HEALTHY LIVING HEALTHY PLANET

natural awakenings

feel good • live simply • laugh more

FREE

6 Ways to Eat Safe

Eat, Drink, THRIVE

Crazy Sexy Ways to Eat Well

Fitness Fun

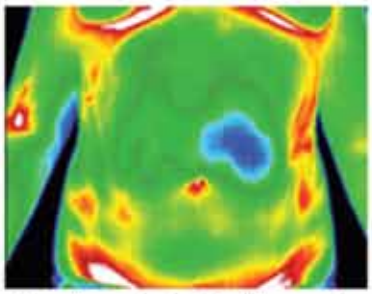
Free-Spirited Summer Workouts

Green Hotels

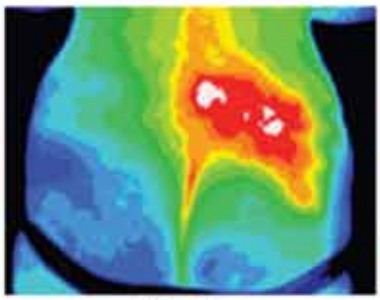
Best Eco-Friendly Stays

EVERY ISSUE IS A GREEN ISSUE

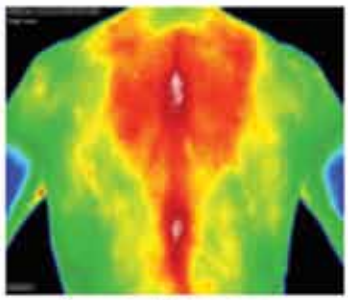
July 2013 | S.W. Louisiana-Acadiana Edition | www.NAacadiana.com



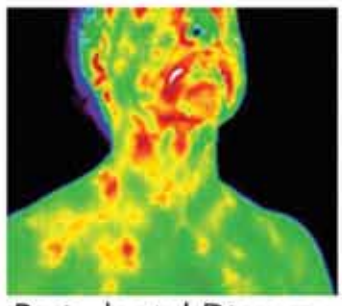
Hypothermia in the Stomach



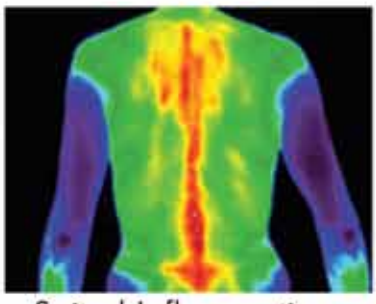
Shingles



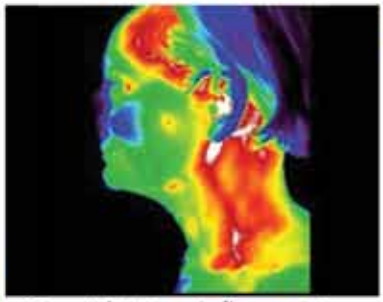
Lung Cancer



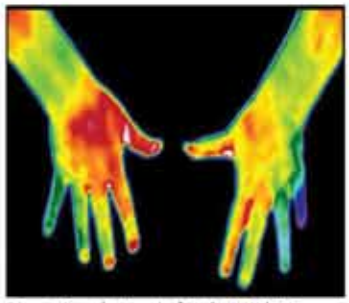
Periodontal Disease



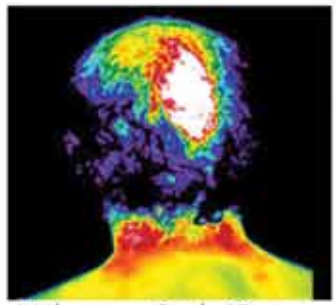
Spinal Inflammation



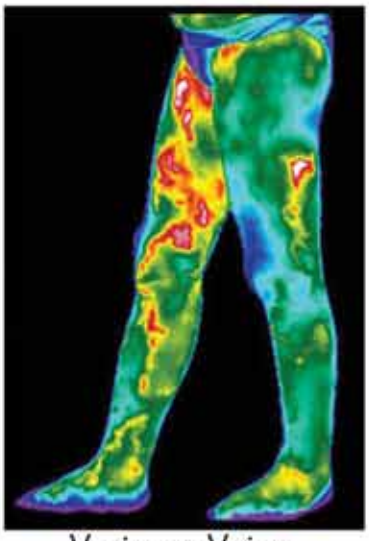
Carotid Artery Inflammation



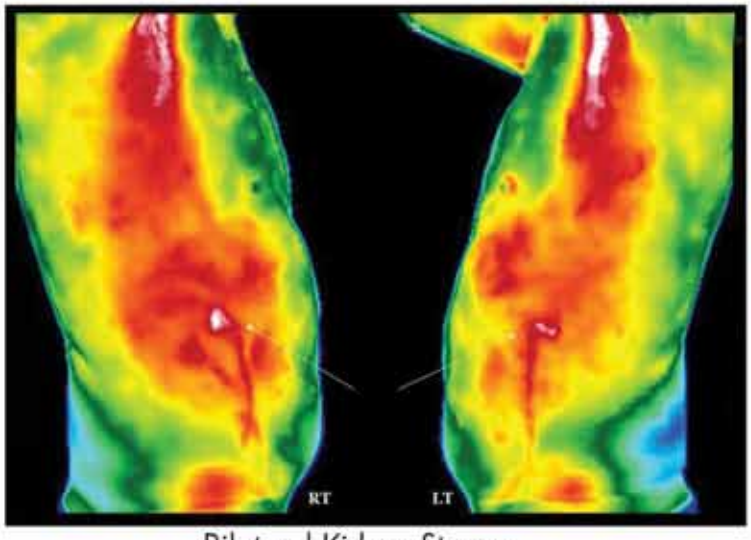
Poor Circulation Left 4th & 5th Finger



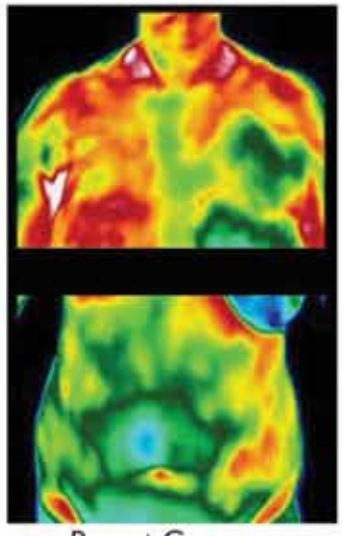
Melanoma-Scalp Cancer



Varicose Veins

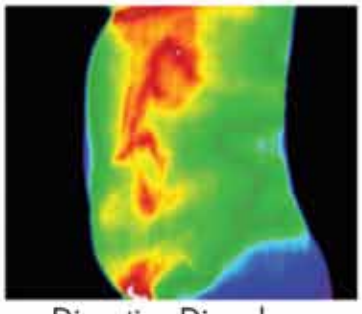


Bilateral Kidney Stones

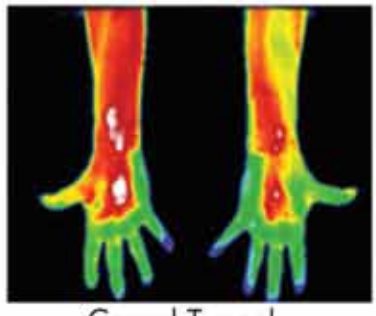


Breast Cancer

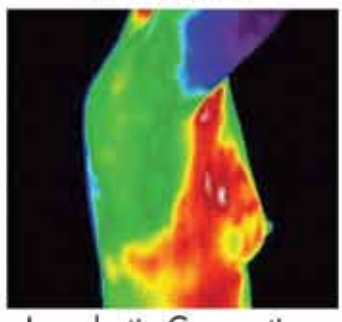
Thyroid Cancer



Digestive Disorders

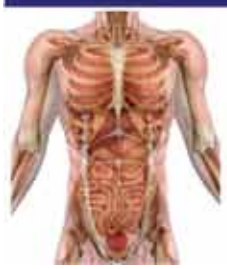


Carpal Tunnel



Lymphatic Congestion

$94 Full-Body Thermography Screening



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Powerful, Positive Healing for Life

Call **896-4141** to schedule

Thermography is used to:

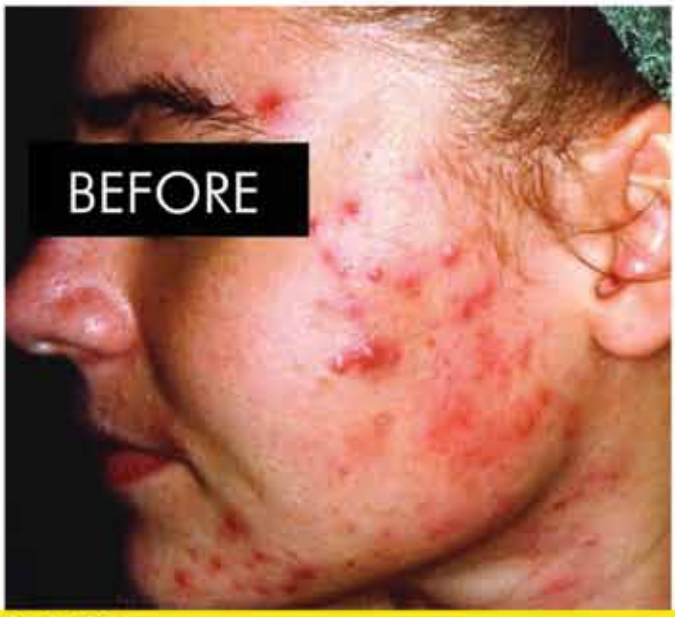
- help make informed decisions regarding the need for further treatment
- visualize the physiological component of pain, injury or illness/disease
- provide early warning of potential health issues
- identify the originating source of neuropathic dysfunction
- support the existence of a suspected condition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

BODY CARE

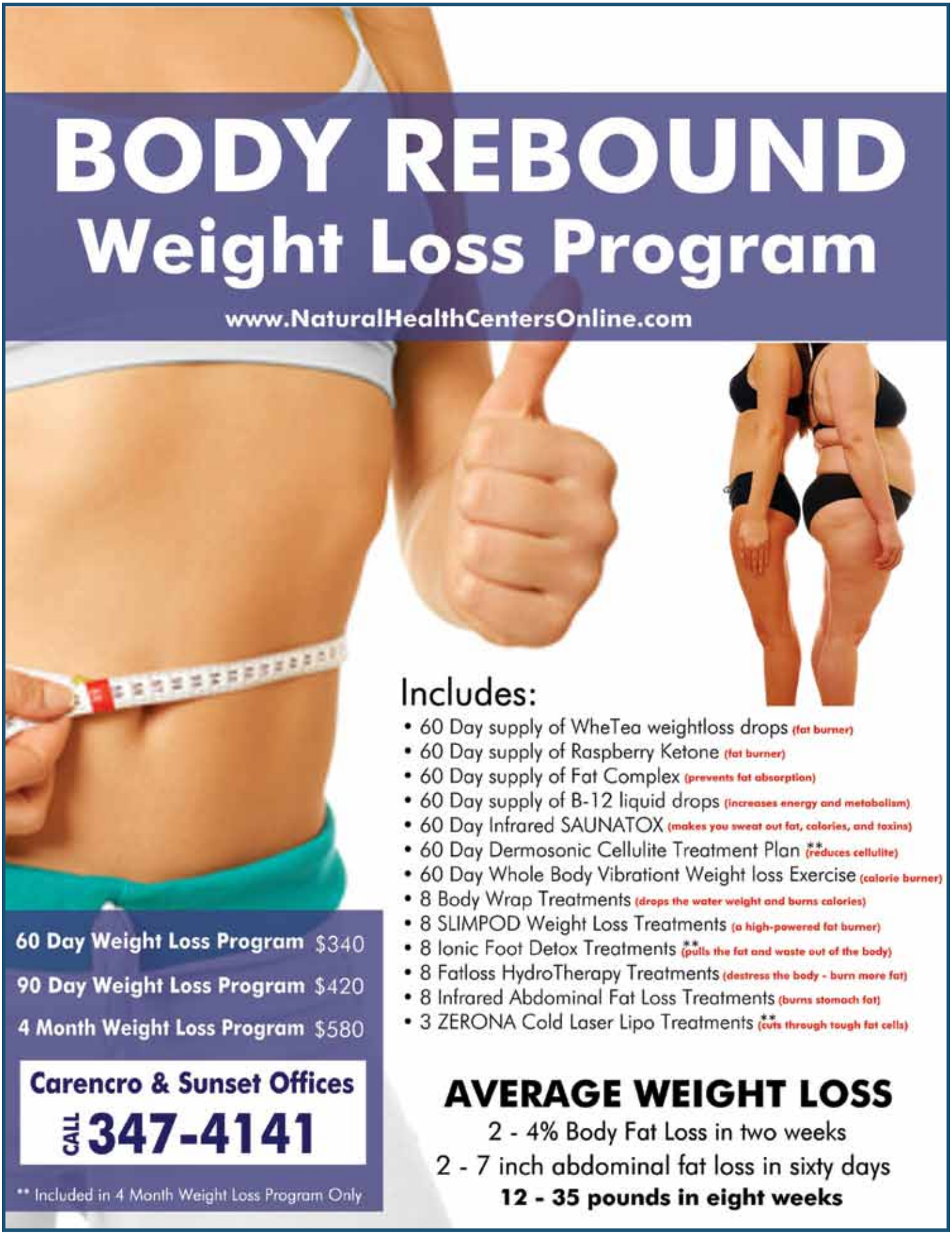
OXYHYDRATION
acne treatment

Three week acne treatment program includes: lotus touch seaweed facemask treatments that combine the detoxifying properties of sea algae with the hydrating and exfoliating benefits of clay, sea salt, Brewer's Yeast, Vitamin B, snd Spirulina.

Three weeks (6 sessions) of acne treatment: $260
Three weeks (9 sessions) of acne treatment: $315



CALL TO SCHEDULE TODAY: **896-4141** Carencro Office **662-3120** Sunset Office


BODY REBOUND
Weight Loss Program
www.NaturalHealthCentersOnline.com
Includes:
• 60 Day supply of WheTea weightloss drops (fat burner)
• 60 Day supply of Raspberry Ketone (fat burner)
• 60 Day supply of Fat Complex (prevents fat absorption)
• 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 Dermosonic Cellulite Treatment Plan ** (reduces cellulite)
• 60 Day Whole Body Vibrationt 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)
• 8 Infrared Abdominal Fat Loss Treatments (burns stomach fat)
• 3 ZERONA Cold Laser Lipo Treatments ** (cuts through tough fat cells)
60 Day Weight Loss Program $340
90 Day Weight Loss Program $420
4 Month Weight Loss Program $580
Carencro & Sunset Offices
CALL 347-4141
** Included in 4 Month Weight Loss Program Only
AVERAGE WEIGHT LOSS
2 - 4% Body Fat Loss in two weeks
2 - 7 inch abdominal fat loss in sixty days
12 - 35 pounds in eight weeks

Vitamin Testing $39

(Takes only 15 minutes for a full screening)

Vitamin E	Thiamin	Riboflavin
Vitamin A	Vitamin B6	Magnesium
Vitamin K	Vitamin B12	Phosphorus
Vitamin D	Vitamin C	Potassium
Biotin	Calcium	Selenium
Folate	Fluoride	Sodium
Niacin	Iodine	Zinc
Panthothenic Acid	Iron	

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

- Andrew Weil, M.D.

Did you know

A vitamin deficiency can cause

ENLARGED THYROID
Iodine deficiency

JOINT PAIN
Vitamin C deficiency

WEIGHT GAIN
Vitamin D, magnesium, or iron deficiency

cancer **inflammation** depression

hypertension **diabetes**

GET TESTED

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

DHARMA Wellness Center

(337) 662-3120

CALL to schedule your 15 minute vitamin testing

publisher's letter

Recently while speaking to two friends the question was asked how is it possible through touch to heal someone, to know what someone is thinking or how it's possible to understand someone's intentions. I (Steve) explained it in one word: vibration. Just as the heartbeat of new life is created through vibration at a cellular level, we manifest our intentions through vibration and physical touch. To understand how vibration and frequency influence our lives we must understand that at the moment of conception it is vibration that gave us life and continues to sustain our daily existence.

A few days after conception, the embryo forms a clump of vibrating cells that becomes the new heart. These cells seem to be sound sensitive and able to detect vibration and tune to the mother's heartbeat and breath, which appear to be necessary for further forming the infant's heart. The mother's emotional state—and any repetitive patterns of behavior—is imprinted on the fetus hormonally and through the tone of her voice. We were born (and still are) vibrationally sensitive.

In our mother's womb, our only level of fully active awareness is vibration. Our ability to manipulate vibration was gifted to us and is embedded in each of us at a cellular level. When we are able to make our only active awareness vibration, we tap into a level of consciousness, sensitivity and frequency that is powerful.

Today we exist in a new age, a new time, a new historical period. Our perceptions from the past have given birth to a new historical age. Humankind has had many dramatic revolutions of understanding—great leaps and sudden liberation from old limits. We've learned that the earth is a living organism that exists only through vibration and frequency. Sensitivity is our ability to detect and the level in which we detect frequency and vibration.

We have learned that we are as much a part of the earth as the earth is a part of us, and this eternal bond is forged through vibration. The earth and every living and non-living object possess some form of vibration. Our connections to each other and to the planet are completely intertwined through vibration and frequency.

If you want to understand how it is possible to create healing of the mind or body through touch, spend some time in meditation. Begin to train your conscious and sub-conscious senses (sensitivity) to the wonderful world of frequency and vibration that exists all around us. Prepare yourself to explore a new world that exists right in front of you. Prepare to be awakened into the new human spirit.

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

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Natural Awakenings Acadiana Edition

Steve & Michelle

Steve and Michelle Castille, Publishers

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PRINTED WITH SOY INK

contents

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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www.NAacadiana.com

Both women are 60 years old

What is the difference between the two?

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

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

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

Visit one of our centers today.

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

www.NaturalHealthCentersOnline.com

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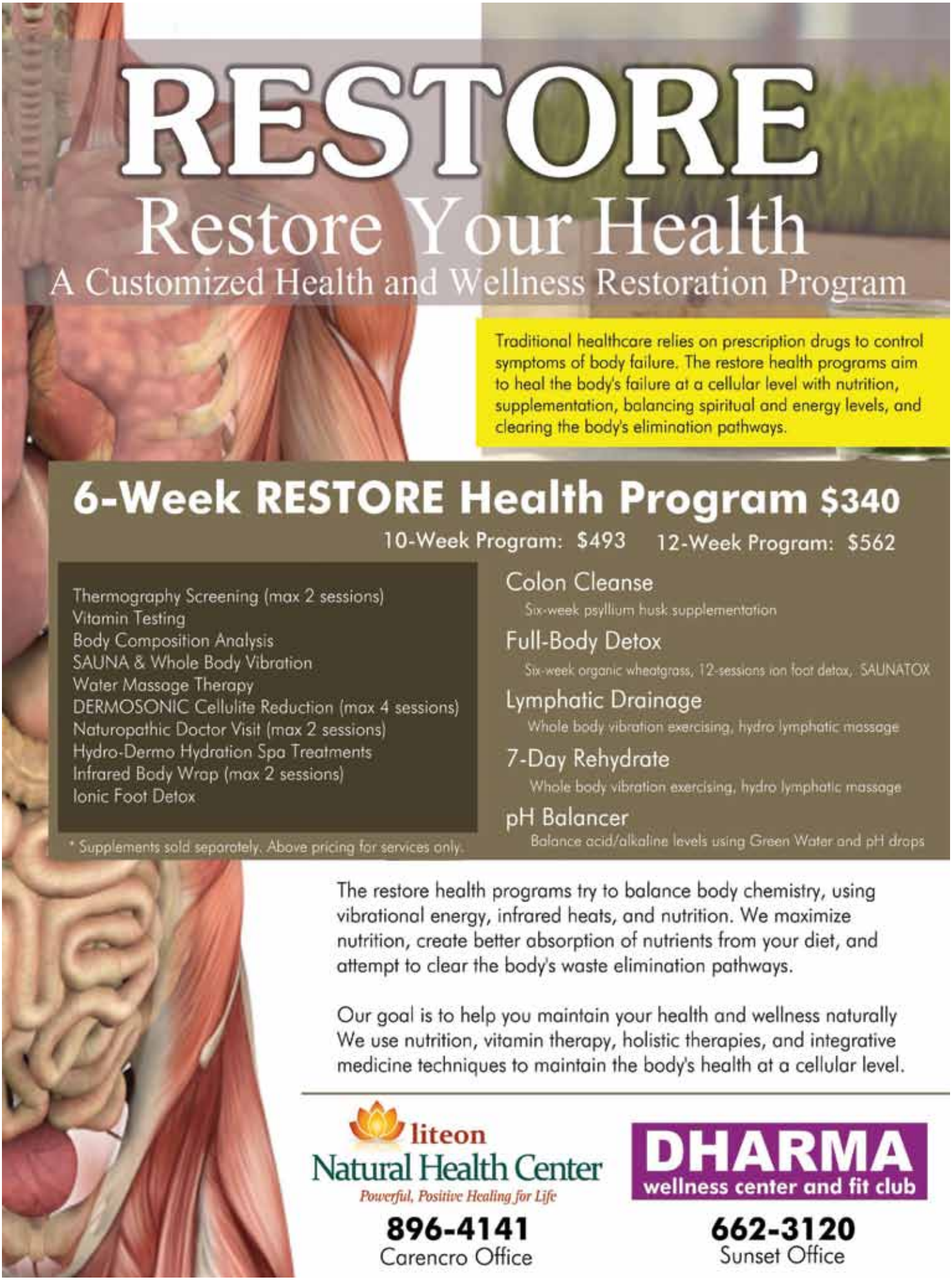

RESTORE

Restore Your Health

A Customized Health and Wellness Restoration Program

Traditional healthcare relies on prescription drugs to control symptoms of body failure. The restore health programs aim to heal the body's failure at a cellular level with nutrition, supplementation, balancing spiritual and energy levels, and clearing the body's elimination pathways.

6-Week RESTORE Health Program $340

10-Week Program: $493 12-Week Program: $562

Thermography Screening (max 2 sessions)
Vitamin Testing
Body Composition Analysis
SAUNA & Whole Body Vibration
Water Massage Therapy
DERMOSONIC Cellulite Reduction (max 4 sessions)
Naturopathic Doctor Visit (max 2 sessions)
Hydro-Dermo Hydration Spa Treatments
Infrared Body Wrap (max 2 sessions)
Ionic Foot Detox

* Supplements sold separately. Above pricing for services only.

Colon Cleanse
Six-week psyllium husk supplementation

Full-Body Detox
Six-week organic wheatgrass, 12-sessions ion foot detox, SAUNATOX

Lymphatic Drainage
Whole body vibration exercising, hydro lymphatic massage

7-Day Rehydrate
Whole body vibration exercising, hydro lymphatic massage

pH Balancer
Balance acid/alkaline levels using Green Water and pH drops

The restore health programs try to balance body chemistry, using vibrational energy, infrared heats, and nutrition. We maximize nutrition, create better absorption of nutrients from your diet, and attempt to clear the body's waste elimination pathways.

Our goal is to help you maintain your health and wellness naturally We use nutrition, vitamin therapy, holistic therapies, and integrative medicine techniques to maintain the body's health at a cellular level.

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Natural Health Center
Powerful, Positive Healing for Life

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Carencro Office

DHARMA
wellness center and fit club

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Sunset Office

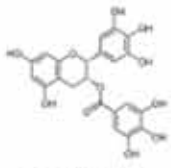
www.WheTea.com

Obesity is A Major Medical Crisis

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

WheTea Weight Loss Formula

"I lost 10 lbs in my first 6 days."



Epigallocatechin gallate

EGCG

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

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

Burns fat with enzymes and epigallocatechin gallate (EGCG)

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

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

WheTea

THERMOGENIC FAT BURNER

Wheatgrass - Green Tea Concentrated Extract

contains

100% Organic Wheatgrass

- Burns fat
- Contains EGCG for fat oxidation
- Boosts metabolism
- Increases the body's alkalinity
- Contains over 92 elements

AVAILABLE AT:

Drug Emporium, Lafayette
Address: 505 Bertrand Dr. Telephone: 261-0051

Natural Health Center, Carencro
Address: 100 E. Angelle St. Telephone: 896-4141

DHARMA Wellness Center, Sunset
Address: 166 H Oak Tree Park Drive Telephone: 662-3120

Benny's Sport Shack, Opelousas
Address:806 S. Union St. Telephone: 948-6533

Road Less Traveled, Lafayette
Address: 312 Guilbeau Rd. Telephone: 988-9889

WheTea

THERMOGENIC FAT BURNER

Organic Frozen Wheatgrass Juice

Wheatgrass juice is potent raw, living food.

- 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 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

Wheatgrass helps the body heal from inflammation and pain and is said to help prevent cancer.

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.

WheTea Weight loss drops

- Contaisn 100% organic wheatgrass
- Burns fat
- Contains EGCG for fat oxidation
- Boosts metabolism
- Increases the body's alkalinity
- Contains over 92 elements

PRODUCT SPOTLIGHT

$35

PHYTOESTROGEN
Body Cream
with black cohosh

$3

AWAKEN Wheatgrass and Alo Vera

ALO's Original Aloe Drink is now available in delicious Aloe + Wheatgrass. If you've got to rustle up some energy fast, try downing a shot of wheat grass juice, the equivalent of a mug of coffee that can be quickly absorbed by your body for that instant zing!

talenti GELATO

GLUTEN FREE DAIRY FREE

significantly less butterfat than ice cream's 17 - 26%

$10

100% pleasure

Unscrew the lid, grab a spoon, sit back and indulge. With a third less fat than regular ice cream, Talenti gelato is one indulgence you can feel good about.

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Carencro Office 896-4141

DHARMA Wellness Center
Sunset Office 662-3120

newsbriefs

Finding Refuge Amidst the Storm

Once a shelter offering refuge to weary travelers, hospice was known only for its hospitality. Today, a new kind of traveler beckons its doors and hospice now serves as a refuge for the terminally ill and their families in times of death and grieving.

While faced by death, many seek refuge in the hands of those most capable of caring for the terminally ill. At St. Joseph Hospice's Carpenter House, terminally ill patients and family members find that refuge in the midst of their storm.

The Carpenter House is a 16 private room hospice facility, resembling the warmth of home for patients who are in the life and death transition and require 24-hour nursing care.

Location: 10615 Jefferson Hwy., Baton Rouge. For more information, call 225-769-4810 or 866-769-4810 or visit StJosephHospice.com.

Ride the Rails of La Caboose Bed and Breakfast

Climb aboard the railways of serenity and retreat. Tucked away quietly among the stillness of a certified natural wildlife habitat is La Caboose Bed and Breakfast, a quaint bed and breakfast known for its uniquely restored sleeping quarters—a Southern Pacific caboose and mail passenger car. The car that once roared its way past rural America, while beckoning the recognition of onlookers with its loud whistle, now sits quietly in retirement, spending peaceful days nestling visitors in harmonious retreat.

It seems only natural that it has become a resting place for weary travelers since the caboose originally served as living quarters for the train's conductor while away from home for long periods of time. Although telegrams were sent from the train's caboose, guests will not find a telephone or television in this quiet retreat, which has been welcoming visitors for more than 20 years.

Guests resting at La Caboose Bed and Breakfast are greeted each new day with warm French toast and homemade mayhaw, muscadine or fig Creole jelly made by owner, Margret Brinkhaus.

Location: 145 South Bud St., Sunset. For more information, call 337-662-5401.

Putting the Fun Back into Fundraising

Fundraisers have been a part of American culture for decades, but traditional methods of raising funds can be pain staking and time consuming with little to show for the effort.

Custom Fundraising Solutions has developed a way to eliminate the stress associated with fundraising and provide a valuable solution for both organizations and their supporters. Their philosophy is simple: fulfill a personal need at a reasonable price, while creating substantial revenue for a worthy cause.

With decades of industry experience, Custom Fundraising Solutions can turn any space into a convenient neighborhood showroom of award-winning quality mattresses while offering consumers a vast selection of mattress styles including specially crafted, custom-made mattresses to suit every need accordingly while priced 30 to 60 percent below retail. Most of all, this hassle-free method of fundraising eliminates the stress while motivating morale.

To take advantage of this solution to fundraising across Acadiana, call Sarah Thibodeaux at 337-322-2632 or email Cfslouisiana@gmail.com.

Clementine Dining and Spirits

Folk artist Clementine Hunter was the inspiration behind the visionary accolade of local restaurant owner Wayne Peltier of Clementine Dining and Spirits, in New Iberia. Charmingly orchestrated, Clementine's is as much about the character as it is about the food. It is a celebration of life between friends, surrounded by delicious food, an embracing ethos, fine art and the mystery of a lady named Clementine. From its menu to the utensils, Clementine's Downtown has a melting pot of stories to share and is a place where one is encouraged to ask questions, seek answers and discover the artist within.

Amongst Clementine's delectable menu of fine delicacies are some vegetarian and gluten-free favorites for the health conscious. Their selection of salmon, duck and tuna entrées also supports healthier dietary choices. Clementine's ensures 100 percent in-house favorites made with fresh, local ingredients.

Location: 113 East Main St., New Iberia. For more information, call 337-560-1007 or visit ClementineDowntown.com.

"One of the limitations of traditional cancer therapy today is that we are primarily treating a very advanced disease."

"The cure for cancer is in prevention of the disease."

Dr. Steven T. Castille, BSc, MS, DNM
Biochemist and Doctorate in Natural Medicine
Educating You and Your Family in the PREVENTION of Disease, Naturally!

cancer cells induce angiogenesis

Angiogenesis is a big word for a simple concept: it's the process through which our bodies create new blood vessels. In normal, healthy individuals, new blood vessels grow only under specific circumstances: as part of the healing process for an injury, for instance, or during pregnancy. Our bodies contain a natural system of checks and balances to regulate the growth of blood vessels, known to scientists as angiogenesis stimulators and inhibitors. The stimulators act as natural fertilizers to get vessels to grow, and the inhibitors prune back extra vessels when they're no longer needed.

Without blood vessels to supply them with the nutrients necessary for expansion, microscopic cancers have nothing to do and nowhere to go. But as cancer cells mutate, they can hijack the body's system of checks and balances, using angiogenesis stimulators to create the blood supply they need. A microscopic tumor, given a steady influx of blood, can grow to up to 16,000 times its original size in as little as two weeks. And, of course, what goes in must come out; the blood feeding the tumor is circulated back through the body, now bearing cancer cells that can take up residence in distant organs, leading to metastasis. This is the turnkey step that converts a harmless cancer into a deadly one.

The concept of dietary cancer prevention exists in something of a vacuum: the food industry isn't involved with cancer research, and pharmaceutical companies aren't involved with food products. What we eat and drink can play a critical role in the prevention of cancer and other disease.

Michelle Alleman

A Story of Hope

by Paris Brewster

After five long years of medical testing under the care of two separate dermatologists, Carencro native Michelle Alleman was at her wit's end. By 2012, she began to experience high levels of anxiety and depression that began to cripple her socially. "My complexion was so bad that I began to dread leaving the house," she says.

Her skin appeared blotchy and blistered. "It was embarrassing," explains Alleman. "What looked like pimples weren't, while others looked like blisters and they would ooze. They would break out on my face and genital area and I was miserable."

Her doctors prescribed an antibiotic called Bactrim. It would relieve the symptoms for a short amount of time and then reoccur. She stayed on the medication for a year until she decided she had enough—she didn't want to be on antibiotics the rest of her life.

After caring for her dying mother, Alleman scheduled a visit with an internist in November 2012. That visit revealed extremely high blood pressure and edema. She was also suffering from insomnia, depression and anxiety and was sent home with an assortment of medications and fluid pills. By Easter, things had progressed and her misery accelerated. "I would wake up in pain and go to bed in pain," she recalls.

Thinking it may be hormones, she sought the counsel of her gynecologist. The nurse called to tell her that her test results revealed that she was not menopausal. "That is not what I wanted to know," notes Alleman. "I wanted to know if my hormones were unbalanced, not if I was menopausal." Feeling overwhelmed and exhausted, she began to wonder if she would ever find the answers.

"I was desperate," she explains. "I tried to eliminate things such as caffeine, sodas and spicy foods out of my diet—everything imaginable, there just seemed to be no solution."

In March 2013, her daughter returned home from work to tell her mom about a wellness center she had heard about—one that was receiving positive results with their clients. Results of restoration for those who were like Alleman: at their wit's end.

She looked up the address and discovered that she passed this wellness center regularly on her way to Super One foods grocery store in Carencro. "I just thought it was a little vitamin shop," laughs Alleman. She called the wellness center and Dr. Steve Castille (Dr. Steve), a nutritional biochemist and naturopathic doctor with a doctorate in natural medicine who practices integrative medicine using nutrition, supplementation, and holistic therapies; just happened to be the one to answer her call. She explained her situation to him and he invited her to come in immediately. That day, Michelle Alleman found hope. In the office of Dr. Steve, she found peace of mind, while learning more about her body, her problem and most of all, its solution.

"I remember looking at him and asking, 'Can you fix it?'" states Alleman. "And I will never forget his answer. He looked at me and said a wonderful three-letter word. 'Yes.'" Yes, a simple word that for some gives hope and strengthens faith. After five long years, she finally had hope.

That day, Dr. Steve immediately set into action the course that would change her life. Her first step along the journey to restoration was to complete a thermography exam.

In a follow-up visit, Dr. Steve then sat and explained her results and how the lymphatic system works. He pointed out areas of inflammation and poor circulation on her thermogram, explaining that the thermogram indicated swollen lymph nodes and a buildup of fluid at major lymphatic pathways. Alleman began her six week Restore Health Program in March 2013 and using an extensive vitamin and holistic therapy protocol, along with nutritional and eating habit changes, she began to see the signs of healing after only three weeks. This in itself was a bit of a miracle considering she had previously seen dermatologists, internal medicine specialists, gynecologists and more, and had been on antibiotics, fluid pills and too many other prescribed drugs that offered a temporary bandage and more often had no effect. Her body would never heal from the drugs she was taking, but would only hide the disease further into the body.

Alleman continued to follow Dr. Steve's instructions and at the end of her six weeks, the blisters were drying and scabbing and the hot spots that showed up on her first thermogram were no longer there or drastically reduced. After eight long years and thousands of dollars spent on drugs and doctor visits, her body was finally beginning to heal in only six weeks of being at the wellness center under the guidance and instruction of Dr. Steve. Today, her complexion has drastically improved. "I will always have scars, but today I can put on makeup and go out in public," she says.

"I just want others to know that you do not have to live in pain and live on medications the rest of your life," adds Alleman. "You do not have to accept the symptoms and conditions as your fate. There is help. There is hope. It is not an overnight thing; it took six weeks to really notice the difference. Just hang in there. I am living proof; there is hope."

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Stone Fruits Keep Waistlines Trim

Some favorite summer fruits, like peaches, plums and nectarines, may help ward off metabolic syndrome, a collection of conditions including high blood sugar levels and excess fat around the waist that can lead to serious health issues such as stroke, heart disease and diabetes. A study by Texas A&M AgriLife Research, presented at the American Chemical Society's 2012 National Meeting & Exposition, reported that pitted fruits contain bioactive compounds that can potentially fight the syndrome.

According to food scientist Luis Cisneros-Zevallos, Ph.D., "The phenolic compounds in the fruits

Kudos for Kale

The U.S. Department of Agriculture's new food pyramid, MyPlate (*ChooseMyPlate.gov*), is based on its *2010 Dietary Guidelines for Americans*, aimed at helping people make better food choices. Fruits and vegetables should comprise half our "plate", and dark green veggies are the USDA's top choice of nutrients. Kale leads the list of helpful leafy greens for many reasons.

Like its cousins in the *Brassica* family—broccoli, Brussels sprouts, cabbage and collards—kale is a low-calorie, nutrient-dense powerhouse of antioxidants, including vitamins A and C. Per calorie, kale contains more iron than beef and more calcium than milk, and it is better absorbed by the body than most dairy products. A single serving (about one cup, chopped) provides 5 percent of the recommended daily intake of fiber, plus two grams of protein. The versatile veggie—it is tasty steamed, braised or baked—is also a rich source of both omega-3 and omega-6 essential fatty acids.

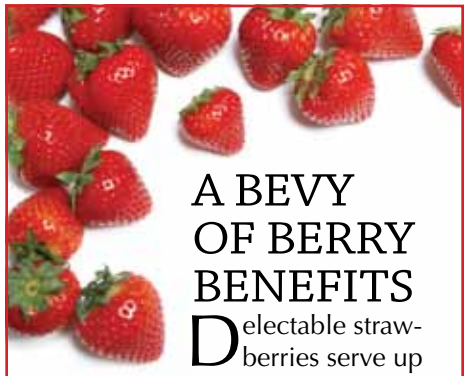
Best of all, kale is a "green" green, high on the sustainability scale. Growing one pound of kale uses about 23 gallons of water; raising a pound of beef necessitates more than 2,400.

Sources: USDA.gov; VegSource.com

ICED TEA HAS ISSUES

It is peak season for iced tea, but this warm-weather favorite may not be the ideal choice to counter dehydration. Iced tea made from black tea contains high concentrations of oxalate, one of the key chemicals that lead to the formation of kidney stones, a common disorder of the urinary tract that affects about 10 percent of the U.S. population.

"For people that have a tendency to form the most common type of kidney stones, iced tea is one of the worst things to drink," reports Dr. John Milner, an assistant professor with the Department of Urology at Loyola University Chicago's Stritch School of Medicine. While all black tea contains oxalate, dietitians note that people tend to imbibe more of it when it's on ice than when it's hot.



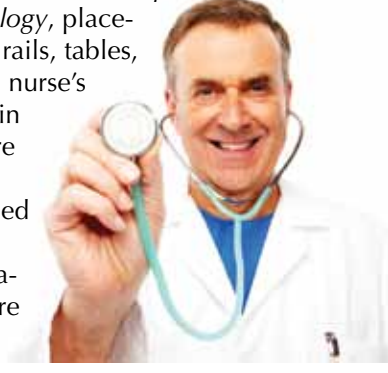
A BEVY OF BERRY BENEFITS

Delectable strawberries serve up some sweet health benefits. Studying the effects of strawberries on cardiovascular health, heart disease and diabetes, scientists at the University of Warwick, UK, discovered that extracts from the fruit activate a protein called Nrf2, which increases antioxidant and other protective measures in the body and helps decrease blood lipids and cholesterol that can lead to cardiovascular problems. The scientists plan to continue their research in order to identify the most healthful varieties of strawberries, how they are best served or processed and the amount to eat for optimum benefits.

HEALTHY METAL

In the United States, healthcare-acquired infections (HAI) result in 100,000 deaths annually and add an estimated $45 billion to healthcare costs. Common HAI microbes that often contaminate items within hospital rooms include methicillin-resistant *Staphylococcus aureus* (MRSA) and vancomycin-resistant *enterococcus* (VRE).

Few strategies have been clinically proven to reduce the spread of these infections, but copper's antimicrobial properties are promising. According to a recent study published in the journal *Infection Control and Hospital Epidemiology*, placement of bed rails, tables, IV poles and nurse's call buttons in intensive care unit hospital rooms reduced the number of HAIs in patients by more than half.



Nature's Own Sports Drink

If Mother Nature chose an ideal sports drink for light-to-medium exercise, it might be coconut water, the clear liquid found most abundantly inside young, green coconuts. That's the conclusion reached by Indiana University Southeast lecturer Chhandashri Bhattacharya, Ph.D., in presenting his research to the American Chemical Society.

"Coconut water is a natural drink that has everything your average sports drink has and more," says Bhattacharya. "It has five times more potassium than Gatorade or Powerade. Whenever you get cramps in your muscles, potassium will help you get rid of them."

A 12-ounce serving of coconut water may also help balance the typical American diet, which is too low in potassium and too high in sodium derived from excess salt; individuals consuming such diets tend to have twice the risk of death from heart disease and a 50 percent higher risk of death from all disease-related causes. Coconut water is also high in healthful antioxidants.

Plasticizer Undermines Heart Cell Functioning

The chemical DEHP, a phthalate used widely in household plastics, may change how rat heart cells use energy, according to a new study by George Washington University, in the District of Columbia. By shifting heart cells to depend on fatty acids as an energy source more than usual, DEHP may ultimately increase the long-term risk of heart attack and heart failure.

The findings raise concerns about similar effects of plasticizers in humans. Earlier work from the same research team reported that DEHP causes irregular rhythms in cultured heart cells. DEHP is frequently used for medical blood bags and tubing and is found in foods packaged in plastics, especially fatty foods like milk products, oils and fish or seafood.

PRE-PREGNANCY DIET MAY ALTER GENES

It's common knowledge that a mother's diet during pregnancy makes a measurable difference in the health of her child. Now, new research suggests that what a mom eats before becoming pregnant might be important, too. According to a study in the online edition of *The FASEB Journal* of the Federation of American Societies for Experimental Biology, the foods eaten by a group of non-pregnant female mice chemically altered their DNA, and these changes were later passed on to their offspring. The DNA alterations, called "epigenetic" changes, due to an inadequate maternal diet dramatically reduced the animals' ability to metabolize many essential fatty acids that are essential to health.

Wheatgrass the KING of Superfoods

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

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

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

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

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

Benefits of Wheatgrass

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

• Increases red blood-cell count and lowers blood pressure. It cleanses the blood, organs and gastrointestinal tract of debris. Wheatgrass also stimulates metabolism and the body's enzyme systems by enriching the blood. It also aids in reducing blood pressure by dilating the blood pathways throughout the body.

• Stimulates the thyroid gland, correcting obesity, indigestion, and a host of other complaints.

• Restores alkalinity to the blood. The juice's abundance of alkaline minerals helps reduce over-acidity in the blood. It can be used to relieve many internal pains, and has been used successfully to treat peptic ulcers, ulcerative colitis, constipation, diarrhea, and other complaints of the gastrointestinal tract.

• Is a powerful detoxifier, and liver and blood protector. The enzymes and amino acids found in wheatgrass can protect us from carcinogens like no other food or medicine. It strengthens our cells, detoxifies the liver and bloodstream, and chemically neutralizes environmental pollutants.

• Fights tumors and neutralizes toxins. Recent studies show that wheatgrass juice has a powerful ability to fight tumors without the usual toxicity of drugs that also inhibit cell-destroying agents. The many active compounds found in grass juice cleanse the blood and neutralize and digest toxins in our cells.

• Contains beneficial enzymes. Whether you have a cut finger you want to heal or you desire to lose five pounds…enzymes must do the actual work. The life and abilities of the enzymes found naturally in our bodies can be extended if we help them from the outside by adding exogenous enzymes, like the ones found in wheatgrass juice. Don't cook it. We can only get the benefits of the many enzymes found in grass by eating it uncooked. Cooking destroys 100 percent of the enzymes in food.

• Has remarkable similarity to our own blood. The second important nutritional aspect of chlorophyll is its remarkable similarity to hemoglobin, the compound that carries oxygen in the blood. Dr. Yoshihide Hagiwara, president of the Hagiwara Institute of Health in Japan, is a leading advocate for the use of grass as food and medicine. He reasons that since chlorophyll is soluble in fat particles, and fat particles are absorbed directly into the blood via the lymphatic system, that chlorophyll can also be absorbed in this way. In other words, when the "blood" of plants is absorbed in humans it is transformed into human blood, which transports nutrients to every cell of the body.

• When used as a rectal implant, reverses damage from inside the lower bowel. An implant is a small amount of juice held in the lower bowel for about 20 minutes. In the case of illness, wheatgrass implants stimulate a rapid cleansing of the lower bowel and draw out accumulations of debris.

• Externally applied to the skin can help eliminate itching almost immediately.

• Will soothe sunburned skin and act as a disinfectant. Rubbed into the scalp before a shampoo, it will help mend damaged hair and alleviate itchy, scaly, scalp conditions.

• Is soothing and healing for cuts, burns, scrapes, rashes, poison ivy, athlete's foot, insect bites, boils, sores, open ulcers, tumors, and so on. Use as a poultice and replace every two to four hours.

• Works as a sleep aide. Merely place a tray of living wheatgrass near the head of your bed. It will enhance the oxygen in the air and generate healthful negative ions to help you sleep more soundly.

• Enhances your bath. Add some to your bath water and settle in for a nice, long soak.

• Sweetens the breath and firms up and tightens gums. Just gargle with the juice.

• Neutralizes toxic substances like cadmium, nicotine, strontium, mercury, and polyvinyl chloride.

• Offers the benefits of a liquid oxygen transfusion since the juice contains liquid oxygen. Oxygen is vital to many body processes: it stimulates digestion (the oxidation of food), promotes clearer thinking (the brain utilizes 25% of the body's oxygen supply), and protects the blood against anaerobic bacteria. Cancer cells cannot exist in the presence of oxygen.

• Turns gray hair to its natural color again and greatly increases energy levels when consumed daily.

• Is a beauty treatment that slows down the aging process when the juice is consumed. Wheatgrass will cleanse your blood and help rejuvenate aging cells, slowing the aging process way down, making you feel more alive right away. It will help tighten loose and sagging skin.

• Lessens the effects of radiation. One enzyme found in wheatgrass, SOD, lessens the effects of radiation and acts as an anti-inflammatory compound that may prevent cellular damage following heart attacks or exposure to irritants.

• Restores fertility and promotes youthfulness.

• Can double your red blood cell count just by soaking in it. Renowned nutritionist Dr. Bernard Jensen found that no other blood builders are superior to green juices and wheatgrass. In his book "Health Magic Through Chlorophyll" he mentions several cases where he was able to double the red blood cell count in a matter of days merely by having patients soak in a chlorophyll-water bath. Blood building results occur even more rapidly when patients drink green juices and wheatgrass regularly.

DETOX THE BODY

Ionic Detox Foot Bath

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

Top Reasons to Ion Detox

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

Why You Should Ion Detox

Throughout the course of the day, the average person will encounter a variety of environmental factors which affect their well being. This includes food additives, tobacco smoke, alcohol, artificial sweeteners, stress, lack of exercise, or even air pollution. These factors cause toxins to build up in your body throughout the day. This buildup prevents your body from functioning at its optimal level. Your body detoxifies as much as it can, but never can eliminate all toxins. That's often why you may feel tired, have headaches, catch colds frequently, have sinus problems, dry skin, or bad breath. Additionally, prescription drugs, topical medication and environmental toxins seep into our organs and blood and can cause further imbalances. Ion Detox helps release chemicals that are clogging your organs like the liver and release chemicals no longer needed.

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

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

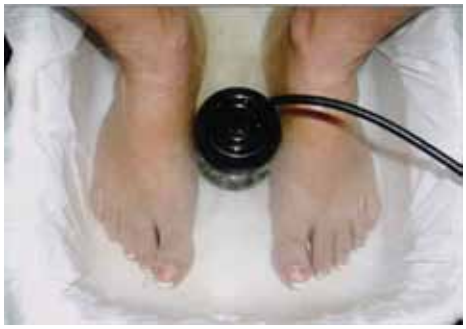
A study by the British Medical Journal said that 75% of cancers are caused by environmental and lifestyle factors. The Columbia University School of Public Health estimates that 95% of cancers are caused by diet and environmental toxicity. Heavy Metals and chemical toxins weaken the immune system and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

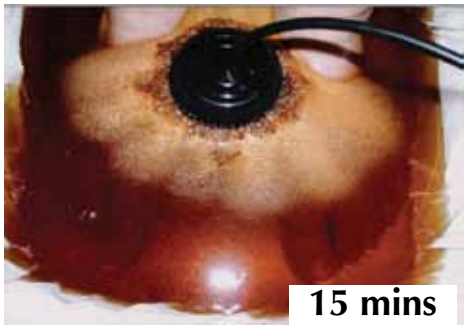
Why Ion Detox Works

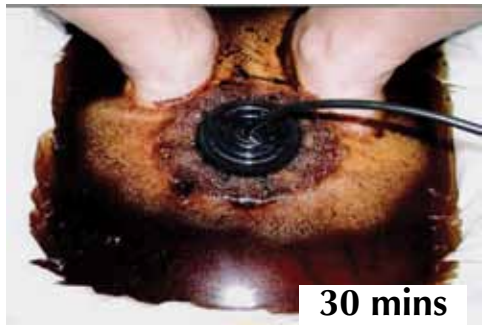
Ion Detox Treatments work to raise the body pH to a more alkaline state. This is important because the vast majority of people live in an acidic state which accelerates the aging process and is a more hospitable environment for disease to flourish.

A Higher Acidic pH Can Cause Such Problems As

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







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

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

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

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

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

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

Who should use the Ion Foot Cleanse?

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

Who should NOT use Ion Foot Cleanse?

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

How frequently can the Foot Detox be used?

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

How are toxins eliminated?

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

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

Why does the water change color?

There are many factors that come into play when the unit is turned on which contributes to the color and property changes in the water. Basically, the Detox is based on electrolysis. If we analyze the system we find the following elements: water classification and types of salt which are used to achieve optimum conductivity.

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

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

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

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globalbriefs

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

Locavore Aid

A Handy Atlas for Eating Local

Strolling of the Heifers, a Vermont-based local food advocacy group, has released its second annual Locavore Index, tracking the availability and use of locally produced foods and ranking states based on their committed support. Using recent data from multiple sources, the index incorporates farmers' markets, community supported agriculture (CSA) operations and food hubs in its per capita comparison of consumer interest in eating locally sourced foods, known as locavorism. The top five states for accessibility of local foods are Vermont, Maine, New Hampshire, North Dakota and Iowa; the bottom five are Florida, Louisiana, Arizona, Nevada and Texas.

The organization's Executive Director, Orly Munzing, says the purpose of the index is to encourage local food efforts by supporting farm-to-school programs, urging hospitals and nursing homes to purchase local foods and asking supermarkets to buy from local farms.

View the ranking of every state at Tinyurl.com/LocavoreIndex.

Mall Dogs

Humane Pet Nonprofits Follow the Crowds

Animal welfare organizations serving cities around the country are discovering that shopping malls are ideal places to find forever homes for needy pets.

At the Coronado Mall, in Albuquerque, New Mexico, Darlene Arden teaches volunteers to clicker-train cats and dogs to make them more adoptable. The SPCA in Cattaraugus County, New York, sets up a highly successful location for adoptions and raising donations in the Olean Center Mall every holiday season. The Dumb Friends League, in Denver, Colorado, maintains an off-site location at The Shops of Northfield-Stapleton, and the Collier County Humane Society, in Naples, Florida, turned a defunct pet shop in the Coastland Center mall into a thriving adoption center staffed by volunteers.

Some shelters motivate the public to embrace and encourage the technique of trap/neuter/release (TNR) as a way to control feral cat populations. Aimee Gilbreath, executive director of the Found Animals Foundation, states, "We launched the groundbreaking Michelson Prize and grant program aimed at developing a non-surgical, single-dose sterilizing agent for cats and dogs. This type of product will help shift pet population control from lethal to non-lethal methods by dramatically reducing the number of pets coming into shelters."

Learn more at FoundAnimals.org/pet-spay-neuter.

Bee Careful

Honeybee-Killing Pesticides Banned in Europe

Colony collapse disorder, a mysterious ailment that has been killing large numbers of honeybees for several years, is expanding, wiping out 40 to 50 percent of the hives needed to pollinate many of America's fruits and vegetables. Some beekeepers and researchers cite growing evidence that a powerful class of pesticides known as neonicotinoids, which hinder the bees' brain learning function and leave them unable to make the connection between floral scents and nectar, could be a key factor.

Although manufacturers claim the pesticides pose no threat to bees, a recent British honeybee field study found enough evidence to convince 15 of 27 EU member governments and the Executive European Commission to support a two-year ban on three of the world's most widely used agricultural pesticides in this category, starting this December. The action followed a European Food Safety Authority report in April that indicated these toxins pose an acute risk to honeybees.

Source: Voice of America

Johnny Appletree

One Life Yields Two Forests

Jadav "Molai" Payeng spent 30 years single-handedly planting a 1,360-acre forest in his native India. The extraordinary, yet humble, eco-conscious farmer stands as a shining example of what one person can accomplish to make the world a better place. Now he is planning on devoting his next 30 years to planting another forest.

Payeng makes a living in the forest he planted, rearing cows and selling milk in the nearest town with his wife and three children. He says, "I feel sad when I see people felling trees. We have to save the nature, or else we all will perish."

In 1979, when Payeng was 16, he began planting vegetation to transform the landscape after seeing wildlife perish from exposure along a barren sandbar near his home in northern India's Assam region. Decades later, the lush ecosystem he created is now a safe haven for a variety of large and small species that include birds, deer, rhinos, tigers and elephants impacted by extensive habitat loss.

Hands Off

Protecting a Natural Laboratory

The International Institute for Sustainable Development (IISD) is working to preserve a tract known as the Experimental Lakes Area (ELA), a world-renowned freshwater research facility in Northwestern Ontario that takes research out of the lab and into the environment, where scientists can isolate the effects of specific pollutants on aquatic ecosystems.

Over the past four decades, research conducted at the ELA has provided scientific evidence of the environmental effects of acid rain, phosphorous and other pollutants that has informed policy around the world. With new pressures like climate change and poorly understood emerging contaminants such as chromite, nanoparticles and endocrine disrupters, the logic for continued support is strong.

IISD President and CEO Scott Vaughan emphasizes the mission is to be an independent, world-class research facility for freshwater ecosystems science, maintained "in the public domain and in the public interest."

Poisoned Poisson

Fish Rendered Scentless by Pollution

Fish living in lakes tainted with metals are losing their sense of smell, prompting worries about dwindling populations, because when dissolved metals contact fish nostrils, their neurons shut down to protect the brain. Fish use their sense of smell to navigate murky waters, find mates and food, and avoid predators.

The effect of metals has been linked to impaired reproduction and growth, but this secondary, "covert toxic" effect is described by Keith Tierney, a University of Alberta assistant professor, this way: "If you can't smell food or avoid predators, you're more likely to die."

The good news from Canadian researchers, as reported in the journal *Ecotoxicology and Environment Safety*, is that such harm to fish can be reversed. When study co-author Greg Pyle, a professor at Alberta's University of Lethbridge, and his research team relocated yellow perch from Ontario lakes contaminated with mercury, nickel, copper, iron and manganese to a cleaner lake, the fish regained their sense of smell within 24 hours.

Most of the contaminated lakes involved have a metallic mix, making it hard to determine precisely which pollutants are to blame. Copper is high on the list of suspects; its agricultural and manufacturing use has more than doubled in the United States over the past three decades, according to the Copper Development Association.

Source: Environmental Health News

globalbriefs

Dangerous Duo

Neotame is the New Aspartame

NutraSweet, a formerly Monsanto-owned company, has developed a new version of Aspartame, called Neotame. It's 3,000 times sweeter than table sugar and about 30 times sweeter than Aspartame. Not yet available directly to the public, Neotame is used to sweeten commercially processed foods, but is not required to be listed on package labels of non-certified organic foods. Neotame is more stable at higher temperatures than Aspartame, so it's approved for use in a wider array of food products, including baked goods.

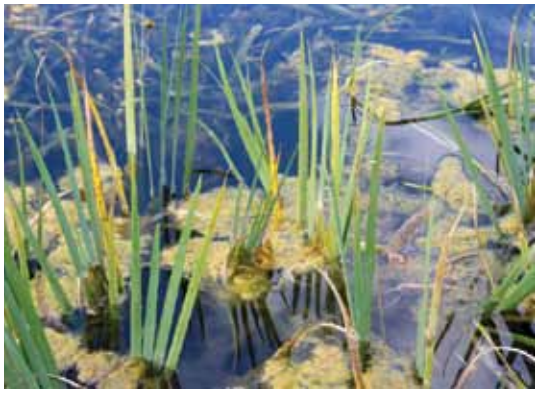
One of the byproducts created when our bodies break down these sweeteners is formaldehyde, which is extremely toxic even in tiny doses. In the U.S. National Library of Medicine, which contains more than 11 million medical citations, Neotame research fails to include any double-blind scientific studies on toxicity in humans or animals.

Nutrition expert Dr. Joseph Mercola notes that individuals experiencing side effects from Aspartame or Neotame can file a report with the U.S. Food and Drug Administration at *Tinyurl.com/FDASafetyReports*.

Source: Mercola.com

Wonder Weave

Natural Fiber is Stronger than Steel



Nanocellulose, a material derived from tree fiber and some grain stalks, could now potentially be sourced from blue-green algae in sufficient quantities to cost-efficiently create ultra-thin media displays, lightweight body armor, a one-pound boat that carries up to 1,000 pounds of cargo, and a wide range of other products. R. Malcolm Brown, Jr., Ph.D., a biology professor at the University of Texas at Austin, presented his team's findings at an American Chemical Society conference as a major step toward "one of the most important discoveries in plant biology."

Brown's method uses genes from the family of bacteria that produces vinegar and secretes nanocellulose. The genetically altered algae, known as cyanobacteria, are entirely self-sustaining. They produce their own food from sunlight and water and absorb carbon dioxide from the atmosphere, offering a natural way to reduce this major greenhouse gas.

Brown says bacterial nanocellulose can be used to create ballistic glass, aerospace materials or even wound dressings, because it retains its stiffness and strength even when submerged in liquid. Its most obvious application would be in paper, cardboard and display industries.

Source: TheVerge.com

Green Kitchen

Home Composting Boosts Sustainability

A 2012 report from the National Resources Defense Council notes that just 3 percent of uneaten food in the United States is composted, and landfill scraps account for 23 percent of all methane gas emissions. Composting, the process of decomposing organic matter into a nutrient-rich material, is an easy way to turn food scraps, lawn clippings, garden trimmings and other waste into natural garden fertilizer. Its relatively loose composition allows nutrients to pass into the soil quickly, and the practice reduces discards to landfills.

Compost material is not limited to what's left on a plate after dining. Expand contents to include peels, cores and husks from fruits and vegetables generated during meal preparation, egg and nut shells, tea leaves and coffee grounds, bread, crackers and pet food. Fruit and vegetable seeds won't decompose in cold conditions, however. (Learn more about green gardening at *GreenLiving.NationalGeographic.com*.)

Now, plates and cups made of sugarcane or corn, plus oil- and plant-based packaging, can also be added to the list. Pending legislation in California would allow products meeting certain criteria to bear "compostable" or "biodegradable" claims on packaging.

Manufacturers of compost bins are responding to increased consumer interest with convenient options. In addition to traditional plastic or metal containers and wood-sided bins, new high-quality, enclosed, compost tumblers offer quicker processing time, protection from animals and less odor. Advanced models include automatic, electric, indoor composters. (See more at *EarthEasy.com/grow_compost.html*.)

Live composting in the form of vermiculture, or worm composting, teaches care for creatures and ecosystem sustainability. Food scraps feed worms, which then produce nutrient-rich castings (excreta). (Learn more at *GrowOrganic.com* and *RedWormComposting.com*.)

Six Ways to Eat Safe

The Latest Facts about Organics, Pesticides, Seeds and More

by Melinda Hemmelgarn

Hot fun in the summertime begins with fresh, sweet and savory seasonal flavors brought to life in *al fresco* gatherings with family and friends. As the popularity of farmers' markets and home gardening surges onward, it's time to feast on the tastiest produce, picked ripe from America's farms and gardens for peak flavor and nutrition.

Similar to raising a sun umbrella, learning where food comes from and how it's produced provides the best protection against getting burned. Here's the latest on some of the season's hottest food issues to help families stay safe and well nourished.

Local Organic Reigns Supreme

Diana Dyer, a registered dietitian and garlic farmer near Ann Arbor, Michigan, observes, "You can't buy happiness, but you can buy local, and that's kind of the same thing." Purchasing local foods whenever possible has many merits, including shaking the farmer's hand, asking about farming methods and developing sincere relationships. Buying local also supports the local economy and contributes to food security.

Yet "local" alone does not necessarily mean better. Even small farmers may use harmful pesticides or feed their livestock genetically modified or engineered (GM, GMO or GE) feed. That's one reason why the smartest food choice is organic, with local organic being the gold standard.

The U.S. Department of Agriculture (USDA) organic certification label ensures that strict national organic standards—prohibiting the use of antibiotics, hormones and GM feed and ingredients—have been met. Plus, organically raised livestock must have access to the outdoors and ample time on pastures, naturally resulting in milk and meat with higher levels of health-protecting omega-3 fatty acids.

Still, organic naysayers abound. For example, many negative headlines were generated by a recent Stanford University study that questioned whether or not organic foods are safer or more healthful than conventional. Few news outlets relayed the researchers' actual conclusions—that organic foods may reduce exposure to pesticide residues and antibiotic-resistant bacteria; children on organic diets have significantly lower levels of pesticide metabolites, or breakdown products, in their urine; organic milk may contain significantly higher levels of omega-3 fatty acids; and organic produce contains higher levels of health-protecting antioxidants.

Jim Riddle, former organic outreach coordinator at the University of Minnesota, in Lamberton, explains that organic farming methods are based on building and improving the soil, promoting biodiversity and protecting natural resources, regardless of the size of the farm. Healthier ecosystems, higher quality soil and clean water will produce healthier plants, which in turn support healthier animals and humans on a healthier planet.

Pesticide Problems and Solutions

Children are most vulnerable to the effects of pesticides and other environmental toxins, due to their smaller size and rapid physical development. Last December, the American Academy of Pediatrics issued a policy statement that asserted, "Beyond acute poisoning, the influences of low-level pesticide exposures on child health are of increasing concern." The organization links pesticide exposure to higher risk for brain tumors, leukemia, attention deficit disorders, autism and reductions in IQ.

Because weeds naturally develop resistance to the herbicides designed to kill them, Dow AgroSciences has genetically engineered seeds to produce crops that can withstand spraying with both the systemic herbicide glyphosate (Roundup), and 2,4-D, one of the active ingredients in Agent Orange, used as a defoliant in the Vietnam War. The latter is commonly applied to lawns and wheat-producing agricultural land, even though research reported in the journal *Environmental Health Perspectives* links exposure to 2,4-D to birth defects and increased cancer risk. Dow AgroSciences' new GE seeds await regulatory approval.

Eric Mader, program director at the Portland, Oregon-based Xerces Society for the conservation of invertebrates and pollinator protection, warns that broad-spectrum pesticides kill beneficial insects along with those considered pests. Mader recommends increasing the number of beneficial insects, which feed on pests, by planting a greater diversity of native plants on farms and in home gardens.

Demand for GMO Labeling

Despite California's narrow defeat of Proposition 37, which would have required statewide labeling of products containing GMOs, advocates at the Environmental Working Group and the Just Label It campaign are pushing the U.S. Food and Drug Administration (FDA) for nationwide GMO labeling. Responding to consumer demand, Whole Foods Market recently announced that it will require GMO labeling in all of its U.S. and Canadian stores by 2018.

Filmmaker Jeremy Seifert's powerful new documentary, *GMO OMG*, should give the movement a major push, as well. The 2013 film explores the danger in corporate patenting of seeds and the unknown health and environmental risks of engineered food. Seifert says, "I have a responsibility to my children to hand on to them a world that is not poisoned irreparably." As for the promise that GMOs are required to "feed the world," he believes it's a lie, noting that it's better to "feed the world well."

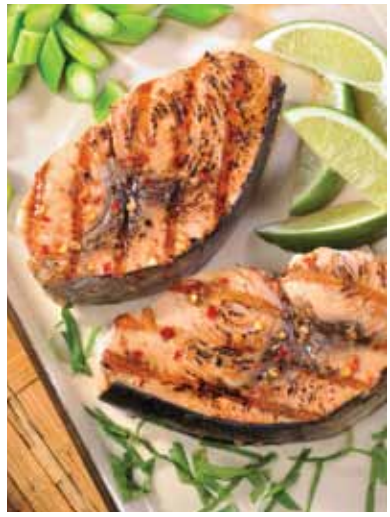
Seed Freedom and Food Choice

Roger Doiron, founder and director of Kitchen Gardeners International, headquartered in Scarborough, Maine, celebrates Food Independence Day each July Fourth. Doiron believes that growing, harvesting, cooking and preserving food is both liberating and rewarding, and patriotic. More than 25,000 individuals from 100 countries belong to his nonprofit network that focuses on re-localizing the world's food supply. Food freedom starts with seeds.

Saving and trading heirloom, non-hybrid, non-GMO seeds is becoming as easy as checking out a library book. Several libraries across the country are serving as seed banks, where patrons check out seeds, grow crops, save seeds and then donate some back to their local library.

Liana Hoodes, director of the National Organic Coalition, in Pine Bush, New York, is a fan of her local Hudson Valley Seed Library. The library adheres to Indian Physicist Vandana Shiva's *Declaration of Seed Freedom* and makes sure all seed sources are not related to, owned by or affiliated with biotech or pharmaceutical corporations. In addition to preserving heirloom and open-pollinated varieties, each seed packet is designed by a local artist.

Finicky about Fish



Grilled fish makes a lean, heart-healthy, low-calorie summer meal. Some fish, however, may contain chemicals that pose health risks, especially for pregnant or nursing women and children. For example, according to the U.S. Environmental Protection Agency (EPA), nearly all fish and shellfish contain traces of mercury, which is toxic to a baby's developing nervous system. Both the EPA and local state health departments post consumption advisories that recommend limiting or avoiding certain species of fish caught in specific locations.

For several decades, Captain Anne Mosness, a wild salmon fisherwoman, operated commercial fishing boats in Washington waters and from Copper River to Bristol Bay, Alaska. She worries about the threat of pollution from industrial aquaculture, plus the effects of genetically engineered salmon on wild fish populations, coastal economies and ecosystems.

Mosness explains that AquAdvantage Salmon, a product of AquaBounty Technologies, was created "by inserting a growth hormone gene from Pacific Chinook and a promoter gene from an eel-like fish called ocean pout into Atlantic salmon." She questions the FDA approval process and failure to address unanswered questions about the risks of introducing "novel" animals into the food supply, as well as related food allergies and greater use of antibiotics in weaker fish populations. "The salmon farming industry already uses more antibiotics per weight than any other animal production," comments Mosness.

The FDA's official public comment period on GMO salmon closed in April, but consumers can still voice concerns to their legislators while demanding and applauding national GMO labeling. GMO fish may be on our dinner plates by the end of the year, but with labels, consumers gain the freedom to make informed choices. Consumers can also ask retailers not to sell GMO fish. Trader Joe's, Aldi and Whole Foods have all committed to not selling GMO seafood.

Get Your Non-GMOs Here

Reading labels is always a good practice. We can also rely on trusted sources to help us sort out suspect products from the natural whole foods that we know are good for us. Here's a short list of websites and associated apps to help make food shopping a bit easier.

- *CenterForFoodSafety.org*; Tinyurl.com/getCenterForFoodSafetyapp
- *Fooducate.com*; Tinyurl.com/getFooducateGMOapp
- *NonGMOProject.org*; Tinyurl.com/getNonGMOProjectapp
- *NonGMOShoppingGuide.com*; Tinyurl.com/getShopNoGMOapp
- Also take action at *Buycott.com:* Tinyurl.com/getBuycottGMOapp

Antibiotic Resistance

According to the Centers for Disease Control and Prevention, antibiotics are one of the greatest public health achievements of the past 100 years. However, one of the most critical public health and economic issues we currently face is the loss of these drugs' effectiveness, due in large part to their misuse and overuse in industrial agriculture.

Dr. David Wallinga, senior advisor in science, food and health at the Institute of Agriculture and Trade Policy, says that about 80 percent of all antibiotics are given to farm animals for two reasons: to prevent illness associated with living in crowded, stressful and often unsanitary conditions; and to promote "feed efficiency", or weight gain. However, bacteria naturally mutate to develop resistance to antibiotics when exposed to doses that are insufficient to kill them.

Wallinga points out that antibiotic-resistant infections, such as methicillin-resistant *Staphylococcus aureus* (MRSA), cost our nation at least $20 billion annually and steal tens of thousands of American lives each year. Most recently, hard-to-treat urinary tract infections (UTI), were traced to antibiotic-resistant *E. coli* bacteria in chickens.

Antibiotic-resistant bacteria exist in our environment, but are more likely to be found in conventionally, rather than organically raised meat and poultry, which by law must be raised without antibiotics. Consumers beware: the word "natural" on food labels does not provide the same protection. The good news is that according to Consumers Union research, raising meat and poultry without antibiotics can be accomplished at minimal cost to the consumer—about five cents extra per pound for pork and less than a penny per pound extra for chicken.

Melinda Hemmelgarn, aka the "Food Sleuth", is a registered dietitian and award-winning writer and radio host at KOPN.org, in Columbia, MO (FoodSleuth@gmail.com). She advocates for organic farmers at Enduring-Image.blogspot.com.

Food Supply News Sources

Antibiotic Resistance
- Healthy Food Action: *HealthyFoodAction.org*
- Institute for Agriculture and Trade Policy: *iatp.org*
- Keep Antibiotics Working*: KeepAntibioticsWorking.com*
- Meat Without Drugs: *MeatWithoutDrugs.org*
- Not in My Food: *Tinyurl.com/NotInMyFoodNoAntibiotics*

Fish Food Safety
- Center for Food Safety: *CenterForFoodSafety.org*
- Food and Water Watch: *FoodAndWaterWatch.org*
- *Food Sleuth Radio* interview with fisherwoman, Anne Mosness: *Tinyurl.com/FoodSleuthRadioAnneMosness*

GMOs
- GMO Food Labeling: *JustLabelIt.org*
- *GMO OMG*: *GMOFilm.com*

Local/Organic
- *Eat Local: Simple Steps to Enjoy Real, Healthy and Affordable Food*, by Jasia Steinmetz: *TableOfTheEarth.com/eat-local-simple-steps*
- Organic Farming Research Foundation: *ofrf.org*

Pesticides
- Safe Lawns*: SafeLawns.org*
- Xerces Society: *Xerces.org/mission*

Seed Freedom and Food Choice
- Kitchen Gardeners International*: kgi.org*
- National Center for Home Food Preservation*: nchfp.uga.edu*
- Seed Libraries: *NewDream.org* and *Tinyurl.com/StartLocalSeedLibrary*
- Seed Matters: *Tinyurl.com/SeedMattersCommunityProject*

THE POWER OF PRAYER

Our Health and Happiness

I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.
3 John 2

Earthly matters are a lower order than the spiritual, but they concern us greatly and can greatly impact our health and happiness. If we do not pray about worldly matters we exclude God from a large area of our lives.

Father God, it is my desire to include You in ever sphere of my life. Thank You for caring about our eartly needs and pains. Amen.

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ALKALINE WATER MAJOR BENEFITS

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

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

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

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

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

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

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

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

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

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

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- Increase energy production
- Suppress appetite
- Improve metabolism of carbohydrates, proteins and fats from the diet
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BioLean® weight loss supplement is featured in the Physicians Desk Reference

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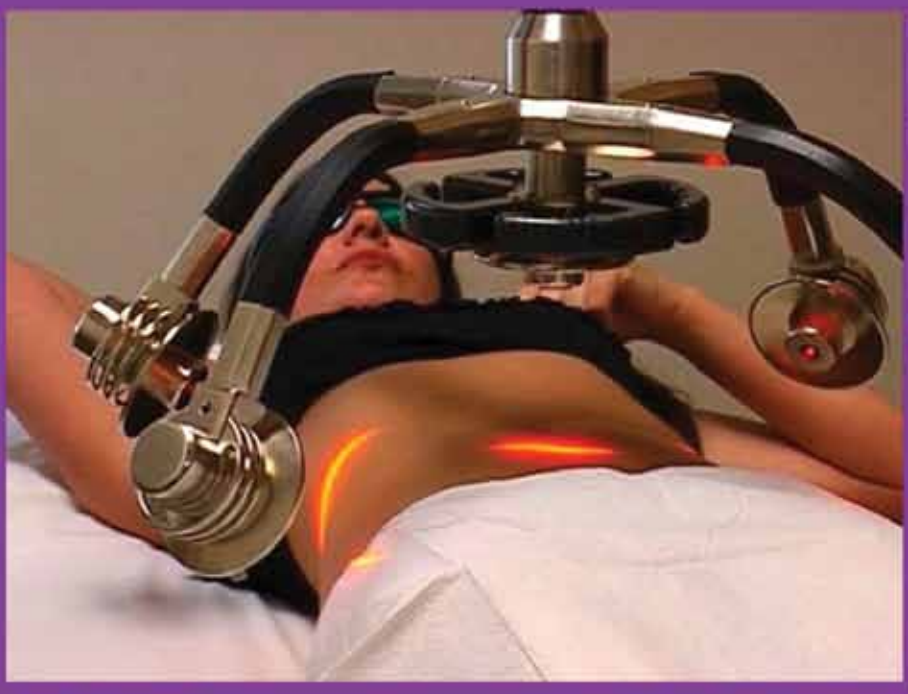

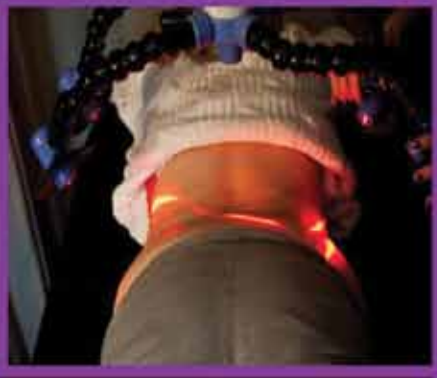

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Banish Acid Reflux

Eating Alkaline Can Cure the Burn

Nearly everyone has some reflux, the upward backflow of the stomach's contents into the esophagus connecting the stomach with the throat, or even up into the throat itself. When it occurs more than twice a week, reflux can progress from a minor irritation causing heartburn to gastroesophageal reflux disease, or GERD. When the throat is most affected, it's called laryngopharyngeal reflux, or LPR. Untreated, LPR can damage the throat, airway, and lungs. If left untreated, GERD can damage the digestive system and cause precancerous Barrett's esophagus or even esophageal cancer.

"In the United States, the prevalence of esophageal cancer has increased 850 percent since 1975, according to National Cancer Institute statistics," says Dr. Jamie Koufman who has been studying acid reflux for three decades as part of her pioneering work as a laryngologist, specializing in treating voice disorders and diseases of the larynx. She is founding director of the Voice Institute of New York and the primary author of *Dropping Acid: The Reflux Diet Cookbook & Cure*.

Koufman prescribes combining science, medicine and culinary arts to treat the ailment, which she mainly blames on the acidification of the American diet, along with increases in saturated fats, high-fructose corn syrup and agricultural pesticides.

Consider that almost all bottled or canned foods have an acidity level of 4 or lower on the pH scale—a key measurement in medicine, biology and nutrition, and significant in Koufman's clinical research and conclusions from examining upwards of 250,000 patients. "Soft drinks are the major risk factor for reflux," she notes.

The wrong foods can eat us.

A single statistic from the American Beverage Association highlights the problem: In 2010, the average 12-to-29-year-old American consumed 160 gallons of acidified soft drinks, nearly a half-gallon a day. "Trends in the prevalence of reflux parallel soft drink consumption over time, especially in young people," says Koufman.

She clarifies that the term "acid reflux" is misleading because the problem centers on the digestive enzyme pepsin, which is manufactured in the stomach to break down proteins into more easily digestible particles. It is activated by the acid in high-acid foods.

"If there is no protein around that needs digesting, pepsin can gnaw on the lining of your throat and esophagus," explains Koufman, who is a professor of clinical otolaryngology at New York Medical College. She has seen many reflux cases misdiagnosed as something else. "It's common for doctors to mistake reflux symptoms of hoarseness, postnasal drip, chronic throat clearing, trouble in swallowing or sore throat and cough for asthma, sinusitis or allergies." She adds that heartburn and indigestion are sometimes treated with over-the-counter antacids, which are ineffective for these.

Koufman helps her patients, including professional singers, to overcome

acid reflux with a two-week detoxification program consisting of a low-acid, low-fat, pH-balanced diet. "For two weeks, avoid acidic foods (nothing below pH 4)," she advises. "Eat fish, poultry, tofu, melons, bananas, oatmeal, whole-grain breads and cereals, mushrooms and green vegetables. Refrain from fried foods, chocolate and soft drinks. Basically, consume nothing out of a bottle or a can, except for water." She remarks that reflux is definitely curable by following a proper diet, although it can still take up to a year for a person to become totally symptom-free.

Noted Integrative Physician Andrew Weil agrees with Koufman's recommendations. He suggests developing an exercise and relaxation strategy, because stress and anxiety worsen reflux symptoms, as well as increasing fiber intake by eating more whole grains, vegetables and fruits, and staying hydrated by drinking plenty of purified water. Keep a log to track foods and beverages that worsen symptoms, and avoid alcohol and stimulants like caffeinated beverages and tobacco that irritate the gastrointestinal tract.

Weil also suggests ingesting a slippery elm supplement according to label directions, which can help heal irritated digestive tract tissues, and chewing a tablet of deglycyrrhizinated licorice (DGL) or taking a half-teaspoon of a DGL supplement powder before meals and at bedtime. Reduce doses after symptoms are under control.

"For most people, there is probably a middle road—having an occasional glass of orange juice or soda doesn't cause reflux disease—but if that's all you drink day in and day out, it's likely to create a problem. For people with known reflux disease, a period of 'acid/pepsin detox' makes good sense," concludes Koufman.

Linda Sechrist is a senior staff writer for Natural Awakenings. *Visit her website ItsAllAboutWe.com for the recorded interview.*

Letting Kids Just Be Kids

They Thrive on Natural, Unstructured Fun

by Madeline Levine

Well-meaning attempts to fill a child's summer with enriching activities may do more harm than good. Why not let kids just be kids?

Notions of summer as endless free time—to climb trees, chase fireflies, build a fort in the woods, maybe set up a lemonade stand—have been supplanted in many families by pricey summer camps or other highly structured activities. But unstructured play isn't wasted time; it's the work of childhood, a vehicle for developing a basic set of life skills. Research published in *Early Childhood Research & Practice* shows that children that attend play-based rather than academic preschools become better students.

Child development expert David Elkind, Ph.D., author of *The Power of Play*, maintains, "Play is essential to positive human development." Various types teach new concepts and contribute to skills, including helpful peer relations and ways to deal with stress.

Self-initiated and self-directed play means the child is calling the shots and learning what comes naturally. If a child strums a guitar because he loves it, that's play. When being instructed, the child may enjoy the experience, but it's not the same, because the motivation is at least partly external.

> Thinking back to our own best childhood memory, it won't be a class or lesson, but the time we were allowed to just be.

The American Academy of Pediatrics recommends that children play outside as much as possible—for at least 60 minutes a day—yet almost half of America's youth routinely aren't getting any time outside, according to study findings reported in the *Archives of Pediatrics & Adolescent Medicine*. Outdoor play helps combat childhood obesity, acquaints them with their larger environment and supports coping skills.

Every child is different. But as Dr. Kenneth R. Ginsburg, a professor of pediatrics at The Children's Hospital of Philadelphia and University of Pennsylvania and a leading expert on resilience, remarks, "Every child needs free, unscheduled time to master his or her environment." Play is valuable because it miniaturizes the world to a manageable size and primes kids for learning.

Consider the complexities involved in a game of chase. Kids develop social skills in organizing and agreeing on rules, and then participate in the physical and creative actions of the actual activity while resolving conflicts or disagreements during its course—providing a foundation for excelling in school and even the business world.

Solitary play also provides problem-solving practice. A young girl playing with her dolls may try out different ways of handling the situation if one of them "steals" a treat from the dollhouse cookie jar before tea is served.

Because youth haven't yet developed a capacity for abstract thinking, they learn and discover more about themselves mainly by doing. Developing small self-sufficiencies gives kids a sense of power in a world in which they are, in fact, small and powerless. This is why kids love to imagine dragon-slaying scenarios. Taking risks and being successful in independent play can increase confidence and prepare them to resist peer pressures and stand up to bullying.

Given our global challenges, tomorrow's adults will need the skills developed by such play—innovation, creativity, collaboration and ethical problem solving—more than any preceding generation. A major IBM study of more than 1,500 CEOs from 60 countries and 33 industries in 2010 found that the single most sought-after trait in a CEO is creativity.

To survive and thrive, our sense of self must be shaped internally, not externally. We need to learn and focus on what we're good at and like to do; that's why it's vital to have kids try lots of different activities, rather than immersing them full-time in parental preferences and dictated experiences. Leading experts in the field agree that considerable daily, unguided time not devoted to any structured activity facilitates their investment in the emotional energy required

to develop their own identities. It is this sense of self that provides a home base—a place to retreat, throughout life.

Ultimately, everyone must rely on their own resources and sense of self or they'll always be looking for external direction and validation. Mental health workers say that produces kids that take unnecessary risks, have poor coping skills and are vulnerable to substance abuse. Business leaders say such a tendency produces workers that need too much time, resources and direction to be really valuable.

> Most experts agree that kids should have more unstructured free time than structured playtime.
>
> *~ Dr. Kenneth R. Ginsburg*

In the end, learning who we are primarily takes place not in the act of doing, but in the quiet spaces between things, when we can reflect upon what we have done and who we are. The more of these quiet spaces families provide for kids, the better.

Madeline Levine, Ph.D., a clinical psychologist and educator in San Francisco, CA, is the author of New York Times *bestsellers,* Teach Your Children Well *and* The Price of Privilege. *See MadelineLevine.com/category/blogs.*

Summer Play

Seven Ways to Let a Kid be a Kid

Why not make summer fun again? Here's how.

✔ Follow the principle that regular playtime is vital for everyone.

✔ Get in touch with our own playfulness. Kids really do model what they see. Present a picture of adulthood that children will want to grow up to emulate.

✔ Tell the kids it'll be a laid-back summer. Ask them to create a fun bucket list of which activities they want to keep... and which they want to toss. Parents may be shocked by what they say they want to quit doing. Sometimes kids do things because we want them to, and somehow we fail to notice their heart hasn't been in it.

✔ Arrange low-key times with friends and family. This may mean turning down some invitations and setting aside an evening as family night. Make sure kids have regular opportunities to just hang out with family and friends.

✔ Encourage free-range (not pre-packaged), natural and spontaneous play—like a sandbox in the backyard, blocks and impromptu neighborhood soccer games, instead of an amusement park, elaborate toys and soccer camp.

✔ Make sure children also have total down time for lying in the grass looking at the sky, or sitting on the sidewalk sharing a stick of all-natural gum with a friend.

✔ Show trust in giving youngsters some freedom. Choice is the hallmark of true play. Have confidence that when a child is off on his own and enjoying and directing himself in activities he chooses, that is his "job". The chances are that whatever innocent activities he's doing of his own free will are better than any "enriching" activity we might impose on him.

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Supplement Facts

Serving Size: 2 Vegetarian Capsules
Servings Per Container: 45

Amount Per Serving	% Daily Value
Digestive Enzyme Blend	*
Bromelain (from pineapple fruit)	120 GDU*
Papain (from papaya fruit)	600,000 FCCPU*
Protease – acid stable (from *Aspergillus oryzae*)	10 SAPU*
Amylase (from *Aspergillus oryzae*)	400 DU*
Lipase (from *Aspergillus niger*)	80 FCCLU*
Protease (from *Aspergillus oryzae*)	400 HUT*
Lactase (from *Aspergillus oryzae*)	20 ALU*
Cellulase (from *Trichoderma longibrachiatum*)	10 CU*
Hemicellulase (from *Aspergillus niger*)	10 HCU*

* Daily Value not established.

Other ingredients: Rice bran, rice flour, cellulose, microcrystalline cellulose, magnesium stearate (vegetable source), silica.

*Gelatin Digesting Units; †FCC Papain Units; ‡Spectrophotometric Acid Protease Units; §Dextrinizing Units; ¶FCC Lipase Units; #Hemoglobin Units Tyrosine; ^Acid Lactase Units; **Cellulase Units; ††Hemicellulase Units.

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Lactobacillus bulgaricus	400 Million CFU
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Streptococcus thermophilus	200 Million CFU

* Daily Value not established

Other Ingredients: Rice flour, cellulose, silicon dioxide, magnesium stearate.

Contains milk ingredients.

A Green Night's Sleep for Travelers

Pioneers Show the Way to Eco-Friendly Stays

by Avery Mack

"When your company motto is 'true to nature', you have to follow through," says Tom Tabler, director of sales and marketing for the JW Marriott San Antonio Hill Country Resort & Spa. "We look at everything, from the biodegradable ink pens in the guest rooms to the staff's summer uniform." Managers' sport coats consist of lightweight plastic fibers and rubber from recycled materials. "They breathe fine, are comfortable and look great," Tabler remarks.

Hotel construction adhered to eco-friendly practices. A 100-acre bird sanctuary followed the onsite discovery of endangered golden-cheeked warblers. The 36-hole golf course is certified by the Audubon Cooperative Sanctuary Program and deemed the most eco-friendly in the United States by the PGA Tour. The hotel's four pools and a lazy river for tubing honor the region's dry climate; water reclamation via closed loop natural catchments and rain retention ponds keep guests afloat and the golf course green.

Also in Texas, the Four Seasons Hotel Austin has a "zero waste" goal, requiring the recycling of 90 percent of all onsite waste. Shadowboxes above trash cans show guests examples of what is and isn't recyclable, while unused soap and other toiletries are donated to local women's shelters.

"We have placed sufficient containers, so there's no excuse not to recycle," says Kerri Holden, senior director of public relations. "In April, we were at the 70 percent compliance mark. We hope to reach our 90 percent goal by year's end." She notes that after management cancelled weekly dumpster service, only one six-by-six-foot trash container remains. Even worn linens become cleaning rags. The saltwater swimming pool uses soda ash, rather than harsher chlorine chemical treatments.

photo courtesy of JW Marriott San Antonio Hill Country Resort & Spa

Kitchen scraps are composted and become fertilizer for the hotel's herb and vegetable garden and flowerbeds. Natural compost bags in guest rooms collect banana peels, apple cores and other organic food waste. At the end of the year, guests that composted during their visit receive a thank-you letter and The Nature Conservancy plants a tree in their name in Brazil's Atlantic Forest, one of the world's most endangered tropical forests (*PlantABillion.org*).

Boston's Colonnade Hotel, built in the 1970s, grows greener with each upgrade. "We replace systems with the greenest possible solutions," explains Keith Alexander, director of property operations. Guest room windows have been replaced with filmed and insulating twinned panes to save power year-round. Electrolyzed water is now used for cleaning; a higher pH works as a nontoxic degreaser, while a lower pH turns water into a sanitizer, eliminating the need for chemical cleansers and gloves. Next, the hotel plans to install a large commercial dishwasher that will use electrolyzed water instead of chlorine-based cleaners.

California's Cavallo Point Lodge, near San Francisco's Golden Gate Bridge, opened in Sausalito in 2008 as the newest national park lodge and the only one with Leadership in Energy and Environmental Design (LEED) certification. It was built in the early 1900s to house Fort Baker's military families.

While renovations have enlarged the rooms, wood door framing maintains the rustic appearance and the wood floors are either original or made from repurposed wood. "We learned a lot while updating the lodge," says General Manager Euan Taylor. "We discovered that the tin ceiling tiles were painted with lead-based paint. Instead of using harsh chemicals, we froze each tile, gave it a slight twist and the paint fell off."

Unsurprisingly, food for the lodge

restaurant and onsite cooking school is purchased from local farmers.

In Big Sur, California, the award-winning Post Ranch Inn specializes in repurposing materials. Wood from old growth redwood wine casks accent walls in guest rooms. Fallen trees become benches dotting walkways. Dinnerware is made from recycled glass and any broken plates are recycled again. The honey used for a special spa facial treatment comes from 18 onsite beehives.

Daily updates on energy savings via the Inn's 208 kW, 990-panel solar power system can be viewed at *Tinyurl.com/PostRanchInnMonitor.*

photo courtesy of The Resort at the Mountain

Oregon's The Resort at the Mountain, in Welches, installed an additional 11,000 indigenous plants throughout its 300-acre property in 2009, in the spirit of the nearby Mount Hood National Forest. The mountain is home to the only ski lodge certified by the Sustainable Travel Institute, using United Nations criteria.

"We are a base camp for skiers, hikers, off-road bikers and fly fishermen," says General Manager John Erickson. "Our 'field to stream' menu features northwest products and of course, fish."

The resort's golf course, following the Audubon Cooperative Sanctuary Program, uses natural methods for weed control. "We pull them up," says Erickson. "Wildflowers get to stay where they are." Golfers and fishermen volunteer to help keep the course in good shape and the water channels clear for salmon and steelhead. From the golf course, visitors can see the salmon swimming upstream. "Most of the fishermen catch and release," says Erickson. "We want to be good stewards of the land."

Connect with freelance writer Avery Mack at AveryMack@mindspring.com.

More Sustainable Hotels

While many hotels are implementing energy- and water-saving measures and recycling, some are taking even more Earth-friendly steps in their operations and services.

Best Western Plus Boulder Inn, in Boulder, Colorado, is solar powered and supplies bicycles for guests.

Forty 1° North, in Newport, Rhode Island, provides in-room electronic newspaper delivery via iPads, saving 700 pounds of waste per month.

Hyatt at Olive 8, in Seattle, Washington, has an 8,355-square-foot living rooftop that provides an urban habitat for birds, bees and butterflies and reduces storm water runoff to city sewers.

The InterContinental New York Times Square has two green rooftops that feature low-maintenance, drought-tolerant plants to help regulate the building's temperature. A resident beehive produced 40 pounds of locally sourced honey in its initial harvest.

Kimpton's Hotel Monaco, in Portland, Oregon, offers guests a 50 percent discount on parking for hybrid cars, plus complimentary electric car charging.

Shore Hotel, in Santa Monica, California, offers a Green Concierge program with information on local farmers' markets, eco-friendly shopping and fair trade espresso spots, plus access to hybrid taxis, bicycles and walking tours.

In the Finger Lakes area of upstate New York, the Hotel Skyler, a former temple and theater, the third hotel in the U.S. and 10th in the world to achieve Platinum LEED certification, is heated by a geothermal gas pump and outfitted with salvaged architecture.

Element hotels [in Colorado, Florida, Maine, Maryland, Nebraska, Nevada, New Jersey and Texas] offer green kitchens, spa baths, in-room recycle bins, magnetic guest room door signs, electric vehicle chargers, in-room filtered tap water and bikes to borrow.

Chicago's Hotel Felix, built in 1926, has gone so green that even its sculptures are made from reclaimed materials.

Houston's Magnolia Hotel provides bus passes for employees.

In Massachusetts, the Inn at Field Farm, in Williamstown, and the Inn at Castle Hill, in Ipswich, are owned by a statewide land trust and nonprofit conservation organization, The Trustees of Reservations.

The Omni Hotel, in Dallas, is the largest gold-certified LEED hotel outside Las Vegas.

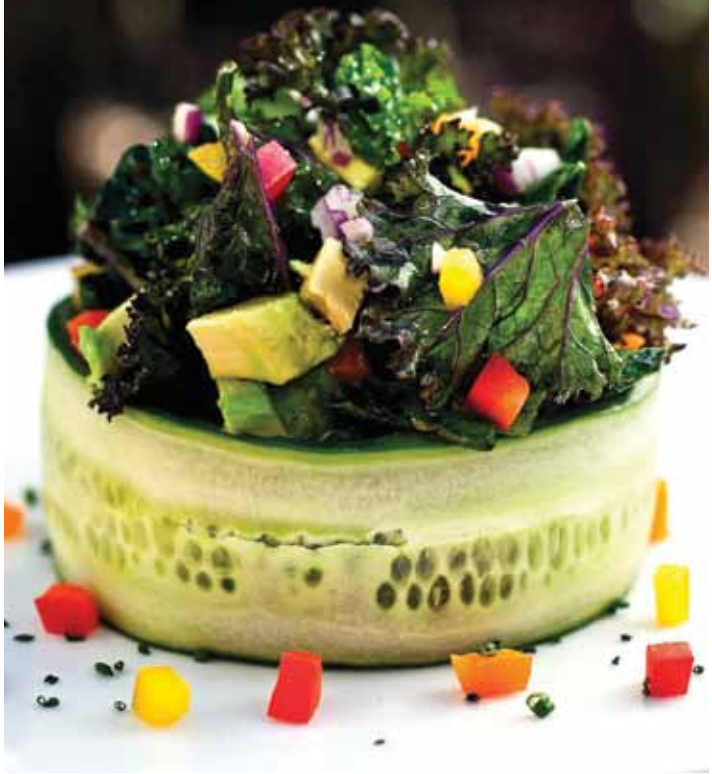
Pennsylvania's Four Seasons Hotel Philadelphia relies on microturbines to provide 100 percent of the daily hot water needs and 15 percent of heating requirements.

The W Austin Hotel uses only recyclable containers—no Styrofoam is allowed.

Health Rules

Crazy, Sexy, Savvy, Yummy

by Judith Fertig



In summer, when many fruits, herbs and vegetables are at their peak, it makes sense to harness their power for the family's benefit. "Some people flock to plant-empowered living for better health, others because of their spiritual beliefs, to support animal welfare, respect the environment or best of all, because it tastes great," says wellness activist Kris Carr, a documentary filmmaker, *New York Times* bestselling author and the educational force behind *KrisCarr.com*.

Carr joined the wellness revolution after being diagnosed with a rare disease. It proved to be the incentive she needed to change her eating habits and find renewed power and energy. Her new book, *Crazy Sexy Kitchen,* with recipes by Chef Chad Sarno, celebrates the colors, flavors and powers of plants that nourish us at the cellular level.

Her main tenets include a focus on:

Reducing inflammation. Inflammation is caused by what we eat, drink, smoke, think (stress), live in (environment), or don't do well (lack of exercise). At the cellular level, it can lead to allergies, arthritis, asthma, heart disease, diabetes, digestive disorders and cancer, according to Victoria Drake, Ph.D., of the Linus Pauling Institute at Oregon State University, who culled the latest research (*LPI.OregonState.edu/infocenter/inflammation.html)*.

Creating an acid/alkaline balance. "Tilting the pH scale in the alkaline direction is easy with a diet filled with mineral-rich plant foods," says Carr. It also means minimizing meat, dairy, sugar, eggs, commercially processed foods, coffee and alcohol.

Drinking produce. Green juices and green smoothies are ideal. "They are the most important part of my personal daily practice, one that I will never abandon," Carr notes.

Carr and her husband, Brian Fassett, whom she met when he edited her documentary, *Crazy Sexy Cancer*, share the juice and smoothie making responsibilities. "We make enough to have two 12-ounce servings of green drinks a day. Our recipes are often guided by what's available in the fridge," she advises. The secret is a three-to-one ratio of three veggies for every piece of fruit.

Kale reigns in their home. The dark leafy superfood is especially suited for smoothies, salads and sautés. They like kale's generous helping of vitamin K for maintaining strong bones.

Carr's Crazy Sexy Kale Salad is dressed with vinaigrette that includes flax oil, which she notes is high in omega-3s to promote healthy brain function. It's also a well-known anti-inflammatory food. "Make sure to buy cold-pressed, organic flax oil in a dark bottle and store it in the fridge," she advises, "because light and heat may turn the oil rancid. I like Barlean's brand, but there are many other quality flax oils available. Since it is sensitive to heat, I use it mostly in salad dressings and smoothies."

Carr maintains that, "By decreasing the amount of acidic inflammatory foods while increasing the amount of healthy and alkaline plant foods, you flood your body with vitamins, minerals, cancer-fighting phytochemicals, antioxidants and fiber." This supports the body in maintaining and repairing itself. She further points out, "Once your body repairs, it can renew. That's big-healer medicine. You might as well get a business card that reads: self-care shaman."

Award-winning cookbook author Judith Fertig blogs at AlfrescoFood AndLifestyle.blogspot.com.

Crazy Sexy Fridge Foods

Each week, Kris Carr stocks her fridge with what she considers "whole, plant-based deliciousness." One of the biggest secrets of eating healthy, she says, is being prepared. "Always keep a well-stocked arsenal of healthy ingredients at your disposal," she advises. "At the very least, you'll always be ready to whip up a green juice or smoothie."

- Canning jars filled with ready-to-drink homemade smoothies and green juices
- Kale, parsley, spinach, cauliflower, cucumber, bell peppers and citrus fruits
- Flax oil
- Flax bread
- Vegan buttery spread
- Vegan mayonnaise
- Raw sauerkraut
- Vegan sausages
- Cacao powder

Belly Fat:

What It Is and How to Get Rid of It

by Dr. Steven Castille

Clinical studies have shown that exercising in intense bursts for short periods of time can reduce dangerous visceral fat. To understand how this is possible, first we must understand more about the body.

There are two kinds of fat in the stomach area. There is subcutaneous fat, which is below the skin, and there is visceral fat, which is inside the abdominal cavity. Visceral fat is the most dangerous fat. It grows around and inside the liver and other organs in the abdominal cavity, including the heart. The more fat that is created in this area, the more health issues a person will have.

The actual, physical fat will push the lungs up and reduce the amount of oxygen they can take in. This often is diagnosed by doctors as asthma. The fat also will put pressure on the stomach and push the food back up the esophagus. This often is diagnosed as acid reflux. The fat also will put pressure on the kidneys, thus giving them incorrect signals, and cause high blood pressure and hypertension.

Visceral fat also is a cause of insulin resistance, which leads to diabetes. It also is what causes cardiovascular disease, which leads to heart attacks. Needless to say, belly fat is no joke.

Receptor sites

What causes belly fat as opposed to other kinds of fat? All fat is deposited based on fat-receptor sites. There are receptors in different parts of the body, and when they receive the signal, the body will deposit fat in that area.

In the abdominal cavity there are high concentrations of receptors that receive cortisol (a stress hormone). When cortisol is present in the blood, especially in excess, the concentration of fat deposits will be in the abdominal cavity and midsection. Hormones determine where fat is deposited. Some hormones cause fat to be stored in the hips and thighs, but it is the stress hormones that are responsible for fat being stored in the abdominal area.

How to lose belly fat

Rule 1: Eliminate sugar

The belly-fat diet must be free of sugar, especially all sugar substitutes. Excess sugar causes stress on the nervous system. It causes insulin levels to spike. When they spike, they also plunge. When they plunge, they take all nutrients away from the cells and the cells actually starve.

> Get more sleep and get a deeper sleep. Most of the body's fat burning happens while we sleep.

Rule 2: Avoid stimulants, such as caffeinated drinks

Anything that causes stress to the nervous system, such as caffeine, should be avoided or eliminated completely.

Rule 3: Get more sleep

Sleep early (go to bed no later than 10:30 p.m. every night) and get as much deep sleep as possible. Most of the body's fat burning happens while we sleep. Following a "sleep diet" can help with rapid fat loss.

Rule 4: Eliminate chemicals in the environment and in food

Remove all monosodium glutamate (MSG) from the diet. MSG is labeled in different forms, so it pays to learn which names actually mean MSG. Remove all high-fructose corn syrup. This causes many problems, one of which is interfering with true "fullness" signal when we eat and drinks. Remove the use of plastics. Studies have shown that chemicals in many commonly used plastics, such as baby bottles and food containers, release Bisphenol-A (BPA). BPA has been shown to cause obesity, diabetes and breast cancer. Eat organic foods. Anyone who simply focuses on eating organic foods alone will avoid all the chemicals,

such as pesticides and herbicides, that cause obesity, insulin resistance and diabetes. Herbicides and pesticides, such as DDT, have been proven to cause obesity, diabetes and cancer.

Rule 5: Drink lots of water

Super-hydrate the body. Set a goal of drinking at least a gallon of filtered water or herbal tea a day.

Rule 6: Include more fiber

Eat a high-fiber diet that is raw and especially high in moisture. Raw food that is very dry is not sufficient. A raw almond is fine, but it is low in moisture and fiber. Foods such as romaine lettuce, cucumber, and celery, however are high in moisture and fiber.

Rule 7: Exercise properly

Exercising to lose belly fat is dependent on a body's adrenal health. If the adrenals are weak, or if there is excess cortisol in the blood, that should be resolved first. If adrenal tests indicate adrenal weakness (there are simple tests that can be done at home), then aerobic exercise alone is needed.

Many people, however, perform aerobic exercise incorrectly. They exercise too intensely and raise their heart rate too high. If the heart rate goes too high, the body will not be doing aerobic exercise. Each person needs to determine the ideal aerobic threshold and exercise below that heart rate.

Intense resistance exercise in short intense bursts and for short periods of time have been shown in clinical studies to reduce visceral fat. The problem for some is their fitness level and their ability to concentrate intense exercise or calorie burning. This will cause them to gain more fat.

Whole-body vibration (WBV) exercise is helpful for intense resistance, when performed in short bursts for short periods of time and not more than four times a week. This requires proper training, but many people find that WBV greatly enhances their weight-loss programs.

Rule 8: Increase metabolism

Thermogenic supplements and foods can boost the body's metabolism so that it will burn more calories, both at rest and during exercise.

Steven Castille is a nutritional biochemist, doctor of natural medicine, publisher of Natural Awakenings *and developer of WheTea Weight-Loss Formula. Both WheTea and Whole-Body Vibration programs are available at the Liteon Natural Health Center, 100 E. Angelle St., Carencro. For more information, call 337-896-4141 or 337-347-4141.*

Health Effects of Being Overweight

It's an undeniable fact that Americans are overweight. In fact, 65 percent of American adults are fat; that's more than 127 million people. Not only that, but obesity counts for about 300,000 deaths and about $300 billion each year.

Quite simply, obesity is an excess of body fat. Normally, anyone who is 20 percent over the normal weight for his or her age, sex, height and build is considered obese.

Recent studies have revealed that obesity is linked to very high rates of chronic diseases. As fat accumulates in the body, it crowds the space for our organs. This extra fat can result in putting undue stress on the body, including the back, legs and the internal organs, such as the heart, liver and kidneys.

This can eventually lead to more serious health conditions, including:

- Diabetes
- Stroke
- Kidney disease
- Breast cancer
- Complications during pregnancy
- Coronary artery disease
- High blood pressure
- Colon cancer
- Liver disease

One of the primary reasons for obesity is a lack of exercise. Including some form of exercise in our routine every day can help us to lose weight and improve our overall health.

Some of the benefits of exercise include:

- Protection from osteoporosis
- Reduced risk of heart disease
- Protection from cancer
- Stronger bones
- Lower blood pressure
- Lower cholesterol

While exercise is only one factor in the equation for losing extra body fat, eating healthful, well-balanced meals is the other half of the equation for losing weight.

When planning meals, keep the following guidelines in mind:

1. Drink more than the recommended eight glasses of water per day. Water helps to flush toxins and fat out of the body and, although it can cause a temporary bloated feeling, water does not make us overweight.

2. Eat a diet abundant in vegetables, especially dark green vegetables. Be sure to include salads and such vegetables as kale, broccoli and cabbage. Other vegetables, such as sweet potatoes, carrots, pumpkin and winter squash should be included as well.

3. Eat lean proteins, such as chicken breast and turkey. Lean red meats should be eaten sparingly. Other protein-rich foods, such as fish, beans, peas, lentils, seeds and nuts, should be included as well.

4. Pay attention to fats in the diet. Include "good fats," such as olive oil and canola oil, but avoid fats from butter, margarine, ice cream, mayonnaise and heavy salad dressings.

5. Eat calcium-rich foods, such as green, leafy vegetables, and low-fat dairy, such as yogurt and low-fat cheese.

Relishing Raw Food

Supermodel Carol Alt on How Eating Raw Keeps Her Vibrant

by Beth Bader

Carol Alt characterizes the latest stage of her 30-plus-year career as a "perfect storm of busy," including the launch of her latest book, *Easy Sexy Raw*, and her roles in Woody Allen's film, *To Rome with Love,* and the HBO documentary, *About Face*, exploring the relationship between physical appearance and the business of beauty. For the past year, she's been overseeing the U.S. launch of her skin care line, Raw Essentials.

photo by Jimmy Bruch

How has your relationship with food changed over the years, and what role has raw food played?

I grew up like other kids on Long Island. Mom cooked spaghetti and macaroni and cheese. Dad would sometimes grill a piece of meat until it was dead a second time. On weekends, we ate pizza or Chinese takeout. I never realized broccoli was green, because overcooking turned it gray.

One day, I got sent home from a job because they said I was not in "swimsuit condition." A friend recommended a physician that specialized in raw food diets, which was the first I'd heard of it.

So I tried a raw diet, cold turkey, and felt better immediately. Today I eat raw food as an anti-aging agent and natural medicine that makes me healthier; it's also a filler that makes me less hungry. My holistic lifestyle no longer includes any over-the-counter drugs.

These days, my system runs efficiently, like an electric golf cart. When I need to go, I go. When I need to stop and sleep, I sleep. The body can work phenomenally well if we just let it.

"Raw" seems like an easy diet to prepare, but some of the methods can take time and special equipment. What's a simple starting point?

Using a blender, you can make everything from soup to dessert. Start with things like guacamole, salsa and soups. You can also use a pot and hot water (up to 115 degrees) to warm kelp noodles to add to a blended soup. You can make a mousse from raw chocolate and avocado.

Also begin to think of a dehydrator as a crock-pot that works while you're away. It's a simple option once you are in the habit of using it.

Of course, you'll want to make all kinds of fresh salads.

How do you maintain your raw food plan when you are eating out or in social settings?

I look for foods that I know will be raw. If I have any doubts, I ask the chef. If there's any question, I just don't eat it.

There's a bit of discipline in this. You have to eat on a schedule and make sure you are getting the food you need. I may lunch even if I am not hungry, especially when I know I'll be dining out later. It's important to make sure you are not feeling deprived and hungry; otherwise you may find yourself craving things like the bread on the table.

Do you ever miss cooked foods and sometimes indulge?

My diet is 75 to 95 percent raw. When you eat raw foods, you feel so much better that you don't want to eat anything else. My one indulgence is munching on popcorn when my favorite sports team plays.

Do you have any final advice on exploring a raw diet?

Relax and have fun trying different things. If you cheat, it's okay. If you feel deprived in any way, go eat. Above all, enjoy the adventure.

Beth Bader is the co-author of The Cleaner Plate Club *and blogs at CleanerPlateClub.com.*

Red Lerille: A Lifetime Rich with Achievement

by Paris Brewster

Inspired by his Uncle Harold's muscles at the age of seven, New Orleans native Red (Lloyd) Lerille had a dream to be Mr. America and to someday own a "small" gym. With $250 borrowed from his father, Lerille planted a seed of faith toward his vision on January 13, 1963 and gave birth to the dream that has become a world-renown 200,000-square-foot fitness metropolis, serving over 16,000 members—Red Lerille's Health & Racquet Club.

One Saturday in 1953, over lunch and a magazine with Bill Pearl on its cover, 17- year-old Lerille sat across from his friend and mentor, Joe Gold (founder of Gold's Gym and World Gym International). Gold made a profound statement on that fateful day—one that would later become a vital part of the young man's life testament. While looking Lerille directly in the eyes, Gold said, "You could win Mr. America one day."

Today, the 77-year-old former Mr. America begins his day at 3 a.m. He is still faithfully committed to strength training four days a week and rides his bike daily while listening to Fats Domino.

His enthusiasm for health and fitness began at a very young age and by 12, his parent's garage became a makeshift gym filled with homemade fitness equipment. Lerille recalls his first weight machine being a pulley. "I also made a toe-raise machine and calf machine out of wood," he says.

After more than 70 years of living by his motto, Lerille shares the secret that has never ceased to fail in his success. "I have vowed to make an improvement every month and when I see something I want, I post a picture of it on the wall," he explains. "Seventy plus years later, I have never missed."

A healthy challenge feeds the soul and Lerille is no stranger to a challenge. In the summer of 2012 while accompanied by his sons, Mark and Stanley, he embarked on a 600-mile religious pilgrimage by bicycle from St. Jean Pied de Porte in France to Santiago, Spain. Fourteen days later, he commemorated the challenge by going beyond the normal tradition of all Camino de Santiago de Compostela (The Way of Saint James) successors. In addition to leaving a rock that bore his name at the top of the mountain, he honored his employee's by also placing several large rocks bearing each of their names—a gift that they had given to him at his farewell party. Lerille admits that his latest challenge was the hardest mental and physical thing that he has ever done in his life.

Lerille believes that strength training is most vital as it builds bones, muscles and strength, while preparing the body to support and repair itself as needed. He also stresses the importance of a good cardio regiment.

Known for his impressive 'big boy toys', Lerille is an avid collector of high wheel bicycles and enjoys building antique airplanes. A lifetime rich with achievement and success, he has held countless titles, such as Mr. New Orleans (1955), Mr. Armed Forces and Mr. Hawaii (1958), Mr. Dixie (1959) and AAU Mr. America (1960). He was awarded The Alumni Association's Outstanding Alumni Award from the University of Louisiana at Lafayette in 2002. In 2011, he was the recipient of the 2011 Club Industry Lifetime Achievement Award. Amongst his numerous achievements, he was also the Spring Gala honoree for the UL Lafayette Alumni Association.

Red Lerille's Health & Racquet Club is located at 301 Doucet Rd., Lafayette. For more information, call 337-984-7738 or visit RedLerilles.com.

Wacky Workouts

More Giggles than Groans

by Sandra Murphy

What do bikini-clad gorillas, hoop dancing, aerial silk acrobatics, anti-gravity yoga and Pilates on the water have in common? They are among the most enjoyable ways to burn calories and increase strength.

On the Run

In Mankato, Minnesota, runners and walkers dressed like gorillas, many embellished with bikinis, tutus and football jerseys, take part in the annual Gorilla Run to benefit the nonprofit North Mankato Miracle League and Fallenstein Field, a fully accessible softball field for children with mental or physical challenges. This year, a local DJ dressed as a banana led the pack of 600 gorillas through the 2.4-mile course, raising $30,000. Next April, pro athletes and other volunteers will again pitch in to set the pace for other cities that want to ape their act.

Travis Snyder's family-friendly Color Run, founded in Draper, Utah, and launched in Tempe, Arizona, in early 2012, has caught on in more than 100 U.S. cities as a way for novice runners to have a stress-free, untimed, fun day. Sixty percent of the participants have never run a 5K (three-plus miles) race before. Staff and volunteers throw brightly colored cornstarch on the runners at regular intervals, making the finish line a virtual rainbow. The larger runs boast thousands of participants. There are only two rules: wear a white shirt at the starting line and finish plastered in color.

On the Water

For anyone looking for a unique water workout, Tatiana Lovechenko, founder of Fort Lauderdale Stand Up Paddleboarding (SUP), has an answer. "We have paddleboard boot camps and sunrise and sunset tours, on the ocean or the Intracoastal Waterway, based on conditions. Safe and eco-friendly LED lights, our latest innovation, let us see the fish below and make sure boats see us at night."

Their SUP manatee tour is particularly popular. "This endangered species congregates in less-traveled waterways. They often come up out of the water to look at us," says Lovechenko. "We're not allowed to touch them and must stay alert in case they bump the boards and dump us into the water. They're gentle, but immense."

If basic SUP isn't enough, onboard yoga or Pilates can be added. "It's easy on the joints for those with knee or ankle problems," Lovechenko advises. Regardless of the level of experience, "Yoga paddleboarding naturally calls for a calm mind, steady breathing and attention to balance. With Pilates, working out on a board in water that's 10 to 20 feet deep activates a different set of muscles."

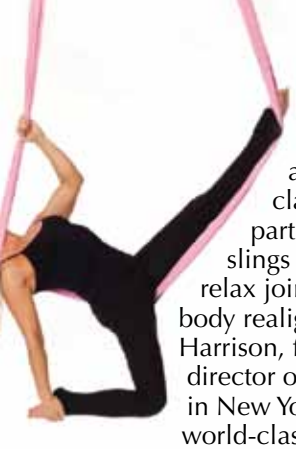
Dancing on Land

Hoopnotica, on a roll here and in Europe, reintroduces play into physical fitness with fresh, fun, expressive movements (*Tinyurl.com/Hoopnotica Lessons*). Instructional DVDs and classes are available to revive and enhance childhood hooping abilities.

"Hooping spans genres from classical to hip-hop, tribal to lyrical, depending on who's spinning the hoop and what's spinning on the turntable," says Jacqui Becker, Hoopnotica's director of content development and lead master trainer, in Brooklyn, New York. "When I carry a hoop around town, people light up. It's like walking a puppy, but an even better workout, with no cleanup."

Dancing in Air

Aerial silk classes take exercising to new heights. *Cirque du Soleil*-style and more elegant than rope climbing, students don't have to be in peak shape to start. "Just show up and want to learn," says international performing aerialist Laura Witwer, who teaches how to climb fabric attached to steel rigging 16 to 25 feet high in New York City spaces. "We work close to the floor for beginners," she explains. "They learn to climb, then to hang upside-down, and then tie knots. We've had all body sizes, shapes and ages in class; it's a great way to stretch and add



strength."

Yoga can also take to the air with anti-gravity classes that position participants in fabric slings or hammocks that relax joints and help the body realign itself. Christopher Harrison, founder and artistic director of AntiGravity Yoga, in New York City, is a former world-class gymnast and professional dancer on Broadway, two professions that are tough on the body.

"As an aging athlete whose passion continued, but whose body had been ripped apart by numerous surgeries, yoga healed and rejuvenated my mind and body," he remarks. "In order to take pressure off the joints, I took my performance company from tumbling off the ground to hanging up into the air by inventing apparatus that allowed us to fly."

Whether by land, sea or air, adventurous souls are discovering new ways to recharge mind, spirit and body.

Connect with freelance writer Sandra Murphy at StlSandy@MindSpring.com.

Savor Summer

Revel in Blissful Indulgences

by April Thompson

From freshly picked cherries to moonlit hikes, summer offers endless free gifts. Its lingering daylight reminds us to step outside, take a deep breath and savor life's simple joys.

"Summer is a time to enjoy the small things in life, which are often the sweetest," counsels Janet Luhrs, author of *The Simple Living Guide* and founder of the online Simplicity School (*Simplicity Journey.com*). "Kids do this instinctively, like seeing who can throw a rock furthest into the water. I'm happy just having a simple backyard dinner with friends, reading a book in a city park or paddling a canoe."

Here are some summer classics to expand our own "to savor" list.

Feast on Earth's bounty. Make the most of summer's cornucopia of candy-sweet berries, rainbow-colored heirloom tomatoes and other natural treats abounding at local farmers' markets.

Get wet. Go skinny-dipping in a hidden creek, run through sprinklers in shorts or swimsuit or round up the neighborhood kids for a trip to a local water park, lake or public pool. Water games like Marco Polo and underwater tea parties never grow old, even for grown-ups.

Commune with creatures. Who can resist the winking lightning bugs, flickering dragonflies and songs of an evening insect chorus? Summer immerses us in nature. See how many animals that eagle-eyed friends and family members can spot during visits to area parks and preserves.

Read by sunlight. The pleasure of reading heightens with natural light and fresh air. Pick an easy read to take to the beach or a hammock with sunglasses and a glass of herbal sun tea.

Celebrate community. 'Tis the season for free local festivals, picnic concerts, open-air movies and state fairs. Invite a friend or make a Dutch treat of it, even organize an informal potlatch block party.

Take a day trip. Consider the healthy dose of activities that exist close to home. Delightful discoveries await the curious when traveling by local waterway, walking trail or bicycle path. Map a flexible route, allowing ample time for unexpected stops.

Try something new. Summer is a chance to be adventurous. Step into a bright, pastel shirt or tropical sundress, and then revel in the compliments. Move from an indoor exercise routine to a free yoga class in a shady park and test ride a standup paddleboard.

Look up. Summer skies offer more drama than daytime TV. Perch on the porch at sunrise, sunset or before a thunderstorm rolls in. On a clear calm night, lie back on a blanket and trace constellations while watching for shooting stars and meteor showers.

Capture memories. Gather a pocketful of seashells, press wildflowers from special spots, make bread-and-butter pickles from the garden and print favorite snapshots to spark happy summer memories any time of the year.

Do nothing. In the midst of so many marvelous options, we can also give ourselves permission to cancel our own plans on a whim and just do nothing. Simple daydreaming can lead to good ideas and inner rhapsodies. Summer is the best time to just be.

"Try to not to plan more than one thing in a day this summer," advises Luhrs. "Otherwise, you'll end up cutting short activities to rush off to the next thing instead of enjoying what's already in front of you."

Connect with freelance writer April Thompson at AprilWrites.com.

THE IMPORTANCE LITEON NATURALS Vitamins Play in Your Health

If it only took eating an apple a day to get all the necessary nutrients from our food, we'd all be happy and healthy, but it's not. We actually need to consume 7-10 servings of fruits and vegetables each and every day to ensure we are getting all 13 different vitamins and 17 different minerals.

But why? What do vitamins and minerals do for us anyway?

The human body consists of millions of cells that are constantly regenerating. Each cell in the body needs a certain amount of vitamins and minerals to perform at its best and prevent illness. Vitamins are critical in the production of red blood cells and the maintenance of the nervous, skeletal and immune systems. Minerals are also needed in small amounts to help regulate body functions and aid in the growth and maintenance of body tissues and to help release energy.

Below is a chart of the major functions of the 13 vitamins and a selection of 10 minerals.

Vitamins

Vitamin A - Maintenance of vision; skin; linings of the nose, mouth, digestive and urinary tracts; immune function
Vitamin D - Development and maintenance of bones and teeth; promotion of calcium absorption
Vitamin E - Protection and maintenance of cellular membranes
Vitamin K - Production of factors essential for blood clotting and bone metabolism
Biotin - Synthesis of fat, glycogen and amino acids
Folate - Amino acid metabolism; synthesis of RNA and DNA; new cell synthesis
Niacin - Conversion of carbohydrates, fats and protein into usable forms of energy
Panthothenic Acid - Metabolism of fats, carbohydrates and proteins
Riboflavin - Energy metabolism; maintenance of skin, mucous membranes and nervous system structures
Thiamin - Conversion of carbohydrates into usable forms of energy; maintenance of appetite and nervous system function
Vitamin B6 - Metabolism of amino acids and glycogen
Vitamin B12 - Synthesis of blood cells; other metabolic reactions
Vitamin C - Maintenance and repair of connective tissue, bones, teeth and cartilage; promotion of healing; aid in iron absorption

Minerals

Calcium - Formation of bones, teeth; control of nerve impulses, muscle contractions and blood clotting
Fluoride - Maintenance of tooth and bone structure
Iodine - Essential part of thyroid hormones; regulation of body metabolism
Iron - Component of hemoglobin, myoglobin and enzymes
Magnesium - Transmission of nerve impulses; energy transfer; activation of enzymes
Phosphorus - Bone growth and maintenance; energy transfer in cells
Potassium - Nerve function and body water balance
Selenium - Defense against oxidative stress; regulation of thyroid hormone action
Sodium - Body water balance; acid-base balance; nerve function
Zinc - Synthesis of proteins; RNA and DNA; wound healing; immune response; ability to taste

Pet Food Perils

Lurking GMOs May Hurt Our Pets

by Dr. Michael W. Fox

Like a canary in a coal mine, dogs serve as sentinels, drawing our attention to health hazards in our shared home environment and in the products and byproducts of the food industry.

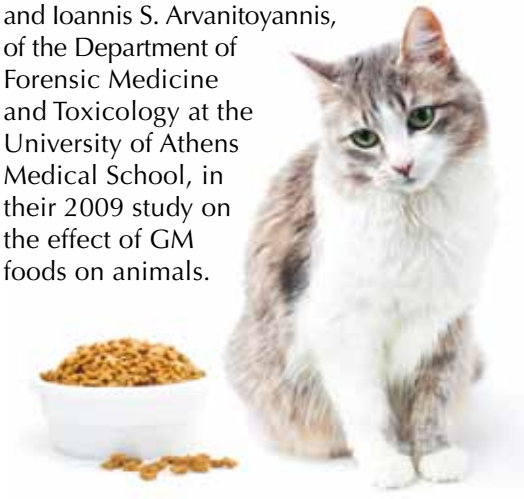
Multiple Health Issues

In the mid-1990s, as genetically engineered or modified (GE, GM or GMO), corn and soy were becoming increasingly prominent ingredients in both pet food products and feed for farm animals, the number of dogs reported suffering from a specific cluster of health problems increased. It also became evident from discussion among veterinarians and dog owners that such health problems occurred more often among dogs eating pet food that included GM crops than those consuming food produced from conventional crops.

The conditions most cited included allergies, asthma, atopic (severe) dermatitis and other skin problems, irritable bowel syndrome, leaky gut syndrome, inflammatory bowel disease, colitis, recurrent diarrhea, vomiting and indigestion, plus abnormalities in liver, pancreas and immune system functions. People often reported failed treatments and harmful side effects to prescribed remedies (e.g. steroids), as well as problems with various manufactured prescription diets after their attending veterinarians diagnosed their animals with these conditions.

According to a 2011 study in the journal *Cell Research*, in engineering crops like corn and soybean, novel proteins are created that can assault the immune system and cause allergies and illnesses, especially in the offspring of mothers fed GMO foods. Diminished nutrient content is a concurrent issue.

"The results of most of the few independent studies conducted with GM foods indicate that they may cause hepatic, pancreatic, renal and reproductive effects and may alter hematological, biochemical and immunologic parameters,"concluded Artemis Dona and Ioannis S. Arvanitoyannis, of the Department of Forensic Medicine and Toxicology at the University of Athens Medical School, in their 2009 study on the effect of GM foods on animals.



"Look first for the USDA Certified Organic label. Next, look for other words and terms on the package indicating it comprises natural, humane, free-range, grass-fed and GM- or GE-free ingredients. Watch out for chemical preservatives, artificial coloring, byproducts, GMOs, irradiation/radioisotope treatment, hormones and antibiotics. In short, seek out whole organic foods appropriate to the species."

~ Dr. Michael Fox

Such problems are caused partly by the inherent genetic instability of GM plants, which can result in spontaneous and unpredictable mutations (*Biotechnology and Genetic Engineering Reviews*). DNA in GM foods is altered by the genetic engineering process; it can be incorporated by gut bacteria and may alter their behavior and ecology in the digestive tract. Likewise, when digestive bacteria incorporate material from antibiotic-resistant genes, engineered into patented GM foods crops to identify them, it could have serious health implications, according to Jeffrey M. Smith in his book, *Genetic Roulette,* and Terje Traavik and Jack Heinemann, co-authors of *Genetic Engineering and Omitted Health Research*.

What Pet Owners Can Do

Look for pet foods that are free of GM corn and soy, and/or organically certified. Pet food manufacturers that use U.S. Department of Agriculture (USDA) certified organic ingredients—and especially those that don't use corn, soy, canola, cotton byproducts (oil and cake) or sugar beet, which are more commonly genetically engineered, or imported rice, which can have GM strains—can legitimately claim "No GMO Ingredients" on their packaging.

Information, plus tips on avoiding hidden GMO ingredients are available at *NonGMOShoppingGuide.com*. Many websites also provide recipes for home-prepared diets for companion animals, including *DogCatHome PreparedDiet.com*.

Let responsible pet food manufacturers know of consumers' concerns and heed Hippocrates' advice to let our food be our medicine and our medicine be our food. Enlightened citizen action is an integral part of the necessary revolution in natural agriculture aimed at promoting more ecologically sound, sustainable and humane farming practices, a healthier environment and more healthful, wholesome and affordable food for us and our canine companions.

Michael Fox, author of Healing Animals & the Vision of One Health, *is a veterinarian with doctoral degrees in medicine and animal behavior. Find GMO-free pet food brands and learn more at DrFoxVet.com.*

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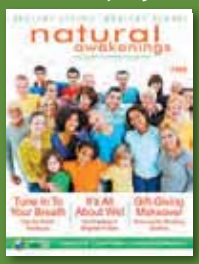

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calendarofevents

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SUBMIT CALENDAR ITEMS TO: publisher@NAacadiana.com

MONDAY JULY 1

Toddler Time – 10am. Enjoy stories and activities for toddlers and their caregivers. Barnes & Nobles, 5705 Johnston St, Lafayette. 337-989-4242.

TUESDAY JULY 2

Cooking Fun at the Museum – 9-11am. Children's cooking workshop for ages 8-11. Bayou Teche Museum, 131 E Main St, New Iberia. 337-364-7923.

Senior Independence Day – 9:30am-1pm. Lunch provided and reservations required. Open to the public. Presenters include: 232-HELP, Billy Pruitt-Medicare Part D, Jeanette Alcon of the Lafayette Community Health Care Clinic, LA Health Care Connections-Medicaid. Hospice of Acadiana Conference Center, 2600 Johnston St, Lafayette. 337-232-1234.

Acadiana Cane Cutters Baseball – 7pm. Experience a good game played by this collegiate summer baseball team. Fabacher Field, 221 La Neuville Rd, Lafayette. 337-451-6582.

WEDNESDAY JULY 3

Archaeological Investigation of the March Sugar Plantation – 6:30-7:30pm. Dr David T Palmer, professor of anthropology at UL Lafayette, discusses the results of two field seasons of archaeological research on the antebellum agro-industrial complex on Avery Island. North Regional Library, 5101 North University Ave, Carencro. 337-896-6323.

THURSDAY JULY 4

Fourth of July Fishing Rodeo – thru July 6. This 60th annual fishing rodeo allows fishermen to compete in four divisions: junior, inside, diving and offshore. Species vary for each division. Participants can start fishing at 12am on Thursday. Offshore divisions may depart no sooner than noon on Wednesday. Scales will be open under the pavilion from 3-6pm on Thursday, 1- 6 pm on Friday, and 1 am-1 pm on Saturday. Trophies will be awarded, over $10,000 in cash and prizes, and a fais-do-do will close the event. The Iberia Rod and Gun Club. Joshua St. Germain. Quintana Landing, LA 319, in Cypremort Point. 337-380-7222. IRGC2012@yahoo.com

New Iberia Fourth of July Parade – 6-8pm. Followed by Honor Guard ceremony, harmony of patriotic music and fireworks at dusk. Historic Downtown Bouligny Plaza, Main St, New Iberia. 337-344-9397.

FRIDAY JULY 5

Kids Carnival – 10am-2pm. The Lafayette Parks and Recreation Department hosts Annual Kids Carnival to celebrate National Parks and Recreation Month. Waterslides, animal balloons, drinks and more. Free to children 14 years and under. Giraud Park, 500 Girard Park Dr, Lafayette. 337-291-8379.

SATURDAY JULY 6

E's Kitchen Food Truck Round Up – 10am-2pm. Gathering of great food trucks from around Acadiana. Open to the public with parking, tables and plenty of shade under the trees. Parc Lafayette Shopping Center, 1921 Kaliste Saloom, Lafayette. 337-534-8928.

23rd Annual Lebeau Zydeco Festival – 11am. Live Zydeco music, food and games for the entire family on the grounds of the church. This festival is famous for the pork backbone dinners. Immaculate Conception Catholic Church, 103 Lebeau Church Rd, Lebeau. 337-351-3902.

A Night with the King – 7pm. Grammy Award Nominee Tamela Mann and her band live in concert along with a comedy special by David Mann aka Mr Brown. Heymann Performing Arts Center, 1373 S College Rd, Lafayette. 337-291-5555.

MONDAY JULY 8

Digital Photography Summer Camp for Kids – 2-4pm. Children learn basics of digital photography. Each day features fun projects to develop skills in focusing, the use of light, composition, subject and color. Must have a digital camera. Iphones are acceptable but a traditional digital camera is preferred. Beginner and intermediate levels. Ages 8 and older. $50. Pottery Alley, 625 B Garfield St, Lafayette. 337-267-4453.

TUESDAY JULY 9

Cupcake Decorating – 2-3pm. From filling to icing, culinary artist Alesa Davis from Louisiana Technical College shows teens about cupcake decorating. North Regional Library, 5101 North University Ave, Carencro. 337-896-6323.

WEDNESDAY JULY 10

Employment Law – 6:30-7:30pm. Provides a broad overview of the laws on employment, wages, employment discrimination, unemployment compensation, Family Medical Leave Act and workplace harassment. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

THURSDAY JULY 11

The Kitchen Pharmacy – 6-7pm. Innovative workshop presented by Master Gardener and Herbalist Lanier Cordell. Discover how everyday items from the pantry can be made into useful and groundbreaking treatments for wellbeing. North Regional Library, 5101 North University Ave, Carencro. 337-896-6323.

Rediscovering Rain Barrels – 7-8pm. Lecture series event includes presentations by representatives from the Lafayette Utilities System and the Lafayette Consolidated Government. Discover the benefit of rain barrels, how to save money, and how to acquire rain barrels through the LUS/LCG Rain Barrel Program. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

SATURDAY JULY 13

Acadiana Barrel Racing Association – 8am-5pm. Barrel-racing competitions. Concession available. SugArena, 713 NW Bypass Hwy 3212, New Iberia. 337-365-7539. SugArena.com.

First Annual United Bayou Belly Festival – 9-11am. Belly dance artists from all over Louisiana and beyond learn from one another, share in the dance, and support one another to build strength within the community. Holiday Inn, 5696 Interstate 49, Opelousas. 337-948-3304.

Infest – 10am-5pm. Independent game developers and fans. From new startups and established studios to anyone who thinks they might have what it takes to imagine, design, build and market games. Free. Louisiana Immersive Technologies Enterprise, 537 Cajundome Blvd, Lafayette. 337-735-5483.

Krotz Spring Quilt Show – 10am-2pm. View beautiful quilts, participate in the silent auction, sewing demos, and vote on the sunbonnet sew challenge. Alon Recreation Building, 324 S Levee Rd, Krotz Springs. 337-592-0354.

Mountain Dulcimer with Mike Anderson – 2-2:45pm. Premier dulcimer player Mike Anderson presents a program on the mountain dulcimer, a flat, hourglass-shaped, 4-stringed American musical instrument. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

SUNDAY JULY 14

Calling in the Archangels – 1-3pm. Joie Connely presents information on how Archangels are very real, powerful, non-denominational angels who oversee our guardian angels. These angels can have personalized experiences and exchanges with individuals. Learn how, which and when to call upon angels for their unique powers, protection and guidance. $20. Earth-N-Herbs, 284 E Martin Luther King Jr Dr, Grand Coteau. 337-662-4022. Earth-N-Herbs.com.

THURSDAY JULY 18

Everybody's in the Band – 10:30-11:15am. Billy Jonas concert all about participation and includes sing-a-longs, bang-a-longs and an improvised song with participant suggestions. Instruments include

voices, guitar and homemade recyclable object instruments. Carencro Community Center, 5115 N University, Carencro. 337-896-3888.

Safety Tips and Strategies for Individuals with Autism and Their Families – 6-8pm. Dennis Debbaudt presents proactive tips and strategies on keeping individuals with autism spectrum disorders safe. Autism Risk and Safety Management/Autism Society Acadiana. South Regional Library, 6101 Johnston St, Lafayette. 337-235-4425.

Cooking with Herbs – 6:30-8:30pm. Diane Queen presents information about herbs as a healthy way of adding flavor to food without using excess salt or sugar. Herbs are a healthy way of adding flavor to food without using a lot of salt or sugar. Learn how to use and store herbs, fresh and dried, to add tonic herbs to soups and stews for an added kick of vitamins & minerals. $20. Earth-N-Herbs, 284 E Martin Luther King Jr Dr, Grand Coteau. 337-662-4022. Earth-N-Herbs.com.

SATURDAY JULY 20

SugaSheaux – 9am-6pm. Check out riders from around the region at this rodeo event. Concessions available. SugArena, 713 NW Bypass Hwy 3212, New Iberia. 337-365-7539. SugArena.com.

Healing4Heroes 1st Annual Golf Tournament – 1pm. Former Saints player Michael Lewis will be hitting the first tee shot to begin this four-player scramble tournament. Healing4Heroes is dedicated to assisting military service members and veterans to lead healthy productive lives. $85/golfer, $340/team. Squirrel Run Gold Club, 500 Par Rd 602, New Iberia. 337-781-1958.

MONDAY JULY 22

Holding onto Hope – 10am. Daniel Jurek, LPCS, LMFT, presents a message on the power of hope. Jurek draws on his experiences as a counselor and spiritual director to encourage hope in our lives. Sponsored by the Center for Loss and Transition. Hospice of Acadiana Conference Center, 2600 Johnston St, Lafayette. 337-232-1234.

Handbuilding Pottery Summer Camp for Kids – 1-3pm. Students learn basics of building pottery by hand with fun projects–think play-dough on a grand and more permanent scale. Beginner and intermediate levels. Ages 9 and older. $100. Pottery Alley, 625 Garfield St, Lafayette. 337-267-4453.

FRIDAY JULY 26

Camp Bon Coeur – 8am-5pm thru Aug 4. Summer camp for children with heart defects. Currently accepting camper applications for its 29th summer camp session. Campers have the opportunity to participate in canoeing, horseback riding, archery, sports, arts and crafts, swimming and heart class. Age 7-16 years. Acadian Baptist Center, 1202 Academy Rd, Eunice. 337-233-8437.

Contemporary Folk Art Lecture – 10-11:30am. Collector Warren Lowe talks about the work featured in our exhibition. Paul and Lulu Hilliard University Art Museum, 710 East St Mary St, Lafayette. 337-482-0811.

Pharaoh's Headdress – 2pm. Walk like an Egyptian and make your very own Pharaoh's headdress. Ages 5-12. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

Louisiana Outdoor Expo – 3-9pm. International trade show makes outdoor industry experts and the outdoor enthusiasts aware of the latest trends and modern techniques. An opportunity for hunters and shooters of contemporary times to have face to face interaction with each other. Cajundome, 444 Cajundome Blvd, Lafayette. 337-233-6000.

SATURDAY JULY 27

Denise P Breaux Memorial Red Fish Derby – 6am. Red fish rodeo with cash prizes and 3 Fish Stringer slots. Live entertainment with Geno Delafose. Food and refreshments available. Quintana Boat Landing, LA 329 & Beach Ln, Cypremont Point. 337-519-3611.

Zydeco Bash – 7am-11:30pm. A silent auction, food and dancing to the best Zydeco bands. $20. Fundraiser to benefit the Lydia Cancer Association. LaLouisiane Banquet Hall, 5509 Hwy 14, New Iberia. 337-465-4952 or 277-6069.

A Sami Show – 9am-5pm. Emerging artists and professional craftsmen exhibit creations to the public. This show offers domestic and leading industry various scopes for new launches of designer products and technology services. $5, free to children under 12. Lafayette Event Center, 4607 Johnston St, Lafayette. 512-441-7133.

Cooking for a Cause – 9am-3pm. Teams cook their best rice and gravy for this cook-off that benefits cancer patients in Lafayette and New Iberia. Any rice and gravy dish can be entered as long as the contents of the dish are listed for the public. Dishes can be sampled for a small fee. The public will vote on the best dish. $50/team. Positive People Making Decisions and Show Stoppers Motorcycle Club. Northgate Mall, 1800 NE Evangeline Thruway, Lafayette. 337-277-7113 or 337-446-3696.

Louisiana Stock Horse Association Show – 9am-6pm. Enjoy the State Stock Horse Show and competition. Concessions available. SugArena at Acadiana Fairgrounds, 713 NW Bypass Hwy 3212, New Iberia. 337-365-7539.

SUNDAY JULY 28

A Sami Show – 11am-4:30pm. See July 27 listing. Lafayette Event Center, 4607 Johnston St, Lafayette. 512-441-7133.

Staying in the Present Moment – 1-3pm. Diane Queen provides guidance on dealing with worry and anxiety to encourage living in the moment. Participants take home a relaxing herbal tea. $20. Earth-N-Herbs, 284 E Martin Luther King Jr Dr, Grand Coteau. 337-662-4022. Earth-N-Herbs.com.

Antique Maps – 1:30-3pm. Walter Dobie, worldwide geologist, speaks on early maps and surveyors, focusing on early Louisiana maps. Alexandre Mouton House, 1122 Lafayette St, Lafayette. 337-234-2208.

For evil to flourish, all that is needed is for good people to do nothing.

~Edmund Burke

ongoingevents

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

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

sunday

God's Grace Boutique – 8am-5pm. Specializing in Plus Size school uniforms for men and boys. Avon on sale, special orders over $50. Ladies rings sizes 6-12, men's 12-14. Dianne Robert. Hwy 190 Flea Market, Booth 11, 11946 W Hwy 190, Opelousas.

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.

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

Lafayette Petanque Games – 2-4pm. 4th Sun each month. Bowling game traditionally played in town parks and squares in France on hard packed surfaces. La Boule Cadienne de Lafayette sponsors regularly scheduled games on the 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.

Celebrate Recovery – 4:45pm. Celebrate Recovery in a Christ centered 12 step program. Join weekly sessions at First Baptist Church, 1100 Lee Ave, Lafayette. 337-233-1412.

monday

Yes, I Remember It Well – 10am-12pm. 2nd Mon each month thru 2013. Join LC Melchior for a morning of sharing stories of Acadiana and reminiscing those good old days. Hospice of Acadiana, Inc, Conference Center, 2600 Johnston St, Lafayette. 337-234-1234.

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

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

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

Flowers for Fun – 6:30-8:30pm. Research shows that being with nature nourishes the soul and brings joy into your life. Be creative in a fun and relaxed atmosphere. Play with flowers and learn to design a piece of art. $250/6 2hr classes; once a week 6 consecutive weeks. 209 Brockton Dr, Carencro. 337-278-7673.

Water Aerobics Class – 6:30-7:30pm. Removes pressure from joints and makes moving easier. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8362.

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

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

tuesday

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

Baby Time – 9:30-9:45am. Class designed to introduce mothers, fathers, caregivers and babies to nursery rhymes, songs, finger plays and early literacy information. Ages 9-18 months. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

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

Toddler Time – 10:30-10:45am. Fifteen-minute story sessions geared to children 18-35 months. Adults must accompany toddlers. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

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

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

Water Aerobics Class – 2:30-3:30. Removes pressure from joints and makes moving easier. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8362.

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

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

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

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

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

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

Mystery Book Club – 6:30-7:30pm. 3rd Tues each month. The South Regional Library hosts a mystery book club. The South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

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

wednesday

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

Baby Time – 9:30-9:45am. See Tues listing. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

Toddler Time – 10:30-10:45am. See Tues listing. South Regional Library, 6101 Johnston St, Lafayette. 337-981-1028.

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

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

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

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

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

Water Aerobics Class – 6:30-7:30pm. See Tues listing. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8362.

thursday

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

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

Water Aerobics Class – 2:30-3:30pm. See Tues listing. Robicheaux Recreation Center, 1919 Eraste Landry Rd, Lafayette. 337-291-8362.

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

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

friday

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

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

Coping Creatively Through Grief Support Group – 10am-12pm. 1st and 3rd Fri each month thru May 3. Catherine Wallace, LCSW, and Jessica Johnson, LPC of the Center for Loss and Transition, offer seven sessions on creativity and sharing to help grievers heal. Pre-registration required, space limited. Hospice of Acadiana, 2600 Johnston St, Lafayette. 337-232-1234.

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

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

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

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

saturday

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

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

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

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

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

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

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.

God's Grace Boutique – 8am-5pm. See Sun listing. Hwy 190 Flea Market Booth 11, 11946 W Hwy 190, Opelousas.

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

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

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

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

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

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

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.

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

"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.

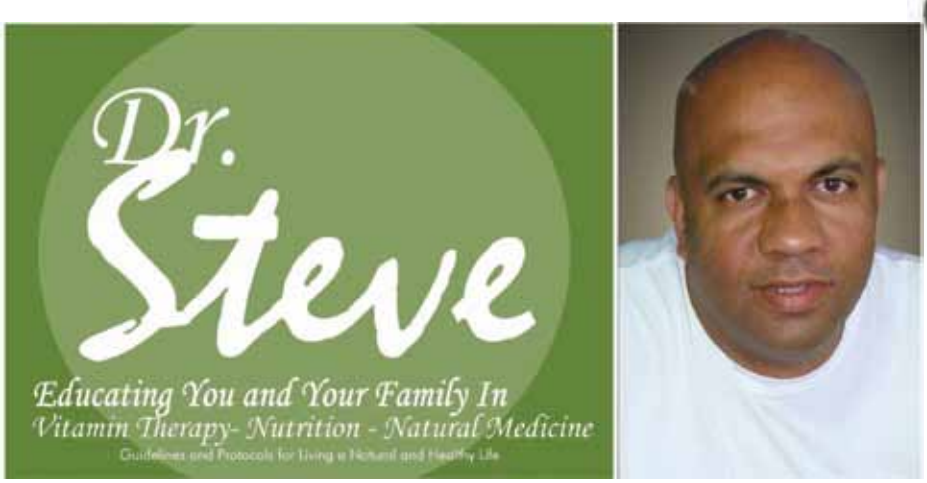
Monthly Night Hike – 7-9pm. Last Sat each month. Take hikes through the Acadiana Park Nature Trail. $3. Acadiana Park Nature Station, 1205 E Alexander St, Lafayette. 337-291-8448.

A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world.

~Paul Dudley White

Naturopathic Doctors Natural Medicine

"finding the root cause"



Dr. Steven T. Castille, Bsc,Ms,DNM
natural medicine
Biochemist, Clinical Herbalist and Doctor of Natural Medicine
Bachelor of Science in Biochemistry, Master of Science in Engineering and Technology Management, Doctorate in Natural Medicine

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

The Basics of Naturopathy

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

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

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

Traditional Naturopaths

In the United States, there are three categories of practitioners of naturopathy: naturopathic physicians, traditional naturopaths, and various providers who utilize aspects of naturopathic medical practice. In terms of education, traditional naturopaths complete a bachelor's degree and pre-medical education in one of the three major areas of science (chemistry, biology, or physics) and graduate-level training in science and natural medicine. Traditional naturopaths complete continuing education requirements to stay current with the most current natural medicine practices.

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

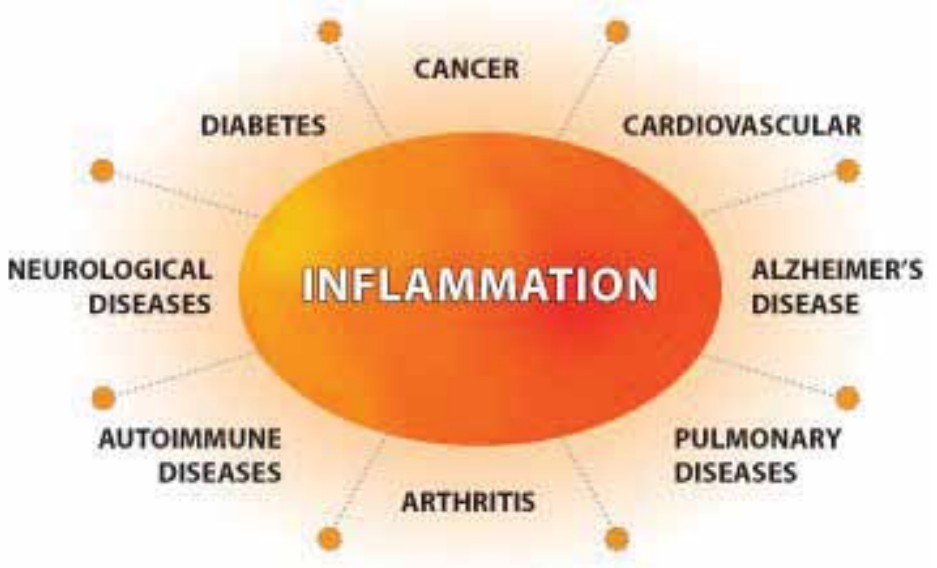
Is Naturopathy for Me?

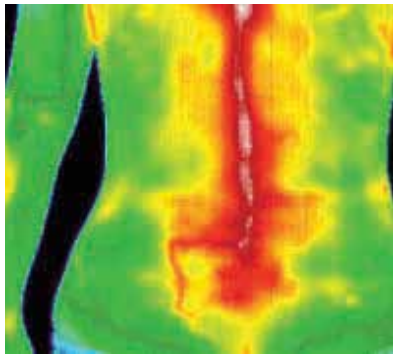
Naturopathy is an important and useful form of alternative medicine that many Americans choose to utilize for treatment of both chronic and acute health conditions. Treatment by a naturopathic doctor can be an excellent complement to mainstream medical care, providing the best of preventive medicine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

What Can I Expect?

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

the natural path





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