

HEALTHY LIVING HEALTHY PLANET

natural awakenings

feel good • live simply • laugh more

FREE

Special Edition

Healthy Mind

Burnout's Benefits

Joan Borysenko Shares
Surprising Insights

Boost Your Brain Power

Ways to Keep
Your Mind Young

WABI SABI LOVE

Embrace the
Imperfections



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

Do you need more energy or need to lose weight? "Naturally"

Organic Wheatgrass is one of nature's most powerful sources of green leafy vegetable nutrition. Just one ounce of freshly grown wheatgrass in your favorite beverage helps you achieve your recommended 5 to 9 daily servings of vegetables.



Top 10 Reasons to Drink Wheatgrass Juice

1. Wheatgrass only contains around 10-15 calories per teaspoon. It has no fat or cholesterol.
2. Wheatgrass is a highly nutritious whole food containing trace elements of every vitamin, mineral and amino acid for human nutrition.
3. Drinking Wheatgrass juice is a great way for you to increase your intake of leafy green vegetables.
4. The chlorophyll in wheatgrass also helps to purify the liver.
5. Wheatgrass is useful in treating constipation and keeping the bowels open.
6. Wheatgrass helps in rebuilding the blood stream so it can handle toxins going out of the body.
7. Wheatgrass is high in oxygen like all green plants that contain chlorophyll. The brain & all body tissues function at an optimal level in a highly oxygenated environment.
8. Wheatgrass helps with skin problems such as eczema or psoriasis.
9. Wheatgrass is an energizer for body and mind.
10. Wheatgrass as a natural juice takes effect in about 20 minutes.

100% Organic Fresh wheatgrass grown locally

Wheatgrass is a complete protein. It contains 19 different Amino Acids essential to health, and especially important if you are dieting, improving your fitness level, or trying to perform as an athlete.

Reduces Cholesterol • Helps Weight Loss • Increases Energy

Acadiana Wheatgrass
Tel: 347-4141

Text Your Order : 280-3363



1 month frozen juice box

\$30



1 lb fresh cut wheatgrass
2 or more \$15 ea



Balance Your Body Chemistry

When pH Balanced ♦ The Body Performs Optimally

Everyone needs to maintain their pH balance for vibrant health. Most of us develop an acidic body chemistry over time which leads to many problems. We need alkalizing foods to restore pH balance.

Wheatgrass juice is a powerful alkalizer. You can also help the process along at the grocery store by replacing acidifying foods in your diet with alkalizing foods.



How Much Juice Should I Use?

Each juice cube is 0.5 fl. oz.
For supplemental nutrition use:

- 1 - 2 fl. ozs. / day under 40 years of age
- 2 - 4 fl. ozs. / day over 40 years of age

There is no limit to how much juice you can use and you may find that you prefer more.

Those trying to affect a major change should start with 10 fl. ozs. per day for 60 days. Be a careful observer and economize appropriately over time.



53 Wheatgrass Health Benefits

Why Drink Wheatgrass? Well, Here Are 53 Reasons Why!



MAJOR HEALTH BENEFITS

- Lowers Blood Pressure
- Detoxifies and Cleanses the Body
- Suppresses Appetite
- Boosts Red Blood Cells
- Is an Antioxidant
- Protects Against Cancer

1. Wheatgrass is the ultimate energizer for body and mind.
2. 1oz of wheatgrass juice contains the nutrients of 2.5lbs of green vegetables!
3. Wheatgrass is superior to other vegetables because it has been found to have over 100 elements needed by man. If grown in organic soil, wheatgrass absorbs 92 of the known 102 minerals from the soil. (including calcium, magnesium, iron, zinc, potassium, phosphorus and cobalt).
4. Juice wheatgrass to fight and protect against illness.
5. Wheatgrass is a vitamin-rich superfood. Many amino acids, vitamins, and minerals.
6. Wheatgrass juice builds red blood cells: stimulates healing.
7. By drinking wheatgrass it improves digestion.
8. Drinking wheatgrass juice can slow the graying of hair.
9. Wheatgrass reduces high blood pressure as it enhances the capillaries.
10. Wheatgrass juice flushes the body of toxins.
11. Wheatgrass juice benefits the skin as it acts as a cleanser and astringent.
12. Science has proven that chlorophyll arrests growth and development of harmful bacteria.
13. Chlorophyll in wheatgrass also helps to purify the liver.
14. Drinking wheatgrass juice is useful in treating constipation and keeping the bowels open. It is high in magnesium.
15. Wheatgrass juice benefits and boosts sexual stamina. Farmers in the American midwest who have sterile cows and bulls put them on wheatgrass to restore fertility. (The high magnesium content in chlorophyll builds enzymes that restore the sex hormones).
16. A small amount of wheatgrass juice in the human diet prevents tooth decay.
17. Drinking wheatgrass juice helps in eliminating body odors.
18. Wheatgrass has a high amino acid content: promotes cell regeneration.
19. Wheatgrass is a potent source of enzymes: Maintains Youthfulness.
20. Liquid chlorophyll washes drug deposits from the body.
21. Chlorophyll in wheatgrass improves blood sugar problems.
22. Wheatgrass juice cures acne and even removes scars after it has been ingested for seven to eight months. The diet must be improved at the same time.
23. Wheatgrass Juice benefits skin problems such as eczema or psoriasis.
24. Wheatgrass is great for blood disorders of all kinds.
25. Wheatgrass can dissolve the scars that are formed in the lungs from breathing acid gasses. The effect of carbon monoxide is minimized since chlorophyll increases hemoglobines production.
26. Wheatgrass juice benefits getting over sickness. Gargle wheatgrass juice to help get rid of a sore throat.
27. For pyorrhea of the mouth, lay pulp of wheatgrass soaked in juice on diseased area in mouth or chew wheatgrass. Spit out the pulp.
28. Wheatgrass juice can remove heavy metals from the body.
29. Wheatgrass juice is an excellent skin cleanser and can be absorbed through the skin for nutrition. Pour green juice over your body in a tub of warm water and soak for 15 to 20 minutes. Rinse off with cool water.
30. One may feel a difference in strength, endurance, health, and spirituality and experience a sense of well-being by drinking wheatgrass juice.
31. Wheatgrass benefits the body as a whole. It is a body cleanser, rebuilder, and neutralizer of toxins.
32. Wheatgrass implants (enemas) are great for healing and detoxifying the colon walls. The implants also heal and cleanse the internal organs. After an enema, wait 20 minutes, then implant 4-ounces of wheatgrass juice. Retain for 20 minutes.
33. Wheatgrass fights tumors.
34. Wheatgrass works as a sleep aide. Merely place a tray of living wheatgrass near the head of your bed.
35. Sweetens the breath and firms up and tightens gums. Just gargle with the juice.
36. Wheatgrass enhances a bath. Add some to your bath water and settle in for a nice, long soak to cleanse your skin.
37. Externally applied to the skin wheatgrass juice can help eliminate itching.
38. Wheatgrass is a beauty treatment that slows down the aging process when the juice is consumed almost immediately.
39. Wheatgrass juice restores fertility and promotes youthfulness.
40. Wheatgrass lessens the effects of radiation. One enzyme found in wheatgrass, SOD, lessens the effects of radiation and acts as an anti-inflammatory compound that may prevent cellular damage following heart attacks or exposure to irritants.
41. Wheatgrass juice held in the mouth for 5 minutes will eliminate toothaches and poisons from gums.
42. Wheatgrass benefits the bloodstream. Chlorophyll (found in wheatgrass) rebuilds the bloodstream. Studies of various animals have shown chlorophyll to be free of any toxic reaction. The red cell count was returned to normal with four to five days of the administration of chlorophyll, even in those animals that were known to be extremely anemic or low in red cell count.
43. Renowned nutritionist. Dr. Bernard Jensen says that it only takes minutes to digest wheatgrass juice and it uses up very little body energy.
44. Wheatgrass benefits the brain. It is high in oxygen like all green plants that contain chlorophyll. The brain and all body tissues function at an optimal level in a highly oxygenated environment.
45. Wheatgrass is 70% chlorophyll! Chlorophyll is the first product of light and contains more light energy than any other element.
46. Wheatgrass benefits the colon because it is a crude chlorophyll and can be taken orally and as a colon implant without toxic side effects.
47. Chlorophyll is the basis of all plant life and a very powerful energy booster .
48. Dr. Ann Wigmore helped people get well from chronic disorders for 30 years using wheatgrass.
49. Wheatgrass juice benefits a detox. It is a superior detoxification agent compared to carrot juice and other fruits and vegetables. Dr. Earp Thomas, an associate of the late Ann Wigmore, says that 15 pounds of wheatgrass is the equivalent of 350 pounds of carrots, lettuce, celery, and so on.
50. In the 1940 American Journal of Surgery, Benjamin Cruskin, MD recommended chlorophyll to: clear up foul-smelling odors, neutralize strep infections, heal wounds, hasten skin grafting, cure chronic sinusitis, overcome chronic inner-ear inflammation and infections, reduce varicose veins and heal leg ulcers, eliminate impetigo and other scabby eruptions, heal rectal sores, successfully treat inflammation of the uterine cervix, get rid of parasitic vaginal infections, reduce typhoid fever, and cure advanced pyorrhea in many cases.
51. Drinking wheatgrass juice benefits human tissue. Liquid chlorophyll gets into the tissues, refines them, and rebuilds and rejuvenates them.
52. Wheatgrass is a natural healer. Chlorophyll is anti-bacterial and can be used inside and outside the body as a healer.
53. Wheatgrass contains the P4D1 Enzyme that has been found to do two things in the human body. It is the first known substance to actually stimulate repair of DNA molecules. It is possible that disease cells can be repaired with P4D1 so that when they reproduce they will actually produce good cells. P4D1 has also been shown in laboratory tests to eat the protein sheath of a cancer cell so that the white blood cells can attack and destroy them.

ADVERTISEMENT

Where can I buy wheatgrass?

Drug Emporium/Vitamins Plus, 505 Bertrand Dr., Lafayette 337-261-0051.
The Road Less Traveled, 312 Guilbeau Rd., Lafayette 337-988-9889.
Smoothie Factory, 125 Arnould Blvd., Lafayette 337-989-7001.

Natural Health Center, 100 E. Angelle St., Carencro 337-347-4141.
Benny's Sport Shack, 806 S. Union St., Opelousas 337-948-6533.
Hwy 190 Flea Market Booth #43, Opelousas Sat&Sun 337-280-3363.

**New
Flea Market**

GOT STUFF ???

Hwy 190

FLEA MARKET

VENDORS WANTED

(337) 678-1500 Sat & Sun 8A-5P

GOT STUFF ?

Need to make room for more STUFF?

Or do you have a talent for Arts & Crafts to share?

Come join us at the FLEA MARKET

Saturday & Sunday 8:00 - 5:00PM

Hwy 190 Between Opelousas and Lawtell

678-1500 for booth rental info
Booth rental is only \$35 for Saturday AND Sunday!
Pay for the month and get free onsite storage

Hwy 190 - Between O

GOT STUFF ???

VENDORS WANTED



Why Flea Market?

- You are your own boss!
- You control how much money you make!
- Start up and overhead costs are minimal!
- You can work outdoors or indoors!
- You can start a business without quitting your present job!
- You set your own work hours!



VENDORS WANTED

pelousas and Lawtell

publisher's letter



We all want to have true friends, but the quality of our friends depends on us. If we want to have true friends, we should be true friends ourselves.

By being a true friend, people will love to be around us. A true friend will always help us.

Someone once said that we tend to judge others by their actions and ourselves by our intentions. Some people have great intentions but simply can't get their acts together, and some people use outwardly righteous actions to disguise evil intentions. Either way, when things don't go as we plan, we look for someone to blame. But blame never produces anything good in us.

When we find those precious people in our lives whom we can trust, this leads to loyalty—a rare virtue these days. Loyalty doesn't mean that those around us agree with us or follow our lead blindly. Loyalty is evident in a person who cares enough about us to protect us. If true friends see us falling, they run to catch us. A true friend always shares the joys and hardships with us.

A true and loyal friend is the best possession one could ever hope for in this short life. When it comes down to it, loyalty is one of the finest traits in a friend. Those to whom you extend it will never forget it. Those to whom we deny it will likely do the same.

A true friend wants to see people live up to their maximum potential. We can do this by helping our friends recognize and develop their personal strengths. A true friend is someone who thinks that we are a good egg, even if we are slightly "cracked." A true friend knows us well enough to see our weaknesses but still believes in our potential. To become a true friend, we should believe that our friends are good on the inside, regardless of their outward appearance. By this belief we can sincerely encourage them. True friendship isn't about being there when it's convenient; it's about being there when it's not.

It's been said that a true friend is someone who reaches for your hand and touches your heart. How many friends do you truly have? This is a good time to let them know what they mean to you.

We, Steve and Michelle, are each other's best friends. We bring out the best in each other and push each other beyond our limits. We met 28 years ago, a ninth-grader and tenth-grader. Today, two proms, five graduations, two births and more than 10,000 days later, we are still best friends.

Happy Valentine's Day to you, yours and your best friends.

Steve & Michelle

Steve and Michelle Castille, Publishers



contact us

Publishers

Steve & Michelle Castille

Editor

Karen Adams

Writers

Beth Davis, Kenyetta Hawkins
Celine Alis & Karen Adams

Outreach

David Gradnigo III

Design & Production

Gail Babineaux & Steve Castille

Calendar

Kenyetta Hawkins & Verla Winters

Distribution

Junius Francis, Kelly Arnaud
& Maranda Arnaud

To contact Natural Awakenings Acadiana Edition:

100 E. Angelle Street, Carencro, LA 70520
Phone: 337-896-4141, Fax: 337-205-6191
publisher@NAacadiana.com

© 2010 by *Natural Awakenings*. All rights reserved. Although some parts of this publication may be reproduced and reprinted, we require that prior permission be obtained in writing.

Natural Awakenings is a free publication distributed locally and is supported by our advertisers. It is available in selected stores, health and education centers, healing centers, public libraries and wherever free publications are generally seen. Please call for a location near you or if you would like copies placed at your business.

DISCLAIMER: We do not necessarily endorse the views expressed in the articles and advertisements, nor are we responsible for the products and services advertised. We welcome your ideas, articles and feedback.

SUBSCRIPTIONS

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

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



contents



16

16 **healthbriefs**

20 **globalbriefs**

23 **ecotip**

28 **healthykids**

32 **greenliving**

36 **conscioeating**

40 **wisewords**

20

42 **fitbody**

44 **inspiration**

48 **naturalpet**

44

51 **healingways**



advertising & submissions

HOW TO ADVERTISE

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

EDITORIAL SUBMISSIONS

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

CALENDAR SUBMISSIONS

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

REGIONAL MARKETS

Advertise your products or services in multiple markets! *Natural Awakenings Publishing Corp.* is a growing franchised family of locally owned magazines serving communities since 1994. To place your ad in other markets call 239-449-8309. For franchising opportunities call 239-530-1377 or visit NaturalAwakeningsMag.com.

www.NAacadiana.com

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

24 A BRAIN-BUILDING BLUEPRINT

How to Keep the Mind Young and Memory Sharp
by Lisa Marshall

28 HOW A BRAIN GROWS

Five Ways to Aid Development
by Lisa Marshall

30 HOW CAN WE ALL GET ALONG?

Resolving Conflict Benefits Mind and Body
by Lisa Shumate

32 EAT PLASTIC-FREE

Healthy, Practical Tips for People and the Planet
by Brita Belli

36 IMPROVE YOUR SNOOZE

Sleep Aids versus Sleep Sappers
by Judith Fertig

40 THE BENEFITS OF BURNOUT

An Oxymoron? Not According to Psychologist Joan Borysenko
by Linda Sechrist

42 EXERCISE TO BEAT THE BLUES

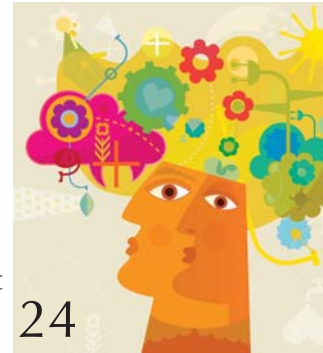
Staying Active Lifts Our Spirits
by Priscilla Goudreau-Santos

44 WABI SABI LOVE

Embracing Imperfections in Relationships
by Arielle Ford

48 PINT-SIZED PETS

Smaller Pets Have Big Potential
by Randy Kambic



24



36



42



48

USER'S GUIDE

Publisher's Letter – Each month, Publishers Steve and Michelle Castille share their thoughts on the featured monthly topic and current events. They'll share their entertaining and informative perspective with a nod to stories from their own experience. You'll get to know us as we come to know you.

News Briefs – Local and national news keeps you up on cutting-edge perspectives in the fields of natural health, alternative medicine, fitness and related fields. We welcome everyone's contributions of newsworthy information.

Health Briefs – Timely news items introduce and hook you up with the latest treatments and tools for specific health and wellness concerns. Includes practical tips that you can use today to advance a healthy living lifestyle.

Global Briefs – The rain forest is half a world away, yet our health depends on its health. This department keeps you wired with relevant current events and opportunities for action vital to our planet's well-being.

Community Spotlight – Articles packed with insight into local businesses and healing arts practitioners show they can be of service to you and your loved ones. You'll be amazed by the level of knowledge and expertise right here in Acadiana!

Interviews – Exclusive interviews with national and local leaders, experts and authors who know how to live well naturally, offer anecdotes, nuggets of wisdom and expert how-to for enhancing life.

Healthy Kids – Our children's health is paramount. This column helps parents and caretakers make wise decisions in protecting your children's health and well-being.

Natural Pet – We love to see our family pets active and thriving. Surprising alternative therapies, nutrition ideas and resources open up new possibilities.

Fit Body – We all know that exercise and physical fitness are essential. The trick is finding the right options for you. We will supply fresh windows of thought that can help get you moving.

Feature Articles – Interesting, informative, often exclusive articles take advantage of *Natural Awakenings'* national scope and local interest in our community. You'll want to read them all.

Calendar of Events – There's so much to do in Acadiana. Check out the exciting classes, weekend workshops and special events that pop up each month.

Classified Ads – Classifieds are an inexpensive way to let readers know what you have to offer. It's a great source to locate "that's exactly what I need" types of services, products and opportunities.

Community Resource Guide – Here's a quick reference to the best health and wellness resources in Acadiana. It's a quick way to find gifts of health and fun for yourself or others.

Display Ads – Our advertisers are the absolute best! They not only make this magazine possible but are the nicest people in town. Please patronize them and tell them you saw their ad in *Natural Awakenings*.

Distribution Locations – Please ask for *Natural Awakenings* at every business you visit and support our distributors with purchases. Our distributors are just as important as our advertisers and readers. All three are essential elements of the wider community we seek to cultivate, grow and weave into a oneness of community for the benefit of all.

newsbriefs

Joppé Adds New Menu Item

Joppé Courtyard Café, a full-service restaurant in Crowley, has added a hot new item to its menu: hummus. The popular Middle Eastern dip is used as an appetizer and served with pita bread.

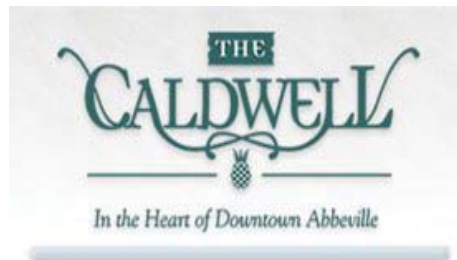
Owned by Mark Harris, Joppé's Courtyard Café offers friendly service and great food in a tranquil atmosphere. Joppé's menu features a variety of Southern favorites, along with a range of healthy alternatives, including garden burgers, chicken baha soup, grilled catfish and salads (veggie, grilled chicken and shrimp). Gift cards are available for all occasions, including birthdays and holidays. In addition to its takeout, delivery and catering services, the restaurant offers outdoor seating in a brick courtyard accentuating its charming, family-friendly environment.



Owned by Mark Harris, Joppé's Courtyard Café offers friendly service and great food in a tranquil atmosphere. Joppé's menu features a variety of Southern favorites, along with a range of healthy alternatives, including garden burgers, chicken baha soup, grilled catfish and salads (veggie, grilled chicken and shrimp). Gift cards are available for all occasions, including birthdays and holidays. In addition to its takeout, delivery and catering services, the restaurant offers outdoor seating in a brick courtyard accentuating its charming, family-friendly environment.

Joppé Courtyard Café is located at 414 N. Parkerson Ave., Crowley. For more information, call 337-250-4045.

Historic Cajun Country Getaway



The Caldwell House, in the heart of downtown Abbeville, offers the perfect Cajun country getaway or site for a memorable event. Built in 1907, this traditional-style bed and breakfast inn can be a "home away from home" for those visiting southwest Louisiana. The home, which is listed on the National Historic Register, retains such original features as

hardwood floors, pocket doors, pressed-tile ceilings, beadboard ceilings, wainscoting and transoms above the doors.

An advertisement for "C & C Fun Jump LLC". The background is bright yellow with green splatters. On the left, there's a colorful graphic of a child jumping over a red and blue obstacle. The text "C & C Fun Jump LLC" is written in large, bold, colorful letters. Below it, the slogan "Come Jump or Slide with Us" is written in a playful font. On the right side, contact information is listed: "Lucinda Guillory 337.457.0250". Below that, a list of activities is provided: "Combos • Wet/Dry Slides • Obstacles • Jumps • Bungee Run • Joust • Dunkin Booth". At the bottom, more activities are listed: "Parties • Family Reunions • Church Functions • Fund Raisers • School Events & Much More!".

With five guest rooms, six full bathrooms, a modern kitchen, formal dining room, bar, parlor, deep-shaded porches and garden pavilion, the Caldwell House is ideal for family vacations, reunions, meetings and weddings. Family members or patients receiving medical treatment will find the Caldwell House a soothing environment for post-surgical recuperating as well.

The Caldwell House is located at 105 East Vermilion St., Abbeville. For more information, call 337-281-0807 or visit TheCaldwell.com.

Half Off Sunglasses and Prescription Frames

LA Specs Distinctive Eyewear for men and women has offered a large selection of high-quality designer eyewear to the Lafayette area since 2007. Locally owned, LA Specs is operated by trained and experienced opticians Richie Rabalais and Linnette Burch. The knowledgeable and dedicated staff includes doctors of optometry who offer eye exams for glasses and contacts.



The LA Specs collection of sophisticated and fashionable eyewear includes styles by Bvlgari, Chanel, Jimmy Choo, Chrome Hearts, Coach, Dior, Dolce and Gabanna, Fendi, Giorgio Armani, Gucci and more. Discounts are available on gift cards as well as sunglasses and prescription frames—many of which are 50 percent off.

LA Specs Distinctive Eyewear is located at 1910 Kaliste Saloom Rd., Ste. 300, Lafayette. For more information, call 337-993-8170 or visit LASpecs.com.

Depression

IS NOT a deficiency in Prozac

Prozac and other antidepressant drugs treat the symptoms. Not the underlying cause. Every year, doctors in America write 170 million prescriptions for antidepressant drugs.

VITAMIN THERAPY: Know thyself - Heal thyself

Vitamin Therapy is a natural way to support the biochemistry of happiness. Treated this way, most depression can be cured - without the weight gain, fatigue, loss of libido, or increased risk of suicide seen with prescription antidepressants.

Vitamin B₁₂
Folic Acid
Niacin
Vitamin B₆
Magnesium
5-HTP
Tyrosine
St. John's Wort



Defeat Depression

REVIVE Natural Health Program **\$340**

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

VITAMIN THERAPY: Vitamin B₁₂, Folic Acid, Niacin, St. John's Wort

Healthscope Health Assessment

SAUNA & Whole Body Vibration

Water Massage Therapy

Naturopathic Doctor Visit (max 2 sessions)

Thermography Screening (max 2 session health screening only)

Hydro-Dermo Hydration Spa Treatments



liteon
Natural Health Center

Powerful, Positive Healing for Life

Tel: 347.4141 or 896.4141

A NEW DAY A NEW APP



Enjoy Natural Awakenings on the GO!

Your healthy living, healthy planet lifestyle app for the iPhone & iPad.

- **NATIONAL DIRECTORY**
find healthy/green businesses with **directions**
- **THIS MONTH**
all new content
- **ARTICLE ARCHIVES**
search thousands of topics by **keyword**
- **HEALTHY KIDS**
- **NATURAL PETS**
- **EN ESPAÑOL**
buscar artículos en Español

Search iTunes app store for "Natural Awakenings" and download our **FREE** app!

Le Village Guesthouse and Event Center



Le Village Guesthouse and Event Center, in Eunice, exemplifies the simple beauty of nature. Acquired by Eunice native Felicia Hebert Wiggins and her husband, Dave Wiggins, the Le Village property is a modest bed-and-breakfast inn with unique room designs that will appeal to travelers as well as residents of Acadiana. Formerly known as the Seale Guesthouse,

Le Village sits on nearly six acres of land, surrounded by tall pine trees that shade local flora and fauna with something in bloom all year long.

The suites are furnished with a vintage four-poster bed, beautiful sitting area and large, private bath complete with a Jacuzzi tub and shower. All rooms are charmingly furnished with period antiques and rustic reproductions, including antique French armoires. Le Village has excellent accommodations in a lovely, old-fashioned setting and is available for reunions, receptions, retreats and other special events.

Le Village is located at 121 Seale Ln., Eunice. For more information, call 337-457-3573 or visit LeVillageHouse.com.

Something Old Is New Again!

Petite Rouge Antique Shop, located in the heart of Grand Coteau, has many treasures for all ages, including antiques, iron and vintage jewelry.

Along the seven-mile yard sales held in the spring and fall, crafters with many talents—such as quilting, basketry, blacksmithing, photography, music and cooking and baking—gather to demonstrate and educate the public on tools and trades of the past, present and future.



Visitors will meet old friends and new as people from all over the world visit the shop. To walk through Petite Rouge is a unique journey and experience, often a trip down memory lane. The younger generation can appreciate that some things old are new again. For example, vintage boutique items are very fashionable today for hats, scarves, purses and clothing just as they were many years ago. And the peaceful atmosphere combined with lovely music makes for a relaxed, nostalgic outing.

Petite Rouge Antiques is located at 272 M. L. King Dr., Grand Coteau. For more information, call 337-662-4002.

Adopt a Forever Friend

Animal Rescue Foundation of Louisiana (ARF-LA), an all-volunteer nonprofit dedicated to improving the lives and welfare of homeless animals, is looking for loving families to give pets forever homes.

ARF-LA's mission is to provide veterinary care, shelter and adoption services for stray, abandoned and surrendered companion animals in Lafayette Parish and the surround-

ing area, but they can't do it without the help of the public. Although ARF has placed more than 1,200 dogs and cats into loving homes over the past few years, space in the shelter facility is limited and adoptive families are always needed. All of the animals are health-checked by a veterinarian, current on vaccinations, spayed/neutered and heartworm-free. They also are temperament-tested before adoptions.



Donations are also greatly appreciated. ARF exists because of generous donations of people who believe in its mission. Its income is derived through fund-raisers, donations and adoption fees.

Animal Rescue Foundation of Louisiana is located in Lafayette. For more information, call 337-332-4756 or visit ARF-LA.org.

Beautiful Bouquets for Valentine's Day



Nothing says "Happy Valentine's Day" like a beautiful bouquet of fresh flowers, and A Flower Loft, in Lafayette, is the ideal place to get them. The

full-service florist is home to four creative designers with more than 20 years' combined experience in the floral industry. The professional team can provide customers with unlimited design possibilities for any occasion.

A Flower Loft can create a memorable arrangement to commemorate an anniversary, birthday, holiday, birth or even a dinner party with friends. The staff offer personalized service to accommodate all floral and design needs and can easily work within any budget.

Rehabilitation Hospital of Jennings



DIAGNOSES THAT WE TREAT

- Brain Injury
- Strokes
- Amputations
- Burns
- Major Multiple Trauma
- Rheumatoid Arthritis
- Joint Replacements
- Hip Fractures
- Osteoarthritis/DJD
- Neurological Disorders
- Spinal Cord Injury
- Congenital Deformities
- Systemic Vasculidities



Others who can benefit from inpatient rehabilitation are postoperative patients, accident victims and cancer patients.

24 Hour Nursing Care • Physical Therapy • Occupational Therapy
Speech Therapy • Nutritional Counseling and Monitoring
Case Management

Call for a free assessment today.

One Hospital Drive, Ste. 101 • Jennings, LA 70546 • Phone: (337) 821-5353 • Fax: (337) 821-5355 or 5366
jenningsrehab@yahoo.com • www.jenningsrehab.com

Michelle Fontenot
Independent Distributor

Call me to learn more about
100% organic coffee

KMF Coffee
337-250-9343
kmfcoffee@yahoo.com
KMFcoffee.organogold.com



Change Your Coffee,
Change Your Life

Mention Ad and receive \$5 OFF your injection



B12 and Lipotonix Plus Injections

Benefits of Injections Include:

- Energy/Metabolism Boost
- Mood Improvement
- Mental Clarity
- Deeper Sleep
- Stamina Increased
- Cholesterol Level Reduced
- Estrogen Level Balance
- Weight Loss Aid
- Skin and Eye Health
- Immune System Balance
- Stress/Depression Reduced

We will come to your business for on-site clinics with a minimum of 10 participants.

Call today to set up appointment for a healthy 2012.



207 North Luke Street • Lafayette, LA 70506

(ph) 337-988-1138 • (fax) 337-984-5037

Hours: Mon - Thurs 8-5 • Fri 8-12

A Flower Loft also offer at-home bridal consultations, during which they give clients the attention they deserve while helping to inspire one-of-a-kind florals for the special day. All arrangements can be customized to match flower preferences and color.

A Flower Loft is located at 1501 Kaliste Saloom Rd., Ste. 1, Lafayette. The floral showroom is open weekdays from 10 a.m. to 5 p.m. On Sundays, the staff is on call for funeral services. For more information, call 337-991-9050 or visit AFlowerLoft.com.

HomeCare Assistance Provides Quality Care

HomeCare Assistance, LLC, believes that with its diversified local ownership, localized support staff, “home-grown” attributes and Southern values—combined with a unique knowledge of the daily practices of the industry—its clients receive with the highest quality of care and services in Louisiana.



Eric T. Haik, an attorney who was born and raised in New Iberia and one of the founders of HomeCare Assistance, recognized the need for a more professionally managed and locally maintained home-care provider in Louisiana while representing numerous medical providers.

The mission of HomeCare Assistance is to provide compassionate and professional caregivers who are dedicated to serving patients with the utmost integrity. Through its Support Program, HomeCare

Assistance enables individuals to live independently at home, rather than relocate in an institutionalized setting, which allows them to maintain a well-deserved quality of life.

For more information, call Acadiana area sales representative Lisa McCoy at 337-277-0094 or email LH66350@aol.com .

Local Health-Food Stores Carry Wheatgrass

Throughout the area, people are learning about the powerful health benefits of wheatgrass. One ounce of wheatgrass is equal to 2.5 pounds of green vegetables. Consuming wheatgrass daily has been clinically proven to promote health on several levels, including healthy immune systems, healthy blood flow, healthy skin and balanced acidic levels.



Dedicated to providing the community with fresh-cut, juiced and frozen wheatgrass juice, Liteon Natural Health Center in Carencro farms, harvests and juices wheatgrass shots for area health-food



“Love” is in the Air!
Save 25% on Gift Certificates!
Great for Valentine's Day!

Purchase Massage Therapy or Restorative/Reiki
Feb 1 to Feb 14 on our online store
Be sure to use the code “LOVE” for 25% off!

(Psst ... We'll be closed Feb 21 – Happy Mardi Gras)
Reserve your spot for **Yin/Yang Yoga Workshop**
Sunday, February 26th!



A C A D I A N A
YOGA & WELLNESS

911 Harding St in Lafayette's Oil Center

www.acadianayoga.com

“helping you stay on the path to wellness since 1990”



iPhone Repair

BOOTH #2

Hwy 190
FLEA MARKET
VENDORS WANTED
(337) **678-1500** Sat & Sun 8A-5P

We sell phone covers for most PDA phones. We have other cell phone accessories, chargers, and we do iPhone repair. We buy broken or unwanted phones.

(337) 349-3642

stores. Following is a list of distributors for wheatgrass:

Lafayette

The Road Less Traveled, 312 Guilbeau Rd., 337-988-9889. The Road Less Traveled also has the largest inventory of Nature's Sunshine products along with chemical-free soap and cleaning products.

Oil Center Health Foods, 326 Travis St., 337-232-7774. Includes a healthy café and large assortment of health food.

Smoothie Factory, 125 Arnould Blvd., 337-989-7001. Offers fresh fruit smoothies that can be tailored to meet individual needs and tastes, along with freshly juiced shots of wheatgrass.

Drug Emporium/Vitamins Plus, 505 Bertrand Dr., 337-261-0051. Carries frozen wheatgrass, along with many supplements and vegan products.

Carencro

Natural Health Center, 100 E. Angelle St., 337-347-4141 or 337-896-0085. Frozen wheatgrass juice made to order. By order only; orders are harvested fresh from greenhouse and prepared for customer pickup.

Opelousas

Benny's Sport Shack, 806 S. Union St., 337-948-6533. Offers fresh smoothies, along with wheatgrass juice.

Hwy 190 Flea Market Booth #43, 11946 West Hwy. 190 (between Opelousas and Lawtell), 337-678-1500. Offers a variety of health and natural products.



the food or visit the concession stand. For entertainment, music videos play on flat-screen televisions and music plays



Birthday Parties Are Easy at Caribbean Club House



It's a new year, which means a new year of birthday planning. For anyone who wants an amazing party without the hassle of organizing or cleanup, Caribbean Club House has all the fun in one place.

The rental of the building includes everything in it: a 30-foot dry slide, a 14-foot fun jump, a 12-foot junior obstacle course, eight arcade games, riding cars and motorcycles, air hockey and indoor basketball. All arcade games are free and require no tokens. All drinks, ice and cups also are free, with unlimited refills. Parents just bring

throughout the building. The best part is that parents can sit in the party room while the kids run wild. Just show up, have fun and go home without having to clean up anything.

Caribbean Club House is located at 12178 Hwy. 190, in Opelousas. For more information, call 337-678-1500.



Teach The Word Ministries

BOOTH #24

Hwy 190
FLEA MARKET
VENDORS WANTED
(337) 678-1500 Sat & Sun 8A-5P

We print custom t-shirts, photo portraits, custom banners, and more. We sell rings, jewelry, and household items,

(337) 692-2119

Tell us what's new !

We want to know what new product or service your company is offering. Our readers are looking for local businesses that support the community and healthy living in Acadiana.

**Submit
your company
or organization
newsBrief**

Email:
publisher@NAacadiana.com

St. Ignatius Catholic School



Rising to the Challenge
Faith ~ Service ~ Knowledge



Small Class Sizes Prek (3) - 8th Grade
Call for a personal tour

180 Church Street, Grand Coteau, LA
337-662-3325

www.stignatiusschool.us

St. Ignatius Catholic School does not discriminate on the basis of race, sex, creed, or national origin.



Frozen Wheatgrass

BOOTH #43

Hwy 190
FLEA MARKET
VENDORS WANTED

(337) 678-1500 Sat & Sun 8A-5P

We sell frozen wheatgrass. We also have "Whea Tea" - a green tea with wheatgrass, strawberry kiwi wheatgrass smoothie packs, wheatgrass powder and pills.

(337) 280-3363

Meditation Boosts Brain Power

University of California, Los Angeles (UCLA) researchers first discovered that specific regions in the brains of long-term meditators were larger and contained more gray matter than those of a non-meditating control group; that was in 2009. Now, a follow-up study by the UCLA Laboratory of Neuro Imaging suggests people that meditate regularly also display stronger neuronal connections between brain regions and less age-related atrophy (shrinkage) in all areas of the brain.



The study comprised 27 active meditation practitioners (average age 52) and 27 control subjects, matched by age and sex. The number of years of meditation ranged from five to 46 and included various styles.

Using a type of brain imaging known as diffusion tensor imaging, or DTI—a new imaging mode that provides insights into the structural connectivity of the brain—the researchers found that long-term meditators have white matter fibers that are either more numerous, more dense or more insulated, throughout the brain. Although such tissue tends to decline with age, the study suggests that it can be preserved through active meditation practices.

Researcher Eileen Luders remarks, “If practiced regularly and over years, meditation may slow down aging-related brain atrophy, perhaps by positively affecting the immune system. Meditation appears to be a powerful mental exercise with the potential to change the physical structure of the brain.”

Does Yawning Cool the Brain?

When we feel the urge to yawn in cooler weather, we should succumb—it might do us good. New research suggests that beyond signaling fatigue or boredom, yawning might be a physical reaction to cool an “overheated” brain.

A study at Princeton University is the first to show that the frequency of yawning varies with the season and that people are less likely to yawn when the heat outdoors exceeds body temperature. The research monitored 160 people, 80 per season, during winter and summer in Tucson, Arizona. According to the researchers’ theory, it is possible that yawning in cooler temperatures works to cool the brain, while yawning in warmer conditions appears to provide no similar relief.



Research associate Andrew Gallup remarks, “The applications of this research are intriguing... for better understanding diseases and conditions such as multiple sclerosis or epilepsy, which are accompanied by frequent yawning and thermoregulatory dysfunction.” Excessive yawning may prove a helpful diagnostic tool.

Seaweed Loves the Heart

Some relish seaweed, while others see it with culinary suspicion. Now an article in the American Chemical Society’s *Journal of Agricultural and Food Chemistry* reports that many scientists have identified seaweed as a rich, potential source of heart-healthy food ingredients. A review of nearly 100 studies shows that seaweed and other microalgae could rival milk products as sources of important bioactive peptides.

Maria Hayes, Ph.D., and her colleagues at the Teagasc Food Research Centre, in Dublin, Ireland, concluded that certain seaweed proteins work just like the bioactive peptides in milk products to reduce blood pressure, almost like angiotensin-converting enzyme (ACE) inhibitor drugs. Thus, they could be used as ingredients in functional foods like soups and health beverages to provide nutrition, while offering medicinal effects in treating or preventing heart disease.

Seaweeds are a neglected alternative source of these bioactive peptides in this country, the researchers state, noting its popularity in other cultures. Varieties of seaweed are known as *nori* in Japan, *dulse* in coastal parts of Europe and *limu palahalaha* in native Hawaiian cuisine.

In addition, notes Hayes, “Seaweeds are a known source of essential fatty acids, which are thought to reduce thrombosis and atherosclerosis—factors important in the reduction of the risk of heart disease.”



Potassium Protects the Heart



According to the American Heart Association, heart disease is the leading cause of death and a major contributor to disability in this country. A recent study sponsored by the Centers for Disease Control and Prevention (CDC) suggests that in addition to cutting dietary sodium to improve heart health, Americans should increase consumption of a key mineral found in many fruits and vegetables: potassium.

The study of more than 12,000 adults reported that people eating a diet high in sodium and low in potassium have a 50 percent increased risk of death from any disease than average and about twice the risk of death from heart attacks. Sodium, a key component of salt, raises blood pressure, which in turn increases the risk of heart disease. Potassium has been found to offset sodium's impact on blood pressure.

Current U.S. dietary guidelines recommend an adult daily potassium intake of 4,700 milligrams and a maximum sodium intake of 2,300 milligrams (about a teaspoon of salt); or less than 1,500 milligrams for people age 51 and older, African-Americans or those that suffer from hypertension, diabetes or chronic kidney disease.

The CDC reveals that the average American adult consumes 3,400 milligrams of sodium a day, about 80 percent from processed or restaurant foods. To achieve a healthier sodium-potassium ratio, the CDC recommends a diet that emphasizes fresh, unprocessed foods and plenty of fruits and vegetables. Foods high in potassium include sweet and white potatoes, spinach, tomatoes and bananas, as well as orange and prune juice, dates, plain yogurt and fish.

ALCOHOL IMPAIRS RECOVERY FROM ILLNESS

Researchers from the University of Massachusetts Medical School that collected blood from volunteers to study how drinking alcohol affects monocytes, the white blood cells that are part of the immune system, made an unwelcome discovery. Alcohol can worsen the effects of disease and lengthen the recovery period following trauma, injury or burns. It both impairs the body's antiviral immune response, especially in the liver, and increases inflammation, so think twice before downing another hot toddy.



Source: *BioMed Central*

Regular Bedtimes Make Kids Smarter

According to research presented at the 24th annual meeting of the Associated Professional Sleep Societies, children that get adequate sleep score higher on a range of developmental assessments. The researchers emphasized that having a regular bedtime was the most consistent predictor of positive developmental outcomes at 4 years of age.



Scores for receptive and expressive language skills, awareness of sound-word structure, literacy and early math abilities were higher in children whose parents maintained rules about going to bed at a prescribed time. Having an earlier bedtime further supported higher scores for most developmental measures.

The study involved a nationally representative sample of approximately 8,000 children that completed a direct assessment at 4 years of age. They were part of the Early Childhood Longitudinal Study, Birth Cohort.

VITAMIN C HELPS US SEE

Scientists at Oregon Health & Science University recently identified yet another benefit provided by vitamin C. In a study published in the *Journal of Neuroscience*, co-author and senior scientist Henrike von Gersdorff, Ph.D., says nerve cells in the eye require C to stay healthy—the vitamin bathes the cells of the retina and contributes to their proper functioning.





For Kisses So Sweet

Bad breath can spoil any kiss. But instead of reaching for the traditional peppermint breath mints, some Illinois scientists encourage us to consider the benefits of bark extract from the sweet magnolia tree. A new study published by the American Chemical Society found that mints infused with the bark extract killed 61 percent of the germs that cause bad breath within 30 minutes compared with only a 3.6 percent germ-kill for the same mints without the extract. More, magnolia bark extract showed a strong anti-bacterial activity against a group of bacteria known to cause cavities.

Sweet magnolia has more to offer than beautiful, fragrant blossoms, researchers say. Breath mints made with magnolia bark extract could be a boon for oral health as an additive to chewing gum and mints.

KEEP LOVE ALIVE: TAKE A WALK

Lean, physically active men have a 30 percent lower chance of impotence, say Harvard researchers. Why? Exercise keeps all the body's blood vessels flexible and free of plaque.

Good Scents for Winter Blues

When cold and dark run deep, remember that aromatherapy offers a fragrant pharmacy of natural scents able to temporarily lift mood and spirit. Though not claiming to provide a miracle cure for deep-seated emotional issues, various cultures throughout the world have for centuries prized the concentrated essences of certain flowers, fruits, herbs and trees for their gentle healing powers.

Because the naturally occurring chemicals in pure essential oils work directly with the brain they can act as positive triggers to both uplift mood and ease feelings of depression and anxiety. The scent of sweet orange, for instance, is used to balance emotions and bring about a positive outlook. Lemon and tangerine refresh and stimulate. The oils of geranium and bergamot help alleviate stress. Lavender and sandalwood have a soothing, calming quality.

Essential oils may be applied alone or in custom blends depending on personal preference and desired effect. Commonly used in diffusers to scent a room, they also may be added to unscented massage oils applied to the skin. To learn more consult with a local aromatherapist.



THIS TEA LOWERS CHOLESTEROL

Scientists at the University of Illinois have found that a group of mate tea drinkers experienced a significant boost in the activity of an enzyme that promotes HDL (good) cholesterol while lowering LDL (bad) cholesterol. More studies to confirm the health benefits of mate tea are under way.

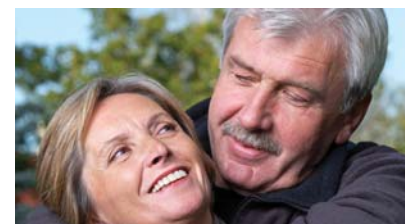


Sexy, Feminist & Romantic

Old-schoolers may still be hanging onto their views that feminists are unattractive, sexually disinclined, usually single or lesbian, and about as romantic as an old pair of socks. Not so say researchers from Rutgers University, whose study shows the opposite to be true.

Through laboratory and online surveys the researchers inquired into men's and women's perception of their own feminism and its link to relationship health. They measured overall relationship quality, agreement on gender equality, relationship stability and sexual satisfaction.

Comforting results revealed that women involved with a feminist partner had a healthier heterosexual relationship. Men with feminist partners reported a more stable relationship and greater sexual satisfaction. Researchers concluded that feminism does not kill romance and that feminist stereotypes appear to be inaccurate and unfounded.



Get a Better Body Image

Want to make peace with your physique? Step off the treadmill and onto a yoga mat. Women who participate in mind-body exercises like yoga are more satisfied with their bodies than those who stick to aerobic workouts, according to research in *Psychology of Women Quarterly*. Compared to women taking a step class at the gym, yoga practitioners are more likely to understand their own bodies and judge themselves by qualities like health, energy level and coordination rather than by appearance. The latter “may negatively reinforce the view that you need to constantly strive to improve your body,” says study author Jennifer Daubenmier, Ph.D.

Paradigm Shift of the Heart

After 10 years of studying near-death experiences, Dutch cardiologist Pim van Lommel concluded that “Nearly every near-death experience goes hand-in-hand with a life review, during which people gain insight into the consequences of their actions.”

This international authority on near-death experiences observes that once back, people immediately make calls to apologize for something they did even decades before. His research shows the deep level at which people are connected and underscores the importance of maintaining healthy, caring relationships with those around us. If everyone saw this, Van Lommel says, we would live more compassionate lives and societies would look different.

“The life review people experience changes their values. They feel they are one with nature and the Earth and that there is no difference between others and themselves. They’ve seen that it’s not about power, appearance, nice cars, clothes or having a young body. It’s about entirely different things: love for yourself, nature and your fellow human beings.”

Learn more at IANDS.org.

New DERMOSONIC Cellulite Treatment Helps Burn Fat

Cellulite is a unique form of fat and connective tissue. While we all need a certain number of adipocytes (fat cells) to store fat for energy, cellulite is both an unnecessary and unattractive way to store body fat. Instead of fat cells collecting in smooth layers, cellulite collects in discrete pockets surrounded by tough, fibrous tissue.

These pockets of fat do not grow and shrink exactly like normal fat cells because of their structure and organization. The result is a lumpy, bumpy dimpling of the skin often occurring in women and usually occurring over the buttocks, hips and thighs.

Dermosonic uses a combination of ultrasound and non-invasive, sub-dermal technology to get rid of fat deposits.

Sessions are comfortable. Dermosonic provides an experience comparable to a massage. Dermosonic does not utilize vigorous suction or rolling which can lead to painful bruising. Each treatment takes one hour. All natural way, to combat cellulite and help to lose inches from the waist and abs. The Dermosonic head is used to rub across the surface of the body to melt the fat.

Now available at the Liteon Natural Health Center. Located at 100 E. Angelle St., Carencro. For more information, call 337-347-4141 or 337-896-0085. Costs about \$120 for four-session package.



DERMOSONIC



Who Reads *Natural Awakenings*? Katie Breaux Does!



Jobs: Business teacher at Lafayette High School, head girls' soccer coach at Lafayette High School, Cajun Soccer Club coach of two U10 Rage girls' teams.

Hobbies: Adult league softball and soccer, great workouts at Red's and reading up on all kinds of information to keep my brain sharp, from sports to science to random facts!

How long have you been a *Natural Awakenings* reader? Several months.

What do you like about *Natural Awakenings*? It educates me and keeps me informed about the "natural world."

What is healthy about my lifestyle? I find natural ways to help my body fight any infections or colds. I maintain healthy eating habits and remain physically fit. I also surround myself with positive people. "Everything in moderation" is my motto.

If you could have one wish for the planet, what would it be? To make sure all children are loved, truly loved by their parents, be they biological, legal guardians, grandparents, etc. Just a place to have that peace of knowing someone cares.

From what do you draw inspiration? So many things come to mind. Just to name a couple are my beliefs in God and the innocence, purity and positive energy of my son, Luke.

What are you doing to be the change you want to see in the world? Being a positive role model to all those around me, young and old. Taking my life's experiences and passing along the knowledge that I have gained from them and sharing that knowledge with others, especially if it will help them get through tough times or make them a better and more positive person.

globalbriefs

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

Vanishing Species

Counting our Natural Blessings

A study by Canada's Dalhousie University postulates that as many as 86 percent of Earth's species are still unknown, and millions of organisms will remain undiscovered as extinctions accelerate worldwide at 10 to 100 times their natural rate.



If, as the study's co-author Boris Worm suggests, our planet is home to 8.7 million species, it means scientists have cataloged fewer than 15 percent of species now alive. Many unknown organisms will wink out of existence before they can even be recorded.

Although the catalog of mammals and birds may be nearly complete, inventories of other classes of life are far behind. Only 7 percent of the predicted number of fungi and fewer than 10 percent of all ocean life forms have been identified.

Categorizing a new organism is more complicated than discovering one. "It's a long process," Worm explains. "Most scientists will describe dozens of species in their lifetime, if they're really lucky. What's been discovered so far are those things that are easy to find, that are conspicuous, that are relatively large. There is an age of discovery ahead of us when we could find out so much more of what lives with us on this planet."

Source: National Geographic

Big Book

Encyclopedia of Life Update

The second edition of the Smithsonian Institution's free, online collaborative *Encyclopedia of Life* (EOL) is now easier to use. It also has been vastly expanded, offering information on more than one-third of all known species on Earth, including hundreds of thousands of images and videos.

With the updated format, users can easily find species of interest; create personal collections of photos and information; find or upload pictures, videos and sounds; and share comments, questions and expertise with users worldwide that share similar interests.



EOL.org seeks to become a microscope in reverse, helping users to discern large-scale patterns. By aggregating for analysis information on Earth's estimated 1.9 million known species, scientists say EOL could, for example, help map vectors of human disease; reveal mysteries behind longevity; suggest substitute plant pollinators for a swelling list of places where honeybees no longer provide the function; and foster strategies to slow the spread of invasive species.

All EOL information is available for reuse and is licensed under Creative Commons and other Open Access free licenses.

Natural Wonders

Virgin Forests are Irreplaceable

Analysis by an international team of researchers of more than 100 studies comparing wildlife in forests that had been modified with those that had not confirms the crucial role that virgin forests play in conserving the natural world. The researchers conclude in the journal *Nature* that, "When it comes to maintaining tropical biodiversity, there is no substitute for primary forests."



The worldwide meta-study found that most species, notably birds, do much better in virgin tracts than in areas that have been cleared for agriculture, plantations or agro-forestry or selectively logged for certain types of trees. In all but the latter, the overall impact on biodiversity was marked. In all cases, the variety of plants and animals was depleted more severely than the sheer number of organisms present.

Surprisingly, total mammal populations may do better under some kinds of forest modification, although this may be because opportunistic animals such as rats multiply even as the diversity of mammals drops. Birds, insects and plants experience an unequivocal loss.

The study addresses how best to specifically preserve nature across the tropics, where most human population growth and rapid development is occurring. It compares the effects of "land-sharing", where farming and other development enables wildlife to share the same space, and "land-sparing", which provides entitlement areas to wildlife while humans use other segments as intensely as they like.

Source: *BBC News*



Blogging News

Teens See More Kindness than Cruelty Online

As American teens navigate the new world of digital citizenship, a new study has found that 69 percent say their peers are mostly being kind to one another on social networking sites. Still, 12 percent say they witness meanness frequently, 29 percent sometimes and 47 percent only once in a while; 15 percent report that they have personally been the targets of mean or cruel behavior online.

The findings are based on focus groups and a national survey of youths ages 12 to 17 and their parents, conducted by the Pew Research Center Internet & American Life Project.

Find the full report at Tinyurl.com/7kl3cuj.



Bedroom Vroom

New Study Says Dreams Tune Up the Brain

To Freud, dreaming provides a playground for the unconscious mind; to Jung, it is a stage where the psyche's archetypes act out primal themes. Recent theories hold that dreams help the brain to consolidate emotional memories and to work through current life problems.

Now, in a new paper published in the journal *Natural Reviews Neuroscience*, Dr. J. Allan Hobson, a psychiatrist and longtime sleep researcher at Harvard, argues that the main function of rapid-eye-movement sleep, or REM, when most dreaming occurs, is physiological.

The brain is warming its circuits, anticipating the sights and sounds and emotions of waking, tuning the mind for conscious awareness. "It's like jogging; the body doesn't remember every step, but it knows it has exercised. It has been tuned up," says Hobson. "It's the same idea here." The theory might help explain why people forget so many dreams.

Hobson co-authored another paper with Ursula Voss, of J.W. Goethe-University in Frankfurt, in the journal *Sleep*, where scientists found that lucid dreaming, one of many examples of a mixed mental state, has elements of both REM and waking awareness. In a lucid dream, Hobson explains, "You are seeing the split brain in action. This tells me that there are these two systems, and that in fact, they can be running at the same time."

Happy Birthday



Sheryl Thibodeaux
Happy Birthday

Wishing you a great birthday and many more. We love you!
From your family and many friends.



Markus Ford-Major
Happy 16th Birthday
February 29th

From your loving family.

Email your birthday submissions to:
publisher@NAacadiana.com
Birthday listings are FREE!

globalbriefs

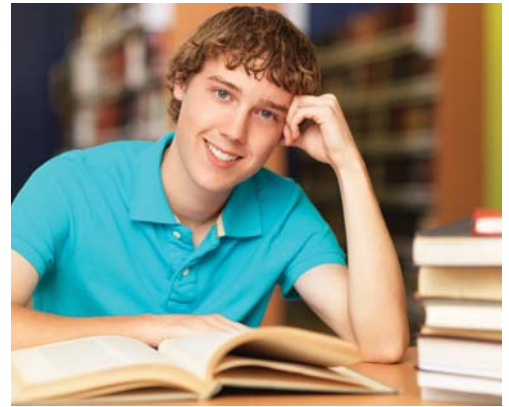
Low Tech Silicon Valley School Eschews Computers

The Waldorf School of the Peninsula, in Los Altos, California, is one of 160 Waldorf schools in the country that subscribe to a teaching philosophy focused on physical activity and learning through creative, hands-on tasks. *The New York Times* reports that the chief technology officer of eBay sends his children to this nine-classroom institution, as do employees of Silicon Valley giants like Google, Apple, Yahoo and Hewlett-Packard.

Yet, the school's main teaching tools are anything but high-tech, comprising pen and paper, knitting needles and occasionally, mud. No computers or screens of any kind are allowed in the classroom, and the school frowns on their use at home.

Educators that endorse this approach say computers inhibit creative thinking, movement, human interaction and attention spans. Alan Eagle, a communications executive at Google, whose daughter attends the school, says, "The idea that an app on an iPad can better teach my kids to read or do arithmetic, that's ridiculous."

Source: The New York Times



Crucial Shareware Open Hardware Addresses Environmental Problems

The concept of open hardware, like open software, aims to freely share all the necessary knowledge for building usable electronic devices, and participants range from innovative students to the European Organization for Nuclear Research (CERN).

Protei, a worldwide collective of technology students, has designed an autonomous, mini-sailboat drone to ply the ocean and mop up oil spills, gather information on marine life in crisis, and clean up floating plastic trash. The Protei boats were originally designed to respond to the BP 2010 Gulf oil spill crisis. Trailing oil-absorbing booms, the drones can sail even in a storm to help with cleanup, unlike conventional ships concerned with crew safety.

Similarly, collaborating volunteers in Japan responded to the Fukushima Daiichi nuclear power plant 2011 meltdown by building stationary and mobile radiation monitors.

Source: Scientific American

ecotip



Green Laundry List

Use Cold Water and Eco-Wise Detergents

Mom may have said that hot water washes best, but don't give cold-water detergents the cold shoulder—today's new products deliver clean laundry that's easy on the pocket-book and the planet.

According to the U.S. Environmental Protection Agency, an average American family annually washes nearly 400 loads of laundry. Because heating the water accounts for 90 percent of the energy used by a washing machine, using only hot or warm water in a top-loading electric washer annually produces an average 2,407 pounds of CO₂ pollution—equivalent to two cross-country flights.

Many conventional cold-water detergents still contain toxic chemicals that when drained, end up in waterways, creating a host of environmental woes and exposing wildlife to endocrine disruptors. For both clean and green clothes, buy biodegradable laundry detergents made with plant oils and other natural ingredients that are free of phosphates, bleach and surfactants such as petroleum-based nonylphenol ethoxylates, or NPE. Kinder to the planet, greener choices are also gentler on the skin.

Consumers concerned about killing bacteria, dust mites and other allergens may be tempted to turn on the hot water tap for sheets, linens and underwear, but Philip Tierno, Jr., Ph.D., a professor of microbiology and pathology at the New York University School of Medicine, says that most of the hot water people use is not hot enough anyway. "You need water that's between 140 and 150 degrees to kill germs," he advises. Tierno, author of *The Secret Life of Germs*, notes that the sun is one of nature's most efficient germ killers, so letting clothes dry outdoors is a good eco-option. "The ultraviolet radiation kills germs," he advises, "and it's just as effective as bleach."

Natural disinfectants that can be added during rinsing include white vinegar (one-half cup per load); grapefruit seed extract (one teaspoon); tea tree oil (two teaspoons); and lavender or peppermint essential oil (a few drops), which also imparts a fresh fragrance.

Find more tips on the Sierra Club's website at Tinyurl.com/3kh2dpf, plus eco-wise products including pre-wash treatments, non-chlorine bleach and laundry liquids at Natural Awakenings' online store, NAWebstore.com.

MELANCON PHARMACY

Traditional Pharmacy Services
Durable Medical Equipment
Compounding
Diabetic Services
Geriatric Services

337-896-8434
730 Veterans Drive
Carencro, LA
www.melanconpharmacy.com

A Carencro family business for more than 50 years.
Melancon Pharmacy provides personal service along with expert pharmacy knowledge you can trust.

SYNERGISTIC HEALING

Holistic Wellness Services

Holistic therapies treat the "whole person" not just the condition or symptom that is being presented, getting to the root cause.

337-232-4799

www.SynergisticCenter.com
all ages and states of health may benefit

We Provide Help With:
Stress, Depression, Fibromyalgia, Anxiety, PTSD, Addictions, Headaches/Migraines, Emotional Healing, Weight Loss

Sue Heldenbrand, chtp
Certified Healing Touch Practitioner

Earth-N-Herbs

A Shop for Natural, Healthy Living
Products that are good for you & good for the earth

284 E. Martin Luther King Dr.
Grand Coteau, LA
337-662-4022

Aromatherapy, Essential Oils, Loose Teas,
Bulk & Tinctured Herbs, Natural Skin & Body Care, and more...

www.Earth-N-Herbs.com

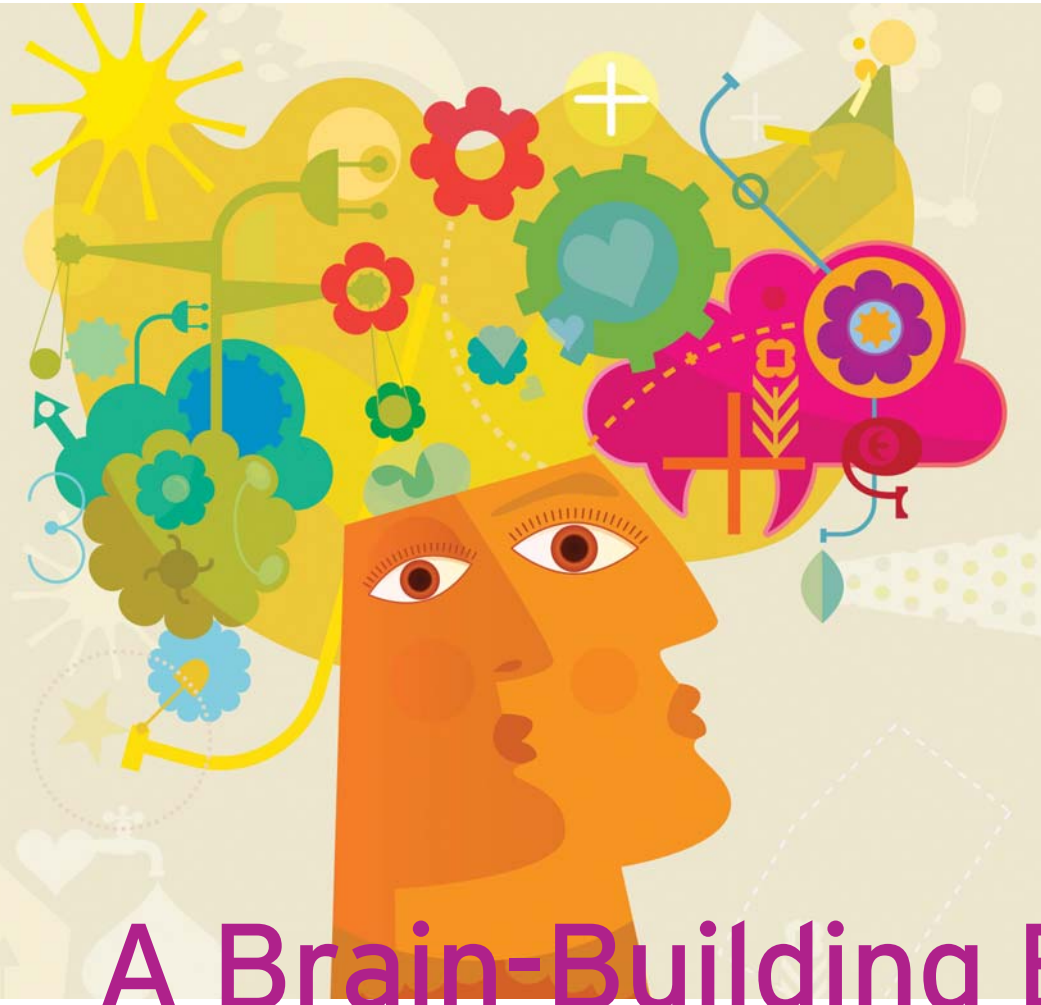
Four Seasons Massage

Relax and unwind while healing your body

Swedish Massage
Neuromuscular Therapy
Reflexology
Deep Tissue Massage
Hot Stone Massage
Subtle Energy Body Work

(337) 288-5795

Call today for an appointment
Bring this coupon for \$10.00 off you next massage



The good news: Such fates are far from inevitable.

“People seem to expect that as soon as we start to need reading glasses, we should also expect some of these cognitive issues to arise, but it does not need to be that way,” says Naples, Florida-based Neurology Doctor David Perlmutter, co-author of *Power up Your Brain*. “You can absolutely do things early on in life and throughout your lifetime that work to maintain the bulk and function of the brain.”

Here’s how:

Stay lean. It may seem counterintuitive, but mounting evidence suggests that in order to grow a bigger brain, many of us should be eating less. “The key to the brain maintaining and even regenerating itself is the activation of a set of genes that code for a protein called brain

A Brain-Building Blueprint

How to Keep the Mind Young and Memory Sharp

by Lisa Marshall

“Have you seen my keys?” “Now, why did I come in here?” “Her name is on the tip of my tongue.” If you catch yourself uttering such phrases, listen up:

“Memory generally starts to decline in our 30s, as the brain shrinks with age. One of the first and most prominent signs is that ‘tip of the tongue’ phenomenon,” advises neuroscientist Sandra Aamodt, Ph.D., co-author of *Welcome to Your Brain*.

Studies show that the adult brain can shrink as much as one-half to 1 percent annually in midlife, as neurons in the prefrontal cortex and hippocampus wither and the branches between them thin. Add hormonal changes, which can starve gray matter of nour-

ishing estrogen and progesterone; less-than-stellar cardiovascular health, which tends to limit blood flow to the brain; and a gummy protein called amyloid plaque, which can hamper neuronal function; and cognitive decline may be exacerbated.

Already, one in five people older than 65 suffer from “mild cognitive impairment” (persistent memory problems severe enough to be noticeable by others). According to the Alzheimer’s Association, if we live to age 90, as many as half of us could ultimately be diagnosed with that disease.

derived neurotrophic factor (BDNF),” explains Perlmutter. “BDNF is significantly enhanced in people that simply cut down their calorie consumption.”

Several animal and human studies support this conclusion. One 2009 study, published in the *Proceedings of the National Academy of Sciences*, divided 50 men and women age 50 and older into three groups that slashed calorie intake by 20 percent, 30 percent and not at all. After three months, the groups that restricted their calories saw their verbal memory scores jump by more than 20 percent.

Perlmutter notes that just being overweight in the prime of life can promote excess inflammation and free radical production—two enemies of a healthy brain. A 2005 study of 10,000 men and women conducted by researchers at Kaiser Permanente found that people that were obese in their early 40s had a 74 percent increased risk of developing dementia later in life.

"Just a 25 percent reduction in calories over one month's time can have a profound effect on boosting memory," Perlmutter notes.

Eat a brain-building diet. Aside from cutting calories, experts say it's critical to load up on foods that boost neurogenesis (the development of new brain cells) and stall brain atrophy. Eating more fish (or omega-3 supplements), adding fruits and vegetables and cutting back on refined carbohydrates do just that, advises Dr. Christiane Northrup, obstetrician, gynecologist and author of *Women's Bodies Women's Wisdom*. "The brain is mostly made up of omega-3 fats, and many women, in particular, are lacking them in their diet," she observes.

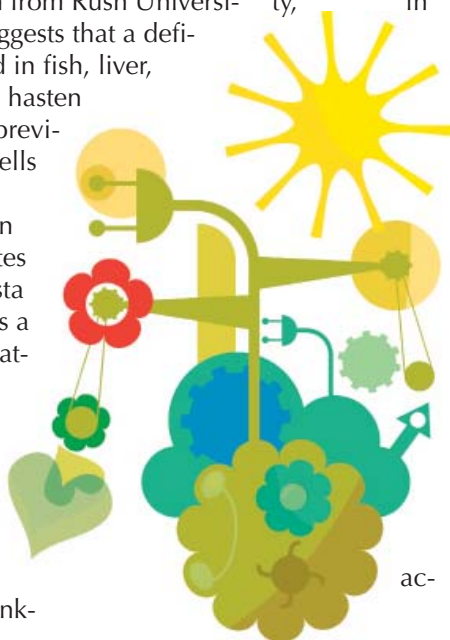
Perlmutter notes that supplementing one's intake of omega-3 fatty acid DHA, present in fatty fish and marine algae, has been shown to switch on the genes that jump-start BDNF production. DHA is also anti-inflammatory and promotes healthy blood flow to the brain. But people shouldn't wait too long to load up on it.

One 2010 trial of 485 healthy adults with mild memory complaints found that those who took 900 milligrams per day of algae-based DHA supplements for six months made significantly fewer errors on memory tests than they had at the study's onset. Another study by the National Institute on Aging, however, found that DHA supplementation had little impact on patients once severe dementia had set in. So, sooner is better.

Healthy fats aside, dark-colored fruits such as blackberries, blueberries and plums are all rich with antioxidants, substances known to scavenge cell-damaging free radicals in the brain. Also, cruciferous vegetables like broccoli and broccoli sprouts contain a powerful compound called sulforaphane, believed to boost the body's own production of antioxidants.

One famous 2005 study followed 13,388 women over several decades, and found that those that ate the most cruciferous vegetables and leafy greens stayed mentally sharp for far longer than those that ate the least. New research from Rush University, in Chicago, further suggests that a deficiency of B₁₂, found in fish, liver, milk and eggs, may hasten brain shrinkage as previously functioning cells die off.

Overloading on refined carbohydrates like white flour, pasta and potatoes carries a similar result. "Elevated blood sugar can destroy the brain," advises Perlmutter, pointing to a 2005 study in the journal *Neurology*, which linked accelerated brain shrink-



Do you need to rent a waterslide or bouncer?



Call LiL

20ft Waterslides
\$175

Bouncers
\$90

896-0085
www.LiLJump.com





Largest Inventory of Nature's Sunshine Products in this area

NUTRI-CALM

An anti-stress vitamin and mineral supplement containing vitamin C and B along with additional vitamins and herbs. Nutri Calm is a great supplement for anyone who feels depleted from stress.



Thai-Go

Guaranteed purr! Thai-Go is a delicious dietary supplement formulated to scavenge free radicals. The power of Thai-Go is generated by blending exotic fruits, berries and herbs that support the cardio-vascular and immune systems.



SILVER SHIELD

Silver Shield can be utilized in a different of ways. It has antibacterial, antifungal, and antiviral properties that are non toxic and can be purchased in liquid or gel form.



We Sell WHEATGRASS Here!



Organic & Local WHEATGRASS Juice



HEALTH ASSESSMENTS AVAILABLE

Vitamins & Herbs

Chemical Free Soap & Cleaning Products
Gifts and Accessories

Great Holiday & Birthday gift items: Jewelry, Purses, etc.

www.YourRoadLessTraveled.com

337.988.9889

312 Guilbeau Rd., Lafayette, LA

pick up where the ovaries leave off—producing sex hormones. “But women that are stressed out or not nourishing themselves tend to experience adrenal fatigue, so their adrenals are not able to act as a secondary source of hormones,” says Steelsmith.

For ovulating women, she recommends taking 100 to 175 milligrams (mg) daily of the herb *Rhodiola rosea* during the second half of the menstrual cycle to support fatigued adrenal glands and ward off hormone-related brain fog.

If the condition occurs only for a few days before a menstrual period, and is accompanied by tender breasts, lack of sleep and heavy monthly bleeding, the problem may be low progesterone. For that, try the herb chaste tree berry during the second half of the menstrual cycle, or consider a low dose, over-the-counter progesterone cream, says Northrup.

For post-menopausal women, she recommends taking up to 50 mg per day of pregnenolone, an adrenal hormone that the body naturally converts into estrogen and progesterone. (While pregnenolone is available over the counter, Steelsmith suggests that women have a naturopath first test their hormone levels in order to determine an appropriate dose.)

Or, older men and women experiencing age-related memory loss can try a soy-based nutritional supplement called phosphatidylserine (PS), which is believed to bolster cell-to-cell communication and levels of the memory-boosting neurotransmitter acetylcholine.

Exercise mind and body. Aamodt notes that a common cause of cognitive decline is the accumulation of clogged blood vessels in the brain that choke off

blood and oxygen. Thus, “Regular exercise is the single most useful thing you can do to maintain your cognitive abilities later in life,” she says.

Recent studies by researchers at the University of Illinois and elsewhere have shown that as little as 45 minutes of aerobic exercise, three times per week, may not only stall age-related brain atrophy in the elderly, but even help regenerate parts of the brain that have withered. “There is no medication on the planet that can do that,” says Perlmutter.

Brain exercise is helpful, as well. Exposure to new experiences prompts the brain to literally lay down new neuronal networks, becoming stronger. A 2009 Mayo Clinic study found that of 1,300 people ages 70 to 89, those that had regularly engaged in mentally challenging activities in their 50s and 60s (such as playing games, quilting, building model airplanes, or learning a new language or instrument) were 40 percent less likely to suffer memory problems.

The key, advise the experts, is not to stick with the same crossword puzzle for years. Instead, try something new. As Steelsmith puts it: “Use it or lose it.”

Lisa Marshall is a freelance health writer headquartered near Boulder, CO. Connect at Lisa@LisaAnnMarshall.com.



Juice PLUS+

Juice Plus+: 17 Raw Fruits, Vegetables, and 2 Grains in a Capsule Form
 Good nutrition takes time and planning. Clinically proven Juice Plus+R helps you bridge the gap between the 7 to 13 servings of fruits and vegetables recommended by The United States Department of Agriculture (USDA) and the nutrition you actually get with your busy schedule.



Maryanne Reeser
 Registered Dietitian, LDN
 Delcambre, La.

337-772-8589

www.MaryAnneReeserJuicePlus.com

To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear.

~Buddha

HOUSE FOR SALE

**212 Hunt Club Rd.
 Carencro**

MLS#: L11228417mvd

2,236 sq ft
 3 Bedrooms
 2 Full bath
 Subdivision: Country Estates
 Price: \$190,000

Directions: I-49 South to Gloria Switch turn left, University turn left, Dugas turn right, Hunt Club turn right.

New home. Built in 2008.
 Never lived in.

Motivated Seller !!

Toni Effinger
 CELL: (337) 793-5738
 OFFICE: 337-233-9700



Your source for Wheatgrass in Acadiana.

Our Smoothies are made from real fresh fruit.



Real Fresh Smoothies, Power Shots, Wholesale Supplements
Lowest prices in Acadiana - Guaranteed!!



At SMOOTHIE FACTORY
 we offer fresh fruit
 smoothies that can be
 tailored to meet your
 individual needs or tastes.



Email: SmoothieFactoryLA@yahoo.com

337-989-7001 | 125 Arnould Boulevard | Lafayette, LA
 Between Brother's and Jason's Deli



Red Canna Tea Press

BOOTH #15

Hwy 190
FLEA MARKET
VENDORS WANTED

(337) **678-1500** Sat & Sun 8A-5P

We sell herbal teas
 and natural products.

Booth #15



HOW A BRAIN GROWS Five Ways to Aid Development

by Lisa Marshall

Parents that believe playing Beethoven for their infant, investing in educational videos for their toddler or forcing school-age youngsters to sit still and study for hours will help them to build a better brain have another “think” coming.

“People are anxious to do everything they can to improve their child’s intelligence, yet many are focusing their energy in places where they are not getting the best payoff for it,” says neuroscientist Sandra Aamodt, Ph.D., co-author of *Welcome to Your Child’s Brain: How the Mind Grows from Conception to College*.

In their new book, Aamodt and Princeton University Neuroscience Professor Sam Wang try to dispel what they believe are many myths that have

led parents to worry too much about the influence they can have on a child’s cognitive development and in some cases, have led to doing more harm than good.

Aamodt says that genetics and thousands of years of human evolution have already exerted a heavy influence on a child’s developmental future before he or she is born. In the absence of abuse and neglect, and with good nutrition and a stimulating environment, a child’s brain “raises itself” in many ways, the authors maintain. Meanwhile,

they argue that there is little scientific evidence showing that factors like birth order and exposure to classical music and educational videos have an impact on cognitive development.

“Children come ‘out of the box’ with individual temperaments that strongly influence the possible paths they can take through life,” Aamodt observes. “Most parents believe that they can have a bigger influence on their child’s personalities than they actually do. They should relax and enjoy their kids more.”

The authors offer these scientifically backed tips for parents and caregivers to influence a child’s developing brain:

Don’t stress during pregnancy.

“The hormones produced in the mother’s body during stressful times can cross over into the placenta, exposing the child. If it’s a chronic condition, it can lead to problems with brain development,” counsels Aamodt.

One 2008 review paper from Harvard Medical School led researchers to conclude that babies born to stressed mothers are more likely to suffer from autism spectrum disorders. Others, from researchers in Canada and the UK, found that women that endure natural disasters while pregnant are more likely to have babies that suffer from schizophrenia, decreased IQ and depression. Animal research has repeatedly demonstrated that babies of stressed mothers often grow up with touchy stress-response systems.

Switch off the baby videos. University of Washington researchers have found that baby educational videos, like *Baby Einstein* and *Brainy Baby* fail to boost language skills and may actually slow acquisition of vocabulary. “For every hour per day spent watching baby DVDs and videos, infants understood an average of six to eight fewer words than infants that did not watch them,” the report said.

Other research by the American Academy of Pediatrics suggests that exposure to action-packed videos may increase the risk of development of attention disorders. “Babies are wired to learn from other people, and every period of time they are not interacting with people because they are watch-

ing TV interferes with that face-to-face interaction," says Aamodt.

Teach a second language. Bilingual children consistently outperform single-language speakers in tests of executive brain function (a measure of organizational and planning skills) and tend to be better at making choices and understanding other people's perspectives, Aamodt says. "The very first act of speech for a bilingual person is picking which language to use, and you do that based on your understanding of the other person's perspective." Aamodt recommends exposing youngsters to a second language in infancy—if possible, just by speaking to them in a different language—and exploring more formal instruction before the age of 8.

Foster self-control. "Ultimately, parents can make the biggest difference in their child's adult quality of life by promoting self-control," Aamodt says. Recent research published in the journal *Science* and elsewhere suggests that children with greater self-control (meaning they can resist temptation, stay on task and control their own behavior) achieve greater success in school, the workplace and their personal lives. "Preschool children's ability to resist temptation is a much better predictor of academic success than their IQ scores," Aamodt notes.

She recommends engaging and progressively more challenging tasks. "You want to stretch the child just a little; get them to do something a little bit hard, but that they can succeed at if they concentrate."

Encourage study breaks. "Some very old science tells us that to learn effectively, you need to take breaks and allow your brain to consolidate what you have already learned before you go back and try to learn some more," says Aamodt. "If you study a total of an hour, you will learn twice as much if you break it up into two 30-minute spans."

Hooray for recess.

Lisa Marshall is a freelance health writer headquartered near Boulder, CO. Connect at Lisa@LisaAnnMarshall.com.

Wheat grass Strawberry Kiwi FRUIT SMOOTHIE MIX

- Distributed by Acadiana Wheatgrass
1-800-897-0322



Ask for it at your
health food store.

The power of wheat grass
in a great tasting smoothie.

Wheatgrass Farms
Acadiana

\$6.00

Smoothie

Fruit Smoothie Mix

JUST ADD: fresh strawberry, kiwi, water & ice

STRAWBERRY KIWII

Serving Suggestions: Makes 3 (8 fl oz) servings
1. In a blender, add strawberry, kiwi, ice, contents of pouch and water. 2. Blend on high for one minute.

- **Yogurt Smoothie:** In a blender, combine 1 cup strawberries, 1 kiwi, 1/2 cup vanilla yogurt, contents of pouch, 1 cup ice and 1 cup water. Blend on high for 1 minute.

INGREDIENTS: Whey protein isolate (milk), citric acid, natural and artificial flavors, soy lecithin, acesulfame-K, FD&C Red #40, sucralose, 100% pure organic wheat grass powder.

HOW CAN WE ALL GET ALONG?

Resolving conflict benefits mind and body.

by Lisa Shumate

“A significant amount of wear-and-tear on the body comes from prolonged unresolved conflict—from not letting go, holding grudges and reliving situations over and over in your head,” says Raj Dhasi, a Toronto-based conflict management consultant who specializes in the physiological impacts of conflict. “But if conflict happens and my mindset is: ‘I can handle this. We can work through this,’ that is phenomenally beneficial for the brain and body.”

Dhasi explains that when faced with any conflict—whether it’s an angry boss, disgruntled neighbor, political opponent or untidy teen in the house—our limbic system responds swiftly by igniting a cascade of stress hormones like adrenaline and cortisol and spiking our heart rate and blood pressure. Meanwhile, our pre-frontal cortex—the part of the brain responsible for thinking things through and putting the brakes on emotional, irrational behaviors—begins to slowly light up. The fundamental problem is that in the race to mount a response, the limbic system often wins, prompting us to greet conflict impulsively by raising our voice and saying things

we later regret before our rational brain has time to step in.

On the flip side, many of us avoid conflict altogether, harboring discontent in such a way that we feel powerless or even threatened. Making matters worse, our fight-or-flight response never quite goes away, says Gary Harper, author of *The Joy of Conflict Resolution: Transforming Victims, Villains and Heroes in the Workplace and at Home*. “More people are stressed out by not dealing with a conflict than with dealing with it,” Harper observes. “If you deal with it in the moment, it allows you to let it go.”

Pause, Breathe, Consider

Harper advises that one way to deal with conflict on the spot is to pause and give our more rational side a chance to arrive at a solution.

“Before you react, slow down, take a deep breath and listen to your inner dialogue,” he says. “In that deep breath, you might realize that you need five minutes [to consider a response].” If you still remain in attack mode, it might not be the best time to respond. He adds that while no conflict should be avoided altogether, careful consider-



ation might lead us to conclude that some battles aren't worth fighting. Ask yourself: How important is this person to me? How important is this issue to me? "If neither is vital to you, save your energy for a better use. If the issue is not important, but the relationship is, it's okay to accommodate or give in sometimes," he says.

Be Direct and Follow-Up

Some conflicts are worth confronting. Then, Barbara Pachter, a business communications consultant and author of *The Power of Positive Confrontation*, offers what she calls the WAC approach for dealing with most cases of work and family conflict.

W: Ask yourself: What is really bothering me? "A lot of times, people don't do this. They just say, 'This person is a jerk,' rather than specifying the problem."

A: Ask them for a solution. "We often complain, but we don't identify a solution," she says. "Determine what is going to solve the problem for you and ask for it."

C: Check in. "Turn it over to the other person and ask for their response. Inquire: 'Is this possible? What do you think?'"

All the while, stay curious about the other person's perspective, suggests Harper. "We tend to see ourselves as the innocent victim, or we go into hero mode and tend to see the other person as the villain," he says. "Of course, the other

person is doing the same thing, and that makes collaboration tough." Instead, ask sincere questions—and really listen.

Agree to Disagree

Terrie McCants, coordinator of the conflict resolution program at Kansas State University, notes that in some cases, especially when deeply held values such as politics or faith are involved, resolving conflict isn't necessarily about reaching an agreement. "You cannot negotiate people's values. Sometimes, these are things that people are willing to lie down and die for," she says. "Instead, sometimes you might need to agree to disagree."

In the end, whether the conflict is a minor disagreement at home, a workplace quarrel or a complicated political dispute, the process of properly working through it can leave both parties feeling stronger and improve their communities. "Conflict forces you to problem-solve collaboratively and come up with options and elegant solutions," she explains. "If handled well, it can add brilliant things to your life."

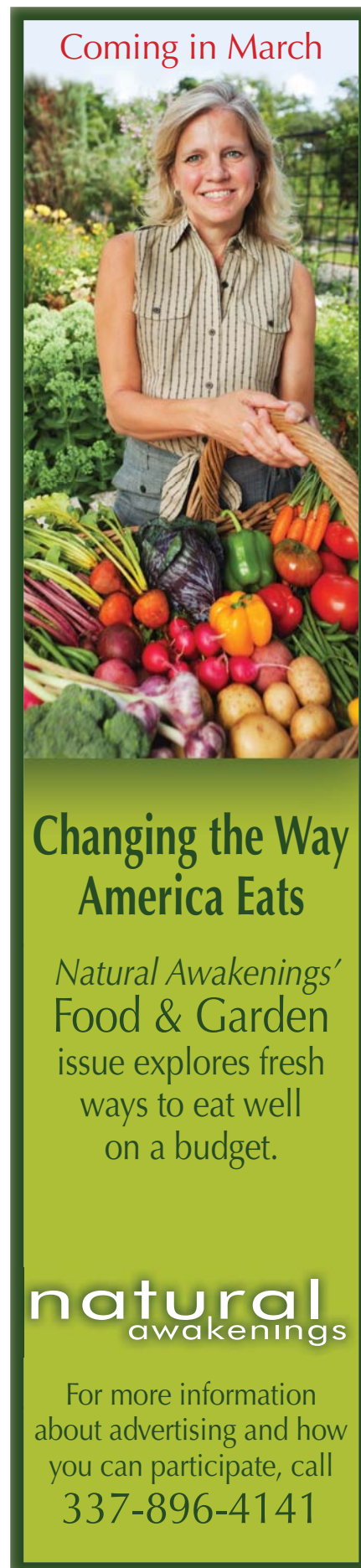
Lisa Shumate is a freelance writer in Boulder, CO.

The question is not whether we will die, but how we will live.
~Joan Borysenko



Reach Your Target Market
Secure this ad spot!

Contact us
for special
one-time
ad rates



Coming in March

Changing the Way
America Eats

Natural Awakenings'
Food & Garden
issue explores fresh
ways to eat well
on a budget.

natural
awakenings

For more information
about advertising and how
you can participate, call
337-896-4141

Upscale Mobile Restroom Trailer Rentals



Standard Restroom Trailer Features

- Flushing Toilets w/Urinal in men's stall
- Sinks with Running Water (Hot water optional)
- Climate Controlled (A/C and Heat)
- Mirror with Vanity Lighting
- Low Level Exterior Lighting
- Exterior Indicators- Occupied/Vacant
- Steps with handrails
- Power: 110v/20a
- Water: Garden Hose (Generator/Onboard Water optional)

Prices starting at \$200

Call 678-1500

greenliving



Healthy, Practical Tips for People and the Planet

by Brita Belli

Plastic is nearly impossible to avoid these days, but we should beware of its health impacts.

First, consider that the chemicals that form plastic compounds are let loose when plastic becomes worn, scratched or heated. When we use plastic containers for food and drinks and these chemicals are freed up, they can enter our food supply and contribute to a toxic buildup in our bodies. Exposure to such chemicals poses particular danger to pregnant women, babies and young children, whose hormone and brain development can be more easily affected by such toxic insults.

Next, consider that Americans annually send more than 29 million tons of plastic to landfills, according to the U.S. Environmental Protection Agency. Once there, it deteriorates, yet never fully breaks down. Plastic is one of the least recycled forms of packaging, due to its myriad recycling codes and disposable convenience (consider how many of us return plastic grocery bags to the store).

Even worse, countless plastic bags, containers, six-pack rings, beverage straws and other plastic human detritus

have found their way into our oceans. The United Nations Environment Programme estimates there are currently 46,000 pieces of plastic in every square mile of ocean. Plastic garbage patches entangle, choke and kill turtles, dolphins and other sea life or, after the eroding effects of sun and saltwater, disintegrate into microscopic plastic pellets consumed by fish, which then wind up on our dinner plates.

Here are some ubiquitous plastics of concern and practical ways to avoid using them.

Plastic food storage containers.

With plastic storage containers (particularly polycarbonate plastic, with a 7 recycling number or resin identification code), the chemical bisphenol A (BPA) is of primary concern. BPA molecules are linked to form the plastic, but some molecules can escape and leach into food contents.

BPA is a known hormone disruptor that has been tied to miscarriage, prostate and breast cancer, obesity and in children, behavioral and cognitive problems. If the plastic is worn, scratched, repeatedly washed or

heated, leaching is more likely.

Alternative: Use stainless steel or glass containers that can be frozen and heated without worry.

Plastic water and soda bottles.

Flimsy plastic beverage bottles (bearing a number 1 recycling symbol) are made with polyethylene terephthalate (PET), a petroleum-based plastic that can leach antimony, a metal linked to lung disease, heart problems and stomach ulcers at high concentrations; and phthalates, a common plasticizer associated with male genital deformities, low sperm counts, early puberty, susceptibility to allergens and autism. Hot conditions (such as the inside of a car) increase the leaching potential, as can reuse.

Alternative: Invest in a few stainless steel reusable water bottles.

Plastic sandwich bags. Most plastic sandwich bags are made from low-density polyethylene (LDPE), indicated by resin code 4. Although not known to leach chemicals (it's still wise to avoid microwaving them, however), they con-

tribute to the massive quantity of plastic waste produced each year.

Alternatives: Many reusable cloth lunch bags plus glass, bamboo and stainless steel snack containers are available.

Clear food packaging, plastic squeeze bottles and peanut butter containers.

Many pre-wrapped items in the deli or produce section, as well as condiment squeeze bottles and peanut butter containers bearing a number 3 code, are made with polyvinyl chloride or PVC, one of the most dangerous plastics. During the production of PVC, harmful chemicals like lead, dioxins and vinyl chloride are released that have been tied to health outcomes ranging from learning and behavioral problems to cancer and birth defects. Fatty foods such as cheeses and meats wrapped in number 3 plastics are particularly prone to leaching phthalates.

Alternatives: Opt for food that's not wrapped in plastic, such as meat from a butcher or deli counter, rather than pre-packaged in the refrigerated bin. Also consider switching to condiments and peanut butters packaged in glass.

Styrofoam takeout containers.

Polystyrene foam is technically a number 6 plastic. It's common in to-go containers and egg cartons, and the styrene that can leach out is tied to many health impacts, including neurological damage and harm to the liver and kidneys. Further, styrene is known to build up in body fat, increasing its toxic potential over time.

Alternatives: Shop at natural grocery stores and places where customers can bring their own containers. With egg cartons, opt for cardboard, preferably made from recycled material.

Brita Belli is the editor of E-The Environmental Magazine.

Find green home kitchenware at Natural Awakenings' online store, NAWebstore.com.

Sources: U.S. Environmental Protection Agency, epa.gov; United Nations Environment Programme, unep.org; Healthy Child Healthy World, HealthyChild.org; Our Stolen Future, OurStolenFuture.org.



OPEN: Mon-Fri 9-5pm Sat 9-3pm

337-942-8751

GENESIS WHEATGRASS

100% CHEMICAL AND PESTICIDE FREE



Frozen Wheatgrass

15% Discount on your purchase with this ad.

Not valid with senior discount

SEE US FOR

- VITAMINS
- MINERALS
- SUPPLEMENTS
- HERBS TEAS

939 Creswell Lane,
Opelousas, LA

PROBLEM WITH

- ARTHRITIS
- GOUT
- MUSCLE PAIN
- LOW ENERGY
- HAIR LOSS

TRY

- GLUCOSAMINE/CHONDROITIN
- BLACK/TART CHERRY
- OLD GOAT RUB
- MULTI-VITAMIN
- BAO SHI

COULD YOU USE?

- An Energy Boost
- Improved Immune Function
- Restored Body pH Balance
- Aid in Liver Detoxification
- More Oxygen to all Body Tissues

TRY OUR WHEATGRASS AND ENERGIZING GREENS

EFFORTLESS WEIGHT LOSS

FAR Infrared Sauna Treatments + Whole Body Vibration + Weight Loss Supplements

Fat Complex

Prevents absorption of fat

120 Capsules
Dietary Supplement

Fat Complex prevents the absorption of fat when you eat a meal and supports a low fat diet.

EPHEDRA-FREE

Thermo X

Supports a healthy metabolism

60 Tablets • Vegetarian
Dietary Supplement

Thermo X boosts the metabolism and allows you to burn more calories during your workout.

Glucomannan

Helps to suppress appetite

1,200mg - 60 Tablets
Dietary Supplement

Glucomannan curbs your appetite and helps prevent the urge to nibble between meals.

"Weight loss supplements can help you build a stronger metabolism, burn fat, and lose the weight faster."

WEIGHT GONE LIFE BACK !

CALL 347-4141

TO SCHEDULE FIRST APPOINTMENT



\$284 FAST FAT BURNER PACKAGE

Includes 12 Infrared Sauna Treatments, 12 Whole Body Vibration Sessions, 1 Foot Detox, 1 Full Body Wrap, and Weight loss supplements

Picture Yourself Healthy

By: Marie Pace, RND, CNC — Author of **DISCOVER HEALTH** available on Amazon.com or Mariepace.com

Realize that you are your best friend. Most of us would never treat someone else as poorly as we treat ourselves.

When it comes to your health... you might not eat right, maybe you stay up late watching TV or worrying about the problems of life. Maybe you indulge in too much sugar and junk food. Maybe you surround yourself with "friends" who pour their negativity onto you.

Now how would you handle all that if your best friend came to you and told you she was not eating right, staying up late, worrying too much, etc.? For sure you would advise her to "knock it all off!"

So how do you become your own "best friend"?

You can start by **DECIDING** to be positive mentally!

It is a well known fact that one comes to BELIEVE whatever one repeats to one's self, whether the statement is true or false. If a person repeats a lie over and over, he will eventually accept the lie as truth. If the person repeatedly affirms a positive thought or decision for his/her future, they **BELIEVE** it so strongly that - it also becomes "true"!

Every person is what he is because of the dominating thoughts which he allows to occupy his mind. Thoughts which a person deliberately places in his own mind, and mixes any one or more of the emotions, creates the motivating forces that direct and control his every movement, act and health!

I want you to really get this: "thoughts which are mixed with any of the feelings of emotions, creates a magnetic force which attracts, from the vibrations around one, other similar or related thoughts".

We become what we are because of the vibrations of thought which we pick up and register, through the stimulation of our daily environment. All impulses of thought have a tendency to clothe themselves in their physical equivalent. (literally you think a thought or make a decision mentally... and that's exactly what you get in the physical world around you!). Our mothers use to tell us, "be careful what you wish for, you might get it!"

With this new year, I urge you to resolve to throw off the influences of any negative environment, and build your OWN life filled with positive emotions and thoughts. The end goal should be health and happiness.

I want you start with a little inventory: what would your life be like if you were perfectly healthy, had no physical problems of any sort and had all the energy you want? Take a piece of paper and write down a list of EXACTLY how your life would be, what you would do, what you would have, what you could create. Don't just do this mentally... really write it down! And then every single day

read that list emphatically and with all the positive emotions and feelings that go along with it! **Really create the picture — the future, for yourself, of good health. Then give us a call to help you get onto the exact right plan!**

Trip to the Doctor's office

Doesn't it seem that more and more physicians are running their Practices like an assembly line?

Here's what happened to Buford (a local contractor):

Buford walked into a doctor's office and the receptionist asked him what he had. Buford said, "Shingles". So she wrote down his name, address, medical insurance number and told him to have a seat.

Fifteen minutes later a nurse's aide came out and asked Buford what he had. Buford said, "Shingles". So she wrote down his height, weight, a complete medical history and told Buford to wait in the examining room.

A half hour later a nurse came in and asked Buford what he had. Buford said, "Shingles".

So the nurse gave Buford a blood test, a blood pressure test, an electrocardiogram, and told Buford to take off all his clothes and wait for the doctor.

An hour later the doctor came in and asked Buford what he had. Buford said, "Shingles". The doctor asked. Where?

Buford said, Outside on the truck. Where do you want them?

If you'd like your next experience to be more personalized ... you might want to call on a "Naturopathic Doctor" (health consultant). Give us a call... we truly care about you as an individual.

Marie Pace, RND, CNC, is a Registered Doctor of Naturopathy, Certified Nutritional Counselor and author of **DISCOVER HEALTH**. To contact her office call **337-989-0572**



www.LafayetteNaturopath.com

OPTIMUM SOLUTIONS HOLISTIC HEALTH Consultants

210 Elmwood Dr., Lafayette 70503

IMPROVE YOUR SNOOZE

Sleep Aids versus Sleep Sappers

by Judith Fertig

Can eating a whole-wheat peanut butter cracker or sipping tart cherry juice help us sleep? Either is certainly worth a try, because most of us aren't getting enough shut-eye. According to the nonprofit National Sleep Foundation, 64 percent of America's adults frequently experience sleep problems; nearly half wake up at least once during the night. This deficit of restorative rest can affect our health.

"Lack of sleep can affect the immune system," says Dr. Timothy Morgenthaler, of the *Mayo Clinic Sleep Disorders Center* and an officer of the American Academy of Sleep Medicine. "Studies show that people that don't get a good night's sleep or don't get enough sleep are more likely to get sick after being exposed to a virus, such as the common cold."

A concept called sleep hygiene refers to good health practices that promote sleep. For example: Is the room dark or quiet enough? Is the mattress comfortable? Have we allowed sufficient time to wind down after daily activities to become relaxed? What we eat or drink also can have a profound effect on getting a good night's rest.

Sleep Sappers

Physicians, naturopaths and nutrition-

ists generally agree that these key factors delay or disrupt sleep.

Food and drink. According to Jamie Corroon, a naturopathic physician with Seattle's Bastyr University, eating or drinking too much during the day may make us less comfortable when settling down to sleep. Also, spicy foods may cause heartburn, which can lead to difficulty falling asleep and discomfort during the night.

Caffeine. "Caffeine's stimulant effect peaks in about one hour, and then declines as the liver breaks it down. So, if you go to bed by 11 p.m., you'll have to stop your caffeine intake by 2 or 3 p.m. to avoid insomnia," advises best-selling author Joy Bauer, a registered dietitian and nutritionist in New York City. She also cautions about energy drinks that incorporate herbal caffeine that may include guarana seeds, kola nuts and yerba mate leaves.

Nightcaps. Although many people think of alcohol as a sedative, it actually disrupts sleep, according to experts at the National Sleep Foundation.

Sleep Aids

What helps us sleep may be either a food's chemical properties or the psychological and physical comfort we associate with a certain food or drink.

Options include some old reliables.

Walnuts and tart cherry juice.

Studies conducted by the University of Texas Health Science Center, in San Antonio, and published in the *Journal of Medicinal Food* found that these two foods are great sources of melatonin, a natural hormone that helps regulate sleep cycles. Tart cherry juice was found to be especially effective in reducing the time it took subjects to fall asleep.

Herbs. According to the Center for Integrative Medicine at the University of Maryland, in Baltimore, some herbs have a mild, sedative effect. Three traditional herbs used for sleep are valerian, German chamomile and passionflower. The European practice of sipping a warm tisane, or herbal tea, made from these ingredients can be warming and soothing, preparing us to sleep. These herbs are also available as supplements.

Complex carbohydrates. "Enjoy a bedtime snack," recommends Bauer, of about 200 calories or less; mainly complex carbohydrates, with a touch of protein, such as some banana with peanut butter, yogurt or a small amount of whole grain cereal with skim milk. "By combining an ample dose of carbohydrates together with a small amount of protein—such as yogurt or turkey—containing the amino acid tryptophan, your brain produces serotonin, known as a calming hormone."

A warm, milky drink. Research scientists at the Massachusetts Institute of Technology concluded that the chemical properties of milk—mainly protein and tryptophan—were not enough to ensure a good night's sleep (*American Journal of Clinical Nutrition*). However, sleep and wellness expert Anna de Vena, who writes for *Sleep-WellFeel*

Great.com, observes, "I love curling up with any kind of warm milky drink before bed, especially in the wintertime. There is a calming association with warm milk and sleep... from the time we were infants, when we drank milk and went to sleep."

Judith Fertig celebrates healthy food at AlfrescoFoodAndLifestyle.blogspot.com.

SUGGESTED SLEEP SUPPLEMENTS

Both valerian and melatonin have good scientific evidence backing them up as natural sleep aids, advises Sharon Plank, an integrative medicine physician with the University of Pittsburgh Medical School's Center for Integrative Medicine.

If the problem is falling asleep, the sedative effects of a valerian supplement can help. Because it has few adverse effects, it's safe to try as a sleep aid, Plank says.

If the problem is disrupted sleep, melatonin can help, and comes in two forms—extended release and immediate release. Plank notes, "If you tend to wake up in the middle of the night, you may want to take extended release before you go to bed. If you have trouble falling asleep, try immediate release."

If the problem is waking too early or restless leg syndrome, the problem could be a mineral deficiency. Studies conducted by the U.S. Department of Agriculture found that copper, iron and magnesium deficiencies caused sleep issues with some subjects; the studies specify recommended daily supplementation of copper (2 mg), iron (10 to 15 mg) and magnesium (400 mg).



Janise's SUPERMARKET

Sunset, LA



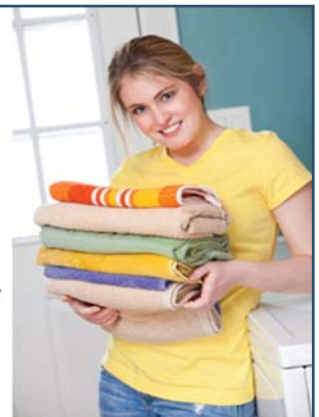
We Have
Frozen Wheatgrass



What if ALL your laundry for the week only took you 5 Minutes ?

No Time For Laundry?
Tired of living out of your laundry basket?
Use our home laundry service pickup and delivery!

- Picked up at your door
- Delivered fresh & folded
- Two day turn-around available



Wash, Dry, Fold & Delivered

Wash & Fold is just like going to the laundromat, except we do all the work for you. First your clothes are sorted and colors are separated from whites. Then we wash and dry your clothes in separate machines for each customer, according to the preferences that you specify. Next, your clothes are neatly folded, socks are matched and the clothes are wrapped up nice and tidy like a present and delivered to your front door...

...all you've got to do is put them away.



Drop-off: Save Time & Save Money

Nobody has to know. It can be just our little secret. Two and a half minutes to drop it off at 1-CALL Wash N Fold and two and half minutes to pick it up. Clean, folded laundry. Yes, it is just that easy! And if your family thinks you slaved over baskets of stinky socks all day long, well, we will just let them go on believing that.

Door to Door Service

1-CALL Wash N Fold

Home Delivery Laundry Service

Call (337) 896-0085
for more information

WASH AND FOLD
LAUNDRY SERVICE



Simple Wash N Fold Pricing

\$1.49
a pound

Washed, dried, folded, and delivered!

Commercial Laundry Center

Medical and dental uniforms
Scrubs
Exam gowns and coats
Towels
Sheets and linens
Weekly pickup and delivery service

Buy Now \$20



(337) 280-3363

\$10 OFF

Acadiana Wheatgrass

100 E. Agnelle St., Suite C
Carencro, LA 70520

VALUE	DISCOUNT	SAVINGS
\$30	33%	\$10

Take \$10 Off your next purchase of frozen wheatgrass juice. Rich in nutrients and chlorophyll. This offer is good for a one month box of sixteen 1.5 oz cups.

Buy Now \$65



(337) 347-4141

50% OFF

Cellulite Removal Dermosonic

VALUE	DISCOUNT	SAVINGS
\$130	50%	\$65

50% Off your next cellulite treatment. The Dermosonic procedure removes cellulite and can reduce inches.

Buy Now \$55



(337) 896-4141

50% OFF

Vitamin Hydration

109 Main Street
Lafayette, LA 70507

VALUE	DISCOUNT	SAVINGS
\$110	50%	\$55

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

Buy Now \$95



(337) 678-1500

\$35 OFF

Infrared Sauna

Burns Fat
Detoxes the body

VALUE	DISCOUNT	SAVINGS
\$130	27%	\$35

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



HealthScope
A Cellular Approach to Nutritional Consulting

To schedule call:
347-4141 or 896-4141

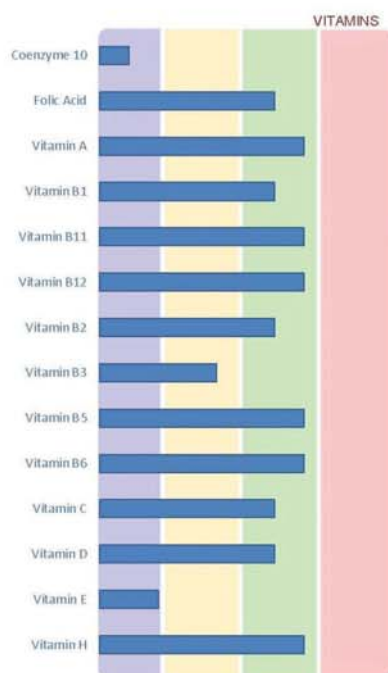
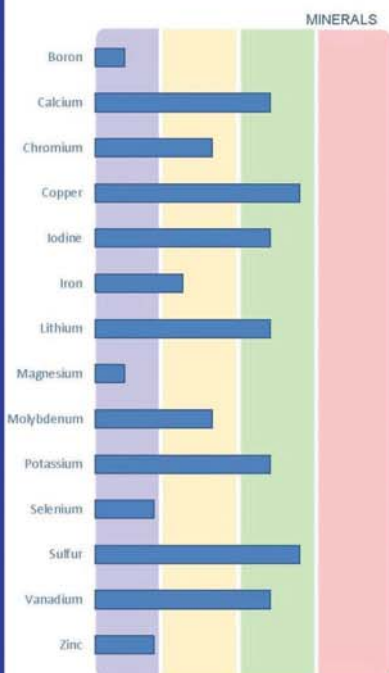
- YES NO | Do you get sick easily?**
- YES NO | Do you suffer from anxiety or depression?**
- YES NO | Are you overweight?**
- YES NO | Do you experience chronic pain?**
- YES NO | Do you have trouble sleeping at night?**

If you answered YES to either of these questions you could be VITAMIN DEFICIENT.

GET A HEALTH ASSESSMENT

Non-Invasive state-of-the-art technology scans hair and skin and gives a comprehensive 12 page report on all internal organs, glands and cells including adrenals, bladder, brain, circulation, digestion, heart, joints, kidneys, liver, lungs, pancreas, thyroid, lymphatic, muscular and skeletal systems. It shows allergies, stress, hormones, metabolism, inflammation, vitamins, minerals, amino acids, toxins, heavy metals, parasites, fungus, mold and pathogen levels. It charts over 100 nutrients to show absorptions, depletion or deficiency and matches supplements, superfoods, herbs, antioxidants, enzymes, Bach remedies and homeopathics to your physiology.

BALANCE YOUR NUTRIENT DEFICIENCIES



Microderm Screening is the microscopic study of the epidermis using HealthScope's powerful application.



Electroderm Screenings is the electrical response analysis of the epidermis using HealthScope's powerful application.



\$94 includes 12 Page Report.
\$150 includes 12 Page Report and 30 min Consultation

The Benefits of Burnout

An oxymoron?

Not according to psychologist Joan Borysenko.

by Linda Sechrist

Joan Borysenko, Ph.D., a pioneer in integrative medicine, is a renowned expert on the mind-body connection. Her work has been foundational in an international health care revolution that recognizes the role of meaning and the spiritual dimension of life as integral aspects of health and healing.

Most recently, the Harvard-trained biologist and psychologist explored the anatomy of burnout with Facebook friends in her latest book, *Fried: Why You Burn Out and How to Revive*.

What does it mean to physically, emotionally and spiritually burn out?

When you're stressed out, you keep chasing the same old carrot, whatever that may be for you. But when you're burned out, you eventually give up the chase. The hope that you can create a meaningful life fizzles and you find yourself sitting in the ashes of your dreams.

In a culture wedded to positive thinking, burnout and its first cousin, depression, are thought of as disorders in need of a fix. What if instead, we see them as losses of naïveté, false identities and faulty assumptions that are making way for a more authentic life? What if we viewed burnout as an invitation to come into alignment with a more elegant expression of our gifts, relationships and overall life energy?

The late psychologist Herbert Freudenberger, Ph.D., who first popularized the concept in his 1980 book, *Burnout: The High Cost of High Achievement*, believed the condition is a painful affliction of good people trying to give their very best. He defined it as "the extinction of motivation or incentive, especially where one's devo-



Photo by Charles Bush

tion to a cause or relationship fails to produce the desired results."

Why do we burn out even when we regularly use self-care practices?

Many people are shocked to learn that even though I'm a positive person, with a regular yoga and meditation practice, as well as healthy eating habits, I have burned out more than once. Ironically, but predictably, I was trying to do and be my best. For me, burnout means that my most loving, creative self goes missing; I contract into the smallest, most negative version of myself, which is not a pretty picture.

I find that for many people that intellectualize a great portion of their lives, burnout doesn't become real until they are not only physically, mentally and emotionally exhausted, but are also in pain. Knowing ourselves and our limitations is essential, because our tendency is to become complacent and think we're too busy to tend to our well-being,

or else believe we can do even more because we practice self-care.

Keep in mind that we can't solve burnout with the same level of consciousness that created it. We have to catch ourselves in the act of overlooking our true needs, stop, do a self-inquiry that looks at things as they are, and pinpoint what drains our energy, as well as what brings us to life.

How did writing *Fried* affect you?

In order to follow my own advice, I completely changed the way I live. I realized that at age 66, I needed to pay more attention to my physical body. Physical therapy and Pilates floor exercises are now a priority five days a week, as well as yoga, both of which have helped to correct my hip joint problems. For aerobic exercise, I walk fast for 45 minutes at least five days a week. In inclement weather, I ride an indoor bike. Altogether, it averages out to 90 minutes of daily exercise, five days a week.

My husband and I switched to a plant-based diet of organic whole foods, so we now set aside more time to plan, shop and cook. We also make more time for family and friends. We still both work, but fewer hours than before. In other words, I do what I can within a framework of love. I choose to do what is important to me—activities that give me life and energy.

What is it about living "in the now" that feels so enlivening?

When we live in our heads and intellectualize, we tend to spin negative thoughts that hurt our physical health and sap our energy. By actively focusing on what we are doing in the moment, we can engage our senses, more thoroughly enjoy ourselves and have an awareness of being that is not possible when we are ruminating over past memories or projecting ourselves into daydreams about a far-off future. In such present moments, because we are relaxed and open to our inner wisdom, as well as our interconnection with the exquisite wholeness of life, we feel the most vital and alive.

Connect at JoanBorysenko.com and [Facebook.com/pages/Joan-Borysenko/211406562428](https://www.facebook.com/pages/Joan-Borysenko/211406562428).

THERMOGRAPHY

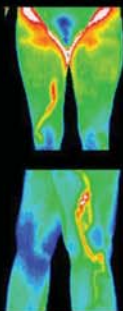
Medical Imaging of Acadiana

Advanced Diagnostic and Screening Technology

\$94

**FULL BODY HEALTH CHECK
(337) 347-4141**

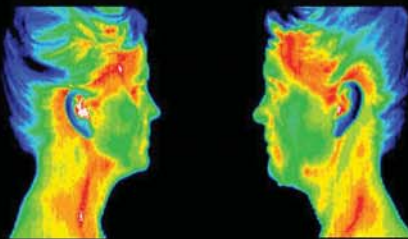
Thermography Imaging Can Detect Many Diseases and Disorders in Their Early Stages



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

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

Vascular Conditions



Carotid Artery occlusion (Right side)

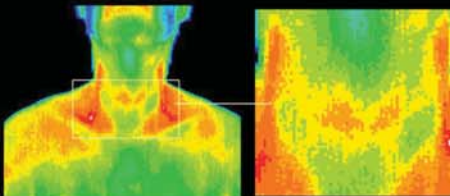
Carotid Artery Occlusion



Early stage bilateral carpal tunnel syndrome

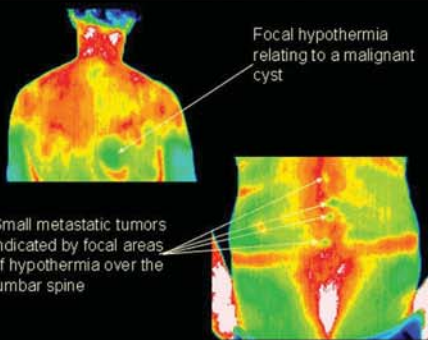
Chronic right carpal tunnel syndrome

Carpal Tunnel



Hyperthermia over both lobes of the thyroid
Indicating thyroid dysfunction

Thyroid Dysfunction

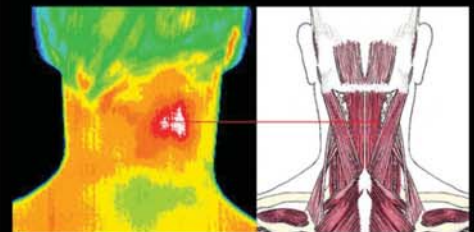


Focal hypothermia relating to a malignant cyst

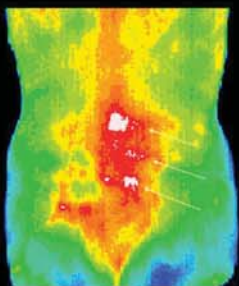
Small metastatic tumors indicated by focal areas of hypothermia over the lumbar spine

Cyst and Tumors

Myofascial Trigger Point -
in semispinalis cervicis



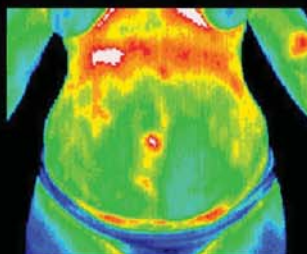
Myofascial Trigger Point



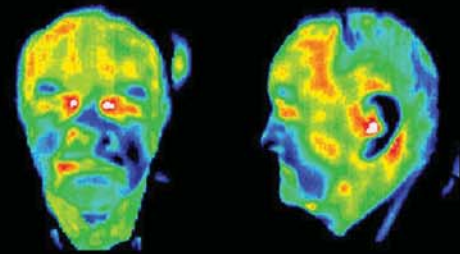
Three stress fractures of the transverse processes of the lumbar spine.

Stress Fractures

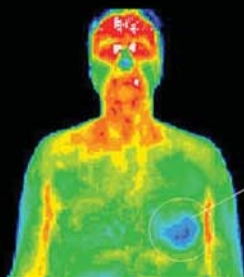
Inflammation Over Right Kidney



Inflammation

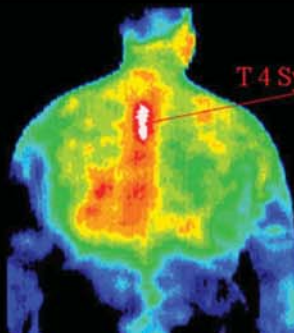


Bells Palsy



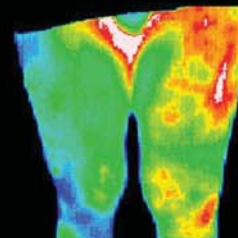
CAD

Coronary Artery Disease



T4 Syndrome

T4 Syndrome



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

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

This was lanced and successfully treated with antibiotics.

Infection

Exercise to Beat the Blues

Staying Active Lifts Our Spirits

by Priscilla Goudreau-Santos



Depression affects about one in 10 adults each year and nearly twice as many women as men, according to the American Psychiatric Association.

Although exercise may feel like the last thing you want to do when you are feeling blue, it's a sure way to climb out of the morass and achieve a brighter outlook, higher energy levels and good heart health.

“In winter months, people get sluggish in many ways, and the resulting buildup of toxins can make them feel achy. They often interpret their fatigue and tension as depression, but that's not necessarily so,” says Carolyn Dean, a pioneering physician, naturopath, nutritionist and author, with 25 years of experience treating diet and health issues.

“The best, most natural way to pull toxins out of the body is through movement,” she advises. Becoming active is a good way to both lift depression and promote overall health, including a healthy heart, one of the largest and most vital muscles in the body.

Getting off the couch often begins by identifying what you enjoy and will be most likely to continue doing. Setting reasonable goals is important. If you haven't exercised in awhile or feel

guilty for taking time out of an already busy day, try starting with a five-minute workout, and then increase the duration as you get stronger and feel better.

Dean suggests that one good way to start is by walking and using a pedometer, or climbing stairs with a step-counter (10,000 steps a day is a reachable goal). You can make a game of competing against yourself.

Invite friends to walk with you or create your own walking club to help stay on track with a cardio-exercise routine. Walking your dog or borrowing a neighbor's pooch for a stroll around the neighborhood is fun. Inject additional movement into daily routines via gardening, washing the car or playing with children.

Multiple Benefits

Although the scientific links between

exercise and reduced anxiety and depression aren't entirely known, it is clear that working out can help anyone relax and feel better. The Mayo Clinic reports that exercise helps ease depression by releasing feel good brain chemicals in the body; reducing immune system chemicals; increasing body temperature; boosting self-confidence; taking thoughts off of worries; and promoting social interaction, thus equipping individuals to better cope with life's ups and downs.

“Exercise is sometimes stigmatized as an activity that's hot, sticky and not fun,” notes Jess Martin, a wellness coordinator with the nationwide network of Healthstat, Inc. clinics, headquartered in Charlotte, North Carolina.

“We encourage our participants to instead think of exercise as fun. Running, lifting weights and other fitness activities certainly get your heart pumping, but so can less intense forms of exercise. While we encourage everyone to have 30-minute workouts, you can also benefit from shorter intervals, such as two 15-minute or even three 10-minute sessions a day.”

As Martin notes, people that work out with a buddy are more likely to be accountable to an exercise routine. Strengthening healthy social bonds reduces stresses at the same time. “When you don't exercise, the muscles of the body and the heart atrophy, he says. The more you exercise, the lower the heart rate tends to become, and the more efficient the heart function.”

Daily Do

“Daily exercise should be as much a part of your routine as meals,” counsels Dr. Gabriela Cora, vice-chair of the Council on Communications for the American Psychiatric Association, author, wellness and well-being coach and former researcher in mood and anxiety disorders at the National Institutes of Health. “This is even truer for busy people, because so many these days are sedentary; everyone needs to find a balance for any lack of energy flow.” She points out that while many tend to think of exercise as a hobby, it is really one of the four pillars of biological health—sleep, relaxation, nutrition and exercise.

Note: Consult with a physician for advice about what exercise and level of intensity is best for you. If you exercise regularly, but anxiety or depression symptoms still interfere with daily life, follow up with a doctor or other qualified mental health provider.

Priscilla Goudreau-Santos is a freelance writer and owner of Priscilla Goudreau Public Relations and Marketing, in Jacksonville, FL. Connect at 904-371-7751.

To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear.

~Buddha



The HOLISTIC CARE Cancer Foundation

From Care to Cure

The Holistic Care Cancer Foundation provides free holistic health care services to cancer patients.

- Vitamin Therapy
- Nutrition and Diet
- Thermography Imaging
- Education
- Natural Health Support

A VERY SPECIAL THANK YOU!

Edward and Dianne Robert, Opelousas
Terrell and Jennifer Jolivette, Lafayette
Barbara and David Gradnigo, Baton Rouge
Dr. James Gilmore, Baton Rouge
Betty McGhee, Baton Rouge
Bryan Darby, Baton Rouge
Marvin Vessell, Baton Rouge
Darryl Johnson, Baton Rouge
Preston and Marian Castille, Baton Rouge
Jennifer and Clint Arvie, Opelousas
David and Conswella Gradnigo, Baton Rouge
Deborah Arvie, Ville Platte
Jose and Inez Salgado, Lawtell

Your donations make holistic care for cancer patients possible.

To donate or to learn more about how you can help cancer patients receive holistic care call:

Dr. Steven T. Castille, BSc, MS, DNM (337) 280-3363

Director of the Holistic Care Cancer Foundation



Create peace and love in our world. Promote health and wellness for your families, friends, and neighbors. Use this bill to purchase products and services in your Acadiana community and support local businesses.

PARTICIPATING LOCAL BUSINESSES

1-Call Wash and Fold

109 Fourpark Rd, Lafayette
337-896-0085 See ad on page 37.

Acadiana Wheatgrass

12178 Hwy 190, Opelousas
337-280-3363 See ad on pages 2 and 3.

Natural Health Center

100 E. Angelle St., Carencro
337-347-4141 See ad on page 64.

Caribbean Party Zone

12178 Hwy 190, Opelousas
337-678-1500 See ad on page 62.

See participating stores for specific products and services covered. See stores for limitations.

inspiration

WABI SABI LOVE

Embracing Imperfections in Relationships

by Arielle Ford

The ancient Japanese art form of *Wabi Sabi* honors all things old, weathered, worn and impermanent by perceiving the beauty in imperfections. It discovers grace in things modest, humble and unconventional.

Wabi Sabi love is the art and practice of appreciating the quirks and imperfections in our self and our partner. Listening with our heart, we come to see with it, too. Discerning the hidden dance between partners brings emotional maturity to our relationships as we shift our focus from what's wrong to what's right. This new, true view deeply bonds us and is a key to everlasting love—and any harmonious relationship.

Spiritual teacher David Deida counsels, "Practicing love often means... surrendering all hold on the familiar act you call 'me.'" By choosing to turn everyday conflict into compassion, we cultivate a more loving relationship through humor, listening, intimacy and generosity, even when someone is acting out, refusing to listen or shutting down.

Acceptance and its counterpart, understanding, are crucial to achieving relationship harmony. It's the highest form of love and, like most things worth striving for, requires patience, commitment, personal responsibility, playfulness and practice. Imagine how great it is to feel loved all the time by a

We shift our choices from "what I want," to what is ultimately best for the relationship.

friend and partner—during the good, the bad and everything in-between.

It starts when we shift our perception and see our mate's behavior through a gentler and kinder lens of mutual respect and lightheartedness.

Research by Psychologist Sandra Murray, Ph.D., at the University of Buffalo, reveals that donning "rose-colored glasses" and idealizing our partner leads to more happiness and satisfaction in a relationship, and that the happiest couples focus on what's right. In what is known as the Pygmalion effect, the greater the expectation placed upon people, the better they perform.

Keeping an open heart and mind also prepares us to receive our partner's best expectations and highest level of caring, even if it might seem different than what we expect. When we choose to lovingly accept each other, let go of issues and apologize for any wrongdoing, it transforms the relationship.

Overall, we better appreciate the bigger picture and go from being annoyed to enjoyed!

Bestselling author Arielle Ford is a leader in the personal growth and contemporary spirituality movement. Her new release is Wabi Sabi Love (WabiSabiLove.com). Subscribe to a free Soulmate Secret newsletter at ArielleFord.com.

"An All Natural Product Line For Your Every Need"

- Weight Loss
- Joint Pain
- E.D./Low Testosterone
- Hot Flashes
- Attention Deficit Disorder
- Fatigue
- Psoriasis/Skin Care
- Fitness and Muscle Building

500 N. Lewis Ave., Suite 110

New Iberia, LA 70563

(337) **367.8220**

www.DauteriveWellness.com



Dr. Kimberly Smith

DAUTERIVE WELLNESS

Dr. Kimberly Smith Dauterive

TOTAL HEALTH AND WELLNESS-Naturally Meeting Your Every Need

Total Health and Wellness

We offer the only 100% Natural Weight Loss Products
All products are 100% Natural and are FDA registered



No Appointment Needed



Body Design

The WEIGHT LOSS Spa Program

Weight Loss and Cellulite Reduction

ADVERTISEMENT

We Understand

We understand how and why you have struggled with weight loss with limited success. We understand the frustrations of trying everything and finding that nothing works. We understand that being overweight is a problem that you want to fix. We are pleased to offer you, finally, a solution - the help you need.

DERMOSONIC CELLULITE TREATMENT

Dermosonic is a patented technology to effectively reduce the appearance of cellulite, increase circulation and relieve minor muscle aches and pains while relaxing muscle spasms. The Dermosonic Method is a comprehensive, non-surgical approach.



How Dermosonic Works

Dermosonic combines ultrasonic and (NIST) vacuum pressure massage on the surface of the skin to reduce the appearance of cellulite.

Ultrasound

Ultrasound is applied to gently warm the underlying layers of epidermis and dermis, preparing the tissue for the benefits of NIST. Ultrasound can be pulsed continuously or intermittently.

N.I.S.T

Non-Invasive Subdermal Therapy

NIST or Vacuum Suction mobilizes the warmed connective tissue and improves blood circulation. Dermosonic closes the gap between the two forces that originally created the dimpled appearance, thus reducing the appearance of cellulite.



** Ultrasound Picture(left) -- NIST Picture(right)

How do treatments feel?

Dermosonic does not pinch, roll or bruise the skin so the processes are not only pain free, they feel good!

How many treatments are needed?

Depending on your needs, age and lifestyle, treatments are recommended one to two times per week for a total of 8 - 12 treatments. Follow-up treatments are recommended every 6 to 8 weeks.

GIFT CERTIFICATES AVAILABLE

The WEIGHT LOSS Spa Program at Natural Health Center

100 E. Angelle St., Carencro (I-49, Carencro Exit - Just Off Exit 4)

www.LiteonNaturals.com

(337) 347-4141



BodyWrap

up to 900 calories in 50 minutes

Our Infrared Fat-Burning and Slimming Body Wrap is the most advanced body wrap available. It provides the relaxing benefits of FAR Infrared heat and at the same time targeting a universal problem for women - cellulite. As featured on Oprah and other talk shows the Sudatonic Body Slimming Treatment gets real results fast.

Your service begins with a vigorous dry brushing and application of our concentrated body wrap gel, followed by a Contour Wrap focusing on target areas for inch loss. You are then cocooned in our Infrared Heat Blanket for 50 minutes. The result—reduced toxin levels, decreased body fat, smooth hydrated skin, weight loss and inch loss.

Sudatonic Infrared Slimming Body Wrap:

- BURNS fat
- Speeds up your metabolism
- Helps you lose weight (not just water) and inches
- Reduces cellulite and stretch marks
- Detoxify your body and get more energy
- Improve your skin texture
- Relaxes, relieves stress
- Reduce aches and pains

In one session, you can:

- Lose up to 5 pounds
- Dramatically reduce cellulite
- Eliminate up to 20% of body fat
- Burn up to 4,000 calories
- Lose inches off waistline, hips and thighs
- Completely invigorate your body!

WEIGHT LOSS AND CELLULITE REDUCTION



SlimLine Weight Loss Capsule up to 600 calories in 30 minutes

The SlimLine weight loss capsule is the newest, most technologically advanced spa medical capsule on the market today. The SlimLine has multiple weight loss technologies that have been integrated inside the new comprehensive weight loss device for increased metabolic stimulation, weight loss and related physiological benefits. SlimLine delivers a totally all-new weight loss experience by incorporating state-of-the-art and proprietary features in an "all at once" treatment system to:

- Stimulate and increase the basal metabolic rate
- Help lower weight and body mass index
- Decrease weight "set point"
- Detoxify the body
- Lower cholesterol levels
- Slow the aging process



FAR Infrared Sauna up to 600 calories in 30 minutes

Far Infrared Saunas are a healthy weight loss solution without exercising. Infrared saunas can burn 400-600 calories in just one 30 minute session. In the chart below is a summary of how many calories a 150 pound person normally burns in 30 minutes of exercise:

SportCalories

Jogging 300	Marathon Running 590
Bowling 120	Vigorous Racquet Ball 510
Rowing 600	Chopping Wood 265
Swimming 300	Cycling (10 mph) 225
Tennis 265	Walking (3.5mph) 150

In a far infrared sauna, a moderately fit person can sweat one pound of sweat in 30 minute session, which is the equivalent of running 2-3 miles. While it is true that the weight of the water expelled in the sauna may be regained by re-hydrating with water the calories lost will not, resulting in weight loss.



Whole Body Vibration Therapy 20 minutes equal to 1 hour of Aerobic Exercise

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

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



- Binds to fats in the stomach.
- Prevents fat from being absorbed in the body.
- Supports healthy circulation.
- Acts as a sponge in the intestinal tract.
- Moves through the colon quickly and removes waste supporting colon health.

ALL NATURAL WEIGHT LOSS



PINT-SIZED PETS

Smaller Pets Have Big Potential

by Randy Kambic

Whether they crawl, swim, hop or fly, speak, make other sounds or stay silent, many small wonders can make ideal pets.

While 85 percent of U.S. households with pets feature a dog or a cat, giving a home to smaller friendly creatures can mean less maintenance and less cost—including only tiny stomachs to fill and no vaccinations. Downsizing to well-considered domesticated companions also provides uncommon windows to animal behavior for adults and youngsters alike.

Apparently, many appreciate these benefits. The same 2011 American Pet Products Association National Pet Owners Survey that reported on dogs and cats also showed that 12.6 million residences have fish; 5.7 million, birds; 5 million, small animals (rabbits, guinea pigs, ferrets, gerbils, hamsters, mice and rats); and 4.6 million, reptiles.

"These animals pose a world of possibilities," says Veterinary Doctor Kimberly Weiss, owner of Heartland Healing Hands, in Oklahoma City.

"They all have individual needs. Having them around starts as something cool, a special cachet for a youngster, and then, if fostered by parents, into a special sense of responsibility."

Fish

Watching colorful fish swim around an aquarium encourages a serene, soothing feeling. In addition to their traditional purview in kids' bedrooms and seafood restaurants, more workplaces and physicians' offices sport tanks these days.

Doctor of Veterinary Medicine Melinda Fernyhough, Ph.D., a manager with the Hartz Mountain Corporation, recommends that a first collection encompass a variety of species that happily coexist, behave differently, and don't lead to overcrowding. "It is best to err on the side of fewer fish; you can always add more," she says. "A good



initial combination can be darting petras, slower moving mollies and guppies, interactive oscars, and plecostomus bottom feeders."

Birds

For first-time bird guardians, "Consider starting off with a small bird, such as a parakeet, cockatiel or canary," says Dr. John Simon, a veterinarian and owner of Woodside Animal Clinic, in Royal Oak, Michigan. "If you are more adventurous, consider what you desire most in a bird—how much talking you expect, its appearance, level of friendliness—and how much it will grow. Some larger breeds, such as Amazon parrots, macaws and cockatoos, can live 60 or 70 years, so your selection could remain in your family for generations. If you're away a lot, consider housing two of the same breed; they can keep each other company."

There's no magic to producing a talker. "The more interaction, attention and mental stimulation, the happier the bird and greater inclination to talk," advises Weiss. She suggests taking a bird out of its cage regularly and providing lead- and zinc-free mirrors, noisemakers and other toys to ward off boredom. Favorite gabbers include African greys, macaws and double-yellow-headed Amazons; cockatoos are more prone to imitate sounds.

Small Animals

While many rabbits do not like to be held and cuddled and hamsters can sometimes nip if awakened or startled, guinea pigs are typically friendly and often enjoy interaction with people. They can emit a charming chirp or "oink" sound when petted or touched.

Smaller rodents like gerbils, mice and rats love scurrying around their cages and "jogging" in wheels. Hamsters and rats are sometimes active at night, so their cages might not be suitable in bedrooms. Guinea pigs are more docile and sleep much more.

"These 'pocket pets' like fresh veggies to supplement their nutrition—green beans, zucchini, broccoli, cauliflower, carrots, peas, spinach, arugula and green peppers," advises Seattle-based Veterinarian Darla Rewers, owner of Ancient Arts Holistic Services. "Rab-



bits should get more of the lettuce-type greens, but limit the spinach, because it is high in calcium."

Reptiles

Whether it's the dinosaur-like appearance of an iguana, flicking tongue of a chameleon, intricate scale patterns of a snake or wise-looking turtle head, the exotic appearance of reptiles fascinates children. They take up little space inside a small aquarium and their lack of fur prevents potential allergic reactions. However, some reptiles need special lighting and specific amounts of water; maintaining proper levels of heat and humidity is vital to some of them in order to replicate their natural environment.

It's best to learn as much as you can



about a potential pet before bringing it home. Understanding species temperament, behavior patterns, maintenance needs, diet and average lifespan helps you know what to expect beforehand and ultimately to better enjoy your choice of the small-pet experience.

Find tips on small animal ownership and care at Hartz.com and AmericanPetProducts.org.

Randy Kambic, in Estero, FL, is a freelance writer and a copyeditor for Natural Awakenings.

Age does not protect you from love.
But love, to some extent, protects you from age.

~Jeanne Moreau

"You Call We Haul"

Do you work for a company or do you need trucking services?

48 ft Drop Deck Trailer
Class A CDL-Hazmat & Tanker endorsed
22 yrs experience over the road
Leased with local company in Lafayette



With **God** all things are possible
Matthew 19:26

Edward J. Robert, Sr. - O/O
Dianne Guidry Robert (co-owner)

WGATAP, EJR Trucking, LLC

(337) 351-1664

Depression and anxiety has no gender, race, or age.

Many prescription medications simply mask the symptoms. Vitamin Therapy can get to the root cause.

\$340 Vitamin Therapy Program

Natural Health Center
347-4141 for an appointment.

TURN YOUR PASSION INTO A BUSINESS...

own a *Natural Awakenings* magazine!

As a *Natural Awakenings* publisher, you can enjoy learning about healthy and joyous living while working from your home and earn a good income doing something you love!

Your magazine will help thousands of readers to make positive changes in their lives, while promoting local practitioners and providers of natural, Earth-friendly lifestyles. You will be creating a healthier community while building your own financial security.

No publishing experience is necessary. You'll work for yourself but not by yourself. We offer a complete training and support system that allows you to successfully publish your own magazine.

Be part of a dynamic franchised publishing network that is helping to transform the way we live and care for ourselves. Now available in Spanish as well.

To determine if owning a *Natural Awakenings* is right for you and your target community, call us for a free consultation at 239-530-1377.



For information about how to publish
Natural Awakenings in your community call

239-530-1377

NaturalAwakeningsMag.com

**Phenomenal Monthly Circulation
Growth Since 1994. Now with
3.6 Million Monthly Readers in:**

- Birmingham, AL
- Huntsville, AL
- Mobile/Baldwin, AL
- Little Rock/
Hot Springs, AR
- Phoenix, AZ
- Tucson, AZ
- East Bay Area, CA
- Los Angeles, CA
- San Diego, CA
- Santa Barbara/
Ventura, CA
- Denver/Boulder, CO
- Hartford, CT
- Fairfield County, CT
- New Haven/
Middlesex, CT
- Daytona/Volusia/
Flagler, FL
- NW FL Emerald Coast
- Ft. Lauderdale, FL
- Jacksonville/
St. Augustine, FL
- Melbourne/
Vero Beach, FL
- Miami & Florida Keys
- Naples/Ft. Myers, FL
- North Central FL*
- Orlando, FL
- Palm Beach, FL
- Peace River, FL
- Sarasota, FL
- Tallahassee, FL
- Tampa/
St. Petersburg, FL
- Florida's Treasure
Coast
- Atlanta, GA
- Augusta, GA
- Western NC/
Northern GA
- Chicago North
Shore, IL
- Indianapolis, IN
- Lexington, KY*
- Louisville-Metro, KY
- Lafayette, LA
- New Orleans, LA
- Middlesex Co., MA
- Ann Arbor, MI
- Grand Rapids, MI
- East Michigan
- Lansing, MI
- Wayne County, MI
- Asheville, NC*
- Charlotte, NC
- Raleigh/Durham/
Chapel Hill, NC
- Monmouth/
Ocean, NJ
- North NJ
- North Central NJ
- Somerset/Middlesex
Counties, NJ
- South NJ
- Santa Fe/
Albuquerque, NM*
- Las Vegas, NV
- Long Island, NY
- Manhattan, NY
- Rockland/
Orange Counties, NY
- Westchester/
Putnam Co's., NY
- Cincinnati, OH*
- Oklahoma City, OK
- Tulsa, OK*
- Portland, OR
- Bucks/Montgomery
Counties, PA*
- Harrisburg, PA
- Lehigh Valley, PA
- Northeastern PA*
- Rhode Island
- Charleston, SC
- Columbia, SC*
- Grand Strand, SC
- Greenville, SC
- Chattanooga, TN
- Knoxville, TN
- Memphis, TN
- Nashville, TN
- Austin, TX
- Dallas, TX
- Houston, TX
- North Texas
- San Antonio, TX
- Tyler/Longview, TX
- Richmond, VA
- Southwestern VA*
- Seattle, WA
- Madison, WI
- Milwaukee, WI
- Puerto Rico

*Existing magazines
for sale

- Low Investment
- Work at Home
- Great Support Team
- Marketing Tools
- Meaningful New Career

Reflexology

How Our Feet Talk

by Linda Sechrist

The body has an amazing ability to regularly heal, repair and revitalize itself, but it can occasionally use an assist with its daily workload. Reflexology, a natural approach to rebalancing and encouraging internal healing processes, could be just the boost the body needs, according to The Ingham Method® of Foot Reflexology. This complementary therapy uses alternating pressure on reflex points located on the feet and hands, and is sometimes used in conjunction with other modalities, such as massage and aromatherapy.

"If you're feeling out of kilter, don't know why or what about, let your feet reveal the answer, find the sore spot, work it out." That's the personal philosophy of Eunice D. Ingham, who created the world-renowned Ingham Method, considered the Rolls-Royce of reflexology. Ingham, working alongside her mentor, Dr. Joe Shelby Riley, researched and documented the theories and techniques used today by 25,000 reflexologists throughout the world.

Her work was based on Dr. William Fitzgerald's zone therapy of the 1920s; he was the first to pioneer the concept of reflex areas on the feet that correspond to body parts. *The Original Works of Eunice D. Ingham*, published in 1984, includes *Stories the Feet Can Tell Thru Reflexology*, correlating the connections between specific organs and glands with reflex areas in the feet.

As a nephew of the late Ingham, Dwight Byers' 70-year love of reflexology began early. He still remarks how, "Her signature thumb, finger and hand techniques brought relief to my childhood symptoms of hay fever and



"If you're feeling out of kilter, don't know why or what about, let your feet reveal the answer, find the sore spot, work it out."

-Eunice D. Ingham

asthma." Byers is the author of *Better Health with Foot Reflexology*, and president of the International Institute of Reflexology, in St. Petersburg, Florida. The institute provides both training for reflexologists and continuing education for massage therapists, nurses and chiropractors worldwide.

A reflexologist's experienced hands and thumbs, which travel over feet dusted with non-talcum powder, pick up on textures such as grittiness, sponginess, lumps, hard spots or a callous formation.

Lucy Scarbrough is secretary of the American Reflexology Certification Board, an independent testing agency for certifying the competency

of reflexologists. The graduate of the International Institute of Reflexology is a nationally certified aromatherapist and a Reiki master, who works part time at a Memphis, Tennessee spa.

"Reflexology sessions are really good for foot problems, especially the loss of feeling," says Scarbrough, who finds that her clients are often delighted to find that treatments relax the entire body and relieve emotional stress. "Nurses and waitresses who stand on their feet all day are especially good candidates for reflexology," advises Scarbrough, "because treatments help increase circulation."

Responses to reflexology vary widely, from feelings of calm and sleepiness to a sense of renewed energy and rejuvenation. "The more frequently you experience reflexology," remarks Byers, "the more likely you are to notice overall benefits."

For information on the International Institute of Reflexology, call 727-343-4811 or visit Reflexology-USA.net.

For a list of nationally certified reflexologists, refer to the American Reflexology Certification Board; go to arcb.net and click on Referral to a National Certificant.

FAR INFRARED SAUNA THERAPY HEALTH BENEFITS

Infrared heat is actually a particular kind of light. It's one of the areas of the electromagnetic spectrum invisible to the naked eye. Completely harmless, it can be felt from sources such as fires, radiators, and the sun (without the harmful ultraviolet waves that cause sunburns).

FAR infrared heat is the most beneficial in an infrared sauna, penetrating deeper into the skin, increasing circulation, and helping to detoxify the body of harmful toxins.

Infrared saunas differ from traditional saunas because they operate at a temperature of 30-60°C, compared to a traditional sauna that operates at 85-110°C. This allows you to be able to breathe comfortably and enjoy the benefits for extended periods of time. Because the infrared rays safely and comfortably penetrate the skin up to 6cm deep, even your organs and deep tissues are stimulated. This induces sweating 2-3 times as much as a conventional sauna. The benefits of Infrared Sauna Therapy include:

INCREASED METABOLISM AND WEIGHT LOSS

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

A BOOSTED IMMUNE SYSTEM

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

DETOXIFICATION OF THE BODY

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

INCREASED BLOOD FLOW

Using an infrared sauna can expand capillaries in the body, which stimulates increased blood flow, regeneration, circulation, and oxygenation.

ELIMINATION OF BACTERIA AND FUNGI

Infrared Sauna Therapy also promotes the killing and removal of many pathogenic (disease-causing) bacteria, viruses and parasites.

HEALING OF CUTS, BRUISES AND SCARS

Daily Infrared Sauna Therapy can also promote rebuilding of injured tissue by having a positive effect of the fibroblasts (connective tissue cells necessary for the repair of injury). Furthermore, it increases growth of cells, DNA syntheses and protein synthesis all during tissue repair.

RELAXATION OF MUSCLES

Infrared heat relieves muscle tension and helps your body to make the most of its intended healing abilities. Infrared Sauna Therapy also reduces soreness on nerve endings and muscle spasms as muscle joints and fibers are heated in the sauna.

INCREASED CARDIOVASCULAR AND HEART RATES

As your body increases sweat production to cool itself, your heart works harder, pumping blood at a greater rate to boost circulation, providing the conditioning benefits of continuous exercise. Heart rate, cardiac output and metabolic rate increase during Infrared Sauna Therapy, while diastolic blood pressure drops, thus boosting overall cardiovascular fitness.

HEALTHY ARTERIES

Deposits of fat, calcium, fibrin, and cellular debris can clog arteries and lessen the ability to expand and contract, while slowing blood circulation. Infrared Sauna Therapy can potentially help to clean arteries by loosening these toxins and increasing blood flow throughout the body.

IMPROVED SKIN CONDITIONS

Infrared Sauna Therapy has been shown to relieve acne, psoriasis, burns, eczema, and also removes roughness and decreases scarring. Excessive sweating is beneficial to the skin, and helps improve the clarity, balance and structure of the skin tissues.

RELIEF FROM PAIN

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

RELIEF FROM STRESS

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



GIFT CARDS
AVAILABLE

holistic health and fitness guide

for more information visit the natural health center in carencro (347-4141) or the dharma wellness center in sunset (280-3363)

ION FOOT DETOX THERAPY HEALTH BENEFITS

Detoxifying and cleansing the body is good.



Ion Detoxification Therapy

Avoiding disease and maintaining vitality as we age requires the maintenance of an alkaline environment throughout the body – which is virtually impossible to accomplish in our high-tech, high-stress, toxic society, unless we follow a detoxification program. Ionic Detoxification Therapy is a simple, relaxing treatment.

How will it make you feel?

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

How does it work?

Your feet are placed in a bucket of clean, warm, ankle-deep water. A small amount of sea salt is added to the water, in order to increase the conductivity. Then, an ionator is placed in the bucket of water along with your feet. This ionator creates a low-voltage, direct current to separate the water molecules into positive and negative ions by separating oxygen

and hydrogen in the water. The ions travel through your body, attaching to and neutralizing oppositely charged particles, and osmosis pulls the neutralized particles out through the surface of your feet. Osmosis is a scientific term that is used to describe the movement of particles through a membrane from an area of lower concentration to an area of higher concentration. In this case, the higher concentration refers to the ion field that is set up by placing the ionator into the water while running the unit. Once the unit is turned on, the water will begin turning color. By the end of the treatment, the water will be discolored and contain floating or sinking particles. This is a result of the toxins being pulled out of your body and into the water.

At the Natural Health Center, we start your Ionic Detoxification Therapy with a nutrient assessment of all the major organs and systems of your body. This determines what your state of health is before we start any treatment. We then continue to monitor your progress as your detoxification treatment is administered.

Today, because we are exposed to the greatest toxic load in the history of our planet, ongoing, periodic detoxification is essential to maintain health and avoid disease.

**GIFT CARDS
AVAILABLE**



Yellow-Green		Detox from kidney, bladder
Orange		Detox from the joints
Brown		Detox from the liver, cell debris
Black		Detox from the liver
Dark Green		Detox from the gallbladder
White Foam		Lymphatic system
Black Flecks		Blood clot materials
Red Flecks		Heavy metals
White Cheese like particles		Yeast

holistic health and fitness guide

for more information visit the natural health center in carencro (347-4141) or the dharm wellness center in sunset (280-3363)

LIQUID VITAMIN HYDRO-THERAPY HEALTH BENEFITS



INFRARED GENERAL EFFECTS

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

HYDROFUSION™

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

AROMATHERAPY

The Hydration Station™ features a unique reservoir that vaporizes liquid vitamins, aromatic extracts and herbal extracts to awaken olfactory senses and enhance Hydration Station results. Pure essential oils and herbal extracts stimulate the senses. Powerful liquid vitamin concentrates and essential nutrients moisturize the skin when blended with steam.

CHROMOTHERAPY

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

VIBRATORY MASSAGE

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

LIQUID VITAMINS FOR THE SKIN

Every Hydration Station™ session provides ultimate liquid vitamin infusion. Three (3) unique liquid vitamin blends drench your body in a delightful Oxyhydrating™ moisturization bath. Each Hydration Station experience includes the infusion of a specific blend of liquid CoQ10, hyaluronic acid, aloe vera, vitamins A, E and C, plant collagen and elastin, green tea extract and other skin nourishing ingredients.

Mineral Melanin Concentrate is a tropical boost of coconut and tangerine. Ingredients include: malachite (copper) extract, green tea extract, Dead Sea mineral salts and a blend of aromatic essential oils. Specifically formulated for the Prepare Program.

Aloe Concentrate delivers a soothing blend of cooling aloe, cucumber and melon. Ingredients include: aloe vera, copper, algae extract and a blend of aromatic essential oils. Specifically formulated for the Prolong Program.

E & C Concentrate is an energizing blend of oils derived from vitamin-rich citrus fruit. Ingredients include: Tocopherol (Vitamin E), L-ascorbic acid (Vitamin C) and a blend of aromatic essential oils. Specifically formulated for the Protect Program.

CoQ Contour Concentrate is a refreshing and invigorating blend of pomegranate and white tea extracts. Ingredients include: coffee arabica bean extract, Co Enzyme Q10, Vitamins A & C and green tea extract. Specifically formulated for the "Slim N' Smooth Method" utilizing the Protect Program with red LED lights for full body smoothing and natural body cleansing.



holistic health and fitness guide

for more information visit the natural health center in carencro (347-4141) or the dharma wellness center in sunset (280-3363)

AQUA MASSAGE THERAPY HEALTH BENEFITS

COMBINATION OF HEAT AND MASSAGE

Another benefit of water massage is the use of heat as a modality of treatment. The water is warmed to a temperature suitable to the patient's sensitivity level. Heat has long been a therapeutic treatment choice of chiropractors and physical therapists in treating soft-tissue injuries and sports-related muscle strains. Heat and massage together may help reduce muscle tension and pain, increase joint range of motion and encourage blood flow.

MUSCLE BENEFITS

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

HEALTH BENEFITS

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

TIME

Aqua massage is often a preferred choice for busy people who simply do not have much time for a massage. Since an average aqua massage is only 15 to 20 minutes, it is much easier to fit into a busy schedule. Even with the shorter time frame,

the health benefits remain the same. According to Yogawiz.com, an aqua massage that lasts for 15 minutes is the equivalent of a 30-minute session with a massage therapist.

PERSONAL CONTROL

Water massage therapy takes place in a self-contained unit that resembles a tanning bed, and just like a tanning session, you set the controls to meet your particular needs. The session time is pre-set before you enter the unit, but the water pressure and pulse frequency are adjustable via a hand-held control unit, allowing you to direct your experience. If your lower back muscles are aching, you can pause the jets and remain on that area for a longer period of time, giving you the ultimate control over your own healing process.

PRIVACY

Many people choose not to receive traditional hands-on massage therapy because they feel that it invades their personal space. Aqua massage uses private settings and allows the patient to remain fully clothed, increasing comfort and privacy.

CONVENIENCE

One of the more attractive benefits of aqua massage is the convenience and accessibility versus other massage treatments that require you to disrobe. There are no oils or lotions used in conjunction with water massage, so you can have a quick therapy session during your lunch break and return to work without having to take a shower. The sessions are usually 10 to 20 minutes long

versus 60 to 90 minutes for conventional massage. For people who feel uncomfortable removing their clothes to receive massage therapy, water massage may be the best alternative choice.

RELAXATION

Aqua massage uses 36 different water jets that spray the body from a variety of angles instead of just a few jets that focus on a small area, as you would experience with whirlpool jets or a massaging shower head. These jets travel along the body multiple times over the course of the massage, ensuring full body relaxation. In addition, the motion and sound of the water are very soothing as well. Some people like to use headphones to listen to soothing sounds or classical music to enhance the relaxing experience.

SPOT TREATMENTS

One benefit of aqua massage is that at any time, the machine cycle can be paused, causing the jets to focus on a particular part of the body. This is especially beneficial for those with back problems, frequent knots in the neck or leg pain.

COST

Aqua massage is an extremely affordable massage option. A typical massage will range in price, with the average being between \$20 and \$30, depending on how long the massage lasts. Many providers will give discounts when purchasing.



holistic health and fitness guide

for more information visit the natural health center in carencro (347-4141) or the dharma wellness center in sunset (280-3363)

WHOLE-BODY VIBRATION EXERCISE HEALTH BENEFITS

20 minutes of whole-body vibration is equal to a 60-minute aerobic workout.

LOW IMPACT EXERCISE

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

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



Benefits:

- Stimulates lymphatic drainage system for toxin removal, builds immune system and fights disease
- Improves muscular strength
- Rapid recovery time from sports injuries: torn muscles, sprains, etc.
- Increases flexibility and range of motion
- Enhances critical blood flow throughout the body
- Increases bone density
- Accelerates weight loss and reduced appearance of cellulite
- Decreases cortisol levels and increases levels of the "happiness hormones" serotonin and neurotrophine
- Improves posture
- Increases hormones involved in strength, repair and regeneration; testosterone, Human Growth Hormone (HGH), and Intrinsic Growth Factor 1 (IGF1)
- Increases serotonin and norepinephrine neurotransmitters that makes you calm and happy
- Decreases cortisol, the major stress hormone
- Significantly increase in blood flow throughout the body
- Strengthens and increases bone tissue
- Increases number of T-cells, an important part of your immune system
- Improves blood and lymphatic circulation
- Speeds recovery from surgery and trauma
- Stimulates neurological system
- Increases physical strength, dexterity and endurance
- Reduces joint and ligament stress
- Helps to improve and prevent many joint conditions
- Relieves tension and chronic pain in ankles, knees, lower back, and neck
- Assists in preventing osteoporosis
- Stimulates fast-twitch muscles
- Improves body balance
- Benefits both anaerobic and aerobic exercise
- Tightens facial muscles
- Reduces cellulite
- Increase testosterone by 7%, maintains muscle mass, bone density and red blood cell levels
- Improves digestion and gastric motility-eliminating heartburn
- Reduces constipation, providing a more comfortable lifestyle
- Strengthens pelvic muscles, reducing embarrassing stress incontinence

Whole-Body Vibration Body Effects

MUSCLES

The effect of vibration results in what scientific literature calls "Tonic Vibration Reflex" or "TVR". That is a repeated myotatic reflex or stretch reflex. This means that the vibrated muscle has to work very hard, while the subject or player using whole-body vibration does nothing other than balance on the platform. The effect per pulsation is like that of the knee-jerk reflex. This muscle activity can be measured by use of electromyography (EMG). For example, in a one-repetition maximum effort, the muscle(s) involved are activated 100% voluntarily. However, with vibration training the muscles work at 200 to 300% of this IRM activation. This is an ideal way to train, especially when the muscle does not function properly: for example, with weakened muscles in the elderly, or after injuries.

HORMONES

Research shows that after just one session of vibration training there is a high excretion of testosterone and growth hormone. There is also a drop in the stress hormone cortisol. This combination has favorable effects on muscle protein synthesis.

Effect of vibration training on hormones:

- Testosterone: + 7%
- Human Growth Hormone: + 460%
- Cortisol: - 32%

(Source: Bosco et al. 2000)

BONES

Bone decalcification (osteoporosis) is one of the biggest health problems especially in the elderly and female population. Many elderly people break their bones more easily when they fall because of bone decalcification; the hip is the most notorious in this respect. The onset of osteoporosis is partly due to a lack of movement, which causes muscles to gradually weaken, the circulation to diminish and the bones to be inadequately used.

In addition, as a result of the aging process, the body produces fewer hormones such as testosterone, estrogen and growth hormone. Yet it is exactly these hormones which play such an important role in the maintenance of strong bones.

The advice usually given to sufferers of this disease is to take more exercise, but that is difficult when muscles are weak, particularly in the legs.

Whole-body vibration offers a good alternative to vigorous impact exercise. Through vibration the muscles automatically become stronger and regain their tone. The circulation improves because the blood vessels in the legs are wide open due to the vibration. At the same time, the pulsation gives a direct stimulus to bone tissue, which in turn stimulates the production of new bone tissue.

Recent findings show that even after only one vibration treatment, there is an increase in the hormone testosterone and growth hormone, which are so essential for strong bones.

ABOUT BONE DENSITY

Without the force of gravity pulling on the skeleton, astronauts lose bone at the rate of 0.2% per month. Conversely, a professional tennis player may have 30% more bone on his playing arm. Unfortunately, most of us tend to simulate the life of an astronaut rather than the life of an athlete. As a result, one gets increasingly weaker over time.

Decades of scientific studies support the effect of gentle vibration on increasing bone density. Most recently, in one study on whole-body vibration, adult sheep were treated with vibration to their hind legs for 20 minutes a day. The vibrating sheep had 30% more bone in their legs than did untreated animals after one year.

To build bone, you have to beat it up. You have to punish your skeleton a bit. Low-impact activities such as walking, swimming, and cycling are good for your heart and muscle tone, but they don't do much for your bones.

High-impact activities, such as running and weightlifting, build bone. Shocks to bone only make it stronger. Bone is living tissue, and it responds to your activities. Mechanical stress—the impact of your feet pounding pavement, the weight of a barbell, or the shock that travels up your arm when you whack a baseball—creates microscopic fractures. Your bone not only repairs the tiny fractures, but it also responds by building more bone on top of them.

Post-menopausal women are the most at risk for losing bone. The end result can be osteoporosis: bones so brittle that even the stress of ordinary activities can snap them. But men aren't immune. The rapid bone loss that leads to osteoporosis starts about 10 years later in men than in women—around the age of 60.

And, it is never too early to start. Clinicians and researchers feel that it is crucial to build up as much bone as you can during the first 20-30 years of your life, so that when you reach the age when bone loss accelerates, the effect won't be devastating.

NEUROTRANSMITTERS

Parkinson's disease is an example of a deficiency in dopamine, which is the reason that L-Dopa is given as medicine. It is also recognized that serotonin plays a role in our mood, or frame of mind. A shortage of serotonin in the brain can lead to depression, which is the reason that Prozac is given as a medicine in order to increase the serotonin content in the brain. From research, it appears that vibration training also influences the neurotransmitters

and the way in which they work. Vibration training increases the serotonin content in the brain, which could possibly explain why one feels so well after vibration training.

BLOOD VESSELS

The effect of vibration training on the blood vessels is clear to see and to feel. After training, one often sees that the skin of the lower leg is colored pink. This is a sign that the blood vessels in that area are wide open. It also explains the feeling which many describe as coming home after a snowball fight with your bare hands, and then putting your hands in a bucket of warm water: a tingling feeling which indicates that your blood vessels are wide open. In Germany, the effect of vibration training is used as therapy for a disturbed peripheral circulation, particularly in the lower legs, such as in chronic venous insufficiency.

NERVOUS SYSTEM

The effect on the muscles is reflexively activated via the nervous system. With vibration training, it seems as if pulsations awaken the nerve tract, which could explain the positive effects of vibration training in partial paralysis. In fact, good results have been reported in the experimental treatment of, for example, MS patients.

CARTILAGE

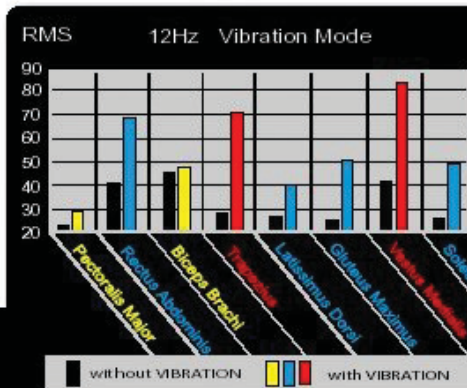
It is already recognized that intermittent pressure stimulates optimal functioning of the cartilage. This causes the synovial fluid, or synovia, to be repeatedly pumped between the cartilage, just like a sponge which is constantly squeezed under water. This intermittent pressure maintains and improves cartilage function.



GIFT CARDS AVAILABLE

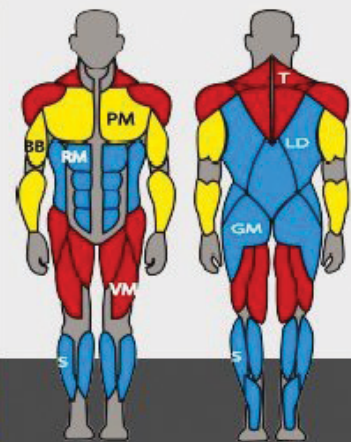
Contraindications: Pregnancy, Acute / Deep Vein Thrombosis, Chronic Fatigue Syndrome, Pulmonary Embolism, Severe Diabetes, Epilepsy, Serious Cardiovascular Disease, Recent Infections, Pacemaker and Implantable Cardioverter Defibrillator, Acute Hernia, Discopathy, or Spondylosis, Cancer or Tumors, Severe Diabetic Neuropathy, Severe Migranes, Kidney Stones, Bladder Stone, Gallstones, Acute Rheumatoid Arthritis, Cardiac Dysrhythmias, Acute / Severe Inflammations, Infections and / or Fever, Fresh (Surgical) Wounds, Osteonecrosis, Surgical Metal Implants, Severe Osteoporosis with BMD, Pulmonary Embolism, Retinal Detachment, Known Retinal Conditions, Artificial Joints (recent)

12-16 Hz



Applications:

- (1) Muscle strength improvement areas
 - Weight training, crunch, sit up, knee up, shoulder press, lat pull down, pull up, leg curl, dead lift, squat, leg extension and leg press
- (2) Rehabilitation and stretching effect on
 - Shoulder and upper leg
 - Removal of lactic acid
 - Rapid recovery from endurance sports, swimming, hiking, distance running, etc.
 - Pain relief on lower body muscles and joints



The Data Provided is based on an upright position. Results will vary depending on user's position.

*Root Mean Square Amplitude (RMS) is the square root of the average of the squared values of the waveform.

holistic health and fitness guide

for more information visit the natural health center in carencro (347-4141) or the dharma wellness center in sunset (280-3363)

calendar of events

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

Email publisher@naacadiana.com for guidelines and to submit entries.

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

WEDNESDAY FEBRUARY 1

NRL Teen Poetry Night – 6-7pm. For all young poets who would like to speak their minds, this night is for you. For ages 13-18. North Regional Library, 5101 North University Ave, Carencro. 337-896-6323.

Going Gray and Looking Gorgeous – 6:30-8:30pm. Professional hair and personal stylist, Susan Palumbo, helps women transition when graying. Preregister by phone. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028. LafayettePublicLibrary.org.

ACA Presents Imago Theater's Zoo Zoo a Circus – 7pm. Internationally acclaimed Imago Theater brings its family hit Zoo Zoo to the Acadiana Center of the Arts. James Devin Moncus. \$10-\$25. 337-233-7060.

THURSDAY FEBRUARY 2

Healthy Aging Health & Wellness Fair – 8-11am. Offers free health and wellness screenings. Comeaux Recreation Center, 411 W Bluebird Dr.

The Family Friendly Mardi Gras – 9am-3pm. The 4th Annual Family Mardi Gras will be held at Parc Putnam, Lafayette.

Family Time – 10:30-11am. Includes storytelling, music and educational activities for all ages. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028. LafayettePublicLibrary.org.

Acadiana Symphony Orchestra Chamber Music Concert – 3:30pm. Presented by Iberia Culture Resources Association. St Peter's Catholic Church. 108 E St Peter, New Iberia. 337-364-1603.

Introduction to Essentials Oils – 7-9pm. Introduction to the essential oils & carrier oils. Preregister \$20. Diane Queen, 284 E Martin Luther King Dr, Grand Coteau. 337-662-4022. Earth-N-Herbs.com.

Visual Presentation by Lynda Frese with Poetry by Darrell Bourque – 7-9:30pm. Literary discussion by Frese about her publication Pacha Mama: Earth Realm and poetry readings from the book by Bourque. Festivals of Words, Patrice Melnick. Casa Azul Gifts, 232 ML King Dr, Grand Coteau. 337-662-1032. FestivalWords@gmail.com.

Ballet Memphis – 7:30pm. This performance is a must-see and a national treasure of the cultural world. Performing Arts Society of Acadiana, Heyman Performing Arts Center. 337-237-2787.

FRIDAY FEBRUARY 3

The Krewe of Andalusia Parade – 6:30pm. 22nd annual parade with a new route that starts at the New Iberia Civic Center and proceeds down Main

Street to Jefferson Street, down Fulton Street to Burke Street and left on Duperior Avenue to Marie Street where it disbands at City Park. New Iberia.

Matt Maher in Concert – 7:30pm. Opening for Mr. Maher is Audrey Assad. See these amazing artists and hear their inspirational and uplifting music. Presented by the Ragin Cajun Catholics Student Ministry and Our Lady of Wisdom Church & Catholic Student Center, UL Lafayette. \$15. Heymann Performing Arts Center, Lafayette. Ticket Master/Ticket Office. 337-291-5555 or 1-800-745-3000.

SATURDAY FEBRUARY 4

Moon Gazing 101 – 5pm & 6:30pm. Gaze at the moon through powerful binoculars. Learn basic moon features. Lake Fausse Pointe State Park, 5400 Levee Rd, St. Martinville. 888-677-7200. LAStateParks.com.

MONDAY FEBRUARY 6

LSUE Performing Arts Series – 6:30pm. Shreveport native, Jackie Gregg, performs R&B, gospel and jazz. \$4, free to students. Health Technology building, LSUE campus. 337-457-1510.

TUESDAY FEBRUARY 7

Story Time – 10:30-11am. Thirty-minute sessions of storytelling, songs and play to increase the love of reading. St Martin Parish Library, St Martinville, 201 Porter St. 337-394-2207.

Remembering the Civil Rights Era in Louisiana – 7-8pm. Drawing from oral history interviews conducted by UL Lafayette students, Assistant Professor of History Maris-Wolf will discuss the various ways that individuals, families and communities remember and communicate the past. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028. LafayettePublicLibrary.org.

Screening of an Independent film, The Long Road to Justice – 7pm. The Viola Desmond story is presented in this documentary film of the beginning of civil rights changes of 1946 in Nova Scotia, Canada. Following the screening, there will be a Skype interview with Chad Lucas, a representative of the Office of African Nova Scotian Affairs. Sponsored by Festival of Words, Frederick L' Ecole Des Arts and the Thensted Center. Free. Patrice Melnick. Casa Azul Gifts, 232 ML King Dr, Grand Coteau. 337-662-1032. FestivalWords@gmail.com.

THURSDAY FEBRUARY 9

Journaling Through Grief – 9 am-12pm. Join Joan Broussard spiritual director and journalist in

this workshop on journaling through grief. Follow up sessions Feb 14- dates in March. Valerie Cailouet, Hospice of Acadiana, Inc Conference Center, Lafayette. 337-232-1234.

Blues Concert by Kevin Johnson – 7-9:30pm. The musician performs from his latest CD, Lightning on the Earth - Esoteric Folk Songs, followed by an open music jam. Sponsored by Festival of Words, Frederick L' Ecole Des Arts and the Thensted Center. Free. Patrice Melnick. Casa Azul Gifts, 232 ML King Dr, Grand Coteau. 337-662-1032. FestivalWords@gmail.com.

SATURDAY FEBRUARY 11

Energetic Trauma Release Class – 9am-4pm. Experiencing emotional or physical trauma illness, chronic stress, surgery, suppressed or negative feelings, blocks energy in the body, affecting our health and well-being. State approved 6 LMT CE hours. Class \$125 or \$195 for both Energetic Trauma Release & Mind, Body, Self-Care Strategies. Sue Heldenbrand, Synergistic Center. 337-232-4799. SynergisticCenter.com.

The Development of Manhood, Womanhood and Marriage – 9am-4pm. All married couples are invited to attend this life transforming retreat presented by Dr. Philip Mango, a licensed psychotherapist with 30 years of experience doing premarital and marital therapy. Lunch provided. \$30. Preregister by Feb 8. Jeanne Stiles, St Theresa Hall, Loreauville. 337-229-4254.

SRL Teen Performance Troupe Rehearsal and Performance – 10am-12pm. Teen volunteers are needed for voice actors, puppeteers and behind-the-scenes help for puppet shows. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028. LafayettePublicLibrary.org.

Carencro Mardi Gras Parade – 11am. Starts at Carencro High School. Bring your kids, friends and family to enjoy this wonderful parade. 337-896-4147.

8th Annual Melville Mardi Gras Parade – 11am. Kick off your Mardi Gras celebration with the Melville parade. Old Elementary School, Highway 105 South, Melville. 337-623-5777.

Tree Artistry – 11am. Using your senses, take a different look at trees and where they live. Lake Fausse Pointe State Park, 5400 Levee Rd, St Martinville. 888-677-7200. LAStateParks.com.

SUNDAY FEBRUARY 12

Mind Body Self-Care Strategies – 9am-4pm. Learn stress warning signs and stress reducers, how to assess your mind, body, spirit level, meditation, energetic relaxation techniques, labyrinth in an effort of self-healing and why it is so important to take care of ourselves. Class \$125 or \$195 for both Energetic Trauma Release & Mind, Body, Self-Care Strategies. Sue Heldenbrand, Synergistic Healing. 337-232-4799. SynergisticCenter.com.

MONDAY FEBRUARY 13

Yes, I Remember It Well – 10am-12pm. Remember when Jefferson Street was lined with oak trees and was called Oak Avenue. Or when Ambassador Caffery was called New Flanders Road. Join local historian L. C. Melchior for a morning of sharing stories of Acadiana. Hospice of Acadiana, Inc Conference Center. 337-232-1234.

Cats – 7:30pm. Andrew Lloyd Webber's historical Broadway show is a magical tale about the world of

cats. \$47 & \$52. Presented by Sterling Automotive Broadway Series. Heymann Performing Arts Center, Lafayette. Ticket Master/Ticket Office. 337-291-5555 or 1-800-745-3000.

TUESDAY FEBRUARY 14

Love Your Library – 12pm. Lieutenant Governor Jay Dardenne highlights Louisianan's 200th Statehood anniversary. \$15. Evangeline Downs Event Center, 2235 Creswell Lane Ext, Opelousas. 337-942-7676 or 337-550-1380.

THURSDAY FEBRUARY 16

Subtle Aromatherapy – 7-9pm. Taking the oils one step beyond, learn how to use essential oils on a subtle or spiritual vibration level. Preregister \$20. Diane Queen, Earth-n-Herbs, 284 E Martin Luther King Dr, Grand Coteau. 337- 662-4022. Earth-N-Herbs.com.

FRIDAY FEBRUARY 17

Breastfeeding Support Group Meeting – 1-2pm. Information and support. Breaux Bridge Health Unit, 1555 Gary Dr, Breaux Bridge. 337-332-2857 or 337-207-5648. HGranger@StMartinParish.net or DLTrahan2@cox.net.

SUNDAY FEBRUARY 19

Dine Around – 11am. Join this monthly social outing with others who have lost a loved one. Sponsored by Hospice of Acadiana, Inc, Lagneaux's Seafood Restaurant, Ridge Rd. 337-232-1234.

MONDAY FEBRUARY 20

History of the Cajun Country Mardi Gras – 12pm. Experience a traditional Cajun Mardi Gras.

Prairie Acadian Cultural Center, 250 W Park Ave, Eunice. 337-457-7389.

Opelousas Mardi Gras Celebration – 12-8pm. Enjoy Mardi Gras with the Cajun and Creole flair. Le Vieux Village, 828 E Landry St, Opelousas. 337-948-5227.

TUESDAY FEBRUARY 21

25th Tee Mamou-Iota Mardi Gras Folk life Festival – 8am-5pm. Enjoy live Cajun & Zydeco bands, booths with arts and crafts. Bring the kids. 337-779-2226 or 1-877-738-2109. IotaMardiGras.com or APTC@bellsouth.net.

THURSDAY FEBRUARY 23

Open Mic en Francais – 7-9pm. Participants are invited to share poems, stories, songs and other forms of creative expression in French or just listen and enjoy. Sponsored by Festival of Word, Frederick L' Ecole Des Arts and the Thensted Center. Free. Patrice Melnick., Casa Azul Gifts, 232 ML King Dr, Grand Coteau. 337- 662-1032. FestivalWords@gmail.com.

SUNDAY FEBRUARY 26

Music Of Acadiana Performance Series – 2pm. Horace Trahan. Come and enjoy listening to Cajun and Creole music. 1510 Highway 93, Arnaudville. 337-453-3307. FrederickArts.Homestead.com.

Yin Yang Yoga Workshop with Kayla Lemaire – 3-6pm. All of life and all that we experience is a combination of yin and yang, of shiva and shakti, of light and dark. Open your body, quiet your mind and connect with the peace and stillness of your true nature. \$35 by Feb 19 or \$40 afterward. Acadiana Yoga & Wellness, 911 Harding St. 337-236-9000. AcadianaYoga.com.

MONDAY FEBRUARY 27

Five Wishes – 6pm. Seminar offers advice and guidance on how to share your final wishes with your loved one, advanced directives and the importance of making your final wishes known. Free. Hospice of Acadiana, Inc Conference Center, Lafayette. 337-232-1234.

TUESDAY FEBRUARY 28

My Fair Lady – 7:30. Based on George Bernard Shaw's play, with book, music and lyrics by Lerner and Lowe, My Fair Lady is the ultimate romantic story. \$43 & 47. Sterling Automotive Group Broadway Series. Heymann Performing Arts Center, Lafayette. Ticket Master/Ticket Office. 337-291-5555 or 1-800-745-3000.





God's Grace Boutique

BOOTH #11

Hwy 190

FLEA MARKET

VENDORS WANTED

(337) 678-1500 Sat & Sun 8A-5P

We sell jewelry and personal home accessories.

Booth #11



RENT A BOOTH today!

FLEA MARKET

Hwy 190

FLEA MARKET

VENDORS WANTED

(337) 678-1500 Sat & Sun 8A-5P

Start your own business.

Be Your Own Boss!

Earn \$200 - \$1000 a weekend

No need to quit your job. Earn more.

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

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

monday

Anusara Inspired Yoga – 12:05-12:55pm. Heart centered, alignment focused practice. \$12/drop-in, \$72/8 class card. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Gentle Yoga – 4-5pm. Great place to begin one's practice or renew from the day. \$12/drop-in, \$72/8 class card. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Tai Chi with Brian Bernard – Jan 16-Feb 13. 5:45-7pm. A moving meditation form characterized by slow, relaxed and graceful movements, flowing into the next, aiding the free flow of chi (qi). Qi Gong is the predecessor to Tai Chi through breath works, focused mind-body postures, movements and visualizations. Open to all levels. \$50/5 week session. Drop-in \$12/class. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

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

tuesday

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

Adv. Beginner Vinyasa Yoga – 9-10am. Focus on foundational poses with a flow to build endurance. \$12/drop-in, \$72/8 class card. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Pilates Mat – 12:05-12:55pm. Experience lengthening and strengthening, get the best core workout,

improve posture and balance. \$12/drop-in, \$72/8 class card. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Transitions through Grief of Losing a Child – 2:30-4pm (except for Mardi Gras, Feb 21). Jessica Johnson, LPC, guides this support group in a time to share with and learn from others who are grieving the loss of a child. Pre-registration required before Jan 31. Hospice of Acadiana, Inc. 337-232-1234.

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

Children's Art – 4-6pm. Children's art lessons, ages 9 and up, with instructor Robert Baxter. \$10 per class. The Gallery, 222 N Parkerson Ave, Crowley. 337-783-3747. CrowleyArtGallery.com.

Gentle Yoga – 4-5:15pm. See Monday listing. \$12/drop-in, \$72/8 class card. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

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

Power Flow Yoga – 5:45-6:45pm. Intense poses, vigorous flow; this class will make one sweat. \$12/drop-in, \$72/8 class card. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

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

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

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

wednesday

Anusara Inspired Yoga – 12:05-12:55pm. See Mon listing. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Adult Art – 1-3pm. Adult art lessons in any medium with instructor Robert Baxter. \$15 per class. The Gallery, 222 N Parkerson Ave, Crowley. 337-783-3747. CrowleyArtGallery.com.

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

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

Gentle Yoga – 4-5pm. See Mon listing. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

thursday

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

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

Adv. Beginner Vinyasa Yoga – 9-10am. See Tues listing. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Acadian Village Watercolor Classes – 10:30am-1pm. Beginning/Intermediate. Classes encourage students to develop own style. \$120/month, seniors \$95/mo. 4 classes Feb 2, 9, 13 (Mon.) & Mar 1). Beth Stark. Stutes House, Acadian Village, 200 Greenleaf Dr, Lafayette. 337-781-1254.

Pilates Mat – 12:05-12:55pm. See Tues listing. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Gentle Yoga – 4-5:15pm. See Mon listing. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Power Flow Yoga – 5:45-6:45pm. See Tues listing. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

friday

Yin Yoga Series with Kayla Lemaire – Jan 13-Feb 3. 9-10:15am. Most common Yoga practices are yang in nature and target the muscular tissues of the body. Yin Yoga stretches and strengthens the connective tissue often referred to as white tissue. A regular yin practice can help to strengthen the bones and joints that suffer the wear and tear of our active lives. Open to all levels. \$40/series, \$12/class. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

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

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

saturday

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

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

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

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

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

Breaux Bridge Art Fair & Farmers Market – 8am-12pm. Unique art & wholesome goodies by Louisiana's own artists & farmers. La Boutiques De Pont Breaux, 1800 Rees St, Breaux Bridge. Anna Pifer 337-507-8303. LaBoutiquesDepontBreaux.com.

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

Open Air Farmers' Market – 8am-12pm. Fresh farm eggs, Acadiana Bee-Licious honey, Jim's Kountry Pies, Hot Tamales, fresh granola, Henri's Breads, produce, local crafts and more. In front of The Cottage Shoppe, 800 E Broussard Rd, Lafayette. 337-984-5276.

Beginner Yoga – 9-10am. Learn basics of yoga. \$12/drop-in, \$72/8 class card. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

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.

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

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

Jivamukti Yoga – 10-11am. Spiritual practice using vinyasa asana, music, meditation and scripture. \$12/drop-in, \$72/8 class card. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

2nd Saturday Art walk – 6-8pm. 2nd Sat each month. Family-friendly event. Art galleries, restaurants, specialty shops and other downtown businesses present art, live music, food and drink. Free. Downtown Lafayette. 337-291-5566. DowntownLafayette.com.

"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.

Monthly Night Hike – 7-9pm. On the last Saturday of each month, people can take hikes through the Acadiana Park Nature Trail. \$2. Acadiana Park Nature Station, 1205 E Alexander St, Lafayette. 337-291-8448.

WHY WEIGHT?

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

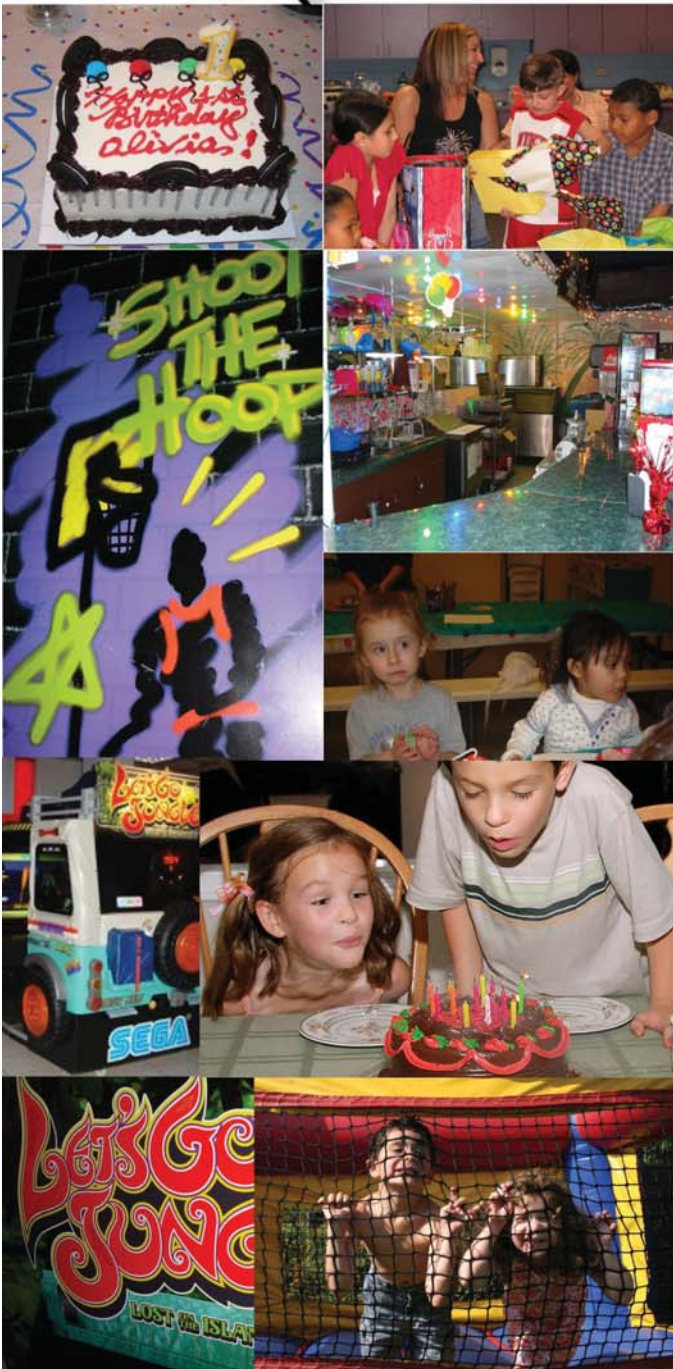


Migraines 57% resolved	Depression 55% resolved
Pseudotumor Cerebri 96% resolved	Obstructive Sleep Apnea 74-98% resolved
Dyslipidemia Hypercholesterolemia 63% resolved	Asthma 82% improved or resolved
Non-Alcoholic Fatty Liver Disease 90% improved steatosis 37% resolution of inflammation 20% resolution of fibrosis	Cardiovascular Disease 82% risk reduction
Metabolic Syndrome 80% resolved	Hypertension 52-92% resolved
Type II Diabetes Mellitus 83% resolved	GERD 72-98% resolved
Polycystic Ovarian Syndrome 79% resolution of hirsutism 100% resolution of menstrual dysfunction	Stress Urinary Incontinence 44-88% resolved
Venous Stasis Disease 95% resolved	Degenerative Joint Disease 41-76% resolved
Quality of Life improved in 95% of patients	Gout 77% resolved
	Mortality 89% reduction in 5-year mortality

FAST BURNER PACKAGE \$280

- 12 Whole Body Vibration Sessions
- 2 Dermo-sonic Cellulite Reduction Treatments
- 1 Body Wrap Treatment
- 4 FAR Infrared Heat Tummy Wraps
- 1 Ion Foot Detox Treatment
- Fat Complex Fat Resistor
- Thermo X Fat Burner
- Glucomannan Stomach Filler

Tel: 347-4141
Natural Health Center, 100 E. Angelle St., Carencro



"By Invitation Only"

PRIVATE BIRTHDAY PARTIES

Rent the Caribbean Clubhouse for a private birthday party. No other groups, parties, or walk-ins. Your birthday party will be by invitation only.

- YOU RENT THE BUILDING FOR \$250 AND IT INCLUDES EVERYTHING
- 2 hour party for up to 50 guests
- One 30 ft dry slide, 14 ft funjump, 12 ft JR obstacle course
- ALL DRINKS, ICE, CUPS INCLUDED "unlimited drinks for your guest"
- Eight arcade games including riding cars and motorcycles
- AIR HOCKEY AND INDOOR BASKETBALL
- Bring your own food and drink or order from concessions

Building Rental \$250^{only}

Includes all Indoor Jumps and Arcades

CARIBBEAN Club House

Tel: 678-1500

Hwy 190 - Between Opelousas and Lawtell



liteon
Natural Health Center
Powerful, Positive Healing for Life

FAR Infrared Heat Sauna

USED FOR:

- Weight Control
- Cellulite Removal
- Chronic Fatigue
- Heavy Metal Poisoning
- Fibromyalgia
- Mold and Toxin Detox
- Rheumatoid Arthritis
- Brain Fog
- Detoxification
- Combating Toxic Overload
- Pain Relief
- Fibromyalgia
- Stimulating The Immune System
- Stress Relief

HOW DOES FAR INFRARED WORK?

Unlike the high heat produced in traditional saunas, far infrared heat is able to penetrate into the body to a depth of 1.5 to 2 inches. This stimulates the body's cellular detoxification process more effectively and at a lower temperature than a traditional sauna.



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

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

**Call 347-4141 or 896-4141
to schedule first session**



liteon Natural Health Center

Powerful, Positive Healing for Life

Tel: 347.4141 or 896.4141

BACK to BASICS Health Program \$160

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

UNLIMITED Spa Services \$280

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

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

RESTORE Health Program \$340

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

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

SAUNA & Whole Body Vibration

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

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

Water Massage Therapy

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

DERMOSONIC Cellulite Reduction

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

Naturopathic Doctor Visit

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

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

Thermography Medical Imaging

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

Hydro-Dermo Hydration Spa Treatment

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

Infrared Body Wrap

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

