

HEALTHY LIVING HEALTHY PLANET

natural awakenings

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HEALTHY AT HEART

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Calm Down

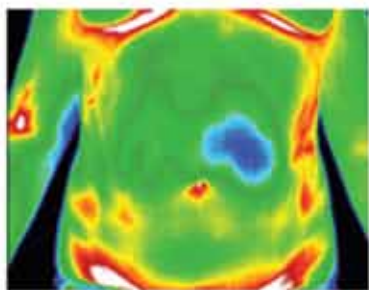
Natural Ways
to Relax Deeply

Attract Your Soul Mate

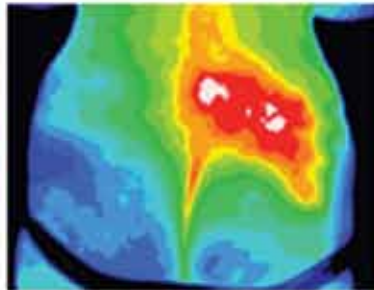
Good-for-Us CHOCOLATE

20 YEARS OF
PUBLISHING

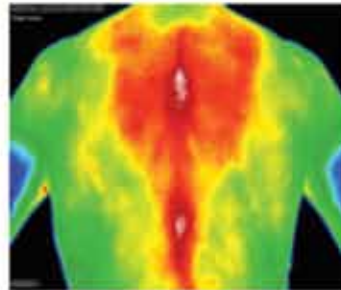
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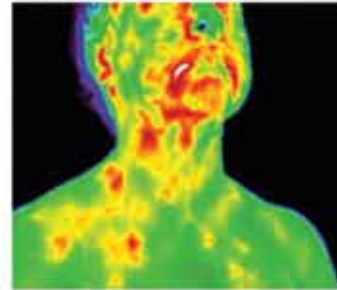
Hypothermia in the Stomach



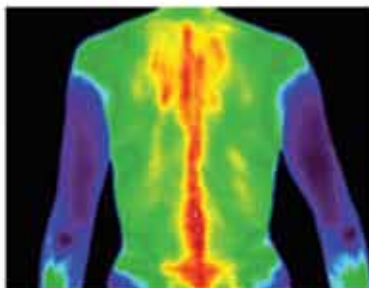
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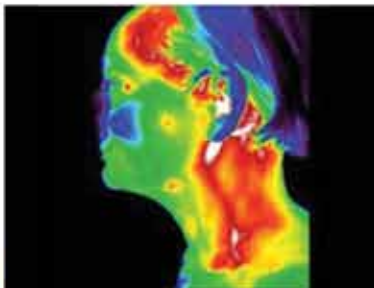
Lung Cancer



Periodontal Disease



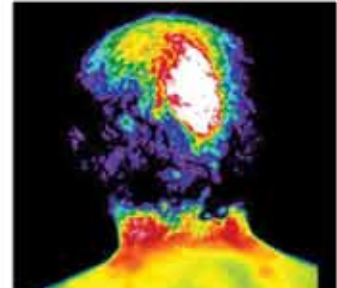
Spinal Inflammation



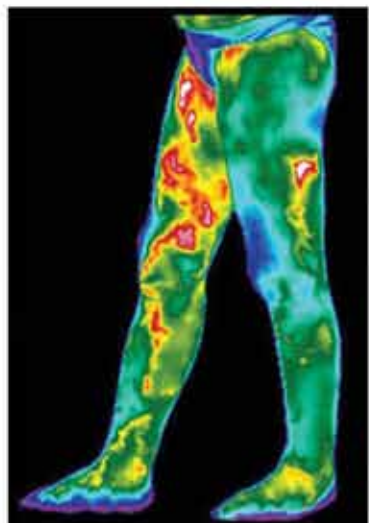
Carotid Artery Inflammation



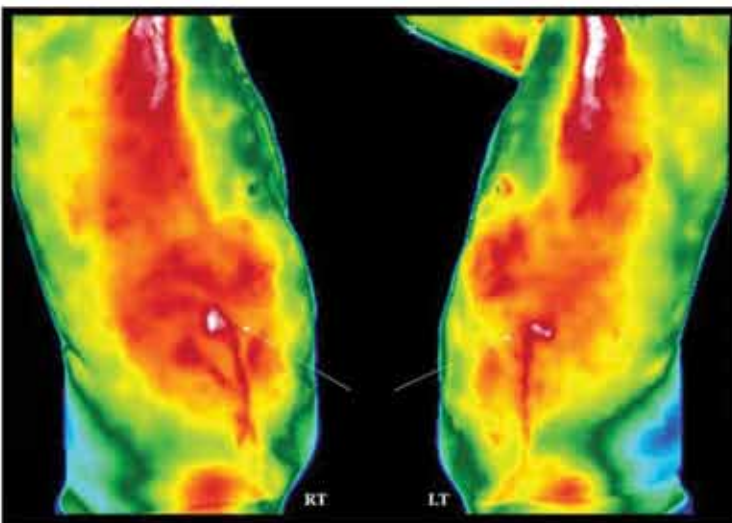
Poor Circulation Left 4th & 5th Finger



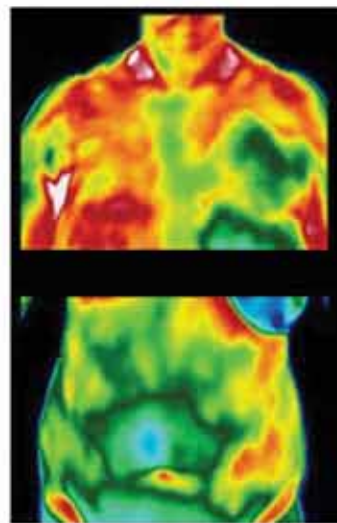
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Varicose Veins



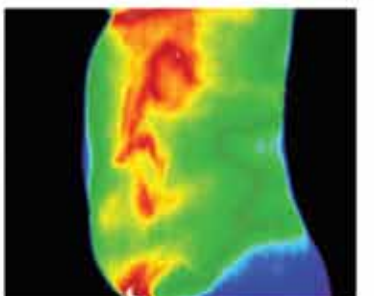
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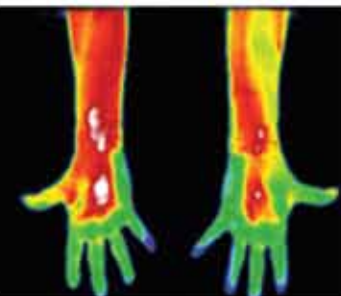
Breast Cancer



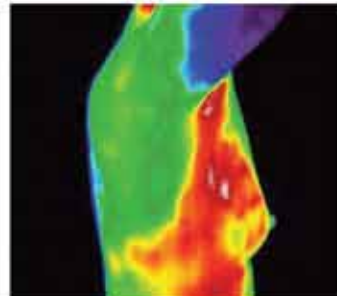
Thyroid Cancer



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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

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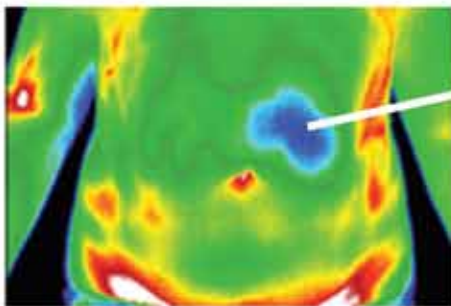
- Includes unlimited wellness visits with naturopathic doctor or clinician
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* up to two services per 1 1/2 hour visit

Your **HEALTH** must be the most important thing in the world to you.

Without your health you can not enjoy family or work.

What did I learn from my thermography exam?

- Franklin Carter, Jennings, LA



I have hypothermia in my stomach. The "good" bacteria has been damaged in my stomach and the natural flora of bacteria needs to be reestablished. I have malabsorption of my food and my low energy levels, weight gain, and headaches are because I am not absorbing enough nutrients.

\$94 Full-Body Thermography Screening



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Call **896-4141** to schedule

Thermography is used to:

- help make informed decisions regarding the need for further treatment
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- 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

publisher's letter



We all want to have true friends, but the quality of our friends depends on us. If we want to have true friends, we should be true friends ourselves.

By being a true friend, people will love to be around us. A true friend will always help us.

Someone once said that we tend to judge others by their actions and ourselves by our intentions. Some people have great intentions but simply can't get their acts together, and some people use outwardly righteous actions to disguise evil intentions. Either way, when things don't go as we plan, we look for someone to blame. But blame never produces anything good in us.

When we find those precious people in our lives whom we can trust, this leads to loyalty—a rare virtue these days. Loyalty doesn't mean that those around us agree with us or follow our lead blindly. Loyalty is evident in a person who cares enough about us to protect us. If true friends see us falling, they run to catch us. A true friend always shares the joys and hardships with us.

A true and loyal friend is the best possession one could ever hope for in this short life. When it comes down to it, loyalty is one of the finest traits in a friend. Those to whom you extend it will never forget it. Those to whom we deny it will likely do the same.

A true friend wants to see people live up to their maximum potential. We can do this by helping our friends recognize and develop their personal strengths. A true friend is someone who thinks that we are a good egg, even if we are slightly "cracked." A true friend knows us well enough to see our weaknesses but still believes in our potential. To become a true friend, we should believe that our friends are good on the inside, regardless of their outward appearance. By this belief we can sincerely encourage them. True friendship isn't about being there when it's convenient; it's about being there when it's not.

It's been said that a true friend is someone who reaches for your hand and touches your heart. How many friends do you truly have? This is a good time to let them know what they mean to you.

*Dear Lord, doubt and fear often threaten our faith. We want to thank You for delivering us when we bring our weaknesses, doubts and fears before You in prayer.
Amen.*

Happy Valentine's Day to you, yours and your best friends.



Steve & Michelle

Steve and Michelle Castille, Publishers



contact us

Publishers

Steve & Michelle Castille

Editor

Beth Davis

Writers

Beth Davis & Miyoka Broussard

Outreach

Megan Reed

David Gradnigo III & Miyoka Broussard

Design & Production

Gail Babineaux & Steve Castille

Calendar

Miyoka Broussard & Verla Winters

Distribution

Erica Hawkins and Arthur Johnlouis

To contact Natural Awakenings

Acadiana Edition:

100 E. Angelle Street, Carencro, LA 70520

Phone: 337-896-4141, Fax: 337-205-6191

publisher@NAacadiana.com

www.NAacadiana.com

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advertising & submissions

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

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What is Thermography?

Digital Infrared Thermal Imaging (Medical Thermography) is a unique technology that takes a picture and creates a map of the infrared patterns of the body. It is different than other screening tools because it helps us to see function (physiology). MRI and X-ray detect anatomical changes so will miss such things as active inflammation or angiogenesis (increased blood supply as found in cancer). It was approved by the FDA for breast cancer screening in 1982. It can detect early danger signs in the body years before other tools. It has been shown to be effective in finding early signs of breast cancer up to 8 years before the mammogram.

What Can Medical Thermography Be Used For?

There are 3 areas that Thermography is useful:

- **Inflammatory Phenomena**- This could include early detection of cardiovascular disease, arthritis, Fibromyalgia or trauma such as strains, sprains or chronic pain.
- **Neovascular Phenomena** - Cancer is fed by the body's own blood supply. This development of early vascularity is detected well before anatomical changes occur that will be detected with other screening tools.
- **Neurological Phenomena** - Chronic regional pain syndrome, nerve irritation can cause referred pain in other areas. Circulatory deficits are easily seen in thermographic images.

A full body screening covers all regions of the body with no less than 28 images. A region of interest can be used for focalized screening such as breast screening, thyroid, etc.

Is It a Proven Technology?

Thermography has been comprehensively researched for over 30 years. While it is not a replacement for Mammography, it may have many valuable assets including: earlier detection of neovascular (blood supply) patterns, adjunct to inconclusive mammograms, improved detection for women with dense breasts or implants or a reasonable alternative for women who refuse mammogram. Below is a sample of the over 800 studies in the index-medicus. They represent some of the important findings and value of thermography.

Fast facts:

- In 1982, the FDA approved breast thermography as an adjunct diagnostic breast cancer screening procedure.
- Of the extensive research conducted since the late 1950's, well over 300,000 women have been included as study participants.

- The size of the studies are very large: 10k, 37k, 60k, 85k.
- Some studies have followed participants up to 12 years.
- Strict standardized interpretation protocols have been established for 15 years to remedy problems with early research.
- Breast thermography has an average sensitivity and specificity of 90%.
- An abnormal thermogram is 10 times more significant as a future risk indicator for breast cancer than a first order family history.
- A persistent abnormal thermogram carries with it a 22x higher risk of future breast cancer.
- Extensive clinical trials have shown that breast thermography significantly augments the long term survival rates of its recipients by as much as 61%.

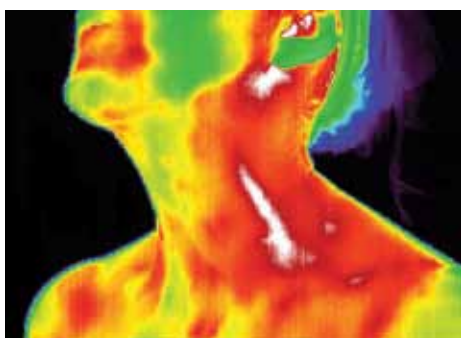
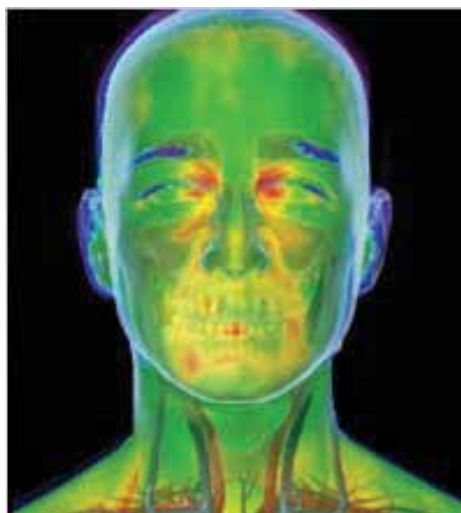
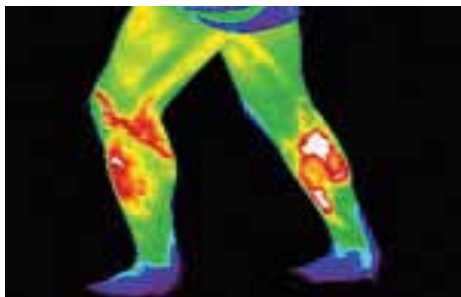
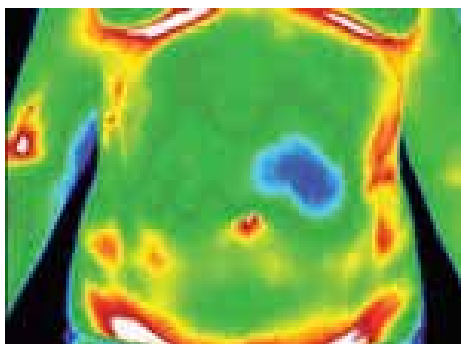
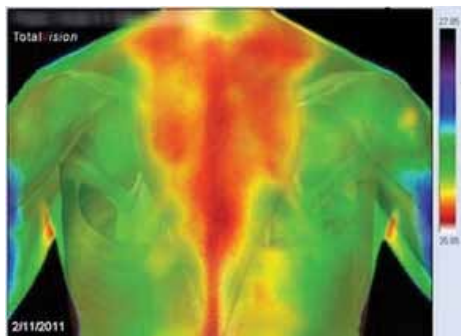
When used as a multimodal approach (clinical exam + mammography + thermography), 95% of early stage cancers will be detected.

Why Have I Not Heard About This?

Like many alternative diagnostic tools or treatments, the facts are not always disclosed. Thermography was summarily dropped from breast screening in the 1980's after only 1 year of use. The reason was cited as being it detected too many false positives and therefore was not specific enough. This is ironic since the mammogram has a 65% false positive rate and recent studies have shown that it is a poor predictive tool. 90% of MD's know nothing of the technology and so are critical of that which they don't know. The other 10% seem to quote research from 22 years ago from a few small studies and ignore the plethora of positive research.

Is it accurate?

Yes, as a routine screening tool, it has been shown to be 97% effective at detecting benign vs malignant breast ab-



normalities. Another study tracked 1537 women with abnormal thermograms for 12 years. They had normal mammograms and physical exams. Within 5 years, 40% of the women developed malignancies. The researchers commented "an abnormal thermogram is the single most important marker of high risk for the future development of breast cancer" These results have been repeated over and over again for nearly 30 years.

Is It Safe?

While a variety of studies have called into question the safety of cumulative exposures to radiation, this is not the case with Thermography. Thermography emits nothing, it only takes an image. Nothing touches you and it is quick and painless. This all makes Thermography great for frequent screening with no chance of danger.

What If I get Abnormal Results? What Do I Do?

Thermography is not diagnostic but gives early risk factors. This is great news because an abnormal result from a thermogram often buys time so that natural interventions such as nutrition, nutritional supplements, holistic therapies, and lifestyle changes can influence the outcome. At the least, the condition can be closely monitored safely until conventional interventions need to be applied. It is important to recognize that early detection is the key to a good outcome.

Some Selected Research:

Stark. A., Way, S. The Screening of Well Women for the Early Detection of Breast Cancer Using Clinical Examination with Thermography and Mammography. *Cancer* 33: 1671-1679, 1974. Researchers screened 4,621 asymptomatic women, 35% whom were under age 35 y.o. and detected 24 cancers (7.6 per 1000) with a sensitivity and specificity of 98.3% and 93.5% respectively.

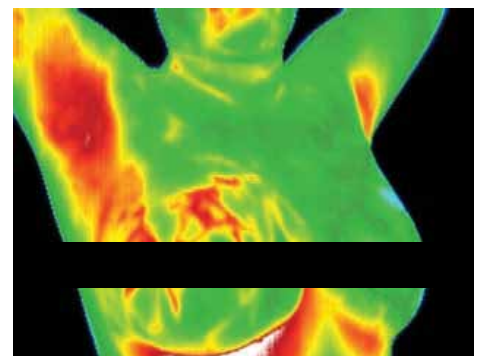
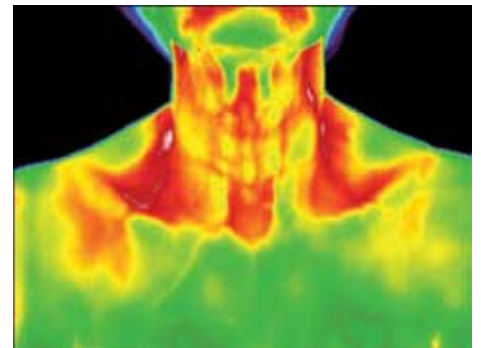
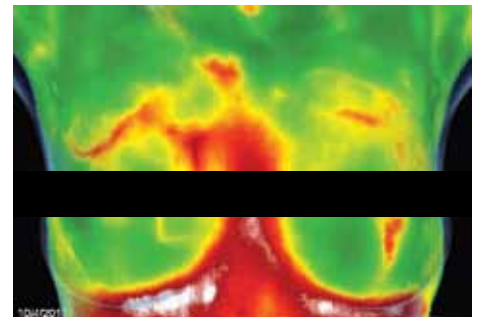
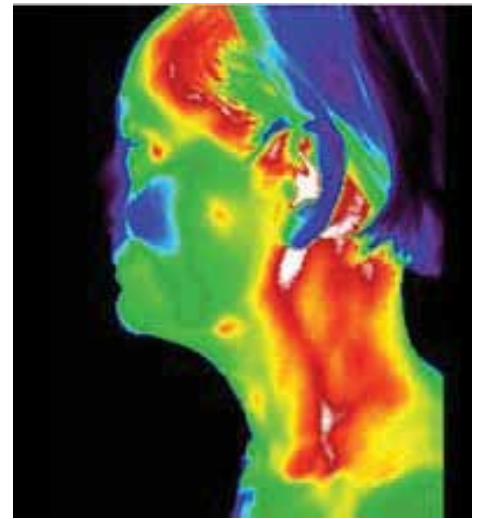
Y.R. Parisky, A. Sardi, R. Hamm, K. Hughes, L. Esserman, S. Rust, K.Callahan, Efficacy of Computerized Infrared Imaging Analysis to Evaluate Mammographically Suspicious Lesions. *AJR*:180, January 2003 Compared results of Infrared imaging prior to biopsy. The researchers determined that Thermography offers a safe, noninvasive procedure that would be valuable as an adjunct to mammography in determining whether a lesion is benign or malignant with a 99% predictive value.

Gros, C, Gautherie, M. Breast Thermography and Cancer Risk Prediction. *Cancer* 45:51-56 1980. From a patient base of 58,000 women screened with thermography, researchers followed 1,527 patients with initially healthy breasts and abnormal thermograms for 12 years. Of this group, 40% developed malignancies within 5 years. The study concluded that "an abnormal thermogram is the single most important marker of high risk for the future development of breast cancer".

Spitalier, H., Giraud, D. et al. Does Infrared Thermography Truly Have a Role in Present Day Breast Cancer Management? *Biomedical Thermology* pp.269-278, 1982. Spitalier and associates screened 61,000 women using thermography over a 10 year period. The false negative and positive rate was found to be 11% (89% sensitivity and specificity). 91% of the nonpalpable cancers (T0 rating) were detected by thermography. Of all the patients with cancer, thermography alone was the first alarm in 60% of cases. The authors noted "in patients having no clinical or radiographic suspicion of malignancy, a persistent abnormal breast thermogram represents the highest known risk factor for the future development of breast cancer".

Jiang LJ, Ng FY et al A Perspective on Medical Infrared Imaging. *J Med Technol* 2005 Nov-Dec;29(6):257-67 Since the early days of thermography in the 1950s, image processing techniques, sensitivity of thermal sensors and spatial resolution have progressed greatly, holding out fresh promise for infrared (IR) imaging techniques. Applications in civil, industrial and healthcare fields are thus reaching a high level of technical performance. In many diseases there are variations in blood flow, and these in turn affect the skin temperature. IR imaging offers a useful and non-invasive approach to the diagnosis and treatment (as therapeutic aids) of many disorders, in particular in the areas of rheumatology, dermatology, orthopaedics and circulatory abnormalities. This paper reviews many usages (and hence the limitations) of thermography in biomedical fields.

Source: Institute for the Advancement of Medical Thermography



Fontenot Family Dentistry Opens in Carencro



Dr. Ian Fontenot has opened a new at 200 Hector Connoly Road, Suite 102, in Carencro.

Fontenot Family Dentistry offers a full range of services from children to adults in general, cosmetic, implant dentistry and more.

Following in his parents' footsteps—his father, Dr. Peter W. Fontenot is a dentist in Ville Platte and his mother, Jackie Fontenot is a registered nurse—the Ville Platte native graduated from the LSU School of Dentistry in New Orleans and did his general practice residency at the University of Florida. Dr. Fontenot says what sets his practice apart from others is the latest technology in dentistry and service. "Our family-friendly practice takes as much time as possible and listens and offers structured treatment plans based on what patient wants for treatment," he states.

Call Fontenot Family Dentistry at 337-565-2580 or email FontenotFamilyDentistry@yahoo.com.

From Tragedy to Triumph



Local author Brandy Dillon has faced great challenges in her life, and she's written her story in her first book, *From Tragedy to Triumph*. The Houston native, who now calls Lafayette home, says though coping with life's challenges is healthy, God wants us to move to conquering. She should know. In 2008, Dillon faced a health scare that forever changed her life.

After the birth of her child, an infection caused her to lose her left hand, part of her right hand and both legs below the knee. But, through it all, she faced the challenge with hope and fearless determination. She says this experience showed her just how much support she has from family and friends and that even in a negative situation, God is still performing miracles. When she does get down, she calls those times "moments" because she gives them an expiration date and then she moves on.

Married with three children, Dillon is a licensed master social worker and uses her work experience to volunteer to visit other amputees and patient referrals to inspire them. She spent the Christmas holidays traveling to Texas and Mississippi to promote her book, which is now a top seller on Amazon.com. Her life is an advertisement of hope and the love of God. What's next for this inspirational woman? She says she will continue booking motivational speaking events and write a sequel to the book. Then, she says, who knows!

For more information, call 225-395-9836 or visit Pendiumpublishing.com/#!tragedytotriumph/c19c3.

Everyday Pictures Come to Life at Benoit Gallery



What started as a way to pass the time, turned into a business for Lafayette native Bryant Benoit. When the construction industry took a down turn, the former construction superintendent started painting as something to occupy his time. The architecture major had always done sketching in his field, but didn't realize he had talent as

an artist. His wife, Joey, bought him some paints and canvas, and the rest is history.

Benoit started using a technique called mixed media collage, where he uses photographs and blends them with acrylic to tell a story. He likes to call himself a storyteller and says his Creole culture is expressed through his artwork—everyday pictures come to life. His wife saw his self-taught talent immediately and encouraged him to share his talent with the world. While apprehensive, Benoit started showing family and friends and got a good response. He and his wife started advertising and now have clients across the country. In fact, the City of Youngsville noticed his work and adopted his "Louisiana Sugar Mill" as a brand for the city. After four years of working from their home, an opportunity arose to open a gallery. His creations can now be seen at Benoit Gallery in Downtown Lafayette, right across from the library.

Location: 535 1/2 Jefferson Street. Stop by any time or visit during Art Walk, held the second Saturday of every month from 6 to 9 p.m. Call 337-412-6339 for an appointment or visit Squareup.com/market/benoit-gallery-llc.

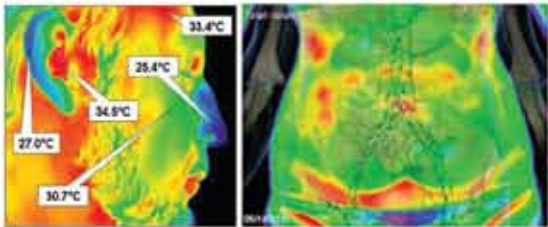
Snazzy's Offers Latest Fashion Trends



Snazzy's Clothing and Accessories opened its doors in Abbeville in September 2013. The owners describe the boutique as high-end clothing with affordable prices. Specializes in

unique jewelry and handbags—arriving daily—it's a one-stop shop where patrons can come into a friendly environment and find a stylish, unique outfit and accessorize it from head-to-toe—with the latest earrings, handbags and shoes. The all-new store outfits all body types, but caters to plus sizes. The owners want all body types to be able to come in and find a stylish outfit for any occasion, such as a leather and leopard mini dress with shoes to match.

Location: 100 South Louisiana Ave., in Abbeville. For more information, call 337-422-6670.



TIME MAGAZINE Dec 1, 2008

"The biggest problem with the U.S. health-care system is that it has long been designed to respond to illness rather than PREVENT IT."



EARLY DETECTION is the KEY to saving lives

Thermography Imaging Can Detect Many Diseases and Disorders in Their Early Stage



CANCER CELLS DOUBLE EVERY 90 DAYS

Thermography identified 58 of 60 malignancies *

A thermogram may show up to 8 to 10 years before a mammogram identifies a positive cancer finding.

The American Journal of Surgery, 2008, 196, 122-128

The American Journal of Surgery

The American Society of Breast Surgeons

Effectiveness of a noninvasive digital infrared thermal imaging system in the detection of breast cancer

Nissim Arora, M.D., Elena Martins, B.S., Danielle Ruggiero, B.S., Eloni Teuchuris, M.D., Alexander J. Swistal, M.D., Michael P. Osborne, M.D., Rache M. Simoni, M.D.*

Department of Surgery, New York Presbyterian Hospital-Cornell, New York, NY, USA

KEYWORDS: Digital infrared thermal imaging; Breast imaging; Breast cancer; Thermography

Abstract: Digital infrared thermal imaging (DITI) has emerged as the use of noncontact, noninvasive technology for the detection of breast cancer. This technology was originally designed for the military use to detect heat signatures for target applications to medicine. In an earlier study of medical oncology for 100 breast cancer patients, the authors reported a 97% sensitivity, 44% specificity, and 82% negative predictive value for the detection of breast cancer. This study was designed to evaluate the effectiveness of DITI in the detection of breast cancer. **RESULTS:** Study of 94 breast cancer patients and 34 non-breast cancer patients. In all 94 breast cancer patients, with 97% sensitivity, 44% specificity, and 82% negative predictive value depending on the mode used. Comparison to standard mammography in a cohort of 74 breast cancer patients showed a 97% sensitivity, 44% specificity, and 82% negative predictive value. **CONCLUSIONS:** DITI is a reliable adjunct to mammography and ultrasound, especially in women who do not breast-contrast.

Introduction: Digital infrared thermal imaging (DITI) is a noninvasive, noncontact system of recording body temperature by measuring infrared radiation emitted by the body surface. This technology was originally designed for the military use to detect heat signatures for target applications to medicine. In an earlier study of medical oncology for 100 breast cancer patients, the authors reported a 97% sensitivity, 44% specificity, and 82% negative predictive value for the detection of breast cancer. This study was designed to evaluate the effectiveness of DITI in the detection of breast cancer. **RESULTS:** Study of 94 breast cancer patients and 34 non-breast cancer patients. In all 94 breast cancer patients, with 97% sensitivity, 44% specificity, and 82% negative predictive value depending on the mode used. Comparison to standard mammography in a cohort of 74 breast cancer patients showed a 97% sensitivity, 44% specificity, and 82% negative predictive value. **CONCLUSIONS:** DITI is a reliable adjunct to mammography and ultrasound, especially in women who do not breast-contrast.

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* Department of Surgery, New York Presbyterian Hospital-Cornell, New York, NY, USA

American Journal of Surgery, 2008. American Society of Breast Surgeons, Cornell.

The single best article on breast thermography showing a remarkable 97% effectiveness in identifying malignant cancer. RESULTS: Sixty of 94 biopsies were malignant and 34 were benign. Thermography identified 58 of 60 malignancies, with 97% sensitivity, 44% specificity, and 82% negative predictive value depending on the mode used.

(Range 44-1500 days) Cancer Doubles Every 90 Days

Year 1	1	Cell
Year 2	16	Cells
Year 3	256	Cells
Year 4	4096	Cells
Year 5	65,536	Cells
Year 6	1,048,576	Cells
Year 7	16,777,216	Cells
Year 8	268,435,456	Cells
Year 9	4,294,967,296	Cells
Year 10	68,719,476,736	Cells
Year 11	1,099,510,000,000	Cells



YEAR 3
Possible Detection by Thermography

YEAR 6
Possible Detection by Mammography

Year 10: 68 Trillion Cells
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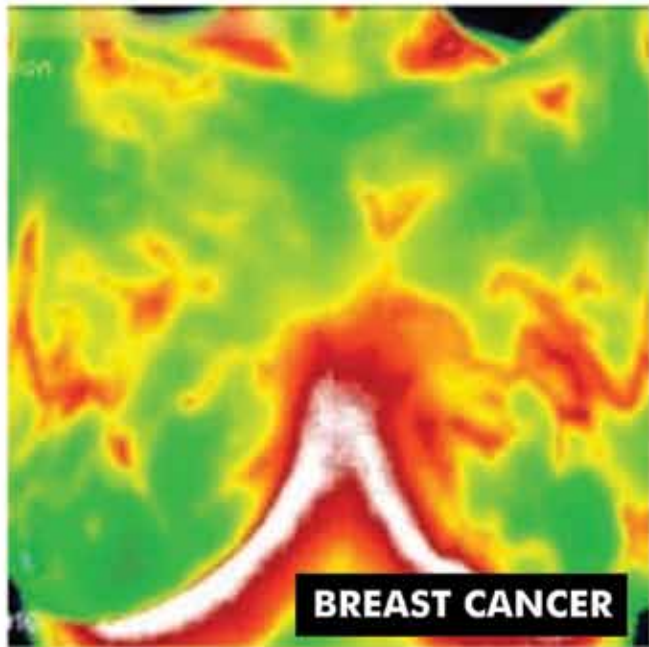
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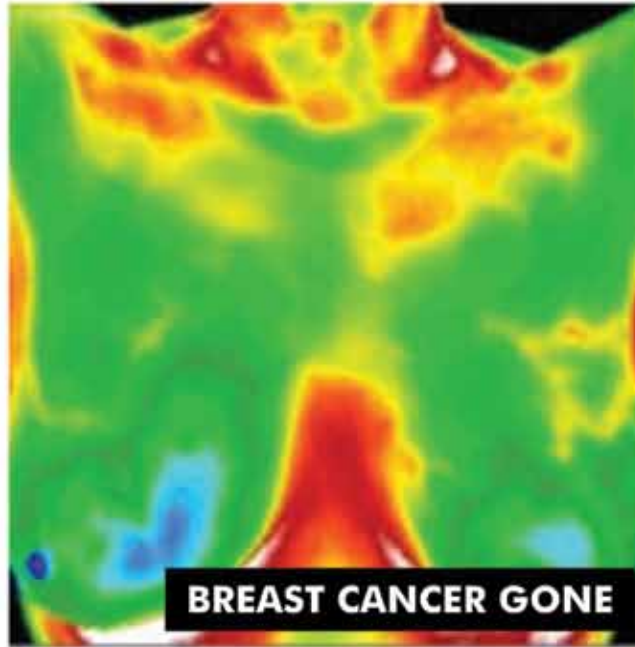
What's Wrong With My Body?

Thermography Imaging of the Breast

Thermography (infrared imaging) screens for early stage angiogenic blood vessel growth. A RESTORE HEALTH PROGRAM can help reverse angiogenic blood vessel growth.



This is an infrared image using thermography of a woman with diagnosed breast cancer in the left breast, with the accompanying network of angiogenesis, which can only be detected using thermography.



This infrared image was taken three months after the tumor was removed. With the tumor absent, the thermography exam confirmed that the angiogenesis has receded.

A 6-Week **RESTORE HEALTH PROGRAM** can significantly help to reduce your chances of developing breast cancer

Increases Circulation • Clears the Lymph Nodes • Helps to Clear the Colon • Helps to Alkalize the Body

1 in 3 Women Develop Breast Cancer in Louisiana

Source: American Cancer Society

Cancer cells feed themselves through angiogenic blood vessels

Humans are born with all their blood vessels; 60,000 miles worth in a typical adult. New, temporary blood vessels called angiogenesis only grow normally to build the lining of the uterus for the menstrual cycle each month, to nourish an embryo or to heal a wound. These blood vessels are kept under control with naturally occurring angiogenic inhibitors. In certain situations angiogenesis can go out of balance, resulting in a myriad of diseases. Angiogenesis is good and it is also bad. It is

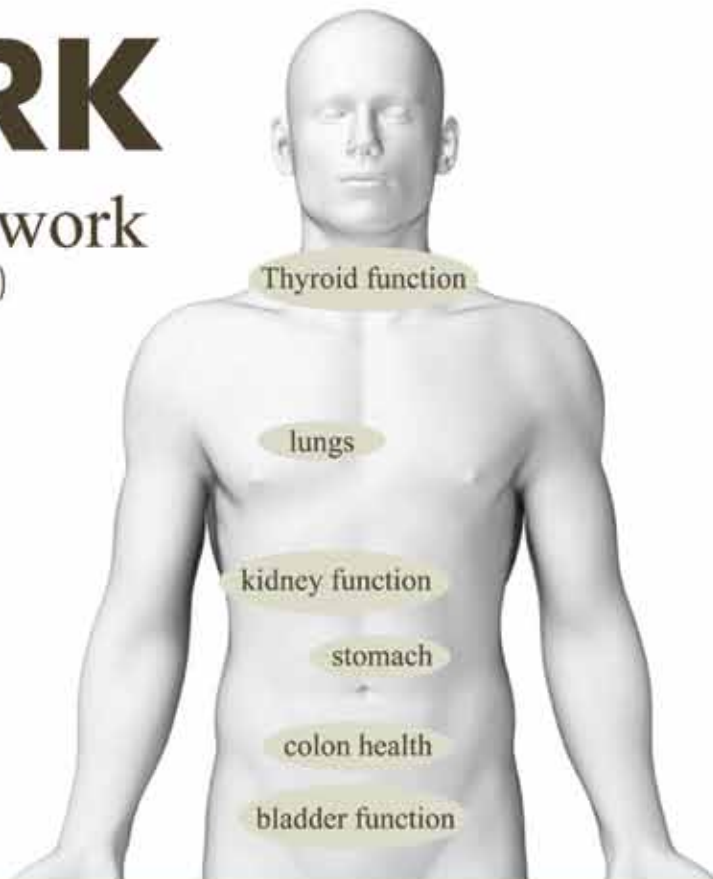
a naturally occurring blood supply that we sometimes recognize as inflammation. Muscles need it for healing and cancer needs it to grow. Cancer does not start out with angiogenesis but if something goes wrong, it becomes the tipping point between a harmless growth and a potentially harmful one. Angiogenesis can be completely invisible to the human eye and x-rays. But it can be seen... with infrared eyes using thermography.

**RESTORE
HEALTH PROGRAM**

See Page
63

LABWORK

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Why do doctors have lab work done on a patient?

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The Natural Health Center receives calls every week from people who ask, "What can I do to improve my health and longevity?" Our response is "get a blood test."

Unless we know what your blood looks like under a microscope, there is no way to identify what steps you should take to protect your health and enhance your well-being. Annual blood testing is the most important step aging adults can take to prevent life-threatening disease. With blood test results in hand, you can catch critical changes in your body before they manifest as heart disease, cancer, diabetes, or worse. Having the proper blood tests can empower you to enact a science-based disease-prevention program that could add decades of healthy life.

Sadly, most annual medical check-ups involve the physician ordering only routine blood tests, if blood tests are ordered at all. Far too often, this blood work does not even test for important markers of disease risk. The consequences of failing to analyze blood for proven markers of disease risk are needless disability and death. Blood tests have benefits that go far beyond disease prevention. For example, by monitoring levels of sex hormones, you can take decisive steps to enhance your quality of life, perhaps by correcting a depressive mental state, erectile dysfunction, abdominal obesity, or by improving your memory and energy levels.

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cancer
diabetes
heart disease
alzheimers
dementia
inflammation

Early Warnings of Heart Troubles Differ for Women



Women may worry more about breast cancer, but in reality, heart disease is the top killer of American women, claiming 300,000 lives a year, 7.5 times the number that die of breast cancer, according to the Centers for Disease Control and Prevention. Although heart disease is more often perceived as a men's issue, since 1984 more women have died of heart disease than men.

Part of the reason may be that women's heart attacks can differ from men's and the American Heart Association (AHA) warns that women often fail to recognize the symptoms, ranging from torso aches and pains and nausea to anxiety, shortness of breath, dizziness and extreme fatigue. They may experience subtle symptoms for months and write them off as byproducts of menopause, heartburn or effects of aging. The National Institutes of Health states that 43 percent of women that have heart attacks experience no chest pain.

The difference between the more subtle signs of a heart attack in women and the more dramatic signs in men may help explain why 75 percent of men, prompted to act quickly, survive a first heart attack, while only 62 percent of women do, according to the AHA. "Research shows that women may not be diagnosed or treated as aggressively as men," notes the Agency for Healthcare Research and Quality, part of the U.S. Department of Health & Human Services.

Nostalgia Arms Us for the Future

Having lingering fond memories of happy times, once actually thought to be a psychiatric disorder, have now been confirmed as a healthy and, ultimately, positive activity. Most people experience nostalgia at least once a week and nearly half of those surveyed reported experiencing it three or four times a week, say researchers at England's University of Southampton.

When speaking wistfully of the past, individuals are usually reconstructing happy memories of family and friends, and typically become more optimistic about the future, reports lead researcher and Social Psychologist Constantine Sedikides, Ph.D., who observes, "Nostalgia makes us a bit more human."

The Southampton paper, presented to the American Psychological Association, meshes well with another study confirming that nostalgic memories inspire positive feelings of joy, high self-regard, belonging and meaningfulness in life.

In two studies, social psychologists at North Dakota State University found that past fond memories help us become more self-confident and cope better in the present. "We see nostalgia as a psychological resource that people can dip into to conjure the evidence they need to assure themselves that they're valued," says lead researcher Clay Routledge.



FDA Moves to Ban Trans Fats

Heart-clogging trans fatty acids may soon be a thing of the past. The U.S. Food and Drug Administration (FDA) has taken the first step to remove trans fats from its GRAS (generally recognized as safe) list, effectively banning their use in food products.

Trans fats, also known as hydrogenated vegetable oils, can be found in many processed foods, including baked goods, microwave popcorn, peanut butter, frozen pizza, margarine and coffee creamers. Created by adding hydrogen to liquid oils to turn them into a solid form, trans fats have been used to improve the texture, shelf life or flavor of foods. For more than a decade, numerous scientific studies have documented that trans fats raise dangerous LDL cholesterol and lower good HDL cholesterol.

The FDA's proposed ban would require the food industry to gradually phase out all trans fats, likely over several months or years, noting their threat to health. Commissioner Margaret Hamburg said the move could prevent 20,000 heart attacks a year and 7,000 deaths. Many food manufacturers have already phased out trans fats since new nutrition labeling requirements were introduced by the FDA in 2006; plus an increasing number of local laws have banned them.

A Different Breathalyzer Test for Heart Failure



Simply blowing up a balloon may help doctors test heart function, according to a new study from the Cleveland Clinic. Although such examinations usually require expensive and sometimes invasive procedures, the new test can be done in a doctor's office in 30 seconds, according to the research findings published in the *Journal of the American College of Cardiology*.

The patient simply breathes into a Mylar balloon, similar to a party version, and the air is passed through a machine to produce an individual "breathprint". Researchers determined that exhaled breath contains volatile organic compounds that can be easily analyzed to determine potential heart failure.

THE WHOLE FISH IS BEST FOR BLOOD PRESSURE



Over the years, a broad range of research has confirmed that omega-3 fatty acids found in fatty fish like salmon, tuna and sardines promote heart and brain health. Now researchers at the University of Pennsylvania's Perelman School of Medicine have found that taking fish oil supplements isn't as effective at keeping blood pressure under control as eating an actual fish.

The animal study published in the *U.S. Proceedings of the National Academy of Sciences* shows that eating oily fish helped open ion channels, a complex series of membranes in the cells that line blood vessels, letting sodium, calcium and potassium in and out of those crucial cells and helping reduce blood pressure. Because fish oil supplements did not activate the ion channels, they didn't reduce blood pressure in the same way.



Zinc Orchestrates Immune Response

Many have heard that zinc can stop a cold in its tracks, and new research from Ohio State University tells us why; it turns out that zinc gently taps the brakes on immune responses, slowing them down and preventing inflammation from spiraling out of control.

The researchers' work with human cells and animals found that zinc serves to balance the immune response within the cells so that the consequences of insufficient zinc at the time of an infection include excessive inflammation. Of all the zinc contained in our bodies, only about 10 percent of it is readily accessible to help fight off an infection, notes Daren Knoell, professor of pharmacy and internal medicine and lead author of the study, published in *Cell Reports*.

The research team suggests that proper zinc balance is especially important in battling serious and potentially deadly infections. Zinc deficiency affects about 2 billion people worldwide, including an estimated 40 percent of the U.S. elderly.

Happy Marriage, Healthier Lives

A University of Missouri expert says that people in happy marriages are more likely to rate their health better than their peers as they age. Evidently, engaging with one's spouse builds a strong relationship that can improve spirits, promote feelings of well-being and lower stress.

Analyzing data from 707 continuously married adults that participated in the Marital Instability Over the Life Course panel study, a 20-year nationwide research project begun in 1980, researchers found that married people have better mental and physical health and are less likely to develop chronic conditions than their unmarried, widowed or divorced peers.

Thus, researchers recommended involving spouses and families in treatment for any illness. They further suggested that in cases of a strained marital relationship, improving marital harmony would also improve health.



EGG WHITES FUNCTION LIKE BLOOD PRESSURE MEDS



Maintaining healthy blood pressure is vital for long-term heart health, and scientists have now discovered evidence that a component of egg whites may have beneficial cardiovascular effects. Researchers from Clemson University, in South Carolina, found that a peptide in egg white, one of the building blocks of proteins, reduces blood pressure in animals about as much as a low dose of Captopril, a prescription medication for high blood pressure. The RVPSL peptide acts as a natural ACE inhibitor, functioning similar to the entire family of prescription medications that treat hypertension.

Hormone Imbalance

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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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globalbriefs

News and resources to inspire concerned citizens to work together in building a healthier, stronger society that benefits all.

Wild Valentines

Many Animals Mate for Life

Humans like to think of themselves as unique when it comes to taking vows of togetherness. But a surprising number of other species in the animal kingdom provide sterling examples of fidelity, monogamy and lifelong pairing.

Gibbons, of the ape family, are the nearest relatives to humans that mate for life. They form extremely strong pairings and both sexes are on relatively equal footing in their relationships.

Bald eagles, our national emblem, typically mate for life, except in the event of a partner's inability to procreate.

Wolves, often portrayed as tricksters in folklore, conduct a family life more loyal than many human relationships. Wolf packs typically comprise a male, a female and their offspring, making them akin to a human nuclear family.

Swans form monogamous pair bonds that last for many years or even for life. Their loyalty is so storied that the image of two swans swimming with their necks entwined in the shape of a heart has become a universal symbol of true love.

French angelfish are seldom found far from their mate, because they live, travel and even hunt in pairs. The fish form monogamous relationships that often last as long as both individuals are alive. In fact, they act as a team to vigorously defend their territory against neighboring pairs.

Other examples include albatrosses, African antelopes, black vultures, Malagasy giant rats, prairie voles, sandhill cranes, termites and, of course, turtle doves.

To view images, visit Tinyurl.com/AnimalMatePics and Tinyurl.com/AnimalMatesSlideshow.



Sweet Solution

Turning Agri-Waste to Good Use



Cement that incorporates waste ash

from sugar production is not only stronger than ordinary cement, it also qualifies as a greener building material. Researchers at the Niels Bohr Institute at the University of Copenhagen, in Denmark, have found that cement made with sugar cane ash mixed in is stronger,

can withstand higher pressure and crumbles less than ordinary cement. In countries where sugar cane is grown, such as Cuba and Brazil, this agricultural waste product has been added to cement for years. Extracting sugar from the cane typically leaves a lot of fiber waste that is burned into ash, discarded and then requires disposal.

Using sugar cane ash also can lower the energy use and carbon footprint of cement production. Heloisa Bordallo, a researcher at the Institute, comments, "You are saving both CO₂ emissions and raw materials."

Source: EcoSeed.org



Star Trekking

Voyager 1 Enters Interstellar Space

The U.S. National Aeronautics and Space Agency (NASA) recently confirmed that after 36 years, the Voyager 1 probe crossed the boundary of the heliosphere, or the extent of our Sun's influence, a year ago. It's the first manmade object to venture into interstellar space.

At a distance of about 12 billion miles from the Sun, the latest data indicates that Voyager 1 has been traveling through the plasma, or ionized gas, present in the space between stars. The journal *Science* notes that this corroborates the existence of a long-hypothesized boundary between the solar plasma and the interstellar plasma. Voyager 2, a companion craft launched at the same time, is also expected to break the barrier.

Source: EarthSky.org

Loving Local

Small Retailers Gaining Force

While online mega-shopping malls have decimated many types of small businesses around the country, the Business Alliance for Local Living Economies notes that independent bookstores are doing surprisingly well. For the last four years, their number and total sales have grown, despite the recent recession. In 2009, citizens patronized 1,651 independent bookstores in the United States; today their number exceeds 1,900.

In addition, local coffee shops have grown faster than the largest chain's storefronts. Bakers and specialty food purveyors, independent pharmacies and pet, fabric and stationery stores are growing, too.

One reason for the good news is the "buy local" ethic promoted by groups such as the American Independent Business Alliance. Last year, sales at independent businesses in cities benefitting from these campaigns grew 8.6 percent; those without them still increased 3.4 percent.

Independents are winning customer loyalty in part by hosting and sponsoring events that enrich the community. The public is realizing that buying local supports area families, keeps more dollars circulating locally and strengthens a healthy sense of community that benefits everyone.

Source: YesMagazine.org



Greenwashing Watchdog

Dr. Bronner Clears Out Imposters

The nonprofit manufacturer of Dr. Bronner's Magic Soaps (DrBronner.com), known in the U.S. for more than 50 years for its devotion to purity and information-crammed product labels, has taken to filing lawsuits against companies that don't live up to health claims or that employ deceptive

greenwashing tactics.

One primary focus is the cosmetics industry's use of so-called "organic" ingredients. Company president David Bronner reports, "About 80 percent of these companies simply dropped their claims; the others reformulated." He also lobbies for labeling of genetically modified organisms (GMO) in Washington State.

Source: Worldwatch.com



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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 Candida:

Along with other healthy bacteria, candida ferments sugar in our body and is present in our bodies for normal health reasons. When yeast proliferation occurs, candida is more in comparison to friendly bacteria in our body leading to a weakened immune system. Alkalinity can help neutralize this condition.

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.

Increase Energy Reserves:

Alkaline water is a reservoir of hydroxyl or OH- molecules that is free oxygen for our body. Our blood stream requires oxygen to provide energy to our body and alkaline water can help provide this much needed oxygen in our system. This means an instant boost in our energy levels.



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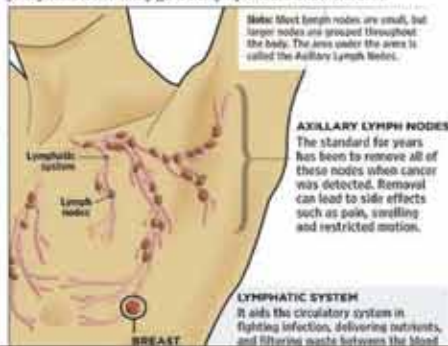


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BREAST HEALTH

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In a clinical study published in the Journal of Cancer Science and Therapy, scientists studied far infrared's effects on human cancer cells in vitro and on cancer cells in mice. Far infrared therapy reduced tumor volumes 86% in 30 days. The tumor-suppressing effects were even seen without high temperatures, even as low as 77 degrees Fahrenheit.

In another study, researchers in Japan discovered that whole-body hyperthermia with far infrared strongly inhibited the growth of breast cancer tumors in mice without deleterious side effects. Researchers believe this therapy is promising for long-term studies of a noninvasive treatment of breast cancer.

(1) Tatsuo I, Ishibashi, J. et al Non-Thermal Effects of Far-Infrared Ray (FIR) on Human Hepatocellular Carcinoma Cells HepG2 and their Tumors, J Cancer Sci Ther Volume 1 (2) : 078-082 (2009) - 078 <http://www.omicsonline.org/Archive/JCST/2009/December/01/JCST1.78.pdf>

(2) Udagawa Y, Nagasawa H, Kiyokawa S, Inhibition by Whole-Body Hyperthermia (WBH) with Far-infrared rays of the Growth of Spontaneous Mammary Tumours in mice. Anticancer Res. 1999 Sep-Oct;19(5B):4125-30

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globalbriefs

Handy Curriculum

Shop Class Teaches Sustainability

According to a report in *The Boston Globe*, some American schools regret that they replaced woodshops with high-tech educational forums in the 1990s. Shop class is valuable for students that may underperform in traditional academic settings and empowers them to learn and produce tangible results.

Doug Stowe, a woodworker and teacher in Eureka Springs, Arkansas, writes in *WisdomOfHands.Blogspot.ca*, "Our society has inadvertently created a dependent generation of young people that don't know how to fix things and lack even the most basic manual competence. Putting girls and boys into shop class would challenge rampant consumerism because a person is less inclined to throw out a piece of furniture and buy a replacement if they know how to fix it.

"With so many cheap imports flooding stores, it's difficult for students to gain perspective on the resources and time required to create a piece of furniture, so shop class can teach students to appreciate long-lasting quality and its accompanying fair price tag. In this way, shop class is linked to sustainability."

Source: *Treehugger.com*



Jumpin' Jellyfish

Numbers Explode with Ocean Warming and Overfishing



Favorite destination beach resorts around the world have seen huge increases in jellyfish "bloom" activity. "Jellyfish and tourism are not happy bedfellows," says Dr. Lisa-ann Gershwin, Ph.D., a pioneering marine biologist and author of *Stung! On Jellyfish Blooms and the Future of the Ocean*. "In Florida, it's not uncommon in recent years for a half a million people to be stung during an outbreak."

A report, *Review of Jellyfish Blooms in the Mediterranean and Black Sea*, written by Fernando Borea for the General Fisheries Commission for the Mediterranean and the United Nations, cites both global warming and overfishing, which removes jellyfish predators, as causes for recent jellyfish population explosions.

Of the more than 2,000 species of jellyfish swimming through the world's waters, most are completely harmless. However, human contact with some types can cause excruciating pain, and the box jellyfish is among the handful of species that have caused fatalities around the globe.

Gershwin says, "Australia is upfront about its jellyfish dangers and also assertive in safety management, whereas other places have them, but may understand less about them or in some cases, just don't want to say. Tourists need to be aware of local hazards and not expect to necessarily be provided with pertinent information."

Source: *CNN*

Beyond Bling

True Treasures Avert Eco-Harm

Done right, Valentine's Day and gifts of jewelry go together like love and marriage. Those that have no desire to support the unsafe worker conditions, widespread price fixing and waste associated with gold mining, also linked to pollution, financing wars and terrorism, look for better options. They wish to have no part in underwriting standard ring-making practices which, according to the Worldwatch Institute, create tons of toxic mining waste that can persist for decades and enter the food chain. Happily, there are far more ethical choices.



Alternate routes. Among many sustainable and socially responsible options, jewelry made from recycled gold, silver and titanium plus synthetic gemstones is offered by GreenKarat (*GreenKarat.com*) while Brilliant Earth (*BrilliantEarth.com*) provides antiques and also custom makes or helps customers create their own treasured gifts utilizing minerals from pure sources; the company also donates 5 percent of its profits to support communities that have suffered from unethical industry practices.

Heirlooms. A son or grandson gifting a grandmother's or mother's cherished piece of jewelry to a spouse or girlfriend expresses a tradition of love and family connectivity, plus gives new life to precious items. Michelle Ercanbrack, a family historian at *Ancestry.com*, recommends using a family-treasured diamond in a more modern setting or making a ring into a pendant. "Heirlooms link the present to the past—they are part of a family narrative that can increase the present generation's sense of belonging and identity," she says.

Native American jewelry. Deborah Nelson, owner of Silver Eagle Gallery, in Naples, Florida, and Highlands, North Carolina, attests that artful jewelry by Native Americans supports their culture and forges a connection to Americana with timeless appeal. Bracelets made by Navajo Indians incorporate turquoise pieces often linked together or set in mosaic form on a sterling band. Sterling silver and golden amber sunburst rings also make good gifts. "The handmade attention to detail is a stark contrast to what's cast in a mold overseas," says Nelson.

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- Andrew Weil, M.D.

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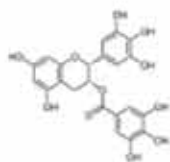
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RETHINKING HEART HEALTH

Pioneering Doctors and Patients Reinvent Cardio Care

by Linda Sechrist

In 1977, Dr. Dean Ornish began to think beyond an allopathic medicine paradigm that defined the reversal of cardiovascular disease, including coronary heart disease (CHD) and the hypertensive diseases such as heart failure and stroke, as physiologically implausible. Undaunted by the challenge of funding his research, he pushed forward. Results of his foundational 1986 to 1992 Lifestyle Heart Trial, published in the *Journal of the American Medical Association*, proved that individuals with preexisting coronary atherosclerosis that make intensive, integrated lifestyle changes can begin to experience improvements in their condition after as little as one year without using lipid-lowering drugs.

Based on his 30-plus years of clinical research, Ornish and his colleagues further showed that five years of following proper nutrition, fitness and stress

management—which must include love and support—can reduce symptoms of CHD and other chronic conditions. He remarks in *Love & Survival: 8 Pathways to Intimacy and Health* that despite numerous studies showing a medical basis for its occurrence, the reason why CHD is reversible is still the subject of debate.

Ornish's work has paved the way for a growing corps of pioneering integrative physicians successfully collaborating with patients to reduce the leading cause of death for men and women in the United States.

Plaque the Culprit

The cause of cardiovascular disease is arterial plaque, a fine layer of fatty material that forms within the arteries and blocks blood flow. It is largely the result of food and activity choices, plus the degree of inflammation in the arteries. Dr. Steven Masley's three keys

to improving heart health highlighted in his book, *The 30-Day Heart Tune-Up*, and an upcoming PBS special, concern lifestyle factors capable of shrinking plaque, improving circulation and strengthening the heartbeat. "Abnormal plaque growth is preventable 90 percent of the time," states the president of Masley Optimal Health Center, in St. Petersburg, Florida.

While conducting research on the heart health of nearly 1,000 patients over a period of 20 years, Masley suspected that the traditional assessment approach of measuring cholesterol, blood sugar and blood pressure didn't effectively address the biochemistry within arteries. Testing intima-media thickness (IMT) using a simple 10-minute external ultrasound confirmed it. The test bounces high-frequency sound waves to measure the thickness of the carotid arteries' innermost two layers on either side of the neck.

"This valuable tool allows for an estimate of arterial age. A healthy, young cardiovascular system has less plaque and an unhealthy, old one has more," advises Masley. IMT, a useful tool for preventing future heart attacks and strokes, differs from standard carotid Doppler ultrasound, which looks for artery obstructions suggesting surgery.

A practitioner of functional medicine, Masley explains heart-related diagnoses differently than his allopathic counterparts. "Rather than diagnosing high blood pressure as hypertension, I categorize it as not enough exercise, not enough fruits and vegetables, high emotional stress and excessive body fat."

To optimize heart health, Masley employs a broad, holistic matrix of options that enhance the cardiovascular system—the interactions among diet, activity level, weight, environmental toxins, hormones, stress and biochemical factors such as blood sugar control and inflammation levels. He prescribes heart-healing foods that simultaneously help to manage the aging process, following a customized, heart-friendly supplement plan; engaging in exercise that strengthens the heart and arteries; and learning how to better manage stress.

He contends that cardiovascular

Love and intimacy are at the root of what makes us sick and what makes us well, what causes sadness and what brings happiness, what makes us suffer and what leads to healing.

~ Dr. Dean Ornish, Love & Survival

events remain the top cause of death because individuals are largely unaware of treatment options before they get into trouble. More, "Most people falsely assume that their condition has been fixed with a medical procedure and/or drugs, and that a lifestyle change isn't necessary."

Cholesterol's Bad Rap

Dr. Stephen Sinatra, an integrative cardiologist, anti-aging specialist and bioenergetics psychotherapist in Manchester, Connecticut, has also shifted his heart health paradigm. He now prescribes a combination of conventional medicine, food, supplements, mind/body strategies and natural healing methods. His book, *Heartbreak and Heart Disease: A Mind/Body Prescription for Healing the Heart*, relates many inspiring case histories that address the psycho-emotional component of heart health and illustrate how to repair and reopen a broken heart by releasing long-repressed emotions.

Following two years of Gestalt psychotherapy training and seven years of bioenergetics training, Sinatra likewise realized that heartbreak was one of the major causes of heart disease. An expert in the field of natural cardiology, he had once believed that cholesterol and fat were the primary causes before 40 years of treatment research taught him otherwise.

"Cholesterol is not the reason for heart disease," advises Sinatra, founder of *HeartMDInstitute.com* and author of *The Great Cholesterol Myth*. "The body produces and needs cholesterol to convert sunlight to vitamin D, to make sex hormones, vital semi-permeable membranes for the body's trillions of cells, plus bile salts for digestion. Even your brain makes and uses cholesterol to build connections between the neurons that facilitate learning and memory."

Real Perpetrators

Sinatra names the real perpetrators of heart disease—stress, inflammation and overeating sugar and processed foods containing saturated fat. He counsels that the heart benefits less from a low-fat, high-carbohydrate diet than one low in carbohydrates and higher in healthy fats, overturning widespread medical mantras.

Also, a high-fructose, high-grain carbohydrate diet raises triglycerides, increases the risk of metabolic syndrome and contributes to insulin resistance, causing the liver to produce more cholesterol, as well as more inflammatory, low-density lipoprotein cholesterol (LDL) particles, all of which increase the risk for CHD, diabetes and stroke. The American Heart Association (AHA) estimates that metabolic syndrome, which affects nearly 35 percent of American adults, may overtake smoking as the leading risk factor for CHD.

The AHA currently is focused on increasing awareness that heart disease is the number one killer of women. Its Go Red for Women campaign emphasizes the vital need to take preventive basic actions, including adopting an exercise routine, healthier diet and doctor visits for appropriate non-invasive tests.

Essential Spirit

Dr. James Forleo, a chiropractor in Durango, Colorado, with 30-plus years of clinical experience, maintains that health is simple, disease is complicated (also the title of his book). He counsels patients, "If mental stress is present in your life, you owe it to your cardiovascular system to change to a healthier lifestyle. Your life may depend on it."

Forleo has recognized that an individual's state of mind can be a big help or hindrance in maintaining a healthy heart. "The heart represents a different realm of experience entirely, one

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It is no coincidence that we address our physical and emotional heart by the same name. Our physical heart usually reflects the state of our emotional heart, and vice versa.

~ Dr. James Forleo

that cannot be explained by logic and reason," comments Forleo.

He champions the link between maintaining normal spinal function and healthy heart function, along with supporting the inner presence of Spirit, which he calls the healthy heart's ultimate elixir. "Its essence relaxes the heart, opens the mind to possibilities greater than itself and provides the perspective that the heart and the mind are complementary," he observes.

He explains that when our emotions get bottled up, something in our heart or circulation has to give. "If you or someone you know experiences heart problems, chances are that unresolved emotions lie directly below the surface," he says. "There are exceptions, and genetic problems can explain many heart defects, but heart problems don't usually show up unless emotions are involved."

Forleo's concept is supported by the work of Rollin McCraty, Ph.D., executive vice president and director of research at

California's Institute of HeartMath. His research papers include *The Energetic Heart: Bioelectromagnetic Interactions Within and Between People*.

"Today, evidence suggests that the heart may play a particularly important role in emotional experience. Research in the relatively new discipline of neurocardiology has confirmed that the heart is a sensory organ and acts as a sophisticated information encoding and processing center that learns, remembers and makes independent functional decisions that don't involve the cerebral cortex," advises McCraty.

To Happy Hearts

Pioneering integrative medical doctors Masley, Sinatra, Forleo and Mona Lisa Schultz, who also holds a Ph.D. in behavioral neuroscience, agree that in matters of heart disease, emotions take center stage. Schultz, who recently co-authored *All is Well: Heal Your Body with Medicine, Affirmations and Intuition*, with

Louise L. Hay, a leading founder of the self-help movement, applies her 25 years of experience as a medical intuitive with the best of Western clinical science, brain research and energy medicine.

Shultz observes, "Every illness has an emotional component, which tells us intuitively that something or someone in our life or environment is out of balance and needs to be addressed. Our use of language—such as frustration makes our heart race, anger boils our blood—and our common sense are telling us what we don't need more studies to confirm. If we can't deal with our anger in a timely fashion, name our feelings, respond effectively and release them, we increase our chance of illness, ranging from hypertension to cardiovascular events."

According to the *American Journal of Cardiology*, the U.S. spends 10 percent of all healthcare dollars for cardiovascular disease prevention and medical management versus 90 percent on medical treatment procedures and hospital care. For individuals interested in taking charge of their heart health, working with a physician that embraces the emerging paradigm of integrative lifestyle changes and prevention can be a drug-free, life-saving decision.

Linda Sechrist is the senior staff writer for Natural Awakenings. Visit ItsAllAboutWe.com for full interviews.

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Wheatgrass the KING of Superfoods

Wheatgrass is grown from the wheat seed (wheat berries), which is the whole kernel of the wheat grain. To an inexperienced eye, the blades of wheatgrass look very similar to those of any common lawn grass. There are, however, considerable differences between them beneath their uniform outer appearance.

Wheatgrass is considered by many people to be the most healing of all grasses. It contains more than 90 elements from the soil, and it is one of nature's richest sources of vitamins A and C. When it is grown in fertile organic soil, it contains all of the known mineral elements and is rich in calcium, magnesium, phosphorus, iron, potassium, sulfur, sodium, cobalt and zinc. Wheatgrass is also abundant in vitamin B-17, a substance that can destroy cancer cells selectively.

Scientists at the University of Texas concluded that wheatgrass juice is exceptional in its chlorophyll content. Known as "nature's greatest healer," chlorophyll produces an environment that suppresses bacterial growth in the body and counteracts ingested toxins. It also helps to purify the liver, build the blood's oxygen-carrying potential and regulate digestion.

As a cocktail, wheatgrass is a powerful purifier of the stomach, liver, pancreas and circulatory system. Initial consumption of even one ounce may cause nausea; however, this is merely a brief manifestation of the initial impact of the wheatgrass juice upon bodily toxins. We recommend one starts with a small amount (one ounce or less) and increase that amount gradually until one is drinking three ounces daily. For optimum nutritional value, one must consume the fresh or frozen juice. One can also chew the blades of wheatgrass; the juice can be swallowed and the pulp discarded.



Wheatgrass was first introduced to Acadiana in 2011 in *Natural Awakenings* Magazine by Dr. Steve Castille. Dr. Steve founded The Acadiana Wheatgrass Institute in 2012 to study the health benefits of wheatgrass. Using a state-of-the-art biochemical research lab, Dr. Steve's holistic research team is developing new ways to fully harvest the nutritional benefits of wheatgrass.

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Benefits of Wheatgrass

Some of the superior qualities of wheatgrass and the juice that can be extracted from its blades include the following:

- Increases red blood-cell count and lowers blood pressure. It cleanses the blood, organs and gastrointestinal tract of debris. Wheatgrass also stimulates metabolism and the body's enzyme systems by enriching the blood. It also aids in reducing blood pressure by dilating the blood pathways throughout the body.
- Stimulates the thyroid gland, correcting obesity, indigestion, and a host of other complaints.
- Restores alkalinity to the blood. The juice's abundance of alkaline minerals helps reduce over-acidity in the blood. It can be used to relieve many internal pains, and has been used successfully to treat peptic ulcers, ulcerative colitis, constipation, diarrhea, and other complaints of the gastrointestinal tract.
- Is a powerful detoxifier, and liver and blood protector. The enzymes and amino acids found in wheatgrass can protect us from carcinogens like no other food or medicine. It strengthens our cells, detoxifies the liver and bloodstream, and chemically neutralizes environmental pollutants.
- Fights tumors and neutralizes toxins. Recent studies show that wheatgrass juice has a powerful ability to fight tumors without the usual toxicity of drugs that also inhibit cell-destroying agents. The many active compounds found in grass juice cleanse the blood and neutralize and digest toxins in our cells.
- Contains beneficial enzymes. Whether you have a cut finger you want to heal or you desire to lose five pounds...enzymes must do the actual work. The life and abilities of the enzymes found naturally in our bodies can be extended if we help them from the outside by adding exogenous enzymes, like the ones found in wheatgrass juice. Don't cook it. We can only get the benefits of the many enzymes found in grass by eating it uncooked. Cooking destroys 100 percent of the enzymes in food.
- Has remarkable similarity to our own blood. The second important nutritional aspect of chlorophyll is its remarkable similarity to hemoglobin, the compound that carries oxygen in the blood. Dr. Yoshihide Hagiwara, president of the Hagiwara Institute of Health in Japan, is a leading advocate for the use of grass as food and medicine. He reasons that since chlorophyll is soluble in fat particles, and fat particles are absorbed directly into the blood via the lymphatic system, that chlorophyll can also be absorbed in this way. In other words, when the "blood" of plants is absorbed in humans it is transformed into human blood, which transports nutrients to every cell of the body.
- When used as a rectal implant, reverses damage from inside the lower bowel. An implant is a small amount of juice held in the lower bowel for about 20 minutes. In the case of illness, wheatgrass implants stimulate a rapid cleansing of the lower bowel and draw out accumulations of debris.

- Externally applied to the skin can help eliminate itching almost immediately.
- Will soothe sunburned skin and act as a disinfectant. Rubbed into the scalp before a shampoo, it will help mend damaged hair and alleviate itchy, scaly, scalp conditions.
- Is soothing and healing for cuts, burns, scrapes, rashes, poison ivy, athlete's foot, insect bites, boils, sores, open ulcers, tumors, and so on. Use as a poultice and replace every two to four hours.
- Works as a sleep aide. Merely place a tray of living wheatgrass near the head of your bed. It will enhance the oxygen in the air and generate healthful negative ions to help you sleep more soundly.
- Enhances your bath. Add some to your bath water and settle in for a nice, long soak.
- Sweetens the breath and firms up and tightens gums. Just gargle with the juice.
- Neutralizes toxic substances like cadmium, nicotine, strontium, mercury, and polyvinyl chloride.
- Offers the benefits of a liquid oxygen transfusion since the juice contains liquid oxygen. Oxygen is vital to many body processes: it stimulates digestion (the oxidation of food), promotes clearer thinking (the brain utilizes 25% of the body's oxygen supply), and protects the blood against anaerobic bacteria. Cancer cells cannot exist in the presence of oxygen.
- Turns gray hair to its natural color again and greatly increases energy levels when consumed daily.
- Is a beauty treatment that slows down the aging process when the juice is consumed. Wheatgrass will cleanse your blood and help rejuvenate aging cells, slowing the aging process way down, making you feel more alive right away. It will help tighten loose and sagging skin.
- Lessens the effects of radiation. One enzyme found in wheatgrass, SOD, lessens the effects of radiation and acts as an anti-inflammatory compound that may prevent cellular damage following heart attacks or exposure to irritants.
- Restores fertility and promotes youthfulness.
- Can double your red blood cell count just by soaking in it. Renowned nutritionist Dr. Bernard Jensen found that no other blood builders are superior to green juices and wheatgrass. In his book "Health Magic Through Chlorophyll" he mentions several cases where he was able to double the red blood cell count in a matter of days merely by having patients soak in a chlorophyll-water bath. Blood building results occur even more rapidly when patients drink green juices and wheatgrass regularly.

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ZERONA: ZAP FAT WITH LASER LIGHT

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

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

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

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

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

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

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

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

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

Zerona

Melt Belly Fat Using Zerona Cold Laser Treatments

Zerona employs a laser to shrink fat cells, and costs about \$1,500 to \$1,700 for a package of six purportedly painless treatments performed over two weeks in a doctor’s office. A package of six treatments at the LITEON Natural Health Center is under \$800. Each treatment takes roughly 40 minutes. Liposuction costs \$4,000 on average, and a tummy tuck costs \$5,000 to \$9,000. Unlike many laser sculpting procedures, Zerona has “absolutely no side effects, no allergic reactions, bruising, anything,” says Steve Shanks, president of Erchnoia, Zerona’s manufacturer. The company’s clinical trial for FDA approval found that the procedure removed about 1 to 1.5 inches from each area treated including waist, hips, and thighs. *Source: Health.usnews.com*



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

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



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

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

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

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

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Simple Stress Busters

Natural Ways to Slide into a State of Calmness

by Kathleen Barnes

We all encounter everyday stressors and usually find our own ways of defusing them. However, when chronic stress remains unresolved, it extracts a toll on health that may range from heart disease and stroke to obesity, gastrointestinal problems and depression. Thankfully, *Natural Awakenings* has uncovered inviting ways to regularly de-stress that naturally make us feel good. Here are some refreshing ideas for immediate rest and relaxation.

Eat Mindfully. Chocolate can be an excellent antidote to stress-related binge eating, advises Dr. Susan Lord, an integrative physician in Great Barrington, Massachusetts, who leads mind-body medicine programs at the Kripalu Center for Yoga & Health, in Stockbridge. "We rarely eat mindfully," comments Lord. "We're usually gulping down our food while watching TV, arguing with the kids or reading a book."

She often leads a meditation in which participants are allotted one small piece of chocolate that they must eat slowly and consciously. "Most people discover they have never really tasted their food," she says. "They are pleasantly surprised to discover that they feel satiated and satisfied on every level."

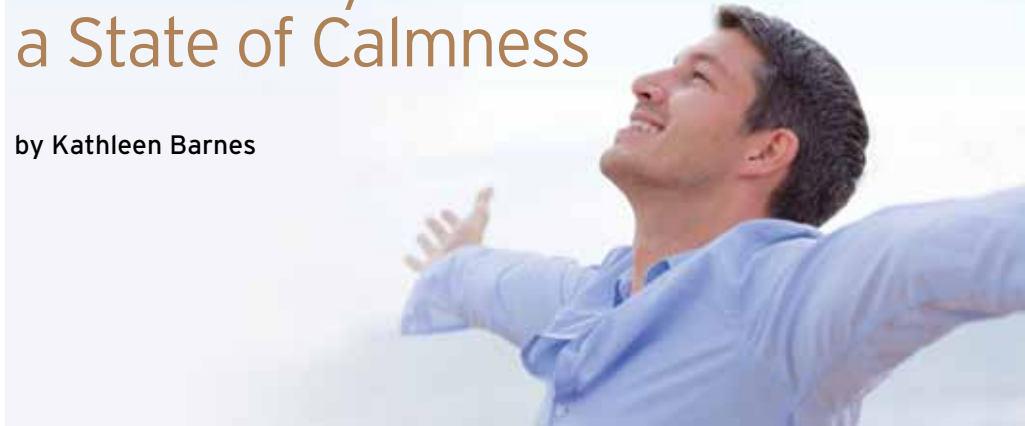
Lord's teaching is supported by a study from an Oregon Research Institute affiliate in Albuquerque, New Mexico, showing that people lost

significant amounts of weight by eating slowly and mindfully. Accordingly, Kripalu has encouraged eating in silence for nearly 40 years, a practice Lord heartily recommends to her patients for one meal a day.

Walk a labyrinth. A meditative walk on a labyrinth may be just what the doctor ordered, says physician Esther Sternberg, professor of medicine and research director at the Arizona Center for Integrative Medicine at the University of Arizona, in Tucson. "A labyrinth differs from a maze, which has high walls and many dead ends," notes Sternberg. "Walking a maze is inevitably stressful; a labyrinth has the exact opposite effect. There is only one path in and one path out. You go to the middle, meditate and walk back out. It's a perfectly calming walking meditation."

In physiological terms, Sternberg explains, the deep breathing induced by labyrinth walking activates the vagus nerve, which prompts relaxation. It does this by interrupting the brain's stress response and halting the release of adrenaline and the stress hormone cortisol from the adrenal glands.

Our ancestors built labyrinths as early as 4,000 BCE. They exist today in churches, healing centers and backyards all over the world. Finger labyrinths, even as simple as an outline printed on a piece of paper, also have proved to be effective relaxation tools, says Neal



Harris, a licensed clinical professional counselor in Barrington, Illinois. His study confirming its relaxing effects was published in the *Annals of Psychotherapy & Integrative Health*.

Shake (or laugh) it off. Anyone that has ever felt like exploding from tight shoulders, indigestion, headaches or other conditions caused by accumulated stress can benefit from Lord's recommendation to experience a whole-body shake.

"Just stand with your feet firmly planted and start shaking—first your feet, then your legs, arms, head and neck and eventually, your whole body—for at least two or three minutes," she counsels. "You'll shake off all of that tension, energize every cell and probably start laughing, another great stress reliever."

A good belly laugh is likewise a powerful stress reliever, according to a study by researchers at Indiana State University, in Terra Haute, published in *Alternative Therapies in Health and Medicine*. Results also showed that laughter increased production of the protective cells that boost immune function.

Create a memory garden. For Sternberg, her personal place of peace is an unconscious re-creation combining the sights and smells of her grand-

mother's garden with the comfortable "at home" feeling of her parents' deck and mementos from a happy time in Crete. At the center of Sternberg's happy memories are fragrant jasmine and gardenia trees, lavender and basil, all reminders of happy times in her life. She recalls, "It wasn't until I was finished that I realized what I had done."

A review of relevant science reported in *Neural Plasticity* explains that the brain's hippocampus region, a seat of memory, especially related to place, also normally regulates the production of cortisol. But an excess of cortisol due to stress can impair its memory functions. "When we are in a place that brings happy memories to mind, we let go of stress and stop the release of cortisol," says Sternberg. "It helps to just think of a place where we have been happy."

She recommends creating a home space with some plants on a window-sill, photos of happy family gatherings, fabrics or paint in beloved colors and perhaps inherited items that trigger fond memories.

Kathleen Barnes is the author of numerous natural health books, including 10 Best Ways to Manage Stress. Connect at KathleenBarnes.com.

Music Soothes the Soul

Dozens of studies from leading institutions like Brandeis University, in Waltham, Massachusetts, the Elizabeth Seton Pediatric Center, in Yonkers, New York, and Colorado State University, in Fort Collins, show that music can offset stress, relieve pain, lower blood pressure, improve immune function and support restful sleep. So play a tune or two of much-loved music and let the calming effects induce a state of relaxation.

According to research from the American Society of Hypertension, classical music, the blues and other soothing music work best because they cause the body to release endorphins and slow breathing rates. It's better yet if our favorite music inspires stress-releasing body movement.

Source: GreenMedInfo.com



Breathe Deeply

Perform this subtle de-stressor while in line at the market or driving. It slows heart rate, oxygenates the body, improves mental clarity and has a relaxing effect on the nervous system.

- Sit or stand straight.
- Put the tip of the tongue against the ridge of tissue just behind the upper front teeth, and keep it there throughout the entire exercise.
- Inhale through the nose for a count of four.
- Hold each breath for a count of seven.
- Exhale completely through the mouth with a whoosh sound for a count of eight.
- Repeat three more times.

Source: DrWeil.com

Women's libido



A healthy Libido is vital to an optimal quality of life and is an important part of a healthy relationship. Women's Libido helps restore desire in women, whether it has become temporarily lessened or altogether lost.

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Home Safe Home Practical Pillars of Well-Being

by Christa O'Leary

Done right, our home serves as an empowering foundation for well-being. Aligning with four key pillars of harmony will facilitate an inspired, healthy and vibrant home that supports body, mind and spirit.

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Creating an inspired and healthy home environment soothes the soul and recharges our proverbial batteries.

Making healthful choices in the products we use and consume helps ensure we retain a healthy body and vibrant living in an era when we are inundated with disease-producing toxins in our homes, food, air and water.

Applying simple solutions to slow down helps us maintain a calm mind amidst the frenetic pace of daily life. Periodically unplugging from the instant demands of technology is a good first step.

Tuning into our life purpose and sharing it with others allows us to shine. We naturally radiate our inner light in ever-expanding ways.

Mindful Strategies

A study published by the International Academy for Design and Health shows that because our home influences us on many levels, the setting is continually either supporting or depleting its occupants. Consciously creating and sustaining a nurturing environment fortifies the roots from which family members evolve and grow.

Experience shows us how improving our immediate surroundings, ranging from our wardrobe to household furnishings, helps to manifest positive internal transformations. The activity likewise reflects our inner landscape, allowing us to take a step back and observe how we are changing and hope to change.

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That's why we periodically feel impelled to clear unsettling clutter from our private spaces. It's an irritant that disrupts order and our sense of beauty; even when it's stashed in drawers and closets, we still know it's there. It competes for attention and distracts our focus.

A recently relocated design client felt that her new house was beautiful, but didn't feel like a home. The woman explained that when she was there, she was short-tempered with her kids, a sharp contrast to her usual demeanor. She yearned to love her home, enjoy her kids and live vibrantly. A key part of the solution was tackling the home's mudroom entrance that was cluttered with the kids' detritus, a condition that irritated her the minute she walked through the door.

Many of the home products we buy contain disquieting, hidden elements. Understanding which ingredients are hazardous is imperative to maintaining a safe home environment. Key decisions range from the choice of carpets, couches and bedding to cleaning products, laundry solutions and air fresheners.

Knowing the products we use are healthful enhances peace of mind. As one homeowner said, "I am so relieved to have a better understanding of what products I shouldn't bring home. I was so scared before that I just ignored the idea that chemicals could be harmful."

Being informed and alert to the composition of the items we bring into our home—including food—is vital. More than 80,000 chemicals make up the ingredients in commonly available products that end up in the typical American home, and a large portion of them are toxic. Nearly 20 percent of the chemicals are not divulged, according to the U.S. Environmental Protection Agency (EPA).

The EPA also reports that the average person holds more than 700 toxic chemicals in their body. We inhale myriad chemical byproducts that fill the air both indoors and out, plus ingest numerous toxins in the foods and beverages we consume. Once absorbed, they remain in the body unless flushed out, throwing it out of balance and, as widespread research shows, causing a broad range of diseases.

WebMD.com reports that the psychological impacts of feeling stressed, helpless and overwhelmed by the fear of lurking poisons can directly influence our physical health. Making informed choices can alleviate such feelings. It only requires taking a series of small and manageable, progressive steps to create our own style of a healthy and harmonious home life.

On a spiritual level, we can rest assured that such caring for our inner temple and larger environment supports a greater good and fosters a deeper connection to life's Source. We feel more physically, psychologically and spiritually vibrant. Our home becomes a vital wellspring that, cleaned and furnished with holistic awareness, continually refreshes us.

Christa O'Leary is founder and CEO of Home in Harmony, Inc., combining expertise in marriage and family therapy, interior design and green living. Her book, Home in Harmony Lifestyle: Designing an Inspired Life, will be released in November. Connect at ChristaOLeary.com/FreeKit.

ORGANIC FRUITS & GREENS BLEND

All cells need a supply of oxygen and nutrients, and cancer cells are no exception. Without their own blood supply to nourish them, tumours cannot grow larger than the size of a grain of sugar.

As a tumour grows, it sends out signals to nearby blood vessels. These cause new blood vessels to sprout towards the tumour, effectively hijacking the blood supply. Scientists call this process angiogenesis.

Source: Cancer Research UK

A cancer cell needs:

- acidic tissue and fluids to survive in
- a low oxygen environment
- stagnant lymph can feed cancer cells

Antiangiogenic Foods:

Green tea Strawberries Blackberries Raspberries
Blueberries Oranges Grapefruit Lemons Apples
Pineapple Cherries Red wine Wheatgrass



Supplement Facts		
Serving Size: 1 Rounded Scoop (13g)		
Servings Per Container: 30		
Amount Per Serving		% Daily Value
Calories	40	
Total Carbohydrate	10g	2%
Dietary Fiber	2g	8%
Sugars	4g	--
Organic Phytonutrient Fruit & Vegetable Blend	400mg	**
Organic Apple Powder		
Organic Strawberry Powder		
Organic Cherry Powder		
Organic Blueberry Powder		
Organic Raspberry Powder		
Organic Beet Powder		
Organic Kale Powder		
Organic Carrot Powder		
Organic Spinach Powder		
Organic Tomato Powder		
Organic Greens Blend	300mg	**
Organic Spirulina		
Organic Wheatgrass Powder		
Organic Barley Grass Powder		
Organic Oat Grass Powder		
Organic Flax Seed Powder	1210mg	**

* Percent Daily Value based on a 2,000 calorie diet.
** Daily Value not established.
Other ingredients: Organic evaporated cane juice.

Quiet Kids in a Noisy World

Bringing Out the Best in Introverts

by Meredith Montgomery

Gabrielle Perillo's daughter, A'ngel, 11, is a deep thinker, compassionate for all beings (human and not), a defender of justice, spiritual and extremely creative. She pursues any subject she studies with focus and passion. Although other children are naturally drawn to her, A'ngel, a born introvert, generally prefers to play quietly on her own. At first, her mother worried that her daughter was being insensitive to others and not paying attention to her surroundings. But once Mom released her own emotional projections, she recognized how happy her daughter is in her own space and began to appreciate the benefits of this independence.

At least a third of Americans are introverts, yet many parents are prone to mischaracterize their more private children as antisocial, self-centered and lonely. Susan Cain, a former corporate attorney and author

of *Quiet: The Power of Introverts in a World That Can't Stop Talking*, explains, "Introverts are not antisocial, they just prefer socializing in lower-key ways." They usually form a few deep and intimate relationships compared to extroverts that often cultivate many friends.

Christine Fonseca, an educational psychologist and author of *Quiet Kids*, notes the danger in

misunderstanding a child's hesitancy or reserved nature. "Kids can benefit from understanding who they are and what it means to be an introvert. Otherwise, they may compare themselves to their extrovert friends and feel deficient."

Introverts own many exceptional qualities. They tend to be deep thinkers able to work independently in highly creative and innovative ways. They may prefer to learn a lot about a few topics instead of a little about many different areas. Often described as empathetic, conscientious and self-aware, introverts make authentic leaders and effective managers as adults.

Introvert and extrovert temperaments are distinguished by how individuals generate energy. Introverts process the world and recharge through solitude; many can flourish in social situations as long as they can rejuvenate by being on their own.



Fonseca notes a defining difference in physiology. "Introverts use part of the nervous system that has a long pathway from point A to point B, so it takes them longer to process information."

Cain adds, "Introverts also usually have a longer runway than others, so it takes them longer to take off and fly. It's crucial that the message they're receiv-

ing from parents and teachers is, 'That's okay.'" It's important that parents balance how they honor a child's preferences with teaching them skills to thrive. "Don't expect them to follow the gang," says Cain. "Instead, encourage them to follow their passions."

Parents can empower children with tools to increase their comfort zone. If youngsters have difficulty speaking up in class, it helps to prepare them with what they want to say beforehand. Cain notes that this lessens anxiety and when they are able to speak up, they'll feel like part of the class.

Simple tips can offer relief in uncomfortable social situations. Perillo reinforces social manners before she and A'ngel arrive at an event. She focuses on the greetings, reminding her to extend her hand first, speak clearly, make eye contact and smile. Also, because self-promotion doesn't come naturally to introverts, they often need coaching to highlight their own assets when applying for a club, college or job.

Fonseca encourages families to embrace digital technology. She observes, "Most introverts are extroverts online. While face-to-face communication tends to drain them, that doesn't happen as much online, plus it's easier to feel more adept socially there." They'll still need to disconnect and renew after socializing online, so it's important to set usage boundaries.

Fonseca, who has one introverted and one extroverted child, facilitates dialogue that teaches each of them to communicate with their peers about their needs. "My introvert tells her extrovert friends not to take offense if she needs to take quiet time alone. They offer each other a perspective that makes their own point of view more well-rounded."

From a neuropsychological perspective, introverts and extroverts can learn from each other, as well. According to Fonseca, extroverts that habitually activate their sympathetic nervous system ("fight-or-flight") can experience burnout if they don't learn how to slow down and be calm. However, introverts, relying mostly on their parasympathetic system ("rest and digest"), can be overly calm and slow to respond to situations.

Fonseca notes, "It's not about one temperament being more positive than the other; it's about understanding who everyone is, their authentic self and finding balance."

Meredith Montgomery is the publisher of Natural Awakenings Mobile/Baldwin, AL (HealthyLivingHealthyPlanet.com).

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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.

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Using an infrared sauna can expand capillaries in the body, which stimulates increased blood flow, regeneration, circulation, and oxygenation.

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As your body increases sweat production to cool itself, your heart works harder, pumping blood at a greater rate to boost circulation, providing the conditioning benefits of continuous exercise. Heart rate, cardiac output and metabolic rate increase during Infrared Sauna Therapy, while diastolic blood pressure drops, thus boosting overall cardiovascular fitness.

HEALTHY ARTERIES

Deposits of fat, calcium, fibrin, and cellular debris can clog arteries and lessen the ability to expand and contract, while slowing blood circulation. Infrared Sauna Therapy can potentially help to clean arteries by loosening these toxins and increasing blood flow throughout the body.

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ONE HOUR SESSION



DETOX THE BODY

Ionic Detox Foot Bath

COLORS AND OBJECTS IN THE WATER	
Color or Particle	Material or Area of the Body
Yellow-Green	Purifying the kidney, bladder, urinary tract, female/prostate area
Orange	Purifying the joints
Brown	Purifying the liver; tobacco, cellular debris
Black	Purifying the liver
Dark Green	Purifying the gallbladder
White Foam	Purifying from the lymphatic system
Black Flecks	Heavy metals
Red Flecks	Blood clot material

Top Reasons to Ion Detox

- Rid your body of unwanted toxins.
- Reduce acidic pH in the body.
- Boost your immune system.
- Enhance nutrient absorption.
- Increase oxygen absorption.
- Help relieve pain and tension.
- Help relieve chronic fatigue.
- Increase your energy.
- Improve sleep.
- Remove heavy metals and chemicals from you body.
- Recover quicker from illness or injury.
- Slow down aging and improve flexibility.

Why You Should Ion Detox

Throughout the course of the day, the average person will encounter a variety of environmental factors which affect their well being. This includes food additives, tobacco smoke, alcohol, artificial sweeteners, stress, lack of exercise, or even air pollution. These factors cause toxins to build up in your body throughout the

day. This buildup prevents your body from functioning at its optimal level. Your body detoxifies as much as it can, but never can eliminate all toxins. That's often why you may feel tired, have headaches, catch colds frequently, have sinus problems, dry skin, or bad breath. Additionally, prescription drugs, topical medication and environmental toxins seep into our organs and blood and can cause further imbalances. Ion Detox helps release chemicals that are clogging your organs like the liver and release chemicals no longer needed.

Eliminating toxins is the first step in giving the body a chance to heal itself. Detoxification is fundamental to any health building program and detoxifying through the feet is ideal. There are over 360 acupuncture points on the body with more than 60 on the soles of the feet. Acupuncture points and reflexology points reflect the organs and other areas of the body which make the feet ideal for detoxification.

Beginning symptoms of acidosis include: fatigue, headaches, bloating, acne, constipation, food allergies, panic attacks, slow circulation and joint pain. Intermediate symptoms of acidosis include: asthma, bronchitis, insomnia, psoriasis, fungus, depression, cold sores. Advanced symptoms of acidosis include: cancer, fibromyalgia, weight gain, multiple sclerosis, arthritis, diabetes, lupus, leukemia, heart disease and migraines.

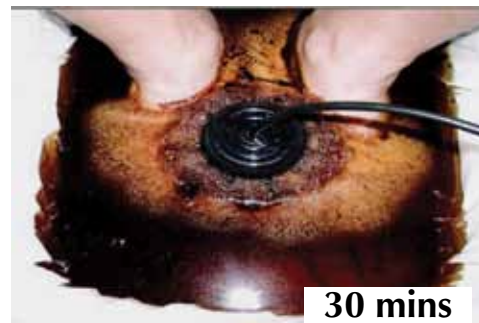
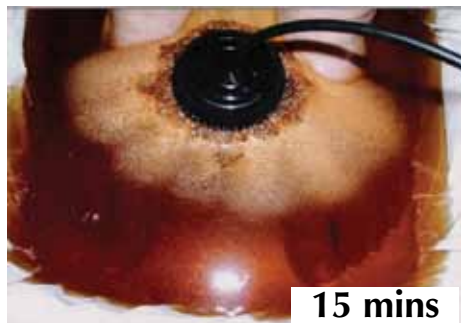
A study by the British Medical Journal said that 75% of cancers are caused by environmental and lifestyle factors. The Columbia University School of Public Health estimates that 95% of cancers are caused by diet and environmental toxicity. Heavy Metals and chemical toxins weaken the immune system and cause increased vulnerability to virus, bacterial fungal and parasitic infections. In an attempt to detoxify these substances, our bowels, kidneys and liver are being overloaded. With proper and frequent use, Ionic Detox Treatments can significantly aid the body in removal of harmful toxins. Used in combination with a healthy, low-stress lifestyle, Ion Detox Foot Bath Treatments can improve your chances for long term wellness.

Why Ion Detox Works

Ion Detox Treatments work to raise the body pH to a more alkaline state. This is important because the vast majority of people live in an acidic state which accelerates the aging process and is a more hospitable environment for disease to flourish.

A Higher Acidic pH Can Cause Such Problems As

1. Weight gain, obesity and diabetes.
2. Cardiovascular damage.
3. Bladder and kidney conditions, including kidney stones.
4. Immune deficiency.
5. Acceleration of free radical damage.
6. Hormone concerns.
7. Premature aging.
8. Osteoporosis; weak, brittle bones, hip



- fractures and bone spurs.
9. Joint pain, aching muscles and lactic acid build up.
 10. Low energy and chronic fatigue.
 11. Slow digestion and elimination.
 12. Yeast/fungal overgrowth.

Ionic Detox Foot treatments assists the body's ability to heal itself by removing toxins that may be interfering with your own natural defenses. The best advice is to be proactive with your health. It's easier to avoid disease and illness by taking the steps discussed here, than it is to change things once disease has set in. Ion Detox Foot Baths are a valuable tool in supporting your body's natural defenses. This detoxification process is a safe and effective way to aid the healing process carried out by your Immune System.

What happens when I place my feet or some other part of my body in the Ion Foot Cleanse?

The appearance of colors, bubbles and the changes in the tension of the waters surface, as well as the change in pH, indicates that the unit is functioning correctly, producing an electrical current in the water and that polarity is being generated by the electrodes in the "array".

The result is electrolysis and the generation of an electromagnetic field. Electrolysis creates the removal of those substances with ionic capacity that is in the water, on the skin or in the pores of the person who has their feet submerged in the foot bath.

The water, due to its content of ionic salts, remains magnetized and being in close contact with the corporal liquids facilitates the extension of this field towards the interior of the body. As it is the feet that are being treated, which have many reflex zones, these experience stimulation by the electromagnetic energy that is being generated resulting in the stimuli being propagated to the different organs and systems.

Who should use the Ion Foot Cleanse?

Nearly everybody can benefit from following an ion Foot Detox program. Even those of you that think you are "healthy" and follow a balanced nutritious diet. The ionic spa compliments other therapies wonderfully. If in pain, tired or feeling run down start now.

Who should NOT use Ion Foot Cleanse?

- Anyone with a surgical implant that operates with batteries like a pace-maker.
- Anyone who thinks they are or could be pregnant.
- Anyone who has received a transplant.
- Epileptics.
- Hemophiliacs.
- Transplant patients.
- Pregnancy – Ion Foot Cleanse is designed to work with one bio-electrical system at a time, as each system has its own properties. In the case of pregnancy, there are two bio-energetic fields present which could possibly interfere with each other.

How frequently can the Foot Detox be used?

The Ion Foot Detox can be used for 30 minutes every other day. This allows time for the integration of the bio-energetic field and will avoid over-stimulation. It is NOT recommended on a daily basis, due to the fact that the body needs time to assimilate the increase in the bio-energetic level.

How are toxins eliminated?

By means of electrolysis, the Foot Detox treatment plan intends to promote corporal detoxification which will allow the body to achieve a healthier condition. This detoxification is based on the bio-energetic stimulation of the different tissues, organs and systems so that they can carry out their natural detoxifying process better. The final result is a stimulation that allows us to attain balance which in turn brings us closer to achieving better health.

On the other hand, the electrolysis phenomena in the foot bath generates a release of substances that migrate towards the electrodes, going through a transformation which is manifested in the precipitation of products in the water, color change and release of gases, and this too has a relation to our organism. Within our interior a bio-energetic flow is produced, this unblocks and stimulates, creating better tissue, organ and system functions, facilitating better circulation.

Why does the water change color?

There are many factors that come into play when the unit is turned on which contributes to the color and property changes in the water. Basically, the Detox is based on electrolysis. If we

analyze the system we find the following elements: water classification and types of salt which are used to achieve optimum conductivity.

The water that is used has its own impurities which due to the electrolysis are drawn towards or separated from other components. Remember, the water that normally reaches our homes can contain variable quantities of suspended solids such as sodium, calcium, magnesium, manganese, chlorine, antimony, arsenic, asbestos, barium, boron, cadmium, chromium, copper, cyanide, fluorine, iron, lead, mercury, nickel, sulphate's, thallium, nitrates, pesticides, herbicides, detergents and organic material, amongst many others.

When the Foot Detox "array" starts to work in the water, apart from the changes in the pHs, some of these substances can come to light as being present in the water. This is one of the reasons for the color changes and the release of small quantities of different gases like oxygen, hydrogen, chlorine and some sulphur's. The "arrays" are metallic and will release waste and will result in an electrolytic reaction which will in turn cause it to corrode.

Another influencing matter is what we introduce into the water, let's say our feet. These have their own properties such as acidity or alkalinity. One can also find germ, bacteria, yeast infections and parasites. The skin can also contain remnants of soap, creams, dyes and fibers. There will also be a release of substances from the sebaceous glands and dead cells. All these factors combined will influence the color change. Last of all we have the internal condition of the body which will influence and manifest themselves in the water.

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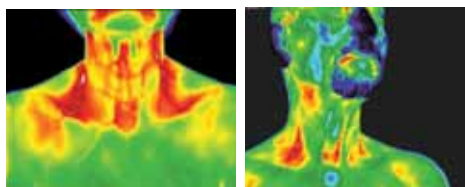
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Ion Foot Detox (single session) \$45
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Here are 10 signs that you could have an underactive thyroid:

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3. Mood issues such as mood swings, anxiety or depression.
4. Hormone imbalances such as PMS, irregular periods, infertility and low sex drive.
5. Muscle pain, joint pain, carpal tunnel syndrome, or tendonitis.
6. Cold hands and feet, feeling cold when others are not, or having a body temperature consistently below 98.5.
7. Dry or cracking skin, brittle nails and excessive hair loss.
8. Constipation.
9. Mind issues such as brain fog, poor concentration or poor memory.
10. Neck swelling, snoring or hoarse voice.

What are 10 things you can do to improve your thyroid function?

1. Make sure you are taking a high quality multivitamin from Liteon Naturals with Iodine, Zinc, Selenium, Iron, Vitamin D and B vitamins.
2. Take a tyrosine and iodine supplement to help with the FT4 to FT3 conversion.
3. Go gluten-free! If you have Hashimoto's, try going completely grain and legume free.
4. Deal with your stress and support your adrenal glands. The adrenal glands and thyroid work hand and hand. I recommend restorative yoga and adaptogenic herbs, which support the adrenal glands in coping with stress.
5. Get 8 to 10 hours of sleep a night.
6. Have a biological dentist safely remove any amalgam fillings you may have.
7. Watch your intake of cruciferous vegetables. There is a bit of a debate surrounding this.
8. Get fluoride, bromide and chlorine out of your diet and environment.
9. Heal your gut. A properly functioning digestive system (gut) is critical to good health.
10. Work with a naturopathic doctor, get a thermography exam, and find the root cause of the thyroid imbalance.



CHOCOLATE AS HEALTH FOOD

Boosting Diets and Heart Health

by Judith Fertig

"Research tells us that 14 out of any 10 individuals like chocolate," quips cartoonist Sandra Boynton.

American chocolate lovers buy 58 million-plus pounds around Valentine's Day, according to Nielsen Research. Ideally, the dark treat would be as healthy as a salad or an apple. Fortunately, accumulating research is on the way to giving plant-based chocolate superfood status.

All chocolate starts with cacao beans, seeds from the pods of the tropical cacao tree that thrives only in hot, rainy climates in Africa, Indonesia and South America. Local soil and climate conditions determine flavor characteristics, much as with grapes. Harvested beans are fermented to create the chocolate taste and then dried. Afterwards, chocolate makers add brand-specific ingredients to the cacao solids.

"The percentage number on a bar's wrapper represents the weight that actually comes from the cacao bean content," says Robert L. Wolke, professor emeritus of chemistry at the University of Pittsburgh and author of

What Einstein Told His Cook: Kitchen Science Explained. "The

higher the number, the lower the percentage of sugar and the less sweet, more bitter and complex the flavor."

This is significant because dark chocolate contains higher levels of antioxidants which can help reduce cell damage, according to the Integrative Medicine Department at the University of Michigan, in Ann Arbor.

Alex Whitmore, founder of Taza Chocolate, in Somerville, Massachusetts, recently had one of its bars lab tested for antioxidant levels, called ORAC, or oxygen radical absorption capacity; the higher the value, the more antioxidants. Taza Chocolate's 80% Dark Bar had a 65 percent higher ORAC than Himalayan goji berries, famed for being a superfood. "This is very high for a chocolate bar," notes Whitmore.

Cocoa also serves as a superfood for cardiovascular and metabolic health, report two recent studies from separate teams of Harvard School of Public Health researchers. A 2012 meta-analysis of clinical trials published in the *American Journal of Clinical*



cal Nutrition concluded that consuming dark, unsweetened cocoa powder and dark chocolate can improve blood pressure, vascular dilation and cholesterol levels, plus reduce metabolic precursors like diabetes that can lead to heart disease.

In 2011, Eric Ding, Ph.D., a Harvard School of Public Health epidemiologist and nutrition scientist, reviewed short-term trials of subjects ingesting 400 to 500 mg per day of flavonoid-rich cocoa, which he equates to 33 bars of milk chocolate or eight bars of dark chocolate. While Ding feels this is an unreasonable amount to eat because of the extra calories from sugar and fat, he states, "Supplements with concentrated cocoa flavonoids may perhaps be helpful for garnering the benefits discovered. The key is getting the benefits for heart disease while avoiding the calories, and for that, chocolate bars are not likely the best solution."

Another observational study published in *Nutrition* shows that eating dark chocolate might help keep the pounds off for teenagers. Researchers with the Healthy Lifestyle in Europe by Nutrition in Adolescence program at the University of Zaragoza, in Spain, knew that chocolate consumption in adults already had been linked to lower body mass index. They found that chocolate consumption was also associated with lower total and midsection fat in European adolescents, reports Sayer Ji, founder of *GreenMedInfo.com*, a natural health research database.

"The quality and cocoa content they used in their research is probably much higher than in America," says Ji. "From my perspective, it appears that even when researchers don't control for type, the results across the board are rather startling. Even American subjects, presumably eating common milk chocolate bars, see benefits."

So, this Valentine's Day—and every day—we can happily relish that one-ounce piece of artisan dark chocolate melting slowly in our mouth and know we're doing it for pleasure and for health.

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



Vegan Chocolate Pie

Serve this with fresh raspberries and enjoy a little romance.

Yields 8 servings

Chocolate Wafer Crust

6½ oz dairy-free chocolate wafer cookies, crushed into fine crumbs
1 Tbsp maple or date sugar
3 oz vegan buttery stick (such as Earth Balance), melted and slightly cooled

Chocolate Filling

13 oz dairy-free semisweet chocolate chips (such as Ghirardelli)
⅓ cup strong brewed coffee
1 tsp vanilla extract
1 lb silken tofu, drained
1 Tbsp honey
1 (9-in) prepared chocolate wafer crust

Preheat the oven to 350° F.

For the crust, combine the cookie crumbs, sugar and melted vegan buttery stick. Press this mixture firmly and evenly into the bottom, up the sides and just over the lip of a 9-inch metal pie pan. Bake on the middle rack of the oven until the crust is set and appears dry, 18 to 20 minutes. Remove from the oven and cool completely, about 1 hour.

For the filling, melt the chocolate chips with the coffee and vanilla in a medium metal bowl set over a saucepan of simmering water, stirring often with a spatula. Combine the tofu, melted chocolate mixture and honey in a blender or food processor until smooth, about 1 minute. Pour the filling into the crust and refrigerate for 2 hours or until the filling becomes firm.

Vegan Hot Chocolate

A comforting way to enjoy the benefits of chocolate on a cold day.

Yields 4 servings

2½ cups plain rice milk
3 Tbsp maple or date sugar
3 Tbsp unsweetened cocoa powder
½ tsp salt
½ tsp vanilla extract
1 pinch ground cinnamon
1 pinch cayenne pepper

Bring the rice milk, sugar, cocoa powder, salt, vanilla extract, cinnamon and cayenne pepper to a simmer in a saucepan over medium-high heat. Remove from the heat and whisk until frothy. Serve immediately.

Source: Recipes courtesy of Judith Fertig



Chocolate Artistry

Small-batch, artisan chocolate makers strive to make delicious chocolate in the purest, most ethical and sustainable ways possible. They often travel to meet the growers to source the best cacao beans (organic preferred), use fair trade principles and take a personal interest in making fine chocolate without filler ingredients. Here is a partial list of conscientious members of Craft Chocolate Makers of America:

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LOVE MAGNET

Katherine Woodward Thomas on Drawing True Love Our Way

by Debra Melani

After years of experiencing love going sour, Katherine Woodward Thomas set a goal: She would marry her soul mate within a year. Her quest inspired a surprising awakening that spurred her to look deep inside for the key that would unblock love. Thomas realized the transformation that enabled her success involved clear steps that could help anyone. Today, the licensed psychotherapist and relationship expert has guided thousands toward successful relationships via her national bestseller, *Calling in "The One": 7 Weeks to Attract the Love of Your Life*, and subsequent books and seminars.



hold you accountable to be the woman you would need to be in order to fulfill it."

Her wake-up call turned my focus from running out to find love to going within to discover the barriers I had against it. Thus I began what became the *Calling in "The One"* process.

How does it differ from other approaches to finding love?

Many approaches focus on the external reasons love is elusive, such as all the good men are taken, men don't like powerful women or just not having met the right person. This approach focuses more on the internal reasons—going within to discover and release one's own conscious and unconscious barriers. For most of us, a gap exists between how much we think we want love and how much we are actually open and ready to receive it. Until we bridge that gap, we will covertly keep love at bay, and won't even realize we are doing it.

What are the most common hidden barriers to love?

One hidden barrier is resentment. We only resent people to the extent that we've given our power away to them. Uncover your role in what happened. Even if it was 97 percent their fault and 3 percent yours, zero in on that 3 percent, because you'll only be able to trust yourself to love again once you've taken that responsibility. If you still feel resentful, you have not yet evolved beyond the person you were before.

Another centers on old agreements—the spoken and unspoken, agreements we make, usually in an emotional time—such as "I'm never going to let myself get hurt again" or "I'll never love anyone the way I love you." Such agreements live in our lives as intentions. They may no longer be conscious, yet still set our course.

Another has to do with toxic relational dynamics. To find the best partnership, you need to be your best self. Maintaining a toxic dynamic drains personal power, making it hard to move forward in life. It's vital to evolve out of this debilitating dynamic so you are in the center of your power everywhere in life.

The fourth area, and probably the most important, revolves around the core beliefs you hold about both yourself and others. You might have a reasonably clear sense of yourself around money, career and friendship, but your core love identity might cause you to believe yourself unworthy of a quality partner. Identifying and challenging these beliefs is critical in learning how to break free from them, helping to raise your value in your own eyes and thus in others.

You believe the best way to find a needle in a haystack is to become magnetic and allow that needle to find you. How does one become magnetic to love?

Being centered in the truth of your own value and the real possibilities you hold for true love is wildly attractive. Love yearns to embrace us, but can't come to us if it can't come through us. When we shift into this place of possibility, we can become profoundly magnetic to love.

Learn more at CallingInTheOne.net, ConsciousUncoupling.com or KatherineWoodwardThomas.com.

Explore the qualities possible in an enlightened mate at NaturalAwakeningsSingles.com.

Freelance journalist Debra Melani is from Lyons, CO. Connect at DebraMelani.com.

What catalyzed your Calling in "The One" professional journey?

I was 41, a card-carrying member of one of America's largest-growing groups—the never-marrieds. I had bought into the cultural belief that a woman my age had little chance of finding a great husband. I felt anxious and resigned, trying to come to terms with it, but sad inside.

Fortunately, at the time, I was part of a small group supportive of each other's intentions. So I set the outrageous intention that I would be engaged by my next birthday. I also recognized my longstanding pattern of attracting unavailable men who were engaged, married or alcoholics. A woman in the group said, "Katherine, I will hold that intention with you if you permit me to

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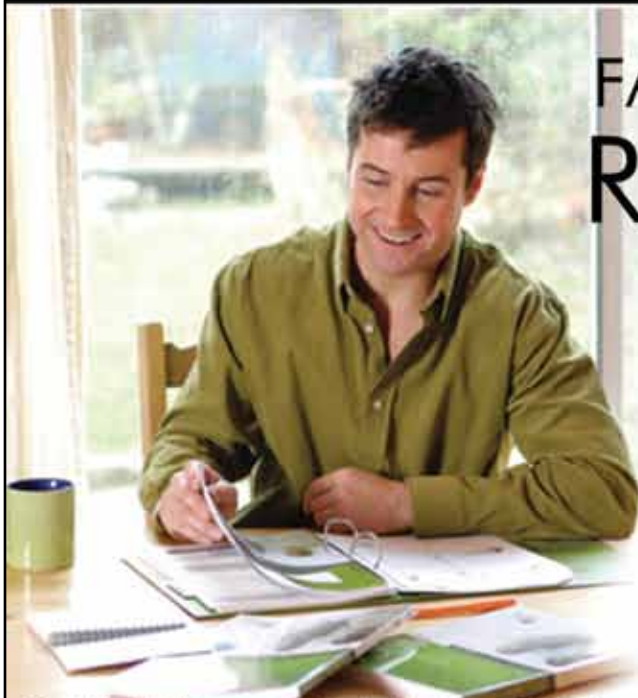
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CYCLES OF SPIN

Returning to its Heart-Healthy Origins

by Janet Osen

Like many newly minted sports, “Spin” has at its center a near-mythical figure: its creator, Jonathan Goldstein—better known as Johnny G—by most accounts a unique eccentric with an unheralded passion for cycling.

In 1987, while training for the renowned The Race Across America bike event, a mega-marathon 3,100-mile race from Los Angeles to New York, Goldstein was struck by a car and nearly killed. It produced an epiphany: Building an indoor bike simulating the outdoor experience would create a novel workout that would incorporate cardio training and emphasize a mind-body connection.

With the formation of Mad Dogg Athletics in 1994, the Spinning craze began rolling. *Rolling Stone* magazine named it the newest hot exercise and by 1996 there were 1,000-plus Spinning centers in 30 countries.

True to Form

Conceived as a form of cardio biofeedback, the activity keyed on training the heart muscle aerobically using a

heart monitor. The original goal was to provide an “aerobic base” by working at 65 to 80 percent of one’s maximum heart rate, making the heart a more effective pump and increasing oxygen levels throughout the body.

The Spin program follows the principle that participants will train aerobically for six to 12 weeks prior to a “Race Day”—a special ride performed at a steady anaerobic threshold generally at 85 to 95 percent of maximum heart rate. Anaerobic threshold, or AT, is the point at which the body accumulates lactic acid in the muscles faster that it can be removed.

“Aerobic base building creates a strong foundation for increasing one’s lactate threshold,” explains Lorey Pro, a master Spin instructor and assistant director of fitness and wellness at Louisiana State University. “Riders can increase their tolerance for anaerobic exercise.”

“The metabolism’s foundation is strengthened by aerobic base building. Without it, the body will fall apart if the athlete moves right into anaerobic threshold training,” explains Shannon

Derby, a master Spin instructor and certified group fitness and personal trainer at Mountain's Edge Fitness Center, in Boulder, Colorado.

In contrast to indoor cycling, Spin requires that exertion rates be correlated to levels based on maximum heart rates, and revolutions per minute (RPMs) or pedal strokes be kept at pre-specified levels. According to Pro, Spin should combine mind and body training by using a variety of heart rate zones to improve health, fitness and performance.

Instructors take participants through a series of rides known as Energy Zones, each serving a specific purpose like endurance, strength or recovery. Terri Arends, a master Spin instructor and group fitness director at the Jewish Community Center of Dallas, Texas, attests that without such rides, the aerobic foundation crumbles. She likes to put riders through "kicking Spin rides and moments of Zen that allow riders to let go and find their inner athlete."

Lost in Translation

In today's typical Spin class, no one wears a heart monitor. While some gyms

and boutique facilities offer endurance or strength rides, most conduct only interval rides featuring top 40 music selections and a loose interpretation of the prescribed movements, positions and cadence rates. "Interval rides tend to get picked most," observes Derby. "There are many different kinds and they are fairly easy to teach and well liked, even though that isn't what the official Spinning program recommends."

Del Lugo, a Spin instructor and fitness professional in Suffern, New York, who works at the nearby Torne Valley Sports Complex and Lifeplex Health Club, says he rarely sees classic Spin done anymore. In Lugo's world, Spin should be simply a "fun, safe experience with the instructor endeavoring to instill enthusiasm and encouragement."

Moving Forward

One key indicator of whether a fitness activity is a trend and not a fad is the American College of Sports Medicine (ACSM) annual Fitness Trends survey. In 2012, Spin made ACSM's top 20 list of fitness trends, citing it as "one of the most popular group exercise programs

in the commercial sector." Yet it fell off of ACSM's list last year.

Reviving the original training program may prove helpful in preventing potential Spin burnout. Workouts were originally designed to culminate each week in a meditative, low-impact recovery ride to allow for rest and recovery, which is pivotal to any successful fitness program. The key to Spin's continuity may be in moving cycling back to its origins—re-educating participants about how best to use Spinning to maximize desired results for body, mind and spirit.


Janet Osen is a freelance writer in Rockland County, NY. She is a certified Spin instructor currently working toward her 200-hour yoga teacher certification.



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Fiber can lower blood sugar, cut cholesterol, and may even prevent colon cancer and help you avoid hemorrhoids. If it were a drug, the world would be clamoring for it.

But few people are getting enough.

Women should get about 25 grams a day and men at least 35 to 40, but the average person gets just 15 grams a day. Eating fiber-rich whole foods—not foods that tout “added fiber”—is the best way to increase your fiber intake.

- Dr. Steven T. Castille

inspiration

HEALING HURT

A Hawaiian Mantra Lets Love Back In

Ho’oponopono is an ancient Hawaiian huna, a secret to facilitating forgiveness within; or simply, the art of forgiveness.

Four healing phrases are employed in a harmonic mantra to help “make things right” or “correct the errors”. It works to cleanse hurt feelings and relieve suffering from being in an unforgiving or unforgiven state. According to the Babylon online dictionary, Ho’oponopono is used to release problems and blocks that cause imbalance, unease and stress in the self; bring peace and balance through physical, mental and spiritual cleansing that involves repentance and transmutation; and create balance, freedom, love, peace and wisdom within individuals, social entities, the world and the universe.

Ho’oponopono Forgiveness Mantra

I am sorry.
Please forgive me.
Thank you.
I love you.

These four forgiveness phrases, both individually and collectively, help heal us and our relationships with others, especially loved ones. Each one melts hearts and heals souls. Going deeper, we can voice this mantra in communing with the divine and see the effect both within and without.

I am sorry for participating in this erroneous memory data.

Please forgive me for not seeing the perfection in this moment, and playing back a universal memory I have received within me that is riddled with wrongs and errors.

Thank you for cleansing me, others, the world and the universe.

I love you. Loving the sweet divine is the greatest power or energy there is in all space. I am now loving everyone involved and affected. I know that my perceptions of them are within me, where this error first occurred and where it can be eradicated.

Like planting a seed in soil that grows into nothing of our making, the divine does the work as we allow it to work through us. As we come to consistently use the Ho’oponopono mantra, we may elect to select a special word as a substitute for the whole mantra to use as a touchstone, so that when we say or think this word, we are immediately clear and clean of all the pain associated with any erroneous memory data presented. Our heart is healed and family or friends will return to relationships with a lighter heart. We do not need to understand how it works, only that it does.

Source: Adapted from VividLife.me

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Liteon Naturals is a leading provider of quality nutrition supplements and cutting-edge health education. We offer effective solutions for people interested in smart, healthy weight loss and a healthy lifestyle.

Liteon Naturals was founded on a passion for helping others achieve optimal health and energy--not just for 6 weeks or for 6 months, but for life! We empower you to make these positive life changes and provide the world's best products to support those changes.





Cardiac Care for Pets How to Keep Little Hearts Humming

by Dr. Shawn Messonnier

Symptoms that suggest a dog or cat's heart is not pumping effectively include coughing and fatigue from light exercise. Before the signs are evident, it is far better to check for heart disease during regular twice-yearly visits to the veterinarian. Using a stethoscope, a skilled doctor can pick up telltale heart murmurs during the examination.

A fairly common problem with cats, heart disease tends to occur as cardiomyopathy, an issue with the heart muscle. In most dogs, where cardiomyopathy is rare, it usually involves damaged heart valves, resulting in "leaks" that allow blood to flow in both directions.

Upon an initial diagnosis of heart disease, one of two mistakes in treatment routinely occur: Either a doctor prescribes strong cardiac medications to "prevent" heart failure from happening (even though no medication has been shown to prevent heart failure), or he takes a wait-and-see approach, only intervening when the disease progresses to irreversible heart failure.

The better approach is to do further testing and evaluation at the first sign of a murmur, including chest X-rays, an electrocardiogram (EKG) and a cardiac ultrasound to classify the stage of the disease and determine if conventional medications can help. Follow-up visits every six

months allow the doctor to identify the point at which heart disease has progressed toward impending heart failure.

In general, pets with either a diseased or failing heart can benefit from supplements. Individual regimens vary, based on the nature of the patient's case.

Omega-3

Fish oil contains beneficial docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) unsaturated omega-3 fatty acids. The principle metabolites derived from the metabolism of EPA and DHA tend to be anti-inflammatory.

Contrariwise, omega-6 fatty acids, which are found in warm-weather vegetable oils, produce pro-inflammatory mediators. Because omega-6 and omega-3 fatty acids compete with each other to be converted to active metabolites (pro-inflammatory and anti-inflammatory) in the body, decreasing



the intake of omega-6 fatty acids and/or increasing dietary omega-3 fatty acid levels, available through fish oil, is generally considered beneficial. The differing numbers identifying omega-3 and omega-6 fatty acids simply refer to where the carbon-carbon double bonds are positioned in the molecules.

Supplementing with fish oil may also reduce the occurrence of atherosclerosis, thrombosis, coronary heart disease, arrhythmias, heart failure and sudden cardiac death by decreasing inflammation throughout the body, including in the heart.

Coenzyme Q-10

Coenzyme Q₁₀ (CoQ₁₀), also known as ubiquinol or ubiquinone, is a naturally occurring antioxidant synthesized in most tissues in the body. The highest concentrations are in the heart, kidneys, liver and pancreas. In the diet, CoQ₁₀ is found in foods such as organ meats, poultry, fish, meat, nuts, soybean oil, fruits, vegetables, eggs and dairy products.

The *Professional's Handbook of Complementary & Alternative Medicines* explains that CoQ₁₀ is used in electron transport in mitochondria—small organelles inside cells that convert carbohydrates and fats into energy. It reports that studies in people with hypertension showed a reduction in systolic blood pressure through CoQ₁₀ supplementation. Benefits of such therapy studied in people with a heart that has failed in its pumping ability showed increased improved heart function and proper dilation of the blood vessels for improved circulation. It is proving to be one of the best nutrients to help an ailing heart.

Hawthorn

The herb hawthorn is highly regarded for its suitability in the treatment of heart disease due to its flavonoid and other antioxidant content. It provides several beneficial effects for the heart—helping to maintain a normal heart rhythm with decreased risk of arrhythmias; bolstering the force of heart muscle contraction; increasing coronary blood flow; and decreasing the organ's energy demands. It acts like angiotensin-1-converting enzyme (ACE) inhibitors such as the medicine Enalapril, used to help regulate

blood pressure and reduce the workload of a failing heart.

While other therapies can be used to help pet heart patients, these three are a sound starting point. In some cases, they may be suitable instead of medications that can cause side effects to the kidney and liver, or at least allow for smaller doses. Natural remedies provide a gentler alternative.

Shawn Messonnier, a doctor of veterinary medicine practicing in Plano, TX, is the award-winning author of The Natural Health Bible for Dogs & Cats and Unexpected Miracles: Hope and Holistic Healing for Pets. For more information, visit PetCareNaturally.com.

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God is always present in the heavenly assemblies of the angels. His glorious presence creates the song, teaches the singing, and infuses the notes of praise.

The presence of God results in singing and thanksgiving, while the absence of God from our congregations is the death of song, and make the singing lifeless, cold, and formal.

God's conscious presence in our churches would bring back the days of praise and would restore the full chorus of song.

Lord, together with the psalmist I say, "How good it is to sing praises to our God, how pleasant and fitting to praise Him." Amen.

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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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SUNDAY FEBRUARY 9

Natural Body Care – 1-3pm. Create natural chemical-free body care products from toothpaste to shampoo, deodorants and skin care. Take home a homemade body care product. Presented by Diane Queen. Pre-registration required. \$20. Earth-N-Herbs, 284 E Martin Luther King Dr, Grand Coteau. 337-662-4022.

MONDAY FEBRUARY 10

Candy Butterfly Valentine: Take It and Make It – 8:30am-6:30pm. Create a fun butterfly Valentine with a lollipop to take home. Ages 5-12 years. At these library locations: Broussard, Butler, Chenier, Duson, Jefferson St, North Regional and Scott. LafayettePublicLibrary.org.

Gentle Yoga for Adults – 6pm. See Feb 3 listing. North Regional Library, 5101 N University Ave, Carencro. 337-896-3866. LafayettePublicLibrary.org.

TUESDAY FEBRUARY 11

Become Money Smart – 5:30-7:30pm. Effectively managing personal finances is important. United Way of Acadiana helps families get on the right track with this class. Attendance required on Tues and Thurs, Feb 13. Call or register online. South Regional Library Meeting Room, 6101 Johnston St, Lafayette. 337-981-1028. LafayettePublicLibrary.org.

WEDNESDAY FEBRUARY 12

Candy Butterfly Valentine: Take It and Make It – 8:30am-6:30pm. See Feb 10 listing. Youngsville Branch Library, 506 Lafayette St, Youngsville. 337-856-9385. LafayettePublicLibrary.org.

THURSDAY FEBRUARY 13

Become Money Smart – 5:30-7:30pm. See Feb 11 listing. South Regional Library Meeting Room, 6101 Johnston St, Lafayette. 337-981-1028. LafayettePublicLibrary.org.

FRIDAY FEBRUARY 14

3rd Annual Business Social Affair – 6pm. Network, listen to speakers, enjoy food and entertainment. Admission with choice of donation amount. Must have ticket to enter. Heymann Park Center, 1500 S Orange St, Lafayette. 337-247-7252. CommunityInvestors.org.

Gentle Yoga for Adults – 6pm. See Feb 3 listing. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

Romance Under the Oak – 6pm. Event honors all couples who were married or engaged under the Evangeline Oak Tree. Old Castille Bed and Breakfast, 220 Evangeline Blvd, St Martinville. 337-394-2258.

Krewe des Chiens: 2014 People Ball – 7-11pm. Goal is to educate public about spaying or neutering pets. Raffle drawing at “Bark in the Park” on Nov 3 chose royalty for this event for the pet owners. Auction with great prizes. River Oaks City Club, 1100 Camellia Blvd, Lafayette. 337-501-7693. ParadeForDogs.com.

SUNDAY FEBRUARY 16

Courir de Mardi Gras: Old-Fashion Mardi Gras Run – 11am. Join traditional country Mardi Gras run. Stop at six homes inside Vermilionville as the Basile Mardi Gras Association beg for ingredients for the community gumbo and perform some traditions. The run ends at the performance center, where attendees can purchase gumbo and dance to the music of the Pine Leaf Boys. See Mardi Gras king cake-cooking demonstrations 11am-3pm in the cooking school. Vermilionville, 300 Fisher Rd, Lafayette. 337-233-4077.

TUESDAY FEBRUARY 18

Active Bodies for Seniors at Parkview Library – 10-11am. See Feb 4 listing. Parkview Library, 500 Grand Pre Blvd, New Iberia. 337-364-7480. Iberia.Lib.LA.us.

THURSDAY FEBRUARY 20

Keeping Our Hearts Healthy – 12pm. Heart disease is one of the leading killers of both men and women. Learn about prevention with Dr. Gus Ingraldi. Pre-registration required. Hospice of Acadiana Conference Center, 2600 Johnston St, Lafayette. 337-232-1234.

FRIDAY FEBRUARY 21

Krewe of Andalusia Mardi Gras Parade – 6:30-8:30pm. Mardi Gras parade with marching bands, dance groups, Mardi Gras royalty and lots of throws. Parade route runs from Bank St to Jefferson, down Fullton to Burke, to Dupreier, right on Marie and disbands at New Iberia City Park. Historic Downtown, 102 W Main St, New Iberia. 337-367-6466. IberiaTravel.com.

SATURDAY FEBRUARY 22

Le Krewe du le Originales et les Enfants Mardi Gras Run – 9am-12am. Meet at the Duck festival grounds for the traditional Mardi Gras run with a parade and fais-do-do dance. \$10. Duck festival grounds, Main St, Gueydan. 337-789-6134.

ACT Practice Test for Teens – 9:30-1:30pm. Teens practice taking the ACT in a test-like environment. The fully-proctored ACT provides students with a comprehensive analysis of test performance, detailing strengths and weaknesses. Students bring two #2 pencils and a calculator. Register online. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028. LafayettePublicLibrary.org.

Carencro Mardi Gras Parade – 11am. Krewe of Carencro and local royalty ride in this parade of the carnival season. Starts at Carencro High and ends at Carencro Community Center. 337-349-4748. CarencroMardiGras.com.

ACT Practice Test for Teens – 12:30-4:30pm. See morning listing. North Regional Library, 5101 N University Ave, Carencro. 337-896-3866. LafayettePublicLibrary.org.

Krewe des Chiens Parade for Dogs – 2pm. The parade for dogs has raised more than \$300,000 over the years in support of its mission. The theme is Las Vegas Casino des Chiens. Concessions and dog specialty items like t-shirts, flags and dog beads available. Downtown Lafayette. ParadeFordogs.com.

Living Legends – 2-6pm. Dr Glynn Granger will be inducted into “The Order of Living Legends” with live Cajun music. Free. Museum Cafe, Erath. 337-233-5832, 337-937-5468. AcadianMuseum.com.

Krewe of Carnivale en Rio Mardi Gras Parade – 6:30pm. Known for colorful floats, rocking bands and some of the best beads and throws in Acadiana. Rio parade rolls 100,000 smiling spectators. Downtown Lafayette to Cajun Field, Lafayette. 337-984-6522. RioLafayette.com.

Rotary Club Mardi Gras Ball – 7pm. Cade Community Center, St Martinville. 337-394-2233. StMartinville.org.

SUNDAY FEBRUARY 23

29th Annual Here's the Beef Cook-off – 8:30am. Enjoy the best food from the area's greatest cooks, weekend chefs and aspiring culinary artists. Live entertainment and an old-fashioned trail ride. \$10. Ag Arena, Yambilee Fair Grounds, 1939 W Landry St, Opelousas. 337-945-0364 or 337-684-6751. CityOfOpelousas.com.

Krewe of Ezana Jeanerette Mardi Gras Parade – 1-3pm. Parade with marching bands, dance groups, Mardi Gras Royalty and lots of throws. Canal, MLK & Main St, Jeanerette. 337-276-4933. IberiaTravel.com.

Scott Mardi Gras Parade – 1pm. A family-oriented parade with floats, bands and beads. City of Scott. 337-984-7502.

SUNDAY FEBRUARY 23

Navigating the Psychic Field – 1-3pm. Reclaim psychic ability and acknowledge the four archetypes of the psychic: seer, empath, warrior and shaman. Presented by Joie Connelly. Pre-registration required. \$20. Earth-N-Herbs, 284 E Martin Luther King Jr Dr, Grand Coteau. 337-662-4022.

MONDAY FEBRUARY 24

Grand Marais Mardi Gras Children's Dance – 3-6pm. Children enjoy dancing with friends and family. Costume contest winners ride in the parade. Mon Ami, 7304 E Highway 90, Jeanerette. 337-365-8185. IberiaTravel.com.

Natural Iodine Supplementation A Must for Most Americans

A study in the *American Journal of Clinical Nutrition* found that iodine deficiency in the developed world has increased fourfold in the past 40 years and now affects nearly three-quarters of all adults.

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ongoing events

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sunday

Dine Around – 11am. 3rd Sun of the month. Social outing with others who have lost loved ones to meet at various restaurants around Acadiana. Registration required. Molly Vincent Charpentier. Hospice of Acadiana. 337-251-1614.

Antiques Market – 12-5pm. Shop over 9000 square feet for antiques, art, collectibles and more. Market and Auction House, 151 B Leo Richard Rd, Sunset. 337-212-2091.

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

The Vertical Barre Meditation Group – 2-3pm. Free group meditation with Laci Lopez. The Vertical Barre, 233 Doucet Rd B-4, Lafayette. 877-575-1121. TheVerticalBarre.com or ARealPerson@TheVerticalBarre.com.

Whiskey River Landing – 4-8pm. Live Cajun or Zydeco music. Dance to the music on a plywood dance floor each weekend and enjoy the view of 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 & 5:35pm. Twenty-five minute sitting meditation. Spirit Path, 714 E Kaliste Saloom Rd, Suite C-3, Lafayette. 337-233-5127. SpiritPath@cox.net.

Tap and Jazz Dance Class – 5:30-6:30pm. Adult class for beginners-advanced students. \$35/month. Debbie Roat Moore. Cité des Arts, 109 Vine St, Lafayette. 337-291-1122. CiteDesArts.org.

Photography for Kids – 6-7pm. Learn technique, composition and presentation while creating fun, hands on projects. No experience necessary. The Front Room, 1301 Ave A, Scott. 337-258-2333. MusicReed@yahoo.com.

Flowers for Fun – 6:30-8:30pm. Research shows that being with nature nourishes the soul and brings joy into your life. Be creative in a fun and relaxed

atmosphere. Play with flowers and learn to design a piece of art. \$250/6 2hr classes; once a week 6 consecutive weeks. 209 Brockton Dr, Carencro. 337-278-7673.

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

Lafayette Photographic Society – 6:45pm. 2nd and 4th Mon each month. Educational programs and guest speakers at 2nd Mon's meeting. Inter-club projected image and print competitions at 4th Monday's meeting. 1101 Bertrand Dr, Room 411, Lafayette, LA. Blemarie56@yahoo.com.

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

tuesday

Opelousas Farmers' Market – 6-10am. Fresh homegrown and homemade products produced in rural St Landry Parish. Farmers' Market Pavilion, Hwy 190, Opelousas. 337-948-5227 or 337-948-6263. CityOfOpelousas.com.

Baby Time – 9:30-10am. Class designed to introduce mothers, fathers, caregivers and babies to nursery rhymes, songs, finger plays and early literacy information. Ages 9-18 months. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

Candy Cane Lane Exhibit – 10am-5pm. A collection of Department 56 Holiday Villages, including the North Pole series, is one of the largest collections in the south. Exhibit through Feb 28. Tues-Sat. \$7. Children's Museum of Acadiana, Downtown Lafayette, 201 E Congress St, Lafayette. 337-232-8500. ChildrensMusuemOfAcadiana.com.

Toddler Time – 10:30-11am. Fifteen-minute story sessions geared to children 18-35 months. Adults must accompany toddlers. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

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, frozen seafood, something for everyone of all ages. Main St, New Iberia.

Senior Water Aerobics Class – 3:00-3:30. Removes pressure from joints and makes moving easier. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8127.

Cash & Carry Farmers' Market – 4-6 p.m. Fresh produce, delicious homemade goods and the area's best local musicians. From country eggs and homemade fig cakes to squash and grass-fed beef, something for everyone. Brett Marino. Historic Cash & Carry Building, 801 Enterprise Blvd, Lake Charles. 337-764-9432.

Guitar for Kids – 5-5:45pm. From chord structure and progression to rhythm and strumming, this is a great class for building a solid musical foundation. The Front Room, 1301 Ave A, Scott. 337-258-2333. MusicReed@yahoo.com.

Acquired and Traumatic Brain Injury Support Group Meeting – 6pm. 3rd Tues each month. Help to build you and your family a network of support to set out in a new, rewarding direction. Free. Our Lady of Lourdes Facility, Ambassador Caffery, Section One, Conference Room A. 337-856-1964 or 877-852-1964.

Jam Band Lab – 6-7:30pm. Kids with a range of musical backgrounds learn about being in a band through workshops and instruction on vocals, percussion, bass, electric and acoustic guitars. The Front Room, 1301 Avenue A, Scott. 337-258-2333. MusicReed@yahoo.com.

The Budget Queen Coupon Swap – 6-7pm. 1st Tues each month. Swap coupons and get money saving advice and tips. Beginners welcome. The Conference Room, South Regional Library, 6101 Johnston St, Lafayette. 337-371-7884.

CCET's Backyard Series – 6:30-8:30pm. 2nd Tues each month. A wide range of topics for the general public: 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 in partnership with the Vermilionville Foundation. Free. 300 Fisher Rd, Lafayette. 337-233-4077 Ext 211.

Mystery Book Club – 6:30-7:30pm. 3rd Tues each month. Hosted by the South Regional Library. The South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

Writers' Guild of Acadiana Meeting – 7pm. Last Tues each month. An organization of local writers, published and unpublished, to gain knowledge in the craft of writing. Barnes & Noble, 5705 Johnston St, Lafayette. 337-989-4142.

wednesday

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

Baby Time – 9:30-10am. See Tues listing. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

Toddler Time – 10:30-11am. See Tues listing. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

LEDA Networking Luncheon – 11:30am. 1st Wed each month. Meet over a hundred people for buffet lunch with guest speakers from local businesses. The “roaming mic,” is passed to everyone in the audience for the opportunity to stand up and tell their name and the name of their business. Door prizes, time for mingling. \$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.

Adult Art – 1-3pm. Art lessons in any medium with instructor Robert Baxter. \$20/class. The Gallery, 222 N Parkerson Ave, Crowley, 337-783-3747. CrowleyArtGallery.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.

Eunice Farmer’s Market – 3pm. Garden veggies, fruits, jellies and more. Corner of 2nd St & Park St, Eunice. 337-457-7389.

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

thursday

Opelousas Farmers’ Market – 6-10am. See Tues listing. Farmers’ Market Pavilion, Hwy 190, Opelousas. 337-948-5227 or 337-948-6263. CityOfOpelousas.com.

Adult Art Lessons – 9am-12 noon. See Wed listing. The Gallery, 222 N Parkerson Ave, Crowley. 337-783-3747. CrowleyArtGallery.com.

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 – 3:00-3:30pm. See Tues listing. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8127.

Children’s Fiddle – 5-5:45pm. Kids of all abilities learn tunes from around the world while discovering a variety of musical genres. The Front Room, 1301 Ave A, Scott. 337-258-2333. MusicReed@yahoo.com.

Rhythms on the River – 5:30-8:30pm. Live music, fun and refreshments. Leave ice chests and pets at home. River Ranch Town Square, Lafayette. 337-216-6566. RiverRanchDevelopment.com.

Open Mic – 8pm. Open microphone performances. The Porch Coffee House, 4710 Common St, Lake Charles.

friday

Adult Art Lessons – 9am-12pm. See Wed listing. The Gallery, 222 N Parkerson Ave, Crowley. 337-783-3747. CrowleyArtGallery.com.

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

Coping Creatively Through Grief Support Group – 10am-12pm. 1st and 3rd Fri each month thru May 3. Catherine Wallace, LCSW, and Jessica Johnson, LPC, of the Center for Loss and Transition, offer

seven sessions on creativity and sharing to help grievers heal. Pre-registration required, space limited. Hospice of Acadiana, 2600 Johnston St, Lafayette. 337-232-1234.

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.

Music and Market – 5:30-8pm. Southwest Louisiana music in a unique family-friendly outdoor setting. Bring lawn chairs. Beverage sales for the concert series support event expenses. No ice chests. Vieux Village/Farmer’s Market Pavilion, 828 E Landry St, Opelousas. 337-948-6263.

Begnaud House Cajun Acoustic Jam Session – 6pm. Plenty of music and great fun with locals speaking Cajun French. Fresh coffee, cool drinks, plenty of chairs, friends to share music, stories, jokes and *Joi de Vivre*. Come with or without instruments and jam with us. Free. 110 Benoit Patin Rd, Scott, Scott I-10 Exit #97, Southside. 337-269-5155.

LA Ice – 7-11pm. Public ice-skating at night. \$10/admission & rental, \$8/admission. 3607 NW Evangeline Thruway, Carencro. 337-896-2040. LAIceArena.com.

saturday

Opelousas Farmers’ Market – 6-10am. See Tues listing. Farmers’ Market Pavilion, Hwy 190, Opelousas. 337-948-5227 or 337-948-6263. CityOfOpelousas.com.

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, locally grown produce. With music, food and special events, visitors enjoy a fun and healthy shopping experience. Shrimp Festival Grounds, corner of North Richard and East Church Streets, Delcambre. 1-800-884-6120.

Hub City Farmer’s Market – 8am-12pm. Join us for local foods and crafts. Brian Gotreaux, 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.

Bayou Vermilion Canoe Paddle – 8:30-11:30am. 2nd and last Sat each month. Canoe trips on the Bayou Vermilion, weather and river conditions permitting. RSVP. \$5 insurance fee to American Canoe Association for a canoe or bring your own canoe or kayak and paddle for free. 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.

Cottage Shoppe Market – 9am-12pm. Fresh farm eggs, Acadiana Bee-Licious honey, Jim’s Kountry Pies, Hot Tamales, fresh granola, Henri’s Breads, produce, local crafts and more. 800 E Broussard Rd, Lafayette. 337-984-5276.

Savoy Music Jam Session – 9am-12pm. Bring an instrument or just yourself to enjoy a live traditional Cajun music jam session. Savoy’s Music Centre, 4413 Hwy190 E, Eunice. 337-457-9563.

Acadiana Lupus Support Group Meeting – 10am-Noon. 2nd Sat of 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.

Eunice Farmer’s Market – 10am. See Wed listing. Corner of 2nd St & Park St, Eunice. 337-457-7389.

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

Jefferson Street Story Times – 10:30am-11am. Story times for ages 3-6. Jefferson Street Library, 538 Jefferson St Lafayette, 337-261-5787.

Cajun Jam – 1-3:30pm. Join Vermilionville for a weekly Cajun Jam led by the area’s finest musicians. Open to all skill levels, beginner to professional. 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.

2nd Saturday ArtWalk – 6-8pm. Family-friendly event. Art galleries, restaurants, specialty shops and other downtown businesses present art, live music, food and drink. Free. Downtown Lafayette. 337-291-5566. DowntownLafayette.com.

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

LA Ice – 7-10:50pm. Public ice-skating at night. \$8/admission, \$10/admission & rental. 3607 NW Evangeline Thruway, Carencro. 337-896-2040. LAIceArena.com.

Monthly Night Hike – 7-9pm. Last Sat each month. Take hikes through the Acadiana Park Nature Trail. \$3. Acadiana Park Nature Station, 1205 E Alexander St, Lafayette. 337-291-8448.

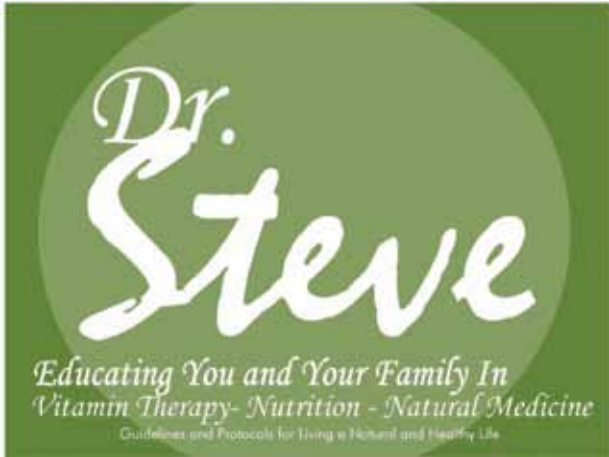
Showtunes Sing-Along – 7-9pm. Last Sat each month. Anyone can participate in belting their favorite musical in a piano lounge-style setting. Des Amis Dining and Catering, 225 West Main St, New Iberia. 337-376-6006.



Naturopathic Doctors

Natural Medicine

“finding the root cause”



Dr. Steven T. Castille, Bsc,Ms,DNM
naturopathic medicine

Biochemist, Clinical Herbalist and Doctor of Natural Medicine

Bachelor of Science in Biochemistry, Master of Science in Engineering and Technology Management, Doctorate in Natural Medicine



natural medicine. Traditional naturopaths complete continuing education requirements to stay current with the most current natural medicine practices.

Other medical providers such as chiropractors, osteopaths, dentists and nurses may undergo some naturopathic training in various holistic therapies, but these programs are generally limited and not subject to accreditation or licensing.

Naturopathy is a form of alternative or complementary medicine.

This practice is based on the notion that the body has the intrinsic ability to heal itself with the proper support and guidance, and naturopaths utilize modern and traditional medical practices to achieve this goal. It is practiced in the United States, Great Britain, New Zealand, Australia and Germany. Naturopaths can be found working in hospitals, medical offices, holistic health centers, and many other settings.

The Basics of Naturopathy

In naturopathy, allowing nature to heal the body is a primary basis of this form of alternative medicine. Naturopathic doctors pledge first to “do no harm,” and seek to find the root cause of illness rather than to simply treat symptoms.

Naturopaths see themselves as teachers, and work with patients on lifestyle changes that promote healing and optimal health. Taking many aspects of a patient’s life and history into consideration, naturopaths may address diet and nutrition, chronic health conditions, exercise, emotional health, spirituality, family history, and many other factors during the course of treatment.

The prevention of disease and illness is one of the most important aspects of naturopathic medicine. Whereas mainstream medicine may concentrate

on curing illness, naturopathy relies on treatment and lifestyle changes that may prevent the occurrence of disease in the first place. Naturopaths evaluate genetic predisposition to disease, family history and other risk factors that may make a patient more vulnerable to illness. Specific lifestyle changes to support optimal health and the prevention of disease are then prescribed.

Traditional Naturopaths

In the United States, there are three categories of practitioners of naturopathy: naturopathic physicians, traditional naturopaths, and various providers who utilize aspects of naturopathic medical practice. In terms of education, traditional naturopaths complete a bachelor’s degree and pre-medical education in one of the three major areas of science (chemistry, biology, or physics) and graduate-level training in science and

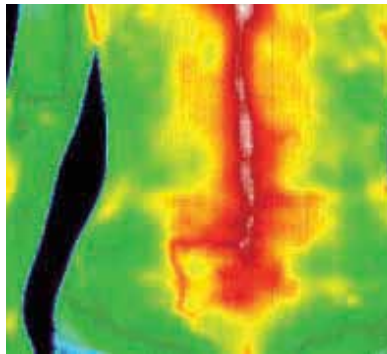
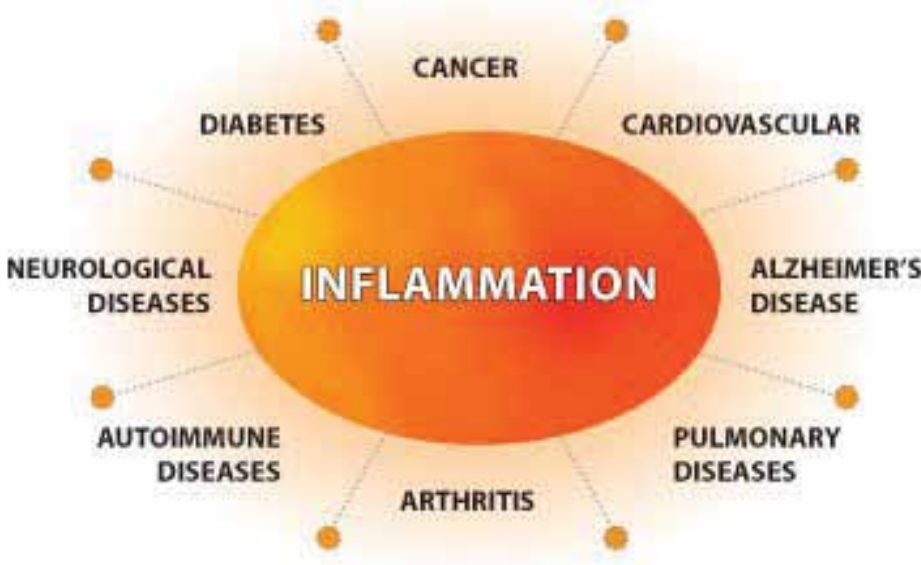
Is Naturopathy for Me?

Naturopathy is an important and useful form of alternative medicine that many Americans choose to utilize for treatment of both chronic and acute health conditions. Treatment by a naturopathic doctor can be an excellent complement to mainstream medical care, providing the best of preventive medicine for consumers seeking comprehensive holistic treatment.

What Can I Expect?

When seeing a naturopath, patients can expect to undergo an extensive medical interview and perhaps some basic examination. A naturopathic doctor may prescribe homeopathic remedies, vitamin therapies, holistic therapies, herbal remedies, dietary and lifestyle changes, and a variety of laboratory tests. During the course of treatment, naturopathic doctors may utilize acupuncture, infrared heat therapy, whole body vibration, pH saliva and urine testing, chelation therapy, blood and hair analysis, hydrotherapy, massage or joint manipulation, colonic irrigation, as well as other forms of natural medicine and healing. While some naturopathic doctors may serve as the primary medical provider for a minority of patients, most consumers will maintain their relationship with their medical doctor and simply see a naturopathic doctor as a complement to their mainstream medical treatment.

the natural path



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See
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first appointment

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