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publisher's letter



"Life with God is not immunity from difficulties, but peace in difficulties." - C.S. Lewis

Throughout life, we experience not only small bumps and bruises, but larger than life complications. You see life is like the immune system. The difficulties or "pathogens" in our life allow us to become "immune" and change for the better. We grow to become stronger, healthier individuals. The immunity we gain enables us to fight off complications in our lives. These complications, these pathogens, help us grow stronger, not only physically, but mentally as well.

When we're born we have little immunity towards the outside world. We have little immunity towards germs, bacteria, viruses, and other pathogens. In addition, we have little immunity towards life's challenges. However, when our bodies become "sick", our immune system fights off the pathogen or "difficulty" in our life. When our immune system fights back we become immune to that specific germ or pathogen. And in a healthy lifestyle and immune system, with the correct nutrients and amount of exercise, we become immune to life's little challenges. As we mature, our immunity towards other pathogens increases too. We choose to fight, whether that be in the immune system or life in general. We allow ourselves to learn and grow from life's complications. Immunity is created due to the fight in our lives.

Without challenges in life or "pathogens", our bodies wouldn't be strong. If it wasn't for these difficulties in our lives and in our immune system, we'd be weak and fragile. Our lives wouldn't be the same. These complications in life give us a chance to grow stronger, just like in the immune system. These complications and "pathogens" recharge our immune system to become better versions of ourselves.

Namaste: we honor the spirit in you, which is also in us.

Lilliyanna & Lydia

Lilliyanna and Lydia Castille, Assistant Publishers



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HEALTHY LIVING HEALTHY PLANET

natural
awakenings

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PUBLISHERS **Steve, Michelle, Lydia**
and **Lillyanna Castille**

EDITOR **Beth Davis**

DESIGN & PRODUCTION **Gail Babineaux**
Steve Castille

CONTRIBUTING WRITERS **Tre' Gradnigo**
Beth Davis

DISTRIBUTION & MARKETING **Marquia Castille-Grant**
Martha Francis

CALENDAR **Michelle Castille**
Lydia Castille
Lillyanna Castille

WEBSITE **Steve Castille**

CONTACT US

100 E. Angelle Street
Carencro, LA 70520

Ph: 337-896-4141 • Fax: 337-205-6191
www.NAacadiana.com

SUBSCRIPTIONS

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NATIONAL TEAM

CEO/FOUNDER **Sharon Bruckman**

NATIONAL EDITOR **Alison Chabonais**

MANAGING EDITOR **Linda Sechrist**

NATIONAL ART DIRECTOR **Stephen Blancett**

ART DIRECTOR **Josh Pope**

FINANCIAL MANAGER **Mary Bruhn**

FRANCHISE DIRECTOR **Anna Romano**

FRANCHISE SUPPORT MGR. **Heather Gibbs**

WEBSITE COORDINATOR **Rachael Oppy**

NATIONAL ADVERTISING **Kara Scofield**

Natural Awakenings Publishing Corporation
4933 Tamiami Trail N., Ste. 203
Naples, FL 34103

Ph: 239-434-9392 • Fax: 239-434-9513
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Natural Awakenings is your guide to a healthier, more balanced life. In each issue readers find cutting-edge information on natural health, nutrition, fitness, personal growth, green living, creative expression and the products and services that support a healthy lifestyle.

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The Dog Stop Offers Dog Daycare Services



The Dog Stop®, a nationally recognized all-inclusive dog care facility, is offering dog daycare services in Lafayette. Dog daycare services provide an opportunity for dogs to engage in playtime within a structured environment—increasing exercise and social activity for every pup. Dogs are placed in carefully selected playgroups—separated primarily by age and play style—which are designed to enhance overall participation.

The Dog Stop features spacious indoor/outdoor supervised group play areas with interactive elements, such as benches, bridges, wading pools and canine handlers. Indoor facilities are fully climate controlled with a lounge that allows dogs to enjoy a less active environment while socializing. Additional services provided by Dog Stop include pet grooming and bathing, as well as a full retail store that offers premium pet food and supplies.

Location: 103 Turn Row, Lafayette. For information, call 337-628-2275.

HotFax Services Sponsors Acadiana Senior Lifestyle Expo

HotFax Services, a marketing and promotions company out of Baton Rouge, LA, is set to host the Acadiana Senior Living and Lifestyle Expo at the Enterprise Center in Carencro, LA. The expo will feature over twenty vendor and informational booths, workshops, health and wellness info, interactive activities and educational seminars.



The goal of the expo is to provide information and be a gateway for resources that

serve our senior community. Some of the workshops include Healthy Eating for Seniors, Six Steps to Retirement, The Myths of Reverse Mortgage, and many more. Activities will include a Senior Fashion Show and an Art Showcase. Attendees will also have an opportunity to apply for senior benefits, and get information on specialized services in the Acadiana area. The expo will be held Saturday December 6th with registration starting at 9:30am. Nursing homes, and senior communities are welcome to bring groups. For booth information or any questions contact the info below.

Contact Information: www.SeniorLifestyleExpo.com Phone: (225) 921-8539

New BF-4 PLUS Weight Loss

Liteon Naturals has just released its newest Body Fat Trim Plus (BF-4 Plus) weight loss product. The new BF-4 Plus is designed to work with the original BF-4 weight loss nutritional supplement and provides an even stronger formula for burning fat and losing weight.

| Supplement Facts | | |
|---|--------------------|----------|
| Serving Size: 2 Capsules | | |
| Servings Per Container: 30 | | |
| | Amount Per Serving | %DV |
| Proprietary Formula | 1008 mg | † |
| Caralluma Fimbriata Extract, White Kidney Bean Extract, Forskolin (Coleus Forskohlii Root Extract), African Mango Extract, Garcinia Cambogia Extract, Green Coffee Bean Extract, Green Tea Extract, Moringa Extract, Raspberry Ketone | | |
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BF-4 Plus contains 5 new essential ingredients for weight loss: Caralluma Fimbriata Extract, Forskolin (Coleus Forskohlii Root Extract), African Mango Extract, Garcinia Cambogia Extract, Green Coffee Bean Extract, Green Tea Extract, Moringa Extract, and Raspberry Ketone.

For more information, call 337-896-414 (Carencro Office), 337-356-1251 (Lafayette Office), 337-662-3120 (Sunset Office), 337-678-1844 (Opelousas Office) or visit www.BF4OnlineStore.com.

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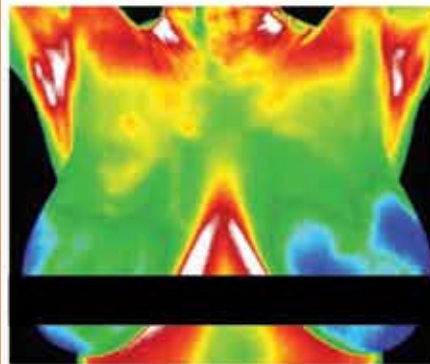
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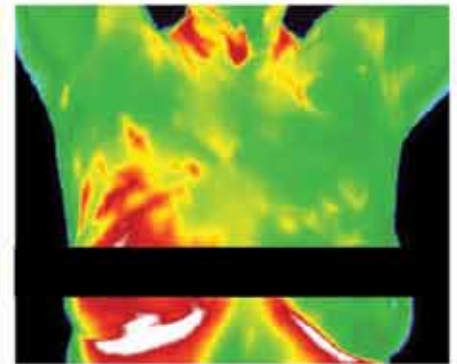
BREAST SCREENING

Using Thermography Imaging of the Breast

Thermography Imaging of the Breast does not use harmful radiation. It does not require painful compression of the breast. It does not tell you that you have breast cancer. Thermography Imaging of the Breast is a photograph taken with an infrared camera that produces a photograph of "hot spots". These are areas of the breast that have inflammation and should be looked at closely clinically and monitored. These are early indicators of abnormal blood vessel growth (angiogenesis), possible cysts or tumor development, and maybe even lymphatic (lymph node) involvement.



NORMAL



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for more information or to schedule.

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health briefs

Raw Fruit and Veggies Key to Mental Health

Raw fruit and vegetables are better for mental health than canned, cooked or otherwise processed produce, report researchers from New Zealand's University of Otago. Their survey of more than 400 young adults from their country and the U.S., published in *Frontiers in Psychology*, found a correlation between eating raw produce and measures of psychological well-being, positive mood and life satisfaction.

"The cooking and processing of produce likely limits the delivery of nutrients that are essential for optimal emotional functioning," says co-author Tamlin Conner, Ph.D. The top 10 raw foods for mental health are carrots, bananas, apples, dark leafy greens, grapefruit, lettuce, other citrus, berries, cucumbers and kiwis.



Breath and Urine Tests Detect Breast Cancer

Early-stage breast cancer can be accurately detected via a simple breath test and urine sample, report researchers at Ben-Gurion University of the Negev, in Israel. Using electronic nose sensors and gas-chromatography mass spectrometry to analyze breath and urine, respectively, they were able to identify biomarkers for breast cancer, the most commonly diagnosed cancer for women worldwide. "Our new approach... with inexpensive, commercially available processes, is non-invasive, accessible and may be easily implemented in a variety of settings," says study co-author Yehuda Zeiri, Ph.D.

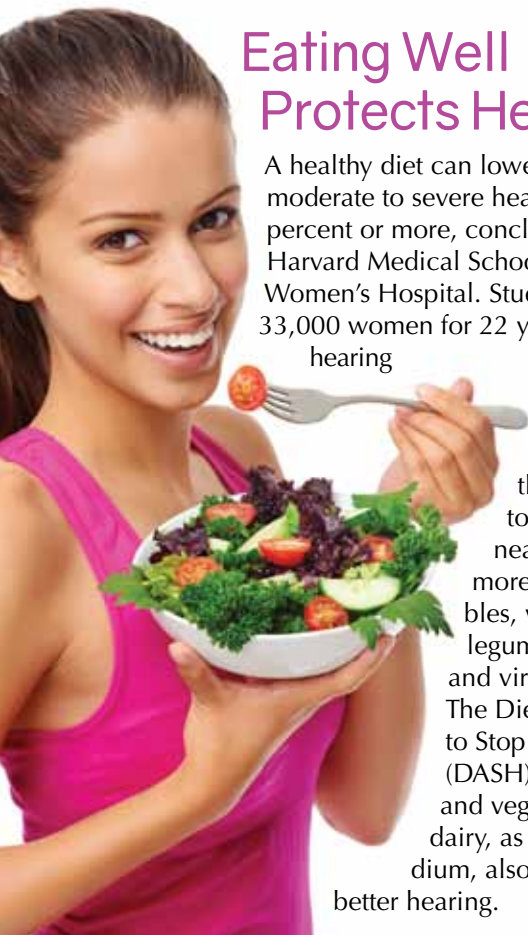
Mammography, the common screening test for breast cancer, is typically 75 to 85 percent accurate, a figure that drops for full-bodied women and those with dense breast tissue. Dual-energy digital mammography is more accurate, but increases radiation exposure, and MRIs are more expensive.

The Israeli research, published in the journal *Computers in Biology and Medicine*, compared breath and urine samples taken from 85 women with breast cancer and 81 healthy women. The electronic e-nose device, picking up on a unique breath pattern, detected cancer cells accurately 95 percent of the time. The urine test proved 85 percent accurate. "With further study, it may also be possible to analyze exhaled breath and urine samples to identify other cancer types, as well," says Zeiri.

Eating Well Protects Hearing

A healthy diet can lower the risk of moderate to severe hearing loss by 30 percent or more, conclude researchers from Harvard Medical School's Brigham and Women's Hospital. Studying the diets of 33,000 women for 22 years, they found that hearing

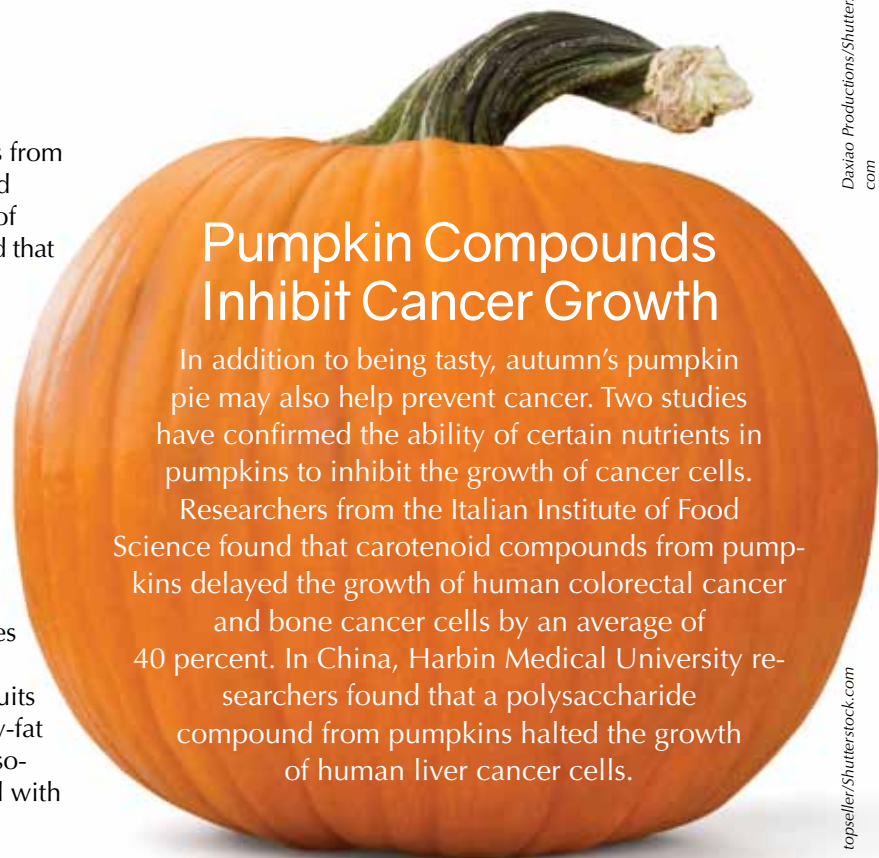
was better retained among those that ate closer to the Mediterranean Diet—with more fruits, vegetables, whole grains, legumes, nuts, fish and virgin olive oil. The Dietary Approaches to Stop Hypertension (DASH) diet, high in fruits and vegetables and low-fat dairy, as well as low in sodium, also was associated with better hearing.



Pumpkin Compounds Inhibit Cancer Growth

In addition to being tasty, autumn's pumpkin pie may also help prevent cancer. Two studies have confirmed the ability of certain nutrients in pumpkins to inhibit the growth of cancer cells.

Researchers from the Italian Institute of Food Science found that carotenoid compounds from pumpkins delayed the growth of human colorectal cancer and bone cancer cells by an average of 40 percent. In China, Harbin Medical University researchers found that a polysaccharide compound from pumpkins halted the growth of human liver cancer cells.



Air Pollution Harms Developing Brains



Fetal exposure to air pollution, even at levels considered safe by current standards, has been linked by Dutch researchers to thinning of the outer layer of a child's brain and later cognitive difficulties. Following

783 children ages 6 through 10, the researchers concluded those brain abnormalities contributed in part to impulsiveness that could lead to addictive behavior and attention-deficit/hyperactivity disorder.

Aerobic Fitness Helps Prevent Word Loss

Tip-of-the-tongue word loss, an aggravation for many seniors and other adults, occurs less frequently in those with higher levels of aerobic fitness, regardless of age or vocabulary, reports a study of 56 men and women from the UK's University of Birmingham. Lead researcher Katrien Segaert also clarified that tip-of-the-tongue word loss is not associated with memory loss—a common concern by those that often experience it.

Gut Bacteria Linked to Artery Health

A lack of diversity of gut bacteria is linked to hardening of the arteries, a new study concludes. By analyzing the gut microbiome and measuring the arterial stiffness of 617 middle-aged female twins, researchers from the University of Nottingham and King's College London found that those with a greater diversity of healthy bacteria had more flexible arteries.



The finding explains why women, young adults and others may suffer heart attacks without traditional risk factors such as smoking or obesity. It opens the door to reducing cardiovascular disease by targeting the microbiome through diet, probiotics and other supplements.

Hostile Teachers Hamper Learning

Teachers that antagonize their students by belittling them, showing favoritism or criticizing their contributions can damage their learning potential, warns a new West Virginia University study of 472 undergraduates. Split into two groups, the students watched either a class taught by a teacher with antagonism or a standard lesson taught without antagonism, and then took a multiple-choice quiz.

Test scores were up to 5 percent lower for those that watched the antagonistic teacher because they disliked what they were being taught. They were also less likely to put forth as much effort and were unwilling to attend that teacher's future courses.

Eating Walnuts Boosts Gut Bacteria

Eating a handful of walnuts daily boosts certain types of healthy gut bacteria that appear to contribute to cardio, metabolic and gastrointestinal health, according to a study of 18 adults by University of Illinois scientists published in the Journal of Nutrition. The researchers found that eating walnuts increased species of healthy gut bacteria, while decreasing species of unhealthy bacteria. Eating walnuts also improved cholesterol levels.



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Really Natural

Organic Labeling Evolves to Meet Challenges

Organic shoppers may see additional labeling on produce. More than a dozen farmers and scientists from around the country met to create the standards for an additional organic certification pilot program called the Real Organic Project (ROP), which they plan to initially introduce at 20 to 60 farms. Under the current U.S. Department of Agriculture program, the organic label means that produce has been grown without synthetic substances or genetic engineering; it doesn't specify whether produce was grown in water or soil, which the new labeling would address.

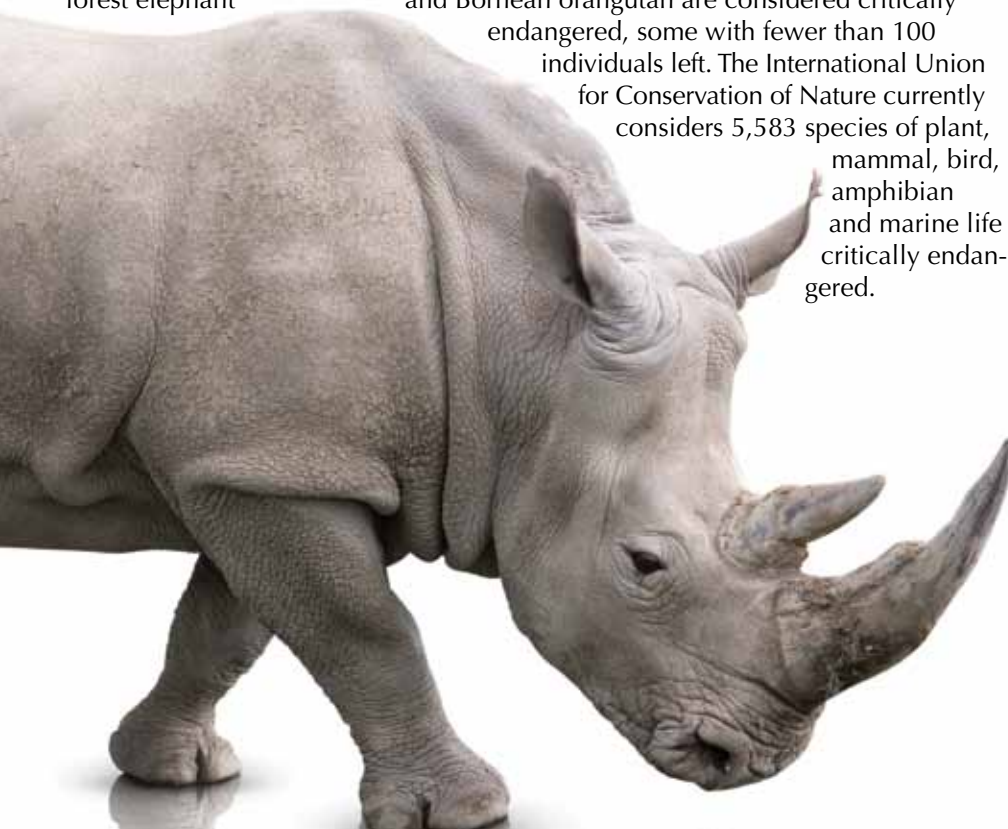


End Game

Extinctions of Threatened Species Continue

The death of the world's last male northern white rhino has rendered the species functionally extinct, which means the only hope of reviving the population is through *in vitro* fertilization. World Wildlife Fund head of campaigns Colin Butfield calls this a "uniquely bad situation." Two other animals, the vaquita, a very rare porpoise discovered in 1958, and the Javan rhino are facing the same fate. Many other species, including the Sumatran rhino, black rhino, Amur leopard, forest elephant

and Bornean orangutan are considered critically endangered, some with fewer than 100 individuals left. The International Union for Conservation of Nature currently considers 5,583 species of plant, mammal, bird, amphibian and marine life critically endangered.



Dumping Disincentive

Big Bank Acts to Protect Oceans from Mine Waste

Citigroup is no longer financing mining projects that dump mine waste into the ocean. The move comes in response to pressure from the Ditch Ocean Dumping campaign, which calls on financial institutions to divest from any project or company that employs the practice. "Banks and financial institutions must actively take steps to ensure that they are not bankrolling the destruction of our oceans," says campaign coordinator Ellen Moore of Earthworks. Mine waste can contain up to three dozen dangerous chemicals, including arsenic, lead, mercury and cyanide. These metals accumulate in fish, and ultimately, the wildlife and people that eat them. The pollution contaminates drinking water, decimates ecosystems and destroys fisheries. While the outdated practice has been phased out in many parts of the world, new mining proposals in Papua New Guinea and Norway signal that such dumping is being ramped up, not phased out.

Plastic Pushback

Countries Ban Single-Use Plastics

Bans on plastic consumption have been increasing globally for the last two years. Single-use plastics will be officially banned



in the Bahamas by 2020, including plastic bags collected at the point of sale, straws, Styrofoam food containers and plastic utensils. Also, the release of balloons in the air will be illegal. Puerto Rico, the U.S. Virgin Islands, Antigua and Barbuda have already banned single-use plastic products. In Kenya it's illegal to produce, sell or use plastic bags. Haiti has banned plastic bags and Styrofoam products. Belize moved to ban single-use plastics by April 2019. The UK has outlined a plan to eradicate plastic use completely by 2042.

The Clean Seas Campaign, launched in 2017 by the United Nations Environment Programme, aims to increase global public and corporate awareness of the critical need to reduce marine litter.

Teeny Town

Tiny Houses Can Benefit Seniors

The University of Southern Indiana (USI) is building a small, modular home on its Evansville campus to demonstrate how the tiny housing model could make independent living accessible for people of all ages and abilities.

It's part of a larger effort aimed at creating a cultural transformation related to aging in a community. The home's small size is a selling point for people unable to maintain a larger dwelling as they age and help them remain independent. Dr. Bill Thomas, a geriatrician and national expert on aging partnering in the project, envisions a pod-like village of such "Minkas" with older people living within a community instead of being sequestered in nursing homes.



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Supercharge Your Immune System

Natural Ways to Stay Healthy

by Kathleen Barnes

Like many other health conditions, challenges to our immune systems are on the rise. The U.S. Centers for Disease Control and Prevention (CDC) estimates that 26.5 million adults and kids have asthma, 50 million have allergies and up to 20 percent get the flu each year. Catching a cold is common, with U.S. adults generally coping with two or three a year and children about twice as many.

As many as 50 million Americans suffer from autoimmune diseases like rheumatoid arthritis, celiac and lupus, costing \$100 billion a year to treat, which is nearly twice the amount spent on cancer care, according to the American Autoimmune Related Diseases Association. Initial statistics released 20 years ago estimated that 9 million Americans had autoimmune diseases; a five-fold increase since then illustrates

the magnitude of the problem.

People that are free of some degree of immune system dysfunction are relatively uncommon.

Identified Culprits

"We are absolutely seeing a rise in immune disorders," says Michael T. Murray, a doctor of naturopathy in Lyons, Colorado, and author of *Chronic Candidiasis: Your Natural Guide to Healing with Diet, Vitamins, Minerals, Herbs, Exercise and Other Natural Methods*. "Many factors are responsible for the increase." He cites the most notable as the widespread use of antibiotics and pesticides; dietary factors, including too much sugar; decreased intake of essential vitamins and minerals; overconsumption of calories in general; lifestyle factors like not getting enough sleep or exercise; excessive alcohol; stress; and exposure to cigarette smoke.

"The microbiome—the bacterial structure that supports a strong immune system—is largely inherited from the mother during a vaginal birth," says Sayer Ji, of Miami, Florida, founder of *GreenMedInfo.com*, sponsor of the 2017 Immune Defense Summit and a member of the National Health Federation's board of governors. "The rising number of Caesarean sections, at nearly one-third of all U.S. births, up from 18 percent in 1997, deprives infants of those naturally occurring bacteria, and can result in immune deficiencies at an early age."

Low-level chronic stress of the kind that occurs in everyday modern life is a leading underlying factor in immune system compromise, says natural health and healing expert Dr. Deepak Chopra, of Carlsbad, California, author of *The Healing Self: A Revolutionary New Plan to Supercharge Your Immunity and Stay Well for Life*. Along with emotional stress, he points to any kind of inner or outer challenge that pulls us off center.

Everyone experiences some stress every day; when unrelieved, it's been widely shown to have a huge negative impact on our health. "Imbalance can be negative or positive, and so can stress," says Chopra. "Winning the lottery is just as stressful as going through a divorce. So the challenge isn't to achieve static balance, but to successfully thrive in stressful surroundings."

Internal Communiqués

Medical science now generally agrees that the greatest part of the immune system resides in the gut. “We need those trillions of bacteria that live in the digestive tract. Without them, we are unable to defend ourselves from all types of assaults, including the autoimmune diseases, in which the body turns upon itself,” says Ji.

“The immune system lines the large and small intestines,” says Dr. Susan Blum, of Rye Brook, New York, author of *The Immune System Recovery Plan: A Doctor’s 4-Step Program to Treat Autoimmune Disease*. “The microbes in the gut lining speak to the immune system. Anything that alters the microbes in negative ways—like antibiotics or viral illness, among others—can also negatively alter the immune system.”

Unavoidable Toxin

We can’t avoid the toxic exposure that underlies much of the immune dysfunction we are experiencing today, says Wendy Myers, a functional diagnostic nutritionist in Los Angeles, California, and author of *Limitless Energy: How to Detox Toxic Metals to End Exhaustion and Chronic Fatigue*. “Toxins, especially heavy metals like lead and mercury, are in the air, water and soil. Since we can’t escape them, we need to know how they are affecting us and work to neutralize them.”

Experts agree that immune challenges can be neutralized and overcome with the right diet and lifestyle, stress management and appropriate supplements to restore and maintain the whole system balance needed to flourish in a world of our own making that stresses us on every level.

The Right Food

Eliminating wheat and dairy can end half of current immune system dysfunction through helping to repair the microbiome and healing the immune system, Ji believes. As one example, “If my mom had known I was allergic to cow’s milk when I was a child, I wouldn’t have suffered for 20 years with bronchial asthma,” he says.

An anti-inflammatory diet also speeds gut healing and strengthens the immune system, says Blum. Highlights of her program for a basic clean-up include eliminating anything white (sugar and all products made with flour); eating



quality fats (cold-pressed vegetable oils, nuts and seeds); protein (grass-fed beef, organic and free-range poultry, wild game and wild-caught fish); organic fruits and vegetables as much as possible and fermented foods daily; limiting and preferably eliminating dairy; and reading labels and banishing additives, chemicals and processed foods.

According to CDC statistics, almost everyone has some level of immune dysfunction, so this clean-up diet will benefit most of us, Blum says. After a basic regimen of three weeks or longer, she recommends exploring an elimination and challenge diet in which gluten, dairy, corn, soy and eggs are



all eliminated for three weeks. People with arthritis should also eliminate nightshades like tomatoes and potatoes. “Then add back in the eliminated foods one at a time and carefully note the body’s reaction. It’s not that hard to get a clear picture of what aggravates inflammation such as arthritis pain,” Blum says.

The Right Supplements

Multivitamins: “High-quality vitamin and mineral supplements are foundational to immune health,” Murray says. “Vitamins C, E and B and selenium are especially important.”

Digestive enzymes: “Digestive enzymes are key to restoring gut health, and thereby healing the immune system. They’re useful in reducing immune-mediated inflammation in autoimmune disorders,” Murray explains.

Australian research from the Garvan Institute of Medical Research confirms that supporting the immune system helps heal inflammation and autoimmune diseases. Instead, these are commonly treated with immune system suppressants that leave the patient with diminished resistance to other diseases.

Raw foods, especially pineapple and papaya, are good sources of digestive enzymes. They’re also available as supplements.

Prebiotics and probiotics: Prebiotics, plant fibers that ferment in the colon helping to increase desirable bacteria in the gut, and probiotics, live beneficial bacteria, help restore balance in the microbiome, effectively feeding and strengthening the immune system. Myers suggests that declining levels of friendly bacteria in the gut may actually mark the onset of chronic degenerative disease.

Vitamin D: Several studies, including one from Israel, have shown that people with the highest vitamin D levels have the lowest number of upper respiratory infections. “To ensure optimal vitamin D status, many health advocates, myself included, are recently advocating daily dosages of 2,000 to 5,000 international units (IU), even in apparently healthy adults,” Murray says.

Beta glucan: Beta glucans are polysaccharides; soluble fiber naturally occurring in the cell walls of grains, bacteria, yeast, algae and fungi. Natural sources include oats, barley, seaweed, and shiitake and reishi mushrooms. In supplements, look for products extracted by fermentation if grain or yeast is a concern. These sugars are known to help prevent and shorten durations of colds and flu and provide relief for allergies and sinus congestion, and may help regulate an overactive immune response in cases of autoimmune disorders.

Both internal and external factors can affect us all the way to the cellular level. Chopra says, "You are talking to your genes all the time, and what you say affects every cell in your body. Through lifestyle choices, you can make healing decisions rather than damaging ones."

Kathleen Barnes is the author of numerous natural health books including The Calcium Lie: What Your Doctor Still Doesn't Know, with Dr. Robert Thompson. Connect at KathleenBarnes.com.

Flu Shot or Not

The effectiveness and safety of flu shots has long been questioned. At best, the U.S. Centers for Disease Control and Prevention reckons that the flu vaccine is 60 percent effective and less so for those older than 65. Plus, it admits it will have zero effect if scientists wrongly project which strains will be prevalent in the coming year. Having a strong immune system is the best bet to prevent flu, says Sayer Ji, founder of *GreenMedInfo.com*.

Further protection can be found in vitamin D, says Naturopathic Doctor Michael T. Murray. He notes, "It may prove to be more effective and less costly than conventional flu shots."

If a cold or flu strikes, Murray suggests zinc lozenges. For coughs, German research from the Department of Integrative Gastroenterology at the Kliniken Essen-Mitte shows that a South African medicinal plant, *Pelargonium sidoides*, commonly known

as *Umckloab* (an ingredient in Umcka ColdCare) is especially effective in treating coughs caused by colds, bronchitis and sinusitis.

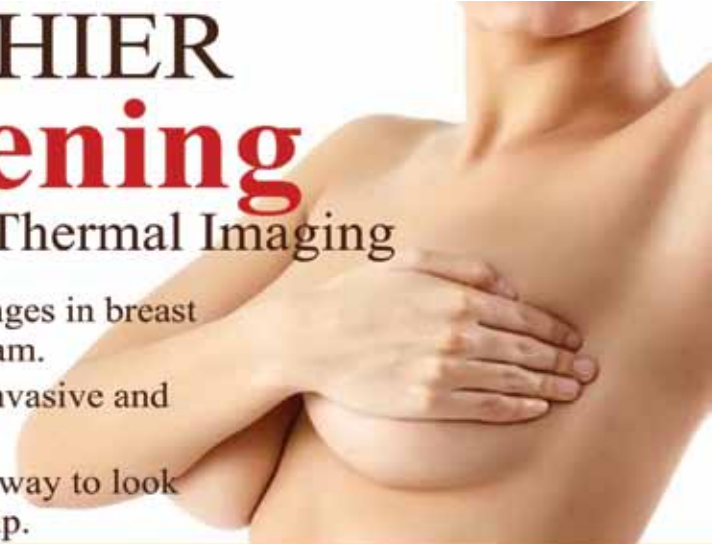


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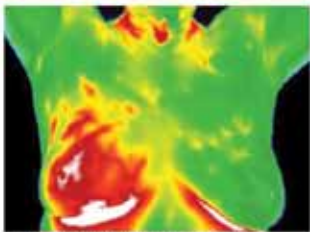
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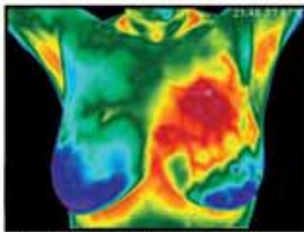


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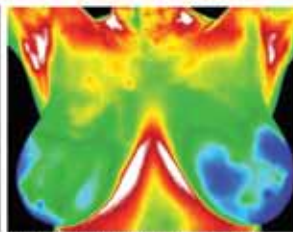
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Above: Breast Cancer Image



Above: Breast Cancer Image



Above: Normal Breast Image

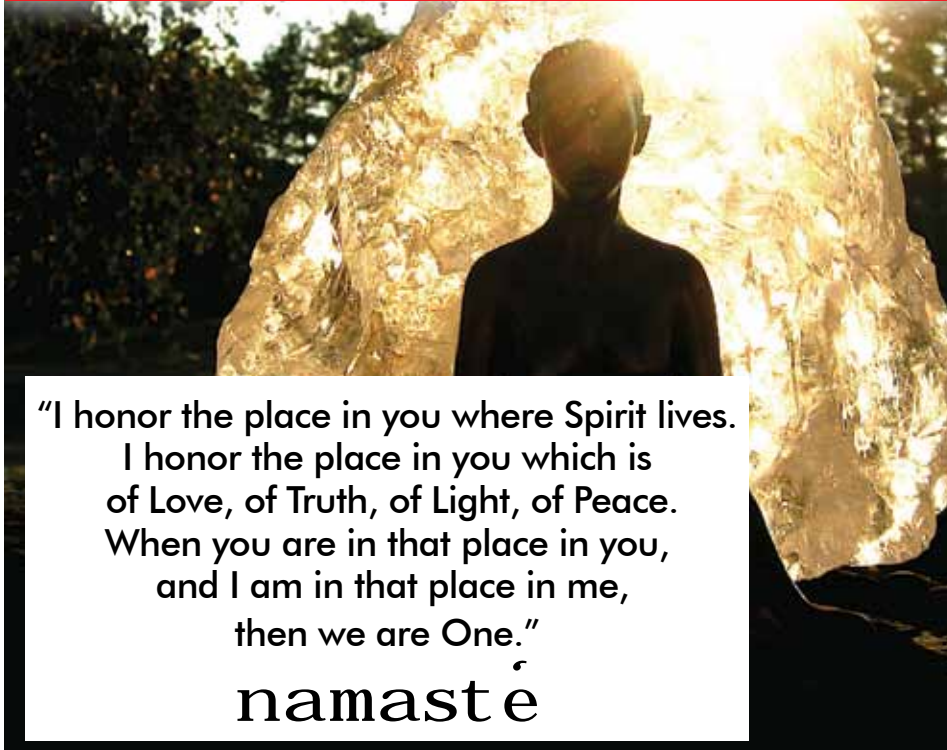
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SAFE DRINKING WATER

Home Systems to Purify H₂O

by Jim Motavalli



Concern about safe tap water is relatively recent—in the 1960s, for instance, people worried more about fluoridation than contamination. But since 1990, partly driven by bottled water ads, Gallup polls have shown tap water concerns rising; 63 percent of us now worry about our drinking water “a great deal”.

Bottled water is usually safe to drink, but isn't environmentally friendly. Plastic bottle production in the U.S. requires 17.6 million barrels of oil annually, reports the nonprofit Riverkeeper; plus the energy used to transport it to market, refrigerate it and collect the empties equals filling the bottles a quarter full of oil. Then, 77 percent of discards end up in the landfill, the Earth Day Network reports.

Retail costs range from 89 cents a serving to \$8 a gallon for designer water, averaging \$1.11 a gallon, compared to .002 cents per gallon for tap water.

What's in Tap Water

Legitimate concerns about tap water exist, mostly because homes built before 1986 likely have lead in their pipes, solder and fixtures, possibly contaminating municipally sourced water. Well water is also susceptible to outside contamination from chemicals and microorganisms that must be monitored.

Americans trust bottled more than tap water, but that confidence might work better if reversed. The Environmental Working Group (EWG) notes that the U.S. Environmental Protection Agency (EPA) monitors tap water for more than 90 contaminants, and it must meet the strict standards of the Safe Drinking Water Act of 1974. Nationally distributed bottled water, under the jurisdiction of the U.S. Food and Drug Administration, isn't as carefully or frequently checked. A quarter of all bottled water is actually filtered tap water, reports the Natural Resources Defense Council (NRDC).

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“Inflammation is the Spark that ignites most disease” ^{1,2,3}

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1. Christine G.; Alice P.; Kristina D. (2004). The Fires Within. TIME Magazine, February 23, 2004 Vol. 163 No. 8.
2. Rakoff-Nahoum, S. (2006). Why Cancer and Inflammation. YALE Journal of Biology and Medicine 79 (2006), pp.123-130.
3. Shacter E., Weitzman S. (2002). Chronic Inflammation and Cancer. www.cancernetwork.com, January 31, 2002.

Because lead accumulates in stagnated water in pipes, run the water until it gets as cold as possible; up to two minutes if the taps haven't been turned on in six hours or more. Other chemicals found in tap water include low levels of chlorine, arsenic, nitrates, atrazine, perchlorate and pathogens, reports the NRDC. Pharmaceutical products can also get into tap water, warns the World Health Organization (WHO). A recent study from the EWG and Northeastern University, in Boston, showed small quantities of toxic chemicals in tap water serving 15 million Americans in 27 states.

Filter Options

Filters can allay tap water worries from municipal or well supplies. Several types—tap-mounted, under-sink and pitchers—are effective and affordable, ranging from \$20 to \$300. Seek filters certified by the National Sanitation Foundation (NSF) testing agency that check for specific contaminants of concern.

NSF-42 coding certifies filters that improve water taste and remove both chlorine and particulate matter. NSF-53 is more stringent and requires removal of metals and harmful chemicals. The highest standard, NSF-401, covers filters that eliminate bacteria, pesticides/herbicides and residue from drugs like ibuprofen.

Activated carbon filters, which require regular replacement cartridges, remove large particles like sediment and silt. Reverse osmosis filters remove dissolved inorganic solids (including salts) by pushing tap water through a semi-permeable membrane. Ultraviolet water purification is effective at treating bacteria and viruses, but not contaminants such as chlorine, volatile organic compounds or heavy metals.

Charcoal pitcher filters are the most common, easiest to use and least expensive, although cartridges add to the cost and are only effective for processing about 40 gallons each. To save money, DIY products allow individuals to refill used cartridges with new activated charcoal. Filter pitchers need to be cleaned regularly because the charcoal can leak, producing mildew, calcium and grime.

Faucet-mounted models are easy to install and can be switched easily from filtered to unfiltered water (e.g., for washing up). Under-sink filters and cartridges are effective for up to 200 gallons, but more challenging to install. Connecting to refrigerators and ice makers makes installation more complex, and leakage can be an issue; countertop filters take up space, but are less likely to clog.

Consumer Reports says reverse osmosis filters are effective at removing contaminants, but can operate slowly, consume cabinet space, need periodic cleaning with bleach and create three to five gallons of wastewater for every gallon filtered.

WHO indicates that conventional municipal water treatment processes can remove about half of the compounds associated with pharmaceutical drugs. Advanced treatment like reverse osmosis and nanofiltration can be more efficient, removing up to 99 percent of large pharmaceutical molecules.

The first step is a water test. Some state and local health departments offer free test kits and they are also sold at hardware stores. Certified laboratories test tap water samples, with information often available from the local water provider.

Find a state-by-state list of certified labs plus program contacts at Tinyurl.com/DrinkingWaterCertificationInfo. The EPA Safe Drinking Water Hotline is 800-426-4791.

Jim Motavalli, of Fairfield, CT, is an author, freelance journalist and speaker specializing in clean automotive and other environmental topics. Connect at JimMotavalli.com.

Testing Our Hydration IQ

by Ronica O'Hara



Myths abound regarding proper hydration—many of them encouraged by purveyors of bottled water. Gauge personal hydration know-how by answering these true-or-false questions.

1 If we're thirsty, we're already dehydrated.

True. Our kidneys let us know when we need water by sending a "thirsty" message to the brain. "If you ignore that warning, it will go away and other symptoms will occur, such as headache, brain fog, muscle cramps and dry, cool skin, making the dehydration more serious," warns Chiropractor Livia Valle, of Valins Chiropractic, in Smithtown, New York.

2 We must drink eight glasses of water every day.

False. Eating fruits and vegetables also bolsters hydration (watermelon and spinach are almost 100 percent water by weight), as do milk, juice and herbal tea, advises the Mayo Clinic.

3 It's impossible to overhydrate.

False. Although rare, hyponatremia can result from some diseases, medications and consuming too much water too quickly, causing sodium (salt) levels to plummet; this can lead to nausea and coma, to which marathon runners can be prone (*WebMD.com*).

4 Electrolyte-enhanced drinks beat out water.

False. Experts say that for most people most of the time, plain water hydrates just as well, which is good news, considering the sugar and artificial dyes in Gatorade and similar electrolyte drinks. Even for athletes, hydrating with electrolytes is called for only after more than an hour of intense, sweaty exercise, according to the American College of Sports Medicine. If concerned about hydrating on an active, steamy day, consider stirring additive- and sugar-free electrolyte tablets or powder into water.

5 Caffeine causes dehydration.

False. A UK University of Birmingham study of 50 people that drank three to six cups of coffee daily found no significant effects on hydration—perhaps because the water in coffee and tea makes up for any dehydrating effects.

6 The volume of urine is a better hydration indicator than its color.

True. "Urine color varies based on many factors, including diet," says exercise physiologist Mary Jayne Rogers, Ph.D., of Albuquerque, New Mexico. "But if you are not producing much urine, it can be a sign that your body is clinging to water and may need more."

20 Best Foods for FIBER



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White Beans



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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

healthy kids



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Nurturing Creative Kids

Hobbies Engage and Grow Healthy Kids

by Marlaina Donato

Unplugging with creative and fun activities fosters skills that can last a lifetime. Studies published by the National Endowment for the Arts Office of Research & Analysis show that participating in performing and visual arts enhances children's social skills and emotional processing, builds confidence and improves academic aptitude.

"Not every child needs to play a team sport. Team experiences such as working with peers toward a goal, learning to win and lose gracefully and to get along with others can also be learned through the arts," explains Antonella D'Aloia, a developmental and expressive art teacher with The Whole Child, in Upton, Massachusetts. "Both crafts and expressive artistic creation have huge benefits because they're usually seen as non-threatening activities, especially for kids with anxiety or on the autism spectrum. Art offers a safe place in which they can hone new responses to difficult feelings."

Earth-Based Self-Expression

Weaving, scrapbooking, making friendship bracelets and other art projects involving organic or re-usable materials can demonstrate sustainability while teaching children how to follow directions, cultivate patience and strategize. Healthy cooking classes are a creatively engaging avenue for youths to learn about connections between a healthy Earth and maintaining personal health. Expressing themselves through the visual arts, drama and dance promotes problem-solving and innovation, as does joining a science or Lego club.

"It doesn't have to cost a lot of money to try new things," stresses D'Aloia. "Go to local school concerts, plays and art exhibits. Look for public art in your area. Local libraries often offer great activities for kids."

Mindful Investments

Instilling mindfulness in children can be both fruitful and far-reaching. "Ori-

gami—the Japanese art of paper folding without cuts or glue—is a quintessential hobby for centeredness. The act of folding paper is so engrossing that one is very present and in the moment,” says Kathleen Sheridan, origami master and founder of Origami and You, in St. Paul, Minnesota. “Origami stimulates both sides of the brain and helps to build self-esteem. Most of all, it’s fun, portable and inexpensive.”

Fostering imagination and using the written word through journaling or storytelling nourishes a child’s inner world. “Creating a short story requires divergent thinking; young writers use their imaginations to generate unique ideas for characters, settings, plots and conflicts. We help them think deeply, write authentically and respect the perspectives of others, while learning to create and share their own stories and experiences,” explains Kimberly O’Connor, young writers program director at Lighthouse Writers Workshops, in Denver, Colorado.

“Expressing the exact shape of an iris or the sound of a cricket, for example, requires intense curiosity and attention, two qualities that can serve children and teens indefinitely,”

she explains. Such skills can help students anywhere—in the classroom, on the sports field and later, when they begin to search for and find jobs.

According to Stanford University research published in the *Annals of the New York Academy of Sciences*, learning an instrument helps to improve children’s reading skills, especially those struggling with dyslexia and other learning challenges. Researchers at the German Institute for Economic Research **revealed that learning music amplifies** cognitive and non-cognitive skills twice as much as engaging in sports, dance or theater arts.

The Wellbeing Project, in Great Britain, has inspired activities such as sewing to benefit well-being. According to research published in the *Journal of Public Health*, quilting boosts cognitive ability, emotional equilibrium and creativity.

Introducing life skills and hobbies that nourish self-hood can be one of our greatest gifts to the next generation. D’Aloia remarks, “Helping our children to express who they are,



Links to More Discoveries

Crafting a Green World: The Home for Green Crafts and Materials, CraftingAGreenWorld.com

YouTube all-level instructional videos from OrigamiSpirit.com, Tinyurl.com/OrigamiInstruction

YouTube intermediate-level origami videos from Jeremy Shafer, Tinyurl.com/JeremyShaferOrigami

From juggling to calligraphy, broad-spectrum activity ideas, Tinyurl.com/50NonSportsActivities

Scrapbooking for kids, Tinyurl.com/HowToDoScrapbooking

Benefits of journaling, Tinyurl.com/WhyJournal

Eco-friendly fabric companies for sewing projects, Tinyurl.com/EcoFabricSources

Vintage sewing patterns online database, Tinyurl.com/VintageSewingPatterns

rather than who we expect them to be, is the most powerful thing we can do.”

Marlaina Donato is a multimedia artist and freelance writer who authors books related to the fields of alternative health and spirituality. Connect at Marlaina-Donato.com.

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THANKSGIVING DESSERTS

Plant-Based Pies for Every Palate

by Judith Fertig

Gratitude for the bounty in our lives has been a constant in every American Thanksgiving since the Pilgrims' first celebration at Plymouth Plantation. What has changed is the menu.

Many holiday hosts today wish to be inclusive and respect everyone's increasingly restrictive dietary needs. A few dishes that offer naturally gluten-free, paleo and plant-based options never go amiss, especially when we're talking pie.

It's easy to make a plant-based pie—think pumpkin, sweet potato and chocolate. As a bonus, many vegan pies can be made ahead and actually taste better the next day.

The Crust

A mellow nut crust might be the best way to go; pecans or almonds, sweetened with dates, crumbled in the food processor and pressed into a pie pan. It's deliciously easy and

can be made the day before, always a plus at holiday time. Gluten-free vanilla, chocolate or gingersnap cookie crumbs, mixed with a little coconut oil pressed into the pan, can serve as an alternative to nuts.

The Filling

The freshest filling makes the freshest-tasting pie. Winter vegetables such as squash, small sugar or pie pumpkins or sweet potatoes can be baked in the oven and puréed in the food processor days ahead of time. Or, make the purées weeks ahead and freeze them, ready to thaw for a recipe.

Award-winning cookbook author Deborah Madison, author of *Seasonal Fruit Desserts: From Orchard, Farm, and Market*, in Galisteo, New Mexico, preheats her oven to 375° F. "Cut the squash in half, the pumpkins into quarters, scrape out the seeds and brush the cut surfaces with a vegetable oil such as sunflower or safflower," she suggests.

"Place the squash or pumpkins cut-side-down on a sheet pan. Prick sweet potatoes all over with a fork. Bake the vegetables until tender, about 40 minutes," says Madison. When baked, scoop out the flesh, discard the rinds or skin and purée the flesh in a food processor. About two cups of purée equals a 15-ounce can of pumpkin, sweet potato or butternut squash. Pies made with fresh purées will have a lighter color and flavor.

Madison says she prefers natural sweeteners. "Honey and maple syrup are so dynamic—they're more like foods in their own right than just sweeteners." Maple and date sugars give pies a deep, caramelized flavor.

Always taste test during preparation, recommends Alissa Saenz, of Phoenixville, Pennsylvania, who blogs at *ConnoisseurVeg.com*. She loves a big dose of chai spices and little dose of sweetener in her Vegan Chai-Spiced Sweet Potato Pie. But pie is personal. "I recommend tasting your batter to decide if you'd prefer a little more or less of each," she says.

Finishing Touches

An ethereal cloud of coconut whipped cream can taste just as delicious as the dairy version, says vegan baker and cookbook author Fran Costigan, of Philadelphia, Pennsylvania. She refrigerates a 14-ounce can of unsweetened, full-fat coconut milk for at least 24 hours. After opening it, she spoons out only the solid coconut cream into a chilled bowl, saving the remaining liquid coconut milk for another use. She whips the coconut cream with an electric mixer until fluffy, adding a natural sweetener and vanilla extract if desired. It all makes for a perfectly healthy plant pie.

Judith Fertig writes award-winning cookbooks plus foodie fiction from Overland Park, KS (JudithFertig.com).

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Twitching: B1, B2, B3, B6, B9, Vitamin D, Magnesium, Calcium
Edema/Swelling: B1, B6, Potassium
Numbness or tingling: B12, B5
Clicking Joints: Manganese

SKIN

Bumps on the back of the arms: Vitamin A
Dry or rough skin: Vitamin A, E
Unusual nosebleeds: Vitamin C
Easy bruising: Vitamin C
Acne during menstruation: B6
Dermatitis: B2, B3, Biotin
Red stretch marks: Zinc

NAILS

Spoon shaped: B12, Iron
White marks: Calcium or Zinc
Pale Nails: Iron, Biotin
Brittle Nails: Calcium, Magnesium, Iodine
Cuticles Tear Easily: Protein

TEETH AND GUMS

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Crowded Teeth: Calcium, Vitamin K

MOUTH

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Cracks in the corner of the mouth: B2
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Painful tongue: B2, B3, Folic Acid
Loss of smell or taste: Zinc

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Depression: B1, B5, Biotin, PABA
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Eco-Packaging Progress Report

Innovative Uses of Pulp, Paper and Mushrooms

by Avery Mack

Manufacturers need to protect their products from damage and theft, and also want them to stand out on retail shelves. A common result has been hard-to-open containers relying on excessive cardboard and plastic. Today, more manufacturers are responding to consumer requests for less packaging, making it easier on both people and the planet.

Whether shopping online or in a local store, more eco-friendly options are available and they're worth seeking out.

In grocery stores, look for cellophane packaging made from corn, wheat or potatoes that replaces traditional plastic packaging used for candy, spices, nuts, produce and bath products. Cellulose, made from sustainably harvested wood pulp, one of nature's most abundant materials, makes for a sturdy bio- and marine-degradable bag that is suitable for home composting. Resistant to oil, fat and grease, it is also microwavable and oven-safe at low temperatures.

Fenugreen uses antibacterial, antifungal spices infused into a tea that is soaked into clean, biodegradable FreshPaper. It works in conjunction with store packaging or storage containers to keep bread, fruit, vegetables and cheese fresh. Kavita Shukla, founder and CEO, says, "Each paper lasts about a month. A distinct, maple-like scent says the paper is actively working to keep food fresh two to four times longer than usual, preventing food waste due to spoilage."

Quinn Snacks' revolutionary Pure Pop Bag of microwave popcorn contains no genetically modified corn, synthetic chemicals or plastic coatings, so unlike other brands, its packaging is compostable and biodegradable. Consumers add the included salt and spices after the popping, allowing the addition of natural ingredients while maintaining the integrity of the food's natural oil and flavor.

Food carry-out used to mean polystyrene (Styrofoam) containers, but now consumers have the safer option of pulp products that break down completely in backyard compost heaps or through commercial recycling. The pulp comes from North American-sourced hardwoods, which reduces its travel footprint and supports environmentally aware suppliers.

Mycelium, another Styrofoam substitute, uses mushroom roots as glue to hold together other sustainable, compostable agriculture byproducts like corn stalks. The result creates shipping materials that cradle wine bottles, computers and other fragile items to prevent breakage.

In beauty products, look for refillable glass jars. While glass is endlessly recyclable, it carries a large carbon footprint. Glass is heavy and must be transported, sometimes out of state, to reach a treatment plant. Furnaces capable of melting glass containers must run nonstop at about 2,600 degrees Fahrenheit. Taking the time to refill glass jars saves energy and prevents greenhouse gas emissions.

Some personal products such as deodorant are available in paper push-up tubes. Standard plastic tubes can be difficult to empty completely and are sometimes made of more than one type of plastic, which makes them non-recyclable.

Eco-friendly packaging can be especially challenging for small businesses. Katherine Dexter, owner of Wild House Body Care, in College Station, Texas, says, "I needed a green product that was oil-proof and waterproof. One of the best I've found for wrapping solid lotion bars is an unbleached, soy waxed paper. It works as effectively as paraffin-coated waxed paper and is 100 percent biodegradable." She uses sustainable and natural materials for all of her product packaging.

As part of the adult coloring book craze, Najeeb Kahn, founder of the Monthly Coloring Club, noticed books were shipped shrink-wrapped, so the club has switched to compostable and recycled rigid cardboard mailers.

Online mattress sales have increased from a 5 percent market share in 2016 to 10 percent in 2017, thanks to money-back guarantees, free in-home trials and innovative compressed mattress-in-a-box delivery. A mattress is squashed to fit in a box measuring 18 by 44 inches; about the size of a medium file cabinet. One person can easily carry it up stairs or around corners. Released from the box, the foam mattress expands to normal size in eight to 12 hours. The cardboard package can be reused or recycled.

Email manufacturers to either congratulate them on better choices or complain about excess. Each purchase voices an opinion. Let's make it count.

Connect with the freelance writer via AveryMack@mindspring.com.

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Ease Repetitive Strain Injuries

Targeted Exercises Lower Risk of Injury

by Marlaina Donato

Weekend athletes, office workers and hobbyists greatly benefit from a balanced array of regular exercises as a preventive measure against injury. In our technological age, repetitive strain injury (RSI) is all too common, and anyone using a computer daily can be at risk. Sedentary lifestyles help set the stage for injury.

RSI is classified as a cumulative trauma disorder that can affect muscles, tendons and nerves of not only the forearm and hand, but also the neck and shoulders. Symptoms may include pain, weakness, numbness or compromised motor control. Carpal tunnel syndrome is just one example.

“Repetitive injuries occur by executing the same motions over and over again with little or no variation, and become syndromes when they occur frequently or chronically,” says Brian Lebo, a strength and conditioning coach and director of the Athletic Performance Training Center, in North Royalton, Ohio.

RSI Risk Factors

Poor posture, faulty movement technique and lack of periodic breaks from activities can play a major role in developing any form of RSI. “I find that people that maintain a balanced exercise routine tend to do the best in jobs that apply repetitive stresses. People that sit at a desk need core strengthening, flexibility work in the hips, wrists and hands, and work on the neck flexors of the cervical spine,” says Felipe J. Mares, a physical therapist and owner of PT First Physical Therapy and Rehabilitation, in Albuquerque, New Mexico. “People that exercise on a daily basis, regardless of their job, hold up better at work. There’s a lot of stored equity in muscle tissue and strength that comes in handy.”

Lebo elaborates, “Exercise is critical for improving quality of life for people that suffer from repetitive injuries or RSI because it provides variation from repetitive movement, strengthens muscle and connective tissue, stabilizes joints and improves the body’s response to physical

stress. For people with desk jobs, I recommend taking 10 minutes to get up every hour on the hour and move around. Focus on mobility.”

Weekend Warriors

The impulse to get outside, engage in a sport or push through limitations on weekends can lead to injury if exercising is not also part of the work week. “Do something on weekdays to support your weekend activity to prepare and strengthen your body specifically for it,” says Lebo. “For recreational athletes, I recommend performing some type of strength training to support the demands and movement patterns of your activity. For tendinitis or inflammation of the tendons—the most common type of repetitive injury—exercise can reverse or minimize injury following appropriate rest, together with physical therapy when indicated.”

Basic strength training, maintaining a healthy weight and staying hydrated all help prevent injury and decrease the risk of reoccurrence. “Repetitive injuries that I see often are iliotibial band syndrome, patellofemoral syndrome, lower back pain and rotator cuff injuries. The main cause of these is overuse, faulty alignment and muscle compensation,” says Brooke Taylor, a functional training expert and owner of Taylored Fitness NY Ltd., in New York City.

“Functional training engages the body in multiplanar movements that simulate everyday motions. This forces the body to work as one unit, as opposed to isolating various body parts. The beauty is that with a well-designed program, you leave no muscle untouched. Functional training is beneficial for everyone, and one hour of training a day can make a huge difference. Get out and explore different activities and work opposing muscles. Make all parts of the body work as one,” counsels Taylor.

Whether injuries occur at the desk, on the soccer field or not at all, keeping the body fit is key. Mares reminds us that exercise is like sleep—something we all need and cannot avoid, saying, “Exercise is the great equalizer in life.”

Marlaina Donato is a freelance writer and authors books related to the fields of alternative health and spirituality. Connect at MarlainaDonato.com.



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Fewer Colds

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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.

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Give Rover a Rubdown Massage Keeps a Dog at Peak Health

by Karen Shaw Becker

“Animals have performed massage on themselves or others since the dawn of time through natural grooming behaviors,” reports the Northwest School of Animal Massage, in Vashon, Washington. “Any animal’s quality of life can be enhanced with massage.”

Therapeutic Massage Results

“Maintenance massage is great for helping your pet stay at their peak level of health for as long as possible. It’s also a great tool for monitoring and early detection,” says Kim Tews, a certified small animal massage practitioner located near Portland, Oregon.

Jonathan Rudinger, a registered nurse, licensed massage therapist and authority on canine massage in Ann Arbor, Michigan, explains that massage supports oxygen exchange, helping animals to breathe more deeply, and even encourages coughing to loosen phlegm and debris in the lungs.

Increasing both blood and lymphatic circulation is another benefit. “Manual lymphatic drainage massage is a good

immune booster, and benefits pets of all breeds and ages,” says Tews. Massage shortens postoperative recovery time for pets and helps decrease inflammation and pain while lowering blood pressure and working to normalize breathing patterns and digestion.

For dogs with arthritis, Rudinger says that massage works to increase the natural fluids within the dog’s body, along with improving lymph and blood circulation and hormone and energy flow. When it comes to sporting events and intense recreation, massage can be used to increase blood flow to muscles beforehand and reduce muscle soreness afterward.

Massage is a comfort for beloved dogs receiving treatment for a terminal illness or palliative care. The practice can also reduce the need for pain medication, decrease metabolic end products in tissues, ease constipation and feelings of anxiety and isolation, and instill greater peace.

Behavioral Results

Massage therapist Michelle Rivera with

the Healing Oasis Wellness Center, in Sturtevant, Wisconsin, remarks in the journal *Integrative Veterinary Care*, “It was in China that I learned that many behavioral problems can also be alleviated or eliminated with the addition of massage therapy. In my own practice, the majority of issues I successfully work with using massage are behavior problems and seizures.”

Highly sensitive animals may find that therapeutic massage makes being touched more tolerable. Rudinger explains that it can clear physiological energy blocks. His approach with dogs is to work on the stomach energy meridian, which flows down around the mouth, down both sides of the midline and underneath the abdominal side of the body. It ends up around the anus, beneath the animal’s tail.

As the meridian is associated with the emotional brain or limbic system, working on this area is particularly useful for dogs that are fear-biters, food- or dog-aggressive, have separation anxiety or problems with their gastrointestinal tract.

Generally speaking, dog massage can be a useful tool for stress relief and relaxation.

Find the Right Expert

An integrative veterinarian can provide advice and recommend an experienced area canine massage therapist to treat an animal’s specific need. At-home or in-clinic sessions may last from 30 to 80 minutes.

Having a family member massage a pet can add calming and bonding benefits, especially in palliative care. A workshop or continuing education course will teach basic to advanced hands-on massage skills. Offering the benefits of therapeutic massage to a dog is one of the greatest gifts we can give to support their happiness and quality of life. It can also work wonders for cats.

Karen Becker, a doctor of veterinary medicine, is a proactive, integrative practitioner who consults internationally and writes for Mercola Healthy Pets (HealthyPets.Mercola.com).

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Copper device stops a cold naturally



New research: Copper stops colds if used early.

New research shows you can stop a cold in its tracks if you take one simple step with a new device when you first feel a cold coming on.

Colds start when cold viruses get in your nose. Viruses multiply fast. If you don't stop them early, they spread in your airways and cause misery.

But scientists have found a quick way to kill a virus. Touch it with copper. Researchers at labs and universities agree, copper is "antimicrobial." It kills microbes, such as viruses and bacteria, just by touch.

That's why ancient Greeks and Egyptians used copper to purify water and heal wounds. They didn't know about viruses and bacteria, but now we do.

Scientists say the high conductance of copper disrupts the electrical balance in a microbe cell, destroying it in seconds.

Tests by the Environmental Protection Agency (EPA) show germs die fast on copper. Some hospitals tried copper for surfaces like faucets and doorknobs. This cut the spread of MRSA and other illnesses by over half, and saved lives.

The strong scientific evidence gave inventor Doug Cornell an idea. When he felt a cold coming on he fashioned a smooth copper probe and rubbed it gently in his nose for 60 seconds.

"It worked!" he exclaimed. "The cold

went away completely." It worked again every time he felt a cold coming on and he hasn't had a cold since.

He asked relatives and friends to try it. They said it worked for them, too, so he patented CopperZap™ and put it on the market.

Soon hundreds of people had tried it and given feedback. Nearly 100% said the copper stops colds if used within 3 hours after the first sign. Even up to 2 days, if they still get the cold it is milder and they feel better.

Users wrote things like, "It stopped my cold right away," and "Is it supposed to work that fast?"

Pat McAllister, age 70, received one for Christmas and called it "one of the best presents ever. This little jewel really works." Now thousands of users have stopped getting colds.

People often use CopperZap preventively. Frequent flier Karen Gauci used to get colds after crowded flights. Though skeptical, she tried it several times a day on travel days for 2 months. "Sixteen flights and not a sniffle!"

Businesswoman Rosaleen says when people are sick around her she uses CopperZap morning and night. "It saved me

last holidays," she said. "The kids had colds going around, but not me."

Some users say it also helps with sinuses. Attorney Donna Blight had a 2-day sinus headache. When her CopperZap arrived, she tried it. "I am shocked!" she said. "My head cleared, no more headache, no more congestion."

Some say copper stops nighttime stuffiness if used just before bed. One man said, "Best sleep I've had in years."

Copper may even stop flu if used early and for several days. Lab technicians placed 25 million live flu viruses on a CopperZap. No viruses were found alive soon after.

People have used it on cold sores and say it can completely prevent ugly outbreaks. You can also rub it gently on wounds, cuts, or lesions to combat infections.

The handle is curved and finely textured to improve contact. It kills germs picked up on fingers and hands to protect you and your family.

Copper even kills deadly germs that have become resistant to antibiotics. If you are near sick people, a moment of handling it may keep serious infection away. It may even save a life.

The EPA says copper still works even when tarnished. It kills hundreds of different disease germs so it can prevent serious or even fatal illness.

CopperZap is made in the U.S. of pure copper. It has a 90-day full money back guarantee when used as directed to stop a cold. It is \$69.95. Get \$10 off each CopperZap with code **NATA5**.

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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

Friday November 2

The Festival of Words – 6:30-9pm. Thru Saturday 11am-5pm Nov 3. Authors: Poet Laureate Jack Bedell, poet & songwriter Cornelius Eady with Rough Magic; and Ladee Hubbard provide activities to include: creative writing workshops in the public schools and community centers, a community stage for open mics, “Drive-by Poetry” and a black-pot cook off. Chicory’s Cafe, 219 E Martin Luther King Dr; Thensted Center, 268 Church St, Grand Coteau. Martha Garner. 337-804-2482. FestivalofWords.org.

Saturday November 3

Jungle Gardens 5k – 8am-5pm. A race/stroll held on the hard pack road that travels throughout gardens. Food, entertainment and awards to follow. All entrants will have a full day pass to explore the gardens and enjoy the area. St. Jude children’s research hospital. Jungle Gardens, Hwy 329, Avery Island. 337-993-9377.

Community Fall Fest –9am -12pm. The Sustainable Agriculture & Rural Development Institute (SARDI)/Agromen will host this event that will cover agricultural topics of sustainability, marketing, health, farm safety and Fall resources. Enjoy demonstrations on brewing Hibiscus Tea, planting fall crops and caring for farm animals. Call to pre-register. Chasity Johnson. The Sustainable Agriculture & Rural Development Institute (SARDI)/Southern Ag Center, 1209 Diesi St, Opelousas. 337-943-2410. Email SARDI@SUAgCenter.com.

Dr. Emma Wakefield-Paillet Marker – 10am-3pm. An unveiling to celebrate the life and legacy of Emma Wakefield-Paillet, MD, with the state historic marker at Bouligny Plaza; poem reading, singing and reception at the Iberia Parish Courthouse. An original composition and play will be performed at the Essanee Theater. Bouligny Plaza, 102 W Main St, New Iberia. 337-519-3957.

Wednesday November 7

Fragile Grounds – 6-8pm. Jessica Schexnayder and Mary Manhein, authors will discuss stories of endangered cemeter-

ies throughout Louisiana’s coastal zone and beyond. A book signing to follow the presentation. Free. Jeanerette Museum, 500 E Main St, Jeanerette. 337-276-4408.

Saturday November 10

Festival de Succès – 10am -1pm. An event for individuals with special needs and their families. Free. Parc International, 200 Garfield St, Lafayette.

Veterans Day Celebration – 10-11:30am. An annual event to honor veterans and commemorate Veterans Day. Carencro Veterans Memorial, 210 E St Peter St, Carencro. Carencro.org.

Collarnary Cook-off – 6-10pm. Acadiana area priests show off their culinary expertise and prepare gumbo to taste and vote on. \$50. St. Joseph Scholarship Fund at John Paul the Great Academy. Anna Angelle Vermillionville Performance Center, 300 Fisher Rd, Lafayette. 337-889-5345. AAngelle@JPGAcademy.org.

Sunday November 11

Veterans Day Memorial Ceremony – 6-8pm. Honoring veterans with proclamations, 21 gun salute, flag raising and prayer service. Bouligny Plaza, 102 W Main St, New Iberia. 337-344-9397.

Wednesday November 14

Pillows of Hope & Sid Williams Thanksgiving Food Drive – 6-11:30pm. A fundraiser to raise money to provide the community members that are in need of items for Thanksgiving meals. Mary Chevalier. Elsid’s Zydeco & Blues Club, 1523 N St Antoine St, Lafayette. Pillows of Hope Non Profit Org. 337-280-3735. Mary.Chevalier@cox.net.

Thursday, November 15

Thanksgiving Senior Citizen “Thank You” Day – 8am - 4pm. The day will consist of breakfast, Thanksgiving meal, short prayer service, bingo games with prizes, a tribute to Aretha Franklin and a Zydeco Dance. 62 years old to attend. Call to register. The African American Heritage Foun-

dation Martin Luther King, Jr. Multi Purpose Center, 309 Cora Dr, Lafayette.

337-281-4592 or 337-281-4574.

Understanding International Trade – 8:30 -10:30am. The Lafayette Economic Development Authority (LEDA) host education sessions for businesses. Open to area businesses. Tickets at EventBrite.com. Mark D. Mouton. Lafayette International Center (LIC) Venue: Lafayette Economic Development Authority (LEDA), 211 E Devalcourt Street, Lafayette. 337-593-1400.

Toby Mac Tour – 7pm. Christian music artist, Tobymac performs with special guest Ryan Stevenson. Tickets starting at \$29.50 at Ticketmaster. Heymann Performing Arts Center, 1373 S College Rd, Lafayette.

Saturday November 17

The Affect Project/ Parent Support Group – 9:30-10:30am. A social group for teens with chronic illnesses and/or disabilities for food, fun, and new friends. Ages 13-19. Tickets at EventBrite. Parent must accompany child. Families Helping Families of Acadiana. Families Helping Families of Acadiana, 100 Benman Road Lafayette.

Wednesday November 21

Camellia Crossing Gleaux Run – 5:30-9pm. Light up the night sky by wearing glow items while running or walking to support community families impacted by cancer. \$30 to \$35. Miles Perret Cancer Services. Brittany Labbie. River Ranch Town Square, 1100 Camellia Blvd, Lafayette. 337-984-1920.

Saturday November 24

Everybody’s Birthday Party – 9:30pm-1am. Curley Taylor and Zydeco Trouble play Zydeco music for the greatest birthday party of the year. Celebrate with free birthday cupcakes, an evening of dancing with friends and purchase homemade gumbo. \$10 in advance and \$12 at the door. Save Our Community Center organization for the renovation of Historic St. Peter Claver Hall. Renella Henry. St. Peter Claver Hall, 252 Church St, Grand Coteau. 337-349-5814.

Sunday November 25

Sounds of the Season –3-4:30pm. A Christmas concert with the Acadiana Symphony Orchestra presented by the Iberia Cultural Resources Association. St. Peters Church, 108 E St Peter St, New Iberia. 337-364-1603.

Friday November 30

Noel Acadien Au Village – 5:30 - 9pm. Thru Saturday December 22. LUS Fiber Presents Claude’s Enchanted Village with new displays, more lights and all the magic you expect from Acadiana’s oldest Christmas festival. LARC’s Acadian Village, 200 Greenleaf Dr, Lafayette.

inspiration

ABUNDANT LIVING 10 Practices Open Doors

by Dennis Merritt Jones

Practices designed to enrich life with purpose and meaning yield empowering results for anyone that takes them to heart. Whether striving for a new job, higher salary, stronger relationships or spiritual acceleration, these “rules of the road” offer inspired guidance to free thinking and enlarge possibilities beyond anything we’ve ever imagined.

Be one with life: Belief in our oneness with “more than enough” sets us free to receive.

Be aware we live in an expanding universe: The creative life force of the universe constantly conspires for our good as we consciously participate in the process.

Be accountable for individual consciousness: How we perceive ourself and our world defines our experience. Changing our point of view can change everything.

Be focused: Establish and maintain a disciplined mind, focusing on what’s right with life rather than what’s wrong.

Be in the flow: The law of circulation manifests as either a cornucopia of more than enough or a vortex of not enough, depending on how freely energy flows through us. Remember that we are the gatekeeper that directs the flow.

Be passionate: Honoring our passions sets us free from the tyranny of a joyless life. Unearthing and living what creates joy, love and peace brings the gift of our authentic self to the party called life.

Be blessed: To be blessed and know it is to affirm that we are a whole person, with nothing missing. Sharing our abundance becomes our daily norm. This state of being blesses our world.

Be of service: When we serve others selflessly, we are recognizing that they matter. When someone knows they matter, they are intrinsically guided to demonstrate it in ways that serve others... and the circle is complete.

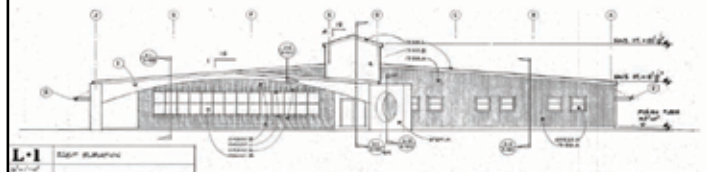
Be courageous: Boldly move beyond false limits to horizons that call us to new levels of self-expression and fulfillment, often in collaboration with a spirited community.

Be a catalyst for good: Such actions connect us directly to the secret of creating an abundant life—our innate oneness with the universe.

Dennis Merritt Jones, D.D., of St. Petersburg Beach, FL, speaks and writes books on human potential and spirituality. His latest, The Art of Abundance, is the source of this essay. Connect via DennisMerrittJones.com.

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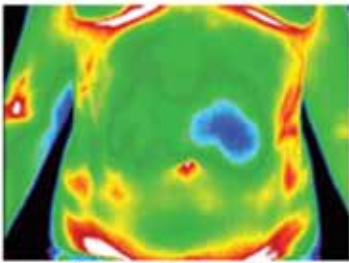
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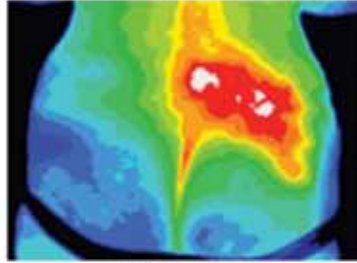
Across from Super One Foods

Next door to Dollar Tree

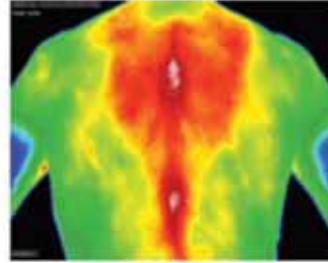




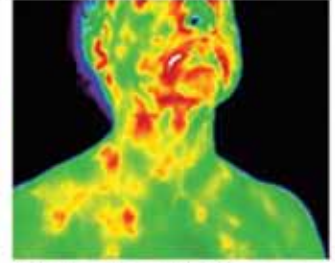
Hypothermia in the Stomach



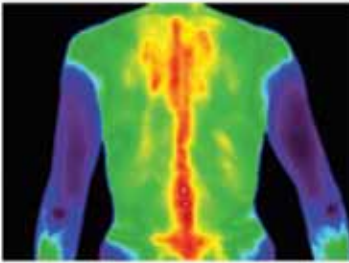
Shingles



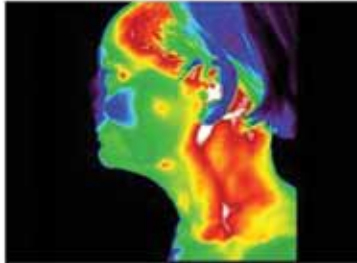
Lung Cancer



Periodontal Disease



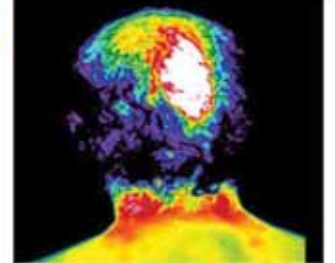
Spinal Inflammation



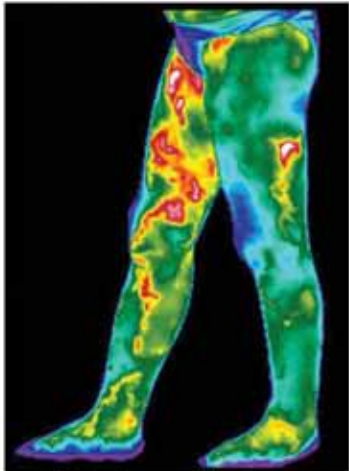
Carotid Artery Inflammation



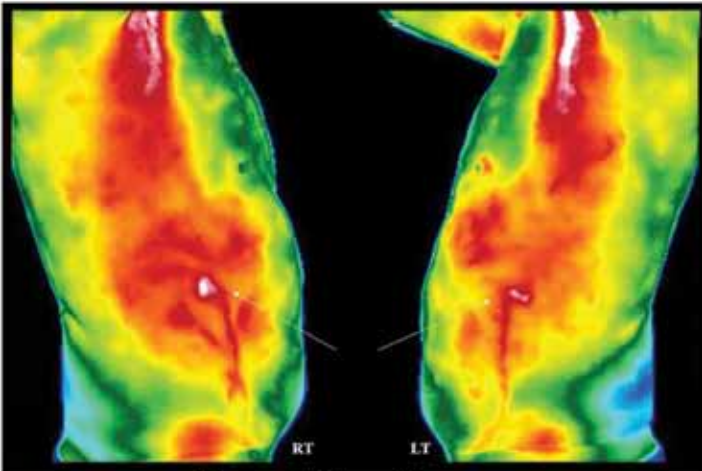
Poor Circulation Left 4th & 5th Finger



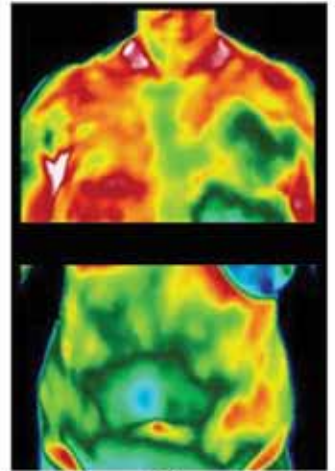
Melanoma-Scalp Cancer



Varicose Veins



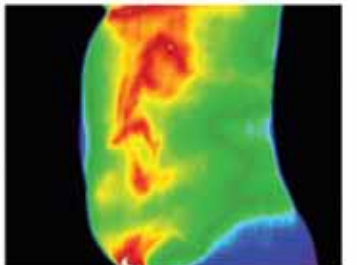
Bilateral Kidney Stones



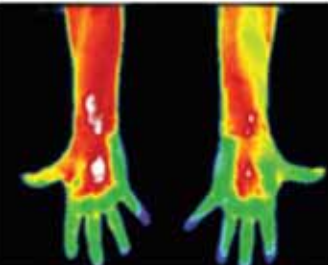
Breast Cancer



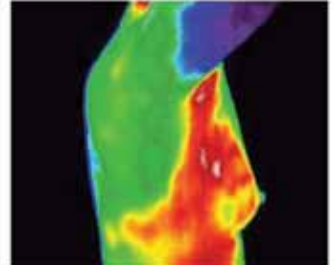
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



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- 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

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BENEFITS OF GREEN WATERS

Lose Weight:

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

Anti Aging:

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

Reduce the Chances of Osteoporosis:

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

Build Cardiovascular Health:

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

Reduce Joint Pain and Arthritis:

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

Reduce Infections, Flu and Colds:

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

Detoxify:

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

Decrease Risk of Cancer:

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

Use this to reduce PAIN and INFLAMMATION

Pain & Inflammation Enzyme



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

Wheatgrass Capsules



Alkalize, energize and detox your body with wheatgrass capsules. Wheatgrass is an effective healer because it is nutrient dense and contains major minerals and vitamins A, B-complex, C, E, I and K. It is extremely rich in protein, and contains 17 amino acids, the building blocks of protein. Wheatgrass contains up to 70% chlorophyll, which is an important blood builder. Wheatgrass is a strong antioxidant and helps to cleanse the blood and lymph.....\$30.00



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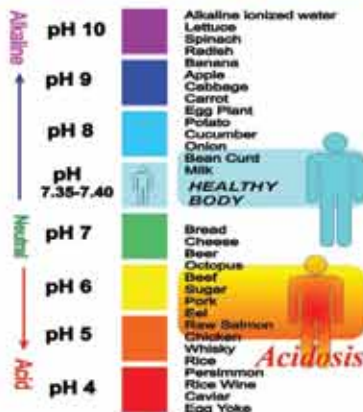
Why do I have so much abdominal fat?

“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.



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Each session takes only 40 minutes. The laser is positioned 6 inches over the stomach and begins to "zap" fat cells. The more treatments the better the results. After a minimum of 6 treatments the fat cells shrink and you get a flatter stomach.

6 Sessions | 40 Mins



These are led laser iLipo bars. The lasers are placed over the stomach and begin to melt fat cells until they release fat. The more treatments the flatter the fat cells get. Takes 30 mins per session.

6 Sessions | 30 Mins



SHRINK BELLY FAT



BEFORE



AFTER

6 Sessions \$294
12 Sessions \$498

The more sessions you do the better the results. You must follow the diet and nutritional supplements to see the best results.

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 for more information or to schedule.

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healing for a sick body

1 oz of wheatgrass = 2.5 lbs of green vegetables



Wheatgrass, hailed as "King of Alkaline Foods", neutralizes the acids in our body caused by acid forming foods, negative emotions, stress and pollution. Dr. Linus Pauling stated that virtually all degenerative diseases are associated with excess acidity in the body.



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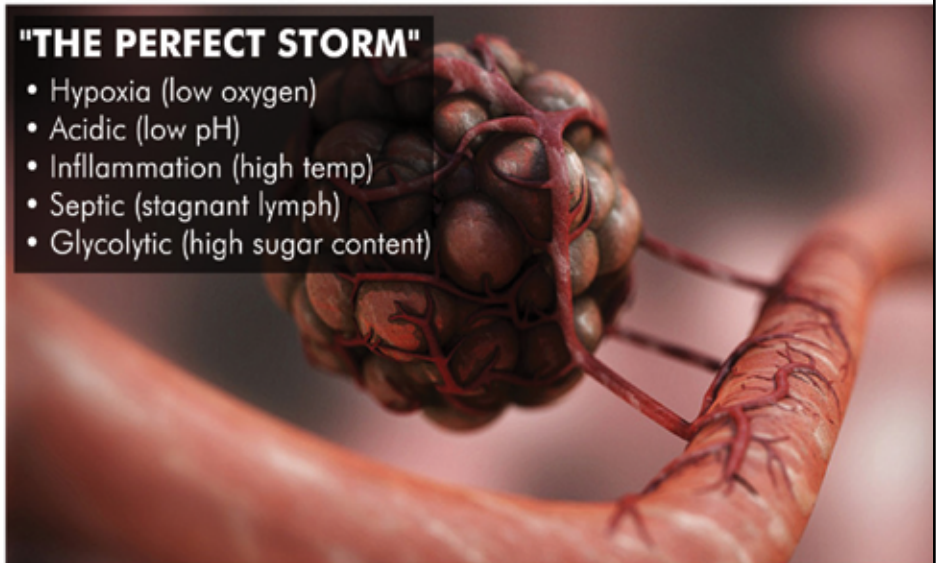
Frozen Wheatgrass Box

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



"THE PERFECT STORM"

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



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

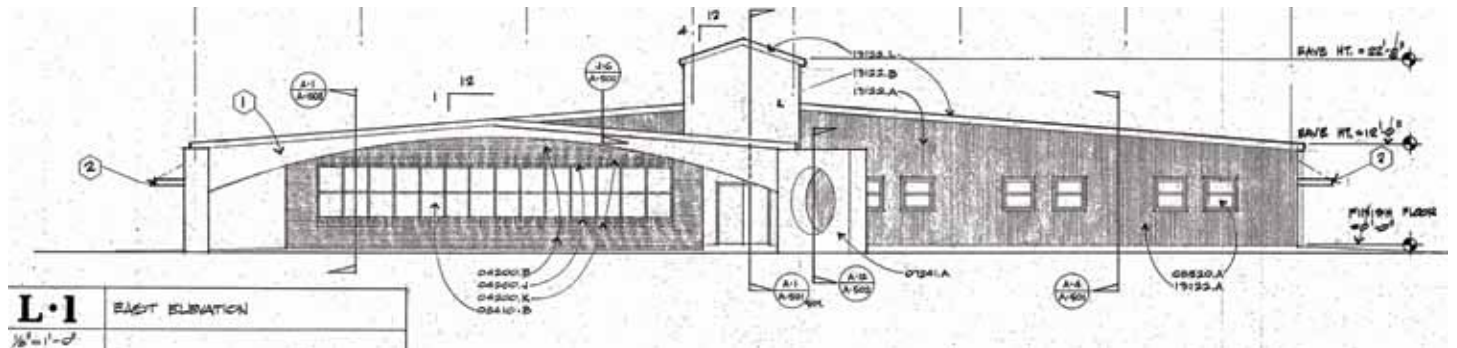
Dr. Otto Warburg won the Nobel Prize in 1951 for proving that cancer can not survive in an alkaline, oxygen rich environment but thrives in an acidic low oxygen environment.

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Specializes in Anger Management classes for groups and individuals. A Place 4 Me offers a holistic, client-centered approach to

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Suite (M-2): Shirley Joseph, LPC-S is the owner. Connect at (337) 565-0607, www.aplace4me.net, Email: classes@aplace4me.net.

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a safe and healthy way to achieve your dream lashes.

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Career Performance Enhancement

Provides auditing of quality management systems, training, consulting.

Suite (A-6): Joseph W. Wilts Jr. is the owner. Connect at: (337) 591-5929, Email: lead-auditor@yahoo.com.

Dina Broussard LCSW LLC

Provides outpatient psychotherapy to adolescents and adults with depression, bipolar disorder, anxiety, etc. Specializes in resolving issues or trauma from the past. Provides individual, marriage and family therapy. Dina Broussard is a network provider for most insurance.

Suite (A-2): Dina Broussard is the owner. Connect at (337) 207-1434, Fax: (337)284-0971, Email: dinabroussard@gmail.com.

Emmanuel Radio

Emmanuel Radio is a radio station frequency that will be giving the community and opportunity to revive God's word.

Suite (M-11): Juan Lares is the owner. Connect at (337) 296-1158, pastoreslares@yahoo.com

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Feisty Fashionista

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Suite (F-2): Bianca Smith is the owner. Connect at (337) 224-2126, PaparazziBianca@gmail.com, www.feisty5fix.com.

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From the heart specializes in consulting, educating veterans, surviving spouses and their families about VA

cash benefits that they may be eligible for. I assist with claims that are denied or have been in the system for an extended period of time. I assist with preparing claims, submitting the claims, and monitoring the claims throughout the process.

Business Membership Member: Merlinda V. Prejean is the owner. Connect at (337) 278-5845, mvpjean@fromtheheart-vba.org, www.fromtheheart-vba.org.

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Specializes in permanent makeup, brows, lips, eyeliner, scar camouflage, breast areola, and cosmetic laser-teeth whitening and lash extensions.

Suite (A-10): Gail Kelly is the owner. Connect at (337) 962-8525, kellygail98@yahoo.com, **FACEBOOK:** G&T Permanent Makeup & Lash Studio.

J. Elise Boutique/EOTO/EORO



Business consists of an online clothing boutique-J. Elise Boutique. It includes local in person sales/consultations/stylist/wardrobe consultation, and etc. EOTO/EORO is a non-profit organization.

Suite (A-8): Terrica Turner and Ebony Wilridge are owners. Connect at (337) 326-0659, j.elise__boutique@yahoo.com, www.jeliseboutiqueofla.com, **FACEBOOK:** [jeliseboutiqueofla](https://www.facebook.com/jeliseboutiqueofla) (J. Elise Boutique of Louisiana), **INSTAGRAM:** [shopjeliseboutique](https://www.instagram.com/shopjeliseboutique)

Khonsu, LLC

Specializes in Behavioral Health Counseling.

Suite (A-1): Amanda Holmes and Latrishia Quincy are the owners. Connect at (337) 319-1315, KhonsuCareLLC@gmail.com.

Kim Perrot Visions of Life



Kim Perrot Visions of Life is a non-profit organization dedicated to raising awareness of the importance of after-school programs and advocating for quality, affordable (learning) programs for all children.

Suite (M-7): Loretta Perrot runs the non-profit. Connect at (832) 461-7787, lorettaperrot@yahoo.com, **FACEBOOK:** Kim Perrot Visions of Life,

Leger's Little Learners, LLC

Specializes in speech therapy and provides speech and language assessments. Leger's Little Learners provides group and individual tutoring for all ages and all subjects grades K-6.

Suite (A-5): Gail Leger is the owner. Connect at (337) 945-1842, gmarie924@aol.com.

North American Senior Benefits



Headquartered just northeast of Atlanta, GA, North American Senior Benefits (NASB) is an affiliate of one of the oldest and most respected insurance brokerage agencies in the country, The Milner Agency.

While as a whole, NASB offers a wide range of products and services in the financial market, NASB was created to focus strictly on providing senior-based insurance solutions

Suite (M-10): Joshua Thomas operates this office of NASB. Connect at: (337) 212-3702, elevation-time1@gmail.com.



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Facials, pamper experience, girl's night out, pamper and praise parties, foundation match, skin care and glamour instructions, also Bridal parties.

Suite (A-7): Esther Wiltz is the owner. Connect at (337) 501-8364, amillionforall@yahoo.com, www.marykay.com/ewiltz1

Prophetess Victoria



Prophetess Victoria is a motivational speaker, life strategist, and a pastor. She speak the word of God to people and causes a change in the environment.

Suite (A-9): Victoria Jacobs is the owner. Connect at (318) 305-6843, vjacobs001@yahoo.com, www.prophetess-victoria.com, **FACEBOOK:** Victoria Israel.

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Safety Compliance Services, Inc.



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Safety Compliance Services (SCSI) provides safety consulting and training in OSHA related safety topics for general industry and construction trades. SCSI is focused on the oilfield/offshore industry. production of complete policy and procedure (SOP) manuals with ISN compliance included in service.

Richard Guillory is the owner. Connect at (337) 501-0808 or (337) 896-6899, pmendoza@teamscsi.com.

Sunvestka

Sunvestka is a holding company for various entities engaged in the betterment of self, family, and the community.



Suite (F-3): Chris Williams PhD is the owner. Connect at (337) 501-7617, cjwilliamsphd@gmail.com

Tax Express

Munchies Lunchbox Express

Tax Express performs income tax services. Munchies Lunchbox Express is an onsite truck catering business specializing in weddings, company events, parties as well as sweets and fruitables.

Suite-(B4): Anita Thomas is the owner. Connect at (337) 316-3900, anitaledee@yahoo.com, www.munchieslunchboxexpress.com

Taylor Plumbing, LLC

Provides new construction plumbing.



Suite (M-1): Jared Taylor is the owner. Connect at (337) 371-0473, empire1031@gmail.com.

The Throne



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Suite (B-5): Nycole Walker is the owner. Connect at (337)

353-8011, kingmehairco@gmail.com, **INSTAGRAM:** [kingme_kingcole](https://www.instagram.com/kingme_kingcole)

3K Photography

Providing photography and Photo booth services.



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Specializes in supplying home medical equipment, power chairs, diabetic shoes, testing supplies, back braces, and knee braces.

Suite (F-4), Kayla Givs is the owner. Connect at (337) 580-8209, rightbygod@hotmail.com, www.victoryhomemedical.net

Virtuous Tax Service



Virtuous Tax Service files income taxes for individuals and small businesses. They also offer audit protection and amendments from previous tax returns.

Business Membership Member: Magan Gordon is the owner. Connect at (337) 517-8102, mafan.gordon72@gmail.com.

Watson Therapy Regina Watson

Clinical Social Work/Therapist, LCSW

Provides mental health counseling for individuals experiencing depression, anxiety, and various types of trauma. Watson Therapy also provides anger management counseling and performs home studies to determine placements of children.

Watson currently offers counseling for Depression, Grief and loss, Anxiety Disorder and Trauma. Watson has also started seeing couples for couples therapy, but has limited her practice to no more than two couples at a time. Watson is prepared to see ages 10 years of age and older and also completes Home studies for individuals seeking custody etc.

Watson's specialty includes providing cognitive behavioral therapy addressing anxiety and depression. Watson also provide other evidence based interventions to address trauma.

A uniqueness with Watson Therapy practice is that she provides Surrender Counseling through the Department of Children and Families Services. This service is provided to parents who will be giving up their rights as parents. They will receive education as well as therapy addressing feelings etc. surrounding their rights being terminated.

Suite (A-3): Regina Watson and Terralyn Guillbeaux are the owners. Connect at (337) 242-3078, (337) 565-9483, Fax: (337) 205-4555, watsontherapy588@gmail.com or watsontherapy@yahoo.com.

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Saint Christopher College is a Proprietary School that is open to all students regardless of age, race, etc. Our philosophy is to maintain a professional outlook and consideration to our students with them in mind. At Saint Christopher College, we not only want our students trained (Job Ready), but also trained on how to keep a job. At Saint Christopher



College, we believe that the training we do directly and appropriately reflect from

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Suite ADM: Dr. Steven T. Castille is the owner. Connect at (337) 565-9105, www.saintchristophercollege.com.

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naturopathic body treatments

have ancient roots—and there are good reasons why these health trends never really die. Soaking in mud rich in minerals like magnesium, sodium, and sulfur has anti-inflammatory effects, helping to ease muscle tension and joint pain. The way mud dries on the surface of the skin and traps in heat can also facilitate this process. Ionic foot baths, infrared saunas, and hydration body treatments are seriously relaxing—releasing toxins, calming the nervous system, and improving the body's chemistry.



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Organic Frozen Wheatgrass Juice

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



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

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

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

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

Green Waters Alkaline Water



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

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

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

pH 9.5 Drops



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

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

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