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March 2015 | Location-Edition | NaturalAwakeningsMag.com

Saving Lives with Infrared Thermal Imaging

Anthony Piana and Alexander Sepper

The history of thermography can be traced to the first cave woman that felt the forehead of the first cave baby. Even then, they knew that excess heat signals inflammation, infection or another pathological process in the body. Many early physicians knew this, too. Hippocrates put a clay/mud mixture on his patients to see which dried first. He labeled them “areas of pathology”.

Temperature Taking and Insurance Funding

Most of us grew up in households where school could only be missed if we had a fever. Typically, a parent would take our oral temperature to determine if we had a systemic infection and decide if we stayed in bed. Early 20th-century medical research focused on taking temperature readings of smaller body regions. The theory that the body is symmetrical both anatomically and physiologically was explored. Point-to-point comparative temperature analyses were made and shown to be effective in diagnosing diseases. Early medical thermographers used liquid crystal testing to compare colored temperature patterns of the body. For example, if the liver had an area of inflammation, the skin surface temperature would show a different color pattern. As technology improved, finer temperature differences were studied with infrared detectors. Modern hospitals take body temperatures as standard procedure for all arrivals. Imagine what could be done if they used infrared scanning technology.

In 1956, Dr. Robert Lawson, of Montreal, published the first paper on diagnosing breast cancer with thermal studies. This approach caught on quickly and many researchers have dedicated their careers to refining this science. Other pathologies were also explored with thermography, including thyroid disease, cerebrovascular function, neurology and other systemic diseases.

The use of thermography for disease exploration got FDA approval in 1982 and was covered by Medicare. However, special interest groups heavily promoted radiographic methods and by the summer of 1984, Medicare stopped paying for ther-

mography for breast cancer screening. This led to physicians recommending mammography instead of thermography. Only a few thermography proponents stayed on course, and today thermography is practiced mostly by alternative doctors.

More than 800 research articles have been published on breast cancer screening and thermography, a proven technology with an approximate mean accuracy of 95 percent. A recent study performed by New York-Presbyterian Hospital at Cornell University showed 97 percent sensitivity as it accurately identified 58 of 60 tumors.

Tumors Found Sooner

Long before breast cancer registers as a solid, impenetrable density on an X-ray, more commonly referred to as a mammogram, it develops a network of vascularity called angiogenesis, which feeds the developing tumor. The heat associated with blood flow in these vessels is picked up by thermal sensing cameras. A good analogy is newly planted grass: Long before new grass can be seen, a network of roots must develop. A mammogram cannot see anything until the grass sprouts, while a thermal camera can show developing roots.

Two parallel studies, one undertaken in the former Soviet Union and the other conducted at the University of Wisconsin, showed that approximately 70 percent of tumors will register on a thermogram eight to 10 years before they can be seen on a mammogram. This extra time allows patients and doctors that work with this technology to reverse many risk factors and developing cancers.

With the current poor outcomes of mammograms, as recently reported in the New England Journal of Medicine, it is time for all tools to be considered. Mammograms are only 83.3 percent effective at identifying breast cancer in women 50 and older. The effectiveness is much lower when applied to the general female population, due to breast density differences.

Currently, there is no routine screening available for women in their 20s and 30s; approximately 20,000 young American women are diagnosed with breast cancer

each year, many times finding their own cancers when they are in stage 3 and have spread to the lymph nodes. Annual thermography can significantly address this population and need.

Lymphatic System and Immunity

The most ignored and abused system in the body is the lymphatic system. There is no anatomical test that can locate areas of non-pathological lymphatic blockages. But thermography does identify congestion where blocked fluids have accumulated in the surface areas of the body.

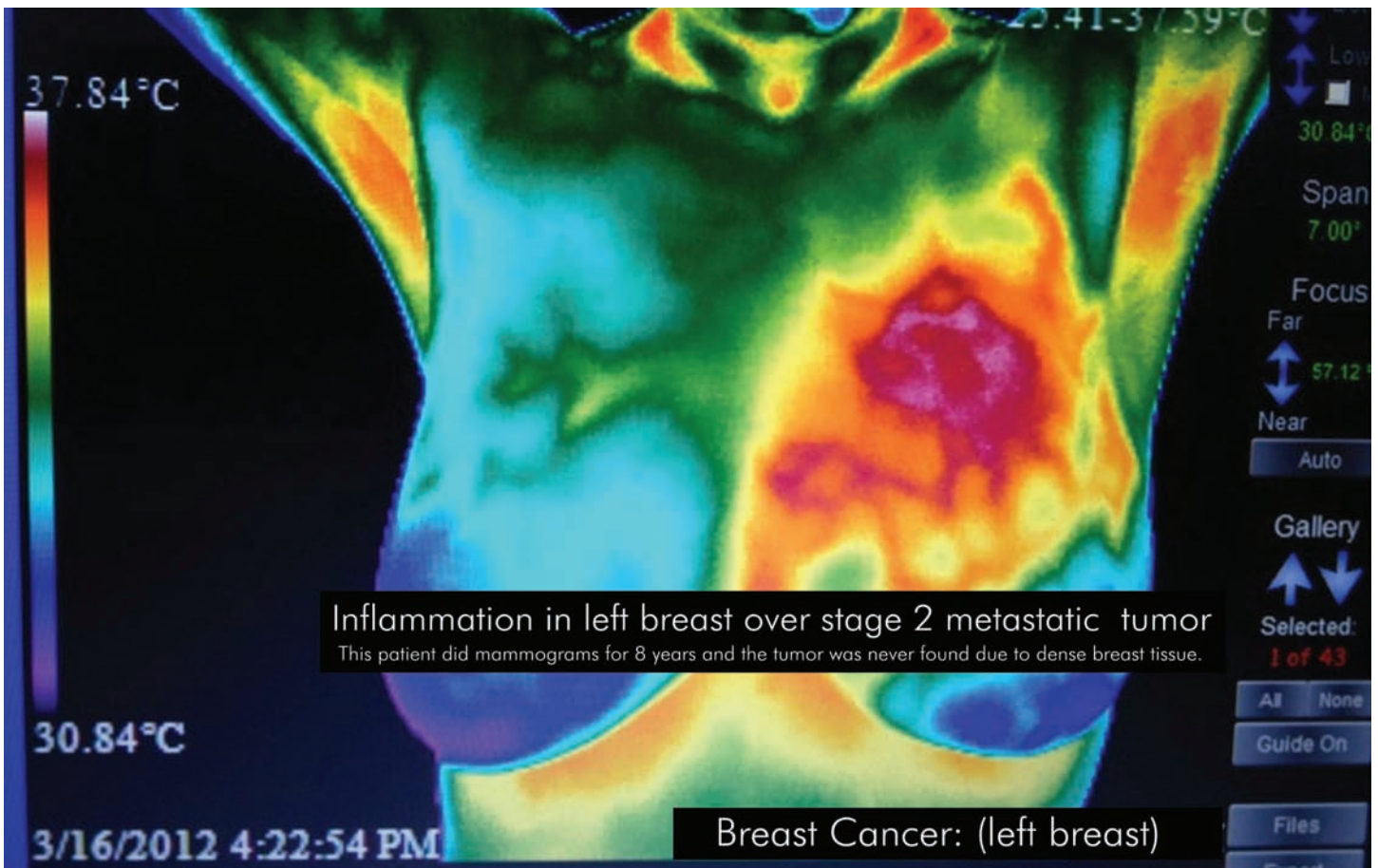
Contributing factors include poor posture, inflammatory foods, injuries and many other assaults on the delicate nature of the lymphatic vessels. An overabundance of toxins and lack of lymphatic circulation will wall off the system to create a stagnant pool of toxicity in localized areas. These putrid pools become breeding grounds for disease and cancer.

The effect of this is widely known, but these pools of toxicity were impossible to see and therefore, were ignored. With recent advances in thermal technology, we now are able to identify these regions and address them with natural methods.

Keeping in mind that our entire well-being and resistance to cancer and disease relies on a healthy immune system, it is imperative that we evaluate the lymphatic system and make lifestyle adjustments accordingly.

Inflammatory Response

The human inflammatory response is a primitive reaction to wall off injuries and infection. It does this ineffectively, though. The challenge is when we respond to these conditions we overproduce scar tissue in all affected areas. Many important filters in our body self-destruct in the process of detoxification. We are exposed to so many toxins that our small liver and kidney filters cannot keep up with the demand. Inflammation is the result and this creates scarring. The filtration system in our bodies evolved over time, when there were fewer environmental toxins than today. The filter size was made



for a go-cart, but today's environment calls for a diesel truck-sized filter. Thermography is useful in identifying these areas of toxic load and is an integral part of any detox program. Other inflammatory diseases may be identified with thermal imaging including thyroid dysfunction, skin cancer, arthritis and some abdominal disorders.

Radiation-Free

Thermal imaging senses infrared radiation emitted from our bodies and does not produce radiation. It is safe to use thermography as often as needed; there is no need to wait between screenings.

This makes it useful for performing comparative imaging to see a response from treatment.

While thermal imaging does not see inside the body, it reveals the physiologic and metabolic function of the area studied. In a world where medicine, radiation and surgery are commonly over-prescribed, thermography can visualize health function. There is a slow crossover occurring from anatomical medicine to functional medicine by mainstream practitioners. Thermography remains ahead of the curve and is

a valuable method of testing. Full-body exams for men and women of all ages can be very useful as an annual preventive and safe screening device.

Dr. Anthony Piana is a board-certified clinical thermologist, and Dr. Alexander Sepper is a leading authority on thermographic imaging.

Source: May 2014 issue of Natural Awakenings Cincinnati

Call (337) 896-4141
to schedule your full-body thermography exam. The cost is only \$94.

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| 4 years | 65,536 cells | 2 cm |
| 5 years | 1,048,576 cells | |
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Breast Thermography

Can increase your chance of survival.

Schedule your first appointment now. **Call 896-4141**

Organic Frozen Wheatgrass Juice

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



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

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

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

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

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

Green Waters Alkaline Water

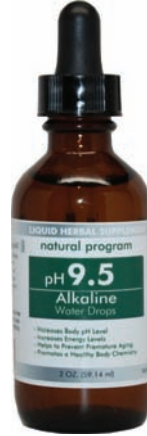


Green Waters alkaline water reduces infections, flu and colds. Immunity weakens with more and more acidity in our body and thus we fall sick more frequently. Alkaline water can help build up alkaline reserves and neutralize acids helping our body to recuperate and grow strong.

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

.....\$36.00 / case of six

pH 9.5 Drops



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

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

WheTea

BURNS STOMACH FAT



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.\$20.00



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BF-4 contains all the four major fat burners. You have no choice but to lose the weight. Garcinia Cambogia to prevent fat cell formation. Raspberry Ketone to help fat cells shrink. Green Coffee Bean to signal the body to burn stored fat. Chromium to build muscle and burn fat.

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Pain & Inflammation Enzyme



Chronic pain and inflammation can make even the simplest everyday tasks a challenge. If you suffer chronic pain from a serious health condition or inflammation from over-exertion and physical exhaustion, Liteon Natural's Pain and Inflammation Enzyme Blend

can help. This unique anti-inflammatory and pain relief formula will strengthen your body's natural response to pain and inflammation. This supplement packs the power of natural bioflavonoids, herbs, and enzymes.....\$30.00

Digestive Enzyme Complex



A healthy digestive system does an incredible job of breaking down the food we eat. However, without the help of digestive enzymes, we cannot metabolize food effectively no matter how healthy the food may be. There are roughly 22 main digestive enzymes involved in breaking down the food we eat into nutrients. After all, it's not "food" that our body absorbs for energy and health—it's the nutrients inside the food. Digestive Enzyme Complex is a natural digestive enzyme supplement. This vegetarian supplement can enhance the chemical reactions involved in digestion, promote an

acid and alkali balance in the body, and help you fight off or prevent infections.\$35.00

Raspberry Ketone Drops



Research indicates that raspberry ketones appear to support weight management in two ways: first, by decreasing the absorption of dietary fat; and second, by supporting epinephrine-induced lipolysis (the breakdown of fat). Appetite Control and Fat Loss Formula.\$30.00

Raspberry Ketone Capsules

Raspberry ketone may help in your weight-loss efforts, especially when paired with regular exercise and a well-balanced diet of healthy and whole foods. The many active compounds found is Raspberry work to promote a healthy metabolism and support fat-burning and appetite control.



.....\$30.00

Wheatgrass Capsules



Mood Enhancer is the perfect supplement to help with anxiety, stress, and depression. It is a collection of tools that work to maintain a healthy memory and sharp mind. It combines guaranteed-potency "smart herbs" ginkgo biloba and gotu kola, along with the

brain-boosting omega-3 nutrition of DHA, the phospholipid nourishment of phosphatidylserine and phosphatidylcholine, the antioxidant protection of alpha lipoic acid and natural vitamin E, and more.....\$30.00

publisher's letter



The human body is composed of water, proteins, fats, carbohydrates, vitamins, minerals, hormones and other naturally occurring molecules. This month, we highlight new healthy cuisine for wellness and would like to discuss a concept called nutritional biochemistry. We believe that the beginning and end of our health, wellness and healing is rooted in our body's ability to maintain health and heal from disease using the things we put in our mouth and absorb in our bodies.

An integrative form of science, nutritional biochemistry uses other sciences, such as chemistry, biology and physics and applies

them specifically to the study of health, diet, disease and the connections that exist among them. Understanding our body's nutritional biochemistry means that we can maintain our health and wellness using the food we eat and the nutrients we absorb. It is also with nutritional biochemistry that we study the human body's nutrition and ability to heal at a cellular level.

Of course, we know that when trauma is introduced to the body or a disease has progressed to a point that we have a major failure in the body, surgery or other invasive healthcare procedures will be necessary. The premise of nutritional biochemistry is to control disease with substances natural to the body before the illness proceeds to the point where surgery or invasive procedures are required.

Using the concepts of nutritional biochemistry, disease in the human body should be entirely treatable with the same elements of which the body is composed—if we can just figure out which ones, when to use them and the right quantities and proportions.

It's important to remember that illness and disease are not caught. You do not catch cancer, heart disease or a cold. You create these ailments with deficiencies based on what you eat or don't eat. Most people believe that they can get everything they need from food, but when the U.S. Department of Agriculture conducted a study of 26,000 Americans, they found that not one person received the nutritional requirements set forth by the Recommended Daily Allowance. Suddenly, even our government began to realize that the American people had a serious problem. They understood that westernized diets were responsible for the extremely high obesity rates that were now needlessly killing millions of Americans prematurely.

Our world is bewildering when we come to understand that accidents are the cause of death for 4 percent of the American population, while diseases causes the death of 96 percent. Our body is constantly replacing its cells at a rate of 300 million per minute. The quality of health you experience depends on the quality of your cells. To increase your level of health, you must give your living body the living nutrients it needs to build cells that are better than the ones they are replacing. Eating raw vegetables, fruits, nuts and seeds is the best way to accomplish this. Look to repair the human body with the same water, proteins, fats, carbohydrates, vitamins, minerals, and hormones it was created with and found in whole foods.

Prevention is the best cure for any disease and the dietary rules of preventive medicine are rooted in the body's nutritional biochemistry. They are as old as nature itself and they'll remain the same as long as there are humans to follow (or ignore) them.



Think green, live peacefully, share your love,

Steve & Michelle

Steve and Michelle Castille, Publishers



contact us

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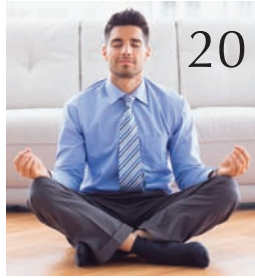
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Natural Awakenings is your guide to a healthier, more balanced life. In each issue readers find cutting-edge information on natural health, nutrition, fitness, personal growth, green living, creative expression and the products and services that support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

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are the Leading Cause for Disease

See
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Vitamin Testing Means I Don't Have To Be Sick Anymore

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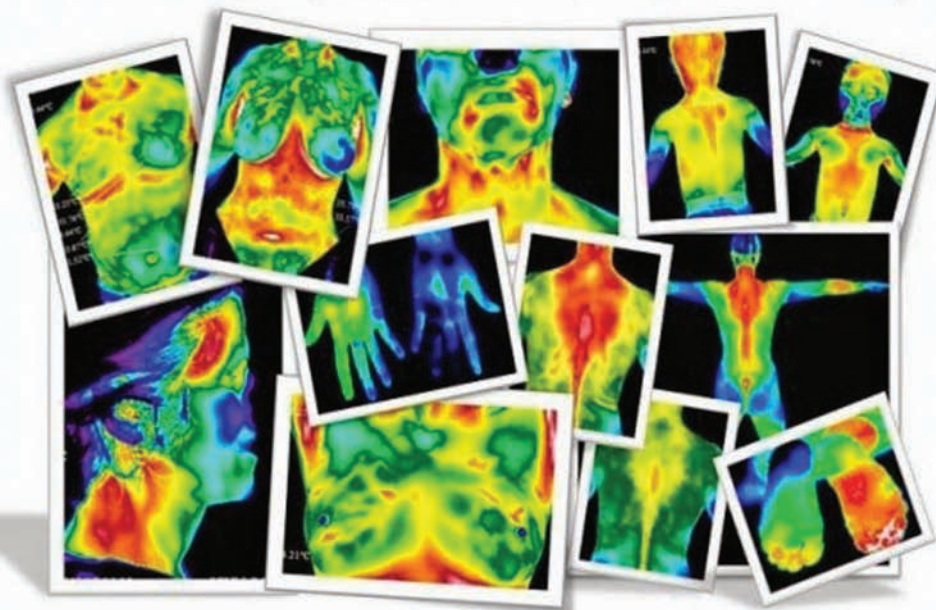
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CALL to schedule your 15 minute vitamin testing

\$39

A Thermography Exam Means

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I Can Get ANSWERS Now !

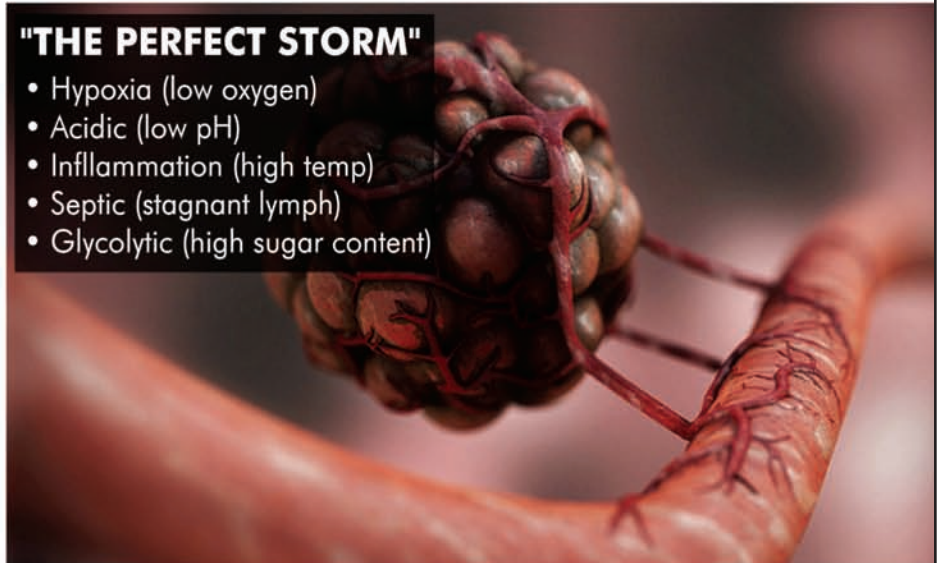
Inflammation is the Fuse that Ignites Disease

"Every single person who has cancer has a pH that is too acidic"



"THE PERFECT STORM"

- Hypoxia (low oxygen)
- Acidic (low pH)
- Inflammation (high temp)
- Septic (stagnant lymph)
- Glycolytic (high sugar content)



This cancer cell was once dormant for 12 years. Inflammation ignited its fuse and woke it up. It created new blood vessels (this process of new blood vessel growth is called angiogenesis) to feed from the body's stagnant waste being held in the lymph nodes. Angiogenic blood vessels have latched on to lymphatic vessels to feed the cancer. The body's pH is highly acidic, oxygen is low (hypoxia) due to the inflammation. This cancer cell ferments for energy using sugar, acid, low oxygen, stagnant waste, and inflammation to set it all off.

Dr. Otto Warburg won the Nobel Prize in 1951 for proving that cancer can not survive in an alkaline, oxygen rich environment but thrives in an acidic low oxygen environment.

Use pH 9.5 Alkaline Water Drops to "alkalize" your body. GET RID OF THE ACID

Acadiana Veterinary Clinic Now Offering Acupuncture Treatments



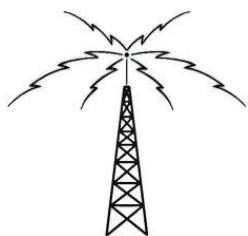
Committed to offering the most comprehensive care available for pets, the Acadiana Veterinary Clinic is now offering veterinary acupuncture. Acadiana Veterinary Clinic believes that by integrating alternative medicine practices with complementary and

conventional therapies, they can improve the quality of life for patients. Doctors of human medicine have been using alternative medicine techniques, such as acupuncture, for many years as a holistic approach to treat a wide variety of illnesses and ailments. Acupuncture is now being applied to animals with the same natural healing effects.

Acupuncture treatments at Acadiana Veterinary Clinic can be utilized in treating various conditions including arthritis; back pain; disc disease; ligament, joint, nerve or muscle injuries; post-surgical recovery; and gastrointestinal conditions. It can also be beneficial in treating neurological issues. Each acupuncture treatment involves the insertion of tiny needles into various points along the exterior of the body. These acupoints are believed to be tied into a pet's internal health. Once inserted, the needles produce a cellular response, which triggers the body's natural healing and pain control mechanisms in the targeted area. Several types of acupuncture are offered at the Clinic, including aquapuncture and electro-acupuncture, but the type of therapy applied will depend on the patient's specific needs.

Location: 101 Idlewood Blvd, Lafayette. For information, call 337-981-8387.

The Association for Amateur Radio State Convention 'Ham Fest' is Coming to Rayne



The Acadiana Amateur Radio Association will host its 55th Annual 2015 Acadiana Ham Fest and the American Radio Relay League (ARRL) Louisiana State Convention at the Rayne Civic Center, March 20 and 21. This annual event presents two spectacular days of fun-filled activities, as well as informative educational forums and classes,

bringing together individuals with shared interests from various parts of the country for one amazing weekend experience.

The event kicks off Friday with a downhome Cajun celebration featuring a crawfish boil, followed immediately by a fais-do-do, offering fun times with French music by the Texas Ham Playboys. Saturday will feature a host of classes, speakers, workshops, vendor booths, and Volunteer Examiner (VE) testing, for those wanting to take their licensing exam.

Amateur radio (ham radio) is a popular hobby and service in which licensed amateur radio operators (hams) operate communications equipment. When normal communication media, such as cell phones, landline telephones or the Internet are down or overloaded, amateur radio can still relay sometimes vital information. Amateur radio is a service that has saved lives when regular communication systems failed.

Location: Rayne Civic Center, 300 Frog Festival Dr., Rayne. For information, visit W5ddl.org.

Bayou Farms Introduces Pineywoods Beef Cattle

One of the oldest breeds of cattle in the United States is now available in Ville Platte, at Bayou Farms. Spanish colonists brought Pineywoods cattle to North America in the 1500s as they began their conquests of the New World. This rare breed of landrace cattle are a low input, low impact breed uniquely adapted to the Gulf Coast region of the United States because of their adaptation to the southern environment.



Bayou Farms is now raising Pineywoods cattle on their farm. For centuries these were the only breeds that could survive in the Gulf Coast regions, but advancements in vaccinations and parasite medications have made it possible for various breeds of cattle to survive in the Deep South. Pineywoods cattle have strong immune systems making them extremely disease and parasite resistant. They thrive on low quality, marginal food sources, making them easy to raise with little maintenance. In comparison to other production-oriented breeds, the cattle are smaller and grow slower, but they live longer and need little human assistance to survive and reproduce. Pineywoods beef is low in fat and very lean. In fact, the fat percentages are comparable to that of Bison meat, making it an excellent choice for health conscious consumers. The Livestock Conservancy has recognized the importance of conserving this hardy, heat-adapted breed and encourages breeders such as Bayou Farms to continue increasing the numbers to maintain the genetic diversity of these unique animals.

Locations: 1624 Cousins Rd., Ville Platte. For information, call 337-256-4268.

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Week 1

Day 1: Infrared Heat Therapy (45 mins), Whole Body Vibration (10 mins), Ionic Foot Detox (30 mins)

Day 2: Deep Tissue Manual Massage (60 mins), Infrared Heat Therapy (45 mins), Whole Body Vibration (10 mins)

Day 3: , Ionic Foot Detox (30 mins), Hydration Therapy (30 mins), Lymphatic Massage (30 mins)

Week 2

Day 1: Organic Juice Detox (3 days), Vitamin Therapy, Infrared Heat Therapy (45 mins), Whole Body Vibration

We See It First

Inflammation sparks almost every major disease in the body.

BRAIN

Pro-inflammatory cytokines cause autoimmune reactions in the brain, which can lead to depression, autism, poor memory, Alzheimer's disease, dementia and MS.

SKIN

Chronic inflammation compromises the liver and kidneys, resulting in rashes, dermatitis, eczema, acne, psoriasis, wrinkles and fine lines.

CARDIOVASCULAR

Inflammation in the heart and arterial and venous walls contributes to heart disease, strokes, high blood sugar (diabetes) and anemia.

KIDNEYS

Inflammatory cytokines restrict blood flow to the kidneys. Complications like edema, hypertension, nephritis and kidney failure can result.

BONES

Inflammation interferes with the body's natural ability to repair bone mass, increasing the number of fractures and leading to conditions like osteoporosis.

MUSCLE

Inflammatory cytokines can cause muscle pain and weakness. Can manifest as carpal tunnel syndrome, polymyalgia rheumatica.

BREAST

Pro-inflammatory cytokines, principally interleukin-6 (IL-6) can facilitate tumor growth and metastasis in the breast tissue.

Source: Journal of Clinical Oncology

LIVER

Build-up of inflammation leads to an enlarged liver or fatty liver disease. Increased toxic load build-up in the body.

THYROID

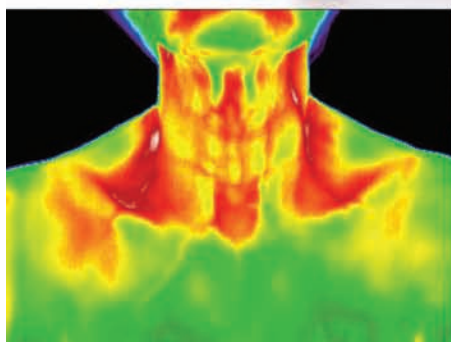
Autoimmunity as a result of inflammation can reduce total thyroid receptor count and disrupts thyroid hormone function.

LUNGS

Inflammation induces autoimmune reactions against the linings of airways. Can result in allergies or asthma.

GI TRACT

Chronic inflammation damages our intestinal lining and can result in issues like GERD, Chron's disease, Celiac disease, AND cancer.



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| \$124 | Thermography and a copy of images |
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Thermography detects inflammation

23 Thermography Health Benefits

Why Have a Thermography Exam?
Well, Here Are 23 Reasons Why!

1. Can detect inflammation in blood vessels or arteries months before a blockage might occur.

2. Can detect inflammation in breast tissue months before an actual tumor might form.

3. Is used to detect breast cancer 8-10 years before a traditional mammogram.

4. Thermography offers a first glance at developing conditions, long before the much later stage detection of conventional imaging.

5. Thermography is non-invasive and requires no touching or compression of the breast.

6. Uses no radiation and poses no health risk.

7. Used to monitor you health and healing from sickness and disease.

8. Can detect heat from increased blood flow that could be associated with tumor growth.

9. Has been used to detect changes in body temperature from bacterial and viral infections.

10. Has been used to detect thyroid diseases.

11. Has been used to detect female hormone imbalance.

12. Can detect damage to muscles and tendons.

13. Can detect nerve dysfunction.

14. Has been used to detect organ dysfunction.

15. Thermography offers early warning for vascular diseases like stroke, congestive heart failure, and heart attacks that are worsened by inflammation.

16. Monitors your progress of healing without the use of invasive and harmful radiation.

17. A mammogram uses radiation to detect the internal anatomical structure of the breast. Thermography detects the infrared emitted from the body surface to measure the physiological changes occurring within the breasts. Thermography has the advantage of detecting physiological changes which may be associated with future cancer growth up to ten years earlier than what can be detected with a mammogram.

18. Detects lymphatic congestion.

19. Detects abdominal inflammation.

20. Useful in detecting inflammatory disorders like fibromyalgia and diabetes.

21. Thermography emits no radiation. Rather, it picks up infrared emission from the surface of the skin and displays detailed temperature patterns. Areas of hyperthermia are reflective of increased microcirculation and hypermetabolic states in the underlying tissue.

22. Abnormally increased bloodflow in a specific area usually signifies inflammation, and breast tumors typically emerge in areas of inflammation. Thermography detects "fertile soil for tumor development".

23. According to Neil Hirschenbreim, MD, an internist who has been using thermography for many years, "The most powerful argument for thermography is that with thermography, you are looking at physiology, whereas with mammography and MRIs, you are looking at anatomy. And physiology almost always changes before anatomy changes. So this is extremely helpful for prevention."

Mammograms Carry Cancer Risk

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



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

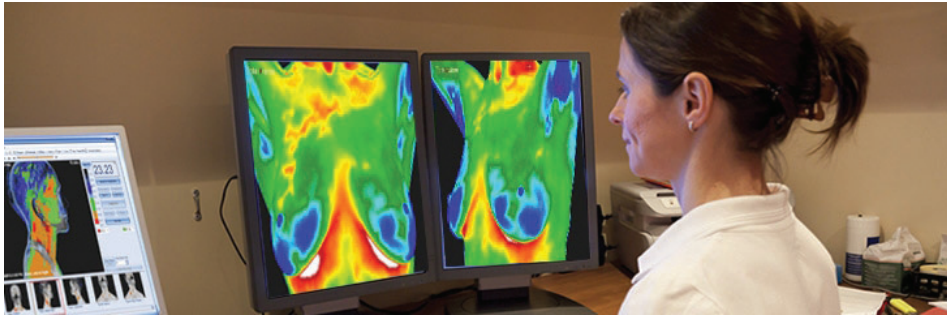
Mammograms led to a 30 percent rate of over-diagnosis and overtreatment, according to a study published in the *Cochrane Review*. Researchers wrote in the study, "This means that for every 2,000 women invited for screening throughout 10 years, one will have her life prolonged and 10 healthy women, who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

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

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

What Does Your Thermography Image Mean?

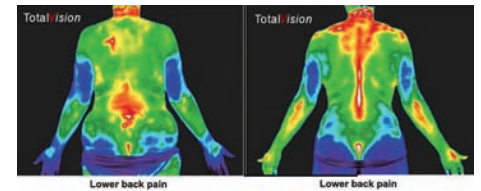
by Dr. Steven T. Castille



cancer gets large enough to be noticed as a lump in a breast exam. It is estimated that thermography can detect cancer formation roughly 10 years before mammography can identify a tumor.

Lower Back Pain

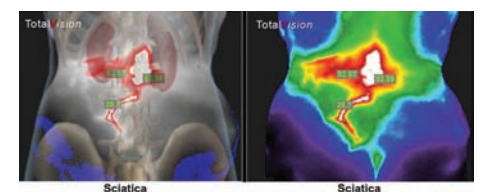
Lower back pain is one of the most troublesome back pain for patients and can often be very difficult to treat. The hottest white areas in these images



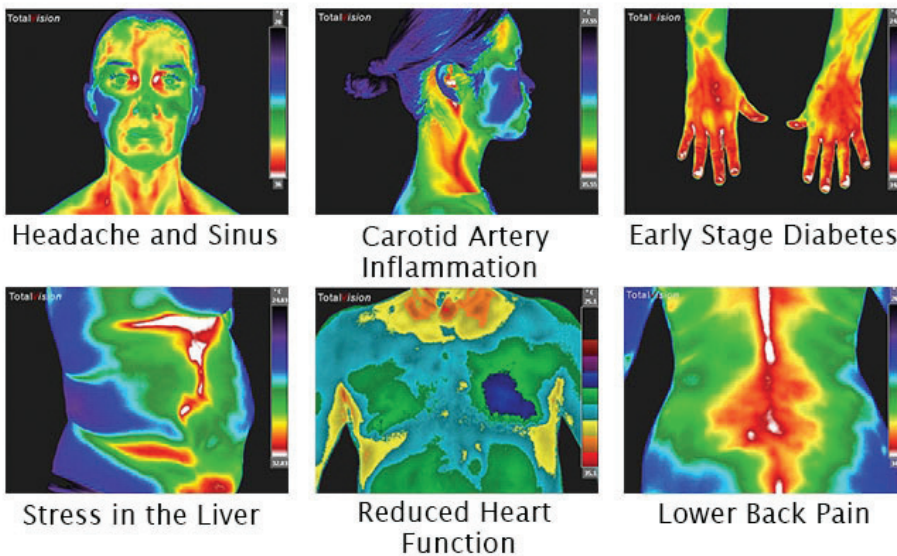
indicate the most intense inflammatory response. Thermography is very useful to help find the source of the pain. The patient above suffers with Sciatica, and the source is clearly in the lumbar area. The image clearly indicates the intense inflammation in the spinous processes of the lumbar spine. These areas are a major source of radicular pain, especially into the hips, thighs and legs. Often the patient will report intense pain in the hip or leg, either bilateral or unilateral, and there will be no thermal indication in the hip or leg images, but the hyperthermia in the lower back will be the source. Many lower back thermograms will reveal significant thermal indications at the L-3 L-4 region, with varying degrees of associated muscular inflammation, as this is typically a very weak spot in the spine.

Sciatica

Sciatica is a symptom. It consists of leg pain, which might feel like a bad leg cramp, or it can be excruciating, shooting pain that makes standing or sitting nearly impossible. The pain might be



worse when you sit, sneeze, or cough. Sciatica can occur suddenly or it can develop gradually. You might also feel weakness, numbness, or a burning or



Headache and Sinus

Carotid Artery Inflammation

Early Stage Diabetes

Stress in the Liver

Reduced Heart Function

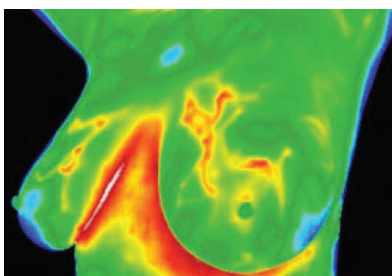
Lower Back Pain

Thermography is a scanning device that measures your body surface temperature and presents the information as a digitized image. This tool makes a digital map of your body and very accurately illustrates heat patterns. These patterns may detect some abnormal conditions such as cancer cell growth or active infection.

Mammograms look for anatomical changes in the breast such as masses or lumps. Thermograms analyze the vascular changes in the breast. Increased blood into certain regions of the body increases the heat of that region. Areas of inflammation, cancer cell formation and active infection have elevated circulation. Thermal imaging has a great ability to detect subtle physiological changes that accompany pathology.

Thermal Asymmetry Indicates Problems

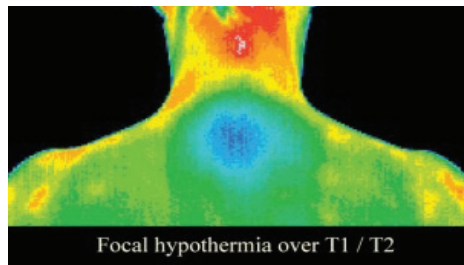
The body should naturally have thermal symmetry. Areas of asymmetry can indicate problems and are analyzed specifically for underlying pathology. Cancer cells divide very rapidly and demand increased blood flow and nutrient delivery. The metabolic processes in the body cannot differentiate between cancer cells and healthy cells. This results in increased formation of blood cells around these active cancer cells. Thermography picks up this abnormal blood supply well before the



tingling (“pins and needles”) sensation down your leg, possibly even in your toes. Less common symptoms might include the inability to bend your knee or move your foot and toes. These scans show sciatic nerve inflammation.

Autoimmune Dysfunction

Patterns of hypothermia seen over T1/T2 in a thermography scan are always indicative of autoimmune dysfunction. Interestingly enough, the Chinese have used this point in acupuncture for over 4000 years to stimulate immune

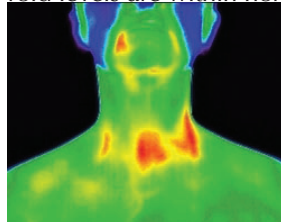


function. This pattern is often seen in patients diagnosed with fibromyalgia, a disorder that is very difficult to diagnose but is characterized by widespread musculoskeletal pain, accompanied by fatigue, problems sleeping, memory and mood issues; as well as patients diagnosed with Chronic Fatigue Syndrome. Fibromyalgia patients will often have myofascial inflammation accompanying the hypothermic pattern. Thermography is useful in confirming a suspected diagnosis of these syndromes as well as monitoring the patient’s response to treatment. As the patient improves the hypothermic foci will experience a reduction in temperature differentials and will reduce. Con-

versely, if the patient is not responding to treatment or is regressing, this pattern will either maintain or the temperature differentials will increase and the pattern will become more pronounced.

Thyroid Dysfunction

Thermography can easily detect thyroid dysfunction even when all of the thyroid levels are within normal levels in



the patient’s blood work. Thermography can also validate the appropriate levels of thyroid

supplementation. For example if a patient is on thyroid medication and no patterns appear on the thermogram related to thyroid, it can then be assumed that he or she is receiving the adequate amount of medication or supplementation.

Thermography can assist in the diagnosis, evaluation, monitoring and documentation of a large number of injuries and conditions, including soft tissue injuries and sensory/autonomic nerve fiber dysfunction. Thermography is unique in that it is a test of physiology and function and can offer considerable financial savings by eliminating the need for additional expensive and invasive diagnostic testing.

Call 896-4141 for more information.

Disclaimer: Thermography Medical Imaging of Acadiana is not a treatment or diagnosing center. The reports and imaging provided is for general information and educational purposes only and is not intended in any way to be a substitute for professional medical advice, diagnosis or treatment. Thermography is an adjunctive procedure to Mammography.

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FRIDAY AT 5:32 PM

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Comments Done

Carmen

I've had an exam and am so grateful and thankful I did! The images picked up cysts in the breasts and inflammation of the intestines I would have never known about. My insurance does not cover "recommend" a mammogram at my age but did cover when I brought the images to my obgyn who referred me for one. Thank God they are not cancerous! I truly believe I would have ended up with breast and colon cancer if I hadn't done this. Also I went to numerous doctors including dermatologists because of my hair loss. From going through my exam here and treatment it was as simple as my body being toxic and too acidic. The doctors and staff are more than informative, patient and helpful. If you go, please be considerate of an occasional wait and the staff has more than enough tasks at hand-many people go who have or had cancer or are elderly and being treated and handled with care. So don't be impatient or selfish 😊 thank you natural awakenings for a life changing chapter in my life!

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Chemotherapy May Be More Effective in Treating Cancer if the Body is More Alkaline

The Alkaline Diet: Is There Evidence That an Alkaline pH Diet Benefits Health?

"The effectiveness of chemotherapeutic agents is markedly influenced by pH. Numerous agents such as epirubicin and adriamycin require an alkaline media to be more effective. Others, such as cisplatin, mitomycin C, and thiotepa, are more cytotoxic in an acid media. Cell death correlates with acidosis and intracellular pH shifts higher (more alkaline) after chemotherapy may reflect response to chemotherapy. It has been suggested that inducing metabolic alkalosis may be useful in enhancing some treatment regimes. Extracellular alkalinization by using alkaline water and foods may result in improvements in therapeutic effectiveness. "

SOURCE:

www.ncbi.nlm.nih.gov/pmc/articles/PMC3195546/

US National Library of Medicine
National Institutes of Health
PMCID: PMC3195546

"Every single person who has cancer has a pH that is too acidic"

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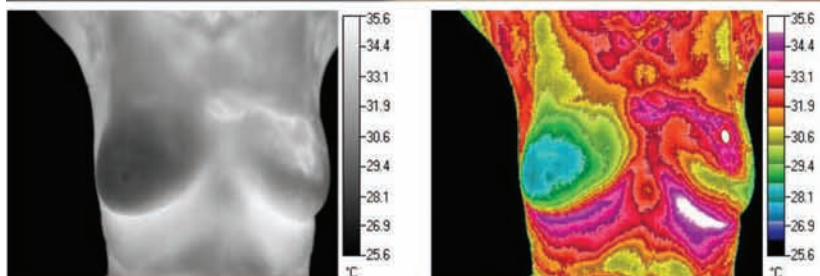
Dr. Otto Warburg won the Nobel Prize in 1931 for proving that cancer can't survive in an alkaline, oxygen rich environment but thrives in an acidic, low oxygen environment.

Breast Cancer Screenings

with Thermography for VERY EARLY DETECTION



Tumor of the right breast.
Notice the red pattern showing higher heat than surrounding tissue and the white area, the hottest location, showing the site of a suspected tumor.



Left Breast Cancer Grey Scale and Color Breast Temperature

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

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

Breast Cancer Risk Factors

Being a Woman

Just being a woman is the biggest risk factor for developing breast cancer. There are about 190,000 new cases of invasive breast cancer and 60,000 cases of non-invasive breast cancer this year in American women.

Age

As with many other diseases, your risk of breast cancer goes up as you get older. About two out of three invasive breast cancers are found in women 55 or older.

Excess Weight (obesity)

Overweight and obese women have a higher risk of being diagnosed with breast cancer compared to women who maintain a healthy weight, especially after menopause.

Inflammation

Chronic inflammation in the breast and lymph nodes increase the risk of developing breast cancer by nearly 90%.

Living in Louisiana

National Average: 1 in 8 women develop breast cancer.
Louisiana: 1 in 3 women develop breast cancer.

“Because thermography is safe, I can take control of my body now, in my 20’s. Prevention is the key!”

- Same day appointments
- No doctor's orders needed
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- Review your results within the same week after exam



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Wheatgrass Your #1 SuperFOOD

Why drink wheatgrass? Wheatgrass has been called rocket fuel for the body and here is why:

1 ounce of WHEATGRASS = 2.5 lbs of green VEGETABLES

Consuming two to three shots of wheatgrass daily, or at least four times a week, has been clinically proven to promote health on several levels. There have been numerous studies that prove that taking two shots of wheatgrass is equivalent to drinking eight glasses of vegetable juice. One ounce of wheatgrass is equal to 2.5 pounds of green vegetables.

Some of the benefits of wheatgrass juice include healthy immune systems, healthy blood flow and healthy skin, and it has been known to shrink or even cure certain types of cancer and tumors. It also has been known to prevent several types of diseases, such as diabetes and heart disease. It also helps women during their menopausal years.

What is Wheatgrass Juice?

Wheatgrass is the shoot of agropyron, which is a relative of the common wheat. (Many people substitute common wheat for growing wheatgrass; both have similar qualities.) New and tender shoots of this plant can be squeezed to make juice or dried to grind into a powder. This plant is a high-alkaline food that helps the body alkalize. This alkalizing ability makes it very popular as a health food.

One of the most important benefits of wheatgrass is that, because regular consumption increases one's alkaline level, it balances out the acidic level of the body. The natural pH of the human body is slightly alkaline, at about 7.4—but this level is affected by the food we eat. Consuming acidic foods likewise causes the pH to become more acidic and thus harmful to the body. On the other hand, consuming alkaline foods naturally makes the body more alkaline and, as a result, can help people live a long, healthy life.

Wheatgrass also helps improve the digestive system. Wheatgrass is very nutritious and provides the body with plenty of resources. If consumed raw and whole, wheatgrass also provides plenty of fiber, which naturally improves the digestive system. If you suffer from constipation often, wheatgrass may provide a cure.

Wheatgrass also helps to detoxify dangerous metals in the bloodstream. All blood cells take in oxygen and nutrients while giving out toxins, or waste. If this process is altered, it can cause healthy and functioning smoothly by removing the toxins it collects. Consuming wheatgrass

will increase the liver's health many times over. By increasing the oxygenation in the body, wheatgrass also can increase performance and endurance in physical exercise and sports.

Wheatgrass has cosmetic effects as well. Consuming wheatgrass regularly makes the hair shine and the skin glow.

Wheatgrass Benefits for Cancer

Wheatgrass consumption also is known as an alternative cancer therapy. A study found that wheatgrass juice duplicates the molecular structure of hemoglobin, a protein in red blood cells that carries oxygen, and because it is so rich in free-radical scavengers such as provitamin A, it may inhibit cancer. Drinking wheatgrass juice helps the body to build red blood cells, which carry oxygen to every cell.

Because cancer thrives in an acidic environment, and because consuming wheatgrass neutralizes acidic levels, consuming wheatgrass may thus reduce the chances of developing cancer, or aid in fighting cancer already present in the body.

Wheatgrass also has been found to dissolve scars in the lungs, help wash out drug deposits and, as mentioned above, purify the blood and organs and counteract toxins in the body—all beneficial to helping the body combat cancer. It helps to increase the

By increasing the oxygenation and alkalinity in the body, you can increase energy levels, reduce risk of cancer, reduce inflammation and prevent disease.

ADVERTISEMENT



enzyme level in cells, aiding in the body's rejuvenation and the metabolism of nutrients. These enzymes assist in dissolving tumors.

Wheatgrass Juice Facts

- One ounce of freshly squeezed wheatgrass juice is equivalent in nutritional value to 2.5 pounds of leafy green vegetables.
- Wheatgrass contains more than 90 minerals, including high concentrations of the most alkaline minerals: potassium, calcium, magnesium and sodium.
- Wheatgrass contains the essential enzymes: protease (assists in protein digestion), cytochrome oxidase (works as a powerful antioxidant), amylase (facilitates digestion), lipase (works to split fat), transhydrogenase (strengthens the heart muscle) and superoxide dismutase or SOD (lessens the effects of radiation and slows cellular aging; it is found in all of the body's cells).
- Wheatgrass juice helps the body build red blood cells, which carry oxygen to every cell. By increasing the oxygenation in the body, it can help offset the effects of breathing smog and carbon monoxide and increase one's endurance during physical exercise.
- Wheatgrass contains 19 amino acids, the building blocks of protein.

Nutritional Value of Wheatgrass Juice

(Per 100 gm)

Nutritionally, wheatgrass is a complete food that contains 98 of the 102 earth elements. Wheatgrass is considered to be a complete food because it contains every amino acid, vitamin and mineral (some in only trace amounts) necessary for human nutrition.

Why Must Wheatgrass Juice Be Drunk Fresh?

The most potent form of wheatgrass is the fresh frozen juice as nutrients are lost in pasteurisation or preserving. Like many raw and highly nutritious foods, fresh wheatgrass juice is highly active chemically and is thus unstable. Fresh is best.

How Much Wheatgrass Do I Need?

If energy is generally good but one is having an off day, then 1 ounce can be enough to get you going again. If energy levels are regularly down then a daily shot over a period of about a week can help improve things. For more long term illness daily amounts exceeding 4 to 6 ounces have been used.

100 grams of wheatgrass contain:

- *Calories:* 21.0
- *Carbohydrates:* 2.0 gm
- *Fat:* 0.06 gm
- *Water:* 95 gm
- *Sodium:* 10.3 mg
- *Iron:* 0.61 mg
- *Folic Acid:* 29 mcg
- *Dietary Fiber:* < 0.1 gm
- *Glucose:* 0.80 gm
- *Calcium:* 24.2 mg
- *Magnesium:* 24 mg
- *Selenium:* < 1 ppm
- *Potassium:* 147 mg
- *Zinc:* 0.33 mg
- *Phosphorus:* 75.2 mg
- *Vitamin A:* 427 IU
- *Vitamin B1: (Thiamine)* 0.08 mg
- *Vitamin B2: (Riboflavin)* 0.13 mg
- *Vitamin B3: (Niacinamide)* 0.11 mg
- *Vitamin B5: (Pantothenic Acid)* 6.0 mg
- *Vitamin B6: (Pyridoxine HCl)* 0.2 mg
- *Vitamin B12: (Cyanocobalamin)* < 1 mg
- *Vitamin C: (Ascorbic Acid)* 3.65 mg
- *Vitamin E:* 15.2 IU
- *Chlorophyll:* 42.2 mg
- *Choline:* 92.4 mg

Is Wheatgrass a Food?

Naturally rich in proteins and sugar wheatgrass is a complete food. One ounce of wheatgrass is like a single complete supplement. It has all the B vitamins; indeed it is a vegetable source of B12, and also vitamins A, D, E, and K. Wheatgrass is rich in minerals, major and minor. It contains calcium, magnesium, manganese, phosphorus, potassium, zinc and selenium. These are minerals important for cardiovascular and immune system function. For healing purposes potassium ions are particularly vital to balance the composition of body fluids, and thus its alkalinity.

Wheatgrass is highly active chemically and contains over 80 enzymes. These are used for digestion but also to detoxify harmful substances. The famous nutritional scientist, Dr E Bircher called chlorophyll "concentrated sun power- it increases the function of the heart, improves the vascular system the intestine the uterus and the lungs".

Chlorophyll has strong antioxidant properties. It can strip out free radicals which are a damaging by-product of metabolism. Free radicals encourage an acidic cell environment, contribute to the ageing process and have been implicated in the development of some cancers. The chlorophyll molecule is structurally very similar to the iron carrying component of hemoglobin.

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FROZEN WHEATGRASS BOX

Naturopathic Medicine Goes Mainstream

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

Where can I find naturopathic medicine doctors?

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healthbriefs

Ginkgo Biloba Calms ADHD, Boosts Memory



Researchers from Germany's University of Tübingen's Center for Medicine tested the *Ginkgo biloba* extract EGb761 on 20 children diagnosed with attention deficit hyperactivity disorder (ADHD) in a clinical trial. The children were given up to 240 milligrams (mg) of the extract for between three and five weeks. Before, during and after the treatment, the scientists evaluated the children by testing the brain's electrical activity, along with other ADHD-related tests. Those that had received the extract exhibited significant improvement in ADHD symptoms.

A study from Liberty University, in Virginia, previously examined 262 adults ages 60 and over with normal memory and mental performance and found that the same *Ginkgo biloba* extract improved their cognitive scores. Half of the study participants were given 180 mg of the extract daily and half were given a placebo. Standardized tests and a subjective, self-reporting questionnaire found the *Ginkgo* resulted in significant cognitive improvements among the older adults.

BUGS LINKED TO FACTORY FARM ANTIBIOTICS

The bacteria *E. coli* now causes 75 to 95 percent of all urinary tract infections, and research from Iowa State University has confirmed that such occurrences are linked to factory farms that use antibiotics. The findings support a study previously completed by scientists from the Johns Hopkins University School of Medicine and George Washington University that shows a strain of antibiotic-resistant *E. coli* called ExPEC, an extra-intestinal pathogen, was genetically traceable to factory-farmed animals receiving certain antibiotics.

The National Antimicrobial Resistance Monitoring System reports that 75 percent of chicken and turkey, 59 percent of ground beef and 40 percent of pork meats tested were contaminated with *E. coli*, and that the strains were predominantly multi-drug resistant.



Meditation Minimizes Migraines



Researchers from the Wake Forest School of Medicine found that mindfulness meditation significantly reduced the number and duration of migraines among 19 episodic migraine patients. Ten were given eight weeks of mindfulness classes with instructions for adding personal meditation in-between sessions. The other nine received typical migraine care.

Those in the meditation group experienced an average of 1.4 fewer migraines per month, which averaged nearly three hours less than the ones experienced by those in the control group. Pain levels of the headaches reported by those in the meditation group averaged 1.3 points lower on a scale of one to 10.

Even Modest Drinking Raises Risk of Heart Disease



Contrary to the hypothesis that moderate drinking can be heart-healthy, a new study published in the *British Medical Journal* indicates that even light to moderate drinking increases the risk of heart disease.

In a large, randomized meta-study, researchers examined patient data from 261,991 European adults derived from 56 studies. Participants were classified as non-drinkers, light drinkers, moderate drinkers or heavy drinkers. The researchers also used a gene variation to determine alcohol intake—a genetic marker that indicates low alcohol consumption of less

than 10 milliliters (about a third of an ounce) per week.

They found that those with the gene variation—and thus are virtually non-drinkers—had a significantly lower risk of heart disease, including stroke and hypertension, and that even light drinking significantly increased heart disease risk. The researchers concluded: “These findings suggest that reductions of alcohol consumption, even for light to moderate drinkers, may be beneficial for cardiovascular health.”

Register Receipts Low Risk for BPA

Research from the Finnish Institute of Occupational Health has determined that handling cash register receipts, common in credit card transactions, can increase exposure of the hormone disruptor Bisphenol A (BPA), but that exposure is well within limits considered safe when the receipts are handled under normal conditions.



The researchers tested 121 people exposed to the synthetic chemical through their skin and found their average BPA urinary excretion levels averaged 2.6 micrograms (mcg) per liter. The researchers then had test subjects handle thermal paper three times every five minutes, simulating a store cashier’s handling of receipts. The researchers found those that handled the thermal paper during the simulation test had an average increase in their BPA urinary excretions of just under 0.2 mcg per liter per kilogram of body weight. The researchers noted that this was still 25 times lower than the European Food Safety Authority’s proposed temporary tolerable daily intake of 5 mcg per liter per kilogram of body weight per day.

Primary sources of BPA exposure are plastics used in water bottles and many other consumer goods.

WILD THYME KILLS BREAST CANCER CELLS

A study published in the *Nutrition and Cancer Journal* reveals that the herb thyme is more than a cooking spice. Scientists tested a methanol extract of *Thymus serpyllum*—also referred to as wild thyme—on two types of breast cancer cells and found that it was able to kill them in laboratory testing. The testing also found the extract to be safe for healthy normal breast cells. The researchers state that wild thyme may provide the means for a promising natural cancer treatment.



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

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337-896-4141.

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337-678-1500.

Minimum \$75 purchase of PRODUCTS or SERVICES.

Who Reads *Natural Awakenings*? Leslie Davenport Does!



Job: Stay-at-home mom to four-year-old daughter.

Hobbies: I love reading, decorating and cooking new and different things. Over this past year, I started taking painting classes, which is fun for me.

How long have you been a *Natural Awakenings* reader? Four years.

What do you like about *Natural Awakenings*? *Natural Awakenings* shares things about how to live a healthy lifestyle in every way. It leaves nothing out, from mind, to body, to soul! The material guides you to become a better person.

What is healthy about your lifestyle? I am learning something new about my body and my lifestyle constantly! I am eating healthier, exercising everyday, drinking tons of water, discovering how to manage stress in my life, figuring out what is important for my family and myself and trying to discern what my own dreams are. I am always on the go and I keep my mind active.

If you could have one wish for the planet, what would it be? I would want everyone to become deep thinkers. Learn to explore and question things so that you can become mindful and knowledgeable of the world we live in. Don't just judge a book by its cover, open it up and dig in. Know yourself and what is best for you.

From what do you draw inspiration? I do my best to let everything inspire me: a book I read, a movie I have watched, my husband and my daughter, a visit to the beach, a quiet weekend away from everything, an afternoon of exercise, prayer, friends and family. I feel that every moment in life has something that we can learn from and enjoy.

What are you doing to be the change you want to see in the world? I try to live by example and I educate my daughter about how to treat others with love and respect. Some days I feel like a failure and some days I feel like I have accomplished the world. I look at life one day at a time. Each day is new. If you fail one day, then just try again the next day.

globalbriefs

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

Salty Harvest

Seaweed May Be the New Lettuce

Food items such as kelp, dulse, alaria and laver may be unfamiliar now, but likely not for long, as these and other varieties of edible seaweed and sea vegetables appear on more shopping lists and restaurant menus. These ingredients are already favored by cooks for the jolt of salty goodness they bring to soups and salads and by health food advocates that appreciate their high levels of essential minerals. Goodies in the pipeline include seaweed-filled bagels, ice cream and chips.

The trend toward farming seaweed instead of harvesting in the wild is making news. Working waterfronts often go dormant in the winter as lobstermen that work during warmer months move inland out of season for part-time jobs. Seaweed is a winter crop that can keep boats out on the water, providing year-round aquaculture employment.

Entrepreneur Matthew Moretti, who operates Bangs Island Mussels, a shellfish and kelp farm in Casco Bay, near Portland, Maine, explains, "Mussels are monoculture," so he has been growing sugar kelp between mussel rafts to create a more ecological model.

Source: Johns Hopkins Bloomberg School of Public Health Center for a Livable Future



Holy Batastrophe!

Wind Turbines a Kill Zone for European Bats

Bats are vital natural pest controllers, saving the use of millions of pounds of pesticides by eating insects, but many species are declining across Europe, despite being protected, because wind turbines are seriously harming their populations. "It's most common in migratory species, with around 300,000 bats affected every year in Europe alone. Bats are found dead at the bottom of these turbines. One option is to reduce turbine activity during times of peak migration," says Richard Holland, Ph.D., of Queen's University Belfast, co-author of a study published in *Nature Communications* that sheds light on the problem.

Scientists have discovered the first known example of a mammal to use polarization patterns in the sky to navigate in the greater mouse-eared bat. The study demonstrates that the bats use the way sunlight is scattered in the atmosphere at sunset to calibrate the internal magnetic compass that helps them to fly in the right direction.

Holland says, "Bees have specially adapted photoreceptors in their eyes, and birds, fish, amphibians and reptiles all have cone cell structures in their eyes which may help them to detect polarization, but we don't know which structure these bats might be using. Anything we can do to understand how they get about, how they move and navigate will be a step forward in helping to protect them."

Source: Natural Environment Research Council (nerc.ac.uk)



Feeding the World

UN Lauds Small-Scale, Sustainable Agriculture

A recent publication from the United Nations Commission on Trade and Development (UNCTAD), *Trade and Environment Review 2013: Wake Up Before it is Too Late*, includes contributions from more than 60 experts around the world. They are calling for transformative changes in food, agriculture and trade systems to increase diversity on farms, reduce use of fertilizer and other inputs, support small-scale farmers and create strong local food systems.



The report includes in-depth sections on the shift toward more sustainable, resilient agriculture; livestock production and climate change; the importance of research and extension; plus the roles of both land use and reform of global trade rules.

The report's findings contrast starkly to the accelerated push for new free trade agreements, including the Trans-Pacific Partnership (TPP) and the U.S./EU Transatlantic Trade and Investment Partnership (TTIP), which will strengthen the hold of multinational corporate and financial firms on the global economy. Neither global climate talks nor other global food security forums reflect the urgency expressed in the UNCTAD report to transform agriculture.

Source: *Institute for Agriculture and Trade Policy (iatp.org)*

Cultivating Youth

Farming Seeks to Recruit a New Generation



With an aging population of farmers, it's clear that agriculture needs to attract more young people, because half the farmers in the U.S. are 55 or older. But for much of the world's youth, agriculture isn't seen as being cool or attractive—only as backbreaking labor without an economic payoff and with little room for career advancement. However, with some effort, young farmers can explore contemporary career options in permaculture design, biodynamic farming, communication technologies, forecasting, marketing,

logistics, quality assurance, urban agriculture projects, food preparation, environmental sciences and advanced technologies.

"Increased access to education and new forms of agriculture-based enterprises means that young people can be a vital force for innovation in family farming, increasing incomes and well-being for both farmers and local communities," says Mark Holderness, executive secretary of the Global Forum for Agricultural Research.

The New Entry Sustainable Farming Project (nesfp.org), in Massachusetts, trains young farmers in how to run a small farm operation, from business planning to specialized advanced workshops in livestock and healthy food. Likewise, the Southeastern New England Young Farmer Network (YoungFarmerNetwork.org) hosts free social and educational events that bring together farmers of all ages and experience levels to network and collaborate.

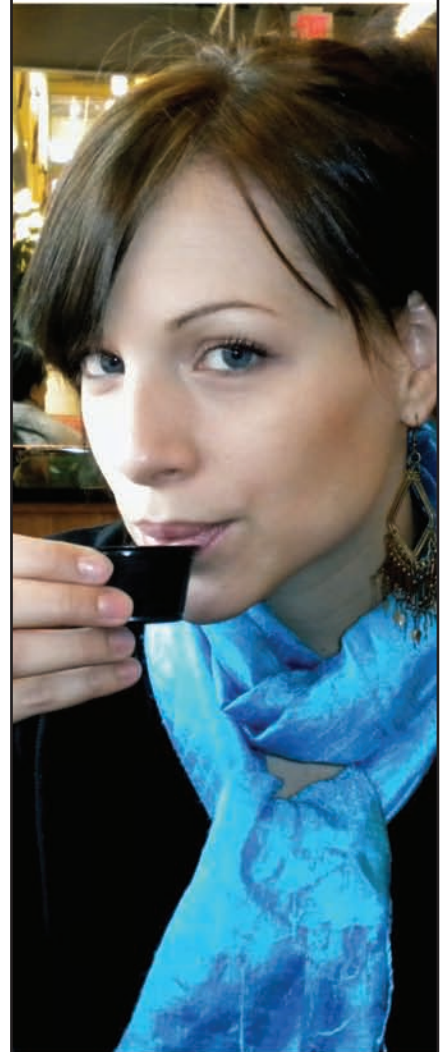
Source: *FoodTank.com*

Janet M.

New Iberia, LA

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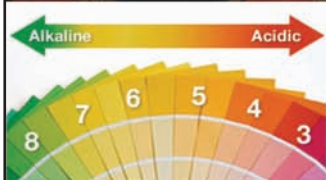
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How to Find and Fix Leaking Pipes

While municipal water main breaks make news, it's just as important to be watchful at home. According to the Alliance for Water Efficiency, a typical home annually loses more than 2,000 gallons of water due to leakage. SNL Financial, an industry analysis firm in Charlottesville, Virginia, recently reported that water leaks cause \$9.1 billion in annual homeowner policy property losses. Sensing a less-than-stellar water flow or seeing a leak from a faucet or mold or damp spots on walls and ceilings can indicate possible water pipe problems.



Copper water lines can develop tiny leaks over time when the water supply is too acidic. Also, clogs can develop, regardless what lines are made of, from lime and rust accumulations, stressing sections and especially fittings. Particularly vulnerable are 45-to-65-year-old homes, the length of time corrosion-resistant coatings on interior and exterior pipes generally last (*OldHouseWeb.com*). Fortunately, if repairs are needed, most builders group water lines in predictable places; bathrooms are often stacked one atop another in multi-floor houses for easier placement of supply and drain lines, so work can be localized and focused.

Instead of costly copper, many plumbers have switched to PEX—a tough and flexible polyethylene—that doesn't require fittings or react to acid, like copper does. Repairs typically consist of replacing specific pipe sections as needed. Ask a visiting plumber to inspect all exposed plumbing lines to maximize the value of the service call.

Here's a simple way to check for leaks: Turn off all water by closing internal and external water valves and don't use the toilet. Record the current reading of the water meter, and then wait 20 minutes. Record the reading again and wait another 15 minutes. If the meter indicates an increase during this period, it's probably from a leak. Another option is to install an automatic water leak detection and shutoff system.

According to *AllianceForWaterEfficiency.org*, 20 to 35 percent of all residential toilets leak at some time, often silently, sending wasted water onto both household water and sewer bills. Flapper valves improperly covering the exit from the tank are the most common problem, and they can easily be replaced.

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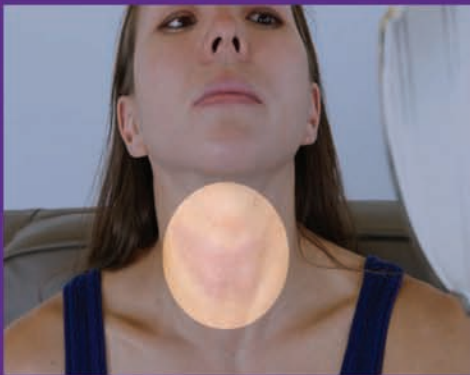
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- Andrew Weil, M.D.

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infusion into the pet's testicles causes them to atrophy. It's less invasive, with a lower chance of infection and less pain, and reduces testosterone. For feral cat populations where traps haven't worked, megestrol acetate, derived from progesterone, added to food acts as birth control to slow or stop colony growth."

Treatment of laboratory animals has also improved. "There have been three significant changes since 1984," says Cathy Liss, president of the nonprofit Animal Welfare Institute, in Washington, D.C., founded in 1951 (awionline.org). "General housing conditions are better, the number of government-owned chimpanzees has decreased and laboratories no longer obtain dogs and cats from random sources, so no stolen pets end up in labs."

MISSION: ANIMAL RESCUE

Big and Small, They Need Our Help

by Sandra Murphy

Every creature in the animal kingdom has an essential purpose, yet through human interference, animal life overall has become so imbalanced as to signal a tipping point for Earth. Extreme care for the rapidly growing population of a relative handful of pet breeds stands in stark contrast to trending extinction of dozens of other species. Fortunately, in addition to the efforts of dedicated volunteers, conservationists and supportive lawmakers, every one of us can make a real difference.

Home Pet Rescues

Zack Skow started by volunteering with a nearby dog rescue organization. He became director, and then in 2009 founded his own nonprofit, Marley's Mutts (MarleysMutts.org), in Tehachapi, California, pulling many kinds of dogs out of Los Angeles shelters. "A lot of rescues are breed-specific; I think mutts deserve an equal chance," says Skow, now the executive director. "Small dogs get adopted faster, so we

get the larger mixes, including pit bulls and Rottweilers."

Currently, the facility continues to expand its services, working with pet foster homes; providing medical care for severely abused animals in need of rehabilitation and socialization; and managing visits to prisons, mental health facilities and schools. "We take in who we can help. To see a dog triumph over tremendous odds gives people hope," says Skow. Recently, volunteers pulled 70 dogs from Los Angeles shelters, fostered them for a month and then transported them east to adoption facilities where conditions were less crowded.

Spay/neuter is the best solution to pet overpopulation, says Ruth Steinberger, national founder of Spay First, headquartered in Oklahoma City (SpayFirst.org). From 20 years of experience, she explains that in locations and situations in which surgery is impractical, "We've had great results using calcium chloride in ethyl alcohol, done under sedation. A slow

She reports that animals now are subject to only one experiment, retired for adoption instead of being euthanized, and furnished with natural living conditions on-site—vertical space, an enriched environment with mental and physical stimulation, interaction with other animals and appropriate food and bedding. "Most lab animals are rats and mice," says Liss. "Any animal has the capacity to suffer. It's up to us to treat them humanely."

Farm Animal Stewardship

"Animals become ambassadors," says Gene Baur, president and co-founder of Farm Sanctuary's three locations in New York's Finger Lakes region, Los Angeles and northern California (FarmSanctuary.org) and author of *Farm Sanctuary: Changing Hearts and Minds About Animals and Food*. "People are distanced from food sources. Once you learn that sheep love to be petted and pigs like belly rubs, you know an animal as an individual. The best way to help is to share information, farm animal videos and plant-based recipes, so people can see that going meatless is about far more than just eating produce."

Musician Sir Paul McCartney, author of *The Meat Free Monday Cookbook*, took the message to schools in 2012. Now students around the world participate in meat-free lunch programs. The adult initiative of going meatless for one or more days extends to 35 countries on six continents.

Pigs, cows, horses, peacocks and an alpaca live in harmony at local non-profit Cracker Box Palace Farm Animal Haven, in Alton, New York (*CrackerBoxPalace.org*), which spurs recovery from illness, neglect or abuse. "People get animals without doing research on their care or habits. That's how we got the peacocks—they have a bloodcurdling scream," says Farm Manager Cheri Roloson, who rents out their goats as nature's landscapers to clear brush.

Mistreated animals also provide therapy for returning military veterans and abused children at Ranch Hand Rescue, in Argyle, Texas (*RanchHandRescue.org*). Kids find it easier to talk about their experiences with an animal that has also endured cruel treatment, like Spirit, a horse that received precedent-setting surgery to repair a leg that had improperly healed after being broken by a baseball bat.

Conscious chicken farms, too, are making an impact. "Chickens can be well-treated and have a healthy, decent life," says Jason Urena, marketing manager with NestFresh, which operates 20 small farms and five processing plants, concentrated in Colorado, Iowa, Illinois, Wisconsin and Texas to reduce its carbon footprint (*NestFresh.com*).

Starting with cage-free hens, the Denver company grew based on nationwide customer requests for certified cage-free, free-range, organic, pasture-raised and non-GMO (genetically modified) eggs. "We're the first in the country to offer certified non-GMO eggs," attests Urena.

He explains that in the process for certification, feed is inspected at every step, from planting seed (usually corn



"Pets are considered property, and until that changes, it's harder to make a difference. Farm animals have no rights at all. Animals are sentient beings with rights commensurate with the ability to feel pain and even be valued members of the family. They deserve far more than a property classification."

~Diane Sullivan, assistant dean and professor, Massachusetts School of Law

or soy) to storage in silos and mill grinding, to allow traceability for potential problems and avoid cross-contamination.

Wildlife Habitat Preservation

There are few places on Earth that humans haven't impacted fragile ecosystems. Loss of habitat and lack of food sources are critical issues. Bats are a bellwether for the impact on wildlife from human-induced diseases. The Wildlife Conservation Society studies the loons in New York's Adirondack Mountains to monitor their exposure to disease and pollution.

The mission of the National Wildlife Federation (NWF) is to use conservation and education to protect present and future wildlife. Of the 410-plus species of mammals in the United States, 80 are on the endangered species list, reminiscent of the bison that used to number in the millions,

but now mostly exist in small bands on private and public lands.

NWF aims to build on the bison restoration efforts achieved to date (now numbering tens of thousands) by reintroducing them onto more public lands, reservations and protected habitats, and likewise build up populations of other wild threatened and endangered animals. Its programs feature green corridors to give native species a home and migrating species a rest stop.

"The important message is not how many species have gone off the list, but how many didn't go extinct," says David Mizejewski, a celebrity naturalist for NWF. "It's important to

understand species require different ecosystems.

When we quit draining swamps and rerouting rivers and leave them alone in a proper habitat, alligators will come back. Eagles have fewer young, so it's not easy for them to recover."

The success in restoring populations of the bald eagle, our national symbol, during the second half of the last century was significant. Measures



What You Can Do

- ✓ Volunteer to walk a dog, foster a cat, make phone calls or help with shelter paperwork.
- ✓ Spay/neuter pets and consider adopting before shopping at a pet store.
- ✓ Donate to support rehabilitation of an abused animal.
- ✓ Pick up litter, especially harmful in and near waterways.
- ✓ Be a conscious consumer and don't let factory farm prices influence decisions.
- ✓ Tell companies what is acceptable or not via purchases, emails and phone calls.
- ✓ Lobby politicians to support worthy animal causes.

that included banning the poisonous DDT pesticide that contaminated their food and affected reproduction, improving native habitats and prohibiting hunting of the bird allowed its removal from the endangered list in 2007. They are still protected by the 1918 Migratory Bird Treaty Act.

Another raptor, the peregrine falcon, has adapted to urban living in order to survive. Nests adorn tops of buildings and pigeons are a plentiful food supply.

Bears, mountain lions and wolves have been dwindling, hunted as dangerous, a nuisance or for sport. With fewer of these natural predators, white-tailed deer can overpopulate their habitat and starve. Deer and other displaced animals may migrate into suburban areas in search of food, prompting hurtful human reactions to reduce their numbers.

The American Bear Association provides safe, seasonal habitats for black bears (*AmericanBear.org*). Located near Orr, Minnesota, the 360-acre sanctuary



The 1966 Animal Welfare Act improved the lives of many commercial animals, but more laws are needed.

See SustainableTable.org/274/animal-welfare.

also hosts white-tailed deer, bald eagles, beavers, mink, pine martens, fishers, timber wolves, red squirrels, bobcats, blue jays, owls, ducks, songbirds and ravens.

Among movements to protect smaller endangered and threatened animals, the American Tortoise Rescue lobbies for legislation to ban the importation of non-native species (*Tortoise.com*). "Turtles and bullfrogs are imported as pets

or as food, and many end up in streams or lakes, where they kill native species," says co-founder Susan M. Tellem, in Malibu, California.

"They can carry salmonella, parasites and tuberculosis," she explains. Unfortunately, a California law passed to limit importation was revoked within weeks due to claims of cultural bias by politicians lobbying for Asian food markets that sell live turtles and bullfrogs.

As the only Association of Zoos and Aquariums-certified wolf facility in the world, The Endangered Wolf Center, in Eureka, Missouri, has been breeding and reintroducing wolves into the wild for 40 years (*EndangeredWolfCenter.org*). Founded by zoologist and television host Marlin Perkins and his wife, Carol, they helped increase both the Mexican gray wolf population from nine to 235 in managed care, plus at least 75 in the wild, and the red wolf population from 14 to 160 in managed care, with more than 100 in the wild. Every pack of Mexican gray wolves roaming the Southwest and 70 percent of North Carolina red wolves can be traced back to the center.

Wildlife protection laws vary by state. Key conservation successes typically begin with local and regional initiatives promoted by farsighted individuals that care enough to get the ball rolling and back it up with supportive legislation.

Christian Samper, Ph.D., CEO of the Wildlife Conservation Society, observes, "Zoos and aquariums help the public better understand the natural systems that make all life possible. The hope is that what people understand, they will appreciate and what they appreciate, they will work to protect."

One person's care can make a difference. For an animal, it can mean life itself.



Did You Know...

- San Francisco's SPCA is one of many organizations that offer free or low-cost spay/neuter for specific breeds most frequently seen in shelters, like pit bulls, and special programs offer free surgeries. Find locations at Tinyurl.com/SpayNeuterServices.
- One female dog can produce litters of up to 10 pups twice a year; cats can have three litters a year of up to five kittens each.
- An estimated 2.7 million healthy shelter pets remain unadopted each year, yet only about 30 percent of pets in homes come from shelters or rescues, according to The Humane Society of the United States.
- Factory farms account for 99 percent of farm animals, yet less than 1 percent of donated money directly assists them, reports Animal Charity Evaluators, in San Diego. The highly rated Mercy for Animals, dedicated to prevention of cruelty to farmed animals, reports, "Despite the fact that these are the most abused animals in the United States, they actually have the fewest number of advocates."
- Sandra, a 29-year-old Sumatran orangutan at the Buenos Aires Zoo, was recognized as a "non-human person" unlawfully deprived of her freedom by Argentine courts. "This opens the way not only for other great apes, but also for other sentient beings that are unfairly and arbitrarily deprived of their liberty," says Paul Buompadre, an attorney with the Association of Officials and Lawyers for Animal Rights. "The question is not 'Can they reason?' or 'Can they talk?' but 'Can they suffer?'" says Barry MacKay, director of the Animal Alliance of Canada. "That to me is the ultimate question."

Sandra Murphy is a freelance writer in St. Louis, MO. Connect at StLouisFreelanceWriter@mindspring.com.

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LIFESAVING ACTS

Protecting Animals at Home and Abroad

by Sandra Murphy

Each year, more dogs, cats and other pets end up in shelters as lost, stray or owner-surrendered than leave them for a new home. What can be done to reverse this trend?

How to Help

Immediate steps: Have a vet implant a tiny RFID (radio frequency identification) microchip. It's safe, affordable and helps reunite the owner with a lost pet. Spay/neuter pets to avoid unwanted litters.

Spread the word: Only about 30 percent of household pets come from shelters or rescues, according to the ASPCA. To help, suggest that shelters post photos in the lobby, supported by a note about each animal's good points and special needs to entice potential adopters. Also share YouTube videos that celebrate adoption and advocate controlling the pet population (see Tinyurl.com/SpayNeuterStreetMusic1 and Tinyurl.com/SpayNeuterStreetMusic2).

Volunteer: The Motley Zoo, in Redmond, Washington, provides medical care and behavioral training for ill, injured, neglected, abused and unwanted animals mainly from overflowing shelters. About half of its 150 volunteers foster

pets; others plan educational events or handle administrative tasks. "Each person has a specialty," says Jamie Thomas, executive director. "We match fosters and animals to get the best results."

No kill shelters are becoming more common, even though they require uncommon commitment. As part of implementing effective procedures and infrastructure, shelter leadership works to secure the support and involvement of the community. By joining together to implement lifesaving programs and treat each life as precious, a shelter can transform a community. Find a no kill shelter primer at Tinyurl.com/NoKillReform.

In Faraway Lands

Illegal wildlife trading and loss of habitat are huge and escalating problems wild animals face every day. Small repopulation success stories exist, but progress is slow. Here are some of the most urgent and dramatic perils topping the lengthy endangered species list.

Elephants are hunted for their ivory tusks. "China is the largest consumer of ivory, but the United States is second," says Jeff Flocken, J.D., North American regional director with the International Fund for

Animal Welfare (IFAW), headquartered in Yarmouth Port, Massachusetts (ifaw.org). "Every year, 35,000 elephants are killed; an average of one every 15 minutes."

Northern white rhinos once freely roamed East and Central Africa south of the Sahara. Until 1960, there were more than 2,000; today, only five exist—one in the San Diego Zoo's Safari Park, one in a Czech Republic zoo and three at a wildlife conservancy in Kenya.

Imported as pets or show attractions, "There are between 10,000 and 20,000 big cats in private hands in America at facilities/businesses not accredited by the Association of Zoos and Aquariums," says Carson Barylak, with IFAW's Washington, D.C., office. "There are more tigers in private possession in the U.S. than in the wild."

Pangolins eat ants and termites. Hunted for meat and their scales (used in Asian medicines), they are one of the world's most endangered mammals (see Tinyurl.com/SavePangolins).

Thirty years ago, the world population of lowland gorillas numbered 240. Thanks to the Mountain Gorilla Veterinary Project, in Rwanda, Uganda, and the Democratic Republic of the Congo, the population has grown to an estimated 880 (GorillaDoctors.org is supported by SaveAGorilla.org). Led by Ruth Keesling, the project has shown the inestimable value of the species. "Once you've looked into the eyes of a gorilla, you're forever changed," says her son Frank, in Denver, Colorado.

How to Help

Make saving animals a priority. Contact legislators. Be a law-abiding consumer—don't buy ivory or other endangered-animal products. Support conservancy groups. Share information. Donate time and money.

"IFAW is working to advance legislation to prohibit private ownership of big cats in the U.S. The bill received bipartisan support and we hope to see it become law," says Barylak. "We've asked the U.S. Department of Agriculture to ban direct contact with big cats. It's harmful to the animals and the people that handle them."

Annual running events with participants donning gorilla costumes raise funds and awareness. Following

the Austin, Texas, event in January, runs will be held in Cincinnati, Ohio, on March 29 and in Denver, Colorado, on November 1. "Another way to help gorillas is to recycle cell phone and computer batteries. Coltan [tantalite] is used to make batteries—13 percent of the world's supply of coltan is in the park area of the Congo," says Frank Keesling.

Barriers to improving the lives of animals can be overcome and banished when we believe it's possible and everyone helps. The animals are counting on us.

Connect with freelance writer Sandra Murphy at StLouisFreelanceWriter@mindspring.com.


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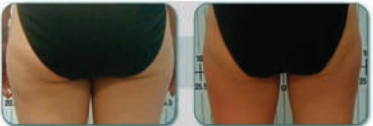
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Source: Cancer Research UK

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| Sugars | 4g ** |
| Organic Phytonutrient Fruit & Vegetable Blend | 4485mg ** |
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| Organic Cherry Powder | |
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conscious eating



The New Healthy Cuisine

Good-to-Go Eats

by Judith Fertig

Katie Newell, a blogging Kansas City mother of two who fights inflammation from several autoimmune diseases, is rigorous about the fresh, unprocessed food she buys. After noticing adverse symptoms from dining at a restaurant, Newell initially thought that eating out was no longer an option for her.

Today, she happily ventures out for the occasional restaurant meal, knowing that the healthy food landscape is changing. "I look to restaurants owned by local chefs that use local and sustainable ingredients and prepare everything from scratch," she says.

From higher-end dining to fast-food joints, food trucks and vending machines, we now have even more choices for fresh, seasonal, organic, local, sustainable, tasty nutrition when we're on the go. It's because entrepreneurial chefs and fitness buffs are responding to customer demand for healthy eating options away from home.

Range of Restaurants

London's celebrated Chef Yotam Ottolenghi, founder of several restaurants and takeout emporia and author of bestselling cookbooks *Plenty* and *Jerusalem*, says that "healthy" can happen simply by putting the spotlight on plants. Ottolenghi's cuisine is known for celebrating vegetables, fruits and herbs. He says, "That attitude, I think, is a very healthy attitude to eating."

At Gracias Madre, a plant-based vegan Mexican restaurant in Los Angeles and San Francisco, high style doesn't mean chandeliers and rich cream sauces. The brainchild of Executive Chef Chandra Gilbert, also director of operations for the Bay Area's vegan Café Gratitude, it serves organic, local and sustainable fruits and vegetables and bold flavor without excessive calories. She says, "I'm inspired by what I want to eat that tastes good and makes me feel good, and I want to affect this planet—to create health and vibrancy all the way around."

True Food Kitchen, a partnership between Dr. Andrew Weil and restaurateur Sam Fox, offers “honest food that tastes really good” at Atlanta, Dallas, Denver, Houston, Los Angeles, Phoenix and Washington, D.C., locations. For lunch, diners might sip sea buckthorn, pomegranate, cranberry or black tea along with their quinoa burger or organic spaghetti squash casserole.

Newell and her family gravitate towards SPIN! Neapolitan Pizza, touting recipes developed by James Beard Award-winning Chefs Michael Smith and Debbie Gold, who partnered with entrepreneur Gail Lozoff to create the first healthy, high-style pizzeria in 2005. Today it offers traditional and gluten-free pizza topped with fresh and organic (whenever possible) ingredients at locations in Dallas, Omaha, the Kansas City metro area and Orange County, California.

Even at fast-food restaurants, healthy choices are increasingly available. “Unforked, Panera Bread and Chipotle do a great job being transparent about what’s in their food,” says Newell. Before venturing out, she often checks the company’s website for specific nutrition information.

Meals on Wheels—Food Trucks

A burgeoning fleet of creatively conceived food trucks takes healthy eating to local customers in U.S. cities. In addition to preparing organic, plant-based foods, The Green Food Truck, in Culver City and San Diego, California, recycles used vegetable oil, composts produce scraps and offers recyclable servingware. Josh Winnecour, founder of the Fuel Food Truck, in Asheville,

North Carolina, cites losing 50 unwanted pounds as his incentive for serving nutrient-dense, made-from-scratch food to his clientele.

New Generation Vending

Most hospitals, universities, schools and corporations appear to espouse healthy eating—until the offerings in their vending machines reveal the opposite. Ethan Boyd, a student at Michigan State University, noted this disconnect. “While dining halls strive to serve healthy options,” he says, “there are 40 vending machines on MSU’s campus that spit out junk food.”

Sean Kelly, CEO of HUMAN Healthy Vending (Helping Unite Mankind and Nutrition), had a similar, “Oh, no,” moment at his New York City gym when he was a university student. Today, Kelly’s franchise model allows local operators to supply individual machines with better options from organic fresh fruit to hot soup. “Our vision is to make healthy food more convenient than junk food,” he says.

Entrepreneurs Ryan Wing and Aaron Prater, who also have culinary training, recently opened Sundry Market & Kitchen, in Kansas City, Missouri. In their update on a neighborhood market, they sell takeout foods like red lentil falafel and citrus beet soup. “I think people want to eat local food and better food, but they want it to be convenient,” observes Wing. “The bottom line is we want to make it simple to eat good food.”

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

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LOVE YOUR GREENS!

New Ways to Prepare these Nutritional Powerhouses

by Nava Atlas

For seasonal eaters, farm market shoppers and members of community supported agriculture, vegetable greens have become a normal part of everyday diets. Recognized as the most nutrient-rich group of veggies, they deliver multiple benefits.

Greens are a top source of vitamin K, essential to bone health, and are abundant in vitamins A, B (especially folic acid) and C. They deliver considerable antioxidants and chlorophyll, widely known to protect against cancer, and are anti-inflammatory, according to Dr. Joel Fuhrman, a family physician in Flemington, New Jersey, who specializes in nutritional medicine.

Fuhrman notes, "The majority of calories in green vegetables, including leafy greens, come from protein, and this plant protein is packaged with beneficial phytochemicals. They're rich in folate and calcium, and contain small amounts of omega-3 fatty acids."

Hardy greens, like kale, chard and collards, are good sources of accessible calcium. Only about 30 percent of calcium from dairy products is absorbed, but according to Registered Dietitian Ginny Messina, "For certain leafy green vegetables, rates are considerably higher. We absorb between 50 and 60

percent of the calcium in cruciferous leafy green vegetables like kale and turnip greens." Tasty and versatile, greens can add interest and value to every meal. Here's how.

Smoothies and juices. Spinach tastes so mild in smoothies and juices that we barely know it's there. Kale and collards add a mild greens flavor. A big handful or two of spinach or one or two good-size kale or collard leaves per serving is about right. Greens blend well with bananas, apples, berries and pears. A high-speed blender is needed to break down kale and collards; a regular blender is sufficient for spinach. An online search for "green smoothies" will turn up many recipes.

Use "massaged" raw kale in salads. Rinse and spin-dry curly kale leaves stripped from their stems, and then chop into bite-sized pieces. Thinly slice the stems to add to another salad or lightly cooked vegetable dishes or simply discard. Place the cut kale in a serving bowl. Rub a little olive oil onto both palms and massage the kale for 45 to 60 seconds; it'll soften up and turn bright green. Add other desired veggies and fruits and dress the mixture.

A favorite recipe entails tossing massaged kale with dried cranberries, toasted or raw cashew pieces, vegan mayonnaise and a little lemon juice. Massaged kale also goes well with avocados, apples, pears, Napa or red cabbage, carrots, pumpkin seeds and walnuts. It can alternatively be dressed in ordinary vinaigrette, sesame-ginger or tahini dressing.

Add hardy greens to stir-fries. The best stir-fry greens are lacinato kale, collards or chard. Rinse and dry the leaves, and then strip them from the stems. Stack a few leaves and roll them up snugly from the narrow end. Slice thinly to make long, thin ribbons and then cut them once or twice across to shorten; adding thinly sliced stems is optional. Add the strips to the stir-fry toward the end of cooking. They blend well with broccoli, cauliflower, carrots, celery, bok choy, asparagus and green beans. Soy sauce, tamari and ginger add flavor.

Use leafy spring greens in salads. Look beyond lettuce to create invigorating warm-weather salads. Use lots of peppery watercress (a nutritional superstar), baby bok choy, tender dandelion greens, tatsoi and mizuna (Japanese greens are increasingly available from farm markets). Combine with baby greens and sprouts, plus favorite salad veggies and fruits for a clean-tasting and cleansing repast.

Learn to love bitter greens. Add variety to the meal repertoire with escarole, broccoli rabe and mustard greens. These mellow considerably with gentle braising or incorporation into soups and stews. Heat a little olive oil in a large, deep skillet or stir-fry pan; sauté chopped garlic and/or shallots to taste. Add washed and chopped greens, stir quickly to coat with the oil, and then add about a quarter cup of water or vegetable stock. Cover and cook until tender and wilted, about five minutes. Traditional additions include raisins and toasted pine nuts, salt and pepper and a little apple cider vinegar.

Nava Atlas is the author of the recent book, Plant Power: Transform Your Kitchen, Plate, and Life with More Than 150 Fresh and Flavorful Vegan Recipes, from which this was adapted. Visit VegKitchen.com.

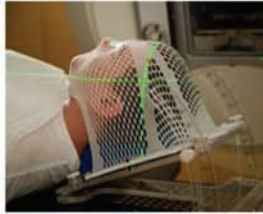
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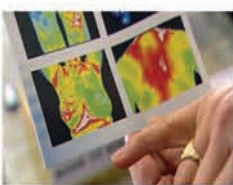
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Each of you give me strength to continue to search for answers before cancer takes another person from my life that I love.

Each of you give me strength to continue to search for answers before cancer takes another person from my life that I love. I have learned to believe that cancer does not have to be.

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Dr. Steve Castille

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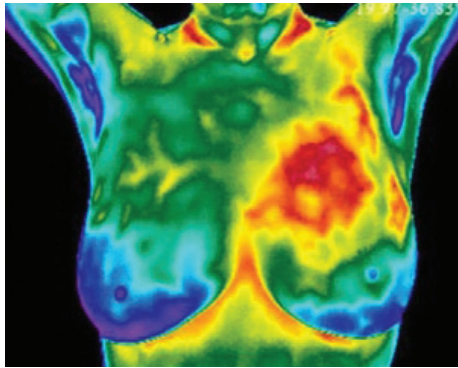
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Inflammation is the Fuse that Ignites Cancer - Angiogenesis is the Pipeline that Fuels It

- An Important Aspect of Cancer Treatment

In Latin, the word “inflammation” means “I ignite, set alight” and like gasoline, that’s exactly what it does to cancer. A microenvironment of chronic inflammation can increase the risk of cancer, bolster chemotherapy resistance and turn on oncogenes, genes that can turn cells into tumors. Most importantly, inflammation promotes the spreading and mutating of cancer cells while continuing to push the mutations within the cancer cells’ development. Inflammation also enhances tumors ability to recruit blood supply (angiogenesis).



Unfortunately, inflammation and cancer signaling pathways are ignored for most cancers in the oncology world. Basically, inflammation is one of the leading factors that contributes to uncontrolled growth of cancers cells and spreading (metastasis). In this article we will explain helpful approaches to give cancer patients an edge in treatment and overall cancer planning. Uncovering and treating the cause of inflammation, rather than just treating the symptoms, is an important key when fighting cancer or chronic disease. To get to the root of the inflammation, we have to learn what causes inflammation and how to deal with it.

Inflammation is the body’s response to tissue damage, caused by physical injury, ischemic injury (caused by an insufficient supply of blood to an organ), infection, exposure to toxins, or other types of trauma. The body’s inflammatory response causes cellular changes and immune responses that result in repair of the damaged tissue and cellular proliferation at the site of the injured tissue. Inflammation can become chronic if the cause of the inflammation persists, or because of deregulation in the control mechanisms responsible for shut-

ting down the inflammation process. When these inflammatory responses become chronic, cell mutation and proliferation can result and often create an environment that is conducive to the development of cancer. This is often referred to as “the perfect storm.”

The Link Between Cancer and Inflammation

Despite popular belief, less than five percent of cancer is solely genetic (in the sense of being directly inherited by family members). Most cancers have a cause and those causes bring about chronic inflammation as part of the process. New research suggests an emerging link between infection, epigenetics and cancer. Changes catalyzed by

In biology, epigenetics is the study of cellular and physiological traits that are not caused by changes in the DNA sequence; Epigenetics describes the study of stable, long-term alterations in the transcriptional potential of a cell.

pathogenic inflammation can transform cells into cancerous tumors. According

to ScienceDirect.com, “Several types of inflammation—differing by cause, mechanism, outcome, and intensity—can promote cancer development and progression.” [1] A study by the Cancer Research Institute also agrees, saying, “Chronic inflammation plays a multifaceted role in carcinogenesis.” [2] Many cancers are linked to viruses or bacteria that promote reversible, epigenetic changes in the body’s cells. At minimum, 20 percent or more of cancers are linked to infectious disease, according to the Journal of American Medical Associates.

Some Well-Known Examples:

- Human Papillomavirus leads to cervical cancer.
- Hepatitis C leads to liver cancer.
- Epstein Barr leads to lymphoma.
- Herpes Virus Six leads to brain cancer.
- Helicobacter Pylori leads to stomach cancer.

We are thought to only have fully recognized about 13% of infections worldwide, making infection a bigger contributor than typically reported. These infections bring about changes and chronic inflammation as well. One thing anyone with chronic inflammation will tell you is that it causes heat. Abnormal body heat can also lead to thermogenesis and enhance metabolic spread of cancer during metastasis. The locations with the most metabolic hotspots may indicate the most common areas of cancer spread. This is seen in animal testing where various cancer images have been superimposed. Inflammation is known to cause other such changes in the microenvironment of cells. **Cells often undergo adaptive changes to survive stressful or toxic environments.** These adaptive changes can include: an increased expression of antioxidant enzymes; increased anaerobic respiration; and development of angiogenic factors. This adaptation is usually transient, however, and allows normal cells to survive only until the toxic condition is alleviated. That means it’s not enough to have a strategy to kill cancer cells – chronic inflammation needs to be blocked and stopped at its roots to prevent the cancer from mutating and spreading.

Inflammation Triggers DNA Damage, Epigenetics and Stage 4 Cancer

Inflammation triggers an immune response and alerts the body’s vascu-

lature to release inflammatory cells into a damaged tissue environment. The cellular activity involved in the inflammatory response can increase the production of reactive oxygen species (ROS), such as free radicals, and reactive nitrogen species (RNS). Cells are normally able to defend themselves against these two types of molecules. However, when production of these two types of highly reactive molecules is increased due to chronic inflammation, cells can no longer protect themselves, resulting in extensive damage to the essential enzymes involved in DNA repair, actual cell DNA muta-



tion, and mitochondrial damage. These various insults are linked to causes of cancer and often bring about epigenetic changes. Research suggests an emerging link between infection, epigenetics and cancer. Changes catalyzed by pathogenic inflammation can transform cells into cancerous tumors. Many cancers are linked to viruses/bacteria that promote reversible, epigenetic changes in the body's cells that lead to tumors. At minimum, 20 percent or more of cancers are linked to infectious disease according to the Journal of American Medical Associates. Moreover, the global medical community is probably only aware of an estimated 13 percent of infections that exist throughout the world. For this reason, it is likely that we shall find that infections play a far larger role in the cause of cancer than current estimates show.

The Inflammation Process and Stage 4 Cancer's Microenvironment

Inflammation is known to cause other such changes in the microenvironment of cells. Cells often undergo adaptive changes to survive stressful or toxic environments. These adaptive changes

can include: an increased expression of antioxidant enzymes, increased anaerobic respiration and development of angiogenic factors. This adaptation is usually transient, however, and allows normal cells to survive only until the toxic condition is alleviated. Even so, under conditions of prolonged stress, such as chronic inflammation, a mutation may actually "lock" in the cell, making these adaptive changes permanent. Not surprisingly, many of the cells and systems involved in inflammation (including abnormal cellular respiration and angiogenesis) are also found in a variety of tumors. In addition to DNA mutation, injuries to tissue may also cause increased cellular proliferation at the site of the injury. In such circumstances, sustained cellular proliferation may result from resultant chronic inflammation. When combined with the DNA mutations described above, enhanced proliferation can increase the number of cells at risk for mutations, leading to an environment that is conducive to the development of cancer.

Inflammation, Progression and Metastasis of Cancer

Inflammation is one major fuel that feeds the fire of stage 4 cancer growths and spread. The interaction between viruses, bacteria, environmental toxins (carcinogens) lead to DNA methylation and other changes in cellular metabolism. Inflammations from infections/toxins that can lead to cancer are major contributors in tumor genesis or progression. Patients often feel helpless, believing that their cancer was completely predetermined by their genetics, but there are options and likely sources of cancer. While genes may indicate a predisposition, they certainly do not dictate our fate.

The Important Role Oxygen Plays in Cancer Treatment

One of the most important things to remember about cancer is it is NOT a chemotherapy disease, it is NOT a radiation disease and it is not a Vitamin C disease. Cancer is actually a metabolic dysfunction tied to genetic mutations, and the first step in fighting it is on the metabolic level. Let's learn how oxygen plays a role in the development and treatment of cancer. Every cancer has a trigger: infections, chemical toxins or heavy metal toxins are a few of the

main ones. Early changes are seen through metabolic shifts that ultimately cause mutation, continually pushing genetic changes, growth and spread throughout the life of the cancer. Let's take a look at how changes in oxygen metabolism are some of the first metabolic signs of difficult cancers.

Oxygen's Important Role In Cell Metabolism and Cancer Growth

Cancer is a very difficult to understand disease and there are many misconceptions associated with it. But one of the main keys of understanding, treating and ultimately winning the raging war against cancer is none other than oxygen. Eighth on the periodic table, oxygen is responsible for the breathing of cells and are essential role in providing energy.[1] However, cancerous, mutated cells thrive in anaerobic, or oxygen-lacking environments. When

Cancer is Fueled by Sugar and Destroyed by Oxygen

growing, cancer cells show a change where they have lower levels of oxygen. This may stem from dysfunctions in the cell's mitochondria (known as cellular "factories" that play a major role in cell respiration). If these issues go unchecked, it leads to further complications and malfunctions in apoptosis (programmed cell death). You may remember from biology class, mitochondria have two main functions: energy creation and policing uncontrolled division of cells. Nobel Prize winner Dr. Otto Warburg famously hypothesized "**...the prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar,**" meaning, cancer is caused by a lack of oxygen. Today's modern cancer cell biology has shown he was on the right track as mitochondrial health and shifting to a more oxygen-rich environment may protect healthy cells and further neuter cancer cells. Furthermore, malignant, rapidly growing tumor cells typically have glycolytic rates up to 200 times higher than those of their normal tissues of origin. This means cancer has a much higher need for sugar than normal cells; this has been proven by the abnormally high level of insulin receptors found on all cancer

cancer cells favor the lack of oxygen, they shift to glycolytic pathways; put simply they use glucose as their source of energy. Cancer cells average about 16 times more insulin receptor sites than normal cells. It's important to realize that the genetics of a cancer in its early stages and its late stages are completely different. This is what makes late-stage cancer so complex and difficult to treat – you're essentially trying to overcome these numerous advanced metabolic changes. Let's look at some of the gene pathways that make this issue even more compounded.

Angiogenesis and Genes That Fuel Cancer Growth

Angiogenesis is a normal, healthy cell process through which new blood vessels form from pre-existing vessels. However, **it's also the fuse which sets off unchecked growth, turning benign tumors into malignant steamrollers.** It's also what transitions the metabolism of the cancer, making it that much harder to kill. Hypoxia is when a portion of the body doesn't have adequate oxygen supply. Hypoxia-inducible factor 1-alpha, (HIF-1-alpha,) is a protein that is encoded by the HIF1A gene, playing an essential role in cellular and systemic responses to hypoxia. Cancer cells use this protein to grow their blood supply and spread. According to a study by the Liver Cancer Institute at Zhongshan Hospital and Shanghai Medical School in Shanghai, "HIF-1alpha in HCC [hepatocellular carcinoma, the most common form of liver cancer] plays an important role in predicting patient outcome. It may influence HCC biological behaviors and affect the tumor inflammation, angiogenesis and act in concert with the oncogene MYC [a gene found in many cancers]. Attaching importance to HIF-1alpha in HCC may improve the prognostic and therapeutic technique." [2] Epidermal Growth Factor Receptor (EGFR) is normally used to tell cells to grow. It is found in all cancer cells. However, EGFR over-expression has been linked to numerous cancers, such as lung, prostate, colon, breast, anal and others. This receptor is also associated with increased chemotherapy resistance, leading to tumors that are untreatable. Additionally, EGFR is linked to insulin, making it the metabolic gasoline that fuels changes and growth in the cell. This also links back to HIF-1 alpha. According to a study by the Department of

Pathology at the VU University Medical Centre in Amsterdam, "In invasive breast cancer, HIF-1alpha is associated with angiogenesis, and expression of growth factors [including] the receptor EGFR. Thus, agents targeting HIF-1 may combine different pathways of inhibiting breast cancer growth, including angiogenesis and growth factors." [3]

Discovery of Tumor M2-PK Proves Cancer Cells Shift From Oxygen to Glucose as Source of Energy

M2-PK (also known as PKM2) is an enzyme that is important in tumor metabolism, discovered in 2010 by Harvard Medical School. Tumor M2-PK helps cancer cells shift to greater glycolytic pathways. It is only found in cancer cells and not in normal healthy cells, making M2-PK an excellent marker for monitoring excelled growth or tracking improvement in treatment, depending if levels are high or low.

Reactive Oxygen Species and Chemotherapy

Chemotherapy and radiation therapy both rely on Reactive Oxygen Species (ROS) to work, augmenting ROS stress. ROS are essential toxic substances like hydrogen peroxide and others that can cause damage to cells in high concentrations. ROS are natural byproducts of the metabolism of oxygen, however, more resistant cancers actually produce their own antioxidants to fight these toxic substances. Earlier stage cancers do not appear to have the same defense mechanisms that are found in more resistant later stage cancers. This explains why chemotherapy and radiation therapy may not work in late-stage cancers. The answer may involve actually increasing ROS levels so therapy can kill cancer cells once again – this is the therapeutic aim of oxidative medicine, giving high doses of antioxidants and creating ROS instead of destroying it. Therefore, the dosing and delivery change the entire mechanism of action of integrative treatments. In this form of ROS, oxygen is what actually allows chemotherapy and radiation to work. Several types of DNA damage are caused by ROS-related oxidation. That is the goal of effective cancer treatment, to not only kill cancer cells but their genetics as well. In many cases, when oxidative therapy is combined with

correctly-tested chemotherapy you can improve overall treatment for patients. Everyone's metabolism is different and therefore, every cancer patient's tumor's metabolism is different. By using the oxygen metabolism and other signaling pathways like EGFR and M2-PK, doctors can find the specific metabolism and make the strongest push in their favor. To destroy cancer you must see cancer for what it is: a metabolic dysfunction pushing for constant genetic mutations, which aids its spread. The best part about these treatments is they are helpful for most, if not all cancers. Integrative medicine focusing on antioxidants, anti-inflammatory foods and nutritional supplements, holistic therapies that increase oxygen and decrease waste and inflammation, and controlling the body's alkalinity might help, please contact us today at (337) 896-4141 - LITEON Natural Health Center.

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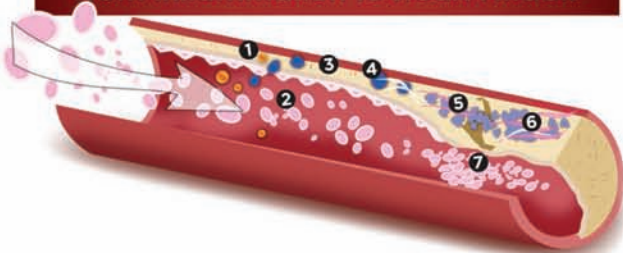


Dr. Steven Castille is a biochemist, doctor of natural medicine, and publisher of Natural Awakenings magazine. Connect at Liteon Natural Health Center, 100 E. Angelle St., Carencro. For more information, call 337-896-4141.

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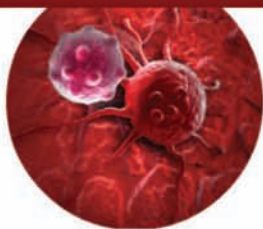
Heart disease, cancer, Alzheimer's disease, the metabolic syndrome, obesity, physical disability. That's just a partial list of the illnesses that have been linked to chronic inflammation.

From Inflammation to Heart Attack



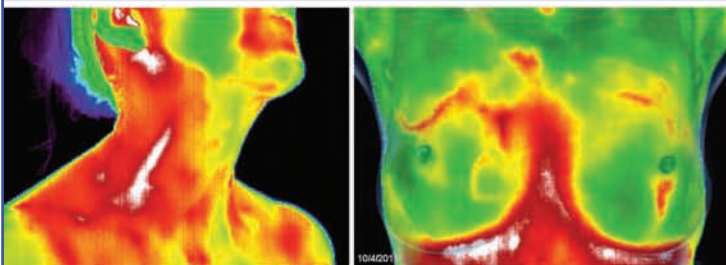
1. Oxidized LDL cholesterol creates an "injury" by burrowing into the artery wall. 2. The immune system sends inflammatory cells like monocytes to heal the injury. 3. Monocytes enter the wall and turn into macrophages, which gobble up the LDL cholesterol. 4. The LDL-stuffed macrophages form a "fatty streak." 5. Over decades, more cholesterol, connective tissue, calcium, and cell debris accumulate, turning the streak into plaque. Smooth muscle cells form a fibrous cap over the plaque. 6. Macrophages break down the cap. 7. The cap ruptures. When a clot forms around the rupture, blood flow is blocked, which triggers a heart attack or stroke.

From Inflammation to Cancer



Less than five percent of cancer is solely genetic (in the sense of being directly inherited by family members). Most cancers have a cause and those causes bring about chronic inflammation as part of the process. New research suggests that several types of inflammation—differing by cause, mechanism, outcome, and intensity—can promote cancer development and progression.

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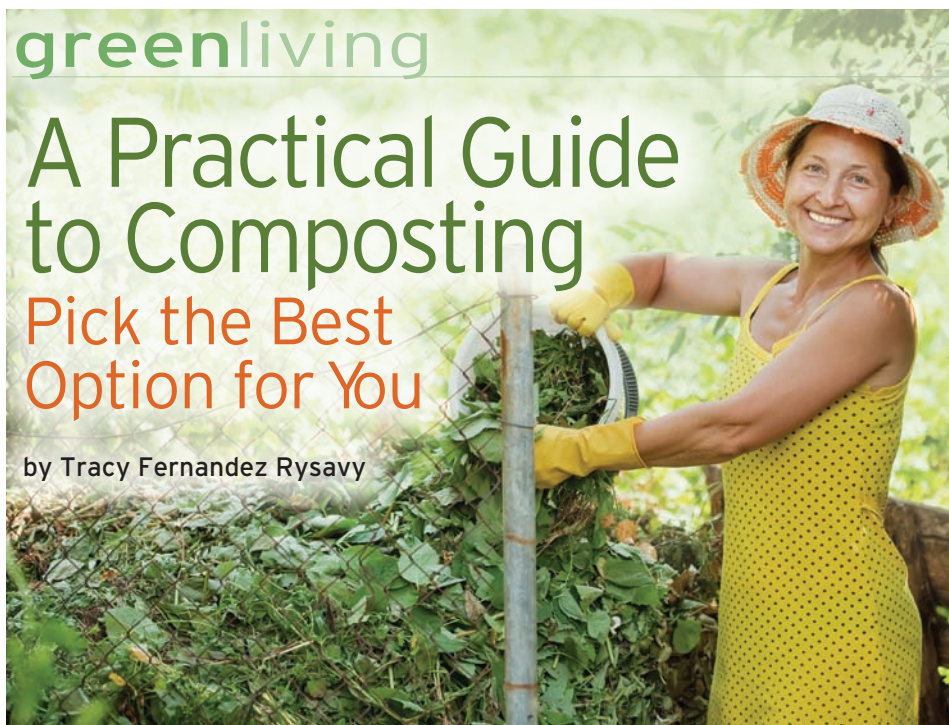


greenliving

A Practical Guide to Composting

Pick the Best Option for You

by Tracy Fernandez Rysavy



Yard and food waste make up 25 percent of the garbage destined for municipal landfills, according to the U.S. Environmental Protection Agency. Pick the right composter and this organic waste will easily turn into rich—and free—garden fertilizer, saving landfill space and reducing the volume of greenhouse gases generated by anaerobic decomposition.

Unless using a specialized bin, maintain a roughly 50/50 compost mixture of “brown” and “green” organic waste for ideal results. Green waste is moist, such as fruit and vegetable peels; brown waste comprises dry and papery material, including grass clippings.

Low-Maintenance Pile

Good for: *People that want something simple, don't need fertilizer immediately and have extra outdoor space; average to large households with yard waste.*

Maintaining a compost pile is as easy as its name implies—simply toss organic yard and kitchen waste into a pile in the yard. Aerating or turning the compost with a pitchfork or shovel will provide quicker results, but waste will also decompose if left alone. Within six to 24 months, all of the waste will decompose aerobically into compost. Once a year, composters can dig out the finished compost from the bottom. This method won't work for households that don't generate

yard waste because a pile of 100 percent green waste will attract pests.

Holding Bin

Good for: *People that want a low-maintenance option that's more attractive than a pile; average to large households with yard waste.*

Make a bin out of wood or buy a plastic holding bin, which can contain up to 75 gallons. One with insulated sides may allow decomposing to continue in colder weather.

Tumbling Barrel

Good for: *People that want quick results and can compost in smaller batches; small to average households with yard waste.*

These barrel-shaped containers are turned with a hand crank, making aerating and speeding up decomposition a breeze. Some manufacturers promise results in as little as two weeks.

Due to the barrel's relatively smaller size and capacity, getting the balance between brown and green waste right is critical for optimal results, and users will need to wait for one batch of compost to finish before adding more organic waste.

Multi-Tiered Boxes

Good for: *People looking for low maintenance, but quicker results than a pile or bin; average to large households with yard waste.*

WHAT TO COMPOST

Do compost:

- ✓ Fruit and vegetable scraps
- ✓ Grass clippings, twigs, leaves and wood chips
- ✓ Eggshells (broken into small pieces)
- ✓ Coffee grounds and tea bags
- ✓ Unbleached coffee filters, paper and cardboard

Don't compost:

- ✓ Pet waste
- ✓ Meat and dairy (except in Green Cone device)



Multi-tiered composters are a series of stacked boxes with removable panels to allow the organic waste to move downward throughout

the decomposition cycle. Finished compost comes out of a door at the bottom.

Because the boxes are smaller than a large pile or bin, compost will “cook” faster; some users report their first batch took just four to six months. Collectively, stacked boxes are often comparable in size to a large holding bin, so they can compost a large amount of waste.

Worm Bin

Good for: People that want to compost indoors; apartment dwellers and small households that don't generate yard waste.

For everyone that has wanted to compost, but had insufficient outdoor space, a five-or-10-gallon bucket and some red worms could be the answer. Worm composting, or vermicomposting, is so compact that a worm bin can fit under most kitchen sinks. Because red worms are so efficient—each pound of them will process half a pound of food scraps daily—a worm bin doesn't need aeration and won't smell or attract pests. Note that worms won't process brown waste, meat, dairy or fatty foods.

Green Cone

Good for: People that just want to dump their kitchen waste and be done with it; those that want to compost fish or meat; households that don't generate yard waste.

Solarcone Inc.'s Green Cone system will handle up to two pounds of kitchen waste daily, including meat, fish and dairy products. It won't compost brown waste. Users bury the bottom basket in the yard, and then simply put green waste together with an “accelerator powder” into a cone hole in the top. According to Solarcone, most of the waste turns into water. Every few years, users need to dig a small amount of residue out of the bottom that can be added to a garden.

Tracy Fernandez Rysavy is editor-in-chief of the nonprofit Green America's Green American magazine, from which this article was adapted (GreenAmerica.org).



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—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.



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Zerona Cold Laser Fat Reduction

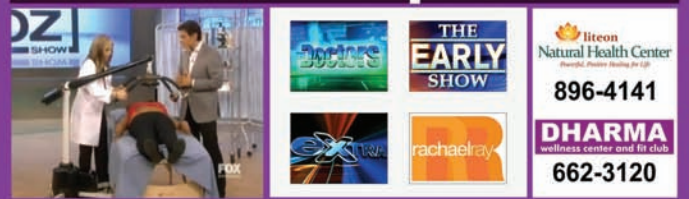
12 Treatments (4 Weeks): \$850
Offer Ends 4/15/15



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 emulsification of adipose tissue, which releases into the interstitial space.

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A Teen's Guide to the Cultural Galaxy

Foreign Locales Spark Deep Experiences

by April Thompson

Summer is a perfect time for teens to broaden their horizons—mentally, emotionally, socially and literally—through foreign travel, and now is a good time to sign up. Programs enable young adults to explore different cultures and careers, learn to work effectively in multicultural arenas, serve communities in need and see the value of conserving resources, all while enjoying safe adventures away from home.

"Teens can have fun, gain new perspectives and get out of their comfort zones in a supportive environment," says Theresa Higgs, vice president of global operations for United Planet (UnitedPlanet.org). The Boston nonprofit annually places more than 300 youths in 35 countries in programs ranging from environmental conservation to teaching English.

"We've had alumni return to start their own nonprofit organizations, change majors or even just change daily habits like turning off the water when they brush their teeth after learning about water scarcity issues," says Higgs.

Programs range from language immersion, in which students are matched with host families, to studies aboard ships where they engage in marine conservation activities. Whatever the activity, teens are sure to be challenged and inspired in ways they couldn't have envisioned before venturing forth. The most unexpected part is often the expansive thrill of exploring a foreign culture.

"On a normal day, after a delicious Indian breakfast, my host's siblings and I would ride the bus to school. There, we learned Indian dance, art, cooking and many other aspects of the culture," says 16-year-old Genna Alperin, who traveled to

India with Greenheart Travel in 2014 (GreenheartTravel.org). "I learned how to communicate, share my lunch and be a good friend. When I returned, I wanted to be like the amazing people I had met." The Chicago organization facilitates language camps, service trips and study abroad programs for high school students.

Learn to Speak Like a Local

Immersion can be both the fastest and most fun way to learn a language. Language study abroad programs steep students in foreign tongues in memorable settings that help accelerate learning, whether practicing Spanish in the coffee-growing highlands of Costa Rica or Mandarin in China's bustling city of Beijing.

Many programs place students with host families where they can practice the language informally and deepen their understanding of local idioms, complementing classroom lessons from native teachers. Homestays also offer students an insider's view of the regional culture, from cuisine to family life. Students can elect to learn an entirely new language with no prior exposure or build on beginner-level proficiency. Some programs even enable high school students to earn college credits.

Study Earth's Underwater Vastness

Action Quest, in Sarasota, Florida, takes teens on seafaring voyages from the Florida Keys to the Caribbean, where they can learn to sail or scuba dive, study marine life and engage in projects to help restore coral reefs and protect sea turtle habitats (ActionQuest.com). Participants gain a deeper appreciation for the ocean's fragile and complex ecosystems and knowledge of winds and tides. Acting as crew members, teens also learn teamwork and confidence-building skills.

Explore Careers as an Intern

Internships offer teens a chance to test potential career paths, gain resume-worthy work experience and strengthen college applications. While many internships target college students, an increasing number are open to high school students with companies, nonprofit organizations and government agencies nationwide and abroad. Fields can range from accounting, law and engineering to nonprofit work. AIESEC (aiesec.org), an international, student-run organization headquartered in Rotterdam, Netherlands, works with partners ranging from multinational companies to local nonprofits to offer opportunities in 126 countries for youths interested in interning abroad.

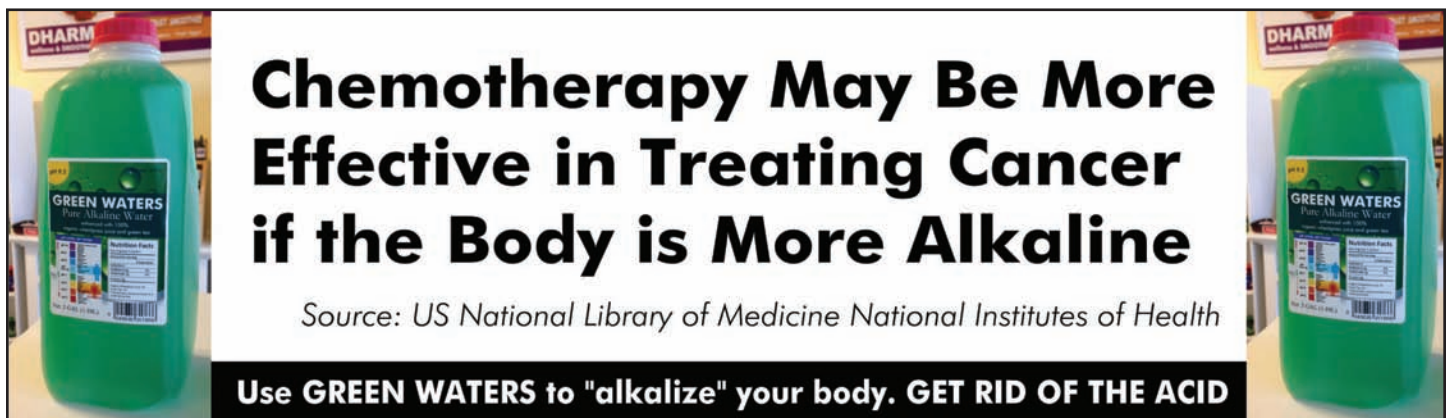
Serve Community, Discover Culture

Whether headed to a destination in Africa, Asia or the Americas, community service trips help teens gain enlightened perspectives and become responsible global citizens. Students can volunteer to teach English, build wells, restore historic sites or rebuild homes destroyed by natural disasters. Most service trips also include fun outings and options for learning about the host culture, such as learning traditional African dance or Thai cooking, or hiking the Inca Trail to the sacred site of Machu Picchu.

Witnessing the challenges faced by developing communities to access basic needs like clean water and health care can be transformative. Being a small part of a solution can awaken young people to their power to change the world.

Helpful clearinghouse sites for teen travel programs include TeenInk.com/summer and TransitionsAbroad.com/listings/study/teen.

Connect with freelance writer April Thompson at AprilWrites.com.



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The Earth Diet

Liana Werner-Gray on Simple Eating

by Lane Vail



photo by Roxae NYC Photography

Liana Werner-Gray, an Australian-born beauty queen, actress and environmentalist, lectures worldwide on healthy eating and is supported by a corps of nutrition coaches. Her book, *The Earth Diet*, describes a nature-based eating and lifestyle plan that has helped thousands realize greater vitality, harmony and peace.

How did you discover the Earth Diet?

Six years ago, I was completely addicted to junk food and chronically sick, tired, bloated and miserable. It wasn't until I was diagnosed with a golf-ball-sized precancerous tumor that I decided to take a serious look at my life and make a change.

I began to blog about my journey into self-healing through natural foods and my readers held me accountable to sticking with it. I also started creating healthy recipes that delivered my favorite junk food flavors so I didn't feel deprived. Slowly, I stopped craving artificial junk foods and started craving natural versions of those flavors. Within three months, the tumor disappeared.

I had demonstrated that I could undo the damage of toxic junk food by restoring proper nutrition into my cells and knew that by going back to nature, I could experience healing. Now people

from around the world have testified that The Earth Diet has helped them heal ailments from A to Z.

Why is it important to define our eating plan?

Everyone on the planet is on a diet; it's just a matter of which one. Are you on a junk food diet or a disorderly eating

diet? Most people deprive themselves at some point and end up bingeing later.

Having a name for the lifestyle I wanted to live helped me commit to it. When you're lost and disconnected from nature and your body, you need rules and guidelines. Day one, eat this; day two, eat that. The Earth Diet's rules and guidelines helped me to break a disempowering addiction to junk food. After following the guidelines for a while, the whole lifestyle becomes natural and choices become easy.

How can busy people prepare and eat fresh foods more frequently?

Try making a huge batch of smoothies or vegetable juice on a Sunday; put a few servings in the fridge and the rest in the freezer. Then, take one to work each day. Fresh is best, but a thawed frozen juice is better than nothing.

Also, simplify eating. I grew up in Australia's Outback, alongside aboriginal people that ate "mono foods"—singular, whole, raw foods sourced directly from nature, and they had slim, resilient and

healthy bodies. Eating mono foods gives the digestive system a break; we feel energized because the body doesn't have to break down a complicated meal. Try, for example, eating a watermelon for lunch or an avocado for dinner.

Name some foods we'd be surprised to read about in The Earth Diet.

My readers especially enjoy the chicken nuggets, burgers, gluten-free cookie dough, cashew cheesecake and vegan ice cream. The raw chocolate balls are popular, made with just three ingredients: almonds or sunflower seeds ground into flour, cacao powder and a favorite natural sweetener like maple syrup, honey or dates. Sometimes I add salt, mint, coconut or vanilla. I make a batch in 10 minutes and keep them in the freezer so I can have chocolate whenever I crave it.

Transforming the way we eat can be overwhelming; what are some simple first steps for the novice?

Lemon water is incredibly powerful. It's high in vitamin C, so it boosts the immune system, and it's energizing, alkalizing and detoxifying. Just squeeze the juice of a lemon into two cups of water first thing in the morning and drink. I also recommend eating a whole, raw, mono food in its natural state every day, like a banana, orange or strawberries. Eat something that hasn't been sliced, diced, processed and packaged.

Lastly, practice eating only when hungry and eat what you're craving in the most natural way possible (for example, upgrading from conventional pizza to organic store-bought brands to raw homemade pizza). On Sunday I woke up and made a big brunch for friends; we had organic eggs, salsa, herbal tea and organic cookies. For dinner, I ate an avocado. That's all I was craving, and it ended up balancing out my day.

If you're craving chocolate, there's a reason. If you're craving a smoothie for dinner, have one. You can both fulfill cravings and nourish and love your body at the same time.

Lane Vail is a freelance writer and blogger at DiscoveringHomemaking.com.

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Popular Fitness MYTHS

Seven Common Maxims that Can Cause Harm

by Leslie Perry Duffy

We've heard them time and time again: fitness tips that guarantee we'll meet our goals if we follow them. The truth is that some can hurt more than help. Here are seven fitness myths that are best to ignore.

No pain, no gain. It's true that what we put into our workout has a direct impact on results. However, this doesn't mean workouts should be painful. If something hurts during exercise, try a different move instead that targets the same muscle group to see if the feeling persists; adjust the form in case improper execution is the culprit or give it a rest and return when ready.

Muscle soreness can be expected after a tough workout and can persist for a day or two afterward. Try not to confuse soreness or the discomfort felt from fatigued muscles during a workout with pain. In the presence of an injury, it's often best to modify activities that contribute to the pain or refrain from workouts pending expert medical

advice. "Working through the pain" might actually make things worse in the long run.

Never exercise a sore muscle.

Muscle soreness is a sign that the muscles are changing. It's okay to feel sore for a day or two after a workout. If it appears that the body's stability or ability to maintain proper form will be affected by the soreness, then wait another day. However, if soreness isn't severe, working out may actually help to relieve it by warming the muscles and stimulating blood flow. A few good activity choices for sore muscles after lifting heavy weights the day before include light cardio, stretching, yoga and light resistance training.

Lifting weights makes women look bulky. This couldn't be further from the truth. Building big, bulky muscles requires testosterone—and lots of it. Men typically have 20 to 30 times more testosterone than women. For women, strength training is well-known to be

key in toning and sculpting muscles, maintaining healthy joints and bones, boosting metabolism and even improving mood and confidence. Don't be afraid to pick up heavier weights.

To lose a belly, crunch the abs. Yes, abdominal exercises strengthen the core muscles. However, if we carry a layer of fat on top of those muscles, the belly will remain. To lose a belly, continue regular ab work while focusing on cardio exercises, strength training moves for the whole body and eating properly.

The best time to work out is in the morning. The best time to work out is whenever it fits into our schedule.

The more exercise, the faster the results. Not true. When it comes to working out, an appropriate balance of hard work and rest is the best option. Overusing the body actually prevents muscles from growing, resulting in decreased strength, endurance and metabolism (i.e., caloric burn). Plus, becoming overly fatigued often leads to sloppy form, which may lead to injury. Listen to the body and rest at least one day a week or more if a break is needed.

Reduce calorie intake to lose weight. The body needs enough fuel to function, especially if it is regularly working hard. Eating less is not always the answer to losing weight. If we're not eating enough, the body may think it's starving, which causes it to store fat instead of burning calories, so eating too infrequently or not enough can sabotage weight-loss efforts. Eating smaller, more frequent meals allows the body to metabolize calories more effectively.

Leslie Perry Duffy is a FIRM workout program master instructor and entrepreneur in Columbia, SC, who contributes to Life.Gaiam.com from which this was adapted.

*My Father, I pray that I may have patience to live through the difficulties of life. May I correct my faults, that they may not destroy my peace and take from me my strength; help me to center my life in brightness and hope.
Amen.*

inspiration



Mind Gardening

It Pays to Watch What Is Planted

by Dennis Merritt Jones

An unattended mind is like a neglected garden. Potting soil is incredibly receptive to any seeds introduced to it. It has absolutely no discretion when it comes to playing host to seeds; it says, "Yes" to all of them.

So it is with our mind, which is amazingly receptive to whatever suggestions are dropped into it. It has been said that the subconscious mind cannot take a joke. Whatever is introduced to it, it takes as serious instruction to grow that thought-seed into a full-blown plant, be it a flower or a weed.

When we pause to consider how many thought-seeds are blown, dropped or purposely planted in our mind on a daily basis, it may prompt us to tend to our mental garden with more regularity. These may come from media, negative conversation or overheard comments. The subconscious mind hears it all and takes it personally. The only way to avoid this type of mind pollution is to be consciously focused on what we want to have planted and growing in our flower box called life. It's a 24/7 proposition to keep it weeded as thousands of mental seeds constantly pour in.

A good full-time gardener plants thought-seeds about their self and others that are rooted in reverence and loving-kindness and skillfully nurtures them. Others will then receive nothing but benefit from the seeds we drop along the way.

Dennis Merritt Jones, D.D., is the author of Your Re-Defining Moments, The Art of Uncertainty and The Art of Being, the source of this essay. He has contributed to the human potential movement and field of spirituality as a minister, teacher, coach and lecturer for 30 years. Learn more at DennisMerrittJones.com.

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Saturday March 7

Neighborhood Market-Garage Sale – 7am-3pm. Thru 11am-3pm March 8. A neighborhood wide garage sale of furniture, TVs, clothes and electronics. 1400 Block Park View Dr, Opelousas. 337-247-7252.

Cinderella Project of Lafayette – 9am. Free prom dresses to local junior and senior high school girls. Valid school ID is your ticket to shop for free. Blackham Coliseum, 3806 Johnston St, Lafayette.

Shadows-on-the-Teche Spring Arts and Crafts Fair – 9am- 4pm. More than 100 vendors from around Louisiana display and sell original works. Crafters with diverse wares from crochet to copper, embossing to bath products, teas and dyed chenille bunnies fill the day with a feast for the senses. Food and dessert vendors offer tempting choices. \$5 per person & \$3 for 6-11yrs. Pat Kahle. Shadows-on-the-Teche, 317 E. Main St, New Iberia. 337-369-6446. ShadowsOnTheTeche.org.

Cow Patty Bingo Fundraiser –11am-5pm. Lafayette animal aid presents the cow patty bingo. Win up to \$5,000. Enjoy the gumbo cook-off, a fun jump, train rides, face painting, music, food, drinks and a tour of the shelter. Proceeds to benefit the direct care of homeless and abandoned animals in Acadiana. Lafayette Animal Aid, 142 Le Medicin Rd, Carencro. LafayetteAnimalAid.org.

Robin Hood and His Merry Men –7pm & 2pm Sunday Mar 8. Crowley High School Drama Club presents Richard Gremel's play and produced by special arrangement with Heuer Publishing LLC. Robin Hood robs the rich, gives to the poor, and saves the fair Maid Marian. \$12. Grand Opera House of the South, 505 N Parkerson Ave, Crowley.

Broadway's Next Hit Musical –7:30pm. The audience votes for its favorite song and watches as the cast turns it into a full-blown improvised musical. \$25 advance. \$30 week of show. The Historic Delta Grand Theatre, 120 South Market St, Opelousas.

Sunday March 8

Scoot to the Center – 3pm. Line dancing & karaoke party of Country, Pop or Hip Hop. Ages 12 to Adult-under 12 must be accompanied by an adult. Concessions available. \$5. Acadia Parish Center for the Arts and Culture, 530 W Mill St, Crowley.

Wednesday March 11

Spring Book Sale – 6pm. Lafayette Parish Library friends' members only book sale. Memberships may

be purchased at the door. Paperbacks are \$.50/inch. Hardbacks are \$1.00/inch. Heymann Performing Arts Center, 1373 S. College Rd, Lafayette. 337-501-9209. FriendsOfTheLafayetteLibrary.org.

Friday March 13

Monster jam –7:30pm & Sat Mar 14. Thru 2pm Sunday Mar 15. A showcase featuring a lineup of Monster Jam trucks highlighted by racing, freestyle, donuts and wheelies. \$10-\$77. Cajun Dome, 444 Cajundome Blvd, Lafayette.

Saturday March 14

Putting the Zen in the Backyard – 8:15am. Feng Shui tips on making a backyard sanctuary. Cheryl Taylor-Bowie informs about placement of yard art, water features and color of flowers to bring peace to a backyard space. Wild Birds Unlimited, 137 Arnould Boulevard, Lafayette. 337-993-2473. WBU.com/Lafayette.

Market/Food Truck Festival –10am-2pm. Food Trucks will be lined up along Fulton St, from Fisher to Iberia St. Free. Downtown Farmers Market, Bouligny Plaza, Main St, New Iberia.

The Boilin' Bash – 6pm. A night of delicious seafood, exciting live and silent auctions, and Cajun dancing to live music of the Pine Leaf Boys. Purchased ticket also enters in a raffle with a grand prize of \$10,000. Funds benefit the Ragin' Cajun Catholics Student Ministry. \$150- one ticket admits two. Blackham Coliseum, 3806 Johnston St, Lafayette.

Sunday March 15

Top Rod Big Bass Classic –7am-3pm. Big bass hourly payback tournament with door prizes and lunch for all contestants and viewers. Weigh in and awards ceremony. Proceeds go to Elvis Jeanminette Memorial Scholarship and Lydia Cancer Society. The Boy Scouts of America will receive a kayak wrapped with Elvis memorabilia. Marshfield Boat Launch, Lake Dauterive, Marshfield Rd, New Iberia. 337-519-3107. Facebook.com/ragin.fishing.

Friday March 20

ArTech Fusion – 6:30-9:30pm. Friday Mar 20, 2015 Performances and talks that promote and highlight the relationship between the arts and technology. Premiere performances will feature video, dance, building, stop motion, theatre, and music. \$5 UL students, \$10 UL faculty & \$20 general admission. Acadiana Center for the Arts, 101 W Vermillion St, Lafayette.

Saturday March 21

7 Mile Plus Yard Sale –7am-4pm. Shop for crafts, antiques, furniture, jewelry, glassware, clothes, and collectibles. Booth spaces are available. Rain or shine. Sale runs through Arnaudville on Hwy 93 then continues East toward Cecilia and Henderson along Hwy 686. 337-754-7724.

Exit 11 Yard Sale –7am-4pm. A shopping experience that runs through the historic town of Grand Coteau and Sunset for crafts, food, antiques and furniture, jewelry, glassware and one-of-a-kind items. 10x10 booth \$25. Rain or shine. Along Highways 93 & 182 in Grand Coteau, and Sunset I-49, Exit 11, East toward Grand Coteau and West toward Sunset. Edward in Grand Coteau 337-200-0765 or Marvel in Sunset 337-331-5577.

Komen Acadiana Race – 8am. Participate and raise funds for the cure of breast cancer. A tribute to breast cancer survivors in Acadiana. Downtown Lafayette.

Preparing for Purple Martins – 8:30am. Jack Must talks about being a successful landlord for Purple Martins. Learn about the type of house specifications, placement, predators, and common mistakes to avoid in attracting purple martins. Wild Birds Unlimited, 137 Arnould Boulevard, Lafayette. 337-993-2473. WBU.com/Lafayette.

Festival of Live Oaks Easter Egg Hunt – 9am-5pm. Family fun event of arts and crafts, music, workshops, barbecue cook-off and refreshments. New Iberia City Park, 300 Parkview Dr, New Iberia. 337-369-2337.

Pet Diabetes Screenings –10am-2pm. Cat and dog blood screenings for diabetes and learn about health risks. All pets leave with test results and a goody bag with treats and pet care supplies. Free. Lafayette Veterinary Care Center, 110 Perard St, Lafayette.

Bowl for Kids Sake –11am-2pm. Bowl and have good time with friends. Concessions available. Bayou Pins, 1502 E Main St, #B, New Iberia. 337-364-3075. AcadianaBigs.com.

Symphonic Embers – 6:30pm. Breath-taking photography from Westwater Arts Symphonic Photochoreography set to two important American musical masterpieces: Barber's Adagio and Copland's Rodeo. \$10. Heymann Performing Arts Center, 1373 S College Rd, Lafayette.

Flip Orley: America's Premier Comic Hypnotist – 8pm. A one of a kind act with hypnosis to turn audience members into the stars of the show. \$15. Cite des Arts, 109 Vine St, Lafayette. 337-291-1122. CiteDesArt.org.

St. Jude Motorcycle Ride and Buzzardville Boucherie – All day. A ride on country roads escorted by police followed by live music and food. \$25. Funds to benefit St. Jude Hospitals. Carencro Community Center, 5115 N University Ave, Carencro.

Wednesday March 25

The Home Front and World War II History Talk – 6-8pm. Professor Paul Wilson discuss the role of women and the life of citizens during World War II. Jeanerette Museum, 500 E Main St, Jeanerette. 337-276-4408. JeaneretteMuseum.com.

Saturday March 28

Acadiana Dragon Boat Festival – 8am-6pm. Experience authentic dragon boats racing down the Bayou Teche. Bouligny Plaza, 102 W Main St, New Iberia. 337-352-2180. IberiaOnTap.com.

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Pleasant Dreams™ contains a blend of safe, natural, sleep-inducing ingredients including chamomile, valerian root and melatonin which may help to:

- Facilitate relaxation without morning drowsiness
- Maintain sleep all night
- Reduce anxiety symptoms
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Consult a healthcare professional before taking this product. Pleasant Dreams is not intended to cure, treat, diagnose or mitigate any disease or other medical conditions. These statements have not been evaluated by the U.S. Food and Drug Administration

ongoing events

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

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

sunday

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

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

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

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

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

monday

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

Celebrate Recovery – 6:00-8:00pm. A chance to discover and heal from the hurts, habits and hang-ups that prevent experiencing God and living well. This Biblical program is based on the words of Jesus and ministers to the whole person from a psychological, emotional, intellectual and spiritual perspective. Programs also available for children in Kindergarten-12th grades. Free. The Bayou Church, 2234 Kaliste Saloom Rd, Lafayette. 337-984-8291. Recovery@TheBayouChurch.org.

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

Les Vues Film Series – 6:30-8:30pm. A monthly film series held the last Mon each month. Refresh-

ments available. Free, \$5 suggested donation for curating costs. Vermilionville Performance Center, 300 Fisher Rd, Lafayette. 337-233-4077.

Senior Water Aerobics Class – 6:30-7:30pm. Removes pressure from joints and makes moving easier. In heated indoor pool. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8127.

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

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

tuesday

Opelousas Farmers' Market – 6:30-9am. Fresh homegrown and homemade products produced in rural St Landry Parish. Farmers' Market Pavilion, 828 E Landry St, Opelousas. 337-543-6626.

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

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

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

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

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

Type 1 Diabetes Support Group – 5:45pm. Dr. Janna Flint and Leslie Fontenot, Diabetes Educator, host a monthly diabetes support group on the last Tuesday of the month. Free. Women's & Children's, Kids Specialty Center, 4704 Ambassador Caffery Pkwy, Lafayette. 1-877-302-2731.

Acquired and Traumatic Brain Injury Support Group Meeting – 6pm. 3rd Tues each month. Help to build you and your family a network of support to set out in a new, rewarding direction. Free. Our Lady

of Lourdes Facility, Ambassador Caffery, Section One, Conference Room A. 337-856-1964 or 877-852-1964.

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

Writer's Guild of Acadiana Meeting – 7-8:30pm. Last Tue each month. Local writers, meet to share and gain information in the craft of writing. The goals are to provide a strong support system for our members that includes networking communities, education and encouragement. \$30/Annual membership. Barnes & Noble Booksellers, 5705 Johnston St, Lafayette. 337-989-4142. WritersGuideOfAcadiana.com.

wednesday

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

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

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

Eunice Farmer's Market – 1pm. Garden veggies, fruits, jellies and more. Corner of 2nd St & Park St, Eunice. 337-457-6503. EuniceLa@hotmail.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.

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.

Senior Water Aerobics Class – 6:30-7:30pm. See Mon listing. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8127.

thursday

Opelousas Farmers' Market – 6:30-9am. See Tues listing. Farmers' Market Pavilion, 828 E Landry St, Opelousas. 337-543-6626.

Bach Lunch – 11-1pm. March-April. Popular free lunch hour series featuring different musicians performing. Lunches are available for purchase from local restaurants on a first-come, first-served basis. Supports the Lafayette Science Museum. Parc Sans Souci, corner of Polk, Congress and Vermilion streets.

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

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

friday

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

Downtown Alive – 5:30pm. Louisiana's largest and longest-running free concert series. Enjoy food, drinks, and free live music. Downtown Lafayette.

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.

saturday

Opelousas Farmers' Market – 6-9am. See Tues listing. Farmers' Market Pavilion, 828 E Landry St, Opelousas. 337-543-6626.

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

Delcambre Seafood and Farmers Market – 8am-

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

Eunice Farmer's Market – 8am. See Wed listing. Corner of 2nd St & Park St, Eunice. 337-457-6503. EuniceLa@hotmail.com.

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

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

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

New Iberia Creole Market – 8am-1pm. 4th Sat each month. Shop for seasonal local grown produce and fruits, fresh Louisiana seafood, homemade jams, jellies and other preserves. Fresh baked items, home-cooked dishes, hand-made crafts. Enjoy fun and educational activities that promote healthier eating and lifestyle choices. West End Park, 1200 Field St, New Iberia. 337-367-0834. Facebook.com/CreoleMarket

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

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

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

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

La Table Francaise d'Arnaudville – 9am. Last Saturday of the month. Venez partager l'heritage. Coffee and pastries provided. Free. NuNu's Arts and Culture Collective, Hwy 93E, Arnaudville. 337-754-7724.

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

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

Tarts and Arts – 10am-12pm. Enjoy gourmet coffee and finger foods while viewing local art and a rummage sale with cute accessories, clothing, shoes, and purses. Event held 1st Saturday of the month. EnvisiondaBerry. Free. NILA Gallery LLC, 301 W St. Peter St, New Iberia.

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

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

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



Nobel prize winner and microbiologist Elie Metchnikoff once said, "Death begins in the colon."

Based on his years of research in the early 1900s he concluded that disease and aging are mostly due to toxic bacteria in the gut.

- The gastrointestinal system comprises 75% of the body's immune system.
- There are more neurons in the small intestine than in the entire spinal cord.
- It is the only system in the body that has its own, independently operating nervous system, called the enteric nervous system.
- If you stretched out the gastrointestinal system in its entirety, it would have the surface area of a regulation sized singles tennis court.
- There are over 400 species of microbes living in your gut, totaling over 15 pounds of mass and containing more bacteria than there are known stars in the sky.

Fit Your Gut - Fix Your Health

BODY REBOUND Weight Loss Program

www.NaturalHealthCentersOnline.com



Includes:

- 60 Day supply of WheTea weightloss drops (fat burner)
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- 60 Day supply of Fat Complex (prevents fat absorption)
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- 60 Day Dermosonic Cellulite Treatment Plan ^{**}(reduces cellulite)
- 60 Day Whole Body Vibration Weight loss Exercise (calorie burner)
- 8 Body Wrap Treatments (drops the water weight and burns calories)
- 8 SLIMPOD Weight Loss Treatments (a high-powered fat burner)
- 8 Ionic Foot Detox Treatments ^{**}(pulls the fat and waste out of the body)
- 8 Fatloss HydroTherapy Treatments (destress the body - burn more fat)
- 8 Infrared Abdominal Fat Loss Treatments (burns stomach fat)
- 3 ZERONA Cold Laser Lipo Treatments ^{**}(cuts through tough fat cells)

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2 - 7 inch abdominal fat loss in sixty days

12 - 35 pounds in eight weeks

TOXINS AND WASTE CAUSE THE BODY TO GET SICK

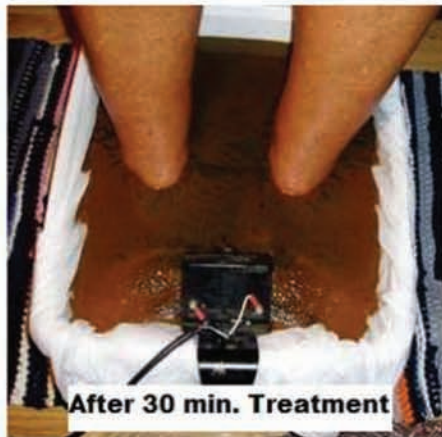
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4 Foot Detox Sessions \$145

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Ionic Detox Foot Spa

- Reduces pain
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- Stimulates the immune system
- Promotes weight loss
- Helps improve circulation
- Relieves tension
- Reduces inflammation
- Improves the body's oxygen levels
- Helps reduce acne and wrinkles

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Green Water and Wheatgrass

I drink wheatgrass.

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

Source: www.cancer.org



Opelousas

BENNY'S Sport Shack, Tel: 948-6533

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DHARMA Center, Tel: 662-3120

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Natural Health Center, Tel: 896-4141

Lafayette

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GREEN WATERS (alkaline water with wheatgrass and green tea)



Reduce Joint Pain and Arthritis:

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

Reduce Candida:

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

Reduce Infections, Flu and Colds:

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

Detoxify:

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

Decrease Risk of Cancer:

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

Increase Energy Reserves:

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

.....\$36/case

Lose Weight:

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

Anti Aging:

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

Reduce the Chances of Osteoporosis:

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

Build Cardiovascular Health:

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

Weight Loss Protein Drinks



Whey Protein (Vanilla)

Liteon Natural's Whey Protein is made with only whey isolate from grass fed cows not treated with rBGH, the highest quality natural protein powder with the highest biological value of any protein in existence today. Sweetened naturally with stevia leaf extract, this product is low glycemic, perfect for fat loss, promotes stable blood sugar, and is ideal for diabetics or bariatric patients.



.....\$45.00

Organic Food Bar Whey Protein (Strawberry & Chocolate)

OFB Recover Protein powder tastes great, digests easily and is made with the finest non-denatured, cold processed whey, from no hormone treated pasture fed cows. Contains all key amino acids and fragile immuno supportive whey components. Low glycemic.



.....\$40.00

SIX STAR PRO NUTRITION Professional Strength Whey Protein (Cookies & Cream 2 lbs)

New Professional Strength Whey Isolate is a premium protein formula megadosed with over 60g of whey isolate and 7 grams of leucine in each two-scoop serving. Whey protein isolate has one of the highest rated Biological Values (BV), which is a value given to protein sources to measure how well they're absorbed and used by the body.



That's why 100% of the protein component in Professional Strength Whey Isolate is whey protein isolate. In fact, in one 6-week study, subjects taking the core ingredient in Professional Strength Whey Isolate gained more than double the lean muscle than those using a placebo (5.1 vs. 2.0 lbs.!) The numbers don't lie, Professional Strength Whey Isolate is a fast, effective and great-tasting way for you to build the muscle size and strength you need to get noticed when combined with an intense training program!\$45.00

WHEATGRASS Capsules



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BENEFITS

- tastes better than frozen cups
- improves metabolism
- aids the body in healing
- improves the immune system
- helps clean the blood and lymph
- helps to increase oxygen levels
- increases alkaline body levels

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Specialty Vitamins and Supplements

Whey Protein (Vanilla)

Liteon Natural's Whey Protein is made with only whey isolate from grass fed cows not treated with rBGH, the highest quality natural protein powder with the highest biological value of any protein in existence today. Sweetened naturally with stevia leaf extract, this product is low glycemic, perfect for fat loss, promotes stable blood sugar, and is ideal for diabetics or bariatric patients.



.....\$45.00

Organic Fiber

As your digestive system battles to process everything you consume on a daily basis, it encounters toxins and fibers that are hard to digest. Thanks to Organic Fiber, you can make the process of digestion smoother and kinder to your body. Organic Fiber is made from Blonde Psyllium, a natural extract taken from the Psyllium plant that is free from gluten. As this product is produced in an environment that is free of pesticides, it is completely safe to ingest.



.....\$35.00

pH 9.5 Drops

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



.....\$30.00

Women's Libido

A healthy Libido is vital to an optimal quality of life and is an important part of a healthy relationship. Women's Libido helps restore desire in women, whether it has become temporarily lessened or altogether lost.



.....\$35.00

Lecithin



Liteon Natural's high-absorption softgels are a convenient way to incorporate the valuable nutrient lecithin into your daily diet routine. This unique formula delivers all-natural support for your heart, brain and liver. An outstanding fat emulsifier for healthy cholesterol and cardiovascular maintenance, lecithin

is also a source of phosphatidylcholine, which is a vital nutrient for brain and liver function. Each softgel delivers 1,200 mg of soy lecithin.

.....\$30.00

Garcinia Cambogia

Jump start your metabolism to put you on the path to fitness with the dual-action dietary support of Liteon Natural's Garcinia Cambogia. Native to Indonesia and grown throughout India and Southeast Asia, Garcinia cambogia (also known as tamarind) is a pumpkin-shaped fruit that has long been used in curries and other traditional Asian foods to make them more filling. Now it's gaining worldwide acclaim as a natural fat-buster because of the unique properties of

a compound known as hydroxycitric acid (HCA) found in the rind of the fruit. What makes HCA so helpful for weight management is that it blocks the activity of liver enzymes that convert sugar and carbs into fat, making their calories available as glycogen to fuel your muscles when you exercise. The net effect is to promote a healthy change in body composition by encouraging lean muscle development over fat storage—but that's not all. Garcinia cambogia also helps address stress-related appetite issues by supporting healthy serotonin and cortisol levels. Our veggie caps deliver 500 mg of guaranteed-potency Garcinia cambogia extract, standardized to 60% hydroxycitric acid content.

.....\$35.00

WheTea Ab Fat Burner

WheTea is an organic blend of wheatgrass and green tea. With natural EGCG antioxidants from green and white teas. EGCG has been shown to be 100 times more powerful than vitamin C and 25 times more powerful than vitamin E. WheTea also contains 130 percent of the daily value for vitamin C and a variety of catechin polyphenols and flavonoids. If you are looking for a potent pure tea for weight loss, you'll love WheTea.

.....\$20.00



Mood Enhancer

Mood Enhancer is the perfect supplement to help with anxiety, stress, and depression. It works to maintain a healthy

memory and sharp mind. It combines guaranteed-potency "smart herbs" ginkgo biloba and gotu kola,

along with the brain-boosting omega-3 nutrition of DHA, the phospholipid nourishment of phosphatidylserine and phosphatidylcholine, the antioxidant protection of alpha lipoic acid and natural vitamin E, and more.....\$30.00



Women's Hormone Balance



Women's Hormone Balance, the natural hormonal imbalance treatment supplement, is a safe and natural blend of the nutrients that your body needs to produce the hormones that are necessary for a healthy and balanced life. This supplement can treat hormonal imbalances in women of all ages

in order to help regulate the body and restore natural hormone balance.

.....\$35.00

Phase 2 Starch Complex



Promote natural weight loss without giving up your favorite foods with Phase 2 Starch Complex. This revolutionary weight loss supplement neutralizes dietary starch and carbohydrates before your body converts them into unwanted calories. Phase 2 Starch Complex features white kidney bean extract and has been shown in multiple studies to delay the digestion and absorption of carbohydrates. When this happens, it reduces the caloric impact of starchy

foods and lowers the glycemic index. Along with a healthy diet and exercise, taking Phase 2 Starch Complex may assist in weight control. Phase 2 Starch Copmplex is an all-natural, stimulant-free weight loss supplement.

.....\$35.00

Digestive Enzyme Complex



A healthy digestive system does an incredible job of breaking down the food we eat. However, without the help of digestive enzymes, we cannot metabolize food effectively no matter how healthy the food may be. There are roughly 22 main digestive enzymes involved in breaking down the food we eat into nutrients. After all, it's not "food" that our

body absorbs for energy and health—it's the nutrients inside the food. Digestive Enzyme Complex is a natural digestive enzyme supplement. This vegetarian supplement can enhance the chemical reactions involved in digestion, promote an acid and alkali balance in the body, and help you fight off or prevent infections.\$35.00

BF-4 Weight Loss



BF-4 contains all the four major fat burners. You have no choice but to loe the weight. Garcinia Cambogia to prevent fat cell formation. Raspberry Ketone to help fat cells shrink. Green Coffee Bean to signal the body to burn stored fat. Chromium to build muscle and burn fat.

.....\$45.00

Manglier Tea

mong-lee-AY

The tea is used to treat diabetes and has the ability to build the body's immune system quickly to fight cold, flu, and other infections.



It clears viral and bacterial infections. Native Americans first discovered the medicinal properties of this plant in the 1800s. Creole and cajun communities used it before the onset of drug prescrip-

tions and antibiotics. It is natural medicine that can be readily found in south Louisiana.

.....\$24.00

Raspberry Ketone Drops



Research indicates that raspberry ketones appear to support weight management in two ways: first, by decreasing the absorption of dietary fat; and second, by supporting epinephrine-induced lipolysis (the breakdown of fat). Appetite Control and Fat Loss Formula.

.....\$30.00

Natural Medicine and Nutrition Centers



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(337) 896-4141

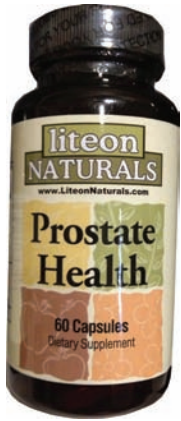


166 Oak Tree Park Dr. #H, Sunset
(337) 662-3120



1077 Wisdom Rd., Opelousas
(337) 678-1500

Prostate Health



Prostate enlargement is the most common prostate problem and a serious medical condition that primarily affects men 50 years of age and older. As a man ages, chances of prostate problems will increase to nearly 80%. While some symptoms may go unnoticed, others can disrupt your daily activities. A swelling prostate causes symptoms such as frequency and urgency to urinate, interrupted urine flow, and lower back pain. EnergyFirst's Prostate

Health supplement relieves symptoms with a healthy blend of herbs, vitamins, and minerals to support prostate health.**\$35.00**

Numerous studies show more than half of all men over 50 years of age suffer from an enlarged prostate and its symptoms. As men continue to age, up to 80% will suffer from uncomfortable symptoms that may include difficulty urinating, increased frequency and urgency of urination, sleep-disturbing nighttime urination, and lower back pain.

Melatonin



Control your sleep/wake cycle naturally with the help of Melatonin! This useful hormone works to restore normal sleep patterns while delivering excellent antioxidant support to the body. Each capsule supplies 1 mg of melatonin..

.....**\$30.00**

Maca



Since the dawn of time, man has searched for substances to help enliven the libido, promote sexual prowess, and stimulate the intimate experience. Long ago, in the jungles of Peru, he found it. Maca, an ancient herb used by Peruvian natives for sexual support, is now available worldwide. Men and women across

the globe are discovering its invigorating potential to enhance intimacy. Our maca is concentrated for guaranteed levels of active herbal components. Each capsule contains 500 mg of maca root in a potent 4:1 extract.**\$30.00**

Rhodiola



Rhodiola Root is the premium choice to counteract the mental and physical effects of stress. This potent herb from Liteon Naturals helps reduce levels of stress hormones while supporting levels of key brain chemicals involved in regulating mood. Our powerful capsules contain 300

mg of rhodiola root powder and provide a great way to conquer the mental and physical challenges of stressful times.

Rhodiola increases the oxygen-carrying capacity of our red blood cells, making it particularly effective at increasing energy, vitality and stamina during times of stress. Rhodiola has a calming effect on our body and mental state because of an ability to reduce cortisol, one of our major stress hormones. From the mental side of things, Rhodiola also increases the sensitivity of your neurons to the presence of dopamine and serotonin, two neurotransmitters involved in focus, memory, pleasure and mood. This plant has been used as an extremely effective alternative to antidepressants. Not only does Rhodiola reduce the cortisol and blood sugar aspect of the belly fat equation, but it also turns on an enzyme called 'hormone-sensitive lipase', a substance which allows your body to access and utilize the fat stored in abdominal cells.

.....**\$30.00**

Pain & Inflammation Enzyme



Chronic pain and inflammation can make even the simplest everyday tasks a challenge. If you suffer chron-

ic pain from a serious health condition or inflammation from over-exertion and physical exhaustion, Liteon Natural's Pain and Inflammation Enzyme Blend can help. This unique anti-inflammatory and pain relief formula will strengthen your body's natural response to pain and inflammation. This supplement packs the power of natural bioflavonoids, herbs, and enzymes.....**\$30.00**

Cal-Mag-Zinc with Vitamin D



Calcium is vital for building strong bones and teeth, muscle function, release of hormones and enzymes, and assists nerves in transmitting impulses.

Magnesium is needed for making new cells, activating B vitamins, relaxing muscles, clotting blood, energy metabolism, and is concentrated in the bones and teeth. It helps keep cells electrically stable, maintains proper blood pressure, and, with calcium, regulates energy levels and maintains normal heart function and nerve transmission.

Vitamin D regulates calcium metabolism, which is important for the formation of bones and teeth.

Zinc is an essential trace mineral that is necessary for the activity of 300 or more different enzymes. Special chelates ("claws" that hold the nutrient and allow for better bioavailability) enhance the delivery and utilization of the minerals.

.....**\$40.00**

Shark Cartilage



For joint health support, try Liteon Natural's Shark Cartilage! This all-natural formula delivers nourishment for joint care with the help of a biological structure similar to that of the cartilage that cushions joints. Our convenient capsules supply a potent 750 mg of pure shark cartilage for everyday

joint maintenance. Supporters believe that supplements made from shark cartilage can slow or stop the growth of cancer. According to its supporters, shark cartilage contains proteins that stop angiogenesis, the process of blood vessel development. Tumors need a network of blood vessels to survive and grow, so cutting off a tumor's blood supply starves it of nutrients, causing it to shrink or disappear. Some supporters also claim that shark cartilage can help against other diseases such as osteoporosis, arthritis, psoriasis, macular degeneration, and inflammation of the intestinal tract.

.....**\$35.00**

Alternative • Complementary • Holistic Services

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www.NaturalHealthCentersOnline.com

www.CaribbeanCampground.com

Liteon Natural Health Center, Carencro, LA
(337) 896-4141

DHARMA Wellness Center, Sunset, LA
(337) 662-3120

Caribbean Health and Wellness Center, Opelousas, LA
(337) 678-1500

Pricing and Rate Sheet

| | | |
|----------------------------------|---------------------|---------------------------|
| Infrared Sauna | 30 mins: \$45 | 1 hour: \$70 |
| Whole Body Vibration | 10 mins: \$35 | 20 mins: \$65 |
| Lymphatic / Water Massage | 30 mins: \$45 | 1 hour: \$70 |
| Body Wrap | 30 mins: \$45 | 1 hour: \$90 |
| Ion Foot Detox | 30 mins: \$45 | (2) 30 min sessions: \$80 |
| Hydration Therapy | 30 mins: \$45 | 1 hour: \$90 |
| Massage Therapy | 60 mins: \$69 | 90 mins: \$89 |
| Slimpod Slimming/Detox | 30 mins: \$45 | 1 hour: \$70 |
| Dermosonic Cellulite | 1 treatment: \$45 | 6 treatments: \$180 |
| Zerona Fat Laser Treatment | 6 treatments: \$675 | 12 treatments: \$850 |
| Dr's Office Visit (consultation) | 30 mins: \$60 | 1 hour: \$120 |
| Blood work (lab services) | 1 test: \$94 | 2 tests: \$150 |
| Vitamin Test | 1 test: \$39 | 2 tests: \$65 |
| Biofeedback | 1 session: \$65 | 4 sessions: \$210 |
| Air Cupping | 30 mins: \$45 | 1 hour: \$70 |
| Personal Trainer (DHARMA Gym) | 30 mins: \$35 | 1 hour: \$65 |
| Thermography Imaging | Full Body: \$145 | Breast Only: \$95 |
| pH Acid Testing & Body Comp | 1 test: \$5 | 4 tests: \$15 |

| Wellness Programs | 6-Week Program | 10-Week Program | 12-Week Program |
|---|--|---|---|
| RESTORE Health Program Detox, colon cleanse, increase circulation, reduce inflammation, clear lymphatic pathways, reduce stress – anxiety – depression, lower blood pressure, restore nutrition | \$340 (with program) 14 Infrared Sauna* 18 Whole Body Vibration* 12 Foot Detox* 12 Hydration Therapy* 9 Water/Lymphatic Massage* 2 Thermograms* 6 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$2,410 | \$493 (with program) 20 Infrared Sauna* 24 Whole Body Vibration* 18 Foot Detox* 17 Hydration Therapy* 12 Water/Lymphatic Massage* 2 Thermograms* 9 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$4,190 | \$562 (with program) 28 Infrared Sauna* 30 Whole Body Vibration* 21 Foot Detox* 19 Hydration Therapy* 15 Water/Lymphatic Massage* 2 Thermograms* 12 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$5,135 |
| BODY REBOUND Weight Loss Program Lose weight, detox, build circulation, eat healthier | \$340 (with program) 14 Infrared Sauna* 18 Whole Body Vibration* 6 Foot Detox* 9 Body Wraps* 9 SlimPOD Slimming* 1 Thermogram* 9 pH Acid Testing & Body Comp* Nutritional Supplements* ----- INDIVIDUAL FULL PRICE: \$3,185 | \$420 (with program) 20 Infrared Sauna* 22 Whole Body Vibration* 9 Foot Detox* 14 Body Wraps* 12 SlimPOD Slimming* 1 Thermogram* 10 pH Acid Testing & Body Comp* Nutritional Supplements* ----- INDIVIDUAL FULL PRICE: \$4,615 | \$580 (with program) 24 Infrared Sauna* 25 Whole Body Vibration* 12 Foot Detox* 20 Body Wraps* 18 SlimPOD Slimming* 1 Thermogram* 12 pH Acid Testing & Body Comp* 14 Dermosonic Cellulite Treatments* 3 ZERONA Cold Laser Lipo* Nutritional Supplements* ----- INDIVIDUAL FULL PRICE: \$6,445 |
| CANCER WELLNESS Program Balance nutrition, reduce acid, detox, open lymphatic pathways, reduce stress and anxiety, restore body chemistry, increase oxygen levels, reduce inflammation | \$440 (with program) 18 Infrared Sauna* 18 Whole Body Vibration* 9 Zerona* 12 Foot Detox* 12 Hydration Therapy* 15 Water/Lymphatic Massage* 2 Thermograms* 9 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$5,410 | \$612 (with program) 27 Infrared Sauna* 24 Whole Body Vibration* 9 Zerona* 21 Foot Detox* 20 Hydration Therapy* 20 Water/Lymphatic Massage* 2 Thermograms* 12 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$6,850 | \$740 (with program) 34 Infrared Sauna* 32 Whole Body Vibration* 9 Zerona* 32 Foot Detox* 24 Hydration Therapy* 31 Water/Lymphatic Massage* 2 Thermograms* 16 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$7,221 |

SPECIAL NOTE: Items with a "*" denote approximate number of sessions. Each wellness program is customized to the patient/client needs. We do not guarantee that you will receive the exact number of sessions listed - most programs are at least, sometimes more, and/or close to the number of sessions stated. All programs are based on calendar days and end once 6, 10, or 12 calendar weeks has passed from the beginning date of the wellness program.

Last Updated: 11/30/14

Natural Medicine and Nutrition Centers



100 E. Angelle St., Carencro
(337) 896-4141



166 Oak Tree Park Dr. #H, Sunset
(337) 662-3120



1077 Wisdom Rd., Opelousas
(337) 678-1500

NATURAL HEALTH PRODUCTS

Acai: is a purple berry which is only found in the Amazon rainforest; has high level of antioxidants. Historically used to combat fatigue, illness, and disease, including heart ailments, cancer, and other degenerative health issues; also known to benefit an individual's desire in becoming healthier, stronger, and motivated during physical activity; desirable health benefits, including boosting heart health and maintaining important organs, muscles, and tissues.

Aloe Vera: is a species of succulent plant, also known as "lily of the desert", the "plant of immortality", and the "medicine plant"; contains three anti-inflammatory fatty acids that are helpful for the stomach, small intestine and colon; naturally alkalizes digestive juices to prevent over acidity - a common cause of indigestion; helps clean the digestive tract by exerting a soothing, balancing effect. Historically used to soothe and heal; anti-inflammatory, sunburns, arthritis, radiation poisoning, intestinal inflammation and ulcers.

High Blood Pressure

- CoEnzyme Q-10 \$30**
Helps strengthen and oxygenate the heart muscle
- Selenium \$35**
Selenium has been linked to blood pressure levels
- Flaxseed Oil \$35**
Contributes to lower blood pressure levels

Apple Cider Vinegar: Historically used as a natural cure for a number of ailments which usually require antibiotics and other medications; known to reduce sinus infections and sore throats; balance high cholesterol; skin conditions such as acne; protect against food poisoning; fight allergies in both humans and animals; prevent muscle fatigue after exercise; strengthen the immune system; increase stamina; increase metabolism which promotes weight loss; improve digestion and cure constipation; alleviate

symptoms of arthritis and gout; prevents bladder stones and urinary tract infections.

Bee Pollen: Known as a super food - contains all known vitamins and all known (22) essential amino acids, several minerals, enzymes coenzymes. Historically used to increase energy, improve athletic performance and reduce allergic response in hay fever, adrenal exhaustion and burnout. Known to stabilize blood sugar, aid for the pituitary and balance the reversed polarity.

Beta Carotene: Found in organic carrot juice. Historically used to protect your cells from the damaging effects of free radicals; provide a source of vitamin A; enhance the functioning of your immune system; help your reproductive system function properly; known for its benefit to eye health and immune support with out build up in the body.

Betaine HCl: The stomach manufactures hydrochloric acid (a natural protein-digesting enzyme), to break down proteins; as people age, they usually produce less HCl, which affects the amount of protein they can absorb. Incomplete protein digestion can lead to subsequent imbalances in the flora that feast on these compounds causing health concerns.

Black Cohosh: is a single herb that contains phytoestrogens; historically used to relieve menopause symptoms; regulate female cycles; relax muscle cramps and spasms and bronchial in asthma; reduces blood pressure. Also is known for bites and stings, menstrual cramps, depression, low estrogen, tension headache, menopause, post partum depression snake bite and tinnitus.

Bromelain: is a food enzyme that helps break down mucus; historically used to assist in snoring issues, (too much mucus in the pharyngeal/nasal area can promote snoring). Small amounts are found in pineapples. Also known to be used for urinary tract infections, strains, muscle injuries and sport injuries

Chlorophyll: is the green juice of plants. His-

torically used to build blood; improve general health; enhance oxygenation of tissues; reduces body odor, natural deodorizer. It has also known to enhance energy and stamina.

DHA: (docosahexaenoic acid) is a fatty acid that is absorbed into the fatty perimeter of cells. 30% of gray matter in the brain is composed of DHA; highly concentrated in the retinal neural tissues; required for brain development and important in maintaining and protecting the neural tissues. Research has shown that daily dietary DHA intake is lowest among women in the United States compared to women in Europe or Japan.

DHEA: A naturally occurring hormone and is the most abundant of all hormones in the body; it is produced by the adrenals. DHEA levels usually decrease about 80% between 20 and 65 years of age. Historically used to increase metabolism and promote weight loss; could reduce fat stores in the body; increases insulin sensitivity. Some research has found the level of DHEA in the bloodstream has proven to be a good barometer of cancer risk.

Digestion and Constipation

- Digestive Enzyme \$35**
Reduces the inflammation in the stomach
- Probiotic Complex \$35**
Puts the good bacteria back in the stomach
- Organic Fiber \$35**
Creates an elimination and clears the colon

Echinacea: is a single herb historically used as an immune stimulant, increases white blood cell count. Has been used for bacterial and viral infections, colds and lowered resistance; to strengthen and clear lymph nodes. Do not use with autoimmune conditions as it stimulates the immune system.

Flax Seed: an essential fatty acid; historically

used to reduce inflammation; heart health; cardiovascular health. Ground seeds are excellent nutritional fiber adding bulk to the intestinal system has been helpful with constipation.

Garcinia: is a single herb. Known to have antioxidant and anti-inflammatory properties; inflammation plays a significant role in the development of chronic and degenerative disease in general; also added in weight loss formulas. Known uses include astringent, rheumatism, bowel complaints, piles, bilious affections, anti-Cancer, edema, Intestinal parasites, constipation and delayed menstruation.

Garlic: is a single herb. Historically used as a natural antibiotic that kills fungus, viruses, bacteria and parasites; specifically helpful for lung infections including pneumonia. Lower high blood pressure and prevent hardening of the arteries.

Ginkgo Biloba: is a single herb. Historically used to enhance circulation to the brain; helps with memory loss in elderly by improving peripheral blood flow; counteracts some effects of aging making it an excellent preventive remedy for the elderly. Also known to be anti-aging, blood thinner and affects the brain, nerves and serotonin.

L-Carnitine: is an amino acid and is synthesized in the liver and kidneys. The body requires L-carnitine for the transport of long-chain fatty acids into the cells; symptoms of deficiency include progressive muscle weakness and severe hypoglycemia; is not found in vegetable foods but is mostly found in animal muscle tissue.

Inflammation and Pain

Pain and Inflammation Enzyme \$30

Bromelain and papain enzymes that stop inflammation

Glucosamine Complex \$35

Manages joint pain and cartilage building nutrition

Resveratrol \$35

Calms inflammation and stabilizes histamine release

Lecithin: Known to emulsify fats in the body; lower cholesterol, promote heart health, aids in weight loss, promote liver health, improve brain function, reproductive health and decrease the risk of cell membranes hardening; reduce arthritis pain; promote gall bladder health and prevent gallstones.

L-Glutamine: is one of 20 amino acids in the body, is the most abundant in the body and commonly found in muscles. Common food sources are high proteins like red meats, fish, beans and dairy products. Effects the brain and nerves; has been known to help with addictions to drugs, alcohol and sugar or food; prevention to aging, anemia, heal bruises, colitis, depression, vertigo, ear infection or earache, poor fat metabolism, fatigue, gout, hypoglycemia, leaky gut syndrome, motion sickness, schizophrenia and senility.

L-Glutathione: is an antioxidant that occurs naturally in the body; has been known to help the liver detoxify the body and prevent cell disintegration; help prevent diseases like cancer, heart disease and dementia. It may also help treat autism and Alzheimer's.

Lutein: known as an antioxidant affecting the eyes and breasts; has been used as a natural therapy for cancer, macular degeneration. Historically used to support vision; help protect against UV damage to the eyes and skin;

support breast health; provide powerful antioxidant properties. Natural sources are kale, spinach, turnip greens, collard greens, romaine lettuce, broccoli, zucchini, corn, garden peas and Brussels sprouts.

Lycopene: Has been known to help prevent cardiovascular disease, diabetes, cancer and osteoporosis; to have an inhibitory effect on cataract development and some rare cancer cells; some claim anti-ageing effects. Foods highest in lycopene include tomatoes, pink grapefruit, watermelon, and guava; small amounts in persimmon and apricots.

Maca: is a root plant. Historically used as a tonic and adaptogen; reduces stress, improves mental concentration, enhances energy, improves general health and well-being; increase sexual desire and stamina in men and women. Body systems affected by adrenal cortex, glandular and reproductive glands and testes.

Melatonin: is a hormone produced by the pineal gland in the brain that helps regulate sleep and is made from an amino acid called tryptophan. Generally used as a sleep aid or to help overcome jet lag more quickly. The building blocks for natural melatonin production in the body include sufficient amounts of vitamin B6, vitamin B3, and most important, the amino acid tryptophan, which is found in high quantities in foods such as black cherries excellent source, red meat, dairy products, nuts - especially walnuts, seeds, bananas, soybeans and soy products, tuna, shellfish, and turkey.

Milk Thistle: is a single herb. Historically has been used to protect the liver from poisons and toxins; increase and enriches breast milk; stimulates production of bile; used with hepatitis and other liver disorders. Body systems affected include gall bladder, liver and spleen.

Psyllium: Mucilaginous herb that absorbs water adding bulk and lubrication to the stool. Historically used for constipation and diarrhea; help balance blood-sugar levels, help reduce cholesterol.

Raspberry: is a single herb. Historically used by Native Americans throughout pregnancy to tone and strengthen the uterus in preparation of delivery; tone and strengthen uterus during all stages of a woman's life, regulate female organs; relieve morning sickness and enhance lactation; helpful for teenage boys and girls to balance hormones when moodiness is a symptom!

Red Yeast Rice: is produced by a yeast that grows on rice and contains several compounds called monacolins which inhibit the synthesis of cholesterol. Used during the Ming dynasty for circulation, improved spleen and stomach health, and relief from mild gastric issues such as diarrhea and indigestion. Has been used to lower cholesterol production in liver; lower blood cholesterol levels.

Resveratrol: a powerful antioxidant found in red skin grapes; known as an anti-aging supplement; known to help reduce the growth of cancer cells in the body; also plays a role in helping reduce coronary heart disease risk; to lower blood sugar and cholesterol levels.

Royal Jelly: is a honey bee secretion that is used in the nutrition of larvae, as well as adult queens; secreted from the glands in the hypopharynx of worker bees, and fed to all larvae in the colony. Historically used as a supplement for treating arthritis, asthma, liver problems, insomnia, ulcers, kidney conditions, bone fractures, high cholesterol, male baldness, as well as a sexual performance enhancer, and an immunity booster.

Saw Palmetto: is a single herb. Historically

used to tone the male reproductive system; enhance male sex hormones; relieve symptom of benign prostatic hypertrophy (BPH); helps with respiratory weakness; digestive weakness and weight loss; has been used for prostate enlargement and urinary problems in men.

Shark Cartilage: is a popular alternative medicine for those with cancer or those at risk due to the notion that sharks cannot get cancer; therefore, ingesting their cartilage will give humans greater immunity to it. Other reported benefits are arthritis relief, digestive health, immune health, skin health, anti-inflammatory and eye health.

Spirulina: is known as a super food loaded with easily digested proteins, vitamins and minerals; helpful to those trying to lose weight by providing a full feeling and all the essential amino acids; has helped clear toxicity; easy to digest and assimilate especially for vegetarians and people who have a hard time digestion animal proteins. Has helped to reduce food cravings and fatigue; appetite suppressant.

Stress and Anxiety

Valerian Root \$35

Natural support for healthy sleep and relaxation

St. John's Wort \$35

Mild antidepressant. Provides emotional well-being.

Mood Enhancer \$35

Fights depression and helps to focus

St. John's Wort: is a single herb. Historically used as a mild antidepressant; antibacterial, antiseptic, antiviral; helps repair nerve damage; typically used for minor cuts and injuries and anti-smoking.

Valerian Root: is a single herb. Historically used as a nerve tonic and sedative; helpful in nervous tension, anxiety, insomnia and regulates the heartbeat; helps in minor pain. Not recommended with people that are high strung, nervous, excitable or with "hot" disorders. Passion flower could be a better choice for those individuals.

5-HTP: (5-hydroxytryptophan) is a chemical that is produced in the body, from the amino acid tryptophan, which is obtained through food; after the body converts tryptophan into 5-HTP, it then converts 5-HTP into another chemical called serotonin. Serotonin is a neurotransmitter often called the "happy neurotransmitter" making it useful in helping with depression. Historically used as a mood elevator, helps promote sleep, reduces carbohydrate cravings; converts to serotonin in the brain.

Weight Loss

BF-4 \$45

Helps fat cells shrink and prevents fat cell formation

WheTea \$35

Targets abdominal fat and helps to shrink fat cells

Thermo X \$35

Increases your body's ability to burn fat

DHEA \$35

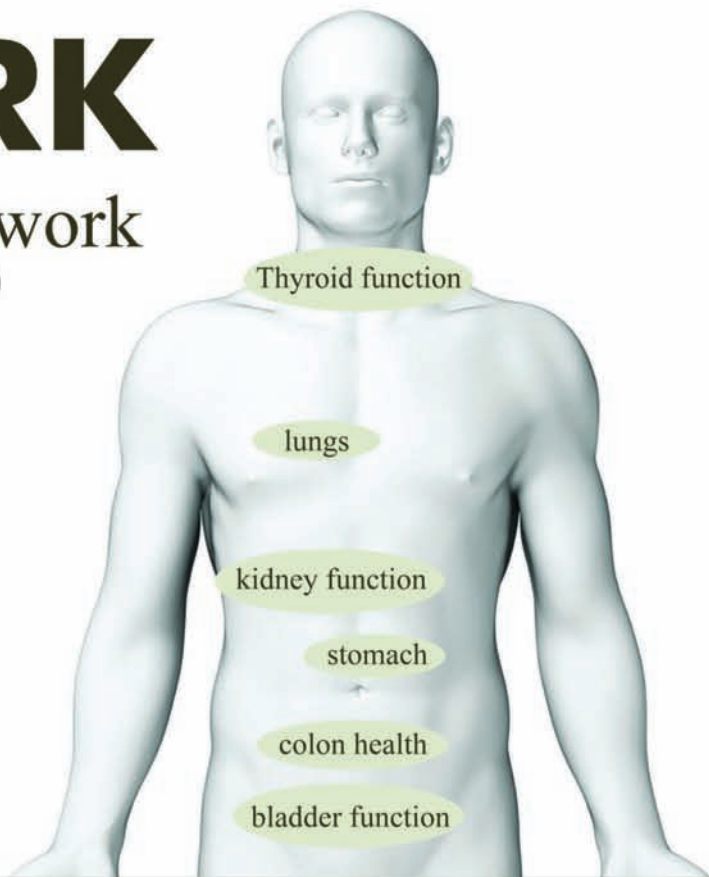
Boosts the body's metabolism and helps you burn fat

Lecithin \$35

Will emulsify fat and allow the body to eliminate it

LABWORK

\$94 for complete labwork
(comprehensive metabolic panel)



Why do doctors have lab work done on a patient?

This will check for things like low iron (anemia), infections, some cancers, arthritis and inflammations, and immune system functionality.

Now you can get labwork without having doctor's orders.

The Natural Health Center receives calls every week from people who ask, "What can I do to improve my health and longevity?" Our response is "get a blood test."

Unless we know what your blood looks like under a microscope, there is no way to identify what steps you should take to protect your health and enhance your well-being. Annual blood testing is the most important step aging adults can take to prevent life-threatening disease. With blood test results in hand, you can catch critical changes in your body before they manifest as heart disease, cancer, diabetes, or worse. Having the proper blood tests can empower you to enact a science-based disease-prevention program that could add decades of healthy life.

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

Call our lab and schedule your labwork
(337) 896-4141

cancer
diabetes
heart disease
alzheimers
dementia
inflammation

RESTORE

Restore Your Health

A Customized Health and Wellness Restoration Program

Traditional healthcare relies on prescription drugs to control symptoms of body failure. The restore health programs aim to heal the body's failure at a cellular level with nutrition, supplementation, balancing spiritual and energy levels, and clearing the body's elimination pathways.

6-Week RESTORE Health Program \$340

10-Week Program: \$493 12-Week Program: \$562

Thermography Screening (max 2 sessions)
Vitamin Testing
Body Composition Analysis
Infrared SAUNA Therapy
Whole Body Vibration Exercise
Water Massage Therapy
Customized Wellness Plan
Biofeedback
Hydro-Dermo Hydration Spa Treatments
Infrared Body Wrap (max 2 sessions)
Ionic Foot Detox

Colon Cleanse

Six-week psyllium husk supplementation

Full-Body Detox

Six-week organic wheatgrass, 12-sessions ion foot detox, SAUNATOX

Lymphatic Drainage

Whole body vibration exercising, hydro lymphatic massage

7-Day Rehydrate

Whole body vibration exercising, hydro lymphatic massage

pH Balancer

Balance acid/alkaline levels using Green Water and pH drops

* Supplements sold separately. Above pricing for services only.

The restore health programs try to balance body chemistry, using vibrational energy, infrared heats, and nutrition. We maximize nutrition, create better absorption of nutrients from your diet, and attempt to clear the body's waste elimination pathways.

Our goal is to help you maintain your health and wellness naturally. We use nutrition, vitamin therapy, holistic therapies, and integrative medicine techniques to maintain the body's health at a cellular level.

 **liteon**
Natural Health Center
Powerful, Positive Healing for Life

896-4141
Carencro Office

DHARMA
wellness center and fit club

662-3120
Sunset Office

Wheatgrass

healing for a sick body

Wheatgrass works to deactivate breast cancer cells

The chlorophyllin-induced cell cycle arrest and apoptosis in human breast cancer MCF-7 cells is associated with ERK deactivation and Cyclin D1 depletion.

Targeting the mitogen-activated protein kinases (MAPKs) has been suggested as a novel strategy to treat cancer. Chlorophyllin (CHL) is the sodium-copper salt of chlorophyll derivative and is a commonly used food dye for green coloration; CHL was found previously to retard growth of the human breast carcinoma MCF-7 cells. Extracellular signal-regulated kinases (ERKs) constitute a subfamily of MAPKs, participating in cell survival, proliferation and differentiation. We report here the first evidence that CHL deactivates ERKs to inhibit the breast cancer cell proliferation. The results from flow cytometry showed that 200 microg/ml CHL reduced the phosphorylated and activated ERK-positive cells in different cell cycle phases from the control of >96 to <38% at 24 h of incubation; the ERK deactivations occurred in both dose- and time-dependent manner, so that nearly all ERKs were de-activated by 400 microg/ml CHL at 72 h of treatment.

Int J Mol Med. 2005 Oct;16(4):735-40. Arthurs: Chiu LC, Kong CK, Ooi VE.

US National Library of Medicine
National Institutes of Health



Text **WHEATGRASS**,
your name, address, and
email to **(337) 424-5066**
for a free box of wheatgrass.

You will receive a text message wian an e-coupon for a **FREE** box of wheatgrass. Pickup at one of our locations.

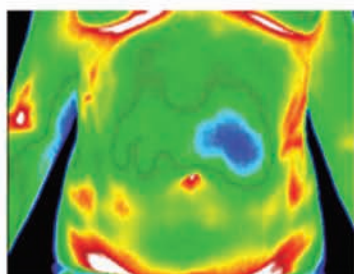
NEW CUSTOMER PROMOTIONS:
Sorry this offer is only available for new customers. Limit one box per new customer per offer. Until promotion supplies last.



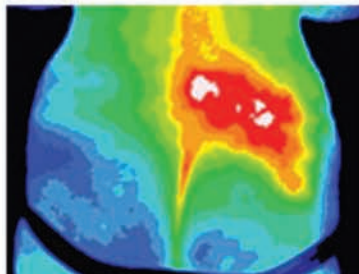
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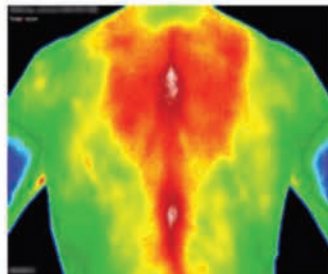
Frozen Wheatgrass Box



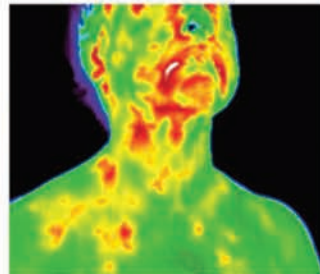
Hypothermia in the Stomach



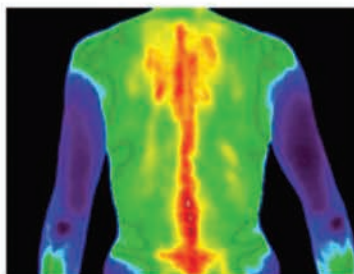
Shingles



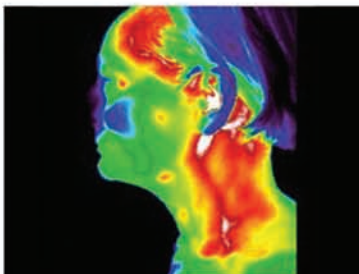
Lung Cancer



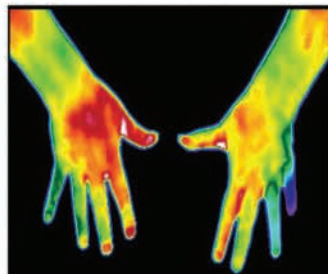
Periodontal Disease



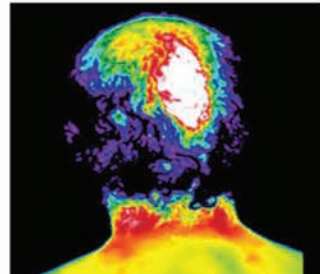
Spinal Inflammation



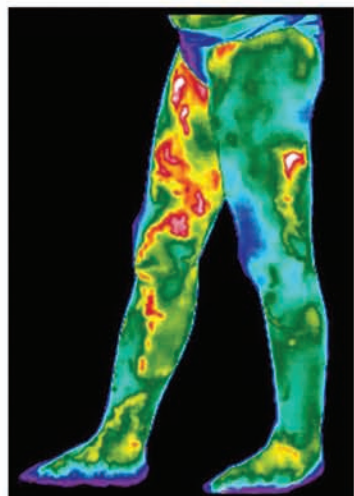
Carotid Artery Inflammation



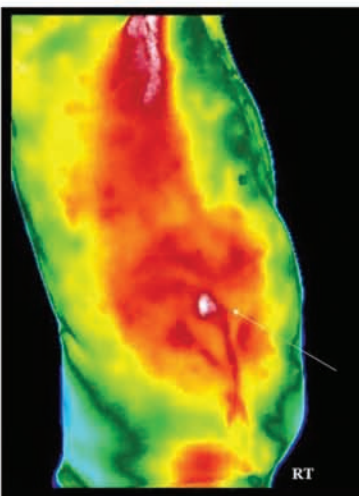
Poor Circulation Left 4th & 5th Finger



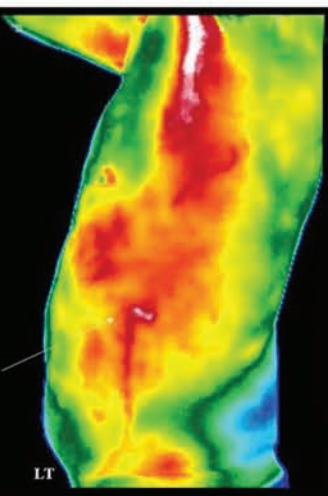
Melanoma-Scalp Cancer



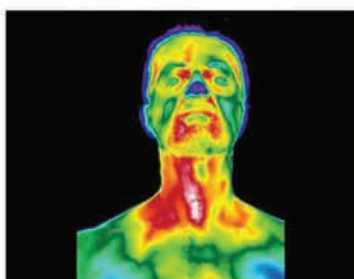
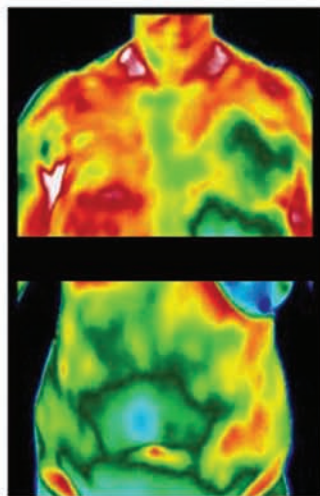
Varicose Veins



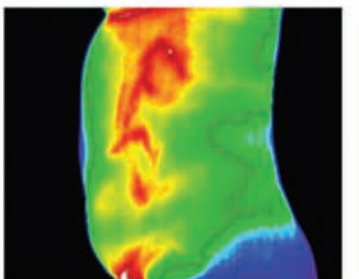
Bilateral Kidney Stones



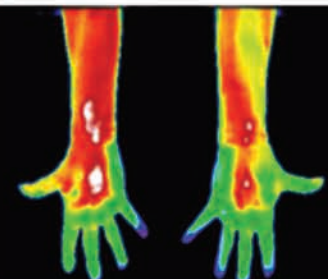
Breast Cancer



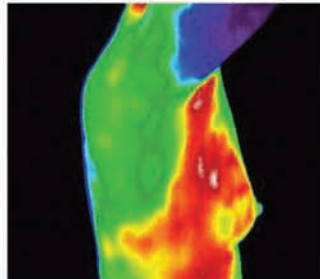
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



Lymphatic Congestion

\$94 Full-Body Thermography Screening



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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

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.
DHARMA Wellness, 166 H Oak Tree Park Dr., Sunset 337-662-3120.