

HEALTHY LIVING HEALTHY PLANET

natural awakenings

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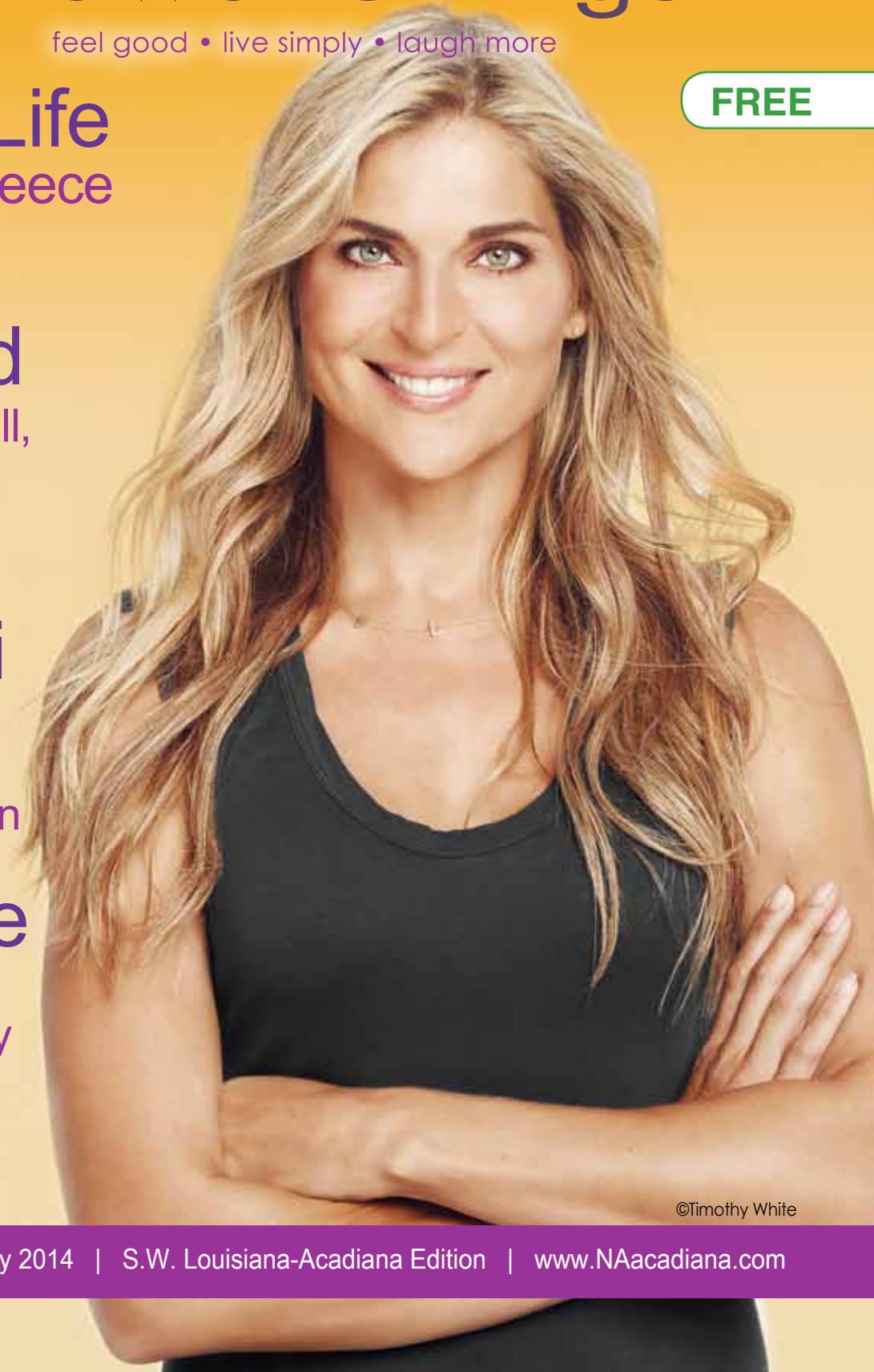
Amping Up that Still,
Small, True Voice

Fashion Feng Shui

The Power of
Dressing with
Conscious Intention

Body Ease

Three Paths to a
More Flexible Body



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20 YEARS OF
PUBLISHING

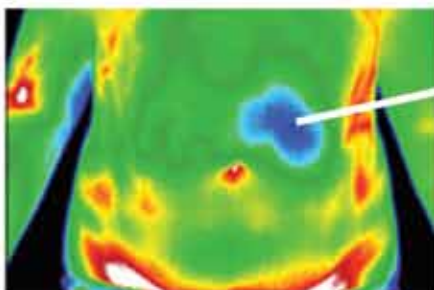
May 2014 | S.W. Louisiana-Acadiana Edition | www.NAacadiana.com

Your **HEALTH** must be the most important thing in the world to you.

Without your health you can not enjoy family or work.

What did I learn from my thermography exam?

- Franklin Carter, Jennings, LA



I have hypothermia in my stomach. The "good" bacteria has been damaged in my stomach and the natural flora of bacteria needs to be reestablished. I have malabsorption of my food and my low energy levels, weight gain, and headaches are because I am not absorbing enough nutrients.

\$94 Full-Body Thermography Screening



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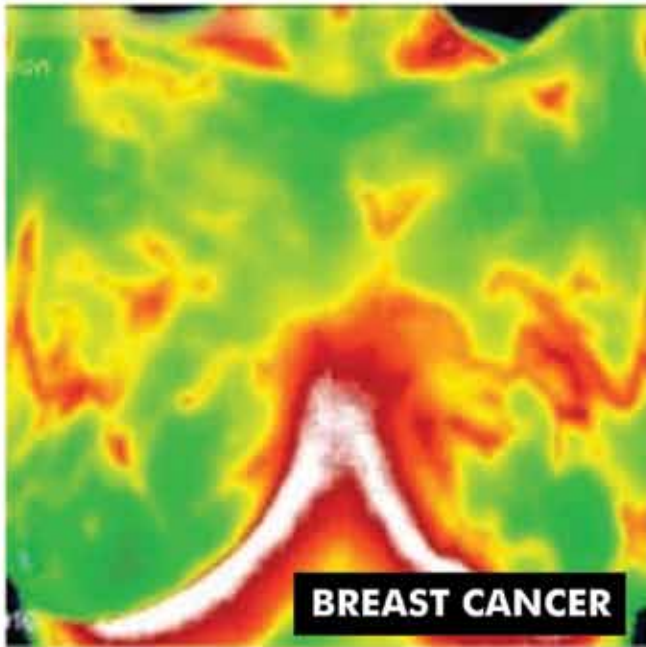
Thermography is used to:

- 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

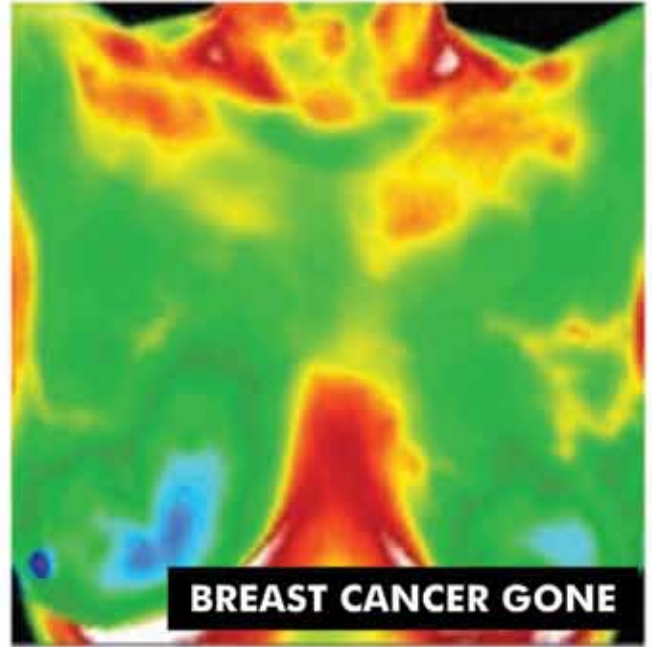
What's Wrong With My Body?

Thermography Imaging of the Breast

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



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



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

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

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

1 in 3 Women Develop Breast Cancer in Louisiana

Source: American Cancer Society

Cancer cells feed themselves through angiogenic blood vessels

Humans are born with all their blood vessels; 60,000 miles worth in a typical adult. New, temporary blood vessels called angiogenesis only grow normally to build the lining of the uterus for the menstrual cycle each month, to nourish an embryo or to heal a wound. These blood vessels are kept under control with naturally occurring angiogenic inhibitors. In certain situations angiogenesis can go out of balance, resulting in a myriad of diseases. Angiogenesis is good and it is also bad. It is

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

**RESTORE
HEALTH PROGRAM**

SEE PAGE

65

Ionic Foot Detox



See
Page 48
Call 896-4141

30 minutes to a healthier you.

You will notice the color change in the water as each part of the body detoxifies. Brown of black water is the liver, orange is the joints, dark green is the gallbladder. Yellow green is the kidneys and urinary tract, white foam is the lymph nodes, red flecks are blood clot material and finally black flecks are heavy metals. The color of the water will differ depending on the type of water you use and the state of your health. Source: dlvir.com

Relax for 30 minutes. Meditate. Detox to... Clear your mind, have more energy, sleep better and reduce inflammation and pain.



Why Dr. Steve Believes in Acid/Alkaline Balancing Alkaline Water for Health, Energy and Weight Loss

While it is common knowledge that reducing acidity in the body can lead to increased cardiovascular health, psychological health and immune functions, more studies are also linking alkalinity to weight loss. According to George M. Wolverton, M.D., of The Evergreen Medical Centre, in Indiana, people who convert and remain on an alkaline diet display a faster rate of weight loss and fat-to-muscle conversion than do patients of regular weight-loss plans. The reason for this lies in the acidic body's tendency to store fat rather than convert it to muscle or energy.

What is pH, acid and alkaline?

The pH scale measures the amount of acid or alkalinity in a substance. It ranges from 0 to 14, with a highly acidic substances having low pH scores and very basic, alkaline substances having high pH levels. Pure water has a perfectly neutral pH of 7, meaning that it is completely neutral, while most other water sources are usually slightly acidic. Alkaline water is healthier than plain tap water, can raise the body's pH and should have a pH of 8 or 9 for maximum benefits.

A substance's pH is a measurement of the ratio of hydrogen ions to hydroxide ions. Alkaline water contains fewer free hydrogen molecules than pure water does, which raises its pH. Because this balance of hydrogen to hydroxide ions creates a net negative charge, the water must contain metal ions to balance its electric charge.

Human blood maintains a slightly alkaline pH, and many enzymes work efficiently at a higher (more alkaline) pH. Many holistic practitioners recommend drinking alkaline water to boost mineral levels, prevent free radical formation, protect cellular functions and increase hydration. Practitioners also claim that alkaline water improves overall health by neutralizing acids and flushing the body of dangerous toxins.

How do high acid levels influence weight gain?

Weight also causes additional strain on the body, which can produce more acid.

(This then produces more fat, and so on.) In order to lose weight effectively, we must be mindful of how much acid we consume. The body creates fat in order to trap and neutralize acid. So, if the diet consists of lots of meats, grains, tea, coffee, soft drinks and even acidic water, the body needs fat in order to stay alive. We won't lose weight, no matter how much we work out.

The most important thing we consume is water, because the body is 80 percent water. The water we consume is directly responsible for the quality of the tissue the body creates.

When we drink alkaline, ionized water, the acidity built up in the cells is neutralized, and the body no longer needs the fat cells for storage. Also, the antioxidants in the ionized water clean out the toxins in the body, so that it runs more efficiently.

What creates abdominal fat?

In a defensive maneuver, the body creates fat cells to carry acids away from the vital organs to try to protect them. When we eat and drink a more alkaline diet, the body will not need to produce more or keep additional fat cells.

A healthy, non-acidic body will return to its ideal weight naturally. We don't have to suffer with too much exercise, or try to trick the weight away with a fad diet. All we have to do is be mindful of our acid intake and balance it with alkaline foods and water, and the body will gladly shed all that extra fat storage it has created.

Dr. Steven Castille is a biochemist, doctor of natural medicine and publisher of Natural Awakenings. For more information, call the Natural Health Center, in Carencro, at 337-896-4141 or 337-347-4141.



GREEN WATERS

Pure Alkaline Water

ALKALINE WATER MAJOR BENEFITS



\$36/case (six ½ gallon bottles)

Lose Weight:

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

Anti Aging:

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

Reduce the Chances of Osteoporosis:

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

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

Build Cardiovascular Health:

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

Reduce Joint Pain and Arthritis:

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

Reduce Candida:

Along with other healthy bacteria,

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

Reduce Infections, Flu and Colds:

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

Detoxify:

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

Decrease Risk of Cancer:

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

Increase Energy Reserves:

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

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publisher's letter



Sometimes, our best option at the time is not necessarily our better option in life.

We have all made decisions or created choices for ourselves based on what was available to us at the time. But patience can be a hard lesson to learn, especially when what is done cannot be undone. Not long ago we had the opportunity to visit Avery Island's Tabasco farm and production facilities.

What an amazing story of how one man's decision to save his ravaged farm in the only way possible, by cultivating the hot peppers that survived the Civil War, changed area history. That decision, made over 100 years ago, altered his family's history and fortune, created a cultural and natural legacy and forever affected our world with a dedication to preserving wildlife and the farm's natural surroundings.

One small choice based on the best available option given to us at that moment can create an entirely new reality for the future we plan to live. We co-create our futures with every thought we think and breath we take in the present.

In addition, sometimes admitting our weaknesses is the bravest thing we can do. Because with that admission, we drop our shield of pretense, find the courage to face reality and reach out for the help we need. We look forward to a bright future where we, as individuals, embrace our humanity, our faults and our weaknesses and use them to create options in our lives that strengthen our sense of morality for our communities and ourselves.

We encourage you to read the pages ahead and enjoy the writing of Linda Sechrist in "Trust Your Intuition" and Jill Mattson in "Live Your Song."

Enjoy your summer. May you spend more time relaxing with family and friends, and may you find the health and happiness that too often have become an afterthought. Because if you have health and happiness, you have everything. Make a decision, in this moment, to embrace them both.

Dear Lord, we know that the divine rule is to live a life of prayer and obedience before You. We press on to reach the goal for which You have called us. Amen.



Think green, live peacefully, share your love,

Steve & Michelle

Steve and Michelle Castille, Publishers



contact us

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contents



10 **newsbriefs**

14 **healthbriefs**

18 **globalbriefs**

21 **ecotip**

36 **healingways**

38 **greenliving**

42 **healthykids**

46 **conscious eating**

50 **wisewords**

52 **fitbody**

54 **inspiration**

56 **naturalpet**

58 **calendar**



advertising & submissions

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

CALENDAR SUBMISSIONS

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

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www.NAacadiana.com

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

22 THE HEALING POWER OF MASSAGE

From Body Repair to Reversing the Blues
by Case Adams

28 TRUST YOUR INTUITION

Listen to that Still, Small Voice and Let it Lead You
by Linda Sechrist

36 CONTRACEPTIVE PILL CHILL

Dangers Include Cancer, Strokes and Fatigue
by Kathleen Barnes

38 FENG SHUI FASHIONISTA

Dressing with Conscious Intention
by Gail Condrick

42 WHOA! TO LIMITATIONS

Therapeutic Horseback Riding Strengthens Kids
by Cyndee Woolley

46 FUNNY TUMMY?

Probiotic Foods Can Fix a Troubled Gut
by Kathleen Barnes

50 VOLLEYING LIFE

Gabrielle Reece on Her Balancing Act
by Christine MacDonald

52 BODY EASE

Fluid, Flexible Movement Can Be Ours
by Sarah Todd

54 LIVE YOUR SONG

It Keeps Us in Tune with Ourselves
by Jill Mattson

56 PAIN-FREE POOCH

Five Natural Therapies that Work
by Jennifer Kachnic



28



42



50



56

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- improves the immune system
- helps clean the blood and lymph
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- increases alkaline body levels



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- Negative pressure-the dissolved fat rapidly moved into the lymph circulation to be used as energy and removed as body waste.

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STOMACH TONING



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- Elimination of 'orange peel skin'
- Restore body tone
- Stimulation of the blood circulation

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Annual Crawfish Festival in Breaux Bridge



The 54th annual Breaux Bridge Crawfish Festival—named one of the top 10 events in Louisiana with over 20 sponsors—will take place May 2 through May 4 at Parc Hardy Park,

in Breaux Bridge. The festival has become one of the largest gatherings in the world and is famous for Cajun, zydeco and swamp pop music. More than 30 bands perform on three stages during the three-day festival. Attendees will enjoy food and fun for the whole family, including music, crawfish races, Cajun and zydeco dance contest, crawfish etoufee cook-offs, crawfish eating contest, vendors with arts and crafts and spectacular parades.

Location: Parc Hardy Park, 1290 Rees St, Breaux Bridge. For more information, call 337-332-6655.

Title Boxing Club of Lafayette

Title Boxing Club offers an exercise gym that provides energetic group fitness classes centered on boxing and kickboxing. Workouts strengthen the core faster than any other exercise program, allowing individuals the opportunity to experience a change in fitness.



Title Boxing Club offers explosive workouts to fit everyone's schedule and fitness needs. The high intensity total body fitness class, Power Hour, helps individuals burn fat and lose weight by burning up to 1,000 calories. The kickboxing classes utilize a combination of movements involving kicking, punching and using heavy bag action. Personal trainers assist with getting the blood pumping and the body sweating. They work with all fitness levels and help reach fitness goals. Club members can participate in classes that will burn mega calories, reduce stress, boost confidence levels, boost energy and improve coordination.

Location: 5417 Johnston St, Lafayette. For more information, call 337-247-9666.

Knockout-Women's Kickboxing in Lafayette

The professional staff at Knockouts Kickboxing & Fitness can help individuals get started on a workout plan, whether they're a beginner looking to get in shape, an experienced boxer or just trying to get rid of stubborn belly fat. Knockouts offer women-only kickboxing and fitness classes, taught by second degree Gracie jiu-jitsu black belt and a current UFC fighter Tim Credeur and a team of experienced coaches.



No experience is required. The staff will help to motivate and encourage everyone to stay focused on a path to good health and nutrition. Their award winning, women-only kickboxing and fitness program will provide everything from meal planning to the most intense workouts to make a healthy lifestyle change. This innovative fitness program encourages participants to look good and feel great.

Location: 101 N. Budd St, Scott. For more information, call 337-504-2730.

28th Annual Festival International de Louisiane

Festival International De Louisiane, the largest outdoor, free event in the U.S., will celebrate 28 years of music, art, cuisine and much more, April 23 through April 27, in downtown Lafayette. The festival will feature more than 100 performances over five days. This year's lineup includes performances by The Funky Meters, Tinariwin, Radio Radio, Bombino, Sierra Leone's Refugee Allstars, Zachary Richard and many more.



Festival International de Louisiane is a community-based, non-profit arts organization formed in 1986 to produce an annual visual and performing arts festival. It celebrates the French cultural heritage of southern Louisiana. Performances are primarily a combination of French, African, Caribbean and Hispanic influences. The event places special emphasis on highlighting the connections between Acadiana and the Francophone world. Each year performing and visual artists from Europe, Africa, Canada, the Caribbean and the Americas are invited to share their talents with Louisiana artists, residents and visitors.

Location: 444 Jefferson St, Lafayette. For more information, call (337) 232-8086.

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.

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Where can I buy wheatgrass?

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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.

BioLean is supported by doctors who support your weight loss goals.



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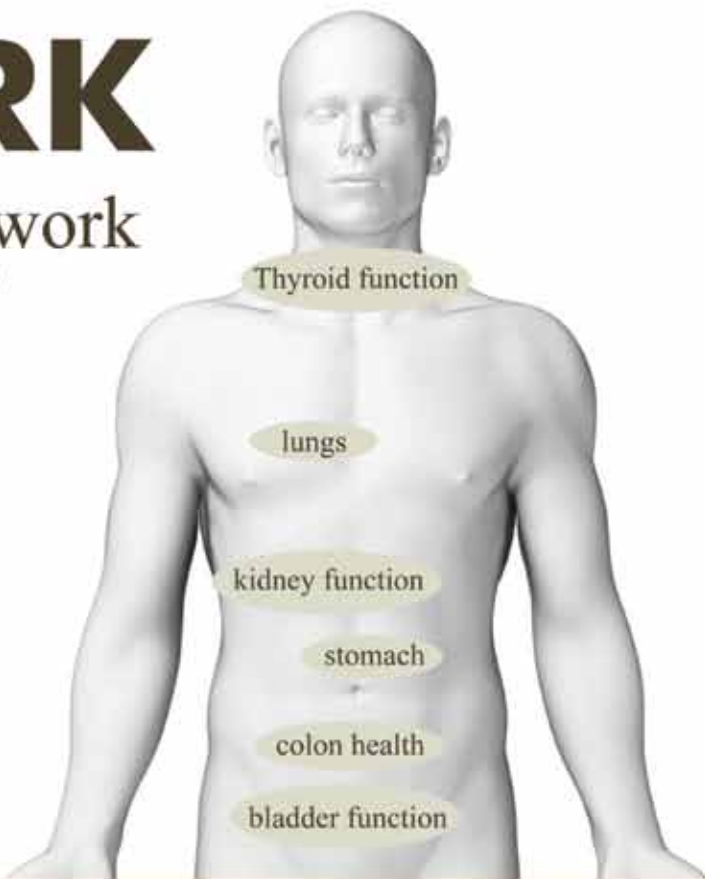


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The Natural Health Center receives calls every week from people who ask, "What can I do to improve my health and longevity?" Our response is "get a blood test."

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.

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Merciér Pelvic Massage Boosts Women's Fertility



A new, noninvasive infertility treatment has met with highly favorable results. In a recent study published in the journal *Midwifery Today*, 40 of 48 women between ages 28 and 42 that underwent two or more sessions of Merciér Therapy achieved pregnancy within the first year; 32 of those used the method alone (no other artificial fertilization/insemination techniques). The four-year study was presented at the 2013 World Congress of Low Back and Pelvic Pain.

The Merciér Method was developed by Jennifer Merciér, a midwife and holistic women's health practitioner. The regimen includes six hours of pelvic organ massage manipulation, along with a supplement program and continuous monitoring. She explains, "Our protocol is a gentle and noninvasive visceral manipulation of the female reproductive organs that helps to increase general organ mobility and blood flow, which enhances optimal function." A documentary on the protocol, *Fertility: The Shared Journey with Merciér Therapy*, premieres this month (MercierMovie.com).

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Drinking Cow's Milk While Nursing Linked to Infant Eczema

New research has found that if a mother drinks cow's milk during the period that she is breastfeeding, it raises her infant's risk of experiencing skin allergies. The study, published in the *Journal of the Medical Association of Thailand*, followed 62 mothers and their infants from birth through 4 months of age.

Researchers from Bangkok's Mahidol University assembled the mothers and infants into two groups. Mothers in one group drank cow's milk during the first four months of breastfeeding; the control group did not. Eight of the children with mothers drinking cow's milk had skin allergies, versus two of the children in the control group. All of the mothers exclusively breastfed their infants throughout this period.

An earlier study published in the *British Medical Journal* followed 124 mothers, 97 of which breastfed their babies. Of those that breastfed, 48 drank no milk or other dairy products and 49 drank milk. Infants in the milk-drinking group experienced 21 cases of eczema, while the no-milk group had only 11 cases. Overall, between the breastfed and non-breastfed infants, the breastfed infants had lower incidences of eczema regardless of the mother's diet.



Healthy Homemade Infant Food Reduces Kids' Allergies



A study published in the *Journal of Allergy and Clinical Immunology* reports that infants that were fed more homemade foods comprising a higher percentage of fruits and vegetables were less likely to develop food allergies. In assessing youngsters of the same age, researchers from the University of Southampton Medical College, in the UK, followed 41 children that had developed food allergies by the age of 2, alongside

82 non-allergic infants. After tracking the toddlers' diets with food diaries and conducting allergy testing, the researchers found that infants fed more of the healthier homemade diet had a significantly lower incidence of food allergies as toddlers.

Vitamin D No Help for Bone Mass or Hip Fractures

University of Pittsburgh researchers that followed 29,862 women for 11 years have found that supplementing calcium with vitamin D does not reduce hip fractures. The study, published in the *Journal of Women's Health*, found that women taking calcium plus vitamin D had as many hip fractures as women taking a placebo. Women supplementing with more than 600 international units (IU) of vitamin D per day also had a 28 percent higher incidence of breast cancer.

Because hip fractures are linked to a reduction in bone density, these findings are compounded by a review of research published in *The Lancet*, which established that vitamin D supplements typically taken with calcium did not increase bone density among elderly adults. The review analyzed 23 studies among 4,082 participants, 92 percent of whom were women.



Roundup Toxin Accumulates in GM Soybeans

A study published in the journal *Food Chemistry* tested soybeans grown from seeds that were genetically modified (GM) to be resistant to the herbicide Roundup. It compared these with organic soybeans and soybeans from non-GM seeds.

The chemical and nutritional analysis of soybean samples from 31 different Iowa farms found the GM soy contained significantly higher levels of the toxin glyphosate, the central chemical in Roundup, than both the organic and the conventional non-GMO soybeans.

The organic soybeans contained no glyphosate, plus significantly higher levels of protein and zinc, as well as lower levels of saturated fats.



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

Source: www.cancer.org



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

Bikes-to-Go

Cycling Gains Ground at Colleges and in Cities



May is National Bike Month, and more universities continue to commit to bicycling as a sustainable, healthy and environmentally conscious transportation choice. Recently, Harvard University joined Princeton and Yale as an official Bicycle-Friendly University (BFU), and the League of American Bicyclists designated 14 new BFU members, expanding the program to 58 colleges in 30 states across the U.S. with more to come.

When New York City opened registration for a public bike-sharing program, Citi Bike, more than 5,000 people signed up within 30 hours. Similar demand for more cycling options is happening across the nation where shared bicycle programs are taking root (see Tinyurl.com/Top50BikeFriendliestCities).

The popular Washington, D.C., Capital Bikeshare program began operating in September 2010, and is now the nation's largest, with 200 locking docks able to accommodate more than 1,800 bright-red bicycles. As in many programs, people can sign up for a short-term stint or an annual membership using either a credit card online or at a station kiosk. Then they can unlock a bicycle and return it to any station within the system. All rides under 30 minutes are free, after which escalating fees kick in, encouraging people to make short trips and to keep more bikes available for other riders.

For more information, visit BikeLeague.org.

Solar Surge

Global Rise in Sun-Generated Power

Last year, the U.S. joined Germany, Italy, China and Japan in producing more than 10 gigawatts of solar production nationwide. Now, other countries have awakened to the opportunity and are on their way to catching up. The popular Scandinavian retailer IKEA has sold \$10,000 solar panels in 17 British outlets.

Peru recently started a National Photovoltaic Household Electrification Program to connect 2 million of its poorest residents with solar power. In the first phase, 1,601 solar panels were installed to power 126 impoverished communities. The plan is to install about 12,500 photovoltaic systems for 500,000 households at an overall cost of \$200 million.

Earth Hour India is helping citizens to switch to solar energy in villages that previously had no electricity. Woodlands stores, in partnership with World Wildlife Foundation-India, has launched a collection drive across the country, inspiring individuals to donate to help light up more than 100 households in three villages in Madhya Pradesh with solar power. The residents had traditionally depended on forest resources for their energy needs.



Sinking Reptiles

World Turtle Day Sounds Alarm

Since 2000, people around the globe have celebrated World Turtle Day, held this year on May 23, to increase respect for and knowledge of the world's oldest creatures.

Susan Tellem, co-founder with Marshall Thompson of American Turtle Rescue (ATR), states, "These gentle animals have been around for about 200 million years, yet they are rapidly disappearing as a result of the exotic food industry, habitat destruction and the cruel pet trade." They believe that turtles may be extinct within 50 years and suggest ways to increase their chances for survival for future generations:

- Never buy a turtle or tortoise from a pet shop; it increases demand from the wild.
- Never remove turtles or tortoises from the wild unless they are sick or injured.
- If a tortoise is crossing a street, pick it up and gently place it on the other side in the same direction it was headed.
- Write legislators about keeping sensitive habitats preserved.
- Report cruelty or illegal sales to a local animal control shelter.
- Report the sale of any turtle or tortoise less than four inches long, which is illegal throughout the U.S.

For more information, visit Tortoise.com or [Facebook.com/AmericanTortoiseRescue](https://www.facebook.com/AmericanTortoiseRescue).



Forests Preserve

Trees Rescue Urbanites from Dirty Air

According to the U.S. Environmental Protection Agency, poor air quality can irritate the respiratory system, reduce lung function, inflame and damage the cells that line the lungs, make lungs more susceptible to infection, aggravate asthma, aggravate other chronic lung diseases and cause permanent lung damage.



U.S. Forest Service researchers have discovered that the urban forests in 10 cities across the country save on average one person a year from pollution-related death. In New York City alone, that number increases to eight people per year. The scientists recommend that people everywhere plant more trees.

Source: AmericanForests.org



Greening Garbage

Activist Turns City Food Waste into Rural Soil

Jeremy Brosowsky had an epiphany at a Milwaukee, Wisconsin, greenhouse a few years ago that set him on a more sustainable path: "What if we could take our garbage and grow food in it?" He was in the Midwest to learn about urban agriculture at Growing

Power, the pioneering urban farm of McArthur Genius Fellow Will Allen, and was considering starting a rooftop agriculture business. Allen's emphasis on the importance and elusiveness of fertile soil intrigued him.

"If you don't dramatically improve the soil, you cannot grow food in cities," Brosowsky realized. His solution was to create Compost Cab (CompostCab.com), a Washington, D.C.-based service that picks up and delivers urban food waste to local farms for composting. Nearly 100 cities already divert food waste from landfills, but Brosowsky emphasizes, "Composting is not just about waste reduction. It's about food production, education, jobs and creating social benefits." He hopes to roll out Compost Cabs in other cities.

Information Overload

Organic Food Labeling Causes Confusion

A recent Harris Poll of 2,276 U.S. adults showed that concern for the environment is growing, but Americans may not be ready to spend more for organic food. More than half think that labeling food or other products as organic is just an excuse to charge more. Yet more than half of respondents also believe that organic foods are healthier than non-organic. At the same time, only 23 percent know what the term "dirty dozen" means in regard to organic food; it's the Environmental Working Group's annual list of foods consumers should always buy in organic form due to high pesticide levels in conventional farming.



Radical Fuel

Three Automakers Roll Out Hydrogen Models

Toyota has announced that it will market a hydrogen-powered car beginning with the 2015 model year, and Hyundai has also committed to rolling out its fuel-cell Tucson model next year. Honda has already begun leasing its hydrogen-powered FCX Clarity to customers in California.

Each of these vehicles can travel about 300 miles without a refill (three times the range of the hybrid Chevy Volt in battery mode), and reach a top speed of about 100 miles per hour. A refill takes just a few minutes, and because the hydrogen is used to produce electricity, the cars drive without the roar of an internal combustion engine. The cost of hydrogen-fuel-cell vehicles is expected to continue to fall and eventually match that of conventional cars by 2023.

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Harmful Harmonics

Whales Under Siege by Seismic Surveys



The International Union for the Conservation of Nature (IUCN) is intensifying global efforts to safeguard whales and other marine species from the harm caused by powerful noises generated by seismic seafloor surveys by the oil and gas industry and others. In seismic surveys, air guns towed behind ships repeat powerful bursts of sound; sensors measure the return echo to reveal details of the sea floor and the underlying geologic structure to a depth of several kilometers.

Whales rely on sound for communication, navigation and foraging. Exposure to loud noise from seismic surveys can result in stress and behavior changes, affect foraging and nursing or cause direct physical damage.

In a study published in the journal *Aquatic Mammals*, the authors present the most thorough, robust and practical approach to minimizing and monitoring the risk of harm to vulnerable marine species when intense sounds are used. A step-by-step guide to reducing effects on whales and other marine species during seismic sea floor surveys is available from the IUCN Western Gray Whale Advisory Panel and Sakhalin Energy Investment Company (Tinyurl.com/WhaleSavingGuide).

Dangerous Additive FDA Finally Regulates Triclosan

The U.S. Food and Drug Administration, under a new court agreement with the Natural Resources Defense Council, has agreed to issue a new rule governing the use of Triclosan, a controversial antimicrobial agent used widely in consumer products, by 2016. The action was first proposed in 1978.

Triclosan, a possible endocrine-disrupting chemical, has been found in three-quarters of people from whom blood, urine or tissue has been analyzed as part of bio-monitoring studies; it is also found in the environment after having passed through sewage treatment plants.



Source: *TheDailyGreen.com*

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Best Weddings

Small, Simple, Sustainable

Every couple wants their wedding to reflect their values. Concern for the environment prompts planning that supports eco-friendly local businesses and avoids generating the considerable waste and carbon footprints of traditional events.

Veteran green wedding planner and environmentalist Kate Harrison, author of *The Green Bride Guide*, who blogs at *GreenBrideGuide.com*, assists couples through the process. "I advise couples to look at simple substitutions in line with their style and budget," says Harrison. "Every choice adds up."

By invitation only. Digital invitations cost just pennies apiece; options like *PaperlessPost.com* offer the appearance of a paper invitation, arriving in an envelope that "opens" on the screen. Also consider elegant renditions of more conventional invitations made of recycled, upcycled or organic papers. For the invite that keeps on growing, try seed-studded paper creations that guests can plant in their backyards.

Where the guests are. Selecting a location central to most of the guests minimizes the celebration's carbon footprint, reduces travel expenses and maximizes attendance. "Consider picking a venue with natural beauty already present, such as a beautiful garden or ballroom," advises Harrison. "You'll cut down on the amount and cost of décor you're buying just for the wedding."

Let them eat cake. Food and flowers are among the most costly components of a wedding, yet sustainable options can be just a worthy fraction more. A cake made with organic flour, a natural sweetener and local cage-free eggs, for example, can cost just \$5 more. The key is finding a vendor willing to work with the couple's values, says Harrison.

Simple gifts. Americans spend an estimated \$20 billion annually on wedding gifts, a high-impact opportunity to support local green economies. Harrison recommends establishing registries for experiences, charities and products (select sustainable options like recycled glass dishes or organic linens). Consider a local, seasonable wedding favor that guests can eat or reuse, such as maple syrup for a fall wedding in Vermont.

Generally, keep all elements small, simple and local—and your own—for an occasion that truly cherishes both loved ones and our planet.

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The Healing Power of Massage

From Body Repair to Reversing the Blues

by Case Adams

In 1886, Dr. William Murrell stated in the *British Medical Journal*, "Massage is of such inestimable value in the treatment of many intractable diseases that it is regretted that so little is known about it in this country, and that it is so rarely employed as a therapeutic agent."

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1 Hr Full Body Massage Benefits

- Sleep Better
- Relieves Anxiety
- Reduce Pain
- Decreases Inflammation
- Reduce Stress
- Improves Circulation

A 2013 survey by the American Massage Association (AMTA) showed that a majority of us are choosing massage therapy to treat such conditions as stress and pain management, according to Winona Bontrager, the asso-

ciation's immediate past president. Of 1,007 adults surveyed, 75 percent opted for it within the previous year for stress or medical reasons, and 88 percent view massage as effective for pain relief.

"A growing body of evidence shows that massage therapy can be effective for a variety of health conditions," reports Bontrager, adding that massage is rapidly becoming recognized as an important part of health and wellness.

Cody Landis, a licensed massage therapist and instructor at the Swedish Institute's College of Health Sciences, in New York City, explains, "In the last few years, massage therapy research has been focusing more on the mechanisms by which the potential health benefits may be occurring—looking at the response of the brain, the immune system and the mechanisms of repair inside of muscle cells themselves."

Relieves Stress

An AMTA survey reported that 32 percent of positive respondents used massage to relieve stress, and numerous recent studies have confirmed this. Research from Harvard Medical School shows that massage reduces pain and anxiety while increasing sleep and quality of life among metastatic cancer patients. Boston Medical Center researchers saw similar results among 60 cancer patients that underwent port placement surgery; 20-minute massages before and after surgery reduced participants' stress and anxiety.

Australian researchers reporting in the *Journal of Thoracic and Cardiovascular Surgery* found that massage reduced pain, anxiety and muscle tension following heart surgery among

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152 cardiac surgery patients. A study from Japan's Toho University School of Pharmaceutical Sciences showed that aromatherapy massage significantly reduced psychological stress among elderly nursing home residents.

Reduces Depression

A study from Nashville's Meharry Medical College of 43 HIV patients revealed that Swedish massage reduced their symptoms of depression. Lead researcher Russell Poland, Ph.D., a professor of psychiatry and biobehavioral sciences, observes, "When we designed the study, we didn't expect to see such a large effect of massage. We remain surprised."

The benefit was echoed by a University of California-Los Angeles study of 95 volunteers that displayed increases in their production of oxytocin hormone simultaneous with reductions in adrenocorticotropin hormone. Oxytocin is linked to compassion, empathy, maternal affection and social connection, while lowered adrenocorticotropin effects less stress.

Relieves Pain

Researchers in the Gynecology and Obstetrics Department of Brazil's University of Sao Paulo studied 46 birthing women and determined that lumbar massage during labor reduced pain by 27 percent. In another study at Beijing's Chinese PLA General Hospital, deep massage brought relief to 64 patients suffering from chronic low back pain.

Relief was reported by a third of 110 headache patients in a Turkish medical school study. Dhaka Medical College Hospital, in Bangladesh, found similar results in a study of 500

headache sufferers, many of which had migraines. Research from the University of Miami's School of Medicine showed that massage reduced arthritis pain and increased both grip strength and range of motion among 42 rheumatoid arthritis patients.

Lead researcher Tiffany Field, Ph.D., director of Miami University's Touch Research Institute, says, "We have known that massage therapy reduces substance P, [a neuropeptide] which causes pain, and that it increases serotonin, the body's natural pain killer. We also know that deep sleep is critical to lowering substance P, increasing serotonin and reducing pain."

Expands Acceptance

Lucy Liben, dean of massage therapy at the Swedish Institute, affirms the recent research as evidence documenting the numerous health benefits of massage therapy. "More and more consumers are seeking massage therapy for help with a variety of medical issues and conditions. Doctors are increasingly referring patients for such treatment and hospitals are enlisting more therapists to provide care for patients," says Liben.

"Perhaps most importantly," she adds, "research is offering us guidance in our work as massage therapists in how to provide the most effective care for chronic pain or musculoskeletal problems, during cancer treatment, during the changes of pregnancy or for any number of other health-related issues."

Case Adams is a California naturopath and author of 25 books on natural healing. Learn more at CaseAdams.com.

What Researchers Now Know

Breast Cancer: A French study of 129 breast cancer patients found massage generally reduced lymphedema, a swelling of the lymphatic system, following treatments. The total reduction of lymphedema volume was 33 percent among those receiving massages, according to *Gynecologic Oncology*.

Carpal Tunnel Syndrome: Thirty minutes of massage with trigger point reduced symptoms and improved function in a study of 21 carpal tunnel patients (*Journal of Bodywork and Movement Therapies*).

Constipation: Massage therapy increased the average number of bowel movements among 33 hospitalized Korean children, as reported in the *Journal of Korean Academy of Nursing*.

Dementia: Research from Spain's Extremadura University on 120 institutionalized elderly adults diagnosed with dementia found massage therapy generally helped improve behavior and sleep.

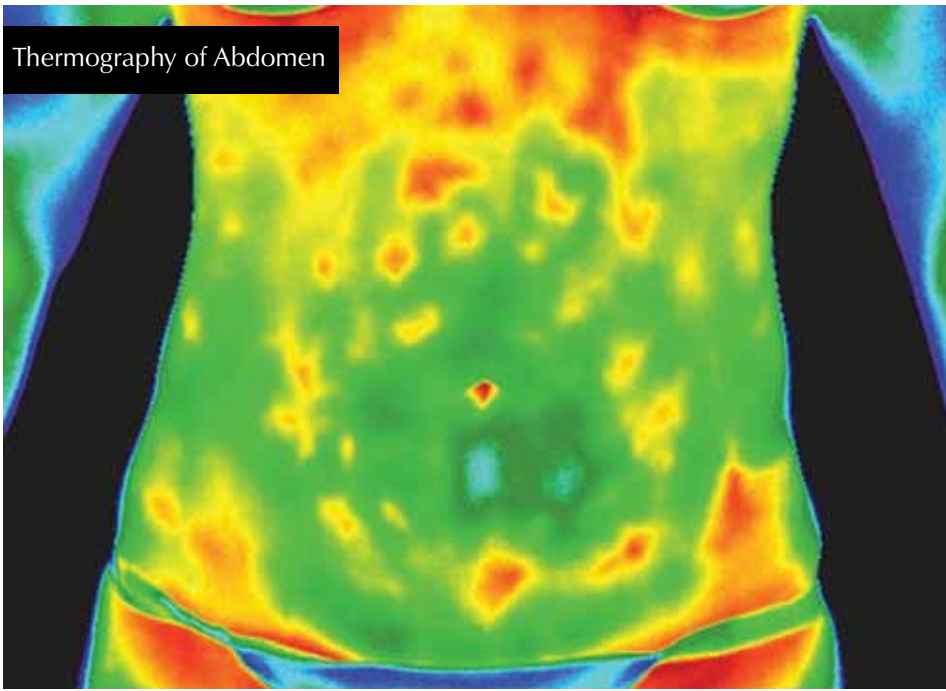
Migraines: Craniosacral massage reduced migraine occurrence in a study of 20 migraine sufferers from Iceland's University of Akureyri, as published in *Complementary Therapies in Clinical Practice*.

Osteoporosis: A study of 48 postmenopausal women receiving traditional Thai massage showed increased bone formation after just four weeks. The massage group's serum P1NP levels—which assesses bone formation—increased by 15 percent, while the control group saw no increases (*BMC Complementary & Alternative Medicine*).

Stroke: Massage therapy tended to speed rehabilitation after strokes for 45 Russian patients in a study published in *Vopr Kurortol Fizioter Lech Fiz Kult*.



Thermography of Abdomen



Questions & Answers

Breast & Full Body Thermography

ADVERTORIAL

Q. What is Thermography?

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

Q. Is thermography new technology?

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

Q. What role does thermography play in breast health?

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

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

Q. Who should have breast thermography?

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Q. Do I need my doctor's referral?

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

Q. How do I prepare for my thermographic scan?

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

Q. How long does the procedure take?

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

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

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

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

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

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

(1) Tatsuo I, Ishibashi, J. et al Non-Thermal Effects of Far-Infrared Ray (FIR) on Human Hepatocellular Carcinoma Cells HepG2 and their Tumors, J Cancer Sci Ther Volume 1 (2) : 078-082 (2009) - 078 http://www.omicsonline.org/Archive/JCST/2009/December/01/JCST1_78.pdf

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

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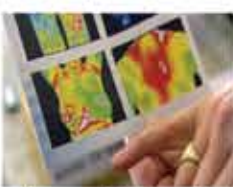
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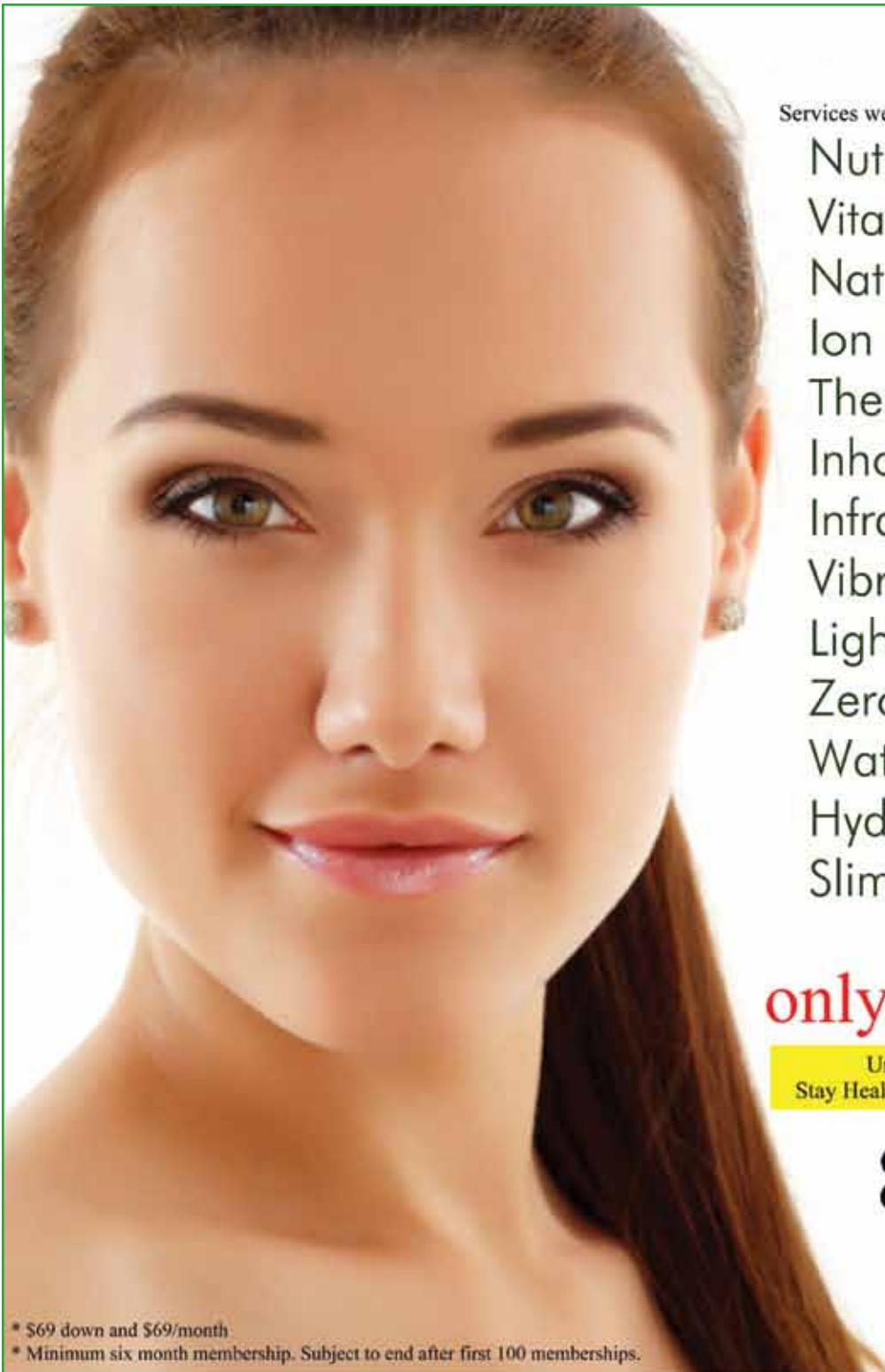


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- * up to two services per 1 1/2 hour visit



pushed Teague to take a leap of faith—close her psychotherapy practice and enroll in a filmmaking class.

Teague recognizes that a deeper wisdom activated her response. She observes, “The individuals I was counseling about their restless desire for something better mirrored my own discontent, and my restlessness was an emotional response to what was emerging.

“Today, I no longer concern myself with making the right decision. I trust that whatever the circumstances are, I need to listen, observe and reflect, because ‘now’ contains information for my next step,” she advises.

Amanda Owen, counselor, coach and author of *Born to Receive: 7 Powerful Steps Women Can Take Today to Reclaim Their Half of the Universe*, has studied the state of receptivity that Teague references. Owen explains, “Receiving is a dynamic and productive state. When the body is relaxed and the mind and nervous system are calm, we become receptive and can feel and intuit subtle information contained in the energy received from external and internal environments.

Trust Your Intuition

Listen to that Still, Small Voice and Let it Lead You

by Linda Sechrist

What if you could consistently tap into answers to life’s problems when you need them, knowing deep down that you are on the right track and that the decisions and choices you are making are the correct ones?

Our body is a wellspring of priceless wisdom. Yet heeding our innate voice seems constantly tested as society distracts us with the busy acquisition of external knowledge and rewards more visible work. Those used to focusing outwardly over-stimulate their five senses and so tend to disconnect from their body’s deep innate intelligence—our sixth sense, also known as intuition.

The resulting joylessness, discontent, isolation, depression and illness have sent millions in search of a real solution that discerning experts believe already exists within. Our ultimate guide to the fountain of personal health and happiness, they believe, could well be our own intuition.

Changing Directions

For years, Katie Teague, producer of the documentary film, *Money & Life*, lived with the consequence of sublimating her intuitive impulse. “I felt a restless itch in my soul,” relates Teague, who intuited that life was prompting her to change careers so she could use her talents in a more meaningful way. The vision of her 94-year-old self lying on her deathbed and faced with the question, “What are you not saying yes to?”

“Our parasympathetic nervous system is engaged when we’re in this listening state. In contrast, rushing through the day engages our ‘fight-or-flight’ sympathetic nervous system. Busyness and mind chatter drowns out the valuable information that intuition provides,” Owen notes.

An intuitive energy therapist, Marilyn Eppolite strongly relies on intuitive guidance in her southern New Jersey practice, believing it emanates from her body’s intelligence. “I listen and it’s always present,” she says. Eppolite shares an example of a time she received a clear image and perceived the bodily sensations of a grieving small child from a female client that a psychotherapist had referred. “When I described what I was sensing, her tears flowed and she also connected to the feeling,” she says. “It provided the needed breakthrough she needed to access her feelings and move forward in therapy.”

Eppolite is keenly aware when roadblocks—busyness, willfulness and a fearful, restless mind—create interference. “These feed each other and can rarely be separated. I can’t hear or feel my intuition when my energy and attention are willfully directed outward,” she observes.

Abandoning the drive for personal control and surrendering to stillness is how Eppolite signals her body’s intelligence that she’s ready for whispers of guidance. “I sense that surrender as strength and trust that the information received is for my greatest good, even if I don’t fully understand it,” she remarks. “Discernment is necessary because deep wisdom frequently comes in segments that I must piece together and put into action before more of it bubbles up from within.”

The teachings of Yogeshwari Kamini Desai, Ph.D., combine Western psychology and Eastern philosophy. As the director of education and lead teacher of the Amrit

Method of Yoga, at the facility in Silver Springs, Florida, Desai instructs on listening to the voice of intuition identified as *prana* in yogic tradition, which she characterizes as “the energy that enlivens and carries out all balancing and life-giving processes in nature.

“It speaks through the body as sensations, impulses and urges,” she says. “This ‘inner divining rod’ informs us what feelings, thoughts and actions are moving us into alignment with our source and what is moving us out of alignment.”

Quieting the mind and strengthening the directives of *prana* through meditation, yoga and being in nature moves us away from what we tell ourselves and back to directly responding to its promptings. “Absorbed in the present moment and bodily sensations, we connect with inner guidance,” explains Desai. “With practice, our mind becomes a servant to inner intelligence. It can both direct our lives and make us sensitive to early symptoms suggesting oncoming illness,” she adds.

“There is growing interest in energy medicine and developing a deeper connection to the body’s intelligence through yoga and energy practices like qigong and tai chi because people are tired of taking medications that don’t heal the root cause of health problems,” comments Dr. Sue Morter, founder of Morter Health Center, near Indianapolis, Indiana, and the healing phenomenon she terms Energy Codes. A regular practice of any one of these disciplines expands sensory function to encompass internal recognition and referencing of subtle information.

Morter teaches how to awaken gut feelings, personal power and self-love to restore wholeness left behind in pursuit of external sources of happiness. “Participants learn to trust their gut more than the opinions of others, which turns up the volume on the whispers of intuition,” she explains.

After Pat Hall, a therapeutic bodyworker in Augusta, Georgia, read Jill Bolte Taylor’s *My Stroke of Insight*, she was certain a habit of listening to mental chatter interfered with feeling and interpreting her body’s helpful promptings. “Jill’s experience of her body as energy and her mind as silent when the left lobe of her brain shut down due to a stroke was my ‘Aha!’ moment,” says Hall. For her, heeding inner guidance took practice and a commitment to dismantling reactive thought patterns and habits, plus discerning between intuition and distracting chatter.

“Mind chatter generally creates fear, negativity and pressure to do something,” she explains. “Intuitive guidance is gentle, expansive and undemanding.” Hall believes in the Buddhist concept that mindfulness of the body allows us to love fully. She finds, “It brings healing, wisdom and freedom.”

She relates how she is led to direct a client’s attention to their own body’s intuition, which works best when she is following her instincts, rather than thinking. “After one session, my client, who had been silently experiencing numerous feelings in her stomach, asked me why I had touched her abdomen. I was just intuitively led to that part of her body.”

Dr. Mona Lisa Schulz, also a Ph.D., medical intuitive and co-author of *All is Well*, notes that everyone has a connection to intuition. “We get a gut feeling and sadness in our heart from our inner intelligence that we don’t know what to do with. While some individuals consult a practitioner, others listen to their body’s intuitive language and reflect on their insights and dreams—the language of soul,” says Schulz. “Intuition can speak softly through symptoms,” she observes. “Eventually, when disregarded, it can become a full-blown illness.”

Biochemist and author of *Secrets of Our Cells: Discovering Your Body’s Inner Intelligence*, Sonda Barrett, Ph.D., is awed by the body’s cellular intelligence. “Our cells are invisible, so we don’t think of ourselves as cellular beings. However, a deeper understanding of our constitution and that our cells speak to each other and collaborate harmoniously could inspire us to befriend our body’s intelligence for life,” she says. “We might shift from wanting to fix an ache or pain to understanding that our cells are warning us of something.”

Sonia Choquette, a global consultant who recommends we rely on our sixth sense as our first sense, has authored several books on intuition. She finds, “With intuition, we have a personal compass and an ally in

discerning what is authentic and true for us so that we won’t be tugged and pulled in different directions when we make decisions.”

Laurie McCammon, co-author of *Enough: The Rise of the Feminine and the Birth of the New Story*, was relaxing and reflecting with two friends when intuition graced her with a message of information-laden energy: “I am enough. We are enough. I have enough. We have enough. Enough!” The experience inspired them to collaborate on an e-book celebrating the grassroots groundswell toward a major shift in the world. “I believe intuition is an aspect of The Grand Plan, which always moves us toward greater expansion, inclusion and an ever more mature and loving response to life,” says McCammon.

Ute Arnold, founder, director and teacher of the Unergi School of Body-Psychotherapy, in Point Pleasant, Pennsylvania, describes several physical signatures of body intelligence that can foster improved self-care. “You feel more expansive, available and receptive—with a sense of a longer spine, a wider and deeper body and feet rooted in the Earth’s powerful energy,” explains the author of *Touchback: A Self-Healing Journey with Body, Art and Nature*, who also has a master’s degree in fine arts. “Expanded into a condition of soft relaxation, your



Fearlessly following our
intuition frees us to
fully live an authentic
and satisfying life.

High Blood Calcium Levels May Indicate Ovarian and Prostate Cancer

A new study from Wake Forest Baptist Medical Center is the first to report that high blood calcium levels might predict ovarian cancer, the most fatal of the gynecologic cancers.

Lead author Gary G. Schwartz, Ph.D., a cancer epidemiologist at Wake Forest Baptist, and colleague, Halcyon G. Skinner, Ph.D., of the University of Wisconsin Carbone Cancer Center, examined associations between blood calcium and ovarian cancer in two national population-based groups. They found that women who were later diagnosed with ovarian cancer and women who later died of ovarian cancer had higher levels of calcium in blood than women who did not before their cancer diagnosis.

Schwartz, who is well-known for his epidemiologic research in prostate cancer, said the idea for this study came about because of published research from his group which showed that men whose calcium levels were higher than normal have an increased risk of fatal prostate cancer. That led him to wonder if a similar relationship were true of ovarian cancer.

"One approach to cancer biomarker discovery is to identify a factor that is differentially expressed in individuals with and without cancer and to examine that factor's ability to detect cancer in an independent sample of individuals," Schwartz said. "Everyone's got calcium and the body regulates it very tightly," Skinner added. "We know that some rare forms of ovarian cancer are associated with very high calcium, so it's worth considering whether more common ovarian cancers are associated with moderately high calcium."

The idea is plausible, Schwartz explained, because many ovarian cancers express increased levels of a protein, parathyroid hormone-related protein (PTHrP), which is known to raise calcium levels in blood in many other cancers.

Ovarian cancer has a high fatality rate because it is hard to detect and by the time symptoms arise, the cancer is usually advanced. Schwartz said early diagnosis might be accomplished through the use of a calcium biomarker, but cautions that more research is needed to confirm these results. "We found the link between serum calcium and ovarian cancer; we confirmed it, and even though the study is small, we're reporting it because it's a very simple thing in theory to test."

Source: *ScienceDaily.com*

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Learning to trust our gut more than the opinions of others turns up the volume on whispers of intuition. Awakening to our gut feelings, personal power and self-love restores the wholeness left behind in pursuit of external sources of happiness.

mind stops talking; you enter a mind-body state of energetic receptive listening, where emotional intelligence is accessible. "These feelings and sensations are indicative of wholeness. From it, we have access to the eternal place of the fully healed soul, which whispers intuitively, nudging us toward what can heal our life, body and mind."

Linda Sechrist is a senior staff writer for Natural Awakenings. Visit ItsAllAboutWe.com for the recorded interviews.

INTUITION UNLEASHED

Spend time with your feelings: Write down how you feel about your job, relationships, house, health and what's going on in the world.



Build and strengthen feeling receptors: Choose one feeling and spend the day with it. Notice every time you see that feeling expressed in yourself or someone else. Don't judge it or form an opinion about it; just notice.

Receive everything: Pay attention to what you are feeling. Don't worry about what you will do with what you feel or your thoughts about those feelings. Just receive them. You can decide later what you want to do with them.

Maintain a flexible "thermostat": When you want to freak out or shut down, check in with your feelings instead. Be present, engaged and genuine. The feeling and associated intuition need your attention and the present is the time to attend to them.

Source: *Adapted from Born to Receive, by Amanda Owen*

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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.

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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.

Where Can I Get Wheatgrass Juice?
Wheatgrass juice is locally farmed, harvested, juiced, and flash frozen in 1.5 ounce frozen juice cups. See list to the right for available locations.

Purchase frozen juiced wheatgrass at the following locations near you:

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Drug Emporium

Vitamins Plus
505 Bertrand Dr., Lafayette
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The Road Less Traveled

312 Guilbeau Rd., Lafayette
337-988-9889

Smoothie Factory

125 Arnould Blvd., Lafayette
337-989-7001

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Directions: I-49 into Carencro, Exit 4, Right on Hector Connolly, Left on E. Angelle St. Across from the new Super 1 Food Store, left of the traffic circle.

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ZERONA: ZAP FAT WITH LASER LIGHT

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

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

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

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

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

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

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

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

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

Zerona

Melt Belly Fat Using Zerona Cold Laser Treatments

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



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

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



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

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

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

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

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Contraceptive Pill Chill

Dangers Include Cancer, Strokes and Fatigue



For more than 50 years, women have appreciated the freedom that birth control pills offer. They simply take a little pill every day and rest easy, fairly assured that an unplanned pregnancy won't occur. However, there's actually a lot not to love about "The Pill", especially its long-term side effects.

"The sexual freedom that women have fought so hard to obtain has been won at a terrible price," advises Naturopathic Doctor Sherrill Sellman, of Tulsa, Oklahoma, author of *The Hormone Heresy: What Women Must Know about Their Hormones*.

That price includes blood clots and even death from heart attacks and strokes in young women. As early as 1963, an article published in the *Journal of the American Medical Association* linked The Pill to venous thrombosis, or blood clots. By 1968, at least one cancer journal, *CA: A Cancer Journal for Clinicians*, had linked cancer to the use of the steroid hormones contained in oral contraceptives. In 1973, Scandinavian researchers warned of the link between oral contraceptives and strokes.

"In December 2002, the U.S. government published its biannual *Report on Carcinogens* that added all steroidal estrogens to the list of known human carcinogens," says Sellman, "The grav-

ity of this finding cannot be overstated: All estrogens used in HRT [hormone replacement therapy] and oral contraceptives have now been proven unequivocally to cause cancer."

Yet, regardless of the many downsides, The Pill remains the most common method of birth control worldwide, according to the U.S. Centers for Disease Control and Prevention, with usage by 16 percent of married American women. Elsewhere, users include 29 percent of British women and 40 percent of women in France and the Netherlands.

Filches Vitamins

"Birth control pills are vitamin robbers, and this is the source of the health risks that accompany the use of The Pill," says Ross Pelton, a registered

pharmacist, certified clinical nutritionist and author of *The Pill Problem*. Oral contraceptives deplete more bodily nutrients than any other class of drugs, says Pelton, who blogs regularly at NaturalPharmacist.net.

However, he adds, women taking The Pill even as long as 10 years may not notice any obvious health problems. "Maybe she'll first notice a lack of energy, but doesn't connect the dots and realize that magnesium, B₁₂ and numerous other nutrients involved in energy production are depleted," he explains.

The nutrient-depleting effects of The Pill were recognized as early as 1975 in a study published in *The American Journal of Clinical Nutrition*, but it carried no recommendations for replacing them. Some of these nutrients are essential for the production of brain chemicals, called neurotransmitters, including mood-elevating dopamine. An affected woman can become depressed, a condition closely linked to the use of The Pill, according to a German study published in 2013 in the journal *General Hospital Psychiatry*.

The Pill's steroidal hormones also reduce the body's natural accumulations of disease-preventing antioxidants, increasing vulnerability to diseases of aging, including cancer, diabetes and heart disease, according to Pelton.



Nutrients Women on The Pill Need

- ✓ BHRT*
- ✓ Chrysin
- ✓ Coenzyme Q₁₀
- ✓ DHEA
- ✓ Folic acid
- ✓ L-methylfolate
- ✓ Magnesium
- ✓ Melatonin
- ✓ Natural progesterone
- ✓ Nettle root
- ✓ Omega-3 oils
- ✓ Probiotics
- ✓ Selenium
- ✓ Tyrosine
- ✓ Vitamin B₂
- ✓ Vitamin B₆
- ✓ Vitamin B₁₂
- ✓ Vitamin C
- ✓ Zinc

* Bio-identical hormone replacement therapy (for perimenopausal and menopausal women)

Source: Ross Pelton, NaturalPharmacist.net

Dangerous Downsides Mount

- Birth defects
- Blood clots
- Cancer (breast, uterine and colon)
- Cardiovascular disease
- Decreased sexual desire
- Depression
- Fatigue, low energy and anemia
- Fluid retention and weight gain
- Heart attack
- High blood pressure
- Migraine
- Osteoporosis
- Sleep disorders
- Stroke
- Vaginal yeast infections
- Weakened immune system

Sources: American Heart Association; University of Milan, Italy; Berlin Center for Epidemiology and Health Research, Germany; Women's College Research Institute, Canada; Columbia University, NY; University of North Carolina at Chapel Hill; University of Parma, Italy; Wingate University, NC; Cooper Medical School of Rowan University, NJ; Institute of Health Sciences Research, Melbourne, Australia

Women that decide to keep taking The Pill should add an array of specified supplements to counterbalance the nutrient loss, advises Pelton. Replacing nutrients should, in the long term, neutralize the negative effects of The Pill, even cancer and blood clots, he assures. Better yet, say Sellman and Pelton, stop taking The Pill and switch to safer forms of contraception. It may

take months or even years for the nutrient imbalances to be fully corrected, so start now.

Natural Contraceptives

Although no natural forms of estrogen are suited for birth control, safe and effective natural forms exist, advises women's health expert Holly Lucille, a naturopathic doctor and registered

nurse in West Hollywood, California. She cautions against the potential risks of using estrogen patches, shots and vaginal rings, and recommends avoiding anything that contains estrogen. "Not using The Pill doesn't mean you have to rely on withdrawal or the rhythm method, both of which are notoriously unreliable," says Lucille, preferring what she terms "barrier methods", like diaphragms, cervical caps and male and female condoms.

She notes, "Cervical caps are just as effective as The Pill and you can put them in and leave them a little longer for a bit more spontaneity." Female condoms are even more convenient, she explains: "They fit much like a diaphragm and they can be left in place as long as eight hours." Instead of potentially toxic spermicides, Lucille recommends using lemon juice, which, she says, is equally effective.

Kathleen Barnes is the author of numerous natural health books including the Basic Health Publications User's Guide to Natural Hormone Replacement. Connect at KathleenBarnes.com.

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. "It holds toxins 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 "Slovakia Decker's body," but it may help trim trouble areas—the fat cells will stay smaller as long as you don't gain weight. The process takes two to four weeks (two to 22 40-minute sessions, every other day) and costs about \$1,100 to \$1,300.










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FENG SHUI FASHIONISTA

Dressing with Conscious Intention

by Gail Condrick

Waking up on the morning of a big presentation to secure city funding for a new park, you're confident that you've done your homework: You've prepared handouts, memorized key points of an environmental impact study and lined up community supporters. Opening the closet presents a different kind of challenge: What's the most effective way to dress?

Dressing Our Essence

Wardrobe consultants that apply the principles of *feng shui* to clothing believe the jacket we choose to wear carries as much impact as our words. Clothing pieces and accessories selected with conscious awareness and intention can bring us into harmony and balance, energize our life and transmit subconscious messages about our values.

Feng shui clothing stylists believe the five elements of nature—wood, fire, earth, metal and water—connect in an unending cycle of harmony that keeps the world in balance. Following an authentic and harmonious lifestyle connects us with this cycle and the environment in a more natural balance of human motion and planetary sustainability.

As pioneering stylist Evana Maggiore observed in *Fashion Feng Shui: The Power of Dressing with Intention*, "I came to the conclusion that clothing is your body's most intimate environment and energetically influences your life in the same way that your home and business décors do. Body coloring and shape, style, personality, lifestyle, goals and clothing design can align perfectly with the colors, shapes, substances and energies of feng shui's five elements. Because feng shui connects divine energy to physical form, I realized I could dress my client's spirits, as well as their surfaces."

Fashion Feng Shui, Maggiore's international corporate legacy, maintains that combining intention and the five elements with awareness of our personal style attracts what we desire.

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Holistic image and lifestyle consultant and lead trainer Andréa Dupont, of Portsmouth, New Hampshire, states that the first step is discovering our “essence”, or primary element. “You can’t dress yourself until you know yourself. I ask clients, ‘If you could change one thing about your life, what would it be?’ Once we establish an individual’s inner strengths and core element, the results can be life changing.”

Green Choices

For Denise Medved, of Hendersonville, North Carolina, owner of Feng Shui Style, wardrobe consciousness shows respect for our individuality and the environment. “When I choose to dress in natural fibers such as cottons, leathers, silks or wools, or their vegan complements in manmade fibers, it represents the life force of plants and animals and builds *qi*, or energy,” says Medved.

She suggests assembling an outfit embracing three of the five elements. “A water/wood/fire triad might be black, woven, silk trousers; an organic, cotton, floral print shirt; and a red, recycled wool jacket. Personalizing this with the surprise of grandmother’s yellow stone pin on the lapel adds creative flair and earth and metal elements.” Nature’s jewelry energizes and circulates *qi*.

Reduce, Reuse and Recycle

Practicing the three basic tenets of sustainability together with principles of feng shui keeps our wardrobe and closet resonating with life. Consultants agree that a wardrobe representing the five elements allows endless possibilities of creative combinations and reduces the need for having to keep up with new fashion trends. Shopping for such treasures at consignment and thrift stores, plus estate sales, allows us to reuse and repurpose clothing, energizing our budgets, closets and attitudes. Recycling items that pack closets and no longer suit our needs frees space and energy to create a wardrobe that is authentically ours.

The Practical Encyclopedia of Feng Shui, by Gill Hale, also

contains helpful advice for bringing out an intended inner message and making a statement. The color green conveys the wood element, or individuals that are public spirited and energetic. Red suggests fire, the color of inspiring leaders. Supportive and loyal earth personalities gravitate to khaki, while resolute, metal people may select grey. Natural communicators that view life holistically will be reflected in the water element of black.

A feng shui philosophy provides guidelines for living in harmony with the natural world and in conscious awareness of life. Each choice expresses a stylistic living intention that will be noticed by the world.

Gail Condrick is an archetypal consultant and Nia Technique faculty member. Connect at GaelaVisions.com.

The Five Elements

Wood: associated with greens and blues, plants and flower prints.

Fire: represented by reds and products from living organisms like cottons, leather, silks or wools (or manmade substitutes) and animal prints.

Earth: reflected in yellows and earth-toned colors.

Metal: plays out in grays, whites, pastels and metallic fabrics.

Water: associated with black and dark colors and flowing lines.

Source: Western School of Feng Shui, Encinitas, CA



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**See
Page 34**



LYMPHATIC DRAINAGE

Your Gut and Lymphatics Can Return You to Good Health

by Dr. Steven T. Castille

The intestine possesses the largest mass of lymphoid tissue in the human body.

In Europe, patients often receive a special massage called lymph therapy or lymph drainage before undergoing surgery. This method of treatment was popularized in the U.S. by the Danish doctor, Dr. Emil Vodder, as an effective treatment for lymphedema. Practitioners believe that it significantly improves healing by readying the system for recovery.

Because lymph cleanses nearly every cell in your body, symptoms of chronic lymph blockage are diverse but can include:

- worsened allergies
- food sensitivities
- frequent cold and flu infections
- joint pain
- headaches and migraines
- menstrual cramps
- arthritis
- fibrocystic breasts
- breast tenderness
- sinusitis
- loss of appetite and GI issues
- muscle cramping
- tissue swelling
- fatigue
- mental fuzziness
- mood irregularities
- depression
- parasites
- skin breakouts
- acne
- cellulite

In general, you may feel tired and toxic, with a heaviness in your abdomen. In Chinese medicine, practitioners call this “excessive damp” that undermines your whole health.

Stagnant lymph can also interfere with the system’s ability to cleanse more potentially hazardous concerns, such as bacteria and cancerous or diseased cells from organ tissue. Viral infections, bacteria, and cancerous or mutagenic cells move through the lymph fluid, where they are targeted and destroyed in the lymph nodes — when the system is adequate to the task.

Amazingly, the lymphatic system has no cen-

tral pump but depends on muscle contraction and manual manipulation to move fluid. Deep breathing is another essential way we can enhance movement of lymph through our bodies. And importantly, the organs of elimination (skin, kidney, liver, bladder, small and large intestines) need to be doing their jobs well so that the lymph does not get overwhelmed with waste products.

If the lymph system gets blocked or overrun (due to illness, surgery, toxic overload or lack of activity), lymph fluid backs up. This can cause swelling, joint pain, nausea and fatigue. Stagnant lymph may be stored within nodes for a long period of time but eventually becomes too toxic for the body to handle well. This can lead to cancer and heart disease.

Heart Disease - The lymphatic system allows the body to more efficiently clear excess cholesterol out of the arteries. When the lymph system is clear, cholesterol can travel easily thereby reducing any build up in the arteries. Excess cholesterol is carried through the lymphatics to the veins and then to the liver, where it is broken down and discarded.

Cancer (lymphoma is one of the fastest growing cancers) - The lymphatic system is critical to the body’s surveillance against cancer. The lymphatic system is one of the most common avenues for the spread of cancer cells throughout the body. Medicine will immeasurably add to its ability to conquer cancer when we learn more about how cancer cells influence the development of new lymphatic vessels and pathways, establishing the route for these cells to spread to other parts of the body. This process known as “lymphangiogenesis” is an emerging focus within the scientific cancer research community.

Lymph cancer is on the rise. Non-Hodgkin’s lymphoma is now one of the most rapidly increasing cancers in the United States, having more than doubled in incidence since the 1970s. The American Cancer Society estimates that 72,670 men and women will be diagnosed with lymphoma in 2014, with one third of them dying from it.

The lymph system transports lymph fluid through ever-widening vessels, moving it through nearly 600 filtration and collection

points — your lymph nodes. At each successive node the lymph fluid is filtered and bacteria is removed. If lymph fluid is blocked in one lymph node it will usually take a detour, but when blockage is extreme it can cause the lymph fluid to back up and cause swelling in the surrounding tissue, a condition known as lymphedema.

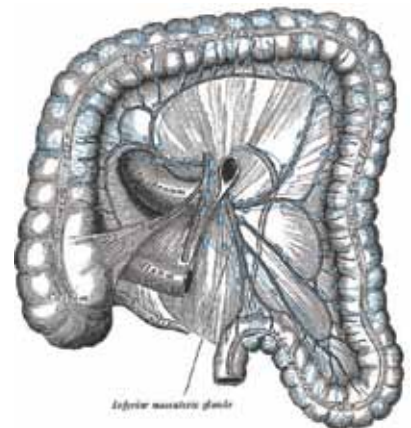
The lymph vessels and nodes are made of lymph tissue, but so are many other parts of the body. One crucial function of lymph tissue is generating and storing white blood cells, the blood cells that fight infection. Besides the lymph nodes, principal lymph organs include the bone marrow (where white blood cells called B-lymphocytes are made), the spleen, tonsils and the thymus gland (where T-lymphocytes are made). Lymphoma is a group of related cancers of the lymphocytes.

The largest concentration of lymph tissue in the body surrounds the intestines. Called gut-associated lymphatic tissue, or GALT, this tissue is the guardian of this largest gateway through the body’s defenses, and it actively separates desirable nutrients from undesirable pathogens, and helps mount a defense whenever needed.

Constipation, diarrhea, and other GI issues compromise the lymphatic system’s ability to do its job. If the digestive tract is suboptimal due to food sensitivities, parasites or stress, the flow of lymph and chyle will also be diminished. This can cause nausea and toxicity, exacerbating the original GI concerns.

Infrared Sauna Therapy - Help your lymph system out by eliminating toxins through sweating. Your skin is not just a covering, it is also the largest organ in your body, and one of its primary roles is the elimination of toxins through the pores. Infrared saunas greatly accelerate the process. Also, the heat increases your heart rate and your breathing, both of which help move lymph fluid along.

Connect with Dr. Steven T. Castille at NaturalHealthCentersOnline.com



Illness and Disease

are not "caught".

You do not catch cancer, heart disease or a cold.

You create these ailments with deficiencies based on what you eat or don't eat.

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

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

- Oliver Frank Matthews, MD



Recommended Daily Allowance (RDA)

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

MINERALS (at least 20 mg each)

Iron	Zinc	Iodine
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Nickel	Chromium	Selenium
Calcium	Potassium	Sodium

20 Best Foods for FIBER



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

But few people are getting enough.

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

- Dr. Steven T. Castille



photo courtesy of Naples Equestrian Challenge

this are common occurrences at the 850 nationwide therapeutic riding centers registered with the Professional Association of Therapeutic Horsemanship (PATH) International.

Now in its 21st year, Dream Catchers, at the Cori Sikich Therapeutic Riding Center, in Toano, Virginia, is one such center celebrating its many success stories. Kendall Lecker, a PATH International-certified advanced instructor, describes the rapid progress of a new 6-year-old student living with autism as illustration. In his first session, he slumped over in the saddle and struggled to hold himself up; by his third session, he was sitting up straight and confidently giving commands to his horse.

“Often, our riders start with insufficient core strength and may not be able to hold themselves upright, something the average person takes for granted. But, in a relatively short time, most riders can see dramatic improvements,” says Lecker.

Both Naples Equestrian Challenge and Dream Catchers have achieved premier accreditation by demonstrating the highest levels of training, safety standards and quality controls in the industry developed to protect the riders, staff and volunteers. Feedback from approximately 56,000 participants nationwide, including nearly 41,000 under the age of 18, show that therapeutic horseback riding helps participants in five key areas:

Normalizes muscle tone. Riding a horse helps children of all abilities build core strength and exercise muscles that they may not be able to work from the confines of a wheelchair.

Increases flexibility and relaxation. The natural rhythm of a horse’s gait provides a relaxing effect on tense muscles and can gently rock joints back into place. It’s a unique therapeutic benefit not easily achieved through traditional physical therapy.

Improves coordination, balance and strength. Completing tasks like picking up an object, riding across the arena and placing it in a bucket helps riders develop hand/eye coordination. The movements also help improve balance and strength.

Promotes spatial orientation and fine motor skills. Working side-by-

Whoa! to Limitations

Therapeutic Horseback Riding Strengthens Kids

by Cyndee Woolley

Zach “Zachman” Aldridge was born healthy, but at just 10 weeks, he was hospitalized at the hands of his birth father. Suffering from a brain aneurism, partial paralysis and multiple broken bones from shaken baby syndrome, Zach’s mother, Rebekah, was told that he might live for a year.

Rebekah’s hope for a miracle was granted as her son’s life extended into weeks, months and years. Yet, at 4, the effects of the injury still prevented Zach from walking or talking like other children.

“While some people are resigned to leave special children like Zach confined to a wheelchair, therapeutic horseback riding gives them more options and improves their quality of life,” advises Kim Minarich, execu-

tive director of Southwest Florida’s nonprofit Naples Equestrian Challenge therapeutic riding program. A medical examination ensures a child is qualified for safe participation.

During his first lessons, riding instructors had to prop up Zach’s head using “boppy pillows”. However, after just a few months, the Aldridge family saw dramatic improvements as the boy began speaking and telling his horse to “trot on.”

Next, Zach began walking, a surprise to all. His growing strength had worked to overcome the paralysis and the gentle rocking motion of his therapeutic riding sessions gently pushed his displaced hip back into place, ultimately enabling him to take steps on his own.

Zach’s achievements are not unique. Life-changing milestones like



photo courtesy of Dream Catchers

“The riding center gave me a place to realize I wasn’t the only one with challenges. It was a place that I could go to and be normal for part of the week.”

side with their assigned volunteers and horses and reaching for objects from a different perspective than usual helps youths develop their spatial sense and fine motor skills.

Enhances self-esteem, self-confidence and self-control. Riders are encouraged to give verbal commands to their horse during sessions, which effects a command of vocabulary and boosts confidence while they bond with the horse.

While the documented benefits are derived from personal testimonials rather than clinical studies, the positive results for children like Zach are indisputable. Meanwhile, therapeutic horseback riding is gaining increased acceptance in the medical community as more doctors are recommending this life-changing activity for their patients.

PATH International spokesperson Cher Smith says, “Our mission is to help certified centers provide safe access for all individuals living with special needs.”

For more information, visit PathIntl.org.

Cyndee Woolley works as an advocate for therapeutic riding centers.

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INFLAMMATION

The 21st Century's Silent Killer

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You know the basics about inflammation. If you've ever been stung by an insect, fallen off your bike as a kid, broken out in hives, or come down with a nasty cold, then you know what acute inflammation is like. And you know that your body responds to this type of an "assault" in the form of bruising, swelling, itching, aches, and pains.

In simplest terms, inflammation is the body's immediate first-aid reaction to heal itself from some type of damage caused by a virus, bacteria, fungus, environmental toxin, or an injury.

Without the crucial process of inflammation, the body cannot restore itself in the face of damage.

Essentially, all inflammation starts in an acute phase. The body becomes damaged in some capacity due to a foreign agent, and it responds immediately to repair the damage. In many cases, this reaction goes undetected, or symptoms are so mild that they are even unnoticeable. Once the threat is gone, the body is able to go back to a non-emergency state—and the inflammation process turns off.

Inflammation becomes chronic when the body has to continuously fight off a repeated offender, such as, for instance, *Candida*, *H.pylori*, or heavy metal toxicity. At this point, the body's inflammation process fails to shut down. When this occurs, the body is weakened over time because it is overstressed.

The inflammation process can be compared to a light bulb. When left on continuously, the light bulb will burn out a lot quicker than if it's turned off during non-use.

When the inflammation process fails to turn off, the immune system becomes compromised because it is simply overworked and overused. Once the immune system is compromised, ALL forms of chronic disease can occur—not just inflammatory diseases. That's why diseases seemingly unrelated to inflammation occur. These include, but are certainly not limited to:

- Type 2 diabetes
- Obesity
- Cancer
- Heart disease
- Stroke
- Alzheimer's disease
- Parkinson's disease
- Fibromyalgia
- Multiple sclerosis
- Rheumatoid arthritis
- Lupus
- And many others

So, while inflammation may not be the visible, obvious cause of these illnesses, it is the catalyst for chronic disease.

That's why chronic inflammation is being labeled the 21st century's silent killer. Unlike its acute form, chronic internal inflammation can occur undetected because it falls just below the radar of pain and visible swelling. You feel nothing, or you may experience vague, unexplained symptoms for which there are no conventional answers. Lab results may continue to come back normal leading you from doctor to doctor in frustration. And while you search for

answers or even ignore your symptoms altogether, your body's inflammation process carries on for weeks, months, or even years—which compromises your immune system.

Wellness is the absence of inflammation, according to Dr. Barry Sears, author of the *The Anti-Inflammation Zone*. Simply put by Dr. Sears, if you have inflammation, you cannot be well. **Chronic inflammation has become an epidemic in America**, and it threatens to overburden the healthcare system and destroy many future lives with the most serious chronic, degenerative diseases.

The key to optimal health and disease prevention is to detect chronic inflammation and treat its root causes promptly and effectively. This may take time, and you and your doctor may have to do a bit of detective work to find out the true culprits of inflammation. You can proactively prolong your health—and your life—by preventing your body from entering into a state of chronic, untreated inflammation.

What Can You Do to Stop Chronic Inflammation?

Protecting yourself against chronic disease requires changing the way you think about your health. Many people sacrifice their long-term health because they simply want their symptoms to go away, so they self-treat with over-the-counter medications from the local drug store instead of dealing with the underlying causes that assault their bodies on a continual basis.

The truth is there is no "overnight fix" for chronic inflammation. In order to effectively put a stop to chronic inflammation and the potential for future disease,

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you need to find the true, hidden culprits and either control or eradicate them altogether. Some of the culprits of chronic inflammation include:

Fungi such as Candida. Bacteria (including but not limited to) H. Pylori (responsible for peptic ulcers) and Borrelia burgdorferi (responsible for Lyme disease). Viruses such as Hepatitis AE, Herpes, HIV, and Epstein Barr. Heavy Metal Toxicity (like mercury for instance, from “silver” dental fillings or mercury amalgams). Undiagnosed food allergies. Many people unknowingly suffer from lactose intolerance or gluten intolerance, or may be allergic to corn or soy (common ingredients found in many processed foods). Undiagnosed food allergies have the potential to cause severe, chronic inflammation. Environmental molds in the home or workplace. Occult (hidden) mold can trigger the inflammation response in people who are susceptible to the toxins produced by various molds. Effective therapies to treat the underlying causes of chronic inflammation may take several weeks, months, or even years. While this may seem like “forever,” it is actually only a short period of time when it comes to increasing the quality of your overall health—and your lifespan.

Adequate treatment involves a multi-faceted approach of:

1. Eradicating foreign agents (viral, bacterial, fungal, and/or environmental). Therapies include the use of: Antifungal prescription medications such as Amphotericin B, Diflucan®, Lamisil®, Nizoral®, Nystatin®, Sporanox®. Broad-spectrum antibiotics. Chelation therapy. Removal of mercury amalgam fillings. Find a mercury-free dentist in your area now.

2. Reducing the body’s inflammatory response. Common anti-inflammatory treatments include the use of: Prescription and over-the-counter non-steroidal anti-inflammatory drugs (NSAIDs). Warning: These may increase the risk of heart attack, stroke, and gastrointestinal bleeding, so discuss these risks with your healthcare professional. Systemic enzymes. Read more about systemic enzymes.

3. Resolving nutrient deficiencies caused by chronic inflammation and a compromised immune system. In particular, it is useful to: Restore the balance of intestinal flora with probiotics, especially for those who need to use antibiotics and antifun-

gals to combat bacterial and fungal infections. Replace trace minerals. During chelation therapy, trace minerals should be replenished. Increase omega-3 by supplementing the diet with fish oil, nuts and seeds, and wild fish.

4. Making dietary adjustments. Chronic inflammation is usually seen in people who have diets with an unbalanced ratio of omega-6 and omega-3 essential fatty acids (EFAs). Omega-3 EFAs will actually help to decrease the amount of internal inflammation, thereby helping you to avoid chronic conditions. The Standard American Diet severely lacks omega-3 derived from healthy sources such as fish oil, wild fish, and nuts and seeds. A healthy dietary balance between omega-6 and omega-3 should be 1:1. However, due to our highly processed American diet loaded with bad fats (trans fats), the ratio is 15:1 (and can be as high as 30:1 in some cases).

“Save Yourself from the Hidden Killer, Silent Inflammation,” MSNBC - <http://www.msnbc.msn.com/id/6791181> - Accessed Sept. 2005
 “Inflammation, Heart Disease and Stroke: The Role of C-reactive Protein,” American Heart Association - <http://www.americanheart.org/presenter.jhtml?identifier=4648> - Accessed Sept. 2005
 “C-reactive Protein (CRP)” WedMdHealth - http://my.webmd.com/hw/health_guide_atoz/tu6309.asp - Accessed Sept. 2005

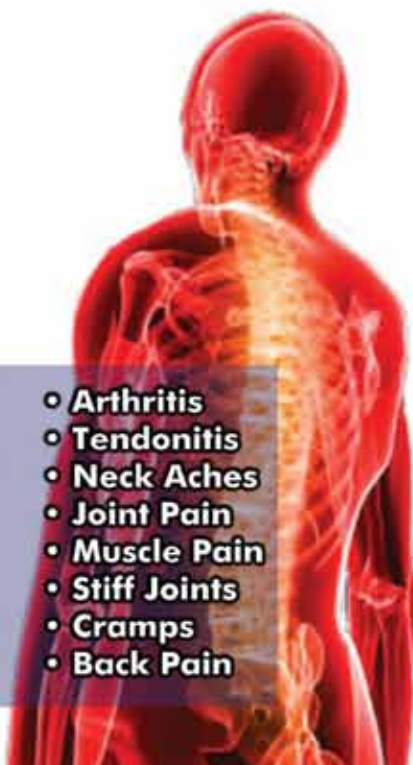
While a thermography exam does not specifically diagnose a particular disease, inflammation found in a thermography test is a general marker of infection and trauma that alerts medical professionals that further testing and treatment may be necessary.

Thermography exams can also tell you if you’re getting better, or if medical treatments and therapies are working.

For instance, inflammation levels decrease when aspirin is administered to cardiac patients or when enzymes such as bromelain and papin are taken by a patient for back pain. This can be seen quite easily with followup thermography testing.

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Funny Tummy?

Probiotic Foods Can Fix a Troubled Gut

by Kathleen Barnes

Gas, bloating, stomach cramps, diarrhea and constipation—each of these digestive issues indicates an imbalance of “good” and “bad” intestinal bacteria.

Chronic digestive discomfort is distressingly common. More than 60 million Americans suffer from irritable bowel syndrome (IBS), notes Dr. Mark Pimentel, director of the Gastrointestinal Motility Program at Cedars-Sinai Hospital, in Los Angeles, and author of *A New IBS Solution*. Many are too embarrassed to mention it to their doctor, so they suffer silently and learn to live with it.

Multiple Culprits

While digestive distress can visit most of us occasionally, regular bouts have increased due to high-stress lifestyles and unhealthy diets, according to Dr. Dustin James, a St. Louis, Missouri, gastroenterologist and author of *The Complete Idiot's Guide to Digestive Health*. “Getting home late after a stressful day, eating a high-fat meal and then going to bed is a recipe for problems,” he says.

James advises a food-free interlude of four to six hours before bedtime and notes that prescription and over-the-counter heartburn medications can actually worsen the problem over time.

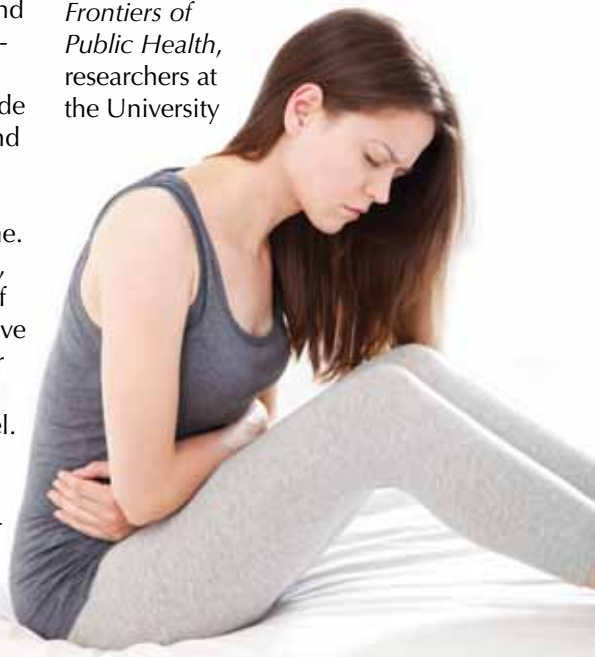
Pimentel, citing his own research, also suggests that even a minor case of food poisoning may unbalance digestive bacteria enough to cause problems for years. “We think food poisoning leads to bacterial overgrowth,” says Pimentel.

In his clinical experience, James says about 10 percent of IBS cases can be connected to the food poisoning theory. Although such cases are typically treated with an antibiotic, rifaximin, many experts ironically attribute bacterial overgrowth to the

use of antibiotics. All antibiotics, taken for any reason, indiscriminately kill both good and bad intestinal bacteria, ultimately creating unbalanced bacteria colonies in the digestive tract, says James. “There can be bad long-term effects,” he advises. James’ antibiotics theory is affirmed by a major Australian review of current research on the links between antibiotics and intestinal bacterial overgrowth.

Sugar is another culprit as are antibiotics in dairy products and meats, which can also aggravate digestive problems. Sugar feeds the growth of unfriendly bacteria and yeast and antibiotics kill friendly bacteria, contributing to imbalances.

The U.S. obesity epidemic has even been linked to digestive problems. In a study published in the journal *Frontiers of Public Health*, researchers at the University



of California-Berkeley warn against long-term exposure to antibiotics through their widespread use in the dairy and meat industries. One animal study from Washington University, in St. Louis, showed that intestinal bacteria tend to extract more nutrients—and more calories—from the same foods when eaten by obese animals than when ingested by thinner ones. This helps explain why obese people tend to stay obese without heroic measures.

Good Food Solutions

There is considerable agreement that probiotics—live bacteria such as those contained in fermented foods like quality yogurt—help rebalance beneficial bacteria in the digestive tract and ease ailments that include IBS. Due to U.S. food regulations, yogurt is routinely pasteurized, which kills its probiotic benefits; conscientious suppliers then add active digestive microorganisms, like *Lactobacillus acidophilus*, *Lactobacillus bulgaricus* and *Streptococcus thermophilus*, back into their products.

“Check yogurt labels for specific names of the species and a certification that it contains live cultures,” counsels Maria Marco, Ph.D., an assistant professor of food science at the University of California-Davis.

Coconut yogurt may be preferred by those with dairy-free diets. Dairy is acid-forming and can be difficult to digest.

Many fermented foods can provide the same probiotics to ease digestive woes and restore a healthy balance

of the right bacteria. Sauerkraut, rich in *Lactobacillus* and other strains of healthy bacteria, is at the top of the list. It’s easy to make super-healthy sauerkraut at home with shredded organic cabbage and salt.

Other fermented foods to put high on a natural probiotic list include: miso, kefir, tempeh, soft cheese, kimchi, sour pickles and sourdough bread.

James recommends two daily servings of high-quality yogurt or other fermented foods to obtain the 2 to 5 billion live bacteria needed to restore gut health. “Every human is unique; try different products in search of what works,” he says.

Probiotic supplements may be more effective for people with serious digestive distress that need higher bacterial counts and the product label may provide specifics of the bacteria and strains. “For example, *Lactobacillus rhamnosus GG* is a strain that has been proven to be effective against antibiotic-induced diarrhea,” Marco explains. High-quality probiotics usually require refrigeration to keep the bacteria alive.

In addition, there are many non-fermented foods, including certain juices, candies and energy bars, with specific strains of bacteria added that have probiotic effects.

Kathleen Barnes is the author of a wide variety of natural health books including 8 Weeks to Vibrant Health, with Dr. Hyla Cass. Connect at KathleenBarnes.com.

Simple Sauerkraut Recipe

It’s easy to make a healthy batch of sauerkraut in a glass quart canning jar in as little as three days.

Organic cabbage, finely shredded
1 Tbsp sea salt or other natural salt

Mix salt and cabbage together in a large bowl, squeezing the salt into the cabbage. Cabbage will become limp and begin to release its juice.

Tightly pack cabbage and juice into a clean glass canning jar. Keep the cabbage submerged in liquid; if necessary,

use a smaller canning jar loaded with marbles or stones.

Cover jar with a clean cloth or piece of cheesecloth and keep it in a cool place.

Jar contents will begin to bubble, signaling that fermentation is taking place (note that conventional cabbage additives may interrupt the fermentation process).

It’s ready to eat in three days, but keeps well for several weeks in the refrigerator.

Primary source: TheKitchen.com

Safe Digestive Relief

In addition to fermented foods, these foods offer digestive relief.

Ginger: Safe enough to quell the nausea of early pregnancy, ginger can offer relief from nausea, gas and even colic in babies.

Peppermint Oil: A traditional remedy now validated by science, peppermint oil can relieve irritable bowels and heartburn. Consider enteric coated (acid resistant) capsules that can impact the small intestine, where relief is needed.

Fennel: This mildly licorice-flavored seed hasn’t been extensively studied, but lovers of Indian cuisine have traditionally used it to promote smooth digestion after consuming curry-laden meals.

Sources: American Botanical Council; Mayo Clinic, MN; Baylor University, TX; University of Michigan; University of Rochester, NY

My skin is firmer, has fewer wrinkles, there is less puffiness under my eyes and my age spots are greatly reduced. Most surprisingly is what it has done to my neck. The crepey skin is gone and so are the little jowls on my 54 year old face. I can't believe it.



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

How does it Work?

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

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



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Three bowel movements a day is considered a very healthy body.

Jean-Pierre Raufman, MD

Gastroenterologist at University of Maryland School of Medicine

"The digestive tract contains more bacterial cells than there are cells in the entire body."

Dr. Steven T. Castille

Director of the Natural Health Center

Bowel movements more than 16 hours are too long. This indicates wastes are sitting inside your colon too long, and substances that were supposed to be eliminated now are absorbed back into the bloodstream and can interfere with your system.

Your digestive system is remarkably efficient. In the space of a few hours, it extracts nutrients from the foods you eat and drink, processes them into the bloodstream and prepares leftover material for disposal. That material passes through about 20 feet of intestine before being stored temporarily in the colon, where water is removed. The residue is excreted through the bowels, normally within 6 to 12 hours.

Volleying Life

Gabrielle Reece on Her Balancing Act

by Christine MacDonald

Gabrielle Reece has been called one of the world's most influential women in sports and one of its most beautiful athletes. In her 20s, she built a career as both a fiercely competitive pro volleyball player and a fashion model. Since then, she's written books and become an expert on women's peak fitness and overall well-being, all while raising three daughters with her husband, Hawaiian surfer Laird Hamilton. Plus, she volunteers for environmental organizations such as the National Resources Defense Council and RainCatcher, a nonprofit bringing safe drinking water to people in need.

How do you find time for and balance all the roles you play in life—athlete, spouse, parent, businesswoman and volunteer?

Juggling life is hard for everyone. Living day-to-day, taking care of kids and paying bills is a challenge. There are ways to make it all more manageable, but for me, there is a level of discomfort, challenge and difficulty, as well as moments of joy. I think women are sometimes thrown off-balance by some difficulty, instead of saying, "OK, how am I going to strategize and make it all work for me and my family?"

We don't give enough credit to having great girlfriends. I don't mean people you go to lunch with—I mean real allies. People that give you good advice and are strong for you, that will



take your kids and you'll take theirs. I think that is an underutilized tool. I always encourage women to approach life with a strategy and use each other to help navigate it, because that makes it a little easier.

Which role is most important to you and where does self-care fit in?

At this time in my life, being a mother is the most important. When my girls are older and more independent, then their demands on my time will lessen. But I don't think I'd ever blindly put one role over the other, because they are all connected. I just approach them with different parts of my personality. My work is intellectual, while being a mom is instinctual. Being in a relationship is a whole other ball of wax that I approach with the same diligence. Taking care of myself is at the center because I wouldn't be able to do anything successfully if I am not well myself.

With your busy schedule, how do you find time to work out and stay in shape?

I think it's been about momentum. I had the good fortune of training and eating well since I went off to play volleyball in college. That sort of steam made it easier as I added work, a partner and children. I think it's more difficult for women that don't have that experience. When they enter "the real world" and add a big career or long hours, a partner or family, it becomes difficult to establish that grounding in healthy practices.

You have to create the environment in which you are going to succeed. That takes years. At some point, you have to be honest with yourself. For me, I know I won't get exercise or anything else done if I stay home. There are some things I can go to a gym to do that I can also do at home but know I won't, so it's about creating an environment that activates good intentions.

How do you choose to expend your volunteer efforts?

Laird and I are usually quick to be on board with anything that involves the environment and people. These causes are near and dear to everybody, but make special sense for us, given the amount of time we have lived and worked outside.

As a mother, do you feel a special concern for being a good environmental steward?

I felt this way even before I had children because I had the luxury of playing beach volleyball. I grew up in the Caribbean and have always tried to be a benefactor of the beautiful outdoors. It adds another layer of motivation when you start thinking about your kids and the opportunities they will or will not have in their future.

In Hawaii, the Polynesians traditionally didn't believe in ownership, but in being stewards of an area. That's how I feel about the place where we live now. The ultimate for me would be to leave it better than I found it.

Christine MacDonald is a freelance journalist in Washington, D.C., whose specialties include health and science. Visit ChristineMacDonald.info.

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Body Ease

Fluid, Flexible Movement Can Be Ours

by Sarah Todd



Bad habits are hard to break—and it's even harder to eliminate those we are unaware of. Many people experience pain from unconscious physical patterns such as hunching over a computer keyboard or holding a musical instrument at an uncomfortable angle, but don't know how to identify and change limiting positions. This calls for body movement re-education.

Alexander Technique

"Let's say you're a runner and didn't realize that you were running in a lopsided way," explains Alexander Technique practitioner Beret Arcaya, who has taught

the practice in New York City for almost 30 years. Students learn to retrain their thinking, movements and posture for better natural alignment.

"It helps you understand how you're making an argument between yourself and gravity," she says.

Invented by Australian thespian F. Matthias Alexander at the end of the 19th century as a means of improving his onstage presence, the Alexander Technique is highly regarded by actors and entertainers, yet anyone can benefit from it, according to Arcaya.

In typical one-on-one sessions, Alexander movement practitioners use a light, gentle touch and verbal instruction to show students how to realign their head,

neck and upper back while standing in front of a mirror, which helps the rest of the body attain a more natural position. Next, students learn to move through routine activities like sitting, walking and bending in ways that replace damaging habits with easier movements.

The technique is easily modified to meet individual needs, Arcaya says, citing a former student that suffered from hemophilia. "He could hardly bend his knees, and he had little mobility in one elbow; he was terribly stiff," she recalls. While the technique couldn't treat the disease, "It allowed him to skillfully use his remaining uninjured tissue." One day, when he returned from a three-mile walk with his young son, he was beaming. "I walked with a freedom and a lightness," he said, "I didn't want to stop."

A 2008 study in the medical journal *BMJ* found that patients with chronic back pain experienced long-term benefits from Alexander Technique exercises and lessons. People with Parkinson's disease also improved their walking, speech, posture and balance through Alexander training, according to a 2002 study in *Clinical Rehabilitation*.

Feldenkrais Method

Others in need of movement re-education use the method founded by physicist, electrical engineer and judo black belt holder Moshé Feldenkrais in the mid-20th century. Feldenkrais was familiar with the Alexander Technique, and the two methods share the same

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fundamental goal of helping students change harmful patterns through movement exploration, touch and dialogue.

The Feldenkrais Method avoids concepts of “right” and “wrong”. Instead, the practitioner leads students through gentle, slow-movement sequences, mostly on the floor, while asking questions about subtle details as they experience options. This sharpens sensory awareness of how to perform each movement with maximum ease. In one-on-one sessions, the student is passive while the practitioner’s hands suggest various non-habitual movements to widen his repertoire. It all increases flexibility, balance, fine motor skills and overall physical self-awareness.

Feldenkrais stated, “What I’m after isn’t flexible bodies but flexible brains; to restore each person to their human dignity.”

Seniors that practiced the Feldenkrais Method enhanced their balance and mobility, according to a 2010 study published in *The Journal of Alternative and Complementary Medicine*. It may also alleviate symptoms of nonclinical depression, according to a 2011 pilot study reported in the *Journal of the South Carolina Medical Association*.

Trager Approach

Another entry point to such a bodily reawakening is the Trager Approach, invented by Dr. Milton Trager, an athlete who suffered from a congenital spinal deformity. “The intention of the practitioner in a Trager session is to introduce the client to a series of playful and pleasurable sensations as the session unfolds,” says practitioner Martha Partridge, of New York City, who works primarily with people that have Parkinson’s disease.

During tablework sessions, practitioners “bring awareness” of a specific movement by rocking, cradling and gently rotating a client’s body, Partridge explains. The feeling of effortless movement is further ingrained through a series of mental gymnastics, termed mentastics, that clients can do at home. The objective, says Partridge, is to help people have a sense of joy in everyday, common movement.

All three bodywork techniques can help people banish bad habits for good. “Gradually, aches and pains will go away,” Arcaya says. “You can undo the imbalances that have done you wrong.” Then go forward, doing things right.

Sarah Todd is a freelance writer in Brooklyn, NY. Connect at SarahToddlnk.com.

WHEATGRASS RESEARCH

Chlorophyllin Influences Death of Colon Cancer Cells

Caspase-8 and Apoptosis-inducing Factor Mediate a Cytochrome c-independent Pathway of Apoptosis in Human Colon Cancer Cells Induced by the Dietary Phytochemical Chlorophyllin.

Dians, GD., Li, Q., Dashwood, RJ. Cancer Research 63, pp.1254-1261, 2003.

Background: Chlorophyllin is a substance similar to chlorophyll. It was studied because it has anti-cancer properties. Chlorophyllin is especially interesting because it also has been used to protect at-risk individuals from chemically-induced cancer.

Laboratory/Animal Study: Human colon cancer cells were treated with a number of different doses of chlorophyllin and the cancer cells were studied before and after the treatment. The researchers looked at markers for a type of pre-destined or programmed cell death called apoptosis.

Conclusions: The study found that chlorophyllin was able to induce cell death—apoptosis. They discussed the possibility that chlorophyllin might be interacting with “death receptors” that eventually cause the death of the cancer cell. There were other markers detected for a tumor suppressor gene, which leads to the possibility that chlorophyllin can cause the death of colon cancer cells by a number of different methods and may be useful in preventing colon cancer as well.

1. Egner, PA., Muñoz, A., Kensler, TW. Chemoprevention with chlorophyllin in individuals exposed to dietary aflatoxin. Mutat Res. 2003 Feb-Mar;523-524:209-16.

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LIVE YOUR SONG

It Keeps Us in Tune with Ourselves

by Jill Mattson

Listen to a traditional West African Griot story: When a tribal woman knows she is pregnant, she goes into the wilderness with a few friends to pray and meditate until they hear the song of the child. They recognize that every soul has its own vibration that expresses its unique flavor and purpose. When the women attune to the song, they sing it out loud. Then they return and teach it to everyone else.

When children are born into the tribe, the village community gathers and sings their song, one unique melody for each unique child. Later, when children begin their education, the village again gathers to chant each child's song. They sing upon the initiation of adulthood and at the time of their marriage. If at any time someone commits a crime or aberrant social act, the villagers will circle the individual and chant their song, recognizing that

the proper correction is love and the remembrance of identity, because when you recognize your own song you have no desire or need to do anything that would hurt another. Finally, when the soul is about to pass from this world, family and friends gather at the bedside, as they did at birth, and sing the person to the next life.

In any culture, a friend is one that knows our song and sings it to us when we have forgotten it. Those that love us are not fooled by the mistakes we've made or the dark images we hold about ourselves. They remember our beauty when we feel ugly; our wholeness when we are broken; our innocence when we feel guilty; and our purpose when we are confused.

Life always reminds us when we are and when we're not in tune with ourselves. When we feel good, we are matching our song. We may feel a little wobbly at

times, but so have all the great singers. If we just keep singing, we'll find our way home. In the end, we shall all recognize our song and sing it well.

Modern pioneers in vibrational energy like Sharry Edwards (bioacoustic biology) and Donna Eden (energy medicine) have independently detected that each of us has a fundamental signature frequency that can be equated to our unique song that persists throughout life. We innately seek natural sounds that reinforce and strengthen our song such as the surf, wind or birds. Even the stars and heavens offer songs out of our hearing range that benefit cell-to-cell vibrations within that we intuitively feel as the magic of a midnight sky.

At one with the universe, our song contributes its part in the infinite chorus of creation.

Jill Mattson is an author, artist, musician and sound healing composer. Her books and CDs, based on 20 years of studying ancient civilizations, support healing and personal growth. Connect at JillsWingsOfLight.com.

The Griot story is based on an interpretation by Jane Maluka and Dan Millman.

NATURAL MEDICINE

Infrared saunas promote emotional well-being. In a study of 45 people, mood was measured before and after an infrared sauna. Afterward, the participants had less anxiety, depression, and anger, reported Japanese researchers in the journal *Complementary Therapies in Clinical Practice*.

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Zerona Treatment Overview

Treatment with the Zerona laser is easy, painless, and care-free. Each session takes less than an hour; the low-level laser is used for a total of 40 minutes. The laser is applied to the targeted area, which is generally a combination of the waist, hips, and thighs, for 20 minutes. The patient then turns over and the very same treatment is applied to the opposite side. The minimum suggested treatment period is two weeks, with three full sessions each week. You should consult your practitioner about the maximum results for your body type, weight, and target loss.



Many patients have described the session as relaxing, and even Zen. Some even try to catch up on phone calls with friends and loved ones as they lay down. You simply lay in a comfortable, stationary position for twenty minutes at a time, in a relaxed environment, while the cold laser does all of the work. Since the Zerona uses cold laser technology, you feel nothing during the procedure. You may feel a bit different and lighter as you exit the treatment center due to the bio-stimulation that begins in your body.

You are always welcome to listen to music, or just close your eyes and rest during the procedure. Listening to white noise such as running water or ocean waves is always a relaxing way to spend the forty-minute sessions. Ultimately, the treatment with a Zerona laser is a stark contrast to traditional methods of fat reduction procedures such as liposuction and gastric-bypass surgery. With Zerona, you can simply lie down, relax, and let the laser do all the work.

The Science Behind Zerona

Four separate histological studies were performed to assess the efficacy of laser in the emulsification (liquefaction) of fat. Scanning electron microscopy (SEM) and transmission electron microscopy (TEM) were utilized to analyze adipose tissue. SEM and TEM images revealed the collapse of adipose arrangements subsequent to laser therapy. The voluminous state of an adipocyte cell is reduced due to the emulsification process. The fatty material is evacuated from the cell and moves into extracellular space. The voluminous nature of adipocytes due to the accumulation of fatty material is what gives rise to an enlarged subcutaneous fat region. Zerona induces the formation of a transitory pore in the membrane of the fat cell. The pore enables the fatty material to seep out across the aperture and into extracellular space.



The Science Behind Zerona

Call 896-4141 to schedule an office visit and consultation.



Pain-Free Pooch

Five Natural Therapies that Work

by Jennifer Kachnic

Because dogs won't always let us know when they're hurting, some people assume they don't experience pain the same way we do, but that's not the case. Instincts retained from their wild heritage will generally prompt them to hide pain as it's a sign of weakness.

The truth is that arthritis and muscle or joint injuries are just as uncomfortable for dogs as they are for us, and many canine illnesses generate significant pain. While conventional medications can ease discomfort, they're not the only or even the best options in many cases.

Alternative therapies can be helpful in managing and relieving pain and work best as part of a whole body wellness program designed for a dog's individual needs. To that end, always consult with an integrative veterinarian before starting any new treatment. Together, practitioner and owner will note that some of the following modalities may be contraindicated in some situations—for example, massage should never be performed on or near a tumor.

Canine Massage: Dogs love massage because they crave being touched. Physical contact from another being provides a calming effect and brings comfort. Skin, the largest sense organ in the body, is loaded with sensory receptors and nerve endings that register touch, temperature and pain, and send information to the brain. Massage

therapy relaxes muscles and also stimulates endorphins, increases circulation, elevates oxygen levels, flushes toxins, helps with inflammation, strengthens the immune system and accelerates healing. All of these benefits can contribute to effective pain management.

Acupuncture and Acupressure: Both of these time-honored modalities are based on the concept of keeping vital energy flowing through the body and seek to stimulate key points along the energy meridians beneath the skin. Acupuncture involves the insertion of small needles at these points, while acupressure uses fingers to apply pressure to the same points. Both modalities are widely known to assist in managing pain and anxiety.

Energy Healing: Here, the practitioner improves the flow of energy in an animal's body using a range of gentle and powerful natural therapies. During a treatment, the trained healer sends subtle energy through the hands to promote physical and emotional balance and healing. While conventional medicine follows the belief that treatments for disease or injury must be strictly biological, energy medicine works to restore

the patient's health by treating the mind, body and spirit in nonphysical ways. Energy healing modalities available for dogs include Reiki, qigong, Healing Touch and Tellington Touch.

Cold Laser Therapy: Developed more than 20 years ago, cold laser therapy has become a popular alternative treatment around the world for aches and pains in dogs. It directs highly concentrated coherent light waves to muscles, tissues and organs, reducing inflammation and muscle spasms. It's also applied to disc and other spine-related issues. Low-level cold laser therapy is painless, noninvasive and takes only minutes. The effects are similar to those provided by non-steroidal medications, with negligible negative side effects.

Hydrotherapy: The benefits of swimming are renowned. When dogs swim, they feel a resistance to movement, which makes a vigorous five-minute swim virtually equivalent in energy expended to a five-mile run. Some dogs like swimming even better than running. Hydrotherapy, which includes exercise on an underwater treadmill combined with swimming, is particularly helpful. The effect on senior dogs is especially dramatic, affording them a painless and enjoyable way to move about and exercise. Water's natural buoyancy supports the dog, lessens stress on joints, facilitates greater movement and provides a safe and healthful form of exercise for those suffering injuries, disease or pain.

The best choice of therapies for an individual animal will depend on the dog's condition and recommendations by the family veterinarian. Selected and practiced properly, these complementary modalities can make a major impact in a canine's physical and emotional well-being, while minimizing or even eliminating the need for medications.

Jennifer Kachnic is the author of Your Dog's Golden Years: Manual for Senior Dog Care Including Natural Remedies and Complementary Options. She is a certified canine massage therapist, animal Reiki practitioner and certified therapy dog handler with the American Humane Association. Learn more about this president of The Grey Muzzle Organization at GreyMuzzle.org.

Scholarship Application

Pay-It-Forward Acadiana Scholarship Fund

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The Pay-It-Forward Scholarship Fund is funded by local businesses, professionals, and community leaders who believe in helping local students reach their educational goals and who want to build a better Acadiana community. Scholarships are awarded to deserving Acadiana students who are enrolled in college, technical school, or high school. Applicant must demonstrate strong academic merits and participate in community (church, school, athletic, dance, arts, etc.) extracurricular activities that build character, strong moral skills, and who serve to improve the community through healthy living, simple living, and green consciousness.

Last Name	First Name	MI	Email Address
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Permanent Home Address (Address, City, State, ZIP)	Mobile Tel#	Home Tel#
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Mother's Name	Email Address	Mobile Tel#
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Father's Name	Email Address	Mobile Tel#
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School Attending	Year Began	Anticipated Graduation Date	Classification	Current GPA
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Brief statement of what community extracurricular activities you currently or previously participated in.

Brief statement why you enjoy Natural Awakenings Magazine.

Brief statement of financial needs.

Brief statement of any other business, community leaders, or professionals you would like to see sponsor this scholarship in the future.

AGREEMENT: All above information is correct. If I am awarded funds from the *Natural Awakenings Magazine* Pay-It-Forward Scholarship Fund, it is my intention to join the *Natural Awakenings* Community Association. I will work to promote healthy-simple living and green consciousness in my community. SCHOLARSHIP AWARD GUIDELINES: A minimum of one and maximum of five scholarships will be awarded each month and must be used towards the student's academic tuition, books, boarding, or living expenses. The amount of the scholarships awarded are determined based on the availability of funding from the scholarship sponsors. Please encourage local businesses, community leaders and professionals you know to help sponsor this scholarship fund. You may attach (but not required) letters of reference and an essay on how you promote healthy living in your community. If selected additional information may be requested. See our website or office for full guidelines.

Please submit your application to Attention: Dr. Steven T. Castille, Scholarship Chair: *Natural Awakenings Magazine*, 100 E. Angelle St., Carencro, LA 70520. You may email applications to publisher@NAacadiana.com or FAX to (337) 205-6191.

calendarofevents

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

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

SATURDAY MAY 3

Acadiana 4-H Horse Camp – 8am-6pm. See May 2 listing. SugArena, Acadiana Fairgrounds, 713 NW Bypass (Hwy 3212), New Iberia. 337-365-7539. SugArena.com.

Be a Heart Starter – 8-10:30am. Save a life, attend bystander CPR training. Two 2-hour training sessions. Demonstrations on administering CPR to an infant and child along with how an Automated External Defibrillator (AED) works. Middle school age and older. Advanced registration requested. Free. Cajundome, Lafayette. 877-242-4277. HeartStarter.org.

Delcambre Seafood and Farmers Market – 8am-1pm. Enjoy what's fresh for the season from area farms and local waters, along with tasting opportunities and recipes, live music, kids' activities and other special events. Delcambre Shrimp Festival Grounds, 409 E Main St, Delcambre. 800-884-6120 ext 7. Facebook.com/DelcambreMarket.

Sunset Herb Festival – 9am-4pm. Everything for the garden enthusiast: plants, herbal products, pottery, garden art and 3 informative presentations. Children's area includes games, face painting and Kids' SAFE activities. Food trucks available. \$5/adults, free/children under 6. Sunset Garden Club. Marie St, Sunset. 337-662-3542. SunsetHerbFestival.com.

Chapbook Workshop – 1-4pm. Thru Sat, May 4. Poet, author J. Bruce Fuller presents this workshop on how to construct and fill a Chapbook. Small collection of poetry contains 30-35 pages saddle-stitched and well suited for smaller print runs. Learn about publishing a Chapbook. \$80 (NUNU members/\$60) for 6 hours of instruction. Class size is limited. Patrice Melnick. NUNU Arts and Culture Collective, 1510 Courtableau Rd (LA 93E), Arnaudville. 337-484-9190. NunuCollective.org.

Dancing with the Stars in a Caring Way – 6-8pm. See May 2 listing. Crowley Christian Care, Community Outreach Corp & Rotary Club. Kim Gattle. Grand Opera House of the South, Crowley. 337-785-0440. CrowleyDanceStars.com.

SUNDAY MAY 4

Thensted Center Family Fun Day – 8:30am-5pm. Have lots of fun and enjoy BBQ chicken and pork dinners for \$7. Purchase plants, sweets, homemade candies and sweet dough pies. Children's games, Bingo at noon, Trash and Treasure booth available. Health buggy to check blood pressure. Free. Thensted Center, 268 Church St, Grand Coteau. 337-662-5838.

Chapbook Workshop – 1-4pm. See May 3 listing. NUNU Arts and Culture Collective, 1510 Courtableau Rd (LA 93E), Arnaudville. 337-484-9190. NunuCollective.org.

TUESDAY MAY 6

Southern Regional Mine Rescue Competition – 7am-5pm. Metal/nonmetal mine rescue competition. SugArena, Acadiana Fairgrounds, 713 NW Bypass (Hwy 3212), New Iberia. 337-365-7539. SugArena.com.

WEDNESDAY MAY 7

Southern Regional Mine Rescue Competition – 7am-5pm. See May 6 listing. SugArena, Acadiana Fairgrounds, 713 NW Bypass (Hwy 3212), New Iberia. 337-365-7539.

THURSDAY MAY 8

Love Stories From Thin Space – 10am-12pm. Kathryn Elliot PhD provides encouragement that death does not sever ties with loved ones and shares her stories of the ongoing connection with her husband after his death. Free, pre-registration required. Hospice of Acadiana Conference Center, 2600 Johnston St, Lafayette. 337-232-1234.

SATURDAY MAY 10

Great Bayou Teche Dog Paddle – 7am. Race from Parc des Ponts de Pont Breaux in Breaux Bridge to Cecile Rousseau Memorial Park in Parks on the Bayou Teche. Fun cruise with a four-legged friend or stuffed animal. Six divisions: men, women, mixed (a combination of men, women, boys or girls), boys, girls, and mixed youth. The competition is for trophies and certificates. \$40/paddler. St Martin Parish Animal Services. Parc des Ponts de Pont Breaux, 314 East Bridge St, Breaux Bridge. Info@TourduTeche.com.

FUR's 1st Annual Shelter Shin-Dig – 10am-6pm. A family and pet (leashed/harnessed) friendly event featuring live music, food trucks, local vendor booths, kid and pet friendly activities. Free. St Landry Parish Animal Shelter. Yambilee Building grounds, 1939 W Landry St, Opelousas. 337-277-4199.

Q-Ing on the Bayou: Boat Poker Run – 11am-8pm. Join the poker run in boats with live music and BBQ cook-off. North Pier Marina, 307 Isadore St, Delcambre. 337-658-2422.

SUNDAY MAY 11

The Color Run to Acadiana – 8am-12pm. 5-K, un-timed race where thousands of participants are doused from head to toe in different colors at each kilometer. Wear white at the starting line and finish in color. The fun continues with a Finish Festival equipped with music, dancing and massive color throws. Hearts of Hope Children's Advocacy Center, Sexual Abuse Response Center and Sexual Assault Nurse Examiners. Cajun Field, 201 Reinhardt Dr, Lafayette. 337-269-1557. TheHeartsOfHope.org.

THURSDAY MAY 15

Cruisin Cajun Country Cruise In – 8am-11pm. Thru Sat, May 17. Classic and muscle cars cruise into Louisiana's Cajun Country to experience attractions while spectators enjoy car shows and entertainment. Super 8 Hotel of New Iberia, 2714 Hwy 14, New Iberia. 337-316-0932. CruisinCajunCountry.com.

SATURDAY MAY 17

Breaux Bridge Lions Club's Rice & Gravy Cook-off – 8am-6pm. Activities and musical entertainment include all you can eat rice and gravy. \$5. Let's Paint "Our Bridge" Project. Henry Guidry Memorial Park, 103 Park Dr, Henderson.

SugaSheaux – 9am-6pm. Thru Sun, May 18. Regional horse show and ranch sorting competition. SugArena, Acadiana Fairgrounds, 713 NW Bypass (Hwy 3212), New Iberia. 337-365-7539. SugArena.com.

Armed Forces Day Ceremony – 6-8pm. A celebration of armed forces at home and abroad with a flag ceremony and patriotic music. Bouigny Plaza, 102 W Main St, New Iberia. 337-344-9397.

SUNDAY MAY 18

Hibiscus Show and Sale – 8am-3pm. The Mike Bernard Acadiana Chapter of the American Hibiscus Society presents the annual Hibiscus show and sale. Bloom entry competition is from 8-11:30am. Hibiscus plant sale and display of blooms from 1-4pm. Exotic varieties of hibiscus, fertilizer, expert advice, tips and memberships available. Free. Cathedral Carmel Gym, 848 St John St, Lafayette. 337-781-4992. AcadianaHibiscus.com.

WEDNESDAY MAY 21

19th Annual LEDA Job Fair – 9am - 3pm. The largest job recruitment event in Acadiana. Over 1,000 job seekers from throughout the region attend the event, and organizers expect large crowds. Cajundome Convention Center, 444 Cajundome Blvd, Lafayette. Lafayette.org/jobfair.

THURSDAY MAY 22

3rd Annual Sportsmen's Heritage Festival – 5:30-10pm. Thru Sun, May 25. Promote the area wetlands and woodlands that surround our community along with the Atchafalaya River. Celebrate heritage and the extraordinary wildlife and habitats. Free. Nall Park, 562 Front St, Krotz Springs. 337-566-3527. KSSportsmensHeritageFestival.com.

FRIDAY MAY 23

Creole Zydeco & Okra Festival – Thru Sat, May 24. Okra cook-off Saturday morning. Great food, crafts, carnival, on-site RV parking available. \$5/person, children 12 and under/free. Festival Grounds on Bayou Teche, 203 N. New Market St, St Martinville.

Bar L Rodeo – 8am-6pm. Thru Sat, May 24. Rodeo. SugArena, Acadiana Fairgrounds, 713 NW Bypass (Hwy 3212), New Iberia. 337-365-7539. SugArena.com.

SATURDAY MAY 24

Splash Bash – 10am-4pm. Swimming, arts and crafts, games, fun jumps, food and refreshments. New Iberia City Park, 300 Parkview Dr, New Iberia. 337-339-5903.

SUNDAY MAY 25

28th Annual Zydeco Extravaganza – A celebration of Opelousas as the home of Zydeco music with live music, food and fun for the entire family. Music performances feature some of our finest local Zydeco on both indoor and outdoor stages. \$15/pre-sale; \$20/at gate. Evangeline Downs Event Center, 2235 Creswell Ln, Opelousas. 337-234-9695. ZydecoExtra.com.

MONDAY MAY 26

Annual Memorial Day Program – 9am-12pm. Outdoor Memorial Day service in the Veteran's section of the Fountain Memorial Cemetery. Featured Knights of Columbus color guard, gun salute and

TAPS performance by VFW Post 9822. Veterans honored with patriotic musical selections. Reception to follow. Free. Fountain Memorial Funeral Home & Cemetery in Lafayette, 1010 Pandora St, Lafayette. 337-981-7098.

Memorial Day Ceremony – 6-8pm. A celebration commemorating all fallen soldiers with a flag ceremony, 21 gun salute and patriotic music. Bouligny Plaza, 102 W Main St, New Iberia. 337-344-9397.

WEDNESDAY MAY 28

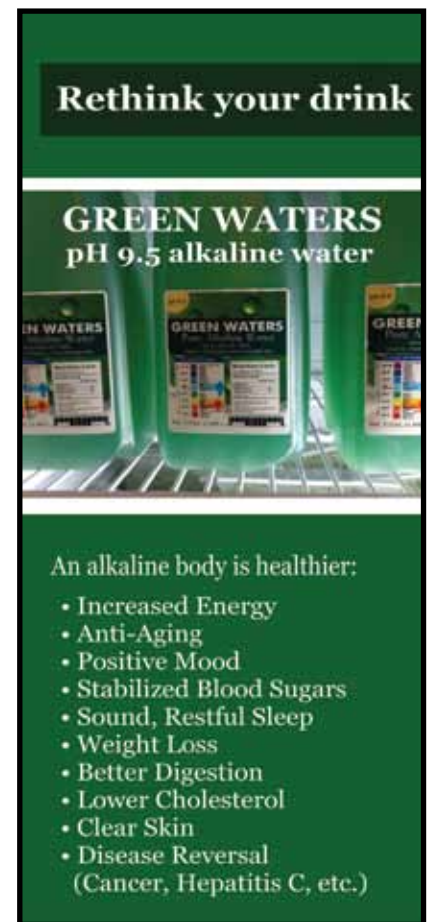
3rd Annual Village of Hope Gala – 6pm. Cross Catholic Outreach, a Catholic relief and development organization and Father Glenn Meaux (an Abbeville, LA native) of the Kobonal Haiti Mission, host this fundraiser gala with a live and silent auction. Dinner menu designed by internationally-renowned Chef John Folse, a Louisiana Chef "Hall of Fame" inductee. \$200/individual tickets or \$2,500/table of 8. Hilton Hotel, Lafayette. 1-800-914-2420.

THURSDAY MAY 29

Iberia Performing Arts League Presents "Wait Until Dark" – 7:30-9:30pm. Thru Sun, June 1. 3-5pm. Live theatre productions. 126 Iberia St, New Iberia. 337-364-6114. IPALTheater.com.

SATURDAY MAY 31

Daylily Festival and Garden Show – 8 am-3pm. Booths feature plants, garden items and gifts, educational speakers, food and more. Free. Magdalen Square, Abbeville. 337-893-8550.



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ongoing events

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sunday

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

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

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

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

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

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

monday

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

Yoga Class – 6-pm. 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.

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

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

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

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

tuesday

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

Baby Time – 9:30-10am. Class designed to introduce mothers, fathers, caregivers and babies to nursery rhymes, songs, finger plays and early literacy information. Ages 9-18 months. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

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

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

Acquired and Traumatic Brain Injury Support Group Meeting – 6pm. 3rd Tues each month. Help

to build you and your family a network of support to set out in a new, rewarding direction. Free. Our Lady of Lourdes Facility, Ambassador Caffery, Section One, Conference Room A. 337-856-1964 or 877-852-1964.

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

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

Mystery Book Club – 6:30-7:30pm. 3rd Tues each month. Hosted by the South Regional Library. The South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

wednesday

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

Toddler Time – 10:30-11am. See Tues listing. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

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

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

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

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

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

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

thursday

Opelousas Farmers' Market – 6-10am. See Tues listing. Farmers' Market Pavilion, Hwy 190,

Opelousas. 337-948-5227 or 337-948-6263. CityOfOpelousas.com.

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

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.

Rhythms on the River – 5:30-8:30pm. Live music, fun and refreshments. Leave ice chests and pets at home. River Ranch Town Square, Lafayette. 337-216-6566, RiverRanchDevelopment.com.

friday

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

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

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

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

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

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

saturday

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

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

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

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

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

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

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

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

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

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

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

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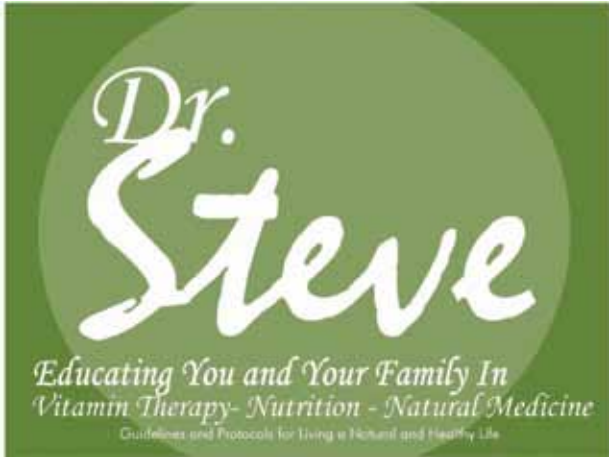
DHARMA Wellness Center: 662-3120

Natural Health Center, Carencro: 896-4141

Naturopathic Doctors

Natural Medicine

“finding the root cause”



DR. STEVEN T. CASTILLE, BSc, Ms, DNM
naturopathic medicine

Biochemist, Clinical Herbalist and Doctor of Natural Medicine

Bachelor of Science in Biochemistry, Master of Science in Engineering and Technology Management, Doctorate in Natural Medicine

Naturopathy is a form of alternative or complementary medicine.

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

The Basics of Naturopathy

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

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

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

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

Traditional Naturopaths

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



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

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

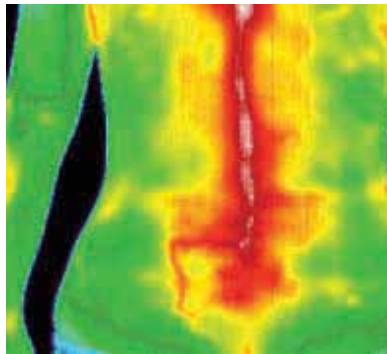
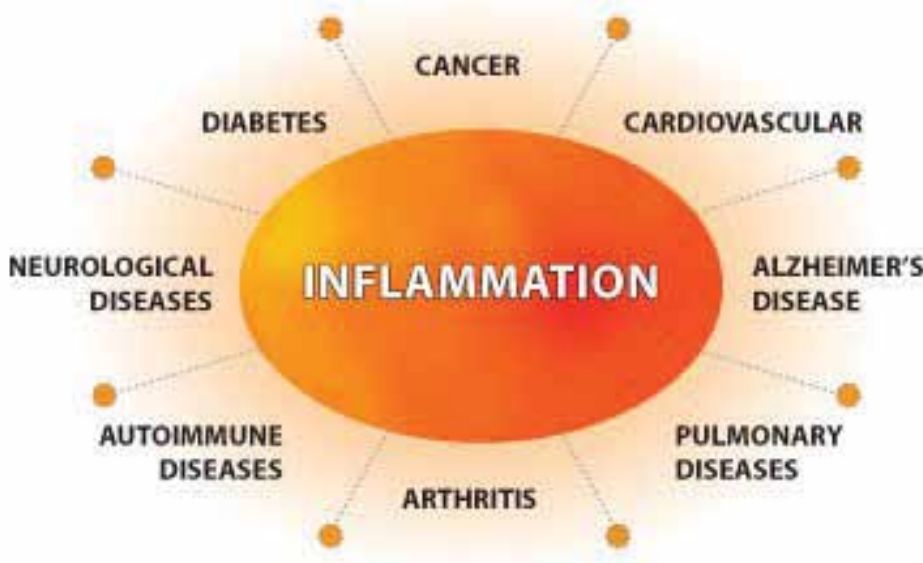
Is Naturopathy for Me?

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

What Can I Expect?

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

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- 60 Day Whole Body Vibration Weight loss Exercise (calorie burner)
- 8 Body Wrap Treatments (drops the water weight and burns calories)
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- 8 Ionic Foot Detox Treatments ^{**}(pulls the fat and waste out of the body)
- 8 Fatloss HydroTherapy Treatments (depress the body - burn more fat)
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- Relieves tension
- Reduces inflammation
- Improves the body's oxygen levels
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See
Page 48

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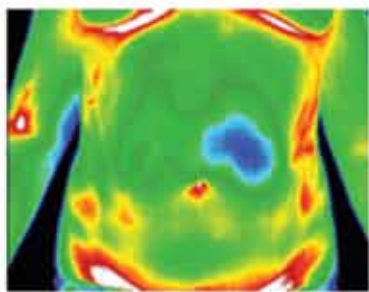
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WHE TEA

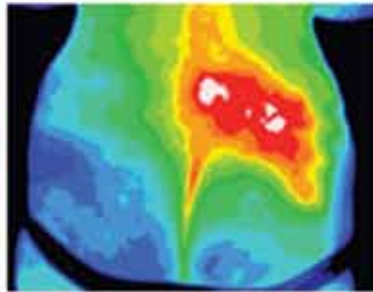
BUY 1 GET 1 1/2 OFF

Purchase one bottle of WheTea and get a second for 1/2 off the regular price

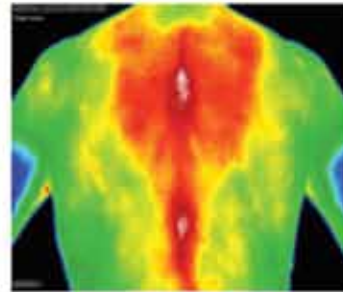
Offer Ends 6/30/14



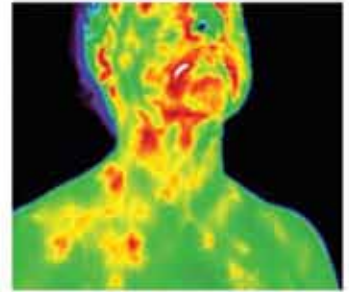
Hypothermia in the Stomach



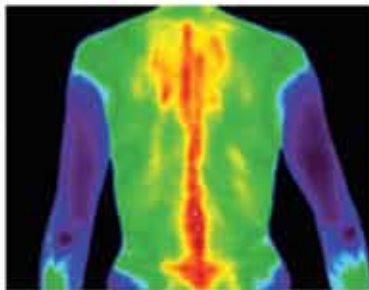
Shingles



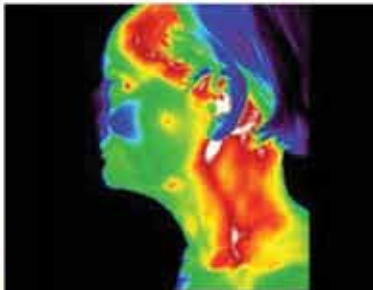
Lung Cancer



Periodontal Disease



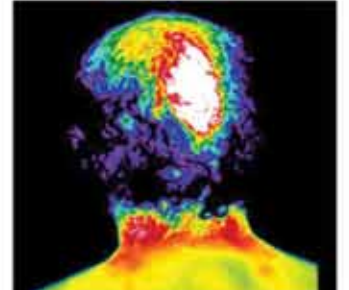
Spinal Inflammation



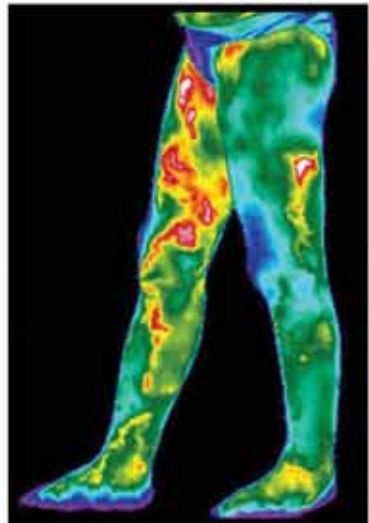
Carotid Artery Inflammation



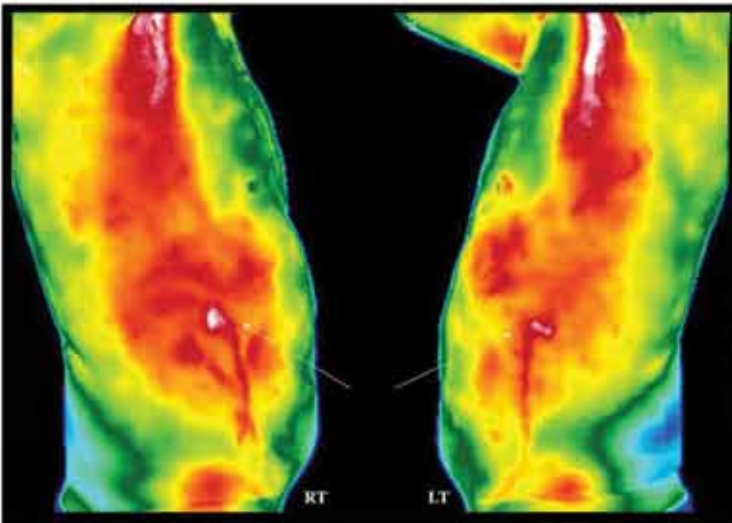
Poor Circulation Left 4th & 5th Finger



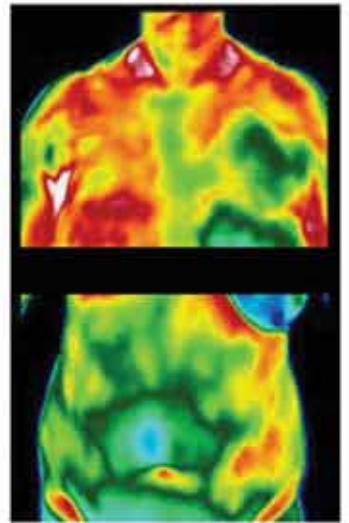
Melanoma-Scalp Cancer



Varicose Veins



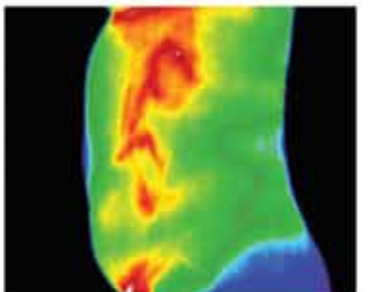
Bilateral Kidney Stones



Breast Cancer



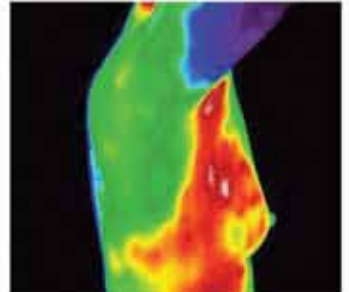
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



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