

HEALTHY LIVING HEALTHY PLANET

natural awakenings

feel good • live simply • laugh more

FREE

Truth Tellers

Real News Matters to
Independent Media

Soil Sisters

Female Farmers
Come of Age

Locavore LINGO

What All the
Food Labels
Really Mean



July 2016 | Acadiana-Edition | www.NAcadiana.com



Address: 505 Bertrand Drive, Lafayette, LA 70506

Phone:(337) 261-0051

Organic Frozen Wheatgrass Juice

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



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

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

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

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

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

Green Waters Alkaline Water



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

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

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

pH 9.5 Drops



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

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

WheTea

BURNS STOMACH FAT



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

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



BF-4 Weight Loss



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

.....\$45.00

Pain & Inflammation Enzyme



Chronic pain and inflammation can make even the simplest everyday tasks a challenge. If you suffer chronic pain from a serious health condition or inflammation from over-exertion and physical exhaustion, Liteon Natural's Pain and Inflammation Enzyme Blend

can help. This unique anti-inflammatory and pain relief formula will strengthen your body's natural response to pain and inflammation. This supplement packs the power of natural bioflavonoids, herbs, and enzymes.....\$30.00

Digestive Enzyme Complex



A healthy digestive system does an incredible job of breaking down the food we eat. However, without the help of digestive enzymes, we cannot metabolize food effectively no matter how healthy the food may be. There are roughly 22 main digestive enzymes involved in breaking down the food we eat into nutrients. After all, it's not "food" that our body absorbs for energy and health—it's the nutrients inside the food. Digestive Enzyme Complex is a natural digestive enzyme supplement. This vegetarian supplement can enhance the chemical reactions involved in digestion, promote an

acid and alkali balance in the body, and help you fight off or prevent infections.\$35.00

Raspberry Ketone Drops



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

Manglier Tea

mong-lee-AY

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



Wheatgrass Capsules



Alkalize, energize and detox your body with wheatgrass capsules. Wheatgrass is an effective healer because it is nutrient dense and contains major minerals and vitamins A, B-complex, C, E, I and K. It is extremely rich in protein, and contains 17 amino acids, the

building blocks of protein. Wheatgrass contains up to 70% chlorophyll, which is an important blood builder. Wheatgrass is a strong antioxidant and helps to cleanse the blood and lymph.....\$30.00



Become a Member

Natural Awakenings Vitamin Club

BASIC MEMBERSHIP \$30/month

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

Retail Value: \$78

PLUS MEMBERSHIP \$45/month

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

Retail Value: \$141

GOLD MEMBERSHIP \$59/month

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

Retail Value: \$171

PICK 3 MEMBERSHIP \$40/month

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

Retail Value: \$95 - \$105

PICK 4 MEMBERSHIP \$60/month

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

Retail Value: \$115 - \$135

PICK 6 MEMBERSHIP \$79/month

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

Retail Value: \$140 - \$215

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

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

RESTORE Your Health

Natural Awakenings Wellness Memberships

PICK 12 **Weightloss** MEMBERSHIP for \$450

- ___ Zerona Laser Treatment...counts for 2 (Retail \$94)
- ___ Infrared Sauna (Retail \$45)
- ___ Whole Body Vibration (Retail \$35)
- ___ Personal Trainer... counts for 6 DHARMA Gym (Retail \$65)
- ___ pH Acid Testing & Body Comp (Retail \$10)
- ___ Dr's Office Visit & Consultation...counts for 2 (Retail \$75)

Retail Value: \$940 - \$1,400

PICK 18 **Weightloss** MEMBERSHIP for \$675

- ___ Zerona Laser Treatment...counts for 2 (Retail \$94)
- ___ Infrared Sauna (Retail \$45)
- ___ Whole Body Vibration (Retail \$35)
- ___ Ionic Foot Detox (Retail \$45)
- ___ Dermalsonic Cellulite...counts for 2 (Retail \$45)
- ___ Personal Trainer... counts for 6 DHARMA Gym (Retail \$65)
- ___ pH Acid Testing & Body Comp (Retail \$10)
- ___ Dr's Office Visit & Consultation...counts for 2 (Retail \$75)

Retail Value: \$1,400 - \$2,800

PICK 24 **Weightloss** MEMBERSHIP for \$850

- ___ Zerona Laser Treatment...counts for 2 (Retail \$94)
- ___ Infrared Sauna (Retail \$45)
- ___ Whole Body Vibration (Retail \$35)
- ___ Ionic Foot Detox (Retail \$45)
- ___ Slimpod Slimming/Detox (Retail \$45)
- ___ Dermalsonic Cellulite...counts for 2 (Retail \$45)
- ___ Personal Trainer... counts for 6 DHARMA Gym (Retail \$65)
- ___ pH Acid Testing & Body Comp (Retail \$10)
- ___ Dr's Office Visit & Consultation...counts for 2 (Retail \$75)

Retail Value: \$2,800- \$4,050

PICK 24 MEMBERSHIP for \$240

- ___ Ionic Foot Detox (Retail \$45)
- ___ Whole Body Vibration (Retail \$35)
- ___ Lymphatic/Water Massage (Retail \$45)
- ___ Infrared Sauna (Retail \$45)
- ___ Hydration Therapy (Retail \$45)
- ___ Hair Analysis...max 2 (Retail \$45)
- ___ Vitamin Test...max 2 (Retail \$39)
- ___ Massage Therapy at DHARMA...counts for 10((Retail \$69)
- ___ pH Acid Testing & Body Comp (Retail \$10)
- ___ Zerona Laser Treatment...counts for 8 (Retail \$94)
- ___ Slimpod Slimming/Detox (Retail \$45)
- ___ Dermalsonic Cellulite...counts for 4 (Retail \$45)
- ___ Personal Trainer... counts for 6 DHARMA Gym (Retail \$65)
- ___ Thermography Imaging Exam...counts for 10(Retail \$94)
- ___ Zerona Laser Treatment...counts for 8 (Retail \$94)

Retail Value: \$2,410 - \$3,300

PICK 36 MEMBERSHIP for \$360

- ___ Ionic Foot Detox (Retail \$45)
- ___ Whole Body Vibration (Retail \$35)
- ___ Lymphatic/Water Massage (Retail \$45)
- ___ Infrared Sauna (Retail \$45)
- ___ Hydration Therapy (Retail \$45)
- ___ Hair Analysis...max 2(Retail \$45)
- ___ Vitamin Test...max 2 (Retail \$39)
- ___ Massage Therapy at DHARMA...counts for 10((Retail \$69)
- ___ pH Acid Testing & Body Comp (Retail \$10)
- ___ Zerona Laser Treatment...counts for 8 (Retail \$94)
- ___ Slimpod Slimming/Detox (Retail \$45)
- ___ Dermalsonic Cellulite...counts for 4 (Retail \$45)
- ___ Personal Trainer... counts for 6 DHARMA Gym (Retail \$65)
- ___ Thermography Imaging Exam...counts for 10(Retail \$94)
- ___ Zerona Laser Treatment...counts for 8 (Retail \$94)

Retail Value: \$3,450 - \$5,100



publisher's letter



Someone can be the most beautiful person in the world and everybody sees light and rainbows when they look at them. But none of that matters if they don't see the same in themselves. Every second that he/she spends doubting their worth, every moment that they use to criticize themselves; is a second of their life wasted. It is a moment of their life thrown away. Remember, we do not live forever, so let's not waste any seconds, and never throw a single moment away.

We believe that life is about *moments*. Living a life worth living means that we create powerful *moments* that create a good life.

To some people, living a good life is palm trees and sandy beaches. Others believe it is grease, exhaust fumes, and loud race cars. For many it is just the opposite end of the spectrum, and a good life is playing with their children or grandchildren, enjoying a great meal together, or the quietness of a good book. Living a good life means different things to different people.

A good life means that we continuously follow a journey into ourselves and we create *moments* that define us as the people that we aspire to be. It is a book that we write, a smile, a love, a tear, an awakening, a learning, a joy, a laughter, a memory, a dream, a vision, a love, a love and a love. Our lives are now and we choose to create a *moment* of love.

*God has given me this day to use as I will.
I can waste it or use it for good. What I do
today is important, because I'm exchanging
a day of my life for it. When tomorrow comes
this day will be gone forever, leaving in its place
something I have traded for it. I want it
to be gain, not loss; good, not evil; success
not failure. In order that I shall not regret the
price I paid for it.*

Reflect and move forward understanding that in this life we are all creating *moments*. Look forward to sharing days of love and creating *moments* that will be someone else's *moments*.

Think green, live peacefully, share love,



Steve & Michelle

Steve and Michelle Castille, Publishers



contact us

Publishers

Steve & Michelle Castille

Editor

Beth Davis

Writers

Tre' Gradnigo & Beth Davis

Outreach

Megan Reed, Marquia Castille-Grant,
& Tre' Gradnigo

Design & Production

Gail Babineaux & Steve Castille

Calendar

Michelle Castille, Lydia Castille,
& Lillyanna Castille

Distribution

Marquia Castille-Grant & Kelly Arnaud

To contact Natural Awakenings

Acadiana Edition:

100 E. Angelle Street, Carencro, LA 70520

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

publisher@NAacadiana.com

www.NAacadiana.com

© 2016 by *Natural Awakenings*. All rights reserved. Although some parts of this publication may be reproduced and reprinted, we require that prior permission be obtained in writing.

Natural Awakenings is a free publication distributed locally and is supported by our advertisers. It is available in selected stores, health and education centers, healing centers, public libraries and wherever free publications are generally seen. Please call for a location near you or if you would like copies placed at your business.

DISCLAIMER: We do not necessarily endorse the views expressed in the articles and advertisements, nor are we responsible for the products and services advertised. We welcome your ideas, articles and feedback.

SUBSCRIPTIONS

Subscriptions are available by sending \$96 (for 12 issues) to the above address.

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



contents



10 **newsbriefs**

14 **healthbriefs**

18 **globalbriefs**

21 **ecotip**

32 **wisewords**

33 **inspiration**

36 **healingways**

38 **consciouseating**

42 **healthykids**

44 **greenliving**

46 **fitbody**

48 **naturalpet**

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.

24 **REAL NEWS THAT MATTERS**

Independent Media
Tell Us the Truth
by Linda Sechrist

32 **LIZA HUBER ON HEALTHY MEALS AND HAPPY KIDS**

Start with Homemade,
Organic Baby Food
by Gerry Strauss

36 **MAKE TIME FOR DOWNTIME**

Chilling Out Revives
Body and Soul
by April Thompson

38 **LOCAVORE LINGO**

What All the Food Labels
Really Mean
by Judith Fertig

42 **MOM'S KITCHEN COUNTER COOKING SCHOOL**

Kids That Learn to Cook
Grow Up Eating Healthier
by Jen Haugen

44 **SOIL SISTERS**

Female Farmers Come of Age
by Lisa Kivirist

46 **ZEN GOLF**

Master the Mind to
Master the Game
by Aimee Hughes

48 **COOL CHOW**

Icy Treats for Hot
Summer Days
by Sandra Murphy



24

36



42



48



advertising & submissions

HOW TO ADVERTISE

To advertise with *Natural Awakenings* or request a media kit, please contact us at 337-896-4141 or email publisher@NAacadiana.com. Deadline for ads: the 10th of the month.

EDITORIAL SUBMISSIONS

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

CALENDAR SUBMISSIONS

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

REGIONAL MARKETS

Advertise your products or services in multiple markets! Natural Awakenings Publishing Corp. is a growing franchised family of locally owned magazines serving communities since 1994. To place your ad in other markets call 239-449-8309. For franchising opportunities call 239-530-1377 or visit NaturalAwakeningsMag.com.

www.NAacadiana.com

Thermography Exam

Text **EXAM** and your name to
(337) **424-5066** for more information

what's going on in your body

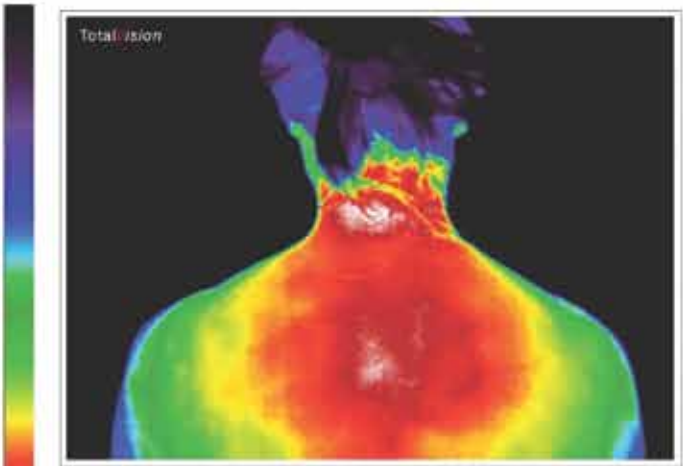
Do you have inflammation?

Do you have poor circulation?

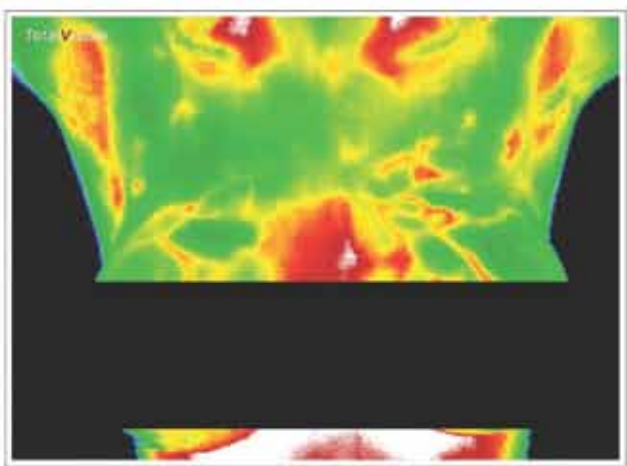
Do you have fibroids?

Find out what's going on in your body.

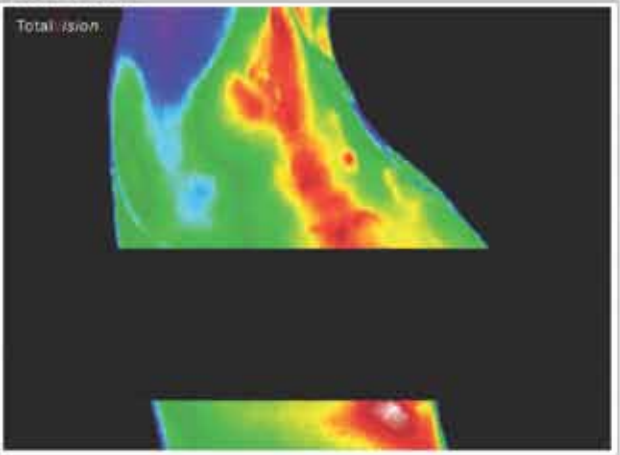
Call (337) 896-4141 to schedule an appointment.



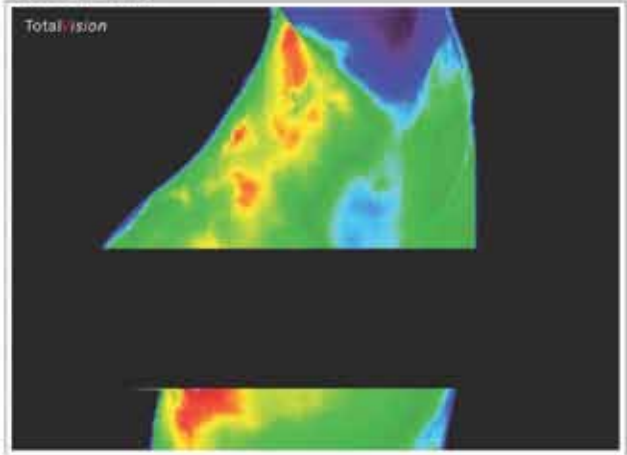
Neck, Posterior **Inflammation in neck and back**



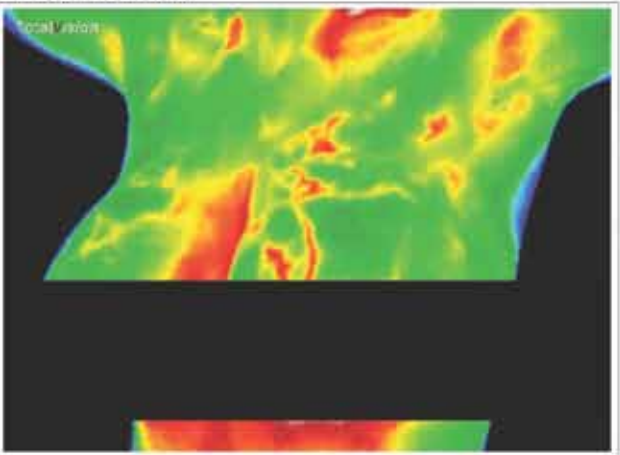
Breast, Anterior **Abnormal vascularity in the breast**



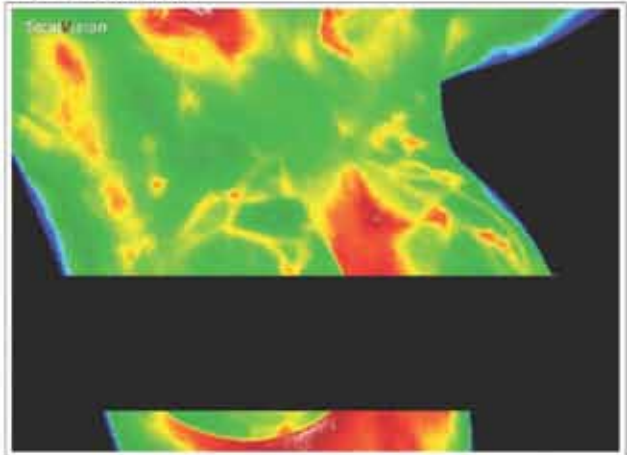
Breast, Lateral Right **Lymphatic congestion**



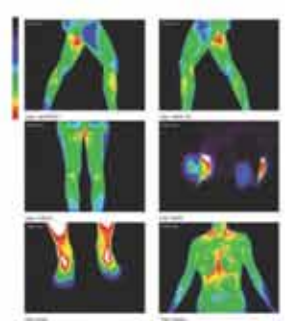
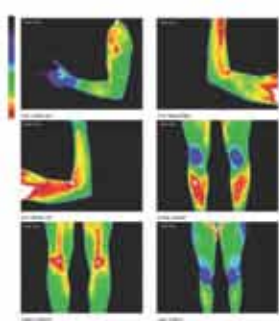
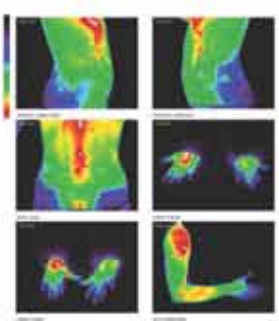
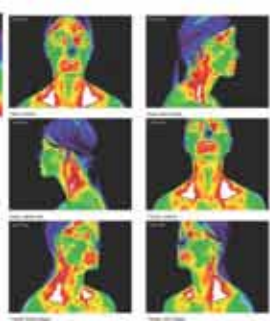
Breast, Lateral Left



Breast, Oblique Left



Breast, Oblique Right



New BF-4 PLUS Weight Loss

Liteon Naturals has just released its newest Body Fat Trim Plus (BF-4 Plus) weight loss product. The new BF-4 Plus is designed to work with the original BF-4 weight loss nutritional supplement and provides an even stronger formula for burning fat and losing weight.

Supplement Facts		
Serving Size: 2 Capsules		
Servings Per Container: 30		
	Amount Per Serving	%DV
Proprietary Formula 1008 mg †		
Caralluma Fimbriata Extract, White Kidney Bean Extract, Forskolin (Coleus Forskohlii Root Extract), African Mango Extract, Garcinia Cambogia Extract, Green Coffee Bean Extract, Green Tea Extract, Moringa Extract, Raspberry Ketone		
† % Daily Value (DV) not established		



BF-4 Plus contains 5 new essential ingredients for weight loss: Caralluma Fimbriata Extract, Forskolin (Coleus Forskohlii Root Extract), African Mango Extract, Garcinia Cambogia Extract, Green Coffee Bean Extract, Green Tea Extract, Moringa Extract, and Raspberry Ketone.

For more information, call 337-896-414 (Carencro Office), 337-356-1251 (Lafayette Office), 337-662-3120 (Sunset Office), 337-678-1844 (Opelousas Office) or visit www.BF4OnlineStore.com.

Battley Inspection Now Offering Energy Audits

Battley Home Inspection is now offering residential and commercial energy audits in the Lafayette and Acadiana area. Each energy audit is focused on conserving energy and preserving natural resources in our environment, thus allowing homeowners and customers to save money through less energy use.



The energy audit consists of a basement-to-attic assessment of a home's insulation, heating and cooling systems, as well as appliance evaluations and window assessments. In order to detect air leaks and drafts, a "blower door" test is completed. Once the audit is complete, customers receive a personalized energy efficient evaluation report with an energy rating and practical recommendations for improvement. Energy efficient homes have proven to be more comfortable, cost-effective, durable and have a higher resale value.

For more information or to schedule an appointment, call 225-301-1659 or visit BattleyHomeInspection.com.

Acting Up Presents Summer Youth Shakespeare Ensemble



Acting Up (in Acadiana), a resident theatre company at the Acadiana Center for the Arts in Lafayette, is hosting The Summer Youth Shakespeare Ensemble's fourteenth season. The 15-day intensive performing arts camp runs from July 10-24 and 28-30, with performances of Shakespeare's Twelfth Night on July 22, 23, 24, 29 and 30. Students from ages 10 through senior in high school play all of the roles in this raucous comedy.

Acting Up creates ensemble driven work with the belief that every production is bigger than any individual artist involved and ultimately meant to connect with an audience. Each day the camp consists of students participating in an hour-long company class, which is immediately followed by small group workshops. In each workshop students study in groups that are paired according to age and experience and study all aspects of the performing arts with professional faculty members and an extensive support staff. Afternoons are spent applying what they have learned in their workshops in preparation for their full production of Shakespeare's Twelfth Night, which is the primary attraction. The camp, performances and activities take place at the Acadiana Center for the Arts.

For more information, call 337-739-4273 or visit ActingUpInAcadiana.com.

Bayou Belly Festivale Coming to Lafayette



The Bayou Belly Festivale, a three-day festival gathering of belly dance artists from all over Louisiana and beyond, is coming to Lafayette July 15 to July 17 at the UL Lafayette Campus in Burke Theater and McLaurin Hall. Beginning at 8 p.m. on July 15 and 16, the festival will feature entertaining showcases from various artists.

The festival includes three days of educational classes, along with instructional workshops that are centered on technique and individual style. It aims to serve as a developmental and foundational support unit in an attempt to allow artists to learn from each other and share in their craft. With four simultaneous classes held each day, each class offers information on several styles, with classes ranging in experience levels from beginner and extending to advanced artists.

For information on performers, performance times, and festival registration, contact the information listed below.

For more information, call 337-351-1322, email bayoubelly-festivale@gmail.com or visit TrybeHabibiBizarre.com.



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

RESTORE Health Program

\$340 (with program)

- 14 Infrared Sauna*
- 18 Whole Body Vibration*
- 12 Foot Detox*
- 9 Hydration Therapy*
- 4 Water/Lymphatic Massage*
- 1 Thermography Exam*
- 6 pH Acid Testing & Body Comp*
- 6 Health Coaching Sessions*
- 3 Sessions with YOUR Personal Trainer*

INDIVIDUAL FULL PRICE: \$3,112

**Your health always
seems much more
valuable after you
lose it.**

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



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.



BENEFITS OF WHEATGRASS

Lose Weight:

Wheatgrass is a superfood and provides the essential nutrients needed to build healthy cells in the body. Wheatgrass increases the metabolism and your ability to burn calories.

Fights Depression:

Wheatgrass helps to keep your iron levels stable, which is particularly important for women. Iron deficiency is linked to apathy and depression.

Decrease the Risk of Cancer:

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

Improve Healing of the Body:

Wheatgrass juice is an effective healer because it contains all minerals known to man, and vitamins A, B-complex, C, E, I and K. It is extremely rich in protein, and contains 17 amino acids, the building blocks of protein.

Oxygenates the Cells of the Body:

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

Detox the Body:

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

Slows Down the Aging Process:

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

Heals the Body:

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





Calcium Pills Don't Build Bone Health

Researchers reporting in the British medical journal *The Lancet*, analyzed 44 studies on calcium supplementation or dietary calcium and bone fractures and concluded, "Dietary calcium intake is not associated with risk of fracture and there is no current evidence that

increasing dietary calcium intake prevents fractures." Qualifying studies included more than 44,000 people.

A different meta-study from New Zealand's University of Auckland, also published in *The Lancet*, reviewed 59 clinical and observational studies of calcium and bone density. The meta-analysis compared the effect of calcium doses of 500, 800 and 1,000 milligrams per day and found that bone density improvements ranged between 0.6 and 1.8 percent throughout the body during the first year of supplementation, but did not increase over time.

They concluded that the improvements in bone mineral density from calcium supplements were small and that results mirrored the increases seen from dietary sources, suggesting that neither method significantly improves bone health.

Energy Drinks Harm the Heart

In addition to alertness, energy drinks may also trigger abnormal heart rhythms and increased blood pressure. Researchers from the School of Pharmacy at the University of the Pacific, in Stockton, California, tested 27 healthy adults. The volunteers were split into three groups—one drank two cans of an energy drink per day, another consumed the same amount of a drink with *Panax ginseng* and the third a similar-tasting placebo beverage.

The subjects were given cardiovascular testing before and after the trial. After three weeks, the group imbibing the energy drinks had a significant increase in abnormal heart rhythms and higher blood pressure. The ginseng and placebo groups saw no change in their heart conditions.

Sachin A. Shah, a doctor of pharmacy and professor at Pacific's School of Pharmacy and Health Sciences, says, "Our findings suggest that certain energy drinks may increase the risk of having an abnormal heart rhythm when consumed in high volumes. While we wait for more data, some consumers should exercise caution and not blindly follow the buzz."

The Center for Science in Public Interest, a consumer health advocacy group, has reported that as of June 2014, 34 deaths have been associated with energy drinks.

The way to get started is to
quit talking and begin doing.
~Walt Disney



Colorful Produce Slows Cell Aging

A new study published in the *European Journal of Nutrition* finds that an increased intake of carotenoids, powerful antioxidants found in plant-based foods, is associated with slower aging. The research tested 3,660 U.S. adults and measured blood levels of five common carotenoids: alpha-carotene, beta-carotene, beta-cryptoxanthin, combined lutein/zeaxanthin and trans-lycopene.

The researchers found that those with levels that were in the highest quarter had 5 percent to 8 percent longer telomeres compared to those with the lowest quartile of carotenoid levels. Telomeres are located at the ends of DNA chromosomes and get shorter as we age. Longer telomeres indicate greater longevity.

Carotenoids are found in the yellow-to-red pigments in many yellow, red and orange foods. They are also contained in green foods where chlorophyll shields the yellow-red color. Alpha-carotenes are present in carrots, cantaloupes, mangoes, kale, spinach, broccoli and Brussels sprouts. Beta-carotene is found in some of the same foods, and also tomatoes, apricots and watermelons. Beta-cryptoxanthin is found in papayas, apples and orange peels. Lutein and zeaxanthin are found in some of the same foods, along with kiwifruit, grapes, oranges, zucchini and squash. Some of the highest levels are in corn. Lycopene is in tomatoes, watermelons, papayas, apricots and other red-to-yellow foods.



Neurotoxins Identified in Everyday Items

Research published in the British medical journal *The Lancet* has newly identified six neurotoxins: manganese, fluoride, chlorpyrifos, dichlorodiphenyltrichloroethane (DDT), tetrachloroethylene (perchloroethylene or PERC) and polybrominated diphenyl ethers (PBDE).

Manganese exposure is found in welding and high-octane gas fumes, among other sources; fluoride is used in many municipal water supplies, glass etching and chrome cleaners. Chlorpyrifos is an organophosphate contained in many pesticides, including Dursban and Lorsban. While DDT has been banned from insecticides within the U.S., it is still contained in other agents, including petroleum distillates. DDT is also still used in some areas to spray for mosquitoes. PERC has often been used in dry cleaning and for degreasing metals. PBDEs appear as flame retardants and to make electronics, household goods, building materials, polyurethane foams, plastics and more.

The same researchers previously identified lead, methylmercury, polychlorinated biphenyls, arsenic and toluene as neurotoxins. The neurotoxin label means they affect the nervous system and can cause neurodevelopmental conditions such as autism, attention deficit disorders, dyslexia and others.

ADHD Meds Weaken Kids' Bones

A new study announced at the 2016 annual meeting of the American Academy of Orthopaedic Surgeons shows that drugs prescribed for attention deficit hyperactivity disorder (ADHD) can weaken bones in children during a time of critical growth. This study tested 5,315 kids between 8 and 17 years old and compared the results to a subgroup of 1,967. Each child was given a bone mineral density scan on the femur, femoral neck and lumbar spine.



The children taking ADHD medications of Ritalin, Focalin, Dexedrine, Strattera and Vyvanese had lower bone mineral density in the femur, femoral neck and lumbar spine. At least 25 percent of the youngsters taking these medications were categorized as having osteopenia.

According to a 2014 Express Scripts study, prescriptions of ADHD medications to children in the U.S. grew by 36 percent between 2008 and 2012.

Osteopathy Alleviates Low Back Pain

More than 600,000 people undergo surgery for back pain every year, yet back surgery is often unsuccessful. Safer manual therapies provide a viable alternative, according to recent research.



A study of 455 people with low back pain found that osteopathic manipulation therapy (OMT) helped with their symptoms. The research, published in the *Journal of the American Osteopathic Association*, gave each patient six osteopathic manual therapy sessions or a placebo treatment over a two-month period. Patients were tested before and a month afterward to assess the success of the treatments, using pain severity and mobility as the main criteria.

The research showed that those that started with higher disability scores of 17 or more prior to therapy had significantly less pain and more mobility. Patients with scores of seven or greater also improved, but not to the same degree.

Lead researcher and Osteopath Dr. John Licciardone says, "Subgrouping patients according to chronic low back pain intensity and function appears to be a simple strategy for identifying patients that can attain substantial improvement with OMT. From a cost and safety perspective, it should be considered before progressing to more costly or invasive interventions."



Health Screenings

Track your progress with free monthly health screenings

Naturopathic Consultations

Discover possible naturopathic supplements and herbs and learn about special wellness programs.

Vitamin Tests

Get tested and learn if you have a vitamin deficiency that could be linked to your health problem.

Thermography Exam

Thermography measures inflammation. Find out if you have inflammation that could be linked to your health problem.

Chemistry Labs

Your blood never lies. Get a blood test done and let's determine your root cause problem.

Body Composition

Your body composition is the quickest way to assess your overall health.

10-minute tools for your health goals



10 MINUTE Health Check

Give us a few minutes of your time today for any of these valuable services and gain valuable insight you can use for a better tomorrow.

COMMUNITY WELLNESS CENTERS

(337) 896-4141

Carencro Office

(337) 356-1251

Lafayette Office

(337) 662-3120

Sunset Office

(337) 424-5066

Send a TEXT



Lowers your risk of developing colorectal cancer, one of the most common types of cancer in industrialized countries.

Lowers your risk of experiencing irritable bowel syndrome, chronic constipation, and chronic diarrhea.

Healthy eliminations mean a clean body

The importance of regular bowel movements

Lowers your risk of developing hemorrhoids.

Less gas production. More efficient absorption of water and minerals.

A feeling of lightness, comfort, and well-being in your abdominal region.



Opelousas, LA
Eunice, LA
Washington, LA
Lawtell, LA

Body Fat Trim Supplements are Available Near You

"I was at 260 lbs and I tried several weight loss supplements and nothing seemed to help me lose the weight. Then I tried BF-4 and at first I didn't see much results and then I read the instructions. I continued to use it for 90 days. I have been using BF-4 for the last six months and I have lost a total of 40 lbs and I don't have the appetite and craving to overeat." Rose Melancon, Church Point

"I have been using BF-4 Plus since it came out a month ago. I have lost 14 lbs and it helps to control my appetite." Cynthia Reeves, Lafayette.

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

Moth Misery

Bright Lights Drive Them to Extinction

National Moth Week, held from July 23 to 31 (visit NationalMothWeek.org for podcast), has prompted the International Dark-Sky Association (IDA) to encourage cities to

install motion-sensitive dimming streetlights and is working to designate dark-sky parks that could provide a refuge for nocturnal species. The giant silk moth and other insects pollinate 80 percent of our food crops. In turn, their bodies sustain innumerable birds, rodents and bats. Entire ecosystems rest on their delicate, powdery wings.



Only two species of moths are protected under the Endangered Species Act, and three others have gone extinct in the past decade. Many populations are seeing declines of up to 99 percent. Between monoculture crops, pesticides, changing climate, urbanization and decreasing darkness due to artificial lighting, the future of night-flying moths is uncertain.

Their only goal is to reproduce, guided to suitable nesting grounds by the shadow of the moon; many moth species do not even have mouths. However, cities now glow brighter than a full moon, and ambient light pollution radiating from urban areas draws moths to their deaths. IDA Program Manager John Barentine says, "Every time a person turns off and shields a porch light on their house, they're helping."

Source: *Sierra Club*

GMO-Free Pioneer

New Grain Transport to be Contaminant-Free



Large food companies that are switching to non-GMO (genetically modified) soy and corn products must still worry about their ingredients picking up GMO contamination through conventional supply chains.

Now, Captain Drake LLC, a North Dakota grain plant, has acquired its own million-bushel terminal with dedicated rail cars used exclusively for GMO-free grains. President Mark Anderson maintains, "We'll be able to obtain the best non-GMO commodities from three regions: North Dakota, Minnesota and Manitoba, Canada."

In a 2015 Nielsen study of 30,000 consumers, 43 percent rank non-GMO as very important and 80 percent said they would pay more for foods that indicate a degree of healthfulness. Sales of non-GMO products exceeded \$10 billion last year and are growing.

Anderson explains, "The supply chain needs to be tightened up and moved domestically. We consider this to be another strategic asset for food and beverage clients seeking suppliers committed to guaranteeing the integrity and purity of non-GMO commodities."

Source: Tinyurl.com/NonGMOWheatTerminal

Farm-to-Work

Fresh Veggies Come Direct to Offices

Pioneering employers are now offering fresh vegetables to help employees improve their diet—and their health. Tech companies are even hiring professional chefs to prepare healthful lunches and snacks. In Texas, the Farm to Work program is making it easy and affordable for workers to pick up baskets of local produce at the office.

Participants aren't required to pay an initial lump sum or commit to buying every week. Instead, they can sign up to receive produce in any given week. Other groups around the country are also looking into workplace produce delivery programs, and while many use the traditional community supported agriculture (CSA) model, others are experimenting with different procedures.

The Farm Fresh Program, in Bellingham, Washington, connects local farmers to employers interested in receiving weekly deliveries. Meanwhile, Farm2Work, in Arkansas, links local purveyors of produce, meat, eggs, dairy, pies, jams and jellies to area employers. New York's Adirondack Harvest, a branch of the Cornell Cooperative Extension, started by helping a single farmer link to area employers. The next step, says Teresa Whalen, the group's southern chapter representative, is working to persuade insurance companies to subsidize workplace CSAs in the same way they're starting to subsidize gym memberships.

Source: FarmToWork.org



Fish Fried

New Numbers Confirm Global Overfishing

The United Nations Food and Agriculture Organization has been collecting reports for decades on how many fish are caught in the oceans annually. However, those numbers don't take into account small-scale, recreational and illegal fishing or the bycatch that's discarded before boats return to harbors. A study published in *Nature Communications* increases the actual total world catch from 1950 to 2010 by 50 percent.



Daniel Pauly, author of the University of British Columbia study, states, "The world is withdrawing from a joint bank account of fish without knowing what has been withdrawn or the remaining balance. Better estimates for the amount we're taking out can help ensure there's enough fish to sustain us in the future." Based on official counts, global catches peaked in 1996 and have declined modestly each year. The decline isn't due to less fishing or restrictions on certain fish, though. "It's due to the countries fishing too much and having exhausted one fish after the other," says Pauly.

The findings also emphasize the value of fisheries to low-income people in developing countries. The next steps will require well-informed action to preserve this critical resource for people and for the planet.

Source: Tinyurl.com/OverfishingReport

Toxic Teflon

Scientists Increasingly Find It Dangerous



According to a new meta-analysis of previous studies, Philippe Grandjean, of Harvard, and Richard Clapp, of the University of Massachusetts, concluded that DuPont Teflon, used for 50 years to make frictionless cookware, is much more dangerous than previously thought, causing cancer, birth defects and heart disease, and weakening the immune system.

Even though Teflon's harmful perfluorooctanoic acid (PFOA) is no longer produced or used, the Centers for Disease Control and Prevention has found it in the blood of more than 99 percent of Americans studied, because it can be passed from mother to unborn child in the womb. The researchers say that the federal government's recommended "safe" level, set in 2009, is as much as 1,000 times too high to fully protect people's health. The U.S. Environmental Protection Agency has yet to set a legal allowable limit for its presence in drinking water.

Source: EnvironmentalHealthNews.org

Our health always seems much more valuable after we lose it.

Dr. Steven T. Castille



6 Reasons to put **Infrared Sauna** on your TO DO list

Weight Loss
Flush out toxins
Lower blood pressure
Increase immune system
Can reduce parasitic growth
Reduce aging



WEIGHT LOSS

A 30 minute infrared sauna session can burn up to 600 calories. As the body works to cool itself while using an infrared sauna, there is a substantial increase in heart rate, cardiac output, and metabolic rate. Infrared heat therapy raises core body temperature causing passive cardiovascular conditioning. Your body's natural response to infrared heat therapy is to increase circulation and sweat.

Carencro 896-4141

Sunset 662-3120

Opelousas 678-1500

Natural Medicine

PAIN RELIEF • SWELLING • INFLAMMATION



- Arthritis
- Tendonitis
- Neck Aches
- Joint Pain
- Muscle Pain
- Stiff Joints
- Cramps
- Back Pain

liteon
NUTRACEUTICALS

100 E. Angelle St.
Carencro, LA 70520

Inflammation and Pain
Pain & Inflammation
ENZYME BLEND

60 Vegetarian Tablets

For conditions associated with inflammation take 4 tablets daily or as simply directed with water. Depending on the severity of your condition, and the advice of your health care provider, this dosage may be increased to 8 tablets per more daily.

HIGH POTENCY
Food Based Supplement

STORE HOURS
Monday 10:00am - 6:00pm
Tuesday 10:00am - 6:00pm
1-800-896-4141

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 4 Tablets
Servings Per Container: 62.5

Amount Per Serving	% Daily Value
Contains:	
Pancreatin 4x USP	750mg
Papain	600,000 USP
Bromelain	720 GDU
Trypsin	8,000 USP
Chymotrypsin	250 USP
Rutin	400mg
White Willow Bark (15% salicin)	100mg
Turmeric root	100mg

* Daily Value not established

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

AVAILABLE AT:

- Carencro, LA**
Natural Health Center 896-4141
- Sunset, LA**
DHARMA WellnessCenter 662-3120
- Opelousas, LA**
Caribbean Health Center 678-1500
- Lafayette, LA**
Drug Emporium 261-0051

Recycling Nutrients

Animal Droppings Help Forests Absorb CO₂

A paper published in *Forest Ecosystems* concludes that frugivores, large, fruit-eating animals like toucans, tapirs, curassows and spider monkeys, help to keep the woods healthy by eating fruits and spreading seeds. As traps for carbon and an effective defense against global warming, forests collectively absorb up to 30 percent of the world's CO₂ emissions and store more than 1,600 gigatons of carbon in the soil.



"You have a lot of large birds that play a fundamental role for large trees," says study author Mauro Galetti. "They increase the likelihood that seeds will turn into actual photosynthesizing plants." However, big, tropical birds are constantly under threat of hunting, poaching and habitat loss; the International Union of Conservation of Nature and Natural Resources' Red List notes that 14 of the world's 16 toucan species, for instance, are decreasing in population. The study found that without the help of high-capacity frugivores, there would be no way for larger seeds to grow into the towering trees that store carbon best.

Scientists now want to research individual species to calculate how much each animal's services are worth in terms of battling climate change. Putting a dollar amount on a species, say Galetti, could be the only way to persuade governments to protect it.

Find the study at Tinyurl.com/ForestCarbonReport.

Low-Cost Largesse

Nonprofit Grocery Sells Good Food at Low Prices

The biggest challenge to healthy eating in poor neighborhoods isn't always access to healthy food; it's whether people can afford to buy it. A year ago, Doug Rauch, former president of Trader Joe's, opened Daily Table, a nonprofit grocery in Boston, to take action. It gathers nutritious food that would otherwise be wasted and then sells it at low prices. After learning about food insecurity in the U.S. and that approximately 40 percent of the food we grow is thrown out, Rauch decided to address both problems by offering this new option for people that don't want handouts.

The store now has 5,000 members and hundreds of daily customers, with plans to expand to new locations. "The challenge we have in America is that the food system is designed from the farm on up to create calories that are cheap and nutrients that are expensive," he says. "People on the lowest economic rung get squeezed the hardest."

Rauch partners with vendors to get excess food, such as fruit just slightly too ripe to make it through the standard supermarket system, that chefs turn into ready-to-eat meals like prepared salads and soups, or entrées that can cost less than \$2.



For more information, visit DailyTable.org.



Eco-Beach Blast

Sustainable Ways to Enjoy Sand and Surf

When eco-conscious families hit the beach this summer, there's more to be aware of than just picking up trash like drink containers, wrappers and found litter. Here are some other ways we can enhance our beach and water experiences while upping fitness benefits.

Rising water levels and severe weather events have damaged coastlines, so extra care is needed. When setting up a beach spot, stay away from sand dunes and pockets of beach grass that serve as natural defenses against beach erosion. Also watch out for marked-off turtle hatching spots; prime nesting season is May through October, according to the nonprofit Turtle Conservancy. Teach kids not

to chase birds. Walk around shorebirds to cause minimal disturbance; it's stressful dodging danger during meals and wastes precious energy stores.

Walking on soft sand is like a weight-training workout, as detailed in Michael Sandler and Jessica Lee's *Barefoot Walking* book.

Polluting chemicals enter waterways via fertilizer and industry runoff and accidents like the BP Gulf oil spill; don't contribute more by using sunscreen that contains oxybenzine, which reportedly alters hormone function. The Environmental Working Group (ewg.org) maintains an online guide of safe sunscreens. The *Huffington Post* also suggests that we can make our own by mixing zinc oxide (a sunblocking agent), coconut oil (soothes and conditions skin), beeswax (for waterproofing) and tea tree oil (soothes and repairs skin and smells good).

The same care applies to chemical hair dyes, shampoos, conditioners and straighteners. Patronize clean, green salons that use natural hair treatments free of synthetic chemicals, ammonia or para-phenylenediamine (PPD). Or search "nontoxic hair care" online.

Plan a visit to coincide with a public volunteer beach cleanup event. Check with national organizations like Keep America Beautiful (kab.org) and local or countywide groups, as well as social media sites for group activities.

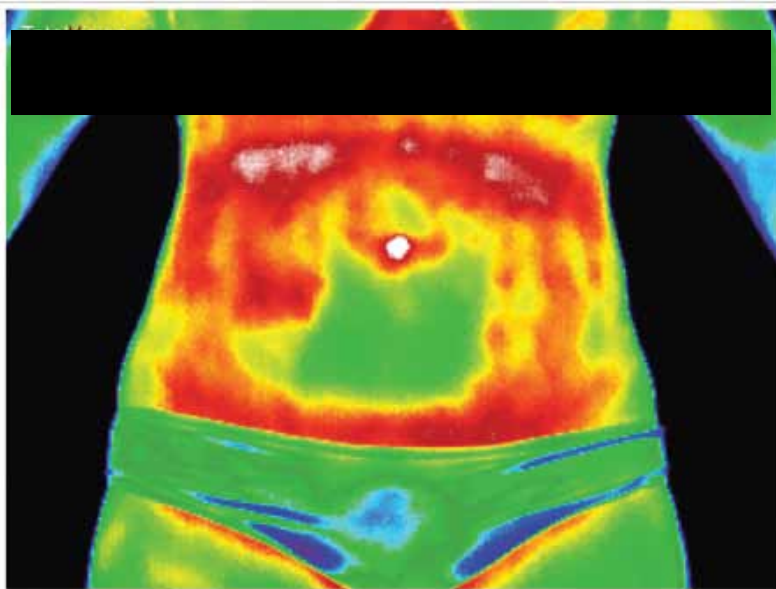
Just as your car runs more smoothly and requires less energy to go faster and farther when the wheels are in perfect alignment, the oil is changed, and a tune-up is done -

you perform better when you're eating a balanced diet, have the correct circulation, have little or no inflammation, and have balanced thoughts, feelings, emotions.

Enroll in a RESTORE Health Program to get a tune-up for your body.

Green Tea

Green tea, whether drunk or used as an ointment, reduces inflammatory responses and can help prevent skin problems.



Abdomen, Anterior

Thermography Exam Reveals Inflammation in the colon, liver, and kidneys.

"For the past two years I've always dealt with constipation, urinary tract infections, and chronic pains in my stomach. After test after test after test, my primary physician would continue to tell me that nothing was found. MRIs and ultrasounds could never find anything physically wrong.

I did my first thermography exam and it detected severe inflammation, and I began a wellness program that consisted of a new diet, a vitamin program, and three weeks of alternative and complementary treatments for circulation and pain management.

Today my thermogram is clear and I feel 100% better." Jacqueline Crutcher, Lafayette.

WEIGHT LOSS

LOSE WEIGHT FAST

- ✓ **Burn Excess Fat & Calories**
- ✓ **Completely Natural**
- ✓ **Flatten Your Stomach**
- ✓ **Kick-Start Your Metabolism**
- ✓ **Curb Your Cravings**
- ✓ **Finally, Look Sexy Again!**

\$45



Before	After
Scale wt.	Scale wt.
162 lbs.	124 lbs.
Body Fat%	Body Fat%
37.92 %	24.36 %
Abdomen	Abdomen
33.5	27.5
Fat Mass	Fat Mass
61.43	30.2



Amber

HOW IT WORKS

BF-4 contains all of the major weight loss and fat burning ingredients: garcinia cambogia, raspberry ketone, green coffee beans, and chromium. These ingredients have been featured on the Dr. OZ show and are clinically proven to help you lose unwanted weight.

For best results use BF-4 with a low fat diet (no meat for 6 weeks), drink a minimum of 72 oz of water each day, don't skip meals, walk at least 30 mins three times a week. Use organic fiber, digestive enzyme, and our probiotic complex to clean out your colon and get your gut back on track.

www.bf4onlinestore.com

Drug Emporium
Vitamin's Plus
Lafayette
261-0051

Caribbean Retreat
Wellness Center and Campground
Opelousas
678-1844

DHARMA
Wellness Center
Sunset
662-3120

Natural Health Center
Carencro
896-4141



FREE
one day
pass
with \$35 purchase
call (337) 356-1251

namasté

Wellness Center

858-B Kaliste Saloom Rd. Lafayette, LA



natural medicine
nutrition and wellness programs
naturopathic supplements



Dr. Mark Hyman, chair of the Institute of Functional Medicine and director of the Cleveland Clinic Center for Functional Medicine, learned Brogan's lesson early on. "Independent media have been crucial in disseminating my life's work. Given the misinformation being spread by regular news and government channels about weight and health, we deserve to hear the truth about what's in our food, toxins in our environment and how we can truly heal our bodies," says Hyman, a nine-time bestselling author.

Independent Voices

Today's independent media landscape shifts at warp speed. With 24/7 Internet access to websites, both groundbreaking journalism and grassroots perspectives appear in original articles and blogs. Outlets include independent online radio, TV shows, newspapers, filmmakers and "citizen journalists" armed with smart phones instantly transmitting images and updates via YouTube, Facebook and Twitter. From a growing recognition that such media play a vital role in shaping a more informed and engaged citizenry, more attention is again being paid to the need for real news that matters. Breaking the reign of junk food news generators is the mission of *ProjectCensored.org*, a media research program at California's Sonoma State University.

Billions of dollars are spent annually on webinars, podcasts and e-books exploring health and healing, self-help, spiritual enlightenment and creativity, indicating a reading audience with a hunger for deeper wisdom. Since 1973, New Dimensions Radio, co-founded and hosted by Justine Willis Toms, has featured many of the world's most respected wisdom keepers. "Guests exclaim how refreshing it is to speak in-depth and at length. Mainstream, commercially based media consistently present sound bites on how things are breaking down and not working, without opening thought to constructive visions for a future that benefits all life and the planet," says Toms.

"Independent media have broken away from dependence on the moneyed interests holding tight reins on the news and information they publish. Because we're listener-supported, public radio is

In virtually all aspects of life, we are influenced consciously or subconsciously by mainstream media messages. Today, six media giants—Comcast, The Walt Disney Company, Twenty-First Century Fox, Time Warner, Viacom and DirecTV—control the vast majority of what we watch on TV and in movies, listen to on the radio and read in books, newspapers and magazines. According to Ben Bagdikian, Pulitzer Prize-winning journalist and author of *The New Media Monopoly*, this handful of conglomerates form a cartel that wields enough influence to affect U.S. politics and define social values.

Thirty years ago, before many mergers and acquisitions, 50 corporations owned nearly all of American media. Today's infotainment and rhetoric, misrepresented as news, is leading millions to conclude that these colossal powers do not exist to objectively report the truth.

Mainstream Media's True Colors

Although a recent Gallup Poll reflects Americans' lack of trust in mainstream media's reporting of news fully, fairly and accurately, fair reporting was what HarperCollins, a prominent publisher, expected upon the 2016 release of

New York City holistic psychiatrist Dr. Kelly Brogan's *A Mind of Your Own: The Truth About Depression and How Women Can Heal Their Bodies to Reclaim Their Lives*. They were shocked when the book was boycotted.

"*The New York Times*, *Dr. Oz* and *Good Morning America* refused to schedule author interviews or write book reviews. There wasn't a whisper anywhere on mainstream media about my evidenced-based book on how women can holistically recover from depression without a single prescription. HarperCollins was baffled. I was their first credentialed author who spoke out against pharmaceuticals," says Brogan.

So Brogan turned to independent outlets, including print, online and social media, her own website, newsletter lists and word-of-mouth. Her work soon broke through into three of the top bestselling book lists: *USA Today*, *Publisher's Weekly* and *The New York Times*. That example serves as clear proof of the importance and power of independent media to furnish the public helpful and in-depth information on wide-ranging topics that mainstream broadcast media typically only cover in 30- to 60-second blurbs or not at all.

free to explore a wide range of timely and timeless topics," he says.

Leaning away from one-sided views gives independent media space to expand people's perspectives and positive expectations for the future. The seven-time Pulitzer Prize-winning *Christian Science Monitor* international news organization was established in Boston over a century ago to till human thought and thereby improve human lives via an uplifted journalistic standard. "Its quiet insistence for human rights and against tyranny; for generosity and against selfishness; for intelligence, charity, courage, integrity and most of all, for progress and hope—surely that has helped," remarks John Yemma, current columnist and former editor.

"We work to uncover where progress is occurring, even though headlines proclaim the contrary. There are always two sides to a story," says Susan Hackney, a senior director with the *Monitor*, which consistently resists the sensational in favor of the meaningful.

Magazines such as *Natural Awakenings*, *Mother Jones*, *The Optimist* and *Yes!* are likewise stirring up conversations on meaningful issues via larger perspectives with a focus on tangible solutions. They address such areas as the damaging health and environmental effects of genetically engineered food, championed by Jeffrey Smith, founder of the Institute for Responsible Technology.

"Europe could kick genetically modified ingredients (GMO) out of their food supply because their mainstream media covered the health dangers, while U.S. mainstream media ignored them and kept Americans in the dark. Independent media in the U.S. enable democracy and consumer-inspired transformations of all kinds. Knowledge has organizing power," advises Smith.

Success Stories

With Fran Korten at its helm, the ad-free, subscription-supported, nonprofit *Yes!* is helping to reframe our biggest issues. "Mainstream media, dependent upon advertisers that would have us believe that we can buy happiness, celebrate stories of the rich and powerful, leaving everyone else feeling small and powerless. Independents can help resist such ways of seeing the world, help people see a different path to suc-

cess and happiness and perceive themselves as change agents. Together, we share engaging stories of how people are carving out new ways of living that hold the hope of a world more in balance with the living Earth and where everyone's inherent worth and dignity are recognized," says Korten.

Allan Savory, founder of the Savory Institute and originator of a holistic land management systems approach to recover and preserve sustainable resources, underscores the need for change leaders and independent thinkers. "As we ponder who they might be, we realize it's not those that discover new, counterintuitive insights, but those that spread the knowledge. The groundbreakers are pioneers like writers, poets, artists, speakers and social networkers. After 50 years of trying to understand the intense institutional resistance to and ridiculing of my work of managing complexity in a simple manner, holistic management is now quickly spreading globally. This is only due to social networking, independent writers and my TED talk that went viral," observes Savory.

Laurie McCammon, change leader and author of *Enough! How to Liberate Yourself and Remake the World with Just One Word*, contracted with independent publisher Red Wheel Weiser to get her message out. "It's been building awareness of forbidden knowledge—that we each have unrealized potential to affect reality by changing our thoughts. We can nurture a shift in global culture away from an existing way of life that has bred fear, lack and a belief in scarcity," explains McCammon.

She suggests that to preview a new vision of, "I am enough and have enough," and, "We are enough and have enough," we should look to the fertile fringes; small communities of intentional and conscious people actively reinvent-

We in America are the best entertained and least informed society in the world.



ing society. "Look at what independent media are reporting on; as well as their unprecedented use of new terms such as organic, wellness, sustainability, permaculture, transition town, sharing economy, social responsibility, biomimicry and the butterfly effect," says McCammon.

The existing worldview, with all of its core assumptions and rules, aims to restrain awakening individual and collective consciousness. McCammon observes, "As long as the 'old story' was told repeatedly by mainstream media with conviction, it could command our attention and make us doubt our inner story. Trusting that the outer world had our own best interests in mind meant that there was no need to turn within. This is changing. Thanks to farseeing, courageous and strong enough independent media, there's been an overturning to a more wholesome story of mind-body-spirit, abundance, innovation, collaboration and cooperation."

Mainstream and independent media coexist like two sides of a coin. Mainstream media's talking heads tell us how to act and think while independent media invite us to engage, educate and think for ourselves, dig deeper and take action. Without independent media, we would know little about the benefits of the ever-evolving grassroots movement of holistic, alternative, complementary, integrative and functional medicine. Nor would we know the truth about climate change; the health advantages of plant-based diets and community gardens; food deserts and nutrition-related illnesses; the prevalence of environmental toxins; signs of spiritual progress; alternative education; and the benefits of eco-villages to people and the planet.

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

LITEON NATURALS™

Wellness & Nutrition



Discover how
LITEON NATURALS™ supplements
 help support a healthy
 and active lifestyle.

- Supports a healthy immune system
- Helps build strong bones
- Supports neuromuscular health
- Helps to get rid of inflammation
- Balances digestion and elimination
- Balances depression and anxiety
- Increases body pH (gets rid of high acid)



Available in liquid drops, tablets, softgells, and capsules. Call to find out are you taking the right vitamins...

356-1251

NAMASTE Wellness in Lafayette

896-4141

Natural Health Center in Carencro

662-3120

DHARMA Wellness in Sunset

678-1500

Caribbean Wellness in Opelousas

Vitamin Testing ^{\$39}

(Takes only 15 minutes for a full screening)

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

Thiamin
Vitamin B6
Vitamin B12
Vitamin C
Calcium
Fluoride
Iodine
Iron

Riboflavin
Magnesium
Phosphorus
Potassium
Selenium
Sodium
Zinc

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

- Andrew Weil, M.D.

Did you know A vitamin deficiency can cause



ENLARGED THYROID
Iodine deficiency



JOINT PAIN
Vitamin C deficiency



WEIGHT GAIN
Vitamin D, magnesium, or iron deficiency

cancer

hypertension

inflammation

diabetes

depression

GET TESTED

96% of the American Population Die from Disease 4% will die in an accident.
Vitamin Deficiencies and Poor Nutrition are the Leading Cause for Disease

DHARMA Wellness Center

(337) 662-3120

CALL to schedule your 15 minute vitamin testing

COMMUNITY AD PAGES

Free AD Space for Locally Owned Businesses

The Road Less Traveled

Largest Inventory of Nature's Sunshine Products in the Area
312 Guilbeau Rd, Lafayette, LA 70506
Tel: (337) 988-9889

One Call Storage Center

Climatee Controlled Self Storage Units in North Lafayette
109 Four Park Road, Lafayette, LA 70507
Tel: (337) 896-0085 www.OneCallSelfStorage.com

Champagne's Grocery Store

A Helpful Smile In Every Aisle.
701 Vetrans Dr., Carencro, LA 70520
Tel: (337) 896-6050

This Ad Space Could Be Yours

Text your **NAME** and **FREE AD SPACE** to
(337) 424-5066

*** some restrictions do apply*

Caribbean Clubhouse

Indoor Funjumps and Arcades for Kid Birthday Parties
www.MyKidPartyZone.com
Tel: (337) 678-1500

N-Hance Wood Renewal

Your eco-friendly renewal solution for all wood surfaces
440 Industrial Pkwy, Ste. 8 Lafayette, LA 70508
Tel: (337) 232-8377

FETCH! Pet Care

Pet Sitting & Dog Walking
www.FetchPetCare.com
Tel: (337) 326-5331

This Ad Space Could Be Yours

Text your **NAME** and **FREE AD SPACE** to
(337) 424-5066

*** some restrictions do apply*

A Personal Touch

HOME CLEANING: Dependable, Trustworthy, Professional
Tel: (985) 228-1027

St. Ignatius School

Educating the Whole Child
www.StIgnatiusSchool.us
Tel: (337) 662-3325

Access Bars

What would it be like to have more freedom?
www.KdanielleHolmes.com
Tel: (337) 349-5431

Cypress Land, Inc.

2545 Smede HwySt. Martinville, LA 70582
<http://www.cypresslandinc.vpweb.com>
Tel: (337) 207-1136

This Ad Space Could Be Yours

Text your **NAME** and **FREE AD SPACE** to
(337) 424-5066

*** some restrictions do apply*

Chem-Dry of Acadiana

Healthy, green cleaning solutions for carpet & upholstery
440 Industrial Pkwy, Ste. 8 Lafayette, LA 70508
Tel: (337) 233-9444

FREE AD SPACE

For locally owned businesses.

COMMUNITY AD PAGES

Free AD Space for Locally Owned Businesses

Woman's Foundation, Inc.

Promoting the well-being of women and their families
4630 Ambassador Caffery Parkway Bldg A, Lafayette
Tel: (337) 988-1816 www.womansfoundation.com

THIS, THAT & MORE THRIFT STORE

Serving and giving back to the the community
4032 N University, Carencro
Tel: (337) 849-9729

This Ad Space Could Be Yours

Text your **NAME** and **FREE AD SPACE** to
(337) 424-5066

*** some restrictions do apply*

Neli's Auto Sales

Used Cars at an Affordable Price \$2,500 - \$7,000
422 Hector Connoly Rd, Carencro, LA 70520
Tel: (337) 896-2573

Smoothie Factory

Smoothie Factory is Your Place for Fresh Fruit Smoothies
125 Arnould Blvd, Lafayette, LA 70506
Tel: (337) 989-7001

HotFax Advertising

A full service advertising and marketing company.
www.HotFaxServices.com
Tel: (225) 921-8539

Frank's International

The global leader in tubular running solutions.
715 Beau Pre Rd, Lafayette
Tel: (337) 233-0303

City of Eunice

Claud "Rusty" Moody, Mayor
P.O. Box 1106, Eunice, Louisiana
Tel: (337) 457-7389 www.eunice-la.com

Prather Chiropractic

www.pratherchiropractic.com
1803 W. Pinhook Rd, Lafayette, Louisiana
Tel: (337) 984-3113

City of Jennings

Terry W. Duhon, Mayor
154 N Main, Jennings, Louisiana
Tel: (337) 457-7389 www.cityofjennings.com

Natural Awakengings Ad Bundle Package

1/4 Page Ad: \$125

1/2 Page Ad: \$250

Full Page Ad: \$400

- 25,000 copies of your ad
- Distributed to 120,000 readers
- Mailed to 15,000 homes

Call (337) 896-4141 Carencro Office

Drug Addiction Rehab

A wellness program to correct drug and substance abuse
109 Fourpark Rd., Lafayette
Tel: (337) 896-0085

FREE AD SPACE

For locally owned businesses.

WEIGHT LOSS

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



\$45

BF-4

Garcinia Cambogia

prevents fat cell formation

Raspberry Ketone

helps fat cells shrink

Green Coffee Bean

signals the body to burn
stored fat

Chromium

builds muscle and burns fat

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

Drug Emporium
Vitamin's Plus
Lafayette

261-0051

namasté
Wellness Center
858-B Kaliste Saloom Rd.
Lafayette

356-1251

Caribbean
Wellness Center
and campground
Opelousas

678-1844

DHARMA
Wellness Center

Sunset
662-3120

Natural Health Center
100 E. Angelle St.
Across from Super 1 groceries
Carencro

896-4141



A Better Body in 3 Hours a Week



Zerona FLAT STOMACH
laser treatments shrink fat
cells. Lose inches in weeks.



COMMUNITY WELLNESS CENTERS

(337) 896-4141
Carencro Office

(337) 356-1251
Lafayette Office

(337) 662-3120
Sunset Office

(337) 424-5066
Send a TEXT

* Results may vary and depend largely on the patient following the program.



Liza Huber and her four children

Liza Huber on Healthy Meals and Happy Kids

Start with Homemade, Organic Baby Food

by Gerry Strauss

For many actresses, landing a role on the hit show *Passions* would be a career highlight. For Liza Huber, daughter of soap opera icon Susan Lucci, a successful acting career was one step *en route* to her calling as a mother, public speaker and entrepreneur. Her inspiration was to launch Sage Spoonfuls (*SageSpoonfuls.com*) to make it easier for parents to make homemade, organic food for their little ones. It's all about enabling parents to provide a legacy of health, all wrapped up in love.

How did becoming a parent boost your relationship with organic foods and health?

I was raised on a diet of mostly fresh, homemade, food and knew it was something I wanted for my own children. At that point, I knew the basics; that it was healthier and tasted better than store-bought baby food. The more I learned, the more I became fascinated by how switching to an organic diet positively affects our health.

Why is it vital to introduce organic food during a youngster's early development?

America's food supply is loaded with more chemicals and GMOs [genetically modified organisms] than ever before. I believe, as many others do, that the rapid rise of food allergies in children is a direct result. Many chemical pesticides and artificial flavors and colors are known to contain carcinogens, suspected hormone disruptors and neurotoxins. It is widely believed that even small doses of these common pesticides can have lasting negative effects on a child's health. I believe that teaching our kids about the importance of fresh, organic food and the potential dangers of a conventionally processed diet helps set the stage for a lifetime of healthy choices.

How do homemade organics and packaged organics differ?

Store-bought baby food, organic or not, is processed to have a long shelf life of up to two years. So much of the nutrient

content is lost during processing that most manufacturers artificially add it back in, but aren't obligated to inform consumers. The added nutrients are synthetic and aren't absorbed by the body the same way as naturally occurring nutrients.

The taste, color and aroma of commercial baby food isn't as appealing. By feeding your baby a steady tasty diet of fresh, homemade, organic baby food, you greatly reduce the risk they'll grow into a picky eater. Plus, making your own baby food is three to five times less expensive than what is store-bought.

Homemade food has a far smaller impact on the environment compared with commercial manufacturing, transportation and packaging. By the time a baby turns 1, they will have eaten from nearly 700 jars or pouches of store-bought baby food that generally end up in landfills, because little is recycled.

Which favorite foods do you love to make for your babies and why?

I focus on whole foods. Great first foods include bananas, apples, butternut squash, pears, avocados, peas and sweet potatoes. Once a baby has successfully tried a couple of these, start mixing them together. Banana and avocado, apple and butternut squash, and peas and sweet potato are good combos. They're loaded with nutrients and antioxidants, easy to make and yummy. Avocados' healthy fat is also essential to brain development.

What key lessons learned from your mother have you carried forward with your young family?

Two lessons really stick with me: "Stay open and leave room for life to surprise you," and "You can have it all... just not all at the same time." In my teens and 20s, I was a meticulous planner, disappointed if things didn't go exactly as I wanted. Amazing things happened after taking Mom's advice to leave myself open to wonder.

Growing up, I saw my mom have an amazing career, yet also be a fantastic wife and mother. Her secret, and now mine, is to prioritize and focus on one thing at a time, whether it's work,

kids or my husband. This way, everything in your life gets 100 percent of your attention some of the time, rather than trying to do everything at the same time, which rarely works.

What's the best gift a mother can give her child?

There's nothing more important to a child's overall health and well-being than being raised in a loving, warm environment where they feel safe, loved and important. My deep love for my children guides every decision I make for them. A mother's intuition is a superpower.

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

QUICK FACT:

Iodine and coenzyme Q10—to protect against breast cancer. Iodine is an important nutrient for women with breast cancer. In countries with high iodine intake, such as Japan, women have 70 percent lower rates of disease. In one study, women with metastatic breast cancer had significant reduction in the size of the tumors when they took coenzyme Q10.

NATURAL MEDICINE

Infrared saunas promote emotional well-being. In a study of 45 people, mood was measured before and after a infrared sauna. Afterward, the participants had less anxiety, depression, and anger, reported Japanese researchers in the journal *Complementary Therapies in Clinical Practice*.

inspiration

Signs That You've Found Your Calling

by Lissa Rankin

You may think you've identified your calling, questioned it, become disillusioned, left it and then come back to it in a different form. The following clues let you know you're on the right track.

You realize you've been training for this since birth. Even the gritty things, the disappointments, regrets and screwups have all been preparation. Major life disruptions and failures were all just teaching essential lessons so that you can become who you're called to be.

You sense ease. In the face of obstacles—such as doors of suspected opportunity that are shut tight or relentless struggles impeding a course you thought was right—it can be hard to tell if your commitment is just being tested or you've veered off course. Such hurdles can be part of the growth process cultivating your "inner hero" necessary for the journey. Trust the sense of movement towards ease, which likely will include supportive synchronicities.

Your health may improve. Cravings for unhealthy foods will lessen and you'll feel more energetic. Old aches and pains might disappear; even chronic illness can fade when you're focused on your life purpose.

You feel strangely peaceful, despite reasons to be anxious. Your soul longs to express what you're on Earth to express, and when you finally rise into alignment with your calling, your soul does a happy dance. Even if everything else seems to be falling apart and others consider you crazy, you'll be centered in peace, relieved that you finally know what you're called to do.

The universe rolls out the red carpet. When called to do what is needed for the highest good of all beings, the universe bends over backwards to hand you whatever you need. No request is too small. Unexpected money flows in and other resources appear just as you're ready to give up. You'll know you're on track, even if it is not quite clear what you're on track to do.

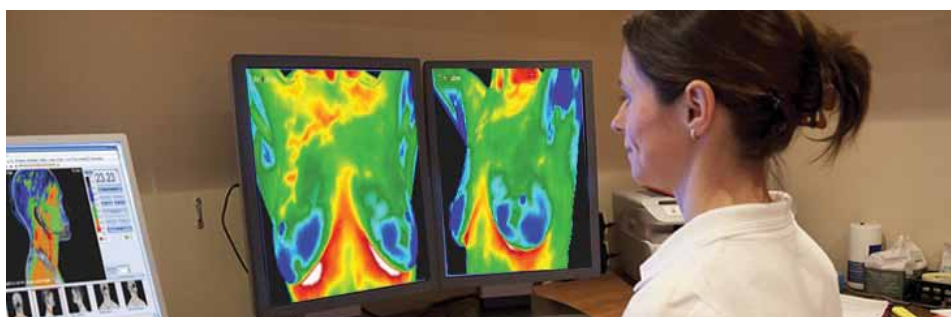
People find you. Few can fulfill a calling alone. Most of us need a tribe to lift us up as we do brave, scary, world-changing things. When you're aligned with your life purpose, the right people, including magic-wielding mentors, will find you at the right time, if only you're courageous enough to be vulnerable about what you're being called to do.

Dr. Lissa Rankin, founder of the Whole Health Medicine Institute, is the author of Mind Over Medicine, The Fear Cure and The Anatomy of a Calling (TheAnatomyOfACalling.com).

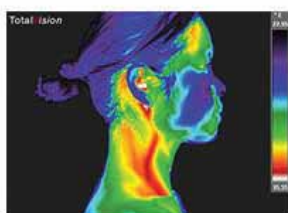


What Does Your Thermography Image Mean?

by Dr. Steven T. Castille



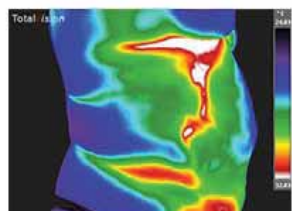
Headache and Sinus



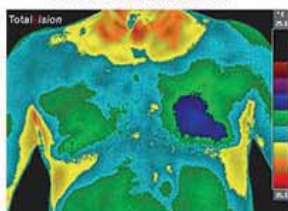
Carotid Artery Inflammation



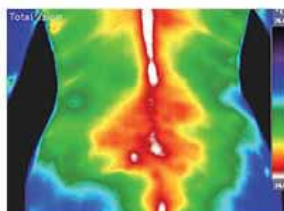
Early Stage Diabetes



Stress in the Liver



Reduced Heart Function



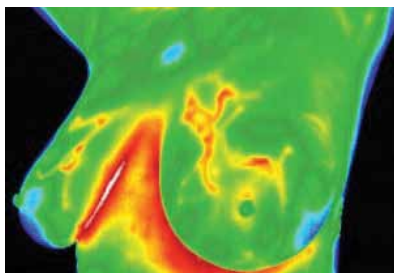
Lower Back Pain

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

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

Thermal Asymmetry Indicates Problems

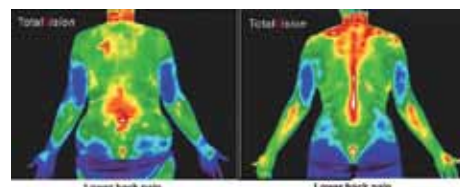
The body should naturally have thermal symmetry. Areas of asymmetry can indicate problems and are analyzed specifically for underlying pathology. Cancer cells divide very rapidly and demand increased blood flow and nutrient delivery. The metabolic processes in the body cannot differentiate between cancer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



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

Lower Back Pain

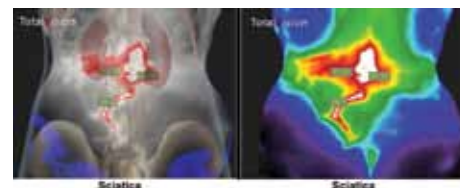
Lower back pain is one of the most troublesome back pain for patients and can often be very difficult to treat. The hottest white areas in these images



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

Sciatica

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

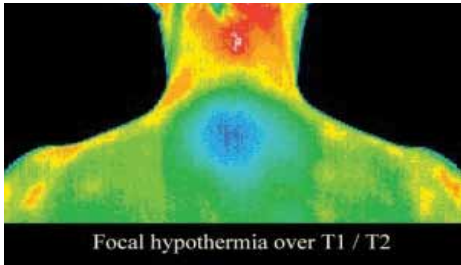


worse when you sit, sneeze, or cough. Sciatica can occur suddenly or it can develop gradually. You might also feel weakness, numbness, or a burning or

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

Autoimmune Dysfunction

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



Focal hypothermia over T1 / T2

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

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

Thyroid Dysfunction

Thermography can easily detect thyroid dysfunction even when all of the thyroid levels are within normal levels in the patient’s blood work.



Thermography can also validate the appropriate levels of thyroid supplementation. For example if a patient is on thyroid medication and no patterns appear on the thermogram related to thyroid, it can then be assumed that he or she is receiving the adequate amount of medication or supplementation.

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

Call 896-4141 for more information.

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

Be a Protein Pro

Proteins are essential building blocks for the brain to make neurotransmitters, which are crucial for all thought processes. Optimize feelings of alertness by eating meat, fish, peas, beans, lentils, soy beans and soy bean products, eggs or a range of dairy products.

Inflammation is the Spark that ignites most disease Pain and Inflammation Enzyme



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

I did this.
in one word



\$675

6 Treatments

\$850

12 Treatments

Zerona

3 inches in 2 weeks

896-4141

Carencro Office

healingways



Make Time for Downtime

Chilling Out Revives Body and Soul

by April Thompson

Here's something to add to our to-do list: nothing. Americans today work more hours than ever before, foregoing hard-earned vacation days and spending more time with electronic devices than with friends and family. The temptation and pressure to do more at the expense of needed rest are great, but failing to take time out to recharge our minds and bodies can have serious consequences, according to experts.

Downtime is most acutely needed in the workplace. In a survey of nearly 20,000 workers, The Energy Project and *Harvard Business Review* found that 59 percent of them were physically exhausted, emotionally drained, distracted and lacking purpose.

Headquartered in Yonkers, New York, with offices in Europe and Australia, The Energy Project has helped hundreds of businesses, including Fortune 500 companies, create healthier, happier and higher-performing workplaces. The company takes its cues from elite athletes that carefully build rest and recovery periods into their training schedules. "Just as your body needs

sleep and food to function optimally, so does your mind and spirit," says Annie Perrin, an executive vice president with the project.

There's a mounting body of neurological research to buttress the analogy. Important assimilation of learning and "meaning making" occurs in the resting brain, according to Mary Helen Immordino-Yang, Ed.D., associate professor of education, psychology and neuroscience at the University of Southern California, Los Angeles, and author of *Emotions, Learning, and the Brain*. When our minds are allowed to wander, they engage a network of interacting brain regions that together are thought to play a key role in building our ability for inward reflection and recollection, known as the default mode network. Immordino-Yang's research suggests that such activation during restful moments is positively associated with the recalling of memories, envisioning the future and even developing a moral foundation.

"This network seems to be more engaged when we aren't actively gathering information or working on

an external goal," remarks Immordino-Yang. Zoning out on TV or video games doesn't produce the same brain benefit because, "It's about looking inward rather than outward," she says. The default network does engage when introspection occurs during nurturing social interaction, such as while enjoying a reflective conversation with friends or family. She recommends banning technology and other distractions during periods spent in activities that bring joy and meaning so that we are present in a mindful way.

The Energy Project ushers clients through a comprehensive energy audit, using exercises to expose specific personal habits that lead to diminishing returns in both work and play time. In one exercise, workers are asked to rank current incoming emails from one to five, with the highest number equating to, "I need to respond immediately." Most rate nearly no fives, says Perrin, a realization that has helped many people change their email habits.

While change can be hard, Perrin suggests creating new, healthy rituals through repetition, which taps into the brain's desire for automaticity. For example, she advises workers to schedule "renewal breaks" every 90 minutes after completing a block of high-priority tasks. "If you've been sitting, move; if the mind has been active, do something to quiet it, like meditating or simply closing your eyes." She also suggests

finding workers to buddy up with and schedule mutual breaks to help support and hold each other accountable.

Immordino-Yang suggests that another practice to maximize the value of downtime is to combine it with exercise. "A walk can be rejuvenating," she says. "While the body is engaged, the mind is free to wander."

The Energy Project calls on managers to model these downtime activities for their employees. Some companies have instituted policies that limit sending email from 8 p.m. to 8 a.m., as well as during weekends and vacations, so staffers don't feel compelled to read and respond to keep up with work.

Setting limits is even more crucial for young people with minds and habits that are especially malleable. "I see teenagers taking their phones into the bathroom or bed to text in the middle of the night. Parents need to put a stop to this," counsels Immordino-Yang. "The brain needs uninterrupted rest to work at its best."

Learning that being a productive employee or an emotionally available parent requires giving ourselves a break and gives us permission to rest. We find that downtime is not just good for ourselves, but also for our families and workplaces.

Connect with freelance writer April Thompson, of Washington, D.C., at AprilWrites.com.

More Americans are looking beyond Western medicine to help relieve their back, neck, and spinal joint pain, including osteoarthritis of the spine. They are seeking fewer traditional ways to ease pain rather than typical nonoperative treatments like medication or physical therapy. Complementary and Alternative Medicine (CAM), which is also called Complementary and Integrative Medicine offer the best options.

CAM Therapies

There are five general categories of CAM therapies, although therapies may be combined.

1. Alternative Medical Systems

Medical systems include ancient healing practices, which include Ayurveda, a whole-body approach of therapy from India and traditional Chinese medicine (eg, acupuncture, moxibustion). Alternative medical systems also include homeopathic medicine, which involves tiny doses of an appropriate substance to stimulate the body's ability to heal. Naturopathy or naturopathic medical care may include massage, water therapy, and herbal medications.

2. Mind-Body Techniques

Mind-body techniques may help a patient with neck or back pain to use their mind to affect or control their symptoms in a positive way, thereby reducing pain. Common mind-body techniques include: biofeedback, meditation (eg, yoga), prayer, relaxation, and art therapy.

3. Biologically-Based Therapies

Biologically-based therapies incorporate nature-based substances such as botanicals and dietary supplements to ease pain. Natural substances include ginseng, ginkgo, fish oil, or Echinacea and may be available in different forms, such as a tea, aromatherapy oils, syrup, powder, tablet, or capsule.

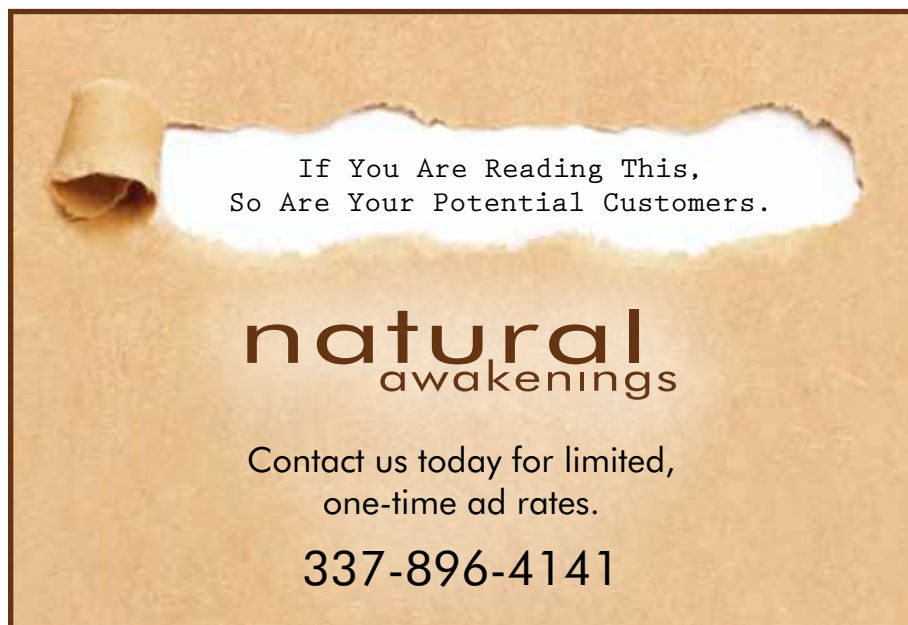
4. Body-Based Practices

Body-based practices include chiropractic, body alignment techniques, osteopathic manipulation and different types of massage.

5. Energy Therapies

Energy therapies may help shift or unblock energy fields in the body. Qi gong (eg, breathing techniques), Reiki (eg, stress reduction/relaxation), and magnets are therapies based on moving energy.

Call one of our wellness centers to enroll in a pain management program today.



If You Are Reading This,
So Are Your Potential Customers.

natural
awakenings

Contact us today for limited,
one-time ad rates.

337-896-4141

GREEN WATERS

pH 5.5

Acidic Body and OBESITY



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

Alkalize your body with GREEN WATERS



conscious eating



Locavore Lingo

What All the Food Labels Really Mean

by Judith Fertig

Locally grown foods are more likely to have been bred for flavor and nutrition than durability and a long shelf life, says Emily Akins, outreach director for the Kansas City Food Circle, a cooperative that links residents with farmers that grow and raise organic and free-range food. An added benefit is getting to know the farmer and being able to ask the questions—and receive the answers—that are important to us.

The U.S. Department of Agriculture (USDA) reports that local food sales totaled \$12 billion in 2014, up from \$5 billion in 2008. They continue to grow.

Organic or Certified Organic

Consumers want to know the difference between organics and certified organics. Today's number of U.S. certified organic operations has jumped nearly 300 percent since 2002 to more than 21,700.

Although a certified organic designation might be the preferred index of

how foods are grown and raised, it is not always possible for certain foods in some climates. Sometimes there's a tradeoff in buying organic foods in the carbon footprint of its transport to market.

According to the Sweetwater Organic Community Farm, in Tampa, Florida, "Organic refers to a specific method of growing and processing foods, and is defined as produce grown, packaged and stored without synthetic fertilizers, pesticides, herbicides or irradiation."

To be considered certified organic under the Code of Federal Regulations 7 CFR Part 205, products must meet these standards:

- No harmful chemicals have been applied to the land for at least three years.
- Farmers and processors are inspected annually by a certifying agency.
- Farmers and processors must keep detailed records of practices.
- Farmers are required to maintain a written organic management plan.

Certified Humane

When we buy local cheese, poultry or meat at the farmers' market, we sometimes see a certified humane notice. One such producer is Baetje Farms, outside St. Louis, Missouri. Their highly regarded goat cheeses offer traceability via a lot number, so buyers can know exactly which milking the cheese came from.

In factory farming, which often involves penning or caging animals that never go outdoors, "certified humane" means that this producer meets Humane Farm Animal Care standards:

- Fed a nutritious diet without antibiotics or hormones.
- Provided proper shelter with resting areas and sufficient space.
- Animals have to ability to behave naturally.

Veronica Baetje says her farm's goats receive organic mineral supplements and locally grown alfalfa hay in addition to pasture grass every day. She adds, "They are free to choose what they prefer to do, whether skip and run up a hill, lie under the shade of a tree, soak up some sunshine or play with their herd mates."

Wild Food

At times, farmers' markets will offer foraged foods from the wild or wild game.

Sources are listed online at *EatWild.com*. "Few of us will go back to foraging in the wild, but we can learn to forage in our supermarkets, farmers' markets and from local farmers to select the most nutritious and delicious foods available," says founder Jo Robinson, in Vashon, Washington,

For example, Dave and Sue Whittlesey, at High Wire Ranch, in Hotchkiss, Colorado, raise bison (buffalo) and elk that they sell both through local stores and at the Aspen Saturday Market. The wild game is 100 percent pasture-fed, non-GMO (no genetically modified feed), gluten-free and not given hormones or any antibiotics unless the animal is sick.

Trusted Sources

The land, climate and growing season dictate the best natural farming practices for each area, often described along with their products on farm and farmers' market websites.

Wisconsin's Dane County Farmers' Market, in Madison, provides detailed descriptions of farm products and agricultural practices so customers can make informed choices. Sometimes, the type of farm makes a difference. "We are intentionally human scale," says Virginia Goeke, of Sylvan Meadows Farm, in Viroqua, Wisconsin.

"We choose to husband our land to promote harmony and synergy. We are creating a sustainable farm ecosystem where herbal meadows, prairies, heirloom gardens, orchards, woodlands, and rare breeds of livestock and wild-life flourish."

Sometimes, we'd just like someone else to do the food curating for us. The Kansas City Food Circle requires member farmers to take a pledge to follow certain agricultural practices. "When you buy food from our members, you can rely on the co-op's pledge that it's been certified naturally grown or that the farmer has USDA Organic certification," says Akins.

Lancaster Farm Fresh Cooperative, the joint effort of 100 small-scale family farms providing fresh, organic, seasonal produce, in Leola, Pennsylvania, gives similar assurances.

The USDA reports that 160,000 farmers nationwide are currently selling to their local markets via farmers' markets, community supported agriculture organizations, restaurants, groceries and institutions, generating health, social, economic and environmental benefits for local communities. It keeps growing because we keep asking questions.

Judith Fertig blogs at AlfrescoFoodAndLifestyle.blogspot.com.

Healthy Foods Lexicon



Foraged—Native foods gathered from the wild, rather than cultivated. Examples: wild mushrooms, fiddlehead ferns, mulberries, native pecans, black walnuts and native persimmons.

Free range—Poultry raised outdoors where they are free to range over natural vegetation.

Grass-fed—Beef or milk cows fed on grass. The benefit is leaner, better-flavored meat and more omega-3s, plus fuller flavors in milk, butter and other dairy products.

Heirloom—Older, non-hybrid varieties of produce, including fruit trees, herbs and vegetables.

Heritage breeds—Ancestral breeds of poultry and livestock that often take longer to reach market weight, but have more flavor.

Local—Grown or raised within a three-hour driving radius of the consumer's purchase site.

Pastured—Livestock raised on pastures instead of factory farms.

Traceability—Precise tracking by a farmer that informs the consumer of which chicken hatched a specific clutch of eggs, which farm grew a cantaloupe and which mill boiled down and bottled the sorghum syrup.

Wild-caught—Fish that live and are caught in open lakes, streams or oceans.

For more current agricultural, market and trade terms, visit LexiconOfSustainability.com.

BODY REBOUND

The Best Way to Lose Weight
Get Your Body Back in Great Shape

Our Weight Loss Is Guaranteed To Work

- Meal Replacement Shakes
- Burn calories in the sauna
- Tone with whole body vibration
- Use body wraps to lose inches

**Lose up to 6 lbs in 7 days
with the body rebound
program. Only 3 days a
week medical-spa workout,
protein drinks twice a day,
fat burner supplements,
and a health coach.**

**6-Week Program Only
\$340**



The BODY REBOUND PROGRAM works to help you lose unwanted pounds using fat burners, changing your eating habits, and using medical spa treatments to burn calories to burn off the fat. Lose the weight and look good - feel great!

** Guarantee will be honored if patient follows documented weight loss program requirements.

896-4141

Carencro Office

356-1251

Lafayette Office

662-3120

Sunset Office

(337) 424-5066

Text **BODY REBOUND** for more information



Ionic Foot Detoxing

The color of the water changes because of the ionization of minerals in the water. Don't focus on water color changes. Look for floating particulates and foaming. This is the detox waste.

MINDFULNESS: Spend 30 mins focusing on your breathing.

Small electrical currents circulate from the feet, through the body. As the current moves through the body it forces the internal organs to excrete a small amount more of waste than normal. The waste follows the polarity of the electrical current back to ground through the feet.

St. Ignatius School

Educating the Whole Child
Spiritually, Intellectually, Morally, & Physically



337-662-3325 / www.stignatiuschool.us

St. Ignatius School does not discriminate on the basis of race, color, national or ethnic origin in accepting applications for students, admissions, as well as in the administration of educational policies, of scholarship, and of athletic and extracurricular programs.

WheTea

Weight Loss Formula
BURNS STOMACH FAT

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



20 Best Foods for **FIBER**



Corn



White Beans



Black Beans



Kidney Beans



Garbanzo Beans



Avocado



Whole-wheat pasta



Brown Rice



Edamame



Whole-wheat bread



Lentils



Pear



Artichoke



Oatmeal



Raspberries



Peas



Broccoli



Apples



Almonds



Barley

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

But few people are getting enough.

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

- Dr. Steven T. Castille

healthykids



Mom's Kitchen Counter Cooking School

Kids That Learn to Cook Grow Up Eating Healthier

by Jen Haugen

Envision walking the supermarket aisles and picking up a favorite pasta sauce and breakfast cereal, then adding favorite fruits and vegetables to the cart. When we think about the grocery brands we buy or our go-to recipes, they tend to begin with one common thread—the influence of our mothers—our first teachers about food and cooking.

In their Project EAT study, University of Minnesota researchers found that Mom has the biggest impact on the family's eating habits and continues to play a significant role in our food choices, brands and how we cook, even influencing our ideas about health itself by their example.

Cooking Together

Most of us learn about cooking from our mothers, and one way moms have a tremendous impact on their children is by collaborating on recipes and cooking meals together. The idea of an at-home "kitchen counter cooking school" doesn't focus on a hard and

fast course on cooking; instead, it's a place where family members gather around the counter and cook together. This almost guarantees that meals will be healthier and more fun, affording a sense of ongoing adventure where kids can explore ingredients from around the U.S. and even the world. Consider creating a "United States of My Plate" project by preparing a recipe from each state during the summer, and then rating the recipes based on taste and flavor (startup tools are at ChooseMyPlate.gov).

Our senses are engaged during food preparation activities. While chopping red peppers for a recipe, we are noting their appearance, feeling their texture, smelling their fragrance, hearing the sounds of preparation and likely tasting some on the spot. Involving more of our senses as we explore our food makes the whole activity more enticing. It helps to adopt Julia Child's motto: "Learn how to cook, try new recipes, learn from your mistakes, be fearless and above all, have fun."

Moms can change the world by teaching their kids healthy cooking lessons at home and planting an organic garden together.

Gardening Together

The freshest ingredients come from our own gardens and produce the most delicious meals. Gardening as a family can change the way everyone looks at food through the simple act of planting, growing and harvesting. Knowing where everything on the plate comes from makes us more mindful of the energy it takes to grow food, and kids will naturally eat what they help grow.

Moms can change the world—right in their own yard or patio—with the power of a traditional or urban garden. Just one square foot of organic gardening space can yield half a pound of fresh fruits and vegetables. A 300-square-foot garden can produce 150 pounds each summer; plus it provides a good workout.

In 2011, I started a teaching garden at our local supermarket as a means of showing kids how to grow their own food, with the hope that it would also inspire their families. The goal was to plant the seeds for healthier habits that would last a lifetime. During its first four years, 52 percent of the students' parents noted a more positive attitude about fruits and vegetables exhibited by their own children. After participating in the program, one mother shared her young daughter's noteworthy query, "Mom, could you go to the store and get me some Swiss chard?"

By planting gardens and creating kitchen counter cooking schools at home throughout America, our country could become victorious in ensuring that families are healthier. They will be eating healthier foods, working out in the garden and learning about food in a whole new way, all while connecting in a family activity.

Jen Haugen, a registered and licensed dietitian and certified master gardener, is the author of The Mom's Guide to a Nourishing Garden. She blogs at JenHaugen.com.

Voices of Experience Tips from Registered Dietitian Moms

"It's not going to be a Norman Rockwell-like experience. It's going to be messy, and everything associated with it might take 10 times longer than anticipated. It's not about the outcome, it's about the journey.

"Allow your children to participate in the cooking process by **giving them age-appropriate duties in the kitchen.** We're talking about rinsing produce in the colander, 'looking' at cookbooks, stirring, scooping, squeezing and setting the table. As they grow older, give them more to do."
~Robin Plotkin, Dallas

"Every other Wednesday, each child had to cook dinner. I gave them a piece of paper with fill-in-the-blanks. **Every Sunday, they had to turn in their menu** so I could go grocery shopping. Now, both my kids cook really healthy meals."
~Chere Bork, near Minneapolis-St. Paul

"Have kids **look through kid-friendly cookbooks and scroll through their favorite recipe app.** My girls regularly pick out recipes they would like to try for our next meal."
~Suzanne Farrell, Denver

"Giving them choices makes them feel like they're contributing, and **lets them put their own twist on a recipe.**"
~Naomi May, Charleston, South Carolina



"**Teaching someone else solidifies your own knowledge;** I knew if her brothers taught my 8-year-old daughter, it would boost their own confidence, too. I always start by teaching about some food they are excited to make on their own. Then I start asking them to help with meal prep. Pretty soon, they have an arsenal of skills and can prepare a meal by themselves."
~Niki Strealy, Portland, Oregon

"Let your kids experiment in the kitchen. My first couple dozen creations didn't taste good, but I eventually developed a sense of what did and didn't work. Giving this freedom nurtures a sense of creativity in the kitchen. It's much easier when **spatulas and rolling pins are child-size**, like those at *CuriousChef.com*."
~Amy Gorin, near New York City

"We **watch videos together** that demonstrate proper techniques. Everyone is designated an 'official taste tester'."
~Jillian O'Neil, New York City

Primary Source: Adapted from JenHaugen.com.

ADVERTISE HERE



natural
awakenings

and
watch
your
business
grow



publisher@naacadiana.com | 337.896.4141

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



Opelousas

BENNY'S Grocery, Tel: 948-6533

Caribbean

Wellness Center & Campground
678-1844 or 678-1500

Sunset

DHARMA Center, Tel: 662-3120

Carencro

Natural Health Center, Tel: 896-4141

Lafayette

Drug Emporium, Tel: 261-0051

Road Less Traveled, Tel: 988-9889

greenliving



SOIL SISTERS

Female Farmers Come of Age

by Lisa Kivirist

More women are becoming farmers, bringing with them a passion for producing organic and sustainably raised fare and transforming America's food system. The U.S. Census of Agriculture reports that their numbers rose by more than 20 percent between 2002 and 2012, to 288,264.

Historic Roots

"Women have played an integral role in farming for centuries, but in the last 100 years they've started to self-organize and be recognized for their important work," says University of California garden historian Rose Hayden-Smith, Ph.D., author of *Sowing the Seeds of Victory: American Gardening Programs of World War I* and editor of the *UC Food Observer*. "During that war, the Women's Land Army of America, a female-led initiative, recruited nearly 20,000 mostly middle-class urban and suburban women to enter the agricultural sector as wage laborers at farms, dairies and canneries, often in rural areas, where farmers urgently needed help while the male labor force was off fighting."

Women also helped feed Americans during the Victory Garden era of

World War II. "It's also estimated that more than 40 percent of fruits and vegetables consumed on the American home front then were grown in school, home, community and workplace gardens," says Hayden-Smith, possibly resulting in America's highest period of produce consumption ever.

When the commercial organic industry launched in the 1990s, women organized to provide overlooked and undervalued perspectives. The wake-up call for Denise O'Brien, an organic vegetable farmer and owner of Rolling Hills Acres, near Atlantic, Iowa, came during the farm economic crisis of the preceding decade. Although still considered "just" farm wives, "It was the women on the farms that had foreseen where things were heading, because they often kept the accounting books, though nobody took their voices seriously," O'Brien recalls.

This launched O'Brien's agriculture activism: balancing farming, raising children and serving as a national advocate and spokeswoman for women in agriculture in an ecological and just food system. In 1997, she launched the Women, Food and

Ag Network to collectively advocate for a stronger voice.

"Throughout history, women in agriculture have been relegated to providing assistance, rather than making decisions," O'Brien explains. "It's up to us as women to collaboratively support each other while challenging the system."

Cultivating Change

For her 50th birthday, Paula Foreman gave her life a new chapter. She launched her midlife "second act" in 2007 with Encore Farm, a name that serves as a rallying mantra for her peers. "The name is a tribute declaring that fresh starts and new beginnings can happen at any age," explains Foreman, now an urban farmer in St. Paul, Minnesota. Embodying this business moxie, she chose to specialize, producing one thing very well: organic dried beans.

Relinda Walker, of Walker Organic Farms, outside Savannah, Georgia, represents a cadre of "boomerang" farmers; women that return to the land to continue a family farm with a commitment to organics. Like many farm kids, after college, Walker left to pursue a corporate career in the city. Then the

9/11 terror attack shifted her priorities. "All roads led me to coming back home and growing food," she says. Launched in 2005, Walker's farm was one of southern Georgia's first organic operations, yielding specialty varieties like rainbow carrots in vivid shades of purple, orange and red.

Future Femme Power

Young women in their 20s and 30s are adding energy, diversity, vibrancy and fresh outlooks to the female farming movement. Lindsey Morris Carpenter runs Grassroots Farm, in Monroe, Wisconsin, a diversified operation of certified organic vegetables and pastured livestock, in partnership with her mother, Gail Carpenter.

"A crucial key to farming happiness is being a good neighbor," she shares. "I call around when I see livestock and pets outside of fences; maintain my fences; share my garlic and potato seed; and always invite neighbors to parties and events, even though they may not attend. Even if others' personal lifestyle and farming philosophies are radical opposites, we still have our physical location and appreciation of

nature in common, and that's big."

"The women farmer movement is just a toddler," sums up O'Brien. "We've come a long way, but we're not there yet, especially with representation on the national leadership platform." It's easy to support female growers at local farmers' markets. Cultivating change can be rewarding—and tasty.

Lisa Kivirist is the author of the new book Soil Sisters: A Toolkit for Women Farmers and a senior fellow at the University of Minnesota Institute for Sustainable Agriculture. Her family runs the energy-independent Inn Serendipity Farm and B&B, in southwestern Wisconsin.



1-Call Storage Centers

www.onecallselfstorage.com

Gloria Switch Road, Carencro
Hwy 190 W, Opelousas

(337) 896-0085

- Video Security
- Climate control (Carencro)
- Non-climate control (Opelousas)
- 24 hr access

CARENCR0
climate controlled

5 x 10 = \$65
10 x 10 = \$95
10 x 20 = \$165

OPELOUSAS
non-climate controlled

10 x 10 = \$65
10 x 20 = \$110





ZEN GOLF

Master the Mind to Master the Game

by Aimee Hughes

“I remember the moment I had what I call my ‘golf game epiphany,’” recalls Steve Hughes, a passionate golfer from Richmond, Missouri. “I realized that my main obstacles were in my head, and from that day on, my golf game changed.”

In any athletic or fitness endeavor, the pursuit of excellence unfolds an array of challenges. While golf presents some of the toughest hurdles to improvement, any links enthusiast can better their game by acquiring a champion’s mindset. Applying a few Zen techniques and disciplines adapted from the Buddhist tradition of mindful awareness—which teaches that the mind is everything—can work wonders.

Zen Golf master and performance psychologist Joe Parent, Ph.D., of Ojai, California, advises: “The key is finding a way to let the ‘thinking’ mind do all the preliminaries to physical performance—selecting a target, judging the lie, gauging weather influences, etc.—and then letting our ‘intuitive’ mind take over, enabling our body to make a swing that’s free from second-guessing ourselves.” He calls the optimal playing mentality, “Not too tight, not too loose.” It’s the sweet spot that allows us to perform via our best self. Some key techniques

prepare us to find and reside in this just-right Goldilocks place of being not too hot and not too cold.

Developing mental fortitude takes us even further than we can imagine. Mastery is born from discipline, focused attention and a deep core desire to adopt habits and behaviors that will upgrade our mindset.

Author of *Zen Golf: Mastering the Mental Game*, Parent teaches his students to enter a state that he calls “trusting versus trying.” He teaches a “one stroke at a time” approach, which emphasizes awareness of being in the present moment, as many contemplative spiritual traditions do. When the golfer is deeply engaged in the present moment with just the right level of emotional intensity, free of distractions and worries about future swings, they become integrated with what’s taking place on the course in the here and now to the point of total absorption.

In yoga, *pranayama*, or breathing techniques, are employed to promote relaxation in the mind and body. The Zen approach to golf uses breath work to allow body and mind to make the most fluid and powerful golf swing possible for the player. “The single factor that sets apart the top performers

in any athletic discipline from the rest of us is their state of mind,” says Craig Perkins, a yoga master and founder of the Yandara Yoga Institute, in Baja California, Mexico. “From all my years of yogic study, there’s one teaching that always sticks with me: If we want to master our game, whether it’s golf, yoga or chess, we must first and foremost master our mind.” Practitioners maintain that, meditation can take our mental game to its optimal level and Perkins believes, “Meditation is the number one practice for cultivating self-trust.”

Positive visualization, which can be supported by meditation, is another method champion golfers leverage to improve their performance levels. Parent teaches his students, “Establish a clear image in your mind’s eye, and the body will follow.” Repeating this technique with every shot helps the golfer cultivate the habit of positive visualization by seeing the results.

Physical prowess is of little consequence if our mental game is off. Under the intense pressure of a golf match, execution suffers when performance anxiety isn’t kept under control. While many golfers have what it takes to succeed—the requisite native ability, experience, technique and talent—mental hang-ups can cause them to call it a day. Detrimental habits can undermine our self-confidence, as well as our score. The solution lies in pinpointing what’s behind them and applying pertinent Zen techniques to either gradually alleviate or winningly work with them.

Hughes, who makes his home overlooking the greens of Shirkey Golf Course, says, “It’s about getting out of your own way. When you’re at one with the game as it presents itself, you know your game will be much better than when your mind is racing off to work issues, family dramas and all the other usual life stuff. When I learned how to establish myself in this present moment awareness, not only did my golf game change for the better, so did the rest of my life.”

Aimee Hughes, a freelance writer in Kansas City, MO, is a doctor of naturopathy on the faculty of the Yandara Yoga Institute. Connect at ChezAimee@gmail.com.

Both women are 60 years old

What is the difference between the two?



Betty lives in a nursing home, is confined to a wheelchair, has heart failure and diabetes, and requires assistance eating her meals and going to the restroom.



Vivian travels four times a year, enjoys her weekends with grandkids, plays tennis, drives to and from Dallas to Louisiana twice a month to visit family, and is enjoying retirement.

Nutrition, vitamin therapy and holistic therapies are powerful paths to healing and maintaining a strong body.

Visit one of our centers today.

Learn how you can reduce inflammation, reduce your chances of developing cancer or heart disease, control diabetes, reduce your cholesterol, or simply maintain your current good health.



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



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



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



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

COOL CHOW

Icy Treats for Hot Summer Days

by Sandra Murphy



In 2015, manufacturers of commercial dog and cat foods and treats issued 28 recalls, some for multiple products, due to the potential presence of listeria or salmonella bacteria, mold, dangerous levels of cumulatively harmful propylene glycol, inadequate thiamine, elevated levels of vitamin D, off odors or labeling problems (Tinyurl.com/PetFoodManufacturerRecalls). In response, homemade treats have grown in popularity to ensure that pets enjoy safe and healthy snacks.

"Most summer fruits work naturally to cool the body," advises Cathy Alinovi, co-author of *Dinner PAWsible: A Cookbook of Nutritious Homemade Meals for Cats and Dogs*, in Pine Village, Indiana. "Healthful treats, made from the best ingredients, are a good way to take a break from summer heat."

She suggests taking a refreshing look at low-calorie fruits and veggies such as stuffed celery used in creative,

tasty ways. After removing strings, fill celery logs with plain yogurt and freeze. To serve, cut into one-bite pieces appropriate for a dog's size.

Another easy favorite is filling an ice cube tray two-thirds full with Greek-style or traditional plain yogurt mixed with diced strawberries

or whole blueberries and freeze overnight. For cats, omit the fruit and instead add bits of mercury-free water-packed tuna or salmon as a special treat. Add fresh or dried catnip to catch Kitty's attention.

"Once when fixing dinner, I dropped a piece of frozen yel-

low squash and the dogs dove for it," says writer Livia J. Washburn, in Azle, Texas, of her Chihuahuas. "Nicki waits for things to hit the floor; Nora showed her game face and won the Squash War."

"Obesity is the number one nutritional disease affecting our pets, so summertime activities that avoid overheating are vital for overall health," says

Veterinarian Jeff Werber, a veterinary medical journalist with a Los Angeles practice. "Proper nutrition is critical—not only to the foods we feed, but to the treats we give."

Twelve years ago, Rick Woodford's Belgian Malinois/Labrador mix, Jackson, was diagnosed with lymphoma. In order to keep him eating, Woodford shared his own food. Jackson lived an additional four years, in part due to improved nutrition. "Portion control is important," he says. "What's right for an 80-pound dog is way too much for a 30-pounder." Woodford, the author of *Feed Your Best Friend Better* and *Chow*, lives near Portland, Oregon.

Frosty Paws is a lower lactose version of ice cream for dogs and discriminating cats. Recipes for homemade versions can be found online. The basics are one ripe, mashed banana, 32 ounces of plain or vanilla yogurt and two tablespoons of honey, all mixed in a blender and frozen in small ice cube trays. Variations may substitute goat's milk yogurt or add a quarter-cup of strawberries, cranberries or blueberries for antioxidants in lieu of the honey. Frozen vegetable broth, primed with added bits of cooked chopped spinach, broccoli, carrots or a small cheese cube, is a hit with dogs. Cats like theirs with tidbits of chicken, turkey or a few shreds of cheese.

Using a bone-shaped ice cube tray lets humans know it's the pet's treat. "When I was developing frozen treat recipes, my husband came in from the yard one hot afternoon and went straight to the freezer," says Paris Permenter about John Bigley, co-authors of *The Healthy Hound Cookbook*, in Cedar Park, Texas, who live with mixed breeds Irie and Tiki. "I watched him eat two helpings of the dog ice cream and then told him what it was. We often share our food with our dogs. It was nice for them to share their goodies with us!"

The bottom line for the best summertime treats is to go healthy, be creative, use fresh ingredients, don't overindulge and stay cool.

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

Use the freshest ingredients, organic and non-GMO (no genetic modification) where possible; tuna or salmon in a pouch is safer than BPA-canned fish.

WHERE TO SHOP

Opelousas, LA

Caribbean Vitamin Shop

1077 Wisdom Rd., Opelousas 337-678-1844

Next door to Lucky's Casino and Truckstop

GREEN WATERS



Alkaline Water

- Increases alkalinity
- Balances pH
- Better digestion
- Increase energy

WHEATGRASS



FROZEN

NEW



CAPSULES



BF-4 Plus

When you need to lose weight fast and permanently take BF-4. Take the new BF-4 PLUS formula for 90 days and watch the fat drop. BF-4 is effective and it curbs your appetite to prevent you from overeating.



Raspberry Ketones

- Helps prevent fat
- Boosts metabolism
- Burns FAT
- Stimulates fat release

GREEN WATERS

pH 5.5

Acidic Body and OBESITY



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

Alkalize your body with GREEN WATERS



Get Fast Relief From Difficult Skin Conditions

DermaClear Stops Itching Pain and Embarrassment

Harness the timeless healing power of calcium montmorillonite/calcium bentonite clay to relieve the discomfort of shingles, psoriasis, eczema, itchy allergic rash, poison ivy, jock itch, insect bites and stings, first-degree burns and scalds and more. All-natural *Natural Awakenings* DermaClear stops itching within seconds.

Shingles sufferers say they are able to sleep for the first time in days or weeks. DermaClear eliminates crusty, white psoriasis and starts restoring the skin within just a few days of daily use. DermaClear draws out and dries up discharges in rashes, soothes, cools, speeds healing, reduces scarring and helps prevent neuropathy (nerve pain).

{Terrific Product!}

This is the BEST product I've ever used for treating psoriasis with unbelievable results! After applying it on the affected areas on my skin for about a month, my condition is practically disappeared. Highly recommend it and well worth the price!

~ Judith

{Thumbs Up!}

I gave it to my daughter about two weeks ago. She had an outbreak on legs. Last weekend she showed me her legs, they were clear, and it helped stopped the itching. She gave me a thumbs up.

~ Linda

Have a Stubborn Skin Disorder and Tried Everything Else?

Finally, there's a natural, affordable solution



DermaClear brings comforting relief to sufferers of many skin irritations. The cooling and soothing calcium mortmorillonite/calcium bentonite clay has been proven to be effective against:

- SHINGLES ■ RASHES
- PSORIASIS ■ ECZEMA
- BURNS ■ JOCK ITCH
- STINGS & MORE

4-oz jar **\$29.99** plus \$5 shipping
FREE Shipping on orders \$75 & over

Order online today at
ShopNaturalAwakenings.com



or call: 888-822-0246
Like us on Facebook.com/NAWebstore

Secret Ingredient is How it Works

Natural Awakenings DermaClear contains a proprietary blend of homeopathic remedies to combat trauma, rash, pain, itching, scarring and nerve damage in a carrier base of calcium bentonite clay, used all over the world for centuries. Cooling and soothing, the clay penetrates pores and other open areas of the skin and pulls out toxins and inflammation. The homeopathic ingredients address the root causes, speed up the healing and help bring even deeper toxins to the surface for the clay to pull out.

For Best Results

Apply concentrated DermaClear to affected areas once a day or as needed. It can be thinned with water for a lighter, invisible consistency. Do not cover or bandage the area; clothing may be worn when dry. Conditions usually improve in just a few days and the soothing, cooling effect is felt immediately. There is no expiration date, just add water and stir to refresh.

Natural Awakenings DermaClear is the perfect resource to try after people have turned to conventional medical treatments that failed, - but because DermaClear is so inexpensive, free of side effects and drug interactions and easy to apply, why not try it first?



Alternative • Complementary • Holistic Services

www.DrSteveCastille.com

www.NaturalHealthCentersOnline.com

www.CaribbeanCampground.com

Liteon Natural Health Center, Carencro, LA
(337) 896-4141

DHARMA Wellness Center, Sunset, LA
(337) 662-3120

Caribbean Health and Wellness Center, Opelousas, LA
(337) 678-1500

Pricing and Rate Sheet

Infrared Sauna	30 mins: \$45	1 hour: \$70
Whole Body Vibration	10 mins: \$35	20 mins: \$65
Lymphatic / Water Massage	30 mins: \$45	1 hour: \$70
Body Wrap	30 mins: \$45	1 hour: \$90
Ion Foot Detox	30 mins: \$45	(2) 30 min sessions: \$80
Hydration Therapy	30 mins: \$45	1 hour: \$90
Massage Therapy	60 mins: \$69	90 mins: \$89
Slimpod Slimming/Detox	30 mins: \$45	1 hour: \$70
Dermosonic Cellulite	1 treatment: \$45	6 treatments: \$180
Zerona Fat Laser Treatment	6 treatments: \$675	12 treatments: \$850
Dr's Office Visit (consultation)	30 mins: \$60	1 hour: \$120
Blood work (lab services)	1 test: \$94	2 tests: \$150
Vitamin Test	1 test: \$39	2 tests: \$65
Biofeedback	1 session: \$65	4 sessions: \$210
Air Cupping	30 mins: \$45	1 hour: \$70
Personal Trainer (DHARMA Gym)	30 mins: \$35	1 hour: \$65
Thermography Imaging	Full Body: \$145	Breast Only: \$95
pH Acid Testing & Body Comp	1 test: \$5	4 tests: \$15

Wellness Programs	6-Week Program	10-Week Program	12-Week Program
RESTORE Health Program Detox, colon cleanse, increase circulation, reduce inflammation, clear lymphatic pathways, reduce stress – anxiety – depression, lower blood pressure, restore nutrition	\$340 (with program) 14 Infrared Sauna* 18 Whole Body Vibration* 12 Foot Detox* 12 Hydration Therapy* 9 Water/Lymphatic Massage* 2 Thermograms* 6 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$2,410	\$493 (with program) 20 Infrared Sauna* 24 Whole Body Vibration* 18 Foot Detox* 17 Hydration Therapy* 12 Water/Lymphatic Massage* 2 Thermograms* 9 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$4,190	\$562 (with program) 28 Infrared Sauna* 30 Whole Body Vibration* 21 Foot Detox* 19 Hydration Therapy* 15 Water/Lymphatic Massage* 2 Thermograms* 12 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$5,135
BODY REBOUND Weight Loss Program Lose weight, detox, build circulation, eat healthier	\$340 (with program) 14 Infrared Sauna* 18 Whole Body Vibration* 6 Foot Detox* 9 Body Wraps* 9 SlimPOD Slimming* 1 Thermogram* 9 pH Acid Testing & Body Comp* Nutritional Supplements* ----- INDIVIDUAL FULL PRICE: \$3,185	\$420 (with program) 20 Infrared Sauna* 22 Whole Body Vibration* 9 Foot Detox* 14 Body Wraps* 12 SlimPOD Slimming* 1 Thermogram* 10 pH Acid Testing & Body Comp* Nutritional Supplements* ----- INDIVIDUAL FULL PRICE: \$4,615	\$580 (with program) 24 Infrared Sauna* 25 Whole Body Vibration* 12 Foot Detox* 20 Body Wraps* 18 SlimPOD Slimming* 1 Thermogram* 12 pH Acid Testing & Body Comp* 14 Dermosonic Cellulite Treatments* 3 ZERONA Cold Laser Lipo* Nutritional Supplements* ----- INDIVIDUAL FULL PRICE: \$6,445
CANCER WELLNESS Program Balance nutrition, reduce acid, detox, open lymphatic pathways, reduce stress and anxiety, restore body chemistry, increase oxygen levels, reduce inflammation	\$440 (with program) 18 Infrared Sauna* 18 Whole Body Vibration* 9 Zerona* 12 Foot Detox* 12 Hydration Therapy* 15 Water/Lymphatic Massage* 2 Thermograms* 9 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$5,410	\$612 (with program) 27 Infrared Sauna* 24 Whole Body Vibration* 9 Zerona* 21 Foot Detox* 20 Hydration Therapy* 20 Water/Lymphatic Massage* 2 Thermograms* 12 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$6,850	\$740 (with program) 34 Infrared Sauna* 32 Whole Body Vibration* 9 Zerona* 32 Foot Detox* 24 Hydration Therapy* 31 Water/Lymphatic Massage* 2 Thermograms* 16 pH Acid Testing & Body Comp* ----- INDIVIDUAL FULL PRICE: \$7,221

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

Last Updated: 11/30/14

3 Days a Week - Up to 9 Treatments each Week

Restore Your Health

RESTORE Health Program

Carencro Office: 896-4141

Sunset Office: 662-3120

Whole Body Vibration Therapy

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

Aqua - Hydro Massage Therapy

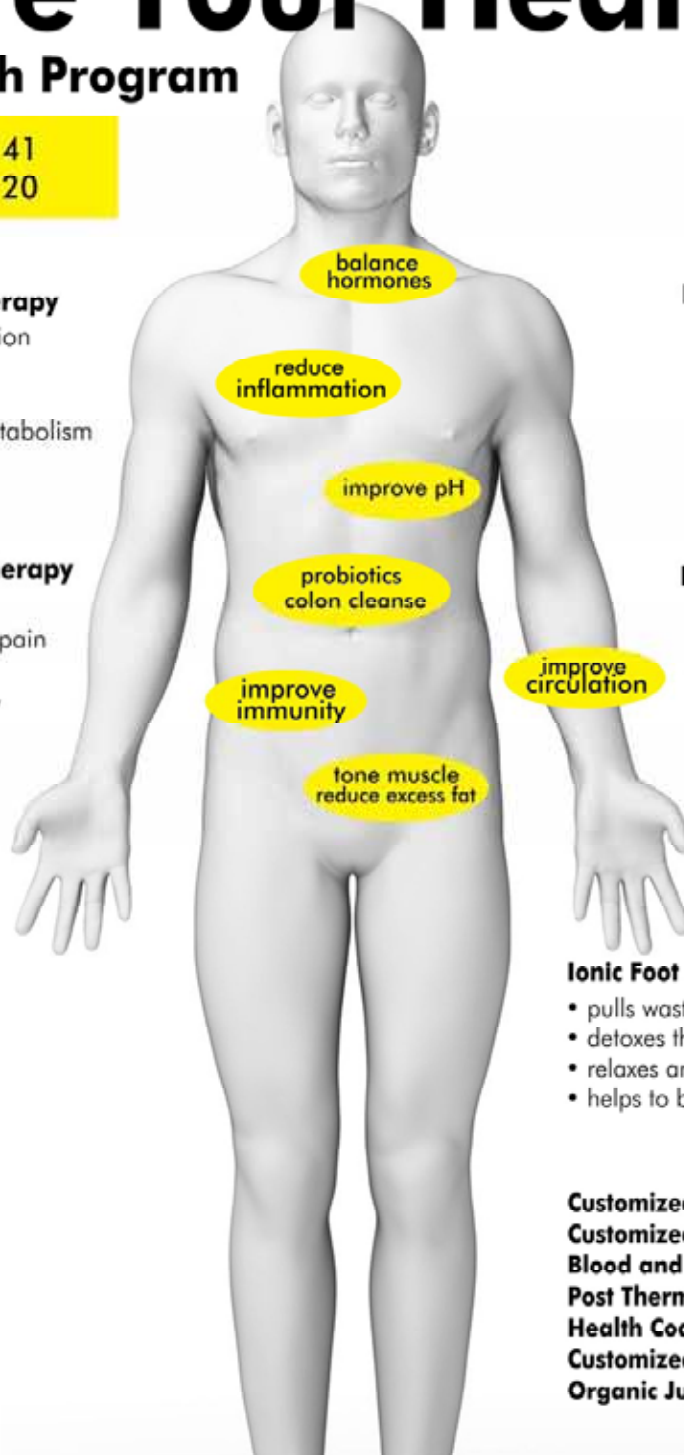
- lymphatic massage
- reduces inflammation and pain
- encourages blood flow
- relaxes and resets the body

Zerona Cold Laser Therapy

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

Biofeedback Therapy

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



Infrared Sauna Therapy

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

Liquid Vitamin Hydro-Therapy

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

Ionic Foot Detox Therapy

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

Customized Vitamin Therapy Program

Customized Diet and Eating Plan

Blood and Labwork

Post Thermography Imaging Exam

Health Coaching

Customized Wellness Plan and Instruction

Organic Juicing

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

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

INFRARED SAUNA THERAPY

INCREASED METABOLISM AND WEIGHT LOSS

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



A BOOSTED IMMUNE SYSTEM

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

DETOXIFICATION OF THE BODY

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

RELIEF FROM PAIN

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

RELIEF FROM STRESS

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



AQUA MASSAGE THERAPY



COMBINATION OF HEAT AND MASSAGE

Another benefit of water massage is the use of heat as a modality of treatment. The water is warmed to a temperature suitable to the patient's sensitivity level. Heat has long been a therapeutic treatment choice of chiropractors and physical therapists in treating soft-tissue injuries and sports-related muscle strains. Heat and massage

together may help reduce muscle tension and pain, increase joint range of motion and encourage blood flow.

MUSCLE BENEFITS

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

HEALTH BENEFITS

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

WHOLE-BODY VIBRATION



LOW IMPACT EXERCISE

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

ION FOOT DETOX THERAPY



Ion Detoxification Therapy

Avoiding disease and maintaining vitality as we age requires the maintenance of an alkaline environment throughout the body – which is virtually impossible to accomplish in our

high-tech, high-stress, toxic society, unless we follow a detoxification program. Ionic Detoxification Therapy is a simple, relaxing treatment.

How will it make you feel?

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

How does it work?

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

LIQUID VITAMIN THERAPY



INFRARED EFFECTS

- Reduces and balances the acid level
- Improves the nervous system
- Prevention of bacteria growth
- Normalization of blood cholesterol
- Speeds up repair of body cells
- Maintains warmth and promotes better sleep
- Promotes elimination of waste and harmful heavy metals out of human body

HYDROFUSION™

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

CHROMOTHERAPY

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

VIBRATORY MASSAGE

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

RESTORE Your Health

Natural Awakenings Wellness Memberships

PICK 12 **Weightloss** MEMBERSHIP for \$450

- ___ Zerona Laser Treatment...counts for 2 (Retail \$94)
- ___ Infrared Sauna (Retail \$45)
- ___ Whole Body Vibration (Retail \$35)
- ___ Personal Trainer... counts for 6 DHARMA Gym (Retail \$65)
- ___ pH Acid Testing & Body Comp (Retail \$10)
- ___ Dr's Office Visit & Consultation...counts for 2 (Retail \$75)

Retail Value: \$940 - \$1,400

PICK 18 **Weightloss** MEMBERSHIP for \$675

- ___ Zerona Laser Treatment...counts for 2 (Retail \$94)
- ___ Infrared Sauna (Retail \$45)
- ___ Whole Body Vibration (Retail \$35)
- ___ Ionic Foot Detox (Retail \$45)
- ___ Dermal Sonic Cellulite...counts for 2 (Retail \$45)
- ___ Personal Trainer... counts for 6 DHARMA Gym (Retail \$65)
- ___ pH Acid Testing & Body Comp (Retail \$10)
- ___ Dr's Office Visit & Consultation...counts for 2 (Retail \$75)

Retail Value: \$1,400 - \$2,800

PICK 24 **Weightloss** MEMBERSHIP for \$850

- ___ Zerona Laser Treatment...counts for 2 (Retail \$94)
- ___ Infrared Sauna (Retail \$45)
- ___ Whole Body Vibration (Retail \$35)
- ___ Ionic Foot Detox (Retail \$45)
- ___ Slimpod Slimming/Detox (Retail \$45)
- ___ Dermal Sonic Cellulite...counts for 2 (Retail \$45)
- ___ Personal Trainer... counts for 6 DHARMA Gym (Retail \$65)
- ___ pH Acid Testing & Body Comp (Retail \$10)
- ___ Dr's Office Visit & Consultation...counts for 2 (Retail \$75)

Retail Value: \$2,800- \$4,050

PICK 24 MEMBERSHIP for \$240

- ___ Ionic Foot Detox (Retail \$45)
- ___ Whole Body Vibration (Retail \$35)
- ___ Lymphatic/Water Massage (Retail \$45)
- ___ Infrared Sauna (Retail \$45)
- ___ Hydration Therapy (Retail \$45)
- ___ Hair Analysis...max 2 (Retail \$45)
- ___ Vitamin Test...max 2 (Retail \$39)
- ___ Massage Therapy at DHARMA...counts for 10((Retail \$69)
- ___ pH Acid Testing & Body Comp (Retail \$10)
- ___ Zerona Laser Treatment...counts for 8 (Retail \$94)
- ___ Slimpod Slimming/Detox (Retail \$45)
- ___ Dermal Sonic Cellulite...counts for 4 (Retail \$45)
- ___ Personal Trainer... counts for 6 DHARMA Gym (Retail \$65)
- ___ Thermography Imaging Exam...counts for 10(Retail \$94)
- ___ Zerona Laser Treatment...counts for 8 (Retail \$94)

Retail Value: \$2,410 - \$3,300

PICK 36 MEMBERSHIP for \$360

- ___ Ionic Foot Detox (Retail \$45)
- ___ Whole Body Vibration (Retail \$35)
- ___ Lymphatic/Water Massage (Retail \$45)
- ___ Infrared Sauna (Retail \$45)
- ___ Hydration Therapy (Retail \$45)
- ___ Hair Analysis...max 2(Retail \$45)
- ___ Vitamin Test...max 2 (Retail \$39)
- ___ Massage Therapy at DHARMA...counts for 10((Retail \$69)
- ___ pH Acid Testing & Body Comp (Retail \$10)
- ___ Zerona Laser Treatment...counts for 8 (Retail \$94)
- ___ Slimpod Slimming/Detox (Retail \$45)
- ___ Dermal Sonic Cellulite...counts for 4 (Retail \$45)
- ___ Personal Trainer... counts for 6 DHARMA Gym (Retail \$65)
- ___ Thermography Imaging Exam...counts for 10(Retail \$94)
- ___ Zerona Laser Treatment...counts for 8 (Retail \$94)

Retail Value: \$3,450 - \$5,100





Become a Member

Natural Awakenings Vitamin Club

BASIC MEMBERSHIP \$30/month

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

Retail Value: \$78

PLUS MEMBERSHIP \$45/month

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

Retail Value: \$141

GOLD MEMBERSHIP \$59/month

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

Retail Value: \$171

PICK 3 MEMBERSHIP \$40/month

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

Retail Value: \$95 - \$105

PICK 4 MEMBERSHIP \$60/month

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

Retail Value: \$115 - \$135

PICK 6 MEMBERSHIP \$79/month

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

Retail Value: \$140 - \$215

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

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

Specialty Vitamins and Supplements

Whey Protein (Vanilla)

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



.....\$45.00

Organic Fiber

As your digestive system battles to process everything you consume on a daily basis, it encounters toxins and fibers that are hard to digest. Thanks to Organic Fiber, you can make the process of digestion smoother and kinder to your body. Organic Fiber is made from Blonde Psyllium, a natural extract taken from the Psyllium plant that is free from gluten. As this product is produced in an environment that is free of pesticides, it is completely safe to ingest.



.....\$35.00

pH 9.5 Drops

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

Women's Libido

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



.....\$35.00

Lecithin



Liteon Natural's high-absorption softgels are a convenient way to incorporate the valuable nutrient lecithin into your daily diet routine. This unique formula delivers all-natural support for your heart, brain and liver. An outstanding fat emulsifier for healthy cholesterol and cardiovascular maintenance, lecithin

is also a source of phosphatidylcholine, which is a vital nutrient for brain and liver function. Each softgel delivers 1,200 mg of soy lecithin.

.....\$30.00

Garcinia Cambogia

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



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

.....\$35.00

WheTea Ab Fat Burner

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



.....\$20.00

Mood Enhancer

Mood Enhancer is the perfect supplement to help with anxiety, stress, and depression. It works to maintain a healthy

memory and sharp mind. It combines guaranteed-potency "smart herbs" ginkgo biloba and gotu kola, along with the brain-boosting omega-3 nutrition of DHA, the phospholipid nourishment of phosphatidylserine and phosphatidylcholine, the antioxidant protection of alpha lipoic acid and natural vitamin E, and more.....\$30.00



Women's Hormone Balance



Women's Hormone Balance, the natural hormonal imbalance treatment supplement, is a safe and natural blend of the nutrients that your body needs to produce the hormones that are necessary for a healthy and balanced life. This supplement can treat hormonal imbalances in women of all ages

in order to help regulate the body and restore natural hormone balance.

.....\$35.00

Phase 2 Starch Complex



Promote natural weight loss without giving up your favorite foods with Phase 2 Starch Complex. This revolutionary weight loss supplement neutralizes dietary starch and carbohydrates before your body converts them into unwanted calories. Phase 2 Starch Complex features white kidney bean extract and has been shown in multiple studies to delay the digestion and absorption of carbohydrates. When this happens, it reduces the caloric impact of starchy

foods and lowers the glycemic index. Along with a healthy diet and exercise, taking Phase 2 Starch Complex may assist in weight control. Phase 2 Starch Copmplex is an all-natural, stimulant-free weight loss supplement.

.....\$35.00

Digestive Enzyme Complex



A healthy digestive system does an incredible job of breaking down the food we eat. However, without the help of digestive enzymes, we cannot metabolize food effectively no matter how healthy the food may be. There are roughly 22 main digestive enzymes involved in breaking down the food we eat into nutrients. After all, it's not "food" that our

body absorbs for energy and health—it's the nutrients inside the food. Digestive Enzyme Complex is a natural digestive enzyme supplement. This vegetarian supplement can enhance the chemical reactions involved in digestion, promote an acid and alkali balance in the body, and help you fight off or prevent infections.\$35.00

BF-4 Weight Loss



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

.....\$45.00

Manglier Tea mong-lee-AY

The tea is used to treat diabetes and has the ability to build the body's immune system quickly to fight cold, flu, and other infections.



It clears viral and bacterial infections. Native Americans first discovered the medicinal properties of this plant in the 1800s. Creole and cajun communities used it before the onset of drug prescrip-

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

.....\$24.00

Raspberry Ketone Drops



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

.....\$30.00

Natural Medicine and Nutrition Centers



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



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



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



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

Wheatgrass

The Natural Superfood



Eyes

The antioxidants lutein and zeaxanthin are found in high concentration in the lens and retina. Vitamin A* and zinc are needed for night vision.

Hair and nails

Iron, zinc and vitamin A* are important for strong well-shaped nails and healthy hair.

Energy levels/Metabolism

Iodine is needed to make thyroid hormones that regulate the body's metabolic rate. Vitamin B1 and magnesium help the body release the energy in food. Iron helps too.

Immune System

Vitamin B6 is needed to make defensive antibodies and vitamins C and E help look after the specialist cells of the immune system. Glucosinolate type compounds switch on cell defences against carcinogens (cancer causing agents).

Liver

Glucosinolates are phytochemicals that may boost and regulate the activity of the liver's in-built detoxification (detox) enzymes.

Skin

Vitamins A* and C help to keep skin supple and smooth.

Blood

Iron, folic acid and vitamin B6 are needed to make healthy red blood cells. Vitamin C also helps the body absorb more iron from non-meat foods.

Bones

Calcium, magnesium, manganese and vitamins A*, C and K all help to build and maintain healthy bones.

Enjoying a wide variety of foods in a balanced diet is the key to good nutritional health. Some foods pack more of a nutritional punch than others, and wheatgrass is literally brimming with a range of essential vitamins and minerals, and beneficial phytochemicals (naturally found in plants). Nutrients found in wheatgrass, which are highlighted in this chart, play important roles in maintaining our body's all over health.

* from conversion of beta carotene

Now Available At

Natural Health Center, Carencro
Tel: 337.347.4141

Drug Emporium, Lafayette
Tel: 337.261.0051

The Road Less Traveled, Lafayette
Tel: 337.988.9889

Benny's Sport Shack, Opelousas
Tel: 337.948.6533

DHARMA Wellness Center, Sunset
Tel: 337.534.1110

53 Wheatgrass Health Benefits

Why Drink Wheatgrass? Well, Here Are 53 Reasons Why!



MAJOR HEALTH BENEFITS

- Lowers Blood Pressure
- Detoxifies and Cleanses the Body
- Suppresses Appetite
- Boosts Red Blood Cells
- Is an Antioxidant
- Protects Against Cancer

1. Wheatgrass is the ultimate energizer for body and mind.
2. 1oz of wheatgrass juice contains the nutrients of 2.5lbs of green vegetables!
3. Wheatgrass is superior to other vegetables because it has been found to have over 100 elements needed by man. If grown in organic soil, wheatgrass absorbs 92 of the known 102 minerals from the soil. (including calcium, magnesium, iron, zinc, potassium, phosphorus and cobalt).
4. Juice wheatgrass to fight and protect against illness.
5. Wheatgrass is a vitamin-rich superfood. Many amino acids, vitamins, and minerals.
6. Wheatgrass juice builds red blood cells: stimulates healing.
7. By drinking wheatgrass it improves digestion.
8. Drinking wheatgrass juice can slow the graying of hair.
9. Wheatgrass reduces high blood pressure as it enhances the capillaries.
10. Wheatgrass juice flushes the body of toxins.
11. Wheatgrass juice benefits the skin as it acts as a cleanser and astringent.
12. Science has proven that chlorophyll arrests growth and development of harmful bacteria.
13. Chlorophyll in wheatgrass also helps to purify the liver.
14. Drinking wheatgrass juice is useful in treating constipation and keeping the bowels open. It is high in magnesium.
15. Wheatgrass juice benefits and boosts sexual stamina. Farmers in the American midwest who have sterile cows and bulls put them on wheatgrass to restore fertility. (The high magnesium content in chlorophyll builds enzymes that restore the sex hormones).
16. A small amount of wheatgrass juice in the human diet prevents tooth decay.
17. Drinking wheatgrass juice helps in eliminating body odors.
18. Wheatgrass has a high amino acid content: promotes cell regeneration.
19. Wheatgrass is a potent source of enzymes: Maintains Youthfulness.
20. Liquid chlorophyll washes drug deposits from the body.
21. Chlorophyll in wheatgrass improves blood sugar problems.
22. Wheatgrass juice cures acne and even removes scars after it has been ingested for seven to eight months. The diet must be improved at the same time.
23. Wheatgrass Juice benefits skin problems such as eczema or psoriasis.
24. Wheatgrass is great for blood disorders of all kinds.
25. Wheatgrass can dissolve the scars that are formed in the lungs from breathing acid gasses. The effect of carbon monoxide is minimized since chlorophyll increases hemoglobines production.
26. Wheatgrass juice benefits getting over sickness. Gargle wheatgrass juice to help get rid of a sore throat.
27. For pyorrhea of the mouth, lay pulp of wheatgrass soaked in juice on diseased area in mouth or chew wheatgrass. Spit out the pulp.
28. Wheatgrass juice can remove heavy metals from the body.
29. Wheatgrass juice is an excellent skin cleanser and can be absorbed through the skin for nutrition. Pour green juice over your body in a tub of warm water and soak for 15 to 20 minutes. Rinse off with cool water.
30. One may feel a difference in strength, endurance, health, and spirituality and experience a sense of well-being by drinking wheatgrass juice.
31. Wheatgrass benefits the body as a whole. It is a body cleanser, rebuilder, and neutralizer of toxins.
32. Wheatgrass implants (enemas) are great for healing and detoxifying the colon walls. The implants also heal and cleanse the internal organs. After an enema, wait 20 minutes, then implant 4-ounces of wheatgrass juice. Retain for 20 minutes.
33. Wheatgrass fights tumors.
34. Wheatgrass works as a sleep aide. Merely place a tray of living wheatgrass near the head of your bed.
35. Sweetens the breath and firms up and tightens gums. Just gargle with the juice.
36. Wheatgrass enhances a bath. Add some to your bath water and settle in for a nice, long soak to cleanse your skin.
37. Externally applied to the skin wheatgrass juice can help eliminate itching.
38. Wheatgrass is a beauty treatment that slows down the aging process when the juice is consumed almost immediately.
39. Wheatgrass juice restores fertility and promotes youthfulness.
40. Wheatgrass lessens the effects of radiation. One enzyme found in wheatgrass, SOD, lessens the effects of radiation and acts as an anti-inflammatory compound that may prevent cellular damage following heart attacks or exposure to irritants.
41. Wheatgrass juice held in the mouth for 5 minutes will eliminate toothaches and poisons from gums.
42. Wheatgrass benefits the bloodstream. Chlorophyll (found in wheatgrass) rebuilds the bloodstream. Studies of various animals have shown chlorophyll to be free of any toxic reaction. The red cell count was returned to normal with four to five days of the administration of chlorophyll, even in those animals that were known to be extremely anemic or low in red cell count.
43. Renowned nutritionist, Dr. Bernard Jensen says that it only takes minutes to digest wheatgrass juice and it uses up very little body energy.
44. Wheatgrass benefits the brain. It is high in oxygen like all green plants that contain chlorophyll. The brain and all body tissues function at an optimal level in a highly oxygenated environment.
45. Wheatgrass is 70% chlorophyll! Chlorophyll is the first product of light and contains more light energy than any other element.
46. Wheatgrass benefits the colon because it is a crude chlorophyll and can be taken orally and as a colon implant without toxic side effects.
47. Chlorophyll is the basis of all plant life and a very powerful energy booster .
48. Dr. Ann Wigmore helped people get well from chronic disorders for 30 years using wheatgrass.
49. Wheatgrass juice benefits a detox. It is a superior detoxification agent compared to carrot juice and other fruits and vegetables. Dr. Earp Thomas, an associate of the late Ann Wigmore, says that 15 pounds of wheatgrass is the equivalent of 350 pounds of carrots, lettuce, celery, and so on.
50. In the 1940 American Journal of Surgery, Benjamin Cruskin, MD recommended chlorophyll to: clear up foul-smelling odors, neutralize strep infections, heal wounds, hasten skin grafting, cure chronic sinusitis, overcome chronic inner-ear inflammation and infections, reduce varicose veins and heal leg ulcers, eliminate impetigo and other scabby eruptions, heal rectal sores, successfully treat inflammation of the uterine cervix, get rid of parasitic vaginal infections, reduce typhoid fever, and cure advanced pyorrhea in many cases.
51. Drinking wheatgrass juice benefits human tissue. Liquid chlorophyll gets into the tissues, refines them, and rebuilds and rejuvenates them.
52. Wheatgrass is a natural healer. Chlorophyll is anti-bacterial and can be used inside and outside the body as a healer.
53. Wheatgrass contains the P4D1 Enzyme that has been found to do two things in the human body. It is the first known substance to actually stimulate repair of DNA molecules. It is possible that disease cells can be repaired with P4D1 so that when they reproduce they will actually produce good cells. P4D1 has also been shown in laboratory tests to eat the protein sheath off a cancer cell so that the white blood cells can attack and destroy them.

ADVERTISEMENT

Where can I buy wheatgrass?

Drug Emporium/Vitamins Plus, 505 Bertrand Dr., Lafayette 337-261-0051.
NAMASTE Wellness Center, 858-B Kaliste Saloom Rd., Lafayette 337-356-1251.
DHARMA Wellness, 166 H Oak Tree Park Dr., Sunset 337-662-3120.

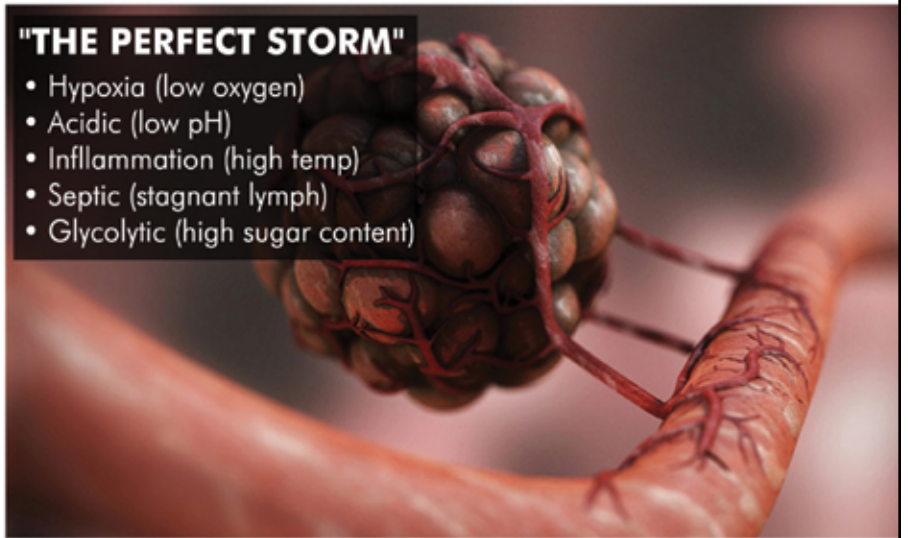
Natural Health Center, 100 E. Angelle St., Carencro 337-347-4141.
Caribbean Wellness 1077 Wisdom Road, Opelousas 337-678-1844.

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



"THE PERFECT STORM"

- Hypoxia (low oxygen)
- Acidic (low pH)
- Inflammation (high temp)
- Septic (stagnant lymph)
- Glycolytic (high sugar content)



This cancer cell was once dormant for 12 years. Inflammation ignited its fuse and woke it up. It created new blood vessels (this process of new blood vessel growth is called angiogenesis) to feed from the body's stagnant waste being held in the lymph nodes. Angiogenic blood vessels have latched on to lymphatic vessels to feed the cancer. The body's pH is highly acidic, oxygen is low (hypoxia) due to the inflammation. This cancer cell ferments for energy using sugar, acid, low oxygen, stagnant waste, and inflammation to set it all off.

Dr. Otto Warburg won the Nobel Prize in 1951 for proving that cancer can not survive in an alkaline, oxygen rich environment but thrives in an acidic low oxygen environment.

Use pH 9.5 Alkaline Water Drops to "alkalize" your body. GET RID OF THE ACID

Garcinia Cambogia Prevents Fat Cell Formation

What is Garcinia Cambogia?



Garcinia Cambogia is a safe and effective supplement extracted from the Garcinia Cambogia fruit — a small pumpkin shaped fruit from South Asia. The Garcinia Cambogia extract contains hydroxytric acid (HCA) which clinical studies show helps to control appetite and can prevent fat production.

HCA satisfies the body's need for energy and improves the signaling system that the body uses to tell the brain when it has eaten enough. With proper weight-loss efforts (dieting and exercising), the average person taking Garcinia Cambogia can lose an average of four pounds a month.

How Does Garcinia Cambogia Work?

The HCA extract from garcinia cambogia in weight loss by doing two things: It helps to block fat, and it suppresses your appetite.

HCA blocks fat by inhibiting a key enzyme that your body needs to make fat from carbohydrates: Citrate lyase. Usually carbohydrates or sugars that are not used immediately or stored in other forms are converted into fats. When HCA inhibits citrate lyase, the fat-making process is halted and the production of LDL (bad cholesterol) and triglycerides decrease.

HCA also suppresses appetite by increasing serotonin levels. Serotonin is a neurotransmitter in your brain that makes you feel good. It's a target of many antidepressant medications. Having low levels of serotonin may make you feel depressed or anxious; it drives many people into emotional or reactive eating. By increasing serotonin levels, HCA improves mood and suppresses the drive to react to stressful situations with food. As you eat less, your body senses this and it releases stored fat in your fat cells.

Benefits of Garcinia Cambogia:

- Helps in reducing weight by preventing the formation of fat.
- Prevents the liver from converting sugars and carbohydrates into fat for storage.
- Aids the body in reducing the the manufacturing of its own fat deposits.
- Performs like a fat blocker and reduces the formation of fat cells in the body.
- Manages food cravings and serves as an anti-depressant.
- Helps to reduce belly fat.
- Increases serotonin levels which balances mood and helps emotional eaters eat less.

Available at: LITEON Natural Health Center (Carencro) Tel: 896-4141 and DHARMA Wellness Center (Sunset) Tel: 662-3120

Source: *Inspired by Doctoroz.com*

ADVERTORIAL

Raspberry Ketones Help Fat Cells Shrink



In the last couple of months, 'raspberry ketones' has been a popular buzz phrase on television and the internet as a substance that can, reportedly, actually force your fat cells to shrink and help you lose weight. Raspberries have always been considered a good addition to any weight loss program, as they are high in antioxidants, and low in calories and sugar. However, you'd have to eat about 90 lbs of them to get the concentration of raspberry ketones these foods offer. Here is why raspberry ketones may work so well on helping to reduce fat cells.

Fat Burning Hormones and Raspberry Ketones

We all have a fat-burning hormone in our body called adiponectin. When this hormone is working correctly, and we're eating a healthy diet, we metabolize calories properly and don't store them as fat reserves around our stomachs, hips and thighs. Adiponectin also enhances insulin sensitivity so we decrease blood sugar levels and use calories more completely. Adiponectin also helps to lower blood pressure, and prevent atherosclerosis – hardening of arteries.

When we start overeating and not exercising enough, our adiponectin hormones become overwhelmed with the amount of calories to metabolize and become sluggish at burning them. That's when the love handles and the belly fat and the cellulite start showing up.

Raspberry ketones are the primary "aroma" compound of raspberries – it's what gives raspberries their distinctive smell. Research has shown that high doses of these ketones in mice on high fat diets have resulted in preventing weight gain, both subcutaneously – beneath the skin, and viscerally – around organs. It also helped prevent fatty liver from developing. The ketones apparently stimulate adiponectin release, thereby increasing insulin release, decreasing blood sugar, boosting metabolism, increasing good, brown adipose tissue that turns metabolism heat up and burns the bad, stored white fat cells.

Stories of people losing significant amounts of weight, some up to 5 lbs a week, while using daily raspberry ketones, has been noted, and endorsed, on popular television shows as well as the internet. Raspberry ketones have been featured on the Dr. OZ show many times. There are no reported side effects with raspberry ketones and they may help you get back on track with your weight loss efforts, or help you get off a weight loss plateau.

Available at: LITEON Natural Health Center (Carencro) Tel: 896-4141, DHARMA Wellness Center (Sunset) Tel: 662-3120, and Benny's Sportshack (Opelousas)

Source: *Foodtrients.com*

ADVERTORIAL

calendarofevents

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

GET YOUR CALENDAR ITEMS PUBLISHED
SUBMIT CALENDAR ITEMS TO: publisher@NAacadiana.com

Saturday July 9

11th Annual Quilt Show and Sale –10am-2pm. The Krotz Springs Quilters Guild (KSQG) presents a display of quilts and needlework demonstrations. Shop the silent auction and boutique. Free. KSQG donates quilts to Brave Heart - Children in Need, Inc., local nursing home residents and wounded warriors. Krotz Springs Community Center, 216 Park St, Krotz Springs. 337-592-0388 or 337-277-6255.

Musician Aden Paul –7:30pm. Cité des Arts brings a live performance to its main stage by presenting singer, songwriter and guitarist Aden Paul. Cité des Arts, 109 Vine St, Lafayette. \$12. 337-291-1122. CitedesArts.org.

Sunday July 10

Jeanerette Museum 40th Anniversary –2pm. An anniversary celebration of a treasured museum with music from local bands. Jeanerette Museum, 500 E Main St, Jeanerette. 337-276-4408. JeaneretteMuseum.com.

Monday July 11

Teens/Tweens Life Choices –9am-3:30pm & Tuesday July 12. Informal discussions on

a variety of topics about important life decisions that every young lady may make. Parents join at 3pm on day 2. Girls ages 12-14. \$63.99. Woman's Foundation Classroom, 4630 Ambassador Caffery Pkwy, Lafayette.

Thursday July 14

ECCBC Summer Concert Series –7pm & Friday 7pm Jul 15. Eunice Community Concert Band & Choir presents a fun, family atmosphere with unique summer choir selections. Adults \$5 and under 12 yrs \$2. The Liberty Center for the Performing Arts, 200 Park Ave, Eunice. 337-457-1776.

Friday July 15

Bayou Belly Festival 2016 –8am & Saturday July 16. Thru Sunday July 17. A gathering of belly dance artists from all over Louisiana and beyond with classes in several styles. Shows on Friday and Saturday night at 8pm. \$27 - \$54. Burke Theatre, Burke-Hawthorne Hall University of Louisiana at Lafayette.

Saturday July 23

Ice Cream Palooza –12-2pm. An all you can eat ice cream celebration with entertain-

ment and additional treats for sale. Adults \$10 and children under 5 yrs \$5. New Iberia City Park, 300 Park View Dr, New Iberia.

Tuesday July 26

6th Annual Horses, Harmony & Agriculture Awards Banquet –5:30-8:30pm. Celebrate St. Landry Parish's music, equine, and agriculture industries with live music, excellent cuisine, and a cash bar. Admission charged. Proceeds fund scholarships: Hadley J. Castille Music Scholarship and the Equine Studies Scholarship. Equine Sales of Louisiana, 372 Harry Guilbeau Rd, Opelousas. 337-942-2683.

Saturday July 30

Southwest Louisiana Atakapas Prairie Tribe Festival –10am-5pm. Experience Opelousas' colorful Native American heritage with traditional dancing, drumming, storytelling, arts & crafts, food and guest speakers. Farmers' Market Pavilion, 828 E Landry St, Opelousas. 337-246-0718.

Gulf Brew –6-9pm. Acadiana Center of the Arts presents Acadiana's beer festival with the best brews from the Gulf Coast. Enjoy live music and food. Blackham Coliseum, 2330 Johnston St, Lafayette. 337-233-7060.

"A healthy body is a temple for the soul, but a sick body can be a prison."

~ Dr. Steven T. Castille

Depression
Anxiety
Can't Focus
Brain Fog

Mood Enhancer
can help you

Publish Your Own *Natural Awakenings* Magazine



editions across the U.S., Puerto Rico and the Dominican Republic ...

... and we continue to grow!

Have a Career with a Lifestyle Franchise!

22+ years of leadership in publishing has made *Natural Awakenings* the #1 healthy, green living magazine with 98

editions across the U.S., Puerto Rico and the Dominican Republic ...

... and we continue to grow!

- Meaningful New Career
- Low Initial Investment
- Proven Business System
- Home-Based Business
- Exceptional Franchise Support and Training
- No Publishing Experience Necessary



Natural Awakenings recently received the prestigious FBR50 Franchise Satisfaction Award. Our publishers ranked us among the highest in franchise satisfaction for our Training, Support, Core Values and Integrity!

To learn more, visit:
FranchiseBusinessReview.com

We are currently expanding across the U.S. and Canada. To find out more about starting your own *Natural Awakenings* magazine or acquiring an existing one,

call [239-530-1377](tel:239-530-1377) or visit NaturalAwakeningsMag.com/mymagazine

ongoing events

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

GET YOUR CALENDAR ITEMS PUBLISHED
SUBMIT CALENDAR ITEMS TO: publisher@NAacadiana.com

sunday

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

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

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

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

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

monday

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

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

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

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

Blue Grass Jam – 7pm. Bring an instrument to join the Jam or just lay back and listen to Bluegrass and

Folk music. Cité des Arts, 109 Vine St, Lafayette. 337-291-1122.

tuesday

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

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

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

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

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

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

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

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

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

wednesday

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

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

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

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

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

thursday

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

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

friday

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

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

saturday

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

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

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

Eunice Farmer's Market – 8am. See Wed listing.

Corner of 2nd St & Park St, Eunice. 337-457-6503. EuniceLa@hotmail.com.

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

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

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

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

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

Bayou Vermilion Canoe Paddle – 8:30-11:30am. 2nd and last Sat each month. Canoe trips on the Bayou Vermilion, conditions permitting. RSVP. \$5 insurance fee to American Canoe Association for a canoe or bring your own canoe or kayak. Margo Addison. Vermilionville, 300 Fisher Rd, Lafayette. 337-233-4077 ext 205. Margot@BayouVermilion.org.

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

Savoy Music Jam Session – 9am-12pm. Bring an instrument or enjoy a live traditional Cajun music

jam session. Savoy's Music Centre, 4413 Hwy190 E, Eunice. 337-457-9563.

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

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

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

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

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

Cajun Jam – 1-3:30pm. A weekly Cajun Jam led by area musicians. Open to all skill levels. Free admission for jam only, does not include entry to the park. Performance Center of Vermilionville, 300 Fisher Rd, Lafayette. 337-233-4077.

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

"Rendez-Vous des Cajuns" Live Radio and TV Show – 6-7:30pm. Cajun and Zydeco bands perform

Cajun-style "Grand Ole Opry" Liberty Theater. \$5/Adults, \$3/children under 12. 200 W Park Ave, Eunice. 337-457-7389. EuniceLA.com.

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

PRAYER OF PEACE

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



The Benefits of an Alkaline Body

Fewer Colds

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

Cancer Prevention

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

- Skin more elastic, youthful
- Deeper more restful sleep
- Abundant physical energy
- Suffer from fewer headaches and viruses
- Good digestion
- Less arthritis
- Reduction of candida (yeast) overgrowth
- Helps the body detox
- Assists with proper absorption of food
- Helps prevent acid reflux
- Prevents irritable bowel syndrome
- Will not support osteoporosis
- Increased mental acuity, mental alertness

Tel: (337) 896-4141

Purchase at DHARMA Center in Sunset or Natural Health Center in Carencro

Zerona Laser FAT lipo (for a flat stomach) HEALTH BENEFITS



**GIFT CARDS
AVAILABLE**

WHAT IS ZERONA ?

Zerona is a patented low-level laser system specifically designed to contour the body by losing inches in circumference off specific body areas (waist, hips, thighs) without any pain, downtime, needles or surgery.

What is the action mechanism behind Zerona?

The 635 nm wavelength of the Zerona is specifically absorbed by the mitochondria (the cell's energy generator), temporarily weakening the structure of the cell membrane. This creates a temporary opening allowing for the fat contents to seep out from the fat cell into the interstitial space from where it is processed by the lymphatic system.

What results can I expect?

In a double blind, randomized, placebo controlled study, patients were treated 6 times over a 2 week period and lost on average 3.5 inches in combined circumferential measurements of their waist hips and bilateral thighs.

What areas of the body can I treat?

Essentially all parts of the body where subcutaneous deposits of fat can be found may be treated with Zerona, especially those resistant to diet and exercise. Most patients start with treating their waist, hips and thighs as these can be treated simultaneously with the 5 lasers of Zerona.

Once liberated, what happens to the fat?

Once liberated, triglycerides are absorbed by the lymphatic system where they are transported to lymph nodes. Macrophages (immune cells) release liposomal acid lipases (LAL) which break down the triglycerides into free fatty acids and glycerol. These are then small enough to enter the blood stream. Once in the blood stream, several things may occur:





- Some of the free fatty acids are readily available to be used as fuel by the body.
- What does not get consumed as energy will get to the liver where it will either be oxidized or re-processed for storage.

How long has Zerona been in use?

The laser tissue interaction behind Zerona was identified prior to 2002. LLLT has been used routinely as an adjunct to liposuction since 2004. Zerona was introduced in the U.S. in 2005 and is being routinely used by over 650 practices in Canada and the U.S.

How long will results last?

Zerona does not destroy fat cells but empties them of their content which means that fat cells are capable of re-storing fat should the patient have a persistent caloric imbalance. A balanced diet is the only way to ensure long-term improvement. Patients who eat more calories than they burn will see their improvement decrease over time.

		\$675 6 Treatments
		
		\$850 12 Treatments



holistic health and fitness guide

for more information visit the natural health center in carencro (347-4141) or the dharma wellness center in sunset (662-3120)



Cold Laser

FAT
~~Weight~~ Loss Treatment

No Exercise Required

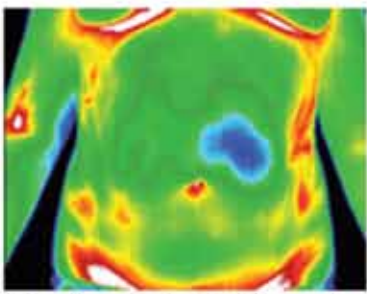
Zerona

1. Stand 10 minutes
2. Lay down 40 minutes
3. Sit 30 mins

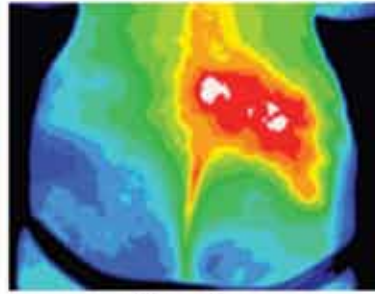
12 Treatments \$850
9 Treatments \$675

Lafayette Office: (337) 356-1251

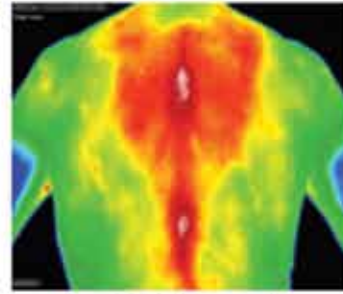
Carencro Office: (337) 896-4141



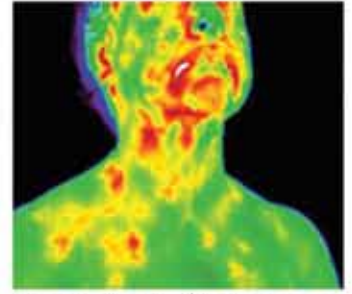
Hypothermia in the Stomach



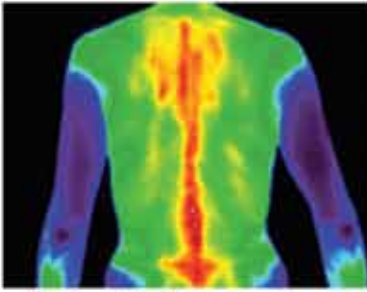
Shingles



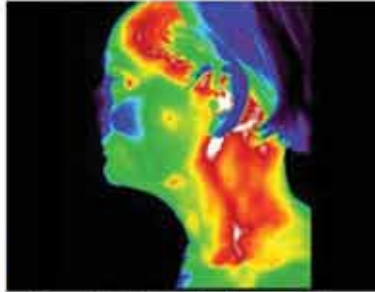
Lung Cancer



Periodontal Disease



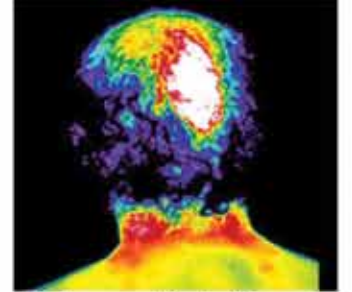
Spinal Inflammation



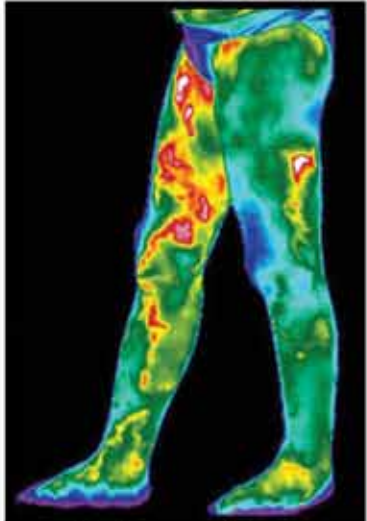
Carotid Artery Inflammation



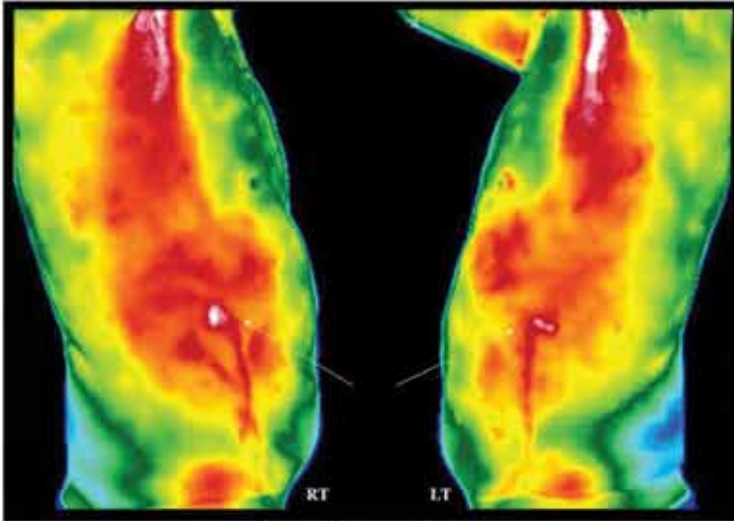
Poor Circulation Left 4th & 5th Finger



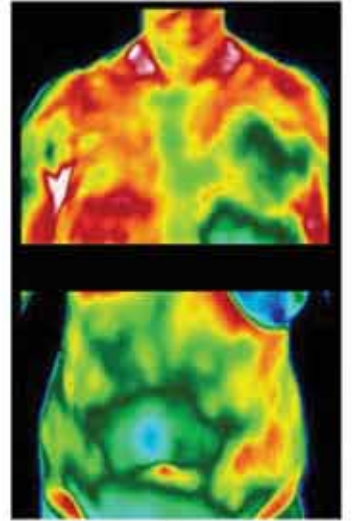
Melanoma-Scalp Cancer



Varicose Veins



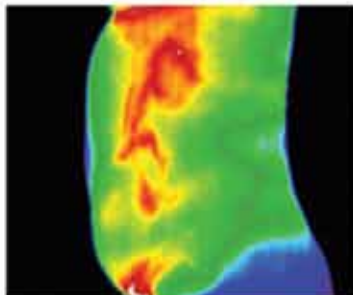
Bilateral Kidney Stones



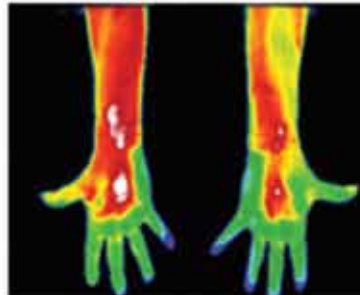
Breast Cancer



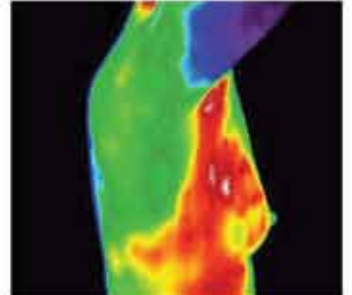
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



Lymphatic Congestion

\$94 Full-Body Thermography Screening

Text **EXAM** and your name to

(337) **424-5066**

for more information

Call **896-4141** to schedule

Thermography is used to:

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