

HEALTHY LIVING HEALTHY PLANET

natural awakenings

feel good • live simply • laugh more

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Ancient
Grains for
Modern
Palates

Dentists that
Look Beyond
Tooth Decay

Functional Dentists See
the Mouth as a Pathway
to Whole-Body Health

Eco-Friendly
DATING

Going Online
Makes it Easier

The Power
of Friendship

It Sustains, Nourishes
and Supports Us



EVERY ISSUE IS
A GREEN ISSUE

February 2016 | Acadiana-Edition | www.NAacadiana.com

WEIGHT LOSS

**You have tried everything
but you haven't tried BF-4.**



\$45

BF-4

Garcinia Cambogia

prevents fat cell formation

Raspberry Ketone

helps fat cells shrink

Green Coffee Bean

signals the body to burn
stored fat

Chromium

builds muscle and burns fat

**BF-4 contains all the four major fat burners.
You have no choice but to lose the weight.**

Drug Emporium
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Lafayette
261-0051

Caribbean Retreat
Wellness Center and Campground
Opelousas
678-1844

DHARMA
Wellness Center
Sunset
662-3120

Natural Health Center
Carencro
896-4141



Become a Member

Natural Awakenings Vitamin Club

BASIC MEMBERSHIP \$30/month

- Box of Frozen Wheatgrass (16 – count)
- 3 Bottles of Greenwater
- pH 9.5 Drops

Retail Value: \$78

PLUS MEMBERSHIP \$45/month

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

Retail Value: \$141

GOLD MEMBERSHIP \$59/month

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

Retail Value: \$171

PICK 3 MEMBERSHIP \$40/month

- ___ Box of Frozen Wheatgrass (16 – count) (Retail \$30)
- ___ 3 Bottles of Greenwater (Retail \$18)
- ___ pH 9.5 Drops (Retail \$30)
- ___ Whetea Drops for a flat stomach (Retail \$20)
- ___ BF-4 Weight loss (Retail \$45)
- ___ Pain and Inflammation Enzyme (Retail \$30)

Retail Value: \$95 - \$105

PICK 4 MEMBERSHIP \$60/month

- ___ Box of Frozen Wheatgrass (16 – count) (Retail \$30)
- ___ 3 Bottles of Greenwater (Retail \$18)
- ___ pH 9.5 Drops (Retail \$30)
- ___ BF-4 Weight loss (Retail \$45)
- ___ Pain and Inflammation Enzyme (Retail \$30)

Retail Value: \$115 - \$135

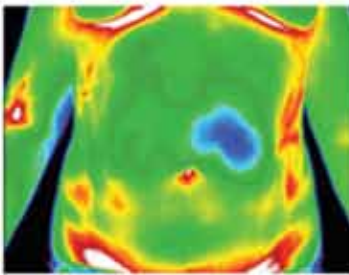
PICK 6 MEMBERSHIP \$79/month

- ___ Box of Frozen Wheatgrass (16 – count) (Retail \$30)
- ___ Case of Greenwater (Retail \$36)
- ___ pH 9.5 Drops (Retail \$30)
- ___ Whetea Drops for a flat stomach (Retail \$20)
- ___ BF-4 Weight loss (Retail \$45)
- ___ Pain and Inflammation Enzyme (Retail \$30)
- ___ Mood Enhancer for Depression and Anxiety (Retail \$30)
- ___ Pain and Inflammation Enzyme (Retail \$30)

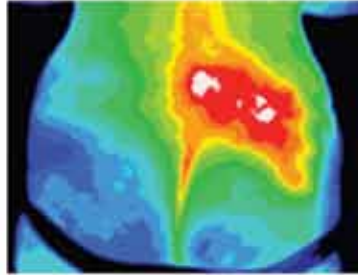
Retail Value: \$140 - \$215

Natural Health Center, Carencro 896-4141
DHARMA Wellness Center, Sunset 662-3120
Caribbean Wellness Center, Opelousas 678-1500
Namaste Wellness Center, Lafayette 356-1251

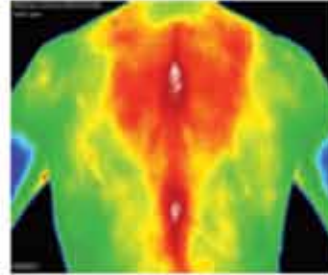
Text **VITAMIN CLUB** and your name to **424-5066** to join.



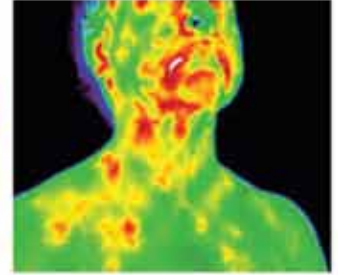
Hypothermia in the Stomach



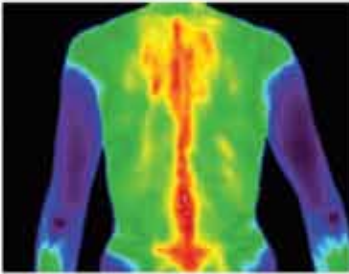
Shingles



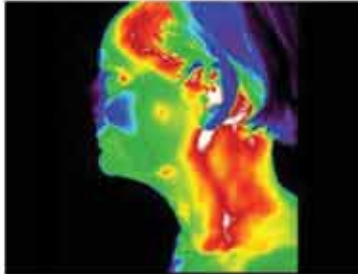
Lung Cancer



Periodontal Disease



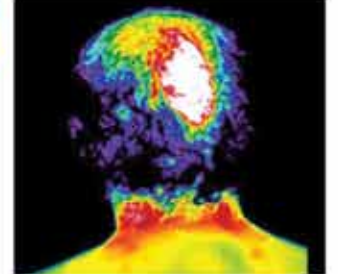
Spinal Inflammation



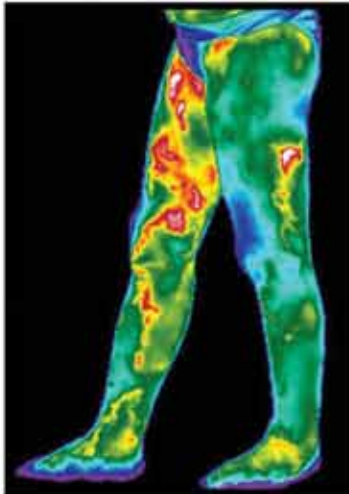
Carotid Artery Inflammation



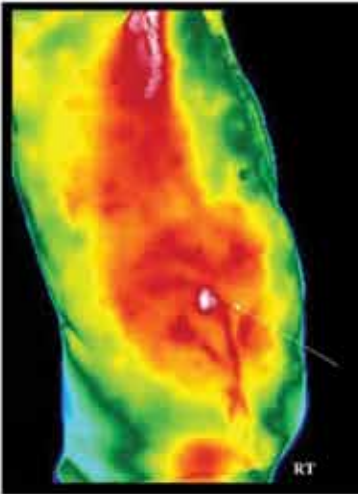
Poor Circulation Left 4th & 5th Finger



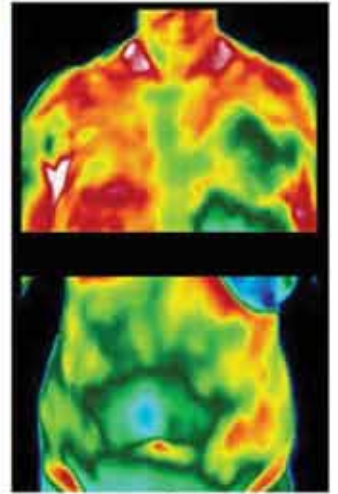
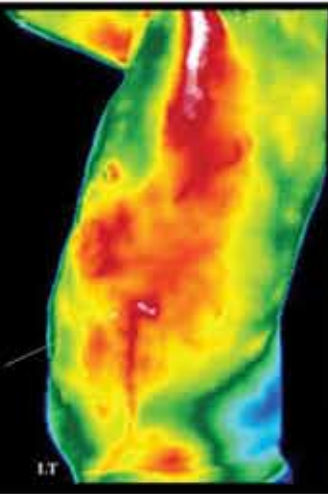
Melanoma-Scolp Cancer



Varicose Veins



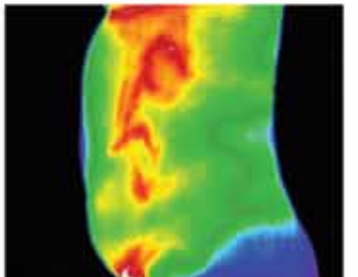
Bilateral Kidney Stones



Breast Cancer



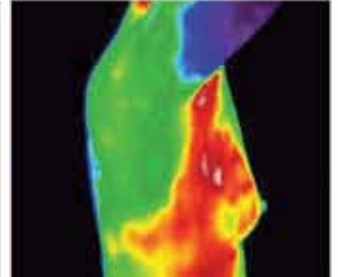
Thyroid Cancer



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

Qi Revolution

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**Qigong Breathing and Food Healing
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*Breathing Qi Energy
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Healing Vibrations*

*Reflexology for Pain
Hands on Healing
Tui Na Massage*



*In this seminar you'll receive training
in the art of using specific foods to
reverse specific diseases.*

Healing Postures & Power Breathing: Friday Evening (6pm-9pm)

- * **Introduction to Qigong:** Review of Chinese medicine secrets of Longevity.
- * **Empty Force:** Your energy field becomes so palpable - it feels like solid magnetism.

Food Medicine & Qigong 9-Breath Method: Saturday (9am-6pm)

- * **Level-1 Qigong Form:** Strengthening and gives pulsating warmth circulating thru body.
- * **Food Healing Science:** Using FOOD we stop the aging OXIDATIVE processes behind ALL Disease.
- * **9-Breath Method:** ULTIMATE Breathing practice. Blissful waterfall of Qi removes stress & negativity.

Strength Training & Massage Qigong Style: Sunday (9am-6pm)

- * **Qigong Strength Training:** Use breathing to slow heart rate and recover faster in exercise.
- * **Massage Tui Na & Reflexology:** Acupressure Chinese Massage for reliving pain and energy blocks.

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publisher's letter



In this month's feature article, "The Power of Friendship: It Sustains, Nourishes and Supports Us," writer Judith Fertig explores how friendships are not only great contributors to happiness but can also improve our health, longevity and overall well-being. Our Valentine's Day wish for all of us is that we consciously raise our good vibrations as we celebrate love in all its forms and take time to honor and acknowledge our most valuable relationships.

True friendship is entering into a relationship or a commitment not because of anything we can get out of it, but because of what it is in its own right. We all know that the reality of life is that we encounter a lot of people who when we spend time with them, they send our emotional gas gauge all the way over to empty. We leave their presence absolute drained. But there are other people, and these are our friends, that when we spend time with them, our emotion gas gauge goes all the way over to full. There are two kinds of people in the world – encouragers and discouragers, which group characterizes you?

One of the greatest challenges to finding, developing, maintaining, and strengthening friendships is devoting enough time to nurture these important relationships. Ironically, it is having friends during the good times, and taking the time to maintain those friendships, that increases the likelihood that friends will be there for you if and when the tough times do occur. We now recognize that friendship is a pivotal relationship for mental and physical health and well-being, even career success. Friendship is not just an "extra" beyond the familial and marital relationships that used to be seen as more pivotal. Social-scientific, epidemiological, medical, and immunological research confirms that, whatever your age or marital status, friendship is key to a long, happy, and healthy life.

Humans are social beings and science teaches us that we can understand the universe only in terms of relatedness, that things are nothing in themselves in isolation, that even an atom has significance only in some pattern of organization. Carbon atoms, for example, form charcoal when related in one way and become diamonds when related in another. Everywhere we turn in the laboratory, whether in physics or chemistry or biology or psychology, we find that isolation is impossible and relatedness is everything. A lone atom is meaningless, whereas a related atom is the building block of nature. A lone human being is a destroyer of values, while a related one is the builder of individual and social peace.

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



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Steve and Michelle Castille, Publishers



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advertising & submissions

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EDITORIAL SUBMISSIONS

Email articles, news items and ideas to: publisher@NAacadiana.com Deadline for editorial: the 5th of the month.

CALENDAR SUBMISSIONS

Email Calendar Events to: publisher@NAacadiana.com or fax to 337-896-4141. Deadline for calendar: the 10th of the month.

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www.NAacadiana.com

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

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Address: 505 BERTRAND DRIVE, LAFAYETTE, LA 70506

Phone:(337) 261-0051

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

WheTea

BURNS STOMACH FAT



One of the primary components of WheTea is EGCG. EGCG stands for epigallocatechin-3-gallate. It is the main antioxidant in tea, said to be more than 100 times more powerful than vitamin C. There is more of it in white and green tea than in black tea. This antioxidant has been shown to help increase your metabolic rate (metabolism) to burn more calories. By raising your resting metabolic rate, your body starts using the fat you've stored throughout your body as a source of fuel to help shed those pounds hanging around.

Suggested Use: 2 droppers per 8 ounces of water. Drink a minimum of 64 oz of water per day.\$20.00



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

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

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



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

The Sunset/Grand Coteau Health Fair and Community Wellness Day

The Sunset/Grand Coteau Health Fair and Community Wellness Day will be held Saturday, February 13th from 10 a.m. to 3 p.m. at the DHARMA Wellness Center, in Sunset. The free event is designed to be a spectacular day of education and awareness for the local community.



This one-day event will bring together local businesses and citizens from around the local area to educate citizens on healthy living

practices and habits. The Health Fair will feature educational, nutritional and fitness booths focusing on areas such as cancer prevention, general nutrition, diabetes prevention, mental health and more. The fair will also feature free clinical health screenings, including non-fasting cholesterol and diabetes screening, blood pressure, balance, hearing, thermogram breast exams (call for appointment), depression/anxiety screen and complete body compositions.

Workshops and free seminars on nutrition and cancer prevention are also on the agenda. Healthy activities and prizes will be available for children and youth of all ages.

Location: DHARMA Wellness Center, 166 Oak Tree Park Dr., Sunset. For more information, call 337-662-3120.

Neti Pot Solutions for Sinus Problems

Neti pots, used for centuries in Asian cultures to support nasal health and eliminate toxins from the nasal mucosa, have become increasingly popular in the Western world.



People use the small Aladdin's lamp-looking pots to help flush sinuses, usually by pouring a mild solution of unrefined sea salt and water from one nostril through the other (avoid common table salt because it can irritate mucous membranes). The

process flushes out unwanted mucus, bacteria, fungi and other microorganisms.

Frequent nasal flushing is credited with preventing and relieving sinus infections. Some experts recommend a stronger remedy if an infection is present.

"The bacteria and fungus stick rather well to the nasal mucosa and few are flushed out with saline flushes," remarks Herbalist Steven Frank, of Nature's Rite, LLC. "Most of these nasty pathogens adhere to the mucosa with what is called a biofilm. Within this slime layer, they are well protected and thrive within the warm moist sinuses, so a small saline bath once a day doesn't bother them much at all."

To deal with stubborn sinus problems, Frank likes using the neti pot with a colloidal silver wash that is retained in the nostrils for ten minutes. This can be supported with regular intra-nasal spraying of the colloid throughout the day.

For more information, call 888-465-4404 or visit NaturesRiteRemedies.com. See ad, page 37.

Remington College Hosts 3 Lives Blood Drive

Remington College Lafayette Campus is inviting citizens of Lafayette to give blood at its upcoming 3 Lives Blood Drive, to be held on campus February 2. Remington College founded the 3 Lives program to be a national effort to recruit minority blood donors and help provide local hospitals with blood. All the blood collected will go to local hospitals and medical centers to help people in the community. Remington is seeking minority donors, particularly African American donors as these are in high demand and provide blood with unique antigens, which are vital for sickle cell patients, as well as other blood disorders.

While the focus of 3 Lives is to highlight the need for minority blood donors, everyone is encouraged to give blood at the event. Donors must be 17 years of age or older and 110 pounds.

Location: 303 Rue Louis XIV, Lafayette. For more information, visit 3Lives.com.

SUNPRO Now Offering Green Energy in Youngsville

SUNPRO Solar Home Specialists is now offering green energy in Youngsville. Residents across Youngsville are able to implement sustainable energy solutions through solar panels on their homes. Through this method, residents can reduce their dependence on grid-based energy or solid fuel fired boilers, thus reducing monthly utility bills.

SUNPRO offers solar panels, solar panel back up batteries, solar panel patio covers and solar ground mounts. The company uses modern installation approaches and the latest technology for all installations. SUNPRO'S product installation is performed with the latest hardware and equipment available from suppliers such as Sharp Electronics, LG, Sanyo, Enphase Energy and Unirac.

Location: 128 Demanade Blvd., Ste. 110, Lafayette. For more information or to schedule a consult, call 866-450-1012.

Vitamin Testing ^{\$39}

(Takes only 15 minutes for a full screening)

Vitamin E
Vitamin A
Vitamin K
Vitamin D
Biotin
Folate
Niacin
Panthothenic Acid

Thiamin
Vitamin B6
Vitamin B12
Vitamin C
Calcium
Fluoride
Iodine
Iron

Riboflavin
Magnesium
Phosphorus
Potassium
Selenium
Sodium
Zinc

Micronutrient deficiencies are common in our population. I am on record as saying that dietary supplements are not substitutes for good diets, but they are good insurance against gaps in the diet.

- Andrew Weil, M.D.

Did you know A vitamin deficiency can cause



ENLARGED THYROID
Iodine deficiency



JOINT PAIN
Vitamin C deficiency



WEIGHT GAIN
Vitamin D, magnesium, or iron deficiency

cancer

hypertension

inflammation

diabetes

depression

GET TESTED

96% of the American Population Die from Disease 4% will die in an accident.

Vitamin Deficiencies and Poor Nutrition are the Leading Cause for Disease

DHARMA Wellness Center

(337) 662-3120

CALL to schedule your 15 minute vitamin testing

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Wellness and Nutrition Centers

“Your Health Matters”



100 E. Angelle St., **Carencro**
(337) 896-4141

namastè

wellness and general nutrition center



858-B Kaliste Saloom, **Lafayette**
(337) 356-1251

DHARMA

wellness center and fit club



166 Oak Tree Park Dr. #H, **Sunset**
(337) 662-3120

Caribbean

natural health center and campground



1077 Wisdom Rd., **Opelousas**
(337) 678-1500

www.NaturalHealthCentersOnline.com

We are a “WELLNESS CENTER”: It takes more than physical exercise to maintain good health. Balance is the key to leading a healthy lifestyle. Wellness is the dynamic process of becoming aware of, taking responsibility for, and making choices that directly contribute to one’s well being and that of the common good. It is the integration of body, mind and spirit and the ongoing development of one’s own meaning in life.

Our primary focus is always on nutrition and the basic standards for maintaining good health: good circulation, minimal inflammation and pain, proper diet, proper water intake, normal body chemistry and pH, good elimination patterns, and routine detoxing. At our wellness centers we offer CAM (complementary and alternative medicine) health services such as massage therapy, sound therapy, vibration therapy, FAR infrared sauna therapy, hydration treatments, aromatherapy, ZERONA cold laser therapy, ionic foot detox, detox body wraps, and more. We offer custom and clinical grade naturopathic and nutritional supplements to support our client’s nutrition and healing needs.

We offer classes such as meditation, group fitness, stress management, health coaching, cooking classes, emergency care courses ,and nutrition education.

We have an on site imaging (thermography) and a licensed clinical laboratory. Thermography medical imaging is a temperature gradient study that is used for the detection of inflammation and temperature changes in tissue. It is useful in the early detection of blocked carotid arteries, breast and other type tumors and cancers, and circulatory problems. Our licensed clinical laboratory tests blood and fluids (urine) – comprehensive metabolic panels, cholesterol panels, etc. We also offer bone density scanning for risk of osteoporosis. Our clinical lab can test over 31 blood chemistries that range from liver, kidney and metabolic functions to lipids, electrolytes and other specialty analytes. We offer routine health screenings such as blood pressure, height/weight measurements, waist circumference, body mass index, body composition, and acid (pH) testing.

Because obesity is the second highest risk factor for cancer and the number one risk factor to heart disease, we do place a strong emphasis on weight loss in our wellness centers. More than one-third (34.9%) of all Americans are obese. Louisiana leads the nation with the sixth highest obesity rate in America. Opelousas, Louisiana was recently found to be the fattest city in America with 42.3% of its citizens being obese.

Frequently you will hear and see the terms Complementary and Alternative Medicine (CAM) and Integrative Medicine. Complementary and alternative medicine (CAM) is the popular term for health and wellness therapies that have typically not been part of conventional Western medicine. Complementary means treatments that are used along with conventional medicine. As defined by the National Center for Complementary and Alternative Medicine at the National Institutes of Health, integrative medicine “combines mainstream medical therapies and CAM therapies for which there is some high-quality scientific evidence of safety and effectiveness.”

If you have diabetes, high blood pressure, had a heart attack or stroke, high cholesterol, cancer, or whatever other disease...

Natural Medicine is for YOU!

We define natural medicine as food (nutrition) that provide the basic elements to building and rebuilding healthy cells in the body; naturopathic supplements that boost the body’s chemistry and nutrition, and aids in the building and rebuilding of cells-tissue-organs.

We define natural medicine as the basic care for the body using heat, water, oxygen and how it’s applied using complementary therapies such as massage, acupuncture, hydration therapy, vibration, etc.

We believe that the body can heal from most disease if given the proper nutrients, in the proper amount, at the proper time. ...we define this as your body chemistry and it can heal you or make you sick.



Dr. Steven T. Castille is the CEO and Director of the Community Wellness Centers. He is a biochemist and his current research is in clinical chemistry and oncology He is a Cum Laude graduate in chemistry from Grambling State University in 1991. He has graduate degrees in Engineering and Natural Medicine. You can connect with Dr. Steve at www.DrSteveCastille.com.

Natural Medicine

PAIN RELIEF • SWELLING • INFLAMMATION



- Arthritis
- Tendonitis
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Amount Per Serving	% Daily Value
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Bromelain	720 GU
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Chymotrypsin	250 USP
Rutin	400mg
White Willow Bark (15% salicin)	100mg
Turmeric root	100mg

* Daily Value not established

Other ingredients: Dicalcium phosphate, microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, enteric coating.

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Kids Get Fewer Cavities When Mothers Chew Xylitol Gum

Research published in the *International Journal of Paediatric Dentistry* has concluded mothers that chew natural xylitol gum regularly will significantly reduce oral infections of *mutans streptococcus* bacteria in their infants. Five research teams and 11 randomized studies of 601 mothers and their children showed 46 percent fewer infections of the bacteria, which is the central species responsible for dental caries and periodontal disease. The studies included children that were 6, 9, 12, 18 and 24 months old.



Other research supports the claim of xylitol's beneficial nature. A study from the University of Manchester, in England, analyzing data from 4,216 schoolchildren, showed that using toothpaste containing xylitol with fluoride resulted in 13 percent less tooth decay than using toothpaste with fluoride only.

Note: Xylitol is toxic to dogs; if ingested, consult a veterinarian.

Olive Oil Compound Kills Cancer Cells

Researchers from Rutgers University have found that an ingredient in olive oil will kill cancer cells in under an hour. The researchers tested a compound called oleocanthal, a central component of extra virgin olive oil, and found that it caused the premature death of cancer cells in the laboratory by puncturing cancer cell vesicles, called lysosomes.



"We needed to determine if oleocanthal was targeting that protein and causing the cells to die," says Paul Breslin, Ph.D., a professor of nutritional sciences in the School of Environmental and Biological Sciences at Rutgers and co-author of the study, published in *Molecular and Cellular Oncology*.

The research also found that the olive oil compound didn't damage healthy cells. Breslin states that the compound merely "put them to sleep" for a day, after which they resumed their normal, healthy functioning.

Senior author David Foster, Ph.D., of Hunter College, points out that additional studies are necessary to determine if the compound halts tumor growth. "We also need to understand why it is that cancerous cells are more sensitive to oleocanthal than non-cancerous cells," he says.

February is National Children's Dental Health Month

Bifidobacteria Probiotic Fends Off Colds and Flu

In a study published in the *British Journal of Nutrition*, researchers found that supplementing with bifidobacteria probiotics will reduce colds and flu. The study followed 581 college students for six weeks as they prepared for their final exams. During the study period, the students consumed a placebo or a daily supplement with one of three probiotics, including *Bifidobacterium bifidum*.

The students given the bifidum supplement experienced significantly fewer cold or flu infections, and when they did succumb, the infection was generally less severe. The other probiotic supplements did not reduce colds or flu compared to the placebo for the six weeks.



High-Fructose Sweetener Aggravates Asthma and Bronchitis

A large study from the New York Medical College and the University of Massachusetts found that high-fructose corn syrup (HFCS) is linked to a greater risk of asthma and chronic bronchitis. The research included 2,801 people between the ages of 20 and 55 years old. The scientists utilized health data from the National Health and Nutrition Examination Survey of 2003 to 2006 to compare people with a history of chronic bronchitis.

The study measured the types of soft drinks consumed, eliminating risks related to known asthma relationships such as smoking. The researchers found those that drank five or more HFCS-containing sodas per week had an 80 percent increased incidence of chronic bronchitis. Greater intake of HFCS has also been linked with higher risk of other health conditions, including diabetes and obesity.



Mediterranean Diet Sustains More Youthful Brain Sizes



As we age, our brains shrink, a condition linked to cognitive impairment. According to a study from Columbia University, a healthy diet can help reduce such occurrences. The researchers studied 674 adults with an average age of 80. They were divided into two groups, depending upon their diets, and given magnetic resonance imaging scans to measure total brain volume and thickness.

It was found that those following diets that most closely resembled the Mediterranean diet—less meat and more vegetables and fish—had larger brain sizes with less shrinking. The researchers equated the average size difference between the groups to about five years of aging.

Dr. Yian Gu, a neuropsychology professor at Columbia University, says, "This is another study consistent with previous studies that indicate the Mediterranean diet is an overall healthy diet."

Kids Learn Social Skills Through Pretending and Joking

Research published in the journal *Cognitive Science* has found that toddlers with parents that played with them using humor and fantasy gained increased skills for learning, imagining and bonding, along with thinking in abstract ways.

The researchers tested children between 16 and 24 months old in two phases. The first utilized action play among 25 kids and the second utilized verbal play among 40 children. The parents and children pretended to do activities such as washing their hands with no soap or creating situations using a toy.

During the second phase, the children and parents played around jokingly by using words, identifying things in funny ways and making believe they were doing things.

The researchers found that joking and pretend play allowed the kids to distinguish cues that helped them communicate and develop skills to understand intentions. The study also found that older toddlers relied more on verbal cues to understand pretending and joking communications.



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Green Goalposts

Super Bowl Eco-Stadium Gains National Spotlight

The 50th Super Bowl will take place February 7 at the brand-new Levi's Stadium, in Santa Clara, outside San Francisco, and the anniversary isn't the only thing that's historic. As part of a trend toward sustainability in athletic facilities, it's the greenest and most technologically advanced professional football stadium in the U.S.

The structure is designed to support sustainability, located on a site with accessible public transportation plus a bike path to encourage fans to pedal to and from games.

Its predominantly open and airy, environmentally friendly building plan also takes advantage of the Silicon Valley climate. One outstanding feature is the green roof atop the suite tower on the west side of the stadium. Another is the three solar bridges connecting the main parking area to the stadium that generate energy from hundreds of solar panels.

All of the wood used was repurposed from a local airplane hangar at Moffett Field, in Mountain View, California, and other reclaimed building products were used where possible. Reclaimed water sources serve potable and non-potable uses, including playing field irrigation. The local suppliers providing farm-to-table food menus also are required to practice composting and recycling to the greatest extent possible.

For more information, visit LevisStadium.com.

Nice Spice

McCormick Going Non-GMO

McCormick, the world's largest spice company, plans to eliminate almost all genetically modified (GMO) ingredients from their product line by 2016. In response to increased consumer demand for healthier options, 80 percent of its overall gourmet herb and spice business in the U.S. will be both organic and non-GMO by 2016, as well as all McCormick-branded herbs, spices and extracts sold in the U.S.

They will voluntarily label the updated products to inform consumers as part of a commitment to transparency and consumer education. The first product introduced, a non-GMO vanilla extract, is already available.

McCormick also uses steam treatments in its processing to preserve the health benefits of spices instead of the ionizing irradiation used by competitors. Although food radiation is approved by the U.S. Food and Drug Administration, some studies link it to significant health problems.

"Our consumers are increasingly interested in quality flavors with pure ingredients in their food," says McCormick President and Chief Operating Officer Lawrence Kurzius. "Our efforts prove that we are listening to consumers and are committed to continuing to evolve."

Source: NaturalNews.com





Lions Untamed

Shrine Circus Ends Wild Animal Acts

Bill Cunningham, CEO of Dallas-based Fun Time Shows, the largest Shrine Circus producer in the country, says he'll no longer produce shows featuring elephants, tigers, lions or other wild animals. Cunningham says, "These animals are very special; we cohabit the Earth with them and they are deserving of our respect and awe. They're not here to perform tricks for our entertainment."

He says, "I've tried to listen to the mothers that said they didn't want their kids to grow up and learn that the animals they saw had been probed, poked, prodded and chained to a floor." The move has received an outpouring of support from outside the industry, including People for the Ethical Treatment of Animals.

Cunningham's Shrine Circuses will still feature high wire acts, human cannonballs, trapeze artists and motorcycle tricks, along with performing horses and dogs. "The horses and dogs act in true collaboration with their owners," says Cunningham. "We feel the audience still wants to see domestic animals."

Source: GreenSourceDFW.org

Ocean Wear

Adidas Using Plastic Ocean Debris to Make Shoes

Athletic shoemaker Adidas has teamed up with New York-based Parley for the Oceans, a multidisciplinary organization with a passion for protecting the oceans, to make footwear out of garbage. Available soon, the soft upper part of the shoe is knitted entirely from waste and debris pulled from the ocean, including yarn and fibers—just some of the estimated 5.25 trillion pieces of trash in the sea. With no extra material left over, nothing goes to waste; the shoes also incorporate illegal fishing nets taken from poachers.

Adidas executive Eric Liedtke suggests the technology could move beyond shoes and find its way to T-shirts, shorts and other apparel. A full line of similar consumer-ready products will be integrated into the Adidas line this year.

The larger issue goes beyond recycling and repurposing to avoid waste altogether. Plastic takes more than 450 years to decompose, so conservationists and researchers at Parley for the Oceans hope to re-imagine plastics by designing a renewable solution. In cleaning up our oceans, we protect ecosystems, food sources, jobs and local economies.

Source: Upworthy



Pioneering Aspen Ski Town Runs Entirely on Renewables

Aspen, Colorado, with a population of 7,000, has become the third municipality in the country, along with Burlington, Vermont, and Greensburg, Kansas, to receive all of its power from renewable sources. Its energy portfolio now consists primarily of wind power and hydroelectric, with smaller contributions from solar and geothermal.

The development reflects a decade-long effort made possible in part by a significant drop in the price of renewable energy and new government regulations that internalize some of the pollution costs of fossil fuels, making energy sources like coal increasingly uncompetitive. More than one-third of American coal plants have been shut down in the past six years and new carbon rules make it possible that no new coal plants will ever be built in the U.S.

Source: ThinkProgress.org

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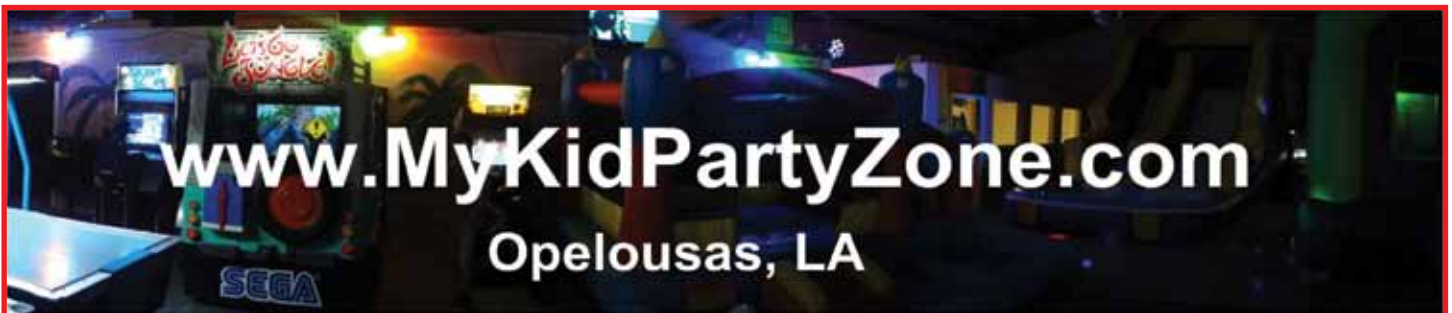
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Decrease the Risk of Cancer:

Wheatgrass detoxifies the blood and lymph cells, as well as efficiently eliminates poisons from the body. Wheatgrass is 80% chlorophyll and protects against carcinogens better than any other food.

Improve Healing of the Body:

Wheatgrass juice is an effective healer because it contains all minerals known to man, 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.

Oxygenates the Cells of the Body:

Wheatgrass contains up to 80% chlorophyll, an important blood builder. Chlorophyll molecules closely resemble the molecules that form hemoglobin, the respiratory protein responsible for transporting oxygen from the lungs to the rest of the body.

Detox the Body:

The high amount of chlorophyll found in wheatgrass increases oxygen levels in the blood, an important part of detox and cleansing. It allows toxins to exit the body and its high phenolic content promotes the binding of chelated metal ions in the colon and liver. And, glutathione activates wheatgrass enzymes, catalyzing the breakdown of harmful bodily waste.

Slows Down the Aging Process:

Chlorophyll contains enzymes and super-oxide dismutase, a copper-containing protein found in mature red blood cells. This enzyme decomposes superoxide radicals in the body into a more manageable form, thereby helping to slow down the aging process.

Heals the Body:

According to the American Journal of Surgery (1940), Benjamin Gruskin, M.D. recommends wheatgrass - chlorophyll for its antiseptic benefits. This includes clearing up foul smelling odors, neutralize strep infections, healing wounds, curing chronic sinusitis, healing chronic inner ear inflammation and infection, reducing varicose veins and healing leg ulcers, healing rectal sores, successfully treating inflammation of the uterine cervix, getting rid of parasitic vaginal infections, and reducing fever.



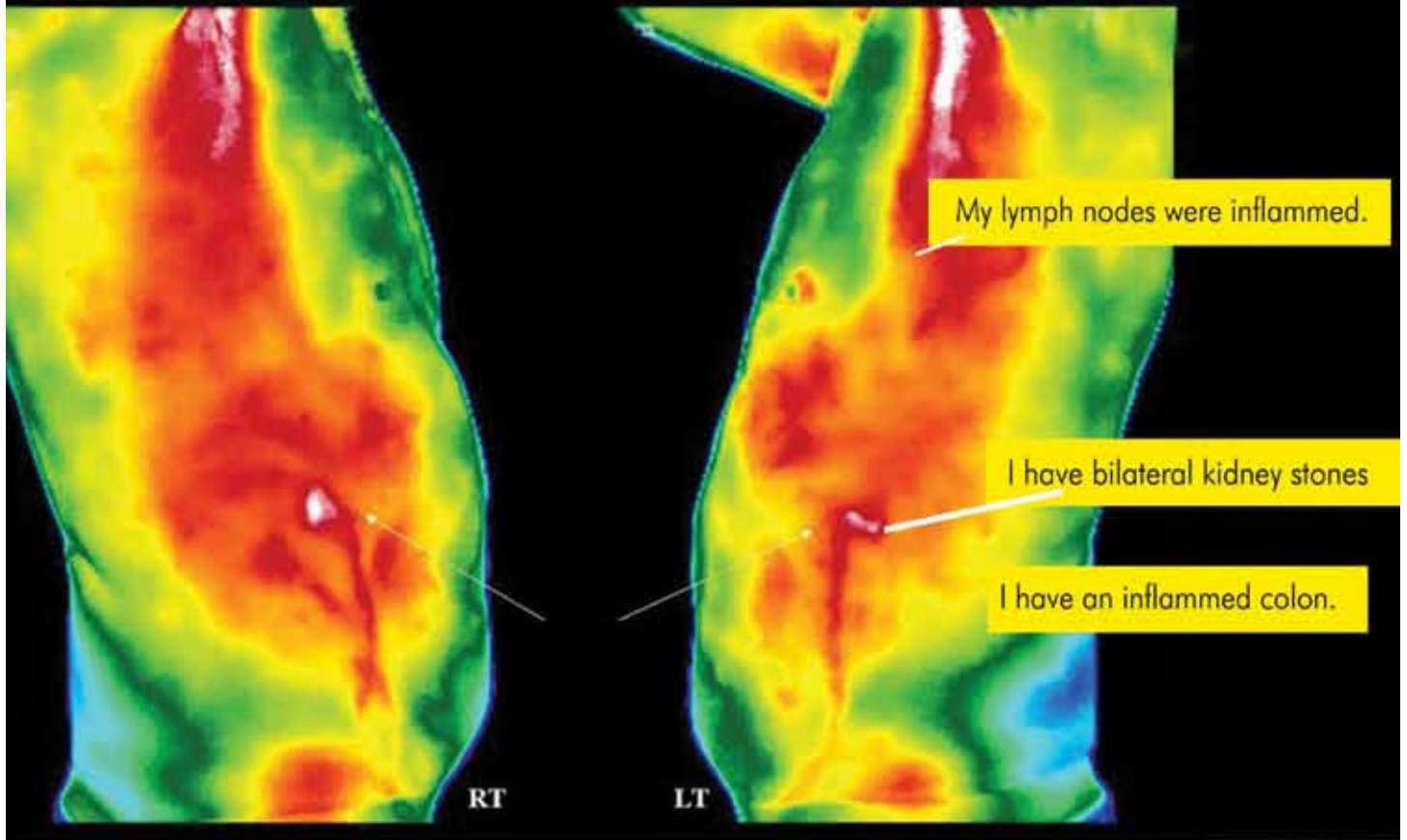
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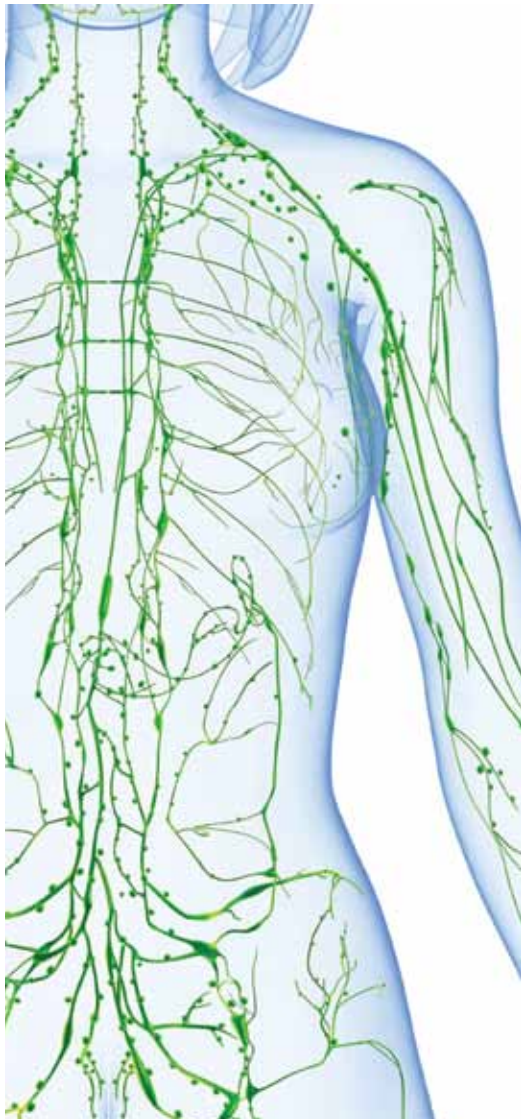
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The Lymphatic System

The lymphatic system aids the immune system in removing and destroying waste, debris, dead blood cells, pathogens, toxins, and cancer cells.



One of the least discussed areas of the body—yet most vital to good health—is the lymphatic system. By conveying lymph throughout the body, this system plays a vital role in the maintenance of the immune system, helping to prevent and fight infection. A healthy lymphatic system makes us less susceptible to pain, the effects of aging, and disease.

Lymph is the nearly colorless liquid inside and outside each cell in your body. Its composition is very similar to blood without the red blood cells. Lymph seeps through capillary walls to fill tissue spaces. The lymphatic system's functions include filtering out disease-causing organisms and manufacturing white blood cells (the cells that form antibodies that fight disease).

Besides lymph, the system includes lymphatic capillaries and larger vessels, lymph nodes (or glands), and lymph-containing organs like the spleen and the tonsils. The lymph nodes are small bean-shaped, gland-like bodies located along the paths of the lymphatic vessel. They filter

out toxins, bacteria and other harmful microorganisms from lymph.

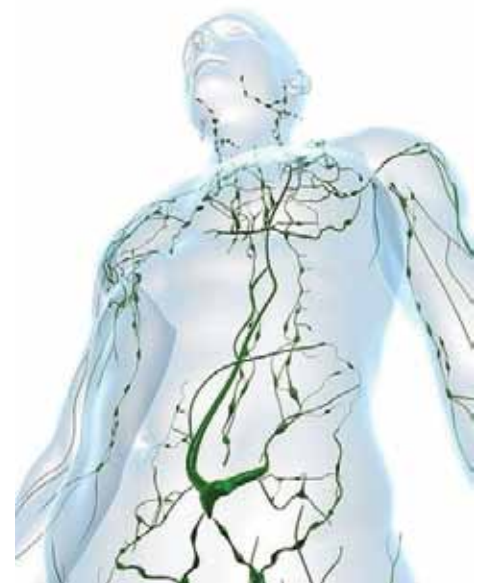
The vessels of the lymphatic system closely follow the pathways of the circulatory system. Unlike blood, lymph flows without the assistance of any pump, but lymphatic vessels do have valves that prevent backflow. Normally, lymph is moved by the pressure of breathing, muscular activity and pressure from adjacent blood vessels.

We generally become aware of the lymphatic system when lymph nodes become swollen, especially in the neck, groin, armpits or behind the

In addition to cleansing body fluids, the lymphatic system is important in the digestion of fats and the transport of nutrients and wastes. It also preserves the fluid balance throughout the body.

knees—a sign of infection or overactivity. Other signs that your lymph system is sluggish include fatigue; constipation; and various chronic complaints like headaches, water retention, allergies, lupus, asthma, diarrhea, and arthritis, to name a few. Whole body vibration exercise helps lymphatic drainage and the normal circulation of the lymphatic system.

- Destroys cancer cells
- Removes excess waste
- Absorbs fat from the stomach
- Creates white blood cells
- Is an adaptive immune system
- Helps maintain cardio function
- Stagnant lymph feeds cancer



Seeing Change

Young Children Can Unlearn Racial Sterotyping

New research by Paul Quinn, a professor of psychological and brain sciences at the University of Delaware, and his collaborators across the globe, have found a simple exercise that can undo the unconscious racial biases that may begin to develop as early as infancy.

Quinn learned that 3-month-olds begin showing a visual preference for the same race they see most often in their daily lives. By 9 months, infants not only distinguish racial categories, but also become less able to tell different individuals apart if they are members of a less-familiar race.

In the experiment, the scientists morphed together photos of African and Asian faces to create ambiguous images that looked equally African and Asian. As a result, Quinn reports, "At 9 months, they didn't respond to the differences between the African and Asian categories, but instead they had two less discriminatory broad categories; 'own race' and 'other race'. We think it might be a precursor to an initial 'in group/out group' differentiation and suggest that perceptual and social processing of faces may overlap, even in infants."

Source: LaboratoryEquipment.com



Eco-Cappuccino

Reducing Coffee Shop Waste

For many, getting a coffee to go at a favorite spot on the way to work or while dropping the kids off at school and running errands is a weekday ritual. It



also warms up the body on cold mornings in northern regions this time of year. The java might taste even better if we reduce the amount of waste traditionally involved. Here are a few ways to better cherish Earth's resources.

Avoid the paper cup; carry a reusable thermos or insulated bottle instead as a matter of routine. Author and activist Beth Terry, in her book *Plastic Free: How I Kicked the Habit and How You Can Too* suggests both stainless steel beverage containers and mugs. She also recommends glass mason jars and points out that EcoJarz recently began making stainless steel caps and lids instead of plastic. Learn more at MyPlasticFreeLife.com. Terry further cites the unhealthy aspects of continual use of paper cups because, "Many are lined with plastic, and the plastic lids are often the equivalent of Styrofoam."

If caught without a favorite reusable container, Treehugger.com's Katherine Martinko recommends at least giving an old paper cup one more turn. "It's not a zero waste solution, but if you've already got a paper cup in your car or kitchen, you might as well extend its life. Wash and hand it over the next time you get a coffee," she suggests. "It will still do the job."

For those that add cream, milk or sugar to coffee, consider the waste involved just in the plastic and wood stirrers provided by the shop that are tossed in the trash after serving their one-time function. "Avoid all of them," advises Terry. "Carry a clean utensil in the car," such as a bamboo tableware or a spork (combination spoon and fork). Cutting down or weaning off of dairy, sugar and especially sugar substitutes is another healthful move.

Global Outlook

Weather Website Tracks Climate Change



A new website, WXshift.org, published by the hybrid science and journalism nonprofit Climate Central, provides climate projections for a specific location along with the day's weather. In addition to a typical forecast of highs and lows, UV (ultraviolet rays) index, wind and times of sunrise and sunset, it graphically shows if the area indicates a warming uptick and by how much.

A 40-year-trend-to-date display offers a projection to 2050 and what

the weather will be like for the next generation. Geoff Grant, director of digital media for Climate Central, says, "This is just putting weather and climate data together. There's no spin to it. The weather is how everyone experiences climate."

WXshift draws from 2,000 weather stations across the country and 100 years of temperature, rain and snow data to create customized climate graphics. Tutorials explain such topics as the difference between dew point and humidity, along with news and information about relevant issues.

Source: DailyClimate.org

HOW GUT BACTERIA AFFECTS THE BRAIN AND BODY

We are more bacteria than we are human. Mounting research has suggested that the bacteria living in our digestive tract play a significant role in our overall health. Here are some of the physical and mental health conditions that have been linked to imbalances in gut flora.

DEPRESSION

More than a third of depression sufferers have "leaky gut," or permeability of the gut lining that allows bacterium to seep out into the bloodstream.

ANXIETY

Prebiotics can have anti-anxiety and antidepressant effects. Consuming beneficial bacteria can also positively change the way the brain responds to the environment.

SCHIZOPHRENIA

Studies in mice have linked a lack of normal gut bacteria with changes in brain development, but the genetics of the disorder are complex and not fully understood.

AUTISM

Autism often co-occurs with gastrointestinal issues like leaky gut or irritable bowel syndrome.

PARKINSON'S DISEASE

People suffering from this disease have different gut bacteria than healthy people.

OBESITY & DIABETES

A number of studies have linked instability in the gut microbiome to obesity and obesity-related health problems.

CROHN'S DISEASE

Abnormally high levels of certain bacteria strains may be present when Crohn's Disease develops, possibly triggering an atypical immune response.

COLON CANCER

Sugar-loving microbes in the gut — along with the carbs that feed them — can fuel colon cancer. High carb-diets may even be contributing to the rise of colon cancer.

ULCERATIVE COLITIS

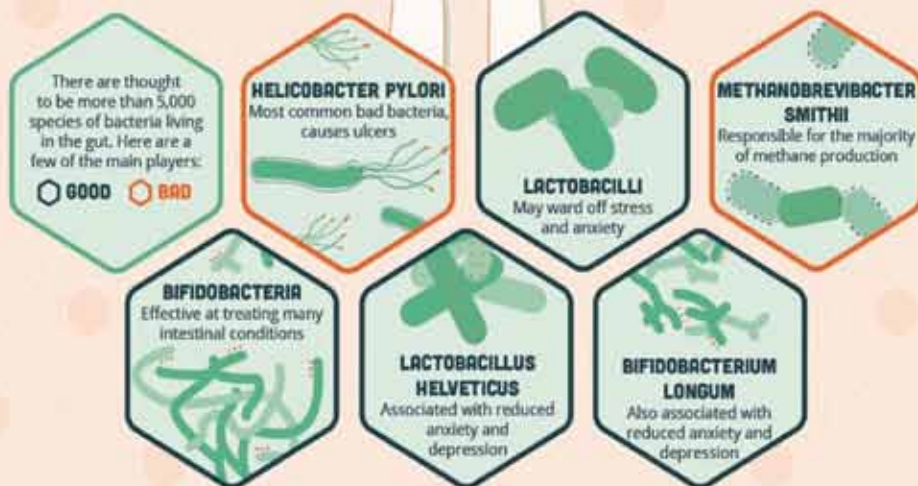
Imbalances in gut flora may be a main factor in both the onset and continuing symptoms of ulcerative colitis.

RHEUMATOID ARTHRITIS

Studies have found a link between low levels of certain good gut bacteria, high levels of unhealthy *Prevotella copri* bacteria, and autoimmune joint disease.

IRRITABLE BOWEL SYNDROME

There is a definitive link between IBS and an overgrowth of bacteria in the small intestines.



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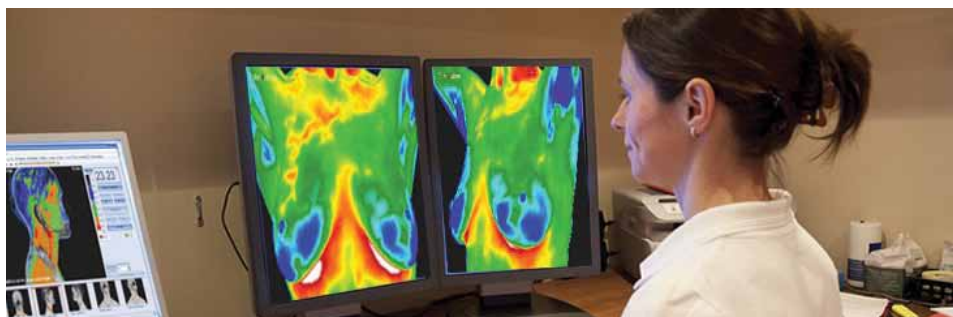
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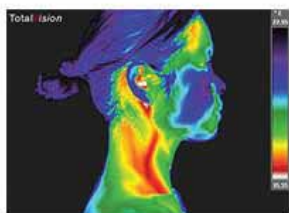
662-3120

What Does Your Thermography Image Mean?

by Dr. Steven T. Castille



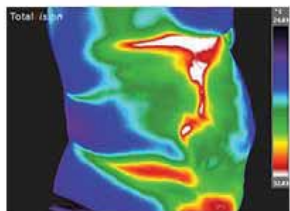
Headache and Sinus



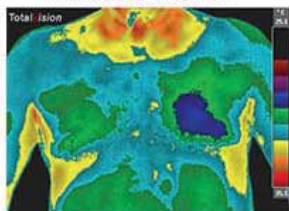
Carotid Artery Inflammation



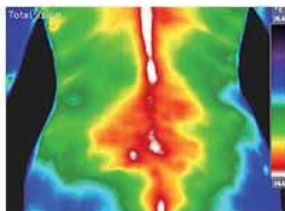
Early Stage Diabetes



Stress in the Liver



Reduced Heart Function



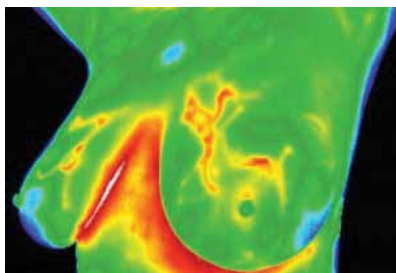
Lower Back Pain

Thermography is a scanning device that measures your body surface temperature and presents the information as a digitized image. This tool makes a digital map of your body and very accurately illustrates heat patterns. These patterns may detect some abnormal conditions such as cancer cell growth or active infection.

Mammograms look for anatomical changes in the breast such as masses or lumps. Thermograms analyze the vascular changes in the breast. Increased blood into certain regions of the body increases the heat of that region. Areas of inflammation, cancer cell formation and active infection have elevated circulation. Thermal imaging has a great ability to detect subtle physiological changes that accompany pathology.

Thermal Asymmetry Indicates Problems

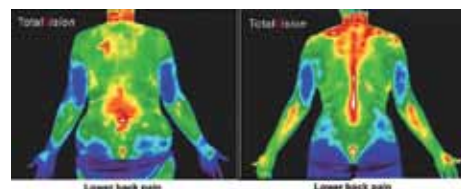
The body should naturally have thermal symmetry. Areas of asymmetry can indicate problems and are analyzed specifically for underlying pathology. Cancer cells divide very rapidly and demand increased blood flow and nutrient delivery. The metabolic processes in the body cannot differentiate between cancer cells and healthy cells. This results in increased formation of blood cells around these active cancer cells. Thermography picks up this abnormal blood supply well before the



cancer gets large enough to be noticed as a lump in a breast exam. It is estimated that thermography can detect cancer formation roughly 10 years before mammography can identify a tumor.

Lower Back Pain

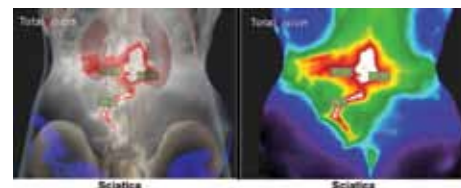
Lower back pain is one of the most troublesome back pain for patients and can often be very difficult to treat. The hottest white areas in these images



indicate the most intense inflammatory response. Thermography is very useful to help find the source of the pain. The patient above suffers with Sciatica, and the source is clearly in the lumbar area. The image clearly indicates the intense inflammation in the spinous processes of the lumbar spine. These areas are a major source of radicular pain, especially into the hips, thighs and legs. Often the patient will report intense pain in the hip or leg, either bilateral or unilateral, and there will be no thermal indication in the hip or leg images, but the hyperthermia in the lower back will be the source. Many lower back thermograms will reveal significant thermal indications at the L-3 L-4 region, with varying degrees of associated muscular inflammation, as this is typically a very weak spot in the spine.

Sciatica

Sciatica is a symptom. It consists of leg pain, which might feel like a bad leg cramp, or it can be excruciating, shooting pain that makes standing or sitting nearly impossible. The pain might be

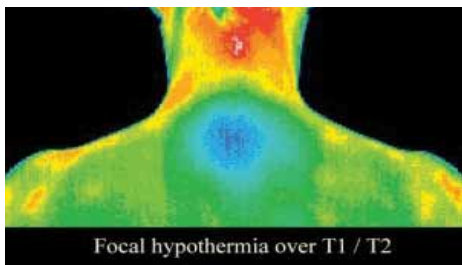


worse when you sit, sneeze, or cough. Sciatica can occur suddenly or it can develop gradually. You might also feel weakness, numbness, or a burning or

tingling (“pins and needles”) sensation down your leg, possibly even in your toes. Less common symptoms might include the inability to bend your knee or move your foot and toes. These scans show sciatic nerve inflammation.

Autoimmune Dysfunction

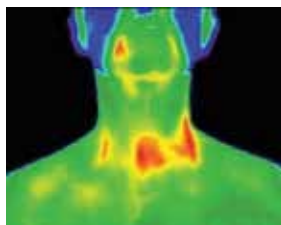
Patterns of hypothermia seen over T1/T2 in a thermography scan are always indicative of autoimmune dysfunction. Interestingly enough, the Chinese have used this point in acupuncture for over 4000 years to stimulate immune



function. This pattern is often seen in patients diagnosed with fibromyalgia, a disorder that is very difficult to diagnose but is characterized by widespread musculoskeletal pain, accompanied by fatigue, problems sleeping, memory and mood issues; as well as patients diagnosed with Chronic Fatigue

Syndrome. Fibromyalgia patients will often have myofascial inflammation accompanying the hypothermic pattern. Thermography is useful in confirming a suspected diagnosis of these syndromes as well as monitoring the patient’s response to treatment. As the patient improves the hypothermic foci will experience a reduction in temperature differentials and will reduce. Conversely, if the patient is not responding to treatment or is regressing, this pattern will either maintain or the temperature differentials will increase and the pattern will become more pronounced.

Thyroid Dysfunction



Thermography can easily detect thyroid dysfunction even when all of the thyroid levels are within normal levels in the patient’s blood work. Thermography can also validate the appropriate levels of thyroid supplementation. For example if a patient is on thyroid medication and no patterns appear on the thermogram related to

thyroid, it can then be assumed that he or she is receiving the adequate amount of medication or supplementation.

Thermography can assist in the diagnosis, evaluation, monitoring and documentation of a large number of injuries and conditions, including soft tissue injuries and sensory/autonomic nerve fiber dysfunction. Thermography is unique in that it is a test of physiology and function and can offer considerable financial savings by eliminating the need for additional expensive and invasive diagnostic testing.

Call 896-4141 for more information.

Disclaimer: Thermography Medical Imaging of Acadiana is not a treatment or diagnosing center. The reports and imaging provided is for general information and educational purposes only and is not intended in any way to be a substitute for professional medical advice, diagnosis or treatment. Thermography is an adjunctive procedure to Mammography.



Dr. Steven T. Castille is a biochemist and his current research is in clinical chemistry. He is a Cum Laude graduate in chemistry from Grambling State University in 1991. He has graduate degrees in Engineering and Natural Medicine. You can connect with Dr. Steve at www.DrSteveCastille.com.

Inflammation is the Spark that ignites most disease

Pain and Inflammation Enzyme

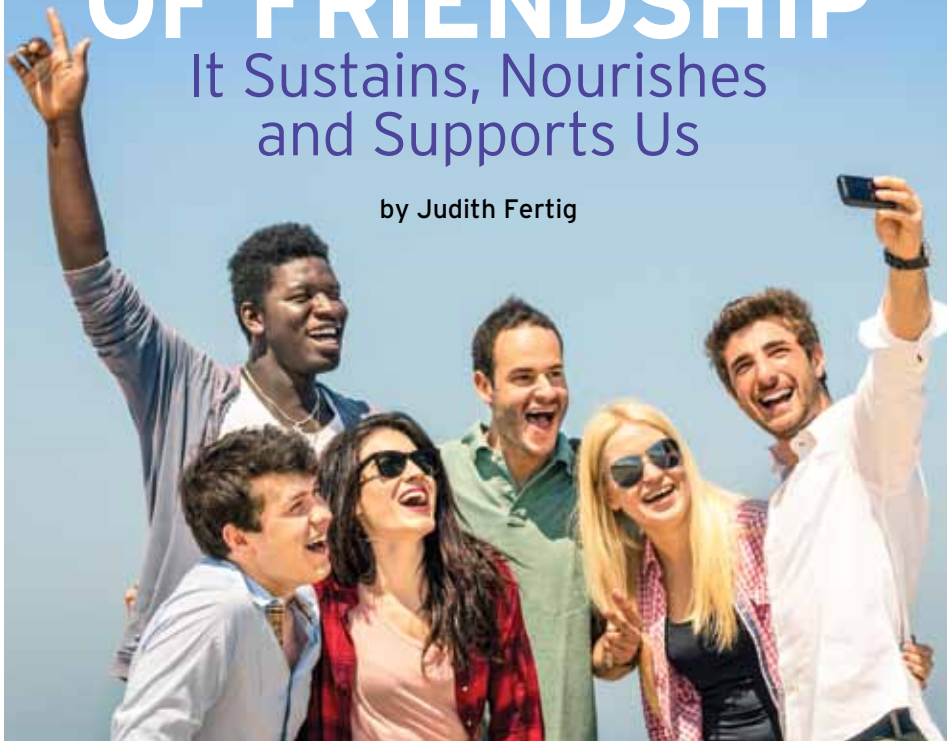


Chronic pain and inflammation can make even the simplest everyday tasks a challenge. If you suffer chronic pain from a serious health condition or inflammation from over-exertion and physical exhaustion, Liteon Natural’s Pain and Inflammation Enzyme Blend can help. This unique anti-inflammatory and pain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

THE POWER OF FRIENDSHIP

It Sustains, Nourishes and Supports Us

by Judith Fertig



For a reason, a season or a lifetime, friends help us cope with challenges, motivate our best work and celebrate life. Friendships take many forms, crossing generations and self-imposed boundaries, and even spring up between unlikely confidants.

Childhood friends Matt Damon and Ben Affleck collaborated on the Oscar-winning screenplay for *Good Will Hunting*. Fierce tennis competitors Serena Williams and Caroline Wozniacki like to get together for a gal-pal getaway after a major match. Country music artists Garth Brooks and Trisha Yearwood married following an 18-year friendship; “We had a lot more in common than I ever dreamed we did,” says Brooks.

Rafts of research confirm how friendship enriches us. Carlin Flora, of New York City, spent years as a *Psychology Today* writer and editor before penning *Friendfluence: The Surprising Ways Friends Make Us Who We Are*. She notes that among the varied and perhaps unforeseen benefits, friendships can help us “shed pounds, sleep better, stop smoking and even survive a major illness.”

An ongoing, two-decade-plus study of nearly 1,500 seniors by the Flinders University Centre for Ageing Studies, in Australia, found those with a large network of friends outliving others with the fewest friends by 22 percent. The University of Chicago National Opinion Research Center also reports people with five or more close friends as 50 percent more likely to describe themselves as “very happy” than those maintaining fewer confidants.

“Friends past and present play powerful and often unappreciated roles in determining our sense of self and the direction of our lives,” says Flora. “Even in a supposedly meritocratic society, friends give jobs and assignments to each other, so having friends that share your career interests and aspirations can get you much farther than you could ever get on your own.”

Make New Friends, Keep the Old

Today, making and keeping friends can be challenging, due to distance, frequent life changes, overprotective parenting and substituting social media for more intimate face time. It all makes friendship more fluid than we might realize, says Shasta Nelson, the San Francisco founder of *GirlFriendCircles.com*, a women’s friendship matching site and author of *Friendships Don’t Just Happen: The Guide to Creating a Meaningful Circle of Girlfriends*, plus the upcoming book, *Frientimacy*, about deepening such relationships.

“Most of us replace half of our close friends every seven years,” says Nelson. Although this might seem alarming, she considers it a natural ebb and flow. “We all need a couple of very close friends, while others that come and go might just be what we currently need—at work or school, among first-time parents, in a new neighborhood, starting a job, in retirement or during some other life change,” she says.

Canadian Greg Tjosvold, a married middle school teacher in Vancouver, Canada, has enjoyed great friendships with women, including his wife, partly because he doesn’t relate to men’s generally competitive nature and interest in sports. But when a close female friend moved away, he wanted to expand his circle to include men. He joined a group called The Barley Brethren that sample craft beers and talk about life. Although not into suds, he values “having a safe and enjoyable place to discuss deep issues, victories and temporary setbacks.” He admits, “That’s over-simplification, though.” Finding a group of men he can feel a part of has validated him, making this unique man still feel like one of the guys.

Nelson categorizes the concentric circles of developing friendship as starting with a mutually agreeable acquaintance or contact, and then moving emotionally closer with someone that we find similarities with. Then the original bond can enter the confirmed friend category. A group of friends, like a longtime book club, can constitute a community. The highest level is the committed friend that has evolved into a trusted and valuable life companion.

Sarah Huntsman Reed, a medical counselor in Kansas City, Missouri, has such a lifelong friend. She met Doug Reed, now a pharmacist, when both were in their high school musical, *Once Upon a Mattress*. Reed had a great sense of humor, Sarah remembers. "He's still the most honest yet kindest person I've met," she says. Soon, their mothers became friends, too, and the two teens would pair up for family weddings. Then she went to college and married and he moved away; yet they stayed in touch through mutual friends and their moms, catching up in person when he returned to his hometown.

Seventeen years after they first met, by which time Sarah was divorced, the two discussed taking their friendship to the next level and soon married. "It was a big decision to commit, because we knew so much about each other," she says. "But we prefer each other's company, and it was the best thing we ever did."

Safety Net

In trying times, friends can surround us with positive energy, says Madisyn Taylor, co-founder and editor-in-chief of the spiritual blog DailyOm, in Ashland, Oregon. "The people we love form a protective barrier that buffers and shields us from many of the world's



Hallmarks of good friendship include staying in touch and being consistently positive and vulnerable, so as we reveal ourselves over time, we can be authentic with each other.

more crippling blows," including receiving hurtful slights from others.

How we make friends has been altered by today's social landscape, which includes working parents and Amber Alerts. The days of children freely roaming their neighborhood discovering friends to play with are, unfortunately, over, says Jennifer S. White, a Toledo, Ohio, blogger and author of *The Art of Parenting: Love Letters from a Mother*.

"My long-term friendships from childhood were all built around being neighbors and playing together just because we wanted to," recalls White. With today's safety concerns and work-life challenges, parents now set up playdates, a more structured, less organic way of fostering childhood friendships, and they must be proactive to ensure success.

White has some misgivings about this modern-day approach. "When I think about that one little gleaming seed of truth at the heart of why, it's often because I don't think it's fair that I have to be a popular 'playdate mom' for my kid to have some friends."

Besties and Buddies

Automatic playdates—with siblings—often enhance family ties through lifelong friendships. Sally Ekus is a culinary talent representative in Florence, Massachusetts. Her younger sister, Amelia, is the general manager of Twitter Cafe, in New York City, and lives in Brooklyn. Both foodies have knife-and-fork tattoos. Sally is more into meal ingredients and preparation, while Amelia loves pouring wine and making sure everyone is comfortable.

"Together," says Sally, "we create total hospitality, from lavish Passover seders to Friday nights with friends." She notes that her sister is the only other person who understands what the world looks like through the Ekus girls' perspective.

Some adults might never meet face-to-face, but become friends via social media. American Jamie Schler, co-owner of the Hotel Diderot, in Chinon, France, with her native-born husband, says, "Social media [especially Facebook posts] is how I meet and make personal friends and keep in touch on a daily basis. As an expat, this is important because I often feel far from family and friends that understand me, share common



interests and ideas and speak the same language—and I don't necessarily mean English." Her high-tech circle ranges from hometown pals to new friends in the food community and political forums. She raves, "It's a place where I find them all at the same time!"

Nelson remarks, "No one is saying Facebook should replace visits, nights out and phone calls, but in a world where most of us wish we felt closer to a few more people, it doesn't hurt to use every tool at our disposal for creating connections."

Differences in age needn't be a hurdle in forging friendships. Candelaria Silva-Collins, an arts marketing professional in Boston, attended area social gatherings where she regularly encountered a museum director and his wife. "They seemed like a fantastic couple," she says, and began a friendship with the older woman, despite their being from different generations. "My friend teaches me a lot about being vital and vibrant," she says.

Expanding Circles

Becoming friends with people of different ages, languages and social standing gives us a spiritual workout, advises Nelson. With a master's degree in divinity, Nelson views friendship as a type of health club in which we develop our empathy, forgiveness and compassion muscles through practice. "Friendships are the way we become better people," she says.

Furthermore, the process, especially with people unlike us, leads to a better world. "Being able to inherently care for people we know makes it easier to do the same for people we've not met yet," says Nelson. World peace happens one friend at a time.

Freelance writer Judith Fertig also blogs at AlfrescoFoodAndLifestyle.blogspot.com from Overland Park, KS.

GREEN WATERS

pH 5.5

Acidic Body and OBESITY



If your body is acidic, you cannot lose weight. The body's main way of flushing out toxins is through your colon, kidneys, skin and lymph system. However, the more bombarded these organs become with toxins, the less effective they become at flushing. The result is that excess acidic wastes get stored in fat cells where they cause less harm to the body. Despite your best efforts, you are unable to lose weight because your body is holding on to these excess fat cells; after all, it needs them for storing acidic wastes. Alkalize your body to lose weight.

Alkalize your body with
GREEN WATERS



Wheatgrass is a Superfood



1.5 oz FROZEN WHEATGRASS CUP

1oz of wheatgrass is equivalent to
2.5 lbs of green vegetables

WheTea

Weight Loss Formula BURNS STOMACH FAT



WheTea burns stomach fat and boosts your metabolism. Use two droppers with every 8oz of water and drink at least 64oz of water daily and watch the stomach fat fall off.





Zerona

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Slim down in 6 Weeks

Zerona Laser Lipo
Infrared Sauna Sweating
Whole Body Vibration Toning
Personal Trainer for Gym
Body Wraps
Protein Shakes



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DETOXIFICATION

What goes in must come out.

We absorb toxins through our skin, from the air we breathe, the chemicals in our foods, and from the chemicals released in our homes and workplaces. They all add to our body's toxic load. Ideally, on a daily basis, our bodies break down these toxins and clear them away. Detoxification is simply normalizing the body's ability to process and excrete toxins.

Why get a Vitamin Test?

To support the detoxification process, the body requires a variety of nutrients. If these nutrients are in low supply, the toxins re-circulate. These unneutralized, fat-soluble toxins can be stored in body tissues such as fat, brain and nervous system causing systemic symptoms and future disease processes.

DHARMA Wellness 662-3120

POSSIBLE SYMPTOMS

- Digestive problems
- Constipation, Gas and/or Bloating
- Skin Rashes
- Fatigue
- Headaches and/or migraines
- Weight Gain
- Brain Fog or Memory Problems
- Excessive Mucus
- Poor Body Odor or Bad Breath

POSSIBLE HEALTH ISSUES

- Chronic Fatigue
- Allergies and Asthma
- Autoimmune Diseases
- Leaky Gut/Malabsorption
- GI Inflammation
- Obesity or Weight Gain
- Hormone Issues
- Chemical Sensitivities
- Fertility Problems
- Irritable Bowel Syndrome

1. SKIN

The largest elimination organ.

2. LUNGS

Trap toxins in mucous lining, either coughed up or breathed out.

3. LYMPH

Carries nourishment and clears waste. Requires gravity and movement to do its job.

4. COLON

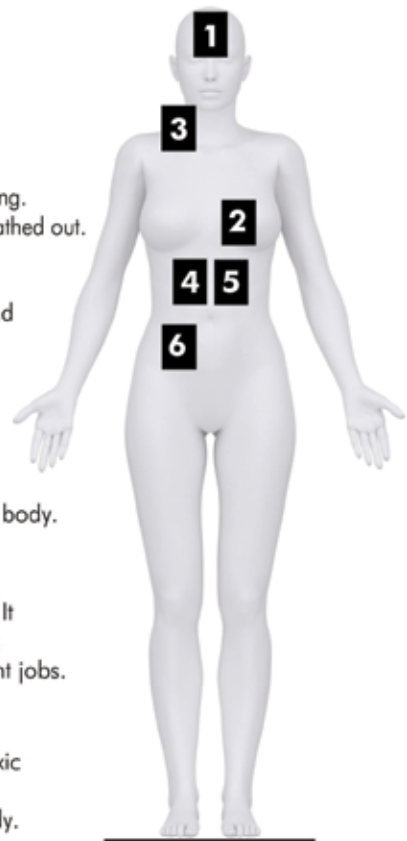
Absorbs nutrients and carries waste out of the body.

5. LIVER

The main detox organ. It works around the clock doing over 500 different jobs.

6. KIDNEYS

Filter metabolic and toxic waste out of the blood. Regulate pH of the body.



Vitamin Deficiencies

Can be the reason you are sick

BIOTIN DEFICIENCY

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

CALCIUM DEFICIENCY

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

CHROMIUM DEFICIENCY

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

COENZYME Q DEFICIENCY

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

COPPER DEFICIENCY

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

IODINE/IODIDE DEFICIENCY

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

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

IRON DEFICIENCY

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

MAGNESIUM DEFICIENCY

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

OMEGA 3 (EPA + DHA) DEFICIENCY

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

VITAMIN A DEFICIENCY

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

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

VITAMIN C DEFICIENCY

Signs and symptoms of deficiency include anemia; easy bruising and bleeding (e.g. bleeding gums); scurvy; chronic fatigue; poor wound healing; increased susceptibility to stress and/or infections; and anxiety and/or depression.

VITAMIN D DEFICIENCY

Signs and symptoms of deficiency include osteoporosis; hyperparathyroidism; depression and/or anxiety; seasonal affective disorder; bipolar disorder; premenstrual syndrome (PMS) and premenstrual dysphoric disorder (PMDD); insomnia; autoimmune disease; and inflammatory disease.

VITAMIN E DEFICIENCY

Signs and symptoms of deficiency include anemia; numbness or tingling of the hands and/or feet; lack of muscle coordination (may affect speech, eye movements, ability to swallow, walking, picking up objects, and other voluntary movements); muscle weakness; and weakened immune function.

VITAMIN K DEFICIENCY

Signs and symptoms of deficiency include osteoporosis; blood clotting disorders including excessive bruising and bleeding (e.g. bleeding gums, heavy menstrual bleeding, and frequent nose bleeds). **Individuals who take blood thinning medications should not take vitamin K.**

VITAMIN B1 (THIAMIN) DEFICIENCY

Signs and symptoms of deficiency include fatigue; irritability and depression; neurological disorders including loss of muscle coordination, numbness and/or tingling of the hands and/or feet; dementia; and with advanced deficiency, congestive heart failure, Beriberi, and Wernicke-Korsakoff syndrome.

VITAMIN B6 DEFICIENCY

Signs and symptoms of deficiency include anemia; fatigue; insomnia; eczema; premenstrual syndrome (PMS) or premenstrual dysphoric disorder (PMDD); irritability, and depression; confusion; morning sickness during pregnancy; carpal tunnel syndrome; dry, cracked, red lips; inflammation of the tongue; ulcers at the corners of the mouth; numbness or tingling of the hands and/or feet; weakened immune function; disorders of carbohydrate metabolism; and even seizures.

VITAMIN B9 (FOLIC ACID) DEFICIENCY

Signs and symptoms of deficiency include red, dry, cracked lips; anemia; inflammatory disease; and cardiovascular disease.

Deficiency During Pregnancy: Neural tube defects including spina bifida.

VITAMIN B12 DEFICIENCY

Signs and symptoms of deficiency include anemia; insomnia; fatigue; neurological disorders including loss of muscle coordination, numbness or tingling of the hands and/or feet, and difficulty walking; memory loss or dementia; ringing in the ears; psychosis, anxiety; depression; irritability; cardiovascular disease; and elevated blood concentrations of homocysteine.

TRYPTOPHAN

Signs and symptoms of inadequate tryptophan intake may include psychiatric disorders including depression, anxiety, irritability, impatience, impulsiveness, and/or bipolar disorder; insomnia; inability to concentrate; weight gain; overeating; carbohydrate cravings; and slow growth in infants and children.

ZINC DEFICIENCY

Signs and symptoms of deficiency include weak nails; white streaks or spots on the nails; skin lesions that resemble acne; rashes; hair loss; poor wound healing; diarrhea; irritability; anxiety; depression; loss of taste and appetite; impaired immune function; osteoporosis; growth failure in children; hypothyroidism; chronic fatigue; and night blindness.

ORAL CONTRACEPTIVES

Oral contraceptives (i.e., birth control) may increase the risk of multiple deficiencies including vitamins B2, B6, B9, B12, vitamin C and E and the minerals magnesium, selenium, and zinc.

DHARMA Wellness Center

Vitamin Test Call: 662-3120

Alyssa Milano's Anti-Aging Secrets

Her Natural Lifestyle Choices Keep Her Young

by Gerry Strauss

Alyssa Milano has grown up, and most of us have grown up with her. From her days as preteen tomboy Samantha Miceli on *Who's the Boss?* to witchy woman Phoebe Halliwell on *Charmed*, the actress has been a vibrant, relatable and beautiful persona we've come to know via television. She was even named a UNICEF ambassador in 2004. Today, with a young family, her Touch licensed sports apparel line, and the wisdom that accompanies adulthood, her commitment to a natural, eco-friendly lifestyle has become another hallmark of her life.



and athletic. Tony would bring in a tap dance teacher and Judith a private trainer during lunch breaks. Being tutored on the set, I had no physical education classes or sports activities, so it was super-important for me to see how self-motivated they were to stay fit and in shape. Their example instilled a desire to take care of myself as an adult.

What connection do you see between eating organic foods and maintaining the energy level that your busy life requires?

I think everything that you put into your body has a connection to how well we function in daily life. As a mom of two, eating organic is a priority; when organic is not an option, it's about finding the healthiest accessible choices.

I eat tomatoes like other people eat fruit and love papaya. I would put avocado on anything. I also like to cook with healthful herbs and spices like garlic and onions, which is natural for an Italian like me. We keep genetically modified foods out of our house.

Which fitness habits embodied by others have you made your own?

In my *Who's the Boss?* days, Tony Danza and Judith Light were always active

What role does nature play in your daily life?

I love being outside in my organic garden three or more times a week. Also, the kids and I regularly head outside, which is an easy place to keep them happily and healthfully occupied without my having to jump through hoops.

As an advocate of breastfeeding, which benefits do you think are especially good for mother and child?

In the beginning, a primary benefit is giving your child quality nourishment, including healthy antibodies and other goodies to support health. As they start eating solids, it's still about maintaining that intimate connection until they're ready to be weaned and you're ready to surrender this last physical bond.

How do you balance family life with your acting career?

It's a hard balance for anyone, especially one who's detail-oriented and a bit of a perfectionist, like me. The most important thing is to be in the

moment, doing the best I can every day. I've also learned to be kind to myself when I'm failing to do so or something is annoying me due to some unfortunate imbalance.

How do you and your husband keep both your friendship and love vibrant?

We work hard at maintaining a good and healthy marriage, which can be tested in tough times. I believe that it's vital to have the ability to laugh; you have to find humor in things, reminding yourself and each other that there is something funny in every daily activity, no matter how mundane or hard. When there's no time to eat together or be intimate, shared laughter is an easy thing to achieve together. Done daily, it can only make the marriage stronger.

We enjoy date nights once or twice a week when my parents take care of the kids. I'll put on mascara and change out of yoga pants, even if we're just hanging out together. Then we do little things like asking how each other's day went and caring about the answer. We also look for ways we can help each other throughout the week.

What actions does your family emphasize in being stewards of the Earth?

We try to be as eco-friendly as possible, including having lights on timers, conserving water and being kind to animals. I cannot stress how important it is to visit a farm and organic gardens and orchards with children so that they see where their food comes from. We can't take good food for granted.

In addition to a naturally healthy lifestyle, what else do you credit for your enduring youthfulness?

My secret is happiness. I've always said that as long as my laugh lines are deeper than my frown lines, I'm living a good life.

Gerry Strauss is a freelance writer in Hamilton, NJ. Connect at GerryStrauss@aol.com.

DEEP LISTENING

Our Wholehearted Attention
Is Our Greatest Gift

by Kay Lindahl

Perhaps one of the most precious and powerful gifts we give another person is to really listen to them with quiet, fascinated attention and our whole being; fully present. Deep listening occurs at the heart level, and we must ask ourselves how often we listen to each other so completely. Such listening is a creative force. We expand, ideas come to life and grow and we remember who we are. It brings forth our inner spirit, intelligence, or true self, and opens up the space for us to thrive.

Sometimes we have to do a lot of listening before another's inner being feels replenished. Some people just need to talk and go on and on, usually in a superficial, nervous manner. This often happens because they have not been truly listened to. Patience is required to be a listening presence for such a person long enough that they get to their center point of tranquility and peace. The results of such listening are extraordinary. Some would call them miracles.

Listening well takes time, skill and a readiness to slow down to afford time



for reflection and to let go of expectations, judgments, boredom, self-assertiveness and defensiveness. When two people listen deeply to one another, we sense that we are present not only to each other, but also to something beyond our individual selves; something spiritual, holy or sacred.

Once we experience the depth of being listened to like this, we naturally begin to listen to be present with another. We notice what occurs when we interrupt someone and when we don't. We watch what unfolds when another stops speaking and we ask, "Is there anything else?"

Listening is an art that calls for practice. Imagine if we all spent just a few minutes each day choosing to practice the art of listening; of being fully present with the person we are with. Being truly listened to and understood yields a sigh of contentment and joy.

Kay Lindahl, of Long Beach, CA, is the author of The Sacred Art of Listening, from which this was adapted with permission from SkyLight Paths Publishing.

Effective Listening Practices

by Kay Lindahl

Pay attention to the environment. Stop other activities to listen. Clear your desk. Turn off background noise or move to a quiet corner.

Be present. Listen with an open, appreciative and curious mind rather than evaluating what's being said. Put your own agenda aside.

Stop talking. One person speaks at a time without interruption.

Listen for understanding. No one is required to agree with or believe what they hear. Let empathy and compassion take the lead; put yourself in their shoes.

Ask for clarification. It can help a listener understand what's being expressed.

Pause before speaking. Allow the speaker to complete their thought, and then wait a few seconds before responding. Also ask, "Is there anything else?" There almost always is.

Listen to yourself. Inquire of your inner voice, "What wants to be expressed next?"

Signal that they've been heard. Encouraging body language includes empathetic facial expressions, nodding and sympathetic postures.

Adapted from The Top Ten Powerful Listening Practices on the author's website SacredListening.com.

Depression

Anxiety

Can't Focus

Brain Fog



Mood Enhancer
can help you



liteon Natural Health Center

Powerful, Positive Healing for Life

BACK to BASICS Health Program \$164

One month supply of GENESIS Wheatgrass
Vitamin Test
Breast Cancer Thermography Screening
Review of Thermography and Vitamin Test Results

* Mr. Ted George, CPHC, Certified Natural Health Consultant and Nutritional Health Practitioner

SAUNA & Whole Body Vibration

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

CANCER Wellness Program \$440

The CURE TO CANCER is prevention. The BEST OPTION if diagnosed with cancer is restoring normal circulation, inflammation, nutrition, elimination, and pH. Balance nutrition, reduce acid, detox, open lymphatic pathways, reduce stress and anxiety, restore body chemistry, increase oxygen levels, reduce inflammation.

\$440 6-Week Program

18 Infrared Sauna*
18 Whole Body Vibration*
3 Red Light Therapy with Zerona*
12 Foot Detox*
12 Antioxidant Treatments*
15 Water/Lymphatic Massage*
2 Thermograms & 1 Vitamin Test*
9 pH Acid Testing & Body Comp*

INDIVIDUAL FULL PRICE: \$5,410

\$612 10-Week Program

27 Infrared Sauna*
24 Whole Body Vibration*
9 Red Light Therapy with Zerona*
21 Foot Detox*
20 Antioxidant Therapy*
20 Water/Lymphatic Massage*
2 Thermograms & 1 Vitamin Test*
12 pH Acid Testing & Body Comp*

INDIVIDUAL FULL PRICE: \$6,850

Water Massage Therapy

2 Sessions Water Massage Therapy: \$70
4 Sessions Water Massage Therapy: \$120
8 Sessions Water Massage Therapy: \$190

DERMOSONIC Cellulite Reduction

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

Doctor Visit and Office Consultation

General Question and Office Consultation: \$120
General Question, Labwork, and Imaging: \$260

* Dr. Steven T. Castille, BS, MS, DNM, Doctorate in Natural Medicine and Integrative Medicine Practitioner

RESTORE Health Program \$340

\$340 6-Week Program

14 Infrared Sauna*
18 Whole Body Vibration*
12 Foot Detox & 2 Inversion Therapy*
12 Hydration Therapy*
9 Water/Lymphatic Massage*
2 Thermograms and a Health Coach*
6 pH Acid Testing & 1 Vitamin Test*

INDIVIDUAL FULL PRICE: \$2,410

\$493 10-Week Program

20 Infrared Sauna*
24 Whole Body Vibration*
18 Foot Detox & 4 Inversion Therapy*
17 Hydration Therapy*
12 Water/Lymphatic Massage*
2 Thermograms and a Health Coach*
9 pH Acid Testing & 1 Vitamin Test*

INDIVIDUAL FULL PRICE: \$4,190

Thermography Medical Imaging

Breast Cancer Screening: \$60
Full Body Thermography Exam: \$94
Full Body Exam with Full Labs: \$325

Zerona Laser Lipo Treatment

6 Zerona Treatments: \$675
12 Zerona Treatments: \$850
18 Zerona Treatments: \$1100

Infrared Body Wrap

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

Ionic Foot Detox

1 Session Ionic Foot Detox: \$45
2 Sessions Ionic Foot Detox: \$80
4 Sessions Ionic Foot Detox: \$150

Massage Therapy

1 Massage Therapy Session: \$69
2 Massage Therapy Sessions: \$125

BODY REBOUND Weight Loss Program

\$340 6-Week Program

14 Infrared Sauna*
18 Whole Body Vibration*
6 Foot Detox*
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- 1 Vitamin Test
- 4 Sessions with Personal Trainer*
- 2 Thermograms*
- 6 pH Acid Testing & Body Comp*

INDIVIDUAL FULL PRICE: \$2,184

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- Dr. Steven T. Castille

YOUR MOUTH TELLS A STORY

Functional Dentistry Connects Oral Health to Sleep Apnea and Heart Disease

by Linda Sechrist

The focus of functional medicine—whole person health care—easily expands to include dentists trained in oral systemic health. Currently embraced by a small percentage of today's farsighted dentists and doctors, this relatively new field of prevention and wellness views the mouth as a key portal when considering the status of the whole body. Similar to the way doctors of Oriental medicine assess the heart's pulse to help diagnose health issues throughout the body, these systemic health dentists consider the gums, tongue, teeth and throat to be key signals of overall health.

American Academy for Oral Systemic Health (AAOSH) Executive Director Bobbie Delsasso was a periodontal hygienist for more than 30 years before becoming a consultant and public speaker on the larger perspective. "I taught patients about the importance of good nutrition and alerted them to consult their physician regarding what their mouth health might indicate about their body's health," she says. While the academy educates dental professionals to understand the internal workings of nutrition and what the mouth reveals about overall well-being, "Less than 6 percent of physicians even learn adequate basics of nutrition in medical schools," she notes.

Cardiovascular Health Links

Beyond nutrition, academy curricula for dentists now include such titles as Arteriology and Vascular Inflammation – The Oral/Systemic Connection, based on a course designed for medical professionals

by physician Bradley Bale and Amy Doneen, an advanced registered nurse practitioner, co-founders of the Bale/Doneen Method for the prevention of heart attack, stroke and diabetes. Mike Milligan, a doctor of dental medicine, founder of Eastland Dental Center, in Bloomington, Illinois, and AAOSH president, explains that heart attack and stroke are triggered by an inflammatory process which can be initiated or exacerbated by periodontal disease and abscessed teeth.

Thomas Nabors, a doctor of dental surgery and an authority in molecular analysis and genetic risk assessment for periodontal diseases, provides clinical proof that supports the growing association between medicine and dentistry. "Since our inaugural



AAOSH conference [in 2010], Bradley, Amy and Tom have continued to provide the current science and clinical backdrop to the oral/systemic connection to cardiovascular wellness," says Milligan.

Respiratory Health Links

Other vital advances in oral systemic health involve treating airway concerns such as snoring and sleep apnea. "Snoring is typically caused by muscles and tissues relaxing in the throat and mouth, resulting in decreased space in the airway passage and vibration of tissues. Eventually, individuals can develop sleep apnea, which can also result in hypertension and other problems," advises Milligan.

In sleep apnea, the sleeper's breathing pauses often or produces hypopnea, slowed or shallow breathing for 10 or more seconds at a time. Fewer than five episodes per hour is normal, with five to 15 considered mild apnea, 15 to 30 moderate and more than 30 severe.

Although 20 percent of Americans may have sleep apnea—typically associated with insomnia, tiredness and less oxygen in the body—95 percent of affected individuals go undiagnosed.

To help, Milligan suggests that before going to bed we lower the thermostat in the bedroom and avoid drinking alcohol, smoking, watching television or working on a computer.

Improved breathing helps assuage snoring, sleep apnea, asthma, hay fever and nasal congestion. Milligan cites Patrick McKeown's work, explained in his book *The Oxygen Advantage*.

An authority on the Buteyko Breathing Method, McKeown explains how improved breathing dramatically improves oxygenation, releases more energy and supports lifelong health and well-being.

Muscle retraining using orofacial myofunctional therapy can help prevent sleep apnea and also abate temporomandibular joint disorders. This new field is concerned with orofacial functional patterns and postures when teeth are apart, their status 95 percent of each day and night. It also retrains muscles to keep the tongue at the roof of the mouth and the lips together to prevent breathing through the mouth, correct swallowing function and eliminate poor oral habits such as thumb sucking.

Three mechanical treatments for

sleep apnea include mandibular advancement oral devices used to move the lower jaw forward, a continuous positive airway pressure machine to aid airway functioning, or surgery, which is the last resort. "The real opportunity for catching and preventing this is with children 5 to 10 years old, when their jaws are developing," says Milligan.

He further cites links discovered between the mouth and brain. "Oral spirochetes, which normally live in the mouth, have been found in the brains of Alzheimer's patients. Dr. Judith Miklossy, from the International Association for Alzheimer's, spoke at an AAOSH conference about the link between oral bacteria and dementia, and Garth Ehrlich, Ph.D., professor of microbiology, immunology and otolaryngology at Drexel University College of Medicine, addressed rheumatoid arthritis and certain types of cancers.

All of these links are more than enough reasons why good oral hygiene is essential to good health," says Milligan.

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



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Ancient Grains for Modern Palates

Gluten-Free and Eco-Friendly
Grains Gain Favor

by Judith Fertig

Ancient grains are making a comeback. Grown since Neolithic times about 10,000 years ago, varieties of barley, corn, millet and rice have helped assuage the hunger of many communities. Today, yellow millet, dark red whole-grain sorghum, brown quinoa and exotic black rice can help alleviate food shortages.

According to Harry Balzer, an expert surveyor of food and diet trends with The NPD Group, concerns about grains and gluten have prompted about a third of Americans to try to cut back on both since 2012. About 1 percent of the population has celiac disease, estimates the Celiac Disease Foundation, but many more prefer not to eat gluten. Many ancient grains are naturally gluten-free, including amaranth, buckwheat, millet, quinoa, rice and teff.

"Some think that a grain-free way of eating is healthier and also better for the planet," says food writer Maria Speck, of Cambridge, Massachusetts, author of *Ancient Grains for Modern Meals* and *Simply Ancient Grains*. "But that may be too simplistic, a characteristic of many diet trends."

Better for Our Health

Whole grains fill us up and provide fiber, both necessary for maintaining optimum digestion and weight, says Kathleen Barnes, a widely published natural health expert in Brevard, North Carolina.

Eating more whole grains has been previously associated with a lower risk of major diseases such as Type 2 diabetes and cardiovascular disease, based on studies by the University of Minnesota and Lund University, in Sweden. Qi Sun, assistant profes-

Natural Awakenings recommends using organic and non-GMO (genetically modified) ingredients whenever possible.

sor in the Harvard School of Public Health department of nutrition, agrees that whole grains are one of the major healthful foods for prevention of major chronic diseases. He's the lead author of a new Harvard study of data associating consumption of whole grains with a 9 percent reduction in overall mortality and up to 15 percent fewer cardiovascular fatalities during two 25-year-long research initiatives that followed 74,000 women and 43,000 men. The researchers cited substituting whole grains for refined grains and red meat as likely contributors to longer life.

"Whole grains are nutritional powerhouses, packed with vitamins, minerals, antioxidants, beneficial fiber and even some protein," observes Speck. With a German father and a Greek mother, she grew up in two cultures where grains are a part of everyday meals. "We eat them because they taste good."

Better for Local Farmers

Sourcing and eating more organic and GMO-free whole grains (absent modified genetics) can help support local farmers, Speck maintains. Choose barley from Four Star Farms, in Mas-

sachusetts; heirloom grits from Anson Mills, in South Carolina; quinoa from White Mountain Farm, in Colorado; or heirloom Japanese rice from Koda Farms, in California.

Better for the Planet

Ancient grains require fewer natural resources to plant, grow and harvest. According to the Water Footprint Network, a pound of beef, millet and rice require 1,851, 568 and 300 gallons of water, respectively, to produce.

Substituting grains in diets is a sustainable alternative to meat, and they grow on grasslands that now inefficiently support livestock. According to University of Cambridge Professor of Engineering David MacKay, it takes about 25 times more energy to produce one calorie of beef than one calorie of natural grain.

Ancient grains can add variety and flavor to meals and a wealth of them are as close as the gluten-free aisle of a neighborhood grocery or health food store.

Judith Fertig blogs at AlfrescoFoodAndLifestyle.blogspot.com from Overland Park, KS.

Favorite Ancient Grains

by Maria Speck

It's best to cook up a batch of ancient grains ahead on the weekend for use during a busy week. To inject more color and flavor, add a pinch of saffron to turn the cooking water golden, or cook the grains in pomegranate juice. Cooked grain keeps in the refrigerator for up to seven days, ready to enhance salads, soups, yogurt or desserts.

Amaranth. The seed head of pigweed, amaranth can be baked into a custard or added to a soup. Grown by the Aztecs, iron- and protein-rich amaranth can be popped raw in a skillet like popcorn, and then added as garnish to soups and salads.

Buckwheat. The seeds of a plant related to rhubarb and grown in northern

climates, buckwheat can be ground into flour for savory French crepes or simmered whole in soup.

Quinoa. Grown at high altitudes, quinoa has become a popular addition to salads or yogurt, as well as its own side dish.

Millet. A tiny, drought-tolerant grain, millet can be added to bread dough for texture or cooked as a healthy breakfast with toasted almonds and cardamom.

Teff. From Ethiopia, the flour of this tiny grain is fermented and used to make the flatbread known as *injera*. Try a teff waffle with caramelized pineapple.

Source: Adapted from [Simply Ancient Grains](#) by Maria Speck.

WHEATGRASS RESEARCH

Wheatgrass has Protective Effect on Blood in Breast Cancer Patients During Chemotherapy

Wheat grass juice may improve hematological toxicity related to chemotherapy in breast cancer patients: a pilot study.

Bar-Sela G, Tsalic M, Fried G, Goldberg H. Nutr Cancer. 2007;58(1):43-48.

Background: Chemotherapy has greatly improved our ability to treat cancer, but the treatment comes with a physical cost. One of the most troubling and dangerous side effects of chemotherapy is hematological toxicity. Chemotherapy is designed to kill human cells. Ideally it would kill just cancer cells, but the chemotherapeutic drugs are not always that selective and may destroy healthy, important cells. One of the most commonly affected cells are those of the blood. When chemotherapy destroys red and white blood cells and platelets, it causes anemia, immune system deficits, and blood clotting disorders, respectively.

Clinical Study: Cancer researchers in Israel studied the effect that wheatgrass juice has on patients undergoing chemotherapy for breast cancer. They followed 60 patients receiving cytotoxic (cell-killing) chemotherapy; approximately half the patients received wheatgrass juice and the other half simply received routine care. Significantly fewer patients in the wheatgrass juice group had serious events of blood toxicity than the standard care group. The wheatgrass juice group had fewer instances of neutropenic fever, leucopenia with infection, and prolonged neutropenia (low white blood cells). Hemoglobin levels were negatively affected by chemotherapy in both groups, but to a much lower degree in the wheatgrass juice group. Patients taking wheatgrass needed fewer drugs to support blood cell number and function. The one reported side effect of wheatgrass juice was that a majority of patients had difficulty consuming the juice because of its strong odor and taste. This led to increased nausea.

Conclusion: Wheatgrass juice, when taken along with chemotherapy, helped maintain healthier levels of blood cells and reduced the need for additional supportive medications. The use of wheatgrass juice may be limited because of the strong flavor of the substance in its raw state.

natural awakenings **Wheatgrass**



Mindful Minutes for Little Ones

Yoga Helps Kids Focus and Relax

by Julianne Hale

American kids' school, after-school and weekend schedules now rival the hectic pace of their multitasking parents. Like their adult counterparts, youngsters need time to decompress from the pressures of life and be present in their own skin, and yoga provides the tools to accomplish this.

Most adults take to their yoga mat to create harmony in their body and mind, increase flexibility and balance, build muscle tone and strength, and because it makes them feel great. These same benefits apply to children as their developing bodies and minds respond to yoga on a deep level, both on and off the mat.

Start with Watching Breath

"Breathing and mindfulness practices are important for children," explains Mariam Gates, the Santa Cruz, California, creator of the Kid Power Yoga Program and author of *Good Morning Yoga* and the upcoming *Good Night Yoga*. "There is so much that children are not in control of in their everyday lives; to give them a way to physically

process their experience, to self-soothe and find their own internal source of strength, is crucial."

"Having kids experience simply paying attention to their breath as it comes all the way in and moves all the way out can serve them well in every area of their lives going forward," says Gates. In the classroom, it transfers to learning skills benefited by the ability to focus.

From toddlers to teens, children can have a difficult time processing and controlling their emotions, which are vital life skills. Carla Tantillo, founder of Mindful Practices, a Chicago-area wellness organization, has found that yoga and the practice of mindfulness help children express themselves in constructive ways. She observes, "In any situation, especially in communities where reactivity, impulsiveness

and violent solutions are modeled, yoga empowers children to pause and take a breath so they can own what's happened, move through it and move on."

"I like yoga because it makes me feel like there is calm all around me," says 8-year-old Biko Cooper.

Dee Marie, the Boulder, Colorado, founder and executive director of Calming Kids, a nonprofit program that integrates yoga into the classroom to foster a nonviolent atmosphere, says, "When a child learns through yoga how to feel a sense of themselves and begins to understand their self-worth and stand tall in their power, they can begin to regulate their breath and their emotions."

These invaluable skills stay with children through adulthood.

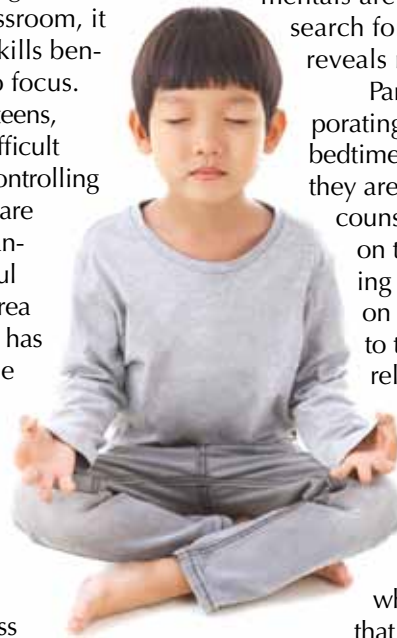
Step into Yoga Together

Educators are starting to take notice of yoga's benefits for children, including those with attention deficit disorders or autism, but yoga practice is still rare among school-age children. As encouragement, "Make it fun," advises Gates. "It's essential to create experiences that feel accessible and enjoyable for kids. They must feel empowered to do it themselves and take over the experience."

Six-year-old Carmen Wheeler likes doing yoga with her dad. "Yoga gets me feeling strong and it really calms me down," she says. Music can help children relax and focus during their practice. Soothing basic instrumentals are good to start; an Internet search for yoga music for kids reveals many options.

Parents can assist by incorporating yoga into a child's daily bedtime ritual. "Do whatever they are willing to do with them," counsels Marie. "Start by lying on the bedroom floor, doing stretches and focusing on breathing. Then move to the bed and teach some relaxation and visualization techniques."

Marie cautions parents against insisting that their child's yoga practice mirror their own. "We have to meet children where they are." Adults think that yoga has to look a certain



way, but sometimes children don't necessarily want to do the postures we're familiar with. The best teaching reaches each individual child in a way that resonates with them because yoga is a lifestyle, not an exercise regimen," she says. Yoga novices and parents that prefer specific guidance can take advantage of local studio classes for children and families or use DVDs, online streaming services and instruction books.

Kevin Day, age 5, regularly starts his days with a Boat pose. "I like it because you can do it with a friend," he says.

Lisa Flynn, the Dover, New Hampshire, founder and chief executive officer of ChildLight Yoga and Yoga 4 Classrooms, is optimistic about the future. "In 10 years, I envision social and emotional learning, yoga, and mindfulness integrated at every school and mandated by educational policy," she says. In addition to improved physical, social, emotional and cognitive health and wellness of the students, teachers and parents, she foresees "a positive shift in the overall school climate."

Julianne Hale is a freelance writer and Natural Awakenings franchise magazine editor in Cleveland, TN.



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ECO-FRIENDLY DATING

Going Online Makes it Easier

by Avery Mack

Americans are staying single longer these days. Instead of marrying in our early 20s like in the 1960s, today we're more likely to be upwards of 27 before committing. Careers and family obligations are among the factors causing delays, allowing couples to learn what really matters before they walk down the aisle.

"A good partner is someone that encourages you to be your authentic self," says Jill Crosby, host of the online dating website *NaturalAwakeningsSingles.com* from Mount Shasta, California. "There are always some compromises, but similar core values and respect for each other make a good relationship even better."

Online dating isn't just for the unmarried, post-college crowd. Widowed and divorced singles also find it a good way to ease into a renewed social life. According to a Northwestern University study, typical benefits include access to professional matching, a wider range of singles and better communications with potential partners.

Identifying Candidates

Dates can still spring from chance meetings, fix-ups by friends and family or workplace encounters, but these generally have the same success rate as

finding the proverbial needle in a haystack. Adding must-have characteristics such as an eco-friendly lifestyle might land an aspirant in the shallow end of the dating pool unless it is pre-screened by a conscious dating site.

Discovering a potential partner via a dedicated online site enables members to refine their list of desired attributes versus deal-breakers, modifying their own profile accordingly. Elements of success stories usually include both prospects keeping an open mind while exploring a mutually compatible dating site. Honest communication is the most vital link in this get-to-know-you venue, but the goal is to meet, not become pen pals.

When interest proceeds beyond onsite messaging, texting may follow, which tends to diminish fears of saying the wrong thing that could delay or prevent a more in-depth reply. Textpert, a free app that crowdsources text messages, comes to the rescue with suggested responses by other members to help anyone encountering writer's block.

Distance Hurdles

Long distance isn't often a deterrent when love is right. A California vegan that spent four years on multiple vegan dating sites found her match

thousands of miles away in New York through *NaturalAwakeningsSingles.com*. When an eventual first meeting is more than a quick coffee date, prior Skype or FaceTime chats can confirm that the photo is current and messages were more than pickup lines.

"Technology has made a tremendous difference in price, accessibility and reach," says Crosby. "Members now post selfies as headshots, shoot their own videos and can access potential matches anywhere in the world."

Discerning Kindred Spirits

Not all online relationships are love matches. Sometimes it's enough to find like-minded people. "*NaturalAwakeningsSingles.com* is a safe place to talk about spiritual awakening without someone looking at you like you have three heads. I've met a number of people who speak my language," says Sharmaine Monteith, a sales manager in Edmonton, Alberta, Canada. "When people care about the environment, it changes who they are and how they live. My profile maps my beliefs and my heart."

A University of Chicago study asked 20,000 people that married between 2005 and 2012 how they met. One third said online; half used another kind of dating service. Another telling statistic showed that those that met at work, in a bar or by blind date were 25 percent more likely to divorce. Researchers think this is because online daters know each other better before meeting. When folks fudge a bit in their profile, it's mostly about weight and height.

Green Hot Spots

"It's easier to find a vegan date in the produce aisle of the grocery store than at the beach," advises April Masini, a New York City author of four relationship books and the *AskApril.com* advice column. "Whether you're looking in person or online for dates, focus on the areas where you'd naturally find others who are green like you." Community gardens, river cleanups and Earth Day celebrations spring to mind.

Make a green impression by wearing clothing made of sustainable fabrics and offering a small gift of a

fair trade item, organic chocolates or native wildflower bouquet. The choice of going to a locally sourced restaurant will include an eco-friendly ride to get there.

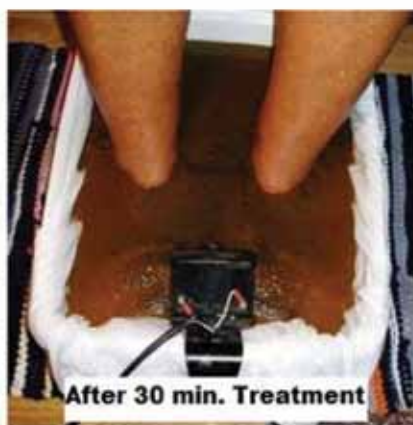
A 2014 study by the U.S. Bureau of Labor Statistics found that 50 percent of Americans over the age of 16 are unmarried—yet most believe marriage is extremely important. With all the people still looking for love, online meet-ups can dramatically improve success.

Connect with the freelance writer via AveryMack@mindspring.com.

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

Source: www.cancer.org



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Drug Emporium, Tel: 261-0051

Road Less Traveled, Tel: 988-9889

fitbody



Gliding Across Snowscapes

Cross-Country Ski to Explore Winter's Wonders

by Randy Kambic

While downhill Alpine skiing offers spurts of intense action in-between times spent driving to and from resorts and standing in line at lifts, all that's needed for Nordic cross-country skiing is a few inches of snow and strap-on skis to transform any nearby park, wooded trail or spacious backyard into a quiet, serene eco-playground. The similar dry-land recreation of Nordic walking that uses poles can be enjoyed year-round.

Ski Season Techniques

Both the standard Nordic form of what's also known as free-heel skiing and the more challenging Telemark style, able to incorporate hilly terrains, have northern European roots. Cross-country skis are longer and thinner than downhill versions. Instead of placing the entire foot in a bulky, stiff boot affixed to an alpine ski, only the toe section of a sneaker-like boot adheres to a cross-country ski, enabling a fuller gliding motion.

Gliding over relatively flat terrain while leaning slightly forward, it's important to keep weight evenly distributed over both skis. Continuously moving

ahead in a left-right-left-right motion with a long gait creates a full-body workout as each opposing arm plants a pole and pushes on it to carry the skier into the next step.

Cross-country skis aren't made for sudden stops, so stay alert; gentle, side-to-side skidding employing both legs or turning the front of both skis inward to form a triangle effects stopping. With experience, the skis can be used more like long ice skates, pushing both ahead and outward on them to move slightly faster on wide, groomed, flat surfaces.

Vermont native Bill Koch, the only American to win an Olympic cross-country ski medal—silver at the 1976 Innsbruck Games—helped popularize the recreational sport in America. On February 20, the 2016 Slumberland American Birkebeiner, North America's largest annual cross-country ski race, is expected to attract about 10,000 participants on a 55K course from Cable to Hayward, Wisconsin (*Birkie.com*).

Any Season Warm-ups

"Many of the movement patterns of Alpine and Nordic skiing are similar,"

explains Michael Wood, chief fitness officer of Koko FitClub (*KokoFitClub.com*), which is reflected in a new eight-week Snow Sports program at many of its 130 locations in 30 states. "Our Smartraining equipment offers more than 100 different exercises, many of them ideal for preparing for cross-country skiing, like the squat, hip extension, and trunk and hip rotation."



For post-ski stretching, he and club coaches often recommend yoga-type flows like downward dog, child pose and the one-legged pigeon move. "We like to customize programs to enhance dynamic stretching, intensive knee analysis and specific routines to improve individual performance," says Wood.

Winter Weight Loss

Outdoor winter recreation can help shed pounds. Harley Pasternak, a celebrity trainer, nutrition expert and author, recently reported in *Health* magazine, "Being outdoors in the cold air enables your body to burn more calories as it makes an effort to warm up. When you're chilled, you shiver and shake, which is your body's way of warming itself by increasing its resting metabolic rate."

Pasternak says that spending time outdoors in cold weather can increase calories burned by as much as 30 percent and advises, "Take up ice skating, cross-country skiing or snowshoeing."

Anytime, Anywhere Walking

Nordic walking, launched in Finland in the late 1990s and since spread through-

out Europe, incorporates some motions similar to cross-country skiing. Walking while using special poles on dry land or at the beach extends associated health and fitness benefits year-round. Initiated 11 years ago, the American Nordic Walking Association (*anwa.us*), based in Palisades, California, conducts classes and other events nationwide.

Founder, president and master coach Bernd

Zimmerman reports significant growth in its popularity in recent years. "Both cross-country skiing and Nordic walking are great full-body workouts that use 90 percent of your muscles and treat both the upper and lower parts of the body like machines."

Suitable for all ages, including those that have balance or health issues or can't run anymore, the walking poles act as extensions of the hands. Their rubber or metal tips work on any surface, such as streets, sidewalks, gravel, sand, dirt or grass. Compared to regular walking, Zimmerman says the Nordic style burns up to 40 percent more calories, tones the arms and upper body, reduces stress on knees and joints, and safely boosts the intensity of exercises to yield additional heart and lung benefits.

Ski and general sports equipment retailers that sell and rent equipment also host informative clinics. Check out local retailers for local ski club group outings.

Randy Kambic is an Estero, FL, freelance writer and editor, including for Natural Awakenings.

Detoxifying Foot Bath

It all starts when you put your feet in the water. But it doesn't stop when you take your feet out.

The detoxifying foot bath produces a charge which stimulates the cells within the body. The positive and negative charges in the water allow the body to attract and use the negative ions to rebalance and release toxins. This allows for the release of these toxins through the 4,000 pores in the feet. Your body will continue to detoxify for up to 48 hours after treatment.

Water is of particular importance to the functional performance of the body. Water makes up about two thirds of the body's weight, and it is used as a solvent in which chemical reactions take place— as a solvent for waste matter which passes out of the body in a solution; for transporting substances around the body (water is a major part of blood and lymph); and as a means of keeping cool. In the 1930s Dr. Royal Rife conducted research which concluded that certain electrical frequencies could prevent the development of disease, while other electrical frequencies can completely destroy certain viruses, bacteria and other pathogens.

How does it Work?

The foot spa contains water, a saline solution and an electro-magnetic device called an "array." You place your feet in the bath of lukewarm water that has a small amount of salt added, in the form of a solution, which aids the conductivity of the water. When the system is switched on, the array immersed in water creates a series of positive and negative ions – electrons. The body will absorb the electrons and a natural rebalancing of the cells in the body will take place.

While you are relaxing, the water will immediately start to change color as millions of ions enter your body and begin to neutralize tissue acid wastes. The color change and sediment you see in the water is produced by the ionization interaction of the current flow— the metal in the array and the toxins in the water and body. Negative and positive ions attract toxins and are released from the body via osmosis. This has a very effective way of cleansing the body from toxins. The benefits of the detoxifying foot bath are detoxification, stimulation and balancing of the body's energy meridians, and ATP production. ATP has natural body chemicals that extract energy from your food and makes it available for numerous physiologic functions in the body. You will feel great, sleep better and have more energy. If nothing else works you get a relaxing foot bath.



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Bird-Watching for Beginners

Start with a Bird Feeder and Binoculars

by Sandra Murphy



For those that love animals but can't provide a home to a domestic pet, wild birds are just outside the window. Between 50 and 60 million Americans list bird-watching as a hobby. To start, all we need is a bird feeder.

For safety and comfort, position feeders near a tree or bush at least 15 feet from windows. Scott Logan, an Audubon Society board member in Sherman Oaks, California, cautions, "Birds stay alert for predators. An unmarked window looks like an escape route. They won't see the glass." Products like Window Alert, a decal that reflects ultraviolet rays birds see but humans don't, can prevent a crash.

A book on local birds will describe the best food to attract them, whether residents or just passing through. Bluebirds love mealworms. Hummingbirds like floral nectars and orioles prefer citrus flavors. Cardinals and jays dine on sunflower seeds. Always provide unseasoned, unsalted seeds. In cold weather, also remember to hang homemade suet combining one part organic regular fat peanut butter with five parts organic, non-GMO (genetically modified) corn meal. Pour fresh water in the birdbath daily, change hummingbird nectar every three days and discard moldy seeds and old suet.

Feeding year-round doesn't interfere with migration, according to the Cornell Lab of Ornithology, in Ithaca,

New York. Migration, nest building, feeding a new family and staying warm in colder weather require substantial calories. "American goldfinches are social and will stay to eat," adds Logan. "Blue jays and titmouses are 'grab-and-go' birds."

Join in the Fun

In Arlington, Texas, Cathy Stein, owner of *EclecticDesignChoices.com*, will participate in the Great Backyard Bird Count this year from February 12 to 15 (Audubon.org/content/about-great-backyard-bird-count). "One easy resource for identifying birds is Merlin, the free app from Cornell Lab," says Stein. "Take the bird's picture, which is helpful in identifying details that can be overlooked or forgotten otherwise." Merlin works like facial recognition for birds, comparing eyes, beaks and tails to species in its database by location (Merlin.AllAboutBirds.org). Audubon's free app includes birdcalls (Tinyurl.com/AudubonFreeBirdApp).

Jon Weber-Hahnsberg, a 12-year-old volunteer at the Dallas Zoo, and his seven-member team won last year's statewide birding competition hosted by the Texas Parks and Wildlife Department by identifying 72 species in 12 hours. "Now I'm hooked," he says. "Outside the city, there are snowy egrets, waterfowl, hawks and owls to see."

National wildlife refuges managed by the U.S. Fish and Wildlife Service are suitable birding sites for both

novices and pros. Here are some tips for beginners.

Focus on big, easy-to-see birds. Sandhill crane tours are a hit in Mississippi and other Gulf Coast states (fws.gov/refuge/Mississippi_Sandhill_Crane).

Concentrate on birds that travel in flocks. Common redhead ducks migrate in great numbers to the Texas coast each winter (Tinyurl.com/LagunaAtascosaBirdlife).

Look for standouts, birds with characteristics that capture the imagination, like the speed of a peregrine falcon, large wingspan of a California condor or unusual color of Florida's roseate spoonbills. (Visit fws.gov/refuge/Cape_Mearns and fws.gov/refuge/JN_Ding_Darling.)

In Maine, see puffins at the only colony that allows visitors to go ashore for a close-up look (MaineBirdingTrail.com/MachiasSeallsland.htm). Not a

I think the most important quality in a birdwatcher

is a willingness to stand quietly and see what comes. Some people are very competitive in their birding. Maybe they'll die happy, having seen a thousand species... but I'll die happy knowing I've spent all that quiet time being present.

~Lynn Thomson, *Birding with Yeats: A Memoir*



refuge, ownership of the island has been disputed for two centuries.

Incredible Hobby

“Keeping a life list of birds you’ve seen, when and where, is not only fun,” says Nate Swick, author of the recent *Birding for the Curious*, in Greensboro, North Carolina. “It brings back memories of a time and place. Birding takes you places you wouldn’t think of. I’ve bird-watched in local landfills, as well as in India and Central America.” A particularly impressive sight was a shearwater, found 30 to 40 miles into the Atlantic Ocean off the North Carolina coast, a species that only comes to land during breeding season.

“Each bird has an incredible story,” he says. “Migrating birds that arrive exhausted and hungry after flying hundreds of miles will often look for local birds like chickadees that act as the welcome wagon, showing where food, water and a safe rest area can be found.”

Erika Zar, a catalog copywriter in Madison, Wisconsin, happened upon the nearby Horicon Marsh Bird Festival (HoriconMarshBirdClub.com/for-visitors). “Everyone seemed so meditative, hiking in quiet groups. It was peaceful,” she says. “Listing the birds they saw on checklists was like a scavenger hunt for adults.”

Zar immediately bought binoculars, but soon traded them for a better pair. “Bird-watching opened my eyes to a new world right in front of me,” she says joyfully. “I’d just never looked or listened closely enough before.”

Connect with Sandra Murphy at StLouisFreelanceWriter@mindspring.com.

Fine Feathered Facts

What to do with a stranded baby bird:

Tinyurl.com/OrphanedBabyBirds

Comparing bird and human vision:

WindowAlert.com/bird-vision

Find wildlife refuges by state:

fws.gov/refuges

Live bird cams:

Cams.AllAboutBirds.org



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(20 lbs / 4 inches / 5 Weeks)

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 Whole Body Vibration (PROGRAM 1), Infrared Sauna (120F), BF-4 (2 capsules 1x daily)
 Whole Body Vibration (PROGRAM 1), Infrared Sauna (120F), BF-4 (2 capsules 1x daily)

Week 2

Whole Body Vibration (PROGRAM 1), Infrared Sauna (140F), BF-4 (2 capsules 2x daily)
 Whey Protein Meal Replacement Drink (granola, pineapple, celery, yogurt, ice/water)
 Whole Body Vibration (PROGRAM 1), Infrared Sauna (140F), BF-4 (2 capsules 2x daily)
 Whey Protein Meal Replacement Drink (granola, pineapple, celery, yogurt, ice/water)
 Whole Body Vibration (PROGRAM 1), Infrared Sauna (140F), BF-4 (2 capsules 2x daily)
 Whey Protein Meal Replacement Drink (granola, pineapple, celery, yogurt, ice/water)

Week 3

Whole Body Vibration (PROGRAM 2), Infrared Sauna (140F), BF-4 (2 capsules 2x daily)
 Whey Protein Meal Replacement Drink (granola, pineapple, celery, yogurt, ice/water)
 Whole Body Vibration (H=24 L=12), Infrared Sauna (140F), BF-4 (2 capsules 2x daily)
 Rhodiola 300 mg (2 capsules 2x daily), Walk 30 mins (morning/evening)
 Whole Body Vibration (PROGRAM 2), Infrared Sauna (140F), BF-4 (2 capsules 2x daily)
 Whey Protein Meal Replacement Drink (granola, pineapple, celery, yogurt, ice/water)

Week 4

Whole Body Vibration (PROGRAM 3), Body Wrap (140F), BF-4 (2 capsules 3x daily)
 Whey Protein Meal Replacement with Rhodiola 300 mg and Folic Acid 800 mcg
 Whole Body Vibration (H=54 L=14), Body Wrap (140F), BF-4 (2 capsules 3x daily)
 Whey Protein Meal Replacement with Rhodiola 300 mg and Folic Acid 800 mcg
 Whole Body Vibration (PROGRAM 3), Body Wrap (140F), BF-4 (2 capsules 3x daily)
 Whey Protein Meal Replacement with Rhodiola 300 mg and Folic Acid 800 mcg

Week 5

Zerona 40 mins, Whole Body Vibration (PROGRAM 3), Body Wrap (150F)
 Whey Protein Meal Replacement with Rhodiola 300 mg and Folic Acid 800 mcg
 Zerona 40 mins, Whole Body Vibration (PROGRAM 3), Body Wrap (150F)
 Whey Protein Meal Replacement with Rhodiola 300 mg and Folic Acid 800 mcg
 Zerona 40 mins, Whole Body Vibration (PROGRAM 3), Body Wrap (150F)
 Whey Protein Meal Replacement with Rhodiola 300 mg and Folic Acid 800 mcg
 Zerona 40 mins, Whole Body Vibration (PROGRAM 3), Body Wrap (150F)
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~ James

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The Hidden Deficiency

Having the proper amount of iodine in our system at all times is critical to overall health, yet the *American Journal of Clinical Nutrition* finds that iodine deficiency is increasing drastically in light of an increasingly anemic national diet of unpronounceable additives and secret, unlabeled ingredients. This deficit now affects nearly three-quarters of the population.

Causes of Iodine Deficiency

	Radiation Almost everyone is routinely exposed to iodine-depleting radiation
	Low-Sodium Diets Overuse of zero-nutrient salt substitutes in foods leads to iodine depletion
	Iodized Table Salt Iodized salt may slowly lose its iodine content by exposure to air
	Bromine A toxic chemical found in baked goods overrides iodine's ability to aid thyroid
	Iodine-Depleted Soil Poor farming techniques have led to declined levels of iodine in soil

A Growing Epidemic

Symptoms range from extreme fatigue and weight gain to depression, carpal tunnel syndrome, high blood pressure, fibrocystic breasts and skin and hair problems. This lack of essential iodine can also cause infertility, joint pain, heart disease and stroke. Low iodine levels also have been associated with breast and thyroid cancers; and in children, intellectual disability, deafness, attention deficient hyperactivity disorder (ADHD) and impaired growth, according to studies by Boston University and the French National Academy of Medicine.

What to Do

The easy solution is taking the right kind of iodine in the right dosage to rebalance thyroid function and restore health to the whole body.

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Body Wrap	30 mins: \$45	1 hour: \$90
Ion Foot Detox	30 mins: \$45	(2) 30 min sessions: \$80
Hydration Therapy	30 mins: \$45	1 hour: \$90
Massage Therapy	60 mins: \$69	90 mins: \$89
Slimpod Slimming/Detox	30 mins: \$45	1 hour: \$70
Dermosonic Cellulite	1 treatment: \$45	6 treatments: \$180
Zerona Fat Laser Treatment	6 treatments: \$675	12 treatments: \$850
Dr's Office Visit (consultation)	30 mins: \$60	1 hour: \$120
Blood work (lab services)	1 test: \$94	2 tests: \$150
Vitamin Test	1 test: \$39	2 tests: \$65
Biofeedback	1 session: \$65	4 sessions: \$210
Air Cupping	30 mins: \$45	1 hour: \$70
Personal Trainer (DHARMA Gym)	30 mins: \$35	1 hour: \$65
Thermography Imaging	Full Body: \$145	Breast Only: \$95
pH Acid Testing & Body Comp	1 test: \$5	4 tests: \$15

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SPECIAL NOTE: Items with a "*" denote approximate number of sessions. Each wellness program is customized to the patient/client needs. We do not guarantee that you will receive the exact number of sessions listed - most programs are at least, sometimes more, and/or close to the number of sessions stated. All programs are based on calendar days and end once 6, 10, or 12 calendar weeks has passed from the beginning date of the wellness program.

Last Updated: 11/30/14

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Jump start your metabolism to put you on the path to fitness with the dual-action dietary support of Liteon Natural's Garcinia Cambogia. Native to Indonesia and grown throughout India and Southeast Asia, Garcinia cambogia (also known as tamarind) is a pumpkin-shaped fruit that has long been used in curries and other traditional Asian foods to make them more filling. Now it's gaining worldwide acclaim as a natural fat-buster because of the unique properties of



a compound known as hydroxycitric acid (HCA) found in the rind of the fruit. What makes HCA so helpful for weight management is that it 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. The net effect is to promote a healthy change in body composition by encouraging lean muscle development over fat storage—but that's not all. Garcinia cambogia also helps address stress-related appetite issues by supporting healthy serotonin and cortisol levels. Our veggie caps deliver 500 mg of guaranteed-potency Garcinia cambogia extract, standardized to 60% hydroxycitric acid content.

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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 prescrip-

tions and antibiotics. It is natural medicine that can be readily found in south Louisiana.

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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.

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166 Oak Tree Park Dr. #H, Sunset
(337) 662-3120



1077 Wisdom Rd., Opelousas
(337) 678-1500



858-B Kaliste Saloom, Lafayette
(337) 356-1251

Opening
March 2016

3 Days a Week - Up to 9 Treatments each Week

Restore Your Health

RESTORE Health Program

Carencro Office: 896-4141

Sunset Office: 662-3120

Whole Body Vibration Therapy

- improves lymphatic circulation
- improves blood circulation
- tones muscles
- burns fat with increased metabolism

Aqua - Hydro Massage Therapy

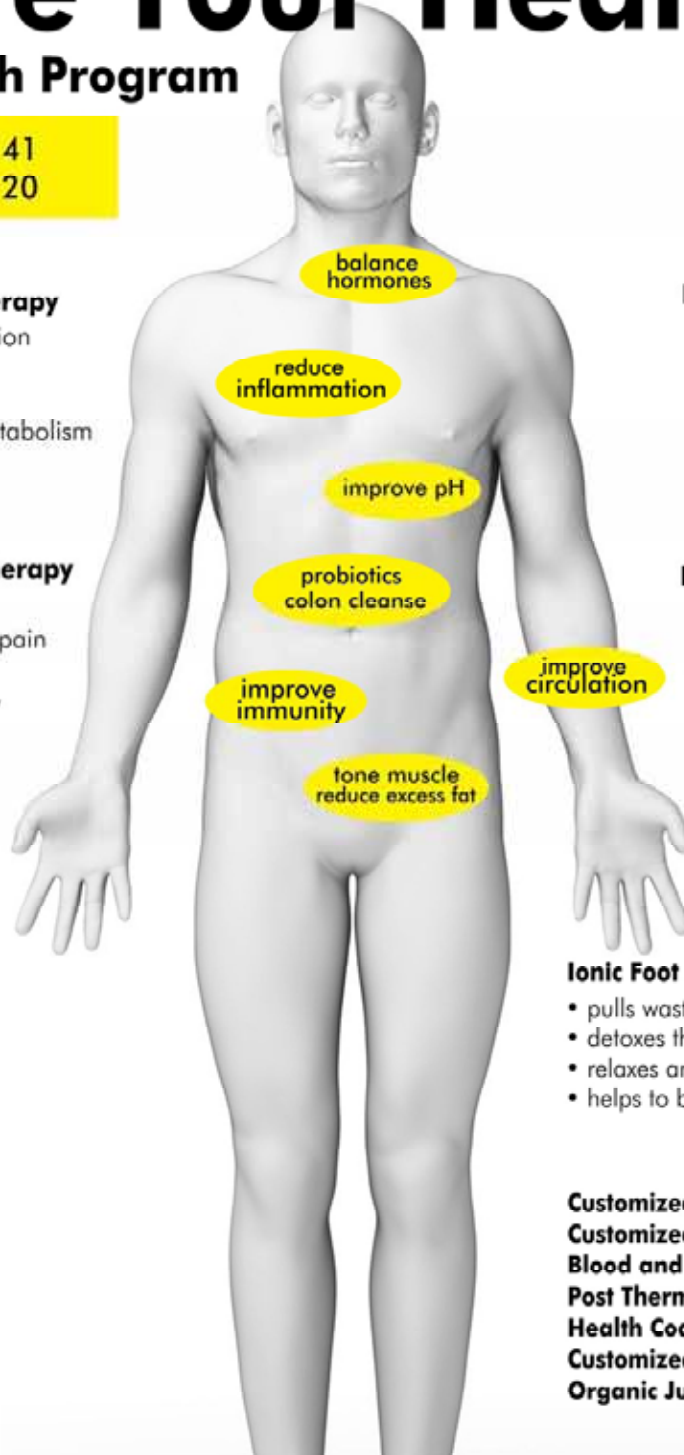
- lymphatic massage
- reduces inflammation and pain
- encourages blood flow
- relaxes and resets the body

Zerona Cold Laser Therapy

- reduces the size of fat cells
- destroys fat cell deposits
- improves metabolism

Biofeedback Therapy

- improves oxygen levels
- resets and relaxes the body
- improves self-awareness
- reduces stress and anxiety



Infrared Sauna Therapy

- open blood vessels
- destroys pathogens
- detoxes the whole body

Liquid Vitamin Hydro-Therapy

- speeds up repair of body cells
- reduces and balances pH
- destroys pathogens

Ionic Foot Detox Therapy

- pulls waste from kidneys, lungs, colon
- detoxes the lymphatic system
- relaxes and resets the body
- helps to balance acids in the body

Customized Vitamin Therapy Program

Customized Diet and Eating Plan

Blood and Labwork

Post Thermography Imaging Exam

Health Coaching

Customized Wellness Plan and Instruction

Organic Juicing

Your body can heal from most disease if given the correct nutrients at the right time in the correct amount. Healing must begin at a cellular level in the body. It requires proper circulation, consistent detoxification, inflammation cured, strong metabolism of nutrients, rest and reset, a balanced pH, a balance of probiotic digestion of foods and daily elimination in the colon (bowel movements),

6-Week RESTORE Health Program \$340 10-Week Program: \$493 12-Week Program: \$562

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.



AQUA 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.

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 THERAPY



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.

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.

RESTORE

Restore Your Health

A Customized Wellness Program to Rebuild Your Health



Do you have

anxiety
stress
heart disease
depression
cancer
high blood pressure
irritable bowel syndrome
chron's
acid reflux
diabetes
arthritis
inflammation
risk for stroke
risk for heart attack
constipation

These are the most common, costly, and preventable health problems.

Get A ONE DAY GUEST PASS

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Find out if a RESTORE Health Program is for you.


RESTORE MY HEALTH

Call 896-4141 Carencro office or 662-3120 Sunset office.

RESTORE Health Program

6 Weeks **\$340** 10 Weeks **\$493** 12 Weeks **\$562**

improves circulation, reduces inflammation, balances your nutrition, reduces pain, opens blood vessels and arteries, reduces acid, improves focus and mental health, balances digestion and bowel movements



From conception to death,
your body is a complex
series of chemical reactions.

Chemical reactions control
how we move, respond, and
heal.

Almost every disease and disorder can be healed if
the body is given the correct nutrients, in the correct
amount, at the correct time - this is chemistry.

CHEMISTRY

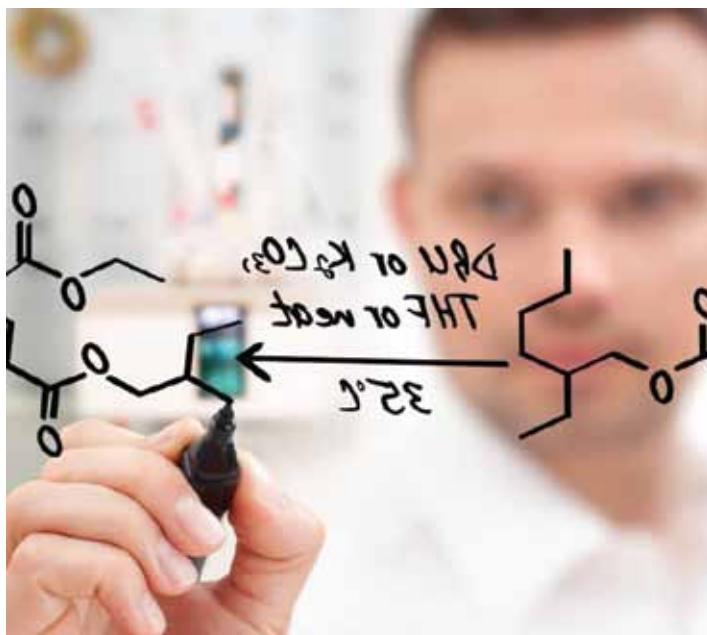
The Foundation for all Medicine and Nutrition

**How often have you heard a medical
professional say I do not believe in
natural medicine?**

This demonstrates a basic lack of understanding of
chemistry and traditional and natural medicine.
Approximately 30 - 40% of the prescription drugs in
use today are derived from naturally occurring plants
(natural medicine).

Dr.
Steve

*Educating You and Your Family In
Vitamin Therapy - Nutrition - Natural Medicine*



Let's be very clear about something – food is “medicine” for the body. It provides the vital chemicals needed to sustain all life at all levels of development, repair, and growth.

Chemistry is medicine — chemistry is nutrition and food. Chemistry is the fundamental building blocks in which food, medicine, and the human body is built. Atoms create molecules, molecules create cells, cells create tissue, tissue create organs, and organs create organ systems (the human body).

What is clinical chemistry?

Clinical Chemistry is the chemistry of human health and disease. It is also known as clinical biochemistry or chemical pathology, which is the study of chemical and biochemical mechanisms of the body in relation to disease, mostly through the analysis of body fluids such as blood or urine.

Clinical chemists use a wide range of analytical techniques for example, molecular diagnostics, measurement of enzyme activities, spectrophotometry, electrophoresis, the separation of molecules based on physical characteristics and immunoassays. The work involves manual techniques for which the biomedical scientist develops complex

practical and interpretive skills, through the operation and management of highly automated testing systems capable of producing thousands of results an hour. All assays are closely monitored and quality controlled.

Tests that require examination and measurement of the cells of blood, as well as blood clotting studies, are not included as these are usually grouped under hematology.

Modern Medicine

Medicine is a chemical compound or chemical preparation used for the treatment or prevention of disease, especially a drug or drugs taken by mouth. Most medicines today are made in laboratories and many are based on substances found in nature.

Sometimes a part of the body can't make enough of a certain substance, and this can make a person sick. When someone has type 1 diabetes, the pancreas (a body organ that is part of the digestive system) can't make enough of an important chemical called insulin, which the body needs to stay healthy.

If your body makes too much of a certain chemical, that can make you sick, too. Medicines can replace what's missing (like insulin) or they can block production of a chemical when the body is making too much of it.

Approximately 300,000 Americans die each year from the proper use of over-the-counter and prescriptions drugs. This exceeds deaths due to crack, handguns, and traffic accidents combined. Add to that figure the number of adult and child deaths attributable to over the counter and prescription drugs given outside of hospitals, and the figures are even worse. By contrast, most years nobody dies from the use of herbs, vitamins, natural medicines, or food.

CHEMISTRY

The Foundation for all Medicine and Nutrition

by Dr. Steven T. Castille

Chemical reactions guide almost all biological processes and dysfunctions in the human body. Enzymes and other catalysts trigger the body's essential processes and ions govern communication between cells. Organic molecules can cause many medical disorders, such as hemophilia, which stems from the lack of a specific organic compound in the blood. In many diseases there are significant changes in the chemical composition of body fluids such as the raised blood enzymes due to their release from heart muscles after a heart attack; or a raised blood sugar in diabetes mellitus due to lack of insulin. Tests are designed to detect these changes qualitatively or quantitatively compared to results from healthy people.

“Let food be thy medicine and medicine be thy food.”



~ Hippocrates. Hippocrates of Kos was a Greek physician of the Age of Pericles, and is considered one of the most outstanding figures in the history of medicine.

“The doctor of the future will give no medicine, but will interest her or his patients in the care of the human frame, in a proper diet, and in the cause and prevention of disease.”



~Thomas Edison. Thomas Alva Edison was an American inventor and businessman. He developed many devices that greatly influenced life around the world.

The Economic Benefit of Drug Therapy

Patent laws drive medicinal development. The replacement of herbs with synthetic drugs is a relatively new phenomenon, less than a century old, born largely out of economic opportunities afforded by patent laws. Drug companies can't typically patent commonly used plants, but they can develop patented, proprietary synthetic drugs, often reaping billions in sales. Since the 1940's, chemists employed by pharmaceutical companies have developed novel synthetic molecules which have replaced plant medicines, and are sold both over the counter and by prescription



Popular Drugs that Steal Nutrients

Depletion of nutrients is among the most common -- and overlooked -- side effects of both over-the-counter (OTC) and prescription drugs. Here's what happens: Medications can cause improper absorption of vitamins and minerals -- or they can accelerate the elimination of nutrients from the body. The consequences may range from bothersome symptoms, such as fatigue or stomach upset, to serious heart, muscle or nerve damage.

Most doctors are aware of some minerals that are depleted through the use of diuretics (water-excreting drugs). However, few doctors are aware of the dangers of nutrient depletion caused by many other types of medication, because the problem is not widely reported. Here are some popular drugs that deplete the body of nutrients.

ANTIBIOTICS

The most commonly prescribed antibiotics include azithromycin (Zithromax), amoxicillin (Amoxil), ampicillin (Omnipen), ciprofloxacin (Cipro), ofloxacin (Floxin) and erythromycin (Eryc).

Nutrients depleted:

- B vitamins. The B vitamins are essential for normal metabolism as well as immune and nervous system functioning.
- Vitamin K. This vitamin is critical for blood clotting and bone strength.
- "Friendly" intestinal bacteria known as *Bifidobacterium bifidum* and *Lactobacillus acidophilus*. Antibiotics kill not only harmful bacteria but also "good" bacteria that promote gastrointestinal health and help balance immune response.

If you are prescribed an antibiotic: Ask your doctor about

also taking a B-complex vitamin -- 50 mg, A vitamin K supplement - 60 micrograms (mcg) to 80 mcg, and probiotic supplements providing 15 billion live *B. bifidum* and 15 billion live *L. acidophilus* organisms daily. Special Note: If you're taking any medications, consult your doctor before changing your diet or beginning a supplement. In rare cases, increasing a nutrient may interfere with a drug's potency or worsen your condition.

In addition, eat more vitamin B-rich foods, such as beef liver, chicken, pork, fortified breads and cereals, whole-grain pastas, legumes, nuts, and dark leafy greens. To increase your intake of vitamin K, eat kale, collard, turnip, mustard greens, spinach, and broccoli.

Caution: Do not take vitamin K supplements or eat excessive amounts of vitamin K-rich foods if you take warfarin (Coumadin) or another blood-thinning drug.

For additional *B. bifidum*, eat more asparagus, garlic and/or onions, which stimulate growth of this friendly bacteria. *L. acidophilus*, yogurt containing live cultures is your best food source.

HIGH-CHOLESTEROL DRUGS

The most widely prescribed cholesterol-lowering "statins" include atorvastatin (Lipitor), simvastatin (Zocor), fluvastatin (Lescol), lovastatin (Mevacor) and pravastatin (Pravachol).

Nutrient depleted:

- Coenzyme Q10 (CoQ10). All cells require CoQ10 for the proper function of mitochondria (tiny energy-producing structures within the cells). The more energy a cell must produce, the more it depends on CoQ10. That's why cells of the heart, in particular -- because it is constantly beating -- require an abundance of CoQ10. Unfortunately, statin drugs, which effectively block the production of harmful cholesterol, also prevent CoQ10 production.

Some doctors worry that long-term use of statins may worsen heart failure. Studies have found that patients with chronic heart failure have lower CoQ10 levels, and that CoQ10 supplements may improve their heart condition. Signs of CoQ10 deficiency include fatigue and muscle weakness.

If you are prescribed a statin: Ask your doctor about taking 30 mg to 100 mg of a CoQ10 supplement daily. This nutrient also is available in some foods, including beef, chicken, salmon, oranges and broccoli.

PAINKILLERS

Millions of Americans take a nonsteroidal anti-inflammatory drug (NSAID), such as ibuprofen (Motrin, Advil), naproxen (Aleve), celecoxib (Celebrex) and nabumetone (Relafen), to help relieve arthritis and other inflammatory pain.

Nutrient depleted:

- Folic acid. Your body needs this water-soluble B vitamin to produce new cells and DNA and to synthesize and utilize proteins. Several large epidemiological studies have linked low folic acid levels to increased risk for colon, breast and pancreatic cancers.

Heart health is also affected by folic acid. As folic acid levels decline, levels of the amino acid homocysteine rise.

Studies suggest that elevated homocysteine can raise the risks for blood clots, heart attack and stroke. Low folic acid

levels may cause loss of appetite, irritability, weakness, shortness of breath, diarrhea, anemia, headaches, heart palpitations and a sore tongue. If you take an NSAID regularly (daily for at least one to two weeks): Talk to your physician about also taking 400 mcg to 800 mcg of folic acid daily. You also can get more folic acid by consuming fortified breakfast cereals, orange juice, spinach and other leafy greens, peas and beans.

BETA-BLOCKERS

Beta-blockers, such as propranolol (Inderal), atenolol (Tenormin), betaxolol (Betoptic S), carteolol (Cartrol) and labetalol (Normodyne), are commonly prescribed for high blood pressure or glaucoma.

Nutrients depleted:

- CoQ10. Not only does CoQ10 appear to improve cardiac function in patients with chronic heart failure, studies suggest that it also may prevent second heart attacks and possibly protect against Parkinson's disease.
- Melatonin. The hormone melatonin is essential for healthy sleep-wake cycles, and there's some early evidence that it may slow aging.

If you take a beta-blocker: Ask your physician about taking 30 mg to 100 mg of CoQ10 daily, and 1 mg to 3 mg of melatonin nightly, just before bed, if you have trouble sleeping.

ACE INHIBITORS

Angiotensin-converting enzyme (ACE) inhibitors, such as enalapril (Vasotec), benazepril (Lotensin) and ramipril (Altace), as well as angiotensin II receptor blockers (ARBs), including candesartan (Atacand) and irbesartan (Avapro), are prescribed for high blood pressure and heart failure, and to help prevent heart attacks in high-risk patients.

Nutrient depleted:

- Zinc. Zinc boosts immunity, and some studies have shown that it reduces the duration of cold symptoms. Zinc also is necessary for wound healing, strong bones and male potency, and it may help slow

the progression of age-related macular degeneration (AMD).

In a recent six-year National Eye Institute study involving 3,600 people with AMD, zinc and antioxidant supplements reduced the risk of developing advanced AMD by 25%.

If you take an ACE inhibitor or ARB: Ask your doctor about taking 50 mg to 100 mg of zinc daily and eating more zinc-rich foods, such as oysters, beef, dark-meat chicken, pork tenderloin, yogurt, milk, peas, beans and nuts. If you continue to take zinc indefinitely, do not exceed 50 mg daily.

Important: Many medications combine an ACE inhibitor or ARB with a diuretic -- for example, enalapril and hydrochlorothiazide (Vaseretic) is an ACE inhibitor plus a diuretic, candesartan and hydrochlorothiazide (Atacand HCT) is an ARB plus a diuretic.

If you're taking a combination drug, you'll need to compensate not only for zinc, but also for the electrolytes and nutrients excreted by the diuretic, including potassium, magnesium, thiamine (B-1) and calcium. Ask your doctor for advice.

DIABETES DRUGS

People with type 2 diabetes are often prescribed tolazamide (Tolinase), acetohexamide (Dymelor), glimepiride (Amaryl) or glipizide (Glucotrol) -- all sulfonylurea drugs. These medications stimulate the pancreas to produce more insulin, which lowers blood sugar.

Nutrient depleted:

- CoQ10. Diabetes more than doubles your chances of dying from heart disease or stroke -- and low CoQ10 levels exacerbate those risks.

If you're taking a sulfonylurea drug: Ask your doctor about supplementing with 30 mg to 100 mg of CoQ10 daily.

REFLUX DRUGS

Proton pump inhibitors, such as esomeprazole (Nexium), lansoprazole (Prevacid), omeprazole (Prilosec) and rabeprazole (AcipHex), are prescribed for chronic heartburn -- also known as gastroesophageal reflux disease (GERD) -- and ulcers.

Nutrient depleted:

- Vitamin B-12. Vitamin B-12 is essential for producing red blood cells and maintaining a healthy nervous system. Deficits may cause fatigue, dizziness, shortness of breath, diarrhea, tingling in the hands or feet, unsteady gait, nervousness, cognitive changes and even dementia. Vitamin B-12 is found in red meat, fish, eggs and dairy foods, but our bodies require stomach acid to release the vitamin from these foods. Proton pump inhibitors reduce the production of stomach acid, inhibiting the release and absorption of vitamin B-12.
- Iron. Low iron reduces the amount of oxygen your red blood cells can transport to body tissues, leaving you feeling weak and fatigued. A serious iron deficiency results in anemia. If you take a proton pump inhibitor: Ask your doctor about taking 500 mcg to 1,000 mcg of vitamin B-12 daily and for advice on the best way to increase your iron intake. Caution: Never take an iron supplement without consulting your physician -- excess iron can accumulate in your major organs and cause severe damage. Most people, however, can safely eat more iron-rich foods, including liver, beef, dark-meat chicken or turkey, legumes and fortified cereals.

The Most Prescribed Medications

Chemistry is the foundation for all drug medications (chemical compounds that create a chemical reaction in the body to facilitate a desired reaction). These are the best-selling prescription drugs in America, according to the research firm, IMS Health. They form the shadow of our nation's ailments. Among pharmaceutical industry watchers, the big news is that the top 10 drugs are generics, i.e. the ones Big Pharma makes little money on. For the casual observer, what stands out is that five drugs treat high blood pressure and by far the best-selling drug in this country is Vicodin. People are stressed out and hurting, apparently.



Drug	Prescriptions (millions)	Condition
Vicodin	131.2	Pain
Zocor	94.1	High cholesterol
Lisinopril	87.4	High blood pressure
Synthroid	70.5	Hypothyroid
Norvasc	57.2	High blood pressure
Prilosec	53.4	Acid reflux
Zithromax	52.6	Bacterial infection
Amoxicillin	52.3	Bacterial infection
Metformin	48.3	Diabetes
Hydrochlorothiazide	47.8	High blood pressure
Xanax	46.3	Anxiety
Lipitor	45.3	High cholesterol
Furosemide	43.4	High blood pressure
Metoprolol tartrate	38.9	High blood pressure
Ambien	38.0	Insomnia

The top 15 highest-grossing drugs treat a similar but not identical set of conditions, according to IMS. Three drugs treat heart disease and cholesterol. Three more treat depression and bipolar disorder. Arthritis and asthma each have two drugs in the top 15. Acid reflux, diabetes, anemia, cancer and pain round out the list. All of the medicines with the exception of Oxycontin are for chronic conditions.

Comparing the two lists, the most striking contrast is the revenue potential of mental health drugs, which don't get prescribed that often, but rank way up on the sales list. Lipitor is the only medication that makes both lists.

Drug	Sales (billions)	Condition	Scientific name
Lipitor	\$7.2	Heart disease/cholesterol	Atorvastatin
Nexium	\$6.3	Acid reflux	Esomeprazole
Plavix	\$6.1	Heart disease/cholesterol	Clopidogrel
Advair Diskus	\$4.7	Asthma	Fluticasone and salmeterol
Abilify	\$4.6	Mental health	Aripiprazole
Seroquel	\$4.4	Mental health	Quetiapine
Singular	\$4.1	Asthma	Montelukast
Crestor	\$3.8	Heart disease/cholesterol	Rosuvastatin
Actos	\$3.5	Type 2 Diabetes	Pioglitazone
Epogen	\$3.3	Anemia	Epoetin Alfa
Remicade	\$3.3	Arthritis	Infliximab
Enbrel	\$3.3	Arthritis	Etanercept
Cymbalta	\$3.2	Mental health	Duloxetine
Avastin	\$3.1	Cancer	Bevacizumab
Oxycontin	\$3.1	Pain	Oxycodone

Source: theatlantic.com

Naturopathy (natural medicine)



Naturopathic Medicine is a distinct health care system that combines modern scientific knowledge and traditional more natural forms of medicine that encourage an individuals' inherent self-healing process.

The fundamental goal of natural medicine is to bring the body back into balance using a whole body concept of mind, body, and spirit. The balance that we ultimately are describing is a balance of the body's chemistry where the body is free of disease, pain, or discomfort.

Nutrition

Nutrition is the most fundamental form of natural medicine and it is the study of how macronutrients and micronutrients (chemistry) affect the chemical processes of an individual and how attention to cellular nutrition can benefit overall health. A nutritionist pinpoints areas of nutritional deficiency and recommends a course of action to restore balance.

Both Naturopathy and Nutritional Medicine focus on ensuring the health of clients by focussing on the root cause of illness and building the health and well-being of a client rather than treating ailments. This is specifically done by identifying the chemical — nutrient deficiencies that cause the disease or imbalance. Here is a list of vitamins and minerals required to maintain good health.

VITAMINS

Vitamin A 900 micrograms (RDA)

Food Sources: Sweet potato, carrots, cantaloupe, spinach

Vitamin D 5 micrograms (AI)

Food Sources: Sunlight, fortified milk, eggs

Vitamin E 25 milligrams (RDA)

Food Sources: Plant oils, seeds, nuts, wheat germ

Vitamin K 120 micrograms (AI)

Food Sources: Leafy green vegetables, cabbage, vegetable oil

Thiamin (B1) 1.2 milligrams (RDI)

Food Sources: Whole and enriched grains, legumes, nuts

Riboflavin (B2) 1.3 milligrams (RDI)

Food Sources: Dairy, green leafy vegetables, cereals

Niacin (B3) 16 milligrams (RDI)

Food Sources: Milk, eggs, fish, cereals, nuts, enriched cereal

Vitamin B6 1.3 milligrams (RDI)

Food Sources: Fish, poultry, fruit, potato, whole grains, soy, fruit

Vitamin B12 2.4 micrograms (RDI)

Food Sources: All animal products

Folate 400 micrograms (RDA)

Food Sources: Green leafy vegetables, legumes, seeds, and grain

Pantothenic acid 5 milligrams (AI)

Food Sources: Found in most food

Biotin 30 micrograms (RDA)

Food Sources: Found in most food

Vitamin C 90 milligrams (RDA)

Food Sources: Citrus, cabbage, green vegetables, cantaloupe

MINERALS

Calcium 100 milligrams (RDA)

Food Sources: Milk, tofu, greens, legumes

Phosphorus 700 milligrams (RDA)

Food Sources: All animal tissue

Magnesium 420 milligrams (RDA)

Food Sources: Nuts, legumes, grains, leafy green vegetables

Iron 8 milligrams (RDA)

Food Sources: Poultry, shellfish, eggs, legumes, dried fruits

Zinc 11 milligrams (RDA)

Food Sources: Protein containing foods

Iodine 150 micrograms (RDA)

Food Sources: Iodized salt, seafood, bread

Selenium	55 micrograms (RDA)
<i>Food Sources: Seafood, whole grains, and vegetables</i>	
Fluoride	4 milligrams (AI)
<i>Food Sources: Fluorinated water</i>	
Sodium	500 mg – 2400 mg (RDA)
<i>Food Sources: Salt</i>	
Copper	900 micrograms (RDA)
<i>Food Sources: Seafood, nuts, seeds, whole grains</i>	
Chromium	35 micrograms (AI)
<i>Food Sources: Meat, unrefined grains, vegetable oil</i>	
Molybdenum	45 micrograms (RDI)
<i>Food Sources: Legumes, cereals, organ meats</i>	
Manganese	2.3 milligrams (RDA)
<i>Food Sources: Nuts, whole grains, leafy green vegetables</i>	
Potassium	2000 milligrams
<i>Food Sources: All whole foods: milk, fruits, vegetables, grains</i>	

Dietary Reference Intakes: Recommended Dietary Allowance (RDA), Recommended Daily Intake (RDI), and Adequate Intake (AI).

To maintain normal body chemistry your body requires that you get the following vitamins and minerals “consistently” every day.

“One day it will be possible that all disease can be prevented or reversed at the molecular level.”

~ Dr. Steven T. Castille

Pharmaceutical Drugs from Plants

How often have you heard a medical professional say “I don’t believe in natural medicine.”? This demonstrates a basic lack of understanding of chemistry and traditional and natural medicine. Approximately 30 - 40% of the prescription drugs in use today are derived from naturally occurring plants (natural medicine). The active ingredients are what is used to formulate the pharmaceutical drug that can be patented for economic benefit by large pharmaceutical companies.



Around 70 percent of all new drugs introduced in the United States in the past 25 years have been derived from natural products, reports a study published in the March 23 issue of the *Journal of Natural Products*. The findings show that despite increasingly sophisticated techniques to design medications in the lab, Mother Nature is still the best drug designer.

Here is just a brief list of the more popular pharmaceutical drugs derived from plants (i.e. natural medicine):

Cortisons	Use: reducing inflammation and birth control <i>Plant Source: Mexican Yams</i>
Salicylic Acid	Use: fever reducing and pain <i>Plant Source: Queen of prairie</i>
Morphine	Use: potent pain killer <i>Plant Source: Opium poppy</i>
Senna	Use: laxative and a cathartic <i>Plant Source: Indian senna plant</i>
Penicillin	Use: antibiotic and antibacterial <i>Plant Source: Penicillium (fungus)</i>
Tetracycline	Use: antibiotic <i>Plant Source: Bacterium</i>
Quinine	Use: Anti-malarial <i>Plant Source: Cinchona</i>
Acetyldigoxin	Use: cardiotoxic <i>Plant Source: Digitalis lanta (foxglove)</i>
L-Dopa	Use: anti-parkinson <i>Plant Source: Mucuna pruriens (velvet bean)</i>
Ephedrine	Use: antihistamine <i>Plant Source: Ephedra sinica (mormon tea)</i>
Kawain	Use: tranquilizer <i>Plant Source: Piper methysticum (kava)</i>
Lapachol	Use: anticancer, antitumor <i>Plant Source: Tabebuia avellanedae (lapacho tree)</i>
Vasicine	Use: cerebral stimulant <i>Plant Source: Vinca minor (periwinkle)</i>

“Taxol came from the bark of the Pacific Yew tree. The USDA in a random collection in 1962 did the first collections in Washington State,” In 2004 researchers at the USDA released the statement. “After decades, this produced one of the best anticancer drugs available.”

Rosy periwinkle in Madagascar. Two drugs derived from rosy periwinkle are used for treating Hodgkin’s lymphoma and childhood leukemia Photo by Julie Larsen Maher.



Chemistry Provides the Link for Patient Care

Typical role of clinical chemist — a clinical chemistry department within a hospital provides the vital link between front line clinical staff and the basic sciences employing analytical and interpretative skills to aid the clinician in the prevention, diagnosis and treatment of disease.

Diseases such as heart attacks, kidney failure, viral and bacterial infection, infertility, diabetics, high cholesterol, thyroid problems or measuring drug levels to make sure people are on the best dose are some of the many areas where the Clinical Chemist and the Clinical Chemistry Laboratory become involved in a patient’s therapeutic care. Some regional laboratories are involved in screening services such as phenylketonuria and cystic fibrosis in newborn babies, genetic screening and screening for illegal drug use.

CANCER

Many people think the amount of cancer we are experiencing is normal. It is not normal. Although cancer has been around as long as we have, it was once a rare disease. Today it is an epidemic.

- 1801-1899:** Cancer affected 1 out of 1,000 people.
- Early 1900s:** Cancer affected 30 out of 1,000 people.
- 2015 (present):** Cancer affects 1 out of 2 people in their lifetime.

Since 1940, cancer has increased rapidly in all the industrialized nations, and the trend has accelerated even more since 1975. From 1950 to 2001, national cancer statistics show that the incidence for all types of cancer increased by 85 percent in the United States. Cancer has been rising so dramatically that right now more Americans die of cancer each year than all the servicemen and women who lost their lives in World War II, Korea, and Vietnam put together. Cancer is America's most expensive disease, and the treatments are worse than the disease. Close to half of all Americans will develop diagnosable cancer in their lifetime, and conventional medicine has been unable to stem this epidemic.

The cure to cancer is Chemistry. Maintaining normal body/cell chemistry will prevent cancer and will cure cancer. The goal of cancer drugs, radiation treatments, and chemotherapy is to restore the body to normal chemistry.

According to George C. Pack, M.D., a cancer specialist at Cornell Medical School, "The only real defense against cancer is the immune system. Everyone produces cancer every day, but if the immune system is where it should be, cancer cells are eliminated and we never know it." Furthermore, "Once a person has developed cancer, even though treatments get it into remission, it will recur again unless the body conditions that allowed it to develop in the first place are corrected."



Surgery, chemotherapy and radiation will all reduce your tumor burden, but they will not change the underlying conditions that allowed the cancer to happen. The tumor may disappear, but the cancer won't. Cancer is not the tumor, it is the process, and while the process is still operating – you still have cancer. To get cancer, you must change your internal environment (cell chemistry) to one that supports the cancer process.

To cure cancer you must restore normal body and cell chemistry. When you do so, the cancer process shuts down and tumors simply disappear. Since there are only two primary causes of disease – deficiency and toxicity – getting well is about eliminating deficiency and toxicity through nutrition and detoxification. The best strategy of all is to prevent cancer. Normal body chemistry will not support the cancer process; cancer cannot happen in a healthy body. To prevent cancer and make yourself cancer proof, keep your body chemistry normal.

In 1998 Dr. Harold Foster published in the International Journal of Biosocial Research a study of 200 cases of

spontaneous remission cancer patients. What he found was that every one of these "mysterious" remissions had a good explanation. Almost 90% of these people had made major changes in diet. The remainder had undergone detoxification programs or went on supplement programs. The fact is all 200 had done something substantial to alter their cell chemistry, turning off the switches and shutting down the drivers that were promoting their cancer.

70% of All Americans do not consume the recommended daily allowance.

Source: USDA 1996 Continuing Survey of Food Intakes for Individuals

Changes in cell chemistry due to a lack of micro and macro nutrients will weaken the cells that provide the immune response and cause cell damage in others that will turn into cancer cells.

German chemist Otto Warburg first published in 1910 the process of cancer and he won his first Nobel Prize in Physiology/Medicine in 1931 for proving that oxygen deficiency will cause cancer. Warburg determined that cancer cells were fundamentally different from normal cells. Normal cells combine fuel with oxygen to produce energy. Cancer cells produce energy by fermenting sugar in the absence of oxygen, and a 35 percent reduction in cellular oxygen levels is sufficient to trigger the shift toward fermentation. The less oxygen we have, the more energy is produced by fermentation until the cell finally becomes a cancer cell. An acidic pH also deprives cells of oxygen and disables respiratory enzymes that are responsible for utilizing oxygen – a bad combination. Cancer thrives in an acidic, low oxygen, inflamed environment.

Inflammation is not only an on switch for cancer, it is also a driver of the cancer process. Chronic inflammation is a foundation stone of every chronic disease. The continuous production of inflammatory chemicals blocks the natural process of apoptosis. Apoptosis is a process of cell death that is genetically programmed into every cell, preventing uncontrolled growth of tumors. By blocking apoptosis, inflammation protects cancer cells from natural cell death.

To prevent and control inflammation, take high-quality anti-inflammatory supplements, such as vitamins A,C, D, E and carotenes, along with minerals like zinc, selenium, and magnesium, plus other forms of antioxidants like CoQ10, epigallocatechin gallate (EGCG), and curcumin. A diet high in fresh fruit and vegetables and free of animal protein can dramatically reduce inflammation. Toxins should be avoided and stress reduced. Excess weight must be brought under control.

Chemistry is the foundation of medicine and nutrition. Chemistry is the key to curing and preventing cancer.



Dr. Steven T. Castille is a biochemist and his current research is in clinical chemistry. He is a Cum Laude graduate in chemistry from Grambling State University in 1991. He has graduate degrees in Engineering and Natural Medicine. You can connect with Dr. Steve at www.DrSteveCastille.com.

calendarofevents

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.

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Friday February 5

Le Festival De Mardi Gras A Lafayette – 5pm. Thru Tuesday Feb 9. A carnival with Cajun/Creole foods and a line-up of live entertainment. Enjoy Lafayette parades that roll through. Greater Southwest Louisiana Mardi Gras Association. Cajun Field, 444 Cajundome Blvd, Lafayette. 800-346-1958. GoMardiGras.com.

Pink Goes Red – 5:30pm. Eta Chi Omega Chapter of Alpha Kappa Alpha Sorority host Curobiks for the American Heart Association Go Red for Women Campaign. Heymann Park, 1500 South Orange St, Lafayette.

Downtown Opelousas Mardi Gras Celebration – 7pm-10pm. Get into the carnival spirit with live music featuring Geno Delafosse & French Rockin' Boogie. Free. Delta Grand Theatre, 120 S Market St, Opelousas. 337-948-6263. CityOfOpelousas.com.

Grand Marais Mardi Gras Dance – 9pm-2am. Thru Sat Feb 6 & 7pm-12am Sun-Mon February 8. Costume contest and Mardi Gras dance. Contest winners will ride in the Feb 9 parade. Mon Ami, 7304 E Hwy 90, Jeanerette. 337-365-8185.

Lil Nate's 6th Annual L'Argent Trail ride Chicken Run & Parade – 10pm. Thru Sunday Feb 7. A Mardi Gras weekend in Opelousas with parades, a chicken run, and Zydeco headliners. Miller's Zydeco Hall of Fame, 11154 Hwy 190 & Yambilee Arena, 1939 W Landry St-Hwy. 190, Opelousas. 337-319-0639 or 832-217-6935.

Cajun Country Courir de Mardi Gras – thru Tuesday Feb 9. Experience the town's rural traditions with jam sessions, street dances, cooking demos, Mardi Gras exhibits and Lil' Mardi Gras runs for children held Sunday with an old time boucherie. Venues throughout Eunice. 337-457-7389.

Saturday February 6

Youngsville Mardi Gras Parade – 11am. Family friendly parade from Fountainview Dr. to the Youngsville sports complex. Youngsville. 337-856-4181. Youngsville.us.

Children's Parade – 12:30pm. Featuring greater Southwest Mardi Gras Association children Krewe. Downtown to Cajun Field, 444 Cajundome Blvd, Lafayette. 800-346-1958. Gomardigras.com.

Lake Fausse Pointe Mardi Gras Parade Mardi Gras Parade – 2pm-4pm. Marching bands, dance groups and music. Lake Fausse Pointe State Park, 5400 Levee Rd, St Martinville. 888-677-7200.

Rayne Mardi Gras Parade – 3pm. Safe and family-friendly parade from the Frog Festival Grounds, to the boulevard ending at the Depot Square downtown Rayne.

Krewe of Bonaparte Mardi Gras Parade – 6:30pm. Downtown to Cajun Field, 444 Cajundome Blvd, Lafayette. 800-346-1958. Gomardigras.com.

February 7

Henderson Mardi Gras Parade – 12:30 pm. Lineup at Picards Auto Parts and proceed to Henry Guidry Memorial Park. Music and concessions follow in park. 337-228-7109.

February 8

Queen Evangeline's Parade – 6pm. Celebrate Queen Evangeline and her court. Downtown to Cajun Field, 444 Cajundome Blvd, Lafayette. 800-346-1958. GoMardiGras.com.

February 9

Family Friendly Mardi Gras – 9am-4pm. Fun jumps food, drinks, face painting and music. Alcohol and tobacco free zone. Parc Putnam, Lafayette St, Lafayette. 337-291-8173. GoMardiGras.com.

King Gabriel's Parade – 10am. Cajun Field, 444 Cajundome Blvd, Lafayette. 800-346-1958. GoMardiGras.com.

Mardi Gras Show at Clark Field – 10am -9pm. Experience music, food, designers, dancers, and fun. Adults \$5; Students \$3, Children to 12 years free. Clark Field Stadium, 1121 Mudd Ave, Lafayette. MardiGrasShow.com.

Grand Marais Mardi Gras Parade – 11am. Family-oriented Mardi Gras parade with floats, bands, dance groups, Mardi Gras royalty, colorful costumes, beads and throws. Hwy 90, College Rd, Jeanerette. 337-365-8185.

17th Annual Half-Fast Krewe of Frank Mardi Gras Parade – 11am. Floats, beads, marching bands, dance groups and a street party to follow. 600 block of E Landry St to Courthouse Square then to Bellevue St, Opelousas. 337-351-6943.

Lafayette Mardi Gras Festival Parade – 1pm. Celebrating King Toussaint L'Ouverture and Queen Suzanne Simone. Downtown to Cajun Field, 444 Cajundome Blvd, Lafayette. 800-346-1958. GoMardiGras.com.

Family Affair Mardi Gras Parade – 2pm. Mardi Gras parade with colorful floats, royalty, lots of throws, dance groups and marching bands. Village of Loreauville, 337-229-6001.

Krewe Chic-A-La-Pie Mardi Gras Parade – 2pm. Family friendly old-fashioned Mardi Gras parade. Kaplan. 337-643-6554.

Sunset Mardi Gras – 2pm. A parade, local food vendors, and face painting. I49 Service Rd, Duffy Ave to Napoleon Ave then Hwy 93 and end at Zach Miller Rd, Sunset. 337-322-5374 or 337-654-6228.

KADN Fox 15 Independent Parade – 2:30pm. Mardi Gras parade from downtown to Cajun Field, 444 Cajundome Blvd, Lafayette. 337-237-1500. GoMardiGras.com.

Southwest Mardi Gras Association Pageant & Ball – 8pm. Celebrate the end of the Mardi Gras. Heymann Performing Arts Center, 1373 S College Rd, Lafayette. 337-291-5540. HeymannCenter.com.

Saturday February 13

10th Annual Winter Gospel Fest – 6pm. Local groups perform southern gospel. \$20. Opelousas Senior High Auditorium, 1014 Judson Walsh, Opelousas. 337-290-6048.

Friday at the Liberty – 6pm. Music by Sunpie & the Louisiana Sunspots. Liberty Theater, 200 Park Ave, Eunice. 337-457-7389. Eunice-La.com.

Harlem Ambassadors Professional Basketball – 7-9pm. Family fun at a show and game. Westgate High School Gym Coliseum, 2305 Jefferson Island Rd, New Iberia. 337-201-4515.

Vicki Lawrence & Mama: A Two-Woman Show – 8pm & 2pm Sun Feb 14. Vicki and Mama together for one side-splitting show. \$20. Evangeline Downs Event Center, 2235 Creswell Ln, Opelousas. 337-594-3000 or 866-472-2466.

Wednesday February 17

The God Box: A Daughter's Story – 7pm. A beautiful play, with a heart full of love behind it. Lourdes Foundation's Lenten Spiritual Speaker Series. \$15 - \$25. Heymann Performing Arts Center, 1373 S College Rd, Lafayette.

Thursday February 18

Yanni – 7:30pm. One night of beautiful music. \$58 - \$124. Heymann Performing Arts Center, 1373 S College Rd, Lafayette.

Friday February 19

Jazzberry Jam: A Tribute to Jazz – 5:30-7:30pm. Celebrate great, African American jazz artists for Black History Month. St. Peter Branch Library, 1111 W St Peter St, New Iberia. 337- 364-7150.

Wednesday February 24

In the Mind of the Maker – 6-7:30pm. C.E. Richard presents his short documentary on the traditional boat building in the Atchafalaya Basin. Jeanerette Museum, 500 Main St, Jeanerette 337-276-4408.

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- Baton Rouge, LA
- Lafayette, LA
- New Orleans, LA
- Portland, ME
- Boston, MA
- Ann Arbor, MI
- East Michigan
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- Western MI
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ongoing events

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sunday

Sunday Nature Program – 11am. Activities chosen feature a particular season or event. Louisiana State Arboretum, 4213 Chicot Park Rd, Ville Platte. 888-677-6100.

Lafayette Petanque Games – 2-4pm. 4th Sun each month. Bowling game traditionally played in town parks in France on hard packed surfaces. La Boule Cadienne de Lafayette sponsors regularly scheduled game. Free. Mike LeBlanc. North end Girard Park. 337-654-9467.

The Vertical Barre Meditation Group – 2-3pm. Free group meditation with Laci Lopez. The Vertical Barre, 215 Garfield St, Lafayette. 318-447-5224. TheVerticalBarre.com or ARealPerson@TheVerticalBarre.com.

Whiskey River Landing – 4-8pm. Live Cajun or Zydeco music. Dance on a plywood dance floor and enjoy the Atchafalaya Basin. 1365 Henderson Levee Rd, Breaux Bridge. 337-228-2277.

Meditation – 6-7:30pm. Sitting and walking meditation; reading; discussion; chanting; loving kindness and compassion practice. Spirit Path, 714 E Kaliste Saloom Rd, Suite C-3, Lafayette. 337-233-5127. SpiritPath@cox.net.

monday

Meditation – 12pm. Twenty-five minute sitting meditation. Spirit Path, 714 E Kaliste Saloom Rd, Suite C-3, Lafayette. 337-233-5127. SpiritPath@cox.net.

Celebrate Recovery – 6:00-8:00pm. A chance to discover and heal from the hurts, habits and hang-ups that prevent experiencing God and living well. This Biblical program is based on the words of Jesus and ministers to the whole person. Also available for children in Kindergarten-12th grade. Free. The Bayou Church, 2234 Kaliste Saloom Rd, Lafayette. 337-984-8291. Recovery@TheBayouChurch.org.

Yoga Class – 6-pm. Join Sarah Trahan for yoga classes with stretching, strength building and meditation suitable from beginners to the experienced. \$10. The Thensted Center, 268 Church St, Grand Coteau.

Les Vues Film Series – 6:30-8:30pm. A monthly film series held the last Mon each month. Refreshments available. Free, \$5 suggested donation for curating costs. Vermilionville Performance Center, 300 Fisher Rd, Lafayette. 337-233-4077.

Adult Water Aerobics Class – 6:30-7:30pm. Removes pressure from joints and makes moving easier. In heated indoor pool. Robicheaux Recre-

ation Center, 1919 Eraste Landry Rd, Lafayette.

Blue Grass Jam – 7pm. Bring an instrument to join the Jam or just lay back and listen to Bluegrass and Folk music. Cité des Arts, 109 Vine St, Lafayette. 337-291-1122.

tuesday

Opelousas Farmers' Market – 6:30-9am. Fresh homegrown and homemade products produced in rural St Landry Parish. Farmers' Market Pavilion, 828 E Landry St, Opelousas. 337-543-6626.

Jefferson Street Story Times – 10:30am. Story times for ages 3-6. Jefferson Street Library, 538 Jefferson St, Lafayette, 337-261-5787.

Meditation – 12pm. See Mon listing. Spirit Path, 714 E Kaliste Saloom Rd, Suite C-3, Lafayette. 337-233-5127. SpiritPath@cox.net.

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

Teche Area Farmers' Market – 2:30-6pm. Fresh and frozen produce from local farmers, handmade crafts, jams, jellies, preserves, baked goods, live animals, farm fresh eggs and seafood. Main St, New Iberia.

Type 1 Diabetes Support Group – 5:45pm. Dr. Janna Flint and Leslie Fontenot, Diabetes Educator, host a monthly diabetes support group on the last Tues of the month. Free. Women's & Children's, Kids Specialty Center, 4704 Ambassador Caffery Pkwy, Lafayette. 1-877-302-2731.

Acquired and Traumatic Brain Injury Support Group Meeting – 6pm. 3rd Tues each month. Build a network of support. Free. Our Lady of Lourdes Facility, Ambassador Caffery, Section One, Conference Room A. 337-856-1964 or 877-852-1964.

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

Writer's Guild of Acadiana Meeting – 7-8:30pm. Last Tue each month. Local writers meet to share information in the craft of writing. \$30/annual membership. Barnes & Noble Booksellers, 5705 Johnston St, Lafayette. 337- 989-4142. Writers-GuideOfAcadiana.com.

wednesday

La Table Francaise – 8:30-9:30am. Last Wed each month. Grab a cup of coffee and share conversation with other French speakers. Whiteville School House, Le Vieux Village, 828 East Landry, Opelousas. 337-948-6263.

Meditation in the Park – 9:15am. Relax with Iberia Parish Wellness Program. Free. Curtis Landry Park, 2016 Jane St, New Iberia. 337-519-2864

LEDA Networking Luncheon – 11:30am. 1st Wed each month. Meet individuals for a buffet lunch with guest speakers from local businesses. The "roaming mic," is passed to everyone for introduction of their business. \$17.50. RSVP by 5pm the Tues before. River Oaks, Lafayette. 337-593-1400.

Meditation – 12pm. See Mon listing. Spirit Path, 714 E Kaliste Saloom Rd, Suite C-3, Lafayette. 337-233-5127. SpiritPath@cox.net.

Eunice Farmer's Market – 1pm. Garden veggies, fruits, jellies and more. Corner of 2nd St & Park St, Eunice. 337-457-6503. EuniceLa@hotmail.com.

Freetown Farmer's Market – 2pm-dark. Local produce, homemade breads, jellies, soaps, pottery, fresh chicken, eggs and more. 421 E Convent St, Freetown Studios, Lafayette.

Regional Bedtime Stories – 6-6:30pm. A night time version of Family Story Time. No preregistration required. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

Adult Water Aerobics Class – 6:30-7:30pm. See Mon listing. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette.

thursday

Opelousas Farmers' Market – 6:30-9am. See Tues listing. Farmers' Market Pavilion, 828 E Landry St, Opelousas. 337-543-6626.

Meditation – 12pm. See Mon listing. Spirit Path, 714 E Kaliste Saloom Rd, Suite C-3, Lafayette. 337-233-5127. SpiritPath@cox.net.

Senior Water Aerobics Class – 3-3:30pm. See Tues listing. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8127.

friday

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

Begnaud House Cajun Acoustic Jam Session – 6pm. Music with locals speaking Cajun French. Fresh coffee, cool drinks, friends to share music, stories, jokes and Joi de Vivre with or without instrument. Free. 110 Benoit Patin Rd, Scott, Scott I-10 Exit #97, Southside. 337-269-5155.

saturday

Opelousas Farmers' Market – 6-9am. See Tues

listing. Farmers' Market Pavilion, 828 E Landry St, Opelousas. 337-543-6626.

Teche Area Farmers' Market – 7-11am. See Tues listing. Main St, New Iberia.

Delcambre Seafood and Farmers Market – 8am-1pm. Featuring wild-caught Delcambre Direct Seafood and farm-fresh local produce. Visitors enjoy music, special events and a healthy shopping experience. Shrimp Festival Grounds, corner of North Richard and East Church Streets, Delcambre. 1-800-884-6120.

Eunice Farmer's Market – 8am. See Wed listing. Corner of 2nd St & Park St, Eunice. 337-457-6503. EuniceLa@hotmail.com.

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

Jeanerette Farmer's Market – 8am-12pm. 2nd Sat each month. Features farm produce and hand-made items from the Jeanerette area. City Park.

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

Lafayette Farmers and Artisans Market – 8am-12pm. Local farmers and artisans sell products. Food vendors offer specialty foods and drinks. Purchase fresh healthy local products.. The Horse Farm, 2913 Johnston St, Lafayette. MarketattheHorseFarm.com.

New Iberia Creole Market – 8am-1pm. 4th Sat each month. Shop for seasonal local produce, seafood, homemade jams, jellies and preserves. Enjoy activities that promote healthier eating and lifestyle choices. West End Park, 1200 Field St, New Iberia. 337-367-0834. Facebook.com/CreoleMarket.

Bayou Vermilion Canoe Paddle – 8:30-11:30am. 2nd and last Sat each month. Canoe trips on the Bayou

Vermilion, conditions permitting. RSVP. \$5 insurance fee to American Canoe Association for a canoe or bring your own canoe or kayak. Margo Addison. Vermilionville, 300 Fisher Rd, Lafayette. 337-233-4077 ext 205. Margot@BayouVermilion.org.

Bird Chat – 8:30am. 1st Sat each month. Wild Birds Unlimited, 137 Arnould Blvd, Lafayette, LA. 337-993-2473.

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

Savoy Music Jam Session – 9am-12pm. Bring an instrument or enjoy a live traditional Cajun music jam session. Savoy's Music Centre, 4413 Hwy 190 E, Eunice. 337-457-9563.

La Table Francaise d'Arnaudville – 9am. Last Saturday of the month. Venez partager l'heritage. Coffee and pastries provided. Free. NuNu's Arts and Culture Collective, Hwy 93E, Arnaudville. 337-754-7724.

Meditation in the Park – 9:15am. Relax with the Iberia Parish Wellness Program. Free. Jeanerette City Park, Tarleton St, Jeanerette. 337-519-2864.

Acadiana Lupus Support Group Meeting – 10am-Noon. 2nd Sat each month. Goodwill Corporate Office, 2435 W Congress St, Lafayette, LA. 337 261-5811.

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

Freetown Farmer's Market – 10am-2pm. See Wed listing. 421 E Convent St, Freetown Studios, Lafayette.

Food Truck Festival – 10am-2pm. Food trucks at the Teche Area Farmers' Market on the second Saturday of the month. Popular vendors line up for the event. Fulton St, between Fisher St, and Iberia St, New Iberia. 337-369-2330. Facebook.com/TecheFarmersMarket.

Cajun Jam – 1-3:30pm. A weekly Cajun Jam led by area musicians. Open to all skill levels. Free

admission for jam only, does not include entry to the park. Performance Center of Vermilionville, 300 Fisher Rd, Lafayette. 337-233-4077.

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

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

Monthly Night Hike – 8-10pm. Last Sat each month. Hike through the Acadiana Park Nature Trail. \$3. Acadiana Park Nature Station, 1205 E Alexander St, Lafayette. 337-291-8448.

Group Music Class – 5-8pm. Cajun fiddle, slow jam, band lab and Cajun band lab classes are Monday thru Thursday respectively starting in June. All ages and abilities. \$20/wk -\$60-\$80/mo. Mitch Reed. The Front Room, 1301 Avenue A, Scott. 337-258-2333.

PRAYER OF PEACE

God, my Father,
May I love You in all things
and above all things.
May I reach the joy which You have
prepared for me in Heaven.
Nothing is good that is against Your Will,
and all that is good comes
from Your Hand.
Place in my heart a desire to please You
and fill my mind with thoughts of Your
Love, so that I may grow in Your
Wisdom and enjoy Your Peace.



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
- Will not support osteoporosis
- Increased mental acuity, mental alertness

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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.



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