

FREE

HEALTHY LIVING HEALTHY PLANET

natural awakenings



Head Heart & Gut

3 Guides to
Powerful
Decision-Making

Linda Sechrist on
BLOOD CHEMISTRY
A New Roadmap
to Better Health

RENEW ORGAN VITALITY

Boost Energy
for the New Year



Use this to reduce **PAIN** and **INFLAMMATION**

Pain & Inflammation Enzyme



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

Wheatgrass Capsules



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



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Organic Frozen Wheatgrass Juice

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



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

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

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

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

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

Green Waters Alkaline Water



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

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

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pH 9.5 Drops



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

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

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publisher's letter



There is an old story about a happy little boy who went out into the field wearing a baseball cap. In one hand he carried a baseball, and in the other his trusty bat. His face bore a look of tremendous confidence. Cocking his bat, he tossed the ball into the air, saying, "I'm the greatest batter in the world!" Then he swung and missed. "Strike one," he said. He picked up the ball, examined it, and then threw it into the air again. As he swung, he repeated, "I'm the greatest batter in the world." Once again he missed. "Strike two," he said. This time, he stopped to examine his bat to make sure there wasn't a hole in it. Then he picked up the ball, adjusted his cap, and tossed the ball into the air for the third time. He repeated again, "I'm the greatest batter in the world," and swung with all his might

– and missed for the third straight time. Now most boys might be discouraged by that, but this boy said, "Wow! I'm the greatest pitcher in the world!"

Happy New Year! Usually, the first thing we do in the new year is we make resolutions. Most of us follow through with our resolutions until someone offers us a large piece of chocolate cake or we have an excuse not to go to the gym. We suggest creating resolutions that challenge us, but are realistically reachable. Although our intentions may be good, sometimes we simply abandon our resolutions because we become overwhelmed with the responsibilities and details involved in making them happen.

The truth is we all do and have possibly made resolutions that aren't attainable. Eventually, we either lose our determination or forget about the resolution altogether. But when you start small, well-intentioned resolutions can often develop into something bigger than yourself. What really helps is mindfulness and being present in the moment. Begin with yourself, family, and then consider how your resolutions can make your community better.

What if we made a resolution to just stay healthy and eat right? Or what if we resolve to be happy, healthy individuals? Our resolutions could be to eat cleaner meals, focus on positive thoughts, or go outdoors a few times a week after work for a jog or walk to be more fit. Invite family, friends, and coworkers to join you as you progress. Eventually you will realize that your personal resolutions to live more positively and have a healthier lifestyle can make your family and community more positive and healthy. Being happy and healthy can be contagious. Remember you too can also be the greatest pitcher in the world.

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

Lillyanna & Lydia

Lillyanna and Lydia Castille, Assistant Publishers



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natural
awakenings

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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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Basin Arts Offers Acrylic Arts Classes for Beginners



Basin Arts, a local visual and performing arts studio in Lafayette is offering an acrylic for beginners class each Wednesday, beginning January 16, from 6:30 to 8:30 p.m. Lead by Brittney Pelloquin, the

class will guide participants through a four-week process to learn the basics about painting with acrylic paints. Each session is structured instructional time focusing on application techniques using different tools with an emphasis on understanding the various uses of color. The class highlights the basic elements, as well as the principles of art, which are shared through painting exercises selected by the subject matter of what individuals would like to paint during the second half of the course.

Basin Arts offers classes serving various experience levels ranging from the hobbyist to the professional artist. The goal of these classes is to provide a learning platform for artistic expression aimed at enhancing the artistic identity for each participant.

Location: 113 Clinton Street, Lafayette. Cost: \$180, including supplies. For more information, call 337-718-5008 or visit BasinArtsLafayette.com.

Wags and Whiskers Veterinary Hospital Now Open in Carencro



Wags and Whiskers Veterinary Hospital, a progressive veterinary hospital featuring the latest in technological advances, is now open at 204 East Saint Peter Street, Suite B, in Carencro. Hours are Monday through Friday, 7:30 a.m. to 5 p.m. and Saturday

from 8 a.m. to 12 p.m.

The hospital's holistic approach offers Eastern medicine practices, such as acupuncture and food therapy, to complement traditional Western medicine. By offering this holistic approach they aim to provide more treatment options, as well as preventive service options like intestinal parasite screens, blood and urine screens, and dental cleanings. Other services offered include weight management and nutrition, emergency care, end of life care and vaccinations.

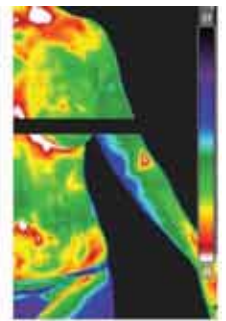
Wags and Whiskers can service pets of all ages and developmental levels and boasts a contemporary surgical suite with advanced surgical monitoring and tests including laboratory diagnostics, digital radiography and ultrasounds.

For more information, call 337-565-2025 or visit WagsandWhiskersVet.com.

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TEXT your NAME and 5 WEEKS WELLNESS to 424-5066 for more information.



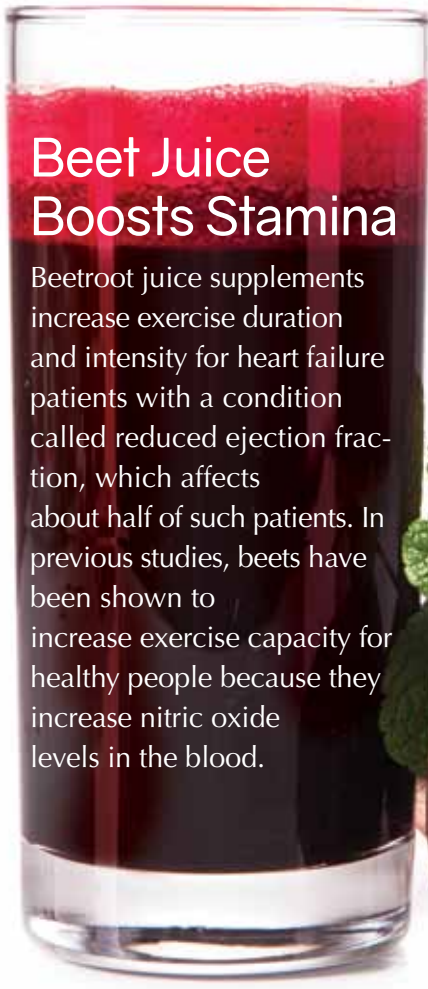
Stress Lowers Women's Fertility

Women that feel highly stressed on a daily basis have a lower ability to conceive, report

Boston University School of Medicine researchers. In a study published in the American Journal of Epidemiology, 4,769 couples that were trying to conceive were followed for a year. Those women with the highest self-reported stress were 13 percent less likely to conceive than women that reported little stress.

Men being under high stress had no effect on conception, but couples were a quarter less likely to conceive if the man's stress score was low and the woman's was high, which the researchers termed "partner stress discordance." In North America, about one out of four women and one

out of five men of reproductive age report daily psychological stress.



Beet Juice Boosts Stamina

Beetroot juice supplements increase exercise duration and intensity for heart failure patients with a condition called reduced ejection fraction, which affects about half of such patients. In previous studies, beets have been shown to increase exercise capacity for healthy people because they increase nitric oxide levels in the blood.

Nettle Leaf Helps Inflammatory Bowel Patients

Nettle, a common roadside weed, may offer hope for sufferers of inflammatory bowel diseases such as Crohn's and ulcerative colitis. Research from Iran's University of Medical Sciences tested 59 patients with inflammatory bowel disease in a 12-week, double-blind clinical trial with an extract of nettle leaf (*Urtica dioica*). Those



receiving the nettle leaf extract had lower blood levels of the C-reactive protein inflammatory marker along with a significant improvement in their inflammatory bowel disease quality-of-life scores.

Daily Walks Make Kids Healthier

Thanks to a program called The Daily Mile, Scottish schoolchildren have shown improvements in their fitness and body composition, researchers from the universities of Edinburgh and Sterling report. Started by a teacher in 2012, the initiative encourages children to run, jog or walk around their school grounds during a 15-minute recess from classes in addition to normal activity and physical education lessons.

For the study, 391 pupils between 4 and 12 years old wore accelerometers to record their activity and were checked for body fat and overall fitness. Compared to a control group, they increased their physical activity by 9.1 minutes a day, lowered sedentary time by 18.2 minutes, ran 42 yards farther and significantly lowered their body fat.

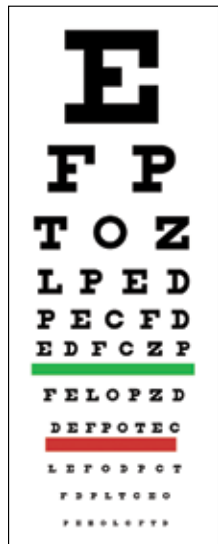
"[The study] suggests



that The Daily Mile is a worthwhile intervention to introduce in schools, and that it should be considered for inclusion in government policy, both at home and abroad," says study author Colin Moran, Ph.D.

To date, the Scottish Government has extended it to half of the country's primary schools, plus nurseries, colleges, universities and businesses. The Daily Mile Foundation reports that 3,600 schools in 35 countries, including Australia, Belgium, Canada, England, Germany, Ireland, Jamaica, the Netherlands and the U.S., have embraced the program.

Eating Mediterranean Diet Helps Save Eyesight



The risk of late-stage, age-related macular degeneration, a leading cause of blindness worldwide, can be lowered by 41 percent by eating a Mediterranean diet, according to a new study presented by the American Academy of Ophthalmology (AAO). The research, which followed nearly 4,500 French and Dutch adults aged 55 and older for 21 years, found that no single food component lowered the risk; rather, it was the nutrient-rich diet itself.

The findings correlate with previous research that links the Mediterranean diet, typically rich in fruits, vegetables, whole grains and legumes, fish and olive oil, to a longer lifespan and a lower risk of heart

disease and cognitive decline. "You are what you eat," says AAO spokesperson Emily Chew, M.D. "It's time to take quitting a poor diet as seriously as quitting smoking."

Artificial Sweeteners Harm Gut Microbes

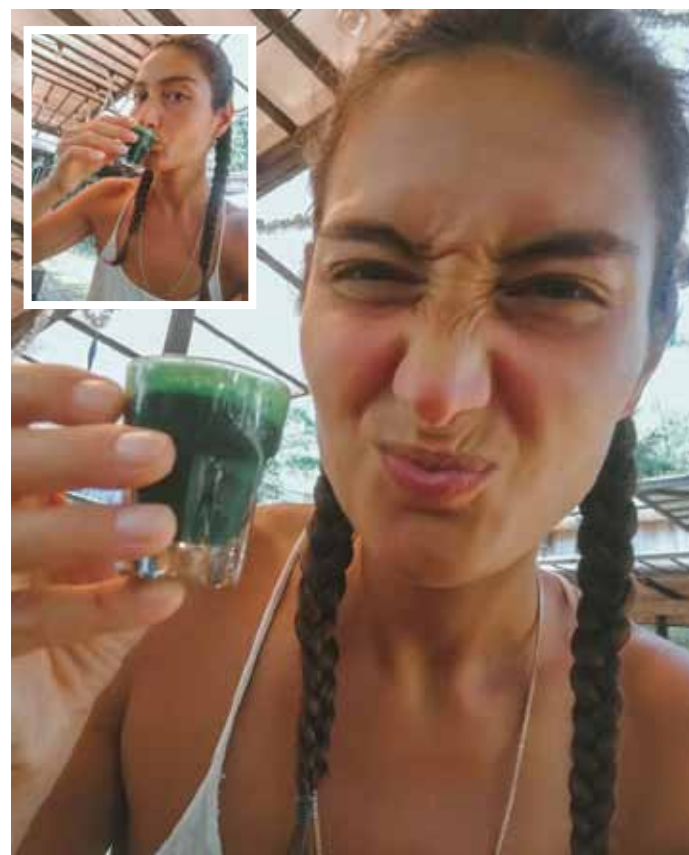
Six popular artificial sweeteners approved by the U.S. Food and Drug Administration—aspartame, sucralose, neotame, saccharine, advantame and acesulfame potassium—were found to be toxic to digestive gut microbes in a new paper published in *Molecules*. Researchers at Israel's Ben-Gurion University of the Negev and Singapore's Nanyang Technological University tested each sweetener along with 10 sports drinks that contained them.

They discovered that otherwise healthy bacteria found in the digestive system became toxic when they came into contact with even one mg/ml (less than one-hundredth of a teaspoon) of the artificial sweeteners.



Low-Nutrition Foods Linked to Cancers

In a 10-nation study involving nearly half a million Europeans, researchers found that those eating foods with lower nutritional quality had a significantly greater incidence of cancer, especially colorectal, upper digestive tract, stomach and lung cancers for men, and liver and postmenopausal breast cancers for women. The study supports wider adoption of a British front-of-package food nutritional content labeling system.



Wheatgrass Linked To Better Health

1 ounce of WHEATGRASS = 2.5 lbs of green VEGETABLES

Consuming two to three shots of wheatgrass daily, or at least four times a week, has been clinically proven to promote health on several levels. There have been numerous studies that prove that taking two shots of wheatgrass is equivalent to drinking eight glasses of vegetable juice. One ounce of wheatgrass is equal to 2.5 pounds of green vegetables.

Wheatgrass Your #1 SuperFOOD

Why drink wheatgrass? Wheatgrass has been called rocket fuel for the body and here is why:

1 ounce of WHEATGRASS = 2.5 lbs of green VEGETABLES

Consuming two to three shots of wheatgrass daily, or at least four times a week, has been clinically proven to promote health on several levels. There have been numerous studies that prove that taking two shots of wheatgrass is equivalent to drinking eight glasses of vegetable juice. One ounce of wheatgrass is equal to 2.5 pounds of green vegetables.

Some of the benefits of wheatgrass juice include healthy immune systems, healthy blood flow and healthy skin, and it has been known to shrink or even cure certain types of cancer and tumors. It also has been known to prevent several types of diseases, such as diabetes and heart disease. It also helps women during their menopausal years.

What is Wheatgrass Juice?

Wheatgrass is the shoot of agropyron, which is a relative of the common wheat. (Many people substitute common wheat for growing wheatgrass; both have similar qualities.) New and tender shoots of this plant can be squeezed to make juice or dried to grind into a powder. This plant is a high-alkaline food that helps the body alkalize. This alkalizing ability makes it very popular as a health food.

One of the most important benefits of wheatgrass is that, because regular consumption increases one's alkaline level, it balances out the acidic level of the body. The natural pH of the human body is slightly alkaline, at about 7.4—but this level is affected by the food we eat. Consuming acidic foods likewise causes the pH to become more acidic and thus harmful to the body. On the other hand, consuming alkaline foods naturally makes the body more alkaline and, as a result, can help people live a long, healthy life.

Wheatgrass also helps improve the digestive system. Wheatgrass is very nutritious and provides the body with plenty of resources. If consumed raw and whole, wheatgrass also provides plenty of fiber, which naturally improves the digestive system. If you suffer from constipation often, wheatgrass may provide a cure.

Wheatgrass also helps to detoxify dangerous metals in the bloodstream. All blood cells take in oxygen and nutrients while giving out toxins, or waste. If this process is altered, it can cause healthy and functioning smoothly by removing the toxins it collects. Consuming wheatgrass

will increase the liver's health many times over. By increasing the oxygenation in the body, wheatgrass also can increase performance and endurance in physical exercise and sports.

Wheatgrass has cosmetic effects as well. Consuming wheatgrass regularly makes the hair shine and the skin glow.

Wheatgrass Benefits for Cancer

Wheatgrass consumption also is known as an alternative cancer therapy. A study found that wheatgrass juice duplicates the molecular structure of hemoglobin, a protein in red blood cells that carries oxygen, and because it is so rich in free-radical scavengers such as provitamin A, it may inhibit cancer. Drinking wheatgrass juice helps the body to build red blood cells, which carry oxygen to every cell.

Because cancer thrives in an acidic environment, and because consuming wheatgrass neutralizes acidic levels, consuming wheatgrass may thus reduce the chances of developing cancer, or aid in fighting cancer already present in the body.

Wheatgrass also has been found to dissolve scars in the lungs, help wash out drug deposits and, as mentioned above, purify the blood and organs and counteract toxins in the body—all beneficial to helping the body combat cancer. It helps to increase the

By increasing the oxygenation and alkalinity in the body, you can increase energy levels, reduce risk of cancer, reduce inflammation and prevent disease.

ADVERTISEMENT



enzyme level in cells, aiding in the body's rejuvenation and the metabolism of nutrients. These enzymes assist in dissolving tumors.

Wheatgrass Juice Facts

- One ounce of freshly squeezed wheatgrass juice is equivalent in nutritional value to 2.5 pounds of leafy green vegetables.
- Wheatgrass contains more than 90 minerals, including high concentrations of the most alkaline minerals: potassium, calcium, magnesium and sodium.
- Wheatgrass contains the essential enzymes: protease (assists in protein digestion), cytochrome oxidase (works as a powerful antioxidant), amylase (facilitates digestion), lipase (works to split fat), transhydrogenase (strengthens the heart muscle) and superoxide dismutase or SOD (lessens the effects of radiation and slows cellular aging; it is found in all of the body's cells).
- Wheatgrass juice helps the body build red blood cells, which carry oxygen to every cell. By increasing the oxygenation in the body, it can help offset the effects of breathing smog and carbon monoxide and increase one's endurance during physical exercise.
- Wheatgrass contains 19 amino acids, the building blocks of protein.

Nutritional Value of Wheatgrass Juice

(Per 100 gm)

Nutritionally, wheatgrass is a complete food that contains 98 of the 102 earth elements. Wheatgrass is considered to be a complete food because it contains every amino acid, vitamin and mineral (some in only trace amounts) necessary for human nutrition.

Why Must Wheatgrass Juice Be Drunk Fresh?

The most potent form of wheatgrass is the fresh frozen juice as nutrients are lost in pasteurisation or preserving. Like many raw and highly nutritious foods, fresh wheatgrass juice is highly active chemically and is thus unstable. Fresh is best.

How Much Wheatgrass Do I Need?

If energy is generally good but one is having an off day, then 1 ounce can be enough to get you going again. If energy levels are regularly down then a daily shot over a period of about a week can help improve things. For more long term illness daily amounts exceeding 4 to 6 ounces have been used.

100 grams of wheatgrass contain:

- *Calories:* 21.0
- *Carbohydrates:* 2.0 gm
- *Fat:* 0.06 gm
- *Water:* 95 gm
- *Sodium:* 10.3 mg
- *Iron:* 0.61 mg
- *Folic Acid:* 29 mcg
- *Dietary Fiber:* < 0.1 gm
- *Glucose:* 0.80 gm
- *Calcium:* 24.2 mg
- *Magnesium:* 24 mg
- *Selenium:* < 1 ppm
- *Potassium:* 147 mg
- *Zinc:* 0.33 mg
- *Phosphorus:* 75.2 mg
- *Vitamin A:* 427 IU
- *Vitamin B1: (Thiamine)* 0.08 mg
- *Vitamin B2: (Riboflavin)* 0.13 mg
- *Vitamin B3: (Niacinamide)* 0.11 mg
- *Vitamin B5: (Pantothenic Acid)* 6.0 mg
- *Vitamin B6: (Pyridoxine HCl)* 0.2 mg
- *Vitamin B12: (Cyanocobalamin)* < 1 mg
- *Vitamin C: (Ascorbic Acid)* 3.65 mg
- *Vitamin E:* 15.2 IU
- *Chlorophyll:* 42.2 mg
- *Choline:* 92.4 mg

Is Wheatgrass a Food?

Naturally rich in proteins and sugar wheatgrass is a complete food. One ounce of wheatgrass is like a single complete supplement. It has all the B vitamins; indeed it is a vegetable source of B12, and also vitamins A, D, E, and K. Wheatgrass is rich in minerals, major and minor. It contains calcium, magnesium, manganese, phosphorus, potassium, zinc and selenium. These are minerals important for cardiovascular and immune system function. For healing purposes potassium ions are particularly vital to balance the composition of body fluids, and thus its alkalinity.

Wheatgrass is highly active chemically and contains over 80 enzymes. These are used for digestion but also to detoxify harmful substances. The famous nutritional scientist, Dr E Bircher called chlorophyll "concentrated sun power- it increases the function of the heart, improves the vascular system the intestine the uterus and the lungs".

Chlorophyll has strong antioxidant properties. It can strip out free radicals which are a damaging by-product of metabolism. Free radicals encourage an acidic cell environment, contribute to the ageing process and have been implicated in the development of some cancers. The chlorophyll molecule is structurally very similar to the iron carrying component of hemoglobin.

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SUNSET

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Monstrous Morass Great Pacific Garbage Patch Out of Control

In the Pacific Ocean between Hawaii and California, the 80,000-ton Great Pacific Garbage Patch is growing. Encompassing 600,000 square miles, the world's largest such dump is twice the size of Texas, according to a three-year mapping effort by eight organizations.

"To solve a problem, we need to understand it first," says Boyan Slat, CEO of Dutch-based nonprofit The Ocean Cleanup.

"The bad part is that there is more [there] than what we thought. The good part is that most of the plastic is still large objects. Just 8 percent of the plastic is micro plastic. It's not too late to do something about it." Fishing gear comprises an estimated half of the debris. The Ocean Cleanup intends to capture, concentrate and ship the materials from the patch back to land.

Meatless Munchies

Vegan Beer Hall Highlights Plant-Based Food

People relying on plant-based diets can find it challenging to honor their philosophies when enjoying a night out in a beer hall. But in Quincy, Massachusetts, the tavern Rewild is giving hope to those that want to get a little buzzed and still trust the menu. Owner Pat McAuley is working with chef Will Hernandez to offer vegan food at affordable prices. McAuley says, "There's no other place in Massachusetts that you can go have a few beers, hang out with friends and eat plant-based food. My primary goal of the whole project is to just bring plant-based food in a social and fun way."

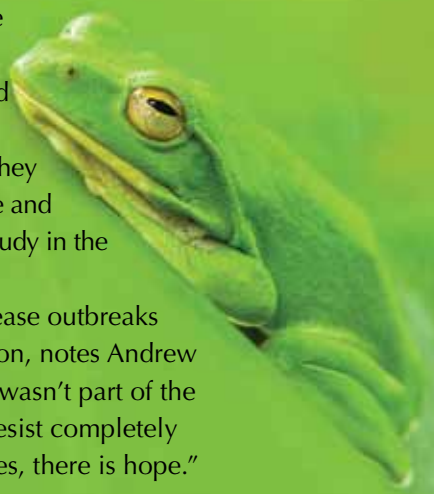
Happy Hoppers

Nature Finds a Way

Frogs and toads are returning in parts of Panama after a deadly fungal disease devastated amphibians in Central America from 2004 to 2007.

New research shows that evolution may have saved the day. In El Cope, at least four species disappeared, including the red-striped Rio San Juan robber frog. Four other species lost at least 88 percent of their populations. They are still infected with the fungus, but are alive and increasing in numbers, according to a new study in the journal Science.

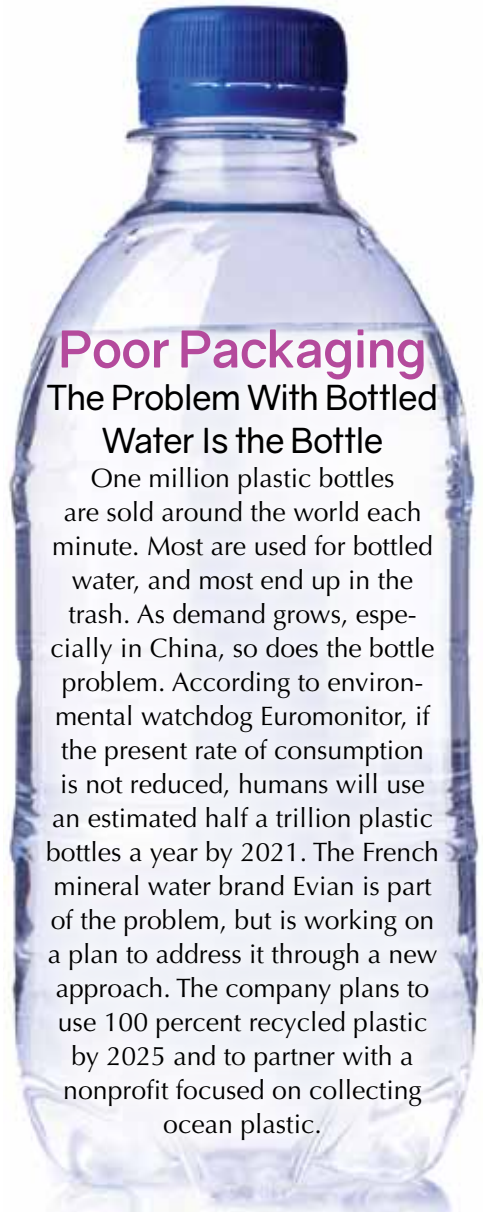
Studies have shown that as bad as disease outbreaks get, they play a tiny role in species extinction, notes Andrew Blaustein, at Oregon State University, who wasn't part of the current study. Evolution allows species to resist completely succumbing to the nastiest diseases, "So, yes, there is hope."



Rare Breed

Exmoor Ponies Beat the Odds

The Exmoor pony, which inhabits an area bordered by Devon and Somerset counties in England, is currently listed as endangered by the Rare Breeds Survival Trust. It's believed that these ponies derive from the original prehistoric horse that made the trek from Alaska to Great Britain some 130,000 years ago. Today, about 150 Exmoor ponies roam free on the moor and many more are being reared on farms in other parts of the UK. The Exmoor ponies benefit the environment, attract visitors and increase awareness of environmental conservation.



Poor Packaging The Problem With Bottled Water Is the Bottle

One million plastic bottles are sold around the world each minute. Most are used for bottled water, and most end up in the trash. As demand grows, especially in China, so does the bottle problem. According to environmental watchdog Euromonitor, if the present rate of consumption is not reduced, humans will use an estimated half a trillion plastic bottles a year by 2021. The French mineral water brand Evian is part of the problem, but is working on a plan to address it through a new approach. The company plans to use 100 percent recycled plastic by 2025 and to partner with a nonprofit focused on collecting ocean plastic.

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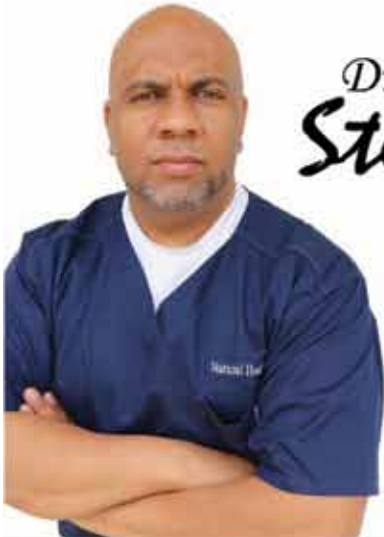


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Silver Thread and Golden Opportunities

25 Years of Natural Awakenings

by Jan Hollingsworth



photo by Josh Pope

The year was 1994. America Online opened the first gateway to the World Wide Web; Jeff Bezos founded the fledgling behemoth Amazon; and Deepak Chopra installed the first bricks on his path to enlightenment with the publication of his book *The Seven Spiritual Laws of Success: A Practical Guide to the Fulfillment of Your Dreams*.

Perhaps not coincidentally, genetically engineered tomatoes entered the U.S. food supply that year, spawning a GMO food revolution that transcended the age-old debate between pesticides and organics. Frankenfoods, as they are called, were the leading edge of a cultural awakening.

Meanwhile, in the sleepy, sun-drenched beach town of Naples, Florida, Sharon Bruckman—a dreamer

The real “natural awakening” is about each of us waking up to who we truly are and the kind of world we can create together.

~Sharon Bruckman

and entrepreneur in her own right—was quietly laying the foundation for what would become the largest franchise publishing network in the natural health industry: *Natural Awakenings* magazine.

“America’s

natural wellness and sustainability movements were in their infancy when we started,” says Bruckman. “Now the seeds that were planted in fertile soil are benefiting people nationwide, as well as throughout our precious planet.”

Woven from the threads of grit, inspiration and perhaps serendipity, the magazine was a tapestry of health, healing and mindfulness. Its successful Naples debut was quickly followed by a second edition in Sarasota.

By 1999, it was clear that Americans had a voracious appetite for well-researched, practical information about the latest natural approaches to nutrition, fitness, personal growth and sustainable living.

The *Natural Awakenings* franchise was born that year, conceived as a local magazine in many different communities—now 74 markets in the U.S.—anchored by a national editorial team that explores and anticipates the latest trends in mind, body and spirit. Readership of the print magazines is 2.8-million strong, plus a broad online and digital reach.

Bruckman’s holistic-minded passion for health, wellness and integrative therapies has awakened in like-minded entrepreneurs a desire to embrace her mission. As Paul Chen, publisher of the Atlanta franchise puts it: “Awakenings of the heart speak to our desire for deeper and stronger personal relationships. Awakenings of the mind speak to our desire to learn more, faster, and optimize our mental capacities. Awakenings of the soul speak to our desire to develop greater love and compassion for all living beings equally and an increasing understanding of and connection with whatever it is we believe lies beyond our small, individual human selves.”

The magazine, in turn, has awakened its readers to new ways of connecting both with their communities and each other. *Natural Awakenings* has become a go-to guide for local community events, products and practitioners in all of its markets.

“We love to spread light,” says Bruckman. “*Natural Awakenings* has played a significant role in fueling the wellness revolution I saw emerging all those years ago, propelled by the kindred spirits who read, advertise and contribute to our magazines. Our



Natural Awakenings Mission Statement

To **empower** individuals
to live a healthier lifestyle on a
healthier planet.

To **educate** communities on
the latest in natural health and
sustainability.

To **connect** readers
with local wellness
resources and events,
inspiring them to lead more
balanced lives.

publishers are torchbearers aligned
with the vision of a healthier world
and the mission to facilitate that
transformation."

During a lifetime of holistic-minded
entrepreneurship, Bruckman, a constant
gardener, continues to personally tend
each new crop of ideas that germinate
on the pages of her magazines which
bear the imprint, "Healthy Living,
Healthy Planet."

By identifying and responding to
a simple need in one community, she
has tapped into a universal spirit that
exceeded her wildest expectations. "If
you have the heart, vision and enthu-
siasm to help make the world a better
place, a greater force just might step in
to enable success beyond anything you
imagined. The real 'natural awakening'
is about each of us waking up to who
we truly are and the kind of world we
can create together."

We can't always be shaded by the
trees that we grow, yet after 25 years,
the seeds Bruckman planted have
branched across a nation and borne
fruit that will make a difference in
countless lives for many years to come.

It is my honor to join her on this
journey as *Natural Awakenings* cel-
ebrates its silver anniversary.

*Jan Hollingsworth is the national editor
of Natural Awakenings magazine.*

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- Anna Romano, Franchise Director
- Sharon Bruckman, Founder, CEO

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KICK-START ORGAN VITALITY

New Energy for the New Year

by Ronica A. O'Hara

With the merry-making furor of the holidays behind us, it's that time of year when our bodies are crying out for some detox and rejuvenation. Aside from getting back to the basics—a healthy diet and daily exercise—we can take a page from traditional Chinese and Indian medical practices and holistic approaches and use natural, organ-by-organ procedures to renew our bodies and restore inherent vitality.

“Strengthening our organs is critical because the organs create the vital essences of life, and our emotional and mental health depends to a great extent on how healthy our organs are,” notes T. Caylor Wadlington, a doctor of Oriental medicine and acupuncture teacher in Denver. “In working to revitalize and re-energize the organs, we renew not just our physical body, but also our sense of well-being.”

Here's a guide to a gentle fix-up campaign for the five organs considered vital for life in both Western and Eastern medicine:

Boost the Brain

“Stress can lead to imbalance of the brain's neurotransmitters, making it more difficult to focus, concentrate, relax and sleep—but it's reversible, and the brain can absolutely heal from these effects under the right circumstances,” says integrative neurologist Ilene S. Ruhoy, M.D., Ph.D., of the Center for Healing Neurology, in Seattle.



Assess it: If you find it hard concentrating, sleeping, getting things done, remembering where things are and not being grouchy, the brain could be on stress-related overload. See a doctor if teeth grinding, high blood pressure, shortness of breath, fainting or dizziness develop.

Eat this: The top brain boosters are easy to swallow—dark chocolate, berries, nuts and avocados, along with oily fish, reports WebMD. Also, a five-year

study of 950 seniors at Chicago's Rush University found that eating leafy greens once or twice a day slowed mental deterioration.

Drink this: Green tea is proven to reduce anxiety and depression, protect against mental decline and even correct stroke damage. In a Swiss study using MRI, people drinking green tea immediately had heightened activity in the working-memory part of their brain.

Supplement with this: Ruhoy recommends boswellia, long used in Asian and African medicine. It targets cerebral inflammation, stimulates the growth of neurons, enhances cognition, lowers depression and alleviates learning and memory problems.

Try this movement: Shake it. Alternating slow movements, or even rest with one-to-two-minute bursts of intense, all-out, heart-pounding moves like Zumba dancing, jogging or lunges increases important proteins called the neurotrophic factor that help brain cells grow, work and live longer, reports a new study from Canada's McMaster University.

Rejuvenate the Heart

Stress also increases hormones such as adrenaline and cortisol, which drive up blood pressure, blood sugar and inflammation, says holistic cardiologist Joel Kahn, M.D., of Detroit, author of *The Whole Heart Solution: Halt Heart Disease Now with the Best Alternative and Traditional Medicine*.



Assess it: Shortness of breath, irregular heartbeat, anxiety, panic and swollen feet or ankles are signs the heart may be overloaded. Get medical help immediately if there is unusual deep exhaustion, unexplained weakness, nausea, dizziness, chest pain or pain that spreads to the arms.

Eat this: “The best foods for a stressed heart are those rich in magnesium. I like a giant green, leafy salad, often organic arugula, with blueberries, pumpkin seeds and walnuts,” says Kahn.

Drink this: Hot, golden turmeric milk, made with organic soy or nut milks, a heaping tablespoon of turmeric (a potent anti-inflammatory also shown to reverse Alzheimer's "brain tangles"), a pinch of black pepper and maybe an organic pumpkin spice mix.

Supplement with this: Hawthorn strengthens and tones heart muscles, suppresses deadly blood-clotting signals, fights inflammation and lowers heart attack risk, studies show. European doctors routinely prescribe it for managing mild heart failure, either alone or with drugs.

Try this movement: Hop on a bike: Cycling 20 miles a week slashes heart disease risk by half, reports the *British Medical Journal*. Also, do slow stretches every day: A Japanese study found a correlation between flexibility of the body and of the arteries.

Cleanse the Lungs

Family holidays may not always be unconditionally loving, which can induce stress, anger and sadness—emotions linked in laboratory studies to decreases in lung function. "You can



actually give yourself a stress asthma attack," says Maui naturopath Carolyn Dean, M.D., ND, author of *The Complete Natural Medicine Guide to Women's Health*.

Assess it: Trouble breathing, shortness of breath and a cough that won't go away are signs of stressed-out lungs. If there's coughing up of blood or mucus, or discomfort or pain when breathing, see a doctor.

Eat this: A 10-year study of 650 European adults found that eating apples and tomatoes two or three times a day, along with other fruit, speeds the healing of smoke-damaged lungs and seems to slow down the lungs' natural aging process.

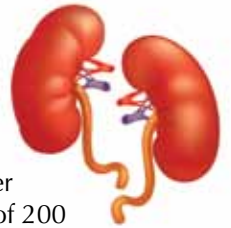
Drink this: A juice combining cilantro, carrot, celery and ginger. According to the Lung Institute, cilantro helps remove heavy metals, carrots provide vitamin A to repair lung tissue, celery helps flush out carbon dioxide and ginger removes irritants from the lungs.

Supplement with this: Vitamin D. Low levels seem to be linked to a higher risk of respiratory infections and chronic obstructive pulmonary disease, according to a review of clinical studies in *Advances in Nutrition*.

Try this movement: To loosen the airways when tense, the American Lung Association recommends slowly breathing in through the nose for two counts with the mouth closed. Purse the lips as if to whistle, and then breathe out slowly and gently through the lips to a count of four.

Detox the Kidneys

The kidneys are hard-working, fist-sized organs just below the back rib cage that filter waste and toxins out of 200 quarts of blood a day.



Assess it: Fatigue, feeling cold, shortness of breath, itchiness, swollen hands or feet, a puffy face, metallic-tasting food and ammonia-smelling breath are signs of growing kidney stress. See a doctor if experiencing kidney pain, weakness, lightheadedness, loss of appetite, nausea and vomiting, extreme thirst or decreased urination.

Eat this: Bone broth, wheat, millet, black sesame seeds, chestnuts, mulberries, raspberries, strawberries and walnuts are recommended by herbalist and acupuncturist Irina Logman of the Advanced Holistic Center, in New York City, to restore the kidneys.

An Ounce of Prevention

By taking a few forward-thinking steps, we can protect ourselves proactively from dangers to our vital organs:

Brain

Just say Om! Meditation enlarges parts of the brain concerned with memory, body awareness and emotional control, concluded a review of 21 neuro-imaging studies from 300 meditators. *InsightTimer.com*, a meditation app, makes it easy to meditate for even five minutes a day.

Heart

Every night, write down two or three things to be grateful for. Heart patients at

the University of California, San Diego, that did this for two months had reduced heart inflammation and improved cardiac biomarkers. "Appreciating even the littlest things builds a heart-protective habit of gratitude," says study author Paul J. Mills, Ph.D., a professor of family medicine and public health.

Lungs

Many popular cleaning products contain dangerous chemicals, including volatile organic compounds (VOC) that several studies link to breathing problems, asthma and allergies. Check out the Environmental Working Group's toxicity information on 2,500 products at ewg.org/guides/cleaners.

Kidneys

To energize sluggish kidneys, try a quarter teaspoon of baking soda (sodium bicarbonate) in water. In a British study of 134 people with advanced chronic kidney disease, this easy strategy reduced the rate of kidney decline to normal levels. Check with a doctor if under nephrology care.

Liver

Examine the ingredients in prescriptions and over-the-counter meds to make sure daily intake of acetaminophen doesn't exceed 3,000 milligrams; accidental overuse is the biggest cause of liver failure in the U.S.

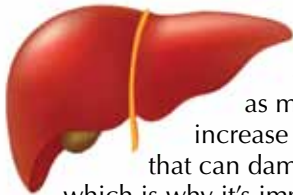
Drink this: Water with squirts of lemon or lime. "The citrate makes water, as metabolized, more alkaline, which helps to remove acid from the blood, bring pH into balance and prevents bone, heart and further kidney damage," says Phoenix nephrologist Mandip S. Kang, M.D., author of *The Doctor's Kidney Diet: A Nutritional Guide to Managing and Slowing the Progression of Chronic Kidney Disease*.

Supplement with this: Dandelion tea helps to cleanse and strengthen the kidneys and a new study in *Renal Failure* reports that it also protects the kidneys from damage by certain toxins.

Try this qigong movement: Rub the palms together to warm them, and then place them on the kidney areas. Slowly massage in circular motions 12 times, and then reverse direction.

Shore up the Liver

"The liver is critical for detoxifying the body, but higher sugar and alcohol consumption over the holidays, as well as more stress, can increase toxin buildup that can damage the liver, which is why it's important to take steps to help it recover," says functional chiropractor Jennifer R. Welch, DC, of Iowa Functional Health, in Clive, Iowa.



Assess it: Itchy skin, easy bruising, musky-smelling breath, itchy red palms and mental sluggishness are early problem signs. Advanced symptoms that require medical care are yellowish skin, abdominal pain, swollen legs and ankles, ongoing fatigue, dark urine and pale stool.

Eat these: A Chinese study linked liver disease with low potassium levels, so consume sweet potatoes, tomato sauce, beet greens, beans, blackstrap molasses and bananas.

Drink this: Sip probiotic drinks like kombucha, kefir and yogurt-based smoothies. The probiotic *Lactobacillus rhamnosus* significantly lowered liver damage linked to excess acetaminophen in a recent Emory University laboratory study.

Supplement with this: Milk thistle has been shown in Italian animal studies to decrease and even reverse damage to the liver caused by medications, alcohol, antibiotics, pollution and heavy metals.

Try this yoga movement: With feet shoulder-width apart, make circles with the hips, pushing the torso farther and farther outward with each circle. Reverse direction.

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

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Turmeric. An antioxidant and anti-inflammatory powerhouse proven to ward off cancer, heart disease and dementia.

Nature. A dose of greenery a day keeps the blues away—and also guards against heart disease, Type 2 diabetes and early mortality from all causes, a review of 140 studies shows.

Sources: Harvard University School of Medicine, Dr. Andrew Weil (DrWeil.com), American Journal of Preventive Medicine, ScienceDaily.com.



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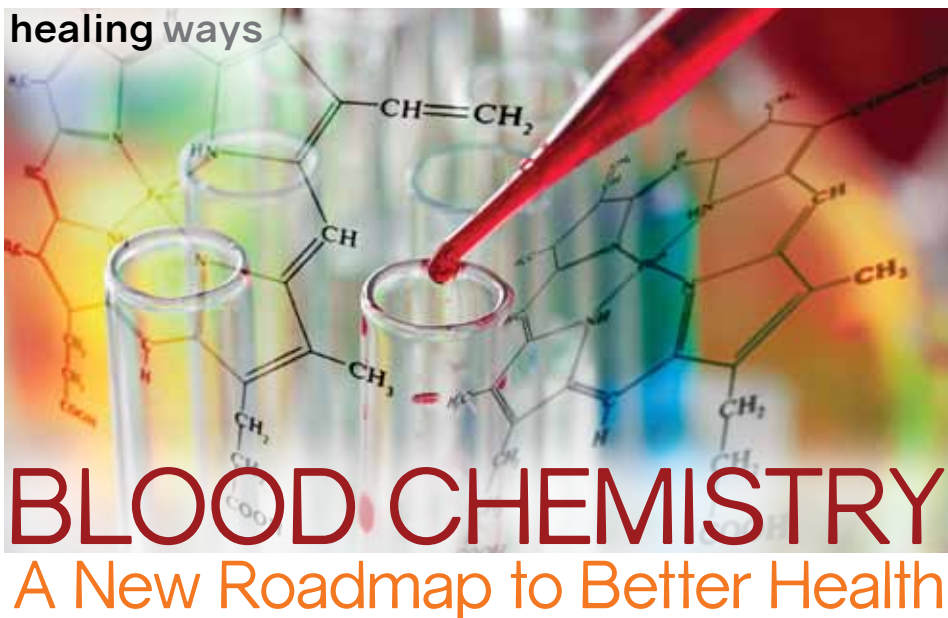


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healing ways

BLOOD CHEMISTRY

A New Roadmap to Better Health

by Linda Sechrist

Good detectives trained in the art of investigation know not only how to look for, collect and interpret evidence, but also how to use the tools that can help them solve a mystery. With the right tool, such as a comprehensive functional blood chemistry analysis, an experienced practitioner trained in systems biology examines the body's metabolic blueprint, unravelling the enigma of declining health hijacked by chronic disease.

Holistic health practitioners like Kristin Grayce McGary, of Boulder, Colorado, use these skills to provide clients with sound recommendations, screen for health issues and monitor changes as needed. "This kind of sleuthing is what sets us apart," says McGary.

Pathological Versus Functional

The results of a blood test are essential to understanding anyone's current state of health. No other screenings are more efficient and effective than the comprehensive blood chemistry panels used by functional medicine and holistic health practitioners to establish a baseline of biomarkers for tracking an individual's health and nutritional needs.

In the field of blood chemistry analysis, there are two main types of reference ranges—pathological and functional. The pathological range is

used by the majority of conventionally trained medical doctors that are focused on diagnosing disease. The functional range is used to assess risk for disease before it develops, says McGary.

"It is critical that you find a holistic and intelligent doctor skilled in functional medicine," says Boulder-based Suzy Cohen, a registered pharmacist and author of *Drug Muggers: Which Medications Are Robbing Your Body of Essential Nutrients—and Natural Ways to Restore Them*. "Working with a functional medicine practitioner, as well as a local trusted pharmacist who has access to your medication regimen and sensitivities, is the safest way to regain health."

It also saves money, because choosing the best supplements, herbal extracts, essential oils, dietary changes and other non-pharmaceutical healing modalities allows for healing faster, she says.

Conventional practitioners, constrained by insurance company requirements, generally order simple blood panels with basic markers for heart, kidney and liver function. These might include reference ranges for hemoglobin, platelets, glucose, calcium and electrolytes. "The baseline lab panel that I prefer for patients has 68 markers, plus a urinalysis. This means that I get five or six full pages of results, which gives me a more in-depth insight into someone's health," McGary says.

A Better Roadmap to Health

McGary considers the most important differences between the interpretation of functional and conventional markers to be the statistically compiled range of values that functional practitioners consider normal and the interconnections taken into consideration during the comprehensive analysis.

"Conventional reference ranges are compiled by laboratories from a huge population of people, many of whom had their blood analyzed because they were already sick. Functional reference ranges are compiled from a much smaller population of healthy people whose bodies are functioning optimally," she says.

If a marker falls inside the tighter functional range, it's a green flag that compares favorably with healthy individuals. If a marker falls outside the wider conventional range, it's a red flag that correlates to sick people. The marker that falls in-between is a yellow flag.

"Functional practitioners are looking for yellow flags, which are the early warning signs that no one sees or feels yet as symptoms," explains McGary, who spends more than two hours reviewing the blood analyses with clients. "We're not only about prevention and achieving vibrant health—which we do by helping clients choose the best supplements to correct deficiencies—we're also about helping individuals get to the root cause of their health challenge so that they can enjoy life."

Functional blood chemistry analysis is not generally covered by health insurance, and can cost between \$180 and \$2,500, depending on the complexity of the panel, the number of markers ordered and the time spent by a practitioner in consultation and interpretation of results.

However, the out-of-pocket cost may be worth it, says Cohen. "In health, sometimes you get what you pay for. You don't want to be somebody's number and pushed out the door," she says. "It's important to feel like you have been listened to and that your entire medical history has been fully evaluated."

Linda Sechrist is a senior staff writer for Natural Awakenings.

The Benefits of an Alkaline Body

Fewer Colds

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

Cancer Prevention

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

- Skin more elastic, youthful
- Deeper more restful sleep
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- Suffer from fewer headaches and viruses
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- Less arthritis
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1. Christine G.; Alice P.; Kristina D. (2004). The Fires Within. TIME Magazine, February 23, 2004 Vol. 163 No. 8.
2. Rakoff-Nahoum, S. (2006). Why Cancer and Inflammation. YALE Journal of Biology and Medicine 79 (2006), pp.123-130.
3. Shacter E., Weitzman S. (2002). Chronic Inflammation and Cancer. www.cancernetwork.com, January 31, 2002.

Naturopathic Medicine Goes Mainstream

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healthy kids

AUTISM'S GUT-BRAIN AXIS

A Promising Approach to Healing

by Emily Courtney



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With the diagnosis of autism spectrum disorder (ASD) on the rise—now affecting one in every 59 school-age children, according to estimates from the U.S. Centers for Disease Control and Prevention (CDC)—identifying effective, integrative remedies is more important than ever.

"You may have five kids with ASD that are very different in how they present and what contributes to the disorder, so one size and one treatment does not fit all," says Kenneth A. Bock, M.D., of Bock Integrative Medicine, in Red Hook, New York, author of *Healing the New Childhood Epidemics: Autism, ADHD, Asthma, and Allergies. The Ground-breaking Program for the 4-A Disorders*.

ASD encompasses a range of disorders characterized by repetitive behaviors and impaired social skills and communication. Although it includes four distinct conditions, one of its hallmarks is how much it varies from person to person and how different the restrictions can be for each child.

The very nature of the condition lends itself to integrative approaches that can be significantly effective, says Bock. "ASD is really a whole-body disorder that affects the brain, so a whole-body approach makes so much more sense."

Kids with ASD may have inflammation in the brain, and we've learned that it can be very much related to inflammation of the gut.

~Kenneth A. Bock, M.D.

From specialized diet and supplement regimens to a variety of alternative therapies, parents have a wealth of complementary options from which to choose. One integrative approach, however, is showing exceptional, research-backed promise: healing the gut.

The Gut-Autism Connection

Children with ASD frequently experience gut issues such as constipation or diarrhea; a review from the International Society for Autism Research indicated that nearly 47 percent of autistic children exhibited at least one gastrointestinal (GI) symptom. And, the more severe a child's GI symptoms, the more severe the autism, according to a study in *BMC Gastroenterology*.

Not coincidentally, research is finding that these digestive conditions and the accompanying ASD may be connected to the gut microbiome, an ecosystem of trillions of microbes living in the digestive tract.

"Kids with ASD may have inflammation in the brain, and we've learned that it can be very much related to inflammation of the gut," explains Bock. "The gut and immune system—which are intimately connected because the majority of our immune system is in the gut—are two of the most crucial systems involved in autism spectrum disorders."

It turns out that kids with ASD have less bacterial diversity in their guts than non-autistic kids, along with an imbalance between good and bad bacteria. This dysbiosis of the gut flora leads to problems with improper immune function, inflammation and a leaky gut barrier.

It all comes down to the gut-brain axis, by which the gut and brain communicate with each other. When the microbiome isn't balanced, not only is this vital communication system broken, but toxins and pro-inflammatory molecules that trigger ASD-like behaviors can cross the blood-brain barrier.

Experts say prioritizing gut health can relieve both GI issues and ASD symptoms.

Focus on Gut Health for ASD Care

For children with ASD, reinforcing the intestinal barrier and restoring balance to the microbiome can have profound health effects.

"With dysbiosis and an overly permeable gut, inflammatory molecules can leak into the circulatory system, travel up to the brain and cross the blood-brain barrier, causing inflammation.

A lot of it originates in the gut, so when we treat the gut, we can restore microbial balance, diversity and resilience to the ecosystem—and in doing so, decrease inflammation, help restore the appropriate blood-brain barrier and bring the brain back into more of a balance," advises Bock.

Before embarking on a treatment plan, Bock emphasizes the importance of working with a qualified healthcare practitioner to determine where a child fits in terms of subtypes of ASD, along with any other individual contributing factors.

Although autism spectrum disorder is complex, using holistic strategies that address the whole body can make all the difference. "I see thousands of kids on the spectrum, and the vast majority of them improve with an integrative approach to treatment, and more and more kids are actually recovering," notes Bock.

Emily Courtney is a freelance health and wellness writer and editor living in northern Colorado. Connect at EmilyCourtneyWrites@gmail.com.

FOUR WAYS TO SUPPORT GUT HEALTH

Gluten- and casein-free diet.

A study published in *Metabolic Brain Disease*

found that excluding gluten and casein led to significant improvements in ASD scores. "A gluten-free, casein-free diet is anti-inflammatory, and can help heal a leaky gut by restoring intestinal integrity and enabling the gut barrier to heal," says Kenneth A. Bock, M.D.



Probiotics. Beneficial bacteria are integral to a balanced microbiome, but many ASD kids are lacking friendly flora. Research by Rutgers University shows that probiotics can improve GI dysfunction and reduce the severity of ASD symptoms.

Prebiotics. To thrive, beneficial bacteria need plenty of prebiotic fiber. In a study of 30 autistic children published in *Microbiome*, six weeks of prebiotic supplementation led to reduced anti-social behavior.

Preconception care. Research from the University of Virginia School of Medicine suggests that a mom's microbiome may partially determine her child's ASD risk. Because babies inherit their microbes from their mothers, it's crucial that pregnant women have healthy gut flora to pass on. Bock recommends that expecting moms ensure adequate intake of probiotics, prebiotics, vitamin D and fish oil, both before and during pregnancy, to help decrease inflammation and promote a healthy maternal microbiome.

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conscious eating

I believe our plate is a reflection of our inner state.

~Carly Pollack, author of *Feed Your Soul*

BEFRIENDING FOOD

Embrace the Psychology of Eating

by Marlaina Donato

Anyone that has struggled to lose weight, eat right or deal with an eating disorder is familiar with the emotional battle that can evolve from the simple act of seeking sustenance.

"The black-and-white mentality of needing to be perfect or counting calories leads us into a rabbit hole of bingeing, dieting and stuck in a love/hate relationship with food," says Carly Pollack, whose new book, *Feed Your Soul: Nutritional Wisdom to Lose Weight Permanently and Live Fulfilled*, comes out next month.

"We live in a society that is obsessed with mainstream media and celebrity culture," says Pollack. "Poor body image and an unhealthy relationship with food are synonymous. You can't have one without the other."

Enter the psychology of eating, a movement built upon a mindset that reshapes our relationship to food, focusing on emotions, beliefs and physiological responses. These insights, grounded in research, offer empowering, new perspectives.

Mind Games

Nutritional Psychologist Marc David, who highlights research on the food/mind connection in his book *The Slow*

Down Diet: Eating for Pleasure, Energy, and Weight Loss, says our thoughts about what is on our plates have even more impact on our physiological responses than vitamins or minerals. Guilt about consuming certain foods can slow digestion and increase chemical responses that store fat, while enjoying the same foods without stress can boost metabolism and nutritional absorption.

"The most important aspect of creating and maintaining a healthy relationship with food is to bring awareness to our thoughts and behaviors around food," says Pollack, founder of Nutritional Wisdom, a holistic practice based in Austin.

Simplicity, eating real food and unraveling perceptions are paramount. "With all of the information overload out there, 'eating right' has turned into 'eating perfectly,'" Pollack says. "I believe our plate is a reflection of our inner state."

Gender Differences

Fear-based approaches to eating generally and eating to cope with emotions are seen often as primarily women's struggles, but a high percentage of men also suffer. In fact, according to Marc David's *Institute for the Psychology of*

Helpful Links

Harriet Morris' informative podcast, *The Eating Coach*
TheShiftInside.com/podcast

High-octane inspiration from Carly Pollack (YouTube channel)
YouTube.com/user/NutritionalWisdom

The Institute for the Psychology of Eating
PsychologyOfEating.com

Eating, 40 percent of binge eaters are male.

"Women's food issues spring from the cultural pressure to prioritize their appearance over their wisdom, while men may turn to food to deal with career pressure," says Harriet Morris, who hosts *The Eating Coach* podcast in Shropshire, England. "I've found, too, that both men and women use food as a way to avoid dealing with issues around sexuality, but their needs are very distinct."

Because a man's sense of self is much more linked to his sexuality, food can be used to avoid dealing with aspects of male sexuality he is uncomfortable with, says Morris. "Work with my male clients is about avoiding perfectionism and opting instead for a powerful kind of 'imperfectionism' where strength allows for pleasure. This—not a Marvel superhero—is a real man."

Regardless of gender, changing perspective is key, adds Morris. "Our problem is not food. Bulimia, excess weight, IBS [irritable bowel syndrome] and a whole host of other issues are teachers, not enemies. We have, for very good reasons, been using food as a life manager," she says.

In the end, nourishing ourselves on all levels is what it's all about, says Pollack. "Our relationship with food gives us the opportunity to examine our relationship to ourselves, our sense of worth, who we think we are, what we feel we deserve and how we show up day-to-day in this body for this beautiful life we've been given."

Marlaina Donato is the author of Multi-dimensional Aromatherapy. Connect at AutumnEmbersMusic.com.

Self Healing "SUPERFOODS"

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Consuming a small serving of wheatgrass every day will also help improve the functioning of your digestive system. It promotes the formation of digestive enzymes that help your body absorb more nutrients from the food you eat. The dietary fiber content of wheatgrass also helps with digestion. Wheatgrass is high in antioxidants that fight free radicals to prevent cell damage and reduce oxidative stress. Wheatgrass is said to be a strong cancer fighter.



Seeking Sanctuary

How to Reduce Electromagnetic Radiation at Home

by Emily Courtney

Americans are attached to their gadgets, and the tech industry is all too happy to deliver the latest innovations to consumers that clamor for convenience, connection and unlimited mobility. Meanwhile, telecom companies are busy installing fifth-generation (5G) infrastructure designed to take the nation's communications revolution to a new level.

We love our smartphones and smart homes, and especially the relatively newfound freedom from wires and plugs that once tethered us to our electronics. But concerns about the price to be paid in increased health risks from electromagnetic fields (EMFs) generated by those devices has surged with the proliferation of silent, invisible waves of radiation that permeate every facet of modern life.

"The main health concerns include the breaking of DNA [bonds], leaks in the blood-brain barrier and loss of calcium from cellular membranes," says Ann Louise Gittleman, of Post Falls, Idaho, author of *Zapped: Why Your Cell Phone Shouldn't Be Your Alarm Clock* and *1,268 Ways to Outsmart the Hazards of Electronic Pollution*.

EMFs have cumulative and sometimes imperceptible biological effects, Gittleman notes—especially on the brain, heart, skin, lungs and central nervous system.

The World Health Organization has classified radiofrequency radiation (RF), a high-frequency EMF associated with many types of wireless technologies, as a Group 2B carcinogen. Radio, television, GPS and cell towers all emit RF, which has become the eye of a gathering storm regarding 5G as companies prepare to install millions of transmitters on lampposts and utility poles, along with standalone antennas nationwide, sending unprecedented levels of EMF into communities and neighborhoods.

"5G is especially hazardous, since the transmitters are placed closer to the populations served," says Samuel Milham, M.D., MPH, an Olympia, Washington, epidemiologist and author of *Dirty Electricity: Electrification and the Diseases of Civilization*.

Create a Safer Haven

With electromagnetic radiation blanketing the atmosphere from coast to coast, our homes may offer the only sanctuary from this particular form of pollution—providing we take some low-tech, commonsense steps to minimize household exposure to the health risk.

Find Some Distance

EMFs decrease with distance, so the farther away, the better. Switch to a battery-

operated alarm clock, ditch the electric blanket, move the bed away from power outlets and keep wireless baby monitors six feet from beds.

Unplug Each Night

Disable Wi-Fi routers and remove all digital appliances and gadgets to make the bedroom a healing haven, says Gittleman.

Identify Overlooked Sources

"Almost all the homes I walk into have printers with wireless turned on, transmitting frequencies in the thousands of microwatts per square meter," says EMF expert Risa Suzuki, a certified building biology environmental consultant in Seattle. "Wireless boosters also constantly transmit radio frequency."

Other overlooked household EMF sources include smart meters and household appliances both large and small, including hair dryers, electric shavers and cordless phones.

Change Wireless Habits

Cell phones are prolific EMF producers, so if disconnecting isn't an option, use a speakerphone or an air tube headset, similar to a doctor's stethoscope, whenever possible, Gittleman advises in *Zapped*. Never carry the phone against the body when it's turned on.

For computers and tablets, switch to wired internet and turn on Wi-Fi only when necessary. Opt for a wired mouse, keyboard and other plugged-in accessories.

Shield With Caution

Although there are a variety of EMF-shielding products, experts warn against relying solely on them. "EMFs can bounce and deflect off surfaces, and materials have a certain threshold of what they can shield against," says Suzuki. Do some research, ask questions and consult with an expert before making a purchase.

"It's easy to get overwhelmed when learning about EMFs, and many people feel totally helpless," says Suzuki. "But there are lots of solutions for reducing your exposure without ditching every electronic [device] in your house. If you're willing to take action, then you can absolutely make a positive impact on your health."

Emily Courtney is a freelance health and wellness writer and editor living in northern Colorado. Connect at EmilyCourtneyWrites@gmail.com.

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10. Legal natural high

Did you know that the water fish swim in needs to be the correct pH in to live? Also, plants flourish when the soil is at the right pH level. Life only exists where there's balance, and your body is totally regulated by pH. Are you too acidic?



MOVING THROUGH LIFE

Daily Motion Adds Up to Fitness

by Marlaina Donato

Exercise is often associated with the gym or yoga studio, but structured workouts aren't the only way to keep physically and mentally fit. Whether regulating blood pressure, avoiding obesity

or promoting brain health, regular movement throughout the day yields promising benefits. Research shows that small changes in routine tasks—from house cleaning to grocery shopping—can make quick and lasting improvements in overall health.

Burn Calories Without the Workout

Non-Exercise Activity Thermogenesis (NEAT) burns calories by keeping us moving throughout the day. "In essence, NEAT is how we use our bodies when we're not doing a specific exercise or sitting still," says San Diego's Pete McCall, author of *Smarter Workouts: The Science of Exercise Made Simple*.

Over time, doing simple things can add up, like getting off the couch to refill a glass of water or shoveling snow from the driveway. According to a study in the

Stringing together lots of small decisions throughout your day and week can add up to significant gains in your strength and cardiovascular system ...

~Jeremy Hyatt,
personal trainer

Archives of Internal Medicine, everyday activity outside of traditional exercise might be even more beneficial than an hour at the gym.

"Staying active throughout the day helps regulate hormones like insulin, which help metabolize carbohydrates to be used for fuel, and

enzymes like lipoprotein lipase (LPL), which help release free fatty acids for muscle activity. Remaining sedentary for extended periods can actually lower LPL," notes McCall, an American Council on Exercise-certified personal trainer and host of the podcast *All About Fitness*.

Jeremy Hyatt, who owns Hyatt Training, a Portland, Oregon, gym, agrees that exercise doesn't have to be strenuous or structured to make an impact. "Stringing together lots of small decisions throughout your day and week can add up to significant gains in your strength and cardiovascular system, and in the process, reduce risks for some of our main causes of disease and disability due to metabolic conditions."

Hyatt suggests staying active by walk-

ing the dog after dinner, taking the stairs instead of an elevator and carrying two bags of groceries home from the store or to a distant parking spot. Adding simple body weight movements to everyday chores and tasks can also have a positive effect.

A research study in *The Journal of Neuroscience* links exercise and neurotransmitter production, offering new hope for depressive disorders in which levels of the brain regulators glutamate and gamma-aminobutyric acid (GABA) are out of balance.

Bring on the Joy

Opting for activities that are fun and interesting is a surefire way to create a healthier lifestyle. Dancing, for instance, can offer a wide range of benefits, especially for older individuals. That's why dance is now a significant component in many programs designed to treat depression, addiction and eating disorders.

"We're never too old, too young, too inflexible, too busy, too anything to dance. The hardest part is just walking into the studio," says Kat Wildish, a renowned former ballerina and master teacher in New York City.

For those older than 50, dance offers many advantages. "Dance gives us positive stimulus in both physical movement and the mental connection in a non-competitive environment. It has an immediate inverse effect to cortisol and raises serotonin," says Wildish. "With proper alignment and joint care in mind, dance helps to combat the physical effects of aging such as arthritis, osteoporosis ..."

Researchers at the University of Miami's Leonard M. Miller School of Medicine found that all types of exercise have been shown to improve thinking processes in older adults. Results of their study, published in *Neurology: Clinical Practice*, suggest that yoga, aerobic exercise and strength training yield the most significant results over an extended period.

Yet, moving the body regularly and consistently in everyday endeavors is an excellent starting point that can be richly rewarding. "Individuals can start to make quick and lasting changes to their overall health. Start by picking small changes," says Hyatt.

Wildish agrees that making the decision to begin and keeping it fun is paramount. "Do what you can and stick with it when you find something that brings you joy, even when it's challenging."

Marlaina Donato is the author of several books, including *Multidimensional Aromatherapy*. Connect at AutumnEmbers-Music.com.

inflammation

sparks almost every major disease in the body

cure the inflammation - cure the disease

BRAIN

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

SKIN

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

CARDIOVASCULAR

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

KIDNEYS

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

BONES

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

MUSCLE

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

BREAST

Pro-inflammatory cytokines, principally interleukin-6 (IL-6) can facilitate tumor growth and metastasis in the breast tissue.

Source: Journal of Clinical Oncology

LIVER

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

THYROID

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

LUNGS

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

GI TRACT

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



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BENEFITS OF GREEN WATERS

Lose Weight:

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

Anti Aging:

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

Reduce the Chances of Osteoporosis:

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

Build Cardiovascular Health:

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

Reduce Joint Pain and Arthritis:

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

Reduce Infections, Flu and Colds:

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

Detoxify:

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

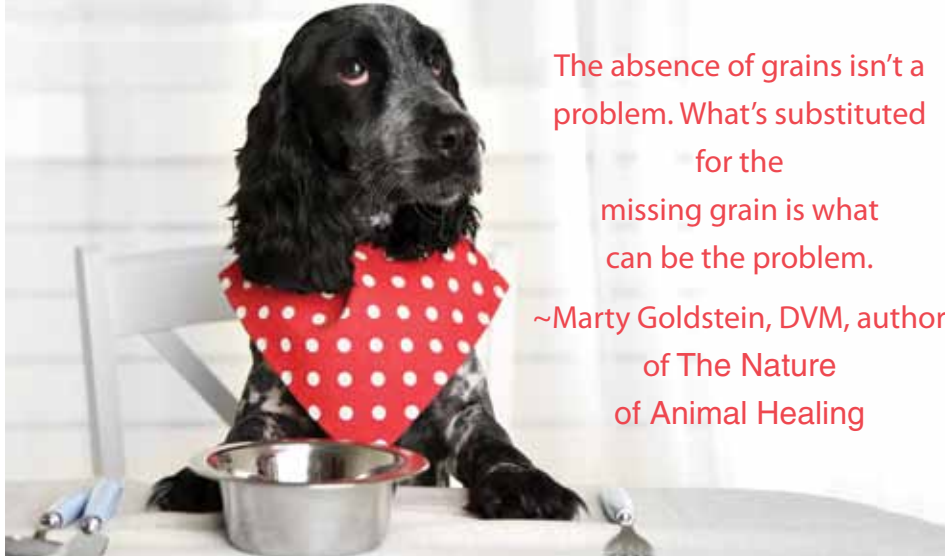
Decrease Risk of Cancer:

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

CANINE CONUNDRUM

Controversy 'Dogs' Grain-Free Diet

by Sandra Murphy



The absence of grains isn't a problem. What's substituted for the missing grain is what can be the problem.

~Marty Goldstein, DVM, author of *The Nature of Animal Healing*

Just like their people, dogs are prone to allergies, and pinpointing a cause and cure can be complicated. The maddening itching and scratching that allergic dogs experience can emerge from many factors, including changes in cleaning supplies, chemically treated grass at the park or sensitivity to food—with corn and wheat being common culprits, says Roberta Gleicher, a Purina-certified pet advisor in Long Island.

The possible role of these grains in pet food allergies has given rise to an explosion of grain-free products. "Most dogs don't need grains. They need nutrients," says Gleicher. "Some of these foods were well-researched, but others were created solely to exploit fads. That's often why some have better quality ingredients and better nutritional profiles than others."

Many dog owners have found grain-free food to be the answer to their pets' frustrating health woes. "Our 4-year-old rescue terrier-mix had redness and itching on his belly to the point of bleeding from scratching. It flared up almost immediately after eating food or treats with grains," says Allison Radkay, a blogger at *Look-LikeHappy.com* in suburban Chicago.

"Trial and error, combined with a lot of antihistamines, kept his redness and hives to a minimum while we figured out his allergies: He can handle brown rice, but not corn or wheat."

Grains aren't evil, says integrative veterinarian Marty Goldstein, DVM, of Salem, New York, and author of *The Nature of Animal Healing: The Definitive Holistic Medicine Guide to Caring for Your Dog and Cat*. "There is not a real requirement to feed them. The absence of grains isn't a problem. What's substituted for the missing grain is what can be the problem," he notes. "Foods high in beans, peas and potatoes can block taurine utilization ..."

That could be unhealthy for some dogs, according to an alert issued last summer by the U.S. Food and Drug Administration (FDA). It notes that taurine is an amino acid that's lacking in dogs that develop dilated cardiomyopathy (DCM). The condition, which can lead to heart failure if left untreated, has long been associated with certain large and giant-sized dogs. Concerns about grain-free foods were raised when reports of DCM surfaced in breeds not typically predisposed to the disease.

While the FDA investigates the po-

tential link between taurine deficiency in some grain-free foods, dog owners and veterinarians ponder the best ways to approach a healthy canine diet. Opinions are divided.

Justin Shmalberg, DVM, a board-certified veterinary nutritionist based in Gainesville, Florida, and chief nutrition officer at the pet food company NomNom-Now, says there's a longstanding debate about the necessity of carbohydrates for dogs. "Metabolically, a carb-free, meaty diet, including proteins for necessary blood sugar, works." Still, dogs absorb many carbs just fine, he says. "Carbs are part of our dogs' evolution. People eat carbs, and as dogs were domesticated, they adapted to eating more carbs."

Some food formulas substitute potatoes for grains, which are high in starch, says Gleicher. "Too much starch can raise blood sugar levels, which can be especially harmful for dogs with obesity or diabetic issues."

Goldstein, founder of Dr. Marty Nature's Blend freeze-dried pet food, headquartered in Woodland Hills, California, favors a predominantly meat diet for carnivorous dogs. "The addition of a small amount of cooked, whole grains is okay, especially for a healthy dog. My golden, eating food that contained some brown rice, lived to 19-and-a-half, much longer than today's life expectancy of 8 to 10 years."

In some cases, it may not be the grain itself that's creating the problem. "A chemical residue on the grain or a genetically modified variety might trigger an allergic reaction," Gleicher says.

There's no denying that for some dogs, removing grain has led to significant relief from allergy symptoms. If it helps, there's no reason to panic over the latest controversy, say the experts. On the other hand, take care in jumping on the grain-free bandwagon without due diligence, careful consideration and consultation with a vet.

"The best diet is individualized," says Shmalberg. "Feed quality foods, rotate protein sources and ask where ingredients come from. Dogs are adaptable. Do what's best for each of your dogs. Don't just follow a trend."

Connect with Sandra Murphy at StLouisFreelanceWriter@mindspring.com.

calendar of events

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

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

GET YOUR CALENDAR ITEMS PUBLISHED

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Friday January 4

Safe Sitter – 9am-3:30pm. A course to help teens feel more confident in caring for younger children. Students receive a manual filled with resources, a Safe Sitter backpack, important numbers Post-It pads, a Band-Aid dispenser and flashlight. \$45. Terri Roberts. Woman's Foundation Classroom, 4630 Ambassador Caffery Pkwy, Lafayette.

Wednesday January 9

Yoga – 6-7pm. Yoga practice every Wednesday led by Christy Broussard Farnsworth. Last Wednesday of the month, yoga en français with Martine Colin. \$13/class or \$50/five classes. NUNU Collective, 1510 Bayou Courtableau Hwy, Arnaudville.

Thursday January 10

Basic Buddhist Meditation Class – 6:30-8pm. A course on a zen perspective with Ven Thich Thien Tri, introducing the four noble truths and the eight fold path. Becca Begnaud. Begnaud Manufacturing, 302 E Amedee Dr, Scott. 337-230-8615.

66th Annual Mid-Winter Fair Rodeo – 7:30pm. Thru 2:30 pm Sunday January 13. A showcase of professional contenders from around the world, the finest quality livestock, rodeo clowns and entertainment. \$12-\$22. Blackham Coliseum, 2330 Johnston St, Lafayette. 337-400-7964.

Friday January 11

Comedian/Hypnotist – 8pm. Thru Saturday January 12. Flip Orley with special guest Jimmy Pineapple entertain with true comedic ability. \$20. Cite des Arts, 109 Vine St, Lafayette. 337-291-1122. CitedesArts.org.

Saturday January 12

Yoga in the Galleries – 11am-12pm. Second Saturday each month an RYT-200 certified instructor guides this class. Bring a yoga mat. Free, \$10-\$20 donation suggested. Sponsored by Blue Cross and Blue Shield of Louisiana.

Space is limited to the first 20 participants. Hilliard University Art Museum, 710 E Saint Mary Blvd. Lafayette. 337-482-6060.

Tribute To Hank Williams, Sr. – 6-8pm. Dance to the tunes of Hugh Harris, Jo-El Sonnier, Yvette Landry, Terry Huval, Luke Huval, and Benjamin Bruce as they honor Hank Williams, Sr. \$15. The City of Eunice. Liberty Theatre, 200 Park Ave, Eunice. 337-457-7389. Eunice-la.com.

Thursday January 17

Build A Bowl – 6-8pm. A new approach to meal planning and prepping to keep meals simple. Daphne Olivier teaches how to build a bowl- Buddha Bowls, Macro Bowls, or Power Bowls - this concept is a modern approach to meal planning. \$35 tickets at Eventbrite. Top's Appliances & Cabinetry, 5826 Johnston St, Lafayette. EventBrite.com.

Friday January 18

Cozy Up with a Good Book Sale – 9am-9pm. Thru 3-9pm Sat Jan 19. Friends of the Lafayette Parish Library sponsors a sale of fiction books. Hard back books are \$1/inch and paper-backs \$.50/inch. All proceeds go to the public library system. Main Branch Library, 301 W Congress St, Lafayette.

Sunday January 20

Spiritual Living Circle – 10:30am-12:30pm. A discussion and exchange based on a perspective of respect for all the world's great religions. NUNU Collective, 1510 Bayou Courtableau Hwy, Arnaudville.

Drum Circle – 3-4pm. Bring percussion instrument and join in the creation of sound through improvisation and exploration. All ages from 10yrs; less than 16yrs need an adult to participate. Clare Hernandez. NUNU Collective, 1510 Bayou Courtableau Hwy, Arnaudville. 337-593-0166.

Beginners Cake Class – 2-6pm. Learn how to level cake, fill layers, crumb coat, icing a cake and decorate a canvas with buttercream

borders, roses and writing. Bring an apron and/or turn table. \$65 Adults and 12yrs and older. Register by January 15 at Eventbrite. Rachel Noel Cox. A Baker's Choice, 292 Ridge Rd, Lafayette. Eventbrite.com.

Tuesday January 22

Three Lives Blood Drive – 9am-1pm. Minority blood donors needed for raising awareness of blood disorders. The focus is on minority blood donors, but everyone is encouraged to give blood. Donors must be 17 years of age or older and 110 pounds. Remington College Lafayette Campus, 303 Rue Louis XIV, Lafayette.

Wednesday January 23

Festival of Words Open Mic – 7-9pm. Bring along your own work and share poetry, a short story and/or music. Chicory's Coffee & Cafe, 219 E MLK Dr, Grand Coteau.

Thursday January 24

14th Cinema on the Bayou Film Festival – 6-11pm. Thru Wed January 30. The screening of nearly 200 films from around the world premieres with filmmakers, producers, actors, musicians, distributors, and grant resource representatives in attendance. The festival will present panel discussions, workshops, nightly parties and live music at various venues. Acadiana Symphony Orchestra, 412 Travis St, Lafayette. 337-235-7845. CinemaOnTheBayou.com.

Saturday January 26

13th Annual Gumbo Cook-Off – 8am-6pm. Area chefs compete for "best gumbo". Sample gumbo and bid in the silent and live auctions. Enjoy dancing, live music, kid's activity area. The Gumbo Foundation. Downtown Opelousas, 521 East Landry Street, Opelousas. 337-331-2837.

To be in God's keeping
is surely a blessing,
For though life is
often dark and distressing,
No day is too dark
and no burden too great
That God in
His love cannot penetrate.

inspiration



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Head, Heart and Gut Lodestars of Powerful Decision Making

by Lee Milteer

We are living in unprecedented times of stress, confusion and overwhelm. We all need resources to help navigate these challenging times and make the right decisions for the highest and best long-term good for ourselves, our families and our businesses.

Those resources can be found within each of us if we pause to consider three reliable indicators: the head (intellect), the heart (feelings) and the gut (intuition). Before proceeding in making an important choice, make a habit of checking these built-in sensors, which can warn us about danger or give us the go-ahead.

Head: Make use of intellect and past knowledge. All decisions, actions and even non-actions have repercussions. Use the conscious mind to discern questions that need to be answered. For example, is this person telling the truth? What has worked in the past? Have we done our due diligence and homework before making a decision?

Heart: I listen to my heart and ask: Is this the right direction for me? Do I naturally feel attracted to this? Am I hearing truth? The internal part of us, the voice inside, tells us when things feel right or wrong. For example, are we relaxed around the person we are asking the question about, or do we

feel uptight and uncomfortable? Keep in mind that our bodies do talk to us. For me personally, if I feel shut down, tight and not good, I know something is not right. However, if I feel open, lighthearted and relaxed, I trust that my heart is telling me that, "All is well." We have to pay attention to our own internal signals.

Gut: We need to trust our intuition. If it doesn't feel right, chances are it's not right for us. What may be right for one person can be wrong for another. Our gut instinct, our inner voice, is always there for us when we take the time to pay attention and listen.

Become conscious, and do not go into the default mode of past decisions or behaviors. Life has changed and requires more awareness of what is truth and what is not, and we need to utilize our senses, not the old programmed beliefs from others. It is our job to use the instincts that we have to help navigate new terrain.

Lee Milteer is the author of Reclaim the Magic: The Real Secrets to Manifesting Anything You Want and an award-winning speaker and life and business strategist. Sign up for her free weekly Gems of Wisdom newsletter at Milteer.com. Go to FiveTypesOfEnergy.com for a free copy of her "Five Types of Energy" video series.

I drink wheatgrass.

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

Source: www.cancer.org



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Copper device stops a cold naturally



New research: Copper stops colds if used early.

New research shows you can stop a cold in its tracks if you take one simple step with a new device when you first feel a cold coming on.

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

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

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

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

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

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

"It worked!" he exclaimed. "The cold

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

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

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

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

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

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

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

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

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

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

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

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

The handle is curved and finely textured to improve



Sinus trouble, stuffiness, cold sores.

contact. It kills germs picked up on fingers and hands to protect you and your family.

Copper even kills deadly germs that have become

resistant to antibiotics. If you are near sick people, a moment of handling it may keep serious infection away. It may even save a life.

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

CopperZap is made in the U.S. of pure copper. It has a 90-day full money back guarantee when used as directed to stop a cold. It is \$69.95. Get \$10 off each CopperZap with code NATA7.

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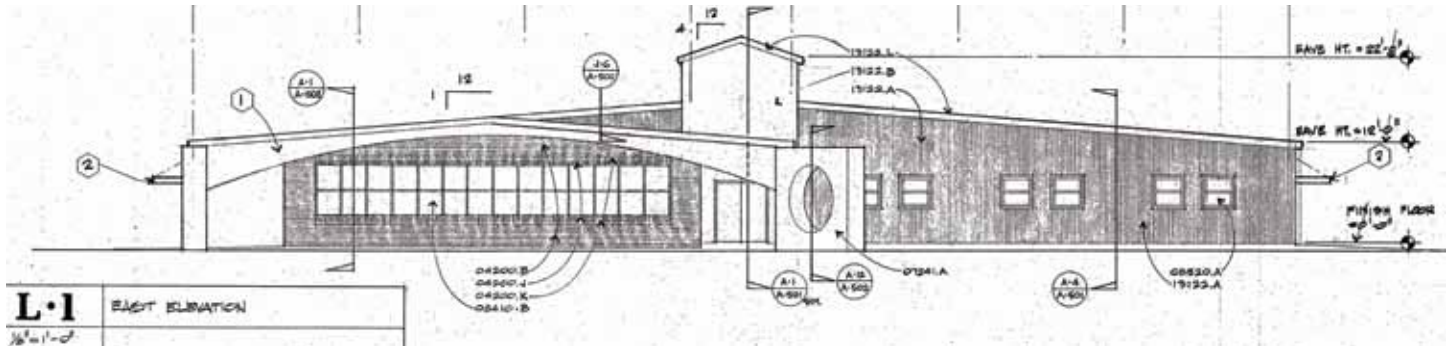
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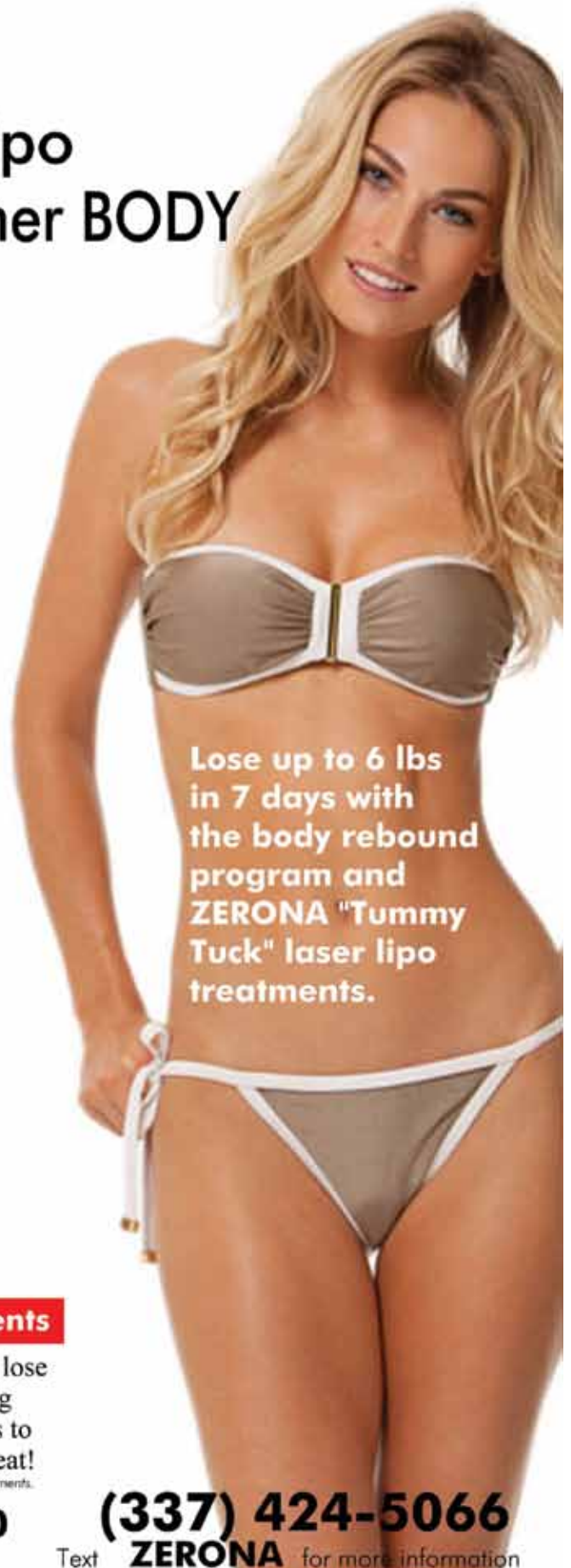
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