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The Art of Healing

Creative Therapy
Aids Recovery



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Screening

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Protein, Bilirubin, Leukocytes, Blood, SG
Urine Screening

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% Body Fat, BMI, Muscle, Visceral Fat
Screening

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OFFICE Visit

Educational Purposes Only
Results

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Thermography Image Reading
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Bundle Price: \$165

FOR INFORMATION - TEXT
Your NAME and
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Lafayette Office (337) 356-1251

*** Offer may end soon. Call NOW

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- Physician Assistants
- Healthcare managers
- Community leaders
- Healthcare workers

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- Healthcare community presence
- Increase your brand awareness
- Community education
- Product / services exposure
- Reach 125,000 - 200,000 people*
- Healthcare Directory Listing
- Attract new customers

SPONSOR BENEFITS

- Put your business front and center
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- Deliver great ROI
- Generate new leads and contacts
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- Lead healthcare education in your community

* Exhibitors and sponsors will be featured in our Healthcare and Wellness Directory. The directory is published in partnership with Natural Awakenings Magazine and circulated in print and electronically monthly.



JUNE 7-8, 2019

Friday 12 p.m. - 8 p.m.
Saturday 8 a.m. - 6 p.m.

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PARTNERS IN HEALTHCARE CONFERENCE

The Partners in Healthcare Conference is a key event for sharing information in the healthcare community locally and nationally. Healthcare leaders from private industry, non-profit organizations, and government agencies will present the progress of community, regional, and national efforts to improve health care for patients and families.

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www.PartnersInHealthcareConference.com

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Chronic pain and inflammation can make even the simplest everyday tasks a challenge. If you suffer chronic pain from a serious health condition or inflammation from over-exertion



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HEALTH BENEFITS

- Helps reduce infections
- Can help reduce cancer
- Alkalizes the body
- All natural

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

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



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 joint-

ing 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
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- it is a complete protein containing 20+ amino acids and has higher protein densities than any other food source
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- 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

www.NaturalHealthCentersOnline.com



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HEALTH BENEFITS

- Helps LOSE WEIGHT QUICKLY
- Can help reduce body fat
- May reduce appetite
- All natural

.....\$45.00

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



Mood Enhancer

Mood Enhancer is the perfect supplement to help with anxiety, stress, and depression. It works to maintain a healthy memory and sharp mind. It combines guaranteed-potency “smart herbs” ginkgo biloba and gotu kola, along with the brain-boosting omega-3 nutrition of DHA, the phospholipid nourishment of phosphatidylserine and phosphatidylcholine, the antioxidant protection of alpha lipoic acid and natural vitamin E, and more.....\$30.00



WheTea Ab Fat Burner



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

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



Garcinia Cambogia



Garcinia Cambogia is a natural fat-buster because of the unique properties of a compound known as hydroxycitric acid (HCA) found in the rind of the fruit. HCA blocks the activity of liver enzymes that convert sugar and carbs into fat, making their calories available as glycogen to fuel your muscles when you exercise. Garcinia cambogia also helps address stress-related appetite issues by supporting healthy serotonin and cortisol levels.\$35.00



DRUG EMPORIUM LAFAYETTE

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publisher's letter



The way someone views the world and others is a powerful thing. The way we reason, process, and communicate information throughout our lives can tell a lot about our personality and health. Some people may call this differing of opinions or perspectives, but some refer to it as creativity. Creativity, a word usually attached to art, is an aspect of our lives we often forget about. With constant routines, busy schedules, and demanding tasks, creativity is something many of us believe isn't a part from our lives. In fact, this isn't the case at all.

Creativity is a state of mind categorized as "the use of the imagination". Each person's opinion/perspective about any and everything is in fact

creativity. Our state of mind, whether it be positive or negative, is a form of creativity. As our health and personality change, so does our use of imagination and creativity. This month we will focus on the use of creativity and imagination to help individuals heal and recover. To some individuals, this is known as "Creative Therapy", but others may know it as painting, sculpting, drawing, knitting or having simple hobbies. This therapy is currently being used as a healing tool to help patients cope with their health and mental state. Not only does it encourage the use of one's imagination, but it also helps produce natural antidepressants in the brain.

Creative therapy can be used to help patients cope with anxiety, PTSD, compulsive disorders and depression. A product of this therapy includes creating your own artwork. This therapy also allows patients to understand and cope with their own physical and mental health by using their imagination. Although it sounds quite difficult in the beginning, a patient becomes open-minded and everything falls into place. Having created a few works of art myself (Lillyanna), I can say it's quite therapeutic.

When creating a work of art, it's not about what you expect to have on the canvas, paper, screen, wall, etc. It's about the process it takes to create the work of art. Imagination is a key aspect that guides this process. Your health, life choices, problems, and mental state shouldn't drive the process in which you take to create art. Emotion, imagination, and purpose should drive how you create a work of art. In fact, you don't even have to take a class to participate in this therapy process. All you need to do it focus on what's in front of you. Nothing more and nothing less. Focus on how you feel currently, the ideas you have, and how you will feel at the end of viewing your work. Once you identify the purpose and process of your work, you can now begin painting, sculpting, drawing, knitting, etc. During this process of creating your work, you can focus on positive aspects of life or just what you're doing currently. Now go forward and use your imagination, create something new, and leave your problems behind.

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

Lillyanna & Lydia

Lillyanna and Lydia Castille, Assistant Publishers



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HEALTHY LIVING HEALTHY PLANET

natural
awakenings

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Natural Awakenings is a family of more than 70 healthy living magazines celebrating 25 years of providing the communities we serve with the tools and resources we all need to lead healthier lives on a healthy planet.

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A Pregnancy Center and Clinic Rolls Out "April Showers"



A Pregnancy Center and Clinic is a FREE medical clinic and educational resource center established just for you. Their mission is to help individuals by providing free services that include: Pregnancy Testing & Ultrasounds, Pregnancy Verification, Referrals for Medical Care and Assistance, Pregnancy Counseling and Maternity

and Infant Products. But more importantly, they have trained counselors and medical staff who are available to sit and talk with you and help you, confidentially. Walk-Ins are available on a first come, first serve basis, Monday-Thursday, between the hours of 9 a.m.-11 a.m. and 1 p.m.-3:30 p.m., and on Fridays from 9 a.m.-11 a.m. They recommend that if you walk in for an appointment, please bring with you the following: Louisiana picture I.D. or School I.D., Social security card, Check stub if working and Proof of government assistance if receiving (i.e. food stamp card, Medicaid card, etc.).

During the month of April, the public can support APCC and its programs by visiting one of 14 drop box locations at Lafayette area fire stations to donate baby items such as diapers, baby powder, shampoos, pacifiers, bottles and related items. The program is called "April Showers" and is sponsored by the Lafayette Fire Department.

Location: 913 South College Road, Suite 206, Lafayette. For more information, call 337-232-5509 or visit www.apcclafayette.org

Moore Healthcare Group asks "Are You At Risk?"



Cardiovascular disease is the number one cause of death in the United States. Here in Acadiana, Moore Healthcare Group (MHG) has assembled a dedicated team of friendly healthcare professionals whose primary mission is the early detection and prevention of cardiac related illnesses. The MHG team works primarily with two types of patients; those who have

a family history of heart disease, diabetes and stroke, and are seeking a medical resource for early detection, and patients whose pre-diagnosed symptoms can receive a more comprehensive diagnosis to help treat their illness effectively in order to ensure a longer life, and better quality of life.

The Prevention Center is an advanced cardiovascular diagnostic center where the primary goal is to prevent or reverse the following changes in your body that can lead to heart disease: high or abnormal cholesterol, diabetes or pre-diabetes and inflammation. It also includes genetic testing to identify any problems that may make you or your family members more likely to have heart disease or issues with medications. Why should you visit The Prevention Center? To see if you are at risk for heart disease, stroke or diabetes and to better help you prevent these events and diseases.

Location: 307 Alcide Dominique Drive, Lafayette. For more information call 337-706-8986 or visit www.moorehealth-caregroup.com.

Bryant Medical Group - Regenerative Medicine In Motion



Dr. Kris Frankenberg, D.C. and the team at Bryant Medical Group in New Iberia and Lafayette (new location on Rue Louis XIV) invite you to get to know them better. For decades, their goal has been to heal individuals without drugs or surgery.

In addition to their many services, they offer Regenerative Therapy to repair damaged tissue due to age and disease. For example, did you know that the knee is the biggest and one of the most complicated joints in the human body? Walking and jumping can create huge weight on the ends of the femur and tibia, causing wear and tear, which breaks down due to such use and arthritis eating away at these bones.

Many times, the cartilage that separates the bones wears away; causing them bones to touch and that can be very painful. This can cause a significant decrease in someone's quality of life due to an inability to enjoy activities such as walking, playing sports, and dancing, leading to a life of restricted motion. One's options then are (1) continue to suffer (2) get a total replacement or (3) try regenerative medicine. Bryant Medical recommends anyone who is looking for a more natural solution toward regenerating their body to call them for more information and a consultation.

New Location: 208 Rue Louis XIV, Lafayette. For more information call New Iberia 337-367-2567, Lafayette 337-504-5885 or visit www.facebook.com/BryantMedicalGroup

Shoulders of Strength - Strength for the Journey... Empowered for life!



Shoulders of Strength, Inc. is a Case Management Agency providing support coordination services for Early Steps, Community Choices Waiver, Adult Day Health Care Waiver, and offers Medicaid Only Behavioral Health Services. Their mission

is to identify and utilize community resources to determine strengths, assess needs, and assist in the comprehensive planning of services that will enable families of children and adults with disabilities to achieve and maintain individualized personal goals and improve their quality of life through person centered planning that is consumer driven.

In addition to many other services, they also provide: Out-patient Counseling Treatment, designed to address specific clinically significant behavioral and psychological symptoms or patterns identified as a need for the client; Psycho-social Rehabilitation, a therapeutic service in home or community settings that utilizes services such as behavioral management, anger management and conflict resolution; and Crisis Management, a short term service utilized to assist clients who experience a traumatic event which produces physical, mental, emotional, or behavioral distress. Visit them to find out how they provide their clients with strength for the journey, hope for what lies ahead, and courage to conquer the obstacles life may bring.

Location: 700 St. Landry Street, Lafayette. For more information, call 337-210-5145 or visit www.shouldersofstrength.com.

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natural awakenings
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Use this bill to pay for products and services at participating stores and shops.

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166H Oak Tree Park Dr., Sunset
- NAMASTE Wellness Center** 337-356-1251
858-B Kaliste Saloom Rd., Lafayette
- Natural Health Center** 337-896-4141
100 E. Angelle St., Carencro

See participating stores for specific products and services covered. See stores for limitations. * minimum \$100 purchase to use this \$50 bill. May be used on services ONLY*

Household Cleaning Products Affect Babies' Guts and Weight

The heavy use of household cleaning disinfectants may contribute to changes in infant gut bacteria and weight gain, reports a new study in the *Canadian Medical Association Journal*. University of Alberta researchers collected fecal samples and studied the gut health of 757 babies between the ages of 3 and 4 months; then restudied the children at 1 and 3 years old. They found that children in households that used disinfectants at least once a week had higher body mass index (BMI) scores and elevated levels of Lachnospiraceae, gut microbes linked in other studies to insulin resistance and metabolic disorders. Babies in households that used vinegar or other eco-friendly cleaners had lower BMI scores and much lower levels of a family of bacteria that includes *E. coli*.



Gut Susceptible to Food Additives

By mixing food additives with human gut microbes in petri dishes, scientists at the Czech Republic's Institute of Microbiology found that gut microbes with anti-inflammatory properties were highly susceptible to being harmed by additives, while microbes with pro-inflammatory properties were mostly resistant. "We speculate that permanent exposure of human gut microbiota to even low levels of additives may modify the composition and function of gut microbiota, and thus influence the host's immune system," wrote the authors.

Smoking Bans Lower Blood Pressure

Non-smokers that live in areas that have banned smoking in public spaces such as restaurants, bars and workplaces have lower systolic blood pressure. In a Northwestern University study reported by the American Heart Association, blood pressure readings of 5,115 adults ages 18 to 30 in Birmingham, Chicago, Minneapolis and Oakland were taken over a 30-year period and correlated with changes in local laws that banned public smoking. A meaningful decrease in systolic blood pressure readings was found in non-smokers when no-smoking laws were enacted, indicating a reduction in heart disease risk.



Curcumin Boosts Fertility in Men

Sperm counts have plunged by half in the last 40 years among American and European men, according to a recent review of scientific studies. In a new double-blind study of 56 infertile men, researchers at Iran's Qazvin University of Medical Sciences found that curcumin, an active ingredient in turmeric, can boost sperm counts. Each day for 10 weeks, half of the men took 80 milligrams of curcumin nanomicelle, in which curcumin is better absorbed; the other 28 were given a placebo. The researchers found that the curcumin significantly boosted sperm count and motility.



Alkaline Body BENEFITS



pH 9.5 Drops alkalize the body.

The standard American diet is completely acid-forming, rich in acid-forming meat, dairy and highly processed foods. Your body's pH is 7.35, or slightly alkaline. Your body constantly seeks balance and works hard to maintain the healthy neutral alkaline zone\$30.00

I drink wheatgrass.

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

Source: www.cancer.org



Opelousas

BENNY'S Sport Shack, Tel: 948-6533

Sunset

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Lafayette

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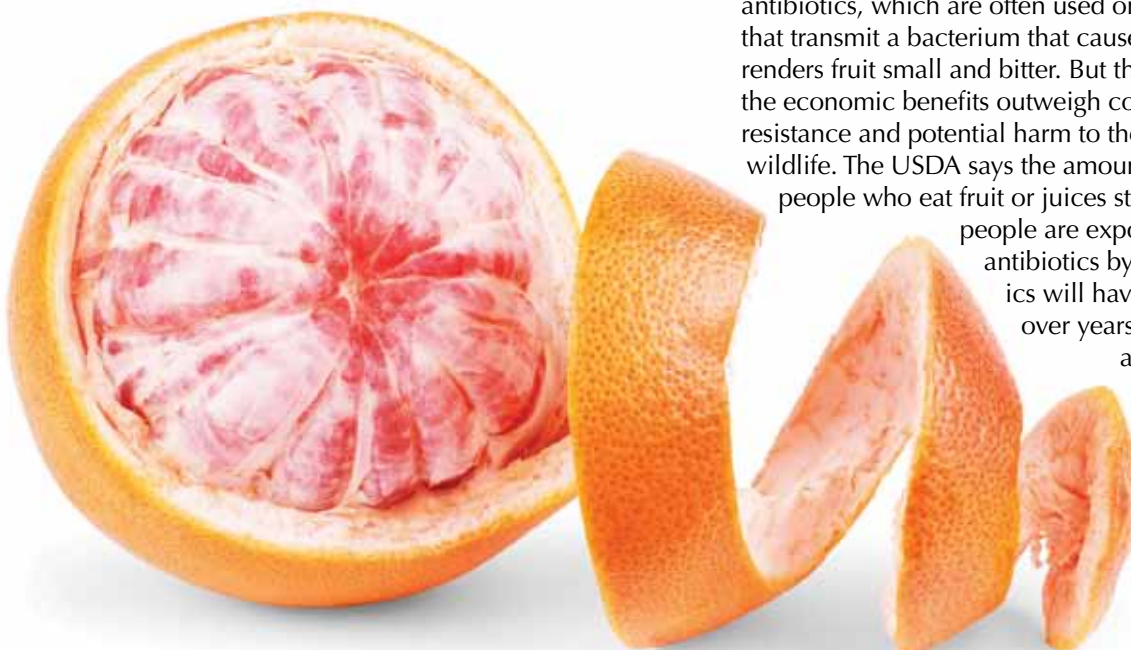




Muddled Message

GMO Labeling Diluted

Under final rules released by the current administration, the U.S. Department of Agriculture’s national labeling standard for genetically modified organisms (GMOs) completely exempts foods made with highly processed ingredients grown with GMOs, including sugar made from sugar beets, high-fructose corn syrup and refined soybean and canola oils. The change will allow 78 percent of products containing GMOs to avoid disclosure, according to the Grocery Manufacturers Association. Companies don’t have to comply until January 1, 2022, and the new labels will use the term “bioengineered” instead of more common identifiers like “genetically engineered” or “GMO”. Small businesses, to-go food prepared at grocery stores, and meat, eggs or dairy from animals that are fed GMOs, which involves virtually all livestock not certified organic, are exempt from the labeling requirements.



Worldwide Worry

Environmental Risks Register as Top Threat

Environmental risks are the top three concerns among the 1,000 global decision-makers surveyed in the latest Global Risks Perception Survey of the World Economic Forum (WEF). For the third straight year, “extreme weather” ranked first, followed by “failed climate change mitigation” and “natural disasters”. The survey was part of a WEF annual report produced in advance of the recent confab of global leaders in Davos, Switzerland. The World Bank has calculated that the real cost of natural disasters to the global economy is \$520 billion per year.



Over Dose

Citrus Crops to Receive Human Antibiotics

Scientists at the U.S. Environmental Protection Agency (EPA) expressed concern over a recent ruling by the U.S. Department of Agriculture (USDA) that opens the door to widespread use of the antibiotics streptomycin and oxytetracycline to spray commercial citrus crops. The antibiotics, which are often used on people, can kill insects that transmit a bacterium that causes citrus greening, which renders fruit small and bitter. But the EPA ultimately ruled that the economic benefits outweigh concerns about antibiotic resistance and potential harm to the environment, people and wildlife. The USDA says the amount of antibiotic exposure to people who eat fruit or juices still will be far less than what people are exposed to when prescribed antibiotics by their doctor. The antibiotics will have to be sprayed repeatedly over years just to keep the trees alive and producing fruit until they succumb to citrus greening. Public interest groups are protesting the action.

Migranes and constant headaches

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

Abnormal lump in the breast

abnormal cells in the breast create new blood vessels and inflammation and can lead to breast cancer.

Chest pains and irregular heartbeats

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

Uncontrollable weight gain or loss

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

Acid reflux and upset stomach

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

inflammation

sparks almost every major disease in the body

1 in 3 Women

develop breast cancer in Louisiana

A breast thermography exam can detect inflammation and activity in the breast before a cancer forms. This can be important in taking steps to prevent breast cancer.

GET A THERMOGRAPHY EXAM

Carencro Office: (337) 896-4141

Lafayette Office: (337) 356-1251

* A thermography exam costs only \$94





Power Switch

Taking a Home Off the Grid

by Jim Motavalli

Jesse Stafford and Alyssa Craft quit their jobs in 2015, bought five acres of remote land far away from utilities and began building their 36-foot-by-36-foot timber frame home from scratch. Next up was a septic system, then a clean water source and, of course, alternative energy. Their rooftop solar panels are backed up by a reliable Honda generator.

They had some setbacks, which is to be expected. Now they're blogging about it. "We didn't want corporate jobs, we didn't want to live in the city, commute to work or have a mortgage payment," they write in their online homestead journey at PureLivingForLife.com.

Off-the-grid living has become downright fashionable, especially for the eco-conscious. But leaving the rat race isn't easy, and it's not for everyone. Yet, anyone that wants to become more energy-independent can succeed without moving to an isolated cabin; and there's never been a better time, because prices keep coming down and technology keeps improving. Choosing the best option depends on several factors, including the specific residence, climatic zone, town and neighborhood.

Preliminary Considerations

Power source: Choose from among solar (\$12,000 to \$50,000, depending on the system's size), wind (\$6,000 to \$22,000, including installation) or geothermal (\$20,000 to \$25,000).

Ample resources: Find out if there's steady wind, plentiful sun, a place to install geothermal pipes and whether the home is properly oriented for solar without obstruction by trees or tall buildings.

Electricity needed: Get a quick average by adding up the wattage of all appliances, and then add 50 percent. The American average is 10,000 kilowatt-hours annually, although frugal folks can make do with less. The local utility company can also estimate energy needs based on past usage.

Realize that alternative energy doesn't need to be an all-or-nothing proposition. For instance, a solar system doesn't have to power the whole house. A smaller and cheaper array with battery backup can be connected to essential services like the water heater, refrigerator and electric stove,

with the grid handling heavier loads. Advantages are lower upfront cost and access to the grid when needed.

Connecting to the grid makes sense for all alternative power sources, because wind and solar are intermittent, and don't always provide power. Also, most states offer net metering, which requires the local utility to pay for the electricity a homeowner puts back into the grid.

Solar: Plunging Costs

Solar panels for electricity, usually made of silicon, consist of photovoltaic cells that convert sunlight into direct current (DC). Their cost has come down dramatically in recent years. In January, the average solar panel cost \$3.14 a watt, a bottom line of roughly \$18,000 with a six-kilowatt system big enough for most homes. The price fell 6.5 percent from January 2018, reports *EnergySage.com*, a solar vendor pricing source. A federal tax credit covers 30 percent of the cost, so the out-of-pocket cost for a system would be approximately \$13,000 if installed before year's end, when the full residential tax credit is available. Partial tax credits will be available until they are phased out in 2022.

Ron Blumenfeld, a retired doctor in Fairfield, Connecticut, serves on his town's sustainability task force and "went live" with his rooftop installation six years ago. "It's turned out to be one of the best investments we've ever made—financially and environmentally," he says.

The U.S. Department of Energy (DOE) is working toward residential solar to generate power at just five cents per kilowatt-hour by 2030, which means it will be far cheaper than grid electricity. Consumers can either buy a system outright or—as a popular alternative—lease the system with no upfront costs. Leasing companies like SolarCity (now part of Tesla) pioneered this approach, in which consumers agree to buy electricity from the system installed on their roof.

Whether to add the extra expense of battery backup is important. A pair of Tesla Powerwalls will cost about \$14,000 installed and store enough electricity to power a home for seven days. It's suitable for people looking to

go off the grid because the sun doesn't always shine, and power generated on sunny days can be stored and used when it's overcast.

Off-the-grid solar is not just for those living in sun-rich states. Installers can look at a property—often remotely, through applications like Google Earth—and determine if solar is appropriate. Sometimes a few trees will have to be sacrificed, but the benefits are manifold, and not just because there will be power during grid blackouts.

Wind: If the Resource is Right

Wind power accounted for the largest share of renewable energy growth in 2017, reports the International Energy Agency, but it's in its infancy for homeowners, partly due to an average cost of \$48,000 to \$65,000 per installed project. Residential turbines have been installed in all 50 states, but many parts of the U.S. have marginal resources. Check the Department of Energy wind resource guide for local data at WindExchange.Energy.Gov.

The best-case scenario is strong winds plus few neighbors close to a large property (and lenient zoning laws). Wind may work for the 19.3 percent of the population that lives in rural areas and the 21 million American homes built on properties of an acre or more.

However, it isn't for everyone. James Weston, of Greene, Maine, installed his turbine 10 years ago, and considers his rooftop solar panels a better investment. "By the time you put up your 100-foot tower to get the tower above the tree line and optimize the wind resource, the return isn't there," he says, noting that his savings from the turbine amount to a few hundred dollars a year.

Bergey WindPower, maker of the 10-kilowatt BWC Excel 10 turbine (\$31,770), recommends that a property have at least a 10 mph average wind speed, coupled with high electricity prices of 10 cents per kilowatt-hour or more. Also consider the neighbors: The system's turbine is typically installed on an 80-to-100-foot tower, and so-called "viewshed" objections have taken down many projects (including Cape Wind, in Massachusetts).

With annual maintenance, the DOE reports that small wind turbines



Residential wind power is in its infancy in the U.S.

should last about 20 years, the same basic lifespan as solar panels. The federal production tax credit for wind is available this year, but won't be available afterwards. Some states offer incentives. A useful small wind guidebook can be found at WindExchange.Energy.gov/small-wind-guidebook.

Geothermal: Available Anywhere

Some common misconceptions about home geothermal are that consumers need to live in one of the planet's "hot spots" (think Iceland, California or Utah). But the truth is the Earth's temperature just below the surface almost anywhere is a constant 45 to 75 degrees Fahrenheit, and the Northeast and Midwest have the highest geothermal adoption rates. Geothermal doesn't necessarily require a large piece of property. Local geology will be a factor in siting and sizing the system.

Geothermal systems use underground pipes filled with refrigerant that absorbs warmth from the ground through a heat exchanger. In summer, that same underground temperature can be tapped to cool a home, combining heating and air conditioning in one system.

While it necessitates a relatively

high upfront cost, low operating costs mean the systems can pay for themselves in less than 10 years. Most include a ground-source heat pump with a 50-year warranty. For a 2,500-square-foot home, an average off-the-electrical-grid system will cost \$20,000 to \$25,000 to install. Bill Martin, in Quincy, California, runs an efficient three-ton geothermal system installed in 2014. "It's been a very good experience," he says. "I'm ecstatically happy."

The same 30 percent federal tax credit that applies to solar also applies to geothermal for systems installed by 2020. States also provide incentives. A detailed guide on availability is available at Tinyurl.com/GeothermalHeat-PumpListing.

Special Considerations

Buildings, especially older structures, are usually sieves in terms of energy loss, so before investing in a system, check to see if the local utility provides free energy audits. Even if it's not free, it's worth finding out if the home needs new windows or strategically applied insulation.

There are scammers in every field, and alternative energy is no exception. Ask providers for references to previous customers and check for online cautions from the Better Business Bureau, Yelp and others.

Alternative energy in any form can save money and precious resources. Explore the options thoroughly and choose wisely before pulling the plug.

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

If a Stream Runs Through It

Properties with moving water have a fourth sustainable power source available to them: hydroelectric.

If opting to harness the energy in a nearby flowing stream or river, 10-kilowatt micro-hydropower systems can power even large homes. They combine piping from the water source to a turbine, pump or waterwheel with an alternator or generator, regulator and wiring.

According to *Home Power* magazine, a fully installed hydro system for the average use of a modern household might cost \$20,000 to \$100,000.

HEALTH CHECKUP

VITAMIN TEST SCREENING

BIOTIN DEFICIENCY

Signs and symptoms of deficiency include anxiety; depression; memory problems; tingling or numbness in the feet; hair loss; irregular heartbeat; seizures; impaired sugar and fat metabolism; thin and/or weak nails; skin disorders including rash and/or infant cradle cap.

CALCIUM DEFICIENCY

Signs and symptoms of deficiency include premenstrual syndrome (PMS); premenstrual dysphoric disorder (PMDD); osteoporosis; leg cramps; and white streaks or bands across multiple fingernails.

CHROMIUM DEFICIENCY

Signs and symptoms of deficiency include muscle weakness; fatigue; impaired glucose tolerance; type 2 diabetes; heart disease including high blood pressure, high cholesterol and triglyceride levels, irregular heartbeat, chest pain, and with severe deficiency, heart failure.

COENZYME Q DEFICIENCY

Signs and symptoms of deficiency include impaired glucose tolerance (or impaired carbohydrate metabolism); muscle weakness; fatigue; high blood pressure; chest pain; irregular heartbeat, and with severe deficiency, heart failure.

COPPER DEFICIENCY

Signs and symptoms of deficiency include anemia; numbness or tingling of the hands and/or feet; osteoporosis; joint problems; hypothyroidism; loss of pigment (color) in the hair and skin; irregular heartbeat; and high cholesterol levels.

IODINE/IODIDE DEFICIENCY

Signs and symptoms of deficiency include depression; fatigue; disorders of carbohydrate metabolism; goiter and hypothyroidism (fatigue, weakness, weight gain) and even hyperthyroidism (weight loss, irregular heartbeat, appetite changes); thin nails; thinning and/or loss of outer third of eyebrow; and hair loss.

Deficiency During Pregnancy: Fetal development can be affected with consequent irreversible brain damage and mental retardation.

IRON DEFICIENCY

Signs and symptoms of deficiency include anemia; rapid heart rate; restless legs syndrome; fatigue; headaches; dizziness; cold intolerance; depression; hair loss; red, dry, and cracked lips; difficulty concentrating; learning difficulties and lower IQ in children; Attention Deficit Hyperactivity Disorder (ADHD); multiple nail disorders including abnormally shaped nails, ridged or spoon-shaped nails, brittle nails, soft nails, pale fingernail beds, and thin/weak nails. **Excessive intake of iron can be toxic.**

MAGNESIUM DEFICIENCY

Signs and symptoms of deficiency include migraine headaches; restless legs syndrome; brittle nails; chronic fatigue; anxiety; depression; preeclampsia; premenstrual syndrome (PMS); premenstrual dysphoric disorder (PMDD); osteoporosis; muscle cramps; refractory hypokalemia; insomnia; irregular heartbeat; high blood pressure; fibromyalgia; seizures; asthma; carbohydrate cravings (e.g. sugar and chocolate); and type 2 diabetes.

OMEGA 3 (EPA + DHA) DEFICIENCY

Signs and symptoms of deficiency include hyperkeratosis or a goosebump-like appearance of the skin; psoriasis; dry scaly or itchy skin; brittle hair and nails; poor concentration; depression; anxiety; attention deficit hyperactivity disorder (ADHD); bipolar disorder; schizophrenia; joint pain; and lack of physical endurance.

VITAMIN A DEFICIENCY

Signs and symptoms of deficiency include dry eyes; night blindness (or difficulty seeing at night); Bitot's spots; dry, scaly, and rough skin; hyperkeratosis or a goosebump-like appearance of the skin; decreased immunity; and frequent viral infections.

Excessive intake of vitamin A from animal sources can be toxic.



\$49 for the screening

**A vitamin deficiency could be the reason you are sick.
Are you taking the correct vitamins? Call and get a Vitamin Test Today!**

HEALTH CHECKUP

THERMOGRAPHY EXAM SCREENING

inflammation

sparks almost every major disease in the body

BRAIN

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

SKIN

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

CARDIOVASCULAR

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

KIDNEYS

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

BONES

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

MUSCLE

Inflammatory cytokines can cause muscle pain and weakness. Can manifest as carpal tunnel syndrome, polymyalgia rheumatica.

BREAST

Pro-inflammatory cytokines, principally interleukin-6 (IL-6) can facilitate tumor growth and metastasis in the breast tissue. *Source: Journal of Clinical Oncology*

LIVER

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

THYROID

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

LUNGS

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

GI TRACT

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

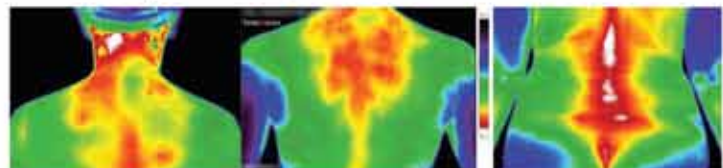


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POTLUCK FOR THE 21ST CENTURY

Breaking Bread, Building Community

by April Thompson

Americans are eating alone more than ever, with adults going solo for nearly half of all meals, according to consumer research consultants at the Hartman Group. Yet, fellowship-minded foodies are bucking the trend by finding new and unique ways to bring strangers, colleagues and friends together for healthy, home-cooked meals.

Meal sharing not only builds community and camaraderie; it can also save time and money and minimize food waste. Eating with others can also encourage mindful consumption, a boon to physical and mental health. A number of emerging ideas and platforms from around the block to across the globe are helping singles and families young and old connect over food.

Linking Diners Through Technology

"I wanted to find a place to create more meaningful conversations and meet new people than bars where people often meet up, and thought home is that

place. Who doesn't like dinner parties or potlucks?" says Jared Gold, co-founder of MealTribes, in Washington, D.C.

Within two years, MealTribes has grown to more than 200 members that can host or join potlucks via a private Facebook group open to area residents in their 20s and 30s. To encourage participants to be fully present, the group encourages guests to leave their phones in their bags.

Instead of strict food do's and don'ts, MealTribes encourages attendees to bring a contribution that makes them proud. However, guests are discouraged from bringing alcohol in lieu of a food dish to avoid it becoming the focus of the table.

"Lasting friendships and business opportunities have come from our potlucks," says Gold. "Even skeptics have come away from events feeling like they got the best-case scenario; nice people, homey environment, with good food and conversation."

Jay Savsani, co-founder of Meal Sharing, in Chicago, got the idea

Even skeptics have come away from events feeling like they got the best-case scenario: nice people, homey environment, with good food and conversation.

~Jared Gold, co-founder of MealTribes

for the "Airbnb of meals" after seeking out a home-cooked dinner while backpacking in Cambodia. He was invited to a farm feast in the countryside, connecting with local hosts over great conversation and delicious food. "I returned home wanting to find a way to use technology to recreate that serendipitous moment," says Savsani.

Today, the platform uses technology to connect curious diners with affordable, home-cooked meals in 150 countries. "The concept is open; we encourage hosts to make whatever they believe in," says Savsani. "That can be a top chef serving nine-course meals or a simple spaghetti someone offers for a few bucks or even free."

Savsani says the meal becomes secondary to the deeper social interactions that can manifest through these gatherings. "We even got an inquiry from a local fire department interested in hosting meals to get to know people in the community better."

Organically Grown Gatherings

Lilia Fuquen, who directs the Food and Community project in Virginia, participates in several gatherings intended to nurture community through food. Fuquen's project aims to bring people across the state together to document, celebrate and share traditional, contemporary and emerging foodways, initiating a deeper conversation about and the connections between food, place, culture and community.

Last fall, the project convened more than 200 people around a feast celebrating indigenous foods, people and foodways in Virginia. The meal was prepared from locally farmed and foraged ingredients representative of the diverse native culinary traditions of the region, including greens, mushrooms,



We even got an inquiry from a local fire department interested in hosting meals to get to know people in the community better.
~Jay Savsani, co-founder of Meal Sharing

wild rice and fish sourced from fields, forests and streams.

On a more grassroots level, an intergenerational family potluck dinner “helps create community and a sense of family among people who often live far from blood relatives,” says Fuquen, who lives on a small farm outside Charlottesville, Virginia.

The workplace can also be a great place to break bread together, says Fuquen. Her office enjoys hosting the Souper Club, where co-workers each bring a key element like salad fixings, a loaf of bread or a pot of soup to enjoy together—away from their desks.

Rebecca Shaloff, a fundraising consultant in Washington, D.C., has participated in work lunch swaps, which she says promote camaraderie, new food discoveries and healthy eating. She also takes part in a closely knit monthly supper club of four young families in her neighborhood.

“We all value each other’s friendship and company, but there’s something about coming together for dinner that makes us feel more like family than friends,” Shaloff says.

Connect with freelance writer April Thompson, of Washington, D.C., at AprilWrites.com.

5 Common signs of nutrient deficiency

Poor night vision

Vitamin A, known as retinol, is essential for promoting good vision and overall eye health. Too little vitamin A can cause night vision problems, crusty eyelids in the morning, recurrent infections and photophobia (eye discomfort in the sun.)

Sores or discoloration of your tongue

The tongue is an essential organ that shows us many signs of the state of our health. Water-soluble B-vitamins are essential for the health of the mouth and tongue. Unfortunately, the body doesn’t store them, so we have to constantly replenish them.

Weak, spotted or rigged nails

These are common signs of a deficiency in zinc, an important trace mineral needed for the proper function of the immune system. Zinc also serves an important role in cell division and growth.

Muscle fatigue and bone pain

Vitamin D is not only a vitamin but a hormone that tells your bones how much calcium to store and release. Not enough vitamin D and your bones become weak, but also, you can have muscle pain and fatigue as well.

Frequent cramps in your lower legs or ‘Restless Leg’

Vitamin D is not only a vitamin but a hormone that tells your bones how much calcium to store and release. Not enough vitamin D and your bones become weak, but also, too much calcium can reside in your bloodstream.

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ZERONA: ZAP FAT WITH LASER LIGHT

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

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

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

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

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

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

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

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

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

Zerona

Melt Belly Fat Using Zerona Cold Laser Treatments

Zerona employs a laser to shrink fat cells, and costs about \$1,500 to \$1,700 for a package of six purportedly painless treatments performed over two weeks in a doctor’s office. A package of six treatments at the LITEON Natural Health Center is under \$600. Each treatment takes roughly 40 minutes. Liposuction costs \$4,000 on average, and a tummy tuck costs \$5,000 to \$9,000. Unlike many laser sculpting procedures, Zerona has “absolutely no side effects, no allergic reactions, bruising, anything,” says Steve Shanks, president of Erchnoia, Zerona’s manufacturer. The company’s clinical trial for FDA approval found that the procedure removed about 1 to 1.5 inches from each area treated including waist, hips, and thighs. *Source: Health.usnews.com*



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

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



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

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

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

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



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Naturally slims, shapes, and tones the areas of the body including those difficult to reach areas such as: waist, hips, thighs, upper legs and even the arms.

The more sessions/treatments you do the more fat you lose and the more you shape the area being treated.

ZERONA
Non-Invasive Fat Reduction

	Before	After
Right Arm	15 1/2"	11"
Left Arm	17 1/2"	12"
Right Thigh	22 1/2"	18"
Left Thigh	22 1/2"	18 1/2"
Waist	38 1/2"	31"
Hips	36 1/2"	33 1/2"
Total	142.5"	122"

Total Inches Lost 20.5
15 sessions





THE ART OF HEALING

Creative Therapy Aids Recovery

by Marlaina Donato

For decades, creative expression has been a valuable tool in healing, and expressive arts therapy—the integrated application of two or more art forms—is now considered a life-changing modality for veterans and anyone else struggling with anxiety or post-traumatic stress disorder (PTSD).

Also called creative arts therapy, this form of psychotherapy helps patients to process and express what is often beyond verbal language using music, art, dance, theater and writing as its primary modes of communication. “Individuals need no previous arts experience in order to benefit from working with a certified creative arts therapist,” explains Azizi Marshall, founder and CEO of the Center for Creative Arts Therapy, in Downers Grove, Illinois.

The National Intrepid Center of Excellence—an outpatient clinic specializing in traumatic brain injuries at the Walter Reed National Military Medical Center, in Bethesda, Maryland—ranks creative arts therapy among the top five most effective approaches in helping veterans.

A study of combat veterans and creative arts therapy conducted at Concordia University, in Montreal, reported considerable progress, especially in areas of expressing emotions resulting from trauma

and gaining understanding of symptoms such as depression, thoughts of suicide and insomnia.

Psychotherapist Cathy Malchiodi, Ph.D., has authored several books, including *The Art Therapy Sourcebook*, and uses expressive arts therapy in her Louisville practice. “I’ve worked with soldiers for the past 10 years, and find that much of their healing comes about through telling their stories on stage or participating as an actor within a play or improvisation.” Malchiodi also incorporates mindfulness practices, visual arts, music and some simple forms of yoga in her sessions.

Creative Arts Therapy for Multiple Diagnoses

Expressive arts therapy is also making a positive impact on those suffering from panic attacks, obsessive-compulsive disorder, addictions, eating and attention disorders, dementia and chronic physical illness. “Creative arts therapy can be used across life challenges; for example, dance or movement therapy has supported women with breast cancer and eating disorders,” says Marshall, who has also witnessed the power of drama therapy to help reduce feelings of fear in clients diagnosed with anxiety and PTSD.

A 2015 study at Butler University,

in Indianapolis published in the *Journal of Speech Pathology & Therapy* shows the significant effects of theater arts on individuals with autism spectrum disorder. “Creative arts therapy can be successful in supporting children with autism, especially ways to practice social skills,” says Marshall. “The drama therapist uses role play, improv and games in order to facilitate interpersonal communication.”

Dopamine and Creating Art

The multitasking neurotransmitter dopamine is one of the brain’s natural antidepressants and plays a key role in feeling pleasure and reinforcing habits. It reaches its highest levels during the initial stages of love, observing something of beauty or creating art.

A recent Drexel University study published in *The Arts in Psychotherapy* shows the neurological effects of drawing, coloring and simple doodling. Increased circulation in the area of the brain correlating to pleasure and reward was evident, and this dopamine-dominant response is responsible for decreasing symptoms of anxiety and increasing feelings of joy and accomplishment.

Psychotherapist Doreen Meister, in Oakland, California, encourages her clients to focus on the process of creating, rather than the result. “Expressive therapies are an extension of the self-discovery continuum. I often hear, ‘I draw like a 2-year-old.’ To this I say, ‘Great! Draw like a 2-year-old!’ I believe that somewhere, many of us are told that creative expression must be a certain way. Creativity is a natural state, a human quality that we are born with, and the product of creation is not as important as the process.”

Creativity from a clinical perspective allows for new emotional vantage points, distance from situations and viewing experiences through a different lens. “Bringing in creativity offers a wider palette of tools or access points, and gives us another way to understand ourselves,” says Meister. “Creativity as a life force is accessible to all of us.”

Marlaina Donato is an author and composer. Connect at AutumnEmbersMusic.com.

weight loss



What kinds of health problems are linked to overweight and obesity? type 2 diabetes. high blood pressure. heart disease and strokes. certain types of cancer. sleep apnea. osteoarthritis. fatty liver disease. kidney disease. Here are some top health risks of obesity:

Type 2 diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. About 8 out of 10 people with type 2 diabetes are overweight or have obesity.⁸ Over time, high blood glucose leads to problems such as heart disease, stroke, kidney disease, eye problems, nerve damage, and other health problems. If you are at risk for type 2 diabetes, losing 5 to 7 percent of your body weight and getting regular physical activity may prevent or delay the onset of type 2 diabetes.

High blood pressure, also called hypertension, is a condition in which blood flows through your blood vessels with a force greater than normal. High blood pressure can strain your heart, damage blood vessels, and raise your risk of heart attack, stroke, kidney disease, and death.

Heart disease is a term used to describe several problems that may affect your heart. If you have heart disease, you may have a heart attack, heart failure, sudden cardiac death, angina, or an abnormal heart rhythm. High blood pressure, abnormal levels of blood fats, and high blood glucose levels may raise your risk for heart disease. Blood fats, also called blood lipids, include HDL cholesterol, LDL cholesterol, and triglycerides.

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Garcinia cambogia promotes a healthy change in body composition by encouraging lean muscle development over fat storage. It contains high amounts of hydroxycitric acid (HCA) that blocks the activity of liver enzymes that convert sugar and carbs into fat, making their calories available as glycogen to fuel your muscles when you exercise.



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All kids like creating special places, going on adventures, befriending animals, following maps and paths, and so on.

~David Sobel

LOVING NATURE

Outdoor Adventures for Kids

by Ronica A. O'Hara

Getting kids off the couch and into the great outdoors can be a challenge when they tend to be better acquainted with the popular Angry Birds video game characters than with the real warbling ones. Unfortunately, studies show that digital devices, parental work overload and media-stoked fears of the outside world are currently making our kids nature-deprived.

Yet, they have an instinctive love of the outdoors, experts agree. "When given free access to nature, children's play follows the same patterns all around the world," says prominent environmental educator David Sobel, author of *Wild Play: Parenting Adventures in the Great Outdoors*. "All kids like creating special places, going on adventures, befriending animals, following maps and paths, and so on."

The more we encourage them, the more likely they'll discover the thrills of the natural world—and numerous studies show that they'll then be calmer and less stressed, better able to concentrate and less likely to be obese. Kids also are more "responsive and connected" when they are talking outdoors with adults than talking indoors, according to a recent study published in the *Journal of Environmental Psychology*.

Here are some simple ideas to get started:

Build fairy houses. In a park, forest or backyard, ask the child to find a quiet spot, like the base of a tree or under a bush, and build a tiny house using only their imagination and natural materials such as sticks, bark, grass, pebbles, feathers and pinecones. "The fun is ageless and connects you to nature in magical and memorable ways," says Tracy Kane of Maine, whose website, *Fairy-Houses.com*, offers ideas and books.

Befriend a bug. Help them look for bugs and crawling things in the dirt and on leaves, then ask them to draw them. Back home or at the library, kids can search in guidebooks or online to learn the critters' names and traits.

Engage in real-life tweets. Show them how to listen carefully for bird songs and count how many different ones they hear. See if they can imitate the tweets or find words that describe them. Check out a bird-song beginner's guide at Audubon.org/news/a-beginners-guide-common-bird-sounds-and-what-they-mean.

Create mud art. "Make a batch of mud and use it to create sculptures, paint a masterpiece or just use it to jump in and get messy with," suggests MaryEllen Mateleska, director of education and conservation at the Mystic Aquarium, in Connecticut.

Make dolls and critters. Kids can use hibiscus or hollyhock flowers and toothpicks to make dolls with flowing skirts. Or they can collect leaves of different shapes and sizes and glue them together to create leafy creatures. "You can take it an extra step by inventing a story and creating a one-of-a-kind storybook," says Mateleska.

Grow a garden. Using a kid-sized plot of land—it can even be a big pot of dirt—give them a trowel, a watering can and easy-to-grow seeds such as radishes and carrots. Not only will they get exercise, a Texas A&M University study shows gardening makes kids more likely to choose veggies for snacks.

Invent a cozy hideaway. Under the limbs of a big tree, old blankets and pillows can be used by a child to build a "secret" hiding place, stocked with lemonade, apples and fun books.

Incorporate digital delights. Rather than competing with digital devices, integrate them into the nature experience. "A phone app like iNaturalist lets kids take a picture and will identify the creature or plant for them," says science teacher Jemma Smith, of The Education Hotel, a UK-based tutoring service. "Or have them take three artistic pictures of nature."

Try geocaching. This game for older kids requires them to use their phones as a GPS to find tiny treasure boxes that have already been hidden all over the countryside. "Most boxes have small trinkets to swap and a tiny book to sign their name," says Smith.

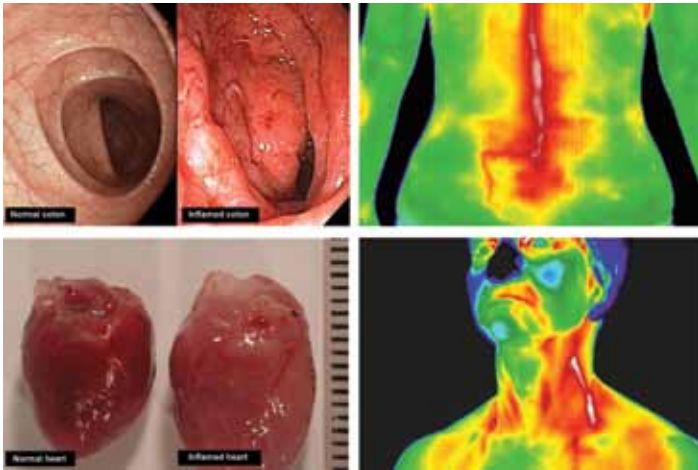
Time It. Simply set the timer for an hour, open the door into the backyard and let the kids "go at it," as does writer Attiyya Atkins, a mother of four in Pompano Beach, Florida. "Mostly it's self-play, but I come out sometimes and teach them about nature, or we do art projects with leaves, rocks or dirt. It's always naturally fun, and they're pretty tired afterwards!"

Ronica A. O'Hara is a Denver-based natural health writer. Connect at OHaraRonica@gmail.com.

inflammation

Controlling INFLAMMATION naturally

herbs, nutritional supplements, diet



Inflammation is the body's response to injury. It works to heal wounds, but it can also play a role in some chronic diseases. It is the body's way of signaling the immune system to heal and repair damaged tissue, as well as defend itself against foreign invaders, such as viruses and bacteria.

As soon as you prick your finger, come in contact with an allergen or catch a cold, your immune system activates, sending an army of white blood cells to fight off "foreign invaders" like bacteria and viruses. Even injuries such as a sprained ankle, tennis elbow and tendonitis cause inflammation, as white blood cells flood injured areas to remove bacteria and dead cellular debris. Sometimes, inflammation is noticeable (redness and swelling that appear in an injured area); this is referred to as acute inflammation. Chronic inflammation, however, occurs on a deeper, more internal level and is usually invisible. This can mask underlying, potentially dangerous health issues like heart disease, autoimmune disorders (lupus, rheumatoid arthritis, Sjögren's syndrome) or cancer that may be brewing.

Pain & Inflammation Enzyme

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



Frozen Wheatgrass Juice



Wheatgrass is a major anti-inflammatory and can be used to help counteract the effects of arthritis, colitis, stomach ulcers, sore throats, and other conditions that arise due to inflammation in the body. Wheatgrass Juice is a good source of the enzyme SOD—an anti-inflammatory compound.

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. By building alkaline reserves Green Waters can reduce inflammation.



Manglier Tea (mong-lee-AY)



Manglier has been used for centuries in creole and cajun cultures to treat immune disorders and to fight inflammation as the root cause. When used as a tea it has the ability to build the body's immune system quickly to fight cold, flu, and other infections. It clears viral and bacterial infections.

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NATIVE INTELLIGENCE

Planting an Eco-Friendly Yard

by Avery Mack

Maintaining a grassy yard or ornamental shrubs can be time consuming and less than eco-friendly. That's why conservation-minded gardeners are turning to lush, native landscaping as an aesthetically pleasing alternative to spartan, water-free xeriscaping.

Native plants not only save water, they enhance local ecosystems by providing food and shelter for birds, bees, butterflies and wildlife. "Indigenous plants build healthy soil and retain and replenish ground water," says Michael Fleischacker, chair of landscape architecture and environmental sciences at Delaware Valley University, in Doylestown, Pennsylvania.

Accustomed to the climate and nutrients in their habitat, they don't need the extra fertilizer required by exotic transplants. Natives are also better equipped to fend off harmful insects, reducing the need for pesticides.

"When pests did show up, I used insecticidal soap and neem oil. Both are great eco-friendly remedies," says Kimberly Button, an Orlando-based freelance journalist and author of *The Everything Guide to a Healthy Home: All You Need to Protect Yourself and Your Family from Hidden Household Dangers*.

A genuine indigenous plant in the U.S. predates European settlement. These natives grew in the wildlands of the regions where they evolved and adapted over hundreds or thousands of years.

However, what's wild isn't necessarily native. These days, the woods and forests are rife with alien species that escaped from non-native gardens or were planted to perform some specific purpose that went awry.

Kudzu, for instance, was imported from Asia and installed along roadways to prevent soil erosion. The perennial vine, which can grow up to a foot per day, has become the plague of the South, rooting out native plants and toppling trees under the sheer weight of its smothering foliage.

In 2013, the U.S. Environmental Protection Agency issued a report summarizing numerous studies that concluded that non-native plants disrupt the food web and present a growing problem for "organisms that depend on native plants for food, shelter and places to rear their young."

Natives vs. Nativars

While the harm caused by many invasive plants that evolved in a foreign habitat is well-documented and profound, the ecological impact of plant variations derived from native species—known as cultivars or nativars—is sometimes more subtle.

Cultivars have been developed to highlight specific traits, like larger blooms or longer bloom times. They may be bred for a stronger scent, or have the scent bred out of them in pursuit of another trait, making them less enticing to pollinators and wildlife.

One drawback to cultivars is what those "improved" traits can affect. "The native serviceberry (*Amelanchier*) has small, bright red berries birds love to eat," Fleischacker says. "Because they add color to a winter yard or are used for wreaths and décor, cultivars were bred to produce larger berries. Birds choke on the bigger berry, unable to swallow them."

A current, multi-year research project at the Mt. Cuba Center's native botanical gardens in Hockessin, Delaware, is seeking to determine whether certain cultivars are as attractive to insects as their native counterparts.

What's certain, say the experts: A gardener can't go wrong with indigenous plants. "Native varieties have longer growing seasons, a decades-long lifespan and tight plant groupings to prevent weed growth," Fleischacker says. Despite the perception by some that natives are boring, they can be showier than their cultivar cousins and also thrive in their region's unique conditions.

"I keep my yard as natural as possible to co-exist with my neighbor, the Hiawatha National Forest, and its small animals and birds," says Monica Cady, co-founder of the Herbal Lodge and a member of the Sault Ste. Marie Chippewa tribe in Hessel, Michigan.

Going Native

Transitioning to native landscaping isn't as daunting as it might seem. Small changes can make a difference, and local plant nurseries can assist. Some may have a staff horticulturalist to help distinguish the natives from the nativars and to steer gardeners clear of invasive, water-guzzling, nutrient-needy non-natives that will spread quickly and overwhelm the landscape.

Going native isn't an all-or-nothing proposition, says Fleischacker. "Consult a local nursery or landscaper about adding natives to the mix. There are plants that love shade or sun, dry areas or damp."

When planning, look past what's trendy. "The ecosystem is set up to protect and promote beneficial insects and pollinators," says Button. What was old can be new again.

Connect with freelance writer Avery Mack at AveryMack@mindspring.com.

"Inflammation is the Spark that ignites most disease"

Pain and Inflammation Enzyme



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

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

"Inflammation is the Spark that ignites most disease"

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Into the Woods

Hiking for Health and Happiness

by Marlaina Donato

Many of us equate fitness with going to the gym, but a good hike in a natural environment can foster unique benefits for both body and psyche.

Hiking or walking outdoors not only promotes heart health, helping to balance both blood sugar and blood pressure, it increases hip bone density to help reduce fractures, according to research on postmenopausal women from the ongoing Nurses' Health Study. Navigating uneven terrain also necessitates lateral movement, which can strengthen core muscles and improve balance more significantly than working out on a treadmill or cycling.

Walk and Live Longer

Any kind of walking can be a great boon to health. Recent research by the American Cancer Society involving 140,000 older adults correlates a lower mortality rate with even short intervals of walking. Individuals in the study that walked six hours a week lowered their risk of dying from cancer and cardiovascular and respiratory disease. It also

Walking and hiking balance the body through natural movement, oxygenation of the cells and the use of our muscles as they were designed to be used.

~Dami Roelse

shows that just two hours of walking per week could significantly improve health.

"Walking and hiking balance the body through natural movement, oxygenation of the cells and the use of our muscles as they were designed to be used," says Dami

Roelse, of Ashland, Oregon, author of *Walking Gone Wild: How to Lose Your Age on the Trail*. "Walking is in our genes; DNA molecules need to be stimulated regularly to express themselves, and walking does just that. It also improves mood and cognition."

The beauty of hiking is that it offers a tailored experience according to ability and personal interests. Day hikes, whether in the countryside or in urban botanical gardens or parks, are uplifting and ideal for any fitness level.

Longer or overnight treks with a backpack of supplies offer healthy challenges and opportunities for total immersion in nature. Bringing the kids on a hike offers family fitness time and a healthy way to unplug from technology and sneak in a fun learning experience about local flora and fauna.

Trek for a Healthier Brain

Exercise stimulates feel-good neurotransmitters like dopamine and serotonin, but getting a workout in a natural setting fortifies the whole nervous system. A 2015 study published in *Proceedings of the National Academy of Science* led by Stanford University researchers shows that walking in nature for 90 minutes decreases activity in the subgenual prefrontal cortex, the region of the brain most affected by depression. In contrast, individuals that walked in an urban environment did not reap the same results. Another 2015 study published in the *Journal of Environmental Psychology* shows that nature walks improve memory and decrease anxiety in teens.

The Japanese philosophy of *shinrin-yoku*, or "forest bathing", woven into Japanese Shinto and Buddhist traditions, has become an important part of science-based health care in Japan. A significant 2009 study by Japanese researchers published in *Environmental Health and Preventive Medicine* shows that just 20 minutes of walking in the woods decreases stress hormones. Forest bathing has also been shown to speed postoperative healing, improve concentration in children with attention-deficit/hyperactivity disorder and fortify immunity with an increased number of NK, or natural killer cells.

Naturalist Melanie Choukas-Bradley, in Washington, D.C., knows about Mother Nature's therapeutic gifts firsthand. "I participated in some of the health research both in the field and the lab during a forest bathing trip to Japan," says the author of *The Joy of Forest Bathing: Reconnect with Wild Places & Rejuvenate Your Life*. "My vital signs were checked before and after *shinrin-yoku* walks, and in the lab my brainwaves were measured while viewing urban and forest scenes. My blood pressure was lower after every walk, and my brainwaves calmed while viewing forest scenes." Choukas-Bradley emphasizes that forest bathing doesn't require a forest setting, noting, "You can forest bathe in the desert, at the beach or even an urban park during a lunch break."

Hitting the trails can also help us see life from another perspective. "Forests are living, breathing organisms. Mountains transcend my humanness," muses Roelse. "It's both a humbling and uplifting experience."

Marlaina Donato is the author of several books on spirituality and clinical aromatherapy. She is also a composer. Connect at AutumnEmbersMusic.com.

anxiety



Anxiety is a normal and often healthy emotion. However, when a person regularly feels disproportionate levels of anxiety, it might become a medical disorder. Anxiety disorders form a category of mental health diagnoses that lead to excessive nervousness, fear, apprehension, and worry.

The American Psychological Association (APA) defines anxiety as “an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure.”

When an individual faces potentially harmful or worrying triggers, feelings of anxiety are not only normal but necessary for survival. Since the earliest days of humanity, the approach of predators and incoming danger sets off alarms in the body and allows evasive action. These alarms become noticeable in the form of a raised heart-beat, sweating, and increased sensitivity to surroundings. The danger causes a rush of adrenalin, a hormone and chemical messenger in the brain, which in turn triggers these anxious reactions in a process called the “fight-or-flight” response. This prepares humans to physically confront or flee any potential threats to safety.

Controlling ANXIETY naturally

herbs, nutritional supplements, diet

Mood Enhancer

Mood Enhancer is the perfect supplement to help with anxiety, stress, and depression. It works to maintain a healthy memory and sharp mind. It combines guaranteed-potency “smart herbs” ginkgo biloba and gotu kola, along with the brain-boosting omega-3 nutrition of DHA, the phospholipid nourishment of phosphatidylserine and phosphatidylcholine, the antioxidant protection of alpha lipoic acid and natural vitamin E, and more.



Wheatgrass Capsules

Wheatgrass is high in all B-complex vitamins which are great stress-relievers, especially B6, B12 and folate.



Enhances digestion: Wheatgrass contains lots of fiber and vitamins which improve the function of muscles in the digestive system. Destressing agent: The vitamin content present in wheatgrass boosts the adrenal system prevents iron deficiency and helps achieve a better condition of mental health and overcome anxiety.

pH 9.5 Drops

The pH of our brain is carefully regulated. A large increase or decrease in brain acidity can seriously disrupt brain functioning. Studies indicate that pH can sometimes rise and fall in synapses, the points of communication between individual neurons in the brain. Some synapses include specialized proteins that “sense” acidity. These proteins (called “acid-sensing ion channels”, or ASICs) stimulate neurons when increased acid is detected. Brain pH changes are a crucial part of the mechanism of many fear behaviors. At present, no available medications affect the responses of acid-sensing ion channels in the brain. pH 9.5 Drops is a nutritional supplement that naturally controls pH.



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BRINGING UP KITTY

Get Off on the Right Paw

by Karen Shaw Becker

There's nothing as endearing as a big-eyed kitten hopping sideways across the floor or curled into a small ball of fluff on our lap. Getting a new kitten started off on the right foot will ensure they grow up to be a healthy and happy companion.

1 Prepare a sanctuary for the family's new kitten.

When bringing a new kitten (or adult cat) into their new home, it's best to separate the new addition in a little bed-and-breakfast-like setup of their own for at least a week. Put their litter box, bedding, food and toys in their space and keep noise, confusion and foot traffic to a minimum.

2 Provide warm, snuggly sleeping quarters.

Felines, especially tiny ones, like their environment warmer than what humans generally prefer. Look for bedding that hasn't been treated with flame-retardant chemicals such as PBDE; Swedish scientists have linked the chemical, commonly found in foam, to hyperthyroidism in cats. The best choice is wool, which is naturally flame resistant.

3 Consider crate training.

Most cats fight being put into a carrier because it only happens when someone's about to take them to a place they don't want to go to. That's

why it's a good idea to set up a carrier for a kitten on their first day home. Entice them to enter on their own using food treats, toys and comfy bedding.

4 Go slow with family introductions.

Introduce other members of the household to the new kitty one at a time. Ideally, introductions occur in a neutral location, like the living room, when the kitten ventures out to investigate.

5 Offer this tiny carnivore the nutrition they were born to eat.

To provide the very best start in life, feed the little one either a homemade or commercially available, nutritionally balanced, fresh food diet (preferably raw) designed for cats at all stages of life.

6 Help the kitten learn to love their personal litter box.

Most kittens can use a litter box at about four weeks. Just make sure its walls are low enough that they can hop in and out on their own. If a kitten or cat is avoiding the box, there's likely a reason: location, type of litter or failure to clean it often enough.

7 Provide appropriate climbing and scratching surfaces.

Climbing and scratching are natural feline behaviors. Try burlap, cardboard

and carpeted scratching surfaces, placed vertically and horizontally to meet all preferences. Keep the scratchers in areas where the kitten hangs out.

8 Train kitty to use the scratching post.

Initially, it might help to apply catnip or attach a feather toy to make the scratching area especially appealing. Discourage any feline from scratching on inappropriate surfaces by attaching double-sided tape or inflated balloons to rugs or furniture that are off limits.

9 Offer toys that bring out the feline hunter.

Think like a cat and buy or create toys that draw out their hunting instincts. A piece of string wrapped around the end of a stick dragged on the ground will bring out the stalker in almost any cat. So will ping-pong balls or small wads of paper flicked across the floor.

10 Indulge most kittens' love of boxes.

When cats in the wild feel threatened, they head for trees, dens or caves for safety. Domestic kitties don't have that option, so their obsession with hiding in boxes may be an adaptation. Providing "hide holes" may also help a kitten acclimate faster to their new home and family.

11 Provide easy, safe access to the outdoors.

Indoor cats need time outside. Consider building or buying a safe, secure, outdoor enclosure (catio) for them to hang out in when the weather is nice.

12 Consider adopting two kittens at the same time.

One of the best ways to avoid many common behavioral problems is to adopt a pair of kittens. Because they crave stimulation and interaction, adopting two provides instant playmates to occupy each other's time.

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

breast cancer



Breast cancer is a disease in which cells in the breast grow out of control. There are different kinds of breast cancer. ... Most breast cancers begin in the ducts or lobules. Breast cancer can spread outside the breast through blood vessels and lymph vessels.

Breast cancer starts when cells in the breast begin to grow out of control. These cells usually form a tumor that can often be seen on an x-ray or felt as a lump. The tumor is malignant (cancer) if the cells can grow into (invade) surrounding tissues or spread (metastasize) to distant areas of the body. Breast cancer occurs almost entirely in women, but men can get breast cancer, too.

Breast cancers can start from different parts of the breast. Most breast cancers begin in the ducts that carry milk to the nipple (ductal cancers). Some start in the glands that make breast milk (lobular cancers). There are also other types of breast cancer that are less common. A small number of cancers start in other tissues in the breast. These cancers are called sarcomas and lymphomas and are not really thought of as breast cancers. Although many types of breast cancer can cause a lump in the breast, not all do.

Other Recommended Nutritional Supplements

Vitamin A, Vitamin D3, Vitamin E, Wheatgrass, Greenwater, pH 9.5 Drops, Turmeric Capsules, Cinnamon Capsules

Controlling BREAST CANCER naturally

herbs, nutritional supplements, diet

Pain & Inflammation Enzyme

Inflammation is an immune system response to an irritant. As soon as you prick your finger, come in contact with an allergen or catch a cold, your immune system activates, sending an army of white blood cells to fight off "foreign invaders" like bacteria and viruses. Even injuries such as a sprained ankle, tennis elbow and tendonitis cause inflammation, as white blood cells flood injured areas to remove bacteria and dead cellular debris. Sometimes, inflammation is noticeable (redness and swelling that appear in an injured area); this is referred to as acute inflammation. Chronic inflammation, however, occurs on a deeper, more internal level and is usually invisible. This can mask underlying, potentially dangerous health issues like heart disease, autoimmune disorders (lupus, rheumatoid arthritis, Sjögren's syndrome) or cancer that may be brewing.



Chronic Inflammation and Cancer

For decades, cancer experts suspected a link between chronic inflammation and cancer but were not able to confirm it until a few years ago. Researchers from the University of Pittsburgh Schools of Health Sciences reported that inflammation activates MUC1, a protein molecule that triggers tumor progression. Additionally, investigators at The Ohio State University Comprehensive Cancer Center found inflammation causes a rise in microR-155, a protein-lowering molecule that helps repair DNA. This can increase spontaneous gene mutations, raising the risk of cancer. Further, scientists at Florida Atlantic University observed that inflammation elevates CHI3L1, a cancer biomarker that spurs the growth of cancer cells.

Chronic Inflammation and Breast Cancer

Researchers have also been able to tie inflammation specifically to breast cancer development, metastasis (spreading), recurrence and lower survival rates.

A manuscript published in the American Society of Clinical Oncology Educational Book suggested that obesity creates multiple pathways of chronic inflammation throughout the body and in the breasts. Excess body weight enlarges fat cells, spurring inflammation. Obesity also instigates insulin resistance, a condition in which cells do not respond properly to insulin, causing the body to produce more insulin in order to control blood sugar levels. However, insulin is an inflammatory agent that can result in abdominal weight gain, creating a snowball effect of inflammation and enlarged fat cells. And since fat cells produce estrogen, obesity and insulin resistance can result in an overproduction of estrogen, raising the risk of breast cancer.

Biomedical engineers from Cornell University believe certain protein molecules (i.e., cytokines) and inflammation can cause breast cancer to metastasize. Cytokines send signals to cells, affecting cellular communication and behavior. According to engineers, the pro-inflammatory cytokines, IL-6 and TNF-alpha, activate a mechanism that stimulates breast cancer cells to move through blood vessels and adhere to their surfaces, eventually penetrating the blood vessels and contributing to metastasis.

Lastly, results from a study published in the Journal of Clinical Oncology found that measuring the levels of the proteins serum amyloid A (SAA) and C-reactive protein (CRP) can help gauge low-grade chronic inflammation and predict breast cancer recurrence and survival. SAA and CRP rise in response to a tissue injury or other cause of inflammation and when elevated, raise the risk of breast cancer recurrence and lower overall survival rates.

Source: <https://www.mdvip.com/about-mdvip/blog/connection-between-inflammation-and-breast-cancer>

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Copper in new device prevents cold and flu



New research: Copper stops colds if used early.

New research shows you can stop a cold in its tracks if you take one simple step with a new device when you feel a cold about to start.

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

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

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

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

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

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

"It worked!" he exclaimed. "The cold

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

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

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

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

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

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

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

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

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

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

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

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

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



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. 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 **NATA10**.

Go to www.CopperZap.com or call toll-free 1-888-411-6114.

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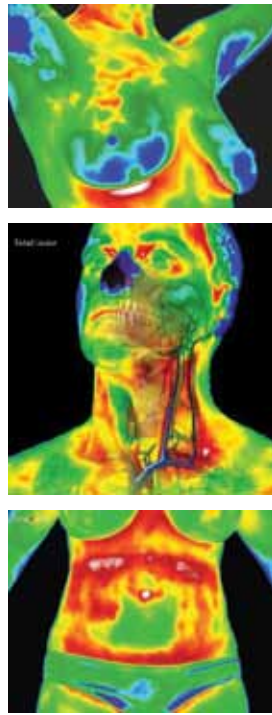
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Eyes (nondiabetic)

“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.

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.

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.

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

"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 2
to LEARN HOW TO SCHEDULE
A HEALTH SCREENING TODAY**

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



BENEFITS OF GREEN WATERS

Lose Weight:

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

Anti Aging:

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

Reduce the Chances of Osteoporosis:

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

Build Cardiovascular Health:

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

Reduce Joint Pain and Arthritis:

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

Reduce Infections, Flu and Colds:

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

Detoxify:

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

Decrease Risk of Cancer:

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

calendar of events

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

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

Friday April 5

Comic Etta May – 7-10pm. The reigning Queen of Southern Sassa from Kentucky delivers a high-powered, take-no-prisoners performance, full of truth, iron, humor and wisdom. The Grand Opera House, 505 N Parkerson Ave, Crowley. 337-785-0440. TheGrandOperaHouse.org.

Saturday April 6

Sir Speedy Run – 8-9am. 5K and fun run race through historic New Iberia. Event fee includes event, awards and t-shirt. Youth ages 1-14. Early registration online fee Fun Run \$20 and \$25 or \$30 day of the race. Bouligny Plaza, 102 W Main St. New Iberia. 337-380-4279. Cajuntiming.com

Crime & Abuse Prevention Walk/Rally – 10am-12pm. Honor the National Crime Victims' Rights Week with a walk. A program, along with food, fun jumps, and other activities for the community following each walk. The Court Appointed Special Advocates (CASA) of St. Landry-Evangeline, Inc. and St. Landry Parish Sexual Assault Center (SLESAC). 1648 Rodney Milburn Blvd, Opelousas. 337-948-3550.

Avery Island Easter Egg Hunt – 11am-3pm. Celebrate springtime with fresh air and festivities the whole family can enjoy. \$10 includes entrance into Jungle Gardens, Easter egg hunts for multiple age groups. Jungle Gardens, 6164 Avery Island Rd, New Iberia. 337-359-9545.

Hopefest Music Festival – 11am-9pm. A family friendly event with great food, fun and music. \$20 on EventBrite.com or \$35 at the event. Benefitting D.R.E.A.M.S. Foundation of Acadiana and the STM Options program. Parc International, 200 Garfield St, Lafayette.

The Bunny Hop – 3-6pm. Celebrate Spring and Easter, take pictures with the Easter Bunny, get arts & crafts, snacks and door prizes. The Kids Sunday Best Pageant includes guest judges, Miss Louisiana Junior High, Kelsey Miller and Mrs. Louisiana USA Ambassador, Alaina Rainey. Northgate Mall, 1800 NE Evangeline Thruway, Lafayette.

Sunday April 7

T-Boy's Bayou Adventure Tour – 9am-2pm. Three guided tours by TECHE Project will set off on a party barge highlighting points of interest along the way. Boat Launch/New Iberia City Park, 325 Marie St, New Iberia. 337-380-4279.

Symphony Sunday – 3-4:30 pm. A free outdoor concert by the Acadiana Symphony Orchestra under the trees by local choirs and musicians. The Iberia Cultural Resources Association. New Iberia City Park, 300 Parkview Dr, New Iberia. 337-380-4279.

Tuesday April 9

Voice for Victims Rally – 6-7pm. Butterfly release and music in memory of victims. Representatives from victim service agencies and programs will provide information. Refreshments served. Voices of Innocent Citizens Empowered Support Group. Steamboat Warehouse Pavilion at Bouligny Plaza, 101 E Main St, New Iberia.

Wednesday April 10

Vermilion Parish Health Fair – 9am-12pm. Vermilion Parish residents get free health screenings of blood pressure and glucose. Health and wellness information will be available. Abbeville Library, 405 E St. Victor St, Abbeville.

Yoga – 6 -7pm and Wed Apr 17. Yoga practice led by Christy Broussard Farnsworth. Last Wednesday of month, Yoga en français with Martine Colin. \$13 per class or \$50 for five classes. NUNU Collective, 1510 Bayou Courtableau Hwy, Arnaudville.

Thursday April 11

Head and Neck Cancer Screening – 1:30-3:30pm. Free oral, head, and neck cancer screening by an ENT physician. Get educational information on prevention, smoking cessation, and oral hygiene. 337- 261-8553.

Friday April 12

Antique Fair & Yard Sale – 9am-5pm. Thru Sun April 14. More than 200 vendors on six acres outside the antique mall. There will be bargains, barbecue, and vintage items inside the schoolhouse. Old Schoolhouse Antique Mall, 123 S Church St, Washington.

Saturday April 13

Mighty Ninth District Health Fair – 8am-12pm. A free diabetes boot camp, live presentations about healthy habits, blood pressure checks, stroke and cholesterol screenings, and

several cancer screenings. Literature available on healthy living, diet/exercise, and vaccines. Omega Psi Phi Fraternity, Inc. Lafayette Cajundome Convention Center, 444 Cajundome Blvd, Lafayette. 337-261-8553.

Middlebrook Foundation Fish Fry – 11am-1pm. A fundraising event to continue the great deeds of Officer Middlebrook, \$10 meal includes 1/2 pound of fish, cole slaw, fries and a pistolette. Drinks sold for \$1. Edie's Parking Lot, 1400 W Pinhook Rd. Lafayette.

Sunday April 14

Earth Day Celebration – 10am - 4pm. Celebrate individuals and organizations engaged in promoting wise stewardship practices to preserve our precious jewel, Earth. COX. Greg Guidroz. Vermilionville, 300 Fisher Rd, Lafayette.

Wednesday April 17

Raise Our Voices – 6-8pm. Community spoken word performances in conclusion of a Spring long program by Alex "PoeticSoul" Johnson. 710 E St Mary Blvd, Lafayette.

Friday April 19

Lao New Year Celebration – 8am-8pm. Thru Sun April 21. Lanexang Village celebrates a three-day festival that includes live music, a beauty pageant, parades, sand castle building, kids activities, and several vendors selling clothes, jewelry, music and food from Southeast Asia. Wat Thammarattanam Temple, 7913 Champa Ave, Broussard. 337-251-6624.

Wednesday April 24

Festival International de Louisiane – Various venues and time. Thru Sunday April 28. The largest music and arts festival in the United States emphasizing the Acadiana connection to the Francophone world. Downtown, Lafayette. FestivalInternational.org.

Friday April 26

El Festival Espanol de Nueva Iberia – 8am-5pm. Thru Sunday April 28. Celebrate the anniversary of the founding of New Iberia by the Spanish. Bouligny Plaza/Steamboat Pavilion, 102 W Main St, New Iberia. 337- 349-7343.

Etouffee Festival – 5:00pm – Thru Sunday 28. Festival activities include cook-offs, carnival rides, live music, dancing, bingo and shopping. St. Francis Regis Church, 370 Main St, Washington.

Spring Music & Market – 5:30 -8:30pm. Thru May 24. A five -week Friday evening concert series to promote sounds of Swamp Pop, Cajun, Creole and Zydeco and bring attention to local farmers and their produce, a component of the culinary trail. Farmers Market Pavilion, 828 E Landry St, Opelousas. 337-948-6263. CityOfOpelousas.com.



On the other hand, in developed and high-income countries, new factors related to the living standard and the way of life, negatively affect the population's health.

As an example we can mention Greece, where life expectancy at birth for males and females increased by 10 years during the last 50 years. At the beginning of this period, the country ranked second in the Office of Economic Cooperation and Development (OECD) in terms of life expectancy at birth, but now it's in the fifteenth position. High tobacco consumption, traffic accidents, obesity, change of food habits that are increasingly Americanized, low level of physical exercise, can explain that evolution (OECD 2010).

Health and healthcare are becoming a dominant economic and political issue in most countries, with increasing magnitude and importance of the health sector.

WHY ATTEND?

In such a dynamic industry like healthcare and wellness, you can count on there being a constant flow of new innovations, organizations, and services emerging from a variety of medical researchers, policy experts, technology professionals, and others who provide support for taking care of patients. This is why healthcare professionals will want to clear some time in their schedules to attend, network, and learn.

- **The public should attend to learn who's who in medicine, healthcare, and wellness in their local communities.**
- Join local and regional leaders in the healthcare business.
- Local and regional healthcare businesses and professionals in one location.
- Suppliers have the opportunity to visit buyers in the buyer service centers (booths) to introduce themselves and their products/services.
- Schedule one-on-one private business meetings with key healthcare decision-makers in the community and your market.
- Attend informational breakout sessions with representatives of local and regional healthcare groups and companies.
- Opportunity for one-stop shopping for healthcare and wellness services and products.
- A great opportunity to network.

Partners in Healthcare

Expo and Conference

June 7-8, 2019

FRIDAY June 7th 12PM - 8PM | SATURDAY June 8th 8AM - 6PM

DoubleTree By Hilton Hotel Lafayette

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Open to the Public and all Healthcare Professionals

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www.PartnersInHealthcareConference.com

The Partners in Healthcare Conference is a key event for sharing information in the healthcare community locally and nationally. Healthcare leaders from private industry, non-profit organizations, and government agencies will present the progress of community, regional, and national efforts to improve health care for patients and families.

Achievements in health worldwide in the twentieth century and especially during the past few decades are impressive. The increase in life expectancy and the decrease in fertility throughout the world have been greater in the past

40 years than during the previous 4000 years. Life expectancy is almost 25 years longer today than at similar income levels in 1900. These gains in health and quality of life are mainly the result of achievements and developments in the medical care industry, producing and delivering in broader parts of population a complex of services that center around physicians, private and group practices, hospitals and public healthcare agencies. Other causal factors such as improvements in income and education, nutrition, clothing, shelter and sanitation have also contributed to these health gains.

WHO SHOULD ATTEND?

This event is designed for health care leaders and professionals working in primary care and community settings, including:

- Anyone interested in learning more about local and regional healthcare government agencies, private health care providers, and current health care options.
- Primary care physicians and physician's assistants
- Nurses and nurse practitioners
- Specialists with office-based practices
- Behavioral health professionals
- Medical directors and senior leaders
- Health care administrators and office practice managers
- Health plan leaders
- Home care professionals
- Government, association, and coalition leaders
- Quality improvement leaders and staff
- Community leaders who are working to optimize care while maximizing health care resources
- **Open to the public**

Benefits of Sponsorship:

- Put your business front and center
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- Increase your reach and exposure to new clients, customers and businesses.

- Reconnect with customers and engage with an audience
- Generate strong leads
- Deliver great ROI

Exhibitors Benefits of Participation:

- Ability to interact and network with healthcare and medical professionals
- Detailed organization description and contact information in the Conference Directory and Guide
- Elevated company presence in the healthcare community
- Increased brand awareness of your products or services among influential healthcare decision makers and the public
- Make a difference in your community by supporting quality healthcare and educating the public on what services and products are available to support their healthcare needs

To Register to Attend:

1. Call (337) 565-9105 to register by phone.
2. Visit www.PartnersInHealthcareConference.com to register on our website.
3. Visit our office at: Partners In Healthcare Conference (Enterprise Business Center), 3419 NW Evangeline Thruway, Carencro, LA 70520.



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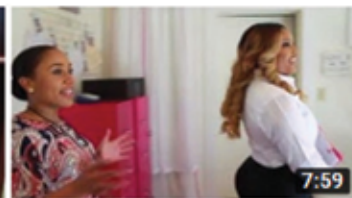
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