

FREE

HEALTHY LIVING HEALTHY PLANET

# natural awakenings



## Mindful Curriculum

Meditative Training  
on the Rise

**Paws to Consider**  
Shelter Pets  
Await Homes

**Spinal Solutions**  
Chiropractic Heals  
Unlikely Conditions

**Mouth Matters**  
A Fresh Look  
at Oral Health

# 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  
Screening

**GET ANSWERS !!!**

**Vision**  
Wall Chart Reading  
Screening

**\$35**

### Blood Pressure Test

Saliva Swab  
Screening

**\$10**

**\$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: \$184**

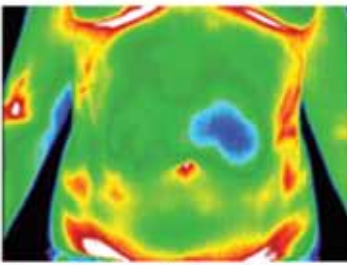
FOR INFORMATION - TEXT  
Your NAME and  
HEALTH SCREENING to 424-5066

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

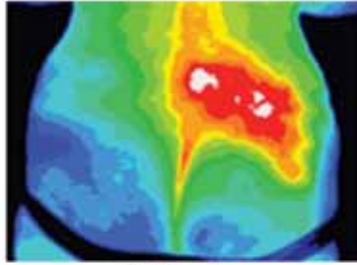
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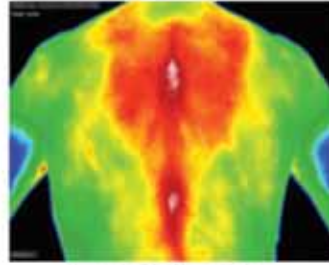
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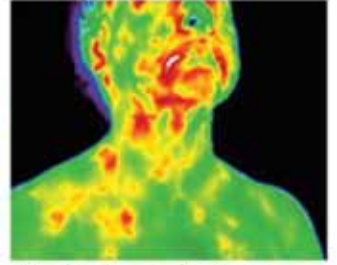
Hypothermia in the Stomach



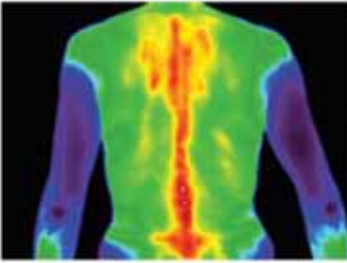
Shingles



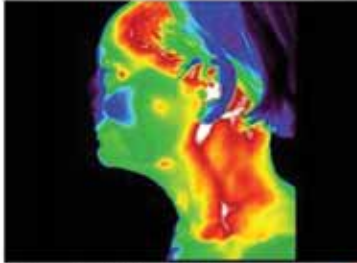
Lung Cancer



Periodontal Disease



Spinal Inflammation



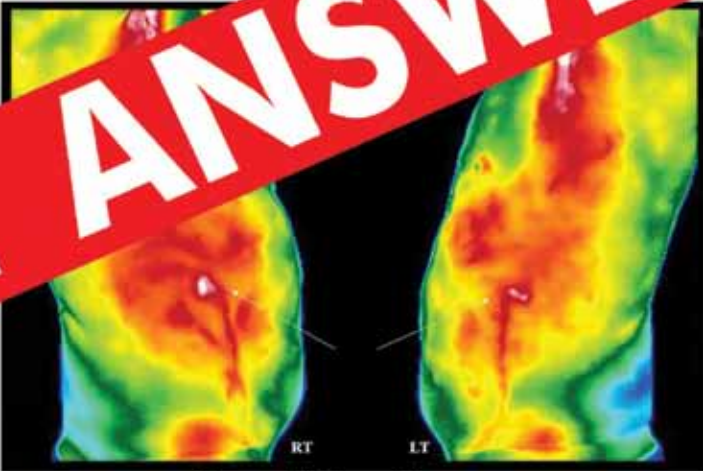
Carotid Artery Inflammation



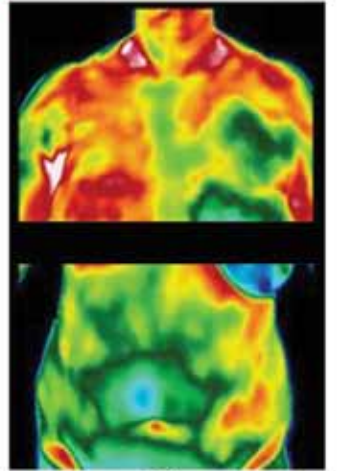
Melanoma-Scapular Cancer



Varicose Veins



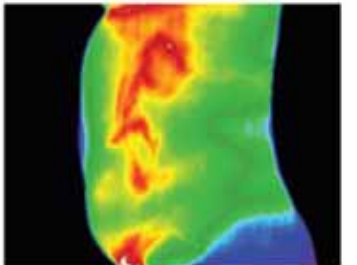
Bilateral Kidney Stones



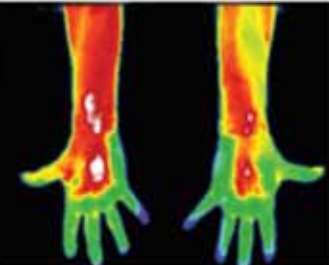
Breast Cancer



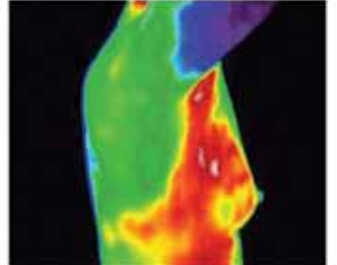
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



Lymphatic Congestion

**GET ANSWERS!!!**

**\$164 Full-Body Thermography Screening**

Text **EXAM** and your name to  
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for more information  
Call **896-4141** to schedule

Thermography is used to:

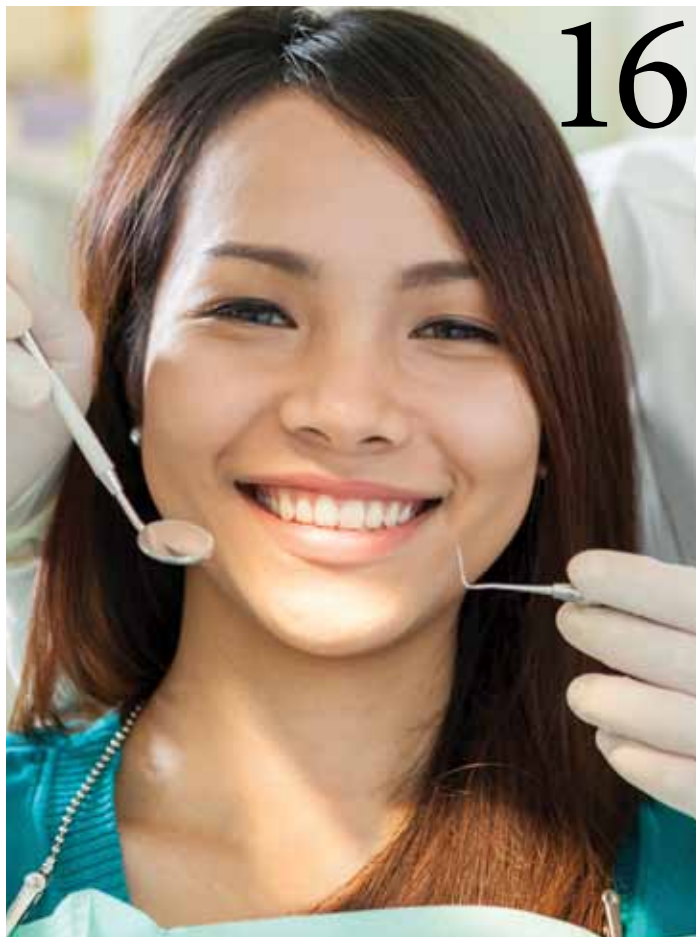
- help make informed decisions regarding the need for further treatment
- visualize the physiological component of pain, injury or illness/disease
- provide early warning of potential health issues
- identify the originating source of neuropathic dysfunction
- support the existence of a suspected condition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

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

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### HOW TO ADVERTISE

To advertise with *Natural Awakenings* or request a media kit, please contact us at 337-896-0085 or email [LocalPublisher@NAacadiana.com](mailto:LocalPublisher@NAacadiana.com). Deadline for ads: the 15th of the month.

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## **publisher's letter**



Everyone has an activity they enjoy doing from time to time. Painting, reading, sewing, and collecting objects are just some of the things people participate when free time is available. These activities done during leisure time reduce stress and allow you to sort through your day. The same can be said for taking the time to meditate. Although many people see meditation as a strict procedure done with religious intent, it represents something more than that. Meditation helps one to focus on the present and appreciate the beauty of one's surroundings.

In a way, meditation is equivalent to stargazing or cloud watching. Try to focus on your breathing, the sounds and odors around you, and the temperature and any other things you can sense in the room or area around you. There may be birds flying over one day, and cars driving down the road the next day. Whatever is happening during that time, use it to your advantage. This may mean appreciating the sound of birds chirping or the smell of rain right before it storms. No matter the weather or temperature, sit outside or find a quiet place for at least ten minutes to absorb your surroundings. This allows you to focus on the present moment and to perceive your current mental, physical, or emotional state for that moment and perhaps for that entire day. By examining how the trees look or which direction the clouds are moving, one can quickly forget about the weight put upon their shoulders. It's so easy to lose yourself in social media, daily tasks, schedules, and responsibilities that many forget to take time for the present.

Practicing meditation and self-awareness is something that's more than a hobby; it's a form of reflection that can lead to profound personal growth. It's a time where one can sit and realize how beautiful the world is even if things aren't going the way you want it to. No matter the circumstances or current events, meditation and silencing your thoughts can help you to better see the good in almost anything.

We believe self-reflection and meditation allows a sense of calm in one's life to occur. It also may help one realize it's harder to focus on the negative. By listening/looking into your surroundings for at least ten minutes, one realizes the quality and intentions of their actions. Focusing on negative thoughts and actions will not likely lead to personal growth or allow happiness and acceptance in life. Focusing on the negative only stunts the progression of life. Practicing meditation frequently helps to develop optimism while focusing on physical and emotional health. So many emotional problems can be solved if people just take ten minutes out of their day to appreciate the good and reflect on one's actions. Ultimately, it's important to understand that what one fails to accept, he or she most likely can never change it. Focusing on the positive and reflecting on one's actions or thoughts enables this understanding to occur.

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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**Drug Emporium** 505 Bertrand Drive, Lafayette (337) 261-0051

## Use this to reduce PAIN and INFLAMMATION

### Pain & Inflammation Enzyme

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



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

supplement packs the power of natural bioflavonoids, herbs, and enzymes.....\$30.00

## Wheatgrass Capsules

Alkalize, energize and detox your body with wheatgrass capsules. Wheatgrass is an effective healer because it is nutrient dense and contains major minerals and vitamins A, B-complex, C, E, I and K. It is extremely rich in protein, and contains 17 amino acids, the building blocks of protein. Wheatgrass contains up to 70% chlorophyll, which is an important blood builder. Wheatgrass is a strong antioxidant and helps to cleanse the blood and lymph.....\$30.00



## 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.

### HEALTH BENEFITS

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

*Suggested Use: Drink 64 oz per day for 14 days. .*  
**.....\$36.00 / case of six**

## Mood Enhancer

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



# BF-4 Weight Loss

## FAT GRABBER AND FAT BURNER



BF-4 contains all the 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.

### HEALTH BENEFITS

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

.....\$45.00

# WheTea Ab Fat Burner



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

.....\$20.00

# Raspberry Ketone Drops

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

.....\$30.00



# Garcinia Cambogia



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

# 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



# 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.....\$30.00



## Meet Preston Castille – Candidate #50 BESE District 8



Education is Empowering and Transformative. With it, lives change, and the human potential is unleashed. Preston has been a long-time community advocate. He has been a staunch supporter of K-12 and Higher Education. He served as President of the Southern University Lab School Foundation, Mock Trial Team Coach for Baton Rouge High and Redemptorist High School, Founder of the Junior Partners Academy (JPA) at Dalton Elementary, Board Chair of New Schools for Baton Rouge (NSBR), and Board Chair for Helix Community Schools.

Preston is running a “Power of Education” campaign with 5 Key Principles: **COMPREHENSIVE EDUCATION SYSTEM** - Establish a Comprehensive Early Childhood to College and Career Education System. **INCREASE TEACHER & STAFF PAY** - We Are Off to a Good Start, But We Can Do More. Louisiana must make Teacher and Staff Pay a Top Priority. **AUTONOMY**- We should encourage greater autonomy for our teachers and schools who are able to demonstrate measurable academic success. **ACADEMIC SUCCESS**- We should continue to build a fair and equitable accountability system. We should: 1) Recognize Teachers and Schools who improve the academic outcomes of children of all socioeconomic backgrounds. 2) Strongly recognize student growth, particularly for those who need the most help. **BEYOND THE CLASSROOM** -We must be willing to reach beyond the classroom to help families become successful. The socio-economic conditions of families cannot be ignored in developing strategies for ensuring that our children grow up to be successful adults.

For more information on candidate Preston Castille, visit [www.preston4bese.com](http://www.preston4bese.com) or call 225-381-0217.

## Meet Senator Gerald Boudreaux – Candidate #54 Louisiana State Senate District 24



Gerald Boudreaux was elected to represent District 24, in the Louisiana State Senate on October 24, 2015 and was sworn into office on January 11, 2016 now seeking re-election. He serves as the Director of the Parks & Recreation Department as appointed since 1985 by the last five mayors of the City of Lafayette and received his Bachelor of Science Degree in Education from UL-Lafayette in 1982.

He is a past member of the United Way of Acadiana and served as President in 1996. His past service also includes being a member of the Board of Directors of the Greater Lafayette Chamber of Commerce (1989-91). He was a charter member of Kiwanis-Southwest LA (1984-2002) and served as its president in 1988 and 1997. He served on the Board of Directors for Our Lady of Lourdes Regional Medical Center from January 2005, until December 2013, and was Chairman in 2012 and 2013. He is currently on the Board of the Miles Perret Cancer Services Center and is active with their healing ministry. He serves on the Ragin Cajun Athletic Foundation as a 2014 Board Member. He is a member of the Martin Luther King Holiday Committee and has served as Chairperson since 1993. Gerald was appointed in 2013 to a three-year term on the Board of Directors of the Louisiana Sports Hall of Fame. He was also recently selected to begin a six-year term as a “Trustee/Board of Director” for the Franciscan Missionaries of Our Lady Health System, which governs Our Lady of Lourdes and five other hospitals and various clinics in the state of Louisiana.

For more information on candidate Gerald Boudreaux, visit [www.geraldboudreaux.com](http://www.geraldboudreaux.com) or call 337-267-7520.

## Manglier Tea mong-lee-AY

Manglier tea has the ability to build the body's immune system quickly to fight cold, flu, and other infections.  
- Dr. Steve Castille

\$24



Steep in hot water for 5-10 minutes and drink slowly.

## Manglier Tea mong-lee-AY

### natural medicine

NATURAL MEDICINE WITH NO SIDE EFFECTS

The tea is used to treat diabetes and has the ability to build the body's immune system quickly to fight cold, flu, and other infections.



It clears viral and bacterial infections. Native Americans first discovered the medicinal properties of this plant in the 1800s. Creole and cajun communities used it before the onset of drug prescriptions and antibiotics. It is natural medicine that can be readily found in south Louisiana.

*Instructions for making manglier Tea:* Steep in hot water for 5-10 minutes and drink slowly.



My grandfather's grandfather used this medicine. He said the old manglier tree would cure the plague and the virus.

- Mrs. Clara B. Mallet, LA

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





## 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.

## health briefs

### Fight MRSA With Herbal Extracts

In a Brazilian study published in the *Journal of Herbal Medicine*, extracts of rosemary leaves and pomegranate



peels, along with a South African herb known as misty plume bush, significantly reduced the ability of methicillin-resistant *Staphylococcus aureus* (MRSA) bacteria to grow and spread in the laboratory, a finding that may help develop new strategies against the superbug.



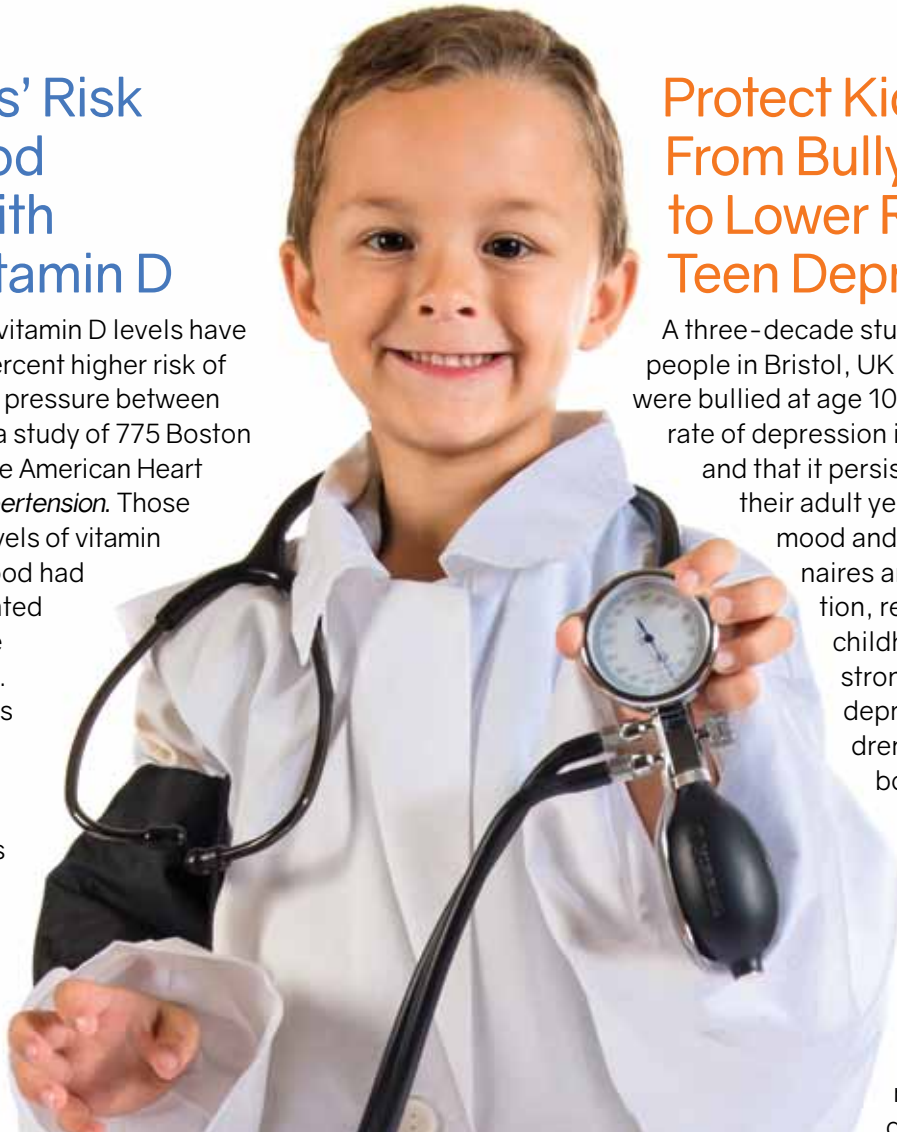
### Try Fennel Oil to Fight Vaginal Yeast

Up to 75 percent of women deal at some point with the itchiness, discharge and sexual discomfort and pain of vaginal yeast infections caused by *Candida* species, the most prevalent being *Candida albicans*. Egyptian laboratory researchers tested fennel oil and eight other plant-based essential oils on 19 *Candida albicans*

strains that were resistant to the antifungal medication fluconazole. They found that the fennel oil had significant antifungal properties against the strains, outperforming chamomile, jojoba, nigella, fenugreek, cod liver, peppermint, clove and ginger oils. When combined with fluconazole, fennel was effective on seven strains, theoretically lowering the need for higher doses of the medication.

### Reduce Kids' Risk of High Blood Pressure With Maternal Vitamin D

Children born with low vitamin D levels have an approximately 60 percent higher risk of elevated systolic blood pressure between ages 6 and 18, reports a study of 775 Boston children published in the American Heart Association journal *Hypertension*. Those with persistently low levels of vitamin D through early childhood had double the risk of elevated systolic blood pressure between ages 3 and 18. Higher systolic numbers increase the risk of cardiovascular disease later in life. Because infants' vitamin D levels are determined by the mothers' levels during pregnancy, researchers suggest exploring an official recommendation for vitamin D supplementation during pregnancy.



### Protect Kids From Bullying to Lower Risk of Teen Depression

A three-decade study of 3,325 young people in Bristol, UK, found that kids that were bullied at age 10 had eight times the rate of depression in their teen years, and that it persisted for some into their adult years. Using detailed mood and feelings questionnaires and genetic information, researchers found that childhood bullying was strongly associated with depression. Bullied children had a greater risk of both limited depression occurrence and persistent depressive issues. Other risk factors found to be associated with depression in the children included anxiety and the mother's postnatal depression.



## Consider Motherwort to Reduce Postpartum Bleeding



A meta-review of 37 studies that included 7,887 mothers giving birth found that an injection of oriental motherwort (*Leonurus japonicus*), a Traditional Chinese Medicine herb used for thousands of

years, decreased blood loss and other adverse events during birth at a minimal cost with few side effects.

## Take Cordyceps to Enhance Immunity

Cordyceps, a fungus that grows on caterpillars high in the Himalayas, has long been used in Traditional Chinese Medicine as a rejuvenating and performance-enhancing medicine. The latest Korean research shows it also boosts the immune system. Scientists tested 79 healthy adults for eight weeks, giving 39 of them 1,680 milligrams of cordyceps a day in capsules and the other 40 were given a placebo. The cordyceps produced a 38 percent increase in natural killer (NK) cell activity, which plays a role in immunity by detecting and killing virus-infected cells, tumor cells and abnormal cells.



## Take Rosemary to Boost Memory, Mood and Sleep

The common kitchen herb rosemary holds promise for insomniacs. Iranian researchers tested 68 university students for a month, giving them either 1,000 milligrams of rosemary herb each day or a placebo. Those that took the rosemary herbal supplement had improved memory, reduced anxiety and less depression at the end of the month. Using the Pittsburgh Sleep Quality Inventory scale, those taking the rosemary slept better, as well.



## Avoid Pesticides to Lower Kids' Risk of Depression

Another reason to consider organics: A study of 529 teens and preteens linked high exposure to pesticides to a higher risk of depression. University of California San Diego School of Medicine researchers studied children between

11 and 17 years old in the Ecuadorian Andes, the third-largest exporter of roses. The flowers are routinely sprayed with organophosphate insecticides known to affect the human cholinergic system, a key component in the function of the brain and nervous system. Drawing blood samples, the researchers found that teens that had lower levels of acetylcholinesterase enzyme activity resulting from pesticide toxicity showed more symptoms of depression, especially in girls and those younger than 14. The findings back up anecdotal reports from Andeans of a rise in teen depression and suicide.



## Boot the Bottle for Mental Well-Being

A study of 10,386 people in Hong Kong and the United States compared mental well-being among moderate drinkers and nondrinkers, with multiple-year, follow-up periods. Men and women that were lifetime abstainers had the highest levels of mental well-being, surpassed only by women that had quit drinking.





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## Panther Power

### Texas Pumas Counter Inbreeding

The endangered Florida panther has been saved from extinction thanks to the introduction of female Texan pumas, reports a 10-year study conducted by the University of Florida and the Florida Fish and Wildlife Conservation Commission. The pumas, which like the panthers, are a sub-species of cougar, were brought to Florida in 1995 to counter the effects of habitat loss and health issues caused by panther inbreeding, including heart defects, infertility and other genetic problems. The panther population has since rebounded from a low of 20 to 30 cats to between 120 and 230.

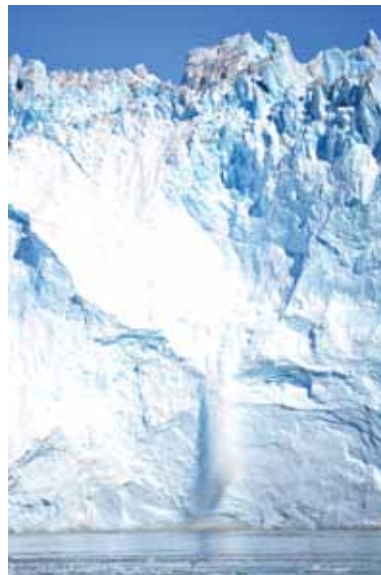


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## Diplomatic Freeze

### Conflicts Heating Up Over Arctic Reserves

Scientists warn that the Arctic is heating up much faster than the world average because of rising greenhouse gas emissions. Over the last five years, the region has been warmer than at any time since record keeping began in 1900, which is opening up untapped reserves of oil, gas, uranium, gold, fish and rare earth minerals. At a May meeting of the Arctic Council, U.S. Secretary of State Mike Pompeo warned Russia and China against “aggressive” actions in the region, saying, “This is America’s moment to stand up as an Arctic nation.”



Gao Feng, the head of the Chinese delegation to the council, whose mission is to foster cooperation among Arctic countries and protect the fragile environment, says, “It’s [the U.S.] a country that stepped out of the Paris Agreement and then they’re talking about protecting the environment of the Arctic.”

## Other-Worldly Rock

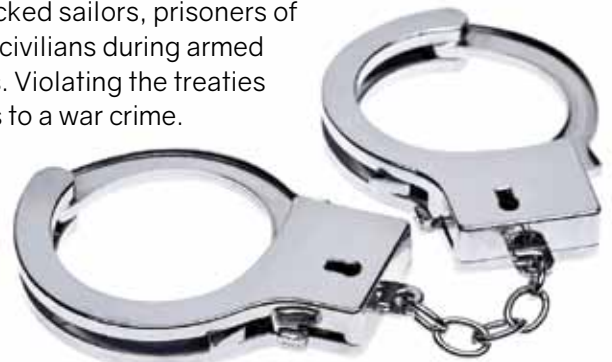
### Extraterrestrial Matter Found on Earth

The Makhonjwa Mountains of South Africa harbor some of the planet’s oldest rocks, including meteorites that have been striking the Earth for eons. According to the peer-reviewed journal *Geochimica et Cosmochimica Acta*, researchers using electron paramagnetic resonance (EPR) spectroscopy have discovered a 3.3 billion-year-old layer of rock that contains two types of insoluble organic matter, both of which suggest extraterrestrial origins, making it the oldest extraterrestrial organic matter ever identified. Many scientists think the basic molecules of life may have originated in outer space.

## Humanitarian Plea

### Environmental Destruction Tapped as War Crime

Twenty-four scientists from around the world published a letter entitled, “Stop Military Conflicts From Trashing Environment,” in the journal *Nature*, urging the United Nations International Law Commission to create protections for the environment in armed conflicts. It reads, “We call on governments to incorporate explicit safeguards for biodiversity, and to use the commission’s recommendations to finally deliver a Fifth Geneva Convention to uphold environmental protection during such confrontations.” The four existing Geneva Conventions and their three additional protocols are globally recognized treaties that establish standards under international humanitarian law for the treatment of wounded military personnel, shipwrecked sailors, prisoners of war and civilians during armed conflicts. Violating the treaties amounts to a war crime.



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## Tiny Scrubbers

### Nanoparticles Purify Water



Askwsar Hilonga, Ph.D., a chemical engineer and public health scientist in Tanzania, grew up dealing with waterborne diseases such as cholera that made him ill. According to the World Health Organization, he has used his scientific expertise and local knowledge to develop a purification system based on nanomaterials. While the filter is still under study, stations have

been set up throughout Tanzania, mostly managed by women, to help those that otherwise would not have safe drinking water.

## Fertile Fish

### Unexpected Aquatic Rebound

Overfished and struggling widow rockfish are returning to the Pacific coast. Legal protections since 2001 had made it illegal to take the fish commercially, and fisheries managers implemented “catch share” regulations as the fishing fleet dwindled from 400 to 50 trawlers. But the fish have made a faster comeback than expected. National Marine Fisheries Service biologist Jason Cope notes that scientists were surprised by how quickly some rockfish species can reproduce. “We thought it might take a century or so for them to rebuild themselves; it’s now taking maybe a decade.”

## Superfund Success Story

### Toxic Site Now Welcomes Walkers

A wood-treating process for telephone poles that caused soil and groundwater contamination prompted the U.S. Environmental Protection Agency (EPA) to designate 47 acres in Bellingham, Washington, as a Superfund site in 1997. The cleanup, including removal of 28,000 tons of contaminated soil to a repository, reestablishment of a natural stream and restoring wetlands, is now complete, with walking and bicycling paths, newly planted native trees and wetland shrubs, and returning birdlife. The Oeser Company, which cooperated with the cleanup, has operated at the site since 1943 and continues to do so.



## Runoff Results

### Gulf Dead Zone Keeps Growing



The National Oceanic and Atmospheric Administration estimates the algae-choked “dead zone” in the Gulf of Mexico near the mouth of the Mississippi River spanned 7,829 square miles this summer, roughly the size of Massachusetts and considerably above the 6,000-square-mile five-year average. The largest recorded Gulf

dead zone to date was 8,776 square miles in 2017. Dead zones occur when algae sinks and decomposes, sucking oxygen from the water and making it impossible for marine life to exist, jeopardizing billions of dollars generated by commercial fishing in the area. The phenomenon is primarily attributed to chemical fertilizer runoff from Midwestern farms into the Mississippi, exacerbated by warming trends.

## Mushrooming Problem

### Climate Crisis May Promote Superbugs

A new analysis links climate change to the recent global rise of a multidrug-resistant fungal superbug, *Candida auris*. A decade after it was discovered in 2009, the superbug has popped up in many genetically distinct strains in more than 30 countries on three continents. Mystified, scientists say that fungal diseases are relatively uncommon in humans because of body temperature, but if they adapt to rising temperatures and aren’t easily treatable with medications, they could increasingly endanger human health on a global scale. “Global warming may lead to new fungal diseases that we don’t even know about right now,” warns Arturo Casadevall, lead author of the study published in *mBio* and chair of molecular microbiology and immunology at the Johns Hopkins Bloomberg School of Public Health.





## Melted Memorial

### Vanished Ice Immortalized



Icelanders unveiled a plaque in an official ceremony on August 18 in memory of Okjokull Glacier, or Ok Glacier, the first of its kind officially lost to climate change. The glacier lost its glacier status in 2014 after melting down to only 0.386 square miles, or 6.6 percent of its original 5.8 square miles, and was reclassified as dead ice.

The plaque is inscribed with *A Letter to the Future*, which includes the words, "This monument is to acknowledge that we know what is happening and what needs to be done. Only you know if we did it." A 2018 documentary, *Not Ok*, details the glacier's death and highlights the dire effects of climate change.

## All You Need Is Love

### New Book Reminds Us of Essential Truths



*Natural Awakenings* senior writer Linda Sechrist credits her 15 years of researching and interviewing spiritual luminaries with putting her on the path to her own spiritual awakening, which is detailed in one chapter of *All You Need Is Love: The Importance of Transcending*

*Spiritual Clichés and Living Their Deeper Wisdom*. The new book offers a candid, fresh look at the way many New Age concepts have been trivialized and commercialized, when they're "guaranteed to deliver overnight abundance, soulmates and enlightenment in easy 5-step workshops."

It shines a light on many popular spiritual myths that have come to obscure the deepest universal truth of the divine—which is that love is paramount—as argue many of the essays from 19 experienced spiritual practitioners. Available on *Amazon.com*, the book includes thoughtful anecdotal accounts from Sechrist; author Cate Montana; energy healer Cameron Day; and Betsy Chasse, director of the film *What the Bleep Do We Know?!*; among others.



# BREAST THERMOGRAPHY

## An Inexpensive, Radiation-Free and Pain-Free Screening Tool



### How Does Thermography Work?

In order for most types of cancer to grow, there has to be a blood supply feeding those cells. The idea behind Thermography is that instead of looking for groups of cells that have already grown into a tumor, why not simply look for changes in your blood flow to indicate where tumors may be growing?

Unlike mammograms, which are x-rays that look at anatomical changes in the breast, Thermography works by creating a thermal image of your body showing heat patterns. Abnormal vascularity, inflammation, or blood flow may indicate a need for further investigation.

Thermography is painless, requires no radiation and has no side effects. Thermography is not diagnostic, but it can be an excellent screening tool to use to detect activity that may lead to a need for further testing.



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## eco tip

# Eco-Flossing

## A Healthy Choice for Teeth and the Planet



Dental floss, that little everyday staple in our medicine cabinets, has been taking on a bad name environmentally. The smooth, slippery flosses that are the top choice among both dentists and consumers are made with a Teflon-like product containing toxic PFAs and PFCs. The wax coatings and flavors of ordinary nylon flosses are typically made with petroleum products that may be endocrine disrupters.

The floss, plastic spools and flip-top containers can't be recycled easily because of their size, and floss filament easily tangles up recycling machinery. In landfills, their toxins leak into the soil; in waterways, floss can entangle and even kill sea creatures. And washing and reusing floss isn't a good option because it runs the risk of introducing bacteria into new areas of the mouth, warns the American Dental Association.

However, a handful of new eco-options in flosses have emerged, primarily with silk and bamboo, which are biodegradable and free of chemicals. Blogger Beth Terry at *MyPlasticFreeLife.com* rates Dental Lace, a floss made of 100 percent silk coated with candelilla wax from Mexican trees, as her favorite product. It's packaged without a plastic coil in a refillable glass container, making it a 99 percent zero-waste product. In addition, the company, based in Cape Elizabeth, Maine, offers a vegan bamboo version.

Bamboo flosses in eco-friendly containers are also made by Los Angeles-based Terra & Co. (with activated charcoal, coconut oil, peppermint oil and no synthetic fragrances, sweeteners or artificial colorings, in a cardboard box); and Altoona, Florida-based Lucky Teeth (activated charcoal, candelilla plant wax, organic peppermint oil and tea tree oil, in a glass jar). Two other easy-to-find flosses, by Eco-Dent and Tom's of Maine, are made of nylon, but are covered in natural vegan waxes rather than beeswax or petroleum-based waxes. They come in compostable cardboard boxes but include plastic spools.

Advice columnist Umbra of *Grist.org* recommends switching to an oral irrigator or water flosser that plugs into the wall or runs on a battery—sometimes rechargeable—because it effectively removes plaque, is reusable, produces no trash, lasts for years and uses relatively little water and electricity.

## Both women are 60 years old

### What is the difference between the two?



Betty lives in a nursing home, is confined to a wheelchair, has heart failure and diabetes, and requires assistance eating her meals and going to the restroom.



Vivian travels four times a year, enjoys her weekends with grandkids, plays tennis, drives to and from Dallas to Louisiana twice a month to visit family, and is enjoying retirement.

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## The latest research suggests that 90% of all cancers are linked to nutrition.

Most patients diagnosed with breast cancer **this year (2019)** did a mammogram in

2018

2017

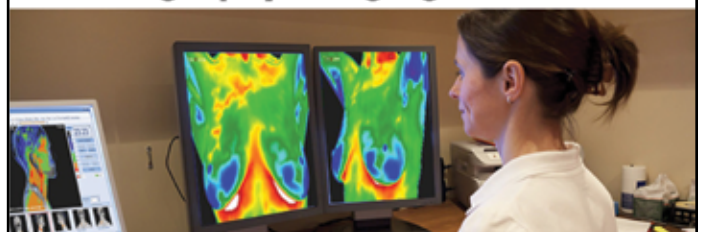
2016, 2015, 2014, 2013

but somehow they now have breast cancer in 2018

That is because a mammogram can not tell you that you will have breast cancer next year or in two years. A mammogram is a test to tell you if you have breast cancer TODAY. A mammogram is looking for a mass or something with density and physically present today.

A thermography exam of the breast works completely different. It does not care if you have a hardened dense particle "a lump". Thermography is an infrared image of the breast that detects the ACTIVITY (the inflammation) that could lead to breast cancer. With a baseline thermography exam you can see the thermal activity of precancerous cells like fibroids and nodules that lead to breast cancer. If you can see the activity that is leading to a breast cancer you can make a change in diet and nutrition, make certain lifestyle changes, use naturopathic and nutritional supplements, exercise, and possibly prevent breast cancer.

## Thermography Imaging of the Breast





We look at the underlying causes for gum disease and cavities: Is it your diet, or hormonal changes or acid reflux?

~Nammy Patel

materials, remove amalgam fillings, may be wary of root canals and focus on minimally invasive procedures—some of which may be high-tech and cutting-edge, such as lasers to clean teeth and gums, ozone therapy to slow the growth of infections and air abrasion to “sandblast” away small areas of tooth decay.

Holistic dentists work closely with a wide range of other complementary practitioners. “We look at the underlying causes for gum disease and cavities: Is it your diet, or hormonal changes or acid reflux?” Patel explains. That may mean prescribing a head massage, acupuncture session, meditation lessons or dietary counseling. They may run blood tests for biocompatibility of materials and incorporate approaches from Traditional Chinese Medicine, Ayurveda, herbology, homeopathy, iridology, craniosacral therapy and energy medicine. They will look for signs of sleep apnea and often treat it. However, with the added tests and consultations, they tend to be more expensive, with many procedures not covered by dental insurance. Their numbers are small: Only 391 of 199,000 American dentists belong to the HDA, or about one in 500.

Yet the natural health movement that drives holistic dentistry is having an effect on the profession at large. Many dentists nationwide, pressured by patients and aided by new technology, are abandoning toxic and invasive options for less harmful methods. Controversial mercury amalgam fillings are being edged out by less toxic options like resin composites that match teeth color; the amount of mercury sold in the U.S. for dental amalgams fell by half between 2001 and 2013.

Conventional dental X-rays, which in a Yale study published in the American Cancer Association journal *Cancer* were linked to non-cancerous brain tumors, are yielding to computerized digital X-rays with a fifth of the radiation: As many as two out of

# Mouth Matters

## A Holistic Approach to Oral Health

by Ronica O'Hara

“The mouth is the doorway to the body,” so the saying goes, and today we know just how true that is. Years ago, the biannual trip to the dentist was typically a simple “drill-and-fill” operation, with other health concerns not given a second glance. Now, emerging research shows that when we neglect basic oral care—even that annoying task of nightly or post-meal flossing—we endanger our heart, lungs, kidneys and even our brains by allowing the buildup of pernicious bacteria in our gums.

In April, University of Louisville School of Dentistry researchers reported that the bacteria *P. gingivalis*, which flourishes in gum disease, was found in brain samples of deceased Alzheimer’s patients—and that inflammation, swelling and bleeding in gums can transport the bacteria from the mouth into the bloodstream simply through chewing or teeth-brushing. The study also linked the bacteria to rheumatoid arthritis and aspiration pneumonia.

Advanced gum disease also increases the risk of cancer by 24 percent, especially lung and colorectal cancers; quadruples the rate of kidney disease; and increases the risk of strokes, coronary artery disease, diabetes and pre-term births, other studies show.

These findings have sobering implications for the nearly half of the American adults over age 30 and 70 percent of adults 65 and older with gum disease. “Science has proven that a healthy mouth is a healthy body,” says San Francisco holistic dentist Nammy Patel, author of *Age With Style: Your Guide to a Youthful Smile & Healthy Living*.

### Body, Mind, Teeth

It’s part of the reason for the fresh interest in holistic dentistry, sometimes called biologic dentistry. “We look at the entire body, not just the mouth,” says Bernice Teplitky, DDS, of Wrigleyville Dental, in Chicago, and president of the Holistic Dental Association (HDA), based in Coral Gables, Florida. Holistic dentists abstain from toxic



three dentists have switched over. And aided by computer imaging software and 3-D printers, dentists are fabricating new crowns, implants, bridges and dentures right in the office, instead of using what Austin, Texas, dentist David Frank calls “intrusive analog [gooey impressions] that left patients feeling claustrophobic, highly anxious and consistently worried about gagging.”

## Dialogue With Dentists

When visiting a dentist, whether holistic or not, it's wise to be prepared with a natural health mindset. Some questions to ask are:

### What are you filling the cavity with?

Just say no to amalgam, a mixture of heavy metals, of which about half is elemental mercury that slowly releases toxic vapors. Plus, “Heavy metals can leak into the enamel tubes of the teeth causing the teeth to appear gray or dark blue and making them brittle over time,” warns Los Angeles cosmetic dentist Rhonda Kalasho. Instead, ask for relatively nontoxic options such as porcelain or composite resins, which can be made of materials such as silica, ceramic, plastics and zirconium oxide. Some composite resins contain the endocrine disruptors Bis-GMA or BPA; for extra protection, ask for one that doesn't, or ask the dentist to use a rubber dam to prevent swallowing it.

### Should I have my amalgam fillings removed?

Holistic dentists like Patel give a strong yes. “The problem arises with mercury when you chew or brush your teeth. The abrasion creates heat and causes the mercury to off-gas. Those vapors get swallowed and go into your body, where they're stored—and that creates significant health hazards—because we're talking about a known poison,” she says. Other dentists disagree about removal, citing its risks: Holistic pioneer Dr. Andrew Weil, for example, writes that removing amalgam fillings is often unnecessary, costly and stressful, and recommends exchanging them for composite resin only when they break down.

**Do I really need antibiotics?** Oregon State University researchers found in a study this year of 90,000 patients that the

We look at the entire body,  
not just the mouth.

~Bernice Teplitzky



antibiotics often prescribed by dentists as prevention against infection are unnecessary 81 percent of the time, and contribute to antibiotic resistance. Typically, patients didn't have the precise cardiac conditions that warranted the extra caution.

### Is a root canal the best option?

Some holistic dentists counsel against root canals, citing the risk of long-term health problems caused by lingering bacteria, and advocate the use of herbs, laser therapy or extractions instead. “If root canals were done 20 to 30 years ago, it is definitely a problem, because there were not enough technological advances to clean out all the bacteria which could cause chronic health complications,” says Patel. “Nowadays, depending on the tooth root, canals can be 99.9 percent cleaned by lasers.”

## Back to the Basics

Considering the stakes, preventive care is all-important and there are many natural options to guarantee robust oral health. At the natural health store or drugstore, consider the following options:

**Toothbrush:** Electric toothbrushes reduced plaque 21 percent more and gingivitis 11 percent more after three months compared to manual toothbrushes, reported a review of 56 studies involving 5,068 participants. Those that rotate rather than brush back-and-forth clean slightly better.

**Toothpaste:** Study the labels and be wary of the following ingredients: fluoride, sodium lauryl sulfate, triclosan and sodium hydroxide. These ingredients are a plus: baking soda (sodium bicarbonate), green tea, Eucalyptol, menthol, tea tree oil and vitamin D.

**Flossing:** Some smooth, slippery flosses are coated with toxic, Teflon-like perfluorinated polymers linked to kidney and testicular cancer, ulcerative colitis and hormonal disruptions. A recent study found higher levels in women using those flosses. Instead, use the old-fashioned nylon kind or try out new flosses made of biodegradable silk or bamboo or those infused with antimicrobial tea tree oil. Or, consider a water flosser, which Canadian researchers found were 29 percent more effective at plaque removal than string floss.

**Mouthwash:** Mouthwashes containing alcohol significantly raise the risk of throat cancer, Australian researchers found. Instead, opt for super-healthy green tea as a mouthwash, as well as a drink. Studies show that it protects teeth from erosion and promotes healthy gums. Another simple option is warm salt water, using one cup of water and one-half teaspoon of salt. A 2017 study by the Cochrane medical study organization found it is virtually as effective as the prescription antiseptic mouthwash chlorhexidine in reducing dental plaque and microbes.

**Pulling:** An ancient Ayurvedic remedy, this involves swishing a spoonful of organic coconut oil around the mouth and through the teeth for 10 to 20 minutes. The oil's lauric acid, a natural antibacterial, has been found in studies to reduce plaque formation and fungal infections, as well as the strains of bacteria linked to bad breath and irritated gums.

Taking care of our teeth and gums is simply worth the daily time and trouble to facilitate long-term health. “Your oral care should be taken just as seriously as watching your diet,” advises Kalasho.

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





# RETHINKING OUR STUFF

## Moving Toward a Circular Economy

by Yvette Hammett

When Yale researcher Reid Lifset began working on waste issues on a life cycle basis—from “cradle to grave”—it was mostly the world’s geeks and nerds that paid attention, he says. “Today, it’s called the ‘circular economy’ and it’s sexy. It wasn’t sexy back then.”

While many still have never even heard the term, the “circular economy” is all about rethinking the way we make stuff—designing products that can be reused and powering it all with renewable energy. It’s an alternative to the “make-use-and-dispose” mentality of the traditional linear economy.

“You are the circular economy when you buy pre-owned, second-hand objects, or rent or share the use of objects, or have broken objects repaired instead of buying new ones,” says Walter Stahel, author of *The Circular Economy: A User’s Guide* and a member of the European Union’s Circular Economy Stakeholder Platform. In other words, everyone that buys sustainable goods or services, takes public transport or gets a lawnmower fixed instead of buying a new one is a participant.

There’s a global movement afoot to expand the circular economy in an effort to significantly cut the waste stream, reduce our carbon footprint and conserve resources. It began with the three R’s—reduce, recycle and reuse, says Lifset, a Research Scholar at the Yale School of Forestry & Environmental Studies who edits the *Journal of Industrial Ecology*, which focuses on the environmental consequences of production and consumption.

The emphasis has always been on recycling, but as that becomes more difficult due to saturation levels, the emphasis is shifting to the more comprehensive goals of a circular economy—or should be, says Stahel, an engineering professor at the University of Surrey.

Tinia Pina, a program leader at NY Cares, joined the movement after observing the poor food choices her Harlem, New York, students were making and the amount of waste attached to them. She founded Re-Nuble, a small manufacturing operation in New York City, to transform food waste into fertilizer pellets that can be used in hydroponic farming.

“There is a strong need to try to reduce the volume of waste,” Pina says. “There is also a strong need to produce sustainable—and, ideally, chemical-free—food and make it affordable for all.” She hopes to eventually replicate her process for creating fertilizer in other large cities across the country.

Leasing is another classic example of how the circular economy might work, Lifset says. “If the entity that made [a product] ends up with it when it becomes waste, that company will handle it differently.” The company can instead design a product so that it remains in the economy instead of becoming part of the waste stream, he notes.

The Ellen MacArthur Foundation was established in the UK in 2010 to accelerate the transition to a circular economy. It offers numerous case studies, including a San Francisco effort called Cradle to Cradle Carpets for City Buildings.

Last year, the city passed legislation requiring all departments to use carpeting containing no antimicrobials, fluorinated compounds or flame retardants. Both the carpet fibers and backing materials “must contain minimum amounts of recycled materials and ultimately be recyclable at end-of-use.” Most important: It must be Cradle to Cradle Certified Silver or better. The certification is a globally recognized standard for safer, more sustainable products made for the circular economy.

Meantime, the European Union has embraced the circular economy as a boon to job creation and a way to significantly address climate change. By shifting to a circular economy, the European growth rate can be increased by an additional 0.6 percent a year and carbon dioxide emissions reduced by 48 percent by 2030, according to a 2017 report by McKinsey & Company. Just how much of the world’s industries must participate to meet these goals is yet to be determined.

“That,” Stahel says, “is the billion-dollar question.”

*Yvette C. Hammett is an environmental writer based in Valrico, Florida. She can be contacted at YvetteHammett28@hotmail.com.*



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  - \_\_\_ Hair Analysis...max 2(Retail \$45)
  - \_\_\_ Vitamin Test...max 2 (Retail \$39)
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## RESTORE HEALTH Program

Wellness Programs	6-Week Program	10-Week Program	12-Week Program
<b>RESTORE Health Program</b> Detox, colon cleanse, increase circulation, reduce inflammation, clear lymphatic pathways, reduce stress – anxiety – depression, lower blood pressure, restore nutrition	<b>\$340 (with program)</b> 14 Infrared Saunas* 18 Whole Body Vibration* 12 Foot Detox* 12 Hydration Therapy* 9 Water/Lymphatic Massage* 2 Thermograms* 4 pH Acid Testing & Body Comp*	<b>\$493 (with program)</b> 20 Infrared Saunas* 24 Whole Body Vibration* 16 Foot Detox* 17 Hydration Therapy* 12 Water/Lymphatic Massage* 2 Thermograms* 8 pH Acid Testing & Body Comp*	<b>\$562 (with program)</b> 28 Infrared Saunas* 30 Whole Body Vibration* 21 Foot Detox* 19 Hydration Therapy* 15 Water/Lymphatic Massage* 2 Thermograms* 12 pH Acid Testing & Body Comp*
	<b>INDIVIDUAL FULL PRICE: \$2,410</b>	<b>INDIVIDUAL FULL PRICE: \$4,190</b>	<b>INDIVIDUAL FULL PRICE: \$5,125</b>

## CANCER WEL

Wellness Programs	6-Week Program
<b>CANCER WELLNESS Program</b> Balance nutrition, reduce acid, detox, open lymphatic pathways, reduce stress and anxiety, restore body chemistry, increase oxygen levels, reduce inflammation	<b>\$440 (with program)</b> 18 Infrared Saunas* 18 Whole Body Vibration* 9 Zeronas* 12 Foot Detox* 12 Hydration Therapy* 15 Water/Lymphatic Massage* 2 Thermograms* 9 pH Acid Testing & Body Comp*
	<b>INDIVIDUAL FULL PRICE: \$2,410</b>



# Natural Medicine

## The Old Way - Before Drug Therapy

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Zerona Treatments: \$450  
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 Zerona Treatments: \$850

Zerona is a cold laser treatment that reduces the size of fat cells, helps you lose weight, and inches. Zerona is non-invasive and no pain.

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6 iLIPO Treatments: \$450  
 9 iLIPO Treatments: \$550  
 12 iLIPO Treatments: \$650  
 18 iLIPO Treatments: \$850

po offers the latest technology for non-surgical fat reduction, cellulite smoothing and body shaping. It emits low levels of laser energy, which creates chemical signal in the fat cells, breaking down the stored triglycerides into fatty acids and glycerol and releasing them through channels in the cell membranes. The paddles emit low levels of laser energy, which essentially melts the fat cells without harming your skin. The result is smaller fat cells and the ability to body shape.



BEFORE AFTER



BEFORE AFTER

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6 Sessions \$450

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- Change in blood bowel or bladder habits
- A sore that does not heal
- Unusual bleeding or discharge
- Thickening or lump in the breast
- Thickening or lump elsewhere
- Indigestion or difficulty in swallowing
- Obvious change in wart or mole
- Nagging cough or hoarseness
- Unexplained anemia
- Sudden unexplained weight loss



### RESTORE HEALTH PROGRAM

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 Exams
- 18 Infrared Sauna Visits
- 18 Whole Body Vibration Treatments
- 18 Foot Detox Sessions
- 3 Boxes of Frozen Wheatgrass
- 1 Case of Greenwater
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PICK 3: \$55  
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### WELLNESS Program

Program	10-Week Program	12-Week Program
Program	\$612 (with program)	\$740 (with program)
Program	27 Infrared Saunas*	34 Infrared Saunas*
Program	24 Whole Body Vibrations*	22 Whole Body Vibrations*
Program	9 Zerona*	9 Zerona*
Program	21 Foot Detox*	32 Foot Detox*
Program	20 Hydration Therapy*	24 Hydration Therapy*
Program	20 Water/Lymphatic Massage*	31 Water/Lymphatic Massage*
Program	2 Thermograms*	2 Thermograms*
Program	12 pH Acid Testing & Body Comp*	14 pH Acid Testing & Body Comp*
PRICE: \$5,410	INDIVIDUAL FULL PRICE: \$6,850	INDIVIDUAL FULL PRICE: \$7,221

### BODY REBOUND Weight Loss Program

Wellness Programs	6-Week Program	10-Week Program	12-Week Program
<b>BODY REBOUND Weight Loss Program</b>	<b>\$340 (with program)</b>	<b>\$420 (with program)</b>	<b>\$580 (with program)</b>
Lose weight, detox, build circulation, eat healthier	14 Infrared Saunas*	20 Infrared Saunas*	24 Infrared Saunas*
	18 Whole Body Vibrations*	22 Whole Body Vibrations*	25 Whole Body Vibrations*
	8 Foot Detox*	9 Foot Detox*	20 Body Wraps/18 StarPOD*
	9 Body Wraps*	14 Body Wraps*	1 Thermogram*
	9 StarPOD Skinning*	12 StarPOD Skinning*	12 pH Acid Testing & Body Comp*
	1 Thermogram*	1 Thermogram*	14 Dysmenorrhea Calcitra Treatment*
	9 pH Acid Testing & Body Comp*	10 pH Acid Testing & Body Comp*	3 ZERONA Cold Laser Lipos*
	Nutritional Supplements*	Nutritional Supplements*	Nutritional Supplements*
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# Alkaline Body BENEFITS



## pH 9.5 Drops alkalize the body.

### 10 Benefits of Having a Balanced Body pH:

1. Skin more elastic, youthful
2. Deeper more restful sleep
3. Abundant physical energy
4. Suffer from fewer colds, head aches, flu viruses
5. Good digestion
6. Less arthritis
7. Reduction of candida (yeast) overgrowth
8. Won't support osteoporosis
9. Increased mental acuity, mental alertness
10. Legal natural high

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

## healing ways



# Spinal Solutions

## Chiropractic Care Yields Unexpected Results

by Marlaina Donato

Chiropractors are often perceived as back pain specialists, but optimal chiropractic care treats the whole person from the inside-out, starting with the nervous system. This means practitioners can address many conditions that transcend typical expectations.

The human spinal column sports 31 pairs of nerves, some corresponding directly to digestive, reproductive and respiratory organs, which might explain why regular spinal adjustments and other chiropractic techniques can be helpful for seemingly unrelated conditions like asthma, chronic headaches, hormonal imbalances and temporomandibular joint (TMJ) disorders.

A scientific review of 179 published papers focusing on various non-musculo-skeletal conditions shows benefits of full-body chiropractic treatment for asthma, infantile colic and cervical vertigo. Results are also promising for middle ear infections in children and pneumonia in seniors.

Clinical evidence suggests the nervous system is a cohesive factor in achieving overall wellness. "In chiropractic and holistic philosophy, the body is considered a self-healing organism," explains chiropractic physician and applied kinesiologist Marc Terebello, of the Chiropractic

Wellness Center, in Southfield, Michigan. "The nervous system controls the body, so issues in the toes or fingers may be caused by spinal issues in the neck and low back. Likewise, bladder and menstrual cycle problems can be caused by injury to the low back or pelvic regions."

William J. Lauretti, a New York Chiropractic College professor in Seneca Falls, concurs with the benefits of holistic treatment. "Chiropractors view the body as an integrated unit, and problems in one area might affect a seemingly unrelated area," he says. "Most chiropractors have a wide variety of treatment approaches to offer, including advice on nutrition, lifestyle, stress management and exercise."

### Chiropractic and Digestion

It's worth noting that the nerves that innervate important digestive anatomy—from the salivary glands to the stomach down through the intestinal tract—branch off the spinal cord at various levels of the cervical, thoracic and lumbar spine. "This means that chiropractic adjustments given to [the] neck, mid-back, lower back and sacrum are important to optimal digestive function," says chiropractor Sean Cailteux, of Exodus Health, in Shawnee, Kansas.

In his practice, Lauretti has observed

better digestion as a positive side effect to regular adjustments. “I’ve had a few patients over the years who reported improvement in digestive problems after chiropractic treatment of the mid- and low back. In some of those cases, the improvement was serendipitous, because the patient didn’t discuss their digestive symptoms initially, only after they noticed the improvement.”

## Hope for Headaches and TMJ Dysfunction

Chronic tension headaches and migraines can become the norm for too many individuals, but chiropractic care—including spinal adjustments, nutrition advice and addressing emotional causes such as stress and anxiety—can be key in reducing pain and getting to the root of the problem.

“Technically, only headaches with a list of very particular characteristics can be properly diagnosed as migraines,” Lauretti explains. “The cause of many cases of chronic, long-term headaches is often from poor function of the muscles and joints in the neck.” These types of headaches often respond well to treatment focused on restoring normal function to the neck, he says.

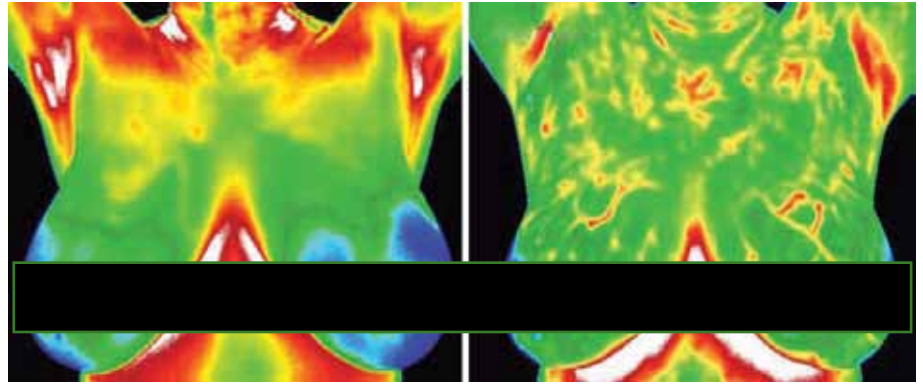
TMJ disorders can cause painful and sometimes debilitating symptoms, including facial and tooth pain and locking of the jaw. Chiropractic treatments often provide reliable relief. “The TMJ is a very important joint in the body, with thousands of neuroreceptors. TMJ involvements can cause headaches, particularly around the ear or side of the head, vertigo, tinnitus and other hearing issues,” says Terebelo.

Cailteux notes that aside from experiencing jaw pain and headaches, someone suffering from TMJ disorder may have difficulty chewing, and may experience an audible clicking of the jaw with movement. “Chiropractic adjustments can be particularly helpful, especially when delivered to the TM joint and the neck. Gentle, soft-tissue manipulation of the muscles and tendons of the jaw, specifically the masseter, temporalis and pterygoid muscles, is also a highly effective treatment.”

For a true holistic approach and lasting success, Lauretti offers this advice: “Look for a doctor who is willing to work as part of your healthcare team and who’s willing to refer you for specialty care when appropriate.”

*Marlaina Donato is the author of several books, including Multidimensional Aromatherapy. She is also a composer. Connect at [AutumnEmbersMusic.com](http://AutumnEmbersMusic.com).*

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conscious eating



# Slow Food Takes Root

## Global Movement on Fast Track

by April Thompson

The global Slow Food movement is fast gaining momentum, uniting more than 100,000 people in 150 countries with a shared passion for delicious food and a moral conviction about the people and places that sustain it. It satisfies foodies' hunger for a deeper appreciation and understanding of their meals' origins, from farm to fork.

"The key principles of Slow Food are good, clean and fair," says Laura Luciano, a board member for Slow Food USA and Slow Food Governor for New York State. "It's the opposite of fast food, where you are in and out with no idea where your food comes from or the stories behind it."

Fair, says Luciano, means fair to farmers, and paying a fair wage to workers picking and growing food. "Fair also incorporates principles of equity, inclusion and justice. Good means good for the climate, the Earth and us as individuals. Clean means not using GMOs and pesticides in the food," she explains.

Slow Food has its roots in Italy, where food and wine journalist Carlo Petrini took up the cause in 1986 to halt the homogenous fast food chains encroaching on the country's

rich, diverse food culture. Slow Food USA has taken off since its founding in 2000 with 150 chapters boasting 6,000 members nationwide. Many convene annually at Slow Food Nations, a food festival for all in Denver, to swap stories, share strategies, celebrate victories and of course, break bread together.

The backbone of the movement is its local chapters. "Food has a regional identity, connected to history, culture and family," says Luciano, whose blog *Out East Foodie* shares the stories of her Long Island edibles.

For Bob Quinn, an organic wheat farmer in Big Sandy, Montana, and the founder of the heirloom grain company Kamut International, the Slow Food movement has been a kind of welcome homecoming and acknowledgment of his company's efforts to protect workers and nourish consumers.

"To me, Slow Food is a return to the roots of agriculture and the soul of organic, because it focuses on the food—the end purpose of agriculture—rather than profits and yields that are the focus of the industrial food system," says Quinn, author of *Grain by Grain: A Quest to Revive Ancient Wheat, Rural Jobs, and Healthy Food*. "Slow

We talk about joy and justice. There is the joy in food and the justice and stories behind it. Slow Food tries to marry both of those worlds.

~Laura Luciano

food offers an appreciation for farmers' efforts to improve the soil and the nutrition, flavor and aroma of the foods we grow."

The Slow Food movement also connects producers like Quinn with chefs like Steven Satterfield, author of *Root to Leaf: A Southern Chef Cooks Through the Seasons* and board vice president of Slow Food's Atlanta chapter. "As a chef, Slow Food to me means honoring your ingredients and going out of your way to get the freshest, most sustainable, seasonal ingredients," says Satterfield, who came to Slow Food early in his career as a young line cook interested in the provenance of food and protecting its cultural heritage.

At Miller Union, Satterfield's award-winning Atlanta restaurant, all dishes are made from scratch, mainly from farms in the region, to support seasonal eating and local growing. Satterfield's dishes also feature traditional Southern varieties from Slow Food's *Ark of Taste*, a catalog of more than 200 culturally significant foods in danger of extinction. One Miller Union favorite is a hummus made from sea island red pea and benne seeds, an ancient variety of sesame originally brought by slaves from Africa to the South Carolina coast and cultivated in hidden gardens as a staple food.

Beyond engaging diners, chefs and producers, Slow Food also campaigns for big-picture policy changes, like farm-to-school programs to introduce fresh produce and get kids excited about healthy eating, says Luciano.

"Eating is a political act. The choices we make speak volumes about what we stand for," says Luciano. "We talk about joy and justice. There is the joy in food and the justice and stories behind it. Slow Food tries to marry both of those worlds."

*Natural Awakenings* recommends using organic, non-GMO (genetically modified) and non-bromated ingredients whenever possible.

Connect with Washington, D.C. freelance writer April Thompson at [AprilWrites.com](http://AprilWrites.com).

# 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
- Helps the body detox
- Assists with proper absorption of food
- Helps prevent acid reflux
- Prevents irritable bowel syndrome
- Will not support osteoporosis
- Increased mental acuity, mental alertness

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1. Christine G.; Alice P.; Kristina D. (2004). The Fires Within. TIME Magazine, February 23, 2004 Vol. 163 No. 8.  
 2. Rakoff-Nahoum, S. (2006). Why Cancer and Inflammation. YALE Journal of Biology and Medicine 79 (2006), pp.123-130.  
 3. Shacter E., Weitzman S. (2002). Chronic Inflammation and Cancer. www.cancernetwork.com, January 31, 2002.





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fit body



It is nice to see that even dedicated yogis are so open to it.

~Sharon Boustani

# ANIMAL ASANAS

## Goats on the Yoga Mat

by Yvette Hammett

When 50 to 60 strangers gather in a barn for their first goat yoga experience, it's a bit awkward and there's not much interaction—until the goats come in. “It is an immediate icebreaker, and the place suddenly fills with giggles and laughs,” says Sharon Boustani, whose family runs Gilbertsville Farmhouse, in South New Berlin, New York. There is just something about miniature goats walking around on people’s backs while they do yoga that immediately de-stresses people and makes them downright happy, she adds.

It may be fun, but it’s also a form of serious therapy that’s taken off across the nation and around the globe in recent years. Yoga by itself is proven to help with stress and pain relief, better breathing, flexibility and cardiovascular health. Add goats to the mix and the benefits are compounded by the well-documented benefits of human and animal interaction.

A number of studies, like one published in June by the American Educational Research Association, have shown that spend-

ing time with animals can lower blood pressure and decrease levels of the stress hormone cortisol. Other studies from the fields of psychology, animal welfare, counseling and anthropology note that these interactions offer additional positive health impacts and can reduce loneliness, boost moods and increase feelings of social support.

So combining adorable goats with a physically and spiritually beneficial yoga regimen just made sense to Lainey Morse, of Corvallis, Oregon, widely regarded as the mother of goat yoga. In 2015, Morse was diagnosed with a disease and was going through a divorce. “I would go out to my barn or out in the field and just be around my goats,” she



People say it's the best day of their life. It's something you kind of have to experience to know why it's so popular.

~April Gould

says. "I wondered why they didn't use goats for therapy like they do with horses."

Goats, she says, have a sense of calm. "When you are around them, you take on that energy, and it's hard to be stressed out and have anxiety. But they are also really funny animals. They make you laugh." She started with goat happy hour at her farm, inviting friends she knew were going through issues of their own. "Everybody left happy," she recalls.

When she discussed it with a yogi friend, goat yoga was born. Morse now has 13 partnerships around the country where others teach the classes and she handles the business end. "For me, it's still about nature and getting out in nature." Morse says she's not quite sure why it took off like lightning, but she guesses it's just because many people love the interaction.

April Gould and Sarah Williams run their Arizona Goat Yoga classes at the Welcome Home Ranch, in Gilbert, Arizona. It is now a major tourist destination for the state. "Three to four times a week, we walk about 150 people out into one of the pastures," Gould says. A lot of visitors from out of state return every time they're in the area, she adds. And many Arizona residents come once, and then bring back friends and family.

"People say it's the best day of their life. It's something you kind of have to experience to know why it's so popular," says Gould. Those that are more experienced can make it as difficult as they want. "And some people just want to play with the goats."

For Bisk Education, an eLearning company based in Tampa, bringing goat yoga to its campus was a way to inspire and de-stress employees. "There is a way to integrate wellness into your corporate programs that makes you a differentiator," says Chief People Officer Misty Brown. "When it comes to a perk, I want to make sure those investments are memorable. It gives Bisk the reputation as more of a progressive culture."

Boustani calls it an escape experience. "That's primarily what it is. Yoga in general is kind of geared toward letting go of your everyday worries and trying to come to some peaceful or therapeutic state."

Introducing something so lighthearted to something that many people take so seriously, like yoga, is interesting to watch, Boustani says. "It is nice to see that even dedicated yogis are so open to it."

*Yvette C. Hammett is an environmental writer based in Valrico, Florida. She can be contacted at [YvetteHammett28@hotmail.com](mailto:YvetteHammett28@hotmail.com).*

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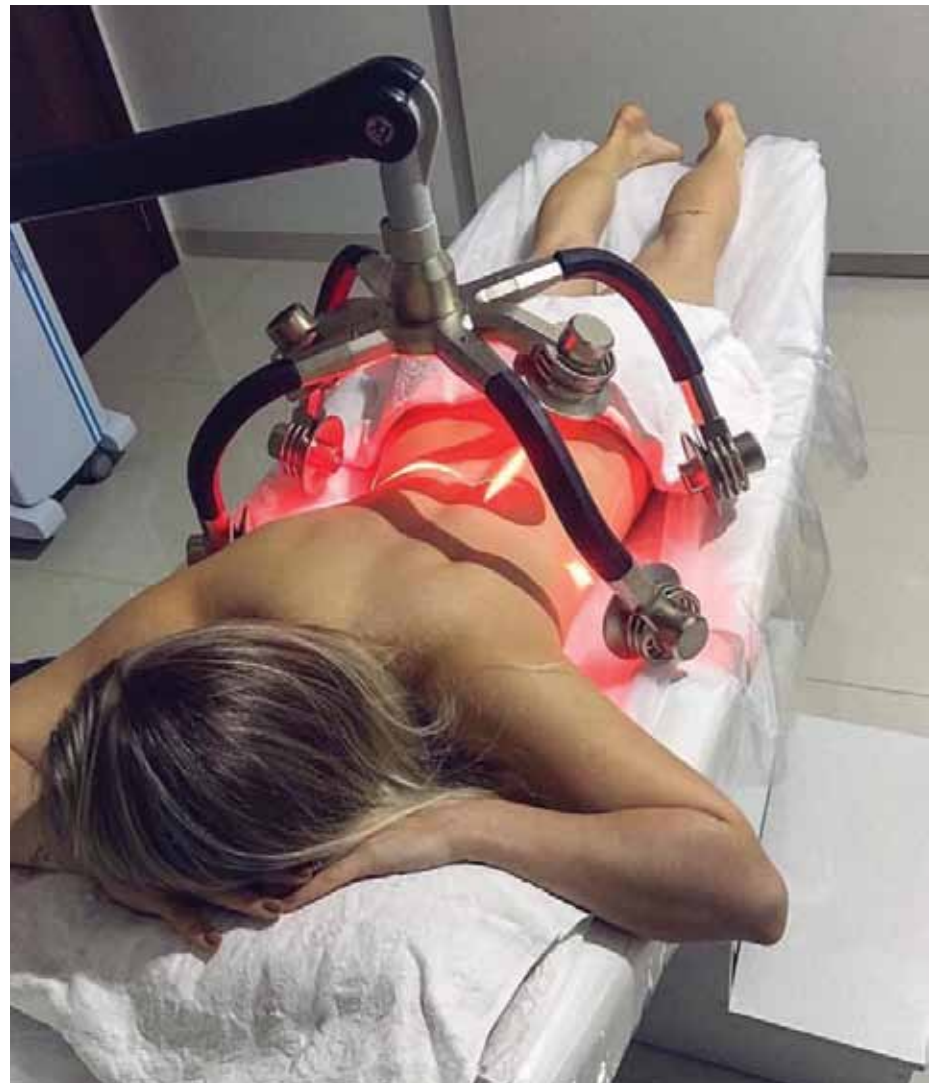
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# Alkaline Body BENEFITS



## GREEN WATERS alkalize the body.

### 10 Benefits of Having a Balanced Body pH:

1. Skin more elastic, youthful
2. Deeper more restful sleep
3. Abundant physical energy
4. Suffer from fewer colds, head aches, flu viruses
5. Good digestion
6. Less arthritis
7. Reduction of candida (yeast) overgrowth
8. Won't support osteoporosis
9. Increased mental acuity, mental alertness
10. Legal natural high

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

## inspiration



# The Art of the Nap

## Unplugging From Life Without Apology

by Marlaina Donato

Children, four-legged family members, Thanksgiving overeaters and the occasional squirrel on a branch have mastered an art that eludes most of us, and they engage in it without a shred of guilt.

Defying our cultural habit of constantly being on the go and embracing the respite can be an active meditation, an invitation to cultivate uncommon stillness. Answering the siren's call of a nap might very well be one of the most beneficial acts of self-care we can give ourselves. Both body and psyche crave chill-out times for good reasons. Using study subjects ranging from NASA pilots to emergency room staff, curling up for a 20- to 30-minute siesta has been clinically proven to lower blood pressure, boost immunity, improve motor skills and enhance job performance and creativity.

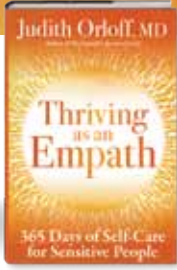
Power naps—the short-but-sweet kind—give us the opportunity to nourish the most neglected part of life, the inner life. Rest-fueled “me-time” can be a daily ritual punctuated with both practical and aesthetic inspiration. Choosing a spot drenched in inviting natural light or close-curtained tranquility and reserving a favored pillow, chair or luxurious coverlet can usher in

blissful time-out. Adding the presence of aromatherapeutic essential oils like lavender, Roman chamomile or tangerine or a vase of simple fresh flowers can signal the ever-diligent sympathetic nervous system to cut back on overtime. Dropping down into unhurriedness like an anchor into port can prompt deeper and longer breaths and offer us the shameless chance to invest in quality daydreaming. Playing recorded sounds from nature—ocean waves, soft rain or gentle wind in the trees—can set the stage for a satisfying nap. Inviting the resident cat or pooch for a sleep-spell can also effect release of beneficial endorphins.

Scheduling a nap into the day like any other appointment not only ensures follow-through, but presents a succulent slice of something to look forward to. Putting the computer on sleep mode and turning off the phone signals the brain that it's time to recharge. Social media interaction and phone chats can wait. The pursuit of well-being does not need explanation, apology or, most of all, guilt. Pleasant dreams.

*Marlaina Donato is the author of several books. She is also a composer of healing and inspiring music. Connect with her at [AutumnEmbersMusic.com](http://AutumnEmbersMusic.com).*

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~Ayurvedic Proverb

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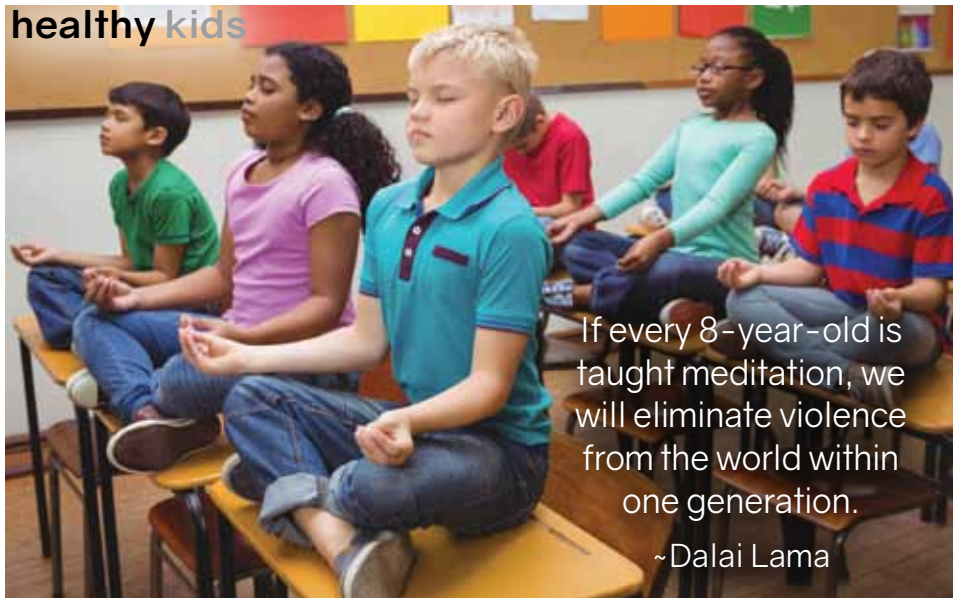
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## healthy kids



If every 8-year-old is taught meditation, we will eliminate violence from the world within one generation.

~Dalai Lama

# MINDFULNESS IN THE CLASSROOM

## Meditative Training Helps Kids Thrive

by Ronica O'Hara

“When I feel like I really want to get angry and yell, I sometimes, like, take deep breaths. My brain slows down and I feel more calm and I’m ready to speak to that person.” Those self-aware words come from a 5-year-old Los Angeles girl in the film *Just Breathe*.

A 9-year-old boy in a tough British neighborhood forgets about “all the scary stuff” when he does “petal breathing”—opening and closing his fingers in time with his breath. “If I concentrate on my breathing, the worrying thoughts just go ‘pop’ and disappear,” he confided to *The Guardian* newspaper.

This is the effect that mindfulness training in the classroom often has on students, and it’s key to why it’s happening all over the world—not just in the U.S. and the UK, but in more than 100 countries, including Australia, Taiwan and India. What started a few decades ago as a small experiment in progressive schools is rapidly gathering speed as emerging research documents the strong positive effects of mindfulness on developing brains.

A 2015 meta-review from researchers at the University of Melbourne, in Australia, which evaluated 15 studies in six countries involving 1,800 students, showed three broad outcomes: higher well-being, better social skills and greater academic achievement. They were more optimistic, self-accepting and happier, more likely to help others, more able to focus on lessons and be creative, and less likely to be angry, anxious or disobedient.

“Mindfulness means paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally,” is how it’s described by Jon Kabat-Zinn, whose pioneering research at Harvard in the 1980s helped kick off mindfulness as a scientifically based, nonsectarian approach to a calmer, clearer mind. It has spread since then into business, health care and professional sports, as well as schools: Googling “mindfulness in education” brings up 116 million links.

“Mindfulness offers children the skills they need today to meet the age-old challenges of growing up within the new

context of social media and often absurdly high expectations,” says holistic doctor Amy Saltzman, co-founder and director of the Association for Mindfulness in Education. Mindfulness is now being taught in urban, suburban and rural schools in 50 states. Such programs can be low- or no-cost, structured in many ways, taught any time and conducted without special equipment—important for cash- and time-strapped schools.

As a grassroots movement, mindfulness programs run the gamut. Hundreds of schools and districts nationwide have incorporated into curricula such evidence-proven mindfulness programs as those developed by *MindfulSchools.org*, *Learning2Breathe.org* and *MindUp.org*, which often involve teacher training and structured lessons.

Sometimes mindfulness is simply a grade school teacher ringing a bell signaling five minutes of silence, giving children something to focus on with closed eyes: a sound, a bite of fruit, a stuffed animal. A middle school teacher may use a five-minute guided app meditation from Calm or Headspace to settle down students after lunch. Some schools offer moments of silence during the day, a quiet room to go to or an optional class in mindfulness.

Others find that teaching mindfulness during “detention” has a soothing effect, offering oft-traumatized kids a rare feeling of

Mindfulness offers children the skills they need today to meet the age-old challenges of growing up within the new context of social media and often absurdly high expectations.

~Amy Saltzman

peace. “Because everyone has distractions and strong emotions, learning to observe these inner experiences with curiosity and openness is an important part of all children’s education,” says psychologist Patricia Broderick, Ph.D., founder of Learning2Breathe, a mindfulness curriculum for junior and senior high school students.

Schools sometimes use parental consent forms to counter concerns about any potential religious implications. Often, a school’s program expands organically as one impassioned teacher draws in others. “The one single factor that determines a program’s effectiveness is the depth and consistency of personal practice of those teaching it,” says Saltzman. In fact, a University of Wisconsin 2013 study found that teachers that practiced a guided meditation 15 minutes a day for eight weeks had less anxiety, stress and burnout during the school year; those conditions worsened in the control group.

In Middleton, Wisconsin, high school counselor Gust Athanas has watched as mindfulness exercises have made students calmer, kinder, more focused and feel closer to each other and to teachers: “A number of students have told me it’s the part of the school day they look forward to the most!”

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



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They are often the most devoted pets because they know they've been rescued.

~Emily Bach

# Paws to Consider

## Best Friends Waiting for Homes

by Julie Peterson

Wade Breunig, of Buckeye, Arizona, had lost his marriage, his job and his house. To combat depression, he went to the local animal shelter to adopt the first cat that “talked” to him. As if on cue, a 2-year-old black cat yowled persistently. During the adoption, Breunig learned that “Bubba” had been scheduled to be euthanized. He was saving a life.

Fourteen years later, Bubba died, and Breunig knew he would miss the mischievous, playful companion that loved car rides more than most dogs. Crying, but surrounded by his second wife and kids, he realized, “I didn’t save Bubba’s life. He saved mine.”

### Devoted and Practical

The benefits of the human/animal bond are manifold, supported by an army of studies that speak to pets’ ability to reduce stress, improve mood and even reduce the risk of cardiovascular disease. Research into animal-assisted therapy compiled by the University of California, Los Angeles, details the positive mental, emotional and physical effects of this natural modality.

Anyone looking to lower blood pressure, ease anxiety or secure companionship can find it all at their local shelter, where homeless dogs and cats are eager to oblige. Emily Bach, public relations and event coordinator at Bishop Animal Shelter, in Bradenton, Florida, has many inspiring stories about adopted shelter animals. “They are often the most devoted pets because they know they’ve been rescued,” she says.



### Meet Your Match

Best Friends Animal Society has a quiz called Paws Like Me ([BestFriends.PawsLikeMe.com](https://www.bestfriends.org/PawsLikeMe)) to match people with adoptable animals. Shelter workers can also help families select appropriate pets.

The outdated myth that shelter pets are incorrigible, unlovable animals with behavioral issues no longer holds. Family circumstances—a change of job or residence, death, divorce or illness—can land a confused and well-loved dog or cat in a shelter. Others become accidental strays or are unceremoniously dumped by uncaring owners. Bishop, a no-kill shelter, places about 100 pets every month, showcasing them on social media, news outlets and at outreach events.

### No-Kill Initiative

Shelters share success stories of animals that get a “forever home”. Unfortunately, hundreds of thousands don’t and are euthanized. Best Friends Animal Society, in Kanab, Utah, is working to change this. By partnering with animal welfare organizations and shelters, Best Friends has a goal to “Save Them All” through an initiative to make all of the nation’s shelters “no-kill” by 2025—which means 90 percent of shelter animals might be saved. Euthanasia will be reserved for failed rehabilitation or when an animal has no chance of recovery from an illness or injury.

In 1984, when Best Friends was founded, about 17 million animals died in U.S. shelters annually. As of August 2019, that number is down to 733,000, a nationwide save rate of 76.6 percent.

Historically, no detailed data was kept on shelters. “For decades, we have worked in the dark to end shelter killing because we lacked accurate information about the problem we were trying to solve,” says Julie Castle, CEO of Best Friends. The organization recently launched the community lifesaving dashboard ([BestFriends.org/2025-goal](https://www.bestfriends.org/2025-goal)), a database that anyone can access to help save shelter pets. “With a better understanding of where the trouble spots are and the profile of animals being killed in a community, we can better deploy our collective resources for the greatest lifesaving impact.”

Part of the success of the no-kill movement involves increased awareness that kindness toward all species is important. Bach points out that shelter animals are also the lower-cost option for people that want pets; most are vaccinated and neutered before they are adopted out and are often already trained.

## Getting Ready to Adopt

Before jumping in to help save them all by adopting, potential pet parents should research breeds, crunch numbers and think ahead. The American Society for the Prevention of Cruelty to Animals (ASPCA) suggests considering several issues:

**Lifestyle:** Dogs live 10 to 15 years, cats up to 20. Pets should fit the family now and in the future.

**Money:** Pets require training, food, toys, equipment, medical exams and treatment.

**Breeds:** Not all dogs and cats will be a

good match for every home. Personality is key.

**Safety:** Pet-proofing a home includes removing potential dangers and preventing accidental escape through windows, doors or fences.

Not everyone can adopt, but anyone can help. Shelters accept donations and most have a wish list of items. Volunteers are a core need at shelters, and it's work that can quench the thirst for spending time with animals without adopting any of them.

*Julie Peterson writes from rural Wisconsin. Contact her at JuliePeterson2222@gmail.com.*

# Pets Promote Health

Many studies document the positive influence of pets on our well-being.

## Healthy Heart

Single people that live with a dog have a decreased risk of cardiovascular disease. ([Tinyurl.com/DogsAndCardiovascular](http://Tinyurl.com/DogsAndCardiovascular)). Part of the reason for this is likely because dog owners tend to get more physical activity than those without dogs, which makes dog owners generally more fit ([Tinyurl.com/NIH-PetsAndHealth](http://Tinyurl.com/NIH-PetsAndHealth)).

## Less Stress

The demands of life can take a toll on the body. Contact with animals is linked to lower heart rate, blood pressure, cholesterol, anxiety and fear levels, and increased feelings of calmness. Lower levels of stress hormones, such as cortisol, have been shown to help regulate inflammation, which helps the immune system fight off everything from colds to diseases ([Tinyurl.com/AnimalVisitationProgram](http://Tinyurl.com/AnimalVisitationProgram) and [Tinyurl.com/StressAndInflammation](http://Tinyurl.com/StressAndInflammation)).

## Social Bonding

In children with autism spectrum disorder, animals help them learn to connect better to others. One study using guinea pigs found that these kids talked and laughed more with peers. There are now therapy



programs using dogs, horses and chickens ([Tinyurl.com/AnimalsAndAutism](http://Tinyurl.com/AnimalsAndAutism)).

## Mood Boost

Animals elicit smiles, which makes them great for deterring depression ([Tinyurl.com/PetTherpyAndDepression](http://Tinyurl.com/PetTherpyAndDepression)).

## Cancer Help

From lessening loneliness to lifting emotional well-being, children and adults undergoing cancer treatment seem to benefit from time with dogs ([Tinyurl.com/CaninesAndChildhoodCancer](http://Tinyurl.com/CaninesAndChildhoodCancer) and [Tinyurl.com/AnimalsAssistChemo](http://Tinyurl.com/AnimalsAssistChemo)).

## Pain Killer

Animals can soothe away some chronic pain and enable people to reduce use of pain medication ([Tinyurl.com/AnimalsAndPainRelief](http://Tinyurl.com/AnimalsAndPainRelief)).



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# Seven years without a cold?

## Copper in new device stops cold and flu

By Doug Cornell

**M**ore and more people are saying they just don't get colds anymore.

They are using a new device made of pure copper, which scientists say kills cold and flu viruses.

Doug Cornell invented the device in 2012. "I haven't had a single cold since then," he says.

People were skeptical but EPA and university

studies demonstrate repeatedly that viruses and bacteria die almost instantly when touched by copper.

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 and destroys the cell in seconds.

So some hospitals tried copper touch surfaces like faucets and doorknobs. This cut the spread of MRSA and other illnesses by over half, and saved lives.

Colds start after cold viruses get in your nose, so the vast body of research gave Cornell an idea. When he next felt a cold about to start, he fashioned a smooth copper probe and rubbed it gently in his nose for 60 seconds.

"It worked!" he exclaimed. "The cold never got going." It worked again every time.

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.

Now tens of thousands of people have tried it. Nearly 100% of feedback 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?"

"What a wonderful thing," wrote Physician's Assistant Julie. "No more colds for me!"

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 simply 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 snuffle!"

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 round and round, 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 can also 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.

Dr. Bill Keevil led one of the teams confirming the discovery. He placed millions of disease germs on copper. "They started to die literally as soon as they touched the surface," he said.

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

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.



**Dr. Bill Keevil:** Copper quickly kills cold viruses.

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 America of pure copper. It has a 90-day full money back guarantee. It is \$69.95.

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

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pro-inflammatory cytokines cause autoimmune reactions in the brain, which can lead to depression, autism, poor memory, Alzheimer's disease, dementia and MS.

### Abnormal lump in the breast

abnormal cells in the breast create new blood vessels and inflammation and can lead to breast cancer.

### Chest pains and irregular heartbeats

inflammation in the heart and arterial and venous walls contributes to heart disease, strokes, high blood sugar (diabetes) and anemia.

### Uncontrollable weight gain or loss

Autoimmunity as a result of inflammation can reduce total thyroid receptor count and disrupts thyroid hormone function.

### Acid reflux and upset stomach

Chronic inflammation damages our intestinal lining and can result in issues like GERD, Chron's disease, Celiac disease, AND cancer.



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## calendar of events

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### SUNDAY OCTOBER 6

**Strengthening the Sisterhood** – 2-4pm. 2019 Candid conversations celebrate sisterhood through encouragement, cultivation and empowerment. Tickets \$25 EventBrite.com. Home 2 Suites by Hilton Parc, 1909 Kaliste Saloom Rd, Lafayette.

**AshtangaYoga** – 10-11:30am. Every Sunday short form yoga. This class is a shortened/modified version of the full primary series of Ashtanga Yoga. Donation based. Basin Arts, 113 Clinton St, Lafayette.

### TUESDAY OCTOBER 8

**Acadiana Diversity Job Fair** – 9am-12pm. Job-seekers connect with businesses recruiting for hire. Heymann Performing Arts Center, 1373 S College Rd, Lafayette. Registration Eventbrite.com.

### WEDNESDAY OCTOBER 9

**Survivors Under the Stars** – 6:30-8:30pm. An evening to celebrate and honor breast cancer survivors in Acadiana. Tickets \$10 EventBrite.com. Paul and Lulu Hilliard University Art Museum, 710 E Saint Mary Blvd, Lafayette.

### FRIDAY OCTOBER 11

**Connecting the Dots** – 9am-1:30pm. Three CEU hours training about trauma, eating disorders and substance use. St. Christopher's Addiction Wellness and Brentwood Hospital. Cafe' Vermilionville, 1304 W Pinhook Rd, Lafayette. Registration EventBrite.com.

**Festivals Acadiens et Creoles** – 5-8pm. Thru Sunday Oct 13. Music, dancing, art, culture and food of South Louisiana. Free. Girard Park, 500 Girard Park Dr, Lafayette.

### SATURDAY OCTOBER 12

**Gumbo Cook-off** – 7am-11pm. Thru Sunday Oct 13. World championship cooking competition and gumbo tasting event. Boulogny Plaza, 102 W Main St, New Iberia. 337-364-1836.

### FRIDAY OCTOBER 18

**International Rice Festival** – 10am-11pm. Thru Sunday Oct 20. Celebrate rice at this legendary agricultural festival with cooking contest, eating contest, parades, carnival and live entertainment. Free. Rice Festival Building, 717 W Mill St, Crowley. RiceFestival.com.

### SATURDAY OCTOBER 19

**Chitimacha Powwow** – 11am-10pm. Enjoy Native American competition dancing, music, food, and crafts. Free. Cypress Bayou Casino Hotel, 832 Martin Luther King Rd, Baldwin. Chitimacha.gov.

### SUNDAY OCTOBER 20

**Drum Circle** – 4-8:30pm. Community drum circle for ages ten years and up. Free. NUNU Arts & Cultural Collective, 1510 Bayou Courtableau Hwy, Arnaudville.

**With These Hands: Pottery** – 1-3pm. Meet pottery artist Lyndel RenouDET at a reception with wine and cheese. Free. Paul Schexnayder Studio and Gallery, 335 W Saint Peter St, New Iberia.

### WEDNESDAY OCTOBER 23

**Skies Speak** – 6-8pm. Musical performance by ArtSpark recipient Jordan Vidrine. Free. Paul and Lulu Hilliard University Art Museum, 710 E Saint Mary Blvd, Lafayette.

**Festival of Words** – 7-9pm. Open Mic poetry, short story and music. Bring along your own work and share. Free. Chicory's Coffee & Cafe, 219 E MLK Dr, Grand Coteau.

### FRIDAY OCTOBER 25

**I Wrote That One, Too** – 7-9pm. A life in songwriting of Steve Dorff giving anecdotes, advice, and insights into his journey. \$55. The Grand Opera House, 505 N Parkerson Ave, Crowley. TheGrandOperaHouse.org.

### SATURDAY OCTOBER 26

**Annual City Wide Health & Fitness Expo** – 8:30am-12:30pm. Flu shots and health screenings with consultations, resources and information. Free. 100 Black Men, VFit and Representative Vincent Pierre. Progressive Community Outreach Center, 125 Gallian St, Lafayette. 337-781-4372 or 337-262-2330.

**Sweet Dough Pie Festival** – 9am-3pm. Celebrate the traditional sweet dough pie. Pastry chefs and home cooks vie for the title in the sweet dough pie contest. St Charles Borromeo Church grounds, 174 Church St, Grand Coteau.

**Avery Island Fall Fest** – 11am-3pm. Hayrides, pumpkin carving, face painting, Halloween-themed children's games and activities. \$15. Jungle Gardens, 6164 Avery Island Rd, New Iberia.

## PRAYER TO MEND WHAT IS BROKEN

Heavenly Father,  
I call on you right now  
in a special way.  
It is through your power  
that I was created.  
Every breath I take,  
every morning I wake,  
and every moment of every hour,  
I live under your power.

Father,  
I ask you now to touch me  
with that same power.  
For if you created me from nothing,  
you can certainly recreate me.  
Fill me with the healing  
power of your spirit.  
Cast out anything that  
should not be in me.

Mend what is broken.  
Root out any unproductive cells.  
Open any blocked arteries or veins  
and rebuild any damaged areas.  
Remove all inflammation and  
cleanse any infection.  
Let the warmth of your healing  
love pass through my body  
to make new any unhealthy areas  
so that my body will function  
the way you created it to function.

And Father,  
restore me to full health  
in mind and body so that I may  
serve you the rest of my life.  
I ask this through Christ our Lord.  
Amen.





# GREEN WATERS

## Pure Alkaline Water

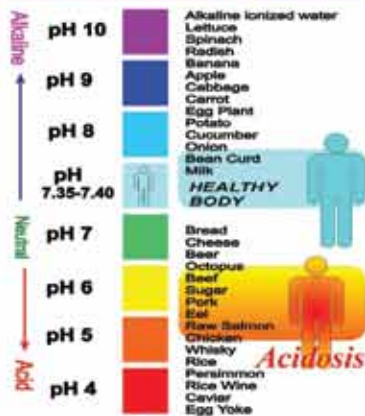
### Why do I have so much abdominal fat?

“In a defensive maneuver, the body creates fat cells to carry acids away from your vital organs to try to protect them. When you eat and drink a more alkaline diet your body will not need to produce more or keep additional fat cells.”

~Dr. Steve

Weight also causes additional strain on the body, strain that can produce more acid. (And then more fat...it goes on and on).

#### Testing pH level by tester pH level of food



### Acid or Alkaline

The more we learn about our bodies, the more we will discover the importance of maintaining pH balance for good health.

pH is a measure of the balance between positively and negatively charged ions in the body fluids, i.e. blood, urine and saliva. The "p" stands for "potenz" (this means potential to be) and the "H" stands for Hydrogen.

A lower pH value (below 7) indicates that body fluid is on the acidic side. A higher pH value (above 7) indicates alkalinity. A pH of 7.0 is considered neutral and is the pH value of distilled water.

If your pH is too acidic, your body borrows minerals such as calcium, magnesium, potassium and sodium from vital organs and bones to neutralize the acid and remove it from the body. Unfortunately a considerable amount of these minerals will simply be lost in the urine, contributing to the development of osteoporosis and other diseases.

When you create a healthy pH, you create a significantly more disease-resistant body. A clinical study at UCLA of more than a thousand people found that those who were healthiest had a pH of approximately 7.46.



### CANCEROUS CELLS

Cancer cells are once-healthy cells that have become cancerous. And they are a symptom of acidity. That is, when healthy cells are corrupted by dietary and metabolic acids, they can become cancerous. The more acid we have in our bodies, the greater the risk of developing cancerous tissue.

Healthy cells in the human body thrive in mild-, moderate- and high-pH fluids (7.3 to 11 pH). They do not tolerate even a mild acid state. Cancerous cells, on the other hand, thrive in an acidic pH of 5.5.

Cancerous cells become dormant at a pH slightly above 7.365, and transform back to the microzyma or die at a pH of 8.5 (while healthy cells live).

Prevention is the best cure, though the best ways to prevent cancerous conditions will also reverse the symptom if you already have a cancerous condition. Better you should never get that far!

Treatments such as surgery and chemotherapy do nothing to support the immune system or prevent buildup of acids in tissues. That's why cancerous conditions so often come back—nothing has been done to change the conditions that started them—acid!

**“Every single person who has cancer has a pH that is too acidic”**

Page 77

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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