM STRESS

Infrared Sauna Therapy has been shown to promote a rebalancing of the body's hormones through its effect on the autonomic nervous system, thereby reducing the negative physical impact of stress on the body.



## AQUA MASSAGE THERAPY



### COMBINATION OF HEAT AND MASSAGE

Another benefit of water massage is the use of heat as a modality of treatment. The water is warmed to a temperature suitable to the patient's sensitivity level. Heat has long been a therapeutic treatment choice of chiropractors and physical therapists in treating soft-tissue injuries and sports-related muscle strains. Heat and massage

together may help reduce muscle tension and pain, increase joint range of motion and encourage blood flow.

### MUSCLE BENEFITS

Just like using a traditional massage, an aqua massage can assist in relieving muscle pain, including pain that is caused by fibromyalgia. The massage will also improve circulation and relax muscles.

### HEALTH BENEFITS

Like other forms of massage, aqua massage is used to reduce pain and inflammation in sore, tense muscles and to encourage a state of overall relaxation. Other benefits of regular treatments may be improved sleep patterns, decreased muscle spasms, improved circulation and better body awareness, as in improved posture and alignment.

## WHOLE-BODY VIBRATION



### LOW IMPACT EXERCISE

Whole-body vibration is a great alternative to strenuous exercise. Fatigue and lack of mobility are easily overcome, ensuring a higher quality of life for everyone. Whole-body vibration is great for athletes, individuals wanting to maintain health, or even the elderly, disabled, or individuals with limited mobility. Whole-body vibration research has shown an increase in serotonin levels after vibration.

## ION FOOT DETOX THERAPY



### Ion Detoxification Therapy

Avoiding disease and maintaining vitality as we age requires the maintenance of an alkaline environment throughout the body – which is virtually impossible to accomplish in our

high-tech, high-stress, toxic society, unless we follow a detoxification program. Ionic Detoxification Therapy is a simple, relaxing treatment.

### How will it make you feel?

Healthy individuals can expect to feel lighter and experience a greater sense of well being from each detoxification treatment. You will be able to think more clearly and have more energy. This treatment is especially beneficial to those who suffer from edema, inflammation, gout, osteoarthritis and pain.

### How does it work?

Your feet are placed in a bucket of clean, warm, ankle-deep water. A small amount of sea salt is added to the water, in order to increase the conductivity. Then, an ionator is placed in the bucket of water along with your feet. This ionator creates a low-voltage, direct current to separate the water molecules into positive and negative ions by separating oxygen and hydrogen in the water. The ions travel through your body, attaching to and neutralizing oppositely charged particles, and osmosis pulls the neutralized particles out through the surface of your feet. Osmosis is a scientific term that is used to describe the movement of particles through a membrane from an area of lower concentration to an area of higher concentration. In this case, the higher concentration refers to the ion field that is set up by placing the ionator into the water while running the unit. Once the unit is turned on, the water will begin turning color. By the end of the treatment, the water will be discolored and contain floating or sinking particles. This is a result of the toxins being pulled out of your body and into the water.

## LIQUID VITAMIN THERAPY



### INFRARED EFFECTS

- Reduces and balances the acid level
- Improves the nervous system
- Prevention of bacteria growth
- Normalization of blood cholesterol
- Speeds up repair of body cells
- Maintains warmth and promotes better sleep
- Promotes elimination of waste and harmful heavy metals out of human body

### HYDROFUSION™

Hydrofusion™ is an exceptional technological breakthrough that creates a single blended energy from infrared heat and steam. Hydrofusion™ optimizes skin cleansing and detoxification, resulting in more balanced, hydrated skin and increased nutrient absorption from skin care products. The secret behind Hydrofusion™: infrared heats the body causing the skin to perspire. The moisture cannot vaporize in the moist steam environment, thus forming a protective layer on the body surface. This condensation layer is absorbed back into the skin, increasing oxygen supply to the blood stream and tissues leaving skin soft, supple and rejuvenated.

### CHROMOTHERAPY

Hydration station™ uses Colorbath™ digital lighting technology (LEDs). These strategically placed chromotherapy LEDs blanket the whole body in atmospheric colored light. The chromotherapy generates a rich variety of mood enhancing programs, leaving clients in a state of harmony and balance.

### VIBRATORY MASSAGE

The ergonomically designed bed features a patented vibratory system with adjustable rhythms. Vibration can be delicate or intense for relaxing or stimulating programs. Vibratory massage provides muscle relaxation, relief of minor aches and pains, and improves local blood circulation.

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# ongoing events

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

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**SUBMIT CALENDAR ITEMS TO: [publisher@NAacadiana.com](mailto:publisher@NAacadiana.com)**

## sunday

**Sunday Nature Program** – 11am. Activities chosen feature a particular season or event. Louisiana State Arboretum, 4213 Chicot Park Rd, Ville Platte. 888-677-6100.

**Lafayette Petanque Games** – 4-6pm. 4th Sun each month. Bowling game traditionally played in town parks in France on hard packed surfaces. La Boule Cadienne de Lafayette sponsors regularly scheduled game. Free. Mike LeBlanc. North end Girard Park. 337-654-9467.

**The Vertical Barre Meditation Group** – 2-3pm. Free group meditation with Laci Lopez. The Vertical Barre, 215 Garfield St, Lafayette. 318-447-5224. [TheVerticalBarre.com](http://TheVerticalBarre.com) or [ARealPerson@TheVerticalBarre.com](mailto:ARealPerson@TheVerticalBarre.com).

**Whiskey River Landing** – 4-8pm. Live Cajun or Zydeco music. Dance on a plywood dance floor and enjoy the Atchafalaya Basin. 1365 Henderson Levee Rd, Breaux Bridge. 337-228-2277.

**Meditation** – 6-7:30pm. Sitting and walking meditation; reading; discussion; chanting; loving kindness and compassion practice. Spirit Path, 714 E Kaliste Saloom Rd, Suite C-3, Lafayette. 337-233-5127. [SpiritPath@cox.net](mailto:SpiritPath@cox.net).

## monday

**Meditation** – 12pm. Twenty-five minute sitting meditation. Spirit Path, 714 E Kaliste Saloom Rd, Suite C-3, Lafayette. 337-233-5127. [SpiritPath@cox.net](mailto:SpiritPath@cox.net).

**Celebrate Recovery** – 6:00-8:00pm. A chance to discover and heal from the hurts, habits and hang-ups that prevent experiencing God and living well. This Biblical program is based on the words of Jesus and ministers to the whole person. Also available for children in Kindergarten-12th grade. Free. The Bayou Church, 2234 Kaliste Saloom Rd, Lafayette. 337-984-8291. [Recovery@TheBayouChurch.org](http://Recovery@TheBayouChurch.org).

**Yoga Class** – 6-pm. Join Sarah Trahan for yoga classes with stretching, strength building and meditation suitable from beginners to the experienced. \$10. The Thensted Center, 268 Church St, Grand Coteau.

**Les Vues Film Series** – 6:30-8:30pm. A monthly film series held the last Mon each month. Refreshments available. Free, \$5 suggested donation for curating costs. Vermilionville Performance Center, 300 Fisher Rd, Lafayette. 337-233-4077.

**Blue Grass Jam** – 7pm. Bring an instrument to join the Jam or just lay back and listen to Bluegrass and

Folk music. Cité des Arts, 109 Vine St, Lafayette. 337-291-1122.

## tuesday

**Opelousas Farmers' Market** – 6:30-9am. Fresh homegrown and homemade products produced in rural St Landry Parish. Farmers' Market Pavilion, 828 E Landry St, Opelousas. 337-543-6626.

**Jefferson Street Story Times** – 10:30am. Story times for ages 3-6. Jefferson Street Library, 538 Jefferson St, Lafayette, 337-261-5787.

**Meditation** – 12pm. See Mon listing. Spirit Path, 714 E Kaliste Saloom Rd, Suite C-3, Lafayette. 337-233-5127. [SpiritPath@cox.net](mailto:SpiritPath@cox.net).

**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.

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

**Type 1 Diabetes Support Group** – 5:45pm. Dr. Janna Flint and Leslie Fontenot, Diabetes Educator, host a monthly diabetes support group on the last Tues of the month. Free. Women's & Children's, Kids Specialty Center, 4704 Ambassador Caffery Pkwy, Lafayette. 1-877-302-2731.

**Acquired and Traumatic Brain Injury Support Group Meeting** – 6pm. 3rd Tues each month. Build a network of support. 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. 2nd Tues each month. A wide range of topics of informal workshops, question-and-answer forums, interactive presentations led by qualified facilitators. Sponsored by Decentralized Arts Funding distributed by the Acadiana Center for the Arts and the Louisiana Division of the Arts. Free. Vermilionville, 300 Fisher Rd, Lafayette. 337-233-4077 Ext 211.

**Writer's Guild of Acadiana Meeting** – 7-8:30pm. Last Tue each month. Local writers meet to share information in the craft of writing. \$30/annual membership. Barnes & Noble Booksellers, 5705 Johnston St, Lafayette. 337- 989-4142. [WritersGuildAcadiana.com](http://WritersGuildAcadiana.com).

## wednesday

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

**Meditation in the Park** – 9:15am. Relax with Iberia Parish Wellness Program. Free. Curtis Landry Park, 2016 Jane St, New Iberia. 337-519-2864

**Meditation** – 12pm. See Mon listing. Spirit Path, 714 E Kaliste Saloom Rd, Suite C-3, Lafayette. 337-233-5127. [SpiritPath@cox.net](mailto:SpiritPath@cox.net).

**Eunice Farmer's Market** – 1pm. Garden veggies, fruits, jellies and more. Corner of 2nd St & Park St, Eunice. 337-457-6503. [EuniceLa@hotmail.com](mailto:EuniceLa@hotmail.com).

**Writer's Guild of Acadiana Meeting** – 7-8:30pm. Last Tue each month. Local writers meet to share information in the craft of writing. \$30/annual membership. Barnes & Noble Booksellers, 5705 Johnston St, Lafayette. 337- 989-4142. [WritersGuildAcadiana.com](http://WritersGuildAcadiana.com).

## thursday

**Opelousas Farmers' Market** – 6:30-9am. See Tues listing. Farmers' Market Pavilion, 828 E Landry St, Opelousas. 337-543-6626.

**Meditation** – 12pm. See Mon listing. Spirit Path, 714 E Kaliste Saloom Rd, Suite C-3, Lafayette. 337-233-5127. [SpiritPath@cox.net](mailto:SpiritPath@cox.net).

## friday

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

**Begnaud House Cajun Acoustic Jam Session** – 6pm. Music with locals speaking Cajun French. Fresh coffee, cool drinks, friends to share music, stories, jokes and *Joi de Vivre* with or without instrument. Free. 110 Benoit Patin Rd, Scott, Scott I-10 Exit #97, Southside. 337-269-5155.

## saturday

**Opelousas Farmers' Market** – 6-9am. See Tues listing. Farmers' Market Pavilion, 828 E Landry St, Opelousas. 337-543-6626.

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

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

**Eunice Farmer's Market** – 8am. See Wed listing.



Corner of 2nd St & Park St, Eunice. 337-457-6503. EuniceLa@hotmail.com.

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

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

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

**Lafayette Farmers and Artisans Market** – 8am-12pm. Local farmers and artisans sell products. Food vendors offer specialty foods and drinks. Purchase fresh healthy local products. The Horse Farm, 2913 Johnston St, Lafayette. MarketattheHorseFarm.com.

**New Iberia Creole Market** – 8am-1pm. 4th Sat each month. Shop for seasonal local produce, seafood, homemade jams, jellies and preserves. Enjoy activities that promote healthier eating and lifestyle choices. West End Park, 1200 Field St, New Iberia. 337-367-0834. Facebook.com/CreoleMarket.

**Rayne Farmers Market** – 8am-2pm. Every second Saturday thru December. Purchase handmade or homegrown seasonal vegetables and produce, crafts, jellies and sweets, and bakery items. Rayne Chamber of Commerce & Agriculture office. Rayne Frog Festival Pavilion, 206 Frog Festival Dr, Rayne. 337-334-2332. RayneChamber.com.

**Bayou Vermilion Canoe Paddle** – 8:30-11:30am. 2nd and last Sat each month. Canoe trips on the Bayou Vermilion, conditions permitting. RSVP. \$5 insurance fee to American Canoe Association for a canoe or bring your own canoe or kayak. 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 enjoy a live traditional Cajun music jam session. Savoy's Music Centre, 4413 Hwy190 E, Eunice. 337-457-9563.

**La Table Francaise d'Arnaudville** – 9am. Last Saturday of the month. Venez partager l'heritage. Coffee and pastries provided. Free. NuNu's Arts and Culture Collective, Hwy 93E, Arnaudville. 337-754-7724.

**Meditation in the Park** – 9:15am. Relax with the Iberia Parish Wellness Program. Free. Jeanerette City Park, Tarleton St, Jeanerette. 337-519-2864.

**Acadiana Lupus Support Group Meeting** – 10am-Noon. 2nd Sat each month. Goodwill Corporate Office, 2435 W Congress St, Lafayette, LA. 337 261-5811.

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

**Food Truck Festival** – 10am-2pm. Food trucks at the Teche Area Farmers' Market on the second Saturday of the month. Popular vendors line up for the event. Fulton St, between Fisher St, and Iberia St, New Iberia. 337-369-2330. Facebook.com/TecheFarmersMarket.

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

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

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

**Monthly Night Hike** – 8-10pm. Last Sat each month. Hike through the Acadiana Park Nature Trail. \$3. Acadiana Park Nature Station, 1205 E Alexander St, Lafayette. 337-291-8448.

## PRAYER OF PEACE

God, my Father,  
May I love You in all things  
and above all things.  
May I reach the joy which You have  
prepared for me in Heaven.  
Nothing is good that is against Your  
Will,  
and all that is good comes  
from Your Hand.  
Place in my heart a desire to please  
You and fill my mind with thoughts  
of Your Love, so that I may grow in  
Your  
Wisdom and enjoy Your Peace.

## Are you feeling sick? Not sure why?

### LET ME RUN YOUR LABS

Find out if your body is healthy in 5 minutes.  
Lab cost is \$30.

Test your kidneys, liver, urinary track, renal organs, stomach, appendix, gall bladder, etc in just 5 minutes. Urispec is a five-minute screening test that can detect some common diseases. It may be used to screen for and/or help diagnose conditions such as a urinary tract infections, kidney disorders, liver problems, diabetes, other metabolic conditions.

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

Text your NAME and LABS to (337) 424-5066 for more information.





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# Natural Health Center

*Powerful, Positive Healing for Life*

Carencro • Sunset • Opelousas 347-4141 OR 896-4141

## Natural Weight Loss and Weight Management



### WHOLE BODY VIBRATION WEIGHT LOSS



Migraines  
57% resolved

Pseudotumor  
Cerebri  
96% resolved

Dyslipidemia  
Hypercholesterolemia  
67% resolved

Non-Alcoholic Fatty  
Liver Disease  
90% improved  
steatosis  
37% resolution of  
inflammation  
20% resolution of  
fibrosis

Metabolic  
Syndrome  
80% resolved

Type II  
Diabetes Mellitus  
83% resolved

Polycystic  
Ovarian Syndrome  
79% resolution of hirsutism  
100% resolution of  
menstrual dysfunction

Venous Stasis Disease  
95% resolved

Quality of Life-  
improved in  
95% of patients



Depression  
55% resolved

Obstructive  
Sleep Apnea  
74-98% resolved

Asthma  
82% improved  
or resolved

Cardiovascular  
Disease  
82% risk reduction

Hypertension  
52-92% resolved

GERD  
72-98% resolved

Stress Urinary  
Incontinence  
44-88% resolved

Degenerative  
Joint Disease  
41-76% resolved

Gout  
77% resolved

Mortality-  
89% reduction in  
5-year mortality

Whole body vibration (WBV) is defining a new revolution in weight loss, fat burning, and core energy restoration by mechanically stimulating your muscles at a specific frequency. Targeted muscles are given 25-27 impulses per second, causing them to contract and relax by the natural, involuntary, muscle stretch reflex, 25-27 times per second. At this optimal range, a one minute therapy session will produce 1,500 contract/relax cycles. Vibration therapy allows you the benefit of exercise without the constraints of conventional exercise. Therapy sessions of only 10-20 minutes twice a week produce measurable results.

Decreases Body Fat – The WBV works several ways to dissolve excess body fat; it increases metabolism which burns calories more rapidly; increases blood circulation and lymphatic drainage thereby removing toxins faster. Human Growth Hormone secretion increases dramatically (460%). Excess body fat melts away effortlessly. People who use the WBV for 10 minutes, three times a week, lose significantly more fat than those who engage in aerobic activity for one hour three times a week! Without sweating, bad body odor or even make-up smudging, the WBV 10 minute session is the equivalent of a 40-60 minute workout. The old fat deposits that have been stagnantly sitting in areas are stimulated for use by the body again, thereby promoting fat metabolism and decreased body fat.

Call to Schedule  
first Appointment

**896-4141**

Carencro Office

**662-3120**

Sunset Office

**356-1251**

Lafayette Office

# Lose the Weight Get Your Life Back!

"Whole body vibration stimulates muscles at a specific frequency and increases metabolism which burns calories more rapidly."

*Dr. Steven T. Castille*





**KECIA Lost OVER 105 Lbs. !!**  
(SHE LOOKS AMAZING!)



## NewDAY Weight Loss PACKAGE \$340

- 15 Whole Body Vibration Sessions
- 2 DermoSonic Cellulite Reduction Treatments
- 2 Body Wrap Treatment
- 4 FAR Infrared Heat Tummy Wraps
- 3 Ion Foot Detox Treatment
- BF-4 Weight Management Supplements

**6 WEEKS**

Up to 22 lbs lost in six week program.

**LOOK GOOD  
FEEL GREAT  
WEIGHT LOSS  
ALL NATURAL  
BETTER HEALTH**

## BF-4 WEIGHT LOSS PACKAGE \$420

- 15 Whole Body Vibration Sessions (20 min ea)
- 15 Infrared Heat Sauna Sessions (30 min ea)
- 2 DermoSonic Cellulite Reduction Treatments
- 2 Body Wrap Treatment
- 4 FAR Infrared Heat Tummy Wraps
- 4 Ion Foot Detox Treatment
- BF-4 Weight Management Supplements (28 Day)
- WheaTea Weight Loss Tea (28 Day)
- Garcinia Cambogia fat burner (28 Day)



**10 lbs: 6 Days**

"I lost 10 lbs in 6 days."



**WHY WEIGHT?**



**DermoSonic  
Cellulite  
Removal**

Remove cellulite



**FAR  
Infrared  
Heat Sauna**

600 calories in 30 min



**Water  
Massage  
Therapy**

200 calories in 20 min



**Whole  
Body  
Vibration**

600 calories in 30 min



**Hydro-Dermo  
Hydration Spa**

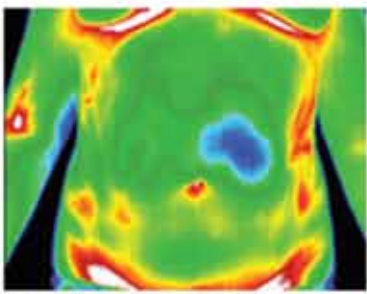
400 calories in 30 min



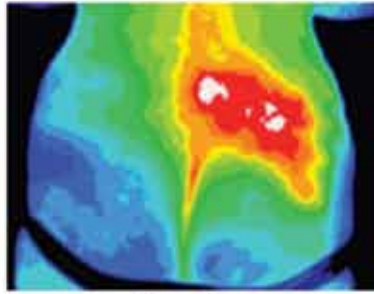
**Infrared  
Body  
Wrap**

900 calories in 50 min

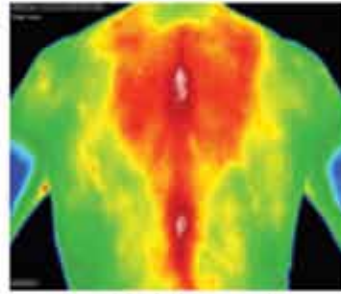




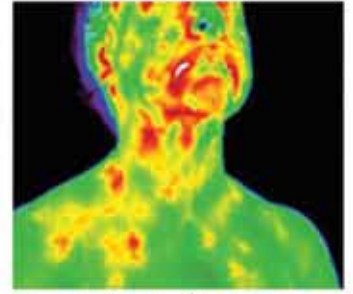
Hypothermia in the Stomach



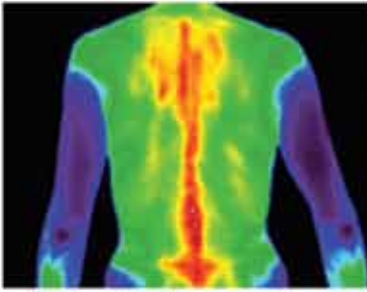
Shingles



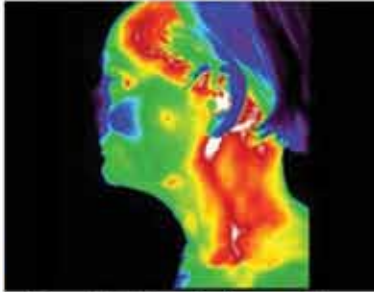
Lung Cancer



Periodontal Disease



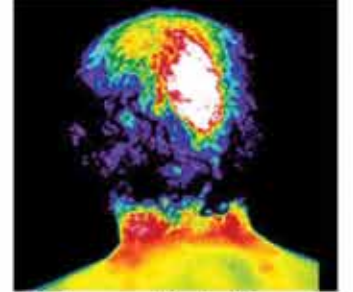
Spinal Inflammation



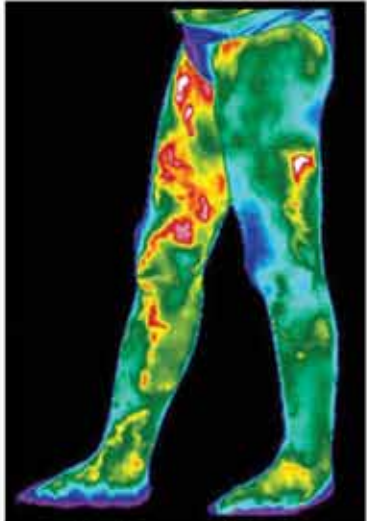
Carotid Artery Inflammation



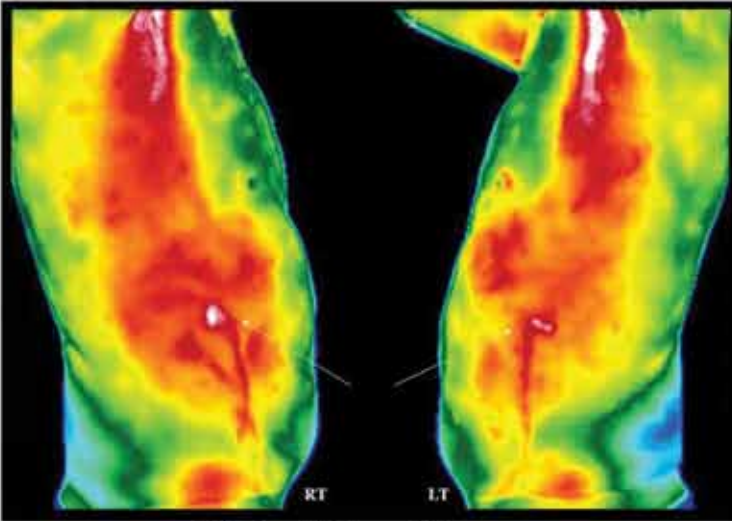
Poor Circulation Left 4th & 5th Finger



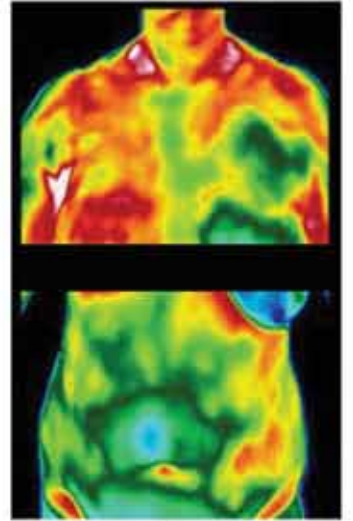
Melanoma-Scalp Cancer



Varicose Veins



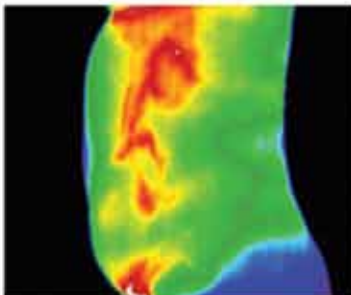
Bilateral Kidney Stones



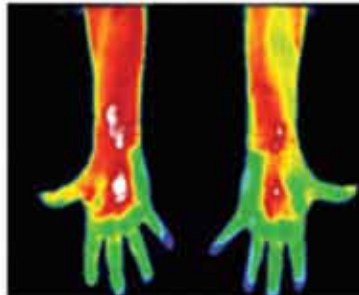
Breast Cancer



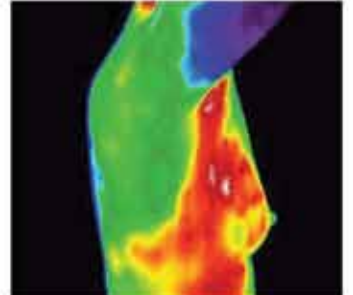
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



Lymphatic Congestion

## \$94 Full-Body Thermography Screening

Text **EXAM** and your name to

(337) **424-5066**

for more information

Call **896-4141** to schedule

Thermography is used to:

- help make informed decisions regarding the need for further treatment
- visualize the physiological component of pain, injury or illness/disease
- provide early warning of potential health issues
- identify the originating source of neuropathic dysfunction
- support the existence of a suspected condition
- aid in accurate diagnosis and treatment