HEALTHY LIVING HEALTHY PLANET

natural awakenings

feel good • live simply • laugh more

FREE

Secrets of a Happy Life

Smiles Glow from the Inside Out

Dad & Daughter Dates

Cherished Time Together

Reframing Priorities

How Men Can Pursue Spiritual Growth

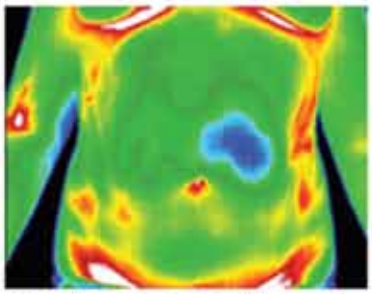
Walk this Way

Going Shoeless Soothes & Heals

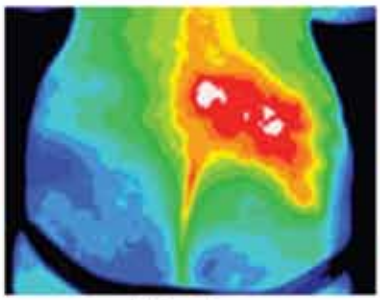
SPECIAL ISSUE **Natural Remedies Guide** Pages 8-14

EVERY ISSUE IS A GREEN ISSUE

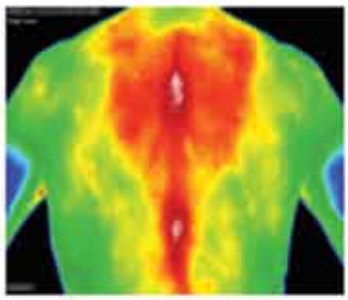
June 2013 | S.W. Louisiana-Acadiana Edition | www.NAacadiana.com



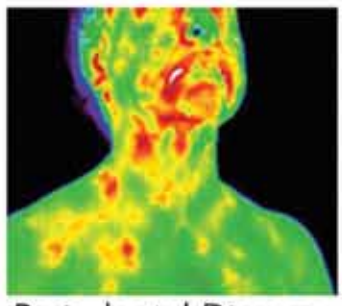
Hypothermia in the Stomach



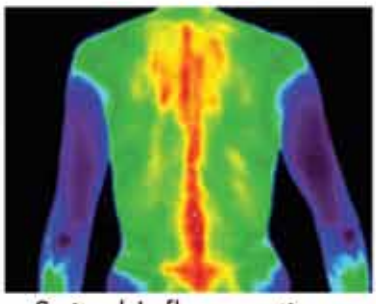
Shingles



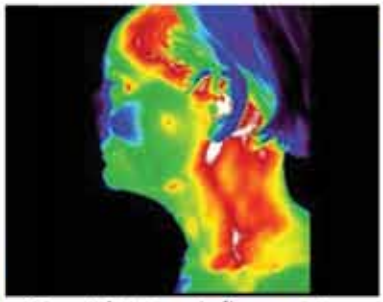
Lung Cancer



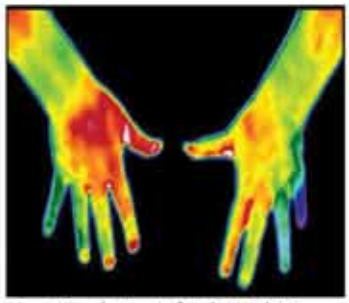
Periodontal Disease



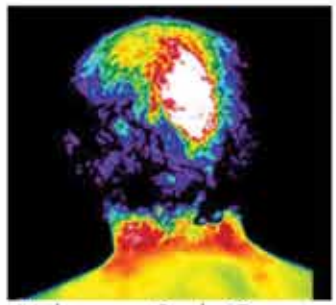
Spinal Inflammation



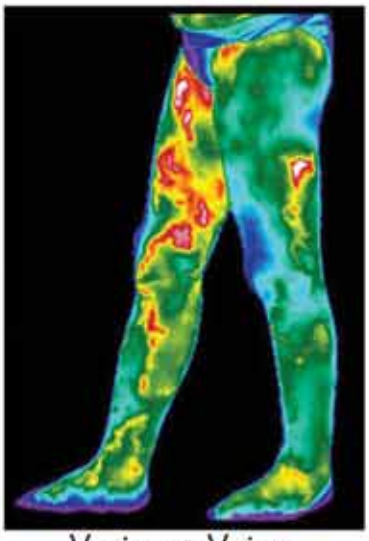
Carotid Artery Inflammation



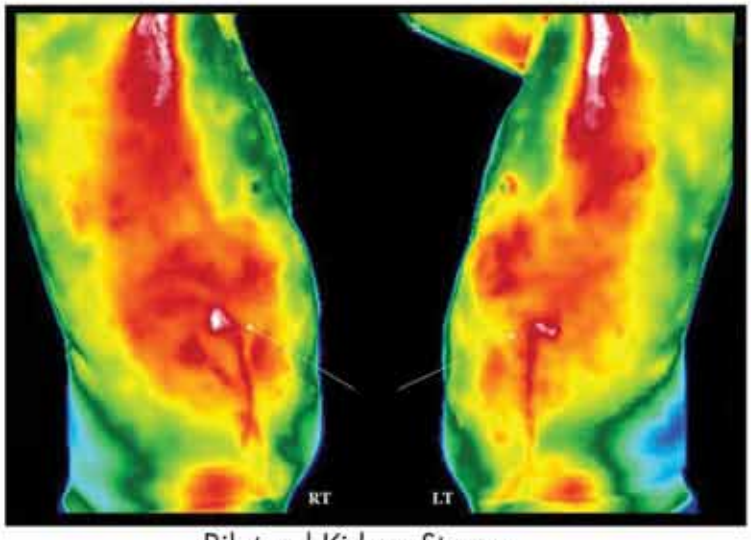
Poor Circulation Left 4th & 5th Finger



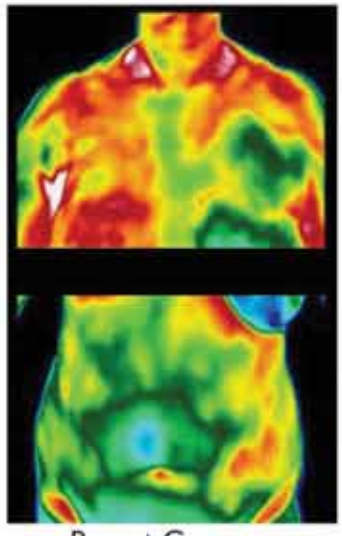
Melanoma-Scalp Cancer



Varicose Veins

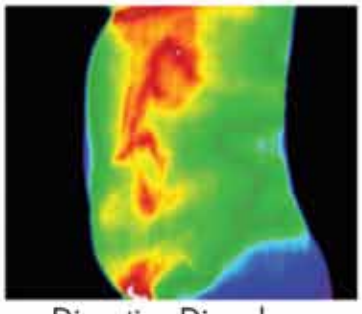


Bilateral Kidney Stones

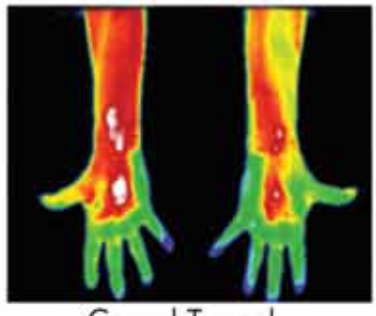


Breast Cancer

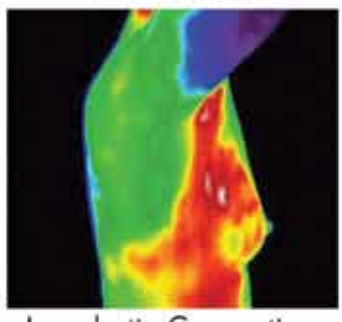
Thyroid Cancer



Digestive Disorders

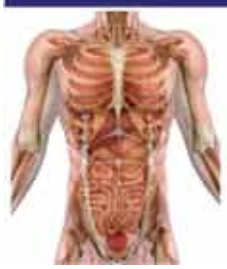


Carpal Tunnel



Lymphatic Congestion

$94 Full-Body Thermography Screening



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Powerful, Positive Healing for Life

Call **896-4141** to schedule

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

Organic Frozen Wheatgrass Juice

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

Wheatgrass is harvested for juicing when the grass reaches its nutritional peak. This is just before the jointing stage, when the plant is between 7 and 11 inches tall. At this point, it has accumulated energy which will soon power a massive growth spurt. It is this energy that is captured in the juice.

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

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

Green Waters Alkaline Water

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

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

WheTea

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

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

Mood Enhancer

Best Depression Formula

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

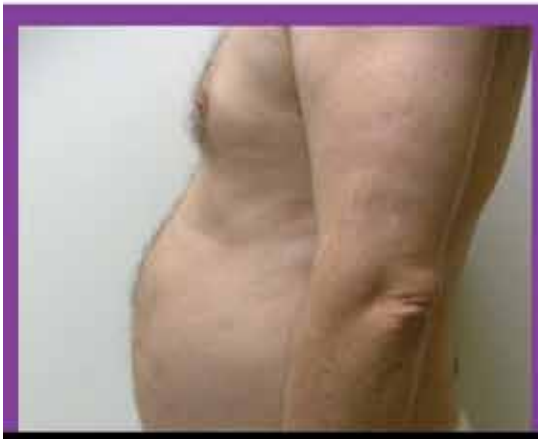
Suggested Use: 1-2 capsules/day
Price: $35.00

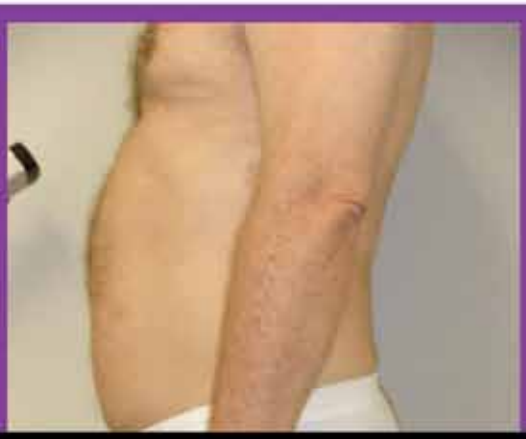
Shrink Your Belly

GET RID OF STUBBORN BELLY FAT

The FDA recently approved Zerona, a machine that uses low-level laser beams to puncture tiny holes in fat cells. "Fluid drains out and gets swept away by your lymphatic system." says Jeffrey Kenkel, M.D., president-elect of the American Society of Aesthetic Plastic Surgery. It won't give you Brooklyn Decker's body, but it may help trim trouble spots- ant the fat cells will stay smaller as long as you don't gain weight. The process takes two to four weeks (six to 12 40-minute) sessions, every other day) and costs about $1,100 to $1,800.

CALL 896-4141 to set an appointment for a free consultation





$1,425

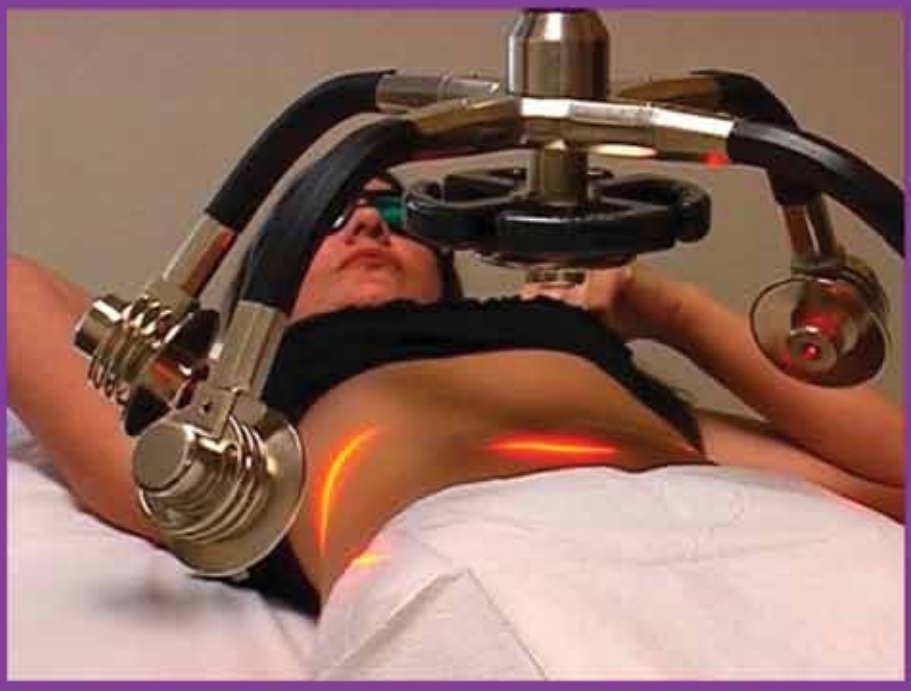
$450 OFF

$675

9 Treatments (3 weeks)

Zerona Cold Laser Fat Reduction

12 Treatments (4 Weeks): $850



ZERONA is a new non-invasive body sculpting procedure designed to remove fat and contour the body without invasive surgery. ZERONA, unlike other procedures, allows the patient to continue their daily activities without interruptions from surgery, pain, or wounds. ZERONA works by utilizing the Erchonia Laser Scanner, which is also FDA market cleared for laser assisted liposuction. The Laser Scanner allows for the emulsifiaction of adipose tissue, which releases into the interstital space.

- **ZERO Pain**
- **ZERO Surgery**
- **ZERO Downtime**

- Reduce stubborn fat from:
  your tummy, back, hips, thighs, buttocks, love handles
- See a reduction in the appearance of cellulite
- Drop 2 to 7 pant/dress sizes in two weeks

Doctors

THE EARLY SHOW

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publisher's letter

Intentions are powerful things. Our intentions create what we are and can build new realities and futures for us. Lately, we've been reading a lot about improving our intentions so we can be happier, healthier and more successful. It is often assumed that we have conscious control over our choices and that we can change our beliefs by simply changing our minds. Unfortunately, 90% of the motivators behind our behaviours, choices and beliefs are in our subconscious beneath our awareness. But if our intentions are true and pure we can overide our subconscious ideas with new and more powerful ones.

Our past is always a part of our present and it helps to shape our future. Knowing that we have been significant in someone's life makes this short journey through life purposeful. These days, we are all so busy that there never seems to be enough hours in the day. But we can change that. Today, let's pause and purposely take a moment to breathe deeply, smile and do something to make someone else's day special. Do it with strong intentions to spread light and joy.

Some people say meaning is what makes life worth living. Many of us think that a life of meaning is one filled with excitement, intensity and drama. But that's not always the case. We can also find meaning in the serene and the tranquil. More often than not, it is the absence of such peace that can extinguish one's passion for life.

Our physical health is not the only aspect of ourselves that suffers from the daily grind. It takes a toll on the mind and spirit as well. Nothing kills passion faster than mental and emotional exhaustion added to physical exhaustion. We have to make an effort to find small ounces of joy in the daily routine in order to ensure that our emotional and mental fatigue subsides.

Today is important and it is with strong and positive intention that we must live it. We must remember that the creator has given us this day to use as we will. Will we waste it or use it for good? What we do today is important, because we exchange a day of our life for it. When tomorrow comes, this day will be gone forever and we will have left in its place something we have traded for it. We want it to be gain, not loss; good, not evil; success, not failure—all so that we shall not regret the price we paid for it.

Think green, live peacefully, share your love,

Steve & Michelle

Steve and Michelle Castille, Publishers

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Publishers
Steve & Michelle Castille

Editor
Beth Davis

Writers
Beth Davis & China Ledet

Director of Outreach
Maila Nelson

Outreach
Megan Reed
Raukella Charlot & China Ledet

Design & Production
Gail Babineaux & Steve Castille

Calendar
China Ledet & Verla Winters

Distribution
Erica Hawkins and Arthur Johnlouis

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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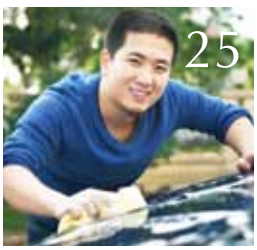

Natural Awakenings is your guide to a healthier, more balanced life. In each issue readers find cutting-edge information on natural health, nutrition, fitness, personal growth, green living, creative expression and the products and services that support a healthy lifestyle.

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Natural Remedies Guide

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Acidosis - an acidic pH is often called the "Real Silent Killer". Saliva pH should stay close to 6.5 with a range of 6.4 morning to 6.8 in the evening. Urine pH should fluctuate between 6.0 morning and 7.0 in the evening. Calcium Complex to buffer acids. Use alkaline minerals like Adult-Food Based Multimineral. Digestive Enzyme Complex with meals. Cleanse as needed with Psyllium Husk + Organic Fiber Powder. Also, strengthen the lymphatic systems ability to accept acids using **Whole Body Vibration**.

A.D.D / A.D.H.D. - Brain Formula, Flax Seed Oil, Multi Minerals Cal-Mg-Zn, Vitamin C. Use the "Eat Right for your blood type diet". Whey Protein and Childrens multi-vitamins. Eliminate sweeteners, sugar, sodas, etc. Check for possible food allergies. If ADHD is involved, Niacin may also be needed.

Acne - Acidophilus Probiotic and Digestive Enzyme Complex. Colloidal silver, Zinc, and Tea Tree Oil externally. Flaxseed Oil, Vitamin B Complex, Vitamin C, Vitamin D3, CoQ10. Garlic as a natural antibiotic and Wheatgrass for the chlorophyl to cleanse the blood, lymphatics, and skin. Use an **Infrared Sauna** to detox the skin and **Whole Body Vibration** to increase blood and lymphatic circulation.

Age Spots - (also called Liver Spots) are results of waste build-up from free radical accumulation. pH 9.5 drops, Green Waters Alkaline Water, Milk Thistle, Antioxidant Complex, Adult Multi-Mineral + Vitamin E. Use L-Arginine to flush and cleanse the liver. Lecitin and Digestive enzymes to emulsify fat and increase digestion to reduce the burden on the liver. CoQ10 promotes tissue oxygenation and Selenium is a good detoxifier.

Allergies - Acidophilus Probiotic Complex to improve digestion. Immune Formula to boost the body's natural virus fighting abilities. Pain and Inflammation Enzymes, Cal-Mg, Organic Garlic, CoQ10, and Grape Seed to reduce free radical damage. Vitamin C protects the body from allergens.

Alzheimer's - Vitamin E, Brain Formula, pH 9.5 drops, Wheatgrass, Zinc, CoQ10, and Folic Acid to aid in controlling homocysteine levels. Studies have shown high levels of homocysteine in this disorder. Lecitin to improve memory. Food-Based Multivitamin and Multimineral. Antioxidant Complex + Selenium as a powerful antixoidant to protect brain cells.

Anemia - Cheleated Iron, Vitamin B12 , Vitamin C, Vitamin E, Zinc, and add Wheatgrass to drinking water. (do not use iron if anemia is thalassemia - a blood disorder).

Anxiety / Panic Attacks - 5-HTP, Brain Formula, Cal-Mg, Food-Based Multivitamin and Multimineral, Vitamin E, Vitamin D3, CoQ10, Ginkgo Biloba, Chromium Picolinate. Use Melatonin, Valerian, and Sleep Aid to sleep at night.

Appetite Stimulant - Organic Grass Juice, Saw Palmetto, Wheatgrass and Food-Based Multivitamin and Multimineral.

Appetite Suppressant - Glucomannan expands to sixty times it's own weight to curb appetite and promote a sense of fullness.

Food-Based Multivitamin and Multimineral, Spirulina, Organic Fruits & Greens Powder Blend.

Arteriosclerosis - The buildup of deposits inside the artery wall. Use pH 9.6 Drops, Green Water Alkaline Water. Amino Acid Complex, Omega-3, Food-Based Multi-mineral, Garlic, Wheatgrass, Vitamin C, Antioxidant Complex, and Selenium a powerful liver detoxifier. A Heavy Metal Detox program may be necessary.

Arrhythmias - electrical disorders that disrupt the natural rhythm of the heart. 100-300mg /day CoQ10 - strengthens the heart without exercise. Cal-Mg, Vitamin E, Cardiac Support, and Iodine Liquid Drops to activate the thyroid (thyroid helps to regulate heart beat).

Arthritis - The "Eat Right for your blood type diet" usually improves arthritis. Check for food allergies. Digestive Enzyme Complex + Probiotic Complex are are essential for this condition. Pain and Inflammation Enzyme, Quercetin with Bromelain, Glucosamine Complex with Chondroitin & MSM, Cal-Mg-Zn with D, Kelp, Food-Based Multimineral and Multivitamin, Flaxseed, Amino Acid Complex, Antioxidant Complex + Selenium. CoQ10, Vitamin E, Vitamin D3 for circulation.

Asthma - medical attention needed until nutrition rebuilds. Food-Based Multivitamin + Multimineral, CoQ10, Vitamin E, Vitamin D3. Vitamin C with bioflavanoids needed to protect lung tissue and keep infection down. Vitamin B12 and Kelp for minerals in balanced amounts.

Backache - Pain and Inflammation Enzyme, Cal-Mg-Zn with D, Food-Based Multivitamin and Multimineral. Glucosamine Complex with Chondroitin & MSM. Green Waters Alkaline Water minimum 64 oz daily. Vitamin B12 aids in calcium absorption. Shark Cartilage, Flaxseed Oil, Vitamin B Complex, and Vitamin C is essential for the formation of collagen.

Bad Breath /Halitosis - usually caused by poor digestion or poor elimination. Psyllium Husk, Digestive Enzyme Complex, Probiotic Complex, Wheatgrass, and Garlic as a natural antibiotic. Clean the colon with Organic Fiber.

Baldness - Eat plenty of soy to block negative testosterone. Take Flaxseed, Hair-Skin-Nail, Biotin, Vitamin C, Vitamin B Complex. Ginkgo Biloba + CoQ10 to increase circulation in scalp.

Bladder Incontinence - check for bladder infection and balance pH. Probiotic Complex, Amino Acid Complex, Cal-Mg-Zn with D.

Bladder Infection (cystitis) - Cranberry Chewables, Organic Cranberry are the two primary supplements needed. Add Colloidal Silver and Organic Garlic as natural antibiotics to soothe painful urination. Take 4,000 - 5,000 mg Vitamin C in divided doses of 1,000 mg to produce an antibacterial affect through acidification of the urine. Probiotic Complex, Cal-Mg-Zn with D, Food-Based Multivitamin and Multimineral. If re-occurring bladder infections check for Candida.

Blood Clots (Venous Thrombosis) - a blood clot in a vein and needs medical attention. Vitamin E, Grape Seed Extract, CoQ10, Wheatgrass (do not take Wheatgrass if taking blood thinning meds). Flaxseed, Organic Garlic, Lecithin, Cal-Mg, Vitamin C, and Vitamin B Complex to speed up healing time and aid with bodily functions. Fasting decreases blood coagulation and may be beneficial.

Blood Count - to build red build cells: assist the liver and balance pH. An acidic pH prevents iron from absorbing *(See Acidosis)*. Milk Thistle, Chelated Iron, Wheatgrass, Food-Based Multivitamin and Multimineral.

Blood Pressure, High (Hypertension) - 39% of those with high blood pressure have a CoQ10 deficiency and weak kidneys. Organic Garlic and Valerian if stressed or nervous. Niacin and L-Arginine. Cal-Mg-Zn, Sustained Release Potassium, Flaxseed, Selenium, Vitamin C, Vitamin E, Lecithin, Kelp to balance minerals, and Antioxidant Complex.

Blood Pressure, Low - Liquid Iodine, Sustained Release Potassium, L-Tyrosine.

Boils - referred to as furuncles by medical professionals. Toxic bowel and/or excess junk foods are causes of most boils. Vitamin E, Chelated Iron, Antioxidant Complex, Organic Garlic, Selenium, Colloidal Silver, Vitamin A, CoQ10, and Vitamin C as a powerful anti-inflammatory and to enhance the immune system.

Breast Cysts - can be caused by negative estrogen not processed by the liver. CoQ10 is a powerful anti-oxidant that helps to remove toxins from the body. Vitamin E + Kelp is a rich source of iodine. Iodine deficiency has been linked to fibrocystic breast. Vitamin A, Vitamin B Complex, Vitamin C, Zinc, and Food-Based Multimineral which provides balanced mineral content for the body. Women's Hormone Balance. Estrogen or birth control pills can make symptoms worse - switch to low-dose pill.

Bronchitis - Immunity Formula, Vitamin C, Cal-Mg-Zn with D, Organic Fiber to detox the colon, Colloidal Silver, CoQ10, and Pain and Inflammation Enzyme to reduce the inflammation. Garlic, wheatgrass for chlorophyl to detox the lymphatic system, Zinc, and Vitamin B Complex.

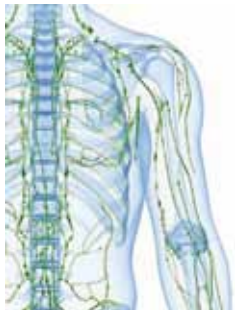
Bursitis - Balance pH levels.- see Acidosis. Flaxseed, Cal-Mg, Amino Acid Complex, Vitamin C, Vitamin E, CoQ10, Zinc, Glucosamine, Food-Based Multivitamin, Antioxidant Complex, and a Probiotic Complex to aid in digestion. Manglier Tea.

CANDIDA - *Candida Albicans,* a single-celled fungus, is always present in the genital and intestinal tracts. If it is present in disproportionate quantities it can cause infection. Organic Fiber and Psyllium Husk for healthy bowel elimination, Digestive Enzyme Complex and Probiotic Complex to build good bacteria in the bowel. Colloidal Silver, Organic Garlic, Cal-Mg-Zn with D is often deficient in people with candida. Food-Based Multivitamnin and Multimineral, Selenium, and Vitamin C with bioflavonoids. Eliminate all sugars, wheat, and dairy products for at least 2 weeks.

Carpal Tunnel - Pain and Inflammation Enzyme, Cal-Mg-Zn with D, Flaxseed Oil, Lecithin, Vitamin B Complex, Grape Seed Extract, Kelp, and Zinc to aid healing.

Cataracts - Balance pH levels.- see Acidosis. Vitamin E, Lutein Plus for eyes, L-Lysine. Vitamin E, Vitamin C, Zinc.

Cholesterol - Over 60% of cholesterol is produced by the body in the liver. Start with Organic Fiber + Digestive Enzyme Complex. Red Yeast Rice, Green Tea, Selenium, L-Carnitine, Lecithin, Vitamin B Complex, Vitmain C, Vitamin E, Flax Seed Oil, and Organic Garlic which lowers cholesterol and blood pressure levels. Fat Complex to absorb excess fat in the body.



Chronic Fatigue Syndrome - B-12 + Thermo X to boost the body's metabolism. Probiotic complex, CoQ10, Vitamin E, and Melatonin + Sleep Aid for a restful sleep. Amino Acid Complex Ginkgo Biloba improves circula-

The nutrition supplements found in this Natural Remedies Guide are available at:
CARENCRO: LITEON Natural Health Center 896-4141 SUNSET: DHARMA Wellness Center 662-3120

tion and brain function. **Milk Thistle** protects the liver. **St. John's Wart** has antiviral properties and is a good antidepressant. **Brain Formula** to improve mood.

Circulation - **Vitamin C, Vitamin D3,** and **CoQ10**. **Ginkgo Biloba** improves circulation and brain function. **Wheatgrass** for chlorophyl which improves oxygen levels in the body. **L-Carnitine** helps to strengthen the heart muscle and and promote circulation by transporting long fatty acid chains.

Cirrhosis (of the liver) - **Milk Thistle** and **Digestive Enzyme Complex** are very important. **Probiotic Complex. Garlic, L-Arginine, L-Carnitine, Lecitin, Wheatgrass, Cal-Mg, Amino Acid Complex.**

Cold Sores (Fever Blisters) - **L-Lysine, Vitamin E**, and **Brain Formula**t for stress relief. **Immunity Formula, Antioxidant Complex, Colloidal Silver,** and **Probiotic Complex**.

Colic - Add **Organic Fiber** to your baby's formula. Some studies have suggested that colic may improve in certain infants when fiber is added to their formula. Organic Fiber, a bulking agent that draws water into the stool, to the babies' formula. Anywhere from one-half teaspoon three times a day to one-half teaspoon six times a day seems to do the trick. Start by adding small amounts of fiber to the formula, and build up to higher doses. Although not the answer for every baby, adding a little fiber is safe and worth a try. Mom should avoid chocolate, garlic, onions, caffeine, cow's milk, cabbage, corn, and eggs.

Common Cold - **Immunity Formula, Antioxidant Complex, Echinacea, Organic Garlic, Vitamin C**.

Constipation - **Organic Fiber, Psyllium Husks, Probiotic Complex, Digestive Enzyme Complex**.

Dandruff - **Food-Based Multivitamin** and **Multimineral, Essential Fatty Acids, Kelp, Selenium, Vitamin B Complex, Vitamin C with Bioflavonoids**. May be caused by Candida - See CANDIDA.

Depression - Usually the thyroid is involved, see hypothyroid. **St. John's Wort, 5-HTP**, and **Brain Formula** for mood support. For nutritional support use **Liquid Iodine**. **Cal-Mg,Vitamin C, L-Tyrosine**, and **Essential Fatty Acid.** A liver cleanse may be necessary. For PMS related mood swings use **Women's Hormone Balance**.

Diabetes - **L-Carnitine, Spirulina, Vitamin B Complex, Vitamin B-12** needed to prevent diabetic neuropathy, **CoQ10** improves circulation and stabilized blood sugar, **Psyllium Husk** is a good fiber source and **fat mobilizer, Probiotic Complex, Digestive Enzyme Complex,Vitamin E, Organic Fiber** to detox the colon.

Diarrhea - **Activated Charcoal** or **Hydrated Bentonite, Essential Fatty Acid, Acidophilus Probiotic, Kelp** to replace minerals lost during diarrhea, **Colloidal Silver** acts as a natural alternative to antibiotics, **Organic Garlic,** and **Immunity Formula**.

Diuretic - promotes the production of urine. Use parsley with **Vitamin B-6**. Watermelones and cucumbers are good diuretics. See Lemon Cleanse to reduce excess fluids.

Diverticulitis - **Digestive Food Enzyme, Organic Fiber, Psyllium Husks, Flaxseed, Vitamin B Complex** are needed for all enzyme system in the body and for proper digestion.

Dizziness (Vertigo) - **Ginkgo Biloba, Vitamin C**, and **CoQ10** to improve circulation to the brain. **Zinc** promotes a healthy immune system. **Immunity Formula** and **Antioxidant Complex. Cal-Mg** is important in maintaining regular nerve impulses. **Melatonin** helps to maintain equilibrium.

Dry Skin - **Flax Seed Oil, Iodine Liquid, Lecithin, Food-Based Multivitamin and Multimineral, Vitamin E** protects against free radicals, and **Zinc** is necessary for proper functioning of the oil-producing glands of the skin.

Ear Infection - **Colloidal Silver, Vitamin C with bioflavonoids, Zinc** quickens the immune response, **Immunity Formula, Antioxidant Complex, Organic Garlic** as a natural antibiotic, and **Vitamin E** enhances the immune function.

Eczema - Balance pH - see Acidosis. Clean the bowels with **Organic Fiber** and **Psyllium Husk, Wheatgrass** is high in chlorophyl which detoxes the lymphatic systems and benefits eczema.

Emphysema - a degenerative lung disease. Use **Antioxidant Complex,Wheatgrass** for chlorophyll, **Essential fatty acids, Zinc, CoQ10, Amino Acid Complex, Organic Garlic, Vitamin C,** and **Cal-Mg** which acts as a nerve tonic to protect nerve endings.

Endometriosis - Inflammation of the uterine lining. **Pain and Inflammation Enzyme** consistently for 90 days. **Vitamin E, Iron, Vitamin B Complex** promotes blood cell productivity and proper hormone balance. Cleanse the liver . See Lemon Cleanse.

Energy - low energy levels. **Vitamin B-12, ThermoX, Food-Based Multivitamin and Multimineral, Spirulina, Valarian** for a restful sleep. Liteon Natural's **Whey Protein** is the foundation for great tasting, highest quality, all natural meal replacement protein shakes. Get lean, burn fat, boost immunity, stay focused, and feel energized all day long with Liteon Natural's **Whey Protein**.

ESTROGEN DOMINANCE - **Milk Thistle, Women's Hormone Balance, Black Cohosh**.

Fever - **Immunity Formula, Antioxidant Complex, Organic Garlic, Pain and Inflammation Enzyme**, and **Manglier Tea**.

Fibromyalgia - Symptoms mimic Chronic Fatigue Syndrome. Research has associated Fibromyalgia with **Magnesium, B-6,** and Malic acid deficiencies. **Cal-Mg-Zn with D, Pain and Inflammation Enzyme, Vitamin E, Flaxseed,** and **Organic Fiber** to cleanse the bowels. **Sleep Aid** and **Melatonin** for nervous fatigue and for proper sleep.

Flu (Influenza) - For Children: **Collodial Silver, Immune Formula, Vitamin C**. For Adults: **Immune Formula, Vitamin C, Organic Garlic, Collodial Silver, Food-based Multivitamin** because all vitamins are needed for healing. **Vitamin B Complex** reduces stress caused by viral infection. **Selenium** boosts the immune response, enhancing the body's ability to fight infection.

Food Poisoning - Activated Charcoal (6 capsules to neutralize poison) and **Probiotic Complex**.

Female Problems - Excess estrogen and lack of progesterone can cause heavy bleeding during the menstrual cycle. See ESTROGEN DOMINANCE. Each month the ovaries produce 2 negative oil soluble estrogens (Estradiol, Estrone). They must first pass through the liver to be converted to a water soluble estrogen form (Estroil). If the liver can not break down these negative estrogens, they remain in our system. Flaxseed, Lutein, and Women's Hormone Balance.

Gall Bladder - Green Water and Wheatgrass to help dissolve stones. If you have an attack, drink 1 tablespoon of apple cider vinegar in a glass of apple juice. This should relieve the pain quickly. If the pain does not subside, go to the emergency room.
Gall Bladder mini-cleanse recipe : Drink 1 tbsp olive oil and juice of 1/2 lemon before bedtime. Repeat the drink first thing in the morning with 2oz apple juice. This is a mild cleanse that may take up to 30 days before passing Gall stones(which look similar to green peas) through the bowel. Its important to keep the bowel moving with Organic Fiber while cleansing the gall bladder.

Gingivitis (Periodontal Disease) - Use Organic Garlic and Colloidal Silver to kill off bacteria infection and use Pain and Inflammation Enzyme to ease discomfort and sooth tissue. Echinacea helps to keep down inflammation and enhance immune function.

Glaucoma - (see a doctor first) Liver must be cleansed before real advancement is made. See Lemon Cleanse. Lutein Plus for eyes, Vitamin E, Vitamin D3, and CoQ10. Use Lecithin for a good source of choline and inositol, Essential Fattty Acids, and Vitamin B Complex. L-Arginine facilitates natural syntesis of nitric oxide, which promotes healthy blood vessels. Note: Avoid arginine if you are pregnant or have cataracts, colitis, or a viral infection such as herpes.

Gout - Occurs when there is too much uric acid in the blood, tissue, or urine. Overweight males are the often affected. Usually affects the big toe. Check for digestive system problems. Diet is very important for this ailment - Use the "Eat Right for your blood type diet"and Balance pH. Essential Fatty Acids, Vitamin B complex, Vitamin C with bioflavonoids, and Vitamin E improves circulation. Amino Acid Complex because uric acid production increases if essential amino acids are lacking. Kelp and Wheatgrass contain complete protein and vital minerals to reduce serum uric acid. Grape Seed Extract and Antioxidant Complex are powerful antioxidants.

Hay Fever - allergic response to pollen. Immunity Formula, Antioxidant Complex, CoQ10, Vitamin C with bioflavonoids, Zinc, and Organic Garlic to help reduce isinus inflammation. Pain and Inflammation Enzyme.

Headache/ Migraine - 5-HTP has been shown in many clinical studies to have excellent results for tension headaches and migranes, L-Tyrosine for relief of cluster headaches. Vitamin B3 improves circulation and aids in the functioning of the nerves. Vitamin B Complex, Glucosamine Complex, Gingko Biloba improves circulation to the brain and Valerian is a good sedative to take during a headace.

Heartburn - Insufficient digestive enzymes is most common cause. Use Digestive Enzyme Complex, Probiotic Complex, Organic Fiber, Papaya Chewable, Cal-Mg-Zn, Pain and Inflammation Enzyme, Green Water Alkaline Water, Wheatgrass. Balance pH - see Acidosis.

Hemorrhoids - Probiotic Complex, Organic Fiber, Ca-Mg, Vitamin C with bioflavonoids, Psyllium Husks, to soften stool. Vitamin E, Shark Cartilage and Pain and Inflammation Enzyme. Vitamin D3 aidsin healing of mucous membranes and tissues. Also needed for calcium absorption. **Infrared Sauna Treatments**.

Hepatitis - Amino Acid Complex, L-Arginine, Lecithin, CoQ10, Vitamin C, Vitamin E , Antioxidanat Complex, Cod Liver Oil. Nutrition: Immunity Formula, Milk Thistle, Food-Based Multivitamin.

Herpes - see Cold Sores for type 1. For type 2 herpes virus, also add L-Lysine, Vitamin B Complex, Vitamin C with bioflavonoids, Zinc, Acidophilus Probiotic Complex, Organic Garlic, Colloidal Silver.

Hiatal Hernia - Pain and Inflammation Enzyme, Vitamin E, Antioxidant Complex.

High Blood Pressure (Hypertension) - 39% of those with high blood pressure have a CoQ10 deficiency and weak kidneys. Organic Garlic, Valerian, Niacin (Vitamin B3), L-Arginine, Flaxseed Oil, Selenium deficiency has been linked to heart disease. Vitamin E improves heart function. Vitamin E also acts as a blood thinning agent; use with caution if you taking prescription blood thinners. Vitamin C improves adrenal function and reduces blood-clotting tendencies. Food-Based Multimineral for good nutrition.

Hives - an reactionary liver overload caused by either environmental exposure to toxins or traumatic / emotional stress. Valerian, Brain Formula, Pain and Inflammation Enzyme, Acidophilus Probiotic reduces allergic reactions and helps replenish "friendly" bacteria.

The nutrition supplements found in this Natural Remedies Guide are available at:
CARENCRO: LITEON Natural Health Center 896-4141 SUNSET: DHARMA Wellness Center 662-3120

Hot Flashes - Menopause - In the beginning stages the Women's Hormone Balance is recommended first. The key is finding the right amount of hormone herbs for your body in your current stage of menopause. If the Women's Hormone Balance is too weak then add Black Cohosh. Also, Cal-Mg-Zn with D and Food-Based Multimineral to prevent bone loss is suggested as well as extra Vitamin E. use Valerian and Sleep Aid for a restful sleep.

Hyperglycemia - see Diabetes

Hyperthyroid - Graves' Disease - (overactive thyroid) Omega 3, Essential Fatty Acids, Lecithin, Vitamin C with bioflavonoids, Vitamin E, Antioxidant Complex.

Hypoglycemia - (low blood sugar) - often caused by poor digestion or food allergies. Digestive Enzyme Complex, Probiotic Complex, Organic Fiber, Amino Acid complex. Thermography to check for hypothyroid.

Hypothyroid - (see thyroid explanation) Liquid Iodine, Amino Acid Complex, Kelp, L-Tyrosine because low plasma levels have been associated with hypothyroidism. B-Complex because B vitamins improve cellular oxygenation and energy and are needed for proper digestion, immune function, red blood cell formation, and thyroid function.

Immune System - Immunity Formula, Antioxidant Complex, Vitamin C, Digesting Enzyme Complex, and Organic Fiber.

Incontinence - (Involuntary urination) Probiotic Complex, Amino Acid Complex, Cal-Mg, and Zinc for improved bladder function.

Indigestion - Any of these products alone will stop indigestion and heartburn. Glucomannan and Organic Fiber to cleanse the colon and to aid in normal stool formation. Insufficient digestive enzymes is most common cause. Use Digestive Enzyme Complex with each meal. Balance pH - see Acidosis.

Infertility - Selenium deficiency leads to reduced sperm count and has been linked to sterility in men and infertility in women. Vitamin E carries oxygen to the sex organs. Zinc is important for the functioning of reproductive organs. L-Arginine, L-Tyrosine, Folic Acid, Vitamin B-12, DHEA improves libido. Essential Fatty Acids are essential for normal glandular function.

Insomnia - Calcium/Magnesium, 5-HTP plus one of the following: Brain Formula, Sleep Aid, Melatonin or Valerian.

Irritable Bowel Syndrome - Flaxseed Oil, Amino Acid Complex, Organic Garlic, Psyllium Husk, Organic Fiber has a cleansing effect, Vitamin B Complex, Vitamin B12, Probiotic Complex.

Kidney Stones - Balance pH, Green Water Alkaline Water, Wheatgrass, Food-Based Magnesium Complex, L-Arginine aids kidney disorders, Vitamin E, and Vitamin C. Pain and Inflammation Enzyme for pain, and drink fresh squeezed lemon juice with pure water.

Laryngitis - Colloidal Silver, Antioxidant Complex, and Organic Garlic as a natural antibiotic.

Leg Cramps - Cal-Mg, Calcium Complex, Food-Based Multimineral, and Digestive Enzyme Complex.

Lemon Cleanse - A no food fast for 3 -10 day that will flush and remove toxins, help high blood pressure, flush kidneys and liver, and help with sinus congestion or allergies. Recipe: 3qts. reverse osmosis purified water, 1 cup fresh squeezed lemon juice, 1 cup pure maple syrup, and 2 capsules Capsicum daily. Drink 8-12 glasses of the lemon mixture daily.

Lupus - Use the "Eat Right for your blood type diet". Flaxseed Oil, Cal-Mg, L-Lysine, Glucosamine Complex, Vitamin C, CoQ10, Kelp, Probiotic Complex protects against intestinal bacterial imbalances. Wheatgrass is a good source of minerals for healing and oxygen for cell metabolism. Antioxidant Complex, Pain and Inflammation Enzyme, and Vitamin E. Perform a weekly colon cleanse with Organic Fiber.

Lyme Disease - Flax Seed Oil, Organic Garlic, Kelp for essential minerals, Food-Based Multivtamin and Multimineral, Selenium as a free radical scavenger, Vitamin C, Vitamin E.

Memory - Gingko Biloba, Brain Formula, Flax Seed Oil, CoQ10 and DHEA.

Menopause - - In the beginning stages the Women's Hormone Balance is recommended first. The key is finding the right amount of hormone herbs for your body in your current stage of menopause. If the Women's Hormone Balance is too weak then add Black Cohosh. Vitamin E, DHEA, Effential Fatty Acid, Zinc, L-Arginine, L-Lysine, Cal-Mg.

Morning Sickness - Red Raspberry, Ginger, L-Methionine prevents nausea, and Vitamin B Complex.

Muscle Cramps - usually a deficiency of magnesium or potassium. Food-Based Multimineral, Cal-Mg, Lecithin, Zinc.

Nervousness - can be caused from a weak thyroid and /or mineral deficiency especially magnesium. Brain Formula, Liquid Iodine , St. John's Wort, Mood Enhancer, Cal-Mg, L-Tyrosine, and Vitamin E.

Osteoarthritis - Cal-Mg, Pain and Inflammation Enzyme, Omega-3, Glucosamine Complex, CoQ10, Vitamin E, Vitamin D3.

Osteoporosis - Vitamin C, Calcium Complex, Food-Based Multivitamin and Multimineral.

Parasites (worms) - Organic Garlic, Colloidal Silver, Selenium, Acidophilus Probiotic to restore a normal intestinal flora, Essential Fatty Acid, Food-Based Multivitamin and Multimineral, Zinc promotes a healthy immune system.

Parkinson's Disease - Vitamin B12, Ginkgo Biloba, Digestive Enzyme Complex, Lecithin, Cal-Mg + Potassium, CoQ10 allows

cells to produce energy and may slow brain cell death.

Pneumonia - a very serious infection of the lungs that may be caused by a number of different infectious agents. Immune Formula, Antioxidant Comoplex, Vitamin C, Colloidal Silver reduces inflammaiton and promotes healing of lesions in lung tissue, Organic Garlic, Vitamin A, L-Carnatine to protect lungs from free radical damage, and CoQ10.

Poison Ivy / Oak - Vitamin C to prevent infection and spreading of the rash, Shark Cartilage to reduce inflammation, Pain and Inflammation Enzyme, Vitamin A, Zinc.

Prostate Problems - Prostate Health, Saw Palmetto, Organic Fiber and Psyllium Husks for bowel cleansing and essential for keeping the prostate functioning properly. CoQ10, Organic Garlic enhances the immune function, Selenium is needed for proper prostate function, Shark Cartilage inhibits tumor growth and stimulated the immune system, Wheatgrass with SOD destroy free radicals, Vitamin A is a powerful antioxidant that destroys free radicals, Vitamin E, Vitamin B Complex, Vitamin B12, Vitamin C with bioflavonoids is a powerful anticancer agent, Vitamin D3, Acidophilus Probiotic has an antibacterial effect on the body. Zinc plays a role in the prevention of prostate cancer.

Psoriasis - Check for Food Allergies. Balance pH - See Acidosis. Use the "Eat Right for your blood type diet". Wheatgrass, Hair-Skin-Nails, Spirulina, Flaxseed, Organic Fiber to cleanse the bowel. Use Vitamin A, Zinc, Selenium, Shark Cartilage, Vitamin B Complex, Vitamin C is important for formation of collagen and skin tissue, Vitamin E neutralizes free radicals that damage the skin. Kelp supplies balanced minerals, Lecithin, and a Food-Based Multivitamin.

Rheumatism - Pain and Inflammation Enzyme, Digestive Enzyme Complex, Glucosamine Complex, CoQ10.

Rosacea or Acne Rosacea - Wheatgrass Liquid, Antioxidant Complex, Immunity Formula, Vitamin E, Acidophilus Probiotic, Digestive Enzyme Complex, Betaine hydrochloride (hydrochloric acid) 45 grains (1/2 tsp) per full meal.

Sex Drive, Low Libido - Women: Women's Libido, DHEA. Men: L-Tyrsine, DHEA, Maca, L-Arginine.

Shingles - Immunity Formula, Wheatgrass Liquid, Antioxidant Complex, L-Lysine, Colloidal Silver, CoQ10, and Vitamin C to stimulate the immune system.

Sinusitis - Immunity Formula, Colloidal Silver, Vitamin C. Use Acidophilus Probiotic to replace good bacteria in the colon - important if antibiotics are prescribed Flaxseed oil, Food-Based Multivitamin and Multimineral. Eliminate wheat, cheese, milk or dairy products. See Lemon cleanse.

Smoking, Stop - St. John's Wort, CoQ10 adds oxygen to the brain and protects heart tissue, Vitamin B Complex, Vitamin B12, Folic Acid, Vitamin C, Vitamin E, and Vitamin A.

Sore Throat - Strep - Gargle with Colloidal Silver, then swallow. Vitamins A, C, and Zinc. Immunity Formula and Antioxidant Complex. Organic Garlic.

Stress - 5-HTP, Brain Formula, L-Tyrosine, Vitamin C with bioflavonoids is essential to adrenal gland function, CoQ10, Cal-Mg-Zn, Ginkgo Biloba.

Sweating - check thyroid. Immunity Formula and Antioxidant Complex.

Tendonitis - Glucosamine Complex, Pain and Inflammation Enzyme, Calcium Complex.

Ulcers (canker sores) - Probiotic Complex, Digestive Enzyme Complex, and Organic Fiber to clear the bowels.

Varicose / Spider Veins - Vitamin E, Vein Stop, and CoQ10. **Increase circulation** using **Whole Body Vibration** and **Infrared Sauna Treatments**.

Viral Infection - Rotate anti-virals for more effective results. Organic Garlic, Colloidal Silver, L-Lisine may be needed to break down the viruses protective coating. Vitamin A, Vitamin C, Vitamin E and Zinc.

Warts - Vitamin E, apply Tea Tree Oil to wart 3-4 times/ day, Immunity Formular, Antioxidant Complex, CoQ10, Selenium, and Probiotic Complex.

Water Retention - Support the heart if swelling in legs does not improve within 30 days. See Arteriosclerosis. CoQ10, Vitamin E, Cardio Support, Potassium, Organic Garlic, and Selenium to activate the Kidney.

Weight Loss - Raspberry Ketones, Green Coffee Bean Extract, WheTea to target abdominal fat, Green Water pH 9.5 Alkaline Water to raise the body's alkalinity and decrease production of fat cells. BioLean to raise the body's thermogenic fat burning capability. ThermoX increases the body's metabolism, Fat Complex binds to fat and reduces fat absorption in the body, and Glucomannan is an appetite suppresant. Use Probiotic Complex and Digestive Enzyme Complex to improve digestion. Organic Fiber clears the bowel and releases excess waste. DHEA inhibits enzymes that are involved in fat cell production, DMAE is an effective fat burner, Lecithin emulsifies fat so that it can be removed from the body. L-Arginine and L-Carnitine are amino acids that reduce body fat. Vitamin B Complex is needed for proper digestion.

Yeast Infections - See CANDIDA. Organic Garlic, Probiotic Complex and Digestive Enzyme Complex, and Immunity Formula. Eliminate all sugars, breads, and dairy products for 2 weeks.

RECOMMENDED DAILY INTAKE

VITAMINS

Folate (folic acid)	400 - 1,200 mg.
Niacin (vitamin B_3)	10-50 mg.
Riboflavin (vitamin B_2)	5-25 mg.
Thamine (vitamin B_1)	5-25 mg.
Vitamin A	5,000-25,000 I.U.
Vitamin B_6 (pyridoxine)	5-50 mg.
Vitamin B_{12} (cyanocobalamin)	5-50 mcg.
Vitamin C (ascorbic acid)	250-2,500 mg.
Vitamin D	0-500 I.U.*
Vitamin E (alpha tocopherol)	100-600 I.U.

MINERALS

Calcium	800-1,200 mg.
Chromium	50-250 mcg.
Iron	10-30 mg.
Magnesium	300-400 mg.
Selenium	50-200 mcg.
Zinc	15-30 mg.

Note:
I.U. = international units
mg - milligrams
mcg - micrograms

* If you drink at least a quart of vitamin D-enriched milk a day or you bask in the sun year-round, you may need no D supplementation. Otherwise, some extra D is in order: 200 I.U. per day in most circumstances; 400 I.U. per day fo rthe elderly in winter; 500 I.U. per day for women who are pregnant or nursing.

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THE IMPORTANCE
LITEON NATURALS
Vitamins Play in Your Health

If it only took eating an apple a day to get all the necessary nutrients from our food, we'd all be happy and healthy, but it's not. We actually need to consume 7-10 servings of fruits and vegetables each and every day to ensure we are getting all 13 different vitamins and 17 different minerals.

But why? What do vitamins and minerals do for us anyway?

The human body consists of millions of cells that are constantly regenerating. Each cell in the body needs a certain amount of vitamins and minerals to perform at its best and prevent illness. Vitamins are critical in the production of red blood cells and the maintenance of the nervous, skeletal and immune systems. Minerals are also needed in small amounts to help regulate body functions and aid in the growth and maintenance of body tissues and to help release energy.

Below is a chart of the major functions of the 13 vitamins and a selection of 10 minerals.

Vitamins

Vitamin A - Maintenance of vision; skin; linings of the nose, mouth, digestive and urinary tracts; immune function
Vitamin D - Development and maintenance of bones and teeth; promotion of calcium absorption
Vitamin E - Protection and maintenance of cellular membranes
Vitamin K - Production of factors essential for blood clotting and bone metabolism
Biotin - Synthesis of fat, glycogen and amino acids
Folate - Amino acid metabolism; synthesis of RNA and DNA; new cell synthesis
Niacin - Conversion of carbohydrates, fats and protein into usable forms of energy
Panthothenic Acid - Metabolism of fats, carbohydrates and proteins
Riboflavin - Energy metabolism; maintenance of skin, mucous membranes and nervous system structures
Thiamin - Conversion of carbohydrates into usable forms of energy; maintenance of appetite and nervous system function
Vitamin B6 - Metabolism of amino acids and glycogen
Vitamin B12 - Synthesis of blood cells; other metabolic reactions
Vitamin C - Maintenance and repair of connective tissue, bones, teeth and cartilage; promotion of healing; aid in iron absorption

Minerals

Calcium - Formation of bones, teeth; control of nerve impulses, muscle contractions and blood clotting
Fluoride - Maintenance of tooth and bone structure
Iodine - Essential part of thyroid hormones; regulation of body metabolism
Iron - Component of hemoglobin, myoglobin and enzymes
Magnesium - Transmission of nerve impulses; energy transfer; activation of enzymes
Phosphorus - Bone growth and maintenance; energy transfer in cells
Potassium - Nerve function and body water balance
Selenium - Defense against oxidative stress; regulation of thyroid hormone action
Sodium - Body water balance; acid-base balance; nerve function
Zinc - Synthesis of proteins; RNA and DNA; wound healing; immune response; ability to taste

THE POWER OF PRAYER

Our Health and Happiness

I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.
3 John 2

Earthly matters are a lower order than the spiritual, but they concern us greatly and can greatly impact our health and happiness. If we do not pray about worldly matters we exclude God from a large area of our lives.

Father God, it is my desire to include You in ever sphere of my life. Thank You for caring about our eartly needs and pains. Amen.

newsbriefs

My Elegant Entrance

My Elegant Entrance is a premier showroom in Lafayette that offers quality, stylish and elegant home décor products to help individuals create the beautiful home they desire. Products include wrought iron doors, Michelangelo ceiling medallions, water jet floor medallions, hand marble products and more. Some are reminiscent of the style of New Orleans. The prices are competitive and the designs are unique—offering a sure way to add a touch of class to any home, both inside and out.

Location: 3420 W Pinhook Rd., Lafayette. For more information call 337-706-8800.

Crawfish Aquatics

Swimming is a great way to tone, improve flexibility, control weight, lower stress and much more. Crawfish Aquatics is a total swim program serving the Lafayette and surrounding areas. The organization offers competitive swimming for ages four and older, plus private and group swimming lessons for kids as young as two, as well as adults.

The Crawfish Aquatics team is comprised of highly skilled professionals with many of years of experience—each dedicated to helping individuals succeed. The focus of the organization is to build a family of swimmers, parents and supporters all working together toward a common goal of excellence and fun. The facility can also be rented for birthday parties, company parties and even school functions.

Location: 107 Susan St., Lafayette. For more information, call 337-988-1415 or visit CrawfishAquatics.com.

Blue Bug Boilers Offers Boiling System for Seafood

Crawfish is a staple of Southwestern Louisiana, especially this time of the year. The good news is crawfish meat is easily more digested than other types of meat due to its short muscle fibers, according to the LSU Agricultural Center.

To enjoy crawfish and more, Blue Bug Boilers has introduced a boiling system for seafood that they say is faster, safer and easier than conventional boiling methods. The Regular Blue Bug Boiler boils 45 pounds and the Big Boiler holds 60 pounds. Both boilers include the pot, jet bar, hose, regulator and quick disconnects. The design of the system makes boiling seafood and vegetables easy from start to finish.

For more information, call 337-942-6388, email Sales@BlueBugBoilers.com or visit BlueBugBoilers.com.

Making Memories at The Victorian

Listed on the National Historic Register, The Victorian was built in 1911 and is to date the largest Victorian house in Acadiana. Restored in 1994 and renovated in 2012, the property is now designed to function as a wedding and event venue. For groups from an intimate 25 guests to nearly 800, the property has a dynamic set of venue spaces that can work together as one cohesive event or independently as intimate areas.

A variety of packages are available or individuals may contact The Victorian staff for a complimentary customized quote and to check availability of dates. They are ready to help ensure people have a memorable, successful and stress-free event.

Location: 302 East Main St., Broussard. For more information, call 337-839-0360 or visit TheVictorianPlantation.com.

Delicious Food, Healthy Options at Siros Bistro

At Siros Bistro, the food is not only delicious, but includes healthy options. Siros has some of the best soups, salads, toasted subs, grilled paninis and wraps in Acadiana. Daily specials are offered, along with a selection for kids. For those special events, Siros offers a catering menu. Some of the delicious items include the strawberry orange salad, spinach and artichoke wrap, the Greek veggie sandwich and more. Delivery is available to those within city limits.

Location: 920 West Pinhook Rd., Lafayette. For more information, call 337-233-7476.

Young Student Artist from around the Acadiana present of showcase of their work!

Join us on Tuesday, June 11, 2013 the Heymann Center for the Performing Arts at 6:00pm

Lafayette, LA *Dancers, dance companies, and more*

It all began 32 years ago with a dream to teach the performing arts to children who could not afford the opportunity to study the arts in the community. Hamilton Academy of the Arts was created as an institution for the performing arts which teaches children to become who they are creatively through the use of dance, music, and theater.

Hamilton Academy Presents, **"Dance Changes Lives"** A whimsical story of a young girls dream of becoming a dancer and having to overcome the obstacle of being raised by a single parent with a big heart and a desire to help her daughter follow her dreams. The concert will take place on Tuesday, June 11at the Heymann Center for the Performing Arts at 6:00pm. This is an event for the entire family to enjoy. Entertainment at its best.

Hamilton Academy has four performance companies with an award winning competition team and national performances that have included Los Angeles, Washington, DC, Dallas, Houston, Philadelphia, Denver, Mississippi, Ohio, and Orlando, FL spreading the richness and beauty of Louisiana's Culture and Traditions. The company presented a 25 minute show for Disney Entertainment on Louisiana's Culture. Hamilton Academy alumni have choreographed for the Grammy award winning artist USHER and Scary Move 5.

Hamilton Academy of the Arts

For tickets contact the Heymann Center box office or call the Dance department at Hamilton Academy of the Arts at 337-235-8651 or call Vanessa Williams at 781-4372.

"One of the limitations of traditional cancer therapy today is that we are primarily treating a very advanced disease."

"The cure for cancer is in prevention of the disease."

Dr. Steven T. Castille, BSc, MS, DNM
Biochemist and Doctorate in Natural Medicine
Educating You and Your Family in the PREVENTION of Disease, Naturally!

cancer cells induce angiogenesis

Angiogenesis is a big word for a simple concept: it's the process through which our bodies create new blood vessels. In normal, healthy individuals, new blood vessels grow only under specific circumstances: as part of the healing process for an injury, for instance, or during pregnancy. Our bodies contain a natural system of checks and balances to regulate the growth of blood vessels, known to scientists as angiogenesis stimulators and inhibitors. The stimulators act as natural fertilizers to get vessels to grow, and the inhibitors prune back extra vessels when they're no longer needed.

Without blood vessels to supply them with the nutrients necessary for expansion, microscopic cancers have nothing to do and nowhere to go. But as cancer cells mutate, they can hijack the body's system of checks and balances, using angiogenesis stimulators to create the blood supply they need. A microscopic tumor, given a steady influx of blood, can grow to up to 16,000 times its original size in as little as two weeks. And, of course, what goes in must come out; the blood feeding the tumor is circulated back through the body, now bearing cancer cells that can take up residence in distant organs, leading to metastasis. This is the turnkey step that converts a harmless cancer into a deadly one.

The concept of dietary cancer prevention exists in something of a vacuum: the food industry isn't involved with cancer research, and pharmaceutical companies aren't involved with food products. What we eat and drink can play a critical role in the prevention of cancer and other disease.

PSA Testing Controversy

Men face a new dilemma at their annual physical this year—should they be screened for prostate cancer? Last year, the U.S. Preventive Services Task Force (USPSTF) recommended against routine screening for this form of cancer, regardless of age. Some doctors claim this will cause treatable prostate cancer cases to be missed.

The level of prostate-specific antigen (PSA), a protein produced by the prostate gland, can be measured with a simple blood test. Until the USPSTF issued its recommendation, doctors routinely used the test to screen men 50 and older. The task force, however, concluded there is at least moderate certainty that the potential harms of PSA testing outweigh the benefits; many benign conditions, particularly prostate infections and enlargement, can elevate PSA readings higher than normal, prompting more aggressive testing.

Before deciding on the test, it helps for men to explore this issue with their doctor. Some physicians take a "wait and see" approach and retest several times over a few months before making a recommendation; others suggest an immediate biopsy if PSA levels are high. While a blood test is a benign procedure, a prostate biopsy is not. A high PSA reading coupled with an overly aggressive doctor can cause anxiety and result in additional—and possibly unneeded—medical treatment.

Source: James Occhiogrosso, ProstateHealthNaturally.com

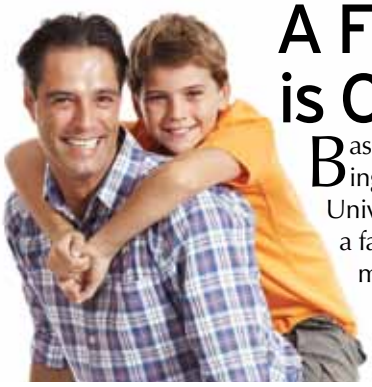
FLAVONOIDS PROTECT MEN AGAINST PARKINSON'S

Findings published in the journal *Neurology* add to a growing body of evidence that regular consumption of flavonoids, found in berries, teas, apples and red wines, can positively affect human health. According to new research on 130,000 men and women undertaken by Harvard University, in Boston, and the UK's University of East Anglia, men that regularly consumed the most flavonoid-rich foods were 40 percent less likely to develop Parkinson's disease than those that ate the least.

No similar protective link was found for women. It is the first human study to show that flavonoids can help protect neurons against diseases of the brain.

SPORTS AND MUSIC: A WINNING COMBINATION

Listening to our favorite music, whatever the genre, can increase both our enjoyment of and performance levels in competitive sports participation. Keele University researchers, presenting these findings at the 2012 British Psychological Society annual conference, noted that playing selected tunes reduces perceived exertion levels, plus increases one's sense of being "in the zone". The greatest effects were found with music used during structured training sessions. Previous studies showing that motivational music in general boosts performance did not include exploring the effects of listening to one's favorite music.



A Father's Love is Critical

Based on 36 studies from around the world involving more than 10,000 participants, researchers at the University of Connecticut, in Mansfield, concluded that a father's love contributes as much—and sometimes more—to a child's development as a mother's love. The critical importance of fatherly love to a youngster's healthy development provides added incentive for men to become more involved in nurturing child care.

Source: Society for Personality and Social Psychology

EXCESSIVE DIETARY FAT MAY HINDER CONCEPTION

One reason for a couple's inability to conceive could be linked to too much fat in the male's diet. A study by Harvard Medical School and Massachusetts General Hospital of 99 U.S. men uncovered an association between a high fat intake and lower sperm count and concentration. Results were published in the journal *Human Reproduction*.

Men that consumed the most saturated fats had a 35 percent lower total sperm count and 38 percent lower sperm concentration than men that ate the least amount of such fats. Moreover, men that ate more omega-3 polyunsaturated fats—the type of healthful fat often found in fish and plant oils—had better-formed sperm than men that ate less.

Fruits and Veggies Can Help Us Kick Butts

The first long-term study on the relationship between fruit and vegetable consumption and smoking cessation offers good news: Eating more healthy produce can help smokers quit the habit and remain tobacco-free longer.

Researchers from New York's University of Buffalo School of Public Health and Health Professions surveyed 1,000 smokers ages 25 and over from around the country. In a 14-month follow-up, they were asked if they had abstained from tobacco use during the previous month. Those that consumed the most produce were three times more likely to have been tobacco-free for at least 30 days than those that ate the least amount of produce.

Smokers with greater fruit and vegetable consumption also smoked fewer cigarettes per day, waited longer to smoke their first one and scored lower on a common test of nicotine dependence. The findings, published online in the *Nicotine and Tobacco Research* journal, remained consistent even when adjusted for age, gender, race, ethnicity, education and household income.

RESVERATROL CAN AID PROSTATE CANCER TREATMENT

It's already known that resveratrol, a compound found in grape skins and red wine, can improve cardiovascular health and help prevent strokes. Now a University of Missouri School of Medicine (Columbia) researcher has discovered that it can make prostate tumor cells more susceptible to radiation treatment, increasing the likelihood of a full recovery from all types of prostate cancer, including aggressive tumors.

Grilled Food Might Make Us Fat

The summer tradition of barbecuing may prompt a need for caution, according to researchers at the Icahn School of Medicine at Mount Sinai, in New York City. They have identified a common compound in grilled foods that could play a major role in the development of obesity and diabetes (*Proceedings of the National Academy of Sciences*).

The team, led by Helen Vlassara, a medical doctor and director of the Division of Experimental Diabetes and Aging, found that mice that were exposed on a sustained basis to the compound methylglyoxal—a type of advanced glycation end-product (AGE) produced when cooking with dry heat—developed significant abdominal weight gain, early insulin resistance and Type 2 diabetes. Additionally, AGEs have been found to lower the body's protective mechanisms that control inflammation.

The researchers recommend that we replace frequent grilling, which uses high dry heat, with methods that rely upon lower temperatures or more moisture, such as stewing, poaching or steaming.

Don't Worry, Be Healthy

The adage, "Don't worry, be happy," captures the essence of the first-ever metastudy of the relationship between happiness and heart health. Based on a comprehensive review involving 200-plus studies, researchers at the Harvard School of Public Health, in Boston, concluded that a positive outlook on life could help protect the heart from cardiovascular disease.

Julia Boehm, Ph.D., and Laura Kubzansky, Ph.D., discovered that certain psychological traits—optimism, positive emotions and a sense of meaning—both offer measurable protection against heart attacks and strokes and slow the progression of cardiovascular disease. The pair found that the most optimistic individuals had approximately 50 percent less chance of experiencing an initial cardiovascular event compared with their less upbeat peers.

"The absence of the negative is not the same thing as the presence of the positive," notes Boehm. "Psychology has been trying to fix what's wrong with people, but there's also an increasing interest in what people might be doing right."

COMMUNITY SPOTLIGHT

Beth Brasseaux

"I started my Wellness Program with Dharma in June 2013. Before I started at Dharma Wellness Center I didn't have much energy. I was also low on magnesium and potassium. Since starting with the program I have lost 31 pounds and also lost inches. I am currently taking the green coffee bean, raspberi ketones, whetea , and other vitamins that have help me with my energy level and weight loss. Also my diet is much healthier and I am no longer on fluid pills. My last blood work was perfect. It's nice to hear compliments from family and old friends and it will be nice to look good for our cruise. I recommend Dharma to everyone."

Ernest Brasseaux

"I started my program with Dharma in June 2013 and I am happy with the results I have seen. All of my blood work has drastically improved. My sugar and cholesterol has improved and I am no longer on fluid pills. I lost almost 30 pounds. I have more energy and my sleep is much better. Also I no longer experience shortness of breath. I contribute my success to exercising, eating healthier, and vitamins."

Maila Nelson is the Center Director at DHARMA Wellness Center in Sunset. Contact Maila at 662-3120 or maila@NAacadiana.com

DHARMA
wellness center and fit club

healthbriefs

Sugary Drinks Linked to Heart Disease

One risk factor for heart disease, the leading cause of death in the United States, may be sugary drinks. Analysis of data collected on 42,883 men in the "Health Professionals Follow-Up Study," published in the American Heart Association journal *Circulation,* linked a daily 12-ounce serving of a sugar-sweetened drink to a 19 percent increase in the relative risk of developing cardiovascular disease. Sugar-sweetened beverages were associated with higher levels of unhealthy triglycerides and C-reactive protein (a byproduct of inflammation), and lower levels of high-density lipoprotein, or HDL, the "good" cholesterol.

Senior study author Frank B. Hu, Ph.D., a physician and professor of nutrition and epidemiology at the Harvard School of Public Health, in Boston, cautions that diet sodas are not a good alternative. "Some studies have found a relationship between diet soda and metabolic disease," he notes.

Garlic May Help Alleviate Cystic Fibrosis

The American Society for Microbiology reports that by age 18, about 80 percent of patients with cystic fibrosis are chronically infected with the bacterium *pseudomonas aeruginosa*, which promotes an inflammatory response that destroys lung tissue. The infection frequently leads to serious related health issues. According to collaborative research led by Tim Holm Jakobsen, Ph.D., and Michael Givskov, Ph.D., of the University of Copenhagen, in Denmark, garlic, which acts as a powerful natural antibiotic, could help.

The onion-related herb contains ajoene, the major component of a multitude of sulfur-containing compounds, which is produced when garlic is crushed. Ajoene inhibits the expression of 11 key genes controlled by cell-to-cell communication and is regarded as crucial to the ability of the bacterium to cause disease.

BREAKS FROM EMAIL BOOST FOCUS AND PERFORMANCE

A "vacation" from email might be a simple prescription for improving work performance, suggests a new study by the University of California, Irvine (UCI) and U.S. Army researchers. "We found that when you remove email from workers' lives, they multitask less and experience less stress," says UCI Informatics Professor Gloria Mark, who co-authored the study.

Participants reported feeling better able to do their jobs and stay on task, and they were happier to interact with others in person. Also, getting up and walking to someone else's desk instead of emailing provided physical exercise.

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

Home Range

Restoring Native Prairies, Yard by Yard

From Canada south to Texas and from Indiana west to Colorado, nearly 600,000 square miles of grassland once contributed to this continent's complex ecosystem, supporting a diverse and teeming web of life. Today, less than 1 percent remains intact.

The good news is that farmers and residents have been making inroads toward restoring this native landscape, converting suburban yards and rural fields to expanses of tall grass and fallow pastures that welcome native species. Government agencies and conservation groups, aided by volunteers, have undertaken numerous restoration projects across U.S. and Canadian prairieland, some of them comprising thousands of acres.

The initial investment in time and money starts with removal of invasive or even cultivated species and the planting of native grasses. Substantial benefits include low-maintenance ecosystems that require less water and no fertilizer while supporting diverse wildflowers and wildlife.

But it's not as simple as planting a few seeds. In semi-rural and more urban areas, neighbors and zoning laws don't always see eye-to-eye with these "new pioneers", especially in deed-restricted communities. Concern over perceived property value deterioration and a potential influx of vermin sometimes wins the day. Farmers have been known to plow under an entire restoration project upon news of rising grain prices due to the ethanol industry, in order to cultivate it for financial gain. It is evident that social and economic policies must support the effort if it is to succeed.

Source: Yale Environment 360

Eco-House

Green Homes Can be a Bargain

One of the most innovative, energy-efficient houses in the United States has been built in the District of Columbia's working-class Deanwood neighborhood, which has struggled with foreclosures. The Empowerhouse, a residence that produces all of its own energy, consumes 90 percent less energy for heating and cooling than a conventional dwelling.

Empowerhouse was designed using "passive house" technologies as part of the Solar Decathlon design competition, held on the National Mall in 2011. It's the work of students at The New School, in New York City, and Stevens Institute of Technology, in Hoboken, New Jersey, in partnership with Habitat for Humanity and the D.C. Department of Housing and Community Development. Each duplicable unit costs a locally affordable $250,000.

Bringing the community into the design process for both the house and landscape is the basis for collaboration on additional projects in the neighborhood, including a new community learning garden. The designers remark that it all plays a part in creating social sustainability, an aspect often left out of development programs.

Source: Parsit.Parsons.edu

Cowabunga Dude

All-Natural Boards Bring Sustainability to Surfing

Surfers count themselves among the most ardent environmentalists. Yet their sport is awash in petrochemicals and carcinogens, from neoprene wetsuits and urethane surfboard leashes to polyurethane boards and epoxy resins.

So surfboard shaper Danny Hess is adopting salvaged woods, natural finishes and organic resins to transform how they are made. His boards are built to last, an anomaly in a sport in which enthusiasts' boards may break once or twice every season. He uses Super Sap, the first U.S. Department of Agriculture BioPreferred Certified liquid epoxy resin, and is experimenting with organic foam and salvaged redwood in seeking to build a truly green surfboard.

"What I'm trying to do is build heirloom surfboards that are passed on from father to son over many generations, rather than these disposable things that we're just consuming," Hess says.

Before founding Hess Surfboards, Hess lived in a straw-bale house in Colorado, studied sustainable architecture at the San Francisco Institute of Architecture, built tree houses and worked as a licensed contractor. "One day I had this 'Aha!' moment when I realized I could create these molds, like the ones I was using to bend wood for cabinet doors, for surfboards," he says. Hess has since expanded into also making sustainable skateboards.

Learn more at HessSurfboards.com.

Tech Trash

Recycle All Electronic Products

With the average American household owning 24 electronic devices, the Consumer Electronics Association (CEA) estimates we are annually producing nearly 3 million tons of e-waste. Tube-type TVs and computer monitors contain lead, while cell phones harbor toxic mercury, cadmium, arsenic and brominated flame retardants, all of which can leach from landfills into groundwater.

Alternatives include selling old phones or trading them in at a store, and buying a new phone only when necessary. For $10, Staples will recycle any brand of computer monitor, desktop and laptop computer, fax machine, printer or scanner. Dell products are accepted at no charge.

The U.S. Environmental Protection Agency offers information about local e-waste recycling and regulations regarding handling of electronic equipment at *Tinyurl.com/EPAeWasteTips*. For a global perspective, see the United Nations Environment Programme 2010 update at *Tinyurl.com/UNeWasteReport*.

Hot Stuff

New Technology Increases Solar Efficiency

There is huge potential in solar power, but our current methods of capturing the sun's energy are limited as widely used silicon solar cells approach their theoretical limit of 33.7 percent efficiency. Now a Princeton University research team has applied nanotechnology principles to incorporate a design that significantly increases their efficacy.

Led by Stephen Chou, the team has made two dramatic improvements: reducing reflectivity and more effectively capturing the light that isn't reflected. The new solar cell is much thinner and less reflective, capturing many more light waves via a minute mesh and bouncing off only about 4 percent of direct sunlight. The new design is capable of capturing a large amount of sunlight even when it's cloudy, producing an 81 percent increase in efficiency even under indirect lighting conditions.

Source: OpticsInfoBase.org

Lost Ecosystem

Hawaiian Coral Reef Under Siege

In the tropical paradise of Hawaiian waters, a milky growth has been spreading rapidly across the coral reefs along Kauai's north shore. Marine biologist Terry Lilley, the foremost expert on the outbreak, says it now affects up to 40 percent of the coral in Anini Bay, and conditions in nearby areas are as bad or worse.

The growth, identified by U.S. Geological Survey scientists as both a bacteria that grows through photosynthesis and a fungus, is killing all the coral it strikes and is spreading its infection at the rate of one to three inches a week. "This bacteria has been killing some of these 50-to-100-year-old corals in less than eight weeks," Lilley told the *Los Angeles Times*, noting that the entire reef system appears to be losing its immune system.

Some feel the cause is high levels of fecal and related bacteria from the town of Hanalei, which has no sewer system and where homes are connected to cesspools and septic systems. Because no definitive link has been shown, government action has been limited.

Moon Fuel

Two New Sources of Sustainable Energy

A new compound of lead telluride—a semiconductor first used in the Apollo moon landings to provide astronauts with a renewable, thermoelectric power source—can transform the heat emitted from car tailpipes and the chimneys of power stations and factories into a power source. According to the scientists engineering the innovation at Northwestern University, in Evanston, Illinois, as much as 15 to 20 percent of the heat currently being lost could be recovered as electricity.

Another team of researchers at Utah State University, in Logan, has created a yeast biodiesel fuel that can be made using the watery waste from the mass production of cheese. One cheese plant's daily byproduct of up to 1 million gallons of liquid cheese waste can produce 66,000 gallons of fuel.

Thanks, Dad

Norway Recognizes Fatherhood

Norway's liberal paternity leave policy places equal responsibilities on men and women, which in turn progressively redefines traditional gender roles. *Pappapermisjon*, or paternity leave, is often combined with a mother's maternity leave to provide seamless childcare at home without overtaxing parents' work life. The Norwegian government has socially engineered a society in which men and women are expected to have equal domestic and economic responsibilities.

Some specifics of the country's "fathers' rights" philosophy include leaving the workplace by 5:30 p.m.; being able to adjust office hours around daycare drop-offs and pickups; and allowing time to organize family dinners and help with housework.

Source: The Christian Science Monitor

Clean Ride

DIY Versus Commercial Carwash

We all want our new, energy-efficient vehicles to look their best, and eco-conscious drivers want to extend their green lifestyle to include cleaning their car. Washing can provide some exercise and saves money, but the International Carwash Association reports that automatic car washes use on average fewer than 45 gallons of water per car, compared with 80 or more at home. Commercial facilities also drain wastewater into sewer systems to be treated or reused, while soapy do-it-yourself water can directly enter waterways via storm drains unless it's in an area that filters into a local aquifer.

Here are some helpful tips.

Conserve water. For DIY folks, the U.S. Environmental Protection Agency recommends using a bucket instead of a hose for washing a section at a time, and then quickly rinsing using a pistol-grip hose nozzle, and also washing the car on gravel or a lawn, so wastewater doesn't flow off pavement or sidewalks and down a storm drain. Be sure to use phosphate-free, non-toxic biodegradable soaps and waxes.

Check under the car. Grime, dirt and salt may have accumulated in crevices of the undercarriage, especially in colder regions, so spray underneath, too.

Be observant. A fender-bender, stray pebbles or the impact of another car door may have chipped exterior paint. According to the National Institute for Automotive Service Excellence, corrosion, acid rain, storm damage and harsh sunlight can also mar body paint and expose metal surfaces. Treat these blemishes with a stop-rust spray and touch-up paint before they spread.

Sources: epa.gov, ASE.com, CarWash.org, ehow.com

LIFE LIFT

Being Happy from the Inside Out

by Judith Fertig

An age-old question rides a new wave of bestseller lists, university research and governmental soul-searching. The answers to "What are the secrets of a happy life?" might surprise us.

"Happiness is the only true measure of personal success," advises Geoffrey James, of Hollis, New Hampshire, author of *How to Say It: Business to Business Selling*. His work confirms that the rollercoaster world of business does not always promote a sense of well-being. James believes, "The big enemy of happiness is worry, which comes from focusing on events that are outside your control." For him, something as simple as a good night's sleep contributes to personal happiness.

Each of us has certain things that help make us feel positive, and they often come in small moments, advises Ed Diener, Ph.D., a psychology professor at the University of Illinois and author of *Happiness: Unlocking the Mysteries of Psychological Wealth*. Based on 25 years of research into the subject, he's a recognized expert in what he calls "subjective well-being."

In a recent six-part BBC series on happiness, Diener told viewers, "It may sound silly, but we ask people, 'How happy are you, on a scale of one to 10?' The interesting thing is that it produces real answers that are valid—not perfect, but valid—and they predict all sorts of real things in their lives."

Getting to Happy

The moment-to-moment path to happiness follows a trail blazed by paradox. A recent University of Missouri College of Business study by Marsha Richins, Ph.D., suggests that happiness is in the wanting, not the getting. As noted Positive Psychologist Martin Seligman, Ph.D., remarks, "Focusing solely on happiness as a foundation of a good life," won't get you there.

Gretchen Rubin, the New York City-based author of *The Happiness Project* and *Happier at Home,* further finds that, "Happiness doesn't always make you feel happy." Trying each day to be emotionally centered, affable, kind, conscientious, generous, patient, principled, accomplished, spiritual and true to yourself—the kind of person that should be happy and that makes other people happy—can be tough.

Widespread economic and associated financial challenges have made many question whether money can buy happiness, a common core assumption of the "happiness starts on the outside" approach. Apparently, money can sometimes buy feelings of well-being, but only to a certain degree, according to researchers Angus Deaton and Daniel Kahneman, at Princeton University's Woodrow Wilson School of Public & International Affairs.

In 2010, they surveyed 450,000 randomly chosen residents across the country via daily questionnaires. The study revealed that, "Low income exacerbates the emotional pain associated with such misfortunes as divorce, ill health and being alone." Yet they also discovered that, "High income buys life satisfaction, but not happiness," and there is no further progress in happiness beyond an annual income of $75,000 (*Proceedings of the National Academy of Sciences*).

On the other side of the world, in the tiny Himalayan country of Bhutan, where 70 percent of its 717,000 citizens are subsistence farmers and an annual income of $75,000 would be considered a fortune, people say they are generally happy, partly due to the nation's "happiness starts on the inside" philosophy. Since 1971, Bhutan has been operating based on a gross domestic happiness (GDH) value system. Bhutanese Prime Minister Jigmi Y. Thinley explains that the country has focused on growing both materially and spiritually, and citizen well-being has taken precedence over economic growth.

For decades, this was deemed an oddity by many in the West, although now it appears prescient. "It's easy to mine the land and fish the seas and get rich," says Thakur Singh Powdyel, Bhutan's minister of education. "Yet we believe you cannot have a prosperous nation in the long run that does not conserve its natural environment or take care of the well-being of its people, which is being borne out by what is happening to the outside world." The country measures its success in maintaining GDH by conducting regular surveys of the population. The reigning

official definition of happiness involves peace, contentment and living in harmony with all creation.

Seligman, author of *Flourish: A Visionary New Understanding of Happiness and Well-Being*, has become a believer in GDH. "How can you measure well-being in a person, a family, a country or globally?" he queries. Research by Seligman and his colleagues at the University of Pennsylvania, in Philadelphia, points to four basic elements: positive emotion, relationships, meaning in life and accomplishment, or PERMA.

Seligman says there are proven ways to improve each element. For positive emotion, writing down three "blessings", or things that went well that day, can increase our feelings of gratitude and well-being. For relationships, actively listening and being present for a loved one and having that attention returned can strengthen those bonds. Increasing meaning in our lives, says Seligman, can be a challenge for Westerners. "We have threadbare spiritual and relationship furniture. We have too much 'I' and not enough 'we,'" he says. But getting involved in something that increases the "we" factor will help make us happier.

Nurturing Signature Strengths

Self-surveys at *AuthenticHappiness.com* can help us identify our strengths and realize what we're especially good at—and we increase our feelings of accomplishment by doing more of them. "You can even figure out how to do the task you like least by using your signature strength," Seligman advises. He shares an example of a grocery store cashier that disliked bagging groceries, but was exceptional at social interaction. She made herself happier by chatting with her customers while she packed their selections.

> If I become happy and it makes you happy, it is like tipping the first domino so the next one falls and that happiness spreads.
>
> *~ James Fowler, economic behaviorist, University of California-San Diego*

Lara Blair, a portrait photographer in Camas, Washington, believes in celebrating strengths. "If making things is what you love, give it the space in your brain, home and life that it deserves." Blair's seminars and retreats help people tap ways to increase feelings of creativity, accomplishment and meaning. "If you nurture it and believe that growing this beautiful thing is worth the effort, the rewards will be more than you ever dreamed," she says.

When, as a happily married lawyer with children, Rubin thought her life was missing something vital, she used her love for reading and writing to explore that wistful, "What if?" She started researching subjective happiness via Marcus Aurelius, Samuel Johnson, Benjamin Franklin and St. Thérèse de Lisieux, whom Rubin refers to as her "spiritual master." She decided to test-drive her findings at *Happiness-Project.com* and began blogging about new ways of thinking and behaving that were bringing her and her readers greater self-realization and contentment.

"A great place to start is with your own body," she counsels. "Are you getting enough sleep? Are you getting good food to eat? When you take care of those very basic things, you feel energized, and then you can start moving to address other issues."

Sustaining Happiness

Once we've upped our happiness quotient, it can still be difficult to stay at that level, says Kennon Sheldon, professor of psychological sciences at the University of Missouri, in Columbia. In a recent study conducted with researchers at the University of California-Riverside, Sheldon and his colleagues found that by both recognizing that the desire for "more" and "better" in our lives won't stop and also appreciating what we have, we'll stay happy. It's equally vital to continually keep things fresh, with positive new experiences at home, work, play and exercise, as well as in relationships. In other words, sustained happiness takes a little work.

"Just before going to bed," suggests James, "write down at least one wonderful thing that happened that day. It may be anything from making a child laugh to a big sale. Whatever it is, be grateful for the present day, because it will never come again."

The benefits of individual well-being radiate to those around us, notes Seligman. "When individuals are flourishing, they are more productive at work, physically healthier and at peace." He believes that as we find ways to increase positive emotion, relationships, meaning in life and individual accomplishment, it's possible for life on Earth to flourish.

Judith Fertig is a regular contributor to Natural Awakenings.

53 Wheatgrass Health Benefits

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

MAJOR HEALTH BENEFITS

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

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

Where can I buy wheatgrass?

Drug Emporium/Vitamins Plus, 505 Bertrand Dr., Lafayette 337-261-0051.
The Road Less Traveled, 312 Guilbeau Rd., Lafayette 337-988-9889.
Smoothie Factory, 125 Arnould Blvd., Lafayette 337-989-7001.
Natural Health Center, 100 E. Angelle St., Carencro 337-347-4141.
Benny's Sport Shack, 806 S. Union St., Opelousas 337-948-6533.
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Anti Aging:
Water is a good anti aging method and drinking ionized water is even better as it helps reduce acne and eczema apart from other skin problems. Alkaline water forms small clusters that are easy to absorb and they hydrate our body more effectively causing our skin to plump up and age more slowly.

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

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

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

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

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

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

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

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

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- Increase energy production
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- Reduce free-radical formation (antioxidant)

Supplement Facts

Serving Size 1 packet | Servings Per Container 28

Amount Per Serving	% Daily Value**
Calcium (as calcium carbonate, calcium phosphate dibasic) 298.64mg	29%
BioLean® Proprietary Blend 2492.02mg	†
Caffeine (as Guarana Seed 50% Extract, Yerba Mate Leaf 10% Extract, Green Tea Leaf 40% Extract) 250.5mg	†
Citrus Aurantium Fruit 30% Extract (Adventra Z®)	†
Schizandra Berry	†
Gymnema Sylvestre Leaf 25% Extract	†
Rehmannia Root	†
Hawthorne Root	†
Jujube Seed	†
Alisma Root	†
Angelicae dahuricae Radix	†
Epemidium grandiflorum Radix	†
Codoncopsis Root	†
Eucommia Bark	†
Panax notoginseng Radix	†
L-Tyrosine 196mg	†
L-Phenylalanine 196mg	†
L-Carnatine (as L-Carnatine Bitartrate) 8mg	†

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

This formula is free of dairy, yeast, wheat, starch and artificial flavors.

OTHER INGREDIENTS: (Herbal Blend): Calcium carbonate, starch, stearic acid, cellulose, hydroxypropyl cellulose, dicalcium phosphate dihydrate, magnesium stearate, silicon dioxide, calcium phosphate dibasic, stearic acid, silicon dioxide, croscarmellose sodium, hydroxypropyl cellulose, magnesium stearate, polysorbate.

Phosphatidylserine: Contains phosphatidylserine 196 mg per serving.

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Supplement Facts

Serving Size: 4 Tablets
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	*
Rutin	400mg	*
White Willow Bark (15% salicin)	100mg	*
Turmeric root	100mg	*

* Daily Value not established

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

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

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

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

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

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

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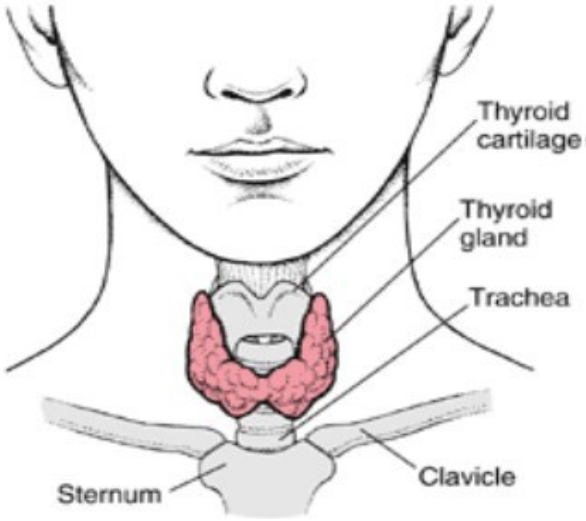

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COLORING OUR WORLD

How Hues Can Help and Heal

by Judith Fertig

From relaxing in a hot tub amidst sparkling blue lights to sleeping soundly surrounded by soft-green walls, we continuously experience the subtle influence of colors in our surroundings.

While humans have long appreciated nature's chromatic displays, it wasn't until 1666 that Sir Isaac Newton proved that white light from the sun refracted through a prism separates into the individual bandwidths we perceive as hues. A growing body of research by physicians, environmentalists, psychologists and alternative medicine specialists is now exploring how color—as light and pigment—can affect people physically, mentally and emotionally.

According to Pakistani research physicists Samina T. Yousuf Azeemi and S. Mohsin Raza, working from the University of Balochistan, "Colors generate electrical impulses and magnetic currents or fields of energy that are prime activators of the biochemical and hormonal processes in the human body." Different colors cause different reactions, from stimulating cells to suppressing the production of melatonin.

Published in the journal *Evidence-Based Complementary Alternative Medicine*, Azeemi and Raza's photobiology research, applied as chromotherapy, supports premises of ancient Chinese, Egyptian and ayurvedic healing traditions in which color is intrinsic to healing: for example, red increases circulation; yellow stimulates nerves; orange increases energy; and blue and green soothe everything from skin irritations to anxiety.

Blue light can reset our biological clocks. Although electric light attempts to mimic natural sunlight, the body does not sense it that way, according to findings published in *Environmental Health Perspectives*. During the day, artificial light with more blue wavelengths may help improve the performance of students and employees working indoors; at night, a reduction of the blue portion in artificial lighting provided for shift workers could protect against sleep disturbances. The irony, notes Science Writer David C. Holzman, of Lexington, Massachusetts, is that applications of blue light are now used to cure some of the very things it can cause—sleeplessness and depression.

Sonya Nutter, a Kansas City mother of three elementary schoolchildren, can attest to the soothing effect of blue light when soaking in her Kohler chromotherapy tub in the dark:

"It's even better than lavender scent for calming," she says.

"Color clearly has aesthetic value, but it can also carry specific meaning and information," says Andrew J. Elliot, Ph.D., professor of psychology at the University of Rochester, in New York. He and a team of researchers concluded that, "Seeing red is not good before [taking] a test measuring performance" (*Journal of Experimental Psychology: General*). In contrast, they found that seeing green enhances creative performance.

Photodynamic therapy, a recently developed, non-invasive cancer treatment, involves injections of a light-sensitive solution, followed by shining laser-emitted blue light on internal tumors or light-emitting diodes (LED) on surface tumors. A National Cancer Institute fact sheet explains how such light kills cancer cells and shrinks tumors.

Based on the success of NASA experiments and research at the University of Alabama at Birmingham Hospital, red LED lights are also helping cancer patients deal with sore mouths associated with chemotherapy and radiation used for bone marrow and stem cell transplants. Treating diabetic ulcers is another application, according to a 2012 study in the *Journal of Endocrinology, Metabolism, and Diabetes of South Africa*. Red light sessions at many medical spas help rejuvenate aging skin by stimulating collagen production.

Color as pigment can convey subtle cues to influence our perceptions, attitudes and behavior. In a study conducted at England's Oxford University and Spain's Polytechnic University of Valencia, for example, participants believed that hot chocolate tasted better in orange mugs than any other color, with white scoring lowest. "Color associations are so strong and embedded so deeply that people are predisposed to certain reactions" when they see a color, explains Elliot, a learned association that is often culturally based.

Because color can engender individual emotional response, it plays a major role in one's preferences in surroundings, including wall colors, furnishings and appliances. Pantone, a leading provider of color systems to businesses worldwide, annually recommends a specific color that it feels best connects with the current *zeitgeist*, or prevailing spirit and mood, so that manufacturers of paints, kitchenware and fabric will produce the look people will want to have around them.

In 2011 Pantone picked a vibrant pink. Leatrice Eiseman, executive director of the Pantone Color Institute, explained that "In times of stress, we need something to lift our spirits, a captivating, stimulating color that gets the adrenaline going." Now sensing greater optimism, their 2013 color choice is a vivid emerald, described as "lively, radiant and lush… a color of elegance and beauty that enhances our sense of well-being, balance and harmony."

Judith Fertig blogs at AlfrescoFood AndLifestyle.blogspot.com.

Dad & Daughter Dates

Making the Most of Cherished Time Together

by Clint Kelly

The ancient Greek playwright Euripides, renowned for his Greek tragedies portraying strong female characters, was likely a decent dad. He wrote, "To a father growing old, nothing is dearer than a daughter."

Entrepreneur and life coach Greg Wright, of Austin, Texas, updates the concept of this precious relationship in *Daddy Dates: Four Daughters, One Clueless Dad, and His Quest to Win Their Hearts*. He says that before the age of 30, God gave him a lovely wife; four girls, or "beginner ladies"; and a succinct mission statement: "Don't mess up."

Possessing an overwhelming compassion and protective instinct for each of his children, Wright decided early on "to teach them the right way to date and to treasure their specialness as much as I do."

One of his chief assignments was respectfully modeling good dating habits for his daughters, a talent that doesn't necessarily come naturally to dads. They may understand how significant a fathering relationship is to her self-worth in becoming a dauntless and independent adult, but may be uncertain how to make a proper investment spiritually and emotionally.

Healthcare marketing executive David Kinard, of Seattle, Washington, invests heavily in both his son and daughter. Having grown up in a separated family with no fatherly role model, he has focused on spending time with both kids, and knows it's especially important for a girl.

"I wanted my daughter to know that I loved her for who she was and not for anything she said or did, and that she didn't need to give her body away to find love." He felt the best way to convey these truths was to provide dedicated time together. Wednesdays were without fail their date nights, beginning at age 4; dates are less frequent now that his daughter is 16, but even when the relationship feels at odds, dates have consistently brought them together.

"She always got to choose where we went to dinner," Kinard recalls. "We'd sit for a long time, eat our favorite foods and play a silly card game." They talked about anything, nothing, everything. "She glows when she talks about past dates," he continues. "I have earned the ability to talk with her about the more sensitive subjects in her life such as boys, sex, friends and family."

Seattle Pacific University Alumni Director Ken Cornell believes that bonding through dating his two girls, ages 14 and 17, is a true privilege. He says the same is true of his wife of 27 years. "It is so important to get away from the routine, to focus on each other," Cornell remarks. "It's amazing what is said when we give space for a relationship to deepen."

His younger daughter believes, "It's confidence building; it makes me stronger to be with someone who believes and has hope in me."

Dressing up on occasion, holding the door open and allowing her to order for herself show respect and make her feel treasured. Later, if she doesn't get that same level of respect on a first date with a boy, she will be less likely to schedule a second.

Cornell often worries that he doesn't model enough of the love and honor his girls deserve. He finds grace in prayer. "I ask God regularly for wisdom and forgiveness to help me steward my relationship with my daughters and wife."

The writer's own family of six, including two daughters, has a long history of carving out precious time for refreshing fun. It naturally evolved from movies and petting zoos when they were young to canoeing and college campus events as they grew up.

"My boyfriends knew that if we were going to last, they had to impress my dad," remembers our youngest daughter Amy, today a wife and esthetician living in Medina, Ohio. "It was important to know that my dad cared enough to engage in my life. When college life was chaotic, it was comforting to have a dad close to my heart. Our dates through the years allowed us to share stories, secrets and sorrows, and to laugh."

Clint Kelly's books include Dare to Raise Exceptional Children.

Ideal Dates 101

Some of these activities may bring out the twinkle in any daughter's eyes.

Join an ethnic cooking class. Then watch a DVD set in the corresponding country or region.

Be a Sport. Suggest doubles tennis or ride a bicycle built for two.

Volunteer at a local charity. Help others and then stop at the ice cream parlor on the way home.

Make a home drive-in. Decorate cardboard boxes together so they look like favorite cars. Then sit in them to watch fun movies like *Toy Story* or *Up*… and pass the heirloom popcorn.

Paint some pottery. Many ceramics stores offer lessons. Make individual or joint artistic creations that can become home decorations and visual memories.

Shop at the dollar store. Secretly spend one dollar on each other, and then unveil the gifts over a frozen yogurt treat.

Gotcha! Arrange with her school for her to leave school early for a surprise lunch date.

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Supplement Facts

Serving Size: 2 Vegetarian Capsules
Servings Per Container: 45

Amount Per Serving	% Daily Value
Digestive Enzyme Blend	*
Bromelain (from pineapple fruit)	120 GDU*
Papain (from papaya fruit)	600,000 FCCPU*
Protease – acid stable (from *Aspergillus oryzae*)	10 SAPU*
Amylase (from *Aspergillus oryzae*)	400 DU*
Lipase (from *Aspergillus niger*)	80 FCCLU*
Protease (from *Aspergillus oryzae*)	400 HUT*
Lactase (from *Aspergillus oryzae*)	20 ALU*
Cellulase (from *Trichoderma longibrachiatum*)	10 CU*
Hemicellulase (from *Aspergillus niger*)	10 HCU*

* Daily Value not established.

Other ingredients: Rice bran, rice flour, cellulose, microcrystalline cellulose, magnesium stearate (vegetable source), silica.

*Gelatin Digesting Units; †FCC Papain Units; ‡Spectrophotometric Acid Protease Units; §Dextrinizing Units; ¶FCC Lipase Units; #Hemoglobin Units Tyrosine; ^Acid Lactase Units; **Cellulase Units; ††Hemicellulase Units.

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Amount Per Serving	% Daily Value
Probiotic Blend (at time of manufacture)	*
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Lactobacillus bulgaricus	400 Million CFU
Bifidobacterium bifidum	200 Million CFU
Streptococcus thermophilus	200 Million CFU

* Daily Value not established

Other Ingredients: Rice flour, cellulose, silicon dioxide, magnesium stearate.

Contains milk ingredients.

Traveling Volunteers

Doing Good During Time Away

by Avery Mack

Ken Budd, former executive director of AARP and current editor-in-chief of *Currents* magazine, says, "I was approaching 40 when my dad died suddenly, and at the funeral, I heard people say how he'd changed their lives. So in midlife, I decided to change mine."

Disaster Relief

Budd, who lives with his wife in Burke, Virginia, says, "Not everyone can join the Peace Corps, but they might share a week or two of vacation time." Nine months after Hurricane Katrina, Rebuilding Together was looking for unskilled labor to help in New Orleans. So he helped prep homes for incoming electricians, plumbers and carpenters, and then painted. He was hooked, and has subsequently volunteered in China, Costa Rica, Ecuador, Kenya and the West Bank. His award-winning book, *The Voluntourist,* details his experiences.

Megan Wieder, a high school senior in Titusville, Pennsylvania, mulched trails and painted park equipment and homes during her week in New Orleans as a volunteer for People to People, which hosts future leaders for such projects. "I learned I can help others," she says.

This October, the Sierra Club's New Jersey Seashore Service will assist the Natural Resource Education Foundation of New Jersey with its forest, marsh and meadowlands conservation efforts. The project will simultaneously allow participants to observe the aftermath of Hurricane Sandy along the shoreline, as well as in nearby communities.

Infrastructure Improvements

The Sierra Club's August trip to Mt. Rainier, in Washington, will train volunteers to work with the National Park Service in repairing hiking trails and building restraining walls at an elevation of 6,600 feet. Stunning views grace the two-mile hike from the Sunrise Visitor Center. Volunteer organizer DiDi Toaspern observes, "We are doing work that wouldn't get done otherwise due to budget restraints. Even removing invasive plants helps to protect native species and nesting areas."

Recreational Equipment Inc. (REI) will bring volunteers to Yosemite National Park in northern California this September to assist park rangers in contouring trails to shed water and cut or move vegetation that blocks trails or impedes streams.

This fall, volunteers in New York City's Bronx borough will also help the city parks department clear an overgrown 60-acre area surrounding the gardens of the Bartow-Pell Mansion, built in 1836, a museum for 19th-century furnishings and decorative arts since 1946.

Sonnenberg Gardens & Mansion State Historic Park, in Canandaigua, New York, features nine separate gardens—stylized as secret, Italian, Japanese, rose, blue and white, pansy, moonlight, old-fashioned and rock gardens. Each May, volunteers learn to plant decorative designs that can involve up to 8,000 plants, and others maintain the gardens throughout the summer.

Animal Conservation

After a tasty vegan breakfast, volunteers in New York's Finger Lakes region care for 500 rescued farm animals like Marge, a playful pig, at the 175-acre Watkins Glen Farm Sanctuary. Similar shelters bless Orland and Los Angeles, California.

When Archosaurs Attacked and Reptiles Ruled Texas is the catchy name for the city of Arlington's archeology education site (estimated at 95 million years old) where volunteer teams unearth fish, shark, ray, turtle and dinosaur fossils. "Last year, a new crocodilian species was found there," says Rob Stringer of Earthwatch UK. In two-week stints, volunteers chart locations, clear areas, dig drainage trenches and prepare fossils for identification.

There's something for everyone in the emotional, spiritual and physical challenge of voluntouring. "Upon arrival, one's first thought is, 'What have I let myself in for?' but upon returning home, you step back and see the value," advises Budd. "Volunteers don't change the world so much as they change the way people see each other through shared experiences."

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

Kale, Potato and Chorizo Pizza. photo by Steve Legato

Grow, Pick, Grill

Making the Most of Summer's Bounty

by Claire O'Neil

In outdoor spaces from Cape Cod, Massachusetts, to Arch Cape, Oregon, produce is growing and grill embers are glowing. Growing a garden and grilling its bounty have never been more popular.

For the first time since 1944, when 20 million "Victory" gardeners produced 44 percent of the fresh vegetables in the United States, food gardening is outdistancing flower gardening. In its latest survey of garden retailers, the National Gardening Association found that consumers' spending for growing their own food hit $2.7 billion, versus $2.1 billion for flowers.

Barbecuing grill chefs are expanding their repertoire beyond grass-fed burgers and steaks. More vegetables and fruit are being grilled now than in the past, according to the latest annual survey by leading grill manufacturer Weber.

This all makes sense to Karen Adler and Judith Fertig, co-authors of *The Gardener & the Grill*. They've observed that when the bounty of the garden meets the sizzle of the grill, delicious things happen. "Natural sugars in vegetables and fruits caramelize," says Adler. "Essential oils in fresh herbs become more aromatic. The colors of fruits and vegetables stay more vivid when grilled, rather than when cooked any other way."

"Grilling gives even familiar foods an exciting new makeover," notes Fertig. For example, by cutting a head of cabbage into quarters, brushing each cut side with olive oil and then grilling and chopping, the backyard chef infuses a grill flavor into a favorite coleslaw. Flatbreads, patted out from prepared whole-grain or gluten-free pizza dough, can be brushed with olive oil, grilled on both sides and then topped with flavorful garden goodies. Simple fruits like peaches and plums—simply sliced in half, pitted and grilled—yield fresh taste sensations, especially cradling a scoop of frozen yogurt.

A quick foray to the garden or farmers' market can provide just the right colorful, flavorful edge to any summer barbecue.

Claire O'Neil is a freelance writer in Kansas City, MO.

Fresh on the Grill

Kale, Potato and Chorizo Pizza

Hearty but not heavy, this pizza takes kale (or alternatively, Swiss chard or collard greens) and onions from the garden, and then adds vegetarian chorizo to accent.

Yields 4 servings

1 pound fresh whole grain or gluten-free pizza dough
¼ cup whole grain or gluten-free flour for sprinkling
4 new potatoes, cooked and thinly sliced
8 kale leaves
Olive oil, for brushing and drizzling
Grapeseed oil for brushing the grill rack
8 oz cooked and crumbled vegetarian chorizo (Portuguese or other spicy sausage optional)
½ cup chopped green onion (white and light green parts)
Coarse freshly ground black pepper

Prepare a hot fire on one side of the grill for indirect cooking. Oil a perforated grill rack with grapeseed oil and place over direct heat.

Divide the dough into four equal parts. Sprinkle with whole grain or gluten-free flour and press or roll each piece into an 8-inch circle. Sprinkle flour of choice on two large baking sheets and place two rounds of dough on each sheet. Brush the potatoes with olive oil, place on the perforated grill rack and grill for 15 minutes, turning often, or until tender before topping the pizza.

Brush the kale with olive oil. Grill leaves for 1 minute on each side or until slightly charred and softened. Quickly trim off the bottom of the stalk and strip the leaves from the stems. Finely chop the leaves and set aside.

Brush one side of each pizza with olive oil and place, oiled side down, on the direct heat side of the grill grate. Grill for 1 to 2 minutes or until the dough starts to bubble. Brush the top side with olive oil and flip each pizza round, using tongs, onto a baking sheet.

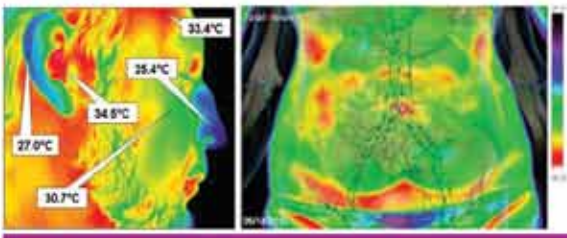
Quickly brush pizza rounds with additional olive oil, and then spoon on one-fourth of the sliced potato and grilled kale.

Sprinkle toppings of sausage and green onion. Drizzle a bit more overall olive oil and season with pepper.

Using a grill spatula, place each pizza on the indirect side of the fire. Cover and grill for 4 to 5 minutes or until the kale has slightly wilted and the topping is hot. Serve hot.

Handy Garden-to-Grill Gadgets

- Long-handled grill tongs and a spatula help the cook handle foods on the grill like a pro.
- Barbecue mitts protect hands and arms from the heat.
- A perforated grill rack, akin to a cookie sheet with holes, placed directly on the grill grates, keeps smaller vegetables and tender fish fillets from falling through.
- A grill wok is perfect for stir-grilling foods outdoors, a complement to indoor stir-frying.
- A sturdy, stiff, grill brush makes short work of cleaning the grill grates after each use.

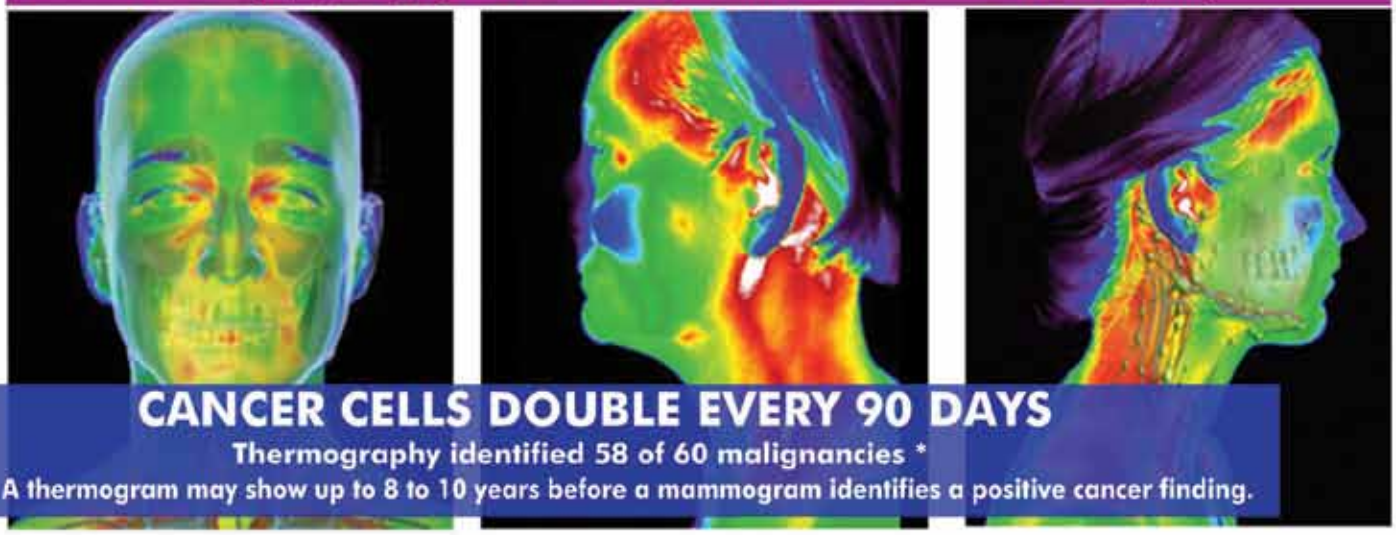


TIME MAGAZINE Dec 1, 2008

"The biggest problem with the U.S. health-care system is that it has long been designed to respond to illness rather than PREVENT IT."

EARLY DETECTION is the KEY to saving lives

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



CANCER CELLS DOUBLE EVERY 90 DAYS

Thermography identified 58 of 60 malignancies *

A thermogram may show up to 8 to 10 years before a mammogram identifies a positive cancer finding.

The American Journal of Surgery

The American Society of Breast Surgeons

Effectiveness of a noninvasive digital infrared thermal imaging system in the detection of breast cancer

Nimmi Arora, M.D., Diana Martins, B.S., Daniella Ruggerio, B.S., Eleni Tousimis, M.D., Alexander J. Sofstad, M.D., Michael P. Osborne, M.D., Eache M. Simmons, M.D.*

* *Department of Surgery, New York Presbyterian Hospital-Cornell, New York, NY, USA*

American Journal of Surgery, 2008. American Society of Breast Surgeons, Cornell.

The single best article on breast thermography showing a remarkable 97% effectiveness in identifying malignant cancer. RESULTS: Sixty of 94 biopsies were malignant and 34 were benign. Thermography identified 58 of 60 malignancies, with 97% sensitivity, 44% specificity, and 82% negative predictive value depending on the mode used.

(Range 44-1500 days)

Cancer Doubles Every 90 Days

Year 1	1	Cell
Year 2	16	Cells
Year 3	256	Cells
Year 4	4096	Cells
Year 5	65,536	Cells
Year 6	1,048576	Cells
Year 7	16,777,216	Cells
Year 8	268,435,456	Cells
Year 9	4,294,967,296	Cells
Year 10	68,719,476,736	Cells
Year 11	1,099,510,000,000	Cells

Time Doubling Rate

YEAR 3
Possible Detection by Thermography

YEAR 6
Possible Detection by Mammography

Year 10: 68 Trillion Cells

More cells than the human body and survival rate is no greater than 10 years.

THERMOGRAPHY

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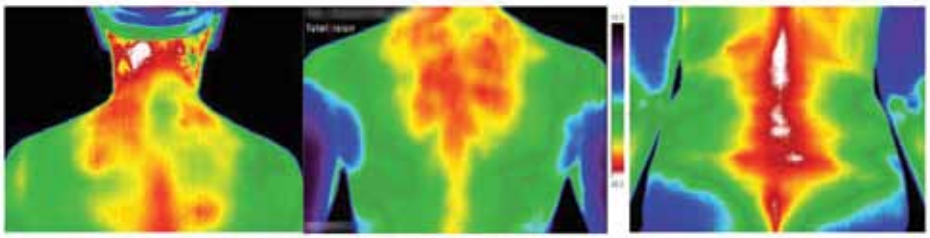
What is Thermography?



What is Thermography?
Digital Infrared Thermal Imaging is a unique technology that takes a picture and creates a map of the infrared patterns of the body. It is different than other screening tools because it helps us to see function (physiology). MRI and X-ray detect anatomical changes so will miss such things as active inflammation or angiogenesis(increased blood supply as found in cancer) . It was approved by the FDA for breast cancer screening in 1982. It can detect early danger signs in the body years before other tools. It has been shown to be effective in finding early signs of breast cancer up to 8 years before the mammogram.

What Can Thermography Be Used For?
There are 3 areas that Thermography is useful:

- **Inflammatory Phenomena**- This could include early detection of cardiovascular disease, arthritis, Fybromyalgia or trauma such as strains, sprains or chronic pain.

- **Neovascular Phenomena** - Cancer is fed by the bodies own blood supply. This development of early vascularity is detected well before anatomical changes occur that will be detected with other screening tools.

- **Neurological Phenomena** - Chronic regional pain syndrome, nerve irritation can cause referred pain in other areas. Circulatory deficits are easily seen in thermographic images.

A full body screening covers all regions of the body with no less than 28 images. A region of interest can be used for focalized screening such as breast screening, thyroid, etc.

Is It a Proven Technology?
Thermography has been comprehensively researched for over 30 years. While it is not a replacement for Mammography, it may have many valuable assets including: earlier detection of neovascular(blood supply) patterns, adjunct to inconclusive mammograms, improved detection for women with dense breasts or implants or a reasonable alternative for women who refuse mammogram. Below is a sample of the over 800 studies in the indexmedicus. They represent some of the important findings and value of thermography.

Fast facts:
- In 1982, the FDA approved breast thermography as an adjunct diagnostic breast cancer screening procedure.
- Of the extensive research conducted since the late 1950's, well over 300,000 women have been included as study participants.
- The size of the studies are very large: 10k, 37k, 60k, 85k.
- Some studies have followed participants up to 12 years.
- Strict standardized interpretation protocols have been established for 15 years to remedy problems with early research.
- Breast thermography has an average sensitivity and specificity of 90% .
- An abnormal thermogram is 10 times more significant as a future risk indicator for breast cancer than a first order family history.
- A persistent abnormal thermogram carries with it a 22x higher risk of future breast cancer.
- Extensive clinical trials have shown that breast thermography significantly augments the long term survival rates of its recipients by as much as 61%. When used as a multimodal approach (clinical exam +mammography+thermography), 95% of early stage cancers will be detected.

Why Have I Not Heard About This?
Like many alternative diagnostic tools or treatments, the facts are not always disclosed. Thermography was summarily dropped from breast screening in the 1980's after only 1 year of use. The reason was sited as being it detected too many false positives and therefore was not specific enough. This is ironic since the mammogram has a 65% false positive rate and recent studies have shown that it is a poor predictive tool. 90% of MD's know nothing of the technology and so are critical of that which they don't know. The other 10% seem to quote research from 22 years ago from a few small studies and ignore the plethora of positive research.

Is it accurate?
Yes, as a routine screening tool, it has been shown to be 97% effective at detecting benign vs malignant breast abnormalities. Another study tracked 1537 women with abnormal thermograms for 12 years. They had normal mammograms and physical exams. Within 5 years, 40% of the women developed malignancies. The researchers commented ""an abnormal thermogram is the single most important marker of high risk for the future development of breast cancer" These results have been repeated over and over again for nearly 30 years.

Is It Safe?
While a variety of studies have called into question the safety of cumulative exposures to radiation, this is not the case with Thermography. Thermography emits nothing, it only takes an image. Nothing touches you and it is quick and painless. This all makes Thermography great for frequent screening with no chance of danger.

What If I get Abnormal Results? What Do I Do?
Thermography is not diagnostic but gives early risk factors. This is great news because an abnormal result from a thermogram often buys time so that natural interventions such as nutrition, nutritional supplements, holistic therapies, and lifestyle changes can influence the outcome. At the least, the condition can be closely monitored safely until conventional interventions need to be applied. It is important to recognize that early detection is the key to a good outcome.

Some Selected Research:
Stark. A., Way, S. The Screening of Well Women for the Early Detection of Breast Cancer Using Clinical Examination with Thermography and Mammography. Cancer 33: 1671-1679, 1974. Researchers screened 4,621 asymptomatic women, 35% whom were under age 35 y.o. and detected 24 cancers (7.6 per 1000) with a sensitivity and specificity of 98.3% and 93.5% respectively.

Y.R. Parisky, A. Sardi, R. Hamm, K. Hughes, L. Esserman, S. Rust, K.Callahan, Efficacy of Computerized Infrared Imaging Analysis to Evaluate Mammographically Suspicious Lesions. AJR:180, January 2003 Compared results of Infrared imaging prior to biopsy. The researchers determined that Thermography offers a safe, noninvasive procedure that would be valuable as an adjunct to mammography in determining whether a lesion is benign or malignant with a 99% predictive value.

Gros, C, Gautherie, M. Breast Thermography and Cancer Risk Prediction. Cancer 45:51-56 1980. From a patient base of 58,000 women screened with thermography, researchers followed 1,527 patients with initially healthy breasts and abnormal thermograms for 12 years. Of this group, 40% developed malignancies within 5 years. The study concluded that "an abnormal thermogram is the single most important marker of high risk for the future development of breast cancer".

Spitalier, H., Giraud, D. et al. Does Infrared Thermography Truly Have a Role in Present Day Breast Cancer Management? Biomedical Thermology pp.269-278, 1982
Spitalier and associates screened 61,000 women using thermography over a 10 year period. The false negative and positive rate was found to be 11% (89% sensitivity and specificity). 91% of the nonpalpable cancers (T0 rating) were detected by thermography. Of all the patients with cancer, thermography alone was the first alarm in 60% of cases. The authors noted "in patients having no clinical or radiographic suspicion of malignancy, a persistent abnormal breast thermogram represents the highest known risk factor for the future development of breast cancer".

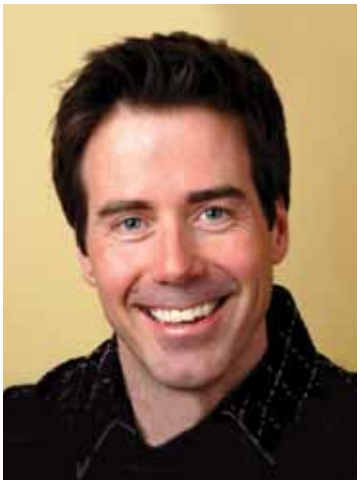
Jiang LJ, Ng FY et al A Perspective on Medical Infrared Imaging. J Med Technol 2005 Nov-Dec;29(6):257-67 Since the early days of thermography in the 1950s, image processing techniques, sensitivity of thermal sensors and spatial resolution have progressed greatly, holding out fresh promise for infrared (IR) imaging techniques. Applications in civil, industrial and healthcare fields are thus reaching a high level of technical performance. In many diseases there are variations in blood flow, and these in turn affect the skin temperature. IR imaging offers a useful and non-invasive approach to the diagnosis and treatment (as therapeutic aids) of many disorders, in particular in the areas of rheumatology, dermatology, orthopaedics and circulatory abnormalities. This paper reviews many usages (and hence the limitations) of thermography in biomedical fields.

Source: Institue for the Advancement of Medical Thermography

Reframing Personal Priorities

Craig Hamilton Explores the Gender Gap in Spiritual Growth

by Kim Childs



Craig Hamilton is a writer, radio host and workshop leader devoted to helping people evolve their consciousness for the greater good. The former managing editor of *What is Enlightenment?* magazine, Hamilton went on to found Integral Enlightenment, an online education program for those on a contemporary spiritual path. Since then, thousands of people have participated in his courses and workshops, and the vast majority have been women. *Natural Awakenings* asked Hamilton for his insights on this trend.

What's behind the gender imbalance in personal growth and enlightenment circles?

Two years ago, I hosted a summit called *The Way of the Evolutionary Man* that included a discussion about why more men aren't drawn to participate in these kinds of things. One of the main points made was that, while many Americans have focused on creating equality for women in the last 50 years, there hasn't been a comparable men's liberation movement.

I know that some would say, "Why do we need that? Men are already the ones with the most power, freedom and privilege." Yet it became clear during our discussion that men do not have freedom when it comes to choosing among valued social roles.

For example, a woman can feel valued whether she pursues a professional career or something else that we might call a path of the heart, such as following artistic passions, working for a nonprofit or serving as a teacher. But if men do such things, they risk losing value among women.

Traditionally, women have wanted to be with men that are more economically successful than they are. If a man decides he wants to be an artist or a spiritual practitioner or follow what we might label a higher calling, he's stepping out of traditionally validated activities for men. So the reason that more men aren't putting more time into their personal growth could be that they're not being valued for that.

What might it take to shift this phenomenon?

If women want men to join them on paths of personal and spiritual growth, they might need to start in analyzing the part of themselves that says, "I want a man who makes more money than me, is successful and able to be the family provider." Many women want their men to be conscious, sensitive, reflective and capable of profound intimacy, plus be a good provider.

I've heard from some men that feel seriously pained about this. A few said that they always wanted to be, for example, a musician or a teacher, but they couldn't see themselves being sufficiently successful at it, or their family discouraged it.

Is pursuing personal growth at odds with being a breadwinner?

I teach a spiritual path that anyone can pursue in the midst of their busy life. It

involves turning everything into a spiritual practice. It means observing your own motivations and distortions and experiencing a different relationship to life that's no longer rooted in patterns of the past and the ego.

I believe this work appeals to men because, while there is a meditative and interior dimension to it, the bigger part is calling people to step up in life and remove the obstacles inside themselves that keep them from playing their biggest game. Spiritual life isn't about getting beyond this world; it's about the evolution of our world through conscious participation. That's something men and women alike can become inspired by and put their energy behind.

How can men be most effective in a changing world?

In order to be truly effective, each person needs to do the necessary inner work. It's not enough to focus on trying to do and accomplish and acquire without clarifying what's getting in the way of your full self-expression and creative engagement.

It's easy to think about life in terms of our history, identity, desires and concerns, but that's just a small part of who we are. At our deepest level, we are this unfolding evolutionary process that's been going on for more than 13 billion years. Now we have the ability to participate in the greatest adventure of all, that of conscious evolution, growing into a future aligned with our highest ideals, visions and aspirations. While that is mobilizing generations of women, I am finding that it also speaks to the highest aspirations of men.

Connect with Craig Hamilton at IntegralEnlightenment.com.

Kim Childs is a writer and creativity coach in Boston. Visit KimChilds.com.

Walk This Way

Step Up to Barefoot Benefits

by Randy Kambic

Barefoot walking conjures images of children playing in open fields and families strolling on a beach, yet it can also embrace many other settings as part of a health and fitness routine and lifestyle of optimum wellness. As Michael Sandler and Jessica Lee attest in their new book, *Barefoot Walking*, "It's not just physical; it's soothing on an emotional and spiritual level."

In adults, many muscles in our feet may have weakened and atrophied due to disuse from wearing shoes, which substitute the support and mobility that our bodies' lower parts were created to provide. Years of wearing tight-fitting shoes or high heels can also hamper bone density and proper alignment of each foot's 28 bones; produce aches and pains in knees, back and neck; and constrict circulation to legs and feet, a condition compounded by desk jobs.

Here are some tips in preparing to go shoeless:

Work out feet. *Prevention.com* advises working to individually wiggle each toe; touch and rub each in its entirety; and flex and move both feet in as many different ways as possible. This will help them better absorb and distribute weight. Then, suggest Sandler and Lee, try "grabbing" exercises for toes, picking up round objects ranging in size from golf balls to baseballs. Also practice arch lifts, calf raises and ankle rolls.

Check it out. Walk around a room and note if the weight upon landing moves from the heel to the big toe right away; if so, try shifting bodyweight while walking so that the pressure proceeds from the heel to the little toe and then across to the big toe. This maximizes functioning of the entire foot and keeps the arch from collapsing inward. This subtle change helps support knees, the pelvic floor and even abdominal muscles.

Fields, dirt trails and beaches are ideal sites to start walking barefoot. Repeated skin-to-ground contact also coincides with grounding, or earthing, a therapy that connects a being with Earth's electrical field. The concept is that this allows negatively charged free electrons to enter and eliminate free radicals, the positively charged particles that may cause diseases and inflammation. When we're in shoes, "We're separated [from the Earth] by an inch of rubber, which is a fantastic resistor to electricity," the co-authors point out.

Because barefoot walking stimulates foot nerve endings, it's also a form of self-reflexology, helping to lower blood pressure and anxiety while bolstering the immune system.

For all these reasons, enthusiasts conjecture that it's wise to follow in the natural footsteps of healers past and present that have chosen to walk this way.

The human foot is a masterpiece of engineering and a work of art.

~ Leonardo da Vinci

Sandler provides special tips on getting started for some specific groups:

Children: "They haven't had their feet weakened by wearing shoes for many years, so let them develop their own style."

Pregnant women: Start with a tiger walk technique (land with the heel barely off the ground, focusing on grabbing traction with the toes) for as much stability and fullest contact with the ground as possible.

Seniors: Use a walk and roll technique (lift the forefoot up before gently landing heel first) to keep weight directly beneath the body's center of gravity. "Some seniors are fearful of going barefoot; concerned their feet are soft and sensitive. But they find that it actually helps them regain balance, coordination and body-brain connections."

A key to expanding onto terrains like gravel and pavement while avoiding injury is to build up stronger plantar skin on the bottom of the feet, because it is "600 percent stronger than skin elsewhere and can grow even thicker, up to half an inch, but only if you use it," according to Sandler and Lee. "Going about barefoot stimulates additional skin growth (layering) and pushes the moisture out of the skin (strengthening), which together, thicken the soles of your feet."

Other basic tips to avoid injury include: go slow, build foot strength, focus on form, learn to rest, inspect feet daily for potential nicks or scratches and see a physician if in doubt about anything.

"Once you're aware of your surroundings and have toughened up your feet, you'll avoid most sharp objects and be relatively shielded from the rest," advise Sandler and Lee, who see the activity as a big step toward greater overall health awareness. "You'll learn more about your body… what's right and what's not, what's working and what can be improved."

Randy Kambic, in Estero, FL, is a freelance writer and editor who regularly contributes to Natural Awakenings.

The Fatherhood Factor
How Raising Children Changes Men

by Armin Brott

Becoming a father is one of the most defining benchmarks in a man's life.

In their research, University of California-Berkeley Psychology Professors Phil Cowan, Ph.D., and Carolyn Cowan, Ph.D., found that when asked how important each aspect of life felt over a two-year study period, childless men surveyed showed a significant increase in the "partner/lover" aspect. But young fathers squeezed that facet into a smaller life space to accommodate the significant increase in the "parent" element.

Here are a few highlights from what relevant studies by Oregon State University, in Corvallis, the University of Nevada-Las Vegas and Switzerland's University of Zurich say about how fatherhood changes men.

Confidence and Pride

Having a close relationship with our child helps build mutual confidence and self-esteem. Turning a child's tears into laughter and feeling proud when he does well confirms that we're on our way to being a successful father. Albeit briefly, a child may even share our tastes in culture, entertainment and other areas before mapping his own individuality, but some common attitudes and interests will remain.

Patience and Humor

When something goes wrong, we can take it seriously and try to change things, or roll with it and laugh. Doing the latter can increase compassion for our own and others' mistakes.

Flexible Thinking

Early on, it may be nearly impossible to differentiate the needs of our child and partner from our own. In reality, needs are to varying degrees in opposition, thus imposing frustrations and sorrows and forcing mutual adaptation, according to the Group for the Advancement of Psychiatry think tank. Parents should consider various points of view and develop contingency plans.

Return to Childhood

Rearing kids presents the opportunity to reread favorite childhood books and disappear back into imaginative worlds.

Creativity

A.A. Milne (author of the *Winnie the Pooh* books) and J.K. Rowling (of Harry Potter fame) first wrote for their kids. We may also be inspired to play an instrument or take up an art form learned as a child while encouraging our children in their music or art lessons.

Reordering Priorities

Raising kids produces a heightened awareness of others' perspectives, reports University of Delaware researcher Rob Palkovitz, Ph.D. Many guys admit that they were somewhat selfish and self-centered before having kids, because having people depend on you and putting their needs before yours doesn't come naturally. (Palkovitz notes that marriage alone doesn't trigger this realization.)

Changing Values

Becoming a father prompts a hard look at one's fundamental beliefs and values. Our view of what seemed harmless when we were younger, like not caring about money or possessions and potentially harmful lifestyle choices, changes completely when there's a family to support. We see the world differently. Our health and well-being are no longer just personal concerns; they're integral to our family.

Interestingly, more mature new fathers—having had more time to hone their philosophy of life—report less of a need for fresh soul-searching than younger fathers.

Superdad Armin Brott has been building better fathers for a decade through his blog, bestselling books and American Forces Network radio show. Learn more at MrDad.com and Tinyurl.com/MrDadApp.

DOG SPORTS

People & Pets Play Well Together

by Sandra Murphy

With most exercise programs, while his person works out, a dog stays home alone, counting squirrels outside the window and wishing *Animal Planet* wasn't a rerun. How about bringing some of that exercise home so the pet gets fit, too?

John E. Mayer, Ph.D., a Chicago clinical psychologist and author of *Family Fit*, maintains that, "Fitness works best as a group event, including the family dog. They love to participate in many things, so be creative. Try swimming, touch football, jumping rope, rollerblading, tag or hide-and-seek."

Diane Tegethoff Meadows and Susan Riches, Ph.D., each accepted a challenge to exercise with their dogs 30 minutes a day for 30 days. "I walk my three Scotties every morning anyway, so adding minutes was easy," says Meadows, a retired senior paralegal in Bulverde, Texas. "One of them is in charge of choosing the route, and we seldom go the same way two days in a row." Riches, a retired Fort Lewis College professor and archaeologist, in Durango, Colorado, doesn't let inclement weather interfere. "Inside, we play fetch up and down the stairs," she says. "I hide treats for tracking games of 'find it.'" The dogs also like to jump through hoops. "The Scottie and Westie go at it for 30 minutes; the Maltese stops after 15."

Jeff Lutton, a Dogtopia dog daycare/boarding franchisee in Alexandria, Virginia, conducts a popular running club. "On Sunday mornings we have about 15 people that run with their dogs. My golden retriever used to run six miles, but since she's 9 now, we've cut back to three."

"Treibball [TRY-ball] is herding without sheep, soccer without feet," explains Dianna L. Stearns, president of the American Treibball Association, based in Northglenn, Colorado. "All you need is Pilates balls, a target stick for pointing, a signal clicker and treats. It's a fun, problem-solving game for all involved."

The idea is for the dog to direct rubber balls into a goal with its nose, shoulder and/or paws—eventually, as many as eight balls in 10 minutes. Treibball can be played in group classes or competitions or at home using a kiddie soccer goal.

Another exercise option is to turn the backyard into an obstacle course for the dog, kids and adults. Use a clicker to signal the next move. Four or five hula hoops spaced a bit apart provide a pattern for a sit/stay game as the dog moves into each one on command. A thin wooden dowel across two boxes and anchored to a stick-on photo hook on either end provides a hurdle. A child's oversized plastic golf club hits a tennis or plastic ball just far enough for the dog to retrieve.

For a doggie triathlon, add more elements, such as yard races between dogs and children on their tricycles or scooters down a straight path, with everyone cooling off in a hard-plastic swimming pool as part of the event.

For dogs that are older or have mobility issues, some stretching before or even after exercise is suggested. "Doga [dog yoga] has become a daily ritual with my 11-year-old golden retriever since the onset of arthritis in her hips and back. Besides keeping her joints limber, it's good one-on-one time for us," says latchkey dog expert Eileen Proctor, in Castle Rock, Colorado.

"Whenever she wants to stretch, she will come up and gently paw me," relates Proctor. "Her favorite is the upward dog pose. Before practicing doga, this dear one had trouble getting to her feet, and then was lame for a minute. Now she is able to get up and move about immediately."

When exercising with pets, always keep plenty of water handy, start slow and watch out for how the weather or workout affects the participants. Scientists have changed from saying it takes 21 days to form a new habit to admitting it may take up to three times that long. That might be true for people, but try explaining it to the dog standing at the back door on day two—he's ready to do it again.

Sandra Murphy is a regular contributor to Natural Awakenings.

Dog Running Tips

by Jeff Lutton

✔ Start slow ✔ Run warm-up laps
✔ Take breaks ✔ Always carry water
✔ Keep nails trimmed

- Avoid running on hot pavement with longhaired or thick-coated dogs.
- Shorten mileage for pups under 2 years, as well as older dogs.
- Avoid concrete surfaces, which are rough on paw pads.
- Stay away from winter road salt; it can cut and further damage paws.
- Watch for hip or knee problems; if a dog lags behind, it's time to stop.

Jeff Lutton, of Dogtopia, conducts a running club for people and their pets in Alexandria, VA.

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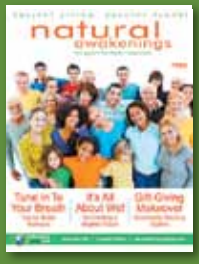

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calendarofevents

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GET YOUR CALENDAR ITEMS PUBLISHED
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SATURDAY JUNE 1

Family Fun Day – 8am-6pm. Fun, food, music and activities for the whole family. Enter in the raffle drawing to win great prizes. Vendor booths available. Town Hall, 224 E Railroad Ave, Palmetto. 337-623-4426.

Frog Capital Hot Rod Show – 8am-5pm. Best of Show, Best Engine, Best Interior, Best Paint, Mayor's Choice, Sponsor's Choice and Top 50 awards presented. Attractions include music, beverages, camping, fun jumps for the kids and great food. No ice chests allowed. Rayne Frog Festival Grounds, 300 Frog Festival Dr, Rayne. 337-334-3585 or 337-581-9506.

2nd Annual Skin Cancer Screening – 9-11:45am. Free skin cancer screening available. Lafayette Community Health Care Clinic, 1317 Jefferson St, Lafayette. 337-593-9208.

Stretch Your Potential and Learn Reiki – 9am-4pm. Learn this Japanese technique for stress reduction, relaxation and healing. Anyone can learn. Use Reiki on yourself and your family. 306-1 Cougar Ridge Rd, Lafayette. 337-278-3034.

25th Annual Cajun Heartland State Fair – 12pm-11pm. The best in family entertainment for children of all ages. North American Midway Entertainment will have numerous super rides. Entertainment to include games, free concerts and free attractions. Cajundome, 444 Cajundome Blvd, Lafayette. 337-265-2100.

History and Conservation of New Orleans' St Louis Cemeteries – 1-2pm. Daniel Hammer from the Williams Research Center discusses the history and architecture of the Big Easy's oldest and most iconic cemeteries which date back as early as 1788. Discussion includes the conservation of these cemeteries and the outlook for their future. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

Movie in the Parc: Despicable Me – 6pm. Enjoy family friendly, smoke-free movie events and crowd favorites under the stars. Bring your blankets and chairs, ride your bike or load up the car and park for a movie experience. Downtown. Free. Cox and Let's Be Totally Clear. Parc International, 200 Garfield St, Lafayette.

SUNDAY JUNE 2

Frog Capital Hot Rod Show – 8am-5pm. See June 1 listing. Rayne Frog Festival Grounds, 300 Frog Festival Dr, Rayne. 337-334-3585 or 337-581-9506.

Iberia Parish 4-H Show – 8am-6pm. Students receive hands-on experience with farmers and professors of agriculture. SugArena, 713 NW Bypass Hwy 3212, New Iberia. 337-365-7539. SugArena.com.

Reiki Class – 9am-4pm. See June 1 listing. 306-1 Cougar Ridge Rd, Lafayette. 337-278-3034.

25th Annual Cajun Heartland State Fair – 12pm-10pm. See June 1 listing. Cajundome, 444 Cajundome Blvd, Lafayette. 337-265-2100.

Cajun Invasion Dragonboat Paddle Session – 5-7pm. Learn about dragonboat paddling on the Vermillion River. We supply the PFDs and paddles. You supply the enthusiasm and power. WaWee's on the River, 411 W Milton Ave, Milton. 337-363-9121.

MONDAY JUNE 3

Family Movie Matinee – 2:30pm. For all ages. North Regional Library, 5101 N University Ave, 337-896-6323.

TUESDAY JUNE 4

Movie Tale Presentation – 2pm. Interactive storytelling adventure reminds you to believe in your dreams and know that "Nothing is Impossible!" Kids decorate a treasure chest to take home. Registration required. North Regional Library, 5101 N University Ave, 337-896-6323.

WEDNESDAY JUNE 5

Archaeological Investigation of the Marsh Sugar Plantation – 6:30-7:30pm. Dr David T Palmer, professor of anthropology at UL Lafayette, discusses the results of two field seasons of archaeological research on an antebellum agro-industrial complex on Avery Island. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

THURSDAY JUNE 6

Be Organized Workshop – 6-7pm. Dig out from under the clutter in 45 days. Become a busy bee this summer and discover easy groundbreaking tips from specialist Lisette Moses. Learn how simple steps can help us make a place for everything. North Regional Library, 5101 N University Ave, 337-896-6323.

FRIDAY JUNE 7

Matilda and the Dreamtime – 10:30-11:15am. Aussie storyteller and musician Paul Taylor will introduce children to the eclectic cultures of Australia through the story of Matilda, using an exciting blend of songs, poetry, dance and didgeridoo. North Regional Library, 5101 N University Ave, 337-896-6323.

Little Mermaid – 7pm. Pandemonium Theater Group proudly presents this delightful musical that will take you on an adventure from the palace of King Triton. Grand Opera, 505 N Parkerson Ave, Crowley. 337-785-0440.

SATURDAY JUNE 8

LA Appaloosa Horse Show – 8am.Owners and trainers exhibit the finest horses in the state at this competition and show. Concessions available. SugArena, 713 NW Bypass Hwy 3212, New Iberia. 337-365-7539. SugArena.com.

Mitch Richard's Magic Show: Art Walk Performance – 6:30-8pm. Fun and interactive show has comedy and magic for a special Art Walk. Ages 3 and up. Jefferson St Library, 538 Jefferson St, Lafayette. 337-261-5787.

Lafayette Music Festival – 7:30pm. Performers include Bobby Brown, Johnny Gill, Ralph Tresvant aka Heads of State, Tank, Dru Hill, Lil Nathan and the Zydeco Big Timers. Cajundome, 444 Cajundome Blvd, Lafayette. 337-265-2100.

SUNDAY JUNE 9

Acadiana Barrel Racing Association – 8am-6pm. Regional Barrel Race Competition. Concessions available. SugArena, 713 NW Bypass hwy 3212, New Iberia. 337-365-7539. SugArena.com.

The Chakras and Energy Fields – 1-3pm. There are seven major energy systems in the body and energy fields around the body. Learn the central issues of each chakra and what essential oils are related to these chakras. $20. Earth-N-Herbs, 284 E Martin Luther King Jr Dr, Grand Coteau. 337-662-4022. Earth-N-Herbs.com.

Cajun Invasion Dragonboat Paddle Session – 5-7pm. See June 2 listing. WaWee's on the River, 411 W Milton Ave, Milton. 337-363-9121.

MONDAY JUNE 10

Flag Day Ceremony – 6-8pm. Flag Day Ceremony honors veterans and fallen soldiers. Bouligny Plaza, 102 Main St, New Iberia. 377-365-1428.

Horses and Harmony – 6-8:30pm. The 3rd annual event honors Rod Bernard, receiving the Hadley J Castille Music Award and Lee Young receiving the Chamber's Equine Industry Award. $25 purchased at the chamber. No tickets will be sold at the door. Opelousas-St Landry Chamber of Commerce. Evangeline Downs Event Center, 2235 Cresswell Ln, Opelousas. 337-942-2683.

WEDNESDAY JUNE 12

Community Legal Education Series: Wills and Estates – 6:30-7:30pm. Local attorneys Greg Landry and Sachida Raman discuss and answer questions about wills and estate inheritance. North Regional Library, 5101 N University Ave, 337-896-6323.

THURSDAY JUNE 13

Put on Your Inner Dancer: Hip Hop – 2-3pm. Beneath the surface lies a dancer, so put on your

dancing shoes and learn how to hip hop with a local dance instructor. North Regional Library, 5101 N University Ave, 337-896-6323.

Street Art Work Shop for Teens – 2-4pm. Local artist Jonathon Wilson demonstrates his unique art style and then walks teen participants through creating their own street art styled piece. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

FRIDAY JUNE 14

Pompom Ant Chip Chip – 2pm. Make a handy digger to keep your chips fresh. Children ages 5 to 7 need adult helper. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

Flag Day Ceremony – 6-8pm. Ceremony honoring Veterans and fallen soldiers. Boulingy Plaza, 102 West Main St, New Iberia. 337-344-9397.

Hospice of Acadiana's 30 Years and 30 Prizes Drawing and Gala – 7pm. The gala extravaganza includes the drawing of the winner of the Mazda 3 Touring Skyactiv and the 30 foot 270 RKS Sportsman Camper along with 28 additional prizes. Hospice of Acadiana Foundation, Homewood Suites, 201 Kaliste Saloom Rd, Lafayette. 337-232-1234.

SATURDAY JUNE 15

Vermillion Parish 4-H Horse Show – 8-6pm. Students receive hands-on experience with farmers and professors of agriculture. SugArena, 713 NW Bypass Hwy 3212, New Iberia. 337-365-7539. SugArena.com.

SUNDAY JUNE 16

Color Therapy – 1-3pm. Learn to harness the energies of light and colors to help a wide variety of health problems, harmonize with your natural rhythms and become more balanced. Learn the history of color and techniques to help create healing for your body, mind and spirit. $20. Earth-N-Herbs, 284 E Martin Luther King Jr Dr, Grand Coteau. 337-662-4022. Earth-N-Herbs.com.

TUESDAY JUNE 18

Game Design Workshop – 1-4pm. The Academy of Interactive Entertainment hosts two teen tech workshops. Animation: Learn how to animate 3D characters and make a video to show your friends. Robot design: Learn how to design a robot with code using the Unity 3D engine. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

THURSDAY JUNE 20

Think Positive with Hip Hop – 10:30-11:15am. With the help of dance duo Rhythm and Soul, Terrence Morgan and Tyler Wilson, children learn a variety of dance styles within the hip-hop genre, as well as the history and origins of hip-hop music and culture. Think Positive is an educational and motivational urban dance performance that teaches important values for modern life. Carencro Community Center, 5115 N University Ave, Carencro. 337-896-6323.

FRIDAY JUNE 21

Movies in the Park: The Little Rascals – 7-9pm. Enjoy family friendly, smoke-free movie events and crowd favorites under the stars. Bring blankets and chairs, ride your bike or load up the car and park for a one of a kind movie experience. Concessions available. Free. New Iberia City Park, 300 Parkview Dr, New Iberia.

SATURDAY JUNE 22

SugaSheaux – 8am-6pm. Regional horse show and ranch sorting competition, concessions. SugArena, 713 NW Bypass Hwy 3212, New Iberia. 337-365-7539. SugArena.com.

Clifton Chenier Celebration – 9am. Celebrating the life and legacy of the King of Zydeco Music. Artists pay tribute to Grammy award winning legend Clifton Chenier. Special guest performance by Buckwheat Zydeco and many other musical guests. Clifton Chenier Club, 216 Ferinand Crochet Rd, New Ibiera. 337-339-5903.

SUNDAY JUNE 23

SugaSheaux – 8am-6pm. See June 22 listing. SugArena, 713 NW Bypass Hwy 3212, New Iberia. 337-365-7539. SugArena.com.

Stars and Stripes – 3-5pm. A musical celebration and patriotic concert of World War II era music honors military veterans. Acadiana Symphony Orchestra and the Iberia Community Concert Band, Sugar Cane Festival Building, 601 Parkview Dr, New Iberia. 337-364-1603.

THURSDAY JUNE 27

I Spy Stuff on the Ground – 2pm. Kids create a cool I Spy board game by gluing a shiny penny, bug stickers, jewels and sparkly sequins on a colorful background. Registration required. Chenier Branch Library, 220 West Willow St, Building C, Lafayette. 337-291-2941.

Mummy Dude – 2pm. Make a miniature mummy that can hang out in your locker. Register for this craft starting Monday, June 10, online or by calling South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

Subtle Aromatherapy – 6:30-8:30pm. Learn how essential oils help to connect on a spiritual and vibrational level. Find out how essential oils were used in prayer, spiritual growth, meditation and healing. Make a blend to take home. $20. Earth-N-Herbs, 284 E Martin Luther King Jr Dr, Grand Coteau. 337-662-4022. Earth-N-Herbs.com.

Ringling Bros and Barnum and Bailey Presents: The Next Generation of Circus – 7pm. Plug into a circus experience like no other at Fully Charged, Gold Edition. A high-speed connection to the most electrifying performers from around the world. Cajundome, 444 Cajundome Blvd, Lafayette. 1-800-745-3000.

FRIDAY JUNE 28

Gone Pecan Fishing Rodeo – 6 am. Promote the cultural offerings of Pecan Island to enhance and develop camaraderie within the community, to support a local charity and have a good time. Acadiana Marina, 22725 Marina Rd, Pecan Island. 337-235-7770.

Geebo the Clown – 3-3:45pm. Geebo the Clown entertains all with his magic bag of tricks and pets. Ages 3 and up. Youngsville Library, 506 Lafayette St, Suite C, Youngsville.

SATURDAY JUNE 29

Lafayette Parish 4-H Horse Show – 8-6pm. Students receive hands-on experience with farmers and professors of agriculture. SugArena, 713 NW Bypass Hwy 3212, New Iberia. 337-365-7539. SugArena.com.

Reiki Class – 9am-4pm. See June 1 listing. 306-1 Cougar Ridge Rd, Lafayette. 337-278-3034.

SUNDAY JUNE 30

Acadiana Barrel Racing Association – 8am-6pm. See June 9 listing. SugArena, 713 NW Bypass Hwy 3212, New Iberia. 337-365-7539. SugArena.com.

Reiki Class – 9am-4pm. See June 1 listing. 306-1 Cougar Ridge Rd, Lafayette. 337-278-3034.

ongoingevents

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sunday

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

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.

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

Lafayette Petanque Games – 2-4pm. 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 on the 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.

Celebrate Recovery – 4:45pm. Celebrate Recovery in a Christ centered 12 step program. Join weekly sessions at First Baptist Church, 1100 Lee Ave, Lafayette. 337-233-1412.

monday

Yes, I Remember It Well – 10am-12pm. 2nd Mon each month thru 2013. Join LC Melchior for a morning of sharing stories of Acadiana and reminiscing those good old days. Hospice of Acadiana, Inc, Conference Center, 2600 Johnston St, Lafayette. 337-234-1234.

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

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

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

Flowers for Fun – 6:30-8:30pm. Research shows that being with nature nourishes the soul and brings joy into your life. Be creative in a fun and relaxed atmosphere. Play with flowers and learn to design a piece of art. $250 - 6/2hr classes; once a week 6 consecutive weeks. 209 Brockton Dr, Carencro. 337-278-7673.

Water Aerobics Class – 6:30-7:30pm. Removes pressure from joints and makes moving easier. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8362.

Lafayette Photographic Society – 6:45pm. 2nd and 4th Mondays each month. Educational programs and guest speakers at 2nd Monday's meeting. Interclub projected image and print competitions at 4th Monday's meeting. 1101 Bertrand Dr, Room 411, Lafayette, LA. Blemarie56@yahoo.com.

tuesday

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

Baby Time – 9:30-9:45am. Class designed to introduce mothers, fathers, caregivers and babies to nursery rhymes, songs, finger plays and early literacy information. Ages 9-18 months. South Regional Library, 6101 Johnston St, Lafayette. 337- 981-1028.

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

Toddler Time – 10:30-10:45am. Fifteen-minute story sessions geared to children 18-35 months. Adults must accompany toddlers. South Regional Library, 6101 Johnston St, Lafayette. 337- 981-1028.

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

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

Water Aerobics Class – 2:30-3:30. Removes pressure from joints and makes moving easier. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8362.

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.

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

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 Avenue A, Scott. 337-258-2333. MusicReed@yahoo.com.

The Budget Queen Coupon Swap – 6-7pm. 1st Tues each month. Swap coupons and get money saving advice and tips. Beginners welcome. The Conference Room, South Regional Library, 6101 Johnston St, Lafayette. 337-371-7884.

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.

Mystery Book Club – 6:30-7:30pm. 3rd Tues each month. The South Regional Library hosts a mystery book club. The South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

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.

Baby Time – 9:30-9:45am. See Tues listing. South Regional Library, 6101 Johnston St, Lafayette. 337- 981-1028.

Toddler Time – 10:30-10:45am. See Tues listing. South Regional Library, 6101 Johnston St, Lafayette. 337- 981-1028.

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.

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

Freetown Farmer's Market – 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.

Water Aerobics Class – 6:30-7:30pm. See Tues listing. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8362.

thursday

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

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

Water Aerobics Class – 2:30-3:30pm. See Tues listing. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8362.

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

Open Mic – 8pm. Open microphone performances. The Porch Coffee House, 4710 Common St, Lake Charles.

friday

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

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

Coping Creatively Through Grief Support Group – 10am-12pm. 1st and 3rd Fri each month thru May 3. Catherine Wallace, LCSW, and Jessica Johnson, LPC of the Center for Loss and Transition, offer seven sessions on creativity and sharing to help grievers heal. Pre-registration required, space limited. Hospice of Acadiana, 2600 Johnston St, Lafayette. 337-232-1234.

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.

Music and Market – 5:30-8pm. Southwest Louisiana music in a unique family-friendly outdoor setting. Bring lawn chairs. Beverage sales for the concert series support event expenses. No ice chests. Vieux Village/Farmer's Market Pavilion, 828 E Landry St, Opelousas. 337-948-6263.

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

saturday

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

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

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

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

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

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

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.

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

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.

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.

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

Cottage Shoppe Market – 9am-12pm. Fresh farm eggs, Acadiana Bee-Licious honey, Jim's Kountry Pies, Hot Tamales, fresh granola, Henri's Breads, produce, local crafts and more. 800 E Broussard Rd, Lafayette. 337-984-5276.

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.

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

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

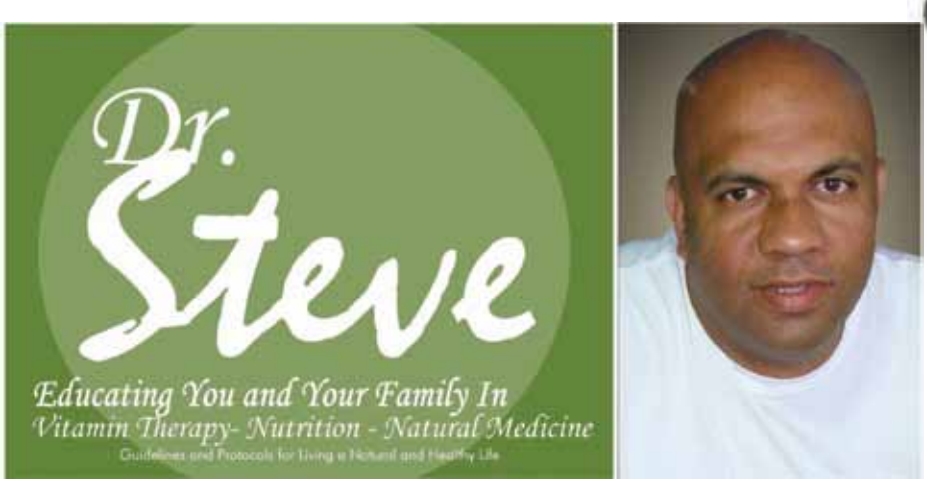
Monthly Night Hike – 7-9pm. Last Sat each month. Take hikes through the Acadiana Park Nature Trail. $3. Acadiana Park Nature Station, 1205 E Alexander St, Lafayette. 337-291-8448.

PRAYER OF PEACE

God, my Father,
May I love You in all things and above all things.
May I reach the joy which You have prepared for me in Heaven.
Nothing is good that is against Your Will,
and all that is good comes from Your Hand.
Place in my heart a desire to please You and fill my mind with thoughts of Your Love, so that I may grow in Your Wisdom and enjoy Your Peace.

Naturopathic Doctors Natural Medicine

"finding the root cause"



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

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

The Basics of Naturopathy

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

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

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

Traditional Naturopaths

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

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

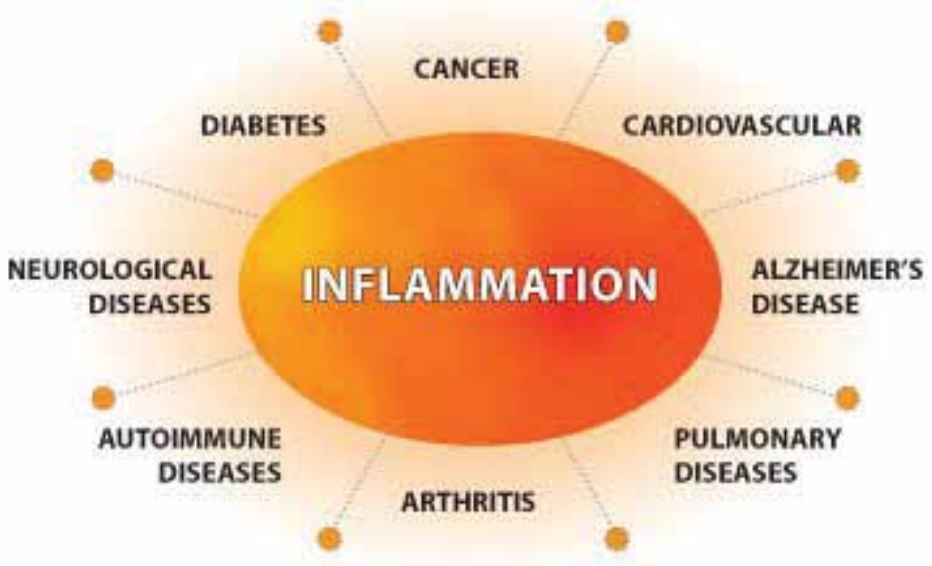
Is Naturopathy for Me?

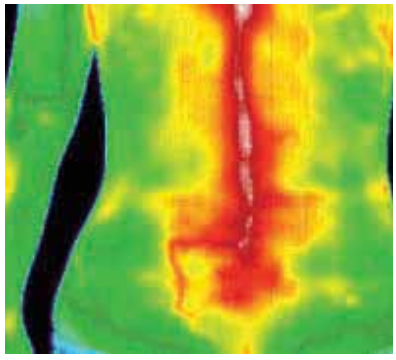
Naturopathy is an important and useful form of alternative medicine that many Americans choose to utilize for treatment of both chronic and acute health conditions. Treatment by a naturopathic doctor can be an excellent complement to mainstream medical care, providing the best of preventive medicine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

What Can I Expect?

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

the natural path





Natural Medicine

Naturopathic Health Care

Zerona Fat Reduction

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Whole Body Vibration Therapy

Nutrient Hydration Therapy

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Vitamin Therapy

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Detoxification

Dermosonic Cellulite Reduction

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337-347-4141

Maila Nelson
Natural Health Consultant

Laurel Thibeau
Health Consultant

Brooke Thevis
Health Consultant

China Ledet
Health Consultant

Megan Reed
Thermography Tech

Martha Francis
Office Assistant

John Rhinehart
Licensed Massage Therapist

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 asssistance eating her meals and going to the restroom.

Vivian travels four times a year, enjoys her weekends with grandkids, plays tennis, drives to and from Dallas to Louisiana twice a month to visit family, and is enjoying retirement.

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Thermography Women's Health Screening
Naturopathic Doctor Visit

UNLIMITED Spa Services $280

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

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

RESTORE Health Program $340

* includes 6 week unlimited spa services - up to 3 days a week 1 hour sessions

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

SAUNA & Whole Body Vibration

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

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

Water Massage Therapy

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

DERMOSONIC Cellulite Reduction

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

Natuopathic Doctor Visit

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

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

Thermography Medical Imaging

1 Session Complimentary Breast Screening: $75
2 Sessions Breast Thermography Screening: $94
2 Sessions Full Body Thermography Screening: $188

Hydro-Dermo Hydration Spa Treatment

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

Infrared Body Wrap

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