

FREE

HEALTHY LIVING HEALTHY PLANET

natural awakenings

It's All About 'We'

Coming Together
for Creative Change

JOYFUL GIVING

How Generosity
Transforms Us

Vegan Goes Sweet

Eco-Pet TOYS

What's Safe
and Smart





Drug Emporium 505 Bertrand Drive, Lafayette (337) 261-0051

Use this to reduce PAIN and INFLAMMATION

Pain & Inflammation Enzyme

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



exertion and physical exhaustion, Liteon Natural's Pain and Inflammation Enzyme Blend can help. This unique anti-inflammatory and pain relief formula will strengthen your body's natural response to pain and inflammation. This

supplement packs the power of natural bioflavonoids, herbs, and enzymes.....\$30.00

Wheatgrass Capsules

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



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.

HEALTH BENEFITS

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

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

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

Mood Enhancer

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



BF-4 Weight Loss

FAT GRABBER AND FAT BURNER



BF-4 contains all the 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.

HEALTH BENEFITS

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

.....\$45.00

WheTea Ab Fat Burner



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

.....\$20.00

Raspberry Ketone Drops

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

.....\$30.00



Garcinia Cambogia



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

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



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.....\$30.00

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

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As we continue through this year's holiday season, let's remember the positive impact we can make on our family, friends, and coworkers. The shopping, eating and socializing that occurs frequently during this time of year is a reminder of our actions and intentions. The way we communicate through efforts such as cooking for loved ones or socializing with family members reflects our inner relationship with ourselves. In a way, the means in which we act and feel are two different things. The way we feel may not always reflect the way we act and vice versa. Often times this occurs because of an unbalanced set of boundaries and inner emotions. When reflecting upon this holiday season, we should not forget the importance of our intentions and personal connections with others.

Our intentions influence our relationships with people we care about. Giving a family member or friend a gift with good intentions is more meaningful than buying something for yourself. Not only is this decision morally right, but it's a reminder of our intentions and relationships with people we love. It's important to understand the difference between true intentions and emotions. We need to remember that our actions influence the world around us.

Intentions are the result of previous emotions and actions. True intentions are created once a person decides how he or she feels. We must be careful about what we allow to influence how we feel. The word "allow" is an important part of this advice. We allow ourselves to react to people, actions, and emotions in our day to day lives. Once we've chosen to react to something, we allow that specific action or emotion into our inner thoughts. That previous action or emotion that we allowed into our inner thoughts changes our intentions. This shift can be both good and bad. Carefully choosing what you want to affect your inner intentions can change your perception of yourself and the people around you. We need to create boundaries and specific actions without becoming "close-minded". Learning what can benefit our intentions and emotions help form this positive mindset. Reacting to what we can control and not to what we can't control is the best way to understand this. We can only control how we feel and act, so it's important to determine our true intentions and actions. Once we understand our intentions, it becomes easier to let go of things we can't control.

If the gift you wanted to buy for your friend is out of stock, remember the true intentions you create. The gift for your friend is only a physical representation of your relationship and love. The intent to give is what matters. If a family member that you don't always agree with aggravates you, remember positive intentions. That family member helps sharpen your perception of things. He or she can remind us of what our true intentions should be. You can't control how they act, but you can only control how you react. Be thankful that you have someone in your life that challenges this mindset and allows you to build good intentions. In the end, our true intentions will guide relationships with the people we care about. What we choose to react to and the relationships we maintain reflect a piece of who we are. Accepting and caring for all people, actions, and thoughts can allow us to become a source of light this holiday season.

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

Lillyanna & Lydia

Lillyanna and Lydia Castille, Assistant Publishers

HEALTHY LIVING HEALTHY PLANET
natural
awakenings

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news briefs

Safety Compliance Services, Inc. – Customize Training Programs



Safety Compliance Services is committed to exceeding the safety needs of their clients. They recognize that the training and services they provide saves lives and strives to provide conducive learning atmospheres, professional trainers and the latest audio/video tools and hands-on training equipment. Additionally, Safety Compliance

Services is a Primary Training Provider for the Louisiana Incumbent Worker Training Program (IWTP). The IWTP is designed to benefit business and industry by assisting in the skill development of existing employees and thereby increasing employee productivity and the growth of the company. This results in the creation of new jobs, the retention of jobs that would otherwise have been eliminated, and an increase in wages for trained workers.

The safety team at Safety Compliance Services can customize a training program tailored to each company's needs and can assist in the development of a comprehensive Safety & Health Program. Primary Training services are offered in English and Spanish at either of their facilities in Carencro or Port Fourchon. There are over 50 courses and trainings including Basic CPR/First Aid, combining adult CPR, AED and First Aid meeting OSHA and various federal and state regulatory requirements, Confined Space Training including an introduction and overview of confined spaces and required documentation and Decontamination as an integral part of Emergency Response training.

Location: 3419 NW Evangeline Thwy, Suite B-3, Carencro. For more information call (337) 896-6899.

LOUISIANA

MICRO CHAMBER OF COMMERCE AND TOURISM

The LOUISIANA Micro Chamber of Commerce and Tourism works specifically to help improve the success of micro, small and mid-size business organizations by providing promotion and business management resources. They help their members with business development, employee training, consulting, planning, marketing solutions and revenue enhancement. With a variety of membership levels, they make it possible for any individual or business to become a member whether they offer a single product or service, have a brick and mortar location or conduct business virtually. In addition, several levels of sponsorship allow businesses of any size and budget to gain exposure in the community and at chamber events.

The LOUISIANA Micro Chamber of Commerce and Tourism boasts a wide variety of membership benefits. They give members access to online training for staff in the areas of customer service, hospitality, skills development and workplace safety to name a few. Members also have access to conference rooms at their corporate headquarters for meetings trainings and workshops as well as executive office space available at both the corporate location and Welcome Center locations. This important benefit allows micro and small businesses, who would not normally have additional space available to them, to host potential clients in a professional setting with the accompanying resources available to them.

The LOUISIANA Micro Chamber of Commerce and Tourism is accepting memberships online as well as at the corporate headquarters, where they are happy to give visitors and potential members a tour of their facilities.

Location: 3419 NW Evangeline Thwy, Carencro. For more information call (337) 565-9105 or visit lachamberandtourism.org.

Manglier Tea mong-lee-AY

Manglier tea has the ability to build the body's immune system quickly to fight cold, flu, and other infections.
- Dr. Steve Castille

\$24



Steep in hot water for 5-10 minutes and drink slowly.

Manglier Tea mong-lee-AY

natural medicine

NATURAL MEDICINE WITH NO SIDE EFFECTS

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.

Instructions for making manglier Tea: Steep in hot water for 5-10 minutes and drink slowly.



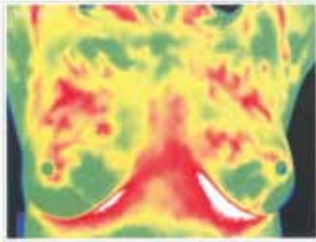
My grandfather's grandfather used this medicine. He said the old manglier tree would cure the plague and the virus.

- Mrs. Clara B., Mallet, LA

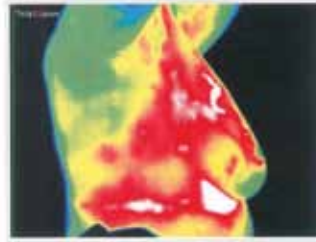
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"Inflammation is the Spark that ignites most disease"

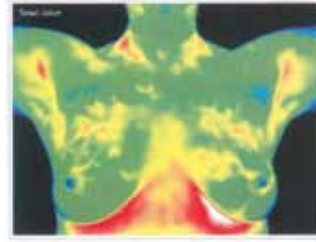
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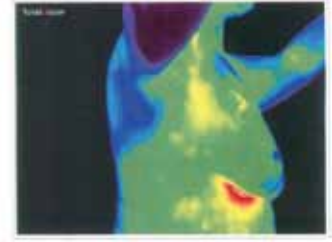
Breast, Anterior



Breast, Lateral Right



Breast, Anterior



Breast, Lateral Right

BEFORE

AFTER



- Helps stop inflammation
- Relieves pain
- Fights cancer
- Fights heart disease
- Migranes and headaches
- High blood pressure

Pain and Inflammation Enzyme

Chronic pain and inflammation can make even the simplest everyday tasks a challenge. If you suffer chronic pain from a serious health condition or inflammation from over-exertion and physical exhaustion, our 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.....\$35.00

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

Lab Steak

Making Meat Without Animals



Five major food technology companies have converged to form the Alliance for Meat, Poultry and Seafood (AMPS) Innovation, which seeks to create real meat from animal cells without the need to slaughter animals. The founding members of the coalition are both cell-based seafood companies BlueNalu

and Finless Foods and meat makers Fork & Goode, San Francisco-based JUST Inc., and Memphis Meats.

AMPS Innovation (ampsinnovation.org) intends to tackle obstacles presented in the cellular agriculture industry and bring products to the consumer faster with transparency and proper regulatory frameworks for cell-based products. Each member company has made significant strides in the development of these products with the hope they will soon be options

in the everyday diets of individuals, as well as a nutrition source for a human population projected to grow to 10 billion by 2050.



Charge It

Electric Vehicles Get Their Own 'Gas' Station

The RS Automotive gas station, in Takoma Park, Maryland, has been around since 1958, and Depeswar Doley has been running it for 22 years. Now, frustrated by the complicated rules, requirements

Nature Cure

Forests and Shrubs Lower Medical Costs

A new study based on the National Land Cover Database of 3,086 of the 3,103 counties in the continental U.S. published in the journal *Urban Forestry and Urban Greening* found that increases in forest and shrub cover corresponded to decreases in Medicare health care spending, even when accounting for economic, geographic or other factors that might independently influence healthcare costs.

Urban and rural counties with the lowest socioeconomic status appeared to benefit the most from increases in forests and shrubs. University of Illinois graduate student Douglas A. Becker, who led the new research with Matt Browning, a professor of recreation, sports and tourism, says, "It occurred to me that low-income communities are getting the biggest bang for their buck because they probably have the most to gain."

Other studies have shown that people in intensive care units recover more quickly and have fewer complications after surgery if their hospital rooms look out over trees rather than parking lots and that forest walks can influence potentially health-promoting hormone levels or anti-cancer immune cells in the blood.



and contracts of oil and gas companies, he has completely transitioned away from offering petroleum and become the country's first exclusively electric vehicle (EV) charging station.

Because there has been a shortage of EV charging stations in the state, the station's change-over was partially funded by the Baltimore-based

Electric Vehicle Institute and the Maryland Energy Administration. Its new 200-kilowatt electrical system will now be able to recharge up to four vehicles at a time while drivers wait inside. Doley says, "It's not something that I expect to become rich overnight or something like that, but it's a good cause [and] good for the environment."

health briefs

Eat Mushrooms to Lower Risk of Prostate Cancer



Researchers followed more than 36,000 Japanese men older than 40 for an average of 13.2 years. They found that those that consumed culinary mushrooms three times a week had a 17 percent lower

chance of developing prostate cancer compared to those that ate mushrooms less than once a week. Participants that ate mushrooms once or twice a week had an 8 percent lower risk. The trend was even greater for those men over the age of 50 and was unrelated to other dietary habits.

Maintain a Healthy Diet and Weight to Lower Cataract Risk

A recent study published in *The Journal of Nutrition* used adherence to dietary guidelines and total diet scores to assess the effects of diet on cataract risk.

The researchers followed 2,173 older Australians for five and 10 years in two phases. They found that maintaining a healthy body mass index (BMI) of less than 25, combined with a healthy diet, reduced the risk of developing cataracts.

Eat a Better Diet to Improve Gut Bacteria

Researchers at the University of Hawaii Cancer Center tested stool samples of 858 men and 877 women in Los Angeles and Hawaii with a mean age of 69—regarded as an ethnically diverse study population with varied food intakes. The study found that those with higher quality diets also had significantly better gut bacteria diversity, a factor linked to reduced risk for a variety of diseases. Diet quality and a reduced risk of developing chronic disease is strongly associated with fecal microbial diversity.



Reduce Blood Pressure and Heart Attacks With Better Gut Bacteria

New research offers potential paths for treatment for the nearly 20 percent of patients with high blood pressure that don't respond well to medications. University of Florida College of Medicine researchers, testing 105 volunteers, found that the populations of gut bacteria differed between hypertensive individuals with depression and those without depression. A second study by Italian researchers found that patients with heart attacks had different bacteria in their guts than patients with stable angina.



Train Students in Mindfulness to Reduce Stress and Improve Grades

Sixth-graders that received mindfulness training each day for eight weeks experienced lower stress levels, less depression and improved academic performance compared to their peers in a control group that studied computer coding, report Massachusetts Institute of Technology researchers. In addition to that 100-student study, researchers surveyed 2,000 students in grades five through eight and found those that showed more mindfulness tended to have better grades and test scores. They also had fewer absences and suspensions.

THE Weight Loss STORE

EVERYTHING WEIGHT LOSS

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1 BF-4 Weight Loss BODY FAT (BF) TRIM PLUS



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

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5 pH 9.5 Drops FOR WEIGHT LOSS

LESS ACID - LESS FAT

Obesity and the body's pH are linked. When a person becomes acidic, a lack of oxygen occurs causing cellular metabolism to slow down, leading to obesity.

Other cellular conditions linked to acidity include toxicity, dehydration, osteoporosis, malnutrition and decreased circulation.

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



6 Digestive Enzyme Complex

Digestive Enzyme Complex helps you lose weight by providing the body proper nutrition. 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.\$35.00



7 GREEN WATERS Alkaline Water



Drinking alkaline water helps neutralize the acidity in your body. You may think that acidity has nothing to do with fat loss. But on the contrary, your pH level is a determining factor on whether or not you can lose weight.

Drinking cold alkaline water can drastically boost your metabolism. This increase stems from the excess energy it takes to heat cold water up to body temperature.

Fat is acidic. If you want to shed it off you have to find a way for it to enter the bloodstream then eventually turn it into energy. But if acid is sticking to each fatty cell in your body, you can't discard them so easily.

Suggested Use: Drink 64 oz per day for 14 days. ...\$36/case of six

8 Inflammation Causes Weight Gain and Fat



INFLAMMATION

- Inflammation causes excess belly fat
- Obesity makes fat cells act as though they are infected - causing more inflammation to form in areas of excess fat tissue
- Inflammation causes more visceral fat around internal organs like the kidney, liver, and the heart

Pain & Inflammation Enzyme

Obesity is associated with low-grade inflammatory process characterized by the increase in circulating levels of pro-inflammatory cytokines such as IL-6, TNF-alpha, and acute-phase proteins (CRP and haptoglobin) in healthy obese people. Chronic inflammation will lead to metabolic syndrome, excess weight gain, and it can make you fat. Stop the inflammation and stop the fat!\$35.00

9 The SKINNY PILL

The SKINNY PILL has an ultra-concentrated formula, there's no need to swallow half a dozen pills 2-3 times a day.\$35



10 FAT COMPLEX

FAT COMPLEX breaks down stubborn fat so that your body can naturally absorb it. Lose the stubborn fat deposits and love handles.\$35



11 FAT GRABBERS

FAT GRABBERS absorb excess fat so that it's not absorbed into the body. You then get rid of the fat through normal elimination.\$35





THE EMERGING POWER OF 'WE'

Awakening to the Evolution of Community

by Linda Sechrist

Zen master Thich Nhat Hanh's suggestion that the next Buddha would likely not take form as an individual but rather as a *sangha*, a community practicing mindful living, led many people to ask, "Why a community?" The author of more than 100 books that explore the Buddha's core teachings on mindfulness, kindness and compassion, Hanh clarified the meaning of sangha as a good community necessary for helping individuals learn how to encounter life in the present moment, resist the unwholesome ways of our time, go in the direction of peace and nourish seeds of enlightenment. Even the best intentions, he noted, can falter without such a group of trusted family, friends and co-practitioners experiencing mindfulness together.

A Migration to Forming Community

Today's trend toward collaborative processes and opportunities for transformation through online communities is made easier by the availability of affordable video conferencing providers such as Zoom, Skype and Mighty Networks, as well as online platforms like Facebook and MeetUp.

Although many groups form for marketing, political, civic or social purposes—allowing participants to share values and common interests—thousands more gather as online intentional communities associated with personal growth and spiritual awakening.

Myriad individuals have been able to experience some aspect of community through international organizations such as MindValley, Hay House, the Shift Network and Dr. Deepak Chopra's Jiyo, a wellness-focused mobile app intended to extend the reach of his ideas on health and social transformation from millions of people to more than 1 billion.

In MeetUp, spiritual awakening groups recently comprised 1,113,972 members in 3,631 groups worldwide. Additionally, co-housing communities, spiritual residential communities and eco-villages continue to form around the intention of designing and implementing pathways to a regenerative future.

The Old Story Versus the New Story

The increased interest in intentional communities may hint at a possibility that the

human desire for community might be nature's evolutionary nudge toward a collective leap that helps us to survive a changing climate and Earth's potential sixth mass extinction. If so, this possibility needs a new supportive story that includes humans as part of nature, with its evolutionary impulse as a guide for body, mind and soul.

With our modern scientific worldview, when people talk about nature, they typically mean animals, plants, geological features and natural processes, all happening independently of humans. A more suitable new story is cultural historian Thomas Berry's moving and meaningful narrative in *The Great Work: Our Way Into the Future*, in which humans aren't above nature by virtue of superior intellect, but instead are equal partners with all that exists in a materially and spiritually evolving universe. From Berry's perspective, humans are the eyes, minds and hearts through which the cosmos is evolving so that it can come to know itself ever more perfectly through us.

Apollo 14 astronaut Edgar Mitchell shared Berry's perspective. Traveling back to Earth after walking upon the lunar surface, Mitchell gazed out of the spacecraft

window, whereupon he was flooded with an ecstatic awareness. “I was a part of the universe I was observing, and I became aware that everything that exists is part of one intricately interconnected whole,” recounts Mitchell, who founded the groundbreaking Institute of Noetic Sciences to explore the nature of human consciousness.

A Guiding Light

Seijaku Roshi, the abbot and founder of the Pine Wind Zen Community, aptly named for its location in a pine forest in Shamong, New Jersey, advises, “People are searching and hungering for community, which is number one on my agenda. If we aren’t talking about community, we’re squandering the moment. Whether it’s an evolutionary nudge or not, it appears that our tragic world situation is pushing us towards an alternative vision for living a meaningful life that meets the needs of people, society and the environment. We are awakening to the fact we’re interconnected, interdependent and need community, which is the spirit and guiding light whereby people come together to fulfill a purpose, to help others fulfill their purpose and to take care of one another.”

Conscious Evolution

Craig Hamilton, the guiding force behind the movement known as Integral Enlightenment, is the founder of the telecourse training program Academy for Evolutionaries. His spiritual guidance and teachings reach a growing international online community spanning 50 countries. “Transforming ourselves in the deepest possible way is, in fact, an evolutionary imperative, and we need to be able to identify the indicators of emergent shifts and participate creatively with change as an evolutionary force. Evolution up to this point has been playing out unconsciously. We’re now waking up and realizing that we can collaborate and participate in an emerging future.”

Hamilton’s experience is that where humans awake to the one that is expressed through the many, they also begin to engage together. “Practicing community isn’t as simple as it seems. In online communities, a lot less can go wrong. The stakes aren’t as high. People come and go, share and engage as they like.”

A Community of Sisterhood

Laurie McCammon, author of *Enough! How to Liberate Yourself and Remake the World with Just One Word*, feels certain that humans are evolving. “We were last to the party with our big brains, and now we’re trying to intellectualize our way to an uncertain future without important feminine values such as feeling, intuiting, nurturing, interdependency and vulnerability,” says McCammon, who is deeply involved in the circle movement, in which women gather in small groups to empower each other.

A regular participant in Gather the Women Global Matrix, a worldwide sisterhood that connects thousands of women sharing meaningful conversations and celebrating the divine feminine with the intention of bringing about personal and planetary transformation through cooperation and collaboration, McCammon says, “No one of us can bring about large-scale transformation alone. It’s time to tell the new story wherein our lives and actions demonstrate that together we are enough. Non-hierarchical circles that encourage authentic communication are part of this new story.”

Citing other important circle communities such as Tree Sisters and The Millionth Circle, McCammon suggests that women tap into The Divine Feminine app, which allows them to find circle communities and events anywhere in the world.

Co-Creating With the Intelligence of Nature

Teacher and futurist Peter Russell writes books that are focused on consciousness and contemporary spirituality. His lectures help humans free themselves of limited beliefs and attitudes that belie many of humanity’s personal, social and global problems. The author of *The Global Brain: The Awakening Earth in a New Century*, Russell posits that the evolutionary process naturally draws humans together. “Humans are social creatures that need community, which I find very energizing,” says Russell, who cites the Findhorn Foundation eco-village, in Scotland, as a dynamic experiment in community.

“Although residents went through hard times, they recognized the need for

honest communication so they could attune to one another in loving ways that would allow everyone to work through their difficulties. Today, life at Findhorn is guided by the inner voice of spirit, and residents work in co-creation with the intelligence of nature,” he says.

The Collective Wisdom of Community

An uncertain future is emerging, making it necessary for new and more intuitive methods and spiritual practices for developing collective wisdom, human potential and the skills for practicing community. “I’m in the process of finalizing 118 chapters from 90 different authors for a *Collaborative Change Library: Transforming Organizations, Revitalizing Communities, Developing Human Potential*,” says associate editor Carole Gorelick, who clarifies that spiritual practices are now playing a part in bringing about collaborative change. She notes that several chapters are updated versions of *The Change Handbook: The Definitive Resource on Today’s Best Methods for Engaging Whole Systems* (2007 second edition), which included modalities such as World Café, Open Space Technology, Art of Hosting, Appreciative Inquiry and many others.

A living handbook for developing human potential and the skills to practice community, Fred Eppsteiner has been teaching Buddhism for 23 years. A student of Hanh’s since the 1960s, he is the founder of the Florida Community of Mindfulness, in Tampa. Eppsteiner sums up why the next Buddha could be a community: “A better future will be created by people who are living the values they want for the world, not just abstractly using only the intellect. In community, we ask ourselves, ‘Can I be what I want to see in the world? Can I practice these things mindfully in community with love, acceptance, deep listening, compassion and kindness?’ These are values that every Buddha has lived for centuries, and certainly ones we need to evolve from a culture of, ‘It’s all about me’ to a culture of, ‘It’s all about we.’”

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



Waste-Free Feasting

How to Reduce Holiday Food Waste

by Yvette C. Hammett

The heaping platters that cheerfully mark the holidays have an unfortunate downside: Americans increase their waste by 25 percent between Thanksgiving and New Year's Day, according to the U.S. Environmental Protection Agency (EPA). The discarded food and packaging burden landfills with an additional 1 million tons of waste each week.

That's in addition to the 40 percent of food Americans typically waste each year—nearly half of all the food prepared at home or in restaurants. Monica McBride, senior manager of food loss and waste for the World Wildlife Fund, notes that squandered bounty is grown in areas that were converted from natural habitat into farm fields, so it's also a waste of natural resources.

"Once you start cooking, you realize the impact on the planet," says chef and caterer Steven Laurence, owner of Vegan Commissary, in Philadelphia. "My grandmother was the kind of person who, if there was one pea left over, she put it in a container and someone ate it the next day. That kind of informs my cooking. The way I was trained, you didn't waste anything. You used everything."

In individual households, small changes can have a big impact, especially during the holidays; all it takes is awareness

and a plan. Frugal cooks can make room for a holiday waste reduction strategy by taking inventory of the pantry and boxing up a load for the local soup kitchen or food bank.

Then, design a menu with the environment in mind, using portion control to avoid food waste and whipping up dishes that can easily be upcycled into new creations that can be used as appetizers in the coming days or tucked in the freezer for future enjoyment.

Start with the Guest-imator at *SaveTheFood.com*, a great way to determine portions for a holiday party, says Cheryl Coleman, director of the EPA Resource Conservation and Sustainability Division in the Office of Resource Conservation and Recovery.

The Guest-imator and Save the Food, a program of the Natural Resources Defense Council in conjunction with the Ad Council, tells cooks how much to make to keep guests happy and includes recipes for leftovers, such as Crispy Sheet Pan Hash, made with leftover roasted vegetables, and Ugly Vegetable Pasta, made with zucchini, tomatoes and eggplant.

Spoilage is another way food finds its way into the garbage can, and that too, can be avoided, Laurence says, pointing out that most food goes bad because it's not cooked

properly or is mishandled in storage. "Mix animal protein with starches and grains in a container and it goes bad because of two different sorts of enzymes. It is a fuel for bacteria." He also recommends using as many organic ingredients as possible for longer-lasting leftovers. "We guarantee all of our dishes for two weeks," he says.

Encouraging visitors to take home leftovers is another effective food-saving strategy, says McBride. "Have Tupperware or to-go boxes you could provide to your guests."

Reilly Brock, content manager at Imperfect Produce, in New York City, agrees. "Just like repurposing excess product requires creative thinking, food waste around the holidays requires out-of-the-box ideas to keep impact low," says Brock, whose company delivers imperfect produce to customers' doors for a cost savings. "Why end the fun when the meal ends? The best part about leftovers—and the holidays—is keeping the celebration going."

"Also, make sure you keep food safe," McBride says. "The CDC [Centers for Disease Control and Prevention] has a really great overview of how to do that for parties. Standard guidance is not to leave food out for more than two hours. So, as a party planner, make sure you mentally note when you put food out."

Coleman recommends taking it a step beyond the holidays by joining a movement to cut food waste year-round. She suggests visiting *FurtherWithFood.org* to learn more. "Through that and additional outreach, we might be able to start to change," says McBride.

Yvette C. Hammett is an environmental writer based in Valrico, Florida. Connect at YvetteHammett28@hotmail.com.

True peace comes
from knowing that
God
is in control

inspiration

The Generous Heart

How Giving Transforms Us

by Cindy Ricardo

One of the ways we come into balance and connection with each other and with life is by giving from the heart. When we give to others, whether it's an act of kindness, generosity or compassion, it helps us live from the heart instead of the ego.

Living from the ego is painful and exhausting. It's like feeding a hungry monster that's never satisfied. Ego craves, pursues and clings to status, approval, material wealth and control. It views the world through the eyes of fear—constantly evaluating, judging and acting in ways that are self-centered, defensive and protective. Like with Scrooge, ego closes our heart and makes us small, fearful and contracted.

By contrast, generosity requires that we open our hearts to the world and each other. We allow ourselves to be vulnerable. In doing this, we open ourselves fully to life, love and relationships. We let go of striving and pursuing things. When we stop striving, we begin to see, value and respond to what's happening in the present moment in ways that are healthy and healing. Our priority shifts from acquiring things to appreciating what we have and being open to sharing with others.

Generosity is a quality of kindness, of living from a place of abundance. We see the world through a clear lens that isn't clouded by fear, wanting or clinging. When we interact with others, our connection is

genuine. We see people instead of judgments or labels.

Being generous arises from the heart, not the wallet. We don't need to have material wealth in order to be generous. The only requirement is a willingness to open our hearts, to see life as it is and to interact with others from a place of compassion and love. Some examples of generous acts are:

- Doing a household chore without being asked.
- Setting aside what we're doing and listening to someone in need of emotional support.
- Telling loved ones what we appreciate about them.
- Listening to children and trying to see the world through their eyes before offering advice.
- Smiling at a stranger.
- When asking, "How are you?" looking into the person's eyes and taking time to truly listen with an attitude of curiosity and compassion.

Generosity awakens goodness in the heart, and this helps us open to life, love and relationships.

Cindy Ricardo is a Coral Springs, Florida-based psychotherapist who blogs at ACaringCounselor.com.

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Surgeon Mary Neal on Lessons From Heaven

by Kajsa Nickels

In 1999, while kayaking on the Fuy River in Chile, orthopedic surgeon Mary Neal became trapped beneath a waterfall and drowned. She was underwater for 30 minutes before the current pulled her out. During that time, Neal experienced what she believes to be a miraculous event in which she penetrated the veil dividing the physical and spiritual worlds. There, she was told that it was not yet her time, and of the future death of her eldest son, a prediction that was fulfilled 10 years later. The experience gave her a new perspective on the purpose of our Earthly existence and life after death.

She has since written two books on the subject: *To Heaven and Back: A Doctor's Extraordinary Account of Her Death, Heaven, Angels and Life Again*; and *7 Lessons from Heaven: How Dying Taught Me to Live a Joy-Filled Life*. Her life-altering experience prompted her to pay more attention to those things that are truly important: faith, family and relationships with other human beings. She lives with her family in Jackson Hole, Wyoming, where she continues to mend broken bones.

How do you think your medical background makes you uniquely qualified to speak on near-death experiences (NDE)?

I am a very concrete thinker and analyze everything. Being a doctor also gave me ac-



cess to many resources that the common person would not. I spent many months researching scientific and medical literature to try to come up with a logical explanation of what had happened to me. I was forced to conclude that my experience fell outside of the parameters of both science and medicine. I could not find any examples to disprove what happened, especially when

the predicted death of my oldest son came to pass.

What was the most profound moment of your experience?

It's hard to pinpoint the most profound moment of the entire experience, but what impacted me most was the realization that God is real, and He is present to each and every one of us every moment of our daily lives. I realized to the depths of my soul that all God's promises are true, not just wishful thinking or a vague hope.

How has your NDE made you a better wife, mother and medical professional?

You can't have an NDE without having your entire life changed. When you realize that there is more to life than what you can see with your physical eyes, it changes your entire perspective on every moment of every day. The things we say and the things we do create a ripple effect that spreads beyond the boundaries of our human sight. Love

is ultimately the only thing that matters, to reflect love to the world and other people. I was a "good person" before my NDE, but I now see differently. I see that each human being is incredibly loved, and that we are all one: We are them, and they are us. Everything else in the world is secondary to God's love and presence in our lives.

How is your approach to everyday life different than it was prior to your NDE?

I am able to be entirely present in every moment of my life. I can experience deep and abiding joy regardless of my circumstances. I am able to trust that grace covers my past, that there is life after death and a plan for my life. No matter what is happening, even if it is terrible, beauty will come out of it. Most people are trapped in regrets of the past and worry about the future. With complete trust in God, I am able to fully have joy in each and every moment.

Is there a difference between joy and happiness?

Absolutely. Happiness is an emotion based on circumstances. Happiness can accompany joy, but not always. Joy is a state of being, of trusting in God, of believing that his promises are true. Joy comes from freedom—freedom from disruptive emotions like guilt, remorse, unforgiveness. Even in the devastation of my oldest son's death, I can honestly say that I experienced a deep joy from trusting in God's love and promises.

Why do you believe heaven is written in our hearts?

As a scientist, I firmly believe that we are created beings with physical bodies and spiritual souls. I believe that our spiritual self remembers heaven and remembers joy. Part of our journey here on Earth is to rediscover our connection with God. As adults, we often feel that we have to choose between science and spiritualism. The truth is that they coexist, answering questions in different ways.

Kajsa Nickels is a freelance author who lives in Northeastern Pennsylvania. Connect at fideleterna45@gmail.com.



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What's good for muscles is good for bones.

~Susie Hathaway

BEYOND CALCIUM

Full-Spectrum Bone Health

by Marlaina Donato

Our bones are the foundation that supports our bodies and the quality of our lives. Unlike the brick and mortar and bedrock of a building, the human skeletal system is living tissue that breaks down and rebuilds; this constant remodeling demands much more than just taking an obligatory calcium supplement.

Compromised bone health is most often associated with postmenopausal women, but it can also impact men and younger adults. Genetics, hormonal changes and nutritional deficiencies can all foster bone loss. The National Osteoporosis Foundation reports that 44 million Americans have low bone density and 10 million suffer from osteoporosis, facing a high risk of fracture from this debilitating condition.

Fortunately, it's never too early or too late to do right by our bones. "Osteoporosis can be prevented, and I've seen many patients reverse osteoporosis," says Leat Kuzniar, a Nutley, New Jersey, naturopath. "It becomes more difficult after menopause and if the bone density is very low, but we can always make some improvements in bone health. We need to assess diet, exercise, gastrointestinal health, hormones, medications, pH and even stress levels."

Osteoporosis can be prevented, and I've seen many patients reverse osteoporosis.

~Leat Kuzniar

Synergy of Vitamins and Minerals

Walter Willett, M.D., chairman of the Department of Nutrition at the Harvard T.H. Chan School of Public Health, argues that the daily

recommended 1,000-to-1,200 milligrams of calcium is based on inadequate studies, and advises half that amount.

Other minerals may play an equally critical role. The body robs calcium from the bones when blood levels of this vital mineral fall too low; but taking a calcium supplement—especially without co-nutrients—can increase fracture risk. "Calcium supplementation is complex; more isn't better. Vitamin D is essential for calcium absorption, and vitamin K2 is essential for getting that calcium to your bones and keeping it out of your arteries," Kuzniar says. Magnesium, phosphorus, zinc and potassium are also allies in calcium metabolism.

Vitamin C, too, is a key player in bone health, promoting collagen synthesis. Nutrient absorption relies on integrity of gut health, so opting for probiotics is a wise choice across the board.

Bone Up on Superfoods

Optimally, the quest for stronger bones

begins with a nutrient-dense diet. “Plenty of fruits and vegetables, whole grains, protein and some fats create a physiology in the body to support optimal bone health. Avoiding too much sodium and animal protein also helps,” says Mary Jane Detroyer, a New York City-based nutritionist and certified dietitian. She underscores the importance of mineral-packed kale, collards, mustard greens, bok choy and broccoli, but warns against oxalate-laden spinach and chard, which inhibit calcium absorption. “Other calcium-rich foods like tofu, edamame, yogurt, kefir and cheese are also good, as well as milk substitutes fortified with calcium.” Omega-3-rich chia seeds, walnuts and other tree nuts are heavy hitters that boost both calcium absorption and collagen production essential for bone strength.

A 2016 Brazilian study published in the *European Journal of Clinical Nutrition* shows that a diet with excessive sweets and caffeinated beverages negatively impacts bone mineral density in postmenopausal women with osteoporosis. Soda consumption also amps up the risk of fractures. An analysis of female subjects spanning 30 years published in *The American Journal of Clinical Nutrition* in 2014 reveals a 14 percent increased risk for fractures with each daily serving of soda, including diet beverages.

Get Moving

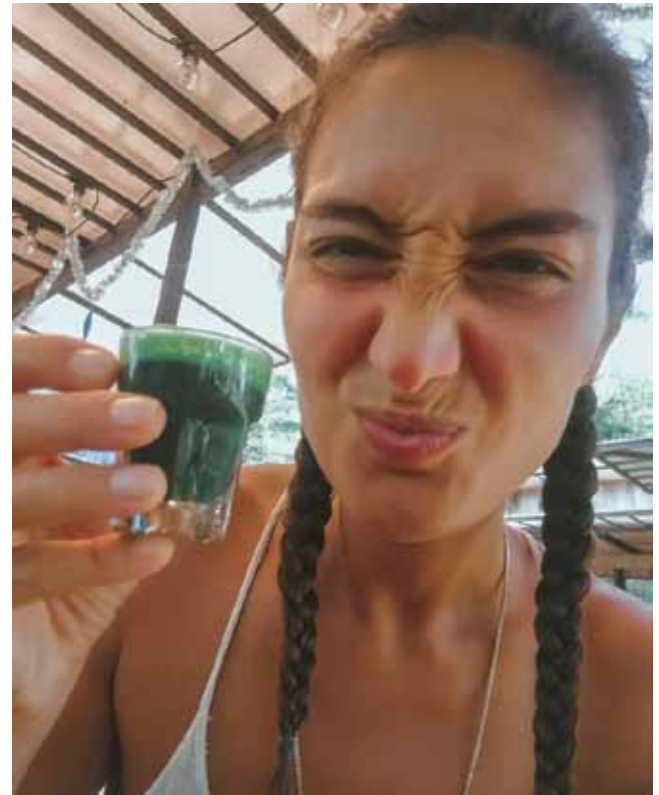
High-impact activities like jumping rope and jogging build strong bones in our youth, but as we age, low-impact exercise is easier on the joints. Mayo Clinic recommendations include walking, gardening, dancing, stair-climbing and elliptical training.

Resistance also yields significant results. A 2018 Korean study published in the journal *EnM* reveals that exercise employing free weights, weight machines and elastic bands increases muscle and bone mass in both women and men. American College of Sports Medicine-certified personal trainer Susie Hathaway, in Fairfield, Iowa, explains why. “What’s good for muscles is good for bones. When a muscle contracts, it gives a beneficial pull on the adjacent bones, stimulating the bone-building cells to be more active.”

Hathaway highlights safety and the importance of bearing weight on the feet. “Gravity is important for bone health. Weight-bearing aerobic exercise, such as brisk walking, provides a mild stimulus for your bones and helps slow down bone loss.”

Kuzniar reminds us that with the right care, our bones can carry us through life. “Once we know what factors are at play in the patient, we can address the underlying causes.”

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



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Stick with your favorite recipes that you know are going to be a success and are going to leave everyone's taste buds happy.
~Pamela Reed

Brandon, of Tampa, founder of Facebook's Vegan and Plant-Based Beginner's Community. Brandon says that holiday treats are tough to resist, but staying true to health goals is most important in the long run.

The best defense to avoid frustration at social food events is to bring a dish to share that meets your dietary needs, says Megan Gilmore, the author of *No Excuses Detox: 100 Recipes to Help You Eat Healthy Every Day* and a blogger at *Detoxinista.com*. "That way, you can introduce something delicious to your friends, family or co-workers and be sure you'll have something to eat!"

A batch of simple, delectable, visually appealing and healthful cookies can be that plate to share, a gift to give or something to keep on hand for guests. Keep the focus on simple, advises Pamela Reed, who blogs at *BrooklynFarmGirl.com*. There are plenty of recipes that will satisfy the sweet tooth and decorate the holiday buffet (until they're all eaten, that is). Don't increase holiday stress by trying a new recipe at the last minute. "Stick with your favorite recipes that you know are going to be a success and are going to leave everyone's taste buds happy," she says.

Transitioning to a more conscious way of eating isn't about deprivation or leaving tradition behind. Bring on the new and healthful cookie recipes and name one after your grandma.

Julie Peterson writes from her home in rural Wisconsin. Contact her at JuliePeterson2222@gmail.com.

THE MERRY VEGAN People-Pleasing Holiday Sweets

by Julie Peterson

The holidays may send too many sugar plums and frosted gingerbread figures dancing in the heads of people with dietary restrictions. Anyone that chooses to avoid highly processed flours or sugars, artificial ingredients and loads of butter will typically be presented with all of this and more at social gatherings this time of year. They arrive on visually appealing cookie platters that tempt with their cute shapes, vibrant colors and sparkle. Some, like the gingerbread and reindeer

cutouts, will beckon with glazed eyes: "Just one," they whisper. But one can turn into nine and make someone that may normally avoid sugar or gluten feel bodily regrets. Someone that is vegan or allergic may feel they can't have treats. Making healthier choices about food is difficult for reasons many don't understand. "People have relationships with food—involving family, comfort and traditions—and they don't want to give that up," says James



The Benefits of an Alkaline Body

Fewer Colds

An acidic environment promotes the growth of bad bacteria, yeast and fungi. The imbalance of your body's good bacteria makes you more prone to getting infections. You will be less likely to suffer from the common cold when your body is alkaline.

Cancer Prevention

A major benefit of having an alkaline body state is that you might reduce your risk for developing cancer. When your body is too acidic, oxygen levels are lowered and cellular metabolism stops. This can lead to the growth of cancer cells. Maintaining an alkaline state helps encourage healthy cell turnover, which is key in the prevention of cancer.

- Skin more elastic, youthful
- Deeper more restful sleep
- Abundant physical energy
- Suffer from fewer headaches and viruses
- Good digestion
- Less arthritis
- Reduction of candida (yeast) overgrowth
- Helps the body detox
- Assists with proper absorption of food
- Helps prevent acid reflux
- Prevents irritable bowel syndrome
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BENEFITS OF GREEN WATERS

Lose Weight:

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

Anti Aging:

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

Reduce the Chances of Osteoporosis:

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

Build Cardiovascular Health:

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

Reduce Joint Pain and Arthritis:

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

Reduce Infections, Flu and Colds:

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

Detoxify:

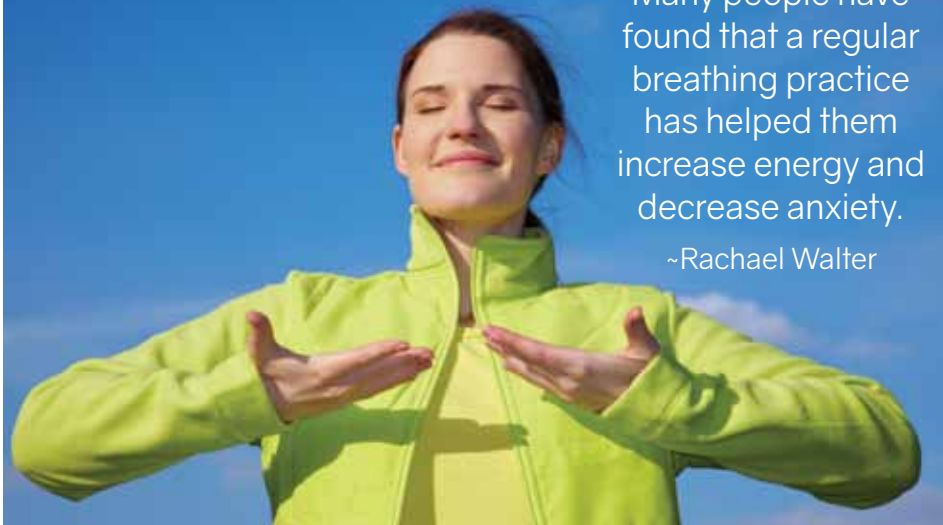
Alkaline water has detoxification properties and it helps to get rid of free radicals. It is also easily absorbed as it is less clustered. Detoxification occurs as alkaline water has antioxidants that act on free radicals in our body, built up because of acidity.

Decrease Risk of Cancer:

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

Many people have found that a regular breathing practice has helped them increase energy and decrease anxiety.

~Rachael Walter



INHALING THE JOY OF LIFE

Conscious Breathwork

by Marlaina Donato

Our first breath is instinctual and belly-deep, but as we grow into life, everyday stress and trauma can bring us into the shallows. Mindful breathing can help guide our breath back to its original, healthy rhythm. Both the brain and organs benefit from increased oxygen, and the vagus nerve that connects the two—prompted by changes in the body’s pH levels—releases acetylcholine, a neurotransmitter responsible for lowering heart rate.

Breathwork can improve vagal tone, a major component in a wide range of conditions like depression, pain syndromes, sleep disturbances, anxiety disorders and chronic inflammation. A 2016 study by the Medical University of South Carolina published in the journal *BMC Complementary and Alternative Medicine* shows a lower number of proteins associated with inflammation in the saliva of participants that employed breathing exercises. A study that appeared in the journal *Psychophysiology* in 2015 found that 20 minutes of mindful breathing at bedtime fostered a good night’s rest for people with insomnia.

Breathing Breaks

From traditional rebirthing techniques using circular breathing to Middendorf Breath Work for somatic awareness, there are many styles of conscious breathing. The gentler approaches best suit everyday needs and taking a breathing break can actually provide more refreshment than one featuring coffee.

“Many people have found that a regular breathing practice has helped them increase energy and decrease anxiety. It is a powerful tool to reset the nervous system when we’re overwhelmed and stressed,” says Somatic Breath Therapy (SBT) practitioner Rachael Walter, owner of Breathe-Here-Now, in Keene, New Hampshire. Like many forms of breathwork, SBT bridges the chasm between mind and body. “Conscious breathing can also help people access and understand their emotions,” notes Walter.

Pranayama, an ancient technique of yoga that focuses on breath control and employs alternate nostril breathing, can be performed while lying down, seated or on the yoga mat. Kundalini yoga teacher Melissa Crowder, owner of 4 States Yoga, in Joplin, Missouri, advises students to start out slowly, three to six minutes a day, and then

work up to a longer practice. “Alternate nostril breathing is a great practice for everyone. As little as six minutes of yogic breathing, as needed, can make a profound difference in decreasing pain and stress,” she says.

Belly Benefits

The American Lung Association recommends a variety of exercises, including diaphragmatic (belly) breathing, for conditions like asthma and chronic obstructive pulmonary disease (COPD). Engaging the diaphragm is key in breathing to fullest capacity. Walter explains, “An open, healthy breath is one in which we use the diaphragm to initiate the breath, followed by the belly expanding and the breath moving into the chest.”

Most of us unconsciously fall into shallow and sometimes self-conscious breathing patterns at an early age. “During my training, I read that by age 6, we pick up on cues telling us to tuck in our tummies. This simple, bad habit begins a cascade of physiological responses. Upper chest breathing can create anxiety symptoms and poor digestion,” explains Colleen Breckner, owner of Colleen Lila Yoga, in New York City. “Diaphragmatic breathing causes the diaphragm to become flat and wide, and in turn, presses upon the stomach and helps to churn the gastric juices. For this reason, it can aid earlier stages of digestion.”

When used in conjunction with other modalities such as cognitive behavioral therapy, diaphragmatic breathing might be beneficial for irritable bowel syndrome.

Breathing Into Feelings

The depth and quality of the breath can help us to become aware of emotional states that include “holding patterns.” “Conscious breathing is a doorway into deep meditation, which can help alleviate anger and insecurities. It can also be helpful in dropping addictions,” says Crowder. “Linking pranayama with physical movement [asanas] helps to release tension and emotions that can be held in the body’s soft tissues.”

Breckner agrees, “Developing this awareness can help us to move unpleasant and stuck emotions through the body.”

Well-being can be just a breath away, says Walter. “When we open up our breath, we open ourselves to a fuller experience of being human. It has the capacity to bring us into the present moment to access our joy and our life’s purpose.”

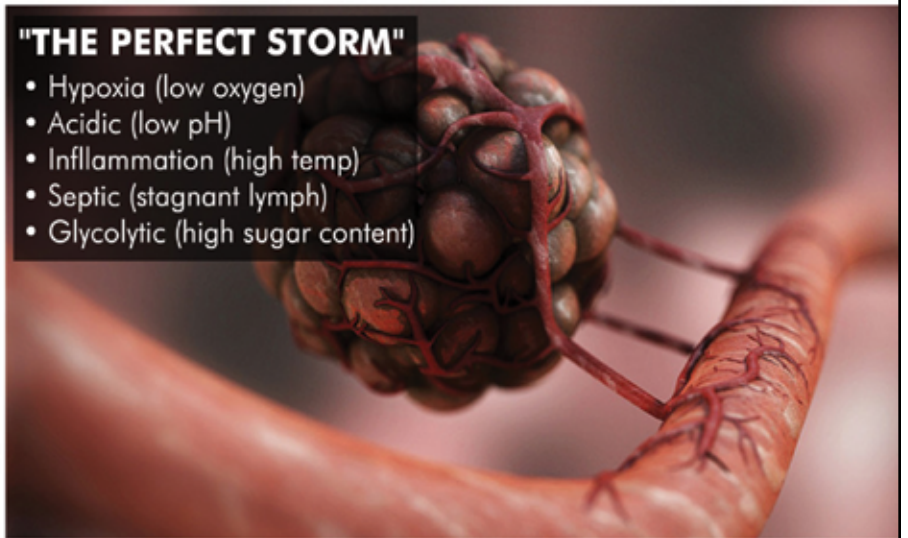
Marlaina Donato is an author and a composer. Connect at AutumnEmbersMusic.com.

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



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Seven years without a cold?

Copper in new device stops cold and flu

By Doug Cornell

Scientists recently discovered a way to kill viruses and bacteria.

Now thousands of people are using it to stop colds and flu.

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

In hundreds of studies, EPA and university researchers have confirmed that viruses and bacteria die almost instantly when touched by copper.

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

Scientists say the high conductance of copper disrupts the electrical balance in a microbe cell and destroys the cell in seconds.

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

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

"It worked!" he exclaimed. "The cold never got going." It worked again every

time. He hasn't had a single cold for 7 years since.

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

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

still get the cold it is milder than usual and they feel better.

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

"What a wonderful thing," wrote Physician's Assistant Julie. "No more colds for me!"

Pat McAllister, 70, received one for Christmas and called it "one of the best presents ever. This little jewel really works."

Now thousands of users have simply stopped getting colds.

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

Businesswoman Rosaleen says when people are sick around her she uses CopperZap morning and night. "It saved me last holidays," she said. "The kids



New research: Copper stops colds if used early.

had colds going round and round, but not me."

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

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

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

Dr. Bill Keevil led one of the teams confirming the discovery. He placed millions of disease germs on copper. "They started to die literally as soon as they touched the surface," he said.

People have even used copper on cold sores and say it can completely prevent outbreaks.

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



Dr. Bill Keevil: Copper quickly kills cold viruses.

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

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

CopperZap is made in America of pure copper. It has a 90-day full money back guarantee. It is \$69.95.

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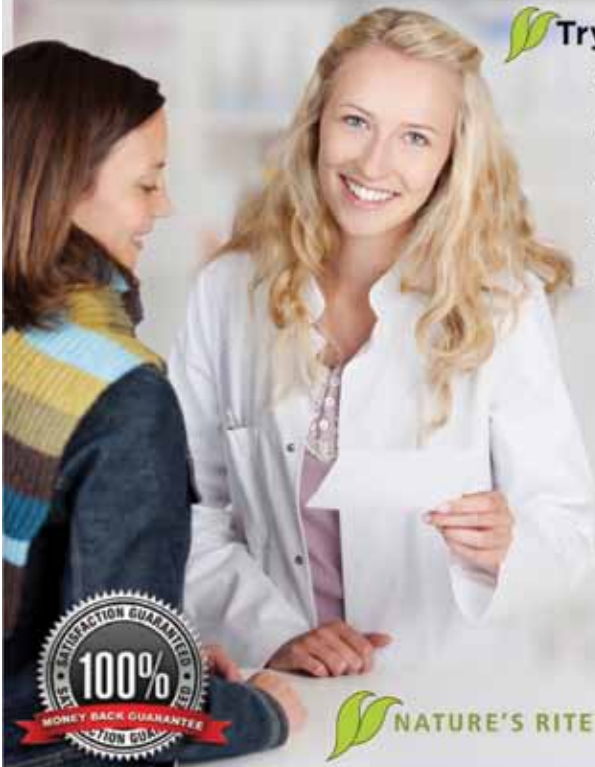
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Refresh Holiday Traditions Making the Old New and Green

by Ronica A. O'Hara

Celebrating classic holiday traditions the same way we always have—and maybe the way our parents and grandparents did—is part of the rich family heritage we pass on to our children. These family rituals are binding, grounding, memorable and much more, says Saul Levine, M.D., professor emeritus in psychiatry at the University of California, San Diego.

A survey of 50 years of family research published in the American Psychological Association's *Journal of Family Psychology* found that family holiday rituals, as well as everyday routines like family dinners and bedtime stories, build stronger family relationships, enhance children's health and academic achievement, help teenagers' sense of personal identity and even boost marital satisfaction.

It's also natural and perhaps inevitable that these traditions undergo changes over the years. "If people from only five or six generations ago could see our modern Christmas, they'd barely recognize it," says Brian Earl, host of the popular *Christmas Past* podcast that chronicles holiday traditions. "New trends and customs become traditions in time; every generation has its opportunity to add new chapters to the narrative and continue the story."

For Elizabeth Newcamp, Christmas festivities took an eco-turn for her military family of five when they were living for a few years in the Netherlands, where "Sinterklaas" traditionally delivers gifts in reusable burlap bags. "In an effort to reduce wrapping paper, we now use the sacks on Christmas," says Newcamp, who blogs about family travel at *DutchDutchGoose.com*.

She and her husband Jeff also ask for and give experiences as gifts whenever possible; their 7-year-old son asked if he could organize a little library for their Navarre, Florida, neighborhood. Anyone that wants to send gifts to their sons is asked to find them used. "I don't think we've lessened any of the fun of the holidays, but hopefully we are eliminating some of the waste," she says.

For many years, Ginny Underwood's family in Bluffton, South Carolina, would dress up and go to a restaurant on Christmas Eve, exchange gifts and then return home to watch a movie or play board games. Last year, they tried something new: staying home, putting on pajamas, eating cottage pie and playing handmade "Minute to Win It" games that Underwood, a professional organizer who blogs at *VirginiasEasyLivingSolutions.com*, created. "We had a blast; we didn't stop

laughing all night," she says. "We saved hundreds of dollars and we had a lovely time."

Lighting red, green and black candles while focusing on principles like unity, self-determination or purpose are key in the seven-day Kwanzaa celebrations; but, "Instead of just lighting the candle amongst friends and family and discussing, I want my family to spend that day exemplifying the principle," says Vanessa Davis, executive director of the nonprofit African Village International, in Jacksonville, Florida. Now her children meditate, journal and practice mindfulness to learn about self-determination; volunteer or pick up trash outdoors to learn about collective work and responsibilities; and buy something at a locally-owned store and discuss future finances for cooperative economics. "I was inspired to change because Kwanzaa isn't really a religious holiday, but it is a darn good way to reflect on the past year and goal-set for the future," she says.

"Giving children more hands-on experiences for Hanukkah and taking the emphasis off of 'What am I going to get?' makes the holiday more meaningful for the kids," concurs Pamela Morris, early childhood education director at the East Valley Jewish Community Center, in Chandler, Arizona. Each Hanukkah evening, her family of five lights a menorah and says traditional prayers while also volunteering to wrap food packages at a local Feed My Starving Children event, crafting personal menorahs at a pottery studio, going to see Phoenix ZooLights and gathering to make the traditional potato latkes or jelly donuts. "Each night is a focus on family time and welcoming friends to join us," she says.

By observing and evolving traditions, family bonds can strengthen through time, relates Earl: "By participating in holiday rituals, children are learning about who they are. And by passing them down, parents reaffirm what's important to them and keep the connection to the past intact."

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

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Perfect Pet Presents

Safe and Eco-Smart Toys

by Julie Peterson

The pet aisles are so full of squeaking, plush and colorful toys it can make a dog or cat parent's head spin like a Frisbee. Add blinking lights, flavors, promises of higher intelligence or cleaner teeth; then toss in concerns about sustainably sourced materials, potentially toxic ingredients and varying degrees of quality. The choices are complex.

It would be nice to look for that gold seal of approval from the Pet Toy Regulatory Agency. But don't bother: There is no such thing. It's all up to the consumer to figure it out.

The Problem Is Real

Concern regarding toxicants in children's toys and the realization that they posed a risk of chemical exposure led to regulatory protections. "Similar safeguards do not exist for pets, even though they exhibit similar chewing and mouthing behaviors," says Philip N. Smith, Ph.D., associate professor of terrestrial ecotoxicology at Texas Tech University in Lubbock. "Owner education is key to limiting unintentional chemical exposure."

According to a 2013 study co-authored by Smith and published in the journal

Chemosphere, common endocrine-disrupting chemical toxins in plastics can enter a dog's body through saliva. Concentrations of leachable chemicals can increase in older, degraded toys, according to the National Institutes of Health.

For anyone that has ever had a pet destroy a toy faster than it takes to calculate the cost per second, durable construction may be the highest concern. After all, if the toy is vigorously ripped to shreds, pieces may be swallowed. The most immediate issue becomes intestinal blockage.

This is a common problem for cats and dogs with a propensity to eat garbage, plants and holiday decorations. But when we spend good money on actual toys, we would like to think that it won't lead to surgery. Unfortunately, there is no guarantee. Poorly constructed toys have required many pet owners to watch for the parts to pass through the animal or, worse yet, make a trip to the vet.

Even if a toy seems sturdy, it's best to observe the animal with the toy. Charlotte Easterling, a graphic designer in Madison, Wisconsin, learned this from her



cat, Hazel, who choked on a common cat toy. "She was playing with a glitter ball and then started meowing kind of frantically, scrambling around and pawing at her face. I jumped up and pulled the ball out of her mouth," recalls Easterling. Hazel only gets big glitter balls these days.

A New Generation Spurs Change

The American Pet Products Association (APPA) National Pet Owners Survey provides insight into the demographics, buying habits and other traits of dog, cat, bird, small animal, reptile, fish and horse owners. The 2019-2020 survey shows that about 85 million U.S. homes, or 67 percent, include a pet. This leads to a lot of money flowing into the pet toy and care community.

Annually, dog owners spend about \$124 and cat owners spend about \$89 on treats and toys. The survey also indicates that Millennials are the largest pet-owning demographic.

"The pet care community is doing a great job of meeting the demands of a new generation by offering a range of products made from sustainable, recycled and upcycled materials," says Steve King, CEO of APPA, in Stamford, Connecticut. King notes it's expected that as Gen Z pet owners begin to assert themselves in the marketplace, we will see more products based on sustainability and transparency.

Shopping for Safety

Experts offer some guidelines for ways consumers can choose harmless toys:

- ✓ Be suspicious of toys manufactured overseas or cheap ones made in the U.S.
- ✓ Contact the manufacturer and ask if toys contain phthalates, BPA, arsenic, bromine, chemical dyes, chromium or formaldehyde.
- ✓ Look for toys made with ingredients from nature (hemp, leather or wool).
- ✓ Find a pet supply store that has natural, safe and sustainably sourced products.
- ✓ Inspect toys periodically for loose parts and watch the pet with new toys.
- ✓ If a pet plays with a toy and then acts oddly, contact the vet.

Julie Peterson writes from rural Wisconsin. Connect at JuliePeterson2222@gmail.com.

calendar of events

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

Email publisher@naacadiana.com for guidelines and to submit entries.

GET YOUR CALENDAR ITEMS PUBLISHED

SUBMIT CALENDAR ITEMS TO: publisher@NAacadiana.com

FRIDAY DECEMBER 6

Christmas with the Boss – 5-9pm. Holiday concert featuring Keith Frank & Pine Leaf Boys along with the official lighting of the Lafayette Christmas tree. Free. Parc International, 200 Garfield St, Lafayette.

New Artist Open House – 5:30-8pm. Refreshments and live music in the gallery setting of ArtWorks by Ted Bertrand. Free. Art Works, 855 Napoleon Ave, Sunset.

SATURDAY DECEMBER 7

Holiday Market – 10am-5pm. Lafayette Jockey Lot will offer a Holiday Market with a free gift wrapping station for items bought at the market. Free. Lafayette Jockey Lot Flea Market, 3011 NW Evangeline Thruway, Lafayette.

Lifts for Gifts – 10am-2pm. Bench Press Competition with all proceeds benefiting Christmas gifts for local children in need. \$20 entry fee. Spectators-free. Fitness and Beyond Health Club, 1009 Albertson Pkwy, Broussard.

SUNDAY DECEMBER 8

Cirque Dreams Holidayze – 7:30pm. A holiday spectacle with over 300 costumes, 20 acts and 30 artists from every corner of the globe. \$40 -TicketMaster.com. Heymann Performing Arts Center, 1373 S College Rd, Lafayette.

THURSDAY DECEMBER 12

For the Love of Art & Chocolate – 6:30-9:30pm. Sample chocolate themed appetizers while experiencing art displays, photos with Santa and a silent auction. Free registration EventBrite.com. Petroleum Club of Lafayette, 111 Heymann Blvd, Lafayette.

FRIDAY DECEMBER 13

Second Chance Book Giveaway – 9am-7pm. Thru Sunday Dec 15. Books removed from ten library locations will be made free to the public on a first come, first served basis. Free. Lafayette Public Library, 6101 Johnston St, Lafayette.

SATURDAY DECEMBER 14

Christmas Give Back with Friends – 3-6pm. Our Life TV Show partners with Samaritan's

Feet to provide new athletic shoes to kids. Free registration EventBrite.com. Opelousas High School, 1014 Judson Walsh Dr, Opelousas.

The Nutcracker – 7pm. Lafayette Ballet Theatre and guests from Pacific Northwest Ballet, present a holiday classic. \$30 TicketMaster.com. Heymann Performing Arts Center, 1373 S College Rd, Lafayette.

THURSDAY DECEMBER 19

Legal Advice for Seniors – 10am-12pm. Counsel on Call program for senior citizens by the Lafayette Bar Foundation. Free registration. The Art Studio, 102 North Orange St, Lafayette. 337-291-5458.

SATURDAY DECEMBER 21

Photos with Santa – 5-9pm. Get professional printed photos with Santa. A portion of sales go to keeping this Christmas tradition alive for years. Parc International, 200 Garfield St, Lafayette.

THURSDAY DECEMBER 26

Theo Von, Dark Arts Tour – 7pm. Comedian benefit performance. \$27 at Ticket Masters. Proceeds benefit Dustin Poirier's, The Good Fight Foundation. Heymann Performing Arts Center, 1373 S College Rd, Lafayette.

FRIDAY DECEMBER 27

La Maison de Begnaud House Jam – 6-10pm. All musicians are welcomed to play for the Friday night house jam. Free. La Maison de Begnaud, 110 Benoit Patin Rd, Scott.

SATURDAY DECEMBER 28

Farmers and Artisan Market – 8am-5pm. Farmers and artisan have products of arts and crafts and homemade foods. Free. The Market at Broussard Commons, 817 Albertson Prkwy, Broussard.

TUESDAY DECEMBER 31

New Year's Eve with Geno Delafosse – 8:30pm-12:30am. Bring in the New Year. Finger food and beverages available for purchase. \$35. Vermilionville, 300 Fisher Rd, Lafayette.

PRAYER TO MEND WHAT IS BROKEN

Heavenly Father,
I call on you right now
in a special way.
It is through your power
that I was created.
Every breath I take,
every morning I wake,
and every moment of every hour,
I live under your power.

Father,
I ask you now to touch me
with that same power.
For if you created me from nothing,
you can certainly recreate me.
Fill me with the healing
power of your spirit.
Cast out anything that
should not be in me.

Mend what is broken.
Root out any unproductive cells.
Open any blocked arteries or veins
and rebuild any damaged areas.
Remove all inflammation and
cleanse any infection.
Let the warmth of your healing
love pass through my body
to make new any unhealthy areas
so that my body will function
the way you created it to function.

And Father,
restore me to full health
in mind and body so that I may
serve you the rest of my life.
I ask this through Christ our Lord.
Amen.



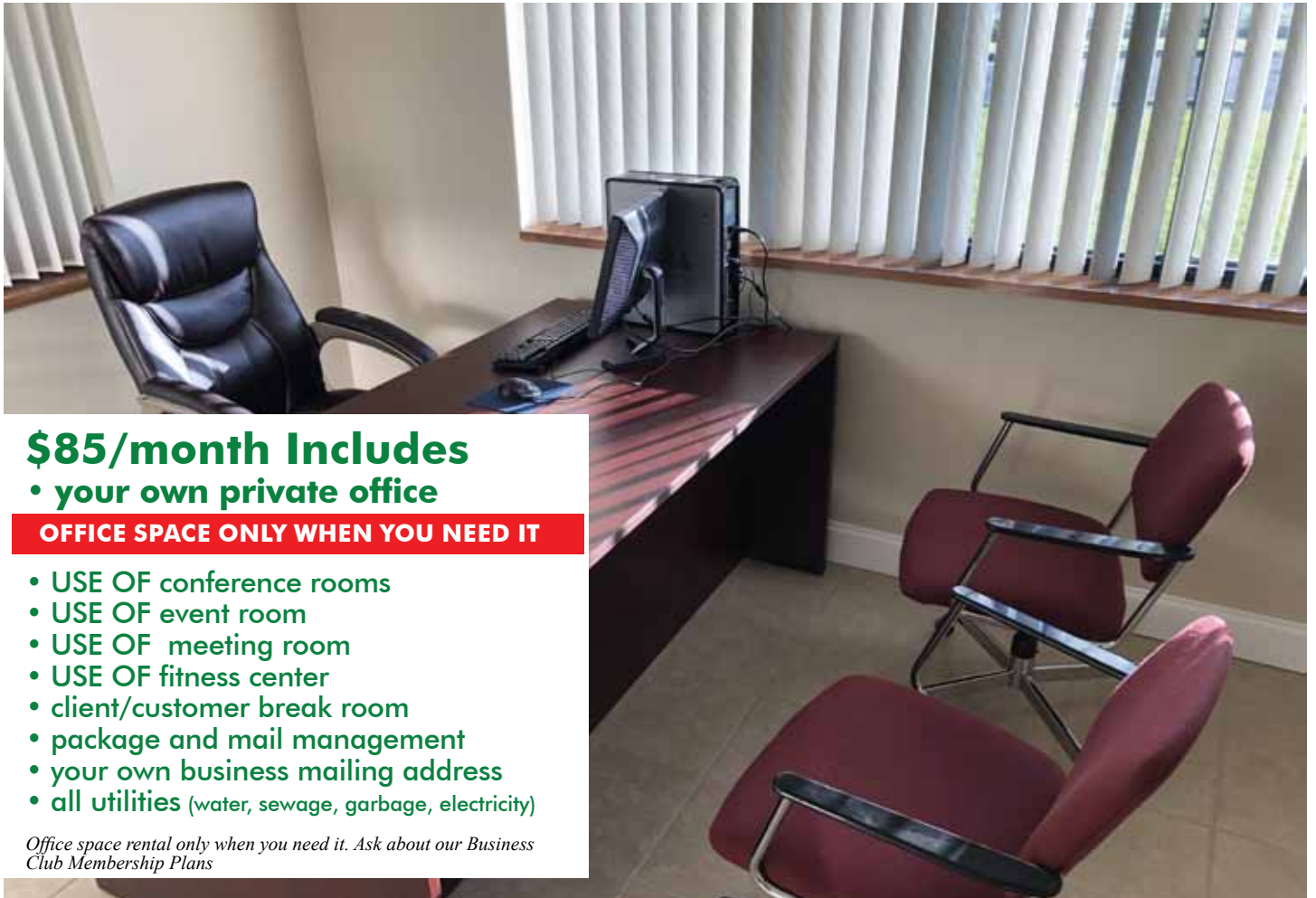
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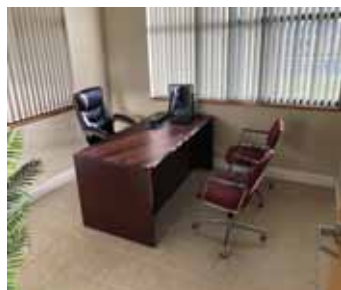
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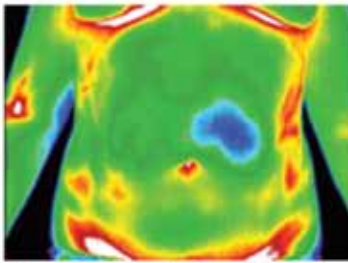
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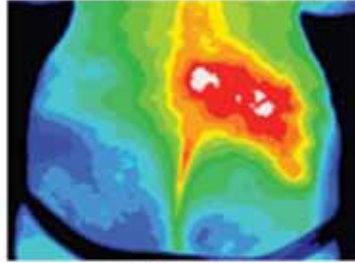
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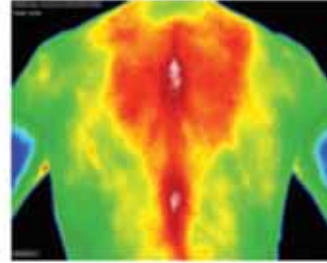
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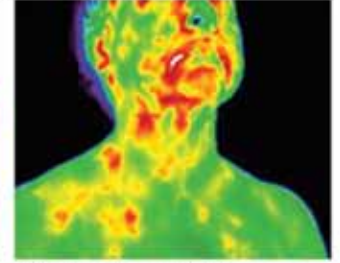
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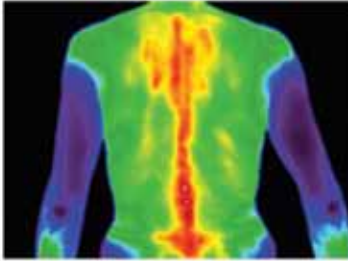
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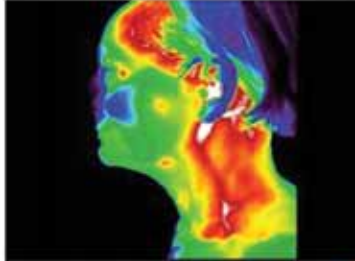
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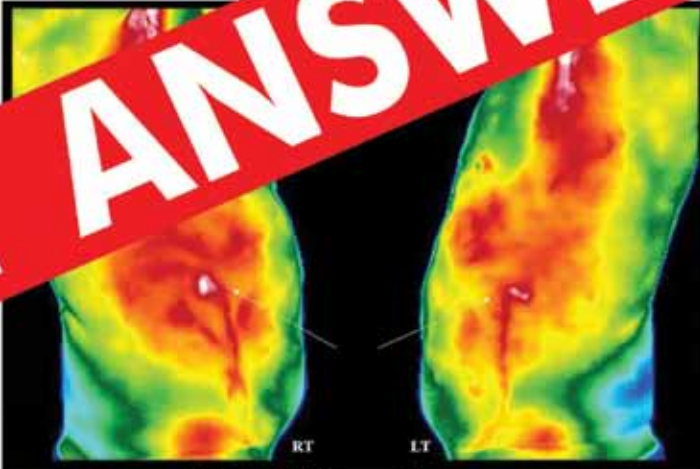
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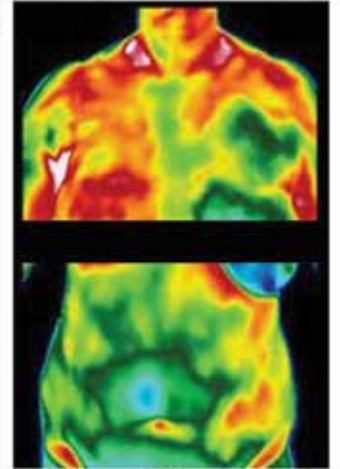
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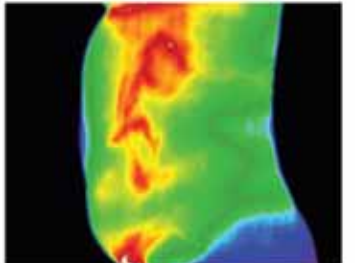
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Breast Cancer



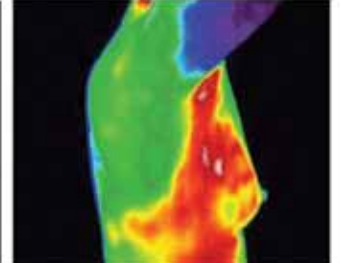
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