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Nutrition Upgrades

Five Strategies
for Better Eating

Delicious Discards

Making Meals
From Scraps



On the other hand, in developed and high-income countries, new factors related to the living standard and the way of life, negatively affect the population's health.

As an example we can mention Greece, where life expectancy at birth for males and females increased by 10 years during the last 50 years. At the beginning of this period, the country ranked second in the Office of Economic Cooperation and Development (OECD) in terms of life expectancy at birth, but now it's in the fifteenth position. High tobacco consumption, traffic accidents, obesity, change of food habits that are increasingly Americanized, low level of physical exercise, can explain that evolution (OECD 2010).

Health and healthcare are becoming a dominant economic and political issue in most countries, with increasing magnitude and importance of the health sector.

WHY ATTEND?

In such a dynamic industry like healthcare and wellness, you can count on there being a constant flow of new innovations, organizations, and services emerging from a variety of medical researchers, policy experts, technology professionals, and others who provide support for taking care of patients. This is why healthcare professionals will want to clear some time in their schedules to attend, network, and learn.

- **The public should attend to learn who's who in medicine, healthcare, and wellness in their local communities.**
- Join local and regional leaders in the healthcare business.
- Local and regional healthcare businesses and professionals in one location.
- Suppliers have the opportunity to visit buyers in the buyer service centers (booths) to introduce themselves and their products/services.
- Schedule one-on-one private business meetings with key healthcare decision-makers in the community and your market.
- Attend informational breakout sessions with representatives of local and regional healthcare groups and companies.
- Opportunity for one-stop shopping for healthcare and wellness services and products.
- A great opportunity to network.

Partners in Healthcare

Expo and Conference

June 7-8, 2019

FRIDAY June 7th 12PM - 8PM | SATURDAY June 8th 8AM - 6PM

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1521 West Pinhook Road, Lafayette, LA, 70503

Open to the Public and all Healthcare Professionals

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www.PartnersInHealthcareConference.com

The Partners in Healthcare Conference is a key event for sharing information in the healthcare community locally and nationally. Healthcare leaders from private industry, non-profit organizations, and government agencies will present the progress of community, regional, and national efforts to improve health care for patients and families.

Achievements in health worldwide in the twentieth century and especially during the past few decades are impressive. The increase in life expectancy and the decrease in fertility throughout the world have been greater in the past

40 years than during the previous 4000 years. Life expectancy is almost 25 years longer today than at similar income levels in 1900. These gains in health and quality of life are mainly the result of achievements and developments in the medical care industry, producing and delivering in broader parts of population a complex of services that center around physicians, private and group practices, hospitals and public healthcare agencies. Other causal factors such as improvements in income and education, nutrition, clothing, shelter and sanitation have also contributed to these health gains.

WHO SHOULD ATTEND?

This event is designed for health care leaders and professionals working in primary care and community settings, including:

- Anyone interested in learning more about local and regional healthcare government agencies, private health care providers, and current health care options.
- Primary care physicians and physician's assistants
- Nurses and nurse practitioners
- Specialists with office-based practices
- Behavioral health professionals
- Medical directors and senior leaders
- Health care administrators and office practice managers
- Health plan leaders
- Home care professionals
- Government, association, and coalition leaders
- Quality improvement leaders and staff
- Community leaders who are working to optimize care while maximizing health care resources
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- Make a difference in your community by supporting quality healthcare and educating the public on what services and products are available to support their healthcare needs

To Register to Attend:

1. Call (337) 565-9105 to register by phone.
2. Visit www.PartnersInHealthcareConference.com to register on our website.
3. Visit our office at: Partners In Healthcare Conference (Enterprise Business Center), 3419 NW Evangeline Thruway, Carencro, LA 70520.



Who's Sponsoring this Event



publisher's letter



Healthcare is defined in the Webster Dictionary as services provided to individuals and communities to improve or maintain mental, physical, and emotional health. Maintaining and improving one's health is an essential part of living a happy, healthy life. Without healthcare and its improvements made by many, the way we live our lives would be extremely different. In some way or another, we've all experienced the benefits of healthcare. In many cases we usually take for granted our own health. My (Lydia) health was something I personally took for granted during my freshman year of high school. At the age of fourteen, I believed that I was in perfect health, and no one could tell me any differently. I knew that something was off, but I was fourteen so why

would I have any reason to worry about my health?

In reality, my health was something I should've kept a more watchful eye on. I say this because I had begun to notice unusual knots in my breast. In the beginning, the hard knots were small, and I believed that it was just how every teenage girl's body was supposed to be developing. With that, I began to ignore every sign that my body was giving me. I went to multiple checkups with my doctors and failed to ask questions about what was going on with me. This didn't change until I spoke to a few girls my age. After the conversation was finished, I realized this was not how every teenage girl's body was supposed to develop. As a result, I asked my mom if we could schedule a doctor's visit.

After that doctor's visit and a few tests, I was diagnosed with a fibroadenoma of the breast. A type of benign tumor, often caused by increased estrogen levels. Only 10% of women are diagnosed with this in the United States, and I had become part of that 10%. My doctor ordered an ultrasound and referred me to a pediatric surgeon. I was told that fibroadenomas usually disappear on their own, but mine had actually grown 5cm in size. I was told by my pediatric surgeon that surgery would be necessary due to the fibroadenoma's size. At that time, she had surprisingly seen a spike in girls with the same condition. She also reassured me that my surgery would go just as smoothly as her past few had.

The surgery that was performed was successful, but I simply took my health for granted. At the same time, I used my age as a reason to ignore everything my body was telling me. Therefore, I suggest you take a closer look into your own health and begin to pay more attention to what your body is telling you. With this information, I hope you see how amazing and precious your health really is and how fast it can change. Think of the contributions made by many to improve the status of healthcare as well as equal opportunities for all in the world and the medical field. Without innovative minds and our personal concerns, our health as we know it could be quite different.

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

Lillyanna & Lydia

Lillyanna and Lydia Castille, Assistant Publishers



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

Natural Awakenings is a family of more than 70 healthy living magazines celebrating 25 years of providing the communities we serve with the tools and resources we all need to lead healthier lives on a healthy planet.

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CoRelief Center - Changing Lives Through Acupuncture



Dr. Brittany Antoine, a pain management specialist practicing acupuncture and Chinese medicine, is the new clinical director of CoRelief's second clinic in Lafayette. Born and raised in New Iberia, Dr. Antoine earned her bachelor's degree in biology at Howard University in Washington, D.C. and received both her master's and doctoral degrees at the Pacific College of Oriental Medicine in San

Diego, California.

Although she specializes in pain management, Dr. Antoine loves treating internal and emotional issues, as well. She has a passion for spreading the word about acupuncture to her local community and advocates for Chinese Medicine as a low cost solution to the opioid epidemic in America including offering patients their money back on the first visit if they don't feel 50 percent better. Treatments are customized to every patient from those suffering pain or any type of discomfort to those wishing to increase fertility or mental awareness. A lifestyle consultation is a part of each plan so that Dr. Antoine can give personalized suggestions on ways to reach individual health goals. Her mission is to make every patient feel seen, heard and understood through compassionate and comprehensive care.

Location: 913 S. College Road, Lafayette. For information, call 337-210-5167 or visit CoreLifeCenter.com.



Acadiana Psych Associates - Renewing Spirits and Restoring Lives



Acadiana Psych is a private practice of caring and empathetic professionals who have been serving the Acadiana area since 2010. They understand what it means to live with and treat mental illness, and they provide quality programs in an outpatient setting by identifying the proper and most effective methods and services to use with each individual. While requiring professional referrals for new patients, they are committed to providing a personalized treatment plan and understanding that a strong support system is a vital part of recovery for each patient. Acadiana Psych treats a variety of mood, thought and anxiety disorders as well as behavioral issues.

Furthermore, their mission is to provide these exceptional mental health services across the lifespan in a safe, calm and non-judgmental environment. Their goal is to restore each patient to their optimal level of functioning with medication management, supportive therapy, educational services and community referral when appropriate. They believe treatment decisions are made as a team, with the patient being the most important team member. The participation of family members, PCPs, teachers and therapists is always welcome.

Location: 913 Alfred St., Scott. For information call 337- 504-3697 or visit AcadianaPsych.com.



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Meditation and Music Slow Cellular Aging



Meditating or listening to classical music altered biomarkers associated with cellular aging and Alzheimer's disease in adults experiencing memory loss, according to a recent West Virginia University study. The 60 participants had subjective cognitive decline, including forgetting familiar names and losing objects, a condition that may be a preclinical stage of Alzheimer's. For 12 minutes a day, they either listened to

instrumental classical music or did a kirtan kriya meditation involving chanting, visualization and finger poses. After three months, all subjects had increases in a key beta amyloid peptide protective from Alzheimer's, as well as better memory, mood, sleep and quality of life, while the meditation group experienced significantly better improvements. Activity in two chromosomal markers of cellular aging—telomere length and telomerase activity—increased for both groups, especially among those that practiced more frequently or started with lower cognitive scores. The improved biomarkers were maintained or even strengthened three months after the study ended.

Lemon Balm Lowers Blood Pressure, Reduces LDL

Lemon balm (*Melissa officinalis*), a soothing herb from the mint family, can significantly improve the condition of patients with chronic stable angina, reports a recent study in the *Journal of Herbal Medicine*. Researchers at Iran's Ahvaz Jundishapur University of Medical Sciences tested 80 patients with the condition, which involves chest pain linked to a lack of blood flow to the heart. The patients were given three one-gram doses a day of lemon balm powder or a placebo. After two months, the patients given the lemon balm had significant reductions

of "bad" low-density cholesterol (LDL), both systolic and diastolic blood pressure, and increased workout capacity, a measure of heart function.



Vegetables and Orange Juice Protect Memory

A Harvard study was conducted on the diets of nearly 28,000 male health professionals spanning two decades between their 50s and 70s and published by the American Academy of Neurology. It found those that drank orange juice and ate leafy greens, berries and dark orange and red vegetables suffered significantly less memory

loss than others. Subjects reported every four years and were examined for both thinking and memory skills. Those that ate about six servings of vegetables a day were a third less likely to develop poor thinking skills than those consuming two servings; those that drank orange juice every day were half as likely to develop poor thinking skills as those drinking one serving per month. Men that ate larger amounts of fruits and vegetables 20 years earlier were less likely to develop similar problems, whether or not they kept eating larger amounts of fruits and vegetables later.

Herbs Make Worthy Prebiotics

Ginger, black pepper and holy basil, mainstays in traditional medicines as anti-inflammatories, also contain significant prebiotic potential that could help gut health, report researchers from India's National Institute of Nutrition, in Hyderabad. Holy basil (*Ocimum sanctum*) and ginger (*Zingiber officinale*) showed significantly higher prebiotic activity, especially of *Lactobacillus* and *Bifidobacterium* species, when compared to the well-known prebiotic fructooligosaccharide (FOS). Black pepper (*Piper Nigrum*) had prebiotic effects similar to FOS.



Poles Apart

Earth's Extremities on the Edge

The North Pole and South Pole each have unique, pristine environments, virtually untouched by civilization, but a pair of federal studies cast doubt upon their future status. The National Oceanic and Atmospheric Administration (NOAA), in a study based on satellite data, warned that ancient glaciers in West Antarctica, thought to be more stable than those to the east, are “waking up” and beginning to dump ice into the sea, which could further contribute to rising sea levels.



A second NOAA study reported that glaciers at the top of the world are also thawing, melting and breaking down. According to that document, the Arctic is undergoing a period of “record and near-record warmth, unlike any period on record.” Lead Arctic NOAA researcher Emily Osborne announced at a major geoscience conference, “The Arctic is experiencing the most unprecedented transition in human history.”



Wave This

Planet Earth Has a Flag

A new project by Oskar Pernefeldt, a graduate student at Beckmans College of Design, in Stockholm, Sweden, has designed a new flag for the entire planet to be used worldwide in a move toward unity. Its minimalist design shows seven rings intertwined on a deep, sea-blue background, forming a flower in the middle. Simple and contemporary, the flag evokes the Earth's natural beauty.

“The blue field represents water, which is essential for life,” writes Pernefeldt. “The flower's outer rings form a circle which could be seen as a symbol of Earth as a planet, and the blue surface could represent the universe.” The flag has yet to be adopted by any official government agencies.

Eco Fill-up

Liquid Fuel Stores

Solar Energy

Solar power is cheap and plentiful, but there has been no way to store it efficiently. Scientists from Chalmers University of Technology, in Gothenberg, Sweden, are developing a liquid molecule composed of carbon, hydrogen and nitrogen that when exposed to sunlight, rearranges the bonds between its atoms into an energized new isomer. In this way, energy from the sun is captured between the isomer's strong chemical bonds and stays there even when the molecule cools down to room temperature.

When the energy is needed, the fluid is drawn through a catalyst that returns the molecule to its original form, releasing energy as heat. “The energy in this isomer can now be stored for up to 18 years,” says Chalmers University nanomaterials scientist Kasper Moth-Poulsen. “And when we come to extract the energy and use it, we get a warmth increase, which is greater than we dared hope for.”

The hope is that this warmth can be used for domestic heating systems, powering a building's water heater, dishwasher, clothes dryer and more. The scientists claim the fluid can now hold 250 watt-hours of energy per kilogram, double the energy capacity of Tesla's Powerwall batteries. Moth-Poulsen believes the technology could be available for commercial use within 10 years.

Fake Foliage

Bionic Leaf Tops Plants in Photosynthesis

Bionic Leaf 2.0, a new, artificial photosynthesis system developed by a team headed by Harvard University scientists, takes in carbon dioxide, water and sunshine to create a sugary fuel. Solar energy splits up a water molecule, and bacteria turn hydrogen and carbon dioxide into liquid fuel, mainly isopropanol, which could be used someday to power a car.

An improvement on their prior effort a year earlier, the new system has a catalyst made of cobalt and phosphorus, increasing the efficiency of the reaction to 10 percent. Normal photosynthesis in plants is just 1 percent efficient at converting solar energy to biomass. This technology has the potential to bring another type of solar energy to the planet, especially in the developing world.



Transcendental Meditations

Near-Death Experiences Can Be Learned



“Meditation-Induced Near-Death Experiences: a 3-Year Longitudinal Study,” published in *Mindfulness*, concludes that some Buddhist meditation practitioners can willfully induce near-death experiences (NDE). These profound psychological events typically occur in people close to actual or perceived death. The abil-

ity to willfully induce such experiences could help scientists better understand the phenomenon, which has been difficult to research.

“The practice of using meditation to gain a better understanding of death is longstanding, particularly in Buddhism, where ancient texts exist to help spiritual practitioners prepare for or gain insight into the process of dying,” says study author William Van Gordon, of the University of Derby, in England.

“Unlike regular near-death experiences, [12] participants were consciously aware of experiencing the meditation-induced NDE and retained control over its content and duration. Also, compared to regular forms of meditation, the meditation-induced NDE led to a five-fold increase in mystical experiences and a four-fold increase in feelings of non-attachment,” explains Van Gordon.

Techno Timber

Artificial Wood Resists Fire and Water

A new, lightweight synthetic wood has been created that is as strong as wood, but without its traditional vulnerability to fire and water, as reported by Shu-Hong Yu, a materials chemist at the University of Science and Technology of China, in Hefei, and the author of a study published in *Science Advances*. It's made of polymer resin and chitosan, a sugar polymer derived from the shells of shrimp and crabs. Adding human-made or natural fibers to the mix could also help.

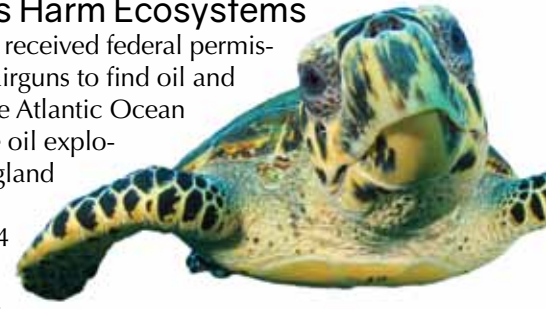
The new material does not require years to grow and repels water; samples soaked in water and a strong acid bath for 30 days scarcely weakened, while balsa wood lost two-thirds of its strength and 40 percent of its crush resistance. The new material is also difficult to ignite, and stopped burning when it was removed from the flame. Its porosity creates an air-trapping capacity that could make it suitable as an insulation for buildings, but eco-friendly alternatives to the polymer resins are needed to broaden interest in its utility.

Shocking Development

Oceanic Blasts Harm Ecosystems

Oil companies have received federal permission to use seismic airguns to find oil and gas deep beneath the Atlantic Ocean floor during offshore oil exploration from New England to Florida. Repeated every 10 seconds, 24 hours a day, for days and weeks at a time, the airguns are so loud that they disturb, injure or kill marine mammals, sea turtles and other wildlife, harm commercial fisheries and disrupt coastal economies. The proposed testing could injure 138,000 whales and dolphins and disturb millions more, according to government estimates.

Impacts include temporary and permanent hearing loss, disruption of mating and feeding, beach stranding and deaths. Whales and dolphins rely on their hearing to find food, communicate and reproduce. Airgun blasts can kill fish eggs and larvae, and scare away fish from important habitats. Catch rates of cod and haddock declined by 40-to-80 percent for thousands of miles following seismic surveys. Nonprofit environmental watchdog Oceana is working to halt the use of the devices and stop the expansion of dangerous offshore drilling that follows the seismic testing.



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NUTRITION UPGRADES

Five Strategies for Better Health

by Melinda Hemmelgarn

Springtime brings a desire to clean up our diets and refresh our plates. Here are five worthy strategies for upgrading nutrition and greeting the season with a renewed sense of well-being.



1 Ditch dieting.

According to the Boston Medical Center, an estimated 45 million Americans go on a diet each year and spend more than \$30 billion annually on weight-loss products. Despite this hefty investment, restrictive diets don't work, says Sandra Aamodt, a neuroscientist based in northern California. Aamodt co-presented the Neurobiology of Dieting: Evidence for Improving Mental Health With a Self-Care Approach session at the Academy of Nutrition and Dietetics (AND) annual meeting last October in Washington, D.C.

"Diets are not harmless," Aamodt

explains. "They create stress, persistent hunger, trigger eating disorders such as binge eating and even make people fatter over time."

It's better to take a kinder approach, says Rebecca Scritchfield, a Washington, D.C.-based registered dietitian and Aamodt's co-presenter. Scritchfield is the author of *Body Kindness: Transform Your Health From the Inside Out – and Never Say Diet Again*. She teaches her clients to value their self-worth regardless of body size, practice mindful eating and focus on overall self-care: Think enjoyable physical activity, adequate sleep and positive self-talk.

Mindful eating includes paying attention to thoughts and feelings that trigger eating such as hunger, but also stress, boredom and loneliness, says California-based registered dietitian Andrea Lieberstein, who wrote *Well Nourished: Mindful Practices to Heal Your Relationship with Food, Feed Your Whole Self, and End Overeating*. She

encourages clients to identify voids in their lives and fill them with healthy relationships and pleasurable activities, rather than food.

The "health at any size" philosophy is accepted by a growing number of health and nutrition experts, including Annie Kay, a registered dietitian and registered yoga therapist at the Kripalu Center for Yoga and Health, in Stockbridge, Massachusetts. She's the author of *Every Bite is Divine: The Balanced Approach to Enjoying Eating, Feeling Healthy and Happy, and Getting to a Weight That's Natural for You*. Kay injects compassion into her work, promoting stress reduction, conscious eating and finding peace for individuals to reach their natural weight.



2 Learn how to cook and garden.

The best dietary upgrade starts in our own kitchens, where the cook controls the ingredients. Home cooking with fresh, whole foods is at the heart of feeding ourselves well. Processed food manufacturers would like us to equate cooking with drudgery or think that cooking takes too much time, yet this couldn't be further from the truth.

Tanmeet Sethi, an integrative physician at the Swedish Cherry Hill Family Medicine Residency, in Seattle, established a culinary medicine program that includes both cooking and gardening

classes. Sethi says, "Eating is sacred; it's our connection to the earth." She also believes there is wisdom in the way food has been traditionally cooked. Sethi recommends a Mediterranean eating pattern for its power to reduce depression and ward off chronic diseases. She also promotes the "herb and spice pharmacy" to reduce inflammation and treat and prevent disease. For example, she says, "Ginger and turmeric both act on the same biochemical pathways as anti-inflammatory medicines."

Cooking and eating together as a family has multiple benefits, too, improving children's nutrition, self-esteem and school performance. Best of all, says Sethi, "Family meals allow us to connect with the people we love." Put away phones, turn off screens and truly tune in to each other.

Connecting to the earth through gardening also improves our health, according to both Wendy Demark-Wahnefried, a registered dietitian and associate director of the University of Alabama at Birmingham's Comprehensive Cancer Center, and Diana Dyer, a Michigan-based organic farmer, registered dietitian and author of *A Dietitian's Cancer Story: Information & Inspiration for Recovery & Healing*. They promote gardening as a way to interact with nature, reduce stress and improve quality of life. With just a small patch of soil, home and community gardens provide a ready source of affordable, fresh and nutritious vegetables and herbs.



■ **Eat to protect our planet.** According to the American Public Health Association, climate change is a major threat to our population. Droughts, fires, storms and flooding create obvious challenges to growing crops, but new research also shows how increasing levels of carbon dioxide in the atmosphere decreases the nutritional quality of food, leading to lower levels of protein and minerals. One solution is to change the way we farm and eat.

For example, Jennifer Jay, Ph.D., a professor of environmental engineering in the Civil and Environmental Engineering Department at the University of California Los Angeles, calculated the carbon footprints and climate impacts

Seventy percent of our immune system is in the lining of the gut.

~Tanmeet Sethi, an integrative physician at the Swedish Cherry Hill Family Medicine Residency, in Seattle.

of a variety of food choices. In general, she says, the fewer animal products in our diets, the lower the greenhouse gas impact.

But meat and other animal products need not be totally off the table. Simply choose smaller portions and when possible, purchase local pasture-raised products produced without antibiotics and hormones. Organic food production introduces less fertilizers, pesticides, antibiotic-resistant bacteria and greenhouse gases into our environment. So, what's best for the planet is best for us. Jay provides easy, plant-based and planet-friendly recipes at *Meals4Planet.org*.



■ **Support gut health.** Around 400 B.C., Hippocrates said, "Bad digestion is the root of all evil." Fast forward through the centuries to today, and one of the hottest areas of research in health, medicine and

nutrition revolves around the microbiome; more specifically, the community of

microorganisms living in the gut.

"Seventy percent of our immune system is in the lining of the gut," explains Sethi, which is why she advises, "Feed the bacteria in your gut real food." Similarly, Teresa Martin, a registered dietitian and certified diabetes educator based in Bend, Oregon, emphasizes the value of unprocessed, high-fiber, organic plant foods to nourish gut bacteria and maintain microbial balance.

Speaking at the same recent meeting, Martin described multiple ways gut bacteria influence our physical and mental health, including nutrient absorption, body weight and blood sugar control, bone density, inflammation and mood. Microbes in the colon digest and ferment plant fibers into short-chain fatty acids, which help ensure a thick, healthy, intestinal mucus lining. Martin notes, "When we don't eat enough plants, we can't make enough short-chain fatty acids," which are key to gut-brain crosstalk and control of appetite and mood.

Martin recommends eating 35 to 50 grams of fiber per day from food, not supplements. She also warns against "microbial assassins" such as antibiotics, processed meats, high-fat diets, refined carbohydrates, added sugars and artificial sweeteners, plus the emulsifiers polysorbate 80 and carboxymethylcellulose, which are commonly added to foods like ice cream and baked goods to improve texture and extend shelf life. All contribute to microbial imbalance, the loss of microbial diversity and leaky gut—the inability to keep offending food compounds like gluten and intact milk protein out of the bloodstream—leading to food intolerance, inflammation and autoimmune disorders.

Eat-Right Resources

Dorothy Sears: beta.prx.org/stories/225407

Food Sleuth Radio interviews: exchange.prx.org/series/32432-food-sleuth-radio

"The Great Nutrient Collapse:" Tinyurl.com/GreatNutrientCollapse

The Kick Diabetes Cookbook: An Action Plan and Recipes for Defeating Diabetes, by Brenda Davis. BrendaDavisRD.com

Mediterranean diet pyramid: Tinyurl.com/OldWaysMediterraneanDiet

The Obesogen Effect: Why We Eat Less and Exercise More but Still Struggle to Lose Weight, by Bruce Blumberg

Tanmeet Sethi: beta.prx.org/stories/243771

Whole Grain Hierarchy: Youtube.com/watch?v=nkFJZUIUeEA

Why Diets Make Us Fat: The Unintended Consequences of Our Obsession with Weight Loss, by Sandra Aamodt

Registered dietitian Brenda Davis, of British Columbia, also recommends whole-food, plant-based diets to reverse Type 2 diabetes. She developed a “whole-grain hierarchy” to identify the most gut-friendly, least-processed grains, including cracked oats, brown rice, barley, buckwheat, sprouted grain, wheat berries and kamut. Along with beans, legumes, nuts, seeds, fruits and vegetables, Davis says these foods nourish beneficial gut microbes and reduce inflammation.



■ Try intermittent fasting and smart meal timing.

Allowing the body at least 12 hours without food intake benefits gut microbial diversity, says Martin. Intermittent fasting, or eating patterns in which no or few

calories are consumed between 12 to 16 hours, can protect against a variety of metabolic diseases such as Type 2 diabetes, perhaps in part due to the effect on gut microbes.

Dorothy Sears, associate professor of medicine and associate director of the Center for Circadian Biology at the University of California, San Diego, studied the effect of intermittent fasting, or “time-restricted feeding”, on the risk of breast cancer recurrence. In a study of more than 2,300 breast cancer survivors, Sears discovered the women that fasted for at least 13 hours a day reduced breast cancer recurrence by 36 percent, regardless of other dietary factors. Putting this into practice, if the last meal of the day ends at 6 p.m., the first meal of the next day would not begin before 7 a.m.

In addition to this “prolonged nightly fasting,” Sears says that when we eat affects the way our bodies handle calories. She recommends eating during the first half of the day, when the sun is up and our enzyme and hormone systems are best able to handle calories, control blood sugar and body weight.

Spring forward with these five tips and enjoy better health.

Melinda Hemmelgarn, the “food sleuth”, is an award-winning registered dietitian, writer and nationally syndicated radio host based in Columbia, MO. Reach her at FoodSleuth@gmail.com. Tune into Food Sleuth Radio through iTunes, Stitcher and KOPN.org.

Quick Tips for Enjoying Good Food, Fast

1. Cook once, eat twice (or more). Smart, busy cooks use this wise, old home economics strategy. A big pot of soup, stew or chili makes many servings of easy-to-heat leftovers. Store extra servings in glass, never plastic, for quick, heat-and-serve meals. Add a side salad and fruit for dessert for a nourishing, fulfilling meal.

2. Master the omelet. Eggs, preferably free-range and organic, make fast, easy, affordable meals. Get creative with personalized omelet fillings. For example, in a tablespoon or more of olive oil, quickly sauté any combination of seasonal vegetables like potatoes, onions, peppers, mushrooms, asparagus, kale or spinach. When tender, slide vegetables into a bowl. Add a few more drops of olive oil to the pan and pour in beaten eggs. When eggs are almost set, top them with sautéed vegetables and a sprinkle of cheese. Cover the pan, set heat to low and when cheese is melted, it's time to eat. For an alternative filling, try beans, avocado, cheese, onions or peppers with a side of salsa.

3. Use an electric pressure cooker. Say goodbye to sodium-laden, BPA-lined cans of beans. With today's safe and easy electric pressure cookers, a pot of un-soaked dry beans can be ready in less than an hour. Use cooked beans in a variety of quick, delicious dishes, including hummus, burritos, soups, chili and veggie burgers. For tips on vegetarian cooking and stress-free pressure cooking, visit TheVeggieQueen.com.

4. Make friends with farmers. Find local farmers' markets for the most flavorful, fresh, seasonal produce. For those not sure what to do with kohlrabi or a strange-looking squash, farmers and fellow shoppers will gladly provide ideas. It's like going to a community party with fellow foodies—much more fun than a trip to the grocery store.

5. Experiment with helpful cookbooks. Mark Bittman's *Kitchen Express* provides 404 seasonal dishes that can be prepared in 20 minutes or less. Betty Crocker, the renowned classic teacher, shows beginning cooks how to make standard dishes from scratch. For delicious vegetarian meals, check out Deborah Madison's *Vegetarian Cooking for Everyone*. And to enrich children's taste buds, invite them into the kitchen with *The Kids' Multicultural Cookbook: Food & Fun Around the World*, by Deanna F. Cook.

6. Invest in a microplane grater or handheld rasp. Add a punch of flavor and pizzazz with this versatile kitchen tool. Use it to add freshly grated garlic, ginger and turmeric; plus lemon, lime and orange zest.

7. Purge cupboards of packaged, processed foods. Read ingredient labels to remove the big offenders: refined flours, sugar and substitutes, artificial colors and additives that harm gut microbes, including polysorbate 80 and carboxymethyl cellulose.

8. Stock up with grab-and-go snacks. Fruits, vegetables, nuts, nut butters and plain yogurt (sweeten to taste with local honey, seasonal fruit and cinnamon) make satisfying, high-nutrient snacks.

9. Keep assorted organic herbal teas handy. Unsweetened herbal teas make cozy companions during prolonged nighttime fasting. Staying well hydrated is key to mental performance and weight control, too. Thirst often masquerades as hunger, so drink water or tea first, then reassess appetite.

10. Put fun and pleasure back into eating. Host a potluck with friends to share cooking and clean up, or have a picnic with kids of all ages. Put flowers or a candle on the table and play soothing music—it all enhances digestion and encourages mindful eating. Bon appétit!

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

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	Stronger bones
Reduced risk of heart disease	Lower blood pressure
Protection from cancer	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.



ZERONA: ZAP FAT WITH LASER LIGHT

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

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

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

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

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

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

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

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

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

Zerona

Melt Belly Fat Using Zerona Cold Laser Treatments

Zerona employs a laser to shrink fat cells, and costs about \$1,500 to \$1,700 for a package of six purportedly painless treatments performed over two weeks in a doctor’s office. A package of six treatments at the LITEON Natural Health Center is under \$600. Each treatment takes roughly 40 minutes. Liposuction costs \$4,000 on average, and a tummy tuck costs \$5,000 to \$9,000. Unlike many laser sculpting procedures, Zerona has “absolutely no side effects, no allergic reactions, bruising, anything,” says Steve Shanks, president of Erchnoia, Zerona’s manufacturer. The company’s clinical trial for FDA approval found that the procedure removed about 1 to 1.5 inches from each area treated including waist, hips, and thighs. *Source: Health.usnews.com*



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

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



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

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

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

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



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Right Thigh	22 1/2"	18"
Left Thigh	22 1/2"	18 1/2"
Waist	38 1/2"	31"
Hips	36 1/2"	33 1/2"
Total	142.5"	122"

Total Inches Lost 20.5
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Delicious Discards

Making Meals From Mainly Scraps

by April Thompson

Food scraps are no longer relegated to just making soup, stock and sauces that hide their true nature. Creative chefs are reawakening to the possibilities of skins, cores, rinds and other parts we've needlessly been throwing away, with startling results.

"Cooking with scraps is good for the planet and good for the pocketbook. Forty percent of food produced goes uneaten, unnecessarily filling the landfill with hundreds of billions of dollars of food," says Lindsay-Jean Hard, a chef in Ann Arbor, Michigan, and the author of *Cooking With Scraps: Turn Your Peels, Cores, Rinds, and Stems into Delicious Meals*.

Yet the real driving force behind Hard's unusual, scrap-based recipes is the joy of creativity and innovation. "It's fun to challenge yourself to create something delicious out of something no one would think edible, like my banana peel cake," says Hard.

Mads Refslund, a Danish chef living in New York City, seeks nature in food by cooking and serving it on the plate. "In nature, there is no ugly, no trash, just cycles of change. Using all

It's fun to challenge yourself to create something delicious out of something no one would think edible, like my banana peel cake.

~Lindsay-Jean Hard

the parts is a way of respecting the plant, the fish, the animal and its life," says the co-author of *Scraps, Wilt & Weeds: Turning Wasted Food into Plenty*.

Tama Matsuoka Wong, forager and co-author of *Scraps, Wilt &*

Weeds, points to the cultural relativism of cooking, noting that our ancestors or other cultures may think that modern Americans are throwing away the best parts of our food. "Some of the best flavor and nutrients can be found in vegetable, fruit and fish skins that often get discarded," says Matsuoka Wong.

Both *Scraps, Wilt & Weeds* and *Cooking with Scraps* are intended as reference guides to provide inspiration to home chefs, rather than rigid cookbooks to be followed with precision. Matsuoka Wong suggests trying to work with the ingredients at hand, using substitutions as needed, instead of buying an ingredient just to follow a recipe.

Cooking from scraps requires a shift in mindset about our food and a new mindfulness about our habits in the kitchen, says Matsuoka Wong. "Before automatically throwing something away or

composting, pause and think, what might I do with this?" she says.

Hard suggests choosing one new ingredient at a time to work with, old bread being an easy one to start with. "Stale bread can easily be transformed into breadcrumbs and croutons that can add nice texture to a lot of dishes," says Hard.

"Nail a couple things you can make out of anything, like fried rice or frittatas, which are both very accepting of most any ingredient you add," says Matsuoka Wong. Hard agrees that simple, hearty dishes like layered casseroles or tasty tempura can be great ways to clean out the odds and ends in the crisper.

Sometimes the toughest ingredients can yield the tastiest meal. Hard admits to having been stumped by what to do with the non-fleshy part of artichoke leaves, which can be tough and bitter, until she developed a recipe for artichoke leaf nachos.

Edible weeds, leaves, stalks and stems of all kinds, including celery, asparagus ends and carrot tops, make for great pesto, which is itself a versatile ingredient—great for sandwiches, dips, pastas and more—and it freezes well, Hard says. Fish scales can be fried and eaten like potato chips; they are a crunchy bar snack in Japan, notes Matsuoka Wong. Fish carcasses or shrimp shells can also be boiled down into stock for risotto or seafood chowder, suggests Hard.

Fruit cores can be boiled into sweet syrup for cocktails or non-alcoholic refreshments, or distilled down into vinegars. Fruit peels can be crisped up into a healthy snack or boiled into a tea. Hard likes to infuse tequila with beet peels for a dramatic look and a little extra flavor. Fruit or vegetable tops such as pineapples, strawberries, cucumbers and leftover herbs can be used to infuse water or vinegar. Water from canned beans, known as aquafaba, is a great stand-in for egg whites to make everything from homemade vegan mayo to fudgy brownies.

"Cooking with scraps shouldn't be intimidating or overwhelming or feel like a chore: They're just ingredients," says Hard. "The more you cook using these recipes, the more familiar the concepts will become, and you'll realize how easy it is to adapt them to make them your own."

April Thompson is a freelance writer in Washington, D.C. Connect at AprilWrites.com.

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Healing From Genetically Altered Foods

Another Reason to Go Organic

by Marlaina Donato

Twenty-five years ago, the first genetically modified (GM) crop came to market in the form of a tomato engineered for a longer shelf life. Today, as much as 80 percent of food in the U.S. contains GMOs (as they are best known) and most of the world's genetically engineered crops are treated with glyphosate herbicides, primarily Monsanto's Roundup.

Unlike hybrids produced by conventional breeding, GMOs are created in a laboratory, often incorporating DNA from other species, such as bacteria and viruses. Researching the potential health effects "must be our number one priority, because GMO technology is replacing nature," says Jeffrey Smith, executive director of the Institute for Responsible Technology, in Fairfield, Iowa. "The altered genomes are passed on to future generations."

Although U.S. regulators generally regard these foods to be safe, the ubiquity of GMOs in the food chain and a lack of

As I dug deeper, I put the pieces together of the relationship between GMOs, gut health and subsequent diseases. ~Michelle Perro, pediatrician, author and executive director of GMO Science

research on their long-term effect on human health have ignited controversy among scientists, consumers and even governments.

Much of the research has been conducted in other countries—more than 60 have banned GMOs—and most studies have

focused on the health effects of the glyphosate used on these crops, which the World Health Organization in 2015 declared a probable human carcinogen. "Glyphosate adversely affects the mitochondria, neurotransmitter production and hormones," says Smith, whose recent documentary, *Secret Ingredients*, presents stories of people that overcame chronic illnesses by eliminating GMOs from their diets.

Smith recently conducted a survey published in the *International Journal of Human Nutrition and Functional Medicine* in which 3,256 respondents reported improvement in a number of health problems after they switched to largely non-GMO and organic diets.

“Many of the conditions that improved in the survey participants are similar to the health issues found in lab animals fed GMOs or the associated herbicide Roundup,” he wrote. More than 85 percent reported improvement from digestive disorders. It is possible that glyphosate, which is antibiotic in nature, may disrupt the delicate balance of the microbiome, a community of microbes that inhabit the gut.

Roundup and Gut Health

“Roundup can loosen the tight junctions between our cells,” explains Smith. “This can lead to leaky gut, which can contribute to inflammation and numerous diseases.”

Dr. Akil Palanisamy, a Harvard-educated physician and author of *The Paleoedvic Diet: A Complete Program to Burn Fat, Increase Energy, and Reverse Disease*, concurs. “I do believe that the microbiome is crucial for health, and by switching to organic, we eliminate the potential microbiome-damaging effects of glyphosate.”

Palanisamy, based in San Francisco, emphasizes glyphosate’s known

ability to cause DNA damage and potentially induce cell death. “It may be a contributing factor to Parkinson’s disease, Alzheimer’s disease, depression, infertility and gastrointestinal disorders,” he says. “It is impossible in the U.S. to just eliminate GMO foods from the diet, so eating organic is the only way to guarantee avoiding GMO foods. This automatically also reduces pesticides from the diet.”

Anecdotal Evidence

Dr. Michelle Perro, a pediatrician, author and executive director of GMO Science, in San Rafael, California, became involved when she came across research by plant biologist Dr. Arpad Pusztai, one of the first scientists to raise concerns about the safety of genetically modified foods. “I was able to correlate his findings with the change in children’s health that I was beginning to notice in my own practice,” says Perro. “As I dug deeper, I put the pieces together of the relationship between GMOs, gut health and subsequent diseases.”

Perro has seen improved health in her patients once a cleaner diet is intro-



Helpful Resources

- 2018 *Journal of the American Medical Association* study: Tinyurl.com/OrganicFoodAndCancer
- *What’s Making our Children Sick?: How Industrial Food Is Causing an Epidemic of Chronic Illness, and What Parents (and Doctors) Can Do About It*, by Dr. Michelle Perro and University of California San Francisco medical anthropologist Vincanne Adams; ChelseaGreen.com/product/whats-making-our-children-sick

Healing Strategies

Go-to Tips

- Eat organic when possible, especially oats, wheat and other grains, soy, corn, beans and lentils.
- Look for the “Non-GMO Project Verified” seal on labels.

Advice From the Experts

Dr. Akil Palanisamy:

- Sweat in a sauna or steam room 15 to 20 minutes once or twice a week to stimulate toxin release (infrared saunas are a good alternative for those that can’t tolerate the heat of traditional saunas).
- Take 15-minute home baths with one-quarter-cup of bentonite clay.
- Drink lots of purified filtered water every day.
- Strive to have a daily bowel movement.
- Add fiber to diet such as psyllium husk or fruit pectin.

- Eat a variety of detoxifying foods like cruciferous vegetables, ground flaxseeds, parsley, beet greens (the leafy tops of beetroot), cilantro and chia seeds.

Dr. Michelle Perro (for children):

- Eat as much organic foods as possible and eliminate processed foods from a child’s diet.
- Don’t drink tap water; use a quality water filter.
- Strive to eliminate pesticides in the child’s environment, including at schools, playdates and homes of relatives.
- Seek a foundation of nutritional medicine and individualized treatment strategies employing nutraceuticals, herbs, homeopathy and manipulative medicine.
- Consider an elimination diet, beginning with dairy and gluten.

duced. “Parents have the ability to help reverse chronic disorders plaguing their children, including asthma, eczema, food allergies and neurocognitive disorders such as autism and ADHD [attention deficit hyperactivity disorder].”

Palanisamy has also seen significant changes in his patients’ health when they heed his advice and avoid GMOs. “Often, they report improvement in digestion, mood, brain fog and energy levels.”

The body is designed with the innate ability to heal, says Pero. “Chronic diseases can be reversed when organic nutrition is the foundation.”

The Hartman Group’s *Organic & Natural 2018* report reveals that 46 percent of American shoppers now seek GMO-free food. “The tipping point here in the United States has begun,” says Smith.

Marlaina Donato is the author of several books on spirituality, health and wellness and a composer. Connect at AutumnEmbersMusic.com.



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Air Care for Kids

Keeping the Homefront Allergy-Free

by Avery Mack

An allergy is a dramatic over-reaction of the immune system to environmental agents that are harmless to most people. Antibodies fight allergens with the release of histamines, and a runny nose, red eyes, sneezing, coughing, rash or hives can be the tangible result.

Common around age 10, allergies often fade later in life, so children are often most sensitive to their causes. Outdoors, the problem could be pollen from trees or plants. Indoors, chemicals, dust mites, mold or pet dander are common culprits. An allergist can help identify them.

Author of *Clearing the Air One Nose at a Time: Caring for Your Personal Filter*, pediatrician Hana Solomon, M.D., in Columbia, Missouri, focuses on a natural approach to prevent, rather than treat, symptoms. “Thirty years ago, we didn’t have specialty cleaning products,” she says. “Natural solutions work; sometimes just a cotton cloth and water are enough.”

Frisco, Texas-based Urban Hydration uses vegan-friendly, cruelty- and gluten-free ingredients and herbal extracts to ensure their cleaning products don’t contain parabens, synthetics, polybeads and toxic chemicals. Their home and spa collections are kept as natural as possible without requiring refrigeration. Lemon extract

and coconut oil are key ingredients in their all-purpose spray, dishwashing solution and fabric refresher.

Microscopic dust mites live in upholstery, carpets and mattresses. They are the cleanup crew for the millions of dead skin cells humans shed daily. “If a child is allergic to dust mites, get rid of the carpet. Hang blinds on the windows. Vacuum heat vents,” Solomon says. “Use allergen-free pillows, no down or feathers, and a mattress cover. Wash it and bedding once a week. Reduce the number of toys and stuffed animals in use, wash [them] frequently and store others. Go unscented.”

Leslie Fischer, an eco-minded mom and entrepreneur in Chicago, reviews mattresses for adults and babies at SustainableSlumber.com/reviews. “Volatile organic compounds (VOCs) off-gas from the mattress and disrupt sleep, but also trigger allergy symptoms, asthma and hives,” she says. “An organic mattress is a better choice.”

Natural fabrics are the best option for bed linens. Kathryn Kellogg, author of the *Going Zero Waste* blog in Vallejo, California, lists 17 sustainable and eco-friendly bedding brands. For her own use, she chose organic cotton sheets from a family-owned business (Tinyurl.com/EcoFriendlyBeddingBrands).

Pajamas are also important. Look for comfy organic fibers that wick

moisture, are hypoallergenic and fire-resistant. Merino wool’s millions of tiny air pockets create a micro-climate to keep sleeping kids toasty in cold weather and cool in summer heat.

Pallet furniture is trendy, but keep in mind that chemical residue or insecticides may remain in the porous wood, as well as *E. coli* or listeria from food transports. A safety checklist can be found at Tinyurl.com/PalletSafety.

Often overlooked, indoor mold can live year-round in damp places like bathrooms. A DecoLife bath mat made of natural diatomaceous earth and resilient plant-fiber is antibacterial, non-slip and contains no colorants. It dries within three minutes to prevent mold or mildew from forming. Instead of dropping wet towels and washcloths into the hamper, hang them to dry and launder weekly.

Lemon juice keeps faucets sparkly clean and fresh-smelling. Vinegar cleans glass shower doors. Ditch the old shower curtain; most are made with PVC and release chemicals into the air. Install a rain showerhead to avoid water spray, and use a fast-drying hemp or organic cotton curtain.

Opt for natural flooring; bamboo and cork are both sturdy and sustainable, but have a large carbon footprint due to shipping distances. Linoleum, updated and colorful, is available with marbled, stone-like, flecked and woodgrain patterns. Antistatic and antibacterial, it withstands kids and pets, requiring only a mild cleanser and damp mop to stay clean.

Pets are often blamed when a child develops allergies. It’s actually their dander that causes the reaction. Rather than giving Sparky away, use pet-friendly wipes on fur and feet to remove dander and allergens carried in from outdoors. The Daily Shep offers tips at Tinyurl.com/TheDailyShepTips.

Kids bring allergens into the house, too. Leave shoes outside the door, schedule an early bath and change to indoor garb for the evening. A high-efficiency particulate air (HEPA) filter will help clean the air.

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

The Path to Wealth

How to Make a Dream Come True

by May McCarthy



Successful professional athletes, musicians and business men and women that have achieved their goals can often point to repetition as a key to their prosperity and success. Undergoing both physical and mental training on a daily basis are keys for them to perform at their highest levels. Keeping their goals at the forefront of their thoughts, talking about the outcomes that they want to achieve and mentally seeing themselves achieving their goals are essential components of a repetitive practice that reaps great rewards.

Everyone can implement a similar success practice. Revisit goals daily to enable subconscious and spiritual intuition to illuminate possibilities in taking steps necessary to create the life that we

love. This repetitive practice will shift our beliefs so that goals will be achieved sooner. Motivational speaker and author Earl Nightingale writes, "Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality."

To realize goals sooner, set aside 20 minutes and follow three simple steps each morning:

Write down your goals and be specific in describing the desired outcome.

For example, instead of saying, "I want to lose 10 pounds," say, "I'm so grateful that I am physically fit in a pain-free body that easily moves through life." By spending time each day describing completed goals with gratitude, your beliefs will

change and your subconscious can work with you to make those statements true.

Speak your goal statements aloud with emotion.

The practice of uttering your goal statements out loud anchors the meaning more fully internally. This practice helps to convince your subconscious that achieving your goals is possible. Ideas and thoughts that are in alignment with them will then become more noticeable.

Imagine yourself achieving your desired outcomes.

With eyes closed, create a clear picture of your realized goals in your mind each day. As you begin to feel yourself completing goals, spiritual intuition that emerges as gut instincts, strong thoughts and ideas, and messages that are external to you will become obvious. Take action as led by your intuition to manifest your dreams.

Repeat these steps every day to create new beliefs and achieve all that you desire sooner. Now is the time to enjoy increased prosperity and success in all of your endeavors.

May McCarthy is the author of *The Path to Wealth: Seven Spiritual Steps for Financial Abundance* and *The Gratitude Formula: A 7-Step Success System to Create a Life that You Love*. Visit her at MayMcCarthy.com.

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1. Christine G.; Alice P.; Kristina D. (2004). The Fires Within. TIME Magazine, February 23, 2004 Vol. 163 No. 8.
2. Rakoff-Nahoum, S. (2006). Why Cancer and Inflammation. YALE Journal of Biology and Medicine 79 (2006), pp.123-130.
3. Shacter E., Weitzman S. (2002). Chronic Inflammation and Cancer. www.cancernetwork.com, January 31, 2002.

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Saving a Drop to Drink Our Role in the Coming Water Crisis

by Jim Motavalli

Although climate change gets most of the attention, the international water crisis looms just as large. The World Economic Forum has ranked water scarcity as the top long-term environmental risk globally for the next decade; the United Nations reports that 1.2 billion people—a fifth of the world's burgeoning population—live in regions of water scarcity; and as many as 700 million around the globe are already suffering from water deprivation.

The U.S. is not in a water crisis—yet—but serious problems loom on the horizon in places like Southern California and the desert Southwest. Los Angeles and San Diego rely on mountain snow in the north to melt and replenish rivers and lakes. But record high temperatures and a shortfall of winter storms—problems aggravated by climate change—have greatly reduced available water supplies.

In the Southwest, Colorado River reservoirs were at record lows last summer. As the region continues to use more water than can be replaced by rain and snow, places like Phoenix may experience severe rationing, according to the Center for Biological Diversity. Arizona's

Lake Mead, which supplies water to 22 million people, could run dry by 2021, report researchers from the Scripps Institution of Oceanography of the University of California at San Diego.

Finding a Solution

"Fortunately, through conservation, more water-conscious consumption and smarter management of water, we can replenish and repair the water cycle. But we must make this a priority and pick up the pace," says Sandra Postel, director of the Global Water Policy Project and author of *Replenish: The Virtuous Cycle of Water and Prosperity*.

Right now, we're addressing a 21st-century crisis with 20th-century tools. Leaky pipes, broken water mains and faulty meters are responsible for the loss of 2.1 trillion gallons of water annually in the U.S., according to the American Water Works Association. And our lifestyles are extremely water-intensive. For instance, it takes 3,120 gallons of water to produce one smartphone; watering a 1,000-square-foot lawn even once uses 620 gallons of water.

Here are some simple steps everyone can take. Doing them won't crimp

Online Calculator

WaterFootprint.org offers an online calculator that allows us to figure out our daily use of water and compare it to that of other households.

Fortunately, through conservation, more water-conscious consumption and smarter management of water, we can replenish and repair the water cycle. But we must make this a priority and pick up the pace.

~Sandra Postel, director of the Global Water Policy Project

our lifestyles, but it will help us hold on to our finite and threatened fresh water supply:

- ✓ Eat less meat. The water required to produce one quarter-pound hamburger is equivalent to 30 showers, according to *NationalGeographic.com*. One serving of poultry uses 90 gallons.
- ✓ Track down water leaks, which typically waste 10 gallons daily. Common leak sites are faucets, shower heads, swimming pools, garden hoses and pipe joints.
- ✓ Replace old, leaky toilets with efficient models bearing the WaterSense label, or simply put a brick in the toilet tank to reduce consumption with each flush. To check a toilet for leaks, put a few drops of food coloring in the tank and see if any of it transfers to the bowl without flushing.
- ✓ Wash only full loads of laundry and use right-size load settings. Typically, the washing machine accounts for 15 to 40 percent of a household's indoor water use. Consider a more water-efficient, front-loading washer.
- ✓ Take shorter, five-minute showers with

a low-flow showerhead (saving more than 10 gallons compared to the 10-minute version), turn off the water while brushing teeth and shave with a full basin rather than open taps.

- ✓ Wash the car less often: The process uses as much as 150 gallons of water. Driving may not seem to have much to do with water use, but the Water Footprint Calculator (*WaterCalculator.org*) reports, "Water is used in great quantities during fuel extraction, refining and production." So taking public transportation, combining errands or joining a car pool will reduce our water footprint.
- ✓ Reduce lawn watering to a one-hour soaking once a week, rather than daily. Water in the morning—before 10 a.m.—when it's cooler, so grass roots can absorb moisture before it evaporates. If watering must be done in the evening, try between 4 and 6 p.m., which gives the grass blades time to dry before nightfall.

Jim Motavalli is the author of eight books, and contributes to The New York Times and Barron's.

Hard Facts About H₂O What It Takes to Make Our Stuff

An eye-popping amount of water is needed to grow or manufacture what we eat, buy and use on a daily basis. Although it's impossible to reduce our water use to zero, it's helpful to know how much water is required, so that we're less inclined to overbuy or waste.

1 cup of coffee	55 gal.	1 avocado60 gal.
1 hamburger.	660 gal.	1 pound of chicken meat.468 gal.
1 gallon of milk	879 gal.	1 pound of barley200 gal.
1 pound of wheat	132 gal.	1 pound of rice450 gal.
1 pound of soybeans	216 gal.	1 pound of almonds.	1,900 gal.
1 orange.	13 gal.	1 egg52 gal.
1 pound of chocolate	3,170 gal.	1 slice of bread10 gal.
20 pounds of dog food	4,000 gal.	1 pair of leather shoes	3,626 gal.
1 pair of cotton jeans	2,108 gal.	1 cotton T-shirt.659 gal.
1 smartphone	3,190 gal.	1 car	13,737 to 21,926 gal.
1 car tire.	518 gal.		

Sources: *Friends of the Earth, NationalGeographic.com, WaterFootprint.org*

I drink wheatgrass.

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

Source: www.cancer.org



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Exercise vs. Allergies

All the Right Moves

by Marlaina Donato

Seasonal allergies plague more than 26 million Americans, according to the Asthma and Allergy Foundation of America, with numbers on the rise in recent years. This is due in part to a dramatic increase in the amount of airborne pollen, a possible byprod-

uct of climate change. Environmental and lifestyle stress, inadequate nutrition and weakened immune systems are also factors, leaving many feeling too miserable to engage in physical activities. Yet, research shows that exercise can help

Exercising regularly creates a cumulative effect in the body, helps speed up metabolism and improves immunity, so you could find even less allergies occurring over time.

~Stephanie Mansour, fitness expert

uct of climate change. Environmental and lifestyle stress, inadequate nutrition and weakened immune systems are also factors, leaving many feeling too miserable to engage in physical activities. Yet, research shows that exercise can help

ease allergy symptoms and lessen severity. A survey of 2,000 allergy sufferers sponsored by the UK National Pollen and Aerobiology Research Unit showed those that exercised the most had the mildest symptoms.

More Exercise, Less Discomfort

Boosting heart rate through aerobic activities such as running, walking, jumping rope, treadmill routines, tennis and team sports like volleyball or basketball seems to offer anti-allergy benefits. Vitamin C can also help. Researchers from the Faculty of Sports Science at Chulalongkorn University, in Bangkok, Thailand, found that 70 percent of participants that took a vitamin C supplement and ran for half an hour experienced decreased nasal congestion and sneezing.

“Exercising regularly creates a cumulative effect in the body, helps speed up metabolism and improves immunity, so you could find even less allergies occurring over time,” says Stephanie Mansour, fitness expert and former allergy sufferer from Chicago. “I used to get allergy shots for a runny nose and headaches during certain times of the year, but personally transformed my allergies through expanding my lungs and chest and balancing out my nervous system.”

The American Academy of Otolaryngic Allergy recommends gentler forms of exercise, and cautions against vigorous workouts such as Crossfit or long runs that can be counterproductive and exacerbate allergy flare-ups. Mansour recommends yoga, Pilates, walking or weight training—especially when congestion is a factor.

Try Some Yoga

Mansour, a certified yoga instructor, attests to the benefits of the practice. To ease the symptoms of allergies, she recommends yoga both for its physical effects and its breath benefits. “Yoga can also help bring equilibrium to the nervous system and help the body relax. When the body is in a healthy balance and relaxed, it’s more effective at warding off things like infection or allergies.”

Registered nurse and yoga instructor Kristin Brien, of New York City, concurs. “A yoga practice trains and strengthens the vagal nerve, which activates the

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parasympathetic nervous system—rest and digest mode—and turns off the inflammatory response,” Brien says. “When we are under chronic stress, our nervous systems react as though our bodies are under constant threat, thus making some of us more susceptible to hypersensitive reactions to offending seasonal antigens like pollen and ragweed.”

Yoga practitioners across the board recommend inverted poses such as the plow, shoulder stand and downward facing dog to relieve allergy-related congestion. While yoga can be beneficial, inverted poses should be avoided by anyone with high blood pressure, glaucoma or retinal issues due to increased pressure in the blood vessels of the head, and some experts emphasize that allergy sufferers and asthmatics should avoid hot yoga and other demanding forms during flare-ups. A gentle approach goes a long way.

Ideally, Brien recommends asanas that anyone can do, including legs up the wall, supported bridge pose, supported reclined goddess pose and child’s pose.

Warm-Up

No matter the type of exercise, warming up can play a key factor. According to the American Academy of Allergy, Asthma & Immunology, stretching before activity and boosting heart rate helps to maximize exercise and its symptom-reducing effects.

Create a Healthy Space

Lessening the body’s burden by making small changes in living or workout space can also optimize the benefits of exercise.

Brien, an allergy sufferer and asthmatic, recommends using a high-efficiency particulate air (HEPA) filter to reduce circulating allergens and also wiping down all surfaces, including yoga mats, floors, window sills and vents. During drier, colder times of the year, Mansour recommends using a humidifier to add moisture to the air and improve breathing.

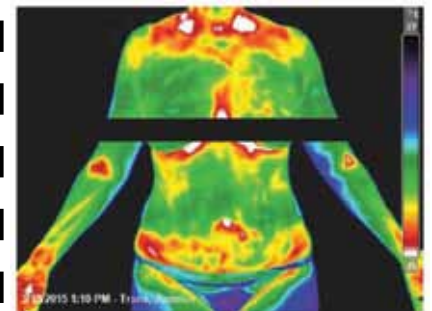
Exercise may not cure seasonal allergies, but it can lessen related symptoms, along with effecting a more balanced nervous system and better overall health.

Marlaina Donato is the author of several books and a composer. Connect at AutumnEmberMusic.com.

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Helpful Workout Tips

Before and After:

- Use a nasal saline spray beforehand.
- Change clothes and shower after outdoor exercise; wash workout clothing exposed to pollens.

Consider Wearing:

- Wraparound sunglasses to avoid allergens getting into eyes
- A breathable mask to filter allergens during outdoor activity

Avoid Exercising:

- In the morning when pollen and mold counts are highest
- When it’s warm, dry or windy outside
- On busy roads where exhaust fumes can irritate bronchial and nasal passages
- When tired, sick or under significant stress; all three states prompt the immune system to react more severely to allergens

Caution:

- Don’t exercise for at least two hours after an allergy shot to avoid significant side effects.



FIGHT BACK NATURALLY

When Allergies Put the Bite on Pets

by Sandra Murphy

Springtime doesn't just mean warmer weather, colorful flowers and greening grass. It also brings seasonal allergies. For pets, it can be a miserable time of year, because dogs and cats are lower to the ground and pick up allergens on their fur. Grass, weeds, pollen, lawn chemicals, fertilizers and fleas can trigger reactions such as itchy skin, raw paws, sneezing fits and general discomfort.

Due to the warmer temperatures of the past decade, flea allergies in dogs have risen 12 percent, while cats have seen a whopping 67 percent increase. Environmental allergies are also up 30 percent for dogs and 11 percent for cats, according to the *2018 State of Pet Health Report* from the Banfield Pet Hospital, in Vancouver, Washington. The most common environmental allergens include dust mites, mold, fabric, feathers and cleaning solutions.

Symptoms

A dog's itching will often manifest between the toes, on the wrists, "armpits", groin, legs, ears, eyes and back, just in front of the tail. In the quest for relief, dogs will lick, chew, pull out hair and scratch, of-

ten leaving bare spots or open wounds that may get infected. Cats will pull hair, scratch ears and develop a rash or bare spot on the stomach or inside the legs. In extreme cases, a veterinarian will give an injection to calm the itchiness before more damage is done. Owners can use that lull to investigate what is causing the allergy.

Fleas

For fleas, there are more natural ways to end the cycle than using potentially toxic pet treatments. Diatomaceous earth (DE) is affordable, non-toxic and safe, made from fossils of marine life crushed into a superfine powder. Its deadly effect on insects stems from piercing their hard shells so they become dehydrated. It does not harm mammals. Be sure to buy food-grade DE, not the kind that's designed for use in pools and gardens. Simply dust the dog to the skin with the powder and sprinkle it on bedding, rugs and carpets.

Cats tend to have more favorite nap spots than dogs, so vacuum first to get rid of any flea eggs. Sprinkle the DE and leave it in place for a couple of weeks. Vacuum again. DE can be hard on regular vacuums, but a

Shop-Vac is up to the task.



Likely Causes and Remedies

✓ **A change in cleaning products.** Use unscented, all-natural cleansers. Put the dog or cat in another room when vacuuming so they don't breathe dust. A new cat litter can trigger allergic reactions. Look for unscented, dust-free litter.

✓ **Plastic bowls.** Switch to stainless steel bowls for food and water.

✓ **Seasonal flowers and grasses.** Pet-friendly wipes will remove excess pollen when the dog comes in after outdoor time. A twice-weekly bath during the worst of the season and weekly as blooming subsides will wash away pollens. An oatmeal shampoo is soothing; don't use tea tree oil-based shampoos, which may further irritate skin. Be sure to dry the fur. Wet bedding can cause mold, another allergen.

✓ **Dust mites.** Replace worn beds and bedding on a regular basis. Look for natural fabrics and fillings; no down or feathers. Wash weekly.

✓ **Lack of proper filtration.** The air conditioner will capture incoming pollen: Be sure to change the filter often.

Be Proactive

✓ Check the paw pads. If they're irritated or red and raw, ask the vet for a salve to ease the pain while they heal. Be sure to wipe paws when coming into the house.

✓ Take a look inside the ears. Allergies can lead to earaches, so watch for red, inflamed skin or black, tar-like goop. Either requires a vet visit and a prescription salve.

✓ If dog walks are part of regular exercise, ask neighbors or local park employees if they've sprayed pesticides or treated grassy areas.

✓ Add a small amount, based on weight, of Omega-3-rich fish oil to food to soothe and smooth the skin.

Diligence in spotting symptoms can stop itching in its tracks when remedies are in place or at hand.

Connect with Sandra Murphy at StLouisFreelanceWriter@mindspring.com.

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Copper in new device prevents cold and flu



New research: Copper stops colds if used early.

New research shows you can stop a cold in its tracks if you take one simple step with a new device when you feel a cold about to start.

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

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

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

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

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

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

"It worked!" he exclaimed. "The cold

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

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

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

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

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

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

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

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

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

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

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

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

The handle is curved and finely textured to improve contact. It kills germs picked up on fingers and hands to protect you and your family.



Sinus trouble, stuffiness, cold sores.

Copper even kills deadly germs that have become resistant to antibiotics. If you are near sick people, a moment of handling it may keep serious infection away. It may even save a life.

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

CopperZap is made in the U.S. of pure copper. It has a 90-day full money back guarantee when used as directed to stop a cold. It is \$69.95. Get \$10 off each CopperZap with code **NATA9**.

Go to www.CopperZap.com or call toll-free 1-888-411-6114.

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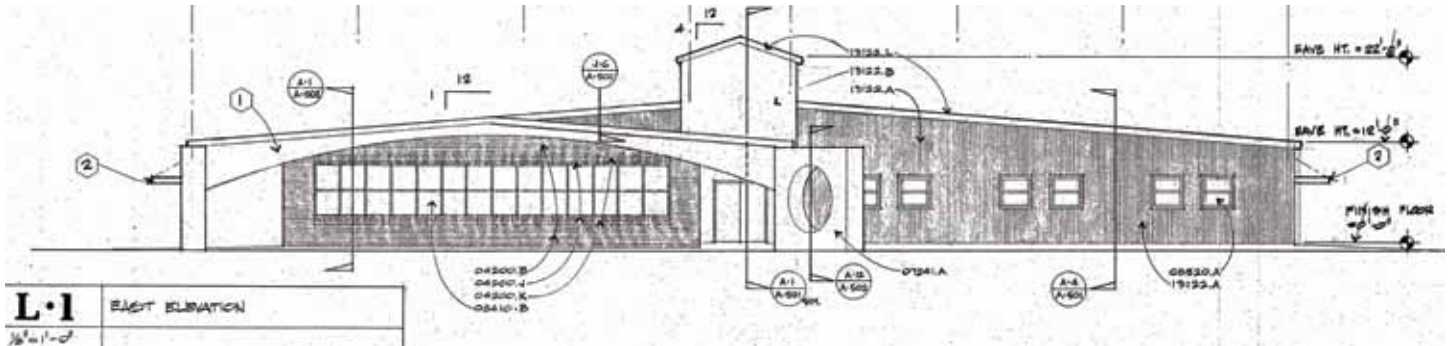
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BENEFITS OF GREEN WATERS

Lose Weight:

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

Anti Aging:

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

Reduce the Chances of Osteoporosis:

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

Build Cardiovascular Health:

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

Reduce Joint Pain and Arthritis:

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

Reduce Infections, Flu and Colds:

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

Detoxify:

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

Decrease Risk of Cancer:

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

calendar of events

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

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

Monday March 11

Catherine Britt Solo Acoustic Show – 7- 9pm. 2010 CMA global artist will perform an intimate solo acoustic show with dinner. \$20. NUNU Arts and Culture Collective, 1510 Bayou Courtableau Hwy, Arnaudville. CatherineBritt.com.

Tuesday March 12

Tyler Perry's Madea's Farewell Tour – 7pm. Witness the end of a tradition in theater, with this play that streams comic putdowns, infidelity, betrayals and rivalries which build into a soul cleansing message. \$45. Heymann Performing Arts Center, 1373 S College Rd, Lafayette.

Thursday March 14

Atchafalaya Houseboat – 6-8pm. An evening with author Gwen Roland, who brings insight into living on a houseboat in the swamp for a decade. Sliman Theatre, 129 E Main St, New Iberia. 337- 380-9057.

Empty Bowl – 6:30- 8:30pm. A fundraising event where guests enjoy a variety of soups and receive a handcrafted bowl by local potters while combating hunger and homelessness. Starts at \$75. The Salvation Army of Acadiana. River Oaks Catering, 520 East Kaliste Saloom Rd, Lafayette. 337-235-2407.

Friday March 15

Celebrate Life Banquet – 6- 9pm. A fundraiser to defend human life and support mothers in a crisis pregnancy. Donors offer hope for a brighter future. Starting at \$75. Desormeaux Foundation. Lisa Viator. Petroleum Club of Lafayette, 111 Heymann Blvd, Lafayette. 337-289-9366. Desormeauxfoundation.com.

Celtic Bayou Festival – 6-10pm & Saturday March 16. Lafayette's first cultural Irish festival with traditional Celtic music and entertainment. \$5- \$100. Warehouse 535, 535 Garfield St, Lafayette.

Hearty Party – 6-10pm. Enjoy music, dancing, food, games, and a silent and live auctions fundraising event. \$10- \$75. Benefits Camp Bon Coeur. Krista Trahan. UL Atchafalaya Ballroom, 620 McKinley St, Lafayette. 337-233-8437.

Saturday March 16

Exit 11 Yard Sale – 7am-4pm. Locals set up shop along highways 182 and 93 with antiques,

artwork and jewelry at bargain prices. Shops feature special sales. Sunset Merchants' Alliance and the Grand Coteau Cultural Foundation. Towns of Sunset and Grand Coteau.

Belaire Cove Black Pot Cook-off – 10am -5pm. A spring festival and cook-off. \$5festival fee; \$35.00 cook-off entry fee. Macedonia Baptist Church Youth and Young Adult Ministry. Pat Leday. Ville Platte Civic Center Pavilion, 704 N Soileau St, Ville Platte. 337-347-0261.

Louisiana Comic Con: Lafayette – 10 am & 11am Sunday March 17. A diverse list of guests, vendors, artists and fan groups in a family friendly environment. \$20. Cajundome, 444 Cajundome Blvd, Lafayette.

Zydeco Fundraiser – 9pm-2 am. Bring friends and family to enjoy Zydeco performers while supporting our senior citizens in our community. \$15. Proceeds benefit the seniors in our community and Hansberry Adult Day Health-Care. Mary Hansberry. Grant Street Dancehall, 113 W Grant St, Lafayette. 337-662-5944.

Sunday March 17

St. Patrick's Day March – 3-7pm. Local groups, queens, city police, fire departments and Irish marching clubs celebrate with an annual march while handing out doubloons, candies, carnations and beads. Main St from the Civic Center to Bridge St, New Iberia. 337- 366-5321.

Salvation in Music – 7- 8pm. A program that explores sacred music moving from Classical to African American spiritual Gospel. Cathedral of St. John the Evangelist, 515 Cathedral St, Lafayette.

Thursday March 21

Save Ze Ta Tas – 5-10pm. A fun filled event with jazz and dinner honoring breast cancer survivors includes a live and silent auction. \$50-Tickets at EventBrite.com. Zonta Club of Lafayette Foundation. Vermilionville, 300 Fisher Rd, Lafayette. ZontaLafayette@gmail.com.

The Old Maid and the Thief and Gallantry – 7:30-9:30 pm. Thru Saturday March 23 & 3pm Sunday March 24. The UL Lafayette Opera Theatre presents this twisted tale of morals and evil. \$13.54. Burke-Hawthorne Hall Theatre- UL-Lafayette Campus, 202 Hebrard Blvd, Lafayette.

Vermilion Voyage – 8am. Thru March Sunday 24. A three-day overnight 50 mile paddle down the Bayou Vermilion from the Acadiana Park

Nature Station to Palmetto Island State Park. \$400- registration online includes paddle craft, shuttle service, insurance costs, gear transport, breakfast, lunch, dinner, beverages and entertainment. VermilionVoyage2019.Eventbrite.com.

Women's Leadership Conference – 7:30am-4pm. Students, faculty, staff and community members commemorate the theme of National Women's History Month with educational sessions, presentations and a luncheon panel discussion. \$35-\$65. Register at EventBrite.com. Office for Campus Diversity. University of Louisiana at Lafayette, 104 University Circle, Lafayette.

Friday March 22

World Water Day Celebration – 6-8pm. Enjoy a wide variety of tunes, celebrating World Water Day on the banks of Bayou Teche. Jeanerette Museum. Jeanerette City Park Pavilion, 1603 Tarleton St, Jeanerette. 337-380-9057.

Toughest Monster Truck Tour – 7:30pm & Saturday March 23. A live motorsport event with a battle ground for monster trucks to feast on crushed cars and race around the arena in wheelie competitions. \$25. Cajundome, 444 Cajundome Blvd, Lafayette.

Saturday March 23

Acadiana Dragon Boat Races – 8am-4pm. A family fun team-oriented festival with costumes, chants, boat races, food, a Burger Cook-Off Competition and a Kids Zone. Boulogny Plaza, 102 W Main St, New Iberia. 337-207-2806.

Be a Heart Starter – 9-11am. Open to the public bystander CPR hands-on training. This is not a certified CPR course. Cardiovascular Institute of the South and Lafayette General Medical Center. Blackham Coliseum, 2330 Johnston St, Lafayette. BeAHeartStarter.org.

Sunday March 24

The Sound of Music – 7pm. A classic version of Rodgers and Hammerstein musical. \$52.50. Heymann Performing Arts Center, 1373 S College Rd, Lafayette.

Monday March 25

Mad Hatter's Luncheon – 11am-2pm. A fundraiser style show presented by Moss Motors, a silent auction, photo booth, and cocktails. Table of 8 \$600. Acadiana Symphony Women's League and the Eddy Knight foundation. DoubleTree by Hilton Hotel, 1521 W Pinhook Rd, Lafayette. Eventbrite.com.

Thursday March 28

FoodNet Founder's Banquet Casino Night – 6-9pm. An evening honoring Marcelle Citron, featuring the "Pillar of the Community Award". Casino games following dinner with a cash bar. Donations accepted. \$100/person, \$750 table of 8. FoodNet Food Bank. Petroleum Club of Lafayette, 111 Heymann Blvd., Lafayette. EventBrite.com.

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* Published in the March, April, May, and June issues of Natural Awakenings Magazine.

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Contact at (337) 504-5000. 935 Camellia Blvd #100 suite 100, Lafayette, LA 70508. And 107 Centre Sarcelle Blvd., Suite 701, Youngsville, LA 70592. Website: breastcenterofacadiana.com

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Acadiana Recovery Center

(337) 524-1415. 401 W Vermilion St, Lafayette, LA 70501. Website: www.acadianarecoverycenter.com

Acadiana Treatment Center
(337) 284-4047. 156 Choctaw Rd, Sun-
set, LA 70584. Website: www.acadianatreatmentcenter.com

BAART Breaux Bridge
(337) 332-4878. 648 Latiolais Dr, Breaux
Bridge, LA 70517. Website: [www.baart-
programs.com/baart-breaux-bridge](http://www.baart-
programs.com/baart-breaux-bridge).

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ley, LA 70527.

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E, Baton Rouge, LA 70808. Website:
www.family-institute.net

Helping Hands Outreach, LLC
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LA 70507. Website: www.hhollc.org.

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thelafayettechiropractors.com/](http://www.
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lic Ave, Suite B, Lafayette, LA 70508.
Website: www.nervehealth.com

Youngsville Chiropractic
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ette St, Youngsville, LA 70592. Website:
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Contact at: (337)781-6311. 143 Ridgeway Dr., Suite 310, Lafayette, LA, 70503. Website: www.friedbergcounseling.com/

Hope, Healing, Joy Counseling Center, LLC

Contact at: (337) 534-8140. 913 S College Rd #201, Lafayette, LA 70503. Website: www.hopehealingjoy.com

Lafleur Counseling Services

Contact at: (337) 988-0716. 1011 Harding St., Lafayette, LA 70503. Website: www.lafleurcounselingservices.com

La Louisiana Mental Health

Contact at: (337) 443-4399. 1225 Coolidge Blvd, Lafayette, LA 7050

Louisiana Spirit

Contact at: (225)342-9500. 628 N. 4th St., Baton Rouge, LA 70802. Website: www.new.dhh.louisiana.gov/index.cfm/page/201

Mary Alice Fuhrer, LCSW

Contact at: (985) 714-4413. St. Mary 1025 Victor II Blvd, Ste S, Rm 109, Morgan City, LA 70380. Website: www.maryalicefuhrerlcsww.com/

Megan Kersch, LCSW

Contact at: (757) 617-3423. 334 East

Farrell Rd. Ste E, Lafayette, LA. www.childandfamilytherapyservices.org

Merakey



Contact at: (337) 504-4279. 106 Heymann Blvd, Lafayette, LA 70503. Website: www.merakey.org

Neighborhood Counseling

Contact at: (337)291-5450. 705 W. University Ave., Lafayette, LA 70506. Website: www.lafayettela.gov/CommunityDevelopment/ HumanServices/Pages/Neighborhood-Counseling.aspx

Phoenix Family Life Center

Contact at: (337)456-7880. S. College, Ste 220, Lafayette, LA. Website: www.phoenixflc.com/1.html

Rachel R. Domingue, LPC

Contact at: (337) 534-4083. 15 S. College Rd., Ste 260, Lafayette, LA 70506. Website: www.rdominguelpc.com

Resource Management Services

Contact at: 337-261-8781. 116 Bertrand Dr. Lafayette, LA. Website: www.resourcemgtsservices.com/

The Center for Children and Families

Contact at: (337) 514-5181. 622 Riverside Dr., Monroe, LA 71211. Website: www.hopefornela.org

The Extra Mile

Contact at: (337)237-2090. 525 South Buchanan St., Lafayette, LA 70501. Website: www.theextramileregioniv.com

The Family Tree

Contact at (337) 981-2180. 1602 West Pinhook, Suite 100A, Lafayette, LA 70508. Website: www.acadianafamilytree.org

ULL Counseling and Testing

Contact at: (337)482-6480. Saucier Wellness Center, OK Allen Hall PO Box 43672, Lafayette, LA 70504. Website: www.counselingandtesting.louisiana.edu/

Winters Mental Health and Consulting

Contact at: (337) 504-7278. 2020 West Pinhook Rd, Ste 401, Lafayette, Louisiana 70508. Website: www.wintersmhc.com

Zach J. Hebert, MS, PLPC Family Tree

Contact at: (337) 988-0716. 2435 W. Congress St., Lafayette, Louisiana 70506. Website: www.therapists.psychologytoday.com/rms/prof_det ail.php?profid=292803

DENTISTRY

James J Robert Dental Corp

Contact at: (337)942- 3221. 1604 Keri St. Ste 104 Opelousas, LA 70570.

John A. Hendry, DDS



Contact at: (337)234- 2349. 185 S. Beadle Rd. Lafayette, LA 70508. Website: www.drjohnhendry.com

Keaty Landry DDS

Contact at: (337)988-9242. 350 Doucet Rd. Ste Lafayette, LA 70503

Kincade S Monica DDS

Contact at: (337)342-2566. 317 Derrier St. Martinville, LA 70582. Website: www.icchc.org

Labry Family Dentistry

Contact at: (337)342-2566. 705 S Morgan Ave. Broussard, LA 70518. Website: www.labryfamilydentistry.com

Lafayette Endodontic

Contact at: (337)233-7113. 3909 Ambassador Caffery Pwky Ste B Lafayette, LA 70503

Lafayette Modern Dentistry

Contact at: (337)422-3587. 4243 Ambassador Caffery Pwky Lafayette, LA 70508. Website: www.lafayettemoderndentistry.com

Laurent Ann K DDS

Contact at: (337)406-1110. 101 W. Martial Ave Lafayette, LA 70508. Website: www.sammonsdds.com

LeBlanc General & Cosmetic Dentistry

Contact at: (337)406-9994. 202 Rue Louis XIV Lafayette, LA 70508. Website: www.kenleblancdds.com

Southern Family Dental

Contact at: (337) 235-3761. 116 Rue Beauregard., Lafayette, LA 70508. Website: www.southernfamilydental.com

DERMATOLOGY

Dermsurgery Center

Call at (337) 839-2773. 1245 Camelia Blvd. Suite 300, Lafayette, LA 70508. Website: www.sanovadermatology.com

Dermatology & Allergy Center

Call at (337) 981-7546. 4212 W Congress St # 2300, Lafayette, LA 70506.

Dermatology Center of Acadiana

Call at (337) 235-6886. 1245 S College Rd building 5, Lafayette, LA 70503. www.dermcenterofacadiana.com

Lafayette Dermatology LLC

Call at (337) 524-1700. 91 Settlers Trace Blvd Building 3, Lafayette, LA 70508. Website: www.lafayetterderm.com

Teche Dermatologic Surgery Centre/ John C. Chapman, MD

Call at (337) 385-5861. 301 E Kaliste Saloom Rd #400, Lafayette, LA 70508. Website: www.techedermsurgery.com.

DIABETES

Acadiana Diabetes Care and Prevention Center

Call at (337) 264-9787. 200 La Rue France, Lafayette, LA 70508.

DIALYSIS

Kidney Care Of Acadiana



Contact at: (337)231-5511. 224 St Landry St # 3C, Lafayette, LA 70506.

DISABILITIES

Affiliated Blind of Louisiana

Contact at: (337) 264- 9259. 409 West St. Mary Blvd., Lafayette, LA 70506. Website: www.affiliatedblind.org

Alternative Home Care Specialist

Contact at: (337) 233-0545. 1220 Eraste Landry Rd, Lafayette, LA 70506. Website: www.althomecare.com/default.asp

Cadence of Acadiana

Contact at: (337) 593-8899. 2435 W. Congress St., Lafayette, LA 70506. Website: www.cadencela.org

Complete Home Health

Contact at: (337)233-0079. 1753 Bertrand Drive, Lafayette, LA 70506. Website: www.completehh.com

Families Helping Families of Acadiana

Contact at:(337) 984-3458 . 100 Benjamin Rd, Lafayette, LA 70506. Website: www.fhfacadiana.org

LARC- Lafayette Association for Retarded Citizens

Contact at: (337)-984-6110. 303 New Hope Road, Lafayette, LA 70506. Website: www.lafayettelarc.org

Louisiana Options in Long Term Care Hotline Louisiana

1-877-456-1146

SLIC- Southwest Louisiana Independence Center

Contact at: (337)269-0027. 216A La Rue France, Lafayette, LA 70508. Website: www.slic-la.org

The Dept of Health and Hospitals

Contact at: (225)342-9500. 628 N. 4th Street Baton Rouge, LA 70802. Website: www.dhh.louisiana.gov/index.cfm/page/118/n/386

DOMESTIC VIOLENCE

Chez Hope Family Violence Crisis Center



hotline: (337) 828-4200. St. Mary, Assumption P.O. Box 98, Franklin, LA 70538. Website: www.chezhope.org

Domestic Abuse Intervention

Hotline 1-800-747-4045
Domestic Abuse National
Hotline 1-800-799-SAFE (1-800-799-7233)

Faith House

Lafayette, Vermilion, Acadia, St. Landry, Evangeline, Rapides, Avoyelles Hotline: 1-888-411-1333. PO Box 93145 Lafayette, LA 70506. Lafayette Shelter: Call at 337-232-8954. Website: www.faithhouseacadiana.com

Domestic violence crisis center and shelter- provides emergency shelter in Lafayette for victims of domestic violence and their children needing a safe, temporary place to live. Non-residential support services are provided for victims and their children who don't need shelter, but are in need of emotional support or legal assistance. Community and youth edu programs. Advocates in multiple parishes:

Acadia Advocate 337-788-3092
Avoyelles Advocate 318-253-2383
Evangeline Advocate 337-205-9029
Rapides Advocate 318-448-0884
St. Landry Advocate 337-948-5974
Vermilion Advocate 337-893-3033

Family Justice Center of Acadiana

Contact at: (337) 210-5986. 10 West Main St., Lafayette, LA 70501. Website: www.faithhouseacadiana.com/family-justicecenter-of-acadiana

Family Violence Intervention Lafayette

Contact: (337) 232-2440. P. O. Box 93326, Lafayette, LA 70509-3326. Website: www.fviplafayette.com/index.php

Louisiana Coalition Against Domestic Violence (LCADV)

Contact at: (225) 752-1296. P.O. Box 77308, Baton Rouge, LA 70879. Website: www.lcadv.org

Louisiana Domestic Violence Hotline

Contact at: 1-888-411-1333

New Start Center St. Martinville

Contact at: (337) 394-8559. PO Box 504, St. Martinville, LA 70582. Website: www.newstartcenter.org

Safety Net For Abused Persons (SNAP)

Iberia, St. Martin, Jeanerette, New Iberia. Crisis line: 337-367-SNAP
Contact at: 337-276-7071. PO Box 10207, New Iberia, LA 70562. Website: www.snapofiberia.org.

Social Security Office 1-800-772-1213

DYSLEXIA

Dyslexia Institutes of America



Contact at: (337)837-3234. 114 Youngsville Hwy, Lafayette, La 70508. Website: www.dialouisiana.org

EYE CARE

Bohn, Joseph & Swan Eye

Contact at: (337) 981-6430. 609 Guilbeau RD. #1, Lafayette, LA 70506. Website: www.bohnjosephswaneye.org.

FERTILITY

Fertility Answers

Contact at: (337) 337-989-8795. 206 E Farrel Rd, Lafayette, LA 70508. Website: www.fertilityanswers.com.

FOOT CARE

Acadiana Foot Centers

Contact at: (337)981-4001. 203 W Brentwood Blvd. #2, Lafayette, La. Website: www.acadianafootcenters.com

GASTROENTEROLOGY

Gastroenterology Center-La

Contact at: (337)984-4350. 4212 W Congress St. Suite 2400 E., Lafayette, LA 70506

HEARING

ACI Hearing & Balance Center

Our staff of licensed audiologists are skilled at performing diagnostic hearing tests that are thorough, precise and accurate. Based on your hearing test results, we can recommend the best solutions to help optimize your ability to hear. We use the most advanced fitting methods and equipment to make sure you hear with maximum clarity, even in the most difficult listening situation. Contact at (337) 381-0601. 103 St Thomas St, Lafayette, LA 70506. Website: www.acihearing.com

HOSPICE

Lamm Family Care Hospice

Contact at: (337) 704-0237. 1708 N Parkerson Ave., Crowley, LA 70526. Website: www.lamm.care

Hospice of Acadiana

Contact at: (337) 232-1234. 2600 Johnston, Ste 200, Lafayette, LA. Website: www.hospiceacadiana.com

HOSPITAL

Lafayette General Medical Center



Contact at (337) 428-1726. 1214 Coolidge Street, Lafayette, LA 70503. Website: www.lafayettegeneral.com

Our Lady of Lourdes Regional Medical Center



Contact at: (337) 470-2000. 4801 Ambassador Caffery Pkwy, Lafayette, LA 70508. Website: www.lourdesrmmc.com

Savoy Medical Center



Contact at (337) 468-5261. 801 Poinciana Ave, Mamou, LA 70554. Website: www.savoymedical.com

Abbeville General Hospital



Call at (337) 893-5466. 118 N Hospital Dr, Abbeville, LA 70510. Website: www.abbevillegeneral.com

Acadia General Hospital



Call at (337) 783-3222. 1305 Crowley Rayne Hwy, Crowley, LA 70526. Website: www.lafayettegeneral.com

Acadian Medical Center

Call at (337) 580-7500. 3501 US-190, Eunice, LA 70535. Website: www.acadianmedicalcenter.com

Eunice Extended Care Hospital

Call at (337) 546-0024. 3879 US-190, Eunice, LA 70535. Website: www.lhcgroup.com

Heart Hospital of Lafayette



Call at (337) 470-1000. 1105 Kaliste Saloom Rd, Lafayette, LA 70508. Website: www.hearthospitaloflafayette.com

Iberia Medical Center

Call at (337) 364-0441. 2315 E Main St, New Iberia, LA 70560. Website: www.iberiamedicalcenter.com

Lafayette Behavioral Health

Call at (337) 289-8595. 302 Dulles Dr, Lafayette, LA 70506. Website: www.lafayettegeneral.com/our_facilities.aspx

Lafayette General Orthopaedic Hospital

Call at (337) 981-2949. 2810 Ambassador Caffery Pkwy, Lafayette, LA 70506. Website: www.lafayettegeneral.com/our_facilities.aspx

Lafayette General Surgical Hospital

Call at (337) 289-8095. 1000 W Pinhook Rd, Lafayette, LA 70503. Website: www.lafayettegeneral.com

Lafayette Surgical Specialty

Call at (337) 769-4100. 1101 Kaliste Saloom Rd, Lafayette, LA 70508. Website: www.lafayettesurgical.com

Mercy Regional Medical Center

Contact at (337) 363-5684. 800 E Main St, Ville Platte, LA 70586. Website: www.mercyregionalmedicalcenter.com

Opelousas General Health System



Call at (337) 948-3011. 539 E Prudhomme St, Opelousas, LA 70570. Website: www.opelousasgeneral.com

Park Place Surgical Hospital

Call at (337) 237-8119. 4811 Ambassador Caffery Pkwy, Lafayette, LA 70508. Website: www.parkplacesurgery.com

St. Martin Hospital

Call at (337) 332-2178. 210 Champagne Blvd, Breaux Bridge, LA 70517. Website: www.lafayettegeneral.com

Surgery Center Inc.



Call at (337) 233-8603. 1101 S College Rd # 100, Lafayette, LA 70503. Website: www.dosc-surgerycenter.com

University Hospital & Clinics



Call at (337) 261-6000. 2390 W Congress St, Lafayette, LA 70506. Website: www.lafayettegeneral.com/our_facilities

HOME HEALTH

Alternative Home Care Specialists

Call at (337) 233-0545. 1220 Eraste Landry Rd, 1220 Bertrand Dr, Lafayette, LA 70506. Website: www.althomecare.com

Amian Angels In Home Care

Call at (337) 889-5571. 1454 Surrey St, Lafayette, LA 70501. Website: www.amianangels.com

HYPERBARICS

Acadiana Wound Care Hyperbarics

Call at (337) 788-2014. 1325 Wright Ave, Crowley, LA 70526.

NATUROPATHY NATURAL HEALING

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.

Natural Health Center

Contact at (337) 896-4141. 100 E. Angelle Street, Carencro, LA 70520.

NAMASTE Wellness Center

Contact at (337) 356-1251. 858-B Kaliste Saloom Road, Lafayette, LA.

DHARMA Wellness Center

Contact at (337) 662-3120. 166 H Oak Tree Park Drive, Sunset, LA.

OPTOMETRY / OPTOMETRISTS

America's Best Contacts & Eyeglasses/ Broadway, Molly OD

Call at (337) 984-1488. 3505 Ambassador Caffery Parkway, Lafayette, LA 70503. Website: www.americasbest.com

Azar Eye Clinic

Contact at (337) 235-7791. 516 St Landry St, Lafayette, LA 70506. Website: www.azareye.com

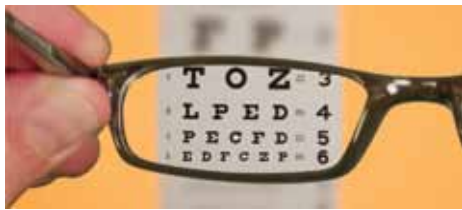
Bayou Vision Associates/ Stafford, Jessica E OD

Call at (337) 984-9941. 5000 Ambassador Caffery Pkwy Building 5, Lafayette, LA 70508. Website: www.bayouvision.com

Bernhard, Rohini OD

Call at (337) 456-6768. 1004 Surrey St, Lafayette, LA 70501.

Breaux Bridge Eye Care



Contact at (337) 332-4473. 1525 E Bridge St, Breaux Bridge, LA 70517. Website: www.breauxbridgeeyecare.com

Christian, Van OD

Call at (337) 948-9504. 232 N Union St, Opelousas, LA 70570. Website: www.visionsource-drchristian.com

Complete Vision Care/ Van, Carolyn OD

Call at (337) 541-7040. 201 Meadow Farm Drive, Lafayette, LA 70508. Website: www.completevisioncarela.com

Dr. David H. Fisher, Jr. & Associates

Call at (337) 237-2110. 1458 S College Rd, Lafayette, LA 70503. Website: www.visionsource-drdauidfisher.com

Eyewear Express

Call at (337) 406-0620. 4415 Ambassador Caffery Pkwy #100, Lafayette, LA 70508. Website: www.eyemartexpress.com/get-glasses/Lafayette

Family Eye Clinic

Call at (337) 235-3160. 2041 NW Evangeline Throughway, Lafayette, LA 70501. Website: www.familyeyecliniclafayette.com

Fink & Moser Family Vision Care/ Moser, Rhonda Fink OD

Call at (337) 457-2376. 301 S 2nd St, Eunice, LA 70535. Website: www.drfsinkandmoser.com

Granger Eye Studio

Call at (337) 451-4511. 107 Centre Sarcelle Blvd Suite 704, Youngsville, LA 70592. Website: www.grangereyestudio.com

LA Eye & Vision Center/ Smith-Boudreau, Claudette OD

Call at (337) 684-0018. 315 N Broadway, Church Point, LA 70525. Website: www.laeyevisioncenter.com

Lafayette Family Eyecare/ Lukasko, Erica V OD

Call at (337) 989-2600. 4906 Ambassador Caffery Pkwy, Cordoba Square Bldg G, Lafayette, LA 70508. Website: www.lafayetteeyecare.com

La Haye Total Eye Care

Call at (337) 235-2149. 201 Rue Iberville # 800, Lafayette, LA 70508. Website: www.lahayesight.com

Le, Chinh M OD

Call at (337) 231-1992. 2428 W Pinhook Rd, Lafayette, LA 70508

LensCrafters

Call at (337) 989-0515. 5725 Johnston St, Lafayette, LA 70503. Website: www.local.lenscrafters.com/la/lafayette

Louisiana Eye & Laser

Call at (337) 506-2121. 5639, 206 Jack Miller Rd, Ville Platte, LA 70586. Website: www.laeyeandlaser.com

Scott Eye Care/ Cazares, Ryan A OD

Call at (337) 704-2260. 5511 Cameron St, Scott, LA 70583. Website: www.scotteye.com

Thom Dinh LLC

Call at (337) 984-7112. 4415 Ambassador Caffery Pkwy Ste 100, Lafayette, LA 70508. Website: www.thomdinhod.weebly.com

Today's Eye Care/ Gustin, Crystal OD

Call at (337) 984-2410. 5725 Johnston St #2314, Lafayette, LA 70503. Website: www.todayseyecare.com

Visionworks

Call at (337) 989-2020. 5725 Johnston St Box 2307, Lafayette, LA 70503. Website: www.visionworks.com/loc/00091

Young Eye Clinic & Surgery Center

Call at (337) 893-4452. 204 N Magdalen Square, Abbeville, LA 70510

ORTHOPEDECS

Regional Orthopedics and Sports Medicine



Call at (337) 240-9370. 4212 W Congress St Suite 3100, Lafayette, LA Website: www.drotisdrew.com.

Orthopedic & Sports Physical Therapy Clinic Of Lafayette

Contact at (337) 232-5301. 245 N College Rd, Lafayette, LA 70506. Website: www.ospt.net.

Acadiana Orthopedic Group

Contact at (337) 706-1300. 1448 S College Rd, Lafayette, LA 70503. Website: www.acadianaortho.com.

OSTEOPOROSIS

Osteoporosis Diagnostic Center

Call at (337) 237-5008. 913 S College Rd # 104, Lafayette, LA 70503.

PEDIATRICS

Moss St Kid-Med

Contact at: (337)291-2411. 1417 Moss St Ste A Lafayette, LA 70501

Prather Pediatric Asthma

Contact at: (337)948-9606. 2949 S Union St, Opelousas, LA 70570. Website: www.askdrbrent.com.

Lily Pad Pediatrics



Call at (337) 942-4453. 1270 Attakapas Dr Suite 501, Opelousas, LA 70570. Website: www.lilypadpediatrics.com.

Oschners Children's Health Center

Contact at (337) 443-6100. 1460 S College Rd, Lafayette, LA 70503. Website: www.ochsner.org.

PSYCHIATRY

Acadiana Psych Associates

Contact at (337) 504-3697. 913 Alfred St, Scott, LA 70583. Website: www.acadianapsych.com.

Psychiatric Associates of Southwest Louisiana

Call at (337) 991-9162. 119 Rue Fontaine, Lafayette, LA 70508. Website: www.paswla.com

PHARMACY

Acadiana Prescription Shop

Call at (337) 233-4017. 454 Heymann Blvd, Lafayette, LA 70503. Website: www.acadianarx.com

Bellard's Family Pharmacy

Call at (337) 546-6386. 621 W Maple Ave, Eunice, LA 70535. Website: www.bellardspharmacy.com

Bon Ami Pharmacy

Call at (337) 454-6536. 2825 Grand Point Hwy #9, Breaux Bridge, LA 70517. Website: www.bonamirx.com

Church Point Pharmacy

Call at (337) 684-5475. 300 N Main St, Church Point, LA 70525

Farmer's Drugs and Gifts

Call at (337) 856-5761. 601 Lafayette St, Youngsville, LA 70592. Website: www.farmersdrugs.com

Gremillion Drug Store

Call at (337) 783-5755. 401 N Parker Ave, Crowley, LA 70526. Website: www.gremillionsdrugstore.com

Hollier's Family Pharmacy

Call at (337) 332-5010. 1456 E Bridge St, Breaux Bridge, Louisiana 70517. Website: www.hollierspharmacy.com

Meche's Family Drugs

Call at (337) 873-6182. 9021 Cameron St, Duson, LA 70529. Website: www.go2rx.net

Medicine Bin



Contact at: (337)408-8800. 1105 W Willow St, Lafayette, LA 70501. Website: www.medicine-bin.business.site

Melancon Pharmacy

Call at (337) 896-8434. 730 Veterans Dr, Carencro, LA 70520. Website: www.melanconpharmacy.com

Mouton Pharmacy

Call at (337) 334-2117. 301 S Adams Ave, Rayne, LA 70578. Website: www.moutonpharmacy.com

Neighbors Pharmacy

Call at (337) 706-7706. 6770 Johnston St, Lafayette, LA 70503. Website: www.neighborspharmacy.com

Northside Pharmacy

Call at (337) 232-2666. 2930 Moss Street # A, Lafayette, LA 70501. Website: www.northsidepharmacylafayette.com

Province Pharmacy

Contact at: (337)534-0615. 5000 Ambassador Caffery Pkwy, Lafayette, LA. Website: <http://www.provincepharmacy.com>

Robichaux's Pharmacy

Call at (337) 394-8087. 201 E Bridge St, St Martinville, LA 70582.

St. Landry Pharmacy

Call at (337) 678-1019. 2315 Jake Dr, Opelousas, LA 70570

Soileau's Pharmacy

Call at (337) 365-6721. 805 Center St, New Iberia, LA 70560. Website: www.soileaupharmacy.com

Teche Drugs

Call at (337) 235-4578. 509 Jefferson St, Lafayette, LA 70501. Website: www.techedrugs.com

PHYSICAL THERAPY

MTS Physical Therapy

MTS Physical Therapy & Wellness (MTS) is an independently owned physical therapy company serving the Acadiana area since 1983. Our licensed physical therapists evaluate muscle, joint, nerve and connective tissue conditions and then develop a custom treatment program that will speed up your recovery and help you achieve your goals. Contact us: (337)981-9182. 2115 Dulles Drive Lafayette, LA. 70506 Website: www.mtsphysicaltherapy.com

PRODUCTS - HEALTH & WELLNESS

Somaderm GHG Gel

Call at (337) 349-1314, Lark Daigle. (337) 793-0012, Kim Smith. Website: www.newulife.com

PROSTHETICS

Hanger Clinic Prosthetics & Orthotics

Contact at: (337)235-9070. 940 Kailste Saloom Rd Lafayette, LA 7050. Website: www.hangerclinic.com

PUBLIC HEALTH SERVICES

SWLA Center for Health Services

Contact at: (337)769-9451. 500 Paterson St, Lafayette, LA 70501. Website: www.swlahealth.org

Southwest Louisiana Primary Health Care

Contact at: (337)-942-2005. 8762 Hwy 182 Opelousas, LA 70570. Website: www.swlphc.com

Iberia Comprehensive Community Health Center, Inc.

Contact at: (337) 365-4945. 806 Jefferson Terrace Blvd, New Iberia, Louisiana 70560

Abbeville Community Health Center

800 Charity Street
Abbeville, Louisiana 70510
(337) 893-3443

Merryville Community Health Center

567 Walker Street
Merryville, Louisiana 70653
(337) 825-1728

St. Martin Parish Community Health Center

317 Dernier Street
St. Martinville, Louisiana 70582
(337) 342-2566

Sabine Comprehensive Health Clinic

1050 North Robinson Street
Many, Louisiana 71449
(318) 256-8150

Surrey Street Community Health Center

1004 Surrey Street
Lafayette, Louisiana 70501
(337) 456-6768

Surrey Street Community Health Center

(Pediatric Extension Site)
1002 12th Street
Lafayette, Louisiana 70501
(337) 534-0107

APEA Advanced Practice Education

Contact at: (800) 899-4502. 148 B Banks Ave., Lafayette, LA. Website: www.apea.com

NSI Nursing Specialties

Contact at: (337)550-9060. 250 E Laurel Ave, Eunice, LA 70535. Website: www.nursingspecialties.com

Allied Medicine

Contact at: (337) 837-4049. 620 Bayo Tortue Rd, Broussard, LA 70518. Website: <http://ldh.la.gov/index.cfm/directory/detail/7556/catid/117>.

RESEARCH - MEDICAL

Horizon Medical Research Group
Contact at: (337) 457-8841. 341 Moosa Blvd, Eunice, LA 70535.

Liteon Healthcare Group
Contact at: (337) 565-9105 or (337) 896-0085. 3419 NW Evangeline Thruway, Carencro, LA 70520. Website: www.partnersinhealthcareconference.com.

SLEEP CENTER

Centurion Medical
Call at (337) 261-2633. 2701 Johnston St # 100, Lafayette, LA 70503. Website: www.centurion-medical.com

TRAINING- MEDICAL

Safe and Secure Training
Contact at: (337) 988-4839. 116 Sigma Dr., Lafayette, LA 70506. Website: www.sastrainers.com

SINUS & ALLERGY

Louisiana Sinus Center
Call at (337) 232-2330. 225 Bendel Road, Lafayette, LA 70503. Website: www.louisianasinus.com

WEIGHT LOSS

Healthy Solutions Clinic
Contact at: (337)783-2410. 527 Odd Fellows Rd Crowley, LA 70526. Website: www.healthysolutionsclinic.com.

WOMEN'S HEALTH

A Pregnancy Center And Clinic
Call at (337) 232-5509. 913 S College Rd #206, Lafayette, LA 70503. Website: www.apcclafayette.org

Women's Health of Vermillion
Call at (337) 893-6294. 2419 Alonzo St, Abbeville, LA 70510

As you turn your attention to me, feel the light of my presence shining upon you. Open your mind and heart to receive my heavenly smile of approval. Let my gold-tinged love wash over you and soak into the depths of your being. As you are increasingly filled with my being, you experience joyous union with me.: I in you and you in me.

Numbers 6:26 AMP; John 17:20-23

Partners in Healthcare

DIRECTORY

The HEALTHCARE DIRECTORY will be distributed in over 50 towns and communities in Acadiana. Healthcare professionals, service providers, and product retailers will be in attendance at our Acadiana Expo and Conference June 7-8th at the DoubleTree By Hilton Lafayette.

Abbeville
Avery Island
Berwick
Branch
Breaux Bridge
Broussard
Cade
Cankton
Carencro
Cecilia
Crowley
Egan
Erath
Estherwood
Eunice
Grand Prairie
Gueydan
Henderson
Jeanerette
Jennings
Kaplan
Kinder
Krotz Springs
Lawtell
Loreauville
Lyons Point

Mallet
Mamou
Marksville
Maurice
Mermantau
Milton
Morse
New Roads
Morgan City
New Iberia
Opelousas
Parks
Patterson
Port Barre
Plaquemine
Port Allen
Rayne
Roberts Cover
Scott
St. Martinville
Swords
Sulphur
Ville Platte
Washington
Youngsville



PARTNERS IN HEALTHCARE 7-8 June 2019 CONFERENCE

www.PartnersInHealthcareConference.com

GOLD SPONSOR \$8,000

(Maximum One Per Conference / Expo)

- Logo on cover of Conference and Expo Program *top position*
- Logo on cover of Conference and Expo Health Care Directory
- Company banner prominently displayed. *Banner supplied by sponsor*
- (2) 8 x 6 booth space with preferred front location
- Name recognition in all advertising. *Press releases, print ads, fliers and promos.*
- Back page of Expo program
- Business profile in Expo program. *Full page*
- Color logo with hyperlink on Expo website
- First right of refusal for following year

Sponsorship & Partnerships

___ Gold Sponsor	\$8,000
___ Silver Sponsor	\$5,000
___ Bronze Sponsor	\$2,000
___ Entertainment Sponsor	\$3,000
___ Exhibitor Booth	\$450

Optional Extras:

Electricity (*if required*): \$60 in advance. ½ Page Ad in Conference and Expo Program – \$250. ½ Page Ad in Conference and Expo Health Care Directory – \$250.

SILVER SPONSOR \$5,000

(Maximum 8)

- Logo on cover of Conference and Expo Program *middle position*
- Company banner prominently displayed. *Banner supplied by sponsor*
- (2) 8 x 6 booth space with preferred front location
- Bold listing in Expo program
- Color logo with hyperlink on Expo website
- Name recognition in all advertising. *Press releases, print ads, fliers and promos.*
- Full page ad and ½ page business profile in Expo program

Program & Directory Advertising

___ Full Page	\$500
___ Half Page	\$300
___ Quarter Page	\$200
___ Eighth Page	\$150
___ Business Card	\$100

BRONZE SPONSOR \$2,000

- Logo on cover of Conference and Expo Program *bottom position*
- 8 x 6 booth space with preferred location
- Full page ad in Expo program
- Color logo with hyperlink on Expo website
- Name recognition in all advertising. *Press releases, print ads, fliers and promos.*

ENTERTAINMENT SPONSOR \$3,000

- Logo on cover of Conference 7 Expo Program *middle position*
- 8 x 6 booth space with preferred location
- Full page ad and ½ page business profile in Expo program
- Color logo with hyperlink on Expo website
- Name recognition in all advertising. *Press releases, print ads, fliers and promos.*

Company Name _____ Contact Person _____

Address _____ City _____ State _____ Zip _____

E-mail _____ Phone (____) _____ Fax (____) _____

Signed _____ Title _____ Date _____

Credit Card Number _____ or Check No. _____ Amount _____

Expiration Date _____ 3-Digit Security Code _____ Billing Zip Code _____

MAIL CHECK AND APPLICATION TO: LITEON Healthcare Group, 3419 NW Evangeline Thruway, Carencro, LA 70520. Phone 37-896-0085 Fax: 337-205-6191. Deadline and Cancellation Charges: A \$150 per booth fee will be charged for cancellations made after registration application and payment is received. No refunds will be made one month prior to Conference / Expo dates.

PARTNERS IN



HEALTHCARE

EXPO & CONFERENCE

EXHIBITOR BOOTHS • JOB FAIR • HEALTH FAIR • PRESENTATIONS

WHO SHOULD ATTEND

- Open to the public
- Nurses and nurse practitioners
- Primary care physicians
- Physician Assistants
- Healthcare managers
- Community leaders
- Healthcare workers

EXHIBITOR BENEFITS

- Healthcare community presence
- Increase your brand awareness
- Community education
- Product / services exposure
- Reach 125,000 - 200,000 people*
- Healthcare Directory Listing
- Attract new customers

SPONSOR BENEFITS

- Put your business front and center
- Get in front of your target market
- Brand awareness and media exposure
- Deliver great ROI
- Generate new leads and contacts
- Support the healthcare community
- Lead healthcare education in your community

* Exhibitors and sponsors will be featured in our Healthcare and Wellness Directory. The directory is published in partnership with Natural Awakenings Magazine and circulated in print and electronically monthly.



JUNE 7-8, 2019

Friday 12 p.m. - 8 p.m.

Saturday 8 a.m. - 6 p.m.

REGISTER NOW

CONFERENCE OFFICE (337) 896-0085

DoubleTree By Hilton Hotel Lafayette
1521 West Pinhook Road,
LAFAYETTE, LOUISIANA

FOR MORE INFORMATION VISIT OUR FACEBOOK PAGE
PARTNERS IN HEALTHCARE CONFERENCE

The Partners in Healthcare Conference is a key event for sharing information in the healthcare community locally and nationally. Healthcare leaders from private industry, non-profit organizations, and government agencies will present the progress of community, regional, and national efforts to improve health care for patients and families.



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