

FREE

HEALTHY LIVING HEALTHY PLANET

natural awakenings

Simplified Parenting

Focusing on What Matters Most

Natural Immune Boosters for Kids

Dive into Swimming
10 Tips to Optimize Workouts





Organic Frozen Wheatgrass Juice

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



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

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

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

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

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

Green Waters Alkaline Water



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

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

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

pH 9.5 Drops



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

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

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Natural Health Remedies

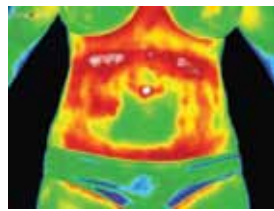
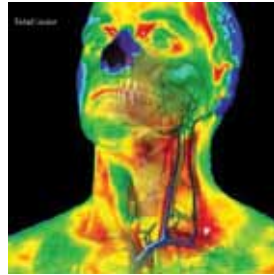
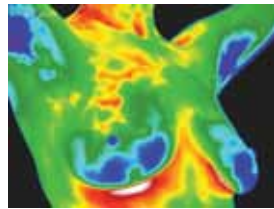
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Eyes (nondiabetic)

"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.

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.

Cheeks and Nose

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

Acne

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

Facial skin

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

Tongue

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

Canker Sores

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

Swollen Lymph Glands

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

Skin Tags

Scattered on the neck?

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

Sore Shoulder

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

Numerous Small Bumps in the Skin

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

Hands

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

Source: Guide to Healing with Nutrition

Nutrition deficiencies

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

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

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

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

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

Source: U.S. Department of Agriculture

"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"

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to LEARN HOW TO SCHEDULE
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publisher's letter



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

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

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

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

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

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

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



Steve & Michelle

Steve and Michelle Castille, Publishers

HEALTHY LIVING HEALTHY PLANET

natural
awakenings

ACADIANA EDITION

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Subscriptions are available by sending \$75
(for 12 issues) to the above address.

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NaturalAwakeningsMag.com

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

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

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Acadiana Body Wax Now Offers Eyelash Extensions

Acadiana Body Wax, in Lafayette, is now offering eyelash extension service. The semi-permanent eyelashes are a single extension, which is applied to each natural lash using tweezers and water resistant surgical quality adhesive. Each lash is carefully placed and centered to give a full lash appearance.



Each eyelash procedure takes approximately one to four hours depending on the amount of extensions the client requests. The lengths of the extensions

vary from 7mm to 13mm and do not weigh the natural lash down. Eyelash styles offered are "The Barbie," "The Classic," and "On The Go."

Eyelash extension services include full sets, touch ups and complete refills, and are taken by appointment.

Location: 858B Kaliste Saloom Rd., Lafayette. For more information, call 337-356-1251 or visit AcadianaBodyWax.com.

Wonderland Performing Arts Offering Wonder Yoga to Home School Students

Wonderland Performing Arts is offering its wonder yoga classes to home school students.

Wonder Yoga is a mind-expanding experience encouraging a deeper sense of body awareness, self-exploration and interpersonal skills. These classes introduce students to an appreciation of the body and soul through traditional yoga components, giving them a deeper understanding of the physical and philosophical aspects of yoga. Sequences offered in the classes include balancing poses; breathing exercises; creative, deep relaxation and meditation techniques; and self-reflection.



Each yoga game is designed to inspire positive peer interactions that participants are encouraged to carry in to their everyday lives. Sessions are for boys and girls ages 8 to 18 and usually last one hour. To view class times and dates visit the website listed below.

Location: 227A Bendel Rd., Lafayette. For more information, call 337-534-8014 or visit WonderlandPerformingArts.com.

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

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

In his work *The Metabolism of Tumours* he demonstrated that all forms of cancer are characterized by two basic conditions: **ACIDOSIS** and **HYPOXIA** (lack of oxygen).

Cancerous tissues are **Acidic**,
Whereas healthy tissues are **Alkaline**.

He also discovered that cancer cells are anaerobic (do not breathe oxygen), and cannot survive in the presence of high levels of oxygen - as found in an alkaline state.



HEAL YOUR BODY

Discover the Secrets to a World of Wellness

pH 9.5 Drops

Alkaline Water 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



Take Magnesium to Metabolize Vitamin D

Vitamin D can't be metabolized without sufficient magnesium levels. Thus, it remains stored and inactive for as many as 50 percent of Americans on nutrient-poor diets, reports a research review in the *Journal of the American Osteopathic Association*. "Without magnesium, vitamin D is not really useful or safe," says study co-author Mohammed S. Razzaque, Ph.D., a professor of pathology at Lake Erie College of Osteopathic Medicine, in Erie, Pennsylvania.

As a consequence, taking vitamin D supplements can increase a person's calcium and phosphate levels, even if they remain vitamin D deficient, he explains; and that can lead to vascular calcification if their magnesium levels aren't sufficient.

The magnesium factor may explain why vitamin D supplementation doesn't necessarily help vitamin D deficiency-related disorders such as skeletal deformities, cardiovascular diseases and metabolic syndrome. Natural sources of magnesium include almonds, cashews and other nuts, bananas, beans, broccoli, brown rice, egg yolks, fish oil, green vegetables, mushrooms, oatmeal, soybeans, sweet corn, tofu, whole grains, and pumpkin, sesame, sunflower and flax seeds.

Holding Hands Reduces Pain

Holdings hands with a loved one reduces physical pain, report researchers at the University of Colorado and University of Haifa that studied the brainwaves of 22 heterosexual couples between ages 23 and 32. When in each other's presence, the couples' brainwaves tended to synchronize, especially in the alpha mu band, a measure of focused attention; holding hands amplified this effect and markedly lowered pain levels. The more empathetic the man was to the woman's pain, the more their brain activity synced and her pain decreased. Men that were less empathetic did not produce the same effect.



Turmeric Helps Heal Skin Ailments

Turmeric, with its renowned anti-inflammatory, antimicrobial and antioxidant properties, seems to improve a number of skin conditions when taken topically or orally, concludes a review of clinical studies published in *Phytotherapy*. Researchers at Drexel University, in Philadelphia, and the University of California, Sacramento, selected the 10 strongest clinical studies on turmeric out of 234 published. They concluded that this spice, with its active ingredient curcumin, was effective in treating acne, oral lichen planus (mouth inflammation), pruritus (itchy skin), psoriasis, radio-dermatitis (a side effect of radiation treatment), diabetic microangiopathy (bleeding of small blood vessels) and diabetic edema (swelling). Studies on other skin conditions were either inconsistent or ineffective, the report concluded.

Mediterranean Diet Cuts Risk of Prostate Cancer

In a five-year study published in *The Journal of Urology* of 2,000 older Spanish men, those following a Mediterranean diet rich in fish, boiled potatoes, whole fruits, vegetables, legumes and olive oil that was low in juices had a significantly lower risk of aggressive prostate cancer compared to those eating a Western diet. This protective effect was not found in diets higher in fatty foods, red and processed meat, refined grains and sweets. The researchers also reviewed other science to date, confirming the protective effect of the Mediterranean diet as well as "healthy" and "prudent" diets, all consisting of greater portions of fruits and vegetables.





Sodas Lower Fertility

Women that drink one or more sugary sodas a day are 25 percent less likely each month to become pregnant. Men drinking the same amount are 33 percent less likely each month to father a child. Boston University School of Medicine researchers studied 1,045 men and 3,828 women that were tested for a period up to 12 menstrual cycles. Energy drinks had an even greater fertility-lowering effect than sugar-laden drinks; fruit juices and diet sodas had little impact.

Screen Time Overdose Means Unhappy Teens

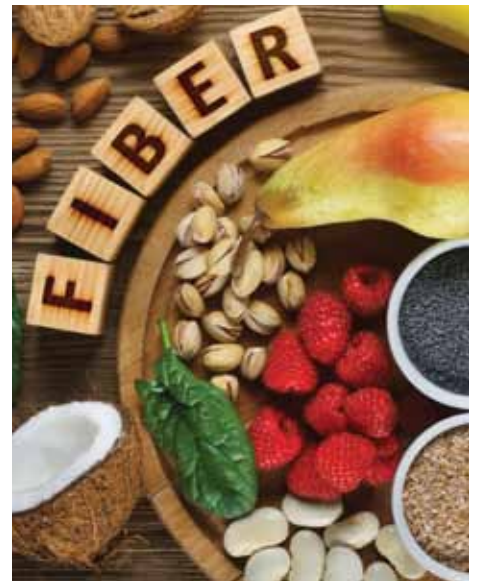
Teens that spend the most time staring at screens while playing games, texting, surfing the Internet or engaging in social media tend to be unhappier than those with less screen time, reports a San Diego State University study of more than a million teens.



Expecting Moms Can Protect Against Autism

Mothers that take folic acid or multivitamins before and during pregnancy can significantly lower a child's risk of autism, according to the latest research published in the *Journal of the American Medical Association Psychiatry*. Researchers from Canada, Israel and the School of Medicine at Mount Sinai, in New York City, studied 45,300 children, at the age of 10 on average, correlating children's autism spectrum diagnoses with records of mothers' supplementation.

They found that women that took the supplements prior to pregnancy were 61 percent less likely to have a child diagnosed with autism. Taking supplements during pregnancy was linked to a 73 percent reduced risk. The overall likelihood of autism was 1.3 percent of the children.



Fiber Lowers Blood Sugar

In a study that offers hope for people with Type 2 diabetes, Rutgers University researchers have shown that a diet high in diverse fibers promotes the growth of certain gut bacteria, leading to improved blood glucose control, increased insulin production and improved average blood glucose (A1C) levels. In the six-year study published in *Science*, 27 diabetes patients in China were fed a diet of whole grains, Traditional Chinese Medicinal foods and prebiotics for up to 86 days, while a group of 16 similar patients ate a similar diet with less fiber. All took the diabetes drug acarbose, which helps turn starch into fiber.

By the study's end, 89 percent of those on the high-fiber diet and 50 percent of the lower-fiber diet group reached blood sugar levels in the normal range. Researchers theorized that the fiber increased numbers of the specific bacteria that break down carbohydrates, producing short-chain fatty acids that nourished gut-lining cells, reduced inflammation and helped control appetite. A shortage of short-chain fatty acids has been associated with Type 2 diabetes and other diseases.

Parrot Prosthetics

3-D Printers Help Rehabilitate Animals

Pete, a 34-year-old Amazon parrot, received a boot-like prosthesis made by a 3-D printer from a customized mold after his leg was ripped off by a fox. A day later, he was not only already starting to accept it, but also realized he could place his weight on it. "That in itself is revolutionary for a bird," says Veterinarian LaToya Latney, service head and attending clinician of the Exotic Companion Animal Medicine and Surgery at the University of Pennsylvania School of Veterinary Medicine's Ryan Hospital, known as Penn Vet. "He gets it."

In another case of an interspecies application of new medical technology, Lola, a Kemp's Ridley sea turtle, the most endangered species of marine turtle, suffered injuries so extensive that a flipper was amputated. Losing a limb can make it difficult for a turtle to avoid predators or chase after prey. At the Key West Aquarium, in Florida, Iok Wong, Samantha Varela and Vivian Liang, three recent engineering graduates from the Worcester Polytechnic Institute, in Massachusetts, used their specialized skills and 3-D printing to create an effective, low-cost prosthetic turtle flipper.



Climate Consensus

Researchers Raise Red Flags

A research paper, World Scientists' Warning to Humanity: A Second Notice, published in the journal Bioscience about the fate of humanity, has received more than 20,000 signatures and endorsements from scientists in 184 countries.

Meanwhile, if humans don't reduce greenhouse gas emissions drastically and maintain carbon sinks like forests within 10 years, the impact on our climate will be catastrophic, according to the International Institute for Applied Systems Analysis. Researchers there have developed a model that they believe could do the trick; it calls for fossil fuel consumption to be reduced to less than 25 percent of the global energy supply by 2100, a drastic cut from the 95 percent being used now. Deforestation also must be cut significantly to lead to a 42 percent decrease in cumulative emissions.

The target is in line with the Paris agreement on climate change, which 194 countries have signed, but not the United States.



Literacy Project

Dolly Parton Donates Millions of Books

Singer Dolly Parton donated the 100 millionth book of her career via her nonprofit Imagination Library earlier this year. She began in 1995, donating books to children in her home state of Tennessee. Now, Imagination Library mails 1 million-plus books per month to children around the world. Parton celebrated the milestone by donating to and giving a reading at the Library of Congress.

"My daddy couldn't read and write, and that always troubled and bothered him, so I wanted to do something special for him," says Parton. "I got the idea to start this program and let my dad help me with it, and he got to live long enough to hear the kids call me the 'book lady.'"

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

which detoxes the lymphatic systems and benefits eczema.

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Hypertglycemia - see Diabetes

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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



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cells to produce energy and may slow brain cell death.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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

RECOMMENDED DAILY INTAKE

VITAMINS

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

MINERALS

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

Note:

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

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

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Simplified Parenting

Why Less Means More Happiness

by Deborah Shouse



Parents wishing to simplify child-raising seek less stress and more fun; less scheduling and more casual time; less “shoulds” and more “want-tos” less second-guessing and more confidence.

For a happier family life, experts encourage parents to stay true to their own values, strengths and sense of family purpose, focusing on the wonders of their children instead of endless daily tasks. It begins with each child feeling loved.

Learn Love Languages

For Gary Chapman, Ph. D., author of *The 5 Love Languages of Children: The Secret to Loving Children Effectively*, understanding each child’s particular needs for touch, affirming words, quality time, gifts or acts of service is foundational to parenting success. “Other than security, a child’s deepest need is to feel loved,” says Chapman, of Winston-Salem, North Carolina. “If their love tank is full, children grow up emotionally healthy. Knowing a child’s preferred language helps parents effectively communicate their feelings. The question is not, ‘Do you love your children?’ It’s, ‘Do your children feel loved?’”

As Chapman arrives home, his son rushes to hug him, grinning while his dad tousles his hair. Chapman’s daughter often calls out, “Dad, come into my

room. I want to show you something.” This is how he communicates with each child in their primary love language.

Parents learn their children’s preferred communication style by observing their behavior, noticing how they express love and listening to them. They can also offer options and track results. For example:

■ Would you like to take the dog to the park (quality time) or for me to help you study for a test (acts of service)?

■ Would you like to wrestle (touch) or shop for your new shoes (gift)?

“Ideally, we offer heavy doses of the child’s primary language and sprinkle in the others,” says Chapman. “Children who feel loved respond better to suggestions and discipline. They also learn how to express their feelings.”

Avoid Unreal Idealizing

Some parents carry a mental snapshot of their ideal child, perhaps envisioning

a kid that is into sports or even-tempered or academically gifted. Often, that picture is very different from the actual child.

The first step to truly accepting the child is to allow ourselves to feel whatever authentic feelings pop up. The parent might think, “I love my son, but am struggling; I adore sports and may never get to share that with him.”

“Give yourself time to process disappointment,” advises Susan Stiffelman, a Los Angeles marriage and family therapist, mother of one and author of *Parenting Without Power Struggles: Raising Joyful, Resilient Kids While Staying Cool, Calm and Connected*. “Then identify the things you love about your kids and share those with them.” As just one example, we might convey that we love the sound of their voice and how gentle they are with the baby.

“Appreciating our children as they are is one way to keep our hearts open,” says Stiffelman.

Focus on the Good

When Barbara Unell, a parent educator and author of *Discipline With Love and Limits: Calm, Practical Solutions to the*

Simply Raising Children Resources

A Fine Parent, blog, Sumitha Bhandarkar, AFineParent.com/blog

Edit Your Life, podcast, Asha Dornfest, EditYourLifeShow.com

The book Parent Hacks: 134 Genius Shortcuts for Life with Kids, by Asha Dornfest

43 *Most Common Childhood Behavior Problems*, birthed twins, she was initially daunted by the work of caring for them. Then she began simplifying by focusing on the “wow” factors.

“Being a parent speaks to the core of our humanity. Experiencing the growth and development of a human being is miraculous. I started looking at parenting through that lens,” says Unell, who lives in the Leawood, Kansas, area.

Asha Dornfest, of Portland, Oregon, a podcaster, co-author of *Minimalist Parenting: Enjoy Modern Family Life More by Doing Less* and mother of two, relates, “I paid more attention to my values and my family’s unique needs and was less influenced by parenting experts, social pressures and well-meaning peers.”

Dornfest explored her own values by asking, “What did I learn from my parents?” and, “How do I want my family to be different?” She also practiced trusting her intuition. “Even when I’m not certain I’m right, I know I love my children, I’m doing my best, and I’ll make adjustments if necessary,” she says.

Create Rhythm and Rituals

Rhythmic activities ease the anxiety of family transitions and furnish warm solidarity, consistency and connectedness. “Increasing the predictability of meals, bedtime and other rituals also improves family life,” says Davina Muse, a mental health counselor and mother of two from Great Barrington, Massachusetts.

Muse serves as training director for Simplicity Parenting, a program based on Kim John Payne’s book *Simplicity Parenting: Using the Extraordinary Power of Less to Raise Calmer, Happier, and More Secure Kids* that offers a connective ritual families can merge with mealtimes. Each person describes a “rose” (one good thing from the day) or a “thorn” (one challenging thing) and a “bud” (one thing they’re anticipating).

Such sharing builds a family connection and helps kids discuss difficult issues, notes Muse. Also, “Describing the bud lifts everyone’s mood.”

Every Friday evening, the Dornfests share a Sabbath dinner, a low-key way for them to gather and talk. “This ritual adds a rhythm to our week and anchors us,” says Dornfest.

Elect De-Stress Over Distress

Everyone can sometimes become overscheduled and overwhelmed; a balance between scheduled time and downtime is necessary to well-being. In her daily check-in, Dornfest confers with herself and her husband, inquiring, “How are things going? Are they too hectic? Is our schedule energizing or draining?”

She advises, “When I feel like I’m riding a runaway train, I slow down. There seem to be so many ‘shoulds’ in parenting; we instead need to discover what our family loves.”

Before enlisting a child for an activity, Dornfest suggests we ask why it’s important: Are you making up for your own missed opportunities as a child? Are you worried your child will miss out? Do you equate these lessons with being a good and caring parent?

Parenting is more than checking off lists and tasks. It’s about being connected with children. Build in playtime, roughhousing, chase each other around the yard, toss balloons or balls together, blow bubbles and welcome opportunities for laughter.

Soothing Quiet Time

Children that act out or withdraw may not have enough downtime. Take the kids outside to play. “Nature is very soothing,” says Muse. “Climbing trees, searching for rocks and pine cones, playing with dirt, sticks, water and leaves all offer healing down time.”

To escape from worries and distractions, Stiffelman suggests three or four minutes of meditation or simply designated quiet time. For little ones, lay a stuffed teddy bear on the child’s tummy and have them notice how the animal is moving. A parent and child can also

be aware of the sounds they are hearing, plus incorporate a little mindful breathing into the bedtime ritual.

Know the Power of Space

Most parents think their children would go crazy if half their toys and books were removed, but this isn’t true.

“My trainers and I have worked with thousands of parents on decluttering, and the results have been powerful,” says Muse. The Simplicity Parenting approach encourages parents to discard broken toys, give away anything no longer being played with and attractively store current playthings. She observes, “As you decrease the quantity of toys and clutter, you increase the child’s attention and capacity for deep play.”

Build Resilience

Simplifying parenting means releasing the notion that children must be happy, well-behaved and delighted with life and their parents at all times. Unell used the daily multitasking challenges with her twins as exercises in developing resilience and modeling these skills for them. If children spill milk, the parent comments, “No big deal. We all spill things.” When there’s a minor accident, “Let’s just get towels and clean it up.” A resilient attitude is, “Something goes wrong, we fix it.” It’s also about being flexible and coping with disappointment.

“To build resilience, parents need to feel comfortable in the presence of an unhappy child,” says Stiffelman. “If parents don’t allow children to be disappointed, kids can become rigid, lack confidence and struggle with unreasonable expectations.”

During meltdowns or disappointments, she recommends sitting quietly, listening, and then empathizing and helping put the children’s feelings into words. “This is not the time to lecture or advise,” she says. “Upset children can’t really listen.” Yet, they can be heard—a key way to help them mature.

Parents that learn to simplify happily discover that their children feel calmer and more loved, socially and emotionally adept, and resilient. Concepts focused on creating connections, rather than parenting perfection, are easy to weave into everyday life.

Deborah Shouse is a writer, speaker, editor, dementia advocate, parent and grandmother. She’s also the author of Connecting in the Land of Dementia: Creative Activities to Explore Together (DementiaJourney.org).



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

Week 2

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

conscious eating



MIGHTY MINERALS

What We Need to Stay Healthy

by Judith Fertig

Minerals—inorganic chemical elements or compounds that cannot be produced by the body, but occur in nature—play a key role in helping us function at our best.

According to the authors of *Minerals: The Forgotten Nutrient - Your Secret Weapon for Getting and Staying Healthy*, they are integral to our health. Joy Stephenson-Laws, the lead author and founder of the non-profit Proactive Health Labs, in Santa Monica, California, suggests getting a full-spectrum mineral test through a healthcare provider to identify any deficiencies or imbalances.

Although the U.S. Food and Drug Administration gives a broad, general Recommended Dietary Allowance (RDA) for minerals, it's not the most up-to-date or the most specific information according to gender, age or stage in life. The more current Dietary Reference Intakes (DRI) are nutrient-reference values developed by the Institute of Medicine (IOM) of the National Academies—five private, nonprofit institutions that provide independent, objective analysis, located in Washington, D.C., Irvine, California, and Woods Hole, Massachusetts. Intended to serve as a guide for good nutrition by covering 40-plus nutrient substances and more demographically specific than the RDA, the DRI provides a scientific basis for the development of food guidelines in the U.S. and Canada.

This list of important minerals, based on the worldwide studies collected in the journal *Minerals*, is a good starting point. Another good reference is

the extensive chart from the IOM of the National Academy of Sciences at ConsumerLab.com/RDAs.

Our Body's Periodic Table

Sodium with Chlorine

Why we need it: fluid balance, nerve transmission, muscle contraction

Food sources: sodium combines with chlorine in salt; Himalayan sea salt also contains 84 trace elements

Recommended Daily Intake: 1,500 milligrams (mg) of sodium

Potassium

Why we need it: fluid balance, nerve transmission, muscle contraction

Food sources: bananas, dried figs, nuts, avocados

Recommended Daily Intake: 4.7 grams (g)

Calcium

Why we need it: strong teeth and bones, muscle relaxation and contraction, blood clotting, blood pressure regulation, immune system health

Food sources: leafy green vegetables, fortified nut milk, dairy products, canned sardines/salmon, dried figs, oysters; plus mineral water brands labeled higher in calcium and lower in sodium, per integrative medicine pioneer Dr. Andrew Weil
Recommended Daily Intake: 1,000 to 1,200 mg

Sulfur

Why we need it: joint function

Food sources: fish, beef, poultry, egg yolks, beans, coconuts, bananas, garlic

Recommended Daily Intake: 6 mg of sulfur-containing amino acids per pound of adult weight

Phosphorous

Why we need it: works with calcium to build strong bones, repair cells

Food sources: salmon, yogurt, turkey, lentils, almonds

Recommended Daily Intake: 700 mg

Magnesium

Why we need it: strong bones, energy, mental health

Food sources: leafy green vegetables, nuts, seeds and foods with fiber

Recommended Daily Intake: 310 to 320 mg for adult women, 410 to 420 mg for adult men

Iron

Why we need it: helps make blood hemoglobin

Food sources: breakfast cereals fortified with iron, white beans, dark chocolate, beef liver, spinach

Recommended Daily Intake: 18 mg for adult women, 8 mg for adult men

Manganese

Why we need it: healthy immune system

Food sources: nuts, seeds, green leafy vegetables

Recommended Daily Intake: 11 mg

Zinc

Why we need it: to ward off colds, aid sexual function

Food sources: oysters, shellfish, red meat, whole grains, nuts

Recommended Daily Intake: 9 mg for women, 11 mg for men

Copper

Why we need it: facilitates enzymes action

Food sources: organ meats, whole grains, shellfish, dark leafy greens

Recommended Daily Intake: 900 micrograms (mcg)

Iodine

Why we need it: thyroid function, healthy skin and nails

Food sources: seaweed, turkey, cranberries, navy beans, iodized table salt

Recommended Daily Intake: 150 mcg

Selenium

Why we need it: lowering cancer risk

Food sources: Brazil nuts, tuna, halibut, turkey
Recommended Daily Intake: 55 mcg

Molybdenum

Why we need it: facilitates production of natural enzymes

Food sources: lima beans, cauliflower, peas, soybeans

Recommended Daily Intake: 45 mcg

Chromium

Why we need it: reduces insulin resistance, helps lower cholesterol

Food sources: lean meats, whole grains, broccoli, green beans

Recommended Daily Intake: 25 mcg for adult females, 35 mcg for adult males

We require macrominerals—those we need in larger amounts—as well as microminerals—those necessary in trace amounts. For a good overview from the Harvard University Medical School, visit Tinyurl.com/HelpGuide2Minerals.

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

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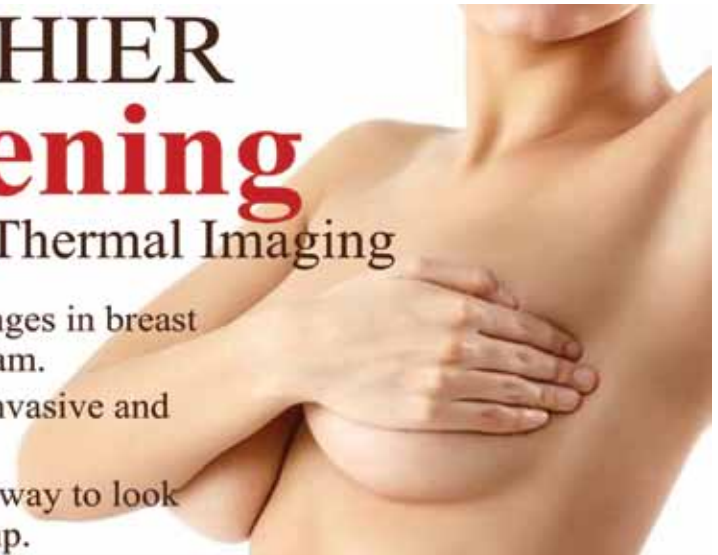
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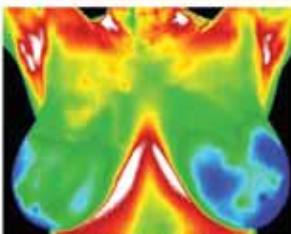
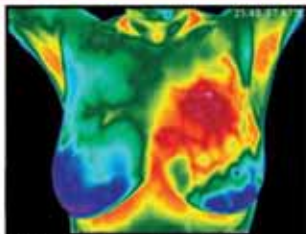
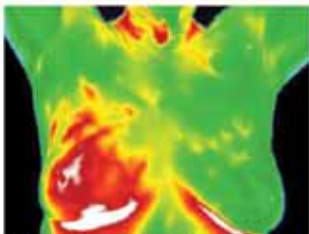
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Waste No Water

Communities Get Creative in Urging Conservation

by April Thompson

As fresh water becomes increasingly scarce worldwide, communities are coming together to find creative solutions to conserve it. According to the U.S. Environmental Protection Agency, the average American family uses some 300 gallons of water a day at home, nearly a third of which lands on lawns and yardscapes. Yet simple solutions like installing low-flow showerheads, turning off the tap while brushing teeth and installing drought-friendly landscaping can save a householder thousands of gallons a year and big money on water bills.

The Irvine, California, Wyland Foundation created the Mayor's Challenge for Water Conservation seven years ago to stimulate awareness and action around water waste by tapping into civic pride and a healthy sense of competition. "What we do at home has a big impact on what happens to natural resources 1,000 miles downstream," says Steve Creech, executive director of the nonprofit, founded by marine life artist Robert Wyland to foster healthy oceans and waterways.

The program pits cities against each other every April to see which one can garner the most water-saving pledges from residents. Prizes for participants include a year's worth of utility bills paid, green home cleaning kits and low-flow shower heads. It also provides immediate feedback on rankings at MyWaterPledge.com. As of May, 616,000 participants in 4,800 towns and cities had pledged to save 3 billion gallons per year.

"Many are attracted by prizes, but over time, become more interested in conservation and sustainability," observes

Calculate a personal water footprint
at WaterCalculator.org.

Creech. "Social modeling is important because people get activated when they see friends and family involved. Surveys also show that we look to local leaders on issues like this, so it makes a difference when mayors take a stance."

Mesa, Arizona's thirsty desert lawns and gardens suck thousands of gallons of precious water a day. Nearly 20 years ago, the city joined forces with Phoenix and Scottsdale to launch a water conservation campaign that has become among the largest of its kind. Today, hundreds of private and public partners across North America use the Water – Use It Wisely program to turn the tide on water waste (WaterUseItWisely.com).

Creative approaches go a long way in encouraging households to save water, says Donna DiFrancesco, conservation coordinator for the city of Mesa. Its campaign newsletter speaks to 26,000 subscribers. Some 100 water-saving devices and symbols remind consumers to think about how they use water in everyday life. A traveling, 16-foot water tower made of water jugs represents the 120 gallons of water the average person uses per day in Arizona. They even challenge residents to "help your yard drink responsibly" through the Drab to Fab Backyard Rehab campaign, rewriting the narrative that sustainable is synonymous with sacrifice. In its second year, more than 11,500 entrants throughout the state put their creativity to work in revamping their backyards.

To promote behavior change, Creech suggests that providing justifications for each water-saving action is key. When citizens become more conscious of how they waste the most water, they are more motivated to act. Repairing toilet and pool leaks and exchanging baths for showers are common fixes.

"The 40 Gallon Challenge is designed to help people find the 'low-hanging fruit' in their water use—such as a leaky faucet or a long shower—that can readily help save 40 gallons a day," says Ellen Bauske, program coordinator for this initiative of the Center for Urban Agriculture at the University of Georgia, in Griffin (40GallonChallenge.com). It's designed to be flexible so states and municipalities can address the local context.

"It's been great to see the creative ways it's been adapted; for example, one agent used the pledge as a scavenger hunt item for 4H clubs," Bauske notes. More than 11,000 people have taken this pledge across America, potentially saving 1.9 million gallons a day.

It can be difficult to measure the real water savings of such challenges, but DiFrancesco says that Mesa has seen a roughly 20 percent reduction in water use since 1999, when the local campaign began to take off. Drop by drop, small acts taken collectively by engaged citizens add up to big savings.

Find water-saving tips at HomeAdvisor.com/r/home-water-conservation and NationalGeographic.com/environment/freshwater/water-conservation-tips.

Connect with April Thompson, in Washington, D.C., at AprilWrites.com.

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Natural Immune Boosters for Kids

How to Power Up Their Defenses

by Marlaina Donato

Strong immunity is a cornerstone of optimum health, and may be weakened or enhanced by what we eat and how we manage our emotions. Starting young in incorporating good ongoing habits can go a long way toward building a better immune response to whatever a person encounters.

Kid-Friendly Foods

Organic strawberries, brightly colored peppers, vitamin D-rich eggs or almond trail mix can turn a child's brown bag lunch into an immune-boosting power meal. "Diet is one of the main pillars for children's health. I teach parents and kids that food can be fun, and not to be obsessed with counting calories or portions," says Dr. Alina Olteanu, a holistic pediatrician in Dallas, Texas. "I recommend an anti-inflammatory diet based on lots of colorful vegetables and fruits, and healthy fats like fish, nuts, seeds, avocado and olive oil. Eating fermented foods like sauerkraut, pickled vegetables and kimchi supports a healthy microbiome."

Adequate protein supports healthy immunity, as does reducing inflammatory foods containing monosodium

glutamate (MSG), caramel color, sodium nitrite, food dyes and chemical preservatives. Such measures help reduce the burden on a child's immune system. According to Naturopathic Doctor Sarah Anne Rothman, of Thyme Integrative Health, in Pacifica, California, limiting or eliminating processed sugar is also recommended; studies by Loma Linda University, in Loma Linda, California, show that sugar consumption suppresses immune response for five hours.

Olteanu notes, "Desserts can be fruits and a small amount of dark chocolate, which is rich in antioxidants and actually healthy." Her favorite sweetener for kids older than 1 year is raw honey; however, she cautions against giving honey to infants during their first year.

Exercise and Herbal Allies

Exercise has been shown to increase blood and lymphatic circulation and in turn, helps move antibodies through the system and do a better job at fighting invaders, according to Harvard Health Publishing. Exercise is also a renowned stress-reliever, especially outdoors, which manifests the bonus of vitamin D fortification from healthy sun exposure.

"I strongly encourage all my patients to spend at least an hour a day playing outside," says Olteanu.

Childhood stress is a real factor that can weaken immunity, yet juvenile anxieties may be dismissed or go unnoticed by adults. Caffeine-free herbal teas and glycerin-based tinctures such as chamomile, lemon balm, passionflower and lavender can be reliable double-duty allies for children, calming them while also promoting immune response.

Essential oils are another boon. "The benefits of using essential oils on children are immense. Many oils are safe for all age groups and can elevate mood, induce relaxation and boost natural defenses," says holistic nurse and certified clinical aromatherapist Patricia Springer, in Mason, Ohio. Springer recommends diffusing organic lemon or orange essential oil for 30 minutes two to three times a day in the house or applying one to two drops on a cotton ball and inhaling.

Adding a few drops of Roman chamomile or lavender essential oil to Epson or sea salt makes a calming, immune-boosting bath.

Homeopathy

Homeopathy is a system of natural healing to which kids often respond positively. There are well-known over-the-counter remedies that treat acute conditions without side effects, but certified classical homeopath Julia Eastman, a doctor of Oriental medicine in Naples, Florida, recommends a more thorough approach.

"Homeopathy can be life-changing, but it's a system based upon the unique physical, emotional and energetic constitution of the individual. Going to a board-certified classical homeopath is the ideal route, because they can profile the child's complete constitution, including patterns of illness and personality for the best possible result."

Treating children's illness homeopathically when symptoms arise without taking the big picture into account can sometimes cause more harm than good. "Homeopathic remedies are not preventive medicine unto themselves, but using them constitutionally can help to improve overall health, immunity included," says Eastman, who has witnessed dangerously high fevers in infants relieved within minutes when whole-care homeopathy has been applied.

Health is wealth, and fortifying the next generation benefits us all.

Marlaina Donato is a freelance writer, author and multimedia artist. Connect at MarlainaDonato.com.



Multilevel Healing Embracing All Dimensions of Well-Being

by Linda Sechrist

Dr. Wayne Jonas' curiosity was piqued after hearing stories of patients that have experienced healing from chronic illnesses or reclaimed well-being without following conventional medical advice. So he focused on researching dimensions of healing that Western medical schools never taught him. The rewards were radical discoveries: whole system science exploring the web of connections within the body; the need to acknowledge an individual's core multi-dimensions—body/external, behavior/lifestyle, social/emotional and spiritual/mental—and what's needed to unlock each person's inherent capacity for health and healing.

The author of *How Healing Works: Get Well and Stay Well Using Your Hidden Power to Heal*, Jonas concludes, "Only 20 percent of healing comes from the treatment agent the doctor applies. A full 80 percent of the healing potential, which lies dormant in everyone, comes from constructing a meaningful treatment response unique to you. This is internal, highly personal and uses simple principles and components."

During his 40-year career, Jonas was able to observe multi-level healings with patients, as well as through other professional roles. He's served as director of the Office of Alternative Medicine at the

National Institutes of Health, a research scientist at the World Health Organization, CEO and president of the former Samueli Institute and director of the medical research fellowship at the Walter Reed Army Institute of Research.

Applying whole system science, Jonas developed the view of a patient as a veritable ecosystem. "We are more like a garden to be cultivated than a car to be fixed. Healing emerges when we support and strengthen the connections within us—body, behavior, social and spirit—making us more whole," says Jonas. His broader approach for healing now includes the impacts of beauty, order, an optimal healing environment, connecting with nature, elements that induce an individual's greatest meaning response, nourishment of the spiritual self, making time for joy, the roles of love and the physical presence of loved ones and a supportive social network, as well as the energetic contributions of other social interactions and emotional dimensions.

For nearly 40 years, James Oschman, Ph.D., author of *Energy Medicine: The Scientific Basis*, has been conducting research in physiology and the biophysics of energy medicines worldwide, including at Cambridge University, in England, and Case Western Reserve University, in Cleveland, Ohio.

"Medical doctors are unaware of the body's energy field because they aren't taught anything about it or physics in medical school. Although the vast majority believe there is no science behind energy medicine or any that proves the body even has an energy field, it is real and has been measured," says Oschman.

He's passionate about including energy medicine in healing, and says, "To understand the human body, health and healing, you have to look at all dimensions without any exclusions. No aspect of science, medicine or life should be left out. All medical interventions and everything you do to the body involves energy. An awareness of this can fully transform any medical approach."

Jonas experienced the energetic dimension of healing when his wife, Susan, was undergoing chemotherapy for breast cancer. Although skeptical, he tried the process of laying his hands on her while imagining a soft, white light filled with love being transmitted through the top of his head, down through his hands and into her body. "I knew of the dozens of experiments done at Walter Reed Army Institute of Research. When meditating individuals put their hands around test tubes containing immune cells, the amount of infrared radiation emanating from their hands increased, which stimulated the immune cells to produce more adenosine triphosphate (ATP), the energy-producing molecule found in all cells. After this exposure, those cells survived better when hit with stresses such as heat and chemical shocks," says Jonas.

"Susan said that she could feel something and fell asleep. The next day, she felt less fatigued, slept less and was more active. From then on, I cut back on travel and made sure my body—in all its physical, social and emotional dimensions—was around," says Jonas.

To help patients and doctors expand their own perspectives, Jonas has developed a healing-oriented practices and environments (HOPE) consultation protocol (DrWayneJonas.com/resources). It includes questions a doctor or patient can use to spark pivotal lifestyle changes that cover optimal healing dimensions—inner, interpersonal, behavioral and external—to evaluate measures that facilitate or hamper healing.

Sincerely responding to the answers shows results. "With chronic diseases, it can almost always enhance wellness and well-being, and improve function, whether the disease is cured or not," says Jonas.

Linda Sechrist is a senior staff writer for Natural Awakenings. Connect at LindaSechrist.com.



DIVE INTO SWIMMING

10 Tips to Optimize Workouts

by Jim Thornton

Swimming may be the perfect lifelong sport; it's a low-impact, joint-friendly, sustainable way for anyone to stay fit at any age. In taking the plunge—including after a prolonged hiatus—be wisely aware of some caveats.

✓ Allow for relevant muscles to get into swim-shape. Endurance training increases their ability to use oxygen and nutrients more efficiently.

✓ Although swimming generally boasts low injury rates, avoid overdoing it. For the first month, concentrate on refining proper technique, including minimizing drag. Intense workouts can come later.

Here are 10 ways to optimize a swimming workout.

1 Make Like a Missile. With hands alongside the body, push off the wall underwater and glide until coming to a stop. Next, try it with arms outstretched about shoulder-width apart and the head tilted slightly upward like Superman flying. Then, repeat while contorting the body into the longest, straightest, thinnest shape possible. Overlap hands, extend arms and fingertips overhead to the max, squeeze biceps over ears with the head down. After pushing off, bring legs together with knees straight and toes pointed to eliminate any rudder effect.

2 Look Down. Keep the head down with eyes trained on the lane line, reducing drag and strain on the neck and lower back.

3 Roll with It. A good side-to-side body roll cuts drag and activates core muscles in powering arm pulls. Practice rolling by extending the right arm forward as far as possible, place the left arm flat against the torso, then push off the wall with the left shoulder pointing upward, the right, at the pool bottom. Maintain this position while kicking eight to 10 times. Then pull the right arm through the water, simultaneously rolling to the opposite side. Then extend the left arm forward and repeat.

When pulling, concentrate on directing power straight back. Pushing down on the water squanders energy during the onset of the stroke, as does pushing upward during the final phase. It eliminates bobbing.

4 Control Hands. Keep hands about shoulder-width apart throughout a freestyle pull. To avoid fishtailing from side-to-side, imagine a vertical line separating two halves of the body and don't allow hands to cross over it.

5 Don't Kick Hard. A good freestyle kick helps maintain balance and positioning to increase speed. Avoid over-kicking; small, quick kicks generate almost as much force as large, powerful ones and with less drag. Point toes, keep

knees fairly straight and try to keep legs within the torso's slipstream.

6 Loosen Ankles. Efficiency is more about ankle flexibility than foot size. If taking up swimming after years of land sports, ankles may be tight and inflexible. Wearing swim fins will loosen them up.

7 Seek Quiet. Make each stroke smooth and "fish-slippery". Practice swimming quietly. Splashing and thrashing wastes energy.

8 Follow the 10 Percent Rule. The three basic components of swim training are the duration, intensity and frequency of workouts. Seek to increase one component by 10 percent each week; for example, work on duration first and intensity later.

A reasonable goal for most swimmers is to reach three to four sessions a week of 40 to 60 minutes each. Ascertain what's sustainable for the long term. Once a routine is established, add in short, fast swims, alternating bursts of speed with rest on a one-to-one ratio, such as 30 seconds of sprinting followed by 30 seconds of rest, repeated eight times.

9 Take Tomorrow Off. Rest days enable physical gains, especially as we age. For collegiate swimmers, two practices a day, six days a week might be normal. For retirees, four, one-hour swim practices per week can help preserve fitness safely.

10 Team Up. Coaching and instruction are available for all ages and abilities at many YMCA and recreation centers; check U.S. Masters Swimming at usms.org/club-resources. Learning with others helps keep us motivated.

Jim Thornton, of Sewickley, PA, swam for the University of Michigan in 1970, took a 15-year break, and then resumed competing through U.S. Masters Swimming in 1984. He's placed in the top 10 nationally 96 times in different events and age groups. In 2012, he placed first worldwide in the 200-meter freestyle for ages 60 to 64.

Imperfectly Perfect Pets

Natural Therapies Transform Lives

by Sandra Murphy

Pets, like humans, can face physical and mental challenges. Today's fresh approaches help pets replace disabilities with abilities and lead fuller, happier lives.

Physical Adaptations

Zach, a rescued cat, welcomes foster pets to Paw Prints in the Sand Animal Rescue, in Newport Beach, California, teaching kittens cleanliness, and good manners to dogs. "We can't imagine life without him," says Monica Sederholm, co-founder of the organization. A congenital condition causing irregular bone growth in his shoulder blades, fused bones and a missing kneecap hasn't stopped him. Muscle pain keeps him from retracting his claws, but daily massages help him relax.

Although Zach remains mobile, walking is difficult or sometimes impossible when an animal is missing a limb or paralyzed. Designed for specific disabilities and fitted for size, a wheelchair cart provides freedom most cats and dogs embrace. Rescue volunteers and adoptive parents must keep clutter off the floors, supervise and remove the cart to allow for comfortable naps.

Gwen Cooper, author of *Homer's Odyssey: A Fearless Feline Tale*, or *How I Learned about Love and Life with a Blind Wonder Cat* and the *Curl Up with a Cat Tale* series, adopted Homer, a blind kitten from Miami. "Never having sight, he wasn't afraid to take risks," she explains. "He climbed, explored and played with our other cats." When a move to Manhattan, New York, presented a scary prospect for Cooper, Homer inspired her, saying, "Homer didn't let fear of the unknown trip him up. He taught me the relationships you're sure you don't want can be the most meaningful."

"Dottie CrazyPants, a rescued Harlequin Great Dane with severe skin

and ear infections and a dysfunctional immune system, had no quality of life until I tried holistic treatments," says Lara Katz, executive director of the North Carolina Therapeutic Riding Center, in Mebane. Dottie didn't gain weight, even though she ate a lot and drank gallons of water a day, resulting in indoor accidents. "A raw food diet resolved many health and house-breaking issues."

Discontinuing regular medications left Dottie miserable and nearly unable to walk. "A massage therapist said her energy centers were blocked," Katz says. "After an energy medicine treatment, Dottie slept through the night for the first time in months. Her paws looked better short term."



A combination of holistic treatments including cold laser and red-light therapy, Chinese herbs, an anti-yeast protocol and probiotics works best. Katz also uses only eco-friendly cleaning and laundry products.

"Certified through the Alliance of Therapy Dogs, Dottie's visits take a bit of management because of the types of cleaning products used in nursing homes. It's worth it. She's completely changed my lifestyle regarding how many toxins we're exposed to daily."

Emotional Relief

Tracy Krulik, a certified canine separation anxiety trainer in northern Virginia and the Washington, D.C. area, is a graduate of Jean Donaldson's Academy for Dog Trainers. "Using videoconferencing, I can watch my client's dogs at home, see when panic starts and create daily training plans to keep them safely calm."

Feldenkrais practitioner and author of *Grow Young with Your Dog: Learn How You and Your Canine Companion Can Feel Better at Any Age!* Mary Debono, of Encinitas, California, sees a variety of pets. "I invited an Arabian named Easy to be the demo horse during a class I taught," she recalls. "Sore all over, he couldn't lift his feet high enough to step over a pole lying on the ground." Easy showed dramatic improvement through Feldenkrais, which focuses on improved function, rebooting the body by interrupting the cycle of pain and tension, so that the patient realizes change is possible.

Debono also treated a rabbit that didn't like to be touched. "I used the eraser end of a pencil through an opening in his crate. Non-habitual touch gets the attention of the nervous system; areas of tension are sore, so gentle lifts provide relief." Without pain, movement is easier and behavior improves.

Lesson Learned

Sandy Johnson, former actress and author of *The Pet Healer Project* and *Miracle Dogs: Adventures on Wheels*, in Los Angeles, was in recovery from Stage 4 kidney cancer when she adopted Charley, a Brussels Griffon. "Her singlemindedness taught me my greatest lesson about the body's ability to heal," she says.

Animals show less concern about blindness, a bum knee or even the need for a wheelchair than humans do. People that live with special needs animals are quick to say the benefits far outweigh the cost. When we're open to the possibilities, such pets offer lessons in living life to the fullest.

Connect with freelance writer Sandra Murphy at StLouisFreelanceWriter@mindspring.com.

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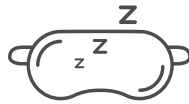
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A Kinder Heart Cultivating a Life of Compassion

by Amy Leigh Mercree

The path to mentally transcending the world's intrusive bustle is to be compassionate with our self and others. It begins in a relaxed heart from which emanate daily thoughts, words and deeds. Here's a helpful centering exercise.

Sit or lie in a quiet spot for about 10 minutes with eyes closed and become aware of breaths moving in and out, then feel each one fully by filling the lungs from bottom to top. With each exhale, slowly and completely empty the lungs. On each inhale, refill the lungs again. Mentally reciting "optimum oxygen" three times helps the body deeply absorb the nourishing element.

Then bring both hands to the center of the chest to connect with the emotional heart centered there. Feel it pulsing beneath palms and fingers while quietly saying aloud, "I relax my heart." Let the shoulders release coiled tension and drop gently. Repeat saying, "I relax my heart" and sense the heart fluttering open a bit more. Rest in this feeling.

Again say, "I relax my heart" and notice awareness drop into it, a feeling of being present in the heart. Feel all tension and holding-on melting down and out onto the floor.

Then fill the lungs deeply and release the air through puckered lips; blow out with strength and purpose. Continue for a minute or two, allowing each exhalation to come straight from the center of the chest. When it feels complete, the feeling of active release will subside.

Sense how much lighter the heart feels. Further relax the heart and shoulders, letting go into the ocean of love native to our heart. Envision floating safely in this ocean. See it stretched into infinity. Feel its warm embrace.

Now choose kindness in this moment. Relax into kindness without judgment or pressure, only loving acceptance. Accept the infinite ocean of love available and open to it. It is filled with compassion, and now so are you.

Rest gently for a few minutes, until once again aware of everyday surroundings. Rub hands over both arms, legs, hands and feet to feel present in the room. Then go about a heart-centered day with the waves of the infinite ocean of love gently lapping there.

Amy Leigh Mercree, of Naples, FL, author of The Compassion Revolution, is a medical intuitive and relationship and wellness coach. Learn more at AmyLeighMercree.com.

calendar of events

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Thursday August 9

Literacy Celebration – 6-7:30pm. An evening of storytelling and book making. All dads who attend receive a free literacy kit. Free. Provided by Lafayette Public Library East Regional Branch. Sponsored by The Family Tree Healthy Start Program. Barnes & Noble, 5705 Johnston St, Lafayette. 337-981-2180.

Saturday August 11

Hawaiian Blues Cruise Dance – 9pm-1 am. Lil Buck Sinegal, along with the atmosphere will transport everyone to a Hawaiian vacation. \$10 or \$12. Proceeds go to the KPC Hall/St. Peter Claver Hall. Renella Henry. Knights of Peter Claver Hall, 252 Church St, Grand Coteau. 337-349-5814 or 337-662-2253.

Wednesday August 15

Delcambre Shrimp Festival – 10am-11pm. Thru Sunday August 19. The shrimp industry is honored with events including a shrimp cook-off, queens, pageants, fais-do-dos, carnival rides, boat parade and food court. Delcambre Shrimp Festival Grounds, 611 S Richard St, Delcambre. 337- 685-2653.

National Day of the Acadians – 10am-6pm. A full day of museum activities, including a family banner procession and Fête Dieu du Teche. Free. Acadian Memorial, 121 South New Market St, St Martinville. 337-394-2258.

Saturday August 18

Miles Perret Cancer Services Triathlon – 7-11am. All fitness levels participate in a course to include a 200 yard swim, 8 mile bike, and a 2 mile run. Individuals \$45, relay team/2 person \$90, relay team/3 person \$135. Miles Perret Cancer Services, Bourgeois Hall, 225 Cajundome Blvd, Lafayette. 337-984-1920.

Acadia Parish Household Hazardous Waste Day – 8am-12pm. Residents properly dispose household chemicals and electronics. Rice Arena, 159 South Cherokee Dr, Crowley. 337-783-1442.

Games of Acadiana – 10am-4pm. A family-centered event with over sixty games to raise money to make a difference in the lives of individuals fighting cancer. Miles Perret Cancer Services. Cajundome and Convention Center, 444 Cajundome Blvd, Lafayette. 337- 984-1920.

Paint & Play Book Signing Party – 3-7pm. Enjoy a painting session, of the invisible girl portrait, with local artist, Jakobie Huntsberry, along with fun conversations with author, Antonia Harris. Each guest will receive a signed copy of the book. 10 and older. \$35. Ambitions Abbeville, 1616 Veterans Memorial Dr, Abbeville.

Wednesday August 22

Jordan World Circus – 4:30-6:30pm & 7:30-9:30pm. See the death-defying aerial acts, animal attractions including tigers and elephants. Kids have an opportunity to ride and pet different animals. \$9-\$30. Sug Arena, 713 Northwest Bypass Hwy 3212, New Iberia.

Saturday August 25

Car, Truck, Bike and Rat Rod Show – 9am-3pm. An automobile show open to all cars, trucks, bikes and rat rods. The event will also have arts, crafts, and vendors. Entry fee \$30 per vehicle. St. Martinville Kiwanis Club. Festival Grounds, 203 N New Market St in St. Martinville.

Native American Residency – 10am-4pm. Various Louisiana tribes will be onsite at the Native American Common Ground, which is a ceremonial site for Native American representation and residency. Vermilionville, 300 Fisher Rd, Lafayette.

Thursday August 30

Build A Bowl – 6:30-8:30pm. A new approach to meal planning. This class is all about keeping meals simple by building Buddha Bowls, Macro Bowls, or Power Bowls. \$30-\$35. Register and tickets at Event Brite. Tops Appliances & Cabinetry, 5826 Johnston St, Lafayette.

Friday August 31

Louisiana Shrimp and Petroleum Festival – Varying times. Thru Monday September 3. A home town festival celebrating the seafood and petroleum industries. Downtown Morgan City, 715 Second St, Morgan City. 985-385-0703.

Southwest Louisiana Zydeco Festival – 7-12am. Thru Saturday Sept 1. Celebrate the oldest Zydeco Festival in the Zydeco Capital of the World. The kick-off dance will be at Evangeline Downs Casino event center. Festival admission: adults \$10; children 12 years old and under \$5. Sponsored by Southern Development Foundation. Yambilee Building, 1939 W Landry St, Opelousas. 337-290-6048.

Fresh Films Outdoor Movie – 6-9pm. The McComb-Veazey Neighborhood Coterie host its inaugural outdoor movie and food drive. Canned goods and non-perishable donations accepted. \$3. Food Net Food Bank. Homegrowers Community Farm, 332 Gauthier Rd, Lafayette.

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“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**



Pain & Inflammation Enzyme

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



BF-4 Weight Loss

BF-4 contains all the four major fat burners. You have no choice but to lose the weight. Garcinia Cambogia to prevent fat cell formation. Raspberry Ketone to help fat cells shrink. Green Coffee Bean to signal the body to burn stored fat. Chromium to build muscle and burn fat.**\$45.00**



Green Waters Alkaline Water

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



WheTea Stomach Fat Burner

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



Whey Protein (Vanilla)

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



Digestive Enzyme Complex

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



Raspberry Ketone Drops

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



Manglier Tea (mong-lee-AY)

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



Infrared Sauna Therapy

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

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

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

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

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

\$65 (1 hr)



Water - Lymphatic Massage Therapy

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

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

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

\$65 (45 hr)

Liquid Vitamin Therapy

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

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

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

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

\$45 (30 min)



Whole-Body Vibration

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

Ion Foot Detox

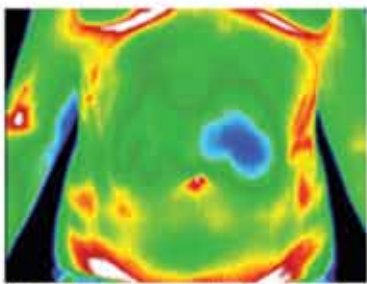
Ion Detoxification Therapy Avoiding disease and maintaining vitality as we age requires the maintenance of an alkaline environment throughout the body – which is virtually impossible to accomplish in our high-tech, high-stress, toxic society, unless we follow a detoxification program. Ionic Detoxification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

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

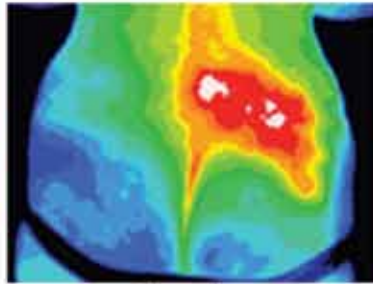
How does it work? Your feet are placed in a bucket of clean, warm, ankle-deep water. A small amount of sea salt is added to the water, in order to increase the conductivity. Then, an ionator is placed in the bucket of water along with your feet. This ionator creates a low-voltage, direct current to separate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



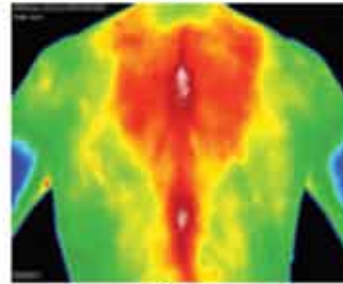
\$45 (30 min)



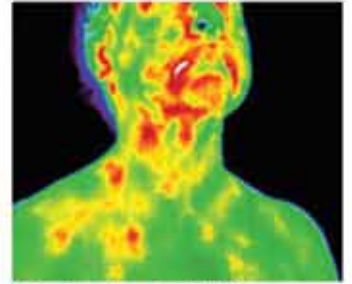
Hypothermia in the Stomach



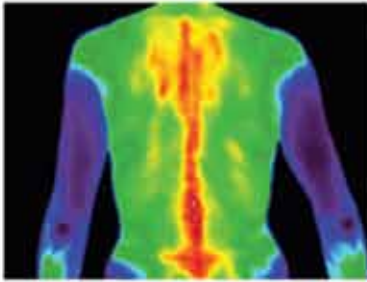
Shingles



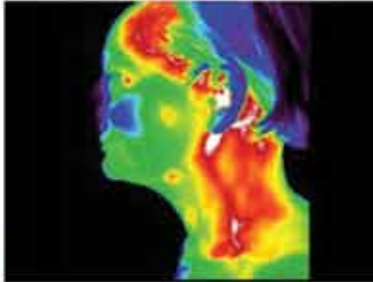
Lung Cancer



Periodontal Disease



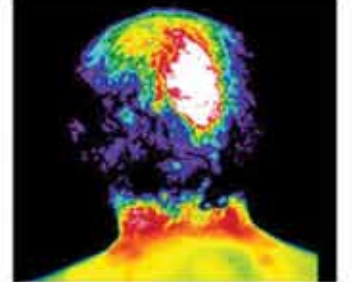
Spinal Inflammation



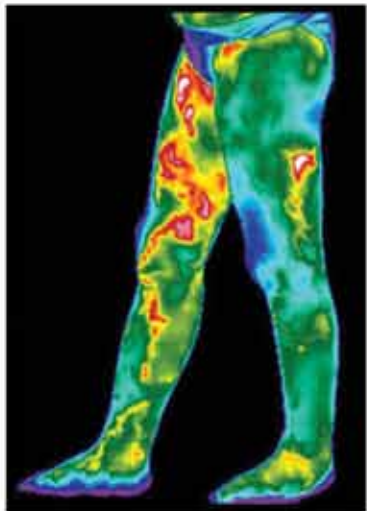
Carotid Artery Inflammation



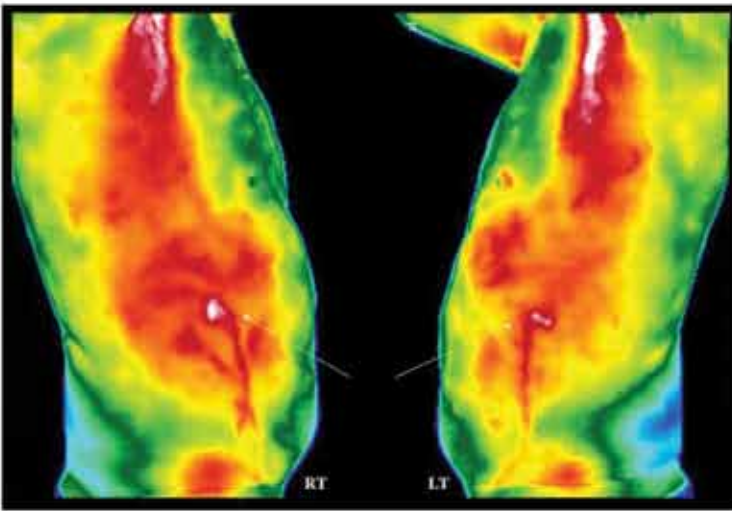
Poor Circulation Left 4th & 5th Finger



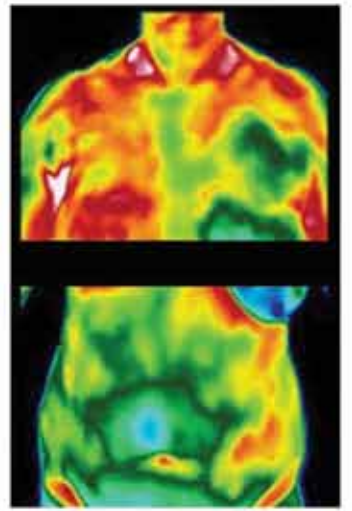
Melanoma-Scalp Cancer



Varicose Veins



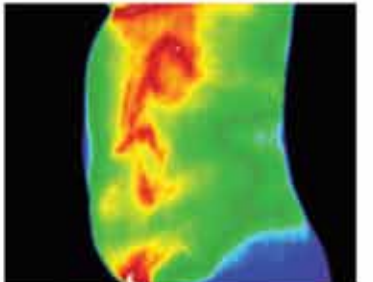
Bilateral Kidney Stones



Breast Cancer



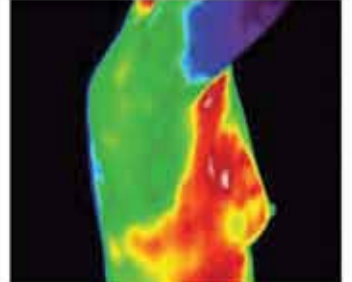
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



Lymphatic Congestion

\$94 Full-Body Thermography Screening

Text **EXAM** and your name to

(337) **424-5066**

for more information

Call **896-4141** to schedule

Thermography is used to:

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

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

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Screening

\$94

Labwork

Liver & Kidney
Bloodwork

\$94

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

Vitamin Test

Galvanic Skin Response using ZYTO Cradle
Screening

\$39

Vision

Wall Chart Reading
Screening

\$35

Blood Pressure

Screening

\$12

pH Test

Saliva Swab
Screening

\$10

Labwork

Protein, Bilirubin, Leukocytes, Blood, SG
Urine Screening

\$35

Body Composition

% Body Fat, BMI, Muscle, Visceral Fat
Screening

\$22

OFFICE Visit

Educational Purposes Only
Results

\$65

Inflammation

Thermography Image Reading
Screening

\$45

Breast Cancer

Thermography Image Reading
Screening

\$65

Thyroid Function

Thermography Image Reading
Screening

\$35

Health Screenings BUNDLE

Regular Price ~~\$565.00~~

Bundle Price: \$165

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Your NAME and
HEALTH SCREENING to 424-5066

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

Lafayette Office (337) 356-1251

*** Offer may end soon. Call NOW

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