HEALTHY LIVING HEALTHY PLANET

natural awakenings

feel good • live simply • laugh more

FREE

SIMPLE SUMMER

Pleasurable Pastimes

LET'S EAT OUTSIDE!

Easy Backyard Favorites

Stepping Up to URBAN WALKABOUTS

NATURAL SUN CARE

Tips to Protect Your Skin

GREEN

July 2012 | S.W. Louisiana-Acadiana Edition | www.NAacadiana.com

Why Dr. Steve
Believes in Acid/Alkaline Balancing

Alkaline Water for Health, Energy and Weight Loss

While it is common knowledge that reducing acidity in the body can lead to increased cardiovascular health, psychological health and immune functions, more studies are also linking alkalinity to weight loss. According to George M. Wolverton, M.D., of The Evergreen Medical Centre, in Indiana, people who convert and remain on an alkaline diet display a faster rate of weight loss and fat-to-muscle conversion than do patients of regular weight-loss plans. The reason for this lies in the acidic body's tendency to store fat rather than convert it to muscle or energy.

What is pH, acid and alkaline?
The pH scale measures the amount of acid or alkalinity in a substance. It ranges from 0 to 14, with a highly acidic substances having low pH scores and very basic, alkaline substances having high pH levels. Pure water has a perfectly neutral pH of 7, meaning that it is completely neutral, while most other water sources are usually slightly acidic. Alkaline water is healthier than plain tap water, can raise the body's pH and should have a pH of 8 or 9 for maximum benefits.

A substance's pH is a measurement of the ratio of hydrogen ions to hydroxide ions. Alkaline water contains fewer free hydrogen molecules than pure water does, which raises its pH. Because this balance of hydrogen to hydroxide ions creates a net negative charge, the water must contain metal ions to balance its electric charge.

Human blood maintains a slightly alkaline pH, and many enzymes work efficiently at a higher (more alkaline) pH. Many holistic practitioners recommend drinking alkaline water to boost mineral levels, prevent free radical formation, protect cellular functions and increase hydration. Practitioners also claim that alkaline water improves overall health by neutralizing acids and flushing the body of dangerous toxins.

How do high acid levels influence weight gain?
Weight also causes additional strain on the body, which can produce more acid. (This then produces more fat, and so on.)

In order to lose weight effectively, we must be mindful of how much acid we consume. The body creates fat in order to trap and neutralize acid. So, if the diet consists of lots of meats, grains, tea, coffee, soft drinks and even acidic water, the body needs fat in order to stay alive. We won't lose weight, no matter how much we work out.

The most important thing we consume is water, because the body is 80 percent water. The water we consume is directly responsible for the quality of the tissue the body creates.

When we drink alkaline, ionized water, the acidity built up in the cells is neutralized, and the body no longer needs the fat cells for storage. Also, the antioxidants in the ionized water clean out the toxins in the body, so that it runs more efficiently.

What creates abdominal fat?
In a defensive maneuver, the body creates fat cells to carry acids away from the vital organs to try to protect them. When we eat and drink a more alkaline diet, the body will not need to produce more or keep additional fat cells.

A healthy, non-acidic body will return to its ideal weight naturally. We don't have to suffer with too much exercise, or try to trick the weight away with a fad diet. All we have to do is be mindful of our acid intake and balance it with alkaline foods and water, and the body will gladly shed all that extra fat storage it has created.

Dr. Steven Castille is a biochemist, doctor of natural medicine and publisher of Natural Awakenings. *For more information, call the Natural Health Center, in Carencro, at 337-896-4141 or 337-347-4141.*

GREEN WATERS
Pure Alkaline Water

ALKALINE WATER MAJOR BENEFITS

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

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

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

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

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

liteon
Natural Health Center
Powerful, Positive Healing for Life

100 E. Angelle St. Carencro
I-49, Exit 4, Just across the street from the new Super 1 Foods store

347-4141 or 896-4141

$36/case (Six ½ gallon bottles)
We Do Home Delivery Also

CARIBBEAN

POWER SYSTEMS

EMERGENCY HOME AND BUSINESS POWER SYSTEMS

Protect your home or business during power outages

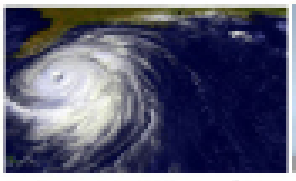
Whether it's to keep food at the right temperature or to keep lifesaving machines working, automatic stand-by generators make things safer.

Automatic stand-by generators take over for electrical systems that go out due to emergencies, such as power blackouts or bad weather. They do this seamlessly, whether or not anyone is there at the time.

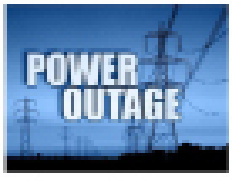
Generators come in sizes small enough for a home, but large and powerful enough for a restaurant or healthcare center.

WE SERVICE EXISTING SYSTEMS

Automatic Stand-by Electric Generator Protection during emergencies.

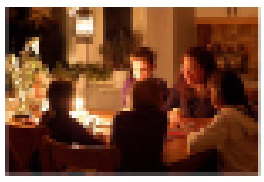


Hurricane / Tornado

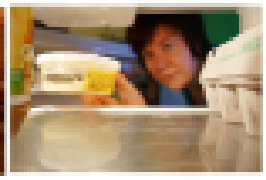


Power Outage

PEACE-OF-MIND



Family Security



Refrigeration, Air, Heat

8kW Generac Automatic Backup Power System

This Generac Guardian Series 8,000-Watt Home Standby Generator features a 410 cc OHV1 engine that runs on natural gas or liquid propane and requires fewer scheduled maintenance checkups. TruePower technology delivers clean, smooth operation of heating and cooling systems, HD TVs, computers and sensitive electronics. Generator, 100A Pre-wired Transfer Switch, and Load Center to Back Up 10 Circuits.

ONLY $3,200 installed

Includes installation and 10 month service agreement. Contact sales desk for fuel source options, connections, and cost. Limited quantities available, call now.

SALES FREE ESTIMATES **(337) 678-1500**

publisher's letter

Sometimes, our best option at the time is not necessarily our better option in life.

We have all made decisions or created choices for ourselves based on what was available to us at the time. But patience can be a hard lesson to learn, especially when what is done cannot be undone. Recently we had the opportunity to visit Avery Island's Tabasco farm and production facilities. What an amazing story of how one man's decision to save his ravaged farm in the only way possible, by cultivating the hot peppers that survived the Civil War, changed area history. That decision, made over 100 years ago, altered his family's history and fortune, created a cultural and natural legacy and forever affected our world with a dedication to preserving wildlife and the farm's natural surroundings.

One small choice based on the best available option given to us at that moment can create an entirely new reality for the future we plan to live. We co-create our futures with every thought we think and breath we take in the present.

In addition, sometimes admitting our weaknesses is the bravest thing we can do. Because with that admission, we drop our shield of pretense, find the courage to face reality and reach out for the help we need. We look forward to a bright future where we, as individuals, embrace our humanity, our faults and our weaknesses and use them to create options in our lives that strengthen our sense of morality for our communities and ourselves.

We encourage you to read the pages ahead and enjoy the writing of Meredith Montgomery in "Urban Walkabout" and Renée Loux in "Outdoor Entertaining."

Enjoy your summer. May you spend more time relaxing with family and friends, and may you find the health and happiness that too often have become an afterthought. Because if you have health and happiness, you have everything. Make a decision, in this moment, to embrace them both.

Think green, live peacefully, share your love,

Steve & Michelle

Steve and Michelle Castille, Publishers

contact us

Publishers
Steve & Michelle Castille

Editor
Karen Adams

Writers
Beth Davis,Elizabeth Romar & Karen Adams

Outreach
Janell Guidry & Kelly Arnaud

Design & Production
Gail Babineaux & Steve Castille

Calendar
Elizabeth Romar & Verla Winters

Distribution
Junius Francis, Kelly Arnaud & John Etienne

To contact Natural Awakenings Acadiana Edition:
100 E. Angelle Street, Carencro, LA 70520
Phone: 337-896-4141, Fax: 337-205-6191
publisher@NAacadiana.com

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.

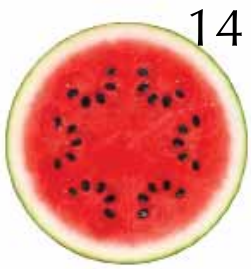
DISCLAIMER: We do not necessarily endorse the views expressed in the articles and advertisements, nor are we responsible for the products and services advertised. We welcome your ideas, articles and feedback.

SUBSCRIPTIONS
Subscriptions are available by sending $64 (for 12 issues) to the above address.

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

PRINTED WITH SOY INK

contents



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

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.*

Activities Abound at Cypremort Point State Park

For those interested in enjoying coastal Louisiana this summer, Cypremort Point State Park is one of the few places where visitors can reach the Gulf of Mexico by car. Cypremort Point offers a variety of water activities, including swimming, water skiing, windsurfing and sailing, and a boat launch a few miles from the Gulf of Mexico offers Gulf and bay fishing.

Lake Cypremort also has camping areas for overnight guests, including cabins for families to rent. Because of the nature of the marshland, visitors can enjoy seeing wildlife such as alligators, bears, foxes, opossums, muskrats, nutria and many species of birds in their natural habitat.

Cypremort Point State Park is located at 306 Beach Ln., Cypremort Point. For more information or to make reservations, call 337-867-4510 or 888-867-4510.

Fun and Adventure Along the Creole Nature Trail

Louisiana's Outback is one of America's "last great wildernesses" along the Creole Nature Trail, an All-American Road. It offers many nature activities for the whole family.

The Creole Nature Trail takes guests on a journey that will provide miles of the natural splendor of Louisiana's wetlands. Wildlife is plentiful along the Gulf beaches, marshlands, gator pond and various refuges. The trail offers a boat launch, bank fishing and crabbing, pier fishing, open freshwater fishing pools, salt-water fishing areas and airboat rides. Other attractions along the trail include water parks, horse racing, casinos, boutiques, antique shops, roller skating, laser tag, cinemas, museums, art galleries, historic areas and a children's theater and museum. In addition, 75 festivals are held annually along the Creole Nature Trail.

For those who wish to spend the weekend, rental space is available along the trail at the RV facility and Cameron Jetty Fishing Pier.

For more information on the Creole Nature Trail, call the Lake Charles Visitors Bureau 337-436-9863 or 800-456-7952 or visit CreoleNatureTrail.org.

Monogramming by Initials

Initials LLC, in Lafayette, is known for its expert knowledge and high quality in the art of monogramming. Initials can monogram adult and children's clothing and accessories, linens, napkins, robes, slippers, towels and gifts for the home, and offers imprinting, embroidery, custom designs and unique gifts for all occasions. Adding a monogram to an ordinary towel, handkerchief or piece of clothing is a great way to make something ordinary into something special.

Initials is located at 340 Kaliste Saloom Rd., Ste. G2, Lafayette. For more information, call 337-504-3687.

Chiropractic Care Helps Diabetics

According to Elizabeth Romar, a doctor of chiropractic at the Natural Health Center, in Carencro, gentle, specific chiropractic care may be an important part of a treatment plan for diabetics. The adjustments may improve the relationship between the nervous system, brain and organs, thereby stabilizing blood sugar levels, she says.

She explains that chiropractic treatments are designed to fix subluxations in the spine that may be contributing to nervous-system imbalances. Various types of adjustments are performed on major joints and muscles in the body and along the spinal column. If a person has diabetes, nerve imbalances may be contributing to blood sugar imbalances and metabolic problems.

Studies have shown that diabetic patients who follow a nutritional regimen along with regular exercise and regular chiropractic care experience normalized blood and urine glucose levels after one month, Romar says.

The Natural Health Center is located at 100 E. Angelle St., Carencro. For more information or to schedule an appointment , call 337-347-4141 or 337-381-5862 .

Crazy 'Bout Crawfish Offers Authentic Cajun Dishes

Crazy 'Bout Crawfish Cajun Café, in Breaux Bridge—home of the annual Crawfish Festival—offers all-you-can-eat boiled crawfish. Recently it was named one of the best places to eat boiled seafood in Acadiana by Chef Colt Patin, one of *Louisiana Cookin'* magazine's Top Five Chefs.

Although the café is "crazy about crawfish," it also offers other authentic Cajun and seafood dishes, such as red beans and rice, Southern fried catfish and a soft-shell-crab poboy.

Crazy 'Bout Crawfish Cajun Café is located at 1905 Rees St., Breaux Bridge. For more information, call 337-332-3071.

Breads, Bagels and Cupcakes in Lafayette

Thibodough's Breads and Bagels, of Lafayette, offers fresh-baked, New York-style bagels and breads in a variety of flavors, with unique spreads as well. For lunch, Thibodough's menu includes deli sandwiches, cheeseburgers and crab burgers served on freshly baked buns or bagels. A selection of tea is available to complement any item. Thibodough's bagels are also available at the Oil Center Farmers' Market on Saturdays.

In addition, patrons can try original-recipe cupcakes from Lil Bite O Heaven in the same location. Different cupcake varieties are offered each day, such as strawberries and cream, birthday cake, chocolate blueberry, red velvet, Almond Joy, strawberry margarita and maple French toast and bacon. One-of-a-kind desserts, such as almond-chocolate-cream-cheese icebox cupcakes, are also available.

Thibodough's Breads and Bagels and Lil Bite O Heaven are located at 1519 Ambassador Caffery Pkwy., Lafayette. For more information, call Thibodoughs at 337-534-0054 or visit Thibodoughs.com, or call Lil Bite O Heaven at 337-534-6928.

Refreshing Family Fun at Water Park in Sulphur

For summer family fun, try the Sulphur Parks and Recrecation (SPAR) Water Park. The park features a large swimming area, water slides, an interactive play structure and a special play area for children.

There is something for visitors of all ages, with attractions such as the Blue Dragon and Twisted Serpent body slides, Green Monster tube slide, a lazy river, a lagoon pool, Splash and Play Island and Patch's Splash Pad. The park also can be reserved for birthday parties. Two snack bars carry a variety of food and beverages as well.

Cost: $4 per person inside district, $6 per person outside district; children 2 and under are free. SPAR Water Park is located at 933 W. Parish Rd., Sulphur. For more information, call 337-721-3068 or visit SulphurParks.com.

Pizza and More for Locals by Locals

Buck and Johnny's Pizzeria, in the downtown Breaux Bridge historic district, opened in 2010. Located in the old Domingues Motors building, which was abandoned for decades, the pizzeria has since become a meeting place for local Breaux Bridge residents.

The ambiance of the old Domingues Motors building has been maintained, with oil-can light fixtures and old tin signs that hang throughout the two-story building. The addition of a loft, balcony and patio adds to the atmosphere for a family night out, a special occasion or a romantic dinner for two.

Buck and Johnny's menu includes specialty pizza, sandwiches, salads and pasta. One of the most talked-about offerings is the Bayou Blast, a pizza pie topped with alligator sausage, tasso, shrimp, crawfish, jalapenos and onions. Another popular item is the veggie pizza, with pesto, mozzarella, feta, artichokes, spinach, mushrooms and red and green onions.

The restaurant is proud to serve and support many local products, including specialty meats from Poche's Market, Restaurant and Smokehouse, in Breaux Bridge, and pizza dough and bread from Poupart Bakery, in Lafayette.

Buck and Johnny's Pizzeria is located at 100 Berard St., Breaux Bridge. For more information, call 337-442-6630 or visit BuckAndJohnnys.com.

KEEPING PETS' EARS HEALTHY

Prevention Tips & Treatment Options

by Dr. Matthew J. Heller

Ear infections are common in the pet population, especially in humid summer months that invite water play. Fido, the mixed breed, may keep running his cheek up and down the side of the couch, trying to find relief for his itchy ears; or the tabby, Fluffy, waits until bedtime to begin intensely scratching her ears beside the bed, interrupting a family member's sleep. Whether a pet is plagued by a chronic condition or is a bewildered first-time sufferer, such infections disrupt a pet's health and well-being. Causes vary, as do treatments, but prevention is always the best medicine.

Indicators of Ear Trouble

Contact a holistic or integrative veterinarian to identify the source of the problem and devise a course of action to prevent a possible infection from escalating if a pet is demonstrating one or more symptoms: scratching the ears with their paws or rubbing them along the carpet or furniture; an offensive odor emanating from the ears; dirty appearance of ears—visible brown, black or yellow debris in the ear canal; red, inflamed ears; or whimpering, crying or withdrawing when the pet's ear is gently touched.

Primary Causes & Treatment Options

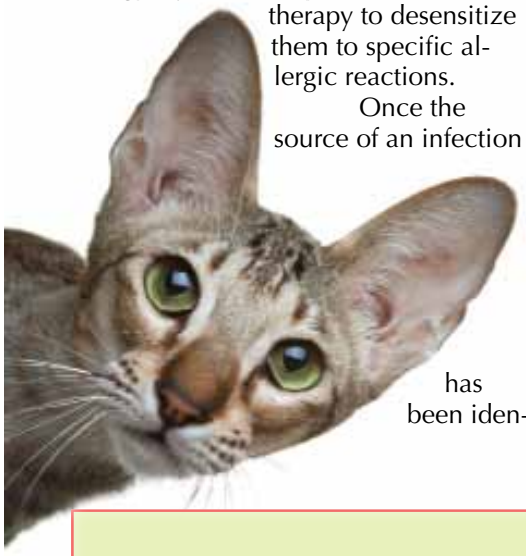
During a routine appointment for an ear infection, a veterinarian may inspect the ear canal with an otoscope for inflammation and will collect a swab of debris to identify the source of the problem. Sometimes there are multiple culprits; it is fairly common for both yeast and bacteria to be present.

Bacteria and yeast infections tend to be more common in dogs, because of their anatomy. Hair grows in the ears of many dogs; when combined with floppy or drooping earflaps, a dark, moist environment is created in which bacteria and yeast can flourish. Breeds with this tendency include cocker spaniels, basset hounds, schnauzers and poodles.

A very common cause of ear infections is skin allergies, and treatment can be more challenging than handling a comparatively simple bacterial or fungal

infection. While humans may exhibit a runny nose or itchy eyes from an allergic reaction, a cat or dog commonly reveals its skin allergies by inflammation in the ears. Factors may be food-related or environmental or both.

Identifying an animal's allergies is a priority; often, a simple change in diet can solve the problem. Especially for pets with chronic ear infections, avoid the discomfort of repeated infections by requesting a professional diagnostic allergy test to identify possible environmental and food allergens. Such testing may involve three separate methods: a blood test for sensitivity to either food or environmental sources; intradermal exposure to environmental allergens (pricking the skin with a small source of allergen to see the reaction); or trials eliminating possible food or regional environmental allergens. As a last resort, some pets may also benefit from allergy injections as part of immunotherapy to desensitize them to specific allergic reactions.



Once the source of an infection has been identified, appropriate steps will be recommended.

If bacteria or yeast is the issue, topical treatment may include both a medicated ear cleanser and an ointment. Medicine will vary from antibiotic to antifungal or antiparasitic, depending on the diagnosis, or be a broad-spectrum medication. Often, when owners begin to see an improvement, they stop the medication prematurely, as applications are typically not a pleasant task. It is important to continue to treat the pet's ears as any prescription indicates. Upon completion, the veterinarian will likely want to recheck the ears to confirm success.

With certain severe ear infections, additional steps may still be necessary, including oral antibiotics or, if the pet continues to experience discomfort, an anti-inflammatory pain reliever. Traumeel Pure Ear Drops is a homeopathic anti-inflammatory that provides temporary relief for ear discomfort and minor ear inflammation. Zymox Otic Enzymatic Solution can be used to treat acute or chronic ear inflammation caused by either bacterial or yeast conditions. If a pet's ear infection is not treated early and properly, it can, on rare occasions, lead to more severe problems that require surgical intervention.

Other Possible Causes

Ear mites (tiny arthropods that can reside in a cat's or dog's ear canal) are more common in cats. They are visible under the vet's microscope and require specific treatment.

Occasionally, a foreign object lodged in a pet's ear canal can be the cause of an infection. A vet's ear exam should reveal the troublesome presence.

Certain diseases also affect ear infections, such as thyroid or immune-suppressing diseases. Cats with diabetes also tend to be more prone to ear infections. The family vet knows the pet's history and can advise treatment that addresses the underlying cause.

Natural Prevention is Key

To prevent infection in the first place or to minimize future problems once a pet's ear infection has been successfully treated, follow these simple steps.

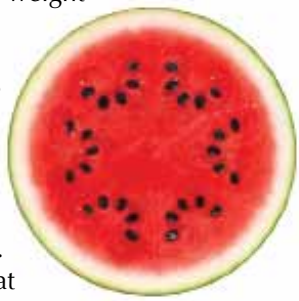
- Thoroughly clean the pet's ears once a week with a cleanser recommended by the family veterinarian. Do not put a Q-tip in their ears; use a cotton ball.
- Pluck the pet's ear hair periodically (a groomer can also do this).
- Minimize water in the ear canal after swimming trips by using a vet-recommended ear product containing a drying agent like salicylic acid to reduce the moisture in the ear canal.

Dr. Matthew J. Heller is an integrative veterinarian and owner of All About PetCare, in Middletown, OH.

Wondrous Watermelon

On a hot summer day, a cool, juicy slice of watermelon offers enticing refreshment. The treat offers surprising health benefits, too—it may help keep weight off and arteries clear, according to a recent study involving mice with high cholesterol by University of Kentucky researchers.

One group sipped watermelon juice; the control group, water. After eight weeks, the mice that imbibed the juice had a lower body weight due to a decrease in fat mass; lean muscle mass was unaffected. These same mice also experienced reduced atherosclerotic lesions—associated with hardening of the arteries—and lower concentrations of cholesterol in their blood.



"This pilot study has found… interesting health benefits in the mouse model of atherosclerosis," says lead investigator Dr. Sibu Saha, a cardiothoracic surgeon. "Our ultimate goal is to identify bioactive compounds that would improve human health."

To Stay Sharp, Keep Moving

Aerobic exercise not only gets the heart pumping, it is also good for brain health. According to a study published in *Mayo Clinic Proceedings*, aerobic workouts can reduce the risk of dementia and slow its progression if it starts, because they deliver oxygen to the brain and generate nutritional factors that improve brain functioning. Exercise also facilitates neuroplasticity, the brain's ability to reorganize itself by forming new neural connections throughout life.

Cancer Prevention in a Spice

This year, an estimated 52,610 people (38,380 men and 14,230 women) will develop cancer in the head and neck, leading to an estimated 11,500 deaths (or just under 22 percent), according to statistics adapted from the American Cancer Society's publication, *Cancer Facts & Figures 2012*. New hope may lie in an ancient spice.

A pilot study conducted at the University of California-Los Angeles Jonsson Comprehensive Cancer Center has shown that eating curcumin, the main component in the spice turmeric, works to suppress a cell-signaling pathway that spurs the growth of malignancies in the head and neck. Further, curcumin reduces pro-inflammatory cytokines (naturally occurring regulatory proteins) within saliva.

Turmeric is widely used in South Asian and Middle Eastern cooking (curry, for example), and has been long valued for its anti-inflammatory properties. In India, women have used it for centuries as an anti-aging agent rubbed into the skin, as a poultice to promote wound healing and as a treatment for menstrual cramps.

EAT FIBER FOR HEALTH AND LONGEVITY

Now consumers have another convincing argument to add more fiber to their diet. According to a National Cancer Institute study at the National Institutes of Health, which followed patients over a nine-year period, scientists associated the intake of fiber (about 30 grams per day) with a reduced risk of death from any cause, including cardiovascular, infectious and respiratory diseases.

Source: Archives of Internal Medicine

The Lowdown on Low Iron

Low levels of iron in the blood not only cause fatigue, but also may be linked to more serious health risks, including dangerous blood clots. Iron deficiency is widespread, and thought to affect at least 1 billion people worldwide, mostly women. Alleviating such deficiencies is a preventive measure.

Source: Imperial College, London

Why Corn Syrup is Worse than Sugar

Why is it important to choose natural sugars instead of high-fructose corn syrup (HFCS)? Dr. Vanessa Bundy, a pediatric resident at the Medical College of Georgia at Georgia Health Sciences University, remarks, "Fructose is metabolized differently than other sugars and has some byproducts [that are] believed to be bad for us."

Children and adolescents that consume many foods containing pure fructose, such as sodas and energy drinks, kids' cereals and sugary snacks, are at special risk. The researchers' analysis of 559 adolescents, ages 14 to 18, correlated high-fructose diets with higher blood pressure, fasting glucose levels, insulin resistance and inflammatory factors that contribute to heart and vascular disease. Heavy consumers of the mega-sweetener also tended to have lower levels of cardiovascular protectors such as HDL (good) cholesterol and adiponectin, a protein hormone that regulates the body's metabolism of lipids (fats and oils) and glucose (a simple sugar and universal source of energy).

Bundy explains, "The overall amount of fructose that is in HFCS is not much different than the amount in table sugar, but it's believed there's something in the syrup processing that plays a role in [producing] the bad byproducts of metabolism."

Rice Syrup Alert

Consider reading labels and avoiding or restricting foods sweetened with rice syrup, at least for now. A recent study by researchers at Dartmouth College, in New Hampshire, found levels of arsenic in foods containing rice syrup that exceeded U.S. standards for bottled water. The sampling of products included cereal bars, energy shots (drinks) and baby formulas sweetened with organic brown rice syrup. Arsenic is toxic and potentially carcinogenic, and the researchers are pushing for regulatory limits in food, like those that protect drinking water.

Bruises

Soak a cotton ball in Heinz White Vinegar and apply to a bruise for one hour. The vinegar reduces the blueness and hastens healing.

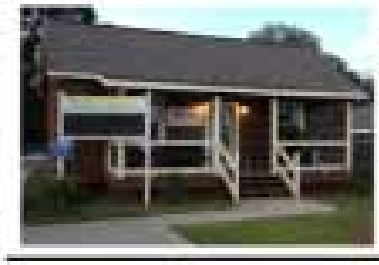
WEIGHT-LOSS SUPPORT

Ultimate Raspberry Ketone Formula
A Weight-Loss Cornerstone

AS SEEN ON TV

Doctors on national talk shows are buzzing about raspberry ketones. Why? Because scientists are studying the possibility that a special keton found in raspberries may support health weight loss. 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).

AVAILABLE AT



Natural Health Center
I-49, Exit 4, Carencro
Across from the New Super 1 Foods
Telephone: 896-4141

How to get rid of depression

Depression is one of the most common disorders affecting millions of people worldwide.

YOU ARE NOT ALONE

An Estimated 1 in 10 U.S. Adults Report Depression

Depression affects many Americans at different levels.

Depression can be explained as an anxiety disorder wherein one experiences a mixed bag of emotions such as sadness, unhappiness, feeling despondent, feeling of being fed up of everything around oneself, and related emotions.

Depression affects the entire body including a person's frame of mind, feelings and thoughts. Besides, it has an effect on the overall behavior of the person including the manner in which the person eats, carries themselves around, the thoughts that one thinks, the way he/ she interacts with people around, the sleeping patterns, the way one feels about oneself, basically the whole approach towards life.

facebook

Natural Awakenings Acadiana Edition

globalbriefs

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

Shine On

White Roofs Cool Local & Global Warming

Some things are easy. A new study from researchers at NASA and New York's Columbia University has concluded that painting a city's roofs white or another light color could reduce the local ambient temperature by 5 percent or more during hot summer months. This negates the phenomenon scientists refer to as the "urban heat island effect", in which the dark jungles of asphalt, metal and concrete turn cities into heat reservoirs, soaking up the warmth of the sun instead of reflecting solar radiation back into the atmosphere.

In New York City, it was discovered that a white-surfaced roof was 43 percent cooler than its black counterpart. The city passed a law in 2007 to reduce its greenhouse emissions by 30 percent by 2030; increasing the city's albedo (the amount of reflected solar radiation) by brightening its surfaces is one of the quickest, cheapest and most effective ways to achieve significant reductions.

After announcing a plan to alter roofs atop the U.S. Department of Energy and other federal buildings in the summer of 2010, Energy Secretary Steven Chu said, "Cool roofs are one of the quickest and lowest-cost ways we can reduce our global carbon emissions and begin the hard work of slowing climate change."

Source: Miller-McCune.com

Expanding Problem

Cities Growing Like Weeds Worldwide

Expanding cities around the globe, especially in fast-growing countries like China, India and Brazil, are putting the world under increasing environmental stress, according to experts at a climate conference, Planet Under Pressure, in London, reports Reuters. The additional 1.5 million square kilometers of space they expect to be occupied by 2030 will mean growing greenhouse gas emissions and resource demand. The United Nations foresees global population rising from 7 billion to 9 billion people by 2050, adding roughly a million people each week.

Farsighted urban planners want to improve how cities are planned, developed and run. "Everything being brought into the city from outside—food, water, products and energy—needs to be sourced sustainably," observes Sybil Seitzinger, executive director of the International Geosphere-Biosphere Program at the Royal Swedish Academy of Sciences.

Utility meters and sensors that monitor power generation network capacities and electricity supply and demand can help conserve energy. Builders can also target more efficient land use, better building standards and policies to promote public transportation instead of vehicle use. More urban areas need to follow the example of cities like Vancouver, in Canada, which obtains 90 percent of its energy from renewable sources such as wind, solar and tidal energies, and has developed a 100-year sustainability plan.

Storm Clouds

Data Centers Leave Bigfoot Carbon Footprints

Giant data centers, known as "clouds," that store and transmit data, photos, emails, songs and streaming videos every day, have become one of the fastest-growing consumers of worldwide electricity. Now, a Greenpeace International report details the truth about how much coal is burned to operate and maintain this virtual, online cloud of electronic data transmission worldwide.

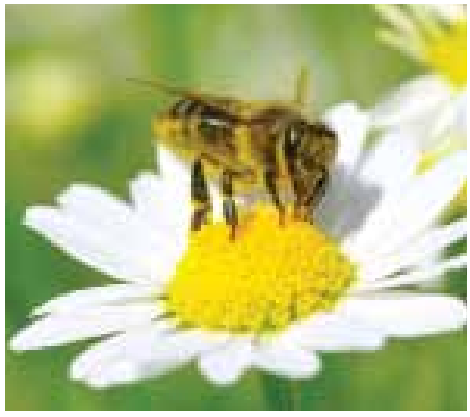
Every day, tons of asthma-inducing, climate-destroying coal pollution is emitted into the air just to keep the Internet going. The good news is that tech industry leaders such as Facebook and Google are starting to quit the coal habit; Apple's new North Carolina data center will run in part on renewable, biogas-powered fuel cells and a large array of solar panels.

A Greenpeace initiative is working to persuade Microsoft, Amazon and others to likewise disassociate their brands from the specter of poisoned air currently damaging the climate.

Take action at Tinyurl.com/dirtycloud.

Sweet Survival

Bees & Superbees Update



While bee colonies die off around the world, pesticide chemical companies continue to protect their businesses by lobbying against bans on neonicotinoids, a group of nicotine-based toxins designed to paralyze insects by attacking their nervous systems. And that, claim critics, includes honeybees.

Mounting authoritative research undermines the pesticide industry's long-repeated arguments that bees are not being harmed, and increases pressure on U.S. and UK authorities to follow other countries in banning the suspect chemicals, blamed for the "colony collapse disorder" that has been decimating bee populations.

The current double-whammy for honeybees is an Asian mite, the varroa, which feeds on honeybee young and adults and spreads viruses. To fight the pest, commercial beekeepers have turned to heavy feeding and medication to try to keep hives alive.

Now, scientists at the U.S. Department of Agriculture's honeybee lab, in Baton Rouge, Louisiana, that have studied for the last decade why some hives had low mite levels, have determined that the bees in those colonies were able to detect mites hiding in sealed cells and feeding on developing young. The researchers' goal is to breed a queen that will pass on to her colony the traits of resistance to pests and disease, gentleness, productivity and winter hardiness, thus creating a superbee. The project is ongoing.

Source: Environmental Health News

Senior Trips

Greycations Rock with the Whole Family

The U.S. Travel Industry Association estimates that more than 5 million family vacations a year in the United States now encompass three generations, with grandparents often footing the bill. Multi-generational travel is a hot trend, having increased from 22 to 32 percent in the last five years, with the phenomenon expected to grow as the U.S. population ages.

Travel companies, hotels and theme parks have taken notice and are eager to cater to the trend. Cruise lines are especially active in marketing fixed-price packages that include activities for all ages, meals and group discounts. All-inclusive resorts and vacation rental agents are also on board, offering plans to accommodate all budgets.

Source: Orlando Sun-Sentinel

Earth Quaking

Vermont Says, 'Don't Frack on Me'

Vermont has become the first U.S. state to ban fracking, or hydraulic fracturing, the controversial practice used to extract natural gas from the ground by injecting water, sand and chemicals deep into the Earth to crack shale rock, which frees oil and gas.

Proponents claim that fracking is producing energy and jobs, but critics fear the chemicals are seeping into the groundwater. The process is also suspected of causing mild earthquakes.

"This is a big deal," says Governor Peter Shumlin. "This will ensure that we do not inject chemicals into groundwater in a desperate pursuit for energy."

Petition your legislators to ban fracking in your state and around the country at Tinyurl.com/banthefracking.

Source: CNN

Burns
Make a thick paste of Arm & Hammer Baking Soda and water, apply to the burn, and cover with wet gauze for ten minutes.

ecotip

Perfect Pools

Practical Options for Chlorine-Free Swimming

Swimming in an ocean, river or lake dramatically differs from manmade pools in obvious ways, but also one that water lovers may not dwell on. In the typical, chlorine-laced environment of most public and private pools, major emphasis is placed on killing germs quickly and cheaply; possible side effects to skin, hair and lungs from exposure to a toxic chemical are assumed. Nevertheless, safe and refreshing options are available.

Saltwater pools use sodium chloride in a naturally occurring cycle to keep it clean. Chlorine is present as a byproduct of the off-gassing of the salt, but much less so than in a conventionally chlorinated pool.

An **ionizer** not only keeps water sanitized, it makes the water feel silky smooth to the touch, using copper and sometimes silver ions to maintain cleanliness. No salt and little or no chlorine are used.

An **oxidation** system is a chemical-free way to keep pools disinfected using ultraviolet light or electricity; it requires a generator.

Production of **ultrasonic** waves pulsed through the water are the key to sonic cleaning; such a device destroys algae at a cellular level.

Creating a totally natural **ecosystem** pool employs plants to form a breathable bottom more akin to a lake. *MotherEarthNews.com* (which offers building instructions) notes, "It can be constructed for as little as $2,000 if you do it yourself, while conventional pools can cost tens of thousands of dollars. Natural swimming pools require no harmful chemicals, are fairly low-tech and once established, call for only a modicum of management. You won't have to drain the pool each autumn. Except for topping it off now and then, you'll fill the pool only once."

Source: Care2.com/greenliving

SIMPLE SUMMER PLEASURES

Sweet, Easy, Perfect

by Claire O'Neil

Summer ever beckons with the freedom of possibilities that long sunny days foster. It's a perfect time to cultivate the art of treating ourselves to simple pleasures.

Why? Author Neil Pasricha observes, "I like to stop and remember sometimes that we'll never be as young as we are right now. We only get 100 years or so to enjoy interior design, books, buffets and radio waves, clean sheets and good movie seats, bakery air, rain hair, bubble wrap and illegal naps."

The Toronto-based creator of the international bestseller, *The Book of Awesome: Snow Days, Bakery Air, Finding Money in Your Pocket, and Other Simple, Brilliant Things,* is on such a roll that he keeps adding to the list at *1000AwesomeThings.com*.

All it takes to travel this pleasurable path is a little attitude adjustment and awareness, agrees Victoria Moran, author of *Creating a Charmed Life*. She suggests we continually ask, "What simple thing can I do today that will make it an amazing day?"

What follows is not exactly a bucket list, but more like a summer "sand pail", sparked by *Natural Awakenings* publishers and contributors around the country. Taking cues from summers past and present, they are happy to offer a springboard to enjoyment.

Acting Like a Kid Again

Just the thought of summer days to come brings back memories of free time, family vacations and outdoor fun. Whether we go swimming, sip real lemonade on the porch or catch and release fireflies with our kids or grandkids, we love renewing that "in the moment" feeling for ourselves.

"I love hanging out with 3-year-olds," says Pasricha, "because they're still seeing the world for the first time. Every moment is right now."

If you're having trouble reaching your inner child, "Think of how you were when you were 10 years old," suggests Joy Behar, comedian and co-host of *The View*. "What did you like to do then?" Sometimes revisiting a childhood pleasure or two can provide the missing link to fresh summer fun. Here are some likely candidates.

Retro sweets. "Every time I heard the tinkling bell of the ice cream truck, I would run out on bare feet for a treat, stubbing my big toe more times than I want to remember," recalls Las Vegas Publisher Mary Ruetten of childhood summers in Southern California. Today, fresh fruit does the trick for her.

A dip in the ol' swimming hole. Reid Boyer, who publishes in Pennsylvania's Lehigh Valley, observes, "Anyone that has experienced high summer heat knows the relief of a good, cool swimming hole. I still remember when my 4-year-old son and I packed up the pickup truck, drove to the community beach at the local lake and set up our picnic lunch, beach chairs and toys. We must have jumped off the end of that pier 100 times each, doing silly jumps and egging each other on to top the last pratfall. We laughed until our bellies hurt."

Bike riding and kite flying. "My all-time favorite summertime treat is bike riding," says Tina Woods, *Natural Awakenings'* New York City publisher. "Being free and blowing in the wind is sheer exuberance. Flying a kite feels like that too, and anytime I pass a kite off to someone else a huge smile breaks out across their face. It's beautiful to see!"

Horseback riding. Amy Hass, a longtime publisher in West Michigan, notes, "My fondest summer pastime as a girl was spending every daylight hour with my horse. I would get to the barn early in the morning when there was still dew on the ground and spend all day cleaning up the stalls and barn, grooming my horse and then taking her out on country trails or maybe

along the train tracks, or else practicing in the ring for our next show. She loved cooling off by going for a swim in Lake Michigan."

Superheroics. Why not, asks *Natural Awakenings* contributor Bill Van Arsdale, of Naples, Florida, who recalls a favorite summer adventure on Cape Cod. "We would tie long beach towels around our necks that reached our ankles, rear back and run as fast as we could through the scrub grass and moss to the edge, where the hard surface broke off into a plunging dune that met the Atlantic shore. For a brief moment, yelling 'Superman,' capes flapping, arms and legs flailing, we all became our hero, before landing in a delightful steep skid of clay, pebbles and coarse glacial sand."

Indulging the Senses

The sights, sounds, smells, tastes and textures of summer are easy to discover and recreate. They can be as simple as making the most of…

Tai chi at dawn. For Atlanta Publisher Larissa Stewart, taking her Tai chi or yoga practice outside—by a lake or stream—is a great way to start her day. "In the early morning, there is often a cool mist rising from the earth that feels so delicate on your skin and refreshing to breathe. Everything is at peace around you accompanied by the quiet twitter of birds as they awake with the morning sun."

Red wine at sunset. Jeff Browne, who publishes in New Mexico, loves getting out on a Vespa and scootering around by himself into the sunset. "Other times, I like to sit with friends on the portal (a New Mexican porch) and have a relaxing and feel-good therapeutic discussion, maybe accompanied by a glass of wine."

Dining alfresco. "On summer evenings," says Northern California Publisher Jaime Mitchell, "my loved ones and I take every opportunity to indulge in outdoor meals, complete with citronella candles and cool, crisp salads featuring our state's fresh summer fruits. Strawberries, peaches and nectarines become staples in my diet during warm months."

Classic clambake. As a youth, South Jersey publisher Don Moore spent summer vacations on Cape Cod, where, "Days spent by the water's edge annually culminated in a classic neighborhood New England clambake."

Constructing the rock-lined pit and stoking the fire took all day, remembers Moore. "Layers of potatoes, lobster, mussels, corn and clams were laid between rockweed. After we covered the pit with a wet tarp and buried it under sand, mouthwatering aromas would begin to escape into the breezy evening air." He adds, "I always felt close to nature when sitting on the beach listening to the crashing waves, while filling my hungry belly from a plate brimming with the ocean's bounty."

Stargazing… on land. Graphic Designer Steve Hagewood, of Bonita Springs, Florida, grew up in Nashville, Tennessee, where he began a lifelong fascination with the night sky. "Pop bought a pair of high-powered military binoculars at an army surplus sale after the big war; I had a smaller pair from Sears Roebuck & Co. We would wrangle in good spirits over who got which pair and how long each of us could hold onto them amid the stillness of the cool, night air filled with the sweet fragrances of honeysuckle and moonflowers," he remembers.

… and on water. Peggy Malecki, *Natural Awakenings'* Chicago publisher, loves the starry view from a friend's sailboat on Lake Michigan. On one notable trip in a race across the lake, "In the wee hours of the midnight watch, the entire Milky Way galaxy stretched directly over the top of the boat as we caught small zephyrs off Traverse Bay," she says. "Watching the Perseid meteor shower, we counted shooting stars and watched for satellites crawling through the night sky."

Personal Pursuits

"Having space and time to nurture our creativity may be one of people's authentic hungers," muses author Sarah Ban Breathnach, well-known for her *Simple Abundance* books. She suggests maybe allotting an hour a day to dabble in a hobby, to paint, to plot or to throw pots. It can feel like taking a little vacation every day.

"Some days are shaped by summer pleasures, others are redeemed by them," concludes Breathnach in *Simple Pleasures*. Making time for such simple joys nurtures an ongoing summer vacation state of mind.

Claire O'Neil is a freelance writer in Kansas City, MO.

Just Do It for Fun

Here are more ideas for simple pleasures to get summer juices flowing, from *Natural Awakenings* publishers and staff around the country.

Picture perfect. I'd like to spend a month this summer at my friend's house and set up my camera on a tripod near her bird feeders. She welcomes flocks of red and yellow finches, cardinals, blue jays and woodpeckers, all of which are fun to photograph. Plus, her flower gardens are awesome. Summer, here I come!
~ Linda Sechrist, writer and editor, Nashville, Tennessee

Potluck block party. Every second Sunday, our next-door neighbors would host a summer barbecue potluck that transformed into a mini-block party. Kids, parents and grandparents brought lawn chairs and set up rows of card tables covered with colorful camp blankets and old tablecloths. Someone always remembered to add a few Mason jars filled with puffy, purple-tinged hydrangeas, dainty red- and yellow-spurred columbines or the simple cheer of sunflowers.

We feasted on grilled goodies, accompanied by plump tomatoes, crisp cucumbers, raw carrot strips and steamed corn on the cob, all freshly picked that day from backyard gardens. Homemade baked beans sizzled in a pottery crock. If we were lucky, as a special treat, big wedges of sweet, ice-cold watermelon arrived as dessert.
~ Barb Amrhein, editor, Naples, Florida

Day at the beach. If there's sun in the skies, you can safely bet that I'm sitting on my oceanside beach chair (which includes a beverage cup and foot rest) soaking up the rays, protected by natural sunscreen. With our house just three doors from paradise, we take advantage of it all summer long.
~ Julia Lopez-Motherway, publisher, Long Island, New York

Instant comfort. The neighborhood hangout spot when I was a kid was the garden of the only childless couple in our neighborhood. Many times we trekked home with gift bags full of ripe produce, a memory that surfaces every time I smell a freshly picked tomato.
~ Maisie Raftery, publisher, Boston, Massachusetts

Fun and games. As kids, a dozen of us liked to gather at the cul-de-sac at the top of our long and winding hill as soon as it was dark for a game of flashlight tag, a battery-powered version of hide-and-go-seek. The crickets would start chirruping and the forest behind our houses closed in, offset a bit by the sounds of after-dinner cleanup and televised news through open windows. If you were hit with the light, you had to surrender and the first one found became the next seeker; the rest of us, guided by the light in the stillness of the night, would sneak up and scare the heck out of whoever was "it".
~ Terry Chriswell, publisher, Denver, Colorado

Unplugging once a week. One of the perks of living on the Eastern Shore of Mobile Bay is the amazing sunsets. On Fridays after a long workweek, we pack up for our own brand of happy hour on the bluff overlooking the city pier. We bring along a blanket to sit on, our favorite beverage and a snack to enjoy as we enjoy a simple evening of good conversation and a beautiful view.
~ Meredith Montgomery, publisher, Mobile/Baldwin, Alabama

River tubing. I love to dip my toes, fingers and backside into the cool, clear waters of a local river and let the current take me away; enjoying nature at its best is only enhanced by the playful noises of fellow loungers. It is a true delight!
~ Karen Goins, publisher, San Antonio, Texas

Essence Savoy
Happy 12*th* Birthday

"Thanks for bringing so much joy into our lives each and every single day!!"

Your parents-
Michelle and Anthony Savoy

Your brother-Jamaican Savoy and grandmother-Shirley Collins

Email your birthday submissions to:
publisher@NAacadiana.com
Birthday listings are FREE!

HAPPY FOURTH OF JULY!

Fun Ways to Celebrate with Kids

by Katie Kavulla

To little ones, celebrating the Fourth of July usually means one thing—fireworks! Yet, as parents know, by the time the sun goes down and before the sky show even starts, youngsters can be sleepy-eyed and ready for bed. These 10 fun daytime activities will make the most of the holiday for everyone.

Make a Statue of Liberty crown. Transform the entire family into Lady Liberty. Take the patriotic creativity to whatever level the kids like—metallic paint, glue and glitter or just some tinfoil from the kitchen. Construction paper makes great headbands, or try paper plates for sturdier ones. Repurposed empty toilet paper and paper towel rolls make excellent starting points for homemade torch replicas.

Have a patriotic bike parade. Round up all the neighborhood kids and their bikes. Have everyone agree to decorate their own bike at home and then meet for a parade; or hold a bike-decorating party at your house; the garage and driveway are suitable spots. Think streamers, painted tin cans on string trailing behind bikes, balloons—anything goes.

Read about America's birthday. Stop by the library or a neighborhood bookstore to pick up *The Story of America's Birthday*, by Patricia Pingry and illustrated by Stacy Venturi-Pickett, or another early American history children's book. Toddlers on up will enjoy learning why we celebrate American independence.

Make 50 states cookies. A set of cookie cutters for all 50 states is available for a price, but it's even more creative to hunt up an old map or atlas and use it as a template for cutting out each state. After mixing and baking, let little ones go to town decorating them with red, white and blue toppings. Search online for tips on making healthier cookies that taste yummy.

Watch *American Legends*. This oldie but goodie video from Walt Disney tells the story of such fabled American figures as Johnny Appleseed and Paul Bunyan. Check out a copy from the library or a favorite movie rental source.

Sing a patriotic song. Songs about America don't have to be the classic versions—pick up a CD of patriotic songs or download some onto a home computer or iPod. The *Wee Sing America* CD is a hit with all ages.

Start the Fourth with a red-white-and-blue breakfast. Set a festive mood for the whole day with a healthy parfait. In clear glasses, layer blueberries for the blue, strawberries and raspberries for the red and yogurt for the white. Sprinkle some hearty granola in-between the layers for a satisfying crunch.

Make a care package for our armed forces. The Fourth of July is a great time to remember the special men and women that are selflessly serving our country. Have the entire family assemble a care package of items or make special cards; even the smallest efforts show the family's appreciation. Check with a local veterans affairs office or the Internet on how to ship the gift overseas.

Create a flag for the front door. For an easy and fun twist on hanging a flag this year, try making one from crepe paper for the front door or window. Pick up some red-and-white streamers from the store for the stripes. Use a piece of blue construction paper and draw or paint white stars onto the upper left corner; then fasten it up so that the "flag" hangs downward, with the streamer stripes going from top to bottom. Either leave the stripes flying free toward the bottom or tape them down, like on top.

Celebrate with the East Coast. If staying up late isn't a good option, but kids are begging to watch the fireworks, they can catch a full fireworks extravaganza from home via the magic of TV and the Internet. Get everyone into pajamas and watch one of the many media specials from the comfort of home. This especially works for families west of the Eastern Time zone; it may require pushing bedtimes back a bit, but there will be no fireworks crowds to battle en route home to bed afterwards.

Katie Kavulla is a mother and freelance writer in Seattle who regularly contributes to Red Tricycle*, an online city guide that provides fun things for parents to do with their kids (RedTri.com).*

COMMUNIT

Health C

CLUB ANNOUNCEMENT

Family fun day on July 14 so come in for burgers, a fun jump for the kid, and a special membership rate for that day only.

JULY AEROBICS SCHEDULE

Monday July 2
9am A'thing Goes
4:30pm Body Blitz
5:30pm 20/20/20
6:30 Kickboxing

Tuesday July 3
4:30pm 20/20/20
5:30pm Body Blitz
6:30pm Zumba

Wednesday July 4
NO CLASS GYM CLOSED

Thursday July 5
4:30pm 20/20/20
5:30pm Power Circuit
6:30pm Zumba

Saturday July 7
Gym Closed for Private Party

Monday July 9
9am A'thing Goes
4:30pm Body Blitz
5:30pm Circuit
6:30 Kickboxing

Tuesday July 10
4:30pm Butts/Gutts/Cardio
5:30pm Body Blitz
6:30pm Zumba

Wednesday July 11
9am A'thing Goes
5pm Anything Goes
5:30pm Toning w/ Ball
6:00pm Pilates/Core Fusion

Thursday July 12
4:30pm Butts/Guts/Cardio
5:30pm 20/20/20
6:30pm Zumba

Saturday July 14
9:00am Anything Goes

Monday July 16
9am A'thing Goes
4:30pm Body Blitz
5:30pm 20/20/20
6:30pm Kickboxing

Tuesday July 17
4:30pm 20/20/20
5:30pm Body Blitz
6:30pm Zumba

Wednesday July 18
9am A'thing Goes
5:00pm Anything Goes
5:30pm Crunch Time
6:00pm Pilates/Core Fusion

Thursday July 19
4:30pm 20/20/20
5:30pm Power Circuit
6:30pm Zumba

Saturday July 21
9:00am Anything Goes

Monday July 23
9am A'thing Goes
4:30pm Body Blitz
5:30pm Circuit
6:30pm Kickboxing

Tuesday July 24
4:30pm Butts/Gutts/Cardio
5:30pm Body Blitz
6:30pm Zumba

Wednesday July 25
9am A'thing Goes
5pm Anything Goes
5:30pm Resistance Toning
6:00pm Pilates/Core Fusion

Thursday July 26
4:30pm Butts/Guts/Cardio
5:30pm 20/20/20
6:30pm Zumba

Saturday July 28
9:00am Anything Goes

Monday July 30
9am A'thing Goes
4:30pm Body Blitz
5:30pm 20/20/20
6:30pm Kickboxing

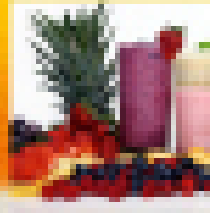
Tuesday July 31
4:30pm 20/20/20
5:30pm Body Blitz
6:30pm Zumba

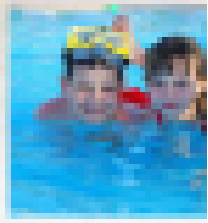
OUR

AEROBI

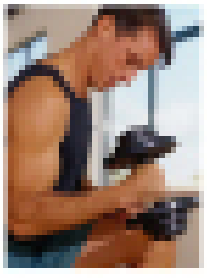
BO

$20 a week

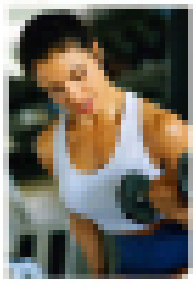




BUY ONE, GET ONE FREE!



BUY one health club membership and get the second free.



TY FITNESS

Club

329 Hector Connoly Rd., Carencro

(337) 896-3319

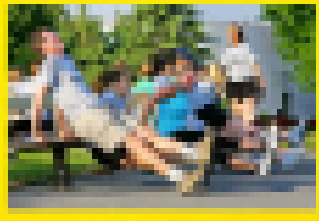
R HEALTH CLUB MEMBERSHIPS

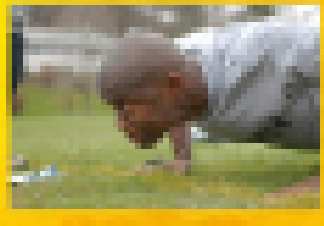
CS • POOL • FULL GYM ACCESS • TANNING • BOOT CAMP CLASSES

$29.99 GYM MEMBERSHIP (full access)
$19.99 TANNING MEMBERSHIP (unlimited)
$20 AEROBICS CLASSES (unlimited)
$20 BOOT CAMP CLASSES (weekly rate)
$15 30-min personal training sessions

OT CAMP

starting on June 12th and ending July 19th





CAPTAIN NUTRITION

75 Different smoothie flavors with real fruit.
Muscle milk, BSN, and Pro Hormones sold at our smoothie bar.

KIDS Summer Pool Membership $60

Summer KIDS CAMP. Call for info. 896-3319

HEAL BETTER !

Only $149/month*

90 day contempo spa experience

loose weight • reduce stress • balance your diet • alkalize your body • rebuild circulation • relieve inflammation

revivelife
health and wellness program**

NATURAL HEALTH NEW PATIENT PROFILE (included)

Our revivelife health and wellness program is a 90 day natural health rebalance program. Included:

- Balance your diet
- Loose weight
- Alkalize your body
- Reduce anxiety
- Stop depression
- Reduce pain and inflammation
- Rebuild lymphatic circulation
- Detox
- Regulate bowel movements

HOW DOES IT WORK

You get three months of guided exercise and diet wellness exercising at our state-of-the-art contempo spa. Each visit you will experience hydration therapy, vibrational therapy, sauna detox, and more. This program is designed to be a long-term solution to looking good and feeling better.

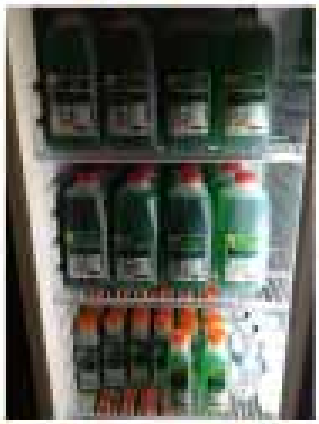
SaunaTOX Sweat and detox

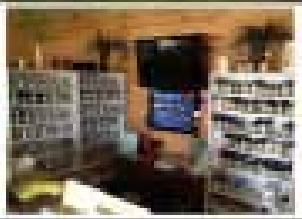
Whole Body Vibration Improve circulation

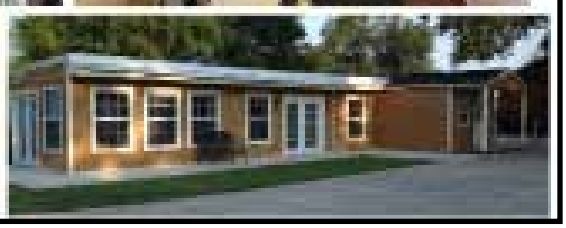
Green Waters Balance your body's acid / alkaline levels

AVAILABLE AT

LITEON Natural Health Center, Carencro Tel: 896-4141
DHARMA Wellness Center, Sunset Tel: 534-1110







WheTea Weight Loss Program

liteon
Natural Health Center
Powerful, Positive Healing for Life

100 E. Angelle St. Carencro
I-49, Exit 4, Just across the street from the new Super 1 Foods store
347-4141 or 896-4141

*Individual results vary.

THE NEW YOU
STARTS
HERE

$320 Full Month Unlimited Program

Unlimitied Wholebody Vibration Sessions, Infrared Sauna, and Treadclimber sessions.
Weekly 45 minute bodywrap sessions.
2 month - ThermoX, Fat Complex, Glucomannan
4-2 oz bottles of WheTea
1 case of Alkaline Water

3,500 calories burned = 1 lb of weight loss
* Unlimited sessions is up to 3 times a week for one hour sessions.

WHETEA DAILY PROGRAM

5,100 calories per week

Daily Program	Calories
AM WheTea Drops (8-24oz water)	50
ThermoX and FAT Burner (enhances fat burning)	200
Noon WheTea Drops (24-32oz water)	50
20 mins Whole Body Vibration	200
30 mins Infrared Heat Sauna	400
20 mins Treadclimber	200
PM WheTea Drops (32-48oz water)	50
Night WheTea Drops (48-64oz water)	50
TOTAL CALORIES BURNED TODAY*	**1,200**

*Individual results vary.

3,500 calories burned = 1 lb of weight loss

WHETEA INSTRUCTIONS

1. Add 2 droppers to every 8 ounces of water.
2. Drink a minimum of 64 ounces of water daily.
3. Walk at least 30 minutes three times a week.

Natural Summer Skin Care

Protective Tips for Sunny Days

by Kathleen Barnes

Now that much-anticipated beach vacations, gardening, outdoor sports and other outside summer activities are on our calendars, it's time to practice ways to protect skin from sun damage.

The medical profession has reported loud and clear that too much exposure causes dryness, wrinkling, premature aging and even skin cancer. Yet, many people don't understand that certain types of medications, among other factors, can increase sensitivity to the sun's rays.

People of all types of skin can be susceptible to allergic reactions to sun exposure, and contrary to popular belief, dark-skinned people are not immune. There are many ways to protect skin from overexposure, burning, drying and wrinkling, and careful use of safe sunscreens is one of the best.

Sun Protection from Without

Yale dermatologist Dr. Nicholas Perricone, author of *The Wrinkle Cure,* strongly recommends natural non-chemical sunscreens such as "physical" blockers titanium dioxide and zinc oxide, not chemical sunscreen formulations, for everyone that plans to spend more than a few minutes in the sun. He states, "The benefit of a physical sunscreen is that it acts like tiny mirrors—deflecting all spectrums of the radiation away from the skin, including the dangerous ultraviolet [UV] rays."

Taking commonsense steps can reduce exposure to both sun damage and sun-blocking products that have, among other synthetic chemical ingredients, paraben-based preservatives and can carry health risks, says medical researcher Elizabeth Plourde, Ph.D., author of *Sunscreens are Biohazards: Treat as Hazardous Waste.*

Plourde supports Australia's Victoria-based SunSmart program, credited with preventing more than 100,000 skin cancers and saving thousands of lives since its inception 32 years ago, in a country with one of the world's highest rates of skin cancer, according to Cancer Council, Australia. Effective UV protection has come from the increased use of hats, sunglasses and protective clothing, including neck-to-knee swimsuits for children.

Rather than use chemicals, Plourde is among the health advocates that suggest sun worshippers seek shade, cover up and avoid sun between 10 a.m. and 2 p.m.; be extra-careful when the UV index is high; find the daily National Weather Service forecast assessing the risk of sun overexposure at *epa.gov/sunwise/*

uvindex; take extra precautions near water, snow and sand, because they reflect and substantially intensify radiation; avoid tanning products or tanning beds, even those advertised as safe; and wear tightly woven, dark, clothing for maximum sun protection. Lightweight denim is a good choice.

Skin Protection from Within

Numerous studies show that specific foods can help provide natural sun protection, working from the inside out, including a class of foods incorporating carotenoids, which give rich colors to fruits and vegetables. According to recent research from Henrich-Heine University, in Dusseldorf, Germany, subcategories of the nutrients lutein (in dark green leafy veggies) and lycopene (in tomatoes and other pink/red foods) are among the most powerful antioxidants.

Perricone explains, "Numerous scientific studies from around the world show that oral supplementation with carotenes, especially lycopene and betacarotene, improve skin structure, have powerful wound-healing properties and offer great protection from damage caused by sunlight." Because inflammation is a major cause of many types of skin damage and premature aging, he highly recommends the Mediterranean diet and other eating plans rich in healthy oils like olive oil, omega-3 from walnuts and butternuts and oily fish, along with lots of vegetables and fruits.

A growing body of research from such prestigious institutions as North Carolina's Duke University and the Xienta Institute for Skin Research, in Pennsylvania, shows that vitamins C and E can protect skin against free radical damage and also reduce the chances of sunburn. Potent antioxidant herbs such as green tea (*Camellia sinensis*) are also proving effective, according to research from the University of Alabama.

Chemical-Free Sunscreens

Look for sunscreens that contain either zinc oxide or titanium dioxide and are free of cancer-causing parabens. These are a few of the more natural products on the market:

- Aubrey Organics Natural Sun
- Burt's Bees Chemical-Free Sunscreen with hemp seed oil
- Perricone MD More than Moisture
- Jason Sunbrellas Chemical-Free Sun Block
- Lavera Sun
- Nature's Gate Mineral Sportblock

Healthy Sun Exposure

Still, sunshine is the best source of vitamin D, so Perricone recommends stepping outside without sunscreen protection for at least 15 minutes a day with as much skin exposed as possible, even when clouds are present, preferably in early morning or evening sunshine. "But don't bake in the sun," the doctor warns.

"Limited sun exposure will increase vitamin D production, known to reduce the risk of many internal cancers, while also reducing the risk of osteoporosis."

Kathleen Barnes is a natural health advocate, author and publisher. Rx from the Garden: 101 Food Cures You Can Easily Grow *is among her many books. Visit KathleenBarnes.com.*

BIOLEAN®

SUPPRESS APPETITE + ENHANCE METABOLISM = BURN FAT

BioLean® weight loss supplement is featured in the Physicians Desk Reference

BioLean® is a dietary supplement designed to reduce body fat, suppress the appetite, provide a healthy feeling of fullness, and improve metabolism of dietary carbohydrates, fats, and proteins. It utilizes a strategic blend of vitamins, minerals, amino acids and herbal extracts that enhance fat utilization and energy production through several metabolic pathways. Key ingredients such as quebracho, green tea leaf extract, yerba maté and spices such as ginger and tumeric work together to promote healthy lipolysis, curb cravings, stimulate thermogenesis and increase energy without disrupting the healthy sleep cycle. Our weight loss products work in conjunction with a sensible diet and moderate exercise. BioLean® may:

- Reduce adipose tissue by increasing thermogenesis
- Enhance weight loss via increased lipid mobilization
- Increase energy production
- Suppress appetite
- Improve metabolism of carbohydrates, proteins and fats from the diet
- Reduce free-radical formation (antioxidant)

Supplement Facts

Serving Size 1 packet | Servings Per Container 28

Amount Per Serving	% Daily Value**
Calcium (as calcium carbonate, calcium phosphate dibasic) 298.64mg	29%
BioLean® Proprietary Blend 2492.02mg	†
Caffeine (as Guarana Seed 50% Extract, Yerba Mate Leaf 10% Extract, Green Tea Leaf 40% Extract) 250.5mg	†
Citrus Aurantium Fruit 30% Extract (Advantra Z®)	†
Schizandra Berry	†
Gymnema Sylvestre Leaf 25% Extract	†
Rehmannia Root	†
Hawthorne Root	†
Jujube Seed	†
Alisma Root	†
Angelicae dahuricae Radix	†
Epemidium grandiflorum Radix	†
Codonopsis Root	†
Eucommia Bark	†
Panax notoginseng Radix	†
L-Tyrosine 196mg	†
L-Phenylalanine 196mg	†
L-Carnetine (as L-Carnetine Bitartrate) 8mg	†

** Percent Daily Values are based on a 2,000 calorie diet. † Daily Value not established.

This formula is free of dairy, yeast, wheat, starch and artificial flavors.

OTHER INGREDIENTS: Alginic Acid, Calcium carbonate, starch, stearic acid, cellulose, hydroxypropyl cellulose, silicon dioxide, magnesium stearate, dicalcium phosphate, stearic acid, Calcium phosphate dibasic, stearic acid, silicon dioxide, croscarmellose sodium, cellulose gum, cellulose, magnesium stearate, ethylcellulose.

Phenylketonurics: Contains phenylalanine 196 mg per serving.

Distributed Exclusively By: BioLean International Network, Ltd. Peru, Suite 1500 LIMA Miraflores 18 | BioLean International Network, S.A. Physical Commercial Center, CECOM 2 Piso 1 C.C.C.O.D. Mz. F Lt. 4 Urb. Industrial - Bella Vista

MADE IN THE U.S.A. *These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, mitigate or prevent any specific disease or state of illness.

To purchase or for more information on Biolean and Biolean-free Contact:

Dr. Kimberly Smith Dauterive, MD
Internal Medicine
500 N. Lewis St., Suite 110, New Iberia
37.367.8220

Dr. Steven T. Castille, DNM
Biochemist and Doctorate in Natural Medicine
100 E. Angelle St., Carencro & Sunset Offices
337.347.4141

Dr. Theresa Ritter, MD
Physical Medicine and Rehabilitation
516 Jefferson Ter Ste 200, New Iberia
337.364.0077

Dr. Corwin A. Thomas, F.A.C.C.
Board Certified Interventional Cardiologist
4212 W. Congress Suite 1403, Lafayette
337.234.3163

Dr. Patrick D. Moore, MD , Family Medicine, 3400 Moss Street, Lafayette 337.706.8986
Dr. Elizabeth Romar, DC, Doctor of Chiropractic, Breaux Bridge, 337.381.5862

Allergies?

While the blooming trees and colorful flowers popping up this time of year are beautiful, the pollen is also out in full force and affecting millions of people who suffer from seasonal allergies. Did you know your allergic reactions may also have an adrenal component?

Allergies typically involve the release of histamine and other pro-inflammatory substances. Cortisol, one of the primary hormones produced by the adrenal glands, is a powerful anti-inflammatory agent. In fact, the amount of cortisol circulating in the blood is a key factor in controlling the level of inflammatory reactions in the body. When we have a minor injury or a muscle strain, our body's inflammatory cascade is initiated, leading to swelling and redness as commonly seen when an ankle is sprained or when an insect bite is acquired. This initial inflammation is a necessary to activate the immune system, however the immune reaction must be limited to prevent things like mosquito bites from enlarging or bronchial tubes and eyes from swelling shut due to allergies. Cortisol is secreted as part of an anti-inflammatory response. Its role is to govern the immune reaction and to remove and prevent excessive swelling and redness tissues. For this reason, proper adrenal function plays an important role in modulating and limiting allergies.

When adrenal function is less than optimal cortisol levels may not be adequate to counteract inflammatory reactions, allowing allergy symptoms to flourish unchecked. People suffering from suboptimal adrenal function may notice that they seem to have more allergies or their allergies seem to get worse. Conversely, when more histamine is released, it takes additional cortisol to control the inflammatory response, pushing the adrenal glands even harder. This additional stress perpetuates the already existing adrenal dysfunction and can result in a further decrease of cortisol production, allowing histamine to inflame the tissues more. This vicious cycle can lead to deepening adrenal dysfunction and an increased severity in allergic reactions.

It is not surprising that people with food and environmental allergies often have low or suboptimal cortisol levels. Eliminating or reducing exposure to foods and environmental substances that cause allergic or sensitivity reactions can help break this cycle and strengthen adrenal function. Likewise, supporting optimal adrenal function will treat allergic symptoms.

If you suffer from allergies and inflammatory reactions, it would be wise to test your diurnal (daily cycle, i.e. morning, noon, afternoon, bedtime) cortisol secretion to see how the adrenal glands may be playing a role in your overall health. This is done through saliva hormone testing that we offer.

Get Started Today!

We offer Hair Tissue Mineral Analysis, Saliva Hormone Testing, Full Gastro testing, standard blood testing analysis, one-on-one holistic health consulting and a full line of custom formulated natural supplements and bio-identical hormones. Our specialty is helping you to balance your hormones naturally! (Adrenal, thyroid and ovarian).

Optimum Solutions
HOLISTIC HEALTH CONSULTANTS

Marie Pace, RND, CNC, is a Registered Doctor of Naturopathy, Certified Nutritional Counselor and author of ***DISCOVER HEALTH***. To contact her office call **337-989-0572**
Hours: M-F 9:00am-4:00pm

Www.LafayetteNaturopath.com

Urban Walkabout

Traveling Afoot Sustains a Sense of Community

by Meredith Montgomery

While traveling abroad, Dan Burden fell in love with some cities, but was unable to pinpoint why. "Then I realized that they were just like American cities, except they were designed the time-honored way, for people, and just accommodating their cars, not the other way around," he says.

Imagine a busy, people-filled scene in Austin, Texas, Fairbanks, Alaska, or New York City, in contrast to an empty street in a sprawling, suburban neighborhood, with many garages, but few sidewalks and community parks. As co-founder of the Walkable and Livable Communities Institute (*WalkLive.org*), headquartered in Port Townsend, Washington, Burden has spent the last 20 years imagining and fostering walkability by shifting the design focus of cities from cars to people. He believes a community qualifies as walkable when walking around in it is a natural activity.

Healthy, Economical, Sustainable

Walkable towns are designed for universal use, catering to pedestrians, bicyclists, motorists, bus riders and shopkeepers of all ages. Sidewalks provide benches, shade and other amenities to make walking feasible and enjoyable. Streets are designed to keep speeds low, with on-street parking, medians, trees and an absence of one-way roads that flush traffic in and out during rush hour. Walking and biking trails are well connected. Where cul-de-sacs fracture street layouts, trail links reconnect neighborhoods.

A walkable destination also includes an intact town center with a compact layout of mixed-income housing near businesses and schools. A library, post office, shops and restaurants enhance the central mix. Accessible public spaces, plus parks, provide gathering spots and meeting places.

Walkable features provide multiple benefits. Environmentally, they encourage smart property development. Rehabbed historic buildings become the place to live, work and play. Older, non-historic structures are replaced with compact, mixed-use buildings for street-level businesses with residential apartments above. Without a need for massive parking lots and multiple driveways, town centers instead invest in green spaces and walkways.

While decreasing fossil fuel use by driving less, citizens simultaneously benefit in improved personal health as increased physical activity becomes a natural part of everyday life. According to the *American Journal of Preventive Medicine*, the average resident of a walkable neighborhood weighs six to 10 pounds less than one from a sprawling neighborhood.

Improvements to increase walkability make economic sense; a valued, and thus valuable, investment, especially when municipal budgets are tight. "Municipalities simply can't afford to build the massive-scale roads we need to keep traffic moving if we force everyone into their car all the time," observes Burden.

Research by CEOs for Cities that analyzed data from 94,000 real estate transactions found that higher walkability scores were directly linked to higher home values in 13 of the 15 metro areas; homes that scored above average on walkability are worth $4,000 to $34,000 more than similar, but less walkable, homes.

Superior Quality of Life

For Fairhope, Alabama, resident Daphne Dvorak, walking is a necessity. Since being diagnosed with macular degeneration two years ago, Dvorak hasn't been able to drive.

"It's a good thing I love walking," she smiles. "I walk everywhere." At 87 years young, her daily routine includes walking for coffee at 5:30 a.m. before walking to work at a downtown bank and later, to the post office. She also walks to visit friends at a nearby retirement community, to church on Sundays and to the grocery store. Despite her inability to read street signs, Dvorak exclaims, "I'm amazed at everything I see when I walk. It's surprising how much enjoyment you can get out of everything around you."

Oakland, California resident Benjamin McGriff is grateful for the expanded sense of home afforded by walkable city life. He remarks, "The line between your autonomous life in your physical residence and shared, day-to-day experiences within a community becomes blurred."

This heightened sense of connection to one's neighborhood is inversely captured in Sightline Institute's Cascadia Scorecard, which tracks seven

"The benefits of making commercial districts and neighborhoods more walkable go beyond healthy lifestyles. Because baby boomers are going to need to rely less on driving as they age and the millennial generation favors a more urban experience, the demand for walkability will soar. There's a direct economic payoff for investing in

trends crucial to a sustainable future for the Pacific Northwest: health, economy, population, energy, sprawl, wildlife and pollution. They found that for every 10 minutes a person spends in a daily car commute, time spent in community activities falls by 10 percent.

The best benefits of walkable communities are less tangible and more intuited. Whether it's the stimulating energy of a bustling big-city street corner or the tranquility of quiet spots with tree-shaded public benches, walkable communities enjoy a character and quality that draws people in and grounds them in a satisfying sense of place.

"It's why you often find people from such places celebrating and defending their particular enclave," says McGriff, "as if the idea of that place is a part of their family. In a sense, it is."

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

Advice from Walkability Experts

by Meredith Montgomery

While some big cities make it easy to live without a car, most modern American communities are lacking in walkability. According to Dan Burden, executive director of the Walkable and Livable Communities Institute, the best way to make improvements is to first bring like-minded citizens together. "It can happen around a school where parents have an interest in kids having a safer to-and-from journey," he says. "Or it can start with a neighborhood where people realize what they've lost and want to get back, such as a park."

Burden advises establishing a unified plan among community members before approaching city officials. He points out, "Quite often, city leaders want to improve walkability, but don't feel they have the backing of citizens."

Citizens wanting to initiate a movement towards a more walkable hometown can learn from these national initiatives:

From Inspiration to Action (*WalkLive.org/project/implementation-guide*)
AARP and the Walkable and Livable Communities Institute have published *From Inspiration to Action: Implementing Projects to Support Active Living*, a step-by-step guide to making streets more walkable. From working with local governments to securing funding, this comprehensive resource helps to mobilize concerned citizens.

Walking Advocates (*AmericaWalks.org*)
This group engages, educates and connects walking advocates. Online tools guide citizens in forming a local advocacy group to change transportation policy.

Safe Routes to School (*SafeRoutesInfo.org*)
Their participatory programs make bicycling and walking to school safer and more appealing to students, thus encouraging a healthy, active lifestyle from an early age. The website provides a step-by-step guide for creating a local program, classroom guides and curriculum, grant information and law enforcement resources.

Rails-to-Trails (*RailsToTrails.org*)
A nationwide network of trails built from former rail lines continues to expand as area volunteers secure funding and permits. Those labeled rail-trails are multipurpose public paths that replace former railroad corridors, while rail-with-trails are public paths parallel to active rail lines.

OUTDOOR ENTERTAINING

Backyard & Picnic Party Foods

by Renée Loux

Summer is the high season for outdoor gatherings to celebrate warm weather and make the most of evening's lingering natural light. When it comes to outdoor entertaining, simple is generally better. Backyard cookouts and picnic takeouts call for tasty fare, light foods and nothing too fancy or fussy.

In most parts of the country, summer brings a bounty of just-picked produce, and the fresher it is, the fewer the steps required to make delicious dishes. By keeping just a few staples on hand—cold-pressed olive oil, garlic cloves, fresh herbs and lemons, a good sea salt and freshly ground pepper—the cook will always be prepared to put together a delectable, trouble-free spread. Options run from grilled goodies to marinated and tossed salads that give the hosts time to enjoy their company. Complete the treat by serving skewers of fresh, ripe, cut fruit for dessert—an easy, healthy and welcome alternative to rich and complicated or store-bought sweets.

Creating a fun and festive atmosphere for backyard gatherings is easy, without a lot of fanfare. String up twinkly lights and use natural wax votive candles placed in empty jam and jelly jars to protect them from the wind. To ward off mosquitoes and generally keep bugs at bay, encircle the patio, deck or park picnic area with citronella candles or incense. Fire pits always make an outdoor gathering feel more special. A mesmerizing center of attention, they also warm up the evening as the temperature drops.

To keep serving and cleanup easy, use eco-friendly disposables. Look for plates made from recycled content or bagasse (derived from sugar cane fiber), cutlery sourced from biodegradable, plant-based plastic and recycled-paper napkins. Give guests instant access to a nearby compost bin, garbage can and recycling bin, or designated carry-away bags.

Happy summering!

Renée Loux is an organic chef, restaurateur, green expert and media personality. Her books include Easy Green Living *and* The Balanced Plate. *Visit ReneeLoux.com.*

Tasty Ways to Savor Summer

Grilled Black Bean Quinoa Patty

These flavorful patties are a hearty and complete source of protein, a popular, plant-based option for traditional burgers. Ground flaxseed mixed with water works to bind the ingredients together in place

of eggs. When grilling, be careful to flip them gently, so that patties stay together; they're equally delicious cooked in a skillet on the stove. Serve on a whole-grain pita and load on the toppings. For a gluten-free alternative, use ground tortilla chips instead of breadcrumbs.

Yields 6 to 8 burgers

1 15-oz can black beans, rinsed, drained and spread out to dry for 20 minutes; divide into two equal parts
2 Tbsp Vegenaise
2 tsp ground cumin
1 tsp dried oregano
1 tsp garlic powder
¼ to ½ tsp crushed red pepper (optional)
1 Tbsp ground flaxseed, mixed with 3 Tbsp water
½ cup cooked quinoa
½ cup breadcrumbs or ground tortilla chips, as needed
⅓ cup finely chopped red onion
¼ cup chopped cilantro
Sea salt
Freshly ground black pepper

Toppers
Salsa
Avocado slices
Lettuce
Sliced red onion
Pickles

1. Drain and rinse black beans in a colander. Shake and let stand for a few minutes for excess liquid to drain. Spread out on a clean, dry towel; blot dry with another clear, dry towel; and let stand to dry for 20 minutes. This can also be done in the oven—spread on a cookie sheet and dry at 300° F for 15 minutes.

2. In a food processor, place half of the beans, Vegenaise, cumin, oregano, garlic powder and crushed red pepper. Chop in pulses to create a coarse purée. Transfer to a medium bowl.

3. In a small bowl, mix ground flaxseed and water. Let stand 5 minutes to thicken. Mix into the black bean mixture and add remaining beans, quinoa, breadcrumbs or ground tortilla chips, onion and cilantro. Mix until combined. If the mixture looks too wet to hold together, add more breadcrumbs or ground tortilla chips. Season to taste with salt and pepper.

4. Form into 3- to 4-inch-circumference patties. If time allows, let chill in the refrigerator for 2 hours to firm and for flavors to develop.


photo by Stephen

5. On a grill preheated to medium-high and brushed with oil, cook patties until crisp and brown, turning once, 5 to 6 minutes on each side. Or heat 2 tablespoons of olive oil in a skillet over medium-high heat and cook until browned, turning once, 5 to 6 minutes on each side.

Watermelon Mediterranean Salad with Tomatoes, Cucumbers, Avocado and Olives

This dish embodies the zenith of summer, when watermelon and tomatoes are at their height. Paired with refreshing cucumber, buttery avocado, savory olives and bright herbs, this pastiche of flavor and texture is a perfect accompaniment to any backyard or picnic party.

Yields 4 to 6 servings

3 medium heirloom tomatoes, cored and cut into ¾-inch pieces
1 cup watermelon, cut into ¾-inch cubes
1 cucumber, peeled, seeded and cut into ¾-inch cubes
1 avocado, cut in half, pitted and cut into ¾-inch cubes
½ cup pitted green olives, chopped (Castelvetrano olives recommended)
1 Tbsp chopped basil
1 Tbsp chopped mint
2 Tbsp olive oil
2 Tbsp white balsamic vinegar or champagne vinegar
Sea salt and freshly ground black pepper to taste

1. In a bowl, place tomatoes, watermelon, cucumber, avocado, olives, basil and mint. Toss gently.

2. In a small bowl, whisk together olive oil, vinegar and a pinch of salt and pepper. Pour over tomato-watermelon mixture and toss gently to mix. Season to taste with more salt and pepper. Serve immediately.

liteon Natural Health Center

Powerful, Positive Healing for Life

Carencro • Sunset • Opelousas **347-4141 OR 896-4141**

Natural Weight Loss and Weight Management

WHOLE BODY VIBRATION
WEIGHT LOSS

Migraines
57% resolved

Pseudotumor Cerebri
96% resolved

Dyslipidemia Hypercholesterolemia
63% resolved

Non-Alcoholic Fatty Liver Disease
90% improved steatosis
37% resolution of inflammation
20% resolution of fibrosis

Metabolic Syndrome
80% resolved

Type II Diabetes Mellitus
83% resolved

Polycystic Ovarian Syndrome
79% resolution of hirsutism
100% resolution of menstrual dysfunction

Venous Stasis Disease
95% resolved

Quality of Life-
improved in 95% of patients

Depression
55% resolved

Obstructive Sleep Apnea
74-98% resolved

Asthma
82% improved or resolved

Cardiovascular Disease
82% risk reduction

Hypertension
52-92% resolved

GERD
72-98% resolved

Stress Urinary Incontinence
44-88% resolved

Degenerative Joint Disease
41-76% resolved

Gout
77% resolved

Mortality-
89% reduction in 5-year mortality

Whole body vibration (WBV) is defining a new revolution in weight loss, fat burning, and core energy restoration by mechanically stimulating your muscles at a specific frequency. Targeted muscles are given 25-27 impulses per second, causing them to contract and relax by the natural, involuntary, muscle stretch reflex, 25-27 times per second. At this optimal range, a one minute therapy session will produce 1,500 contract/relax cycles. Vibration therapy allows you the benefit of exercise without the constraints of conventional exercise. Therapy sessions of only 10-20 minutes twice a week produce measurable results.

Decreases Body Fat – The WBV works several ways to dissolve excess body fat; it increases metabolism which burns calories more rapidly; increases blood circulation and lymphatic drainage thereby removing toxins faster. Human Growth Hormone secretion increases dramatically (460%). Excess body fat melts away effortlessly. People who use the WBV for 10 minutes, three times a week, lose significantly more fat than those who engage in aerobic activity for one hour three times a week! Without sweating, bad body odor or even make-up smudging, the WBV 10 minute session is the equivalent of a 40-60 minute workout. The old fat deposits that have been stagnantly sitting in areas are stimulated for use by the body again, thereby promoting fat metabolism and decreased body fat.

Call to Schedule first Appointment

347-4141 Office

896-4141 Office

896-0085
Before or After Hours

Office Hours
Mon - Fri 10A-6P

Lose the Weight
Get Your Life Back !

"Whole body vibration stimulates muscles at a specific frequency and increases metabolism which burns calories more rapidly."

Dr. Steven T. Castille
Biochemist and Doctorate in Natural Medicine

KECIA Lost OVER 105 Lbs. !!
(SHE LOOKS AMAZING!)

NewDAY Weight Loss PACKAGE $340

15 Whole Body Vibration Sessions
2 Dermosonic Cellulite Reduction Treatments
2 Body Wrap Treatment
4 FAR Infrared Heat Tummy Wraps
3 Ion Foot Detox Treatment
BioLEAN Weight Management Supplements

6 WEEKS
Up to 22 lbs lost in six week program.

THERMO BIOLEAN PACKAGE $420

15 Whole Body Vibration Sessions (20 min ea)
15 Infrared Heat Sauna Sessions (30 min ea)
2 Dermosonic Cellulite Reduction Treatments
2 Body Wrap Treatment
4 FAR Infrared Heat Tummy Wraps
4 Ion Foot Detox Treatment
BioLEAN Weight Management Supplements (28 Day)
WheaTea Weight Losss Tea (28 Day)
Glucomannan Stomach Filler

10 lbs: 6 Days
"I lost 10 lbs in 6 days."

"BioLean® really helped kick my metabolism into high gear! Before recommending BioLean, I decided to try it first. I personally lost 3 lbs in 2 days, 5 lbs in 3 days, 10 lbs in 6 days. I am stronger and have more energy than ever."
- Dr. Steven T. Castille, DNM

LOOK GOOD
FEEL GREAT
WEIGHT LOSS
ALL NATURAL
BETTER HEALTH

WHY WEIGHT?

Dermosonic Cellulite Removal
Remove cellulite

FAR Infrared Heat Sauna
600 calories in 30 min

Water Massage Therapy
200 calories in 20 min

Whole Body Vibration
600 calories in 30 min

Hydro-Dermo Hydration Spa
400 calories in 30 min

Infrared Body Wrap
900 calories in 50 min

The Anatomy of Wheatgrass

Wheatgrass, hailed as "King of Alkaline Foods", neutralizes the acids in our body caused by acid forming foods, negative emotions, stress and pollution. Dr. Linus Pauling stated that virtually all degenerative diseases are associated with excess acidity in the body.

One serving of Wheatgrass provides:

- 17 amino acids
- 13 vitamins
- 10 minerals
- 100% organic fiber
- chlorophyll
- over 100 types of enzymes.

Two of the most powerful anti-aging enzymes are found in wheatgrass: SOD (Super Oxide Dimutase), a potent antioxidant, and P4D1, the first know substance to actually stimulate the repair of DNA molecules. Plus, the nutrients in wheatgrass have been known to heal, energize and tighten the skin, making it glow.

1 oz of wheatgrass = 2.5 lbs of green vegetables

Simon's Pharmacy, Breaux Bridge Tel: 332-2600
BENNY'S Sport Shack, Opelousas Tel: 948-6533
Road Less Traveled, Lafayette Tel: 988-9889
Nature's Health Shop, Opelousas Tel: 942-8751
Oil Center Health Foods, Lafayette Tel: 232-7774

AVAILABLE AT

Lafayette Telephone: 261-0051

Natural Health Center
I-49, Exit 4, Carencro
Across from the New Super 1 Foods
Telephone: 896-4141

Smoothie Factory, Lafayette Tel: 989-7001
DHARMA Wellness Center, Sunset Tel: 534-1110

53 Wheatgrass Health Benefits

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

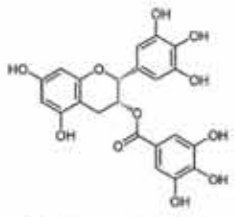
1. Wheatgrass is the ultimate energizer for body and mind.
2. 1oz of wheatgrass juice contains the nutrients of 2.5lbs of green vegetables!
3. Wheatgrass is superior to other vegetables because it has been found to have over 100 elements needed by man. If grown in organic soil, wheatgrass absorbs 92 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.

Obesity is A Major Medical Crisis

Obesity is now a major medical crisis of the twenty-first century. We're getting fatter all the time, despite our knowledge of the consequences. There is overwhelming evidence that obesity - and, to a lesser extent, merely being overweight (BMI = 25-29) - is directly or indirectly responsible for our susceptibility to many serious diseases that degrade or ruin our lives while we are alive, and kill us before our time. These diseases include cancer, cardiovascular disease, diabetes, degenerative joint diseases, psychological disorders such as depression, anxiety, and more. Understanding the chemistry of weight loss can not only save lives, but improve our health and overall well-being.

WheTea Weight Loss Formula

"I lost 10 lbs in my first 6 days." $320 Full Month Unlimited Program



Epigallocatechin gallate
EGCG

Wheatgrass is low in calories and has no fat, sugar or cholesterol. Wheatgrass is a nutritionally powerful food that meets all of your body's nutritional requirements. This will help to reduce cravings, because your body has all of the nutrients it needs, resulting in lower caloric intake. One ounce of wheatgrass juice is equal to 2 lbs. of fresh vegetables nutritionally.

Wheatgrass is a rich source of beta carotene, vitamins B1, 2, 3, 5, 6 and 12, vitamins C and K, choline, calcium, folic acid, copper, iodine, magnesium, phosphorus, potassium, zinc and amino acids. Wheatgrass is also one of the richest sources of chlorophyll found in nature.

Burns fat with enzymes and epigallocatechin gallate (EGCG).

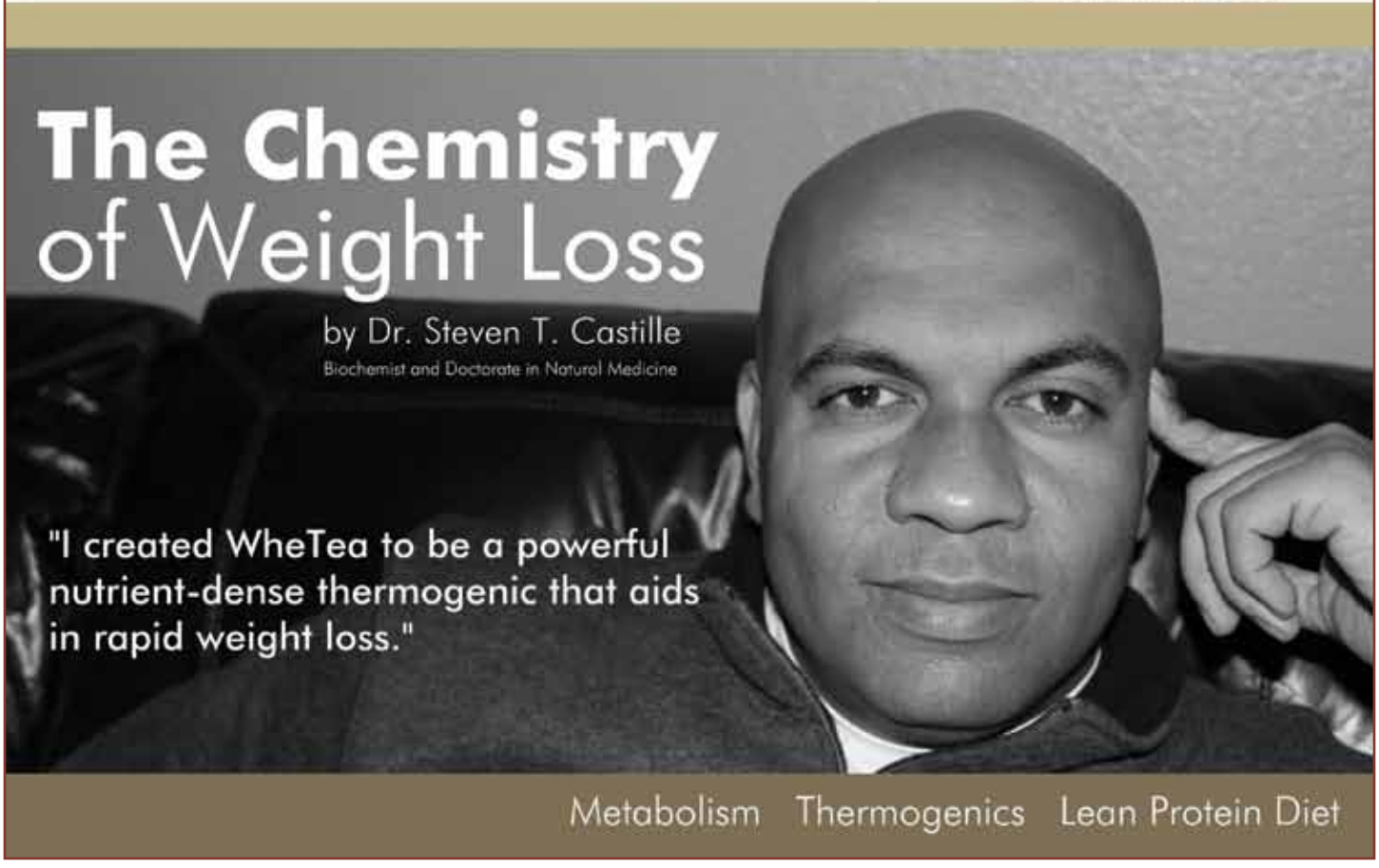
When there is an increased level of lipids in the body, a hormone is activated to metabolise the lipids. A low secretion of this hormone will encourage the storage of fats in the body, resulting in obesity.

The enzymes in wheatgrass have the ability to increase the hormone production to actively metabolize lipids and break down the structure of fat within the body and reduce body fat. WheTea contains EGCG - the most powerful component of green tea that burns fat and reduces weight.

Tel: 347-4141

Tel: 896-4141 Mobile: 896-0085

liteon
Natural Health Center
Powerful, Positive Healing for Life



"An All Natural Product Line For Your Every Need"

- Weight Loss
- Joint Pain
- E.D./Low Testosterone
- Hot Flashes
- Attention Deficit Disorder
- Fatigue
- Psoriasis/Skin Care
- Fitness and Muscle Building

500 N. Lewis Ave., Suite 110
New Iberia, LA 70563
(337) 367.8220
www.DauteriveWellness.com

Dr. Kimberly Smith

DAUTERIVE WELLNESS

Dr. Kimberly Smith Dauterive

TOTAL HEALTH AND WELLNESS-Naturally Meeting Your Every Need

Total Health and Wellness

We offer the only 100% Natural Weight Loss Products

All products are 100% Natural and are FDA registered

No Appointment Needed

The Ultimate Minimalist

Five Powerful Lessons from Gandhi

by Arvind Devalia

"You may have occasion to possess or use material things, but the secret of life lies in never missing them."
~ Mohandas Gandhi

Political and spiritual leader Mohandas Gandhi practiced total simplicity and minimalism, leaving an admirable legacy of how to live. Born into a prosperous family, he enjoyed a privileged upbringing and studied law at University College, London, in England. When he left Earth, he had fewer than 10 possessions.

In contrast, most of us tend to spend a lot of time and energy accumulating and looking after possessions; by having less, life naturally becomes simpler. We can take up author Dave Bruno's *The 100 Thing Challenge* and start cutting down to bare basics by recycling, refusing to accept more stuff and giving away or selling unwanted possessions.

Accumulate little. Gandhi believed in possessing only the clothes, sandals, watch and spectacles he wore and some cooking and eating utensils. He would give away or auction any gift he received.

Eat simple food. Gandhi never had a problem being overweight. He followed a strict vegetarian diet and frequently cooked his own simple, locally produced foods. He ate from a small bowl, a reminder to eat moderately and mindfully, often accompanied by prayers.

Dress simply. Gandhi wore simple clothes, often just a wraparound cloth, for modesty and comfort. A simple hairstyle can shorten daily grooming. Gandhi shaved off his hair.

Lead a simple, stress-free life. Gandhi meditated daily and spent hours in reflection and prayer. Though he was a revered world leader, he led a simple life with few distractions and commitments and would interrupt political meetings to play with children. Gandhi insisted on doing his own simple tasks. He advocated self-sufficiency and simple work.

Let your life be your message. A prolific, concise writer and powerful speaker in public; in private, Gandhi spoke quietly and only when necessary. He preferred to let his life talk for him.

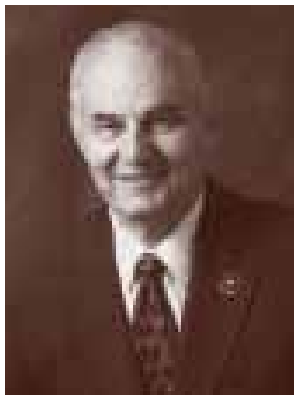
By living a simple life, Gandhi was able to devote himself to his chosen higher purpose and focus on his commitment to his people and the world. Accordingly, consistent focus determines anyone's success and the potential for leaving one's own inspiring legacy.

Arvind Devalia is the author of the bestselling Get the Life You Love, *an inspirational coach and prolific blogger. Connect at ArvindDevalia.com/blog.*

The Truth about GMOs

Plant Pathologist Don Huber Reveals the Risks

by Melinda Hemmelgarn



At least 70 percent of processed foods in supermarkets contain genetically modified (GMO) ingredients, mainly from corn, soy, canola, sugar beets and cottonseed oil. Yet the U.S. Food and Drug Administration (FDA) does not require GMO food labeling, despite overwhelming consumer support for their "right to know."

Genetic engineering goes beyond traditional plant breeding because it allows scientists to cross species barriers and insert a gene from one organism into another that would not normally occur. Examples include inserting bacterial DNA into a plant to effect traits such as pest or herbicide resistance. Plant Pathologist and Purdue University Professor Emeritus Don Huber, Ph.D., speaks out internationally about the risky business of biotechnology.

We are told we need GMOs to "feed the world," but will GMOs provide affordable food for the masses, as Monsanto ads tell us?

There is nothing in the GMO process that has added any new yield potential to any crop. All of the yield increases achieved in the past 15 years have been through traditional breeding programs.

When Professor Karen McAfee, an economist at Yale University, analyzed the GMO claim, she found that the only entity that benefited was the biotechnology industry (*Geoforum* report). Nutritional quality has suffered, food safety has been compromised by the toxic entities involved in the genetic engineering process and farmers' production costs have increased significantly, while quality and harvested yield potential have decreased. What we see in practice are failed promises.

What is the risk and potential harm to people and the planet due to GMOs?

There are two serious risk factors involved in current genetically engineered plants. The first is an increase in plant, animal and human diseases plus pests associated with GMO crops, reported by sources as diverse as the *European Journal of Agronomy*, Earth Open Source and the University of Leipzig, in Germany. The second is abusive use of the chemical products that the herbicide-tolerant GMOs have been developed to tolerate; supporting studies include research published in the *European Journal of Agronomy* and the Fluid Fertilizer Foundation's Forum.

For example, glyphosate in many weed killer formulations is used excessively both on Roundup-ready crops and as a single chemical for general weed control. This has resulted in super weeds, super pathogens, compromised natural biological controls and devastated components of the soil biology responsible for nutrient availability and function.

Recent research from institutions around the world, including the UK's King's College and Leipzig University, is now showing a link between GMO crops and/or the products they produce or tolerate and increased incidence of mutations, chronic fatigue syndrome, Parkinson's disease, allergies, birth defects, cancer, reproductive failure and other health effects. It

is a heavy price for society to pay for a massive experiment.

Scientists also are seeing hazardous levels of some of the products excessively used to grow GMO crops accumulating in the Earth's soil, water and air. The biodegrading process of those substances often takes much longer than anticipated, and damage to non-target crops, plants and organisms is becoming a serious concern (*Plant and Soil* and *Geoderma*).

Scientists also are finding that such 'foreign' genes in the environment are quite promiscuous and can persist, perhaps indefinitely, in soil, intestinal or plant environments with unknown health consequences (*Reproductive Toxicology, Aquaculture Research* and *Journal of Agricultural Food Chemistry*).

Several countries have banned importing crops grown in any field where one of five corn hybrids were previously grown, for instance, because soil microbes have picked up the GMO genes from decomposing plant residues and can transmit the genes to future crops—resulting in the toxic product possibly being present in the later crop. No one knows how to remove the GMO foreign genes once they are introduced.

Looking to the future, should we be concerned by chemical companies' lobbying for approval of the next leap in GMOs, to 2,4-D resistant crops?

Like glyphosate tolerance, 2,4-D resistance is based on flawed science and a failure to understand that agriculture is the management of a delicately interrelated ecological system, comprised of the plant and its various environments (biological, chemical and physical), rather than the selection of 'silver bullets'. Adding 2,4-D tolerance introduces another foreign and potentially toxic protein in the plant and an additional toxic chemical applied directly to food and animal feed. Food safety, nutritional quality and potential yield will all be compromised in the process.

Do you see any benefits from this technology?

The GMO technology could be a powerful tool when we gain enough understanding to use it properly and effectively. We are a long way from gaining that essential understanding. The current rush to commercialize it and widespread implementation of the associated hazardous and ineffective products currently on the market may well be a major deterrent to future use of the technology when it is properly understood.

What can people do to avoid GMOs and protect their health?

Buy organic foods, preferably from known local growers, and stay alert to the issue to take needed grassroots actions. Future historians may well remark not about how many pounds of pesticide we did or didn't apply, but how willing we were to sacrifice our children and jeopardize future generations for the massive flawed experiment of genetic engineering only to benefit the bottom line of a commercial enterprise.

Petition the U.S. Food and Drug Administration today to require labeling of GMO foods at JustLabelIt.org.

Melinda Hemmelgarn, aka the "Food Sleuth," is a registered dietitian and award-winning writer and radio host at kopn.org, in Columbia, MO (FoodSleuth@gmail.com). Hear her interview with Don Huber at Tinyurl.

Play the Inner Game

Quiet the Mind to Learn, Excel and Have Fun

by Linda Sechrist

Performance equals potential, minus interference, is the easy-to-remember winning formula explained in Tim Gallwey's seminal book, *The Inner Game of Tennis*. To enhance any player's performance, he recommends either growing personal potential or decreasing interference, or both.

"Whether on a sports field, at work or in some creative effort, we've all had moments in which our actions flowed from us with a kind of effortless excellence," he notes. "This is referred to as 'being in the zone,' when self-interference is at a minimum and the mind is quiet and focused."

Gallwey discovered how to promote this valued state of being while serving as a tennis professional in Seaside, California, during a sabbatical from his career in higher education. In the midst of a tennis lesson, he had an epiphany about his style of teaching—many of his tips were being incorporated into the students' minds in what he calls a "command and control self-dialogue" that significantly interfered with their ability to learn and perform better.

"When I discussed this with my students, I discerned that most of their thoughts while playing were preventing their true focus of attention. This resulted in my exploring ways to help players quiet the mind, as well as focus on our direct and non-judgmental observation of ball, body and racquet positions in a way that would heighten learning, performance and enjoyment of the process," says Gallwey.

Since then, he's built his practical training ideas related to awareness, concentration, breaking bad habits and learning to trust one's self on the court upon a foundation of Zen thinking and humanistic psychology. He offers a simple explanation of his inner game concept.

"Every game is composed of two parts. Self-1, the ego-mind, plays the outer game against opponents, is filled with lots of contradictory advice and is linked to external rewards and goals. The inner game is played within a player's mind by Self-1, whose principle obstacles are self-doubt and anxiety," explains Gallwey. Laden with self-criticism, judgment and the fear of looking foolish or wrong, as well as lapses in concentration, Self-1 is counterproductive and negatively impacts external performance.

"Self-2, on the other hand, is the player's natural ability—the doer of the actual movement of the muscles to hit the ball. Our best effort requires us to quiet Self-1 and let Self-2, which likes images and pictures, do what it knows how to do."

As many players know, the right mental approach is as important as a good backhand; essential in overcoming self-doubt, nervousness, anxiety, detrimental playing habits and lapses in concentration. Gallwey offers the example of a player who isn't hitting the ball in the center of the racquet.

"The ordinary tennis pro will analyze the mechanical reasons for why this is happening," he says, "such as not stepping into the ball, not looking at it or hitting it too late. An inner game instructor 'observes' where the ball hits the racquet and makes suggestions. The body makes its own adjustment to hitting the ball in the middle of the racquet without trying to digest instructions, simply because it feels and works better."

Gallwey likens it to the natural learning process we use as children before it becomes clouded with shoulds and should-nots as adults. He further points out that it's wise not to attempt to quiet the mind by telling it to shut up, argue with it or criticize it for being self-critical. "A good first step is focusing on only those aspects that are needed to accomplish the task at hand," he counsels.

Joe Dyser, the tennis professional at the Sterling Oaks residential community, in Naples, Florida, has adopted and shared Gallwey's inner game principles, enhanced by insights from complementary sources such as *Breath by Breath*, by Larry Rosenberg and *Chop Wood Carry Water*, by Rick Fields, and from practicing yoga, meditation and breath work.

"I had to develop a regular practice method that helped me to quiet Self-1," advises Dyser. "When I play from my inner game, I get out of my own way and let my best game emerge. I feel more like an observer—the ball looks bigger, my feet are lighter on the court, I move faster and quicker and I'm energized when I've finished a game, instead of feeling depleted."

Observing behavior without judging it as positive or negative, right or wrong, good or bad is the key. "Habits change when you become aware of them," concludes Gallwey.

Linda Sechrist is a senior staff writer for Natural Awakenings *magazines.*

Become a *Natural Awakenings* publisher - join us in changing the world.

* Existing Magazines For Sale

natural awakenings
healthy living, healthy planet.

Turn Your Passion Into YOUR OWN BUSINESS!

Across North America, *Natural Awakenings'* over 85 publishers are helping more than 3.6 million readers make positive changes in their lives, while promoting local practitioners and providers who support natural, Earth-friendly lifestyles. Create a healthier community while building your own financial security in the franchise model of your choice. You'll work for yourself but not by yourself. Complete training and support is provided.

Contact Co-Founder John R. Voeli at (239) 530-1377 or go online to NaturalAwakeningsMag.com.

Buy Now $20

(337) 280-3363

$10 OFF

Acadiana Wheatgrass

100 E. Agnelle St., Suite C
Carencro, LA 70520

VALUE	DISCOUNT	SAVINGS
$30	33%	$10

Take $10 Off your next purchase of frozen wheatgrass juice. Rich in nutrients and chlorophyll. This is offer is good for a one month box of sixteen 1.5 oz cups.

Buy Now $65

(337) 347-4141

50% OFF

Cellulite Removal

Dermosonic

VALUE	DISCOUNT	SAVINGS
$130	50%	$65

50% Off your next cellulite treatment. The Dermosonic procedure removes cellulite and can reduce inches.

Buy Now $55

(337) 896-4141

50% OFF

Vitamin Hydration

109 Main Street
Lafayette, LA 70507

VALUE	DISCOUNT	SAVINGS
$110	50%	$55

Every Hydration Station session includes the use of Oxygen Science concentrates. These concentrates includes a specific blend of natural vitamin ingredients.

Buy Now $95

(337) 678-1500

$35 OFF

Infrared Sauna

Burns Fat
Detoxes the body

VALUE	DISCOUNT	SAVINGS
$130	27%	$35

Lose weight and detox while relaxing. Infrared heat penetrates 5 cm into the body heal pain and to get rid of inflammation. You can lose weight fast.

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

SUNDAY JULY 1

Annual Erath 4th of July Celebration – thru July 4. July 1-2, 6-10:30pm; July 3, 6pm-12:30am; July 4, 1pm-12:30am. Enjoy a parade, water fights, music, pageants, carnival rides, food and a large fireworks display on July 4th. Free. Robert Vincent. 115 W Edwards St, Erath. 337-937-5585. Erath1@aol.com or Erath4.com.

MONDAY JULY 2

Passport for the Arts – thru July 6. 9am. Multicultural art camp encourages children to explore the vitality of other world cultures. Sign up for one day or the week. $140; $125 for ACA members. Paige Krause. Acadiana Center for the Arts, 101 W Vermilion St, Lafayette. 337-233-7060 ext 232. Paige@AcadianaCenterForTheArts.org.

TUESDAY JULY 3

Sugar Mill Pond Annual Independence Day Celebration – Entertainment includes face painting, pony rides, live music, sky divers and a fabulous fireworks show at 9pm. Sugar Mill Pond Town Center, 101 Waterview Rd, Youngsville.

The 21st Stars & Stripes Celebration & Fireworks – 4pm. Water fun for the kids, food & live entertainment, followed by a gigantic fireworks display at 9pm. Louisiana Oil & Gas Park (I-10 Exit 64 & Hwy 26). 337- 821-5532.

Howl at the Moon Lake Martin Paddle Trip – 4:45pm. Watch the sunset on Lake Martin while paddling through the Cypress. Enjoy a unique supper on the banks of the lake. Required items: water bottle, rain/wind gear, hat, dry clothing for the trip home. Flashlight or headlamp recommended. $35 includes canoe rental, supper on the lake and guide. Stacey Scarce. Pack and Paddle, 601 E Pinhook Rd, Lafayette. 337-232-5854.

WEDNESDAY JULY 4

1st Annual Avoyelles Arts & Music Fest BarBQ Cook-Off – IBCA sanctioned event has 3 meat categories and sauce category. $2000 Total Prize Payout. Bart Jones. 318-305-6000. AvoyellesBBQ@yahoo.com.

Red, White and BOOM – 5-10pm. Grammy nominee Marcia Ball kicks off the musical celebration with her smoky blues voice along with the Acadiana Symphony. Numerous contests including ASO's 2nd annual hot dog eating contest; Mercedes car raffle sponsored by Moss Motors; KidZone water slides, face painting, arts and crafts, balloon animals, costume contests and water filled fun; local bands; spectacular fireworks show at 9:30pm. $5. In collaboration with Food Net of Lafayette, free concession tickets for canned food donations. Parc passes available or purchased in advance at ASO Box office, 412 Travis St in the Oil Center. Parc International, Parc Sans Souci and Parc Putnam. 337-232-4277 ext 1. AcadianaSymphony.org.

THURSDAY JULY 5

Acadiana 4-H District Horseshow – thru July 7. Young equestrians from throughout Southwest Louisiana show their horses and compete for prizes. Concessions available. NW Bypass Hwy, New Iberia. SugArena.com.

FRIDAY JULY 6

Catholic Engaged Encounter – thru July 8. A weekend for engaged couples to concentrate exclusively on each other. No group dynamics or group therapy, it is a quiet weekend, specifically designed to give engaged couples the opportunity to talk honestly and intensively about their future together, discover a deeper appreciation of their relationship and God's call to unite in a permanent union. $75. Jimmy & Tammy Bergeron. Acadian Baptist Center, 1202 Academy Dr, Eunice. 337-706-8880. jamtamberg@cox.net.

SATURDAY JULY 7

My Lady's Fair Marketplace – thru July 8. Sat 9am-5pm, Sun 11am-4:30pm. Shop many boutiques all under one roof. Adults $5, Children 12 and under free. Lafayette Event Center, 4607 Johnston St, Lafayette.

Grand Coteau 101: Demonstrations-the arts, culinary and lifestyle – 11am-4pm. Two full days of workshops, demonstrations and events. Take in a cooking demonstration of sweet-dough pie; watch an artist create fused glass art; see how to assemble an owl from discarded objects. Demonstrations in shops in the downtown historic district of Grand Coteau. Free, many shops feature special sales. Check website for schedule. 337-662-1032. Casa.Azul.GC@gmail.com. Grand Coteau.org.

SUNDAY JULY 8

Sanctuary Quartet: Jenkins Memorial Baptist Church – 12pm. A traditional male southern gospel quartet based in Delhi, Louisiana. Members are Ricky Singley (bass), Jimmy Strong (baritone), Troy Richards (lead), and Stephen Young (tenor). 111 Oak Dr, Saint Martinville. SanctuaryQuartet.com.

MONDAY JULY 9

Yes, I Remember it Well –10am-12pm. Do you remember when Jefferson Street was lined with oak trees and was called Oak Avenue? Or when Ambassador Caffery was called New Flanders Road? Join local historian L. C. Melchior for a morning of sharing stories of Acadiana and remembering when. Held the second Monday of the month. Hospice of Acadiana Conference Center, 2600 Johnston Street, Lafayette. 337-232-1234.

THURSDAY JULY 12

STEP up to Exporting – 9-11am. Speak with business owners and talk to export experts. Learn about STEP money available for exporting. The LA Department of Economic Development has a new export grant program funded by the US Small Business Administration State Trade and Export Promotion (STEP) grant. Free. Petroleum Club Meeting Room, 111 Heymann Blvd, Lafayette. 337-262-5344.

Night Owls: Show Your Colors – 2pm. Children ages 5–12 learn to create a night owl that really shows its colors. South Regional Library, Lafayette. 337-981-1028.

Adventure Travel by Motorcycle – 6pm. Unique evening of world travel as seen from the perspective of a motorcycle rider of a BMW R80GS. Drinks and snacks provided. Free. Tiffany Coates. Pack and Paddle, 601 E Pinhook Rd, Lafayette. 337-232-5854.

FRIDAY JULY 13

Bayou BBQ Bash – thru July 14. Compete against those who are not afraid for the bragging rights to the first ever, best company BBQ Team in the State of Louisiana. An IBCA sanctioned State Championship event. Entry fee $125 plus a cooked brisket or $50/meat and no brisket. Donna. Downtown under the Bridge, Morgan City. 985-384-3831.

Yogi Bear and Boo Boo's Birthday Bash – thru July 15. Camp with Yogi Bear and Boo Boo as they celebrate their birthday with cake, ice cream, birthday games. Cabins, RV and Tent Camping areas available. Reserve today. Jellystone Park, 4200 Luke Powers Rd, Lake Charles. 337-433-1114. JellystoneLCLA.com.

Hunter Education Class – 6pm. The Scott Volunteer Fire Department hosts this course for anyone born on or after Sept 1, 1969, to obtain a hunter education certification before purchasing an unrestricted hunting license. Must be 10 years or older to become certified. Certification is accepted in all fifty states. Participation on all days is mandatory. Space is limited, pre-registration required. 2133 Dulles Rd, Scott.

SATURDAY JULY 14

NPC Louisiana Bodybuilding, Physique, Figure & Bikini Championships – Main floor VIP $42.50 includes admission to prejudging, seminars and best seats at the finals. Main floor $38.50; balcony $34.50; children 12 & under $19.50. Admission to prejudging $20; admission to the bodybuilding seminar $15. Heymann Performing Arts Center, 1373 S College Rd, Lafayette. 504-522-5555.

A Sister to Sister Interfaith Dialogue Event – 8am-2pm. Vanguard Educational Services present an interactive hands-on workshop to focus on husbands and wives; mass media and our self image; personal hygiene and health; meditation and our higher spiritual selves; parenting 101/how to rear our children; and personal finances/job readiness. Seating is limited. Reserve your seat, pick up an application at the Domingue Recreation Center or register online. Teen girls, men & women invited. Dr Toni Sims-Muhammad. Domingue Recreation Center, 901 Mudd Ave, Lafayette. 337-453-2320. ASisterToSister@gmail.com or ASisterToSister.org

Canoe Paddle – 8am-11:30pm. Canoe trip on the Bayou Vermilion. RSVP in advance. $5 insurance fee to American Canoe Association for a canoe or bring your own canoe or kayak and paddle. Margot Addison. Pack and Paddle, 601 E Pinhook Rd, Lafayette. 337-232-5854 or 337-233-4077 x 205.

Teaching Pilates Mat Classes with Props – 2-5pm. Jerry Smith-Guidry will instruct on how to use props like Pilates rings, small squishy balls and 1/2 foam rollers to add variety in a basic routine. Open to those who have been through Pilates Teacher Training or who have been teaching Pilates mat classes. $35 for class instruction and manual. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Freddie Pate's Rockin Swamp Pop Show – 6pm. Pate rocks Acadiana with his spicy blend of rock and folk. The Historic Rice Theatre, Crowley. 337-779-2343. FreddiePate.com.

SUNDAY JULY 15

Joshua Leadership Institute – thru July 19. Camp designed to train high school sophomores, juniors and seniors to be pro-life leaders through education about pro-life issues including abortion, euthanasia, stem-cell research and chastity. Sponsored by the Knights of Columbus Louisiana State Council, Louisiana Right to Life and Louisiana Students for Life. $199. Kacie Hampton. 866-463-5433. KHampton@ProLifeLouisiana.org.

MONDAY JULY 16

Worship Arts Camp 2012 – thru July 20. 9am-2pm. Children entering 4th-8th grades. An advanced worship arts experience to develop musical theater skills. Concludes with two performances of original musical production Fri, July 20, 1pm and 6:30pm featuring the students, interactive media elements and a live band. Bring a packed lunch daily. $40 includes t-shirt for the performance and snacks. Erin Greneaux or Carol Mills. East Bayou Baptist Church, 2234 Kaliste Saloom Rd, Lafayette. 337-984-8291. kidzpoint@eastbayou.org.

FRIDAY JULY 20

Advanced Myofascial Deep Tissue Certification –Level 1 with Magnus Eklund – 11am-7:30pm & July 21 –9am-6pm. This certification will cover superficial myofascial, basic myofascial and deep tissue techniques for specific areas. Participants will learn how to prepare the body to work safely in deeper tissues, such as Iliopsoas, QL and Scalenes through hands on applications combined with active or passive movements. Participants will learn 3 series of myofascial bodywork covering the whole body. 25 CEUs– LA and NCBTMB. $425. Register at ReduceStressNow.com. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000.

Stand Up Paddle boarding 101 – 4:45pm. Catch the new wave of paddling that's sweeping the country. Stand up paddle boarding (SUP) or in the Hawaiian language, Hoe he'e nalu, is an emerging global sport with Hawaiian heritage. Perfect for exploring, cruising, working out, fishing and distance paddling. Comfortable clothing, water, shoes that can get wet and will grip on the board required. $45 includes Stand Up Paddleboard, Paddle, PFD and instruction guide. Rachel Adams. Sugar Mill Pond, Youngsville. 337-232-5854.

Hospice of Acadiana Foundation-Hospice Gala – 7pm. Be the first to know who the winner of the 2012 Mazda donated by Adrian Vega Mazda, ticket will be drawn at 10:00pm. Be ready to dance with music provided by Blue Soul. There will be a cash bar along with wonderful food. Cocktail attire is suggested. Sponsored by Home Bank. $25. Homewood Suites by Hilton, 201 Kaliste Saloom Road, Lafayette. 337-232-1234. HospiceAcadiana.com.

SATURDAY JULY 21

4th Annual Cake and Ice Cream Festival – 9am-3pm. Cake and Ice Cream contests, music and family fun. Judging 1-3pm. Free. AA Comeaux Park, Abbeville.

Energetic Trauma Release Class – 9am-4pm. When someone experiences emotional or physical trauma, illness, chronic stress, surgery, suppressed or negative feelings, energy blocks in the body are caused, affecting health and well being. LA State approved for LMTs receive 6 CE hours for each class. $125 each; $195 for both (Energetic Trauma Release & Mind, Body Self-Care Strategies). Sue Heldenbrand. Synergistic Healing, Lafayette. 337-232-4799. EnergyWorker2003@yahoo.com, SynergisticCenter.com.

Gulf Brew – 6-9pm. Features over 100 craft and specialty brews, Lafayette's most popular food vendors, brewer's tent, gaming area, 3 live bands and a DJ. All proceeds benefit the Acadiana Center for the Arts. $25; VIP $75; designated driver (non-taster) $15. Lani Harris. Parc International, Downtown Lafayette. 337-233-7060 ext 228.

SUNDAY JULY 22

Mind, Body Self-Care Strategies – 9am-4pm. Learn stress warning signs, stress reducers, learn to assess your mind, body, spirit level, meditation, energetic relaxation techniques, labyrinth and much more. Personal transformations are possible. $125 each; $195 for both Energetic Trauma Release & Mind, Body Self-Care Strategies. Sue Heldenbrand. Synergistic Healing, Lafayette. 337-232-4799 EnergyWorker2003@yahoo.com, SynergisticCenter.com.

MONDAY JULY 23

Expedition Acadiana – thru July 26. 8:30am-3pm. Modeled after the TV show "the Amazing Race," students ages 8-15 years learn the resources of the area and discover how local businesses play a role in our community while competing with other teams. Students visit Avery Island, local news and TV stations, performing arts centers, local museums, City Hall, Zoo of Acadiana and much more. $250. Acadiana Symphony Orchestra Building, 412 Travis St, Lafayette. 337-232-4277.

THURSDAY JULY 26

Monster Jug Head Craft – 2pm. Children ages 5-12 make monstrous creations come alive from plastic jugs and paint. Preregister beginning July 9. South Regional Library, Lafayette. 6101 Johnston St, Lafayette. 337-981-1028.

Kayaking 101: Basic Skills for Flat Water Kayaking – 4:45pm. On-water seminar teaches how to paddle a flat-water kayak. Basic terminology, the best ways to enter and exit a kayak and all the basic strokes covered. Required items: clothing appropriate for the weather and water. Optional items: camera and snacks. $40 includes kayak, paddle, PFD and printed instructions. Amy Liuzza. Lake Martin. 337-232-5854.

The Bacchanalian: Summer Collection – 6:30-9:30pm. Wine tasting for connoisseurs as well as boxed wine lovers features white wines, sparkling wines, rose & champagnes. Live music featuring local artist and appetizer buffet. Cash bar available. To participate be a host and form two 3-person teams; 5 individuals $225/team ($75 per person). Each team brings 3 matching bottles of wine to Abacus. Host and team members can also create their own BBBS fundraising page to email to friends, family and colleagues. The teams that bring the top favorite wines take home everyone's third unopened bottle of wine. The team that brings the least favorite bottle of wine takes home their unopened bottle of wine. 503 W Pinhook, Lafayette. 337-269-0454. info@AcadianaBigs.com.

FRIDAY JULY 27

Christmas in July – Decorate campsites, RVs and cabins to make it easier for Santa to find. Snowball fights will keep you cool. Santa will hand out gifts (parents please bring wrapped gifts with your children's names and cabin or site number to the Ranger Station by noon Saturday). Cabins, RV & campsites available. Reserve today. Jellystone Park, 4200 Luke Powers Rd, Lake Charles. 337-433-1114. JellystoneLCLA.com.

Catholic Charismatic Conference: Awake! Awake! – thru July 29. 3pm. with Fr Peter Coughlin from Canada, Kerry Bueche from Houma and State of Grace music ministry. $25/person; $5/teens. Grahm Smith. Holiday Inn, 2032 NW Evangeline Thruway, Lafayette. 337-265-3773. LafCCR@bellsouth.net.

Louisiana Outdoor Expo – thru July 29. Fri 3-9pm; Sat 10am-8pm; Sun 10am-5pm. Book hunting trips all over the world for big game and fowl. Shotguns, rifles, clothing and gear as well as dock lumping labs. A&E television's Duck Dynasty star, Duck Commander Jase Robertson will be at the Budweiser Duck Blind. Top Contender, contenders Blake Miguez and Pete Palma will be present. $8. Cajundome & Convention Center, 444 Cajundome Blvd, Lafayette. 337-265-2100. LAOutdoorExpo.com.

SATURDAY JULY 28

Christmas in July – thru July 29. Come browse and shop 150 exhibits, Arts & Crafts Show. Lafayette Events Center, 4607 Johnston St, Lafayette. 985-796-5853. SteinHauerProductions@charter.net.

Acadian Day Of Remembrance – 12pm. The day in which Acadians and Acadian descendents all over the world are to reflect and remember the wrongful deportation and exile of the Acadian people. A reflective memorial will be held in St Martinville at the Acadian Memorial. S New Market St, Saint Martinville. AcadianMemorial.org.

Journey into Harmony with Yoga, Sound Therapy and Aromatherapy –2-5pm. Join Shannon Sonnier in a sacred space where she instructs on how to combine ancient healing tools to "journey into harmony". Begin the journey with chanting bija mantras to balance the chakras, continuing with a specific set of asanas to release any physical and energetic blockages and finishing with a combination of sound from crystal bowls and essential oils to delve deep into the subtle body. The process will result in clearing any deep rooted blockages and achieve mental and spiritual harmony. $40 early bird by July 21st or $45. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

MONDAY JULY 30

American Idol Live – 7pm. Lafayette Cajundome, 444 Cajundome Blvd, Lafayette.

ongoingevents

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

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

monday

First Day of Yoga Teacher Training – thru Aug 2. 8:30am-1pm. Jerry Smith-Guidry instructs program to give students a safe and thorough experience in many of the deeper practices of Hatha Yoga, not just in Asana. This broad-based teacher training reveals Yoga's ancient roots and modern applications. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Monday, Fun-day, Craftdays – 9am. Fun filled craft stations available every Monday at any of the Iberia Parish Library branches. No registration required; however materials are available on a first-come-first-served basis. Parental assistance required for ages 6 and under. Most projects finished in less than 15 minutes. Main Library, Lafayette. 337-364-7150.

Anusara Inspired Yoga – 12:05-12:55pm. Heart centered, alignment focused practice. $12/drop-in, $72/8 class card. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Water Aerobics Class – 2:30-3pm. Removes pressure from joints and makes moving easier; reduces the fear of injuries from falling. Adults 50 yrs & older or with special needs or disabilities who can participate independently. Free. Denise Ferguson. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8127.

Gentle Yoga – 4-5pm. Great place to begin one's practice or renew from the day. $12/drop-in, $72/8 class card. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

PEPP for Parkinson's Positive Experience – 6-7:30pm. 3rd Mon each month. Parkinson's Patients Support Group meeting. Our Lady of Lourdes Medical Center, 4801 Ambassador Caffery Pkwy, Lafayette. 337-281-7659.

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

Lafayette Photographic Society – 7pm-9pm. Bi-monthly meetings on the 2nd and 4th Mondays of the month to foster its artistic craft. Educational programs and guest speakers at the 2nd Monday's meeting; Inter-club projected image and print competitions at the 4th Monday's meeting. Free. Rosa Parks Transportation Center, AOC Community Media Multi-Purpose Room. Blemarie56@yahoo.com.

Qi Gong – 7-8pm. Join Brian Bernard. Simple yet powerful form of therapeutic exercises which cultivate the heart and mind while strengthening the circulation of Qi (chi, prana or vital energy), for the purpose of health. Specific postures, visualization and meditative movements combined with smooth, graceful and gentle stretches. $45/series. Acadiana Yoga & Wellness, Lafayette. 337-236-9000. AcadianaYoga.com.

tuesday

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

First Day of Yoga Teacher Training – 8:30-11:30am. See Mon listing. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Adv. Beginner Vinyasa Yoga – 9-10am. Focus on foundational poses with a flow to build endurance. $12/drop-in, $72/8 class card. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Drop in Drop off Tuesdays – 10am-3pm. Parents drop off children and friends to paint a wonderful work. The gallery has stencils that can be used. Prices vary depending on canvas size. A & E Art Gallery, 335 W St Peter St, New Iberia. 337-364-2645.

Toddler Tuesdays – 10-11am. Parents bring toddlers to the University Museum for interaction with other toddlers in a special play area and stick around for story time. Free. UL Lafayette Hilliard University Art Museum, 710 East St Mary Blvd, Lafayette. 337-482-2278.

Pilates Mat – 12:05-12:55pm. Experience lengthening and strengthening, get the best core workout, improve posture and balance. $12/drop-in, $72/8 class card. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Teche Area Farmers' Market – 3-6pm. Fresh and frozen produce from local farmers, handmade crafts, jams, jellies, preserves, baked goods, live animals, farm fresh eggs, frozen seafood, something for everyone of all ages. Main St, New Iberia.

Irish Step Dance Class: Ryan School Of Irish Dance – 3:30-8pm. Classes for all ages. Sheila Davoren. Cite des Arts, 109 Vine St, Lafayette. 337-291-1122. CiteDesArts.org.

Cranky Kids Acting Workshop – 4-5pm. Acting group for kids ages 6 and up to master improvisation, storytelling and other forms of the art of acting. $16. Jim Phillips. Cite des Arts, 109 Vine St, Lafayette. 337-291-1122. CiteDesArts.org.

Gentle Yoga – 4-5:15pm. See Mon listing. $12/drop-in, $72/8 class card. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

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

Power Flow Yoga – 5:45-6:45pm. Intense poses, vigorous flow; this class will make one sweat. $12/drop-in, $72/8 class card. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Alzheimer's Association presents Step-by-Step Educational Series for Caregivers – 6-7:30pm. Acadiana area experts on Alzheimer's disease for caregivers of persons with Alzheimer's. Topics cover symptoms, caregiver tips and provide a general understanding of the disease process. Senior Helpers welcomes you to bring your loved one with the disease and will provide activities during the presentation. Jennifer Campisi, Emeritus at Lafayette, 215 West Farrel Rd, Lafayette. 337-893-5030.

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

Still Life Drawing Lessons – 6-8pm. Bring your sketchbook, charcoal, pencils, etc to create a masterpiece from the spontaneous set up of items to draw. Great practice for beginners and intermediates. Free. Freetown Studios, 421 E Covent St, Lafayette. FreetownStudios.org. FreetownStudios@yahoo.com.

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

PEPP for Parkinson's Positive Experience – 6-7:30pm. 3rd Mon. each month. Parkinson's Patients Support Group meeting. Our Lady of Lourdes Medical Center, 4801 Ambassador Caffery Pkwy, Lafayette. 337-281-7659.

Mystery Book Club – 6:30-7:30pm. The South Regional Library hosts a mystery book club on the third Tues of each month. The South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

Yin Yoga Series with Kayla Lemaire – 7-8:15pm. Most common Yoga practices are yang in nature and target the muscular tissues of the body. Yin Yoga stretches and strengthens the connective tissue often referred to as white tissue. Helps to strengthen the bones and joints that suffer the wear and tear of our active lives. No prior experience necessary. $40/series or $12/class. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com

wednesday

First Day of Yoga Teacher Training – 8:30 am-1pm. See Mon listing. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Anusara Inspired Yoga – 12:05-12:55pm. See Mon listing. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Adult Art – 1-3pm. Adult art lessons in any medium with instructor Robert Baxter. $15 per class. The Gallery, 222 N Parkerson Ave, Crowley, 337-783-3747. CrowleyArtGallery.com.

Freetown Farmer's Market – 2-5:30pm. Pesticide-free Produce, plants, flowers, baked goods and crafts from local farmers and vendors. Helping Hands Farm, corner of Johnston St and Vermilion St (across the street from Taco Sisters), Lafayette. 225-324-6762.

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

Gentle Yoga – 4-5pm. See Mon listing. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Prenatal Yoga with Jerry Smith-Guidry – thru August 1. 6-7pm.This class helps prenatal participants build strength and flexibility, increase energy and stamina, increase circulation, create a state of calm bringing clarity and peace, and strengthen the bond between you and your baby. Connecting movement and breath will weave together a series of postures designed to help ease the discomforts of pregnancy. Consult with your physician before signing up. Bring 2 pillows for your comfort. $50 for 4 classes. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

thursday

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

First Day of Yoga Teacher Training with Jerry Smith-Guidry – 8:30-11:30am. See Mon listing. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

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

Adv. Beginner Vinyasa Yoga – 9-10am. See Tues listing. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Pilates Mat – 12:05-12:55pm. See Tues listing. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Gentle Yoga – 4-5:15pm. See Mon listing. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

Rhythms on the River – 5:30-8:30pm. Enjoy a laid back evening of outdoor music and dancing. Bring lawn chairs and friends. Free. River Ranch Town Square, 1100 Camellia Blvd, Lafayette. 337-216-6529.

Power Flow Yoga – 5:45-6:45pm. See Tues listing. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

friday

Yin Yoga – 9-10:15am. See Tues listing. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

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

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.

Downtown Alive – 5:30-8pm. Great family-friendly, smoke free, outdoor concerts with food and beverage concessions. Parc International, Lafayette.

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

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

saturday

Bullying Stops With Me! – For children and parents dealing with the issue of bullying. Anyone is welcome to call 24 hours a day, 7 days a week and the caller may remain anonymous. Free. 337-322-4525. BullyingStopsWithMe.com.

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

Teche Area Farmers' Market – 6-10am. See Tues listing. Main St, New Iberia. 337-256-4971.

Acadiana Walking Club – 8am. Meet at various walking trails. Call for the meeting place in advance. If you would like to join the mailing list for the walking club or have any questions, call 337-261-9188 or email Admin@HealTheHabitsForLiving.com.

Hwy 190 Flea Market – 8-5pm. Sat and Sun. Flea market vendors from around Acadiana come to sell clothes, antiques, houseware, tools, furniture, jewelry, food and more. Come and join the fun and buy at flea market prices. VENDOR BOOTHS AVAILABLE. 11946 West Hwy 190, Opelousas (between Opelousas and Lawtell - on the left). 337-678-1500.

Antiques and Farmers Market – 8am-4pm. See Sun listing. Market and Auction House. 151 B Leo Richard Rd, Sunset. 337-212-2091.

City Garden Market – 8am-12pm. Organically grown vegetables, fruit, canned sauces, salsas, jams, jellies, small sweet dough, large pies, honey, eggs, fish, bread and dog biscuits. Oil Center across from Champagne's Market, Lafayette.

Hub City Farmers/Market – 8 am-12 pm. Join us for local foods and crafts. Brian Gotreaux, The Oil Center, 427 Heyman St (Across from Champagne's). HubCityFM@afo.net.

Kaplan's Farmers' Market – 8 am-12 pm. Local foods and crafts. Every second Saturday of the month. Turnley Park, downtown Kaplan, 701 N Cushing Ave, Kaplan. 337-643-2400.

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

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

Beginner Yoga – 9-10am. Learn basics of yoga. $12/drop-in, $72/8 class card. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

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

Jungle Camp – 9am-4pm. One-week sessions Mondays-Fridays in July. 5-12 year olds. Includes viewings of "Zoo Live" Animal Show in the Zootorium, camp t-shirt, guest speakers, up-close animal encounters and keeper talks, educational videos, movies, arts, crafts, games, Antelope Express train rides, behind-the-scenes tour, time on the Jungle Lodge Playground, daily zoo admission, daily lunch, snack and a Friday pizza party. $125. Zoo of Acadiana, 116 Lakeview Dr, Broussard. 337-837-4325. ZooOfAcadiana.org.

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

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

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

Freetown Farmer's Market – 10am-2pm. See Wed listing. Helping Hands Farm, corner of Johnston St and Vermilion St (across the street from Taco Sisters), Lafayette. 225-324-6762.

Jivamukti Yoga – 10:15-11:15am. Spiritual practice using vinyasa asana, music, meditation and scripture. $12/drop-in, $72/8 class card. Acadiana Yoga & Wellness, 911 Harding St, Lafayette. 337-236-9000. AcadianaYoga.com.

First Fridays – 11am-2pm. Little Lagniappe with mosaic artist Christine Ledoux showcases local artists creating pieces from materials salvaged during construction of the visitor center. Artists on hand to demonstrate to the public. St Landry Parish Visitor Information Center, 978 Kennerson Rd, Opelousas, exit 23 off I-49. 337-948-8004. CajunTravel.com.

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

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

FAR 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.

INCREASED BLOOD FLOW

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

INCREASED CARDIOVASCULAR AND HEART RATES

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

HEALTHY ARTERIES

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

IMPROVED SKIN CONDITIONS

Infrared Sauna Therapy has been shown to relieve acne, psoriasis, burns, eczema, and also removes roughness and decreases scarring. Excessive sweating is beneficial to the skin, and helps improve the clarity, balance and structure of the skin tissues.

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

ION FOOT DETOX THERAPY HEALTH BENEFITS

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.

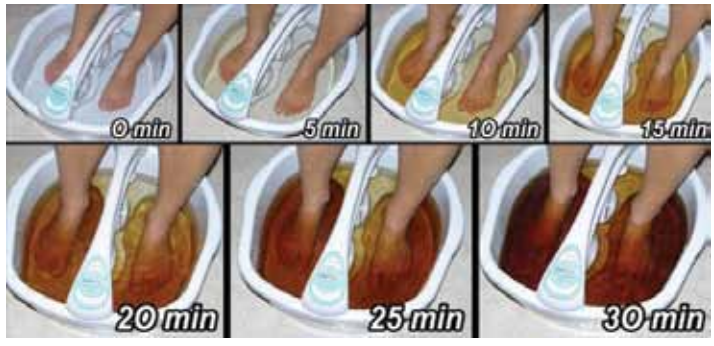
How will it make you feel?

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.

Yellow-Green	Detox from kidney, bladder
Orange	Detox from the joints
Brown	Detox from the liver, cell debris
Black	Detox from the liver
Dark Green	Detox from the gallbladder
White Foam	Lymphatic system
Black Flecks	Blood clot materials
Red Flecks	Heavy metals
White Cheese like particles	Yeast



holistic health and fitness guide

for more information visit the natural health center in carencro (347-4141) or the dharma wellness center in sunset (280-3363)

LIQUID VITAMIN HYDRO-THERAPY HEALTH BENEFITS

LIQUID VITAMINS FOR THE SKIN

Every Hydration Station™ session provides ultimate liquid vitamin infusion. Three (3) unique liquid vitamin blends drench your body in a delightful Oxyhydrating™ moisturization bath. Each Hydration Station experience includes the infusion of a specific blend of liquid CoQ10, hyaluronic acid, aloe vera, vitamins A, E and C, plant collagen and elastin, green tea extract and other skin nourishing ingredients.

Mineral Melanin Concentrate is a tropical boost of coconut and tangerine. Ingredients include: malachite (copper) extract, green tea extract, Dead Sea mineral salts and a blend of aromatic essential oils. Specifically formulated for the Prepare Program.

INFRARED GENERAL EFFECTS

- Reduces and balances the acidic level in the body
- 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.

AROMATHERAPY

The Hydration Station™ features a unique reservoir that vaporizes liquid vitamins, aromatic extracts and herbal extracts to awaken olfactory senses and enhance Hydration Station results. Pure essential oils and herbal extracts stimulate the senses. Powerful liquid vitamin concentrates and essential nutrients moisturize the skin when blended with steam.

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.

AQUA MASSAGE THERAPY HEALTH BENEFITS

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.

TIME

Aqua massage is often a preferred choice for busy people who simply do not

have much time for a massage. Since an average aqua massage is only 15 to 20 minutes, it is much easier to fit into a busy schedule. Even with the shorter time frame, the health benefits remain the same. According to Yogawiz.com, an aqua massage that lasts for 15 minutes is the equivalent of a 30-minute session with a massage therapist.

PERSONAL CONTROL

Water massage therapy takes place in a self-contained unit that resembles a tanning bed, and just like a tanning session, you set the controls to meet your particular needs. The session time is pre-set before you enter the unit, but the water pressure and pulse frequency are adjustable via a hand-held control unit, allowing you to direct your experience. If your lower back muscles are aching, you can pause the jets and remain on that area for a longer period of time, giving you the ultimate control over your own healing process.

PRIVACY

Many people choose not to receive traditional hands-on massage therapy because they feel that it invades their personal space. Aqua massage uses private settings and allows the patient to remain fully clothed, increasing comfort and privacy.

CONVENIENCE

One of the more attractive benefits of aqua massage is the convenience and accessibility versus other massage treatments that require you to disrobe. There are no oils or lotions used in conjunction with water massage, so you can have

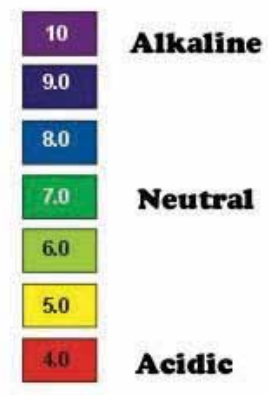
holistic health and fitness guide
for more information visit the natural health center in carencro (347-4141) or the dharma wellness center in sunset (280-3363)

pH ION Saliva Test

The Importance of Acid and Alkaline Balance for Health

Virtually all degenerative diseases including cancer, heart disease, arthritis, osteoporosis, kidney and gall stones, and tooth decay are associated with excess acidity in the body. While the body has a homeostatic mechanism that maintains a constant pH 7.4 in the blood, this mechanism works by depositing and withdrawing acid and alkaline minerals from other locations including the bones, soft tissues, body fluids and saliva. Therefore, the pH of these other tissues can fluctuate greatly. The pH of saliva offers a window through which you can see the overall pH balance in your body.

Cancer cannot exist in an alkaline environment. All forms of arthritis are associated with excess acidity. Acid in the body dissolves both teeth and bones. Whatever health situation you are faced with, you can monitor your progress toward a proper acid/alkaline balance by testing your saliva pH.



What are Acid and Alkaline?

Water (H2O) ionizes into hydrogen (H+) and hydroxyl (OH-) ions. When these ions are in equal proportions, the pH is a neutral 7. When there are more H+ ions than OH- ions then the water is said to be acid. If OH- ions outnumber the H+ ions then the water is alkaline. The pH scale goes from 0 to 14 and is logarithmic, which means that each step is ten times the previous. In other words, a pH of 4.5 is 10 times more acid than 5.5, 100 times more acid than 6.5 and 1,000 times more

WHOLE-BODY VIBRATION EXERCISE HEALTH BENEFITS

LOW IMPACT EXERCISE

Whole-body vibration is a greaat 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 maitain health, or even the elderly, disabled, or individuals with limited mobility.

Many people report an improved mood and energy level when using whole-body vibration therapy. Whole-body vibration research has shown an increase in serotonin levels after vibration. Serotonin, which is almost a household term these days due to the prevalence of depression and antidepressant drugs, is the neurotransmitter that makes you calm and happy.

- Accelerates weight loss and reduced appearance of cellulite
- Decreases cortisol levels and increases levels of the "happiness hormones' serotonin and neurothrophine
- Increases hormones involved in strength, repair and regeneration; testosterone, Human Growth Hormone (HGH), and Intrinsic Growth Factor 1 (IGF1)
- Increases serotonin and norepinephrine-neurotransmitters that makes you calm and happy
- Decreases cortisol, the major stress hormone
- Significantly increase in blood flow throughout the body
- Strengthens and increases bone tissue
- Increases number of T-cells, an important part of your immune system
- Improves blood and lymphatic circulation
- Speeds recovery from surgery and trauma
- Stimulates neurological system
- Increases physical strength, dexterity and endurance
- Reduces joint and ligament stress
- Helps to improve and prevent many joint conditions
- Relieves tension and chronic pain in ankles, knees, lower back, and neck
- Assists in preventing osteoporosis
- Stimulates fast-twitch muscles
- Improves body balance
- Benefits both anaerobic and aerobic exercise
- Tightens facial muscles
- Reduces cellulite
- Increase testosterone by 7%, maintains muscle mass, bone density and red blood cell levels
- Improves digestion and gastric motility-eliminating heartburn
- Reduces constipation, providing a morecomfortable lifestyle
- Strengthens pelvic muscles, reducing embarrassing stress incontinence

holistic health and fitness guide
for more information visit the natural health center in carencro (347-4141) or the dharma wellness center in sunset (280-3363)

HealthScope

A Cellular Approach to Nutritional Consulting

To schedule call: 347-4141 or 896-4141

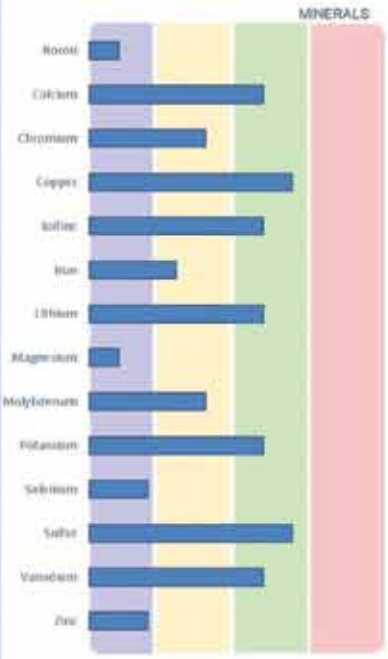
YES NO | Do you get sick easily?
YES NO | Do you suffer from anxiety or depression?
YES NO | Are you overweight?
YES NO | Do you experience chronic pain?
YES NO | Do you have trouble sleeping at night?

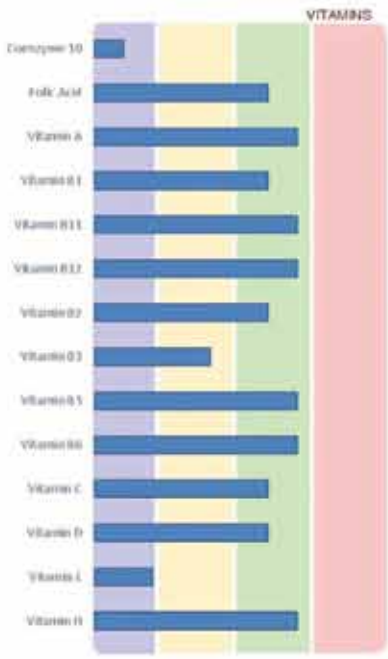
If you answered YES to either of these questions you could be VITAMIN DEFICIENT.

GET A HEALTH ASSESSMENT

Non-Invasive state-of-the-art technology scans hair and skin and gives a comprehensive 12 page report on all internal organs, glands and cells including adrenals, bladder, brain, circulation, digestion, heart, joints, kidneys, liver, lungs, pancreas, thyroid, lymphatic, muscular and skeletal systems. It shows allergies, stress, hormones, metabolism, inflammation, vitamins, minerals, amino acids, toxins, heavy metals, parasites, fungus, mold and pathogen levels. It charts over 100 nutrients to show absorptions, depletion or deficiency and matches supplements, superfoods, herbs, antioxidants, enzymes, Bach remedies and homeopathics to your physiology.

BALANCE YOUR NUTRIENT DEFICIENCIES





Microderm Screening is the microscopic study of the epidermis using HealthScope's powerful application.

Electroderm Screenings is the electrical response analysis of the epidermis using HealthScope's powerful application.

$94 includes 12 Page Report.
$150 includes 12 Page Report and 30 min Consultaion

SlimPOD fitness

CALL
(337) 534-1110
DHARMA Wellness
Sunset, LA

Advanced **Weight Loss** Sauna Capsule

$180 one month **Unlimited** SlimPOD Sessions

An average session can produce 700 grams of sweat and burn 425 calories during a therapeutic session. This is the equivalent of running 4-5 miles. The SlimPOD can also help reduce cellulite, fat cells, water and wastes. Feel those extra pounds melt away.

Make fitness fun and easy

- Want to feel exercise is a pleasurable treat? ✓
- Want to have more energy and look good, too? ✓
- Want to feel younger, fitter, more full of life? ✓

Created for anyone who has never seen exercise as a joy but wants to get into shape and feel fit

DHARMA Wellness Center

Sunset, LA Across from Janises's Supermarket

(337) **534-1110** or (337) 347-4141

* Unlimited SlimPOD sessions are a maximum of four 30-minute sessions per week.

liteon Natural Health Center

Powerful, Positive Healing for Life

Tel: 347.4141 or 896.4141

BACK to BASICS Health Program $160

One month supply of GENESIS Wheatgrass
Vitamin Therapy: Food-Based Multivitamin & Food-Based Multimineral
Healthscope Health Assessment
Thermography Women's Health Screening
Naturopathic Doctor Visit

UNLIMITED Spa Services $280

* includes 30 day unlimited spa services - up to 3 days a week 1 hour sessions

SAUNA & Whole Body Vibration
Water Massage Therapy
DERMOSONIC Cellulite Reduction (max 4 sessions)
Naturopathic Doctor Visit (max 2 sessions)
Thermography Screening (max 2 sessions health screening only)
Hydro-Dermo Hydration Spa Treatments
Infrared Body Wrap
Ion Foot Detox

RESTORE Health Program $340

* includes 30 day unlimited spa services - up to 3 days a week 1 hour sessions

Vitamin Therapy: Co-Q10, Antioxidant Complex, Food-Based Multi
Healthscope Health Assessment
SAUNA & Whole Body Vibration
Water Massage Therapy
DERMOSONIC Cellulite Reduction (max 4 sessions)
Naturopathic Doctor Visit (max 2 sessions)
Thermography Screening (max 2 sessions health screening only)
Hydro-Dermo Hydration Spa Treatments
Infrared Body Wrap
Ion Foot Detox

SAUNA & Whole Body Vibration

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

* includes four strawberry & wheatgrass smoothie mix for at home detoxification

Water Massage Therapy

4 Sessions Water Massage Therapy: $80
8 Sessions Water Massage Therapy: $120
12 Sessions Water Massage Therapy: $160

DERMOSONIC Cellulite Reduction

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

Natuopathic Doctor Visit

2 Sessions Naturopathic Doctor Visit: $145
4 Sessions Naturopathic Doctor Visit: $260

* includes vitamin & mineral therapy, health assessment, thermography screening

Thermography Medical Imaging

1 Session Complimentary Breast Screening: Free
2 Sessions Breast Thermography Screening: $78
2 Sessions Full Body Thermography Screening: $188

Hydro-Dermo Hydration Spa Treatment

4 Sessions Hydration Spa Treatment: $120
8 Sessions Hydration Spa Treatment: $210
12 Sessions Hydration Spa Treatment: $300

Infrared Body Wrap

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

THERMOGRAPHY

Medical Imaging of Acadiana

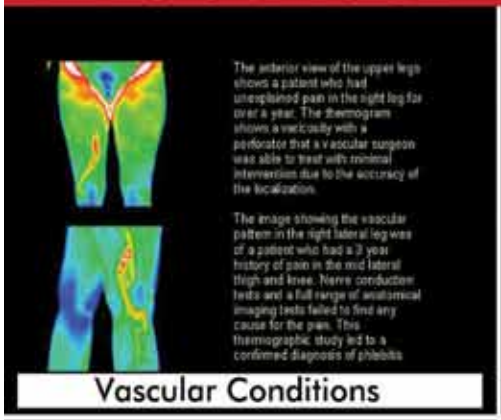
Advanced Diagnostic and Screening Technology

$94

FULL BODY HEALTH CHECK

(337) 347-4141

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



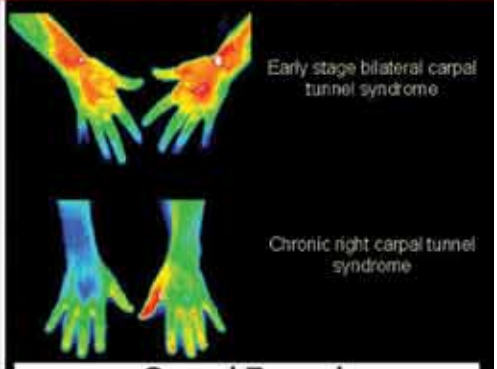
The anterior view of the upper legs shows a patient who had unexplained pain in the right leg for over a year. The thermogram shows a varicosity with a perforator that a vascular surgeon was able to treat with minimal intervention due to the accuracy of the localization.

The image showing the vascular pattern in the right lateral leg was of a patient who had a 3 year history of pain in the mid lateral thigh and knee. Nerve conduction tests and a full range of anatomical imaging tests failed to find any cause for the pain. This thermographic study led to a confirmed diagnosis of phlebitis

Vascular Conditions

Carotid Artery occlusion (Right side)

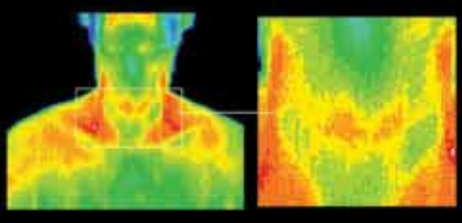
Carotid Artery Occlusion



Early stage bilateral carpal tunnel syndrome

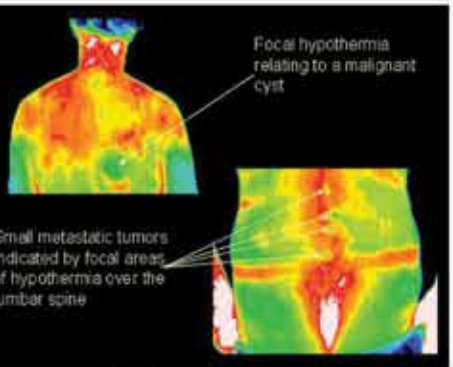
Chronic right carpal tunnel syndrome

Carpal Tunnel



Hyperthermia over both lobes of the thyroid indicating thyroid dysfunction

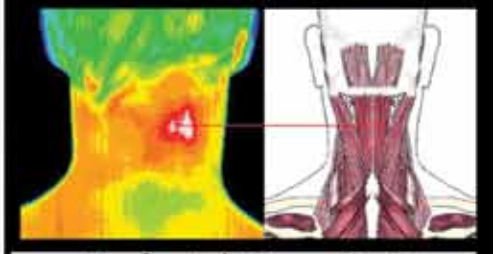
Thyroid Dysfunction



Focal hypothermia relating to a malignant cyst

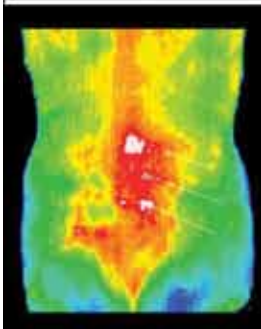
Small metastatic tumors indicated by focal areas of hypothermia over the lumbar spine

Cyst and Tumors



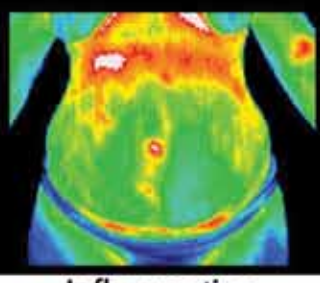
Myofascial Trigger Point - in semispinalis cervicus

Myofascial Trigger Point



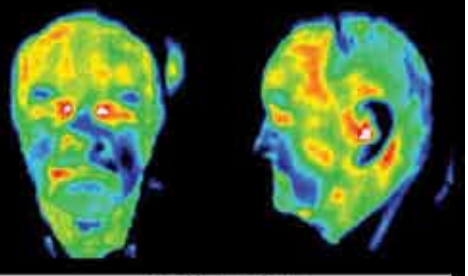
Three stress fractures of the transverse processes of the lumbar spine.

Stress Fractures



Inflammation Over Right Kidney

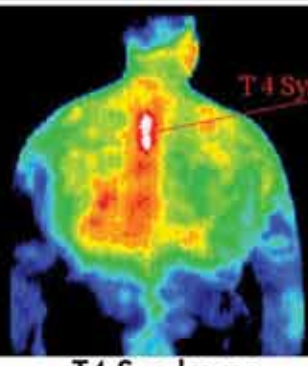
Inflammation



Bells Palsy

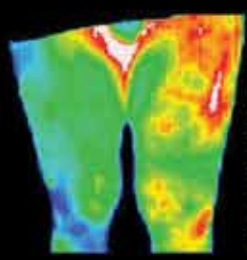
CAD

Coronary Artery Disease



T 4 Syndrome

T4 Syndrome



This elderly lady had undergone a left hip replacement surgery 3 months previously. Her continued leg pain raised a suspicion for DVT.

The thermographic findings were not consistent with DVT, but showed a focal area of inflammation that guided a sonographer to a deep abscess near the bone.

This was lanced and successfully treated with antibiotics.

Infection