

natural awakenings

feel good • live simply • laugh more

Earth's Bounty

Pioneering Farmers Grow
Good Food and Good Deeds

FREE

Fracking vs. Food

America's Family
Farm Heritage and
Health at Stake

Camping With Kids

Fun and Often
Free for All

Hands of Freedom

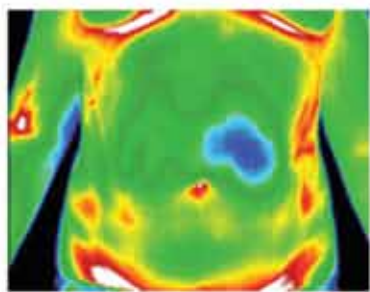
Peace and Prosperity
for All Can Be Ours



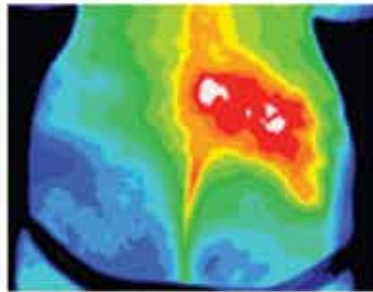
SPECIAL
ISSUE

Home Remedies Guide

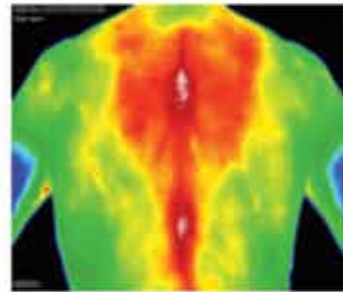
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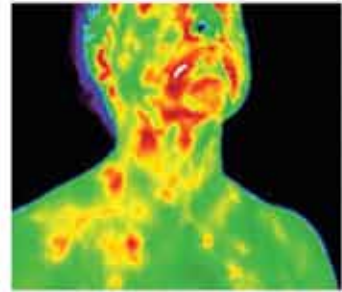
Hypothermia in the Stomach



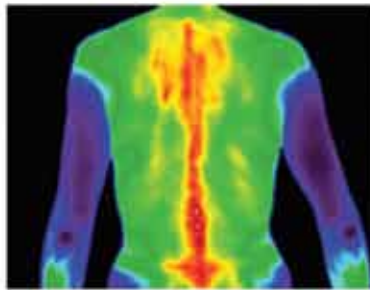
Shingles



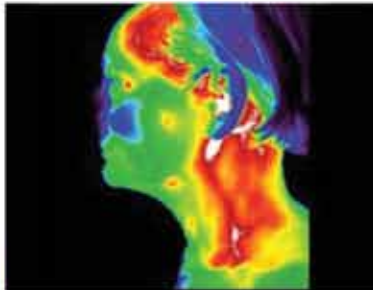
Lung Cancer



Periodontal Disease



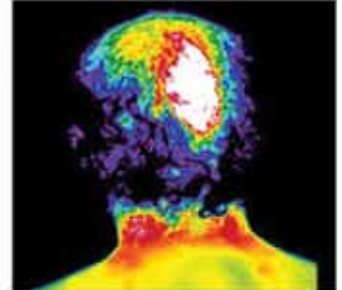
Spinal Inflammation



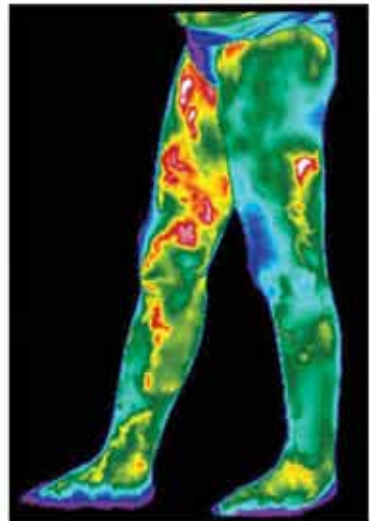
Carotid Artery Inflammation



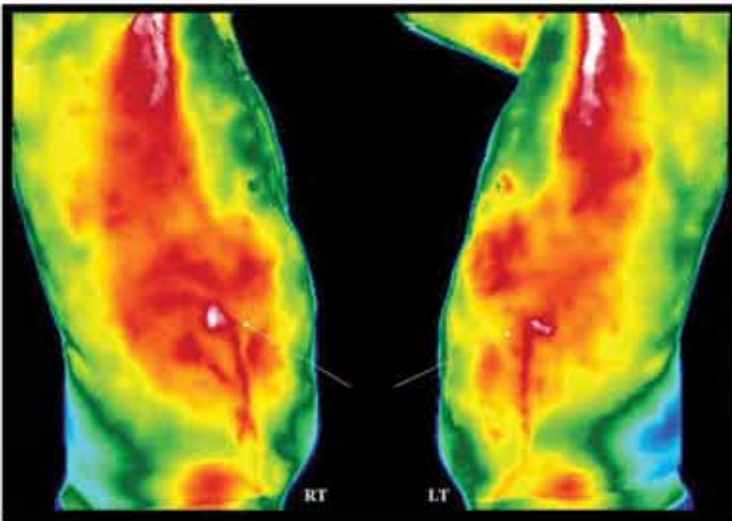
Poor Circulation Left 4th & 5th Finger



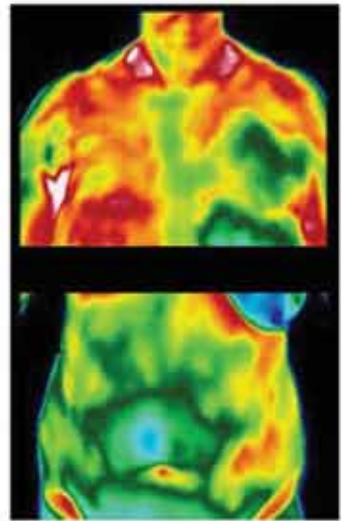
Melanoma-Scalp Cancer



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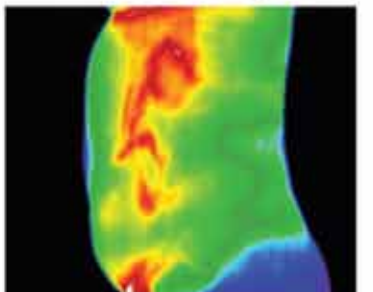
Bilateral Kidney Stones



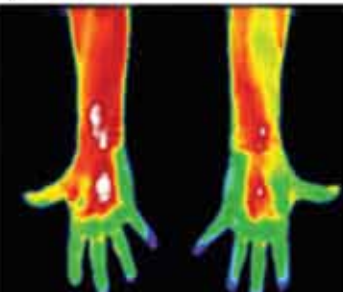
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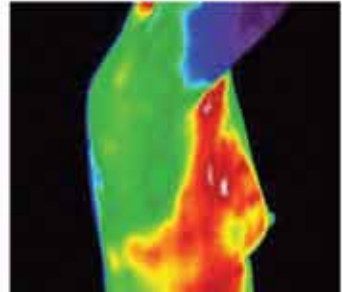
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



Lymphatic Congestion

\$94 Full-Body Thermography Screening



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Powerful, Positive Healing for Life

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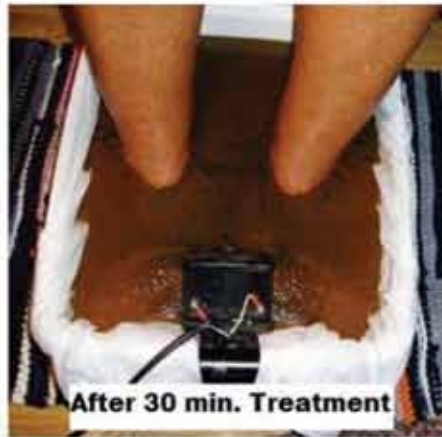
Thermography is used to:

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

TOXINS AND WASTE CAUSE THE BODY TO GET SICK



See
Page 48



Ionic Detox Foot Spa

- Reduces pain
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- Stimulates the immune system
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- Helps improve circulation
- Relieves tension
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To schedule your
first appointment

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ZERONA: ZAP FAT WITH LASER LIGHT

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

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

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

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

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

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

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

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

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

Zerona

Melt Belly Fat Using Zerona Cold Laser Treatments

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



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

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



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

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

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

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

REDUCE BELLY FAT Lose 3 to 9 inches in TWO WEEKS.

- ▶ ZERO Pain, ZERO Surgery, ZERO Downtime
- ▶ Reduce stubborn fat from your tummy, back, hips, thighs, buttocks, love handles, arms, chin and neck
- ▶ See a reduction in the appearance of cellulite
- ▶ Drop 2 to 7 pant/dress sizes

ZERONA™
Non-Invasive Body Slimming



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Call for your **FREE** consultation

publisher's letter



Since we last wrote, our days have flown by in a whirl of early mornings, late nights and fruit and vegetable smoothies en route to the next meeting. It's given us pause to realize that we haven't been as conscientious about nurturing our own well-being lately. We still have miles to travel in striving to make consistently healthy choices.

We all fall into this trap from time to time. We say, "I'll live healthier, eat better and exercise more when I have the time." When will that be? Not when we keep filling every moment with other things to do.

The idea of living more mindfully is why we are so committed to *Natural Awakenings*. This unassuming magazine is all about healthy and sustainable living—as a journey, not a destination. Each month, it's packed with doable tips for integrating healthy and Earth-friendly living into our everyday lives. These pages regularly remind us to think consciously about how we want to live, and to establish a few ground rules for ourselves, such as eating regular, health-giving meals and setting aside time to enjoy the outdoors.

This month we focus on food and natural medicine. We are highlighting organic farmers with our feature article, "Stewards of Earth's Bounty." We also think another article, "Fracking Versus Food," is a perfect way to remind ourselves to pause and be more in tune with our own health needs and understand how America's family farms make it possible for each of us to have good health.

We trust that you enjoyed reading last month's issue of *Natural Awakenings* cover to cover and anticipate revisiting us regularly. Reading this free magazine is an easy way both to stay up-to-date and to locate wonderful resources in our local community. We always welcome your input and suggestions at Publisher@NAAcadiana.com.

We thank all who have helped make *Natural Awakenings* a success from the start and those who continue to support us each month. Big thanks go to our advertisers, writers and distribution locations for your enthusiastic participation. We couldn't reach our phenomenal audience without you. Our advertisers are the reason we can bring this free publication to our community. Please remember them when you shop for products and services, and add your thanks for their support.

We invite you now to make yourself comfortable and read on, recycle these pages when finished and look for us again next month.

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

Think green, live peacefully, share your love,



Steve & Michelle

Steve and Michelle Castille, Publishers



contact us

Publishers

Steve & Michelle Castille

Editor

Beth Davis

Writers

Beth Davis

Outreach

Megan Reed, Chasity Quebedeaux,
Tre' Gradnigo & Dorothy Batiste

Design & Production

Gail Babineaux & Steve Castille

Calendar

Michelle Castille & Verla Winters

Distribution

Megan Reed and Kelly Arnaud

To contact Natural Awakenings Acadiana Edition:

100 E. Angelle Street, Carencro, LA 70520

Phone: 337-896-4141, Fax: 337-205-6191

publisher@NAAcadiana.com

www.NAAcadiana.com

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advertising & submissions

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

CALENDAR SUBMISSIONS

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

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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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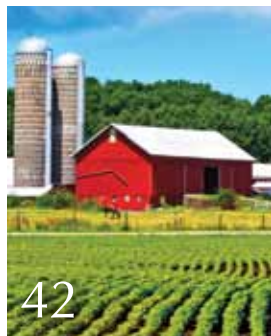
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WEIGHT LOSS

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Helps **Prevent** Fat Production
- ✓ **SUPPRESS APPETITE**
Helps **Reduce** Emotional Eating
- ✓ **MANAGE STRESS**
Helps **Decrease** Belly Fat



BF-4 Weightloss Workout Plan

(20 lbs / 4 inches / 5 Weeks)

Week 1

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

Week 2

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

Week 3

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

Week 4

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

Week 5

Zerona 40 mins, Whole Body Vibration (PROGRAM 3), Body Wrap (150F)
 Whey Protein Meal Replacement with Rhodiola 300 mg and Folic Acid 800 mcg
 Zerona 40 mins, Whole Body Vibration (PROGRAM 3), Body Wrap (150F)
 Whey Protein Meal Replacement with Rhodiola 300 mg and Folic Acid 800 mcg
 Zerona 40 mins, Whole Body Vibration (PROGRAM 3), Body Wrap (150F)
 Whey Protein Meal Replacement with Rhodiola 300 mg and Folic Acid 800 mcg
 Zerona 40 mins, Whole Body Vibration (PROGRAM 3), Body Wrap (150F)
 Whey Protein Meal Replacement with Rhodiola 300 mg and Folic Acid 800 mcg
 Zerona 40 mins, Whole Body Vibration (PROGRAM 3), Body Wrap (150F)
 Whey Protein Meal Replacement with Rhodiola 300 mg and Folic Acid 800 mcg

Includes: 1 BF-4, 1 Rhodiola, 1 Folic Acid Supplement
 and all Body Wraps, Zerona, and Whole Body Vibration

Price: \$434

REGULAR PRICE: \$1,104. OFFER ENDS 8/15/14

I did this.
 in one word



Zerona

3 inches in 2 weeks

896-4141

Carencro Office

Naturally Give Birth with The Bradley Method



The Bradley Method is a husband-coached natural childbirth instructional series. As one of the latest styles in training for natural childbirth, the techniques taught are simple and effective. They are based on

information about how the human body works during labor. Couples are shown how they can work with their bodies to reduce pain and make their labors more efficient. The series is 12 weeks in length and covers prenatal nutrition, prenatal exercise, relaxation methods for easier childbirth, husbands as coaches and more. Each session is set in an intimate, small group environment offering personal, individual attention to each classroom participant. The professionally trained staff instructors are all certified with the American Academy of Husband-Coached Childbirth. In addition to instructional sessions, each couple will receive a student workbook for additional studying at home.

Each instructor independently holds classes and can be contacted via email from the website, BradleyBirth.com.

Fine Dining on the Bayou



Located in the heart of the small town of Arnaudville, the Bayou Warehouse at The Little Big Cup restaurant offers comfortable dining in an atmosphere of pure pleasure. Recently renovated from an old warehouse, Bayou Warehouse has something to suit the

tastes of any seafood lover. Pasta, salads, po-boys and steak are a few of the menu items from which to choose. Each night has a new special on the board. Guests can enjoy their food indoors surrounded by antique country-chic décor or eat outdoors on a light-strung dock that sits directly over the beautiful Bayou Fuselier. Brunch guests can visit the café and have a cup of coffee with a freshly baked pastry or grab a plate lunch to go. Bayou Warehouse is now offering a brunch seafood buffet on weekends, as well.

Soon to be featured are live Zydeco/Cajun music and dancing, open mic nights, outdoor cooking demos, and more.

Location: 149 Fuselier Rd., Arnaudville. For more information, call 337-754-7147 or visit LittleBigCup.com.

Healthy Pets are Happy Pets

There's a new doctor in town—a new animal doctor, that is. The Veterinary Clinic at Copper Crowne is the newest rave amongst pet owners. Opened along Highway 182 in Opelousas, Dr. Ednadeen Corley and her staff are dedicated to providing the best care possible to their furry patients. Equipped with the latest veterinary technology, they are ready for any pet that walks through their doors. Some of the services offered include dental surgery/cleaning, ultrasounds, soft tissue surgery, X-rays and in-house diagnostics.

In addition, Copper Crowne is now offering veterinary supervised pet boarding (equine included), doggie/kitty daycare and grooming. The facility has a large, fenced-in pasture and clean stalls for horse boarding, with an equine vet on hand at all times.



The Veterinary Clinic at Copper Crowne's business hours are Monday through Friday 7:30 a.m. to 5:30 p.m. and Saturday from 7:30 a.m. until noon.

For more information, call 337-407-8600 or visit CopperCrowneVet.com.

The Guitar Center Lands In Lafayette



The Guitar Center has come to Lafayette. The national music store chain has found a new home right in the center of Acadiana. Conveniently located in the heart of the Lafayette business district, The Guitar

Center is sure to bring an added attraction to music lovers and musicians alike. This much anticipated opening has created several jobs to the local community and has added one more reason to shop in Lafayette. The store features pro audio, drums, guitars and all the accessories. In addition, regular classes and workshops are also offered covering topics such as proper drum positioning, recording with pro tools, and understanding ohms and cabinets. Instrumental classes, such as group ukulele lessons, are offered periodically as well. With hundreds of square feet of musical items to choose from, the Guitar Center has become Lafayette's musical paradise. The Guitar Center is open Monday through Friday from 11 a.m. to 8 p.m., on Saturday from 10 a.m. to 8 p.m., and Sunday from noon to 6 p.m.

Location: 5702 Johnston St., Ste. 102. For more information, call 337-984-9098.



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Organic Frozen Wheatgrass Juice WheTea



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.

Price: \$30.00

Green Waters Alkaline Water

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



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



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



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

Mood Enhancer

Best Depression Formula



Our Mood Enhancer is specifically designed to incorporate herbs and vitamins that provide nutrients to the brain, help fight depression, stress and anxiety and prevent age-related mental decline. Sometimes vision or hearing problems, depression, anxiety or other stress-related mental disorders

may also cause neurological dysfunction. Mood Enhancer contains herbs that are notorious for their ability to stimulate brain function, improve memory, promote alertness and productivity. The main advantage of Mood Enhancer is its ability to improve mental focus and memory without inducing agitation and anxiety.

Supplement Facts	
Serving Size: 1 Vegetarian Capsule	
Amount Per Serving	%Daily Value
Paracetamol Acid	50 mg 100%
<i>(as a calcium paracetamol)</i>	
Paracetamol Blend	500 mg
<i>(each capsule contains 1000 mg of paracetamol blend)</i>	
<i>(each bottle contains 60 capsules)</i>	
Other Ingredients: Cellulose, Magnesium Stearate	

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

Ginger and Turmeric Protect Skin from Sun

Scientists from Thailand's Chulalongkorn University have found that extracts from ginger and turmeric may help prevent DNA damage caused by the sun's ultraviolet B (UVB) rays, a leading cause of melanoma and other skin cancers.

Fifteen herbal extracts were created; each was applied to human keratinocytes, the predominant cell type in the outer layer of skin that can be damaged by the sun's rays. The researchers measured the ability of each herb extract to absorb ultraviolet radiation and act as an antioxidant, neutralizing free radicals.

Turmeric and ginger extracts absorbed a significant amount of UVB rays before they could damage the skin, according to the results, published in *Photochemistry and Photobiology*. Each was found to stimulate the synthesis of thioredoxin 1, an antioxidant protein that appears to protect keratinocytes from DNA damage and toxicity to living cells.



Ashwagandha Herb Mutes Bipolar Disorder, Lowers Stress



The ancient ayurvedic herb ashwagandha (*Withania somnifera*) shows promise in reducing the symptoms of bipolar disorder, according

to two recent studies.

For eight weeks, scientists from the University of Pittsburgh's Western Psychiatric Institute gave 500 milligrams per day of ashwagandha extract or a placebo to 53 patients diagnosed with bipolar disorder. The researchers used a series of bipolar tests to gauge cognition, response time, social cognition response and other processes. After the eight weeks, the group given ashwagandha showed significant improvements in auditory-verbal working memory, reaction time and social cognition.

In a study published in the *Indian Journal of Psychiatric Medicine*, among a group of 64 men and women with chronic stress, after two months of ashwagandha treatment, standardized test scores revealed stress reduced by 44 percent, anxiety and insomnia by 68 percent and severe depression by 79 percent. Depression and anxiety are hallmarks of bipolar disorder.

Essential Oils Effective in Fighting Candida, MRSA



Essential oils show promise in preventing infections from the fungi *Candida albicans* and the bacteria methicillin-resistant *Staphylococcus aureus* (MRSA), according to several recent studies. Romania's Polytechnic University of Bucharest researchers found that topical application of the essential oils from *Salvia officinalis* (sage) and *Anethum graveolens* (dill) provided significant inhibition against the *C. albicans* fungi when compared with a standard antiseptic dressing.

Scientists from England's Manchester Metropolitan University compared the effects on three strains of MRSA in wound dressings containing the essential oils of patchouli, tea tree, geranium, lavender and grapefruit seed extract against a conventional antibacterial dressing of silver sulfadiazine cream. Each oil was applied independently and in combination with wound dressings. Grapefruit seed extract and geranium oil were found to most effectively inhibit the MRSA strains.

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Dried Plums Prevent Bone Loss



Consuming dried plums, *Prunus domestica*, appears to reduce bone loss and may increase bone mass. Studying 236 post-menopausal women for one year, Florida State University researchers gave half of the women 100 grams of dried plums per day, while the other group received 100 grams of dried apples. Bone scans done at three, six and 12 months found significantly greater bone mineral density among the group that ate dried plums.

A study from Oklahoma State University showed similar results with post-menopausal mice put on a diet supplemented with dried plums or other dried fruits for two months. Only the diet with dried plums prevented bone loss among the mice.

Another study, published in the *Journal of Nutrition*, found increased bone mass among both elderly and adult male mice that ate a diet comprising 25 percent dried plums, while those that did not eat dried plums lost bone mass.

Fruits and Veggies Boost Kids' Learning and Social Skills

A study published in the *Journal of the Pakistan Medical Association* finds that increased fruit and vegetable consumption among school-age children may increase learning skills related to interacting with others, as identified in social cognitive theory.

Researchers divided 138 students into two groups, with one group consuming more fruits and vegetables than the other. After three months, the group on the healthier diet tested higher in social cognitive learning skills. They also scored better in self-efficacy (belief they could succeed) in difficult situations, social support and observational learning.



PRETERM BABIES GROW BETTER WITH SUPPLEMENTS

In a study published earlier this year in *Pediatrics*, researchers from Liverpool Women's Hospital gave either a standard diet or that plus multivitamin and mineral supplementation intravenously to 150 preterm infants for 28 days after their birth. Supplemented babies had higher rates of growth, measured in weight, plus head circumference sizes that were between five and eight millimeters greater. The differences in head circumference remained nine months after the supplementation period ended.

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

Source: www.cancer.org



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



Farm Building

Training Programs Attract Young Farmers

There's little doubt that the nation needs more young farmers, because statistics from the U.S. Department of Agriculture show the average American farmer is 58 years old. Hope lies in farm incubators that equip young agrarians with the technical skills and the business savvy needed to compete in the fierce, burgeoning market for locally grown produce.

At Kinsman Farm (KinsmanFarm.net), in Cleveland, the Ohio State University Extension gives would-be farmers quarter-acre starter plots and helps them develop business plans. Financial support is available, too. "The city of Cleveland recently received private funds to expand its Gardening for Greenbacks Program," advises spokesperson Marie Barni. "Our urban farmers can now receive a \$5,000 grant to help start their farming microenterprise."

Some city planners have voiced considerable skepticism about whether urban farms are an effective tool for creating jobs and rebuilding economies like Cleveland's, but advocates point to other farm incubators in North Carolina, Oregon and Rhode Island, as well as in Kansas City, Kansas, Holyoke, Massachusetts, St. Louis, Missouri, and Seattle, Washington.

In Chicago, students at the role model Windy City Harvest, coordinated by the Chicago Botanic Garden and the Richard J. Daley City College (ChicagoBotanic.org/windycityharvest), engage in six months of hands-on horticulture training, and then a three-month paid internship with a farm or food justice organization.

Source: Emagazine.com

Strength in Numbers

It Takes a Village to Feed the World

Organizations worldwide are working to create a more sustainable and just food system. Food Tank lists 101 organizations to watch in 2014 (Tinyurl.com/FoodTank100). All are vital in creating a better food system. Here are a few examples.

Food MythBusters is telling the real story of how food is produced through short films, showing that we can have a food system that is truly affordable, delicious, fair and good for the planet.

Heifer International has been helping small farmers around the world practice better animal husbandry and develop more environmentally sustainable sources of food production for 70 years.

Oxfam, a confederation of 17 organizations worldwide, helps find lasting solutions to poverty and injustice. Oxfam America's recent Behind the Brands campaign highlights how favorite consumer brands bring hidden costs to farmers, food security and the environment.

Real Food Challenge, started in 2008 mainly among students, aims to shift \$1 billion of existing university food budgets from industrial farms and junk foods to community-based, fair, ecologically sound and humane food sources by 2020.

Seed Savers Exchange is dedicated to saving and sharing organic, heirloom and non-GMO (genetically modified organism) seeds.





Food Transparency Vermont Demands GMO Labeling

Vermont Senator David Zuckerman and Representative Carolyn Partridge spearheaded efforts for the state to pass the nation's first unrestricted mandatory labeling bill for genetically modified organisms (GMO). The state legislature's collective efforts, lasting more than a decade, led to an unprecedented, game-changing new law signed by Governor Peter

Shumlin on April 23. The state expects legal challenges by big biotech manufacturers and marketers, and has proactively set aside \$10 million for legal fees.

Starting July 1, 2016, products sold in Vermont that contain more than 0.9 percent GMO content contamination will require a statement on the label indicating that genetic engineering was used. Products that contain GMOs and are labeled cannot also label their products as "natural". The bill, however, does not apply to labels for milk, eggs and meat from animals fed GMOs.

Relaxing Rules

U.S. Organic Standards Under Siege

Last September, without any public input, the U.S. Department of Agriculture (USDA), under pressure from corporations, changed the way the National Organic Standards Board (NOSB) decides which non-organic materials are allowed in products labeled as Certified Organic, all but guaranteeing that when the NOSB meets every six months, the non-organic and synthetic materials allowed in organic items will increase.

Certain non-organic or synthetic materials can be used in up to 5 percent of a USDA Organic product, and in up to 30 percent of a Made with Organic Ingredients product. Look for the addition of carrageenan, synthetic nutrients such as DHA and ARA, sausage casings made from processed intestines, synthetic methionine, antibiotics and mutagens, among others.

Sign a petition in protest at Tinyurl.com/OrganicStandardsPetition.



Urban Habitats

How Plants and Animals Adapt to Cities

More than half of the world's population now resides in cities, and the United Nations projects that 5 billion people will call a city home by 2030. "We need to understand how cities are changing the ecology of the systems they are built on, and how plants and animals are adapting to them," says Dieter Hochuli, a Ph.D. biologist who specializes in integrative ecology at the University of Sydney, in Australia.

For the most part, plants and animals adapt to urban surroundings using traits that help them survive in their natural habitat, but some scientists predict the pressures of the city, especially pollution, may become so great that evolution may intervene. "We've created this whole new habitat that never used to exist here," remarks Angela Moles, a University of New South Wales (Australia) plant biologist. "There will be some species living here that are not doing so well and there'll be selection for individuals that can do better in an urban environment."

"We still have functioning ecosystems, they're just different from what they were 200 years ago," comments Hochuli. Some shifts will be irreversible.

Source: The Sydney Morning Herald



Shame Game Corporations Bow to Public Pressure

Microbeads are tiny balls of hard plastic found in facial scrubs, shampoo and toothpaste that flow down drains and pass through wastewater treatment plants, ending up in waterways, where they enter the food chain. New York Attorney General Eric T. Schneiderman has proposed the first U.S. legislation banning plastic microbeads in commonly used cosmetics (Tinyurl.com/BeadLegislation).

Finding microbead-free products isn't easy; we must read ingredient lists and steer clear of products that contain polyethylene or polypropylene. Natural alternatives include ground almonds, oatmeal and pumice.

Palm oil is a natural ingredient used in thousands of everyday products from snack foods to shampoo. But as tropical forests are cleared and carbon-rich peat swamps are drained and burned to make way for palm oil plantations, carbon is released into the atmosphere, driving global warming and shrinking habitat for endangered species. Tropical deforestation currently accounts for about 10 percent of the world's heat-trapping emissions.

Last March, General Mills and Colgate-Palmolive announced new palm oil policies. Concerned citizens can tell other major corporations that for the sake of our atmosphere, tropical forests, peat lands and endangered species, the time to act is now, and to use only deforestation-free and peatlands-free palm oil going forward.

Take action at [Tinyurl.com/Palm OilPetition](http://Tinyurl.com/PalmOilPetition).

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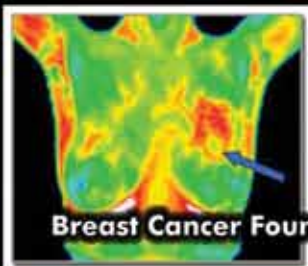


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- Drinking alcohol

Source: Cancer.org

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Seabirds' Significance

Complex Interactions Help Cool the Planet

Top predator species of the Southern Ocean, far-ranging seabirds, are tied to the health of the ecosystem and to global climate regulation through a mutual relationship with phytoplankton, according to a study from the University of California-Davis, published in *Proceedings of the National Academy of Sciences*.

When phytoplankton are eaten by grazing crustaceans called krill, they release a chemical signal that attracts krill-eating birds. The chemical signal, dimethyl sulfide (DMS), forms sulfur compounds in the atmosphere that also promote cloud formation and help cool the planet.

Seabirds consuming the krill then fertilize the phytoplankton with iron, which is scarce in oceans. "The data is really striking," says Gabrielle Nevitt, Ph.D., a professor of neurobiology, physiology and behavior at the university, who co-authored the paper. "This suggests that top marine predators are important in climate regulation, although they are mostly left out of climate models. More attention should be focused on how ecological systems impact climate. Studying DMS as a signal molecule makes the connection."

Source: *Environmental News Network (enn.com)*



Sperm Killer

Monsanto Roundup Herbicide May Cause Gene-ocide

The U.S. Environmental Protection Agency (EPA) has ruled to allow Roundup herbicide residues in food at concentrations a million times higher than levels already shown to be carcinogenic in cell research. Now a new study published in *Free Radical Medicine & Biology* adds to a growing body of research implicating the herbicide's main ingredient, glyphosate, at concentration ranges well within the EPA "safe level" for food, in inhibiting

male infertility.

Noting the research revealing Roundup's toxicity to the germ line (sperm and egg) of animal species, the argument can be made that this chemical has contraceptive properties and therefore, genocidal consequences. By directly affecting the biologically immortal cells within the testes that contain DNA with more than 3 billion years worth of information essential for the future of the human species, Roundup could even be considered an instrument of mass destruction.

Minimally, the precautionary principle should be applied that any chemical with the potential to disrupt or destroy our species' reproductive cells should be banned unless the manufacturer can prove its safety beyond a reasonable doubt.

Source: *GreenMedInfo.com*

Arriving at one goal is the starting point to another.

~John Dewey



Garden Gunk Sewage Can Lurk in Bagged Fertilizers

Bagged garden fertilizers help plants grow, but store-bought brands can be a scary mix of sewage sludge—treated human, industrial and hospital waste. No federal or state regulations require that sewage sludge, also known as biosolids, be listed on the label. Sludge can also be blended with more natural fertilizers without listing it as an ingredient.

Today's testing requirements for waste sludge cover only 10 elements and two indicator bacteria; all other contaminants, pharmaceuticals and toxic chemicals that go down the drain of every home and business go right into the fertilizer.

Terms like "organic" and "natural" only apply to some food products, not compost or fertilizer. Arsenic and lead are both considered natural ingredients.

Toxins and heavy metals don't disappear when exposed to sun or rain; they enter the soil or travel by wind and water runoff into yards and communities and can be absorbed in vegetables, plants and livestock. When we consume foods grown in sludge, we consume whatever the plant takes up from the soil. Also, elements like heavy metals collect in the meat, milk and fat of animals that are fed crops grown in sewage sludge.

To protect the family garden, call the fertilizer manufacturer before purchasing a product to verify ingredients. Ask the nursery or store for labeling that depicts which products are sludge-free and also insist on their use at area schools, parks and playgrounds.

For more information, visit USludgeFree.org.

Overweight is the Second Leading Cause of Cancer in the United States

Report: Pancreatic cancer second most deadly by 2030

(CNN) -- By 2030, the top cancer killers in the United States will be lung, pancreas and liver, according to a new report published Monday in the American Association for Cancer Research's journal.

Lung cancer is already the top killer overall, but pancreatic and liver cancer will surpass the cancers currently considered the second and third leading causes of death, researchers say. Right now, second most dangerous is breast cancer for women and prostate cancer for men; and third is colorectal cancer for both men and women.

Researchers looked at trends in cancer incidence and death rates between 2006 and 2010, and used that data -- combined with expected U.S. demographic changes -- to predict numbers for 2030.

Liver and pancreatic cancers will surpass breast and prostate to become the second and third-leading causes of cancer-related deaths, the researchers say.

The rate of pancreatic cancer has been slowly increasing for the past 15 years, says Dr. Otis Brawley, chief medical officer of the American Cancer Society. Some of that rise can be attributed to the prevalence of obesity and diabetes.

"Many Americans are not aware that the combination of obesity, high-caloric intake and lack of physical activity is the second-leading cause of cancer in the U.S.,"

Brawley said. "It is linked to at least 12 types of cancer, of which these are two. This is an American problem ... the rise in pancreatic cancer is not as severe as in Europe where obesity is less of an issue."

Obesity may affect cancer patients' outcomes

Overall, the number of cancer cases is expected to increase over the next 16 years, due to the rapidly aging population. In 2010, the United States had about 1.5 million cases of cancer; in 2030, researchers expect that number to reach 2.1 million.

"We're living much longer in the United States, so the number of people 65 age and older will be much greater," Matrisian said. "And that's, of course, one of the biggest risk factors for cancer: Age."

Lung, breast, prostate and colorectal cancers are currently the most common in the United States. Known as the "big four," these cancers have the highest incidence rates and receive the most research funding from the National Cancer Institute.

Source: CNN.com

ALERT! SPECIAL REPORT



STEWARDS OF EARTH'S BOUNTY

Organic Farmers Sow Seeds of Change

by Melinda Hemmelgarn

From epidemic childhood obesity and rising rates of autism and food allergies to the growing risks of pesticides and climate change, we have many reasons to be concerned about the American food system. Fortunately, many heroes among us—family farmers, community gardeners, visionaries and activists—are striving to create a safer and healthier environment now that will benefit future generations. Recognizing and celebrating their stellar Earth stewardship in this 2014 International Year of Family Farmers, *Natural Awakenings* is spotlighting examples of the current crop of heroes providing inspiration and hope.

They are changing America's landscape and the way we think about the ability of good food to feed the future well.

Doug Crabtree and Anna Jones-Crabtree, of Vilicus Farms, in Havre, Montana, are reviving crop biodiversity and pollinator habitat on their organic farm in northern Montana. "We strive to farm in a manner that works in concert with nature," Doug explains.

The couple's actions live up to their farm's Latin name, which means "steward". They grow 15 nourishing crops on 1,200 acres, including flax, buckwheat, sunflower, safflower, spelt, oats, barley and lentils, without pesticides, herbicides or synthetic fertilizers. By imitating natural systems, planting diverse crops and avoiding damaging chemical inputs, they are attracting diverse native pollinators, he notes. Their approach to farming helps protect area groundwater, streams, rivers and even oceans for future generations.

Dick and Diana Dyer, of Dyer Family Organic Farm, in Ann Arbor, Michigan, finally realized their lifelong dream to farm in 2009, each at the age of 59. The couple grows more than 40 varieties of garlic on 15 acres; they also



Diana and Dick Dyer

grow hops and care for honeybees. In addition, they provide hands-in-the-soil training to a new generation of dietetic interns across the country through their School to Farm program, in association with the Academy of Nutrition and Dietetics. Diana, a registered dietitian, teaches her students to take the, "We are what we eat" adage a step further. She believes, we are what we grow.

"Like nearly everyone else, most dietetic students are disconnected from Mother Earth, the source of the food they eat. They don't learn the vital connections between soil, food and health," says Diana. During a stay on the Dyer farm, she explains, "The students begin to understand how their food and nutrition recommendations to others can help drive an entire agricultural system that promotes and protects our soil and water, natural resources and public health." It all aligns with practicing their family farm motto: Shaping our future from the ground up.

Mary Jo and Luverne Forbord, of Prairie Horizons Farm, in Starbuck, Minnesota, raise Black Angus cattle, grazed on certified organic, restored, native prairie pastures. Mary Jo, a registered dietitian, welcomes dietetic students to the 480-acre farm to learn where food comes from and how to grow it without the pesticides that contribute to farmers' higher risk for certain cancers. "We must know the true cost of cheap food," she insists.

Most recently, they planted an organic orchard in memory of their son, Joraan, who died of cancer in 2010 at the age of 23. Joraan's orchard is home to thriving, health-supporting apple, apricot, cherry and plum trees, plus native aronia berries. It also injects fresh



Photo by NRC/Montana Library

Anna Jones-Crabtree

photo by Dan Hemmelgarn

life into the community. Each spring, the Forbords celebrate their son's birthday by "waking up" his orchard. His mother explains: "People of all ages gather—an assortment of our friends, Joraan's friends and their growing families, neighbors, relatives, co-workers, students and others—to keep his legacy growing. The incredible community support keeps us going."



Luverne and Mary Jo Forbord

photo by Dan Hemmelgarn

like to be a chemical-free community through advocating for reduction and elimination of pesticide and chemical use in schools, hospitals, households and local parks and ball fields."

Lanier aims to help improve on Alabama's low national ranking in the health of its residents. "I love our little piece of the world, and I want future generations to enjoy it without fearing that it's making us sick," she says. "We are intent on having a

school garden in every school, and we want to see area hospitals establish organic food gardens that support efforts to make people healthier without the use of heavy medications."

Lanier further explains: "We see our victory as reducing hunger and increasing health and wellness, environmental sustain-

ability and repair, community development and beautification, economic development and access to locally grown food, by promoting and creating a local food system."

Don Lareau and Daphne Yannakakis, of Zephyros Farm and Garden, in Paonia, Colorado, grow exquisite organic flowers and vegetables for farmers' markets and community supported agriculture members in Telluride and the Roaring Fork Valley. Recently, the couple decided to take fewer trips away from their children and home-stead, and instead bring more people to their 35-acre family farm to learn from the land and develop a refreshed sense of community.

From earthy farm dinners and elegant weddings to creative exploration camps for children and adults and an educational internship program, these



Don Lareau

photo by Dan Hemmelgarn

"Kids are shocked when they learn that carrots grow underground and surprised that milk comes from an udder, not a store shelf."

~ Don Lareau

family farmers are raising a new crop of consumers that value the land, their food and the people producing it. The couple hopes to help people learn how to grow and prepare their own food, plus gain a greater appreciation for organic farming.

"The people that come here fall into a farming lifestyle in tune with the sun and moon, the seasons and their inner clock—something valuable that has been lost in modern lifestyles," notes Lareau, who especially loves sharing the magic of their farm with children. "Kids are shocked when they learn that carrots grow underground and surprised that milk comes from an udder, not a store shelf."

Klaas and Mary-Howell Martens, of Lakeview Organic Grain, in Penn Yan, New York, grow a variety of grains, including wheat, spelt, barley, oats and triticale, plus peas, dark red kidney beans and edamame soybeans, along with raising livestock on about 1,400 acres. Their family farm philosophy entails looking at the world through a lens of abundance, rather than scarcity, and working in cooperation with their neighbors instead of in competition. The result has been a groundswell of thriving organic farmers and a renewed sense of community and economic strength throughout their region.

The Martens switched to organic

Tarrant Lanier, of the Center for Family and Community Development (CFCD) and Victory Teaching Farm, in Mobile, Alabama, wants



photo by Dan Hemmelgarn

Tarrant Lanier, gardening with children at the Center for Family and Community Development

all children to grow up in safe communities with access to plenty of wholesome food. After working for nearly two decades with some of South Alabama's most vulnerable families, Lanier wanted to "provide more than a crutch." In 2009, she established the nonprofit CFCD organization, dedicated to healthy living. Within five years, she had assembled a small, but hard-working staff that began building community and school gardens and creating collaborative partnerships.

Recently, the group established the Victory Teaching Farm, the region's first urban teaching farm and community resource center. "The farm will serve as an onsite experience for children to learn where their food comes from and the reasons fresh, organically grown food really matters to our health," says Lanier. However, "This is just the tip of the iceberg for us. Ultimately, we'd

farming after Klaas experienced partial paralysis due to exposure to pesticides, compounded by concern for the health of their three children. Because the Martens work in alliance with nature, they've learned to ask a unique set of questions. For example, when Klaas sees a weed, he doesn't ask, "What can we spray to kill it?" but, "the environment that allowed the weed to grow?"

Anne Mosness, in Bellingham, Washington, began fishing for wild salmon with her father during one summer after

Conscientious food producers are teachers, innovators, environmental stewards and change-makers creating a brighter future for us all.

"What was

land, fishing families face many risks and uncertainties," but she believes, "political forces may be even more damaging to our livelihoods and wild fish."

For example, "We are replicating some of the worst practices of factory farm-

college. The experience ignited a sense of adventure that led her back to Alaska for nearly three decades, as a crew member and then a captain in the Copper River and Bristol Bay fisheries. During that time, Mosness became a passionate advocate for protecting coastal communities and ecosystems.

"Like farm families on

ing on land in our marine environment with diseases, parasites and voluminous amounts of pollution flushing into our coastal waters," explains Mosness. She's also concerned about the U.S. Food and Drug Administration's potential approval of genetically engineered (GMO) fish without adequate health and environmental assessments, and she works to support GMO labeling so consumers can make informed choices in the marketplace.

Melinda Hemmelgarn, aka the "food sleuth", is a registered dietitian and award-winning writer and radio host at KOPN.org, in Columbia, MO (FoodSleuth@gmail.com). She advocates for organic farmers at Enduring-Image.blogspot.com.



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

- Andrew Weil, M.D.

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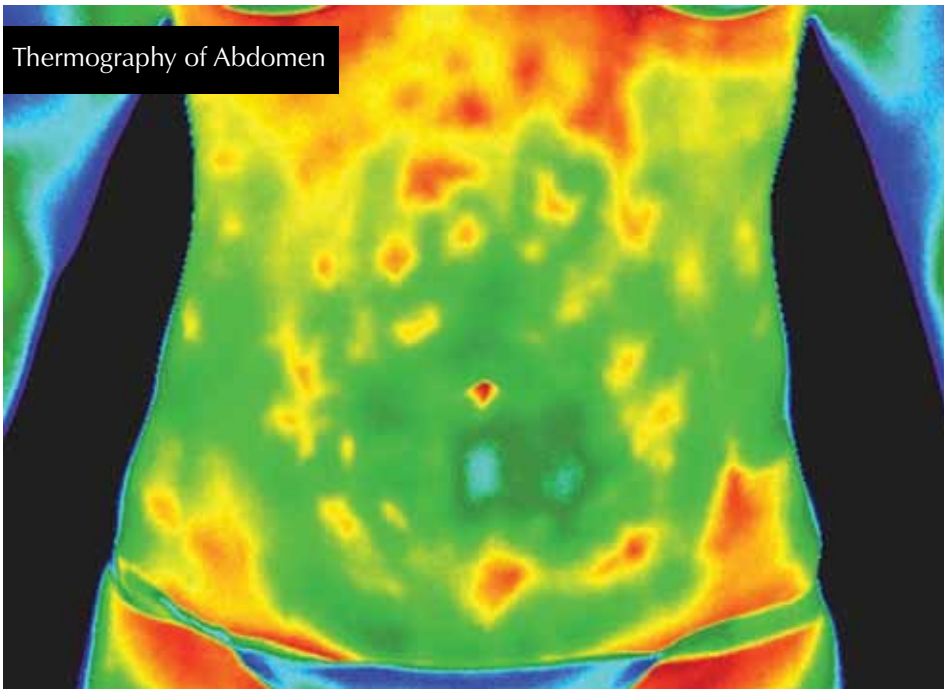
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Questions & Answers

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Q. What is Thermography?

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

Q. Is thermography new technology?

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

Q. What role does thermography play in breast health?

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

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

Q. Who should have breast thermography?

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Q. Do I need my doctor's referral?

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

Q. How do I prepare for my thermographic scan?

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

Q. How long does the procedure take?

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

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

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

Most lymph nodes are small, but larger nodes are found throughout the body. The area under the arm is called the Axillary Lymph Nodes.

AXILLARY LYMPH NODES
The standard for years has been to remove all of those nodes when cancer was detected. Removal can lead to side effects such as pain, swelling and restricted motion.

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Diagnosed with cancer
What are my options for "wellness"

Infrared treatment shrinks tumor volumes 86% in 30 days

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

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

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

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

** Not intended to treat or diagnose. Educational purposes only. Always consult your doctor for medical treatment.

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RIB Research Information Bulletin
natural health and wellness

ORGANIC FRUITS & GREENS BLEND

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

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

Source: Cancer Research UK

A cancer cell needs:

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

Antiangiogenic Foods:

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



Supplement Facts

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

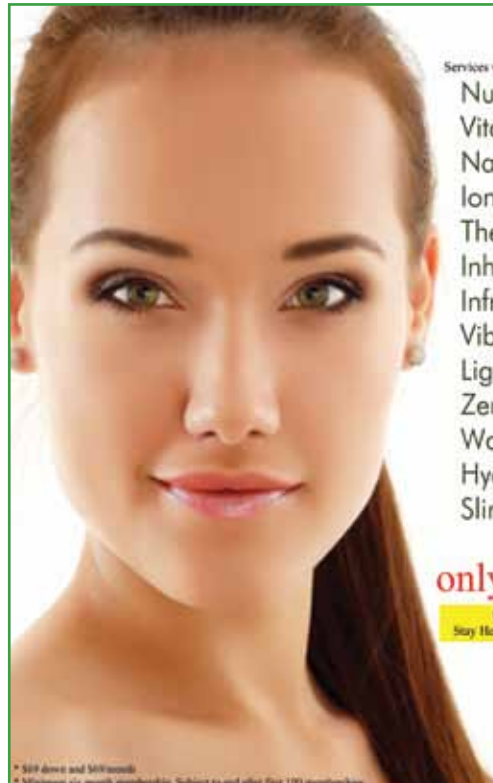
Amount Per Serving		% Daily Value
Calories	40	
Total Carbohydrates	10g	30%
Dietary Fiber	3g	6%
Sugars	4g	
Organic Phytonutrient Fruit & Vegetable Blend	440mg	**
Organic Apple Powder		
Organic Strawberry Powder		
Organic Cherry Powder		
Organic Blackberry Powder		
Organic Raspberry Powder		
Organic Blueberry Powder		
Organic Beet Powder		
Organic Kale Powder		
Organic Carrot Powder		
Organic Spinach Powder		
Organic Tomato Powder		
Organic Greens Blend	225mg	**
Organic Spirulina		
Organic Wheatgrass Powder		
Organic Barley Grass Powder		
Organic Cat Grass Powder		
Organic Flax Seed Powder	271mg	**

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

Other ingredients: Organic expeller cast canola oil.



Updated February 2014



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- Thermography exam every six months
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- Three holistic therapy visits per month (sauna, whole body vibration, foot detox, massage)



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Essential Oils for Summer

Healing Fragrances for Bites, Allergies and Sunburn

by Kathleen Barnes

A breath of sweet lavender oil can quickly reduce stress. A whiff of lemon oil can energize us.

“Essential oils are not magic or folklore. There is solid science behind them,” says Elizabeth Jones, founder of the College of Botanical Healing Arts, in Santa Cruz, California.

Here’s what happens after inhaling lavender, the most popular of all essential oils: The cilia—microscopic cellular fibers in the nose—transport the aroma to the olfactory bulb at the bottom of the brain, from where it proceeds to the limbic brain and directly affects the nerves, delivering a soothing effect. “Or put it on your skin and other properties of essential oils are absorbed straight into the bloodstream,” advises Jones, author of *Awaken to Healing Fragrance*.

Thai studies show that a whiff of lavender oil is calming and lowers blood pressure and heart rate, yet there are many more benefits attributed to the art and science of aromatherapy and essential oils. For those struggling with summer maladies, here are several simple solutions essential oils can provide.



Minor Scrapes, Cuts and Blisters

Tea tree oil (melaleuca) is tops, because it contains terpenes that kill staphylococcus and other nasty bacteria and works to prevent infection, according to a meta-analysis from the University of Western Australia. The researchers further suggest that tea tree oil may be used in some cases instead of antibiotics. Oregano and eucalyptus oils are likewise acknowledged for their natural abilities to eliminate infection-causing bacteria, fungi and viruses.

“Blend all three for a synergistic effect,” says aromatherapy expert Robert Tisserand (*RobertTisserand.com*), of Ojai, California. “They sort of leapfrog over each other to penetrate the skin and cell walls.”

Sunburn, Bug Bites and Poison Ivy

A small amount of undiluted lavender oil will cool sunburn fast, advises Tisserand. Add a few drops to a dollop of cooling aloe vera gel for extra relief and moisture, suggests Jones. Undiluted lavender is also a great remedy for insect bites, says Tisserand. “You can stop the pain of a bee sting in 20 seconds with a few drops.”

Best Carriers

Almost all essential oils are so strong that they must be diluted before use to prevent skin irritation. Use cold-pressed oils and mix 10 to 15 drops of essential oil per ounce of carrier substance. Some of the best carriers are almond oil, aloe vera gel, apricot oil, cocoa butter, glycerin, jojoba oil and olive oil.

Chamomile, either the German or Roman variety, helps with rashes, according to Jones, especially when mixed with her summertime favorite, aloe vera gel. She recommends mugwort oil for poison oak or poison ivy, a benefit affirmed by animal research from the Korea Institute of Oriental Medicine’s Herbal Medicine Formulation Research Group.

Allergy Relief

During hay fever season, several aromatherapy oils from a diffuser can offer relief, counsels Tisserand. He recommends eucalyptus, geranium and lavender oils, all of which contain antihistamines. Use them separately or blended. When using a diffuser, it’s not necessary to put the oils into a diluting carrier oil or gel. He notes that a steam tent containing 10 drops of each of the three oils mixed with two cups of boiling water is highly effective.

Sprains, Strains and Joint Pain

Lessen inflammation and the pain from tendon and muscle sprains and strains with rosemary or peppermint, adding a dash of ginger for additional benefit, says Tisserand. He recommends rubbing the oils (diluted in a carrier) directly on the sore spot.

Rosemary is particularly effective for bringing blood flow to an injury site, and the menthol in peppermint is a great pain reliever, adds Jones. A Chinese study published in the *European Journal of Pharmaceutics and Biopharmaceutics* confirms the pain-relieving and anti-inflammatory abilities of peppermint oil. Researchers from Taiwan confirm that ginger is anti-inflammatory and can even reduce intense nerve pain.

Jones believes that essential oils

have a place in everyone's medicine chest. "Sometimes I feel like David up against Goliath," she remarks. "I encourage everyone to use natural healing products from plants instead of pharmaceutical drugs, the side effects of which actually diminish the body's natural ability to heal."

Kathleen Barnes has authored numerous books on natural health, including Rx from the Garden: 101 Food Cures You Can Easily Grow. Connect at KathleenBarnes.com.

Never-Fail Insect Repellent



- 2 Tbsp eucalyptus oil
- 1 tsp cedar wood oil
- 1 tsp citronella oil
- 1 tsp pennyroyal oil
- 1 tsp lemongrass oil

Mix in warm water in a one-quart spray bottle. Shake and use liberally.

Source: Kathleen Barnes



Dr. Otto Heinrich Warburg 1931 Nobel Prize Winner

"All forms of cancer have two basic conditions: acidosis and hypoxia (lack of oxygen)"

"Cancerous tissues are acidic whereas healthy tissues are alkaline"



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— Dr. Steven T. Castille

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A cancer WELLNESS plan:

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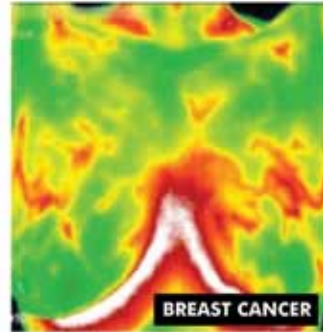


Natural Health Center Call for an initial office visit: **896-4141**

What's Wrong With My Body?

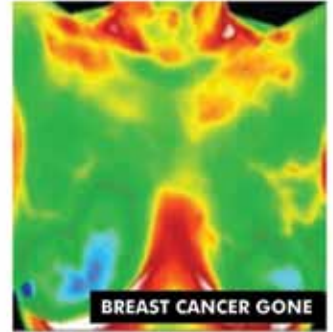
Thermography Imaging of the Breast

Thermography (infrared imaging) screens for early stage angiogenic blood vessel growth. A RESTORE HEALTH PROGRAM can help reverse angiogenic blood vessel growth.



BREAST CANCER

This is an infrared image using thermography of a woman with diagnosed breast cancer in the left breast, with the accompanying network of angiogenesis, which can only be detected using thermography.



BREAST CANCER GONE

This infrared image was taken three months after the tumor was removed. With the tumor absent, the thermography exam confirmed that the angiogenesis has receded.

A 6-Week RESTORE HEALTH PROGRAM can significantly help to reduce your chances of developing breast cancer

Increases Circulation • Clears the Lymph Nodes • Helps to Clear the Colon • Helps to Alkalinize the Body

1 in 3 Women Develop Breast Cancer in Louisiana

Source: American Cancer Society

Cancer cells feed themselves through angiogenic blood vessels

Humans are born with all their blood vessels, 20,000 miles worth in a typical adult. New, temporary blood vessels called angiogenesis only grow normally to build the lining of the uterus for the menstrual cycle each month, to nourish an embryo or to heal a wound. These blood vessels are kept under control with naturally occurring angiogenesis inhibitors in certain situations angiogenesis runs out of balance, resulting in a myriad of diseases.

Angiogenesis is good and it is a naturally occurring blood supply that we sometimes recognize as inflammation. Muscles need it for healing and cancer needs it to grow. Cancer does not start out with angiogenesis but if something goes wrong, it becomes the stepping point between a harmless growth and a potentially harmful one. Angiogenesis can be completely invisible to the human eye and a steth. But it can be seen... with infrared eyes using thermography.

RESTORE HEALTH PROGRAM

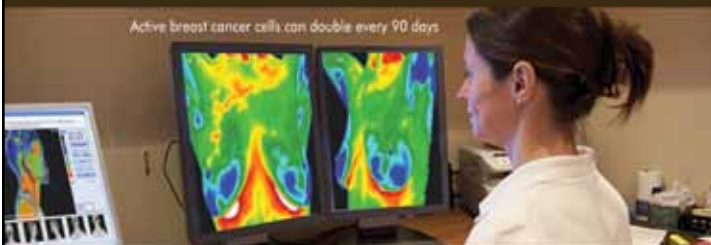
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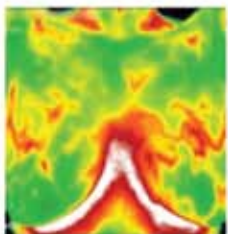
Thermography

Very Early Detection of Potential Breast Cancer

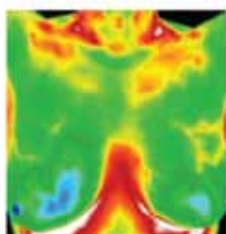
Active breast cancer cells can double every 90 days



My mammogram showed nothing. My thermography exam showed new blood vessel growth that might lead to breast cancer. —Sheryl M. Youngville, LA



BREAST CANCER



BREAST CANCER SURVIVOR

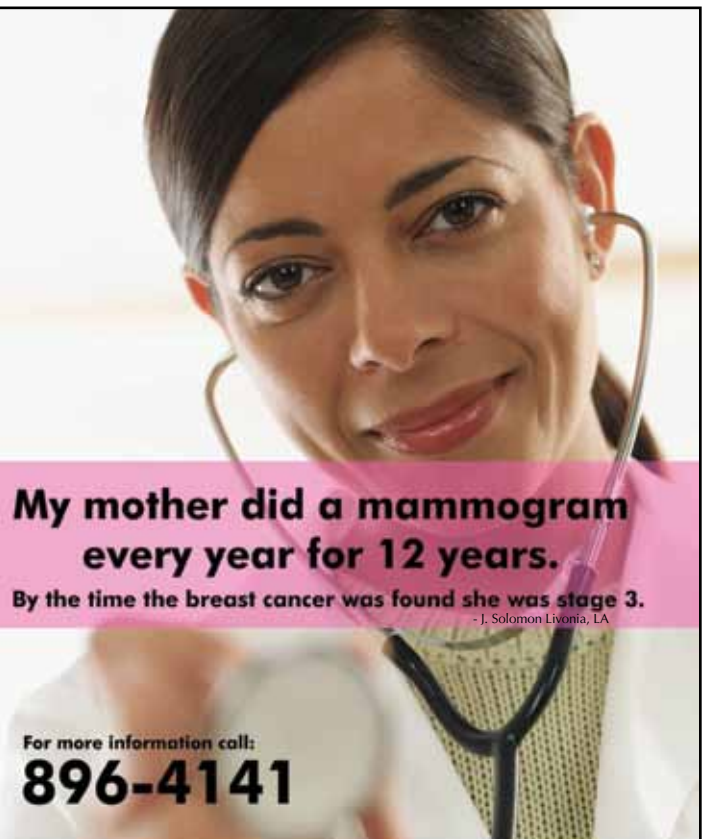
1 in 3 Women



Develop Breast Cancer in Louisiana

The cure for Breast Cancer is very early detection.

For more information call: (337) **896-4141**



My mother did a mammogram every year for 12 years.

By the time the breast cancer was found she was stage 3.

— J. Solomon Livonia, LA

For more information call:

896-4141

BREAST CANCER

Let's get a second opinion !

A Thermography Exam may be able to detect the physiological signs of breast cancer 6-10 years before an actual tumor is formed.



Wheatgrass the KING of Superfoods

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

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

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

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



Wheatgrass was first introduced to Acadiana in 2011 in *Natural Awakenings* Magazine by Dr. Steve Castille. Dr. Steve founded The Acadiana Wheatgrass Institute in 2012 to study the health benefits of wheatgrass. Using a state-of-the-art biochemical research lab, Dr. Steve's holistic research team is developing new ways to fully harvest the nutritional benefits of wheatgrass.

Benefits of Drinking Wheatgrass:

1. Cleanse the body
2. Increase Energy
3. Source of Amino Acids
4. Build Immunity

Acadiana Wheatgrass

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Natural Health Center, Carencro	896-4141
DHARMA Wellness Center, Sunset	662-3120
BENNY'S Sport Shack, Opelousas	948-6533
Simon's Pharmacy, Breaux Bridge	332-2600



Benefits of Wheatgrass

Some of the superior qualities of wheatgrass and the juice that can be extracted from its blades include the following:

- Increases red blood-cell count and lowers blood pressure. It cleanses the blood, organs and gastrointestinal tract of debris. Wheatgrass also stimulates metabolism and the body's enzyme systems by enriching the blood. It also aids in reducing blood pressure by dilating the blood pathways throughout the body.
- Stimulates the thyroid gland, correcting obesity, indigestion, and a host of other complaints.
- Restores alkalinity to the blood. The juice's abundance of alkaline minerals helps reduce over-acidity in the blood. It can be used to relieve many internal pains, and has been used successfully to treat peptic ulcers, ulcerative colitis, constipation, diarrhea, and other complaints of the gastrointestinal tract.
- Is a powerful detoxifier, and liver and blood protector. The enzymes and amino acids found in wheatgrass can protect us from carcinogens like no other food or medicine. It strengthens our cells, detoxifies the liver and bloodstream, and chemically neutralizes environmental pollutants.
- Fights tumors and neutralizes toxins. Recent studies show that wheatgrass juice has a powerful ability to fight tumors without the usual toxicity of drugs that also inhibit cell-destroying agents. The many active compounds found in grass juice cleanse the blood and neutralize and digest toxins in our cells.
- Contains beneficial enzymes. Whether you have a cut finger you want to heal or you desire to lose five pounds...enzymes must do the actual work. The life and abilities of the enzymes found naturally in our bodies can be extended if we help them from the outside by adding exogenous enzymes, like the ones found in wheatgrass juice. Don't cook it. We can only get the benefits of the many enzymes found in grass by eating it uncooked. Cooking destroys 100 percent of the enzymes in food.
- Has remarkable similarity to our own blood. The second important nutritional aspect of chlorophyll is its remarkable similarity to hemoglobin, the compound that carries oxygen in the blood. Dr. Yoshihide Hagiwara, president of the Hagiwara Institute of Health in Japan, is a leading advocate for the use of grass as food and medicine. He reasons that since chlorophyll is soluble in fat particles, and fat particles are absorbed directly into the blood via the lymphatic system, that chlorophyll can also be absorbed in this way. In other words, when the "blood" of plants is absorbed in humans it is transformed into human blood, which transports nutrients to every cell of the body.
- When used as a rectal implant, reverses damage from inside the lower bowel. An implant is a small amount of juice held in the lower bowel for about 20 minutes. In the case of illness, wheatgrass implants stimulate a rapid cleansing of the lower bowel and draw out accumulations of debris.

- Externally applied to the skin can help eliminate itching almost immediately.
- Will soothe sunburned skin and act as a disinfectant. Rubbed into the scalp before a shampoo, it will help mend damaged hair and alleviate itchy, scaly, scalp conditions.
- Is soothing and healing for cuts, burns, scrapes, rashes, poison ivy, athlete's foot, insect bites, boils, sores, open ulcers, tumors, and so on. Use as a poultice and replace every two to four hours.
- Works as a sleep aide. Merely place a tray of living wheatgrass near the head of your bed. It will enhance the oxygen in the air and generate healthful negative ions to help you sleep more soundly.
- Enhances your bath. Add some to your bath water and settle in for a nice, long soak.
- Sweetens the breath and firms up and tightens gums. Just gargle with the juice.
- Neutralizes toxic substances like cadmium, nicotine, strontium, mercury, and polyvinyl chloride.
- Offers the benefits of a liquid oxygen transfusion since the juice contains liquid oxygen. Oxygen is vital to many body processes: it stimulates digestion (the oxidation of food), promotes clearer thinking (the brain utilizes 25% of the body's oxygen supply), and protects the blood against anaerobic bacteria. Cancer cells cannot exist in the presence of oxygen.
- Turns gray hair to its natural color again and greatly increases energy levels when consumed daily.
- Is a beauty treatment that slows down the aging process when the juice is consumed. Wheatgrass will cleanse your blood and help rejuvenate aging cells, slowing the aging process way down, making you feel more alive right away. It will help tighten loose and sagging skin.
- Lessens the effects of radiation. One enzyme found in wheatgrass, SOD, lessens the effects of radiation and acts as an anti-inflammatory compound that may prevent cellular damage following heart attacks or exposure to irritants.
- Restores fertility and promotes youthfulness.
- Can double your red blood cell count just by soaking in it. Renowned nutritionist Dr. Bernard Jensen found that no other blood builders are superior to green juices and wheatgrass. In his book "Health Magic Through Chlorophyll" he mentions several cases where he was able to double the red blood cell count in a matter of days merely by having patients soak in a chlorophyll-water bath. Blood building results occur even more rapidly when patients drink green juices and wheatgrass regularly.

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Expires 8/15/14

Mammograms Carry Cancer Risk

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



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

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

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

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

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

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

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

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

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

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

Alan R. Gaby, MD

Illness and Disease are not "caught".

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

Vitamins and minerals are "used" by the body. As they perform their function, they often use themselves up in the process, which is the case with most of the critical disease fighting antioxidants. Even thinking uses vitamins and minerals. Exercise and stress use a lot of vitamins and minerals; the use of diuretics (substances that increase the discharge of urine) such as drugs, alcohol, coffee, tea and sodas --- washes vitamins and minerals out of the body creating deficiencies --- that can create a major health problem! Tobacco and alcohol can also inhibit the absorption of vitamins and minerals, or accelerate the loss of them.

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

- Oliver Frank Matthews, MD

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Recommended Daily Allowance (RDA)

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

MINERALS (at least 20 mg each)

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

20 Best Foods for **FIBER**



Corn White Beans Black Beans



Kidney Beans Garbanzo Beans Avocado



Whole-wheat pasta Brown Rice Edamame



Whole-wheat bread Lentils Pear



Artichoke Oatmeal Raspberries



Peas Broccoli Apples



Almonds Barley

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

Janet M.

New Iberia, LA

I drink wheatgrass.

"Both the human immune system and the plant immune system are fundamentally the same. The more nutrients we absorb, the healthier our body's heal and grow."



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Forsaking 'Angry Birds' for Bird Songs

CAMPING TURNS KIDS INTO NATURE LOVERS

by Avery Mack

"Whether urban or rural, children in our state average 4.5 minutes outdoors and four hours in front of a screen every day," says Barbara Erickson, president of The Trustees of Reservations conservation nonprofit, in Sharon, Massachusetts.

One way to disconnect kids from electronics is to go camping. Such educational, fresh air exercise is inclusive and inexpensive. David Finch, superintendent of the Dunes Edge Campground, in Provincetown, Massachusetts, suggests borrowed gear for the first outing. A backyard campout can be a rewarding trial run; each child can ask a friend to stay over and a parent and the family dog can participate.

Once kids have the hang of sleeping somewhere outside their own bedroom, consider an overnight program at a local or regional zoo. Kids get a kick out of watching the animals and learning about their behaviors, diets and habitats. The Toledo Zoo, in Ohio, offers Snooze at the Zoo, including a pizza dinner, breakfast and admission the next day. Children sleep near one of the exhibits or in a safari tent. The program teaches

animal adaptations, food chains and ecosystems and meets requirements for scout badges in a fun setting.

The Irvine Nature Center, in Owings Mills, Maryland, near Baltimore, offers a rich outdoor experience. Organizers provide food, activities and camping equipment. Children first attend a fire safety class, and then help cook a meal and make s'mores. At night, participants learn how to mimic owl hoots and practice their new skills, often receiving hoots in return. Night walks sometimes include sightings of deer, bats or flying squirrels, while morning walks showcase groundhogs and birds.

Jean Gazis, with the women's and girls' rights nonprofit Legal Momentum, in Brooklyn, New York, observes, "It's easier to camp with small, even tiny, children, than with older kids. Babies are portable." She recalls taking her 7-week-old infant along and nostalgically comments, "Now that the kids are 11 and 14, they don't have as much free time."

Drive-up camping in a state park that offers facilities and planned activities sets up a good time. Gazis feels that

“It’s not how fast and how far you go, it’s what you see, smell, touch and listen to along the way. You might move only five feet in 15 minutes, but what you see and discuss will help children grow into respectful explorers and lifelong campers. Take photos and bring a journal; child’s adventures are the best keepsakes.”

~ Stephanie Rach, founder of the *Let’s Go Chipper* play-based learning program, in Corte Madera, CA

a destination four hours away is the limit for car trips with small children. She advises giving everyone duties. “My young son once had a great time digging a ditch around the tent when

it began to rain,” she recalls. “He kept the sleeping bags dry and got to play in the mud.”

Jeff Alt, of Cincinnati, Ohio, author of *Get Your Kids Hiking*, suggests, “Start them young and keep it fun. Get the kids involved in the planning. My kids have gone along since they were born. We stayed at a lodge when they were small because little trekkers have a lot of gear. During the day we were out in the park exploring, always keeping in mind that kids tire out fast.” His mandatory equipment includes good walking shoes, sunscreen and bug spray. Adhering to such rules as never leave the trail or wander off and don’t pick flowers or touch animals is non-negotiable.

Stephanie Wear, a biologist for The Nature Conservancy, working in Beaufort, South Carolina, has found that it’s easy to make the experience lively. “We like to do observational scavenger hunts—find the flower, the mushroom or the tree that looks like a picture and make a list of what you see. Getting out in nature sharpens observation skills, boosts creativity and improves physi-



cal and mental health,” she says. Wear notes that her kids have listed 70 forms of life in the family’s backyard alone. Visit a local park or NatureRocks.org to take part in more activities and explore different locations. “Nature presents a great parenting tool,” she remarks.

Summertime camping helps every member of the family unplug, unwind and wander along new paths.

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



Budget Gear

by Avery Mack

If family members enjoy their initial camping experiences, it’s time to invest in gear. Goodwill Industries and other thrift

stores may have some items, although finding what’s needed will be a hit-or-miss endeavor. Note that sleeping bags at thrifts will most likely be for indoor use only—not waterproofed or suitable for colder weather. Military surplus stores are a better bet.

Check these sites for bargains or discounted prices:

Tinyurl.com/BargainOutfitters

Cabelas.com

Campmor.com

Craigslist.org

The-House.com/buy-cheap-camping.html

Tinyurl.com/OverstockHiking
Rei.com/outlet

Thrift shops often have inexpensive flatware and plastic/reusable dishes (cuts paper waste at the campsite), as well as clothing that carefree kids won’t have to worry about ruining; pick gender-neutral colors so T-shirts can be passed down or shared.

When packing, give each child a personally labeled travel container with clothing, toothbrush and other essentials, and a current checklist to be sure each item is packed (and repacked at camp). Include other items of their choosing but if any of them don’t fit in, they don’t go along.



Leave No Trace

- ✓ Know the rules beforehand and be ready for inclement weather.
- ✓ Travel and camp on durable surfaces. Use existing trails.
- ✓ Dispose of waste properly.
- ✓ Leave plants undisturbed.
- ✓ Minimize campfire impacts.
- ✓ Use a lightweight stove instead of a fire.
- ✓ Respect wildlife. Do not follow, feed or approach animals.
- ✓ Keep dogs tethered so they can’t chase or harm wildlife.
- ✓ Be courteous to other visitors (no loud music). Happily share the trail and experiences.

Find more tips from the Center for Outdoor Ethics at Int.org/learn/7-principles.

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Summertime, and the Sippin' is Easy

Quick and Cool Vegan Smoothies

by Judith Fertig

Smoothies offer big nutrition in a small package. Based on a vegan source of lean protein like coconut milk or yogurt, soy, chia seeds or a vegan protein powder made from dried beans or hemp, they can energize us for a full day of summer activities.

Other ingredients follow the peak of summer crops. Berries, greens, melon, tomatoes, avocado, cucumber, celery, carrots and stone fruits like peaches and mangoes add antioxidants, fiber, vitamins and minerals. A tablespoon or two of milled flax seeds, hemp or nut butter adds richness to the flavor, while providing omega-3 fatty acids necessary for complete nutrition. For the finale, add a touch of sweetness from fruits, maple syrup, agave nectar or stevia.

The best way to mix a smoothie is to start with either a liquid or an ingredient with a thicker consistency,

like yogurt, placed in a standard or high-speed performance blender. Next, add the desired fruits or vegetables and flavorings, followed by ice. Start on a slower speed, holding down the lid tightly, before increasing the speed to achieve a velvety texture. If the smoothie is too thin, add more frozen fruit or ice. Freezing the fruits first and then blending them into a smoothie can substitute for ice. Peeling bananas before freezing them makes smoothie-making easier. Freezing the fruits in recipe-size portions also simplifies the process.

Smooth-fleshed fruits like mangoes, papayas, bananas, ripe peaches and nectarines blend more easily to a silky finish than do fresh berries. Tender, baby greens such as spinach, kale or chard virtually disappear within a smoothie; if using mature, rather than baby greens, cut out the stems unless the blender is extremely powerful.

Blending enough ingredients for two smoothies can yield a leftover serving to store in a reusable glass jar in the refrigerator. To reactivate the full taste later, just turn over the jar and give it a good shake to re-blend the ingredients.

Spirulina (made from a micro-saltwater plant) and wheatgrass juice and powder are some popular smoothie additions. Milled flax seeds add healthy fat, but their water-soluble fiber also adds a little bulk; although the texture

difference isn't noticeable if the smoothie is enjoyed right away, it will be apparent if it sits for 20 minutes or more.

With the whirl of a blender—and no cooking—summer's tastiest bounty transforms into at-home or on-the-go beverages to revive, replenish and renew us so we're ready for our next adventure.

Judith Fertig blogs at AlfrescoFoodAndLifestyle.blogspot.com from Overland Park, KS.

Sunny-Day Sippers

Black Cherry Raspberry

Yields 2 servings

*1/4 cup cranberry juice
1 cup pitted sweet black cherries
1/2 cup raspberries
1/3 cup plain soy or coconut yogurt
4 ice cubes*

Combine all ingredients and blend from low to high speed until smooth.

Mango Lassi

Yields 2 servings

*3/4 cup vanilla soy, almond or coconut milk
1/4 cup vanilla soy, almond or coconut milk yogurt
3/4 tsp vanilla extract
1 1/2 cups chopped fresh mango, frozen
1/2 tsp ground cardamom
Agave nectar to taste
Ground pistachios for garnish*

Combine the milk, yogurt, vanilla extract, mango and cardamom and blend using low to high speeds until smooth. Add agave nectar to taste and blend again. Sprinkle ground pistachios over each serving.

Peachy Watermelon

Yields 2 servings

*2-3 cups watermelon, seeded
1 cup low-fat vanilla yogurt
1 cup frozen organic strawberries
1 cup frozen organic sliced peaches*

Combine all ingredients and blend from low to high speed until smooth.

Seasonal Suppers

Summer Salad Smoothie

Yields 2 servings

*1/2 cup apple juice
2 cups stemmed and chopped baby spinach, Swiss chard or kale
1 apple, unpeeled, cored and chopped
1/2 avocado, peeled and chopped
1/2 cup cilantro leaves
1 Tbsp fresh lime juice
1 Tbsp matcha (fine green tea powder)
1 Tbsp milled flax seeds
1/4 cup vegan protein powder*

Combine all ingredients and blend from low to high speed until smooth.

Naturopathic Medicine Goes Mainstream

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

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James Gormley Takes On the FDA

Why the Natural Health Movement Must Protect Itself

by Kathleen Barnes



James Gormley, a leader of the natural health movement in the U.S. and an award-winning health journalist, is a passionate advocate for natural health. For more than 20 years, he's been at the forefront in the fight against government restriction of dietary supplements and for transparency in the food industry, and has twice participated in America's trade delegation to the United Nations Codex Alimentarius Commission, advocating for health freedom.

Gormley's editorial positions have included editor-in-chief of *Better Nutrition* and editorial director for the *Vitamin Retailer Magazine Group*. He now serves as both vice president and senior policy advisor for Citizens for Health and as a scientific advisory board member with the Natural Health Research Institute.

His latest book, *Health at Gunpoint: The FDA's Silent War Against Health Freedom*, poses a strong stance against government interference in our

rights to information about and access to healthy food and supplements.

Why do you believe that the U.S. Department of Agriculture (USDA) and the Food and Drug Administration (FDA) are tainted by special interests, particularly big companies in the pharmaceutical and food industries?

The FDA was created to address issues of food and drug contamination and adulteration. Dr. Harvey Wiley, the courageous first leader of its predecessor, the Bureau of Chemistry, expressed his disgust with the unintended consequences in his 1929 book, *The History of a Crime Against the Food Law: The Amazing Story of the National Food and Drugs Law Intended to Protect the Health of the People, Perverted to Protect Adulteration of Foods and Drugs*.

The FDA has been beholden to

drug companies for decades. Making the situation worse, a 2012 law loosened conflict of interest restrictions for FDA advisory panels. That has further weakened the agency's review system and likely allowed more drugs with safety problems to gain marketing approval, according to an analysis published in the journal *Science* in 2013. In addition, 40 percent of the FDA's last budget increase came from user fees on prescription drugs paid by the pharmaceutical giants.

The USDA has the potential to do much good, but is bogged down with politics and mandates to push questionable biotechnology.

With regard to the controversy over genetically modified organisms (GMO), are certain companies being given undue influence in national policy making?

Yes. A perfect example was the ability of Monsanto to block initiatives requiring labeling of food products that contain GMOs in California and Washington state. Monsanto and the food industry continue to leverage their considerable influence in the U.S. Congress to block such legislation on a national level, despite the massive outcry from consumers demanding to know the identity and origin of the food we eat.

Did the FDA declare war on the natural products industry in the 1990s?

The FDA conducted numerous and illegal raids on health food stores, supplement makers and practitioners. In an infamous barbaric raid on the clinic of in-

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tegrative physician Dr. Jonathan Wright, in Tahoma, Washington, in 1992, agents and deputized officers converged with guns drawn, terrorizing patients and staff because Wright was giving his patients legal L-tryptophan supplements to help with sleep and mood. It was dubbed the "vitamin B-bust". A federal grand jury declined to indict Wright on the charges stemming from the raid.

Current European Union and international codex policies maintain that most necessary nutrients can and should be obtained from foods, so they have dramatically limited the availability of many supplements. Do you expect such a policy to become part of U.S. law?

These European policies fly in the face of reality and every major food study conducted since World War II. The super-refined, overly processed Western diet does not and cannot fully supply optimal levels of daily nutrients. The U.S. has made minor efforts to tread this dangerous path and been met with tremendous consumer outrage. Potential related laws and policies would have to make it past an avalanche of public comments.

What is the current status of the fight for health freedom, and what is your prognosis for the future?

Substantial threats to our health freedom still exist, but I am optimistic. Three highly credible nonprofit organizations are leading the way: the Alliance for Natural Health, Citizens for Health and the National Health Federation. If consumers remain vigilant and stay informed on the issues identified by these advocates, we will be able to tackle and defeat threats to Americans' health freedoms as they emerge.

Kathleen Barnes has authored many natural health books. Connect at KathleenBarnes.com.



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Rising healthcare costs, distrust of pharmaceutical companies, and the "fix-it when illness develops" approach is not working. More Americans are now looking for natural ways to maintain good health - not only their physical health, but mental and spiritual as well.

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Fracking Versus Food

America's Family Farm
Heritage and Health at Stake

by Harriet Shugarman



What if farmers couldn't confirm that what they grow and produce was devoid of toxins, cancer-causing chemicals, radioactive materials and other pollutants?

The U.S. Food and Drug Administration (FDA), U.S. Department of Agriculture (USDA) and other federal and state agencies set standards and enforce regulations to ensure what we eat is safe and that production is secure. But hydraulic fracturing, or fracking, and its accompanying infrastructure threaten this. Questions must be raised and answered before the safety of our food supply is permanently impacted.

Conditions that Demand Changes

- No federal funding exists for researching the impacts of chemical contamination from oil and gas drilling and infrastructure on food and food production.
- No public tests are required for what contaminants to look for because many of the 500-plus chemicals used in the fracking process are categorized as proprietary.
- Minimal-to-no baseline analysis is being done on air, water and soil conditions before oil and gas companies come into a new area.
- No commonly agreed distances are lawfully required between farms, farmlands, rivers, streams and water supplies in relation to oil and gas wells and their infrastructure.

Compounding Crises

Harsh economic conditions, plus concerns over long-term climate changes, including extreme weather events, have pitted neighbors against one another as farmers consider leasing their lands to oil and gas companies. More, often the riches promised do not make their way to the farmers that need them the most as American policies continue to favor

What To Do

- ✓ Support local, county and state bans on fracking operations and waste disposal.
- ✓ Learn about local farmers' situations and make them aware of factors to consider.
- ✓ Support local farmers and food producers.

megalithic agribusinesses and push farming families into unsustainable choices.

Standard drilling leases rarely provide broad protections for farmers and can even eliminate their input on where roads are created and fracking machinery is installed on their property, all of which can hamper normal farming. In Pennsylvania, where fracking is commonplace, thousands of diesel trucks drive by working farms daily, compounding problems already associated with 24/7 vibrations, noises, emissions and light pollution, stressing both humans and farm animals.

In New York, Pennsylvania, North Carolina and Ohio, farmers that have or are near such leased land are finding it increasingly difficult to obtain mortgages, re-mortgage property and acquire or renew insurance policies. Caught up in a vicious cycle, some farmers feel forced to abandon their farms, thus opening up more land to oil and gas companies.

"Fracking is turning many rural environments into industrial zones," observes Jennifer Clark, owner of Eminence Road Farm Winery, in New York's Delaware County. She notes that we often hear a lot about the jobs fracking might create, but we hear little about the agricultural jobs being lost or the destruction of a way of life that has been integral to America's landscape for generations.

Asha Canalos, an organic blueberry and heirloom vegetable farmer in Orange County, New York, is among the leaders in the David versus Goliath battle pitting farmers and community members against the Millennium Pipeline Company and the Federal Energy Regulatory Commission. On May 1, oral arguments were heard in the U.S. Court of Appeals. According to Canalos, "Our case could set a national precedent, with all the attending legal precedent, that will either empower other farmers and communities like ours and Minisink or will do the opposite."

In January 2013, more than 150 New York chefs and food professionals sent a letter to Governor Mario Cuomo calling for a ban on fracking in their state. As of December 2013, more than 250 chefs have signed on to the Chefs for the Marcellus campaign, which created the petition. In April 2014, Connecticut chefs entered the fray by launching their own petition to ban the acceptance of fracking waste in Connecticut.

In California this past February, farmers and chefs banded together to present Governor Jerry Brown with a petition calling for a moratorium on fracking, stating that fracking wastes huge amounts of water. The previous month, California had declared a statewide drought emergency, and by April and Brown had issued an executive order to strengthen

Information is Power

Center for Environmental Health, CEH.org

Chefs for the Marcellus, ChefsForMarcellus.org

The Endocrine Disruptor Exchange,
Tinyurl.com/EndocrineDisruptingChemicals

Food Not Fracking, FoodNotFracking.org

GRACE Communications Foundation,
GraceLinks.org/1305/natural-gas-fracking

Love NY: Don't Frack It Up, LoveNYDontFrackItUp.org

Minisink Matters, MinisinkMatters.org

the state's ability to manage water. Ironically, existing California regulations don't restrict water use by industrial processes, including fracking, which uses and permanently removes tremendous amounts of water from the water cycle. To date, fracking in California operates with little state regulation.

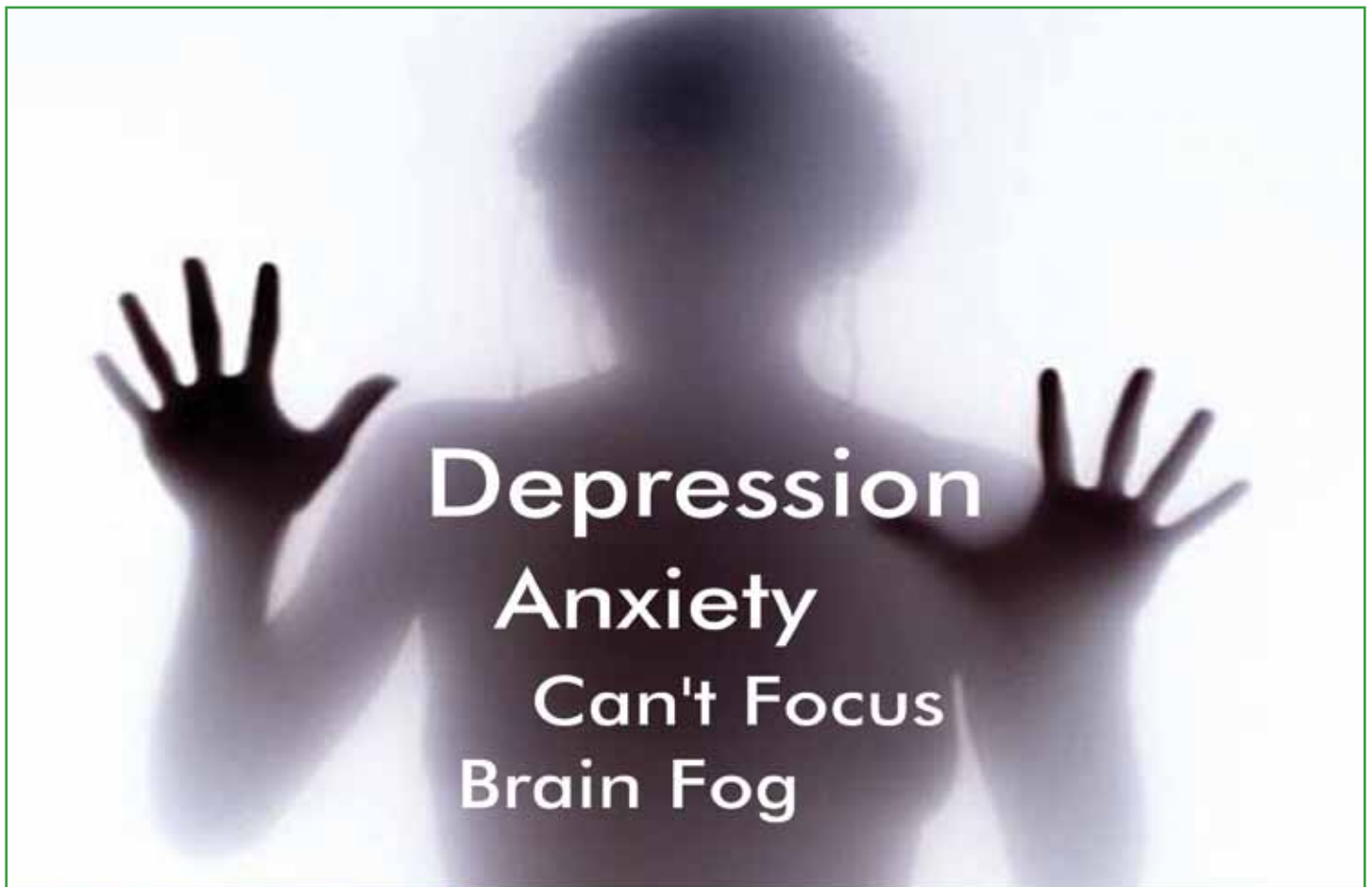
It's past due for a "time out" on oil and gas production

and infrastructure development. Every citizen needs to think carefully and thoughtfully about what's at stake as outside interests rush to use extreme forms of energy extraction to squeeze the last drops of fossil fuels from our Mother Earth.

Activist Harriet Shugarman, a veteran economist and policy analyst and former representative for the International Monetary Fund at the United Nations, currently chairs regional environmental committees and works with national, state and local organizations seeking pro-environmental legislation.

"We can't in good conscience say our food is organic, as we no longer are sure what chemicals are leaching into our soil through our water and contaminated air."

~ Pennsylvania family put out of business due to nearby fracking after 20 years of organic farming



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Good Clean Fun Water Sports

Saying No to a Wave of Trash

by Avery Mack



The ocean is my bliss. My job lets me do what I love and call it work," says Andrea Neal, Ph.D., founder and CEO of Blue Ocean Sciences, a scientific collaboration seeking healthy water solutions, in Ojai, California. "When I surf, I'm in sync with water and air at the same time." One time during a Scandinavian snowfall, she donned a wet suit to ride eight-foot waves; after splashdown, she emerged with ice-tipped eyelashes and a huge grin. "I've never been so cold, but it was glorious!"

Neal likens scuba diving to entering another world, revealing nature's undersea glories. "Crabs sneak a peek and you're face-to-face with fish. Sea lions want to play," she says. "I've also had great white sharks cruise by and give me an intimidating nudge."

It's not just sharks and extreme weather that swimmers, divers and watercraft enthusiasts worry about these days—it's trash, too. The most basic requirement for safe water sports is clean water. Plastics, paper and other debris, ranging from microscopic toxins to everyday garbage, pose life-threatening hazards to human and marine life. "I want my kids and their kids to share in what I've experienced," exclaims Neal, part of the global scientific community redefining clean water

**Be a hero,
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down to zero.**

~ National Park
Service

habitats as an investment.

Semiannual walking beach cleanups, an Oregon tradition for 30 years, have removed 2.8 million pounds of trash, largely comprising cigarette butts, fishing ropes and plastic bottles. Unusual items include telephone poles and a 200-pound Styrofoam block. In the 2014 spring campaign, 4,800 volunteers that treasure coastal recreational activities removed an estimated 24 tons of litter and marine debris (solv.org). What West Coasters see can also show up in Japan and vice versa, so coordinated cleanup efforts benefit outdoor enthusiasts in both countries.

Lake Tahoe, on the California/Nevada border, beckons paddleboard, raft, canoe and kayak aficionados. Last year, volunteers for the Great Sierra River Cleanup, a Sierra Nevada Conservancy project, finessed the condition of this recreational site by picking up a ton of trash in and near the water and were able to recycle 600 pounds of it (Tinyurl.com/SierraRiverCleanup).

Desert winds, combined with flat landscapes, blow Las Vegas debris into Nevada's Lake Mead. Operation Zero – Citizens Removing and Eliminating Waste, ferries volunteers to a cove accessible only by boat to clean and enjoy the area (Tinyurl.com/LakeMeadOperationZero).

The improved natural environment attracts visitors to the lake to try new sports like wakesurfing, riding the water behind a wave-producing boat by dropping the tow line once waves form. The more adventurous go wakeboarding, which combines water skiing, snowboarding and surfing skills as the rider becomes airborne between waves. The more advanced sport of waterskating requires more stylish skateboarder moves.

Further inland, Adopt-a-Beach volunteers help keep the Great Lakes clean. More than a beach sweep, volunteers regularly monitor litter throughout the year and perform a complete beach health assessment on each visit. The eight Great Lakes border states—Illinois, Indiana, Michigan, Minnesota, New York, Ohio, Pennsylvania and Wisconsin—benefit from teams of volunteers continually working to improve beach health (GreatLakes.org/adoptabeach).

Moving south, Project AWARE cleans up Iowa's waterways, "one stretch of river, one piece of trash at a time" (Tinyurl.com/IowaAware). Stand up paddleboarding, kayaking and canoeing are popular river activities. Paddlers collect litter en route and leave it in designated bins at access points.

In Missouri, the Big River beckons. Jeff Briggs, an insurance adjuster in High Ridge, tubes the mile-plus stretch between dams at Rockford Beach Park and Byrnes Mill. "When we're tubing, it's just for enjoyment," he says. "For a longer float, we take the jon boat so there's space to stow trash."

Table Rock Lake, in southern Missouri, draws fishermen and water sports enthusiasts. Their WK Lewis Shoreline Cleanup has removed 179 tons of trash in 10 years. In 2013, 670 volunteers filled 11 dumpsters (Tinyurl.com/WK-Lewis-Cleanup).

"It takes love and commitment, patience and persistence to keep cleaning up habitats," says Wallace J. Nichols, Ph.D., co-founder of four grassroots water advocacy groups. "Clean water is important though, to sustain fit life on the planet."

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



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Servings Per Container: 62.5

Amount Per Serving	% Daily Value
Contains:	
Pancreatin 4x USP	750mg
Papain	600,000 USP
Bromelain	720 GDU
Trypsin	9,000 USP
Chymotrypsin	250 USP
Psyllin	400mg
White Willow Bark (15% salicin)	100mg
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Detoxifying Foot Bath

It all starts when you put your feet in the water. But it doesn't stop when you take your feet out.

The detoxifying foot bath produces a charge which stimulates the cells within the body. The positive and negative charges in the water allow the body to attract and use the negative ions to rebalance and release toxins. This allows for the release of these toxins through the 4,000 pores in the feet. Your body will continue to detoxify for up to 48 hours after treatment.

Water is of particular importance to the functional performance of the body. Water makes up about two thirds of the body's weight, and it is used as a solvent in which chemical reactions take place—as a solvent for waste matter which passes out of the body in a solution; for transporting substances around the body (water is a major part of blood and lymph); and as a means of keeping cool. In the 1930s Dr. Royal Rife conducted research which concluded that certain electrical frequencies could prevent the development of disease, while other electrical frequencies can completely destroy certain viruses, bacteria and other pathogens.

How does it Work?

The foot spa contains water, a saline solution and an electro-magnetic device called an "array." You place your feet in the bath of lukewarm water that has a small amount of salt added, in the form of a solution, which aids the conductivity of the water. When the system is switched on, the array immersed in water creates a series of positive and negative ions – electrons. The body will absorb the electrons and a natural rebalancing of the cells in the body will take place.

While you are relaxing, the water will immediately start to change color as millions of ions enter your body and begin to neutralize tissue acid wastes. The color change and sediment you see in the water is produced by the ionization interaction of the current flow—the metal in the array and the toxins in the water and body. Negative and positive ions attract toxins and are released from the body via osmosis. This has a very effective way of cleansing the body from toxins. The benefits of the detoxifying foot bath are detoxification, stimulation and balancing of the body's energy meridians, and ATP production. ATP has natural body chemicals that extract energy from your food and makes it available for numerous physiologic functions in the body. You will feel great, sleep better and have more energy. If nothing else works you get a relaxing foot bath.



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Give Freedom a Hand

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2048 is a plan to prevent wars, eliminate poverty and create the conditions for global sustainability by the time we celebrate the centennial of the United Nations Universal Declaration of Human Rights, unanimously adopted in 1948 by all UN member countries.

2048 dispels myths, including a major misconception that peace and prosperity are hopelessly complicated and unattainable. In truth, both can be secured through the realization of five fundamental freedoms for everyone: freedom of speech, freedom of religion, freedom from want, freedom for the environment and freedom from fear. These basic freedoms establish a framework within which other rights can flourish.

The five fingers of our hand illustrate the possibilities, starting with the thumb. It looks different and stands out. It is strong. It represents freedom of speech, an idea that stands up to dishonesty and corruption.

With our index finger, we point and indicate direction. It represents freedom of religion. Each of us is free to choose our own way. Those that decide God is their guide are free to live their own relationship with God.

The middle finger, the longest, represents freedom from want—the long road of existence and the certainty that

there'll be food, water, education and health care for every one of us as we go along.

Next is the wedding ring finger for many of us, and a finger with a direct link to our nervous system for all of us. It represents freedom for the environment and for life. We all have a direct link to the Earth and the ecosystem of which we are a part. When the life of the Earth is spoiled, our lives are spoiled.

Finally, there is our little finger, the least imposing. It represents freedom from fear. It's the "finale" of our hand, our reward. All the others lead to this one.

As we recount the five freedoms represented by our fingers, remember that we didn't ask for that hand; we were born with it. Everyone was born with the right to all five freedoms. They are the essence of a good life for all, and in this way they are intertwined; the success of each bolsters the others.

As we learn our rights, we come to expect and demand them, with lasting results. They become our way of life.

Source: Adapted excerpt from 2048: Humanity's Agreement to Live Together by Kirk Boyd. Used with permission of Berrett-Koehler Publishers. See the evolution of human rights at Tinyurl.com/HumanRightsTimeline.

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Alkalize your body with GREEN WATERS



naturalpet

Lustrous POOCH

10 Foods to Make a Dog's Coat Glow



To keep our dog's skin and coat healthy, supplements may first come to mind, especially oils and powders. However, whole foods deserve a closer look for naturally elegant results.

Chia

Chia seeds contain more healthy omega-3 fats and fiber than flax or other grain seeds and are a good source of protein and antioxidants, notes Patrick Skerrett, executive editor of Harvard Health Publications. They are abundant in alpha-linolenic acid (ALA), a plant-based form of omega-3, which combats skin inflammation and improves the skin's texture and softness, says holistic nutritionist Melissa Diane Smith, of Tucson, Arizona.

Eggs

Eggs are nutritional powerhouses containing the most bioavailable protein for dogs. Eggs have vitamin A, which promotes cell turnover. Their zinc further supports protein synthesis and cell division, necessary for wound healing, the formation of connective tissue and skin health, according to the National Institutes of Health Office of Dietary Supplements. Egg yolks provide a valuable source of biotin, effective in treating dry skin, seborrhea and itching associated with skin allergies, reports *PetEducation.com*, a website of veterinarians Dr. Race Foster and Dr. Marty

Smith, owners of Foster and Smith, Inc. Avoid raw eggs, as they contain avidin, which interferes with the metabolism of biotin, fats, glucose and amino acids, according to the American Society for the Prevention of Cruelty to Animals.

Almonds

Almonds contain the entire vitamin E family of tocopherols and tocotrienols. "Deficiency of vitamin E has been implicated in the development of certain dermatological disorders in dogs," counsels Lee Russell McDowell, Ph.D., in *Vitamins in Animal and Human Nutrition*. Almonds are also an excellent source of B vitamins, copper, manganese, magnesium, zinc and bioflavonoids, with a trace of omega-3. While safe in small quantities for larger dogs, whole almonds are not easily digested and can upset the stomach and create intestinal distress. Almonds are easily ground into a powder using a blender, and almond meal is also available at many grocery stores.

Coconut

Renowned herbalist Juliette de Bairacli Levy pioneered the use of coconut in natural diets for companion animals. Raw coconut contains medium-chain, saturated fats that transform into energy and can decrease bacterial growth, irritation and inflammation, according to

naturopathic physician Bruce Fife, a certified nutritionist, doctor of naturopathy and author of *The Coconut Oil Miracle*.

Carob

Carob, the fruit of the *Ceratonia siliqua* tree, is rich in natural sugars, vitamins and minerals. Free of the stimulants caffeine and theobromine found in chocolate, it's safe for dogs and its vitamin E supports skin health. Recent research published in the *Iraqi Postgraduate Medical Journal* shows that carob also has natural antibacterial properties.

Oats

A fortifying cereal low in starch and high in mineral content, especially potassium and phosphorus, oats also harbor calcium, magnesium, B vitamins and iron. The grain's primary benefit to skin and coat is its soluble fiber content, which also helps a dog's gastrointestinal system to remove toxins.

Liver

Liver from grass-fed animals enhances healthy skin. Nutrients include calcium, phosphorus, magnesium, potassium, iron, zinc, copper, vitamins A, C, D, E and eight B vitamins, including thiamin, riboflavin, niacin, pantothenic acid, folic acid and biotin.

Wild Salmon

Cooked wild salmon is ripe with omega-3 fatty acids, which along with benefiting the skin and coat, appear to boost the immune system, and may assist dogs with allergies, according to the article "10 'People' Foods for Dogs," by Elizabeth Pask and Laura Scott.

Cranberries

Cranberries contain a variety of bioactive components, including proanthocyanidins and anthocyanin antioxidants, plus the phytochemical ellagic acid. "Animal experiments show that supplementation with anthocyanins effectively prevents inflammation and subsequent blood vessel damage," explains Northern California Registered Dietitian Marilyn Sterling, who also points to myriad studies of the antioxidant power of proanthocyanidins. According to the American Institute of Cancer Research, ellagic acid can prevent skin cancers.

The 16th-century herbalist Henry Lyte documented their use in treating skin wounds and eczema.

Sweet Potatoes

Sweet potatoes can be considered a skin superfood, because they hold a high level of betacarotene (a precursor form of vitamin A) and are a good source of vitamin E. Their vitamin C content, which increases with cooking, facilitates collagen production, contributes to photoprotection, decreases pho-

todamage and supports wound healing, according to a report by Alexander J. Michels, Ph.D., of the Oregon State University Linus Pauling Institute.

Suzi Beber is the founder of The Smiling Blue Skies Cancer Fund via Canada's University of Guelph Veterinary College and Teaching Hospital Pet Trust. She also contributes to Animal Wellness magazine, from which this article was adapted and used with permission.

Chow Down

Try to use organic ingredients whenever possible for all of these recipes.



Chia Coconut Crunch

1½ cups rolled oats
1 tsp baking powder
½ cup coconut flour
1½ Tbsp chia seeds
¼ cup coconut oil
1 cup almond butter
2 whole eggs
1 tsp pure vanilla
¼ cup carob chips

Preheat oven to 350 F. Cover a large cookie sheet with parchment paper. Combine all ingredients except carob chips. After ingredients are well incorporated, add carob chips. Form small balls of dough with hands, place on cookie sheet and lightly flatten each ball with the back of a fork. Bake for 10 minutes in preheated oven. Cool completely before serving. Store in the refrigerator in an airtight container or bag.

Oats 'n Egg Scramble

2 eggs, whisked
½ cup rolled oats
¼ cup goat's milk
Olive oil

Combine ingredients in a medium-sized bowl; let sit for 10 minutes. Lightly coat a pan with olive oil, add bowl contents and then scramble like regular eggs. Cool before serving as a topping to a dog's regular meal.

Raw Liver Paté

½ lb liver (chicken or bison)
2 eggs
1 tsp sea salt or kelp
1 Tbsp olive oil

Whirl all ingredients together in a food processor or blender until smooth. Store in an airtight container in the refrigerator. Use as a topper for regular meals.



Cooked Liver Paté

Same ingredients as liver paté. Hard boil the eggs and set aside. Lightly sauté liver in a pan with the olive oil, sea salt and kelp. Cook until pink is gone. Cool and then combine all ingredients in a food processor or blender until smooth. Serve and store as indicated above.

Source: Recipes courtesy of Suzi Beber.

Both women are 60 years old

What is the difference between the two?



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



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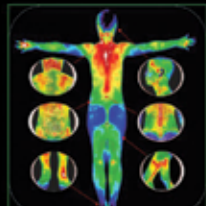
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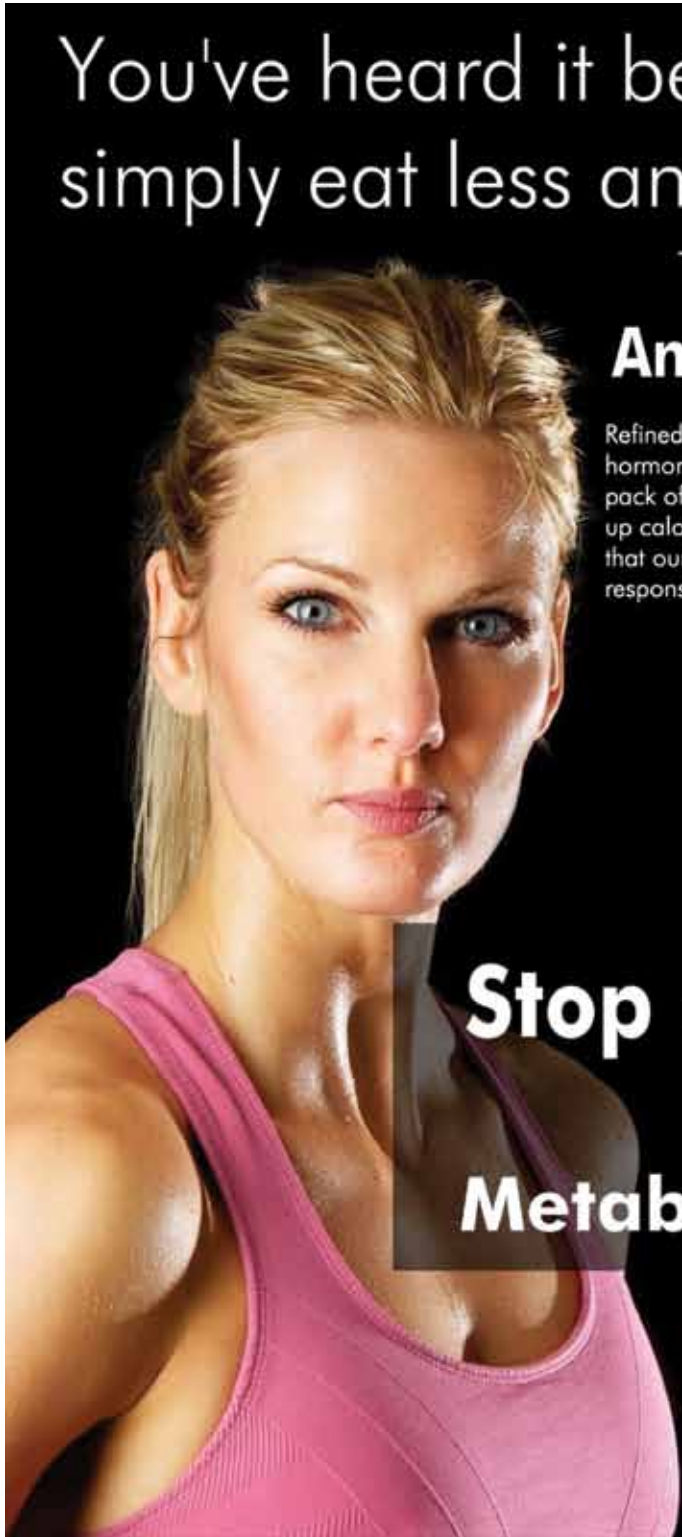
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ALLERGIES— The best natural antihistamine is to cut orange peels in small strips & soak in apple cider vinegar for several hours, drain & cook down in honey until soft but not the consistency of candy. Keep in refrigerator. Use as needed. Relieves stuffiness & clogged passages. Tyrosine (amino acid) - allergies are treated with tyrosine, especially cases of hayfever from grass pollen.

ARTHRITIS— The amino acid Histidine is good for tissue growth and repair and is useful for its anti-inflammatory effect and is used in rheumatoid arthritis.

ASTHMA— Acute attack; it has been claimed that a few drops of Lobelia extract in the mouth will relax and put a stop to the spasms. Pour 1 cup cold of water over 1 - 2 teaspoons shredded Elecampane root. Let stand 8-10 hours. Reheat. Take very hot, in small sips. Can sweeten with honey. Use 1 cup twice a day.

BLEEDING— Cayenne pepper - a small amount applied in the nose has stopped bleeding immediately, taken internally with water helps internal bleeding, also helps a bleeding cut. Plantain - powdered or leaf applied directly on wound, dampen first Marigold - the tincture in boiled water applied to wash the wounds, very useful in bleeding conditions Shepherd's Purse - works as a styptic, use as a tea and apply as a poultice to the wound.

BLISTERS— The amino acid Methionine helps heal rashes and blisters in babies with high ammonia content in their urine. The amino acid Lysine has helped heal fever blisters when given 500 milligrams of Lysine daily, with acidophilus and yogurt.

BOILS— Figs - fresh figs applied hot; it is also used for mouth sores. Honey - an antibiotic; apply with a small amount of comfrey powder, apply and it will help bring boils to a head. Slippery Elm - use the powder added to water to make a paste, healing as a poultice, can be used for wounds, boils and skin problems.

BRUISES— Comfrey powder, golden seal mixed with aloe vera juice is very good for

bruises. Mullein - the oil of Mullein flowers and olive oil is good for bruises. St. John's Wort - the flowers are infused in olive oil and applied to bruises and wounds. Witch Hazel - used as a compress, dipped in distilled Witch Hazel is good for bruises and swellings.

BURNS— Immediately immerse in cool water, apply vitamin E oil and take vitamin E orally; other remedies are: Aloe Vera plant - cut off leaves, slit leaf and squeeze juice or lay exposed side of leaf on burn. Wheat germ oil and honey - make a paste of wheat germ oil and honey in blender, letting it run at low speed, then add comfrey leaves to make a thick paste, apply to burn, keep remainder in refrigerator. Marshmallow compress - can be used for mild burns. Potatoes - peeled raw potatoes will help on burns. Vitamin C applied topically and taken internally reduces pain eliminating the need for morphine.

CHAPPED HANDS— Apply aloe vera gel to chapped hands and chapped lips.

CHICKEN POX— Catnip tea enema. External teas - red raspberry, catnip, peppermint with vinegar to relieve itching. Golden seal tea - for severe itching. Lemonade with honey - fresh vegetable and fruit juices, if possible.

COLDS & FLU— Use mild teas made from catnip or peppermint or red raspberry, use boneset, elderberry and peppermint teas for cases of the flu, give natural vitamin C liquid. Chamomile tea - relaxing and soothing for colds and flu. Lemon and honey water - steeped and used for colds and coughs, refreshing and restorative. Honey - added to herb drinks will help destroy bacteria for the honey is a bactericide. Barley water - wash 2 ozs of barley and boil in 1 pint of water for a few minutes, discard water then place barley in 4 pts pure water, add clean lemon peel, boil down to 2 pts, strain and add 2 ozs of honey, can be used freely for children.

CONSTIPATION— Prevention is the best method, the diet for children should include whole-grain cereals, leafy greens, raw fruits with skins are essential in keeping the bowels working

normally. Emotional disturbances in the mother will affect the baby if nursing. Chamomile tea - weak chamomile tea is good for constipation. Cascara Sagrada - small amounts for children. Elder flowers - good in cases of constipation. Licorice added to herbal teas has a slight laxative action. Nursing babies are rarely constipated if the mother is taking bulk fiber in her diet. Weak molasses water will help. Acidophilus and yogurt are good for constipation. Licorice tea is good for constipation in babies.

COUGHS— If the cause is in the lung area, a cleansing diet is helpful. Onion remedy - peel and chop onions, cover with honey. Simmer, strain and use as a cough syrup. Honey and licorice root or honey and horehound herb, or honey and wild cherry bark are useful. Mullein - good for croup cough. Combination of marshmallow, mullein, comfrey, lobelia and chickweed in equal parts are good for coughs. Pitted dates crushed and made into a syrup has been used for coughs, sore throat and bronchitis. Infants suffocating from phlegm - lobelia extract on tongue. Tea of sage and thyme in equal parts with a pinch of cardamom and ginger and cloves and nutmeg is another remedy for coughs. Heavy cough - cherry bark tea and colts foot flower tea. Chew on licorice or candied ginger. Almond drink - grind almonds into powder and steep in 1 pint of cold water, will soften coughs and is a nutritious drink for a fever. Horehound remedy - use 2 tablespoons of the fresh leaves with two cups of boiling water, drink in small amounts.

CROUP— Bring perspiration by giving the child warm catnip or chamomile tea. Peppermint and honey is good. A few drops of lobelia tincture in catnip or peppermint tea is.

DEPRESSION— The amino acid, Tyrosine, has been found to have a fantastic effect on depression for its management and control and compared to a drug used for depression with one great difference: no side effects. Gotu Kola - helps in mental fatigue which is common in depression. Ginseng - helps stimulate the entire body energy to overcome depression. Kelp - contains all of the minerals for glandular health. Herbal combinations - black

cohosh, capsicum, valerian, mistletoe, ginger, St. John's Wort, hops, wood betony.

DIARRHEA— It must be remembered that diarrhea is natural in times of fear and stress; it's nature's way of quickly removing the toxins in the body. An occasional diarrhea is not alarming. Red raspberry tea is soothing for diarrhea. Carob powder in boiled milk. Usually about 1 tsp to 1 cup milk. Barley water given to small babies is good for diarrhea. Licorice or Ginger is good to help colic pains from diarrhea. Carrot soup - is an excellent remedy for infant diarrhea; the cooked soup coats the inflamed small bowel, soothes it, and helps promote healing.

EARACHE— Oil of garlic in the ear - hold in with cotton. Oil of lobelia in each ear - hold in with cotton.

EYE INFLAMMATION— Lotion of eyebright or chickweed. Eyebright tea strained.

FEVER— High fevers; an enema is needed to reduce the temperature. Barley water for high fever (used linen cloth to tie barley and boil for ½ hour). Licorice water - Elderflower & peppermint leaves.

HEADACHES— Capsuled Hops with water - Wood betony, chamomile tea, Tei-Fu Oil rubbed on temples. Severe headaches - fasting with juice and green drinks.

HEMORROIDS— Ginger tea, yarrow extract, white oak bark. Applied externally.

HERPES SIMPLEX I (fever blisters or cold

sores)— Infects the tissues around the lips and inside the mouth. The amino acid, Lysine inhibits the virus, together with vitamin C, zinc, and vitamin A. Yogurt and buttermilk will eliminate the pain - halt the spread of the lesions and promote healing.

INSECT BITES & BEE STINGS— Clay - a clay paste dampened and applied to the bite and sting will help relieve the pain. Plantain—wet plantain leaf with a little olive oil and place on bee or hornet sting, after the stinger is removed will help to heal; you need to replace the leaf as it dries. Honey—apply honey after removing the stinger. Comfrey—mixed with aloe vera juice will heal bites and take down the swelling.

INSOMNIA— Plain, warm milk contains generous amounts of the amino acid Tryptophan which quiets the nervous system and when taken with vitamin B6, keeps the Tryptophan high in the blood stream. It's an essential ingredient for the regeneration of the body tissues. This is a natural alternative to tranquilizers. Hot chamomile tea. Hops—helps relax the body. Herbal calcium combination helps. Passion flower—excellent for insomnia. Valerian—can be used occasionally, prolonged use can cause depression in some people.

MEMORY— The amino acid Glutamine has been used safely in children who can't learn or retain memory. Gotu Kola has been used with children to improve their learning ability and concentration.

RINGWORM— A fungoid parasite is best stopped by sealing off the air. Undiluted lemon juice, white of egg, nail varnish—apply every few hours. Garlic applied internally is helpful.

SUNBURN— To avoid sunburn, mix one teaspoon vinegar to ½ cup thin sunflower oil and apply. Gel from aloe vera plant and wheat germ oil with powdered comfrey added. Make paste ahead and it will keep well in a covered jar.

TOOTHACHE— Hot poultices will reduce pain of toothache. Chamomile and hop tea will help relax the body. Oil of Clove—just a temporary relief; clove oil can be mixed with zinc oxide powder to form a paste, this will protect the cavity from food.

TONSILLITIS— Catnip tea enema—pineapple juice. Vegetable juices are useful in removing waste. Red raspberry tea—comfrey tea.

WORMS— Grated raw apples sprinkled with anise seed in a salad will get rid of worms. Cold sage tea is also good for worms. Garlic—excellent body cleanser. Papaya Latex is used in Asia for children to expel worms (obtain at health food stores). Pomegranate— good for pin worms, round worms, and tape worms. Pumpkin seeds—help eliminate worms.

DISCLAIMER: The information provided here is for informational and educational purposes only. It is not to be construed as medical care or medical advice and is not a replacement for medical care given by physicians or trained medical personnel. The publishers of *Natural Awakenings Magazine* nor the Natural Health Center or DHARMA Wellness Center does not directly or indirectly practice medicine, dispense medical advice, diagnosis, treatment or any other medical service as part of their public services. Always seek the advice of your physician or other qualified healthcare provider(s) when experiencing symptoms or health problems, or before starting any new treatment.

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Learn as if you were
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- Mahatma Gandhi



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Imagine the Possibilities

Silence the mind with meditation.
Detox with a cleanse.
Relax with massage and movement.
Eat well for your body.
Learn energy healing for better health.
Find emotional freedom.

Choose your own path.

heal your body

The Natural Health Center is a holistic health practice, offering state-of-the-art technology combined with individualized service. We believe that each person should be approached as a whole, integrated being and not just a collection of symptoms. Each person is biochemically different from one another. Therefore, no two people who come to us will receive the same recommendations and plan of action. We customize the way we help people based upon their individualized needs. Our goal is to get your body to a healthy, balanced state where it can begin to heal itself the way God created it to do.

calendarofevents

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

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FRIDAY JULY 11

Lafayette Career Fair – 10am-3pm. Visit with local and national companies in Lafayette, Louisiana. Sponsored by Eventures. Heymann Performing Arts Center, 1373 South College Rd, Lafayette.

SATURDAY JULY 12

Movies in the Park: Frozen – 8pm. Films beneath the stars. After the kingdom of Arendelle is cast into eternal winter by the powerful Snow Queen Elsa, her sprightly sister, Anna, teams up with a rough-hewn mountaineer named Kristoff and his trusty reindeer Sven to break the icy spell. Concessions available. Free, suitable for children and adults. Opelousas Tourism and Parks & Recreation. South City Park, Opelousas. 337-948-5227.

SUNDAY JULY 13

Animal Rescue Foundation of Louisiana – 5:30pm. Grab some friends and support a local cause. Bowlers play 3 games, shoe rentals included in fee to benefit ARF-LA. \$10. Acadiana Lanes, 3227 Ambassador Caffery, Lafayette. 337-332-4756.

TUESDAY JULY 15

Painting Your Way through Stress – 12-1:30 pm. Painting and art can be a tool for relaxing and stress relief. Local artist, Helen Kilchrist, will teach her tricks while exploring the benefits of stress relieving. Pre-registration required. First United Methodist Church, New Iberia. 337-232-1234.

Money Smart Classes – 5:30-7:30pm. Learn how to manage money and pay bills on a budget. Second class day is Thursday, July 17. Attendance on both days is mandatory. Refreshments provided. Free. The Family Tree, 2435 W Congress St, Lafayette. 337-981-2180.

WEDNESDAY JULY 16

Technology Class – 9am. Beginner class for students without prior web design experience. A certificate will be issued upon completion that can be included with high school and college applications. Praxeas flagship product is a preventive maintenance application which services and supports thousands of users in the Gulf of Mexico. This application provides data for SEMS and upkeep of all service done to the equipment including work orders, runtime, oil samples, parts requisition, and repair/core logs. Free. 6th, 7th, 8th & 9th Graders. First Apostolic Church, 717 Duhon Rd, Lafayette.

THURSDAY JULY 17

Hot Dog for Seniors – 10:30am. Iberia Council on Aging's 4th annual fundraiser. This event assists in funding support of many programs offered to seniors for Iberia Parish. The meal is a Hot Dog with homemade chili, chips, a cookie and a canned drink. \$6. Iberia Council on Aging, 415 1/2 Center St, New Iberia. 337-367-1556.

Money Smart Classes – 5:30-7:30pm. See July 15 listing. The Family Tree, 2435 W Congress St, Lafayette.

IPAL Presents: Joseph and the Amazing Technicolor Dreamcoat – Thru July 20. 7:30pm. Sunday 3pm. Enjoy the best summer youth musical. Concessions available. Essanee Theater, 126 Iberia St, New Iberia. 337-256-0604. IPALTheater.com.

FRIDAY JULY 18

Lafayette Parish Distinguished Citizen Awards Luncheon – 11am. Boy Scouts of America Evangeline Area Council honor Andy & Don Begneau as distinguished citizens at the 33rd annual luncheon. Sponsorships and tickets can be purchased in advance. \$125. Lauren Taylor. Cajundome Convention Center, 444 Cajundome Blvd, Lafayette. 337-235-8551 ext 114.

Applause for a Cause – 1pm & 6:30pm. Lafayette native and St Jude patient, Parker Rivera is a student assistant director in this fundraiser performance. Elementary and middle school students from across Acadiana participate in intensive week-long musical theater workshop under the leadership of professional musicians, choreographers, vocal coaches and drama directors. Project culminates in two live-music performances of the original musical, "Gideon: A Musical about Uncommon Courage". Donations accepted at the door. Performances free. St Jude Children's Research Hospital. Bayou Church, 2234 Kaliste Saloom Rd, Lafayette. 337-984-8291.

SATURDAY JULY 19

Angler's Addiction Fishing Tournament – 5am-4pm. Prizes for top 3 specks and reds fish in slot 16"- 27". Quintana Canal, LA 329 & Beach Ln, Cypremort Point. 337-519-3131 or 337-519-3947. LydiaCancerAssociation.org.

SUNDAY JULY 20

Louisiana Hot Sauce Exposition – 10am-6pm. Enjoy great hot sauces, Bloody Mary drinks and spicy foods in the heart of Cajun country. Over one hundred vendors expected. Live music scheduled throughout the day. Acadian Village, 200 Greenleaf Dr, Lafayette.

WEDNESDAY JULY 23

"Stars of Style" Best Dressed Gala – 6:30pm. Profits from this premier fundraiser event are earmarked for the popular Children's Parade held annually at the Louisiana Sugar Cane Festival in New Iberia. It's a great opportunity for children to enjoy the festival experience and take part in the fun. Tables of 8 for \$1200 may be purchased beginning July 1. Three levels of sponsorships are available upon request. Louisiana Sugar Cane Festival and Fair Association. Geri Frederick. Cade Community Center, 1688 Smede Hwy, St Martinville. 337-367-7594.

THURSDAY JULY 24

IPAL Presents: Joseph and the Amazing Technicolor Dreamcoat – See July 17 listing. Thru July 27. 7:30pm. Sunday 3pm. Essanee Theater, 126 Iberia St, New Iberia. 337-256-0604, IPALTheater.com.

FRIDAY JULY 25

Louisiana Outdoor Expo – 9am. Thru July 27. An international trade show for outdoor industry and the outdoor enthusiasts. Face-to-face interaction between hunters and shooters of this expanding industry giving rise to new ideas. General admission \$18. Cajundome, 444 Cajundome Blvd, Lafayette.

SATURDAY JULY 26

Denise P Breaux Memorial Red Fish Derby – 6am-6pm. Red fish rodeo with cash prizes. Three fish stringer 16"-27" slot with a kids division. Live entertainment by Wayne & Same Ol' 2 Step Zydeco Band. Food and refreshments available. Registration Friday, July 25, 6-9pm, with dinner, refreshments and a DJ. Quintana Boat Landing, LA 329 & Beach Ln, Cypremort Point. 337-519-3611. DPBRedFishDerby.com.

Louisiana Stock Horse Association Show – 9am-6pm. State stock horse show and competition. Concessions available. SugArena at Acadiana Fairgrounds, 713 NW Bypass (Hwy 3212), New Iberia. 337-365-7539. SugArena.com.

Resources on the River – 8pm. Informational fair for professionals, caregivers and consumers to help care for senior citizens and promote independent living. Vendors, free health screenings and breakout educational sessions. Free. Heymann Performing Arts Center, 1373 S College Rd, Lafayette.

THURSDAY JULY 31

Camp Brave Hearts – Thru August 1. Hospice of Acadiana is holding this annual camp for children ages 7-11 who are grieving the loss of a loved one. Therapeutic activities and games teach children to cope with grief and loss. Facilitated by Jessica Johnson, LPC. Pre-registration required. 337-232-1234.

Lunch and Learn – 11am. Drug use among employees is on the rise. From high turnover rates to an increase in workers compensation claims, abuse and addiction are a plague on American business. Iberia Urgent Care will host a lunch and learn class to cover types of drug testing, alcohol legal limits, drugs of abuse and reasonable suspicion-techniques for supervisors who have to "make the call". Lunch provided. Free. RSVP by Tuesday, July 29. El Chile Verde Banquet Room, 2714 HWY 14, New Iberia. 337-465-4600.

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ongoing events

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

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sunday

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

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

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

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

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

monday

Journaling Through Grief – 10-11:30am. Joan Broussard, certified spiritual director provides information on journaling as a healing exercise for the grieving. Workshop begins a 6-week support group gathering until Monday July 14. Pre-registration required. Hospice of Acadiana Conference Center, 2600 Johnston St, Lafayette. 337-232-1234.

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

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

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

Blue Grass Jam – 7pm. Bring an instrument to join the Jam or just lay back and listen to some of the best Bluegrass and Folk music Lafayette has to offer. Cité des Arts, 109 Vine St, Lafayette. 337-291-1122.

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

tuesday

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

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

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

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

Jefferson Street Story Times – 2:30pm. Story times for ages 3-6. Jefferson Street Library, 538 Jefferson St, Lafayette, 337-261-5787.

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

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

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

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

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

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

wednesday

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

LEDA Networking Luncheon – 11:30am. 1st Wed each month. Meet over a hundred people for buffet lunch with guest speakers from local businesses. The "roaming mic," is passed to everyone in the audience for the opportunity to stand up and tell their name and the name of their business. Door prizes, time for mingling. \$17.50. RSVP by 5pm the Tues before. River Oaks, Lafayette. 337-593-1400.

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

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

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

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

thursday

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

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

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

friday

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

Lafayette. 337-291-5644 or 337-291-5645.

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

LA Ice – 7-11pm. Public ice-skating at night. \$10/admission & rental, \$8/admission. 3607 NW Evangeline Thruway, Carencro. 337-896-2040. LAIceArena.com.

saturday

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

Teche Area Farmers' Market – 7-11am. See Tues listing. Main St, New Iberia.

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

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

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

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

New Iberia Creole Market – 8am-12pm. 4th Sat each month. Shop for seasonal local grown produce and fruits, fresh Louisiana seafood, homemade jams, jellies and other preserves. Fresh baked items, home-cooked dishes, hand-made crafts. Enjoy fun and educational activities that promote healthier eating and lifestyle choices. West End Park, 1200 Field St, New Iberia. 337-367-0834. Facebook.com/CreoleMarket.

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

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

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

Savoy Music Jam Session – 9am-12pm. Bring an instrument or just yourself to enjoy a live traditional Cajun music jam session. Savoy's Music Centre, 4413 Hwy 190 E, Eunice. 337-457-9563.

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

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

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

Freetown Farmer's Market – 10am-2pm. See Wed listing. 421 E Convent St, Freetown Studios, Lafayette.

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

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

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

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

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

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

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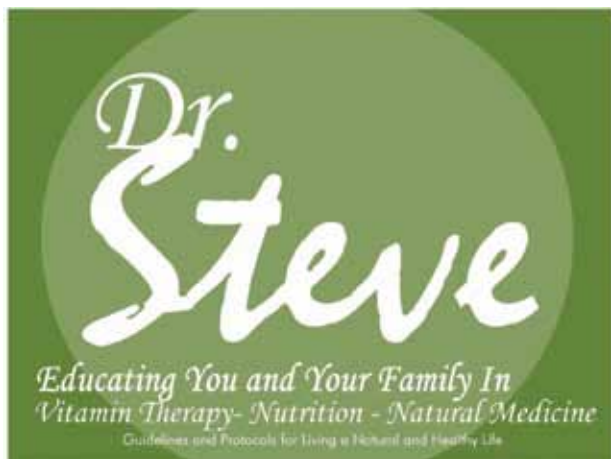
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Naturopathy is a form of alternative or complementary medicine.

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

The Basics of Naturopathy

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

Naturopaths see themselves as teachers, and work with patients on lifestyle changes that promote healing and optimal health.

Taking many aspects of a patient’s life and history into consideration, naturopaths may address diet and nutrition, chronic health conditions, exercise, emotional health, spirituality, family history, and many other factors during the course of treatment.

The prevention of disease and illness is one of the most important aspects of naturopathic medicine. Whereas mainstream medicine may concentrate

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

Traditional Naturopaths

In the United States, there are three categories of practitioners of naturopathy: naturopathic physicians, traditional naturopaths, and various providers who utilize aspects of naturopathic medical practice. In terms of education, traditional naturopaths complete a bachelor’s degree and pre-medical education in one of the three major areas of science (chemistry, biology, or physics) and graduate-level training in science and



natural medicine. Traditional naturopaths complete continuing education requirements to stay current with the most current natural medicine practices.

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

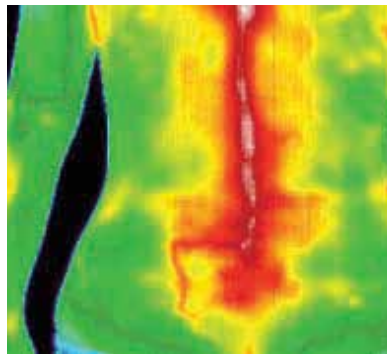
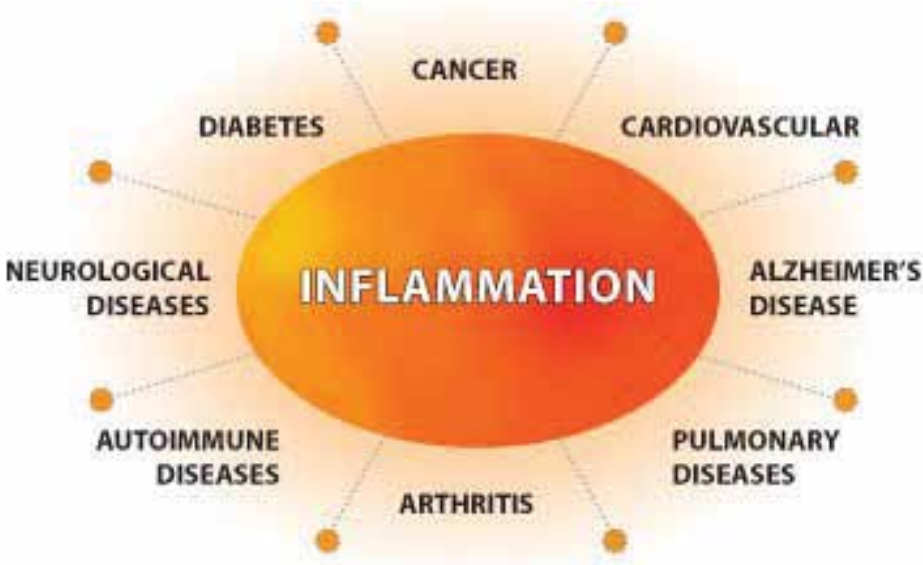
Is Naturopathy for Me?

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

What Can I Expect?

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

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Lose Weight:

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

Anti Aging:

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

Reduce the Chances of Osteoporosis:

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

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

Build Cardiovascular Health:

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

Reduce Joint Pain and Arthritis:

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

Reduce Candida:

Along with other healthy bacteria,

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

Reduce Infections, Flu and Colds:

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

Detoxify:

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

Decrease Risk of Cancer:

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

Increase Energy Reserves:

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

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