

HEALTHY LIVING HEALTHY PLANET

# natural awakenings

feel good • live simply • laugh more

FREE

## Natural Cleanse

Six Pointers  
for a Gentle  
Full-Body Detox

## Fun Ways to Get Outside this Summer

Be a Kid Again With  
Your Own Family

## MONEY SMARTS

Rethinking Our  
Relationship  
with Money



EVERY ISSUE IS  
A GREEN ISSUE

July 2017 | Acadiana Edition | [www.NAacadiana.com](http://www.NAacadiana.com)



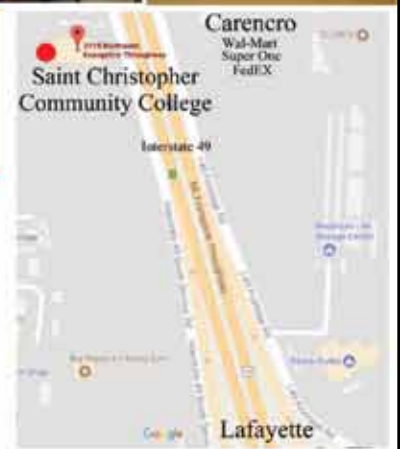
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# Medical Assistant

Medical assistants work alongside physicians, mainly in outpatient or ambulatory care facilities, such as medical offices and clinics.

## Medical Assistants Are In Demand

Medical assisting is one of the nation's careers growing much faster than average for all occupations, according to the United States Bureau of Labor Statistics, attributing job growth to the following:

- Predicted surge in the number of physicians' offices and outpatient care facilities
- Technological advancements
- Growing number of elderly Americans who need medical treatment

## Job Responsibilities

Medical assistants are cross-trained to perform administrative and clinical duties. Here is a quick overview (duties vary from office to office depending on location, size, specialty, and state law):

Administrative Duties (may include, but not limited to):

- Using computer applications
- Answering telephones
- Greeting patients
- Updating and filing patient medical records
- Coding and filling out insurance forms
- Scheduling appointments
- Arranging for hospital admissions and laboratory services
- Handling correspondence, billing, and bookkeeping

Clinical Duties (may include, but not limited to):

- Taking medical histories
- Explaining treatment procedures to patients
- Preparing patients for examination
- Assisting the physician during exams
- Collecting and preparing laboratory specimens
- Performing basic laboratory tests
- Instructing patients about medication and special diets
- Preparing and administering medications as directed by a physician
- Authorizing prescription refills as directed
- Drawing blood
- Taking electrocardiograms

- Removing sutures and changing dressings
- Patient Liaison

Medical assistants are instrumental in helping patients feel at ease in the physician's office and often explain the physician's instructions.

Diploma in Medical Assisting, 12 mos, \$8,415. Tuition includes books and fees.

WE OFFER JOB PLACEMENT  
PAYMENT PLANS AVAILABLE



# Facilities Engineering Tech

A facilities engineer tech typically has hands-on responsibility for the employer's electrical engineering, maintenance, environmental, health, safety, energy, controls/instrumentation, civil engineering, and HVAC needs. The need for expertise in these categories varies widely depending on whether the facility is, for example, a single-use site or a multi-use campus; whether it is an office, school, hospital, museum, processing/production plant, etc.

Students will have the opportunity to acquire the skills needed for employment in jobs requiring multiple maintenance competencies, including electricity, plumbing, and boilers. These competencies will allow the students in this program to obtain highly skilled maintenance and engineering positions in a variety of industries, office buildings, universities, hospitals, school districts, municipalities, stadia, and commercial/industrial facilities.

Facilities Engineering Techs are responsible for maintenance and troubleshooting of mechanical aspects of building/grounds

and facility machinery specific to trades to include the following: HVAC, boilers, utility electrical systems, piping systems, and basic plumbing. All work is done in compliance with current regulatory guidelines, national, state and local laws, company policies and safety requirements. These activities can include but not be limited to: machine rebuilding, mechanical troubleshooting and repair; preventative/predictive maintenance; moving equipment; soldering/brazing of parts.

Upon successful completion of the program, the graduate will: maintain and repair systems and functions associated with the maintenance of facilities; troubleshoot and provide preventative maintenance of facilities; communicate effectively, not only using the terminology appropriate to this trade, but the skills acquired in the other non-technical coursework; and provide the leadership and management skills needed for position as foreman, manager and supervisor.

Graduates of the program may seek employment as a stationary operating en-

gineer, a chief engineer, a facilities manager, maintenance foreman, or as a building maintenance supervisor.

Diploma in Facilities Engineering Technician, 12 mos, \$8,415. Tuition includes books and fees.

WE OFFER JOB PLACEMENT  
PAYMENT PLANS AVAILABLE



# Safety Officer Online Short Course



A safety officer monitors workplace activities to ensure that workers comply with company policies and government safety regulations. The duties of this job vary by employer, but safety officers typically have responsibilities pertaining to policy development, safety inspections, safety training and compliance with the federal Occupational Safety & Health Administration, commonly known as OSHA.

Safety Officers will develop and recommend measures for assuring personnel safety, and to monitor and/or anticipate hazardous and unsafe situations. Safety Officers identify and develop corrective actions for occupa-

tional safety and health hazards.

The number of available positions for Safety Inspectors and Safety Officers has grown at a rate of 39.9% over the past 5 years and is expected to remain relatively steady over the next 5 years. Make a difference in the workplace. Safety officers and inspectors are some of the most respected jobs in the workplace.

Online Short Course Certificate in Safety Officer Training, \$650. Requires less than 20 hours of training to complete online course.

**PAYMENT PLANS AVAILABLE**

# Health Coach Online Short Course



A Health Coach is a supportive mentor and wellness authority who works with clients to help them feel their best through food and lifestyle changes. Instead of recommending one diet or way of exercising, Health Coaches tailor individualized wellness programs to meet their clients' needs.

A Health Coach empowers the patient to make lasting health behavior changes that are the cornerstones of lifelong well-being. He/She bridges the gap between medical recommendations and your abilities to successfully implement those recommendations into your complex life. Health coaching, also referred to as wellness coaching, is a process that facilitates

healthy, sustainable behavior change by challenging a client to listen to their inner wisdom, identify their values, and transform their goals into action.

## What makes a Health Coach unique?

Relationships, exercise, career, and spirituality are just as important to your health as the food you eat. Health Coaches understand this and take a holistic approach to supporting the whole person.

Online Short Course Certificate in Health Coaching, \$650. Requires less than 20 hours of training to complete online course.

**PAYMENT PLANS AVAILABLE**

# Medical Administrative Assistant Online Short Course



If you're the type of person who likes to help others, you're organized, and you know how to get things done, then this course is for you.

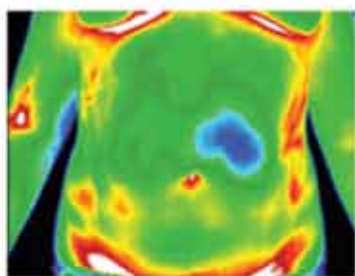
This online course will teach you how to help keep the healthcare system moving forward. in your office. Medical administrative assistants, or medical secretaries, perform administrative functions for a hospital or clinic through their knowledge of medical terminology and applications. They can work in a variety of roles and locations with job titles ranging from unit secretary or medical office specialist to patient coordinator.

The job duties of a Medical administrative assistant can be a wide range of administrative tasks to ensure the office they are managing or working in functions smoothly. These tasks can vary by location but typically include:

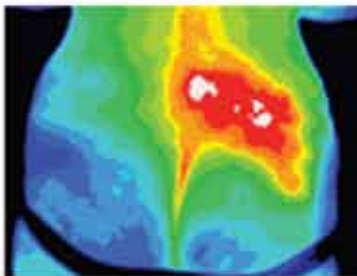
- Checking in patients at the front desk
- Answering the phone
- Scheduling patients for the proper appointment
- Interviewing patients for case histories in advance of appointments
- Compiling medical records and charts
- Process insurance payments
- Operating computer software and office equipment
- Transferring lab results to the appropriate clinician
- Maintaining supplies and appearance for the office

Online Short Course Certificate in Medical Administrative Assistant, \$650. Requires less than 20 hours of training to complete online course.

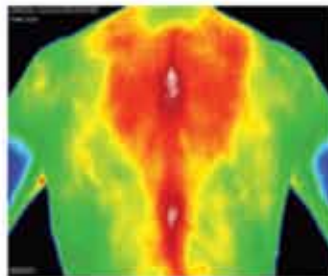
**PAYMENT PLANS AVAILABLE**



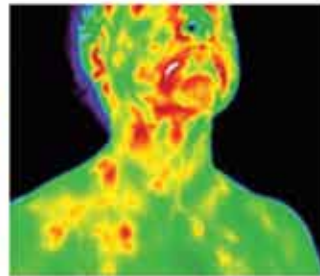
Hypothermia in the Stomach



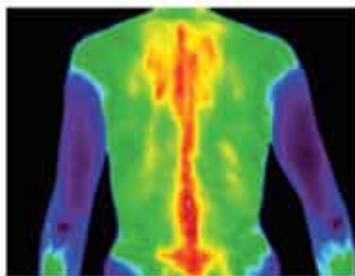
Shingles



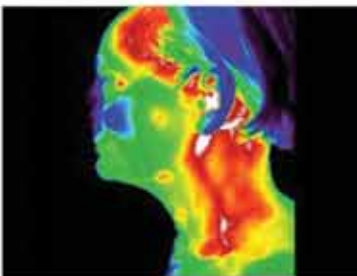
Lung Cancer



Periodontal Disease



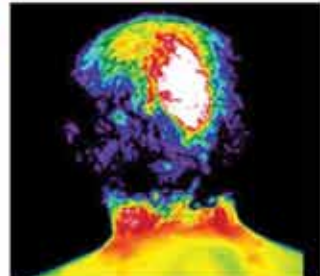
Spinal Inflammation



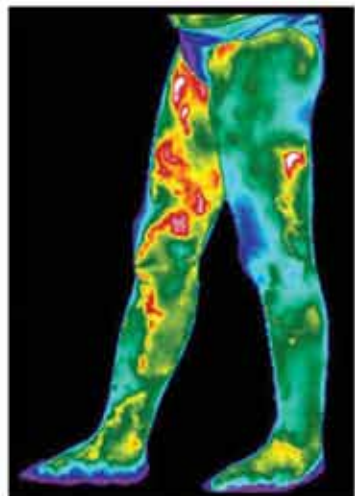
Carotid Artery Inflammation



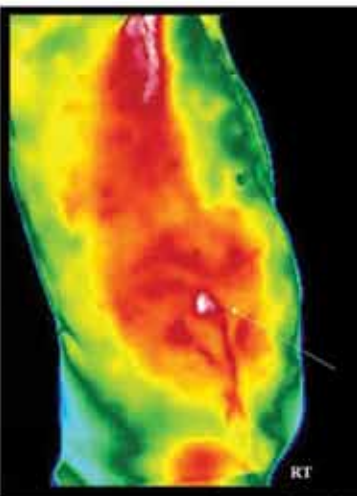
Poor Circulation Left 4th & 5th Finger



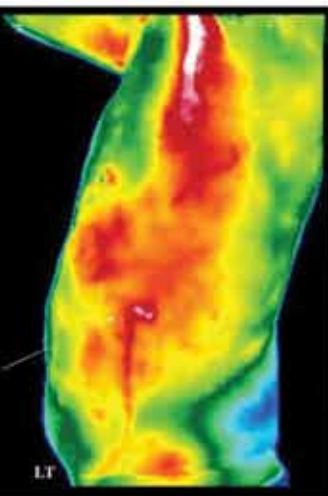
Melanoma-Scalp Cancer



Varicose Veins



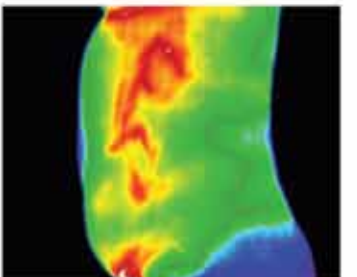
Bilateral Kidney Stones



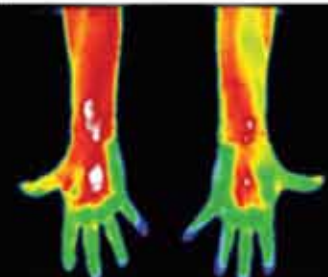
Breast Cancer



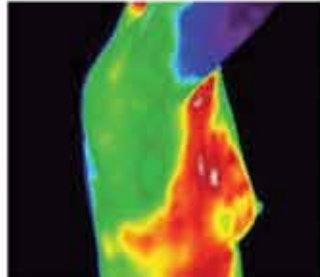
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



Lymphatic Congestion

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- help make informed decisions regarding the need for further treatment
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- identify the originating source of neuropathic dysfunction
- support the existence of a suspected condition
- aid in accurate diagnosis and treatment

# publisher's letter



Lao-Tzu (also known as Laozi) was an ancient Chinese philosopher and writer who wrote "New beginnings are often disguised as painful endings."

One day we woke up and realized that the world had changed. It's almost as though it happened overnight. Families and communities had grown distant, electronic devices and social media had replaced face-to-face conversations, and overall humanity had begun to drift into a new state of existence where money and material things were

now the purpose of life rather than love and growth.

We promised ourselves that we would do better and we would be better. Let us share that promise with you – promise yourself to be so strong that nothing can disturb your peace of mind. To talk health, happiness and prosperity to every person you meet. To make all your friends feel that there is something in them. To look at the sunny side of everything and make your optimism come true. To think only of the best, to work only for the best and expect only the best. To be just as enthusiastic about the success of others as you are about your own. To forget the mistakes of the past and press on to the greater achievements of the future. To wear a cheerful countenance at all times and give every living creature you meet a smile. To give so much time to the improvement of yourself that you have no time to criticise others. To be too large for worry, too noble for anger, too strong for fear and too happy to permit the presence of trouble.

Don't ever be afraid to be yourself. In a world of comparisons and conformity, make your own statement. Honor your own truth. Have the courage to be yourself; risk speaking your own thoughts and claiming your emotions. Share your vulnerabilities, fears, doubts, and insecurities; let others experience the real you. Have the courage to be yourself, and realize that you are a wonderful person.

At the end of the day remember that the world was made to be beautiful, but sometimes we get caught up in everyday actions. We completely forget about this and completely forget that what is truly important are the simple, basic things in life – honest, pure emotions surrounded by the majestic beauty of nature. It's important that we return our communities and families back to a place of freeness and peacefulness of nature and not be driven by material aspects of life. We need to smell the clear air after a rainfall and appreciate the good in things. Each of us must be responsible and do our part and remember that today is only a short glimpse in time and eternity.

Read on and share these pages with another. Spread love, peace and forgiveness.



*Steve & Michelle*

Steve and Michelle Castille, Publishers



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## advertising & submissions

### HOW TO ADVERTISE

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

### EDITORIAL SUBMISSIONS

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

### CALENDAR SUBMISSIONS

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

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[www.NAacadiana.com](http://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.*

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## Cite' des Arts offers Sing and Play Music Lessons for Children and Parents

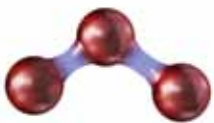


Cite' des Arts is offering Sing and Play music lessons for children and parents. The sing and play classes are fun, interactive classes based on the Kodlay music training philosophy. The classes are focused on giving children an opportunity

to discover various elements of music in an educational and instructional environment. During the classes the children learn various songs with styles such as rhymes and folk songs, with each song offering it's own distinct element and lesson. Parents are encouraged to participate as they learn along with the children, reinforcing the lessons learned and creating a musical environment within the home. Classes are offered for age's birth – 2 years class, Mondays at 10 AM and a 3 – 5 years class, Mondays at 10:30.

Contact Information: Call or e-mail Ms. Tyree for more information: (337) 344-2777, or [ectyree@yahoo.com](mailto:ectyree@yahoo.com).

## Ozone Therapy Offers Hope to Lyme Patients



An alternative health clinic, LifeWorks Wellness Center is now routinely offering ozone therapy to Lyme disease patients as part of their treatment program. The clinic's Medical Director,

David Minkoff, M.D. is on the board of the American Academy of Ozonotherapy and is considered to be a pioneer in the use of ozone for Lyme disease.

Minkoff states, "When someone is diagnosed with Lyme, it can be devastating as it can be such a debilitating disease. Most of the patients we see have tried numerous treatment programs but have seen little improvement. Their research leads them to read about the benefits of ozone and then to ultimately find our clinic."

Ozone therapy differs from other Lyme treatment programs as it can substantially increase the blood's oxygen which, in turn, facilitates healing in many different ways. It can detoxify the liver, de-clog the blood cells, enhance the immune system and kill viruses and bacteria.

Based in Clearwater, Florida, LifeWorks offers hope to Lyme patients from all over the country with their uniquely effective, multi-protocol program.

For more information, call 727-466-6789 or visit [LifeworksWellnessCenter.com](http://LifeworksWellnessCenter.com). See ad page 40.

# 5 Common signs of nutrient deficiency

**Poor night vision**  
Vitamin A, known as retinol, is essential for promoting good vision and overall eye health. Too little vitamin A can cause night vision problems, crusty eyelids in the morning, recurrent infections and photophobia (eye discomfort in the sun.)

**Sores or discoloration of your tongue**  
The tongue is an essential organ that shows us many signs of the state of our health. Water-soluble B-vitamins are essential for the health of the mouth and tongue. Unfortunately, the body doesn't store them, so we have to constantly replenish them.

**Weak, spotted or rigged nails**  
These are common signs of a deficiency in zinc, an important trace mineral needed for the proper function of the immune system. Zinc also serves an important role in cell division and growth.

**Muscle fatigue and bone pain**  
Vitamin D is not only a vitamin but a hormone that tells your bones how much calcium to store and release. Not enough vitamin D and your bones become weak, but also, you can have muscle pain and fatigue as well.

**Frequent cramps in your lower legs or 'Restless Leg'**  
Vitamin D is not only a vitamin but a hormone that tells your bones how much calcium to store and release. Not enough vitamin D and your bones become weak, but also, too much calcium can reside in your bloodstream.

**GET A VITAMIN TEST**  
Call (337) 356-1251 Lafayette Office  
Call (337) 662-3120 Sunset Office

## How to get rid of depression

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

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

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Need health hairs?

**Cucumber**



Have bad mouth odor?

**Green/raw Guava**



Want to kill stomach worms?

**Jamun Fruit**



Want to prevent prostate cancer?

**Tomatoes**



Want to reduce the risk of urinary disease?

**Pumpkin**



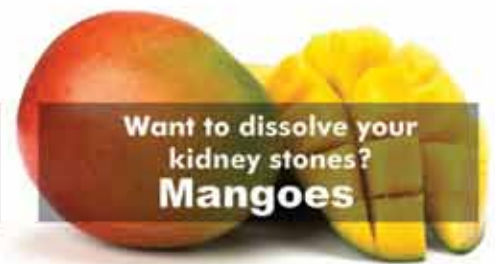
Want to reduce respiratory problems?

**Onions**



Want to build a strong immune system?

**Garlic**



Want to dissolve your kidney stones?

**Mangoes**



Want to reduce inflammation?

**Turmeric**



Want to manage high blood pressure?

**Dried Red Pepper**



Want to lower blood sugar, LDL (bad) cholesterol?

**Cinnamon**

# Natural Medicine with Dr. Steve

Learn more about Natural Medicine and Nutrition and visit Saint Christopher Community College

## GREEN WATERS

### pH 5.5 Acidic Body and OBESITY



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

### Alkalize your body with GREEN WATERS



## healthbriefs

### Coal Phase-Out Boosts Health

The province of Ontario began a complete phase-out of its coal-fired power plants in 2005, with all of them having closed by 2015. While the costly measure was expected to produce minor air quality improvements, officials predicted that the resulting health benefits would accrue \$3 billion in annual healthcare savings for the community.

Realized savings can be seen in the drastic reduction of smog days in Ontario, down to just one since 2014. "Let's compare that to 2005, when residents of the Greater Toronto Area suffered through 53 smog days while coal, with its toxic emissions, provided 19 percent of the province's power," says Vanessa Foran, president and CEO of The Asthma Society of Canada. "It's obvious that shutting Ontario's coal plants has helped clean the air; it's also given a new lease on life to millions that suffer with asthma."

More proof of the medical benefits come from an assessment conducted by Toronto Public Health in 2014. It reported a 23 percent reduction in air pollution-related premature deaths in the city between 2000 and 2011, as well as a 41 percent reduction in related hospital admissions



Kodda/Shutterstock.com

### Unique Inflamed Gut Linked to Type 1 Diabetes



Researchers in Milan, Italy, have found that individuals with Type 1 diabetes display a unique inflammatory signature and microbiome in their digestive tract. The study examined biopsies from 54 patients that underwent endoscopies at the city's San Raffaele Hospital between 2009 and 2015. The samples came from each patient's duodenum, the upper part of the small intestine, and allowed scientists to directly assess the bacteria in the digestive tract, rather than relying on stool samples.

The results of the samples were compared to gut bacteria from a control group of healthy individuals without Type 1 diabetes and others with celiac disease. Researchers found that the diabetes group showed more signs of gut inflammation than the other groups, and it was linked to 10 specific genes, also marking them as having a unique combination of bacteria.

"By exploring this, we may be able to find new ways to treat the disease by targeting the unique gastrointestinal characteristics of individuals with Type 1 diabetes," explains the study's senior author, Dr. Lorenzo Piemonti, with the hospital's Diabetes Research Institute.

Magic mine/Shutterstock.com

# Tax and Pricing Policies Spur Healthier Eating



Stokkete/Shutterstock.com

A meta-study from Tufts University, in Medford, Massachusetts, documents a revealing relationship between diet and food prices. The researchers found that taxation of unhealthy foods and price reductions of healthy foods help shift consumers to healthier purchases.

They reviewed data from 11 studies on the impact of adding tariffs to unhealthy foods that lead to higher

prices and 19 studies that examined the effects on the demand of reducing the prices of healthy foods. They discovered that consumers purchased 14 percent more fruits and vegetables when prices were reduced by 10 percent. Other healthy food price reductions produced similar results, with a 16 percent increase in consumption with each 10 percent price drop.

The researchers examined the impact of increases in the price of sugary drinks and fast foods. Following 10 percent price hikes, consumption of these items decreased by 7 percent and 3 percent, respectively.

“The global food system is exacting a staggering toll on human health, and this is very costly, both in terms of real healthcare expenses and lost productivity,” says Dr. Dariush Mozaffarian, senior author of the meta-study and dean of the university’s Friedman School of Nutrition Science and Policy. “Our findings suggest that subsidies and taxes are a highly effective tool for normalizing the price of foods toward their true societal cost. This will both prevent disease and reduce spiraling healthcare costs, which are causing a tremendous strain on both private businesses and government budgets.”

# Post-Stroke Exercise Improves Brain Function



Ruslan Guzov/Shutterstock.com

Research from the University of Pittsburgh, in Pennsylvania, has established that structured physical activity following a stroke can significantly improve cognitive function in survivors. The study used data from 13 clinical trials that included 735 participants to analyze general cognitive improvement, executive function, attention and working memory, as well as the impact of different types of physical activity.

Researchers found that exercise following a stroke produced cognitive improvements in both attention and speed in processing information. They further discovered that a combination of aerobic exercise and strength training produced the maximum cognitive improvements.

“We found that a program as short as 12 weeks is effective at improving cognition, and even patients with chronic stroke can experience improvements in their cognition with an exercise intervention,” says lead author Lauren E. Oberlin, a graduate student at the university.



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

## Bee Killers

### Neonic Pesticides Again Linked to Decline

A study in the journal *Nature Communications* examined wild bee populations relative to the use of controversial neonic (neonicotinoid) pesticides from 1994 to 2011, and discovered that extinction rates paralleled their use on plants throughout the country.

The 34 species analyzed experienced a 10 percent population drop across the board, with five of the species seeing a decrease of 20 percent or more, and the most-impacted group declining by 30 percent. Researchers say this indicates that up to half of the population decline could be attributed to the use of neonics.

“It contributes, but there is a bigger picture,” says Jeffrey Pettis, an entomologist at the U.S. Department of Agriculture Beltsville Bee Laboratory, in Maryland. Other factors are thought to include parasites such as varroa mites and nosema fungus (a bacterial disease known as foulbrood) plus viruses, drought and loss of habitat.

Meanwhile, the Friends of the Earth (FOE) environmental group has launched a petition calling on the Ace and True Value hardware companies to follow Lowe’s and Home Depot’s example of phasing out the pesticides. FOE says, “If these garden retailers don’t act fast, they’ll lose customers. A new poll shows that 66 percent of Americans prefer to shop at Lowe’s and Home Depot because they’ve committed to stop selling bee-killing pesticides.”

Take action at [Tinyurl.com/BanNeonicsPetition](http://Tinyurl.com/BanNeonicsPetition).



## Astonishing Agriculture

### Food Grows Without Soil or Groundwater

Proponents of GMO (genetically modified) food may argue that the technique is necessary because the world is running out of resources. However, agricultural startup Sundrop Farms, with offices in the UK and Australia, has developed high-tech greenhouse facilities that apply solutions to grow crops with less reliance on finite natural resources than conventional greenhouse production.

In 2010, Sundrop Farms opened a pilot facility in Port Augusta, South Australia, that is combining seawater and sunlight to grow food in the middle of the desert, unaffected by climate change, biotech land grabs, drought, floods and pestilence. They are using coconut husks, 23,000 mirrors to reflect solar power and desalinated

seawater on a hydroponic farm of just under 50 acres to grow 17,000 metric tons of non-GMO food every year.

Built at a reported cost of \$200 million, the facility has a year-round growing season. In winter, its greenhouse operates with the help of 39 megawatts of clean energy from solar power. Coles Supermarkets has signed a 10-year contract for the exclusive right to sell the company’s produce.



## Last Call

### Endangered Species Protection Act May Go Extinct

The federal Endangered Species Act (ESA), passed in 1973, strengthened earlier federal protections for animals that had been nearly wiped out by humans. The act faces opposition from those that believe it both unfairly protects animals that poach livestock and restricts land use.

At a recent hearing titled Modernizing the Endangered Species Act, Republican Senator John Barrasso of Wyoming, head of the Senate Environment and Public Works Committee, said the ESA is not working anymore. Natural Resources Committee Chairman Republican Congressman Rob Bishop of Utah opines that the act has never been used for the rehabilitation of species and instead has been controlling the land, saying, “It has been hijacked.”

Yet Daniel M. Ashe, president and chief executive of the Association of Zoos and Aquariums, says, “The Endangered Species Act is the world’s ‘gold standard’ for conservation and protection of animals.”

According to many experts, the world’s flora and fauna are experiencing a global extinction crisis caused by human activity, but we have also learned how to protect species and help them recover. Eight species that would probably have disappeared already were it not for the ESA include the black-footed ferret, humpback whale, bald eagle, American alligator, grizzly bear, Florida manatee, California condor and gray wolf.

## Species Die-Off

### Animals that Are No More

Every year, more species reach the brink of extinction and only inhabit the annals of natural history. Species that have officially disappeared forever as of 2016 include the Bramble Cay melomys, Nullarbor dwarf bettong, Capricorn rabbit-rat, Pinta Island tortoise, western black rhinoceros, Rabb's fringe-limbed tree-frog, San Cristóbal vermilion flycatcher and Formosan clouded leopard.

These are just a handful of the animals threatened and wiped out annually. Thirteen bird species alone were confirmed as extinct in 2016, mostly due to invasive predators. More of these animals are bound to die off unless humans make a concerted effort to preserve them.



## Robot Janitors

### Floating Trash-Eaters Clean Up Baltimore Harbor



Mr. Trash Wheel and Professor Trash Wheel, the solar- and hydro-powered trash interceptors cleaning up Baltimore's inner harbor, have the ability to suck up plastic bags, Styrofoam containers, cigarette butts and other debris. The waste is burned to generate electricity, and plans exist to increase recycling capabilities in the future.

The brainchild of engineer John Kellett, who gained the support of the Water Partnership of Baltimore, a nonprofit that supports environmental legislation, the inventions are designed to make the area a green, safe and friendly destination for people and marine life.

## Healthy Holdover

### Kitchen Garden Stays at White House

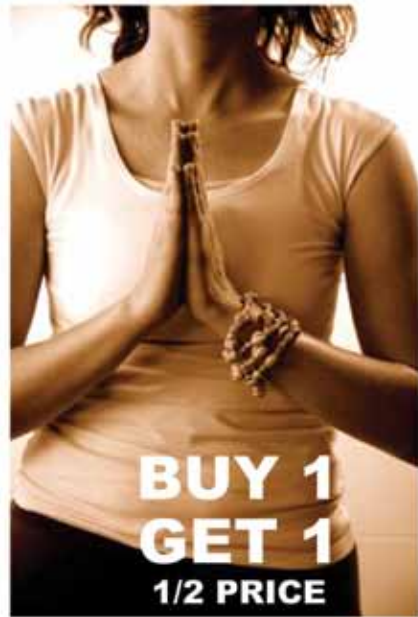
The W. Atlee Burpee home gardening company and the Burpee Foundation have contributed \$2.5 million to the National Park Foundation to maintain the White House garden, founded in 2009 by former First Lady Michelle Obama, for at least 17 years.



The garden is a powerful symbol of Obama's effort to promote healthy eating and lifestyles for America's children. During an eight-year span, she added beehives, a compost system and a pollinator garden to attract birds and butterflies as the garden nearly tripled in size to 2,800 square feet.

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# Natural Ways to Cleanse Body & Mind

## Take Toxins Out of Your Life

by Meredith Montgomery

The term “detox” has been gaining traction in health circles, but cleansing practices have existed for millennia, ranging from Egyptian hydrotherapy to Medieval Lenten practices and Native American fasting, smudging and sweat lodges. The truth is that we need cleansing now more than ever—to rid our bodies of chemical overload and our minds of negative thinking.

The Environmental Defense Fund has counted more than 100 chemicals produced in the U.S. that are present in everyday products and hazardous to humans and the environment. “Our body is a natural detoxifier, ridding itself of toxins through pooping, peeing, sweating and shedding skin. But in our current toxic overload situation, it’s not always an efficient process,” observes Deanna Minich, Ph.D., an author and functional nutritionist in Washington state.

Some experts believe many commercial detoxification programs are unsafe, extreme and ineffective. “Psychologically, a short-term cleanse can act as a stepping stone if you’re eating fast food and donuts every day,” says Dr. Michael Greger, a Washington,

D.C., physician specializing in clinical nutrition and author of *How Not to Die*. “What matters more is long-term—what you’re eating a decade from now. No quick fix is going to do it, it’s a lifestyle change.”

### Feed Your Microbiome

When the microbiome becomes depleted, overall health is affected. Dr. Robynne Chutkan, a gastroenterologist at Georgetown University Hospital, founder of the Digestive Center for Wellness, in Washington, D.C., and author of *Gutbliss* and *The Microbiome Solution*, explains, “The GI tract is the body’s

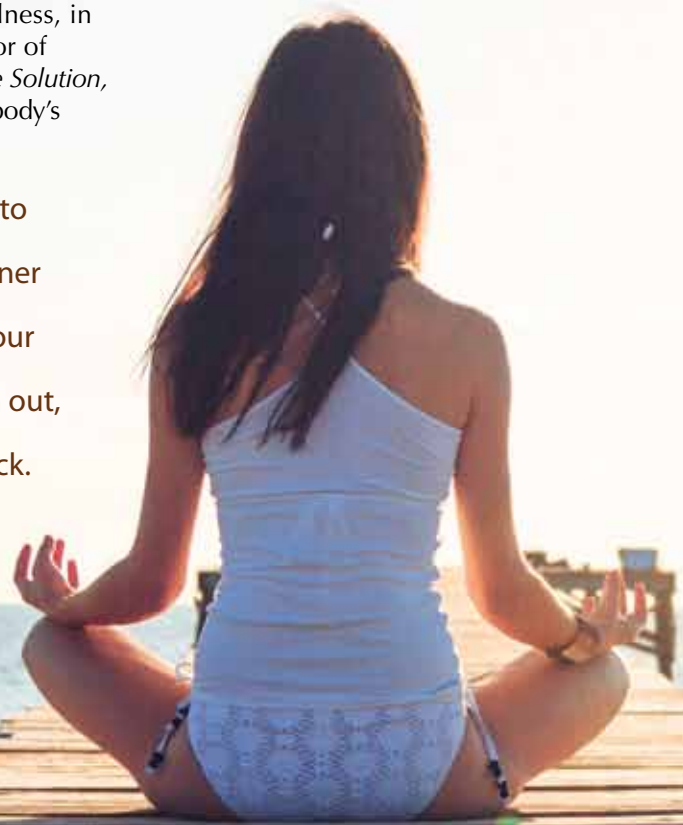
engine, and microbes are the worker bees that operate the machinery so that digestion and toxin removal can happen.”

She recommends switching to a plant-filled diet to effectively repopulate the microbiome and be aware of how food is grown. “Much store-bought produce, even organic options, is grown in depleted soil. Seek out biodynamic farmers that prioritize nutrient-rich soil to foster microbes,” Chutkan says. Even planting a couple of herbs or microgreens on the kitchen windowsill can make a difference. “Just picking those herbs and getting your hands in healthy dirt increases your exposure to health-promoting microbes.”

### Get Dirty

“Health and wealth have become associated with cleanliness, yet the opposite is probably true,” assesses Chutkan. “Kids come in from the playground to use hand sanitizers and eat processed snacks. Instead, discard the microbiome-disrupting sanitizer and provide fresh vegetables for them to eat outside. We don’t want kids exposed to any serious pathogens, but getting a little dirty is essential.”

We’re all exposed to toxins, but if our inner terrain is healthy, our body can flush them out, so we won’t get sick.



Studies have found that children with pets are more likely to have fewer allergies and infections and take fewer antibiotics than those living in pet-free households (*Clinical & Experimental Allergy* and Kuopio University Hospital, Finland). Pets that venture outdoors bring healthy microbes inside; so does fresh air, which purifies poorer quality indoor air.

Chutkan also warns of excessive bathing. “When we scrub ourselves, we rub off microbes and naturally occurring oils; unless we’re filthy, we just need to gently rinse.” Marketers convince consumers that products with toxic ingredients are necessities, but coconut oil, apple cider vinegar and honey can effectively replace many toiletries.

## Burn Fat Cells

According to ayurveda, burning fat fuels detoxification because toxins from preservatives, pollutants, pesticides and other damaging chemicals are stored in our fat cells. When fat is metabolized and used as an energy source, the toxins are released, ready to be flushed out.

“When we’re not burning fat, toxins can accumulate, cause congestion in the lymphatic channels, overwhelm the liver and ultimately be deposited back into fat cells or stored in the arteries, heart and brain,” comments Certified Ayurvedic Practitioner Dr. John Douillard, of Boulder, Colorado. He’s the author of *Eat Wheat* and a former director of player development and nutrition advisor for the New Jersey Nets professional basketball team.

## Reboot with a Quick Cleanse

To stimulate the body’s natural ability to burn fat, Douillard recommends a four-day, at-home detox cleanse. “The digestive system is responsible for delivering nutrients and escorting dangerous toxins out of your body; if you can’t digest well, you can’t detoxify well,” he says.

Unlike drastic fasts and juice cleanses, which can deplete nutrients,

he recommends stimulating fat metabolism with a cleanse that starts each morning with melted ghee followed by a simple nonfat diet throughout the day. According to research published in *Alternative Therapies in Health and Medicine*, ghee, a clarified butter, has been proven to remove environmental toxins by attaching to toxic fats. Kitchari, the staple of the meal plan, is a nourishing and easy-to-digest, porridge-like blend of beans, rice and Indian spices.

“When you eat a mono diet of just kitchari, your body can transfer the energy that normally goes toward digestion into cleansing and healing other systems,” says Douillard. For those not

ready to maintain such a limited diet, he recommends a polydiet with the option to add seasonal steamed vegetables, oatmeal and other gluten-free grains.

## Few Snacks, More Water

Work toward eating three meals a day—a light breakfast, big lunch and light and early dinner—without snacking in-between, and fasting for 13 hours each night. Douillard notes, “This regimen should be maintained beyond the cleanse because it gives the body a chance to use up its carbohydrates—its normal, go-to fuel—and switch to its calmer, more stable, detoxifying fuel—body fat.”

# 5 Ways to Detox Every Day

by Meredith Montgomery

“As soon as we start eating healthier diets, our body is able to detoxify more efficiently and diseases begin to be reversed,” says Dr. Michael Greger, a physician and creator of *NutritionFacts.org*. Follow these tips to enhance the detoxification process at mealtimes.

**1 Eat broccoli and other cruciferous vegetables** raw or chop them at least 40 minutes before cooking to maximize intake of the phytonutrient sulforaphane, which boosts detoxifying enzymes in the liver. For the time-crunched, Greger suggests adding a small amount of any type of raw cruciferous vegetables to the cooked ones.

**2 Always choose colorful produce**, with the exception of white mushrooms and cauliflower. “White foods are stripped of nutrition,” says Greger. Pigment indicates the richness of antioxidants that keep the body functioning efficiently. He likes adding shreds of economical and long-lasting red cabbage as an everyday garnish.

**3 Follow the seasons**, because nature provides the ideal harvest for each season—heavier, denser foods in winter, like wheat, dairy, roots, nuts and seeds; and cooling, high-energy fruits and vegetables in summer. Dr. John Douillard, creator of the 3-Season Diet Challenge, remarks that research suggests that gut microbes are meant to change with local seasonal foods to optimize digestion, mood and immunity.

**4 Avoid plastics** by limiting intake of foods stored or cooked in plastic, especially cling wrap, which is made of polyvinyl chloride (PVC), a known carcinogen, according to the World Health Organization International Agency for Research on Cancer. Also avoid canned goods unless labeled bisphenol A (BPA)-free. “A lot of toxins enter our bodies through processed, overcooked and fried foods,” observes Deanna Minich, Ph.D. “As we replace these foods with nourishing options, we need to also minimize plastic packaging.”

**5 Filter water** because, “We are primarily made of water, so if we’re drinking and bathing in contaminated water, it impacts health,” says Minich who recommends using a national testing laboratory to assess home tap water. The results can then be coupled with the Environmental Working Group’s buying guide ([Tinyurl.com/EWG-Buying-Guide](http://Tinyurl.com/EWG-Buying-Guide)) to determine the most appropriate water filter to deal with the contaminants that may be present.

# See How You're Doing

by Robynne Chutkan

A good bowel movement is the ultimate detox, eliminating toxins, unwanted bacteria, cells that have outlived their usefulness and other waste that has to go. Stools provide an index of health, so turn around and take a look at them for feedback for improving digestive and overall health. One key way to assess a stool is by its color. Use the following guide:

- ✓ **Pale, chalky** stool can be a sign of liver disease or clogged bile ducts, and is often accompanied by dark urine because the bile gets excreted through the kidneys instead of the digestive tract.
- ✓ **Yellow** stool may mean a parasite like *Giardia* or excess fat because of a pancreas that's not secreting enough enzymes.
- ✓ **Green** stool can be the result of a *Clostridium difficile* infection or antibiotics.
- ✓ **Red** stool occurs with bleeding from the colon, but can also be caused by eating beets.
- ✓ **Black** stool usually signifies bleeding from higher in the gastrointestinal tract or from an iron supplement.
- ✓ **Lighter brown** stool may mean insufficient deeply pigmented leafy greens in the diet.
- ✓ **Blue** stool can be from blue-colored food.
- ✓ **Dark brown** is the color of stool nirvana. Bile and bilirubin pigment, formed in the liver from dead red blood cells, give healthy stools this chocolate color.

Learn more at [DigestiveCenterForWellness.com](http://DigestiveCenterForWellness.com).

Adapt the cleanse to avoid strain, because when under stress, the lymphatic system shuts down and the body stores fat and toxins. "If three meals a day with no snacks is not possible yet, have a nonfat high-protein snack and plan to eat more protein at your next meal," suggests Douillard. "Or start with four meals, and work your way down to three."

Aim to drink half your healthiest body weight in ounces of room-temperature water every day, while also sipping warm-to-hot water—believed to soften the intestinal tract, move the lymph and hydrate the cells more effectively than cold water—every 10 to 15 minutes for two weeks. Plain water has a hydrating effect that not even lemon water can replicate.

## Emotional Release

"Toxins are best understood less as poisons than as barriers—obstacles to the life and health we truly want," says Minich. As a functional medicine nutritionist, she believes that food as medicine is only one aspect of full-spectrum health. Her approach revolves around clusters of nutritional, anatomical, psychological and spiritual life issues that can be jointly detoxified, supported and healed.

"Good eating alone will not necessarily solve our emotional woes or stop our limiting beliefs and toxic self-talk," she explains in *Whole Detox*, a book based on a whole-life, whole-systems, whole-foods approach to detoxification. "We need to remove all the barriers that impede our growth. Limiting thoughts, as well as heavy metals and pesticides, are toxic barriers that weigh us down, sapping energy that might be used for better things."

Her 21-day program is designed to establish long-term lifestyle changes with simple habits. She recommends monitoring our emotions and tracking thoughts with daily writing exercises. "Look at yourself like you're examining a food label to get to the root of limiting patterns," she says, encouraging questions such as, "Is this thought healthy for me?" or, "Do I want this thought in my being?" Be mindful of speech as well; swearing, exaggerating and interrupting can have deleterious effects,



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while uplifting affirmations can inspire positive actions.

She attests that visualization can help prevent the creative self from shutting down, another aspect of toxicity. "Be intuitive and imaginative; allow creative expression to flow. Before you can manifest what you want in life, you have to envision it." Minich wants patients to invite introspection by taking a few minutes each day to be in solitude and silence, allowing meaning and purpose to surface.

Daily stress relief practices such as meditation, yoga, self-massage and mindful breathing can foster stress reduction. "Life shouldn't feel like an emergency. We need to navigate around stress so we're not inundated by it," counsels Douillard.

By extracting toxins through sweat and circulating nutrients, physical activity is equally important for detoxification, but it's also a form of self-love. "It expands your sense of possibilities, freeing you to go where you will and to carry burdens lightly," Minich says.

In this age of personalized medicine, Minich encourages patients to focus on the parts of a detox program that they need most, whether it's diet, exercise, massage, emotional well-being or spirituality. She reminds us that the desire and need to cleanse is universal. "Detox is as old as humankind."

*Meredith Montgomery publishes Natural Awakenings of Gulf Coast Alabama/Mississippi (HealthyLiving HealthyPlanet.com).*





## BENEFITS OF GREEN WATERS

### Lose Weight:

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

### Anti Aging:

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

### Reduce the Chances of Osteoporosis:

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

### Build Cardiovascular Health:

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

### Reduce Joint Pain and Arthritis:

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

### Reduce Infections, Flu and Colds:

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

### Detoxify:

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

### Decrease Risk of Cancer:

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



# Enlightening Ideas about Money

Think Independence, Intimacy, Integrity

by April Thompson

Money influences our choice of job or home, and sense of security, worth and power; it can also make life more or less convenient. Yet, despite its essential importance, money is often a forbidden topic among family members.

## Money Talk Taboo

"We are not taught how to have a relationship with money on a psychological or spiritual level; it isn't part of our culture," explains Bari Tessler, a Boulder, Colorado, financial therapist and author of *The Art of Money*. "The majority of our parents and grandparents didn't receive a financial education, so they don't understand emotions that relate to money or how to talk about it."

Tessler works with individuals, couples and creative entrepreneurs to help them "claim their worth in the world and bring their skills and values into the marketplace," she says. Money is a frequent source of tension among couples, but Tessler notes it wasn't even talked about in her graduate-level psychology training. "Money is emotional territory for people. You can't just go to a financial planner, plot a budget and be on your merry way," she observes.

## Shifting Our Perceptions

To change our relationship with money, Tessler says we need to understand our "money stories" that include the ways in which our personal experiences, together with subconsciously inherited familial and cultural attitudes, shape how we think about money.

"The first step to changing our money habits is being willing to deal with the tough issues," says Mayuri Onerheim, author of *Money Spirituality Consciousness*, a retired accountant and spiritual teacher of the Diamond Approach of self-realization, in Larkspur, California. "There is no change without some discomfort. It's part of the spiritual journey."

Self-care, forgiveness and acceptance are important throughout this process, advises Tessler, because many people bring feelings of guilt and shame to their relationship with money. She recommends doing a "body check-in" to become aware of our physical reaction to related issues, whether it's going on a reckless spending spree or bracing to ask for a raise. This stage paves the way for the practical work of learning to manage our money in alignment with our values, goals and dreams. It begins with developing practices to track, review and reflect upon spending and earning patterns.

## Tactical Tools

Tessler recommends utilizing one of many free financial tracking tools like *Mint.com*, *ynab.com* or *MoneyMinder Online.com*. She also suggests we rename their preloaded budget categories to reflect our personal relationships to the areas of spending (e.g., "sanctuary" rather than mortgage; "my dream vacation" for savings targeted for time off; or "life happens" for late fees).

For an enlightened view of cash flows, Onerheim suggests translating what was spent on something into the hours it took to earn the money. "This perspective can transform how we allocate resources and what we're willing to spend money on," she says.

Vicki Robin, co-author of the best-seller *Your Money or Your Life*, espouses a similar approach: thinking of money in terms of hours of life energy. "Continually asking yourself whether you actually got fulfillment in proportion to life energy spent in each subcategory awakens the natural sense of knowing when enough is enough," she writes.

Tessler and Onerheim both encourage rethinking the idea that all earning is good and all spending is bad: "It's about balancing needs and wants, and we need joy in life. It's not about saving every penny and not enjoying yourself," says Onerheim.

We have ups and downs in life, and the same is true of our finances.

~Bari Tessler

## A Rewarding Journey

Becoming financially conscious ultimately helps us fulfill our responsibility to be a good steward of the planet's resources, according to Onerheim.

"Money is a representation of myself in the world, so I want to take responsibility for where my money goes."

"Financial integrity is achieved by learning the true impact of your earning and spending, both on your immediate family and on the planet," agrees Robin. "It is knowing what is enough money and material goods to keep you at the peak of fulfillment—and what is just excess and clutter."

All call for celebrating progress on the journey to financial well-being and know-how. "Take baby steps and reward yourself along the way," counsels Tessler. "This is a lifelong journey."

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



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Where vegan restaurants are scarce, he turns to plant-based options at Chipotle Mexican Grill and Panera Bread. His DIY hotel-room cuisine favorites are a Hotel Smoothie, Banushi (banana sushi) and Pizzadilla, a cross between a pizza and a quesadilla, “cooked” in aluminum foil using a hotel iron and ironing board.

Matt Frazier, a runner and co-author of the *No Meat Athlete Cookbook*, recently went on the road for a self-funded book tour. Not only had he left his high-powered blender back home with his family in Asheville, North Carolina, he was on a tight budget. “The trick that has helped me not just survive, but thrive on the road is eating fresher, more whole and more raw,” he says. He recommends filling up on kale, broccoli, cauliflower, cabbage, nuts and seeds, berries, beans, onions and mushrooms.

Lindsay S. Nixon, author of *The Happy Herbivore Guide to Plant-Based Living* and related cookbooks, has traveled from her home in Los Angeles across the country and around the world, finding plant-based foods wherever she goes. “Almost every city has a Thai or Italian restaurant where you should be able to find something on the menu or adapt a dish to stick with plants,” she says. “You might have to get a little creative. I once asked for salsa and a plain, baked potato; not a bad combo, as it turns out.”

Wherever we find ourselves, we can still find healthy ways to eat.

*Judith Fertig writes cookbooks and foodie fiction from Overland Park, KS. Connect at [JudithFertig.com](http://JudithFertig.com).*

## Eating Vegan on the Road Clever Ways to Eat Healthy Anywhere

by Judith Fertig

Traveling can be tricky for those trying to eat a plant-based diet, especially on long stretches of highway. More than 33 percent of Americans, or 100 million-plus people, are eating vegan/vegetarian meals more often, even if they do not adhere to a strict plant-based lifestyle, concluded a 2011 Harris Interactive study commissioned by the Vegetarian Resource Group. Here is what the discerning traveler can do when hunger strikes.

Start by looking for vegan pit stops before you go. Identify a plant-friendly restaurant group, such as Dr. Andrew Weil’s True Food Kitchen (now in 12 states), and then Google for their locations. Smartphone apps such as *Finding Vegan* and *Happy Cow* help point the way to vegan-friendly restaurants around the world.

This month, *Natural Awakenings* asked three savvy travelers how they manage plant-based eating wherever they go.

For Dustin Harder, eating well on the road is a matter of research and preparation. He is the New York City-based chef/host of the online program *The Vegan Roadie*, with 100 U.S. restaurant visits and counting and now seeking

crowdfunding for its third season, set in Italy. Harder has learned to investigate his dining options ahead of time, and always packs a travel-size, high-speed blender, lots of trail mix and his favorite condiments of sriracha (bottled hot sauce) and nutritional yeast.

“You can locate great vegan restaurants in surprising places if you search online before you travel,” he says, listing Viva Vegeria and La Botanica, in San Antonio, Texas, and The Red Fern, in Rochester, New York, among his finds.

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## Healthy Eye-Catching Eco-Wear

It's in Style and Easy Care

by Avery Mack

Eco-friendly fashion used to be an oxymoron, synonymous with frumpy clothing and ugly shoes. Now designers and manufacturers are finding ways to provide attractive and healthier alternatives to common fabrics, especially polyester.

After World War II, cotton, wool and linen fell out of favor as wash and wear, stain-resistant, permanent-press polyester arrived. Annual production of the synthetic fiber, consuming petroleum, coal, air and water resources, today exceeds 22 billion tons. Americans alone discard 14 million tons of clothing each year—80 pounds per person—with 80 percent going to landfills, where polyester takes 20 to 200 years to biodegrade.

A host of suppliers are responding to a rising demand for comfortable, trendy, easy-care, high-quality and eco-friendly clothing that's actually good for you. Here are just a few of these innovators.

**Ably Apparel**, in Seattle, makes hoodies, T-shirts and jogging pants,

using Filium-activated, 100 percent cotton fabric free of chemicals and nanoparticles. It repels spills and stains. When wet, it dries 40 percent faster than other materials. Perspiration evaporates through the breathable natural fabric, so Ably clothing doesn't absorb odors or need to be washed and dried as often, saving water and energy ([Tinyurl.com/FiliumFashion](http://Tinyurl.com/FiliumFashion)).

"The retail industry is one of today's largest polluters in the world," says Raj Shah, co-founder of Ably and co-creator of Filium. "Ably apparel saves time and reduces both carbon emissions and chemical detergent usage, resulting in cleaner water supplies. We're the first to apply the benefits of Filium to clothing, but hope other companies will follow suit." The company has three stores and ships worldwide from its website.

**Farm2Fashion** made its New York debut in 2014, featuring ponchos, scarves and wraps crafted from manufacturers' pre-consumer, recycled

cotton scrap, plus local virgin farm fiber under the guidance of Laurie Perrone, creative director and president. Located in Cornwall, New York, the company's artisan-inspired products are available through stores and the Web ([Farm2Fashion.com](http://Farm2Fashion.com)).

"Our philosophy is simple—design classic products in America with substance and sustainability, while creating a low carbon footprint," says Perrone. "We encourage customers to pass our products from generation to generation. Apparel and other textile goods in America used to be made at home for families and friends. We want to bring some of that back to life."



**Orgotton's** classic "little black dress" takes on fresh personalities via two long straps that change its appearance from a modest one-shoulder to a dressier backless version, halter style or a variation with cap sleeves. Made to order in Philadelphia, the five-way short dress expands a woman's wardrobe with a single purchase ([Tinyurl.com/OrgottonShortDress](http://Tinyurl.com/OrgottonShortDress)). The dress is 65 percent bamboo, 27 percent organic cotton and 8 percent Spandex; it's washable in cold water and dries flat, saving energy. Orgotton's Infinity Collection comprises a long dress, short dress, romper and bodysuit.

**Alis Living** ([AlisLiving.com](http://AlisLiving.com)) lifestyle boutique, in Scottsdale, Arizona, is owner Janet Ellis' creation. "In 2007, I taught meditation classes and noticed the women were not enjoying life

fully. Life should not be stressful," she observes. "The skin is the largest organ on the body and clothing fabrics are often treated with formaldehyde. So we exclusively focus on organic clothing."

Her motto is, "Dress healthy, look good, have fun." The clothing she carries are so simple and versatile that a change in accessories can take a dress from daytime business wear to evening elegance. "It used to be harder to find eco-friendly clothing. It's easier now," Ellis remarks. "We carry Blue Canoe, Indigenous, Onno, Shupaca and Synergy fashion lines, adding more brands as we discover them."

As a Master Gardener, Ellis also offers organic cooking classes for customers, harvesting from an onsite garden, thus creating a conscious community for women. "We want to serve one another and live joyously, but too often don't make time for ourselves," she says. "We're concerned about human health and the planet. We believe that we don't have to do harm in order to enjoy good fashion, food and fun." Fashion personality and creation, organic gardening, mindful art, meditation and yoga on the lawn are other classes offered onsite.

Eco-friendly clothing used to have little appeal for fashion buffs. Now designers and manufacturers are finding fresh ways to provide the attractive and eco-healthy clothing more women want to wear.

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

[Tinyurl.com/27EcoFashionBrands](http://Tinyurl.com/27EcoFashionBrands) shows trending sustainable options for women. [TheGoodTrade.com/fashion](http://TheGoodTrade.com/fashion) offers organic, fair trade and ethical brands for men/women/children.

## 20 Best Foods for FIBER



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

But few people are getting enough.

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

—Dr. Steven T. Castille

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## Four Reasons to Break a Sweat

The Fast Path to Flushing Toxins

by Deanna Minich

**D**octors, health experts and fitness gurus tell us that we should break a sweat every day—and for good reason. Sweat not only activates a host of benefits tied to health-boosting exercise, perspiring itself is curative. Whether sitting in a sauna, walking on a warm day or working out, sweating is a necessary bodily function with powerful healing effects.

By clearing out a range of toxins, sweat plays an essential role in the body's natural detoxifying function. Here are some of the toxins it helps eliminate:

- 1 Persistent organic pollutants (solvents, fumigants and insecticides):** A clinical study of 20 participants published in *BioMed Research International* found that their sweat samples contained a range of toxins, including pesticides DDT/DDE, endosulfan, methoxychlor and endrin. Nearly all parent compounds of these pesticides were evident, demonstrating that sweating is an effective way of excreting and diminishing the body's toxic burden. One sweat sample contained some pesticides not present in the subject's blood or urine samples, suggesting that some pesticides are only mobilized and eliminated through sweating.
- 2 Phthalate (plasticizer):** Phthalate, found in plastic products, is also removed through sweat. Research published in the *Scientific World Journal* evaluated blood, sweat and urine samples from 20 individuals and discovered that all of them contained the common mono-2-ethylhexyl phthalate (MEHP). The concentrations of this toxin in sweat were more than twice as high as those in



the urine, showing that sweating may be the best way of ridding the body of this endocrine-disrupting compound.

**3 Heavy metals:** Another study of 20 patients reported in the *Archives of Environmental Contamination and Toxicology* found that subjects' sweat contained about 24 times more cadmium, 19 times more nickel, 16 times more lead and almost three times more aluminum than their urine. Overall, sweat proved more effective than urine at removing 14 of the 18 heavy metals studied. It also contained and, therefore, expelled larger quantities of 16 of the 18 metals than the blood samples did.

Of all the metals, aluminum was found at the highest concentrations in sweat, with zinc, copper and nickel also occurring at relatively high levels.

**4 Bisphenol A (BPA):** Researchers reporting in the *Journal of Environmental and Public Health* examined the blood, urine and sweat of 20 participants for BPA, an endocrine-disrupting toxin found in canned foods, plastic water bottles and other items. Of the 20 sweat samples collected, 16 contained BPA, while only 14 urine and 2 blood samples tested positive for the toxin.

This reveals that sweat is the most effective way of removing BPA build-up in the body; just as vital, it demonstrates that testing blood or urine for toxicity levels may not present the whole picture.

A wide range of activities, including exercising and engaging in sports, can help us break a sweat. A low-impact

option is spending time in a sauna. Notably, in a focused study, the sweat from an infrared sauna expelled more bismuth, cadmium, chromium, mercury and uranium than that produced by a steam sauna. The steam sauna caused higher levels of arsenic, aluminum, cobalt, copper, manganese, nickel, lead, tin, thallium and zinc to be excreted (*Archives of Environmental Contamination and Toxicology*).

Hydration is essential in maximizing all these health benefits. Failure to hydrate properly during and after sweating can lead to other health problems. An easy rehydration practice is to step on the scales right before and after sweating; the weight lost is the optimum amount of water to drink afterwards (*Clinical Journal of Sport Medicine*). For reference, one pound of water is slightly less than a one-half liter.

Sweat contains minerals essential for optimal functioning of the whole body. Following excessive sweating, it's important to replace the minerals lost, especially zinc, copper, selenium, chromium and potassium. Coconut water is a good source of potassium; nuts, seafood, whole grains and legumes generally contain relatively high doses of zinc, copper, selenium and chromium.

The next time the couch and air conditioning beckon, think of all the "sweaty" benefits about to be sacrificed. Breaking a sweat might seem like an effort, but it keeps internal detox systems healthy and optimally functioning.

*Deanna Minich, Ph.D., is an author, teacher and researcher, as well as founder of Food & Spirit, a framework to integrate ancient healing traditions with modern science. She leads online detox programs as part of her whole-self approach to health. Connect at DeannaMinich.com.*



## The Benefits of an Alkaline Body

### Fewer Colds

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

### Cancer Prevention

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

- Skin more elastic, youthful
- Deeper more restful sleep
- Abundant physical energy
- Suffer from fewer headaches and viruses
- Good digestion
- Less arthritis
- Reduction of candida (yeast) overgrowth
- Helps the body detox
- Assists with proper absorption of food
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## An Awesome Antidote to Polarization

by Kirk J. Schneider

**W**e live in polarized times. The current polarization of the American electorate and federal government is rooted in “the polarized mind”, a fixation by individuals on one point of view that excludes differing views and provokes intolerance. Complex issues become black and white, and those with differing views or lifestyles are demonized. Beyond politics, this is seen in gun violence and terrorism, corporate abuses of health and safety, and religious and ethnic strife—affecting major aspects of our daily lives.

An antidote to polarization is awe—the wonder of being alive; living life with hope, respect, humility, wonder and a deep reverence for the adventure of living.

Psychology experiments at Stanford University and the University of California, Berkeley, have shown those that practice awe are better able to see outside their own experiences and appreciate other points of view, which can transcend the tunnel vision and pettiness of a polarized atmosphere. Here are some basic steps toward cultivating a sense of awe:

■ Appreciate the passing nature of time and life. Even while doing some-

thing disagreeable, slowing down and affirming the preciousness of the moment can sometimes render alternative perspectives.

■ Be open to discovery and surprise. This is especially helpful if we are constantly locked in by assumptions about people or things. Think how politicians might benefit by being open to the possibility of discovery or surprise during delicate negotiations. The same principle can hold true with family and friends.

■ Step outside the box of personal judgments and consider the bigger picture of life. Replace the prison of self-criticism often stemming from comparing ourselves with idealized media images with appreciation of the many facets of who we are and what we can become.

*Psychologist Kirk J. Schneider, Ph.D., is past editor of the Journal of Humanistic Psychology, president-elect of the Existential-Humanistic Institute and adjunct faculty at Saybrook and Columbia universities, in New York City. His books include Awakening to Awe, The Polarized Mind and The Spirituality of Awe: Challenges to the Robotic Revolution. Visit [KirkJSchneider.com](http://KirkJSchneider.com).*

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

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Insufficient iodine can lead to symptoms such as fatigue, dry skin, increased blood fats, brain fog, bowel irregularity, hoarseness, and delayed reflexes. Iodine is a very effective heavy metal detoxifier of mercury, lead, cadmium, aluminum and bromide.

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# Fun Ways to Get Outside This Summer

## Be a Kid Again With Your Own Family

by Sandra Murphy

Summer is calling and so is the great outdoors. Here are some super vacation sites, inviting activities and ideas to spark summer fun with your family.

### Hike It

"Hiking teaches kids respect for the outdoors and animals," says Branch Whitney, a Mount Charleston, Nevada, author of three books on hiking. "Near Las Vegas, in the Red Rock Canyon National Conservation Area, sandstone rock affords a rare sight—year-round running water and lush ferns."

Ralph Stover State Park, in Bucks County, Pennsylvania, offers easy walking trails and climbing rocks. When water levels are high, Tohickon Creek challenges paddlers and whitewater rafters.



### Zip Lines and More

Holding the Guinness World Record for the longest and largest continuous eco zip line canopy tour in the world, historic Banning Mills, in Whitesburg, Georgia, will thrill tweens and teens. Enjoy a slower pace on the 12-mile Hike and Bike Trail, with nine suspension bridges, including the longest of its kind in North America. Stay in eco-friendly lodges, cabins and tree houses.

### Family Week

From July 30 to August 4, the Omega Institute, in Rhinebeck, New York, will host Family Week. Grownups attend workshops while kids participate in specialty camps; everyone convenes for meals, free time and evening entertainment. The campus relies on sustainable energy and local agriculture. Free tours are available at the environmental education center.

### Camp in Style

If traditional camping isn't on the table, try Tentr. Campsites on the privately owned properties sleep four to 16 people in a family, pet-friendly atmosphere. A tent, fire pit, picnic table, water container, camp toilet, queen-size



cot, grill, food storage and sun shower are provided. "Compared to other accommodations, each night at a Tentr campsite saves 245 gallons of water and reduces CO<sub>2</sub> output by 54 pounds per campsite," estimates Michael D'Agostino, Tentr's founder and CEO.

The secluded Lumberland, New York, campsite, along the Delaware River, sets its roomy tent on a wooden deck. Attractions include Adirondack chairs for unwinding and a nearby farmers' market and restaurant. Enjoy hiking, kayaking, canoeing, rafting, swimming and fishing. Tentr provides required life jackets and a shuttle to meet paddlers at their destination for the return trip to camp.

From its original 35 sites, the organization recently expanded to 250 campsites, predominantly from Pennsylvania to Maine. This fall, they'll also open sites in the Pacific Northwest from Northern California to Washington state.

### Head for the Beach

At Natural Bridges State Park, in California, visitors relish viewing shorebirds, migrating whales, seals and playful otters. Moore Creek forms freshwater wetlands and a salt marsh. There's also a Monarch Butterfly Natural Preserve.

At Kama'ole Beach Park III, in Maui, Hawaii, the small waves are so clear that

fish can be seen from the surface. Snorkeling gear rentals are available. Shaved ice stands keep everyone cool.

Lakefront beaches like West Beach at Indiana Dunes National Lakeshore, on Lake Michigan's southern tip, attract kids. They can earn beachcomber badges in the Junior Ranger program by finding three different-colored rocks or telling what plants they saw most often.

In late August, Mayflower Beach, in Dennis, Massachusetts, hosts its annual local sand sculpture contest with divisions for kids and families creating the art together.

### Go Farming

FarmWise, near Alpine Valley, in southeastern Wisconsin, gives children a personal peek into where their food comes from. They learn about life on a farm by tending livestock and farm pets, pruning fruit trees and weeding the garden. They also prepare snacks with the fruits of their day's labor. The emphasis is on doing the work themselves, be it planting seeds or feeding pigs.



### Experience Science

Science Saturdays at the EcoCenter at Heron's Head Park, in San Francisco, are held every weekend with a focus on environmental education, park restora-

tion, climate change science experiments, nature walks and citizen science excursions. "There are no other centers like it in the U.S.," says staffer Jacqueline Murray. Learn more about this Leadership in Energy & Environmental Design Platinum living classroom at [EcoCenterhhp.org](http://EcoCenterhhp.org).

### Staycation Ideas

Organic sidewalk chalk, fairy garden and birdhouse kits, and ideas for imaginatively using found items keep kids busy and happy; see [BellaLunaToys.com](http://BellaLunaToys.com). Letterboxing combines a contemporary scavenger hunt, hike and mysterious clues; participants have fun locating hidden boxes and collecting stamp marks in personalized logbooks.

Whether on a one- or two-week vacation or a weekend away, a daytrip or backyard activity, there are plenty of nurturing outdoor options for kids of all ages to experience when the weather heats up.

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



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# Dogs Need Detoxing Too

## 10 Ways to Detox Your Dog

by Patricia Jordan

**Y**ou know that mercury is bad for people. John Moore, a prominent 20th-century mercury and dental health researcher, regarded mercury as a ubiquitous contaminant of everything from plastics to concrete and medicine. But what about your dog? Pets also routinely encounter mercury and other toxic metals like aluminum and lead.

For humans, eating whole, organic and even biodynamic food has become imperative to avoid heavy metals. That's also true for canines. A species-appropriate raw diet including veggies is often recommended. And any raw meaty bones should be the joints and not the long bones unless purchased from a company that tests for heavy metals.

Here are some preventive and remedial steps.

**1 Heal leaky gut first.** Like humans, pets with leaky gut will have food allergies. Remove causes like vaccines and processed foods; support the liver; rebalance with prebiotics, probiotics and digestive enzymes; replenish with a healthy whole foods diet, along with aloe, slippery elm and marshmallow root; and restore with homeopathic remedies. Follow up with fermented veggies as part of the diet. Consult a naturopathic veterinarian for treatment.

**2 Provide clean, filtered water.** Mountain spring water is ideal.

**3 Boost nutrients.** Nutrient deficiencies that can arise in conjunction with mercury poisoning include antioxidant vitamins A, C, E and vitamin D, plus the complex of B vitamins, zinc, magnesium and selenium. These also help treat potential post-vaccination immunity issues.

Good nutrient sources to add to doggie meals include:

**Vitamin A:** liver, yellow and orange fruits and vegetables, dark leafy greens, eggs

**Vitamin C:** berries, citrus, red bell peppers (or berry powder supplements; one-half teaspoon per 25 pounds of weight)

**Vitamin E:** grains, seeds and their oils, wheat germ oil

**Vitamin D:** liver, eggs, oily fish like sardines, mackerel, salmon

**B vitamins:** liver, venison (or moringa leaf powder supplement, one-half teaspoon per 25 pounds)

**Zinc:** red meat, poultry

**Magnesium:** dark leafy greens, seeds, fish

**Selenium:** oily fish, grass-fed beef and beef liver, free-range chicken, egg

**Turmeric:** a powerful supplement to help treat and prevent gene damage caused by heavy metals and glyphosate (one-eighth to one-quarter teaspoon per 10 pounds of body weight per day, combined with a healthy fat like coconut oil and some freshly ground black pepper for better absorption).

**4 Prevent and treat candida.** Avoid aggravating candida as it can release 60-plus toxic substances, including ethanols and the heavy metals it eats. Eliminate all carbs, sugar and grains from the dog's diet.

**5 Greens, minerals and herbs.** The use of juvenile grasses is detoxifying and provides necessary magnesium during a detox. Sea vegetables can supply calcium, iodine and trace minerals. Herbs like curcumin, ginger and cayenne are potent antioxidants; ginger and turmeric help with DNA repair. Nutrients from green leafy vegetables like spinach and broccoli can enter cells and reduce inflammation; broccoli sprouts also apply, with the most effective delivery method via a concentrated powder.

Blend or lightly steam veggies to enhance digestion, then add one tablespoon for smaller dogs, or three to four for larger dogs.



Brian Zanchi/Shutterstock.com

**6 No fake food or vitamins.** Be wary of synthetic vitamins. Whole foods may be properly supplemented with gentle chelators like open cell wall chlorella and super foods like spirulina.

**7 Probiotics plus.** Probiotics help restore healthy gut bacteria, repair genes, synthesize nutrients and help remove mercury from the body. Cultivating a gut garden of beneficial bugs boosts health. Add a teaspoon or two of kefir or fermented veggies to the dinner of small dogs, up to a tablespoon or two for larger animals. A high-quality refrigerated probiotic supplement is an option; if it's made for animals, follow the package directions; for human products, assume the dose is for a 150-pound person and adjust for the dog's weight.

Amino acids, the primary building blocks of proteins, are integral to detoxification; feeding a dog a variety of meats, along with fish and eggs, will provide these. Digestive enzymes also support health; a supplement should include many kinds. Cellulase, a plant enzyme that helps digest plant material, also extracts mercury, which destroys naturally occurring enzymes.

**8 Plan meals with prebiotics.** Prebiotics occur naturally in common high-fiber foods including cruciferous vegetables such as broccoli, Brussels sprouts and spinach. Carrots, beets and spirulina also benefit the gut. Establishing a healthy gut restores the body's natural detoxification function, plus its ability to assimilate critical nutrients. Add a teaspoon or two for small dogs; one to three tablespoons for larger dogs.



**9 Raw food for detox.** Discard commercially processed foods and chemical synthetic vitamins. Go for raw and whole foods, add fermented foods and supplement intelligently with whole food-based supplements. Organic sources, grass-fed animals and even biodynamic food sources are ideal.

**10 Organ meats.** A dog should have organ meats from clean animals at least once a week or as 10 percent of its diet.

As the body detoxifies, symptoms and discharges may occur. These are less common for dogs with raw, species-appropriate diets and minimal vaccinations. Visible results include old dogs displaying more energy and sharper cognitive function and awareness. Eyes are clearer. Fatty tissues shrink down, coats fill out and become shinier and skin becomes healthier. As the largest organ, skin reflects the state of the immune system as a whole.

A concentrated detox to overturn health issues relies on doctor protocols and individualized treatment. An everyday gentle detox generally keeps pets healthier.

*Patricia Jordan is a naturopathic veterinarian in Cape Carteret, NC. Learn more at Dr-Jordan.com.*



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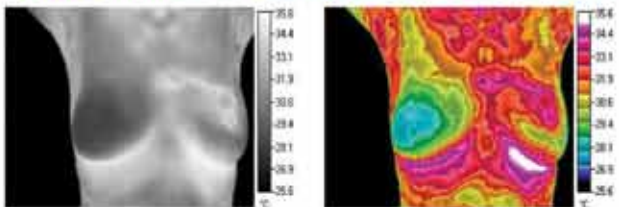
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Note: LOUISIANA is in the top 3 states with the highest rates of breast cancer mortality in the U.S. 1 in 8 Women will develop breast cancer this year.



**Left Breast Cancer Grey Scale and Color Breast Temperature**

Left image identifies the warm (white) vascular markings in the left breast. These markings are not only warm but appear chaotic in their distribution. They are actually circling a tumor and are angiogenic. The color image demonstrates the degree of warming that has occurred in the left breast. The heat is a function of increased tumor metabolism in combination with cancer induced blood vessel dilation, inflammation and neoangiogenesis.

Mammography cannot detect a tumor until after it has been growing for years and reaches a certain size. Thermography can detect the possibility of breast cancer much earlier, because it can image the early stages of increased blood supply to cancer cells (angiogenesis), which is a necessary step before they can grow into a detectable mass.

# THERMOGRAPHY

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**(337) 896-4141**





More than just a fad at your local juice bar, wheatgrass juice is a centuries-old remedy to a variety of ailments. Credited as one of nature's best medicines. Try chasing your wheatgrass with an orange wedge and you're good to go! Or, simply add wheatgrass to your typical green juice recipe for an extra kick.

If you don't own a juicer, you can purchase a wheatgrass shot at the Natural Health Center in Carencro, DHARMA Wellness Center in Sunset, or Caribbean Wellness Center in Opelousas. Consumed as a liquid, just 2 oz. of wheatgrass juice boasts the nutritional equivalent of five pounds of raw organic vegetables.

Not only is it jam-packed with nutrients, 20% of its total calories stems from pure protein. Not like your typical protein, this kind is in the form of polypeptides, a simpler, shorter chain of amino acids the body more efficiently uses in the blood stream and tissues.

The benefits don't stop there. Read on for the top 10 benefits of wheatgrass juice...

**1. Healing:** Wheatgrass contains over 90 minerals, as well as vitamins A, B-complex, C, E, I, and K. It's also rich in protein and contains 17 amino acids.

**2. Digestion:** Wheatgrass contains 30 digestive enzymes, and thereby aids in the body's digestive process.

**3. Obesity:** Wheatgrass stimulates the thyroid gland, which is essential to regulate metabolism and calcium levels.

**4. Blood:** Wheatgrass contains up to 70% chlorophyll, an important blood builder. Chlorophyll molecules closely resemble the molecules that form hemoglobin, the respiratory protein responsible for transporting oxygen from the lungs to the rest of the body.

**5. Detox:** The high amount of chlorophyll increases oxygen levels in the blood, an important part of detox and cleansing. It allows toxins to exit the body and its high phenolic content promotes the binding of chelated metal ions in the colon and liver. And, glutathione activates wheatgrass enzymes, catalyzing the breakdown of harmful bodily waste.

**6. Tissues:** Liquid chlorophyll is able to refine and renew cell tissues.

**7. Anti-Cancer:** As mentioned, the anti-bacterial properties in wheatgrass detoxifies the blood and lymph cells, as well as efficiently eliminates poisons from the body. In congruence, chlorophyll protects against carcinogens better than any other food. Studies show wheatgrass reduces carcinogen absorption as it strengthens cells, neutralizes toxins, and detoxifies major organs like the liver. It brings your body to a more alkalized state – an essential part of combatting disease and illness.

**8. Skin:** The properties in wheatgrass are proven miracles to the skin.

**Internal Effects:** Since wheatgrass allows the body to detoxify, the skin is less prone to breakouts. Wheatgrass is packed with antioxidants, which neutralizes free radicals – a major preventative step toward premature aging of the skin and skin cells. And, since wheatgrass promotes a balanced alkaline state, skin becomes clear and bright. Some studies even show that drinking wheatgrass for prolonged periods of time helps fade scars and stretch marks.

**External Effects:** When wheatgrass is applied directly to the skin's surface, it can fight harmful bacteria for a thorough cleanse. It also soothes itchiness, skin inflammation due to sunburns and rashes, as well as creates the foundation for a great facial mask or scalp treatment.

**9. Hair:** Due to the antibacterial properties in wheatgrass juice, it makes the perfect ingredient to a DIY shampoo or conditioner. Massage 6 ounces into your scalp and allow it to sit for 15 minutes. This strategy is proven to eliminate dandruff and other issues that take place at the follicle.

**10. Magnesium:** The high levels of magnesium found in wheatgrass assists a variety of biological functions, such as muscle and nerve activity, energy expenditure, protein and fat digestion, and more.

**Brave a shot of wheatgrass. Your body will thank you.**

<b>Drug Emporium</b> Vitamin's Plus Lafayette <b>261-0051</b>	<b>Caribbean Retreat</b> Wellness Center and Campground Opelousas <b>678-1844</b>	<b>DHARMA</b> Wellness Center Sunset <b>662-3120</b>	<b>Natural Health Center</b> Carencro <b>896-4141</b>
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# calendarofevents

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

## GET YOUR CALENDAR ITEMS PUBLISHED

SUBMIT CALENDAR ITEMS TO: [publisher@NAacadiana.com](mailto:publisher@NAacadiana.com)

### Saturday July 8

**Experience Ste Anne** – 9am-2pm. Experience a day at the Sainte Anne Université French Immersion program. Free limited to the first 50 people. NUNU Arts and Culture Collective, 1510 Bayou Courtableau Hwy, Arnaudville. [SurveyMonkey.com/r/FSNSPJT](http://SurveyMonkey.com/r/FSNSPJT).

**Krotz Springs Quilt Guild Show** – 10am-2pm. Several hundred quilts on display and numerous quilted items for sale with a raffle of a beautiful king size quilt. Breast Cancer Awareness. Debra Menard. Krotz Springs Community Center, Park St, Krotz Springs. 337-308-7756. [HydeBra55@gmail.com](mailto:HydeBra55@gmail.com).

**Les Mains Guidées: Boudin Making** – 10am-12pm. Learn the history of boudin making, blending recipes, and how to stuff and tie off boudin. Registration \$25 in advance to participate. Brady McKellar. Vermilionville, 300 Fisher Rd, Lafayette. 337-233-4077. [Vville@b BayouVermilion-District.org](mailto:Vville@b BayouVermilion-District.org).

### Monday July 10

**The Body & Soul Workshop Reboot** – 7-8:30am, Wednesday 11:30am-1pm July 12, Thursday 5-6:30pm July 13 & Monday 7-8:30am July 17. Seven modules to reclaim your physical and emotional health. Intentional Coaching LLC, 332 E Farrel Rd, Lafayette.

### Tuesday July 11

**Exhibits and Planetarium** – 9am-5pm & various dates in July. Exhibits feature dinosaurs and mammal fossils that include interactive activities and geology sections. \$5. Lafayette Science Museum, 433 Jefferson St, Lafayette. 337-291-5544. [LafayetteScienceMuseum.org](http://LafayetteScienceMuseum.org).

### Thursday July 13

**My Son Pinocchio-Geppetto's Musical Tale** – 7:30-10pm thru 3pm Sunday July 23. This summer's youth musical tells a tale from the perspective of Gepetto, the toymaker, who learns to be a father after the Blue Fairy, brings his puppet, Pinocchio, to life. Ipal Theater, 126 Iberia St, New Iberia. 337-364-6114.

### Friday July 14

**5th Annual Bayou Belly Festival** – 8-11am. Thru Sunday July 16. Three classes going on at one time and enjoy performances by groups and soloists. University of Louisiana at Lafayette, 104 University Circle, Lafayette. [BayouBellyFestivale@gmail.com](mailto:BayouBellyFestivale@gmail.com)

**An Evening with Aaron Neville** – 7:30-10:25pm. Experience legendary vocalist and musician, Aaron Neville. Heymann Performing Arts Center, 1373 S College Rd, Lafayette.

### Saturday July 15

**Patriotic Kids Cooking** – 10-11:30am. A hands-on kids cooking class making Independence Day themed popcorn balls and pasta salad. Rouses Market, 2900 E Milton Ave, Youngsville.

**Summer Grilling Series** – 11am-2pm. Saturdays thru July 29. Grilling of favorite summer staples with new seasonings, recipes, and techniques. Enjoy live music and get information from community partners in the area. Whole Foods Market Patio, 4247 Ambassador Caffery Pkwy, Lafayette.

**Patriotic Kids Cooking** – 2-3:30pm. A hands-on kids cooking class making Independence Day themed popcorn balls and pasta salad. Rouses Markets, 6136 Johnston St, Lafayette.

### Tuesday July 18

**Yoga en Francais** – 5:30-6:45pm & Tuesday July 25. Hatha yoga in French with Erin Segura for seventy-five minutes. \$5. Vermilionville's Performance Center, 300 Fisher Rd, Lafayette.

### Wednesday July 19

**13th Annual Taste of Acadiana** – 6-8pm. Restaurants from throughout the area provide a tasting to the attendees of their favorite offerings. \$15-\$25. Lafayette Council on Aging Meals on Wheels and the Acadiana Apartment Association Education program. Joe Cain or Lola Webb. Cajundome/Convention Center, 660 Cajundome Blvd, Lafayette. 337-993-3354 or 337-534-5473.

### Saturday July 22

**BBQ Wing & Thigh Cook Off** – 9am-3pm. Teams barbeque and compete to win the best grillers of the day. \$5 to taste cooking teams products. Patriot Guard Riders veterans care package drive for nursing home veterans. Robert Lebon. Cajun Harley Davidson, 724 I 10 S Frontage Rd, Scott. 337-356-4579.

**Gulf Brew 2017 Festival** – 5-9pm. Expect over 200 beers and a VIP Tasting Event an hour before the festival while enjoying live bands. Blackham Coliseum, 2330 Johnston St, Lafayette.

### Friday July 28

**Louisiana Outdoor Expo and Boat Show** – 3-9pm. Thru Sunday July 30. A showcase everything outdoors, hunting, camping and new boat exhibits. Cajundome, 444 Cajundome Blvd, Lafayette. [DoTheBrew.org](http://DoTheBrew.org).

### Saturday July 29

**5th Annual Women's Empowerment Conference** – 9am-2pm. Engage in physical, mental, spiritual, and financial empowerment activities to expand skills to achieve the best possible self. Free. Opelousas Civic Center, 1638 Creswell Ln, Opelousas.

**USUI Reiki Level 2** – 9am-4pm. A training by Reiki Masters for students practicing Reiki I on a regular basis wanting to advance in the Reiki path. Reiki level 1 is required. Content includes Energy Centers and Emotional Healing, Attunement, Distance Healing Practice and Reiki Practice with sym-

bols. Camelia House, 708 Jefferson Blvd, Lafayette 337-315-7424 or 337-532-0735.

**Attakapas Prairie Tribe Three Moons Festival** –10am -4pm. Tribal members, the community, and other Native American Tribes share heritage, singing, dancing, and drumming. Chief Nolan host the festival and leads the ceremony's opening dances. Le Vieux Village/Farmers Market Pavilion Opelousas Tourist Center, 828 E Landry St, Opelousas.

**Sunday July 30**

**Jeffery Broussard & the Creole Cowboys** – 1- 4pm. Dance the afternoon away with this Zydeco Band. Refreshments available. \$10. Vermilionville, 300 Fisher Rd, Lafayette. 337-233-4077.

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*The Knot Prayer*

Dear God,

Please untie the knots that are in my mind, my heart, and my life.

Remove the have nots, cannots, and the do nots.

Erase the will nots, may nots, might nots that may find a home in my heart.

Release me from the could nots, would nots, and should nots that obstruct my life.

And most of all, dear God, I ask that you remove from my mind, my heart, and my life all of the "am nots" that I have allowed to hold me back. Especially the thought that I am not good enough.

*Amen*

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6 years	16,777,216 cells
7 years	268,435,456 cells
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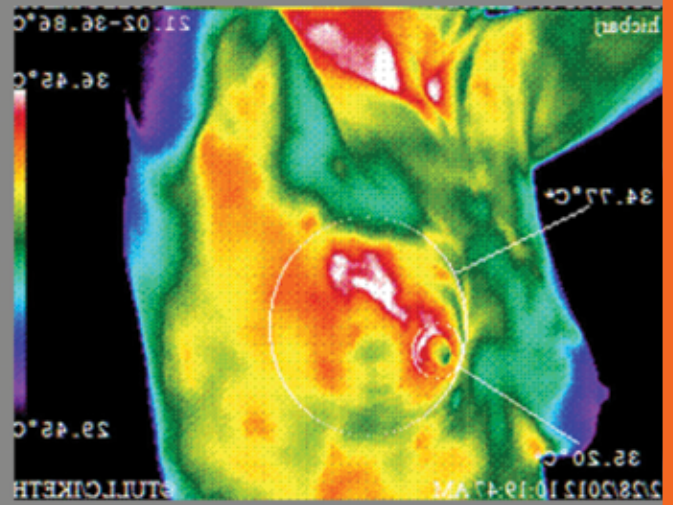
# Connie's Story

"In 2007 my thermogram indicated a possible pathology in the right breast between 9 and 12 o'clock. I was diagnosed in February of 2012 with cancer exactly where the thermogram revealed it to be all those years ago.

I had a mammogram in 2009 with negative results. In 2011 my general practitioner performed an exam, felt nothing and gave me a clean bill of health. One year later the GP felt a mass and strongly urged a mammogram. It revealed a large mass between 9 and 12 o'clock. My concurrent thermogram showed not only the mass, but possible involvement of the lymph nodes as well.

Due to my doctor's dismissive attitude towards thermography, I did not take the 2007 report seriously. I allowed three years to pass before my next mammogram. Now I have been diagnosed with invasive breast cancer (5.4 cm mass), 31 lymph nodes removed in which 16 are involved (stage 3 or 4 cancer).

This was truly a learning experience for me - thermograms do count! I could have prevented this! Now I am engaged in a battle with cancer; including chemotherapy and possibly radiation."



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## Organic Frozen Wheatgrass Juice

Wheatgrass juice is potent raw, living food. The grass itself comes from the common wheat plant (species *triticum aestivum*) when it is young, vibrant and full of rich green chlorophyll. When the grass is squeezed, a dark green liquid is expressed and this is called wheatgrass juice.



Wheatgrass is harvested for juicing when the grass reaches its nutritional peak. This is just before the jointing stage, when the plant is between 7 and 11 inches tall. At this point, it has accumulated energy which will

soon power a massive growth spurt. It is this energy that is captured in the juice.

- 1 fl. oz. of wheatgrass juice is equivalent to 2½ pounds of the choicest vegetables
- wheatgrass is mineral rich and contains 92 minerals needed by the body
- it is a complete protein containing 20+ amino acids and has higher protein densities than any other food source
- the magic is in the enzymes with more than 30 found in the juice
- the juice is 70% chlorophyll and since the chlorophyll molecule is virtually identical to hemoglobin (red blood cells that carry oxygen), wheatgrass juice will oxygenate your body

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

.....\$30.00 (box of 16 count 1.5 oz frozen wheatgrass cups)

## Green Waters Alkaline Water



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

*Suggested Use: Drink 64 oz per day for 14 days.*

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“Cancer can not grow in an alkaline body.”  
- Dr. Otto Warburg, **Nobel Peace Prize Winner** for cancer and alkalinity.

Keep your pH levels under control with pH 9.5 Drops. The typical American diet is loaded with acid-forming foods that can take a toll on your overall health and vitality. We all know that drinking 8 glasses of water a day is a healthy habit, but with a pH rating of 9.5, these drops turn ordinary distilled water into a genuine health elixir. Simply fill your water bottle with one drop per ounce of water and sip throughout the day. It's an excellent and easy choice for anyone concerned about his or her body's acid/alkaline balance. ....\$30.00

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