

FREE

HEALTHY LIVING HEALTHY PLANET

# natural awakenings



Hemp  
Gets Hot  
It Can Even Cool  
Down the Planet

Vegan  
Fitness  
A Healthy Choice  
for Body and Planet

Plants on  
the Rise  
How to Join the  
Plant Foods  
Movement

# cancer

## A Brief History

Many people think the amount of cancer we are experiencing is normal. It is not normal. Although cancer has been around as long as we have, it was once a rare disease. Today it is an epidemic.

- 1801-1899:** Cancer affected 1 out of 1,000 people.  
**Early 1900s:** Cancer affected 30 out of 1,000 people.  
**Currently (2020):** Cancer affects 1 out of 2 people in their lifetime.

Since 1940, cancer has increased rapidly in all the industrialized nations, and the trend has accelerated even more since 1975. From 1950 to 2001, national cancer statistics show that the incidence for all types of cancer increased by 85 percent in the United States. Cancer has been rising so dramatically that right now more Americans die of cancer each year than all the servicemen and women who lost their lives in World War II, Korea, and Vietnam put together.

Cancer is America's most expensive disease, and the treatments are worse than the disease. Close to half of all Americans will develop diagnosable cancer in their lifetime, and conventional medicine has been unable to slow this epidemic.



# cancer

## Symptoms and Statistics

TYPE OF CANCER	POSSIBLE SYMPTOMS	POSSIBLE RISKS	5-YEAR SURVIVAL RATES	ESTIMATED #OF NEW U.S. CASES
			(ALL STAGES) PER CONVENTIONAL TREATMENT	PER YEAR
	<i>If these occur, see your physician for a physical exam and/or lab tests.</i>			
<b>Bladder cancer</b>	Blood in urine, making it look bright red or rust-colored; pain or burning upon urination; frequent urination; feeling the need to urinate but nothing comes out; urine may appear cloudy because it contains pus.	<i>Twice as high in whites as in blacks; 2-3 times higher in men as in women; 2-3 times higher in cigarette smokers as in nonsmokers; machinists, truck drivers, and workers exposed to chemicals</i>	80.7%	52,900
<b>Breast cancer</b>	A lump or thickening of breast; discharge from the nipple; retraction of the nipple; change in skin of breast, such as dimpling or puckering; redness, swelling, feeling of heat; enlarged lymph nodes under arm.	<i>Increasing age; early menstimation; late menopause; not having a child or having first child cifter 30; family, or personal history; inherited breast cancer gene</i>	83.2 %	185,700
<b>Colorectal cancer</b>	Rectal bleeding (red blood in stools or black stools); abdominal cramps; constipation alternating with diarrhea; weight loss; loss of appetite; weakness; pallid complexion.	<i>Polyps, ulcerative colitis, or Crohn's disease; family history; residence in urban or industrial area; specific genetic mutations</i>	61%	133,500
<b>Kidney cancer</b>	Blood in urine; dull ache or pain in back or side; lump in kidney area; sometimes accompanied by high blood pressure or abnormality in red blood cell count.	<i>Being overweight; twice as high in men as in women; twice as high in cigarette smokers as in nonsmokers; coke oven and asbestos workers</i>	57.9%	30,600
<b>Leukimia</b>	Weakness, paleness; fever and flu-like symptoms; bruising and prolonged bleeding; enlarged lymph nodes, spleen, liver; pain in bones and joints; frequent infections; weight loss; night sweats.	<i>Specific genetic abnormalities (Down and-Bloom syndromes); excessive exposure to ionizing radiation and chemicals such as benzene; HIV-1 virus exposure</i>	68.6%	27,600
<b>Lung cancer</b>	Wheezing "smoker's cough," persisting for months or years; increased, sometimes blood-streaked, sputum; persistent ache in chest; congestion in lung; enlarged lymph nodes in the neck.	<i>Cigarette smoking; secondary smoke; asbestos, radiation, radon, or other toxic exposure</i>	13.4%	177,000
<b>Melanoma</b>	Change in a mole or other bump on the skin including bleeding, or change in size, shape, color, or texture.	<i>Sun exposure, particularly during childhood; sunburning or freckling easily; 40 times higher in whites than blacks</i>	86.6%	38,300
<b>Non-Hodgkin's lymphoma</b>	Painless swelling in the lymph nodes of the neck, underarm, or groin; persistent fever; feeling of fatigue; unexplained weight loss of more than 10% in a 6-month period; itchy skin and rashes; small lumps in skin; bone pain; swelling in some part of abdomen; liver and spleen enlargement.	<i>Lowered immune system function as with the HIV virus; recipients of organ transplants; possibly exposure to herbicides</i>	51%	52,700
<b>Oral cancer (oral cavity/ lip, pharynx)</b>	May often feel a lump in the mouth with the tongue; sometimes a sore spot can be felt while eating or drinking; ulceration of the lips, tongue, or other area inside the mouth that does not heal within two weeks; dentures may no longer fit well; in advanced cases, oral pain, bleeding, foul breath, loose teeth, and changes in speech.	<i>More prominent in males, with predisposing factors including tobacco and pipe smoking and chewing tobacco; radiation and other toxic exposures</i>	Not available	28,150
<b>Ovarian cancer</b>	Frequently, few symptoms; abdominal swelling; in rare cases, abnormal vaginal bleeding; women over 40 may experience generalized digestive discomfort.	<i>Increasing age; never pregnant; residence in industrial country (Japan excluded); family history of breast or ovarian cancer; inherited breast cancer gene</i>	44.1%	26,700
<b>Pancreatic cancer</b>	Upper abdominal pain and unexplained weight loss; pain near the center of the back; loss of appetite; intolerance of fatty foods; yellowing of the skin (jaundice); abdominal masses; enlargement of liver and spleen.	<i>Increasing age; cigarette smoking; higher in countries with high-fat diets; higher in blacks than whites</i>	3.6%	26,300

SOURCE: Alternative Medicine the Definitive Guide

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.

# Contents



## 14

### ADVERTISING & SUBMISSIONS

#### HOW TO ADVERTISE

To advertise with *Natural Awakenings* or request a media kit, please contact us at 337-896-0085 or email [LocalPublisher@NAacadiana.com](mailto:LocalPublisher@NAacadiana.com). Deadline for ads: the 15th of the month.

#### EDITORIAL SUBMISSIONS

Email articles, news items and ideas to: [Publisher@NAacadiana.com](mailto:Publisher@NAacadiana.com). Deadline for editorial: the 15th of the month.

#### CALENDAR SUBMISSIONS

Email Calendar Events to: [Publisher@NAacadiana.com](mailto:Publisher@NAacadiana.com). Deadline for calendar: the 15th of the month.

#### REGIONAL MARKETS

Advertise your products or services in multiple markets! Natural Awakenings Publishing Corp. is a growing franchised family of locally owned magazines serving communities since 1994. To place your ad in other markets call 239-434-9392. For franchising opportunities call 239-530-1377 or visit [NaturalAwakenings.com](http://NaturalAwakenings.com).

## 14 THE ROOTS OF GOOD HEALTH

Thriving on a Plant-Based Diet

## 18 MEATLESS MAKEOVER

A Plant-Based Spin on Classic Dishes

## 22 VEGAN FITNESS

A Healthy Choice for Body and Planet

## 26 COLD-BUSTERS

Natural Remedies for Kids

## 28 HEMP GETS HOT

Meet the Hardest Working Plant on the Planet

## 32 CBD'S NEW FRONTIER

Help for Mental Health

## 34 KIBBLE QUANDARY

A Fresh Look at Pet Food

## 35 LIVING IN SYNCHRONICITY

The Power of Meaningful Coincidence



## DEPARTMENTS

- 6 health briefs
- 8 global briefs
- 18 conscious eating
- 22 fit body
- 26 healthy kids
- 28 green living
- 29 calendar
- 32 healing ways
- 34 natural pet
- 35 inspiration

## publisher's letter



This month we are focusing on the role plant-based diets and CBD oil can have in our lives. Both of these topics, plant-based diets and CBD oil, are controversial concepts that are in constant debate. Although the discussion of this month's topics could easily veer toward politics, we're determined to focus on the informative and lifestyle-changing possibilities that accompany these concepts. Changing your eating habits such as choosing to consume healthy, quality food rather than sugary, refined products can transform your health. Remember, education and the desire to understand is a healthy habit. Learning to be open to healthy discussions that involve all sides of the debate allows you to effectively educate yourself and others around you. Without healthy discussions, we often become close-minded and unaware of the quality informa-

tion we're missing out on.

Plant-based diets that mainly include fruits, vegetables, grains, and legumes are a great way to improve eating habits. Many people believe what you put in your body is reflected in your health. This is especially true when it comes to eating a plant-based diet that includes quality foods. Foods within plant-based diets provide us with a great number of vitamins, minerals, healthy fats, fiber, etc. It's also important to mention that people who choose to change their lifestyle and follow a plant-based diet reduce their risks of type 2 diabetes, heart disease, obesity, and inflammation. Changing your nutrition habits can change your overall health. Our bodies are designed to use food as fuel. Therefore, whatever you choose to consume is absorbed and broken down to power your body. If we only consume refined sugars and unhealthy fats, that is what our body will use to function. Do you really want those three donuts you ate for breakfast and lunch to make your decisions? The food we consume has a powerful way of influencing how we feel and choose to live our life. Being mindful of what we eat and having unhealthy foods in moderation can improve our nutrition and overall health.

CBD, a non-intoxicating chemical compound extracted from the cannabis or marijuana plant, has always played a role in natural remedies. With the rising debate on marijuana and CBD oil in politics and the medical community, we've decided to include some important information about the possible role CBD oil can have in one's health. Common misconceptions associate CBD oil with THC's (Tetrahydrocannabinol) side effects. However, THC is the chemical compound that causes the "high" sensation. CBD oil does not include THC, so it allows an individual to benefit while bypassing the psychoactive effect. These possible medical benefits include reducing pain, inflammation, depression, and anxiety. In regards to cancer patients undergoing chemotherapy, CBD may have the ability to reduce levels of nausea and vomiting. CBD can interfere with several medications, so it's important to thoroughly educate yourself about anything you choose to use for medical benefit.

It's always good to remember to consult your physician before deciding upon a lifestyle change such as implementing new nutrition habits or medicinal supplements. Our job is not to take a position on any lifestyle choice, but to educate and inform the public about these topics. With this information, we hope that you choose to take the initiative to better your health. This is the only life and body we are guaranteed, so we must be mindful of what we allow to enter our spirits, minds and bodies.

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

*Lillyanna & Lydia*

Lillyanna and Lydia Castille, Assistant Publishers



Like us on:  
**facebook**



VISIT our website  
[www.NAcadiana.com](http://www.NAcadiana.com)

Natural Awakenings Acadiana Edition

HEALTHY LIVING HEALTHY PLANET

**natural**  
awakenings

ACADIANA EDITION

Publisher **Steve, Michelle, Lydia and Lillyanna Castille**  
Editors **Beth Davis  
Rick Rowan  
Steve Castille**  
Design & Production **Gail Babineaux  
Steve Castille**  
Contributing Writers **Rick Rowan  
Lydia Castille  
Lillyanna Castille**  
Distribution & Marketing **Kelly Arnaud  
Brandon Alexander**  
Calendar **Rick Rowan  
Michelle Castille**  
Website **Steve Castille**

### CONTACT US

3419 NW Evangeline Thruway  
Carencro, LA 70520  
Ph: 337-896-0085 • Fax: 337-205-6191  
[www.NAcadiana.com](http://www.NAcadiana.com)

### SUBSCRIPTIONS

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

### NATIONAL TEAM

CEO/Founder **Sharon Bruckman**  
COO/Franchise Sales **Joe Dunne**  
National Editor **Jan Hollingsworth**  
Managing Editor **Linda Sechrist**  
National Art Director **Stephen Blancett**  
Art Director **Josh Pope**  
Financial Manager **Yolanda Shebert**  
Asst. Director of Ops **Heather Gibbs**  
Digital Content Director **Rachael Oppy**  
National Advertising **Lisa Doyle-Mitchell**

Natural Awakenings Publishing Corporation  
4933 Tamiami Trail N., Ste. 203  
Naples, FL 34103  
Ph: 239-434-9392 • Fax: 239-434-9513  
[NaturalAwakeningsMag.com](http://NaturalAwakeningsMag.com)

© 2020 by Natural Awakenings. All rights reserved. Although some parts of this publication may be reproduced and reprinted, we require that prior permission be obtained in writing.

Natural Awakenings is a free publication distributed locally and is supported by our advertisers. Please call to find a location near you or if you would like copies placed at your business.

We do not necessarily endorse the views expressed in the articles and advertisements, nor are we responsible for the products and services advertised. Check with a healthcare professional regarding the appropriate use of any treatment.



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

## Take Folic Acid to Reduce Stroke Risk



Researchers from Beijing Geriatric Hospital, in a meta-analysis of 12 studies involving 47,523 patients with cardiovascular disease, found that those that supplemented with folic acid (vitamin B<sub>9</sub>) reduced their risk of stroke by 15 percent. Folic acid, which

the study authors called a “safe and inexpensive therapy,” lowers levels of homocysteine, an amino acid linked to heart disease; research indicates that 0.5 to 5 milligrams daily can reduce homocysteine levels by approximately 25 percent.

## Practice Yoga to Help the Brain

It's long been known that vigorous, sweaty aerobics strengthen the brain and help grow new neurons, but the latest research from the University of Illinois at Urbana-Champaign shows that practicing gentle hatha yoga enhances many of those same brain structures and functions. The analysis, published in *Brain Plasticity*, examined 11 studies that used brain-imaging techniques to evaluate outcomes of hatha yoga, which involves body movements, meditation and breathing exercises. The researchers concluded that the hippocampus, which is involved in memory processing and typically shrinks with age, increased in volume with yoga. The amygdala, which helps regulate emotions, tends to be larger in yoga practitioners. Other brain regions that are larger or more efficient in enthusiasts are the prefrontal cortex, essential to planning and decision-making; the default mode network, involved in planning and memory; and the cingulate cortex, which plays a key role in emotional regulation, learning and memory.



## Balance Water Consumption for Cognitive Health

Drinking either not enough or too much water can decrease cognitive performance in older women, Penn State University researchers reported in the *European Journal of Nutrition*. In a nationwide study, 1,271 women and 1,235 men over age 60 gave blood samples, answered questionnaires about the previous day's food and drinks, and performed cognitive tests to measure working memory, brain processing speed and sustained attention. Women, but not men, performed more poorly if they were not in the “sweet spot” of just enough hydration, typically around two liters a day. “As we age, our water reserves decline due to reductions in muscle mass, our kidneys become less effective at retaining water and hormonal signals that trigger thirst and motivate water intake become blunted,” explains lead author Hilary Bethancourt, in urging greater attention to hydration levels.



## Catch Some Rays to Boost Gut Health

Fresh evidence is emerging of a skin-gut axis that links type B ultraviolet (UVB) exposure to the microbiome, a finding that has implications for those suffering from autoimmune and inflammatory diseases. University of British Columbia researchers divided 21 healthy young women into two groups: Nine took vitamin D supplements during Vancouver's long, dark winter, and 12 didn't. After three months, only the non-supplement-takers tested as being deficient in vitamin D. Both groups were exposed to three, one-minute, full-body UVB light sessions; within a week, vitamin D levels increased 10 percent on average and the gut microbiota diversity of the low-D group rose to match that of the sufficient-D group. Along with other probiotic bacteria, *Lachnospiraceae* species, typically low in the guts of people with inflammatory diseases, increased with the UVB exposure.



## Cut Back on Sugar and Carbs to Improve Sleep

Women that toss and turn at night might sleep better if they pass up sugary treats for fruit, suggests a new study from Columbia University. Examining records of nearly 50,000 postmenopausal women in the Women's Health Initiative, researchers found those that consumed a diet high in refined carbohydrates—particularly added sugars and processed grains—were more likely to develop insomnia. Women with a diet that included higher amounts of vegetables, fiber and whole fruit (not juice) were less likely to have trouble sleeping. “When blood sugar is raised quickly, your body reacts by releasing insulin, and the resulting drop in blood sugar can lead to the release of hormones such as adrenaline and cortisol, which can interfere with sleep,” explains senior author James Gangwisch, Ph.D.

## Try Vitamins and Garlic to Lower Gastric Cancer Risk

In a rural region of China where gastric cancer is common, researchers found in a two-decade study that two approaches—antibiotics and vitamin/mineral supplements—protected against it. Both methods, as well as a garlic supplement, significantly reduced death rates from the cancer. Peking University Cancer Hospital and Institute researchers enrolled 3,365 residents ages 35 to 64 from 13 villages with symptoms of *H. pylori*, a gut bacteria linked to increased risk of ulcers and cancer. Two weeks of conventional antibiotics treatment reduced the risk of gastric cancer over a 22-year period, and twice-daily supplements of 250 milligrams (mg) of vitamin C, 100 international units of vitamin E and 37.5 micrograms of selenium taken for seven years also reduced gastric cancer incidence. Garlic in the form of 400 mg aged garlic extract and one mg of steam-distilled garlic oil was given to a third group for seven years. All three treatments significantly slashed the gastric cancer fatality rate.



# KNOW THE FACTS

Over 560,000 cases of cancer could be prevented each year by simply eating right, staying physically active, maintaining a healthy weight, and by quitting smoking.

## Early Detection

Fortunately, many cancers can be controlled or cured through early detection. The real problem comes when cancerous cells spread, because they become more difficult to destroy. Therefore, effective prevention, or at least early detection, is crucial. Herein lies the importance of periodic screening. Once a month, women should practice breast self-examination (BSE) and men should undertake testicular self-examination (TSE). Men should pick a regular day each month (e.g., the first day of each month) to practice TSE, and women should perform BSE two or three days after the menstrual period is over.

CANCER EDUCATION CENTER  
337-565-9105

## Green Flying

### First Commercial E-Plane Makes History



Electric propulsion has long been a goal of aviation manufacturers to lessen the carbon footprint of air travel. On December 11, Vancouver, Canada-based Harbour Air launched the first suc-

cessful test flight of an all-electric aircraft. Founder and CEO Greg McDougall piloted a 1956 de Havilland Beaver seaplane, rechristened the ePlane. Retrofitted with a 750-horsepower magni500 motor by MagniX, it took off from a dock on the Fraser River in Richmond, British Columbia, and flew for four minutes. The certification process will take one to two years. After that, the retrofits of the company's existing fleet of small planes can begin. The challenge for airlines seeking to go green with large aircraft is that current technology leaves electric engines relatively weak for their weight and they have a short battery life, but these factors do not deter Harbour Air, which went carbon-neutral in 2007 and flies mostly short hops in the Northwest.



## Waste-to-Energy 'Matterhorn' Sustainable Power With a Recreational Bonus

Copenhagen has dramatically refashioned the look and function of a power station with a new state-of-the-art, waste-to-power plant that powers 200,000 homes and doubles—actually, sextuples—as a ski slope, a climbing wall, a viewing tower, a hiking and running trail network, and a bar and restaurant. Named Copenhill, "It is the cleanest waste-to-energy power plant in the world," says architect Bjarke Ingels. "It is a crystal clear example of 'Hedonistic Sustainability' because a sustainable city is not only better for the environment, it is also more enjoyable for the lives of its citizens." The build-

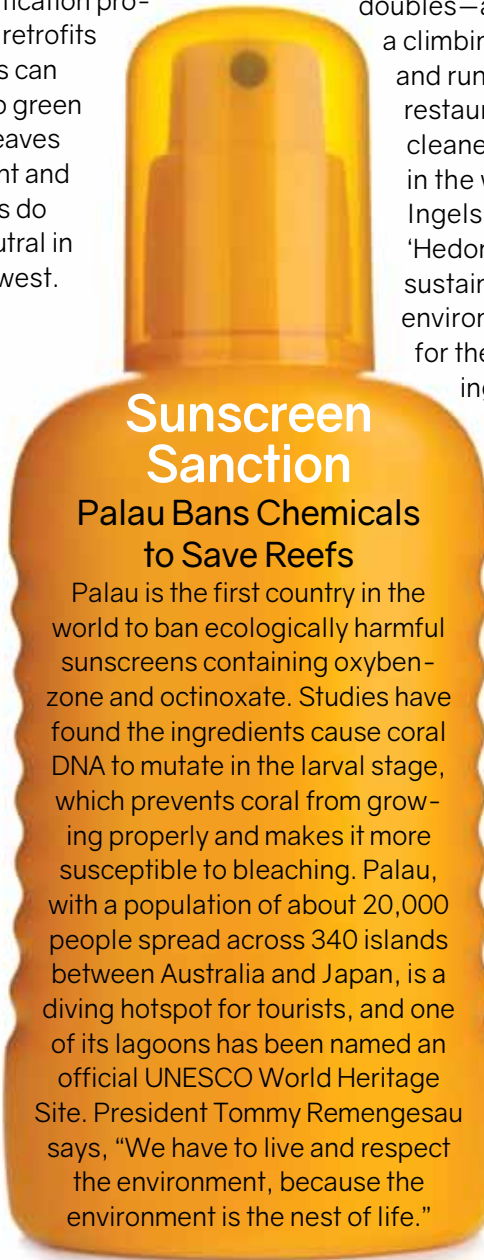
ing, 278 feet tall at its apex, has a glass elevator for viewing the inner workings of how the city's trash is transformed into both electricity and heating, as well as the best view in town of the harbor. It has three ski lifts that serve a one-third-mile course coated with a special "plastic grass" that provides the perfect friction for both skiing and snowboarding. It even features the tallest climbing wall in the world, designed with overhangs and ledges of white, like an icy mountain. Ingels says 97 percent of Copenhagen residents get their heating as a byproduct of energy production from an integrated system in which the electricity, heating and waste disposal are combined into a single process. Copenhagen has a goal of becoming the world's first carbon-neutral city by 2025.



## Viva Agave Tequila Waste Turned into Bio-Straws

Jose Cuervo, the bestselling tequila maker globally, has initiated an eco-friendly process of

salvaging the leftover agave fibers from its distilling process and upcycling them into a more sustainable alternative to regular plastic straws. The biodegradable drinking straw will decompose up to 200 times faster than regular plastic. Made with an agave bio-based and U.S. Food and Drug Administration-approved composite, the new straws replace about a third of the polymers used in traditional straw production, and at the end of its lifecycle a straw can be consumed by microorganisms to fully biodegrade within one to five years in landfill conditions. The company plans to distribute millions of the straws this year at bars, restaurants and Jose Cuervo events across the U.S. and Mexico.

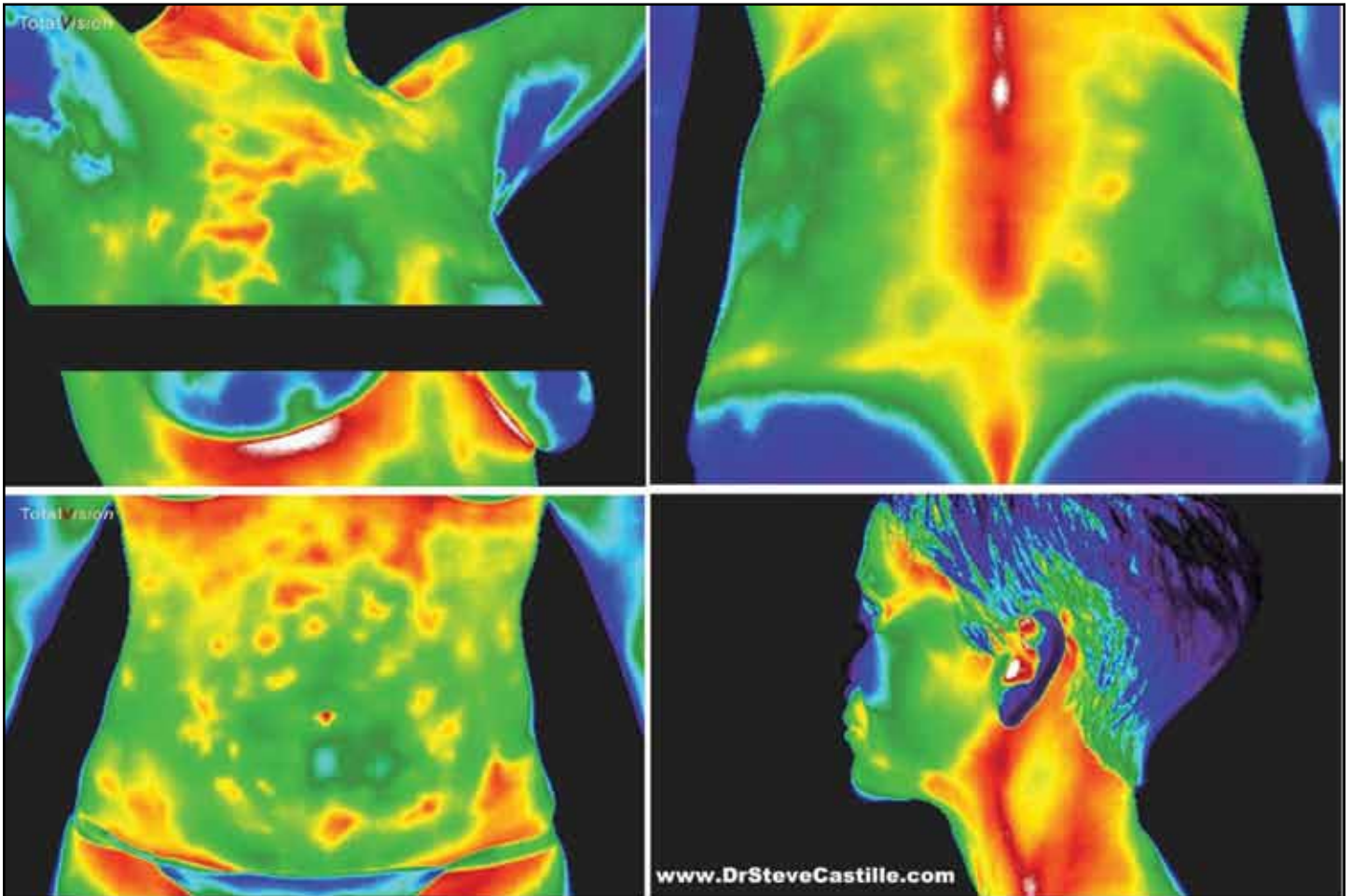


## Sunscreen Sanction

### Palau Bans Chemicals to Save Reefs

Palau is the first country in the world to ban ecologically harmful sunscreens containing oxybenzone and octinoxate. Studies have found the ingredients cause coral DNA to mutate in the larval stage, which prevents coral from growing properly and makes it more susceptible to bleaching. Palau, with a population of about 20,000 people spread across 340 islands between Australia and Japan, is a diving hotspot for tourists, and one of its lagoons has been named an official UNESCO World Heritage Site. President Tommy Remengesau says, "We have to live and respect the environment, because the environment is the nest of life."





## Thermography Detects Inflammation

Find out if you have inflammation

## Cancer and Heart Attacks

start with inflammation first

Full Body Screening takes only 30 minutes

# Cancer

EDUCATION CENTER

*Real*  
The Cure For Cancer is Education and Prevention

Schedule with Main Office  
**(337) 565-9105**

Schedule with Wellness Center  
**(337) 896-4141**

# ABCs Keep Colon Cancer at Bay

What do Brussels sprouts, broccoli, cabbage and cauliflower have in common? According to a new study published in the *Journal of the American Dietetic Association*, these cruciferous veggies are associated with a decreased risk of colon cancer. Throw in a good measure of A's, as in apples, and people can also reduce their risk of distal colon cancer, report researchers from the Western Australian Institute for Medical Research at the University of Western Australia and Deakin University, in Victoria, Australia. The investigation examined the potential link between fruits and vegetables and three cancers in different parts of the bowel.



# High Blood Calcium Levels May Indicate Ovarian and Prostate Cancer

A new study from Wake Forest Baptist Medical Center is the first to report that high blood calcium levels might predict ovarian cancer, the most fatal of the gynecologic cancers.

Lead author Gary G. Schwartz, Ph.D., a cancer epidemiologist at Wake Forest Baptist, and colleague, Halcyon G. Skinner, Ph.D., of the University of Wisconsin Carbone Cancer Center, examined associations between blood calcium and ovarian cancer in two national population-based groups. They found that women who were later diagnosed with ovarian cancer and women who later died of ovarian cancer had higher levels of calcium in blood than women who did not before their cancer diagnosis.

Schwartz, who is well-known for his epidemiologic research in prostate cancer, said the idea for this study came about because of published research from his group which showed that men whose calcium levels were higher than normal have an increased risk of fatal prostate cancer. That led him to wonder if a similar relationship were true of ovarian cancer.

“One approach to cancer biomarker discovery is to identify a factor that is differentially expressed in individuals with and without cancer and to examine that factor’s ability to detect cancer in an independent sample of individuals,” Schwartz said. “Everyone’s got calcium and the body regulates it very tightly,” Skinner added. “We know that some rare forms of ovarian cancer are associated with very high calcium, so it’s worth considering whether more common ovarian cancers are associated with moderately high calcium.”

The idea is plausible, Schwartz explained, because many ovarian cancers express increased levels of a protein, parathyroid hormone-related protein (PTHrP), which is known to raise calcium levels in blood in many other cancers.

Ovarian cancer has a high fatality rate because it is hard to detect and by the time symptoms arise, the cancer is usually advanced. Schwartz said early diagnosis might be accomplished through the use of a calcium biomarker, but cautions that more research is needed to confirm these results. “We found the link between serum calcium and ovarian cancer; we confirmed it, and even though the study is small, we’re reporting it because it’s a very simple thing in theory to test.”

Source: *ScienceDaily.com*

# Breast Cancer Links to Environmental Toxins



New evidence that chemical pollution may be linked to breast cancer comes from a surprising source: a group of male breast cancer patients at Camp Lejeune, a Marine Corps base in North Carolina. Poisons in the camp’s drinking water, including benzene, a carcinogenic gasoline additive, perchloroethylene (PCE) and trichloroethylene (TCE), are regarded as a cause; conditions at the base are also blamed for unusual rates of leukemia and birth defects.

The worst period of contamination of the base’s water supply began in the late 1950s and continued for more than 30 more years.

Because men are simpler to study than women—their risk of developing breast cancer is not complicated by factors such as menstruation, reproduction, breastfeeding and hormone replacement therapy—the epidemiologists may be able to conclusively link industrial chemicals with an increased risk of the disease for both genders.

Source: *National Disease Clusters Alliance*

The sign of a good doctor should be how many patients he can get OFF medications, not how many people he puts ON medications.



# Colon Cancer Linked to Gut Bacteria

A study from the University of Minnesota has found that two strains of virulent bacteria in the gut significantly increase the incidence of colon cancer, and a change in microbiology of the gut often coincides with colon cancer. The study tested 88 people, of which half had colon tumors.

The scientists sampled and analyzed gut bacteria within the subjects to assess their microbiomes. They found that colon cancers were linked to those with microbiomes that had increased levels of *Fusobacteria* and *Providencia* species of bacteria. The latter is considered more virulent and responsible for the production of certain enzymes that have been previously linked with colon cancer.

These two species of bacteria have also been linked with higher rates of inflammation and infection in other research. *Fusobacteria* has been found prevalent among people with ulcerative colitis. *Providencia* species include *E. coli* and *Klebsiella*, both found among urinary tract infections, throat infections and others.

Microbiological science over the past half a century has found that better food choices can bring about significant healthful changes in the body's microbiome. These include incorporating prebiotic and fermented foods into one's diet.



# Lower Breast Cancer Risk by Eating Colorful Veggies



Research published in the *British Journal of Nutrition* discovered that the risk of breast cancer decreases with increased consumption of specific dietary

carotenoids, the pigments in some vegetables and fruits.

The research was based on five years of tracking 1,122 women in Guangdong, China; half of them had been diagnosed with breast cancer and the other half were healthy. Dietary intake information was collected through face-to-face interviews. The women that consumed more beta-carotene in their diet showed a 46 percent lower risk of breast cancer, while those that consumed more alpha-carotene had a 39 percent reduced incidence. The individuals that consumed more foods containing beta-cryptoxanthin had a 62 percent reduced risk; those with diets higher in luteins and zeaxanthins had a 51 percent reduction in breast cancer risk.

The scientists found the protective element of increased carotenoid consumption more evident among premenopausal women and those exposed to secondhand smoke.

Dark green leafy vegetables such as kale, spinach and dandelion greens top the list of sources rich in luteins and zeaxanthins, which also includes watercress, basil, parsley, arugula and peas. The highest levels of beta-carotene are found in sweet potatoes, grape leaves, carrots, kale, spinach, collard and other leafy greens. Carrots, red peppers, pumpkin, winter squash, green beans and leafy greens contain alpha-carotene. Red peppers, butternut squash, pumpkin persimmons and tangerines are high in beta-cryptoxanthin.

# Breast Health Screening Questioned



October is Breast Cancer Awareness Month, and thousands of well-meaning healthcare providers will continue to recommend mammograms. However, a growing body of research suggests that X-ray mammography may not be the best screening approach, at least on an annual basis, and even the National Cancer Institute notes potential harms ranging from false results to overtreatment and radiation exposure.

A 2006 study published in the *British Journal of Radiobiology* revealed that the type of radiation used in X-ray-based screenings is more carcinogenic than previously believed. The researchers wrote, "Recent radio-

biological studies have provided compelling evidence that the low-energy X-rays used in mammography are approximately four times—but possibly as much as six times—more likely to cause mutational damage than higher energy X-rays."

Peter Gøtzsche is director of the Nordic Cochrane Centre and an author of the landmark 2001 Cochrane systematic review, *Screening for Breast Cancer with Mammography*, which concludes, "Currently available reliable evidence has not shown a survival benefit of mass screening for breast cancer." In 2011, Gøtzsche stated, "It is getting more and more difficult to argue that mammography is reasonable to [use] for breast screening."

# cancer

## What You Should Know



### WHAT IS IT?

Cancer refers to anyone of a large number of diseases characterized by the development of abnormal cells that divide uncontrollably and have the ability to infiltrate and destroy normal body tissue. Cancer also has the ability to spread throughout your body .tumor. During a physical exam, he or she may look for abnormalities, such as changes in skin color or enlargement of an organ.

### WHAT'S THE CAUSE?

Cancer is caused by changes (mutations) to the DNA within cells. Each cell 's DNA contains a set of instructions telling it how to grow and divide. Errors in these instructions can allow a cell to become cancerous.

Most commonly, a gene mutation may instruct a healthy cell to do one of the following:

- Grow too fast. The cell grows and divides more rapidly than normal. This creates many new cells that have the same mutation.
- Forget to apply the brakes. Normal cells know when to stop growing. Cancer cells lose such control. They continue to grow and accumulate.
- Overlook DNA errors. Specialized genes called repair genes look for errors in a cell 's DNA and make corrections. A mutation in a repair gene may prevent an error from being corrected.

### SYMPTOM CHECKER

Signs and symptoms associated with cancer vary depending on what part of the body is affected. Some general signs and symptoms include:

- Fatigue
- Lump or area of thickening that can be felt under the skin
- Weight changes, including unintended loss or gain
- Skin changes, such as yellowing, darkening or redness of the skin, sores that won't heal, or changes to existing moles
- Changes in bowel or bladder habits
- Persistent cough
- Difficulty swallowing or hoarseness
- Persistent indigestion or discomfort after eating
- Persistent, unexplained muscle or joint pain
- Persistent, unexplained fevers or night sweats

### WHAT TESTS TO EXPECT

Cancer is most often diagnosed using a combination of these approaches:

#### Physical exam

Your doctor may feel areas of your body for lumps that may indicate a tumor. During a physical exam, he or she may look for abnormalities, such as changes in skin color or enlargement of an organ.

#### Laboratory tests

Laboratory tests, such as urine and blood tests, may help your doctor identify abnormalities associated with cancer. For instance, in people with leukemia, a common blood test called a complete blood count (CBC) may reveal an unusual number of white blood cells.

#### Imaging tests

Imaging tests used in diagnosing cancer may include a computerized tomography (CT) scan, bone scan, magnetic resonance imaging (MRI), ultrasound and X-ray, among others. These tests can identify tumors and other abnormalities associated with cancer.

#### Biopsy

A doctor collects a sample of cells for testing in the laboratory. There are several ways of doing this, depending on the type of cancer and its location. In most cases, a biopsy is the only way to definitively diagnose cancer. Under a microscope, cancer cells look less orderly than normal cells, with varying sizes and shapes.

**Prevention is the most important and most reliable cancer-fighting tool that exists today, and there is much that an individual can do to prevent cancer.**

# Mammograms Carry Cancer Risk

There is growing evidence that mammograms, which are the primary screening tool



for breast cancer, may cause it. Scientists have long known that radiation causes cancer, and now research published in the *British Journal of Radiobiology* reports that the so-called "low-energy X-rays" used in mammography are four to six times more likely to cause breast cancer than conventional high-energy X-rays because the low-energy variety causes more mutational damage to cells.

Mammograms led to a 30 percent rate of over-diagnosis and overtreatment, according to a study published in the *Cochrane Review*. Researchers wrote in the study, "This means that for every 2,000 women invited for screening throughout 10 years, one will have her life prolonged and 10 healthy women, who would not have been diagnosed if there had not been screening, will be treated unnecessarily. Furthermore, more than 200 women will experience important psychological distress for many months because of false positive findings."

Many women and functional medicine doctors are now choosing non-invasive and radiation-free annual thermograms as a safer alternative. Those at high risk for breast cancer may choose to do periodic MRI screenings, a recommendation supported by research at Britain's University Hospitals Birmingham.

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



detoxification · antioxidant infusion · increase nutrition



## Diagnosed with cancer What are my options for "wellness"

Infrared treatment shrinks tumor volumes 86% in 30 days

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

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

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

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

\*\* Not intended to treat or diagnose. Educational purposes only. Always consult your doctor for medical treatment.

**Cancer**  
EDUCATION CENTER  
Real  
The Cure For Cancer is Education and Prevention



It's not a diet or a fad;  
it's a way of life.

~Ocean Robbins

# THE ROOTS OF GOOD HEALTH

## Thriving on a Plant-Based Diet

by April Thompson

Whether identifying as vegan, vegetarian, pescatarian, flexitarian or other veggie-friendly variant, a growing number of Americans are moving away from meat products and toward plant-rich foods. Most come to a plant-based diet for personal, planetary or animal welfare reasons; however, they stay for the flavorful foods they discover along their dietary journey and the health benefits they reap.

Marly McMillen-Beelman was prescribed medications to alleviate symptoms of irritable bowel syndrome. “I knew I didn’t want to be on prescriptions, so I decided to change my diet, beginning by giving up meat, dairy and eggs. I immediately felt much better and my symptoms went away naturally,” says the Kansas

City, Missouri, author of *The Everything Vegan Meal Prep Cookbook* and founder of Chopped Academy, an online resource for food bloggers. “Now I eat an even greater variety of food than I did before I went vegan.”

While only 3 percent of Americans identified as vegan and 5 percent as vegetarian in a recent Gallup Poll, a 2018 report by restaurant consultants Baum + Whiteman indicates that about 83 percent are eating more plant-based foods.

Embarking on a plant-based diet is a lifelong adventure, but it can take time to adjust. Experts recommend a healthy dose of self-love with the newfound fondness for fruits and veggies. “Give yourself some slack and realize that dietary changes do not happen overnight,” says

April Murray, a registered dietician in Costa Mesa, California. “Start with familiar plant-based foods you already enjoy, and ease into trying new foods, whether tempeh or lentils.”

A plant-oriented diet also can be flexible; health advocates encourage individuals to find a diet that works for them and their families. Leah Webb, the Asheville, North Carolina, author of *Simple and Delicious Recipes for Cooking with Whole Foods on a Restrictive Diet*, has adapted her diet over time to accommodate her family’s health needs. Although Webb has always maintained a plant-rich diet, she began incorporating some animal products when her son was born. “He had severe food allergies and asthma, and needed a more diverse

diet,” explains Webb, whose daughter also has cystic fibrosis. Cutting out grains was a game-changer in “calming down his gut, where most of immune response lies,” says Webb. “He is now off asthma medication and the number of allergens he suffers from has dropped from seven to two.”

Webb’s family eats bountifully from their backyard garden, complemented by meat and produce from local farmers’ markets, where she can be certain the foods were produced sustainably and humanely. “I use meat to flavor soups or accent vegetables, rather than as the star of the show. I like to focus on real flavors, using lots of garlic, herbs and spices,” says Webb.

Murray, author of *The Everything Pegan Diet Cookbook: 300 Recipes for Starting—and Maintaining—the Pegan Diet*, follows that diet, a mash-up of paleo and vegan regimens that focuses on whole, fresh and sustainable food high in healthy fats and vitamins. The Pegan diet eschews refined sugar and highly processed foods, while allowing meat, poultry, fish and eggs, as well as gluten-free grains, legumes and dairy products in small amounts.

“This diet can be helpful to different people in so many ways,” says Murray. “For people with diabetes and blood sugar dysregulation, this high-fiber diet can

Start with familiar plant-based foods you already enjoy, and ease into trying new foods, whether tempeh or lentils.

~April Murray

help lower blood sugar and insulin levels. Heart health will improve, as you’ll be eating less animal products, which can be high in cholesterol and saturated fat. Many individuals also find themselves losing unwanted weight as they get filled up so quickly with these whole foods.”

### Plant-Based Nutrition Made Easy

While some worry about getting sufficient nutrients on a largely plant-based diet, nutrition experts say these fears are unfounded. “People think they need to calculate every nutrient, but if you eat a plant-centered, whole-foods diet, you will get every vitamin and mineral you need to thrive,” says Ocean Robbins, co-founder of the Food Revolution Network and author of *The 31-Day Food Revolution: Heal Your Body, Feel Great, and Transform Your World*. Legumes, nuts and seeds are all healthy, abundant sources of protein and iron.

Reed Mangels, author of *Your Complete Vegan Pregnancy: Your All-in-One Guide to a Healthy, Holistic, Plant-Based Pregnancy*, busts the myth that cow’s milk is a must for growing bones. “Calcium, vitamin D and protein are the nutrients we usually associate with bone health. One easy way to get all three is a soy-based or pea protein-based plant milk that is fortified with calcium and vitamin D,” says Mangels, adding that green vegetables like kale, bok choy, collards and broccoli are great sources of calcium.

“Eating the rainbow’ is great way to make sure you’re consuming a variety of nutrients,” offers London-based Ben Pook, who co-authored the cookbook *So Vegan in 5* with his partner Roxy Pope. “Many vitamins, minerals and antioxidants bring their own distinctive colors to fruits and vegetables, so preparing colorful meals is a simple way of getting as many nutrients into your diet as possible.”

### Getting Social

Dietary changes can be challenging to navigate initially, particularly when faced with social situations ranging from family gatherings to cohabitation. Having a good plan going into such situations can help ease the transition, say experts. “Never show up to an event hungry. You will be more likely to make a good decision if you

## Plant-Based Primer

Navigating the lexicon of plant-based diets can be tricky, and choosing a diet even trickier. Here’s a brief guide to some of the commonly used terms.

**Flexitarians** eat a mainly vegetarian diet, but will consume meat on occasion.

**Pegans** (a term coined by Dr. Mark Hyman, who follows the diet) focus on eating vegetables, fruits, nuts, seeds, meat, fish and eggs, while avoiding dairy, grains, legumes, sugar and processed foods.

**Pescatarians** like radio host Howard Stern eat fish, seafood and other forms of animal products such as dairy, but don’t eat other forms of meat such as chicken, beef or pork.

**Plant-based diets**, followed by celebrities like Ben Stiller, consist mostly or entirely of foods derived from plants, including vegetables, grains, nuts, seeds, legumes and fruits, with few or no animal products.

**Vegans** don’t consume any animal products, including eggs, dairy, honey or gelatin. Famous vegans include Ellen DeGeneres, Betty White, Beyonce, Bill Clinton, Madonna and Venus Williams.

**Vegetarians** refrain from meat and seafood, but will consume dairy or other animal byproducts such as honey. Well-known vegetarians include Albert Einstein, Arnold Schwarzenegger, Doris Day, Jane Goodall, Kristen Wiig and Prince.



are nourished. On the way there, remind yourself why you are making the transition to plant-based eating,” suggests Murray.

“I call myself a secular vegan because I don’t have a dogmatic approach to the way I eat. If I go to a family dinner and someone has made something special for me, but they used a non-vegan cheese, I will respect my family member’s effort and eat some of it. These situations will pop up from time to time, and the more you can be compassionate with yourself, the better,” says McMillen-Beelman.

“If you are living with people who are not joining you in making a dietary shift, agree to respect each other’s choices. Make it a shared learning journey rather than a power struggle,” says Robbins. For example, he suggests making a vegetarian base and allowing those that want animal products to add them as toppings. A burrito bar can accommodate all diets by allowing people to add their own fixings to a base of beans and tortillas, whether those be dairy options like cheese and sour cream or vegan-friendly guacamole and salsa.

For families with kids, being flexible and inclusive can help make changes feel more positive and sustainable. “We never eat processed foods at home, but parties are that time I tell my kids they can eat

I call myself a secular  
vegan because I don’t  
have a dogmatic approach  
to the way I eat.

~Marly McMillen-Beelman

whatever they want,” says Webb.

“Get your children involved, so that they are more engaged in the eating experience. Let your children pick out recipes or snacks for the week. Make the food look pretty and it will taste more satisfying,” adds Murray.

### Plant Prep Made Easy

Plant-based chefs have plenty of kitchen hacks for making food prep and planning fun and easy. Robbins suggests finding go-to recipes to put on repeat. “Your prep time goes down a lot as you make the same dish, and the familiarity will help you develop lasting habits around new food patterns,” he says.

Webb incorporates a healthy protein, fat and vegetable into every meal, even breakfast, but cooks in batches and freezes portions or repurposes leftovers to simplify mealtimes. “You’ll get burned out if you try to cook something from scratch every meal,” says Webb. “We eat a lot of eggs

because we raise chickens, so I’ll do baked frittatas I can reheat during the week.”

Advance meal prep can take the pressure off busy times like the weekday breakfast rush, adds Robbins. One of his favorite breakfasts involves soaking oats and chia seeds overnight, which he tops in the morning with some unsweetened soy or coconut milk, chopped banana, frozen blueberries, and a dash of maple syrup, vanilla and nutmeg. “It’s full of omega-3 fatty acids, protein, antioxidants and phytonutrients,” he says.

Webb encourages people to get out of their food comfort zones by experimenting with approximate ingredients, like swapping kabocha or honeynut squash for butternut squash.

Robbins also suggests making social connections with others on the same path by cooking them a meal, organizing a meal swap or sharing extras. “It’s not a diet or a fad; it’s a way of life. Start where you are and remember it’s not about perfection, it’s about progress. Have love, dignity and compassion toward yourself and others along the journey,” he says.

*April Thompson is a freelance writer based in Washington, D.C. Connect at [AprilWrites.com](http://AprilWrites.com).*

## Tips to Stay on the Plant Track

**M**any new regimens begin with gusto, only to be abandoned because old diets die hard. Here are some expert tips for eating well over the long haul.

“Find plant-based options at your favorite restaurants, and be open to new flavors. I promise you, your taste buds will change,” says April Murray, dietician and author of *The Everything Vegan Diet Cookbook*. To keep the momentum and inspiration going, follow plant-based chefs on social media, she adds.

When switching to a plant-based diet, some miss the rich, fatty flavors found in meat, says Ben Pook, co-author of *So Vegan in 5*. “The trick we found is using ingredients rich in umami, which is a flavor commonly found in meat. One

of our favorites is miso paste (fermented soybeans), which has an intense savory taste. We often add it to stews, pies and even pastas to deliver more depth of flavor. Soy sauce and porcini mushrooms are also a great substitute.”

“Sustainable change doesn’t happen overnight. If not sure what to cook, start with one big salad a week. When you get the hang of that, add in something else, like prepping snacks from scratch. Small things add up over time,” says Leah Webb, author of *The Grain-Free, Sugar-Free, Dairy-Free Family Cookbook*.

“Seek out loved ones who share your food values and nurture those relationships. You might be surprised how many people around you are also quietly trying

to achieve similar goals,” says Ocean Robbins, founder of the Food Revolution Network.

“We put a lot of pressure on ourselves when we first switched to a plant-based diet. Shopping for vegan food and eating out at restaurants felt very overwhelming, and we found ourselves spending hours checking food labels. We’ve come to realize that veganism isn’t black or white and encourage others not to worry about making mistakes along the way,” shares Pook.

If we can’t resist temptation on occasion, that’s okay too, Murray says. “That one unhealthy meal won’t undo all the hard work you’ve put in. Get right back on track the next morning. Positivity is key.”





prevention.

is the best way to beat cancer

Teach true prevention, not just early detection! "Early Detection" is better than late detection, but it is not the same as prevention.



# BEATING CANCER

For diagnosed patients, focus on the whole person not just the tumor!



## The Hallelujah Diet AND CANCER WELLNESS PROGRAM

The Hallelujah Diet is a heavily supplemented, low-calorie vegan diet, consisting of 85% raw organic foods and 15% cooked foods.

Our bodies are designed by God to receive raw or living foods, where the life force and nutrition are available to nourish our bodies and prevent disease.

Your digestive system only extracts 35% of nutrients in food, whereas when you juice the food, it is like an intravenous shot of nutrients, and you will absorb 92% of available nutrients. Learn more about the Hallelujah Diet and our other wellness programs.

Visit: [www.NaturalHealthCentersOnline.com](http://www.NaturalHealthCentersOnline.com)

or call 896-4141 or 356-1251

Carencro Office

Lafayette Office

### The Hallelujah Diet and Wellness Plan

**Juice to Your Health** (8 Week Program) includes unlimited access to both of our wellness centers in Carencro and Lafayette, a two month supply of frozen wheatgrass and organic green juices (1.5 oz cups/16 per box). 8 Week Program: \$900



# Meatless Makeover

## A Plant-Based Spin on Classic Dishes

by April Thompson

When contemplating a shift toward a plant-based diet, some may prematurely mourn the loss of their favorite meaty classics. Luckily, enterprising vegan chefs have experimented with flavors and textures that will lure almost any palate into loving a plant-based version of their favorite dishes without resorting to processed foods.

“Plant-based versions of classic dishes offer all the nutritional benefits of plants without the cholesterol and saturated fats from animal products,” says chef and author Marly McMillen-Beelman. “You don’t have to abandon all your favorite foods to become vegan—just veganize them.”

The Kansas City chef makes carrot “dogs”, for example, by roasting carrots in a savory mix of tamari, agave, miso, paprika and garlic for a cookout-worthy treat. McMillen-Beelman’s cookbook *The Everything Vegan Meal Prep Cookbook* also offers many bean- and legume-based versions of classic sandwiches, like a vegan “Big Mac” with quinoa and pinto beans; a burger made from oats, black beans and pecans; meatballs from tofu and lentils; and a chicken salad based on tempeh, a

fermented, soy-based, high-protein product with a nutty flavor.

“A lot of people like using tempeh, tofu or jackfruit for a meaty texture. It needs to be well seasoned, but so does meat,” suggests Ocean Robbins, author of *The 31-Day Food Revolution: Heal Your Body, Feel Great, & Transform Your World*. “To mimic cheese, some combination of nuts and nutritional yeast, cultured nut cheeses or plant-based milks works nicely.”

McMillen-Beelman likes using jackfruit for a “pulled pork” sandwich or taco, the tropical fruit being packed with vitamin C, protein, calcium, potassium and iron. Her slow-cooked version leans on whole-food ingredients, including pear and cranberries, to add natural sweetness and phytonutrients. “I use canned jackfruit because it’s much easier to find and cook with than the expensive jumbo whole fruit,” she says.

Ben Pook, the London co-author with Roxy Pope of *So Vegan in 5*, says mushrooms lend substance and umami flavor to vegan dishes such as a mushroom, sage and onion Wellington as a

Vegan food doesn’t need to be expensive, boring or complicated.

~Ben Pook

substitute for the classic beef Wellington. “We use portobello mushrooms for their meaty texture, which we surround with a sage and onion stuffing—all wrapped in vegan puff pastry to create a centerpiece worthy of any dinner party,” says Pook, whose cookbook features dozens of plant-based recipes that contain only five ingredients each, such as a broccoli alfredo with cashews, broccolini, tagliatelle pasta, nutritional yeast and garlic.

Nuts can also work wonders in a vegetarian dish, such as Pook and Pope’s walnut meat tacos, which blend toasted walnuts together with spices like cumin, paprika, garlic and chili powder to create a mince-like texture built into a taco with toppings galore.

Many classic dishes can also be adapted by simply leaving out the meat and letting the spices, herbs and vegetables shine through; for example, in a vegan shepherd’s pie, go with penne pasta with red sauce or a garlicky pesto with extra nuts, greens and olive oil in lieu of cheese.

Sweet tooth cravings can be satisfied with healthy, plant-based versions of classic desserts, substituting aquafaba (the starchy liquid left over from canned beans) instead of frothy egg whites, or olive oil or avocado for butter.

Nut butters can also add a touch of richness to a dish, whether sweet or savory. “I love making a peanut coconut milk curry soup with onions, mushrooms and bok choy, with peanut butter, lime juice and soy sauce blended into the coconut milk for a luxurious flavor and texture. It’s great over potatoes, quinoa or rice,” says Robbins.

“Vegan food doesn’t need to be expensive, boring or complicated,” Pook says. “There really are endless possibilities when it comes to cooking with plants, so don’t be afraid to experiment and create your own twist.”

*Connect with Washington, D.C.-based freelance writer April Thompson at [AprilWrites.com](http://AprilWrites.com).*

# Wheatgrass

## healing for a sick body

Wheatgrass works to deactivate breast cancer cells

The chlorophyllin-induced cell cycle arrest and apoptosis in human breast cancer MCF-7 cells is associated with ERK deactivation and Cyclin D1 depletion.

Targeting the mitogen-activated protein kinases (MAPKs) has been suggested as a novel strategy to treat cancer. Chlorophyllin (CHL) is the sodium-copper salt of chlorophyll derivative and is a commonly used food dye for green coloration; CHL was found previously to retard growth of the human breast carcinoma MCF-7 cells. Extracellular signal-regulated kinases (ERKs) constitute a subfamily of MAPKs, participating in cell survival, proliferation and differentiation. We report here the first evidence that CHL deactivates ERKs to inhibit the breast cancer cell proliferation. The results from flow cytometry showed that 200 microg/ml CHL reduced the phosphorylated and activated ERK-positive cells in different cell cycle phases from the control of >96 to <38% at 24 h of incubation; the ERK deactivations occurred in both dose- and time-dependent manner, so that nearly all ERKs were de-activated by 400 microg/ml CHL at 72 h of treatment.

*Int J Mol Med.* 2005 Oct;16(4):735-40. Authors: Chiu LC, Kong CK, Ooi VE.

US National Library of Medicine  
National Institutes of Health



Carencro Office  
(337) 896-4141

Lafayette Office  
(337) 356-1251

Frozen Wheatgrass Box

## POWERFUL PRAYR TO FORGIVE YOURSELF

Dear Lord, please forgive me for my sins. I recognize that I made a mistake. I know that You forgive me, but I also ask that you help me to cope with the emotions I'm experiencing as a result of my error. Please guide me, sustain me and help heal me from the pain and shame that I am experiencing. Help me to remember that I am a child of God, and give me the power to make it through this season. In the name of Your son Jesus, I pray, amen.

"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." —1 John 1:9 (NIV)



## PICK LIST



GREENWATER

BF-4



WheTea  
Ab Weightloss

pH 9.5  
Drops

Raspberry  
Ketone

Pain & Inflammation  
Enzyme



Mood  
Enhancer



Wheatgrass  
Capsules

Frozen  
Wheatgrass



PICK 3: \$65

PICK 4: \$95



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

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

## Healthy eliminations mean a clean body

The importance of regular bowel movements

Lowers your risk of developing hemorrhoids.

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

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

**Call (337) 356-1251  
to get a Vitamin Test**

# The Detoxification System – to prevent cancer you should detox and prevent stagnant lymph

In healthy individuals, the body's detoxification system is able to neutralize and eliminate toxins, thereby minimizing tissue damage and preventing illness. But the detoxification system, including the liver, the intestines, and the lymphatic system, can become overwhelmed by toxins. Toxic overload causes congestion in the lymphatic system, in which thickened lymph accumulates in the nodes without being emptied into the blood for removal from the body, and may also involve chronic intestinal constipation and liver dysfunction.

The body's inability to remove toxins is a major cause of accelerated aging and a primary contributor to chronic, degenerative disease processes. The detoxification system has two lines of defense. Specific organs prevent toxins from entering the body, while others neutralize and excrete the poisonous compounds that get through this initial line of defense. Key components of the detoxification system include the gastrointestinal barrier, including the small and large intestines; the lymphatic system; kidneys, bladder, and other components of the urinary system; skin, including sweat and sebaceous glands; and the lungs.

The gastrointestinal tract usually serves as the first line of defense against toxins entering the body. When it becomes compromised, it also affords disease-causing agents a place to fester, sometimes to the point where they eventually break through the

intestinal membrane and enter the bloodstream. Once the bowel is toxic, the entire body soon follows. **When undigested food particles, bacteria, and other substances normally confined to the intestines escape into the bloodstream, they trigger the immune system and inflammation ensues. If the intestines continue letting toxins through, then the liver, lymph, kidneys, skin, and other organs involved in detoxification become overwhelmed.**

The liver bears most of the burden for eliminating toxins once they have entered the bloodstream. All foreign substances are carried to the liver to be filtered and expelled from the body. Using enzymes and antioxidants, the liver chemically transforms toxins into harmless substances that can be excreted via the urine or stool. Other toxins are eliminated through the lymphatic system, the kidneys, the skin (through perspiration), and the respiratory system.

When imbalances occur in the detoxification system, the result can be poor digestion, poor assimilation of nutrients, constipation, bloating and gas, immune dysfunction, reduced liver function, and a host of degenerative diseases. For this reason, alternative physicians often employ detoxification therapies to reduce or eliminate the body's "toxic load," restore the proper function of the immune and other body systems, and help alleviate age-related illnesses.

# HOW GUT BACTERIA AFFECTS THE BRAIN AND BODY

We are more bacteria than we are human. Mounting research has suggested that the bacteria living in our digestive tract play a significant role in our overall health. Here are some of the physical and mental health conditions that have been linked to imbalances in gut flora.

## DEPRESSION

More than a third of depression sufferers have "leaky gut," or permeability of the gut lining that allows bacterium to seep out into the bloodstream.

## ANXIETY

Probiotics can have anti-anxiety and antidepressant effects. Consuming beneficial bacteria can also positively change the way the brain responds to the environment.

## SCHIZOPHRENIA

Studies in mice have linked a lack of normal gut bacteria with changes in brain development, but the genetics of the disorder are complex and not fully understood.

## AUTISM

Autism often co-occurs with gastrointestinal issues like leaky gut or irritable bowel syndrome.

## PARKINSON'S DISEASE

People suffering from this disease have different gut bacteria than healthy people.

## OBESITY & DIABETES

A number of studies have linked instability in the gut microbiome to obesity and obesity-related health problems.

## CROHN'S DISEASE

Abnormally high levels of certain bacteria strains may be present when Crohn's Disease develops, possibly triggering an atypical immune response.

## COLON CANCER

Sugar-loving microbes in the gut — along with the carbs that feed them — can fuel colon cancer. High carb-diets may even be contributing to the rise of colon cancer.

## ULCERATIVE COLITIS

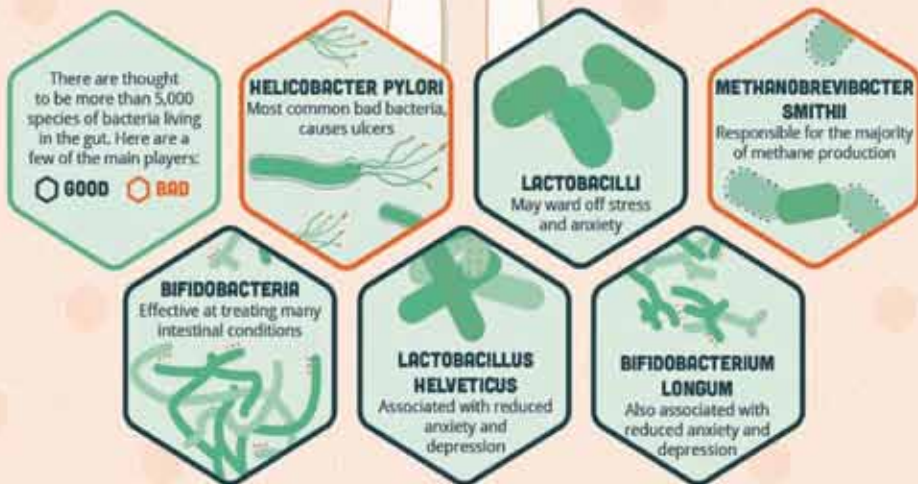
Imbalances in gut flora may be a main factor in both the onset and continuing symptoms of ulcerative colitis.

## RHEUMATOID ARTHRITIS

Studies have found a link between low levels of certain good gut bacteria, high levels of unhealthy *Prevotella copri* bacteria, and autoimmune joint disease.

## IRRITABLE BOWEL SYNDROME

There is a definitive link between IBS and an overgrowth of bacteria in the small intestines.



# PROBIOTICS- to prevent cancer you should maintain healthy probiotics to absorb nutrients and to keep a healthy immune system to fight cancer cells

Inside each of us live vast numbers of bacteria without which we could not remain in good health. There are several thousand billion in each person (more than all the cells in the body) divided into over 400 species, most of them living in the digestive tract. Certain of these bacteria help to maintain good health, while others have a definite value in helping us regain health once it has been upset. The use of friendly bacteria supplements is known as probiotics, meaning "for life."

*Lactobacillus acidophilus* is the predominant friendly bacteria in the upper intestinal tract. It helps reduce the levels of harmful bacteria and yeasts in the small intestine and also produces lactase, an enzyme important in the digestion of milk. *Acidophilus* is also involved in the production of B vitamins (niacin, folic acid, pyridoxine) during the digestive process.

*Bifidobacterium bifidum* and *B. longum* are the primary friendly bacteria in the large intestine. *Bifidobacteria* protect the large intestine from invading bacteria and yeasts, and also manufacture B vitamins and help the body detoxify bile. *B. infantis* is the prevalent friendly bacteria in the intestines of infants.

*Streptococcus thermophilus* and *L. bulgaricus* are most commonly found in yogurt and exist only transiently in the digestive tract. They produce lactic acid, which encourages the growth of other friendly bacteria, and they also synthesize bacteriocins (natural antibiotic-like substances) that kill harmful bacteria.

*Lactobacilli*, *Bifidobacteria*, and *Streptococci* are the bacteria most commonly found in probiotic supplements. Other beneficial species that may be included are *L. casei*, *L. plantarum*, *L. sporogenes*, *L. brevis*, and *Saccharomyces boulardii*. Without bacteria like *acidophilus*, you would be unable to properly digest your food and absorb vitamins and other nutrients. But digestion is only the beginning of the health benefits probiotics can provide.

CALL for  
**Vitamin Testing**

CALL TODAY TO SCHEDULE  
**356-1251**

**Call (337) 356-1251  
to get a Vitamin Test**

## FAR Infrared Heat Treatments: 2-3 x per week for first 30 days (30 min sessions)

Cancerous cells cannot exist if blood circulation is smooth. Good circulation in the capillaries leaves no room for a cancerous cells to settle down and proliferate. FAR helps capillaries to expand, thereby improving circulation. The cancer cell also has a weakness: heat above 107.6 degrees Fahrenheit can kill it. FAR heat can penetrate the body and raises body temperature, and may even kill cancer cells. FAR therapy can alleviate pain and prolong life when conventional cancer treatment fails.



fit body



Jimmie48 Photography/Shutterstock.com

# VEGAN FITNESS

## A Healthy Choice for Body and Planet

by Marlaina Donato

**T**ennis champion Venus Williams and New England Patriots star quarterback Tom Brady are among the athletes that opt for healthy, plant-dominant diets to reach their personal best, a trend that belies some misconceptions about what it means to be vegan. “Going vegan implies a larger, lifestyle choice based on personal ethics, but athletes report that they just feel better,” says Brenda Carey, editor-in-chief of *Vegan Health and Fitness Magazine*. “They’re also surprised at how well they put on muscle after making this dietary change.”

A balanced vegan diet can provide everything an active body needs for muscle mass, stamina and recovery while lowering the risk of heart disease. A 2018 meta-analysis of 40 studies published in the peer-reviewed journal *PLOS One* concludes that a plant-powered diet fosters a healthier cardio-metabolic profile. According to Dutch researchers, amping up nutrition from plants may also lower the risk of insulin resistance and Type 2 diabetes. Devotees report unexpected perks.

“I recover faster. I also have more natural energy without the need for caffeine and reduced inflammation, as confirmed in blood tests,” says Matt Tullman, managing partner of the community-building website *NoMeatAthlete.com* and CEO of vegan supplement maker Complement, in Boulder, Colorado.

### Nutritional Superpowers

Bolstering the diet with foods like quinoa, chia seeds, nut butters and vegan energy powders, as well as combining foods for a more complete protein profile, is important. For example, pairing whole-grain rice with beans makes a complete protein, says Stefanie Moir, international vegan fitness coach and founder of *VeganAesthetics.co.uk*, in Glasgow, Scotland.

“Eating a wide variety of foods across the plant kingdom ensures that you reach your fitness goals,” says Moir, who trains six days a week and opts for a breakfast of oats with nut butter and chia seeds. “If you want a ‘superfood’ component, you can add cacao powder for antioxidants and a great chocolate taste.”

Tullman acknowledges that there are some exceptions to protein requirements—especially for the elderly, individuals with certain chronic diseases and pregnant women—but he notes that daily protein needs are less than we’ve been conditioned to believe. “If you track your macronutrients through a day, you’ll find that you’re getting adequate protein.”

Professional bodybuilder Torre Washington, in Tamarac, Florida, keeps it simple. “We’re all unique individuals, so it’s up to each person to test things without fear of lack.” The National Academy of Sports

Mentally, it's given me more depth of thought and spiritually connected me with the "YOUiverse" as a whole.

~Torre Washington

Medicine-certified coach loves antioxidant-rich blueberries, filling apples and potassium-packed bananas, and tends to choose calorically lower, nutritionally dense foods during periods that he's competing.

Carey suggests vegan meal delivery services as an option and vegan-friendly restaurants in a pinch, but attests to an easy system of meal prep for consistency. "Some people like to meal prep one day a week—cooking brown rice, quinoa and chopping veggies. This way, you can just throw it together when it's time to eat," she says. "You can also eat more simply and throw a bunch of yummy fruits or veggies into the blender for smoothies or soups."

For added fortification, some experts recommend supplementing with vegan sources of vitamin B<sub>12</sub>, especially for active women in their child-bearing years and older individuals, because B<sub>12</sub> absorption is compromised as we age. Adding a vegan source of vitamin D is also a wise choice if exposure to natural sunlight is not adequate.

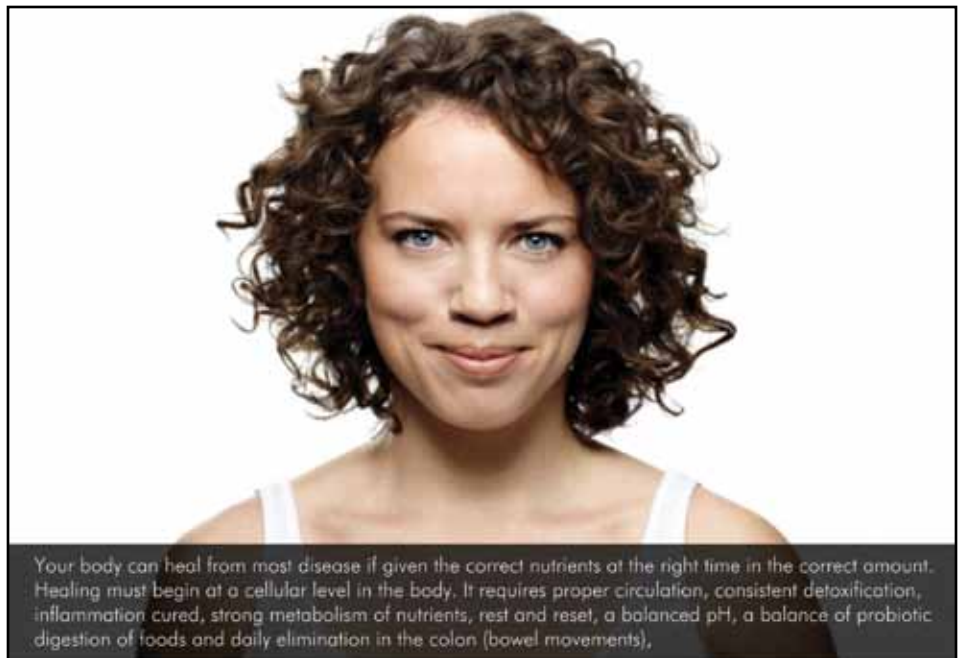
## The Big Picture

For the vegan athlete, workout gear that doesn't contain wool or leather is the way to go. "Making conscious choices expands beyond your plate, and a lot of brands have vegan-friendly shoes," says Moir.

"The difference between 'plant-based' and 'vegan' has to do with ethical motivations and treatment of animals," says Tullman. "Natural fibers such as cotton and synthetic fabrics like polyester are fine."

The path of vegan fitness can not only offer health benefits, but also a personal connection to the Earth. "It's given me an opportunity to share my journey with others and to allow them to reach their own specific goals," says Washington. "Mentally, it's given me more depth of thought and spiritually connected me with the 'YOUiverse' as a whole."

*Marlaina Donato is the author of several books and a composer. Connect at [AutumnEmbersMusic.com](http://AutumnEmbersMusic.com).*



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

## RESTORE Health Program

**\$340 (with program)**

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

INDIVIDUAL FULL PRICE: \$3,112

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

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



## Get a Healthy Start in the New Year with Amaruca Tea

Amaruca is a blend of soursop, moringa, and other natural ingredients.

It aids in the healing of many different ailments caused by inflammation, such as Rheumatoid Arthritis and cancer.

**Call (337) 852-4587**  
to order or for more information.



**Drug Emporium** 505 Bertrand Drive, Lafayette (337) 261-0051

## Use this to reduce PAIN and INFLAMMATION

### Pain & Inflammation Enzyme

Chronic pain and inflammation can make even the simplest everyday tasks a challenge. If you suffer chronic pain from a serious health condition or inflammation from over-exertion and physical exhaustion, Liteon Natural's Pain and Inflammation Enzyme Blend can help. This unique anti-inflammatory and pain relief formula will strengthen your body's natural response to pain and inflammation. This

supplement packs the power of natural bioflavonoids, herbs, and enzymes.....\$30.00

### Wheatgrass Capsules

Alkalize, energize and detox your body with wheatgrass capsules. Wheatgrass is an effective healer because it is nutrient dense and contains major minerals and vitamins A, B-complex, C, E, I and K. It is extremely rich in protein, and contains 17 amino acids, the building blocks of protein. Wheatgrass contains up to 70% chlorophyll, which is an important blood builder. Wheatgrass is a strong antioxidant and helps to cleanse the blood and lymph.....\$30.00

## GREEN WATERS Alkaline Water



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

### HEALTH BENEFITS

- Helps reduce infections
- Can help reduce cancer
- Alkalizes the body
- All natural

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

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

### Mood Enhancer

Mood Enhancer is the perfect supplement to help with anxiety, stress, and depression. It works to maintain a healthy memory and sharp mind. It combines guaranteed-potency "smart herbs" ginkgo biloba and gotu kola, along with the brain-boosting omega-3 nutrition of DHA, the phospholipid nourishment of phosphatidylserine and phosphatidylcholine, the antioxidant protection of alpha lipoic acid and natural vitamin E, and more.....\$30.00





# BF-4 Weight Loss

## FAT GRABBER AND FAT BURNER



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

### HEALTH BENEFITS

- Helps LOSE WEIGHT QUICKLY
- Can help reduce body fat
- May reduce appetite
- All natural

.....\$45.00

## WheTea Ab Fat Burner



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

.....\$20.00

## Raspberry Ketone Drops

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



## Garcinia Cambogia



Garcinia Cambogia is a natural fat-buster because of the unique properties of a compound known as hydroxycitric acid (HCA) found in the rind of the fruit. HCA blocks the activity of liver enzymes that convert sugar and carbs into fat, making their calories available as glycogen to fuel your muscles when you exercise. Garcinia cambogia also helps address stress-related appetite issues by supporting healthy serotonin and cortisol levels. ....\$35.00

## pH 9.5 Drops

“Cancer can not grow in an alkaline body.” - Dr. Otto Warburg, Nobel Peace Prize Winner for cancer and alkalinity. Keep your pH levels under control with pH 9.5 Drops. The typical American diet is loaded with acid-forming foods that can take a toll on your overall health and vitality. We all know that drinking 8 glasses of water a day is a healthy habit, but with a pH rating of 9.5, these drops turn ordinary distilled water into a genuine health elixir. Simply fill your water bottle with one drop per ounce of water and sip throughout the day. It's an excellent and easy choice for anyone concerned about his or her body's acid/alkaline balance. ....\$30.00



## Organic Frozen Wheatgrass Juice

Wheatgrass juice is potent raw, living food. The grass itself comes from the common wheat plant (species triticum aestivum)

when it is young, vibrant and full of rich green chlorophyll. When the grass is squeezed, a dark green liquid is expressed and this is called wheatgrass juice.



Wheatgrass is harvested for juicing when the grass reaches its nutritional peak. This is just before the joint-

ing stage, when the plant is between 7 and 11 inches tall. At this point, it has accumulated energy which will soon power a massive growth spurt. It is this energy that is captured in the juice.

- 1 fl. oz. of wheatgrass juice is equivalent to 2½ pounds of the choicest vegetables
- wheatgrass is mineral rich and contains 92 minerals needed by the body
- it is a complete protein containing 20+ amino acids and has higher protein densities than any other food source
- the magic is in the enzymes with more than 30 found in the juice
- the juice is 70% chlorophyll and since the chlorophyll molecule is virtually identical to hemoglobin (red blood cells that carry oxygen), wheatgrass juice will oxygenate your body.....\$30.00

[www.NaturalHealthCentersOnline.com](http://www.NaturalHealthCentersOnline.com)

## Whole Body Vibration:

2-3 x per week for first 30 days (10 min sessions)

Activates the lymphatic system with the resulting accelerated removal of toxins, cancer cells and infection. It has been reported by a user: "After using a wholebody vibration machine most of the lumps in my breasts (cysts) seemed to have disappeared and they are much more comfortable. A number of my family suffered from breast cancer. A family member has found a lot of relief from arm swelling after breast surgery and radiation with the use of the machine."

Cancer patients should consult their physicians before starting any new exercise and when considering using whole body vibration.



## healthy kids

# COLD-BUSTERS

## Natural Remedies for Kids

by Ronica O'Hara



Olesia Bliker/Shutterstock.com

**M**arch brings the first whiffs of fragrant spring air, along with a heightened chance of runny noses, coughs, sore throats and congestion in youngsters. The spring and fall months are the most likely times to catch a cold because seasonal allergens inflame nostrils, making it easier for cold viruses to have their way. Although many worried parents reach for cold and cough medicines, antihistamines or even antibiotics, there is little evidence that these ease symptoms or hasten recovery, and they may even cause harm, according to reports from the American Academy of Pediatrics (AAP).

The AAP suggests some natural approaches for symptoms, including sponging for fevers as well as hydration, honey and chest rubs. A metastudy published in *American Family Physician* in 2012 found that treatment with buckwheat honey, Umcka ColdCare, nasal saline irrigation, a vapor rub or zinc sulfate "may decrease cold symptoms in children." Here are those and some other natural strategies:

**1 Hydration to flush out germs:** "If your child doesn't like drinking water, add a spritz of lemon, ginger, crushed berries or fruit juice to give it some flavor," advises Heather Tynan, ND, of Evergreen Naturopathic, in San Diego. A

child can also drink coconut water or suck on frozen berries or popsicles.

**2 Honey for sleeplessness and coughs:** Honey can kill both viruses and bacteria, and in a Pennsylvania State University study, a bedtime teaspoon of buckwheat honey beat out dextromethorphan, a cough suppressant used in over-the-counter cold and cough medicines, in helping kids sleep better and cough less. (But don't give honey to a kid under age 1 because of the risk of botulism.)

**3 Chest rub to ease congestion:** A chest rub can help clear a child's congestion, but choose natural ingredients like aloe, eucalyptus, lavender and rosemary; that's a safer bet than the standard mentholated products which can cause breathing problems in toddlers. Natural alternatives are sold at health food stores, and a do-it-yourself version can be made simply by mixing together one cup of coconut oil, 20 drops of eucalyptus oil and 10 drops of peppermint oil.

**4 Essential oils to fight infection:** A combination of five essential oils—clove, lemon, cinnamon bark, eucalyptus and rosemary,

commonly known as four thieves—has antibacterial, antiseptic, antiviral and immune-stimulating properties, says Tynan. “Diffuse it in your child’s room, or dilute well (about one to two drops per five milliliters of carrier oil) and apply under their nose, behind their ears and on the back of their neck, on their chest and on the soles of their feet.”

**5 Saltwater gargle for a sore throat:** As soon as anyone in her family shows signs of getting sick, they begin gargling with salt water, says Tangelia Walker-Craft, a mother and former teacher in Lakeland, Florida. “Salt-water loosens mucus and flushes bacteria out of the throat. It will also help to reduce swelling,” she says.

**6 Elderberry or Umcka to ease symptoms:** A recent meta-analysis in *Complementary Therapies in Medicine* concluded that elderberry syrup (in stores as Sambucol) reduces the duration and severity of cold and flu symptoms. “The syrup is sweet and delicious, so typically very easy to get children to take,” says naturopathic doctor Kiera Smialek, of Scottsdale, Arizona. Umcka ColdCare, based on the South African geranium, halved cold symptoms in five days compared to a placebo in a University of Chicago study.

**7 Zinc sulfate to shorten a cold:** If taken within the first 24 hours of symptoms, zinc sulfate tablets or syrup can reduce colds by a day or more, studies suggest.

**8 Warming socks to boost immunity:** This odd-sounding strategy “increases circulation, decreases chest congestion and increases the activity of the immune system,” says Smialek. Soak a pair of cotton socks in ice cold water. Wring them out and place them on the child’s feet. Cover them with thick dry socks, ideally wool. Keep them on overnight. In the morning, the wet, cotton socks will be dry. “Remember, the best remedies for cold and flu are rest and time,” says Tynan. In the meantime, though, steps like these “can help you kick it much faster and reduce some symptoms while you’re doing so.”

Ronica A. O’Hara is a Denver-based health writer. Connect at [OHaraRonica@gmail.com](mailto:OHaraRonica@gmail.com).

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

Report: Pancreatic cancer second most deadly by 2030

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

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

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

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

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

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

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

### Obesity may affect cancer patients’ outcomes

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

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

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

Source: CNN.com

**ALERT! SPECIAL REPORT**

## Vitamin Hydration Therapy:

2 x per week for first 30 days (20 min sessions)

Infuses the body with vitamins and antioxidants. Will help you sweat and flush out your system, while providing moisture to your skin. When used prior to the Infrared Sauna, the steam helps improve circulation and oxygenation of the skin, assisting in melanin production.



The skin is the largest organ in the body and offers a significant opportunity for direct absorption of antioxidants and critical cancer fighting vitamins and minerals.

Can help reduce the stress hormone cortisol.



## green living



Rick Lohre/Shutterstock.com

# HEMP GETS HOT

## Meet the Hardest Working Plant on the Planet

by Julie Peterson

A crop that was illegal in U.S. soil for more than half a century is now reaching for the sun. Industrial hemp, the low- or no-THC cousin to marijuana, has created high hopes among farmers, agricultural researchers, manufacturers and consumers. By 2019, America had become the world's third-largest producer, behind Canada and China, where it's been cultivated for 8,500 years.

"It's the fastest-growing ag industry that we've ever seen," says Tara Valentine, hemp specialist at the Rodale Institute, in Kutztown, Pennsylvania. Since hemp's inclusion in the 2018 Farm Bill, Rodale's hemp web page hits have grown 10-fold.

### Better Products

All parts of the hemp plant are useful in multiple ways, and hemp has applications in textiles, construction, bioremediation, technology, nutrition and health, including cannabidiol (CBD). The seeds are rich in protein, essential fatty acids and vitamins. They can be eaten, ground into flour or pressed for oil that is used for cooking or in body care products.

Right now, it's the Wild West of agriculture.

~Dustin Enge

The stems undergo decortication to separate the long outer fibers (bast) from the short inner fibers (hurd). Hemp hurd makes extremely durable hempcrete for construction, absorbent and dust-free animal bedding or pellets for heating stoves. An exponential rise in the use of hemp is expected because it can replace products made from paper, wood, plastic, cotton and fossil fuels.

"Hemp fiber is going to dominate the market once we get to the full manufacturing potential," says Erica Stark, executive director of the National Hemp Association, in Washington, D.C.

The first introductions consumers can expect include hemp paper products, such as plates and toilet paper, and biodegradable hemp bioplastics like cutlery and cups. Construction materials and other products are expected to quickly follow.

### Environmentally Friendly

The Institute of Papermaking and Printing, at the Technical University of Lodz, Poland, did a 2015 study comparing making paper from wood to making it from hemp.

Among the findings: hemp takes four months to grow, while trees need 20 to 80 years. An acre of hemp can produce four or more times as much paper as an acre of trees. Hemp paper doesn't need toxic bleaching and can be recycled twice as many times. Other studies concur.

Paper without deforestation would be a major benefit, but it's a minor job on hemp's profound résumé. "Hemp needs to be a part of every climate change conversation, not only because it sequesters huge amounts of carbon during cultivation, but also because construction products made out of hemp will continue to sequester carbon for up to 100 years," says Stark.

Hemp could also help save the depleted soil on U.S. farmland that has been destroyed by tilling and synthetic fertilizers. "We have to rebuild the soil by putting carbon back in and increasing organic matter," says Valentine. Hemp does this with a massive root biomass that breaks up compacted soils, improves water infiltration and reduces runoff and erosion.

Fast-growing hemp naturally suppresses weeds, needs no pesticides and isn't picky about soil, water or latitude. By comparison, cotton is water-intensive and uses 25 percent of the world's pesticides.

## Income for Farmers

Used in crop rotation, hemp's soil-enhancing qualities can increase profits on subsequent crops. While cover crops don't

It's the fastest growing ag industry that we've ever seen.

~Tara Valentine

usually have return value, hemp provides additional revenue streams. But the revenue isn't quite there yet, because the supply chain isn't complete. Seed supply, farm equipment, education, processing facilities and manufacturers are all links that are developing simul-

taneously. "Fiber processing facilities will be available soon. Manufacturers are anxious to start incorporating hemp," says Stark.

The lack of buyers isn't deterring farmers. Neither are warnings that current harvesting equipment can spark disaster when hemp fiber wraps around rotating parts, heats up and combusts.

Dustin Enge, a third-generation farmer in Prairie du Sac, Wisconsin, started Honey Creek Hemp in 2017. He planted six acres of hemp. "I think it's a long-term viable commodity for farmers. Right now, it's the Wild West of agriculture. Everyone is trying different things," says Enge, who modified a harvester for hemp. "I spent about two hours harvesting and 20 hours torching the fiber off my equipment." Even so, he will plant more acres when he knows it will sell.

Behold the sprouting of the hemp industry as an ancient plant takes root in the modern world.

*Julie Peterson writes from rural Wisconsin and can be reached at JuliePeterson2222@gmail.com.*



- Helps stop inflammation
- Relieves pain
- Fights CANCER
- Helps control headaches
- May improve mood
- Can help reduce anxiety
- Supports immune system

Chronic pain and inflammation can make even the simplest everyday tasks a challenge. If you suffer chronic pain from a serious health condition or inflammation from over-exertion and physical exhaustion, our Pain and Inflammation Enzyme Blend can help. This unique anti-inflammatory and pain relief formula will strengthen your body's natural response to pain and inflammation. This supplement packs the power of natural bioflavonoids, herbs, and enzymes.....\$35.00

# Diagnosed with Cancer – What now?

## CANCER EDUCATION CENTER

The entire human body is made up of cells, each of which contains its own genetic material, or DNA—a long string of molecules that tells the cell what to do. In a healthy body, cells divide at a controlled rate so as to grow and repair damaged tissues and replace dying cells. This predetermined rate of cell division is what keeps our bodies healthy. If cells keep multiplying when new ones are not necessary, a mass of tissue called a growth, or tumor, is formed. A tumor can be either benign or malignant. Benign tumors are not cancerous. They can occur anywhere in the body and generally do not pose a threat to health, do not metastasize (spread to other parts of the body), and do not grow

back if removed. Malignant tumors are cancerous. They are usually serious and can be life-threatening. Malignant tumors grow uncontrollably, interfere with normal metabolic and organ functioning, and have the ability to metastasize and invade other tissues.

If a portion of a cell's DNA is damaged, the cell can become abnormal. When the abnormal cell divides, it forms new cells that contain a photocopy of the damaged genetic material. This is an ongoing process occurring constantly within our bodies. Most of the time, our bodies have the ability to destroy these abnormal cells and maintain a sort of cellular equilibrium. If a crucial portion of the DNA is destroyed, however, and the abnormal cells cannot be controlled any longer, cancer forms. All cancer cells have two things in common: they grow uncontrollably and they have the ability to metastasize. They can spread through the lymphatic system, the bloodstream, or avenues such as the cerebrospinal fluid (the watery cushion that protects the brain and spinal cord). The immune system generally does not recognize cancer cells as dangerous or foreign.

### Vitamin Therapy

**Beta Carotene and Carotenoids-** The precursor of vitamin A, beta carotene is found in carrots, sweet potatoes, spinach, and most leafy green vegetables. A diet high in beta carotene and other carotenoids is protective against all cancers, but beta carotene is particularly important for women as a deterrent to cervical cancer. High serum beta carotene (and associated dietary carotenoids) has also been shown to protect the lungs against tobacco smoke

and smog, thus inhibiting the development of lung cancer. Ex-smokers who ate green and yellow vegetables high in beta carotene every day decreased their risk of stomach and lung cancer.

**Vitamin B6** - Found in bananas, leafy green vegetables, carrots, apples, organ meats, and sweet potatoes. Vitamin B6 is essential for optimal immune function and helps maintain the health of mucous membranes, which line the respiratory tract and provide a natural barrier to pollution and infection. Vitamin B6 also affords protection against cervical cancer.

**Iodine** - Available in seafood, sea vegetables such as kelp and dulse, and iodized salt. Iodine protects against breast cancer and is needed for proper energy metabolism as well as the growth and repair of all tissues.

**Zinc**-This mineral protects against prostate cancer and is necessary for the formation of RNA and DNA and for healthy immune function. It is found in whole grains, most seafood, sunflower seeds, pumpkin seeds, soybeans, and onions. Phytates in grains and beans decrease zinc absorption. If taken as a supplement, zinc oxide and zinc picolinate are the least beneficial forms.

**Coenzyme Q10** - CoQ10, also known as ubiquinone, is one of a family of brightly colored substances called quinones, which are widely distributed in nature because they are essential for generating energy in living things that use oxygen. The body produces its own CoQ10, but usually produces less with



aging; therefore dietary sources are important for this coenzyme, especially for older people. It is found in fairly high concentrations in fish (especially sardines), soybean and grapeseed oils, sesame seeds, pistachios, walnuts, and spinach. CoQ10 plays an important part in the body's antioxidant system. When combined with vitamin E, selenium, and beta carotene, CoQ10 can significantly reduce free-radical damage in the liver, kidneys, and heart. Another beneficial effect in cancer patients is to increase macrophage activity.

**Garlic** - Garlic or its components can help lower the risk of tumors in the stomach, colon, lungs and esophagus. Research from China has reported that those who eat a greater quantity of garlic have much lower rates of stomach cancer.

**Broccoli** - This vegetable has 4.5 g of fiber per cup. One cup, which contains only 45 calories, supplies more than the recommended daily allowance of the antioxidants vitamin C and beta carotene. Broccoli contains a substance called sulforaphane, which research indicates blocks the growth of tumors in mice.

**Fiber** - Whole grains, psyllium husks, and other fiber-rich foods are essential to any anti-cancer diet, as fiber helps facilitate the prompt removal of toxins from the digestive tract. If your metabolic type tolerates grains, it is important to include a variety of whole grains in the diet because the various whole-grain foods contain different kinds of fiber. Consume at least 25-30 g of fiber a day, equivalent to six or more servings of grains (or nuts or seeds) and five or more servings of vegetables (including legumes) and fruits.

**Friendly Bacteria (Probiotics)** - *Acidophilus* is one of the most common types of *Lactobacilli*, “friendly bacteria” (probiotics) that naturally inhabit the healthy intestine. Among their many health-promoting functions, they:

1. exert direct activity against tumors;
2. prevent cancer by detoxifying or preventing the formation of carcinogenic chemicals;
3. reduce the level of cholesterol, which indirectly aids in cancer resistance;
4. help produce important B vitamins that assist in immunocompetence; and
5. curb or destroy potentially pathogenic bacteria and yeasts.

A study of 138 patients with bladder cancer found that those given 1 g of *L. casei* three times a day for 12 months were significantly less likely to develop a recurrence of bladder cancer than those patients receiving a placebo. Other research showed that a derivative of *L. bulgaricus* improved survival among 100 patients with advanced cancer. *Bifidobacteria* are also important friendly bacteria in the colon, due to their suppression of disease-causing microbes.

## Dietary Guidelines

The National Academy of Sciences has recently validated what several nutritionally oriented practitioners have said for years: there is a link between diet and cancer. A high-fiber, low-fat diet is now accepted as a valid deterrent to some types of cancer. In addition, animal fats and high-sugar diets that include caffeine and alcohol may increase the risk of several forms of cancer. Some studies also suggest that if cells are deprived of oxygen, they may become prone to malignant growth. Consequently, because the blood provides all cells with oxygen, the condition of the bloodstream is important in the treatment and prevention of cancer. Vitamins, minerals and herbs that facilitate circulation and the detoxification of blood are valuable.

- Avoid saturated fats, salt, sugar, alcohols, coffee, caffeine and animal proteins, and restrict dairy foods.
- Eat a diet high in fiber, raw fruits and vegetables, raw seeds and nuts, and drink plenty of freshly squeezed juices such as carrot, apple, spinach and wheatgrass.
- Keep the bowels active by eating figs,

prunes or raisins. A macrobiotic diet is used by some cancer patients who claim good results; this diet includes brown rice and certain vegetables and is worth investigating.

- Cruciferous vegetables containing indoles should be eaten regularly. These include cabbage, broccoli, brussels sprouts, cauliflower, turnips, kale and watercress.
- Soy foods are excellent sources of protein and contain cancer-fighting compounds.
- A “one-size-fits-all” approach to cancer is not necessarily effective. While certain foods, herbs and vitamins are certainly of value to everyone, your metabolic type and the kind of cancer you have must be considered in designing the right nutrition and supplement protocol for you. You should call Dr. Steve at (337) 896-4141.

## Home Care Suggestions

- Use relaxation and self-hypnosis techniques to ease tension and enable you to practice visualization therapy.
- Maintain a positive attitude.
- Share your feelings with family, friends and self-help groups.
- Keep yourself occupied with things you love to do.
- Engage in mild exercise such as walking and make it a part of your daily routine.

## Spirit/Mind Considerations

There is a great deal of data which show that our mental attitude and the way we respond to stress can greatly increase our risk of developing a disease like cancer. While stress and attitude are not always involved, they may play a much greater role than we previously assumed. Dr. Douglas Brodie, a physician who regularly treats cancer patients, has concluded that “emotional stress, certain personality traits and other psychological factors can deeply influence the origin, development, and outcome of almost every disease including cancer.” In his practice he has found that often an event of profound sorrow precipitates the development of cancer. Many theories exist concerning the whys and wherefores of this link, but it is accepted that unresolved grief or anger is often at the root of physiological changes. Personality types that are prone to perfectionism, have a great sense of responsibility or exhibit a strong work ethic also seem to be more susceptible to developing cancer. It is the inability of these individuals to

“de-stress” that is thought to compromise their immune systems, thereby predisposing them to illnesses like cancer. Clearly, being an optimistic and hopeful person has much more to do with physical health than any of us probably realize. If you ever receive a serious diagnosis of any kind, one of the most important things you can do is to free your mind of daily concerns. Try to resolve anything that is weighing on your mind so you can concentrate on healing. Make amends with friends or family members and avoid negative emotions. Take time each day to meditate, pray and enjoy your surroundings. Keep a positive mental attitude.

## Juicing

Many fruits and vegetables have scientifically proven medicinal qualities. Many studies have documented the medicinal effects of fruit and vegetable juices.

**Carrot:** Carrot juice is an excellent source of beta carotene, potassium, trace minerals, and antioxidants.

**Pineapple:** Raw pineapple juice contains the enzyme bromelain, which has been shown to have gentle antiinflammatory properties.

**Ginger:** The root of the ginger plant has anti-inflammatory properties and will also protect the stomach from irritation caused by nonsteroidal, anti-inflammatory drugs (such as aspirin).

**Garlic:** This herb is a treasure house of healing compounds. It acts as a natural antibiotic and blood thinner and can reduce cholesterol levels.

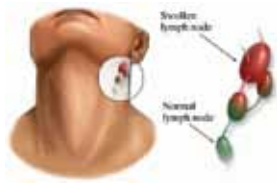
## Complementary Therapies

In cancer care, integrated medicine usually includes making sure that the patient has access to all of the following: conventional medical treatments; different types of complementary therapies such as massage, reflexology, relaxation, herbal medicine, acupuncture/acupressure, meditation, infrared heat, whole body vibration, and hydration.

*For more information visit the Cancer Education Center at 3419 NW Evangeline Thruway, Carencro, Louisiana. (337) 565-9105. [www.CancerEducationCenter.org](http://www.CancerEducationCenter.org).*

# How the Immune System Works

## LYMPH NODES



Small glands located throughout the body that filter bacteria, viruses, and cancer cells, which are then

destroyed by special white blood cells. Also the site where T cells are “educated” to destroy harmful invaders in your body.

## APPENDIX



Thin tube about 4 to 6 inches long in the lower right abdomen. The exact function

is unknown; one theory is that it acts as a storage site for “good” digestive bacteria.

## THYMUS GLAND



Small gland situated in the upper chest beneath the breastbone. Functions as the site

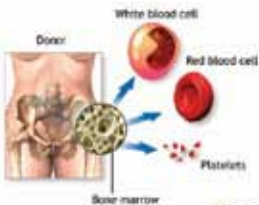
where key immune cells (T cells) mature into cells that can fight infection and cancer.

## SPLEEN



Organ located to the left of the stomach. Filters blood and provides storage for platelets and white blood cells. Also serves as a site where key immune cells (B cells) multiply in order to fight harmful invaders.

## BONE MARROW



Soft, sponge-like material found inside bones. Contains immature cells that divide to form

more blood-forming stem cells, or mature into red blood cells, white blood cells (B cells and T cells), and platelets.

## healing ways



# CBD's New Frontier Help for Mental Health

by Julie Marshall

When Kaye Herbert's husband brought home a free sample of cannabidiol (CBD) oil, she didn't hesitate to give it a try.

Having heard about its calming effects, she gave CBD to her three sons, whose attention deficit hyperactivity disorder made home-schooling difficult due to frequent tantrums and lack of focus. “I didn't expect CBD to be miraculous, but I was surprised that my kids' frustrations were greatly reduced,” says the Austin, Texas, mom. “We weren't seeing the severity of meltdowns.”

The use of CBD in tinctures, capsules and lotions has grown exponentially, along with the science to prove its efficacy in remediating physical pain. Newer, but equally as robust, is the viability of CBD as a remedy for mental health-related issues, experts say, pointing to anxiety, depression and stress as the top three applications.

It's really important for people to know their options and to keep looking for what works for them.

~Peter Bongiorno

However, as an unregulated supplement, CBD presents a challenge for consumers in its ubiquity from CBD-infused pillows to gummies, soaps and even pet food. Discerning purity, dosage and safety are real concerns for those

that may grab any bottle off the shelf.

Consumers must become well informed, especially when replacing medications for serious disorders, experts say. But for anxiety and emotional well-being, CBD is largely heralded as a safe and natural choice by providers well-versed in CBD, such as Peter Bongiorno, past president of the New York Association of Naturopathic Physicians. “It's really important for people to know their options and to keep looking for what works for them,” he says.

## The Feel-Good Molecule

CBD, a compound extracted from the hemp plant, is appealing because it can raise the level of cannabinoids—feel-good



We imagine the people suffering who need support and think about how we are growing the plants to help them.

~Lara Miller

molecules naturally created within the human body. “When we can’t sleep or are stressed out, cannabinoid levels go way down,” Bongiorno says. While prescription drugs overwhelm the body with adverse side effects, CBD can healthfully bring back balance.

But CBD won’t trigger an altered state because there is little to no tetrahydrocannabinol (THC), the psychoactive chemical in marijuana that produces a high, he says, adding that he starts patients at a low daily dose of 25 milligrams.

It’s important to talk with a physician about drug interactions, Bongiorno says. For instance, CBD can increase levels of blood-thinning medications, according to a 2017 study published in *Epilepsy & Behavior Case Reports*.

CBD can possibly treat a wide range of conditions, from fear of public speaking to bipolar and post-traumatic stress disorders, but more research is needed, experts say. A 2018 clinical trial published in *JAMA Psychiatry* suggests CBD offers potential in treating psychosis. More recently, researchers in a 2019 case study of 27 patients published by the *Permanente Journal* concluded, “Cannabidiol may hold benefit for anxiety-related disorders.”

## Seeds of Hope

The most important step consumers can take to find a safe, quality product is to know where their CBD comes from, experts say. Lara Miller is an organic farmer in Lafayette, Colorado, who in 2017 dedicated a parcel of her two-acre farm to growing hemp for her business, North Field Farmacy. “I added in hemp because it is a dynamic plant that produces fiber, seed and medicine for us humans, all at the same time,” she says.

Miller’s small, women-owned business grows the leafy plants outdoors in organic soil and harvests by hand. “We test in the field, post-harvest, during extraction and in the final product,” she says. “We know our product is clean and pure and potent.”

This isn’t always the case. A 2017 study published in the *Journal of the American Medical Association* showed that in 84 CBD products sold online by 31 companies, 26 percent contained less CBD than the amount listed on the label.

Miller receives weekly calls from those wanting to purchase her plants and start a CBD business. “What bothers me the most is that not one person has asked how my hemp is grown,” she says. “It all feels like a big grab; the integrity isn’t there.”

Miller continues to decline these requests and spends her days on the farm, where—come harvest time—she, alongside her crew, engages in some visualizations. “We imagine the people suffering who need support and think about how we are growing the plants to help them.”

*Julie Marshall is a Colorado-based writer and author of Making Burros Fly: Cleveland Amory, Animal Rescue Pioneer. Connect with her at [FlyingBurros@gmail.com](mailto:FlyingBurros@gmail.com).*

## Laser Treatments to ZAP the FAT

6 laser treatments: \$450

9 laser treatments: \$550

12 laser treatments: \$650

**Carencro Office: 100 E. Angelle St.**

**Tel: (337) 896-4141**

Lafayette Office: 858-B Kaliste Saloom Rd.

Tel: (337) 356-1251



Laser treatments shrink fat cells - body shaping and fat loss. Lose anywhere from 3 - 6 inches in 6 to 12 weeks. The more treatments you do the more you lose.

# Alkaline Body BENEFITS



## pH 9.5 Drops alkalize the body.

### 10 Benefits of Having a Balanced Body pH:

1. Skin more elastic, youthful
2. Deeper more restful sleep
3. Abundant physical energy
4. Suffer from fewer colds, head aches, flu viruses
5. Good digestion
6. Less arthritis
7. Reduction of candida (yeast) overgrowth
8. Won't support osteoporosis
9. Increased mental acuity, mental alertness
10. Legal natural high

Did you know that the water fish swim in needs to be the correct pH in to live? Also, plants flourish when the soil is at the right pH level. Life only exists where there's balance, and your body is totally regulated by pH. Are you too acidic?

natural pet



# Kibble Quandary

## A Fresh Look at Pet Food

by Julie Peterson

Eating healthy is a family affair, and that includes the family pet. However, what works for humans may be less than optimal for Fluffy or Fido, as each requires a species-specific, nutritionally balanced regimen. Most pet parents opt for commercial dog or cat food that comes in a bag or a can, but many are beginning to consider more natural options. “Kibble is often the most economical way to feed your pet. But its processed state makes it the least optimal,” says Angie Krause, DVM, at Boulder Holistic Vet, in Colorado.

Canned food is also heavily processed and potentially toxic. In 2017, Clean Label Project, a nonprofit testing laboratory, completed a study of 1,084 pet food products, screening them for more than 130 toxins and contaminants linked to cancer and other conditions. Results showed cadmium, a heavy metal, in 94 percent of the products, along with arsenic and lead.

Contaminants aren't the only concern. “Up to 50 percent of commercial foods are composed of meat meal and byproducts,” says Armaiti May, DVM, owner of Dr.

We are seeing more cancer, neurologic conditions and kidney disease, and there is evidence that the increase in these diseases may be due to harmful ingredients in commercial, meat-based foods.

~Armaiti May

May's Veterinary House Calls, in Los Angeles.

These can include meat from dead, dying, diseased or disabled animals, and even rendered dogs and cats from animal shelters, says May. “We are seeing more cancer, neurologic conditions and kidney disease, and there is evidence that the increase in these diseases may be due to harmful ingredients in commercial, meat-based foods.”

### Healthy Alternative Diets

Owners that switch from commercial foods report their animals display thicker coats, brighter eyes and greater energy. However, dogs and cats require specific ranges of vitamins, minerals, fats and carbohydrates, so it's important to ensure that nutritional needs are met and a healthy balance is maintained.

### Home-Cooked

Pet food recalls have prompted some families to start cooking for their charges, but it's not as simple as sharing the family dinner. “There are online calculators that can help you create and balance recipes for dogs and cats. Balancing a diet can be

tedious and often requires added supplements,” says Krause.

Seeing a four-legged friend thrive was worth the extra time and cost for Yvonna Stamp-Agent, a homemaker from Rockvale, Tennessee. Emma, a schnauzer mix, suffered from itchy skin, anal gland leakage, kidney crystals, vomiting and other problems. “We switched to home-cooked wild salmon and flounder protein with fresh organic vegetables and fruits, along with vitamin and mineral supplementation.” Emma recovered and is now an energetic 5-year-old.

## ■ Raw

The biologically appropriate raw food (BARF) diet, as described at *BarfWorld.com*, contains raw meats, vegetables and cooked grains and legumes. Proponents say it improves health from tooth to tail. “Buddha, my orange tabby, is 22 and no longer has an issue with hairballs,” says Kim Bolin, a Reno, Nevada real estate agent, who has fed raw for three years.

Stephanie Krause, in Keego Harbor, Michigan, says her three dogs are more relaxed, probably from the time and effort needed to eat large bones—and they haven’t needed a teeth cleaning since going raw. “After eating raw bones, there was plaque laying all over the floor.”

The BARF diet can be homemade, although most choose prepared frozen or freeze-dried products to ensure nutrient balance or to avoid handling raw meats. Angie Krause says the diet is controversial, largely due to human health risks from pathogenic bacteria.

## ■ Vegan and Vegetarian

For ethical and environmental reasons, homemade or pre-made, plant-based diets for companion animals are becoming more popular. “If the 163 million dogs and cats in the U.S. were their own country, it would be the fifth-largest meat-eating country on the planet,” says May.

Cats cannot survive without meat, which provides the high protein, amino acids and other nutrients their bodies require. However, a 2018 study published in the *Journal of the American Veterinary Medical Association* suggests that plant-based diets, possibly supplemented with vitamins B<sub>12</sub> and D and some amino acids, can meet nutrition requirements of dogs.

“Dogs are omnivores, and can thrive on balanced, complete, plant-based diets. They have nutrient requirements, not ingredient requirements,” says May.

Pet diets aren’t an all-or-nothing choice, says Angie Krause. “Eventually, my patient will always reveal what works for them. Listen to your pet’s body.”

*Julie Peterson lives in rural Wisconsin. Connect at JuliePeterson2222@gmail.com.*

## inspiration



# LIVING IN SYNCHRONICITY

## The Power of Meaningful Coincidence

by Meg Lundstrom

When we have an inner need that converges with an outside event, it is a meaningful coincidence known as synchronicity, and it happens to us all. It can be simple, like a playful sprite: recurring numbers or dates, all the lights turning green as we race to meet an appointment or a call from a faraway friend just when we want to talk to them. Or it can be profound: a chance meeting with an employer looking for exactly our skills, unexpected money appearing when we’re in a pinch, a timely rescue or our grandmother’s favorite, obscure song coming on the radio or app just as we’re feeling teary-eyed on the anniversary of her death.

Whether they are lighthearted or life-changing, synchronicities link us to an underlying order in the universe that is profoundly reassuring. They open us to mystery and delight. They give us a sense of being taken care of. They nudge us to grow in scary, but life-affirming directions. They awaken a sense of awe, which studies have shown to be the emotion most likely to make us reach out generously to others—and that evokes even more synchronicity. And they can make daily life a lark.

By its very nature, we can’t create synchronicity, but we can live life in a way that encourages it to show up. The more

engaged we are spiritually—whether that means prayer, meditation, walking in nature or loving others deeply—the more likely synchronicity is. Being open, self-honest, courageous, engaged, grateful and fully present summons it, which is where therapy, yoga and bodywork can be useful. But we don’t have to be saintly or enlightened; synchronicity is there for us all. It is simply the way the Universe works.

The first step is to notice synchronicity when it occurs, and honor it. As with humans, when we give it our attention and say thank you, it makes it more likely to show up in our life again.

At some point as our trust builds, synchronicity becomes simply the way our life works. Things show up as we need them and we are in the right place at the right time. Even when occurrences seemingly go awry, we glimpse an underlying order that gives us strength and purpose. Life becomes a steady stream of meaningfulness and inner and outer exploration. We find ourselves living in flow, attuned to life’s deepest currents and awash in deep gratitude.

*Meg Lundstrom is the co-author with Charlene Belitz of *The Power of Flow: Practical Ways to Transform Your Life with Meaningful Coincidence*. Connect at [FlowPower.com](http://FlowPower.com).*

# Seven years without a cold?

## New device stops cold and flu

Scientists recently discovered a way to kill viruses and bacteria.

Now thousands of people are using it to stop colds and flu.

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

In hundreds of studies, EPA and university researchers have confirmed that viruses and bacteria die almost instantly when touched by copper.

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

Scientists say the high conductance of copper disrupts the electrical balance in a microbe cell and destroys the cell in seconds.

Tests by the EPA (Environmental Protection Agency) show germs die fast on copper. So some hospitals tried copper for touch 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 about to start he fashioned a smooth copper probe and rubbed it gently in his nose for 60 seconds.

"It worked!" he exclaimed. "The cold never got going." It worked again every

time. He hasn't had a single cold for 7 years 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 than usual and they feel better.

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

"What a wonderful thing," wrote Physician's Assistant Julie. "No more colds for me!"

Pat McAllister, 70, received one for Christmas and called it "one of the best presents ever. This little jewel really works."

Now thousands of users have simply 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!" she exclaimed.

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

Copper can also 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.

Dr. Bill Keevil led one of the teams confirming the discovery. He placed millions of disease germs on copper. "They started to die literally as soon as they touched the surface," he said.

People have even used copper on cold sores and say it can completely prevent outbreaks.

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.



**Dr. Bill Keevil:**  
**Copper quickly kills cold viruses.**

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 America of pure copper. It has a 90-day full money back guarantee. It is \$69.95.

Get \$10 off each CopperZap with code **NATA18**.

Go to [www.CopperZap.com](http://www.CopperZap.com) or call toll-free 1-888-411-6114.

Buy once, use forever.



**New research: Copper stops colds if used early.**

# natural awakenings

HMMM ...  
HOW CAN I MAKE  
A LIVING DOING  
SOMETHING I LOVE?

CHANNEL YOUR PROFESSIONAL  
SKILL SETS AND **BUILD YOUR OWN  
BUSINESS** THAT EMPOWERS YOU TO BE  
AN INFLUENCER IN YOUR COMMUNITY.

*Natural Awakenings* is a franchise family of 70 healthy living magazines, celebrating 26 years of publishing! This rewarding home-based franchise opportunity provides training and ongoing support, following an established and proven business model.

To learn more information and current franchise availability, visit or call:

**239-530-1377**

[NaturalAwakenings.com/Franchise](https://NaturalAwakenings.com/Franchise)

No previous publishing experience is required.

# Health Fair

## Health Screenings

### Thermography

FULL-Body Head to Toe  
Screening

**\$94**

### Labwork

Liver & Kidney  
Bloodwork

**\$94**

\*\*\* optional upgrade not included in \$165 price

### Vitamin Test

Galvanic Skin Response using ZIN  
Screening

**GET ANSWERS !!!**

### Vision

Wall Chart Reading  
Screening

**\$35**

### Blood Pressure

**\$12**

### Saliva Test

Saliva Swab  
Screening

**\$10**

Blood, SG  
Screening

**\$35**

### Body Composition

% Body Fat, BMI, Muscle, Visceral Fat  
Screening

**\$22**

### OFFICE Visit

Educational Purposes Only  
Results

**\$65**

### Inflammation

Thermography Image Reading  
Screening

**\$45**

### Breast Cancer

Thermography Image Reading  
Screening

**\$65**

### Thyroid Function

Thermography Image Reading  
Screening

**\$35**

## Health Screenings BUNDLE

Regular Price ~~\$565.00~~

**Bundle Price: \$184**

FOR INFORMATION - TEXT  
Your NAME and  
HEALTH SCREENING to 424-5066

TO SCHEDULE - CALL  
Carencro Office **(337) 896-4141**

Lafayette Office (337) 565-9105

\*\*\* Offer may end soon. Call NOW

DISCLAIMER: The information provided here is for informational and educational purposes only. It is not to be construed as medical care or medical advice and is not a replacement for medical care given by physicians or trained medical personnel. The Natural Health Centers staff do not directly or indirectly practice medicine, dispense medical advice, diagnosis, treatment or any other medical service as part of their education and public services. Always seek the advice of your physician or other qualified healthcare provider(s) when experiencing symptoms or health problems, or before starting any new treatment.

## 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](mailto:publisher@naacadiana.com) for guidelines and to submit entries.

**GET YOUR CALENDAR ITEMS PUBLISHED**  
**SUBMIT CALENDAR ITEMS TO: [publisher@NAacadiana.com](mailto:publisher@NAacadiana.com)**

### SATURDAY MARCH 7

**Here's the Beef Cook-Off** – 8:30am. Chefs compete and prepare beef dishes. Live music, good food and dancing. Contest \$40. Admission \$10. St. Landry Parish Cattlemen's Association. Jay Guidry. Yambilee Ag Arena, 1939 W Landry St, Opelousas. 337-351-1763 or 337-945-0364/337-684-6751.

**Azalea Trail** – 9am-3pm. Open house and Azalea reception at Vermilionville, plus trolley rides downtown. Free. Vermilionville, 310 Fisher Rd, Lafayette. [ScenicLafayette.com](http://ScenicLafayette.com).

**Coffee and Conversation: Louisiana Trail Riders** – 10-11:30am. Artist and members of the trail riding community participate in a panel discussion. Louisiana Trail Riders. Jeremiah Ariaz Acadiana Center for the Arts, 101 W Vermilion St, Lafayette.

**La Table Chinoise** – 12-2pm. DICI (Diversity Initiative for Cultural Inclusion) presents information on traditional Chinese practices benefiting health and well being. Free. NUNU Arts and Culture Collective, 1510 Courtableau Hwy, Arnaudville.

### MONDAY MARCH 9

**EcoCulture Meet** – 6:30-8pm. Get information on in-house recycling program development during a "Leave No Waste" potluck. Bring a dish. Free. NUNU Arts and Culture Collective, 1510 Bayou Courtableau Hwy, Arnaudville.

### TUESDAY MARCH 10

**Scott Mulvahill Returns** – 7:30pm. An intimate evening of Grammy nominated album performances by Mulvahill also featuring The Rayo Brothers. \$20-\$35. Acadiana Center of Arts. Moncus Theater, 101 W Vermilion St, Lafayette.

### WEDNESDAY MARCH 11

**Body Talk Boys** – 6-8pm. The basics of male puberty for young adolescences. \$30/family at EventBrite.com. Woman's Foundation, 4630 Ambassador Caffery Pkwy, Lafayette.

**Psychology and the Politics of Just Being** – 6-8pm. Trey Delcambre of the UL Lafayette Department of Psychology discuss the need for diversity in the arts. Free. Paul and Lulu Hilliard University Art Museum, 710 E St Mary Blvd, Lafayette.

**Compassionate Communication Practice Group** – 6-8pm. Learn and practice spiritual listening. Free. Lafayette Public Library, 301 W Congress St, Lafayette.

### FRIDAY MARCH 13

**Celtic Bayou Festival** – 6-10pm. Thru Saturday March 14. A traditional and cultural Irish festival. \$5. 535 Warehouse, 535 Garfield St, Lafayette.

**The Music Man** – 7:30-10pm. Thru Saturday and Sunday March 14-15 & 19-20. A live Meredith Wilson musical performance. \$20. Iberia Performing Arts Leagues Theater, 126 Iberia St, New Iberia. [IPaltheater.com](http://IPaltheater.com).

### SATURDAY MARCH 14

**Sisterhood with the Saints** – 8am-12pm. A morning of reflection sponsored by Live Oak of Acadiana. \$25 at EventBrite.com. St Pius X Elementary School, 205 E Bayou Parkway, Lafayette.

**Be A Heart Starter** – 9:00am. A bystander CPR training. Free. Call to register in advance. Cardiovascular Institute of the South and Lafayette General Medical Center. Blackham Coliseum, 2330 Johnston St, Lafayette. 985-873-5058. [BeAHeartStarter.org](http://BeAHeartStarter.org).

**Planetarium Show: Flight Adventures** – 11:15am-12pm. Discover the science of flight through the eyes of a young girl and her grandfather as they explore flight. \$2-5. Lafayette Science Museum, 433 Jefferson St, Lafayette.

### SUNDAY MARCH 15

**Spiritual Living Circle** – 10:30am-12:30pm. A discussion and exchange about the world's great religions. Free. NUNU Arts and Culture Collective, 1510 Bayou Courtableau Hwy, Arnaudville.

### TUESDAY MARCH 17

**Yoga** – 5:30-7pm. Certified instructor Evelyn Migues lead basic moves of the spine. Adults only. Free. Iberia Parish Library, 445 E Main St, New Iberia.

**Painting Demonstration** – 1pm & Wednesday March 18. A plain air painting demonstration conducted by Kenn Backhaus. Free. The Paul and Lulu Hilliard University Art Museum. The Shadows on the Tech, 317 E Main St, New Iberia.

### WEDNESDAY MARCH 18

**Crowley Grief Support Group** – 6pm. A monthly meeting for the loss of a loved one. Free. Geesey-Ferguson Funeral Home, 301 N Ave F, Crowley. 337-783-331.

### FRIDAY MARCH 20

**Firm Foundations** – 4:30pm. Thru Saturday and Sunday March 21-22. A weekend retreat for engaged couples. Tickets \$275 at EventBrite.com. Camp Refuge, 114 South Fleur Dr, Lafayette.

**Mr. Excitement** – 8pm. A stage play about the life and accomplishments of soul singer, Patrick Henry. \$25. Heymann Performing Arts Center, 1373 S College Rd, Lafayette.

### SATURDAY MARCH 21

**Chicot Challenge** – 7am. A 100 mile trail relay. \$225 entry registration on-line. Chicot State Park, 3469 Chicot Park Rd, Ville Platte. [TrailRunner.com](http://TrailRunner.com).

**Power of the Pearls** – 10:30am-1:30pm. A women's empowerment conference where women learn to become stronger together regardless of their cultural backgrounds. Tickets \$25 EventBrite.com. Xclusive Banquet & Event Center, 805 Napoleon Ave, Sunset.

### SUNDAY MARCH 22

**BREVE Lenten Concert** – 2-3:30 pm. Vocal music accompanied by a chamber orchestra. Free. Baton Rouge Early Vocal Ensemble. Our Lady Queen of Angels Catholic Church, 2125 South Union St, Opelousas.

### WEDNESDAY MARCH 25

**PhanatXanamane** – 6:30-9:30pm. An urban designer presents a look at his artwork. Free. Paul and Lulu Hilliard University Art Museum, 710 E St Mary Blvd, Lafayette.

**Cirque du Soleil: OVO** – 7:30pm & Thursday March 26 thru Sunday March 29. Insects work, play, fight and look for love in a non-stop riot of energy in motion. \$45. Cajundome, 444 Cajundome Blvd, Lafayette.

### THURSDAY MARCH 26

**The Kitchen Witches** – 2pm. A dramatization about two cooking show hostesses who fling insults harder than the food. \$10. Opelousas Little Theatre, 1344 S Union St, Opelousas. 337-351-2591. [Squareup.com/store/OpelousasLittleTheatre/](http://Squareup.com/store/OpelousasLittleTheatre/).

### SATURDAY MARCH 28

**Bayou Bird Fest** – 6-11:30am. Washington celebrates its tri-centennial with a Bayou Courtableau tour from the Louisiana Ornithological Society. Breakfast and speaker presentation follows the tour. \$45. Washington Tricentennial Committee. Historic St. John's Episcopal Church, 308 Church St, Washington. 337-826-3626. [WashingtonTricentennial.Business.site/](http://WashingtonTricentennial.Business.site/)

**Vermilion Voyage** – 7am. Thru Friday March 29. A three-day overnight paddle down the Bayou Vermilion launching from the Acadiana Park Nature Station to Palmetto Island State Park. \$135 EventBrite.com. Bayou Vermilion District, 300 Fisher Rd, Lafayette.

# YOUR BODY Checkup

## What Causes Disease?

Disease happens on a cellular level. All disease is ultimately a breakdown in function of the body's cells. When this happens, it creates "fertile soil" for the disease process. This breakdown is accomplished by less than perfect eating habits, stress, stuffing emotions, eating too many cooked foods and too much sugar, salt, caffeine, drugs, vaccines, tension, depression, lack of proper sleep, lack of exercise, environmental contamination of the air/water/food and the retention of metabolic wastes (constipation, lack of sweating, blocked lymphatic channels). The only effective way to "cure" disease is to eliminate the causes.

Disease does not attack a healthy body because the body has very effective resistance mechanisms which handle many of the above situations. The body's natural state is health. When the body is exposed or overloaded with stressors, the immune system loses its resistance and becomes "toxic". Toxic cells do not function properly so the body's metabolism gets sluggish and overworked. This leads to an overall decrease in resistance allowing disease to take hold.

Disease can be expressed in terms of signs or symptoms. When we express how we feel and what we feel, we are describing a symptom. When we look at the patient for abnormalities (like in the veterinary profession) and determine subjectively what we think to be "not right or abnormal" that is labeled a "sign".

Let's take the simple cold as an example. The symptoms of a cold are merely an expression of the body's effort to "clean house". By producing fevers, coughing, sneezing, and runny noses, the body is cleansing the excess toxins produced from sick cells. Each time we suppress these symptoms with over-the-counter treatments and other drugs, we are driving the toxins back into the body. These toxins will travel through the bloodstream and lie quietly in an organ until the system becomes more toxic. So down the line instead of colds, flu develops which brings vomiting and diarrhea. This is uncomfortable, so we take something to stop the vomiting and diarrhea. This, in turn, drives the toxins even deeper into the system. Over a period of time you may notice you don't get colds or flu anymore. Instead, bronchial infections develop which we again treat which drives the disease deeper still. Things may be fine for a few years then one day you feel terrible and don't know why. You go to the doctor and they diagnose a chronic degenerative disease such as cancer, fibromyalgia, chronic fatigue, lupus, diabetes or heart disease...true signs that your body is now entirely toxic. When does it end? When you stop the cycle and repair the damage or when you die an uncomfortable disease ridden, agonizing death?

Can we stop disease or reverse symptoms? Yes. How?

We have to clean up our lives. Some chose the fast track on this and others take years to shift their thinking and patterns to better healthier habits. We can heal the body with optimal nutrition, special diets, cleansing programs, specific vitamins and supplements to correct deficiencies, by drinking fresh extracted juices and taking herbs and other natural therapies, which do not harm the body over time. We learn to change our living habits and the way we think. We find a balance between the physical, emotional, mental and spiritual aspects of our lives.

Nutrition is one of the most important factors in fighting disease. Nutrients are what the body has to work with in building and maintaining healthy cells, tissues, glands and organs. Nutrients are used in the operation of all bodily functions. The challenge is that most of the nutrients in our foods today have either been taken out or destroyed by processing. Cooked food is dead food. Only living foods can build healthy bodies. That is what most of our diet should consist of.

Please don't misunderstand; drugs, surgery, chiropractic manipulations, acupuncture, etc. are all useful in the treatment of disease. Sometimes we do need to intervene with treatments to suppress a symptom or sign when our body is in jeopardy, but unless the corrective and supportive nutritional therapy is given priority, these attempts to correct illness will fail. I highly recommend vitamin therapies customized to meet your health condition and nutrient dense FOOD-BASED supplement products.

**Accidents kill 4% of us.  
Diseases kill 96%.**

**"We Are Not Getting Proper Nutrition"**

"Today, more than 95% of all chronic disease is caused by food choice, toxic food ingredients, nutritional deficiencies and lack of physical exercise."

- Dr. Steven T. Castille

**FULL BODY HEALTH SCREENING \$184**

**For more information or to  
schedule an office visit call  
(337) 565-9105.**



# Nutritional-biochemistry deficiencies

Vitamins and minerals are “used” by the body. As they perform their function, they often use themselves up in the process, which is the case with most of the critical disease fighting antioxidants.

Even thinking uses vitamins and minerals. Exercise and stress use a lot of vitamins and minerals; the use of diuretics (substances that increase the discharge of urine) such as drugs, alcohol, coffee, tea and sodas --- washes vitamins and minerals out of the body creating deficiencies --- that can create a major health problem!

Tobacco and alcohol can also inhibit the absorption of vitamins and minerals, or accelerate the loss of them.

- Dr. Steven T. Castille  
Biochemist and Doctor of Natural Medicine

---

**“I can get everything I need from food.”  
Do YOU?**

The USDA surveyed 26,000 Americans and found that not one person received the nutritional requirements set forth by the RDA (Recommended Daily Allowance). 96% of the US population dies of a disease - we are NOT getting proper nutrition.

*Source: U.S. Department of Agriculture*

**You do not catch cancer,  
heart disease or a cold.**

You create these ailments with deficiencies based on what you eat or don't eat.

---

**“Insufficient vitamin intake is apparently a cause of chronic diseases... Most people do not consume an optimal amount of all vitamins by diet alone. Pending strong evidence of effectiveness from randomized trials, it appears prudent for all adults to take vitamin supplements.”**

- American Medical Association

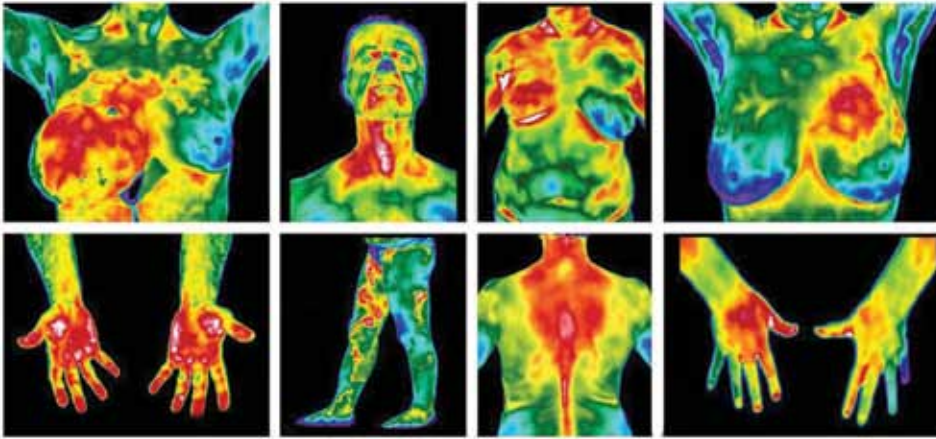
**“A deficiency of a vitamin or mineral will cause a body part to malfunction and eventually break down --- and, like dominos, other body parts will follow.”**

- James F. Balch, M.D.

# Inflammation is the Fuse that ignites Cancer – Angiogenesis is the Pipeline that Fuels It

## An Important Aspect of Cancer Treatment

### CANCER EDUCATION CENTER



In Latin, the word “inflammation” means “I ignite, set alight” and like gasoline, that’s exactly what it does to cancer. A microenvironment of chronic inflammation can increase the risk of cancer, bolster chemotherapy resistance and turn on oncogenes, genes that can turn cells into tumors. Most importantly, inflammation promotes the spreading and mutating of cancer cells while continuing to push the mutations within the cancer cells’ development. Inflammation also enhances tumors ability to recruit blood supply (angiogenesis).

Unfortunately, inflammation and cancer signaling pathways are ignored for most cancers in the oncology world. Basically, inflammation is one of the leading factors that contributes to uncontrolled growth of cancers cells and spreading (metastasis). In this article we will explain helpful approaches to give cancer patients an edge in treatment and overall cancer planning. Uncovering and treating the cause of inflammation, rather than just treating the symptoms, is an important key when fighting cancer or chronic disease. To get to the root of the inflammation, we have to learn what causes inflammation and how to deal with it.

Inflammation is the body’s response to tissue damage, caused by physical injury, ischemic injury (caused by an insufficient supply of blood to an organ), infection, exposure to toxins, or other types of trauma. The body’s inflammatory response causes cellular changes and immune responses that result in repair of

the damaged tissue and cellular proliferation at the site of the injured tissue. Inflammation can become chronic if the cause of the inflammation persists, or because of deregulation in the control mechanisms responsible for shutting down the inflammation process. When these inflammatory responses become chronic, cell mutation and proliferation can result and often create an environment that is conducive to the development of cancer. This is often referred to as “the perfect storm.”

### The Link Between Cancer and Inflammation

Despite popular belief, less than five percent of cancer is solely genetic (in the sense of being directly inherited by family members). Most cancers have a cause and those causes bring about chronic inflammation as part of the process. New research suggests an emerging link between infection, epigenetics

and cancer. Changes catalyzed by pathogenic inflammation can transform cells into cancerous tumors. According to ScienceDirect.com, “Several types of inflammation—differing by cause, mechanism, outcome, and intensity—can promote cancer development and progression.” [1] A study by the Cancer Research Institute also agrees, saying, “Chronic inflammation plays a multifaceted role in carcinogenesis.” [2] Many cancers are linked to viruses or bacteria that promote reversible, epigenetic changes in the body’s cells. At minimum, 20 percent or more of cancers are linked to infectious disease, according to the Journal of American Medical Associates.

*In biology, epigenetics is the study of cellular and physiological traits that are not caused by changes in the DNA sequence; Epigenetics describes the study of stable, long-term alterations in the transcriptional potential of a cell.*

### Some Well-Known Examples:

- Human Papillomavirus leads to cervical cancer.
- Hepatitis C leads to liver cancer.
- Epstein Barr leads to lymphoma.
- Herpes Virus Six leads to brain cancer.
- Helicobacter Pylori leads to stomach cancer.

We are thought to only have fully recognized about 13% of infections worldwide, making infection a bigger contributor than typically reported. These infections bring about changes and chronic inflammation as well. One thing anyone with chronic inflammation will tell you is that it causes heat. Abnormal body heat can also lead to thermogenesis and enhance metabolic spread of cancer during metastasis. The locations with the most metabolic hotspots may indicate the most common areas of cancer spread. This is seen in animal test-

ing where various cancer images have been superimposed. Inflammation is known to cause other such changes in the microenvironment of cells. **Cells often undergo adaptive changes to survive stressful or toxic environments.** These adaptive changes can include: an increased expression of antioxidant enzymes; increased anaerobic respiration; and development of angiogenic factors. This adaptation is usually transient, however, and allows normal cells to survive only until the toxic condition is alleviated. That means it's not enough to have a strategy to kill cancer cells – chronic inflammation needs to be blocked and stopped at its roots to prevent the cancer from mutating and spreading.



## Inflammation Triggers DNA Damage, Epigenetics and Stage 4 Cancer

Inflammation triggers an immune response and alerts the body's vasculature to release inflammatory cells into a damaged tissue environment. The cellular activity involved in the inflammatory response can increase the production of reactive oxygen species (ROS), such as free radicals, and reactive nitrogen species (RNS). Cells are normally able to defend themselves against these two types of molecules. However, when production of these two types of highly reactive molecules is increased due to chronic inflammation, cells can no longer protect themselves, resulting in extensive damage to the essential enzymes involved in DNA repair, actual cell DNA mutation, and mitochondrial damage. These various insults are linked to causes of cancer and often bring about epigenetic changes. Research suggests an emerging link between infection, epigenetics and cancer. Changes catalyzed by pathogenic inflammation can transform cells into cancerous tumors. Many cancers are linked to viruses/bacteria that promote reversible, epigenetic changes in the body's cells that lead to tumors. At minimum, 20

percent or more of cancers are linked to infectious disease according to the Journal of American Medical Associates. Moreover, the global medical community is probably only aware of an estimated 13 percent of infections that exist throughout the world. For this reason, it is likely that we shall find that infections play a far larger role in the cause of cancer than current estimates show.

## The Inflammation Process and Stage 4 Cancer's Microenvironment

Inflammation is known to cause other such changes in the microenvironment of cells. Cells often undergo adaptive changes to survive stressful or toxic environments. These adaptive changes can include: an increased expression of antioxidant enzymes, increased anaerobic respiration and development of angiogenic factors. This adaptation is usually transient, however, and allows normal cells to survive only until the toxic condition is alleviated. Even so, under conditions of prolonged stress, such as chronic inflammation, a mutation may actually "lock" in the cell, making these adaptive changes permanent. Not surprisingly, many of the cells and systems involved in inflammation (including abnormal cellular respiration and angiogenesis) are also found in a variety of tumors. In addition to DNA mutation, injuries to tissue may also cause increased cellular proliferation at the site of the injury. In such circumstances, sustained cellular proliferation may result from resultant chronic inflammation. When combined with the DNA mutations described above, enhanced proliferation can increase the number of cells at risk for mutations, leading to an environment that is conducive to the development of cancer.

## Inflammation, Progression and Metastasis of Cancer

Inflammation is one major fuel that feeds the fire of stage 4 cancer growths and spread. The interaction between viruses, bacteria, environmental toxins (carcinogens) lead to DNA methylation and other changes in cellular metabolism. Inflammations from infections/toxins that can lead to cancer are major contributors in tumor genesis or progression. Patients often feel helpless, believing that their cancer was completely predetermined by their genetics, but there are options and likely sources of cancer. While genes may indicate a predisposition, they certainly do not dictate our fate.

## The Important Role Oxygen Plays in Cancer Treatment

One of the most important things to remember about cancer is it is NOT a chemotherapy disease, it is NOT a radiation disease and it is not a Vitamin C disease. Cancer is actually a metabolic dysfunction tied to genetic mutations, and the first step in fighting it is on the metabolic level. Let's learn how oxygen plays a role in the development and treatment of cancer. Every cancer has a trigger: infections, chemical toxins or heavy metal toxins are a few of the main ones. Early changes are seen through metabolic shifts that ultimately cause mutation, continually pushing genetic changes, growth and spread throughout the life of the cancer. Let's take a look at how changes in oxygen metabolism are some of the first metabolic signs of difficult cancers.

*Cancer is Fueled by Sugar and Destroyed by Oxygen*

## Oxygen's Important Role In Cell Metabolism and Cancer Growth

Cancer is a very difficult to understand disease and there are many misconceptions associated with it. But one of the main keys of understanding, treating and ultimately winning the raging war against cancer is none other than oxygen. Eighth on the periodic table, oxygen is responsible for the breathing of cells and are essential role in providing energy.[1] However, cancerous, mutated cells thrive in anaerobic, or oxygen-lacking environments. When growing, cancer cells show a change where they have lower levels of oxygen. This may stem from dysfunctions in the cell's mitochondria (known as cellular "factories" that play a major role in cell respiration). If these issues go unchecked, it leads to further complications and malfunctions in apoptosis (programmed cell death). You may remember from biology class, mitochondria have two main functions: energy creation and policing uncontrolled division of cells. Nobel Prize winner Dr. Otto Warburg famously hypothesized **"...the prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar,"** meaning, cancer is caused by a lack of oxygen. Today's modern cancer cell biology has shown he was on the right track as mitochondrial health and shifting to a more oxygen-rich environment may protect healthy cells and further

neutralize cancer cells. Furthermore, malignant, rapidly growing tumor cells typically have glycolytic rates up to 200 times higher than those of their normal tissues of origin. This means cancer has a much higher need for sugar than normal cells; this has been proven by the abnormally high level of insulin receptors found on all cancer cells. Because cancer cells favor the lack of oxygen, they shift to glycolytic pathways; put simply they use glucose as their source of energy. Cancer cells average about 16 times more insulin receptor sites than normal cells. It's important to realize that the genetics of a cancer in its early stages and its late stages are completely different. This is what makes late-stage cancer so complex and difficult to treat – you're essentially trying to overcome these numerous advanced metabolic changes. Let's look at some of the gene pathways that make this issue even more compounded.

## Angiogenesis and Genes That Fuel Cancer Growth

Angiogenesis is a normal, healthy cell process through which new blood vessels form from pre-existing vessels. However, **it's also the fuse which sets off unchecked growth, turning benign tumors into malignant steamrollers.** It's also what transitions the metabolism of the cancer, making it that much harder to kill. Hypoxia is when a portion of the body doesn't have adequate oxygen supply. Hypoxia-inducible factor 1-alpha, (HIF-1-alpha,) is a protein that is encoded by the HIF1A gene, playing an essential role in cellular and systemic responses to hypoxia. Cancer cells use this protein to grow their blood supply and spread. According to a study by the Liver Cancer Institute at Zhongshan Hospital and Shanghai Medical School in Shanghai, "HIF-1alpha in HCC [hepatocellular carcinoma, the most common form of liver cancer] plays an important role in predicting patient outcome. It may influence HCC biological behaviors and affect the tumor inflammation, angiogenesis and act in concert with the oncogene MYC [a gene found in many cancers]. Attaching importance to HIF-1alpha in HCC may improve the prognostic and therapeutic technique." [2] Epidermal Growth Factor Receptor (EGFR) is normally used to tell cells to grow. It is found in all cancer cells. However, EGFR over-expression has been linked to numerous cancers, such as lung, prostate, colon, breast, anal and others. This receptor is also associated with increased chemotherapy resistance, leading to tumors that are untreatable. Additionally, EGFR is linked to insulin, making it the metabolic

gasoline that fuels changes and growth in the cell. This also links back to HIF-1 alpha. According to a study by the Department of Pathology at the VU University Medical Centre in Amsterdam, "In invasive breast cancer, HIF-1alpha is associated with angiogenesis, and expression of growth factors [including] the receptor EGFR. Thus, agents targeting HIF-1 may combine different pathways of inhibiting breast cancer growth, including angiogenesis and growth factors." [3]

## Discovery of Tumor M2-PK Proves Cancer Cells Shift From Oxygen to Glucose as Source of Energy

M2-PK (also known as PKM2) is an enzyme that is important in tumor metabolism, discovered in 2010 by Harvard Medical School. Tumor M2-PK helps cancer cells shift to greater glycolytic pathways. It is only found in cancer cells and not in normal healthy cells, making M2-PK an excellent marker for monitoring excelled growth or tracking improvement in treatment, depending if levels are high or low.

## Reactive Oxygen Species and Chemotherapy

Chemotherapy and radiation therapy both rely on Reactive Oxygen Species (ROS) to work, augmenting ROS stress. ROS are essential toxic substances like hydrogen peroxide and others that can cause damage to cells in high concentrations. ROS are natural byproducts of the metabolism of oxygen, however, more resistant cancers actually produce their own antioxidants to fight these toxic substances. Earlier stage cancers do not appear to have the same defense mechanisms that are found in more resistant later stage cancers. This explains why chemotherapy and radiation therapy may not work in late-stage cancers. The answer may involve actually increasing ROS levels so therapy can kill cancer cells once again – this is the therapeutic aim of oxidative medicine, giving high doses of antioxidants and creating ROS instead of destroying it. Therefore, the dosing and delivery change the entire mechanism of action of integrative treatments. In this form of ROS, oxygen is what actually allows chemotherapy and radiation to work. Several types of DNA damage are caused by ROS-related oxidation. That is the goal of effective cancer treatment, to not only kill cancer cells but their genetics as well. In many cases, when oxidative therapy is combined with correctly-tested chemo-

therapy you can improve overall treatment for patients. Everyone's metabolism is different and therefore, every cancer patient's tumor's metabolism is different. By using the oxygen metabolism and other signaling pathways like EGFR and M2-PK, doctors can find the specific metabolism and make the strongest push in their favor. To destroy cancer you must see cancer for what it is: a metabolic dysfunction pushing for constant genetic mutations, which aids its spread. The best part about these treatments is they are helpful for most, if not all cancers. Integrative medicine focusing on antioxidants, anti-inflammatory foods and nutritional supplements, holistic therapies that increase oxygen and decrease waste and inflammation, and controlling the body's alkalinity might help, please contact us today at (337) 565-9105 - Cancer Education Center.

### References

- [1] Immunity, Inflammation, and Cancer <http://www.sciencedirect.com/science/article/pii/S0092867410000607>
- [2] Inflammation: Gearing the journey to cancer --[http://www.uccs.edu/Documents/rmelamed/kundu\\_surh\\_2008\\_18485806.pdf](http://www.uccs.edu/Documents/rmelamed/kundu_surh_2008_18485806.pdf)
- [3] Researchers examine how BRD4 contributes to sustained presence of NF-kappa B in cancer cells – <http://www.news-medical.net/news/20130520/Researchers-examine-how-BRD4-contributes-to-sustained-presence-of-NF-kappa-B-in-cancer-cells.aspx>
- [4] The Epidermal Growth Factor Receptor: A Link Between Inflammation and Liver Cancer – <http://ebm.sagepub.com/content/234/7/713.abstract#target-1>

## Pain and Inflammation Enzyme



- Helps stop inflammation
- Relieves pain
- Fights CANCER

October 17, 2010 I lost my aunt Marilyn to lung cancer. She was not a smoker. I WAS AFRAID OF CANCER. "If I knew then what I know now." ~ Dr. Steve

# I'm tired of being afraid of cancer.

## It is time to **RETHINK CANCER**

We know that a diet high in fruit, vegetables, and fiber can prevent at least 15 types of cancer.

### The Basic Chemistry of a Cancer Cell:

#### REQUIRES:

High Acid

Low Oxygen

Stagnant Lymph for fermentation\*

Most people don't even know they have lymph fluid in their bodies. Yet, you have twice as much lymph fluid in your body as you do blood.

**We can beat cancer with  
research-based education,  
nutrition and better wellness.**

## Cancer

---

### EDUCATION CENTER

Rep!  
The Cure For Cancer is Education and Prevention

\* Lymph is derived from the interstitial fluid, its composition continually changes as the blood and the surrounding cells continually exchange substances with the interstitial fluid. Lymph returns protein and excess interstitial fluid to the circulation. Lymph may pick up bacteria and bring them to lymph nodes where they are destroyed. Metastatic cancer cells can also be transported via lymph. Lymph also transports fats from the digestive system. Source: wikipedia.com



"I find that many people are afraid to talk about cancer. It's almost like they believe they will get it just by talking about it. And so we lack education and awareness. I believe we create cancer when we provide the ideal conditions for a cancer cell to grow in the body."



# EAT TO BEAT CANCER

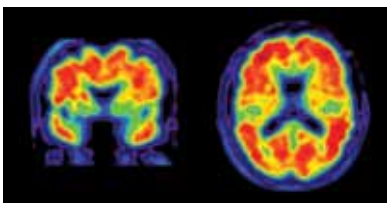
Adding a few cancer-fighting foods to your meals each day may help fight cancer before it becomes difficult to treat.

# A Closer Look at Cancer Imaging Tools

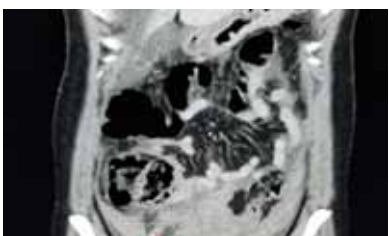
## CANCER EDUCATION CENTER



**X-ray**



**PET**



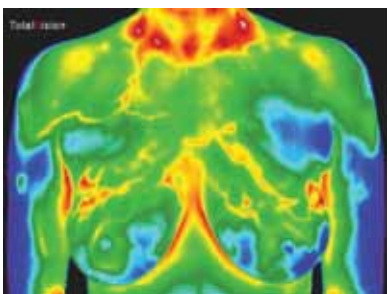
**CT scan**



**Ultrasound**



**MRI**



**Medical Thermography**

*Imaging procedures create pictures of areas inside your body that help your health care provider see whether cancer is present. They can also show if certain cancer treatments are working.*

Before getting an imaging procedure, make sure to talk with your health care provider about whether the procedure is necessary and its risks and benefits. One imaging procedure can also cause cell damage that leads to cancer. However, the risks of cancer from these medical procedures are very small, and the benefit from having them is almost always greater than the risks. Imaging tools to help diagnose cancer include:

**X-ray:** X-rays use low doses of radiation to create pictures of the inside of your body.

**PET** (positron emission tomography) imaging: PET imaging uses a tracer, which is a small amount of radioactive material that flows through your bloodstream. It collects in certain tissues. A scanner then makes 3-D pictures that show where the tracer collects in the body. These scans show how your organs and tissues are working and if disease is present. Your body gets rid of the radioactive substance quickly.

**CT** (computed tomography) scan: CT scans use an X-ray machine linked to a computer that takes a series of detailed pictures of your organs. You may first receive a dye or other contrast material (which is injected or ingested) to highlight areas inside the body. Contrast material helps define the appearance of some of the body areas and disease.

**Ultrasound:** An ultrasound is a sound wave that people cannot hear. The waves bounce off tissues inside your body. During an ultrasound, a health care provider will use a probe on your skin to detect the echoes and a small scanner to create a picture of them. This picture is called a sonogram.

**MRI** (magnetic resonance imaging): MRIs use a strong magnet linked to a computer to make detailed pictures of your body. You may first receive a dye or other contrast material (which is injected or ingested) to highlight areas inside the body. Contrast material helps define the appearance of some of the body areas and disease. Your health care provider can view these pictures on a monitor and print them on film.

**Nuclear scan:** Like PET scans, nuclear scans also involve a radioactive tracer that is injected into your bloodstream. This material then collects in certain body tissues. A machine called a scanner detects and makes a computer picture of the body sites where the tracer goes after it is injected. Your body gets rid of the radioactive substance quickly.

### Medical Thermography

Medical Thermography is a non-invasive diagnostic technique that enables the examiner to visualize and quantify changes in skin surface temperature. An infrared camera is used to convert infrared radiation emitted from the skin surface into electrical impulses that are visualized in color on a monitor. This visual image graphically maps the body temperature and is referred to as a thermogram. The spectrum of colors indicates an increase or decrease in the amount of infrared radiation being emitted from the body surface. Since there is a high degree of thermal symmetry in the normal body, subtle abnormal temperature asymmetries can be easily identified.

The thermal patterns displayed on the thermogram are as unique as fingerprints. In healthy people, there is a symmetrical thermal pattern that is consistent and reproducible for that individual. Injury or disease will result in thermal asymmetries. After detection, thermography also has an effective role in monitoring the effects of treatment.

SOURCES: National Cancer Institute

# Cancer

## EDUCATION CENTER

*Real*  
The Cure For Cancer is Education and Prevention

### Public Welcome

3419 NW Evangeline Thruway  
Carencro, Louisiana

Counselors  
Support Groups  
Nutritional Supplements  
Workshops & Retreats  
Fitness

Wellness Programs  
Nutrition Education  
Library  
Health Coaches

## March 2020

9:00 a.m. - 5:00 p.m.  
Monday- Friday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 10AM Yoga 11AM Meditation	3 10AM Health Fair Health Screening	4 10AM Breast Cancer Wellness Presentation	5 10AM FitLAB Stretching and Walking	6 3PM Movie Presentation - FOOD MATTERS	7 10AM Cancer Support Group
9 10AM Yoga 11AM Meditation	10 10AM Cancer Support Group	11 10AM Prostate Cancer Wellness Presentation	12 10AM FitLAB Stretching and Walking	13 3PM Movie Presentation - FOOD Inc	14 10AM Cancer Support Group
16 10AM Yoga 11AM Meditation	17 10AM Health Fair Health Screening	18 10AM Colon Cancer Wellness Presentation	19 10AM FitLAB Stretching and Walking	20 3PM Movie Presentation - Forks Over Knives	21 10AM Cancer Support Group
23 10AM Yoga 11AM Meditation	24 10AM Cancer Support Group	25 10AM Lung Cancer Wellness Presentation	26 10AM FitLAB Stretching and Walking	27 3PM Movie Presentation - SuperSize Me	28 10AM Cancer Support Group
30 10AM Yoga 11AM Meditation	31 10AM Cancer Support Group	<a href="http://www.CancerEducationCenter.org">www.CancerEducationCenter.org</a>			

Main Office: (337) 565-9105

Wellness Center: (337) 896-4141



# Cancer

---

## EDUCATION CENTER

---

*Real*  
The Cure For Cancer is Education and Prevention

**The Cancer Education Center was established to address the education needs of patients, families, and caregivers dealing with cancer.**

The mission of the Cancer Education Center is to **educate** all audiences on cancer-related issues, including **prevention**, risks, self-care, treatment, survivorship, and end-of-life care.

Main Office: (337) 565-9105

Wellness Center: (337) 896-4141