HEALTHY LIVING HEALTHY PLANET

natural awakenings

feel good • live simply • laugh more

FREE

NATIONAL YOGA MONTH
Local Events

Making Allowances
Help Kids Learn to Manage Money

Express Yourself
How to Live an Inspired Life

Functional Medicine
Addressing the Root Cause of Disease

EVERY ISSUE IS A GREEN ISSUE

September 2012 | S.W. Louisiana-Acadiana Edition | www.NAacadiana.com

Illness and Disease

are not "caught".

You do not catch cancer, heart disease or a cold.
You create these ailments with deficiencies based on what you eat or don't eat.

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

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

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

Green Fruits and Veggies, Probiotics, Antioxidants

Vitamin A
Used in the body for the growth of skin tissue, teeth and bones, vitamin A is a fat-soluble vitamin. The Dietary Reference Intake (DRI) established by the Institute of Medicine is 900 micrograms a day for males and 700 micrograms a day for females.

Vitamin C
A powerful antioxidant, vitamin C is a water-soluble vitamin. The DRI is 90 mg a day for males and 75 mg a day for females.

Vitamin E
Also an antioxidant, vitamin E is actually a fat-soluble vitamin used in the formation of red blood cells. The DRI for vitamin E is 15 mg a day for both males and females.

Vitamin K
A fat-soluble vitamin, vitamin K is used by the body to help blood coagulation. The DRI for vitamin K is 120 micrograms a day for males and 90 micrograms a day for females.

Calcium
Calcium is a mineral that is important for bone and teeth health.The DRI is 1 g a day for males and females aged 19 to 50. As individuals grow older, this DRI increases to 1.2 g a day for males and females.

Iron
Iron aids in healthy blood cell formation and oxygen transfer. The DRI for males is 8 mg a day and 18 mg a day for females aged 19 to 50. The recommendation for females is higher because of blood loss that occurs during the menstrual cycle.

Magnesium
Like calcium, magnesium is important for bone health. The DRI for males ranges from 400 to 420 mg a day. The DRI for females ranges from 310 to 320 mg a day.

B Vitamins
Water-soluble vitamins, the B vitamins play essential roles in energy metabolism. The DRI for thiamine (vitamin B1) is 1.2 mg a day for males and 1.1 mg a day for females. The DRI for riboflavin (vitamin B2) is 1.3 mg a day for males and 1.1 for females. The DRI for niacin (vitamin B3) is 16 mg a day for males and 14 mg a day for females. The DRI for pantothenic acid (vitamin B5) is 5 mg a day for males and females. The DRI for vitamin B6 is 1.3 mg a day for males aged 19 to 50 and 1.7 mg a day for males aged 51 to 70. For females aged 19 to 50, the DRI for vitamin B6 is 1.3 mg a day. This increases to 1.5 mg a day for women aged 51 to 70. The DRI for biotin (vitamin B7) is 30 micrograms a day for males and females. The DRI for folate (vitamin B9) is 400 micrograms a day for males and females. The DRI for vitamin B12 is 2.4 micrograms a day for males and females.

Zinc
The DRI for zinc is 11 mg a day for males and 8 mg a day for females. Zinc is necessary for protein synthesis.

Potassium
An electrolyte, potassium plays an important role in fluid balance. The DRI for males and females is 4.7 g a day.

Lack of Nutrition

and education is killing America

We live in a very bewildering world.

Accidents kill 4% of us.

Diseases kill 96%.

"I can get everything I need from food." Do you?

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

Vitamins and Minerals are vital nutrients for bodily functions.

Your body is made from vitamins and minerals.
These are the building blocks for the formation of all tissue, cells, and body fluids.

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

- American Medical Association

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

James F. Balch, M.D.
Prescription for Nutritional Healing

"Everyone will eventually die, but how you look and feel for the last 20-50 years depends on your lifestyle and vitamin and mineral intake throughout your entire life."

Dr. Steven T. Castille, Bsc, MS, DNM
Director, Natural Health Center

Why are you not getting the necessary vitamin and mineral nutrients?

Nutrient Variance
There are substantial differences between one fruit or vegetable and another. One tomato can have 10 times more nutritional value than another-which tomato did you eat?

Poor Digestion
Eating too much or too quickly, stress, or an imbalance of friendly bacteria in the digestive tract can disrupt the delicate gastrointestinal environment. This imbalance can reduce absorption of vitamins and minerals. Poor digestion is common among the elderly.

Over-cooking
Over-cooking can easily destroy valuable food nutrients.

Microwave cooking
Studies suggest that microwave cooking alters the nutritional structure of food.(" Pediatrics ": vol.89,no.4,April 1992).

Food Storage
Length of storage and freezing depletes the nutritional value of most foods.

Food Selection
A tendency to eat from a limited range of food groups results in nutrient deficiencies.

Food Omission
Allergies to foods, crash dieting and poorly designed vegetarian diets omit significant dietary sources of nutrients.

Antibiotics
Antibiotics alter the gastrointestinal environment and can interfere with the absorption of essential nutrients.

Poor Lifestyle Habits
Smoking, alcohol and caffeine can displace or inhibit the absorption of vitamins and minerals or accelerate the loss of nutrients.

Stress
Stress, be it physical or emotional, can increase the body's requirements for vitamins and minerals.

Imbalance
The level of each vitamin and mineral in the body has an effect on others, so if one is out of balance or missing, all can be adversly affected. With antioxidants, one is not nearly as strong as several combined as each greatly enhances the power of the others.

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 oxy gen), wheatgrass juice will oxygenate your body

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

Suggested Use: Drink 64 oz per day **Price: $36.00 / case**

WheTea

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

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

Mood Enhancer

Best Depression Formula

Our Mood Enhancer is specifically designed to incorporate herbs and vitamins that provide nutrients to the brain, help fight depression, stress and anxiety and prevent age-related mental decline. Sometimes vision or hearing problems, depression, anxiety or other stress-related mental disorders may also cause neurological dysfunction. Mood Enhancer contains herbs that are notorious for their ability to stimulate brain function, improve memory, promote alertness and productivity. The main advantage of Mood Enhancer is its ability to improve mental focus and memory without inducing agitation and anxiety.

Suggested Use: 1-2 capsules/day
Price: $35.00

THERMOGRAPHY

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$94

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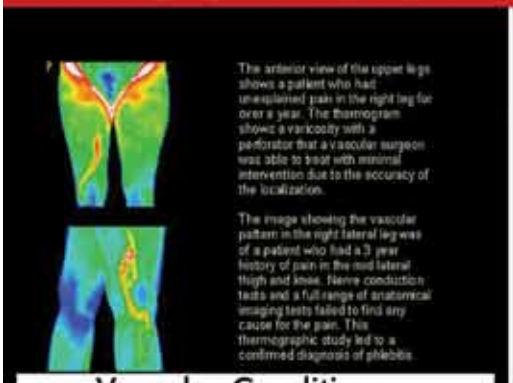
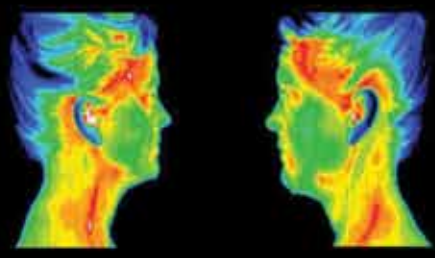
Thermography Imaging Can Detect Many Diseases and Disorders in Their Early Stages



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

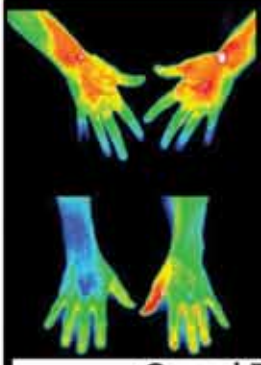
The image showing the vascular pattern in the right lateral leg was of a patient who had a 3 year history of pain in the mid lateral thigh and knee. Nerve conduction tests and a full range of anatomical imaging tests failed to find any cause for the pain. This thermographic study led to a confirmed diagnosis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

Vascular Conditions



Carotid Artery occlusion (Right side)

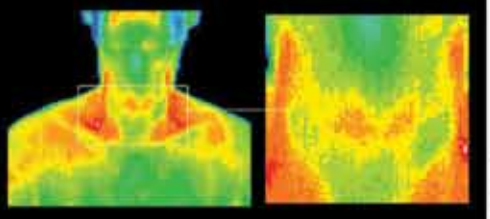
Carotid Artery Occlusion



Early stage bilateral carpal tunnel syndrome

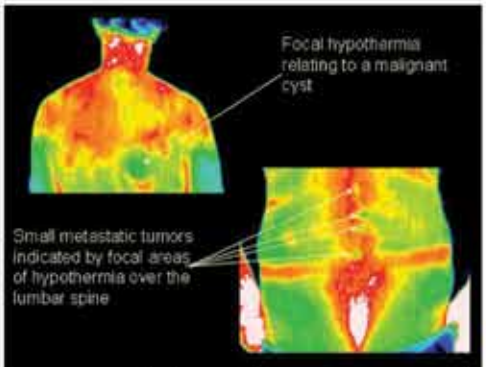
Chronic right carpal tunnel syndrome

Carpal Tunnel

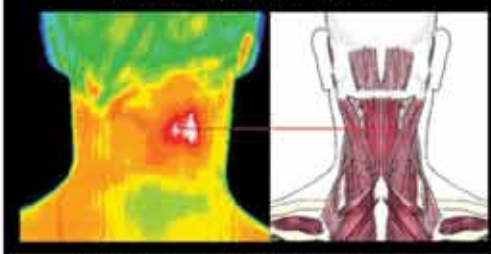


Hyperthermia over both lobes of the thyroid indicating thyroid dysfunction

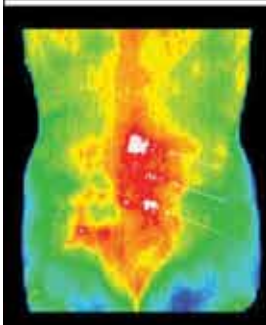
Thyroid Dysfunction



Cyst and Tumors

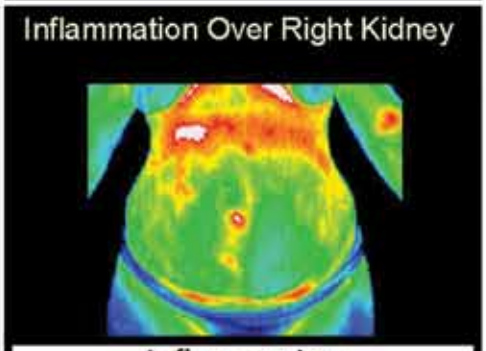


Myofascial Trigger Point

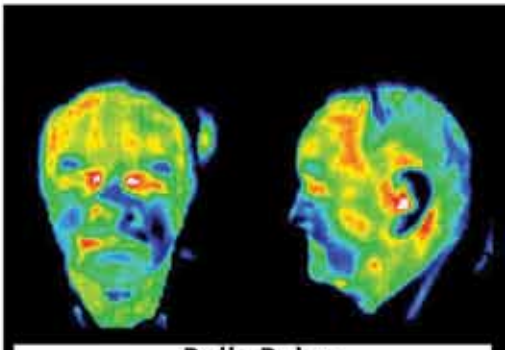


Three stress fractures of the transverse processes of the lumbar spine.

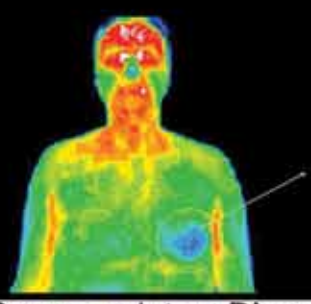
Stress Fractures



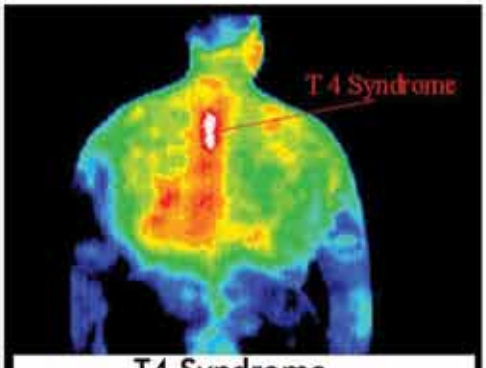
Inflammation



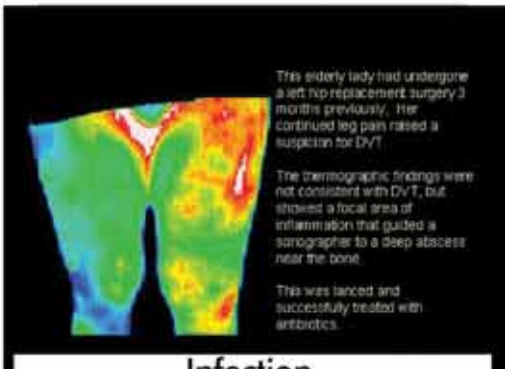
Bells Palsy



Coronary Artery Disease



T4 Syndrome



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

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

This was lanced and successfully treated with antibiotics.

Infection

publisher's letter

Exactly seven years to the day, Hurricane Katrina approached the Louisiana coastline and targeted New Orleans the same way Hurricane Isaac did this August. Katrina took many lives because we were not prepared. This time we were. This time there was a spiritual connection among the people being affected. Once it was announced that Isaac would make landfall along the Louisiana coast, and particularly New Orleans, an immediate call for prayer and embracing of our spiritual lives was made by our spiritual and political leaders. Wow, what a difference it made!

Embracing our spiritual lives means taking steps closer to understanding and living what is best about ourselves, our families and our communities. Our spiritual lives underlie our way of being in the world. Imagine a wheel. The center of the wheel is our spiritual condition and all of the spokes branching from the center identify with the way we touch the world around us. How well conditioned our spiritual center is will have specific effects on the rest our lives: how we imagine our place in the world, how we determine our value and worth in the world and how we care for our emotional and physical health.

We encourage you to begin a daily habit of self-reflection. Self-reflection grounds us. It fortifies our sense of significance, and the feelings and thoughts we associate with while engaging the world through our working spirituality. Our lives gain rhythm and vibration, reflecting what we consider important and helping us move toward spiritual wellness. Use self-reflection to evaluate your spiritual life as one infused with daily invitations to live life fully, faithfully and authentically, by paying greater attention to the ordinary details of life. The more we dare to deepen our spiritual wells, the more our responsibilities and commitments to our external communities become clear.

There is no doubt that we are spiritual beings living physical lives. We are human and we make mistakes. In each day we have the opportunity to make the most of our time and to keep our energies as pure as possible. When things go wrong, and we have had a hand in it, we sometimes concentrate on the catastrophe of what happened and get stuck in the moment, reliving it and blaming ourselves for what, most of the time, is simply a mistake. Spiritual growth and self-reflection gives us the door to walk through and close behind us.

As we pay attention to our spiritual lives, we can learn to recognize the "spiritual" in the everyday. Our deepening spiritual awareness will reorient our lives in ways that lead to deeper flourishing and increased desire to use our unique gifts and talents to help foster the wellness of those in our communities. Stay open, because the spiritual life can be full of surprises!

Love one another, ask for forgiveness, smile, look for the best in others, follow your heart and, most importantly, be happy. These are the things we wish for you and we ask that you spread joy wherever you go.

This month we celebrate the creativity in our lives. May your world be filled with spiritual awakenings and creative moments.

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

Steve & Michelle

Steve and Michelle Castille, Publishers

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Subscriptions are available by sending $64 (for 12 issues) to the above address.

Natural Awakenings **is printed on recycled newsprint with soy-based ink.**

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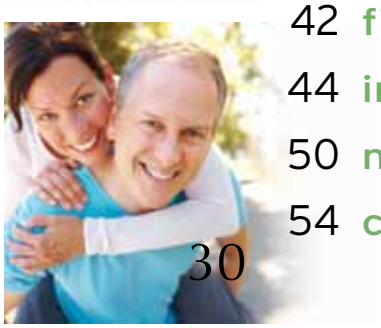
contents



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

advertising & submissions

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

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

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ALKALINE WATER MAJOR BENEFITS

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

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

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

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

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

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

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

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

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

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

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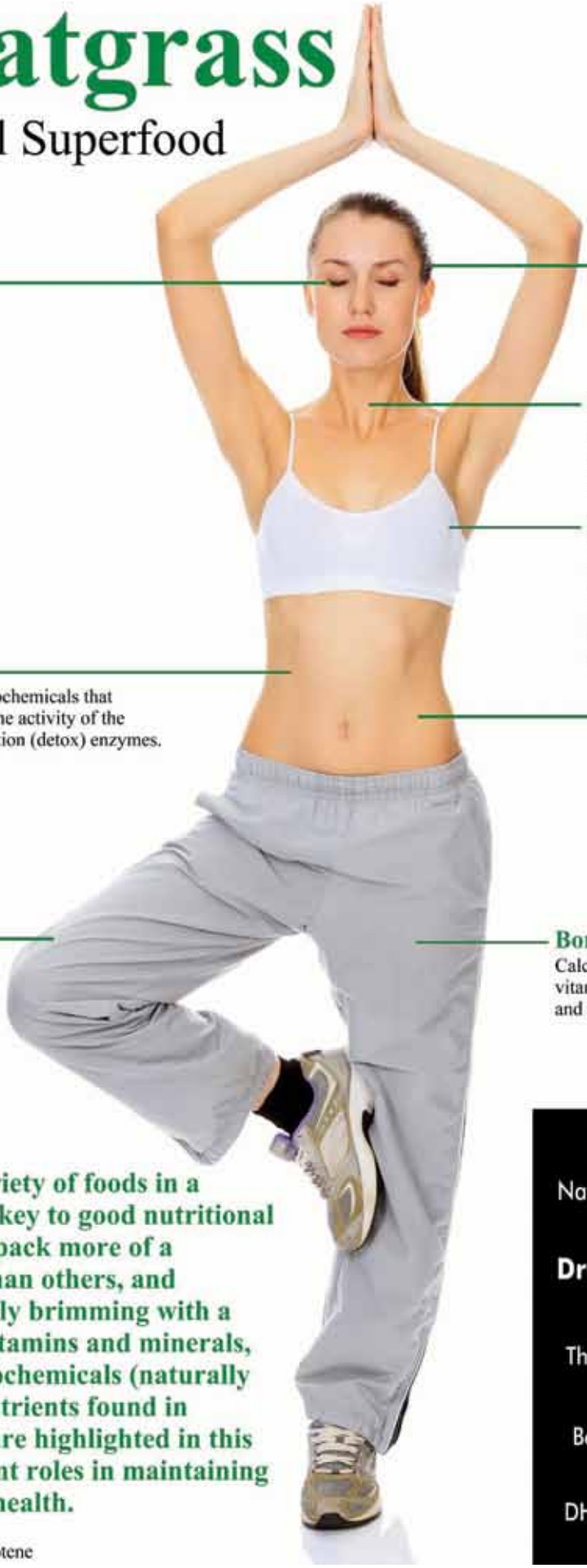


Eyes

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

Hair and nails

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

Energy levels/Metabolism

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

Immune System

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

Liver

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

Skin

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

Blood

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

Bones

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

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

* from conversion of beta carotene

Caribbean Power Systems Offers Whole-House Generators

With hurricane season underway, now is the time to make preparations for emergencies that are possible during this time of year. Caribbean Power Systems offers automatic whole-house standby electric generators for protecting homes and businesses during power-outage emergencies.

Whole-house standby electric generators offer additional peace of mind because of the built-in mechanism that detects interruptions in power and automatically switches on the generator for backup electrical current.

For more information, or a free consultation and estimate, call 337-678-1500.

Performance Therapy: An Integrative Approach

Lauren Rozas of Performance Therapy, in Eunice, offers an integrative approach to pain relief and wellness. Rozas is a licensed physical therapist with nearly 30 years of experience, and is a certified yoga instructor as well.

Performance Therapy specializes in orthopedics; rehabilitation for sports, industrial and neurological issues; musculoskeletal dysfunction; early intervention; and pediatric physical therapy. The clinic features the latest in equipment and treatment options, including massage therapy, therapeutic exercise, strain/counterstrain and heat and cold treatments.

Location: 101 S. 2nd St., Eunice. For more information, call 337-546-1207 or visit PerformanceTherapy.net.

Café Cohen Committed to Coffee

Café Cohen is a premier espresso bar and coffee shop that provides fine, fresh brews in Acadiana. It is based in Lafayette.

All of Café Cohen's coffee is purchased from family-owned farms and roasted on a weekly basis to provide the freshest coffee, cappuccino and lattes. Owner Jason Cohen says he is passionate about coffee and committed to high quality. "You can expect a phenomenal cup of coffee every time," Cohen says. Café Cohen also features unique teas daily.

Location: Inside Great Harvest Bread Company of Acadiana, 854A Kaliste Saloom Rd., Lafayette. For more information, call 337-236-8966 or visit CafeCohen.com.

Music Ministry and Market

Pastor Floyd Prescott III of the Miracle Place of Acadiana, in Opelousas, invites the public to come out and enjoy a night of positive family fun at Music, Ministry and Market each month. The events will be held at 7 p.m. on the last Friday of each month, beginning September 28.

The event welcomes guests from different churches and faiths to come together to share and enjoy good Christian entertainment. Skits, songs, raps, poetry, praise dances and other talents will be showcased. Gospel artists who wish to share their talents are encouraged to attend and "show Acadiana what they've got," Prescott says.

In addition, the Miracle Place of Acadiana will begin holding services from 6 to 7 p.m. on Saturdays, for those unable to attend the traditional Sunday morning services at 10 a.m. The Saturday services will be held in addition to regular services, held on Sundays, Monday evenings and Wednesday evenings, as well as Saturday prayer services.

Location: 110 N. Main St., Opelousas, in Indian Hills Shopping Center. For more information, call 337-945-0908.

Amazing Spaces Provides Home Organizing

Renée Ory, owner of Amazing Spaces, offers home organizing that is customized to each client. She is based in Lafayette.

Amazing Spaces specializes in simplifying spaces by eliminating clutter to enhance the lives of its clients. "By designing custom organizing systems, we help individuals and

businesses take control of their surroundings, their time, their paper piles and their lives," says Ory.

She adds that being in a home where things are organized can be a stress reliever, as it brings a sense of tranquility. Plus, a well organized home can save time, money and other resources. "My main goal is to listen to the clients' needs, then implement a simple and creative solution," Ory says. Along with professional organizing, Amazing Spaces also provides such services such as interior decorating, window treatments, art placement and accessorizing.

For more information or to schedule a consultation, call 337-296-5506, email Ory.Renee@gmail.com or visit FindMyOrganizer.com.

Saint Street Inn: Farm-to-Table Dining

Acadiana has been blessed with great produce that keeps farmers' markets supplied with fresh, organic fruit, vegetables, nuts and other local foods. The Saint Street Inn, in Lafayette, is dedicated to using only the best of what Acadiana has to offer—fresh, local produce, seafood, smoked meats and artisan breads and cheeses.

Owners Mary Tutwiler and Nathan Stubbs say that they treat the ingredients with the proper respect, showcasing the tree-ripened sweetness and right-out-of-the-water freshness that is the heart of farm-to-table cooking. Using fresh ingredients, they create culinary masterpieces, including mint jalapeno coleslaw; boudin, lettuce and tomato (BLT) sliders; Cajun favorites such as shrimp remoulade; and salads that change with the season. Because of the unique opportunity to use only fresh vegetables grown locally, the Saint Street Inn menu is always fresh and frequently changing.

Location: 407 Brook Ave., Lafayette. For more information or to place an order, call 337-534-8112, email Nathan@SaintStreetInn.com or Mary@ SaintStreetInn.com or visit SaintStreetInn.com.

Q Bootcamp Feeds the Body

QBootcamp, in Lafayette, is a fitness program that teaches participants how to feed and use the body properly for ultimate inner and outer wellness. Personal trainer Justin Pilcher and doctor and nutritionist Phillip Ralldis offer the support and encouragement individuals need to reach their goals.

Pilcher says, "It's not about working your body hard, but moving the right muscles; not about eating less, but eating foods that supply your body's needs; not about living like a monk, but reflecting on life choices and separating the good from the bad." The camp is designed not for those interested in "quick-fix fads" but for those who are ready to take the first step to a new lifestyle.

Location: 1201 General Mouton Ave., Lafayette. For more information, call 337-366-1FIT.

Gentle Choices Natural Birthing Center

Gentle Choices is a natural birth center located in Lafayette. The facility offers natural birthing services including prenatal care and postpartum care and allows mothers and their families to participate in the experience of childbirth.

Giving birth at a birthing center allows for more participation in the birthing process, more parental control, fewer obstetrical procedures, a lower rate of Caesarian and forceps deliveries, lower chance of iatrogenic diseases for the mother and newborn and personal, supportive care from staff. Giving birth naturally, without the use of drugs, enables a mother to better care for and interact with her newborn, and discharge time is usually hours instead of days. Families who choose Gentle Choices for their birthing needs can cut down on costs associated with hospital births and receive nurturing, personalized care.

Location: 1424 St. John St., Lafayette. For more information or to schedule an appointment, call 337-706-7160, emailInfo@GentleChoicesBirth.com or visit GentleChoicesBirth.com.

eLeMeNO-Pee Offers Diaper Parties

Cloth diaper specialist eLeMeNO-Pee offers cloth diaper parties for parents who may be considering a greener alternative to disposable diapers. The company is based in Lake Charles.

The experts at eLeMeNO-Pee will come to a residence and throw a diaper party, with product samples to touch and feel so that parents can determine which cloth diapers are best for their children. Other accessories for babies and moms will also be on display. eLeMeNO-Pee offers incentives for hosting diaper parties and discounts for attending them. "We are growing every day and adding new consultants who can help educate new families on the benefits of using cloth diapers and other natural parenting products," says owner Allison Crane.

Location: 2102 W. Prien Lake Rd., Lake Charles. For more information or to schedule a diaper party or appointment, call 337-376-0121 or visit eLeMeNo-Pee.com.

Tibetan Katog Ratna Ling Hosts Wellness Workshops

Katog Choling Tibetan Cultural Center, in Lafayette, was founded by Khentrul Lodrö Thayé Rinpoche in 2004 to provide a place for spiritual practice and Tibetan cultural activities. The Katog Ratna Ling, a moderated group providing information for local members, offers workshops and retreats focusing on meditation and other practices to tame the mind, along with lectures, performances and facilities for classes and instruction.

In Tibetan tradition, meditation helps to train the mind to be familiar with states that are beneficial, such as concentration, compassion, correct understanding, patience, humility and perseverance. Research has shown that meditation produces lasting, beneficial changes in brain electrical activity, lowers oxygen consumption, increases blood flow, slows the heart rate, reduces premenstrual syndrome symptoms, builds self-confidence, improves learning ability and memory, increases feelings of vitality and rejuvenation, boosts emotional stability, improves relationships, slows aging rate of the mind, eases cessation of bad habits. It helps to provide peace of mind, happiness, self-actualization and compassion.

Location: 901 E. St. Mary Blvd., Lafayette. For more information, call 337-453-4000 or visit KatogCholing.com/ratnaling.php.

National Women's Health & Fitness Day is September 26—Look for a Local Event

Few U.S. Adults Regularly Practice Healthy Habits

A recent American Heart Association (AHA) survey reports that only 12 percent of American adults regularly practice the healthy-life trifecta of good nutrition, exercise and oral care. The most common excuse is a lack of time.

Of those surveyed, 80 percent said that eating at least nine servings of fruit and vegetables daily is a struggle. About 60 percent find it difficult to log the association's recommended 150 minutes of moderate physical activity each week. At least 25 percent don't brush and rinse twice daily and floss at least once daily.

Yet, 90 percent of Americans like the idea of improving their health. The AHA "My Heart. My Life." initiative offers a straightforward set of solutions to help families understand how to make incremental changes that have long-term health impact (*MyLifeCheck.Heart.org*).

"Whether it is simply adding a 30-minute brisk walk to your day, eating a few more fruits and vegetables with meals, balancing your calories and physical activity to achieve a healthy body weight or creating routine oral care habits—it all contributes to an overall healthier lifestyle," says Cardiologist Tracy Stevens, a professor of medicine with Saint Luke's Cardiovascular Consultants, in Kansas City, Missouri.

Why Laptops Should be Renamed... and Relocated

The portable computers that serve as our business and communication "lifelines" may actually be thwarting unborn lives. Researchers suggest that laptop computer (LTC) users should avoid putting the devices directly on their laps, especially for extended periods of time.

Recent research reported in the journal *Fertility and Sterility* examined semen samples from 29 healthy male donors that used an LTC on their laps, near their testes. The scientists found that LTCs connected to the Internet via Wi-Fi resulted in decreased sperm motility and increased sperm DNA fragmentation.

A separate study, published in the journal *Archives of Environmental and Occupational Health*, noted that electromagnetic fields produced by LTCs likely induce currents within the body and can expose developing fetuses in pregnant women to unsafe levels. The researchers concluded that, "[An individual's] 'laptop' is paradoxically an improper site for the use of an LTC, which consequently should be renamed to not induce customers towards an improper use."

WATCHING MAGIC BOOSTS CREATIVITY IN CHILDREN

Researchers from Lancaster University have discovered that youngsters watching creative fantasy films improve their own imagination and creativity. The study involved 52 4-to-6-year-old children. The youngsters were split into two groups and shown two short segments of a popular fantasy movie. The findings showed that the group watching the magical scenes generally scored "significantly better" in creative activities than their peers in the other group that saw scenes without any magical content.

MATE TEA FIGHTS COLON CANCER

According to a recent University of Illinois study, bioactive compounds in mate tea, a beverage consumed in South America for its medicinal properties, killed human colon cancer cells *in vitro*. The scientists attribute this surprising health benefit to the tea's caffeine derivatives that not only induced death in the cancer cells, but also reduced important markers of inflammation.

Source: University of Illinois College of Agricultural, Consumer and Environmental Sciences

20-Second Trust Factor

First impressions not only count—they are surprisingly accurate, at least when it comes to detecting whether a stranger is "made" to be compassionate, trustworthy or kind. New research by the University of California, Berkeley suggests that it can take just 20 seconds to recognize who is genetically so inclined.

Two dozen couples participated in the study and provided DNA samples. Researchers documented them as they talked about times when they had suffered. A separate group of observers that did not know the couples were shown 20-second video segments of only the listeners and asked to rate which participants seemed most compassionate, based on facial expressions and body language.

The listeners that received the highest ratings for empathy turned out to possess a particular variation of the oxytocin receptor gene known as the GG genotype. Dubbed the "love hormone", oxytocin is naturally secreted into the bloodstream and the brain, where it promotes social interaction, bonding and romantic love.

"People can't see genes, so there has to be something going on that is signaling these genetic differences to the strangers," says Aleksandr Kogan, lead author of the study. "What we found is that the people that had two copies of the G version displayed more trustworthy behaviors: more head nods, eye contact, smiling and open body posture. These behaviors signaled kindness to the strangers."

Can Parents Teach Peace?

A recent study suggests they can. Researchers from Virginia Commonwealth University, in Richmond, and the University of Illinois system studied more than 5,500 students at 37 middle schools, focusing on this age group because aggressive behavior tends to escalate during the transition from childhood to adolescence. The researchers found that violent behavior in general increased throughout the three years of middle school, especially among girls.

The good news is that children whose parents actively advocate peaceful conflict resolution acted less aggressively, even if they attended more violent schools.

Belly Fat:

What It Is and How to Get Rid of It

by Dr. Steven Castille

Clinical studies have shown that exercising in intense bursts for short periods of time can reduce dangerous visceral fat. To understand how this is possible, first we must understand more about the body.

There are two kinds of fat in the stomach area. There is subcutaneous fat, which is below the skin, and there is visceral fat, which is inside the abdominal cavity. Visceral fat is the most dangerous fat. It grows around and inside the liver and other organs in the abdominal cavity, including the heart. The more fat that is created in this area, the more health issues a person will have.

The actual, physical fat will push the lungs up and reduce the amount of oxygen they can take in. This often is diagnosed by doctors as asthma. The fat also will put pressure on the stomach and push the food back up the esophagus. This often is diagnosed as acid reflux. The fat also will put pressure on the kidneys, thus giving them incorrect signals, and cause high blood pressure and hypertension.

Visceral fat also is a cause of insulin resistance, which leads to diabetes. It also is what causes cardiovascular disease, which leads to heart attacks. Needless to say, belly fat is no joke.

Receptor sites

What causes belly fat as opposed to other kinds of fat? All fat is deposited based on fat-receptor sites. There are receptors in different parts of the body, and when they receive the signal, the body will deposit fat in that area.

In the abdominal cavity there are high concentrations of receptors that receive cortisol (a stress hormone). When cortisol is present in the blood, especially in excess, the concentration of fat deposits will be in the abdominal cavity and midsection. Hormones determine where fat is deposited. Some hormones cause fat to be stored in the hips and thighs, but it is the stress hormones that are responsible for fat being stored in the abdominal area.

How to lose belly fat

Rule 1: Eliminate sugar

The belly-fat diet must be free of sugar, especially all sugar substitutes. Excess sugar causes stress on the nervous system. It causes insulin levels to spike. When they spike, they also plunge. When they plunge, they take all nutrients away from the cells and the cells actually starve.

> Get more sleep and get a deeper sleep. Most of the body's fat burning happens while we sleep.

Rule 2: Avoid stimulants, such as caffeinated drinks

Anything that causes stress to the nervous system, such as caffeine, should be avoided or eliminated completely.

Rule 3: Get more sleep

Sleep early (go to bed no later than 10:30 p.m. every night) and get as much deep sleep as possible. Most of the body's fat burning happens while we sleep. Following a "sleep diet" can help with rapid fat loss.

Rule 4: Eliminate chemicals in the environment and in food

Remove all monosodium glutamate (MSG) from the diet. MSG is labeled in different forms, so it pays to learn which names actually mean MSG. Remove all high-fructose corn syrup. This causes many problems, one of which is interfering with true "fullness" signal when we eat and drinks. Remove the use of plastics. Studies have shown that chemicals in many commonly used plastics, such as baby bottles and food containers, release Bisphenol-A (BPA). BPA has been shown to cause obesity, diabetes and breast cancer. Eat organic foods. Anyone who simply focuses on eating organic foods alone will avoid all the chemicals,

such as pesticides and herbicides, that cause obesity, insulin resistance and diabetes. Herbicides and pesticides, such as DDT, have been proven to cause obesity, diabetes and cancer.

Rule 5: Drink lots of water

Super-hydrate the body. Set a goal of drinking at least a gallon of filtered water or herbal tea a day.

Rule 6: Include more fiber

Eat a high-fiber diet that is raw and especially high in moisture. Raw food that is very dry is not sufficient. A raw almond is fine, but it is low in moisture and fiber. Foods such as romaine lettuce, cucumber, and celery, however are high in moisture and fiber.

Rule 7: Exercise properly

Exercising to lose belly fat is dependent on a body's adrenal health. If the adrenals are weak, or if there is excess cortisol in the blood, that should be resolved first. If adrenal tests indicate adrenal weakness (there are simple tests that can be done at home), then aerobic exercise alone is needed.

Many people, however, perform aerobic exercise incorrectly. They exercise too intensely and raise their heart rate too high. If the heart rate goes too high, the body will not be doing aerobic exercise. Each person needs to determine the ideal aerobic threshold and exercise below that heart rate.

Intense resistance exercise in short intense bursts and for short periods of time have been shown in clinical studies to reduce visceral fat. The problem for some is their fitness level and their ability to concentrate intense exercise or calorie burning. This will cause them to gain more fat.

Whole-body vibration (WBV) exercise is helpful for intense resistance, when performed in short bursts for short periods of time and not more than four times a week. This requires proper training, but many people find that WBV greatly enhances their weight-loss programs.

Rule 8: Increase metabolism

Thermogenic supplements and foods can boost the body's metabolism so that it will burn more calories, both at rest and during exercise.

Steven Castille is a biochemist, doctor of natural medicine, publisher of Natural Awakenings *and developer of WheTea Weight-Loss Formula. Both WheTea and Whole-Body Vibration programs are available at the Liteon Natural Health Center, 100 E. Angelle St., Carencro. For more information, call 337-896-4141 or 337-347-4141.*

Health Effects of Being Overweight

It's an undeniable fact that Americans are overweight. In fact, 65 percent of American adults are fat; that's more than 127 million people. Not only that, but obesity counts for about 300,000 deaths and about $300 billion each year.

Quite simply, obesity is an excess of body fat. Normally, anyone who is 20 percent over the normal weight for his or her age, sex, height and build is considered obese.

Recent studies have revealed that obesity is linked to very high rates of chronic diseases. As fat accumulates in the body, it crowds the space for our organs. This extra fat can result in putting undue stress on the body, including the back, legs and the internal organs, such as the heart, liver and kidneys.

This can eventually lead to more serious health conditions, including:

Diabetes
Stroke
Kidney disease
Breast cancer
Complications during pregnancy
Coronary artery disease
High blood pressure
Colon cancer
Liver disease

One of the primary reasons for obesity is a lack of exercise. Including some form of exercise in our routine every day can help us to lose weight and improve our overall health.

Some of the benefits of exercise include:

Protection from osteoporosis
Reduced risk of heart disease
Protection from cancer
Stronger bones
Lower blood pressure
Lower cholesterol

While exercise is only one factor in the equation for losing extra body fat, eating healthful, well-balanced meals is the other half of the equation for losing weight.

When planning meals, keep the following guidelines in mind:

1. Drink more than the recommended eight glasses of water per day. Water helps to flush toxins and fat out of the body and, although it can cause a temporary bloated feeling, water does not make us overweight.

2. Eat a diet abundant in vegetables, especially dark green vegetables. Be sure to include salads and such vegetables as kale, broccoli and cabbage. Other vegetables, such as sweet potatoes, carrots, pumpkin and winter squash should be included as well.

3. Eat lean proteins, such as chicken breast and turkey. Lean red meats should be eaten sparingly. Other protein-rich foods, such as fish, beans, peas, lentils, seeds and nuts, should be included as well.

4. Pay attention to fats in the diet. Include "good fats," such as olive oil and canola oil, but avoid fats from butter, margarine, ice cream, mayonnaise and heavy salad dressings.

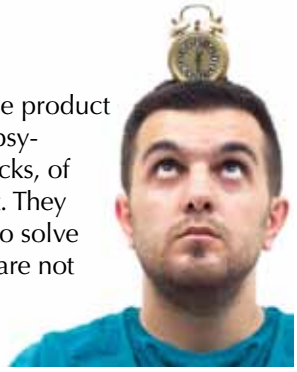
5. Eat calcium-rich foods, such as green, leafy vegetables, and low-fat dairy, such as yogurt and low-fat cheese.

globalbriefs

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

Noodle Doodle

Creativity on Tap



Creativity is often perceived as an unpredictable event, the product of an unexpected "Aha!" moment. But a pair of Michigan psychologists, Mareike Wieth, of Albion College, and Rose Zacks, of Michigan State University, decided to research the concept. They discovered that problems requiring a flash of illumination to solve are best approached during the time of day when thinkers are not actually at what they feel is their peak.

Reporting their findings in the journal *Thinking and Reasoning*, they assigned 428 students to fill out a questionnaire with 19 questions, including, "What time would you get up if you were entirely free to plan your day?" and "How much do you depend upon an alarm clock?"

Participants were categorized as morning, evening or neutral types and randomly assigned to a morning or afternoon testing session. Some problems were analytic in nature, others were inspiration-based. While the more logical type of problem solving showed no statistical difference, morning people scored higher on the insight-demanding challenges in the late afternoon, and vice versa.

Wieth and Zacks believe the results depend upon an inhibitory process that suppresses distracting information. It is thought that this system performs less efficiently when individuals are less alert, allowing random thoughts to enter the decision-making process, resulting in more creative thinking.

Bunker Hunker

Down is the New Up

Designer Matthew Fromboluti, of Washington University, in St. Louis, Missouri, has turned conventional wisdom about modern construction upside-down with his architectural design, Above/Below, submitted for the eVolo Skyscraper Competition. His underground skyscraper would theoretically fill a 900-foot-deep, 300-acre-wide crater left by the Lavender Pit copper mine, in Bisbee, Arizona.

A cone-shaped, inverted tower would allow people to live, work and even grow food in a huge cavern, covered by a dome. The building is designed to maintain a comfortable temperature via a passive climate-control system suited to the hot desert environment. A solar chimney provides natural ventilation as the sun heats the air at the surface, causing it to rise and draw cooler air up through vents at the bottom. The moving air passes through wind turbines at the top of the chimney, generating electricity.

Fromboluti's aim is to atone for the mine's destruction of the landscape by finding new ways to harvest the energy that went into excavating it, suggesting that no design should be considered "off the table" when planning for the future.

Trash Fashions

The Rehabilitation of Plastic

The rap on most plastic is that although it can be recycled, it doesn't decompose in landfills. For a period of time, the city of Houston halted its composting of household yard waste due to the cost of having to cut and empty the plastic bags used in curbside pickup, even though the annual landfill fees exceeded $1 million. But now the service has resumed, based on the use of new, compostable plastic bags that require no special handling; the city even garners income from sales of composted clippings.

Dinnerware, such as utensils, plates and cups, is another niche market in which advocates see potential for use of compostable plastics, especially by cafeterias, restaurants and other institutions. Not only are such items not biodegradable, they often end up being thrown out with food waste.

Biodegradable polymers that break down in a matter of months are more expensive; for example, the BASF company's Ecoflex material costs about two-and-a-half times more than the polyethylene it replaces. But proponents say that it provides value by enabling the large-scale collection of organic waste, such as grass clippings and food, and that the potential for growth is enormous.

Source: Chemical & Engineering News

Keep Running

Robust Record-Breaking Centenarian

In October 2011, a 100-year-old Briton, Fauja Singh, became the world's oldest marathon runner, finishing the Toronto Waterfront Marathon, in Canada, in eight hours and 25 minutes. Last April, Singh went on to complete the London Marathon in seven hours and 49 minutes before announcing that he'll continue running, but only in races from 5K up to half-marathons, and maybe even a vertical run up skyscraper steps.

Born in India, Singh moved to the UK in the 1960s, becoming the world's oldest half-marathoner in 2010 at the age of 99, via the Inter-Faith Marathon, in Luxembourg. He has participated in the Olympic Torch Relay twice, in Athens in 2004 and London in 2012.

The London resident credits ginger curry, tea and being happy for his endurance. The multiple Guinness World Record-holder says, "The secret to a long and healthy life is to be stress-free. Be grateful for everything you have, stay away from people that are negative, stay smiling and keep running." Singh trains by running 10 miles every day.

Sources: BBC; ibnlive.in.com

Cool Schools

Spotlight on Sustainable Colleges

Environmental credentials, in addition to academic excellence and affordable tuition, are gaining traction in the collegiate selection process, according to *The Princeton Review*'s latest poll. Its Hopes and Worries survey sampled 7,445 college-bound students nationwide and found that 68 percent say commitment to sustainability impacts their college choice, based on campus environmental initiatives, how deeply the curriculum integrates sustainability and how well the colleges prepare students for green jobs.

The 16 institutions of higher learning considered most eco-savvy are: American University, Arizona State University, College of the Atlantic, Dickinson College, Georgia Institute of Technology, Harvard University, Northeastern University, Oregon State University, San Francisco State University, The State University of New York-Binghamton, University of California-Santa Cruz, The University of Maine, University of Washington, University of Wisconsin-Stevens Point, Virginia Tech and Warren Wilson College.

"The best schools integrate sustainability across their community [in] how they manage their finances, academic offerings and operations. They don't treat sustainability as an add-on or extra credit assignment," says Rachel Gutter, director of the U.S. Green Building Council's Center for Green Schools. "But even the best still have… a long way to go, and there's a moment for humility in that."

Source: Fast Company

Harm Alarm

The Bambi Effect

According to a report in the *Proceedings of the Royal Society B*, local ecosystems can be influenced and even disturbed by noise pollution. Clinton Francis, of the National Evolutionary Synthesis Center, in Durham, North Carolina, found that the uproar of noisy gas wells that operate day and night in northwestern New Mexico woodlands drives away some wildlife species and attracts others, and also alters the overall makeup of area plant life.

Specifically, he discovered that the reshuffling of desirable birds and small mammals changed the odds of success for local plant reproduction. Hummingbird pollination, important for certain wildflowers, increased, while birds likely to spread around pine seeds without eating all of them largely gave way to seed-eating mice.

Source: Science News

Hand Cleansers

A dab of Colgate toothpaste removes food coloring from hands and Kool-Aid mustaches from kid's faces.

Fill the cupped palm of your hand with Arm & Hammer baking soda, rub the powder all over your hands, then rinse clean to remove the smell of garlic or onions.

Massage a few drops of Johnson's Baby Oil into your grease- or paint-covered hands, and then wash them with soap and water. The grease and paint will wash right off.

Rubbing a dollop of Miracle Whip on your skin will remove grease, grime and paint-and moisturize your skin at the same time.

Upcycle It

Repurpose Just About Anything

Chicken coop made from discarded scrap lumber.

Repurposing possessions saves money by reducing consumption and helps the environment by taking pressure off landfills. Common strategies include using old newspapers for stuffing or wrapping and used tin cans to collect cooking grease. Author Jeff Yeager, in his book, *Don't Throw That Away,* expounds on such everyday "upcycling".

His tips include using a banana peel to shine shoes, sprinkling crumbled eggshells in the garden as fertilizer and natural pest control, and stuffing dryer lint inside empty toilet paper rolls for fireplace kindling. Instead of merely recycling plastic mesh bags, nest a few together and use them as a kitchen sink scrub pad. Fill empty plastic bottles with water and freeze them to make the refrigerator more energy-efficient, and also to serve as dripless ice cubes for the family picnic cooler.

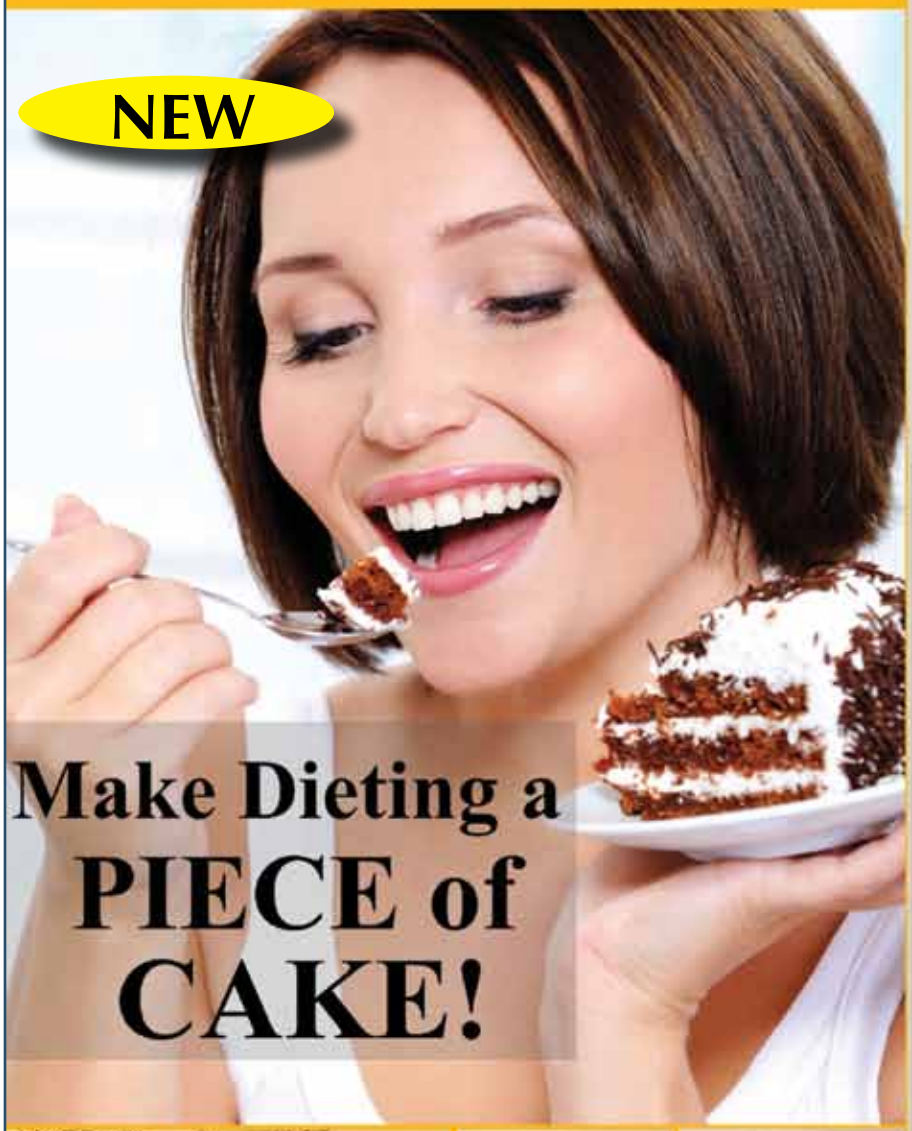
Before discarding old carpet, salvage the best sections to use in smaller spaces, like a bathroom, closet, car floor or pet house. Instead of buying new shelf liners, consider used gift-wrapping paper for kitchen or bathroom cabinets. Scrap lumber, tile and stones can be made into mosaic art designs. A cat scratching post exemplifies another multi-source (carpet and wood) upcycling project.

While about 90 percent of U.S. households now have curbside recycling available, the amount of trash each American produces keeps growing. According to the U.S. Environmental Protection Agency, the average citizen currently generates about 4.5 pounds of trash a day, totaling 600 times their body weight over a lifetime unless they seriously practice the three R's of reduce, reuse and recycle.

STRANGE FACTS

- On average, 100 people choke to death on ballpoint pens every year.
- Daytime dramas are called Soap operas because they were originally used to advertise soap powder. In America in the early days of TV, advertisers would write stories around the use of their soap powder.
- When the only queen bee in a hive dies, the entire colony dies as well.
- Casey Kasem is the voice of Shaggy on the cartoon show Scooby-Doo. Casey Kasem, being a strict vegetarian, also requested that Shaggy follow the same diet on the show.
- The magic word 'Abracadabra' was originally intended for the specific purpose of curing hay fever.
- Tomatos were once referred to as "love apples." This is because their was a superstition that people would fall in love by eating them.

New Weight Loss Breakthrough



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Dieters - Take Control with Thermo X

Women are reaching for the new diet program to ward off the pounds

The key to successful weight loss is to control your eating behavior. It's no secret the reason most dieters fail is simply because they can't resist eating of pleasure and satisfaction, but you pay the price in pounds. ThermoX helps you take control of your eating behavior by turning off food temptations that can lead to binge eating. Take control of your eating habits with ThermoX.

Linda Corella lost 40 lbs

with the help of Thermo X - Fat Complex Diet

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- Do you crave dessert at night?

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Exploring Our Creative Side

Engaging in Community Arts Brings Unexpected Rewards

by Judith Fertig

"Turning, moving, spinning, dresses swirling, music beating, eyes in contact with a partner, then another, then another, and the fiddle turns a corner, the phrase repeats, the dance repeats. You smile. Your body smiles."

~ Doug Plummer, photographer and contra dancer, Seattle, Washington

Three years ago, Janine Joslin, a savvy business executive, set her sights on becoming a Dazzler, and today is a proud member of the Leawood, Kansas, chapter of community tap-dancing troupes. "I love to dance and perform, and I felt that had been missing from my own life," she says. After a friend suggested it, Joslin showed up for her first practice ready to go, wearing tights and tap shoes.

Potential Dazzlers must prove they've learned the routines before being selected to perform for the public. Luckily, says Joslin, "I'm a quick study," and soon took her place in this 50-and-up women's group that likes to routinely *Shuffle Off to Buffalo* at area retirement facilities, church halls and special events.

Learning the stop-and-go, Broadway-style routines such as *Steppin' Out* and *Millie* is more of a mental challenge than aerobic exercise, comments Joslin. "The main thing is it exercises your brain."

Performing for appreciative groups is a great feeling, she notes, and helps make the twice-weekly practices worthwhile. Just being around inspiring women has helped Joslin look at aging differently. She's now applying her business skills to set up her troupe's first website.

Joslin's experience proves what many dancers, artists, writers, actors and musicians know: Active, hands-on, group participation in the arts is beneficial on many levels.

National Trend

In a recent study commissioned by the Wallace Foundation, *Gifts of the Muse: Reframing the Debate About the Benefits of the Arts*, the researchers found that, "People that engage in arts in a group setting develop a sense of community as they exchange favors (such as meeting to learn lines or loaning painting supplies); identify themselves with a cast, music ensemble or choral group; and develop a sense of trust and expectations of reciprocity."

It also noted, "Through the arts of ethnic traditions—such as classical Indian dance, Jamaican steel drums or Japanese raku ceramics—participants develop and maintain their cultural heritage and communicate their cultural identity to outsiders."

Gateway Experiences

Most art disciplines can be experienced at any age. No previous training or ability is required, just a curious spirit and willingness to participate and learn. Fun options range from a painting party, in which participants set up an easel and paint a canvas at Uncork'd Art, in Washington, D.C. (*UncorkdArt.com*), to African drumming at DrumRise, in Decatur, Georgia (*DrumRise.net*). "A drumming class is a great way to reduce stress, have fun, relax and reenergize, all at the same time; it has even been shown to positively affect your immune system," say co-founders Amy Jackson and Colleen Caffrey.

Such activities allow us to dabble and explore amidst the power of a group and maximize the joy of artful endeavors, which many prefer to the cost of individual lessons.

One of the most accessible community arts is choral music, as it requires no special equipment. Singing in a group can also become a community tradition that gathers people of all ages and lifestyles in fellowship and celebration.

Since 1882, singing Handel's *Messiah* has become an annual highlight for a Swedish wheat-farming community in South-Central Kansas. For three months before Palm Sunday, 200 farmers, homemakers, college students and business owners from the Lindsborg area gather twice weekly to rehearse the three-hour piece *(Bethanylb.edu/Oratorio_History.html)*.

Becky Anderson, the owner of Lindsborg's Swedish Country Inn, who has sung for 41 years, points to a particularly thrilling moment during each performance. "There is just this exhilaration as the audience jumps to their feet yelling, 'Brava, Brava.' Golly, that's fun."

Chicagoans maintain a similar holiday tradition. For 35 years, free Do-It-Yourself Messiah concerts have provided a community-funded uplift (*imfChicago.org*). Thousands of audience members lend their voices to thrilling performances of this masterpiece, led by a world-class conductor and soloists and backed by an all-volunteer orchestra of local professionals and amateur musicians.

Storytelling is yet another community performing art that requires no special equipment. The National Storytelling Network (*StoryNet.org*) advances the art of storytelling through a national conference and local storytelling guilds. The Lehigh Valley Storytelling Guild, in Pennsylvania, meets once a month at a local coffee house (*LVStorytellers.org*). Members include professional and amateur storytellers, poets, actors and newcomers that love to practice—or just listen to—this ancient art.

Strong community and cultural identity is forged on other stages, as well. The Community Actors Theatre, in San Diego, California's, Oak Park, performs many plays written by local playwrights exploring themes in black culture (*CommunityActorsTheatre.com*).

For Calvin Manson, a local poet and playwright who teaches acting workshops, the nonprofit venue feels like a mom-and-pop outfit. "They have the raw talent that could be developed into something wonderful. People don't just learn to be actors and playwrights. They learn to work together, to commit to a common struggle. When they leave, they know how to work with people, to be team players."

Sometimes, a life change can open the door to a creative outlet. As a newly single 30-something, photographer Doug Plummer says that when he fell in with the Seattle contra dance scene in the mid-1980s, "It became my primary social life." Derived from New England folk dance, two lines of dancers face each other and move to the rhythms of fiddle music.

"Since 2003, anytime I'm in New England, I try to stay over on a Monday and catch the Nelson [New Hampshire] dance," says Plummer. Likening it to participating in the slow-food and similar local movements, he says, "I feel like I'm entering into a mode of slow-dancing."

At the weekly Nelson gatherings, "The dancers will drift in; singles, couples and families with kids," he relates. "Someone puts out the fiddle case for the

"Every child is an artist. The problem is how to remain an artist once we grow up."

~ Pablo Picasso

$2 admission. Whoever volunteered to bring baked goods sets them out. Harvey shows up with his fiddle, sits on the fold-up chair on the stage. Bob sits at the piano. 'Line up for a contra,' barks Don, in a clipped, Yankee accent. 'First dance is *Monymusk*.' Then everyone just joins in."

Auditioning for the Role of a Lifetime

The next level of volunteer arts participation may involve an audition and a greater commitment. At the same time, these pursuits offer prime opportunities to expand artistic skills and join in something bigger than one's self.

Since 1873, the Cincinnati, Ohio, May Festival has served as a shining example of community showmanship (*May Festival.com*). Chorus auditions are held in January, rehearsals begin in September and concerts routinely sell out by May.

Music critic Nancy Malitz comments, "It's that special, tiny sliver of the year when everybody stretches. When hundreds of amateur singers accelerate the tempo by devoting every night to rehearsal and every day to thoughts of the concerts to come… when audiences look their finest, clap their loudest."

Lawrence Coleman, a chorus member for 15 years, has found that singing and networking with other May Festival vocalists has paid off in surprising ways. "I've recorded and had other singing engagements and opportunities, all because I've been connected to the chorus and the people in it," he says. Coleman also sings with the rhythm and blues gospel group Fo Mo Brothers, performing at area churches and the Midwest Regional Black Family Reunion.

Coleman remarks, "I have friends in the chorus from very different walks of life. We come together for the single purpose of making great music. People of differing backgrounds and schools of thought can do more than coexist. It's confirmed for me that we can learn to celebrate our differences when we have a common goal."

Even those that don't feel inherently artistic can find venturing into an art form unexpectedly rewarding. Channeling an inner Elizabeth Bennett or Mr. Darcy is commonplace in Bay Area English Regency Society waltzes and "longways" dances, in Palo Alto, California (*baers.org*). Alan Winston, a computer systems administrator and veteran dance caller, observes that these patterned dances appeal to math-science-logic-computer types. "It's a great place for people that live in their heads to get out and be social," he says.

Appropriately, the dances all feature choreography from Jane Austen's era. Depending on the theme of the dance—like the sophisticated Cyprians Ball or spirited Return of the Regiments Ball—the ambience may be elegant or rowdy, explains Winston. Dances are taught beforehand to music such as *George Washington's Favourite Cotillion*, an 1808

> "When I'm not doing any plays, things just don't go right. This is my justification. This is my opportunity to just be me."
>
> *~ Eva Jones, foster parent and member of Community Actors Theatre, Oak Park, California*

tune performed by musicians playing a clarinet, piano and recorder. Many wear period costumes, while others come in jeans. Winston is usually bedecked in a wine-colored waistcoat with tails that he found on eBay.

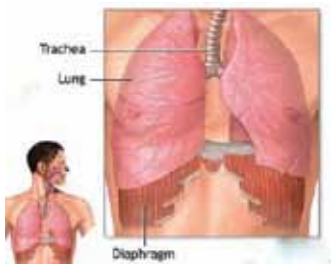
Plein air painters forsake the indoors to take their paints, easels and canvases outside. Plein-Air Painters of America regularly paint in groups in the fresh air and then hold an exhibition; annual workshops help teach techniques (*p-a-p-a.com*). At the recent seventh annual Florida's Forgotten Coast event, in the state's Panhandle, billed as America's Great Plein Air Paint-Out, featured artists set up alongside amateurs eager to learn more (*PleinAirfl.com*).

Whatever one's newly discovered or longtime treasure, individuals engaging in a group arts activity forge strong social bonds, keep ethnic arts traditions alive, learn new things in new ways and experience joyous personal growth.

… All while creating something wonderful.

Judith Fertig regularly contributes to Natural Awakenings. *She's an award-winning cookbook author at AlfrescoFoodAndLifestyle.blogspot.com.*

Breathing Properly



Believe it or not, most people don't know how to breathe. Of course we all do it, but most of us don't do it right. With a little practice, proper breathing will become second nature, and it will improve your mental and physical health as well as your stamina.

Improper Breathing

Most of us are rapid, shallow breathers. We raise our shoulders, pull in our diaphragm, and take a breath that fills only the top portion of our lungs.

How to Breathe Correctly

When you breathe properly, your diaphragm, your stomach, and your ribcage expand, not the pectoral area. Fully exhaling is important, too. Remember, you are breathing in oxygen rich air and releasing carbon dioxide and toxins.

Have you ever watched babies breathe? Their stomachs rise and their rib cages fully expand with each breath they take. Watch and learn.

Benefits of Breathing Properly

Every cell in our body requires oxygen to survive. Higher oxygen levels increase function and are vital for good health. Many of the most effective natural treatments for serious life threatening diseases focus on oxygenating the cells. The easiest way to get more oxygen into your body and in every cell of your body is to breathe properly.

Proper breathing dramatically increases stamina and mental clarity, elevates your mood, and helps the body detoxify more efficiently. More toxins are released through breathing than through the pores, urination, and defecation combined.

Learn How to Breathe

In ancient martial arts it is said that the student spends months or years learning how to breathe and to heal, before he learns to defend himself.

Practice by expanding your belly while breathing in. Fill your entire lungs with air. Pull in your belly when you exhale. Breathe slow and deep. When you practice this technique, try to take four breaths per minute. Think quality over quantity. Breathe only through your nose for several minutes. Then inhale through your nose and exhale through your mouth for several minutes.

Practice deliberate breathing as often as possible. Use it during exercise, when you're trying to go to sleep, when you realize you are stressed. And it's a great tool when you're trying to hold your temper. Though it will take practice and effort for proper breathing to become a habitual, unconscious act (4 days to 3 weeks), in time, it will become as easy as "breathing"!

Making Allowances

Learning to Manage Money at a Young Age

by Sharon Lechter

Instituting an allowance plan that works best for each child is a sound way to start teaching the value of money, budgeting and saving.

By the time a child is 5 or 6, he or she should be able to understand how an allowance works and the reasons for receiving it. When deciding to pay a child an allowance, the family should first talk together about how he or she will be using the money.

Is the plan to save it or spend it? Will a parent need to approve any purchases? Learning to consistently put away a portion in a savings account and perhaps gift another portion to charity become valuable life lessons. Many parents adopt the "three piggy bank" method to teach these lessons.

My 20 years of experience working with parents and teens has shaped a practical framework of four proven strategies to help a family wisely communicate this mutual commitment and set parameters, including a policy as to the amount and frequency of payment. Allowance decisions can differ from one child to the next in the same family.

Personal responsibility: There should be no financial reward for things that children need to do for their own health and development, such as responsibly heading to bed on time after brushing their teeth. One father shared that he had to pay his son to brush his teeth every morning and night, so who was in charge?

Family or social responsibility: Tasks that contribute to the family or social environment should not result in financial reward, such as washing the dishes or reading to a younger sibling. One mother, after explaining the plan to her children and consistently applying it, saw their attitude transform in just a couple of weeks. Instead of fighting, the three kids now work together each night to clean up after dinner without arguing.

Paying for completion of specific tasks: Determine and agree to guidelines that include the general tasks or duties that are expected, the performance of which will result in earning the specified allowance. By defining what is over and above personal, family or social responsibility, parents encourage and reward children for their extra efforts. Those same kids agreeably cleaning up after meals may also be thinking of extra chores around the house to earn their allowances.

Encouraging a child's entrepreneurial spirit: Inspire children to think of creative ways to earn money and watch in pleased amazement at how creative they become when they really want something. One 12-year-old now has a business collecting cans from all of his neighbors and is earning $100 every other week. He was able to buy the faster skateboard he wanted and even justified it as a business expense, because he could collect the cans more quickly with it.

Providing structure and enabling communication in a family's approach to allowances is critical to ensuring that children learn good money habits that will serve them well for life. It's a mutually constructive way to teach principles related to the importance of saving, spending less than they earn and consistently giving back to their community.

The answer to the question of whether or not to pay a child an allowance and under what conditions rests with the parents. The greater and more vital question is what mindset do they want to create and nurture within their children: a sense of entitlement or an entrepreneurial spirit? The foundational choice is theirs.

With an entitlement mindset, a child simply expects to be paid each week.

With an entrepreneur's mindset, a child finds ways to create value and earn money through applied creativity.

Sharon Lechter is CEO of Pay Your Family First, creator of the ThriveTime for Teens life and money reality board game and co-author of Outwitting the Devil, Three Feet from Gold *and* Rich Dad Poor Dad. *A recognized financial education expert, she is a member of the National CPAs Financial Literacy Commission. Learn more at SharonLechter.com.*

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Functional Medicine

Taking the Whole Toolbox Approach

by Kathleen Barnes

Once called "alternative" medicine, then "holistic" or "complementary" and later "integrative", the newest evolution is "functional" medicine, designed to search out the underlying causes of illnesses in order to carry out effective treatment.

"Conventional medicine is like a carpenter that only has a hammer to work with, while functional medicine doctors are working with a full toolkit," says the author of *From Fatigued to Fantastic*, National Medical Director of Fibromyalgia & Fatigue Centers, Dr. Jacob Teitelbaum, of Kona, Hawaii.

Conventional medicine addresses symptoms instead of diseases, explains Los Angeles functional medicine practitioner Dr. Hyla Cass, author of *8 Weeks to Vibrant Health: A Take Charge Plan for Women*. "It tends to treat the symptoms with more and more medications that cause a host of other side effects that also need to be treated and can result in declining health, rather than increased vitality."

"Functional medicine, rather than simply 'chasing symptoms' while ignoring the causes, searches for and addresses environmental factors, nutritional deficiencies, genetic tendencies, biochemical dysfunctions and emotional and social stressors that can together cause the development of symptoms," adds Dr. Adiel Tel-Oren. He operates Eco-Health Clinics internationally (the U.S. site is in Minneapolis, Minnesota) and serves as president emeritus and professor of nutrition and functional medicine with the California-based University of Natural Medicine.

In every case, it takes some investigation to get to the heart of the problems, and the solutions can take many forms. "For example, depression, insomnia and obesity aren't diseases; they are symptoms," says Cass. "If we can find the underlying cause of these symptoms, we can address the problem permanently."

An allopathic approach, on the other hand, would routinely recommend a pill to lower temperature for high fever, prescribe a synthetic pill to elevate mood in treating depression, or look to pharmacological anti-inflammatory drugs for simple immune reactions.

Tel-Oren is among those that link a vast number of illnesses to stress: "Diverse conditions such as fibromyalgia, irritable bowel syndrome, heart disease, diabetes, mood and cognitive disorders, various autoimmune disorders, premenstrual syndrome, temporomandibular joint issues, chronic pelvic pain, interstitial cystitis, chronic low back pain, chemical and food sensitivities, allergies, asthma and cancer all seem to share common courses of formation. The common denominator for these disturbances appears to be chronic stress."

Dr. Mark Hyman, chair of the Institute for Functional Medicine, in Lenox, Massachusetts, elaborates: "Functional medicine seeks to create balance in the body by looking at seven keys to achieving wellness: nutrition, hormones, inflammation, digestion, detoxification, energy metabolism and a calm mind. We work through the entire system, help people identify patterns and return the body to balance."

Hyman is a strong advocate of nutrition as the basis for restoring balance to the body. "Food is the most powerful medicine we have, more powerful than any drug, more powerful than anything you'll ever find in a pill bottle," he says.

Teitelbaum notes, "Conventional medicine is basically run on economics, so doctors are too often influenced by drug company marketing messages masquerading as science that encourage expensive treatments, regardless of their toxicity." In stark contrast, "Functional medicine instead looks for the lowest cost treatment that is supported by medical evidence."

Conventional Medicine Case in Point

Fibromyalgia, for example, encompasses a basket of symptoms, usually beginning with overall body pain with specific pain points. Other common symptoms can include extreme fatigue, facial pain, irritable bowel syndrome, memory loss and brain fog, depression, numbness and tingling, palpitations, insomnia and headaches, including migraines.

"Until a few years ago, conventional medicine decided you were crazy if you complained of these symptoms," advises Teitelbaum. "Then some expensive medications came out—promoted by $210 million a year in

advertising; so now, patients are instead being told to take medications with lots of side effects."

The most common conventionally prescribed drugs for fibromyalgia target symptoms of insomnia, depression, nerve pain and inflammation. According to Teitelbaum, the vast majority of people treating with these medications continue to experience the same symptoms over a five-year period; only 25 to 35 percent report some improvement.

It's difficult to determine how many Americans suffer from fibromyalgia because many go undiagnosed (the average time from onset of symptoms to diagnosis is five years). *Cure4Fibromyalgia.com* estimates that 5 million Americans, or approximately 2 percent of the population, suffer from this disease.

Functional Medicine Alternative

"Functional medicine practitioners recognize that fibromyalgia represents an energy crisis in the body and use simple, appropriate and effective treatments with no harmful side effects," says Teitelbaum. "Most often I use a SHINE protocol that I developed, based on 30 years of treating patients with chronic fatigue and fibromyalgia, with a 90 percent success rate."

His is just one example of the way functional medicine would treat a difficult-to-diagnose and to treat disease. Cass uses functional medicine very effectively against depression, addiction and a host of women's health issues. Hyman specializes in managing diabetes and obesity with the tools of functional medicine.

"If other medicines worked as well as treatments used in functional medicine, I'd use them, but they don't," concludes Hyman. "My Hippocratic Oath says I must help relieve suffering. I can do that with the tools that functional medicine gives me."

Kathleen Barnes is a natural health advocate, author and publisher. Eight Weeks to Vibrant Health: A Take Charge Plan for Women *is among her many books. Visit KathleenBarnes.com.*

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6:00pm Pilates/Core Fusion

September 6
4:30 Butts/Guts/Cardio
5:30pm 20/20/20
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September 8
9:00am Anything Goes

September 10
9am A'thing Goes
4:30pm Body Blitz
5:30pm 20/20/20
6:30 Kickboxing

September 11
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6:30pm Zumba

September 12
5:15am A'thing Goes
5:00pm Anything Goes
5:30pm Crunch Time
6:00pm Pilates/Core Fusion

September 13
4:30pm 20/20/20
5:30pm Power Circuit
6:30pm Zumba

September 15
9:00am Anything Goes

September 17
9am A'thing Goes
4:30pm Body Blitz
5:30pm Circuit
6:30 Kickboxing

September 18
4:30Butts/Gutts/Cardio
5:30pm Body Blitz
6:30pm Zumba

September 19
5:15am A'thing Goes
5pm Anything Goes
5:30 Resistance Toning
6:00pm Pilates/Core Fusion

September 20
4:30 Butts/Guts/Cardio
5:30pm 20/20/20
6:30pm Zumba

September 22
9:00am Anything Goes

September 24
9am A'thing Goes
4:30pm Body Blitz
5:30pm 20/20/20
6:30 Kickboxing

September 25
4:30pm 20/20/20
5:30pm Body Blitz
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September 26
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5pm Anything Goes
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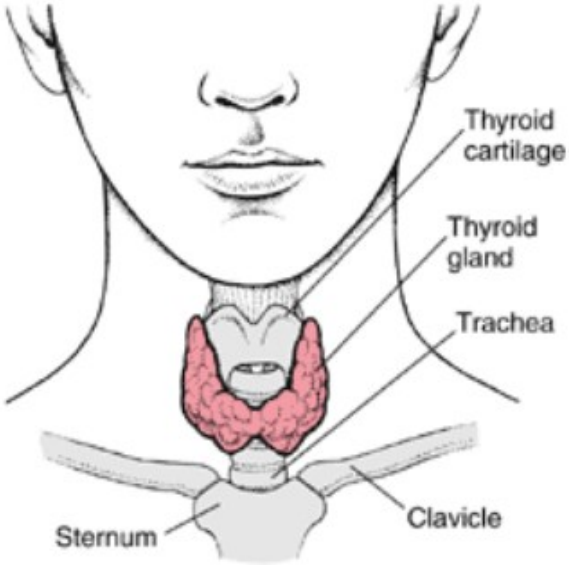
Every process that goes on inside your body requires ENERGY. When the body doesn't have enough energy to function properly, each component of the body will malfunction in its own unique way. For example, if the brain has too little energy, though processes such as memory and focus become impaired. Another example is... Your body operates at an optimum temperature of 98.6 - if your temp goes lower than that, energy is impaired throughout your entire body even by a few degrees. The easiest test for low functioning thyroid is to take your temp first thing in the morning before you get out of bed. If it's below 98.0 they you have a low functioning thyroid gland and most probably low functioning adrenals as well.

Symptoms of low metabolic energy: low body temp, low energy or fatigue, weight problems, slow wound healing, depression, anxiety, poor memory - focus - concentration, sleep disorders, frequent infections (skin, sinus, bladder, yeast, etc), allergies, autoimmune diseases, fibromyalgia, generalized aches and pains, headaches, low libido, infertility, low or high blood pressure, constipation, digestive disorders, numbness in hands or feet, vision disturbances, dry skin, acne, hair loss, brittle or coarse hair.

If you've been taking Levothyroxine or Synthroid... you're taking T4 only. Your doctor is most probably monitoring your TSH only (in some cases they might monitor T4 along with the TSH). No one is bothering to look at the real true FUNCTION of your thyroid system. Your doctor is ASSUMING that your body is converting T4 into enough FREE T3 to do the job. (We all know how much trouble we get into when we "ASSUME" anything!!!!) The ONLY way to determine the FUNCTION of your thyroid system is to look at and monitor the following levels:

TSH, Free T4, Free T3, Reverse T3, ratio of Free T3/RT3, TPO (thyroid peroxidase antibodies), Thyroglobulin, Thyroglobulin antibodies, Ferritin

Probably 75% of my clients that are on Synthroid or Levothyroxine have either Thyroid Resistance or Hashimoto's autoimmune thyroiditis and have never been diagnosed by their regular medical doctor properly... and therefore are NOT getting "treated" correctly! Most medical professionals don't bother to test for autoimmune diseases involving the thyroid because there is no drug protocol to "cure" it nor do they know what causes it. If you're on thyroid meds and still having issues or if you have any of the symptoms noted above…. Give us a call… we can help you.



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Banishing Wheat Belly

The Drawbacks of a Wheat-Dominated Diet

by Lee Walker

Dr. William Davis, author of *Wheat Belly: Lose the Wheat, Lose the Weight and Find Your Path Back to Health*, is a preventive cardiologist who has gone against the grain to expose yet another genetically engineered monstrosity, shedding light on the dark side of today's commercial wheat crops.

What made you suspect that wheat might be behind numerous health problems?

When I recognized that 80 percent of the people that came to see me had diabetes or pre-diabetes, I began asking patients to consider removing all wheat from their diets. This made sense to me due to wheat's high glycemic index. Foods made from this grain raise blood sugar higher than nearly all other foods, including table sugar. The next logical step was to reduce blood sugar by eliminating wheat—organic, multigrain, whole grain and sprouted—from anyone's diet.

Patients that followed my simple directives and replaced the lost calories with healthy foods such as vegetables, raw nuts, meats, eggs, avocados, olives and olive oil returned three months later with lower fasting blood sugars and lower glycohemoglobin levels, which tests how well diabetes is being controlled. Some diabetics became non-diabetics and pre-diabetics became non-pre-diabetic. On average, these people each lost about 30 pounds and experienced relief from arthritis and joint pains, acid reflux, migraine headaches, edema and irritable bowel syndrome, as well as other conditions. Some even reported that they no longer needed inhalers for asthma.

Initially, it seemed like these positive results were just odd coincidences. However, based on the overwhelming number of incidences, I clearly saw that it was a real and repeatable phenomenon. I began systematically removing wheat from all my patients' diets and continued to witness similar turnarounds in health.

Research related to agricultural genetics, an area largely ignored by medical doctors, and my own interviews with U.S. Department of Agriculture experts substantiated what my own anecdotal evidence has revealed.

Why has wheat suddenly become such a health threat?

The wheat we eat today is not the same wheat our grandmothers used for baking. In the 1970s, in anticipation of a global population explosion and world hunger issues, a well-meaning University of Minnesota-trained geneticist developed a hybridized strain of high-yielding dwarf wheat. By 1985, all wheat products were made from the altered dwarf strain, which now comprises 99 percent of all wheat grown worldwide.

By weight, this modern wheat is approximately 70 percent carbohydrate, in a highly digestible form of a starch known as amylopectin A, which converts more easily to blood sugar than nearly all other simple or complex food carbohydrates. Gram-for-gram, wheat increases blood sugar and causes insulin problems to a greater degree than even potato chips or table sugar.

Wheat, which now typically comprises 20 percent of all the calories we consume, is in hundreds of prepared foods such as instant soups, salad dressings, candy and granola. In 1970, this wasn't true. Wheat was only in such foods as bread, rolls, cookies and cake, and it was in a natural form.

How does a wheat-dominated diet compromise health?

Eating a wheat-based cereal for breakfast, wheat crackers and pretzels for snacks, two slices of whole wheat bread for lunch and whole wheat pasta for dinner results in too much exposure to amylopectin A, and repeated spikes in blood sugar levels. This leads to insulin resistance and cultivates the growth of visceral fat in the abdomen, which tends toward diabetes and other inflammatory responses.

Even worse, the gliadin protein in wheat is an opiate that stimulates appetite and addictive eating behavior (it does not relieve pain). All this plus the direct intestinal toxic effects of the wheat germ agglutinin protein in wheat add up to a destructive ingredient that spurs acid reflux, bowel urgency and irritable bowel syndrome, and leads to inflammation in various organs.

Describe how eliminating wheat has affected you.

Thirty pounds ago, I was an enthusiastic consumer of "healthy whole

grains," who relied on pots of coffee or walking and other exercise to maintain focus and energy. My cholesterol values reflected my wheat-consuming habits: HDL 27 mg/dl [milligrams per deciliter of good cholesterol] (very low), triglycerides 350 mg/dl (very high), and blood sugars in the diabetic range (161 mg/dl). I had high blood pressure of 150/90 and excess weight around my middle.

Eliminating wheat from my diet reversed all of these conditions without drugs, including the struggle to maintain attention and focus. Overall, I feel better today at 54 than I felt at 30.

Are gluten-free foods the answer?

Commercially produced gluten-free foods made with tapioca, cornstarch or rice starch—all poor replacements for wheat—are destructive to the body. Homemade or locally made gluten-free foods absent such ingredients are better, as are the free recipes available via *WheatBellyBlog.com*.

Millet, quinoa and amaranth, whole grains that lack most of the undesirable properties of modern wheat, are better but not necessarily safe in unlimited quantities because most people today have spent their lives overexposed to carbohydrates. Eating only small portions of these non-wheat grains is key.

For more information visit WheatBellyBlog.com.

STRANGE FACTS

- An olive tree can live up to 1500 years.
- In the year 1900, for a woman to be a telephone operator she had to be between the ages of 17 and 26 and not be married.
- Studies indicate that surgeons who listen to music while they operate improve their performance.

Eco-Friendlier Floors

Top Green Choices for What's Underfoot

by Brita Belli

Standing in a newly carpeted room, it's hard to miss the distinctive chemical odors wafting up from the floor. That's the off-gassing of volatile organic compounds (VOCs)—airborne chemicals that can exacerbate asthma symptoms and cause headaches, nausea and eye and throat irritation upon exposure.

While the U.S. Environmental Protection Agency (EPA) maintains that proper ventilation significantly reduces VOC exposure from new carpets after the first 48 to 72 hours, health concerns related to conventional carpets are legitimate, as are its other environmental consequences. According to the EPA, "Over 4 billion pounds of carpet enter the solid waste stream in the United States every year." Because it's bulky and comprises multiple materials, discarded carpet is difficult both to dispose of and recycle.

Fortunately, there are a host of savvy alternatives that won't tax the health of our families or the planet. Here are some of the most popular eco-flooring choices.

Hardwood: Woods certified by the Forest Stewardship Council (FSC) and available through most major retailers offer an attractive option for most homes. Domestically grown species, including oak, maple and hickory, are the better choices environmentally. However, the FSC also certifies tropical and other forests around the globe (at least 330 million acres in 81 countries), helping to prevent damaging deforestation and counteract illegal logging (*fsc.org*).

Brad Kahn, the council's director of communications, notes that people purchasing FSC-certified products have assurance that the product is supporting responsible forest management and helping protect forests for future generations.

Reclaimed Hardwood: Lumber brimming with character, as well as sterling environmental credentials is available from companies specializing in reclaimed wood. It may come from sources as diverse as Midwest barns razed for development to ties from abandoned rail lines in Thailand. Nail holes, scratches, weathering and other distinctive markings lend the wood—and our homes—a special distinction. Reclaiming these valuable materials not only diverts them from the waste stream, it expands the eco-options available to homeowners via otherwise unavailable old-growth tropical hardwoods, including cherry and teak. If a local source isn't available, look for an FSC-certified company (e.g., *TerraMai.com*; *ElmwoodReclaimedTimber.com*).

Bamboo: Bamboo has won many environmental accolades in recent years because it is a hardy plant that grows to full height quickly. Intended to reduce the need to fell trees, its use has prompted the spread of bamboo plantations across India, China and Burma; the unintended result has been rampant clearing of old-growth, biodiverse forests for a monoculture crop, frequently for bamboo products that are not FSC-certified.

Look for bamboo that is FSC-certified; when it's not, advises Kahn, "Consumers have no way to know how the bamboo was grown or harvested." What's more, he adds, bamboo flooring is held together with adhesives and other chemicals, and these related issues must be considered by an eco-conscious homeowner.

Cork: Cork is durable, warm, sound absorbing and environmentally friendly. Lending unique properties to flooring, its cellular nature makes it a good shock absorber (a special plus for the infirm) and maintains its integrity over time. Note that spilled moisture needs to be dealt with immediately, as it could eventually ruin the flooring.

Derived from the bark of the *Quercus suber*, or cork oak, that grows in the Mediterranean region, the bark is harvested once every nine years by hand from carefully managed forests. Peeling off the bark does not hurt the trees. To be sure cork flooring is chemical-free, look for companies selling all-natural, undyed cork.

Wool Carpets: Wool has everything—softness, warmth, durability, variety and sustainability. Shorn from sheep, the primary fiber is as renewable as possible, but homeowners need to check the composition of the backing material, as well.

Nature's Carpet (*NaturesCarpet.com*), one example of a green textile company, ranks their wool carpets on a grading system. The most environmentally friendly, or "dark green", carpets feature jute (the same material used for burlap, comprising one of the softest natural carpets) natural fiber backings, held in place with natural rubber latex, says Brooke Davis, a spokesperson for Nature's Carpet. "The result is an

ultra-low toxicity floor covering," she says. Davis confirms that most wool carpets will last 30 years or longer and at the end of their long natural life, will biodegrade.

Natural Carpets: In addition to jute, other plant-based carpets are ideal for hallways, entranceways and other high-traffic household areas. Sisal, made from agave plants, is the same material used as twine; sea grass offers a coarse, woven, beach-friendly appearance; and coir, culled from coconut husks, often shows up in natural-fiber doormats. All make ideal area rugs and can feature colorful and decorative borders to accent the natural look.

Brita Belli is the editor of E – The Environmental Magazine *and author of* The Autism Puzzle: Connecting the Dots Between Environmental Toxins and Rising Autism Rates. *She blogs at AutismAndToxins.com*.

Hangover

Drinking a tall glass of Tang helps relieve a hangover,thanks to the vitamin C.

Drink a couple of cups of coffee. Coffee acts as a vasoconstrictor, reducing the swelling of blood vessels that causes headaches.

Julia Cameron Speaks from Her Heart

CREATING A LIFE BEYOND NEED AND WORRY

by Linda Sechrist

Julia Cameron is an award-winning author, poet, playwright and filmmaker, perhaps best known for her precedent-setting works on creativity, including *The Artist's Way, The Vein of Gold, Walking in this World* and *The Right to Write*. In her latest book, *The Prosperous Heart*, she presents a 10-week program that guides readers in developing a life that is as full and satisfying as they ever imagined possible.

photo by Mark Kornbluth

How is unblocking creativity linked to having a prosperous heart and a life of enough?

I have taught creative unblocking for 35 years. When I've asked my students about money, inevitably their responses are emotional exclamations: "Money is the biggest block to my creativity," or "I feel like I can handle anything but money," or "Do we have to talk about money?"

I believe that every person is creative, and can use his or her creativity to create a life of "enough". I have worried about money and found that having money does not end this worry. I have also discovered practical tools that have lifted my students and me out of money worries into a prosperous heart. Prospering is something we can do today, no matter how much money we have.

Prosperity is not just about money, although our relationship to money must be brought out into the light, and we must be brave enough to look at it candidly. Having enough is having a life beyond need and worry. It's about finding satisfaction in our lives, improving the lives we have, straightening out our finances and creating a life that is enough for us.

What led you to conclude that a prosperous heart is about a spiritual bottom line, rather than a financial one?

My experience of this principle has been cumulative. When teaching *The Artist's Way* through the years, I have sometimes been moved to give away memberships in a class in order to help creatively stymied individuals that felt they couldn't afford the 12-week course. While this didn't add to my bank account, I felt rewarded on a spiritual level as I watched those students blossom over the course of the class.

What tools do you offer readers in The Prosperous Heart?

Morning Pages remain the primary tool of a creative recovery and for establishing prosperity. Three daily pages of longhand writing—strictly stream of consciousness—work to provoke, clarify, comfort, cajole, prioritize and synchronize the day at hand. Counting is another bedrock tool of prosperity; keeping a small notebook tracking every penny in and every penny out puts us in touch with our true values, which is one of the first and finest fruits of prosperity.

This daily writing, coupled with counting, brings emotional and financial clarity. Together, they help us discover our true values—both personal and monetary—and uncover the actions that will lead to a life that is truly our own.

Abstaining from financial imbalance is simple when we stop debting. A commitment to practicing the tool of abstinence plugs the leaks and our personal lifeboat stops sinking. While this may seem severe, it leads straight to more prosperity.

Walking at least twice a week for a minimum of 20 minutes works to put events into a healthier perspective. We may walk out with a problem and walk back in with a solution. Walking also offers the opportunity to encounter sights and sounds that fire the imagination and replenish our inner well of creativity. As we walk, we can experience the richness of the world, as well as our own inner prosperity.

I recommend taking a time out once in the morning and once at night, for five minutes, to sit quietly and consciously count your blessings, or simply rest. Time outs also put us in closer touch with our own inner resources. Ideas often come to us during these periods, which prove to be time-efficient and guided by wisdom.

Through many years of experience, I have seen how the tools explored in *The Prosperous Heart* help people from all walks of life come into contact with their true value system. When they act in alignment with their values, they naturally feel a sense of prosperity. When they do what they love and do it well, the money seems to take care of itself.

Find the next chapter on personal creativity at JuliaCameronLive.com.

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

FACT:

A 2007 review published in the journal Nutrition and Cancer reported on the effects of wheatgrass juice on a side effect of chemotherapy, neutropenia, and low white blood cells. The study found that in 60 breast cancer patients on chemotherapy, wheat grass juice REDUCED the side effects.

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WHEATGRASS AND CANCER

Wheat grass as an adjunct may be effective in quality of life improvement for the terminally ill cancer patient. A 2006 study published in the "Journal of Clinical Oncology" investigated the role of wheat grass for improving blood and platelet count and found that study participants had a positive result. Furthermore, wheat grass therapy in this regard may serve as an effective alternative to blood transfusion.

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

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

Courtesy Kripalu Center for Yoga & Health

INJURY-FREE YOGA

Proven Approaches for Safe Practice

by Lynda Bassett

Between 15 and 20 million Americans practice yoga, spending an estimated $5.7 million annually on classes and accessories. National Yoga Month, in September, reminds us to always make personal safety a guiding principle during practice sessions. Experts advise the following guidelines for practicing injury-free yoga.

"Like any kind of movement, yoga involves some risk," says Devarshi Steven Hartman, dean of the Kripalu School of Yoga, headquartered in Stockbridge, Massachusetts. "The level of risk depends on the individual's age, physical condition, limitations, emotional state, previous injuries, strength, time of day, awareness, type of movement and how much weight bearing is taking place."

It's not uncommon for both seasoned athletes and yoga neophytes to push too hard in the beginning. Dr. Loren Fishman, medical director at Manhattan Physical Medicine & Rehabilitation, says, "The three leading causes of injury are an overenthusiastic student, improper alignment and poor teaching."

Many aspirants feel they have to master a pose right away; thus, a "Type A" person may have the most potential for injury, observes Sadie Nardini, New York City-based founder of Core Strength Vinyasa Yoga and host of Cable TV's Viera Living's daily yoga show, *Rock Your Yoga*. Some instructors may have a vigorous Type A attitude, as well. "Keep looking if you feel pushed," she advises.

Choosing a style is less important than choosing the instructor best suited to the student's needs. "Finding the right teacher," says Nardini, "is kind of like dating. Keep looking until you find your match."

Proven Guidelines

Here are some safe approaches and

injury-prevention tips from experienced yogis.

Research the teacher. Investigate a yoga instructor's credentials before signing up for a class, advises Meredith Montgomery, a board member of the Yoga Health Foundation and publisher of *Natural Awakenings'* Mobile/Baldwin edition. Read the instructor's biography to verify his or her professional training, certification and level of experience. *YogaAlliance.org* maintains a well-respected registry of instructors that have been certified as registered yoga teachers (RYT).

Analyze the class level. Consider the name of the class, plus the level of advancement. New students may want to begin with a gentle, restorative or yin-type class. To reduce any risk, "Sign up for classes that are one level lower than where you are," advises Fishman. Ask how many students are allowed in the class; a smaller size means more one-on-one attention.

Speak out. "Don't be afraid to ask questions," Fishman emphasizes; get to the class early, introduce yourself to the teacher and perhaps audit various classes. Good instructors always ask students about their health and fitness history.

Look for special needs groups. "You can get really specific in choosing the right yoga class, whether it focuses on back care or other therapeutic yoga," notes Nardini.

Yoga is renowned for increasing physical flexibility, balance and range of motion, while decreasing stress. Yet, as with any form of exercise, injuries may result from improper practice.

Exercise caution. Certain areas of the body, like the back, neck and limbs, are particularly prone to injury, counsels Hartman. "Twisting and contorting poses can cause undue pressure," so take things slowly and stop if pain occurs.

Practice correct alignment. Experts agree that proper alignment is key to injury-free yoga. "There's a lot to proper alignment; it's integral to being a yoga teacher," says Fishman. A good one will walk the room to make sure everyone has the correct form, keeping the vertebrae more or less in line, even in a twisting pose.

Seek modifying options. Instructors must teach modifications in poses to accommodate the individual, often using props such as blocks and straps.

Learn to breathe. Proper breathing cannot be overemphasized. "Kripalu's teaching methodology, for example, emphasizes coordinating movement with breath because it is one of the leading ways to prevent injury," Hartman says.

Go with a teacher that understands anatomy. A teacher with such a background knows not only how muscles move, but also how they move together. Experts in yoga understand kinesiology—the natural synergies and limits to muscle and joint movement, according to Fishman. Nardini further emphasizes the importance of teaching transitions between poses.

Consider prior injuries. "People think of yoga as a healing practice. That does not [necessarily] mean it will help heal a previous injury," says Nardini. "It's possible you can make it even worse." Those with previous injuries, plus elderly individuals and expectant mothers, must take extra safety precautions.

Remember that yoga is not about competition. "Don't be afraid to take a time out," says Fishman. "Or go into a child's or modified child's pose if you need to."

In the end, "Yoga is about increasing awareness of the body. A well-schooled yoga teacher intends to create individual, empowering experiences," concludes Hartman.

Lynda Bassett is a freelance writer based near Boston, MA. Connect at LyndaBassett.com.

PEACE MAIL

Spreading Good Will on Earth Through Art

by April Thompson

Honor World Peace Day, September 21

Painter Franck de Las Mercedes, of New York City, has combined a pair of hopeful concepts—world peace and free art for all—in a quickly broadening art initiative inspired by an "Aha!" moment at the local post office.

"I had always painted on the boxes I shipped my paintings in," relates the native Nicaraguan. "One day, a postal clerk commented that my boxes were like works of art. I thought about how I had prompted the worker to pause in her everyday routine and wondered, 'What if I shared my painting on the outside of a box, rather than the inside, and what if it carried a message of peace?'"

Since that pivotal 2006 encounter, the artist has sent more than 10,600 abstractly painted, pre-paid boxes, labeled with messages like, "Handle with Care: Contains Peace," to individuals in 70 countries, as part of his Priority Boxes Art Project. Each empty box is symbolically "full" of meaning, engaging the thought of the recipient as well as the sender, plus the interpretation of all those handling it throughout its postal journey.

De Las Mercedes hopes that his painted-message boxes will stimulate new ways of communicating through art. He maintains, "We shouldn't have to wait for world leaders to take a stand or create peace; it can begin through interpersonal dialogue."

While many people write to the artist requesting boxes for themselves, others order them for loved ones. Requests vary widely, from a death row inmate that asked for a box for his daughter and a mom that wanted to give one to her son to a leukemia sufferer whose daily highlight was a trip to the family mailbox. The brightly painted boxes also have helped reconcile feuding friends and family members, serving as a peace offering from one to the other. It all helps to bring feelings of greater peace and understanding to the human race, one person at a time.

More than 100 schools across the United States have adopted the project, with students creating their own versions of the peace box in the classroom. School-sponsored peace boxes reach patients in hospitals and military personnel overseas and have been used in interschool box exchanges to support anti-bullying campaigns. It would be difficult to find a group that couldn't benefit from such fresh inspiration.

To request a box, make a donation or start a local peace art project, visit fdlmStudio.com/PriorityBoxes.html.

April Thompson is a freelance writer in Washington, D.C. Connect at AprilWrites.com.

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MB in Connecticut

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DB in New York

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VALUE	DISCOUNT	SAVINGS
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Every Hydration Station session includes the use of Oxygen Science concentrates. These concentrates includes a specific blend of natural vitamin ingredients.

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Lose weight and detox while relaxing. Infrared heat penetrates 5 cm into the body heal pain and to get rid of inflammation. You can lose weight fast.

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Wheatgrass - Green Tea Concentrated Extract

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100% Organic Wheatgrass

- Burns fat
- Contains EGCG for fat oxidation
- Boosts metabolism
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$20 / 2oz Bottle

2 oz bottle lasts two weeks.

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Increases alkalinity, boosts [illegible] detoxer, assists lymph circulation.

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The Road Less Traveled, Lafayette
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Benny's Sport Shack, Opelousas
Tel: 337.948.6533

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1-2 WEEKS	**3-4 WEEKS**	**6-8 WEEKS**	**10-12 WEEKS**	**AFTER 12 WEEKS**
• Rebalance fat hormones. • Control energy intake. • Break & excrete excess fat.	• Reduce fat storage. • Increase metabolism. • Decrease in body weight.	• Decrease body weight and waistline, achieve flatter tummy. • Smaller fat cell size.	• More weight loss and waistline reduction. • Decrease in body fat%, improved body shape.	• Continue taking to sustain weight loss. • Improve body shape and blood lipid profile.

Foot Ache

Mix one cup Quaker Oats, one-half cup Carnation condensed milk, and one-third cup SueBee Honey in a dishpan. Place your feet in the pan, coat them with the mixture by rubbing your feet back and forth, and let soak for 20 minutes. Your feet will feel like a million bucks.

To cool down your feet, swab them with Smirnoff vodka. The alcohol in the vodka works like a liniment to cool and dry your feet.

Doggy Lost... and Found Again

Microchips Provide Peace of Mind

by Avery Mack

It's easy for a dog or cat to slip out an unlatched door, open gate or even a window. Three million lost pets are picked up by animal control agencies each year, according to the American Society for the Prevention of Cruelty to Animals (ASPCA). The National Council on Pet Population Study & Policy estimates fewer than 2 percent of wayward cats and only 15 to 20 percent of wandering dogs find their way home again. Most of those that make it back have been identified and reunited through tags, tattoos or microchips.

About the size of a grain of rice (12 millimeters), a microchip is injected under the skin into the shoulder area of a dog or cat as a form of permanent identification. The chip itself has no internal energy source, so it will never wear out or run down.

Microchips work on a radio frequency identification system (RFIS) that operates on two main frequencies—125 kilohertz (in this country) or 134.2 kilohertz (internationally). A handheld scanner powers a low radio frequency readout of the chip's unique identification number and transmits it to the scanner's display window, much like a retail bar code.

Shelters, veterinarians and animal control staff routinely use scanners to check for identification chips in unclaimed pets. If detected, the displayed code can then be traced to the pet's family.

Microchip Myth Busters

False: Microchipping is common.
True: The Humane Society of America estimates that fewer than 5 percent of pets have a microchip.

False: The chip will move after it's been injected.
True: Technology has improved. For example, one microchip manufacturer has developed a patented anti-migration feature that ensures their microchips stay put.

"The chip very rarely migrates under the skin," says Dr. Amber Andersen, a Los Angeles veterinarian. "Every pet should have a microchip."

False: Microchips pose a health risk.
True: "There have been no reported cases of tumors at injection sites."

Every two seconds, a pet is lost somewhere in the United States. Shelters report the biggest barrier to a pet and family reunion is a lack of current information. Identification can help bring him home again.

Use both a tag and microchip. Keep contact information up to date.

When traveling, program a GPS tag with a cell phone number—it's faster than calling home for messages.

There's no reaction at all in the tissue around the chip," reports Dr. Jeff Bryan, a veterinary oncologist at the University of Missouri's Medical Veterinary Teaching Hospital, in Columbia.

False: The shelter won't have a scanner.
True: More than 50,000 veterinarians and shelters use scanners. Microchip providers also frequently donate scanners to shelters and rescue groups.

False: Implanting a microchip is painful.
True: Pets do not have to be sedated to be chipped. Although a larger needle is used than for shots, it won't be any more painful for the pet than a vaccination.

False: It's expensive.
True: Veterinarians set their own prices, usually between $25 and $40. Local shelters and humane societies often sponsor chip-a-thons, where microchips are provided at an even lower cost. Call local shelters, humane societies or rescue groups for details about their next microchipping event.

False: Microchipping really isn't necessary.
True: Identification is key in returning a lost pet. The ASPCA strongly recommends the use of a collar tag in combination with a microchip. Collars can break—a microchip assures backup identification that can't be removed or altered.

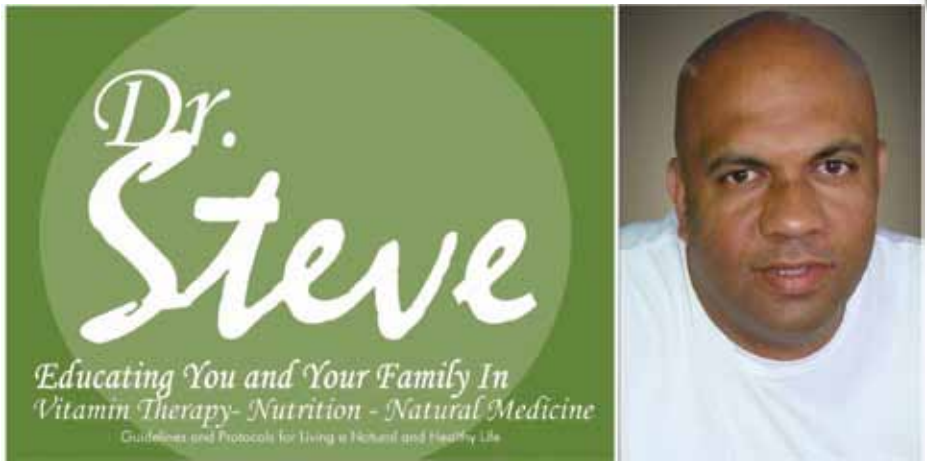
GPS Tracking

For a dog that likes to jump fences or take himself out on walkabouts, consider using a GPS collar. Tagg's battery-powered GPS system allows the owner to track a pet from the Internet or a mobile phone app. Simply set up a perimeter of allowed space between 75 and 1,000 yards, and if the tagged pet leaves that area, notification arrives by text and email. The customized GPS function traces the pet's location on a digital map or via text updates.

Avery Mack regularly contributes to Natural Awakenings *magazines. Connect at AveryMack@mindspring.com.*

Naturopathic Doctors Natural Medicine

"finding the root cause"



Dr. Steven T. Castille, Bsc,Ms,DNM
natural medicine
Biochemist, Clinical Herbalist and Doctor of Natural Medicine
Bachelor of Science in Biochemistry, Master of Science in Engineering and Technology Management, Doctorate in Natural Medicine

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

The Basics of Naturopathy

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

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

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

Traditional Naturopaths

In the United States, there are three categories of practitioners of naturopathy: naturopathic physicians, traditional naturopaths, and various providers who utilize aspects of naturopathic medical practice. In terms of education, traditional naturopaths complete a bachelor's degree and pre-medical education in one of the three major areas of science (chemistry, biology, or physics) and graduate-level training in science and natural medicine. Traditional naturopaths complete continuing education requirements to stay current with the most current natural medicine practices.

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

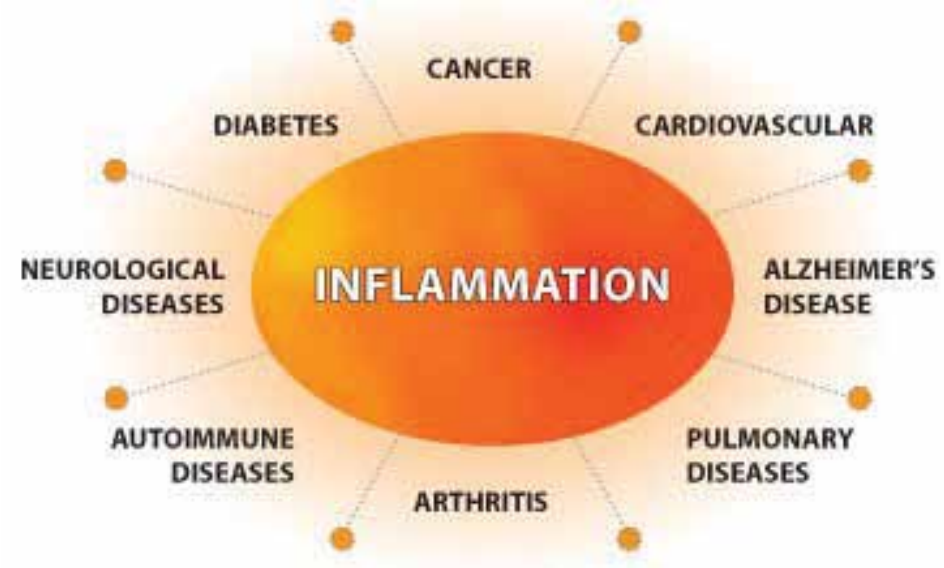
Is Naturopathy for Me?

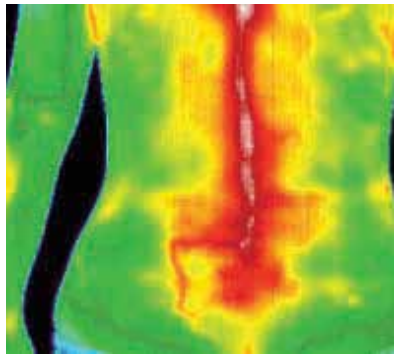
Naturopathy is an important and useful form of alternative medicine that many Americans choose to utilize for treatment of both chronic and acute health conditions. Treatment by a naturopathic doctor can be an excellent complement to mainstream medical care, providing the best of preventive medicine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

What Can I Expect?

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

the natural path





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

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

GET YOUR CALENDAR ITEMS PUBLISHED
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SATURDAY SEPTEMBER 1

Shrimp & Petroleum Festival – thru Sept 3. Honors those who have worked tirelessly to provide the area's economic lifeblood for over half a century and emphasizes the unique way in which these two seemingly different industries work hand-in-hand culturally and environmentally in this area of the "Cajun Coast." Free. Downtown Morgan City, 715 Second St. 985-385-0703.

KC Council Labor Day Fishing Rodeo – thru Sept 3. 6am. The Knights of Columbus Council 3425, New Iberia, 52nd Salt Water Fishing Rodeo. Scales open 12-6pm Sept 1-2, 8am-1pm Sept 3. Winners receive trophies. Proceeds finance religious and charitable work of the KCs and the Parish of Our Lady of Perpetual Help Church, Boy Scout Troop 133, Iberia Homeless Shelter, Arc Angel School and Iberia and Louisiana Special Olympics. $15 Inside division, $20 Runabout, $5 Children. Ronnie Boudreaux or Wayne Hollier. Quintana Landing, LA 319, Cypremort Point. 337-364-7301 or 337-303-3076. RLB@bellsouth.net.

1st Annual Shooting for Your Dreams Sporting Clay Shoot – 8am. The Michael Lewis Striding for Your Dreams Foundation hosts this event at the Wilderness Gun Club in Lafayette. Proceeds benefit the Striding for Your Dreams Foundation. Donnie Laing. Wilderness Gun Club, #7 Teurlings Dr, Lafayette. 337-280-3635. DLaing28@gmail.com.

Zydeco Music Festival – 8:30am. thru Sep 2. Traditional and contemporary Zydeco artists pay tribute to Zydeco pioneers. Sept 1 Zydeco breakfast: 8:30-11am, St Landry Parish Courthouse Square, 118 S Court St, Opelousas. Zydeco parade: 10:30am from South Park in Opelousas. Following the parade, proceed to Plaisance for the festival: 12:30pm. Sept 2 showcases Louisiana country artists. $15 Saturday; $25 Sunday. 337-948-5227. CityOfOpelousas.com or Zydeco.org.

Last Days of Summer Carnival – 10am-8pm. Kiddie carnival rides, games and prizes, magic shows, food, live entertainment, face painting, balloon artists, fun jumps, pony rides, car bash & more. $5, $3. Megan Morris. Acadian Village, 200 Greenleaf Dr. 337-981-2364. Megan@AcadianVillage.org.

Brunch at Tiffany's – 10:30am. The March of Dimes Acadiana Division is sponsoring its 7th annual brunch to support its efforts to give all babies a healthy start. Attendees are asked to sport hats and dresses, will be given the chance to bid in the silent auction, enjoy fine cuisine and live music from Kurt Boudreaux. $50, $100. City Club at River Ranch, 1100 Camellia Blvd. 337-233-8476.

MONDAY SEPTEMBER 3

Bayou Cruise & Culture Tour – 9am-4pm. All in one Cajun immersion tour, all day, everything included. Historical museums, luxury bayou cruise, Cajun dance lessons, crawfish peeling lessons, live accordion playing, boudin and beer on the bayou. Visit a swamp habitat and see alligators. $130/two. Bayou Cruise & Culture Tours. 1905 Verot School Rd, Lafayette. 337-269-0454.

Boozoo's Labor Day Festival – 10am. Great food and Zydeco for the entire family. Celebrate the festival's 28th year in grand style. Fill up on crawfish etouffee, red beans and rice with sausage and BBQ sandwiches. Enjoy the sounds of local Zydeco favorites. $12, $2. Lake Charles Civic Center, 900 Lakeshore Dr, Lake Charles. 337-438-3482.

Sip & Save Wine Tasting – 6-8pm. Joey's annual food & wine tasting features more than 70 different wines from around the world. Wines are offered at greatly discounted prices for all orders placed the evening of the event. Food from Joey's catering menu served. $20/advance $25/door. Joey's 503 Bertrand Dr, Lafayette. 337-237-3661.

THURSDAY SEPTEMBER 6

Herbs For The Nervous System – 6:30-8:30pm. Learn about nerve tonics, nerve sedatives, nervine demulcents and nervine stimulants along with other natural therapies for the nervous system. Take home a nervine tea. Preregister $20. Diane Queen. Earth-N-Herbs, 284 E Martin Luther King Dr, Grand Coteau. 337-662-4022. Earth-N-Herbs.com.

100 Thousand Poets for Change – 7-9pm. St Landry joins the worldwide movement, 100 Thousand Poets for change, to promote social change. Former Louisiana Poet Laurete Darrell Bourque and spoken word artist Alex Johnson perform original poetry. The evening includes an open mic, open to anyone to share a poem. Come early to sign up. Free, donations welcome. Patrice Melnick. Casa Azul Gifts, Grand Coteau. 337-662-1032. Casa.Azul.GC@gmail.com.

FRIDAY SEPTEMBER 7

Lydia Cancer Cajun Food Fest – 5pm. thru Sept 8. Experience a fais do do on Friday night and Cajun food fest on Saturday. Forty food booths, crafts, Poke-R-Run, carnival rides, bands, car show, cook-off, survivor ceremony and people's choice awards. On Sept 8, a drawing for a $280,000 home in Broussard will be held. Proceeds go to cancer patients in the coastal parishes of Vermillion, Iberia, St Martin and St Mary. Weeks Park, 4412 Weeks Park Rd, Lydia. 337-519-3131.

SUNDAY SEPTEMBER 9

Native American Culture Day – 10am-4pm. Louisiana's Native American tribes will be on hand throughout the village to celebrate their living cultures through craft demonstrations, food, music, dance and cultural exchange. Free. Call to volunteer. Jesse Guidry. Vermilionville, 300 Fisher Rd, Lafayette. 337-233-4077. Vermilionville.org.

MONDAY SEPTEMBER 10

Yes I Remember It Well – 10am-12pm. Join Hospice of Acadiana, Inc along with LC Melchoir for a morning of remembering when. Hospice of Acadiana Conference Center. 337-232-1234.

TUESDAY SEPTEMBER 11

Patriotic Day Ceremony – 6-8pm. A Celebration Honoring Patriots who serve our country with Flag Ceremony and Harmony of Patriotic Music. Free. Bouligny Plaza, 102 W Main St, New Iberia. 337-365-1428.

THURSDAY SEPTEMBER 13

"Knot So Fast!" Knot Tying Seminar by Skip – 6pm. Everyone who explores and plays in the outdoors can benefit from this class. Knot expert, Skip, shows useful knots to use in your recreational activities. This is a hands on course with time to practice. Free. Pack and Paddle, 601 E Pinhook Rd, Lafayette. 337-232-5854.

FRIDAY SEPTEMBER 14

St Theresa's Bon Ton Festival – thru Sept 16. Fri 5-10:30pm; Sat 10am-10:30pm; Sun 10am-3pm. Live entertainment, wonderful Louisiana seafood and Bar-B-Que dinners, bingo, raffle, pageant and much more. Free. St Theresa Catholic Church, 4822 Carlyss Dr, Sulphur. 337-583-4800. STheresa1@Camtel.net.

SATURDAY SEPTEMBER 15

Nature Station Young Naturalist Club – 9am-12pm. Become a Nature Station Young Naturalist to practice plant and animal identification, nature observation, animal calls, signs, astronomy and geology. Ages 10-13. Acadiana Park Nature Station, 1205 E Alexander St. 337-291-8448.

Blood Drive – 2-5pm. Join United Blood Services, the Vertical Barre, DJ Andres and others for a fun, free, life-giving event. The Vertical Barre, 233 Doucet Rd, B-4, Lafayette. 877-575-1121. ARealPerson@TheVerticalBarre.com. TheVerticalBarre.com.

Movies in the Parc: Breakfast at Tiffany's – 5:45-10pm. Bring a blanket, a snack, family and friends to enjoy a movie under the stars. Concessions available on site. Parking available at Parc-Auto du Centreville at Polk and Vermilion Streets. $2, free for children 5 and under. Parc International, 200 Garfield St, Lafayette.

Present Tense – 7-9pm. Part 2 of an open discussion of contemporary arts. Reggie Rodrigue. Freetown Arts Studio, 421 E Convent St, Lafayette.

SUNDAY SEPTEMBER 16

Dine Around – 11am-1pm. A time to share with

others who have lost a loved one. Registration requested. Molly Vincent Charpentier. Don's Seafood, Downtown Lafayette. 337-251-1614.

Many Rivers of Healing – 1-3pm. Class provides a clear path through the maze of health care choices. From orthodox to traditional, meditation to medication, healing touch to surgery. Learn how to place every method into its appropriate place, to know how and when it is useful, keeping you in the driver's seat of your health & healing. Preregister $20. Diane Queen. Earth-N-Herbs, 284 E Martin Luther King Dr, Grand Coteau. 337-662-4022. Earth-N-Herbs.com.

MONDAY SEPTEMBER 17

Loss After Loss: The Complexities of Grief in Later Life – 10am-12:15pm. As we age, we face multiple losses which impact us. The death of a spouse of many years, increasing loneliness as friends and family die, health issues, financial limits, loss of energy and/or loss of residence. Dr. Sarah Brabant speaks about losses, the impact of multiple losses, and ways older persons, and those who want to help them, can acknowledge and facilitate grief in later life. Free, registration required. Center for Loss and Transition, Hospice of Acadiana Conference Center, 2600 Johnston St, Lafayette. 337-232-1234.

Regional Golf Tournament – 12pm. Inner Faith Prison Ministry. The Wetlands, Lafayette. 337-232-1060.

TUESDAY SEPTEMBER 18

Blue Man Group – 7:30pm. thru Sept 19. Experience the Phenomenon. The group is best known for their wildly popular theatrical shows and concerts which combine comedy, music and technology to produce a totally unique form of entertainment. With no spoken language, Blue Man Group is perfect for people of all ages, languages and cultures. Heymann Performing Arts Center, 1373 South College Rd, Lafayette. 337-291-5540.

FRIDAY SEPTEMBER 21

Racquets for Hope: Autism Tennis Challenge – thru Sept 23. 4-9pm. The 3rd annual tennis tournament kicks off with a players and sponsors party in the parking lot of the City Club. Online registration available. $50. Suzie Hargroder or Vickie Nettles. Autism Society of Acadiana, City Club, Lafayette. 337-235-4425. Contact@AcadianaAutism.org.

POW/MIA Day Ceremony – 6-8pm. Celebrate the sacrifice of those who were held prisoner during war or who remain missing in action with a flag ceremony and harmony of patriotic music. Free. Bouligny Plaza, 102 W Main St, New Iberia.

SATURDAY SEPTEMBER 22

Cajun - French Music Festival – 9am-5pm. Les Cadiens du Teche Music Festival. Cajun bands, dancing, food, refreshments, raffle and door prizes. City Park, 300 Parkview Ave, New Iberia. 337-364-7975.

Strut Your Mutt – 9am. A fundraising dog walk and festival for pets and their people to help save the lives of shelter animals. Massages and grooming available for pooches. Browse the hottest pet products and accessories while enjoying music entertainment, food, giveaways and more. Registration required. Individuals $30 ($35 day of), couples $50 ($60 day-of), kids 12 and under with t-shirt $20 ($25 day of), Kids 12 and under without t-shirt Free. Best Friends Events, Parc Sans Souci, 201 E Vermilion St, Lafayette. Events@BestFriends.org.

WEDNESDAY SEPTEMBER 26

Sugar Cane Festival & Fair – 10am. thru Sept 30. The 71st Annual Carnival includes farmer's day, blessing of the crop and safe harvest season, agricultural fair, sugar bakery and art exhibits, photography contest, flower show, boat parade, fais do do, sugar cane festival run, children's & sugar cane growers/producers & royalty parades, coronation of queen sugar & ball. 457 E Main St and downtown New Iberia. 337-369-2330. HSugar.com.

SATURDAY SEPTEMBER 29

Museum Day Live – 10am-2pm. Features free tours of the museum, local author book signings, arts and crafts celebration, live music and demonstrations. Part of a Smithsonian celebration and a Louisiana Bicentennial Celebration. Free. Gail Garcia. 337-276-4408, 337-276-6519, 337-380-9057. JeaneretteMuseum.com. Hug057@yahoo.com.

TVB Art Exhibit – 7:30pm. Exhibits feature artists from Shreveport and New Orleans. Free. The Vertical Barre, 233 Doucet Rd, B-4, Lafayette. 877-575-1121. ARealPerson@TheVerticalBarre.com. TheVerticalBarre.com.

SUNDAY SEPTEMBER 30

Intuitive Art – 1-3pm. Intuitive Artist & Reiki Master, Suzanne Cotton will conduct a workshop that shows how to get in touch with your inner awareness using art, symbols & color. You don't need to have artistic ability to participate in this fun, creative workshop. Supplies provided. Preregister $20. Diane Queen. Earth-N-Herbs, 284 E Martin Luther King Dr, Grand Coteau. 337-662-4022. Earth-N-Herbs.com.

ongoingevents

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sunday

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

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

Lafayette Petanque Games – 2-4pm. La Boule Cadienne de Lafayette sponsors regularly scheduled games on the north end of Girard Park the fourth Sunday of each month. Petanque is a bowling game traditionally played in town parks and squares in France on hard packed surfaces. Free. Mike LeBlanc. Girard Park. 337-291-7179.

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

monday

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

Tap and Jazz Dance Class – 5:30-6:30pm. Adult class for beginners-advanced students. $35 per month. Debbie Roat Moore. Cite des Arts, 109 Vine St, Lafayette. 337-291-1122, 337-290-1601. CiteDesArts.org.

PEPP for Parkinson's Positive Experience – 6-7:30pm. 3rd Mon each month. Parkinson's Patients Support Group meeting. Our Lady of Lourdes Medical Center, 4801 Ambassador Caffery Pkwy, Lafayette. 337-281-7659.

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

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

tuesday

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

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

Teche Area Farmers' Market – 3-6pm. Fresh and frozen produce from local farmers, handmade crafts, jams, jellies, preserves, baked goods, live animals, farm fresh eggs, frozen seafood, something for everyone of all ages. Main St, New Iberia.

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

Cranky Kids Acting Workshop – 4-5pm. Acting group for kids ages 6 and up to master improvisation, storytelling and other forms of the art of acting. $16. Jim Phillips. Cite des Arts, 109 Vine St, Lafayette. 337-291-1122. CiteDesArts.org.

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

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

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

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

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

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

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

PEPP for Parkinson's Positive Experience – 6-7:30pm. 3rd Mon. each month. Parkinson's Patients Support Group meeting. Our Lady of Lourdes Medical Center, 4801 Ambassador Caffery Pkwy, Lafayette. 337-281-7659.

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

wednesday

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

LEDA Networking Luncheon – 11:30am. The chance to meet over a hundred people at a buffet lunch. Several guest speakers from local businesses give a three-minute presentation to promote their products or services. The "roaming mic," is passed to everyone in the audience for the opportunity to stand up and tell their name and the name of their business. Door prizes and plenty of time for mingling. $17.50. RSVP requested by 5pm the Tues before.

River Oaks, Lafayette. 337-593-1400.

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

Freetown Farmer's Market – 2-5:30pm. Pesticide-free Produce, plants, flowers, baked goods and crafts from local farmers and vendors. Helping Hands Farm, corner of Johnston St and Vermilion St (across the street from Taco Sisters), Lafayette. 225-324-6762.

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

thursday

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

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

Coping creatively Through Grief Workshop Series – thru Oct 18. 9am-12pm. As we create, we tap into non-verbal places that do not always surface through speech. Hospice of Acadiana's bereavement staff offer creativity and sharing to help grievers heal. Weekly four session workshop series includes: Hurt and Healing-Exploring the effects of loss Sept 27; Life as it was-Life as it is-memories and life changes Oct 4; Who am I Now? Exploring self and purpose Oct 11; Finding the Way-Journeying on Oct 18. Free, registration required. Center for Loss and Transition, Hospice of Acadiana Conference Center, 2600 Johnston St, Lafayette. 337-232-1234.

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

friday

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

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

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

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

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

saturday

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

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

Teche Area Farmers' Market – 6-10am. See Tues listing. Main St, New Iberia. 337-256-4971.

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

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

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

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

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

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

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

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

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

Savoy Music Jam Session – 9am-12pm. Bring an instrument or just yourself to enjoy a live traditional Cajun music jam session. Savoy's Music Centre, 4413 Hwy190 E, Eunice. 337-457-9563.

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

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

Freetown Farmer's Market – 10am-2pm. See Wed listing. Helping Hands Farm, corner of Johnston St and Vermilion St (across the street from Taco Sisters), Lafayette. 225-324-6762.

Meditation of the Rose – 1-3pm. A tool for cleansing your chakras, cleaning the aura, energetic protection, and increasing your consciousness. Training takes place over a four-week period. $275. Peter Bulliard. Life Source Energetics, 116 Foreman Dr, Bldg A, Lafayette. DrummerShaman.com.

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

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

natural health centers

Carencro and Sunset

(337) 896-4141

PRODUCT & SERVICES GUIDE

Natural Medicine

Naturopathic Health Care

Chiropractic Medicine

Whole Foods Nutrition

Hydro Massage Therapy

Infrared Sauna Therapy

Whole Body Vibration Therapy

Nutrient Hydration Therapy

Thermography Medical Imaging

Micro-nutrient Testing

Vitamin Therapy

Bioidentical Hormone Therapy

Menopause Women's Health

Cancer Prevention

Detoxification

Dermosonic Cellulite Reduction

Vibrational Healing

Pain and Inflammation Enzyme Blend

Pain & Inflammation Blend is a comprehensive formula consisting of enzymes, herbs and bioflavonoids designed to naturally support your body''s inflammatory response. Whether you suffer from chronic pain or just overworked the body on the weekend, Pain & Inflammation Blend will help your body respond to pain and swelling safely and effectively.

Our proprietary enzyme blend contains pancreatin, papain, bromelain, trypsin and chromotrypsin and is designed to support your body''s natural response to inflammation. When taken on an empty stomach it is believed that enzymes will help manage inflammation by supporting healthy blood flow to the irritated area.

Suggested Use: 2-4 capsules per day. **Price: $30.00**

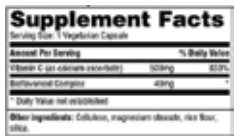
Ultimate B Complex

B-complex vitamins are coenzymes involved in energy production and necessary for tissue repair. They are an important factor in the process of the conversion of carbohydrates to glucose.

Suggested Use: 1-2 capsules/day. **Price: $35.00**

Vitamin C w/ bioflavonoids

Vitamin C is an antioxidant that is required for tissue growth and repair, adrenal gland function, and healthy gums. It protects against blood clotting and bruising, and promotes the healing of wounds and the production of antistress hormones.



Suggested Use: 1-2 capsules/day. **Price: $35.00**

Selenium

Selenium is a vital antioxidant, especially when combined with vitamin E. As an antioxidant, selenium protects the immune system by preventing the formation of free radicals, which can damage the body. Selenium and vitamin E act synergistically to aid in the production of antibodies and to help maintain a healthy heart.

Suggested Use: 1-2 capsules/day. **Price: $35.00**

FAR Infrared Heat Sauna

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

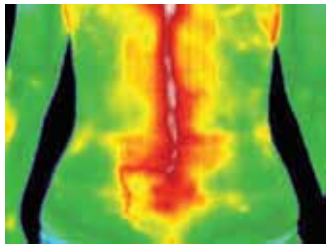
Infrared light penetrates the surface of the skin by about 1.5 inches. This allows the fat cells below the skin (adipose tissue) to be heated. This has a very detoxifying effect on the body, encouraging fat cells to let go toxins that are stored in this fatty layer. The infrared light also benefits your body's lymphatic system, helping it to purge toxins.

Far infrared heat penetrates the skin on our body and gets into the tissues surrounding the muscles. The heat reduces inflammation, soreness and subsides the stimulation of nerve endings, helping the body in its natural healing process. Infrared heat is used specifically to relieve muscle tension, joint pain, arthritis, spasms, and most commonly Fibromyalgia.

Suggested Use: 2-3 days per week
Price: $140.00 (12 sessions) or $200 (30 sessions)

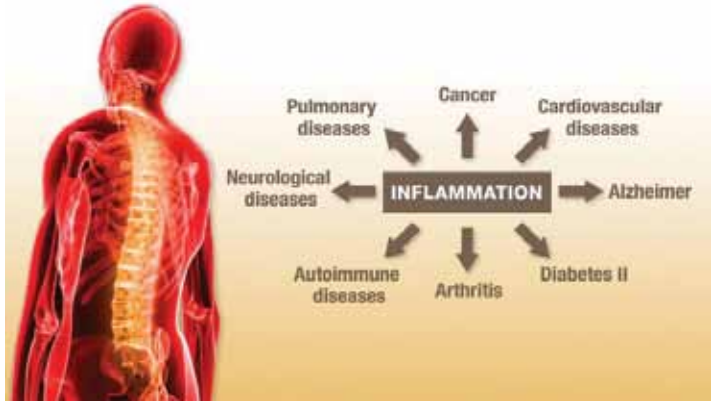
Thermography Imaging

Visualize your pain. Visualize you inflammation.



Inflammation is a precursor to many diseases, such as cancer, arthritis, heart disease, stroke, diabetes, and high blood pressure. Thermography imaging is used to take an infrared image of the body to detect the early signs of health failure. These thermal images (called thermograms) are analyzed for abnormalities that may be signs of disease in your body. Additionally, since your body is thermally symmetrical if normal, thermal asymmetries can indicate problems.

Price: $98.00 Full-Body Thermogram



Strengthen Immune System

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 mol ecule is virtually identical to hemoglobin (red blood cells that carry oxygen), wheatgrass juice will oxygenate your body

Suggested Use: Drink one 1.5oz frozen cup every other day.
Price: $30.00

Food-Based Multi

The majority of Americans do not get the essential nutrients they need from diet alone, and our soil is depleted of vital vitamins and minerals. In addition, today''s stressful lifestyle can deplete the body of the vitamins, minerals and nutrients it needs to stay in good health. Basic Adult Multivitamin helps replenish these essential nutrients and is an excellent choice for a multivitamin.


Supplement Facts

Our Basic Adult Multivitamin is a comprehensive formula that provides essential vitamins and minerals needed to sustain optimal health. It combines a complete array of nutrients with one-a-day convenience.

Suggested Use: 1-2 capsules/day with water **Price: $35.00**

Liquid Vitamin Hydro-Therapy

The Hydration Station uses liquid vitamin hydro-therapy and infrared heat to reduce and balance the acidic level in the body, improve the nervous system, prevent the growth of bacteria, normalize blood cholesterol levels, and speed up the repair of body cells.

Suggested Use: 2-3 days per week
Price: $140.00 (12 sessions) or $200 (30 sessions)

Green Waters Alkaline Water

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

Suggested Use: Drink 64 oz per day **Price: $36.00 / case**

Co-Q10 Coenzyme

Co-Q10 is essential to energy production and necessary for the formation of adenosine triphosphate (ATP), a multifunctional chemical compound necessary for healthy cellular maintenance. Co-Q10 functions in the transfer of energy and oxygen between blood and body cells and also between cell components; in other words it is essential for the body's cells, tissues, and organs.

Suggested Use: 1-2 capsules/day with water **Price: $35.00**

Iodine from Kelp

Iodine from Kelp is an essential trace mineral which helps the body develop and function normally, especially the thyroid gland. Approximately 60% of iodine stored in the body is found in the thyroid gland which secretes hormones that control the basic metabolic rate of the body. Additionally, the naturally high iodine content found in kelp acts similarly to an antibiotic by removing toxins in the blood stream as well as killing infections.

Suggested Use: 1 capsule per day. **Price: $35.00**

Lecithin 1,200 mg

Lecithin aids in cellular protection. It is a fat that is essential in the cells of the body. Lecithin is used for treating gallbladder disease, liver disease, certain types of depression, high cholesterol, anxiety, and a skin disease called eczema.

Suggested Use: 1 capsule per day. **Price: $30.00**

Thermography Imaging

Inflammation is a precursor to many diseases, such as cancer, arthritis, heart disease, stroke, diabetes, and high blood pressure. Thermography imaging is used to take an infrared image of the body to detect the early signs of health failure. These thermal images (called thermograms) are analyzed for abnormalities that may be signs of disease in your body. Additionally, since your body is thermally symmetrical if normal, thermal asymmetries can indicate problems.

Price: $98.00 Full-Body Thermogram

Women's Hormone Balance

Womens Hormone Balance is a comprehensive formula designed to support healthy hormonal balance. It features a blend of phytoestrogenic herbs, vitamins, and minerals combined to provide targeted nutrition meeting womens needs.

Suggested Use: 1 capsule per day. **Price: $35.00**

Black Cohosh

Black cohosh is an herb. The root of this herb is used for medicinal purposes. Black cohosh was first used for medicinal purposes by Native American Indians, who introduced it to European colonists. Black cohosh became a popular treatment for women's health issues in Europe in the mid-1950s. Since that time, black cohosh has commonly been used to treat symptoms of menopause, premenstrual syndrome (PMS), painful menstruation, acne, weakened bones (osteoporosis), and for starting labor in pregnant women.

Supplement Facts
Serving Size: 1 Vegetarian Capsule

Amount Per Serving		% Daily Value
Black Cohosh (root) 2.5% triterpene glycosides	100mg	*

* Daily Value not established

Other ingredients: Rice flour, cellulose, magnesium stearate.

Suggested Use: 1 capsule per day. **Price: $30.00**

Ultimate B Complex

The B vitamins help to maintain healthy nerves, skin, eyes, hair, liver, and mouth, as well as muscle tone in the gastrointestinal tract. B-complex vitamins are coenzymes involved in energy production and may be useful for depression or anxiety. The B vitamins should always be taken together in whole food form.

Suggested Use: 1 capsule per day. **Price: $35.00**

Calcium Magnesium & Zinc with Vitamin D

Our Cal - Mag - Zinc is an excellent formulation that provides the dietary ingredients necessary to support bone density and strength: Calcium, Magnesium, Zinc and Vitamin D. Combating bone loss is a complicated matter that requires more than just Calcium alone.

Supplement Facts
Serving Size: 2 Tablets
Servings Per Container: 90

Amount Per Serving		% Daily Value
Vitamin D3 (as cholecalciferol)	200 IU	50%
Calcium (as calcium carbonate)	1,000 mg	100%
Magnesium (as 89% magnesium oxide, 11% magnesium amino acid chelate)	500 mg	125%
Zinc (as 80% zinc oxide, 20% zinc amino acid chelate)	25 mg	167%
Betaine HCl	100 mg	*
Glutamic Acid HCl	80 mg	*

* Daily Value not established

Other ingredients: Croscarmellose sodium, stearic acid, microcrystalline cellulose, magnesium stearate, silica, modified cellulose, vegetable coating, titanium dioxide.

Calcium and Magnesium are important minerals for optimum health. Calcium and Magnesium are essential for healthy bones and teeth and are also important for maintaining muscle and nerve health. The recommended ratio of calcium to magnesium is 2:1.

Suggested Use: 1 capsule per day. **Price: $35.00**

FAR Infrared Heat Sauna

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

Suggested Use: 2-3 days per week
Price: $140.00 (12 sessions) or $200 (30 sessions)

Weight Loss

WE DO HOME DELIVERY

12-Hour Energy Boost

Our 12-Hour Energy Boost is a unique, ephedra-free combination of herbs and nutrients formulated to support healthy energy levels and healthy weight maintenance. 12-Hour Energy Boost was developed for those who desire a high-energy thermogenic formula, metabolism tablets that stimulates your metabolic rate and promotes fat loss without the use of ephedra or ephedrine alkaloids. Your metabolic rate sets the pace for how fast your body burns calories; you can influence this with the supplementation of the unique blend of ingredients available in 12-Hour Energy Boost .

Supplement Facts
Serving Size: 1 Vegetarian Tablet

Amount Per Serving	% Daily Value
Proprietary Blend 950mg (guarana seed extract, citrus aurantium (6% synephrine) (fruit), green tea extract (leaf), panax ginseng (root), garcinia cambogia extract (60% HCA) (fruit), white willow bark, bee pollen, vanadium (as vanadyl sulfate))	*

* Daily Value not established

Other ingredients: Dicalcium phosphate, modified cellulose, croscarmellose sodium, microcrystalline cellulose, stearic acid, magnesium stearate, vegetable coating.

Suggested Use: 1-2 capsules/day with water **Price: $35.00**

Thermo X Fat Burner

Your metabolic rate sets the pace for how fast your body burns calories; you can influence this with the supplementation of the unique blend of ingredients available in Thermo X Fat Burner.

Suggested Use: 1-2 capsules/day. **Price: $35.00**

Fat Complex

Fat Complex contains chitosan which research shows has the unique ability to bind to fats in the stomach, thus preventing the fats from being absorbed into the body.

Suggested Use: 1-2 capsules/day. **Price: $35.00**

Glucomannan

Glucomannan is an all natural fiber supplement that suppresses the appetite and promotes a feeling of fullness. Glucomannan is a water-soluble dietary fiber source that is derived from the root of the Konjac plant.

Suggested Use: 1-2 capsules/day. **Price: $35.00**

Hydration Station

The Hydration Station is a spa treatment for every "Body!" Enjoy a vibratory massage while being blanketed in steam containing active oxygenated ingredients including vitamins, pharmaceutical-grade botanicals, aloe, and rich humectants. Plus burn 250-300 calories in one session with infrared therapy.

Far Infrared Rays increase your metabolism, burns excess fat and calories, improves body curves as it gets rid of flab, eliminates fatigue, improves blood circulation, promotes rapid healing, and reduces cellulite

Suggested Use: 2-3 days per week
Price: $140.00 (12 sessions) or $200 (30 sessions)

FAR Infrared Heat Sauna

Far Infrared Saunas are a healthy weight loss solution without exercising. Infrared saunas can burn 400-600 calories in just one 30 minute session. In a far infrared sauna, a moderately fit person can sweat one pound of sweat in 30 minute session, which is the equivalent of running 2-3 miles. While it is true that the weight of the water expelled in the sauna may be regained by re-hydrating with water – the calories lost with not, resulting in weight loss.

Infrared Saunas increase your metabolism and core temperature. Far infrared heat also breaks down cellulite, trapped water, fat and wastes as part of the detoxification process.

Suggested Use: 2-3 days per week
Price: $140.00 (12 sessions) or $200 (30 sessions)

Whole Body Vibration

Whole body vibration is a method of improving strength, stability and power production, and reduce body weight or percentage of body fat.

Basically, the idea is to put the muscles in a situation where they must expand and contract continually, which pumps extra oxygen into the cells. This is a process of oxidization that is much like breathing, so to speak, only in this case it is on the cellular level. Oxidization simultaneously relaxes and stimulates the body, which helps it to heal itself and grow muscles at a faster rate.

Suggested Use: 2-3 days per week
Price: $140.00 (12 sessions) or $200 (30 sessions)

Raspberry Ketones

Research has shown that raspberry ketone can help in your weight-loss efforts, especially when paired with regular exercise and a well-balanced diet of healthy and whole foods.

Raspberry ketone is the primary aroma compound of red raspberries. This compound regulates adiponectin, a protein used by the body to regulate metabolism. Raspberry ketone causes the fat within your cells to get broken up more effectively, helping your body burn fat faster. The recommended dose is 100mg per day. To get the same benefit from the whole fruit, you'd have to consume 90 pounds of raspberries.

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).

Suggested Use: 1-2 capsules/day with water **Price: $30.00**

WheTea

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

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

Dermosonic Cellulite Treatment

Cellulite is a unique form of fat and connective tissue. While we all need a certain number of adipocytes (fat cells) to store fat for energy, cellulite is both an unnecessary and unattractive way to store body fat. Instead of fat cells collecting in smooth layers, cellulite collects in discrete pockets surrounded by tough, fibrous tissue.These pockets of fat do not grow and shrink exactly like normal fat cells because of their structure and organization. The result is a lumpy, bumpy dimpling of the skin often occurring in women and usually occurring over the buttocks, hips and thighs. Dermosonic uses a combination of ultrasound and non-invasive, sub-dermal technology to get rid of fat deposits. Sessions are comfortable. Dermosonic provides an experience comparable to a massage. Dermosonic does not utilize vigorous suction or rolling which can lead to painful bruising. Each treatment takes one hour. All natural way, to combat cellulite and help to lose inches from the waist and abs. The Dermosonic head is used to rub across the surface of the body to melt the fat.

Suggested Use: 2-3 days per week **Price: $120.00 (4 sessions) or $240 (10 sessions)**

Depression and Anxiety

Mood Enhancer

Best Depression Formula

Our Mood Enhancer is specifically designed to incorporate herbs and vitamins that provide nutrients to the brain, help fight depression, stress and anxiety and prevent age-related mental decline. Sometimes vision or hearing problems, depression, anxiety or other stress-related mental disorders may also cause neurological dysfunction. Mood Enhancer contains herbs that are notorious for their ability to stimulate brain function, improve memory, promote alertness and productivity. The main advantage of Mood Enhancer is its ability to improve mental focus and memory without inducing agitation and anxiety.

Supplement Facts
Serving Size: 1 Vegetarian Capsule

Amount Per Serving	%Daily Value
Pantothenic Acid (as d-calcium pantothenate)	50 mg 500%
Proprietary Blend	450 mg
Kola Nut Extract (seed) (standardized to 20% caffeine)	
Ginkgo Biloba Extract (leaf)	
Gotu Kola Extract (whole plant)	
Eleuthero Extract (root)	
Schisandra Extract (fruit)	
Ginger (root)	
Peppermint (leaf)	
Rosemary (leaf)	
Rhodiola Rosea Extract (root)	

* Daily Value not established

Other ingredients: Cellulose, silica, magnesium stearate.

Suggested Use: 1-2 capsules/day
Price: $35.00

Mood Enhancer II

St. Johns Wort

Supplement Facts
Serving Size: 1 Vegetarian Capsule

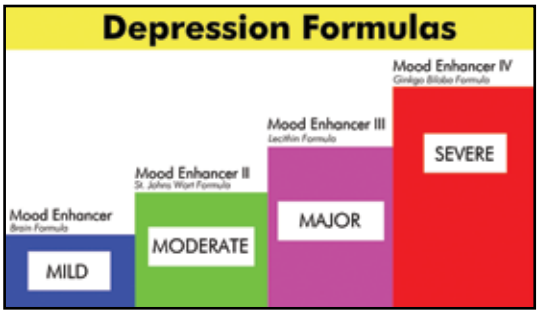
Amount Per Serving	% Daily Value
St. John's Wort (aerial parts) Extract (standardized to 0.3% hypericins, 1.35mg)	450mg *

* Daily Value not established

Other ingredients: Rice flour, cellulose, magnesium stearate, silica.

St. Johns wort is most commonly used for depression and conditions that sometimes go along with depression such as anxiety, tiredness, loss of appetite and trouble sleeping. There is some strong scientific evidence that it is effective for mild to moderate depression. Other uses include heart palpitations, moodiness and other symptoms of menopause, attention deficit-hyperactivity disorder (ADHD), obsessive-compulsive disorder (OCD), and seasonal affective disorder (SAD).

Suggested Use: 1-2 capsules/day
Price: $30.00



Mood Enhancer III

Lecithin

Supplement Facts
Serving Size: 1 Softgel

Amount Per Serving	% Daily Value
Calories	10
Calories from Fat	10
Total Fat	1g 2%**
Lecithin (from soy) typically contains: Phosphatidylcholine, 180mg Phosphatidylinositol, 108mg	1200mg *

** Percent Daily Values are based on a 2,000 calorie diet.
* Daily Value not established

Other ingredients: Gelatin, glycerin, purified water.
Contains soy ingredients.

Lecithin is a fat that is essential in the cells of the body. It can be found in many foods, including soybeans and egg yolks. Lecithin is taken as a medicine and is also used in the manufacturing of medicines. Lecithin is used for treating memory disorders such as dementia and Alzheimer's disease. It is also used for treating gallbladder disease, liver disease, certain types of depression, high cholesterol, anxiety, and a skin disease called eczema.

Suggested Use: 1 softgel / day
Price: $30.00

Mood Enhancer IV

Ginkgo Biloba

Ginkgo is often used for memory disorders including Alzheimer's disease. It is also used for conditions that seem to be due to reduced blood flow in the brain, especially in older people. These conditions include memory loss, headache, ringing in the ears, vertigo, difficulty concentrating, mood disturbances, and hearing disorders.

Suggested Use: 1-2 capsules/day **Price: $40.00**

Whole Body Vibration

Many people report an improved mood and energy level when using whole-body vibration therapy. Whole-body vibration research has shown an increase in serotonin levels after vibration. Serotonin, which is almost a household term these days due to the prevalence of depression and antidepressant drugs, is the neurotransmitter that makes you calm and happy.

Suggested Use: 2-3 days per week
Price: $140.00 (12 sessions) or $200 (30 sessions)

Melatonin

Melatonin blocks estrogen receptors somewhat similarly to the chemotherapy drug tamoxifen without the long-term side effects of tamoxifen. Further, when melatonin and tamoxifen are combined, synergistic benefits occur. Melatonin can be safely taken for an indefinite period of time. Additionally, melatonin not only blocks estrogen receptor sites on breast cancer cells, but directly inhibits breast cancer cell proliferation and boosts the production of immune components that kill metastasized cancer cells.The suggested dose of melatonin for breast cancer patients is 3 mg to 50 mg at bedtime.

Suggested Use: 1-2 capsules/day with water **Price: $35.00**

Vitamin E

In one study, vitamin E succinate, a derivative of fat-soluble vitamin E, inhibited growth and induced apoptic cell death in estrogen receptor-negative human breast cancer cell lines. The study concluded that vitamin E succinate may be of clinical use in the treatment of aggressive human breast cancers, particularly those that are resistant to anti-estrogen therapy. Estrogen receptor-negative breast cancer patients should consider taking 1,200 IU of vitamin E succinate a day.

Suggested Use: 1 capsule per day. **Price: $35.00**

Selenium

Selenium has been shown to directly induce growth arrest and death of mammary cancer cells in mice, although it cannot be inferred that selenium by itself can result in breast cancer remission in humans. Breast cancer patients should consider 200 micrograms of organic selenium (selenomethionine), two to three times a day.

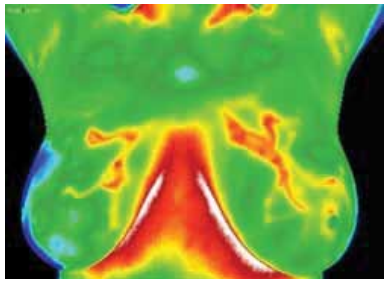
Suggested Use: 1 capsule per day. **Price: $30.00**

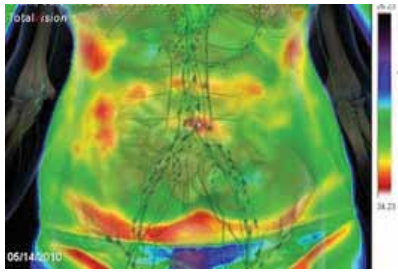
Flax Seed

Lignans are an important class of phytochemicals found in flax seed. When laboratory mice are fed a diet containing ground flax seed, it becomes very difficult to develop a breast tumor, even when breast cancer cells have been injected directly into the animal.

Suggested Use: 1 gelcap per day. **Price: $35.00**

Thermography Imaging





Mammograms look at anatomical changes in the breast, as they detect masses or lumps in the breast tissue. On the other hand, thermograms look at vascular changes in the breast, as they detect blood flow patterns, inflammation and asymmetries.

Thermograms benefit all women. They may be particularly useful for young women who want to monitor their breast health before the recommended age of 40. Actually, your breast cancer prevention should start as early as possible.

If you are a woman, you need to take your breast health seriously. Thermal imaging detects the subtle physiologic changes that accompany breast pathology, whether it is cancer, fibrocystic disease, an infection or a vascular disease. The first session provides the baseline of your "thermal signature". And annual thermograms allow you to map changes in your body's heat patterns over time. They can alert you to any deviations from your norm. Mapping your health annually helps you detect changes, often before disease develops.

Price: $98.00 Full-Body Thermogram

Infrared Sauna

In a recent article at Cancer Defeated, they noted that cancer clinics in Germany and Mexico routinely treat patients with hyperthermia, where the body is exposed to high temperatures. High temperatures can kill cancer cells, usually without damage to normal tissues. Often, these clinics are using infrared hyperthermia and infrared saunas for their patients.

Suggested Use: 2-3 days per week
Price: $140.00 (12 sessions) or $200 (30 sessions)

Detox

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 equiva lent to 2½ pounds of the choicest vegetables
- wheatgrass is mineral rich and con tains 92 minerals needed by the body
- 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 hemo globin (red blood cells that carry oxygen), wheatgrass juice will oxygenate your body

Suggested Use: Drink one 1.5oz frozen cup every other day.
Price: $30.00

Infrared Heat Sauna

Far Infrared Saunas boost the immune system. During a session, the infrared sauna will raise your body temperature, inducing an artificial fever. Fever is the body's natural mechanism to strengthen and accelerate the immune response.

When you exercise, there is an increase in the blood flow level in your body. An infrared sauna body cleansing method heats your muscles and causes a similar increase in blood flow. Also, your blood vessels will expand to accommodate the increase in blood flow thus bringing down your blood pressure in the bargain. Research shows that using an infrared sauna detoxification and body cleansing at least 3 times a week can have lasting effects on your blood pressure.

Suggested Use: 2-3 days per week
Price: $140.00 (12 sessions) or $200 (30 sessions)

Arginine

Supplement Facts		
Serving Size: 1 Vegetarian Capsule		
Amount Per Serving		% Daily Value
L-Arginine	500mg	*
* Daily Value not established		
Other Ingredients: Cellulose, rice flour, magnesium stearate.		

Arginine retards the growth of tumors and cancer by enhancing immune function. It increases the size and activity of the thymus gland, which manufactures T lymphocytes (T cells), crucial components of the immune system. It is also good for liver disorders such as cirrhosis of the liver and fatty; it aids in liver detoxifi-

Organic Fiber

Psyllium is rich in soluble fiber and similar to the type of fiber found in oats, wheat, and barley; however, psyllium is gluten-free. As a pure dietary fiber, psyllium is composed mostly of hemicellulose. It is not digested in the small intestine and passes through the body until it is partially broken down in the colon where psyllium is utilized as a food source for friendly flora. Mostly, psyllium acts as a sponge in the intestinal tract, swelling as it absorbs water and waste material in the bowels. This forms a soft, bulky mass that passes through the colon more quickly (keeping potentially toxic waste moving in the colon) and evacuates more smoothly and easily.

Suggested Use: 1-2 servings/day. **Price: $40.00**

Liquid Vitamin Hydro-Therapy

The Hydration Station uses liquid vitamin hydro-therapy and infrared heat to reduce and balance the acidic level in the body, improve the nervous system, prevent the growth of bacteria, normalize blood cholesterol levels, and speed up the repair of body cells.

Suggested Use: 2-3 days per week
Price: $140.00 (12 sessions) or $200 (30 sessions)

Green Waters Alkaline Water

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

Suggested Use: Drink 64 oz per day **Price: $36.00 / case**

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BACK to BASICS Health Program $160

One month supply of GENESIS Wheatgrass
Vitamin Therapy: Food-Based Multivitamin & Food-Based Multimineral
Healthscope Health Assessment
Thermography Women's Health Screening
Naturopathic Doctor Visit

UNLIMITED Spa Services $280

* includes 30 day unlimited spa services - up to 3 days a week 1 hour sessions

SAUNA & Whole Body Vibration
Water Massage Therapy
DERMOSONIC Cellulite Reduction (max 4 sessions)
Naturopathic Doctor Visit (max 2 sessions)
Thermography Screening (max 2 sessions health screening only)
Hydro-Dermo Hydration Spa Treatments
Infrared Body Wrap
Ion Foot Detox

RESTORE Health Program $340

* includes 30 day unlimited spa services - up to 3 days a week 1 hour sessions

Vitamin Therapy: Co-Q10, Antioxidant Complex, Food-Based Multi
Healthscope Health Assessment
SAUNA & Whole Body Vibration
Water Massage Therapy
DERMOSONIC Cellulite Reduction (max 4 sessions)
Naturopathic Doctor Visit (max 2 sessions)
Thermography Screening (max 2 sessions health screening only)
Hydro-Dermo Hydration Spa Treatments
Infrared Body Wrap
Ion Foot Detox

SAUNA & Whole Body Vibration

4 Sessions Sauna & Whole Body Vibration: $75
8 Sessions Sauna & Whole Body Vibration: $140
12 Sessions Sauna & Whole Body Vibration: $190

* includes four strawberry & wheatgrass smoothie mix for at home detoxification

Water Massage Therapy

4 Sessions Water Massage Therapy: $80
8 Sessions Water Massage Therapy: $120
12 Sessions Water Massage Therapy: $160

DERMOSONIC Cellulite Reduction

4 Sessions DERMOSONIC Cellulite Reduction: $120
8 Sessions DERMOSONIC Cellulite Reduction: $220
12 Sessions DERMOSONIC Cellulite Reduction: $320

Natuopathic Doctor Visit

2 Sessions Naturopathic Doctor Visit: $145
4 Sessions Naturopathic Doctor Visit: $260

* includes vitamin & mineral therapy, health assessment, thermography screening

Thermography Medical Imaging

1 Session Complimentary Breast Screening: Free
2 Sessions Breast Thermography Screening: $78
2 Sessions Full Body Thermography Screening: $188

Hydro-Dermo Hydration Spa Treatment

4 Sessions Hydration Spa Treatment: $120
8 Sessions Hydration Spa Treatment: $210
12 Sessions Hydration Spa Treatment: $300

Infrared Body Wrap

1 Session Infrared Body Wrap: $90
2 Sessions Infrared Body Wrap: $170
4 Sessions Infrared Body Wrap: $280

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