

HEALTHY LIVING HEALTHY PLANET

natural awakenings

feel good • live simply • laugh more

FREE

Special Issue
**Personal
Empowerment**

Practicing Gratitude

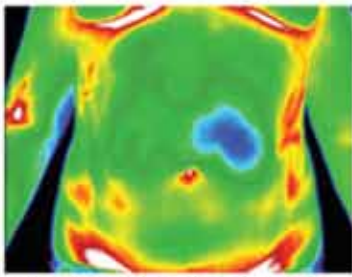
Create the Life You Want

**Growing Up
With Wayne Dyer**

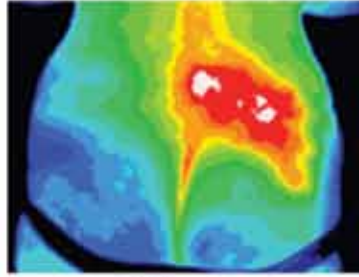
Text **SUBSCRIBE** and your name to (337) 424-5066 to Get your FREE copy of *Natural Awakenings Magazine* mailed to your home or office each month.

20 YEARS OF
PUBLISHING

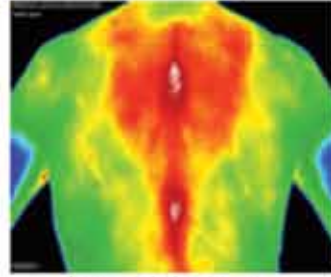
November 2014 | S.W. Louisiana-Acadiana Edition | www.NAacadiana.com



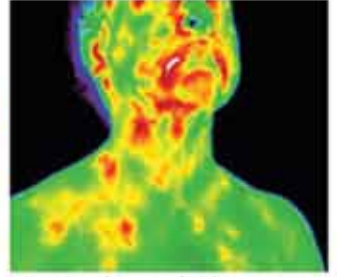
Hypothermia in the Stomach



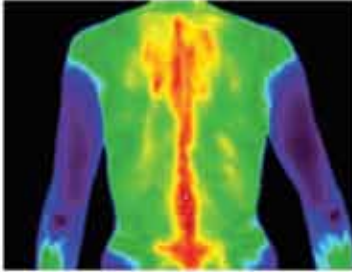
Shingles



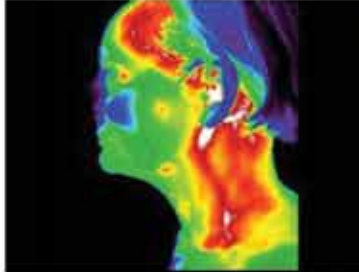
Lung Cancer



Periodontal Disease



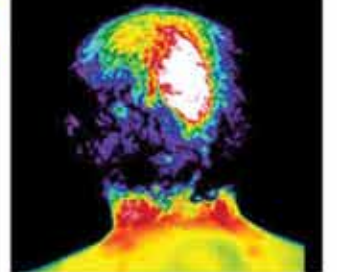
Spinal Inflammation



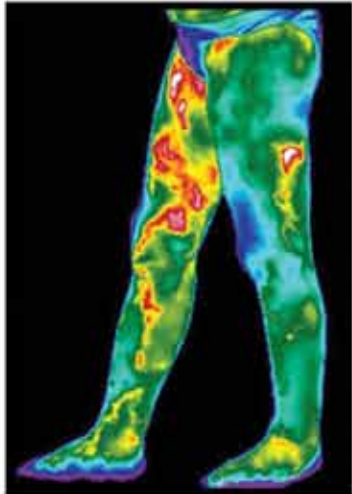
Carotid Artery Inflammation



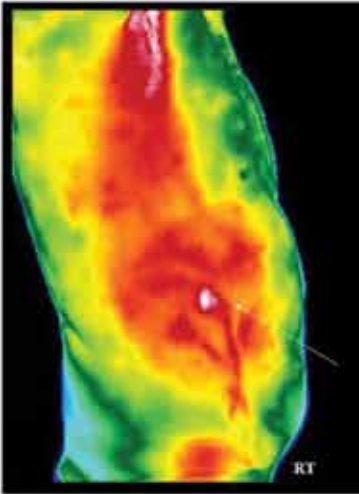
Poor Circulation Left 4th & 5th Finger



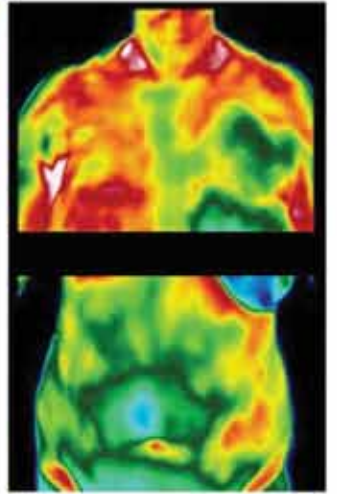
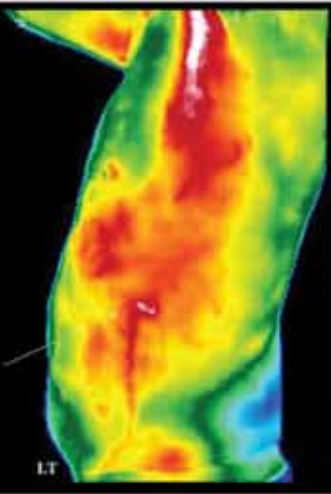
Melanoma-Scalp Cancer



Varicose Veins



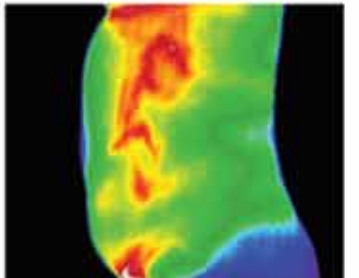
Bilateral Kidney Stones



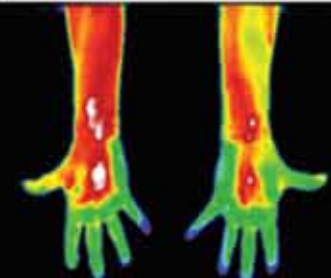
Breast Cancer



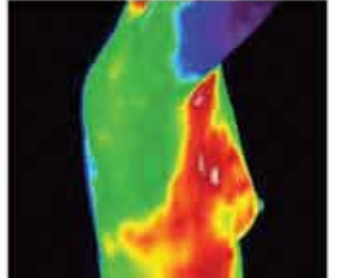
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



Lymphatic Congestion

\$94 Full-Body Thermography Screening




liteon
Natural Health Center
Powerful, Positive Healing for Life

Call **896-4141** to schedule

Thermography is used to:

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

LOOK CLOSELY

"Inflammation is at the root of practically all known chronic health conditions"

 **The RED**
is inflammation

CURE THE INFLAMMATION
CURE THE DISEASE

How Inflammation Affects the Body

BRAIN

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



SKIN

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



CARDIOVASCULAR

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



KIDNEYS

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



BONES

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



LIVER

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



THYROID

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



LUNGS

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



GI TRACT

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



MUSCLE

Inflammatory cytokines can cause muscle pain & weakness. Can manifest as carpal tunnel syndrome, or polymyalgia rheumatica, to name a few.



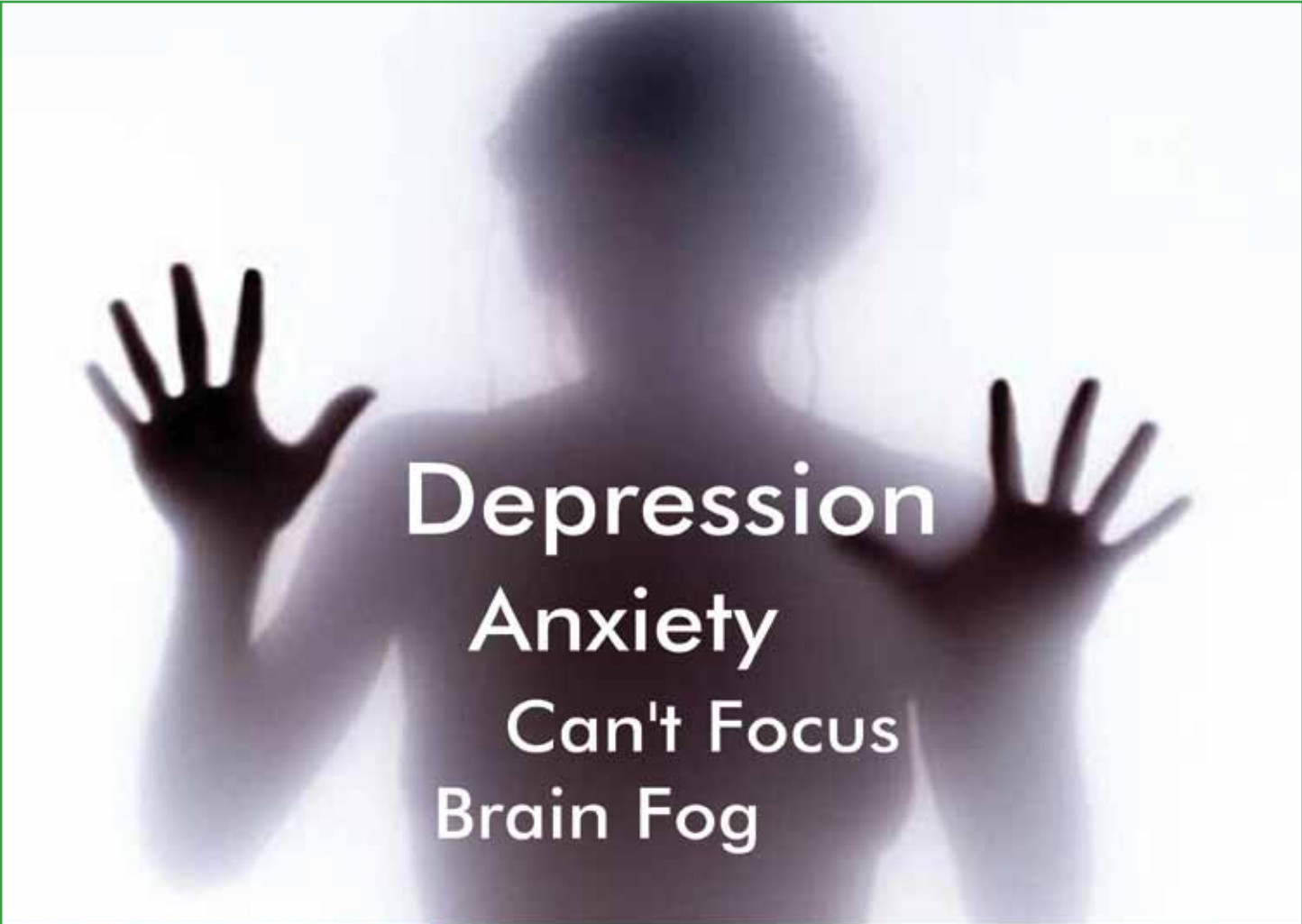
Thermography Medical Imaging

WE WILL FIND THE INFLAMMATION

Full-Body Thermography Exam only \$94. Call **(337) 896-4141**



Text **NATURALHEALTH**
and your name to
(337) 424-5066 and we
will text you a coupon for
1 FREE BOX of wheatgrass.



Depression
Anxiety
Can't Focus
Brain Fog



Mood Enhancer can help you.
OUR BEST DEPRESSION SUPPLEMENT FORMULA

Natural Health Center DHARMA Wellness Drug Emporium
896-4141 662-3120 261-0033



Get a VITAMIN TEST every 2-3 months and correct nutritional deficiencies.

Heal your body

96% of the American Population Die from Disease
4% will die in an accident.

Vitamin Deficiencies and Poor Nutrition
are the Leading Cause for Disease

See
Page 21

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

DHARMA Wellness Center

(337) 662-3120

CALL to schedule your 15 minute vitamin testing

\$39

\$340

6-Week Program

Natural medicine
Vitamin therapy
Holistic therapies
Massage
BODY DETOX

Sign Up
Today

NaturalHealthCentersOnline.com

896-4141

Find Your Balance

Discover the Benefits of Holistic Therapy



See
Page 67

Enroll in a 6-Week RESTORE HEALTH PROGRAM.

Week 1

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

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

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

Week 2

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

publisher's letter



Wake up calls are common when traveling and can be the sound of a beep, the radio, a CD, the sound of rain, the pounding surf, or crickets chirping. When traveling, the alarm clock in the hotel room can be used, or a call to the front desk can arrange a wake up call. In the past a real person with a friendly voice would make that call in the morning, but currently it's automated in most places – another sign of how we have lost touch with each other. As a child most wake up calls come in the form of a parent going into the room to make that wake up call. How many calls does it take for you to wake up?

Whichever it is – the alarm clock or the scheduled wakeup call – it signals the end of a night of sleep and the start of a new day. It signals the end of the warmth and comfort of your bed and the beginning of a day of work, school or whatever is planned for the day. It signals that it's time to get going, to start accomplishing something, to make a difference, and a new day is beginning. What is the purpose of your daily wake up call?

In the movie *The Blues Brothers*, a couple of ex-convict-wanna-be-musicians were trying to raise money for an orphanage. Anytime they were asked about their work, they had a standard response: "We're on a mission from God." They always said it, as if they believed it. The very idea that two inept, unworthy human beings could be on a mission from God was, of course, the central joke of the whole story. Although ironic, these ex-convicts were truly on a calling from God to help build this orphanage.

Here is the story of everyone's life: Each of us is on a mission from God. God has a calling for everyone. God's calls are not exclusive to pastors and missionaries. He calls everyone including plumbers and managers. For that matter, he calls individuals to be electricians, doctors, lawyers, teachers, chemists, sales persons, and housewives. He calls some to secular vocations, others to sacred vocations. A calling is not something reserved for just those going into full-time Christian service. Granted, we don't hear much about calling anymore, because our society is educated to think in terms of career. A calling is something God chooses for someone. A career is something that someone can choose. A career promises status, money, or power; a calling generally promises difficulty and even some suffering - but it's a mission, an opportunity to be used by God. A career is believed to be about upward mobility; a calling is believed to generally lead to downward mobility. A career ends with retirement and lots of "toys." A calling isn't over until the day you die. The rewards of a career may be quite visible, but temporary. The results of a calling may never be seen on this side of eternity, but it ensures a rewarded life ever after.

Dear Father God, I know that trust grows in Your presence. Thank You that I can know what faith is by what faith can do. Amen.

Think green, live peacefully, share your love,



Steve and Michelle Castille, Publishers



contact us

Publishers

Steve & Michelle Castille

Editor

Beth Davis

Writers

Tre' Gradnigo & Beth Davis

Outreach

Megan Reed, Simone Hebert,
& Tre' Gradnigo

Design & Production

Gail Babineaux & Steve Castille

Calendar

Michelle Castille, Lydia Castille,
& Lillyanna Castille

Distribution

Kelly Arnaud & Maranda Arnaud

To contact Natural Awakenings Acadiana Edition:

100 E. Angelle Street, Carencro, LA 70520

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

publisher@NAacadiana.com

www.NAacadiana.com

© 2014 by *Natural Awakenings*. All rights reserved. Although some parts of this publication may be reproduced and reprinted, we require that prior permission be obtained in writing.

Natural Awakenings is a free publication distributed locally and is supported by our advertisers. It is available in selected stores, health and education centers, healing centers, public libraries and wherever free publications are generally seen. Please call for a location near you or if you would like copies placed at your business.

DISCLAIMER: We do not necessarily endorse the views expressed in the articles and advertisements, nor are we responsible for the products and services advertised. We welcome your ideas, articles and feedback.

SUBSCRIPTIONS

Subscriptions are available by sending \$96 (for 12 issues) to the above address.

Natural Awakenings
is printed on recycled
newsprint with soy-
based ink.



contents



- 10 **news**briefs
- 16 **health**briefs
- 18 **global**briefs
- 19 **ecotip**
- 24 **healing**ways



- 28 **green**living
- 34 **healthy**kids
- 36 **conscious**eating
- 36 **wisewords**
- 41 **fit**body



- 42 **inspiration**
- 44 **natural**pet
- 48 **calendar**

advertising & submissions

HOW TO ADVERTISE

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

EDITORIAL SUBMISSIONS

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.

REGIONAL MARKETS

Advertise your products or services in multiple markets! Natural Awakenings Publishing Corp. is a growing franchised family of locally owned magazines serving communities since 1994. To place your ad in other markets call 239-449-8309. For franchising opportunities call 239-530-1377 or visit NaturalAwakeningsMag.com.

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 **POWERFUL YOU!**

Six Ways to Create the Life You Want
by Judith Fertig

24 **MIDDAY PICK-ME-UP**

Well-Planned Naps Boost Brainpower
by Lane Vail

28 **ECO-BEAUTY**

Homemade Shampoos, Lotions and Perfumes Make Great Gifts
by Kathleen Barnes

34 **BRING BACK THE MAGIC**

Give Kids the True Gifts of the Season
by Meredith Montgomery

36 **BEAUTY FOODS**

Kimberly Snyder Shows How to Eat for Radiant Skin, Eyes and Hair
by Judith Fertig

38 **GROWING UP WITH WAYNE DYER**

Serena Dyer Reflects on Her Spiritual Upbringing
by Lindsay McGinty

41 **CELLULITE SHRINKERS**

Five Simple Exercises to Smooth Thighs
by E.C. LaMeaux

42 **PRACTICE GRATITUDE** and Change Your Life

by April Thompson

44 **PLAYFUL PET GIFTS**

Animals Love Interactive Toys and Games
by Sandra Murphy



WEIGHT LOSS

You have tried everything
but you haven't tried BF-4.



\$45

BF-4

NOW AVAILABLE AT
Drug Emporium
Lafayette

Garcinia Cambogia

prevents fat cell
formation

Raspberry Ketone

helps fat cells shrink

Green Coffee Bean

signals the body to
burn stored fat

Chromium

builds muscle and
burns fat

BF-4 contains all the four major fat
burners. You have no choice but to
lose the weight. *Call 896-4141 for more information on where to buy.*

ORDER ONLINE

www.bf4onlinestore.com

Melt fat cells
Reduce stomach fat
Loose inches

Zerona Laser

Cold laser treatments that reduces stomach size by melting the stomach fat.



\$675
6 Treatments
\$850
12 Treatments

Zerona Laser
\$99 per treatment
(minimum 6 treatments recommended)

896-4141

STYLE
Modeling Agency
presents

HEALTH & BEAUTY EXPO



Published STYLE Models

Gionne Steib (left) and Kate Riggle (right)

Call STYLE Modeling Agency at 337-678-1500 to hire Gionne or Kate for your company's modeling work.

CASTING CALL

Upcoming
Health and Beauty
Expo

Text "MODEL" to (337) 424-5066 and include your best selfie photo, name, and email for more information.

Project Front Yard: Transforming Lafayette's Landscape

Keeping Lafayette beautiful and clean is the primary goal of Project Front Yard. From the festivals to the food, along with the unique style of music, Lafayette is known for having some of the best backyard fun that our state has to offer.



Project Front Yard is an initiative that brings together government, business, education and the media to address the landscape view of the Lafayette community. This community-wide project is designed to enhance the look of area roads, bridges and parks by promoting a mass-cleaning spree. The mission is to build awareness and stimulate an improved look to the face of Lafayette through simple clean up projects. Initiatives under Project Front Yard include revitalization of gateways, improved streetscapes, public art and river cleanup. In addition, Project Front Yard aims to eliminate litter, such as fast food bags and cigarette butts, that are scattered along roadsides and at stop lights. Project Front Yard focuses on improving the gateways into the city by incorporating public art into the landscape. These outstanding efforts are being fused and collaborated with the work of community groups that are already working diligently to improve the look of the community. With the support of several businesses along with major media outlets in the Lafayette area, Project Front Yard is poised to have a transformational impact on Lafayette and the surrounding communities.

For information, contact Katherine McCormick at Kmcormick@lafayettela.gov or 337-291-8200.

Eunice Main Street Days: Three Days of Celebration for Downtown Eunice



Eunice Main Street Days, scheduled for November 1, 8 and 15, are a complete celebratory culmination of activities honoring the unique culture of the Prairie Cajun Capital of Louisiana.

Eunice is a place to find good friends, great food and Cajun music nestled right in the heart of beautiful Cajun Country. The town also has a unique combination of attractions that catches the eye of many visitors looking for that perfect sportsman's paradise and even boasts the attributes of a quite retirement community. Downtown Eunice will come alive during three days of culture rich entertainment, the Eunice Main Street Days.

These days are filled with fun, entertaining activities and events for the entire family. This annual gathering of family, friends, and community leaders highlight the unique culture and lifestyle of an area rich in historic culture. The Eunice Main Street Days start off with the Eunice Art Walk, which includes several local businesses featuring a host of fine art exhibits. The remaining days are filled with museum tours, arts and craft exhibits, music and all the great food one can imagine. The event also hosts a farmers' market, which displays a number of exclusive baked goods, fruits and vegetables that are distinctively home grown.

Location: City Hall, 200 Park Ave., Eunice. For more information, call 337-457-6503 or visit Eunice-LA.com.

Smart Vend: Smarter Vending Choices-Coming To Acadiana

A better way to snack is making its way to Acadiana. Smart Vend Vending Company is making it easy to offer better snacking options for schools and businesses. Obesity rates have more than doubled in adults and children since the 1970s, according to the National Center for Health Statistics, and unhealthy snacking is a large contributing factor.



Smart Vend's machines are similar to normal vending machines, but the snacking options are lower in calories and sugar and higher in protein and fiber content. Each healthy choice snack is all-natural, certified organic and include items such as apple slices, string cheese, pop chips, celery/carrot sticks and others.

Each machine is specifically designed with a distinct selection of snacks uniquely tailored according to the individual needs of the location that it is serving. Smart Vend vending machines are being offered to schools, daycares, hospitals and fitness centers.

For more information visit vendinginternational-online.com

Wellness Center Campground Opening January 1st 2015

Caribbean Natural Health Center is a campground, wellness center, and spa with 23 RV camp sites with full hookups, cabins, and tenting areas. The campground offers a pool, outdoor treehouses and playground for kids, indoor funjumps and arcades in the clubhouse, and a wellness center. The wellness center and spa offer massage therapy, infrared sauna therapy, ion foot detox, biofeedback therapy, hydration therapy, infrared body wraps, whole-body vibration therapy, light therapy, aromatherapy, a vitamin shop, and an organic kitchen. Campers are welcome to pitch a campfire, bar-b-que, spend the day at the pool, or a day in the spa.

For more information, call 337-678-1500 or visit caribbean-campground.com.



**NOW AVAILABLE AT
Drug Emporium
Lafayette**

Organic Frozen Wheatgrass Juice WheTea



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

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

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



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

Green Waters Alkaline Water

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



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



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



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

Mood Enhancer

Best Depression Formula



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

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

Supplement Facts		
Serving Size: 1 Vegetarian Capsule		
Amount Per Serving	%Daily Value	
Pantothemic Acid	50 mg	100%
<i>(or 4 calories per 100mg)</i>		
Phosphorus Blend	500 mg	
<i>(with 100mg of each ingredient in 100 capsules provides 1000 mg total)</i>		
Other Ingredients	None	
Contains 100% Natural Ingredients		
© 2014 liteon Nutraceuticals		
All other trademarks are the property of their respective owners.		

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

Specialty Vitamins and Supplements

Whey Protein (Vanilla)

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



.....\$45.00

Organic Fiber

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



.....\$35.00

pH 9.5 Drops

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



.....\$30.00

Women's Libido

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



.....\$35.00

Lecithin



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

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

.....\$30.00

Garcinia Cambogia

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



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

.....\$35.00

WheTea Ab Fat Burner

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



.....\$20.00

Folic Acid

Vital nutrition for heart-health and more! Folic Acid not only delivers valuable protection for the cardiovascular system by helping neutralize homocysteine, it also plays an essential role in prenatal nutrition. According to the U.S. Public Health Service, a healthful diet supplying 400 mcg of folic acid per day may reduce a woman's risk of having a child with birth defects of the brain or spinal cord.



.....\$30.00

Women's Hormone Balance



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

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

.....\$35.00

Phase 2 Starch Complex



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

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

.....\$35.00

Digestive Enzyme Complex



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

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

.....\$35.00

BF-4 Weight Loss



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

.....\$45.00

Prostate Health



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

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

.....\$35.00

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

Raspberry Ketone Drops



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

.....\$30.00

Natural Medicine and Nutrition Centers



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



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



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

Amino Complex



Amino acids are the individual building blocks of every protein. Our body's structure, tissues, and functions would not be healthy or the same without them. We use the 22 existing amino acids to assemble over 1600 proteins that are involved in numerous bodily functions. Although some amino acids are produced by

our body, we have the responsibility of supplying our body with 9 of the 22 amino acids that are "essential". Essential amino acids need to be supplied by our diet. Liteon Natural created the Amino Acid Complex to make it easier for you to meet your body's needs.

.....\$35.00

Melatonin



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

.....\$30.00

Maca



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

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

Rhodiola



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

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

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

.....\$30.00

Pain & Inflammation Enzyme



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

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

Cal-Mag-Zinc with Vitamin D



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

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

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

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

.....\$40.00

Shark Cartilage



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

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

.....\$35.00

TOXINS AND WASTE CAUSE THE BODY TO GET SICK

Buy 1 Get 1 1/2 OFF

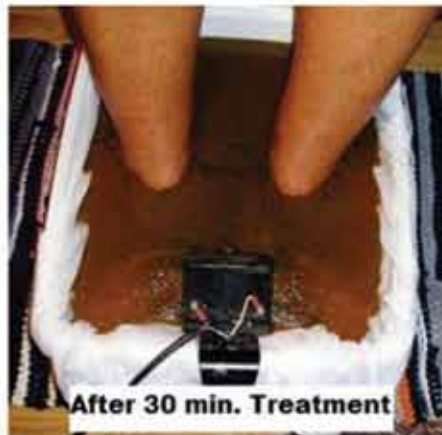
Single Session \$45

2 Foot Detox Sessions \$80

4 Foot Detox Sessions \$145

Offer Ends 11/15/14

**See
Page 59**



Ionic Detox Foot Spa

- Reduces pain
- Enhances body detoxification
- Deactivates yeast, fungus and viruses
- Stimulates the immune system
- Promotes weight loss
- Helps improve circulation
- Relieves tension
- Reduces inflammation
- Improves the body's oxygen levels
- Helps reduce acne and wrinkles

To schedule your
first appointment

896-4141

CARENCRO OFFICE

662-3120

SUNSET OFFICE

Looking at Beautiful Art Bumps Up Brain Activity



Researchers from Japan's Oita University have found that aesthetic appreciation of paintings may be linked to altering activities in specific areas of the brain. Magnetic resonance imaging (MRI) scans of 39 people were taken as they looked at slides of still life and landscape paintings by 19th-century French painters and slides of photographs that closely replicated the paintings.

While the subjects considered both the paintings and the photographic

analogues to be beautiful during the experiment—with no significant differences between them—the most beautiful paintings were rated significantly higher than their corresponding photographic analogues in the pre-experimental phase. The researchers cite this as evidence of feeling greater pleasure from the paintings.

The MRIs showed that during the experiment, portions of the brain's frontal lobe related to emotions, memory, learning and decision making were activated. However, when the researchers compared the positive effects of aesthetic appreciation of the art paintings versus the photographs, they noted significantly more activity at the back of the subjects' brains, specifically the bilateral cuneus, a part of the occipital lobe responsible for basic visual processing; and the left lingual gyrus, or ridge, associated with vision, encoding visual memory, logical ordering and dreaming. The findings suggested that these neural structures are associated with the aesthetic appreciation for paintings.

Organics Boast More Nutrients, Fewer Toxins

Conventionally grown foods contain pesticide residues that are three to four times higher than those found in organic foods (traces may be due to atmospheric drift from other fields or soils), according to a review of 343 research studies published last June in the *British Journal of Nutrition*. The review, which included studies of food grown in different regions and seasons, also determined that organic foods contained higher levels of healthy nutrients such as minerals, vitamins and antioxidants (specifically polyphenols), compared to conventional foods, which also contained significantly higher levels of cadmium, a heavy metal toxin.

The study's authors found evidence that the higher antioxidant and lower cadmium concentrations are linked to specific organic growing practices such as avoiding mineral nitrogen and phosphorus fertilizers, respectively. They commented, "Results indicate that switching from conventional to organic crop consumption would result in a 20 to 40 percent increase in crop-based antioxidant/polyphenolic intake levels."



Honey and Ginger Beat Antibiotics in Fighting Superbugs

Researchers from Ethiopia's University of Gondar College of Medicine have recently found that the use of mixtures of honey and ginger extract can treat drug-resistant bacteria such as *Staphylococcus aureus*, *Escherichia coli* and *Klebsiella pneumoniae*. They note that further clinical evaluation and pharmacological standardization of the mixtures are needed before they can be used therapeutically.

The scientists conducted laboratory testing with clinical isolations of five separate superbugs: methicillin-resistant *Staphylococcus aureus* (MRSA), *Staphylococcus aureus* (non-MRSA), two strains of *Escherichia coli* plus *Klebsiella pneumoniae*. The inhibition of all five types of bacteria by three common antibiotics—methicillin, amoxicillin and penicillin—were compared with the antibacterial effects of ginger extract, honey and a combination of the two.

The ginger extract and honey combination was found to have the greatest inhibiting effect on the bacteria; however, even the two applied separately were more effective against the bacteria than the antibiotics.

Although in vivo studies are needed, the researchers believe that the honey and ginger extract combination is a promising source for treatment of resistant bacterial strains.



Lead Lurks in Lipsticks and Skin Whiteners

Recent research has found several heavy metals in numerous lipsticks and cosmetics. These include mercury and lead in skin-whitening creams, and chromium, cadmium and lead in lipsticks.

Scientists from the Loma Linda University School of Medicine and the University of Arizona's College of Medicine tested 549 cosmetic skin-lightening products manufactured in 32 different countries. The products were purchased online and from stores in the U.S., China, Taiwan, Japan and Sri Lanka. Thirty-three of the products contained more than 1,000 parts per million (ppm) of lead, and 45 percent of them contained more than 10,000 ppm of lead. Of those purchased in the U.S., 3.3 percent had mercury levels greater than 1,000 ppm.

University of California scientists tested 24 lipsticks used frequently by teenagers and purchased at local stores. They found 75 percent contained lead and nearly half exceeded the U.S. Food and Drug Administration's (FDA) maximum acceptable concentration of lead for candy (0.1 ppm).

In 2010, the FDA tested 400 lipsticks and found lead in every sample tested—with concentrations ranging from 0.9 to 3.06 ppm. Other studies have confirmed similar findings.

They also found significant concentrations of chromium and cadmium among some of the samples. There are currently no concrete international or U.S. standards for safe levels of these heavy metals in cosmetics.

Algae-Based Cosmetics May Ward Off Inflammation and Cancer

Algae extracts added to natural cosmetics may help prevent cancer. A recent review of research from Taiwan's Kaohsiung Medical University found marine algae extracts help protect skin cells by reducing oxidative stress, which has been linked to both inflammation and cancer.

The review covered the major algae types of red algae, brown algae (such as kelp), green algae and blue-green algae (such as spirulina). A host of compounds in these extracts were found to provide protection against free-radical damage. In one study, phloroglucinol, a phenol derivative from brown algae, inhibited inflammation among human tissue sarcoma cells.

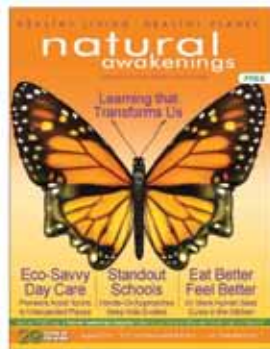
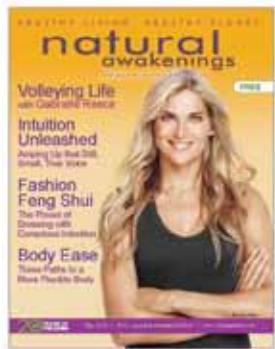


photo: LifeSpanFitness.com/wps.html

TREADMILL DESKS BOOST JOB PERFORMANCE

In addition to improving fitness, University of Minnesota researchers found that treadmill walking at the desk also boosts productivity and morale. The study tested 40 adults that used treadmills for a year. Self-assessments, combined with supervisor assessments, found that treadmill walking while working increased performance levels. Work performance improved by an average of 11 percent based on supervisor assessments, and 7 percent based on the employee self-assessments.

A study from Rutgers University tested 66 adults while they walked on treadmills set for low intensity versus when they were seated at desks, with two days separating the tests. Measurements of reading comprehension, attention span and response speed skills and performance show these were unimpeded by treadmill walking when compared with sitting.



Text SUBSCRIBE, Your Name, and Address to (337) 424-5066 to get your FREE COPY of Natural Awakenings Magazine mailed to your home or office each month.

WHERE TO SHOP
Opelousas, LA

BENNY'S SPORT SHACK

806 S Union St., Opelousas
337-948-6533

GREEN WATERS



Alkaline Water

- Increases alkalinity
- Balances pH
- Better digestion
- Increase energy

WHEATGRASS



FROZEN

CAPSULES



WHETEА

- Contains EGCG for fat oxidation
- Boosts metabolism
- Increases the body's alkalinity
- Great for weight loss
- Contains 100% organic wheatgrass

Raspberry Ketones

- Helps prevent fat
- Boosts metabolism
- Burns FAT
- Stimulates fat release



globalbriefs

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



Junk Piles

UN Helps Developing Countries Handle E-Waste

Although they receive far less foreign e-waste than Africa and Asia, Latin America and the Caribbean are significant and growing destinations for the industrialized world's discarded refrigerators, small home appliances, televisions, mobile phones, computers, e-toys and other products with batteries or electrical cords.

Adding to the problem, the region's fast-growing middle class is emulating American consumers by buying more electronic and electrical equipment. According to the World Bank, economic "climbers" grew 50 percent in the last decade and represent 32 percent of the area's population, surpassing the number of poor for the first time in regional history.

The United Nations' Bonn, Germany-based Solving the E-Waste Program initiative establishes e-waste academies as valuable resources for researchers, government decision-makers and recyclers. Experts share their experiences and knowledge in developing countries.

Academy Coordinator Federico Magalini, Ph.D., notes, "What's called a 'best of two worlds' approach is needed: efficient pre-processing in developing countries and maximized recovery of materials with proper treatment of residual waste in countries with the best technologies for the job, with proceeds shared fairly and equitably."

Source: EWasteAcademy.org

Cash Mobs

Collective On-the-Spot Buying Revives Local Businesses

In most areas of the country, small, locally owned retail businesses are the lifeblood of local economies, but the rising costs of doing business often means they cannot compete with the lower prices of big-box retail giants that negotiate in volume. For several years, the growth and frequency of cash mobs have been breathing new life into struggling mom-and-pop businesses. Like a flash mob performing a dance or social protest, a cash mob gathers people together to have a tremendously positive effect on hometown businesses that may have served them and their families for decades.

Most cash mobs agree to meet on a particular day, with each participant committing to spend a specified amount, typically \$20 or more. The benefits for local businesses far exceed a one-day influx of cash—new customers are found, previous customers become active ones again and a new appreciation for businesses that fuel a local economy is realized.

Participants can also have a little fun while further benefiting their communities as many cash mobs gather with old friends and new after a shopping frenzy at a local establishment for food and drinks.

Source: CashMob.com





Golden Years Senior Roommate Service Combats Loneliness

AARP, Inc., estimates that about 8,000 baby boomers turn 65 every day. With longer and healthier life expectancies, many are divorced or widowed and need roommates to have company and chat with; to share living costs and chores; and for emotional support.

Women-only *Roommates4Boomers.com* founder Sarah Venable says, "I went online to find a service that helps women over 50 find

roommates, and found to my dismay that there were plenty of sites for finding roommates in their 20s and 30s, but nothing for boomer women."

For a \$30 fee, the site uses a detailed algorithm to match women not only by location, but by interests, tastes, lifestyles, education, personal preferences and a host of other factors; much like a successful dating website.

Ka-Ching

Time Is Money, So Bank It

Time banking is an updated, Web-savvy version of barter that allows users to accumulate the time they work and then "spend" it elsewhere. Unlike traditional bartering, it's not limited to an individual transaction. The medium is so fluid that it can be exchanged many times as a form of currency.

Most people do a variety of tasks that others may not want to do or are incapable of doing themselves, such as writing, preparing taxes, babysitting, housecleaning, plumbing or even dentistry. For example, an hour of gardening equals an hour of child care, dentistry, home repair or teaching someone to play chess. The idea is that people trade for what they need and do what they're good at. Everyone gets what they need by exchanging their expertise.

Time banking works for groups, too. Organizations, agencies, churches and businesses can all become members of TimeBanks USA, formed in 1995, and contribute time, energies, skills and resources.

Source: *TimeBanks.org*

Tomato Lacquer

Non-Toxic Can Lining in Development

Because fresh food spoils quickly, many packaging and preservation innovations have helped to extend transportation hardiness and shelf life. Now, a new bioresin made from tomato plant byproducts could make it safer to eat ubiquitous canned goods.

Led by the *Stazione Sperimentale per l'Industria delle Conserve Alimentari* (Experimental Station for the Food Preserving Industry), in Parma, Italy, the BIOCOPAC (*biocopac.eu/en*) consortium is developing a bio-based thermosetting lacquer. Most metal food packaging has a BPA-filled liner or chemical-based lacquer to prevent corrosion. While these keep the can intact, they have been linked to deleterious effects on the food inside.

Source: *Inhabitat.com*



ecotip

USA Made

The Power of Patriotic Purchasing

Buying products that are made in the USA supports both our neighbors and nation. Keeping the entire product cycle within our borders employs more

Americans, enhances local and national economic security and ensures greater product quality

because American environmental and health regulatory standards are often higher than in other countries. For companies, domestic production can be part of a larger emphasis on supporting local businesses and implementing eco-practices.

StillMadeInUSA.com provides examples of domestically made products in many categories, including personal apparel, handcrafts, household goods, green products, appliances, sporting goods and tools.

About 95 percent of our clothing is now made in other countries, according to the Ecology Global Network (*Ecology.com*), mostly in China, where sweatshops and human rights abuses are prevalent. Polyester and nylon are derived from petroleum and processed and dyed using synthetic, often toxic substances such as copper, nickel and cobalt. The nonprofit Center for Urban Education about Sustainable Agriculture's Fibershed and Grow Your Jeans programs (*Tinyurl.com/GreenJeansEtc*) and the Sustainable Cotton Project's Cleaner Cotton program (*Tinyurl.com/CleanerCotton*) increase domestic production by assisting and connecting domestic growers and textile makers.

In addition to spotlighting locally made products in its stores with special shelf tags, Whole Foods Market has made more than \$10 million in low-interest loans to independent farmers and food artisans via its Local Producer Loan Program. Canyon Bakehouse, a gluten-free bakery in Boulder, Colorado; Buchi Kombucha, brewers of sustainably crafted, Earth-bermed tea in Asheville, North Carolina; and Fancypants Baking Company, makers of 100 percent natural and nut-free cookies in East Walpole, Massachusetts, are examples (*Tinyurl.com/WholeFoodsLocalLoans*).

Iconoclastic ice cream maker Ben & Jerry's (*BenJerry.com*), headquartered in Waterbury, Vermont, conducts a Caring Dairy program that assists farmers to apply more sustainable practices; buys eggs from hens in certified humane cage-free farms; and plans to transform all of its 50 flavors to non-GMO ingredients and earn fair trade certification by the end of this year.



GREEN WATERS

Pure Alkaline Water

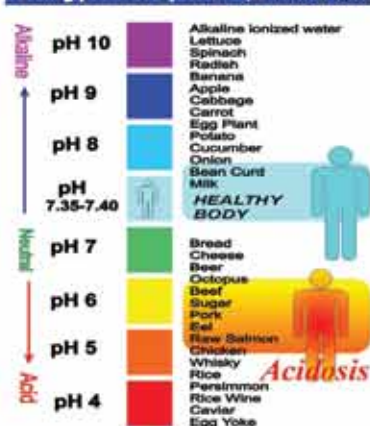
Why do I have so much abdominal fat?

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

~Dr. Steve

Weight also causes additional strain on the body, strain that can produce more acid. (And then more fat...it goes on and on).

Testing pH level by tester pH level of food



Acid or Alkaline

The more we learn about our bodies, the more we will discover the importance of maintaining pH balance for good health.

pH is a measure of the balance between positively and negatively charged ions in the body fluids, i.e. blood, urine and saliva. The "p" stands for "potenz" (this means potential to be) and the "H" stands for Hydrogen.

A lower pH value (below 7) indicates that body fluid is on the acidic side. A higher pH value (above 7) indicates alkalinity. A pH of 7.0 is considered neutral and is the pH value of distilled water.

If your pH is too acidic, your body borrows minerals—such as calcium, magnesium, potassium and sodium—from vital organs and bones to neutralize the acid and remove it from the body. Unfortunately a considerable amount of these minerals will simply be lost in the urine, contributing to the development of osteoporosis and other diseases.

When you create a healthy pH, you create a significantly more disease-resistant body. A clinical study at UCLA of more than a thousand people found that those who were healthiest had a pH of approximately 7.46.



CANCEROUS CELLS

Cancer cells are once-healthy cells that have become cancerous. And they are a symptom of acidity. That is, when healthy cells are corrupted by dietary and metabolic acids, they can become cancerous. The more acid we have in our bodies, the greater the risk of developing cancerous tissue.

Healthy cells in the human body thrive in mild-, moderate- and high-pH fluids (7.3 to 11 pH). They do not tolerate even a mild acid state. Cancerous cells, on the other hand, thrive in an acidic pH of 5.5.

Cancerous cells become dormant at a pH slightly above 7.365, and transform back to the microzyma or die at a pH of 8.5 (while healthy cells live).

Prevention is the best cure, though the best ways to prevent cancerous conditions will also reverse the symptom if you already have a cancerous condition. Better you should never get that far!

Treatments such as surgery and chemotherapy do nothing to support the immune system or prevent buildup of acids in tissues. That's why cancerous conditions so often come back—nothing has been done to change the conditions that started them—acid!

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

Page 77

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

Vitamin Testing ^{\$39}

(Takes only 15 minutes for a full screening)

Vitamin E
Vitamin A
Vitamin K
Vitamin D
Biotin
Folate
Niacin
Panthothenic Acid

Thiamin
Vitamin B6
Vitamin B12
Vitamin C
Calcium
Fluoride
Iodine
Iron

Riboflavin
Magnesium
Phosphorus
Potassium
Selenium
Sodium
Zinc

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

- Andrew Weil, M.D.

Did you know A vitamin deficiency can cause



ENLARGED THYROID
Iodine deficiency



JOINT PAIN
Vitamin C deficiency



WEIGHT GAIN
Vitamin D, magnesium, or iron deficiency

cancer

hypertension

inflammation

diabetes

depression

GET TESTED

**96% of the American Population Die from Disease 4% will die in an accident.
Vitamin Deficiencies and Poor Nutrition are the Leading Cause for Disease**

DHARMA Wellness Center

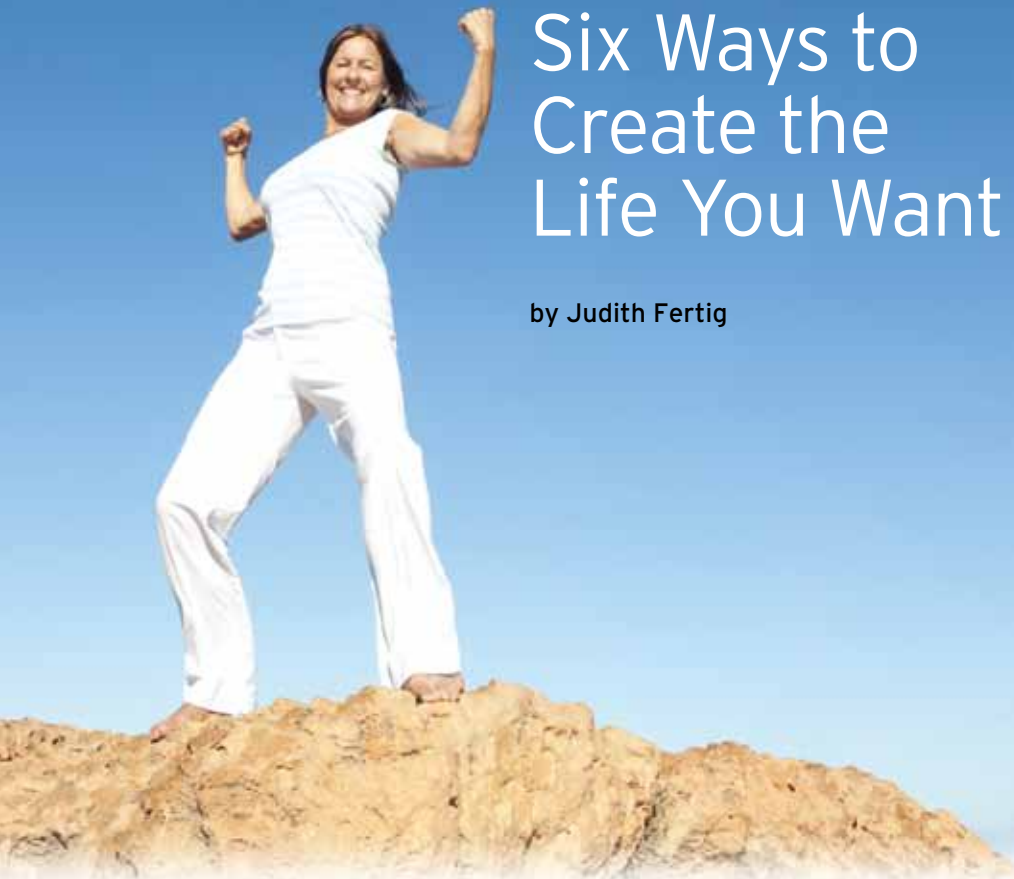
(337) 662-3120

CALL to schedule your 15 minute vitamin testing

Powerful You!

Six Ways to Create the Life You Want

by Judith Fertig



Pulitzer Prize winner Anna Quindlen had reached the top of the *New York Times* bestseller list more than once, yet she relates in her memoir, *Lots of Candles, Plenty of Cake*, that she also yearned to be able to do a headstand, but felt she didn't possess the necessary sense of balance. "That's just a little story you tell yourself," advised her personal trainer.

Our bodies, Quindlen observes, are major appliances that deliver decades of faithful service with precious little downtime. She admits, "If the human body had a warranty, mine would have run out ages ago." Still, she clung to a vision: "I want to be strong; strong enough to hike the mountain without getting breathless, strong enough to take a case of wine from the deliveryman and carry it to the kitchen." Quindlen, who lives in New York City and New England, was also maintain-

ing an incorrect belief: It wasn't her sense of balance that was holding her back, it was fear.

After two years of trying, she was able to do a headstand. Along with a sense of accomplishment, this quirky achievement was a revelation as she ultimately concluded, "If I can do one thing like that, perhaps there are others."

Take a Stand

Personal empowerment is all about taking a stand—developing the vision, countering misguided beliefs, having a plan and then moving forward to be the best version of one's true self.

David Gershon and Gail Straub, of West Hurley, New York, authors of *Empowerment: The Art of Creating Your Life As You Want It*, contend that empowerment always starts with a desire for a better life. "We need to learn how to dream, how to boldly

and courageously reach for our highest visions," says Straub. "Start with what's working already and the vision of what life can be." She likens self-empowerment to "spiritual surfing, riding the wave where the energy, momentum and passion are."

As workshop leaders, they encourage participants to transform limiting beliefs, determine what is meaningful for them, construct a compelling vision from that insight and then find ways to manifest that vision. They address six key areas in which to become more powerful and realize our personal best: physical health, emotional health, relationships, work, finances and spirituality.

Physical Health

First, recognize what we're already doing right—eating well, perhaps, or exercising—and then add another healthy activity. Cardiologist Suzanne Steinbaum, director of New York City's Lenox Hill Hospital's Women and Heart Disease, underscores that much of physical health is within our personal control. "Many lifestyle factors keep us from being physically healthy enough to lead a full life," she says, including high blood pressure, high cholesterol, smoking, lack of exercise, poor diet, excessive alcohol consumption or drug use, stress and depression. "The good news is that lifestyle factors are within our power to change."

Steinbaum recommends starting small by changing one bad habit and then seeing how we feel. "Quit the diet soda or the sugar-sweetened beverages. Get rid of potato chips. Go for a walk. Put down your smartphone and spend some focused time with your child, a friend or even your pet. Then breathe... and just listen to how you feel."

Emotional Health

Our emotions can be allies in achieving personal empowerment, advises Straub. For example, fear can alert us to danger; joy can remind us to be grateful. However, when emotions cause pain and threaten derailment, it's important to understand why, and then work through it.

"Uncomfortable emotions let us know there is a problem to attend to, a wound to work on, thus allowing us to see our own truth," explains

don Miguel Ruiz, Jr., of San Diego, California, author of *The Five Levels of Attachment*. "With awareness, we can observe our uncomfortable emotions, as they may be showing a belief we are holding that is no longer true for us."

"To work through our emotions, we have to be able to accurately sense what we are feeling and be able to express it in a healthy way," adds Straub, like expressing anger after a tough commute by punching a designated pillow or shouting into a closet. Furthermore, "We need to change the belief we've identified that's causing the painful emotional response." Did the guy that cut us off in traffic really do it maliciously? Third, learn to let go of a negative emotion that's automatically triggered when someone or something presses our "hot button" by immediately considering, "He must have been in a big hurry," or "She doesn't realize how offensive that remark could be," realizing it's their problem, not ours, and declining to make it ours.

Achieving greater emotional calm is a huge step toward personal empowerment.

Relationships

Acting on heartfelt emotions can help forge stronger and healthier relationships. "Sometimes, we say yes to a false image of ourselves or hide who we are in order to be accepted," counsels Ruiz, noting that not presenting our authentic selves in relationships will weaken or replace true intimacy with a sense of loneliness and distance. "Say, 'I forgive, I accept and I let go.'" This paves the way to being genuine, which naturally leads to greater unconditional love and more fulfilling and honest relationships.

In romantic relationships, life coach Martha Beck, Ph.D., author of *Finding Your Way in a Wild New World: Reclaiming Your True Nature to Create the Life You Want*, suggests ditching the image of two people looking soulfully into each other's eyes. "Realize that you're both changing all the time," she says. Instead, envision two people walking side-by-side at the same pace, and a relationship that will continue to refresh and move forward, instead of getting stuck in well-worn patterns.



Work

Capability is one of the new guiding principles for self-empowerment at work, says Haydn Shaughnessy, a fellow at the University of California-Irvine's Center for Digital Transformation and co-author, with Nicholas Vitalari, of *The Elastic Enterprise*. "It's more about a broad-stroke capability," he claims, such as public speaking, writing or troubleshooting and fixing machinery. Capability means a strong skill that can be fine-tuned for a specific circumstance; a talented generalist, rather than a narrow specialist. Shaughnessy recommends that we recognize and develop our best competencies in order to equip ourselves to both withstand economic adversity and help push our careers forward.

Finances

Fiscal self-empowerment involves cultivating the confidence that we will be able to obtain more money when needed. Beck maintains that anyone can create abundance that lasts. "Where people believe they get abundance, they will," she says, as in friendships or creative problem solving. It's the mixed internal messages of, "I need more money," with, "There's not enough to go around," that can block the flow of abundance in our lives.

Beck, who lives in San Luis Obispo, California, recommends throwing a "neurological toggle switch" to turn off the "lack-and-attack" part of our brains and turn on the "everything-is-going-to-be-all-right" area. This is realized through slowing down, relaxing and

meditating. "You have to relax to start dissolving the disbelief in the possibility of having what you want," she says. "Empty out the negative thoughts in order to gain the confidence that abundance is yours."

Spirituality

Following all of these first five steps also helps enhance our spirituality. Dennis Merritt Jones, of Simi Valley, California, author of the new book, *Your (Re) Defining Moments: Becoming Who You Were Born to Be*, calls it "being pulled by vision," rather than being pushed by pain. The motivational speaker believes that every encounter, event or circumstance is a portal to a redefining moment—a chance to connect with our authentic self.

Jones cites seven characteristics of the authentic or timeless self: realizing our oneness in life, reverence for that life, fearlessness because we know we're part of something bigger, integrity, humility, equanimity and unconditional love. "When these qualities become the norm in our daily lives, we'll know we are living from the authentic self," he says.

Jones urges us to live "more vertically." He explains, "We exist on what I call the surface of life, a horizontal pathway where we go about our daily routines. We often don't hear the siren call from the depths of our being because we are so busy 'doing'. It's the authentic self that's eternally calling us to be who we were born to be."

He describes a "sacred intersection" where we can turn from the horizontal everyday and move in a vertical direction to the depths of our souls or the heights of our imaginations via mindfulness and self-enquiry. Fortunately, every moment of every day offers this opportunity to expand our being. The key question is, "Will we be consciously present enough to recognize the opening and step through the door?"

These experts concur there is no finish line for self-empowerment or attaining the perfect place to stay. It's a "sustainable growth process," says Gershon, an ideal project for the rest of our lives.

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



founder of *TheSleepDoctor.com*.

"It's best to get seven to eight hours of sleep in one big block at nighttime," counsels Breus. Yet the circadian rhythm dictates two peaks of sleepiness every 24 hours—one in the middle of the night and another 12 hours later, says Dr. Lawrence Epstein, director of the sleep medicine program at Boston's Brigham and Women's Hospital. Interacting with the circadian rhythm is the homeostatic

"Sleep is never a waste of time if it's helpful."

~ Dr. Michael Breus

rhythm, which causes greater sleepiness the longer we're awake. Both circadian and homeostatic sleepiness elevate by mid-afternoon, resulting in the familiar 4 p.m. slump. Siesta cultures split sleep, notes Epstein, slightly reducing nighttime sleep, but devoting time midday to nap.

"Naps are a double-edged sword," observes Epstein. While they help relieve short-term sleepiness, poorly planned naps can perpetuate an unhealthy cycle of daytime sleepiness and nighttime wakefulness. Stepping outside for 10 minutes of sunlight and fresh air can stamp out sleepiness, says Breus, which is much

Midday Pick-Me-Up

Well-Planned Naps Boost Brainpower

by Lane Vail

Sleep, along with nutrition and exercise, shapes the backbone of overall health, yet 40 percent of Americans get an insufficient amount, according to a recent Gallup survey, and the potential health risks are considerable. "Sleep

deprivation affects every organ system and disease state," and is associated with higher rates of cardiovascular disease, diabetes, obesity, cancer and mortality, says Michael Breus, Ph.D., a clinical psychologist in Scottsdale, Arizona, and



WheatGrass

Lawn grass and grass used for hay are perennial grasses. They return year after year. This allows them to store reserves of energy in their roots, which they draw on when it is time to produce seed. Cereal grass (which later produce grains such as wheat and barley) are annual grasses. Because they do not come back year after year, they cannot store growth and reproductive nutrients in their roots. Instead, they store them in their leaves. The leaves of wheatgrass build a nutrient-dense reservoir.



WheatGrass just before harvest



Your body's ability to heal is greater than anyone has permitted you to believe. Eat less processed foods, more whole foods, consume at least 16 oz of organic juices daily, and always have fiber in your meal. And remember - cancer is not a disease. It is a condition we create in the body.

Dr. Steven T. Castille
doctor of naturopathy

NaturalHealthCentersOnline.com

healthier than reaching for a caffeine jolt or sugary snack.

Be a Better Napper

A study published in the *Journal of Sleep Research* suggests that merely falling asleep may initiate memory processing and cognitive consolidation, helping explain why German scientists found even six-minute naps to be rejuvenating. If substantial daytime sleep is needed to overcome a deficit, strive for 90 to 110 minutes, the length of time needed to complete a full sleep cycle. Here are other practical tips.

Reflect on the rationale. "Boredom, laziness or avoiding work are the wrong reasons to nap," says Amanda Chan, managing editor for healthy living at *The Huffington Post*, which instituted two cozy nap rooms in its New York headquarters after founder Arianna Huffington collapsed from exhaustion several years ago. A quick pick-me-up to boost mental agility and mood is a reasonable excuse to snooze.

Plan a prophylactic nap. Forestall late afternoon fatigue by napping between 1 and 3 p.m. Waiting until early evening to nap can interfere with nighttime sleep, advises Epstein.

Embrace darkness, coolness and

quietude. Melatonin, "the key that starts the engine of sleep," is suppressed by even the slightest amount of light, so wear eyeshades, suggests Breus. Keep a blanket and earplugs handy.

Lie down. If a bed or couch is unavailable, try napping on a yoga mat on the floor. A chair should be reclined to support the lower back and avoid straining the neck from "bobblehead" syndrome, says Breus.

Power down. Setting an alarm for 10 to 25 minutes allows time for only the first two sleep stages: falling asleep and light sleep. Breus explains that sleeping longer than 25 minutes triggers deep sleep, from which waking results in sleep inertia, or grogginess, that impairs mood, decision-making and motor skills.

Napping at Work

While many progressive businesses such as Google, Apple and Zappos permit or even promote workplace napping, most companies are still skeptical. "We live in a culture that minimizes the importance of sleep," comments Epstein. "We prize productivity and think it shows worker loyalty to put in excessive amounts of time."

Ironically, mounting research suggests that napping may boost the brain-

power needed to function at peak performance. A recent study found that night-shift air-traffic controllers that napped for 19 minutes showed better vigilance and reaction times than non-nappers. Other documented benefits include better concentration, memory and creativity.

Seek out a sleep sanctuary at work, such as an office with the door closed and blinds drawn, an unused conference room with a couch, or a first-aid office cot, suggests Chan. Another option is to nap in the car, but Breus insists that nappers tell colleagues where they're going as a precaution. Better yet, bond with a "nap buddy" willing to read nearby during snooze time. "You're very vulnerable when you're asleep," he says. "Be safe."

If sleeping is not currently condoned in the workplace, consider approaching the human resources department with information on the positive effects of appropriate napping on work performance, says Epstein. Suggest implementing a sleep wellness program, which can offer education on sleep deprivation, techniques to improve sleep and individual screening for sleep disorders.

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



MODEL CASTING CALL

Text "MODEL" to (337) 424-5066 and include your best selfie photo, name, and email. Seeking fashion and beauty models who stand both 5'7 w/o heels and 5'9 w/heels on. All ethnic backgrounds are welcome! Must be in fit shape.



STYLE Modeling Agency
presents

HEALTH&BEAUTY
EXPO

Saturday, March 28th at TWELVE (HILTON, Lafayette)





Massage Therapy Heals

NOW HIRING MASSAGE THERAPISTS



ANXIETY DEPRESSION STRESS INFLAMMATION

Available in Sunset, LA Call: 662-3120

DHARMA
wellness center and fit club

HEALTHY SAVINGS

Simply Clip And Save. Present Coupon At Time of Purchase

liteon
Natural Health Center
100 E. Angelle St., Carencro 337-896-4141

\$15 OFF
Foot Detox Package

Not Valid With Any Other Offers or Renewals
Exp. 12/5/14

liteon
Natural Health Center
100 E. Angelle St., Carencro 337-896-4141

\$90 OFF
6 Week RESTORE Health Program

Not Valid With Any Other Offers or Renewals
Exp. 12/5/14

liteon
Natural Health Center
100 E. Angelle St., Carencro 337-896-4141

\$150 OFF
6-Session Zerona lipo

Not Valid With Any Other Offers or Renewals
Exp. 12/5/14

liteon
Natural Health Center
100 E. Angelle St., Carencro 337-896-4141

\$5 OFF
pH 9.5 Drops

Not Valid With Any Other Offers or Renewals
Exp. 12/5/14

liteon
Natural Health Center
100 E. Angelle St., Carencro 337-896-4141

\$5 OFF
Manglier Tea Drops

Not Valid With Any Other Offers or Renewals
Exp. 12/5/14

liteon
Natural Health Center
100 E. Angelle St., Carencro 337-896-4141

\$180
3 Week RESTORE Health Program

Not Valid With Any Other Offers or Renewals
Exp. 12/5/14

liteon
Natural Health Center
100 E. Angelle St., Carencro 337-896-4141

\$50 OFF
Body Rebound Weight Loss Program

Not Valid With Any Other Offers or Renewals
Exp. 12/5/14

liteon
Natural Health Center
100 E. Angelle St., Carencro 337-896-4141

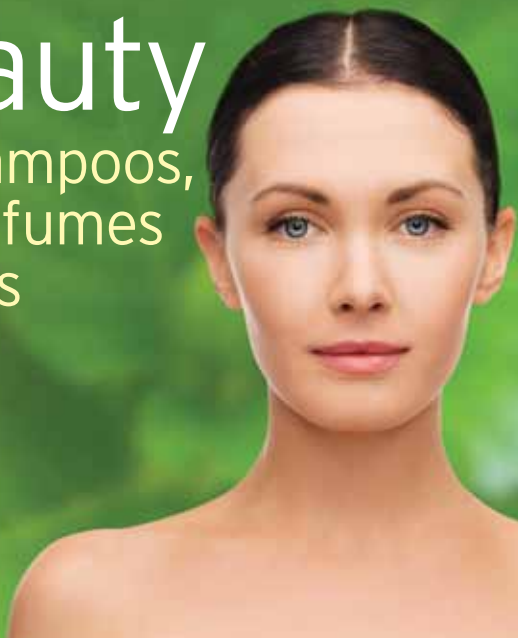
Text "TEA" and your name to
(337) 424-5066 and we will text
you a coupon for 1 **FREE** bottle of
WhTea

Not Valid With Any Other Offers or Renewals
Exp. 12/5/14

Eco-Beauty

Homemade Shampoos, Lotions and Perfumes Make Great Gifts

by Kathleen Barnes



Many of us have grown disenchanted with expensive, commercial beauty products that include toxic and even cancer-causing ingredients. Fortunately, safe, natural and affordable alternatives—including homemade shampoos, conditioners, moisturizers, bath salts, body scrubs and butters—are stocked at many natural grocers and health food stores.

We all want to avoid phthalates, cetyl alcohol, triclosan, sodium laureth sulfate, parabens and many other poisonous chemicals commonly found in lotions, creams, scrubs, oils, perfumes and makeup products that may not be listed on labels. “You want to know what’s in your product,” says Janice Cox, of Medford, Oregon, the bestselling author of *Natural Beauty at Home* and *Eco-Beauty*. “If you’re making your own, you’re in control.”

Cox remarks, “Ingredients are absorbed through the skin, our largest organ. It’s why some medicines like birth control, pain relief and nicotine patches are effectively applied externally; it’s also why toxic ingredients placed on our skin can be so harmful.”

Her recommended solution is simple: The kitchen cabinet harbors solutions to the dry and dull skin that plagues many this time of year, shampoo residues that result in drab hair,

and less-than-glowing skin due to a suboptimal holiday diet.

“Many products require only one or two ingredients and take minimal time to make,” says Cox. “Plus, they cost only pennies. Who wouldn’t choose that over a \$30-an-ounce mysterious chemical soup?”

Honey is a Cox favorite for several reasons, including its antimicrobial effects: a dab on a blemish or insect bite can zap it overnight. “Honey has high potassium content, making it almost impossible for bacteria to survive in,” she explains. It’s also a good source of B vitamins thiamine, niacin, riboflavin and pantothenic acid, plus minerals like iron, zinc and manganese. In this case, what’s absorbed through skin is literally nourishing our body’s entire system.

Honey is also a powerful humectant, helping to prevent loss of moisture from skin and hair. Cox recommends dropping a tablespoon or two in a warm bath to soothe rough skin without stickiness, a conditioning mixture of honey and olive oil to produce silky hair and an apple-honey toner to facilitate glowing skin.

She also recommends an easy shampoo that contains nothing more than natural soap (like Dr. Bronner’s), water and a little vegetable oil for dry hair. “It doesn’t foam up like commer-

cial shampoos, but it gets hair much cleaner,” she advises.

Homemade beauty products are a natural outlet for anyone that loves to cook or craft. Make a small batch—experiment with an array of essential oils to create a preferred scent to suit individual tastes, and add or subtract the amounts according to skin and hair types.

“Take it a step further and make pretty gift packages with glass bottles, jars or tins embellished with ribbons, personal artwork or anything else that taps into your creative juices,” says Cox. “Your friends and family will be especially happy to receive and use them.”

Kathleen Barnes is the author of numerous natural health books and publisher at Take Charge Books. Connect at Kathleen@KathleenBarnes.com.

Simple Natural Beauty Ingredients

Here are a few favorite ingredients for home treatments:

- **Honey** is perfect for conditioning dry, damaged hair and rinses out easily.
- **Sour cream** makes a great facial mask for softening and cleansing a dull complexion.
- **Green tea** is packed with antioxidants and tones skin with no need to rinse off.
- **Oatmeal** can be used instead of soap to cleanse all skin types.
- **Pineapple juice** soothes tired feet and softens rough patches.
- **Baking soda** works head to toe as a hair rinse, facial scrub and bath soak.
- **Olive oil** in a nail soak keeps nails clean, flexible and strong.



Muscle-Soothing Bath Salts

Yields 24 ounces

This is the perfect bath to relax and refresh the whole body. Add a few drops of essential oils to the mixture for scent.

*1 cup kosher or sea salt
1 cup baking soda
1 cup Epsom salt*

Mix together all ingredients and pour into a clean, dry container. Pour one cup of the mixture into a warm tub slowly, allowing the salts to dissolve completely. Soak for at least 20 minutes, but no more than 40 minutes.

Raw Sugar Body Scrub

Yields 10 ounces

Raw sugar is well-suited for freshening skin. Using a body scrub helps rid skin of surface impurities, enabling it to retain more moisture and look healthier. It also boosts circulation, which energizes the whole body.

*1 cup raw sugar
½ cup light oil, such as almond
or sunflower
½ tsp vitamin E oil*

Mix together all ingredients and pour into a clean container. Massage a tablespoon or two at a time all over the body to gently exfoliate and moisturize skin.

Body Butter

Yields 4 ounces

This is a rich, buttery cream that makes a wonderful all-over body cream. It contains four well-known skin conditioning oils.

*¼ cup grated cocoa butter
1 Tbsp coconut oil
2 Tbsp light sesame oil
1 Tbsp almond oil
1 Tbsp grated beeswax*

Combine all the ingredients in a heat-resistant container. In the microwave or on the stovetop using a double boiler, gently heat until the mixture just begins to melt.

Remove from heat and stir well until the wax and cocoa butter are melted and all ingredients are mixed together. Pour into a clean container and allow it to cool completely. Spread a small amount of the body butter on the skin.

Basic Shampoo

Yields 8 ounces

If hair is oily, the optional vegetable oil may be omitted, but if hair is dry or damaged, include it. This is a great shampoo for all hair types because it's gentle on hair and won't strip away the natural oils.

*½ cup water
½ cup mild natural liquid soap
(like Dr. Bronner's or any Castile soap)
½ tsp light vegetable oil (optional)*

Gently stir all the ingredients together, being careful not to beat the mixture or it will create foam. Pour the shampoo into a clean plastic container. Shampoo as normal, and then rinse well with cool water.

Depression and anxiety has no gender, race, or age.

Biofeedback Therapy

can help prevent or treat conditions, including migraine headaches, chronic pain, incontinence, and high blood pressure.

- WebMD

Call 896-4141 for an appointment.

4 Sessions \$100
with this ad
Offer Ends 12/5/14

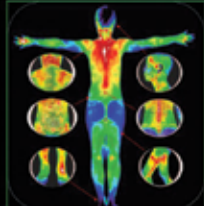


During a biofeedback session, electrodes are attached to your skin or finger sensors are used. These electrodes/sensors send signals to a monitor, which displays a sound, flash of light, or image that represents your heart and breathing rate, blood pressure, skin temperature, sweating, or muscle activity.

Tests that help grade your health



Body Composition



Thermography



Blood Test



Vitamin Test



Urinalysis Labwork

What is your health grade?

A

F

Blood tests are the gold standard for evaluating your risk of heart disease. Thermography exams provide early detection for breast cancer and inflammation. Body composition testing tells you your risk for obesity and body age. A urinalysis is a test that evaluates a sample of your urine and is used to detect and assess a wide range of disorders, such as urinary tract infection, kidney disease and diabetes. Finally, a vitamin test will tell you what your nutritional deficiencies are and overall how healthy your diet is.

For more information call: **896-4141**

Thermography Exam

\$94

Blood and urine labs

\$124

All five tests

\$274

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.



Simone Hebert, Health Coach at the Natural Health Center, with Green Waters – alkaline water.

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.

Disease
Can not
live in
an alkaline
body

Get rid of the
acid in your body



Use pH 9.5 Alkaline
Drops to reduce acid

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 Cruskal, 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.

ADVERTISEMENT

Where can I buy wheatgrass?

Drug Emporium/Vitamins Plus, 505 Bertrand Dr., Lafayette 337-261-0051.
The Road Less Traveled, 312 Guilbeau Rd., Lafayette 337-988-9889.
Smoothie Factory, 125 Arnould Blvd., Lafayette 337-989-7001.

Natural Health Center, 100 E. Angelle St., Carencro 337-347-4141.
Benny's Sport Shack, 806 S. Union St., Opelousas 337-948-6533.
DHARMA Wellness, 166 H Oak Tree Park Dr., Sunset 337-662-3120.

St. Ignatius School

Rising to the Challenge
Faith ~ Service ~ Knowledge



Pride in Excellence: Learning Today, Leading Tomorrow
337-662-3325 / www.stignatiusschool.us

St. Ignatius School does not discriminate on the basis of race, color, national or ethnic origin in accepting applications for students, admissions, as well as in the administration of educational policies, of scholarship, and of athletic and extracurricular programs.

HEALTH ASSESSMENTS AVAILABLE

Let Your Body
Do the Talking

**Personal Bio-Communication
with State-of-the-art technology**

Find out which natural supplements your body is asking for.

Find out the nutritional deficiencies that might need addressing and more....

Call to set up an appointment for your Remote Feedback Assessment @ The Road Less Traveled



We Sell WHEATGRASS Here!



Largest Inventory of Nature's Sunshine Products in the Area



SILVER SHIELD

Silver Shield can be utilized in a different of ways. It has antibacterial, antifungal, and antiviral properties that are non toxic and can be purchased in liquid or gel form.



Vitamins & Herbs • Chemical Free Soap & Cleaning Products • Gifts and Accessories

337.988.9889



312 Guilbeau Rd., Lafayette www.YourRoadLessTraveled.com

Great Holiday & Birthday gift items: Jewelry, Purses, etc.

ORGANIC FIBER

WebMD.com

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 25 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.



\$30

Caribbean Campground

Hwy 190 between Opelousas and Eunice



RV PARKING

(337) 678-1500



BRING BACK THE MAGIC

Give Kids the True Gifts of the Season

by Meredith Montgomery

According to a poll by the Center for a New American Dream in 2005, three out of four Americans wish the holidays were less materialistic. Traditionally rooted in family, faith and joy, the season can be marred by commercialization. Instead, inspire the whole family to take a “buy less, get more” approach so that everyone can experience the essence of what many consider the most wonderful time of the year.

Raise Awareness

The Campaign for a Commercial-Free Childhood (CCFC) reports that U.S. companies now spend about \$17 billion annually marketing to children, up from \$100 million in 1983. Many kids are formulating wish lists year-round, due to the continual bombardment of alluring commercials. CCFC Associate Director Josh Golin attests that the holiday season is a perfect time to start discussing the power of advertising and the techniques used. Teens are especially sensitive to the notion of being manipulated by adults.

For children under 8 that can't yet comprehend the persuasive intent of commercials, limit screen time with all devices. Golin advises that the scope of commercialism has changed radically. “It's no longer just television commercials, but also Internet, cell phones and video games. Plus, children's media characters are placed on every type of product imaginable. Think about limiting commercialism in all forms; you can't just turn off the TV.”

Manage Expectations

Start before the holidays. “Talk to kids about how you'll celebrate the holidays in your own home, noting that it might be unique. Focus on aspects that aren't gift-related,” suggests Golin. Plan food-focused traditions such as baking together and special group meals. Generate excitement around

spiritual aspects of the season or visits from out-of-town family members.

When shopping together for gifts, make a plan and stick with it, letting everyone know its purpose beforehand. Resist impulsive purchases trumpeted by store promotions.

Connect with Kids

New American Dream's *Simplify the Holidays* guide at Tinyurl.com/SimplifyTheHolidays encourages families to reconnect by participating in meaningful activities such as neighborhood caroling, building a gingerbread house, preparing gift boxes for the homeless, taking a nature hike or making a feeder for backyard birds.

Explore volunteer projects as a family, letting the children's interests lead. If kids are attracted to water, pick up litter along a shoreline. In the spirit of the season, donate gently used clothing, books and toys to a shelter. For animal lovers, contribute time or materials to a local animal rescue or rehabilitation center.

Attend community events such as musical performances, plays and art exhibits. Seek out inexpensive or free local activities. Kids are often enthralled by a simple tour of neighborhood Christmas lights.

Gift Buying

Make gift purchases consistent with the family's values. Golin suggests resisting the temptation to buy the season's “hot” products. “Resist buying what's advertised the most. We have power as parents and as part of a larger culture to believe there's no such thing as a must-have toy or holiday gift.” Instead, search for timeless, high-quality items that are eco-friendly and fair trade. Try wooden toys for babies and toddlers or a bamboo skateboard for teens.

Ads can make a toy look appealing because it's brand-new and ready-to-use, but homemade gifts can be a more meaningful alternative. New American Dream suggests constructing a rope swing or wooden sandbox for little ones. Given a comfortable timeframe, children can gift grownups homemade green cleaning products or re-potted herb and houseplant clippings. All ages can give away the last book they read and kick off a year-round book exchange. Forego more tangible items by gifting experiences like a zoo membership, bowling gift cards or movie tickets, or make a charitable donation to a cause that the recipient supports.

Let friends and family make shopping easier by inviting them to create such a gift registry at SoKindRegistry.com.

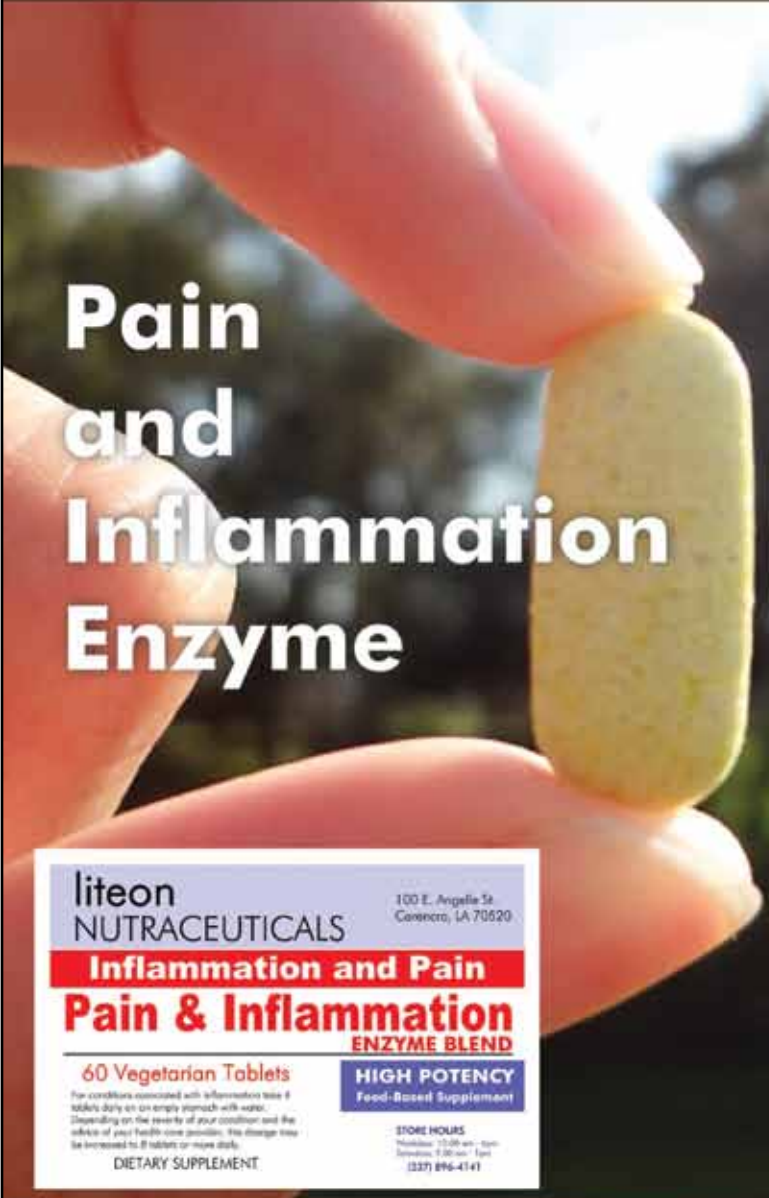
Unplug

Always plan for quiet time. It reduces exposure to holiday marketing, creates opportunities for family bonding and fosters independent children. Golin observes, “We can all be better about trusting our kids to entertain themselves. When reducing screen time, we don't necessarily need to suggest activities to kids. Give them the space to be bored for a minute and be amazed at what they come up with on their own.”

Meredith Montgomery publishes Natural Awakenings of Mobile/Baldwin, AL (HealthyLivingHealthyPlanet.com).

One Pain and Inflammation Enzyme contains:

Pain and Inflammation Enzyme



liteon
NUTRACEUTICALS

100 E. Angelle St
Coveno, LA 70520

Inflammation and Pain
Pain & Inflammation
ENZYME BLEND

60 Vegetarian Tablets

For conditions associated with inflammation take 4 tablets daily on an empty stomach with water. Depending on the severity of your condition and the advice of your health-care provider, this dosage may be increased to 8 tablets or more daily.

DIETARY SUPPLEMENT

HIGH POTENCY
Food-Based Supplement

STORE HOURS
Monday 10:00 am - 5pm
Tuesday 10:00 am - 5pm
(337) 896-4141

Papain 600,000 USP Units

Papain is used for pain and swelling (inflammation) as well as fluid retention. It is used as a digestive aid and for treating parasitic worms, inflammation of the throat and pharynx, shingles (herpes zoster) symptoms, ongoing diarrhea, hay fever, runny nose, and a skin condition called psoriasis. Papain is also used along with conventional treatments for tumors.

Source: WebMD.com

Bromelain 720 GDU

Bromelain -- also called bromelin -- is an enzyme, and it's often used to ease pain and swelling. Some studies suggest it can kill virus and infection and naturally reduce arthritis. Bromelain may help reduce cough and nasal mucus associated with sinusitis.

Source: University of Maryland Medical Center

Trypsin 9,000 USP Units

An enzyme that works as a natural anti-inflammatory to reduce pain and swelling. It reduces the viscosity of mucus and sputum in cases of bronchitis, rhinitis, and sinusitis. Trypsin improves digestion and enhances breakdown of proteins, fats, and starches in the body. The body is able to glean maximum nutrition from food and digest more easily and comfortably. Consequently, energy levels are increased from better nutritional fuel. Finally, much research is being conducted on the role of proteolytic enzymes such as Trypsin and Chymotrypsin in fighting certain cancers like multiple myeloma and pancreatic cancer.

Source: Journal of Biomedical Sciences

PAIN MANAGEMENT

with natural medicine

nutrition - enzymes - herbs

Pain management is the process of providing care that alleviates or reduces pain. Pain management is an extremely important part of health care, as patients forced to remain in severe pain often become agitated and/or depressed and have poorer treatment outcomes.

(337) 896-4141

- 
- **Arthritis**
 - **Tendonitis**
 - **Neck Aches**
 - **Joint Pain**
 - **Muscle Pain**
 - **Stiff Joints**
 - **Cramps**
 - **Back Pain**



photo by Ylva Erevall

Beauty Foods

Kimberly Snyder Shows How to Eat for Radiant Skin, Eyes and Hair

by Judith Fertig

Wise food choices that optimize digestion and promote natural, ongoing detoxification can help us attain red-carpet shape, professes nutritionist and beauty expert Kimberly Snyder, *New York Times* bestselling author of *The Beauty Detox Foods*. She aims for optimum health as the basis for achieving a desirable outward glow.

Snyder says she once struggled with several beauty issues. In seeking wellness on the way to becoming a nutritionist, she found that her daily energy level improved after she started making shifts in her diet. She then lost weight, her hair got healthier and her formerly troubled facial skin became clear and smooth.

Blogging about her gradual transformation and lifestyle philosophies attracted media attention and a celebrity clientele by word of mouth. “I never looked for clients; they found me,” she says. Today, Snyder counts entertainers Fergie and her actor-husband Josh Duhamel, Kerry Washington, Channing Tatum and Drew Barrymore among the many celebrities she has helped get into better camera-ready shape.

Early into her personal transformation, Snyder realized that digestion holds the key. “I never linked my constipation issues with my acne,” she says. “It’s a tremendous amount of work to digest food. It’s no wonder that eating a fast-food sandwich

with gluten bread, animal protein and cheese with casein produces a mid-afternoon slump. They are hard to digest together and all at once, taxing body energy,” she explains. “Then, when you feel the inevitable drop in energy, you might turn to caffeine or sugary soda, but that only brings on another slump.”

Good Advice

Snyder, who is now a vegan, suggests simplifying meals and starting them with whole, raw, plant-based foods like salads. She advises her clients to start the day with lemon juice in warm water. If they don’t feel like breakfast, she advises, “Don’t force yourself. Listen to your body, it knows best.”

When hunger hits, Snyder blends a Glowing Green Smoothie—what she calls, “the star of the whole Beauty Detox program,” in her book. A batch of three to four servings requires seven cups of chopped spinach; six cups of chopped romaine lettuce; one-and-a-half cups of chopped celery; one banana; an apple and a pear, both peeled, cored and chopped; two tablespoons of fresh lemon juice and two cups of filtered water. She claims that drinking this smoothie can make a difference in just three days.

She also lists 50 plant-based foods for specific body benefits because they are naturally alkaline-forming during digestion and assimilate more effectively than acid-forming animal protein, dairy, caffeine, alcohol and sugar. By improving digestion, we end up feeling more energetic.

Timely Eating

Carefully timed consumption is another key in Snyder’s beauty regimen. She recommends starting the day with a light smoothie, eating foods based on whole plants throughout the day, and then eating a raw salad and a vegetarian meal or some animal protein as an earlier dinner. Eating fruit by itself on an empty stomach helps it digest better than when combined with other foods that take longer to process. On hungrier days, Snyder suggests turning to whole grains such as oats or quinoa, which are high in fiber and lower in fat, or fibrous chia seeds.

When energy is low, she advocates supplementing with bee pollen or a protein smoothie. She stresses, “Progress, not perfection,” as her mantra, advising that it’s better to take small steps and keep moving forward rather than try to change everything all at once. She believes that experiencing higher energy and beauty benefits provides effective incentives to continue instead of trying to stick to a strict, numbers-based plan that doesn’t take into account energy or digestion.

Ongoing Cleansing

“The metaphor I use for healthy digestion is a waterfall versus a stagnant pond,” says Snyder. “You want your system to be moving, dynamic.” To keep digestive “sludge” out of our body’s systems, Snyder recommends a proven detox approach of drinking liquid only between meals to help foods digest easier. She particularly recommends her own Probiotic & Enzyme Salad, made with four cups of shredded cabbage; one inch of fresh ginger, cut into strips; one teaspoon of caraway seeds; and cold, filtered water, all left to naturally ferment in a jar at room temperature for about five days—or refrigerated

raw sauerkraut from a health food store—to help flush out toxins. She also emphasizes supplementing with probiotics, such as her unique formula made from soil-based organisms. Infrared sauna treatments can also help leach heavy metals out of body fat and decrease cellulite.

“These techniques have been around for a long time because they work,” says Snyder. “As I always say, outer beauty is a reflection of inner health.”

Connect at KimberlySnyder.com.

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

Top 50 Beauty Detox Foods

by Kimberly Snyder

These foods work to improve specific body areas while promoting whole-body wellness. Such plant-based foods also improve digestion and raise energy levels.

For Beautiful Skin

Youthful

Red bell peppers
Coconut (fresh, milk, oil)
Avocados
Spinach

Radiant

Watercress
Figs
Sweet potatoes
Cucumbers
Acai

Soft

Pineapple
Almonds
Walnuts
Flaxseed

Unlined, wrinkle-free

Pears
Cabbage
Turmeric

Clear, blemish-free

Fermented vegetables (e.g., sauerkraut)

Arugula
Onions
Raw apple-cider vinegar
Garlic
Lemon

For Beautiful Hair

Pumpkin seeds
Dulse (a type of seaweed)
Carrots
Radishes
Nutritional yeast

For Beautiful Eyes

Bright eyes
Papaya
Beets
Blueberries
Apples

Eliminating dark circles and puffiness

Celery
Collard greens
Asparagus
Bananas

For a Beautiful Body

Fluid body movement

Broccoli
Brussels sprouts
Sesame seeds
Romaine lettuce

Cellulite-free

Fresh cilantro and parsley
Buckwheat and oat groats (whole oats)

Toned body

Kale
Hemp seeds
Quinoa
Millet
Chia seeds

For an Inner Glow

Bee pollen
Sunflower seeds
Sprouts
Spirulina (dried blue-green algae) or chlorella (high chlorophyll algae)

Text **SUBSCRIBE** and your name and address to (337) 424-5066 to Get your **FREE** copy of **Natural Awakenings Magazine** mailed to your home or office each month.

ION FOOT DETOX

BUY 1 GET 1 1/2 OFF

Purchase one ion foot detox session at regular price and get a second 1/2 OFF.

Offer Ends 12/15/14

FROZEN WHEATGRASS

BUY 1 GET 1 1/2 OFF

Purchase one box of frozen wheatgrass at regular price and get a second half OFF.

Offer Ends 12/15/14

LOOKING FOR MODELS

STYLE MODELING AGENCY

Looking for new female, male, and child models for upcoming work. Modeling jobs pay \$18 - \$30/hr. TEXT "MODEL" to 337-424-5066 for more info.

MOOD ENHANCER

BUY 1 GET 1 1/2 OFF

Purchase one Mood Enhancer supplement and get a second for 1/2 off the regular price.

Offer Ends 12/15/14

1 CALL STORAGE CENTERS

CARENCRO AND OPELOUSAS

5x10, 10x10, 10x15, and 10x20 units available. Climate control and non-climate control.

CALL 896-0085

BUY AN AD LIKE THIS

\$24/MONTH

Stamp ads like this are only \$19/month. Secure this ad space and reach 100,000 *Natural Awakenings* readers each month.

BF-4

BUY 1 GET 1 1/2 OFF

Purchase one BF-4 and get a second for 1/2 off the regular price.

Offer Ends 12/15/14

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 12/15/14

Growing Up with Wayne Dyer

Serena Dyer Reflects on Her Spiritual Upbringing

by Lindsay McGinty

Serena Dyer had a unique childhood being raised by spiritually progressive parents, including her bestselling celebrity dad, Wayne Dyer, Ph.D., who would write her notes on personal stationery printed with the motto, "Be realistic. Expect miracles!" It's not a message her peers likely heard at home.

Now 29, Serena shares her point of



view in *Don't Die with Your Music Still in You: My Experience Growing Up with Spiritual Parents*, co-authored with her father. The title reflects her parents' key lesson for their children: Pursue the life you are born to live.

Some missteps along the journey to her true calling included enrolling

in law school to maintain her student identity, but her upbringing served as a

light guiding her home to herself. She wrote the book after dropping out of law school, a big step toward her dream of inspiring others to live authentically.

What was it like to grow up with Wayne Dyer as your father?

Growing up, my seven siblings and I were exposed to a lot of ideas that were different than what my friends heard. We were taught that within each of us is a purpose, a passion that we call dharma, and that dharma is what we are incarnated here to do. We were taught that the most important thing you could do in your life was to follow that dharma, and in doing so, you would be serving God. I often joke that my childhood was filled with unconditional love and security, but also a lot of weirdness! Not many kids learn transcendental meditation at the age of 5 and count monks as friends.

Were there any downsides to being raised by spiritual parents?

I like to think that while there weren't any real downsides, there were certainly challenges. For example, in a more



The Benefits of an Alkaline Body

Fewer Colds

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

Cancer Prevention

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

- Skin more elastic, youthful
- Deeper more restful sleep
- Abundant physical energy
- Suffer from fewer headaches and viruses
- Good digestion
- Less arthritis
- Reduction of candida (yeast) overgrowth
- Helps the body detox
- Assists with proper absorption of food
- Helps prevent acid reflux
- Prevents irritable bowel syndrome
- Will not support osteoporosis
- Increased mental acuity, mental alertness

Tel: (337) 896-4141

Purchase at DHARMA Center in Sunset or Natural Health Center in Carencro

Health & Beauty Products

traditional household, when someone gets the flu, their parents probably tell them that it's flu season and it's just going around. In my household, when one of us would get the flu, we were told that we aligned with it and allowed it in. In other words, part of the challenge of having spiritually progressive parents is that they make sure you are aware that you are responsible for everything happening in your life.

What is the greatest lesson you learned?

Thus far, it is knowing that we are the creators of our destiny—the masters of our fate. I wholeheartedly believe that we sign up for the experiences we have in this lifetime, as they are part of our soul's desire to grow and expand. When we make the choice to view life as not happening to us, but responding to us, we become more consciously aware of how much our thoughts affect our daily experience. I am so grateful my parents taught me this at a young age because I have learned to choose my thoughts carefully.

What is the greatest gift your parents have given you?

It's not something they did for me; it was how they lived their lives in front of me. My parents did not encourage me to follow my dreams and then sacrifice theirs in order to raise me. My parents followed their dreams and in watching them do so, I felt safe to go after mine, as well. They taught me that there is no honor in sacrificing yourself or your dreams for anyone else, and demonstrated that the only time you have to make your life the way you want it is now. I am grateful to them for living their lives this way, which has allowed me to feel safe living my life this way, as well.

What advice would you give to people that wish they were raised in a more spiritual manner?

I tell people that it doesn't really matter what kind of parents you had, it matters how you feel about yourself. Everything in life starts with the self. If you don't have love and acceptance and forgiveness for yourself, you won't have these things to give to other people either. I was taught that we can't give what we don't have. When we learn to love and treasure every part of ourselves, we also have love to give to others.

Contributor Lindsay McGinty lives in Orange County, CA.

Mineral Elements 9-PC Mineral Makeup Kit - Beige

Mineral Elements is a light, mineral makeup that your skin will love. It lets your skin breathe while letting your beauty shine through. Packaged in a branded corrugated box with a fitted thermoform tray, the 9-Piece Kit includes: 2 Shades of Mineral Foundation - Beige 1 and Beige 2 (2.5g each), Mineral Veil Finishing Powder (2.5g), Mineral Bronzer Warmth Powder (2.5g), Foundation Brush, Contour Brush, Concealer Brush, Designer-style Brush Pouch, Designer-style Cosmetic Bag. Available in 3 shades. This Beige shade collection is recommended for medium skin who might have surface redness or discoloration and tend to burn, then tan in sun exposure.



.....\$89.94

bareMinerals BARESKIN Perfecting Veil - Light to Medium

This utterly weightless finishing powder is formulated with light-reflecting optics to help diffuse the look or appearance of fine lines, lilac plant stems cells and vitamin C to help brighten your complexion and a special blend of minerals to absorb excess oil and balance skin texture. Benefits: Special blend of minerals helps to absorb excess oil with a soft focus finish Light-reflective optics soften the look of fine lines and wrinkles and blur the appearance of pores Vitamin C helps to visibly brighten the complexion (0.3 oz.)



.....\$27.49

BareMinerals Foundation SPF15 - Medium Beige 8g

What it does: Made of only pure, crushed minerals from the earth, bareMinerals SPF 15 Foundation looks like a powder, feels like a cream, and buffs on like silk, giving skin a natural luminosity while feeling as if you are not wearing any makeup at all. What it is formulated WITHOUT: - Parabens - Sulfates - Synthetic Fragrances - Synthetic Dyes - Petro-Chemicals - Phthalates What else you need to know: The coverage is complete and is free of preservatives, talc, oil, waxes, fragrances, and other chemicals that can irritate skin and cause breakouts. Research



.....\$36.00

bareMinerals Bareskin Pure Brightening Serum Foundation, Bare Natural, 1fl. oz.

Bare Natural Clinically proven tone-correcting mineral foundation and brightening serum in one. Created with exceptional purity in mind, this ultra-thin, skin-perfecting fluid provides seamless adjustable coverage, a natural finish and the look and feel of beautiful skin while delivering a noticeably brighter, more youthful appearance.



.....\$32.99

Bare Escentuals Original Mineral Veil 2 g

This sheer veil morphs into skin like "special effects," minimizing pores, lines and shine. It's light as a feather...so all you'll see is shine-free skin. Wear over bareMinerals foundation or blush for a gorgeous, soft-focus finish. Perfect to use throughout the day. Contains no talc, fragrance or binders.



.....\$10.99

"An All Natural Product Line For Your Every Need"

- Weight Loss
- Joint Pain
- E.D./Low Testosterone
- Hot Flashes
- Attention Deficit Disorder
- Fatigue
- Psoriasis/Skin Care
- Fitness and Muscle Building

500 N. Lewis Ave., Suite 110

New Iberia, LA 70563

(337) **367.8220**

www.DauteriveWellness.com



Dr. Kimberly Smith

DAUTERIVE WELLNESS

Dr. Kimberly Smith Dauterive

TOTAL HEALTH AND WELLNESS-Naturally Meeting Your Every Need

Total Health and Wellness

We offer the only 100% Natural Weight Loss Products
All products are 100% Natural and are FDA registered



Weight Management



Energy



Sports & Fitness



No Appointment Needed

fitbody

Cellulite Shrinkers

Five Simple Exercises to Smooth Thighs

by E.C. LaMeaux



Unwisely cellulite, which is comprised of fat deposits just beneath the skin, appears as lumps or dimples, usually near the buttocks and upper thighs, and is most common in women. Building muscle can make cellulite harder to notice and help burn more calories. While cellulite deposits might not be eliminated, burning body fat will make them shrink and be less visible. Here are five top exercises to blast stubborn cellulite.

Cardiovascular Exercise

As long as we're expending more calories than we're taking in, we will begin burning the body's fat deposits. As cardio workouts burn calories, they can reduce overall body fat, which also makes cellulite harder to see. Any exercise such as walking, running, hiking or cycling can help in the overall battle to burn calories and blast cellulite.

Stair Climbing

Stair climbing burns at least 10 calories a minute, according to the non-profit National Wellness Institute, that promotes healthy lifestyles worldwide. Plus, stair climbing has the added benefit of working all the muscle areas that tend to get hit with the greatest amounts of cellulite.

Leg Lifts

Janet Wallace, Ph.D., professor of kinesiology at Indiana University-Bloomington, advises that leg lifts are the best exercise for toning the outer thighs.

Lie on the floor on your side, placing one elbow on the ground and prop your head up with that same hand. Place the other hand on the floor beside your waist. With legs straight and toes pointed, lift the top leg up as far as it will go, then slowly lower it back down. Do 10 to 15 reps, and then turn over and work the other leg.

Back Kicks

An MSNBC health segment recommended this fat-busting move to target all the areas that are most susceptible to cellulite. While kneeling on hands and knees, lift a leg up behind you until it's pointed upward at a 45-degree angle. Slowly bring the leg back down and repeat the movement with the other leg. Start with 15 reps and work up from there.

Squats

Stand comfortably with feet about a foot apart. Slowly bend the knees to lower your body until both thighs are parallel to the floor. Then gradually stand back up, squeezing gluteal and back-of-the-thigh muscles as you rise.

If performed consistently, this exercise will increase muscle strength in the thighs and buttocks, which also helps burn fat, according to the Mayo Clinic. Less fat equals less noticeable cellulite. As with the other exercises, start with 15 repetitions per session and work up to more.

E.C. LaMeaux posts a body of work at Gaiam Life (Life.Gaiam.com), from which this was adapted.

I did this.
in one word



\$675

6 Treatments

\$850

12 Treatments

Zerona

3 inches in 2 weeks

896-4141

Carencro Office

Janet M.

New Iberia, LA

I drink wheatgrass.

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



Opelousas

BENNY'S Sport Shack, Tel: 948-6533

Sunset

DHARMA Center, Tel: 662-3120

Carencro

Natural Health Center, Tel: 896-4141

Lafayette

Drug Emporium, Tel: 261-0051

Road Less Traveled, Tel: 988-9889

inspiration

Practice Gratitude and Change Your Life

by April Thompson

"I have started a gratitude journal that I write in every day. When you run out of the 'obvious' blessings, it makes you dig deep and see all the small things. I commit to do my very best to never take anything or anybody, good or bad, for granted."

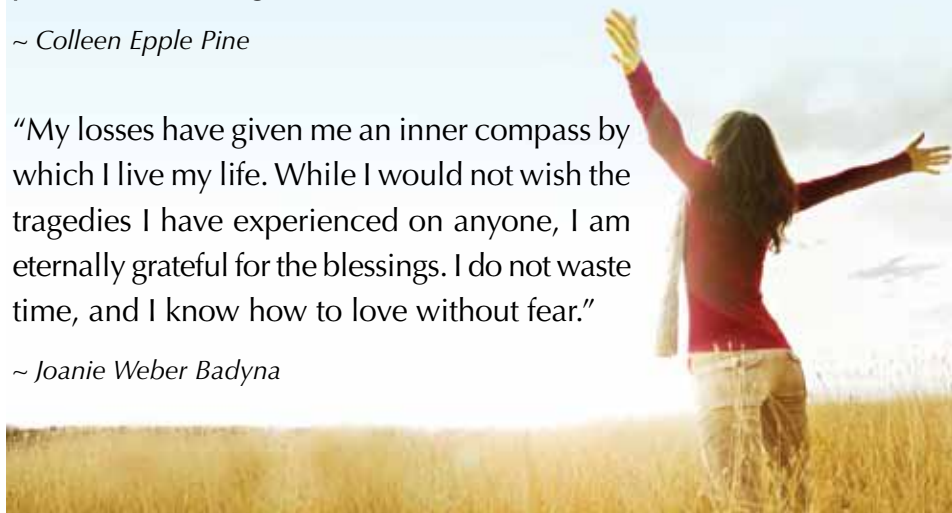
~ Lisa Henderson Middlesworth

"A town can be such a blessing. Neighbors always pull together when there's a tragedy or natural disaster. The boundaries diminish and yards become one... we eat in each other's kitchens, supervise each other's children, share vehicles and generally watch out for each other. I believe it is God's way of reminding us that we're one family and each of us provides the strength and foundation for the other."

~ Colleen Epple Pine

"My losses have given me an inner compass by which I live my life. While I would not wish the tragedies I have experienced on anyone, I am eternally grateful for the blessings. I do not waste time, and I know how to love without fear."

~ Joanie Weber Badyna



Middlesworth, Pine and Badyna are among thousands adopting a Gratitude Challenge to help develop their gratitude reflex and cultivate a more positive outlook on life. Gratitude can take many forms, but typically participants pledge to reflect upon and express it daily with the help of email prompts from a sponsoring organization. A gratitude practice can help grow appreciation for the strangers that better our lives. It can also deepen our

gratefulness for the significant others we sometimes take for granted.

Approaching a milestone birthday, retired businessman Walter Green set out on a year-long journey to visit 44 people that he credited with changing his life to initiate conversations about their influence, which he recounts in the book *This is the Moment!* While the relationships were already solid, according to Green, "In many cases, it was the most significant conversation we ever had."

“Feeling gratitude and not expressing it is like wrapping a present and not giving it.”

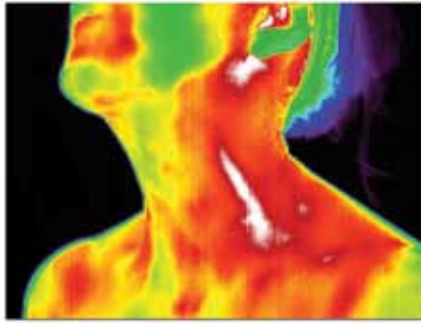
~ William Arthur Ward

Gratitude is a small act with a big payoff, Green observes. “The person receiving gratitude appreciates knowing they made a difference, but the giver is the greatest recipient. It feels good to express gratitude, plus you are freed from future regrets that you didn’t express it when you had the chance.”

Patricia Brugioni, a Christian Science nurse from Chicago, has been sharing three things she’s grateful for on social media on a daily basis since taking a five-day online challenge earlier this year. “I am a grateful person by nature, but now I am claiming the good that is coming to me and learning to cherish things without feeling like I have to earn them,” she says.

Connect with freelance writer April Thompson at AprilWrites.com.

Look Closely



Thermography detects inflammation. Inflammation is a silent killer.



KNOW YOUR BODY. HEAL YOUR BODY.

Call to schedule a thermography exam
Only 594 896-4141



We do indoor birthday parties for KIDS

BEAT THE HEAT - BEAT THE RAIN. Indoor birthday parties.

www.MyKidPartyZone.com

All birthday party rentals include: rental of the building, all of the indoor jumps and arcades are FREE and INCLUDED WITH BUILDING RENTAL, unlimited guests, and bring your own food and drink.

PRIVATE EVENTS ONLY meaning you are renting the building and all entertainment. This is a private party for you and your guests ONLY.

Place your deposit and book your party online.

Located in Opelousas at 12178 W. Hwy 190. Next door to Lucky's Casino and Trucstop

Essential Oils Heal the Body

RESTORE Essential Oil

- Calms the nerves
- Makes the body stronger
- Gives you more energy
- Increases mental clarity
- Reduces "brain fog"

- Improves anxiety
- Improves depression
- Helps to improve digestion
- Kills infection
- Fights inflammation



GREEN WATERS

pH 5.5

Acidic Body and OBESITY



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

Alkalize your body with
GREEN WATERS



naturalpet



PLAYFUL PET GIFTS

Animals Love Interactive Toys and Games

by Sandra Murphy

What's on the family pet's wish list this year? Family members can have fun creating interactive toys and games that are easy on the holiday budget.

According to a recent American Pet Association survey, three out of four owners buy gifts for their pets during the holiday season to the collective tune of \$5 billion. Dogs and cats receive new sweaters and boots, collars and leashes, toys and treats. Yet, what they really crave is attention.

"Too often, pets are left alone for eight hours a day, leading to anxiety, frustration and unwanted behaviors. It's important that they're mentally challenged, learn new commands and have fun," says Dr. Mary Gardner, co-founder of Lap of Love Veterinary Hospice, in Los Angeles. "Cognitive decline and muscle wasting, common in older pets, can both be thwarted with games personalized for age and ability."

Special Dog Treats

Look for sturdy wooden puzzles that hide a treat behind doors that pull or slide open. Advanced puzzles involve a multi-step solution. Following

dog treat cookbooks will keep dedicated bakers in a canine's good graces throughout the year.

Write an activity—a walk, trip to the dog park, game of fetch or a doggie/human dance party—on a few index cards. "Teach the dog to choose by rubbing one card with a sodium-free bouillon cube," suggests Eileen Proctor, a pet lifestyle expert in Denver. "As soon as the dog sniffs the card, reward with praise and the designated gift. Once the game is learned, there is no need to keep scenting the cards." Turn up a corner of all the cards for easy pickup.

Purrfect for Cats

Cats may like to play it cool, but bring out a laser pointer and they act like kittens again. To mimic hunting instincts, play hide-and-seek with kitty's food; put holes in a closed box with special bits of dry food inside, then let her paw it out or roll the box.

Place a too-large-to-swallow jingle bell inside an empty toilet paper roll and tape the ends shut for a charming-sounding toy. An orphaned sock filled



with crinkly cellophane and sewn shut makes an intriguing toy to drag around. Improvise a fishing pole from a colorful dowel rod and heavy twine with a pet- and planet-friendly item tied on the end for a pet to chase.

Cats love to squeeze themselves into small spaces or relax in larger ones, so pass along gift boxes.

Pretty-Bird Specials

In the wild, birds spend most of their time foraging for food. Mimic a wilderness search by hiding food beneath an unused, unbleached coffee filter or a large lettuce leaf. Cut food in pieces big enough to hold in a claw to help hone balance. Hide seeds in a made-for-birds piñata, available at pet supply stores. Puzzle boxes range from reach-in-for-food versions to slide-a-door or pull-a-knob difficulty levels.

Fun for Fish

Betta (Siamese fighting) fish love to rest near the surface, so provide a leafy hammock, available where supplies are sold. Finned friends get exercise as they chase a laser pointer's red dot through

the water. A new plant or ping-pong ball floating on the surface provides added entertainment.

Moss balls are a good place to hide food and also help keep the water clean. A ceramic log lets fish hide inside.

Climbing Crabs

Hermit crabs are social animals, both curious and amusing. The gift of a new shell or two during molting season is appreciated. Flat-topped rocks with textured sides, large enough to not tip over, provide a different view. Fibers like those used for macramé, hung from the lid of the tank almost to the floor mimic rope climbing. Upside-down terra cotta flower pots, in different sizes and covered with netting, provide more surfaces and heights to explore.

"Time spent together is a gift for both the giver and the recipient," says Proctor. "It's more thoughtful than anything you can find in a store. You always get back more than you give."

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



Pet Precautions

As with kids, don't shower all the surprises on a pet at once. The choices will be overwhelming. Instead, rotate them while keeping one favorite on hand.

- ✓ Check for loose knobs or small parts on toys and around the house; anything that can break off from a strong bite. Favor smooth, rounded edges.
- ✓ Puzzles and other toys are for supervised play only.
- ✓ Never point a laser light at a pet's eyes—it can severely damage their vision.
- ✓ Poinsettias can be poisonous to pets—keep them out of reach or out of the house.
- ✓ Because a dog or cat's tongue is rough, if they chew on tinsel, ribbon, yarn or other textured wrappings or decorations, it's likely to get swallowed, which can lead to a medical emergency.

SUNSET

Louisiana
Phone: (337) 662-3120

**ARE YOU
VITAMIN DEFICIENT ?**

A Vitamin Test means you don't have to be sick anymore.

DHARMA

wellness center and fit club

"Healing is a very gradual process and it takes time for you to condition your body into a state where the healing process can begin. But it must begin with nutrition."



Tre' Gradnigo, CNHC
Certified Natural Health Consultant



Know Your Body

A body that is too acidic is more likely to develop heart disease, diabetes, and cancer. If you are overweight you will have poor energy, hormone problems, and you shorten your lifespan. If you have depression, want to lose weight, or simply want to get your health back - I can help.

Telephone: **896-4141**

Simone Hebert, Health Coach
Natural Health Center



Natural solutions

FOR ALL YOUR HEALTH NEEDS

- Sleep Apnea
- Bruises, Strains, tissue damage
- Sinus Infection
- Skin Rash

Designed for my family, Shared with yours.



Order online at
MyNaturesRite.com
 or call
800-991-7088



Sleep Apnea Relief

Helps ensure deep, steady breathing throughout the night, improving the efficiency of the lungs and relaxing muscles to address sleep apnea.

Injury Repair

Ankle sprains, bruises, painful elbows and shoulders all need help during repair. Bruise, Strain & Tear Repair clears the bruising and keeps the healing process going for as long as you apply it. Get a complete repair naturally.



Sinus Infection



Sinus Relief offers a nasal spray that is both anti-fungal and anti-bacterial in a convenient spray bottle. Super Neti Juice offers the same antimicrobial power with soothing, subtle peppermint. Powerful tools to combat germs.

Rash Relief

This powerful herbal lotion is designed to relieve the pain and itch of eczema, while correcting the cause and repairing the skin. A healthy and natural approach to correcting skin rash without dangerous drugs.



Have a Stubborn Skin Disorder and Tried Everything Else?

Finally there is a solution, try **Natural Awakenings DermaClear**, a natural, affordable skin repair salve.

Our all natural personal skin care product brings comforting relief to sufferers of many skin irritations. **DermaClear** will simply feel good putting it on. Cooling and soothing, the Calcium Montmorillonite/ Calcium Bentonite clay penetrates pores and open areas of the skin and pulls out toxins and inflammation. The proprietary blend of homeopathics go even deeper, address the root causes and assist to bring even deeper toxins to the surface.

DermaClear has proven to be effective against:

- Shingles
- Burns
- Stings
- Psoriasis
- Allergic Rash
- Insect Bites
- Eczema
- Jock Itch
- and more

4-oz jar- **\$29.99** + \$5 shipping-up to 5 jars

Order Online Today at
NAWebstore.com or call **888-822-0246**
 Wholesale Pricing Available to Stores and Practitioners



A fast, delicious way to get your greens, fruits, and veggies!

Natural Awakenings Green Powder™ Paleo profile dietary supplement, made with certified organic non-GMO ingredients, supplies your body with essential vitamins and minerals you might ordinarily be missing from your regular diet.

9.5 oz jar **\$54.99** (30-day supply) plus \$5 shipping (up to 3 jars)

Order Online Today at
NAWebstore.com Or Call: **888-822-0246**



IT WORKS.



HERE

AND
HERE.

GUARANTEED, OR YOUR MONEY BACK.

 **XLEAR**

At fine retailers everywhere. For more info or to find a retailer, visit
xlear.com

calendar of events

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

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

Saturday November 1

Fall Lagniappe Fest – 8am. Bargain shopping at the church-wide rummage sale. Bake sale and Junk-in-the-Trunk vendor spots available. Pets for adoption from the Friends of Lafayette Animal Shelter. Free. Northwood United Methodist Church, 4530 Moss St, Lafayette. 337-235-9145.

Jungle Gardens 5K – 8am. One mile fun and 5K run will be followed by food, entertainment and awards. Entrants will have a day pass to explore the gardens. St. Jude Children's Hospital. \$35 registration for 5K run & \$20 for 1 mile fun run. Darrin Roddy or Brooke Hebert. Jungle Gardens, Hwy 329, Avery Island. 337-993-9377. JungleGardens5K.com.

Dutch oven Gathering – 9am-12pm. Learn how our ancestors cooked out on the trail. Be surprised at the variety of foods that can be cooked with a Dutch oven and hot fire. Samples provided. Regular park admission fee. Chicot State Park, 3469 Chicot Park Rd, Ville Platte. 337-363-2403.

Great Chili Challenge – 10am-2pm. Chili booths, arts and crafts, live music and children's games are part of the events. Free. Lana Prejean or Cindy Blanchard. New Iberia City Park, 300 Parkview Ave, New Iberia. 337-365-9303.

ATRO Family Fun Day – 10am-2pm. Acadiana Therapeutic Riding Organization serves children and adults with special needs. Enjoy a petting zoo, rock wall, and Games 2 U. The first 100 kids will receive a free book. Free. Allison. Lafayette's Cabbage Patch-Lafayette's Blackham Coliseum, 2330 Johnston St, Lafayette. 337-224-9031.

Community Musical – 7pm. Iberia Community Band presents Music through the War Years. A performance by the Iberia Swamp Band. Adults \$5 & free 5 yrs and below. New Iberia Recreation Department. Jerry Fruge. Sliman Theatre, 129 Main St, New Iberia. 337-577-3852 or 337-380-5216.

Sunday November 2

Chili/Gumbo Cook-off – 4-6pm. Local church teams compete for bragging rights of the best creations. Fun jumps, puppet show, live music, and lots of food. Grab a lawn chair and free admission with some canned goods to restock FoodNet's pantry. The Bayou Church, 2234 Kaliste Saloom Rd, Lafayette. TheBayouChurch.org/cook-off.

Monday November 3

Halloween Candy Buy Back – 8am-5pm. Thru Friday Nov 7. Bring unopened Halloween candy and

get paid \$1 per pound donated. Candy donated will be sent to Operation Gratitude to troops overseas. Quest Pediatric Dentistry, 210 Beaulieu Dr, Lafayette.

Thursday November 6

29th Annual Port Barre Cracklin Festival – 5-10pm. Thru Sunday Nov 9-10am-6pm. A cultural event showcasing the ritual of making cracklins. Food, Cajun, Zydeco and swamp pop music, carnival rides, arts and crafts, and a beauty pageant. The parade rolls through on Saturday morning. The Port Barre Lions Club. \$5/person, 10 years and under free. Veterans Park, 504 Saizan Ave, Port Barre.

7th Annual Festival of Words – 5:30-6:30pm. Thru Saturday Nov 8-11:30am-2:30pm. Celebrate the written and spoken word through public readings and performances with student creative writing contests, open mics, writing workshops in the school and community, and "drive by poetry". Authors include: Luis Alberto Urrea, Ava Leavell Haymon & Anderson Dovilas. The Thensted Center, 268 Church St, and St. Charles Chapel, 252-A Church St, Grand Coteau.

Taste of Crowley – 6-9pm. Promote the city's cultural assets. Specialties from local restaurants are showcased and entertainment from the Get Back Band. Advanced ticket \$25 or \$30 admission at the door. CST Crowley Main Street and the City of Crowley. Crowley City Hall, 425 North Parkerson, Crowley.

The Velveteen Rabbit – 7pm. A theatrical play about a stuffed rabbit sewn from velveteen given as a Christmas present to a small boy is neglected for other toys and wishes to become "Real". \$7 children & seniors, \$10 advance adults and \$12 day of show. The Historic Delta Grand Theatre, 120 South Market St, Opelousas.

Friday November 7

Merchants & Mistletoe Holiday Market – 8am. Purchase holiday gifts, jewelry, home decor & accessories. Monogrammed and specialty handmade items, women & children's clothing, and gourmet treats available. \$7. Sts. Leo-Seton Catholic School, 502 St. Leo St, Lafayette.

2nd Annual "Mais Cher, Think You Can Dance?" – 7-10pm. Dance competition fundraiser to benefit Meals on Wheels. The Lafayette Foundation on Aging. Claire Foret. \$30. Carencro Community Center, 5115 N University Ave, Carencro. 337-278-8168.

Saturday November 8

8th Annual Atchafalaya Basin Festival – 7-11am. A

fundraiser with a live Cajun band; gumbo and fish cook-off; auto shows; auctions; arts and craft vendors; kids games and lots of food and drinks. Camper parking available. College Football Games on Big Screen. Free. Our Lady of Mercy Catholic Church. Henry Guidry Memorial Park, 105 Park Dr, Henderson. 337-205-2443. AtchafalayaBasinFestival.org.

Cajun Cup 10K & 1 Mile Road Race – 7:30am. Selected as the Road Runners Club of America 10K National Championship will include a 1 mile fun run and a 10K Challenge for 13 years and under. Receive a finisher's medal. Register online- 1mile fun run \$25-\$30 & 10K \$30 - \$40. Parc San Souci, 299 Polk St, Lafayette. CajunCup.net.

Boutique du Pont – 11am. Shop for that one of a kind gift. \$5. Bridge Ministry. The Ark at River Ranch, 401 Silverstone St, Lafayette.

Rootstock – 12pm. Louisiana Folk Roots presents its second annual festival featuring music, food, local craft vendors and fun for the family. Bands play under a dance tent. \$15 members and \$20 public admission. Beaver Park Ballfields, 300 Fisher Rd, Lafayette. LaFolkRoots.org.

Southern Soul Food Showdown – 10am-5pm. A cook-off with locals preparing various soul food dishes. Experience food, music, people and good times. Call to enter the cook-off. Free admission to event. Grand Marais Mardi Gras Association. Tina Olivier -337-339-8654 or Angela Broussard -337-380-3424. MonAmi (Grand Marais), 7304 E Hwy 90, Jeanerette.

Annual Community Health Fair & Walk – 7:30am-12pm. Flu shots, blood pressure, glucose and dental screenings available with breakfast and lunch, and seminars on the Affordable Care Act and Diabetes. Mila Thomas-337-783-5519 ext. 1503 or Dianna Ross -337-439-9983 ext. 1254. SWLA Center for Health Services, 613 John F. Kennedy Dr, Crowley. SWLAHealth.org.

Sunday November 9

Veterans Day Program – 2-3pm. A ceremony honoring veterans. Charlotte Jeffers. Historic Rice Theatre, 323 N. Parkerson Ave, Crowley. 337-783-0824.

Gal Holiday – 2pm. Performances of the best of Honky Tonk, Western Swing and Rockabilly classics to create a show of pure American roots. Free. Jeanerette Museum, 500 E Main St, Jeanerette. 337-276-4408. JeaneretteMuseum.com.

Monday November 10

CASA Basketball Jamboree – 5pm. Thru Wednesday Nov 12. CASA of SoLa 3rd annual fundraiser spotlights 36 local high school teams, both boys and girls. \$5/night or \$12/3 nights. Foster care system of Acadiana. Earl K. Long Gymnasium-UL's Campus, 500 E St Mary Blvd, Lafayette.

Death by Chocolate – 6pm. Enjoy chocolate inspired dishes from local restaurants, a chocolate martini contest, live and silent auction. \$40/person or \$600/table of 10. Done in partnership with Louisiana Restaurant Association and the Acadiana Symphony Orchestra. Petroleum Club of Lafayette, 111 Heymann Blvd, Lafayette.

Tuesday November 11

Annual Veteran's Day Program – 9-10am. An outdoor service featuring color guard assemblies in

full regale, gun salute, TAPS performance and patriotic music selections by Jillian Hebert. Reception in funeral home lounge. Free. Fountain Memorial Cemetery, 1010 Pandora St, Lafayette. 337-981-7098.

Carencro Veterans Memorial Dedication – 9:30am. A ceremony dedicating the newly constructed memorial honoring military servicemen and women. The event includes a ribbon-cutting, recognition of veterans and donors, patriotic music and activities. Free. Carencro City Hall, 210 E St. Peter St, Carencro.

82nd Annual Civic Cup – 6pm. The highest honor bestowed on a local individual for community involvement. \$60/ticket. Petroleum Club of Lafayette, 111 Heymann Blvd, Lafayette. 337-232-2582.

Thursday November 13

42nd Annual Rayne Frog Festival – 5-10pm. Thru Saturday Nov 15. A day filled with a diaper derby, music, food, arts & crafts and nightly carnival family activities. \$5 adults & free children 12 yrs & under. Rayne Frog Festival Grounds - Pavilion, 300 Frog Festival Dr, Rayne. 337-334-2332. RayneFrogFestival.com.

Spell-a-bration – 6pm. The Lafayette Public Library Foundation presents a corporate spelling bee. Teams of three compete with a “To Bee or Not to Bee” theme in celebration of the 450th anniversary of Shakespeare’s birth. \$25 advance ticket and \$35 at the door. Lafayette Public Library Downtown Children’s Entrance. Lafayette Science Museum, 433 Jefferson St, Lafayette.

Friday November 14

Philanthropy Awards Luncheon – 11:30am-1pm. Community Foundation of Acadiana awards individuals and couples from across their eight parish service area that have made substantial charitable contributions. A corporate award will be presented. \$50/ticket and \$400/table of 8. Erin Winder. Cajundome Convention Center, 444 Cajundome Blvd, Lafayette. 337-769-4842.

El Festival Español de Nueva Iberia – 6pm. Thru Sunday Nov 16. Celebrates the Spanish founding families of New Iberia with a lecture on The History of Flamenco at the St. Peter’s Church Hall, an exhibit at the Bayou Teche Museum and a Spanish Gala on Friday. Running of the Bulls 5K Race on Fulton Street, The Paella/Tapas Cook-off at Boulogny Plaza and live music on Saturday Nov 15. A Mass of Thanksgiving at St. Peter’s Catholic Church on Sunday Nov 16. Free. Downtown, Main St, New Iberia.

Saturday November 15

Annual Community Health Fair & Walk – 7:30am-12pm. Flu shots, blood pressure, glucose and dental screenings available with breakfast and lunch, community vendors and a seminar on the Affordable Care Act. SWLA Center for Health Services, 500 Patterson St, Lafayette. SWLAHealth.org.

Annual Gumbo Cook-off – 8am. Throughout the day live entertainment by Chubby Carrier and delicious hot gumbo at noon. \$5 for all you can eat. Crowley Chamber of Commerce. Enterprise Building, 11 North Parkerson Ave, Crowley. 337-788-0177.

4th Annual Beef Tongue Cook-Off – 12pm. Campers come out to cook the tastiest beef tongue. The

winner will receive a weekend RV stay. People’s choice tasting begins at 1pm until live music starts in the barn by Jamie Bergeron. Adults \$10, children \$5, free 3yrs and under. 2 free tickets/RV site. Lakeview RV Park & Beach, 1717 Veterans Memorial Hwy, Eunice. 337-457-2881.

Sunday November 16

Royal Fireworks – 3pm. Masterpieces will gloriously resound with the dulcet voices of the University of Louisiana Chamber Chorus. \$10. St. John’s Cathedral, 914 St. John St, Lafayette.

The Acrobats of Cirque-tacular – 2-4pm. The Carmichael Family Series presents a heart-stopping mind-boggling display of artistry and athleticism. \$10 & \$15. Grand Opera House of the South, 505 North Parkerson Ave, Crowley.

Tuesday November 18

Extra Helping of Holiday Self Care – 5:30pm. Holidays can be stressful for those who are grieving. Mary Lahey, FPC, LMFT and Jessica Johnson, MS, LPC share ideas on caring for oneself during the holidays. Facilitated by Mary Lahey, FPC, LMFT and Jessica Johnson, MS, LPC. Free. Hospice of Acadiana Conference Center, 2600 Johnston St, Lafayette.

Thursday November 20

Understanding Terminal Illness – 12pm. A presentation on understanding terminal illness and the criteria for being Hospice appropriate. Free. Hospice of Acadiana Conference Center, 2600 Johnston St, Lafayette.

Acadiana’s Festival of Trees Gala – 7pm. Enjoy the beauty of Christmas while feasting. Bid on gorgeous items in the silent and live auctions. The highest bidder will have a fully decorated tree delivered home in time for the holidays. \$50. Hearts of Hope. City Club at River Ranch, 221 Elysian Fields, Lafayette.

Saturday November 22

Downtown Country Christmas – 1pm. Christmas traditions of years gone by recreated for families to stroll the streets of downtown Opelousas. A unique holiday arts marketplace with local artists and vendors. Begin at the Historic Delta Grand Theatre then on to the Courthouse square for the traditional Lighting of the Oaks and Unveiling of the Nativity. Free. The Historic Delta Grand Theatre, 120 S Market St, Opelousas. 337-407-1806.

Sunday November 23

Pig and Plough’s 2nd Annual Bayou Teche Brewing Roast – 4pm. Enjoy seasonal local roast. Bayou Teche Brewing, 1106 Bushville Hwy, Arnaudville.

Friday November 28

Everybody’s Birthday Party – 9pm. Everyone is invited to the biggest birthday celebration featuring Curley Taylor and Zydeco Trouble. Free birthday cupcakes. Delicious gumbo for sale. \$10 advance purchase & \$12 at the door. The Save Our Community Center organization and Festival of Words. Renovation of Historic St. Peter Claver Hall in Grand Coteau. Renella Henry. St. Peter Claver Hall, 252 Church Street, Grand Coteau. 337-349-5814.

I drink wheatgrass.

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

Source: www.cancer.org



Opelousas
BENNY’S Sport Shack, Tel: 948-6533

Sunset
DHARMA Center, Tel: 662-3120

Carencro
Natural Health Center, Tel: 896-4141

Lafayette
Drug Emporium, Tel: 261-0051
Road Less Traveled, Tel: 988-9889

ongoing events

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

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

sunday

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.

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

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

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

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

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

monday

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

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

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

Blue Grass Jam – 7pm. Bring an instrument to join the Jam or just lay back and listen to some of the

best Bluegrass and Folk music Lafayette has to offer. Cité des Arts, 109 Vine St, Lafayette. 337-291-1122.

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

tuesday

Opelousas Farmers' Market – 6-11am. Fresh homegrown and homemade products produced in rural St Landry Parish. Farmers' Market Pavilion, Hwy 190, Opelousas. 337-948-5227 or 337-948-6263. CityOfOpelousas.com.

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

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

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

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.

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

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

Writer's Guild of Acadiana Meeting – 7-8:30pm. Last Tue each month. Local writers, meet to share and gain information in the craft of writing. The goals are

to provide a strong support system for our members that includes networking communities, education and encouragement. \$30/Annual membership. Barnes & Noble Booksellers, 5705 Johnston St, Lafayette. 337-989-4142. WritersGuideOfAcadiana.com.

wednesday

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

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

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

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 – 6-11am. See Tues listing. Farmers' Market Pavilion, Hwy 190, Opelousas. 337-948-5227 or 337-948-6263. CityOfOpelousas.com.

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

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

friday

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

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

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

saturday

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

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

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

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

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

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

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

Bayou Vermilion Canoe Paddle – 8:30-11:30am. 2nd and last Sat each month. Canoe trips on the Bayou Vermilion, weather and river conditions

permitting. RSVP. \$5 insurance fee to American Canoe Association for a canoe or bring your own canoe or kayak and paddle for free. Margo Addison. Vermilionville, 300 Fisher Rd, Lafayette. 337-233-4077 ext 205. Margot@BayouVermilion.org.

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

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

Savoy Music Jam Session – 9am-12pm. Bring an instrument or just yourself to enjoy a live traditional Cajun music jam session. Savoy's Music Centre, 4413 Hwy190 E, Eunice. 337-457-9563.

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

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

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

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

Watercolor Exhibit – 10am-5pm. Daily exhibit of Darnelle Delcambre's watercolor students. A&E Gallery, 335 W St Peter St, New Iberia. 337-367-7668. Schex.com/AAandE.

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

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

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

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

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

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

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



How to get rid of depression

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

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

Available at:
Natural Health Center, Carencro 337-4141
Drug Emporium, Lafayette 261-0033
DHARMA Wellness Center, Sunset 337-1116

DHARMA wellness center and fit club

DHARMA Wheatgrass Smoothie
Organic Wheatgrass Juice
1 frozen banana
organic yogurt
frozen pineapples
frozen strawberries

Call 662-3120

Detox
Detox Your Body
You should detox your body at least once a month

Enroll in our 6-Week Body Detox Program: 896-4141 \$340

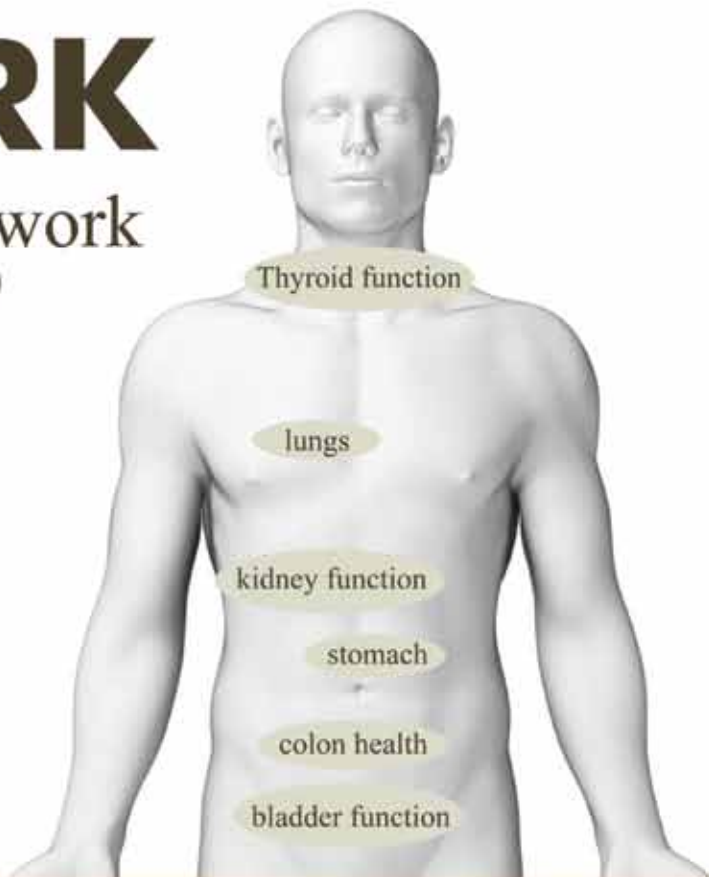
3 Day Juicing Diet
6 lbs in 3 DAYS

\$110
Includes 11 oz of organic juice for meals for 3 days

Available at:
Sunset, LA
DHARMA Wellness Center: 662-3120 Natural Health Center, Carencro: 896-4141

LABWORK

\$94 for complete labwork
(comprehensive metabolic panel)



Why do doctors have lab work done on a patient?

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

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

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

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

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

cancer
diabetes
heart disease
alzheimers
dementia
inflammation

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

Natural Medicine Is Nutrition



Dr. Steven T. Castille, BSc, MS, DNM
integrative medicine and nutrition

NATURAL MEDICINE IS WHOLE, UNPROCESSED FOODS AND INTEGRATES NUTRITIONAL BIOCHEMISTRY AND PATHOPHYSIOLOGY TO HEAL THE BODY OR MAINTAIN GOOD HEALTH.

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.

Natural Health Center Food Guide

PROTEIN

Turkey is a very good source of protein, selenium, niacin, vitamin B6 and the amino acid tryptophan. It's a good source of zinc and vitamin B12.

Pork is a good source of several vitamins and minerals including iron, zinc, selenium, phosphorus and magnesium. It is a good source of the easily absorbed form of dietary iron and is a rich source of vitamin B12. Pork is also a good source of other B vitamins including

Thiamin, Riboflavin, Niacin, and Vitamin B6.

Venison is a very good source of protein while being low in fat, especially saturated fat. Venison is a very good source of both protein and vitamin B12. It is also a very good source vitamin B2 and niacin. In addition, venison is a good source of iron, phosphorus, vitamin B6, selenium, zinc and copper.

Lamb is a very good source of protein and selenium. It is also a good source of vitamin B12, niacin, zinc and phosphorus.

Ham is a good source of Vitamin C, Thiamin, Protein, Niacin, Vitamin B12, Phosphorus and Selenium.

Eggs are a good source of selenium, iodine, protein, molybdenum, phosphorus, vitamin B5, vitamin B12, vitamin B2 and vitamin D. One egg contains 6 grams of protein and all 9 essential amino acids.

Chicken is a very good source of protein and niacin. It is also a good source of selenium, vitamin B6 and phosphorus.

Beef is a good source of protein, zinc, phosphorus, selenium and iron. It is also a good source of B-Complex Vitamins including Vitamin B12, Niacin, Vitamin B6 and Riboflavin.

GRAINS

White rice is free from cholesterol and has digestive and anti-inflammatory properties. It is low in fat and sodium. It is high in manganese and contains Vitamin B1.

Wheat flour is a very good source of dietary fiber and manganese. It is also a good source of magnesium, calcium, iron and selenium.

Rye is an excellent source of manganese and a good source of dietary fiber, selenium, phosphorus, magnesium, and protein. It also contains lignan phytonutrients.

Oats are an excellent source of manganese and a very good source of selenium. Oats are also a good source of vitamin B1, dietary fiber, magnesium, protein and phosphorus.

Millet is a good source of the minerals phosphorus, manganese and magnesium. Millet is also gluten-free.

Brown rice is an excellent source of the trace mineral manganese, and a good source of the minerals selenium and magnesium. Brown rice is also rich in fiber.

VEGETABLES

Brussels sprouts are an excellent source of vitamin C, vitamin K, folate, vitamin A, manganese, dietary fiber, potassium, vitamin B6 and thiamin (vitamin B1). They are also a good source of omega-3 fatty acids, iron, phosphorus, protein, magnesium, riboflavin (vitamin B2), vitamin E, copper and calcium. Brussels sprouts contain numerous disease-fighting phytochemicals including sulforaphane, indoles, glucosinolates, isothiocyanates, coumarins, dithiolthiones, and phenols.

Beets are an excellent source of folate, manganese and potassium. Beets are a good source of dietary fiber, vitamin C, copper, magnesium, iron and phosphorus.

Bell peppers are an excellent source of vitamin C and vitamin A. Red bell peppers are also an excellent source of vitamin B6,

20 Best Foods for FIBER



Corn White Beans Black Beans



Kidney Beans Garbanzo Beans Avocado



Whole-wheat pasta Brown Rice Edamame



Whole-wheat bread Lentils Pear



Artichoke Oatmeal Raspberries



Peas Broccoli Apples



Almonds Barley

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

But few people are getting enough.

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

- Dr. Steven T. Castille

beta-carotene, and phytonutrients lycopene, lutein and zeaxanthin. Green bell peppers are a good source of fiber, folate, vitamin K, molybdenum and manganese.

Broccoli is an excellent source vitamin C, vitamin K, vitamin A, folate, and fiber. It is a good source of manganese, potassium, protein, magnesium, vitamin B2, vitamin B6, vitamin B1, vitamin B3, vitamin B5, iron, calcium, zinc, vitamin E, phosphorus, and omega-3 fatty acids.

Cabbage is an excellent source of vitamin K and vitamin C. It is also a very good source of fiber, manganese, folate, and vitamin B6 potassium and omega-3 fatty acids. Cabbage is also a good source of thiamin (vitamin B1), riboflavin (vitamin B2), calcium, magnesium, vitamin A, and protein.

Carrots are an excellent source of vitamin A. In addition, they are a very good source of vitamin C, vitamin K, dietary fiber and potassium.

Cauliflower is an excellent source of vitamin C, vitamin K, folate and fiber. It is a very good source of vitamin B5, vitamin B6, omega-3 fatty acids, and manganese. Additionally, it is a good source of potassium, protein, phosphorus, vitamin B1, vitamin B2, vitamin B3, and magnesium.

Celery is an excellent source of vitamin C. It is a very good source of dietary fiber, potassium, folate, molybdenum, manganese and vitamin B6. Celery is also a good source of calcium, vitamin B1, vitamin B2, magnesium, vitamin A, phosphorus and iron.

Chickpeas are an excellent source of molybdenum and manganese. They are also a very good source of folate, protein, dietary fiber, copper, phosphorus and iron.

Corn is a good source of vitamin B1, vitamin B5, folate, dietary fiber, vitamin C, phosphorus and manganese. It is also rich in beta-cryptoxanthin.

Cucumbers are a very good source of the vitamins C and the mineral molybdenum. They are also a good source of vitamin A, potassium, manganese, folate, dietary fiber and magnesium and contain the mineral silica.

Garlic is an excellent source of manganese, vitamin B6, vitamin C, thiamin (vitamin B1), protein and the minerals phosphorus, selenium, calcium, potassium, and copper. Garlic also contains dozens of sulfur molecules that have been shown to function as antioxidants.

Leeks contain a substantial amount of polyphenols. Leeks contain manganese and are a good source of vitamin C, iron, folate, and vitamin B6. Leeks also contain sulfur compounds that function as antioxidants.

Lentils provide a good source of dietary fiber, manganese, iron, protein, phosphorus, copper, thiamin, and potassium. It is also high in molybdenum and folate.

Mushrooms contain about 80 to 90 percent water and are low in sodium and fat. Mushrooms are high in potassium.

Onions are a good source of vitamin C, chromium, dietary fiber, manganese, molybdenum, vitamin B6, folate, potassium, phosphorus, and copper. Onions have a high polyphenol content including a particularly large amount of quercetin.

Parsley is high in vitamin A, vitamin C, vitamin K, iron and folate. It also contains the flavonoids apiin, apigenin, crisoeriol, and luteolin.

Peas contain the phytonutrients flavanols, phenolic acids, and carotenoids. They are also high in vitamin C, vitamin K, manganese, dietary fiber, folate, thiamin (vitamin B1), vitamin A, zinc, phosphorus, niacin, riboflavin (vitamin B2), vitamin B6, potassium, copper, and magnesium.

Potatoes are a good source of vitamin C, vitamin B6, copper, potassium, manganese and dietary fiber. Potatoes contain a variety of phytonutrients that have antioxidant activity.

Radishes are high is vitamin C, calcium, potassium and copper. Radishes also contain the essential enzyme molybdenum.

Spinach contains large amounts of magnesium, iron, manganese, calcium, folate, potassium, vitamin K, vitamin B6, vitamin B2, vitamin A, vitamin C. It is a good source of dietary fiber, protein, phosphorus, and the antioxidants copper, zinc and vitamin E. Additionally; it is a good source of omega-3 fatty acids, niacin and selenium.

Squash is an excellent source of vitamin A, vitamin C manganese, potassium, folate, omega-3 fatty acids, niacin, vitamin B6, vitamin B5, and copper. It is also a good source of dietary fiber. Winter squash has a high phytonutrient content including alpha-carotene, beta-carotene, beta-cryptoxanthin, lutein, and zeaxanthin.

Sweet Potatoes - The orange-flesh sweet potatoes are exceedingly rich in beta-carotene. The purple-flesh varieties are outstanding sources of anthocyanins. Both types of sweet potatoes are rich in unique phytonutrients and have unique antioxidant properties. Sweet potatoes are an excellent source of vitamin A and are a good source of copper, dietary fiber, vitamin B6, potassium and iron.

Tomatoes are a great source of vitamin C, vitamin A, and vitamin K. They are also a very good source of molybdenum, potassium, manganese, dietary fiber, chromium, and vitamin B1. Additionally, tomatoes are a good source of vitamin B6, folate, copper, niacin, vitamin B2, magnesium, iron, pantothenic acid, phosphorus, vitamin E and protein.

Zucchini is an excellent source of manganese and vitamin C. In addition, it is a good source of magnesium, vitamin A, dietary

fiber, potassium, copper, folate, and phosphorus. Zucchini provides omega-3 fatty acids, vitamin B1, vitamin B2, vitamin B6, calcium, zinc, niacin, and protein.

FRUIT

Apples have polyphenols which include flavonols (quercetin, kaempferol and myricetin), catechins (especially epicatechin), anthocyanins (if the apples are red-skinned), chlorogenic acid, and phloridizin. Apples are a good source of fiber, including the soluble fiber pectin, and it's also a good source of vitamin C.

Apricots are an excellent source of vitamin A, a very good source of vitamin C, and a good source of dietary fiber and potassium. Apricots contain phytochemicals called carotenoids. The antioxidant Lycopene is one of the carotenoids found in apricots.

Avocados contain a large amount of phytonutrients including phytosterols, carotenoids, flavonoids and polyhydroxylated fatty alcohols. Alpha-linolenic acid (an omega-3 fatty acid) and oleic acid are key fats provided by avocado. Avocados are a good source of vitamin K and copper as well as dietary fiber, vitamin B6, vitamin C, folate and copper. Avocados are also a good source of potassium. An average avocado contains 30 grams of fat, but 20 of these fat grams are health-promoting monounsaturated fats.

Bananas provide a very good source of vitamin B6. They are also good source of vitamin C, potassium, dietary fiber, and manganese.

Black currant juice is extremely high in both vitamins C and A. It contains more vitamin C than any other commercially produced fruit or vegetable. Black currants also contain several rare nutrients, like GLA (Gamma Linoleic Acid, a very rare Omega-6 essential fatty acid) and MAOI (Monoamine Oxidase Inhibitors).

Blackberries are an excellent source of antioxidants as well as vitamins C and E, and ellagic acid. Because blackberries have many small seeds they are a good source of soluble fiber, such as pectin.

Blueberries abound in phytonutrients. They contain significant amounts of anthocyanadins and ellagic acid. Blueberries are a very good source of vitamin C, manganese, and both soluble and insoluble fiber like pectin. Blueberries are also a good source of vitamin E.

Cherries are high in disease fighting antioxidants. They are also a good source of vitamin C, vitamin A, bioflavonoid, ellagic acid, perillyl, anthocyanins, and melatonin.

Coconut is rich in protein. It is also a good source of vitamin C, calcium, iron, and phosphorus.

Cranberry provides a multitude of phyto-

nutrients including phenolic acids, proanthocyanidins, anthocyanins, flavonoids and triterpenoids. Many of these phytonutrients offer antioxidant, anti-inflammatory and anticancer health benefits. Cranberries are also an exceptional source of vitamin C, a very good source of dietary fiber, and a good source of manganese and vitamin K.

Dates contain calcium, iron, potassium, phosphorous, manganese, copper and magnesium. Dates are a great source of dietary fiber. Dates also contain a variety of B-complex vitamins – thiamin, riboflavin, niacin, vitamin B-6 and pantothenic acid.

Figs are a good source of dietary fiber, potassium and manganese. They also contain calcium, copper and iron. Figs are a highly alkaline food and are beneficial in supporting the proper pH of the body.

Grapefruit is an excellent source of vitamin C. It is also a good source of dietary fiber, vitamin A, potassium, folate, and vitamin B5. Grapefruit also contains phytochemicals including limonoids and lycopene.

Grapes are excellent sources of manganese and good sources of vitamin B6, thiamin (vitamin B1), potassium, and vitamin C. In addition, grapes contain flavonoids: phytochemicals that are antioxidant compounds.

Kiwi is an excellent source of vitamin C and a very good source of dietary fiber. It is also a good source of the minerals potassium, magnesium, and copper. In addition, kiwi is a good source of the antioxidant vitamin E.

Lemons are excellent sources of vitamin C. They are also a good source of vitamin B, phosphorous and the antioxidant flavonoid.

Mangos have a high level of soluble dietary fiber, Pectin and Vitamin C. It is an excellent source of Vitamin-A and flavonoids like beta-carotene, alpha-carotene, and beta-cryptoxanthin.

Melon is an excellent source of vitamin A and vitamin C. It is also a very good source of potassium and a good source of dietary fiber, vitamin B3 (niacin), vitamin B6 and folate.

Oranges are an excellent source of vitamin C. They are also a very good source of dietary fiber. In addition, oranges are a good source of B vitamins including vitamin B1 and folate as well as vitamin A, calcium and potassium.

Peaches provide good sources of carotenes, potassium, and flavonoids. Peaches are good sources of lycopene and lutein.

Pears are a good source vitamin C, copper, and vitamin K. Pears are also an excellent source of water-soluble fiber.

Pineapple is an excellent source of vitamin C and manganese. It is also a good source of vitamin B1, vitamin B6, copper and dietary fiber.

Plums are a very good source of vitamin C. They are also a good source of vitamin

A, vitamin B2 and potassium. In addition, plums are a good source of dietary fiber.

Raspberries are an excellent source of fiber, manganese and vitamin C. They are a good source of vitamin B2, folate, niacin, magnesium, potassium and copper. In addition, they contain significant amounts of ellagic acid.

Strawberries provide an outstanding variety of phytonutrients. Strawberries are an excellent source of antioxidant-promoting vitamin C and manganese. They are also a very good source of blood sugar-regulating dietary fiber and thyroid health-promoting iodine. Plus, strawberries are a good source of potassium, folate, omega-3 fatty acids, magnesium, copper, vitamin B6, and vitamin K as well as energy-promoting vitamin B2 and vitamin B5.

NUTS & SEEDS

Almonds are a very good source of vitamin E and manganese. Almonds are a good source of magnesium, copper, riboflavin (vitamin B2), and phosphorus.

Cashews are a very good source of mono-unsaturated fats and copper. They are also a good source of magnesium and phosphorus.

Peanuts are a very good source of mono-unsaturated fats. In addition, peanuts are a good source of niacin, folate, copper, manganese, and protein.

Pecans are a rich source of many phytochemical substances including polyphenolic antioxidant ellagic acid, vitamin E, beta-carotenes, lutein and zeaxanthin. They are packed with many important B-complex vitamins such as riboflavin, niacin, thiamin, pantothenic acid, vitamin B-6, and folates. Pecans are also a great source of vitamin E, manganese, potassium, calcium, iron, magnesium, zinc and selenium.

Pumpkin seeds are a very good source of the minerals phosphorus, magnesium and manganese. They are also a good source of other minerals including zinc, iron and copper. In addition, pumpkin seeds are a good source of protein and vitamin K.

Sesame seeds are a very good source of the minerals copper and manganese. They are also a good source of magnesium, calcium, iron, phosphorus, vitamin B1 and zinc. In addition, sesame seeds are a good source of both dietary fiber and monounsaturated fats.

Soy is rich in folate, potassium and fiber. It is also a good source of calcium, iron, copper and magnesium. Soy is rich in B-vitamins, particularly niacin, pyridoxine and folacin.

Sunflower seeds are an excellent source of vitamin E. They are also a very good source of vitamin B1. In addition, sunflower seeds are a good source of manganese, mag-

nesium, copper, selenium, phosphorus, vitamin B5 and folate.

Walnuts are an excellent source of omega-3 essential fatty acids, in the form of alpha-linolenic acid (ALA). Walnuts are a very good source of calcium, chromium, copper, iron, magnesium, manganese, phosphorus, potassium, selenium, vanadium and zinc. They contain antioxidant and anti-inflammatory compounds, including more than a dozen phenolic acids, numerous tannins (especially ellagitannins, including tellimagrandins), and a wide variety of flavonoids. There is an unusual concentration of the gamma-tocopherol form of vitamin E in this tree nut.

SEAFOOD

Anchovies are high in polyunsaturated fatty acids, vitamin E and D and minerals calcium and selenium. They are also a valuable source of protein.

Cod is an excellent source of protein and selenium. It is also a very good source of vitamin B6 and phosphorus. In addition, cod is a good source of omega-3 fatty acids, vitamin B12, potassium, vitamin D and niacin.

Crab is a good source of omega-3 fatty acids. It is a good source of lean protein, chromium and selenium.

Haddock is a very good source of vitamin B6, phosphorus protein and selenium. It is a good source of omega-3 fatty acids, vitamin B12, potassium, vitamin D and niacin.

Lobster is high in potassium, selenium, zinc, phosphorus, copper, and vitamin B12. Lobster also contains a high constitution of Omega 3 fatty acid.

Mussels are high in B12 vitamins and provide vitamin C, amino acids, iron, manganese,

phosphorus, potassium, selenium and zinc. They are high in Omega 3 fatty acids as well.

Salmon provides important amounts of the antioxidant amino acid Taurine. Salmon is an excellent source of omega-3 fatty acids, vitamin D and selenium. It is also a very good source of protein, niacin, vitamin B12, vitamin B6, phosphorus and magnesium.

Sardines are an excellent source of vitamin B12 and tryptophan. They are a very good source of selenium, vitamin D, omega-3 fatty acids, protein, and phosphorus. In addition, they are a good source of calcium and niacin.

Shrimp is an excellent source of protein and selenium. It is also a very good source of vitamin D, vitamin B12 and a good source of iron, phosphorus, omega-3 fatty acids, niacin, zinc, copper and magnesium.

Trout is low in Sodium. It is a good source of niacin, vitamin B6, phosphorus, selenium, and a very good source of protein and vitamin B12.

Tuna is an excellent source of niacin, selenium, and protein. Tuna is also a very good source of vitamin B6 and thiamin. In addition, it is a good source of omega-3 fatty acids, phosphorus, potassium, and magnesium.

MISCELLANEOUS

Basil is an excellent source of vitamin K and a very good source of iron, calcium and vitamin A. In addition, basil is a good source of dietary fiber, manganese, magnesium, vitamin C and potassium.

Butter is rich in the most easily absorbable form of Vitamin A. It is a great source of vitamin E, vitamin K, and selenium. Butter is also a good source of lauric acid, lecithin and anti-oxidants.

Caffeine acts as a mild stimulant to the

central nervous system. It has been known to enhance mood and alertness.

Chocolate contains a large amount of antioxidants. It is also a good source of manganese. Cocoa derive their health benefits from flavonoids which are plant pigments capable of acting as antioxidants to counteract some of the cellular damage that can lead to chronic diseases. In addition, cocoa has phenylethylamine which has a mood elevating effect.

Goat's milk is a very good source of calcium. It is also a good source of phosphorus, riboflavin (vitamin B2), protein and potassium.

Honey's unique composition makes it useful as an antimicrobial agent and antioxidant. Honey contains two invert sugars, levulose and dextrose, which saves the stomach the additional labor of inverting the sugars since it is already done.

Mint is a powerful antioxidant. This herb is rich in vitamin A, C, B12, thiamine, folic acid and riboflavin. Essential minerals that mint has include manganese, copper, potassium, iron, calcium, zinc, phosphorus, fluoride and selenium.

Mustard is a very good source of selenium. It is also a good source of phosphorus, magnesium, manganese, iron, calcium, niacin and zinc.

Olive oil is a concentrated source of monounsaturated fats and vitamin E. Extra-virgin olive oil also contains polyphenolic, phytonutrients that have antioxidant activity.

Thyme is an excellent source of iron, manganese, and vitamin K. It is also a very good source of calcium and a good source of dietary fiber.

Vinegar contains pectin which attaches itself to cholesterol and eliminates it from the body. Vinegar is also antibacterial in nature and has anti-inflammatory properties.

Natural Medicine and Nutrition Centers



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



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



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

Zerona Laser FAT lipo (for a flat stomach) HEALTH BENEFITS



What areas of the body can I treat?

Essentially all parts of the body where subcutaneous deposits of fat can be found may be treated with Zerona, especially those resistant to diet and exercise. Most patients start with treating their waist, hips and thighs as these can be treated simultaneously with the 5 lasers of Zerona.

Once liberated, what happens to the fat?

Once liberated, triglycerides are absorbed by the lymphatic system where they are transported to lymph nodes. Macrophages (immune cells) release liposomal acid lipases (LAL) which break down the triglycerides into free fatty acids and glycerol. These are then small enough to enter the blood stream. Once in the blood stream, several things may occur:

- Some of the free fatty acids are readily available to be used as fuel by the body.
- What does not get consumed as energy will get to the liver where it will either be oxidized or re-processed for storage.

How long has Zerona been in use?

The laser tissue interaction behind Zerona was identified prior to 2002. LLLT has been used routinely as an adjunct to liposuction since 2004. Zerona was introduced in the U.S. in 2005 and is being routinely used by over 650 practices in Canada and the U.S.

How long will results last?

Zerona does not destroy fat cells but empties them of their content which means that fat cells are capable of re-storing fat should the patient have a persistent caloric imbalance. A balanced diet is the only way to ensure long-term improvement. Patients who eat more calories than they burn will see their improvement decrease over time.

WHAT IS ZERONA ?





Zerona is a patented low-level laser system specifically designed to contour the body by losing inches in circumference off specific body areas (waist, hips, thighs) without any pain, downtime, needles or surgery.

What is the action mechanism behind Zerona?

The 635 nm wavelength of the Zerona is specifically absorbed by the mitochondria (the cell's energy generator), temporarily weakening the structure of the cell membrane. This creates a temporary opening allowing for the fat contents to seep out from the fat cell into the interstitial space from where it is processed by the lymphatic system.

What results can I expect?

In a double blind, randomized, placebo controlled study, patients were treated 6 times over a 2 week period and lost on average 3.5 inches in combined circumferential measurements of their waist hips and bilateral thighs.

		\$675 6 Treatments
		
		\$850 12 Treatments



holistic health and fitness guide

for more information visit the natural health center in carencro (347-4141) or the dharma wellness center in sunset (662-3120)

FAR INFRARED SAUNA THERAPY HEALTH BENEFITS

Infrared heat is actually a particular kind of light. It's one of the areas of the electromagnetic spectrum invisible to the naked eye. Completely harmless, it can be felt from sources such as fires, radiators, and the sun (without the harmful ultraviolet waves that cause sunburns).

FAR infrared heat is the most beneficial in an infrared sauna, penetrating deeper into the skin, increasing circulation, and helping to detoxify the body of harmful toxins.

Infrared saunas differ from traditional saunas because they operate at a temperature of 30-60°C, compared to a traditional sauna that operates at 85-110°C. This allows you to be able to breathe comfortably and enjoy the benefits for extended periods of time. Because the infrared rays safely and comfortably penetrate the skin up to 6cm deep, even your organs and deep tissues are stimulated. This induces sweating 2-3 times as much as a conventional sauna. The benefits of Infrared Sauna Therapy include:

INCREASED METABOLISM AND WEIGHT LOSS

Infrared Sauna Therapy can burn hundreds of calories by increasing your metabolism and core temperature. Far infrared heat also breaks down cellulite, trapped water, fat and wastes as part of the detoxification process.

A BOOSTED IMMUNE SYSTEM

During a session, the infrared sauna will raise your body temperature, inducing an artificial fever. Fever is the body's natural mechanism to strengthen and accelerate the immune response. The intense sweating during Infrared Sauna Therapy will enhance your immune system and increase your overall health and resistance to disease.

DETOXIFICATION OF THE BODY

Infrared Sauna Therapy is excellent for detoxifying the body. The infrared heat stimulates sweating, while penetrating deeply and releasing toxins that can then be eliminated by the body through the sweat.

INCREASED BLOOD FLOW

Using an infrared sauna can expand capillaries in the body, which stimulates increased blood flow, regeneration, circulation, and oxygenation.

ELIMINATION OF BACTERIA AND FUNGI

Infrared Sauna Therapy also promotes the killing and removal of many pathogenic (disease-causing) bacteria, viruses and parasites.

HEALING OF CUTS, BRUISES AND SCARS

Daily Infrared Sauna Therapy can also promote rebuilding of injured tissue by having a positive effect of the fibroblasts (connective tissue cells necessary for the repair of injury). Furthermore, it increases growth of cells, DNA syntheses and protein synthesis all during tissue repair.

RELAXATION OF MUSCLES

Infrared heat relieves muscle tension and helps your body to make the most of its intended healing abilities. Infrared Sauna Therapy also reduces soreness on nerve endings and muscle spasms as muscle joints and fibers are heated in the sauna.

INCREASED CARDIOVASCULAR AND HEART RATES

As your body increases sweat production to cool itself, your heart works harder, pumping blood at a greater rate to boost circulation, providing the conditioning benefits of continuous exercise. Heart rate, cardiac output and metabolic rate increase during Infrared Sauna Therapy, while diastolic blood pressure drops, thus boosting overall cardiovascular fitness.

HEALTHY ARTERIES

Deposits of fat, calcium, fibrin, and cellular debris can clog arteries and lessen the ability to expand and contract, while slowing blood circulation. Infrared Sauna Therapy can potentially help to clean arteries by loosening these toxins and increasing blood flow throughout the body.

IMPROVED SKIN CONDITIONS

Infrared Sauna Therapy has been shown to relieve acne, psoriasis, burns, eczema, and also removes roughness and decreases scarring. Excessive sweating is beneficial to the skin, and helps improve the clarity, balance and structure of the skin tissues.

RELIEF FROM PAIN

Infrared Sauna Therapy has been effective in providing pain relief to those suffering from back pain, sprains, strains, bursitis, fibromyalgia, rheumatoid arthritis, headaches and many other muscular-skeletal ailments.

RELIEF FROM STRESS

Infrared Sauna Therapy has been shown to promote a rebalancing of the body's hormones through its effect on the autonomic nervous system, thereby reducing the negative physical impact of stress on the body.



holistic health and fitness guide

for more information visit the natural health center in carencro (347-4141) or the dharma wellness center in sunset (662-3120)

ION FOOT DETOX THERAPY HEALTH BENEFITS

Detoxifying and cleansing the body is good.



Ion Detoxification Therapy

Avoiding disease and maintaining vitality as we age requires the maintenance of an alkaline environment throughout the body – which is virtually impossible to accomplish in our high-tech, high-stress, toxic society, unless we follow a detoxification program. Ionic Detoxification Therapy is a simple, relaxing treatment.

How will it make you feel?

Healthy individuals can expect to feel lighter and experience a greater sense of well being from each detoxification treatment. You will be able to think more clearly and have more energy. This treatment is especially beneficial to those who suffer from edema, inflammation, gout, osteoarthritis and pain.

How does it work?

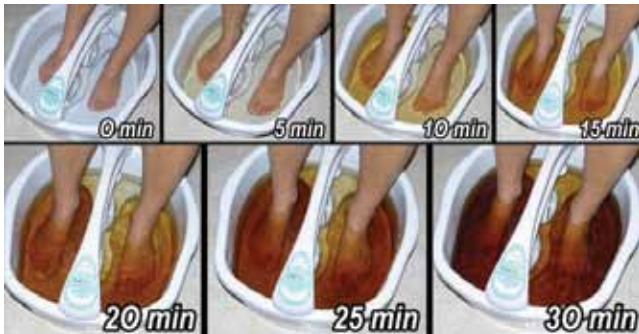
Your feet are placed in a bucket of clean, warm, ankle-deep water. A small amount of sea salt is added to the water, in order to increase the conductivity. Then, an ionator is placed in the bucket of water along with your feet. This ionator creates a low-voltage, direct current to separate the water molecules into positive and negative ions by separating oxygen

and hydrogen in the water. The ions travel through your body, attaching to and neutralizing oppositely charged particles, and osmosis pulls the neutralized particles out through the surface of your feet. Osmosis is a scientific term that is used to describe the movement of particles through a membrane from an area of lower concentration to an area of higher concentration. In this case, the higher concentration refers to the ion field that is set up by placing the ionator into the water while running the unit. Once the unit is turned on, the water will begin turning color. By the end of the treatment, the water will be discolored and contain floating or sinking particles. This is a result of the toxins being pulled out of your body and into the water.

At the Natural Health Center, we start your Ionic Detoxification Therapy with a nutrient assessment of all the major organs and systems of your body. This determines what your state of health is before we start any treatment. We then continue to monitor your progress as your detoxification treatment is administered.

Today, because we are exposed to the greatest toxic load in the history of our planet, ongoing, periodic detoxification is essential to maintain health and avoid disease.

**GIFT CARDS
AVAILABLE**



Yellow-Green		Detox from kidney, bladder
Orange		Detox from the joints
Brown		Detox from the liver, cell debris
Black		Detox from the liver
Dark Green		Detox from the gallbladder
White Foam		Lymphatic system
Black Flecks		Blood clot materials
Red Flecks		Heavy metals
White Cheese like particles		Yeast

holistic health and fitness guide

for more information visit the natural health center in carencro (347-4141) or the dharma wellness center in sunset (662-3120)

LIQUID VITAMIN HYDRO-THERAPY HEALTH BENEFITS



INFRARED GENERAL EFFECTS

- Reduces and balances the acidic level in the body
- Improves the nervous system
- Prevention of bacteria growth
- Normalization of blood cholesterol
- Speeds up repair of body cells
- Maintains warmth and promotes better sleep
- Promotes elimination of waste and harmful heavy metals out of human body

HYDROFUSION™

Hydrofusion™ is an exceptional technological breakthrough that creates a single blended energy from infrared heat and steam. Hydrofusion™ optimizes skin cleansing and detoxification, resulting in more balanced, hydrated skin and increased nutrient absorption from skin care products. The secret behind Hydrofusion™: infrared heats the body causing the skin to perspire. The moisture cannot vaporize in the moist steam environment, thus forming a protective layer on the body surface. This condensation layer is absorbed back into the skin, increasing oxygen supply to the blood stream and tissues leaving skin soft, supple and rejuvenated.

AROMATHERAPY

The Hydration Station™ features a unique reservoir that vaporizes liquid vitamins, aromatic extracts and herbal extracts to awaken olfactory senses and enhance Hydration Station results. Pure essential oils and herbal extracts stimulate the senses. Powerful liquid vitamin concentrates and essential nutrients moisturize the skin when blended with steam.

CHROMOTHERAPY

Hydration station™ uses Colorbath™ digital lighting technology (LEDs). These strategically placed chromotherapy LEDs blanket the whole body in atmospheric colored light. The chromotherapy generates a rich variety of mood enhancing programs, leaving clients in a state of harmony and balance.

VIBRATORY MASSAGE

The ergonomically designed bed features a patented vibratory system with adjustable rhythms. Vibration can be delicate or intense for relaxing or stimulating programs. Vibratory massage provides muscle relaxation, relief of minor aches and pains, and improves local blood circulation.

LIQUID VITAMINS FOR THE SKIN

Every Hydration Station™ session provides ultimate liquid vitamin infusion. Three (3) unique liquid vitamin blends drench your body in a delightful Oxyhydrating™ moisturization bath. Each Hydration Station experience includes the infusion of a specific blend of liquid CoQ10, hyaluronic acid, aloe vera, vitamins A, E and C, plant collagen and elastin, green tea extract and other skin nourishing ingredients.

Mineral Melanin Concentrate is a tropical boost of coconut and tangerine. Ingredients include: malachite (copper) extract, green tea extract, Dead Sea mineral salts and a blend of aromatic essential oils. Specifically formulated for the Prepare Program.

Aloe Concentrate delivers a soothing blend of cooling aloe, cucumber and melon. Ingredients include: aloe vera, copper, algae extract and a blend of aromatic essential oils. Specifically formulated for the Prolong Program.

E & C Concentrate is an energizing blend of oils derived from vitamin-rich citrus fruit. Ingredients include: Tocopherol (Vitamin E), L-ascorbic acid (Vitamin C) and a blend of aromatic essential oils. Specifically formulated for the Protect Program.

CoQ Contour Concentrate is a refreshing and invigorating blend of pomegranate and white tea extracts. Ingredients include: coffee arabica bean extract, Co Enzyme Q10, Vitamins A & C and green tea extract. Specifically formulated for the "Slim N' Smooth Method" utilizing the Protect Program with red LED lights for full body smoothing and natural body cleansing.



holistic health and fitness guide

for more information visit the natural health center in carencro (347-4141) or the dharma wellness center in sunset (662-3120)

AQUA MASSAGE THERAPY HEALTH BENEFITS

COMBINATION OF HEAT AND MASSAGE

Another benefit of water massage is the use of heat as a modality of treatment. The water is warmed to a temperature suitable to the patient's sensitivity level. Heat has long been a therapeutic treatment choice of chiropractors and physical therapists in treating soft-tissue injuries and sports-related muscle strains. Heat and massage together may help reduce muscle tension and pain, increase joint range of motion and encourage blood flow.

MUSCLE BENEFITS

Just like using a traditional massage, an aqua massage can assist in relieving muscle pain, including pain that is caused by fibromyalgia. The massage will also improve circulation and relax muscles.

HEALTH BENEFITS

Like other forms of massage, aqua massage is used to reduce pain and inflammation in sore, tense muscles and to encourage a state of overall relaxation. Other benefits of regular treatments may be improved sleep patterns, decreased muscle spasms, improved circulation and better body awareness, as in improved posture and alignment.

TIME

Aqua massage is often a preferred choice for busy people who simply do not have much time for a massage. Since an average aqua massage is only 15 to 20 minutes, it is much easier to fit into a busy schedule. Even with the shorter time frame,

the health benefits remain the same. According to Yogawiz.com, an aqua massage that lasts for 15 minutes is the equivalent of a 30-minute session with a massage therapist.

PERSONAL CONTROL

Water massage therapy takes place in a self-contained unit that resembles a tanning bed, and just like a tanning session, you set the controls to meet your particular needs. The session time is pre-set before you enter the unit, but the water pressure and pulse frequency are adjustable via a hand-held control unit, allowing you to direct your experience. If your lower back muscles are aching, you can pause the jets and remain on that area for a longer period of time, giving you the ultimate control over your own healing process.

PRIVACY

Many people choose not to receive traditional hands-on massage therapy because they feel that it invades their personal space. Aqua massage uses private settings and allows the patient to remain fully clothed, increasing comfort and privacy.

CONVENIENCE

One of the more attractive benefits of aqua massage is the convenience and accessibility versus other massage treatments that require you to disrobe. There are no oils or lotions used in conjunction with water massage, so you can have a quick therapy session during your lunch break and return to work without having to take a shower. The sessions are usually 10 to 20 minutes long

versus 60 to 90 minutes for conventional massage. For people who feel uncomfortable removing their clothes to receive massage therapy, water massage may be the best alternative choice.

RELAXATION

Aqua massage uses 36 different water jets that spray the body from a variety of angles instead of just a few jets that focus on a small area, as you would experience with whirlpool jets or a massaging shower head. These jets travel along the body multiple times over the course of the massage, ensuring full body relaxation. In addition, the motion and sound of the water are very soothing as well. Some people like to use headphones to listen to soothing sounds or classical music to enhance the relaxing experience.

SPOT TREATMENTS

One benefit of aqua massage is that at any time, the machine cycle can be paused, causing the jets to focus on a particular part of the body. This is especially beneficial for those with back problems, frequent knots in the neck or leg pain.

COST

Aqua massage is an extremely affordable massage option. A typical massage will range in price, with the average being between \$20 and \$30, depending on how long the massage lasts. Many providers will give discounts when purchasing.



GIFT CARDS
AVAILABLE

holistic health and fitness guide

for more information visit the natural health center in carencro (347-4141) or the dharma wellness center in sunset (662-3120)

WHOLE-BODY VIBRATION EXERCISE HEALTH BENEFITS

20 minutes of whole-body vibration is equal to a 60-minute aerobic workout.

LOW IMPACT EXERCISE



Whole-body vibration is a great alternative to strenuous exercise. Fatigue and lack of mobility are easily overcome, ensuring a higher quality of life for everyone. Whole-body vibration is great for athletes, individuals wanting to maintain health, or even the elderly, disabled, or individuals with limited mobility.

Many people report an improved mood and energy level when using whole-body vibration therapy. Whole-body vibration research has shown an increase in serotonin levels after vibration. Serotonin, which is almost a household term these days due to the prevalence of depression and antidepressant drugs, is the neurotransmitter that makes you calm and happy.

Benefits:

- Stimulates lymphatic drainage system for toxin removal, builds immune system and fights disease
- Improves muscular strength
- Rapid recovery time from sports injuries: torn muscles, sprains, etc.
- Increases flexibility and range of motion
- Enhances critical blood flow throughout the body
- Increases bone density
- Accelerates weight loss and reduced appearance of cellulite
- Decreases cortisol levels and increases levels of the "happiness hormones" serotonin and neurotrophine
- Improves posture
- Increases hormones involved in strength, repair and regeneration; testosterone, Human Growth Hormone (HGH), and Intrinsic Growth Factor 1 (IGF1)
- Increases serotonin and norepinephrine neurotransmitters that makes you calm and happy
- Decreases cortisol, the major stress hormone
- Significantly increase in blood flow throughout the body
- Strengthens and increases bone tissue
- Increases number of T-cells, an important part of your immune system
- Improves blood and lymphatic circulation
- Speeds recovery from surgery and trauma
- Stimulates neurological system
- Increases physical strength, dexterity and endurance
- Reduces joint and ligament stress
- Helps to improve and prevent many joint conditions
- Relieves tension and chronic pain in ankles, knees, lower back, and neck
- Assists in preventing osteoporosis
- Stimulates fast-twitch muscles

- Improves body balance
- Benefits both anaerobic and aerobic exercise
- Tightens facial muscles
- Reduces cellulite
- Increase testosterone by 7%, maintains muscle mass, bone density and red blood cell levels
- Improves digestion and gastric motility-eliminating heartburn
- Reduces constipation, providing a more comfortable lifestyle
- Strengthens pelvic muscles, reducing embarrassing stress incontinence

Whole-Body Vibration Body Effects

MUSCLES

The effect of vibration results in what scientific literature calls "Tonic Vibration Reflex" or "TVR". That is a repeated myotatic reflex or stretch reflex. This means that the vibrated muscle has to work very hard, while the subject or player using whole-body vibration does nothing other than balance on the platform. The effect per pulsation is like that of the knee-jerk reflex. This muscle activity can be measured by use of electromyography (EMG). For example, in a one-repetition maximum effort, the muscle(s) involved are activated 100% voluntarily. However, with vibration training the muscles work at 200 to 300% of this IRM activation. This is an ideal way to train, especially when the muscle does not function properly: for example, with weakened muscles in the elderly, or after injuries.

HORMONES

Research shows that after just one session of vibration training there is a high excretion of testosterone and growth hormone. There is also a drop in

the stress hormone cortisol. This combination has favorable effects on muscle protein synthesis.

Effect of vibration training on hormones:

- Testosterone: + 7%
- Human Growth Hormone: + 460%
- Cortisol: - 32%

(Source: Bosco et al., 2000)

BONES

Bone decalcification (osteoporosis) is one of the biggest health problems especially in the elderly and female population. Many elderly people break their bones more easily when they fall because of bone decalcification; the hip is the most notorious in this respect. The onset of osteoporosis is partly due to a lack of movement, which causes muscles to gradually weaken, the circulation to diminish and the bones to be inadequately used.

In addition, as a result of the aging process, the body produces fewer hormones such as testosterone, estrogen and growth hormone. Yet it is exactly these hormones which play such an important role in the maintenance of strong bones. The advice usually given to sufferers of this disease is to take more exercise, but that is difficult when muscles are weak, particularly in the legs.

Whole-body vibration offers a good alternative to vigorous impact exercise. Through vibration the muscles automatically become stronger and regain their tone. The circulation improves because the blood vessels in the legs are wide open due to the vibration. At the same time, the pulsation gives a direct stimulus to bone tissue, which in turn stimulates the production of new bone tissue.

Recent findings show that even after only one vibration treatment, there is an increase in the hormone testosterone and growth hormone, which are so essential for strong bones.

BLOOD VESSELS

The effect of vibration training on the blood vessels is clear to see and to feel. After training, one often sees that the skin of the lower leg is colored pink. This is a sign that the blood vessels in that area are wide open. It also explains the feeling which many describe as coming home after a snowball fight with your bare hands, and then putting your hands in a bucket of warm water: a tingling feeling which indicates that your blood vessels are wide open. In Germany, the effect of vibration training is used as therapy for a disturbed peripheral circulation, particularly in the lower legs, such as in chronic venous insufficiency.

NEUROTRANSMITTERS

Parkinson's disease is an example of a deficiency in dopamine, which is the reason that L-Dopa is given as medicine. It is also recognized that serotonin plays a role in our mood, or frame of mind. A shortage of serotonin in the brain can lead to depression, which is the reason that Prozac is given as a medicine in order to increase the serotonin content in the brain. From research, it appears that vibration training also influences the neurotransmitters and the way in which they work. Vibration training increases the serotonin content in the brain, which could possibly explain why one feels so well after vibration training.

Alternative • Complimentary • Holistic Services

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

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

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

Pricing and Rate Sheet

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

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

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

Last Updated: 10/9/14

Natural Medicine and Nutrition Centers



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



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



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

NATURAL HEALTH PRODUCTS

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

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

High Blood Pressure

CoEnzyme Q-10 \$30

Helps strengthen and oxygenate the heart muscle

Selenium \$35

Selenium has been linked to blood pressure levels

Flaxseed Oil \$35

Contributes to lower blood pressure levels

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

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

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

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

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

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

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

Chlorophyll: is the green juice of plants. His-

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

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

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

Digestion and Constipation

Digestive Enzyme \$35

Reduces the inflammation in the stomach

Probiotic Complex \$35

Puts the good bacteria back in the stomach

Organic Fiber \$35

Creates an elimination and clears the colon

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

Flax Seed: an essential fatty acid; historically

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

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

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

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

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

Inflammation and Pain

Pain and Inflammation Enzyme \$30

Bromelain and papain enzymes that stop inflammation

Glucosamine Complex \$35

Manages joint pain and cartilage building nutrition

Resveratrol \$35

Calms inflammation and stabilizes histamine release

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Saw Palmetto: is a single herb. Historically

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

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

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

Stress and Anxiety

Valerian Root \$35

Natural support for healthy sleep and relaxation

St. John's Wort \$35

Mild antidepressant. Provides emotional well-being.

Mood Enhancer \$35

Fights depression and helps to focus

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

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

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

Weight Loss

BF-4 \$45

Helps fat cells shrink and prevents fat cell formation

WheTea \$35

Targets abdominal fat and helps to shrink fat cells

Thermo X \$35

Increases your body's ability to burn fat

DHEA \$35

Boosts the body's metabolism and helps you burn fat

Lecithin \$35

Will emulsify fat and allow the body to eliminate it

BODY REBOUND

Weight Loss Program

www.NaturalHealthCentersOnline.com



Includes:

- 60 Day supply of WheTea weightloss drops (fat burner)
- 60 Day supply of Raspberry Ketone (fat burner)
- 60 Day supply of Fat Complex (prevents fat absorption)
- 60 Day supply of B-12 liquid drops (increases energy and metabolism)
- 60 Day Infrared SAUNATOX (makes you sweat out fat, calories, and toxins)
- 60 Day Dermosonic Cellulite Treatment Plan ^{**}(reduces cellulite)
- 60 Day Whole Body Vibration Weight loss Exercise (calorie burner)
- 8 Body Wrap Treatments (drops the water weight and burns calories)
- 8 SLIMPOD Weight Loss Treatments (a high-powered fat burner)
- 8 Ionic Foot Detox Treatments ^{**}(pulls the fat and waste out of the body)
- 8 Fatloss HydroTherapy Treatments (depress the body - burn more fat)
- 8 Infrared Abdominal Fat Loss Treatments (burns stomach fat)
- 3 ZERONA Cold Laser Lipo Treatments ^{**}(cuts through tough fat cells)

60 Day Weight Loss Program \$340

90 Day Weight Loss Program \$420

4 Month Weight Loss Program \$580

Carencro & Sunset Offices

CALL **347-4141**

^{**} Included in 4 Month Weight Loss Program Only

AVERAGE WEIGHT LOSS

2 - 4% Body Fat Loss in two weeks

2 - 7 inch abdominal fat loss in sixty days

12 - 35 pounds in eight weeks

RESTORE

Restore Your Health

A Customized Health and Wellness Restoration Program

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

6-Week RESTORE Health Program \$340

10-Week Program: \$493

12-Week Program: \$562

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

Colon Cleanse

Six-week psyllium husk supplementation

Full-Body Detox

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

Lymphatic Drainage

Whole body vibration exercising, hydro lymphatic massage

7-Day Rehydrate

Whole body vibration exercising, hydro lymphatic massage

pH Balancer

Balance acid/alkaline levels using Green Water and pH drops

* Supplements sold separately. Above pricing for services only.

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


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

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

896-4141
Carencro Office

DHARMA
wellness center and fit club

662-3120
Sunset Office



My grandfather's
grandfather used this
medicine. He said the
old manglier tree
would cure the plague
and the virus.

- Mrs. Clara B., Mallet, LA

Manglier Tea

mong-lee-AY

natural medicine

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

It clears viral and bacterial infections. Native Americans first discovered the medicinal properties of this plant in the 1800s. Creole and cajun communities used it before the onset of drug prescriptions and antibiotics. It is natural medicine that can be readily found in south Louisiana.

NATURAL MEDICINE WITH NO SIDE EFFECTS

Available in liquid tea drops or dried leaf bags. Call the Natural Health Center or DHARMA Wellness Center.

896-4141

Natural Health Center in Carencro

662-3120

DHARMA Wellness in Sunset

678-1500

Caribbean Wellness and Campground in Opelousas