

FREE

HEALTHY LIVING HEALTHY PLANET

# natural awakenings



The Castille Girls  
"The Twins"

**Healing  
Our Kids**  
How to Reverse  
Compromised Health

**Youths Step  
Up to Global  
Challenges**  
Fresh Hope for a  
Troubled Planet

**Blue Zones  
in America**  
Cities Encourage  
Well-Being

# Health Fair

## Health Screenings

### Thermography

FULL-Body Head to Toe  
Screening

**\$94**

### Labwork

Liver & Kidney  
Bloodwork

**\$94**

\*\*\* optional upgrade not included in \$165 price

### Vitamin Test

Galvanic Skin Response using ZYTO Cradle  
Screening

**\$39**

### Vision

Wall Chart Reading  
Screening

**\$35**

### Blood Pressure

Screening

**\$12**

### pH Test

Saliva Swab  
Screening

**\$10**

### Labwork

Protein, Bilirubin, Leukocytes, Blood, SG  
Urine Screening

**\$35**

### Body Composition

% Body Fat, BMI, Muscle, Visceral Fat  
Screening

**\$22**

### OFFICE Visit

Educational Purposes Only  
Results

**\$65**

### Inflammation

Thermography Image Reading  
Screening

**\$45**

### Breast Cancer

Thermography Image Reading  
Screening

**\$65**

### Thyroid Function

Thermography Image Reading  
Screening

**\$35**

## Health Screenings BUNDLE

Regular Price ~~\$565.00~~

**Bundle Price: \$165**

FOR INFORMATION - TEXT  
Your NAME and  
HEALTH SCREENING to 424-5066

TO SCHEDULE - CALL  
Carencro Office **(337) 896-4141**

Lafayette Office (337) 356-1251

\*\*\* Offer may end soon. Call NOW

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# RESTORE HEALTH PROGRAM

Are you always tired?  
Family history of breast cancer?  
Feeling overweight?  
No energy?  
Can't sleep?

**Reboot and reset your health. This program helps to reduce inflammation, slow down aging, boost your nutrition, and build stronger circulation and includes:**

- 2 Thermography Screenings (before & after)
- 18 Infrared Sauna Visits
- 18 Whole Body Vibration Treatments
- 18 Foot Detox Sessions
- 3 Boxes of Frozen Wheatgrass
- 1 Case of Greenwater
- 3 Bottles total (CoQ10, Vitamin E, Vitamin D)
- A Diet and Nutrition Program
- Unlimited access to our Women's Only Gym

~~RETAIL PRICE: \$3,084~~

**YOU PAY: \$340**



**CALL FOR MORE INFORMATION:**

**(337) 896-4141      (337) 356-1251**

Carencro Office

Lafayette Office

## HEALTH BENEFITS

- Helps you DETOX
- Cancer prevention
- Increases energy level
- Helps you sweat
- Improves metabolism
- Burns stored fat
- Reduces stress and anxiety
- Improves immune function
- Skin purification
- Drug detox
- Reduces cravings for drugs
- Increases blood flow
- Lowers blood pressure
- Reduces inflammation
- Improves circulation
- Controls arthritis
- Helps you lose weight
- Helps prevent cancer
- Eases joint stiffness
- Helps with chronic pain
- Improves memory
- Therapeutic for fibromyalgia
- Improves attention span
- Increases sense of well-being
- Reduces plaque buildup in arteries
- Raises core body temperature
- Reduces chances of an early death
- Reduces chances of dementia
- Reduces insomnia
- Improves sleep
- Reduces high cholesterol
- Reduces chances of heart disease
- Burns 600-900 calories in 30 minutes
- Tones muscles
- Reduces cellulite
- Improves breathing
- Builds muscles
- Increases bone density
- Reduces chances of osteoporosis
- Increases flexibility
- Tightens skin
- Improves lymphatic circulation

# RESTORE HEALTH PROGRAM

6 Week Program \$340  
10 Week Program \$493  
12 Week Program \$600

## **publisher's letter**



"But in truth, you are not your heart. You are the experimenter of your heart." - Michael A. Singer

Being able to feel your heart is different from experiencing your heart. As people, we sometimes fail to recognize how amazing our hearts are. We fail to realize the power. We fail to recognize the wisdom. For most, our hearts unknowingly guide us through life. Of course, they don't choose what we'll do, but every now and then we feel a little push. You see, it's the heart's job to provide guidance, but sometimes we refuse to listen to it.

There's a line between what your heart is telling you to do and what you are telling yourself to do. We unknowingly tell ourselves what we want to hear. For whatever reason, we refuse to listen to our hearts. Instead, we listen to the thoughts around us. That's okay, as long as we maintain a positive outlook on things. The change from the heart to outside thoughts helps us develop self-awareness. Through this awareness, we can experience our personal thoughts and the thoughts of our hearts. We can experience ourselves for who we truly are. We come to understand that we aren't our emotions, thoughts, experiences, illnesses or problems in life. We are who we choose to be.

Our hearts and thoughts guide us, but our way of thinking chooses for us. Choosing to have a positive outlook changes your view of life and your view of yourself, for the better. We suddenly begin to see we have a greater purpose, presence, and existence in the world. We see the world and ourselves for who we truly are. Now that's something few people can say. So next time you notice thoughts from your heart or thoughts from within, think of your presence in the world. Think of the impact you can make on others and the community. Think of the power of thought.

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

*Lillyanna & Lydia*

Lillyanna and Lydia Castille, Assistant Publishers



Natural Awakenings Acadiana Edition

HEALTHY LIVING HEALTHY PLANET

**natural**  
awakenings

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PUBLISHERS **Steve, Michelle, Lydia**  
and **Lillyanna Castille**

EDITOR **Beth Davis**

DESIGN & PRODUCTION **Gail Babineaux**  
**Steve Castille**

CONTRIBUTING WRITERS **Tre' Gradnigo**  
**Beth Davis**

DISTRIBUTION & MARKETING **Marquia Castille-Grant**  
**Martha Francis**

CALENDAR **Michelle Castille**  
**Lydia Castille**  
**Lillyanna Castille**

WEBSITE **Steve Castille**

### CONTACT US

100 E. Angelle Street  
Carencro, LA 70520

Ph: 337-896-4141 • Fax: 337-205-6191  
[www.NAacadiana.com](http://www.NAacadiana.com)

### SUBSCRIPTIONS

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### NATIONAL TEAM

CEO/FOUNDER **Sharon Bruckman**

NATIONAL EDITOR **Alison Chabonais**

MANAGING EDITOR **Linda Sechrist**

NATIONAL ART DIRECTOR **Stephen Blancett**

ART DIRECTOR **Josh Pope**

FINANCIAL MANAGER **Mary Bruhn**

FRANCHISE DIRECTOR **Anna Romano**

FRANCHISE SUPPORT MGR. **Heather Gibbs**

WEBSITE COORDINATOR **Rachael Oppy**

NATIONAL ADVERTISING **Kara Scofield**

Natural Awakenings Publishing Corporation  
4933 Tamiami Trail N., Ste. 203  
Naples, FL 34103

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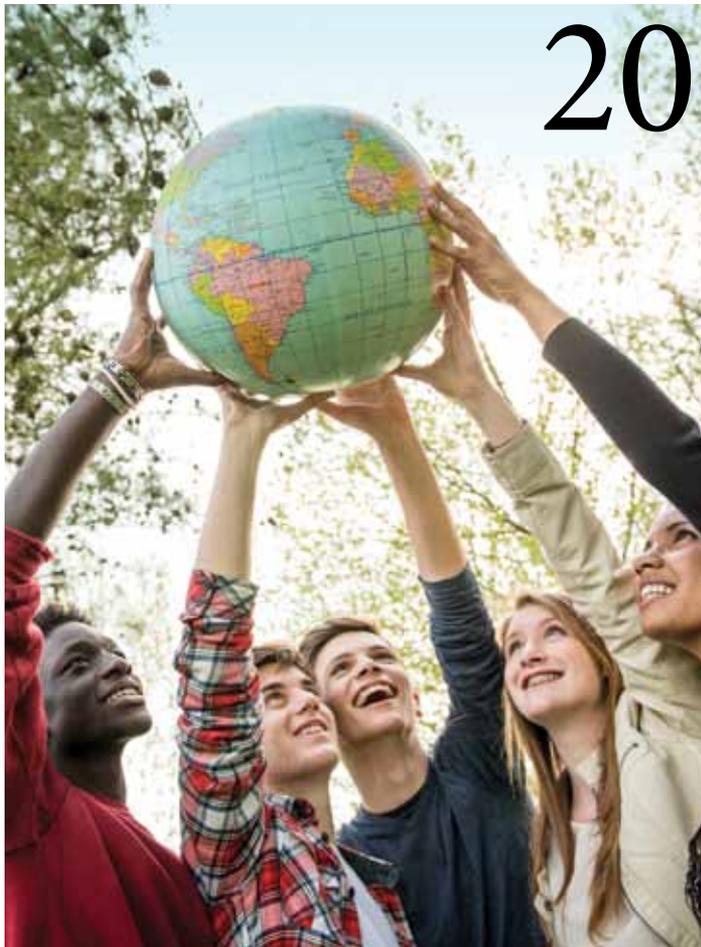
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Natural Awakenings is your guide to a healthier, more balanced life. In each issue readers find cutting-edge information on natural health, nutrition, fitness, personal growth, green living, creative expression and the products and services that support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

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## ADVERTISING & SUBMISSIONS

### HOW TO ADVERTISE

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

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Email articles, news items and ideas to: [Publisher@NAacadiana.com](mailto:Publisher@NAacadiana.com). Deadline for editorial: the 10th of the month.

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# Natural Health Center

*Powerful, Positive Healing for Life*

100 E. Angelle Street

# Carencro, LA



## Natural Health Remedies

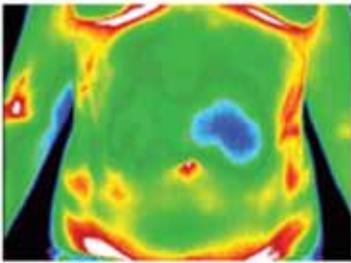
Discover the Secrets to a World of Wellness



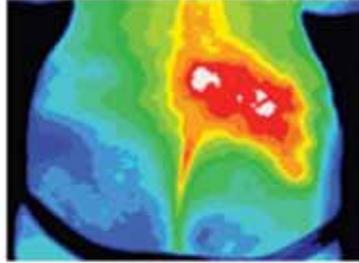
Across from Super One Foods

Next door to Dollar Tree

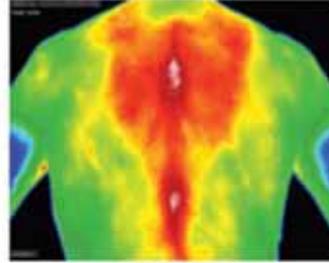




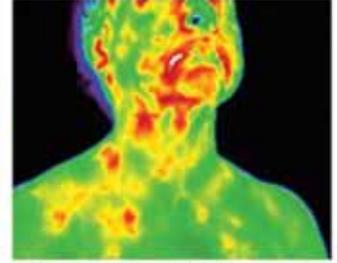
Hypothermia in the Stomach



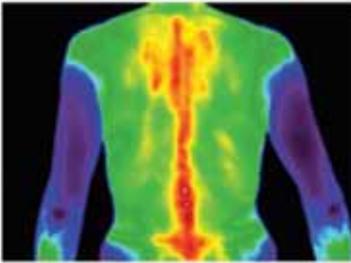
Shingles



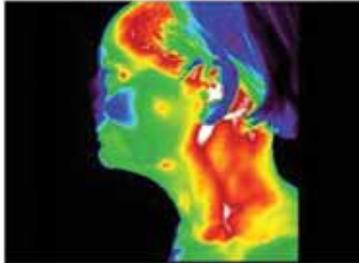
Lung Cancer



Periodontal Disease



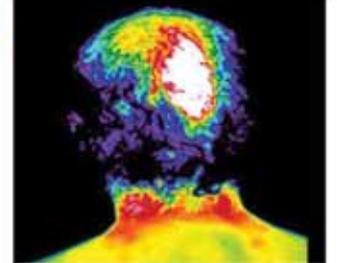
Spinal Inflammation



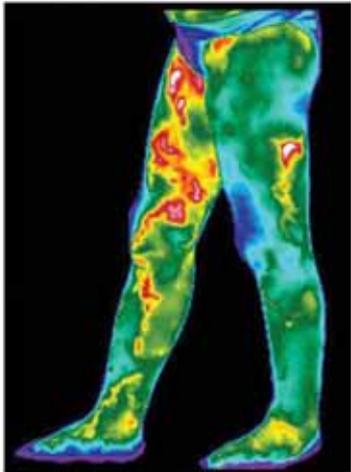
Carotid Artery Inflammation



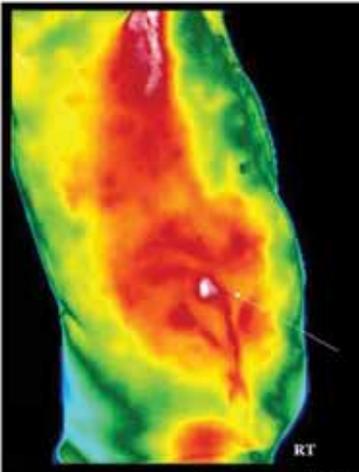
Poor Circulation Left 4th & 5th Finger



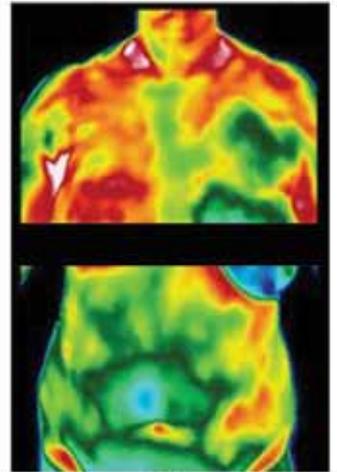
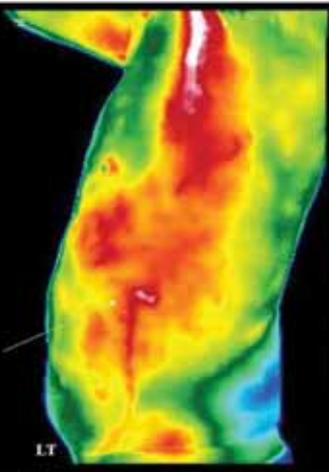
Melanoma-Scalp Cancer



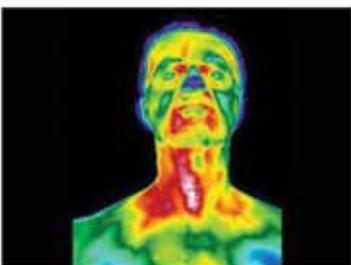
Varicose Veins



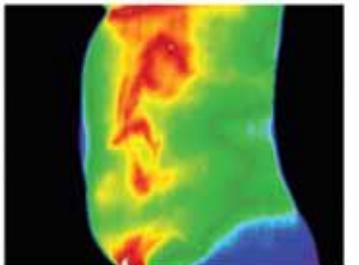
Bilateral Kidney Stones



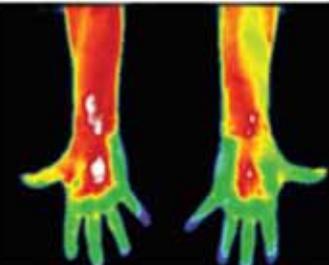
Breast Cancer



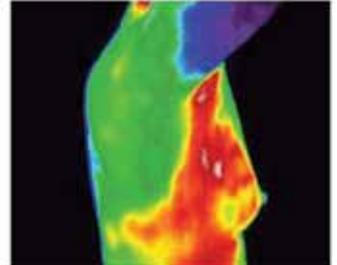
Thyroid Cancer



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

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## Local Entrepreneur, Nurse to Open A ShoeTique Inside of Carencro's Enterprise Business Center



Antoinette Randall—a local entrepreneur & nurse—will soon open her own shoe boutique, called Feh'De ShoeTique, in Carencro's Enterprise Business Center(EBC).

Feh'De ShoeTique will offer trendy heels, handbags, and accessories both online and in person. Antoinette is taking advantage of services offered at the Enterprise Business Center, located at 3419 NW Evangeline Thruway in Carencro, to jump-start her business.

The Enterprise Business Center is a business incubator that offers startups, home businesses, and anyone looking for office space a chance to have their own office space for only \$250 per month—utilities & internet included. According to the Enterprise Business Center's Facebook page, they have offered these services to Acadiana businesses for over 25 years.

Currently, the EBC is renovating many of their office suites and Feh'De ShoeTique's future space is one of them. Antoinette plans to launch her business by having a grand opening and a ribbon cutting on October 26th, 2018. Check out Feh'De ShoeTique's facebook page at facebook.com/FehDeShoeTique.

Source: By the DL Guy. [www.DevelopingLafayette.com](http://www.DevelopingLafayette.com)

## Roberts Cove Germanfest Kicks Off October 6



The Roberts Cove Germanfest, an annual festival that boasts a historical appreciation for and a celebration of Louisiana German culture and the influence that it has made on life in Southwest Louisiana, will take place October 6 and 7. The festival features

live entertainment, German folklore demonstrations, children's activities, old-fashioned sausage making and old-time swine processing.

In true German culture and tradition, the festival also offers a variety of authentic German food and beer linked not only to the German culture, but also to the kitchens of many of the residents in the Roberts Cove community.

Location: 7212 Roberts Cove Rd., Rayne. For information, call 337-334-8354.

# OFFICE SPACE FOR RENT

## Enterprise Business Center

3419 NW Evangeline Thruway, Carencro / Upper Lafayette

**(337) 896-0085**



## Mobile Home Supplies

1605 W. Vine St.  
Opelousas, LA 70570



Monday thru Friday  
8-12 a.m. • 1-5 p.m.

**Ph. 337-948-4246**  
**Fax: 337-948-4036**

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weight loss and toning programs  
GAIA fitness ON DEMAND yoga and aerobics+

Welcome to the club!  
To Join Call 565-9105



**A Women's ONLY Gym**  
at the Enterprise Business Center in Carencro, LA

# PICK LIST



**BF-4**

**GREENWATER**



**WheTea**  
Ab Weightloss



**pH 9.5**  
Drops



**Raspberry**  
Ketone

## Pain & Inflammation Enzyme



**Mood**  
Enhancer



**Wheatgrass**  
Capsules

**Frozen**  
Wheatgrass



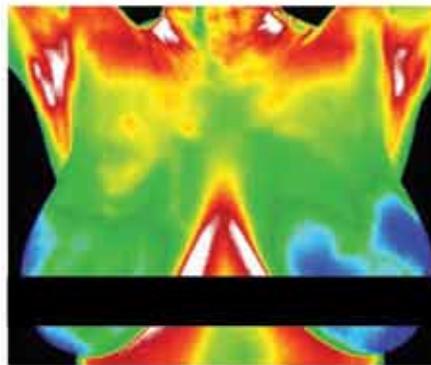
**PICK 3: \$55**  
**PICK 6: \$95**

# PREVENTION AND EARLY DETECTION

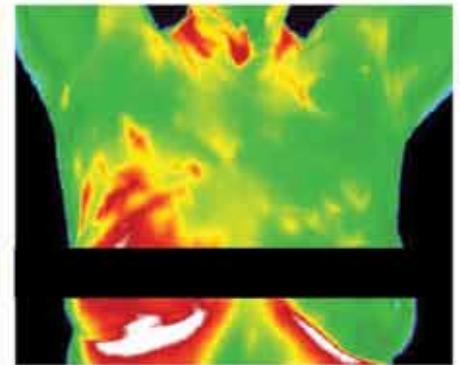
## BREAST SCREENING

### Using Thermography Imaging of the Breast

Thermography Imaging of the Breast does not use harmful radiation. It does not require painful compression of the breast. It does not tell you that you have breast cancer. Thermography Imaging of the Breast is a photograph taken with an infrared camera that produces a photograph of "hot spots". These are areas of the breast that have inflammation and should be looked at closely clinically and monitored. These are early indicators of abnormal blood vessel growth (angiogenesis), possible cysts or tumor development, and maybe even lymphatic (lymph node) involvement.



**NORMAL**



**NOT NORMAL**

### How does THERMOGRAPHY SCREENING work?



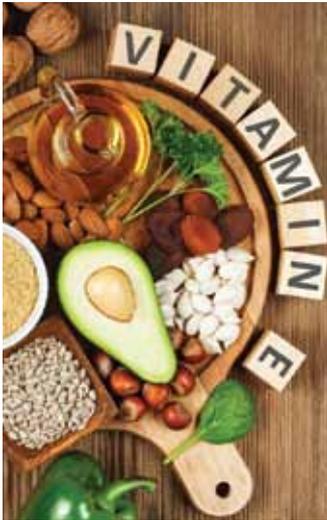
A picture is taken of the breast. It takes about 10 minutes for the breast only and 20 minutes for a whole-body session. Results are ready next day. If the thermography photographs are NOT NORMAL we give you an herbal, nutritional supplement, and nutrition protocol to follow for 4 weeks and then you come back to redo your THERMOGRAPHY SCREENING.

**CALL (337) 896-4141**

for more information or to schedule.

**\$94**

## Natural Vitamin E Lowers Heart Risks

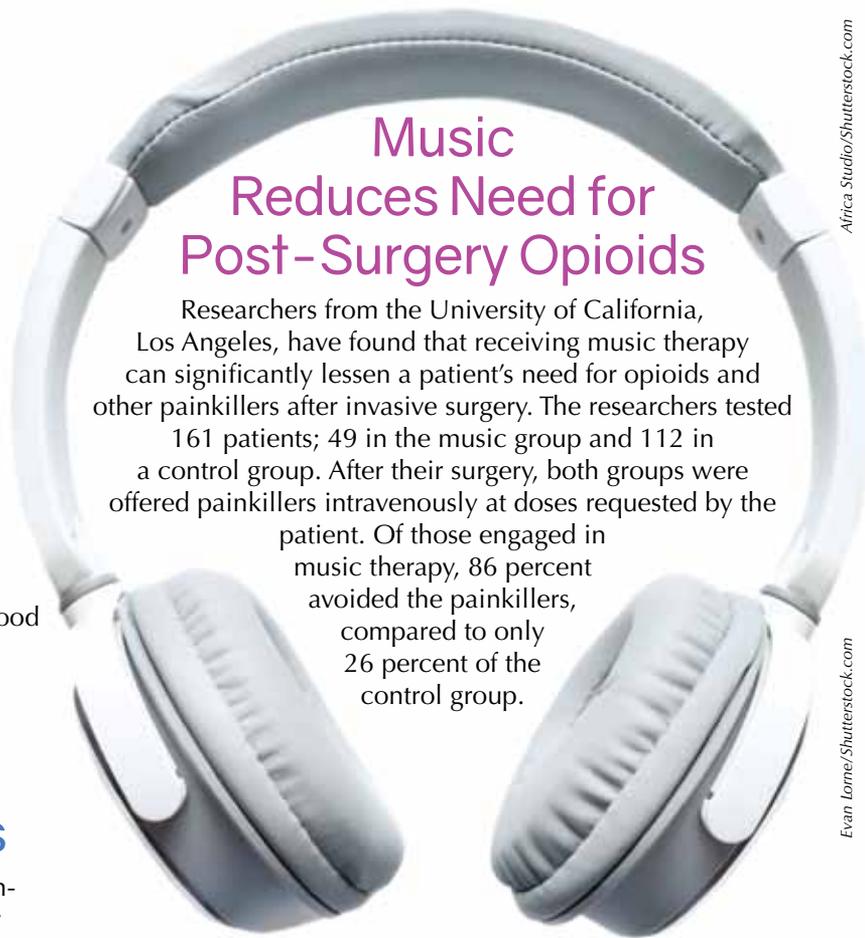


Tocotrienols are a natural form of vitamin E found in a number of foods, including wheat, barley, corn, rice and palm fruit. A recent meta-review of clinical research finds that tocotrienols can decrease heart-related health risks in seniors such as diabetes, high cholesterol and high blood pressure.

## Knitting Releases the Blues

Knitting can alleviate the blues, slow the onset of dementia and distract from chronic pain, according to a survey published in *The British Journal of Occupational Therapy*. Eighty-one percent of respondents described feeling happier after a session of needlework. In another study, researchers at the Benson-Henry Institute for Mind-Body Medicine at Massachusetts General Hospital found that the act of knitting lowers heart rates by an average of 11 beats per minute, eliciting a state of relaxation similar to that of yoga.

A Mayo Clinic study found that crafts like knitting and crocheting also reduce the chance of developing mild cognitive impairment by 28 percent. In a University of British Columbia study, 74 percent of 38 women with the eating disorder anorexia reported that it lessened the intensity of their fears and thoughts and cleared their minds of eating disorder preoccupations. In a survey of 1,000 members of the British group Knit for Peace, one in five respondents reported that knitting reduced their arthritic pain.



## Music Reduces Need for Post-Surgery Opioids

Researchers from the University of California, Los Angeles, have found that receiving music therapy can significantly lessen a patient's need for opioids and other painkillers after invasive surgery. The researchers tested 161 patients; 49 in the music group and 112 in a control group. After their surgery, both groups were offered painkillers intravenously at doses requested by the patient. Of those engaged in music therapy, 86 percent avoided the painkillers, compared to only 26 percent of the control group.

## Music Lessons Make Kids Smarter

Structured music lessons significantly enhance children's cognitive abilities, including language-based reasoning, short-term memory and planning, while reducing inhibition, leading to improved academic performance, report researchers from Vrije Universiteit Amsterdam.

In the study, 147 Dutch 6-year-olds were divided into music, visual arts and control groups, and monitored for two-and-a-half years. The children in the music group sang, listened to music and played an instrument of their choice one to two hours a week during regular classroom time. Compared to the control group, they demonstrated improved verbal IQ and reasoning skills, and a greater ability to plan, organize and complete tasks, as well as improved academic achievement. Children given structured visual arts lessons showed improvements in visual and spatial memory compared to the control group.



## Acupuncture Soothes Dental Anxiety



Dental anxiety, which can produce dizziness, nausea and breathing difficulties in 4 to 30 percent of patients worldwide, may be relieved by acupuncture, according to research from the University of York, in the UK. Analyzing six studies of 800 patients, researchers found that acupuncture reduced anxiety by an average of eight points on an 80-point scale, a level considered clinically significant.

## Vitamin D Supplements Ease Irritable Bowels

Oncology researchers from the University of Sheffield, in the UK, report that people with irritable bowel syndrome tend to be low in vitamin D. In a review of research, they found that supplemental vitamin D tends to ease associated symptoms such as bloating, stomach cramps and constipation, and improve quality of life.



## Calorie Restriction Slows Aging



Thirty-seven healthy, non-obese adults between 21 and 50 years old put on a calorie restriction diet for two years showed reduced systemic oxidative stress, indicating greater protection against age-related neurological diseases such as Alzheimer's and Parkinson's, as well as cancer and diabetes. Participants in this research, conducted by Pennington Biomedical Research, in Baton Rouge, Louisiana, cut their calories by

15 percent and lost an average of 20 pounds without experiencing anemia, excessive bone loss or menstrual disorders. Their metabolism also slowed, indicating that they burned energy more efficiently, a factor that may be linked to longevity.

## Brain-Lymphatic Discovery May Hasten Science



A study at the University of Virginia (UVA) School of Medicine has found that the brain is directly connected to the body's immune system through a previously unknown set of lymphatic vessels. The discovery furthers the understanding for medical scientists of how the brain's immune system works. While it's been known for decades that lymphatic vessels transport immune cells through the rest of the body, confirming that this also occurs within the brain has been elusive.

The discovery is attributed to Antoine Louveau, Ph.D., a postdoctoral fellow at UVA. He says, "It changes entirely the way we perceive the neuro-immune interaction. We always perceived it before as something esoteric that can't be studied, but now we can ask mechanistic questions."

According to researchers, physicians can now examine the physical connection between the immune system and the brain instead of only studying how the brain responds to immune issues; it might also improve how diseases like Alzheimer's, multiple sclerosis, autism and others are understood and treated.

## Mammograms Carry Cancer Risk

There is growing evidence that mammograms, which are the primary screening tool for breast cancer,



may cause it. Scientists have long known that radiation causes cancer, and now research published in the *British Journal of Radiobiology* reports that the so-called "low-energy X-rays" used in mammography are four to six times more likely to cause breast cancer than conventional high-energy X-rays because the low-energy variety causes more mutational damage to cells.

Mammograms led to a 30 percent rate of over-diagnosis and overtreatment, according to a study published in the *Cochrane Review*. Researchers wrote in the study, "This means that for every 2,000 women invited for screening throughout 10 years, one will have her life prolonged and 10 healthy women, who would not have been diagnosed if there had not been screening, will be treated unnecessarily. Furthermore, more than 200 women will experience important psychological distress for many months because of false positive findings."

Many women and functional medicine doctors are now choosing non-invasive and radiation-free annual thermograms as a safer alternative. Those at high risk for breast cancer may choose to do periodic MRI screenings, a recommendation supported by research at Britain's University Hospitals Birmingham.

*To schedule a full body thermography exam call 896-4141. The cost is only \$94.*



## Food Finder

### Software Tracks Farm to Fork Supply Chain

Serious concerns have surfaced about food transparency, and people are asking questions. Documentaries like *Rotten* urge consumers to think twice about the origins and ingredients of their food, but answers are not always readily available.

In addition to environmental concerns like long-distance transportation, people are worried about food recalls and safety. FoodLogiQ's software solution creates "farm to fork traceability", welcoming companies across the industry to participate, with approximately 7,000 having registered so far in some 100 countries—including Whole Foods, Chipotle Mexican Grill, Carl's Jr., Subway, Buffalo Wild Wings and the Panda Restaurant Group.

Information provides useful details such as where the food was harvested, whether pesticides were used, where the food traveled and how it was processed. FoodLogiQ Chief Marketing Officer Katy Jones suggests this is an important moment of change in the food industry, saying, "Food companies are embracing global standards to increase efficiencies and build a foundation for traceability and supply chain visibility."

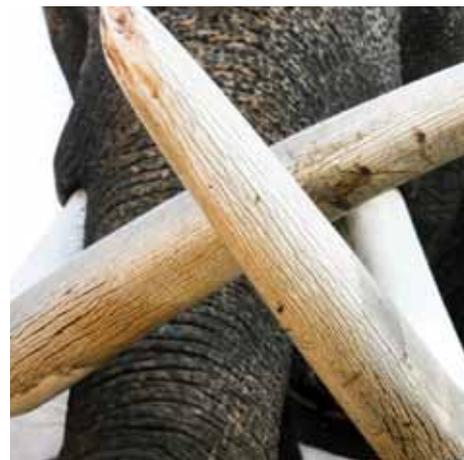
## Air Fare

### Creating Food from Carbon Dioxide

By 2050, the world's population is estimated to hit 10 billion, and food production will need to increase by 70 percent. Traditional farming won't be able to keep up. Lisa Dyson, who holds three degrees in physics, including a Ph.D. from the Massachusetts Institute of Technology, in Boston, knows the reason: ubiquitous carbon dioxide. This byproduct of burning fossil fuels is a known culprit in the pace of climate change.

Dyson is revolutionizing the way protein is made. Several years ago, she and colleague John Reed came across NASA reports from the 1960s and '70s that discussed using microbes to recycle carbon dioxide aboard spacecraft. "We were fascinated by their research. We wondered if we could develop a similar technology that would enable us to recycle carbon dioxide into valuable products here on Earth," Dyson says.

Their startup, Kiverdi, uses microbes to transform carbon into bio-based products in special bio-reactors similar to the giant urns used to brew beer. This year, they're commercializing a new process to transform CO<sub>2</sub> into protein powder. The end product, Planet+Protein, is packed with essential amino acids, vitamins and minerals.



## Ivory Outlawed

### UK Banning Both Legal and Illegal Trade

The UK Department for Environment, Food and Rural Affairs is in the process of implementing a near-total ivory ban. It can't happen soon enough because elephant populations continue to dramatically decline. As recognized by the parties to the Convention on International Trade in Endangered Species last September, "Countries with domestic ivory markets that contribute to elephant poaching or the illegal ivory trade should take all necessary legislative, regulatory and enforcement measures to close such markets as a matter of urgency."

Any legal ivory market leads to a parallel illegal market because ivory from recently killed elephants can be made to look like old ivory, which is legal in many countries, through processes like chipping, staining and cracking.

The UK has long played a role in the international ivory trade. During the colonial era, more than a million elephants were killed to feed British demand for everything from ivory ornaments and piano keys to billiard balls and cutlery. Much of that material remains in the UK today, fueling the market. Trade data indicates that the UK is still the world's largest exporter of legal ivory, most of which goes to Asian destinations like China and Hong Kong.

## Corporate Conscience

### Leading Food Companies Aim to Slash Energy Footprints

McDonald's plans to reduce greenhouse emissions from their restaurants, corporate offices and supply chain by more than 30 percent by 2030. They're the first restaurant chain with goals backed by the Science Based Targets initiative. The company expects to decrease its total emissions by more than 150 million tons.



AB InBev, the parent company of Anheuser-Busch and Budweiser beer, has ambitious plans to purchase electricity only from renewable sources for its worldwide operations in seven years. The first step includes Bud Light. The goal is for all operations in the company's 12 Budweiser breweries across the U.S. to be powered by renewable energy.

Budweiser plants outside the U.S. will also switch to all-renewable energy, with all products planned to transition by 2025. The new status will be denoted by the label "100% Renewable Energy".

## Saudi Solar

### Oil Giant to Invest in Renewable Energies Project

Saudi Arabia intends to host the world's largest solar project. "It's a huge step in human history," says Saudi Crown Prince Mohammed Bin Salman. "It's bold, risky and we hope we succeed in doing that."

Solar power is a logical choice for the country. Its capital, Riyadh, averages 8.9 hours of sunshine a day. The nation is also projected to be severely impacted if climate change raises global temperatures 1.5 degrees Celsius above pre-industrial levels. According to Climate Action Tracker, if the global temperature rises 3 to 4 degrees Celsius, 75 percent of the country would be excessively arid by the end of the century.

According to the most recent data available from the U.S. Energy Information Administration, Saudi Arabia produces 13 percent of the world's oil and currently obtains 60 percent of its electric energy from petroleum.

**6 Treatments in 6 Days**

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**6 Sessions | 40 Mins**



These are led laser iLipo bars. The lasers are placed over the stomach and begin to melt fat cells until they release fat. The more treatments the flatter the fat cells get. Takes 30 mins per session.

**6 Sessions | 30 Mins**



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### Eyes (nondiabetic)

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

### Eyes-child (dark circles)

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

### Eyes-adult (dark circles)

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

### Nose

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

# Are Health Screenings Important?

## Signs and Symptoms Why You Need One

### Scalp

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

### Thinning Hair

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

### Redness in the Forehead

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

### Inside the Ears

*Excess earwax.* Not enough essential fatty acids.

### Behind the Ears

*Skin is cracked.* Usually a zinc problem.

### Earlobe

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

### Eyes

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

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

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

### Cheeks and Nose

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

### Acne

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

## Facial skin

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

## Tongue

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

## Canker Sores

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

## Swollen Lymph Glands

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

## Skin Tags

*Scattered on the neck?*

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

## Sore Shoulder

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

## Numerous Small Bumps in the Skin

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

## Hands

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

*Source: Guide to Healing with Nutrition*

## Nutrition deficiencies

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

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

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

---

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

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

*Source: U.S. Department of Agriculture*

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

- American Medical Association

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

- James F. Balch, M.D.

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

"We Are Not Getting Proper Nutrition"

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

**For more information or to schedule an office visit call  
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## 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.

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If you want to be an optimist about America today, stand on your head, because our country today looks so much better from the bottom up than the top down.

~Thomas L. Friedman,  
Pulitzer Prize-winning journalist

our current political climate, it is more important than ever to use your voice, no matter who you are, where you live and whatever you identify as," says Jiang.

### Running for Governor

Ethan Sonneborn, 13, has a comprehensive policy platform and a spot on the 2018 Democratic gubernatorial primary ballot in Vermont. In an early campaign speech, the Bristol resident and Mt. Abraham Union Middle/High School student smiled at the crowd's

Riccardo Piccini/Shutterstock.com

# Youths Step Up to the Global Challenge

## Fresh Hope for a Troubled Planet

by Linda Sechrist

**R**ecognizing that it might be too late by the time they are older, many young people are already acting collectively and across partisan aisles on everything from climate change and the environment to gun control, gender equality, social justice, education and politics.

Initiatives include creating solutions for the global water crisis, serving as global ambassadors, training for public speaking and leadership, organizing youth summits, marching for causes, planting a trillion trees, participating in United Nations (UN) programs, inventing a new educational system, lobbying legislators and seeking political office.

### Girl Up!

Angie Jiang, a 2018 graduate of Madison West High School, in Wisconsin, is a first-year student at Columbia University, in New York. Deploying her social impact and debating skills, this Chinese-American woman articulates her opinions on sustainability, environmental awareness, immigration and gender issues in public radio interviews and lobbies for policy changes in Washington, D.C.

She's one of 80,000 girls in some 100 countries that have been trained by the UN Foundation's Girl Up initiative to help lead the movement for gender equality; Jiang currently serves as its 2017-2018 teen advisor. "Within

applause for his message: "To everyone here today, know this. We are America's future... So let's not be afraid to shape it... We must be the voices of a generation, leaders for others and advocates for ourselves. Why shouldn't we be the ones to end worldwide hunger, to make a breakthrough in medical science, to protect world peace or to put people on another planet? We are the generation that will do all these things. Why not start now?"

In addressing environmental issues, Sonneborn supports a tax on carbon emissions, Vermont's commitment to uphold the standards of the Paris climate agreement and renewable energy incentives.

In Kansas, where six teenagers are running for governor, Tyler Ruzich's campaign theme is, "A Republican for the Next Generation." This Shawnee Mission

North High School senior has serious concerns and ideas to make his state a better place to live, learn and work.

A well-prepared orator committed to public service, Ruzich is reaching younger voters on issues of voter registration, school funding, taxation, guns, immigration, agriculture, equal rights and job growth. On the *Matter of Fact with Soledad O'Brien* syndicated TV show, Ruzich said he believes his campaign is stimulating 18-to-25-year-olds to get involved in mid-term elections, which typically draw fewer voters.



## Zero Waste

Brandi Kneip's family in Stuart, Florida, didn't object when the 18-year-old decided to spend her college savings establishing a JAR dry goods store that fosters reusing and recycling materials to decrease or eliminate trash. Customers can buy what they need by dispensing pasta, herbs, spices, flour and other products into their own reusable jars or purchase glass containers to take home. JAR also carries eco-friendly household items.

"I want my impact on this Earth to be like footprints in the sand. For a second, the Earth knows you are there, and when you move along, the waves wash them out or the wind blows them away. I'm so thankful for this big, green-blue planet, and I'll strive every day to make more people notice the beauty it holds," says Kneip.

## Earth Child Institute

Arati Patel was just 24 when she began serving as an intern with Earth Child Institute (ECI), a nonprofit that empowers

global youth to engage with sustainability issues. Today, the New Jersey resident serves as its president, and is passionate about why investing in the education of children is significant. As just one example, "Amazonian children are teaching their parents about how deforestation impacts climate change," says Patel.

A degree in environmental law and policy at Vermont Law School, in South Royalton, and expertise in environmental education, curriculum development, field research and community outreach has helped Patel to assist in developing lesson plans for ECI Water Schools. Community groups and schools are mobilized to evaluate the health of rivers and provide basic training in good health habits.

## Plant-for-the-Planet

Felix Finkbeiner, a German student, started Plant-for-the-Planet in 2007, when he was only 9. "It's an amazing organization run by young people," says Patel. Inspired by the late Nobel Peace Prize laureate Wangari Maathai, founder of the Green Belt Movement, Finkbeiner expanded Maathai's original concept of a billion plantings to the Trillion Tree Campaign. To date, it's seen 15 billion new trees in 190 countries under the guidance of the U.N. Environment Programme.

Speaking at an Environmental Systems Research Institute Conference, Finkbeiner said that beyond planting trees, children involved in the initiative have delivered presentations in schools and rotary clubs, and engineered sit-down meetings with mayors, local government officials and even presidents of



countries. Several have spoken before the UN General Assembly and national parliaments, urging them to address the climate crisis.

## A Revolution in Education

After graduating from Beijing University Affiliated High School, Jason Wang, 18, postponed college for a year and visited the U.S. and Europe looking for the best practices in education. When he returned, he was in no hurry to enter college, but rather to develop the curriculum for Beijing's Moonshot Academy, which opened in January with 30 students from 14 to 16 years old.

Turning traditional methods of education on its ear, Moonshot Academy students are accepted based on their learning ability, independent thinking skills and capacity to turn ideas into action, rather than standardized test scores. Students learn through personalized experiences that enable them to practice and demonstrate core competencies to face the challenges of the future.

"Research shows that by the age of 39, today's average high school graduate will have had nine different jobs, half of which have not been invented yet. Artificial intelligence has changed the playing field. We can't keep educating kids in the same way," says Nancy Riehle, executive director of the Creative Academic Network Scholastic Foundation that supports the academy.

## Time's Up

Inspired by the January 2017 Women's March, Jamie Margolin, a 16-year-old student at Seattle's Holy Names Academy, launched Zero Hour, a movement for

youth rights and action on climate change. Margolin and her teammates have formed a nationwide coalition that inspires and mobilizes students throughout the U.S. and in London, England. They took to the streets on July 21 to march for environmental justice as social justice.

Zero Hour activities supporting the Washington, D.C., march included meeting with nearly 40 federal lawmakers and presenting a manifesto of demands. It calls for governments and companies to take action on all climate change and environmental issues, including divesting from fossil fuels; increasing investment in renewable energy; legislating strict carbon reduction targets; encouraging plant-based lifestyles; schooling youth on the importance of reducing our carbon footprint; reducing excessive use of single-use plastic; ending rainforest deforestation; halting all animal cruelty; and preventing loss of biodiversity and species extinctions.

Margolin and other Zero Hour members agree, including Nadia Nazar, 16, an art director from Balti-



If not us, then who;  
if not me and you

Right now, it's time for  
us to do something.

~Do Something by Matthew West,  
singer/songwriter

more, Maryland; Zanagee Artis, 18, a logistics director from Clinton, Connecticut; and Kibiriti Majuto, 20, of Charlottesville, Virginia, originally

from the Democratic Republic of the Congo. They jointly developed the organization's platform. "It's our generation that is going to be impacted the most by the effects of accelerated climate change that we are causing. This march is a launch. We're not done," says Margolin.

At a pivotal time in which many theorize that our nation lacks the ability to coalesce around a great enterprise to solve existing problems, it appears that those doing the calculating have not factored in the millions of motivated young people as critical decision makers. It may be that their imagination, energetic drive, passionate self-confidence and "no borders" cooperation paves the way to a brighter future for all.

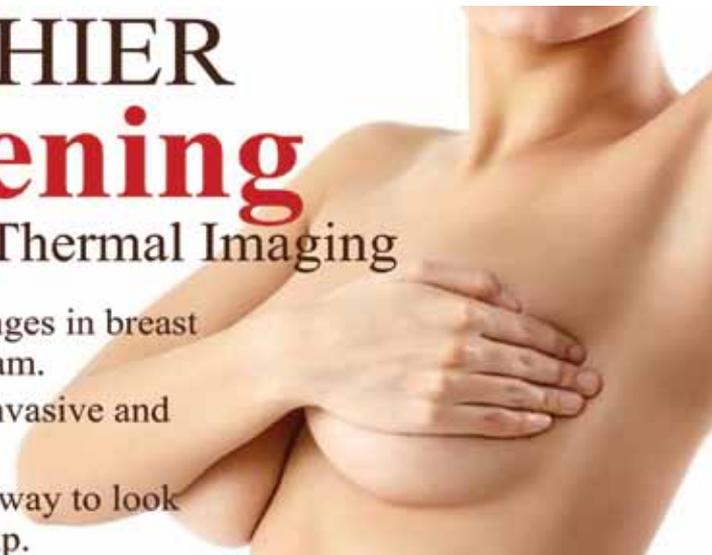
Not waiting for the torch to be passed, young people are seizing it and acting now, no longer naively thinking that there will always be enough time tomorrow.

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

# SAFER, HEALTHIER Breast Screening

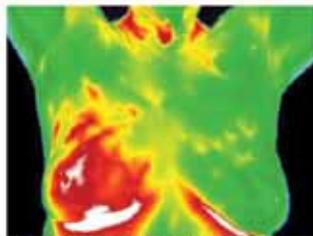
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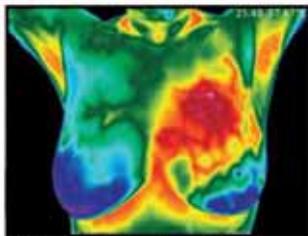


### BREAST THERMOGRAPHY

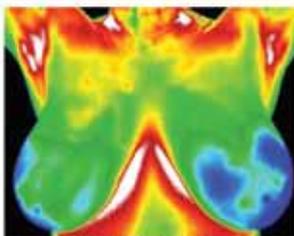
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Above: Breast Cancer Image



Above: Breast Cancer Image



Above: Normal Breast Image

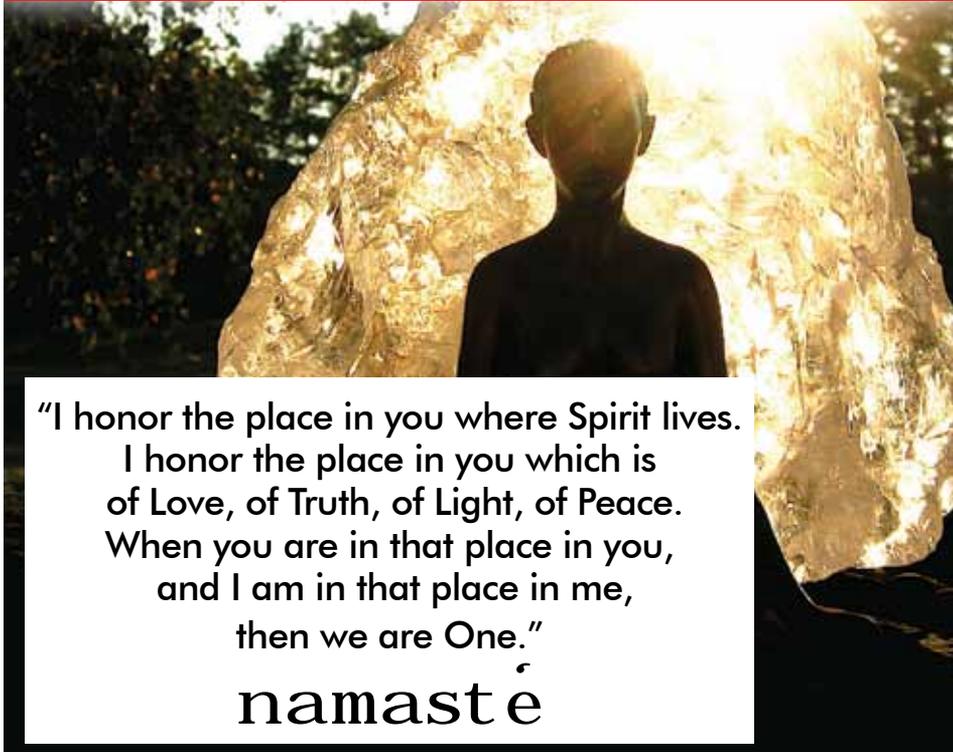
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I honor the place in you which is  
of Love, of Truth, of Light, of Peace.  
When you are in that place in you,  
and I am in that place in me,  
then we are One.”  
namasté

# namasté

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# Lafayette, LA



# MULTIFACETED CHIROPRACTIC

## Integrative Approaches Enhance Healing

by Marlaina Donato

**M**odern chiropractors are often seen primarily as pain specialists, yet their care can encompass much more. While the common focus is better health through spinal manipulation, the origins of chiropractic are manifold. Typical approaches for structural issues and injuries include spinal adjustments, therapeutic ultrasound and heat therapy, but some practitioners also embrace nutrition.

Training requirements for chiropractors vary by state. “Here in Oregon, chiropractic physicians—both legally and through our training—are taught to be primary care physicians,” says Doctor of Chiropractic Michael Herb, of the Absolute Wellness Center, in Eugene, Oregon. “We must complete extensive training not only on the musculoskeletal system, but also on managing various internal medical pathologies such as those related to the cardiovascular system, genitourinary conditions, obstetrics and gynecology. We also learn to perform minor surgical procedures.”

Chiropractor Tom Hyland Robertson, of Whole Chiropractic Health-care, in Odenton, Maryland, notes, “To limit chiropractic to two cat-

egories of traditional and integrative isn’t accurate. There are almost as many specialists among doctors of chiropractic (DC) as among medical doctors (M.D.). There are chiropractors that specialize in pediatrics, veterinary, orthopedics, internal medicine, neurology, radiology and other areas. Integrative chiropractic uses as many tools as possible from the realm of each doctor’s training.”

### Integrative Well-Being

The world of chiropractic is diverse and growing to meet patient needs. Many chiropractors offer several healing modalities in-house that are geared to take whole-person care to an integrated harmonious level.

“Research shows that patient outcomes are far better with a multidisciplinary approach to healthcare needs,” says Herb. “Offering a variety of specialties like physical therapy, sports medicine, nutrition and natural pain relief in my practice means patients receive the care and amount of time they need. They are not limited by what I personally can offer or have time to provide.”

Many chiropractic facilities nationwide employ acupuncturists and therapeutic massage therapists, offering diverse treatment options like functional medicine and cryotherapy—ice therapy—versus traditional heat therapy.

Robertson provides complementary treatments ranging from nutrition to physical therapy and yoga because he has found it is important to incorporate multiple treatment philosophies, examining the same problem from different angles, saying, “Chiropractic integrates many safe modalities found to be more effective than opioids, for instance.” He notes that early chiropractic was actually integrative, with its founder, Donald David Palmer, promoting a healthy diet and calmer lifestyle a century ago.

### Collaborative Options

Progressive chiropractic now includes innovative approaches to treat the nervous system. The cutting-edge field of functional (or chiropractic) neurology, which reactivates partially non-functional neural pathways, is employed in cases like concussions, vertigo, migraines, pain syndromes, neuropathy and attention-deficit disorders.

Massage modalities, combined with chiropractic, are widely recognized to significantly increase circulation and improve range of motion. Acupuncture, when used in conjunction with chiropractic treatment, enhances muscle relaxation and fosters easier adjustments.

Chiropractor Kody R. Johnson, of the Johnson Chiropractic and Holistic Health Center, in Columbia, Missouri, is board certified in acupuncture and employs dry needling to target trigger points in tight muscles. He also specializes in functional medicine. Hormone balance, nutritional inadequacies, the presence of heavy metals and genetic markers for disease are all considered in determining a patient’s overall health.

“Chiropractic treatment addresses results of physical stress. Functional medicine looks at emotional and biochemical stress,” says Johnson. “The chiropractic paradigm is based on the premise that the body has an inborn ability to heal itself. If the only method a provider has to offer is chiropractic adjustments, then they’ll have cases where the patient’s condition doesn’t fully improve because there might be other factors at play, including nutritional deficiencies, toxicities and emotional stress. When we address other relevant issues, we find that patients ‘hold’ their adjustments longer.”

*Marlaina Donato is a freelance writer, multimedia artist and author of books in the spirituality and alternative health genres. She lives in Hawley, PA. Connect at [MarlainaDonato.com](http://MarlainaDonato.com).*

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- Dr. Steven T. Castille

## healthy kids



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# Healing Our Kids

## Reversing a Rising Tide of Chronic Conditions

by Ronica A. O'Hara

The statistics are startling—as many as a quarter to one half of American children now have a diagnosed chronic condition, according to studies that include one in *Academic Pediatrics* that includes obesity. Over the last few decades, the number of children with asthma has tripled to affect one in eight; those with attention deficit hyperactivity disorder (ADHD) have doubled to one in 10; and autism diagnoses have increased at least 10-fold, to affect one in 50 (one in 31 boys).

"It's literally an epidemic of chronic childhood disease," says Beth Lambert, of Charlotte, North Carolina, author of *A Compromised Generation: The Epidemic of Chronic Illness in America's Children* and executive director of the nonprofit *EpidemicAnswers.org*. "Our children, with their little bodies and immature immune systems, can't tolerate the toxic environments we're all exposed to. They're the canaries in the coal mine that show us that the way we are living today is not sustainable."

### Call to Action

As scientists pinpoint the causes of conditions, parents, researchers and healthcare practitioners are discovering, Lambert says, that many of the youngsters' chronic illnesses share a "perfect storm" of factors, including pharmaceutical overuse, toxic or nutritionally poor diets, exposure to toxins and other environmental stressors.

"Many factors contribute to these chronic disorders; one size or one treatment doesn't fit all," says Dr. Kenneth Bock, of Red Hook, New York, an integrative medicine practitioner who has helped more than 3,000 chronically ill children and authored *Healing the New Childhood Epidemics: Autism, ADHD, Asthma, and Allergies*. "But if children with one or more of the disorders are treated with a fully integrative medicine approach, the vast majority show some improvement, many significantly, and increasing numbers may recover to a point where they even lose their diagnosis." Effective integrative applications often change the child's diet to nutrient-

dense, additive-free foods and supplements for gut and brain health; employ allergy testing and elimination, detoxification and behavioral and physical therapies; vet household contaminants; target medications like antifungals and anti-inflammatories; and use homeopathy and acupuncture.

### Case Study

Maria O’Neil’s firstborn son, Connor, had a perfect Apgar score (newborn health status) at birth and appeared healthy to everyone until after immunization at 15 months, when he became withdrawn and vacant, with head-banging and hand-flapping. A pediatrician diagnosed moderately severe autism and advised, “Accept your new normal. Your son was born this way.”

O’Neil exclaimed, “I will not let this disease take my child!”

After she replaced processed foods, sugar, dairy and gluten with organics in his diet, he became calmer and “more here”. Tests by another pediatrician, Dr. Bob Sears, showed Connor had gut damage, mitochondrial issues, a high viral load, a low white cell count and a deficiency in basic vitamins and minerals. “Now I had a game plan,” says O’Neil, of Joshua Tree, California.

Connor was given fish oil, B<sub>12</sub> shots, juices, targeted herbs, Epsom salt baths, hyperbaric oxygen, a mitochondrial cocktail of nutraceuticals, medication with the antifungal fluconazole (Diflucan), the antiviral valacyclovir (Valtrex) and the immunity-enhancing



## More Help for Healing

*EWG.org* – the go-to website of the Environmental Working Group for information about toxicity in food, products and the environment

*Why It Matters* – video accounts from doctors; parents and recovered children; *DocumentingHope.com*

naltrexone (Revia), plus acupuncture, homeopathy and chiropractic. Over time, Connor’s eyes brightened, his language “burst forth” and he became social and loving.

By age 5, educators took him off his individualized learning program because he had no relevant symptoms. Today, at 9, he’s a popular fourth-grade kid that loves swimming, soccer and art, and wants to become a scientist or engineer. “The future is limitless for Connor,” O’Neil reports. “He can do anything he sets his mind to.”

### Brighter Future

“Once you have addressed the root causes, you can optimize healing by using the additional integrative modalities to help prevent chronic illnesses now and in years to come,” explains family physician Madiha Saeed, of Naperville, Illinois, author of *The Holistic Rx: Your Guide to Healing Chronic Inflammation and Disease*.

The multipronged integrative approach is supported by studies that link poor gastrointestinal health to childhood diseases, notes Lambert. Italian researchers found a greater prevalence of “bad” gut bacteria in autistic children. In New Zealand, it was shown that those with ADHD have gut bacteria that reduces dopamine, a neurotransmitter that controls the brain’s reward center.

At *EpidemicAnswers.org*, medical professionals and parents have created a comprehensive database of resources, studies, strategies and health coaches to help realize a child’s full potential. It plans to follow 14 children with chronic conditions through 18 months of healing and recovery therapeutic services to be documented in a film titled *Canary Kids*.

“We want to show parents that there’s hope—because then they can take the next step and move forward,” says Lambert.

*Ronica A. O’Hara is a Denver-based freelance health writer. Connect at [OHaraRonica@gmail.com](mailto:OHaraRonica@gmail.com).*

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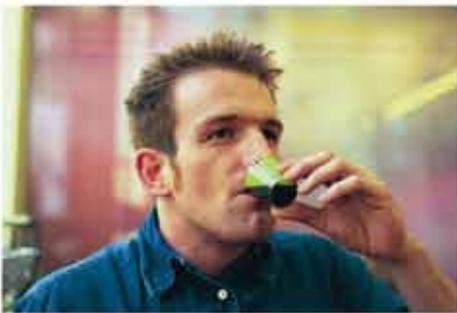
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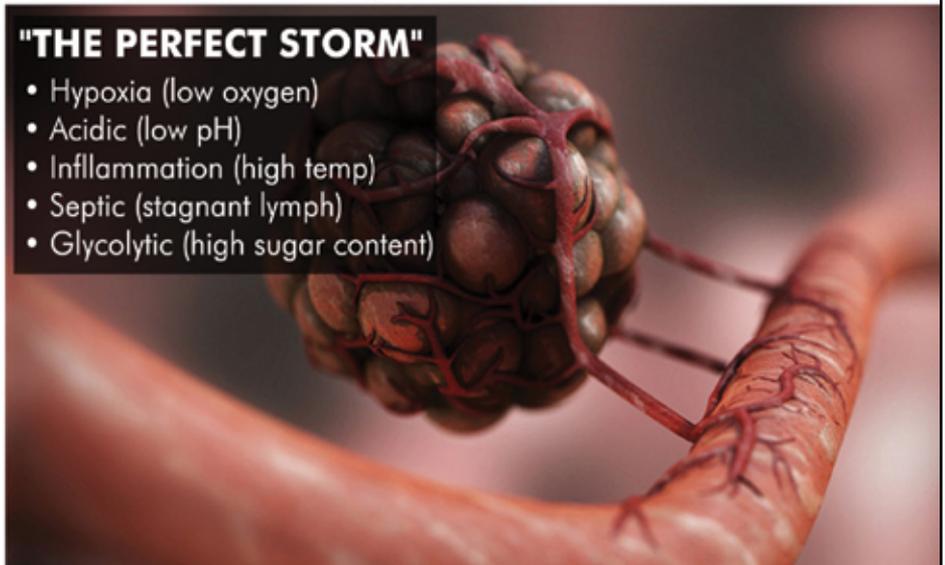
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# 'Less Meat' Goes Mainstream

## Options Grow for Plant-Based Eating

by Marlaina Donato

Plant-based lifestyles, once considered by some as a fad that would fade, are on the rise worldwide. According to a Harris Interactive poll commissioned by the Vegetarian Resource Group, 6 million to 8 million Americans have completely eliminated meat, including seafood, from their plates. With a 600 percent increase of people going vegan domestically in the past three years and companies like Nestlé devising vegan-tailored product launches, plant-based eating is creating unprecedented demand.

"I've definitely seen plant-based eating become more mainstream. Many restaurants now provide plant-based options to keep their customers happy, and more food startups are creating nut- and soy-based cheeses, milks and yogurts," says Lisa Stollman, a plant-based nutritionist in New York City. Vegan lunch options are even making their way into the Los Angeles public school system.

### Millennials Lead the Way

GlobalData, a data and analytics company, reports, "Seventy percent of the world population is either reducing meat consumption or leaving meat off the table altogether," with Millennials at the forefront.

"The environment has been the

Millennial generation's primary concern. Health is of less importance than interest in making the Earth a better place to live," says Gene Stone, a plant-based diet expert in Hudson, New York, and author of the bestselling *Forks Over Knives: The Plant-Based Way to Health*.

Stollman concurs, saying, "The majority of my vegan clients are in their 20s and 30s, and their concern for animal treatment relates to sustainability. Sustainability helps to reduce methane emissions from industrial farms."

Wynnie Stein, co-owner of the iconic Moosewood Restaurant, in Ithaca, New York, and co-author of its groundbreaking spinoff vegetarian cookbooks, has witnessed monumental changes since the early 1970s. Younger cooks at Moosewood have also brought passionate innovations to the establishment. "Millennials are incredibly creative, especially with plant-based and gluten-free dishes. They're committed to animal rights and issues that affect the health of the planet," observes Stein.

### Benefits All Ages

Since the American Medical Association's recent suggestion that hospitals consider providing plant-based meals

for patients, perceptions are shifting. Holistic Cardiologist Joel Kahn, in Ferndale, Michigan, began teaching plant-based diets to heart patients in 1990, and has subsequently seen hundreds of them avoid invasive and surgical procedures, as well as show less evidence of heart disease, Type 2 diabetes, obesity and hypertension. "Many of my patients have decreased or eliminated the otherwise lifelong 'jail' of prescription drugs. They learned that disease reversal, not management, is the goal," says Kahn.

Supermarkets across the country are stocking meatless products like plant-based burgers. Many athletes and bodybuilders that have switched away from eating meat attest to improved results by tapping into plant power. People of all walks of life, including seniors, have embraced this paradigm. "There is increased interest in health as Baby Boomers age and start to realize the benefits of a plant-based diet, much of it due to myriad new research," says Stone.

According to the Harvard School of Public Health, a diet rich in vegetables and fruits lowers blood pressure. The American Diabetes Association supports a nutrient-dense vegetarian diet that can decrease the risk of certain diseases.

For Stollman's vegan clients aged 50 and older, "Health plays a strong role in their interest in plant-based eating. The science has become clear, and based on the evidence, I continue to teach my clients the importance of including plant-based meals in their daily diets," she says.

### Looking Forward

The surge of people changing their diet has a multilevel impact. "I feel deeply grateful to have been able to help spread the word about plant-based diets. Health, the environment and animal protection are great concerns of mine," says Stone.

Stein appreciates how the positive change in diet benefiting people and the planet is coming full circle. "We're still amazed and honored to know that our cookbooks have helped to create a sea change. Folks visiting from all over the world tell us how our recipes have influenced several generations of their families."

Marlaina Donato is a freelance writer, multimedia artist and author of books in the spirituality and alternative health genres. Connect at [MarlainaDonato.com](http://MarlainaDonato.com).

# Signs of Nutritional Deficiencies

## EYES

Dark circles or bags under the eyes: Allergies, food tolerances, dehydration  
Poor night vision: Vitamin A  
Ruptured blood vessels in the eyes: Vitamin C  
Nearsightedness: Vitamin D  
Pale lower eyelid: Iron

## HAIR

Hair loss: B2, B5, Biotin, D, Zinc  
Dry hair: Vitamin A, E, Omega 3, Protein, Iodine, Selenium, Biotin  
Dandruff: Selenium, Omega 3, Vitamin A

## MUSCLES AND JOINTS

Muscle cramping: Magnesium, B1, B2, B6  
Twitching: B1, B2, B3, B6, B9, Vitamin D, Magnesium, Calcium  
Edema/Swelling: B1, B6, Potassium  
Numbness or tingling: B12, B5  
Clicking Joints: Manganese

## SKIN

Bumps on the back of the arms: Vitamin A  
Dry or rough skin: Vitamin A, E  
Unusual nosebleeds: Vitamin C  
Easy bruising: Vitamin C  
Acne during menstruation: B6  
Dermatitis: B2, B3, Biotin  
Red stretch marks: Zinc

## NAILS

Spoon shaped: B12, Iron  
White marks: Calcium or Zinc  
Pale Nails: Iron, Biotin  
Brittle Nails: Calcium, Magnesium, Iodine  
Cuticles Tear Easily: Protein

## TEETH AND GUMS

Bleeding gums: Vitamin C, folic acid  
Crowded Teeth: Calcium, Vitamin K

## MOUTH

Canker sores: B3, B12, Folic acid, Calcium  
Cracks in the corner of the mouth: B2  
Weak tooth enamel: Vitamin A, D, K, Calcium  
Painful tongue: B2, B3, Folic Acid  
Loss of smell or taste: Zinc

## EMOTIONAL / MENTAL

Depression: B1, B5, Biotin, PABA  
Dementia: B1, B3, B12, folic acid  
Nervousness/Irritability: B1, B6, B5  
Insomnia: B3, B5, B6, D3  
Dizziness: Iron, B2, B12



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green living

# The Rise of Blue Zones in America

## Places that Encourage Healthy Living

by Avery Mack



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**D**an Buettner's book *The Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest* launched a movement a decade ago. Sequels include *The Blue Zones of Happiness*, *The Blue Zones Solution* and *Thrive*. Many communities have embraced the principles of this "make healthy living easier" paradigm, resulting in the improved well-being of residents.

"Add more years to your life and more life to your years," says Nick Buettner, vice president at Blue Zones LLC, in Minneapolis, Minnesota, the founder's brother who spoke with us. "The people around you, the places where you work, live and play, and the social norms in your community have an impact on your health."

The original U.S. pilot project in 2009, in Albert Lea, Minnesota, is a prime example. Instead of widening a main thoroughfare and raising the speed limit, the city widened the sidewalk and created a path around nearby Fountain Lake, offering safe exercise for bikers, joggers and walkers. The Hy-Vee grocery increased its health market section from two to seven aisles, leading to a 130 percent rise in related sales, and added a Blue Zones checkout lane for healthy grab-and-go options. City workplaces now offer quiet rooms and fruit instead of candy; one business converted a garage to a pickleball court.

The five original Blue Zones are Ikaria, Greece; Loma Linda, California; Nicoya Peninsula, Costa Rica; Okinawa, Japan; and Sardinia, Italy.

### Blue Zone Basics

**Move Naturally** – Even at work, get up and move at least once every 20 minutes.

**Reduce Stress** – Take a nap, nature walk or meditate.

**Act Intentionally** – "People that feel they have a reason to get out of bed in the morning tend to live seven years longer than those who just go through the motions," says Buettner. A strong sense of purpose defines quality of life.

**Eat Healthy** – Enjoy the benefits of a plant-based diet. One cup of beans a day adds three to four years in life expectancy. Plant a garden to grow fresher, pesticide-free food. Eat meat an average of five times a month and in small-portioned stir-fry, soups and pasta. Consume fewer calories. Drink wine in moderation. Check out [BlueZones.com/recipes](http://BlueZones.com/recipes).

**Maintain Relationships** – "If you have fewer than three friends, it's the equivalent of smoking for 20 years," Buettner maintains. "Growing old in place and

staying at home instead of a retirement or nursing home is easier to accomplish when you have a social network." Meet regularly with friends.

**Have Faith** – A faith-based life taps into a larger resource far greater than oneself and enhances a sense of purpose, social network and calm content.

**Prioritize Family** – Amid the busyness of life, make the most enjoyable family time and nurturing activities each day's first choice.

"Over the last eight years in Florida, our sponsor, NCH Healthcare System, has helped to build well-being infrastructure and sustainability for approximately 400,000 people; that swells to nearly 1.2 million during high season from January to April," says Deb Logan, executive director of Blue Zones Project-SWFL (Southwest Florida). "We have 33 Blue Zone-approved restaurants that collectively make an additional 176 plant-based menu items available locally; the first half of this year, they sold 130,000 Blue Zones-inspired dishes."

The healthful community philosophy was vital in Hawaii, when the K lauea Volcano spewed lava, sulfur dioxide and acid rain. First-responders staffed checkpoint stations around the clock to protect the public from dangerous areas, exposing themselves to combined sun and volcanic heat. The Hawaiian Blue Zone team delivered smoothies, beverages and paletas—healthy popsicles made with real fruit—to help workers stay cooler. They also delivered them to volunteers and public service groups, including Hope Services Hawaii, which built tiny houses for families displaced by volcanic activity.

"We don't come into an area and say, 'This is what you must do.' We say, 'This is what you can do.' The readiness must come from the city level, businesses, schools and nonprofits," Buettner says. "The right leadership must be committed and prepared to follow through on multiple years of initiatives."

He remarks, "In the end, my hope for the future lies in the fact that communities care about their health. Blue Zones isn't about the quantity of years, but the quality of life, and often that adds years, too."

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

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# REBOOTING LIBIDO

## Exercise Rekindles Desire

by Maya Whitman

**B**ecause exercise delivers so many benefits, it's not surprising that one of them is increased libido. A low sex drive can affect either gender at any age, and contributing factors include hormonal changes, daily stressors and certain prescription drugs.

According to a study published in the *Journal of Sexual Medicine*, short-duration bursts of exercise work to increase circulation and heart rate, thus amping up physiological arousal in women. Sexual performance is enhanced in men by exercising three to five times a week, according to a study published in the *Archives of Sexual Behavior*.

"Eating right and being committed to a daily exercise regimen that includes strength, cardiovascular and flexibility training is key to maintaining a great libido and continual excellence in sexual function," affirms Dr. Jeffrey Life, author of *The Life Plan: How Any Man Can Achieve Lasting Health, Great Sex, and a Stronger, Leaner Body* and owner of The Life Center for Healthy Aging, in Charleston, West Virginia.

### Healthy Hormones

Exercise increases testosterone, endorphins and adrenal hormones, all

of which are essential to a satisfying sex life. Studies from the University of Texas at Austin show premenopausal women experience increased sexual response with exercise, including individuals with diminished sex drives due to the use of antidepressants.

"Stress is one of the biggest libido-killers in women, and endorphins released during exercise can reduce stress, improve libido and increase arousal," maintains Stephanie Mansour, fitness expert and CEO of Step It Up with Steph, in Chicago, Illinois. "Adding 30 minutes of exercise a few times a week can increase endorphins, blood flow and testosterone."

### Aging Passionately

The inevitable hormonal changes of menopause and beyond can dampen a woman's sex life, but it doesn't have to become a way of life. "Women can experience side effects of shifting hormonal levels which cause libido to vanish and the vagina to become dry, making us feel anything but empowered," explains Ellen Dolgen, the Coronado, California, author of *Menopause Mondays: The Girlfriend's Guide to Surviving and Thriving Dur-*

*ing Perimenopause and Menopause*. "Exercise, along with the guidance of a menopause specialist to help manage those hormonal changes, is a winning ticket. Life in our 40s, 50s and beyond can be wonderful!"

Erectile dysfunction (ED) is a problem for many men, and can result from sedentary lifestyles, certain medications and cardiovascular issues. "ED is a huge problem worldwide, and vascular disease is one of the major causes," says Life. "This can be avoided by eating properly and making exercise an essential part of everyday life, which can also reduce the need for prescription drugs that are another major cause of the problem."

### Strength Training and Yoga

Testosterone—a hormone that plays a significant role in lighting our "fire" and keeping it lit—can be enhanced by adding workouts with weights. "Strength training can boost testosterone, which may boost sex drive in both women and men. For men, I recommend lifting weights and doing push-ups. However, it's important to note that too much intense exercise or strength training may have the opposite effect, and actually reduce the desire to have sex," says Mansour.

In addition to a daily exercise program that includes cardio and flexibility exercises, Life concurs, "Thirty to 60 minutes of strength training three to four times a week is ideal."

According to a review published in the *Journal of Sex and Marital Therapy*, yoga may increase both male endurance and female response. "Yoga turns off our sympathetic nervous system, the part that keeps us in 'fight-or-flight' response. Inversions like the shoulder stand help to harmonize hormones, supporting a well-balanced sex drive," explains Pam Medina, owner of The Yoga Lily, in Clifton Park, New York. "We need to feel attractive, and yoga can help us to accept the body as a sacred vehicle for the soul."

No matter the age or condition of the body, a more satisfying sex life and better self-image is possible through feeling fit. Life reminds us, "Check with your doctor before taking up an exercise regimen, and know that maintaining a healthy body can give us essential ingredients for a great sex life well into our 60s, 70s, 80s and 90s."

Maya Whitman is certified in bodywork and clinical essential oil therapy.



Nobel prize winner and microbiologist Elie Metchnikoff once said, "Death begins in the colon."

Based on his years of research in the early 1900s he concluded that disease and aging are mostly due to toxic bacteria in the gut.

- The gastrointestinal system comprises 75% of the body's immune system.
- There are more neurons in the small intestine than in the entire spinal cord.
- It is the only system in the body that has its own, independently operating nervous system, called the enteric nervous system.
- If you stretched out the gastrointestinal system in its entirety, it would have the surface area of a regulation sized singles tennis court.
- There are over 400 species of microbes living in your gut, totaling over 15 pounds of mass and containing more bacteria than there are known stars in the sky.

## Fix Your Gut - Fix Your Health



## The Benefits of an Alkaline Body

### Fewer Colds

An acidic environment promotes the growth of bad bacteria, yeast and fungi. The imbalance of your body's good bacteria makes you more prone to getting infections. You will be less likely to suffer from the common cold when your body is alkaline.

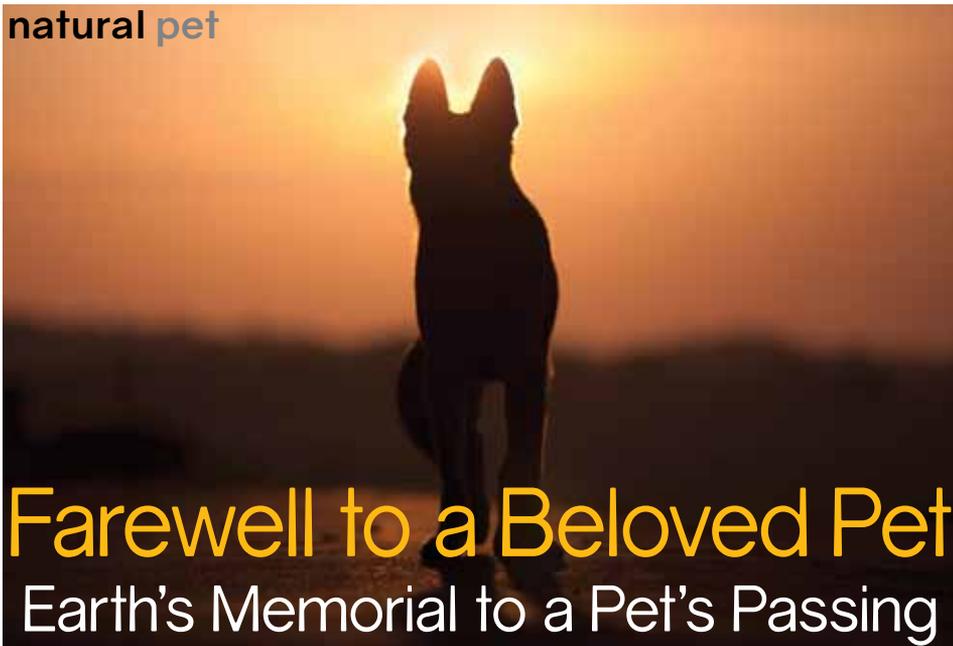
### Cancer Prevention

A major benefit of having an alkaline body state is that you might reduce your risk for developing cancer. When your body is too acidic, oxygen levels are lowered and cellular metabolism stops. This can lead to the growth of cancer cells. Maintaining an alkaline state helps encourage healthy cell turnover, which is key in the prevention of cancer.

- Skin more elastic, youthful
- Deeper more restful sleep
- Abundant physical energy
- Suffer from fewer headaches and viruses
- Good digestion
- Less arthritis
- Reduction of candida (yeast) overgrowth
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- Assists with proper absorption of food
- Helps prevent acid reflux
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# Farewell to a Beloved Pet

## Earth's Memorial to a Pet's Passing

by Sandra Murphy

The American Pet Products Association estimates Americans collectively spent \$69.5 million on our 235 million mammal, avian and reptile pets, as well as 158 million pet fish, in 2017. It's not surprising that end-of-life planning for a devoted family companion is a solemn endeavor.

Burial in a box or blanket in the backyard used to be the predominant way to deal with pet remains. As people and pet populations have grown, many municipalities now have ordinances against the practice. Instead, good options exist that protect and preserve the planet these animals so enjoyed.

### Innovative Containers

Kay Winters, a blogger at *PawsAndPines.com*, in Amsterdam, the Netherlands, mothers a dog, Clover, and two cats, Chuckie and Mittens. "When they pass away, I plan to bury them in biodegradable mushroom bags," she says. "It has mushroom and other organisms infused into it to help with natural decomposition, cleanse any environmental toxins in the body and nourish the nearby soil."

Another biodegradable container is a pod that contains nutrient-rich soil, a seed and the pet's ashes to nourish the resulting plant, tree or shrub. It's a lovely way to remember the pet and replenish Earth's greenspace.

### Aquamation or Cremation

Veterinary offices commonly arrange for the pet's body to be sent to a crematorium, with ashes returned several days later. Using temperatures from 1,400 to 1,800 degrees Fahrenheit, these facilities impose a larger carbon footprint than other options.

At-home euthanasia may be beneficial for terminal pets. The animal can remain calm in familiar surroundings with family present. The veterinarian allows time for goodbyes, and when the family is ready, removes the body. "We always place the pets on nice stretchers with a blanket over the body and encourage the family to place toys or flowers with their pet. There's no handing out brochures with photos of urns or upselling. It's respectful of the pet's life," says Veterinarian Mary Gardner, of Yorba Linda, California, co-founder and chief technology officer at Lap of Love Veterinary Hospice, a national network of veterinarians dedicated to end-of-life care.

Gardner is also building an aquamation (alkaline hydrolysis) facility in Boynton Beach, Florida. This alternative to cremation has a far smaller environmental impact because the resulting alkaline water is safe to drain, containing no chemicals or DNA.

Elizabeth Fournier, author of *The Green Burial Guidebook*, owns and operates Cornerstone Funeral Services

and Cremation, in Boring, Oregon, where she periodically receives inquiries about pets. "I've received calls over the years for horses, donkeys, sheep and dogs. One family called me for their alpaca. I explained my funeral home was a human-only funeral parlor, but I'd be more than happy to help with a referral," Fournier says. She offered a choice of flame or water. "They liked the water method because Spunky the Alpaca loved the rain and could drink more water than most of her pasture mates," she says.

The family let all the other animals at home come by to give Spunky a sniff and a goodbye, and then took her body for bio-cremation. "They took her ashes home in a ceramic pig cookie jar," says Fournier. "It's my favorite story."

"The zero-emission aquamation process creates one-tenth the carbon footprint of traditional, flame-based cremation and enables 20 percent more ashes to be returned to the family, allowing for a lasting contribution to be made to the Earth in honor of a beloved pet," says Christie Cornelius, the founding doctor of veterinary medicine at Last Wishes Compassionate Comfort Care for Pets, in Houston, Texas.

Eternal Reefs, Inc., in Sarasota, Florida, mixes environmentally friendly concrete with cremains to form a gigantic reef ball, which is then placed on the ocean floor to replenish naturally diminishing reef systems and provide a permanent underwater memorial. Originally designed for human use, some owners have asked for pets to be included. To reduce costs, families are encouraged to hold their pet's cremated remains for the appropriate time when they are memorializing a human loved one. Recorded GPS coordinates facilitate future visits to the area.

Whether using earth, fire or water, there are many ways to honor a pet's lifelong devotion and lessen its final carbon footprint to protect Earth's natural health and beauty.

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

**Dr. Otto Warburg** won the Nobel Prize in 1931 for proving that **cancer can't survive in an alkaline, oxygen rich environment, but thrives in an acidic, low oxygen environment.**



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**- Dr. Otto Warburg**

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# Stop a cold before it starts



## New research: Copper stops colds if used early.

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

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

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

That's why ancient Greeks and Egyptians used copper to purify water and heal wounds. They didn't know about viruses and bacteria, but now we do.

Scientists say the high conductance of copper disrupts the electrical balance in a microbe cell, destroying it in seconds.

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

The strong scientific evidence gave inventor Doug Cornell an idea. When he felt a cold coming on he fashioned a smooth copper probe and rubbed it gently in his nose for 60 seconds.

"It worked!" he exclaimed. "The cold went away completely." It worked again every time he felt a cold

coming on and he hasn't had a cold since.

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

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

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

Pat McAllister, age 70, received one for Christmas and called it "one of the best presents ever. This little jewel really works." Now thousands of users have stopped getting colds.

People often use CopperZap preventively. Frequent flier Karen Gauci used to get colds after crowded flights. Though skeptical, she tried it several times a day on travel days for 2 months. "Sixteen flights and not a sniffle!"

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

Some users say it also helps with sinuses. Attorney Donna Blight had a 2-day sinus headache. When her CopperZap arrived, she tried it. "I am shocked!" she said. "My head cleared, no more headache, no more congestion."

Some users say copper stops nighttime stuffiness if used just before bed. One man said, "Best sleep I've had in years."

Copper may even stop flu if used early and for several days. Lab technicians placed 25 million live flu viruses on a CopperZap. No viruses were found alive soon after.

People have used it on cold sores and say it can completely prevent ugly outbreaks. You can also rub it gently on wounds, cuts, or lesions to combat infections.



## Sinus trouble, stuffiness, cold sores.

The handle is curved and finely textured to improve contact. It kills germs picked up on fingers and hands to protect you and your family.

Copper even kills deadly germs

that have become resistant to antibiotics. If you are near sick people, a moment of handling it may keep serious infection away from you and your loved ones. It may even save a life.

The EPA says copper still works even when tarnished. It kills hundreds of different disease germs so it can prevent serious or even fatal illness.

CopperZap is made in the U.S. of pure copper. It has a 90-day full money back guarantee when used as directed to stop a cold. It is \$69.95. Get \$10 off each CopperZap with code **NATA4**.

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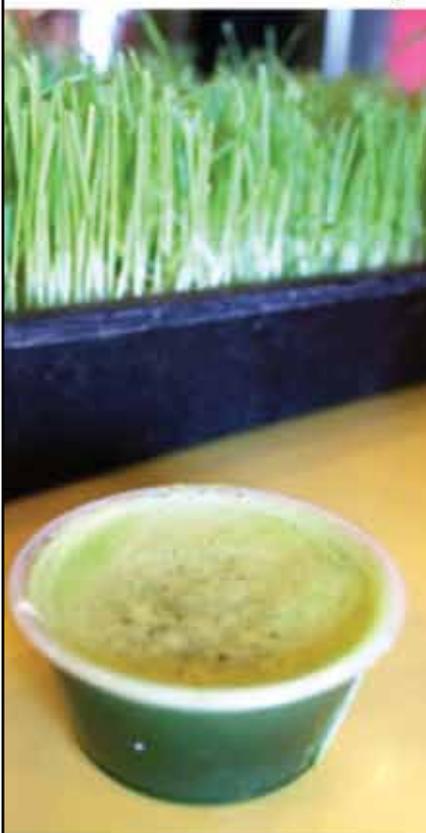
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## I drink wheatgrass.

Wheatgrass is a natural source of vitamins and minerals. In 2002 a small study found that wheatgrass juice, when used along with standard medical care, seemed to help control symptoms of chronic inflammation of the large intestine, a condition called ulcerative colitis. All of the patients received regular medical care, including their usual diet. Those who drank about 3 ounces of the juice every day for a month had less pain, diarrhea, and rectal bleeding than those in the group drinking the placebo.

Source: [www.cancer.org](http://www.cancer.org)



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## calendar of events

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

### Friday October 5

**Three Days of the Paddle** – 7am. Kayak and canoe racing for recreational paddlers and pro racers travel down the historic Bayou Teche to Berwick on the Atchafalaya River for 135 miles. Begins in Port Barre, at the headwaters of Bayou Teche. Raymond Pellerin. 337-332-2992. [TourDuTeche.com](http://TourDuTeche.com).

**Music and Market** – 6-8:30pm. The best in Louisiana music and fresh produce. Free concerts on Fridays thru October 26. Find a range of fresh vegetables from mustard greens to sweet potatoes. Farmers Market Pavilion, 828 E Landry St, Opelousas. 800-424-5442. [CityofOpelousas.com](http://CityofOpelousas.com).

### Saturday October 6

**Annual Festival De La Grande Église** – 7am-4pm. The mother church of southwest Louisiana, invites everyone to celebrate its 300 plus years of history. This event recognizes the history of the Catholic Church and the families that lived there for centuries. St. Landry Catholic Church, 1020 N Main St, Opelousas. [StLandryCatholicChurch.com](http://StLandryCatholicChurch.com).

**HRC International Competition** – 7:30am. Thru Wednesday Oct 10. A dog competition for hunting breeds is open to the public. Guests should dress in dark colored clothing or camouflage. Hunting Retriever Club, Inc. Grand Prairie and Washington-from I-49, exit Hwy 103 Washington. Cajun Retriever Club. 337-351-1538. [CajunHRC.com](http://CajunHRC.com).

### Saturday October 13

**Kiwanis of Acadiana's Zydeco Pancake Breakfast** – 8-11am. A family-friendly event with delicious food, fabulous music, great dancing and fun children's activities. Enjoy "All You Can Eat" pancakes, sausage and beverages set to music. \$7 tickets. Funds support a Zydeco Park with musically-themed playground equipment in downtown Lafayette. Parc International, 200 Garfield St, Lafayette.

**Tour Des Atakapas** – 8-10am. The official race of Festivals Acadiens et Creoles and held in partnership with TRAIL, Tour Des Atakapas offers 3.5 and 7-mile runs, along with a run, paddle, and run duo-athlon. The

race takes place on the Saturday of the festival and ends with a party in Girard Park. Registration starts at \$35. Girard Park, 500 Girard Park Dr, Lafayette. [LATrail.org](http://LATrail.org).

**World Championship Gumbo Cook-off** – Thru Sunday Oct 14. Over 90 participants and 100 different gumbo to try. Attendees enjoy cook-offs, booth decorating contest, live music, children's activities, and food in a pirate themed event. Bouligny Plaza, Main St, New Iberia. Greater Iberia Chamber of Commerce. 337-364-1836.

### Thursday October 18

**Yoga in the Patch** – 6-7pm. Attendees participate in a family friendly yoga session and participate in all things Pumpkin Patch, including decorating pumpkins, hayrides and playing in a maze. No pre-registration required. Concessions available. Covenant UMC Pumpkin Patch, 300 E Martial Ave, Lafayette.

### Saturday October 20

**Shake Your Trail Feather Festival** – 11:30am-6pm. Enjoy activities and discussions on how the water flow is managed by the Teche-Vermilion Freshwater District to assist the boat building, farming industries and recreational paddling on both the Bayou Teche and Vermilion with Concert performances throughout the day. Patti Holland. Parc des Ponts de Pont Breaux, Breaux Bridge. 337- 277-4645. [TecheProject.org](http://TecheProject.org).

### Saturday October 27

**Sweet Dough Pie Festival** – 9am-3pm. Celebrate the unique history of historic Grand Coteau and the traditional sweet dough pie with a variety of pies, over 70 vendors of arts, handmade items, flowers and herbs, custom furniture, indoor and outdoor decor, local cuisine and live music. St. Charles Borromeo Catholic Church, 174 Church St, Grand Coteau.

**Halloween Art & Nature Fest** – 11am-5pm. Fun and educational demonstrations and activities for both kids and adults with live music performances. Free. Atelier de la Nature, 1050 Andrew Gautreaux Rd, Arnaudville.

# Bats

by Randall Jarrell

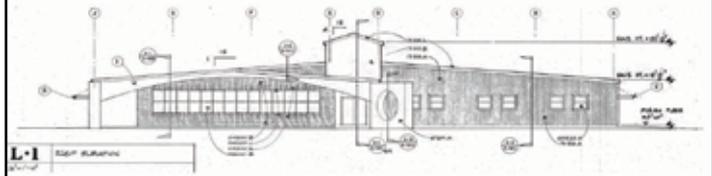
A bat is born  
 Naked and blind and pale.  
 His mother makes a pocket of her tail  
 And catches him. He clings to her long fur  
 By his thumbs and toes and teeth.  
 And then the mother dances through the night  
 Doubling and looping, soaring, somersaulting  
 Her baby hangs on underneath.  
 All night, in happiness, she hunts and flies.  
 Her high sharp cries  
 Like shining needlepoints of sound  
 Go out into the night and, echoing back,  
 Tell her what they have touched.  
 She hears how far it is, how big it is,  
 Which way it's going.  
 She lives by hearing.  
 The mother eats the moths and gnats she catches  
 In full flight; in full flight  
 The mother drinks the water of the pond  
 She skims across. Her baby hangs on tight.  
 Her baby drinks the milk she makes him  
 In moonlight or starlight, in mid-air.  
 Their single shadow, printed on the moon  
 Or fluttering across the stars,  
 Whirls on all night; at daybreak  
 The tired mother flaps home to her rafter.  
 The others all are there.  
 They hang themselves up by their toes,  
 They wrap themselves in their brown wings.  
 Bunched upside-down, they sleep in air.  
 Their sharp ears, their sharp teeth, their quick sharp faces  
 Are dull and slow and mild.  
 All the bright day, as the mother sleeps,  
 She folds her wings about her sleeping child.



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**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.

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**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.

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## Water - Lymphatic 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.

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**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.

**\$45 (30 min)**



## 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

**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.

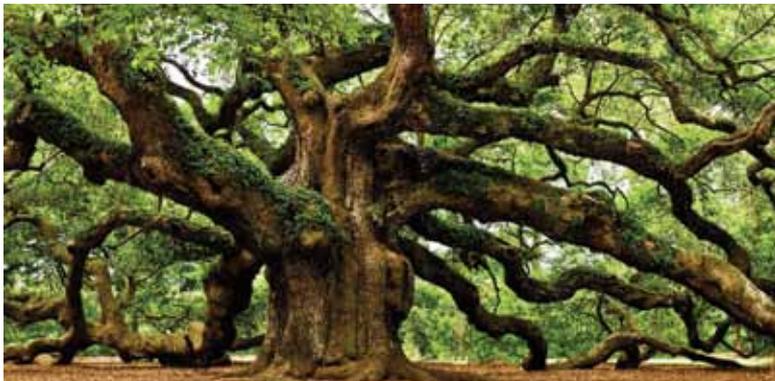
**How does it work?** Your feet are placed in a bucket of clean, warm, ankle-deep water. A small amount of sea salt is added to the water, in order to increase the conductivity. Then, an ionator is placed in the bucket of water along with your feet. This ionator creates a low-voltage, direct current 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.



**\$45 (30 min)**

# naturopathic body treatments

have ancient roots—and there are good reasons why these health trends never really die. Soaking in mud rich in minerals like magnesium, sodium, and sulfur has anti-inflammatory effects, helping to ease muscle tension and joint pain. The way mud dries on the surface of the skin and traps in heat can also facilitate this process. Ionic foot baths, infrared saunas, and hydration body treatments are seriously relaxing—releasing toxins, calming the nervous system, and improving the body's chemistry.



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# SENIORS EXPO

— 2018 —

Celebrating seniors and showcasing lifestyle,  
community services & entertainment

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Healthy Living Cooking Demonstrations  
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**SATURDAY  
8 DECEMBER**

Saint Christopher College  
**Enterprise  
Business Center**  
Carencro



## Representatives onsite to answer your questions!

Assisted Living Facilities  
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**30 Exhibit Spaces**  
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**Food & Refreshments**



## 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

## BF-4 Weight Loss FAT GRABBER AND FAT BURNER



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



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