

HEALTHY LIVING HEALTHY PLANET

natural awakenings

feel good • live simply • laugh more

FREE

Shaping
the Future
We Want
Encouraging New
Eco-Commitments



Helping Kids
Connect
Ways to Model
“We,” not “Me”

Rock Your
Tastebuds!
Global Vegetarian
Recipes

Choosing
a Leader
Core Criteria for
Today’s Voters



Your body is telling you it is not getting proper nutrition.

“I can get everything I need from food.”
Do YOU?

The USDA surveyed 26,000 Americans and found that **not one person** received the nutritional requirements set forth by the recommended daily allowance for fresh fruits and vegetables and vitamins and minerals.

Source: U.S. Department of Agriculture

96% of the US population dies of a disease

Many of which could have been avoided or minimized with proper nutrition and exercise.

- we are NOT getting proper nutrition.

Why are you always sick?

Why are you always in pain?

Why do you suffer from anxiety and depression?

Are you getting the vitamins, minerals, and amino acids your body needs?

31 Vitamins & Minerals

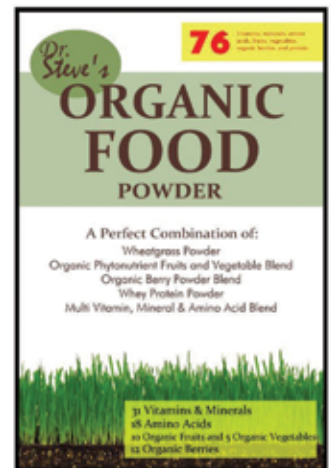
18 Amino Acids

10 Organic Fruits

5 Organic Vegetables

12 Organic Berries

76 Vitamins, minerals, amino acids, fruits, vegetables, organic berries, and protein



AVAILABLE AT:

OPELOUSAS - Benny's Sport Shack 337-948-6533

SUNSET - DHARMA Wellness Center 337-534-1110

CARENCRO - Natural Health Center 337-896-4141

THERMOGRAPHY

Medical Imaging of Acadiana

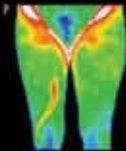
Advanced Diagnostic and Screening Technology

\$94

FULL BODY HEALTH CHECK

(337) 347-4141

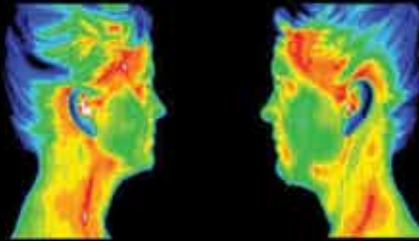
Thermography Imaging Can Detect Many Diseases and Disorders in Their Early Stages



The anterior view of the upper legs shows a patient who had unexplained pain in the right leg for over a year. The thermogram shows a varicosity with a perforator that a vascular surgeon was able to treat with minimal intervention due to the accuracy of the localization.

The image showing the vascular pattern in the right lateral leg was of a patient who had a 3 year history of pain in the medial lateral thigh and knee. Nerve conduction tests and a full range of anatomical imaging tests failed to find any cause for the pain. This thermographic study led to a confirmed diagnosis of phlebitis.

Vascular Conditions



Carotid Artery Occlusion (Right side)

Carotid Artery Occlusion

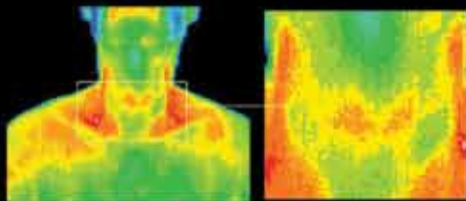


Early stage bilateral carpal tunnel syndrome



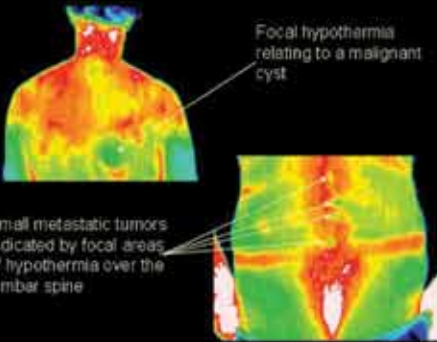
Chronic right carpal tunnel syndrome

Carpal Tunnel



Hyperthermia over both lobes of the thyroid indicating thyroid dysfunction

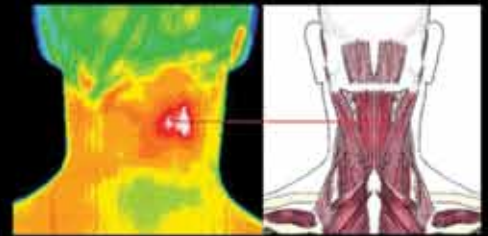
Thyroid Dysfunction



Focal hypothermia relating to a malignant cyst

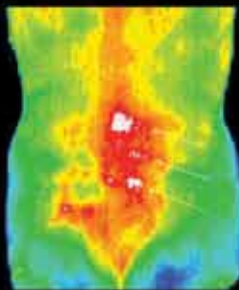
Small metastatic tumors indicated by focal areas of hypothermia over the lumbar spine

Cyst and Tumors



Myofascial Trigger Point - in semispinalis cervicis

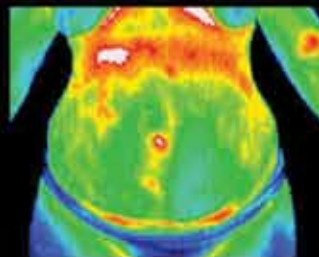
Myofascial Trigger Point



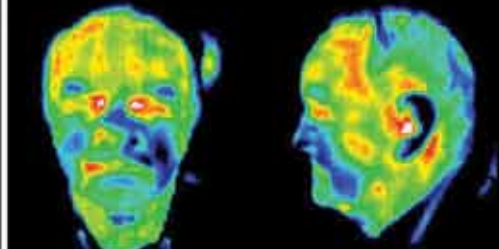
Three stress fractures of the transverse processes of the lumbar spine.

Stress Fractures

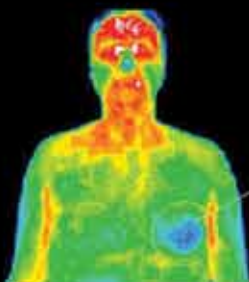
Inflammation Over Right Kidney



Inflammation



Bells Palsy



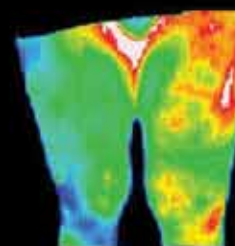
CAD

Coronary Artery Disease



T4 Syndrome

T4 Syndrome



This elderly lady had undergone a left hip replacement surgery 3 months previously. Her continued leg pain raised a suspicion for DVT.

The thermographic findings were not consistent with DVT, but showed a focal area of inflammation that guided a sonographer to a deep abscess near the bone.

This was lanced and successfully treated with antibiotics.

Infection

YOUR BODY Checkup

Part 1 of 4

“Today, more than 95% of all chronic disease is caused by food choice, toxic food ingredients, nutritional deficiencies and lack of physical exercise.”

- Dr. Steven T. Castille

Scalp

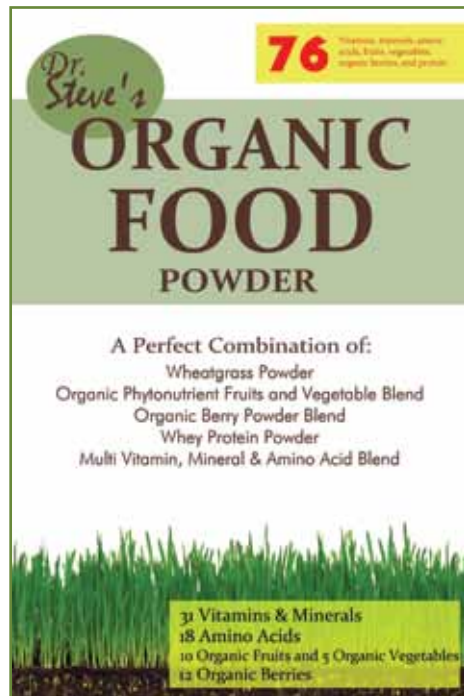
Dandruff, flakes all over. The person is eating too much refined sugar; eliminating it would improve the dandruff a lot. Probably has insufficient essential fatty acids, too. Keep in mind B complex with emphasis on B6 and selenium.

Thinning Hair

Hair is thinning too much. It could be the estrogen she's taking. B complex, especially B6 and folate may help, but she may need to stop the hormones she is taking. Not taking hormones? She may have hypochlorhydria (low stomach acidity). If so her protein won't digest well, and many minerals won't be absorbed efficiently, so her hair falls.

Redness in the Forehead

Skin looks shiny and scaly, with a slightly yellowish, greasy appearance. Especially bad in the eyebrows, and extends down the nose. It's on her cheeks and even her chest. Think of B vitamins, especially para-aminobenzoic acid, B6, and essential fatty acids.



Inside the Ears

Excess earwax. Not enough essential fatty acids.

Behind the Ears

Skin is cracked. Usually a zinc problem.

Earlobe

See the diagonal crease across the earlobe? Usually a sign of increased susceptibility to cardiovascular disease.

Eyes

Cloudy appearance to the lens of the eye. Cataract. Fortunately, not far gone. Check for glucose-insulin tolerance, blood sugar or insulin abnormalities. Eliminate any refined sugar. Probably doesn't metabolize lactose (milk sugar) well. Consider eliminating all sources of it. Bioflavonoids inhibit an enzyme, aldose reductase, that's reported overactive in the lens of diabetics, leading to cataracts. Think of riboflavin (vitamin B2), vitamin A, and vitamin C also. Bioflavonoids work to slow down leaking of the retinal vessels. Magnesium is important.

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

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

Eyes (nondiabetic)

"Floaters" or blood spots. Think of bioflavonoids, choline, inositol, and vitamin K. The white of one eye has turned all red suddenly on one side. Check blood pressure... it's usually normal, but it's best to be sure. This scleral hemorrhage isn't dangerous, just the result of a broken blood vessel. If it wasn't trauma, consider bioflavonoids and vitamin K.

Eyes-child (dark circles)

This child has had enough sleep, hasn't been crying lately, and still has dark circles beneath the eyes. He has horizontal creases in the lower lids. Sometimes those dark circles are called "allergic shiners"; the lines are called Dennie's lines. Along with puffiness in the lower eyelids, these signs usually mean allergy.

Eyes-adult (dark circles)

Adults may have dark circles beneath the eyes during pregnancy, hormone treatment, and when fatigued, such circles frequently indicate allergy.

Nose

Polyps inside? Allergy is probable but may also indicate salicylate sensitivity. Stay away from aspirin as well as artificial food additives, many of which are salicylate based and foods containing naturally occurring salicylate.

Cheeks and Nose

Dilated capillaries in the cheeks and perhaps on the nose. Could be overcoming alcohol. But if not, correlation is even stronger when the dilated capillaries are accompanied by general reddening of the facial skin, most pronounced in the cheeks and forehead, and scattered medium to large acnelike pimples, a condition called rosacea.

Acne

From mild case to scattered pimples to deep cysts, all over the face and back. Very likely eating and sensitive to sugar and other refined, processed food, and not getting enough zinc or the right types of essential fatty acids. In a bad case, there's usually allergic involvement. An adult past 25 with acne almost always has food allergy.

Facial skin

Slightly yellow cast to facial skin, no red tones at all. Certainly could be jaundice, on a rare occasion, but that's usually a deeper orange-yellow. More often it's a deficiency of vitamin B12, usually due to a degree of low stomach acidity and vitamin B12 malabsorption.

Tongue

A persistent crack at either corner of the mouth, termed angular cheilosis, signifies B vitamin deficiency with emphasis on riboflavin. When there's a very pale tongue, accompanied by paleness of the inner surface of the lower eyelids (easily seen when pulled down), check for anemia. If anemia is present, it's most often iron deficiency, but could be a lack of other nutrients, too, as well as nonnutritional causes like internal bleeding.

Source: *Guide to Healing with Nutrition*

**Accidents kill 4% of us.
Diseases kill 96%.**

"We Are Not Getting Proper Nutrition"

NEW PATIENT PROFILE AVAILABLE

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schedule an office visit call
896-4141 or 347-4141.

Nutritional-biochemistry deficiencies

Vitamins and minerals are "used" by the body. As they perform their function, they often use themselves up in the process, which is the case with most of the critical disease fighting antioxidants.

Even thinking uses vitamins and minerals. Exercise and stress use a lot of vitamins and minerals; the use of diuretics (substances that increase the discharge of urine) such as drugs, alcohol, coffee, tea and sodas --- washes vitamins and minerals out of the body creating deficiencies --- that can create a major health problem!

Tobacco and alcohol can also inhibit the absorption of vitamins and minerals, or accelerate the loss of them.

"I can get everything I need from food." Do YOU?

The USDA surveyed 26,000 Americans and found that **not one person** received the nutritional requirements set forth by the RDA (Recommended Daily Allowance). 96% of the US population dies of a disease - we are NOT getting proper nutrition.

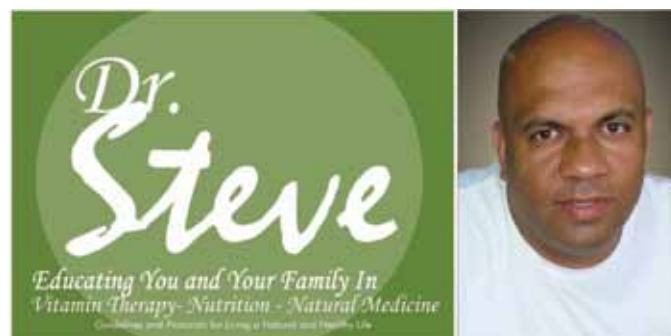
Source: *U.S. Department of Agriculture*

"Insufficient vitamin intake is apparently a cause of chronic diseases... Most people do not consume an optimal amount of all vitamins by diet alone. Pending strong evidence of effectiveness from randomized trials, it appears prudent for all adults to take vitamin supplements."

- American Medical Association

"A deficiency of a vitamin or mineral will cause a body part to malfunction and eventually break down --- and, like dominos, other body parts will follow."

- James F. Balch, M.D.



publisher's letter



You have soul power! Have you ever wanted to just stop time and go back for a moment? Change "what is" to "what it should have been"? At some time we all have probably fantasized about doing such things. But considering we all co-create our realities, we have a chance to do just that. We can shape the future we want with our thoughts, our actions and our intent.

We are currently living during a paradigm shift in human history. Twenty years ago, most families did not own a mobile phone, microwave oven or DVD player. Today modern medicine gives us hope for new life, with organ transplants and stem cell research that promises to offer the cure for most major health conditions. We have learned that the planet is a living organism. And we now understand the value of the mind-body connection with regard to healing.

We now know that everything on the planet has rhythm and vibration, the essence of the universe, the fluid that connects all beings. Our creator has gifted us with soul power, described by writer and minister A.J. McKnight as "that soul force which transforms sorrow into joy, crying into laughter, and defeat into victory. It is patience while suffering, determination while frustrated and hope while in despair. Soul force is that which enables us to fight for freedom in the face of all obstacles."

Few people think of or even remember the sin of omission. The sin of omission is a failure to do something one can and ought to do. If this happens advertently and freely, it is considered a sin. Why is this? We believe it is a sin because our creator has gifted us with so many talents and resources and it is our duty as human beings to protect each other and our planet, and to love.

From a holistic and biblical perspective, our souls give us strength and power. With it we can shape our futures, protect our vital natural resources and Mother Earth and even create more life. It is up to us to use this innate soul power given to us since birth.

Love one another, ask for forgiveness, smile, look for the best in others, follow your heart and, most importantly, be happy. These are the things we wish for you and we ask that you spread joy wherever you go.

This month we celebrate our commitment to preserving an eco-friendly community and a bright future filled with wonder and natural happenings. Join us on a journey of possibilities.

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

Steve and Michelle Castille, Publishers



contact us

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advertising & submissions

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www.NAacadiana.com

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

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Drug Emporium
Lafayette**



ALKALINE WATER MAJOR BENEFITS

Lose Weight:

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

Anti Aging:

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

Reduce the Chances of Osteoporosis:

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

easiest step to avoid such a problem is to drink alkaline water.

Build Cardiovascular Health:

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

Reduce Joint Pain and Arthritis:

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

Reduce Candida:

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

Reduce Infections, Flu and Colds:

Immunity weakens with more and more acidity in our body and thus we fall sick

more frequently. Alkaline water can help build up alkaline reserves and neutralize acids helping our body to recuperate and grow strong.

Detoxify:

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

Decrease Risk of Cancer:

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

Increase Energy Reserves:

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



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Eyes

The antioxidants lutein and zeaxanthin are found in high concentration in the lens and retina. Vitamin A* and zinc are needed for night vision.

Hair and nails

Iron, zinc and vitamin A* are important for strong well-shaped nails and healthy hair.

Energy levels/Metabolism

Iodine is needed to make thyroid hormones that regulate the body's metabolic rate. Vitamin B1 and magnesium help the body release the energy in food. Iron helps too.

Immune System

Vitamin B6 is needed to make defensive antibodies and vitamins C and E help look after the specialist cells of the immune system. Glucosinolate type compounds switch on cell defences against carcinogens (cancer causing agents).

Liver

Glucosinolates are phytochemicals that may boost and regulate the activity of the liver's in-built detoxification (detox) enzymes.

Skin

Vitamins A* and C help to keep skin supple and smooth.

Blood

Iron, folic acid and vitamin B6 are needed to make healthy red blood cells. Vitamin C also helps the body absorb more iron from non-meat foods.

Bones

Calcium, magnesium, manganese and vitamins A*, C and K all help to build and maintain healthy bones.

Enjoying a wide variety of foods in a balanced diet is the key to good nutritional health. Some foods pack more of a nutritional punch than others, and wheatgrass is literally brimming with a range of essential vitamins and minerals, and beneficial phytochemicals (naturally found in plants). Nutrients found in wheatgrass, which are highlighted in this chart, play important roles in maintaining our body's all over health.

* from conversion of beta carotene

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newsbriefs

Fall Classes at Tip Tap Toe School of Dance



Tip Tap Toe School of Dance, in Lafayette, is currently taking registration for its fall classes for children and adults. Registration ends October 30 and classes begin November 1.

Owner Justine Sampy says the many benefits of dancing include flexibility,

strength, endurance, weight loss, balance and stress relief, and she can help students reach their goals. Tip Tap Toe offers dance classes in jazz, tap, ballet, hip hop, praise and African dance, as well as tumbling and gymnastics, cheerleading and baton twirling. The school is also involved in community activities such as parades, recitals and scholarships.

Children, both boys and girls, age 2 and older, are invited to attend, and there are classes for adults as well. "Prices are affordable and you will not be disappointed," Sampy says.

Location: Tip Tap Toe School of Dance, 600 Patterson St., Villa Gardens Community Ctr., Lafayette. For more information, call 337-781-8425.

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Frisky Business: Dog-Grooming Experts



Frisky Business, in New Iberia, specializes in a variety of dog-grooming services. The friendly grooming service has more than 35 years of experience.

Frisky Business offers ear cleaning, flea treatments, air-fluff drying, gland cleaning, pet hair coloring, teeth brushing, daytime pet-sitting, overnight pet-sitting (for current customers), choice of shampoo, fancy bows and bandanas, pet "bling," birthday cakes and holiday cakes.

Frisky Business also specializes in all-organic, homemade treats, made in the bakery with no salt or sugar added. Both humans and dogs can eat them!

Location: Frisky Business, 1923 E. St Peter St., New Iberia. For more information, call 337-335-0004 or visit FriskyBusinessPets.net.

The Accidental Chef Cooking School and Fine Dining in Acadiana



The Accidental Chef, in Lafayette, is a new and unique dining experience in Acadiana. It is "one part cooking school, one part fine dining, one part inspiration."

"We offer a place where you don't just dine out, or eat in, but where you take part in the fun, interacting with the chefs and learning the how and why behind each course," says Chef Carlos Russo. "The school came about just like good cooking comes about, kind of organically, by accident. I started catering about 10 years ago, using my interpretation of old family recipes, and then last year I began performing cooking demonstrations at Rouse's. They were so successful it moved me to pursue opening The Accidental Chef, Lafayette's only full-time cooking school."

Besides cooking classes and eat-in dining experiences, The Accidental Chef offers catering as well.

Location: The Accidental Chef Cooking School, 406 Garfield St., Lafayette. For more information, call 337-849-6837 or 337-326-7102 or visit AccidentalCookingBlog.com.

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- Helps to detox the body
- Improves energy flow

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The lymphatic system, which is closely linked with the immune system, helps to clear the body of harmful metabolic waste products, foreign material, and cell debris. Every cell in our bodies release metabolic waste products into, and takes up nutrients from a surrounding solution called the extracellular fluid. Cellular nourishment and efficiency depends on how fast and how completely waste material is removed from the extracellular fluid. The meridians are one of several pathways for toxins released from the extracellular fluid to exit the body. Capillaries and lymphatic channels will also pick up toxins and carry them to the liver and kidneys, where they will be detoxified and/or excreted.

Ionic Detox Foot Spa

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



To schedule your first appointment

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CARENCRO OFFICE

662-3120
SUNSET OFFICE



Bundle of Joy Offers Clothes for Babies and Mothers



Bundle of Joy, in Lafayette, is a children's and maternity boutique. With a wide selection of clothing for both mom and baby, Bundle of Joy offers clothing in sizes ranging from preemie (as small as 2 pounds) to size 10 for boys and up to size 16 for girls. Maternity sizes run from small to extra large.

Bundle of Joy also carries the Miracle Blanket, a swaddling blanket for babies, for newborns to 4-month-olds. The blanket is designed to keep babies warm and comfortable and to provide a better night's sleep.

Location: Bundle of Joy, 5590 Johnston St., Ste. 1, Lafayette. For more information, call 337-989-2229.

Finishing Touches Offers Decorative Art and Finishes

Olivia Breaux, owner and operator of Finishing Touches, in Lafayette, specializes in faux finishes and decorative art finishes for walls, furniture, staircases and more. She has more than 15 years of experience.



Breax has been trained in the chemistry of paints, glazes, primers and varnishes as well as decorative artistry. Many of the designs and techniques she uses have roots dating back hundreds of years in Europe, Africa and Asia. "I love transforming exhausted or outdated spaces and furniture into timeless workers of art," Breaux says. "I also love merging my clients' own creative ideas with my experience to generate a tailor-made work of art perfectly suited to their lifestyle and tastes."

For more information, call Finishing Touches at 985-226-6240.

Visitors Welcome at the Glass Porch Gallery and Studio's New Location

The Glass Porch Gallery and Studio is moving to a new location in Sunset, effective November 1. The gallery sells art

made on the premises from glass and fused-glass.

Artist and owner Charla Guidry has been working with glass for more than 20 years. At her on-site studio, she offers classes for children, age 13 and older, and adults. Visitors to the gallery and studio also can watch her work, and her art is for sale as well.



Guidry began making stained glass in the 1990s and added fused glass to her work in 2000. "The beauty of working with glass that it is both a visual and sensate experience," Guidry says. "Part of my being goes into each piece that I create, and I hope my joy of life is shared with all who view my work."

The Glass Porch will be open for visitors and tours during the Corridor des Arts open-studio weekend, November 2 through 4. The event coincides with Grand Coteau's first annual Sweet Dough Pie Festival, on November 3.

Location (effective November 1): The Glass Porch Gallery and Studio, 297 Pershing Hwy., Sunset. For more information, call 337-322-7906. For more information on the November events, visit CorridorDesArts.homestead.com or SweetDoughGC.com.

Saturday Classes at Play and Learn with Me, in Broussard



Play and Learn with Me, in Broussard, now has "Mommy and Me" classes on Saturdays. The facility is a play center for children, age 6 months to 4 years, and their parents.

"Our play center is a fun and welcoming place for toddlers and their parents," says founder Devyn Roberts, a mother herself. "Here at Play and Learn, parents and children will learn to play together through exploring different activity stations. Our center is designed for children to learn and explore at their own pace. We truly have something for everyone wanting to play."

Besides "Mommy and Me" play classes, Play and Learn with Me offers open play sessions, lunch bunch and birthday parties.

Location: Play and Learn with Me, 811 Albertson Pkwy., Ste. H, Broussard. For more information, call 337-837-1881 or visit PlayAndLearnWithMe.com.



Registering now for classes that start November 1st.
Open Registration ends October 30th

Classes include: Jazz, Tap, Ballet, Hip Hop, Praise and African Dance, Tumbling/gymnastics, Cheerleading

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Washday Woes: Scented Products Pollute the Air

Some scents make no sense for personal or planetary health. Using scented laundry products can release harmful—even carcinogenic—pollutants into the air, report University of Washington researchers. Their findings, published online in the journal *Air Quality, Atmosphere and Health*, show that air vented from machines using the top-selling, scented, liquid laundry detergent and dryer sheet contains hazardous chemicals.



When researchers analyzed captured gases from dryer vent fumes after participating households ran regular laundry cycles using liquid laundry detergent and a leading brand of scented dryer sheets, they found more than 25 volatile organic compounds, including seven dangerous air pollutants. Of those, two chemicals—acetaldehyde and benzene—are classified by the U.S. Environmental Protection Agency as carcinogens, with no established safe exposure level. Benzene is linked to leukemia and other blood cancers, according to the American Cancer Society, and studies have shown that acetaldehyde can cause nasal and throat cancer in animals.

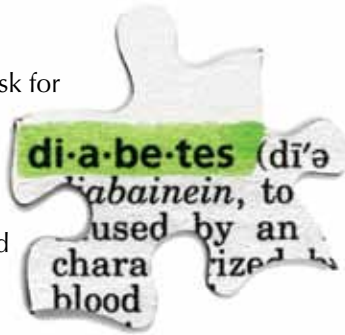
“This is an interesting source of pollution, because emissions from dryer vents are essentially unregulated,” says lead author Anne Steinemann, Ph.D., professor of civil and environmental engineering and of public affairs. “If they are coming out of a smokestack or tail pipe, they are regulated—but if they’re coming out of a dryer vent, they are not.”

The Phthalates-Diabetes Connection

What we place on our skin might increase the risk for diabetes, based on findings by researchers at Uppsala University, in Sweden. They noted a connection between phthalates found in cosmetics and plastics and the risk of seniors developing diabetes; even a modest increase in circulating blood levels of such chemicals doubled their risk.

Monica Lind, associate professor of environmental medicine at the Section for Occupational and Environmental Medicine, and Dr. Lars Lind, professor of medicine, analyzed new information from a study that involved more than 1,000 70-year-old men and women in Uppsala. The participants submitted blood samples for analysis of various environmental toxins, including several substances formed when the body breaks down phthalates. Even after adjusting for obesity, blood lipids, smoking and exercise habits, the researchers saw a definite connection between blood levels of some of the phthalates and an increased prevalence of diabetes. The Linds also found that certain phthalates were associated with disrupted insulin production in the pancreas.

Most people come into daily contact with phthalates. These chemicals are commonly used as softening agents in plastics and as carriers of fragrances in cosmetics, personal care products, air fresheners and scented candles.



VITAMIN D CURBS DEPRESSION

Low levels of vitamin D have been linked to depression, particularly among those with a history of the disorder, according to what researchers believe is the largest such investigation ever undertaken. University of Texas Southwestern Medical Center psychiatrists, working with the Cooper Center Longitudinal Study, reviewed the relevant results of nearly 12,600 participants from late 2006 to late 2010. They suggest that patients with a history of depression could benefit from a vitamin D assessment.

CAFFEINE A NO-NO FOR BABIES

New moms that are breastfeeding should abstain from caffeine, according to an interview with Dr. Ruth Lawrence published in the *Journal of Caffeine Research*, a peer-reviewed publication. Lawrence says that because infants are not able to metabolize or excrete caffeine efficiently, a breastfeeding mother's consumption of the drug may lead to caffeine accumulation and symptoms such as wakefulness and irritability in her baby.



ABCs Keep Colon Cancer at Bay

What do Brussels sprouts, broccoli, cabbage and cauliflower have in common? According to a new study published in the *Journal of the American Dietetic Association*, these cruciferous veggies are associated with a decreased risk of colon cancer. Throw in a good measure of A's, as in apples, and people can also reduce their risk of distal colon cancer, report researchers from the Western Australian Institute for Medical Research at the University of Western Australia and Deakin University, in Victoria, Australia. The investigation examined the potential link between fruits and vegetables and three cancers in



Dentists Can Help Diagnose Gluten Sensitivity

The mouth may be one place that signs of celiac disease or gluten sensitivity are manifested, according to a recent study by researchers at Dalhousie University, in Halifax, Nova Scotia. They discovered a link between the disorder and dental enamel defects and recurrent aphthous ulcers, or canker sores, and concluded that dentists can play an important role in identifying unrecognized celiac disease. Appropriate referral and timely diagnosis can help prevent serious complications.



We discovered the cure to cancer



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- Whole-grain cereal
- Whole-grain pasta
- Wild rice or brown rice

FRUIT

- Fresh or frozen berries
- Oranges
- Pears
- Red or purple grapes

VEGETABLES

- Broccoli
- Cauliflower
- Edamame
- Garlic
- Kale
- Onion
- Romaine
- Spinach
- Tomatoes

PROTEIN

- Black, red or pinto beans
- Chickpeas
- Eggs
- Fish
- Lean chicken or turkey
- Tofu

DAIRY

- Lowfat cheese
- Lowfat yogurt
- 1% or skim milk

SNACKS

- Almonds
- Hummus
- Popcorn
- Whole-grain crackers

HERBS/SPICES

- Parsley
- Rosemary
- Turmeric

CONDIMENTS

- Lowfat or fat-free salad dressing
- Olive oil

DRINKS

- Green or white tea
- Purple grape juice (100% juice)

Dr. Steve's recommended grocery shopping list

Breast Health Screening Questioned



October is Breast Cancer Awareness Month, and thousands of well-meaning healthcare providers will continue to recommend mammograms. However, a growing body of research suggests that X-ray mammography may not be the best screening approach, at least on an annual basis, and even the National Cancer Institute notes potential harms ranging from false results to overtreatment and radiation exposure.

A 2006 study published in the *British Journal of Radiobiology* revealed that the type of radiation used in X-ray-based screenings is more carcinogenic than previously believed. The researchers wrote, "Recent radiobiological studies have provided compelling evidence that the low-energy X-rays used in mammography are approximately four times—but possibly as much as six times—more likely to cause mutational damage than higher energy X-rays."

Peter Gøtzsche is director of the Nordic Cochrane Centre and an author of the landmark 2001 Cochrane systematic review, *Screening for Breast Cancer with Mammography*, which concludes, "Currently available reliable evidence has not shown a survival benefit of mass screening for breast cancer." In 2011, Gøtzsche stated, "It is getting more and more difficult to argue that mammography is reasonable to [use] for breast screening."

October 24 is Acupuncture & Oriental Medicine Day



The popularity of acupuncture in the United States is increasing steadily, according to a study of Americans' use of the ancient Chinese energy-balancing technique, published in *Evidence-Based Complementary and Alternative Medicine*. Researchers found that in 2007, 6 percent of adult Americans included acupuncture as part of their regular health care regimen,

up 42 percent from 2002 (at that time, the National Certification Commission for Acupuncture and Oriental Medicine also reported that 60 percent of adults surveyed considered acupuncture as a treatment option).

Most commonly used for pain relief, acupuncture is based on the theory that needle stimulation of specific points on the body's energy channels, called meridians, corrects imbalances and helps restore health. Some Western experts believe that the needles stimulate pain-sensing nerves, which trigger the brain to release endorphins, the body's pain-relieving chemicals.

Former President Richard Nixon is generally credited with popularizing acupuncture in the West after he toured medical facilities during his visit to China in 1972. *New York Times* reporter James Reston, who was traveling with Nixon and underwent an emergency appendectomy during the trip, wrote extensively about the post-operative pain relief he experienced.

Breast Cancer Links to Environmental Toxins



New evidence that chemical pollution may be linked to breast cancer comes from a surprising source: a group of male breast cancer patients at Camp Lejeune, a Marine Corps base in North Carolina. Poisons in the camp's drinking water, including benzene, a carcinogenic gasoline additive, perchloroethylene (PCE) and trichloroethylene (TCE), are regarded as a cause; conditions at the base are also blamed for unusual rates of leukemia and birth defects. The worst period of contamination of the base's water supply began in the late 1950s and continued for more than 30 more years.

Because men are simpler to study than women—their risk of developing breast cancer is not complicated by factors such as menstruation, reproduction, breastfeeding and hormone replacement therapy—the

epidemiologists may be able to conclusively link industrial chemicals with an increased risk of the disease for both genders.

Source: *National Disease Clusters Alliance*

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Natural Awakenings Acadiana Edition

FOOD DAY

ACADIANA

October 27, 2012 • 2 PM – 6 PM
Heymann Memorial Park

It's time for Acadiana to Eat Real!

Food Day Acadiana is a celebration of REAL food, local and sustainable farms, local artisans, and farm to table restaurants. Join us as we come together to celebrate real food and educate our community about the benefits of eating real, fresh, local food.



VENDOR INFORMATION

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Return Form and Payment to: Great Harvest Bread Co
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Please complete the vendor information on the back and return it with your \$10 vendor fee upon receipt. Selections will be finalized on **October 1, 2012**. You will be notified of your participation at that time. Once paperwork is received, we will advertise on **Facebook** that you are participating.

Facebook Event: Food Day Acadiana 2012

National Information: www.foodday.org



Food Day! is a VOLUNTEER driven celebration.

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

Eco-Pioneer

Paying It Forward: Rachel Carson's Legacy

This year marks the 50th anniversary of the publication of Rachel Carson's seminal book, *Silent Spring*, which warned of the far-reaching dangers of deadly pesticides and was widely regarded as a catalyst for America's conservation, clean air and water and environmental protection movements. Now author Laurie Lawlor and illustrator Laurie Beingessner bring her message to today's youth in the children's book, *Rachel Carson and Her Book That Changed the World*.

Carson's life—from her childhood fascination with nature to becoming a college graduate and biologist to writing *Silent Spring* before her death in 1964—is told in easy-to-understand terms. An epilogue recounts her legacy for all generations. Carson encouraged readers to rethink fundamental values about the relationship between people and nature and not to suppose that, "Nature exists for the convenience of man," as she put it.

One of the vivid examples of life's interconnectedness that Carson cited occurred in Clear Lake, California, between 1949 and 1957. To eradicate gnats, three sprayings of DDD, a cousin of DDT, were applied, killing western grebes that breed on floating nests. When scientists examined the dead birds, they found astounding levels of DDD and realized that it occurred because the birds fed on lake fish that fed on DDD-laden plankton, passing the toxic pesticide up the food chain in "a whole chain of poisoning." Carson also warned of potential human cancers resulting from handling pesticides and eating contaminated fish. The state Department of Public Health consequently banned DDD in 1959 and the 2001 Stockholm Convention on Persistent Organic Pollutants subsequently banned DDT for agricultural use worldwide in 2004.

Along with the enactment of many environmental laws, Carson's work helped spur the creation of the Environmental Protection Agency and Occupational Safety and Health Administration. The advent of Earth Day, in 1970, led Mark Hamilton Lytle to write in his biography of Carson, *The Gentle Subversive*, that, "No event could have done more to celebrate the ideals that Rachel Carson bequeathed to the environmental movement." Her legacy lives on.



Tech Trash

Africa's E-Waste Is Skyrocketing

The collective economies of Africa are set on a course to produce more electronic e-waste than Europe by 2017, according to Katharina Kummer Peiry, executive secretary of the Basel Convention on Hazardous Wastes. At a recent Pan-African Forum on e-waste in Nairobi, Kenya, she attributed the exponential increase to population growth and the increased availability of mobile phones, computers and accessories. More recycling could be advanced, she says, by the fact that significant amounts of valuable metals such as gold, silver, palladium and copper can be salvaged from electronic devices at less cost than smelting them from virgin ores.

Source: TerraDaily.com

Number Please

Let Your Fingers Do the Blocking

With the advent of online access at home and ubiquitous use of smartphones, the traditional printed telephone book is going the way of the dodo. Yet competing companies across the country are still churning out the archaic directories and delivering them unbidden to millions of people annually. Many receive multiple publications that, although they can be recycled, still add up to a tremendous waste of resources and an unnecessary burden on landfills.

Now an industry-sponsored online opt-out registry, YellowPagesOptOut.com, has been established to provide a convenient way for residents to choose which directories they want to receive or to stop delivery. At least 12 weeks are required to process an opt-out request.



Let's Eat

National Food Day is October 24

Sponsored by the nonprofit Center for Science in the Public Interest, Food Day provides a national focus for healthy food-related initiatives across the country.

Get involved at FoodDay.org.



Green Gendering

Women Leaders Combat Climate Change



A new study in the journal *Social Science Research* observes that, “Controlling for other factors, in nations where women’s status is higher, CO₂ emissions are lower.” Christina Ergas and Richard York, sociologists at the University of Oregon–Eugene, found that the nations in which women have higher political status—based on how long they’ve had the right to vote and representation in parliament and ministerial governments—also have more ecologically sound outcomes than those that do not. Such outcomes included ratifying a greater number of environmental treaties, more scientific knowledge of climate change, a perception of environmental risks as more threatening and less optimism about the potential to solve problems by relying solely on technology.

Source: *Grist.org*

Developing Problem

The Case to Save Swampland

An out-of-the-way quagmire or boggy boon-dock off a lonely road might seem like just so much wasteland rather than something to be concerned about when it’s paved over for a new strip mall or big-box store. But citizens are realizing that these plots where land meets water provide a vital and valuable ecological function.



In addition to nurturing essential biodiversity, wetlands purify water, produce fish, store carbon dioxide that would otherwise increase global warming and protect shorelines from floods, storm surges and erosion. “When we lose wetlands, we’re losing something we won’t recover for years,” remarks Dr. Moreno-Mateos, a wetland ecologist at the Jasper Ridge Biological Preserve, at Stanford University. “When people develop that huge shopping mall, it will take centuries to restore the functions we had before.” After-the-fact restoration efforts yield far more limited benefits.

Source: *plosBiology.org*

Busty Justice

October is Bra Recycling Month

The Bra Recyclers, a Gilbert, Arizona-based textile recycling company, is celebrating the third annual Bra Recycling Month during October. The intent is to collect new and gently used and cleaned bras for interested women nationwide. Healthiest options are non-underwire garments—

Dr. John McDougall, in his book, *The McDougall Program for a Healthy Heart*, notes that constricting bras have been implicated in the rise of benign, non-cancerous but often painful breast cysts and lumps. Bra Recyclers CEO Elaine Birks-Mitchell states, “The month-long campaign ties directly into breast cancer and domestic violence awareness. The Bra Recyclers believe every woman and girl should not have to worry about something as simple as a bra as they transition back to self-sufficiency or being cancer-free. The results are enhanced self-esteem and encouragement and strength to carry on.”

To participate, visit BraRecycling.com.



Jurassic Ark

Extinction is Not Forever

Tiny organisms that vanished from the Earth’s biosphere eons ago are still around—they’re just buried under miles of polar ice sheets in Antarctica and Greenland. As the forces of climate change cause the ice to melt faster every year, John Priscu, a professor of ecology at Montana State University and pioneer in the study of Antarctic microbiology, predicts that bacteria and other microbes could awaken from their hibernation and threaten contemporary species.

Priscu notes, “It’s a way of recycling genomes. You put something on the surface of the ice and a million years later, it comes back out.” He has spent the past 28 summers near the South Pole, finding living bacteria in cores of 420,000-year-old ice and multiplying them in his laboratory. Other researchers report bringing far older bacteria back to life.

Thawing glaciers could also churn out enormous compost piles of decaying biomass. It’s estimated that all the carbon from organic matter in and under the ice sheets, if converted to carbon dioxide, would equal a decade’s worth of emissions from today’s vehicles worldwide. Not all of the carbon would convert directly to greenhouse gases, but any release would add to the huge amount already expected from thawing permafrost. “This is a big pool of carbon to be considered,” Priscu warns. “We really should look at this.”

Source: *TheDailyClimate.org* (Tinyurl.com/AntarcticBacteria)

Good Idea

Eco-Checklist Tracks Personal Progress

Keeping daily to-do lists is standard practice for many life projects. Now, the environmentally conscious can periodically monitor their personal eco-progress via *ChasingGreen.org/green-actions*. The website helps people to become greener by suggesting many activities and ideas to consider and then check off when they have been accomplished, all while exchanging ideas with an interactive community.



Eight categories—energy, health, heating and cooling, recycle and reuse, travel, water, miscellaneous and one-time actions—together contain more than 150 distinct actionable steps. Users can register or log-in using Facebook and save the latest additions to their progress report, then return at any time to monitor the successful greening of their lifestyle.

For example, while many homeowners may have already insulated their dwelling, the energy section points out possible areas for improvement, including water pipes, roof, walls, window treatments, doors, ductwork, water heater and basement. Some tips in the miscellaneous section are timely for upcoming holidays, such as giving an eco-friendly gift, substituting an experience for a tangible gift and sending e-cards instead of traditional paper greetings.

The travel section reminds the eco- and budget-conscious to check their cars' tire pressure often, as underinflated tires put more rubber on the road, which demands more energy to drive and hurts gas mileage. When planning trips, a rail option is deemed better for the environment than driving or flying.

Operators of the site, based in Walla Walla, Washington, state: "By offering small steps towards going green, we hope to give people a starting point and a source of inspiration. We are advocates of the proverbial, 'Well, I can do that!' moment." Relevant articles on various topics offer additional eco-tips, enhanced by user comments and reviews.

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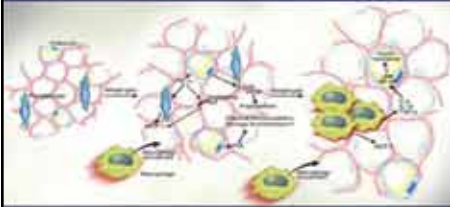
Inflammation and weight gain...

How does inflammation contribute to obesity, and how does that knowledge contribute to a better weight loss plan?

There are likely two factors contributing to the obesity/inflammation cycle. Fat cells are known to generate inflammatory chemical messengers (called cytokines), and those chemicals eventually trigger a reaction for cells to stop listening to two useful messengers: insulin and leptin. When cells become resistant to insulin and leptin, watch out, because the weight will start piling on!



Adipose Tissue a Site of Inflammation and Cytokine Production



Wolfe, M. D. / J Clin Invest. 2003; 112:1790-1796

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Shaping the Future We Want

Global Commitments to Catalyze Change

by Brita Belli

“We don’t need another plan of action or more treaties; what we need are people that will begin to implement the commitments and meet the goals that have already been created and established,” explains Jacob Scherr, director of global strategy and advocacy for the Natural Resources Defense Council (NRDC), about the new thinking that drove this year’s Earth Summit in Rio de Janeiro, Brazil.

The June conference brought together international heads of state, business leaders, nonprofits and activists to prioritize and strategize sustainable development. Unlike the United Nations’ annual climate change conferences, which led to the Kyoto Protocol in 1997—a legally binding treaty that

set targets for greenhouse gas emissions the United States refused to sign—the United Nations Conference on Sustainable Development is held once every 20 years. The theme of Rio+20 was simple and direct: The Future We Want.

Moving away from political posturing and endless negotiating, the meet-up asked businesses, governments and charities to publicly declare their specific commitments and solicited the public’s ideas for realizing sustainability, all aligned with the priorities and opportunities of the 21st century. “With growing populations depleting resources, how do we keep increasing and ensuring prosperity while we are already using more than we have?” queries U.N. spokeswoman Pragati Pascale. “It’s a conundrum.”

Sustainable development, as defined by the U.N., includes fighting poverty, social inclusion (including advancing the status of women) and protecting the environment. Building a sustainable future for the planet, say those involved, means addressing all three simultaneously. It demands the kind of real, immediate action so evident at Rio+20.

Real Results

By the end of the Rio conference, more than 700 voluntarily secured commitments, valued at more than half a trillion dollars, were earmarked to address everything from protecting forests and reducing ocean pollution to building rapid transit bus systems and increasing the number of women entrepreneurs in the green economy. The NRDC launched *CloudOfCommitments.org* to track and publicize new pledges and make them easily searchable by region or category.

Some commitments are breathtaking in scope:

- International development banks have pledged \$175 billion to boost sustainable transportation in developing countries;
- Bank of America promised \$50 billion over 10 years to finance energy efficiency, renewable energy sources and energy access;
- The World Bank committed \$16 billion to boost clean energy, access to electricity and cookstoves in developing nations;
- The New Partnership for Africa’s Development promised to achieve energy access for at least 60 percent of Africa’s population by 2040;
- The European Bank offered \$8 billion by 2015 to support energy efficiency projects in Eastern Europe and Central Asia;
- Microsoft pledged to be carbon neutral across all its operations by the end of 2013;
- The United States together with the Consumer Goods Forum (which represents more than 600 retail and manufacturing companies) committed to achieve zero net deforestation in their supply chains by 2020.

“The real action, the real energy, was the 21st-century aspect [of Rio+20],” advises Scherr. “I call it

“With growing populations depleting resources, how do we keep increasing and ensuring prosperity while we are already using more than we have? It’s a conundrum.”

~ Pragati Pascale, United Nations spokeswoman

the ‘network world’, recognizing the number of players today. It’s not just national governments; it’s states and cities, corporations and philanthropists. In addition to the official meetings and negotiations, between 3,000 and 4,000 other gatherings were going on between business people, mayors, civil society organizations and others, presenting myriad opportunities to make specific commitments. We’re moving to a different dynamic.”

Sowing Seeds

The inclusive atmosphere is reflected in another new U.N.-sponsored international sharing website, *FutureWe Want.org*, featuring visions and videos relating to sustainability and solutions to dire environmental problems, such as turning global warming-inducing methane from China’s farms into a usable energy source; predicting periods of drought in Ethiopia to prevent humanitarian crises; and investing in solar power to bring electricity to 1.4 billion people around the world. More than 50 million people worldwide have submitted ideas for a more sustainable world, ranging from ways to increase public education to plans for stopping industrial pollution and better managing waste.

“The huge public engagement in the conference is exciting,” says Pascale, “because that’s really how progress will happen. People have to force their governments to take action.”

The NRDC dedicated website



is part of a coordinated effort to hold governments, businesses and nonprofits accountable and inform the public. The new U.N. websites facilitate a thriving discussion of what sustainability means and how it can be put into practice.

“We want to continue the overall campaign and build upon it,” says Pascale. “Whatever frustrations people have with businesses, nongovernment organizations (NGO) or governments, we need to harness that energy and keep that dialogue going to give people a voice in making sustainability happen.”

Results-Oriented Role Models

State-based examples of sustainable development in action speak to widespread needs in the United States. Here are examples of five models worth replicating.

PlaNYC: New York City Mayor Michael Bloomberg’s announcement of PlaNYC, on Earth Day 2007, signaled an historic moment. The people’s vision of a cleaner, healthier New York City, one that could accommodate 9 million predicted residents by 2030, aims to be a model for urban sustainable development. Its original 127 initiatives leave few sustainability stones unturned, including cleaning up brownfields, building more playgrounds and parks, increasing public transportation and bike lanes, implementing aggressive recycling, enforcing green building standards and reducing greenhouse gas emissions. Two-thirds of the initial goals have already been achieved; the latest update calls for 132 initiatives, including a new set of annual milestones.

Speaking at the Museum of the City of New York in 2009, Daniel Doctoroff, the former deputy mayor of economic development and rebuilding for the Bloomberg administration, called PlaNYC “one of the most sweeping, most comprehensive blueprints for New York ever undertaken.”

Most critically, all of its stated commitments are achievable (see Tinyurl.com/PlaNYC-goals).

“YOU GET THERE BY REALIZING YOU ARE ALREADY THERE”

-ECKHART TOLLE

DHARMA
wellness & SMOOTHIE BAR
SUNSET, LA

Evergreen Cooperative Initiative (ECI):

Businesses and community groups in Cleveland, Ohio, determined that they needed to solve the problem of joblessness in low-income areas by creating living-wage jobs and then training eligible residents to fill them. They developed a new, cooperative-based economic model, based on green jobs that can inspire other cities with similar economic woes.

The ECI is a community undertaking in which anchor institutions like the Cleveland Foundation, University Hospitals and the municipal government leverage their purchasing power to help create green-focused, employee-owned local businesses, which to date include a green laundromat, the hydroponic greenhouse Green City Growers, and Ohio Cooperative Solar, which provides weatherization and installs and maintains solar panels. The solar cooperative will more than double Ohio's solar generating capacity from 2011 levels by the end of 2012 (see EvergreenCooperatives.com).

CALGreen: Updated building codes may not generate much excitement until we consider that U.S. buildings account for a lion's share of carbon dioxide emissions (39 percent), and consume 70 percent of the electricity we generate. The U.S. Green Building Council (USGBC) reports, "If half of new commercial buildings were built to use 50 percent less energy, it would save over 6 million metric tons of CO₂ annually for the life of the buildings—the equivalent of taking more than 1 million cars off the road every year."

The California Green Building Standards Code (CALGreen), which took effect in January 2011, sets the highest green bar for new buildings in the country. It requires that new buildings achieve a 20 percent reduction in potable water use, divert 50 percent of their construction waste from landfills, use paints and materials with low volatile organic compound content and provide parking for clean-air vehicles. Multiple key stakeholders have been involved throughout the process, including the California Energy Commission and the Sierra Club.

"We really tried to bring together an entire spectrum of people and groups with different perspectives and



Sustainable development includes fighting poverty, increasing social inclusion (including advancing the status of women) and protecting the environment.

expertise to build a consensus," says David Walls, executive director of the California Building Standards Commission. "If we were going to put something in the code, we wanted to make sure it was right." (See Tinyurl.com/CALGreen-Home.)

Renewable Portfolio Standard: Texas leads the country in electricity generated from wind power. One complex, in Roscoe, features 627 turbines on 100,000 acres that cost \$1 billion to build. Much of the rapid growth of the state's wind industry can be credited to Texas' Renewable Portfolio Standard, legislation passed in 1999 that mandated construction of renewable energy, including solar, geothermal, hydroelectric, biomass and landfill gas, in addition to wind.

It further mandated that utilities generate 2,000 megawatts of additional renewable energy by 2009, then 5,880 MW by 2015 and 10,000 MW by 2025. The 10-year goal was met in six years, and Texas has added many green jobs, increased tax revenues and provided security against blackouts, which is critical in the event of extreme heat or drought (see Tinyurl.com/TexasStandard).

Edison Innovation Green Growth Fund: Clean technology is booming despite

the economic recession and attracting serious investment funds. According to a report by Clean Edge, Inc., venture capital investments in clean technologies increased 30 percent between 2010 and 2011, from \$5.1 billion to \$6.6 billion.

New Jersey entrepreneurs are upping their state's potential in this arena with the Edison Innovation Green Growth Fund. The program proffers loans of up to \$2 million for companies, research facilities and nonprofits engaged in producing clean energy technologies, ranging from energy efficiency products such as LED lighting to solar, wind, tidal, biomass and methane capture. A condition of the loan is that a project must employ 75 percent of its workforce from New Jersey, or commit to growing 10 high-paying jobs (minimum \$75,000 annually) over two years (see Tinyurl.com/NewJersey-EDA).

Grassroots Leadership

Elinor Ostrom, the political economist who won a Nobel Prize in economics but passed on just before the start of the Rio conference, dedicated her last blog post to considering the event's impact. Titled "Green from the Grassroots," the post stressed the priority of a multifaceted approach to curbing emissions.

"Decades of research demonstrate that a variety of overlapping policies at city, subnational, national and international levels is more likely to succeed than single, overarching, binding agreements," Ostrom remarked. "Such an evolutionary approach to policy provides essential safety nets should one or more policies fail. The good news is that evolutionary policymaking is already happening organically. In the absence of effective national and international legislation to curb greenhouse gases, a growing number of city leaders are acting to protect their citizens and economies."

She reported that even in the absence of federally mandated emissions targets, 30 U.S. states have passed their own climate plans and more than 900 mayors signed a climate protection agreement essentially agreeing to reach the Kyoto Protocol goals the federal government refused to sanction.

Rio+20 built upon such bottom-up

commitments and pushed states and businesses to go further than they'd ever imagined. "There was an incredible amount of energized activity," concludes Scherr. "Many people came away feeling empowered and encouraged, because they saw that the sustainability movement is truly worldwide. That's going to be the legacy of Rio."

Brita Belli, the editor of E-The Environmental Magazine, reports for Natural Awakenings.

COMPELLING INTERNATIONAL ECO-INITIATIVES

Aruba is working with Sir Richard Branson's Carbon War Room program to transition to 100 percent renewable energy.

Australia will spend \$33 million to establish the world's largest network of marine reserves.

Germany has committed to drawing 80 percent of its electricity from renewable sources by 2050.

India's Bureau of Energy Efficiency signed an agreement with the European Union to reduce its carbon emissions by 77,000 tons in the next 3.5 years.

Norway has pledged \$140 million to boost sustainable energy in rural Kenya, including replacing kerosene lamps with solar alternatives.

Source: CloudOfCommitments.org



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Children Follow Adult Examples Enabling “We” Instead of “Me”

by Michael Ungar

“If you want to be miserable, think about yourself. If you want to be happy, think of others.”

~ *Sakyong Mipham Rinpoche*

The phrase “connected kids” may describe youth consumed by Internet-dependent relationships. Yet these same young people still crave old-fashioned, face-to-face connections with the adults in their lives. With one parent or two, stepparents, a grandparent, aunts or uncles, older family friends, teachers and coaches—experience shows they all can help guide our children by showing the compassion that nurtures kids’ own caring instincts.

Swedish futurist and author Mats Lindgren characterizes these young people, raised by the “Me Generation” (born in the 1970s, ‘80s and ‘90s), *The MeWe Generation*, for their efforts to balance a culture of individualism and their need to belong. He notes, “Although the MeWes travel and experience more than any other generation before them, [in surveys] the small things in life still get the highest scores. A happy life is based on relations and companionship.”



Family life, for better or worse, establishes the way children connect with others at school, in their communities, on the job, as citizens and as members of the human race. How can we help youngsters feel truly connected and learn to be responsible for themselves and others?



All Together Now

The cycle we want to start at home encompasses compassion, connection, responsibility and citizenship. The alternative is selfishness, alienation, exploitation and disenfranchisement; terms we hope will not apply to our children. If we want children to embody healthy and positive qualities and play an important role in family life and beyond, we need to understand how to enable kids to think “We” by outgrowing some of our own Me-thinking ways.

To start, it helps to understand that when we ask nothing of our children—keep them from experiencing larger challenges and taking real responsibility for themselves and others—we risk spoiling them. Children that instead see and experience We-oriented caring for others and regularly participate in compassionate acts feel more attached to a community of family and friends. A child that feels noticed and embraced, and is then given opportunities to act independently of his parents, also will know what it means to be trusted. Parents convey, “I know you can do this.”

A youngster that experiences this compassionate caring and trust will mimic such compassion, because it feels good to give and he wants others to acknowledge his worth. Also, having been allowed to suffer the consequences of some bad personal decisions (up to a point), he understands that his choices affect both himself and others. Given the opportunity to think things through for himself, he can make helpful choices instead of feeling forced to either resist or give in to what adults want. He knows how to show respect because he knows what it feels like to be respected.

Acting responsibly follows naturally as a way to identify with others and demonstrate the strength of his connections and contributions to the welfare of others. It sews a child into the fabric of his family and community, which responds, “You are a part of us. You belong and we rely on you.” The child quietly says to himself, “I’m here” and “I count.”

Connecting Places

These connections to others and community are also profoundly shaped by the physical spaces we occupy. Studies cited in Alain de Botton’s *The Architecture of Happiness*, attest to their effects on mental well-being, relationship patterns and even physical health and longevity.

Cloistering children inside large, middle-class houses may be the greatest single threat to the realization of We Generation values. According to the National Association of Home Builders, the average U.S. home grew from 983 square feet in 1950 to 2,434 square feet in 2005. This overwhelming spaciousness dampens family interaction, denying the informality that allows us to offer ourselves to each other spontaneously. Fewer central family hearths reduce the passing of stories among generations, leaving children feeling alone in their

room amidst material abundance. They grow up expecting to have things to themselves without having to share.

Why live in a bigger house if it threatens our relationships with our children, neighbors and spouses? It takes a lot of extra hours at work to afford the mini-mansion and two cars for the long commutes required to sustain a detached lifestyle in the suburbs. Countermeasures are called for.

When I ask kids where they'd like to live, they want to be where they can navigate their own way to the store, school and friends. They rarely mention square footage. Most would be happy to give up large rooms and en suite baths for greater personal freedom, a cohesive community and more time with parents that are less stressed.

Listen closely and we will hear children asking permission to live their lives truly connected with us and with their widening circles of friends around the world.



Michael Ungar, Ph.D., is a clinician and research professor at the School of Social Work at Canada's Dalhousie University, in Halifax, Nova Scotia. He based this article on his book, The We Generation: Raising Socially Responsible Kids, published by Da Capo Lifelong Books.

Adult Behaviors Count

Many small gestures by adults cumulatively convey to children that they belong and their contributions are valued. Here are a few of the myriad ways to advance us all beyond Me-thinking.

- Pay attention to children
- Know their names
- Ask them for a favor
- Challenge them with responsibility
- Encourage them to try something new
- Expect something of them
- Let them teach everyone a song
- Ask them about themselves
- Offer to play along
- Delight in their discoveries
- Laugh at their jokes
- Get to know their friends
- Accept and love them unconditionally



From Rude to Responsible: Ways to Foster "We" Thinking

by Michael Ungar

Each age brings new opportunities to think "We" instead of "Me." What children can contribute to the family and community will vary, based upon family values. Here are some starting points.

Age 5 and Under

- Help with household chores, including kitchen tasks and tidying their room
- Choose activities they like and politely ask to do them
- Say "Thank you," and be responsible for acknowledging gifts
- Share toys and donate old ones



Ages 5 to 11

- Have responsibility (with supervision) for a younger sibling's care
- Look after a pet
- Learn commonsense use of potential hazards like pocketknives and push scooters
- Decide what to wear to school
- Get ready for sports activities and special interest classes
- Walk to school, where appropriate



Ages 12 to 18

- Obtain certification as lifeguards or junior coaches
- Volunteer or seek paid work
- Learn how to use power tools and lawnmowers
- Accept responsibility for clothing choices and contribute money toward purchases
- Plan events at school, such as a dance or preparation for graduation
- Participate in religious or spiritual ceremonies that mark their transition to adulthood





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Chiropractic Care Help for Common Complaints

by Kathleen Barnes

“Most people visit a chiropractor because they are in pain and seeking relief, although some initially visit for general health,” says Keith Overland, president of the American Chiropractic Association and a practicing chiropractic physician in Norwalk, Connecticut. “Every doctor of chiropractic should first perform a complete and thorough exam and develop a diagnosis to determine the best approach to the patient’s condition.”

Rick Burns, a doctor of chiropractic and professor of chiropractic technique at Palmer College of Chiropractic, in Davenport, Iowa, notes that more than 100 techniques and endless permutations of adjustments and thrusts can be used to help bring the body back into alignment and health. “Most chiropractors integrate several methods, depending on the needs of the patient,” he says.

While chiropractors undergo four years of post-graduate training, like medical doctors, they specialize in, “... making certain the brain communicates 100 percent of the time through the

spinal cord to the nerves,” explains Burns. Miscommunication between the brain and the nerves caused by spinal misalignments, called subluxations, are at the heart of the science of chiropractic adjustment.

Most chiropractic schools give students a basic toolbox of techniques before individual practitioners go on to obtain certification in advanced techniques; much like medical specializations, says Overland. His specialties include treating sports injuries and he has many Olympic athletes as patients.

Most Common Techniques

Diversified: This catch-all term encompasses the short thrust spinal adjustment approach used by an estimated 80 percent of all chiropractors, says Dr. Cynthia Vaughn, an Austin, Texas-based chiropractor and member of the board of governors of the American Chiropractic Association.

It is characterized by what is called the high-velocity, low-amplitude thrust (HVLA), resulting in the popping sound

familiar to most people that have experienced chiropractic care. Although the adjustment is painless, some patients instinctively tense their muscles.

“Adjustment is a sneak attack, ‘My reflexes being faster than yours,’” remarks Burns. “The average muscle contracts in about a quarter of a second. We do a lot of speed training so we can do the adjustment in one-tenth of a second.”

Activator: The activator technique, used by about 20 percent of chiropractors as part of an integrated practice, employs a small, spring-loaded, rubber-tipped device, slightly larger than a pen, which applies a small amount of force to a specific area. It makes a stapler-like sound and the recipient usually feels only slight pressure.

“Not everybody can tolerate the more aggressive manipulation that is performed as a foundation in chiropractic, especially elderly people or very young children,” says Overland. “The activator technique claims to be faster, more specific and less forceful than manual adjustment.”

Applied kinesiology: Also known as muscle testing, applied kinesiology evaluates muscle strength at various specific points to help determine if a specific type of adjustment or even a nutritional supplement might be helpful to an individual patient as a treatment. This individualized treatment is popular among chiropractors and their patients. “It is a way to glean a tremendous amount of diagnostic information to specifically tell where the subluxations (imbalances) are,” says Vaughn, “and is used by about 20 percent of chiropractors.”

Sacro-occipital technique (SOT): Another form of non-forceful adjustment, SOT usually involves having the patient lie face down on a table. Inserting a variety of wedges asymmetrically distributed under the pelvis creates a helpful torque.

“Gravity causes the adjustment to happen very subtly in about 10 minutes,” explains Vaughn. “It is effective for the elderly and people with osteoporosis that can’t tolerate more vigorous adjustments.”

Gonstead: Similar to the HVLA technique, a Gonstead approach pays particular attention to the lower spine



Waking up with a stiff neck or shoulder or back pain sends 20 million Americans to the chiropractor each year.

~ American Chiropractic Association

and the effects of its misalignments on the rest of the body. These practitioners generally prefer to adjust the neck with the patient in a sitting position.

More than half of all chiropractors use some form of the Gonstead technique. It involves detailed structural analysis of the spine, which can include various types of palpitation, nervoscope analysis of heat and nerve pressure along the spine, and X-rays.

"All of these techniques require extensive education and thousands of hours of training," concludes Overland.

Adds Burns, "Each patient is evaluated and diagnosed individually. So try different techniques and see what works for you. The goal is to unlock the body's ability to heal itself."

Kathleen Barnes is a natural health advocate, author and publisher. 8 Weeks to Vibrant Health: A Take Charge Plan for Women, written with Dr. Hyla Cass, is among her many books. Visit KathleenBarnes.com.

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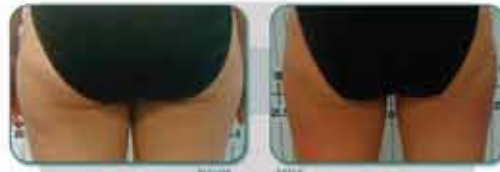
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5:30 pm Crunch Time
6:00 pm Pilates/Core Fusion

Thursday 4

4:30 pm 20/20/20
5:30 pm Power Circuit
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Saturday 6

9:00 am Kickboxing

Monday 8

4:30 pm Body Blitz
5:30 pm Circuit
6:30 pm Kickboxing

Tuesday 9

4:30 pm Butts/Guts/Cardio
5:30 pm Body Blitz
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Wednesday 10

5:00 pm Anything Goes
5:30 pm Toning w/ Ball
6:00 pm Pilates/Core Fusion

Thursday 11

4:30 pm Butts/Guts/Cardio
5:30 pm Zumba

Saturday 13

9:00 am Anything Goes

Monday 15

4:30 pm Body Blitz
5:30 pm 20/20/20
6:30 pm Kickboxing

Tuesday 16

4:30 pm 20/20/20
5:30 pm Body Blitz
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Wednesday 17

5:00 pm Anything Goes
5:30 pm Crunch Time
6:00 pm Pilates/Core Fusion

Thursday 18

4:30 pm 20/20/20
5:30 pm Power Circuit
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Saturday 20

9:00 am Anything Goes

Monday 22

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Tuesday 23

4:30 pm Butts/Guts/Cardio
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Wednesday 24

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That's all great but what does it actually mean?

In my office it also means talking through issues, getting to the root: mind, body and spirit. Looking at all the options. Getting fully educated about what can be CAUSING the health issues you face.

What it doesn't mean is abandoning traditional medicine. Modern medicine has come so far and the technology we have at our disposal is simple amazing – why not use it!? We have wonderful ways of diagnosing illness – X-Rays, ultrasound scans, keyhole investigative surgery, MRI scans, serum blood testing, amazing drugs that can now help prolong the lives of those with HIV, something that even 30 years ago wasn't possible.

True holistic care means using every single method necessary – a mixture of allopathic, homeopathic, nutritional, non-invasive and drug-free psychological assistance, spiritual guidance, alternative "medicine"... in short using all of the wonderful treatments, therapies, technologies and medicines we are lucky enough to have at our disposal. Never put all your eggs in one basket!

Whatever combination of treatment methods you choose I cannot stress highly enough the importance of getting a correct diagnosis. Once you know what you are working with you can start to choose your treatment. This involves correct testing and working with someone who truly understands the exact grouping of tests that will provide the answers you are looking for: The CAUSE of your health problems. Then it is vital to work with a practitioner who knows how to READ the test results correctly! (this is where we excel in our office!)

It's your body, your health, your life.

Taking responsibility for our own health is perhaps more important now than ever. We live in a world full of stress and uncertainty. When things get tough it is vital that we take even more care of ourselves – why? Because the more stresses and strains there are the more pressure this puts on our immune systems and overall health. There is also the fact that our national health system is in trouble, our GP's and internists and hospitals are over-stretched and under-funded. It can seem like a fight for us to get the care we need, so of course we place much more importance on DIY healthcare.

It is fabulous that we are finally taking more care of ourselves BUT there are downsides to this. We may be forgetting the wonder of modern science. Would we really care to go back to the Victorian times when diseases like typhoid, diphtheria and measles were killers because we lacked the tools and medicines to cure and prevent them?

As a complementary therapist I do firmly believe that taking responsibility for our own health is the single most important thing we can do. However, this comes in many guises – my advice is to use all of them... and coordinate medical with correct holistic.

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New Ethnic Vegetarian Recipes Rock Taste Buds

by Judith Fertig

Celebrating Vegetarian Awareness Month, *Natural Awakenings* visits the continuing evolutions of vegetarian eating habits and leading cookbooks.

Ancient India and Egypt are known to have served up plant-based diets, but vegetarian cookbooks are a relatively recent American phenomenon.

The genre debuted nationally in 1977 with Mollie Katzen's groundbreaking classic, the first *Moosewood Cookbook*, sharing recipes gleaned from her restaurant and a collective co-op in Ithaca, New York. Considered one of Five Women Who Changed the Way We Eat, by *Health* magazine, she has also hosted several PBS cooking shows.

When Katzen first took up the cause, vegetarian cooking was earnest, if earthy, relying heavily upon such staples as brown rice, mushrooms and tofu. The options were limited for those that didn't capitalize on a home garden or live in a cosmopolitan city.

Growing up in Louisville, Kentucky in the 1970s, cookbook author and food blogger Michael Natkin remembers... "when vegetables were boiled until they begged for mercy." Being a vegetarian then meant a commitment to a philosophy, not necessarily an expectation of flavor and pleasure.

In 1981, an Indian actress and cookbook author introduced Americans to exotic vegetarian dishes from India in *Madhur Jaffrey's World of the East: Vegetarian Cooking*. Still, without an Asian market nearby, hard-to-find ingredients like dhal (a lentil) or fenugreek (a seed) might have derailed attempts to make such recipes.

By 1990, Chef Deborah Madison had contributed *The Savory Way*, which upped the quotient of colorful foods inspired by classic French cuisine. She

Grilled Tofu and Pepper Tacos

Vegan and gluten-free dish in 30 minutes.

Makes 12 small or 8 medium-size tacos

“The secret to delicious Mexican vegetarian food is to amp up the flavors and use lots of contrasting textures,” says food blogger Michael Natkin. “These tacos—filled with grilled tofu and sautéed peppers, all basted with tangy achiote paste—have serious street-food flavor. They are meant to be eaten in just two or three bites.”

Achiote, made from annatto seeds, is available as a paste at markets that carry Hispanic products. Natkin likes the El Yucateco brand because it’s free of synthetic food coloring.

Fillings

1½ oz (about 4 tsp) achiote paste (also called annatto)
½ cup vegetable oil

1 tsp ground cumin
2 tsp Tapatio or other bottled hot sauce
1 tsp kosher salt
10 oz extra-firm tofu, cut into ⅓-inch slabs and patted dry
1 medium zucchini, cut lengthwise into ⅓-inch slabs
1 medium onion, thinly sliced
4 garlic cloves, thinly sliced
2 red bell peppers, cut into ¼-inch strips
1 yellow bell pepper, cut into ¼-inch strips
Fresh lemon or lime juice (optional)

Shells

24 (4-inch) or 16 (6-inch) soft corn tortillas

Taco Toppers

Guacamole
Choice of salsa

1. Break up the achiote paste in a small bowl with a fork and mash in the oil, a little at a time, until it forms a lumpy paste. Mix in the cumin, hot sauce and salt.

2. Heat a grill or grill pan over medium heat. Brush the tofu with the achiote oil on one side and grill, oiled-side-down, until well-marked. Then do the same on the other side.

3. Repeat with the zucchini, brushing the slabs with achiote oil and grilling until well-marked and tender, about 3 minutes per side. Allow the tofu and zucchini to cool and then cut both into ⅓-inch diced pieces.

4. Heat a skillet over medium-high heat. Add 2 tablespoons of achiote oil. Add the onion, garlic and bell peppers and sauté until very soft.

5. Add the tofu and zucchini to the pepper mixture. Taste and adjust the seasoning. It may need more salt, a little lime or lemon juice, or more heat.

6. To serve, wrap the tortillas in a damp, clean dishtowel and microwave until soft and warm, about 2 minutes.

7. Make stacks of 2 tortillas each. Top with a moderate scoop of the filling and a spoonful of guacamole and salsa. Pass the hot sauce to the more adventurous.

revealed how plant-based dishes can be sophisticated and even glamorous.

Today’s latest cookbook evolution speaks to the newest generation of vegetarian cooks’ burgeoning interest in tasty ethnic cuisines, home gardening and farmers’ markets as well as meatless meals. Natkin has pulled it all together in *Herbivorous: A Flavor Revolution, with 150 Vibrant and Original Vegetarian Recipes*. From the standpoint of a well-traveled home cook, he also chronicles his travels and forays into flavorful, globally influenced recipes at *Herbivorous.com*.

Why Vegetarian, Why Now?

“Because vegetarian meals are good for you, tread more lightly on our planet’s resources and are kinder to animals,” Natkin responds.

“The planet isn’t designed to support billions of meat-eaters. Plus, many are concerned about the methods of animal agriculture—think of industrial hog farms, for instance, which can be environmental nightmares. If you want to eat

“It’s not an exaggeration to say that... the great majority of Americans would rather be considered healthy, rather than wealthy.”

~ Mike Weisman, president, The Values Institute at DGWB

meat from smaller producers with higher ethical standards, it’s more expensive,” he says. “Even if you eat meatless only now and again, it’s better for the family budget, your health and the planet.”

Natkin is well aware of the “dark days for vegetables,” when commerce dictated that varieties be chosen and grown primarily for their ability to withstand long-distance transport. Now, due to rising demand, more are grown for flavor, advises Natkin, and that makes vegetarian meals taste better and become more popular.

Natkin further suggests, “If you want a sustainable diet, it must include foods that you like, not foods that you think you should like. They have to taste good, otherwise you won’t stick with it.”

Natkin’s cookbook encompasses dishes from locales as diverse as India, Iran, Japan, Mexico and Thailand. His special touch is conceiving ways to convert traditional recipes to vegetarian variations while maintaining unique flavors and combinations of textures. From a deconstructed sushi to tofu tacos, Natkin coaxes the most flavor out of his ingredients—from cooking pasta in red wine, making “meaty” soup stocks with dried mushrooms or Parmesan cheese rinds to teaching uses of condiments like Japanese sesame salt.

“The least successful cuisine for translation into vegetarian cooking is American comfort food,” he notes. He always encourages cooks to think creatively, not literally, when translating a meat-based dish to a plant-based equivalent. Instead of trying to do a

faux turkey for Thanksgiving, for example, he recommends serving a main dish that looks celebratory and mouth-watering, saluting the traditional role of the centerpiece turkey in a fresh way.

Growing Trend

According to a national 2012 Harris Poll, 47 percent of Americans eat at least one vegetarian meal a week. The Values Institute of DGWB, an advertising and communications firm based in Santa Ana, California, confirms the rise of flexitarianism, or eating meat on oc-

casation rather than routinely, as one of the top trends of 2012.

Finally, *New York Times* food columnist Mark Bittman remarks, "When I ask audiences I speak to, 'How many of you are eating less meat than you were 10 years ago?' at least two-thirds raise their hands. A self-selecting group to be sure, but nevertheless, one that exists. In fact, let's ask this: Is anyone in this country eating more meat than they used to?"

Judith Fertig blogs at AlfrescoFoodAndLifestyle.blogspot.com.

Black Bean Soup with Orange-Jalapeño Salsa Vegan and gluten-free soup in 30 minutes.

Serves 6

"I developed this black bean soup so that it would satisfy those that prefer mild dishes, including kids, as well as those that prefer a bolder spice. The soup is straightforward, with a bright and intense orange and jalapeño salsa on the side," advises cookbook author Michael Natkin. "Pass grated cheddar cheese for those that prefer to think of it as vegetarian chili."

Soup

6 cups cooked black beans, cooking liquid reserved, or 4 (15-oz) cans black beans, rinsed and drained
2 bay leaves
Vegetable broth powder (gluten-free is optional)
3 Tbsp extra-virgin olive oil
1 white onion, diced
1 yellow bell pepper, seeded and diced
4 garlic cloves, minced
Kosher salt
1 Tbsp dried oregano
1 tsp ground cumin
1 tsp (or more) smoked paprika (optional)

Salsa

6 fresh mandarin oranges (or fewer, larger oranges)
¼ cup finely diced red onion
1 jalapeño pepper (or more to taste), thinly sliced



¼ tsp kosher salt
1 handful fresh cilantro leaves

Serving Topper

Mexican crema or sour cream (vegan option is sour cream or avocado slices)

1. Place the beans and bay leaves in a 6-quart pot. Add enough reserved cooking liquid or water (option to include vegetable broth powder based on the manufacturer's recommended amount for four cups of broth) to barely cover the beans. Simmer.

2. Heat the olive oil in a skillet over medium-high heat. Add the onion, bell pepper, garlic and a big pinch of

salt, and sauté until the vegetables start to brown, about 5 minutes. Add the oregano, cumin and smoked paprika, if using, and cook for 1 minute more. Remove from heat.

3. Pluck the bay leaves out of the beans. Stir the onion mixture into the simmering beans. Remove the soup from the heat and lightly purée, using a stick blender, blender or potato masher. (A 75 percent purée leaves significant texture.)

4. Return the soup pot to the heat. Add more water as needed to produce a soup that's moderately thick, but thinner than a stew. Taste and adjust the seasoning. It will likely need salt unless the cook used pre-salted canned beans. Add more cumin or smoked paprika to taste. Simmer at least 10 to 15 minutes to allow flavors to develop.

5. For the salsa, cut the oranges into sections and then cubes. Mix with the red onion, jalapeño pepper and ¼ teaspoon kosher salt. Taste and adjust the seasoning. Stir in the cilantro immediately before serving.

6. To serve, ladle the soup into bowls and either top with 3 tablespoons of the salsa and some crema, or pass the salsa and crema at the table.

Jicama, Radish and Orange Salad

Vegan and gluten-free salad in 15 minutes.



Serves 4

"When I serve a filling entrée," says cookbook author and food blogger Michael Natkin, "I like to have a brightly flavored, refreshing salad. It offers a nice contrast, makes the meal a little lighter and cuts the fattiness of the main dish." This simple salad, dressed only with fresh orange juice, beautifully complements Mexican and other Latin American meals.

Half a jicama, peeled and cut into 2 x ¼ x ¼-inch batons
1 big handful radishes, trimmed and cut into quarters
4 Valencia oranges, cut into sections, juice reserved
¼ tsp kosher salt
Freshly ground black pepper
1 handful fresh cilantro leaves, torn, for garnish

1. Combine the jicama, radishes and orange sections in a salad bowl with the salt and several hearty grinds of black pepper.

2. Add ¼ cup reserved orange juice and toss lightly.

3. Taste and adjust the seasoning. Garnish with the cilantro leaves and serve.

Source: Adapted from Herbivoracious: A Flavor Revolution, with 150 Vibrant and Original Vegetarian Recipes, by Michael Natkin (Herbivoracious.com).

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Follow the Lifecycle

Crunching the Numbers on Products We Consume

by Brita Belli

Every product we use has a lifecycle, or duration of environmental impact. According to the *State of the World 2012: Transforming Cultures from Consumerism to Sustainability*, by the Worldwatch Institute, humans collectively are consuming resources equivalent to 1.5 Earths, or 50 percent more than is sustainable—and that's before projected population growth. In short, we're depleting more resources than the planet can replenish; hence, our personal consumption habits matter.

In an ideal world, all the appliances, furniture and electronics we use and later discard would be "cradle-to-cradle," or C2C, certified, a term popularized by German chemist Michael Braungart and American Architect William McDonough for describing products designed never to become waste. Such innovative products typically are made of both technical components that can be reused and biological components that decompose back into the natural world.

Current examples of products that have obtained C2C certification include gDiapers—biodegradable cloth diaper liners that can be flushed or composted—and Greenweave recycled fabrics. But smart, sustainable design is not yet the norm, so we have to monitor our own consumption and waste habits to try limiting our support of polluting industries and contribution to ever-

growing landfills.

Such product assessments are challenging, because it's not only about what happens after a cell phone, for example, is thrown into a landfill that takes an environmental toll. It also entails the chemicals used, toxins released and fossil fuels burned to manufacture and ship that phone.

To help us sort out the best approaches, The Green Design Institute at Carnegie Mellon University has created the online Economic Input-Output Life Cycle Assessment (EIO-LCA) that crunches the numbers for commonly used products—from household cleaners to mattresses—to provide us with the bigger-picture impact. So, as their website explains, "The effect of producing an automobile would include not only the impacts at the final assembly facility, but also the impact from mining metal ores, making electronic parts, forming windows, etc., that are needed for parts to build the car."

The accompanying chart, using the latest available EIO-LCA figures, provides comparisons for some common products—from the most to the least energy-intensive—as well as recycling rates and suggested alternatives for keeping our own resource usage and waste load to a minimum.

Brita Belli is the editor of E-The Environmental Magazine.

Call for Cradle-to-Cradle Product Lifestyle

MATERIAL	ENERGY COST TO PRODUCE \$1,000 WORTH	GREENHOUSE GASES PRODUCED	AMOUNT RECYCLED	LANDFILL LIFESPAN	ALTERNATIVES
Paper	10,611 kilowatt-hours (kWh)	3,373 pounds	63.5 percent (2010)	2 to 4 weeks	Use recycled and scrap paper and limit printing.
Glass containers	7,778 kWh	3,373 pounds	33.4 percent (2010)	1 million years	Recycle or reuse glass bottles and jars as glassware or to store food.
Plastic bottles	6,361 kWh	2,910 pounds	28 percent HDPE bottles; 29 percent PET bottles (2010)*	450 years	Save money by choosing refillable bottles over throwaways.
Plastic bags and film	5,889 kWh	2,712 pounds	12 percent (2010)	Up to 1,000 years or more	Use washable cloth shopping bags and non-plastic food storage containers.
Carpets and rugs	5,083 kWh	2,469 pounds	8.1 percent (2009)	Up to 20,000 years	Use individual carpet tiles or carpet that meets Carpet Area Recovery Effort (CARE) standards.
Soaps and cleaners	3,500 kWh	1,715 pounds	Not applicable	Toxins from cleaners can contaminate water supplies.	Recycle plastic bottles and use biodegradable cleaners.
Light bulbs and parts	2,328 kWh	1,023 pounds	2 to 6.7 percent of household CFLs (2009)*	Up to 1,000 years or more	Use CFL and LED energy-efficient lights and recycle CFLs at major hardware stores or check <i>Earth911.com</i> .* Consider solar exterior lights.
Mattresses	2,281 kWh	1,122 pounds	Less than 10 percent (2012)	Up to 1,000 years or more	Buy organic mattresses and recycle old ones (<i>Earth911.com</i>).
Computers	1,183 kWh	586 pounds	38 percent (2009)	Up to 1,000 years or more	Look for recycled content in electronics and recycle equipment. See <i>Earth911.com</i> .
Cell phones and other devices	1,322 kWh	665 pounds	8 percent (2009)	Up to 1,000 years or more	Only upgrade when needed. Trade old phone in to recycle (<i>SecureTradeIn.com</i>) or donate to charity (<i>ReCellular.com</i>).

*HDPE means high density polyethylene; PET means polyethylene terephthalate; CFL means compact fluorescent lamp (or light); LED means light-emitting diode. Additional sources include *epa.gov*, *PaperRecycles.org* and *ProductStewardship.us*.



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The Four Qualities of a True Statesman

by Brett and Kate McKay

What qualities should citizens look for in the next leader of the free world? What core criteria might voters consistently use to evaluate any legislative or other candidate running for political office?

Professor J. Rufus Fears, Ph.D., sets a high standard in articulating the yardstick by which we should measure leaders of either gender. As a noted scholar specializing in the history of freedom (Tinyurl.com/TrueStatesman), he emphasizes that the role of a politician and a statesman are not the same. A statesman, Fears attests, is a free leader of a free people and must possess four essential qualities.

is so and does everything in his power to fight against it. When something is right, he is willing to overcome any opposition to preserve and spread it.

The statesman is ambitious—he must be to obtain a position of power—but there are things he simply will and will not do to get to the top. He is a man of integrity; he speaks the truth. He leads by moral authority and represents all that is best in his countrymen.

A Bedrock of Principles

The statesman builds a platform on a foundation of firm, unchanging, fundamental truths that he believes at his very core comprises his overarching philosophy. In the face of changing times, opposition and challenges, this foundation will remain intact. A statesman may change the details of his policies and his methods, but only inasmuch as expedient tactics serve to further his bedrock principles in the long run.

A Vision

A statesman has a clear vision of what his country and his people can become. He knows where he wants to take them and what it will take to get there. Foresight is one of his most important qualities, because he must be able to recognize problems on the horizon and find solutions good for both the short term and long term. The statesman keeps in mind not only the here and now, but the world that future generations will inherit.

A Moral Compass

A statesman does not govern by public opinion polls, but instead makes decisions by following his own moral compass that is rooted in a sense of absolute right and absolute wrong. He is not a relativist. When he believes something is wrong, he plainly says it

The Ability to Build a Consensus to Achieve that Vision

A politician may have a bedrock of principles, a moral compass and vision, but if he lacks the ability to build a consensus around them, his efforts to

change policies, laws and the course of history will largely be in vain.

In enlisting others in government that serve with him to support his initiatives, he knows that their willingness to do so is based on the pressure they feel from their constituents to align themselves with the statesman's vision. Thus, success ultimately hinges on his ability to convince his country's citizens of the soundness of his philosophy.

To win their hearts, the statesman shuns media campaigns and instead harnesses the power of the written, and especially the spoken, word; he is a master orator. His lifelong study of great books and the lessons of history allow him to speak to the people with intelligent, potent, well-reasoned arguments.

Instead of tailoring his rhetoric to the public mood, he speaks to the very best that exists within people, understanding that powerful rhetoric can articulate, bring forth and activate sometimes deeply buried ideals. His authority derives from his belief in what he says. He does not make emotions soar and burn with empty promises, but instead keeps his word and does what he says he will do.

Based on a professional lifetime of research, Fears believes that the three greatest statesmen in history are Pericles, of Athens, Abraham Lincoln and Winston Churchill. Their bedrock principles rested on the ideals of freedom: democratic liberty, equality under the law and individual freedom—the freedom to live as we choose. Each embraced a vision of expanding liberty for citizens, yet all courted controversy in some of the measures they deemed necessary to achieve their vision.

In Fears' estimation, the ultimate measuring rod of any true statesman and what matters most is that their leadership ultimately led to more freedom for more people in the long run.

Authors Brett and Kate McKay of Tulsa, Oklahoma, founded TheArtOfManliness.com blog in 2008 to help men become better citizens, fathers, husbands and friends. Its educational messages attract 8 million page views a month.



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Team Up and Have a Ball Warm Winter Workouts

by Randy Kambic

During seasons of extreme weather, those that prefer to exercise indoors can complement the individual huffing and puffing sounds of gyms and fitness clubs with the social shouts of competitive community sports. Fall is an ideal time to sign up for winter leagues to take advantage of the flip side of outdoor summer leagues. Here we can continue playing what many of us enjoyed as kids—volleyball, basketball and bowling; a welcoming facility is likely just a short distance away.



as organized competitions. Business team leagues also exist in many cities and towns, as well as informal gatherings of friends that simply meet up.

With six people per side, it's fun to rotate positions and learn to serve, block the ball, set up a teammate and return or spike it over the net. According to Beckner, "Early Boomers enjoy the camaraderie and generally find volleyball less physically demanding than basketball." He reports that co-ed volleyball is also popular with young adults, and he anticipates even more interest following the Summer Olympics.

Participating in either sport may lead to minor injuries without proper equipment. To help prevent ankle sprains from an awkward landing, Paul Ullucci, of East Providence, Rhode Island-based Ullucci Sports Medicine & Physical Therapy, recommends tightly fitting, hightop sneakers. "Lace them all the way up and tie them tightly," he says. For some, he also advises an ankle brace over socks for even more support.

Because fingers may get bent by the ball, "Taping two fingers together with thin strips of medical tape above and below the knuckles can stabilize a joint prone to getting sprained while maintaining flexibility," suggests this member of the National Athletic Trainers' Association's Board of Directors.

Have a Bowl

Bowling similarly offers friendly social competition, as well as a way to develop individual playing style

and track personal improvement. The United States Bowling Congress reports that 71 million people bowled at least once in 2010, making it the number one U.S. participatory sport. Nationwide, it sanctioned 71,904 leagues in 2010-2011, fairly evenly split between men and women.

Steve Johnson, executive director of the Bowling Proprietors' Association of America, views its 3,600 member locations (about 75 percent of all centers) as community destinations for recreation and entertainment. It's ideal as a family activity and double-dating venue; more centers now offer fruit juices and energy drinks.

As Stefanie Nation, of Grand Prairie, Texas, an avid recreational league player and member of the United States Bowling Congress' defending world champion women's national team, notes, "Leagues are a fun opportunity to get together with others. There's something about releasing the ball that relieves stress."

She adds that bowling burns approximately 240 calories per hour and completing three games is the equivalent of walking a mile. Footwear is available for rent at centers if players don't have their own, and bowling balls of various weights are provided. "A good rule of thumb is to choose a ball that weighs 10 percent of your body weight, up to 16 pounds." Many serious players wear wrist supports to help absorb the weight of the ball and to keep the wrist rigid for consistency in delivery, she says.

The sport's appeal is broadening, especially in urban centers where a Rock 'n' Bowl phenomenon often enlivens the young adult crowd on Friday and Saturday nights. Centers have also become sites for community fundraising events and corporate parties. Meanwhile, Philadelphia's Sweat Fitness recently added 10 bowling lanes to one of its 10 facilities and the regional chain expects to continue the trend.

Randy Kambic, of Estero, FL, is a freelance writer and a copyeditor for Natural Awakenings.

V-Ball and B-Ball Action

"Many facilities use their gyms for basketball leagues two or three nights a week and set up volleyball nets on the other nights," notes Bill Beckner, research manager with the National Recreation and Park Association. He reports that in season, there is more open play in basketball, especially on weekends, and also during weekday lunch hours for workers.

YMCA/YWCAs, as well as some public school gymnasiums, welcome adults to play either basketball or volleyball. Opportunities include after school, on weekends and during semester breaks.

While beach volleyball competitions continue to garner more media attention, indoor volleyball has remained consistently popular. USA Volleyball, the sport's national governing body, has 40 regional associations that provide access to grassroots play, as well



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The founders of the United States chose the magnificent and pervasive bald eagle—a bird unique to North America and sacred to many Native American tribes—as a symbol of their proud and flourishing new nation, but by 1967, it was on the brink of extinction.

When the combination of habitat loss, pesticide use and other factors landed it on the endangered species list, the country rallied. Conservation organizations, indigenous tribes, businesses, individual citizens and government at all levels worked together to strengthen the numbers of this national icon, which had dwindled to 417 breeding pairs in the lower 48 states, despite the fact that the species was doing well in Alaska and Canada.

Captive breeding programs, law enforcement efforts, habitat protection around nest sites and the banning of the toxic pesticide DDT all contributed to the recovery plan, spearheaded by the U.S. Fish and Wildlife Service. Today, the bald eagle is again soaring high—just five years after being removed from the list some 10,000 pairs now make their nests in the lower 48.

More than 40 percent of the world's millions of species have similarly suffered and are now in critical condition, according to the International Union for Conservation of Nature; new threats like climate change make their

futures ever more tenuous. Yet the bald eagle's stunning comeback proves that being labeled an endangered species isn't necessarily a death sentence. The California condor, peregrine falcon and black-footed ferret are among many animals that have returned from the verge of extinction via protective actions taken under the U.S. *Endangered Species Act*.

Other decimated populations targeted by international conservation efforts, from Rwanda's mountain gorillas to India's wild tigers, also show encouraging signs of recovery. Rhinos, for example, are returning to the African wilderness thanks to community-based, public/private conservation programs that fight poaching, habitat loss and other human threats to this prehistoric creature. Since its launch in 1997, the World Wildlife Fund's African Rhino Programme estimates that the white and black rhino population on the continent has more than doubled, from approximately 11,000 to 25,000.

*For wildlife success stories across America, visit fws.gov/endangered. To learn of progress among other global species and how to help, explore *Priority Species* at Panda.org.*

*April Thompson regularly contributes to *Natural Awakenings*. Connect at AprilWrites.com.*

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What is INFLAMMATION?

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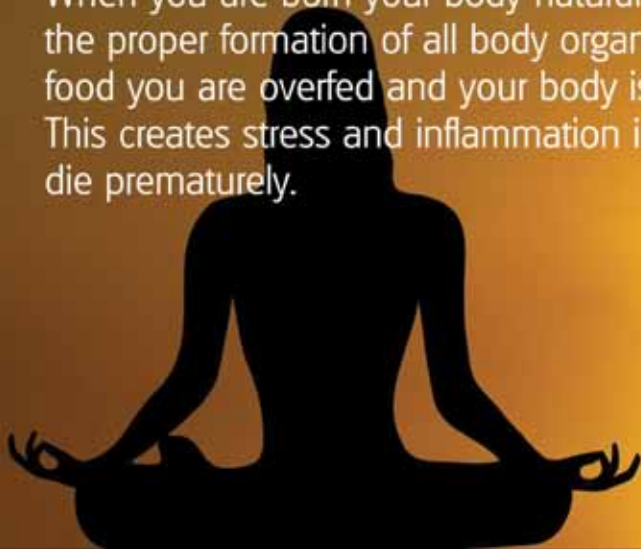
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To cool down your feet, swab them with Smirnoff vodka. The alcohol in the vodka works like a liniment to cool and dry your feet.

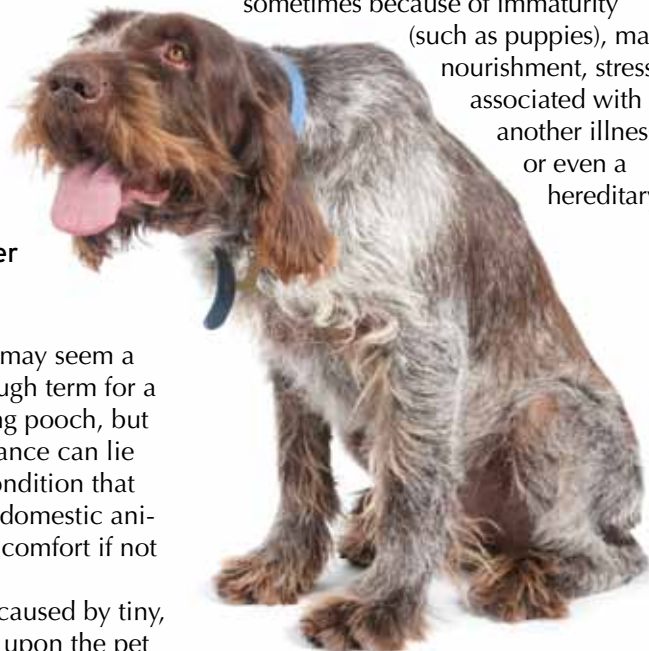
naturalpet

MANAGING MANGE

Treatment Plans that Speed Relief

after a pet has been exposed to them for symptoms to appear. Unlike demodectic mange, sarcoptic mange can be transmitted to humans, causing a red rash similar to an insect bite.

Pets that suffer from demodectic mange typically already have a weakened or compromised immune system, sometimes because of immaturity (such as puppies), malnourishment, stress associated with another illness, or even a hereditary



by Dr. Matthew J. Heller

“Mangy mutt” may seem a benign enough term for a sorry-looking pooch, but behind the poor appearance can lie a troublesome health condition that causes many species of domestic animals, including cats, discomfort if not properly treated.

Mange is typically caused by tiny, parasitic mites that feed upon the pet for nutrition, compromising the host’s health. Some burrow under the skin to lay eggs, which hatch and restart the mite’s life cycle; others stay on the skin’s surface and feed on pet dandruff.

Common Types of Mange

Various types of mange share common symptoms: In infected areas, hair loss, redness, itching, irritation and scabs typically occur; more seriously, a pet’s skin may harden to a scaly condition. If untreated, mange can transform a dog’s skin into an uncomfortable, leathery and brittle organ. Stay alert to such appearances and act quickly.

Sarcoptic scabies mange results from microscopic, oval-shaped, light-colored mites that migrate easily between hosts. Prime real estate includes a pet’s ears, elbows, thighs, face and underside of the chest. Symptoms include severe itching and scratching that creates red bumps amidst crusty, thick skin, weight loss, lethargy and swollen lymph nodes. It takes about one week

issue. Under a microscope, demodex mites appear cigar-shaped. Common symptoms include hair loss, balding, scabbing and sores. Dogs are more susceptible to both types than cats.

Localized demodectic mange usually occurs in puppies when mites migrate from mother to pup during early nurturing. In puppies, the mange often appears on the face, creating a patchy, polka-dotted, balding appearance. Generally, pets will heal from this type of mange without treatment. Generalized demodectic mange presents a greater challenge, because it is spread across large areas of the skin. The pet may emit a horrid odor from secondary bacterial skin infections.

Diagnosis and Treatment

If a pet shows symptoms of mange, consult a holistic veterinarian for proper diagnosis and treatment. Once diagnosed, it is vital to implement a full treatment. For cases of sarcoptic mange, this entails replacing the pet’s bedding and collar,

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plus treating all animals with which the pet has been in contact.

Conventional treatment options vary. The irritating toxicity of most antiparasitic medications, such as ivermectin or selamectin-based products, makes them effective in destroying mites over several months but also creates problems for the pet if used improperly. Thus, a vet may also prescribe an anti-inflammatory medication; a natural option is plant-derived sterols such as beta-sitosterol, which acts like a cortisone steroid, without the immune-suppressing side effects.


Antibiotics also are often prescribed to treat the secondary skin infections and ease itching. Natural antibiotics such as amoxicillin/clavulanate offer a more gentle choice than synthetics.

Natural herbal ingredients further provide a safe and effective alternative to harsh chemicals. Garlic is popular for its natural repellent and antibacterial properties. Other natural insecticides, including wormwood, neem and lemongrass, help soothe irritated skin. A holistic veterinarian will address the underlying causes of poor health, especially in the case of demodectic mange. Key elements in restoring optimal wellness include proper nutrition via a well-crafted natural diet and immune-boosting probiotics, plus supplements to meet the individual pet's needs.

From a holistic standpoint, bolstering the immune system with vitamins (like vitamin C and general skin and immune-supportive pet nutraceuticals) and herbs (such as *Astragalus*) help. Supplementing the pet's diet with foods or supplements high in omega-3 and omega-6 also helps; sources of both include salmon and flaxseed.


As with other types of parasitic diseases, it is critical that the owner comply with a veterinarian's treatment instructions. If the pet is prescribed an antiparasitic medication for 90 days, for example, use it for the entire period, regardless of improvements. An incomplete treatment may interrupt the mite's life cycle but fail to sufficiently destroy the entire population to prevent re-infestation.


Dr. Matthew J. Heller is an integrative veterinarian and owner of All About PetCare, in Middletown, OH.

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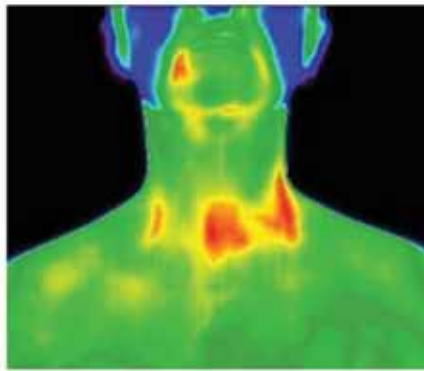
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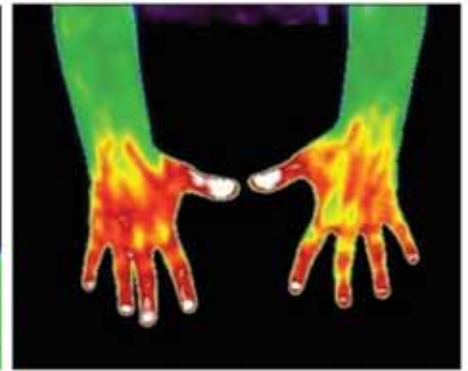
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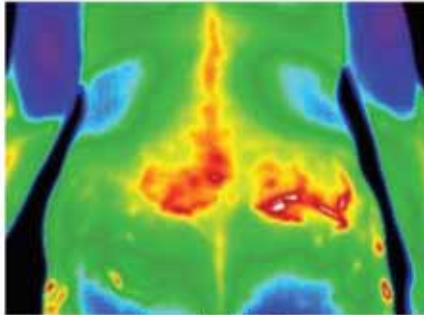
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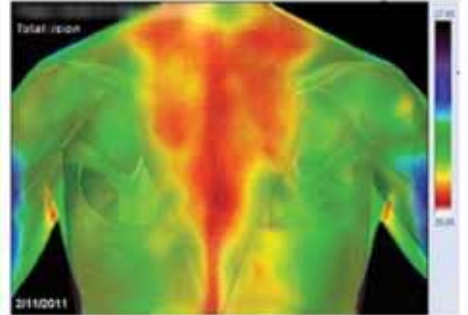
Thyroid Scan
(Hyperthyroidism & Hypothyroidism)



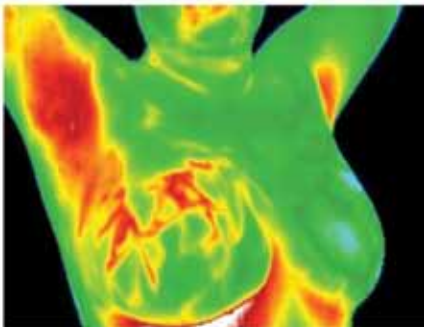
Hands
(Arthritis, Carpal Tunnel Syndrome, Inflammation)



Lower Back Pain
(Sciatica Nerve Pain, Arthritis, Osteoporosis,
Degenerative Disc Disease, Injuries)



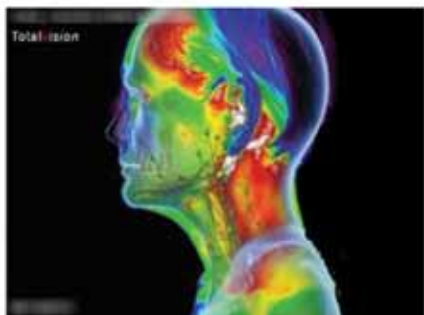
Upper Back Inflammation & Pain



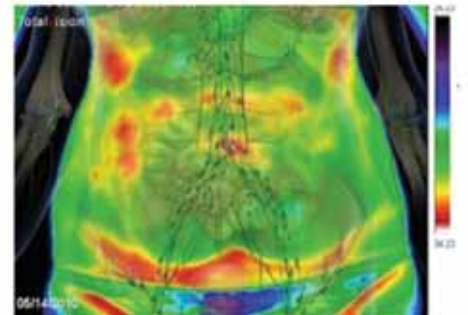
Breast Scan
(Lymphatic System, Cancer, Tumors, Cysts)



Knee Pain
(Baker's Cysts, Inflammation, Arthritis, Injuries)



Head/Neck Scan
(Headaches, Sinus/Allergies, Carotid
Artery, Shoulder & Neck Pain)



Abdominal Scan
(Digestive Disturbances, Gastrointestinal
Problems, Abdominal Cramping, Inflammation, IBS)

Pain and Inflammation Imaging: Thermography Medical Imaging

SEE PAGE 3 FOR DETAILS

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

MONDAY OCTOBER 1

Hospice of Acadiana – 8:45 am. Join Hospice of Acadiana by participating in volunteer training and make a difference in your community. Volunteers are needed especially in Acadia, Vermillion and St Landry parishes. Pre-registration is mandatory. Ann Wallace. 337-232-1234 ext 3732. HospiceAcadiana.com.

Basic Computing – 9:30-11:30am. Basic computer components and architecture, use of the mouse and keyboard, instruction on working with windows, toolbar and command menus, running multiple Windows applications and more. Free. South Regional Library, 6101 Johnston St, Lafayette, 70503. 337-981-1028.

Tap Dancing Class – 5:30-6:30pm. Veteran dance instructor Debbie Roat Moore will lead Cite des Arts' Fall Adult Tap Dancing classes for beginners to advanced. 109 Vine St, Lafayette. 337-291-1122.

TUESDAY OCTOBER 2

Diabetes Class – 9:30-11:30am. Part 1 of 4 part Class. Part 1: What is Diabetes; Oct 9 - Part 2: Nutrition & Diabetes. Oct 16 - Part 3: Exercise & Modifying Recipes for Diabetes. Oct 23 - Part 4: Living Well with Diabetes. Mandy Armentor. Abbeville Library, 405 East Saint Victor St, Abbeville. 337-898-4335.

WEDNESDAY OCTOBER 3

Teen Poetry Night – 6-7pm. All young poets come and join the spoken word group Revolution Theory for a night filled with reading, writing and expression through poetry. Ages 13-18. North Regional Library, 5101 North University Ave, Carencro, 70520. 337-896-6323.

Mother Birth Pregnancy & Childbirth Services – 6:30-8pm. Learn more about what a doula is and how doula support can help you in your upcoming birth. Meet doulas serving the Acadiana area and tour the birth center. Free. Gentle Choices Birth Center, 1424 St John St, Lafayette. 337-366-0303.

THURSDAY OCTOBER 4

OHS Class of 1992 20th Year Reunion – thru Oct 7th. Time of events vary. Thurs afternoon Homecoming parade. 7pm Fri night Homecoming game. 10am Sat morning brunch. 7pm Sat evening formal banquet. \$100/classmate, \$50/guest. Opelousas. Paula Jordan 337-251-4532.

Family Time – 10:30-11am. Includes storytelling, music and educational activities for all ages. No pre-registration required. South Regional Library,

6101 Johnston St, Lafayette, 70503. 337-981-1028.

Boys & Girls Clubs of Acadiana Fundraiser – 6:30pm. "29th Annual Steak & Burger." To showcase the youth which we serve and provide the opportunity for individuals to help our community's children to be great and achieve their dreams for success. Each table will have two Club kids so the guests can speak to the children and learn more about what they do in the Clubs. Proceeds go to all six of our local Clubs. \$150/person. Cajun Dome Convention Center, 444 Cajundome Blvd, Lafayette, 70506. 337-268-9555. BGCAcadiana.com/events/SteakandBurger.

"The Kingfish" – 7pm. Iberia Parish Preservation Alliance and the Iberia Performing Arts League present this play. Jay Suire is a one-man show focusing on the life and times of former Governor Huey P Long. Purchase tickets at the Shadows-on-the-Teche Visitors Center or the Bayou Teche Museum. Carmen Nicholson. 129 Iberia St, New Iberia. 337-365-3198 or 337-224-1280.

FRIDAY OCTOBER 5

Tour du Teche Canoe Race – thru Oct 7th. 133 mile race from Port Barre to Berwick, LA, along Bayou Teche. Fri 6:30am-?: Port Barre to St Martinville. Sat 6:30am-?: St Martinville to Franklin. Sun 6:30am-6pm: Franklin to Berwick. Music Nightly. 337-394-6232. TouduTeche.com.

Healing House – 8am-4pm. Cooking for the Kids Jambalaya Cook-Off. River Ranch Town Square, 1100 Camellia Blvd, Lafayette. 337-234-0443.

Sugar Fest Classic Added Money Barrel Race – thru Oct 7th. 8am-?. Regional barrel race and concessions. SugArena, Acadiana Fairgrounds, 713 NW Bypass (HWY 3212), New Iberia. 337-365-7539. SugarArena.com.

Elder's Extravaganza – 9:30am-3:30pm. Food, entertainment, door prizes, music, dancing and lunch. \$10. Amy Lowery. Northgate Mall, 1800 Northeast Evangeline Thruway, Lafayette. 948-3922 or Thensted Center 662-8535.

4th Annual Southwind Golf Classic FORE Alzheimer's – 12pm. Three man scramble; shotgun start - includes cart, range balls, lunch and all drinks. Door prizes, sponsorships available. \$100. Michele. Bayou Bend Country Club, 427 West Hoyt Ave, Crowley. 337-258-6398.

SATURDAY OCTOBER 6

5K Family Friendly Walk – 8am. NAMI - National Alliance on Mental Illness walk starts 9:30am. To

provide education, support and advocacy. Walk to change minds one step at a time. River Ranch Town Square, 1100 Camellia Blvd, Lafayette. 337-288-0744. NAMIWalks.org/Acadiana.

Energetic Trauma Release – 9am-4pm. When someone experiences emotional or physical trauma, illness, chronic stress, surgery, suppressed or negative feelings, energy blocks in the body are caused affecting health and well being. Hands on class shows how to release these energy blocks returning to a sense of calm. \$125 or \$195 if taken with Mind Body Self Care Strategies (Oct 7) includes lunch. \$50 deposit. Balance due on or before first class. Sue Heldenbrand. 512 Robert Lee Circle, Lafayette. 337-232-4799. SynergisticCenter.com.

Shadows-on-the-Teche Arts and Crafts Fair – 9am-4pm. Over 90 vendors display arts and crafts in the gardens Shadows-on-the-Teche plantation home. Paintings, jewelry, children's clothing, cypress furniture, candles, wine, food, raffles and much more. \$5 or \$3/age 6 to 11. 317 E Main St, New Iberia. 337-369-6446. ShadowOnTheTeche.org.

Beau Chene High Mattress Fundraiser – 10am-5pm. Fundraiser sale, all sizes available. Quality name brand mattresses and free layaway: Pillowtop, Orthopedic, Latex, Memory Foam & Gel Beds. All items brand new. Delivery avail. Cash, checks, and credit cards accepted. Profits go directly to the teams. Beau Chene High School, 7076 Hwy 93, Arnaudville. 337-662-3325.

St Joseph/St Ann Fall Festival – 10am-10pm. Family fun, food and music all day. Free. St Joseph Catholic Church grounds, Hwy 167, Plaisance Community.

Annual Latin Music Festival – 12-10pm. Live music, great food, arts & crafts and fun for the whole family. Free. Parc International, Lafayette. ACLAlaf.org.

SUNDAY OCTOBER 7

Mind, Body Self Care – 9am-4pm. Class shows mind-body techniques that can reduce the harmful effects of stress. Learn stress-warning signs, stress reducers, learn to assess your mind, body, spirit level, meditation and more. \$125 or \$195 if included with Oct 6 class, includes lunch. \$50 deposit. Balance due on or before first class. Sue Heldenbrand. 512 Robert Lee Circle, Lafayette. 337-232-4799. SynergisticCenter.com.

Past Life Regression & Hypnotherapy – 1-3pm. Hypnotist, Chrisanne Wilhelmi will conduct this interesting and fun workshop explaining how hypnotherapy can help with problems, emotions and phobias leftover from a past lifetime. A fear or emotion that keeps recurring with no experience that would have caused the problem - Chrisanne will give everyone a group experience of the process. Preregistration required. \$20. Earth-N-Herbs. 284 East Martin Luther King Junior Dr, Grand Coteau, 70541. 337-662-4022. Earth-N-Herbs.com.

THURSDAY OCTOBER 11

Yarn Painting Craft for Tweens – 4-4:30pm. Ages 9-12 create colorful, fall leaves using yarn. South Regional Library. 6101 Johnston St, Lafayette, 70503. 337-981-1028.

FRIDAY OCTOBER 12

World Championship Gumbo Cook-Off – thru Oct 25. Fri 7-10 pm; Sat 8am-10pm; Sun 9:45am-4pm. Family oriented food festival in historic downtown New Iberia. Music all weekend. 102 W Main St, New Iberia. 337-364-1836. IberiaChamber.org.

Golf Classic '12 – Presented by the Greater Lafayette Chamber of Commerce. Angelle Theriot. Le Triomphe Golf & Country Club, 100 Club Blvd, Broussard, 70518. 337-233-2705.

SATURDAY OCTOBER 13

LA Stock Horse Association – 8am-until? Horse show and concessions. 713 NW Bypass, Hwy 3212, New Iberia. 337-365-7539. Sugarena.com.

The Zydeco Pancake Breakfast – 8-11am. The Kiwanis Club of Acadiana invites everyone to attend their biggest annual event and fundraiser. All You Can Eat pancakes, sausage, coffee, milk, juice, soft drinks. Chubby Carrier and The Bayou Swamp Band will play so people can dance while children have games, face painting and more. \$5. Acadian Village, 200 Greenleaf Dr, Lafayette. KiwanisOfAcadiana.WordPress.com.

Cajun Dome Community Auction – 10am. Open to anyone who wants to sell or buy items. Construction and industrial equipment, farm machinery, cars, trucks, travel trailer, motor homes, boats, motorcycles, lawn and garden items, shop equipment, office and household items. Online bidding available. Mike Pedersen. Cajun Dome, Cajun Dome Blvd, Lafayette. 337-494-1333. TheBestAuction.net.

Razzmatazz for Kids: Bilingual Performance (English & French) – 11-11:45am. All the way from Nova Scotia, Canada, the award-winning show will get you clapping your hands, singing and doing the motions to their lively original music. The bilingual show enriches the enjoyment of French music and culture for French immersion students and francophones. Ages 3 and up. South Regional Library, 6101 Johnston St, Lafayette, 70503. 337-981-1028.

Lego Club – 2-3pm. Children build projects based on a theme. The program begins with sample Lego models and books based on that theme. Ages 7 and up, an adult must accompany the child. Preregistration required. North Regional Library, 5101 North University Ave, Carencro. 337-896-6323.

SUNDAY OCTOBER 14

St Ignatius Rainbeau Festival – 8am-4pm. Kick-off with a 5K and 1-mile fun run. Enjoy the Sweet Shop, the concession stand and games for the kids. Sample the different flavors and varieties from the Gumbo Cook-off. The Silent Auction offers a variety of merchandise for adults to bid on. The Plant Booth offers plants priced less than retail and decorated pumpkins. View the Cardinal Car show of classics and classic hot rod cars and trucks and vote on your favorites. Free. St Ignatius School grounds, Grand Coteau. 337-662-3325.

TUESDAY OCTOBER 16

Master Puppet Theater Puppet Show – 10:30am-11:30pm. Three puppet performances will appeal to young audiences. South Regional Library, 6101 Johnston St, Lafayette 70503. 337-981-1028.

THURSDAY OCTOBER 18

Iberia Performing Arts League Presents “Lilies of the Field” – thru Oct 21 and Oct 25-28. Live theatre production and concessions. Tickets available at Delaune’s Pharmacy 337-364-7671; Paul’s Flower Shop 337-365-1428; Accentric’s 337-367-6892. Essanee Theater, 126 Iberia St, New Iberia. 337-364-6114. IberiaPerformingArtsLeague.com.

Look Good Feel Better Workshop – 5:30-7:30pm. American Cancer Society hosts this workshop for female cancer patients undergoing active radiation and/or chemotherapy treatment. Patients receive a free makeup kit valued over \$250 and one-on-one assistance from local beauty professionals to teach women how to cope with skin changes and hair loss using cosmetic and skin care products. Free. Oncologics, Inc, 4809 Ambassador Caffery Pkwy, Suite 100, Lafayette, 70508. 800-227-2345.

Natural Baby & Child Care – 6:30-8:30pm. Learn how to take care of your baby & child naturally. Learn about common childhood problems, how to treat them naturally without the drugs, chemicals and also when to call a doctor. \$20 preregistration required. Earth-N-Herbs, 284 E Martin Luther King, Jr Dr, Grand Coteau, 70541. 337-662-4022. Earth-N-Herbs.com.

International Rice Festival – thru Oct 20. 7pm. Events include rice eating, cooking, music and much more. 110 East 4th St, Crowley. 337-783-3067.

FRIDAY OCTOBER 19

The Lorax – 2pm. Based on the Dr Seuss book, this movie follows a boy’s struggle to win a girl’s affection and help the Lorax protect his world. South Regional Library, 6101 Johnston St, Lafayette, 70503. 337-981-1028.

SATURDAY OCTOBER 20

SugaSheaux – 8 am-? Regional rodeo competition and concessions. 713 NW Bypass (Hwy 3212), New Iberia. 337-365-7539.

Tailgating Cook-off – 8am-11pm. Good ol’ fashion Cajun tailgating cook-off, jokers wild poker run, Mummy Mutts Dog Parade, fais-do-do, kids games, arts & crafts, refreshments and more. 601 Ed Broussard Rd, Loreauville. 337-577-3852.

Southern Soul Food Showdown – 11am-2am. Enjoy a large variety of Southern Soul Food while listening and dancing to the music of southern soul and Zydeco. 7304 E Hwy 90, Jeanerette (Grand Marais). 337-365-8185.

MONDAY OCTOBER 22

Bluegrass Jam – 7pm. Open to the public, bring an instrument to join in or just lay back and listen to some of the best Bluegrass and Folk music. 109 Vine St, Lafayette, 70501.

FRIDAY OCTOBER 26

Arc of Acadiana’s Eighth Annual Charity Golf Classic – 7am. The Wetlands Golf Course, 2129 North University Ave, Lafayette, 70507. ArcOfAcadiana.org.

SATURDAY OCTOBER 27

All Lagniappe Fest – Join us for a day of family fun, food and crafts. Flea market, craft booths, Church-wide rummage sale, plant sale featuring

Hard-to-Kill/Native/Heirloom plants and specialty garden items. Children’s activities include a fun jump, face painting, games, and a pumpkin patch with pumpkin painting. Music and performances by local artists from our community. Northwood United Methodist Church, 4530 Moss St, Lafayette, 70507. 337-235-9145.

DSAA 8th Annual Buddy Walk – 9am-1pm. Support individuals with Down syndrome and join the Buddy Walk. Food, fun and music by Damon Troy & Final Five. \$15. Parc International, Lafayette. 337-234-3109.

Food Day Event – 2-6pm. Join the nationwide celebration of a movement toward more healthy, affordable and sustainable food culminating in a day of action. Real local food from local farmers and artisans. Children’s activities include food art, face painting and planting. Local food by Jolie’s Bistro, Cochon, Great Harvest Bread Co and more. Free. Michelle MacFadyen. Heymann Memorial Park, corner of S College Rd and Girard Park Dr, Lafayette. 337-236-8966. FoodDay.org.

New Iberia Beneath the Balconies – 2-6pm. A series of theatrical presentations on selected balconies along New Iberia’s award-winning Main St. Historical vignettes and musical performances commemorate Louisiana’s bicentennial. Bring a lawn chair. Shadows-on-the-Teche, 317 E Main St, Jefferson St, Boulingy Plaza Gazebo, 102 Main St. 337-364-1603.

Boys & Girls Clubs of Acadiana – 3-9pm. 10th Annual Brudley’s Wild Game Cook-Off. SugArena, 713 Northwest By-Pass/Highway 3212, New Iberia. 337-943-7120.

SUNDAY OCTOBER 28

The Magical Use of Herbs – 1-3pm. Class explores the herbal wisdom and lore from the Old and New Worlds. In history, “witches” that were burned at the stake were actually healers and herbalists. Learn of the old herbals stringing a garland of marigolds above door to keep evil from entering your home, carrying a bag of orris root to attract love and drinking rosebud tea before bed to induce prophetic dreams. \$20. Preregistration required. Earth-N-Herbs. 284 E Martin Luther King Jr Dr, Grand Coteau, 70541. 337-662-4022. Earth-N-Herbs.com.

Halloween Children’s Festival and Costume Contest – 2 pm. Contest, games, fun jump, cakewalk, concessions. New Iberia City Park, 300 Parkview Dr. 337-367-1580.

LA Theatre Works Performs “Pride and Prejudice” – 7pm. Published in 1813, this performance marks the 200th anniversary of Jane Austen’s Pride and Prejudice, one of the most acclaimed and still strikingly modern works of world literature. The sparkling tale of the Bennets, a family blessed with five daughters and a mother desperate to marry them off. Heymann Performing Arts Center, Lafayette. 337-237-2787.

TUESDAY OCTOBER 30

Regional Baby Time – 9:30-9:45am. Designed to introduce mothers, fathers or caregivers and babies ages 9-18 months to nursery rhymes, songs, finger plays and early literacy information. South Regional Library, 6101 Johnston St, Lafayette, 70503. 337-981-1028.

ongoing events

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

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

sunday

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

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

Lafayette Petanque Games – 2-4pm. La Boule Cadienne de Lafayette sponsors regularly scheduled games on the north end of Girard Park the fourth Sunday of each month. Petanque is a bowling game traditionally played in town parks and squares in France on hard packed surfaces. Free. Mike LeBlanc. Girard Park. 337-291-7179.

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

monday

Water Aerobics Class – 2:30-3pm. Removes pressure from joints and makes moving easier; reduces the fear of injuries from falling. Adults 50 yrs & older or with special needs or disabilities who can participate independently. Free. Denise Ferguson. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8127.

Tap and Jazz Dance Class – 5:30-6:30pm. Adult class for beginners-advanced students. \$35 per month. Debbie Roat Moore. Cite des Arts, 109 Vine St, Lafayette. 337-291-1122, 337-290-1601. CiteDesArts.org.

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

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

Lafayette Photographic Society – 7-9pm. Bi-monthly meetings on 2nd and 4th Mondays of the month to foster its artistic craft. Educational programs and guest speakers at the 2nd Monday's meeting. Inter-club projected image and print competitions at the 4th Monday's meeting. Free. Rosa Parks Transportation Center, AOC Community Media Multipurpose Room. Blumarie56@yahoo.com.

tuesday

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

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

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

Water Aerobics Class – 2:30-3pm. Removes pressure from joints and makes moving easier; reduces the fear of injuries from falling. Adults 50 yrs & older or with special needs or disabilities who can participate independently. Free. Denise Ferguson. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8127.

Teche Area Farmers' Market – 3-6pm. Fresh and frozen produce from local farmers, handmade crafts, jams, jellies, preserves, baked goods, live animals, farm fresh eggs, frozen seafood, something for everyone of all ages. Main St, New Iberia.

Irish Step Dance Class: Ryan School Of Irish Dance – 3:30-8pm. Classes for all ages. Sheila Davoren. Cite des Arts, 109 Vine St, Lafayette. 337-291-1122. CiteDesArts.org.

Cranky Kids Acting Workshop – 4-5pm. Acting group for kids ages 6 and up to master improvisation, storytelling and other forms of the art of acting. \$16. Jim Phillips. Cite des Arts, 109 Vine St, Lafayette. 337-291-1122. CiteDesArts.org.

Cash & Carry Farmers' Market – 4-6 p.m. Fresh produce, delicious homemade goods and the area's best local musicians. From country eggs and homemade fig cakes to squash and grass-fed beef,

something for everyone. Brett Marino. Historic Cash & Carry Building, 801 Enterprise Blvd, Lake Charles. 337-764-9432.

Cranky Kids Acting Workshop – 4-5pm. Acting group for kids ages 6 and up to master improvisation, storytelling and other forms of the art of acting. \$16. Jim Phillips. Cite des Arts, 109 Vine St, Lafayette. 337-291-1122 or 337-290-1601. CiteDesArts.org

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

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

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

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

Still Life Drawing Lessons – 6-8pm. Bring your sketchbook, charcoal, pencils, etc to create a masterpiece from the spontaneous set up of items to draw. Great practice for beginners and intermediates. Free. Freetown Studios, 421 E Covent St, Lafayette. FreetownStudios.org. FreetownStudios@yahoo.com.

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

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

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

Vinyl and Wine – 7-10pm. Wine Tasting. Free. Tiffany Davis. The Porch Coffee House, 4710 Common St, Lake Charles. 337-564-5769. TiffanyDavis2@yahoo.com.

wednesday

La Table Francaise – 8:30-9:30am. Last Wed of month. Grab a cup of coffee and share conversation and fun with other French speakers. Whiteville

School House, Le Vieux Village, 828 East Landry, Opelousas. 337-948-6263.

LEDA Networking Luncheon – 11:30am. The chance to meet over a hundred people at a buffet lunch. Several guest speakers from local businesses give a three-minute presentation to promote their products or services. The “roaming mic,” is passed to everyone in the audience for the opportunity to stand up and tell their name and the name of their business. Door prizes and plenty of time for mingling. \$17.50. RSVP requested by 5pm the Tues before. River Oaks, Lafayette. 337-593-1400.

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

Freetown Farmer’s Market – 2-6 pm. Pesticide-free produce, plants, flowers, baked goods and crafts from local farmers and vendors. Helping Hands Farm, corner of Johnston St and Vermilion St (across from Taco Sisters), Lafayette. 225-324-6762.

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

Cajun Dance Class – 6:30pm. Learn the traditional Cajun waltz, 2-step, jig, ever changing jitterbug and the many turns and embellishments. \$60/6 sessions. Brandon K Broussard. Cite des Arts, 109 Vine St, Lafayette. 337-291-1122. 337-290-1601. 337-257-0801. CiteDesArts.org. CajunLafayette@yahoo.com.

thursday

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

Coping Creatively Through Grief Workshop Series – thru Oct 18. 9am-12pm. As we create, we tap into non-verbal places that do not always surface through speech. Bereavement staff offers creativity and sharing to help grievers heal. Weekly four session workshop includes: Life as it was-Life as it is-memories and life changes Oct 4; Who am I Now? Exploring self and purpose Oct 11; Finding the Way-Journeying on Oct 18. Free, registration required. Center for Loss and Transition, Hospice of Acadiana Conference Center, 2600 Johnston St, Lafayette. 337-232-1234.

Ongoing Grief Support Group – 12-1:30pm. See Tuesdays listing. 2600 Johnston St, Suite 200, Lafayette. 337-232-1234.

Water Aerobics Class – 2:30-3pm. Removes pressure from joints and makes moving easier; reduces the fear of injuries from falling. Adults 50 yrs & older or with special needs or disabilities who can participate independently. Free. Denise Ferguson. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8127.

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

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

friday

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

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

Downtown Alive – 5:30-8pm. Great family-friendly, smoke free, outdoor concerts with food and beverage concessions. Parc International, Lafayette.

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

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

saturday

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

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

Teche Area Farmers’ Market – 6-10am. See Tues listing. Main St, New Iberia. 337-256-4971.

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

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

Antiques and Farmers Market – 8am-4pm. See Sun listing. Market and Auction House. 151 B Leo Richard Rd, Sunset. 337-212-2091.

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

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

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

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

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

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

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

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

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

Freetown Farmer’s Market – 10am-2pm. See Wed listing. Helping Hands Farm, corner of Johnston St and Vermilion St (across the street from Taco Sisters), Lafayette. 225-324-6762.

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

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

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

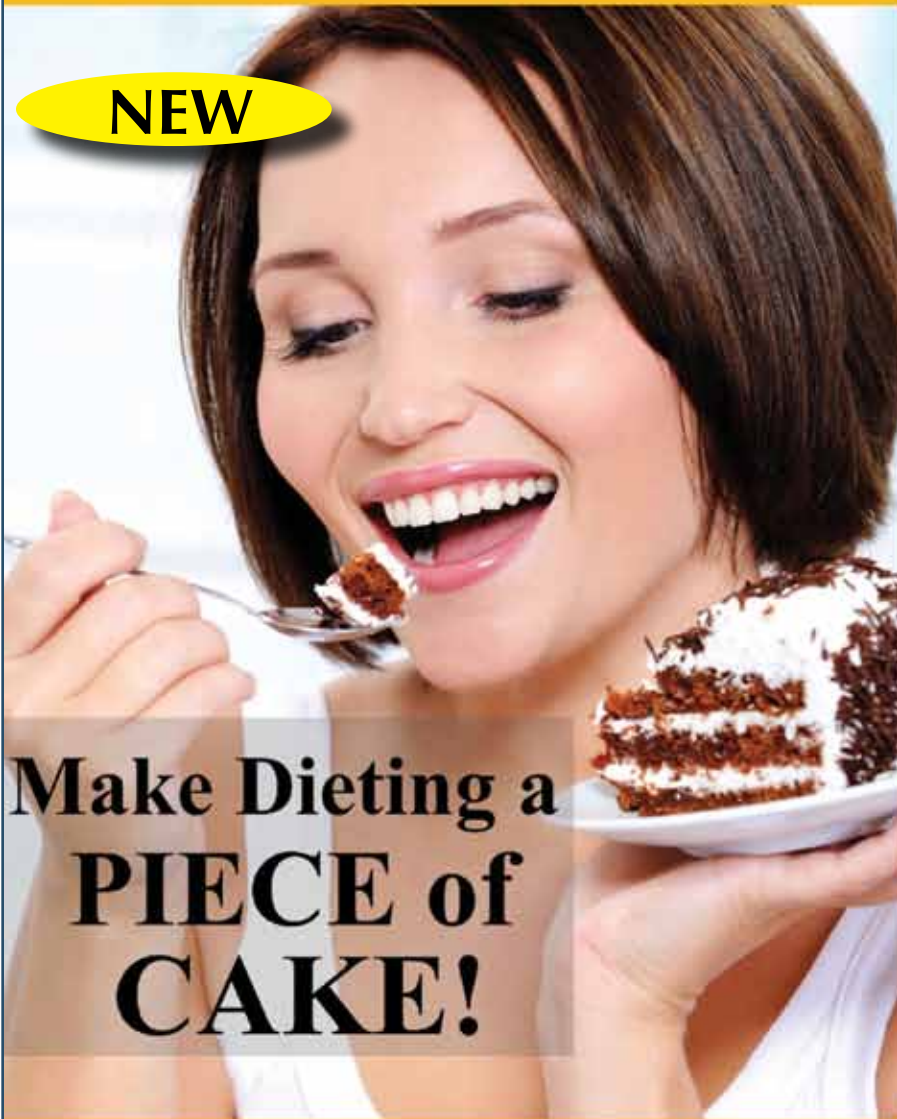
Movies in the Parc – 6:30pm. Bring the family to watch a movie under the stars in Parc International. Bring blankets and chairs. Concessions available. \$2/Admission; free/children 5 and under. Cox and Women’s & Children’s Hospital. Parc International, Downtown Lafayette. 337-291-5566. Downtown-Lafayette.org.

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

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

New Weight Loss Breakthrough

NEW



Make Dieting a
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Dieters - Take Control with Thermo X

Women are reaching for the new diet program to ward off the pounds

The key to successful weight loss is to control your eating behavior. It's no secret the reason most dieters fail is simply because they can't resist eating of pleasure and satisfaction, but you pay the price in pounds. ThermoX helps you take control of your eating behavior by turning off food temptations that can lead to binge eating. Take control of your eating habits with ThermoX.

Linda Corella lost 40 lbs
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- 12 Whole Body Vibration Sessions
- 2 DermoSonic Cellulite Reduction Treatments
- 1 Body Wrap Treatment
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- 1 Ion Foot Detox Treatment
- Fat Complex Fat Resistor
- Thermo X Fat Burner
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CARENCRO Location

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wellness & SMOOTHIE BAR

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SUNSET Location

FACT:

A 2007 review published in the journal Nutrition and Cancer reported on the effects of wheatgrass juice on a side effect of chemotherapy, neutropenia, and low white blood cells. The study found that in 60 breast cancer patients on chemotherapy, wheat grass juice **REDUCED** the side effects.



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Natural Health Center
I-49, Exit 4, Carencro
Across from the New Super 1 Foods
Telephone: 896-4141

Smoothie Factory, Lafayette Tel: 989-7001
DHARMA Wellness Center, Sunset Tel: 534-1110

WHEATGRASS AND CANCER

Wheat grass as an adjunct may be effective in quality of life improvement for the terminally ill cancer patient. A 2006 study published in the "Journal of Clinical Oncology" investigated the role of wheat grass for improving blood and platelet count and found that study participants had a positive result. Furthermore, wheat grass therapy in this regard may serve as an effective alternative to blood transfusion.

The results of a 2007 study led by Gil Bar-Sela from Rambam Medical Center at the Technion-Israel Institute of Technology in Haifa, Israel, and published in the journal "Nutrition and Cancer," reported that daily consumption of 2 oz. of wheatgrass juice reduced the blood toxicity associated with chemotherapy in study patients and did not interfere with the effectiveness of the chemotherapy treatments. The researchers noted, however, that the efficacy of the treatment warrants a further confirmation study.

Sources: Journal of Clinical Oncology and Journal of Nutrition and Cancer



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BACK to BASICS Health Program \$160

One month supply of GENESIS Wheatgrass
Vitamin Therapy: Food-Based Multivitamin & Food-Based Multimineral
Healthscope Health Assessment
Thermography Women's Health Screening
Naturopathic Doctor Visit

UNLIMITED Spa Services \$280

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

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

RESTORE Health Program \$340

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

Vitamin Therapy: Co-Q10, Antioxidant Complex, Food-Based Multi
Healthscope Health Assessment
SAUNA & Whole Body Vibration
Water Massage Therapy
DERMOSONIC Cellulite Reduction (max 4 sessions)
Naturopathic Doctor Visit (max 2 sessions)
Thermography Screening (max 2 sessions health screening only)
Hydro-Dermo Hydration Spa Treatments
Infrared Body Wrap
Ion Foot Detox

SAUNA & Whole Body Vibration

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

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

Water Massage Therapy

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

DERMOSONIC Cellulite Reduction

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

Naturopathic Doctor Visit

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

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

Thermography Medical Imaging

1 Session Complimentary Breast Screening: Free
2 Sessions Breast Thermography Screening: \$78
2 Sessions Full Body Thermography Screening: \$188

Hydro-Dermo Hydration Spa Treatment

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

Infrared Body Wrap

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

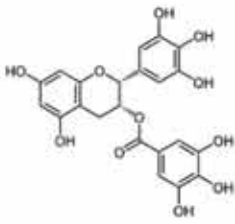


Obesity is A Major Medical Crisis

Obesity is now a major medical crisis of the twenty-first century. We're getting fatter all the time, despite our knowledge of the consequences. There is overwhelming evidence that obesity - and, to a lesser extent, merely being overweight (BMI = 25-29) - is directly or indirectly responsible for our susceptibility to many serious diseases that degrade or ruin our lives while we are alive, and kill us before our time. These diseases include cancer, cardiovascular disease, diabetes, degenerative joint diseases, psychological disorders such as depression, anxiety, and more. Understanding the chemistry of weight loss can not only save lives, but improve our health and overall well-being.

WheTea Weight Loss Formula

"I lost 10 lbs in my first 6 days." \$320 Full Month Unlimited Program



Epigallocatechin gallate
EGCG

Wheatgrass is low in calories and has no fat, sugar or cholesterol. Wheatgrass is a nutritionally powerful food that meets all of your body's nutritional requirements. This will help to reduce cravings, because your body has all of the nutrients it needs, resulting in lower caloric intake. One ounce of wheatgrass juice is equal to 2 lbs. of fresh vegetables nutritionally.

Wheatgrass is a rich source of beta carotene, vitamins B1, 2, 3, 5, 6 and 12, vitamins C and K, choline, calcium, folic acid, copper, iodine, magnesium, phosphorus, potassium, zinc and amino acids. Wheatgrass is also one of the richest sources of chlorophyll found in nature.

Burns fat with enzymes and epigallocatechin gallate (EGCG).

When there is an increased level of lipids in the body, a hormone is activated to metabolize the lipids. A low secretion of this hormone will encourage the storage of fats in the body, resulting in obesity.

The enzymes in wheatgrass have the ability to increase the hormone production to actively metabolize lipids and break down the structure of fat within the body and reduce body fat. WheTea contains EGCG - the most powerful component of green tea that burns fat and reduces weight.

WheTea

THERMOGENIC FAT BURNER

Wheatgrass - Green Tea Concentrated Extract

contains

100% Organic Wheatgrass

- Burns fat
- Contains EGCG for fat oxidation
- Boosts metabolism
- Increases the body's alkalinity
- Contains over 92 elements



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Natural Health Center

Powerful, Positive Healing for Life

The Chemistry of Weight Loss

by Dr. Steven T. Castille

Biochemist and Doctorate in Natural Medicine

"I created WheTea to be a powerful nutrient-dense thermogenic that aids in rapid weight loss."

Metabolism Thermogenics Lean Protein Diet

WheTea

Concentrated Wheatgrass and Green Tea Drops

WEIGHT LOSS Formula



Get Rid of the Belly Fat

Drinking a minimum of 64 ozs of water with WheTea on a daily basis curbs your appetite by metabolizing sugars and fats in your body.

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