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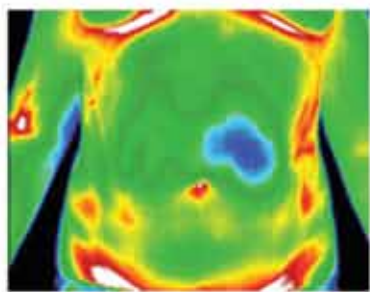
What a Lovely OM

The Sacred Syllable
Resonates with All of Life

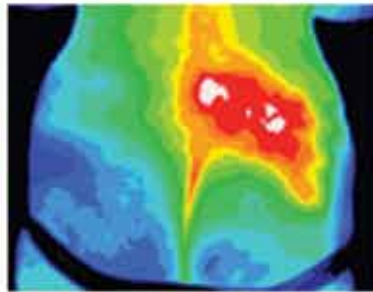
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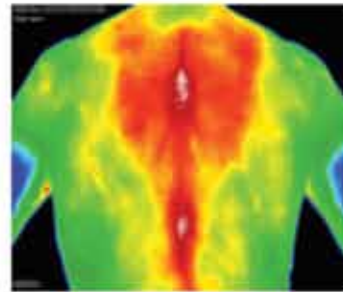
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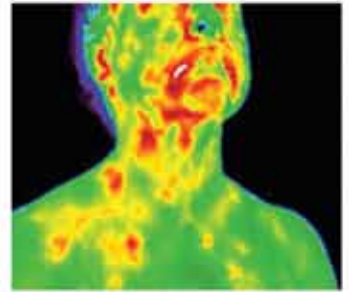
Hypothermia in the Stomach



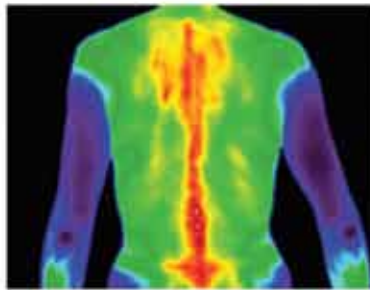
Shingles



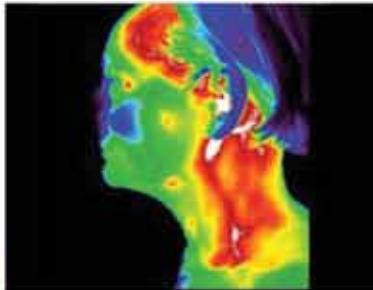
Lung Cancer



Periodontal Disease



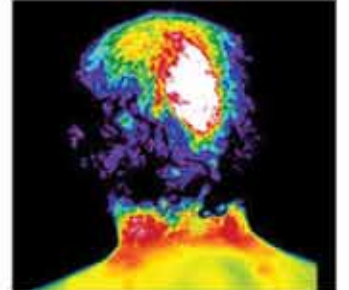
Spinal Inflammation



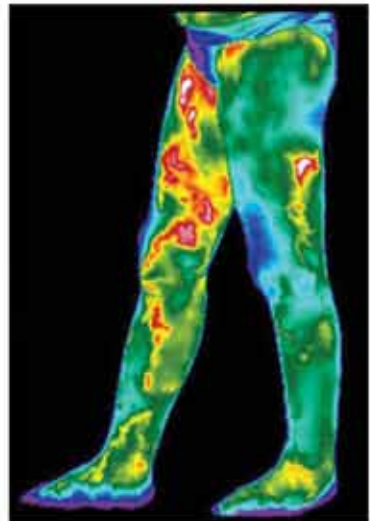
Carotid Artery Inflammation



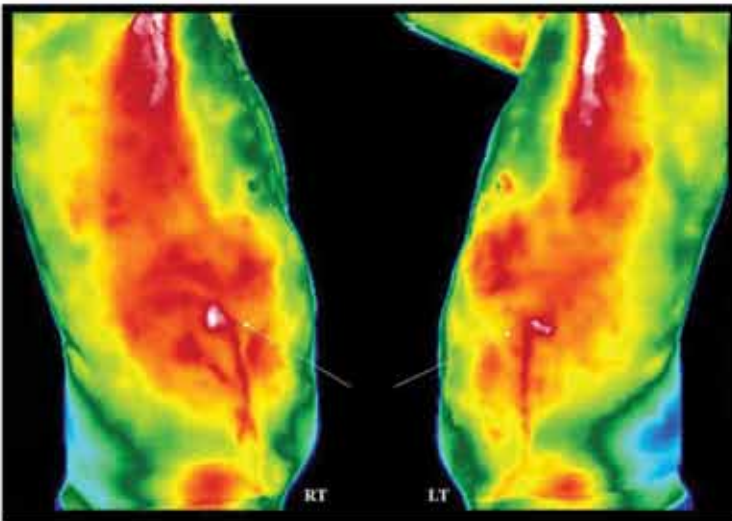
Poor Circulation Left 4th & 5th Finger



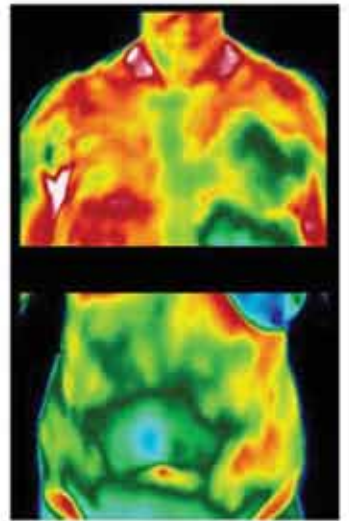
Melanoma-Scalp Cancer



Varicose Veins



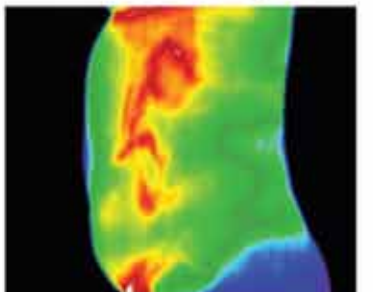
Bilateral Kidney Stones



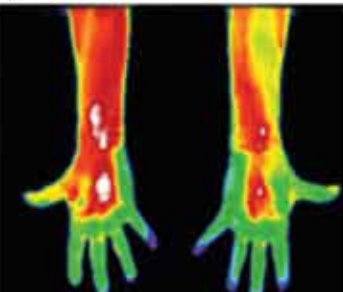
Breast Cancer



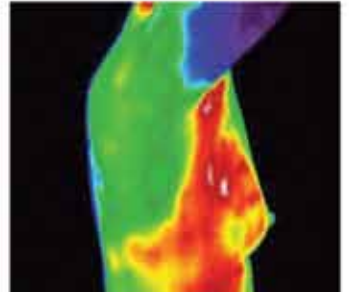
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



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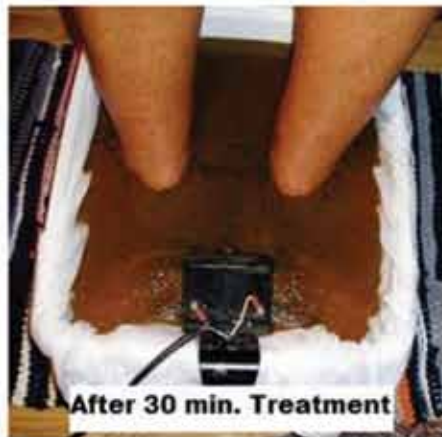
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Cancer Prevention

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

- Skin more elastic, youthful
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- Less arthritis
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Lawn grass and grass used for hay are perennial grasses. They return year after year. This allows them to store reserves of energy in their roots, which they draw on when it is time to produce seed. Cereal grass (which later produce grains such as wheat and barley) are annual grasses. Because they do not come back year after year, they cannot store growth and reproductive nutrients in their roots. Instead, they store them in their leaves. The leaves of wheatgrass build a nutrient-dense reservoir.



Your body's ability to heal is greater than anyone has permitted you to believe. Eat less processed foods, more whole foods, consume at least 16 oz of organic juices daily, and always have fiber in your meal. And remember - cancer is not a disease. It is a condition we create in the body.

Dr. Steven T. Castille
doctor of naturopathy

NaturalHealthCentersOnline.com

publisher's letter



A friend recently told us a story of a Buddhist monk who was threatened by a civilian soldier. The soldier shouted at him, "Don't you know who I am? Don't you know I can take your life?" The monk looked at him calmly and said, "Don't you know who I am? Don't you know that I don't care?" and then the monk slowly walked away. The moral of the story was to not be attached—not even to life itself.

Change is the nature of creation. The universe evolves and every living and non-living thing must adapt or perish. Being attached to our lives or things we possess in this life can sometimes stunt our growth and ability to adapt to be more. But for each of us, there is, or will most likely be, a moment of truth in our lives that will change our perspective on why we are here and the purpose of our life.

A moment of truth is when we finally figure out what is important and that which is unimportant. It is the moment we learn the value of living intentionally.

Each morning as we begin our silent meditation, we thank God out loud in prayer for "the beautiful day" and close with the words, "and I relinquish it to You." Then, we again thank God for "this amazing life and we relinquish it to You" and finally we pray, "Thank You, Lord Jesus for the amazing, healthy, healing body and we relinquish it to You." Because of our humanity, every day afterward we take the day, our bodies, and our lives back. It is okay, because each morning we begin anew and we are forgiven by our creator for our sins and shortcomings. But we must remain steadfast in our journey to live intentionally and free from attachments to our earthly possessions.

To live intentionally we must die to self and relinquish attachment. We must let go of all the stuff that we think we possess because in reality it possesses us. We must trust that God and the universe he created will provide all that we need both physically and spiritually. We are never in charge, although we may think that we are. We are called upon to recognize that everything in our life is temporary and when we fully recognize and accept this principle, our lives will be more meaningful; we will be lighter and freer.

The spirit of God lives within each of us. We have the ability to change our lives, to love our neighbors, and to change the world. We thank You Lord for Your hand in the important earthly matters, but also for Your presence in the little things in life. Amen

Think green, live peacefully, share your love,



Steve & Michelle

Steve and Michelle Castille, Publishers



contact us

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 Whole Body Vibration (PROGRAM 1), Infrared Sauna (120F), BF-4 (2 capsules 1x daily)
 Whole Body Vibration (PROGRAM 1), Infrared Sauna (120F), BF-4 (2 capsules 1x daily)

Week 2

Whole Body Vibration (PROGRAM 1), Infrared Sauna (140F), BF-4 (2 capsules 2x daily)
 Whey Protein Meal Replacement Drink (granola, pineapple, celery, yogurt, ice/water)
 Whole Body Vibration (PROGRAM 1), Infrared Sauna (140F), BF-4 (2 capsules 2x daily)
 Whey Protein Meal Replacement Drink (granola, pineapple, celery, yogurt, ice/water)
 Whole Body Vibration (PROGRAM 1), Infrared Sauna (140F), BF-4 (2 capsules 2x daily)
 Whey Protein Meal Replacement Drink (granola, pineapple, celery, yogurt, ice/water)

Week 3

Whole Body Vibration (PROGRAM 2), Infrared Sauna (140F), BF-4 (2 capsules 2x daily)
 Whey Protein Meal Replacement Drink (granola, pineapple, celery, yogurt, ice/water)
 Whole Body Vibration (H=24 L=12), Infrared Sauna (140F), BF-4 (2 capsules 2x daily)
 Rhodiola 300 mg (2 capsules 2x daily), Walk 30 mins (morning/evening)
 Whole Body Vibration (PROGRAM 2), Infrared Sauna (140F), BF-4 (2 capsules 2x daily)
 Whey Protein Meal Replacement Drink (granola, pineapple, celery, yogurt, ice/water)

Week 4

Whole Body Vibration (PROGRAM 3), Body Wrap (140F), BF-4 (2 capsules 3x daily)
 Whey Protein Meal Replacement with Rhodiola 300 mg and Folic Acid 800 mcg
 Whole Body Vibration (H=54 L=14), Body Wrap (140F), BF-4 (2 capsules 3x daily)
 Whey Protein Meal Replacement with Rhodiola 300 mg and Folic Acid 800 mcg
 Whole Body Vibration (PROGRAM 3), Body Wrap (140F), BF-4 (2 capsules 3x daily)
 Whey Protein Meal Replacement with Rhodiola 300 mg and Folic Acid 800 mcg

Week 5

Zerona 40 mins, Whole Body Vibration (PROGRAM 3), Body Wrap (150F)
 Whey Protein Meal Replacement with Rhodiola 300 mg and Folic Acid 800 mcg
 Zerona 40 mins, Whole Body Vibration (PROGRAM 3), Body Wrap (150F)
 Whey Protein Meal Replacement with Rhodiola 300 mg and Folic Acid 800 mcg
 Zerona 40 mins, Whole Body Vibration (PROGRAM 3), Body Wrap (150F)
 Whey Protein Meal Replacement with Rhodiola 300 mg and Folic Acid 800 mcg
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Nicodemus Wilderness Project - The Apprentice Ecologist Initiative



Promoting the conservation of a viable natural environment has been the driving force of The Nicodemus Wilderness Project. Since 1999, the project has been engaging youth from the local community and around the world in an effort involving environmental

cleanup and conservation. The Apprentice Ecologist Initiative (officially recognized by the U.S. Environmental Protection Agency) is an initiative of the Nicodemus Wilderness Project, which engages tens of thousands of young people (kids, teens and college-age youth). Through the Apprentice Ecologist Initiative, youth are challenged into leadership roles by engaging them in environmental cleanup and conservation projects. In addition, the initiative aims to empower young people to rebuild the environmental and social well-being of our communities. The ultimate outcome gained through the initiative is the improvement of local living conditions for both citizens and wildlife through education, activism and action.

For more information, visit WildernessProject.org/volunteer_apprentice_ecologist.

Lafayette Team Hope Walk-A Battle Against Huntington's Disease



Lace up your walking shoes. LAcadiana, it's time to join in the battle against Huntington's disease at the Lafayette Team Hope Walk, from 9:30 to 11 a.m., November 15 at Girard Park.

Huntington's disease (HD) is a devastating, hereditary, degenerative brain disorder that results in a loss of cognitive, behavioral and physical control,

and for which, presently, there is no cure. The Lafayette Team Hope Walk is ready to get moving and join this grassroots campaign to combat this horrible disease. The focus of the walk is to raise as much money as possible in the local community to support the mission and services of the Huntington's Disease Society of America, a national, voluntary health organization dedicated to improving the lives and enhancing the quality of life for those suffering with HD.

For more information, call Kelly Croall 337-739-2520 or email Kcroall@aol.com or email Scott Brown at Sbrown.hdsa@cox.net

Keeping Youth Trained and Educated



The Keeping Youth Trained and Educated (KYTE) program is making a difference in Lafayette. The KYTE

program is for out of school youth who are seeking a GED (or other equivalency diploma) and/or job skills training. Housed on the campus of South Louisiana Community College in the Ted Ardoin Building, the KYTE program is providing an avenue for youths to become more productive citizens of Acadiana. The program offers advanced training in basic literacy skills, as well as life and leadership development. In addition, the program prepares its participants for the workforce by offering workplace literacy training, occupational skills training, work readiness skills and career exploration. Upon completion of the program, participants receive a high school equivalency diploma and are given an opportunity to receive benefits to participate in a short-term customized training program.

The program is offered free of charge to eligible applicants. Classes are held from 9 a.m. to 1:15 p.m., Monday through Thursday, and lasts from 6 to 12 months.

For more information, contact the Lafayette Business and Career Solutions Center Youth Department at 337-262-5592 or 337-262-5514.

Grill Cleaning Service Offers Latest Technology



Graco BBQ Grill Cleaning in Lafayette is offering the latest in BBQ grill cleaning technology. The unique steam cleaning Ovenu System offers

a healthier, more environmentally safe way to clean the grill. Since 1994, this system has been successfully providing grill and oven cleaning services across the United States, Europe and Australia.

One of the major health benefits of the Ovenu System is that it removes harmful carcinogens that can be transferred to food, without the use of harsh chemicals. With its state-of-the-art deep cleaning ability, Ovenu removes grease, fat and carbon deposits; especially in places where individuals can't easily see them. The total process cleans the hood, wire catch pan, control knobs, drip pans, rotisserie racks, igniters, pullout tray, thermometer, burners, grill racks, flavorizer bars and heat plates. Along with this environmentally safe cleaning process, Graco BBQ Grill Cleaning will also perform a full inspection of grill burners, regulators and gas lines to help ensure safe operation of the grill. Graco prides itself in providing a safe and healthier way to keep the grill in top shape.

For more information, call 337-591-7564.



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

Wheatgrass helps the body heal from inflammation and pain and is said to help prevent cancer.

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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.



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healthbriefs



Yoga Boosts Hearts, Shrinks Waistlines

Two scientific reviews of human clinical research have found that hatha yoga significantly reduces heart disease risk factors.

Researchers from Germany's University of Duisburg-Essen reviewed 44 studies involving more than 3,000 people. Overall, the studies found that hatha yoga significantly reduced both systolic and diastolic blood pressure. Yoga participants also showed lower respiratory and heartbeat rates, significantly reduced triglycerides and low-density lipoprotein (LDL), or bad cholesterol, and increased high-density lipoprotein (HDL), or good cholesterol. Several important diabetes risk markers decreased among the yoga participants; they also realized smaller waistlines.

Similar results were reached by scientists from the United Kingdom's Warwick Medical School. In analyzing 11 studies involving 800 people, they found that regular yoga exercise both reduced diastolic blood pressure and triglycerides and increased beneficial HDL cholesterol levels.

Licorice Root Reduces Dangerous Fat

A new study published in the journal *Nutrafoods* has confirmed that licorice extract helps reduce visceral fat in obese adults. The study tested 60 men and 60 women that were clinically obese with body mass index (BMI) scores of over 30.

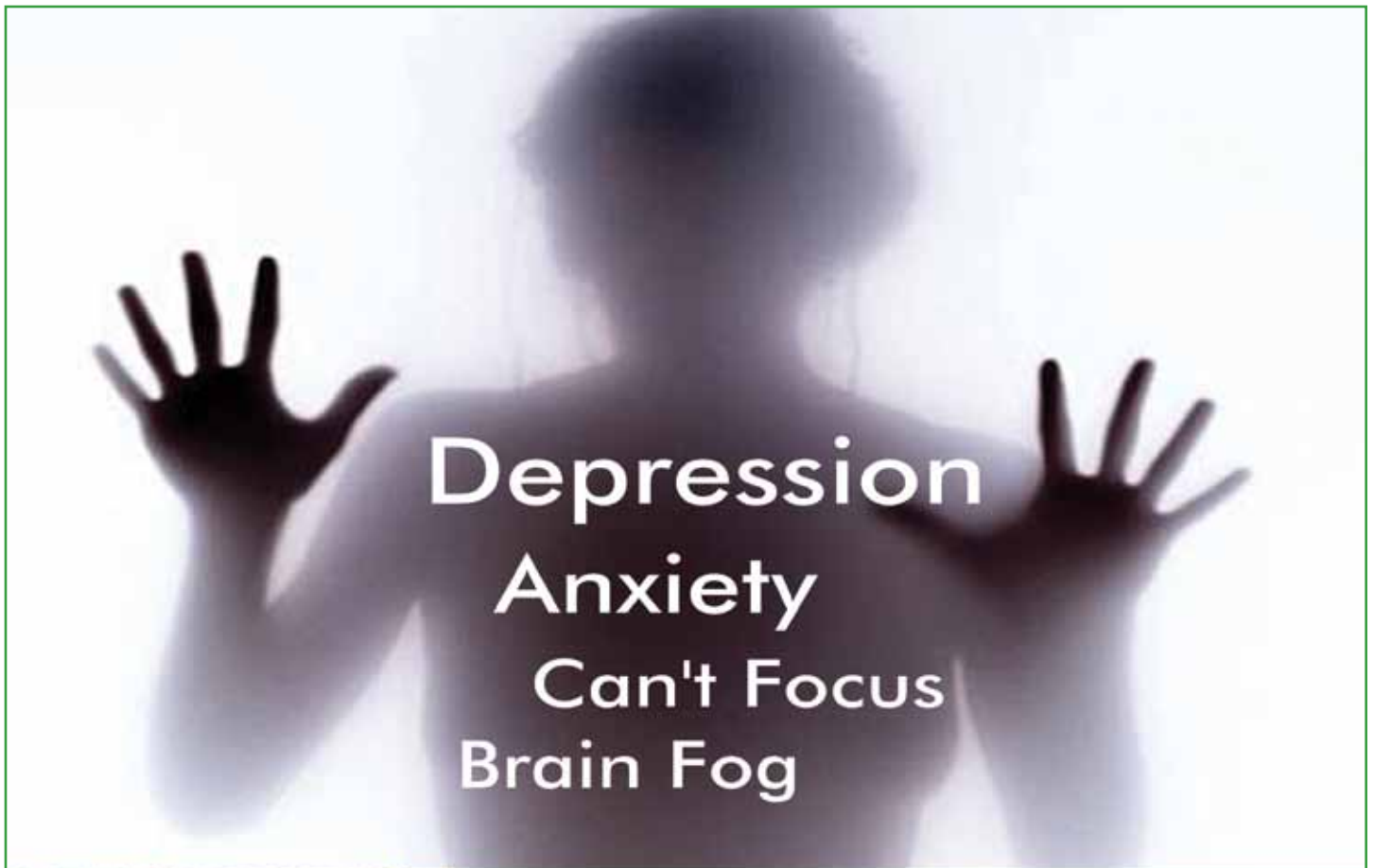
For three months, they were given either a placebo pill or 300 milligrams per day of licorice root extract. Then they were tested for visceral fat using CT scans and measured for waist circumference, waist-to-hip measurements and BMI scores. The licorice extract group had significantly fewer visceral fat cells, lower BMI scores and reduced waist circumference compared with the placebo group. Previous research with the extract also showed similar weight-loss effects among human subjects.



TONGUE DIAGNOSIS REVEALS SLEEP DISORDERS

Traditional medicines have long utilized tongue analysis to diagnose various disorders. Now, a recent study from the Republic of Korea's Institute of Oriental Medicine supports the accuracy of this ancient health practice in the area of sleep dysfunction.

The researchers studied two separate groups of 153 people and 454 elderly people; in both, the color of their tongues was analyzed and compared with cases of sleep disorders within each group. Those experiencing sleep dysfunctions had a paler tongue color compared with those in the healthy group; they also had more thickly coated tongues.



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Antioxidant Supplements Improve Eye Health

Eye health may be improved by taking certain antioxidant supplements, according to researchers at Austria's Medical University of Vienna. They studied 40 healthy volunteers between the ages of 18 and 30 split into two groups, giving a control group a placebo pill and the other a supplement containing vitamins C and E, lutein, zeaxanthin, zinc, copper, selenium, ginkgo biloba, flavonoids, omega-3 fatty acids and alpha-lipoic acid.

The medical scientists tested the health and blood flow of the retinal artery, which feeds the eye with blood and nutrients. The results of the two-week trial showed the supplements significantly improved blood flow through the retinal arteries. The supplements also helped protect the retinal arteries from free radical damage.

The scientists concluded that such supplementation can prevent a type of cellular dysfunction in the eye induced by oxidative stress that is assumed to play a role in age-related macular degeneration.



RAISINS LOWER BLOOD PRESSURE AND DIABETES RISK



Researchers from the University of Kentucky have determined that snacking on raisins can decrease

high blood pressure and reduce the risk of Type 2 diabetes. For 12 weeks, 46 men and women snacked on either processed snack foods or raisins. At the beginning and end of each month, the researchers tested for blood glucose, diabetic risk markers and blood pressure. Raisin snacking was found to reduce blood pressure while improving blood glucose and diabetic risk factors. The researchers concluded, "Regular consumption of raisins may reduce glycemia and cardiovascular risk factors, including blood pressure."

I drink wheatgrass.

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

Source: www.cancer.org



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BENNY'S Sport Shack, Tel: 948-6533

Sunset

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Pre-K Education Linked to Better Health 26 Years Later

In addition to an increased likelihood of achieving academic success, children that participate in game-based educational training also have a significantly lower risk of developing future cardiovascular disease, according to University of North Carolina researchers in a paper published this year in *Science* magazine.

Launched in the 1970s, the Carolina Abecedarian Project studied more than 100 children beginning when they were just over 4 years old. Fifty-seven focused on language skills while also receiving nutritional and health services. A control group received the same nutritional and health services, but not the early language education.

Early education turned out to be an indicator for significantly healthier individuals when they had reached the age of 30, with a lower average systolic blood pressure than those in the control group and no symptoms of metabolic syndrome—a condition related to diabetes, heart disease and obesity. Twenty-five percent of the control group had metabolic syndrome symptoms at age 30.



Mindfulness Meditation Can Hinder Onset of Alzheimer's



A pilot study from the Harvard Medical School indicates yet another benefit of meditation. The researchers tested 14 people with mild cognitive impairment, which often leads to Alzheimer's disease, and provided them with either Mindfulness-Based Stress Reduction training or standard care.

Brain imaging tests indicated that those engaged in meditative training had increased activity and connections among three areas of the brain—the posterior cingulate cortex, medial prefrontal cortex and left hippocampus. Although larger studies are needed, study authors remark, "These preliminary results indicate that in adults with mild cognitive impairment, Mindfulness-Based Stress Reduction therapy may have a positive impact on the regions of the brain most related to mild cognitive impairment and Alzheimer's disease."

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

Radioactive Sea

Japan's Nuclear Meltdown is Poisoning California Kelp

Scientists analyzing kelp off the coast of San Diego have linked the presence of the radioactive isotope cesium to the Fukushima Daiichi power plant, in Japan, which melted down in 2011. As part of the ongoing Kelp Watch 2014 project, government and academic institutions have begun receiving results from samples of bull kelp and giant kelp collected along the California coast.



"We're trying to figure out how much is there and how much is getting into the ecosystem," says Matthew Edwards, Ph.D., of San Diego State University. "Things are linked a little more closely than sometimes we'd like to think. Just because it's on the other side of the world doesn't mean that it doesn't affect us." With experts predicting a 40-year-plus cleanup at Fukushima, the likelihood of increased cesium in the Pacific Ocean seems inevitable.

For more information, visit KelpWatch.Berkeley.edu.

Safer Shampoo

Makers Agree Not to Use Cancer-Causing Chemical



This year, the Center for Environmental Health (CEH) reached legal agreements with 26 major companies to discontinue using a cancer-causing chemical in shampoo and personal care products, and potential agreements with more than 100 additional companies are still pending. Cocamide diethanolamine (DEA), a synthetic chemical created from a chemical reaction between coconut oils and diethanolamine, has been used for decades in shampoos and other products as a foaming agent.

In 2012, California listed the chemical as a known carcinogen, based on assessment by the World Health Organization's International Agency for Research on Cancer, which evaluated skin exposure tests on animals. In 2013, the CEH brought lawsuits against companies selling products in California containing the substance without a health warning, as required under Prop 65, the state's consumer protection law for toxic chemicals.

Note: A Think Dirty app offers information about the potentially toxic ingredients in cosmetics and personal care products and what not to buy.

Source: Ecowatch.com (Tinyurl.com/Shampoo-Lawsuit)

Apple Corps

Green Apple Day Aims to Transform Schools

The Green Apple Day of Service, to take place on September 27 nationwide, will give parents, teachers, students, companies and local organizations ways to transform schools into more healthy, safe and productive learning environments via local service projects. Green Apple is a global movement dedicated to enabling schools to provide clean and healthy air, conserve energy and other resources and serve as places where young people can reap inspired dreams of a brighter future.



Source: MyGreenApple.org



GMO Gung-Ho

U.S. Farmers Plant More GMO Crops

Farmers in the U.S. added 12 million more acres of genetically modified (GM or GMO) crops in 2013, reports Clive James, with the International Service for the Acquisition of Agri-Biotech Applications, and now lead the world in their production by volume. Even as many U.S. consumers reject foods containing GM ingredients, many farmers continue to embrace the technology.

"In general, choosing GM seed is an economic decision for farmers," says North Dakota Farmers' Union President Mark Watne, who grows corn, soy and wheat in Minot. "If you give them a tool to battle weeds at a reasonable cost, they adopt it."

Source: USA Today

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"Healing is a very gradual process and it takes time for you to condition your body into a state where the healing process can begin. But it must begin with nutrition."



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QUICK FACT:

Vitamin Facts: Your body uses vitamins for a variety of biological processes, including growth, digestion, and nerve function. There are 13 vitamins that the body absolutely needs: vitamins A, C, D, E, K, and the B vitamins (thiamine, riboflavin, niacin, pantothenic acid, biotin, vitamin B-6, vitamin B-12 and folate).

Source: FDA.gov

globalbriefs



Online Opportunity Major University Offers Integrative Medicine Certificate

The George Washington University School of Medicine and Health Sciences is inaugurating an online Integrative Medicine Program in partnership with the Metabolic Medical Institute and accepting applications toward graduate certification in integrative medicine.

Integrative medicine focuses on the whole person, and the curriculum includes prevention, self-care, nutrition, exercise prescription, dietary supplements and wellness-based therapies. Students also review advanced predictive diagnostics, biotechnology, and systems biology utilizing proteomics, genomics and metabolomics. Graduates will gain cutting-edge knowledge to make well-informed decisions with their patients about treating disease, promoting vitality and optimizing aging.

To learn more and enroll in the program, visit MMIMedicine.com.

Apple Crunch Celebrating Pesticide-Free Orchards

The nationally acclaimed Rodale Institute will celebrate its fifth annual Organic Apple Festival on September 21 in Kutztown, Pennsylvania, more than 30 years after planting the trees.

Organizers note that when growers select just one genetic variety of apple to reproduce and cultivate, they create a monoculture that easily becomes more susceptible to pests and diseases than an orchard that hosts several varieties. An array of insects and blights favor this all-American fruit, which is why standard apples are the single-most pesticide-contaminated produce item at conventional groceries.

Large agribusiness operations typically grow fruit bred for durability and color during shipping and shelf life. Organic apples, by contrast, are chosen for flavor and regional adaptability.



Source: [Facebook.com/RodaleInstitute](https://www.facebook.com/RodaleInstitute)



Ice Cubed

Greenland a Big Contributor to Sea Level Rise

New research by University of California-Irvine and NASA glaciologists published in *Nature Geoscience* shows that Greenland is more vulnerable to warm ocean waters from climate change than previously thought. Newly discovered deep valleys stretch for dozens of miles under the Greenland ice sheet in bedrock well below sea level. As subtropical Atlantic waters hit the fronts of hundreds of glaciers, their edges will erode much further than had been assumed and release far greater amounts of water.

Ice melt from the subcontinent has already accelerated as warmer marine currents have migrated north, although older models predicted that once higher ground was reached in a few years, the ocean-induced melting would halt, Greenland's frozen mass would stop shrinking and its effect on higher sea waters would be curtailed.

Source: [Environmental News Network](http://EnvironmentalNewsNetwork.com) (Tinyurl.com/Greenland-Sea-Rise)

Cell Bill

Overcharging Mobile Devices Wastes Money
Smartphone maker Nokia estimates most devices need only about two hours to fully charge, making overnight charging highly wasteful; users also should disengage and unplug chargers from the wall when they're done. Another helpful tip from *BatteryUniversity.com* is not to wait until cell phone power is nearly or completely depleted before recharging, because full discharges put a strain on the battery that can shorten its lifespan.

Umbra Fisk, an environmental columnist at *Grist.org*, advises using a power strip and even a timer as parts of a central charging area for all mobile devices to facilitate monitoring and reduce overcharging. Energy Star-qualified (*EnergyStar.gov*) cordless phones demand about half the energy of standard units.

Energy Star reports that the average U.S. household spends \$100 annually to power devices while they are off, constituting nearly 10 percent of annual electric utility bills and amounting to an annual total of 100 billion-plus kilowatt hours of U.S. electricity consumption and more than \$10 billion in annual energy costs.



Planetary Push

Public Demands Climate Change Solutions



People throughout the U.S. and worldwide, representing hundreds of grassroots and non-government organizations, will converge on

New York City for the Peoples Climate March on September 21.

As United Nations Secretary General Ban Ki-moon calls for heads of state to mobilize at an historic U.N. Summit on Climate Change that weekend, the people will demand action via the largest-ever climate change citizens' demonstration. Concerned groups and individuals expect to exchange ideas, articulate common challenges and address solutions.

Learn more and sign up at PeoplesClimateMarch.org. Find a partial list of participating organizations at Tinyurl.com/GroupsMarching.



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ZERONA: ZAP FAT WITH LASER LIGHT

Lasers are typically thought of as hot, but “cold” lasers that emit variable-frequency pulsed waves are used in surgery for pain relief and now to get rid of fat.

“It does seem too good to be true, but there’s a lot of science behind this,” says Steven Hopping, a cosmetic surgeon and otolaryngologist in DC. A former president of the American Academy of Cosmetic Surgery and a professor of surgery at George Washington University, Hopping has had a Zerona machine for about a year and a half.

With Zerona, a patient lies down and a four-armed device is positioned over the body. To treat the tummy and thighs, the laser eye in the middle of the contraption is positioned over the abdomen, while the four arms are over the thighs.

The laser is on for 40 minutes a session. Often, six sessions are spaced over a two-week period. Patients typically feel nothing, though some experience a tingle.

Fats cells are emulsified, causing them to collapse and be emptied via the body’s lymphatic system. The shrunken fat cells remain but are smaller.

In the study that prompted FDA approval, more than 80 percent of those in a Zerona trial lost an average of 3.64 inches combined over their waist, hip, and thigh areas. A control group that didn’t get Zerona averaged half an inch. The fat loss was evident in photos of participants.

Although it wasn’t required in the trial, patients getting Zerona now are asked during treatment to avoid caffeine and alcohol, and drink lots of water.

Zerona seems to have no adverse side effects. The laser operates at too low a level to affect deeper body tissues or skin. Blood studies conducted on those undergoing treatment were normal, and some people who had high or borderline-high cholesterol saw improvement.

In studies, more than 80 percent of patients responded to treatment. Hopping says that perhaps 75 percent of those he treats are pleased; the rest experi-

Zerona

Melt Belly Fat Using Zerona Cold Laser Treatments

Zerona employs a laser to shrink fat cells, and costs about \$1,500 to \$1,700 for a package of six purportedly painless treatments performed over two weeks in a doctor’s office. A package of six treatments at the LITEON Natural Health Center is under \$800. Each treatment takes roughly 40 minutes. Liposuction costs \$4,000 on average, and a tummy tuck costs \$5,000 to \$9,000. Unlike many laser sculpting procedures, Zerona has “absolutely no side effects, no allergic reactions, bruising, anything,” says Steve Shanks, president of Erchnoia, Zerona’s manufacturer. The company’s clinical trial for FDA approval found that the procedure removed about 1 to 1.5 inches from each area treated including waist, hips, and thighs. *Source: Health.usnews.com*



ence little to no effect. Wanda Dyson, a DC internist who has a Zerona, reports about the same numbers, adding that with more sessions the likelihood of a response appears to increase. Both doctors say they've had a few patients lose as much as 12 inches.

"Men are especially good candidates because they tend to carry fat around the waist," says Hopping. "That fat often responds well."



Deborah Johnson of Arlington, a patient of Dyson's, initially signed up for six Zerona treatments on her abdomen, thighs, and back. They worked so well that she got three more.

"I started on a Monday, and by that weekend I was in my closet trying on clothes I hadn't been able to wear in a long time," Johnson says. She did Zerona last February and, when interviewed in December, said she had not only maintained the lost inches but lost more: "It inspired me to keep exercising and eating well."

"I love Zerona as a way to jump-start a healthy lifestyle change," says Dyson. "People come in on a diet plateau, start seeing inches go away, then stick with their diet and exercise program."

Zerona can't be used to remove firm fat, only marshmallow flab. It should be avoided if you're pregnant or have a pacemaker. Some evidence suggests that Zerona may not work as well on people with diabetes or thyroid impairment, because their lymphatic systems may be slow to get rid of material in collapsed fat cells. Finally, no studies have shown how long the effects last but for now at least we know it works.

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Conscious Caregiving

Nurture Yourself While Helping Another

by Deborah Shouse

If you're depressed, tired or sick, your caregiving is likely to suffer," counsels John Schall, CEO of Caregiver Action Network, in Washington, D.C., and a former family caregiver. "For the sake of your loved one, take care of yourself."

The AARP estimates that some 34 million family caregivers provide for someone that is ill or disabled in the U.S. According to the National Alliance for Caregiving, in Bethesda, Maryland, caregivers generally struggle with finding time for themselves, managing emotional and physical stress and balancing work and family responsibilities.

Experts suggest that the following seven steps can help people enjoy a healthier, less stressful and more conscious approach to care giving—and receiving.

Reframe Care

When Lori La Bey's mom was diagnosed with dementia, the daughter initially felt she was the only family

member that could help her. However, gradually, the Minneapolis-based international caregiver advocate and founder of *AlzheimersSpeaks.com* learned to welcome help from others. "Being perfect gets in the way of true connections," she observes.

Although La Bey began her caregiving out of love, the volume of related tasks soon sparked stress. That's when she taught herself to slow down and reframe her outlook: Before going into her mom's room, folding her laundry, scheduling healthcare practitioners and delivering dinner, La Bey paused to consciously ask: "Is Mom safe, happy and pain-free?" Centering on those three questions reminded her that she was doing this work out of love.

Psychotherapist Diana Denholm, Ph.D., of West Palm Beach, Florida, heightened her own consciousness by learning to see caregiving as a collaborative effort. Denholm, author of *The Caregiving Wife's Handbook: Caring for Your Seriously Ill Husband, Caring for Yourself* (*CaregivingWife.com*), sought

to keep her husband as engaged and active as possible.

When she had difficult issues to discuss, she'd make a "talking date" with him, offering choices by saying, "I'd love to chat with you. Would Tuesday before dinner or Thursday after breakfast work for you?" Before the date, she'd select a comfortable room and clear her mind by meditating, napping or mindfully sipping herbal tea. The conversations would cover anything from how to work with their health professionals to plans for his end-of-life ceremony. They agreed on strategies and worked together as a team.

Redefine Assistance

"I'll carry your luggage for you, Dad, since you're not feeling well"... La Bey still remembers her father's downturned mouth as she tugged the suitcase out of his hands. "I was trying to be helpful, but instead I took away his dignity and power," she later realized. "If I had packed his bag lighter, he could have carried it like always." When are we helping and when are we doing too much?

"Put yourself in the sick person's shoes. Avoid doing something the person can do for himself," agrees Denholm. Controlling behavior changes the dynamics of the relationship and can put the caregiver in a parental role. She recommends a holistic brainstorming exercise in which the caregiver writes answers to such questions as: What am I frustrated about? What really annoys me? Why am I angry with myself?

The results offer a window to understanding our own feelings. "Feeling anger could mean we're acting co-dependently and taking on too many responsibilities," Denholm says. "The caregiver's job isn't to save the patient, but merely to support him or her in necessary ways."

Ask for Help

"I don't want to be a burden," and "We're afraid of losing our privacy," and "I'm the only one who can take care of him; no one else can do it right," are common concerns. "These self-limiting beliefs prevent people from reaching out for help," says family caregiver and life coach Yosaif August, founder of Yes To Life Coaching (*YesToLifeCoaching.com*), in Phila-

delphia, Pennsylvania, and author of *Coaching for Caregivers: How to Reach Out Before You Burn Out*.

August quotes a recent Johns Hopkins study that reported caregivers might improve their health "... when caregiving is done willingly, at manageable levels and with individuals who are capable of expressing gratitude." Accepting assistance makes caregiving more manageable.

August understands how overwhelming the experience can be and advises caregivers to ask themselves: "What do I need help with right now?" Keep answers specific, such as, "I need someone to prepare dinner tomorrow night, mow the lawn and pick up our vitamins."

August also suggests creating a family Declaration of Interdependence, a personal statement documenting how the family prefers to be helped, along with the attitudes and behaviors they find especially supportive. Encourage family and friends to ask these two questions: "Are you open to advice?" and "Is this a good time to talk about your spouse's condition?" Make much-needed breaks sacrosanct from such discussions.

Nurture through Nourishment

More than 50 percent of caregivers surveyed in a 21st-century study spearheaded by the National Alliance for Caregiving reported, "I don't have time to take care of myself." That can translate to a lack of exercise, an unhealthy diet and little or no respite.

"If you aren't healthy and strong, you can't properly care for anyone else," says Liana Werner-Gray, New York City natural lifestyle consultant and author of *The Earth Diet (TheEarthDiet.org)*. To begin each day, she advises drinking one cup of warm water with juice from half a lemon, explaining that stress produces acid and lemon water metabolizes as alkalinity and helps keep the body's pH balanced.

For healthy snacks, Werner-Gray recommends easy and nutrition-rich choices like fresh fruits, green smoothies, organic nut butters and a trail mix of raw nuts, seeds and dried fruits. Save time with the smoothies by making a large batch and freezing portions to enjoy later. A basic recipe might include two

Extending a Hand to Caregivers

If your caregiving friends can't articulate what they need, try these lovely offerings.

- Send a cheerful card.
- Gift a plant.
- Weed their garden.
- Cook a meal.
- Schedule a walk together.
- Sit with a loved one for several hours so they can run errands.
- Volunteer to get their car washed.
- Take them to a movie or out to dinner.
- Buy a gift certificate to use online.
- Treat them to a massage.

handfuls of greens, such as spinach and kale, a banana and other fruits, almond milk or purified water and maybe adding flaxseed, cinnamon or goji berries. When appropriate, share the same health-boosting foods with the loved one.

Victoria Moran, of New York City, is the director of the Main Street Vegan Academy and author of a dozen books on health and well-being including *Main Street Vegan* and *Living a Charmed Life*. She offers such conscious eating tips as eating full meals of "real" food instead of snacks; selecting beautiful foods; and ritualizing indulgences, such as a special spot for relaxing with high-quality dark chocolate and tea using good china while listening to classical music.

Stand for Exercise

Even though caregivers may feel they don't have time to spare, Dr. Jordan D. Metzl, author of *The Exercise Cure*, says it's vital to incorporate physical activity. He recommends starting by walking 30 minutes a day for one month. If necessary, it can be done in 10-minute increments.

According to a study by Mayo Clinic Physician James Levine, Ph.D., in Scottsdale, Arizona, "Sitting is the new smoking." Researchers have linked sitting for long periods of time with a number

GREEN WATERS

pH 5.5

Acidic Body and OBESITY



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

Alkalize your body with GREEN WATERS



of health concerns that include obesity, metabolic syndrome and increased risks of death from cardiovascular disease and cancer. The solution is to move more and sit less—walk while on the phone and stand up while reading.

Metzl suggests a stretch break every 20 minutes. Three of his “commandments” for fitness are having fun, setting goals and minimizing sitting.

“Schedule exercise and respite breaks and make them as inviolate as a doctor’s visit,” advises Schall.

Commune with Spirit

August suggests establishing a twofold consciousness-raising ritual to welcome and appreciate life. Begin each day by showing gratitude for being alive and end it focused on forgiveness and gratitude. “When you cultivate gratitude, you notice more things to be grateful for,” says August.

La Bey concurs, and writes down at least five things she is grateful for every day. She mentally replays time with her mom and appreciates the little moments and signs of hope, like “the twinkle in Mom’s eye or the way she held hands and smiled.” This puts her in an upbeat frame of mind when she drifts off to sleep. She also writes out her intention for the day, envision-

ing positive out-comes. She might affirm: “I am going to have a grace-filled day. Things will go smoothly.”

Denholm centers herself by petting her cats. Some caregivers chant or practice meditation or mindful breathing, while others might take a walk, shop, or sit quietly in a church.

Notice Blessings

La Bey discovered that her journey as a caregiver also dramatically enhanced her own life. “Mom taught me so much,” she relates. “I learned compassion and unconditional love on multiple levels. I learned to live in gratitude, instead of loss.”

August notes, “Even in the tough times, I experienced an engaged, poignant and rich connection with my parents.”

For Denholm, treasured gifts included strengthening her communication with her husband and working as a team.

“Allowing yourself to reach out for assistance and make time for respite will deeply enrich your caregiving experience,” concludes Schall.

Deborah Shouse is the author of Love in the Land of Dementia: Finding Hope in the Caregiver’s Journey. Follow her blog at DeborahShouseWrites.wordpress.com.



Online Help for Caregivers

AlzheimersSpeaks.com

Radio show, blogs, free webinars and resource directory

CaregiverAction.org

Advocacy, peer support and other practical information

CarePages.com

Free patient blogs connect friends and family

CaringBridge.org

Share views and receive support

LotsaHelpingHands.org

Coordinates ways to address specific needs by those rallying to help

ShareTheCare.org

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

Did you know A vitamin deficiency can cause



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Lose Weight:

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

Anti Aging:

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

Reduce the Chances of Osteoporosis:

Acidity leaches out calcium and magnesium from our body leading to osteoporosis. To combat this problem,

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

Build Cardiovascular Health:

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

Reduce Joint Pain and Arthritis:

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

Reduce Candida:

Along with other healthy bacteria,

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

Reduce Infections, Flu and Colds:

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

Detoxify:

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

Decrease Risk of Cancer:

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

Increase Energy Reserves:

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

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WebMD.com

Three bowel movements a day is considered a very healthy body.

Jean-Pierre Raufman, MD

Gastroenterologist at University of Maryland School of Medicine

"The digestive tract contains more bacterial cells than there are cells in the entire body."

Dr. Steven T. Castille

Director of the Natural Health Center

Bowel movements more than 16 hours are too long. This indicates wastes are sitting inside your colon too long, and substances that were supposed to be eliminated now are absorbed back into the bloodstream and can interfere with your system.

Your digestive system is remarkably efficient. In the space of a few hours, it extracts nutrients from the foods you eat and drink, processes them into the bloodstream and prepares leftover material for disposal. That material passes through about 20 feet of intestine before being stored temporarily in the colon, where water is removed. The residue is excreted through the bowels, normally within 6 to 12 hours.

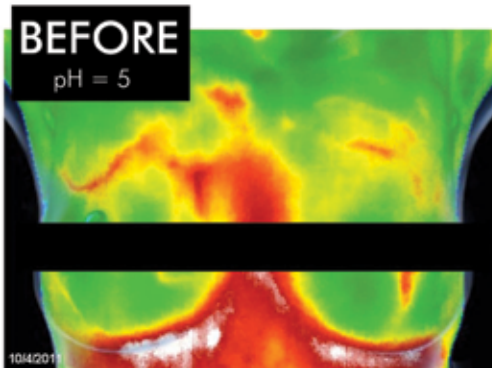
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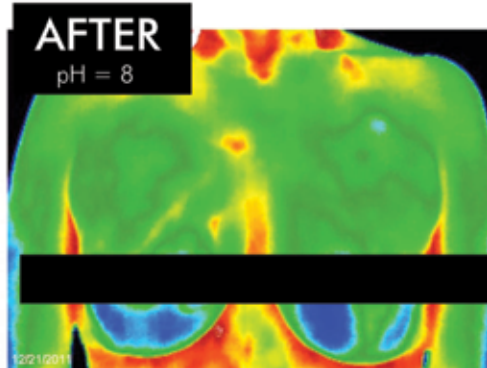
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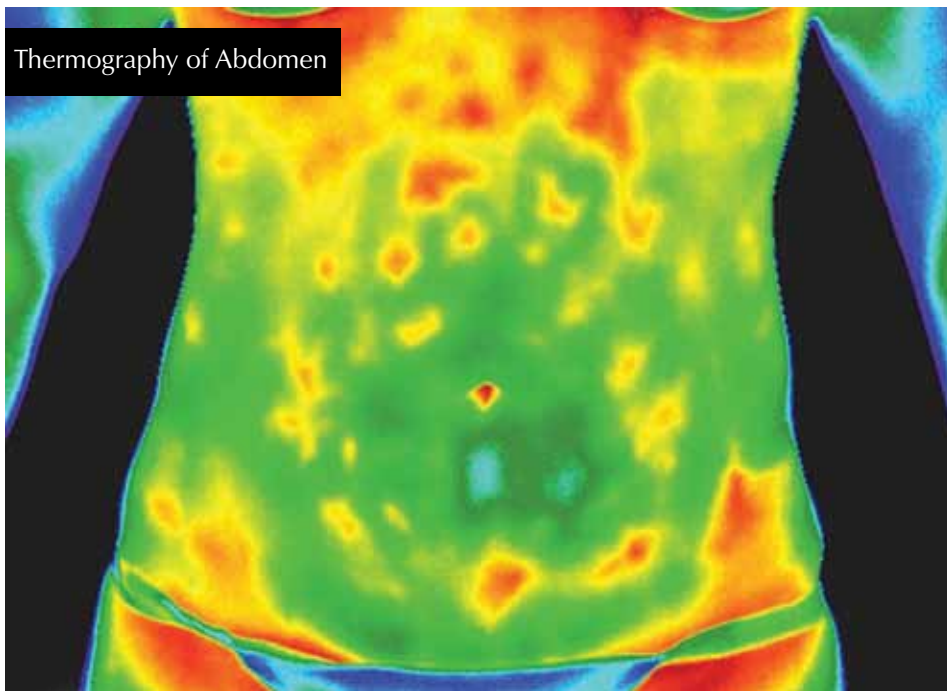
In the **BEFORE** photo, right breast shows feeder blood flow (new vessels formed to feed cancerous cell cluster). Looks like a red and yellow snake weaving across the breast.



AFTER (three months later) photos show a dramatic cut-off of the blood flow (feeder vessels) and the blue and green coolness of the breasts and nipples are more in line with normalcy.

Heart disease
Diabetes
Lupus
Cancer
Arthritis
Asthma
Fibromyalgia
Celiac disease

Thermography of Abdomen



Questions & Answers

Breast & Full Body Thermography

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Q. What is Thermography?

A. Thermography is an imaging technique for measuring and displaying body temperature. It is a key diagnostic tool in the detection of disease, injury and infection. There is a high degree of thermal symmetry in a normal healthy body. Subtle abnormal temperature asymmetries can be easily identified that may be attributed to pathology or dysfunction.

Q. Is thermography new technology?

A. No, thermography has been used globally and extensively in medicine for over 20 years. Thermography has been recognized as a viable diagnostic tool since 1987 by the AMA Council on Scientific Affairs, the ACA Council on Diagnostic Imaging, the Congress of Neurosurgeons in 1988 and in 1990 by the American Academy of Physical Medicine and Rehabilitation.

Q. What role does thermography play in breast health?

A. Thermography's purpose in breast cancer and other breast disorders is to help in early detection and monitoring of abnormal physiology and the establishment of risk factors for the

development or existence of cancer.

Thermography has the ability to show the vascular and lymphatic changes within breast tissue associated with developing pathology often before they are detectable with other standard structural testing.

Q. Who should have breast thermography?

A. Thermography is especially appropriate in women ages 30-50 where breast cancers grow significantly faster and denser breast tissue makes it more difficult for mammography to pick up suspicious lesions. This test can provide a clinical marker to the doctor that a specific area of the breast needs particularly close examination. Thermography is designed to improve chances for detecting fast-growing, active tumors in the intervals between mammographic screenings or when mammography is not indicated by screening guidelines for women less than 50 years of age; however women over the age of 50 can certainly benefit from annual thermography screenings as well.

Q. Is a thermal scan different than a mammogram or ultrasound?

A. Yes. Unlike mammography and ultrasound, thermography is a test of physiology and function. Mammography and ultrasound are tests of anatomy and structure. A mammogram, ultrasound, or thermography cannot diagnose cancer.

This is possible only through a biopsy. When thermography, mammograms, ultrasounds, and clinical exams are used together, the best possible evaluation of breast health can be made. The goal of thermography is early detection. The benefits of thermography are that it is non-invasive, radiation free, painless and economical.

Q. Is thermal imaging a replacement for mammography or ultrasound?

A. Thermography should be viewed as a complimentary, not competitive, tool to mammography and ultrasound. Thermography has the ability to identify patients at the highest level of risk and actually increase the effective usage of mammograms and ultrasounds. Research confirms that thermography when used with mammography, can improve the sensitivity of breast cancer detection. The ultimate choice should be made on an individual basis with regard to clinical history, personal circumstances, and medical advice.

Q. How is my breast baseline or "thermal fingerprint" established?

A. In order to establish what is "normal" for you, two breast studies must be done three months apart. If there are no changes in your thermal patterns in comparing the two studies, we can assume we have established your baseline. These baseline images will then be archived for annual comparison. Please note, however, that a baseline cannot be established during pregnancy or lactation due to the various physiologic changes occurring within the breast tissue associated with these conthermographies.

Q. Why do I need to come back in two months for another breast study?

A. The most accurate result we can produce is change over time. Before we can start to evaluate any changes, we need to establish an accurate and stable baseline for you. This baseline represents your unique thermal fingerprint, which will only be altered by developing pathology. A baseline cannot be established with only one study, as we would have no way of knowing if this is your normal pattern or if it is actually changing at the time of the first exam.

By comparing two studies two months apart we are able to judge if your breast physiology is stable and suitable to be used as your normal baseline and safe for continued annual screening. The reason a two-month interval is used relates to the period of time it takes for blood vessels to show change. A period of time less than two months may miss significant change while a period of time much more than three months can miss significant change that may have already taken place. There is NO substitute for establishing an accurate baseline. A single study cannot do this.

Q. If I have a suspicious mammogram or breast lump should I have a thermal scan?

A. Yes. The information provided by a thermography study can contribute useful information which ultimately helps your doctor with case management decisions. It is also instrumental in the progress of any treatment protocol.

Q. What is the benefit of a full body scan?

A. Thermography is totally non-invasive, radiation and pain free. It is useful in locating the source of undiagnosed pain, and a key tool in detecting and monitoring a multitude of diseases and physical injuries. Medical thermography can offer considerable financial savings by avoiding the need for more expensive investigations.

Q. Do I need my doctor's referral?

A. No. The Natural Health Center sees patients who are both self and physician referred.

Q. How do I prepare for my thermographic scan?

A. Preparing for your scan is simple, but crucial to the accuracy of the results. Do not have any physical therapy, electromyography, or chiropractic work the same day as your thermography appointment. Do not smoke or participate in vigorous exercise 2 hours before the test. Do not use any lotions, liniments or creams the day of your scan. Avoid strong sunlight exposure the day of your appointment. No change is required in diet or medication.

Q. How long does the procedure take?

A. A breast imaging and full body scan will take about 45 minutes.

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Skin

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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

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Sparking Creativity in Elders with Dementia Re-Engaging Through Art, Music and Dance

by Deborah Shouse

Is there a way to upend the limits of Alzheimer's disease? Expressive therapies focus on what people can do and their successes. Cultural programs offer creative opportunities for those with dementia and their care partners.

Artful Imagination Prompts Participation

"Looking at art and making observations gives people living with dementia a chance to exercise their imagination and creativity," says Susan Shifrin, Ph.D., director of ARTZ Philadelphia, part of the Artists for Alzheimer's program founded by John Zeisel, Ph.D., and Sean Caulfield. "There are no right or wrong answers. People are enlivened, realizing they still have ideas to contribute."

Prior to a museum visit, an ARTZ facilitator brings photos of familiar works of art that evoke memories, emotions and conversation to a care facility. The facilitator then tailors a museum visit so that the most engaging works of art are viewed. A similarly beneficial at-home ARTZ experience relates to the individual's background or interests, looking for images that tell a story

about families or feature animals the loved one likes.

"Use open-ended, non-judgmental questions to discuss the art," Shifrin suggests. "It's all about listening to the response and encouraging the conversation."

Musical Connections Trigger Happiness

Dan Cohen, of Brooklyn, New York, had a simple yet profound idea: Furnish people that have memory loss with an iPod loaded with their favorite music. It's helping people nationwide reconnect with themselves through listening to their personal playlists. He has repeatedly seen how "The music transforms lives."

Cohen notes, "Residents who were formerly idle become engrossed in listening to their favorite music. They are empowered to choose the songs they want to hear. They become engaged as the music triggers memories. I've also seen the experience make people more social." He recommends using headphones to minimize distractions. Sit together, turn on the iPod and watch for smiles of delight.

Dance Movement Integrates Souls

"Dance therapy enhances connections in the brain and uses movement to integrate body, mind and spirit," says Erica Hornthal, owner of Chicago's North Shore Dance Therapy, a psychotherapy practice that helps individuals cope with the challenges of dementia.

Hornthal often notices a real change after people experience movement therapy. Often, when she enters a memory care facility she sees people withdrawn or sleeping. After she guides them in specific movements designed to connect mind and body, participants are usually awake, more alert and making eye contact.

"We might reach our arms up, then down, to connect with ourselves. We might give ourselves a hug and then stretch toward our neighbor," explains Hornthal, a board-certified dance movement therapist. "All the movements have a psychosocial goal."

She suggests that care partners play familiar music and encourage their loved one to move as they wish to. The care partner might move her head or wiggle her fingers to the music, inviting the other to do the same. "Focus on what your loved one can do and celebrate their abilities," Hornthal advises.

Brushing Watercolor Memories

"Even after memory and cognitive functions are damaged, the ability to create art can continue," says Karen Clond, a licensed master social worker and dementia care specialist at the Alzheimer's Association Heart of America chapter, in Prairie Village, Kansas. "The organization's Memories in the Making art program works because the amygdala, the part of the brain involved with emotions and memory that processes feelings like fear, also processes beauty, appreciation and attachment."

Sally Jenny developed the program in 1988, which now boasts more than 4,000 participant artists a week. Facilitators create a safe and encouraging atmosphere to explore painting with watercolors, which can unlock memories, stimulate thoughts and promote social interaction. The process also produces tangible pieces they've created and can revisit. "The artists have complete control over their work," Clond comments. "It's a failure-free activity."

For at-home painting activities, she suggests inviting guidelines: Provide good-quality supplies; have no expectations; find something good in every effort; ask them to title their piece and affix their artist's signature; call them an artist and provide artistic respect.

Telling Personal Stories Improves Well-Being

"Creative storytelling for dementia patients replaces the pressure to remember with the freedom to imagine," remarks Joan Williamson, of Milwaukee, Wisconsin, a coordinator and master trainer with TimeSlips. She's seen it improve communication, self-esteem and social interaction for people with memory loss.

Whether exploring art, music, movement or storytelling, expressive therapies can enrich the lives and connections of people with dementia and their care partners.

Deborah Shouse is the author of Love in the Land of Dementia. Visit DeborahShouseWrites.wordpress.com.

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Wheatgrass is grown from the wheat seed (wheat berries), which is the whole kernel of the wheat grain. To an inexperienced eye, the blades of wheatgrass look very similar to those of any common lawn grass. There are, however, considerable differences between them beneath their uniform outer appearance.

Wheatgrass is considered by many people to be the most healing of all grasses. It contains more than 90 elements from the soil, and it is one of nature's richest sources of vitamins A and C. When it is grown in fertile organic soil, it contains all of the known mineral elements and is rich in calcium, magnesium, phosphorus, iron, potassium, sulfur, sodium, cobalt and zinc. Wheatgrass is also abundant in vitamin B-17, a substance that can destroy cancer cells selectively.

Scientists at the University of Texas concluded that wheatgrass juice is exceptional in its chlorophyll content. Known as "nature's greatest healer," chlorophyll produces an environment that suppresses bacterial growth in the body and counteracts ingested toxins. It also helps to purify the liver, build the blood's oxygen-carrying potential and regulate digestion.

As a cocktail, wheatgrass is a powerful purifier of the stomach, liver, pancreas and circulatory system. Initial consumption of even one ounce may cause nausea; however, this is merely a brief manifestation of the initial impact of the wheatgrass juice upon bodily toxins. We recommend one starts with a small amount (one ounce or less) and increase that amount gradually until one is drinking three ounces daily. For optimum nutritional value, one must consume the fresh or frozen juice. One can also chew the blades of wheatgrass; the juice can be swallowed and the pulp discarded.



Wheatgrass was first introduced to Acadiana in 2011 in *Natural Awakenings* Magazine by Dr. Steve Castille.

Dr. Steve founded The Acadiana Wheatgrass Institute in 2012 to study the health benefits of wheatgrass. Using a state-of-the-art biochemical research lab, Dr. Steve's holistic research team is developing new ways to fully harvest the nutritional benefits of wheatgrass.

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- Fights tumors and neutralizes toxins. Recent studies show that wheatgrass juice has a powerful ability to fight tumors without the usual toxicity of drugs that also inhibit cell-destroying agents. The many active compounds found in grass juice cleanse the blood and neutralize and digest toxins in our cells.
- Contains beneficial enzymes. Whether you have a cut finger you want to heal or you desire to lose five pounds...enzymes must do the actual work. The life and abilities of the enzymes found naturally in our bodies can be extended if we help them from the outside by adding exogenous enzymes, like the ones found in wheatgrass juice. Don't cook it. We can only get the benefits of the many enzymes found in grass by eating it uncooked. Cooking destroys 100 percent of the enzymes in food.
- Has remarkable similarity to our own blood. The second important nutritional aspect of chlorophyll is its remarkable similarity to hemoglobin, the compound that carries oxygen in the blood. Dr. Yoshihide Hagiwara, president of the Hagiwara Institute of Health in Japan, is a leading advocate for the use of grass as food and medicine. He reasons that since chlorophyll is soluble in fat particles, and fat particles are absorbed directly into the blood via the lymphatic system, that chlorophyll can also be absorbed in this way. In other words, when the "blood" of plants is absorbed in humans it is transformed into human blood, which transports nutrients to every cell of the body.
- When used as a rectal implant, reverses damage from inside the lower bowel. An implant is a small amount of juice held in the lower bowel for about 20 minutes. In the case of illness, wheatgrass implants stimulate a rapid cleansing of the lower bowel and draw out accumulations of debris.

- Externally applied to the skin can help eliminate itching almost immediately.
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- Works as a sleep aide. Merely place a tray of living wheatgrass near the head of your bed. It will enhance the oxygen in the air and generate healthful negative ions to help you sleep more soundly.
- Enhances your bath. Add some to your bath water and settle in for a nice, long soak.
- Sweetens the breath and firms up and tightens gums. Just gargle with the juice.
- Neutralizes toxic substances like cadmium, nicotine, strontium, mercury, and polyvinyl chloride.
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- Turns gray hair to its natural color again and greatly increases energy levels when consumed daily.
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- Restores fertility and promotes youthfulness.
- Can double your red blood cell count just by soaking in it. Renowned nutritionist Dr. Bernard Jensen found that no other blood builders are superior to green juices and wheatgrass. In his book "Health Magic Through Chlorophyll" he mentions several cases where he was able to double the red blood cell count in a matter of days merely by having patients soak in a chlorophyll-water bath. Blood building results occur even more rapidly when patients drink green juices and wheatgrass regularly.

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A Lovely Loo that's All Green, Too

Tips for Eco-Friendly Plants, Shades and Cleaners

by Avery Mack

Key elements like low-flow faucets and showerheads, VOC-free paint, sustainable flooring and nonporous countertops form the foundation of an eco-friendly bathroom. Now let's take a look at the softer side of green.

Start by considering the use of honeycomb window shades and double-glazed windows to keep this most intimate room comfortable year-round and reduce utility bills. Periodically letting in fresh air helps keep the room dry and reduces growth of mold, mildew and bacteria.

While the kitchen harbors the most germs in the house, the bathroom is a close second. Instead of harsh chemical cleansers, try white vinegar, a safe and economical alternative. Its acidity is effective in killing most germs. Madeleine Somerville, of Edmonton, Alberta, Canada, author of *All You Need Is Less*, uses heated vinegar misted on the shower door to remove soap scum. To achieve a shiny tub, she advises mixing one-quarter cup of baking soda, one tablespoon of natural dishwashing soap and enough water to make a paste. The baking soda also freshens the drain when the tub is rinsed. Toilet bowl ring

stains can be scrubbed away with a pumice stone.

"Cleaning faucet aerators and exhaust vents on a regular basis extends equipment life, maintains efficiency and prevents minor plumbing problems," advises Keita Turner, a New York City area interior designer. Turner has also installed dual-flush toilets that necessitate less water and upkeep.

Bathroom odors are another concern. A few drops of essential oil on a cotton ball placed inside the toilet paper roll freshens the air every time the roll turns—without the plastic waste byproduct from store-bought brands.

Baking soda removes odors in the bath like it does in the fridge. Upgrade from a simple bowlful by designing a mini-Zen meditation spot using a flat, open wooden box and a doll house-sized rake. Adding a smooth rock or two for texture heightens visual appeal.

Green plants can chip in by absorbing odors, as well. Many, like the Boston fern, thrive in shower steam. Flowering plants add an inviting touch. Be sure to choose child- and pet-safe greenery.

Even quick, water-saving showers eventually result in towels and wash-

cloths destined for the laundry. The Good Housekeeping Research Institute suggests that towels can be used up to four times before washing if they are hung to dry between showers, reducing both water and energy usage.

To avoid spreading germs, personalize towels and washcloths for each child by color or marking with an initial or colored dot. Organic cotton towels are eco-friendly, comfy and widely available, as are organic cotton bath mats. For the crafty, make a mat from recycled towels or upgrade to a foot-massaging mat made from recycled wine corks.

On special occasions when a soothing bath is called for, add a whimsical touch with Mr. Green, the world's first rubber duck made in the U.S. from environmentally friendly, recycled and recyclable material. "Recycled materials call for different sculpting and molds, so designing Mr. Green was the hardest thing we've ever done," says Craig Wolfe, president of CelebriDucks, in San Rafael, California. It's a fun way to remind kids about going green while they spend a few extra minutes getting clean.

Cleaning Recipes

Freshen drains and keep oils and lotions from clogging bathroom pipes by pouring one cup of baking soda into the drain, followed by a cup of hot, white vinegar. After it foams, wait five minutes and then flush with hot water.

Mix two tablespoons of salt with one teaspoon of white vinegar to form a paste effective for cleaning chrome faucets.

Scrub chrome with a cut lemon to remove hard water stains.

Use lemon juice and an old toothbrush to scrub grout.

Periodically douse the toilet with a half-cup of lemon juice and swish with a toilet bowl brush to keep it fresh.

Add a few tablespoons of lemon juice into a spray bottle filled with water to clean windows and mirrors.

Primary Source: *BroccoliCupcake.com*

To indulge in post-shower personal pampering, consider health-enhancing coconut oil for head-to-toe moisturizing. As a hair treatment, coconut oil blocks protein loss and reduces frizz. Make a home exfoliating sugar scrub by combining one-half cup of virgin coconut oil, one cup of organic sugar and 20 drops of lime or another essential oil to gently scrub away dry winter skin. Dry skin and ragged cuticles also benefit from whipped coconut oil. Its antifungal properties help keep toenails healthy and sandal-ready.

Goat's milk soap can reduce symptoms of dry skin, eczema and psoriasis. Its alpha-hydroxy acids remove dead skin cells. Add honey as a natural antibacterial boost. Mixing in colloidal oatmeal produces a gentle exfoliator.

Let the next upgrade of the bathroom be of a more personal nature aligned with our core values of being good to our family and our home planet.

Avery Mack is a freelance writer in St. Louis, MO. Connect via AveryMack@mindspring.com.

Recommended House Plants

Plants on the counter or windowsill add green to the room and serve as air purifiers.

Aloe—provides gel inside the leaves to soothe burns and shaving nicks

Boston fern—can be challenging to grow, but absorbs humidity and moisture

English ivy—can reduce airborne fecal matter particles

Eucalyptus—adds its own fresh aroma

Heart leaf philodendron—cleans the air; poisonous if eaten by kids or pets

Peace lily—cleans the air; poisonous to pets, especially cats

Snake plant—needs little light or water; cleans the air of chemicals used in personal products

Primary Source: ThisOldHouse.com

Green Bathroom Trivia

- Never clean with sponges—they merely move the germs around; use a washable cloth wipe instead.
- Turkish cotton towels dry faster than the Egyptian variety.
- Always put the upper toilet lid down. Testing by scientists at Leeds University found airborne germs 10 inches above and around the commode.
- Low-flow toilets use as little as 1.6 gallons per flush compared to older styles that use five to seven gallons. The average person flushes five times a day.
- A bath averages 35 to 50 gallons of water versus a 10-minute shower with a low-flow showerhead maxing out at about 25 gallons. Better yet, take quicker showers and turn off the water while lathering and shaving.
- Conventional showerheads run at 5 gpm (gallons per minute) compared with low-flow at 2.5 gpm. Conventional faucets can flow at 3 gpm versus low-flow faucets at half that rate.



For a calculation of personal water usage, visit Tinyurl.com/PersonalWaterUse.

Primary Source: GraceLinks.org

Naturopathic Medicine Goes Mainstream

Naturopathic medicine going from margins to mainstream - "Since the beginning of my career to now, I've met hard-nosed doctors from respected U.S. hospitals who take seriously the effects of alternative medicine. For example, world-renowned cancer centre Memorial Sloan Kettering has Dr. Barrie Cassileth running its integrative medical department, and Johns Hopkins has Dr. Linda Lee."

- Dr. James Aw

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Mindfulness for Little Ones

Teaching Kids to Be Calm and Focused

by Traci Childress

Mindfulness, simply defined, is being in the moment. Using simple tools can help us consciously notice our breath, bodies and sensations, as well as what is happening around us. As we practice noticing, we can more readily return to the moment and more immediately connect with ourselves and others. Integrating five mindfulness practices into our young children's lives is easy and yields powerful dividends.

Build Relationship with Breath

Connecting the rhythm of breathing to experiences helps children understand how to calm down. (Older children might enjoy learning the effects of breathing throughout their system.) First, ask children to notice their breath. Invite them to put a hand in front of their nose and breathe and say, "This is breath. All living things breathe." Encourage them to share their response to the experience.

Next, move to modeling breathing patterns in relation to experiences and feelings such as, "I feel so frustrated that my breath is moving fast. Look at my chest." Then model returning to calm breathing with, "I am putting my hand on my chest and reminding myself to take longer breaths."

Help children notice how their breath changes throughout the day. Games can support this increased awareness. Ask the child to lie down, place their hands on their chest

and belly and lie still. Ask them to notice their breath, and then have them stand up and jump up and down before noticing their breath again.

After hard play, tell them, "Your breath is moving so fast because you were running hard." At bedtime, soothingly note, "Your breath is getting sleepy and slow." Remember to be a witness, rather than a judge.

Play is an excellent way to discover how breathing changes. Partner with a child to try to simulate how favorite animals breathe. Invite them to try sustaining a sound, such as chanting a vowel letter, and time how long they can do it.

Notice Feelings and Sensations

Practice a regular mind/body check-in. At breakfast, inquire, "How are you feeling today?" or "Feelings check! At the moment, I am feeling tired and excited. What about you?" The idea is not to change or fix anything, just to notice, allowing a broadly defined perspective. Children might be able to describe a specific feeling or only an overall sensation like jumpy or buzzing.

Cultivate Sensory Awareness

Paying attention to sensations can bring children and adults into the moment. Integrate sensory awareness into daily life with simple questions like, "What do you see? What do you hear? What do you smell?" We can bring this practice with us everywhere—into the waiting room at the dentist's office, in the car or on a plane.

Practice Moments of Quiet

Intentionally quiet moments support the development of mindfulness and empower children to consider "not doing" a valid part of everyday life. When they are given the opportunity for quiet time, they often love it.

Try asking the child to get so quiet that they can hear a particular sound in the room—their breath, the tick of a clock or the hum of a computer. Once they hear it and you do too, you can dismiss the practice session with a bell, gentle clap or another soft sound.

Send Well Wishes

The traditional Buddhist practice of *metta*, or loving kindness, meditation involves reciting phrases that we direct first to ourselves and then outward toward others. For example, think, "May I be safe. May I be well. May I be at peace," and then repeat the same phrases for someone we love, someone we don't know personally and ultimately, all beings.

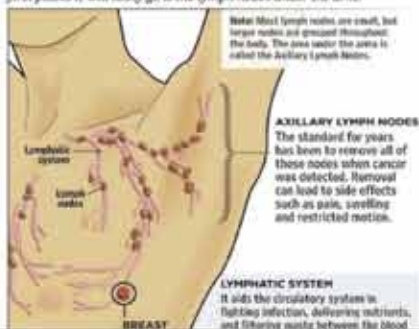
When, for example, children ask why ambulances emit such loud, wailing sounds, we might explain, "Emergency rescue workers are helpers. Their sirens mean they are going to help someone. When we hear the sirens, we can wish them well by saying, 'May they be safe.'"

Traci Childress, co-founder and executive director of the Children's Community School, in Philadelphia, PA, teaches mindfulness practices and yoga. Learn more at TraciChildress.com.



BREAST HEALTH

Lymph nodes, part of the lymphatic system, are found throughout the body. When breast cancer spreads outside the breast, one of the first places it will likely go is the lymph nodes under the arms.



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Diagnosed with cancer
What are my options for "wellness"

Infrared treatment shrinks tumor volumes 86% in 30 days

In a clinical study published in the Journal of Cancer Science and Therapy, scientists studied far infrared's effects on human cancer cells in vitro and on cancer cells in mice. Far infrared therapy reduced tumor volumes 86% in 30 days. The tumor-suppressing effects were even seen without high temperatures, even as low as 77 degrees Fahrenheit.

In another study, researchers in Japan discovered that whole-body hyperthermia with far infrared strongly inhibited the growth of breast cancer tumors in mice without deleterious side effects. Researchers believe this therapy is promising for long-term studies of a noninvasive treatment of breast cancer.

(1) Tatsuo I, Ishibashi, J. et al Non-Thermal Effects of Far-Infrared Ray (FIR) on Human Hepatocellular Carcinoma Cells HepG2 and their Tumors, J Cancer Sci Ther Volume 1(2) : 078-082 (2009) - 078 <http://www.omicsonline.org/Archive/JCST/2009/December/01/JCST1.78.pdf>

(2) Udagawa Y, Nagasawa H, Kiyokawa S, Inhibition by Whole-Body Hyperthermia (WBH) with Far-infrared rays of the Growth of Spontaneous Mammary Tumours in mice. Anticancer Res. 1999 Sep-Oct;19(5B):4125-30

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Mammograms Carry Cancer Risk

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



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

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

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

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

All Adults Should Take a Daily Multivitamin, Recommends American Medical Association

All adults should take a multivitamin every day, according to a report published by two Harvard doctors in the *Journal of the American Medical Association* (2002;287:3127–9). This recommendation is based on research demonstrating that taking a multivitamin may help prevent a number of chronic diseases, including heart disease, some cancers, and osteoporosis.

According to the authors, the evidence is “conclusive” that supplementing with folic acid during the first trimester of pregnancy reduces the risk of a group of birth defects known as neural tube defects. It is also well documented that taking vitamin D along with calcium reduces the risk of fractures in elderly women with thin bones (osteoporosis). A strong, though not conclusive, case can be made that supplementing with folic acid, vitamin B6, and vitamin B12 may help prevent heart disease by lowering homocysteine levels. Additional research suggests that vitamin supplements may reduce the risk of colon and breast cancer.

The new recommendation is part of a gradual but ongoing attitude shift in conventional medicine concerning the value of nutritional supplements. For many years, the prevailing opinion among most doctors was that vitamin supplements are unnecessary because the typical American diet provides all of the nutrients necessary to maintain good health. However, as the Harvard researchers point out, that opinion is no longer defensible.

The observation that vitamin supplementation can prevent several common chronic diseases indicates that the average American diet does not provide optimal amounts of some nutrients. Subtle vitamin deficiencies can result from excessive consumption of nutrient-depleted foods such as refined sugar and white flour, from inadequate intake of vitamin-rich fruits and vegetables, and from nutrient losses due to processing, prolonged heating, or storage of foods.

While vitamin supplementation can correct certain deficiencies, it is not an adequate substitute for a good diet. That is because whole, unprocessed foods contain a wide array of beneficial substances besides vitamins, such as carotenoids, flavonoids, natural antioxidants, and other unidentified compounds. As one researcher recently suggested, the best approach to disease prevention is to eat properly and to take a multivitamin.

Alan R. Gaby, MD

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 create a major health problem! Tobacco and alcohol can also inhibit the absorption of vitamins and minerals, or accelerate the loss of them.

"You can not drug your body back to good health. You can only heal the body by providing it the vital nutrients it needs to restore and rebuild naturally."

- Oliver Frank Matthews, MD



Recommended Daily Allowance (RDA)

Food component	65 grams
Total fat	20 grams
Saturated fat	300 mg
Cholesterol	300 mg
Sodium	2,400 mg
Potassium	3,500 mg
Total carbohydrate	300 grams
Dietary fiber	30 grams (1oz)
Protein	50 grams
Vitamin A	5,000 IU
Vitamin C	60 mg
Calcium	1,000 mg
Iron	18 mg
Vitamin D	400 IU
Vitamin E	30 IU
Vitamin K	80 mcg
Vitamin B1 (Thiamin)	1.5 mg
Vitamin B2 (Riboflavin)	1.7 mg
Vitamin B3 (Niacin)	20 mg
Vitamin B6 (Pyridoxine)	2 mg
Folic Acid (Folate)	400 mcg
Vitamin B12	6 mcg
Biotin	0.3 mg
Pantothenic acid	10 mg

MINERALS (at least 20 mg each)

Iron	Zinc	Iodine
Copper	Manganese	Fluoride
Nickel	Chromium	Selenium
Calcium	Potassium	Sodium

20 Best Foods for FIBER



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

But few people are getting enough.

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

- Dr. Steven T. Castille



photos by Stephen Blancett

Indian Vegetarian Cooking Potent Spices and Veggies Fend Off Disease

by Bushra Bajwa

Vegetarians seeking flavorful variations can try 9,000 Indian, Pakistani and Bangladeshi grocery stores nationwide.

“We are now seeing 20 percent non-Indian customers in our store,” says Vipul Patel, owner of the Louisville, Kentucky, branch of Patel Brothers, the largest Indian U.S. grocery store chain. “Usually, new customers come in with an Indian recipe and we help them find the ingredients.”

Indian Veggies

Vegetarianism has been a way of life in India for millennia. Some Indian vegetables may already seem familiar; winter melon, or white pumpkin, for example, is a squash that cooks and tastes like its orange counterpart. Eggplants native to India are egg-shaped and smaller than the American variety; they cook in less time and have a less bitter taste.

“By eating a larger variety of vegetables, consumers benefit from an increased array of vital nutrients and specialized phytochemicals that have healing and medicinal qualities,” says Ronald Hubbs, a practitioner at NW Naturopathic Medicine, in Portland,

Oregon. He advises against overcooking vegetables to maintain their nutritional qualities.

Consider pickled vegetables, known as achar. “Naturally fermenting vegetables can turn some of them into superfoods, with enhanced properties that are rich in healthy bacteria and support digestion and immunity,” says Hubbs, citing studies in the *Journal of Nutrition* and *Clinical Microbiology Reviews*.

Daals, or lentils, including Indian diet staples peas and beans, provide a good source of protein that is also high in fiber, he says. Lentils—highly versatile and available with or without the skin, whole or split—can be eaten thick and creamy, soup-like or dry, cooked with other vegetables or simply enhanced with basic Indian spices. Popular legumes include black-eyed peas and garbanzo beans. Different regions in the Indian subcontinent have their preferred daal spices and cooking methods, but all citizens often serve them with boiled rice or Indian bread, called chapatti.

Indian Spices

Although often considered “hot”, the blend of aromatic herbs and spices

used in many Indian dishes, including those incorporating dairy, can be layered in for tantalizing flavors without necessitating frequent water breaks.

Many commonly used herbs and spices have proven medicinal properties, historically recognized for their healing properties in ayurvedic therapies and more recently, in Indian alternative medicine. For example, University of Maryland Medical Center research shows that fennel seeds aid digestion and the *Journal of Phytopathology* reports that carom seeds have antiseptic properties.

Recently, researchers at Penn State University found that antioxidant spices such as turmeric, oregano, cinnamon, cloves and paprika reduced triglycerides in the blood by 30 percent, helping to reduce the risk of chronic disease. “That’s because adding spices to a meal decreases the amount of fat in the bloodstream after eating,” explains study leader Ann Skulas-Ray, Ph.D.

Americans can easily learn to bring out the best in their own Indian cuisine with the subcontinent’s alluring blends of herbs and spices delivering both unforgettable flavor and nutrient-rich fare.

Bushra Bajwa is a freelance writer in Issaquah, WA. Connect at BushraBajwa@hotmail.com.

EZ Garam Masala

Authentic garam masala is made with whole spices that have been roasted and ground, but this quick and easy substitute will add a warm, sweet flavor to vegetables, rice and other foods.

2 Tbsp ground coriander
1 Tbsp ground cumin
1 Tbsp ground cardamom
1 Tbsp ground black pepper
1 Tbsp ground fennel seed
1 tsp ground mustard
½ tsp ground cloves
½ tsp ground cinnamon
1 tsp ground cayenne red pepper
2 Tbsp ground turmeric

Mix the spices in a small bowl, place in an airtight container and store in a cool, dry place.

ORGANIC FRUITS & GREENS BLEND

All cells need a supply of oxygen and nutrients, and cancer cells are no exception. Without their own blood supply to nourish them, tumours cannot grow larger than the size of a grain of sugar.

As a tumour grows, it sends out signals to nearby blood vessels. These cause new blood vessels to sprout towards the tumour, effectively hijacking the blood supply. Scientists call this process angiogenesis.

Source: Cancer Research UK

A cancer cell needs:

- acidic tissue and fluids to survive in
- a low oxygen environment
- stagnant lymph can feed cancer cells

Antiangiogenic Foods:

Green tea Strawberries Blackberries Raspberries
Blueberries Oranges Grapefruit Lemons Apples
Pineapple Cherries Red wine Wheatgrass



Supplement Facts

Serving Size: 1 Heaped Scoop (13g)
Servings Per Container: 30

Amount Per Serving		% Daily Value
Calories	40	
Total Carbohydrates	10g	2%*
Dietary Fiber	2g	4%*
Sugars	4g	**
Organic Phytonutrient Fruit & Vegetable Blend	4410mg	**
Organic Apple Powder		
Organic Strawberry Powder		
Organic Cherry Powder		
Organic Raspberry Powder		
Organic Blueberry Powder		
Organic Raspberry Powder		
Organic Beet Powder		
Organic Kale Powder		
Organic Carrot Powder		
Organic Spinach Powder		
Organic Tomato Powder		
Organic Greens Blend	3250mg	**
Organic Spirulina		
Organic Wheatgrass Powder		
Organic Barley Grass Powder		
Organic DGL Grass Powder		
Organic Flax Seed Powder	1710mg	**

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

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Kamini Desai Explores a Yogic Life Inner Calmness Leads to Self-Mastery

by Linda Sechrist

Kamini Desai's Ph.D.-worthy versatile body of teachings combines her lifelong interests in Western psychology and Eastern philosophy. Trained at the Kripalu Center for Yoga & Health, in Stockbridge, Massachusetts, she develops and leads core programs for Florida's Amrit Yoga Institute, providing advanced studies dedicated to the science and system of integrated human development. A resident of Salt Springs, Florida, and the Netherlands, she teaches in 10 countries on three continents.

What is a yogic lifestyle?

It means being focused on inner peace. Through the study of yoga as a complete science of self-mastery, I'm cultivating the realization of my highest self beyond body and mind. This intention is the director of my unfolding life. I like to use the metaphor of a ship. If this higher self as a wise captain isn't steadily setting the course at the helm, then on any given day, the happy, sad, grieving, enthusiastic or depressed me will likely be steering my life in a contrary direction and I'll just be going in circles.

In the Integrative Amrit Method of Yoga, along with the integrative method of yoga nidra

that I practice and teach, my focus is on the release of body energy, rather than any physical pose. Energy is healing. When energy is freed up, it naturally calms the mind and creates a spontaneous, meditative state in which the highest self can be experientially known.

To free energy, I attune to the sensations resulting from the physical alignments in any yoga posture. Each pose focuses attention on sensations occurring along the meridian lines in the body, allowing areas that are blocked and limited to open up and energy to optimally flow. Then, in what Amrit yoga describes as the "second half of the posture," I close my eyes and feel that released energy becoming magnified through my attention. The stronger the energy becomes, the more the mind organically dissolves into a meditative state where mental, emotional and physical healing can happen spontaneously.

What was it like to grow up as the daughter of Yogi Amrit Desai, a well-known guru?

I feel blessed that I was exposed to my father's teachings from a young age. His message that I first embraced was that people and things will always change, and if I rely on either of them for

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happiness and peace of mind, I'm depending on the undependable. The need is to find internal stability in the midst of every polarity.

My dad, now approaching 82, has always been an example of one whose entire life is about moving towards a changeless state of being and of what it means to remain a nonjudgmental witness to all that happens in life. Still, I had to learn my own lessons.

How have you benefited from yoga?

I began studying with my dad when I was 16. Now, at 46, I more fully value the depth of yoga.

The longer I practice, the more grateful I am that my mind is less fragmented than it otherwise would be. I'm progressively able to deal with situations that would have sent me over the edge before. I more naturally avoid wasting a lot of mental energy in internalized, "If they say this then I'm going to say that," conversations. With less mental chatter, I have more energy and stamina to focus on what is in front of me. I can be totally absorbed in each present moment for a deeper sense of fulfillment in what I'm doing.

How do you feel about the Westernization of yoga?

Individuals that begin any style of yoga for its physical benefits are off to a good start, but anyone that maintains a regular practice becomes curious about yoga's other benefits, like relaxation, more peace and a sense of happiness that arises without any apparent cause. Eventually they ask, "Why is this good thing or greater bliss happening to me? What else is there besides postures?"

Although everyone eventually learns many life skills, we rarely learn how to live our lives well, manage our emotions and relate to others in ways that create more peace and happiness within. These are the uncaused benefits of yoga that people come to love.

Find more of her words of wisdom in articles posted at KaminiDesai.com.

Linda Sechrist is a senior staff writer for Natural Awakenings. Visit ItsAllAboutWe.com for the recorded interview.

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Say Yes to Yoga

It Boosts Health, Peace, Community and Spirituality

by Lynda Bassett



Lois Parker Carmona first stepped into a yoga studio looking for better physical health. “I was doing hot vinyasa because I wanted to sweat. I wanted to feel better,” she recalls.

Many people on a similar quest try yoga for the first time during September’s National Yoga Month (YogaHealthFoundation.org/yoga_month), founded by Johannes Fisslinger. “This year, more than 2,200 yoga studios will offer informative public events or a free week of classes to new students to educate everyone about the health benefits of yoga and inspire a healthy lifestyle,” says Fisslinger. “Yoga and mindfulness are an essential part of America’s newly emerging health paradigm.”

Like many others, as Carmona deepened her practice, she discovered that yoga’s benefits transcend the physical. Then she went further, becoming a certified Baptiste yoga instructor and co-owner of Melrose Yoga, in Melrose, Massachusetts. “Many of us are so busy and consumed with the constant motion of day-to-day activities that we lose complete track of who we are, along with the state of our bodies,” she says. “Yoga reconnects me with myself.”



Flexibility

One reason that people try yoga is to improve their flexibility. A recent report from Yoga Alliance, a nonprofit association based in Arlington, Virginia, states that it can improve flexibility and mobility and increase range of motion over time as ligaments, tendons and muscles lengthen and become more elastic. It also helps relieve muscular tension throughout the body.

The Alliance’s Danica Amore notes that flexibility means different things to different people. “A senior might define flexibility as being able to pick up the grandkids, while young people might consider it essential to their athletic abilities.” Flexibility can also mean being able to turn around easily while backing out of the driveway or running with fewer injuries, adds Carmona.

Improvements in flexibility generally depend on an individual’s age, health and commitment to practicing yoga, as well as the style chosen. “There are so many different lineages of yoga, and each teacher has his or her own style. Plus, each individual progresses at their own pace,” Amore explains. “It’s really a question of where you want this personal practice to take you and how you embrace it in your private life.” The bottom line is that everyone’s journey is different.

Mental Health

Many experts concur that yoga can be effective in reducing stress. As students continue their practice, they feel less stress and an increased sense of peace and relaxation, along with other mental health benefits.

“Yoga gives you what is often called a ‘witness consciousness’,” says John Kepner, executive director of the International Association of Yoga Therapists, in Little Rock, Arkansas. “Being able to observe the external events around you, but not being caught up in the drama. In modern terms, it’s an increased ability to stay cool, calm and collected. After a good yoga class, your troubles can appear further away.”

Improved Relationships

When stress is reduced, an increased sense of calm tends to permeate all areas of one’s life, observes Kepner. “Based on my experience, yoga also helps improve relationships.” He has taught the same group of students for 10 years and notes their special relationship: “If one goes to the same yoga class regularly, a friendship tends to develop with others in the class, called *Songhai*. After a while, practicing together becomes one of the most valuable parts of the practice,” he says.

This beneficial, deeper sense of community—a major allure of a long-term yoga practice—develops mainly from the intangible sense of working together in terms of physical, mental and spiritual support.

Spirituality and Connectedness

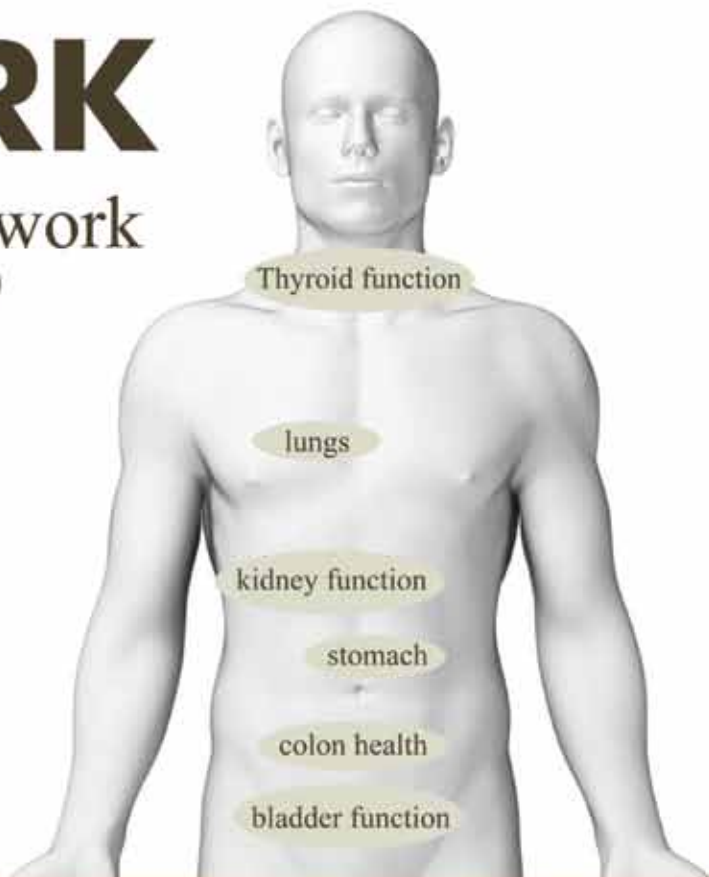
“Even beginning students quickly realize how connecting with their bodies and their breath helps them in their everyday lives,” says Carmona. “It adds a transcendent dimension to everything you do in life.”

In addition to its more immediate tangible benefits, other long-term benefits experienced by students may be harder to define or quantify. Carmona observes, “People generally say that yoga has changed their life, physically, mentally and spiritually.”

Lynda Bassett is a freelance writer outside Boston, MA. Connect at LyndaBassett@gmail.com.

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Sadly, most annual medical check-ups involve the physician ordering only routine blood tests, if blood tests are ordered at all. Far too often, this blood work does not even test for important markers of disease risk. The consequences of failing to analyze blood for proven markers of disease risk are needless disability and death. Blood tests have benefits that go far beyond disease prevention. For example, by monitoring levels of sex hormones, you can take decisive steps to enhance your quality of life, perhaps by correcting a depressive mental state, erectile dysfunction, abdominal obesity, or by improving your memory and energy levels.

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Chlorophyllin Influences Death of Colon Cancer Cells

Caspase-8 and Apoptosis-inducing Factor Mediate a Cytochrome c- independent Pathway of Apoptosis in Human Colon Cancer Cells Induced by the Dietary Phytochemical Chlorophyllin.

Dians, GD., Li, Q., Dashwood, RJ. *Cancer Research* 63, pp.1254-1261, 2003.

Background: Chlorophyllin is a substance similar to chlorophyll. It was studied because it has anti-cancer properties. Chlorophyllin is especially interesting because it also has been used to protect at-risk individuals from chemically-induced cancer.

Laboratory/Animal Study: Human colon cancer cells were treated with a number of different doses of chlorophyllin and the cancer cells were studied before and after the treatment. The researchers looked at markers for a type of pre-destined or programmed cell death called apoptosis.

Conclusions: The study found that chlorophyllin was able to induce cell death—apoptosis. They discussed the possibility that chlorophyllin might be interacting with “death receptors” that eventually cause the death of the cancer cell. There were other markers detected for a tumor suppressor gene, which leads to the possibility that chlorophyllin can cause the death of colon cancer cells by a number of different methods and may be useful in preventing colon cancer as well.

1. Egner, PA., Muñoz, A., Kensler, TW. *Chemoprevention with chlorophyllin in individuals exposed to dietary aflatoxin.* *Mutat Res.* 2003 Feb-Mar;523-524:209-16.

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Om Sweet Om

Sounding the Key Note of the Universe

by Sam Saunders

“Om” is a Hindu sacred sound considered the greatest of all mantras, traditionally used in prayers, chants and meditation—possessing high spiritual and creative power, it can be recited by anyone. Om is both a sound and a symbol rich in meaning and depth. When pronounced correctly, it is actually “AUM.”

Aum consists of four syllables: A, U, M and the silent syllable.

The first syllable is A, pronounced as a prolonged “awe.” The sound starts at the back of the throat and is stretched out; sense the feeling of the solar plexus and chest vibrating.

The next is U, pronounced as a prolonged “ōō,” with the sound gradually rolling forward along the upper palate and vibrating the throat.

The third syllable, M, is pronounced as a prolonged “mmmm,” with front teeth gently touching. Start to feel the top of the head vibrate.

The last syllable is the deep silence of the infinite. As intelligence rises from the deep silence, merge the chant from the M to the deep silence.

Why do we chant it?

Everything in the universe is pulsating and vibrating—with nothing standing still. The sound Om, when chanted, vibrates at 432 Hz, the same vibrational frequency found throughout nature. By chanting the keynote sound of the universe, we are symbolically and physically tuning in to and acknowledging our connection to all other living beings, nature and the universe.

The universal vibrations and rhythmic pronunciation also physically affect the body by slowing the nervous system and calming the mind, similar to the effects of meditation. When the mind relaxes, blood pressure decreases and ultimately, heart health improves.

Finally, chanting AUM is well-suited to mark the beginning or end of a yoga practice or meditation session or as a respite from regular daily activities. It signifies that this is a special time to care for ourselves and practice being mindful.

Sam Saunders lives and teaches yoga in Dubai. Connect at Sam@LoveYoga.ae.

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THE GREAT CLASSROOM PET DEBATE

Kids Like Classroom Pets, Animal Lovers Raise Doubts

by Sandra Murphy

A classroom pet can help students learn about caring for another species, but is it the best way to teach?

"A classroom pet can be a great opportunity to teach children gentle behavior. Many kids take pride in caring for the pet," observes Terry Manrique, now a professional parent coach in Columbus, Ohio, who earlier worked with children ages 5 and 6 at Little People's Country, in LaGrange, Illinois. To prevent jealousy, students can rotate responsibilities for animal care in the classroom and during school breaks.

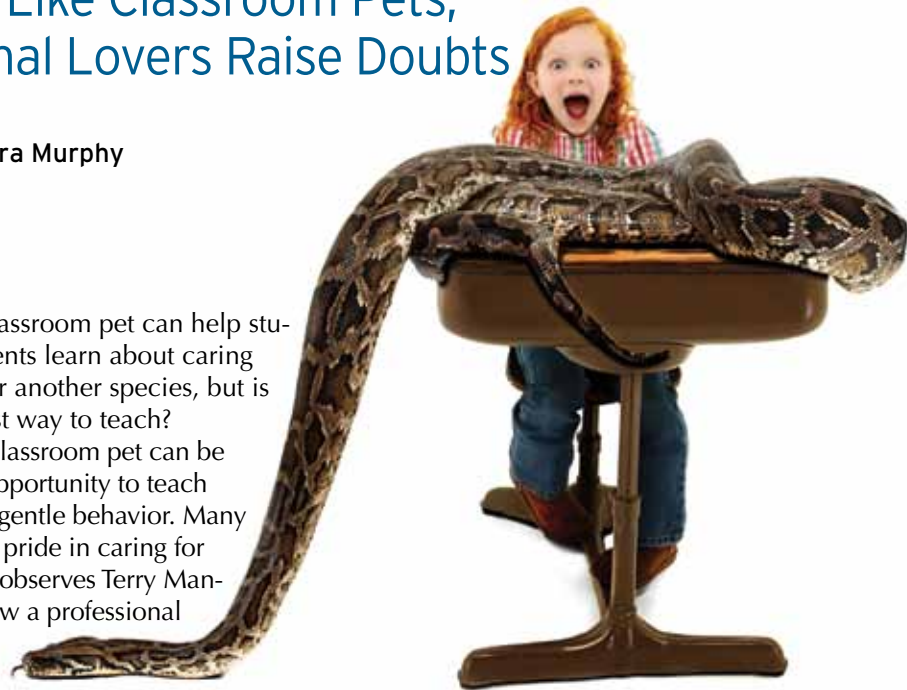
Pet Care Trust, which awards grants to teachers for hosting pets, provides care instructions and information about transmittable diseases for a bearded dragon, tarantula, rat, rabbit, leopard gecko, guinea pig, gerbil, dwarf hamster, beta fish, ball python, mouse and aquatic turtle. (Find more information via Tinyurl.com/AvoidPassingDisease.)

The ASPCA advises that the pet's environment shouldn't be stressful and care should meet its specific needs. For example, keep handling of an animal to a minimum, and then only with adult supervision. Provide food, clean water and basic veterinary care, including vaccinations and parasite

control, grooming, exercise and social interaction. Diligence in finding and eliminating hazardous substances and situations is equally vital.

Susan Tellem, co-founder of American Tortoise Rescue, in Malibu, California, elaborates on her area of expertise—turtles and tortoises. "A tank isn't a natural environment for a reptile and doesn't allow enough room for exercise. It's like asking a human to live in a bathtub," says Tellem. She points out that they also need a proper diet and natural sun, not artificial light.

Tellem used to take rescued turtles for classroom visits until a particularly large specimen staged a protest to the unnatural environment by making a mess, tearing up school papers and posters. Tellem further warns that a turtle might bite (and not let go until the person relaxes) or pinch small fingers



when retreating back into its shell. These days, she prefers to share an educational DVD that shows turtles at their best—in their own habitat. (Find more information at Tortoise.com.)

“Constant artificial lighting goes against the natural sleep cycle of an animal,” comments Veterinarian Amber Andersen, in Rancho Palos Verdes, California. “You can see it at shelters—dogs and cats are unable to achieve a restful sleep and become agitated.”

Too often, the responsibility for caring for a classroom pet falls on the teacher during holiday breaks and summer months. “We had a popular chinchilla that was usually nocturnal, but also made appearances during the day,” says Manrique. “Then one of the teachers brought her dog to school, which caused stress for the chinchilla. When a new student had an allergic



reaction to the furry creature, we had to find a new home for him. Our next pets were fish.”

Manrique’s students have also secured fertilized eggs from a local farmer to watch them hatch before the chicks returned home to the farm. “When we had caterpillars that turned into butterflies, a fun field trip to the park became the official winged release party,” she says.

There is always the chance a pet might die during the school year. Parents are advised when a classroom pet dies and students have a classroom discussion to help them work through their grief. Lisa Cohn, co-author of *Bash and Lucy Fetch Confidence*, in Portland, Oregon, wrote the book with her son, Michael, after the sudden death of their dog, Lucy, as a way to help them deal with their sadness.

The Humane Society of the United States



is not in favor of classroom pets. To avoid being vulnerable to predators in the wild, animals often hide symptoms of illness or injury. In captivity, that behavior can delay veterinary help.

Recommended alternatives to bringing animals into the classroom include field trips to nature centers, wildlife refuges and animal shelters. The society’s *Kind News* magazine for students from kindergarten through sixth grade shares stories of rescued animals, pet care tips and how-tos for nurturing backyard wildlife ([Humane Society.org](http://HumaneSociety.org)).

Before deciding on a classroom pet, consider life from the pet’s point of view—how loud is the class, how old are the kids, how much maintenance will be needed and how much space is needed for a proper habitat. There might be a better way to learn—and teach.

Contact Sandra Murphy at StLouisFreelanceWriter@mindspring.com.

9 Worst School Pets

Birds—can be messy and noisy, bite when handled too much or roughly, are stressed by too much noise and can pass salmonella.

Chinchillas—nocturnal; need cool, constant temperatures of less than 85 degrees and don’t like to be handled. They need time out of the cage daily (subject to being stepped on by eager children) and require an allergen dust bath to remove oil from their fur.

Ferrets—emit a strong odor and have a tendency to nip.

Frogs—petting can transmit salmonella.

Hamsters—nocturnal; poking can lead to a bite.

Iguanas—can grow to over six feet long and a tail-swiping can be painful; generally not friendly and have highly specific dietary needs.

Rabbits—don’t like to be handled, can bite or scratch; need a calm and peaceful environment to avoid potential stress-

induced heart attacks. Dr. Clark Fobian, of Sedalia, Missouri, president of the American Veterinary Medical Association, says they require hay or grasses, fresh greens, vegetables and a high-grade pellet food, plus toys to prevent boredom and excessive tooth growth.

Snakes—can be aggressive during molting.

Turtles—need sunlight, specific diet and more exercise space than a tank can provide; salmonella may be transmitted through their drinking water or by touch.

Better Alternatives

Fish—relaxing to watch and easy to feed.

Guinea pig—larger than a hamster and more easily handled; need space to move around and another companion guinea pig. Fresh food, high in vitamin C, is necessary, according to Fobian. Mites can be a problem requiring a vet visit.

Source: Adapted from PetMD.com

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Busty Justice

October is Bra Recycling Month



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

but often painful breast cysts and lumps.

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

To participate, visit BraRecycling.com.

QUICK FACT:

The American Cancer Society published a report in 2010 called *Mammograms and Other Breast Imaging Procedures*. The report stated that **thermography** is a way to measure and map the heat on the surface of the breast using a special heat-sensing camera. It is based on the idea that the temperature rises in areas with increased blood flow and metabolism, which could be a sign of a tumor.

Breast Health Screening Questioned



October is Breast Cancer Awareness Month, and thousands of well-meaning healthcare providers will continue to recommend mammograms. However, a growing body of research suggests that X-ray mammography may not be the best screening approach, at least on an annual basis, and even the National Cancer Institute notes potential harms ranging from false results to overtreatment and radiation exposure.

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

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

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Breast Cancer Links to Environmental Toxins



New evidence that chemical pollution may be linked to breast cancer comes from a surprising source: a group of male breast cancer patients at Camp Lejeune, a Marine Corps base in North Carolina. Poisons in the camp’s drinking water, including benzene, a carcinogenic gasoline additive, perchloroethylene (PCE) and trichloroethylene (TCE), are regarded as a cause; conditions at the base are also blamed for unusual rates of leukemia and birth defects. The worst period of contamination of the base’s water supply began in the late 1950s and continued for more than 30 more years. Because men are simpler to study than women—their risk of developing breast cancer is not complicated by factors such as menstruation, reproduction, breastfeeding and hormone replacement therapy—the epidemiologists may be able to conclusively link industrial chemicals with an

increased risk of the disease for both genders.

Source: *National Disease Clusters Alliance*

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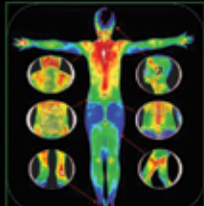
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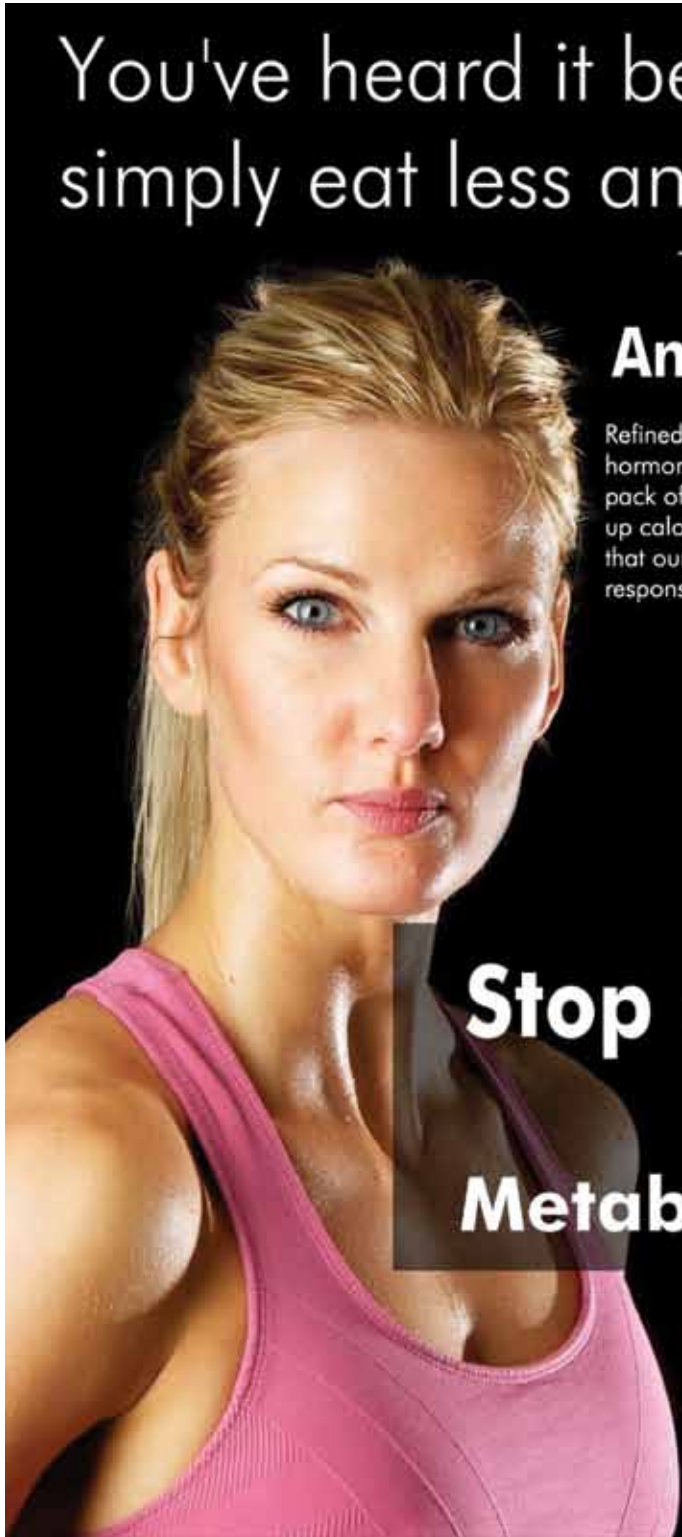
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WCA's Feed the Need – 8am. 30,000 meals will be packaged and shipped for the Packing Party on Thurs, Oct 2. Each campus gathers to weigh, sort and package the meals for hungry children. Deborah Pierce dpierce1524@gmail.com. Westminster Christian Academy, 186 Westminster Dr, Opelousas. 337-948-4623. Tinyurl.com/WCAFeedTheNeed2014.

THURSDAY SEPTEMBER 4

"The Strange Case of Dr. Jekyll and Mr. Hyde" – 7:30pm, Thurs thru Sat. 3pm Sun. Sept 4-14. A live theatre production. Iberia Performing Arts League. Essanee Theater, 126 Iberia St, New Iberia. 337-364-6114. IPALTheater.com.

MONDAY SEPTEMBER 8

Yes, I Remember It Well Goes to the Movies: The Hit Parade of 1941-1940 – 10am-12pm. A small radio station is saved from bankruptcy. Problems arise. Starring Kenny Baker and Ann Miller. Hospice of Acadiana, Conference Center, 2600 Johnston St, Lafayette. 337-232-1234. HospiceAcadiana.com.

Museum Bridge Party – 11:30am-4:30pm. Bring a favorite bridge partner. Win high score places, door prizes, lunch treats and desserts. \$25. Bayou Teche Museum Foundation. Bayou Teche Museum, 131 E Main St, New Iberia. 337-606-5977. BayouTecheMuseum.org.

Soiree Royale-Acadiana Chef's Competition – 5:30pm. Wine tasting sponsored by National Republic with craft beer samples by Bayou Teche Brewing. Food tasting begins at 7pm. Java Square Cafe offers specialty coffee tastings throughout the night. The People's Choice Award for chefs that compete in the annual chef's cook-off and wine tasting. \$40. Opelousas-St Landry Chamber of Commerce scholarship and the Felix Dezauche-JW Lowe scholarship. Evangeline Downs Event Center, 2235 Creswell Ln Ext, Opelousas. 337-942-2683. OpelousasChamber.org.

THURSDAY SEPTEMBER 11

Friends of the Library Book Sale – 9am-6pm. Thru Sat 9am-2pm. Over 10,000 books for sale at \$1 per inch for hardback and 50¢ per inch for paperback. Vinyl, DVDs and audio books for sale. Lafayette Public Library. The Heymann Performing Arts and Convention Center, 1373 S College Rd, Lafayette. 337-901-9209. FriendsOfTheLafayetteLibrary.org.

FRIDAY SEPTEMBER 12

Lydia Cajun Food Fest – 5-11:30pm. Thru Sat 9am-9pm. Dance Friday night at the fais-do-do. Join the Saturday survivor walk, poker run, food court with over 40 vendors, crafts, carnival rides & face painting. Weeks Park, 4412 Weeks Park Rd, Lydia. 337-367-1192. LydiaCancerAssociation.org.

SATURDAY SEPTEMBER 13

Run Upper Lafayette 5k – 7-10am. One-mile fun run and featured 5K walk/run. Register online, by mail, or on race day. \$25/prior to race day, \$30/day of race. Jennifer JenniferBma@Bellsouth.net. Pelican Park, 110 Softball Dr, Carencro. 337-235-5565. BridgeAcadiana.com/Run-Upper-Lafayette.aspx.

LPMGA Plant Sale – 8am-1pm. Lafayette Parish Master Gardener Assn annual sale. Plant swap 10am. Demonstration beds on Coliseum Rd next to Blackham Coliseum, Lafayette. PlantFest.org.

Lydia's Spectacular Car Show – 8am-2pm. Carnival rides, food vendors, arts & crafts and live music. Door prizes, 50/50 raffle and top 50 awards at 2pm. Free to spectators. \$30 includes meal ticket. Lydia Cancer Association. Weeks Park, 4412 Weeks Park Rd, Lydia. 337-519-2459.

Jambalaya Cook-Off – 9am-4pm. Food and fun, live music, crafts, face painting, refreshments and a featured Jeep ride with Jeepsers of Lafayette. Eat Jambalaya at noon \$5/person. Parc Hardy, 1290 Rees St, Breaux Bridge. 337-332-8500. BreauxBridgeLive.com.

The Great Cajun-Italian Spaghetti Cook-Off – 10am-1pm. Encore and Pelican Pointe kick-off the walk season to end Alzheimer's. Cooking teams show off their culinary skills. \$20/Entrance fee. \$5/all the spaghetti, drinks and music you can tolerate. All proceeds support education, resources and research to end Alzheimer's. Michele Veillon. Cajun Harley Davidson, 724 S Frontage Rd, Scott. 337-258-6398.

Word Crawl: A 12-Hour Literary Marathon – 12pm-12am. Twelve venues in twelve hours. Sponsored poets share writings at Cite Des Arts, Carpe Diem, Acadiana Center for the Arts, The Blue Moon and other locations. Up to sixty poets/spoken word artists participate, from Acadiana, Baton Rouge and throughout Louisiana. Festival of Words Project. Clare Martin. Downtown Lafayette. 337-962-5886. FestivalWords@gmail.com.

THURSDAY SEPTEMBER 18

Professional Workshop: Trauma, PTSD 7 Trau-

matic Grief Video Presentation – 8am-12pm. Jamie Mariach, PhD, LPCC_S, LICDC, teaches the standard of care in the field of traumatic stress and its key ingredients. Implement evidence-based treatment protocols and interventions for establishing safety and assisting clients in reconnecting to lives. Credits of 6.25 hours will be available for professionals through an online test. Pre-registration required. Hospice of Acadiana Conference Center, 2600 Johnston St, Lafayette. 337-232-1234. HospiceAcadiana.com.

AVEC Les Enfants Dance Fundraiser – 6-9pm. Silent auction and dance support AVEC, a supervised visitation center structured, time-limited visit between non-custodial parents and his/her children. \$30. Abacus, 530 W Pinhook St, Lafayette.

FRIDAY SEPTEMBER 19

St Landry Parish BBQ Festival – Thru Sun. Bring apron and tongs to enter the BBQ cook-off on Sunday. No entry fee, five categories: Best BBQ beef, chicken and pork, People's Choice and Best Decorated Booth. Full service carnival, live music. \$10/at gate, \$5/children under 12. Yambilee Building agriculture events. Candace.Miles@StLandryParish.org. or April.Pickens@StLandryParish.org. Yambilee Building, 1939 W Landry, Opelousas. 337-948-3688. StLandryBBQFest.com/.

Kiwanis Pepper Festival – 5-11pm. Thru Sat 8-11pm. Celebrate good food, great music, arts and crafts. Community youth projects supported by the Kiwanis Club of St Martinville. \$5/Adults, \$1/children 12 and under. City Fairgrounds, 203 N New Market St, St Martinville. 337-394-2233. PepperFestival.org.

SATURDAY SEPTEMBER 20

Exit 11 Yard Sale – 7am-4pm. Historic towns of Grand Coteau and Sunset residents and visitors set up tables (call to reserve a spot) to sell crafts, food, antiques, furniture, jewelry, glassware and one-of-a-kind items. Gift shops feature special sales or one day discounts. Rain or shine. \$25/10x10 booth space. Along Highways 93 & 182, Grand Coteau and Sunset. I-49, Exit 11 (East toward Grand Coteau and West toward Sunset). Sarah, Grand Coteau 337-662-2102 or Jerilyn, Sunset 337-662-5409.

LPMGA PlantFest 2014 – 8am-3pm. Nature and garden exposition. Vendors sell plants, garden accessories, art and food. Children's activities, demonstrations, fitness classes and music. Free. Sugar Mill Pond, Youngsville. PlantFest.org.

Cajun French Music Festival – 9am-5pm. Les Cadiens du Teche's (CFMA) features Cajun bands, dancing, food, refreshments, raffle and door prizes. Cyr Gates Community Center, 300 Parkview Dr, New Iberia. 337-369-7538. CajunFrenchMusic.org/Chapter_NewIberia.

Fired Up 30th Anniversary Concert – 6:30pm. Grand symphonic collaboration features choruses and musicians including ASO Conservatory students and local string players, ASO, Baton Rouge Symphony Orchestra, and Nicholls State University. The repertoire includes selections from Wagner, Ravel and Beethoven. Heymann Performing Arts and Convention Center, 1373 S College Rd, Lafayette. 337-232-4277. AcadianaSymphony.org/.

SUNDAY SEPTEMBER 21

Fall 2014 Benefit Trail Ride for the Eunice Com-

munity Health Center – 7-9am. Ride starts at 9am from the community center. No ATVs or dirt bikes. \$1 bottled water and soft drinks. Port-A-Potty provided and trailer for non-riders on the run. \$10 includes lunch at the pavilion. Eunice Mardi Gras Association. Pat Frey. Northwest Community Center Pavilion, 501 Samuel Dr, Eunice. 337-580-1439.

Community HU Song – 3-4pm. Walk with God to find joy in everyday things. Fellowship follows. Presented by Eckankar of Louisiana. Free. South Regional Library, 6101 Johnston St, Lafayette. 1-800-349-5197. EckankarLouisiana.org.

WEDNESDAY SEPTEMBER 24

Louisiana Sugar Cane Festival – 5-11pm. Thurs 3-11pm. Fri & Sat 8am-11:30pm. Thru Sun 10am-4pm. Parades, carnival and fais-do-do's. Enjoy sugar cookery, photography, artistry competition, horticulture show, 4-H exhibits and pageantry. Bouligny Plaza, Main St, Hwy 14 & Sucrose Dr, New Iberia. 337-369-9323. HiSugar.org.

Civil War Canonniere Discussion – 6-7:30pm. Author Michael Marshall discusses Gallant Creoles: A History of the Donaldsonville Canonniere. Free, best suited for adult audience. Jeanerette Museum, 500 E Main St, Jeanerette. 337-276-4408. JeaneretteMuseum.com.

Junior League of Lafayette's 21st Annual Tinsel & Treasures Holiday Market – 7-10pm. Thurs 8am-7pm. Fri 11am-7pm. Thru Sat 9am-5pm. Holiday shopping market to benefit community projects sponsored by the Junior League of Lafayette. Home decor, jewelry, antiques, food, toys, gifts and apparel. Purchase tickets at the Junior League of Lafayette Headquarters, on the website, or at the door. Cajundome Convention Center, 444 Cajundome Blvd, Lafayette. 337-988-2739. JuniorLeagueOfLafayette.com.

THURSDAY SEPTEMBER 25

Create a Personalized Christmas Card – 12pm. Sister Mildred Leonards shares her talent of making special occasion cards. Pre-registration required. Hospice of Acadiana Conference Center, 2600 Johnston St, Lafayette. 337-232-1234. HospiceAcadiana.com.

FRIDAY SEPTEMBER 26

Music & Market – 5:30-8:30pm. Music by CJ Chenier and his Red Hot Louisiana Band. Featured Louisiana product spice and seasonings. Beverage sales cover the cost of bands and event expenses, ice chests not allowed. Free. St Landry Parish Courthouse Square, 118 E Ct St, Opelousas.

SATURDAY SEPTEMBER 27

Acadiana Bird Club, Inc Bird Fair – All day. From small to large birds, supplies, cages, toys, and everything bird related. Vendors from out of state join this fair. \$3/admission, free/6 and under. Lafayette Event Center, 4607 Johnston St, Lafayette. 337- 824-5588. AcadianaBirdClubInc.com/events.htm/.

RCS Bazaar – 9am-6pm. Food, fun and games for the entire family. Sweets, frozen treasures food booth, soccer tournament and gumbo dinner sale. Free. Redemptorist Catholic School, 606 South Ave N, Crowley. 337-783-4466. Redemptorist-Catholic.org/bazaar.

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ongoing events

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

GET YOUR CALENDAR ITEMS PUBLISHED
SUBMIT CALENDAR ITEMS TO: publisher@NAacadiana.com

sunday

Dine Around – 11am. 3rd Sun each month. Social outing with others who have lost loved ones to meet at various restaurants around Acadiana. Registration required. Molly Vincent Charpentier. Hospice of Acadiana. 337-251-1614.

Sunday Nature Program – 11am. Activities chosen feature a particular season, event or day including guided hikes, nature videos, flora and fauna. Louisiana State Arboretum, 4213 Chicot Park Rd, Ville Platte. 888-677-6100.

Lafayette Petanque Games – 2-4pm. 4th Sun each month. Bowling game traditionally played in town parks and squares in France on hard packed surfaces. La Boule Cadienne de Lafayette sponsors regularly scheduled games, north end of Girard Park. Free. Mike LeBlanc. Girard Park. 337-654-9467.

The Vertical Barre Meditation Group – 2-3pm. Free group meditation with Laci Lopez. The Vertical Barre, 215 Garfield St, Lafayette. 318-447-5224. TheVerticalBarre.com or ARealPerson@TheVerticalBarre.com.

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

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

monday

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

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

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

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

best Bluegrass and Folk music Lafayette has to offer. Cité des Arts, 109 Vine St, Lafayette. 337-291-1122.

Cajun Band Les Freres Michot – 7-9pm. Michot performs every Monday night at Prejean's Restaurant, 3480 NE Evangeline Thruway, Lafayette. 337-896-3247.

tuesday

Opelousas Farmers' Market – 6-11am. 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.

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

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

Ongoing Grief Support Group – 12-1:30pm. For those who have suffered the loss of a loved one and wish to share and learn from others who also grieve. 2600 Johnston St, Suite 200, Lafayette. 337-232-1234.

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

Senior Water Aerobics Class – 3-3:30. Removes pressure from joints and makes moving easier. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8127.

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

CCET's Backyard Series – 6:30-8:30pm. 2nd Tues each month. A wide range of topics for the general public: informal workshops, question-and-answer forums, interactive presentations led by qualified facilitators. Sponsored by Decentralized Arts Funding distributed by the Acadiana Center for the Arts and the Louisiana Division of the Arts in partnership with the Vermilionville Foundation. Free. 300 Fisher Rd, Lafayette. 337-233-4077 Ext 211.

Writer's Guild of Acadiana Meeting – 7-8:30pm. Last Tue each month. Local writers, meet to share and

gain information in the craft of writing. The goals are to provide a strong support system for our members that includes networking communities, education and encouragement. \$30/Annual membership. Barnes & Noble Booksellers, 5705 Johnston St, Lafayette. 337-989-4142. WritersGuideOfAcadiana.com.

wednesday

La Table Francaise – 8:30-9:30am. Last Wed each 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. 1st Wed each month. Meet over a hundred people for buffet lunch with guest speakers from local businesses. 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, time for mingling. \$17.50. RSVP by 5pm the Tues before. River Oaks, Lafayette. 337-593-1400.

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

Freetown Farmer's Market – 2pm-dark. Local produce, homemade breads, jellies, soaps, pottery, fresh chicken, eggs and more. 421 E Convent St, Freetown Studios, Lafayette.

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

Regional Bedtime Stories – 6-6:30pm. A nighttime version of Family Story Time. No preregistration required. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

thursday

Opelousas Farmers' Market – 6-11am. See Tues listing. Farmers' Market Pavilion, Hwy 190, Opelousas. 337-948-5227 or 337-948-6263. CityOfOpelousas.com.

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

Senior Water Aerobics Class – 3-3:30pm. See Tues listing. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8127.

friday

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

Begnaud House Cajun Acoustic Jam Session – 6pm. 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 – 7-11pm. Public ice-skating at night.

\$10/admission & rental, \$8/admission. 3607 NW Evangeline Thruway, Carencro. 337-896-2040. LAIceArena.com.

saturday

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 – 7-11am. See Tues listing. Main St, New Iberia.

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

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

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

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

New Iberia Creole Market – 8am-1pm. 4th Sat each month. Shop for seasonal local grown produce and fruits, fresh Louisiana seafood, homemade jams, jellies and other preserves. Fresh baked items, home-cooked dishes, hand-made crafts. Enjoy fun

and educational activities that promote healthier eating and lifestyle choices. West End Park, 1200 Field St, New Iberia. 337-367-0834. Facebook.com/CreoleMarket

Bayou Vermilion Canoe Paddle – 8:30-11:30am. 2nd and last Sat each month. Canoe trips on the Bayou Vermilion, 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.

Bird Chat – 8:30am. 1st Sat each month. Wild Birds Unlimited, 137 Arnould Blvd, Lafayette, LA. 337-993-2473.

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.

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

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

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. 421 E Convent St, Freetown Studios, Lafayette.

Watercolor Exhibit – 10am-5pm. Daily exhibit of Darnelle Delcambre's watercolor students. A&E Gallery, 335 W St Peter St, New Iberia. 337-367-7668. Schex.com/AAndE.

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

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

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

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

Showtunes Sing-Along – 7-9pm. Last Sat each month. Anyone can participate in belting their favorite musical in a piano lounge-style setting. Des Amis Dining and Catering, 225 West Main St, New Iberia. 337-376-6006.

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

How to get rid of depression

High Performance Depression Supplement

Depression is more than just feeling blue, this Natural Mood Enhancer Helps to Lift your Mood and Calm Your Mind



Depression affects the entire body including a person's frame of mind, feelings and thoughts. Besides, it has an effect on the overall behavior of the person including the manner in which the person eats, carries themselves around, the thoughts that one thinks, the way he/ she interacts with people around, the sleeping patterns, the way one feels about oneself, basically the whole approach towards life.



Available at:

Natural Health Center, Carencro 347-4141
Drug Emporium, Lafayette 261-0033
DHARMA Wellness Center, Sunset 534-1110

DETOX THE BODY

Ionic Detox Foot Bath

COLORS AND OBJECTS IN THE WATER	
Color or Particle	Material or Area of the Body
Yellow-Green	Purifying the kidney, bladder, urinary tract, female/prostate area
Orange	Purifying the joints
Brown	Purifying the liver; tobacco, cellular debris
Black	Purifying the liver
Dark Green	Purifying the gallbladder
White Foam	Purifying from the lymphatic system
Black Flecks	Heavy metals
Red Flecks	Blood clot material

Top Reasons to Ion Detox

- Rid your body of unwanted toxins.
- Reduce acidic pH in the body.
- Boost your immune system.
- Enhance nutrient absorption.
- Increase oxygen absorption.
- Help relieve pain and tension.
- Help relieve chronic fatigue.
- Increase your energy.
- Improve sleep.
- Remove heavy metals and chemicals from your body.
- Recover quicker from illness or injury.
- Slow down aging and improve flexibility.

Why You Should Ion Detox

Throughout the course of the day, the average person will encounter a variety of environmental factors which affect their well being. This includes food additives, tobacco smoke, alcohol, artificial sweeteners, stress, lack of exercise, or even air pollution. These factors cause toxins to build up in your body throughout the

day. This buildup prevents your body from functioning at its optimal level. Your body detoxifies as much as it can, but never can eliminate all toxins. That's often why you may feel tired, have headaches, catch colds frequently, have sinus problems, dry skin, or bad breath. Additionally, prescription drugs, topical medication and environmental toxins seep into our organs and blood and can cause further imbalances. Ion Detox helps release chemicals that are clogging your organs like the liver and release chemicals no longer needed.

Eliminating toxins is the first step in giving the body a chance to heal itself. Detoxification is fundamental to any health building program and detoxifying through the feet is ideal. There are over 360 acupuncture points on the body with more than 60 on the soles of the feet. Acupuncture points and reflexology points reflect the organs and other areas of the body which make the feet ideal for detoxification.

Beginning symptoms of acidosis include: fatigue, headaches, bloating, acne, constipation, food allergies, panic attacks, slow circulation and joint pain. Intermediate symptoms of acidosis include: asthma, bronchitis, insomnia, psoriasis, fungus, depression, cold sores. Advanced symptoms of acidosis include: cancer, fibromyalgia, weight gain, multiple sclerosis, arthritis, diabetes, lupus, leukemia, heart disease and migraines.

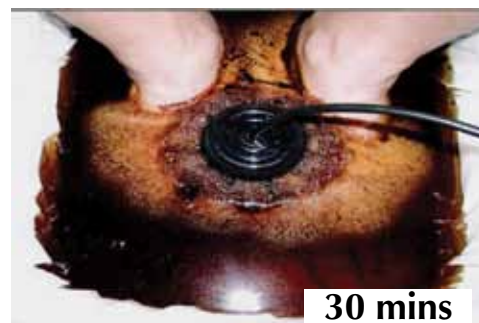
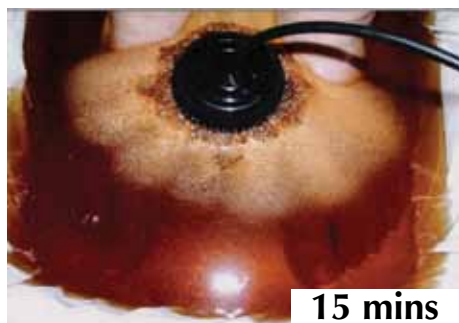
A study by the British Medical Journal said that 75% of cancers are caused by environmental and lifestyle factors. The Columbia University School of Public Health estimates that 95% of cancers are caused by diet and environmental toxicity. Heavy Metals and chemical toxins weaken the immune system and cause increased vulnerability to virus, bacterial fungal and parasitic infections. In an attempt to detoxify these substances, our bowels, kidneys and liver are being overloaded. With proper and frequent use, Ionic Detox Treatments can significantly aid the body in removal of harmful toxins. Used in combination with a healthy, low-stress lifestyle, Ion Detox Foot Bath Treatments can improve your chances for long term wellness.

Why Ion Detox Works

Ion Detox Treatments work to raise the body pH to a more alkaline state. This is important because the vast majority of people live in an acidic state which accelerates the aging process and is a more hospitable environment for disease to flourish.

A Higher Acidic pH Can Cause Such Problems As

1. Weight gain, obesity and diabetes.
2. Cardiovascular damage.
3. Bladder and kidney conditions, including kidney stones.
4. Immune deficiency.
5. Acceleration of free radical damage.
6. Hormone concerns.
7. Premature aging.
8. Osteoporosis; weak, brittle bones, hip



- fractures and bone spurs.
- 9. Joint pain, aching muscles and lactic acid build up.
- 10. Low energy and chronic fatigue.
- 11. Slow digestion and elimination.
- 12. Yeast/fungal overgrowth.

Ionic Detox Foot treatments assists the body's ability to heal itself by removing toxins that may be interfering with your own natural defenses. The best advice is to be proactive with your health. It's easier to avoid disease and illness by taking the steps discussed here, than it is to change things once disease has set in. Ion Detox Foot Baths are a valuable tool in supporting your body's natural defenses. This detoxification process is a safe and effective way to aid the healing process carried out by your Immune System.

What happens when I place my feet or some other part of my body in the Ion Foot Cleanse?

The appearance of colors, bubbles and the changes in the tension of the waters surface, as well as the change in pH, indicates that the unit is functioning correctly, producing an electrical current in the water and that polarity is being generated by the electrodes in the "array".

The result is electrolysis and the generation of an electromagnetic field. Electrolysis creates the removal of those substances with ionic capacity that is in the water, on the skin or in the pores of the person who has their feet submerged in the foot bath.

The water, due to its content of ionic salts, remains magnetized and being in close contact with the corporal liquids facilitates the extension of this field towards the interior of the body. As it is the feet that are being treated, which have many reflex zones, these experience stimulation by the electromagnetic energy that is being generated resulting in the stimuli being propagated to the different organs and systems.

Who should use the Ion Foot Cleanse?

Nearly everybody can benefit from following an ion Foot Detox program. Even those of you that think you are "healthy" and follow a balanced nutritious diet. The ionic spa compliments other therapies wonderfully. If in pain, tired or feeling run down start now.

Who should NOT use Ion Foot Cleanse?

- Anyone with a surgical implant that operates with batteries like a pacemaker.
- Anyone who thinks they are or could be pregnant.
- Anyone who has received a transplant.
- Epileptics.
- Hemophiliacs.
- Transplant patients.
- Pregnancy – Ion Foot Cleanse is designed to work with one bio-electrical system at a time, as each system has its own properties. In the case of pregnancy, there are two bio-energetic fields present which could possibly interfere with each other.

How frequently can the Foot Detox be used?

The Ion Foot Detox can be used for 30 minutes every other day. This allows time for the integration of the bio-energetic field and will avoid over-stimulation. It is NOT recommended on a daily basis, due to the fact that the body needs time to assimilate the increase in the bio-energetic level.

How are toxins eliminated?

By means of electrolysis, the Foot Detox treatment plan intends to promote corporal detoxification which will allow the body to achieve a healthier condition. This detoxification is based on the bio-energetic stimulation of the different tissues, organs and systems so that they can carry out their natural detoxifying process better. The final result is a stimulation that allows us to attain balance which in turn brings us closer to achieving better health.

On the other hand, the electrolysis phenomena in the foot bath generates a release of substances that migrate towards the electrodes, going through a transformation which is manifested in the precipitation of products in the water, color change and release of gases, and this too has a relation to our organism. Within our interior a bio-energetic flow is produced, this unblocks and stimulates, creating better tissue, organ and system functions, facilitating better circulation.

Why does the water change color?

There are many factors that come into play when the unit is turned on which contributes to the color and property changes in the water. Basically, the Detox is based on electrolysis. If we

analyze the system we find the following elements: water classification and types of salt which are used to achieve optimum conductivity.

The water that is used has its own impurities which due to the electrolysis are drawn towards or separated from other components. Remember, the water that normally reaches our homes can contain variable quantities of suspended solids such as sodium, calcium, magnesium, manganese, chlorine, antimony, arsenic, asbestos, barium, boron, cadmium, chromium, copper, cyanide, fluorine, iron, lead, mercury, nickel, sulphate's, thallium, nitrates, pesticides, herbicides, detergents and organic material, amongst many others.

When the Foot Detox "array" starts to work in the water, apart from the changes in the pHs, some of these substances can come to light as being present in the water. This is one of the reasons for the color changes and the release of small quantities of different gases like oxygen, hydrogen, chlorine and some sulphur's. The "arrays" are metallic and will release waste and will result in an electrolytic reaction which will in turn cause it to corrode.

Another influencing matter is what we introduce into the water, let's say our feet. These have their own properties such as acidity or alkalinity. One can also find germ, bacteria, yeast infections and parasites. The skin can also contain remnants of soap, creams, dyes and fibers. There will also be a release of substances from the sebaceous glands and dead cells. All these factors combined will influence the color change. Last of all we have the internal condition of the body which will influence and manifest themselves in the water.

References:

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4. Vaughan Integrative Medicine: Ion Foot Detoxification Program: Dr. Elizabeth Vaughan

Ion Foot Detox (single session) \$45
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