

FREE

HEALTHY LIVING HEALTHY PLANET

# natural awakenings

## Forever Flexible

Keep Joints  
Naturally Healthy

## Why Our Bodies Love YOGA

## How Music Deepens Meditation

## Healthy Box Lunches Kids Love



## Organic Frozen Wheatgrass Juice

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



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

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

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

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

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

## Green Waters Alkaline Water



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

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

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

## pH 9.5 Drops



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

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

## BF-4 Weight Loss FAT GRABBER AND FAT BURNER



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

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# Natural Health Center

*Powerful, Positive Healing for Life*

100 E. Angelle Street

# Carencro, LA



## Natural Health Remedies

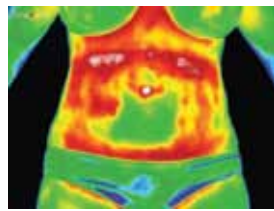
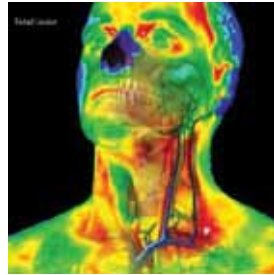
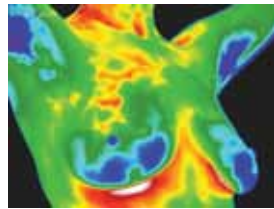
Discover the Secrets to a World of Wellness



Across from Super One Foods

Next door to Dollar Tree





### 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.

# Are Health Screenings Important?

## Signs and Symptoms Why You Need One

### 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.

### 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.

## Canker Sores

They keep coming back inside the mouth... Most often, allergies to foods.

## Swollen Lymph Glands

Most often a food allergy, but check for serious disease.

## Skin Tags

*Scattered on the neck?*

They often appear under the arms, or elsewhere. All location indicate the same thing. Test for blood sugar abnormality.

## Sore Shoulder

*Tender-to-pressure spot right at the side, where it slopes into the arm.* Bursitis, B12 is the related nutrient deficiency.

## Numerous Small Bumps in the Skin

*On the side and back of the upper arm there are numerous small bumps in the skin.* These usually go away with vitamin A; at times, however, B complex and essential fatty acids are needed as well.

## Hands

The nails are breaking, chipping, splitting, won't grow. Look for hypochlorhydria (low stomach acidity). Keep calcium, zinc, essential fatty acids, and thyroid in mind, but always look for low stomach acid first.

*Source: Guide to Healing with Nutrition*

## Nutrition 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*

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**"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.

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

"We Are Not Getting Proper Nutrition"

**READ Page 47  
to LEARN HOW TO SCHEDULE  
A HEALTH SCREENING TODAY**

**For more information or to schedule an office visit call  
(337) 896-4141**

## **publisher's letter**



Imagine for a moment that you were invincible. That no matter what you did, you could heal from it. For example, imagine that when you were young you jumped out of a tree and broke your leg - and wham - your body heals. Or maybe you put your finger in fire and burnt your finger, and again, your body healed itself. Or you pollute your body with poisons like processed foods, drugs, and alcohol and still your body survives and heals. Are you lucky? Is it genetics? A miracle? Truth is you are a healing machine! And it's actually very difficult to get sick.

Think about what you have put your body through over the course of your life. The physical, mental, and chemical stresses, and yet here you are. Still kicking. And why? Because, your body is designed to heal. It uses a very intelligent and predictable method to determine how fast and how well you will heal. The following are the 3 laws of healing that your body uses every day. From a cut on your finger to healing from cancer - the process and the laws are the same.

**Law of Cellular Replacement:** this law states that in order for the body to heal it must replace the cells that are damaged or mutated to become healthy again. For example, if you bruise your arm you have damaged cells. Your body will be healed from that bruise when all of the damaged cells have gone away and new healthy cells have replaced them. Fortunately, your body naturally produces over 1 million red blood cells per second. That means healing can happen quickly if we let it.

**Law of Time:** this healing law states that all healing takes time. How much time? Whatever time that it takes to completely replace the damaged or mutated cells. Although we cannot rush healing we certainly can assist it. Often we get in the way because our lifestyle (or attitude) doesn't allow for "time" to heal.

**Law of Supply and Demand:** probably the least understood law of the three, and yet, maybe the most important. Also the one you can have the biggest impact on. The law of supply and demand will determine how much time it takes to heal and the quality and frequency of how the cells are replaced. This law states that your body will heal accordingly to the supply and demand of healthy options for your body. For example, if you are trying to heal from a cold, what you supply your body with for fuel (food) will determine the quality of cells that are newly created to replace the sick cells. If you provide poor fuel (food) ie: alcohol, processed foods, then you will produce poor quality cells and healing will take longer. Remember, you are literally what you eat. You will produce cells only to the quality of food you put in your body. This law also takes into consideration things like stress, physical activity, in addition to your diet. When you supply yourself with good nutrition, a sound mind, and plenty of rest, you heal faster.

Healing is not hard, but what can be hard is listening to your body. And it's only hard because you may not have much practice at it. Pay attention to your body to apply these laws daily, and live a healthy and prosperous life.

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



*Steve & Michelle*

Steve and Michelle Castille, Publishers

HEALTHY LIVING HEALTHY PLANET

**natural**  
awakenings

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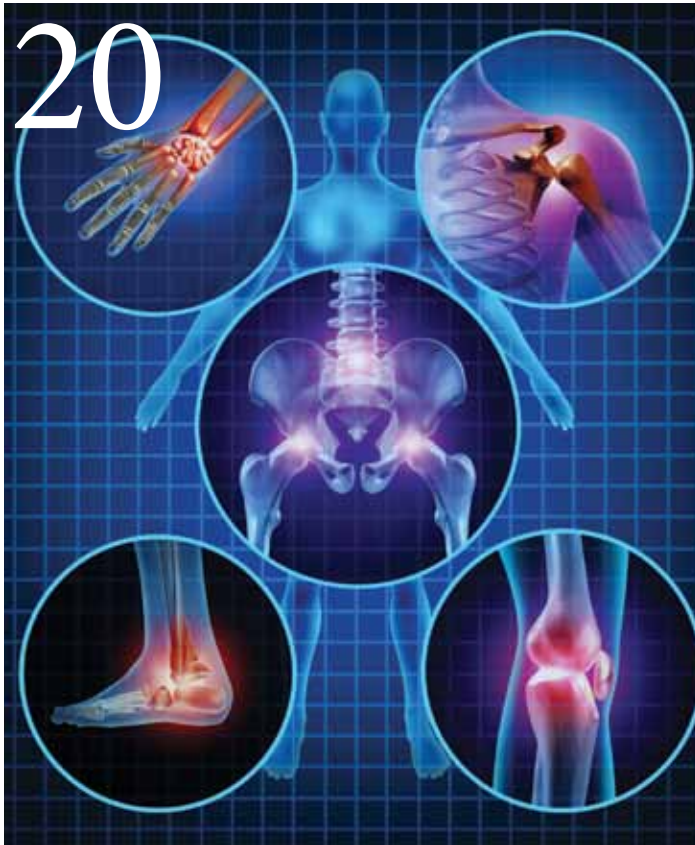
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Natural Awakenings is your guide to a healthier, more balanced life. In each issue readers find cutting-edge information on natural health, nutrition, fitness, personal growth, green living, creative expression and the products and services that support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

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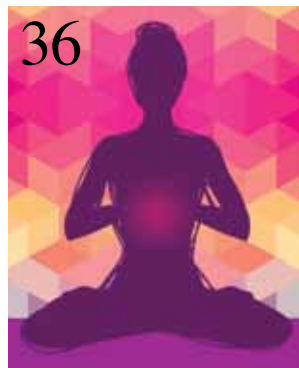
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## Mamou Hosts Cajun Music Festival



Mark your calendars for the Annual Mamou Cajun Music Festival, beginning at 7 p.m., September 14, at Mamou Recreational Center Complex, through September 15. The two-day music festival features

traditional Cajun musicians, dancing, food and contests, and provides a platform for the many traditional Cajun musicians seeking to gain exposure and compensations for their music.

The festival takes pride in promoting the preservation of Cajun culture, offering games and activities that interest both children and adult residents of Mamou, as well as tourists visiting from around the world. Some of the featured games and events are the children's guinea chase, a watermelon eating contest, egg throwing, washerboard tournament and men's arm-wrestling.

For information, visit [MamouCajunMusicFestival.com](http://MamouCajunMusicFestival.com)

## Cajun Food Tours Offers 'Cajun Experience'



Cajun Food Tours is offering a unique "Cajun Experience," exploring the rich food culture of southwest Louisiana. The tour not only highlights the flavors of Acadiana, but also emphasizes the uniqueness of Cajun and

Creole culture.

The tour includes a fun three-and-a-half hour ride in a 14-passenger, customized party bus making stops to a minimum of five different tasting spots, all while learning about the history and hospitality of Acadiana. The tour features three separate tours, including the Walking Breaux Bridge Food Tour, the Original Cajun Food Tour and the Around the World Taste Tour, with each presenting its own special surprises. Food is included with the price of the tour with pick up points at several Lafayette hotel locations.

For more information, call 337-230-6169 or visit [CajunFoodTours.com](http://CajunFoodTours.com).

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2 Visits a week \$89/month  
1 Visit a week \$39/month

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## VITAMIN CLUB

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- Box of Frozen Wheatgrass (16 – count)
- Case of Greenwater
- pH 9.5 Drops
- BF-4 Weight loss (1 bottle)
- Pain and Inflammation Enzyme (1 box)

(337) 896-4141 **\$59/month**

Retail Value: \$171

## Tummy Tuck

### Flat Stomach Laser Treatments



12 Sessions \$294

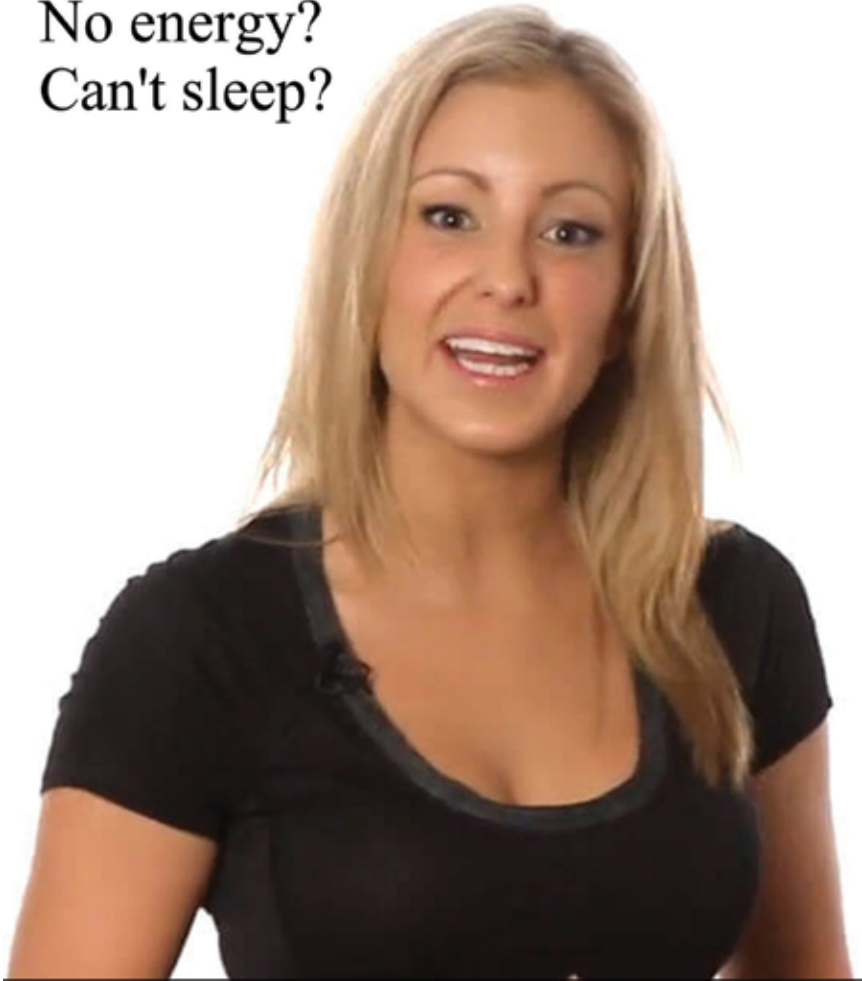
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CARENCRE SUNSET LAFAYETTE



# HOW TO GUIDE

The best way to restore your health and get your health back on track

Are you always tired?  
Family history of breast cancer?  
Feeling overweight?  
No energy?  
Can't sleep?



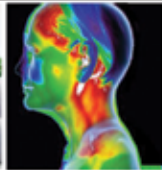
## HEALTH BENEFITS

- Helps you DETOX
- Cancer prevention
- Increases energy level
- Helps you sweat
- Improves metabolism
- Burns stored fat
- Reduces stress and anxiety
- Improves immune function
- Skin purification
- Drug detox
- Reduces cravings for drugs
- Increases blood flow
- Lowers blood pressure
- Reduces inflammation
- Improves circulation
- Controls arthritis
- Helps you lose weight
- Helps prevent cancer
- Eases joint stiffness
- Helps with chronic pain
- Improves memory
- Therapeutic for fibromyalgia
- Improves attention span
- Increases sense of well-being
- Reduces plaque buildup in arteries
- Raises core body temperature
- Reduces chances of an early death
- Reduces chances of dementia
- Reduces insomnia
- Improves sleep
- Reduces high cholesterol
- Reduces chances of heart disease
- Burns 600-900 calories in 30 minutes
- Tones muscles
- Reduces cellulite
- Improves breathing
- Builds muscles
- Increases bone density
- Reduces chances of osteoporosis
- Increases flexibility
- Tightens skin
- Improves lymphatic circulation

The best way to restore your health and get your health back on track

How does it work?

1. We write a wellness program for you
2. You come to the wellness center 2-3 times a week for therapy
3. You complete a pre and post screening



## RESTORE HEALTH PROGRAM

TEL: 896-4141 or 356-1251

WELLNESS PROGRAM

6 Week Program \$340

10 Week Program \$493

12 Week Program \$600

## Acupuncture Alleviates Autism in Children

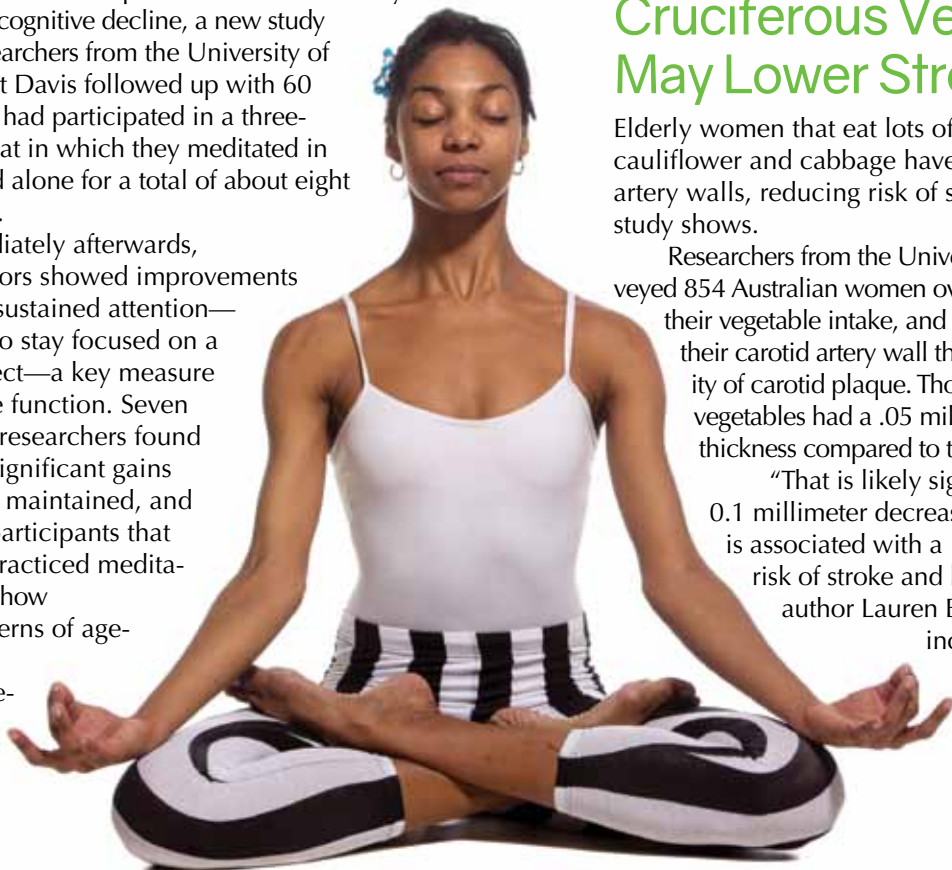


Acupuncture reduces autism scores, according to a new meta-analysis of 27 clinical studies of 1,736 children. Researchers from Kyung Hee University, in the Republic of Korea, found that whether acupuncture was used alone or combined with other therapies, it improved outcomes for children with autism spectrum disorder as measured by the Childhood Autism Rating Scale and the Autism Behavior Checklist, without causing adverse side effects.

## Meditation Improves Long-Term Cognition

Cognitive gains that people experience from an intense meditation retreat can persist for at least seven years and slow age-related cognitive decline, a new study shows. Researchers from the University of California at Davis followed up with 60 people that had participated in a three-month retreat in which they meditated in a group and alone for a total of about eight hours a day.

Immediately afterwards, the meditators showed improvements in holding sustained attention—the ability to stay focused on a task or object—a key measure of cognitive function. Seven years later, researchers found that those significant gains were partly maintained, and that older participants that diligently practiced meditation didn't show typical patterns of age-related attention declines.



## Ballet Dancing Boosts Senior Fitness and Energy

Ten Australian seniors that strapped on ballet slippers and participated in Ballet for Seniors classes for three months reported feeling more fit, energetic and animated, according to research from the Queensland Institute of Technology and the Queensland Ballet. They also found that ballet improved their posture, flexibility, maneuverability and awareness.

Mastering challenging movements and sequences made the dancers happier than working at already achieved levels. Also, the group enjoyed developing supportive social bonds in get-togethers outside the dance studio.

## Cruciferous Veggies May Lower Stroke Risk

Elderly women that eat lots of broccoli, Brussels sprouts, cauliflower and cabbage have less plaque on their carotid artery walls, reducing risk of strokes and heart attacks, a new study shows.

Researchers from the University of Western Australia surveyed 854 Australian women over the age of 70 to determine their vegetable intake, and then used sonograms to measure their carotid artery wall thickness to ascertain the severity of carotid plaque. Those eating the most cruciferous vegetables had a .05 millimeter lower carotid artery wall thickness compared to those with the lowest intake.

“That is likely significant, because a 0.1 millimeter decrease in carotid wall thickness is associated with a 10 to 18 percent decrease in risk of stroke and heart attack,” says lead study author Lauren Blekkenhorst. Other vegetables, including leafy greens and alliums like onions, were not found to have the same protective effect.

Hortimages/Shutterstock.com

## Wild Berries Prove Anti-Cancer Prowess



A naturally occurring compound found abundantly in wild blackcurrants, bilberries and lingonberries increases the body's ability to prevent tumors, report researchers from the University of Eastern Finland. The color-producing pigments known as anthocyanins were found to increase the cancer-fighting ability of sirtuin 6, part of a class of enzymes that regulate the expression of genes that control the function of cells via key signaling pathways. Aging causes changes in the function of sirtuins, which in turn contributes to

the development of several diseases.

Anthocyanins also color other berries, and earlier research from the UK University of East Anglia found that women eating blueberries and strawberries three or more times a week slashed their risk of heart attack by a third.

Evgeny Atamanenko/Shutterstock.com

## Asthma Less Likely to Afflict Breastfed Kids

A University of Amsterdam study of 960 children from 4 to 12 years old taking asthma medication found that those breastfed as infants had a 45 percent lower incidence of asthma attacks.



Scotyard/Shutterstock.com



## Doctors Underestimate Opioid Prescriptions

People are frequently introduced to highly addictive opioid painkillers when using hospital emergency rooms. When University of Colorado and University of Massachusetts medical researchers surveyed 109 emergency medicine physicians at four hospitals, they found that 65 percent of them significantly underestimated

how many opioids they were prescribing compared to their peers. In six- and 12-month follow-ups, the researchers consequently found that opioid orders by all the doctors surveyed dropped by 3.5 and 4.3 percent, respectively. Those shown that they had been overprescribing lowered their rates even more, by an additional 2.1 and 2.2 percent.

stockcreations/Shutterstock.com

## Dirt Houses Cancer-Protective Microbe

A bonus to gardening: Soil commonly contains bacteria that produce a molecule called mensacarcin that kills melanoma cancer cells, according to research from Oregon State University. Few therapies treat this skin cancer, so contact with dirt is an easy choice.



### The FILER Factor

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## Sunny Success

### New Solar Capacity Outpaced Other Fuel Sources

A United Nations-backed report, *Global Trends in Renewable Energy Investment 2018*, reveals that the world invested more in solar power than any other single energy technology in 2017 and installed more new solar capacity than all other energy sources combined, including fossil fuels.

The report tally saw investors committing \$279.8 billion to renewable energy overall, excluding large dams, and \$160.8 billion to solar specifically. United Nations Energy Programme head Erik Solheim explains, “The extraordinary surge in solar investment shows how the global energy map is changing and more importantly, what the economic benefits are, including the creation of more better-paying, higher-quality jobs.”

China, the leader in solar and renewable investment, was responsible for more than half of the 98 gigawatts of solar capacity added last year and 45 percent of the dollars invested in renewables overall. The U.S. was second, investing \$40.5 billion in renewable energy. Mexico, Australia and Sweden increased their commitments by substantial amounts—810 percent, 147 percent and 127 percent, respectively—with all three countries ranked in the top 10.

## Flower Power

### Farms Test Low-Tech Pesticide Alternative

To make sure more beneficial bugs come to their crops to feed on pests, farmers are planting flowers in the middle of their fields. On a farm near the town of Buckingham, England, a crop of oilseed rape is planted amidst rows of wildflowers. It's one of 14 sites in a study testing the wildflowers' efficacy in attracting pest-eating bugs, and how well they would perform in replacing toxic pesticides.

The study also includes the use of borders of wildflowers around each field, a technique farmers in the area have used for the past two decades to promote general biodiversity, though not specifically for pest control.

Researchers Ben Woodcock and Richard Pywell, of the UK Center for Ecology and Hydrology, write, “The crop protection ‘toolbox’ is becoming smaller and more vulnerable, so now is a good

## Hopeful Sign

### Animals Gain Some Protection in New Budget

The Humane Society Legislative Fund, the government affairs affiliate of the Humane Society of the U.S., worked with animal protection champions in both chambers and with other stakeholders to secure success on several fronts in the 2018 federal budget.

Victories include preventing the slaughter of wild horses and burros, preserving protections for carnivores on National Park Service lands in Alaska, preserving Endangered Species Act protections for Great Lakes wolves and urging the U.S. Department of Agriculture (USDA) to restore inspection reports and enforcement records for horse shows, puppy mills, roadside zoos, laboratories and other facilities that were purged from the agency's website in early 2017.

The budget also adds another \$2 million for USDA enforcement of the Animal Welfare Act and \$5 million to train and provide therapeutic service dogs for veterans and soldiers. It holds the line against cuts on many other vital fronts affecting animals, such as the Marine Mammal Commission and development of alternatives to live animal testing.

Harmful provisions still reflected in the budget include exempting concentrated animal-feeding operations from reporting toxic air emissions and maintaining a prohibition on the Environmental Protection Agency to regulate toxic lead content in ammunition and fishing tackle that poison and kill wildlife.

time to rethink our future crop protection strategies to consider the use of alternative pest control measures alongside conventional pesticides.”

Pesticide use probably won't be eliminated completely, they say. However, by attracting pest-eating bugs—along with other techniques like breeding plants to better resist pests, using technology to better diagnose and forecast pest



## Pipeline Slowdown

### Animal Safety Measures Delay Tree Cutting

The Federal Energy Regulatory Commission (FERC) has denied a request by Dominion Energy, the lead builder of the Atlantic Coast Pipeline, for more time to cut trees along the route. The company had to stop cutting by the end of March in order to protect migratory birds and endangered bats in the path of the project, planned to run from West Virginia to terminals in Virginia and North Carolina.

Opposing the controversial natural gas pipeline from the Appalachian Mountains to the Atlantic coast, Jamshid Bakhtiari, Virginia field coordinator for the Chesapeake Climate Action Network, says the FERC decision will delay, but not stop the project. Yet he states, "It's a good thing. We should shoot to have more things like this happen in terms of delaying the pipeline. But it's not a final nail, by any means, in the coffin."

The pipeline is one of two conduits up to 42 inches in diameter for transporting fracked gas that developers want to build through the central Appalachians. It's across terrain that critics say is both scenic and poorly suited to heavy infrastructure.

Bakhtiari's group is part of a broad coalition of organizations, including the Sierra Club, that has mobilized to stop the Atlantic Coast Pipeline. The denial means tree clearing has to halt at least until September, and at some points on the route, until November.

## After Plastic

### New Eco-Packaging Options Underway

Frito-Lay, Campbell Soup and other major U.S. players in the food and beauty industries are talking more about sustainability these days. The result is adoption of innovative materials.

Tom Szaky, founder and CEO of recycler TerraCycle, advises, "Bioplastics are meant to be a solution for the world's plastic waste problem. However, in most cases, biodegradable bioplastics will only break down in a high-temperature industrial composting facility, not in your average household compost bin. Plus, these are not recyclable. A better solution might be to place the focus on durable bioplastics that are made from plant materials, but can still be recycled,"

Entrepreneurs like Daphna Nissenbaum are taking action. As an Israeli mom, she chided her teenage son for trashing rather than recycling plastic water bottles. Yet then, she says, "I realized plastic bottles weren't the main issue," when she saw flexible packaging such as chip bags, candy wrappers and go-to containers crammed into the trash. Nissenbaum learned that most flexible packaging isn't recycled and ends up in landfills, oceans and other places.

Once an orange peel is discarded, it disintegrates biologically and turns to compost, she saw, and committed to engineering packaging to do the same. A graduate of the Israeli Army's elite software engineering program and with a marketing MBA, her Tipa Corporation has patented bioplastic that acts like plastic. "When composted, the material naturally breaks down in 180 days or less," she says. Tipa now makes zippered bags, stand-up pouches and packaging for coffee, snacks and produce.



## Action Alert

### Migratory Birds

#### Threatened by Rule Change

A coalition of national environmental groups led by the National Audubon Society filed a lawsuit in May against the U.S. Department of the Interior challenging the federal administration's move last December to eliminate longstanding protections for waterfowl, raptors and songbirds under the 100-year-old Migratory Bird Treaty Act (MBTA). The intent is to weaken enforcement on businesses, municipalities and individuals to prevent "incidental" deaths of birds, which would lessen requirements for their protection from electrical power lines, towers, buildings and other hazards.

The risk of liability under the MBTA has provided incentives for the oil and gas industry, wind energy development companies and power transmission line operators to work with the U.S. Fish and Wildlife Service to minimize bird deaths. The new policy eliminates these incentives to reduce and mitigate foreseeable impacts of operations on migratory birds.

"One of the first conservation laws, the MBTA sparked 100 years of conservation leadership in this country," says Sarah Greenberger, Audubon's senior vice president of conservation policy. "It defies all facts for the Department of the Interior to suggest that this law is somehow broken when we have a century of evidence that says otherwise."

Urge senators and other representatives to uphold the MBTA via an easy form and single click under the Take Action tab at [Audubon.org](http://Audubon.org).



# Natural Remedies Guide

To Purchase - Go to One of Our Wellness Centers

356-1251 Lafayette Office

896-4141 Carencro Office

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**Acidosis** - an acidic pH is often called the "Real Silent Killer". Saliva pH should stay close to 6.5 with a range of 6.4 morning to 6.8 in the evening. Urine pH should fluctuate between 6.0 morning and 7.0 in the evening. [Calcium Complex](#) to buffer acids. Use alkaline minerals like [Adult-Food Based Multimineral](#), [Digestive Enzyme Complex](#) with meals. Cleanse as needed with [Psyllium Husk + Organic Fiber Powder](#). Also, strengthen the lymphatic systems ability to accept acids using [Whole Body Vibration](#).

**A.D.D / A.D.H.D.** - [Mood Enhancer](#), [Flax Seed Oil](#), [Multi Minerals Cal-Mg-Zn](#), [Vitamin C](#). Use the "Eat Right for your blood type diet". [Whey Protein](#) and [Childrens multi-vitamins](#). Eliminate sweeteners, sugar, sodas, etc. Check for possible food allergies. If ADHD is involved, [Niacin](#) may also be needed.

**Acne** - [Acidophilus Probiotic](#) and [Digestive Enzyme Complex](#). [Colloidal silver](#), [Zinc](#), and [Tea Tree Oil](#) externally. [Flaxseed Oil](#), [Vitamin B Complex](#), [Vitamin C](#), [Vitamin D3](#), [CoQ10](#), [Garlic](#) as a natural antibiotic and [Wheatgrass](#) for the chlorophyll to cleanse

the blood, lymphatics, and skin. Use an [Infrared Sauna](#) to detox the skin and [Whole Body Vibration](#) to increase blood and lymphatic circulation.

**Age Spots** - (also called Liver Spots) are results of waste build-up from free radical accumulation. [pH 9.5 drops](#), [Green Waters Alkaline Water](#), [Milk Thistle](#), [Antioxidant Complex](#), [Adult Multi-Mineral + Vitamin E](#). Use [L-Arginine](#) to flush and cleanse the liver. [Lecitin](#) and [Digestive enzymes](#) to emulsify fat and increase digestion to reduce the burden on the liver. [CoQ10](#) promotes tissue oxygenation and [Selenium](#) is a good detoxifier.

**Allergies** - [Acidophilus Probiotic Complex](#) to improve digestion. [Immune Formula](#) to boost the body's natural virus fighting abilities. [Pain and Inflammation Enzymes](#), [Cal-Mg](#), [Organic Garlic](#), [CoQ10](#), and [Grape Seed](#) to reduce free radical damage. [Vitamin C](#) protects the body from allergens.

**Alzheimer's** - [Vitamin E](#), [Mood Enhancer](#), [pH 9.5 drops](#), [Wheatgrass](#), [Zinc](#), [CoQ10](#),

and [Folic Acid](#) to aid in controlling homocysteine levels. Studies have shown high levels of homocysteine in this disorder. Lecitin to improve memory. [Food-Based Multivitamin](#) and [Multimineral](#). [Antioxidant Complex](#) + [Selenium](#) as a powerful antioxidant to protect brain cells.

**Anemia** - [Cheleated Iron](#), [Vitamin B12](#), [Vitamin C](#), [Vitamin E](#), [Zinc](#), and add [Wheatgrass](#) to drinking water. (do not use iron if anemia is thalassemia - a blood disorder).

**Anxiety / Panic Attacks** - [5-HTP](#), [Mood Enhancer](#), [Cal-Mg](#), [Food-Based Multivitamin](#) and [Multimineral](#), [Vitamin E](#), [Vitamin D3](#), [CoQ10](#), [Ginkgo Biloba](#), [Chromium Picolinate](#). Use [Melatonin](#), [Valerian](#), and [Sleep Aid](#) to sleep at night.

**Appetite Stimulant** - [Organic Grass Juice](#), [Saw Palmetto](#), [Wheatgrass](#) and [Food-Based Multivitamin](#) and [Multimineral](#).

**Appetite Suppressant** - [Glucomannan](#) expands to sixty times it's own weight to curb appetite and promote a sense of fullness.

[Food-Based Multivitamin](#) and [Multimineral, Spirulina, Organic Fruits & Greens Powder Blend](#).

**Arteriosclerosis** - The buildup of deposits inside the artery wall. Use [pH 9.6 Drops](#), [Green Water Alkaline Water](#), [Amino Acid Complex](#), [Omega-3](#), [Food-Based Multimineral](#), [Garlic](#), [Wheatgrass](#), [Vitamin C](#), [Antioxidant Complex](#), and [Selenium](#) a powerful liver detoxifier. A Heavy Metal Detox program may be necessary.

**Arrhythmias** - electrical disorders that disrupt the natural rhythm of the heart. 100-300mg /day [CoQ10](#) - strengthens the heart without exercise. [Cal-Mg](#), [Vitamin E](#), [Cardiac Support](#), and [Iodine Liquid Drops](#) to activate the thyroid (thyroid helps to regulate heart beat).

**Arthritis** - The "Eat Right for your blood type diet" usually improves arthritis. Check for food allergies. [Digestive Enzyme Complex](#) + [Probiotic Complex](#) are essential for this condition. [Pain and Inflammation Enzyme](#), [Quercetin with Bromelain](#), [Glucosamine Complex with Chondroitin & MSM](#), [Cal-Mg-Zn with D](#), [Kelp](#), [Food-Based Multimineral](#) and [Multivitamin](#), [Flaxseed](#), [Amino Acid Complex](#), [Antioxidant Complex](#) + [Selenium](#), [CoQ10](#), [Vitamin E](#), [Vitamin D3](#) for circulation.

**Asthma** - medical attention needed until nutrition rebuilds. [Food-Based Multivitamin + Multimineral](#), [CoQ10](#), [Vitamin E](#), [Vitamin D3](#), [Vitamin C with bioflavonoids](#) needed to protect lung tissue and keep infection down. [Vitamin B12](#) and [Kelp](#) for minerals in balanced amounts.

**Backache** - [Pain and Inflammation Enzyme](#), [Cal-Mg-Zn with D](#), [Food-Based Multivitamin and Multimineral](#), [Glucosamine Complex with Chondroitin & MSM](#), [Green Waters Alkaline Water](#) minimum 64 oz daily. [Vitamin B12](#) aids in calcium absorption. [Shark Cartilage](#), [Flaxseed Oil](#), [Vitamin B Complex](#), and [Vitamin C](#) is essential for the formation of collagen.

**Bad Breath /Halitosis** - usually caused by poor digestion or poor elimination. [Psyllium Husk](#), [Digestive Enzyme Complex](#), [Probiotic Complex](#), [Wheatgrass](#), and [Garlic](#) as a natural antibiotic. Clean the colon with [Organic Fiber](#).

**Baldness** - Eat plenty of soy to block negative testosterone. Take [Flaxseed](#), [Hair-Skin-Nail](#), [Biotin](#), [Vitamin C](#), [Vitamin B Complex](#), [Ginkgo Biloba](#) + [CoQ10](#) to increase circulation in scalp.

**Bladder Incontinence** - check for bladder infection and balance pH. [Probiotic Complex](#), [Amino Acid Complex](#), [Cal-Mg-Zn with D](#).

**Bladder Infection (cystitis) - Cranberry Chewables, Organic Cranberry** are the two primary supplements needed. Add [Colloidal Silver](#) and [Organic Garlic](#) as natural antibiotics to soothe painful urination. Take 4,000 - 5,000 mg [Vitamin C](#) in divided doses of 1,000 mg to produce an antibacterial affect through acidification of the urine. [Probiotic Complex](#), [Cal-Mg-Zn with D](#), [Food-Based Multivitamin and Multimineral](#). If re-occurring bladder infections check for Candida.

**Blood Clots (Venous Thrombosis)** - a blood clot in a vein and needs medical attention. [Vitamin E](#), [Grape Seed Extract](#), [CoQ10](#), [Wheatgrass](#) (do not take Wheatgrass if taking blood thinning meds). [Flaxseed](#), [Organic Garlic](#), [Lecithin](#), [Cal-Mg](#), [Vitamin C](#), and [Vitamin B Complex](#) to speed up healing time and aid with bodily functions. Fasting decreases blood coagulation and may be beneficial.



**Blood Count** - to build red blood cells: assist the liver and balance pH. An acidic pH prevents iron from absorbing (See *Acidosis*). [Milk Thistle](#), [Chelated Iron](#), [Wheatgrass](#), [Food-Based Multivitamin and Multimineral](#).

**Blood Pressure, High (Hypertension)** - 39% of those with high blood pressure have a [CoQ10](#) deficiency and weak kidneys. [Organic Garlic](#) and [Valerian](#) if stressed or nervous. [Niacin](#) and [L-Arginine](#). [Cal-Mg-Zn](#), [Sustained Release Potassium](#), [Flaxseed](#), [Selenium](#), [Vitamin C](#), [Vitamin E](#), [Lecithin](#), [Kelp](#) to balance minerals, and [Antioxidant Complex](#).

**Blood Pressure, Low** - [Liquid Iodine](#), [Sustained Release Potassium](#), [L-Tyrosine](#).

**Boils** - referred to as furuncles by medical professionals. Toxic bowel and/or excess junk foods are causes of most boils. [Vitamin E](#), [Chelated Iron](#), [Antioxidant Complex](#), [Organic Garlic](#), [Selenium](#), [Colloidal Silver](#), [Vitamin A](#), [CoQ10](#), and [Vitamin C](#) as a powerful anti-inflammatory and to enhance the immune system.

**Breast Cysts** - can be caused by negative estrogen not processed by the liver. [CoQ10](#) is a powerful anti-oxidant that helps to remove toxins from the body. [Vitamin E](#) + [Kelp](#) is a rich source of iodine. [Iodine](#) deficiency has been linked to fibrocystic breast.

**Vitamin A, Vitamin B Complex, Vitamin C, Zinc**, and [Food-Based Multimineral](#) which provides balanced mineral content for the body. Women's Hormone Balance. Estrogen or birth control pills can make symptoms worse - switch to low-dose pill.

**Bronchitis** - [Immunity Formula](#), [Vitamin C](#), [Cal-Mg-Zn with D](#), [Organic Fiber](#) to detox the colon, [Colloidal Silver](#), [CoQ10](#), and [Pain and Inflammation Enzyme](#) to reduce the inflammation. [Garlic](#), [wheatgrass](#) for chlorophyll to detox the lymphatic system, [Zinc](#), and [Vitamin B Complex](#).

**Bursitis** - Balance pH levels.- see *Acidosis*. [Flaxseed](#), [Cal-Mg](#), [Amino Acid Complex](#), [Vitamin C](#), [Vitamin E](#), [CoQ10](#), [Zinc](#), [Glucosamine](#), [Food-Based Multivitamin](#), [Antioxidant Complex](#), and a [Probiotic Complex](#) to aid in digestion. [Manglier Tea](#).

**CANDIDA** - *Candida Albicans*, a single-celled fungus, is always present in the genital and intestinal tracts. If it is present in disproportionate quantities it can cause infection. [Organic Fiber](#) and [Psyllium Husk](#) for healthy bowel elimination, [Digestive Enzyme Complex](#) and [Probiotic Complex](#) to build good bacteria in the bowel. [Colloidal Silver](#), [Organic Garlic](#), [Cal-Mg-Zn with D](#) is often deficient in people with candida. [Food-Based Multivitamin and Multimineral](#), [Selenium](#), and [Vitamin C with bioflavonoids](#). Eliminate all sugars, wheat, and dairy products for at least 2 weeks.

**Carpal Tunnel** - [Pain and Inflammation Enzyme](#), [Cal-Mg-Zn with D](#), [Flaxseed Oil](#), [Lecithin](#), [Vitamin B Complex](#), [Grape Seed Extract](#), [Kelp](#), and [Zinc](#) to aid healing.

**Cataracts** - Balance pH levels.- see *Acidosis*. [Vitamin E](#), [Lutein Plus for eyes](#), [L-Lysine](#), [Vitamin E](#), [Vitamin C](#), [Zinc](#).

**Cholesterol** - Over 60% of cholesterol is produced by the body in the liver. Start with [Organic Fiber + Digestive Enzyme](#)



[Complex](#), [Red Yeast Rice](#), [Green Tea](#), [Selenium](#), [L-Carnitine](#), [Lecithin](#), [Vitamin B Complex](#), [Vitamin C](#), [Vitamin E](#), [Flax Seed Oil](#), and [Organic Garlic](#) which lowers cholesterol and blood pressure levels. [Fat Complex](#) to absorb excess fat in the body.

**Chronic Fatigue Syndrome** - [B-12 + Thermo X](#) to boost the body's metabolism. [Probiotic complex](#), [CoQ10](#), [Vitamin E](#), and [Melatonin + Sleep Aid](#) for a restful sleep. [Amino Acid Complex](#) [Ginkgo Biloba](#) improves circula

The nutrition supplements found in this Natural Remedies Guide are available at:

NAMASTE Wellness: 356-1251 Natural Health Center: 896-4141 DHARMA Wellness : 662-3120 CARIBBEAN: 678-1844

tion and brain function. [Milk Thistle](#) protects the liver. [St. John's Wart](#) has antiviral properties and is a good antidepressant. [Mood Enhancer](#) to improve mood.

**Circulation** - [Vitamin C](#), [Vitamin D3](#), and [CoQ10](#). [Ginkgo Biloba](#) improves circulation and brain function. [Wheatgrass](#) for chlorophyll which improves oxygen levels in the body. [L-Carnitine](#) helps to strengthen the heart muscle and and promote circulation by transporting long fatty acid chains.

**Cirrhosis (of the liver)** - [Milk Thistle](#) and [Digestive Enzyme Complex](#) are very important. [Probiotic Complex](#). [Garlic](#), [L-Arginine](#), [L-Carnitine](#), [Lecithin](#), [Wheatgrass](#), [Cal-Mg](#), [Amino Acid Complex](#).

**Cold Sores (Fever Blisters)** - [L-Lysine](#), [Vitamin E](#), and [Mood Enhancer](#) for stress relief. [Immunity Formula](#), [Antioxidant Complex](#), [Colloidal Silver](#), and [Probiotic Complex](#).

**Colic** - Add [Organic Fiber](#) to your baby's formula. Some studies have suggested that colic may improve in certain infants when fiber is added to their formula. Organic Fiber, a bulking agent that draws water into the stool, to the babies' formula. Anywhere from one-half teaspoon three times a day to one-half teaspoon six times a day seems to do the trick. Start by adding small amounts of fiber to the formula, and build up to higher doses. Although not the answer for every baby, adding a little fiber is safe and worth a try. Mom should avoid chocolate, garlic, onions, caffeine, cow's milk, cabbage, corn, and eggs.

**Common Cold** - [Immunity Formula](#), [Antioxidant Complex](#), [Echinacea](#), [Organic Garlic](#), [Vitamin C](#).

**Constipation** - [Organic Fiber](#), [Psyllium Husks](#), [Probiotic Complex](#), [Digestive Enzyme Complex](#).

**Dandruff** - [Food-Based Multivitamin](#) and [Multimineral](#), [Essential Fatty Acids](#), [Kelp](#), [Selenium](#), [Vitamin B Complex](#), [Vitamin C with Bioflavonoids](#). May be caused by Candida - See CANDIDA.

**Depression** - Usually the thyroid is involved, see hypothyroid. [St. John's Wort](#), [5-HTP](#), and [Mood Enhancer](#) for mood

support. For nutritional support use [Liquid Iodine](#). [Cal-Mg](#), [Vitamin C](#), [L-Tyrosine](#), and [Essential Fatty Acid](#). A liver cleanse may be necessary. For PMS related mood swings use [Women's Hormone Balance](#).

**Diabetes** - [L-Carnitine](#), [Spirulina](#), [Vitamin B Complex](#), [Vitamin B-12](#) needed to prevent diabetic neuropathy, [CoQ10](#) improves circulation and stabilized blood sugar, [Psyllium Husk](#) is a good fiber source and [fat mobilizer](#), [Probiotic Complex](#), [Digestive Enzyme Complex](#), [Vitamin E](#), [Organic Fiber](#) to detox the colon.

**Diarrhea** - [Activated Charcoal](#) or [Hydrated Bentonite](#), [Essential Fatty Acid](#), [Acidophilus Probiotic](#), [Kelp](#) to replace minerals lost during diarrhea, [Colloidal Silver](#) acts as a natural alternative to antibiotics, [Organic Garlic](#), and [Immunity Formula](#).

**Diuretic** - promotes the production of urine. Use parsley with [Vitamin B-6](#). Watermelon and cucumbers are good diuretics. See Lemon Cleanse to reduce excess fluids.

**Diverticulitis** - [Digestive Food Enzyme](#), [Organic Fiber](#), [Psyllium Husks](#), [Flaxseed](#), [Vitamin B Complex](#) are needed for all enzyme system in the body and for proper digestion.

**Dizziness (Vertigo)** - [Ginkgo Biloba](#), [Vitamin C](#), and [CoQ10](#) to improve circulation to the brain. [Zinc](#) promotes a healthy immune system. [Immunity Formula](#) and [Antioxidant Complex](#). [Cal-Mg](#) is important in maintaining regular nerve impulses. [Melatonin](#) helps to maintain equilibrium.

**Dry Skin** - [Flax Seed Oil](#), [Iodine Liquid](#), [Lecithin](#), [Food-Based Multivitamin](#) and [Multimineral](#), [Vitamin E](#) protects against free radicals, and [Zinc](#) is necessary for proper functioning of the oil-producing glands of the skin.

**Ear Infection** - [Colloidal Silver](#), [Vitamin C with bioflavonoids](#), [Zinc](#) quickens the immune response, [Immunity Formula](#), [Antioxidant Complex](#), [Organic Garlic](#) as a natural antibiotic, and [Vitamin E](#) enhances the immune function.

**Eczema** - Balance pH - see Acidosis. Clean the bowels with [Organic Fiber](#) and [Psyllium Husk](#), [Wheatgrass](#) is high in chlorophyll

which detoxes the lymphatic systems and benefits eczema.

**Emphysema** - a degenerative lung disease. Use [Antioxidant Complex](#), [Wheatgrass](#) for chlorophyll, [Essential fatty acids](#), [Zinc](#), [CoQ10](#), [Amino Acid Complex](#), [Organic Garlic](#), [Vitamin C](#), and [Cal-Mg](#) which acts as a nerve tonic to protect nerve endings.

**Endometriosis** - Inflammation of the uterine lining. [Pain and Inflammation Enzyme](#) consistently for 90 days. [Vitamin E](#), [Iron](#), [Vitamin B Complex](#) promotes blood cell productivity and proper hormone balance. Cleanse the liver . See Lemon Cleanse.

**Energy** - low energy levels. [Vitamin B-12](#), [ThermoX](#), [Food-Based Multivitamin](#) and [Multimineral](#), [Spirulina](#), [Valarian](#) for a restful sleep. Liteon Natural's [Whey Protein](#) is the foundation for great tasting, highest quality, all natural meal replacement protein shakes. Get lean, burn fat, boost immunity, stay focused, and feel energized all day long with Liteon Natural's [Whey Protein](#).

**ESTROGEN DOMINANCE** - [Milk Thistle](#), [Women's Hormone Balance](#), [Black Cohosh](#).

**Fever** - [Immunity Formula](#), [Antioxidant Complex](#), [Organic Garlic](#), [Pain and Inflammation Enzyme](#), and [Manglier Tea](#).

**Fibromyalgia** - Symptoms mimic Chronic Fatigue Syndrome. Research has associated Fibromyalgia with [Magnesium](#), [B-6](#), and Malic acid deficiencies. [Cal-Mg-Zn with D](#), [Pain and Inflammation Enzyme](#), [Vitamin E](#), [Flaxseed](#), and [Organic Fiber](#) to cleanse the bowels. [Sleep Aid](#) and [Melatonin](#) for nervous fatigue and for proper sleep.

**Flu (Influenza)** - For Children: [Colloidal Silver](#), [Immune Formula](#), [Vitamin C](#). For Adults: [Immune Formula](#), [Vitamin C](#), [Organic Garlic](#), [Colloidal Silver](#), [Food-based Multivitamin](#) because all vitamins are needed for healing. [Vitamin B Complex](#) reduces stress caused by viral infection. [Selenium](#) boosts the immune response, enhancing the body's ability to fight infection.

**Food Poisoning** - Activated Charcoal (6 capsules to neutralize poison) and [Probiotic Complex](#).



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**Female Problems** - Excess estrogen and lack of progesterone can cause heavy bleeding during the menstrual cycle. See **ESTROGEN DOMINANCE**. Each month the ovaries produce 2 negative oil soluble estrogens (Estradiol, Estrone). They must first pass through the liver to be converted to a water soluble estrogen form (Estroil). If the liver can not break down these negative estrogens, they remain in our system. [Flaxseed](#), [Lutein](#), and [Women's Hormone Balance](#).

**Gall Bladder** - [Green Water](#) and [Wheatgrass](#) to help dissolve stones. If you have an attack, drink 1 tablespoon of apple cider vinegar in a glass of apple juice. This should relieve the pain quickly. If the pain does not subside, go to the emergency room. Gall Bladder mini-cleanse recipe : Drink 1 tbsp olive oil and juice of 1/2 lemon before bedtime. Repeat the drink first thing in the morning with 2oz apple juice. This is a mild cleanse that may take up to 30 days before passing Gall stones( which look similar to green peas) through the bowel. Its important to keep the bowel moving with [Organic Fiber](#) while cleansing the gall bladder.

**Gingivitis (Periodontal Disease)** - Use [Organic Garlic](#) and [Colloidal Silver](#) to kill off bacteria infection and use [Pain and Inflammation Enzyme](#) to ease discomfort and sooth tissue. [Echinacea](#) helps to keep down inflammation and enhance immune function.

**Glaucoma** - (see a doctor first) Liver must be cleansed before real advancement is made. See Lemon Cleanse. [Lutein Plus](#) for eyes, [Vitamin E](#), [Vitamin D3](#), and [CoQ10](#). Use [Lecithin](#) for a good source of choline and inositol, [Essential Fatty Acids](#), and [Vitamin B Complex](#). [L-Arginine](#) facilitates natural synthesis of nitric oxide, which promotes healthy blood vessels. Note: Avoid arginine

if you are pregnant or have cataracts, colitis, or a viral infection such as herpes.

**Gout** - Occurs when there is too much uric acid in the blood, tissue, or urine. Over-weight males are the often affected. Usually affects the big toe. Check for digestive system problems. Diet is very important for this ailment - Use the "Eat Right for your blood type diet" and [Balance pH](#). [Essential Fatty Acids](#), [Vitamin B complex](#), [Vitamin C with bioflavonoids](#), and [Vitamin E](#) improves circulation. [Amino Acid Complex](#) because uric acid production increases if essential amino acids are lacking. [Kelp](#) and [Wheatgrass](#) contain complete protein and vital minerals to reduce serum uric acid. [Grape Seed Extract](#) and [Antioxidant Complex](#) are powerful antioxidants.

**Hay Fever** - allergic response to pollen. [Immunity Formula](#), [Antioxidant Complex](#), [CoQ10](#), [Vitamin C with bioflavonoids](#), [Zinc](#), and [Organic Garlic](#) to help reduce isinus inflammation. [Pain and Inflammation Enzyme](#).

**Headache/ Migraine** - [5-HTP](#) has been shown in many clinical studies to have excellent results for tension headaches and migranes, [L-Tyrosine](#) for relief of cluster headaches. [Vitamin B3](#) improves circulation and aids in the functioning of the nerves. [Vitamin B Complex](#), [Glucosamine Complex](#), [Ginkgo Biloba](#) improves circulation to the brain and [Valerian](#) is a good sedative to take during a headace.

**Heartburn** - Insufficient digestive enzymes is most common cause. Use [Digestive Enzyme Complex](#), [Probiotic Complex](#), [Organic Fiber](#), [Papaya Chewable](#), [Cal-Mg-Zn](#), [Pain and Inflammation Enzyme](#), [Green Water Alkaline Water](#), [Wheatgrass](#). Balance pH - see Acidosis.

**Hemorrhoids** - [Probiotic Complex](#), [Organic Fiber](#), [Ca-Mg](#), [Vitamin C with bioflavonoids](#), [Psyllium Husks](#), to soften stool. [Vitamin E](#), [Shark Cartilage](#) and [Pain and Inflammation Enzyme](#). [Vitamin D3](#) aids in healing of mucous membranes and tissues. Also needed for calcium absorption. [Infrared Sauna Treatments](#).

**Hepatitis** - [Amino Acid Complex](#), [L-Arginine](#), [Lecithin](#), [CoQ10](#), [Vitamin C](#), [Vitamin E](#), [Antioxidant Complex](#), [Cod Liver Oil](#). Nutrition: [Immunity Formula](#), [Milk Thistle](#), [Food-Based Multivitamin](#).

**Herpes** - see Cold Sores for type 1. For type 2 herpes virus, also add [L-Lysine](#), [Vitamin B Complex](#), [Vitamin C with bioflavonoids](#), [Zinc](#), [Acidophilus Probiotic Complex](#), [Organic Garlic](#), [Colloidal Silver](#).

**Hiatal Hernia** - [Pain and Inflammation Enzyme](#), [Vitamin E](#), [Antioxidant Complex](#).

**High Blood Pressure (Hypertension)** - 39% of those with high blood pressure have a [CoQ10](#) deficiency and weak kidneys. [Organic Garlic](#), [Valerian](#), [Niacin \(Vitamin B3\)](#), [L-Arginine](#), [Flaxseed Oil](#), [Selenium](#) deficiency has been linked to heart disease. [Vitamin E](#) improves heart function. [Vitamin E](#) also acts as a blood thinning agent; use with caution if you taking prescription blood thinners. Vitamin C improves adrenal function and reduces blood-clotting tendencies. [Food-Based Multimineral](#) for good nutrition.

**Hives** - an reactionary liver overload caused by either environmental exposure to toxins or traumatic / emotional stress. [Valerian](#), [Mood Enhancer](#), [Pain and Inflammation Enzyme](#), [Acidophilus Probiotic](#) reduces allergic reactions and helps replenish "friendly" bacteria.

**The nutrition supplements found in this Natural Remedies Guide are available at:**

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**Hot Flashes - Menopause** - In the beginning stages the [Women's Hormone Balance](#) is recommended first. The key is finding the right amount of hormone herbs for your body in your current stage of menopause. If the [Women's Hormone Balance](#) is too weak then add [Black Cohosh](#). Also, [Cal-Mg-Zn with D](#) and [Food-Based Multimineral](#) to prevent bone loss is suggested as well as extra Vitamin E. Use [Valerian](#) and [Sleep Aid](#) for a restful sleep.

**Hypertglycemia** - see Diabetes

**Hyperthyroid - Graves' Disease** - (overactive thyroid) [Omega 3](#), [Essential Fatty Acids](#), [Lecithin](#), [Vitamin C with bioflavonoids](#), [Vitamin E](#), [Antioxidant Complex](#).

**Hypoglycemia** - (low blood sugar) - often caused by poor digestion or food allergies. [Digestive Enzyme Complex](#), [Probiotic Complex](#), [Organic Fiber](#), [Amino Acid complex](#), [Thermography](#) to check for hypothyroid.

**Hypothyroid** - (see thyroid explanation) [Liquid Iodine](#), [Amino Acid Complex](#), [Kelp](#), [L-Tyrosine](#) because low plasma levels have been associated with hypothyroidism. [B-Complex](#) because B vitamins improve cellular oxygenation and energy and are needed for proper digestion, immune function, red blood cell formation, and thyroid function.

**Immune System** - [Immunity Formula](#), [Antioxidant Complex](#), [Vitamin C](#), [Digesting Enzyme Complex](#), and [Organic Fiber](#).

**Incontinence** - (Involuntary urination) [Probiotic Complex](#), [Amino Acid Complex](#), [Cal-Mg](#), and [Zinc](#) for improved bladder function.

**Indigestion** - Any of these products alone will stop indigestion and heartburn. [Glucosmannan](#) and [Organic Fiber](#) to cleanse the colon and to aid in normal stool formation. Insufficient digestive enzymes is most common cause. Use [Digestive Enzyme Complex](#) with each meal. Balance pH - see Acidosis.

**Infertility** - [Selenium](#) deficiency leads to reduced sperm count and has been linked to sterility in men and infertility in women. [Vitamin E](#) carries oxygen to the sex organs. [Zinc](#) is important for the functioning of reproductive organs. [L-Arginine](#), [L-Tyrosine](#), [Folic Acid](#), [Vitamin B-12](#), [DHEA](#) improves

libido. [Essential Fatty Acids](#) are essential for normal glandular function.

**Insomnia** - [Calcium/Magnesium](#), [5-HTP](#) plus one of the following: [Mood Enhancer](#), [Sleep Aid](#), [Melatonin](#) or [Valerian](#).

**Irritable Bowel Syndrome** - [Flaxseed Oil](#), [Amino Acid Complex](#), [Organic Garlic](#), [Psyllium Husk](#), [Organic Fiber](#) has a cleansing effect, [Vitamin B Complex](#), [Vitamin B12](#), [Probiotic Complex](#).

**Kidney Stones** - Balance pH, [Green Water Alkaline Water](#), [Wheatgrass](#), [Food-Based Magnesium Complex](#), [L-Arginine](#) aids kidney disorders, [Vitamin E](#), and [Vitamin C](#). [Pain and Inflammation Enzyme](#) for pain, and drink fresh squeezed lemon juice with pure water.

**Laryngitis** - [Colloidal Silver](#), [Antioxidant Complex](#), and [Organic Garlic](#) as a natural antibiotic.

**Leg Cramps** - [Cal-Mg](#), [Calcium Complex](#), [Food-Based Multimineral](#), and [Digestive Enzyme Complex](#).



**Lemon Cleanse** - A no food fast for 3 -10 day that will flush and remove toxins, help high blood pressure, flush kidneys and liver, and help with sinus congestion or allergies. Recipe: 3qts. reverse osmosis purified water, 1 cup fresh squeezed lemon juice, 1 cup pure maple syrup, and 2 capsules Capsicum daily. Drink 8-12 glasses of the lemon mixture daily.

**Lupus** - Use the "Eat Right for your blood type diet". [Flaxseed Oil](#), [Cal-Mg](#), [L-lysine](#), [Glucosamine Complex](#), [Vitamin C](#), [CoQ10](#), [Kelp](#), [Probiotic Complex](#) protects against intestinal bacterial imbalances. [Wheatgrass](#)

is a good source of minerals for healing and oxygen for cell metabolism. [Antioxidant Complex](#), [Pain and Inflammation Enzyme](#), and [Vitamin E](#). Perform a weekly colon cleanse with [Organic Fiber](#).

**Lyme Disease** - [Flax Seed Oil](#), [Organic Garlic](#), [Kelp](#) for essential minerals, [Food-Based Multivitamin and Multimineral](#), [Selenium](#) as a free radical scavenger, [Vitamin C](#), [Vitamin E](#).

**Memory** - [Ginkgo Biloba](#), [Mood Enhancer](#), [Flax Seed Oil](#), [CoQ10](#) and [DHEA](#).

**Menopause** - - In the beginning stages the [Women's Hormone Balance](#) is recommended first. The key is finding the right amount of hormone herbs for your body in your current stage of menopause. If the [Women's Hormone Balance](#) is too weak then add [Black Cohosh](#), [Vitamin E](#), [DHEA](#), [Essential Fatty Acid](#), [Zinc](#), [L-Arginine](#), [L-Lysine](#), [Cal-Mg](#).

**Morning Sickness** - [Red Raspberry](#), [Ginger](#), [L-Methionine](#) prevents nausea, and [Vitamin B Complex](#).

**Muscle Cramps** - usually a deficiency of magnesium or potassium. [Food-Based Multimineral](#), [Cal-Mg](#), [Lecithin](#), [Zinc](#).

**Nervousness** - can be caused from a weak thyroid and /or mineral deficiency especially magnesium. [Mood Enhancer](#), [Liquid Iodine](#), [St. John's Wort](#), [Mood Enhancer](#), [Cal-Mg](#), [L-Tyrosine](#), and [Vitamin E](#).

**Osteoarthritis** - [Cal-Mg](#), [Pain and Inflammation Enzyme](#), [Omega-3](#), [Glucosamine Complex](#), [CoQ10](#), [Vitamin E](#), [Vitamin D3](#).

**Osteoporosis** - [Vitamin C](#), [Calcium Complex](#), [Food-Based Multivitamin and Multimineral](#).

**Parasites (worms)** - [Organic Garlic](#), [Colloidal Silver](#), [Selenium](#), [Acidophilus Probiotic](#) to restore a normal intestinal flora, [Essential Fatty Acid](#), [Food-Based Multivitamin and Multimineral](#), [Zinc](#) promotes a healthy immune system.

**Parkinson's Disease** - [Vitamin B12](#), [Ginkgo Biloba](#), [Digestive Enzyme Complex](#), [Lecithin](#), [Cal-Mg + Potassium](#), [CoQ10](#) allows



# BODY REBOUND

## Weight Loss Program

6-Week Program Only  
**\$340**

Lose weight with meal replacment shakes and BF-4 fat burners.  
Join today and get a bottle of BF-4 and a box of wheatgrass.

Must present this coupon at the time of joining.





cells to produce energy and may slow brain cell death.

**Pneumonia** - a very serious infection of the lungs that may be caused by a number of different infectious agents. [Immune Formula](#), [Antioxidant Complex](#), [Vitamin C](#), [Colloidal Silver](#) reduces inflammation and promotes healing of lesions in lung tissue, [Organic Garlic](#), [Vitamin A](#), [L-Carnatine](#) to protect lungs from free radical damage, and [CoQ10](#).

**Poison Ivy / Oak** - [Vitamin C](#) to prevent infection and spreading of the rash, [Shark Cartilage](#) to reduce inflammation, [Pain and Inflammation Enzyme](#), [Vitamin A](#), [Zinc](#).

**Prostate Problems** - [Prostate Health](#), [Saw Palmetto](#), [Organic Fiber](#) and [Psyllium Husks](#) for bowel cleansing and essential for keeping the prostate functioning properly. [CoQ10](#), [Organic Garlic](#) enhances the immune function, [Selenium](#) is needed for proper prostate function, [Shark Cartilage](#) inhibits tumor growth and stimulated the immune system, [Wheatgrass](#) with SOD destroy free radicals, [Vitamin A](#) is a powerful antioxidant that destroys free radicals, [Vitamin E](#), [Vitamin B Complex](#), [Vitamin B12](#), [Vitamin C with bioflavonoids](#) is a powerful anticancer agent, [Vitamin D3](#), [Acidophilus Probiotic](#) has an antibacterial effect on the body. [Zinc](#) plays a role in the prevention of prostate cancer.

**Psoriasis** - Check for Food Allergies. Balance pH - See Acidosis. Use the "Eat Right for your blood type diet". [Wheatgrass](#), [Hair-Skin-Nails](#), [Spirulina](#), [Flaxseed](#), [Organic Fiber](#) to cleanse the bowel. Use [Vitamin A](#), [Zinc](#), [Selenium](#), [Shark Cartilage](#), [Vitamin B Complex](#), [Vitamin C](#) is important for formation of collagen and skin tissue, [Vitamin E](#) neutralizes free radicals that damage the skin. [Kelp](#) supplies balanced minerals, [Lecithin](#), and a [Food-Based Multivitamin](#).

**Rheumatism** - [Pain and Inflammation Enzyme](#), [Digestive Enzyme Complex](#), [Glucosamine Complex](#), [CoQ10](#).

**Rosacea or Acne Rosacea** - [Wheatgrass Liquid](#), [Antioxidant Complex](#), [Immunity Formula](#), [Vitamin E](#), [Acidophilus Probiotic](#), [Digestive Enzyme Complex](#), [Betaine hydrochloride](#) (hydrochloric acid) 45 grains (1/2 tsp) per full meal.

**Sex Drive, Low Libido** - Women: [Women's Libido](#), [DHEA](#). Men: [L-Tyrosine](#), [DHEA](#), [Maca](#), [L-Arginine](#).

**Shingles** - [Immunity Formula](#), [Wheatgrass Liquid](#), [Antioxidant Complex](#), [L-Lysine](#), [Colloidal Silver](#), [CoQ10](#), and [Vitamin C](#) to stimulate the immune system.

**Sinusitis** - [Immunity Formula](#), [Colloidal Silver](#), [Vitamin C](#). Use [Acidophilus Probiotic](#) to replace good bacteria in the colon - important if antibiotics are prescribed [Flaxseed oil](#), [Food-Based Multivitamin](#) and [Multimineral](#). Eliminate wheat, cheese, milk or dairy products. See Lemon cleanse.

**Smoking, Stop** - [St. John's Wort](#), [CoQ10](#) adds oxygen to the brain and protects heart tissue, [Vitamin B Complex](#), [Vitamin B12](#), [Folic Acid](#), [Vitamin C](#), [Vitamin E](#), and [Vitamin A](#).

**Sore Throat - Strep** - [Gargle](#) with [Colloidal Silver](#), then swallow. [Vitamins A, C](#), and [Zinc](#). [Immunity Formula](#) and [Antioxidant Complex](#). [Organic Garlic](#).

**Stress** - [5-HTP](#), [Mood Enhancer](#), [L-Tyrosine](#), [Vitamin C with bioflavonoids](#) is essential to adrenal gland function, [CoQ10](#), [Cal-Mg-Zn](#), [Ginkgo Biloba](#).

**Sweating** - check thyroid. [Immunity Formula](#) and [Antioxidant Complex](#).

**Tendonitis** - [Glucosamine Complex](#), [Pain and Inflammation Enzyme](#), [Calcium Complex](#).

**Ulcers (canker sores)** - [Probiotic Complex](#), [Digestive Enzyme Complex](#), and [Organic Fiber](#) to clear the bowels.

**Varicose / Spider Veins** - [Vitamin E](#), [Vein Stop](#), and [CoQ10](#). [Increase circulation](#) using [Whole Body Vibration](#) and [Infrared Sauna Treatments](#).

**Viral Infection** - Rotate anti-virals for more effective results. [Organic Garlic](#), [Colloidal Silver](#), [L-Lisine](#) may be needed to break down the viruses protective coating. [Vitamin A](#), [Vitamin C](#), [Vitamin E](#) and [Zinc](#).

**Warts** - [Vitamin E](#), apply [Tea Tree Oil](#) to wart 3-4 times/ day, [Immunity Formula](#), [Antioxidant Complex](#), [CoQ10](#), [Selenium](#), and [Probiotic Complex](#).

**Water Retention** - Support the heart if swelling in legs does not improve within 30 days. See Arteriosclerosis. [CoQ10](#), [Vitamin E](#), [Cardio Support](#), [Potassium](#), [Organic Garlic](#), and [Selenium](#) to activate the Kidney.

**Weight Loss** - [Raspberry Ketones](#), [Green Coffee Bean Extract](#), [WheTea](#) to target abdominal fat, [Green Water pH 9.5 Alkaline Water](#) to raise the body's alkalinity and

decrease production of fat cells. [BioLean](#) to raise the body's thermogenic fat burning capability. [ThermoX](#) increases the body's metabolism, [Fat Complex](#) binds to fat and reduces fat absorption in the body, and [Glucomannan](#) is an appetite suppressant. Use [Probiotic Complex](#) and [Digestive Enzyme Complex](#) to improve digestion. [Organic Fiber](#) clears the bowel and releases excess waste. [DHEA](#) inhibits enzymes that are involved in fat cell production, [DMAE](#) is an effective fat burner, [Lecithin](#) emulsifies fat so that it can be removed from the body. [L-Arginine](#) and L-Carnitine are amino acids that reduce body fat. [Vitamin B Complex](#) is needed for proper digestion.



**Yeast Infections** - See CANDIDA. [Organic Garlic](#), [Probiotic Complex](#) and [Digestive Enzyme Complex](#), and [Immunity Formula](#). Eliminate all sugars, breads, and dairy products for 2 weeks.

## RECOMMENDED DAILY INTAKE

### VITAMINS

Folate (folic acid)	400 - 1,200 mg.
Niacin (vitamin B3)	10-50 mg.
Riboflavin (vitamin B2)	5-25 mg.
Thiamine (vitamin B1)	5-25 mg.
Vitamin A	5,000-25,000 I.U.
Vitamin B6 (pyridoxine)	5-50 mg.
Vitamin B12 (cyanocobalamin)	5-50 mcg.
Vitamin C (ascorbic acid)	250-2,500 mg.
Vitamin D	0-500 I.U.*
Vitamin E (alpha tocopherol)	100-600 I.U.

### MINERALS

Calcium	800-1,200 mg.
Chromium	50-250 mcg.
Iron	10-30 mg.
Magnesium	300-400 mg.
Selenium	50-200 mcg.
Zinc	15-30 mg.

### Note:

I.U. = international units  
mg - milligrams  
mcg - micrograms

\* If you drink at least a quart of vitamin D-enriched milk a day or you bask in the sun year-round, you may need no D supplementation. Otherwise, some extra D is in order: 200 I.U. per day in most circumstances; 400 I.U. per day for the elderly in winter; 500 I.U. per day for women who are pregnant or nursing.

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Although conventional medicine maintains that drugs, surgery and reduced activity are inevitable, a new generation of clinicians disagree. They've seen how by losing weight, fighting inflammation with wholesome food and supplements, exercising smart and exploring science-backed integrative therapies, patients can manage the root causes of joint pain and find relief.

"We have many tools at our disposal to halt or slow the progression of arthritis so most people never have to have surgery," says Doctor of Naturopathy Casey Seenauth, a staff physician at the Southwest College of Naturopathic Medicine Pain Relief Center, in Tempe, Arizona.

### Identification Helps

The term "arthritis" can conjure images of aging cartilage worn thin by years of overuse. Yet this common type, known as osteoarthritis, is just one of many joint pain culprits. Rheumatoid arthritis, which manifests in swelling and pain in the hands, wrists, feet or toes, arises when the body's immune system at-

Lightspring/Shutterstock.com

# Forever Flexible

## Keep Joints Naturally Healthy

by Lisa Marshall

Creaky knees, sore hips, shoulder pain or a stiff neck can be a thing of the past.

**T**hirty-seven percent of American adults 18 and older suffer from arthritis—a catch-all term for a dozen varieties of joint disease—according to the nonprofit Arthritis Foundation. One in two men and two in three women 65 or older may have it, estimates a recent Boston University study. Due to increasing obesity rates and autoimmune disorders, it's also impacting 8 million Millennials, reports the U.S. Centers for Disease Control and Prevention.

"I'm seeing higher rates, more severe cases and more of them in young-

er people. It's an epidemic no one is talking about," says Dr. Susan Blum, a Rye Brook, New York, physician and author of *Healing Arthritis: Your 3-Step Guide to Conquering Arthritis Naturally*.

About 65 percent of patients try to treat joint pain with daily anti-inflammatory drugs that can damage the stomach and kidneys. Many work and exercise less due to pain, making arthritis the leading cause of disability. More than 1 million undergo expensive, risky surgeries annually, with hip and knee replacements performed twice as often now as in 2000.

tacks itself, destroying tissue around the joints. Spondyloarthritis inflames the spine and sometimes the eyes and gut. Infections like Lyme disease, parvovirus and hepatitis B can also ignite arthritic joint pain.

Inflammation may exacerbate them all, so an anti-inflammatory program can typically provide relief, says Blum. Serious forms might require more aggressive treatments; a visit with an integrative clinician is an important first step.

### Get Weight in Check

About one-third of obese people have arthritis, and research shows that with every pound lost, joint pain diminishes—the lighter the load, the less the pressure on joints. A Wake Forest University study of knee osteoarthritis patients showed that with each 10 pounds lost, 40 pounds of pressure is lifted from the knee.

“But it’s not simply about the load on the joints,” says Blum.

Fat cells release compounds called inflammatory cytokines, which can boost inflammation and pain. And new research from the University of Rochester, in New York, suggests that obesity may also impair the gut microbiome (beneficial bacteria lining the gastrointestinal tract), further exacerbating arthritis.

“There is no doubt that the gut bacteria are involved in the onset and perpetuation of inflammation and pain in arthritis,” says Blum.

When researchers fed mice the equivalent of a “cheeseburger and milkshake” diet for 12 weeks, doubling their body fat, they found more pro-inflammatory bacteria in their colon, more cartilage deterioration than in lean mice and more inflammation in their knees.

## Healing the Gut Heals Joints

Blum explains that dysbiosis, an overgrowth of harmful bacteria in the intestinal tract, can damage its fragile lining, allowing bits of bacteria to enter the bloodstream and ignite an autoimmune response. Dysbiosis can be kick-started by antibiotics, drugs like proton pump inhibitors, bad diet or stress, says Blum, who battled autoimmune arthritis after her son had a traumatic accident.

For curbing arthritis through the gut microbiome, the science is young. A few small human studies conducted in China and Finland suggest that ingesting specific strains of *Lactobacillus* (including *casei*, *acidophilus*, *reuteri* and *rhamnosus*) and *Bifidobacterium* (*bifidum* and *infantis*) may decrease inflammation and pain associated with arthritis.

In the University of Rochester study, overweight mice fed prebiotics (indigestible fibers that good bacteria feed on) had less arthritis progression.

Blum recommends taking antimicrobial herbs like oregano oil to heal a gut overgrown with bad bacteria and a high-quality probiotic supplement to replenish good bacteria. She also suggests ditching processed food and products with refined sugar, along with known allergens like gluten, soy and dairy, which can spawn inflammation. Avoid nightshade vegetables like tomatoes, potatoes and peppers, which anecdotally have been suggested to aggravate joint pain. Overall, strive for a plant-based diet high in fiber, colorful,

antioxidant-rich vegetables and “good” fats. One recent Michigan State University study found that when osteoarthritis patients switched to a plant-based diet for six weeks, they experienced less pain than those in the meat-eating control group.

## Exercise Smart

When joint pain begins to flare up, a carefully chosen workout may be exactly what’s needed for relief. A.J. Gregg, a chiropractor in Flagstaff, Arizona, says, “There is an element of ‘use-it-or-lose it’.” The proper exercise depends partly on which joints are affected. He notes that properly executed

strength training exercises like lifting weights can stabilize muscles around joints, easing strain and preventing arthritis from accelerating. Low-impact aerobic exercises like cycling or swimming can fuel the production and flushing of fluids through the joints without overloading them. Tai chi can improve range of motion. Even running, long falsely maligned as a precursor to arthritis, can help prompt cartilage cells to divide and replenish faster, research suggests.

A study of 75,000 runners by researchers at Lawrence Berkeley National Laboratory, in California, found that they

# Supplementing Suppleness

by Lisa Marshall

**Curcumin:** Derived from turmeric (*Curcuma longa*), this bright yellow culinary spice has been used as an anti-inflammatory agent in Asia for centuries. Today, it’s used as an alternative to non-steroidal anti-inflammatory drugs (NSAID), which can wreak havoc on the stomach and kidneys if taken long term, according to Naturopath Casey Seenauth. One industry-sponsored review concluded that 1,000 milligrams (mg) per day of curcumin can rival a NSAID like Advil for relief of pain and inflammation.

**Collagen or gelatin:** Integrative medicine practitioners have long prescribed gelatin powder made from animal connective tissue to provide the nutrients required for joint regeneration. Supplement makers have developed arthritis-specific collagen supplements in which the gelatin is broken down for better absorption. A Chinese study of 500 rheumatoid arthritis patients found that collagen derived from chicken cartilage improved symptoms of pain, stiffness and swelling in joints. Plant-based options are available.

**Glucosamine:** This classic tissue-building block has been shown in multiple studies to slow cartilage loss associated with osteoarthritis. Taken long enough, it can also ease pain, says Seenauth. “People often take it, don’t feel anything right away and quit. Give it time.” He recommends 2,000 mg per day for at least six to eight weeks.

**Fish oil:** Omega-3 fatty acids like eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) are established anti-inflammatories. A Korean University review of 10 trials involving nearly 400 rheumatoid arthritis patients found that those taking more than three grams per day of omega-3 fatty acid supplements reduced their reliance on NSAIDs and had less pain.

**Probiotics:** While their impact on pain reduction isn’t clearly known, many studies show that certain strains of *Lactobacillus* and *Bifidobacterium* can boost immune function, repair damaged gut lining and reduce system-aggravating inflammation, says Dr. Susan Blum. She recommends products containing a mixed blend of 20 billion to 30 billion colony-forming units (CFU) per capsule.



were less likely to develop osteoarthritis of the knee than less active people. A subsequent paper by University of Illinois researchers found that while each running step levels more force on joints than a walking step, the foot hits the ground less often, so when it comes to wear and tear, it approximates the effect of walking. "Running doesn't set people up for earlier development of osteoarthritis, and can in fact be protective," says Gregg, stressing that proper form, a soft running surface and moderation are all important.

### Regenerative Injections

For more advanced cases of osteoarthritis, Seenauth recommends regenerative injections such as prolotherapy and platelet-rich plasma (PRP) therapy. For PRP, doctors draw some of the patient's blood and spin it down with a centrifuge to isolate platelets loaded with growth-promoting compounds. Then, they inject the platelets into the joint. A study of 78 patients with knee osteoarthritis published in the *American Journal of Sports Medicine* found that those receiving one or two PRP injections had significantly less pain and better function six months later, while the placebo group worsened. In prolo-

therapy, doctors inject natural substances like dextrose and saline into the joint two to three times for six to eight weeks to promote production of collagen and other tissue-regenerating compounds.

"Rather than inject a steroid, which provides a short-term fix by suppressing the immune response, we inject a concentrated solution that ignites the body's natural healing response," says Seenauth.

### A Mind-Body Approach

Natural joint pain remedies also encompass acupuncture and meditation. In the UK, a University of York meta-review of 114 studies exploring 22 integrative or complementary therapies for arthritis, including strength and aerobic exercise training, found acupuncture to have the most studies completed and the most promising results. "Acupuncture can be considered as one of the more effective physical treatments for alleviating osteoarthritis knee pain in the short term," concluded the authors.

University of Auckland researchers, in New Zealand, recruited 42 rheumatoid arthritis patients and assigned half

to a program of mindfulness-based stress reduction, described by researchers as "the cultivation of nonjudgmental attention to unwanted thoughts, feelings and bodily experiences via meditation."

While the meditation group saw no change in levels of inflammatory markers in the blood or the number of swollen joints, they did report significantly less morning stiffness, tenderness and pain. The patients, in essence, trained themselves to experience their symptoms differently.

"Pain is not just about nerves detecting a noxious stimulant and sending the signal to your brain. The brain has a whole system for processing these signals, and is also informed by your experiences, emotions and cognition," says Seenauth, who recommends mindfulness meditation to all of his patients.

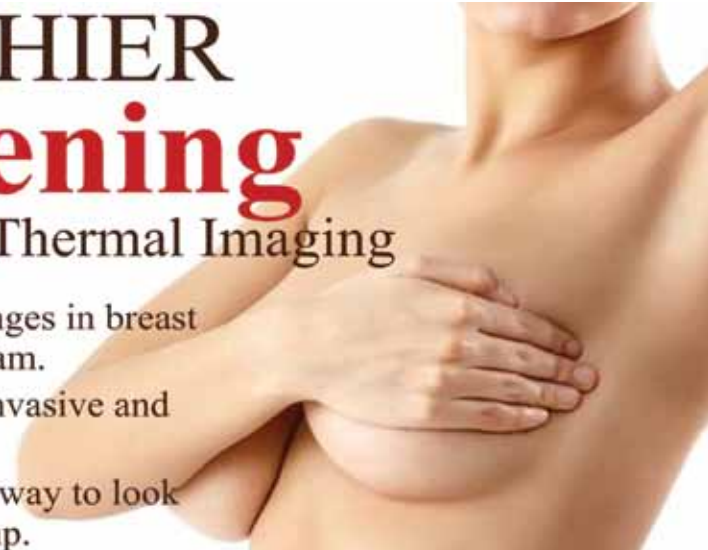
"With the right nutrition, therapies and state of mind," he says, "you can significantly reduce the impact joint pain has on your life."

*Lisa Marshall is a freelance health writer in Boulder, CO. Connect at LisaAnnMarshall.com.*

# SAFER, HEALTHIER Breast Screening

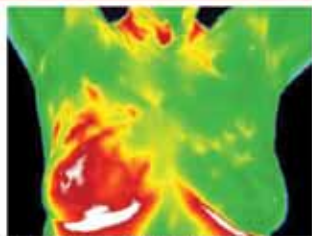
No radiation, Digital Infrared Thermal Imaging

- Breast Thermography can detect early changes in breast tissue up to eight years before a mammogram.
- FDA registered and is safe, painless, non-invasive and absolutely no painful compression.
- Digital Infrared Thermal Imaging - a great way to look for activity and for prevention before a lump.

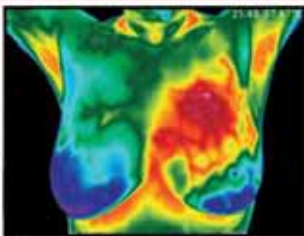


## BREAST THERMOGRAPHY

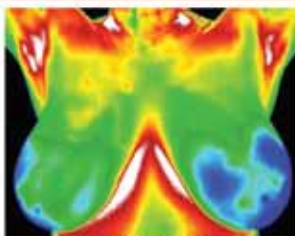
TO SCHEDULE  
CALL (337) 896-4141



Above: Breast Cancer Image



Above: Breast Cancer Image



Above: Normal Breast Image

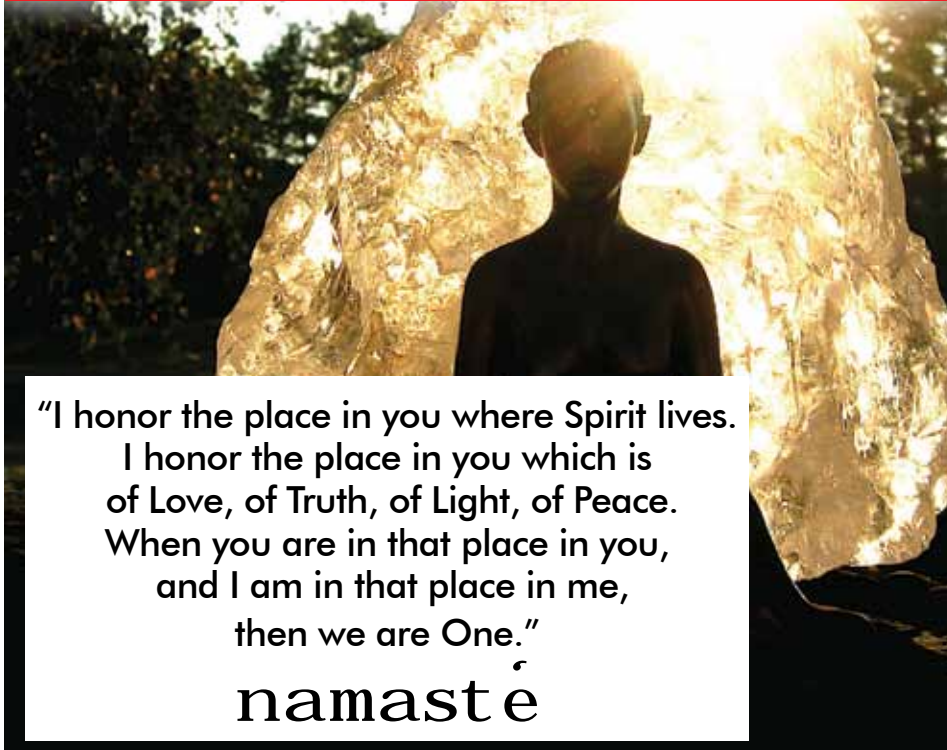
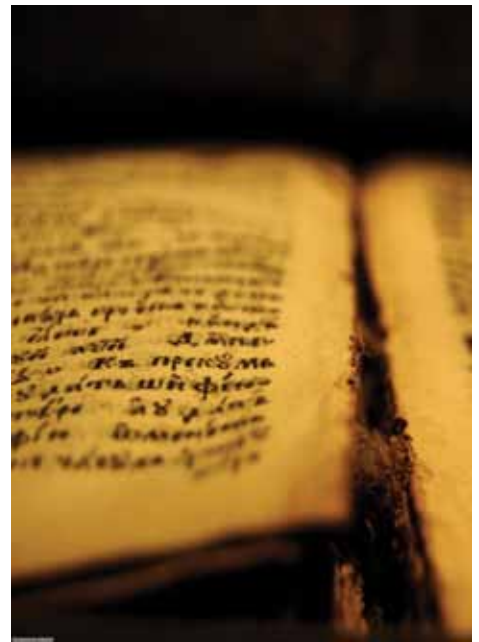
With digital technology and highly-trained staff we are able to detect breast changes usually before mammography. We detect the inflammation.

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# The “old way” of healing

Discover the Secrets to a World of Wellness



“I honor the place in you where Spirit lives.  
I honor the place in you which is  
of Love, of Truth, of Light, of Peace.  
When you are in that place in you,  
and I am in that place in me,  
then we are One.”  
namasté

# namasté

WELLNESS CENTER

**858-B Kaliste Saloom Road**

Tel: (337) 356-1251

# Lafayette, LA



# Meditative Melodies

## How Sound Deepens Meditation

by Dudley Evenson

When life is stressful, we know we need to relax. The question is how. Many wonderful ways involve combining music with a meditation practice. Although we can't always control our surroundings, we can learn to control how we react to and internalize what happens around us.

On the value of meditation and mindfulness, Jon Kabat-Zinn, founder of the Center for Mindfulness in Medicine, Health Care and Society, at the University of Massachusetts Medical School, observes, "When we do studies of this, we find we can change our brains. We can change our relationship to our emotions. We can change our relationship to the actuality of things in ways that are healing. The immune system responds."

Because sound affects us on all levels—emotional, mental and physical—combining musical processes with our meditation practice can be highly effective in easing stress. Cultures worldwide have long used music to lift the spirit and enhance meditation and healing.

### Choosing Meditation Music

Choose recorded music that helps calm mental chatter. Here are some criteria.

- ✓ Slow rhythms. These entrain bodily systems, including the heartbeat, pulse, digestion, respiration and muscle functioning, to a more natural rhythm.
- ✓ Natural sounds. They give a sense of peace.

- ✓ Nurturing tones. Typically, these are clear, warm and gentle.
- ✓ Uplifting, not gloomy. The music should give rise to a sense of joy and beauty.
- ✓ Absence of hooks and refrains; avoid repetition and familiarity that engage the analytical mind.
- ✓ Flowing. It is soothing and feels akin to nature.
- ✓ Sub-audio frequencies. The presence of these is an optional way to entrain brainwaves to an alpha or theta state that allows relaxation and healing to occur.
- ✓ Intention. It's important for both the musician and listener.

Here are several self-generated ways to further enhance meditation.

### Controlling Breath

We can live without food for weeks and water for days, but breath for only minutes. A simple way to begin breath work is by taking a fast, full inhalation, followed by a long, slow exhalation. With practice, both breath control and stress levels will improve.

### Vocal Toning

This uses the human voice to produce elongated vowel tones or humming sounds that can empower meditation. It also slows and lengthens our exhalation by putting a brake on the breath.

Begin by taking a deep breath and

then, with the mouth open, make a simple vowel tone such as ahh or ohh. With the exhalation pushing out a sound, the tone follows naturally.

### Mantra and Chant

Mantras can keep the demons of our monkey mind from distracting us. The word means "mind protection" in Sanskrit. A mantra is characterized by a short sound or phrase that carries a vibration and frequency that extends beyond the simple meaning of the words. Using mantras can help overcome mental chatter, de-stress and set us up for an expansion of consciousness.

Dr. Herbert Benson, founder of the Mind/Body Medical Institute at Harvard Medical School, in Boston, documented a phenomenon he named "the relaxation response". His research discovered that those that repeated mantras for even 10 minutes a day experienced physiological changes—a reduced heart rate, slower metabolism and lower stress levels, all of which allow the body to return to a more natural state of wellness.

### Singing Affirmations

Research led by Carnegie Mellon University's David Creswell found that people using self-affirmation also can protect against the damaging effects of stress on problem-solving performance.

An affirmation is a positive statement spoken in the present tense asserting that a desired goal is already achieved. With sufficient repetition and focused intention, declaration becomes reality. Adding a melody to our affirmation and singing it repeatedly enhances its power.

Mind-body expert Dr. Deepak Chopra agrees, stating, "Music helps to take the affirmations to a deeper level of the mind so that a process of emotional and spiritual transformation can start."

We are constantly affirming in our mind what we believe. With perseverance, repetition and steadfast belief in them, the words of our affirmations become a part of us. Before long, we notice we are achieving what we may have previously thought was impossible. Accessing the rich array of music and sound modalities available can help deepen meditation, decrease stress and allow us to benefit from a higher and much improved quality of life.

Dudley Evenson and her husband, Dean, are sound healing pioneers who have produced award-winning music since 1979 through their label, Soundings of the Planet. Their new book is *Quieting the Monkey Mind: How to Meditate with Music*. Learn more at [Soundings.com](http://Soundings.com).



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# Build a Bento Box Lunch for Kids

## Pack Five Foods for Fun, Flavor and Health

by Judith Fertig

Old-style rectangular metal lunchboxes are passé. New, convenient compartmentalized containers inspired by the Japanese bento box and Indian tiffin allow parents to pack up to five different, colorful and healthy items for a child's lunch with less plastic wrapping to separate foods. It dovetails exactly with what nutrition professionals recommend.

### Think Five

"People usually eat with their eyes," says Allison Forajter, a clinical dietitian at Community Hospital, in Munster, Indiana. "The more color and variety presented the better."

Holley Grainger, a registered dietitian, creator of the blog *Cleverful Living at HolleyGrainger.com* and mother of two school-age daughters in Birmingham, Alabama, agrees, saying, "These boxes make lunchbox packing easier because each compartment can be assigned a different food group."

Grainger usually starts with a protein, adds fruits, vegetables and whole grains, and inserts a surprise treat for a

total of five selections. "One easy and inexpensive way to boost protein is through low-fat dairy options like milk, yogurt, string cheese or cottage cheese. For children that like meat and poultry, roasted chicken and low-sodium deli turkey are delicious options. This is where I like to work in leftovers, so last night's entrée may be the filling for today's lunchbox mini-tacos. For a high-protein vegetarian/vegan option, beans/legumes are a favorite, whether in dips, salsas, salads or pastas," she says.

Forajter recommends exploring varied colors of the same type of fruits or vegetables. Offer green and purple grapes or red, yellow, green and orange bell pepper strips, and ask kids if each color tasted different. Including unusual fruits or vegetables can be a learning experience for the whole family. "Try purple and orange cauliflower or red, yellow, white or purple carrots," she suggests.

Grainger not only packs healthy foods for her kids, she makes sure they get a little "emotional nutrition", as well. She might include a piece of chocolate or a cookie, but the surprise

doesn't have to be food. "A note or picture from you written on your child's napkin adds a special touch. It lets them know you're thinking about them and gives them a feeling of security throughout the day," she says.

Parents faced with the daily round of lunch packing may benefit from the system of five. Each item goes into a separate compartment in the bento, box-style lunchbox. Many also offer a space for a "chiller" to keep foods safely cool.

### Easy Options

**Protein:** turkey breast, chicken breast, hardboiled egg cut in half, nuts, beans, almond butter, string cheese, yogurt

**Fruit:** blueberries, apple slices, plums, grapes—something easy for kids to eat

**Vegetable:** carrots, English cucumbers, celery sticks, bell pepper strips—easy finger foods; kids might eat more veggies if provided with a dip such as hummus or natural homemade ranch dressing

**Whole grain:** ancient or whole grain crackers, pita bread, non-GMO blue corn chips

**Treat:** a happy surprise could be a piece of wrapped dark chocolate, a crayon or a funny, loving or encouraging note from a parent

### Lunch: a Key Meal

"When children are fueled with nutritious foods, they are more alert and focused throughout the day, leading to better behavior, concentration and test scores," says Grainger. "They also have the opportunity to fill up on many of the essential vitamins and minerals often lacking in away-from-home meals. I've found that my children are hungrier at lunch than at other meals, so they tend to fill up on whatever is being offered."

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

# YOGA

## GLOSSARY

**Y**oga, a holistic art and practice that originated some 5,000 years ago in India, aims to integrate mind, body and spirit. The word yoga comes from the Sanskrit root *yuj*, meaning to yoke or unite, and refers to the joining of body with mind and mind with soul to achieve health, balance, tranquility and enlightenment.

Individuals of every age and physical condition can benefit from the regular practice of yoga, which has been proven to enhance flexibility, strength, stamina and concentration. Using a combination of *asanas*, or postures, and breathing techniques, yoga works to induce deep relaxation and reduce stress, tone the body and organs, increase vitality, and improve circulation and energy flow. Uplifting and meditative, yoga can be applied as a spiritual practice, as well.

Although many schools, or styles, of yoga exist, most differences derive from the primary focus of the practitioner's attention: precise alignment of the body; holding of the *asanas*; flow between the postures; breath and movement coordination; or inner awareness and meditation. No particular style is better than another, and many students practice more than one.

**Aerial:** Originated in California and now in several countries. Sometimes branded as AntiGravity Yoga, aerial incorporates traditional yoga *asanas* with the use of a hammock or sling and combines elements of Pilates and dance. This style is said to deliver benefits on emotional and psychological levels and has a fun component.

**Ananda:** A form of gentle hatha yoga with an emphasis on meditation. Ananda combines classic yoga postures with breathing and silent affirmations to attune with higher levels of body sense, energy and silent inner awareness. As an inner-directed practice, it has less appeal to those desiring a more athletic or aerobic experience.

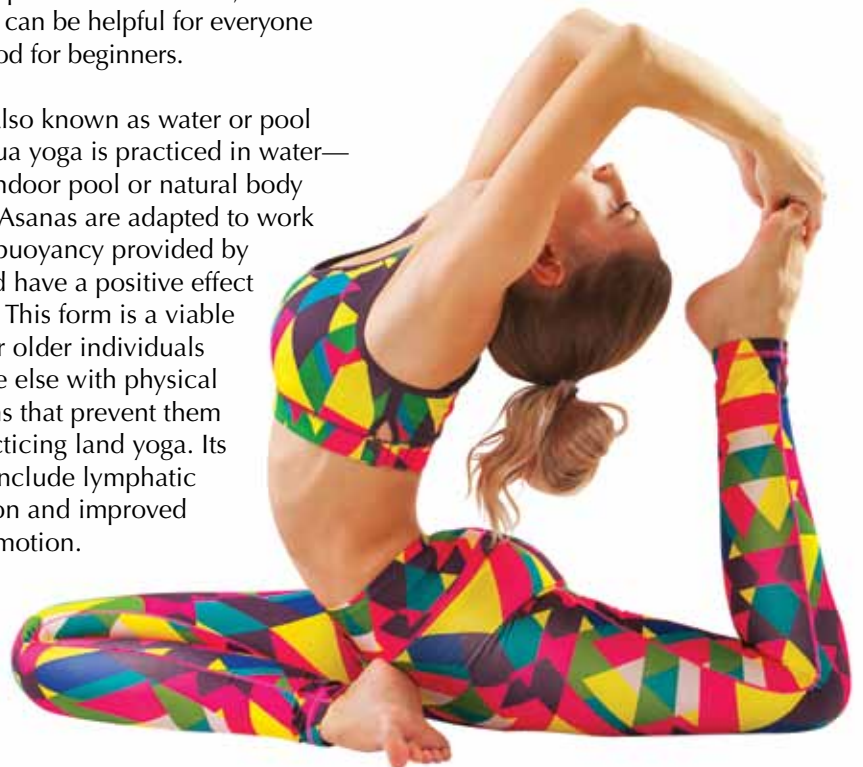
**Anusara:** Anusara means "go with the flow," and blends spirituality with inner/outer alignment and balanced energetic actions. Developed by John Friend in 1997, this style urges students to think of poses as artistic expressions of the heart. Individual abilities and limitations are deeply respected and honored, so Anusara yoga can be helpful for everyone and is good for beginners.

**Aqua:** Also known as water or pool yoga. Aqua yoga is practiced in water—a warm indoor pool or natural body of water. *Asanas* are adapted to work with the buoyancy provided by water and have a positive effect on joints. This form is a viable option for older individuals or anyone else with physical conditions that prevent them from practicing land yoga. Its benefits include lymphatic stimulation and improved range of motion.

**Ashtanga:** A physically demanding style that is light on meditation, *ashtanga* yoga employs a fast-paced series of flowing poses to build strength, flexibility and stamina. Developed by Indian yoga master Sri K. Pattabhi Jois, *ashtanga*'s progressively difficult postures are synchronized with a loud breath (called *ujjayi* breath in Sanskrit) and are designed to produce intense internal heat and purifying sweat in order to detoxify muscles and organs. The room is usually heated to warm muscles and increase flexibility. Preferred by many athletes, this style is too intense and demanding for most beginners.

**Chair:** Practiced sitting or standing, it uses a chair as a support/prop. *Asanas* are adapted from traditional hatha yoga. It benefits older individuals and those that are body-challenged. Flexibility is enhanced, as well as mind-body awareness.

**Hatha:** Hatha yoga is the foundational discipline on which nearly all other styles are based. In Sanskrit, *ha* represents the sun and *tha*, the moon—hence, the practice is designed to bring the yin and yang, light and dark, masculine and feminine aspects and polarities into balance. Essentially, hatha yoga brings all aspects of life together. A class described as hatha will likely include slow-paced stretching, *asanas*, or postures, that are not too difficult,



simple breathing exercises and perhaps seated meditation. Hatha yoga classes provide a good starting point for beginners to learn basic poses and relaxation techniques.

**Hot Yoga:** Hot yoga is performed in a heated room using varying temperatures and yoga poses. A Bikram yoga room is set at a minimum of 105° Fahrenheit with about 40 percent humidity, performing 26 prescribed asanas. Both forms of heated yoga help to speed up metabolism and improve circulation.

**Integral:** A gentle style of yoga brought to this country in 1966 by Sri Swami Satchidananda. Classes are structured to balance physical effort with relaxation, and include breathing practices, chanting and both guided and silent meditation. Integral yoga is suitable for beginners and helpful for more advanced students that wish to deepen their physical and spiritual awareness.

**Iyengar:** Noted for precise alignment and symmetry of postures, the development of balance and the use of props such as blocks, balls and belts, the Iyengar style of yoga was developed by B.K.S. Iyengar, based on his exceptional understanding of how the body works. Poses are held longer than usual. Iyengar is a good style for beginners, but can challenge seasoned practitioners, as well.

**Kundalini:** A powerful, enlightening style that incorporates *mantras* (chanting), meditation, visualization, breathing and guided relaxation with precise postures. According to Hindu philosophy, kundalini is a concentrated form of *prana*, or life force, represented by a coiled, sleeping serpent said to reside at the base of the spine. When breath and movement awaken the serpent (energy), it moves up the spine through each of the seven *chakras* (energy centers) of the body, bringing energy and bliss. Once a closely guarded secret in India, kundalini yoga was first brought to the West in 1969, and has been known to help with addictions and releasing endorphins in the body. Kundalini will not appeal to everyone and should be practiced under the supervision of an experienced teacher.

**Prenatal:** This yoga style is specifically tailored for pregnant women during all stages of pregnancy. Its combination of stretching, focus and breathwork make it ideal for improving strength and decreasing stress levels in prepara-



tion for childbirth. It might also alleviate pregnancy-related headaches, nausea and back pain.

**Restorative:** Distinguished by the use of props, this form of yoga aims to relax the muscles, calm the mind and open up the body through slow movements and passive stretching. Maintaining balance and holding gentle stretches for up to 20 minutes is made easier through the use of blocks, bolsters and blankets that support deep relaxation.

**SUP:** An acronym for stand up paddleboard, SUP yoga can be practiced on a lake or other calm body of water. Hatha and vinyasa asanas are employed with the intention of challenging the practitioner to distribute their weight to maintain balance. Benefits include improved core strength, circulation and balance.

**Svaroop:** A style that helps each student discover their bliss. The Sanskrit word *svaroop* means “the true nature of being”, and Svaroop yoga is sometimes called the yoga of alignment and compassion. Attention to alignment in specifically chosen poses helps to soften the body’s connective tissues and ease spinal tension. Blocks and bolsters may be used to allow for deeper muscle release. The style is suitable for beginners and useful for those recovering from injury.

**Viniyoga:** A transformative, slower and more individualized form of yoga that emphasizes gentle flow and coordinated breath with movement, Viniyoga is holistic in its approach and teaches the student how to apply the yoga tools of poses, chanting, breathing and meditation. Function is stressed over form in this style. Viniyoga is recommended for beginners and seniors, as well as those in chronic pain or healing from injury or disease.

**Vinyasa:** A challenging style that matches breath to movement. Vinyasa yoga poses incorporate alignment principles and are woven together in a flowing practice that is both intense and dance-like. Translated from Sanskrit, Vinyasa means “without obstacle”. The style is best suited to energetic, physically fit students.

**Yin:** Developed by yoga teachers Paulie Zink and Paul Grilley to improve joint mobility and flexibility through holding asanas for up to five minutes or longer, yin yoga complements more intense practices such as Bikram, increases circulation in connective tissue and fosters inner stillness.

**Please note:** The contents of this Yoga Glossary are for informational purposes only. The information is not intended to be used in place of a visit or consultation with a health-care professional. Always seek out a licensed, certified or otherwise professionally qualified practitioner to conduct a selected treatment.





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## Cancer Prevention

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a support system can help make the transition easier.

### Superfoods as Allies

According to Jennifer Di Noia, Ph.D., of William Paterson University of New Jersey, in Wayne, superfoods have 17 nutrients in common that are critical to the prevention of chronic disease, based on findings of the Food and Agriculture Organization of the United Nations and the Institute of Medicine.

Phytochemicals are the body's best source of antioxidants to help fortify cells against cancer and premature aging, as well as reduce the risk of heart disease and some types of dementia. Leafy greens such as collards, beet tops and certain lettuces, along with cruciferous vegetables, pack the most punch. Surprisingly, popular kale came in at number 15 on the CDC list of 41 superfoods, scoring only 49 out of 100 points for phytonutrient value.

Results of an *in vitro* study published by the journal *Nutrition Research* spotlight the cholesterol-reducing benefits of steamed collard greens and their ability to boost the body's natural cholesterol blockers by 13 percent more than the pharmaceutical drug Cholestyramine.

### Results as Reward

Greger reminds us that changing our diet can be initially daunting, but better health is worth the effort, as exemplified by one of his leading cases. "I met with an obese, middle-aged man with Type 2 diabetes in the beginning stages of diabetic neuropathy. After a month of being on a plant-based diet, he had reversed his diabetes and his nerve pain disappeared. Within three months, he no longer needed medications for high cholesterol and high blood pressure. Two decades later, he remains vigorous and free of chronic disease."

Greger's greatest reward is seeing people enjoying better health. His joy is evident when he confides, "Stories of people regaining health charge my batteries and make me jump out of bed in the morning."

*Marlaina Donato is a freelance writer and author of several books, including Multidimensional Aromatherapy. Connect at [MarlainaDonato.com](http://MarlainaDonato.com).*

# Superior Superfoods

## Nature's Top Foods to Prevent and Reverse Disease

by Marlaina Donato

Heart disease and chronic illnesses like diabetes, Alzheimer's and inflammatory bowel disease are reaching alarming rates in this country. According to the U.S. Centers for Disease Control and Prevention (CDC), 71 percent of all healthcare spending in the U.S. goes toward treating people with multiple chronic conditions.

Plant-dominant diets have a profound and universal effect on disease prevention, and often pose the potential for reversal. Enlightened institutions like the Loma Linda University School of Medicine, in Loma Linda, California, are now offering resident physicians specialized studies in lifestyle medicine based on therapeutic applications of diet.

Founding member of the American College of Lifestyle Medicine, international speaker and bestselling author Dr. Michael Greger, whose *How Not to Die* book now has a companion cookbook, is at the forefront of the growing conscious eating for wellness movement. The conclusions he's drawn from his own practice are supported by the largest study to date on disease risk factors, the Global Burden of Disease, funded by the Bill and Melinda Gates Foundation. "The number one cause

of death and cause of disability in the United States is our diet. Genetics loads the gun, but lifestyle pulls the trigger. Genes are not our destiny," Greger says.

### Big Changes Made Easier

Eating superfoods slows inflammation, a major factor in myriad health conditions, and fosters an internal environment that opposes cancer cells. According to Greger, incorporating nutrient-dense foods into our daily diet need not feel like a chore or sacrifice. "If you eat junk, not only are you feeding your precious body crummy fuel, but you're missing out on choices that are health-promoting," says Greger, whose free Dr. Greger's Daily Dozen phone app helps make the switch easy and intriguing.

"I'm a fan of techniques for getting more plants on our plates," says Greger. "Try using meat as more of a condiment or flavoring. Find entrées you already like and make them more plant-friendly. For instance, try replacing the taco meat with lentils spiced with traditional taco seasonings."

Other helpful tips include tapping a family member, friend or colleague eager to support healthy choices. It can be difficult to be the only one eating healthfully in any group, but having



# Signs of Nutritional Deficiencies

## EYES

Dark circles or bags under the eyes: Allergies, food tolerances, dehydration  
Poor night vision: Vitamin A  
Ruptured blood vessels in the eyes: Vitamin C  
Nearsightedness: Vitamin D  
Pale lower eyelid: Iron

## HAIR

Hair loss: B2, B5, Biotin, D, Zinc  
Dry hair: Vitamin A, E, Omega 3, Protein, Iodine, Selenium, Biotin  
Dandruff: Selenium, Omega 3, Vitamin A

## MUSCLES AND JOINTS

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

## SKIN

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

## NAILS

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

## TEETH AND GUMS

Bleeding gums: Vitamin C, folic acid  
Crowded Teeth: Calcium, Vitamin K

## MOUTH

Canker stones: B3, B12, Folic acid, Calcium  
Cracks in the corner of the mouth: B2  
Weak tooth enamel: Vitamin A, D, K, Calcium  
Painful tongue: B2, B3, Folic Acid  
Loss of smell or taste: Zinc

## EMOTIONAL / MENTAL

Depression: B1, B5, Biotin, PABA  
Dementia: B1, B3, B12, folic acid  
Nervousness/Irritability: B1, B6, B5  
Insomnia: B3, B5, B6, D3  
Dizziness: Iron, B2, B12



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# ZERO WASTE LIFESTYLE

## Ways to Make Far Less Trash

by Avery Mack

In manufacturing, a zero waste policy means designing products so that all resources are used or reused. It's a concept Bea Johnson, author of *Zero Waste Home: The Ultimate Guide to Simplifying Your Life by Reducing Your Waste*, embraced for her family a decade ago in Mill Valley, California. "My goal was to simplify our lives," she says. "We found a zero waste lifestyle isn't what we expected; it's better. It's good for the environment and for our family."

Johnson reports achieving 40 percent savings in annual household costs. "Voluntary simplicity has also changed our daily routines. Simple living focuses on experiences versus things, and we find we have more free time," she says. "Our minimalist wardrobes now fit into carry-on bags for travel."

### A Doable Personal Goal

"Don't expect to reach zero. Go for zero-ish," counsels Celia Ristow, a freelance writer who blogs at *Litterless.com*. In 2017, Ristow and two friends, Moira Kelley and Bailey Warren, started a grassroots group called Zero Waste Chicago to raise awareness and connect locals with needed resources to reduce trash.

"We speak at grocery stores, community events, schools, colleges and to employees on their lunch hour. We love how responding readers send suggestions and outlets for reusing items," says Ristow.

Local efforts can take off when people find like-minded others through using hash tags like #zerowastechicago on Instagram, search for a local blogger or host a mini-meet-up in a grocery that sells in bulk or at a coffee shop that uses ceramic

cups or no plastic stirrers. Similar grassroots organizations are active in Colorado ([EcoCycle.org/home](http://EcoCycle.org/home)) and Seattle ([EcoCollectiveSeattle.com](http://EcoCollectiveSeattle.com)).

"Zero waste seems difficult to imagine in the U.S. People think change is costly and time-consuming," Johnson says. "My vocation is to shatter these misconceptions. Follow the 5 R's: refuse what you don't need, reduce what you need, reuse, recycle and rot. Refuse single-use plastics and junk mail, reduce the volume of clothing items and sports equipment, buy used, recycle the unwanted and compost (rot) food waste, lint, hair and floor sweepings. It's not that complicated."

Due to her experience, Johnson can now store a year's worth of waste in a pint-sized Mason jar. "Inside is deteriorated foam from headphones, a dental retainer, silicone caulk from the sink, fruit and veggie stickers, clothing labels, plastic mini-bumpers from cabinet corners I replaced with felt and a plastic-coated spike from the dishwasher," she says. "I'm still amazed when people have a use for something I don't want or need. Start by saying no to flyers, freebies, party favors, business cards, plastics, excessive packaging and junk mail. Accepting them creates more. Refusing such clutter is the first rule to a less wasteful lifestyle."

Kathryn Kellogg, the Vallejo, California, author of the *Going Zero Waste* blog and a content creator for Pela Case, a Canadian eco-friendly smartphone case maker, offers many zero waste swaps. "I use silicone cupcake liners instead of paper, bar soap in lieu of plastic-packaged body wash and make my own lip balm." She also has alternatives for sponges, plastic wrap, cooking pans and toothbrushes. Consider her 31-day challenge at [GoingZeroWaste.com/31-day-video-challenge](http://GoingZeroWaste.com/31-day-video-challenge). She notes, "Since I started working toward zero waste, I have more confidence, am able to speak up about less waste and am mindful when I shop."

### A World View

In May, Johnson toured 16 countries in 17 days giving presentations. "Surprisingly, we often had to open another room because interest was higher than expected. In Russia, they broadcasted my talk to 17 cities," she says.

Johnson learned that many countries have no waste collection or recycling programs. Plastic bottles, bags and trash litter many landscapes. "Life in the United States is different. Here, we have bigger houses, need more and create more waste. Elsewhere, grocery shopping is done daily instead of weekly, produce is local, seasonal and sustainable instead of imported," she observes. "In a way, it's easier to go zero waste there because they're using just what they need. Everyone deserves a place to live and life's necessities. Past that comfort level, it's excess."

Johnson sees rapid changes underway in consumer thinking and is hopeful looking forward. "I don't want to tell others how to live. I just want to share our experiences. The United States' example has a huge impact worldwide. Zero waste is the necessary lifestyle of the future, and it begins at home."

Connect with the freelance writer via [AveryMack@mind-spring.com](mailto:AveryMack@mind-spring.com).

# The DISADVANTAGES OF WORKING FROM HOME



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# WHY OUR BODY LOVES YOGA

## Gentle Poses Foster Flexibility

by Marlaina Donato

Although media coverage of yoga often highlights advanced yoga poses, the practice is not reserved solely for super-flexible folks. Benefits are available to everyone of any age or physical type.

“Many people assume that yoga requires the ability to be a contortionist. Yoga is an internal process and can meet us wherever we are,” says yoga therapist Kimberly Carson, of Mindful Yoga Works, in Portland, Oregon. Springing from the theory that half of our capacity to become more flexible lies less in the muscles than in the nervous system, this calming practice helps the body release tension and achieve a suppler state.

### Why it Works

Yoga poses don’t need to be intense to have a significant effect. Gentle, regular practice can improve range of motion, increase muscle strength and promote circulation of the synovial fluid surrounding joints that supplies oxygen and nutrients to cartilage.

“Basic yoga is just as beneficial as more advanced ideas of yoga, especially in terms of body awareness,” says Piper

Abbott, an integrative yoga therapist and teacher who owns Burlington Yoga, in Burlington, Vermont. “Where our attention goes, energy flows. When we’re holding a posture and directing this focused awareness into the sensation of a stretch, we’re learning to read our body.”

Agility is usually associated with muscles and joints, but underlying flexibility goes deep to further enhance wellness. Stiff muscles often go hand-in-hand with stiff arteries, for example, but appropriate exercise can have a positive effect there, too.

According to studies by physical therapist Miriam Cortez-Cooper, Ph.D., and her colleagues during her tenure at the University of Texas at Austin, stretching exercises performed for 11 weeks improved flexibility of the carotid artery—the main vessel that transports blood to the brain—by 23 percent. Such an increase did not result from aerobic exercise or strength training.

### Every Body Can Benefit

“Yoga is truly for any and every body. Flexibility or a lack thereof can be found in anatomies of any shape. Many options for poses exist to help

you find the version that works best for you. Yoga props such as blocks and straps can provide support to encourage experimenting while ensuring a safe approach,” says Anna Guest-Jelley, CEO of Curvy Yoga, in Portland, Oregon. She loves sharing the value of yoga with people of all sizes. “What’s important is working wherever you are within your current range of motion, so your body can open to new movements appropriately.”

Maintaining a regular practice offers an opportunity for individuals living with chronic pain or undergoing cancer treatment to feel more at ease. “Even in cases of severe fibromyalgia, some movement is better than none, and can foster better sleep. Restorative sleep can help to heal microtears in muscles, which can be common. Non-goal-oriented yoga also offers layers of benefits for cancer patients, both supporting physical function, as well as offering a way to practice kindness towards the body/mind during tough times,” says Carson.

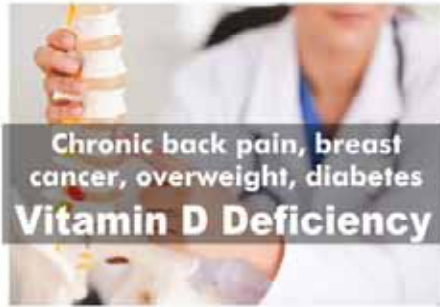
For seniors, yoga is an excellent way to foster better flexibility, even in the presence of osteoarthritis. Studies conducted by Dr. Sharon Kolasinski, of the University of Pennsylvania, found that Iyengar yoga reduced joint stiffness and pain reduction during an eight-week period in people with knee osteoarthritis. Chair yoga, though popular with seniors, can introduce unnecessary risk if not tailored appropriately for those with osteoporosis, Carson cautions. “It’s important for older adults to find classes taught by appropriately trained instructors. Inappropriate chair sitting itself can compromise bone health, so teachers trained in spinal health and planes of action are recommended.”

No matter the level of an individual’s agility, improved flexibility is a boon, especially when it goes beyond the physical to embrace mental and spiritual aspects. Abbott remarks, “Yoga has taught me not only how to move and relate to my body, but how to gracefully adjust to change and the challenges of life.”

*Marlaina Donato is a freelance writer and authors books related to the fields of alternative health and spirituality. Connect at [MarlainaDonato.com](http://MarlainaDonato.com).*



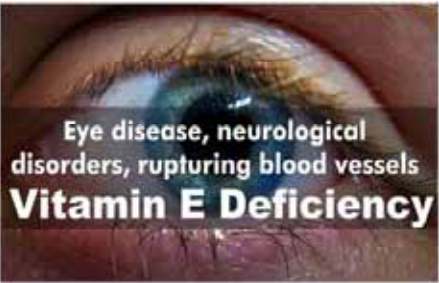
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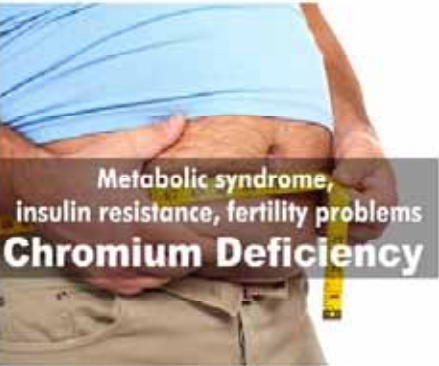
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# Living with Cat Allergies

## Simple Home Solutions that Help

by Karen Shaw Becker

An estimated 10 percent of Americans are allergic to household pets, with sensitivities to cats twice as common as to dogs, according to the American College of Allergy, Asthma and Immunology. Most people with cat allergies react to Fel d 1, a protein found on cat skin, although other cat allergens are found on the fur, in saliva and even in their urine, reports a study in *The Journal of Allergy and Clinical Immunology*.

The tiny Fel d 1 protein attached to a piece of airborne cat hair or skin can linger in the air for hours—much longer than a similarly released dog allergen. It's also sticky, readily attaching to human skin and clothing, and can even easily transfer to cat-free public locations such as a classroom.

Male cats tend to produce more of this allergenic protein than females, especially if they're not neutered. However, all cats produce the Fel d 1 protein, and it's unrelated to the amount of fe-

line dander or shedding. Thus, no truly hypoallergenic cat breed exists, yet some breeds may be better for allergic pet lovers, say Austrian researchers in a study published in the journal *Clinical and Translational Allergy*.

Many people are able to build up tolerance to their kitty over time. Before starting a relationship, first ensure the allergy is not severe. If allergy symptoms are more of a nuisance than a serious health threat, some options can help minimize the problem at home:

- ✓ Consider making the bedroom of any affected family member a cat-free zone.
- ✓ Purchase a high-quality air purifier to clean the air of allergens and other pollutants.
- ✓ To prevent a buildup of allergens indoors, replace carpeting with hard flooring and drapes and curtains with non-fabric window coverings and if possible, avoid upholstered furniture.

- ✓ Clean the house often and thoroughly, including any surfaces that trap pet hair and dander like couch covers, pillows, bedding and pet beds.
- ✓ Wash bed linens at least weekly in hot water.
- ✓ Wash hands after handling the cat. After snuggling together, consider taking a shower and shampoo before retiring in order to avoid bringing kitty allergens to bed.
- ✓ Feed kitty an anti-inflammatory (grain-free), balanced and species-appropriate diet. Reducing or eliminating the allergenic and genetically modified (GMO) foods a cat eats reduces the allergenic quality of their saliva.
- ✓ Ensure optimal levels of essential fatty acids in their diet to reduce shedding and dander.
- ✓ Bathe the cat regularly, taking care to use only a safe, non-drying, herbal animal shampoo.

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



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# Copper

## Natural device stops a cold before it starts



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



### New research: Copper stops colds if used early.

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

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

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

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

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

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

"It worked!" he exclaimed. "The cold

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

He asked relatives and friends to try it. They said it worked for them, too, so

he patented CopperZap™ and put it on the market.

Soon hundreds of people had tried it and given feedback. Nearly 100% said the copper stops colds if used within 3

hours after the first sign. Even up to 2 days, if they still get the cold it is milder than usual and they feel better.

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

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

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

Businesswoman Rosaleen says when people are sick around her she uses CopperZap morning and night. "It saved me last holidays," she said. "The kids had colds going around, but not me."

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

Some users say copper stops night-

time stuffiness if used just before bed. One man said, "Best sleep I've had in years."

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

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

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



### Sinus trouble, stuffiness, cold sores.

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

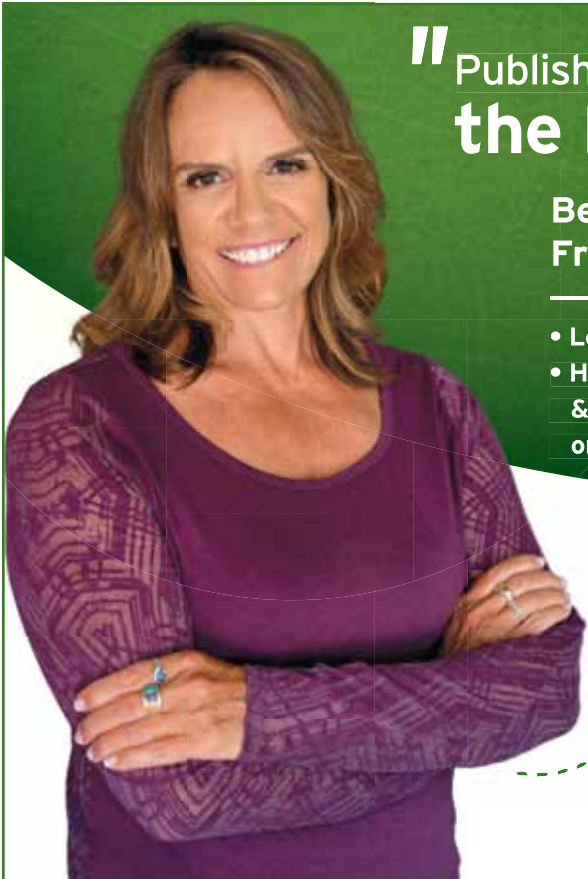
The EPA says copper still works even when tarnished. It kills hundreds of different disease germs so it can prevent serious or even fatal illness.

CopperZap is made in the U.S. of pure copper. It has a 90-day full money back guarantee when used as directed to stop a cold. It is \$69.95. Get \$10 off each CopperZap with code **NATA3**. Go to [www.CopperZap.com](http://www.CopperZap.com) or call toll-free 1-888-411-6114.

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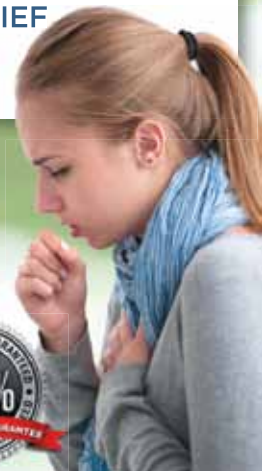
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# Yoga Meets Life's Essential Questions

## Tapping into Our True Nature

by Michael A. Singer

In 1972, I experienced a profound spiritual awakening and went into seclusion to focus on my inner growth. This awakening helped me see that I'm not my mind—I am the observer of my mind. I watched this chattering mind creating an obstacle to self-realization and true happiness. I also came to realize another clear truth: The outside world isn't personal. It's unfolding according to all the forces that have taken place from the beginning of creation. Call it science or the will of God—it doesn't matter. What matters is we didn't do it, and it isn't supposed to match what we want. When we see this, we can transcend the limited mind and embrace the true nature of our being.

We've each developed personal likes and dislikes resulting from life experiences that have left good or unfavorable impressions within us. These impressions determine how we view the world, and they limit our ability to enjoy life. We can begin learning how to release these impressions by letting go of the little things that irritate us for no reason—like the weather or someone's attitude. We have a tendency to resist uncomfortable feelings, so we try to fix and control our environment. A commitment to yoga

demands that we let go of our personal reactions and use each experience in life to go beyond our comfort zone.

The science of yoga is centered on realizing the essential self—the one within who is simply aware. It comes from thousands of years of enlightened beings devoting their lives to the questions: "Who am I? Why do my thoughts and emotions change so much?" This inquiry helps us find the true self inside, the self beyond personality and the mind's fears and opinions.

Progress happens through cultivating awareness. The simplest approach is to ask: "Who is in here looking through these eyes and experiencing this world?" Don't try to answer. Just relax back into the essence of your being—the one who sees—and experience life from this place of awareness.

When we're clear and comfortable with who we are inside, life becomes beautiful—regardless of what is going on around us. We can then help raise the world for the better. There is freedom and peace in that.

*Michael A. Singer, author of The Untethered Soul, is founder of the Temple of the Universe yoga and meditation center, in Alachua, Florida. See [UntetheredSoul.com](http://UntetheredSoul.com).*

## calendar of events

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

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### Friday September 7

**Cajun Food Fest** – 5-11pm. thru 9am-9pm. Saturday September 8. A family event food cook-off with food, refreshments, carnival rides, a Fais do-do, Poker-run-Jeep Jaunt, a Cancer Survivor Walk, car show and craft show. Lydia Cancer Association. Bonnie Rabeaux. Weeks Park, 4412 Weeks Park Rd, New Iberia. 337-367-1192. [LydiaCancerAssociation.org](http://LydiaCancerAssociation.org).

### Saturday September 8

**Shape the Future Day** – 10am-12pm. Thirty minutes of fun sessions starting with The Frosted Apron for a demo of healthy baking and decorating options; Kids yoga-15 class members only(5-12 year olds); BOD Fitness JROK of Young Hub City; and Zumba Kids with Mel B and Sahra. Children of all ages-parents welcome to attend. Attendees must register at [EventBrite.com](http://EventBrite.com). Melinda Boutte. Fearless Soul, 216B E Main St, New Iberia.

**Word Crawl at Art Walk** –12 -11:30pm. A literary marathon with sponsored poets sharing writings at Cite Des Arts, Dat Dog, the Science Museum and other locations. Festival of Words Project. Patrice Melnick. Downtown Lafayette. 337-254-9695. [FestivalofWords.org](http://FestivalofWords.org).

**Shibori: Indigo Dyeing Workshop** –12- 3pm. Learn the ancient Japanese tradition of resist-dyeing with indigo Shibori folding, binding, and wrapping techniques using wooden blocks and bamboo to create mesmerizing shapes. Bring your own or purchase at the event white cotton/linen t-shirts, plain fabric to throw in the indigo pot. Donations welcome. La Poste, 153 Fuselier Rd, Arnaudville.

### Monday September 10

**Annual Soiree Royale** – 5:30pm. Acadiana Chef's Competition and culinary sampling event. \$40. Evangeline Downs Event Center, 2235 Creswell Ln Ext, Opelousas.

### Friday September 14

**Celebration of Rumi Caravan** – 6:30- 9pm. An evening of Persian poetry, food, and music featuring Bessie Senette and J.K. McDowell. \$15 registration required. Teche Center for the Arts, 210 E Bridge St, Breaux Bridge. 337- 205-2279. [TecheCenterForTheArts.com](http://TecheCenterForTheArts.com).

### Saturday September 15

**Exit 11 Yard Sale** –7am-4pm. Locals set up shop to sell antiques, artwork, jewelry, and one-of-a-kind items at bargain prices. Sunset Merchants' Alliance and the Grand Coteau Cultural Foundation. Along Highway 93 in Grand Coteau and 182 in Sunset, I-49 Exit 11 Grand Coteau & Sunset, Louisiana. 337-313-4448 or 337-331-5577.

**Body Talk Girls** –10am -12pm. A class that covers the basics of puberty. Topics include the five stages of development, good hygiene habits, feelings, emotions and an explanation of the menstrual cycle. \$30/parent and child. Woman's Foundation Classroom, 4630 Ambassador Caffery Pkwy, Lafayette.

**Creole Rendezvous** –10 am-2pm. Enjoy Creole culture every 3rd Saturday with Creole Zydeco music, mini trail ride, farmer's market, art and crafts, food and demonstrations of crocheting, and quilting. Free. No outside food or drinks. The African American Heritage Foundations. Jenelle Chargois. Vendors call 337-254-4574 or 337-322-4875. [AAHPFoundation@gmail.com](mailto:AAHPFoundation@gmail.com).

**Bingo & Bubbly** –1- 4pm. The women only event consists of 8 regular bingo games, a blackout game, food, beverage and company of good friends. Attendees may purchase raffle tickets and enter to win baskets donated by local businesses. Individual ticket: \$50 one bingo card for eight regular games; table sponsor: \$750 eight bingo cards for regular games. The UL Lafayette Alumni Association. University of Louisiana at Lafayette, 104 University Circle, Lafayette.

### Tuesday September 18

**Garden Bros Circus** –3:30- 9pm. The elephants are back in two ninety minutes shows- 4:30 and & 7:30pm. Three ring acts bursting with excitement, laughter and memories. First 100 tickets sold online \$12.50. Yambilee AG Arena, 1939 W Landry St, Opelousas. [GardenBrosCircus.com](http://GardenBrosCircus.com).

### Saturday September 22

**Ultimate Kids Expo** – 11am -8pm.thru Sunday September 23. A shopping event featuring a Super Play land with activities, free fun rides, block building arena, free video game zone and other family friendly activities. \$7. Charley Fisher. Cajundome Convention Center, 444Cajundome Blvd, Lafayette. 713-714-2166.

**Kids Cooking Class** – 2:30-4pm. Chef Sally teaches kids to make a mini fruit pizza. Space is limited. 5-12 year old. \$10 [Eventbrite.com](http://Eventbrite.com) ticket. Rouses Market, 2900 E Milton Ave, Youngsville.

**Blessing the Bear Birthday Party** – 6- 9pm. A country & western themed party with music, snacks and fun. 5-15 year old. \$5 preregister online or donate a new toy. Monica Fontenette. Ramada Inn, 2915 LA Hwy 14, New Iberia. 337-376-6211. [BlessingNewIberia.org](http://BlessingNewIberia.org).

**Cajun French Music Festival** – 6-10pm. Live music by Wallace Trahan Rice and Gravy, and food available for purchase. \$10. Les Cadiens du Teche -Cajun French Music Assoc. La Louisiane Banquet Hall, 5509 Hwy 14, New Iberia. 337-277-1188.

### Thursday September 27

**2018 Tinsel & Treasures Market** – 10am-8pm. thru 8am-5pm. Saturday September 29. An annual holiday shopping market. \$10. Junior League of Acadiana. Cajundome, 444 Cajundome Blvd, Lafayette.

**Shadows-on-the-Teche Farm Fest** – 4-8:30pm. Family fun, live entertainment, food and drinks. Decorate your own sugar cookie, participate in the Cup Cake Walk, and win prizes at The Sugar Cube Sweepstakes. Shadows-on-the-Teche, 317 E Main St, New Iberia. 337-369-6446.

**Louisiana Sugar Cane Festival** – Thru Sunday September 30. Celebrate the Louisiana sugar cane industry with parades, carnival, live Cajun and Zydeco music, a car show, sugar cookery and artistry competitions. Various venues in New Iberia. 337-369-9323. [HiSugar.org](http://HiSugar.org).

### Friday September 28

**Bienvenu Lecture** – 6-8pm. Bonnie Pitman, director of Art/Brain Innovations, Center for Brain Health, and Distinguished Scholar in Residence for the Edith O'Donnell Institute of Art History at The University of Dallas at Texas will address the Power of Observation. LITE Center, 537 Cajundome Blvd, Lafayette.

**Music & Market Fall Series** – 6-8:30pm. An outdoor music series showcasing some of Louisiana's best musical artists and fresh homegrown vegetables. Opelousas Farmers Market Pavilion, 828 E Landry St, Opelousas. 800-424-5442. [CityofOpelousas.com](http://CityofOpelousas.com).

### Saturday September 29

**Acadiana Walk to End Alzheimer's** – 8am-12pm. The world's largest event to raise awareness and funds for Alzheimer's care, support and research. Participants of all ages. Alzheimer's Association Louisiana Chapter. Adrienne Mullens. Blackham Coliseum, 2330 Johnston St, Lafayette. 337-230-3926. [Alz.org/walk](http://Alz.org/walk).



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## Green Waters Alkaline Water

Green Waters alkaline water reduces infections, flu and colds. Immunity weakens with more and more acidity in our body and thus we fall sick more frequently. Alkaline water can help build up alkaline reserves and neutralize acids helping our body to recuperate and grow strong. Suggested Use: Drink 64 oz per day for 14 days. ....**\$36.00 / case of six**



## WheTea Stomach Fat Burner

WheTea is an organic blend of wheatgrass and green tea. With natural EGCG antioxidants from green and white teas. EGCG has been shown to be 100 times more powerful than vitamin C and 25 times more powerful than vitamin E. WheTea also contains 130 percent of the daily value for vitamin C and a variety of catechin polyphenols and flavonoids. If you are looking for a potent pure tea for weight loss, you’ll love WheTea. ....**\$20.00**



## Whey Protein (Vanilla)

Liteon Natural’s Whey Protein is made with only whey isolate from grass fed cows not treated with rBGH, the highest quality natural protein powder with the highest biological value of any protein in existence today. Sweetened naturally with stevia leaf extract, this product is low glycemic, perfect for fat loss, promotes stable blood sugar, and is ideal for diabetics or bariatric patients. ....**\$45.00**



## Digestive Enzyme Complex

A healthy digestive system does an incredible job of breaking down the food we eat. However, without the help of digestive enzymes, we cannot metabolize food effectively no matter how healthy the food may be. There are roughly 22 main digestive enzymes involved in breaking down the food we eat into nutrients. After all, it’s not “food” that our body absorbs for energy and health—it’s the nutrients inside the food. Digestive Enzyme Complex is a natural digestive enzyme supplement. This vegetarian supplement can enhance the chemical reactions involved in digestion, promote an acid and alkali balance in the body, and help you fight off or prevent infections. ....**\$35.00**



## Raspberry Ketone Drops

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



## Manglier Tea (mong-lee-AY)

The tea is used to treat diabetes and has the ability to build the body’s immune system quickly to fight cold, flu, and other infections. It clears viral and bacterial infections. Native Americans first discovered the medicinal properties of this plant in the 1800s. Creole and cajun communities used it before the onset of drug prescriptions and antibiotics. It is natural medicine that can be readily found in south Louisiana. ....**\$24.00**



## Infrared Sauna Therapy

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

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

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

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

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

**\$65 (1 hr)**



## Water - Lymphatic Massage Therapy

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

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

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

**\$65 (45 hr)**



## Liquid Vitamin Therapy

**INFRARED EFFECTS** Reduces and balances the acid level, improves the nervous system, prevention of bacteria growth, normalization of blood cholesterol, speeds up repair of body cells, maintains warmth and promotes better sleep, promotes elimination of waste and harmful heavy metals out of human body

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

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

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

**\$45 (30 min)**



## Whole-Body Vibration

**LOW IMPACT EXERCISE** Whole-body vibration is a great alternative to strenuous exercise. Fatigue and lack of mobility are easily overcome, ensuring a higher quality of life for everyone. Whole-body vibration is great for athletes, individuals wanting to maintain health, or even the elderly, disabled, or individuals with limited mobility. Whole-body vibration research has shown an increase in serotonin levels after vibration.

## Ion Foot Detox

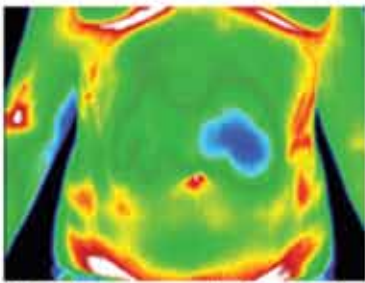
**Ion Detoxification Therapy** Avoiding disease and maintaining vitality as we age requires the maintenance of an alkaline environment throughout the body – which is virtually impossible to accomplish in our high-tech, high-stress, toxic society, unless we follow a detoxification program. Ionic Detoxification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

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

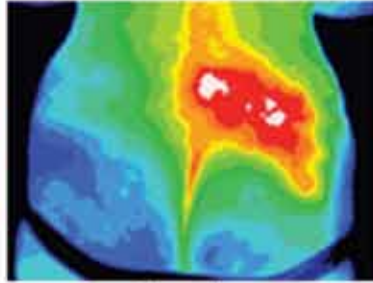
**How does it work?** Your feet are placed in a bucket of clean, warm, ankle-deep water. A small amount of sea salt is added to the water, in order to increase the conductivity. Then, an ionator is placed in the bucket of water along with your feet. This ionator creates a low-voltage, direct current to separate the water molecules into positive and negative ions by separating oxygen and hydrogen in the water. The ions travel through your body, attaching to and neutralizing oppositely charged particles, and osmosis pulls the neutralized particles out through the surface of your feet. Osmosis is a scientific term that is used to describe the movement of particles through a membrane from an area of lower concentration to an area of higher concentration. In this case, the higher concentration refers to the ion field that is set up by placing the ionator into the water while running the unit. Once the unit is turned on, the water will begin turning color. By the end of the treatment, the water will be discolored and contain floating or sinking particles. This is a result of the toxins being pulled out of your body and into the water.



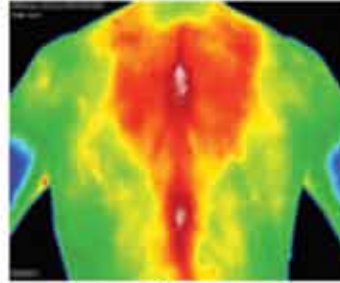
**\$45 (30 min)**



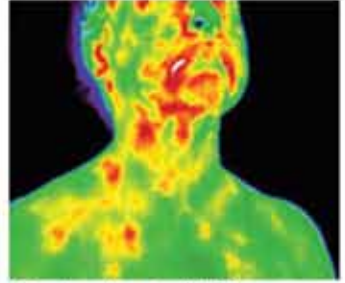
Hypothermia in the Stomach



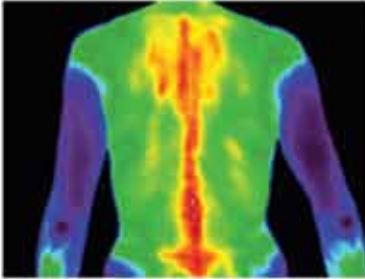
Shingles



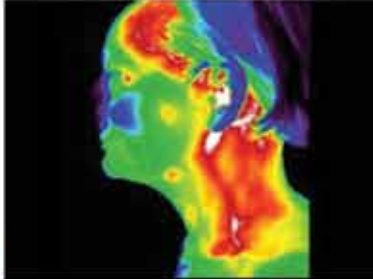
Lung Cancer



Periodontal Disease



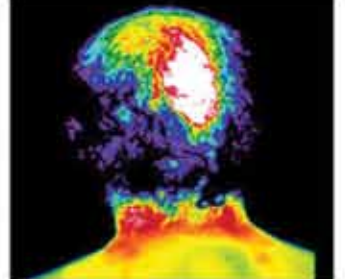
Spinal Inflammation



Carotid Artery Inflammation



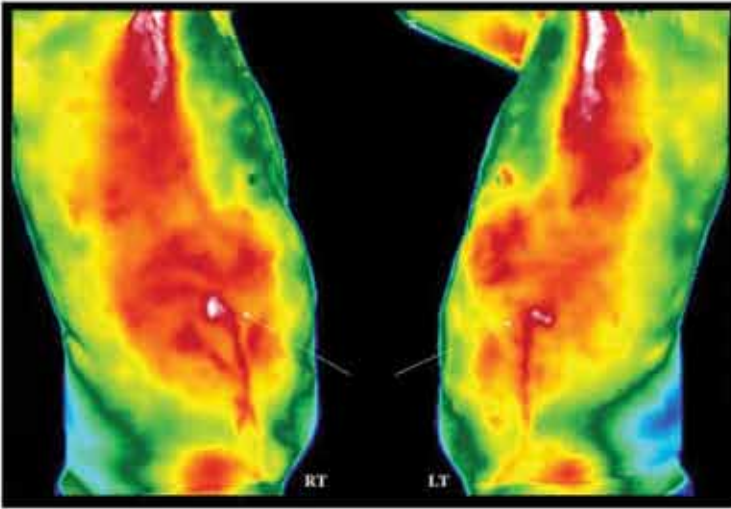
Poor Circulation Left 4th & 5th Finger



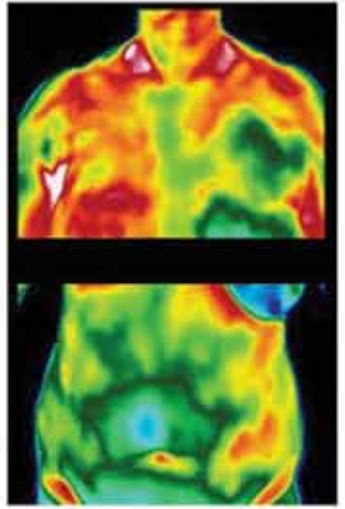
Melanoma-Scalp Cancer



Varicose Veins



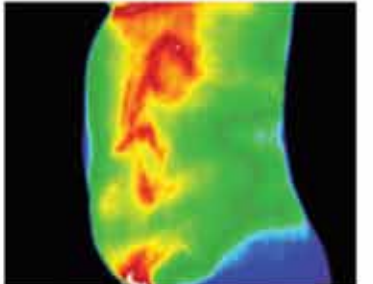
Bilateral Kidney Stones



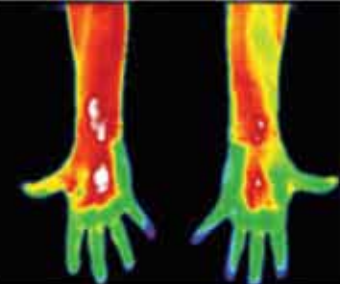
Breast Cancer



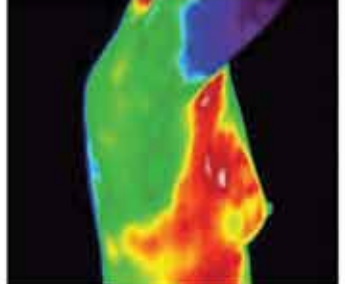
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



Lymphatic Congestion

**FREE  
BUY ONE  
GET ONE**

## \$94 Full-Body Thermography Screening

Text **EXAM** and your name to  
(337) **424-5066**  
for more information  
Call **896-4141** to schedule

Thermography is used to:

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

DISCLAIMER: The information provided here is for informational and educational purposes only. It is not to be construed as medical care or medical advice and is not a replacement for medical care given by physicians or trained medical personnel. The Natural Health Centers staff do not directly or indirectly practice medicine, dispense medical advice, diagnosis, treatment or any other medical service as part of their education and public services. Always seek the advice of your physician or other qualified healthcare provider(s) when experiencing symptoms or health problems, or before starting any new treatment.

# Health Fair

## Health Screenings

**FREE  
BUY ONE  
GET ONE**  
AD MUST BE PRESENTED  
AT TIME OF SALE

### Thermography

FULL-Body Head to Toe  
Screening

**\$94**

### Labwork

Liver & Kidney  
Bloodwork

**\$94**

\*\*\* optional upgrade not included in \$165 price

### Vitamin Test

Galvanic Skin Response using ZYTO Cradle  
Screening

**\$39**

### Vision

Wall Chart Reading  
Screening

**\$35**

### Blood Pressure

Screening

**\$12**

### pH Test

Saliva Swab  
Screening

**\$10**

### Labwork

Protein, Bilirubin, Leukocytes, Blood, SG  
Urine Screening

**\$35**

### Body Composition

% Body Fat, BMI, Muscle, Visceral Fat  
Screening

**\$22**

### OFFICE Visit

Educational Purposes Only  
Results

**\$65**

### Inflammation

Thermography Image Reading  
Screening

**\$45**

### Breast Cancer

Thermography Image Reading  
Screening

**\$65**

### Thyroid Function

Thermography Image Reading  
Screening

**\$35**

## Health Screenings BUNDLE

Regular Price ~~\$565.00~~

**Bundle Price: \$165**

FOR INFORMATION - TEXT  
Your NAME and  
HEALTH SCREENING to 424-5066

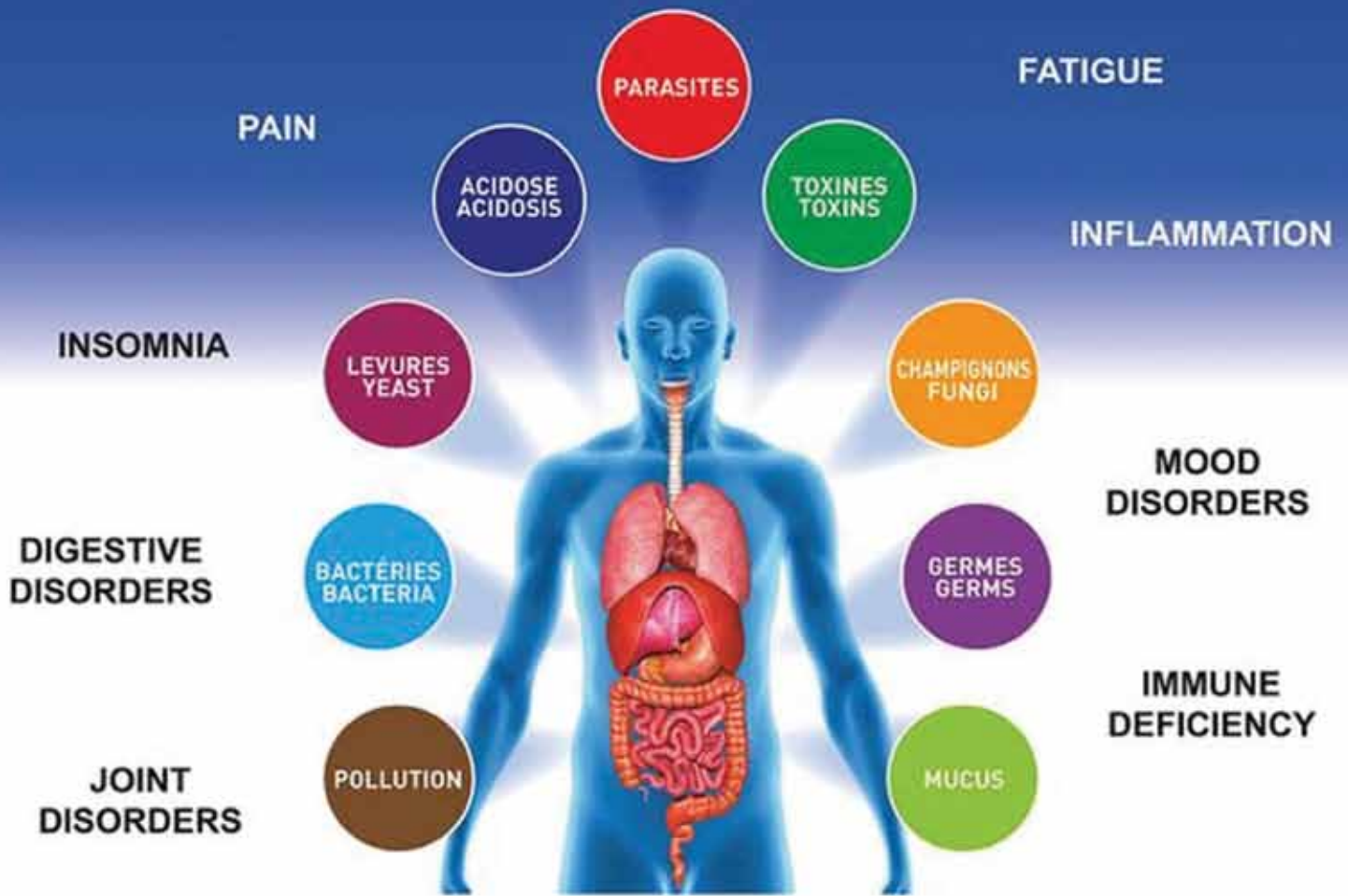
TO SCHEDULE - CALL  
Carencro Office **(337) 896-4141**

Lafayette Office (337) 356-1251

**\*\*\* Offer may end soon. Call NOW**

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# IS YOUR BODY ACIDIC, TOXIC AND PARASITIC?



## NATURAL MEDICINE BUNDLE

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1 THERMOGRAPHY SCREENING SESSION

1 HAIR ANALYSIS & 1 pH SALIVA TEST

6 WEEK SUPPLY OF WHEATGRASS

6 WEEK SUPPLY OF BLACK SEED OIL

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