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Dr. Steven T. Castille BSc, MS, DNM
nutrition and integrated medicine

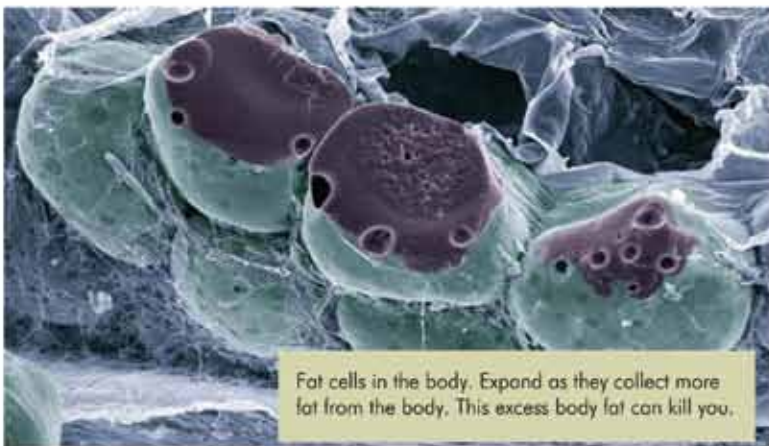
"Being overweight and obesity are the single most significant nutrition-related health issues of the new millennium. And, excess body fat has been linked to almost every major healthcare issue."

~ Dr. Steven T. Castille

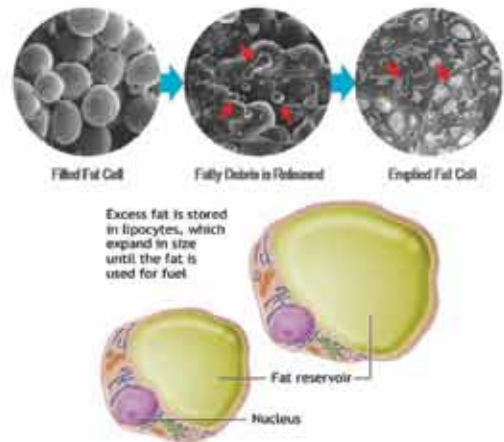
Research tells us that 96% of the American population die from disease as oppose to accidents. Being overweight contributes to:

- Inflammation
- Heart Disease
- Cancer
- Osteoporosis
- Metabolic Syndrome
- Reproductive Problems
- High Blood Pressure
- Colon Cancer
- Stroke
- Sleep Apnea
- Gallstones
- Diabetes
- Poor Circulation
- High Cholesterol

"I personally battle weight issues. Genetically, I have a disposition and with a strong family history of obesity and heart disease I have turned more attention to weight loss and nutrition. It is the only way we will win the war on disease and premature deaths related to obesity. I am dedicating 100% of our research efforts to studying fat cells in the body and how we can maintain healthy fat levels. Our mission is to develop nutrition, exercise, and new science for weightloss and weight management."



Fat cells in the body. Expand as they collect more fat from the body. This excess body fat can kill you.



Dr. Steven T. Castille BSc, MS, DNM
nutrition and integrated medicine

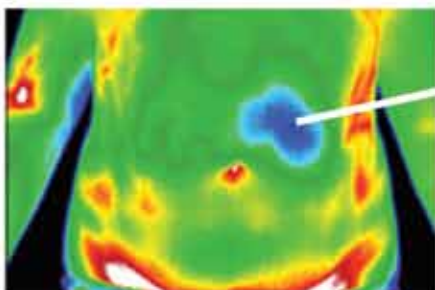
To schedule an office visit for weight loss or weight management call
(337) 896-4141

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

Without your health you can not enjoy family or work.

What did I learn from my thermography exam?

- Franklin Carter, Jennings, LA



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

\$94 Full-Body Thermography Screening



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Thermography is used to:

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

Ionic Foot Detox



See
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Call 896-4141

30 minutes to a healthier you.

You will notice the color change in the water as each part of the body detoxifies. Brown of black water is the liver, orange is the joints, dark green is the gallbladder. Yellow green is the kidneys and urinary tract, white foam is the lymph nodes, red flecks are blood clot material and finally black flecks are heavy metals. The color of the water will differ depending on the type of water you use and the state of your health. Source: dlvir.com

Relax for 30 minutes. Meditate. Detox to... Clear your mind, have more energy, sleep better and reduce inflammation and pain.



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

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\$36/case (six ½ gallon bottles)

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 body's unhealthy environment when our body is acidic. Alkaline water can help reduce the risk of unhealthy cell growth.

Increase Energy Reserves:

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

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Drug Emporium

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publisher's letter



With this magazine, and with our lives, we aim to create the possibility of being generous, open and inspiring. Every day we should all ask ourselves, "What possibilities am I creating?"

Our lives are filled with omnipotent possibilities. Many people are convinced that we co-create our own reality each time we focus on what we desire with strong emotion and commitment. Others are just as convinced that this idea is simply nonsense and that our destiny is already pre-determined or controlled by

the families we are born into and the environment we are reared in. But regardless of which idea is true, it is unquestionable that we can create new possibilities and new realities in our lives by eliminating limiting beliefs.

Not very long ago we learned of a new galaxy that has been found, millions of light years beyond our own. For many of us, such news makes us realize that we have been missing a deep kind of understanding. The mind can accept any boundary anywhere. But the reality is that, by its very nature, existence cannot have a boundary. This is because what can we expect to find beyond the boundary of existence? Still more space.

What a profound thought. Now we must understand that it is true that all things are possible once we realize that our existence, space and even time have no boundaries. What a phenomenal existence we have! Humanity was born from light for the sole purpose to explore, learn, grow and continue our own existence, by which we further define the fact that even humanity has no boundaries.

Let us pause for a moment and begin to understand the power that each of us has within us. We are a people who have been given a precious gift. We have been given the gifts of love and limitless possibilities. And the more we love one another, the more we show compassion and kindness, the more generous and inspiring we are to one another, the more we further define the endless possibilities of the human spirit and our world.

Through prayer, we have a unique ability to harness the specific energy given to us by our Creator. Each one of us is called upon to use it. We can use prayer as a means of healing ourselves and our world. We can define our existence as one of unlimited possibilities through prayer.

This month we celebrate how to live our lives with passion and purpose. What more is there? Please join us on a journey of possibilities.

Father God, we bring all our hurt, wrongs and hardships to You in prayer. Thank You for laying Your hand upon our lives to heal our suffering and that of our friends, family, and neighbors. Amen

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



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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.

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www.NAacadiana.com

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

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WEIGHT LOSS

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- ✓ **MANAGE STRESS**
Helps **Decrease** Belly Fat



BF-4 Weightloss Workout Plan

(20 lbs / 4 inches / 5 Weeks)

Week 1

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

Week 2

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

Week 3

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

Week 4

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

Week 5

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

Includes: 1 BF-4, 1 Rhodiola, 1 Folic Acid Supplement
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Price: \$434

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Carencro Office

Cedar Crest Living Underway



Cedar Crest Living, Acadiana's first Alzheimer's care community, has broken ground in Lafayette. The state-of-the-art facility is a full service community offering expert care for Alzheimer's patients. It will be fully equipped with kitchens, a private library, formal dining rooms, multi-purpose event rooms, beauty/barber shops and more. Expertly designed for the specific needs of memory loss residents, Cedar Crest Living will also feature programs designed to stimulate the mind and body in an effort to maximize cognitive capacities and physical capabilities. The goal is to promote and provide specialized, quality, compassionate care to seniors with the disease to achieve the most independence and quality of life possible. Expected opening date is 2015.

For more information, visit CedarCrestLiving.com.

Bespoke Mobile Dog Grooming Sure to Please Pets and People



Custom-tailored grooming crafted to one's design best describes one of Lafayette's newest mobile dog grooming services, Bespoke Dog Grooming. Conveniently serving the heart of Lafayette, Bespoke Dog Grooming offers care options that are guaranteed to please our pets. The fully equipped mobile van unit will come to pet owners' location, ensuring the finest treatment with an artistic eye.

Bespoke caters to general as well as specific needs of each dog by offering routine services, such as bathing, brushing and nail trimming, plus sanitary trimming, dematting, and furmation. After all, tangled fur happens, and Bespoke is ready to serve pets with the adequate knowledge to detangle and maintain even the toughest fur coats. With a dedication to ensuring comfort, beauty and health to every dog, Bespoke Dog Grooming is sure to please.

For more information, call 337-308-4110 or visit BespokeDog.com.

Cooking Supplies and More at E's Kitchen

For those in Lafayette and the surrounding areas that love to cook, E's Kitchen offers a place to buy cooking supplies that you really want and need. Founded by Acadiana natives Jenine and Ayo, E's Kitchen strives to provide superior customer service and excellent products. They offer a wide selection of unique kitchenware and gadgets; among the top brands are Shun knives, Swiss Diamond (hard surface non-stick cookware), Regal Ware (American made pots and pans), Joseph Joseph (gadget and utensils), Edgeware (knife sharpening tools) and Kuhn Rikon (Swiss made cookware and tools).



Additionally, E's Kitchen offers cooking and product demonstrations, making it fun for the whole family to enjoy—even the kids! Cooking classes—including Small Batch Whiskey with Paul, Kids Cooking and Vegetarian Cooking with Elle of Elleveg.com—are filling up and beginning in June.

Location: 1921 Kaliste Saloom Rd., Ste. 103, Lafayette. For more information, call 337-534-8928.

Birthday Parties Are Easy at Caribbean Club House

It's summer time, which means it's party time. For anyone who wants an amazing birthday party for their child without the hassle of organizing or cleanup, Caribbean Club House has all the fun in one place.



The rental of the building includes everything in it: a 30-foot dry slide, a 14-foot fun jump, a 12-foot junior obstacle course, eight arcade games, riding cars and motorcycles, air hockey and indoor basketball. All arcade games are free and require no tokens. You invite unlimited number of kids and unlimited number of guest. You bring any outside food, any outside drinks, and you can decorate any way you like. For entertainment, music videos play on flat-screen televisions and music plays throughout the building. The best part is that parents can sit in the party room while the kids run wild. Just show up, have fun and go home without having to clean up anything.

Caribbean Club House is located at 12178 Hwy. 190, in Opelousas. For more information, call 337-678-1500 or visit MyKidPartyZone.com.



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Organic Frozen Wheatgrass Juice WheTea



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

Wheatgrass is harvested for juicing when the grass reaches its nutritional peak. This is just before the jointing stage, when the plant is between 7 and 11 inches tall. At this point, it has accumulated energy which will soon power a massive growth spurt. It is this energy that is captured in the juice.

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



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

Price: \$30.00

Green Waters Alkaline Water

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



Suggested Use: Drink 64 oz per day **Price: \$36.00 / case**



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



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

Mood Enhancer

Best Depression Formula



Our Mood Enhancer is specifically designed to incorporate herbs and vitamins that provide nutrients to the brain, help fight depression, stress and anxiety and prevent age-related mental decline. Sometimes vision or hearing problems, depression, anxiety or other stress-related mental disorders

may also cause neurological dysfunction. Mood Enhancer contains herbs that are notorious for their ability to stimulate brain function, improve memory, promote alertness and productivity. The main advantage of Mood Enhancer is its ability to improve mental focus and memory without inducing agitation and anxiety.

Supplement Facts		
Serving Size: 1 Vegetarian Capsule		
Amount Per Serving	%Daily Value	
Paracetamol Acid	50 mg	100%
<i>(as a calcium paracetamol)</i>		
Paracetamol	500 mg	
<i>(as a calcium paracetamol)</i>		
Contains 60 Vegetarian Capsules		
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Suggested Use: 1-2 capsules/day
Price: \$35.00

Yummy Berries Cut Heart Attack Risk by a Third



Eating three or more servings of blueberries and strawberries a week may help women reduce their risk of a heart attack, according to research from the University of East Anglia, in collaboration with the Harvard School of Public Health. The berries contain high levels of powerful flavonoids called anthocyanins, which may help dilate arteries, counter buildup of plaque and provide other cardiovascular benefits.

Published in *Circulation: Journal of the American Heart Association*, the study involved 93,600 women ages 25 to 42 that completed questionnaires about their diet every four years for over 16 years. Those that ate the most berries had a 32 percent reduction in heart attack risk compared with those that ate them once a month or less, even if they ate a diet rich in other fruits and vegetables.

"This is the first study to look at the impact of diet in younger and middle-aged women," remarks the study's lead author, Aedín Cassidy, Ph.D., head of the university's nutrition department. "Even at an early age, eating more of these fruits may reduce risk of a heart attack later in life."

Saw Palmetto Combos Combat Enlarged Prostate

Three studies published in 2013 support the effectiveness of saw palmetto (*Serenoa repens*) extract for the treatment of prostate inflammation and other symptoms of benign prostatic hyperplasia (BPH), commonly called enlarged prostate. In addition, both lycopene, a dietary carotenoid with strong antioxidant value, and selenium, an essential trace element that promotes an optimal antioxidant/oxidant balance, have been shown to exert beneficial effects in BPH.



Researchers from Italy's University of Catania studied 168 patients with prostate enlargement among nine urological medical clinics. Those taking a combination of saw palmetto, selenium and lycopene experienced greater reductions of inflammation markers and reduced risk of prostate cancer after three and six months of treatment.

In an Australian study from the University of Queensland's School of Medicine of patients with BPH, 32 men took an encapsulated formula containing saw palmetto, lycopene and other plant extracts, while 25 men were given a placebo. After three months of treatment, men receiving the herbal formulation experienced a 36 percent reduction in related symptoms, while the placebo group showed an 8 percent reduction. The herbal supplement group also showed a 15 percent reduction in daytime urination frequency and an almost 40 percent reduction in nighttime urination frequency.

The long-term effectiveness of saw palmetto supplementation was reinforced in a Russian study of 38 patients with early prostate enlargement. After 10 years of receiving 320 milligrams of saw palmetto extract per day, researchers found no progression of the condition among the patients.



Tapping Acupressure Points Heals Trauma in Vets

Emotional Freedom Techniques (EFT) may be an effective treatment for veterans that have been diagnosed with clinical post-traumatic stress disorder (PTSD), according to a study published in the *Journal of Nervous and Mental Disease*. EFT involves tapping on acupressure points while focusing on traumatic memories or painful emotions in order to release them.

As part of the Veterans' Stress Project, an anonymous clinical study comprising more than 2,000 participants, 59 veterans with PTSD were randomly assigned to either receive strictly standard care or also experience six, hour-long, EFT sessions. The psychological distress and PTSD symptoms showed significant reductions among veterans receiving the EFT sessions, with 90 percent matriculating out of the criteria for clinical PTSD. At a six-month follow-up, 80 percent of those participants still had symptoms below the clinical level for PTSD.

According to Deb Tribbey, national coordinator for the Veterans' Stress Project, PTSD symptoms that can be resolved with the combined therapy include insomnia, anger, grief, hyper-vigilance and pain.

For more information, visit StressProject.org or EFTForVets.com.

Mindfulness Meditation Reduces the Urge to Light Up



Mindfulness meditation training may help people overcome addiction by activating the brain centers involved in self-control and addictive tendencies, suggests research from the psychology departments of Texas Tech University and the University of Oregon.

Scientists led by Yi-Yuan Tang, Ph.D., studied 61 volunteers, including 27 smokers, randomly divided into groups that either received mindfulness meditation training or relaxation training. Two weeks later, after five hours of training, smoking among those in the meditative group decreased by 60 percent, while no significant reduction occurred in the relaxation group.

Brain imaging scans determined that the mindfulness meditation training produced increased activity in the anterior cingulate and the prefrontal cortex; regions associated with self-control. Past research led by Tang showed that smokers and those with other addictions exhibited less activity in these areas than those free of addictions. The current study previously determined that myelin and brain cell matter in these two brain regions increases through mindfulness meditation.

Beets Beat Down Blood Pressure

Two small studies have linked beets with lower blood pressure. A study from the University of Reading, in England, served beet-fortified bread or bread without beets to 23 healthy men. Those that ate the fortified bread experienced reduced diastolic blood pressure and less artery stiffness during the six hours afterwards.

Australia's Baker IDI Heart and Diabetes Institute studied 15 women and 15 men, divided randomly into groups that consumed either 500 grams of a placebo juice or beets with apple juice. During the 24 hours after consumption, the researchers noted a statistically significant reduction in systolic blood pressure of four to five points among the men drinking the beet juice.



Unconditional Love Hastens Healing

Researchers from the University of Miami found that compassionate love and faith in a compassionate Higher Power increases healing and reduces disease progression among HIV patients.

They studied 177 HIV patients over a 10-year period, tracking biological measures and health behaviors and collecting in-depth data interviews. The scientists coded five criteria of compassionate love derived from the Working Model of Compassionate Love, developed by Lynn Underwood, Ph.D.

The progression of HIV disease was reduced among patients that gave and received the most compassionate love. These patients exhibited both a greater level of the immune-boosting white blood cells known as CD4+ T helper cells and a reduced HIV viral load, the measure of HIV in the blood.

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Source: www.cancer.org



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Father Factor

Involved Dads Make for Smarter, Happier Kids



It's well known that involving fathers from the start in children's lives has a significant positive impact on their development, including the greater economic security of having more than one parent. Yet, there's more to the "father effect".

Numerous studies have found that children growing up in a household with a father present show superior outcomes in intelligence tests, particularly in nonverbal, or spatial, reasoning that's integral in mathematics, science and engineering. The IQ advantage is attributed to the way that fathers interact with their children, with an emphasis on the manipulation of objects like blocks, roughhousing and outdoor activities, rather than language-based activities. A study of Chinese parents found that it was a father's warmth toward his child that was the ultimate factor in predicting the child's future academic success.

A recent Canadian study from Concordia University provides new insights into a father's impact on a daughter's emotional development, as well. Lead researcher Erin Peugnot concluded, "Girls whose fathers lived with them when they were in middle childhood (ages 6 to 10) demonstrated less sadness, worry and shyness as preteens (ages 9 to 13) compared with girls whose fathers did not live with them," he says.

Source: HappyChild.com.au

Love Matters

Connectedness Ranks Above Power and Fame

It seems that fame and fortune are less important to us than our connections with fellow human beings, after all. A study conducted by *Queendom.com* and *PsychTests.com* in 2012 and 2013 applying their proprietary Values Profile Test with 2,163 people showed they only moderately valued money and power, at best, which took a backseat to social values on a personal level. This revelation comes on the heels of another study on career motivation that similarly showed a drop in participants' consuming desire for money and power in the workplace.

The researchers at *Queendom.com* assessed 34 separate facets within six categories of values—social, aesthetic, theoretical, traditional, realistic and political. The five top-scoring facets were empathy, family and friends, appreciation of beauty, hard work/diligence, altruism and the importance of helping others. Financial security came in 24th place and power was near last at 29th in importance. Ethics/morals placed 10th.

For more information, visit Queendom.com.





Lawn Upload

Grass Releases Surprising Amounts of CO₂

Which emits more of the greenhouse gas carbon dioxide: a cornfield or a residential lawn? According to researchers at Elizabethtown College, in Pennsylvania, it's the grass. David Bowne, an assistant professor of biology, published the study results in the *Soil Science Society of America Journal*. After measuring carbon dioxide released from each setting, the

scientists found that urban areas deemed heat islands may have a smaller overall impact than previously thought, compared with suburban developments.

Previously, the heat island effect has been perceived as a phenomenon that occurs only in cities, where the mass of paved roads, dark roofs and buildings absorb and concentrate heat, making cities much warmer during hot days than other areas.

Both carbon dioxide releases and soil temperature were measurably higher in residential lawns than in croplands and higher temperatures are directly associated with carbon dioxide efflux. Bowne says, "As you increase temperature, you increase biological activity—be it microbial, plant, fungal or animal." Increased activity leads to more respiration and increased carbon dioxide emissions.

Source: Tinyurl.com/LawnsVersusCorn

Imperiled Parks

Laws Permit Oil and Gas Drilling in Iconic Public Lands

News that the U.S. Department of the Interior will allow drilling for oil and gas in a proposed wilderness area in southern Utah's Desolation Canyon puts a spotlight on the practice.

A report by the Center for American Progress reveals that 42 national parks are at risk, including 12 where oil and gas drilling is currently underway and 30 where it could be in the near future.

Among the threatened wild places are iconic American national parklands, including Grand Teton, in Wyoming, Mesa Verde, Great Sand Dunes and Dinosaur National Monument, in Colorado, Santa Monica Mountains, in California, Glen Canyon, in Arizona, Carlsbad Caverns and Chaco Canyon, in New Mexico, Everglades and Gulf Islands, in Florida, Arches and Canyonlands, in Utah, and Glacier, in Montana.

The reality is that all public lands, including national parks and wildlife refuges, are potentially open to oil and gas leasing unless they are designated as "wilderness", the highest form of land protection designated by the government.



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Honeybee Hit

Scientists Nab Fungicide as Bee Killer

Colony collapse disorder, the mysterious mass die-off of honeybees that pollinate \$30 billion worth of crops in the U.S., has been well documented, with toxic insecticides identified as the primary culprits. Now, scientists at the University of Maryland and the U.S. Department of Agriculture have expanded the identification of components of the toxic brew of pesticides and fungicides contaminating pollen and decimating the bee colonies that collect it to feed their hives.



A study of eight agricultural chemicals associated with increased risk of infection by parasites found that bees that ate pollen contaminated with fungicides were three times as likely to be infected. Widely used fungicides had previously been accepted as harmless for bees because they are designed to kill fungus, not insects.

Dennis vanEngelsdorp, the study's lead author, states, "There's growing evidence that fungicides may be affecting the bees on their own, highlighting a need to reassess how we label these agricultural chemicals." Labels on pesticides warn farmers not to spray when pollinating bees are in the vicinity, but such precautions have not applied to fungicides.

Source: qz.com



Loan Leeway

Nonprofit Works to Lower Student Debt

A small nonprofit named *SponsorChange.org*, recipient of the nationally recognized Dewey Winburne Community Service Award for "do-gooders", is pioneering a way to help college graduates battle student loan debt by applying their skills on behalf of nonprofit community organizations. Researchers at *ProjectOnStudentDebt.org* say seven of 10 college students that graduated in 2013 owed money on a student loan, each averaging nearly \$30,000 in debt.

With SponsorChange, graduates with student loan debt sign up to help participating organizations, earning credits while adding work experience and leadership roles to their résumés. Organization donors sign up to reimburse the workers for their time by helping to pay down their student loans through tax-deductible funding. All see specific results for their contributions to worthy causes.



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Tips to Clean Air Inside a Vehicle

We look out for the quality of the air we breathe indoors and out and we aim to drive in the most fuel-conscious manner to keep emissions down. What about the air quality inside our vehicles during necessary hours on the road?




The Ecology Center, an Ann Arbor, Michigan, nonprofit, attests that extreme air temperatures inside cars on especially hot days can potentially increase the concentration of volatile organic compounds (VOC) and release chemicals and other ingredients from new-car dashboards, steering wheel columns and seats into the interior air. Some manufacturers are responding by greening their interiors: Toyota is using sugarcane to replace plastic; Ford has turned to soy foam instead of polyurethane foam; and Land Rover is tanning its leather with vegetables, not chromium sulfate.

Carbon monoxide seeping in from engine combustion can cause headaches, dizziness, nausea and fatigue and even trigger asthma. The potential exists "if there's a leak in the system between the engine and the rear of the vehicle and there's even a small hole in the body structure," advises Tony Molla, a vice president with the National Institute for Automotive Service Excellence. "Have the exhaust system inspected by a certified technician to make sure everything is secure and not rusted or leaking."

Also have the cabin air filter checked. Part of the ventilation system, it helps trap pollen, bacteria, dust and exhaust gases in air conditioning, heating and ventilation systems and prevents leaves, bugs and other debris from entering the interior, according to the Car Care Council. Most vehicle manufacturers recommend changing it every 12,000 to 15,000 miles. (Find a range of educational information at CarCare.org.)

It's always beneficial to have fresh air entering the vehicle when driving. Open a window slightly or blow the air conditioning on low in the vent position when not in heavy traffic. "Don't run it on the recycle or max A/C mode for long periods to make sure you're getting fresh outside air in and flushing out any contaminants in the cabin air," adds Molla.

Using sun reflectors and visors helps keep interior temperatures down. Check local motor vehicle departments for state policies regarding tinted windows, which can reduce heat, glare and UV exposure. It always helps to park in the shade.



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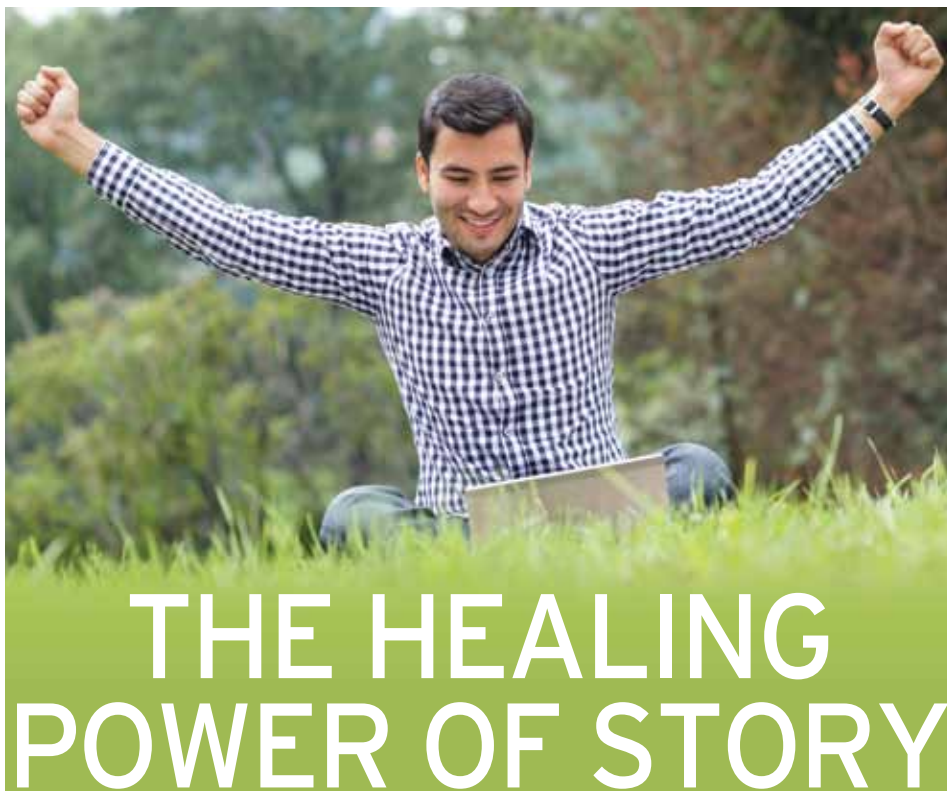
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THE HEALING POWER OF STORY

How Telling Our Truths Can Set Us Free

by Judith Fertig

After his deployment in Iraq, U.S. Marine Captain Tyler Boudreau returned home in 2004 with post-traumatic stress syndrome and an emotional war wound that experts now call a “moral injury”. He could only sleep for an hour or two at night. He refused to take showers or leave the house for long periods of time. He and his wife divorced. “My body was home, but my head was still there [in Iraq],” he recounts.

At first, Boudreau tried to make sense of his conflicted feelings by writing fiction. Then he wrote a detailed, nonfiction analysis of his deployment, but that didn’t help, either. In 2009 he wrote a memoir, *Packing Inferno: The Unmaking of a Marine*, that came closer to conveying his personal truth. “I needed to get back into the story,” he says, so he could pull his life back together in Northampton, Massachusetts.

Like Boudreau, we all have stories—ongoing and ever-changing—that we tell ourselves to make sense of our lives. They can help us heal and powerfully guide us through life, or just as powerfully, hold us back.

In 1949, Sarah Lawrence College Professor Joseph Campbell published *The Hero with a Thousand Faces*, in which he outlined a master monomyth. It involves leaving everyday life and answering a call to adventure, getting help from others along the way, facing adversity and returning with a gift, or boon, for ourselves and others. It’s a basic pattern of human existence, with endless variations.

Power to Heal the Body

How does telling our truth help heal our body? Professor James Pennebaker, Ph.D., chair of psychology at the University of Texas at Austin, is a pioneer in the mind-body benefits of story, which he explores in *Opening Up: The Healing Power of Expressing Emotions*. In the late 1980s, while consulting for the Texas prison system, Pennebaker discovered that when suspects lied while taking polygraph tests, their heart rate rose, but when they confessed the truth, they relaxed.

“Our cells know the truth,” writes microbiologist Sondra Barrett, Ph.D., who also blogs at *SondraBarrett.com*, in *Secrets of Your Cells*, “Our physiol-

ogy responds to what we’re thinking, including what we don’t want people to know.” When we are afraid to tell a story and keep it in, “Our cells broadcast a signal of danger,” she explains. “Molecules of adrenalin, along with stress hormones, connect with receptors on heart, muscle and lung cells—and in the case of long-term sustained stress, immune cells.”

We experience increased heart rate, tense muscles, shortness of breath and lower immunity when we’re stressed. She notes, “When we release the stories and feelings that torment us, our cells respond with great relief and once again become havens of safety.”

We need to tell our stories even in facing life-threatening illness, and maybe because of it. Dr. Shayna Watson, an oncologist at the Cancer Centre of Southeastern Ontario, in Canada, encourages physicians to listen to patients. “In the name of efficiency,” she reports in an article in *Canadian Family Physician*, “it’s easy to block out patients’ stories and deal only with the ‘facts’, to see the chat, the time and the stories as luxuries for when there is a cancellation. The study of narrative tells us, however, that in these easily neglected moments we might find more than we expect; there can be understanding, relationship building and healing—the elements of our common humanity.”

A current problem is but a dot on the entire timeline of a person’s existence. By keeping their larger story in mind, patients can find a wider perspective, with the strength and resolve to heal, while the physician can see the patient as a person, rather than a diagnosis.

Power to Heal Emotions

“Telling your story may be the most powerful medicine on Earth,” says Dr. Lissa Rankin, the author of *Mind Over Medicine*, who practices integrative medicine in Mill Valley, California. She’s tested the concept firsthand. “So many of us are tormented by the insane idea that we’re separate, disconnected beings, suffering all by our little lonesome selves,” she observes. “That’s exactly how I felt when I started blogging, as if I was the only one in the whole wide

world who had lost her mojo and longed to get it back. Then I started telling my story—and *voilà!* Millions of people responded to tell me how they had once lost theirs and since gotten it back.”

They did it by telling their stories, witnessed with loving attention by others that care. “Each of us is a constantly unfolding narrative, a hero in a novel no one else can write. Yet, so many of us leave our stories untold, our songs unsung,” remarks Rankin. “When this happens, we wind up feeling lonely, listless and out of touch with our life purpose. We are plagued with a chronic sense that something is out of alignment. We may even wind up feeling unworthy, unloved or sick,” says Rankin, who blogs on related topics at LissaRankin.com.

Power to Heal a Family

Sometimes, writing a new story can help keep families connected. Kansas City, Missouri, author and columnist Deborah Shouse took an unplanned and unwanted, yet ultimately rewarding journey with her mother through Alzheimer’s disease. Shouse discovered that as her mother was losing her memory and identity through dementia, crafting a new narrative helped her family hold it together, a process she details in *Love in the Land of Dementia*.

“You have to celebrate the person who is still with you,” Shouse says, noting we may discover a different, but still interesting, person that communicates in ways other than talking. She recommends employing a technique she calls The Hero Project, which she developed with her partner, Ron Zoglin. It uses words, photos and craft supplies in what Shouse terms “word-scraping” to generate and tell a new story that helps keep the personal connection we have with our loved one and make visits more positive. She shares more supportive insights at DeborahShouseWrites.wordpress.com.

Sharing an old story may also provide a rare link to the past for a person with dementia. “Savor and write down the stories you’re told, even if you hear certain ones many times,” Shouse counsels. “By writing down the most often-repeated stories, you create a legacy to share with family, friends and other caregivers.”

Power of the Wrong Story

Our thoughts are a shorthand version of a longer life story, says author Byron Katie, a self-help specialist from Ojai, Califor-

“By sharing our stories together and finding common ground, we lay the groundwork for world peace and much more.”

~Rev. Patrick McCollum

nia, who addresses reader stories via blog posts at ByronKatie.com. Sometimes we tell ourselves the wrong story, one that keeps us from realizing our full potential, while making us miserable at the same time. Examples might include “I will always be overweight,” “My partner doesn’t love me” or “I’m stuck here.”

Katie’s book, *Who Would You Be Without Your Story?* explores how we often take what happens in our lives, create a story with negative overtones, believe that version of the story and make ourselves unhappy. “The cause of suffering is the thought that we’re believing it,” she says. By questioning our stories, turning them around and crafting new and more truthful ones, we can change our lives.

Power to Heal the Community

Humorist, speaker, and professional

storyteller Kim Weitkamp, of Christiansburg, Virginia, knows that the power of story creates wider ripples. She sees it happen every time she performs at festivals and events around the country. “It is naturally in our DNA to communicate in story form,” she advises. “The power of story causes great revelation and change in those that listen.”

She cites supporting studies conducted by psychologists Marshall Duke, Ph.D., and Robyn Fivush, Ph.D., at the Emory Center for Myth and Ritual in American Life, in Atlanta, Georgia. “They found that children—at ages 4, 14, 44 or 104, because we’re all children at heart—are more resilient and happy and rebound faster from stress when they know their family stories. They know they’re part of something that’s bigger than themselves that people in their family have kept going,” says Weitkamp.

“When people leave a storytelling event, they leave telling stories,” she says with a smile, “and that results in happier and healthier families and communities.”

Judith Fertig tells stories about food at AlfrescoFoodAndLifestyle.blogspot.com from Overland Park, KS.

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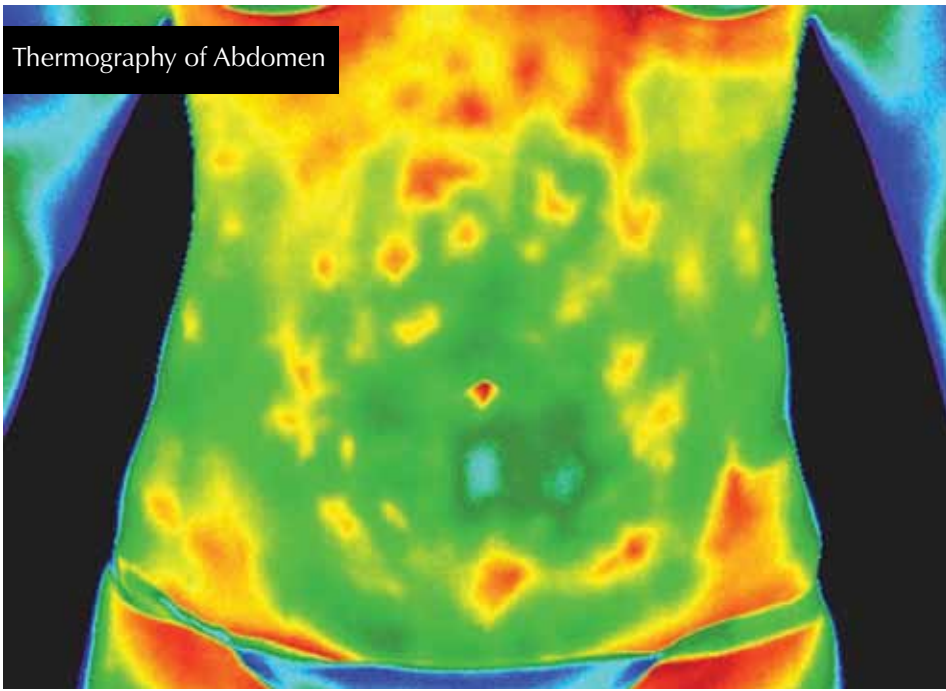


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Questions & Answers

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Q. What is Thermography?

A. Thermography is an imaging technique for measuring and displaying body temperature. It is a key diagnostic tool in the detection of disease, injury and infection. There is a high degree of thermal symmetry in a normal healthy body. Subtle abnormal temperature asymmetries can be easily identified that may be attributed to pathology or dysfunction.

Q. Is thermography new technology?

A. No, thermography has been used globally and extensively in medicine for over 20 years. Thermography has been recognized as a viable diagnostic tool since 1987 by the AMA Council on Scientific Affairs, the ACA Council on Diagnostic Imaging, the Congress of Neurosurgeons in 1988 and in 1990 by the American Academy of Physical Medicine and Rehabilitation.

Q. What role does thermography play in breast health?

A. Thermography's purpose in breast cancer and other breast disorders is to help in early detection and monitoring of abnormal physiology and the establishment of risk factors for the

development or existence of cancer. Thermography has the ability to show the vascular and lymphatic changes within breast tissue associated with developing pathology often before they are detectable with other standard structural testing.

Q. Who should have breast thermography?

A. Thermography is especially appropriate in women ages 30-50 where breast cancers grow significantly faster and denser breast tissue makes it more difficult for mammography to pick up suspicious lesions. This test can provide a clinical marker to the doctor that a specific area of the breast needs particularly close examination. Thermography is designed to improve chances for detecting fast-growing, active tumors in the intervals between mammographic screenings or when mammography is not indicated by screening guidelines for women less than 50 years of age; however women over the age of 50 can certainly benefit from annual thermography screenings as well.

Q. Is a thermal scan different than a mammogram or ultrasound?

A. Yes. Unlike mammography and ultrasound, thermography is a test of physiology and function. Mammography and ultrasound are tests of anatomy and structure. A mammogram, ultrasound, or thermography cannot diagnose cancer.

This is possible only through a biopsy. When thermography, mammograms, ultrasounds, and clinical exams are used together, the best possible evaluation of breast health can be made. The goal of thermography is early detection. The benefits of thermography are that it is non-invasive, radiation free, painless and economical.

Q. Is thermal imaging a replacement for mammography or ultrasound?

A. Thermography should be viewed as a complimentary, not competitive, tool to mammography and ultrasound. Thermography has the ability to identify patients at the highest level of risk and actually increase the effective usage of mammograms and ultrasounds. Research confirms that thermography when used with mammography, can improve the sensitivity of breast cancer detection. The ultimate choice should be made on an individual basis with regard to clinical history, personal circumstances, and medical advice.

Q. How is my breast baseline or "thermal fingerprint" established?

A. In order to establish what is "normal" for you, two breast studies must be done three months apart. If there are no changes in your thermal patterns in comparing the two studies, we can assume we have established your baseline. These baseline images will then be archived for annual comparison. Please note, however, that a baseline cannot be established during pregnancy or lactation due to the various physiologic changes occurring within the breast tissue associated with these conthermographys.

Q. Why do I need to come back in two months for another breast study?

A. The most accurate result we can produce is change over time. Before we can start to evaluate any changes, we need to establish an accurate and stable baseline for you. This baseline represents your unique thermal fingerprint, which will only be altered by developing pathology. A baseline cannot be established with only one study, as we would have no way of knowing if this is your normal pattern or if it is actually changing at the time of the first exam.

By comparing two studies two months apart we are able to judge if your breast physiology is stable and suitable to be used as your normal baseline and safe for continued annual screening. The reason a two-month interval is used relates to the period of time it takes for blood vessels to show change. A period of time less than two months may miss significant change while a period of time much more than three months can miss significant change that may have already taken place. There is NO substitute for establishing an accurate baseline. A single study cannot do this.

Q. If I have a suspicious mammogram or breast lump should I have a thermal scan?

A. Yes. The information provided by a thermography study can contribute useful information which ultimately helps your doctor with case management decisions. It is also instrumental in the progress of any treatment protocol.

Q. What is the benefit of a full body scan?

A. Thermography is totally non-invasive, radiation and pain free. It is useful in locating the source of undiagnosed pain, and a key tool in detecting and monitoring a multitude of diseases and physical injuries. Medical thermography can offer considerable financial savings by avoiding the need for more expensive investigations.

Q. Do I need my doctor's referral?

A. No. The Natural Health Center sees patients who are both self and physician referred.

Q. How do I prepare for my thermographic scan?

A. Preparing for your scan is simple, but crucial to the accuracy of the results. Do not have any physical therapy, electromyography, or chiropractic work the same day as your thermography appointment. Do not smoke or participate in vigorous exercise 2 hours before the test. Do not use any lotions, liniments or creams the day of your scan. Avoid strong sunlight exposure the day of your appointment. No change is required in diet or medication.

Q. How long does the procedure take?

A. A breast imaging and full body scan will take about 45 minutes.

To schedule a full body thermography exam call 896-4141. The cost is only \$94.

BREAST HEALTH
Lymph nodes, part of the lymphatic system, are found throughout the body. When breast cancer spreads outside the breast, one of the first places it will likely go is the lymph nodes under the arm.

Most lymph nodes are small, but larger nodes are grouped throughout the body. The area under the arm is called the Axillary Lymph Nodes.

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

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

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

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

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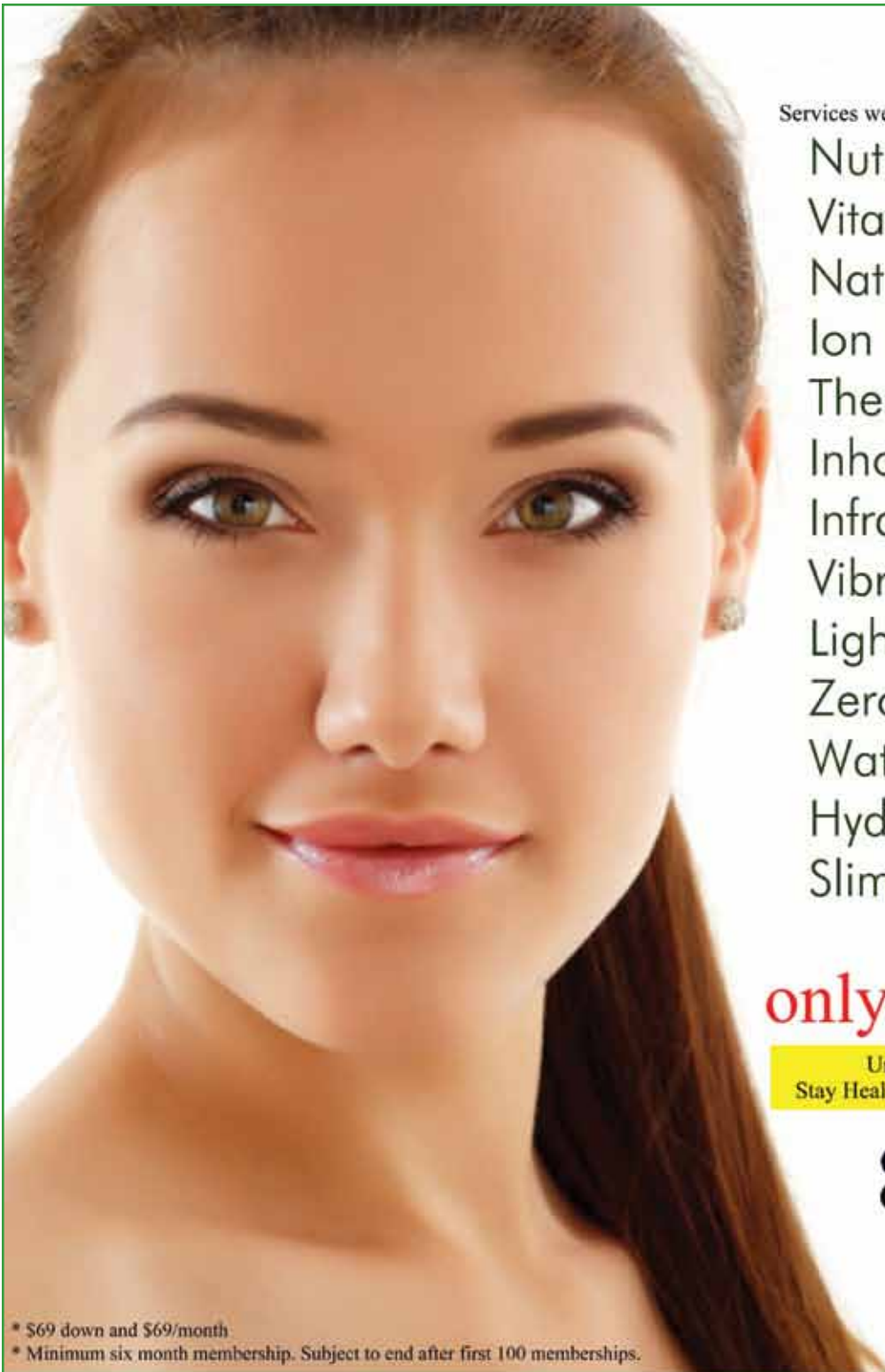
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The Bionic COACH

High-Tech Boosts Healthy Routines

by Linda Sechrist



When President John F. Kennedy said in 1961 that the U.S. should commit to sending a man to the moon and return him safely by the end of the decade, few suspected the bounty of technological spinoffs that such National Aeronautics and Space Administration (NASA) space missions would yield. Today, many of NASA's research advancements, as well as technologies developed outside the space program, are put to good use in everyday life. Of particular interest are products used in fitness workouts.

ABI Research, a technology market intelligence company, revealed the growing popularity of consumer health and wellness technologies in its latest market projections for wearable, health-related devices. Estimates are that 80 million wearable monitoring devices, including heart monitors and biosensors that read body temperature and motion, will be sold by 2016.

When Clint, a global market research firm, conducted its most recent Fitness and Technology Survey, its findings showed technology at work. Based on 745 online interviews with people in seven countries, 72 percent of exercisers embraced some type of technology, including smartphone apps, to support their fitness routines two or more times a week.

In recent years, amateur and professional athletes have increasingly

benefited from technological advances that help them chart, improve upon and customize their fitness routines. Tracking fitness progress and weight loss is now just clicks away with personal devices such as a Wi-Fi scale, which accurately measures weight, body fat percentage and body mass index. Online graphs chart the individual's progress.

While the typical setting for measuring blood pressure and heart rate used to be in a physician's office, hospital or pharmacy, new digital wrist blood pressure and heart monitors now allow exercise enthusiasts to do it themselves, wherever they are, helping ensure they are not exceeding the safety parameters of their fitness programs. User-friendly digital pocket pedometers and wireless activity-during-sleep wristbands both work in conjunction with a downloaded app to allow self-monitoring. Exercisers can track steps; distances walked cycled or swum; calories burned; total active minutes; and how long and how well they sleep.

In some U.S. fitness centers, members have an option of working with an automated, virtual, personal trainer. This almost-do-it-yourself approach to professionally guided fitness begins with a survey of an individual's lifestyle and goals to create a personalized fitness regimen. Each time exercisers go to the

center, they insert a key into a “smart trainer”, generating the day’s 30-minute customized workout. The technology focuses primarily on helping clients manage weight and maintain muscle.

Other technologies, such as medical-grade, pneumatic [air] compression boot systems, are facilitating at-home recovery for hip and knee surgery patients and quicker muscle recovery for serious athletes. Air-filled chambers remain inflated as pressure cycles sequentially move from the foot up the leg. The cycles flush out waste and replenish blood supplies to the muscles.

More complex bio-analyzing systems retrieve feedback from the body’s electromagnetic fields, the multiple energy meridians and the frequencies of the body’s cells and organs. “Such systems are largely used by chiropractors, naturopaths, physical therapists and acupuncturists,” says Loran Swensen, CEO of Innergy Development, which owns AO Scan, maker of the Magnetic Resonance Bio-Analyzer.

For people that struggle with traditional workouts or physical limitations, whole-body vibration technology may be a solution. “When you stand on the oscillating platform, the body reacts to the vertical vibratory stimulus with an involuntary muscle contraction; depending on the speed, muscles can react up to 23 times per second,” advises Linda Craig, co-owner of Circulation Nation, in Greer, South Carolina. Similar platforms are becoming commonplace in chiropractic practices.

Consumer applications of medical devices have led to the home use of additional sophisticated technologies like laser therapy. Successfully used for more than 30 years in Europe to treat trauma, inflammation, overuse injuries and cosmetic issues, as well as to provide pain relief and healing, some forms have recently been approved by the U.S. Food and Drug Administration.

With 129,397,925 gym members worldwide according to a recent International Health, Racquet & Sportsclub Association report, it’s safe to predict that consumer demand ensures even more significant technological advances are in our near future.

Linda Sechrist is a senior staff writer for Natural Awakenings.

Overweight is the Second Leading Cause of Cancer in the United States

Report: Pancreatic cancer second most deadly by 2030

(CNN) -- By 2030, the top cancer killers in the United States will be lung, pancreas and liver, according to a new report published Monday in the American Association for Cancer Research’s journal.

Lung cancer is already the top killer overall, but pancreatic and liver cancer will surpass the cancers currently considered the second and third leading causes of death, researchers say. Right now, second most dangerous is breast cancer for women and prostate cancer for men; and third is colorectal cancer for both men and women.

Researchers looked at trends in cancer incidence and death rates between 2006 and 2010, and used that data -- combined with expected U.S. demographic changes -- to predict numbers for 2030.

Liver and pancreatic cancers will surpass breast and prostate to become the second and third-leading causes of cancer-related deaths, the researchers say.

The rate of pancreatic cancer has been slowly increasing for the past 15 years, says Dr. Otis Brawley, chief medical officer of the American Cancer Society. Some of that rise can be attributed to the prevalence of obesity and diabetes.

“Many Americans are not aware that the combination of obesity, high-caloric intake and lack of physical activity is the second-leading cause of cancer in the U.S.,”

Brawley said. “It is linked to at least 12 types of cancer, of which these are two. This is an American problem ... the rise in pancreatic cancer is not as severe as in Europe where obesity is less of an issue.”

Obesity may affect cancer patients’ outcomes

Overall, the number of cancer cases is expected to increase over the next 16 years, due to the rapidly aging population. In 2010, the United States had about 1.5 million cases of cancer; in 2030, researchers expect that number to reach 2.1 million.

“We’re living much longer in the United States, so the number of people 65 age and older will be much greater,” Matrisian said. “And that’s, of course, one of the biggest risk factors for cancer: Age.”

Lung, breast, prostate and colorectal cancers are currently the most common in the United States. Known as the “big four,” these cancers have the highest incidence rates and receive the most research funding from the National Cancer Institute.

Source: CNN.com

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

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

What is Wheatgrass Juice?

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

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

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

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

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

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

Wheatgrass Benefits for Cancer

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

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

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

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

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

Wheatgrass Juice Facts

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



Nutritional Value of Wheatgrass Juice

(Per 100 gm)

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

Why Must Wheatgrass Juice Be Drunk Fresh?

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

How Much Wheatgrass Do I Need?

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

100 grams of wheatgrass contain:

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

Is Wheatgrass a Food?

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

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

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

Where Can I Get Wheatgrass Juice?
Wheatgrass juice is locally farmed, harvested, juiced, and flash frozen in 1.5 ounce frozen juice cups. See list to the right for available locations.

Purchase frozen juiced wheatgrass at the following locations near you:

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The Road Less Traveled

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photos courtesy of Emmett Malloy

Musician with a Cause

Jack Johnson Plans Shows with the Planet in Mind

by Meredith Montgomery

Singer-songwriter Jack Johnson's touring concerts have almost always doubled as fundraisers for local environmental nonprofits. "Early on, we recognized that we could not only fill a room, but also raise funds and awareness for nonprofit groups we believe in," says Johnson.

Then, as he started playing larger venues, "I realized the power of touring to connect our fans with local nonprofits in every town we played."

Johnson and his wife, Kim, also founded two environmentally focused charitable foundations, and during the past five years, all of his tour proceeds have been donated to them, in turn going to hundreds of environmental education nonprofits worldwide. The enabling commercial success began in 2001 when his debut album successfully established this Oahu, Hawaiian's trademark mellow surf-rocker style. Since then, he's released five more studio albums, including the most recent, *From Here to Now to You*.

"While I have so much gratitude for the support our music receives, for me, music has always been a hobby, a side thing. It grew into a way to work in the nonprofit world. Being engaged in environmental education almost feels like my real job, and the music's something we're lucky enough to provide to fund related causes," says Johnson.

As the size of his audiences grows, so does the size of his potential environmental footprint. On the road, Johnson's team works with the Sustainable Biodiesel Alliance to fuel all tour trucks, buses and generators. Comprehensive conservation efforts including refillable water bottle stations, plus organic cotton T-shirts and reusable or biodegradable food service ware are standard at his shows. "We try to be environmentally conscious every step of the way," says Johnson. "Our record cases and posters use recycled paper and eco-friendly inks. We record albums in my solar-powered studio. It's an ongoing learning process and conversation as we find even better ways to do things."

Johnson's team often requests increased recycling efforts and use of energy-efficient light bulbs at venues, advancing long-term eco-changes everywhere they perform. He explains, "Our thinking is that once they change the light bulbs for us, they're not going to go back to the old light bulbs after we leave. Many venue managers tell us they have stuck with the improvements because they realize that they're easy to do."

Marine pollution and single-use plastics are issues



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high on the musician's environmental list, but the topic he's most passionate about is food. In his home state of Hawaii, 90 percent of food is imported. "The idea of supporting your local food system is a big deal in our family and we take that point of view on the road because it's a vital issue anywhere you go," he says.

At each tour stop, all of the band's food is sourced within a specific radius. Johnson also works with radio stations to promote regional farming, helping to build community and fan awareness of the benefits of supporting local farms. At home, Johnson has solar panels on the roof and drives an electric car. The entire family, including three children, participates in recycling, worm composting and gardening. "It's fun to take what we learn at home on the road and bring good things we learn on the road home," he says.

The Swiss Family Robinson is one of the family's favorite books. "We love figuring out ways to apply ideas," he remarks. "For our first water catchment system, we got 50-gallon drums previously used for oil and vinegar from a bread bakery and attached spigots. The kids were so excited to watch them fill the first time it rained."

Johnson finds that all of the facets of his life work together. For example, "Music is a social thing for me. I get to share it with people. Surfing is where I find a lot of balance; it's a more private time. But I also come up with lyrics and musical ideas while I'm surfing."

Johnson's approach to inspiring all generations is to be conscious of the environment is to focus on the fun, because it's easy to become overwhelmed by the big picture. Understanding that his own kids are among the future stewards of planet Earth, he works diligently to instill values of creativity and free thinking.

Johnson reflects, "When I look at things that are in the world now that we would have never dreamed possible when we were growing up, I recognize how much can change in one generation. Looking for answers that aren't there yet—things nobody's thought of—that's what's going to solve problems."

Meredith Montgomery publishes Natural Awakenings of Mobile/Baldwin, AL (HealthyLivingHealthyPlanet.com).

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Anticancer and Antioxidant Effects of Wheatgrass on CML cells

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Antiproliferative, apoptotic and antioxidant activities of wheatgrass (*Triticum aestivum* L.) extract on CML (K562) cell line

Background: Wheatgrass extracts are known to contain anti-cancer factors as well as antioxidant factors. This was a study that sought to examine these activities in a human chronic myeloid leukemia cell line, K562.

Laboratory Studies: The researchers treated the cell line, K562, with both water and alcohol extracts of wheatgrass. They used a number of different approaches to see the effects that the wheatgrass extract had on this type of leukemia—they looked at the cells under a microscope to see if the extract could kill the cells; they assessed the cell line to see if the cells could still reproduce; they tested to see if the DNA of the cells was fragmented—an indication that the cells were dying.

Conclusions: The wheatgrass extract (both the water and the alcohol preparations) were able to decrease the vitality of the cells by 14% (water-extract) and by 39% (alcohol-extract). The researchers also found a significantly increased anti-oxidant activity in both the water and alcohol preparations. They also concluded that both water and alcohol extracts of wheatgrass were able to increase the rate of cell death in this human leukemia cell line, and that wheatgrass extracts showed promise as an anti-cancer agent.

Source: Aydos, OS., Avci, A., Özkan, T. KARADA, A., Gürleyik, E., Altinok, B., Sunguro lu, A., *Turk J Med Sci*, 41(4): 657-663, 2011.

Call the Natural Health Center in Carencro for more information 896-4141.

natural awakenings **Wheatgrass**

healthykids

Paddle-Happy Stand Up Paddleboards Spell Family Fun

by Laressa Nelson

“Most kids growing up in Chattanooga have crossed the Tennessee River via the Walnut Street pedestrian bridge; far fewer have been on the river beneath it,” remarks Mark Baldwin, owner of area paddle sports outfitter L2 Boards. Using stand up paddleboards (SUP), he loves guiding adults and children on their own up-close discoveries of the river’s cliffs, caves, fish, turtles and birds.

Waterways are enchanting at any age, and SUP recreation naturally tends to inspire creative quests. Its physical and developmental benefits are a bonus. “The stand up paddleboard is the bicycle of the water. Because paddleboarding can be done at any age and fitness level, the whole family can enjoy it together,” says Kristin Thomas, a mother of three in Laguna Beach, California, SUP race champion and executive director of the Stand Up Paddle Industry Association.

“Children are fascinated by the play of the water and the motion of the board. Parents can acclimate an infant to flat-water paddling by simply creating a well of towels onboard, with the baby snuggled between the

feet, looking up at them,” advises Lili Colby, owner of MTI Adventurewear, near Boston, Massachusetts, which makes life jackets for paddle sports. She notes that U.S. Coast Guard law requires that children 30 pounds and under wear infant life jackets to provide special head and neck support that turns a baby’s face up with an open airway within three seconds of entering the water.

It’s a good idea to first practice paddling short distances in shallow waters near the shore. Toddlers are more likely to lean overboard to play in the water, Colby cautions, so engaging in nature-inspired games along the way will help occupy them onboard.

“Young children introduced to water sports in the context of positive family interaction typically become eager to paddle on their own,” observes Tina Fetten, owner of Southern Tier Stand Up Paddle Corp., who leads a variety of SUP experiences throughout New York and northern Pennsylvania. “If they are strong swimmers, I bring them on a large board with me and teach them the skills for independent paddling.”

Although SUP boards look like



photos courtesy of SURFit USA (SURFITUSA.com)

surfboards, stand up paddling is commonly taught on flat water, making it easier and more stable than surfing. Still, swimming competence and adult supervision are prerequisites to independent paddling according to paramedic Bob Pratt, co-founder of the Great Lakes Surf Rescue Project, which leads water safety classes in Illinois, Michigan, Ohio and Wisconsin.

"Parents should outfit all children with a life jacket, Coast Guard-approved for their age and weight, as well as a leash, which attaches to their ankle and the board with Velcro straps," Pratt says. "If children fall into the water, a tug of the leash enables them to quickly retrieve their largest floatation device, the board."

Experts agree that success is relatively easy, so children build confidence quickly. The sport can be adapted to suit individual needs and positions, including moving from standing to sitting or kneeling, says Fetten, who teaches adaptive SUP lessons in a community pool. As she sees firsthand, "All children, especially those with disabilities, benefit from the empowering feeling of attaining independent success."

"A water-based sport is the healthiest outlet children can have," attests Wesley Stewart, founder of Urban Surf 4 Kids, a San Diego nonprofit that offers free SUP and surf clinics for foster children. "Being on the water requires kids to focus on what they're doing and has the ability to clear their minds and give them freedom. It's like meditation. Plus, SUP is a low-impact, cross-training cardio activity; it works every part of the body."

Beyond the basic benefits, SUP keeps children engaged by offering endless opportunities to explore the geographic and ecological diversity of different types of waterways. SUP activities and levels can grow along with children; teens can try yoga on water, competitive racing and the advanced challenges of surfing. Fitness is a bonus to the rewarding ability to propel one's self through the water.

SUP enthusiast Laressa Nelson is a freelance writer in Orlando, FL, and a contributing editor for Natural Awakenings.

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Living Off the Land

Low- and No-Cost
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a Family

by Avery Mack



Whether it's membership in a food co-op, tending a backyard garden or balcony tomato plant or foraging in the woods for edibles, living off the land means cleaner, fresher and more nutritious food on the table.

To switch from running to the market to stepping into a home garden for fresh produce, it's best to start small. Smart gardeners know it's easy to be overwhelmed by a big plot so they plan ahead with like-minded friends to swap beans for tomatoes or zucchini for okra to add variety. If one household is more suited to freezing excess harvests while another cans or dehydrates, more trades are in the offing. Start kids by having them plant radishes, a crop that will give even the most impatient child quick results.

"You can't do everything yourself," counsels Kathie Lapcevic, a farmer, freelance writer and teacher in Columbia Falls, Montana. "I have a huge garden, expanded now into about 7,000 square feet, that provides 65 percent of what our family eats," she says. "On the other hand, I can't imagine life without nut butter and found I can't grow Brussels sprouts. A few trips to the store are inevitable."

Lapcevic plants non-GMO, heirloom varieties of seeds in her chemical-free garden. She adds a new variety or two each year and reminds peers that it takes a while to build good soil. Three

years ago, she also added pollinator beehives on the property. Their honey reduces the amount of processed sugar the family uses.

From Libby, Montana, Chaya Foedus blogs on her store website *PantryParatus.com* about kitchen self-sufficiency. "Foraging is a good way to give children a full sensory experience," she remarks. "We turn a hike into a mission to find and learn about specific foods, where they come from and what to do with them." To start, select one easily identifiable item for the kids to pick. "In Libby, that's huckleberries," says Foedus. "Similar to blueberries, they grow on a bush, so they're easy to see and pick. Huckleberries don't grow in captivity—it's a completely foraged economy."

Michelle Boatright, a graphic designer and hunter of wild plants in Bristol, Tennessee, learned eco-friendly ways to forage from a game warden friend. Five years later, her bookcase holds 30 books on edible plants—she brings two with her on excursions. "When in doubt, leave a plant alone. It's too easy to make a mistake," she advises. "Know how to harvest, too—take

only about 10 percent of what's there and leave the roots, so it can grow back.

"For example, ramps, a wild leek, take seven years to cultivate," says Boatright. "Overharvesting can wipe out years' worth of growth. In Tennessee, it's illegal to harvest ramps in state parks. Mushrooms are more apt to regrow, but leave the small ones."

As for meat, "I was raised to never shoot a gun, but to make my own bows and arrows," recalls Bennett Rea, a writer and survivalist in Los Angeles, California. "Dad used Native American skills, tools and viewpoints when he hunted. Bow hunting kept our family from going hungry for a few lean years and was always done with reverence. It's wise to take only what you need, use what you take and remember an animal gave its life to sustain yours."

Rea uses several methods for obtaining local foods. "Living here makes it easier due to the year-round growing season. For produce, I volunteer for a local CSA [community supported agriculture] collective. One hour of

volunteering earns 11 pounds of free, sustainably farmed, organic produce—everything from kale to tangerines to cilantro.

"Bartering is also an increasingly popular trend," he notes. "I make my own hot sauce and trade it for high-end foods and coffee from friends and neighbors. Several of us have now rented a plot in a community garden to grow more of our own vegetables. I only buy from stores the items I can't trade for or make myself—usually oats, milk, cheese and olive oil."

Truly good food is thoughtfully, sustainably grown or harvested. It travels fewer miles; hasn't been sprayed with toxins or been chemically fertilized; is fresh; ripens on the plant, not in a truck or the store; and doesn't come from a factory farm. The old saying applies here: "If you want something done right, you have to do it yourself."

Avery Mack is a freelance writer in St. Louis, MO. Connect via AveryMack@mindspring.com.

Cooking with Wild Foods

by Avery Mack

Christopher Nyerges, of Pasadena, California, author of *Guide to Wild Food and Useful Plants* and *Foraging California*, has spent 40 years teaching others to find free food safely as part of an ongoing curriculum (*SchoolOfSelf-Reliance.com*). He knows, "Wherever you live, common weeds and native plants can supplement food on the table."

He particularly likes to use acorns as a food extender, grinding them into a powder and mixing it 50/50 with flour to make bread and pancakes. For greens, he likes lamb's quarters (*Chenopodium album*), a weed that crowds out native plants, but is easily found, nutritious and versatile. He uses the leaves like spinach and adds the seeds to soup or bread batter. He likens it to quinoa.

Nyerges characterizes himself as a lazy gardener. "Forget having a tra-

ditional lawn. Grow food, not grass," he says. "I like plants that take care of themselves and then of me."

Purslane (*Portulaca oleracea*) and New Zealand spinach (*Tetragonia tetragonioides*) are good edible ground covers. Purslane leaves add a lemon-pepper crunch. "If the neighbors complain, plant some nasturtiums—they're pretty and good to eat, too," he notes. Varieties of cactus, like the prickly pear, are also edible; remove the thorns and cook the pads with tofu or eggs.

"I'm all for using technology, but know how to get by without it, too," Nyerges advises. "There's no such thing as total self-sufficiency. What we can be is self-reliant and knowledgeable users. Begin by learning and applying one thing." He's found, "There aren't directions to follow; the path to self-reliance is different for each person."

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Insufficient iodine can lead to symptoms such as fatigue, dry skin, increased blood fats, brain fog, bowel irregularity, hoarseness, and delayed reflexes. Iodine is a very effective heavy metal detoxifier of mercury, lead, cadmium, aluminum and bromide.

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Moveable FEET

How to Make Walking Part of Everyday Life

by Lane Vail



Hippocrates called walking “man’s best medicine,” and Americans agree: According to the U.S. Surgeon General, walking is America’s most popular form of fitness. It’s free, convenient and simple. The Foundation for Chronic Disease Prevention reveals that 10,000 daily steps help lower blood pressure, shed pounds, decrease stress, and reduce the risk of heart disease and Type 2 diabetes. Here’s how to rev up the routine and stay motivated.

Practical Tips

Breathe. Belly breathing calms the parasympathetic nervous system, expands lung capacity and improves circulation. Inhale through the nose, fill the belly and expel through the mouth, advises Asheville, North Carolina, resident Katherine Dreyer, co-founder and CEO of ChiWalking.

Try new techniques and terrain. “The body is smart and efficient. It must be constantly challenged in safe ways and tricked into burning more calories,” says Malin Svensson, founder and President of Nordic Walking USA. She suggests taking the stairs or strolling on sand to strengthen the legs and heart.

Dreyer recommends ascending hills sideways (crossing one foot over the other) to engage new muscles and protect the calves and Achilles tendons. She also suggests walking backwards for 30 steps every five minutes during a 30-minute walk to reestablish proper posture.

Push with poles. Compelling the body forward with Nordic walking poles can burn 20 to 46 percent more calories than regular walking, reports *Research Quarterly for Exercise and Sport*. Svensson explains, “Applying pressure to the poles activates abdominal, chest, back and triceps muscles, which necessitates more oxygen and thereby raises the heart rate.” The basic technique is: plant, push and walk away.

Mindful Tips

Feel the Earth move under your (bare) feet. Improve mood, reduce pain and deepen sleep by going outside barefoot, says Dr. Laura Koniver, of Charleston, South Carolina, a featured expert in the documentary, *The Grounded*. “The Earth’s surface contains an infinite reservoir of free electrons, which, upon contact with the body, can neutralize damage from free radicals,” she says.

Notice nature. Alexandra Horowitz, author of *On Looking: Eleven Walks with Expert Eyes*, finds walking outdoors infinitely more engaging than exercising in the gym. Seek out woody hikes, scenic waterways or historic downtowns, and “open up to experiencing the world,” she says.

Practice moving meditation. To lighten a heavy mood, “Imagine your chest as a window through which energy, fresh air, sunshine, even rain, can pour into and through you as you walk,” says Dreyer. To ground a scattered mind, she suggests focusing on connecting one’s feet with the Earth.

Creative Tips

Make fresh air a social affair. A group walk can boost performance levels of participants, says Dennis Michele, president of the American Volkssport Association, which promotes fun, fitness and friendship through noncompetitive, year-round walking events.

Horowitz suggests strolling with friends and sharing sensory discoveries. “A fresh perspective can help tune you into the great richness of ordinary environments often overlooked,” she says.

Let your feet speak for an important cause and sign up for an awareness walk.

Ditch the distraction of electronic devices. Horowitz views walking texters as “hazards and obstacles, non-participants in the environment.” Australian researcher Siobhan Schabrun, Ph.D., reveals the science behind the sentiment in her recent University of Queensland study. The brain, she found, prioritizes texting over walking, resulting in “slowing down, deviating from a straight line and walking like robots, with the arms, trunk and head in one rigid line, which makes falling more likely.”

Walking a dog brings mutual benefits. Dr. John Marshall, chief oncologist at Georgetown University Hospital, in Washington, D.C., prescribes dog walking to his cancer patients, asserting it yields better outcomes than chemotherapy. For maximum enjoyment, strive to hit a stride, advises Carla Ferris, owner of Washington, D.C. dog-walking company Wagamuffin.



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All Adults Should Take a Daily Multivitamin, Recommends American Medical Association

All adults should take a multivitamin every day, according to a report published by two Harvard doctors in the *Journal of the American Medical Association* (2002;287:3127–9). This recommendation is based on research demonstrating that taking a multivitamin may help prevent a number of chronic diseases, including heart disease, some cancers, and osteoporosis.

According to the authors, the evidence is “conclusive” that supplementing with folic acid during the first trimester of pregnancy reduces the risk of a group of birth defects known as neural tube defects. It is also well documented that taking vitamin D along with calcium reduces the risk of fractures in elderly women with thin bones (osteoporosis). A strong, though not conclusive, case can be made that supplementing with folic acid, vitamin B6, and vitamin B12 may help prevent heart disease by lowering homocysteine levels. Additional research suggests that vitamin supplements may reduce the risk of colon and breast cancer.

The new recommendation is part of a gradual but ongoing attitude shift in conventional medicine concerning the value of nutritional supplements. For many years, the prevailing opinion among most doctors was that vitamin supplements are unnecessary because the typical American diet provides all of the nutrients necessary to maintain good health. However, as the Harvard researchers point out, that opinion is no longer defensible.

The observation that vitamin supplementation can prevent several common chronic diseases indicates that the average American diet does not provide optimal amounts of some nutrients. Subtle vitamin deficiencies can result from excessive consumption of nutrient-depleted foods such as refined sugar and white flour, from inadequate intake of vitamin-rich fruits and vegetables, and from nutrient losses due to processing, prolonged heating, or storage of foods.

While vitamin supplementation can correct certain deficiencies, it is not an adequate substitute for a good diet. That is because whole, unprocessed foods contain a wide array of beneficial substances besides vitamins, such as carotenoids, flavonoids, natural antioxidants, and other unidentified compounds. As one researcher recently suggested, the best approach to disease prevention is to eat properly and to take a multivitamin.

Alan R. Gaby, MD

Illness and Disease are not "caught".

You do not catch cancer, heart disease or a cold. **You create** these ailments with deficiencies based on what you eat or don't eat.

Vitamins and minerals are "used" by the body. As they perform their function, they often use themselves up in the process, which is the case with most of the critical disease fighting antioxidants. Even thinking uses vitamins and minerals. Exercise and stress use a lot of vitamins and minerals; the use of diuretics (substances that increase the discharge of urine) such as drugs, alcohol, coffee, tea and sodas --- washes vitamins and minerals out of the body creating deficiencies --- that can create a major health problem! Tobacco and alcohol can also inhibit the absorption of vitamins and minerals, or accelerate the loss of them.

"You can not drug your body back to good health. You can only heal the body by providing it the vital nutrients it needs to restore and rebuild naturally."

- Oliver Frank Matthews, MD



Recommended Daily Allowance (RDA)

Food component	65 grams
Total fat	20 grams
Saturated fat	300 mg
Cholesterol	300 mg
Sodium	2,400 mg
Potassium	3,500 mg
Total carbohydrate	300 grams
Dietary fiber	30 grams (1oz)
Protein	50 grams
Vitamin A	5,000 IU
Vitamin C	60 mg
Calcium	1,000 mg
Iron	18 mg
Vitamin D	400 IU
Vitamin E	30 IU
Vitamin K	80 mcg
Vitamin B1 (Thiamin)	1.5 mg
Vitamin B2 (Riboflavin)	1.7 mg
Vitamin B3 (Niacin)	20 mg
Vitamin B6 (Pyridoxine)	2 mg
Folic Acid (Folate)	400 mcg
Vitamin B12	6 mcg
Biotin	0.3 mg
Pantothenic acid	10 mg

MINERALS (at least 20 mg each)

Iron	Zinc	Iodine
Copper	Manganese	Fluoride
Nickel	Chromium	Selenium
Calcium	Potassium	Sodium

20 Best Foods for **FIBER**



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

But few people are getting enough.

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

- Dr. Steven T. Castille

Unleashing Unlimited Potential with Panache Desai

by April Thompson



Born into an East Indian family in London, England, Panache Desai grew up steeped in spiritual practices like meditation. Though recognized by spiritual teachers as possessing a special gift, Desai rejected his spiritual foundation as a teenager, trading it for the excitement of London's rave music scene of the 1990s before moving to America.

It wasn't until he was 22 and living in the Los Angeles neighborhood of Venice Beach that the pain of the way he had rejected his true inner nature reached a crescendo. In opening himself up to the possibility of the divine, Desai underwent a spiritual awakening that has led him to dedicate his life to helping others make their own journey from self-rejection to contentment.

Unaffiliated with any one religious or spiritual tradition, Desai works with simple, yet powerful principles of energy to help free people from self-imposed limitations and unlock their potential. His first book, *Discovering Your Soul Signature: A 33-Day Path to Purpose, Passion & Joy*, just released, is a departure from his earlier focus on creating meditation CDs and other audio recordings.

What was the key turning point in embracing your life's calling?

Every time I would visit a spiritual teacher as a kid, they would say, "We've been waiting for you." But I just wanted to be normal and was also skeptical; not every well-intentioned person is necessarily leading you home. I reached a turning point when I knew something had to change. I told myself that if this thing called God really exists and if I'm here to be a messenger, I have to experience it personally.

In that moment, I began to undergo a transformation that culminated in a direct experience of the divine; an infinite ocean of energy vibrating with unconditional love. I felt part of what every spiritual teacher has been telling the world for thousands of years: that the true nature of reality is love, a love that expresses itself through all life forms. That experience allowed me to accept my role of helping others see and achieve their potential.

How does the universal energy you speak of affect us and how can we shift our dance with it?

We are vibrational beings inhabiting a vibrational universe. Yogis and mystics from traditions throughout time have known this. The subtlest form of vibration is the soul, which is overlaid by the emotional, with the physical as the outermost layer of energy. Because the emotional layer can accumulate a density that enshrouds our soul's light and potential, it's important to address it.

Energy is like water—it wants to flow and can shift states at any moment. Judging or rejecting any aspect of our genuine identity disrupts that flow of energy. For example, if instead of being available to feel your anger when it arises you repress or deny it, that accumulating emotion acquires density and over time, becomes rage. But if you can learn to slow down and lean into the emotion, the anger can wash through and out of you and energy again flows freely.

By allowing ourselves to acknowledge, experience and release these emotions without judgment, we are clearing the obstacles to our authentic self, what I term one's "soul signature".

How is discovering our soul signature related to finding our calling?

The soul signature is our purest potential expressed. You can have a calling to be a writer, but unless you are connected to who you are at the deepest level, your writing won't have the same impact.

Accessing our soul signature is a process. We didn't end up where we are overnight, and it can take time to get back to that place where we can express our truest selves by working with the techniques of energy transformation described in my book.

What are good first steps for someone newly initiating a spiritual practice?

The most powerful tool is our breath. Witnessing and honoring our breath in every moment allows us to transform every day into living meditation.

Find author blogs on how individuals live their soul signature at Panache Desai.com.

Connect with freelance writer April Thompson at AprilWrites.com.



JOURNEY TO MATURITY Setbacks Make Boys Into Men

by Nick Clements

We all know hard-charging young men that have their foot planted firmly on the accelerator. They claim that easing off would damage their career and be an admission of failure. They are wrong. Those enjoying early successes can grow up overstressed by trying to stay on the fast track at any cost. These alpha boys are doing what they think others want them to do. In many cases, they are influenced by subtle and overt pressures from parents, peers and celebrity lifestyles, as well as advertising and video games.

As a consequence, these men, obsessed with superficial goals, are emotionally stunted, controlling and unable to form long-term relationships. The good news is that if they can recognize these symptoms and want to change, they may be ready to mature into an alpha wolf, a whole different kind of man.

An essential catalyst for this change usually comes from experiencing personal wounding: being overlooked for a promotion, feeling redundant, losing a friend or status or perhaps sacrificing a former identity to parenthood.

Ultimately, the true test is how he faces such failure and deals with his emotions without labeling himself as weak. The hallmark of mature manhood is how a guy acknowledges his diminishment, not how he manages success. When he stops hiding from himself, signs of his emerging as a mature hero, an alpha wolf, will appear.

He'll recognize that he makes mistakes, absorb and acknowledge his vulnerability, admit he doesn't know all the answers and become comfortable with this loss of control. These are the lessons a man must learn to become a more realistic, whole and three-dimensional individual. How he reacts to setbacks and takes responsibility for his actions molds character and helps him take his rightful place in society, rather than a false position.

Instead of being obsessed by competing for things and one-upmanship in the material world like an alpha boy, the alpha wolf grows up by adding strong spirituality and compassion to his life skills. He sees the bigger picture, and by viewing people as friends rather than rivals, is better able to forge mature, loving relationships and be a better father.

Our sons need to be exposed to emotionally intelligent role models and discussions of attendant values and traits. It's not a simple or easy path, but it's an essential process for boys and men that benefits them and everyone in their lives.

Nick Clements is an inspirational speaker, workshop leader and author of a trilogy of books on male spirituality and rites of passage, including his recent novel, The Alpha Wolf, A Tale About the Modern Male. He also blogs on masculinity at HuffingtonPost.co.uk/nick-clements. Learn more at Nick-Clements.com.

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INFLAMMATION

The 21st Century's Silent Killer

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You know the basics about inflammation. If you've ever been stung by an insect, fallen off your bike as a kid, broken out in hives, or come down with a nasty cold, then you know what acute inflammation is like. And you know that your body responds to this type of an "assault" in the form of bruising, swelling, itching, aches, and pains.

In simplest terms, inflammation is the body's immediate first-aid reaction to heal itself from some type of damage caused by a virus, bacteria, fungus, environmental toxin, or an injury.

Without the crucial process of inflammation, the body cannot restore itself in the face of damage.

Essentially, all inflammation starts in an acute phase. The body becomes damaged in some capacity due to a foreign agent, and it responds immediately to repair the damage. In many cases, this reaction goes undetected, or symptoms are so mild that they are even unnoticeable. Once the threat is gone, the body is able to go back to a non-emergency state—and the inflammation process turns off.

Inflammation becomes chronic when the body has to continuously fight off a repeated offender, such as, for instance, *Candida*, *H.pylori*, or heavy metal toxicity. At this point, the body's inflammation process fails to shut down. When this occurs, the body is weakened over time because it is overstressed.

The inflammation process can be compared to a light bulb. When left on continuously, the light bulb will burn out a lot quicker than if it's turned off during non-use.

When the inflammation process fails to turn off, the immune system becomes compromised because it is simply overworked and overused. Once the immune system is compromised, ALL forms of chronic disease can occur—not just inflammatory diseases. That's why diseases seemingly unrelated to inflammation occur. These include, but are certainly not limited to:

- Type 2 diabetes
- Obesity
- Cancer
- Heart disease
- Stroke
- Alzheimer's disease
- Parkinson's disease
- Fibromyalgia
- Multiple sclerosis
- Rheumatoid arthritis
- Lupus
- And many others

So, while inflammation may not be the visible, obvious cause of these illnesses, it is the catalyst for chronic disease.

That's why chronic inflammation is being labeled the 21st century's silent killer. Unlike its acute form, chronic internal inflammation can occur undetected because it falls just below the radar of pain and visible swelling. You feel nothing, or you may experience vague, unexplained symptoms for which there are no conventional answers. Lab results may continue to come back normal leading you from doctor to doctor in frustration. And while you search for

answers or even ignore your symptoms altogether, your body's inflammation process carries on for weeks, months, or even years—which compromises your immune system.

Wellness is the absence of inflammation, according to Dr. Barry Sears, author of the *The Anti-Inflammation Zone*. Simply put by Dr. Sears, if you have inflammation, you cannot be well. **Chronic inflammation has become an epidemic in America**, and it threatens to overburden the healthcare system and destroy many future lives with the most serious chronic, degenerative diseases.

The key to optimal health and disease prevention is to detect chronic inflammation and treat its root causes promptly and effectively. This may take time, and you and your doctor may have to do a bit of detective work to find out the true culprits of inflammation. You can proactively prolong your health—and your life—by preventing your body from entering into a state of chronic, untreated inflammation.

What Can You Do to Stop Chronic Inflammation?

Protecting yourself against chronic disease requires changing the way you think about your health. Many people sacrifice their long-term health because they simply want their symptoms to go away, so they self-treat with over-the-counter medications from the local drug store instead of dealing with the underlying causes that assault their bodies on a continual basis.

The truth is there is no "overnight fix" for chronic inflammation. In order to effectively put a stop to chronic inflammation and the potential for future disease,

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

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

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

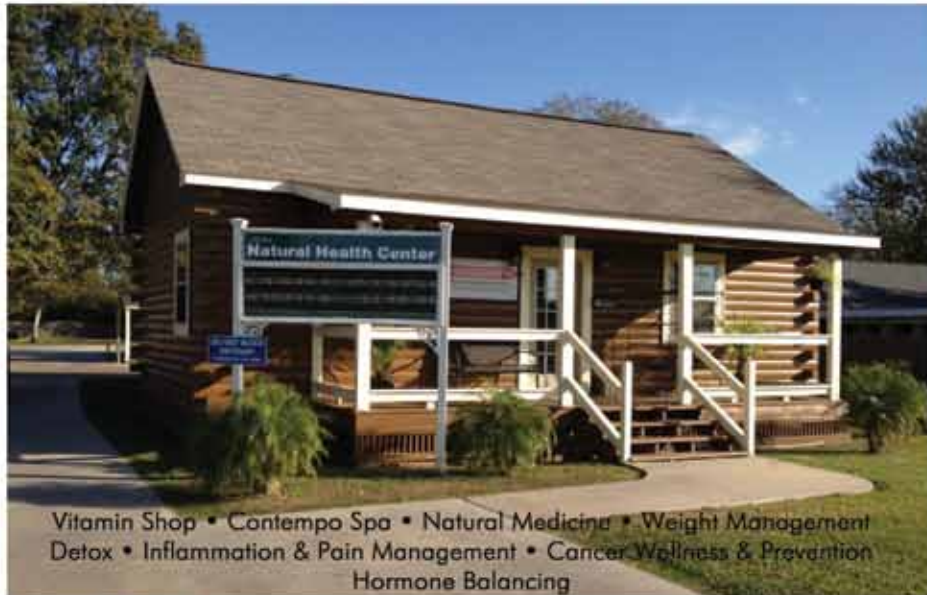


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Symptoms of hormonal imbalance may include PMS, osteoporosis, weight gain, altered sex drive, allergies, uterine fibroids, urinary tract infections, changes in the skin, fatigue, anxiety, water retention, hair loss, facial hair growth and even depression. By keeping hormones in balance, women can find it easier to maintain a healthy weight, keep a regular menstrual cycle, as well as exude optimal energy levels.

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Chlorophyllin Influences Death of Colon Cancer Cells

Caspase-8 and Apoptosis-inducing Factor Mediate a Cytochrome c- independent Pathway of Apoptosis in Human Colon Cancer Cells Induced by the Dietary Phytochemical Chlorophyllin.

Dians, GD., Li, Q., Dashwood, RJ. *Cancer Research* 63, pp.1254-1261, 2003.

Background: Chlorophyllin is a substance similar to chlorophyll. It was studied because it has anti-cancer properties. Chlorophyllin is especially interesting because it also has been used to protect at-risk individuals from chemically-induced cancer.

Laboratory/Animal Study: Human colon cancer cells were treated with a number of different doses of chlorophyllin and the cancer cells were studied before and after the treatment. The researchers looked at markers for a type of pre-destined or programmed cell death called apoptosis.

Conclusions: The study found that chlorophyllin was able to induce cell death—apoptosis. They discussed the possibility that chlorophyllin might be interacting with “death receptors” that eventually cause the death of the cancer cell. There were other markers detected for a tumor suppressor gene, which leads to the possibility that chlorophyllin can cause the death of colon cancer cells by a number of different methods and may be useful in preventing colon cancer as well.

1. Egner, PA., Muñoz, A., Kensler, TW. *Chemoprevention with chlorophyllin in individuals exposed to dietary aflatoxin. Mutat Res.* 2003 Feb-Mar;523-524:209-16.

Call the Natural Health Center in Carencro for more information 896-4141.

natural awakenings **Wheatgrass**



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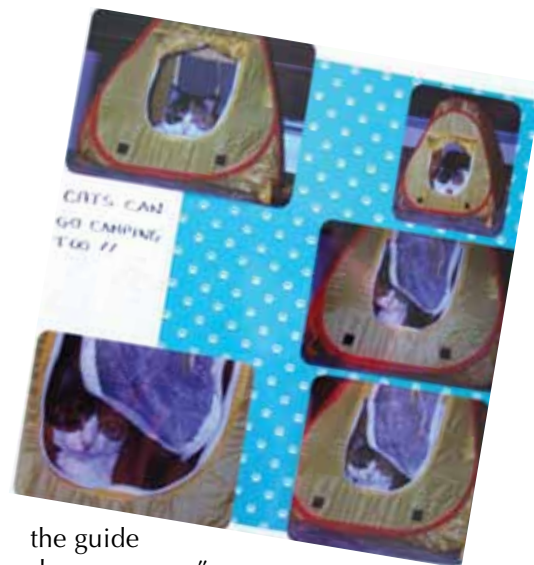
Telling Your Pet's Story Scrapbooks Strut their Stuff

by Sandra Murphy

For many, handwritten letters bundled with ribbon, pressed flowers and fading photographs have been replaced by emails, computerized cards and digital images, with the notable exception of scrapbooks.

A scrapbook, done right, is a memorabilia treasure chest. Pages are embellished, decorated and personalized to bring memories alive. Pets get to strut their stuff, too. Mary Anne Benedetto, author of *Write Your Pet's Life Story in 7 Easy Steps*, in Murrells Inlet, South Carolina, says that no matter the species, each pet has special qualities or quirks and a tale to tell.

Liisa Kyle, Ph.D., founder of *CoachingForCreativePeople.com*, in Seattle, Washington, also trains candidates for Guide Dogs for the Blind. “The pup comes to me at 8 weeks old and moves on a year or more later,” says Kyle. “It’s traditional, and a big deal, to give the dog’s new person a gift when the transfer is made. For the first pup, I made a memory book starting from his first days with us. Bright white paper behind each photo highlighted the contrast so the man, who had minimal vision, could see the pictures. People are curious about service animals, so he carries the book to show it around. It’s a fun way to educate people about



the guide dogs program.”

Anne Moss, owner of *TheCatSite.com*, based in Pardes Hana, Israel, says scrapbooking is a recurrent theme in the site’s forums. “Our members tend to be computer savvy and create online pages for their cats. Yet many don’t want to give up the hands-on experience of scrapbooking; it gives them a special way to preserve memories of or create a long-lasting tribute for their beloved cats.” One member posted about a shadow box she’d made to display favorite toys and photos; another used camping-themed stickers around a photo of the cat napping in a kitty tent.

"I started taking pictures of my Bernese mountain dog, Chance, when he first came to me," says Yvette Schmitter, an entrepreneurial software programmer in New York City. "We dress in matching costumes like Fiona and Shrek, Princess Leia and Yoda, Mr. and Mrs. Claus. It's a creative outlet after writing computer code all day and a good excuse to play together."



Schmitter places the photos in pre-made greeting cards and has a current mailing list that exceeds 250, including the doorman, neighbors, the vet and groomer, friends and family. "The deli guy told me he looks forward to each holiday just to see what we've come up with. That's what motivates me; our fun photos can make somebody's day better."

Heather Post, owner of The Etiquette Seed, in Daytona Beach, Florida, specializes in coaching and speaking engagements. When her in-laws traveled to their summer home, she made a scrapbooklet for them. "It showed Sophie, our rescue terrier, at the door, window or in the car, with rhyming captions that said she missed them." Post sends similar photo "stories" to her daughter, Meghan, now in college; a cousin's daughter even took Sophie's Halloween photo to preschool for show and tell.

Whichever forum we choose, stages and phases of a pet's life can be celebrated with a lock of hair, paw print, obedience school certificate and lots of photos. After all, a pet is part of the family.

Sandra Murphy is a freelance writer in St. Louis, MO. Connect at StLouisFreelanceWriter@mindspring.com.

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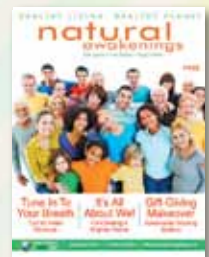
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See
Page 50



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\$30

WebMD.com

Three bowel movements a day is considered a very healthy body.

Jean-Pierre Raufman, MD

Gastroenterologist at University of Maryland School of Medicine

"The digestive tract contains more bacterial cells than there are cells in the entire body."

Dr. Steven T. Castille

Director of the Natural Health Center

Bowel movements more than 16 hours are too long. This indicates wastes are sitting inside your colon too long, and substances that were supposed to be eliminated now are absorbed back into the bloodstream and can interfere with your system.

Your digestive system is remarkably efficient. In the space of a few hours, it extracts nutrients from the foods you eat and drink, processes them into the bloodstream and prepares leftover material for disposal. That material passes through about 20 feet of intestine before being stored temporarily in the colon, where water is removed. The residue is excreted through the bowels, normally within 6 to 12 hours.

Being Overweight is a Leading Cause for Heart Disease and Cancer

More than two-thirds of U.S. adults (64%) are overweight

Obesity is Destroying our Children, Families, and Communities



Being obese can be really hard on your body, contributing to a number of serious health conditions. Losing just five percent of your body weight can make a huge

difference when it comes to your health and reducing your risks of developing many diseases. Though most of these ailments can be reversed just by losing the excess weight, understanding the severity of being overweight is the first task.

Cancer. Those that are obese develop cancer 16 percent more often than their slim counterparts. Researchers have found that cancers of the colon, breast, uterus, kidney and esophagus are all linked to being obese.

Sleep apnea. This condition can be dangerous because it makes your breathing stop in your sleep temporarily. Obese individuals are at risk of developing this because deposits of fat around the top part of their airway can cause blockage, making it difficult to breathe.

Gallbladder disease. About 30 percent of gallbladder surgeries are linked to obesity. Not only do extra pounds make the gallbladder work harder, but obese people are at risk for high cholesterol, which can lead to gallstones.

Gout. Gout is when waste from your body (in the form of uric acid) builds up in your joints and tissues. When you're obese you tend to have more cells and tissues, leading to more uric acid, making it more likely for the toxin to build up.

Body Mass Index (BMI)		Below 25 Healthy					BMI 25-29 Overweight					BMI 30+ Obese			BMI 40+ Very Obese	
		25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
Height		Weight (in pounds)														
4'10"		119	124	129	134	138	143	148	153	158	162	167	172	177	181	186
4'11"		124	128	133	138	143	148	153	158	163	168	173	178	183	188	193
5'0"		128	133	138	143	148	153	158	163	168	174	179	184	189	194	199
5'1"		132	137	143	148	153	158	164	169	174	180	185	190	195	201	206
5'2"		136	142	147	153	158	164	169	174	180	186	191	196	202	207	213
5'3"		141	146	152	158	163	169	175	180	186	192	198	202	207	213	220
5'4"		145	151	157	163	169	174	180	186	192	197	204	209	215	221	227
5'5"		150	156	162	168	174	180	186	192	198	204	210	216	222	228	234
5'6"		155	161	167	173	179	186	192	198	204	210	216	223	229	235	241
5'7"		159	166	172	178	185	191	198	204	211	218	223	230	236	242	249
5'8"		164	171	177	184	190	197	203	210	216	223	230	236	243	249	256
5'9"		169	176	182	189	196	203	209	216	223	230	236	243	250	257	263
5'10"		174	181	188	195	202	209	216	222	229	236	243	250	257	264	271
5'11"		179	186	193	200	208	215	222	229	236	243	250	258	265	272	279
6'0"		184	191	199	206	213	221	228	235	242	250	258	265	272	279	287
6'1"		189	197	204	212	219	227	235	242	250	258	265	272	280	288	295



ZERONA: ZAP FAT WITH LASER LIGHT

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

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

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

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

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

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

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

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

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

Zerona

Melt Belly Fat Using Zerona Cold Laser Treatments

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



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

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



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

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

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

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

REDUCE BELLY FAT Lose 3 to 9 inches in TWO WEEKS.

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WEIGHT LOSS PROGRAMS

Our weight loss programs have helped many people lose weight by focusing on long term positive lifestyle changes. Because there are many nutritional and health factors that accompany weight loss and lifestyle changes, we find it best to have a qualified weight loss professional review our client's personal information and analyse their nutritional needs. Often times nutritional supplements are used to help assist the lifestyle changes to aid in weight loss. We monitor your use of nutritional supplements ver closely. The most common nutritional supplement used are:

- Thermo-X 1,400 mg
- Starch Complex 1,000 mg
- BF-4 1,100 mg
- BioLean
- DMAE (2-Dimethyl Aminoethanol)
- Essential FattyAcids 1,300 mg
- Kelp 500 mg
- Lecithin granules 3,600 mg
- Spirulina 400 mg
- Vitamin C with bioflavonoids 6,000 mg
- Calcium 1,500 mg
- Coenzyme Q10
- DHEA (Dehydroepiandrosterone) 200 mg
- 5-HTP (5-Hydroxy L-tryptophan) 200 mg
- GABA (Gamma-amino-butryic acid) 500 mg
- L- Arginine 500 mg
- L-lysine 500 mg
- L-Glutamine 500 mg
- L-Tyrosine - 500 mg
- Glucomannan 6g
- Garcinia Cambogia (HCA) 1,500 mg
- Vitamin B12

Quick Trim Weight Loss Program

10-20 lbs (6 weeks): \$280
20-30 lbs (10 weeks): \$410
30-50 lbs (12 weeks): \$520

Weight Loss Program Includes:

NUTRITIONAL SUPPLEMENTS

- Thermo-X 1,400 mg
- Starch Complex 1,000 mg
- BF-4 1,100 mg

FAT BURNER WORKOUTS

- Infrared Sauna Treatments (30 min @ 140F)
- Whole Body Vibration (10 min @ H=54 L=42)



SlimPOD Weight Loss Program

10-20 lbs (6 weeks): \$340
20-30 lbs (10 weeks): \$520
30-50 lbs (12 weeks): \$610



- Burns up to 500 calories in 30 minutes
- Increases metabolism
- Helps to lose inches and pounds
- All you do is laydown and relax
- Hydrates and tightens
- Helps to increase circulation
- Helps the body to reduce acid and fat

FAT BURNER WORKOUTS

- SlimPOD Treatments (30 min @ 150F)
- Whole Body Vibration (10 min @ H=54 L=42)

NUTRITIONAL SUPPLEMENTS

- BF-4 1,100 mg
- DMAE
- 5-HTP 200 mg
- GABA 500 mg



THE BEST PROGRAM WE OFFER
4 Month Program: \$1,100
with Personal Trainer

Zerona Laser Treatments

6 Treatments: \$540
9 Treatments: \$810
12 Treatments: \$940



ZERONA® Before & After images



Weight Loss Program Includes:

NUTRITIONAL SUPPLEMENTS

- Coenzyme Q10
- DHEA (Dehydroepiandrosterone) 200 mg
- 5-HTP (5-Hydroxy L-tryptophan) 200 mg
- L- Arginine 500 mg
- Vitamin B3 500 mg
- BF-4 2,000 mg
- Vitamin B12 2,500 mg

FAT BURNER WORKOUTS

- Infrared Sauna Treatments (30 min @ 140F)
- Whole Body Vibration (10 min @ H=54 L=42)
- Ionic Foot Detox (20 min @ 75 Ohm)

COLD LASER TREATMENTS

- Zerona Cold Laser Treatments (40 min each session)



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- 60 Day supply of B-12 liquid drops (increases energy and metabolism)
- 60 Day Infrared SAUNATOX (makes you sweat out fat, calories, and toxins)
- 60 Day Dermasonic Cellulite Treatment Plan ** (reduces cellulite)
- 60 Day Whole Body Vibration Weight loss Exercise (calorie burner)
- 8 Body Wrap Treatments (drops the water weight and burns calories)
- 8 SLIMPOD Weight Loss Treatments (a high-powered fat burner)
- 8 Ionic Foot Detox Treatments ** (pulls the fat and waste out of the body)
- 8 Fatloss HydroTherapy Treatments (destress the body - burn more fat)
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- Whole Body Vibration (10 min @ H=54 L=42)



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6 POUNDS
in 3 days**

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10-20 lbs (6 weeks): \$280
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30-50 lbs (12 weeks): \$520



Weight Loss Program Includes:

NUTRITIONAL SUPPLEMENTS

- Vitamin B12 2,000 mg
- Starch Complex 1,000 mg
- BF-4 1,100 mg

FAT BURNER WORKOUTS

- Infrared Sauna Treatments (30 min @ 140F)
- Whole Body Vibration (10 min @ H=54 L=42)

SaunaTOX Weight Loss Program

10-20 lbs (6 weeks): \$340
20-30 lbs (10 weeks): \$520
30-50 lbs (12 weeks): \$610



- Burns up to 600 calories in 30 minutes
- Increases metabolism
- Helps to lose inches and pounds
- All you do is sitback and relax
- Hydrates and tightens
- Helps to increase circulation
- Helps the body to reduce acid and fat

FAT BURNER WORKOUTS

- SaunaTOX Treatments (30 min @ 150F)
- Whole Body Vibration (10 min @ H=54 L=42)

NUTRITIONAL SUPPLEMENTS

- Coenzyme Q10
- DHEA (Dehydroepiandrosterone) 200 mg
- 5-HTP (5-Hydroxy L-tryptophan) 200 mg
- L-Tyrosine - 500 mg
- Garcinia Cambogia (HCA) 1,500 mg



THE BEST PROGRAM WE OFFER
4 Month Program: \$840

WEIGHT LOSS PROGRAMS

Body Wraps for Weight Loss

2 Sessions: \$180
4 Sessions: \$290
6 Sessions: \$420

Weight Loss Program Includes:

NUTRITIONAL SUPPLEMENTS

- BF-4 1,100 mg
- Starch Complex 1,000 mg
- Vitamin B12 2,000 mg

FAT BURNER WORKOUTS

- Infrared Body Wrap (30 min @ 140F)
- Whole Body Vibration (10 min @ H=54 L=42)



WheTea Abs Weight Loss Program

10-20 lbs (6 weeks): \$280
20-30 lbs (10 weeks): \$410
30-50 lbs (12 weeks): \$520



Weight Loss Program Includes:

NUTRITIONAL SUPPLEMENTS

- WheTea 6 Bottles
- Liquid Vitamin B12

FAT BURNER WORKOUTS

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ShapeUp Belly FatBurner Belt

\$72

The ShapeUp Belly FatBurner belt works the abs. It makes you sweat. It burns the fat in your stomach and helps you get the belly flat.

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- L-Tyrosine - 500 mg
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* Not included with belt. Recommended for best results with the belt.



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- ✔ "They make me feel comfortable & welcomed!"
- ✔ "The best feeling is having to buy new clothes!"
- ✔ "I would call them & get started today!"



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- Whey Protein Meal Replacement Powders
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- Garcinia Cambogia 1,500 mg

FAT BURNER WORKOUTS

- Infrared SaunaTOX (30 min @ 140F)
- Whole Body Vibration (10 min @ H=54 L=42)



Tips To Lose Weight

1. Keep a Food Journal
2. Drink 6 Cups of Water A Day
3. Eat More Greens
4. Cook With Fat Free Broth
5. Eat Whole Grains
6. Measure Everything
7. Use Skim Milk
8. Take Your Time Eating
9. Use Smaller Plates
10. Exercise
11. Eat More Seafood
12. Use Meat as a Condiment
13. Eat More Fiber
14. Eat More Vegetarian Meals
15. Eat Healthy Snacks

I was 306 Lbs when I started!

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Whole Body Vibration for 10 minutes is the equivalent of 30-60 minutes of conventional weight lifting. This includes increasing your metabolism leading to burning more calories and losing pounds, inches, fat, and cellulite.

The women did not do anything different in their lifestyle such as exercise or diet. The researchers report that it appears that whole body vibration helped the obese women burn more fat tissue, which helped them lose weight and inches.

Body Composition Changes Occur

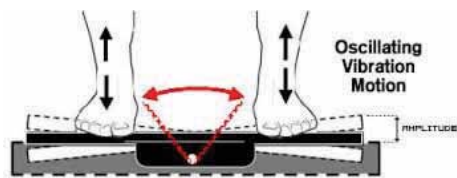
The authors note that “these preliminary results suggest that whole body vibration training may improve body composition and muscular strength in obese women,” and that it may be a “useful” way to do so along with lifestyle changes, such as diet and exercise.

Whole body vibration may have benefits for the elderly as well. A Spanish study of 49 elderly people found that whole body vibration helped improve their physical fitness, balance, lower- and upper-body strength and flexibility, agility, walking speed and endurance. The participants were in their 70s. Twenty-four used a whole body vibration platform device for 11 weeks, and were evaluated for physical fitness weekly. The researchers report that most of the physical tests

Are you interested in weight loss but you simply don't have the time? Is an hour a day too much to spend in the gym? As busy as Americans tend to be today, it's very difficult to find time for the gym when balancing work/home/study and life in general. But we have to keep fit, right? After all, exercise keeps our bodies more physically fit and keeps out minds sharper. So how can we find the time to work out?

What if we told you that 10 minutes on a whole body vibration machine can benefit your body as much as a one hour workout in a gym? Whole body vibration has been around in various forms for a long time, but it is only now that studies are concluding that this easy workout program can truly benefit your body and your weight loss goals.

A newly published 10-week study of whole body vibration in 50 obese women who underwent 14 minutes of whole body vibration twice weekly shows that the women did drop weight and inches compared to a group that did not do whole body vibration. The women who did whole body vibration also had increased lower limb strength.



improved in participants using whole body vibration compared to a similar group of people who did not use it.

With whole body vibration training, people do squats, lunges, calf raises, push-ups and sit-ups on a platform that sends mild vibratory impulses through the feet and into the rest of the body. These vibrations make muscles rapidly contract, which builds lean muscle mass. Whole body vibration training is touted as a more effective method of resistance training.

New whole body vibration units designed for weight loss allow you to change the vibration and speed of the unit while giving you a large enough plate to stand on that will allow you to perform various work outs and poses while standing on the unit, performing push ups on the unit or combining your exercise with bands and strength training balls with the whole body vibration machine.

The whole body vibration machine's vibration causes muscles to involuntarily contract 30 to 40 times per second. This vibration stimulates circulation, stretches tendons strengthens bones, resulting in faster recovery after workouts.

A 2009 study has concluded that a combination of whole body vibration training and resistance training is very effective for decreasing the percentage of body fat in post menopausal women. Data also shows that whole body vibration training may have the potential to reduce visceral adipose tissue (the fat around the organs) more than aerobic exercise in obese adults, possibly making it a meaningful addition to future weight loss programs that reduce stomach fat.

The beauty of whole body vibration is that you can burn the same calories and work the same muscles in a 10 minute period of time as you normally would in the one hour gym workout. Plus you receive the benefits of increased bone density along with a decrease in body fat.

Recent Research Results

- Research conducted at Sanaderm health clinic in Germany on the effects of vibration enhanced exercise training for cellulite reduction and fat loss demonstrated that six months of training a maximum of 11 minutes on the

vibration platform reduced cellulite by 25.68 %. In addition when Vibration was combine with aerobic activity for 40 minutes they experienced a 32 % reduction cellulite. (Sanaderm Health Clinic Germany)

- Another study evaluated the effect of vibration training in comparison to traditional training methods over a period

Four, Six, or Eight Abdominal Heat Treatments with Full-Body Vibration may burn up to 3,600 calories a week.



of 6 weeks. Body fat % was reduced by 11.2 % compared to 10.6% in the traditional training group. Body fat reduction was greater in the vibration group and the total exercise time considerably less. (Pneumex and S.Sordorff.PT, Sandpoint Idaho)

- A study evaluating the effects of vibration training on weight loss: In this study the vibration training group had a net increase of 12 % in their resting metabolic rate after 3 months. Consequently, WBV can allow one to burn more calories compared to non-active individuals. (Slim & Shape Centers Inc., Windsor Canada)

- A 2003 study in Medicine & Science in Sports & Exercise showed significantly increased strength of knee-extensors in 67 untrained female volunteers.

- The Journal of Sports Science and Medicine published a study in 2007 from the Department of Sport and Exercise Science at the University of Athens showing significant improvements in sprint speed and strength in only six weeks of training.

Similar studies have shown increased bone density, postural control, and improved mobility and balance in older users.

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2 Weeks (3 x Weekly) = \$89
4 Weeks (3xWeekly) = \$149
6 Weeks (3xWeekly) = \$170
8 Weeks (3xWeekly) = \$210
Three Month Program = \$340

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SATURDAY MAY 3

Acadiana 4-H Horse Camp – 8am-6pm. See May 2 listing. SugArena, Acadiana Fairgrounds, 713 NW Bypass (Hwy 3212), New Iberia. 337-365-7539. SugArena.com.

Be a Heart Starter – 8-10:30am. Save a life, attend bystander CPR training. Two 2-hour training sessions. Demonstrations on administering CPR to

SATURDAY JUNE 7

St John Catholic Church 5K/1mile Fun Run – 7:30am. The annual church bazaar begins with a 5k/1 mile fun run. Registration \$25. St John Catholic Church, 306 Ann St, Lacassine. 337-274-3874.

Renee Hebert Benefit – 10am-7pm. A good time with family and friends while helping Renee with ongoing medical expenses. Live music by Jaryd Lane, Warren Storm, Willie Tee & the Cypress Band and Geno Delafosse. Drinks, live silent auctions, raffle, home sweets, fun jumps and face painting. No ice chests, bring your lawn chair. \$5, children under 12 free. Ray & Sis Camp, 14212 LA Hwy 35, Abbeville. 337-288-5647.

Walk for a Brother and Sister – 5pm-12am. Coloring Down Cancer Relay. Family filled day to honor cancer survivors, remember loved ones lost, and fight back against a disease that has already taken too much. Special guest Kevin Faulk, former NFL player. Free. JH Williams Stadium, 1105 Praire Ave, Abbeville. 337-523-8894.

MONDAY JUNE 9

Tiger Summer Day Camp – 7:30am-3pm. Thru Aug 1. Fun filled day camp with field trips, arts, amps, crafts, computers, field/gym games and other activities. After care available until 5:30pm for additional cost. \$110/wk. Online registration form. Cathedral Carmel School, 848 St John St, Lafayette. CathedralCarmel.com.

WEDNESDAY JUNE 11

St Martin Parish Sheriff's Office Ageless Expo – 9am-1pm. Annual event for St Martin parish seniors and their caregivers to learn about area vendors in health care, personal services and items for home. Entertainment and lunch served. Ages 55 and over. Free. Cade Community Center. 337-394-2606.

THURSDAY JUNE 12

Journaling Through Grief – 10am-12pm. Joan

Broussard, certified spiritual director, provides information on journaling as a healing exercise for grieving. Workshop begins a 6-week support group gathering on Monday, June 16. Pre-registration required. Hospice of Acadiana Conference Center, 2600 Johnston St, Lafayette. 337-232-1234.

Nonsense II: The Second Coming – 7:30pm. Thru June 14. A funny musical sequel. Acadia Players. \$10/students, \$12/adults. The Grand Opera House of the South, 505 N Parkerson Ave, Crowley. 337-785-0440. TheGrandOperaHouse.org.

SATURDAY JUNE 14

LA Mounted Shooting of America Mounted Rider Competition – 8am-6pm. Thru June 15. Exciting state shooters riding competition. SugArena, Acadiana Fairgrounds, 713 NW Bypass (Hwy 3212), New Iberia. 337-365-7539. SugArena.com.

Wild Side Ride State Championship BBQ Cook-Off – 9am-6pm. A wild jeep ride starts this championship barbeque cook-off. The afternoon begins with music by Chubby Carrier, a live auction and barbeque sold to the public. Parc Hardy, 1290 Rees St, Breaux Bridge. 504-982-0685. Biala.org.

Juneteenth Folklife Celebration – 1-5:30pm. Highlights the folk art, heritage and traditions of the African-American culture of southwest Louisiana. Pay tribute to the date when Texas slaves first heard the news of their freedom. As this is a family friendly event, no alcohol sold or allowed. Rebecca Henry. Le Vieux Village-Farmer's Market, 828 E Landry St, Opelousas. 337-945-5064. Rebecca70570@aol.com.

Nonsense II: The Second Coming – 2pm. See June 12. The Grand Opera House of the South, 505 N Parkerson Ave, Crowley. 337-785-0440. TheGrandOperaHouse.org.

National Marina Day – 3-7pm. Vendors celebrate with music and lots of food and beverages. Free. North Pier Marina, Port of Delcambre, 307 Isadore St, Delcambre. 337-303-7950. PortOfDelcambre.com.

Flag Day Ceremony – 6-8pm. Celebration ceremony honoring veterans and fallen soldiers. Boulogny Plaza, 102 W Main St, New Iberia. 337-344-9397.

SATURDAY JUNE 21

Zumbathon for Leukemia & Lymphoma – 11am-1pm. Workout and support the local Leukemia and Lymphoma society. Cowboys Saloon, 211 N Ambassador Caffery Pkwy, Lafayette.

Clifton Chenier Celebration – 12-6pm. Artists pay tribute to Grammy award winning legend Clifton Chenier. Listen to music, round table discussions and more. Clifton Chenier Club, 2116 Fernand Crochet Rd, New Iberia. 337-339-5903. CliftonChenierClub.com.

Second Chance Paws – 12pm. Monthly pet adoption day. On November 19 there will be a raffle with a first prize BBQ pit; second prize \$200 towards cosmetic procedure from Dr Gonzales; and third prize Mosaic Fire Pit. Tractor Supply, 204 Odd Fellows Rd, Crowley.

SUNDAY JUNE 22

Stars & Stripes: A Musical Celebration – 3-5pm. Patriotic and World War II era music honors veterans. Concert by the Acadiana Symphony Orchestra and the Iberia Community Concert Band. Free. Sugar Cane Festival Building, 601 Parkview Dr, New Iberia. 337-364-1603. IberiaCultural.com.

TUESDAY JUNE 24

A Grief Shared is a Grief Halved – 5:30pm. Workshop for parents and caregivers seeking ways to help grieving children and adolescents. Jessica Johnson, LPC, bereavement counselor, focuses on ways to help through the grieving process. Pre-registration required. Hospice of Acadiana Conference Center, 2600 Johnston St, Lafayette. 337-232-1234.

THURSDAY JUNE 26

Senior Independence Day – 9am-1:30pm. Annual celebration of seniors filled with beneficial information on estate and financial planning with licensed financial planner. The 5 wishes advanced directives materials provided. Pre-registration required. Hospice of Acadiana Conference Center, 2600 Johnston St, Lafayette. 337-232-1234.

FRIDAY JUNE 27

Smoked Meat Festival – Thru June 28. Backyard and professional cooks prepare smoked meats in varied and imaginative ways in the highlight cook-off. \$15/admission. 616 W Main St, Ville Platte. 337-363-1416. SmokedMeatFestival.com.

"Six Dance Lessons in Six Weeks" – 7:30pm. Thru June 29. Comedy play directed by Jody L Powell, starring Milton G Resweber and Mary Gail Lamonte DeVillier showcases music and dance. Addresses issues of ageism and intolerance. Since its LA premiere and Broadway opening, this play has been translated into 12 languages and has traversed the globe with productions in over 20 countries, establishing itself as an international hit and one of the most produced plays in the world. \$10/students & seniors; \$12/general admission. Theatre 810, 810 Jefferson St, Lafayette.



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ongoing events

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GET YOUR CALENDAR ITEMS PUBLISHED
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sunday

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

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

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

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

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

monday

Journaling Through Grief – 10-11:30am. Joan Broussard, certified spiritual director provides information on journaling as a healing exercise for the grieving. Workshop begins a 6-week support group gathering until Monday July 14. Pre-registration required. Hospice of Acadiana Conference Center, 2600 Johnston St, Lafayette. 337-232-1234.

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

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

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

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

Cajun Band Les Freres Michot – 7-9pm. Michot performs every Monday night at Prejean's Restaurant, 3480 NE Evangeline Thruway, Lafayette. 337-896-3247.

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.

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

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

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

Jefferson Street Story Times – 2:30pm. Story times for ages 3-6. Jefferson Street Library, 538 Jefferson St, Lafayette, 337-261-5787.

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

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

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

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

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

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

wednesday

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

LEDA Networking Luncheon – 11:30am. 1st Wed each month. Meet over a hundred people for buffet lunch with guest speakers from local businesses. The "roaming mic," is passed to everyone in the audience for the opportunity to stand up and tell their name and the name of their business. Door prizes, time for mingling. \$17.50. RSVP by 5pm the Tues before. River Oaks, Lafayette. 337-593-1400.

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

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

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

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

thursday

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

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

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

friday

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

Lafayette. 337-291-5644 or 337-291-5645.

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

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

saturday

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

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

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

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

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

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

New Iberia Creole Market – 8am-12pm. 4th Sat each month. Shop for seasonal local grown produce and fruits, fresh Louisiana seafood, homemade jams, jellies and other preserves. Fresh baked items, home-cooked dishes, hand-made crafts. Enjoy fun and educational activities that promote healthier eating and lifestyle choices. West End Park, 1200 Field St, New Iberia. 337-367-0834. Facebook.com/CreoleMarket.

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

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

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

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 Hwy 190 E, Eunice. 337-457-9563.

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

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

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

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

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

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

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

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

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

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

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**See
Page 44**

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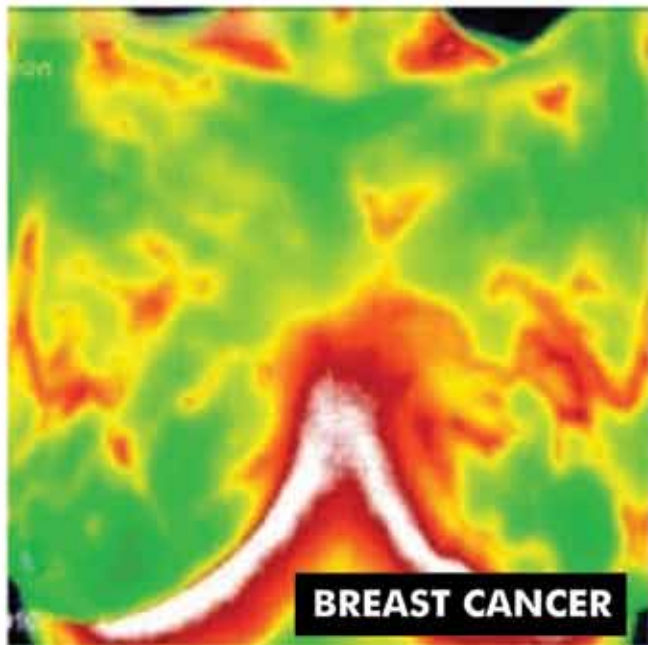
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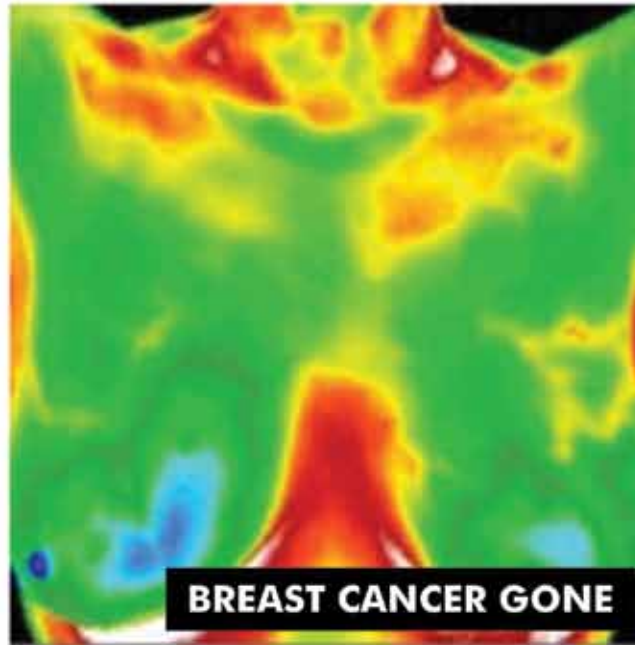
What's Wrong With My Body?

Thermography Imaging of the Breast

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



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



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

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

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

1 in 3 Women Develop Breast Cancer in Louisiana

Source: American Cancer Society

Cancer cells feed themselves through angiogenic blood vessels

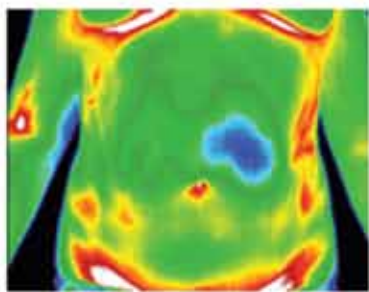
Humans are born with all their blood vessels; 60,000 miles worth in a typical adult. New, temporary blood vessels called angiogenesis only grow normally to build the lining of the uterus for the menstrual cycle each month, to nourish an embryo or to heal a wound. These blood vessels are kept under control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

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

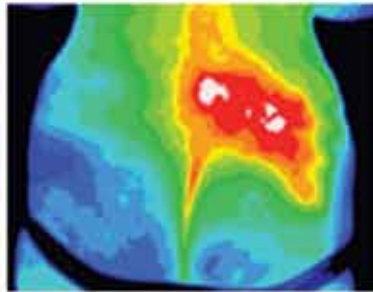
**RESTORE
HEALTH PROGRAM**

SEE PAGE

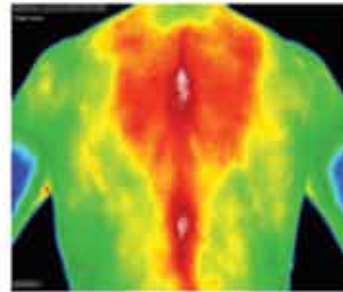
65



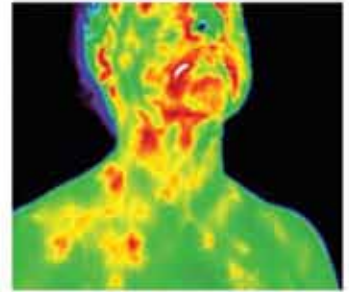
Hypothermia in the Stomach



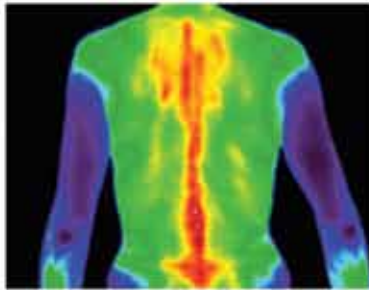
Shingles



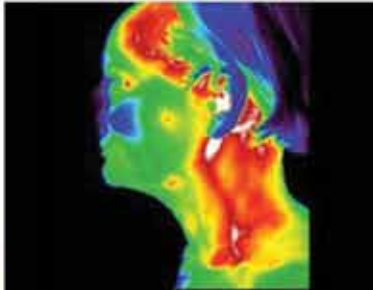
Lung Cancer



Periodontal Disease



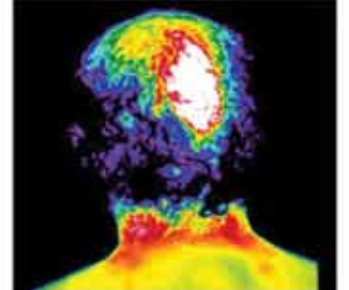
Spinal Inflammation



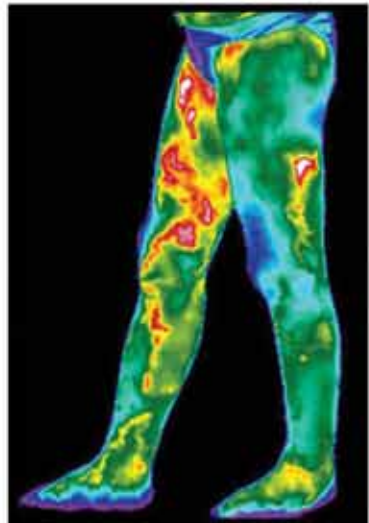
Carotid Artery Inflammation



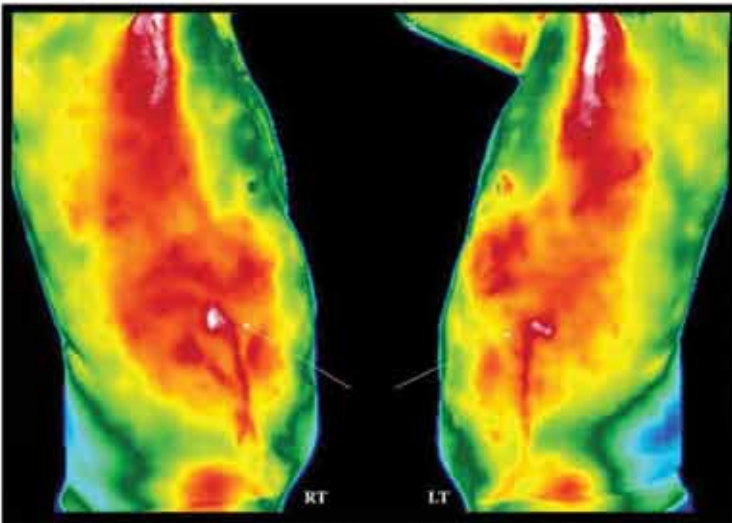
Poor Circulation Left 4th & 5th Finger



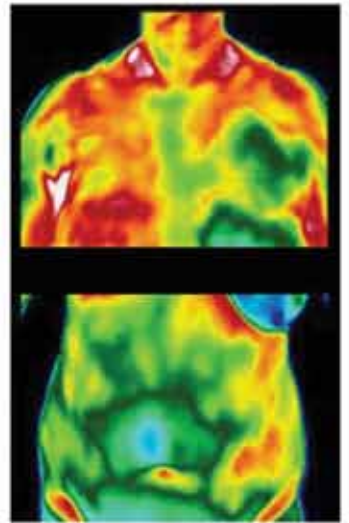
Melanoma-Scalp Cancer



Varicose Veins



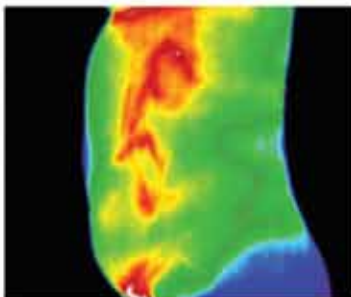
Bilateral Kidney Stones



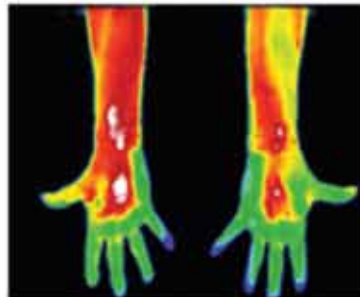
Breast Cancer



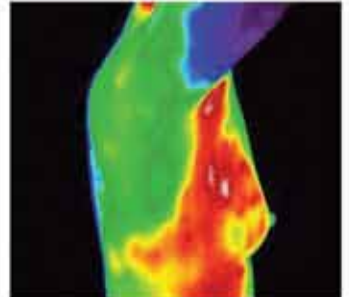
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



Lymphatic Congestion

\$94 Full-Body Thermography Screening



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Natural Health Center

Powerful, Positive Healing for Life

Call **896-4141** to schedule

Thermography is used to:

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